



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2013/2014 Number 5
29 October 2013



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TIM'S WALKER OF THE WEEK

The Walker of the Week last week went to Masters supremo **Andrew Jamieson** (M67) who took silver in the M65 5000m walk at the World Masters Championship in Brazil, his time of 24:45.40 achieving the overall highest Age-Graded ranking for the men (93.25%). Andrew has backed up this week with golds in both of the WMA roadwalks in Brazil as did Heather Carr and Ralph Bennett and we have had some fantastic local walks from a couple of our younger walkers.

- 17 year old **Nathan Brill** breezed through the Athletics Victoria Shield 2000m walk at the Nunawading track in a superb 7:51.9 for the fastest time of the day in the Victorian wide competition on Saturday 19th October. It was yet another PB for this super talented Melbourne walker.
- 15 year old **Jemima Montag** won the Victorian All Schools U16 3000m walk at Lakeside Stadium on Sunday, her time of 13:13.32 breaking her own State U26 3000m record by an amazing 25 seconds.
- 67 year old **Andrew Jamieson** turned the tables on Britain's Ian Richards to win golds in the WMA 10km (52:28) and 20km (1:48:30) events in Brazil this week. Ignore the times as the courses were wrongly measured - the performance is what counts and Andrew has come back in the best possible way.
- 64 year old **Heather Carr** won golds in the WMA 10km (1:00:19) and 20km (2:08:01) walks in Brazil this week to add to her gold in the 5000m walk and her bronze in the W60 2000m steeple - now that's versatile.
- 71 year old **Ralph Bennett** made it three golds out of three in the M70 division in the WMA champs in Brazil with wins in 10km (1:01:09) and 20km (2:08:37) walks.

Now that's what I call being spoilt for choice! As usual, you can cast your vote at <http://www.vrwc.org.au/vrwcWOW.php>.

AV SHIELD COMPETITION - ROUND 1, SATURDAY 19 OCTOBER

White Zone - Nunawading

The final Athletics Victoria Shield round one result has now come through - from the Nunawading track. It saw 17 year old Nathan Brill clock the overall fastest time for the round with a PB 7:51.9 to finish ahead of Brad Simpson 8:56.4 and Kyle Swan (a PB 9:19.6). Interstate visitor Tayla-Paige Billington was the fastest of the women with 9:28.4 ahead of Sandra Geisler 9:47.1 and Natalie Laurie 10:35.5, Nathan's time set new VRWC U17-U20 club records.

Mixed 2000 Meter Race Walk

1.	Brill, Nathan	M17	BOX HILL AC	7:51.9	PB 0:00.6
2.	Simpson, Bradley	M20	ATHLETICS NU	8:56.4	
3.	Swan, Kyle	M14	ATHLETICS NU	9:19.6	PB 0:00.2
4.	Billington, Tayla-Paige	W16	BOX HILL AC	9:28.4	
5.	Geisler, Sandra	W36	RINGWOOD AC	9:47.1	
6.	Taylor, Lucas	M17	YARRA RANGES	10:04.3	
7.	Laurie, Natalie	W22	ATHLETICS NU	10:35.5	
8.	Dyer, William	M52	BOX HILL AC	11:12.4	
9.	Swan, Emily	W16	ATHLETICS NU	11:14.5	
10.	Schwerkolt, Zoe	W15	BOX HILL AC	11:18.4	
11.	Riddoch, Clyde	M60	ATHLETICS WAVERLEY	11:30.3	
12.	Benke, Geeza	M57	UNATTACHED	12:22.9	
13.	Dyer, Chelsea	W20	BOX HILL AC	12:29.6	

14. Hunter, Pia	W47	BOX HILL AC	13:37.9
15. Taylor, Lee	W12	YARRA RANGES	13:57.1
16. Molnar, Jo	W52	ATHLETICS WAVERLEY	14:38.3
17. Summers Snr, Harry	M78	BOX HILL AC	15:19.5
18. McCann, Adam	M37	ATHLETICS NU	15:48.7
19. Mckay, Campbell	M20	OLD XAVERIANS AC	16:21.2
20. Power, Joshua	M26	ST STEPHENS	17:26.6
21. Clayton, Cameron	M25	ST STEPHENS	DQ

VSSSA T&F CHAMPIONSHIPS , LAKESIDE STADIUM, ALBERT PARK, TUES 22 OCTOBER

The VSSSA (Victorian Secondary Schools Sports Assn) T&F Championships were held last Tuesday at Lakeside Stadium in Melbourne. Best walk of the day probably went to Emmett Brasier with his very good time of 6:33.52 in the U16 1500m walk.

Girls 12-15 1500m Race Walk

SSV Record: 6:39.80 R 1995 Kelly Wapshott

1. Taylor Vasiljevic	Fountain Gat	7:32.53
2. Marley Bernsten	Mentone Gir	7:52.12
3. Neve Goodrem	Red Cliffs	8:10.35
4. Jessica Lillie	Rowville	8:16.39
5. Emily Crowley	Beaufort	8:17.03
6. Madison Hill	Crusoe	8:31.20
7. Hayley Brown	Fairhills	9:08.87
8. Paris Disco	Caroline Springs	9:27.69
9. Olivia Cameron	Northcote	9:59.06
10. Stephanie McKinnon	Emmanuel C	10:07.70
Jeanti Exton	Melbourne GC	DQ

Boys 12-15 1500m Race Walk

SSV Record: 5:58.20 R 2011 Nathan Brill

1. Emmett Brasier	Viewbank C	6:33.52
2. Reese Walmsley	Rowville	6:50.26
3. Ross Darlow	Ballarat HS	7:26.79
4. Cooper Owen	Viewbank C	7:28.62
5. Cody McNicol	Mt Erin SC	7:52.52
6. Rodney Davis	Phoenix P-12	8:36.90
7. Aiden Smith	Frankston	8:37.42
8. Lochlan McDougall	Grovedale	9:44.23
9. Kyle Welsh	Geelong	12:06.40
Dean Dernikos	Mount Waverl	DQ

Girls 16-20 1500m Race Walk

SSV Record: 6:28.50 R 1998 Kellie Wapshott

1. Kobie Somerfield	Mt Clear	7:39.00
2. Emily Swan	John Monash	7:44.79
3. Ellen Guiney	Melbourne GC	7:58.60
4. Rebecca Campbell	Copperfield	8:31.81
5. Emilie Garside	Mooroolbark	8:36.11
6. Carly Bertrand	Maribymong	8:38.45
7. Tyler Barry	Frankston	9:05.03

Boys 16-20 1500m Race Walk

SSV Record: 5:38.80 R 1992 Dion Russell

1. Adam Garganis	Thornbury HS	6:41.63
2. Lucas Taylor	Lilydale	6:57.63
3. Jordan Galbraith	Norwood	7:12.40
4. Charlie Smith	Ballarat HS	8:48.73
5. Rhys Dedeugd	Frankston	8:55.30
Zekiel Copland	Grovedale	DQ

SAMA TRACK WALKS, SANTOS STADIUM, MILE END, ADELAIDE, WEDNESDAY 23 OCTOBER

Thanks to Colin Hainsworth for the latest results from the South Australian Masters in Adelaide. Cold evening with gusty wind at times. As usual, George White was the fastest in both the 5000m and 800m walks.

5000m Walk

1. George White	27:02	90.45%	M68
2. Jack Russell	30:05	75.31%	M61
3. Marie Maxted	31:32	72.78%	W53
4. Louisa Mitchell	34:11		
5. Bill Starr	35:34	71.30%	M71
6. James Hoare	36:45	65.77%	M67
7. Roger Lowe	37:47	66.30%	M70
8. Leigh Smith	37:51	73.73%	M78
9. Linda Whitelaw	38:27	63.54%	W59
10. Colin Hainsworth	39:35	76.28%	M83
11. Edna Bates	41:36	59.41%	W60
12. David Robertson	42:21	67.92%	M80

800m Walk

1. George White	03:58	M68
2. Jack Russell	04:00	M61
3. Marie Maxted	04:38	W53
4. Roger Lowe	05:11	M70
5. Helen Suridge	05:14	W6
6. Margaret Trengove	05:33	W69
7. Leigh Smith	05:42	M78
8. Lisa Dunn	05:51	W47
9. Colin Hainsworth	05:58	M83
10. Colin Trengove	06:03	M75
11. Jill Rogers	06:15	W68

VICTORIAN ALL SCHOOLS CHAMPIONSHIPS, LAKESIDE STADIUM, ALBERT PARK, 25-27 OCT

Victoria was amongst a number of Australian States to hold their All-Schools T&F Championships last weekend. You can see full results at <http://www.athsvic.org.au/events/detail/2013-victorian-all-schools-track-field-championships>. I will zoom in on the walks.

The 5000m walks (U17 & U18) were held on Friday evening with Tayla-Paige Billington 24:48.68 and Adam Garganis 23:47.12 taking line honours.

Women 5000m Race Walk U17

1.	Swan, Emily	John Monash	30:29.99
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Women 5000m Race Walk U18

1.	Billington, Tayla-Paige	Balcombe Gra	24:48.68
2.	George, Stephanie	Yarra Valley	26:40.85
3.	Bertrand, Carly	Maribyrnong	33:58.34

Men 5000m Race Walk U17

1.	Garganis, Adam	Thornbury Hi	23:47.12
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Men 5000m Race Walk U18

1.	Bird, Kyle	Padua Colleg	25:04.69
2.	Taylor, Lucas	Lilydale Hig	27:16.51

The 3000 U14, U15 and U16 walk championships were held on the Sunday afternoon in what I understand were pretty good conditions. Jemima Montag was in dominant form, storming home with the fastest time of the day - a sensational new State U16 girls' record of 13:13.32. Kyle Swan was next home in his own very good PB of 13:23.64, followed by Emmet Brasier with 13:36.67. Rebecca Henderson also PB'd with her time of 15:33.17, done in winning the U14 3000m. The overall standard was indeed impressive although the numbers were disappointing. Terry Swan has uploaded some snaps to our VRWC photo Gallery - thanks Terry! See <http://www.vrwc.org.au/coppermine/thumbnails.php?album=152>

Girls 3000m Race Walk U14

1.	Henderson Rebecca	Berwick Prim	15:33.17
2.	Peart Jemma	Black Hill Prima	16:13.95
3.	Hayes Zahra	Our Lady of	16:41.65
4.	Richardson Brodie	Mater Christ	17:15.90
5.	Miller Tegan	Patterson River	18:32.00
6.	Taylor Lee	Mount Evelyn Pri	19:35.09
7.	Rudston-Brown Caitlyn	Meadowglen Prima	22:07.60

Women 3000m Race Walk U15

1.	Vasiljevic Taylor	Fountain Gate Se	16:08.30	PB 0:07
2.	Huse Philippa	St Leonard's	16:15.26	PB 0:13
1.	Davison Mackayla	Saint Ignati	17:03.73	
2.	Lillie Jessica	Rowville Sec	17:47.91	
3.	Dowie Ellen	Highview Christi	17:49.18	
	Crea Gabriella	Academy of M D	DQ	

Women 3000m Race Walk U16

1.	Vic Record: V 13:38.63 2012 Jemima Montag Maccabi			
2.	Montag Jemima	Wesley College	13:13.32	PB 0:25
3.	Hamilton Emily	Mater Christ	15:57.65	
4.	Collis Lauren	Our Lady of	16:44.17	

Boys 3000m Race Walk U14

1.	Mandic Nikola	Fleetwood Primar	15:49.37
2.	Collis Hugh	Parade Colle	16:38.22
3.	Walmsley Hayden	Karoo Primar	18:11.93
4.	Wright Ethan	Viewbank Pri	22:29.13
	Dickson Corey	Regency Park Pri	DQ
	Hockley Samon Harry	St Joseph's	DQ

Men 3000m Race Walk U15

1.	Swan Kyle	The Knox School	13:23.64	PB 0:13
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Men 3000m Race Walk U16

1.	Brasier Emmet	Viewbank College	13:36.67
2.	Walmsley Reese	Rowville Sec	14:00.75
3.	Darlow Ross	Ballarat Hig	14:50.95
4.	Owen Cooper	Viewbank College	15:53.87
5.	McNicol-Davidson Cody	Mt Erin Secondar	17:37.20



Start of the U16 3000m



Start of the U14 3000m

SA ALL SCHOOLS CHAMPIONSHIPS, SANTOS STADIUM, MILE END, ADELAIDE, 26-27 OCT

Thanks to Kim Mottrom for passing on the results of the South Australian Schools championships. He commented: We had our junior walkers out Sunday morning in near perfect conditions, competing for State team selection. There was a big field and some close races, however highlights were Anna Cross convincingly winning the 3000m and Danielle Walsh doing the same over 5000m.

Under 18 Women 5000m

- | | | |
|----|------------------|----------|
| 1. | Danielle Walsh | 26:49.68 |
| 2. | Samantha Findlay | 33:17.85 |

Under 16 Girls 3000m

- | | | |
|----|----------------|----------|
| 1. | Anna Cross | 15:05.19 |
| 2. | Erin Dallimore | 17:01.81 |
| 3. | Neve Goodrem | 17:22.07 |
| 4. | Rhiana Hooker | 17:46.21 |
| 5. | Jessia Hahn | 19:08.84 |

Under 14 Girls 3000m

- | | | |
|----|--------------------|----------|
| 1. | Bethany Cross | 15:59.58 |
| 2. | Rhiannon Lovegrove | 16:37.68 |
| 3. | Sarah Damin | 16:54.39 |
| 4. | Ayeisha Wallace | 18:10.38 |
| 5. | Rachel Kameniar | 19:30.99 |
| 6. | Chloe Upton | 19:56.02 |

Under 16 Boys 3000m

1.	Alix Harlington	16:06.63
2.	Michael Nicolaides	20:45.80

Under 14 Boys 3000m

1.	Jayden Goode	16:46.79
2.	Jake Vidler	16:59.40
3.	Nicholas Dallimore	18:13.49
4.	Tristan Camilleri	18:15.91

WA ALL SCHOOLS CHAMPIONSHIPS, WA ATHLETICS STADIUM, PERTH, 25-27 OCT

Western Australian school walkers were also in action in Perth over the weekend with U14, U16 and U18 races contested. Declan Tingay's result (14:55 for U16 3000m) looked the best performance from what I can see. I assume it was hot (isn't it always in Perth). See full results at <http://www.waathletics.org.au/Participate/Competitions/State-Championships/WA-All-Schools>

Girls 3000m Race Walk U14

1.	Maynard, Michaela	01	KINGSWAY SENIORS	21:25.4
	Kezic, Tina	00	ATHLETICS WA	DNF

Girls 3000m Race Walk U16

1.	Maynard, Jo-Anna	99	KINGSWAY SENIORS	18:40.5
2.	Gee, Sarah	99	ATHLETICS WA	20:19.5
	Wallace-Gibb, Ayesha	99	ATHLETICS WA	DQ

Girls 5000m Race Walk U18

1.	Hughes, Holly	97	MELVILLE	30:52.1
2.	Gerken, Caitlin	97	ATHLETICS WA	31:09.5
3.	Tolardo, isabella	97	MELVILLE	31:18.0

Boys 3000m Race Walk U14

1.	Reid, Benjamin	01	ATHLETICS WA	17:25.3
2.	Gerken, Christopher	00	ATHLETICS WA	17:50.9
3.	Ellis, Daryl	01	BALDIVIS HARRIER	17:51.9
4.	Kezic, Tim	01	ATHLETICS WA	21:45.8

Boys 3000m Race Walk U16

1.	Tingay, Declan	99	ATHLETICS WA	14:55.0
	Foulkes-Taylor, Douglas	96	ATHLETICS WA	DNF
	Leatherland, Simeon	98	ATHLETICS WA	DNF

Boys 5000m Race Walk U18

1.	Tingay, Declan	99	ATHLETICS WA	25:51.4
2.	Gerken, Christopher	00	ATHLETICS WA	33:03.0

TASMANIAN SCHOOLS AND SOUTHERN STATEWIDE INTERCLUB, DOMAIN, HOBART, 26-27 OCT

Tasmania kicked off its summer season last weekend with the Southern Statewide Interclub competition (incorporating the All Schools selection trials) held at the Domain athletics track in Hobart.

Men 3000m Race Walk

1.	Rose, Louis	Ova Southern Saints	15:17.83
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Women 3000m Race Walk

1.	Hunt, Tahlia	Ova Southern Saints	15:38.70
2.	Randall, Alice	Ova Southern Saints	18:30.66
3.	Parsaklis, Isabell	Western Suburbs	18:42.10
4.	Leitch, Elizabeth	Eastern Suburbs	18:46.34
5.	Guy, Sarah	Ova Southern Saints	19:27.88

Men 5000m Race Walk

1.	Rose, Louis	Ova Southern Saints	26:19.46
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Women 5000m Race Walk

	Hunt, Tahlia	Ova Southern Saints	DNF
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QLD ALL SCHOOLS CHAMPIONSHIPS, LAKESIDE STADIUM, ALBERT PARK, 25-27 OCT

Thanks to Robyn Wales for the results from the Queensland All-Schools T&F Championships which were held last weekend in Brisbane. Conditions were tough for the U14 and U16 walkers whose races started at 2:20PM in sweltering conditions. The U18 walks started at 4:45PM and perhaps conditions were a little better by then but by no means ideal. Katie Hayward and Clara Smith were the best of the girls, breaking the U14 1500m and U16 3000m records, while Luke McCutcheon was the best performed of the boys. It was also pleasing to see a bigger than usual field in both U14 boys and girls events.

U14 Girls 1500m

1.	Katie Hayward	7:05.78
2.	Clancy Smith	8:21.24
3.	Riley Sims	9:01.62
4.	Morgan Durham	9:07.94
5.	Bree Robertson	9:38.25
6.	Susannah Hillier	10:08.47

U14 Boys 1500m

1.	Jonah Mead	7:44.80
2.	Jeremy Bassard	8:04.39
3.	Kent Matthews	8:12.19
4.	Callum Haig	8:18.26
5.	William Johnston	8:32.36
6.	Aidan Lecky	8:45.20
7.	Jonty Brennan	9:41.54

U16 Girls 3000m

1.	Clara Smith	14:09.81
2.	Mikki Woodward	15:53.60
3.	Emma Henderson	16:31.90
4.	Chelsea Keong	22:01.11

U16 Boys 3000m

1.	Luke McCutcheon	14:46.94
2.	Ben Mingin	18:22.28

U18 Girls 5000m

1.	Katya Martin	28:18.70
2.	Kenza Benzenati	29:03.51
3.	Lucy Rose Boardman	29:48.64
4.	Jesse Sims	29:53.22
5.	Katrina Riese	33:51.27
6.	Samantha Hooper	34:08.03



Left: U18 Girls Katya Martin, Kenza Benzenati and Lucy Rose Boardman
Right: U16 Girls Mikhala Woodward, Clara Smith and Emma Henderson (photos Robyn Wales)

QUEENSLAND MASTERS T&F MEET, ASHMORE, QUEENSLAND, SUNDAY 27 OCTOBER

Thanks to Robyn Wales for the walk results from the Queensland Masters meet on the Ashmore grass track on the Gold Coast. She advises there was a good turn out of athletes with walkers, once again, being the most versatile.

3000m walk - Masters

1.	Dean Nipperess	13:55
2.	Paul Lindenberg	17:05
3.	Nyle Sunderland	17:34

4.	Kay Shaw	19:09
5.	Sally Lynch	21:12
6.	Richard Lynch	24:40
7.	Judy Lalor	25:59

NED KELLY CHASE 100KM, WANGARATTA, SUNDAY 27 OCTOBER

I was missing in action last weekend as I travelled to Wangaratta to compete in the inaugural Ned Kelly Chase event (<http://www.nedkellychase.com.au>). The course was a massive 100km out and back loop which started and finished in Wangaratta, in country Victoria, and meandered around the Victorian North East. There were plenty of options - cover the full 100km as a solo entrant (44 starters) or take part as a 2x50km (20 teams) or 4x25km relay team (16 teams) or even participate in a ride/run relay team (11 teams). So it was a big show with lots of competitors spread around the course.

The race broke new ground in a number of ways, one of which was the organisers letting you choose your own start time (any time between midnight and 6AM), with a view to everyone finishing around 2PM on Sunday - I suppose that is why it was called the Ned Kelly 'Chase'.

I chose to compete in the solo 100km race but as a walker rather than as a runner. VRWC ultra specialist Michelle Thompson joined me for the venture and we set off at 1AM with head torches, provisions and enthusiasm (but obviously not much common sense) and slogged it out for just under 12 hours, crossing the finish line together just before 1PM with matching finishing times of 11:58:54. It was a demanding course with challenging road surfaces and some testing undulations but the weather was kind to us and we have lived to tell the tale.



Michelle Thompson and Tim Erickson in action in the Ned Kelly Chase last weekend

VRWC members **Terry and Karyn O'Neill** participated in the 2x50km relay, also as walkers, with Karyn doing 6:37:20 for the first 50km and Terry doing an excellent 5:43:10 for the second half. We also had one other walk relay team with **John Kilmartin** (who walked the 6H in our 24H carnival at Middle Park last month) and former VRWC treasurer **Brian Glover** (now there's a blast from the past!). John did a superb walk in the first half (6:11:08) but Brian found his leg pretty tough (7:06:02).

Ned Kelly Chase 100km Solo - all those under 12 hours (44 starters, 36 finishers)

1.	Moritz auf der Heide	7:39:15
2.	Dan Langelaan	8:37:45
3.	John Pearson	8:44:05
4.	Shannon-Leigh Litt	8:46:42
5.	Kevin Muller	8:58:41
6.	Andrew Law	9:02:44
7.	Jess Baker	9:29:32
8.	Andrew Donaldson	9:29:35
9.	Cameron Gillies	9:36:22
10.	Lachlan Fraser	9:41:08
11.	David Fraser	9:51:09
12.	Matt Callaghan	10:06:09
13.	Daragh O'Loughlin	10:08:00

14. Larissa Tichon	10:11:17
15. Annabel Hepworth	10:53:39
16. Leigh D'Arcy	11:09:03
17. Simon Dunn	11:12:40
18. Roger Hanney	11:13:42
19. Mak Sawa	11:18:48
20. George Mihalakellis	11:39:45
21. James Tucker	11:44:18
E22. Tim Erickson (walk)	11:58:54
E22. Michelle Thompson (walk)	11:58:54

All in all a great weekend and I hope to be able to walk again soon!

WORLD MASTERS CHAMPIONSHIPS, PORTO ALEGRE, BRAZIL, 15-27 OCTOBER

The **World Masters Athletic Championships** (see <http://www.wma2013.com>) in Porto Alegre are now completed and what a big fortnight it has been for our walkers. Last week I reported on the 5000m track walks and this time around it is the two roadwalks.

10km Road Walks, Tuesday 22nd October

The WMA 10km road walks were held last Tuesday in Porto Alegre in warm conditions but they were not without a certain degree of controversy. American Dave Talcott noted in an email that the course had been measured incorrectly and appeared to be between 470 and 550 meters long. He indicated that the measurers had not included the radius distances for turns. Consequently, the times were all much slower than expected and any record opportunities were thwarted.

First to the women's events where 100 walkers were in action. American **Erin Taylor-Talcott** (W35) was fastest overall with 54.06, ahead of South African Lesley Van Buuren (W50) with 57.22 and Canadian Susan Brooke (W45) with 58.39. The small contingent of Australian women were in good form with the best performances coming from **Heather Carr** (1st in W60 1:00:19), **Gwen Steed** (1st in W70 1:08:59), **Pam Tindal** (2nd in W50 59:39), **Liz Feldman** (2nd in W65 1:06:06), **Joan Purcell** (4th in W70 1:16:01) and **Margaret Beaumont** (4th in W75 1:31:12). To cap off their great walks, the W60+ team (**Heather Carr, Liz Feldman, Celia Johnson**) and the W70+ team (**Gwen Steed, Joan Purcell, Lynne Schickert**) both won teams gold medals.

As usual, Emmanuel Tardi was there, camera in hand, and has captured lots of great photos, some of which I reproduce here. You can see them all at https://www.facebook.com/emmanuel.tardi/media_set?set=a.10201611216556380.1073741837.1657411914&type=3



VRWC walkers Celia Johnson, Gwen Steed, Liz Feldman and Heather Carr in action in the 10km



Margaret Beaumont, Pam Tindal, Ralph Bennett and Russ Dickenson



James Christmass, Andrew Jamieson, Tony Doran and Ian Beaumont

W35-39

1.	TAYLOR-TALCOTT, ERIN	USA	0:54:06
2.	SILVA, EDJANEMARIA	BRAZIL	1:04:06
3.	VIDOTTO RECH, EDILAINEMARIA	BRAZIL	1:04:14
4.	RAETSEN, SARAH	CANADA	1:06:49
5.	BELTRAN, ILDA	MEXICO	1:09:24
6.	WHALEN, LILIANA	CANADA	1:14:21

W40-44

1.	BOROVICKOVA, LENKA	CZECH REPUBLIC	0:59:34
2.	DELLÀ ISOLA, ANDREAVRONICA	ARGENTINA	1:02:44
3.	MEDEIROS, SARARODRIGUESACCES	BRAZIL	1:05:15
4.	ACUNA, JENNY	VENEZUELA	1:07:21
5.	GERALDINO, CLAUDIA	BRAZIL	1:12:05

W45-49

1.	BROOKE, SUSAN	CANADA	0:58:39
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2.	TRIAI, ESMERALDAROCHADES	BRAZIL	1:03:07
3.	BATTAIA, NORA ALEJANDRA	ARGENTINA	1:08:27
4.	CONEJEROS LUNA, NOEMI JACQUELINE	CHILE	1:21:03
5.	JAEGER, ALBERTA CRISTINALC	BRAZIL	1:29:53
W50-54			
1.	VAN BUUREN, LESLEY	SOUTH AFRICA	0:57:22
2.	TINDAL, PAM	AUSTRALIA	0:59:39
3.	COCHEREAU, VERONIQUE	FRANCE	1:01:55
4.	KICHENBRAND, FRANCES	SOUTH AFRICA	1:02:17
5.	TAMASIRO, MARCIA DE PINHO	BRAZIL	1:06:57
6.	MARTINEZ HUENUQUE, ANAMARIA	CHILE	1:07:37
7.	VAZQUEZ, CONCEPCION	MEXICO	1:10:17
8.	CALLEROS RAMOS, MARIA ENGRACIA	MEXICO	1:10:23
9.	YANEZ ARAVENA, BEATRIZ	CHILE	1:16:20
10.	GORMLEY, ANNE	IRELAND	1:19:31
W55-59			
1.	KRYVOKHYZHA, TETIANA	UKRAINE	0:59:01
2.	PELAEZ CARDONA, ROSMARY	COLOMBIA	1:02:56
3.	NELL, BARBARA	SOUTH AFRICA	1:03:40
4.	RISK, MONICA	SOUTH AFRICA	1:04:32
5.	PICARD, MARIEFRANCOISE	FRANCE	1:05:48
6.	GARBARINO, LILIANA CRISTINA	ARGENTINA	1:06:02
7.	VAZQUEZ GARCIA, ROSA	MEXICO	1:06:36
8.	NITYAGOVSKAYA, LIUDMILA	RUSSIA	1:09:27
9.	FERNANDEZ, MARTHA ELENA	ARGENTINA	1:10:37
10.	RAMIREZ BELTRAN, FRANCISCA	MEXICO	1:15:23
W60-64			
1.	CARR, HEATHER	AUSTRALIA	1:00:19
2.	MENDES, MAORLETE	PORTUGAL	1:04:28
3.	DE THY, ANNE	CANADA	1:07:34
4.	BRIZ, MARIA JOSE	SPAIN	1:07:53
5.	ALVAREZ, AURORA	SPAIN	1:08:18
6.	GREEN, DONNA	USA	1:09:57
7.	GRAHAM, DONNA	USA	1:10:01
8.	SHYMKO, LIUBOV	UKRAINE	1:10:10
9.	SEA, JUANA	ARGENTINA	1:12:49
10.	RODRIGUEZ RODRIGUEZ, MARIA DELALUZ	MEXICO	1:16:00
W65-69			
1.	MEYER, ELSA	SOUTH AFRICA	1:03:24
2.	FELDMAN, ELIZABETH	AUSTRALIA	1:06:06
3.	BLATCHFORD, NOEL	GBR	1:06:11
4.	WILSON, JACQUELINE	NEW ZEALAND	1:09:18
5.	DE COPPET, BRIGITA	SWITZERLAND	1:09:57
6.	JOHNSON, CELIA	AUSTRALIA	1:12:58
7.	NEIDEL, HEIDRUN	GERMANY	1:13:11
8.	BACKLUND, DARLENE	USA	1:14:16
9.	FRABLE, KATHLEEN	USA	1:18:22
10.	CASTRO, HORTENCIA	CHILE	1:20:03
W70-74			
1.	STEED, GWEN	AUSTRALIA	1:08:59
2.	KARETIE, PIRJO	FINLAND	1:09:24
3.	VEY, HILDEGARD	SOUTH AFRICA	1:11:41
4.	PURCELL, JOAN	AUSTRALIA	1:16:01
5.	HIGBIE, JANET	USA	1:17:48
6.	HEENDORFER, URSULA	GERMANY	1:18:50
7.	HULTS, SANDRA	USA	1:19:27
8.	SINKOVEC, RITA	USA	1:19:29
9.	SCHICKERT, LYNNE	AUSTRALIA	1:19:41
10.	GALLARDO, FRESIA	CHILE	1:23:17
W75-79			
1.	ALEJANDRO, PAULINA	BOLIVIA	1:23:03
2.	ORTIZ, ANAMARIA	MEXICO	1:24:58

3.	MEZA, ALICIA	MEXICO	1:30:49
4.	BEAUMONT, MARGARET	AUSTRALIA	1:31:12
5.	CAPPS, SHIRLEY	USA	1:33:01

W80-84

1.	HORNE, JEAN	CANADA	1:20:44
2.	MOREMEN, GRACE	USA	1:34:45
3.	PROVOST, JUNEMARIE	CANADA	1:36:57

The men's field was even bigger with 133 walkers in total. In the hot conditions (32C), Argentinian **Benjamin Lorefice** (M40) took overall fastest time with 47:46, ahead of Latvian Normunds Ivzans, Latvia with 48:23 and Spaniard Miguel Perianez (M50) with 48:26. In the very competitive M65 division, Australian **Andrew Jamieson** 52:28 turned the table on British walker Ian Richards (53:19) to make it a gold apiece so far. **Ralph Bennett** also won gold in the M70 division (1:01:09), **Col Silcock-Delaney** won silver in the M80 division (1:18:01), **Bert James** took bronze in the M80 division (1:18:25) and **James Christmass** came 4th in the very competitive M45 division (51:47). In the teams events, the M65 grouping of **Andrew Jamieson, Russ Dickenson and Ralph Bennett** took gold while the M75 grouping of **Colin Silcock-Delaney, Bert Janes and Ian Beaumont** took silver.

M35-39

1.	SANCHEZ CARMONA, ALONSO	MEXICO	0:54:09
2.	RODRIGUEZ JIMENEZ, JOSEMANUEL	SPAIN	0:54:43
3.	SOLIANA, RAYNOLD	NETHERLANDS	0:58:52

M40-44

1.	LOREFICE, BENJAMINRENE	ARGENTINA	0:47:46
2.	IVZANS, NORMUNDS	LATVIA	0:48:23
3.	SVENSSON, CHRISTER	SWEDEN	0:51:55
4.	MONTEIRO, IZABELGOMES	BRAZIL	1:00:38
5.	BUSTOS CORDOBA, JAVIER	COSTA RICA	1:09:32

M45-49

1.	ARENA, WALTERSALVATORE	ITALY	0:48:36
2.	CACIA, SALVATORE	ITALY	0:49:27
3.	BANDA, ROYCE	MEXICO	0:49:44
4.	CHRISTMASS, JAMES	AUSTRALIA	0:51:47
5.	GARNYK, PETRO	UKRAINE	0:53:25
6.	VARGAS MENDOZA, ALBERTO	COLOMBIA	0:53:40
7.	SERNA, LORENTE	SPAIN	0:54:25
8.	LIEPINS, MODRIS	LATVIA	0:54:42
9.	KROPIK, DR.FRANZ	AUSTRIA	0:57:57
10.	BREIDE, MADARS	LATVIA	1:01:05

M50-54

1.	PERIANEZ GARCIA, MIGUEL	SPAIN	0:48:26
2.	DE LOS ANGELES, GUADALUPE	MEXICO	0:49:55
3.	SADLEJ, ZBIGNIEW	USA	0:50:53
4.	GUTIEEZ BRENES, SERGIO	COSTA RICA	0:51:27
5.	DIETSCHKE, KLAUS	GERMANY	0:51:58
6.	TALCOTT, DAVID	USA	0:52:02
7.	IGLESIAS BAIO, JULIAN	SPAIN	0:55:29
8.	AGUILERA, JOSEMANUEL	ARGENTINA	0:57:38
9.	BUITRAGO, OMAR	COLOMBIA	0:58:10
10.	REIFINGER, MARKUS	AUSTRIA	1:00:15
11.	HASTIE, GAY	AUSTRALIA	1:04:44

M55-59

1.	BARABASH, VLADIMIR	RUSSIA	0:55:02
2.	PRIELER, HELMUT	GERMANY	0:56:05
3.	LYZHIN, SERGEY	RUSSIA	0:56:36
4.	SABINO MOURA, CICERO	BRAZIL	0:58:52
5.	BOSMAN, MARIUS	SOUTH AFRICA	1:00:48
6.	SHAGAEV, VLADIMIR	RUSSIA	1:01:06
7.	VENTURI DEGLI ESPOST, FRANCO	ITALY	1:01:39
8.	SMITH, GARY	GBR	1:03:59
9.	BAERA VILLA, URIELELIUJOB	CHILE	1:04:11
10.	HAUGER, GEORG	GERMANY	1:04:14

M60-64

1.	LOPEZ CAMARENA, JOSELUIS	MEXICO	0:52:50
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2.	PARKER, MIKE	NEW ZEALAND	0:53:59
3.	LOPEZ GARIBALDI, JOSEGUADALUPE	MEXICO	0:59:28
4.	SMITH, ANDREW	USA	0:59:37
5.	AYTMUKHAMETOV, NARIMAN	RUSSIA	1:00:09
6.	VILLA LORENZO, ROBERTO	ARGENTINA	1:00:26
7.	DIAZ BERKOWITZ, LUIZFERNANDO	COLOMBIA	1:01:40
8.	ADAM, PETR	CZECH REPUBLIC	1:02:02
9.	SIEGELE, JOHANN	AUSTRIA	1:02:04
10.	FERNANDEZ, LUISALBERTO	ARGENTINA	1:02:28
19.	DORAN, ANTHONY	AUSTRALIA	1:12:59
M65-69			
1.	JAMIESON, ANDREW	AUSTRALIA	0:52:28
2.	RICHARDS, IAN	GBR	0:53:19
3.	PINEDA, GILDARDO	MEXICO	0:59:27
4.	PONZIO, ROBY	SWITZERLAND	1:00:20
5.	DELAYRE, BERNARD	FRANCE	1:00:51
6.	NIESTELBERGER, LUDWIG	AUSTRIA	1:01:27
7.	DICKENSON, RUSSELL	AUSTRALIA	1:02:32
8.	FRABLE, NORMAN	USA	1:03:29
9.	KOVALEV, IVAN	RUSSIA	1:06:28
10.	CAMPBELL, RICHARD	USA	1:06:33
M70-74			
1.	BENNETT, RALPH	AUSTRALIA	1:01:09
2.	SHILLABEER, EDMUND	GBR	1:06:41
3.	AGREDA HERNANDEZ, JESUSANIBAL	VENEZUELA	1:10:06
4.	DELGADO BRENES, ERNESTO	COSTA RICA	1:10:52
5.	FERNANDEZ CONTRERAS, JUAN	MEXICO	1:12:46
6.	CLEMENTS, FREDERICK	SOUTH AFRICA	1:14:30
7.	BATAIA, SILVIOESTEBAN	ARGENTINA	1:15:02
8.	BACKLUND, JOHN	USA	1:18:39
9.	CECCONATO, RAULHUMBERTO	ARGENTINA	1:21:34
M75-80			
1.	KUCHUMOV, AGLIA	RUSSIA	1:06:58
2.	PANASEIKO, MYKOLA	UKRAINE	1:08:50
3.	DE COPPET, ALEXIS	SWITZERLAND	1:12:08
4.	TSUKROV, SEMEN	RUSSIA	1:13:17
5.	ACOSTA, CARLOS	USA	1:15:28
6.	ARAVENA, HECTOR	CHILE	1:17:29
7.	MIKULIS, GUNARSJANIS	LATVIA	1:17:46
8.	STEVENS, DAVID	GBR	1:19:42
9.	CHAVEZ CORDERO, LUIS	COLOMBIA	1:25:43
10.	CRUZ GONZALEZ, DAVID	MEXICO	1:28:31
11.	BEAUMONT, IAN	AUSTRALIA	1:32:26
M80-84			
1.	PUSHKIN, IVAN	UKRAINE	1:16:09
2.	SILCOCK-DELANEY, COLIN	AUSTRALIA	1:18:01
3.	JANES, BERT	AUSTRALIA	1:18:25
4.	JOHNSON, RONALD	NEW ZEALAND	1:19:57
5.	MICHEL PAOLI, SERGIO	DOMINICAN REP.	1:21:56
6.	KESHISHEV-GALII, VLADIMIR	RUSSIA	1:31:16
7.	DAVID, SATURNINOANDRES	ARGENTINA	1:32:36
8.	BOM, JOSE	PORTUGAL	1:38:03
M85-89			
1.	MOREMEN, WILLIAM	USA	1:18:56
2.	AMANO, KOHSHO	JAPAN	1:23:21
3.	THEUREL FRANOY, TEOFILLO	MEXICO	1:38:18

20km Road Walks, Saturday 26th October

The last of the walking events, the 20km roadwalks, were held on Saturday and, once again, the course distance was up for discussion. A number of delegations had put in protests after the 10km events, but while the organisers did acknowledge the measurement error, they were not willing to fix the course in the intervening four days, meaning that the 20km walk (held on the same 2km loop) was nearer a half marathon than 20km! This must have been galling for those walkers who had expected an accurate distance and were trying for PBs or records. It is a lot of money to spend for this sort of outcome.

The first race, catering for M60 to M89 and W60 to W84, started at 7AM in initially overcast conditions but things soon deteriorated and the races were completed in rain and strong winds. Australian Andrew Jamieson headed out hard with fellow M65 competitor Ian Richards (UK), followed by M60 walkers Jo Camarena (MEX) and Mike Parker (NZ). In the women's race, Australian Heather Carr immediately went to the lead, walking with two of the men. Eventually Richards and Camarena slowed and the golds were won by Andrew Jamieson (M65) and Mike Parker (M60) - well done Mike! In the M70 division, Australian Ralph Bennett was always the leader and made it three golds out of 3 races.

This was a great race for Australians with golds going to **Heather Carr** (W64 2:08:01), **Andrew Jamieson** (M 67 1:48:30) and **Ralph Bennett** (M71 2:08:37), silver to **Margaret Beaumont** (W75 3:09:35) and bronzes to **Liz Feldman** (W65 2:19:26) and **Joan Purcell** (W72 2:34:04). They were ably backed up by **Lynne Schickert** (W71 4th 2:55:35) and **Russ Dickenson** (M67 5th 2:08:29). I'm guessing that we had a couple team golds here as well.

Emmanuel Tardi tells me that, even though the course was long, French walker Denise Leclerc set a new W80 world record with her time of 2:42:27 (around 2h35 for 20k), beating the previous world best of 3:25 by some 40 minutes! Denise also bettered the world records in the 10km run and in the 5000m run. Emmanuel explained further: *I have known Denise since I began to practice racewalking in the mid eighties. She walked 179km in 24h in 1980 and she has walked in lots of World Masters Championships. She stopped racewalking some 10 years ago, preferring running. She came back in race walking two years ago for team competitions, walking a great 19:40 on 3000m at 78 years of age.*

Emmanuel was able to watch the first race and got busy with his camera to capture the action - you can check it out at <https://plus.google.com/u/0/photos/113493053302679203574/albums/5939173960397060593>

W60

1.	Carr, Heather	W64	Australia	2:08:01
2.	Graham, Donna	W64	United State	2:32:55
3.	Vaharautio, Leila	W60	Finland	2:44:13
4.	Toikka, Hillevi	W60	Finland	2:45:13
5.	Cardiel, Silvia	W64	Mexico	2:46:59
6.	Medina Neri, Maria	W63	Mexico	2:50:23
7.	Beuermann, Martha	W61	Peru	2:53:16

W65

1.	Meyer, Elsa	W67	South Africa	2:11:06
2.	Blatchford, Noel	W65	Great Britai	2:15:56
3.	Feldman, Elizabeth	W65	Australia	2:19:26
4.	Wilson, Jacqueline	W67	New Zealand	2:23:23
5.	Buitrago, Olga	W66	Argentina	2:26:27
6.	de Coppet, Brigita	W67	Switzerland	2:29:16
7.	Neidel, Heidrun	W66	Germany	2:32:24
8.	Backlund, Darlene	W68	United State	2:36:59
9.	Frable, Kathleen	W68	United State	2:39:46
10.	Gonzalez, Dora	W65	Chile	2:40:09

W70

1.	Karetie, Pirjo	W71	Finland	2:26:19
2.	Vey, Hildegard	W72	South Africa	2:26:29
3.	Purcell, Joan	W72	Australia	2:34:04
4.	Schickert, Lynne	W71	Australia	2:55:35
5.	Gusat, Emilia	W70	Romania	3:00:13

W75

1.	Ortiz, Ana Maria	W75	Mexico	3:03:14
2.	Beaumont, Margaret	W75	Australia	3:09:35

W80

1.	Leclerc, Denise	W80	France	2:42:27
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M60

1.	Parker, Mike	M60	New Zealand	1:55:00
2.	Lopez Camarena, Jo	M64	Mexico	2:00:57
3.	Lopez Garibaldi, J	M63	Mexico	2:03:26
4.	Adam, Petr	M63	Czech Republ	2:07:35
5.	Smith, Andrew	M64	United State	2:08:20
6.	Siegele, Johann	M64	Austria	2:09:00
7.	Villa Lorenzo, Rob	M62	Argentina	2:09:52
8.	Callaghan, Christo	M60	South Africa	2:09:58
9.	Tsujitani, Shinich	M60	Japan	2:12:14

10.	Yanybaev, Ivan	M64	Russia	2:25:00
M65				
1.	Andrew Jamieson	M67	Australia	1:48:30
2.	Richards, Ian	M65	Great Britai	1:53:24
3.	Pineda, Gildardo	M66	Mexico	2:03:02
4.	Delayre, Bernard	M66	France	2:04:31
5.	Dickenson, Russell	M67	Australia	2:08:29
6.	Niestelberger, Lud	M65	Austria	2:08:46
7.	Piaser, Roberto	M65	Italy	2:13:49
8.	Frable, Norman	M68	United State	2:16:53
9.	Campbell, Richard	M67	United State	2:22:16
10.	Quelali, Esteban	M69	Bolivia	2:28:03
11.	Faundez, Herberto	M69	Chile	2:32:09
M70				
1.	Bennett, Ralph	M71	Australia	2:08:37
2.	Shillabeer, Edmund	M74	Great Britai	2:14:48
3.	Gonsiorovsky, Zden	M72	Czech Republ	2:24:10
4.	Fernandez Contrera	M74	Mexico	2:31:28
5.	Backlund, John	M73	United State	2:41:21
6.	Vanegas, Jorge Enr	M72	Colombia	2:54:23
M75				
1.	Kuchumov, Aglia	M75	Russia	2:18:42
2.	Panaseiko, Mykola	M78	Ukraine	2:26:27
3.	Tsukrov, Semen	M77	Russia	2:32:15
4.	Acosta, Carlos	M79	United State	2:37:03
5.	Aravena, Hector	M75	Chile	2:41:44
6.	Mikulis, Gunars Ja Beaumont, Ian	M76 M77	Latvia Australia	2:45:55 DQ
M80				
1.	Pushkin, Ivan	M83	Ukraine	2:38:44
M85				
1.	Moremen, William	M85	United State	2:51:39

The second race, for W35-W55 and M35-M55, started at 10:30AM with heavy rain and lots of wind. American Erin Taylor-Talcott (W35) was the fastest of the women with 1:49:18 ahead of South African Lesley Van Buuren (W51) 1:58:08 and Canadian Susan Brooke (W48) 2:01:16. Australian Pam Tindal (W53) was unlucky to come up against Lesley in the W50 division as she had to settle for yet another silver with her time of 2:05:13. In the men's race, Mexican Etiel Soto (M40) led for 18km before being DQ'd. This left Latvian Normunds Ivzans (M41) and Italian Salvatore Arena (M40) to fight out the finish, the Latvian getting the nod over the Italian by one second - 1:42:07 to 1:42:08. They were followed by Spaniard Garcia Perianez (M50) with 1:42:51 and Mexican Royce Banda, (M47) with 1:42:53. Our intrepid correspondent Emmanuel Tardi fought hard to finish 11th in the M45 division with his time of 2:32:29.

W35				
1.	Taylor-Talcott, Er	W35	United State	1:49:18
2.	Vidotto Rech, Edil	W37	Brazil	2:11:33
3.	Beltran, Ilda	W38	Mexico	2:27:54
W40				
1.	Borovickova, Lenka	W40	Czech Republ	2:07:48
2.	Sierra, Lorena	W41	Venezuela	2:10:36
3.	Acuna, Jenny	W44	Venezuela	2:21:06
4.	Geraldino, Claudia	W44	Brazil	2:31:18
5.	Rivera Lopez, Flor	W44	Mexico	2:36:36
W45				
1.	Brooke, Susan	W48	Canada	2:01:16
2.	Triay, Esmeralda R	W48	Brazil	2:08:57
W50				
1.	Van Buuren, Lesley	W51	South Africa	1:58:08
2.	Tindal, Pamela	W53	Australia	2:05:13
3.	Kichenbrand, Franc	W51	South Africa	2:09:52
4.	Vazquez, Concepcio	W54	Mexico	2:32:43

5.	Martinez Huenuque,	W51	Chile	2:36:17
6.	Tangestani, Marzie	W51	Iran (Islami	2:39:57
7.	Salinas Luna, Irma	W50	Mexico	3:41:32
W55				
1.	Kryvokhyzha, Tetia	W57	Ukraine	2:04:51
2.	Risk, Monica	W55	South Africa	2:15:54
3.	Nityagovskaya, Liu	W59	Russia	2:24:50
4.	Fernandez, Martha	W59	Argentina	2:26:18
5.	Kozlova, Galyna	W57	Ukraine	2:41:56
6.	Cavallaro, Ediana	W56	Brazil	2:46:51
M35				
1.	Rodriguez Jimenez,	M38	Spain	1:51:43
2.	Sanchez Carmona, A	M39	Mexico	1:53:04
3.	Soliana, Raynold	M37	Netherlands	2:01:15
M40				
1.	Ivzans, Normunds	M41	Latvia	1:42:07
2.	Svensson, Christer	M43	Sweden	1:45:12
M45				
1.	Arena, Walter Salv	M49	Italy	1:42:08
2.	Banda, Royce	M47	Mexico	1:42:53
3.	Garnyk, Petro	M49	Ukraine	1:49:12
4.	Serna, Lorente	M45	Spain	1:51:02
5.	Vargas Mendoza, Al	M45	Colombia	1:54:22
6.	Liepins, Modris	M47	Latvia	1:57:12
7.	Kropik, Dr. Franz	M45	Austria	2:04:20
8.	Brzezowsky, Roman	M49	Austria	2:09:08
9.	Breide, Madars	M48	Latvia	2:17:49
10.	Calderon, Gustavo	M49	Argentina	2:21:05
11.	Tardi, Emmanuel	M46	France	2:32:29
M50				
1.	Perianez Garcia, M	M50	Spain	1:42:51
2.	de los Angeles, Gu	M52	Mexico	1:45:05
3.	Gutierrez Brenes,	M52	Costa Rica	1:46:04
4.	Talcott, David	M53	United State	1:46:36
5.	Dietsche, Klaus	M51	Germany	1:49:29
6.	Buitrago, Omar	M50	Colombia	1:58:08
7.	Iglesias Barrio, J	M50	Spain	2:03:53
8.	Reifinger, Markus	M53	Austria	2:04:56
9.	Hastie, Garry	M52	Australia	2:06:35
10.	Gnauck, Dick	M50	Germany	2:10:18
M55				
1.	Barabash, Vladimir	M57	Russia	1:54:27
2.	Prieler, Helmut	M58	Germany	1:55:10
3.	Lyzhin, Sergey	M58	Russia	2:00:20
4.	Bosman, Marius	M57	South Africa	2:07:36
5.	Venturi Degli Espo	M56	Italy	2:10:16
6.	Lopez, Juan Carlos	M58	Argentina	2:12:53
7.	Smith, Gary	M57	Great Britai	2:13:31
8.	Kovalev, Ivan	M65	Russia	2:23:32
9.	Henriquez, Rafael	M63	Chile	2:31:17
10.	Gonzalez, Eduardo	M57	Argentina	2:36:19

In summary, a great meet for our VRWC walkers with Andrew Jamieson, Heather Carr, Ralph Bennett, Russ Dickenson, Pam Tindal, Liz Feldman and Margaret Beaumont all winning individual medals and even more of our walkers in the mix from a teams perspective. And if Bob Gardiner, Kelly Ruddick, Simon Evans and Michelle Laufer had been on the start line, the medal tally would have been even bigger. As Russ Dickenson put it, it was "the VRWC show in Brazil. Our club produced more gold than just about any other Country!"



Part of the VRWC team in Brazil - Russ Dickenson, Gwen Steed, Ralph Bennett, Celia Johnson, Andrew Jamieson and Liz Feldman



And what better way for a correspondent to finish off his trip than with an early morning stroll down the Copacabana - well done Emmanuel!

FRENCH 50KM CHAMPIONSHIP, CORCIEUX, FRANCE, SUNDAY 27 OCTOBER

The French National 50km championship, which took place last weekend in Corcieux in the East of France, saw Xavier Le Coz win with 4:09:41. Full results set at http://marchons.com/attachments/103_Classement%20du%20Championnat%20de%20France%2050%20km.pdf . First 10 places only reproduced here.

French National 50km championship

1.	LE COZ Xavier	SE	Entente Franconville Cesame VA	4 h 09 41
2.	AUGERON Johan	SE	AC Haut Poitou	4 h 24 53
3.	RAMON Fabrice	VE	Grand Angoulême athlétisme	4 h 30 18
4.	SECHE Nicolas	SE	Stade Lavallois	4 h 34 36
5.	BOINAUD Franck	VE	Nantes Métropole Athlétisme	4 h 51 10
6.	HADULA Ludovic	SE	Charleville Athlétisme	4 h 55 52

7.	BONNOTTE Rémi	VE	Dijon UC	4 h 57 32
8.	LOMBARD Fabien	VE	ASM Bar le Duc	4 h 58 56
9.	HAUMESSER Marc	VE	Villeneuve d'Ascq Fretin Athlétisme	4 h 59 40
10.	GAUDIN Dominique	VE	ASC St Barthélémy	5 h 01 34

WALKING SHORTS

- Athletics is set to receive a big boost in the outer west of Melbourne with \$730,000 funding towards a new synthetic athletics track in Melton and two outdoor gyms at Navan Park in Melton West and Lake Caroline Reserve in Caroline Springs. See <http://www.athsvic.org.au/news/detail/new-athletics-track-set-for-melton>.
- Ivano-Frankivsk (UKR) will host the European Cup Race Walking in 2015. Ihor Hotsul, president of the Ukrainian Athletics Federation, confirmed the decision at this year's 17th international race walk cup official press conference on 20 October in Ivano-Frankivsk. Vitaliy Mateshko, president of the Ivano-Frankivsk Athletic Federation, said, "It was our second bid for the event. After our initial failure we took our previous mistakes and European Athletics' recommendations into consideration. We're now glad to start the preparations for one of the major European Athletics events."
- Participants in this year's international race walk meeting in Ivano-Frankivsk, which took place that same evening, were able to test the new 50km course designed for the 2015 European Cup Race Walking. Ukrainian Ihor Sakharuk won this year's edition of the race, covering the 50km in a quick 3:57:24. Andriy Hrechkovskyy finished second but was first in the U23 category with a personal best of 3:58:26.
- How they train – Alex Wright: Britain's sole walks representative at this year's World Championships explains to AW the transition from running to walking. See <http://www.athleticsweekly.com/coaching/how-they-train-alex-wright/>
- Moscow 50km gold medallist Robbie Heffernan of Ireland had his IAAF World Champs gold medal stolen last week but all turned out ok with a police sting to recover the precious item. See <http://www.irishexaminer.com/ireland/rob-heffernan-reunited-with-gold-medal-after-sting-operation-247072.html>
- An interesting study from Norway, published this week in The Journal of Physiology, argues that a brief exposure to anabolic steroids may have long lasting, possibly permanent, performance-enhancing effects. The new results might spur a debate on the current World Anti-Doping Agency (WADA) code in which the maximum exclusion time is currently two years. See <http://www.sciencedaily.com/releases/2013/10/131027205618.htm>

VRWC CLUB RECORD UPDATE

Some more new VRWC club records this week, compliments of Nathan Brill and Jemima Montag

Jemima Montag	U16 3000m Track Walk	13:13.32	Lakeside Stadium, Melbourne	27/10/2013
Nathan Brill	U18/U20 2000m Track Walk	7:51.9	Nunawading Track, Melbourne	21/10/2013

THIRUKUMARAN BALAYSENDARAN - BAREFOOT WALKER

There have always been barefoot runners, the most famous being Ethiopia's Abebe Bikila who won the first of his consecutive Olympic marathon gold medals in 1960, sans shoes, in a world record 2:15:17. And now the shoe companies have come to the fore with a whole range of 'minimalist running shoes'.

But that's running. Surely you can't racewalk in bare feet on unforgiving bitumen and cement surfaces? Think again! Yes, while it's hard enough to complete a 20km or 50km racewalk with a pair of good shoes, Malaysian walker Thirukumaran Balaysendaran was well known for his barefoot walking, even in major races.

I was lucky enough to run into him in Hong Kong a couple of weeks ago at the 2013 MTR Hong Kong Race Walking meet. Now retired from racing, he was there managing the Malaysian walkers who were to compete in the 10km roadwalk.



Tim and Kumaran in Hong Kong in October 2013

Kumaran, born 2nd February 1969, competed barefoot for his entire career until he retired in 2011 and it does not seem to have inconvenienced him or left him with any lasting issues. He competed in a number of major internationals, including

1997 IAAF Racewalking World Cup, Podebrady	20km	105 th	1:31:17
1998 Commonwealth Games, Kuala Lumpur	50km	9 th	4:44:33
1999 IAAF Racewalking World Cup, Mézidon-Canon	20km	90 th	1:37:12
2001 South East Asian Games, Kuala Lumpur	20km	3 rd	1:34:30

His 1997 World Cup walk was captured on video - check it out at <http://www.youtube.com/watch?v=eN3bscX7gKE>. Those are cobblestones! He did not finish last by any means - he was 105th out of 134 finishers in what is probably the largest international racewalk field ever assembled. He finished his career with PBs of 4:21:33 for 50km (done in the 1998 Malaysian Open Championship) and 1:30:25 for the 20km (done in 1997).

We even saw his barefoot walking in Sydney in February 2000 when he competed in the Australian 20km championships, being held on the Homebush course that was used in the Olympics that year. On that occasion, he finished 22nd in a time of 1:40:10, his unique walking mode being captured by the Sydney Morning Herald (<http://www.smh.com.au/rimages/2005/05/11/1115585021026.html>).



The caption read: *Thirukumaran Balaysendaran of Malaysia tramped Sydney's searing roads with the barest protection in the 20km walk in the Australian Track and Field Championships.*



Kumaran competing in the 1999 World Cup in Mezidon



It's not always easy being a barefoot walker and convincing officialdom that you are allowed to compete in the event.

Of course, there was one occasion when he donned shoes, perhaps understandably! It was in 2009 when he competed in the annual Malaysian 12 Hour Endurance walk in Putrajaya, the country's new administrative centre, just outside Kuala Lumpur. As usual, the event saw huge mass participation (just to put some perspective on it, there were 369 competitors in the men's 12 Hour event and 286 competitors in the women's 12 Hour event). And the shoes must have done the trick as Kumaran won the event overall with a distance of 101km in oppressive conditions.



Kumaran (4251) leads the 2009 Malaysian 12 Hour Walk

He returned for a repeat win in this event in 2010 and I assume he compromised and also wore shoes again on that occasion!

He retired in 2011 but is still involved in our sport, coaching some school / junior athletes in Selangor State where he runs a small trading business. His place seems assured in walking history as we are perhaps unlikely to see a barefoot walker on the international stage again.

WHAT'S COMING UP

AV Shield continues this weekend with our 7 Victorian regions back in action and 3000m/1500m walks being contested. Gee, it would be nice if the AV website actually listed the venues in a nice simple format. I didn't feel like sifting through 7 different pages to try to find out where we are all going to be this Saturday!

Looking further ahead, the following Sunday sees our first VRWC roadwalks for the summer.

Sunday 10th November 2013, VRWC Championships and AGM, Middle Park		
8:30am	20km Gus Theobald Memorial Trophy	Open Men
	20km	Open Women
9.30am	10km Heather Carr Trophy	Masters Women
	10km	Open
10.30am	5km VRWC Championship	Under 20 M & W
	5km & 3km	Open
	3km VRWC Championship	Under 15 B & G
10.45am	1.5km VRWC Championship	Under 12 B & G
	1.5km VRWC Championship	Under 9 B & G
11:40pm	Presentations	
12:00pm	Annual General Meeting	

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

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>
Nov 11-14, 2013 Chinese Racewalk Tournament, Suzhou, China
Sun Dec 1, 2013 Hong Kong 20km Championships - <http://www.hkaaa.com/page.php?pid=1136&mid=147&type=gameevent>
Dec 7-8, 2013 50km / 12 Hour roadwalks in Putrajaya, Malaysia - <http://www.racewalkermalaysia.com/12-hour-walk.php>

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**

2014 European Athletics Permit Meets

Mar 16, 2014 Lugano Trophy - Memorial Mario Albisetti, Lugano, Switzerland
Mar 22, 2014 Dudinska 50, Dudince, Slovakia
Apr 5, 2014 Grand Prix of Rio Maior, Rio Maior, Portugal
Apr 12, 2014 Podebrady, Podebrady, Czech Republic
Jun 8, 2014 Grand Prix of York, England
Jun 13, 2014 International Festival of Alytus, Lithuania
Aug 31, 2014 Voronovo Cup, Moscow, Russia

2014 IAAF Challenge Series Walks

Feb 2, 2014	Hobart	AUS	Commonwealth & Oceania Championships	C Category
Feb 15-16, 2014	Cochabamba	BOL	South American Race Walking Championships	C Category
Feb 22, 2014	Chihuahua	MEX	IAAF Permit	B Category
Mar 16, 2014	Lugano	SUI	Area Permit	C Category
Mar 16, 2014	Nomi City	JPN	Asian Race Walking Championships	C Category
Mar 22, 2014	Dudince	SVK	Area Permit	C Category
Apr 5, 2014	Rio Maior	POR	Area Permit	C Category
Apr 12, 2014	Podebrady	CZE	Area Permit	C Category
May 3-4, 2014	Taicang	CHN	IAAF World RW Cup	A Category
May 24, 2014	La Coruna	ESP	IAAF Permit	B Category
Aug 10-14, 2014	Marrakech	MAR	African Championships	C Category
Aug 12-27, 2014	Zurich	SUI	European Championships	C Category

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**

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Copies of recent newsletters are kept on the VRWC website (<http://www.vrwc.org.au>)