



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2013/2014 Number 29
15 April 2014



VRWC Preferred Supplier of Shoes, clothes and sporting accessories.

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Saturday: 9:00am to 3:00pm
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TIM'S WALKER OF THE WEEK

Last week it was Dane Bird-Smith with a fantastic 10,000m walk and this week it is another young walker in 19 year old **Jesse Osborne** who is my walker of the week. Competing in the Athletics Victorian Shield Final at Lakeside Stadium in Melbourne, Jesse recorded the fantastic 3000m time of **11:19.0**. It was a new Victorian U20 record, breaking Nathan Deakes' 1996 time of 11:34.9 but alas, there is no Australian record kept for 3000m U20 so he suffers the same fate as Dane a couple of years ago when he recorded a similar time as a Junior. Of course, the fastest ever junior 3000m walk of which I am aware is that of NSW speedster Troy Sundstrom who walked 11:16.2 in 1999. My unofficial top 20 for 3000m will now read as follows:

| | | | | | | | | |
|----------|----------------|----------------------|----------|-------------------|----------|------------------|-------------------|-----------|
| 1 | 10.56.22 | Andrew Jachno | V | 13/04/1962 | 1 | Melbourne | 07/02/1991 | 33 |
| 2 | 10.59.04 | Luke Adams | N | 22/10/1976 | 2 | Cork, Ireland | 03/07/2010 | 33 |
| 3 | 11.00.56 | Dave Smith | V | 24/07/1955 | 1 | Perth | 24/01/1987 | 31 |
| 4 | 11.10.0 | Nathan Deakes | V | 17/08/1977 | 1 | Melbourne | 09/03/2006 | 28 |
| 5 | 11.11.45 | Nick A'Hern | N | 06/01/1969 | 2 | Melbourne | 07/02/1991 | 22 |
| 6 | 11.13.77 | Jared Tallent | V | 17/01/1984 | 1 | Sydney | 28/02/2009 | 25 |
| 7 | 11.16.2 | Troy Sundstrom | N | 30/05/1981 | 1 | Sydney | 27/11/1999 | 18 |
| 8 | 11.19.0 | Jesse Osborne | Q | 12/01/1995 | 1 | Melbourne | 11/04/2014 | 19 |
| 9 | 11.21.86 | Adam Rutter | N | 24/12/1986 | 3 | Sydney | 28/02/2009 | 22 |
| 10 | 11.22.15 | Dane Bird-Smith | Q | 05/07/1992 | 1 | Brisbane | 15/02/2014 | 21 |
| 11 | 11.23.2 | Steve Beecroft | V | 14/03/1971 | 1 | Melbourne | 13/01/1994 | 22 |
| 12 | 11.26.0 | Simon Baker | V | 06/02/1958 | 1 | Solleftuna | 07/07/1989 | 31 |
| 13 | 11.27.0 | Michael McCagh | W | 16/04/1986 | 2 | Sydney | 17/02/2007 | 20 |
| 14 | 11.28.2 | Willi Sawall | V | 07/11/1941 | 1 | Melbourne | 15/03/1980 | 38 |
| 15 | 11.28.83 | Chris Erickson | V | 01/12/1981 | 6 | Sydney | 18/02/2012 | 30 |
| 16 | 11.29.7 | Brent Vallance | N | 30/04/1972 | 1 | Sydney | 06/12/1997 | 25 |
| 17 | 11.32.9 | Doug Connolly | N | 30/10/1982 | 2 | Sydney | 27/11/1999 | 17 |
| 18 | 11.38.8 | Liam Murphy | S | 05/06/1979 | 1 | Adelaide | 13/11/1999 | 20 |
| 19 | 11.39.8 | Rhydian Cowley | V | 04/01/1991 | 1 | Melbourne | 03/11/2012 | 21 |
| 20 | 11.42.7 | Damien O'Mara | N | 03/10/1975 | 2 | Sydney | 04/01/1997 | 21 |

WHAT'S COMING UP

Next weekend it's Easter so a well earned break for our walkers before our VRWC winter season kicks off on Saturday 26th April. I have now posted out winter season fixtures to all our members. See the website for details of all our walks - <http://www.vrwc.org.au/vrwcw14.shtml>. Our opening round reads as follows

| Saturday 26 th April 2014 Middle Park | | | |
|--|-----|-------------|----------|
| VRWC EVENTS: Entries close for all events at 2.00pm sharp. | | | |
| 2.15pm | 8km | Points Race | Open |
| 2.15pm | 4km | Points Race | Open |
| 2.15pm | 4km | Points Race | Under 15 |
| 2.30pm | 1km | Points Race | Under 9 |
| 2.40pm | 2km | Points Race | Under 12 |

Note that this winter, we are progressing with our new chip recording system and intend to use it for all our races from U15 upwards. So all walkers are to bring their chips if they bought one last season. If not, you will need to purchase one (\$20) for use at club races.

ACT RACE WALKING CLUB ROADWALKS, MOLONGLO REACH, SATURDAY 12 APRIL

Thanks to Robin Whyte for the latest walk results from Canberra.

8km Road Walk

| | | |
|-----|--------------------|---------|
| 1. | Ally Durr | 46:33 |
| 2. | Zoe Hunt | 46:33 |
| 3. | Peter Tutty | 55:06 |
| 4. | Derek Robinson | 56:58 |
| 5. | Bob Parker | 58:29 |
| 6. | Monika Short | 58:30 |
| 7. | Jennifer Gilchrist | 1:02:12 |
| 8. | Greg Durr | 1:08:21 |
| 9. | Phil Essam | 1:13:24 |
| 10. | Nola de Chazal | 1:25:20 |
| 11. | Val Chesterton | 1:25:20 |

2km Road Walk

| | | |
|----|----------------|-------|
| 1. | Mitchell Baker | 11:17 |
| 2. | Colby Eddowes | 14:22 |

4km Road Walk

| | | |
|-----|-----------------|-------|
| 1. | Gabby Hunt | 22:05 |
| 2. | Helena Bialecki | 25:00 |
| 3. | Jane Bates | 26:21 |
| 4. | Barbara Eddowes | 28:20 |
| 5. | Rosemary Parker | 28:57 |
| 6. | David Mackenzie | 31:16 |
| 7. | Cilla Chapman | 35:30 |
| 8. | Bob Chapman | 35:31 |
| 9. | Belinda Essam | 43:25 |
| 10. | Laura Essam | 53:37 |
| | Spencer Burns | DNF |
| | Dylan Eddowes | DNF |

1km Road Walk

| | | |
|----|-------------|-------|
| 1. | Laura Burns | 05:13 |
|----|-------------|-------|

ATHLETICS VICTORIA SHIELD FINAL, LAKESIDE STADIUM, ALBERT PARK, SATURDAY 12 APRIL

The Athletics Victoria Shield Final on Saturday at Lakeside Stadium in Melbourne was a huge show which ran from 9AM until 8PM, with the top 2 teams from each division in each of the 7 regions coming together to vie for the title of State Teams Champion. Overall, 113 walkers were in action in 4 separate races but there were still lots of our good walkers left out as their teams were not quite good enough to progress to the final. Many walkers entered a number of events including the 5000m runs just before the walks - now that is a big effort. You can check out the big picture at <https://www.dropbox.com/sh/i5ig31t8ma9ehm4/-ownThfYYw> - here are the walks results.

The first walk to kick off was the combined U14 and U16 1500m and it was 15 year old Emmet Brasier who strode to the front and stormed to a fine PB time of 6:12.8. Eliza Clarke was the best of the girls with 7:00.2, actually finishing second overall in what was also a very good effort.

Mixed 1500m Walk

| | | | | | |
|-----|------------------------|-----|--------------------|---------|---------|
| 1. | Brasier, Emmet | M15 | DIAMOND VALLEY AC | 6:12.8 | PB 0:09 |
| 2. | Clarke, Eliza | W13 | DIAMOND VALLEY AC | 7:00.2 | |
| 3. | Hamilton, Emily | W15 | KNOX AC | 7:12.1 | |
| 4. | Owen, Cooper | M15 | DIAMOND VALLEY AC | 7:24.6 | |
| 5. | Collis, Lauren | W15 | DIAMOND VALLEY AC | 7:29.0 | |
| 6. | Vasiljevic, Taylor | W14 | KNOX AC | 7:34.0 | |
| 7. | Langford, Taylor | W12 | DIAMOND VALLEY AC | 7:34.6 | |
| 8. | Richardson, Brodie | W13 | KNOX AC | 7:58.5 | |
| 9. | Feain, Lachlan | M14 | KEILOR ST BE | 8:12.5 | |
| 10. | Schwerkolt, Zoe | W15 | BOX HILL AC | 8:21.0 | |
| 11. | Hodges, Mikhala | W12 | KNOX AC | 8:24.5 | |
| 12. | Glover, Jackson | M12 | WESTERN ATHL | 8:27.7 | |
| 13. | Matthews, Rhiannon | W12 | KEILOR ST BE | 8:31.5 | |
| 14. | Crea, Gabriella | W14 | ATHLETICS ESSENDON | 8:35.9 | |
| 15. | Irons, Julia | W15 | KEILOR ST BE | 8:48.3 | |
| 16. | Lane, Zach | M12 | FRANKSTON AC | 8:52.6 | |
| 17. | Irons, Elaine | W13 | KEILOR ST BE | 9:11.1 | |
| 18. | Feain, Madeleine | W15 | KEILOR ST BE | 9:26.7 | |
| 19. | Dawson, Tom | M12 | COLLINGWOOD | 9:32.2 | |
| 20. | Sykes, Dominic | M12 | KEILOR ST BE | 10:07.5 | |
| 21. | Mirarchi, Thomas | M13 | GEELONG REGION | 10:09.0 | |
| 22. | Wright, Leah | W13 | WHITTLESEA CITY AC | 10:11.4 | |
| 23. | Rudston-Brown, Caitlyn | W12 | WHITTLESEA CITY AC | 10:21.1 | |
| 24. | Grenade, Christopher | M11 | PRESTON AC | 10:40.0 | |
| 25. | Neale, Anthony | M15 | COLLINGWOOD | 10:58.4 | |
| 26. | Schwerkolt, Sophie | W14 | BOX HILL AC | 11:35.1 | |
| 27. | Tzilantonis, Lee | M14 | RINGWOOD AC | 12:04.7 | |
| 28. | Masini, Nicholas | M14 | WESTERN ATHL | 12:25.5 | |
| 29. | Braverman, Benjamin | M11 | GLENHUNTLY AC | 16:15.3 | |
| | Hayes, Jasper | M12 | FRANKSTON AC | DNF | |
| | Macaulay, Declan | M12 | WESTERN ATHL | DQ | |

Bain, Luke M13 RINGWOOD AC DQ

The first of the 3000m heats was the one to watch with Jesse Osborne, Chris Erickson and Rhydian Cowley all starters. Jesse strode to the front from the gun and proceeded to reel off laps of 1:30, leaving Chris and Rhydian in his wake. He was rewarded with a huge PB time of 11:19.0. For their parts, Chris and Rhydian walked well with 11:34.9 and 11:43.1 and it omens well for all 3 walkers in the leadup to the World Cup in 3 weeks time. Fourth placed Adam Garganis also walked strongly for a PB of 12:49.3 while Kelly Ruddick also showed good form ahead of the World Cup, taking the top female time with an excellent 13:17.2.

Mixed 3000m Walk Heat 1

| | | | | | |
|-----|-------------------|-----|--------------------|---------|---------|
| 1. | Osborne, Jesse | M18 | ATHLETICS ESSENDON | 11:19.0 | PB 0:38 |
| 2. | Erickson, Chris | M32 | ATHLETICS ESSENDON | 11:34.9 | |
| 3. | Cowley, Rhydian | M22 | GLENHUNTLY AC | 11:43.1 | |
| 4. | Garganis, Adam | M16 | COLLINGWOOD | 12:49.3 | PB 0:26 |
| 5. | Ruddick, Kelly | W40 | BALLARAT REGION | 13:17.2 | |
| 6. | Kozica, Jason | M26 | ST KEVINS AC | 13:29.0 | |
| 7. | Christmass, James | M46 | GEELONG REGION | 13:42.7 | |
| 8. | Simpson, Bradley | M20 | ATHLETICS NU | 13:45.4 | |
| 9. | Dillon, Josh | M19 | GEELONG REGION | 13:46.1 | |
| 10. | Hawksworth, Danny | M34 | ATHLETICS ESSENDON | 14:12.2 | |
| 11. | Evans, Simon | M53 | BOX HILL AC | 15:18.1 | |
| 12. | Galbraith, Jordan | M16 | DIAMOND VALLEY AC | 15:41.5 | |
| 13. | Laurie, Natalie | W22 | ATHLETICS NU | 15:50.2 | |
| 14. | Antidormi, Ryan | M18 | ATHLETICS NU | 15:58.1 | |
| 15. | Kennedy, Paul | M56 | KEILOR ST BE | 16:27.3 | |
| 16. | Feain, Gerard | M50 | KEILOR ST BE | 16:32.1 | |
| 17. | McShanag, Connor | M17 | ATHLETICS ESSENDON | 16:33.4 | |
| 18. | Sanders, Jade | W16 | CASEY CARDIN | 16:41.2 | |
| 19. | Osmand, Kym | M31 | OAKLEIGH AC | 16:41.8 | |
| 20. | Reid, Ross | M59 | COLLINGWOOD | 16:50.4 | |
| 21. | Keirl, Bernie | M50 | DIAMOND VALLEY AC | 16:53.7 | |
| 22. | Clarke, Patrick | M45 | DIAMOND VALLEY AC | 17:01.3 | |
| 23. | Dyer, William | M52 | BOX HILL AC | 17:07.5 | |
| 24. | Knox, Duncan | M54 | ATHLETICS ESSENDON | 17:16.6 | |
| 25. | Olden, Graeme | M49 | BOX HILL AC | 17:29.8 | |
| 26. | Patti, Adrian | M33 | DONCASTER AC | 17:42.5 | |
| 27. | Riddoch, Clyde | M60 | ATHLETICS WAVERLEY | 18:25.4 | |
| 28. | McShanag, Connor | M17 | ATHLETICS ESSENDON | 18:37.7 | |
| | Gourlay, Marlene | W62 | VICTORIAN MA | DQ | |

Heats 2 and 3 of the 3000m walk saw the lower and junior divisions in action. Overall, Michael O'Mahony 15:47.7 and Elise Aplin 16:12.0 were the fastest of the men and women while 77 year old Bob Gardiner belied the years to record a very impressive 18:09.6.

Mixed 3000m Walk Heat 2

| | | | | | |
|-----|---------------------|-----|--------------------|---------|--|
| 1. | O'Mahony, Michael | M20 | KNOX AC | 15:47.7 | |
| 2. | Baker, Simon | M55 | OAKLEIGH AC | 17:23.2 | |
| 3. | Wright, Jacob | M19 | ATHLETICS NU | 17:35.6 | |
| 4. | Dyer, Chelsea | W20 | BOX HILL AC | 17:43.2 | |
| 5. | Swan, Emily | W16 | ATHLETICS NU | 17:47.0 | |
| 6. | Swan, Emily | W16 | ATHLETICS NU | 17:49.5 | |
| 7. | Hibbert, Chris | M16 | GLENHUNTLY AC | 17:56.7 | |
| 8. | Gardiner, Bob | M77 | COLLINGWOOD | 18:09.6 | |
| 9. | Van Dongen, Rupert | M39 | CASEY CARDIN | 18:28.4 | |
| 10. | Shaw, Robyn | W52 | WESTERN ATHL | 18:38.3 | |
| 11. | Rosenbrock, Carolyn | W51 | ATHLETICS NU | 18:44.3 | |
| 12. | Walshe, Kerry | W51 | DIAMOND VALLEY AC | 18:49.4 | |
| 13. | Campbell, Rebecca | W16 | ATHLETICS ESSENDON | 19:05.3 | |
| 14. | Hunter, Pia | W47 | BOX HILL AC | 19:11.7 | |
| 15. | Quinn, Karen | W49 | DIAMOND VALLEY AC | 19:20.2 | |
| 16. | Dunstone, Phillip | M45 | WESTERN ATHL | 19:26.7 | |
| 17. | Attard, Bianca | W18 | KNOX AC | 19:31.6 | |
| 18. | Elms, Donna | W52 | PRESTON AC | 19:33.8 | |
| 19. | Steed, Gwen | W71 | VICTORIAN MA | 19:34.0 | |
| 20. | Higham, Cassie | W29 | GLENHUNTLY AC | 19:55.9 | |
| 21. | McCann, Adam | M37 | ATHLETICS NU | 20:01.6 | |
| 22. | Quinn, Karen | W49 | DIAMOND VALLEY AC | 20:19.6 | |
| 23. | Garganis, Clare | W43 | COLLINGWOOD | 20:23.2 | |
| 24. | Kapetanovic, Tania | W46 | KEILOR ST BE | 20:41.0 | |
| 25. | Hutton, Philip | M67 | GLENHUNTLY AC | 20:49.0 | |

| | | | | |
|-----|-----------------|-----|--------------------|---------|
| 26. | Gunn, Nicole | W34 | KEILOR ST BE | 22:54.7 |
| 27. | Lyness, Rebekah | W39 | CASEY CARDIN | 23:24.2 |
| 28. | Murphy, Stephen | M52 | ATHLETICS ESSENDON | 23:52.5 |

Mixed 3000m Walk Heat 3

| | | | | |
|-----|--------------------|-----|--------------------|---------|
| 1. | Aplin, Elise | W25 | KEILOR ST BE | 16:12.0 |
| 2. | Noonan, Patrick | M35 | ST KEVINS AC | 17:37.6 |
| 3. | Clarke, Monica | W16 | OLD XAVERIANS AC | 19:43.6 |
| 4. | Utber, Courtney | W15 | WESTERN ATHL | 20:28.1 |
| 5. | Watson, Nick | M18 | DONCASTER AC | 20:28.7 |
| 6. | Wen, Kim | W37 | SOUTH MELBOURNE AC | 20:30.0 |
| 7. | Abfalter, Maria | W45 | KEILOR ST BE | 20:47.0 |
| 8. | Halton, Frances | W52 | CASEY CARDIN | 20:49.5 |
| 9. | Smith, Charmaine | W38 | DONCASTER AC | 21:19.9 |
| 10. | Hodgart, Janice | W50 | WESTERN ATHL | 21:25.6 |
| 11. | Eastwood, Jessie | M16 | OAKLEIGH AC | 21:57.6 |
| 12. | Sofianos, Gerald | M64 | ST KEVINS AC | 22:37.8 |
| 13. | Molnar, Jo | W52 | ATHLETICS WAVERLEY | 22:38.8 |
| 14. | Fisher, Sarah | W26 | DIAMOND VALLEY AC | 22:46.8 |
| 15. | Campbell, Donna | W23 | PRESTON AC | 23:06.1 |
| 16. | Tunnecliffe, Maree | W19 | DONCASTER AC | 23:30.3 |
| 17. | Hodgart, Claire | W17 | WESTERN ATHL | 24:35.1 |
| 18. | Dencs, Judit | W54 | SOUTH MELBOURNE AC | 25:07.1 |
| 19. | Ireland, Olive | W53 | BRUNSWICK AC | 26:04.9 |
| 20. | Rickard, Tess | W20 | BRUNSWICK AC | 26:28.0 |
| 21. | Petrakos, Anna | W36 | MENTONE AC | 26:28.6 |
| 22. | Ireland, Mark | M29 | BRUNSWICK AC | 26:56.4 |
| 23. | Albiston, Simone | W47 | ATHLETICS WAVERLEY | 27:51.0 |
| | Rickard, Ian | M57 | BRUNSWICK AC | DQ |

SARWC ROAD WALKS, VICTORIA PARK, ADELAIDE, SATURDAY 12 APRIL 2014

Thanks to Steve Harlington for the results of the South Australian Race Walking Club roadwalks in Adelaide last Saturday. Overall, Justin Hill was the fastest in the 10km with his time of 49:15 but the overall handicap win went to Troy Hooker. Similarly, Kristie Goznik was the fastest in the 5km with 25:20 but overall handicap honours went to Louisa Mitchell.

10km Knight and Campbell Shield (handicap event) and Rob McFadden Trophy

| | | | |
|----|----------------|-------|---------|
| 1. | Troy Hooker | M35+ | 56:42 |
| 2. | Justin Hill | MOpen | 49:15 |
| 3. | Bill Starr | MOpen | 1:09:48 |
| 4. | Peter Crump | M35+ | 56:25 |
| 5. | Claire Tallent | FOpen | 53:29 |
| 6. | Danielle Walsh | FU20 | 1:02:02 |
| 7. | John Leydon | MOpen | 1:03:56 |
| 8. | Jim Hoare | M35+ | 1:21:03 |

5Km Handicap Walk

| | | | |
|----|---------------------------|-------|-------|
| 1. | Louisa Mitchell | F35+ | 30:23 |
| 2. | Lachlan Wilkinson | M35+ | 34:16 |
| 3. | Kristie Goznik | FOpen | 25:20 |
| 4. | Shaun Scheepers | M35+ | 35:20 |
| 5. | Rhiannon Lovegrove | FU16 | 29:03 |
| 6. | Felicity Henderson Wilson | FU20 | 30:14 |
| 7. | Jake Vidler | MU16 | 28:20 |

2km Walk

| | | | |
|-----|-----------------|------|-------|
| 1. | Bethany Cross | FU16 | 10:10 |
| 2. | Joe Cross | MU14 | 10:10 |
| 3. | Jay Goode | MU16 | 10:36 |
| 4. | Mark Hooker | MU10 | 11:33 |
| 5. | Ayeisha Wallace | FU14 | 11:45 |
| 6. | Hayley Goode | FU14 | 11:51 |
| 7. | Chloe Upton | FU14 | 11:48 |
| 8. | Victoria Upton | FU12 | 12:10 |
| 9. | Karen Hooker | F35+ | 13:39 |
| 10. | Kitarni Upton | FU10 | 14:21 |
| 11. | Maddy Wallace | FU10 | 15:15 |

12. Sue Damin F35+ 16:04

1Km Walk

1. Toby Wilks MU10 5:40
2. Mia Wilks FU12 6:16
3. Zak Guth MU10 6:45
4. Kat Wilks F35+ 6:58
5. William Hindes MU10 8:01

NSWRWC ROADWALKS, CHIPPING NORTON, SATURDAY 5 APRIL

The NSWRC winter season kicked off a week ago at Chipping Norton in Sydney and it was great to see 48 walkers in attendance. Tyler Jones, who won the 8km in 39:17, was perhaps the pick of the walkers in attendance.

Long Division - 8km

1. Tyler Jones 39.17
2. Jay Felton 40.48
3. Carl Gibbons 41.03
4. Tom Doyle 44.24
5. Lauren Bourke 44.39
6. Ian Jessuren 44.53
7. Anthony Albanese 49.35
Amanda Barendregt DNF
Steven Washburn DNF

U16 Division - 2km

1. Kyle Bedford (INV) 11.05
2. Allannah Pitcher 11.13
3. Jasmine Fletcher 11.17
4. Donald Catallo 11.51
5. Renee Hardy 11.51
6. Lachlan Becroft 13.05
7. Sean Teo 13.20
8. Catherine Young 13.38
9. Logan Barendregt 16.45

Medium Division - 6km

1. Aiden Kerr 31.40
2. Nathan Brown 32.54
3. Jasmine Dighton 33.04
4. Jasmyrn McDonald 33.49
5. Dylan Richardson 34.59
6. Stephanie Grujoski 36.13
7. Tony Psarianos 38.33
8. Jenny Law 43.44
9. Judy Brown 52.18

U12 Division - 1km

1. Brooke Martin 5.54
2. Taylor Roukos 6.11
3. Jada Thomson 6.20
4. Brodie Douglas 7.18
5. Aiden Hardy 7.40
6. Stacie Becroft 7.45
7. Ethan Martin 8.53
8. Ella Becroft 8.59
9. Emily Challinor 10.40
10. Amelia Crocker 10.41
11. Sarah Challinor 10.42

Short Division - 3km

1. Raquel Roukos 15.51
2. Chelsea Goodhew 16.19
3. Kyle Bedford 16.47
4. Samantha Brown 17.23
5. Nicholas Douglas 17.36
6. Ryan Thomson 17.43
7. Rhiannon Minett 18.08
8. Ally Grujoski 18.37
9. Travis Barendregt 19.30
10. Nicolle Challinor 27.00

MAWA T&F CHAMPIONSHIPS, WAATHLETICS STADIUM, PERTH, 29-30 MARCH

Thanks to Daniel Lowe for the results from the Masters Association of Western Australia a couple of weeks ago. The Saturday saw the walkers take on the 5000m at 11.00 am and then the 1500m at 2.15pm and the Sunday saw the 3000m contested at 10am. Daniel commented:

Garry Hastie was the standout of the weekend for mine. I don't think he was particularly happy with his 5000m, commenting that he had gone out too hard. On Sunday in the 3000m he started more conservatively and gradually built on his pace. The plan worked because he obliterated the State record by over 30 seconds. Garry seems to have recovered well from the injury he sustained last year in a bike fall, affecting his preparation for Porto Alegre. He and has been walking beautifully this summer. His treble in the walk events backed up his treble gold medal efforts at the AMA Nationals in Hobart two weeks prior and the Open Men 10000m walk state title in February. In the women, I thought Robin King was really impressive. I felt like a greyhound trying to chase a bunny! Like the poor greyhounds usually do, I failed. Robin just keeps going and going and going! I couldn't keep up with her in the closing stages of all three races.

1500m walk

| | | | |
|-----|---|---------------|----------|
| W40 | 1 | Sonia Tingay | 10:05.81 |
| W45 | 1 | Wendy Farrow | 9:24.81 |
| | 2 | Suzanne Coate | 11:16.77 |
| W55 | 1 | Robin King | 8:14.33 |
| W60 | 1 | Sarah Ladwig | 10:10.93 |

3000m walk

| | | | |
|-----|---|---------------|----------|
| W40 | 1 | Sonia Tingay | 22:18.54 |
| W45 | 1 | Karyn Tolardo | 18:37.93 |
| | 2 | Wendy Farrow | 19:32.13 |
| W50 | - | Robyn Hughes | DQ |
| W55 | 1 | Robin King | 16:57.85 |
| W60 | 1 | Sarah Ladwig | 21:21.02 |

5000m walk

| | | | |
|-----|---|-----------------|----------|
| W40 | 1 | Sonia Tingay | 37:39.76 |
| W45 | 1 | Karyn Tolardo | 31:14.47 |
| | 2 | Cheryl-Lee Dean | 33:06.38 |
| | 3 | Wendy Farrow | 34:16.12 |
| W55 | 1 | Robin King | 28:36.04 |
| W60 | 1 | Elaine Dance | 38:27.48 |
| W80 | 1 | Lorna Lauchlan | 43:18.95 |

82ND ANNUAL PODEBRADY MEET, PODEBRADY, CZECH REPUBLIC, SATURDAY 12 APRIL

Poděbrady is a historical spa town in the Central Bohemian Region of the Czech Republic which boasts a long association with the sport of racewalking. Starting in 1929, a 50km racewalk from Prague to Poděbrady was held annually. In the early 1990s, because of safety concerns, the event was moved to the ring road in Poděbrady but it is still held every year as a large international racewalking carnival. Events for women were added in 1982 (5km initially, then 10km and now 20km) and the meet now includes international matches for Junior and Youth walkers. This year was the 82nd scheduling of the meet - what an effort!

Michal Procházka reported for the IAAF (see <http://www.iaaf.org/news/report/anezka-drahotova-matej-toth-podebrady-iaaf-ra>).

Czech Republic's rising home star Anezka Drahotova, who is still a junior, and Slovakia's experienced Matej Toth took the honours at the Podebrady 2014 meeting last Saturday, the eighth of this year's 12 events which count towards the 2014 IAAF Race Walking Challenge. Both walkers, who coincidentally clinched their wins in the 17th kilometre of their 20km races, also definitely pressed their medal potential at the 2014 IAAF World Race Walking Cup, which will be held in the Chinese city of Taicang on 3-4 May.

Women's 20km Race Walk

Getting the biggest cheers was obviously Drahotova, the first Czech woman to win in Podebrady after Lucie Pelantova in 2010, with the latter finishing second in the Czech championship on this occasion. A leading group of five was established in the early stages of the women's race, which included Drahotova. However, with the Prague Half Marathon still in her legs from last Saturday, and unlike her performance at last summer's IAAF World Championships when she audaciously led the field for more than half the race, she was content to wait in the pack, letting her rivals make the pace.

Just after 16km, with the leading group down to three, Drahotova decided that was her moment to put her foot on the accelerator and made her successful attack, uncorking a 4:16 kilometre after the pace had oscillated between 4:28 and the low 4:30s. Further fast laps of the 1km course followed with her clocking 4:11, 4:19 and 4:16 for the final three circuits, before she crossed the line in 1:29:43. Although it was more than a minute outside her national record and 2014 world junior leading time of 1:28:13 from Lugano, Switzerland, last month, it was still a solid performance from the Prague University Sports Club athlete, especially in the relatively warm conditions for the time of year.

"It wasn't as easy as it might look like," said the 18-year-old winner, "but I was really surprised what a solid pace I could keep. My coach (Ivo Pitak) was slowing me down at the beginning to go for a more tactical race. This was a good test before European Championships, and I want to thank the Lithuanian (Aidietyte) Neringa, who took the pace. Since I felt surprisingly comfortable, I could speed up in last kilometres and I was trying to set a good time for the organisers. In the end, I am happy to bring them time under 1:30 and win as well."

The win saw Drahotova move up to equal fourth in the IAAF Race Walking Challenge standings with 10 points from her two races in the series. Her next goal is to win the junior 10km in Taicang, and the 2013 European junior champion in the 10,000m race walk on the track will be one of the favourites for the title.

Brazil's Erica de Sena hung on for second place, exactly a minute and just under 250 metres behind Drahotova, in 1:30:43. She improved her national record for the second time in a week. Eight days ago, she held the Brazilian national record with

1:31:53, clocked in 2012, but she raced to a time of 1:31:22 in the Portuguese event in Rio Maior last Saturday and improved that mark by another 39 seconds in Podebrady. Neringa took third with 1:30:54, which was also a personal best.

| | | | | |
|-----|------------------------------|-----|----|---------|
| 1. | Anežka DRAHOTOVÁ | CZE | 95 | 1:29:43 |
| 2. | Erica ROCHA DE SENA | BRA | 85 | 1:30:43 |
| 3. | Neringa AIDIETYTĖ | LTU | 83 | 1:30:54 |
| 4. | Katarzyna BURGHARDT | POL | 85 | 1:31:48 |
| 5. | Paola Viviana PEREZ SAQUIPAY | ECU | 89 | 1:33:40 |
| 6. | Laura REYNOLDS | IRL | 89 | 1:34:22 |
| 7. | Mária GÁLIKOVÁ | SVK | 80 | 1:34:23 |
| 8. | Valentina TRAPLETTI | ITA | 85 | 1:34:50 |
| 9. | Emilie MENUET | FRA | 91 | 1:35:16 |
| 10. | Vasylyna VITOVSHCHYK | UKR | 90 | 1:35:22 |
| 11. | Mária CZÁKOVÁ | SVK | 88 | 1:35:53 |
| 12. | Federica CURIAZZI | ITA | 92 | 1:36:30 |
| 13. | Serena PRUNER | ITA | 86 | 1:36:53 |
| 14. | Lucie PELANTOVÁ | CZE | 86 | 1:37:07 |
| 15. | Katarzyna GOLBA | POL | 89 | 1:37:32 |
| 16. | Eliška DRAHOTOVÁ | CZE | 95 | 1:37:39 |
| 17. | Monika KAPERÁ | POL | 90 | 1:38:01 |
| 18. | Lucie AUFFRET | FRA | 88 | 1:39:52 |
| 19. | Inga MASTIANICA | LTU | 89 | 1:41:38 |
| 20. | Valentyna MYRONCHUK | UKR | 94 | 1:41:54 |
| 21. | Anna CLEMENTE | ITA | 94 | 1:43:51 |
| 22. | Mikaela LÖFBACKA | FIN | 90 | 1:44:00 |
| 23. | Nataliya KONTSEVICH | UKR | 84 | 1:44:37 |
| 24. | Elisa NEUVONEN | FIN | 91 | 1:44:39 |
| 25. | Katarina STRMENOVA | SVK | 93 | 1:45:04 |
| 26. | Sandra DUPONT | FRA | 72 | 1:45:13 |
| 27. | Enora TREBAUL | FRA | 94 | 1:48:18 |
| 28. | Agne KLEBAUSKAITE | LTU | 92 | 1:49:25 |
| 29. | Aleksandra BUDZISZ | POL | 87 | 1:49:40 |
| 30. | Hana HERBEROVÁ | CZE | 81 | 1:51:38 |
| 31. | Julie BELLAN | FRA | 93 | 1:53:11 |
| 32. | Anna SELNÍKOVÁ | CZE | 94 | 1:56:38 |
| 33. | Laury CERANTOLA | FRA | 92 | 1:58:55 |
| 34. | Ilma MELNE | LAT | 93 | 1:59:36 |
| 35. | Martina NETOLICKÁ | CZE | 82 | 2:03:26 |
| 36. | Sylvie SEVELLEC | FRA | 64 | 2:06:37 |
| | Monika NAWROCKA | POL | 90 | DNF |
| | Ines PASTORINO | FRA | 92 | DNF |
| | Elianay DA SILVA PEREIRA | BRA | 84 | DNF |
| | Cisiane Dutra LOPEZ | BRA | 83 | DNF |
| | Mariavittoria BECCHETTI | ITA | 94 | DNF |
| | Brenda GANNON | IRL | | DQ |

Men's 20km Race Walk

Five wins, spread between years 2003 and 2014, make Matej Tóth one of the most successful competitors in history of the event. The 2010 IAAF World Race Walking Cup 50km winner also decided that the 17th kilometre was a good moment to make a push for home and he managed to put daylight between himself and Poland's Rafal Fedaczynski, his last opponent in the fight for another victory. With hands above his head in celebration, his last win coming two years ago, Matej crossed the line in 1:20:00; just shy of his recent personal best of 1:19:48 set across the border on home soil in Dudince last month.

"It was a bit tougher than last time in Dudince," admitted Toth. "I had to keep an eye on my rivals, but it was good preparation for the World Cup and I'm happy for the win. The 17th kilometre is a good point to attack, because the last kilometre can always be a danger; even a walker with weaker PB can do a strong finish. I tried to speed up a bit and Rafal couldn't respond, then I enjoyed the emotions of winning. I must say, this race is matter of my heart and I always like to come back. I saw world class walking for the first time here, when I was 14 at the 1997 World Cup; that's when my dreams about finishing on top of the podium started, and now those dreams are coming true."

The win also took Toth to the top of the 2014 IAAF Race Walking Challenge standings with 16 points. Toth is going to Taicang to do the 20km and then he will prepare for the 50km event at the European Championships. His goals, as a world class athlete, must be medals at both events, he observed.

Fedaczynski took second place just 18 seconds behind Toth in 1:20:18 while Ukraine's Andriy Kovenko, now 40, edged away from the other candidates for a place on the podium in the last three kilometres for third in 1:20:26, just six seconds outside his recent personal best.

| | | | | |
|-----|------------------------------|-----|----|---------|
| 1. | Matej TÓTH | SVK | 83 | 1:20:00 |
| 2. | Rafał FEDACZYŃSKI | POL | 80 | 1:20:18 |
| 3. | Andriy KOVENKO | UKR | 73 | 1:20:26 |
| 4. | Kevin CAMPION | FRA | 88 | 1:20:39 |
| 5. | Erik TYSSE | NOR | 80 | 1:20:50 |
| 6. | Aleksandr YARGUNKIN | RUS | 81 | 1:21:08 |
| 7. | Rafał AUGUSTYN | POL | 84 | 1:21:13 |
| 8. | Perseus IBANEZ | SWE | 90 | 1:21:54 |
| 9. | Anton KUČMÍN | SVK | 84 | 1:21:59 |
| 10. | Tom BOSWORTH | GBR | 90 | 1:22:20 |
| 11. | Erwin GONZÁLEZ | MEX | 94 | 1:22:36 |
| 12. | Marius ZIUKAS | LTU | 85 | 1:22:49 |
| 13. | Antonin BOYEZ | FRA | 84 | 1:24:24 |
| 14. | Jhonathan CACERES | ECU | 90 | 1:24:48 |
| 15. | Dušan MAJDAN | SVK | 87 | 1:25:25 |
| 16. | Arnis RUMBENIEKS | LAT | 88 | 1:25:40 |
| 17. | Massimo STANO | ITA | 92 | 1:25:51 |
| 18. | Marius SVELSKIS | LTU | 94 | 1:25:53 |
| 19. | Genadiy KOZLOVSKIY | LTU | 91 | 1:25:54 |
| 20. | Vito MINEI | ITA | 94 | 1:25:57 |
| 21. | Jamie HIGGINS | GBR | 94 | 1:26:02 |
| 22. | Aleksi OJALA | FIN | 92 | 1:26:39 |
| 23. | Vladislav LOBCHENKO | UKR | 93 | 1:26:43 |
| 24. | Daniele PARIS | ITA | 84 | 1:26:46 |
| 25. | Leonardo DEI TOS | ITA | 92 | 1:27:10 |
| 26. | Patrik SPEVÁK | SVK | 94 | 1:27:21 |
| 27. | Brian PINTADO | ECU | 95 | 1:28:40 |
| 28. | Tadas SUSKEVICIUS | LTU | 85 | 1:28:56 |
| 29. | Serhiy SVITLYCHNIY | UKR | 94 | 1:29:19 |
| 30. | Edgars GJAČS | LAT | 93 | 1:29:37 |
| 31. | Artur MASTIANICA | LTU | 92 | 1:29:52 |
| 32. | Lukas GDULA | CZE | 91 | 1:29:55 |
| 33. | Andres CHOCHO | ECU | 83 | 1:29:58 |
| 34. | Karel KETNER | CZE | 90 | 1:30:22 |
| 35. | Cian MCMENAMON | IRL | 91 | 1:30:35 |
| 36. | James TREATOR | IRL | 93 | 1:30:39 |
| 37. | Eemeli KIISKI | FIN | 91 | 1:30:44 |
| 38. | Michał STASIEWICZ | POL | 88 | 1:31:08 |
| 39. | Normantas PETRISA | LTU | 94 | 1:31:20 |
| 40. | Mert ATLI | TUR | 93 | 1:32:41 |
| 41. | Ondřej MOTL | CZE | 94 | 1:33:06 |
| 42. | Simon HURAUULT | FRA | 92 | 1:33:07 |
| 43. | Anders HANSSON | SWE | 92 | 1:33:12 |
| 44. | Herve DAVAUX | FRA | 78 | 1:35:38 |
| 45. | Djamel SELSELDEB | FRA | 76 | 1:35:38 |
| 46. | Ersin TACİR | TUR | 85 | 1:35:55 |
| 47. | Nicolas POTIER | FRA | 89 | 1:36:21 |
| 48. | Pavel SCHROM | CZE | 91 | 1:38:05 |
| 49. | Arnaud SIZORN | FRA | 92 | 1:38:10 |
| 50. | Jean Michel PREVEL | FRA | 84 | 1:39:02 |
| 51. | Laurent LE GALLE | FRA | 62 | 1:39:30 |
| 52. | Lukáš PAZDERA | CZE | 86 | 1:41:35 |
| 53. | Filip HEJKRLÍK | CZE | 79 | 1:44:01 |
| 54. | Antonin KOZELKA | CZE | 85 | 1:45:08 |
| | Ato IBANEZ | SWE | 85 | DNF |
| | Ričardas REKST | LTU | 87 | DNF |
| | Milan RÍZEK | SVK | 78 | DNF |
| | Josef SMOLA | CZE | 64 | DNF |
| | Jaroslav ČERNÝ | CZE | 86 | DNF |
| | Aurelien QUINION | FRA | 93 | DNF |
| | Serkan DOGAN | TUR | 92 | DNF |
| | Ian RAYSON | AUS | 88 | DQ |
| | Joakim SÆLEN | NOR | 93 | DQ |
| | Paweł GAWROŃSKI | POL | 90 | DQ |
| | Caio Oliveira DE SENA BONFIM | BRA | 91 | DQ |
| | Cedric HOUSSAYE | FRA | 79 | DQ |
| | Andreas GUSTAFSON | SWE | 81 | DQ |

Slovakia's Miroslav Uradník and Italy's Noemi Stella won the junior 10km races with times of 42:01 and 47:11 respectively.

U20 Men 10 km walk

| | | | | |
|-----|-----------------------|-----|----|-------|
| 1. | Miroslav Uradník | SVK | 96 | 42:01 |
| 2. | Jonathan Hilbert | GER | 95 | 42:09 |
| 3. | Nathaniel Seiler | FRA | 95 | 42:17 |
| 4. | Jean Blancheteau | FRA | 96 | 42:34 |
| 5. | Daniele Todisco | ITA | 95 | 43:25 |
| 6. | Michal Morvay | SVK | 96 | 43:42 |
| 7. | Anton Radko | UKR | 95 | 43:42 |
| 8. | Arturs Makars | LAT | 97 | 43:46 |
| 9. | Martynas Jarusevičius | LTU | 96 | 43:47 |
| 10. | Mateusz Nowak | POL | 96 | 43:53 |
| 11. | Andrea Agrusti | ITA | 95 | 43:54 |
| 12. | Szymon Zielinski | POL | 95 | 44:28 |
| 13. | Stefano Mansutti | ITA | 95 | 44:50 |
| 14. | Filip Veselouš | CZE | 95 | 44:54 |
| 15. | Yanis Souaber | FRA | 96 | 45:09 |
| 16. | Markus Kyrölä | FIN | 95 | 45:12 |
| 17. | Tomas Pagirys | LTU | 96 | 45:13 |
| 18. | Axel Mutter | FRA | 96 | 45:30 |
| 19. | Serhiy Klymenchuk | UKR | 95 | 45:40 |
| 20. | Daniel Chojecki | POL | 94 | 45:47 |
| 21. | Cédric Le Page | FRA | 96 | 45:56 |
| 22. | Tomas Gdula | CZE | 97 | 45:57 |
| 23. | Oleksandr Zholob | UKR | 97 | 46:46 |
| 24. | Ryan Cleary | IRL | 95 | 49:25 |
| 25. | Paul Körner | GER | 97 | 49:41 |
| 26. | Artturi Oila | FIN | 96 | 51:04 |
| 27. | Alexandr Malysa | CZE | 87 | 52:38 |
| | Karl Junghanns | GER | 96 | DNF |
| | Evan Lynch | IRL | 95 | DQ |
| | Milan Linkeš | SVK | 95 | DQ |

U20 Women 10 km walk

| | | | | |
|-----|------------------------|-----|----|-------|
| 1. | Noemi Stella | ITA | 97 | 47:11 |
| 2. | Živilė Vaiciukevičiūtė | LTU | 96 | 48:40 |
| 3. | Eleonora Dominici | ITA | 96 | 49:12 |
| 4. | Monika Hornakova | SVK | 95 | 49:28 |
| 5. | Mariya Filyuk | UKR | 95 | 49:46 |
| 6. | Tamara Stasyuk | UKR | 95 | 49:54 |
| 7. | Erika Scolozzi | ITA | 95 | 49:55 |
| 8. | Monika Vaiciukevičiūtė | LTU | 96 | 50:09 |
| 9. | Angelika Augustyn | POL | 96 | 50:16 |
| 10. | Barbara Kantorowska | POL | 95 | 50:36 |
| 11. | Ivanna Danylyuk | UKR | 96 | 51:27 |
| 12. | Annika Brembach | GER | 96 | 51:30 |
| 13. | Cecile Deleuze | FRA | 96 | 51:31 |
| 14. | Lucia Čubaňová | SVK | 95 | 52:25 |
| 15. | Lea Dederichs | GER | 95 | 52:39 |
| 16. | Dáša Škantárová | SVK | 95 | 52:40 |
| 17. | Cécile Naze | FRA | 95 | 52:48 |
| 18. | Erika Parviainen | FIN | 95 | 52:54 |
| 19. | Lena Tomas | SWE | 96 | 52:57 |
| 20. | Lucia Škantárová | SVK | 96 | 53:31 |
| 21. | Sinead Bourke | IRL | 94 | 53:41 |
| 22. | Kinga Majchrowicz | POL | 95 | 54:10 |
| 23. | Emmanuelle Langlais | FRA | 95 | 55:18 |
| 24. | Lucie Novakova | CZE | 98 | 58:10 |
| 25. | Veronica Bourke | IRL | 96 | 58:51 |
| 26. | Nay Roseline Le | FRA | 96 | 59:14 |
| 27. | Maelle Garcia | FRA | 95 | 59:16 |
| 28. | Greta Kviklytė | LTU | 96 | 60:50 |
| 29. | Petra Jeniková | CZE | 96 | 67:56 |

Full results at http://online.atletika.cz/upload/podebrady_2014_all.pdf.

And of course, Emmanuel Tardi was there and has passed on the following great photos. Thanks Emmanuel!



Neringa Aidietyte, Erica Rocha de Sena and Anežka Drahotova



Andriy Kovenko (30), Matej Toth (24) and Rafal Fedaczyński (57)



20km Podiums



Junior Men - Miroslav Úradník and Jonathan Hilbert Junior Women - Noemi Stella and Živilė Vaiciukevičiūtė

HUNGARIAN RACE WALKING CHAMPIONSHIPS, BÉKÉSCSABA, HUNGARY, SUNDAY 13 APRIL

Open and U23 National 20km championships were held in Bekescsaba in Hungary as part of the Joseph Radnai Memorial Tournament on Sunday. Overall victories went to Máté Helebrandt with 1:24:38 and Viktória Madarasz with 1:35:32.

Men's 20km Race Walk

| | | | | |
|-----|---------------------|-----|----|---------|
| 1. | Máté HELEBRANDT | HUN | 89 | 1:24:38 |
| 2. | Sándor RÁCZ | HUN | 86 | 1:27:55 |
| 3. | Miklós Domonkos SRP | HUN | 93 | 1:28:17 |
| 4. | Bence VENYERCSÁN | HUN | 96 | 1:28:24 |
| 5. | Dávid TOKODI | HUN | 91 | 1:35:19 |
| 6. | Dávid JÓZSVAI | HUN | 85 | 1:43:22 |
| 7. | Dávid KOLTAI-FARKAS | HUN | 83 | 1:46:13 |
| 8. | László VENYERCSÁN | HUN | 71 | 1:46:48 |
| 9. | Gyula DUDÁS | HUN | 66 | 1:48:18 |
| 10. | Levente KAPÉRI | HUN | 84 | 1:49:27 |
| 11. | Soma KOVÁCS | HUN | 97 | 1:51:28 |
| 12. | István CSABA | HUN | 59 | 1:54:44 |
| 13. | Zsolt MARINKA | HUN | 87 | 1:55:45 |
| 14. | Balázs DÁNIEL | HUN | 88 | 2:02:26 |
| 15. | György KISS IFJ. | HUN | 74 | 2:07:18 |
| | Tomasz BAGDÁNY | HUN | 95 | DQ |
| | Máté LALIK | HUN | 93 | DQ |
| | Róbert TUBAK | HUN | 79 | DQ |

Women's 20km Race Walk

| | | | | |
|-----|-------------------------|-----|----|---------|
| 1. | Viktória MADARÁSZ | HUN | 85 | 1:35:32 |
| 2. | Barbara KOVÁCS | HUN | 93 | 1:41:01 |
| 3. | Anett TORMA | HUN | 84 | 1:42:49 |
| 4. | Marianna LENGYEL | HUN | 94 | 1:43:35 |
| 5. | Petra RÉCSEI | HUN | 90 | 1:51:37 |
| 6. | Brigitta MATALIN | HUN | 87 | 1:52:40 |
| 7. | Villó HAÁLA | HUN | 93 | 1:53:00 |
| 8. | Luca NAGY | HUN | 94 | 2:00:01 |
| 9. | Boglarika KISS | HUN | 91 | 2:03:19 |
| 10. | Petra Bernadett HORNYIK | HUN | 93 | 2:03:22 |
| 11. | Mara GÁTI | HUN | 95 | 2:16:23 |
| 12. | Zsuzsa TÓTH | HUN | 95 | 2:22:47 |
| 13. | Anett TROJÁK | HUN | 91 | 2:23:10 |



Start line for the Hungarian Championships - photo Emmanuel Tardi
The eventual winners Matej Helebrandt and Victoria Madarasz each wear bib number 1

ASA OPEN T&F CHAMPIONSHIPS, HADFIELD, SOUTH AFRICA, 11-13 APRIL

Thanks to Emmanuel Tardi for sourcing the results from last weekend's South African walk champs.

The South African 20km roadwalk championships were held as part of the South African Open T&F Championships last weekend in Absa Tuks Stadium in Hatfield, Pretoria. A group of Irish Race Walkers led by world champion Robert Heffernan (Togher AC) had been training at altitude in Johannesburg for the past 3 weeks so they fronted on Saturday morning to test themselves out against the improving South African walkers. Alas, all 3 Irish starters in the men's 20km were disqualified, ensuring that the men's placings went to Lebogang Shange 1:26, Wayne Snyman and Marc Mundell while the women's race went to Anel Oosthuizen with 1:42. The times are all a bit dodgy below with only one decimal place for the seconds. I can't do much about that at this stage as these are what have been published.

Senior Men 20km Walk

| | | | |
|-----|----------------------|------|--------|
| 1. | SHANGE, LBOGANG | CGA | 1:26.2 |
| 2. | Snyman, Wayne | AGN | 1:27.5 |
| 3. | Mundell, Marc | AGN | 1:30.5 |
| 4. | Mojalefa, Lewis | AGN | 1:32.4 |
| 5. | MATHONSI, SANELE | CGA | 1:32.5 |
| 6. | MAMARARA, MOEKETSI | CGA | 1:35.2 |
| 7. | MNISI, MTUNSI | CGA | 1:39.1 |
| 8. | CHAUQUE, Mthembi | AFS | 1:39.3 |
| 9. | Ntombela, Lindokuhle | KZNA | 1:40.6 |
| 10. | Lumkwana, Thando | AGN | 1:44.6 |
| 11. | SITHOLE, JABULANI | CGA | 1:45.2 |
| 12. | NTOANE, NTOANE | CGA | 1:48.2 |
| 13. | Ndebele, Sizwe | KZNA | 2:12.6 |
| 14. | MAVUNDLA, MDUDUZI | CGA | 2:13.4 |
| | HICKEY, LUKE | IRE | DQ |
| | WRIGHT, ALEX | IRE | DQ |
| | BOYCE, BRENDAN | IRE | DQ |
| | VERMAAK, PIERRE | CGA | DNF |

Senior Women 20km Walk

| | | | |
|----|-------------------|------|--------|
| 1. | OOSTHUIZEN, ANEL | CGA | 1:42.4 |
| 2. | Swart, Corli | AGN | 1:45.4 |
| 3. | HOPKINS, MICHELLE | CGA | 1:52.3 |
| 4. | Schultz, Zelda | KZNA | 1:59.1 |
| 5. | Fuchs, Sharon | KZNA | 2:03.1 |

| | | | |
|----|--------------------|-----|--------|
| 6. | MOKHELE, NTHATISI | CGA | 2:13.3 |
| 7. | SHABALALA, ROSE | CGA | 2:14.3 |
| | DE WINNAAR, UDELLE | CGA | DNF |

DANISH 30KM ROADWALK CHAMPIONSHIPS, ODENSE, DENMARK, SATURDAY 5 APRIL 2014

The Danish 30km roadwalk championships a week ago saw good performances from Danish walker Andreas Nielson 2:30:38 and Swedish masters walker Christer Svensson 2:35:29. Overall results shown below.

30 km Men

| | | | | | |
|----|--------------------|------|--------------------|---------|----------------|
| 1. | Andreas W. Nielsen | 1988 | Århus 1900 | 2.30.38 | First Denmark |
| 2. | Christer Svensson | 1969 | Växjö AIS, SWE | 2.35.29 | |
| 3. | Peer Jensen | 1957 | Phønix/VI 39 | 3.18.11 | Second Denmark |
| 4. | Jean-Claude Grivel | 1967 | IK Hellas Roskilde | 3.28.50 | Third Denmark |

35 km Men

| | | | | |
|----|--------------------|------|----------------|---------|
| 1. | Andreas W. Nielsen | 1988 | Århus 1900 | 2.55.34 |
| 2. | Christer Svensson | 1969 | Växjö AIS, SWE | 3.04.43 |

10 km Men

| | | | | |
|----|---------------|------|--------------|---------|
| 1. | Birger Madsen | 1951 | Phønix/VI 39 | 1:09.59 |
|----|---------------|------|--------------|---------|

3 km U16

| | | | | |
|----|-----------------|------|-------------|-------|
| 1. | Rebecca Nielsen | 2000 | Ballerup AK | 18.55 |
|----|-----------------|------|-------------|-------|

1 km U14

| | | | | |
|----|-------------------------|------|--------------|------|
| 1. | Fie Meisner Christensen | 2001 | GK Frem 2000 | 6.32 |
|----|-------------------------|------|--------------|------|

OUT AND ABOUT

- Last week, British Athletics announced the GB&NI team for the IAAF World Race Walking Cup to be held in Taicang on 3-4 May. See <http://www.britishathletics.org.uk/media/news/2014-news-page/april-2014/08-04-14-race-to-china>

Senior Men 20km: Tom Bosworth (Andi Drake)
 Senior Women 20km: Johanna Atkinson (Maureen Atkinson)
 Junior Women 10km: Emma Achurch (Steve Arnold), Ellie Dooley (Andi Drake)

- The Slovaks have also announced their team, with Matej Toth to contest the 20km rather than the 50km.

Senior Men 20km: Matej Tóth, Anton Kučmín, Dušan Majdán, Patrik Spevák
 Senior Women 20km: Mária Czaková
 Junior Men 10km: Miroslav Úradník, Michal Morvay
 Junior Women 10km: Monika Hornáková

- Interesting historical article on the roots of modern racewalking in the world of 19th century pedestrianism. See <http://gizmodo.com/150-years-ago-people-watched-competitive-walking-inste-1558169774>

VWRC CLUB RECORD UPDATE

Jesse Osborne's fine 3000m time from the AV Shield Final is of course a new VRWC U20 record

Jesse Osborne U20 3000m Track Walk 11:19.0 AV Shield Final, Lakeside Stadium 12/04/2014

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

Sat May 3, 2014 ALAC Australian T&F Championships, Lakeside Stadium, Melbourne

2014 Australian/Victorian Winter Season Key Dates

Sat 26 April, 2014 VRWC Winter Season opening races, Middle Park

Sun 18 May, 2014 Victorian Country Roadwalk Champs, Ballarat
 Sun 8 June, 2014 LBG Carnival, Canberra
 Sun 29 June, 2014 AV Schools Roadwalk Champs, Middle Park
 July, 2014 RWA Postal Challenge, each member club in its own State
 Sun 3 Aug, 2014 Victorian Roadwalk Championships, Middle Park
 Sun 24 Aug, 2014 Australian Roadwalk Championships, Albany, WA
 Sun 14 Sept, 2014 Victorian 50km and RWA 50km (women), Middle Park
 4-5 Oct, 2014 VRWC 24 Hour Carnival (for the Australian Centurions), Middle Park

2014 International Fixture

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

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

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|-----------------|-----------|-----|------------------------|------------|
| 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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