



HEEL AND TOE ONLINE

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

It's been hard for me to pick my Walker of the Week this week but two performances stand out.

- 16 year old Queensland walker **Katya Martin** improved her 10,000m time from 58:04 to a superb 49:52.34 in winning the Queensland U20 10,000m track walk last weekend in Brisbane. She has been in good racing form lately but has now catapulted herself into our top Junior ranks. This was one out of the bag. And to cap it off, she had been sick and in bed prior to the race.
- 23 year old Victorian walker **Rhydian Cowley** walked the fastest AV Shield 2000m time so far this summer in winning his walk at Casey Fields last Thursday evening. His time of 7:29.1 was a 13 sec PB and is a new VRWC Open Club record. With the Victorian 5000m coming up next Sunday, he will be amongst the favourites.

So it's time for a vote - just zoom over to <http://www.vrwc.org.au/vrwcWOW.php> and go to it!

WHAT'S COMING UP

2014 Victorian Open Track & Field Championships are on this weekend at Lakeside Stadium in Albert Park and the final timetable now shows that the 5000m Open Walks are scheduled for 1:10PM and 1:50PM on Sunday 2nd March. If everyone turns out, they will be superb races. Have a look at these fields!

Women 5000m Walk Open , Sunday, 1:10 PM	Men 5000, Walk Open , Sunday 1:50 PM		
Alexander, Beth	KNA	Bird, Kyle	MPA
Boldiston, Zoe	SBE	Brasier, Emmet	DIV
Clarke, Eliza	DIV	Brill, Nathan	BOH
Elms, Donna	PTN	Christmass, James	COR
Geisler, Sandra	RWD	Cowley, Rhydian	GHY
George, Stephanie	SCA	Dickenson, Russ	SCA
Irshad, Kylie	SCA	Dillon, Joshua	COR
Laurie, Natalie	ANW	Donahoo, Mark	ATE
McInnes, Simone	GHY	Erickson, Chris	ATE
Ruddick, Kelly	BHA	Evans, Simon	BOH
Sanders, Jade	CCA	Garganis, Adam	COL
Szirom, Megan	FKN	Hawksworth, Danny	ATE
		Kozica, Jason	STK
		McDonough, Aaron	PTN
		McShanag, Connor	ATE
		Osborne, Jesse	ATE
		Owen, Cooper	DIV

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>. Entries close Wednesday 5th March.

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.

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

My apologies to Kyle Swan for a major mistake in last week's report of the Victorian Junior T&F walks. I left out the U16 3000m male winner from the results. It was a superb PB by Kyle - the results actually read

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	

And to complete the picture, David Armstrong advises that there are 3 athsVic videos of the walks:

2014 Vic Jnr Champs. 5000m Walk. Men & Women U17/U18/U20	http://www.youtube.com/watch?v=sXWlO0WHuF8
2014 Vic Jnr Champs. 3000m Walk. Men & Women U14	http://www.youtube.com/watch?v=4imQYwf35gs
2014 Vic Jnr Champs. 3000m Walk. Men & Women U15, U16	http://www.youtube.com/watch?v=UD5P5n2Q4G8

SAMA TRACK WALKS, SANTOS STADIUM, MILE END, ADELAIDE, WEDNESDAY 19 FEBRUARY

Thanks to Colin Hainsworth for his weekly South Australian Masters report from Adelaide. Cool, breezy evening.

1500m yacht handicap

1.	Matthew Anderson	11:40	47.41%	M42
2.	Sue Damin	11:45	53.41%	W49
3.	Jake Vidler	07:15		
4.	Jack Russell	07:51	83.24%	M61
5.	Gloria Holliday	08:05	80.33%	W53
6.	James Hoare	10:38	65.54%	M67
7.	Marie Maxted	09:12	70.58%	W53
8.	Rhiannon Lovegrove	07:56		
9.	Barbara Cain	10:33		
10.	Kim Mottrom	06:05		
11.	Margaret Trengove	10:20	75.22%	W70
12.	Rodger Barber	10:50	71.03%	M75
13.	Colin Trengove	11:17	69.12%	M76
14.	Justin Hill	06:59		
15.	Helen Suridge	10:44	65.91%	W62
16.	Murray Marker	11:21	68.72%	M76
17.	John Hore	11:00	61.95%	M65
18.	Leigh Smith	DNF		

3000m yacht handicap

1.	Linda Whitelaw	22:26	63.39%	W59
2.	Paul Boyce	24:27	66.01%	M77
3.	Jack Russell	16:58	78.50%	M61
4.	Jill Rogers	24:35	65.28%	W69
5.	Bill Starr	20:40	72.11%	M71
6.	Marie Maxted	19:10	69.92%	W53
7.	Rodger Barber	21:49	71.95%	M75
8.	Kim Mottrom	13:04		
9.	Matthew Anderson	23:57	47.11%	M42
10.	Colin Hainsworth	22:57	78.38%	M84
11.	Roger Lowe	22:59	64.04%	M70
12.	Gloria Holliday	17:35	76.22%	W53
13.	James Hoare	21:59	64.63%	M67
14.	Edna Bates	25:42	56.55%	W61
15.	Justin Hill	15:20		
16.	Barbara Cain	21:39		

BRWC ROADWALKS, NORTH GARDENS, LAKE WENDOUREE, BALLARAT, WEDNESDAY 19 FEB

The BRWC's first official race of the year was 'Pick a Distance Day', held at 4:30pm on Wednesday February 19th at North Gardens. Under very gloomy skies, competitors eagerly lined up to get their nominated distances done before the heavens opened. Unfortunately Ross Darlow only managed to complete 7km of his nominated 10km due to the inclement weather. Well done to Fraser Saunder who broke the U10 M 1km and 2km records on his way to completing 3km.

Name	1km	2km	3km	4km	5km	6km	7km
Rex Brennan (5)	9:59	-	-	-	-	-	-
Mia Darlow (8)	7:21	14:32	-	-	-	-	-
Sarah Brennan (37)	9:59	16:09	-	-	-	-	-
Jemma Peart (12)	5:19	10:50	16:20	-	-	-	-
Alanna Peart (10)	5:43	11:43	17:30	-	-	-	-
Ellen Dowie (14)	6:21	13:22	19:47	-	-	-	-
Emily Crowley (16)	6:23	13:20	20:14	-	-	-	-
Fraser Saunder (9)	6:38*	14:00*	20:17	-	-	-	-
Kasey Bishop (10)	6:44	13:44	21:00	-	-	-	-
Ruby Saunder (9)	6:38	14:01	21:35	-	-	-	-
Ross Darlow (15)	5:44	11:42	17:33	23:34	29:31	35:32	40:55

BENDIGO WALKERS CLUB ROADWALKS, ROSALIND PARK, WEDNESDAY 19 FEBRUARY

Thanks to Paul Rance for his latest report from Bendigo, in country Victoria.

The Bendigo Walkers Club held 1km and 5km nominated time events in Rosalind Park last Wednesday night. In the 1km event Zahra Hayes and Carissa Brook deadheated for 1st place in the nominated time section with both girls producing personal best efforts while Madison Hill took 3rd place. The 5km event saw victory go to Barb Bryant by 2 seconds over Norm West with Geoff Major 3rd.

1km Nominated Time walk

E1. Zahra Hayes	4.35
E1. Carissa Brook	5.27
3. Madison Hill	5.28
4. Caitlyn Tozer	8.27
5. Sheridan Commons	7.30

5km Nominated Time walk

1. Barb Bryant	30.07
2. Norm West	40.35
3. Geoff Major	39.39
4. Colin Cleary	46.53

Meanwhile at last weekends Little Athletics Regional Titles held in Albury, 3 of the Club's junior athletes competed in walk events, with Carissa Brook winning the under 11 girls 1500m walk in a personal best 7.59, breaking Ebony Whiley's 8 year old Regional record by 28 seconds. Zahra Hayes won the under 13 girls event in 7.15 and she also broke the Regional record, eclipsing Natalie Gleeson's 16 year old mark by 14 seconds, with Madison Hill taking 2nd place in the same event in 8.27.

AV SHIELD ROUND 10, ACROSS VICTORIA, 20-22 FEBRUARY 2014

Last weekend saw a return to Athletics Victoria Shield competition with Round 10 contested across the various regions with nearly everyone contesting 3000m/1500m walks

AV Shield BLUE ZONE Round 10, Casey Fields, Cranbourne East, Thursday 20 February

Well, just about everyone was racing over 3000m/1500m on Saturday but the Blue Zone were the exception to the rule, contesting 2000m walks at Casey Fields on Thursday evening. And Rhydian Cowley was in rampaging form, storming home in a 13 sec PB time of 7:29.1. That's the fastest time so far this summer and it opens well for next weekend's Victorian 5000m Open walk champs. The girls were in great form also with Rebecca Hencerson 9:36.9 (a big PB), Emily Hamilton 9:56.1 and Paige De Lisen 10:03.9 leading the way home.

2000m Walk Men

1. Rhydian Cowley	MOP	GHY	7:29.1	PB 0:13
2. Ralph Bennett	M40+	VMA	11:13.7	
3. Anand Thillaisundaram	MOP	MEN	12:34.8	
4. Geoff Barrow	MOP	MEN	12:40.0	
5. Anthony Doran	MOP	GHY	12:58.7	
6. Philip Hutton	MOP	GHY	13:25.8	

7.	John Morrison	MOP	SAN	13:27.2
8.	John Zeleznikow	M40+	GHY	19:58.8
9.	Joseph Zeleznikow	MU14	GHY	19:58.4

2000m Walk Women

1.	Rebecca Henderson	WU14	CCA	9:36.9	PB 0:26
2.	Emily Hamilton	WU16	KNA	9:56.1	
3.	Paige De Lisen	WU16	KNA	10:03.9	PB 0:09
4.	Jade Sanders	WU18	CCA	10:30.9	
5.	Kym Osmand	WOP	OAK	11:36.1	
6.	Gwen Steed	W40+	VMA	12:41.4	
7.	Rebekah Lyness	WOP	CCA	13:08.6	
8.	Frances Halton	WOP	CCA	13:42.5	

AV Shield RED ZONE Round 10, Lakeside Stadium, Albert Park, Saturday 22 February

Emmet Brasier and Adam Garganis obviously had a great battle at Albert Park on Saturday morning, with Emmett getting the upper hand with 13:08.5 to Adam's 13:16.0. Both boys walked PBs. And a special mention for M44 David Smyth who also walked a big PB with 15:22.8. Well done David!

Mixed 3000m Walk

1.	Brasier, Emmet	M15	DIAMOND VALLEY	13:08.0	PB 0:10
2.	Garganis, Adam	M16	COLLINGWOOD	13:16.0	PB 0:07
3.	Christmass, James	M46	CORIO	13:52.9	
4.	Kollmorgen, Stuart	M44	COLLINGWOOD	13:57.9	
5.	Hawkins, Trenton	M34	PRESTON AC	15:08.9	
6.	Smyth, David	M44	COLLINGWOOD	15:22.8	PB 0:23
7.	Keirl, Bernie	M50	DIAMOND VALLEY	16:19.7	
8.	Reid, Ross	M59	COLLINGWOOD	16:59.8	
9.	Elms, Donna	W52	PRESTON AC	18:08.0	
10.	Gardiner, Robert	M77	COLLINGWOOD	18:11.0	
11.	Derby, Lachlan	M16	COLLINGWOOD	19:48.8	
12.	Garganis, Clare	W43	COLLINGWOOD	21:19.1	
13.	Watson, Nick	M18	DONCASTER AC	22:12.4	
14.	Colley, Jamee-Leigh	W23	PRESTON AC	23:39.5	
15.	Tunnecliffe, Maree	W19	DONCASTER AC	24:36.4	
16.	Large, Breanna	W22	DONCASTER AC	24:43.9	

Mixed 1500m Walk

1.	Walburg, Kirsten	W15	DONCASTER AC	9:17.1
2.	Clifford, Jaryd	M14	DIAMOND VALLEY	10:00.1
3.	Brown, Tammarah	W14	RICHMOND HAR	10:02.7
4.	Dawson, Thomas	M12	COLLINGWOOD	10:03.1
5.	Woods, Joel	M12	DIAMOND VALLEY	11:00.2

AV Shield WHITE ZONE Round 10, Lakeside Stadium, Albert Park, Saturday 22 February

Brad Simpson 13:20.74 and Kyle Irshad 15:55.67 led the way in the afternoon competition at Albert Park. I don't see any 1500m results so I am not sure if one was contested.

Mixed 3000m Walk

1.	Simpson, Bradley	M20	ATHLETICS NU	13:20.74
2.	Kozica, Jason	M26	ST KEVINS AC	13:45.95
3.	Antidormi, Ryan	M18	ATHLETICS NU	13:57.87
4.	Taylor, Lucas	M17	YARRA RANGES	14:48.81
5.	Evans, Simon	M53	BOX HILL AC	14:56.70
6.	Irshad, Kylie	W42	SOUTH COAST	15:55.67
7.	Laurie, Natalie	W22	ATHLETICS NU	17:00.34
8.	Armstrong, David	M58	DIAMOND VALLEY	17:03.33
9.	Riddoch, Clyde	M60	ATHLETICS WAV	18:06.14
10.	Olden, Graeme	M49	BOX HILL AC	18:16.75
11.	McCann, Adam	M37	ATHLETICS NU	19:50.60
12.	Worsnop, Christopher	M56	OLD XAVERIANS AC	21:16.42
13.	Hunter, Pia	W47	BOX HILL AC	21:57.54
14.	Albiston, Simone	W47	ATHLETICS WAV	27:39.11
	Payne, Gregory	M60	SOUTH MELBOURNE	DQ
	Beavis, Mark	M57	YARRA RANGES	DQ
	Sofianos, Gerald	M64	ST KEVINS AC	DQ

AV Shield YELLOW ZONE Round 10, Aberfeldie: Mooney Valley Athletics Centre, Essendon, Saturday 22 February

Chris Erickson also signalled his intentions ahead of next weekend's Victorian Open 5000m walk championship with a very strong 11:38.9 in winning the 3000m. Lachlan Feain won the 1500m ahead of Gabbie Crea who walked a big PB of 8:33.2.

3000m Walk Men

1.	Chris Erickson	MOP	ATE	11:38.9	
2.	Paul Kennedy	MOP	KSB	14:43.2	
3.	Shea Wellington	MU18	KSB	15:39.5	PB 1:02
4.	Tim Erickson	MOP	COB	16:08.1	
5.	Gerard Feain	MOP	KSB	16:36.6	
6.	Duncan Knox	M40+	ATE	17:19.4	
7.	Phillip Dunstone	M40+	WES	19:34.3	
8.	Stephen Murphy	M40+	ATE	20:54.7	
9.	Brian Hamer	M40+	WES	22:05.4	
10.	Ian Rickard	MOP	BWK	26:23.8	

3000m Walk Women

1.	Robyn Shaw	W40+	WES	18:51.2	
2.	Nicole Gunn	WOP	KSB	20:00.3	
3.	Linda Close	WOP	WTN	20:05.0	
4.	Phoebe Cahir	WU18	KSB	20:50.6	
5.	Kathryn Mitchell	WOP	EKA	21:36.7	
6.	kelly spiteri	WOP	COB	21:37.9	
7.	Janice Hodgart	W40+	WES	21:40.5	
8.	Bridget Powell	WU18	WEN	21:45.3	
9.	Olive Ireland	WOP	BWK	24:52.3	
10.	Tess Rickard	WOP	BWK	26:10.3	

1500m Walk Mixed

1.	Lachlan Feain	MU16	KSB	8:16.8	
2.	Gabriella Crea	WU16	ATE	8:33.2	PB 0:07
3.	Rhiannon Matthews	WU14	KSB	8:47.1	PB 0:15
4.	Julia Irons	WU16	KSB	9:00.3	
5.	Madeleine Feain	WU16	KSB	9:25.6	
6.	Elaine Irons	WU14	KSB	9:48.5	
7.	Ashley Tonelli	WU14	KSB	10:50.5	
8.	Dominic Sykes	M14	KSB	10:20.1	
9.	Ethan Kapetanovic	MU14	INV	11:51.4	

AV Shield BALLARAT REGION Round 10, Llanberris Reserve, Ballarat, Saturday 22 February

No results posted yet from Ballarat so not sure what happened there.

AV Shield BENDIGO REGION Round 10, La Trobe University Bendigo Athletics Centre, Bendigo, Saturday 22 February

The Bendigo results do not include any walk results so not sure if anyone toed the line there on Saturday

AV Shield GEELONG REGION Round 10, Landy Field, Geelong, Saturday 22 February

And only 1 walker in Geelong with Thomas Mirarchi in the 1500m walk.

1500m Walk

1.	Thomas Mirarchi	U14	COR	11:36.96	
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SA INTERCLUB, SANTOS STADIUM, MILE END, ADELAIDE, SATURDAY 22 FEBRUARY

Thanks to Kim Mottrom for the weekly results from Adelaide. He commented: We had a 5000m and 1500m walks last night in cool conditions. Quite a few fast times including PB's from Justin Hill, Rhiannon Lovegrove and Felicity Henderson.

Open 5000m

1.	Kim Mottrom	21:52.62	
2.	Justin Hill	23:07.51	PB 0:04
3.	Troy Hooker	27:40.56	
4.	Peter Crump	28:01.70	
5.	Rhiannon Lovegrove	28:26.91	PB 0:18
6.	Felicity Henderson	28:32.64	PB 1:32
7.	Danielle Walsh	29:24.42	
8.	James Hoare	36:21.72	
9.	Barbara Cain	36:42.34	
	Samantha Findlay	DNF	

Sarah Damin	DNF
Alix Harlington	DNF
Jane Vidler	DNF

Open 1500m

1.	Anna Cross	7:33.56
2.	Bethany Cross	7:42.96
3.	Jayden Goode	7:45.69

RWCWA ROADWALKS WILSON, PERTH, WA, SUNDAY 23 FEBRUARY

Thanks to Rick Cattermole for the latest RWCWA walks results from Perth. Rick reported as follows

Well, we just beat the main heat of 37c this morning, although over 32c is still hot!! A welcome return to walks saw Janine Butler hit the track with a good 1500m first for over a year!! Simeon Leatherland was very tired after a gruelling weekend in the sun with Little Athletics on Sunday and on to the Perth Classic the previous day and night but still managed a creditable 23.55. Young Christopher Gerken retired early with a badly twisted ankle.

5km Open

1.	Simeon Leatherland	23.55
2.	Daniel Lowe	29.44
3.	Breanna Brown	30.17
4.	Caitlin Gerken	30.57
	Christopher Gerken	DNF

2km Open

1.	Timothy Kezic	12.56
2.	Ryan Kezic	12.57
3.	Amy Holland	12.58
4.	Tina Kezic	14.20
5.	Jaymee-Lee Currie	14.49
6.	Jamie Edwards	17.29

1.5km Open

1.	Teyharna Currie	11.10
2.	Janine Butler	11.22

QUEENSLAND JUNIOR T&F CHAMPIONSHIPS, SAF, NATHAN, 21-23 FEBRUARY

The Queensland Junior T&F Championships were held last weekend in Brisbane and coach Ian Thompson tells me that, although the sauna like temperatures had dropped off a little, racing was still unpleasant and athletes who took advantage of the water station to douse them selves in water merely got wet and stayed that way as the humidity was so high evaporation did not really happen.

That being the case, there were still some excellent walks and a few PBs sprinkled around. The walk of the day was by 16 year old **Katya Martin** who improved her 10,000m time from 58:04 to a superb 49:52.34. She has been in good racing form lately but this was one out of the bag. And to cap it off, she had been sick and in bed prior to the race. **Clara Smith** also walked her usual strong race, easily winning the U18 5000m with a PB time of 22:42.46.

Ian commented: Personally I was pleased with my young crew with Jenna taking out the U14W in a reasonable time and Ben Jeffery (who is not yet 12) with a credible 2nd in the U14M. Mikki Woodward continues to strive to find her form and walked a comfortable race. Mikki recently returned from a week with our Victorian coaches to expose her to the more competitive and comprehensive training that our southern cousins enjoy. By the way any one who says walkers are soft should note that Jenna took out the Shot put in her age group. (She is preparing for the QLAA states where she hopes to be selected in the U13 state team hence the multiple events).

Girls 3000m Walk Under 14

1.	Lawrence, Jenna	13	Qeii Track Club	17:42.55
2.	Chapman, Tenyka	13	Gold Coast Victory	18:43.34
3.	Wales, Amelia	12	Gold Coast Victory	22:18.83

Girls 3000m Walk Under 16

1.	Hayward, Katie	14	Racewalking Qld	15:36.61
2.	Woodward, Mikaela	15	Qeii Track Club	16:03.41
3.	Smith, Clancy	14	Noosa	18:02.09
4.	Sims, Riley	14	Athletics North	18:32.62

Boys 3000m Walk Under 14

1.	Stovin, Jamison	13	Gold Coast Victory	18:10.81
2.	Jeffrey, Ben	12	Qeii Track Club	18:43.34
	McCutcheon, Nelson	12	Redlands	DQ

Boys 3000m Walk Under 16

1.	McCutcheon, Jamie	15	Qeii Track Club	15:06.79	PB 0:37
2.	Mead, Jonah	14	Uni of Qld	16:02.88	
3.	Haig, Callum	14	Uni of Sun Coast	18:36.56	

Girls 5000m Walk Under 18

1.	Smith, Clara	16	Uni of Qld	22:42.46	PB 0:22
2.	Hill, Jayde	17	Nsw	27:42.03	
3.	Sims, Jesse	17	Athletics North	29:30.84	
	Robson, Natalia	16	Nsw	DQ	

Boys 5000m Walk Under 18

1.	McCutcheon, Luke	16	Qeii Track Club	23:21.83	PB 1:01
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Girls 10000m Walk Under 20

1.	Martin, Katya	17	Gold Coast Victory	49:52.34	PB 8:12
2.	Jackson, Eloise	19	Racewalking Qld	57:29.69	
3.	Boardman, Lucy-Rose	18	Athletics North	63:12.89	



Mikaela Woodward, Jenna Lawrence, Clara Smith and Ben Jeffrey (photos Ian Thompson)



Left: on the start line



Right: Ben and Jenna

NSW MASTERS CHAMPIONSHIPS, HUNTER SPORTS CENTRE, GLENDALE, 22-23 FEBRUARY

Only small fields in the NSW Masters Championships in Glendale. Results as follows

5000m Walks

W60	1	Brown, Judy	W64	Nsw Masters	40:26.34
W55	1	Stallard, Trish	W56	Wallsend Rsl	40:27.00
W45	1	Brown, Suzanne	W48	U.T.S. North	34:31.11
M75	1	Seymon, Jim	M76	U.T.S. North	32:04.36
	2	Biggs, Kevin	M75	Nsw Masters	36:17.42
	DQ	Anthony, James	M78	Nsw Masters	DQ
M60	1	Barrett, Doug	M61	U.T.S. North	34:40.20
	2	West, John	M63	Nsw Masters	37:56.64
M55	1	Osborne, Robert	M58	Nepean Distr	30:46.89
M50	1	Rowe, Greg	M52	Mingara Athl	35:14.13

COBURG 6 HOUR TRACK CHAMPIONSHIPS, COBURG, SUNDAY 23 FEBRUARY

I was at the Harold Stevens Reserve in Coburg on Sunday morning for the annual Coburg 6 Hour Track Championships where a full field of 45 competitors (36 runners and 9 walkers) toed the line for the 6AM start time. Conditions were good early on but it was hot and sunny in the second half of the event. VRWC walkers Michelle Thompson and Terry O'Neill took the lead from the gun and were never headed. Michelle was the best overall with her distance of 55.731km only about 100m below her Australian Open record and good enough for a new W45 Australian best. Terry's distance of 53.786 set a new Australian M55 best and was not far outside his best from years past. Karyn O'Neill also produced a great walk with a PB 47.442km. The next outing for the ultra walkers will be in the Coburg 24 Hour Carnival in 6 weeks time.

6 Hour Walk Women

1.	Michelle THOMPSON	VIC	55.731 km	
2.	Karyn O'NEILL	VIC	47.442 km	PB 0:274 km
3.	Dawn PARRIS	VIC	43.152 km	
4.	Sandra HOWORTH	VIC	41.338 km	

6 Hour Walk Men

1.	Terry O'NEILL	VIC	53.786 km	
2.	Steve JORDAN	VIC	45.900 km	
3.	Saul RICHARDSON	NSW	42.499 km	
4.	John KILMARTIN	VIC	26.126 km	
5.	Ken CARTER	VIC	26.098 km	



Michelle Thompson, Terry O'Neill, Karyn O'Neill and Steve Jordan in action at Coburg

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

And now to overseas news and a first up apology - I had the 2013 results set for last week's Woodie's DIY National Senior Indoor T&F Championships in Dublin. In actual fact, Alex Wright and Lauren Whelan won this year's races with times of 19:24.48 and 14:22.96 respectively. And I believe that fourth placed Caprice Jerome set a new Mauritius national record with his time of 21:33.14. Here are the real 2014 results. Well done to Alex and Lauren on good wins.

5000m Men

1.	WRIGHT Alex	Calry A.C.	19:25.48
2.	HICKEY Luke	Leevale A.C.	19:56.78
3.	BOYCE Brendan	Letterkenny A.C.	20:03.91
4.	TREANOR James	Shercock A.C.	20:43.42
5.	ERICK JEROME Caprice	Dundrum South Dublin A.C.	21:33.14
6.	LYNCH Evan	Clonmel A.C.	21:40.53
7.	CLEARY Ryan	Clonliffe Harriers A.C.	23:05.70
8.	TOBIN Anthony	Clonmel A.C.	24:26.39

3000m Women

1.	WHELAN Lauren	Leevale A.C.	14:22.96
2.	BURKE Sinéad	St. Coca's A.C.	14:44.85
3.	BOYLAN Alicia	Oriel A.C.	15:01.76
4.	GANNON Brenda	Sligo A.C.	15:18.56
5.	BURKE Veronica	Ballinasloe & District	15:20.39
6.	COLLINS Rebecca	North Down AC	16:04.24
7.	DELAHUNT Orlaith	Sligo A.C.	16:05.80
8.	LOUGHNANE Claudia	Marian A.C.	17:24.92

2014 IAAF CHALLENGE SERIES WALKS, CHIHUAHUA, MEXICO, SATURDAY 22 FEBRUARY

The third leg of the 2014 IAAF Race Walking Challenge was held last Saturday in Chihuahua in Mexico. Chihuahua has a proud walking history, having hosted the Mexican stop of the challenge since 2008 and having hosted the IAAF World Racewalking Cup in 2010. Races were held on a two-kilometre loop course at the Ciudad Deportiva Sur de Chihuahua, the same course used for the 2010 World Cup, and conditions were described as hot.

A highly regarded yearly meet on the international calendar and always held around this time, this meet sees high quality fields of international walkers battle it out at the rarified altitude of 1460m (4800 feet). And we had a local interest once again this year with **Jared Tallent** and **Kelly Ruddick** competing over 20km. It's a big meet to squash into one day with men's 50km, men's and women's 20km and junior men's and women's 10km. With the altitude always a factor, it was perhaps no surprise that Sandra Arenas and Eider Arevalo produced a double win for Colombia in the 20km events, while Jose Leyver secured a home win in the 50km event.

My reports are taken from the IAAF website summary, written by Javier Clavelo Robinson (see <http://www.iaaf.org/competitions/iaaf-race-walking-challenge/news/chihuahua-race-walk-leyver-arenas-arevalo>).

Open Men 50km

In the first and longest event contested on Saturday, Jose Leyver brought back the 50km honours to the host nation and relived his victory from 2011. A group of eight, including all the top contenders, led through the first 20km and Leyver took the pack to the half-way mark in 1:56. Local hero and 2010 World Cup runner-up Horacio Nava moved to the front and at 35km the lead was reduced to five men: Leyver, Nava, Omar Zepeda, Luis Amauri Bustamante and Poland's Grzegorz Sudol. With 10km to go, Zepeda and Leyver upped the pace and eventually dropped the other three co-leaders. On the 25th and final lap, Leyver made his decisive move to claim gold in 3:50:42, the second-fastest time ever produced on the Chihuahua course. Zepeda, the only man to dip below 3:50 in Chihuahua and a three-time 50km winner of the Mexican leg of the challenge, finished second in 3:51:06. Both secured a spot on the Mexican team for the IAAF World Race Walking Cup in Taicang, China, on 3-4 May.

"Considering the conditions, I believe we achieved a good time. This is a good course and despite the hot weather, we produced a good result. Our next goal is China, where I hope to go under 3:45," said 28-year old Leyver, silver medallist at the 2011 Pan American Games and Olympian in 2012.

Poland's Sudol (3:52:52) completed the trio on the podium, ahead of Nava (3:53:51), who was looking for his first victory over 50km in his hometown. Bustamante rounded off the top five in 3:54:00, more than five minutes faster than his previous best.

1.	Jose Leyver Ojeda Blas	Mex	46:30	1:32:58	2:19:26	3:05:52	3:50:42
2.	Omar Zepeda De Leon	Mex	46:30	1:23:43	2:10:08	2:56:30	3:51:06
3.	Grzegorz Sudol	Pol	46:29	1:32:58	2:19:25	3:05:52	3:52:53
4.	Horacio Nava Reza	Mex	46:29	1:32:58	2:19:26	3:05:53	3:53:51
5.	Luis Amari Bustamante Franco	Mex	46:29	1:23:42	2:00:53	2:47:11	3:54:00
6.	Cristian Berdeja Villavicenc	Mex	46:30	1:32:59	2:19:26	3:07:47	4:05:34

7.	Rodrigo Moreno	Col	49:16	1:38:06	2:26:53	3:16:49	4:10:02
8.	Etiel Soto Maldonado	Mex	49:38	1:38:46	2:28:43	3:18:53	4:12:18
9.	Marlon Flores	Col	49:55	1:39:39	2:29:36	3:21:19	4:14:31
10.	Luis Jose Rosales Solis	Mex	49:50	1:39:40	2:29:37	3:21:16	4:17:41
11.	Cristhian De Jesus Gomez Cruz	Mex	46:40	1:32:59	2:19:26	3:12:59	4:20:27
12.	Alan Segura Medina	Crc	50:43	1:41:53	2:32:28	3:37:58	4:25:15
	Gabriel Alejandro Gallegos	Mex	27:53	1:14:27	2:01:07	DNF	
	Yarokhay Pavel	Blr	39:36	1:28:26	2:07:15	DNF	
	Perseus Karlstrom	Swe	47:44	1:34:40	2:21:43		
	Clemente Ivan Garcia Salas	Mex	29:29				
	Horacio Olivares Ruiz	Mex	52:11				



Jose Leyver Ojeda wins the 50km in Chihuahua (www.iaaf.org)

Open Women 20km

Twenty-year-old Arenas achieved her most important international victory in her career so far ahead of more decorated Portuguese women, including Ana Cabecinha and three-time former Chihuahua winner Ines Henriques. Henriques, second overall in the 2013 challenge, took an early 10-second lead, but was soon joined by Cabecinha, Arenas and Mexican Maria Guadalupe Gonzalez. They hit the 15km mark together in 1:10:34. In the final two laps, the lead shrank to Arenas and Cabecinha. The former edged the more experienced Cabecinha on the final lap to cross the finish line in 1:33:24, almost one minute off her personal best set at the 2013 World Championships in Moscow. Cabecinha settled for silver as she did in 2013, five seconds behind, followed by 2013 Central American and Caribbean champion Gonzalez, who kept a Mexican presence on the podium after Monica Equihua, third in 2012 and 2013, missed the event due to injury. Henriques finished fourth this time after a 1:34:02 effort.

"I am very satisfied with the win, especially as I am starting to become familiar with the 20km and considering that this is the first Challenge event I have ever raced," said Arenas, bronze medallist at the 2012 World Junior Championships.

Kelly Ruddick raced well in her first ever major international, coming 7th in 1:39:24.

1.	Lorena Arenas	Col	23:47	47:18	1:10:38	1:33:24
2.	Ana Cabecinha	Por	23:47	47:18	1:10:38	1:33:29
3.	Maria Guadalupe Gonzalez Romero	Mex	23:47	47:18	1:10:34	1:33:42
4.	Ines Henriques	Por	23:47	47:18	1:10:35	1:34:02
5.	Claudia Balderrama Ibañez	Bol	23:51	47:25	1:11:00	1:35:55
6.	Susana Feitor	Por	23:50	48:42	1:13:52	1:39:14
7.	Kelly Ruddick	Aus	24:13	48:42	1:13:36	1:39:24
8.	Gabriela Gissel Gonzalez Huchin	Mex	24:04	49:17	1:14:33	1:40:45
9.	Lizbeth Silva Miranda	Mex	23:59	49:01	1:15:19	1:42:37
10.	Maria Irais Mena Romero	Mex	24:28	49:37	1:15:41	1:43:05
11.	Sandra Aracely Nevarez Pizarro	Mex	25:05	51:03	1:17:16	1:43:57
12.	Wendy G Cornejo Aliaga	Bol	24:09	48:45	1:16:47	1:46:06
13.	Zaira Jauregui Aguilar	Mex	25:19	51:29	1:18:49	1:47:04
14.	Nirvana Zalba	Mex	25:41	52:08	1:19:32	1:47:30
15.	Andrea Martinez Rivera	Mex	26:08	53:53	1:19:47	1:49:44
16.	Tania Guadalupe Gonzalez Rios	Mex	26:09	53:24	1:21:45	1:51:01
17.	Citlali Reyes Arreguin	Mex	26:08	53:53	1:22:19	1:52:09
18.	Aleli Villegas Aguirre	Mex	28:04	55:50	1:25:43	1:57:58

19.	Natalia Beatriz Alfonso Castillo	Ven	28:44	59:31	1:30:11	2:01:50
20.	Jovanna Ortega Peña	Mex	27:34	57:58	1:30:13	2:06:39
21.	Ana Keren Trillo Corral	Mex	31:52	1:03:11	1:35:10	2:07:31
22.	Ioulia Barakou	Gre	28:45	1:00:34	1:34:25	2:08:47
	Siu Nga Ching	Hkg	25:15	52:08	DQ	
	Mariela Sanchez Teñin	Mex	24:15	50:13	1:19:32	DNF
	Fabiola Elizabeth Covarrubias Oreno	Mex	30:00	1:02:28	1:37:50	DNF
	Rocio Alcantara	Mex	25:42	53:52	DNF	
	Angieszka Szwanog	Pol	24:40	DNF		
	Yanelli Caballero Garcia	Mex	28:37	DNF		



Sandra Arenas wins the 20km in Chihuahua (www.iaaf.org)

Open Men 20km

A few hours later, 20-year-old Eider Arevalo completed the Colombian sweep in the 20km after a close battle with local Omar Segura in the final three kilometres. Segura led a large 25-man pack through the first kilometres. The group was reduced to 15 with Diego Flores setting the pace in front at the 10km mark (42:10). With two thirds of the race completed in almost 63 minutes, the pack was down to six men, led by Canadian Evan Dunfee and Italian Giorgio Rubino. After the 17km mark, Arevalo and Segura made their move and it all came down to the final meters, when the young Colombian turned on an extra gear to win in 1:23:07 and Segura could not respond and finished six seconds later. Mexico's Jesus Tadeo Vega earned his first challenge podium in 1:23:20, closely followed by Rubino (1:23:24) and Dunfee (1:23:31), who was rewarded with a personal best.

"This is a great boost to do even better at the World Cup. I already had the qualifying time from last year, but this gives me a lot of confidence," said Arevalo, who added this victory to his 2013 challenge win in Podebrady, where he set a national record of 1:19:45. Australia's five-time world and Olympic medallist and 2013 challenge winner **Jared Tallent** finished seventh in 1:24:11, behind 2013 Chihuahua winner Isaac-Antonio Palma (1:24:02). Three other prominent names were relegated to minor positions: Colombia's 2011 world bronze medallist Luis-Fernando Lopez (1:26:07), Norway's Erik Tisse (1:26:20) and Mexico's 2009 world bronze medallist and four-time Chihuahua winner Eder Sanchez (1:29:05) in 12th, 13th and 18th respectively.

1.	Eider Arevalo	Col	21:08	42:12	1:02:53	1:23:07
2.	Omar Segura Mendoza	Mex	21:07	42:11	1:02:53	1:23:13
3.	Jesus Tadeo Vega	Mex	21:09	42:13	1:02:53	1:23:20
4.	Giorgio Rubino	Ita	21:08	42:11	1:02:52	1:23:24
5.	Evan Dunfee	Can	21:09	42:13	1:05:50	1:23:31
6.	Isaac Antonio Palma Olivares	Mex	21:08	42:12	1:02:53	1:24:02
7.	Jared Tallent	Aus	21:11	42:27	1:03:14	1:24:11
8.	Iñaki Gomez	Can	21:08	42:12	1:03:01	1:24:22
9.	Diego Flores Hinojosa	Mex	21:08	42:10	1:03:02	1:24:32
10.	Julio Cesar Salazar Enriquez	Mex	21:09	42:13	1:03:27	1:24:40
11.	Anatole Ibañez	Swe	21:09	42:49	1:03:55	1:25:15
12.	Luis Fernando Lopez	Col	21:09	42:12	1:03:28	1:26:07
13.	Erik Tisse	Nor	21:09	42:21	1:08:32	1:26:20
14.	Jorge Martinez Baez	Mex	21:10	43:07	1:05:15	1:27:45
15.	Ever Jair Palma Olivares	Mex	21:08	42:12	1:04:44	1:28:13
16.	David Mejia Hernandez	Mex	21:10	43:44	1:06:16	1:28:18
17.	Pedro Daniel Gomez Cruz	Mex	21:09	43:14	1:06:08	1:28:46
18.	Heraclio Eder Sanchez Teran	Mex	21:08	42:12	1:04:18	1:29:05
19.	Haavard Hankenes	Nor	22:38	45:18	1:07:32	1:29:51
20.	Marco Antonio Rodriguez Pardo	Bol	21:09	43:14	1:11:20	1:30:22

21.	Armando Merino	Mex	22:25	45:08	1:08:05	1:30:45
22.	Jesus Luna	Mex	22:19	45:18	1:08:30	1:31:24
23.	Mario Sanchez Ibarra	Mex	21:12	43:16	1:11:56	1:31:26
24.	Virgilio Galindo Aguilar	Mex	22:20	45:31	1:09:04	1:34:06
25.	Juan Jose Guerrero Galicia	Mex	21:11	45:13	1:10:09	1:36:04
26.	Alfredo Rodriguez Cataño	Mex	21:36	44:52	1:09:05	1:37:39
27.	Alan Norberto Rivera	Mex	24:39	49:10	1:13:14	1:37:57
28.	Yerenman Salazar	Ven	21:49	45:46	1:11:03	1:38:26
29.	Luis Ernesto Herver Santiago	Mex	23:31	48:30	1:13:21	1:41:23
30.	Suriel Lopez Lozano	Mex	23:36	48:54	1:15:05	1:42:48
31.	Banda Royce	Mex	24:35	50:23	1:16:56	1:44:09
32.	Guadalupe De Los Ang Escalante	Mex	24:38	50:55	1:18:02	1:45:40
33.	Diego Zepeda Fernandez	Mex	25:27	52:13	1:14:57	1:45:54
34.	Getsemani Morales Mendoza	Mex	24:51	51:55	1:19:23	1:47:42
35.	Misael Vazquez Cardenas	Mex	25:26	52:13	1:20:45	1:51:11
36.	Roberto Patron Galvan	Mex	24:16	50:57	1:24:36	1:54:16
37.	Alejandro Barcenás Olvera	Mex	27:01	55:39	1:18:51	1:55:06
38.	Lauro Manuel Tovar Blanco	Mex	32:43	68:13	1:51:30	2:19:21
	Roberto Isarrel Gonzalez R□os	Mex	23:13	DQ		
	Benjamin Gary Thorne	Can	21:11	42:16	1:11:15	DNF
	Fernando Davila Balderas	Mex	28:00	47:42	DNF	
	Cesar Uziel Romero	Mex	21:49	46:10	DNF	
	Alejandro Arvizu Llamas	Mex	29:53	62:00	DNF	
	Eduardo Moises Ramirez Ramos	Mex	23:07	DNF		



Eider Arevalo (centre) on his way to 20km victory in Chihuahua (www.iaaf.org)

Mexico's Ricardo Ortiz (42:34) and Guadalupe Sanchez (48:47) took the top honours in the junior 10km races.

10km Junior Men

1.	Ricardo Ortiz Rivera	Mex	8:40	17:13	25:44	34:11	42:34
2.	Noel Ali Chama Almazan	Mex	8:40	17:13	25:45	34:16	42:58
3.	Alam Flores Sacarias	Mex	8:40	17:14	25:48	34:27	43:10
4.	Jose Luis Doctor Morales	Mex	8:46	17:28	26:12	34:57	43:34
5.	Jorge Lara Estrada	Mex	8:41	17:14	25:45	34:41	43:59
6.	Luis Raul Gonzalez Avila	Mex	8:53	17:34	26:21	35:22	44:18
7.	Enrique Martinez Gonzalez	Mex	8:51	17:48	26:41	35:38	44:39
8.	Brandon B. Segura Zepeda	Mex	8:46	17:34	26:35	35:42	44:49
9.	Pablo Armando Rodriguez Pardo	Bol	8:46	17:33	27:03	36:08	45:19
10.	Federico Gonzalez Gonzalez	Mex	8:55	17:54	27:04	36:08	45:22
11.	Isaac Alejandro Sias Urbina	Mex	8:46	17:44	26:59	36:13	45:23
12.	Edgar Cortez Hernandez	Mex	8:45	17:54	27:25	36:47	46:21
13.	Andres Olivas Nuñez	Mex	9:09	18:17	27:25	36:48	46:26
14.	Ignacio David Juarez Lopez	Mex	8:46	18:08	27:46	37:29	47:13
15.	Juan Noria Mendoza	Mex	8:57	18:23	27:55	37:40	47:35
16.	Pedro Landa Vazquez	Mex	8:41	17:55	27:53	38:05	47:55

17.	Manuel Angel Lopez Karass	Mex	9:24	19:11	29:17	39:25	49:03
18.	Jose Maria Marin Lopez	Mex	8:52	18:20	28:29	38:55	49:32
19.	Fabian Mendoza Garcia	Mex	9:50	20:01	30:32	41:10	51:33
	Roberto Vega Ortiz	Mex	9:10	19:18	DNF		
	Jan Banda	Mex	10:36	DNF			
	Jonathan Estrada Noriega	Mex	11:53	DNF			

10km Junior Women

1.	Guadalupe Sanchez Magaña	Mex	9:38	19:23	29:13	39:02	48:47
2.	Stefany Coronado Gamio	Bol	9:37	19:25	29:20	39:24	49:09
3.	Mildred.Dennis Raya.Macias	Mex	9:47	19:45	29:43	39:45	49:36
4.	Monserrat Ortega Solis	Mex	9:39	20:02	30:45	41:33	52:35
5.	Liliana Sanchez Magaña	Mex	10:02	20:33	31:17	42:09	52:38
6.	Pamela.Melisa Aguilar.Delgado	Mex	9:56	20:47	32:06	42:59	54:13
7.	Edna.Paulina Quintanilla.Avila	Mex	10:39	21:12	32:07	43:37	54:21
8.	Angelica Aguiñaga Delgado	Mex	10:12	21:12	32:29	43:45	55:22
9.	Lesley.Ixuel Sanchez.Terrones	Mex	10:38	22:15	33:25	44:32	55:31
10.	Lluvia.Itzel Gonzalez.Vera	Mex	9:56	21:07	32:35	44:28	55:31
11.	Laisha Antillon.Leyva	Mex	10:39	21:59	33:19	44:59	56:15
12.	Ivana Gallegos Galvan	Mex	10:34	21:55	33:51	45:29	56:20
13.	Mayra.Elisa Diego.Valdez	Mex	10:58	22:50	34:30	46:11	57:35
14.	Jazmin Martinez Rivera	Mex	10:34	21:54	33:51	45:54	58:01
15.	Valeria Ortuño Martinez	Mex	9:39	19:24	29:13	39:02	DQ
16.	Anel.Micheelle Beltran.Enriquez	Mex	11:34	24:09	36:56	49:53	DQ
	Joanha Macias.Muñoz.Arteaga	Mex	11:26	25:23	DQ		
	Sayra Pasillas.Pedregon	Mex	11:13	23:09	35:36	48:18	DNF
	Giliana.Mercedes Garcia.Iormendez	Mex	9:38	20:23	DNF		
	Rebeca.Pamela Enriquez.Pigeon	Mex	9:56	20:23	DNF		
	Sayuri.Lizeth Lopez	Mex	10:27	21:12	DNF		
	Diana Miranda.Saenz	Mex	10:56	23:08	DNF		

See full results at <http://www.marciaitaliana.com/admin/pdf/risultati/23022014158results%20chihuahua.pdf>.

The 12-leg Challenge Series will now travel to Asia, Africa Europe and Oceania over the next six months, with the next stop at the Memorial Mario Albisetti in Lugano, Switzerland, on 16th March.

PORTUGUESE INDOOR CLUB CHAMPIONSHIPS, POMBAL, PORTUGAL, 22-23 FEBRUARY

Joao Vieira 19:42.35 and Vera Santos 12:37.68 were the winners of the Portuguese Indoor Club Championship walks in Pombal last Saturday. Thanks to oMarchador for results - <http://omarchador.blogspot.pt/2014/02/joao-e-vera-ganham-nos-campeonatos-de.html>

5000m Men

1.	João Vieira	Sporting CP	19:42.35
2.	Sérgio Vieira	SL Benfica	20:06.57
3.	António Pereira	CCS João Madeira	21:15.96
4.	Augusto Cardoso	ACR Senhora Desterro	21:36.12
5.	Luis Silva	J Vidigalense	21:36.31
6.	Rui Coelho	CA Seia	22:33.72
7.	Amaro Texeira	GC Amizade Donas	23:28.68
8.	José Silva	NA Cucujães	23:34.11
9.	Vasco Santos	CA Marinha Grande	23:43.40
10.	Telmo Oliveira	GA Fátima	28:24.77
11.	Miguel Pereira	CA Baixa Banheira	29:53.64
12.	Afonso Roll	E Movimento	31:49.47

3000m Women

1.	Vera Santos	Sporting CP	12:37.68
2.	Vitória Oliveira	J Vidigalense	13:55.98
3.	Sandra Silva	GRECAS	14:03.42
4.	Mariana Mota	SL Benfica	14:24.72
5.	Liliana Martins	GC Amizade Donas	14:48.11
6.	Ana Raquel Marques	ACR Senhora Desterro	15:22.30
7.	Sandra Leitão	ADRE Palhaça	16:11.88
8.	Marisa Paulino	CA Marinha Grande	17:18.92
9.	Vanessa Lopes	JOMA	18:29.38
10.	Diana Baptista	CD Póvoa	18:58.58
11.	Diana Moreira	Maia AC	22:02.15

2014 ERWL - FIXTURE 2, QEII PLAYING FIELDS, ENFIELD, SATURDAY 22 FEBRUARY

Thanks to Ron Wallwork for the latest results from the Essex Race Walking League in England. He explains: After the recent run of bad weather, the second race in the 2014 series was held in bright and sunny, if a little chilly conditions. It was pleasing to see teenagers top the finishing lists of their respective races as was the appearances of some new faces participating in the event.

Women's 5 mile Walk

1.	Heather Butcher	Cambs H	16	47.43
2.	Rebecca Crossan	Belgrave H	SW	49.24
3.	Maureen Noel	Belgrave H	W50	51.09
4.	Helen Middleton	EHAC	W55	51.29
5.	Anne Jones	Steyning AC	W55	52.53
6.	Anna Vroobel	Hillingdon AC	SW	53.49
7.	Fiona Bishop	Woking Ac	W55	57.18
8.	Geraldine Legon	Cambs H	W55	57.24
9.	Linda Spinks	EHAC	W45	57.47
10.	Norma Grimsey	EHAC	W55	59.24
11.	Sandra Campbell	Surrey WC	W45	61.41
12.	Jennie Middleton	Hillingdon AC	W40	61.49
13.	Kathy Crilley ©	Surrey WC	W65	62.03
14.	Elizabeth Dadey		W50	66.12
15.	Fatima Ibrahim	Trent Park	W55	66.13

Men's 5 miles Walk

1.	Calum Wilkinson	EHAC	16	38.29
2.	Fransisco Reis	Ilford AC	M50	40.35
3.	Fabian Deuter	Hillingdon AC	SM	42.09
4.	Peter Ryan ©	Ilford AC	M55	43.35
5.	Trevor Jones	Steyning AC	M55	43.51
6.	Steve Uttley	Ilford AC	M55	44.09
7.	Steve Allen	Barnet & Dist	M55	44.3 0
8.	John Hall	Belgrave H	M65	44.4 0
9.	Malc Martin	Surrey WC	M55	45.34
10.	Richard Emsley	Steyning AC	M65	47.5 0
11.	Arthur Thomson	EHAC	M75	48.07
12.	Ken Bobbett	Hillingdon AC	M65	48.09
13.	Andrew Cox	Hillingdon AC	M60	48.39
14.	John Ralph	EHAC	M55	49.23
15.	Stuart Bennett ©	Ilford AC	M50	49.33
16.	Shaun Lightman	Surrey WC	M70	50.21
17.	Steve Allen ©	Ilford AC	M55	50.56
18.	Paul King ©	Belgrave H	M60	51.35
19.	Mark Culshaw	Belgrave H	M45	51.49
20.	David Kates ©	Ilford AC	M65	52.27
21.	Christopher Flint ©	Surrey WC	M65	53 .00
22.	Iain Knight	Ilford AC	SM	53.31
23.	Ron Penfold	Steyning AC	M70	54.33
24.	David Delaney	Surrey WC	M70	54.35
25.	Richard McKenzie	Hillingdon AC	M45	55.38
26.	Sean Pender ©	EHAC	M60	56.03
27.	Peter Crane	Surrey WC	M65	56.48
28.	Philip Goodwin	Ilford AC	M65	57.21
29.	John Brock	Southend AC	M65	57.42
30.	David Hoben	Surrey WC	M60	57.52
31.	Len Ruddock	Ilford AC	M60	59.32
32.	Michael Barnbrook ©	Ilford AC	M65	61.01
33.	Jon May	EHAC	M60	62.53
34.	David Ainsworth ©	Ilford AC	M65	67.33

4 Miles Walk

1.	Jo Miles	Hillingdon AC	W55	48.26
2.	Francis Carrisco		M	61.46

3 miles Walk

1.	Indigo Burgin	Cambs H	15	31.1 0
2.	Dave Stevens	Steyning AC	M75	35.54
3.	Ken Livermore ©	EHAC	M80	42.02

2 miles Walk

1.	Luc Legon	Cambs H	17	17.10
2.	Evie Butcher	Cambs H.	13	19.03
3.	Olga Carrasco			31.48

1 mile Walk

1.	George Wilkinson	EHAC	u13	11.21
2.	Dan Spinks	EHAC	u13	12.01
3.	Alan Flavell	EHAC	M80	13.35

USATF INDOOR T&F CHAMPIONSHIPS, ALBUQUERQUE, 21-23 FEBRUARY

Men's and women's 3000m indoor racewalk championships were held on Sunday as part of the USATF Indoor T&F Championships in Albuquerque. The men's race was led most of the way by John Nunn before Tim Seaman made his move in the final laps of the 200m track. It was a race to the line for the two walkers with Seaman winning by the briefest of margins, 11.40,75 (3.54,23 +3.58,80 +3.47,72) to 11.40,95 (3.53,95 +3.58,80 +3.48,20). Third place went to Nick Christie with 12.30,04. This time enabled the 42-year-old Seaman to retake the M40 world masters record from Mikel Odriozola struck who walked 11.51,60 in January. For a video of the race, check out http://www.usatf.tv/gprofile.php?mgroupp_id=45365&do=videos&video_id=105565

This was Tim's final race - he had officially announced his retirement in the leadup to these final championships. See [http://www.usatf.org/News/0-\(4\).aspx?feed=news](http://www.usatf.org/News/0-(4).aspx?feed=news). "I think it's the right time. I don't think I could match my 2013 season of winning USA Indoors at 40-years-old and USA Outdoors at 41. I can't top that, so I think it's better to go out on top. USATF has given me the opportunity to travel across the world, to make great friends and to have unforgettable memories. Their assistance over the years has been irreplaceable. I set 12 American records in my career. I still have eight of them. The opportunity to wear "USA" across your chest is something that only USA Track & Field could have given me and that really means a lot."

The women's race was won by Maria Michta with 12.47,79 (4.06,18 +4.18,23 +4.23,38) ahead of Miranda Melville 12.59,75 (4.09,16 +4.16,76 +4.33,83) and Erin Gray 13.56,34.

Men's 3000 Meter Race Walk, 11:00am, Sunday February 23

1.	Tim Seaman	New York Athletic Club (NYAC)	11:40.75
2.	John Nunn	U.S. Army	11:40.95
3.	Nick Christie	Missouri Baptist	12:30.04
4.	Alejandro Chavez	Missouri Baptist	12:37.46
5.	Michael Giuseppe Mannozi	Shore Athletic Club	13:00.66
	Emmanuel Corvera	Unattached	DQ

Women's 3000 Meter Race Walk, 12:25pm, Sunday February 23

1.	Maria Michta	Walk USA	12:47.79
2.	Miranda Melville	New York Athletic Club (NYAC)	12:59.75
3.	Erin Gray	Bowerman Athletic Club	13:56.34
4.	Susan Randall	Miami Valley TC	14:17.25
5.	Katie Burnett	Unattached	14:38.42
6.	Molly Josephs	Missouri Baptist	14:52.19

USA NATIONAL MASTERS 20KM, COCONUT CREEK, FLORIDA, SUNDAY 23 FEBRUARY**NATIONAL MASTERS 20km**

1.	Andrew Smith	M 64	2:09:08
2.	Leon Jasionowski	M 69	2:11:14
3.	Bruce Logan	M 49	2:12:04
4.	Ann harsh	F 63	2:15:38
5.	Bill Reed	M 61	2:19:17
6.	Byron Kaelin	M 54	2:23:33
7.	Fred Linkard	M 61	2:25:57
8.	Timothy Chelius	M 57	2:26:51
9.	Kay Carmines	F 68	2:37:19
10.	James Carmines	M 70	2:37:52
11.	Ron Salvio	M 65	2:40:32
12.	Peter Bayer	M 75	2:40:41
13.	Sandra Hults	F 72	2:47:15
14.	Lou Kaelin	F 53	2:48:29
	John Frederick	M 66	DQ
	Gerry Gomes	M 81	DQ
	Juan C Moscoso	M 41	DNF
	Maite P Moscoso	F 41	DNF

ITALIAN INDOOR CHAMPIONSHIPS, ANCONA, 22-23 FEBRUARY 2014

Eleonora Anna Giorgi's winning time of 11.50,08 (3.58,8 +3.58,0 +3.53,3) in the Italian women's 3000m indoor championship on Saturday was a new Italian record and was the best time done so far this year. The previous record of 11:53.23 was set by Ileana Salvador in 1992. It has lasted a long time and not even the likes of Annarita Sidoti, Elisabetta Perrone, Erica Alfridi or Elisa Rigaudo could better it.

The men's 5000m was won by Matteo Giupponi in a PB time of 19.51,07 (3.49,9 +3.58,5 +4.02,1 +4.03,7 +3.56,9). It was his first win in the Italian indoor championship. Vito Minei, bronze medallist at the last European Junior championships, was second with 20.03,85, while Leonardo dei Tos (Under-23) was third with 20.07,78.

Men's 5000m Race Walk indoor, 22 February

1.	Matteo GIUPPONI	ITA	88	19:51.07
2.	Vito MINEI	ITA	94	20:03.85
3.	Leonardo DEI TOS	ITA	92	20:07.78
4.	Francesco FORTUNATO	ITA	94	20:12.34
5.	Ruggero D'ASCANIO	ITA	84	21:22.89
6.	Flavio VONA	ITA	84	21:23.62
7.	Giacomo VIGANO'	ITA	91	21:50.54
8.	Tommaso ROMAGNOLI	ITA	91	22:09.84
	Daniele PARIS	ITA	84	DQ

Women's 3000m Race Walk indoor 22 February

1.	Eleonora Anna GIORGI	ITA	89	11:50.08
2.	Valentina TRAPLETTI	ITA	85	12:55.39
3.	Sibilla DI VINCENZO	ITA	83	13:16.73
4.	Anna CLEMENTE	ITA	94	13:30.24
5.	Mariavittoria BECCHETTI	ITA	94	13:44.04
6.	Alessia COSTANTINO	ITA	94	13:51.51
7.	Eleonora DOMINICI	ITA	96	14:12.60
8.	Sara SCIPIONI	ITA	95	14:24.66
9.	Ilaria GALLI	ITA	87	14:27.48
10.	Nicole COLOMBI	ITA	95	14:45.86
	Federica CURIAZZI	ITA	92	DQ



Women's and men's podiums at the Italian indoor champs (photos from Emmanuel Tardi)

DUTCH INDOOR CHAMPIONSHIPS, APELDOORN, HOLLAND, 22-23 FEBRUARY

Men's 5000m Race Walk indoor - 23.02.2014

1.	Colin VERSTEEG	NED	95	25:12.20
2.	Andre VAN SLOOTEN	NED	78	25:15.23
3.	Richard LEIJENAAR	NED	59	26:08.31

1. Women's 3000m Race Walk indoor - 22.02.2014

2.	Anne VAN ANDEL	NED	90	17:10.56
3.	Sandra MAAS	NED	85	19:34.06



Men's podium at the Dutch indoor champs (photo from Emmanuel Tardi)

POLISH INDOOR CHAMPIONSHIPS, SOPOT, POLAND, 22-23 FEBRUARY

Indoor championships also in Poland where Paulina Buziak won the women's 3000m with 12:51,22 ahead of Katarzyna Burghardt 13:00,82 and Katarzyna Golba at 13:17,93. The men's 5000m was won by Lukasz Nowak with 19:13,08 ahead of Rafal Sikora 19:13,77 and Rafal Augustyn 19:16,51. As usual, impressive depth on the men's side with the first 6 all bettering 20 minutes.

Men's 5000m Walk indoor - 23.02.2014

1.	Lukasz NOWAK	POL	88	19:13.08
2.	Rafał SIKORA	POL	87	19:13.77
3.	Rafał AUGUSTYN	POL	84	19:16.51
4.	Dawid TOMALA	POL	89	19:37.91
5.	Rafał FEDACZYŃSKI	POL	80	19:50.74
6.	Jakub JELONEK	POL	85	19:55.48
7.	Michał STASIEWICZ	POL	88	21:07.78
8.	Lukasz AUGUSTYN	POL	90	21:14.34
9.	Paweł GAWROŃSKI	POL	90	21:23.14
10.	Jakub HERBA	POL	92	21:32.42

Women's 3000m Walk indoor - 23.02.2014

1.	Paulina BUZIAK	POL	86	12:51.22
2.	Katarzyna BURGHARDT	POL	85	13:00.82
3.	Katarzyna GOLBA	POL	89	13:17.93
4.	Monika KAPERKA	POL	90	13:45.43
5.	Agnieszka ELLWARD	POL	89	13:50.22
6.	Monika NAWROCKA	POL	90	13:52.35
7.	Jolanta KARAŚ	POL	89	14:12.02
8.	Ioanna BEMOWSKA	POL	94	14:36.84
	Natalia PLOMINSKA	POL	92	DNF

SLOVAK INDOOR CHAMPIONSHIPS, BRATISLAVA, SLOVAKIA, SATURDAY 22 FEBRUARY 2014

Matej Toth was in great form in the Slovak indoor championships in Bratislava last Saturday, winning in 18:57.08 ahead of team mates Anton Kucmin and Dusan Majdan. Maria Czakova won the women's 3000m in a PB time of 12:43.72 and was only about 9 secs outside the women's national record.

Men's 5000m Race Walk indoor

1.	Matej TÓTH	SVK	83	18:57.08
2.	Anton KUČMÍN	SVK	84	19:47.30
3.	Dušan MAJDAN	SVK	87	20:26.96
4.	Patrik SPEVÁK	SVK	94	20:43.07
5.	Milan RÍZEK	SVK	78	20:58.83

6.	Miroslav ÚRADNÍK	SVK	96	21:42.03
7.	Martin TIŠŤAN	SVK	92	21:54.29
8.	Zdeno MEDERA	SVK	75	22:59.14
9.	Michal MORVAY	SVK	96	23:19.11
10.	Milan LINKEŠ	SVK	95	DNF

Women's 3000m Race Walk indoor

1.	Mária CZÁKOVÁ	SVK	88	12:43.72
2.	Mária GÁLIKOVÁ	SVK	80	13:03.76
3.	Monika HORNÁKOVÁ	SVK	95	14:22.03
4.	Katarina STRMENOVÁ	SVK	93	14:32.54
5.	Lucia ČUBAŇOVÁ	SVK	95	14:43.80
6.	Dáša ŠKANTÁROVÁ	SVK	95	14:55.06
7.	Lucia ŠKANTÁROVÁ	SVK	96	15:39.00
8.	Nikoleta ABBATANTUONO	SVK	97	15:40.41



Men's and Women's podiums at the Slovakian indoor champs (photos from Emmanuel Tardi)

HUNGARIAN INDOOR CHAMPIONSHIPS, BUDAPEST, SATURDAY 22 FEBRUARY

Men's 5000m Race Walk indoor

1.	Máté HELEBRANDT	HUN	89	20:08.89
2.	Sándor RÁCZ	HUN	86	20:32.01
3.	Bence VENYERCSÁN	HUN	96	20:40.99
4.	Dávid TOKODI	HUN	91	21:13.47
5.	Dávid JÓZSVAI	HUN	85	24:14.39
	Miklós Domonkos SRP	HUN	93	DQ

Women's 3000m Race Walk indoor - 23.02.2014

1.	Viktória MADARÁSZ	HUN	85	12:31.78
2.	Barbara KOVÁCS	HUN	93	13:44.17
3.	Marianna LENGYEL	HUN	94	13:44.31
4.	Anett TORMA	HUN	84	13:44.57
5.	Rita RÉCSEI	HUN	96	14:00.35
6.	Villó HAÁLA	HUN	93	15:08.77
7.	Petra RÉCSEI	HUN	90	15:12.25
8.	Viktória BENCZIK	HUN	97	15:16.79
9.	Dóra RICHTER	HUN	98	16:20.55
10.	Brigitta MATALIN	HUN	87	16:29.94
11.	Emese RÁTKAI	HUN	97	17:19.21



Women's podium at the Hungarian indoor champs (photo Emmanuel Tardi)

ESTONIAN INDOOR CHAMPIONSHIPS, TARTU, ESTONIA, 22-23 FEBRUARY

Men's 5000m Race Walk indoor - 23.02.2014

1.	Lauri LELUMEES	EST	78	21:49.48
2.	Margus LUIK	EST	80	22:50.72
3.	Ainar VESKUS	EST	90	23:33.74
4.	Virgo ADUSOO	EST	85	24:10.74

Women's 3000m Race Walk indoor - 23.02.2014

1.	Angela MANDEL	EST	00	15:41.80
2.	Anastassija PONOMARENKO	EST	99	16:13.01

FINNISH INDOOR CHAMPIONSHIPS, ROVANIEMI, FINLAND, SATURDAY 22 FEBRUARY

Men's 5000m Race Walk indoor

1.	Veli-Matti PARTANEN	FIN	91	19:57.92
2.	Matias KORPELA	FIN	89	20:09.68
3.	Aleksi OJALA	FIN	92	21:23.67
4.	Elmo KOIVUNEN	FIN	94	21:50.00
5.	Markus KYRÖLÄ	FIN	95	24:36.84
	Eemeli KIISKI	FIN	91	DQ

Women's 3000m Race Walk indoor

1.	Anne HALKIVAHA	FIN	86	13:17.27
2.	Henrika PARVIAINEN	FIN	97	13:59.36
3.	Erika PARVIAINEN	FIN	95	14:15.26
4.	Tiia KUIKKA	FIN	94	14:27.00
5.	Sini JUSSILA	FIN	95	16:15.40

LITHUANIAN INDOOR CHAMPIONSHIPS, KLAIPEDA, LITHUANIA, SATURDAY 22 FEBRUARY

Men's 5000m Race Walk indoor

1.	Marius ZIUKAS	LTU	85	19:25.31
2.	Genadiy KOZLOVSKIY	LTU	91	20:13.49
3.	Artur MASTIANICA	LTU	92	20:52.28
4.	Normantas PETRISA	LTU	94	21:50.03
5.	Tomas PAGIRYS	LTU	96	22:56.96
6.	Tadas SUSKEVICIUS (OC)	LTU	85	19:37.90
	Martynas JARUSEVICIUS	LTU	96	DNF

Women's 3000m Race Walk indoor

1.	Živilė VAICIUKEVIČIŪTĖ	LTU	96	13:36.57
2.	Inga MASTIANICA	LTU	89	14:00.29
3.	Monika VAICIUKEVIČIŪTĖ	LTU	96	14:09.75
4.	Agne KLEBAUSKAITE	LTU	92	14:21.35
5.	Aušrinė KUZMICKAITĖ	LTU	98	15:56.65
6.	Rita ANDREJEVA	LTU	91	16:28.78
7.	Brigita VIRBALYTĖ-DIMSIENĖ (OC)	LTU	85	12:07.19
8.	Neringa AIDIETYTĖ (OC)	LTU	83	12:53.55

UKRAINIAN INDOOR CHAMPIONSHIPS, SUMY, UKRAINE, WEDNESDAY 19 FEBRUARY 2014**Men's 10,000m Race Walk indoor**

1.	Oleksandr VENHLOVSKIY	UKR	85	42:09.93
2.	Serhiy SVITLYCHNIY	UKR	94	43:28.05
3.	Oleksiy SHELEST	UKR	73	44:40.13
4.	Ihor PUZANOV	UKR	93	47:20.53
5.	Valeriy LITANYUK	UKR	94	48:52.60

Women's 5000m Race Walk indoor

1.	Nataliya KONTSEVICH	UKR	84	23:24.97
2.	Lyudmyla SHELEST	UKR	74	23:35.05
3.	Viktoriya FERENTS	UKR	93	23:44.57
4.	Marharyta PASYUK	UKR	94	24:26.99
5.	Olha KISIL	UKR	91	24:32.74
6.	Marianna GONCHAROVA	UKR	86	24:51.53

BELARUSSIAN U18 INDOOR CHAMPIONSHIPS, BREST, BELARUS, 18-19 FEBRUARY**Men's 3000m Race Walk indoor - 18.02.2014**

1.	Roman ORLOV	BLR	97	12:39.98
2.	Dmitriy LUKYANCHUK	BLR	97	12:53.21
3.	Stanislav KUZMICH	BLR	98	12:59.23
4.	Vladislav GLUSHAK	BLR	98	13:23.85
5.	Ivan LUKYANCHUK	BLR	97	13:43.59

Men's 5000m Race Walk indoor - 19.02.2014

1.	Roman ORLOV	BLR	97	22:09.91
2.	Dmitriy LUKYANCHUK	BLR	97	22:10.13
3.	Vladislav GLUSHAK	BLR	98	23:06.03
4.	Stanislav KUZMICH	BLR	98	23:12.64

Women's 3000m Race Walk indoor - 18.02.2014

1.	Natalya MOLCHANOVA	BLR	97	14:45.79
2.	Viktoriya YEGORENKO	BLR	98	15:01.50
3.	Viktoriya ULYANOVA	BLR	97	15:04.87

Women's 5000m Race Walk indoor - 18.02.2014

1.	Viktoriya YEGORENKO	BLR	98	26:08.66
2.	Natalya MOLCHANOVA	BLR	97	26:11.82
3.	Viktoriya ULYANOVA	BLR	97	26:55.84

FRENCH INDOOR CHAMPIONSHIPS, BORDEAUX, FRANCE, 22-23 FEBRUARY

Emilie Tissot's win in the French Women's Indoor 3000m (12.41,56) was only 1 sec outside Fatiha Ouali's 2002 National Record of 12.40,44 but it did rate as a new national U23 record.. The men's 5000m was won by Tunisian Hedi Terraoui in 19.51,36, becoming the first African to break 20 minutes for the indoors 5000m - the previous record of 20.05,95 was set by Hatem Ghoula in 2011. The men's French National Championship went to Antonin Boyez for the 6th time with 20:13.75 but the quality in that race was a bit down with Diniz, Campion and Moulinet all missing. Finally check out the excellent article and photos at <http://www.vo2.fr/actualite/athletisme-5-000-m-et-3-000-marche-des-france-elite-les-france-de-20-km-en-filigrane-23022014-8500.html>.

Men's 5000m Race Walk indoor - 23.02.2014

1.	Hedi TERRAOUI	TUN	89	19:51.36
2.	Antonin BOYEZ	FRA	84	20:13.75

3.	Keny GUINAUDEAU	FRA	93	20:23.21
4.	Xavier LE COZ	FRA	79	20:25.93
5.	Djamel SELSELDEB	FRA	76	21:05.62
6.	Hugo ANDRIEU	FRA	92	21:18.35
7.	Simon HURAUULT	FRA	92	21:24.25
8.	Sebastien DELAUNAY	FRA	74	21:25.67
9.	John BAUMERT	FRA	80	21:29.38
10.	Adrien CASSAGNES	FRA	94	21:29.77
11.	Yanis SOUABER	FRA	96	21:31.60
12.	Gilles SAHUC	FRA	62	21:39.76
13.	Damien MOLMY	FRA	88	22:13.84

Women's 3000m Race Walk indoor - 23.02.2014

1.	Emilie TISSOT	FRA	93	12:41.56
2.	Emilie MENUET	FRA	91	13:04.43
3.	Amandine MARCOU	FRA	92	13:44.97
4.	Marine QUENNEHEN	FRA	91	13:56.77
5.	Fabienne RINERO CHANFREAU	FRA	80	14:09.71
6.	Sandra DUPONT	FRA	72	14:19.32
7.	Roseline CHAPILLON	FRA	68	14:33.31
8.	Elisabeth BRUNET	FRA	86	14:34.12
9.	Marie BELHACHE	FRA	80	14:35.19
10.	Sandrine EICHHOLTZER	FRA	77	14:42.94
11.	Aurelie MACABEY	FRA	81	14:50.23
12.	Caroline GUILLARD	FRA	71	14:55.91



Hedi Terraoui and Emilie Tissot in action in Bordeaux (photos <http://www.vo2.fr>)

FRENCH MASTERS CHAMPIONSHIPS, EAUBONNE, FRANCE, 22-23 FEBRUARY

Thanks to Emmanuel Tardi for the results and photos from the French Masters champs at Eaubonne last weekend. Emmanuel was judging there.

W50	1	COCHEREAU Veronique	Stadium Montigny Athletic Club	F50F/59	16'07"31
	2	PAMART Odile	As Marck	F50F/59	16'07"62
	3	MESMOUDI Anne-marie	Athle Chartres Luce Asptt Main	F50F/60	16'50"22
W55	1	COCHEREAU Veronique	Stadium Montigny Athletic Club	F50F/59	16'07"31
	2	PAMART Odile	As Marck	F50F/59	16'07"62
	3	MESMOUDI Anne-marie	Athle Chartres Luce Asptt Main	F50F/60	16'50"22
W60	1	REPUSARD Isabelle	Lyon Athletisme*	F60F/52	17'30"73
W65	1	BERNIER Jeanine	J3 Sports Amilly*	F65F/46	19'11"16
	2	POTONNE Francoise	Le Chesnay 78 As	F65F/48	20'20"15
W70	1	SIMEON Elisabeth	Paris Uc	F70F/42	21'27"22

W75	1	DE LAVERGNE Marguerite	Ca Beglais	F75F/39	22'13"68
W80	1	LECLERC Denise	Ac Chenove	F80F/33	22'12"66
M40	1	LECLERCQ Gregory	Gohelle Athletisme*	M35M/74	22'12"58
	2	RAMON Fabrice	Grand Angouleme Athletisme	M40M/70	22'36"40
	3	DURAND-PICHARD David	Antony Athletisme 92	M40M/72	24'04"60
M45	1	BONNEAU Philippe	Antony Athletisme 92	M45M/65	22'17"87
	2	GALICIA Alfredo	Entente Angevine Athletisme*	M45M/66	23'14"41
	3	GRENET Bruno	Usm Gagny	M45M/65	24'55"76
M60	1	PEREZ Gerard	Lyon Athletisme*	M60M/51	26'58"14
	2	DUGAST Denis	As Veterans De Paris	M60M/49	27'39"04
	3	BERAHA Samy	Bordeaux Athle*	M60M/53	28'30"86
M65	1	FARAGO Bela	Ecla Albi*	M65M/48	28'30"86
	2	RABATEL Fernand	Cs Bourgoin-jallieu *	M65M/46	29'11"10
	3	DELAYRE Bernard	Plm Conflans	M65M/47	29'32"92
	4	RAUL Eric	Us Aigrefeuille Athletisme	M65M/49	29'36"80
M75	1	JORDANA Alexis	Blagnac Sc	M75M/37	29'59"99



W50 and M40 medallists at the French Masters Champs in Eaubonne (photos Emmanuel Tardi)

OUT AND ABOUT

- The following short 2 page racewalk judging summary by Jane Saville is found on the Oceania IAAF website - it's a beauty. See http://www.athletics-oceania.com/fileadmin/user_upload/RDC/2014_English_Version.pdf
- Athletics Australia has now released its selection policy for the Youth Olympic Games, to be held in Nanjing in China from 16-28 August - see <http://www.athletics.com.au/High-Performance/Able-Bodied/Team-Information/Youth-Olympic-Games>. The bad news is that the total Australian athletics team is restricted to 4 boys and 4 girls but more may be added subsequently if other member delegations do not fill their team allocations. The meet is open to athletes born 1997 or 1998 and the Australian Underage T&F Champs in Sydney in March will be the official trials. Anyway, read about it for yourself. It is a small but high quality meet and will feature U18 Men 10,000m walk and U18 Women 5000m walk.
- Marcia Italiana interviews Bohdan Bulakowski, the newly appointed head coach of Guatemala. See http://www.marciaitaliana.com/ita/dettagli_news.aspx?id=1701
- Central Coast's Frank Overton this year celebrates 55 years involvement as an athlete, coach, administrator and official in the sport of athletics. I first met Frank in 1968 when we raced against each other in a VAWC club 3 Mile race at Albert Park (I think by memory he beat me on that occasion) and the NSW walker has been at it ever since. Now coaching a big stable of talented walkers at Gosford, on the NSW Central Coast, he is as keen as ever. This great article is a nice tribute to a great bloke.: <http://nswathletics.org.au/News/ArtMID/1740/ArticleID/290290/Frank-Overton-celebrates-55-years-in-athletics>

VRWC CLUB RECORDS

A new club record to Rhydian Cowley this week and some retrospective club records to Nikola Mandic and Corey Dickson

Rhydian Cowley	Open 2000m Track Walk	7:29.1	AV Shield Competition	Casey Fields, Cranbourne	20/02/2014
Nikola Mandic	U11 1500m Track Walk	7:28.8	AV Shield Competition	Knox	30/11/2013
Nikola Mandic	U11 2000m Track Walk	10:09.2	AV Shield Competition	Albert Park	18/01/2014
Nikola Mandic	U11 3km Road Walk	16:03	AV U14 Roadwalk Champ	Middle Park	04/08/2013
Corey Dickson	U11 1.5km Road Walk	7:18	VRWC Club Champ	Middle Park	30/06/2013

RICHARD ALAN COYLE: 31-05-1922 - 18-01-2014

I noticed a comment about a former racewalking career in the *Melbourne Age* newspaper Obituary pages of Wednesday 19 February (see <http://www.theage.com.au/comment/obituaries/physicist-who-loved-family-and-fairness-20140218-32yd4.html>) and it prompted me to do some research in our VRWC archives. After several hours of rummaging through annual reports and race results, I was able to put together what I think is quite an interesting article on club member Richard (Dick) Coyle who died last month, aged 91.



Richard Alan Coyle 1922-2014 (photo <http://www.theage.com.au>)

Richard Alan Coyle was born in New Zealand on 31st May 1922 and relocated to Shepparton, Victoria, when his father, Bertie, was commissioned to build a fruit cannery for the Shepparton Preserving Company - now SPC Ardmona - a co-operative headed up by orchardist Tom James. Coyle was three when he met his future wife, James' eldest daughter Ruth.

He moved to Melbourne to complete his secondary schooling at Melbourne Boys' High School, where he developed an interest in race-walking and a reputation for walking in bare feet. He joined the Victorian Amateur Walkers' Club (VAWC) and Melbourne High School Old Boys (MHSOB) athletics club and was a regular on the racewalking scene while in the undergraduate phase of his University career.

Alas, he had found racewalking at the wrong time and, as his career flourished, the club wound down its activities as more and more of its members and administrators and officials answered the call and enrolled for active war service.

In June 1941, aged 19, he was third in the Club 5 Mile Championship (40:05) and, from then on, he was a regular placegetter in the handicap and fastest times competitions. In the final summer season of club competition (1941/1942), he recorded fastest time overall in 7 of the 9 club competitions and was the dominant walker on the track.

As the world war intensified, he interrupted his studies in applied physics and, in early 1942, joined the Navy, training at Rushcutters Bay, Sydney. In his first posting as a sublieutenant and radar officer on the HMAS Manoora, he helped train Army troops to embark on landing boats in rough seas. The ship later sailed with troops, trucks and tanks to New Guinea to resist Japanese landings. After a long stint on watch one day, he remembered that it had been his 21st birthday (he wouldn't celebrate it until two years later). Coyle became the port radar officer at Cairns, looking after ships returning after the Japanese retreated from New Guinea. His last naval appointment was as "Acting Temporary Provisional on Probation Lieutenant Special Branch" in Darwin.

Post WWII, he finally graduated as a Fellow of the Melbourne Technical College, now RMIT University. Later still, RMIT would award him a Master of Applied Science (Applied Physics) by research - he had authored 50 papers during his career.

Following the war, Dick developed and built electronic instruments for metallurgical research as a technical officer in the Division of Tribophysics, CSIRO, Carlton. He then became a laboratory assistant at the Munitions Supply Laboratory, Maribyrnong, where he designed and operated X-ray diffraction equipment for materials research and identification.

Post WWII, he also returned to racewalking and had a couple of very successful years.

His comeback race was a VAWC 1 Mile Handicap walk at Clifton Hill on 7th January 1947 in which he came 7th in a time of 7:16, a long way behind his pre-war 1941 PB of 6:25. But from there, he quickly improved, taking 4th place in the Victorian 1 Mile track walk, winning the Victorian 3 Mile track walk (21:30.0), taking second in the Victorian 10,000m track walk (51:13) and second again in the Victorian 10 Mile road walk championship (1:21:54). His main opposition came in the form of Collingwood Harriers walker George Knott who, coincidentally, had been his main speed rival in his short pre-war career.



The newspaper reported on his win in the Victorian 3 Mile walk with the following caption and photos

WHAT THE JUDGES DID NOT SEE: A close-up of the feet of R. A. Coyle (left), winner of the Victorian three-mile walking championship at Olympic Park on Saturday, shows clearly that at one stage of the race he had both feet off the ground.

It was not unknown for walkers to race barefoot on the grass tracks of the time and he was well known for it.

He also won the 1947 VAWC 1 Mile Track Club Championship (6:30), the VAWC 3 Mile Track Club Championship (21:17) and finished second to Knott in the 1947 VAWC Summer Season Fastest Times competition.

With such a fine season behind him, he was selected in the Victorian racewalking team to contest the Glover Shield, an annual 10,000m track championship contested by the various racewalking Club. Although I do not have the results (alas, our archives are not complete), the following report was published in the VAWC Annual Report for that year.

10,000m Teams Race between the Australian Walking Clubs

Seniors G. Knott, E. Allsop, F. Morrison, C. Barling, W Medcalf and R. Coyle, with juniors E. Allsop, R. Smith, J Pettigrove and J Cox, with B Blakey as an individual competitor, journeyed to Sydney for this annual event. On a waterlogged track, totally unsuitable for a race of this importance, G. Knott won the individual title in the very slow time of 49:48. By failing to fill four places, however, the seniors lost the shield which had been in the possession of our club for 12 years. Our juniors excelled themselves by securing the possible minimum number of points, finishing Allsop 1, Smith 2 and Petticrew 3.

I am not sure of Coyle finished or whether he was one of those who succumbed to the wet conditions.



The Victorian team for the 1947 Glover Shield 10,000m in Sydney - Coyle is 3rd from left in the back row

1948 saw him walking again but playing second fiddle to a rampant George Knott. He took silvers behind Knott in both the Victorian 1 Mile track walk championship (25 yards behind Knott who won in 6:23.2) and in the Victorian 3 Mile track walk championship. He was third behind Knott and NSW walker Athol Stubbs in the Australian 2 Mile track walk Championship but it was Knott who scored the accolades with a new Australian record of 13:37.2.

Knott followed up these fine walks with a win in the 1947 Australian 10 km title and a world best time for the 10,000m track walk. These performances gained him a late callup for the 1948 Olympics in London where he finished 7th in his heat in the 10,000m walk.

With his Olympic dream now dead and buried, Dick called quits on his walking career and moved on to more important matters.

He and Ruth were married in 1948 in St James' Old Cathedral, Melbourne. The newlyweds bought land in Lee Avenue, Syndal and commissioned their new home before sailing to London, where Coyle worked at the British National Physical Laboratory, Teddington. During their two-and-a-half years there, the Coyles caught both the 1951 Festival of Britain and the 1953 Queen's Coronation and Richard assembled one of the first modern computers. Later, he designed an X-ray diffractometer and studied metallic solid solutions.

Returning home, Coyle was promoted to experimental officer at the Aeronautical Research Laboratory, Fishermans Bend, specialising in X-ray diffraction and aircraft instrumentation. He also studied metal fatigue, fibre patching of metals and carbon-fibre technology, and worked on car-seatbelt design. He travelled the world presenting his findings. He was awarded the Florence Taylor Medal by the Australian Institute of Metals, the Rocklabs award for a new drive to a microdensitometer, and the Australian X-Ray Analytical Association Honorary Life Membership for services to X-ray diffraction science.

Coyle was a founding member of the Australian Institute of Physics and the Society of Crystallographers in Australia. He was also a member of the Australian Institute of Metals and the Digital Electronic Company User Group. In 1986 he became an honorary research fellow in the Physics Department at Monash University.

In retirement Coyle led a team to install a radar system on the naval ship HMAS Castlemaine, moored at Williamstown.

As the family grew to include six children, the Coyles underscored their commitment to quality education by providing them all with private-school secondary education. Feminism and equality of opportunity were the norm.

Coyle passed on his sense of humour and his intolerance of pomposity. He defined experts as "X being the unknown substance while 'spurt' is a drip under pressure". He tolerated his children's definition of a physicist as "someone who works in the Coca-Cola factory putting in the bubbles".

Coyle excelled as a scientist, sailor, family man, churchman, community leader and academic. He loved family, fuchsias and fairness, and passed on his appetite for reading, walking and nature. He was famously tone-deaf as a singer. He could quickly cut to the essence of a problem, whether scientific, mechanical or practical.

Richard is survived by Ruth (nee James), one son, four daughters and nine grand-children.

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 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 British Grand Prix of Racewalking, York, England
 Jun 13, 2014 International Festival of Alytus, Lithuania
 Aug 31, 2014 Voronovo Cup, Moscow, Russia

Remaining 2014 IAAF Challenge Series Walks

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