



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2013/2014 Number 6
5 November 2013



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TIM'S WALKER OF THE WEEK

The Walker of the Week last week went to 15 year old Melbourne walker **Jemima Montag** who won the Victorian All Schools U16 3000m walk at Lakeside Stadium a week ago, her time of 13:13.32 breaking her own State U26 3000m record by an amazing 25 seconds.

This week's Walker of the Week goes to Ballarat walker **Kelly Ruddick**. Walking in Athletics Victoria Shield competition last Saturday, she won the 3000m walk in a time of **13:07.25**, bettering the W40 world record of 13:19.7 set by Suzanne Griesbach way back in 1987. There is no stopping Kelly at the moment! Every time she steps on the start line, records are in the offing.

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

One error to fix from last week's VRWC newsletter. At the time of publication, the AV website showed Taylor Vasiljevic as a DNF in the Victorian All-Schools U15 3000m walk. This was incorrect - she was actually the winner in a time of 16:08/30, a 7 sec PB. The results on the website have now been amended as follows

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
3.	Davison, Mackayla	Saint Ignati	17:03.73	
4.	Lillie, Jessica	Rowville Sec	17:47.91	
5.	Dowie, Ellen	Highview Christi	17:49.18	
	Crea, Gabriella	Academy of M D	DQ	

Well done Taylor and sorry about the confusion. I was simply copying the official results from AV!

ACTRWC TRACK WALKS, AIS TRACK, BRUCE

Thanks to Robin Whyte for the last couple of weeks worth of walk results from Canberra. Ian Rayson was in fine form with his 10,000m walk time of 43:16 at the AIS track in Bruce a week ago. The previous week, the younger walkers were in fine form over 2000m with Ashleigh Resch 9:14, Zoe Hunt 9:24 and Callum Burns 9:48.

31/10/2013

10000m Championships

1.	Ian Rayson	43:16
2.	Jillian Hosking	52:27
3.	Ashleigh Resch	54:11
4.	Elizabeth Hosking	54:46
5.	Zoe Hunt	55:31
6.	Colin Heywood	56:00
7.	Ann Staunton-Jugovic	57:28
8.	Ally Durr	60:41
9.	Robin Whyte	64:50
10.	Bryan Thomas	69:33
11.	Roger Pilkington	71:11
12.	Geoff Barker	71:28

5000m

1.	Mick Saunders	34:26
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24/10/2013

2000m Handicap

	Time	Start
1.	Mitchell Baker	11:11 (08:20)
2.	Chris Vincent	12:41 (06:55)
3.	Karina Hopkins	11:33 (08:15)
4.	Rosemary Parker	13:39 (06:20)
5.	Robyn Saunders	14:24 (05:35)
6.	Jennifer Gilchrist	14:17 (05:45)
7.	Bryan Thomas	12:57 (07:05)
8.	Emily Hopkins	12:05 (08:00)
9.	Bob Parker	13:47 (06:20)
10.	Mick Saunders	12:47 (07:20)
11.	Doug Fitzgerald	14:02 (06:10)
12.	Val Chesterton	16:24 (03:50)
13.	Robin Whyte	12:06 (08:10)
14.	Ashleigh Resch	09:14 (11:05)
15.	Rod Gilchrist	13:35 (06:50)

2.	Doug Fitzgerald	36:59	16.	Zoe Hunt	09:24	(11:05)
			17.	Peter Baker	10:45	(09:45)
3000m			18.	Kate Black	11:46	(08:45)
1.	Callum Burns	15:43	19.	Ally Durr	10:31	(10:05)
2.	Gabby Hunt	16:11	20.	Nick Blackaby	20:38	(00:00)
3.	Thomas Hopkins	16:18	21.	Thomas Hopkins	10:05	(10:35)
4.	Peter Baker	16:55	22.	Geoff Barker	13:30	(07:15)
5.	Mitchell Baker	17:08	23.	Callum Burns	09:48	(11:00)
6.	Rod Gilchrist	20:24	24.	Spencer Burns	10:02	(10:50)
7.	Karina Hopkins	20:38	25.	Jane Bates	12:11	(08:45)
8.	Brett Kingston	21:51				
9.	Jennifer Gilchrist	21:57	800m			
10.	Robyn Saunders	23:16	1.	Laura Burns	4:59	
11.	Margaret McSpadden	23:19	2.	Samantha Papantoniou	6.03	
12.	Nick Blackaby	31:13				
1200m						
1.	Spencer Burns	6:01				
2.	Jordan Bardsley	7:03				
3.	Sharon Kingston	10:29				

SAMA TRACK WALKS, SANTOS STADIUM, WEDNESDAY 30 OCTOBER

Thanks to Colin Hainsworth for the latest walk results from the South Australian Masters in Adelaide - cool, calm evening.

3000m yacht handicap

1.	Louisa Mitchell	19:20	64.25%	W44
2.	Bill Starr	20:53	71.36%	M71
3.	Colin Hainsworth	22:57	77.09%	M83
4.	Helen Suridge	22:57	70.44%	W62
5.	Margaret Trengove	22:02	72.83%	W69
6.	George White	16:02	89.64%	M68
7.	Jack Russell	17:43	75.18%	M61
8.	Colin Trengove	23:03	68.10%	M75
9.	Roger Lowe	22:31	65.37%	M70
10.	Rodger Barber	21:55	71.62%	M75
11.	Leigh Smith	22:37	72.41%	M78
12.	Linda Whitelaw	22:52	62.19%	W59
13.	Edna Bates	25:09	57.15%	W60
14.	Kristine Freeman	25:09	53.29%	W53
15.	Gill White	24:54	61.18%	W65

1500m yacht handicap

1.	Sue Damin	11:50		
2.	Sarah Damin	07:28		
3.	David Robertson	12:06	68.27%	M80
4.	Roger Barber	10:40	72.14%	M75
5.	Leigh Smith	10:59	73.04%	M78
6.	Felicity Henderson-Wilson	08:06		
7.	George White	07:52	89.61%	M68
8.	Gill White	11:52	61.61%	W65
9.	Colin Trengove	12:06	63.59%	M75
10.	Jack Russell	08:15	79.21%	M61
11.	Roger Lowe	11:03	65.33%	M70
12.	Margaret Trengove	10:48	71.05%	W69

AV SHIELD COMPETITION - ROUND 2, SATURDAY 2 NOVEMBER

Athletics Victoria Shield competition continued last weekend after a week's break for the Victorian All-Schools championships. Conditions were uniformly good (around 28C in Melbourne and sunny) and we had lots of walkers in action.

Red Zone - Doncaster

The north eastern metro region competed in Doncaster with Adam Garganis 14:05.9 and Michelle Laufer 15:36.9 taking line honours in their respective 3000m walks while Emmet Brasier 6:45.0 and Taylor Langford 7:50.0 won the 1500m walks.

Mixed 3000 Meter Race Walk

1.	Garganis, Adam	M	COLLINGWOOD	14:05.9
2.	McDonough, Aaron	M	PRESTON AC	14:47.6
3.	Laufer, Michelle	W	COLLINGWOOD	15:36.9
4.	Hawkins, Trenton	M	PRESTON AC	15:42.8
5.	Galbraith, Jordan	M	DIAMOND VALLEY AC	16:10.7
6.	Patti, Adrian	M	DONCASTER AC	16:17.8
7.	Keirl, Bernie	M	DIAMOND VALLEY AC	16:22.8
8.	Smyth, David	M	COLLINGWOOD	17:42.5
9.	Collins, Lauren	W	UNATTACHED	18:02.6
10.	Elms, Donna-Marie	W	PRESTON AC	19:44.8
11.	Garganis, Clare	W	COLLINGWOOD	22:27.6
12.	McLennan, Laura	W	UNATTACHED	22:28.6

Mixed 1500 Meter Race Walk

1.	Brasier, Emmet	M	DIAMOND VALLEY AC	6:45.0
2.	Owen, Cooper	M	DIAMOND VALLEY AC	7:40.0
3.	Langford, Taylor	W	DIAMOND VALLEY AC	7:50.0
4.	Laufer, Josephine	W	COLLINGWOOD	8:00.0
5.	Noonan, Emily	W	COLLINGWOOD	8:30.0
6.	Wright, Leah	W	WHITTLESEA CITY AC	9:00.0
7.	Walburg, Kirsten	W	DONCASTER AC	9:45.0
8.	Rudston-Brown, Caitlyn	W	WHITTLESEA CITY AC	10:00.0
9.	Noonan, Claire	W	COLLINGWOOD	10:10.0
10.	Grenade, Christopher	M	PRESTON AC	10:15.0
11.	Lui, Yuan Chow	M	DONCASTER AC	10:20.0
12.	Brown, Tammarah	W	RICHMOND HAR	11:30.0
13.	Paton, Amber	W	PRESTON AC	11:45.0
	Thompson, Riley	M	DONCASTER AC	DQ

Yellow Zone, Lakeside Stadium, Albert Park

The north west region had a chance to compete at Lakeside Stadium in Albert Park and lots of walkers turned out to enjoy the experience. Danny Hawksworth 14:09.9 had a good battle early with Mark Donahoo 14:42.2 and Paul Kennedy 14:47.2 but cleared away mid race to win comfortably. Robyn Shaw was the fastest of the women with 19:39.1. In the 1500m, Julia Irons 8:37.2 finished ahead of Gabbie Crea 8:47.9.

3000 Meter Race Walk

1.	Hawksworth, Danny	M	ATHLETICS ESS	14:09.9
2.	Donahoo, Mark	M	ATHLETICS ESS	14:42.2
3.	Kennedy, Paul	M	KEILOR ST BE	14:47.2
4.	Erickson, Tim	M	COBURG HARRIERS AC	16:43.1
5.	Kondogonis, John	M	KEILOR ST BE	17:17.9
6.	McShanag, Connor	M	ATHLETICS ESS	18:07.8
7.	Knox, Duncan	M	ATHLETICS ESS	18:10.6
8.	Shaw, Robyn	W	WESTERN ATHL	19:39.1
9.	Feain, Madeleine	W	KEILOR ST BE	20:00.2
10.	Wellington, Shea	W	KEILOR ST BE	20:58.9
11.	Murphy, Stephen	M	ATHLETICS ESS	21:06.4
12.	Ireland, Roslyn	W	BRUNSWICK AC	21:36.6
13.	Dunstone, Phillip	M	WESTERN ATHL	21:27.4
14.	Gunn, Nicole	W	KEILOR ST BE	22:14.0
15.	Hamer, Brian	M	WESTERN ATHL	22:14.3
16.	Hodgart, Janice	W	WESTERN ATHL	23:36.8
17.	Close, Linda	W	WILLIAMSTOWN AC	25:02.3
18.	Ireland, Mark	M	BRUNSWICK AC	25:34.1
19.	Cashin, Brenda	W	WESTERN ATHL	25:44.3
20.	Rickard, Ian	M	BRUNSWICK AC	26:15.1
21.	Ireland, Olive	W	BRUNSWICK AC	26:25.1
22.	Lamb, Heather	W	BRUNSWICK AC	26:27.8

1500 Meter Race Walk

1.	Irons, Julia	W	KEILOR ST BE	8:37.2
2.	Crea, Gabriella	W	ATHLETICS ESS	8:47.9
3.	Glover, Jackson	M	WESTERN ATHL	9:07.9
4.	Matthews, Rhiannon	W	KEILOR ST BE	9:15.3
5.	Irons, Elaine	W	KEILOR ST BE	9:31.1
6.	Sykes, Dominic	M	KEILOR ST BE	12:01.6

White Zone, Ringwood

Alas, eastern region results from Ringwood are yet to be posted.

Blue Zone, Frankston

The south eastern region competed in Frankston on Saturday and Rhydian Cowley was in fine form, winning the 3000m by the proverbial mile with 12:09.4 while Simone McInnes won the women's 3000m with 16:38.8. The 1500m saw Kyle Bird win with a fast 6:28.8 ahead of Reese Walmsley 6:44.8 and Taylor Vasiljevic 7:29.3.

3000m Walk

1.	Rhydian Cowley	MOP	GHY	12:09.4
2.	Michael O'Mahony	MOP	KNA	15:59.9
3.	Simone McInnes	WOP	GHY	16:38.8
4.	Jade Sanders	WU18	CCA	17:17.6
5.	Marlene Gourlay	W40+	VMA	17:37.5

6.	Bianca Attard	WU20	KNA	18:59.8
7.	Anand Thillaisundaram	MOP	MEN	19:04.0
8.	Nicole Hallett	WOP	CCA	19:13.1
9.	Geoff Barrow	MOP	MEN	19:50.5
10.	Michaela Attard	WOP	KNA	20:18.1
11.	Philip Hutton	MOP	GHY	20:22.6
12.	John Morrison	MOP	SAN	21:23.6
13.	Rebekah Lyness	WOP	CCA	22:49.4
14.	Kuniko Bowden	WOP	MEN	23:25.5
15.	Anna Petrakos	WOP	MEN	DQ
16.	Michael Merren	MOP	MEN	DQ
17.	Clodagh Grogan	WU18	SAN	DQ

1500m Walk

1.	Kyle Bird	MU18	MPA	6:28.4
2.	Reese Walmsley	MU16	KNA	6:44.8
3.	Taylor Vasiljevic	WU16	KNA	7:29.3
4.	Paige De Lisen	WU16	KNA	7:36.6
5.	Philippa Huse	WU16	SAN	7:51.7
6.	Corey Dickson	MU14	KNA	7:52.7
7.	Emily Hamilton	WU16	KNA	8:15.6
8.	Brodie Richardson	WU14	KNA	8:25.9
9.	Jessica Lillie	WU16	KNA	8:29.2
10.	Hayden Walmsley	MU14	KNA	8:45.7
11.	Anaya Hodges	WU14	KNA	9:35.6

Llanberris Reserve, Ballarat

Kelly Ruddick was in great form in Ballarat, her time of 13:07.25 bettering the W40 world record of 13:19.7 set by Suzanne Griesbach way back in 1987. There is no stopping Kelly at the moment!

Mixed 3000 Meter Race Walk

1.	Ruddick, Kelly	W	BALLARAT HAR	13:07.25
2.	Brennan, Sarah	W	BALLARAT YCW	15:53.49
3.	Somerfield, Kobie	W	BALLARAT HAR	18:24.54

La Trobe Uni Track, Bendigo

Madison Hill won the 1500m walk in Bendigo with a time of 9:31.20.

Mixed 1500 Meter Race Walk

1.	HILL, MADISON	W12	SOUTH BENDIGO	9:31.20
2.	WATSON, JOHN	M63	BENDIGO HARRIERS	10:49.50

Landy Field, Geelong

Alas, no times from Geelong as yet on the AV website.

KINGS SPORT STORE TRELOAR SHIELD ROUND 3, SOPAC, SYDNEY, SATURDAY 2 NOVEMBER

NSW walkers were back in action on Saturday with their own Interclub competition and there were some good performances. Kyle Malone won the 5000m with 22:26.33 ahead of Deryck Mulhearn 23:06.18 and Cheryl Webb 23:22.23 while Jasmyn McDonald won the 3000m with 14:22.15 and Samantha Brown won the 1500m with 7:24.85.

3000m Walk

1.	McDonald, Jasmyn	14	Parramatta C	14:22.15
2.	Roukos, Raquel	13	Nepean Distr	14:52.17
3.	DeLaine, Eliza	13	Unattached	15:54.28
4.	Thomson, Ryan	13	Nepean Distr	16:48.46
5.	Barendregt, Travis	13	Nepean Distr	19:56.56

1500m Walk

1.	Brown, Samantha	12	Parramatta C	7:24.85
2.	Gosper, Luke	12	Parramatta C	7:56.04
3.	Sanday, Niamh	11	Unattached	7:59.45
4.	Skeed, Karl	10	Unattached	8:43.15
5.	Parker, Hannah	11	Randwick Bot	9:03.54

5000m Walk

1.	Malone, Kyle	22	Nepean Distr	22:26.33
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2.	Mulhearn, Derek	23	Sydney Unive	23:06.18
3.	Webb, Cheryl	37	Nepean Distr	23:22.23
4.	Bourke, Lauren	23	Mingara Athl	24:09.53
5.	Gibbons, Carl	17	Westlakes At	24:28.42
6.	Kerr, Aidan	15	Sydney Pacif	25:09.87
7.	Richardson, Dylan	13	Mingara Athl	25:56.17
8.	Dighton, Jasmine	17	Asics Wests	26:20.24
9.	Barendregt, Amanda	17	Nepean Distr	26:51.46

SOUTH AUSTRALIAN 1 MILE WALK CHAMPIONSHIPS, SANTOS STADIUM, ADELAIDE, SAT 2 NOV
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Thanks to Kim Mottrom for the results of the South Australian 1 Mile Championships last Saturday. He commented: Good numbers, however a few Open people not walking because we have our state 10km walk tomorrow. 28C and warm, but good results from most.

Open Women

1.	Claire Tallent	7:29.52
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Under 18 Women

1.	Felicity Henderson	9:14.79
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Under 16 Girls

1.	Anna Cross	7:32.80
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Under 14 Girls

1.	Bethany Cross	8:20.38
2.	Rhiannon Lovegrove	8:28.01
3.	Sarah Damin	8:34.12

Open Men

1.	Kim Mottrom	6:41.01
2.	Justin Hill	6:47.00
3.	Darren Bown	6:51.52

Over 35 Men

1.	Peter Crump	8:23.78
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The walkers were back in action on Sunday in the State 10,000m walk championships at Santos Stadium in Adelaide. Conditions were good and Danielle Walsh did a great job finishing her first 10km (59:31), Troy Hooker did another PB (58:37) and Peter Crump (56:46) did well after only recently completing his centurion walk. Unfortunately, Jemma Potezny, who walked quite a fast time, completed the race only to receive her third red card in her last lap. It wasn't the outcome she was looking for, but she's shown good improvement over the last year and should continue on that track. Tanya Holliday (47:30) and Kim Mottrom (48:46) were fastest overall. Kim and Justin Hill then lined up for the State Open 10,000m run, Kim taking bronze and Justin finishing fourth.

Open Men

1.	Kim Mottrom	48:46
2.	Justin Hill	49:21

Over 35 Men

1.	Troy Hooker	58:37
	James Hoare	DQ

Over 50 Men

1.	Peter Crump	56:46
	George White	DQ

Open Women

1.	Tanya Holliday	47:30
2.	Claire Tallent	52:41

Under 20 Women

1.	Danielle Walsh	59:31
	Jemma Potezny	DQ

MEDIBANK SENIOR CARNIVAL & JUNIOR PENTATHLON 2013, SAF, BRISBANE, SUNDAY 3 NOV

It was a big day for Queensland Little Athletes last Sunday when the annual Medibank Senior Carnival & Junior Pentathlon were held at the State Athletic Facility at Nathan in suburban Brisbane. It was another very hot Brisbane day (temperature approaching the mid thirties) but the fields were big in all events, including the walks. The meet used to feature just 1500m walks but three years ago, it was extended to add in 3000m walks for the older age groups. And Mikaela Woodward was in fine form, breaking the U15 3000m meet record. She had also hoped to break the U15 1500m record, but the 3000m and 1500 walks were held back to back, and with the sun warming the track up very quickly, it was too big an ask.

Robyn Wales sent the following great photo - her comments: Here is a cute photo of 2 young walkers who were getting to know each other just after one was dq'd, giving the other 1st place. Hopefully they'll stay friends through their walking careers.



Tenyka Chapman and Caitlin Hannigan at the QLAA Senior Carnival

Walk results follow with all finishers shown - I have not reproduced the DQs to save space (there were a lot of DQs!)

Girls U11 1100m Walk

1.	Rasmussen, Tianna	Ipswich	6:48.5
2.	Moulder -shard, Ebony	Ipswich	6:48.9
3.	Stonehouse, Kirra	Redlands	6:49.3
4.	Betzold, Breeanna	Ipswich	7:11.4
5.	Thornberry, Sophie	Toowoomba Cent.	7:14.9
6.	O'Connor, Kirsten	South Burnett	7:52.9
7.	Unicomb, Summer	Souths	8:02.1
8.	Bolger, Laura	Mt Gravatt	8:02.1
9.	Smith, Delaney	Gold Coast	8:50.6
10.	Willoughby, Emily	Jimboomba	9:23.2

Girls U12 1500m Walk

1.	Chapman, Tenyka	Mudgeeraba	9:27.7
2.	McRoberts, Jasmine	Redcliffe	10:11.7
3.	Office, Jordn	Ipswich	10:44.5

Girls U13 1500m Walk

1.	Lawrence, Jenna	Springwood	8:17.0
2.	Pearson, Jade-Elizabeth	Aspley	9:42.0
3.	Cox, Tessa	Toowoomba Cent.	11:17.4
4.	Treurnich, Chloe	Redlands	11:17.7

Girls U14 1500m Walk

1.	Sims, Riley	Aspley	8:45.7
2.	Hoy, Jessica	Tweed	8:51.8
3.	Scully, Wendy	Laidley	9:24.7

Girls U15 1500m Walk			
1.	Woodward, Mikaela	Sunnybank	7:40.5
2.	Lancaster, Zahlea	Springwood	10:38.8
Girls U17 1500m Walk			
1.	Sims, Jesse	Aspley	8:41.7
Girls U14 3000m Walk			
1.	Hayward, Katie	Gold Coast	16:23.8
2.	Sims, Riley	Aspley	18:58.8
Girls U15 3000m Walk			
1.	Woodward, Mikaela	Sunnybank	15:38.5
2.	Leen, Maria	Redlands	19:11.3
Girls U17 3000m Walk			
1.	Sims, Jesse	Aspley	17:56.5
Boys U11 1100m Walk			
1.	Brown, Joshua	Strathpine	7:23.7
2.	Stovin, Jayden	Gold Coast	7:23.9
3.	Cox, William	Toowoomba Cent.	7:29.1
4.	Wright, Timothy	Toowoomba Cent.	8:01.4
5.	Bassard, Trent	Mt Gravatt	8:01.6
6.	White, Christopher	Strathpine	8:45.0
Boys U12 1500m Walk			
1.	Jeffrey, Ben	Souths	8:31.1
2.	Brackin, Sean	Strathpine	10:03.1
Boys U13 1500m Walk			
1.	Stovin, Jamison	Gold Coast	8:12.8
2.	Matthews, Kent	Toowong Harriers	9:01.0
3.	Rasmussen, Kyle	Ipswich	10:18.5
4.	Lowrie, Mitchell	Caboolture	11:11.2
Boys U14 1500m Walk			
1.	Bassard, Jeremy	Mt Gravatt	8:47.3
2.	Johnson, William	Gold Coast	9:35.2
Boys U15 1500m Walk			
1.	Gorry, Troy	Springwood	9:41.9

GERMAN 50KM AND MASTERS CHAMPIONSHIPS, GLEINA, SATURDAY 19 OCTOBER

The German 50km championship, held last month in Gleina, was won by 23 year old Carl Dohmann in a debut time of 3:57:58. The meet also included Masters championships over 30km (M35-59) and 10km (M60+ and W35+). Full results and commentary at <http://omarchador.blogspot.pt/2013/10/campeonatos-alemaes-em-gleina.html>. The main results are reproduced below.

50km Men

1.	Carl Dohmann	1990	SCL Heel Baden Baden	3:57.58
2.	Nils-Christopher Gloger	1990	SC Potsdam	4:30.52
3.	Andreas Janker	1983	LG Röthenbach/Pegnitz	4:43.27
4.	Uwe Schröter	1959	LG Vogtland	4:50.13
5.	Günter Evertz	1957	Polizei-Sportverein Berlin	5:43.33

30km Masters Men M40-M55

1.	Steffen Borsch	1973	SV Halle	2:42.39	1. M40
2.	Nischan Daimer	1967	SV Breitenbrunn	2:44.36	1. M45
3.	Steffen Meyer	1966	SV Breitenbrunn	2:53.22	2. M45
4.	Joachim Maier	1970	SV Breitenbrunn	2:54.45	2. M40
5.	Wilfried Gaube	1956	Polizei-Sportverein Berlin	3:09.00	1. M55
6.	Uwe Tolle	1955	Polizei-Sportverein Berlin	3:11.50	2. M55
7.	Günter Evertz	1957	Polizei-Sportverein Berlin	3:15.09	3. M55
8.	Stefan Nißl	1959	TV Ludweiler	3:24.07	1. M50

10km Masters Men M60-M75

1.	Josef Berzl	1952	Gehsportverein Regensburg	57.52	1. M60
2.	Rainer Lorscheider	1947	TV Ludweiler	58.26	1. M65
3.	Udo Schaeffer	1950	ASV Erfurt	58.46	2. M60
4.	Bernd Affeln	1950	Polizei-Sportverein Berlin	59.09	3. M60
5.	Karl Degener	1943	Polizei-Sportverein Berlin	1.00.17	1. M70
6.	Peter Schumm	1942	Alemania Aachen	1.02.02	2. M70
7.	Felix Maier	1943	SV Breitenbrunn	1.02.58	3. M70
8.	Horst Kiepert	1951	MBB-SG Augsburg	1.03.35	4. M60
9.	Bernd Hölters	1946	Polizei-Sportverein Berlin	1.04.05	2. M65
10.	Klaus Gottert	1939	ASV Erfurt	1.04.36	4. M70
11.	Wolf-Dieter Giese	1943	Polizei-Sportverein Berlin	1.05.09	5. M70
12.	Joachim Bauer	1949	ESV Jahn Treysa	1.07.02	5. M60
13.	Werner Mink	1949	LG Asslar-Werdorf	1.07.55	6. M60
14.	Heinz-Jürgen Mittmann	1941	Polizei-Sportverein Berlin	1.08.26	6. M70
15.	Edward Dewucki	1951	SC Polonia Hannover	1.09.50	7. M60
16.	Wolfgang Hammer	1951	Gehsportverein Regensburg	1.12.10	8. M60
17.	Horst Lenz	1937	MBB-SG Augsburg	1.12.25	1. M75
18.	Holger Flassnöcker	1937	TG Harkort Wetter	1.12.25	1. M75
19.	Hans-Peter Damnitz	1943	DJK Sparta Langenhagen	1.14.28	7. M70

10km Masters Women

1.	Brit Schröter	1974	LG Vogtland	53.06	1. W35
2.	Nicole Hörl	1971	Diezer TSK Oranien	55.36	1. W40
3.	Adelheid Robohm	1961	ESV Gemünden	55.41	1. W50
4.	Christine Sarembe-Stegmaier	1966	LSG Aalen	57.34	1. W45
5.	Maria Unterholzner	1968	SpVgg Niederaichbach	58.55	2. W45
6.	Antje Kahr	1966	THW Kiel	1.00.50	3. W45
7.	Silvia Wälde	1966	TV Biberach	1.02.05	4. W45
8.	Katja Kastens	1967	TV Biberach	1.03.27	5. W45
9.	Anneke Heuer	1971	Polizei-Sportverein Berlin	1.03.34	2. W40
10.	Marita Ehle	1957	TV Biberach	1.04.06	1. W55
11.	Andrea Maier	1969	SV Breitenbrunn	1.05.03	3. W40
12.	Karin Dygas	1950	LG Kreis Verden	1.05.23	1. W60
13.	Silke Glombitza	1967	LG Süd Berlin	1.05.40	6. W45
14.	Brigitte Patrzalek	1958	TV Groß-Gerau	1.06.21	2. W55
15.	Roswitha Ebel	1963	DJK Sparta Langenhagen	1.08.03	2. W50
16.	Ursula Klink	1944	TV Groß-Gerau	1.08.20	1. W65
17.	Monika Müller	1964	TV Groß-Gerau	1.08.53	7. W45
18.	Margarete Molter	1947	TV Groß-Gerau	1.15.02	2. W65
19.	Christine Schmid	1962	Gehsportverein Regensburg	1.22.00	3. W50
20.	Helga Dräger	1939	LG Esslingen	1.23.07	1. W70

55TH GARA DI MARCIA MUGGIA, MUGGIA, ITALY, SUNDAY 3 NOVEMBER 2013

Thanks to Fabio Ruzzier for the results of the 55th Gara Di Marcia Muggia 10km racewalk in Italy. And thanks to Ekpa Milje and Diego Cafagna (former Italian Olympic 50km racewalker) for the accompanying pictures.

Gara Di Marcia 10km Roadwalk

1.	RUZZIER, Fabio	1953	AK KOPER (SLO)	51:19	1 st M60
2.	VERŠEC, Vladimir	1963	AK KOPER (SLO)	51:34	1 st M50
3.	GRABEREC, Ivan	1964	AK Aviokarte	54:33	1 st M45
4.	HAUBRIH, Zelimir	1963	DINAMO ZRINJEVAC (HR)	54:49	2 nd M50
5.	DORIGO, Silvio	1962	MARATHON TS	55:07	3 rd M50
6.	LACKOVIC, Boris	1982	DINAMO ZRINJEVAC (HR)	57:41	1 st SEN M
7.	GRABEREC, Mario	1996	AK Aviokarte	58:47	2 st SEN M
8.	FERLUGA, Fulvia	1973	Atl. Brugnera	1:00:20	1 st W40
9.	TESOVNIK, Anže	1998	MASS Ljubljana	1:00:30:	
10.	BAHČIČ, Igor	1962	AK KOPER (SLO)	1:01:44	4 th M50
11.	MARASOVIĆ, Slavica	1996	AK Aviokarte	1:01:44	1 st SEN F
12.	ČANADI, Eva	2000	AK KOPER (SLO)	1:03:02	
13.	POKLAR, Andreja	1966	AK KOPER (SLO)	1:05:21	2 nd W45
14.	SCHWANTZER, Monica	1955	1.LC PARNORF (A)	1:06:23	1 st W55
15.	MILOCH, Adriano	1947	INDIPENDENTE	1:06:37	1 st M65/70
16.	CAH, Klara	2002	AK KOPER (SLO)	1:08:53	
17.	STRIEDER, Hermann	1941	TV SPITTAL (A)	1:10:14	2 nd M65/70
18.	STERPIN, Claudio	1940	MARATHON TS	1:13:45	3 rd M65/70

19. FRANK, Michael

1974

LCA Hochschwab

1:13:50

1st M35

Slovenian club AK Koper won the teams event with 20 points ahead of Croatian club AK Aviokarte.

1.	AK KOPER	Slovenia	20 pts
2.	AK AVIOKARTE	Croatia	14 pts
3.	MARATHON Ts	Italy	11 pts
4.	DINAMO Zrinjevac	Croatia	9 pts



Left: The start of the race

Right: Fabio Ruzzier



Slovenian walkers Vlado Versec, Andreja Poklar, Eva Canadi and Klara Cah



Presentations

NATIONAL GAMES, TAIPEI, CHINESE TAIPEI, 20-14 OCTOBER

Men's 20km Walk, Sunday 20 October

1.	Po-Ying LO	TPE	95	1:38:34
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Women's 20km Walk, Sunday 20 October

1.	Chia-Feng CHANG	TPE	93	1:40:44
2.	Yu-Nei WANG	TPE		1:57:21
3.	Han-Chen LIN	TPE		1:57:59

WALKING SHORTS

- Australia's **Jared Tallent**, who won a 50km bronze medal at the Moscow 2013 World Championships, is set to compete in the Taihu Race Walking Rally which will be held over four stages in Eastern China in a week's time. He is part of a four-man team of Commonwealth walkers, with countrymen **Chris Erickson** and **Dane Bird-Smith**, and Canadian **Inaki Gomez** (the eighth place 20km finisher in Moscow). The event starts next Monday with a 20km leg, followed by 15km legs on the following 3 days. See <http://spikes-mag.tumblr.com/post/65686262082/can-the-tour-de-france-inspire-race-walking>. And see http://www.marciailiana.com/ita/dettagli_news.aspx?id=1604 for the maps of the courses and further event information.
- Now in its 15th year, National Walk to Work Day, on Friday 8 November 2013, is an annual event which encourages Australians to build regular walking into their daily routine. Are you walking to work? You can read more details at <http://www.walk.com.au/utw/page.asp?PageID=207>.
- Racewalker Alex Wright is one of 28 British athletes have been included on the British Athletics Futures Programme for 2013-14. See <http://www.athleticsweekly.com/news/uka-names-futures-programme-athletes/#Ox0fzvszzyzcBQfl.99>.
- I had hoped to find time to extract the walk results from the LAVic 50 Years Celebration Open Day which was held in Landy Field in Geelong on Sunday 20 October. Alas, time has got away from me so all I can do is point you to the results link: https://sitedesq.imgstg.com/customdata/index.cfm?fuseaction=display_main&ItemID=11430&OrgID=3662&count=1.

WHAT'S COMING UP

No AV Shield this weekend for us Victorians but that does not mean that the weekend is walks free. Next Sunday morning sees our first VRWC roadwalks for the summer. These are our summer club championships so medals are on offer. The day's racing will be followed by presentations and our Annual General Meeting at our headquarters at Middle Park.

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	

Victorian Judging Convenor Diane Lowden has asked me to remind everyone of the Walk Judging Seminar that is to be held in Melbourne on Saturday 14 December. It is time to fill out your nomination form and post it back to Diane. See further details at <http://www.vrwc.org.au/documents/2013%20VIC%20Walk%20Judges%20Seminar%2014%20December.pdf>

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

Sun Nov 10, 2013	VRWC Summer Roadwalk Championships, Middle Park
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

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>)