



## HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club  
2013/2014 Number 42  
15 July 2014



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### TIM'S WALKER OF THE WEEK

This week's walker of the week is current Australian 20km champion **Dane Bird-Smith**. Last week he stormed to a win in the Cork City meet in Cork, Ireland, in a PB time of **10:56.23**. It is yet another fantastic walk by Dane during his current European jaunt and pushes him up to second place on the Australian all time list behind Andrew Jachno's 1991 time of 10:56.22 – yes, that's right, only 0.01 sec separates the two speedsters! You can read more about Dane's fantastic walk later in the newsletter.

### WHAT'S COMING UP

Next Saturday sees us hosting the **Victorian 10km roadwalk championships** with medals on offer in Open, 40+ and 50+ divisions. You have to be a current member of one of the AV clubs to enter this race and you must pre-enter via the AV online entry panels - see <http://athsvic.org.au/events/calendar/>. This is also our annual Racewalking Australia Challenge day - **The Racewalking Australia Challenge** is a RWA club versus club competition. The points from the fastest competitor from each club in each race will be added and the club with the lowest points declared the winner. Master athletes are scored on their age grading. So we need everyone on deck for Saturday 19<sup>th</sup> July - **you can just enter online via our VRWC entry panel** (<http://www.vrwc.org.au/wp1>) or you can enter on the day.

#### Saturday 19<sup>th</sup> July 2014, Middle Park

#### AV Championships, RWA State Challenge and CWA Fund Raising Day

2.15pm	10km	AV Championship	Open, 40+, 50+ Men
		Winner of the Open Men's event is awarded the C.H. [Bert] Gardiner Medal	
2.15pm	10km	AV Championship	Open, 40+, 50+ Women
2.15pm	10km	RWA Challenge	Open Men/Women
2.15pm	10km	RWA Challenge	Masters Men/Women
2.15pm	10km	RWA Challenge	Under 20 Men/Women
2.15pm	8km	RWA Challenge	Under 18 Men/Women
2.15pm	5km	RWA Challenge	Under 16 Boys/Girls
2.15pm	3km	RWA Challenge	Under 14 Boys/Girls
2.15pm	3km		Open
2.30pm	1.5km	RWA Challenge	Under 10 Boys/Girls
2.40pm	2km	RWA Challenge	Under 12 Boys/Girls

This is also our annual fundraiser for the day with all monies raised on this day (from race fees, canteen takings and from donations) going to a charitable organisation each year. This year we are targeting the Country Women's Association (CWA). Another reason for coming along.

A few more dates to keep in mind.

Our **annual Falls Creek training camp** will run from **Sunday 28 December 2014 to Saturday 10 January 2015**. You can keep up with the latest Falls Creek Camp news by joining our facebook webpage at <https://www.facebook.com/groups/726992100645163>.

Entries are now open for our **VRWC 24 Hour carnival** on the weekend of **4-5 October 2014**. Events include 24 Hours, 12 Hours, 6 Hours and RWA 100km. Check it out or enter at <http://www.centurions.org.au/event2014.shtml>.

Entries are now open with Athletics Australia for the **Australian Roadwalk Champs** which will be held in **Albany, WA**, on **Sunday 24 August**. See <http://www.athletics.com.au/Compete/Online-Entries>. Entries close on August 1<sup>st</sup> at midnight. See <http://www.athletics.com.au/Compete/Events/Event-Details/ArtMID/7504/ArticleID/700066/2014-Australian-Race-Walking-Championships> for further information, a map of the course and a draft timetable. The AA website states that Virgin Australia has put on additional flights from Perth to Albany and return for the Cross Country and Road Walks. These are not available from the Virgin Australia website. Further information, and to book, contact your Member Association.

## VRWC ROADWALKS, MIDDLE PARK, SATURDAY 12 JULY

They say a picture paints a thousand words....rain, rain, rain, rain, rain, rain, rain, rain, rain, rain, etc, etc. Conditions were miserable at our VRWC races at Middle Park last Saturday, as Harrison Karagiorgos can attest. In fact, I felt almost guilty to be soaking up the sun in Darwin (well, almost!) but such are the breaks in life.



It was a prizes day on Saturday with the pick of the table going to the winner of the handicap in each division so the races were keenly contested. The 10km events saw Terry and Karyn O'Neill take the double with Terry walking his best time in years (58:55 and Karyn just outside her PB (1:07:32). The wet weather must agree with them. Donna Elms (30:22) and Jason Kozica (24:42) won the Open 5km handicaps while Emily Swan (17:02) and John Morrison (21:03) won the Open 3km handicaps. We also welcomed Liz Wrigley who had her first walk with us.

<b>10km Open</b>		<b>H'Cap Place</b>
1.	Pam Tindal	56:11 2
2.	Karyn O'Neill	1:07:32 1
1.	Andrew Jamieson	54:00 5
2.	Ralph Bennett	58:13 2
3.	Terry O'Neill	58:55 1
4.	Gerard Feain	1:04:11 4
5.	Bob Gardiner	1:05:43 3
6.	John Kilmartin *	1:02:49
<b>5km Open</b>		<b>H'Cap Place</b>
1.	Emily Hamilton	27:00 4
2.	Heather Carr	28:41 2
3.	Donna-Marie Elms	30:22 1
4.	Elizabeth Feldman	30:51 3
5.	Gwen Steed	33:46 5
6.	Liz Wrigley *	38:21
1.	Jason Kozica	24:42 1
2.	Mark Donahoo	29:34 4
3.	Gary Turner *	38:24
4.	Barrie Wicks	39:19 2
5.	Alex Poore	40:43 3
	Bernie Keirl	DQ
	Geoff Barrow	DQ
<b>3km Open</b>		<b>H'Cap Place</b>
1.	Emily Swan	17:02 1
2.	Madeleine Feain	19:19 3
3.	Jan Morrey	21:14 2
4.	Irina Semenova	21:59

5.	Margaret Beaumont	25:11	4
6.	Pam Mews	30:07	5
1.	Paul Kennedy	16:42	3
2.	John Morrison	21:23	1
3.	Ian Beaumont	24:58	2

Our younger walkers tested themselves out over longer distances this week – 5km for U15, 3km for U12 and 1.5km for U9. We also welcomed Will Thompson for his first walk with us in the U12 division. Prizes went to Jessica Lillie (31:07), Lachlan Feain (29:30), Ruby Paten (18:54), Corey Dickson (16:05), Elise Carbery (9:02) and Harrison Karagiorgos (9:01).

<b>5m Under 15</b>		<b>H'Cap Place</b>	
1.	Brodie Richardson	29:32	3
2.	Jessica Lillie	31:07	1
3.	Gabriella Crea	31:34	2
1.	Kyle Swan	24:56	3
2.	Lachlan Feain	29:30	1
3.	Hayden Walmsley	30:34	2

<b>3km Under 12</b>		<b>H'Cap Place</b>	
1.	Ruby Paten	18:54	1
2.	Grace Louey	18:45	3
3.	Charlotte Hay	19:13	2
4.	Chloe Karagiorgos	19:28	4
1.	Corey Dickson	16:05	1
2.	Nikolaj Djordjevic	16:38	
3.	Will Thompson	17:55	
4.	Jeremy Little	Ab	

<b>1.5km Under 9</b>		<b>H'Cap Place</b>	
1.	Gemma Lillie	09:02	2
2.	Elise Carbery	09:59	1
1.	Harrison Karagiorgos	09:01	1
2.	Nikita Djordjevic	12:09	

Lapsplits for Open and U15 events at <http://www.vrwc.org.au/vrwcres34.shtml>.

Terry Swan was in action with camera (see <http://www.vrwc.org.au/coppermine/thumbnails.php?album=176>) and video (see <http://www.youtube.com/watch?v=idxUTtu9qco>). Thanks Terry – great job!



**Terry O'Neill, Karyn O'Neill, Liz Wrigley, Gary Turner and Will Thompson**



**Elise Carbery, Harrison Karagiorgos, Gemma Lillie, Jessica Lillie and Corey Dickson**



**Emily Swan and Lachlan Feain**

As usual, thanks to the many people who keep the show on the road each week. I have a partial list from Peter Vysma so apologies if I am missing your name.

**Judges:** Peter Vysma (Chief), Michael Bodey, Lloyd Nichols, Frances Attard, Stuart Cooper  
**Officials:** Bob Gardiner, Harry Summers, Marlaine Stanway, Mark Donahoo, Ian Laurie, Ralph Bennett

**NSWRWC ROADWALKS, EATLEY, NSW, SATURDAY 12 JULY**

Thanks to Frank Overton for this week's results from the NSW Racewalking Club at Oatley. Frank commented: Saturday 12 July 2014 saw the staging of the Sutherland Club Open Day. There were 39 competitors who fronted and there was some keen racing. The course was a 1km lap. Tyler Jones was in great form with his 10km time of 45:23.

**Long Division 10km**

- |    |                  |                       |
|----|------------------|-----------------------|
| 1. | Tyler Jones      | 45.23                 |
| 2. | Jay Felton       | 49.50                 |
| 3. | Kirsty Klein     | 50.38                 |
| 4. | Ian Jessurun     | 52.26                 |
| 5. | Anthony Albanese | 58.42 (16km in 96.30) |
| 6. | Joan Purcell     | 72.36                 |

**Under 16 3km**

- |    |                  |       |
|----|------------------|-------|
| 1. | Allanah Pitcher  | 15.46 |
| 2. | Kyle Bedford     | 16.26 |
| 3. | Jasmine Fletcher | 16.49 |
| 4. | Hayley Mills     | 16.56 |
| 5. | Renee Hardy      | 17.42 |
| 6. | Paige Rigney     | 17.47 |



**Medium Division 8km**

1. Nathan Brown	41.06
2. Dylan Richardson	41.12
3. Jasmyne McDonald	45.04
4. Bryony Beasley	46.32
5. Stephanie Grujoski	51.33
6. Judy Brown	63.27

7. Alexandra Sutherland	18.41
8. Catherine Young	21.02
9. Logan Barendregt	22.29

**Short Division 4km**

1. Chelsea Goodhew	21.05
2. Tiffany Saker	21.34
3. Samantha Brown	21.48
4. Ryan Thompson	21.55
5. Ally Grujoski	23.44
6. Travis Barendregt	24.30
7. Sarah Kelland	26.32
8. Nicolle Challinor	26.59
Nicholas Douglas	DNF

**Under 12 1.5km**

1. Lachlan Rigney	8.04
2. Brooke Martin	9.11
3. Jada Thomson	9.13
4. Brodie Douglas	10.49
5. Aiden Hardy	11.33
6. Stacey Beecroft	12.36
7. Amelia Crocker	14.02
8. Ethan Martin	15.48
Ella Beecroft	DQ

**2014 DOWN UNDER CHAMPS, GOLD COAST CITY ATHS TRACK, GOLD COAST, QLD, 11-13 JULY**

The Athletics Australia U17 Development Squad were in camp on the Gold Coast last weekend and they participated in the Down Under T&F Championships which were held at the Gold Coast Athletics Track, with the young walkers racing alongside their Queensland compatriots over 5000m and 3000m. The walk of the day had to go to 16 year old Victorian Adam Garganis who walked a 22 sec PB time of 22:02.39. Adam also backed up with 2<sup>nd</sup> place in the U17 pole vault (3:40). Now that's versatile! Full meet results at <http://liveresults.qldathletics.org.au/downunder2014/index.htm>.

**3000m Race Walk**

1. McCutcheon, Jamie	15	Qeii Track Club	14:19.03
2. Stovin, Jamison	13	Gold Coast Victory	16:58.72
3. Haig, Callum	14	University of Su	19:14.75
1. Hayward, Katie	14	Racewalking Quee	14:45.32

**5000m Race Walk**

1. Garganis, Adam	16	Victoria	22:02.39	PB 0:22
2. McCutcheon, Luke	16	Qeii Track Club	23:50.05	
3. Walmsley, Reese	16	Victoria	24:35.78	
4. Bird, Kyle	18	Victoria	24:52.41	
Candelario, Cameron	16	U.S.A	DQ	
1. Pickles, Jessica	20	University of Qld	24:31.57	
2. Hunt, Tahlia	16	Tasmania	24:51.88	

**QUEENSLAND ROAD WALK CHAMPIONSHIPS, MURARRIE, SUNDAY 13 JULY**

Queensland walkers were back in action on Sunday morning with their roadwalk champs at the Murarrie Recreation Reserve in Murarrie.

**20km Walk Open**

1. Pickles, Jessica	20	Unq	1:59:11
2. Sunderland, Nyle	47	Gcv	2:22:12
3. Beikoff, Donna	47	Qma	2:46:48

**2km Walk Under 12**

1. schofield, amelia	11	QA	13:48
2. Hannigan, Abbey	10	QA	14:10
3. Condon, Kiara	10	QA	15:28
4. Daunt, Shelby	10	QA	17:10

**10km Walk Under 20**

1. Boardman, Lucy-Rose	18	Atn	1:08:10
2. Bird, Kyle	18	QA	57:35

1. Hayward, Kris	10	Qrw	12:03
2. Buchhorn, Adam	11	Tes J	12:03
3. Stovin, Jayden	11	Qrw	13:37

**10km Walk Men Under 18**

1. McCutcheon, Luke	16	Qe2	56:31
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**1km Walk Under 10**

1. Sly, Charlotte	9	Mud	6:54
2. schofield, scarlett	8	QA	6:58
3. Clarke, Anika	9	QA	7:29
4. Hannigan, Tess	8	QA	8:08
Brittain, Emma	9	Qrw	DQ

**5km Walk Women Under 18**

1. Smith, Clara	16	Unq	26:49
2. Hunt, Tahlia	16	Tas	27:28
3. Sims, Jesse	17	Atn	33:27

4.	Robson, Natalia	16	QA	35:43	<b>10km Walk Invitation Open</b>			
					1. Pearson, Shane	M	Qrw	66:39
<b>5km Walk Under 16</b>					<b>5km Walk Invitation Open</b>			
1.	Hayward, Katie	14	Qrw	27:58	1. Keenan, Constance	W14	Unq	22:33
2.	Sims, Riley	14	Atn	37:07	2. Dauphinet, Christiane	W83	Qma	46:22
1.	McCutcheon, Jamie	15	Qe2	27:59				
2.	Bassard, Jeremy	14	QA	35:24				
3.	Haig, Callum	14	Usc	39:03				
<b>3km Walk Under 14</b>								
1.	Chapman, Tenyka	13	Gcv	19:10				
2.	Lawrence, Jenna	13	Qe2	20:47				
3.	Pearson, Jade	13	QA	21:55				
4.	Wales, Amelia	12	Gcv	23:42				
5.	schofield, isabella	12	Gcv	23:46				
1.	Stovin, Jamison	13	Gcv	18:33				
2.	Jeffrey, Ben	12	Qe2	20:10				
3.	McCutcheon, Nelson	12	Red	20:24				
4.	hinton, kobe	12	Gcv	21:19				
5.	Clarke, Ethan	13	QA	21:56				

### SAMA ROADWALKS, FELIXSTOW, ADELAIDE, SATURDAY 12 JULY

Thanks to Colin Hainsworth for this week's results from the South Australian Masters in Adelaide. Colin commented: cold, drizzly arvo, hilly course, prizes.

#### 8km yacht handicap

1.	Roger Lowe	1:00:50	68.02%	M71
2.	Geoff Byham	51:49	76.07%	M67
3.	Graham Harrison	53:48	75.95%	M70
4.	Edna Bates	1:08:36	60.20%	W61
5.	Marie Maxted	52:10	73.09%	W54
6.	Linda Whitelaw	1:03:39	64.09%	W60
7.	Colin Hainsworth	1:05:22	77.02%	M84

#### 4km yacht handicap

1.	Jill Rogers	33:13	65.84%	W69
2.	Rodger Barber	29:01	74.16%	M76
3.	Margaret McIntosh	35:29	55.66%	W61

### ACT WALKING CLUB ROADWALKS, DICKSON, ACT, SATURDAY 12 JULY

Thanks to Val Chesterton for his weekly race results from Canberra.

#### 10Km Walk

1.	Robin Whyte	64:36
2.	Monika Short	72:48

#### 4Km Walk

1.	Gabby Hunt	22:05
2.	Mitchell Baker	23:59
3.	Kate Black	27:27
4.	Greg Durr	27:43
5.	Terry Munro	33:50
6.	Helen Munro	38:19
7.	Geoff Barker	44:54

#### 2Km Walk

1.	Thomas Hopkins	10:44
2.	Tom Hunt	11:44
3.	Emily Hopkins	13:02

## SARWC ROADWALKS, PEACOCK ROAD, ADELAIDE, SATURDAY 12 JULY

South Australian walkers were in action in Adelaide last Saturday with Peter Crump leading the way with 1:07:24 for the 12km.

### 12km

1.	Peter Crump	M	Over 35	1:07:24
2.	John Leydon	M	Open	1:13:57
3.	Gloria Holliday	F	Over 35	1:20:58
4.	Jim Hoare	M	Over 35	1:30:21

### 3km

1.	Jay Goode	M	U16	15:57
2.	Tristan Camilleri	M	U14	17:33
3.	Laura Vanags	F	Open	21:46

### 6km

1.	Kristie Goznik	F	Open	29:12
2.	Alix Harlington	M	U16	31:51
3.	Rhiannon Lovegrove	F	U16	34:04
4.	Samantha Findlay	F	U18	37:38

### 1.5km

1.	Chloe Upton	F	U14	8:59
2.	Victoria Upton	F	U12	9:30
3.	Kitarni Upton	F	U10	10:06
4.	Aleesha Vidler	F	U12	10:20

## WARWC ROADWALKS, SHELLEY, PERTH, SUNDAY 13 JULY

Thanks to Terry Jones for the latest results from the Western Australian Racewalking Club in Perth. Dale Hennighan was the best with his 1:13:56 for the 15km event.

### 15Km Handicap

1.	Dale Hennighan	73.56
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### 10Km Handicap

1.	Bree-Anna Hennighan	71.26
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### 5Km Handicap

1.	Isabella Tolardo	30.52
2.	Holly Hughes	30.13
3.	Robyn Hughes	35.12
4.	Mikayla Johns	30.33
5.	Aimee Reid	40.21
	Declan Tingay	DNF

### 3Km Handicap

1.	Sienna Andritsos	17.54
2.	Angel Bordaje	19.55
3.	Emily Pivac	17.19
4.	Amy Holland	18.16
5.	Courtney Johns	17.47
6.	Hayley Ruane	19.45
7.	Ben Reid	19.24
8.	Declan Tingay	15.41
	Alessia Andritsos	DNF

## BENDIGO WALKERS CLUB ROADWALKS, LAKE NEANGAR, BENDIGO, SUNDAY 13 JULY

Thanks to Paul Rance for the latest results from Bendigo in country Victoria

The Bendigo Walkers Club held 1.5km and 5km sealed handicap events at Lake Neanger on Sunday morning with a small number of athletes competing in cold conditions. The 1.5m handicap section saw Annette Curtis secure her 2<sup>nd</sup> victory in succession as she won by just 1 second over Ebony Whiley with Sheridan Commons in 3<sup>rd</sup> place while Zahra Hayes claimed fastest time honours. The 5km event was won by Barb Bryant as she raced to her fastest 5km time since July 2011 and she also secured fastest time honours with Peter Curtis in 2<sup>nd</sup> place.

### 1.5km Handicap Walk

1.	Annette Curtis	10.42
2.	Ebony Whiley	8.23
3.	Sheridan Commons	11.19
4.	Caitlyn Tozer	13.36
5.	Madison Hill	9.19
6.	Zahra Hayes	7.55

### 5km Handicap Walk

1.	Barb Bryant	29.28
2.	Peter Curtis	35.40

## CORK CITY SPORTS MEET, CORK, IRELAND, WEDNESDAY 8 JULY

**Dane Bird-Smith** was at his dominant best in winning the Cork City Sports Meet 3000m last Wednesday evening in Ireland, his time of **10:56.23** a big PB and only 0.01 sec outside Andrew Jachno's Australian record of 10:56.22. So close! Here is how it was reported in the Irish Examiner: <http://www.irishexaminer.com/breakingnews/sport/walk-records-tumble-at-cork-city-sports-635782.html>:

Home favourite Rob Heffernan finished fourth in the 3km walk at the Cork City Sports meet tonight, but was pleased to set a new personal best over the distance as he continues his preparations for the European Championships. Heffernan, the reigning World champion over the 50km distance, is in the midst of a heavy training schedule ahead of the Europeans in Zurich next month.

Heffernan led over the initial laps at the Cork IT track in Bishopstown, but the tall figure of Dane Bird-Smith loomed on his right shoulder and the Australian eventually set the pace alongside highly-regarded French competitor Kevin Campion. Londoner Alex Wright, who now represents Leevale AC and is coached by Heffernan, also overtook the local hero in what was a high class race. Bird-Smith, a 20km specialist, gave himself an early birthday present - he turns 22 next Tuesday - by storming to victory in a new personal best and meet record time of 10:56.23. The 2014 world-leading mark is a big breakthrough for the former mountain runner who was clearly delighted to knock over 25 seconds off his 3km PB. Campion was close behind in second (10:58.16) with the third-placed Wright (10:58.47) beating Heffernan's own Irish senior record.

Heffernan chalked up another record himself though, setting a new world masters (over-35s) best of 11:09.08, and said he was satisfied with his night's work when speaking track-side. "It's difficult to come down to 3km when you're doing 120 miles a week. I don't like getting beaten but everything is on track (for the 50km at the Europeans)," he said. "It's a brilliant indicator (for the rest of the season). It's a new personal best by a few seconds. These guys are class operators at 20km...I coach Alex and he's going to be a great athlete for Ireland in the future."

#### Men 3000m Race Walk

1.	Dane BIRD-SMITH	AUS	92	10:56.23
2.	Kevin CAMPION	FRA	88	10:58.16
3.	Alex WRIGHT	IRL	90	10:58.47
4.	Robert HEFFERNAN	IRL	78	11:09.08
5.	Luke HICKEY	IRL	94	11:27.81
6.	Brendan BOYCE	IRL	86	11:35.92
7.	James TREANOR	IRL	93	11:44.96
8.	Evan LYNCH	IRL	95	12:06.33



**Dane Bird-Smith, Kevin Campion and Robbie Heffernan in Cork last Wed (photo Irish Examiner)**

The Australian 3000m track walk ranking list now looks like this:

Rank	Time	Name	State	DOB	Place	Location	Date	Age
1	10.56.22	Andrew Jachno	V	13/04/1962	1	Melbourne	07/02/1991	33
2	10.56.23	Dane Bird-Smith	Q	15/07/1992	1	Cork, Ireland	08/07/2014	21
3	10.59.04	Luke Adams	N	22/10/1976	2	Cork, Ireland	03/07/2010	33
4	11.00.56	Dave Smith	V	24/07/1955	1	Perth	24/01/1987	31
5	11.10.0	Nathan Deakes	V	17/08/1977	1	Melbourne	09/03/2006	28
6	11.11.45	Nick A'Hern	N	06/01/1969	2	Melbourne	07/02/1991	22
7	11.13.77	Jared Tallent	V	17/01/1984	1	Sydney	28/02/2009	25
8	11.16.2	Troy Sundstrom	N	30/05/1981	1	Sydney	27/11/1999	18
9	11.19.0	Jesse Osborne	Q	12/01/1995	1	Melbourne	11/04/2014	19
10	11.21.86	Adam Rutter	N	24/12/1986	3	Sydney	28/02/2009	22
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	Sollefuna	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

### MIDLAND CHAMPIONSHIPS, COVENTRY, ENGLAND, SUNDAY 13 JUNE

The Midland 30km (Men) and 10km (Women) championships were held at Warwick University in Coventry last Sunday. The 30km event also hosted the British Masters 30km championships for men and women.

#### Midland 30km Championship Men

1.	Steve Allen	Barnet & Dist.	3.12.08
2.	Sean McMullin	Mullinger(Ire)	3.16.36
3.	Chris Berwick	Leicester W.C.	3.16.58
4.	Andrew Fraser	Portobello	3.17.36
5.	Peter Boszko	Birchfield H	3.28.18
6.	Ken Bobbett	Hillingdon AC	3.30.32
7.	Parminder Bhatti	Birchfield H	3.47.36
8.	David Fall	Birchfield H	3.58.29
9.	Russell Vroobel	Hillingdon AC	4.12.25
	Ian Richards	Steyning AC	DQ

#### Women's 30km

1.	Maureen Noel	Belgrave H	3.26.25
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#### Midland 10km Championship Women

1.	Kate Donaldson	Leicester W.C.	59.29
2.	Sarah Lightman	Leicester W.C.	64.17
3.	Hilary Mann	Sparkhill Harriers	67.31
4.	Julie Bellfield	Halesowen A.C.	69.16
5.	Linda Farrow	Harborough A.C.	74.20
6.	Lynn Bellfield	Halesowen A.C.	76.07

### FRENCH T&F CHAMPIONSHIPS, REIMS, FRANCE, 11-13 JULY

Yohan Diniz was at his imperious best in winning the French 10,000m track walk at their T&F Championships in Reims last weekend. Leading from the start, he stormed home in a new French best of 38:08.1, nearly 30 secs ahead of Kevin Campion's previous French record. It bodes well for the forthcoming European Championships where he will go in as one of the favourites. Emilie Tissot won the women's title with a good 46:36.9. Good report at <http://www.vo2.fr/actualite/-championnats-de-france-elite-grosse-impression-de-yohann-diniz-vainqueur-du-10-000-m-marche-12072014-9013.html>.

#### Men 10,000m Race Walk

1.	Yohann DINIZ	FRA	78	38:08.1
2.	Kevin CAMPION	FRA	88	40:01.5
3.	Antonin BOYEZ	FRA	84	40:58.1
4.	Cedric HOUSSAYE	FRA	79	43:03.8
5.	Hugo ANDRIEU	FRA	92	43:15.0
6.	Guillaume DUJOUR	FRA	78	43:27.8
7.	Sebastien DELAUNAY	FRA	74	44:43.9
8.	Mohammed MASSOUSSI	TUN	88	44:46.8
9.	Simon HURAUULT	FRA	92	44:52.2
10.	Jean Michel PREVEL	FRA	84	45:25.7
11.	Fabrice RAMON	FRA	70	45:29.3
12.	Thomas DA SILVA	FRA	83	46:25.0
13.	Quentin GAUCHET	FRA	93	46:54.5
14.	Sébastien BICHE	FRA	73	47:16.8

#### Women 10,000m Race Walk

1.	Emilie TISSOT	FRA	93	46:36.9
2.	Violaine AVEROUS	FRA	85	46:51.4
3.	Emilie MENUET	FRA	91	47:27.5
4.	Lucie AUFFRET	FRA	88	49:13.2
5.	Mylene ORTIZ	FRA	79	49:40.0

6.	Olfa LAFI	TUN	86	51:05.7
7.	Enora TREBAUL	FRA	94	51:44.2
8.	Sandra DUPONT	FRA	72	51:46.5
9.	Marie BELHACHE	FRA	80	52:02.7
10.	Caroline GUILLARD	FRA	71	52:34.8
11.	Virginie QUESNE	FRA	81	53:53.2
12.	Severine LANOUE	FRA	85	54:49.9
13.	Lucia BARRITAU	FRA	90	55:06.4

Thanks to Emmanuel Tardi for these photos.



Left: Diniz wins



Right: Men's Podium



Women's Podium

**CAMP. DE ESPAÑA DE FEDERACIONES AUTONÓMICAS, ALCORCÓN, SPAIN, SAT 12 JULY**

Some very fast walking in Spain last Saturday as Alvaro Martin (19:25.7) and Júlia Takacs (20:41.5) won against quality fields.

**Men 5000m Race Walk**

1.	Alvaro MARTIN	ESP	94	19:25.7
2.	Marc TUR	ESP	94	19:28.0
3.	Diego GARCIA	ESP	96	19:32.4
4.	Luis Alberto AMEZCUA	ESP	92	19:41.0
5.	Francisco ARCILLA	ESP	84	20:22.3
6.	Luis CORCHETE	ESP	84	20:23.1
7.	Francisco Jose DURAN	ESP	93	20:44.8
8.	Manuel BERMÚDEZ	ESP	97	20:48.4
9.	Mikel ODRIOZOLA	ESP	73	21:03.7
10.	Nil RODES	ESP	96	21:24.9
11.	David REYES	ESP	93	21:28.8
12.	Rodrigo DOMINGUEZ FERNÁNDEZ	ESP	77	21:51.6
13.	Luis Javier CASAS	ESP	91	21:57.4
14.	Luis CAMBRONERO	ESP	93	22:37.2

**Women 5000m Race Walk**

1.	Júlia TAKÁCS	ESP	89	20:41.5
2.	Raquel GONZALEZ	ESP	89	21:43.7
3.	María José POVES	ESP	78	22:18.9
4.	Lorena LUACES	ESP	84	22:54.8
5.	Amanda CANO	ESP	94	22:57.0
6.	Ainhoa PINEDO	ESP	83	23:03.1
7.	Eva Maria TUR PALAU	ESP	90	23:11.7
8.	Maria LARIOS LOPEZ	ESP	92	23:27.9
9.	Laura GUTIERREZ	ESP	88	24:39.5
10.	Paula MARTINEZ CACHEIRO	ESP	92	24:51.3
11.	Maria Dolores MARCOS VALERO	ESP	79	25:26.9
12.	Maria Isabel PÉREZ BELLOCH	ESP	79	25:37.1
13.	Sara RAMIREZ	ESP	95	25:48.6
14.	Coral AJA	ESP	93	26:18.3

**PORTUGUESE U23 CHAMPIONSHIPS, BRAGA, PORTUGAL, 12-13 JULY**

The Portuguese U23 walkers were also in action on Saturday with their T&F Championships in Braga, 10000m walks being contested.

**Men 10,000m Race Walk**

1.	Miguel CARVALHO	POR	94	44:57.4
2.	Miguel RODRIGUES	POR	96	46:18.7
3.	Fabio CONCEIÇÃO	POR	93	47:17.0
4.	Rui COELHO	POR	94	48:00.3
5.	Pedro SANTOS	POR	92	49:04.8

**Women 10,000m Race Walk**

1.	Eva Maria IGLESIAS	ESP	85	49:34.3
2.	Vitória OLIVEIRA	POR	92	50:56.1
3.	Edna BARROS	POR	96	52:58.2
4.	Elisabete PINHO	POR	95	56:39.3
5.	Laura LEAL	POR	96	57:50.5
6.	Rita RIBEIRO	POR	96	59:52.1

**38<sup>TH</sup> GRAND PRIX MAURICE MICHEL, SIRAUT, BELGIUM, SUNDAY 6 JUNE 2014**

Emmanuel Tardi was in Belgium a week ago for the Grand Prix Maurice Michel. He commented: there ere 8 laps (2.5k each lap), rain arrived after one hour of racing.

**20km Walk**

1.	Marc Haumesser	FRA	1:53:36
2.	Peter Van Hove	BEL	2:00:51
3.	Ludwig Renard	BEL	2:06:40

4.	Patrick Demaerschalk	BEL	2:12:25
5.	Philippe Meuret	BEL	2:18:36
6.	Emmanuel Tardi	FRA	2:22:21
7.	Georges D'Henry	FRA	2:31:04
8.	Jean-Paul Boudart	BEL	2:34:30
9.	Emile Lefebvre	BEL	2:46:36
10.	Georges Lessire	BEL	DNF
11.	Robert Schouckens	BEL	DNF

#### 10km Walk

1.	Myriam Nicolas	BEL	0:58:29
2.	Jocelyne Pater	BEL	1:05:09
3.	Maria L'Hereteyre	FRA	1:10:02
4.	Muriel Oger	BEL	1:12:42
5.	Marie-Jeanne Flamme	BEL	1:19:48
6.	Virginie Boudart	BEL	1:21:40
7.	Johlina Billiet	BEL	1:25:36

### RACEWALKS, YPRES, BELGIUM, SUNDAY 13 JULY

Emmanuel was back in Belgium (Ypres this time) last weekend for another 5km race. I like to report on events from the smaller walking nations where possible so I include these results this week also. He says the weather was much better this weekend.

#### 5km Men

1.	Dirk Bogaert	58	25:17.80
2.	Sebastien Hassevelde	77	26:39.23
3.	Peter van Hove	81	27:08.48
4.	Ludwig Renard	94	28:06.40
5.	Patrick Demaerschalk	55	30:45.92
6.	Emmanuel Tardi	67	33:05.42

#### 5km Women

1.	Liesbet De Smet	82	29:53.07
2.	Jocelyne Pater	54	30:58.35
3.	Annelies Sarrazin	81	31:22.44
4.	Maria L'Heretevre	62	34:01.58
5.	Muriel Oger	64	34:44.47



Myriam Nicolas, Liesbet De Smet, Dirk Bogaert and Marc Haumesser (photos Emmanuel Tardi)



## WALKING SHORTS

- Daumantas Liutinskas (born 1999) won the Lithuanian U18 10,000m walk at their T&F Championships in Vilnius with a time of 48:48.2
- The Russian Anti-Doping Agency has begun investigating its dominant walking team after a campaign led by Australian Olympic medalist Jared Tallent. See <http://www.sbs.com.au/news/article/2014/07/11/aussie-sparks-russian-walkers-doping-probe>
- With the IAAF World Junior Championships due to start in a week's time in Eugene, Oregon, (22-27 July), you can check out photos and some basic stats for all the Australian World Juniors Team members at <https://www.facebook.com/media/set/?set=a.10152572051769301.1073742000.264338589300&type=1> .Our 4 walkers are Nathan Brill, Jesse Osborne, Jasmine Dighton and Tayla-Paige Billington.

## VRWC CLUB RECORD UPDATE

Heather Carr has done some checking and has claimed two more W60 club records from way back in 2010. Well done Heather. They read as follows

W60 3km road walk	15:19	21/8/2010	VRWC Albert Park
W60 5km road walk	26:43	24/4/2010	VRWC Albert Park

## KEY DATES ANNOUNCED FOR THE 204/2015 SUMMER SEASON

Athletics Australia has now announced most key 2014/2015 Summer Season dates, with the exception of the 2015 Summer 20km Roadwalk champs (see <http://athletics.com.au/News/ArtMID/7243/ArticleID/767213/THE-WINNER-IS>). They read as follows

### 2014-2015 Australian Championship Schedule

5-7 December	<b>Australian All-Schools Championships, Adelaide (SA)</b>
8 December	Australian Schools Knock-Out, Adelaide (SA)
14 December	<b>Australian 50km Race Walking Championships, Melbourne (Vic)</b>
8 February	IAAF World Cross-Country Championships Selection Trial, Canberra (ACT)
11-15 March	<b>Australian Junior Athletics Championships, Sydney (NSW)</b>
26-29 March	<b>93<sup>rd</sup> Australian Athletics Championships, Brisbane (Qld)</b>

### 2014-2015 Australian Athletics Tour

11 December	Zatopek:10 (Australian 10,000m Championship), Melbourne (Vic)
24 January	Briggs Athletics Classic, Hobart (TAS)
31 January	Hunter Track Classic, Newcastle (NSW)
7 February	Canberra Track Classic, Canberra (ACT)
14 February	Adelaide Track Classic, Adelaide (SA)
21 February	Perth Track Classic, Perth (WA)
7 March	Queensland Track Classic, Brisbane (Qld)
14 March	Sydney Track Classic (Tour Final), Sydney (NSW)
21 March	IAAF Melbourne World Challenge (Tour Final), Melbourne (Vic)

## 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

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/Centurions 24 Hour Carnival, Middle Park. Entries at <a href="http://www.centurions.org.au/event2014.shtml">http://www.centurions.org.au/event2014.shtml</a>
11-18 Oct, 2014	Alice Springs Masters Games. See <a href="http://www.alicespringmastersgames.com.au/">http://www.alicespringmastersgames.com.au/</a>
Dec 28 2014 - Jan 10	Annual VRWC Falls Creek Camp. See <a href="https://www.facebook.com/groups/726992100645163/">https://www.facebook.com/groups/726992100645163/</a>

### 2014 International Fixture

July 22-27, 2014	<b>15<sup>th</sup> World Junior T&amp;F Championships, Eugene, Oregon, USA</b>
Aug 16-28, 2014	<b>Youth Olympic Games, Nanjing, China.</b> See <a href="http://www.nanjing2014.org/en/">http://www.nanjing2014.org/en/</a>



### Other 2014 Races of Interest

Aug 31, 2014 Voronovo Cup, Moscow, Russia  
Sun 5 Oct, 2014 International 50km Race Walk (IAAF permit) incorporating British RWA 50km Championship , 10AM  
Sun 26 Oct, 2014 MTR 10km International Walk, Hong Kong. See <http://www.hkaaa.com/index.php?&lang=eng>

### Remaining 2014 IAAF Challenge Series Walks

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

Tim Erickson, Secretary, VRWC, [terick@melbpc.org.au](mailto:terick@melbpc.org.au) Home: 03 90125431 Mob: 0412 257 496  
Copies of recent newsletters are kept on the VRWC website (<http://www.vrwc.org.au>)