



## HEEL AND TOE ONLINE

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### TIM'S WALKERS OF THE WEEK

It was an easy task this week to decide on my Walkers of the Week. It should come as no surprise that I am awarding it to the entire Australian World Cup team for their stirring efforts last weekend in Taicang. First to the bare bones Australian results:

50km Men	Jared Tallent	3 <sup>rd</sup>	3:42:48	
	Chris Erickson	11 <sup>th</sup>	3:49:33	PB 0:08
10km Junior Men	Nathan Brill	7 <sup>th</sup>	0:41:07	PB 1:26
	Jesse Osborne	12 <sup>th</sup>	0:42:13	
	Tyler Jones	DQ		
20km Women	Tanya Holliday	39 <sup>th</sup>	1:32:26	
	Kelly Ruddick	49 <sup>th</sup>	1:34:00	
10km Junior Women	Clara Smith	8 <sup>th</sup>	0:46:33	PB 0:45
	Jemima Montag	12 <sup>th</sup>	0:47:34	
	Elizabeth Hosking	25 <sup>th</sup>	0:49:21	PB 0:22
20km Men	Dane Bird-Smith	14 <sup>th</sup>	1:20:27	PB 0:34
	Rhydian Cowley	57 <sup>th</sup>	1:23:58	PB 0:24
	Adam Rutter	64 <sup>th</sup>	1:24:44	



The 13 walkers became our most successful World Cup team ever with a record breaking 3 medals as follows

Jared Tallent	3 <sup>rd</sup>	Open 50km Championship
Junior Men	3 <sup>rd</sup>	Junior Men 10km Teams Event
Junior Women	3 <sup>rd</sup>	Junior Women 10km Teams Event

We have only ever won teams medals in the Open Men's 20km event. The fact that both junior boys and junior girls finished third overall is fantastic. Add in 6 PBs, 3 top-8 finishes and 6 top-12 finishes individually and it reads impressively. Of course, the walking juggernauts of China, Russia and Ukraine were in a class of their own. It was great to share centre stage with them.

Their performances push a number of our walkers up the Australian all-time ranking lists. Dane sits at 6<sup>th</sup> now in the 20km and Rhydian sits at 13<sup>th</sup>. Chris remains at 7<sup>th</sup> in the 50km listing but with an improved time. Clara now sits at 25<sup>th</sup> in the women's 10km ranking list and Nathan sits at 20<sup>th</sup> in the men's 10km rankings. Of course, these last two walkers are still very young (16 and 17 respectively) so they will quickly rise further over the next few years. See the updated lists at <http://www.vrwc.org.au/arankings.shtml>.

### 2014 IAAF RACEWALKING WORLD CUP, TAICANG, CHINA, 3-4 MAY

And now to an in-depth review of the weekend in Taicang where I was privileged to witness the 2014 IAAF Racewalking World Cup. It was a huge spectacle with the final race numbers counting out at 113 men and 88 women for the 20 km events, 60 men for the 50 km and 41 boys and 48 girls for the junior 10 km races. My race reports are all taken from the IAAF website where Phil Minshull has summed up the excitement and drama of each event so well.

#### 50km Men, 8AM, Saturday 3 May

First to Phil's report on the 50km event (see <http://www.iaaf.org/news/report/senior-mens-50km-report-iaaf-world-race-walki>)

Ryzhov produced a dominating performance over the second half of the men's 50km race walk at the 26th IAAF World Race Walking Cup in Taicang, China, to win in a world-leading time of 3:39:05 on Saturday. Ryzhov, the silver medallist on home soil at last summer's IAAF World Championships in Moscow, capitalised on the absence of Ireland's world champion Robert Heffernan, who will instead contest the 20km on Sunday, to win his first major international title. At just 22, the Saransk-based walker becomes one of the youngest ever senior men's winners at the Cup and the sixth Russian winner in the 50km at the last seven editions.

Russian walkers filled four of the top five spots in Taicang and comfortably retained the team title, equalling the best ever score of seven points, which the Russians themselves had achieved back in 2002. Ryzhov's compatriot Ivan Noskov, who walked stride-for-stride with his team mate until the last three kilometres, had the best race of his life to take the silver medal in a personal best of 3:39:38, completing the distance 1:58 faster than he had ever done before. The slight pre-race favourite, Australia's Jared Tallent, a medallist over 50km at the last two Cups, found that the gold medal once eluded him on the global stage and had to settle for the bronze medal in 3:42:48. Completing the winning Russian team, the veteran two-time bronze medallist Yuriy Andronov was fourth in 3:43:52, walking a solitary race for almost 45km.

In retrospect, the shape of the race evolved very quickly. Almost from the gun, a group of four formed at the front – Ryzhov, Noskov, Andronov and Tallent – but by 5km Andronov was already starting to drift backwards as his three rivals went past that checkpoint in a swift 22:14. Ryzhov pushed hard over the next five kilometres and took Noskov with him as Tallent decided not to go immediately shoulder-to-shoulder with the Russian pair, who went through 10km in 44:26 with Tallent two seconds adrift. Over the course of the next three laps that was very much the same story, 15km being passed in 1:06:31, but Tallent closed quickly as they approached the end of the eighth lap and then surged into the lead. Over the next lap, the Olympic silver medallist built up a lead of 25 metres over the Russian pair, a gap which stayed the same on the 10th lap. Tallent passed 20km in a respectable 1:28:27 with Ryzhov and Noskov three seconds further back.

The leading trio kept to the same rhythm over the next three kilometres before Ryzhov decided it was time to close down on Tallent as the trio approached the end of the 12th lap and just edged in front with Noskov, as always, following closely in the footsteps of his compatriot. "We talked and decided not to follow Tallent and just work together," commented Ryzhov, suggesting that, despite Tallent looking comfortable at that stage in the race, the Russian pair were not seriously worried about eventually getting back on level terms with him.

They led the way through the halfway point in 1:50:33 as Tallent started gradually to look less sprightly. However, Tallent managed to hang on for the next four kilometres before conceding some daylight to the two Russians who then passed 30km in 2:12:31 with their antipodean rival three seconds further back. The gap then started to open up between the Russians and Tallent considerably from 32km. "The pace was fairly easy at the start and I decided to push it. At 30km I started to feel the pinch," reflected Tallent on the ebb and flow of his challenge.

With Ryzhov still pushing the pace and his team mate following his lead, the Russians passed 35km in 2:34:27 with Tallent now 19 seconds back. The gap between Tallent and the Russians stayed basically the same for the next two kilometres but then he started to drift further back from 37km onwards as Ryzhov and Noskov passed 40km in 2:56:29, with Tallent now 39 seconds in arrears. The gap continued to grow over the next five kilometres, with Tallent obviously realising that the gold had slipped from his grasp and losing about 10 seconds a kilometre, with the Russians going through 45km in 3:18:22 and their

closest rival now 1:23 back. "I managed to claw back a bit of the deficit between about 41 and 42 kilometres but then it really started to hurt and I decided just to hang on and make sure I got the bronze as Andronov was looking strong," added Tallent.

As always, Ryzhov was driving the train and with three kilometres to go started his push for home and Noskov, operating in unknown territory, had no answer to his compatriot's decisive move. After Tallent and Andronov had crossed the line, Aleksey Bartsaykin finished fifth in a personal best of 3:46:36. Oleksey Kazanin was the first Ukrainian walker across the line in sixth with 3:47:01, another personal best, and had the reward of leading his colleagues to the team silver medals with 25 points, moving one place up the podium from their breakthrough performance in 2012 when they made the team podium for the first time when finishing third. Getting bigger cheers than even the winner, China's Zhang Lin was the first man home for the hosts in ninth place, with a personal best of 3:48:49, steering China to the team bronze medals with 40 points.

And to the Australian performances. **Jared Tallent** medalled again – what an extraordinary record he is amassing. His third consecutive medal over the distance at the world championship of race walking, the performance ensures that he has now won seven medals back-to-back at every major championship since he crossed for gold at the 2010 Commonwealth Games in Delhi. "It was a quick race, and my race went to plan at the start. I went out with the Russians and made a move at about 15 kilometres to push the pace up but they were too strong in the closing stages. Honestly I am a little disappointed to not win the gold, I want it very much, but to know that I could hold on to the bronze position pretty comfortably in those closing stages is a big positive to take away from today. It can be really tough when you are the only man not in red, white and blue in the lead pack and I just have to keep doing my best and pushing them as hard as I can. I'm one man out in a group that train together and then compete together and to be in the mix when they walk as a group like that is a strong performance."

Not to be outdone, **Chris Erickson**, who placed 16<sup>th</sup> in the event at last year's IAAF World Championships, delivered his strongest international result by crossing 11<sup>th</sup> in a PB time of 3:49:33. "I'm continuing to chip away at my time and that's great. I have walked PB's in both the 20km and 50km event this year and it's good to know that I am continuing to improve each time I race at a major. I wanted to hold on to the top-ten position that I had coming into the last couple of laps, but unfortunately I got swamped by a couple of Ukrainians and that's probably the only downside of today's performance. A top-ten finish would have been icing on the cake. Rio has always been the main aim, and I want to finish top-eight there. I think I am tracking towards that still, and even today I've learned a lesson that I can use to improve. Both Beijing next year, and Rio the year after, will probably be warm races and that's where I perform best I think. I'm heading in the right direction, and I have a new PB so I'm happy."



The medallists (photos [www.iaaf.org](http://www.iaaf.org))

1.	Mikhail RYZHOV	RUS	91	03:39:05	WL
2.	Ivan NOSKOV	RUS	88	03:39:38	PB
3.	<b>Jared TALLENT</b>	<b>AUS</b>	<b>84</b>	<b>03:42:48</b>	
4.	Yuriy ANDRONOV	RUS	71	03:43:52	
5.	Aleksey BARTSAYKIN	RUS	89	03:46:34	PB
6.	Oleksiy KAZANIN	UKR	82	03:47:01	PB
7.	Omar ZEPEDA	MEX	77	03:47:35	PB
8.	Lin ZHANG	CHN	93	03:48:49	PB
9.	Ivan BANZERUK	UKR	90	03:49:00	
10.	Serhiy BUDZA	UKR	84	03:49:25	
11.	<b>Chris ERICKSON</b>	<b>AUS</b>	<b>81</b>	<b>03:49:33</b>	<b>PB</b>
12.	Rolando SAQUIPAY	ECU	79	03:50:19	PB



13.	Quentin REW	NZL	84	03:50:22	PB
14.	Ihor SAKHARUK	UKR	88	03:50:49	PB
15.	Qianlong WU	CHN	90	03:50:51	PB
16.	Jhonathan CACERES	ECU	90	03:50:52	PB
17.	Qi ZHAO	CHN	93	03:51:47	PB
18.	Andriy HRECHKOVSKIY	UKR	93	03:51:48	PB
19.	José LEYVER	MEX	85	03:52:20	
20.	Jean Jacque NKOULOUKIDI	ITA	82	03:53:44	
21.	Jesús Ángel GARCÍA	ESP	69	03:55:38	
22.	Pedro ISIDRO	POR	85	03:56:15	PB
23.	Sandeep KUMAR	IND	86	03:56:22	PB, NR
24.	Pavel Chihuan CAMAYO	PER	86	03:56:35	PB, NR
25.	Chil-Sung PARK	KOR	82	03:56:39	
26.	Francisco ARCILLA	ESP	84	03:58:00	PB
27.	Teodorico CAPORASO	ITA	87	03:58:44	
28.	Jorge RUIZ	COL	89	03:58:58	PB
29.	Mikel ODRIOZOLA	ESP	73	03:59:03	
30.	Omar SIERRA	COL	88	03:59:08	PB
31.	Yongqiang HE	CHN	93	04:01:54	
32.	Manish SINGH	IND	91	04:02:08	PB
33.	Marc MUNDELL	RSA	83	04:02:19	
34.	Luis Fernando LÓPEZ	COL	79	04:05:14	PB
35.	Lukas GDULA	CZE	91	04:05:19	
36.	Jie JIANG	CHN	94	04:07:10	PB
37.	Surinder SINGH	IND	88	04:09:17	PB
38.	Federico TONTODONATI	ITA	89	04:10:49	
39.	Claudio Richardson DOS SANTOS	BRA	77	04:10:56	
40.	Se-Hyun OH	KOR	88	04:12:33	
41.	Ronal Rey QUISPE MISME	BOL	89	04:15:05	
42.	Vitaliy ANICHKIN	KAZ	88	04:16:44	
43.	Manipal RAM PATEL	IND	91	04:17:03	PB
44.	Angel Rolando BATZ	GUA	93	04:18:02	PB
45.	Jonathan RIEKMANN	BRA	87	04:22:15	
46.	Patrick STROUPE	USA	84	04:23:13	
47.	Mario ALFONSO BRAN	GUA	89	04:26:07	
48.	Anibal PAAU	GUA	87	04:36:44	
	Dávid TOKODI	HUN	91	DQ	
	Lorenzo DESSI	ITA	89	DQ	
	Pavel SCHROM	CZE	91	DQ	
	Andres CHOCHO	ECU	83	DQ	
	Luis CORCHETE	ESP	84	DQ	
	Luiz Felipe DOS SANTOS	BRA	83	DQ	
	Denis ASANOV	RUS	92	DQ	
	Adrian BLOCKI	POL	90	DQ	
	Allan SEGURA	CRC	80	DNF	
	Damian BLOCKI	POL	89	DNF	
	Ivan PAJUELO	ESP	93	DNF	
	Xavier LE COZ	FRA	79	DNF	

### Junior Men 10km, 3:30PM, Saturday 3 May

Next to Phil's report on the first 10km event (see <http://www.iaaf.org/news/report/junior-mens-10km-iaaf-world-race-walking-cup>)

A thrilling last 2km lap, with four men in contention at the bell saw Gao Wenkui triumph on home soil in the junior men's 10km race at the 2014 IAAF World Race Walking Cup in Taicang, Chgina on Saturday. Gao, arguably the pre-race favourite, showed outstanding maturity and tactical awareness for his 18 years and, after a failed attempt to race away from his rivals over the first half of the race, still had enough in reserve to launch a second attack on the final lap and take the gold medal in a championship record 39:40. Inevitably, there were loud cheers for Gao's success and a huge roar went up again when it was announced that China had won the team gold medals for the first time in the junior men's short history since the event came onto the championship programme in 2004.

Gao and Japan's Daisuke Matsunaga did all the hard work over the first half of the race, the pair darting into the lead from the gun. At 3km, passed in 11.44, they had 14 seconds lead over the rest of the field, but gradually their advantage began to diminish. The pair went through the halfway point in 19:53 but the gap over the six-strong chasing pack had been reduced to nine seconds and the group caught up with the breakaway early leaders at 6km. Nevertheless, it was still Gao in the front dictating the pace and the rhythm saw three men drop off the back over the course of the next lap. Coming off the penultimate bend with just over one kilometre to go, Gao surged again and opened up a 15 metres lead over his rivals, a move which also tore the chasing group apart. Despite clearly tiring as the finish line loomed into sight after rounding the final turn with just under 500m metres to go, he managed to repel the late challenge of Matsunaga.

The Japanese walker was clearly happy with his silver medal and superlative performance though as he clocked a national junior record of 39:45. Russia's Nikolay Markov took the bronze medal in a personal best of 39:55 and, though he finished out of the individual medals, Spain's Diego Garcia finished fourth in another national record of 40:10. Securing China the team title, Jie Jinzhu came home fifth in 40:46. In a race of outstanding depth, Peru's Paolo Yurivilca can also feel contented with his trip to China and although edged into sixth place, he came home in a national record of 40:47.

With the IAAF World Junior Championships coming up this summer in Eugene, USA, it will be interesting to see whether Gao can transfer his talent to the track, with the gold medals will be disputed over 10,000m, or whether any the other main contenders in Taicang can devise a tactical that will put them in front of the rangy long-legged Chinese teenager. With Garcia to the fore, Spain took the team silver medals with 17 points, two ahead of bronze medallists Australia.

Australia won a bronze medal in the U20 men's event behind China and Spain, compliments of **Nathan Brill** (7<sup>th</sup> in a PB 41:07) and **Jesse Osborne** (12<sup>th</sup> in 42:13). The result was Australia's first ever team medal in the junior events and our third team medal overall. Nathan was quoted on the AA website: "I'm so happy with that. It's a minute plus personal best, and I felt great throughout the race. We got a team medal too which is awesome, it's been a great day. I was treating this as a build up race for the World Juniors and it is good to see that I am going pretty well. It's awesome for the boys to win a medal together too. It was disappointing for **Tyler (Jones)** to be disqualified but he now goes home a part of our team success which is what this event is about, competing together.



#### Winner Wenkui Gao and Australians Nathan Brill and Jesse Osborne

1.	Wenkui GAO	CHN	95	39:40	WL, PB
2.	Daisuke MATSUNAGA	JPN	95	39:45	PB, NJR
3.	Nikolay MARKOV	RUS	95	39:55	PB
4.	Diego GARCIA	ESP	96	40:10	PB, NJR
5.	Jinzhu JIE	CHN	95	40:46	PB
6.	Paolo Cesar YURIVILCA	PER	96	40:47	PB, NJR
7.	<b>Nathan BRILL</b>	<b>AUS</b>	<b>96</b>	<b>41:07</b>	<b>PB</b>
8.	Xiao LENG	CHN	96	41:27	SB
9.	Ricardo ORTIZ	MEX	95	41:33	PB
10.	Muratcan KARAPINAR	TUR	96	41:46	PB, NJR
11.	José Luis DOCTOR	MEX	96	41:47	PB
12.	<b>Jesse OSBORNE</b>	<b>AUS</b>	<b>95</b>	<b>42:13</b>	
13.	Manuel BERMÚDEZ	ESP	97	42:29	PB
14.	Mahmoud ABDELFAHATTAH	EGY	96	42:59	PB, NJR
15.	Pablo OLIVA	ESP	96	43:03	PB
16.	Miroslav ÚRADNÍK	SVK	96	43:05	PB
17.	Jean BLANCHETEAU	FRA	96	43:10	PB
18.	Raouf BEN EL ABHI	TUN		43:23	PB
19.	Gregorio ANGELINI	ITA	96	43:36	PB
20.	Daniele TODISCO	ITA	95	44:19	PB
21.	Yuki KURUMISAWA	JPN	95	44:27	
22.	Miguel RODRIGUES	POR	96	44:30	PB

23.	Martynas JARUSEVIČIUS	LTU	96	44:30	
24.	Dmytro SOBCHUK	UKR	95	44:38	PB
25.	Andrey VODVUD	UKR	96	44:39	PB
26.	Anton RADKO	UKR	95	44:46	PB
27.	Michal MORVAY	SVK	96	45:21	
28.	Ghassen SAIDI	TUN	95	45:29	PB
29.	Anthony PETERS	USA	96	45:54	PB
30.	Pierre VERMAAK	RSA	98	45:54	PB
31.	Hélder DOS SANTOS	POR	96	46:05	
32.	Jonathon LORD	NZL	96	47:58	PB
33.	Jared FREE	NZL	97	51:47	PB
	Alan Yamil FLORES SACARIAS	MEX	96	DQ	
	Artūrs MAKARS	LAT	97	DQ	
	<b>Tyler JONES</b>	<b>AUS</b>	<b>98</b>	<b>DQ</b>	
	Yanis SOUABER	FRA	96	DQ	
	Maksim KRASNOV	RUS	96	DQ	
	Denis SERGEYEV	RUS	95	DQ	
	Brayan FUENTES	COL	96	DQ	
	Brian PINTADO	ECU	95	DQ	

### 20km Women, 4:30PM, Saturday 3 May

Next to Phil's report on the women's 20km (see <http://www.iaaf.org/news/report/senior-womens-20km-report-iaaf-world-race-wal>)

After a bronze and silver medal at the last two IAAF World Championships, Anisya Kirdyapkina finally climbed to the top of the podium thanks to a triumph at the 2014 IAAF World Race Walking Cup, producing a stirring effort over the last third of the race to emerge a convincing winner on Saturday. Kirdyapkina has got six races faster to her name than the world-leading 1:26:31 she clocked in Taicang but none will have given her greater pleasure than her achievement in China after finally emerging out of the shadow of the absent reigning Olympic and World champion Yelena Lashmanova, who beat her to the line last summer at Moscow 2013. Into the bargain, she scooped the first prize of US\$30,000. Home favourite Liu Hong was 27 seconds in arrears, her face etched with the bittersweet feelings of getting a medal on home soil but not being able to break the tape on one of her favourite circuits.

A large group of more than 20 walkers went through 4km together but, as the athletes rounded the first turn on the third lap of the East Shanghai Road, Ukraine's Lyudmyla Olyanovska started to edge away. After passing 6km in 27:07, Olyanovska had a 10 metres lead over the large chasing pack which had the Italian pair of Elenora Giorgi and 2010 junior women's winner Antonella Palmisano, Liu and her compatriot Lu Xiuzhi and Spain's Julia Takacs to the fore.

Over the next lap, Olyanovska stayed at the front and extended her lead by another 10 metres before throwing down the gauntlet on the fifth lap. Olyanovska passed 10km in 44:20, operating at personal best pace, with the rest of the 21 challengers now 13 seconds in arrears, with Poland's Agnieszka Dyagacz now showing at the front of the group along with the Chinese and Italians. The gap grew further on the following lap to 20 seconds as Olyanovska continued her bid for glory and her country's first individual medal at the Cup since the breakup of the Soviet Union. However, it was a dream that lasted just another two kilometres.

From 13 kilometres, Kirdyapkina started to close the gap on her neighbour, a move which broke up the pack. Olyanovska still had the lead at 14km, with the clock showing 1:01:37, but her Russian rival was only three seconds in arrears and just a little further up the road moved into pole position, with Liu Hong getting rousing applause as she also moved into third place. Kirdyapkina went through the gears and passed 15km in 1:05:48, with Liu and Lu drawing up level with Olyanovska to battle for the silver medal but 10 seconds from the accelerating Russian, who extended her lead over the penultimate lap. The leader heard the bell in 1:18:12 with Liu, who had now edged away from Lu and Olyanovska just after 16km, out on her own but now 24 seconds behind. Kirdyapkina held her poise and rhythm all the way to the line to win in but there was drama over the final two kilometres with briefly a head-to-head battle for the silver medal between Liu and the two-time junior women's Cup winner Vera Sokolova, the Russian former World record holder coming through strongly on the ninth lap and overtaking Liu 1500 metres from home before Liu got her second wind and snatched back second place.

Liu crossed the line in a season's best of 1:26:58 with Elmira Alembakova getting the bronze medal in the final few metres from her flagging team mate Sokolova, who perhaps had mis-timed her effort, the Russian pair timed at 1:27:02 and 1:27:03. With three Russians in the first four, the arithmetic about who had won the team title was easy and Russia retained their crown from Saransk 2012, and they got their fourth set of gold medals in the last five editions of the Cup in this event, with a tally of just eight points. Behind the leading quartet, Giorgi came through strongly on the last lap and finished fifth in an Italian record of 1:27:05 while the long-time leader Olyanovska took more than two minutes off her previous best, and got a just reward for her bravery for the first two-thirds of the race, with a national record of 1:27:27. Behind the Russian team, China got the silver medals with 22 points and Portugal got the bronze with 36 points.

Australian representatives **Tanya Holliday** and **Kelly Ruddick** flew the Australian flag bravely. Crossing in 39<sup>th</sup>, Tanya was the better placed of the two in a season best time of 1:32:26, with Kelly placing 49<sup>th</sup> in 1:34:00. Both girls were not far off their PBs and will take confidence from their performances in such a fantastic race.





**Winner Anisiya Kirdyapkina and Australians Tanya Holliday and Kelly Ruddick**

1.	Anisiya KIRDYAPKINA	RUS	89	1:26:31	WL
2.	Hong LIU	CHN	87	1:26:58	
3.	Elmira ALEMBEKOVA	RUS	90	1:27:02	
4.	Vera SOKOLOVA	RUS	87	1:27:03	
5.	Eleonora Anna GIORGI	ITA	89	1:27:05	PB, NR
6.	Xiuzhi LU	CHN	93	1:27:15	
7.	Lyudmila OLYANOVSKA	UKR	93	1:27:27	PB, NR
8.	Ana CABECINHA	POR	84	1:27:49	
9.	Antonella PALMISANO	ITA	91	1:27:51	PB
10.	Marina PANDAKOVA	RUS	90	1:27:54	
11.	Vera SANTOS	POR	81	1:28:02	PB
12.	Lina BIKULOVA	RUS	88	1:28:12	PB
13.	Raquel GONZALEZ	ESP	89	1:28:36	PB
14.	Jingjing NIE	CHN	88	1:28:43	
15.	María José POVES	ESP	78	1:28:46	
16.	Maria GONZALEZ ROMERO	MEX	89	1:28:48	PB, NR
17.	Susana FEITOR	POR	75	1:28:51	
18.	Agnieszka DYGACZ	POL	85	1:28:58	PB, NR
19.	Huiqin DING	CHN	90	1:29:17	PB
20.	Huanhuan SUN	CHN	90	1:29:20	
21.	Beatriz PASCUAL	ESP	82	1:29:22	
22.	Ines HENRIQUES	POR	80	1:29:33	
23.	Neringa AIDIETYTĖ	LTU	83	1:29:37	PB, NR
24.	Kimberly GARCÍA LEÓN	PER	93	1:29:44	PB
25.	Sandra Lorena ARENAS	COL	93	1:30:18	PB, NR
26.	Mirna Sucely ORTIZ FLORES	GUA	87	1:30:18	
27.	Hanna DRABENIA	BLR	87	1:30:32	PB
28.	Mayra PÉREZ	GUA	88	1:30:41	PB
29.	Júlia TAKÁCS	ESP	89	1:30:43	
30.	Maria MICHTA	USA	86	1:30:49	PB, NR
31.	Rachel SEAMAN	CAN	86	1:31:14	
32.	Alina MATVEYUK	BLR	90	1:31:14	PB
33.	Inna KASHINA	UKR	91	1:31:21	PB
34.	Brigita VIRBALYTĖ-DIMSIENĖ	LTU	85	1:31:24	
35.	Khushbir KAUR	IND	93	1:31:40	PB, NR
36.	Sandra Viviana GALVIS	COL	86	1:31:57	PB
37.	Laura REYNOLDS	IRL	89	1:32:25	
38.	Erica ROCHA DE SENA	BRA	85	1:32:27	
39.	<b>Tanya HOLLIDAY</b>	<b>AUS</b>	<b>88</b>	<b>1:32:36</b>	
40.	Yanelli CABALLERO	MEX	93	1:32:51	
41.	Yelena SHUMKINA	UKR	88	1:32:52	
42.	Rei INOUE	JPN	91	1:32:55	

43.	Kristina SALTANOVIČ	LTU	75	1:32:58	
44.	Katarzyna BURGHARDT	POL	85	1:33:08	
45.	Ainhoa PINEDO	ESP	83	1:33:13	
46.	Yong-Eun JEON	KOR	88	1:33:38	PB
47.	Paulina BUZIAK	POL	86	1:33:50	
48.	Johanna JACKSON	GBR	85	1:33:55	
49.	<b>Kelly RUDDICK</b>	<b>AUS</b>	<b>73</b>	<b>1:34:00</b>	
50.	Maritza Rafaela PONCIO	GUA	94	1:34:11	PB
51.	Mária CZÁKOVÁ	SVK	88	1:34:13	PB
52.	Magaly BONILLA	ECU	92	1:35:08	PB
53.	Cisiane Dutra LOPEZ	BRA	83	1:35:26	
54.	Kumiko OKADA	JPN	91	1:35:37	
55.	Halina YAKOVCHUK	UKR	92	1:35:48	PB
56.	Valentina TRAPLETTI	ITA	85	1:35:58	
57.	Federica CURIAZZI	ITA	92	1:35:59	PB
58.	Corinne BAUDOIN	FRA	80	1:36:13	PB
59.	Miranda MELVILLE	USA	89	1:36:18	
60.	Paola Viviana PEREZ SAQUIPAY	ECU	89	1:36:19	
61.	Monika KAPERÁ	POL	90	1:36:22	
62.	Darya BALKUNETS	BLR	93	1:36:31	
63.	Ángela CASTRO	BOL	93	1:36:32	
64.	Ai MICHIGUCHI	JPN	88	1:36:47	
65.	Emilie MENUET	FRA	91	1:38:07	
66.	Violaine AVEROUS	FRA	85	1:38:08	PB
67.	Marie OLSSON	SWE	86	1:38:10	
68.	Claudia VALDERRAMA IBANEZ	BOL	83	1:38:10	
69.	Barbara KOVÁCS	HUN	93	1:38:53	PB
70.	Ines PASTORINO	FRA	92	1:39:11	
71.	Laura POLLI	SUI	83	1:39:47	
72.	Polina REPINA	KAZ	90	1:39:51	PB
73.	Marie POLLI	SUI	80	1:41:22	
74.	Yadira GUAMÁN	ECU	86	1:41:47	
75.	Corli SWART	RSA	91	1:42:19	PB
76.	Florida MINYANOVA	KAZ	92	1:42:44	PB
77.	Nicola EVANGELISTA	CAN	88	1:43:22	
78.	Katie BURNETT	USA	88	1:44:00	
79.	Susan RANDALL	USA	74	1:45:01	
80.	Erin TAYLOR-TALCOTT	USA	78	1:45:25	
81.	Elena GOH LING WING	MAS	96	1:45:34	PB
82.	Katelynn RAMAGE	CAN	93	1:49:30	PB
	Radosveta SIMEONOVA	BUL	93	DNF *	beyond limit time
	Corinne HENCHOZ	SUI	64	DNF *	beyond limit time
	Olga YAKOVENKO	UKR	87	DQ	
	Wendy CORNEJO	BOL	93	DNF	
	Agnese PASTARE	LAT	88	DNF	
	Anastasiya YATSEVICH	BLR	85	DNF	

### 10km Junior Women, Sunday 4 May, 9AM

Now to the second 10km event (see <http://www.iaaf.org/competitions/iaaf-world-race-walking-cup/news/junior-womens-10km-iaaf-world-race-walking-cu>)

Duan Dandan and Yang Jiayu started the day off in magnificent fashion for the host nation of the 2014 IAAF World Race Walking Cup as the Chinese pair took gold and silver in the junior women's 10km on Sunday. Duan clocked a 2014 junior world-leading time of 43:05, after briefly looking like she might get close to the World junior record of 41:57 held by her compatriot Gao Hongmiao since 1993, while Yang followed her home 32 seconds later. Both women, obviously spurred on by a cheering home crowd in Taicang, clocked substantial personal bests. The pair combined to give China a perfect score in the team competition and take the gold medals with just three points, regaining the title they won four years ago in the Mexican city of Chihuahua.

However, the sharp end of early stages of the race had a very European flavour. Czech Republic's Anezka Drahotova and Russia's Oxana Golyatkina, the gold and silver medallists respectively from the 2013 European Athletics Junior Championships 10,000m race walk, immediately tore away from the field from the gun and went through 2km in 8:57. Duan and Yang were working together and six seconds in arrears, and then there was a long gap back to Belarus' Viktoriya Rashchupkina, with the leading pair's fast start having quickly splintered the entire field with the teenager walkers scattered around the course along the East Shanghai Road. The leading pair continued their battle for supremacy on the second lap, going shoulder-to-shoulder through 4km in 17:27 with the Duan and Yang now eight seconds back.



However, after the second lap, Duan started to chase down her European rivals and got back on level terms with Drahotova and Golyatkina as they went through 6km in 26:02, the slight drop in speed on the third lap also perhaps helping let the local girl come up to join the leaders. Off the second turn on the penultimate lap, Duan then pushed hard to open up a gap over Drahotova while Golyatkina had to step to the side of the road following her third red card, leaving the course in tears. Duan passed 8km in 34:38 with the Czech walker now six seconds in arrears. As Drahotova started to tire, Yang started to motor behind her in a bid to make it a Chinese one-two and succeeded in moving up to the silver medal early on the lap. However, there was too big a gap for her challenge her team mate despite Duan easing off slightly over the final kilometre, assured of the gold medal. Drahotova hung on to take the bronze medal and was rewarded with a national record of 43:40. Emphasising the gulf between the medallists and the rest of the field, Spain's Laura Garcia-Caro finished fourth in a personal best of 45:29, almost two minutes behind the bronze medallist.

However Garcia-Caro did get the chance to climb the podium as Spain took the team silver medals with 13 points and Australia took third place with 20 points. Slightly surprisingly, but obviously damaged by Golyatkina's disqualification, Russia finished out of the junior women's medals for the first time ever, having won the team title four times in the previous five editions of this race but having to settle for sixth place on this occasion.

Nine of the top 10 women home set personal bests on the famously quick course, with light rain helping the fast times, although there was a slight quartering breeze. Among those women going into new territory was Tunisia's Chahinez Nasri in 10<sup>th</sup> place, who set an African Area junior record of 46:43.

The Australian junior women combined to add yet another bronze to the Australian tally as they joined host country China (gold) and Spain (silver) on the podium following an impressive PB walk by **Clara Smith** (8<sup>th</sup> in 46:33) along with strong walks by **Jemima Montag** (12<sup>th</sup> in 47:34) and **Elizabeth Hosking** (25<sup>th</sup> in a PB 49:21). "I'm so happy, it's amazing," Clara said. "I felt so horrible in the last kilometre, I thought I was going to be sick the whole time, but I knew that I just had to hold on and push as hard as I could to the line. The experience of being here has just been out of this world. I can't wait to have another opportunity to compete for Australia and I so much look forward to competition against the best athletes in the world again. They just push you to that next level. Sorry but no photos of the Australian girls – next week!



**Dandan Duan and Anezka Drahotova duel for the lead alongside Oksana Golyatkina early in the race (www.iaaf.org)**

1.	Dandan DUAN	CHN	95	43:05	WL, PB
2.	Jiayu YANG	CHN	96	43:37	PB
3.	Anežka DRAHOTOVÁ	CZE	95	43:40	PB, NJR
4.	Laura GARCÍA-CARO	ESP	95	45:29	PB
5.	Hailu CUN	CHN	97	45:52	
6.	Klavdiya AFANASYEVA	RUS	96	45:59	PB
7.	Viktoryia RASHCHUPKINA	BLR	95	46:21	PB
8.	<b>Clara SMITH</b>	<b>AUS</b>	<b>98</b>	<b>46:33</b>	<b>PB</b>
9.	Maria PEREZ	ESP	96	46:41	PB
10.	Chahinez NASRI	TUN	96	46:43	PB, AJR
11.	Mildred RAYA MACIAS	MEX	96	47:13	PB
12.	<b>Jemima MONTAG</b>	<b>AUS</b>	<b>98</b>	<b>47:34</b>	
13.	Eleonora DOMINICI	ITA	96	47:37	PB

14.	Valeria ORTUÑO	MEX	98	47:44	PB
15.	Lidia SANCHEZ-PUEBLA	ESP	96	48:07	PB
16.	Nicole COLOMBI	ITA	95	48:22	PB
17.	Karla JARAMILLO	ECU	97	48:26	PB, NJR
18.	Jessica HANCCO	PER	95	48:29	PB
19.	Živilė VAICIUKEVIČIŪTĖ	LTU	96	48:37	PB
20.	Daniela PASTRANA	COL	96	48:54	PB
21.	Anel OOSTHUIZEN	RSA	95	48:59	PB, NJR
22.	Monika VAICIUKEVIČIŪTĖ	LTU	96	49:01	PB
23.	Anastasiya CHERNOVA	RUS	96	49:11	
24.	Hanna SUSLYK	UKR	96	49:20	PB
25.	<b>Elizabeth HOSKING</b>	<b>AUS</b>	<b>95</b>	<b>49:21</b>	<b>PB</b>
26.	Mara RIBEIRO	POR	95	49:39	PB
27.	Ellie DOOLEY	GBR	95	49:53	PB
28.	Diana AYDOSSOVA	KAZ	95	49:56	
29.	Rita RÉCSEI	HUN	96	49:57	PB
30.	Mariana MOTA	POR	95	50:05	PB
31.	Dana AYDOSSOVA	KAZ	95	50:19	
32.	Emma ACHURCH	GBR	97	50:20	
33.	Maria Guadalupe SANCHEZ	MEX	95	50:56	PB
34.	Monika HORNÁKOVÁ	SVK	95	50:57	
35.	Eliška DRAHOTOVÁ	CZE	95	51:14	
36.	Tamara STASYUK	UKR	95	51:34	PB
37.	Edna BARROS	POR	96	51:50	
38.	Derya KARAKURT	TUR	96	52:03	PB
39.	Cecile DELEUZE	FRA	96	52:38	
40.	Lena TOMAS	SWE	96	52:38	
41.	Katharine NEWHOFF	USA	97	52:52	
42.	Brenda MCCOLLUM	USA	95	53:24	
43.	Ameni MANAI	TUN	95	53:55	PB
44.	Amira ZINHOM	EGY	97	53:56	PB
45.	Margherita CROSTA	ITA	95	DQ	
46.	Oksana GOLYATKINA	RUS	95	DQ	
47.	Katie MICHTA	USA	96	DQ	
48.	Mariya FILYUK	UKR	95	DQ	

### 20km Men, Sunday 4 May, 10:10AM

Finally to Phil's report on the men's 20km ( see <http://www.iaaf.org/news/report/senior-mens-20km-iaaf-world-race-walking-cup>)

Despite his victory at the famous Lugano race back in March, there is no doubt that Ruslan Dmytrenko's 20km win at the 2014 IAAF World Race Walking Cup was the most surprising of the weekend. With all eyes on Russia's reigning world champion Aleksandr Ivanov and China's Olympic champion Chen Ding, Dmytrenko made his bid for glory just under three kilometres from home to get Ukraine's first ever individual medal at the Cup, crossing the line in a national record of 1:18:37 to clinch gold and the first prize of US\$30,000 on Sunday. Approximately two minutes later, it was confirmed that not only would the Ukrainian national anthem be heard once but twice in Taicang, as his compatriots had provided two other men in the top 10 and they had taken the team title with 18 points.

It was a magnificent performance from the 28-year-old Dmytrenko, whose previous best performance at a major championship was getting the silver medal at the 2013 World University Games, although he was just off the podium at the last edition of the Cup in 2012. "Taicang has been a miracle for me," said the elated and slightly stunned Dmytrenko. "I was very happy with my seventh place at the 2011 World Championships in Daegu and my fourth place in the Cup in Saransk two years ago, but I was not so happy with my seventh place in Moscow at the World Championships last summer. However, despite being good shape (after his win at the IAAF Race Walking Challenge race in the Swiss city of Lugano) before the race, this result was still unimaginable."

Dmytrenko not only battled his rivals on the road but also the elements, as the rain got steadily heavier during the course of the race, but he still managed to produce an outstanding negative split, walking the second half of the race almost two minutes faster than the first. "Indeed, I think the fact that it was raining so hard actually helped bring out my best performance," said Dmytrenko, reflecting on the fact that he was able to cool down as the pace hotted up.

The chilly downpour started as steady drizzle. Firstly Japan's Takumi Saito and then Korea's Hyunsub Kim both made early breaks as the rest of the large field felt its way cautiously around the increasingly slippery 2km circuit. The first 2km was completed in 8:13 and then 4km in 16:19, respectably quick but not breathtakingly so. On the third lap, as the deluge started to increase in intensity, it was the turn of defending 20km champion Wang Zhen to force the pace a little but a huge group was still massed behind him as he passed 6km in 24:19. The game of pass-the-parcel at the front continued with Ukraine's Nazar Kovalenko taking his turn as the leader for much of the fourth lap, crossing the line after 8km in 32:17. However, all the expected main medal contenders were still in the group he was pulling along. As the pace gradually increased, especially on the fifth lap, the halfway point was then passed in a speedy 40:10 with Ivanov showing at the front for virtually the first time,

while most of the other main protagonists were still continuing to eye each other up. However, the rise in tempo on the fifth lap had seen the leading group reduced to 10.

China's Cai Zelin, fourth at the 2012 Olympics and a Cup junior men's silver medallist in 2010, was the next man to test the mettle of the men around him and started to push the pace as it became ever more clear that his more illustrious compatriot Chen was starting to struggle. The Olympic champion was lodged at the back of the group which went through 12km in a speedy 47:53 after the fastest lap of the race so far. Chen briefly seemed to get his second wind, after looking set to be dropped on the sixth lap, and moved up quickly to the front to show that he had not thrown in the towel. He was accompanied by Ivanov and his fellow Russian Andrey Ruzavin in slightly putting daylight between himself and the other seven race walkers, but he then slipped back again and was never a medal contender again as Wang went back to the front and led through 14km in 55:49.

The next lap saw, to the disappointment of the crowd, China's hopes of either an individual or team gold medal take a battering as firstly Chen and then Wang dropped off the back of the group of potential medal contenders. Ruzavin had put in a strong stint at the front and had gone through 15km in 59:44, before just stepping off the pedal and letting others in the six-man lead group – which was now Ivanov, Ruzavin, Dmytrenko, Cai, Japan's Yusuke Suzuki and Colombia's 2012 junior men's winner Eider Arevalo – do some of the work. With two laps to go, the clock read 1:03:31 and a few hundred metres further Cai decided it was the right time to make a move, but that effort was only sustained for barely a kilometre before Dmytrenko made his own decisive surge for home. Cai, grimacing, was 30 metres back at the bell, reached by Dmytrenko in 1:11:04. There was another 15 metres back to Suzuki, as the leading pair furiously pounded the streets of Taicang but maintained their poise and technique all the way to the line to take the gold and silver medals, the latter clocking 1:18:52 to finish 15 seconds behind the exultant but exhausted winner.

Behind the leading pair, there was drama in the battle for the bronze medal as firstly Ivanov and then Arevalo picked up their third and final warnings and were disqualified in the 19th kilometre. An inspired Ruzavin executed a late charge which saw him go past Suzuki just after entering the final kilometre and eventually clinching third place in 1:18:59. Suzuki crossed the line fourth, 20 seconds further back, followed home by Spain's fast-finishing world bronze medallist Miguel Angel Lopez, who finished fifth in a personal best of 1:19:21.

After all 100 finishers had been counted home, China took the team silver medals with 23 points – with Wang sixth and Chen 15th – while his team-mates packed well enough to provide Suzuki with a reason to climb the podium as Japan took the bronze medals with 35 points.

Our three Australian representatives all walked strongly. National champion **Dane Bird-Smith** clocked a PB 1:20:27 to take 14<sup>th</sup> place. The result drastically improves on the 44<sup>th</sup> place he achieved in the same event in Saransk (RUS) two years ago, and is his second best international result over the distance ever behind the 11<sup>th</sup> place he secured on debut at last year's IAAF World Championships (in a race which was a lot weaker in terms of depth). "I'm really happy with it. Off the start line with 120 people was mayhem, the first three laps were busy to say the least and tough when you are trying to keep technique. The pace was where I wanted it though and I was able to hold it through to the half-way mark. The rest of my race was about making sure that the boys at the front didn't get away and I managed to do that. I negative split the second 10-kilometres which means that the last part of my race was quickest and that's awesome. I'm heading home to wrap up a bit of university work then it will be off to Europe. I am looking forward to having a real crack over there and hoping to keep improving across the year, training and competing alongside some of the best athletes in the world at races that I haven't had a chance to be involved in before."

57<sup>th</sup> placed overall, **Rhydian Cowley** also delivered a new personal best of 1:23:58 from today's race, with London Olympian **Adam Rutter** rounding out the Australian contingent in 64<sup>th</sup> place. His time was 1:24:44. Sorry, it was raining so no photos of any of the Aussies. Next week!

The other big highlight for me in this race was the performance of the Canadian team who just missed out on third place in the Teams event by the barest of margins – one point! **Evan Dunfee** (11<sup>th</sup> in 1:20:13), **Inaki Gomez** (12<sup>th</sup> in 1:20:18) and **Ben Thorne** (13<sup>th</sup> in 1:20:19) all recorded big PBs and all broke the existing Canadian record which had been held by Inaki. Wow!

And finally, check out <http://www.iaaf.org/news/feature/ruslan-dmytrenko-mens-20km-aaf-world-race-wal> for a great article on winner Ruslan Dmytrenko.

1.	Ruslan DMYTRENKO	UKR	86	1:18:37	PB, NR
2.	Zelin CAI	CHN	91	1:18:52	
3.	Andrey RUZAVIN	RUS	86	1:18:59	
4.	Yusuke SUZUKI	JPN	88	1:19:19	
5.	Miguel Angel LOPEZ	ESP	88	1:19:21	PB
6.	Zhen WANG	CHN	91	1:19:40	
7.	Ihor HLAVAN	UKR	90	1:19:59	PB
8.	Omar SEGURA	MEX	81	1:20:03	PB
9.	Eiki TAKAHASHI	JPN	92	1:20:04	
10.	Nazar KOVALENKO	UKR	89	1:20:11	
11.	Evan DUNFEE	CAN	90	1:20:13	PB, NR
12.	Inaki GOMEZ	CAN	88	1:20:18	PB
13.	Benjamin THORNE	CAN	93	1:20:19	PB



14.	<b>Dane BIRD-SMITH</b>	<b>AUS</b>	<b>92</b>	<b>1:20:27</b>	<b>PB</b>
15.	Ding CHEN	CHN	92	1:20:28	
16.	Caio Oliveira DE SENA BONFIM	BRA	91	1:20:28	PB
17.	Pyotr TROFIMOV	RUS	83	1:20:33	
18.	Hyun-Sub KIM	KOR	85	1:20:39	
19.	Alvaro MARTIN	ESP	94	1:20:39	PB
20.	Giorgio RUBINO	ITA	86	1:20:44	
21.	Wei YU	CHN	87	1:20:47	
22.	Takumi SAITO	JPN	93	1:20:51	
23.	Robert HEFFERNAN	IRL	78	1:21:00	
24.	Kevin CAMPION	FRA	88	1:21:07	
25.	Isamu FUJISAWA	JPN	87	1:21:07	
26.	Irfan K.T.	IND	90	1:21:09	
27.	Gurmeet SINGH	IND	85	1:21:20	
28.	Matej TÓTH	SVK	83	1:21:33	
29.	Mauricio ARTEAGA	ECU	88	1:21:46	PB
30.	Denis STRELKOV	RUS	90	1:21:58	
31.	Julio Cesar SALAZAR	MEX	93	1:21:58	PB
32.	José MONTANA	COL	92	1:22:03	PB
33.	Devender SINGH	IND	83	1:22:07	
34.	Marius ZIUKAS	LTU	85	1:22:09	
35.	Anton KUČMÍN	SVK	84	1:22:12	
36.	Jesus Tadeo VEGA	MEX	94	1:22:13	PB
37.	Luis Alberto AMEZCUA	ESP	92	1:22:19	PB
38.	Koichiro MORIOKA	JPN	85	1:22:21	
39.	Antonin BOYEZ	FRA	84	1:22:21	PB
40.	Ivan TROTSKIY	BLR	76	1:22:24	
41.	K. GANAPATHI	IND	89	1:22:41	PB
42.	Marc TUR	ESP	94	1:22:46	PB
43.	Tom BOSWORTH	GBR	90	1:22:53	
44.	Pavel PARSHIN	RUS	94	1:22:59	
45.	Tongda BIAN	CHN	91	1:23:00	
46.	Massimo STANO	ITA	92	1:23:01	PB
47.	Dmitriy DZIUBIN	BLR	90	1:23:13	PB
48.	Basanta Bahadur RANA	IND	84	1:23:15	
49.	Georgiy SHEIKO	KAZ	89	1:23:18	
50.	Byung-Kwang CHOE	KOR	91	1:23:32	
51.	Marco DE LUCA	ITA	81	1:23:34	
52.	Ivan LOSEV	UKR	86	1:23:40	
53.	Rafał FEDACZYŃSKI	POL	80	1:23:41	
54.	Ato IBANEZ	SWE	85	1:23:43	
55.	Łukasz NOWAK	POL	88	1:23:48	
56.	Rafał AUGUSTYN	POL	84	1:23:53	
57.	<b>Rhydian COWLEY</b>	<b>AUS</b>	<b>91</b>	<b>1:23:58</b>	<b>PB</b>
58.	Ivan Gabriel GARRIDO	COL	94	1:23:58	PB
59.	Máté HELEBRANDT	HUN	89	1:24:03	
60.	Sérgio VIEIRA	POR	76	1:24:13	
61.	Lebogang SHANGE	RSA	90	1:24:18	
62.	Grzegorz SUDOL	POL	78	1:24:29	
63.	Andrey TALASHKO	BLR	82	1:24:36	
64.	<b>Adam RUTTER</b>	<b>AUS</b>	<b>86</b>	<b>1:24:44</b>	
65.	Aurelien QUINION	FRA	93	1:25:00	PB
66.	Håvard HAUKENES	NOR	90	1:25:06	PB
67.	Ihor LYASHCHENKO	UKR	93	1:25:23	
68.	Marco Antonio RODRIGUEZ	BOL	94	1:25:42	
69.	Vito MINEI	ITA	94	1:25:51	PB
70.	Francesco FORTUNATO	ITA	94	1:25:57	PB
71.	Wayne SNYMAN	RSA	85	1:26:03	
72.	Mohamed RAGAB SALEH	EGY	94	1:26:10	PB, NR
73.	Dušan MAJDAN	SVK	87	1:26:12	
74.	Patrik SPEVÁK	SVK	94	1:26:14	PB
75.	Genadiy KOZLOVSKIY	LTU	91	1:26:41	
76.	Rafał SIKORA	POL	87	1:26:49	
77.	Brendan BOYCE	IRL	86	1:26:55	
78.	Moacir ZIMMERMANN	BRA	83	1:27:16	
79.	Sahin ŞENODUNCU	TUR	94	1:27:32	PB
80.	Luke HICKEY	IRL	94	1:27:51	PB
81.	Joakim SÆLEN	NOR	93	1:28:05	PB

82.	Benjamín SÁNCHEZ	ESP	85	1:28:26	
83.	Miguel CARVALHO	POR	94	1:28:41	PB
84.	Cian MCMENAMON	IRL	91	1:28:51	
85.	Anders HANSSON	SWE	92	1:28:57	PB
86.	Mert ATLI	TUR	93	1:29:20	PB
87.	Mauricio CALVO AGUILAR	CRC	91	1:29:21	PB
88.	. HENDRO	INA	90	1:29:24	PB, NR
89.	Alejandro CHAVEZ	USA	93	1:29:47	
90.	Emerson HERNANDEZ	ESA	88	1:29:57	
91.	Nick CHRISTIE	USA	91	1:32:19	
92.	Pamuk OZGUR OZAN	TUR	93	1:32:36	
93.	Bruno CARRIÈRE	CAN	92	1:33:08	PB
94.	Adrian Ionut DRAGOMIR	ROU	94	1:33:26	PB
95.	Muhammad HARUN	MAS	92	1:33:31	PB
96.	Michael Giuseppe MANNOZZI	USA	86	1:35:36	
97.	Chun-Hung TSE	HKG	81	1:39:15	
98.	Eswaran RAJAN	MAS	95	1:39:21	PB
99.	Edmund Chye SOON	SIN	83	1:40:11	
100.	Mukhiddin FAKHRITDINOV	TJK	81	1:41:27	PB
	Stanislav TANCHEV	BUL	75	DQ	
	Creighton CONNOLLY	CAN	88	DQ	
	Yerko ARAYA	CHI	86	DQ	
	Eider AREVALO	COL	93	DQ	
	Erick Bernabé BARRONDO	GUA	91	DQ	
	Alex FLOREZ	SUI	71	DQ	
	Aleksandr IVANOV	RUS	93	DQ	
	Andreas GUSTAFSON	SWE	81	DQ	
	Joao VIEIRA	POR	76	DNF	
	José Alessandro Bernardo BAGIO	BRA	81	DNF	
	Diego FLORES HINOJOSA	MEX	87	DNF	
	Erik TYSSÉ	NOR	80	DNF	



**The lead pack battle it out in the rain (photo Giancarlo Colombo)**



Ruslan Dmytrenko wins and helps the Ukrainians to team gold (photos [www.iaaf.org](http://www.iaaf.org))

**CHINESE NATIONAL GAMES, TAICANG, 5-6 MAY**

No sooner had the IAAF World Cup completed in Taicang than the Chinese National Championships kicked off with a variety of events taking place on Monday and Tuesday. The standard was amazing as usual – I restrict my report to the first 20 from each event from Monday’s walks. The results from Tuesday were not yet available at the time of publication. The number of finishers was much larger than 20 in most cases.

**20 km walk Men**

1.	Ma Haijun	CHN	1992	1:22:32
2.	Wang Qin	CHN	1994	1:22:50
3.	Chen Zongliang	CHN	1992	1:23:06
4.	Li Tianlei	CHN	1995	1:23:24
5.	Su Guanyu	CHN	1994	1:23:33
6.	Dong Guozhu	CHN	1992	1:23:45
7.	Yin Jiaying	CHN	1994	1:23:45
8.	Men Fuqiang	CHN	1992	1:23:55
9.	Yan Dexiang	CHN	1993	1:23:56
10.	Yang Liang	CHN	1993	1:25:16
11.	Zhao Fujie	CHN	1993	1:25:20
12.	Zhang Zhi	CHN	1994	1:25:28
13.	Li Guodong	CHN	1992	1:25:43
14.	Zhao Ziyang	CHN	1991	1:25:48
15.	Xu Faguang	CHN	1987	1:25:57
16.	Sun Chenggang	CHN	1991	1:26:21
17.	Wang Yue	CHN	1992	1:26:22
18.	Zhang Wenhao	CHN	1994	1:27:12
19.	Liu Jianmin	CHN	1988	1:27:58
20.	Wang Mingli	CHN	1994	1:29:01

**Women 20 km walk**

1.	Wang Di	CHN	1992	1:30:44
2.	Hou Yongbo	CHN	1994	1:30:53
3.	Ji Yefang	CHN	1996	1:31:06
4.	Luo Xingcai	CHN	1994	1:31:09
5.	Xie Lijuan	CHN	1993	1:31:19
6.	Chen Zhen	CHN	1994	1:35:38
7.	Li Leilei	CHN	1989	1:36:32
8.	Mao Yanxue	CHN	1994	1:37:39
9.	Li Qiuye	CHN	1993	1:37:53
10.	Zhu Chunyan	CHN	1992	1:38:02
11.	Zhang Shasha	CHN	1992	1:38:51
12.	Li Ping	CHN	1994	1:39:34
13.	Dong Genmiao	CHN	1994	1:39:58
14.	Yang Peili	CHN	1994	1:40:08
15.	Xin Shasha	CHN	1992	1:40:14
16.	Song Meiyang	CHN	1989	1:41:04
17.	Zhuang Chunli	CHN	1994	1:41:13
18.	Zhao Jing	CHN	1992	1:41:35
19.	Zhao Huimin	CHN	1993	1:41:40
20.	Tong Lingling	CHN	1992	1:41:49

**U20 Men 10 km walk**

1.	Sun Song	CHN	1996	41:03
2.	Zhang Wanxin	CHN	1996	41:30
3.	Wang Rui	CHN	1996	41:46
4.	Zhao Qingwei	CHN	1995	42:05
5.	Su Xianzhen	CHN	1995	42:07
6.	Yang Yingyi	CHN	1995	42:15
7.	Liu Jian	CHN	1997	42:24
8.	Li Liangyong	CHN	1996	42:39
9.	Li Jichao	CHN	1996	42:40
10.	Ceng Qingsheng	CHN	1995	42:47
11.	Ma Youshan	CHN	1995	42:51
12.	Chen Long	CHN	1995	42:58

**U20 Women 10 km walk**

1.	Wang Na	CHN	1995	44:17
2.	La Mao	CHN	1996	44:38
3.	Yang Lei	CHN	1995	45:11
4.	Ni Yuanyuan	CHN	1995	45:46
5.	Su Yingqiu	CHN	1995	46:22
6.	Zhao Qianyuan	CHN	1995	46:50
7.	Zhao Wenli	CHN	1996	47:16
8.	Caixiang Zhuoma	CHN	1996	47:29
9.	Geng Shasha	CHN	1996	47:30
10.	Pei Mowen	CHN	1995	47:36
11.	Zhang Lili	CHN	1995	47:38
12.	Zhou Jie	CHN	1996	47:46



13.	Wanma Caidan	CHN	1996	43:01	13.	Wang Zhenzhen	CHN	1995	47:50
14.	Zhong Xing	CHN	1995	43:11	14.	Gao Fei	CHN	1996	48:02
15.	Tian Xu	CHN	1996	43:13	15.	Jiang Pengqin	CHN	1995	48:02
16.	Jiang Su	CHN	1995	43:17	16.	Fu Shuang	CHN	1995	49:09
17.	Xu Gang	CHN	1996	43:36	17.	Tang Caihong	CHN	1996	49:14
18.	Wang Jiexin	CHN	1996	43:51	18.	Gao Shan	CHN	1995	49:25
19.	Zhou Shipeng	CHN	1996	44:00	19.	Xia Kaili	CHN	1996	49:28
20.	Wang Chao	CHN	1996	44:06	20.	Zheng Xiaoying	CHN	1995	49:35

#### U18 Men 10 km walk

1.	Zhang Jun	CHN	1998	41:22
2.	Tong Dongliang	CHN	1997	42:10
3.	Zheng Ke	CHN	1998	42:20
4.	Jin Xiangqian	CHN	1997	42:21
5.	Zou Jie	CHN	1997	42:26
6.	Dong Ruichao	CHN	1990	42:55
7.	Chen Shiwei	CHN	1997	42:57
8.	Huang Cheng	CHN	1997	43:01
9.	Zhu Guowen	CHN	1997	43:35
10.	Liu Qingdong	CHN	1997	43:57
11.	Chen Daohui	CHN	1997	43:59
12.	Wu Yongxing	CHN	1997	44:18
13.	Liu Zhenjiang	CHN	1997	44:27
14.	Peng Chen	CHN	1997	44:54
15.	Gao Yingchao	CHN	1998	45:15
16.	Yu Dian	CHN	1998	45:30
17.	Hu Tao	CHN	1997	45:32
18.	Wu Peng	CHN	1998	45:38
19.	Bai Yangxu	CHN	1997	45:40
20.	Wei Xinmeng	CHN	1997	45:49

#### U18 Women 10 km walk

1.	Yang Liujing	CHN	1998	46:23
2.	Yin Hang	CHN	1997	46:28
3.	Ma Yiming	CHN	1997	46:49
4.	Xue Ke	CHN	1998	47:34
5.	Zhu Ruonan	CHN	1998	48:27
6.	You Xiaorong	CHN	1997	48:44
7.	Qiji Zhuoma	CHN	1998	48:52
8.	Jiang Qianqian	CHN	1997	49:01
9.	Ni Wenjuan	CHN	1998	49:04
10.	Hu Zhimin	CHN	1997	49:14
11.	Zhang Lifang	CHN	1997	49:49
12.	Ye Peiling	CHN	1997	49:59
13.	Li Jinchun	CHN	1997	50:10
14.	Chen Yumin	CHN	1997	50:18
15.	Wei Shenchun	CHN	1998	50:24
16.	Lei Fei	CHN	1997	50:32
17.	Yu Lingling	CHN		50:41
18.	Zuo Yaya	CHN	1998	50:49
19.	Wang Wei	CHN	1997	51:23
20.	Yu Ying	CHN	1998	51:38

#### U16 5 km walk

1.	Ni Jie	CHN	1999	23:19
2.	Shi Yuxia	CHN	1999	23:37
3.	Wang Wenjing	CHN	1999	23:42
4.	Dong Junhua	CHN	1999	23:53
5.	Zhao Tongmin	CHN	1999	24:00
6.	Duan Wenjing	CHN	1999	24:15

### VRWC ROADWALKS, MIDDLE PARK, MELBOURNE, SATURDAY 3 MAY

And now to a roundup of Australian events, starting with our own VRWC roadwalks in Melbourne. Mark Donahoo tells me it was a wet and cold day at Middle Park on Saturday and hence the overall number of walkers was lower than usual. There was a problem in the U12 2.5km with some of the girls stopping early and having to continue. Mark has adjusted their times to compensate. Our apologies for this. I will be back on deck next Saturday and keeping a watchful eye on things.

#### 10km Open

1.	Pam Tindal	56:38
2.	Karyn O'Neill	1:08:29
1.	Simon Evans	54:36
2.	Terry O'Neill	1:02:15
3.	Gerard Feain	1:03:17
	Bob Gardiner	DNF
	Ross Reid	DNF

#### H'cap Place

1
2
3
1
2

#### 5km Open

1.	Emily Hamilton	26:34
2.	Kylie Irshad	28:05
3.	Donna Elms	31:55
4.	Robyn Shaw	32:10
5.	Gwen Steed	33:10
6.	Madeleine Feain	33:15
7.	Sandra Howorth	36:03
1.	Jason Kozica	25:03
2.	Mark Donahoo	27:32
3.	Cody McNicol-Davidson	27:50

#### H'cap Place

2
4
5
1
6
3
4
6
1

4.	Lachlan Feain	31:34	2
5.	Tony Barrett	32:34	3
6.	Geoff Barrow	34:07	5
	Adam Garganis	DQ	
	Reese Walmsley	DNF	

### 3km Open

			H'cap Place
1.	Emily Swan	17:14	1
2.	Jan Morrey	21:53	2
3.	Pam Mews	30:24	3
1.	John Morrison	21:37	1
2.	Jim Crawford	27:21	2
3.	Alex Poore	23:15	Unjudged

### 3km Under 15

			H'cap Place
1.	Brodie Richardson	17:31	3
2.	Jessica Lillie	17:35	1
3.	Caitlyn Rudston-Brown	22:11	2
	Gabbie Crea	DQ	
1.	Kyle Swan	13:10	1
2.	Hayden Walmsley	18:05	2

### 2.5km Under 12

			H'cap Place
1.	Kathleen O'Mahony	14:56	5
2.	Mackenzie Mielczarek	15:33	2
3.	Chloe Karagiorgos	15:55	4
4.	Grace Louey	15:57	6
5.	Ruby Paten	16:01	3
6.	Charlotte Hay	16:31	1
1.	Corey Dickson	13:18	1

### 1.5km Under 9

			H'cap Place
1.	Gemma Lillie	09:07	1
2.	Elise Carbery	11:15	2
1.	Joel Prys	08:43	1

Thanks to Darlene Swan for her photos from the day's racing -see <http://www.vrwc.org.au/coppermine>. It was certainly cold and wet, judging from this one.



Emily Swan and Brodie Richardson walking in Middle Park last Saturday (photo Darlene Swan)

**ALAC U13 T&F CHAMPIONSHIPS, LAKESIDE STADIUM, ALBERT PARK, SATURDAY 3 MAY**

The Australian Little Athletics T&F Championships were held last Saturday at Lakeside Stadium in Melbourne. This is a strange carnival to say the least as it sees individual championship events for U13 only. And as it is restricted to only 12 athletes per age group per State, it means that specialist walkers are only chosen if they have a second event in which they can excel. Consequently, the 1500m walks are often filled with athletes from other disciplines rather than our best walkers. So as an event, it has little to recommend it from my point of view. Take the results as you may – here they are.

**Girls U 13 - 1500 Metre Walk Trevor Billingham Trophy**

1.	Eliza De Laine	New South Wales	6:58.33
2.	Tiahna Ruane	Western Australia	7:04.06
3.	Bethany Cross	South Australia	7:08.78
4.	Elizabeth Henderson	ACT	7:49.13
5.	Jenna Lawrence	Queensland	7:59.06
6.	Isabella Darsaklis	Tasmania	8:13.63
7.	Arabella Phillips	Tasmania	8:23.42
8.	Hayley Wright	Queensland	8:23.70
9.	Jamieson Battistella	Victoria	9:11.40
10.	Lauren Robards	ACT	9:57.96
11.	Samara Harding	Western Australia	10:31.19
12.	Brooke Wilkins	New South Wales	12:08.42
13.	Brooklyn Vonderwall	South Australia	12:12.96
	Rebecca Henderson	Victoria	DQ

**Boys U 13 - 1500 Metre Walk Trevor Billingham Trophy**

1.	Zac Newton	Western Australia	7:13.23
2.	Mitchell Baker	ACT	7:26.26
3.	Jayden Goode	South Australia	7:27.71
4.	Luke Gosper	New South Wales	7:38.19
5.	Bailey Dawson	Western Australia	7:41.05
6.	Connor Frew	ACT	8:16.77
7.	Luke Padgham	Victoria	8:18.57
8.	Nicholas Beekwilder	New South Wales	8:57.34
9.	Ace Buck	Victoria	9:46.49
10.	Bradley Young	Tasmania	10:11.32
11.	Aidan Lock	South Australia	10:47.78
12.	Joel Walk	Queensland	11:15.76
13.	Kurt Hibbs	Tasmania	11:40.96
14.	Tarj Townson	Queensland	13:06.81
	Izaya Leota	Queensland	SCR

**SAMA ROADWALKS BURBRIDGE ROAD, ADELAIDE, SATURDAY 3 MAY**

Thanks to Colin Hainsworth for his weekly results from the South Australian Masters in Adelaide. he commented that the afternoon was cold but fine and that there were 3 short 'steepish' hills per lap.

**8km yacht handicap walk**

1.	Matthew Anderson	M42	67:57	46.16%
2.	Graham Harrison	M70	56:32	72.28%
3.	Colin Hainsworth	M84	64:20	78.26%
4.	Rodger Barber	M75	59:26	73.45%
5.	Edna Bates	W61	69:43	59.24%
6.	Kevin Finn	M62	53:34	69.69%
7.	Raelene Schild	W49	60:49	59.69%
8.	Margaret Trengove	W70	59:47	78.36%
9.	Linda Whitelaw	W60	66:01	61.80%
10.	David Robertson	M80	74:54	62.82%

**4km yacht handicap walk**

1.	Jill Rogers	W69	33:17	65.71%
2.	Helen Suridge	W63	29:08	69.40%
3.	Roger Lowe	M71	30:24	66.24%
4.	Kristine Freeman	W50	33:40	52.52%



## RWCWA ROADWALKS, WILSON, PERTH, SUNDAY 4 MAY

Thanks to Rick Cattermole for the latest results from the Racewalking Club of Western Australia in Perth. Rick tells me that they held their AGM after the walks and a newish committee was selected. The weather was overcast but good for walking.

### 5km open mixed

1.	Simeon Leatherland	22.33 (PB)
2.	Caitlin Gerken	29.52

### 2km open men

1.	Christopher Gerken	12.55
2.	Tim Kezic	12.57
3.	Ryan Kezic	14.01

### 2km open women

1.	Breanna Brown	11.50
2.	Summer Brown	12.27
3.	Tina Kezic	14.20
4.	Lily Reynolds (u/9)	16.30

## SARWC ROADWALKS, ADELAIDE PARKLANDS, ADELAIDE, SATURDAY 3 MAY

Thanks to Kim Mottrom for last Saturday's results from the South Australian walkers club in Adelaide. Kim reported: There were a number of walkers out while we had Jared and Tanya representing us in China and Jayden Goode and Bethany Cross representing us for the national little athletics championships- all but Tanya picked up a bronze. In SA though, highlights were the whole Hooker family recording big PB's, Jake Vidler easily beating his 5km PB on his second attempt, Ayeisha Wallace stepping up to 5km, Victoria Upton doing a huge PB over 2km, and just a large number of smaller PB's across the board!

### Open 10km

1.	Justin Hill	Open	54:10	
2.	Troy Hooker	O35	54:21	PB 2:25
3.	Peter Crump	O35	54:45	
4.	John Leydon	O35	1:02:40	
5.	Bill Starr	O35	1:11:28	
6.	Jim Hoare	O35	1:12:34	

### Open 5km

1.	Jake Vidler	U16	26:51	PB 1:29
2.	Rhiannon Lovegrove	U16	27:51	PB 0:14
3.	Danielle Walsh	U20	28:20	
4.	Felicity Henderson Wilson	U20	28:49	
5.	Ayeisha Wallace	U14	30:00	First One
6.	Samantha Findlay	U18	32:50	
7.	Alix Harlington	U16	DNF	

### Open 3km

1.	Tristan Camilleri	U14	18:17	
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### Open 2km

1.	Jessica Hahn	U16	10:35	PB 0:13
2.	Sarah Damin	U14	11:06	
3.	Victoria Upton	U12	11:18	PB 0:52
4.	Mark Hooker	U10	11:18	PB 0:15
5.	Chloe Upton	U14	11:47	PB 0:01
6.	Karen Hooker	O35	12:43	PB 0:55
7.	Mia Wilks	U12	13:31	PB 0:04
8.	Kat Wilks	O35	14:01	PB 0:29
9.	Maddy Wallace	U10	14:34	
10.	Zak Guth	U10	14:57	First one
11.	Sue Damin	O35	15:55	PB 0:09

### Open 1km

1.	Aleesha Vidler	U12	6:48	PB 0:54
2.	Kitarni Upton	U10	6:55	PB 0:03
3.	Helen Wallace	O35	9:30	PB 0:22

Thanks to Kim for these photos



Left: Start of 5km Event    Right: Bill Starr SARWC Patron and Veteran



Left: Start of 2km and 1km events    Right: Troy Hooker and Peter Crump in a close 10K

**NSWRWC ROADWALKS, TEMPE, NSW, SATURDAY 26 APRIL**

And now back a week to Saturday 26<sup>th</sup> April for the NSWRWC walks at Tempe. Tyler Jones 39:20 and Lauren Bourke 40:53 showed the way in the 8km event in a well attended meet which saw 55 walkers in action.

**Long Division 8km**

- |                      |       |
|----------------------|-------|
| 1. Tyler Jones       | 39.20 |
| 2. Lauren Bourke     | 40.53 |
| 3. Jay Felton        | 41.36 |
| 4. Tom Doyle         | 43.34 |
| 5. Anthony Albanese  | 47.33 |
| 6. Amanda Barendregt | 47.50 |
| 7. Joan Purcell      | 57.29 |

**Medium Division 6km**

- |                 |       |
|-----------------|-------|
| 1. Nathan Brown | 31.18 |
|-----------------|-------|

**U16 Division 2km**

- |                         |       |
|-------------------------|-------|
| 1. Harrison Mavin       | 10.46 |
| 2. Dion Carrothers      | 11.13 |
| 3. Renee Hardy          | 11.30 |
| 4. Donald Capallo       | 11.30 |
| 5. Paige Rigney         | 11.35 |
| 6. Alexandra Sutherland | 11.46 |
| 7. Lachlan Becroft      | 11.48 |
| 8. Baden Little         | 12.07 |
| 9. Sean Teo             | 12.17 |
| 10. Brendon Mullins     | 12.17 |

2. Jasmine Dighton	31.30	11. Morgan Little	12.41
3. Jasmyne McDonald	31.44	12. Melissa Hoy	13.53
4. Raquel Roukos	33.01	13. Chloe McLoughlin	15.00
5. Dylan Richardson	34.30	14. Logan Barendregt	16.14
6. Stephanie Grujoski	38.18	15. Lachlan Rigney (INV)	11.04
7. Sarah Kelland	39.43		
8. Brendon Hyde	53.50		
9. Baden White (INV)	48.39		

#### Short Division 3km

1. Chelsea Goodhew	15.18
2. Kyle Bedford	15.20
3. Nicholas Douglas	16.20
4. Samantha Brown	16.36
5. Ryan Thomson	16.46
6. Tiffany Saker	17.45
7. Ally Grujoski	18.09
8. Travis Barendregt	18.55
9. Nicolle Challinor	24.39
10. Annette Tillman	27.16

#### U12 Division 1km

1. Lachlan Rigney	5.38
2. Brooke Martin	5.46
3. Taylor Roukos	6.19
4. Jada Thomson	6.34
5. Courtney Mavin	6.43
6. Brodie Douglas	6.44
7. Reilly Jones	7.15
8. Aiden Hardy	7.38
9. Stacie Becroft	8.59
10. Ella Becroft	9.44
11. Ethan Martin	9.59
12. Emily Challinor	10.50
13. Sarah Challinor	11.04
14. Amelia Crocker	11.18

### QRWC ROADWALKS, KALINGA PARK, SUNDAY 27 APRIL 2014

And a day later, QRWC were in action in Brisbane with Dane Bird-Smith and Clara Smith having their final hitouts before Taicang. While Dane was content to walk with Brad Aiton (22:26 for 5km), Clara was in scintillating form in the 3km with a huge PB time of 12:52. Now I only keep track rankings for this distance but I can tell readers that this is right up there in terms of times. To check out my rankings, see <http://www.vrwc.org.au/documents/AustralianAllTimeWalkingWomen-TIM.pdf>.

#### A Grade 10km

1. Peter Bennett	52.27
2. Argenis Guevara	57.00
3. Paul Lindenberg	63.54
Ian Richardson	DNF
1. Nyle Sunderland	58.32
2. Donna Beikoff	72.03
3. Noela McKinven	80.20

#### B Grade 5km

E1. Dane Bird-Smith	22:26
E2. Brad Aiton	22.26
3. Jamie McCutcheon	27.38
4. Shane Pearson	30.52
5. Patrick Sela	35.55
1. Jess Pickles	25.28
2. Natalia Robson	32.05
3. Debbie Lindenberg	33.54
4. Sally Lynch	36.30
5. Christiane Dauphinnet	39.58

#### E/F Grade 1km

1. Jaydon Stovin	5.59
1. Scarlett Schofield	6.59
2. Emma Brittain	7.13
3. Anika Clarke	7.18

#### C Grade 3km

1. Kyle Bird	13.34	
2. Callum Haig	20.06	
3. Izaya Leota	23.57	
1. Clara Smith	12.52	PB 0:30
2. Tahlia Hunt	14.56	
3. Katie Hayward	15.11	
4. Mikaela Woodward	16.56	
5. Jade-Elizabeth Pearson	19.38	
6. Denise Fellows	22.08	
7. Constance Keenan	22.36	
8. Maurice Dauphinnet (NJ)	27.00	

#### D Grade 2km

1. Adam Buchhorn	11.29
2. Nelson McCutcheon	12.30
3. Jamison Stovin	12.43
4. Ethan Clarke	13.17
1. Amelia Schofield	12.59
2. Chloe Treurnich	13.17
3. Isabella Schofield	14.13

### ANTANO MIKĖNO MEMORIAL MEET, MIKĖNO BIRSTONAS, LITHUANIA, SATURDAY 26 APRIL

And now overseas to catch up on one final meet from that same weekend, the Antano Mikenos Memorial meet in Lithuania, where Tadas Šuškevičius (41:29) and Neringa Aidietytė (44:15) comfortably took out their respective 10km events. It is well reported on the oMarchador website at <http://omarchador.blogspot.pt/2014/04/neringa-e-tadas-vencem-memorial-antanas.html>. Neringa then backed up the following week to record a Lithuanian national record in the women's 20km in Taicang.

**Men 10 km walk**

1.	Tadas Šuškevičius	LTU	22 May 85	41:29
2.	Dzianis Simanovich	BLR	20 Apr 87	42:02
3.	Artur Mastianica	LTU	30 Jul 92	42:14
4.	Marius Šavelskis	LTU	30 Jul 94	42:52
5.	Normantas Petriša	LTU	6 May 94	44:16
6.	Martynas Jarusevičius	LTU	6 Mar 96	44:26
7.	Tomas Pagirys	LTU	22 Aug 96	44:39

**Women 10 km walk**

1.	Neringa Aidietytė	LTU	5 Jun 83	44:15
2.	Živilė Vaiciukevičiūtė	LTU	3 Apr 96	50:26
3.	Monika Vaiciukevičiūtė	LTU	3 Apr 96	50:46
4.	Agnė Klebauskaitė	LTU	13 Apr 92	51:17
5.	Monika Nawrocka	POL	10 Dec 90	51:55
	Agnieszka Ellward	POL	26 Mar 89	DQ

**U18 5 km walk**

1.	Olga Niedziałek	POL	30 Jun 97	24:06
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**VRWC RECORDS**

Nathan Brill took another VRWC club record with his superb walk in the World Cup U20 10km last Saturday when he bettered Nathan Deakes' 1997 time of 41:19. Well done Nathan!

Nathan Brill    U20 10km Roadwalk    41:07    WWC U20 10km    Taicang, China    03/0/2014

**WHAT'S COMING UP**

Our VRWC winter season continues at Middle Park next Saturday with our third round of competition. Our club walks are open to everyone, but to score points in any of our winter season points competitions, you must be a financial member. You can of course join on any race day.

**Saturday 10<sup>th</sup> May 2014, Middle Park****VRWC EVENTS: Entries close for all events at 2.00pm sharp.**

2.15pm	10km	Points Race	Open
2.15pm	5km	Points Race	Open
2.15pm	3km	Points Race	Open
2.15pm	3km	Points Race	Under 15
2.30pm	1.5km	Points Race	Under 9
2.40pm	2.5km	Points Race	Under 12

Remember that this winter, we are using our new chip recording system each week for all our races from U15 upwards. **So all walkers need to bring their chips. If you don't have one yet, you will need to purchase one (\$20) for use in all VRWC races. If you come without your chip, you will need to purchase a disposable one for use on the day (cost \$2). It is also essential that you bring your VRWC race numbers as these are the ones that are coded into our computer and chip systems. We will only be giving spare numbers to first time walkers. If you come without your allocated VRWC race number, you will have to pay a further \$2 and you will be allocated a blank set of bibs on which your VRWC number will be written.**

We will no longer be using paper lapsheets and manually noting your lap splits. The chip system will do it all from now on for all age groups from U15 upwards. The only age groups who will continue to be done manually are U9 and U12.

And a reminder that the Victorian Country roadwalking championships will be held on Sunday 18<sup>th</sup> May at the Turf Club in Ballarat. You need to enter via the AV website soon – <http://athsvic.org.au/events/competitions/avcompetitions/walks/>. **Note that our VRWC fixture lists this meet as a morning meet – it has now been confirmed for an afternoon timetable with a 1PM start time. I will publish the timetable next week.**

Note also that entries close on Sunday 18<sup>th</sup> May with me for any Victorians who intend the Racewalking Australia carnival being held in Canberra on Sunday June 9<sup>th</sup>.

**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.

**2014 Australian/Victorian Winter Season Key Dates**



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 18, 2014 Naumburg International Racewalks, Naumburg, Germany  
 July 22-27, 2014 **15<sup>th</sup> 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

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 28<sup>th</sup> Summer Universiade, Gwanju, South Korea  
 July 2015 9<sup>th</sup> World Youth T&F Championships, Cali, Colombia  
 Aug 22-30, 2015 15<sup>th</sup> IAAF World Championships in Athletics, Beijing, China  
 July/Aug 2015 20<sup>th</sup> World Masters T&F Champs Stadia, Lyon, France  
 May 2016 27<sup>th</sup> IAAF World Race Walking Cup, Cheboksary, Russia  
 July 2016 16<sup>th</sup> World Junior T&F Championships, Kazan, Russia  
 Oct 26 -Nov 6, 2016 21<sup>st</sup> World Masters T&F Champs Stadia, Perth, Australia. See <http://www.perth2016.com>  
 Aug 2016 31<sup>st</sup> Olympic Games, Rio de Janeiro, Brazil. See <http://www.rio2016.org.br/en/Default.aspx>  
 July 2017 10<sup>th</sup> World Youth T&F Championships, ?  
 July 2017 29<sup>th</sup> Summer Universiade, Taipei, Taiwan  
 August 5-13, 2017 16<sup>th</sup> IAAF World Championships in Athletics, London, UK  
 May 2018 28<sup>th</sup> IAAF World Race Walking Cup, Cheboksary, Russia  
 July 2018 16<sup>th</sup> World Junior T&F Championships, ?  
 Apr 4-15, 2018 Commonwealth Games, Gold Coast, Queensland (racewalks on the program). See <http://www.gc2018.com>  
 2019 17<sup>th</sup> IAAF World Championships in Athletics, ?  
 July 2019 11<sup>th</sup> World Youth T&F Championships, ?  
 July 2019 30<sup>th</sup> Summer Universiade, Brasilia, Brazil  
 July 2020 32<sup>nd</sup> Olympic Games, Tokyo

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