



HEEL AND TOE ONLINE

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

This week's walker of the week can only be one walker - Melbourne's **Jemima Montag** whose time of **22:32.95** at last Friday evening's Victorian Junior T&F Championships was a 23 sec PB. It was yet another fantastic walk by this super talented young walker who is rewriting the record books as she goes. And as this time was done the day before she turned 16, it is not only a Victorian U17 and U18 record - it is also an U16 record!

Jemima will be one of our youngest ever World Cup walkers when she represents us in the U20 10km in Taicang in May. And given her qualifying time of 47:00 in Hobart a couple of weeks ago, the sky's the limit.



Jemima powers through 5000m last Friday evening

WHAT'S COMING UP

This weekend sees a return to Athletics Victoria Shield competition with Round 10 being contested across the various regions. It's program 1 so I think that means 3000m/1500m walks are to be contested. The AV website advises that Blue Zone will be competing on Thursday 20th Feb at Casey Fields from 6:30pm due to an event been held on Saturday and that both Red and White Zones will be competing at Albert Park. Red Zone will commence from 9:30am White Zone will commence from 3:00pm.

Thur 20 6:30PM	AV Shield BLUE ZONE Round 10	Casey Fields, Cranbourne East
Sat 22, 9:30AM	AV Shield RED ZONE Round 10	Lakeside Stadium, Albert Park
Sat 22, 3:00PM	AV Shield WHITE ZONE Round 10	Lakeside Stadium, Albert Park
Sat 22	AV Shield YELLOW ZONE Round 10	Aberfeldie: Mooney Valley Athletics Centre, Essendon
Sat 22	AV Shield BALLARAT REGION Round 10	Llanberris Reserve, Ballarat
Sat 22	AV Shield BENDIGO REGION Round 10	La Trobe University Bendigo Athletics Centre, Bendigo
Sat 22	AV Shield GEELONG REGION Round 10	Landy Field, Geelong

As always, check with your club and with the AV website closer to the weekend in case I have it all wrong!

A final reminder that entries close tomorrow (Wednesday 19 February) for the **2014 Victorian Open Track & Field Championships**. Enter at <http://athsvic.org.au/events/detail/victorian-open-u20-u18-multi-championships>. The championships themselves will be held from **Friday 28 February to Sunday 2 March** and the draft timetable has the 5000m Open Walks scheduled for 11:30AM on Sunday 2nd March. If everyone turns out, this will be a superb race.

And another final reminder that nominations for the Victorian Team for next month's Australian Junior Champs close tomorrow (Wednesday 19 February). Enter via <http://athsvic.org.au/events/detail/australian-junior-track-field-championships>.

And now to Masters news.

The **2014 VMA T&F Championships** will be held on **15-16 March 2014** at the **Bill Sewart Athletic Track in Nunawading**. Entries are via the AV online entry form: see <http://www.athsvic.org.au/events/detail/victorian-masters-track-field-championships1>.

The **2014 VMA 5000m Racewalk Championships** will be held on **Sunday 23 March** at the **Mentone Athletics Track in Mentone** and will be run on behalf of VMA by the Victorian Race Walking Club. Entries are taken on the day.

Finally, some of our Australian Masters walkers will be heading off next month to the **World Masters Athletics Indoor Championships** in **Budapest** (see <https://www.facebook.com/WMABudapest2014>). The meet runs from **25-30 March** and includes 3000m track walks and 10km road walks.

And for those Australians going to Budapest, you might like to consider racing in the IAAF Challenge Series meet in Dudince (Slovakia) on Saturday 22 March. It's only a couple of hour's drive from Budapest and includes Masters 5km road walks. Contact me and I can post you the informational blurb.

ACTRWC TRACK WALKS, AIS TRACK, BRUCE, ACT, THURSDAY 13 FEBRUARY

Thanks to Robin Whyte for his weekly report from Canberra.

3000m Walk

1.	Zoe Hunt	14:39
2.	Thomas Hopkins	14:54
3.	Callum Burns	15:24
4.	Ann Staunton-Jugovic	15:25
5.	Gabby Hunt	15:53
6.	Emily Hopkins	17:28
7.	Mitchell Baker	17:55
8.	Helena Bialecki	18:12
9.	Karina Hopkins	18:35
10.	Robin Whyte	18:43
11.	Mick Saunders	19:51
12.	Bryan Thomas	19:58
13.	Geoff Barker	20:03
14.	Rod Gilchrist	20:55
15.	Chelsea Rogic	20:59
16.	Jennifer Gilchrist	21:35
17.	Ruth Baussmann	21:52
18.	Venesser Rogic	22:10
19.	Val Chesterton	24:31
20.	Margaret McSpadden	24:55

1000m Walk

1.	Sophie Rogic	06:46
2.	Jenny Rayner	07:46
	Jack Lang	DQ

VICTORIAN JUNIOR T&F CHAMPIONSHIPS, LAKESIDE STADIUM, ALBERT PARK, 14-16 FEBRUARY

The Victorian underage T&F championships were held last weekend at Lakeside Stadium in Melbourne and there were some fantastic walk performances. The 5000m U17-U20 walks were held on Friday evening in good conditions and everyone made the most of the occasion. **Jesse Osborne** stormed through the opening km in around 3:42 with **Nathan Brill** not far behind and everyone else chasing as best they could - the stage was set for some big times. Jesse perhaps paid a penalty for his early laps and it was Nathan who came back to him strongly, passed him around the half way mark and went on to take fastest time of 20:08.59 to Jesse 20:50.57. Next in was **Kyle Bird** 22:18.45 in a bit PB - his first time under 23 mins. Then came **Adam Garganis** in a PB of 22:24.79, followed by **Jemima Montag** whose time of 22:32.95 was a 23 sec PB and broke the **Victorian U16, U17 and U18 records**. It had to be the walk of the meet. It's hard to pick out other individuals when everyone walked so well but special mentions to **Reese Walmsley** 23:00.18, **Emmet Brasier** 23:17.40, **Ross Darlow** 24:23.66, **Emily Hamilton** 25:28.26, **Zoe Boldiston** 24:34.09 and **Tayla-Paige**

Billington 24:44.20. All in all, a superb evening of racing.

Men 5000m Walk U17

1.	Walmsley, Reese	Knox	23:00.18	PB 0:11
2.	Brasier, Emmet	Diamond Valley	23:17.40	
3.	Darlow, Ross	EKA	24:23.66	PB 0:56
4.	Owen, Cooper	Diamond Valley	26:36.34	PB 0:47

Men 5000m Walk U18

1.	Garganis, Adam	COL	22:24.79	PB 0:13
2.	Galbraith, Jordan	Diamond Valley	26:51.99	First one
3.	Wellington, Shea	Keilor St Bernards	27:01.90	First one

Men 5000m Walk U20

1.	Brill, Nathan	BOH	20:08.59	
2.	Osborne, Jesse	Athletics Essendon	20:50.57	
3.	Bird, Kyle	MPA	22:18.45	PB 0:43
4.	Antidormi, Ryan	ANW	24:51.61	PB 1:12
5.	Taylor, Lucas	YRA	25:50.93	

Women 5000m Walk U17

1.	Montag, Jemima	MAC	22:32.95	PB 0:23 Vic U18-U18 Records
2.	Hamilton, Emily	Knox	25:28.26	PB 1:33
3.	Huse, Philippa	Sandringham	26:47.38	First one
4.	De Lisen, Paige	Knox	27:03.23	PB 0:36
5.	Collis, Lauren	Diamond Valley	28:49.71	PB 1:06

Women 5000m Walk U18

1.	Boldiston, Zoe	South Bendigo	24:34.09	
2.	Billington, Tayla-Paige	BOH	24:44.20	
3.	Sanders, Jade	CCA	28:34.16	
4.	Swan, Emily	ANW	?	

Women 5000m Walk U20

1.	George, Stephanie	SCA	25:14.24	
2.	Heard, Amanda	Eaglehawk YMCA	28:16.53	
3.	Somerfield, Kobie	Ballarat Har	28:55.74	
4.	Bertrand, Carly	Keilor St Bernards	?	

The 3000m walks were held on Saturday morning in warmer and humid conditions so the walkers had a harder time of it. The events also saw Little Athletics JDS squad members competing against the AV walkers and they gained additional places on the podium and special invitational medals. Well done to AV champions **Rebecca Henderson, Eliza Clarke, Jessica Lillie, Corey Dickson, Michael Taylor** and **Kyle Swan**. And a special note for **Philippa Huse** who was first across the line in the U16 but could not claim the gold as she had walked in her first ever 5000m in the U17 event the night before - not realizing that you are not allowed to walk in both the 5000m and 3000m walks in AV champs. But she still recorded a PB with her time of 15:43.35, one of a number on the morning. But walker of the day had to go to Kyle Swan for his great time of 12:49.02 in winning the U16 event.

Women 3000m Walk U14

1.	Henderson, Rebecca	CCA	15:00.65	PB 0:20
2.	Hayes, Zahra	South Bendigo	15:50.40	
3.	Peart, Jemma	Ballarat Yew	16:19.23	
4.	Langford, Taylor	Diamond Valley	17:02.25	PB 1:17
5.	Matthews, Rhiannon	Keilor St Bernards	17:35.04	PB 3:06
6.	Canavan, Amy	EKA	18:08.90	PB 1:24
7.	O'Mahony, Kathleen	Knox	18:29.02	
8.	Taylor, Lee	YRA	19:14.70	PB 0:07
9.	Rudston-Brown, Caitlyn	Whittlesea	24:48.29	

Women 3000m Walk U15

1.	Clarke, Eliza	Diamond Valley	14:51.91	
2.	Bulte, Karla	Una	16:57.60	
3.	Richardson,	Brodie Knox	16:59.64	
4.	Noonan, Emily	COL	18:22.34	PB 1:00

Women 3000m Walk U16

	Huse, Philippa	Sandringham	15:43.35	PB 0:02
1.	Lillie, Jessica	Knox	17:46.46	
2.	Vasiljevic, Taylor	Knox	18:16.42	

3.	Laufer, Josephine	COL	18:25.73	PB 1:10
4.	Dowie, Ellen	EKA	18:55.40	
5.	Guy, Rachael	CCA	DQ	

Men 3000m Walk U14

1.	Dickson, Corey	Knox	16:01.01	
2.	Mandic, Nikola	CCA	16:43.65	
	Rickard, Joseph	Jds Squad	17:12.33	First One
3.	Walmsley, Hayden	Knox	18:31.24	
4.	Wright, Ethan	Whittlesea	20:02.05	
5.	Lane, Zach	Frankston	DQ	

Men 3000m Walk U15

1.	Taylor, Michael	Diamond Valley	16:25.60	First one
2.	Collis, Hugh	Diamond Valley	17:38.65	

Men 3000m Walk U16

1.	Swan, Kyle	ANW	12:49.02	PB 0:34
	Burgess, Liam	Jds Squad	16:56.42	PB 0:55
2.	Feain, Lachlan	Keilor St Bernards	18:49.67	



Jesse Osborne, Nathan Brill, Tayla-Paige Billington and Kyle Bird



Zoe Boldiston, Emmet Brasier, Corey Dickson, Jemima Montag and Adam Garganis



Reese Walmsley, Philippa Huse, Eliza Clarke and Kyle Swan



Some of Simon Baker's and Frances Attard's walkers (with their coaches)

SAMA TRACK WALK UPDATE

Alas, no results from the South Australian Masters this week. Colin Hainsworth advised that their Wednesday evening track races were cancelled due to the high temperature of 42C. He tells me that this was the 12th day this summer over 40C - one particular record we can do without!

2014 WA STATE CHAMPIONSHIPS, WAAS, PERTH, 14-16 FEBRUARY

The U14-U16 3000m walks were first up on Friday evening in the Western Australian Junior T&F Champs last weekend in Perth with Declan Tingay the best in winning the U16 walk with a PB 13:39.28.

Women 3000m Walk U14

1. Ruane, Tiahna West Track 15:56.63

Women 3000m Walk U15

1. Johns, Mikayla Melville 17:37.35

Men 3000m Walk U14

1. Reid, Benjamin Athletics WA 16:22.69
 2. Ellis, Daryl BHAC 20:15.49

Men 3000m Walk U15
Gerken, Christopher Athletics WA DQ

Men 3000m Walk U16
1. Tingay, Declan Athletics WA 13:39.28

The 5000m walks were held on Sunday and it was once again Declan Tingay leading from the front with a PB 23:55.24.

Women 5000m Walk U18
1. Hughes, Holly Melville 30:19.96
2. Gerken, Caitlin Athletics WA 30:28.00
3. Tolardo, Isabella Melville 34:18.00

Women 5000m Walk U20
1. Holt, Kate Melville 27:08.86

Men 5000m Walk U17
Leatherland, Simeon Athletics WA DQ
Gerken, Christopher Athletics WA DQ

Men 5000m Walk U18
1. Tingay, Declan Athletics WA 23:55.24

The Open & U20 State 10km Walk will be held in conjunction with the WA State Combined Events Championships on Sunday 27 February.

QLD CLUB CHAMPIONSHIPS MEET: JOANNA STONE SHIELD, SAF, BRISBANE, SAT 15 FEBRUARY

The 5000m walk (the longest event on the program) in the Queensland Club Championships was scheduled for 3:30PM on Saturday, a day when Brisbane was expecting 36C. Due to the very hot racing conditions, the walkers were given the option to drop down to 3000m and 8 of the 9 walkers chose this alternative. Well done to Mikaela Woodward who decided to rough it out on her own and do the full 5000 walk, pulling up at the drink station on the last few laps to pour cups of water over her head. Her time was no PB but it was a good effort.

Sadly, it seems that the remaining walkers in the 3000m were only given times if they specifically advised their intent to the race organisers before the race started. So there are lots of DNFs where the walkers did in fact complete their 3000m. Disappointing state of affairs.

5000m Walk
1. Woodward, Mikaela 15 Qe2 28:49.64

3000m Walk
1. Bird-Smith, Dane 22 Qrw 11:22.15
2. Nipperess, Dean 43 Qrw 13:26.40
3. Jackson, Eloise 19 Qrw 16:19.21
Dewar, Brandon 22 Qrw ?
Dewar, Nick 22 Qrw ?
McCutcheon, Luke 16 Qe2 ?
Smith, Clara 16 Unq ?
Sims, Jesse 17 Atn DNF

SARWC CLUB WALKS, ADELAIDE PARKLANDS, SATURDAY 15 FEBRUARY

Thanks to Peter Crump for this report from Adelaide.

With no track walks this week, we met for the first of our summer Club walks over 5km, 3km, 2km and 1.5km. An easy day out for Jared Tallent for the 5km, with a good time for Samantha Findlay over the longer distance. Another good time for Jemma Potezny over her favoured 5km distance. Over 3km a good competitive session for Jake Vidler over Rhiannon Lovegrove and Sarah Damin. Well done to our younger walkers (and parent, Sue Damin) over the 2km and 1.5 km distances, with William and Ben Hinds walking under the guidance of auntie Claire Tallent.

5km Road Walk
Jared Tallent 20:46
Jemma Potezny 24:54
Peter Crump 28:32

Samantha Findlay	30:19
Jim Hoare	38:01

3km Road Walk

Jake Vidler	15:20
Rhiannon Lovegrove	15:43
Sarah Damin	15:56

2km Road Walk

Chloe Upton	12:56
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1.5km Road Walk

Rachael Kameniar	9:17
Victoria Upton	10:14
Aleesha Vidler	11:06
Katarni Upton	11:31
William Hinds	11:49
Sue Damin	12:06
Ben Hinds	12:16

AO PREP MEET 2, TORONTO, ONTARIO, CANADA, SUNDAY 9 FEBRUARY

Canadian walker Rachel Seaman was in record breaking mode a week ago in Toronto with her 3000m walk of 12:23.84, bettering Ann Peel's 1989 time of 12:32.34 by some 8 secs. Rachel, who is coached by her husband Tim Seamon, has been in great form since returning from the birth of her daughter Isabella in April last year. This latest record follows on from her 10,000m mark (44:25.80) and her 5000m mark (21:37.32) earlier this year. The men's race was won by USA walker Michael Mannozi (12.38,7).

Women 3000m Walk Open

1. Seaman, Rachel	86	Peterborough	12:23.84
2. Burnett, Katie	98	Independent	14:02.24
3. Schneider, Amanda	89	Ontario Racewalk	17:00.62
4. Kula, Nancy	63	Toronto Race Wal	20:54.26

Men 3000m Walk Open

1. Mannozi, Michael	87	US TFA	12:38.7
2. Malek, Lawrence	60	Toronto Race Wal	18:18.5

MILLROSE GAMES, NEW BALANCE T&F CENTER, THE ARMORY, NEW YORK, SAT 15 FEB

Invited by NYRR Millrose Games meet director Mr. Ray Flynn, himself one of Ireland's greatest trackmen, Irish 50km World Champion Robbie Heffernan toed the line in the Susan Rudin USATF National Championship 1-mile walk last Saturday afternoon. Arrayed against Heffernan in the 8 lap indoor event were Swedish 50km champion Andreas Gustafsson, multi-time American champion Tim Seaman of NYAC, defending champion Jonathan Hallman of Shore AC and national 5K champion Richard Luettchau of Shore AC.

It was a battle of the 50km men as Gusfatsson powered home in 5:34.45 ahead of Heffernan 5:39.75 and Hallman 6:07.32. The women's 1 Mile Championship was just as impressive with Canadian champion Rachel Seaman (6:17.29) winning narrowly from USA walker Maria Michta (6:19.00). Nice article by Elliott Denham: http://www.runnerspace.com/gprofile.php?mggroup_id=45586&do=news&news_id=220861#ixzz2tXB2zT9t and another one from the Irish Examiner: <http://www.irishexaminer.com/sport/other-sports/heffernan-taking-a-walk-on-the-wild-side-258874.html>.

Susan Rudin Men's USATF13 Championship Mile Walk (Elite)

1. Gustafsson, Andreas	81	GK Steget-Sweden	5:34.45
2. Heffernan, Robert	78	Togher AC Cork Ireland	5:39.75
3. Hallman, Jonathan	93	Shore Athletic Club	6:07.32
4. Adamowicz, Marek	96	C.A.R.S.	6:25.96
5. Pfahler, Joel	90	Miami Valley TC	6:40.96
6. Luettchau, Richard	84	Shore Athletic Club	6:42.61
Rosa, Ricardo		Florida Athletics Club	DQ
Seaman, Timothy	72	New York Athletic Club	DQ

Women's USATF Championship Mile Walk (Elite)

1. Seaman, Rachel	86	New York Athletic Club	6:17.29
2. Michta, Maria	86	Walk USA	6:19.00
3. Melville, Miranda	89	New York Athletic Club	6:37.26
4. Resch, Ashleigh	97	Miami Valley TC	7:19.28

5.	Penn, Annica		unattached	7:22.51
6.	Michta, Katie	96	unattached	7:40.11
7.	Sirois, Sidney		LA Racewalkers	7:43.90
8.	Allen, Kayla		LA Racewalkers	7:53.42
9.	Collins, Brittany		Walk USA	8:02.81
10.	Szela, Jessica		unattached	8:14.57
	Randall, Susan	74	Miami Valley TC	DQ

And how's this for some videos:

- Interview with Andreas Gustafsson, who was less than a second from the world record for the 1-mile racewalk http://www.runnerspace.com/gprofile.php?mgroupp_id=45586&do=videos&video_id=104573#ixzz2tc6Q9xa2
- Interview with second placed Robert Heffernan (50km World Champion) http://www.runnerspace.com/gprofile.php?mgroupp_id=45586&do=videos&video_id=104572#ixzz2tc6ZPjsE
- Interview with women's racewalk winner Rachel Seaman http://www.runnerspace.com/gprofile.php?mgroupp_id=45586&do=videos&video_id=104570#ixzz2tc6fmRaq
- Video of race: http://www.armorytrack.com/gprofile.php?mgroupp_id=45586&do=videos&video_id=104787

WOODIE'S DIY IRISH INDOOR CHAMPIONSHIPS, ATHLONE, IRELAND, 15-16 FEBRUARY

The Woodie's DIY National Senior Indoor Track and Field Championships, which took place in AIT International Arena last weekend, saw victories go to Robbie Heffernan (19:13.03) and Laura Reynolds (13:05.84) and a new National Junior record to Luke Hickey (20:56.55). Also good to see internationals Quentin Rew and Creighton Connolly in the mix. For Heffernan, it was a quick rush back from New York where he had competed in the Millrose Games the day before. Not a bad weekend's work!

5000 m Walk Men

1.	HEFFERNAN Robert	78	TOGHER A.C.	19:13.03
2.	REW Quentin (GUEST)	84	NZ	19:52.43
3.	MC MANAMON Cian	91	WESTPORT A.C.	20:31.19
4.	DOYLE Michael	87	TARA A.C.	20:51.18
5.	CONNOLLY Creighton (GUEST)	88	CANADA	20:54.98
6.	HICKEY Luke	97	TOGHER A.C.	20:56.55 NJR
7.	TREANOR James	93	SHERCOCK A.C.	21:05.63
8.	LYNCH Evan	95	CLONMEL A.C.	22:27.63
9.	PRENDIVILLE Niall	90	FARRANFORE MAINE VALLEY	22:48.17
10.	EGAN Aaron	97	CLONMEL A.C.	23:57.66
11.	TOBIN Anthony	97	CLONMEL A.C.	25:20.85

3000 m Walk Women

1.	REYNOLDS Laura	89	MOHILL A.C.	13:05.84
2.	BOYLAN Alicia	95	ORIELL A.C.	15:30.07
3.	COLLINS Rebecca	91	UNATTACHED	15:56.86
4.	BARBER Alana	87	UNATTACHED	16:12.04

BIRMINGHAM GAMES OPEN MEET, BIRMINGHAM, SUNDAY 16 FEBRUARY

The Birmingham Games Open Meet last Sunday hosted a further indoor race in the British Athletics Winter Race Walking Challenge and it saw some great walking with junior walker Alex Eaton winning the men's title with 12:37.96 ahead of another junior walker Cameron Corbishley 13:11.20. The women's championship saw new U23 and U20 British indoor racewalk records to Heather Lewis (13:11.80) and Ellie Dooley (13:29.46). Not surprisingly, they took out first and second placings. See full meet results at <http://www.thepowerof10.info/results/results.aspx?meetingid=96596&pagenum=3#1000W>

3000m Walk Indoor Mixed

1.	Alex EATON	801	Manx Harriers	U20 Men	12:37.96
2.	Cameron CORBISHLEY	800	Medway & Maidstone AC	U20 Men	13:11.20
3.	Heather LEWIS	810	Pembrokeshire Harriers	Senior Women	13:11.80
4.	Adam COWIN	796	Manx Harriers	Senior Men	13:28.73
5.	Ellie DOOLEY	813	Leeds City AC	U20 Women	13:29.46
6.	Michelle TURNER	811	Northern (Isle of Man)	Senior Women	14:04.97
7.	Emma ACHURCH	812	Leicester Walking Club	U20 Women	14:18.43
8.	Alana BARBER	808	Hyde Park Harriers	Senior Women	14:49.34

9.	Jasmine NICHOLLS	815	Leicester Walking Club	U20 Women	15:08.21
10.	Richard WILD	798	Manx Harriers	Senior Men	15:10.27
11.	Tom PARTINGTON	802	Manx Harriers	U17 Men	15:21.75
12.	Steve ALLEN	795	Barnet & District AC	Senior Men	15:53.26
13.	Rebecca GREATBATCH	814	Manx Harriers	U20 Women	17:26.71
	Jade SPENCER-SMITH	794	Harrow AC	U13 Girls	DQ
	Bethan DAVIES	809	Cardiff AAC	Senior Women	DQ

GENT BELGIAN INDOOR CHAMPIONSHIPS, GENT, BELGIUM, 15-16 FEBRUARY

Men 5000m Walk indoor - 15.02.2014

1.	Ludwig RENARD	BEL	94	25:06.21
2.	Dirk BOGAERT	BEL	58	25:26.54
3.	Matthias HOLTERMANN	GER	81	23:56.42

Women's 3000m Walk indoor - 15.02.2014

1.	Myriam NICOLAS	BEL	63	15:44.77
2.	Liesbet DE SMET	BEL	82	16:41.67

BELARUS UNIVERSITY CHAMPIONSHIPS, GOMEL, BELARUS, 12-13 FEBRUARY

Men's 5000m Race Walk indoor - 13.02.2014

1.	Yauheni ZALESSKI	BLR	93	20:40.36
2.	Boris SHARGAR	BLR	93	21:31.79
3.	Aliaksandr KALAMIYETS	BLR	92	21:39.16
4.	Vladimir KOLYESNIK	BLR	92	22:22.27

Men's 10,000m Race Walk indoor - 12.02.2014

1.	Yauheni ZALESSKI	BLR	93	43:33.62
2.	Boris SHARGAR	BLR	93	44:35.16
3.	Aliaksandr KALAMIYETS	BLR	92	44:38.96
4.	Vladimir KOLYESNIK	BLR	92	47:44.85

Women's 3000m Race Walk indoor - 13.02.2014

1.	Viktoriya ROSHCHUPKINA	BLR	95	13:23.73
2.	Kseniya UMETS	BLR	92	14:13.83
3.	Alesia CHEMBROVICH	BLR	94	14:43.66
4.	Aliaksandra CHERKASOVA	BLR	93	15:24.65
5.	Oksana KUNATS	BLR	95	15:46.42

Women's 5000m Race Walk indoor - 12.02.2014

1.	Viktoriya ROSHCHUPKINA	BLR	95	22:54.00
2.	Kseniya UMETS	BLR	92	24:53.27
3.	Alesia CHEMBROVICH	BLR	94	25:09.90
4.	Aliaksandra CHERKASOVA	BLR	93	26:40.82
5.	Oksana KUNATS	BLR	95	27:34.87

ITALIAN U18 INDOOR CHAMPIONSHIPS, ANCONA, ITALY, SATURDAY 15 FEBRUARY

Men's 5000m Race Walk indoor

Final 1

1.	Elio ORAZI	ITA	97	24:14.38
2.	Mattia IORILLO	ITA	98	24:52.09
3.	Giacomo VITANGELI	ITA	98	24:53.72

Final 2

1.	Pietro ZABBENI	ITA	98	22:39.66
2.	Alessandro RIGAMONTI	ITA	97	22:48.48
3.	Giacomo BRANDI	ITA	98	22:54.15
4.	Ettore GRILLO	ITA	97	23:01.53
5.	Simone MANSUTTI	ITA	98	23:17.97
6.	Massimiliano COLANGELO	ITA	97	23:24.85
7.	Niccolo' COPPINI	ITA	97	23:54.33
8.	Luca ANTONELLI	ITA	98	23:58.62
9.	Ivan ANDREONI	ITA	97	24:21.09
10.	Giuseppe PANTERA	ITA	98	24:36.91

11.	Stefano ZAMBON	ITA	97	24:47.32
12.	Marco MOROTTI	ITA	97	24:58.77
13.	Riccardo BRAMBILLA	ITA	97	25:25.67
14.	Gabriele Graham GASCO	ITA	97	26:02.02
15.	Lorenzo NINIVAGGI	ITA	93	26:22.77

Women's 3000m Race Walk indoor

1.	Noemi STELLA	ITA	97	13:40.44
2.	Vanessa TOMEI	ITA	98	14:34.08
3.	Giada Francesca CIABINI	ITA	97	14:42.00
4.	Caterina BERTAZZO	ITA	97	14:49.07
5.	Lidia BARCELLA	ITA	97	15:04.40
6.	Alice ROTA	ITA	98	15:20.26
7.	Linda TERZI	ITA	98	15:30.98
8.	Gioia MASTRUZZI	ITA	97	15:33.95
9.	Virginia ORLANDI	ITA	90	15:39.40
10.	Beatrice FORESTI	ITA	98	15:48.97
11.	Fabiana BUCCI	ITA	98	15:53.73
12.	Molly Jade DAVEY	ITA	98	15:55.98
13.	Giulia DELLA CROCE	ITA	97	16:01.27
14.	Annalisa RUSSO	ITA	96	16:08.42
15.	Maria GRIGOLI	ITA	97	16:08.99
16.	Asia CORGHI	ITA	97	16:12.89
17.	Erika PONTAROLLO	ITA	98	16:14.51
18.	Chiara CORCELLA	ITA	97	16:15.28

FINISH INDOOR CHAMPIONSHIPS, HELSINKI, FINLAND, 15-16 FEBRUARY

Men's 5000m Junior Race Walk indoor

1.	Markus KYRÖLÄ	FIN	95	23:29.06
2.	Juuso JESKANEN	FIN	96	23:38.13
3.	Artturi OILA	FIN	96	23:48.45

Women's 3000m Junior Race Walk indoor

1.	Erika PARVIAINEN	FIN	95	14:10.69
2.	Sini JUSSILA	FIN	95	14:40.69
3.	Amanda ÅSTRÖM	FIN	95	16:06.18

Women's 3000m U18 Race Walk indoor

1.	Henrika PARVIAINEN	FIN	97	13:38.04
2.	Enni NURMI	FIN	98	14:25.32

Women's 3000m U23 Race Walk indoor

1.	Tiia KUIKKA	FIN	94	14:21.36
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SWEDISH INDOOR CHAMPIONSHIPS, TELEKONSULT ARENA, VÄXJ, SATURDAY 15 FEBRUARY

Thanks to Birger Fält for the latest results from Sweden where 21 year old Anders Hansson won his first national championship as a senior (21:04.3) and 36 year old Monica Svensson won her tenth indoors gold (14:22.5). Full results including Juniors and Masters at http://iof2.idrottonline.se/ImageVaultFiles/id_46575/cf_78/Resultat_ISM_2014_V-xj-.XLS

Open Men 5000m Indoor walk

1.	Anders Hansson	1992	SK Svängen	21:04.3
2.	Fredrik Svensson	1973	Växjö AIS	23:26.6
3.	Christer Svensson	1969	Växjö AIS	23:38.9
4.	Remo Karlström	1988	Eskilstuna FI	24:03.7
5.	Anders Wahlström	1966	Södra Ölands GK	24:31.4
6.	Fredrik Sandmer	1994	SK Svängen	25:15.9
7.	Birger Fält	1968	Mälarhöjdens IK	25:56.4
8.	Patric Rajala	1996	Fredrikshofs IF	26:36.8
9.	Bengt Bengtsson	1961	GK Steget	27:43.2
10.	Jerker Samuelsson	1972	GK Steget	27:55.0
11.	Erik Bengtsson	1970	GK Steget	28:00.1
12.	Thomaz Magnusson	1970	Växjö AIS	32:03.7

Open Women 3000m Indoor Walk

1.	Monica Svensson	1978	Växjö AIS	14:22.5
2.	Siw Karlström	1957	Eskilstuna FI	14:44.2
3.	Lena Tomas	1996	GK Steget	15:33.7
4.	Felicia Hogrell	1994	Enhörna IF	16:48.1
5.	Ellinor Hogrell	1968	Enhörna IF	16:59.9
6.	Maria Aydin	1993	GK Steget	17:36.2
7.	Julia Ibrahim	1996	GK Steget	18:31.9
8.	Victoria Hogrell	1995	Enhörna IF	18:47.9
9.	Carmen Dinka	1996	GK Steget	20:03.5
10.	Malin Andersson	1995	IF Nornan	21:53.7

SPANISH ROADWALK CHAMPIONSHIPS, MURCIA, SPAIN, SUNDAY 16 FEBRUARY

The Spanish roadwalk championships were held over a 1km course in Murcia last Sunday. Catalan walker Marc Turpico won the Open Men's 35km with 2:36:34 while Julia Takacs made it back to back victories in winning the Open Women's 20km with 1:29:08. The depth in both Open and Junior events was fantastic so I reproduce them in detail. For race reports and full result sets, check out <http://www.rfea.es/web/noticias/desarrollo.asp?codigo=6947#.UwEwAN9qPhT>

Open Men 35km

1.	TURPICO, MARC	S.G. Pontevedra	2:36:34
2.	MARTIN URIOL, ALVARO	layas de Castellon E	2:37:17
3.	SUSKEVICIUS, TADAS	EXTRANJERO	2:38:06
4.	ODRIOZOLA DOMINGUEZ, MIKEL	Real Sociedad	2:38:26
5.	PAJUELO PAREDES, IVAN	A.D. Marathon	2:39:07
6.	GARCIA BRAGADO, JESUS ANGEL	C.A. Diputació BCN	2:40:21
7.	ARCILLA ALLER, FRANCISCO	Playas de Castellon	2:40:36
8.	CORCHETE MARTINEZ, LUIS MANUEL	Atletismo Torrevieja	2:42:03
9.	REKST, RICARDAS	EXTRANJERO	2:47:42
10.	PORRAS HIDALGO, JUAN ANTONIO	Unicaja Atletismo	2:49:15
11.	PUERTAS RUIZ, JOSE	Atletismo Guadix	2:52:25
12.	EXPOSITO ALVAREZ, MANUEL	UBU-Caja de Burgos	2:53:05
13.	PEREZ OSORIO, JAVIER	Almaraz-Extremadura	2:58:32
14.	RODRIGUEZ JIMENEZ, ROBERTO	Atletico Salamanca	2:58:53
15.	DOMINGUEZ FERNANDEZ, RODRIGO	Pamplona Atletico	2:59:47
16.	PUEYO MINISTRAL, DAVID	CA Montornes	3:01:54
17.	LOPEZ RUIZ, DANIEL	CAM-Athleo Cieza	3:09:17

Open Women 20km

1.	TAKACS NYERGES, JULIA	Playas de Castellon	1:29:08
2.	GONZALEZ CAMPOS, RAQUEL	FC Barcelona	1:30:18
3.	POVES NOVELLA, MARIA JOSE	Simply-Scorpio 71	1:30:50
4.	PASCUAL RODRIGUEZ, BEATRIZ	Valencia Terra i Mar	1:33:06
5.	PINEDO GONZALEZ, AINHOA	A.D. Marathon	1:36:43
6.	JUAREZ GALLARDO, MAR	CA Montornes	1:38:39
7.	MARCOS VALERO, MARIA DOLORES	MillenniumTorrevieja	1:41:10
8.	JIMENEZ ELIPE, LAURA	UCAM-Cartagena	1:42:40
9.	CANO GOMEZ, AMANDA	UCAM-Athleo Cieza	1:42:45
10.	IGLESIAS GONZALEZ, EVA MARIA	S.G. Pontevedra	1:43:12
11.	MULLONI MARTINEZ, SAMANTHA	Ria Ferrol-C. Arenal	1:44:17
12.	LARIOS LOPEZ, MARIA	A.D. Marathon	1:44:29
13.	GUSTRAN CORTES, MARTA	Juventud Elche Arosa	1:46:07
14.	MARTINEZ CACHEIRO, PAULA	FC Barcelona	1:50:12
15.	MARTIN URIOL, MACARENA	Juventud Elche Arosa	1:51:12
16.	LEON ASENSIO, RAQUEL	CA Valladolid-U.Va	1:52:30
17.	CASTERA BRUGADA, MARIA ANGELES	Valencia Terra i Mar	1:53:01
18.	COSTAS GOMEZ, MIRIAM	At. Femenino Celta	1:53:28
19.	CRISTOBAL MUÑOZ, ALICIA	CA Valladolid-U.Va	1:55:18
20.	DIAZ VELAZQUEZ, ELENA	Oviedo At.	1:57:51
21.	PALACIOS ALONSO, CRISTINA	Clinicas RinconVelez	1:59:24
22.	ELENA CORBAL, TERESA	At. Femenino Celta	2:06:14

U20 Men 10km (first 12 places)

1.	GARCIA CARRERA, DIEGO	MADRID	42:10
2.	OLIVA REQUENA, PABLO	ANDALUCÍA	42:43
3.	BERNABE RAMA, FABIAN	ANDALUCÍA	42:58
4.	ARENAS DE LA FUENTE, IVAN	CATALUÑA	43:23

5.	LOPEZ SANCHEZ, ADRIAN	EXTREMADURA	44:46
6.	RODES LLORENS, NIL	CATALUÑA	45:43
7.	VIÑAS PICAZO, MARIO	CATALUÑA	46:43
8.	GARCIA MARTINEZ, PEDRO JOSE	ANDALUCÍA	47:21
9.	PYLYPOVYCH, MAKSYM	COMUNIDAD VALENCIANA	47:52
10.	GUERRERO PLAZA, MARC	CATALUÑA	48:06
11.	FERNANDEZ ORTIZ, MANUEL LEON	EXTREMADURA	48:56
12.	JIMENEZ FERNANDEZ, JORGE	Atletismo Membrilla	50:12

U18 Men 10km (first 10)

1.	BERMUDEZ JIMENEZ, MANUEL	MURCIA	42:21
2.	CHAMOSA DACASA, DANIEL	GALICIA	45:29
3.	LOPEZ PEREZ, IVAN	MURCIA	47:38
4.	VILLARROYA SANCHIS, JOAN	COMUNIDAD VALENCIANA	48:09
5.	CERRO GUDIÑO, KEVIN	Cornellà At.	48:55
6.	PI PORTET, MAX	AA Catalunya	49:33
7.	TORRES IGLESIAS, IVAN	Juventud Guadix	49:56
8.	TUR MONGÉ, CARLOS	At. Pitius	50:32
9.	MONTERRUBIO DE CRUCES, JAVIER	EXTREMADURA	50:38
10.	MARTIN AMAT, JUAN FRANCISCO		51:08

U20 Women 10km (first 10)

1.	GARCIA-CARO LORENZO, LAURA	ANDALUCÍA	47:13
2.	PEREZ GARCIA, MARIA	ANDALUCÍA	47:38
3.	SANCHEZ-PUEBLA FERNANDEZ, LIDIA	MADRID	48:27
4.	CHILLON CAMAÑO, MAR	GALICIA	50:48
5.	SANCHEZ BERMEJO, MELISA	MURCIA	51:40
6.	GIL ROMERO, MIRIAM	MURCIA	51:49
7.	RAMIREZ ORTEGA, SARA	CASTILLA Y LEÓN	52:28
8.	DIZ PEREZ, MARISOL	GALICIA	53:48
9.	PEDRERO DUARTE, LORENA	CATALUÑA	53:53
10.	TARDIO ORTEGA, ALEXANDRA		54:01

U18 Women 10km (first 10)

1.	VAZQUEZ GEA, IRENE	MURCIA	50:28
2.	ESCARIZ MELLA, CARMEN	GALICIA	51:12
3.	ABELEDI MANTEIGA, MARIA	GALICIA	52:02
4.	VAZQUEZ GEA, ALICIA	MURCIA	52:23
5.	FUENTES CASTRO, CARMEN	GALICIA	54:49
6.	DOMINGUEZ VILCHEZ, ANA	CATALUÑA	55:13
7.	CANO VEGAS, TABATA	CATALUÑA	55:22
8.	GONZALEZ LUIS, AINHOA	CEA Tenerife 1984	55:29
9.	CARDOZO QUATTROCHI, SOFÍA ELENA	TenerifeCajaCanarias	56:47
10.	TORRES GONZALEZ, LAURA	CASTILLA Y LEÓN	56:53

8 HEURES DE CHARLY, CHARLY-SUR-MARNE, FRANCE, SUNDAY 16 FEBRUARY

Yes, our intrepid European correspondent Emmanuel Tardi was at Charly-sur-Marne, 100km east of Paris, last Sunday for the first of the French long distance walk classics. The start time was 8AM and, after a first lap of 3.650km, subsequent laps of 2.575km were walked, to enable an exact 50km time to be clocked. It was the last opportunity for French walkers to qualify for the French National Championship on March 9th and a split time of 6:00 or better was required.

It was a big field with 79 individual walkers and 4 teams on the start line. Eddy Roze made the early pace but after 90 minutes Fabrice Henry overtook him and took the lead. Alas, nothing is easy in longer races and he was eventually forced to stop with sciatic issues, leaving Eddy to reach the 50km mark first in 4:48, some 14 minutes ahead of André Duterte and 25 minutes in front of Fabien Lombard. Roze went on to win easily from Duterte and a fast finishing Philippe Morel. In the women's race, 2013 winner Deborah Geimer led early but stopped just after halfway, surrendering the lead and the eventual victory to Dominique Malochet. There was a special award for 81 year old Jean Pichon (born in Dec 1932) who walked just over 55km with a 50km split of 7:06.

8 Hours Walk (first 40)

1.	ROZE Eddy	Amiens Uc	78 km 325 m	07:51:00
2.	DUTERTE Andre	Cm Roubaix	75 km 750 m	07:52:16
3.	MOREL Philippe	Ac Chateau Thierry	73 km 175 m	07:54:49
4.	GILLES Philippe	Lma Meung-sur-loire	73 km 175 m	07:57:09
5.	LOMBARD Fabien	Asm Bar-le-duc	73 km 175 m	07:58:20
6.	THIBAUX Philippe	Club Athletique Ageen	70 km 600 m	07:47:11
7.	RAULET Christophe	Ga Meusien	70 km 600 m	07:49:38

8.	BUNEL Pascal	Neuilly Sur Marne Athletisme	70 km 600 m	07:54:57
9.	VARAIN Cedric	Ac Chateau Thierry	70 km 600 m	07:55:28
10.	VAN DER GULIK Frank	S.v De L.a.t	70 km 600 m	07:57:14
11.	THIRIOT Louis	Asm Bar-le-duc	70 km 600 m	08:00:10
12.	OLIVARES Mathieu	Neuilly Sur Marne Athletisme	68 km 025 m	07:45:46
13.	GIROD Urbain	CM Montey	68 km 025 m	07:48:50
14.	LEIJTENS Frans	Rwv Amsterdam	68 km 025 m	07:58:38
15.	DIEN Daniel	Neuilly Sur Marne Athletisme	68 km 025 m	07:59:12
16.	LABARRE Bertrand	Cs Provins Athletisme	68 km 025 m	08:03:53
17.	GICQUEL Bernard	NL Conflans Ste Honorine	65 km 450 m	07:51:17
18.	ARNAULT Jacques	Neuilly Sur Marne Athletisme	65 km 450 m	07:53:35
19.	KERLAU Yves-michel	Cm Roubaix	65 km 450 m	07:53:58
20.	DUBOSCQ Daniel	NI La Roche Blanche	65 km 450 m	07:53:59
21.	DERRIEN Franck	Bruz Athle	65 km 450 m	07:55:32
22.	LAILLER Patrick	Asptt Tours	65 km 450 m	07:58:03
23.	PECOURT Jean-michel	Us Camon	65 km 450 m	07:58:46
24.	MALOCHET DominiqueF	Asc Le Havre	65 km 450 m	07:58:48
25.	CHABIN Frederic	Essonne Athletic	65 km 450 m	07:58:57
26.	LETESSIER Gilles	Plm Conflans	65 km 450 m	07:59:57
27.	CHATILLON Dominique	NI Fublaines	65 km 450 m	08:02:56
28.	BIEBUYCK Pascal	Ath AC	65 km 450 m	08:03:47
29.	THEVENIN Pascal	Marne Et Gondoire Athletisme	62 km 875 m	07:46:50
30.	PELLERIN Alain	Rc Epernay	62 km 875 m	07:47:01
31.	PIERRE FlorenceF	Athle 55	62 km 875 m	07:48:10
32.	BOUFFLERT Eric	Ga Basse-seine Bolbec	62 km 875 m	07:49:01
33.	MARECHAL Jean	Ac Chateau Thierry	62 km 875 m	07:51:35
34.	HARTMANN Emmanuel	Ga Meusien	62 km 875 m	07:55:26
35.	ANXIONNAT Claudine F	Athletic Vosges Entente Clubs	62 km 875 m	07:56:40
36.	BOVIN Laurent	A Marcheurs St Thibault Des Vi	62 km 875 m	07:59:10
37.	BIET Christophe	J3 Sports Amilly	62 km 875 m	08:03:01
38.	PANNIER JosianeF	Havre Ac	62 km 875 m	08:03:46
39.	SPIESER Jean-paul	Athletic Vosges Entente Clubs	62 km 875 m	08:07:17
40.	NOGRE Yannick	Es Montgeron	60 km 300 m	07:45:49



Eddy Roze, Philippe Morel and Florence Pierre (photos Emmanuel Tardi)

RACEWALKING FESTIVAL, MORELIA, MEXICO, SATURDAY 15 FEBRUARY

Some good walking in the racewalking festival held last Saturday in Morelia, the capital of Michoacan State in Mexico. The 10km junior events were first up, with wins to Ricardo Ortíz (43.50) and Vivian Castillo (49.37). The 20km events saw wins to Jesus Tadeo Vega (1:24:32) and Yanelli Caballero (1:38:35). Thanks to omarchador for the race report and results - see <http://omarchador.blogspot.pt/2014/02/mexicanos-competem-com-o-pensamento-nas.html>

10km Junior Women

1.	Vivian L. Castillo V.	49.37
2.	Valeria Ortuño M.	51.26
3.	Pamela M. Aguilar D.	55.24
4.	Sandra L. Lopez N.	58.55
5.	Daniela F. Garcia	59.48
6.	Erika X. Acatitla G.	1.03.42
7.	Noely M. Gonzalez R.	1.06.19
8.	Monserrat M. Martinez	1.09.53
9.	Erika K. Herrera M.	1.09.58
10.	Kati Reyes F.	1.11.08
11.	Kenatty Reyes F.	1.15.48
12.	Litzy Y. Coria H.	1.20.39

10km Junior Men

1.	Ricardo Ortiz R.	43.50
2.	Alan Yamil Flores Z.	43.51
3.	Jose L. Doctor M.	44.50
4.	Enrique Martinez G.	45.26
5.	Eduardo D. Tinoco S.	45.28
6.	Irving A. Gonzalez	45.31
7.	Jose Marin L.	46.55
8.	Gustavo Solis A.	47.41
9.	Ignacio D. Juarez L.	47.59
10.	Eduardo M. Ramirez R.	48.28
11.	Jeferson Segura Z.	48.51
12.	Roberto Rodriguez S.	50.00
13.	Mario D. Tinoco S.	53.14
14.	Jose E. Negrete S.	58.37

20km Women

1.	Yanelli Caballero G.	1.38.35
2.	Rosalía Ortiz C.	1.40.31
3.	Rocio L. Alcantara D.	1.44.21
4.	Gabriela G. Gonzalez H.	1.44.53
5.	Maria S. Esquivel DE	1.49.30
6.	Lizbeth Silva M.	1.50.59
7.	Tania G. Gonzalez R.	1.54.35
8.	Juana Hernandez V.	1.59.35

20km Men

1.	Jesus Tadeo Vega O.	1.24.33
2.	David Mejia H.	1.29.16
3.	Cesar Romero	1.33.28
4.	Armando Merino P.	1.36.32
5.	Marcos Ortiz C.	1.36.44
6.	Agustin Trujillo	1.40.45
7.	Jose Luis Resendiz J	1.43.15
8.	Miguel A. Ontiveros V.	1.53.35
9.	Alejandro Barcenás O.	1.55.44

10km Open Women

1.	Ma. Irais Mena R.	54.09
2.	Claudia G. Fuentes R.	1.11.49

10km Open Men

1.	Jose J. Guerra G.	43.56
2.	Virgilio Galindo A.	46.52
3.	Jonathan Esquivel	47.53
4.	Roberto I. Gonzalez R.	49.45

JAPANESE ROADWALK CHAMPIONSHIPS, KOBI, SUNDAY 16 FEBRUARY

Thanks to MarciaItaliana (see http://www.marciaitaliana.com/ita/dettagli_news.aspx?id=1697) for their report and photos from the Japanese roadwalking championships which were held on Rokko Island in Kobe. The 20km races were the selection trials for the 2014 Asian Championships so were keenly contested and the amazing depth across the board was on show for all to see. I think that from a male perspective, Japan must currently rank as the greatest depth walking nation in the world, perhaps even now surpassing

China and Russia in these terms. Consider the following: 31 men under 90 minutes in the Open 20km and 23 men under 45 minutes in the U20 10km.

10km Junior Men (first 50 places only)

A huge field of 99 men started in the U20 10km championship with eventual victory going to Yukio Kurumizawa 41:20 ahead of Yamashita Yuga (42:11) and Suganami Yuya (42:16). Eight athletes were disqualified, nearly all for bent knees. Donetsk World U18 Champion Daisuke Matsunaga preferred to compete with the seniors in 20 km and he came 8th in that event with 1:21:18.

1.	kurumisawa yuuki	0:20:34	0:41:20
2.	yamashita yuga	0:20:54	0:42:11
3.	suganami yuya	0:20:54	0:42:16
4.	IIDA KYOUHEI	0:21:09	0:42:28
5.	Hiwada Takahiro	0:20:54	0:42:52
6.	Kawagishi Ryouzuke	0:21:07	0:42:58
7.	toyama takuma	0:21:20	0:43:07
8.	takahasi kazuki	0:21:23	0:43:17
9.	sakai sinntarou	0:21:21	0:43:32
10.	oikawa fumitaka	0:21:14	0:43:39
11.	Yamaguti Ippei	0:21:21	0:43:59
12.	saruyama hiroshi	0:21:40	0:44:10
13.	DAIRAKU KYOUHEI	0:21:55	0:44:12
14.	sakai shunn	0:22:03	0:44:18
15.	yamaoka shougo	0:22:18	0:44:21
16.	kurata naoya	0:21:46	0:44:22
17.	onogawa minoru	0:21:46	0:44:33
18.	morikawa masami	0:22:18	0:44:34
19.	ishikawa masaya	0:22:29	0:44:38
20.	takahashi naoki	0:21:55	0:44:39
21.	NAGAHARA HIDETO	0:21:42	0:44:44
22.	Tomita Shigeru	0:22:14	0:44:49
23.	hatsukari naoto	0:22:10	0:44:57
24.	kameda koutarou	0:22:21	0:45:11
25.	ookusi yosinori	0:22:19	0:45:12
26.	oosima yuuto	0:22:03	0:45:12
27.	SHIBATA YUUICHIROU	0:22:05	0:45:16
28.	yamamoto koutarou	0:22:40	0:45:16
29.	Shioiri Kousuke	0:22:21	0:45:21
30.	Daitou yuuta	0:22:19	0:45:32
31.	kowaki kouhei	0:22:14	0:45:35
32.	goto junpei	0:22:23	0:45:37
33.	yamada daiti	0:21:52	0:45:40
34.	kita kazuya	0:21:59	0:45:49
35.	sasaki kazuaki	0:22:21	0:45:53
36.	takizawa taiga	0:21:55	0:45:57
37.	Uno Fumitaka	0:22:42	0:46:05
38.	enndo go	0:22:54	0:46:15
39.	Takahashi Yuta	0:22:31	0:46:16
40.	TAKATORI KYOUICHI	0:22:57	0:46:41
41.	sasaki kousuke	0:23:05	0:46:44
42.	Yamanaka Tatunori	0:22:02	0:46:46
43.	ogasawara ryo	0:22:42	0:46:47
44.	yoshimoto daiki	0:23:05	0:46:51
45.	Sugimoto Ryuichi	0:22:32	0:47:06
46.	niwa yosiaki	0:22:55	0:47:17
47.	HAYASHIDA RYOU	0:22:24	0:47:26
48.	SAKAKIBARA AKIRA	0:22:42	0:47:31
49.	fujieda mizuki	0:23:05	0:47:36
50.	okamoto kenichi	0:23:32	0:47:39

5km Junior Women (first 50 places only)

Again, another very large field but missing the Donetsk U18 World Championship silver medallist who is now devoting herself to other sporting activities. The victory goes to Rena Gotou in 22:38 ahead of Sayori Matsumoto (23:08) and Nanuka Veda (23:09).

1.	Gotou Rena	0:22:38
2.	Matsumoto Sayori	0:23:03
3.	ueda nanoka	0:23:09
4.	Minemura Kana	0:23:11
5.	mizusawa akane	0:23:26

6.	mizoguchi yukiho	0:23:41
7.	SAKURAI YUKA	0:23:42
8.	Asano Mayo	0:23:49
9.	sugimoto riho	0:23:52
10.	YAGIWARA KAEDE	0:24:04
11.	sonoda serena	0:24:15
12.	Nishio Rika	0:24:17
13.	fukuda chika	0:24:18
14.	kumagai nami	0:24:22
15.	takayama mizuka	0:24:33
16.	ueno momoko	0:24:48
17.	imanishi mizuho	0:24:51
18.	okano anzu	0:24:56
19.	yamamiya mihagi	0:24:57
20.	tubohira sakiko	0:24:59
21.	nakamura sakura	0:25:05
22.	YOSHIKAWA HARUNA	0:25:08
23.	saitou yukino	0:25:11
24.	fujii nanami	0:25:11
25.	Isizaki Aya	0:25:12
26.	Nakano Megumi	0:25:13
27.	Suenaga kie	0:25:18
28.	Kuroda Mai	0:25:21
29.	shimada mayu	0:25:24
30.	Saito Mizuki	0:25:32
31.	YAMAGATA YUKA	0:25:33
32.	haruyama megumi	0:25:35
33.	Hattori Kaho	0:25:39
34.	Konuma Aya	0:25:40
35.	yamada chika	0:25:48
36.	asao chika	0:25:53
37.	miyazaki tsudo	0:26:03
38.	nagao minami	0:26:05
39.	nakai midori	0:26:12
40.	utsumi saki	0:26:14
41.	tada sakimi	0:26:14
42.	ishikawa kanna	0:26:24
43.	nakagawa haruko	0:26:24
44.	okano minami	0:26:27
45.	kikuchi mae	0:26:27
46.	OGURA RIKA	0:26:30
47.	Wakashiro Saki	0:26:35
48.	HIGASHI MITUKI	0:26:38
49.	Tsubakimoto Nao	0:26:38
50.	shimizu saki 金光	0:26:39

20km Open Men

71 walkers started in the men's Open 20km and it was fast from the gun with five walkers (Yusuke Suzuki, Eiki Takahashi, Isamu Fujisawa, Takumi Saito and junior Daisuke Matsunaga) taking the lead and passing through the first 5km in 19:32. The 10km mark was passed in 39:02 with Suzuki, Takahashi and Fujisawa still together and Matsunaga and Saito a few seconds back. By the 15km mark, Suzuki had cleared out to a solo lead (58:19), followed by Takahashi (58:23) and Fujisawa (59:24). From there, Suzuki stormed home to win the Japanese championship with a new National Record of 1:18:17 (previous record time was 1:18:34). Eiki Takahashi also finished below the 1:19 threshold, closing brilliantly in 1:18:41 while the bronze went to Isamu Fujisawa (1:20:03). Overall, 3 DNFs and 8 DQs.

1.	SUZUKI YUSUKE	0:19:32	0:39:02	0:58:19	1:18:17
2.	Takahashi Eiki	0:19:32	0:39:02	0:58:23	1:18:41
3.	FUJISAWA ISAMU ALSOK	0:19:32	0:39:02	0:59:24	1:20:03
4.	SAITO TAKUMI	0:19:32	0:39:22	0:59:40	1:20:21
5.	MORIOKA KOUICHIRO	0:19:46	0:39:56	1:00:19	1:20:30
6.	arai hirooki	0:19:46	0:39:55	1:00:19	1:20:38
7.	TANII TAKAYUKI SGH	0:19:47	0:39:56	1:00:19	1:20:47
8.	MATSUNAGA DAISUKE	0:19:32	0:39:38	1:00:19	1:21:18
9.	Yoshida Takuya	0:19:46	0:40:09	1:01:25	1:22:17
10.	ookuma takeshi JR	0:20:21	0:41:14	1:02:43	1:25:08
11.	kimura yosuke	0:20:35	0:41:38	1:03:06	1:25:44
12.	Higuma Takafumi	0:20:54	0:42:37	1:04:20	1:26:04
13.	fukuoka hikaru	0:21:26	0:42:37	1:04:07	1:26:11

14.	HARADA NOBUYUKI	0:21:26	0:42:37	1:04:20	1:26:25
15.	kawashima tenta	0:22:04	0:43:46	1:05:17	1:26:47
16.	KANNO TOMOHUMI	0:21:27	0:43:16	1:05:02	1:26:51
17.	OOUCHI HOTAKA	0:22:01	0:43:47	1:05:16	1:26:55
18.	Tomatsu Hironari	0:21:26	0:43:16	1:05:02	1:27:00
19.	Sarai Yasumitsu	0:22:00	0:43:46	1:05:17	1:27:31
20.	MATSUZAKI TAKAKI	0:19:47	0:39:56	1:00:59	1:28:02
21.	gotou syuuto	0:21:26	0:43:16	1:05:20	1:28:20
22.	sasatani takuho	0:21:30	0:43:30	1:05:47	1:28:31
23.	nakatani hayato	0:21:17	0:43:17	1:05:37	1:28:32
24.	nakamura ryousuke	0:21:27	0:43:00	1:05:02	1:28:35
25.	Yasuda Takaki	0:21:29	0:43:15	1:05:03	1:28:39
26.	saitou gai	0:22:04	0:43:46	1:05:37	1:28:46
27.	matui takuya	0:21:27	0:43:33	1:06:26	1:29:12
28.	Ishida Kenma	0:21:03	0:43:16	1:06:21	1:29:21
29.	Shiojima Ryota	0:21:26	0:43:32	1:06:26	1:29:29
30.	haruki yousuke	0:22:00	0:43:46	1:06:10	1:29:46
31.	Taniguchi Tetsuya	0:21:27	0:43:31	1:06:20	1:29:47
32.	Kai Masafumi	0:21:30	0:44:00	1:06:44	1:30:10
33.	Kimura Hiroki	0:22:05	0:44:29	1:07:24	1:30:19
34.	Kunimoto Kango	0:22:33	0:45:13	1:07:55	1:31:03
35.	katsuki hayato	0:22:12	0:45:28	1:08:45	1:31:24
36.	Matumura Hiromu	0:21:27	0:43:17	1:05:40	1:31:38
37.	kobayashi daichi	0:22:05	0:43:53	1:07:21	1:31:45
38.	Tanaka Tatsuya	0:22:05	0:44:39	1:07:54	1:31:46
39.	Suzuki Daisuke	0:22:04	0:44:24	1:07:49	1:32:15
40.	OTSUBO TAKAHITO	0:22:11	0:44:56	1:08:14	1:32:24
41.	fujiiwara juniti	0:21:32	0:44:26	1:08:00	1:32:40
42.	Hayakawa Koji	0:21:48	0:44:24	1:07:55	1:33:19
43.	murai yuki	0:22:00	0:45:39	1:10:29	1:34:47
44.	yamamoto toru	0:22:04	0:44:42	1:09:01	1:34:58
45.	TASAKA TSUYOSHI	0:22:05	0:45:07	1:09:22	1:35:37
46.	Tanaka Takumi	0:23:11	0:47:28	1:11:58	1:35:52
47.	kashu youta	0:22:05	0:44:30	1:07:51	1:36:11
48.	tanimoto hiroto	0:22:13	0:45:37	1:09:50	1:36:20
49.	urata fuuma	0:22:05	0:45:03	1:10:32	1:37:37
50.	Murakami Itaru	0:23:11	0:47:31	1:12:40	1:38:15
51.	Sugimoto Akihiro merclaire	0:22:04	0:44:55	1:10:00	1:38:24
52.	saeiki keisuke	0:21:37	0:44:49	1:10:45	1:38:46
53.	Kotobuki Yuuta	0:22:12	0:47:28	1:11:56	1:39:21
54.	tsunogawa takuya	0:22:49	0:46:36	1:12:14	1:41:35
55.	takagi yoshinori	0:23:25	0:48:38	1:14:44	1:42:39
56.	HIROFUJI KOUICHI	0:22:15	0:46:06	1:12:15	1:43:20
57.	kusaka hideto	0:22:18	0:46:50	1:14:36	1:47:45
58.	Niwa Koichi	0:23:26	0:50:26	1:20:33	1:51:48
59.	AONO DAICHI	0:23:19	0:49:42	1:18:21	1:52:35
60.	sugai takuto	0:23:17	0:50:48	1:20:48	1:52:49
	SAKUMA TAKAHIRO	DQ			
	ITOH YUKI	DQ			
	INAYOSHI YUTA	DQ			
	ozaki toru	DQ			
	Hotta Mikio	DQ			
	warita hitoshi	DQ			
	Yamaguchi Masahiro	DQ			
	KIKUCHI YUKI	DQ			

20km Open Women

In contrast to the men, the women's standard was a bit down with only 28 starters (still pretty good really) and 2013 leader Kumi Otoshi a non starter. By the time the walkers reached the half way mark, it was a leading group of six and a 10km time of 46:38. From there, the pace increased with eventual victory going to Rei Inoue (1:31:48) ahead of Masumi Fuchise (1:32:31) and Ai Michiguchi (1:32:41). Overall, 2 DNFs and 1 DQ.

1.	inoue rei	0:23:08	0:46:38	1:09:31	1:31:48
2.	FUCHISE MASUMI	0:23:08	0:46:38	1:09:25	1:32:31
3.	MICHIGUCHI AI	0:23:07	0:46:38	1:09:48	1:32:41
4.	okada kumiko	0:23:07	0:46:38	1:09:44	1:33:59
5.	Maeda Hiroi	0:23:07	0:46:38	1:10:31	1:35:20
6.	kawase shiori	0:23:07	0:46:38	1:10:45	1:35:34

7.	Kawazoe Kaori	0:23:08	0:47:04	1:11:31	1:35:39
8.	okabe fumiko	0:23:16	0:47:19	1:11:52	1:36:41
9.	kanasaki aoi	0:23:30	0:47:59	1:13:12	1:38:43
10.	fukuda ayako	0:23:54	0:48:29	1:13:53	1:39:19
11.	Maekawa Tomomi	0:23:26	0:48:22	1:13:54	1:39:36
12.	YAGI NOZOMI	0:24:29	0:49:49	1:15:09	1:40:11
13.	TACHIBANA HIKARI	0:23:37	0:48:21	1:14:03	1:40:23
14.	YAMAGA YUKA PUMA	0:24:47	0:49:56	1:15:08	1:41:30
15.	matumoto sae	0:23:36	0:48:34	1:15:25	1:42:58
16.	takeuchi mari	0:25:05	0:50:54	1:16:58	1:43:22
17.	Maeda Saki	0:24:59	0:50:39	1:16:49	1:43:42
18.	ueno yuka	0:24:57	0:50:26	1:16:53	1:44:49
19.	serizawa yumi	0:25:08	0:51:17	1:18:14	1:45:23
20.	maruyama risako	0:25:27	0:52:30	1:19:38	1:47:26
21.	koizumi kasumi	0:25:56	0:52:39	1:20:08	1:48:41
22.	ono risa	0:24:57	0:50:42	1:19:47	1:49:47
23.	aoki mako	0:25:56	0:53:36	1:22:16	1:51:28
24.	Shiromoto Kana	0:26:25	0:53:43	1:21:52	1:53:47
25.	osada ayaka	0:25:50	0:53:01	1:22:07	1:55:55
26.	isoda tomomi	0:27:09	0:55:47	1:26:19	1:58:17
	ASADA CHIAKI DNP		DQ		

PORTUGUESE INDOOR RACEWALK CHAMPS, POMPAL, PORTUGAL, SATURDAY 15 FEBRUARY

João Vieira (19:21.07) and Ana Cabecinha (12:29.72) were the winners of the annual Portuguese Indoor racewalking championships. João was 3 secs clear of his twin brother Sergio Vieira who took second for the sixth time while Cabecinha finished 7 secs ahead of Vera Santo. Again, another country with very good depth. See the usual excellent oMarchador report at <http://omarchador.blogspot.pt/2014/02/joao-vieira-e-ana-cabecinha-revalidam.html>.

5000m Men

1.	João Vieira	1976	Sporting CP	19.21 07
2.	Sérgio Vieira	1976	SL Benfica	19.24 59
3.	Pedro Isidro	1985	SL Benfica	20.00 59
4.	Miguel Carvalho	1994	CN Rio Maior	20.45 51
5.	Rui Coelho	1994	CA Seia	21.21 34
6.	Cristiano António	1988	AC Vermoil	21.45 84
7.	Dionísio Ventura	1979	CIA Ilha Azul	21.52 70
8.	Pedro Martins	1968	CA Seia	21.53 27
9.	Bruno Pedro	1993	GACV	21.53 55
10.	Pedro Santos	1986	CA Seia	22.08 45
11.	Samuel Pereira	1993	CA Seia	22.21 39
12.	Luís Silva	1970	J Vidigalense	22.35 78
13.	Miguel Rodrigues	1996	CN Rio Maior	22.56 60
14.	José Silva	1985	NA Cucujães	23.08 70
15.	João Martins	1995	CA Ferreira do Zêzere	23.35 97
16.	Amaro Teixeira	1989	GC Amizade Donas	23.36 76
17.	Jaime Santos	1972	CCS João da Madeira	23.52 14
18.	Pedro Santos	1992	SL Benfica	24.24 50
19.	Eduardo Cardoso	1992	CCD Ribeirão	24.41 19
20.	Cláudio Cotrim	1996	CP Alcanena	25.40 64

3000m Women

1.	Ana Cabecinha	1984	CO Pechão	12.29 72
2.	Vera Santos	1981	Sporting CP	12.37 01
3.	Daniela Cardoso	1991	Leiria MA	13.26 96
4.	Filipa Ferreira	1994	CO Pechão	13.58 23
5.	Sandra Silva	1975	GRECAS	14.05 19
6.	Mariana Mota	1995	SL Benfica	14.05 56
7.	Alexandra Lamas	1972	CA Galinheiras	14.09 88
8.	Vitória Oliveira	1992	J Vidigalense	14.12 47
9.	Liliana Martins	1990	GC Amizade Donas	14.15 36
10.	Edna Barros	1996	CO Pechão	14.28 39
11.	Laura Leal	1996	CO Pechão	15.18 47
12.	Liandra Gonçalves	1996	CO Pechão	15.32 82
13.	Rita Ribeiro	1996	CN Rio Maior	15.35 62
14.	Andreia Francisco	1991	C Benfica Faro	16.34 86

SOUTH AMERICAN RACE WALKING CHAMPIONSHIPS, COCHABAMBA, BOLIVIA, 15-6 FEBRUARY

The biennial South American Racewalking Championships, which were also an IAAF Race Walking Challenge event, were held in Cochabamba, high in the Andes at an altitude of 8,360 feet (2,548m). Wow, that is high! They must like it there as it is the fourth time that city has hosted these championships (1999, 2006, 2010 and now 2014). As expected for such a high altitude, times were not fast but competition was keen. In the men's 20km, Ecuadorian Rolando Jaime Sequipay took gold ahead of Erick Barrondo of Guatemala in what was perhaps a surprise result. Full results below.

20km Open Men

1.	Rolando Jaime Sequipay	ECU	1:26:36
2.	Eric Barrondo (invite)	GUA	1:26:42
3.	Marco Antonio Rodríguez	BOL	1:27:16
4.	Pavel Ivar Chihuán	PER	1:27:34
5.	Mauricio José Arteaga	ECU	1:27:52
6.	Iván Gabriel Garrido	COL	1:31:07
7.	Aníbal Eduardo Paau (invite)	GUA	1:31:11
8.	José Alessandro Bernardo Baggio	BRA	1:34:47
9.	Jorge Stiven Díaz	COL	1:36:15
10.	Moacir Zimmermann	BRA	1:36:19
	Caio Oliveira de Sena Bonfim	BRA	DQ
	Sergio Alexander Carrillo	PER	DQ

50km Open Men

1.	Ronald Quispe	BOL	4:25:02
2.	Jonathan Rieckmann	BRA	4:40:12
3.	Claudio Richardson V. C. dos Santos	BRA	4:43:19
4.	Luiz Felipe dos Santos	BRA	4:53:28
	John Castañeda	COL	DNF

10km Junior Men

1.	Brian Daniel Pintado	ECU	43:46
2.	Paulo César Yaurivilca	PER	44:18
3.	Bryan Alberto Fuentes	COL	44:33
4.	César Augusto Rodríguez	BOL	45:29
5.	Edgar Salazar	PER	46:25
6.	Edwin Quisbert-Sirpa	BOL	48:48
7.	Fulviano Soares de Campos	BRA	49:33
8.	Cristaldo Quispe	BOL	50:53
9.	David Cayllante	BOL	51:15
10.	Braulio Morocho	ECU	51:29
11.	Luis Ricardo Santos	BRA	52:22
12.	Roberto Churqui	CHI	52:22
13.	Yojan Millán	CHI	53:13
14.	Dieter King	CHI	53:35
15.	Josemar Espinola Ferreira	BRA	56:24

10km U18 Men

1.	Pablo Armando Rodríguez	BOL	44:49
2.	César Augusto Rodríguez	BOL	44:49
3.	Edgar Salazar	PER	47:51
4.	Cristian David Merchán	COL	49:57
5.	Jonathan Amores	ECU	50:16
6.	Yojan Millán	CHI	51:11
7.	Ariel Cayllante	BOL	52:15
8.	Gustavo Mamani	BOL	52:32
	Luan de Almeida Ferreira	BRA	DQ
	Marco Salinas	ECU	DQ

20km Open Women

1.	Kimberley Gabriela García	PER	1:35:34
2.	Claudia Balderrama	BOL	1:36:25
3.	Wendy Cornejo	BOL	1:37:11
4.	Sandra Viviana Galvis	COL	1:37:57
5.	Mayra Carolina Herrera (invite)	GUA	1:39:01
6.	Mirna Ortiz (invite)	GUA	1:39:32
7.	Angela Melania Castro	BOL	1:40:34

8.	Arabelly Orjuela	COL	1:41:51
9.	Magaly Beatriz Bonilla	ECU	1:42:32
10.	Cisiane Dutra Lopes	BRA	1:48:43
11.	Elianay Santana daSilva Pereira	BRA	1:58:30
12.	Nair da Rosa	BRA	2:04:20
	Yesenia Carrillo	COL	DQ

10km Junior Women

1.	Karla Jaramillo	ECU	49:22
2.	Jéssica Hanco	PER	49:44
3.	Stefany Mildred Coronado	BOL	51:53
4.	Daniela Fernanda Pastrana	COL	52:39
5.	Jéssica Cabrera	ECU	53:56
6.	Carolina Salapure	BOL	57:12
7.	Tatiana Luque	BOL	57:56
8.	Rayane Caroline Lins de Oliveira	BRA	57:59
9.	Andressa Souza da Silva	BRA	58:36
10.	Diana Sarasaya	PER	59:02
11.	Linara Zancanela da Cunha	BRA	60:16

5km U18 Women

1.	Nataly León	ECU	26:01
2.	Luz Karen Mena	COL	26:13
3.	Michelle Varas	CHI	26:52
4.	Diana Sarasaya	PER	26:59
5.	Odette Huanca	BOL	27:58
6.	Anastasia Sanzana	CHI	28:42
7.	Milena Francesca de Souza	BRA	28:58
8.	Daniela Parra	CHI	30:13
9.	Juliana Archondo	BOL	31:29
10.	Karely Quiroga	BOL	31:51
	Evelyn Inga	PER	DQ

OUT AND ABOUT

- Jared Tallent lived up to his name, winning the Ballarat Sportsperson of the Year award last week. This is the fifth time – and the fourth consecutive year – that Tallent has won the honour of being his home town's best sportsman. Only fellow Olympians Steve Moneghetti (athletics) and Russell Mark (trap shooting) have collected the title more often – each six-time winners. Jared, who shared the award with Paralympic wheelchair rugby player Greg Smith last year, follows Mark (1995-98) as the second athlete to earn the honour in four years straight. “It’s such a great night for the celebration of Ballarat’s sporting excellence ... I try to be here whenever I can. I enjoy talking and catching up with other athletes”. See <http://www.thecourier.com.au/story/2085325/jared-tallent-lives-up-to-his-name-wins-fifth-ballarat-sportsperson-of-the-year-award/?cs=63>



Jared Tallent is a local hero - Ballarat Sportsperson of the Year (photo www.thecourier.com.au)

- It's a story that just keeps on giving - first Melissa Breen is left out of the Athletics Australia elite funding grid last year even though she has met the necessary performance criteria - at the time, she was deemed by AA to be not good enough- <http://www.canberratimes.com.au/sport/athletics/breen-determined-to-prove-athletics-australia-wrong-20131101-2wpst.html>.

She then proves she is 'good enough' earlier this month, beating Melinda Gainsford-Taylor's long standing Australian 100m record with a run of 11.11. The following articles clearly show the supportive line taken by the media on this development: <http://www.smh.com.au/sport/athletics/no-funding-for-melissa-breen-after-setting-sprint-record-20140210-32b3w.html#ixz2t9AAib1M> and <http://www.smh.com.au/sport/athletics/is-australias-fastest-woman-worth-12000-20140212-32hmv.html>

And now last week, AFL football team Western Bulldogs director and philanthropist Susan Alberti pledges \$12000 to Breen, the same amount of money that AA was not willing to give to her last year when she was deemed to be of insufficient standard and potential. <http://www.theage.com.au/sport/athletics/western-bulldogs-vicepresident-susan-alberti-pledges-12000-cheque-to-melissa-breen-20140213-32ndo.html>.

- A nice photo collage video of Dave McGovern's latest racewalking clinic, held on the weekend of 8-9 February in Galveston, Texas. See <http://www.youtube.com/watch?v=gOFehGhrC4&feature=youtu.be>
- The stupidity of a 10:55PM drug test on an alpine skier the night before she was due to compete in the final of her event at Sochi. See <http://www.sbs.com.au/news/article/2014/02/13/ioc-dismisses-complaint-over-late-night-goergl-drug-test>
- **Jared Tallent** and **Kelly Ruddick** have now left for Chihuahua for next weekend's IAAF Challenge Series event there. Jared was second there in the 20km in 2012 so will be hoping to go one better this year. This will be Kelly's first time there as she prepares for her first World Racewalking Cup in May in Taicang. Exciting times.
- Former VRWC member and old mate Rick Keam has forged his own musical career post-walking and I am impressed by his latest song *Home From The War* which he has released on Youtube with a very moving collection of photos, showing the starkness of war and its aftermath - see http://www.youtube.com/watch?v=DulKq8Oq_6Y. Please pay the powerful photos the respect they deserve by viewing them in the Full Screen option. Rick's latest album *Ordinary Stories* is available from GravelBend records (see <http://www.gravelbend.com/>). Well done Rick - this is an unpaid advertisement. It's a great record.

THE LATEST RWA NEWSLETTER HITS THE PRESS

The latest Racewalking Australia newsletter has now been distributed to all club secretaries and contacts. It is available to read at <http://www.rwa.org.au/afrwcnewsletts.shtml>.

And one date that has just come to hand - the 2014 Australian Roadwalk Championships will be held in the city of Albany in Western Australia on **Sunday 24 August**.

VRWC RECORD UPDATE

More VRWC records this week to Jemima Montag with her walk in the Victorian T&F Champs on Friday. And of course, they were also Victorian records!

Jemima Montag 5000m Track Walk U16-U18 22:32.95 Lakeside Stadium, Albert Park 14/02/2014

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

Feb 28 - Mar 2, 2014 Victorian Open T&F Championships, Melbourne
 Mar 8-10, 2014 Australian Masters T&F Championships, Hobart. See <http://www.amahobart2014.com.au>
 Mar 12-16, 2014 5th Australian Junior Athletics Championships, Sydney (NSW)
 Mar 15-16, 2014 Vic Masters Champs, Burwood, Entries via AV website. Entries close Mon 24 Feb.
 Sun Mar 23, 2014 VMA 5000m Track Champs and VRWC track walks, Dolomore Oval, Mentone, VIC
 Sat Mar 29, 2014 Queensland Track Classic, Brisbane (QLD) - 5000m walks
 Mar 29-30, 2014 LAVic State T&F Championships
 April 3-6, 2014 92nd Australian Athletics Championships, Melbourne (VIC) - 10,000m walks

2014 International Fixture

Mar 25-30, 2014	WMA Indoor Championships, Budapest, Hungary - https://www.facebook.com/WMABudapest2014
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
Aug 16-28, 2014	Youth Olympic Games, Nanjing, China. See http://www.nanjing2014.org/en/

2014 European Athletics Permit Meets

Mar 16, 2014	Lugano Trophy - Memorial Mario Albiseti, 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	British Grand Prix of Racewalking, 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 31, 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

July 3-14, 2015	28th Summer Universiade, Gwanju, South Korea
July 2015	9th World Youth T&F Championships, Cali, Colombia
Aug 22-30, 2015	15th IAAF World Championships in Athletics, Beijing, China
July/Aug 2015	20th World Masters T&F Champs Stadia, Lyon, France
May 2016	27th IAAF World Race Walking Cup, Cheboksary, Russia
July 2016	16th World Junior T&F Championships, ?
Oct 26 -Nov 6, 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
July 2017	10th World Youth T&F Championships, ?
July 2017	29th Summer Universiade, Taipei, Taiwan
August 5-13, 2017	16th IAAF World Championships in Athletics, London, UK
May 2018	28th IAAF World Race Walking Cup, Cheboksary, Russia
July 2018	16th World Junior T&F Championships, ?
Apr 4-15, 2018	Commonwealth Games, Gold Coast, Queensland (racewalks on the program). See http://www.gc2018.com
2019	17th IAAF World Championships in Athletics, ?
July 2019	11th World Youth T&F Championships, ?
July 2019	30th Summer Universiade, Brasilia, Brazil
July 2020	32nd Olympic Games, Tokyo

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