



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2013/2014 Number 43
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TIM'S WALKER OF THE WEEK

Last month at the LBG Carnival in Canberra, Melbourne walker **Corey Dickson** amazingly competed in 4 events- winning but the U12 2km (9:47), the U14 2km (even faster with 9:27) and coming 11th in both the U16 3km (16:05) and the U18 5km (27:38). Last Saturday, he celebrated his 12th birthday with a sizzling **3km roadwalk of 14:28** at Middle Park. Not only was it a VRWC U13 club record - it must be one of the fastest 3km times I can ever remember for one so young. Corey is going from strength to strength and is my obvious choice this time around for Walker of the Week.



Corey in action at Middle Park last Saturday

WHAT'S COMING UP

Next Saturday sees us back at Middle Park for some more VRWC club points races. The timetable reads as follows

Saturday 26 th July 2014, Middle Park		
VRWC EVENTS		
2.15pm	8km Points Race	Open
2.15pm	4km Points Race	Open
2.15pm	4km Points Race	Open
2.15pm	4km Points Race	Under 15
2.30pm	1km	Under 9
2.40pm	3km	Under 12

The following weekend sees our major Victorian roadwalk championships for the winter. Timetable reads as follows

Sunday 3rd August 2014, Middle Park**AV & VRWC EVENTS**

8.30am	30km	AV Championship	Open top men and women
	3 Hours Walk	Open	
8.30am	20km	Non championship event	Open
9.00am	10km	VRWC Championship - Mabel Robinson Trophy	Open Women
9.00am	10km	AV Championship	Under 20 Men
9.00am	10km	AV Championship	Under 20 Women
9.00am	10km	AV Championship	Under 18 Men
10.00am	3km	AV Championship	Under 14 Boys/Girls
10.20am	5km	AV Championship	Under 16 Boys/Girls
11.00am	5km	AV Championship	Under 18 Women
11.00am	5km		Open
11.10am	2km	VRWC Championship	Under 9 Boys/Girls
11.20am	2km	VRWC Championship	Under 12 Boys/Girls
11:50am		Medal presentations at the conclusion of the events.	

Note that AV has agreed to our proposal that the Victorian 30km be an Open event, meaning it is open to both men and women. So any current AV member can compete for the gold, silver and bronze medals on offer, regardless of sex.

AV championships must be entered via the AV online entry panels - just click on the *AV Walk Series - 30km Walk* registration button on webpage <http://athsvic.org.au/events/calendar/>. All VRWC races, including our club championships, can be entered on the day but we prefer that you also pre-register for these via our online panel at <http://www.vrwc.org.au/wp1>.

And some other dates to store away

- 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/72692100645163>.
- 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 1st 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 (that's AV for Victorians).

Mike Reid, the website manager for WARWC has put uploaded some photos of the Albany course to the WARWC website (www.warwc.org). Thanks Mike!

WARWC coach Phil Hollaway advises that 1km Under 10 walks (boys and girls) have been added at the end of the program. Registrations will be taken on day and gold, silver and bronze medals will be provided by the W.A. walks clubs.

WORLD JUNIOR CHAMPIONSHIPS IN FOCUS

The 2014 IAAF World Junior Championships start today in Eugene, Oregon, and will go for 6 days, ending on Sunday 27th July. This biannual major event has its own website <http://oregon14.com/> which is a feast of information. The walks are on as follows:

Event	USA Time	Melbourne Time	Australian Competitors
10,000m Walk Women	Wed 23 July, 10:25AM	Thurs 24 July, 3:25AM	Tayla -Paige Billington, Jasmine Dighton
10,000m Walk Men	Fri 25 July, 10:00AM	Sat 26 July, 3:00AM	Nathan Brill, Jesse Osborne

Hopefully you will be able to watch both events live via the USATF TV. Try this link closer to the walks time: http://www.usatf.tv/gprofile.php?mggroup_id=45365&do=news&news_id=268617-7-23-27-14-IAAF-World-Junior-Championships-LIVE-TV-Webcast-Info

Start lists have now been posted for all events including the walks: <http://www.iaaf.org/download/download?filename=7b97a93a-70ac-4f2c-aae7-8f453e6be261.pdf&urlSlug=entry-lists-by-event-iaaf-world-junior-cham>

Finally, the IAAF has posted short reviews of both walks:

- Women's Walk: <http://www.iaaf.org/competitions/iaaf-world-junior-championships/iaaf-world-junior-championships-2014-4954/news/preview/women/10000-metres-race-walk>
- Men's Walk: <http://www.iaaf.org/news/preview/world-junior-championships-preview-men-race-w>

VRWC ROADWALKS, MIDDLE PARK, SATURDAY 19 JULY

Kelly Ruddick and Rhydian Cowley were the winners of the Victorian 10km roadwalk championships which were contested on Saturday at Middle Park. For Kelly, it was her third win in four years in this particular championship, her time of 46:49 seeing her well clear of Michelle Laufer 51:52 and Heather Carr 58:31 who took the minor medals. For Rhydian, it was his first win in this championship and his time of 44:20, although slow by his standards, saw him win comfortably from junior walkers Adam Garganis 46:55 and Ross Darlow 47:21. For Ross, it was his first ever 10km attempt and he set a very impressive inaugural time.



Rhydian Cowley, Adam Garganis, Stuart Kollmorgen and Ross Darlow (photos Terry Swan)



Kelly Ruddick, Michelle Laufer and Heather Carr (photos Terry Swan)

AV 10km Open Championship Women

1.	Kelly Ruddick	BHA	46:49	W40	1
2.	Michelle Laufer	COL	51:42	W40	2
3.	Heather Carr	EAG	58:31	W50	1
4.	Donna-Marie Elms	PTN	1:03:49	W50	2
5.	Karyn O'Neill	GPA	1:07:46	W50	3

AV 10km Open Championship Men

1.	Rhydian Cowley	GHY	44:20	OPEN	
2.	Adam Garganis	COL	46:55	OPEN	
3.	Ross Darlow	EKA	47:21	OPEN	
4.	Stuart Kollmorgen	COL	48:35	M40	1
5.	Aaron McDonough	PTN	50:29	M40	2
6.	Ralph Bennett	VMA	57:36	M50	1
7.	Terry O'Neill	GPA	58:25	M50	2
8.	David Armstrong	DIV	1:02:22	M50	3
9.	Bob Gardiner	COL	1:04:35	M50	4
10.	Michael Harvey	AWA	1:11:33	M50	5

The meet also saw Melbourne based walkers competing in their leg of the annual Racewalking Australia Postal Challenge with events contested in age groups from U10 to Masters. Ballarat and Bendigo walkers also contested their own races last weekend, with the Victorian results being taken from the combined efforts of all our walkers. The Masters were ranked according to the Age Graded tables, with Heather Carr (58:31, 93.26%) and Ralph Bennett (57:36, 91.67%) taking the overall honours there. In the younger age groups, there were lots of PBs with perhaps the best performance going to Corey Dickson who set a new VRWC U13 3km walk with his time of 14:28 - on this twelfth birthday!

RWA Masters 10km Challenge

1.	Heather Carr	64	58:31	93.26%
2.	Pam Tindal	54	54:48	88.18%
3.	Liz Feldman	65	1:03:55	86.58%
4.	Michelle Laufer	44	51:42	84.99%
5.	Alison Thompson	61	1:07:39	77.53%
6.	Karyn O'Neill	59	1:07:46	75.47%
7.	Donna-Marie Elms	53	1:03:49	74.91%
1.	Ralph Bennett	72	57:36	91.67%
2.	Bob Gardiner	78	1:04:35	89.03%
3.	Russ Dickenson	69	1:00:52	83.51%
4.	Stuart Kollmorgen	45	48:35	83.32%
5.	Aaron McDonough	42	50:29	78.31%
6.	Terry O'Neill	58	58:25	77.34%
7.	James Christmass	47	54:35	75.36%
8.	David Armstrong	58	1:02:22	72.46%
9.	David Smyth	45	59:21	68.18%
10.	Gerard Feain	51	1:06:00	64.40%
11.	Michael Harvey	51	1:11:33	59.42%
	Geoff Barrow		DNF	
	Bernie Keirl		DNF	

RWA Open 10km Challenge

1.	Kelly Ruddick	46:49
2.	Rhydian Cowley	44:20

RWA 10km U20 Challenge

1.	Adam Garganis	46:55
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RWA 8km U18 Challenge

1.	Madeleine Feain	54:42	First one
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1.	Ross Darlow	37:48	PB 0:26
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RWA 5km U16 Challenge

1.	Jessica Lillie	30:57	
2.	Gabriella Crea	32:00	PB 0:02

1.	Reese Walmsley	24:22
2.	Lachlan Feain	28:51

RWA 3km U14 Challenge

1.	Brodie Richardson	16:24	
2.	Kathleen O'Mahony	17:26	
3.	Chloe Karagiorgos	19:17	PB 0:31

1.	Corey Dickson	14:28	PB 0:48
2.	Hayden Walmsley	16:27	PB 0:58
3.	Tom Dawson	18:30	PB 0:09

RWA 2km U12 Challenge

1.	Ruby Paten	11:20	PB 0:28
2.	Charlotte Hay	11:22	PB 0:30

1.	Jeremy Little	12:55	PB 0:06
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RWA 1.5km U10 Challenge

1.	Gemma Lillie	09:00	
2.	Mia Darlow	09:49	
3.	Elise Carbery	09:51	

1.	Joel Prys	08:27	
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Finally, a VRWC 3km walk was put on for those club walkers who also wanted some exercise on the day.

VRWC 3km Open

1.	Marlene Gourlay	17:32
2.	Gwen Steed	20:11
3.	Jan Morrey	21:38
4.	Barrie Wicks	23:09
5.	Alex Poore	25:00
6.	Margaret Beaumont	25:11
7.	Ian Beaumont	25:12
8.	Pam Mews	29:06
9.	Jim Crawford	DQ

This particular meet was also the VRWC annual charity fund raising day and were were able to present a cheque for \$400 to representatives of the Country Women's Association (see <http://www.cwaa.org.au/>) who were present to view proceedings. And as usual, you can check out photos at <http://www.vrwc.org.au/coppermine> and lapsplits at <http://www.vrwc.org.au/vrwcres34.shtml>.



Jeremy Little, Corey Dickson, Ralph Bennett and Chloe Karagiorgos



Tom Dawson, Ruby Paten and Charlotte Hay

Thanks to our many judges and officials. Apologies if I have missed anyone out.

- Officials:** Tim Erickson, Ian Laurie, Mark O'Mahony, Don McLaren, Justin McLaren, Stacey McLaren, Harry Summers, Tony Doran
- Checkin/Results:** Mark Donahoo, Ralph Bennett, Damien Elms, Jason Elms
- Judges:** Gordon Loughnan (Chief), Peter Vysma, Stuart Cooper, Lincoln Mah, Josh Savage. Suzanne Callaway, Brenda Felton, Matt Owen, Justin McLaren (bike)
- Photos:** Terry Swan
- Canteen:** Barb Gardiner, Wendy Cooper

BENDIGO WALKERS CLUB RWA POSTAL CHALLENGE, BENDIGO, SUNDAY 20 JULY

Paul Rance advises that the Bendigo Walkers Club held their Interstate challenge events on Sunday morning with the following 4 athletes competing in their correct age group distances.

Michael Gillies-Smith	Masters Men 10km	58.44
Barb Bryant	Masters Women 10km	60.02
Zahra Hayes	Under 14 Women 3km	16.15
Madison Hill	Under 14 Women 3km	18.29

TASMANIAN ROAD RACE WALKING CHAMPIONSHIPS, TUNBRIDGE, TASMANIA, 19 JULY 2014

Thanks to Wayne Fletcher for the results of the Tasmanian roadwalk championships from last Saturday.

MEN O/ 40 10 KM

1.	Lawrie Marsh	TMA	68.02
2.	Wayne Fletcher	NS	85.25
3.	Eugene Gerlach	TMA	DNF

WOMEN O/40 10KM

1.	Kirsten Bott	OVA	78.55
2.	Jane Guy	OVA	96.55

U/18 WOMEN 5KM

1.	Tahlia Hunt	OVA	26.21
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U16 WOMEN 5KM

1.	Alice Randall	OVA	30.32
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U14 WOMEN 3 KM

1.	Emily Stanway- Lucas	OVA	20.17
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U14 MEN 3 KM

1.	Bayley Campbell	OVA	18.04
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U12 GIRLS - 2KM

1.	Jasmine Excell	OVA	12.54
2.	Charlotte Faint	OVA	18.42

U11 BOYS - 2KM

1.	Will Bottle	NHC	12.50
2.	Masyn Campbell	OVA	15.33

ACT WALKING CLUB ROADWALKS, LAKE TUGGERANONG, ACT, SATURDAY 19 JULY
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Thanks to Val Chesterton for this week's results from Canberra. Ian Rayson continued on his winning ways.

6.6Km Walk

1.	Ian Rayson	32:44
2.	Ally Durr	40:40
3.	Gabby Hunt	40:40
4.	Callum Burns	40:40
5.	Robin Whyte	42:33
6.	Derek Robinson	45:38
7.	Greg Durr	46:47
8.	Bryan Thomas	46:57
9.	Mick Saunders	49:02
10.	Bob Parker	49:34
11.	Rod Gilchrist	52:49
12.	Robyn Saunders	52:59
13.	David Mackenzie	53:02
14.	Warren Butler	57:26
15.	Terry Munro	57:26
16.	Val Chesterton	60:12
17.	Pat Fisher	62:37

2Km Walk

1.	Spencer Burns	10:15
2.	Laura Burns	11:08
3.	Tom Hunt	11:49
4.	Dylan Eddowes	12:15
5.	Colby Eddowes	12:30
6.	Helena Bialecki	12:46
7.	Kate Black	12:53
8.	Chelsea Rogic	13:18
9.	Sophie Rogic	14:25
10.	Venesser Rogic	15:49
11.	Cilla Chapman	17:08

SAMA ROADWALK CHAMPIONSHIPS, SOUTH PARKLANDS, ADELAIDE, SATURDAY 19 JULY

Thanks to Colin Hainsworth for the results from the South Australian Masters 15km road championships last Saturday at their Peacock Road course, South Parklands, Adelaide. He commented: We were pleased to welcome members of the SARWC who joined in our 15k walk with a number of shorter walks on offer too.

15km Championships walk

W70	1	Margaret Trengove	1:54:26	81.08%
W60	1	Linda Whitelaw	1:58:09	67.71%
W50	1	Gloria Holliday	1:34:15	78.08%
	2	Marie Maxted	1:39:06	75.09%
W45	1	Raelene Schild	1:51:53	63.09%
M80	1	Colin Hainsworth	2:04:14	78.45%
	2	David Robertson	2:14:24	68.67%
M75	1	Rodger Barber	1:53:38	74.92%
M70	1	Graham Harrison	1:45:44	75.08%
	2	Bill Starr	1:50:34	71.79%
	3	Roger Lowe	2:04:05	63.97%
M65	1	James Hoare	1:50:26	69.22%
M55	1	Richard Moyle	1:50:38	62.20%
	2	Norman White	1:51:22	60.18%
M50	1	Peter Crump	1:25:57	76.66%
	2	John Leydon	1:33:16	70.06%
M40	1	Matthew Anderson	2:24:59	41.6%
	0	Geoff Byham	DNF	
	-	Richard Everson	DNF	

4km yacht handicap

1.	M64	Jeff Kennett	35:38	52.11%
2.	W69	Jill Rogers	32:48	66.67%
3.	W70	Valmai Padget	32.59	67.26%
4.	W66	Lillian Harpur	36:52	56.96%
5.	W63	Helen Suridge	28:50	70.13%
6.	W61	Edna Bates	33:44	58.55%

NSWRWC ROADWALKS, TEMPE, NSW, SATURDAY 19 JULY

Thanks to Frank Overton for last weekend's results from Sydney. Comments below are from Frank.

This weeks events were held at Tempe. The weather was poor with winds and cold. As can be seen from the results the numbers were down however the performances were very good as competitors took to the challenge and some very good times were recorded.

In the 8km walk, Tyler Jones led from the outset and recorded even laps to post a PB of 35.03. Lauren Bourke set off in good form with a determination to better the 38min mark but came short and recorded exactly 38minutes. Carl Gibbons who was celebrating his 18th birthday tried to catch Lauren in the latter stages but fell 34 sec short at the finish. Stephen Washburn was preparing for his first 30km which he will do next week in the NSW State 30km champs.

Long Division 8km

Tyler Jones	35.03
Lauren Bourke	38.00
Carl Gibbons	38.34
Steohen Washburn	41.57
Joan Purcell	57.07

In the 6km walk, Dylan Richardson challenged Nathan Brown for line honours, but Nathan's determination allowed him to keep Dylan behind him, with both recording good times.

Medium Division 6km

1.	Nathan Brown	29.27
2.	Dylan Richardson	29.31
3.	Jasmyn McDonald	31.40
4.	Bryony Beasley	35.47
5.	Judy Brown	47.06

These walkers are the improvers. PB's and consistent times being regularly achieved.

Short Division 3km

1.	Chelsea Goodhew	15.02
2.	Samantha Brown	15.23
3.	Ryan Thompson	15.25
4.	Tiffany Saker	16.41
5.	Nicholas Douglas	20.06
6.	Nicolle Challinor	20.07

Kyle Bedford returned to form, aiming to walk strongly and recording a good time. Harrison Mavin chased Kyle and also recorded a good time. The order of the day was close finishes, especially between Donald Chello and Renee Hardy who crossed the line with only 2 seconds separating them.

Under 16 2km

1.	Kyle Bedford	9.32
2.	Harrison Mavin	9.49
3.	Allanah Pitcher	10.14
4.	Hayley Mills	10.44
5.	Donald Chello	11.05
6.	Renee Hardy	11.07
7.	Alexandra Sutherland	11.13
8.	Dion Carrathers	11.41
9.	Paige Rigney	11.54
10.	Catherine Young	13.24

The Under 12 division remains the largest field each week with good racing across the board. Several close finishes which kept the judges on their toes.

Under 12 1km

1.	Danielle Vesper	5.17
2.	Brooke Martin	6.03
3.	Jada Thomson	6.15
4.	Courtney Mavin	6.40
5.	Brodie Douglas	6.41
6.	Reilly Jones	7.08
7.	Aiden Hardy	7.34
8.	Stacie Beecroft	7.35
9.	Sarah Challinor	7.54
10.	Ella Beecroft	7.58
11.	Emily Challinor	8.28
12.	Amelia Crocker	DQ

Next Sunday will be the NSW State Long Walks Championships at Glendenning - Open Men 30km, Open Women 20km, U/20 Men 20km, Under 20 Women plus Masters Men & Women 15km, U/18 Men & Women 8km, U/16 Men & Women 5km plus the U/12 Men & Women 2km.

QRWC RWA CHALLENGE ROADWALKS, BEENLEIGH, QLD, SUNDAY 20 JULY

Queensland walkers were in action on Sunday with their RWA Postal Challenge state events.

Open 10km

Men: (1) Brandon Dewar 48.41 (2) Shane Pearson 62.54.
 Women: (1) Noela McKinven 78.37

Masters 10km

Men: (1) Peter Bennett 52.09 (86.66%) (2) Paul Lindenberg 59.12 (72.42%)
 Women: (1) Christiane Dauphinet 79.58 (96.28%)

U16 5km

Women: (1) Clara Smith 25.20.
 (Not Challenge) Debbie Lindenberg 33.11

U14 3km

Men: (1) Jamison Stovin 15.50 (2) Ethan Clarke 21.15.
 Women: (1) Isabella Schofield 22.49
 (Not Challenge) Constance Keenan 24.02

U12 2km

Men: (1) Ben Jeffrey 11.19 (2) Adam Buchhorn 12.03
 Women: (1) Amelia Schofield 13.25

U10 1.5km

Women: (1) Scarlett Schofield 10.31 (2) Anika Clarke 10.44 (3) Emma Brittain 10.45

WARWC ROADWALKS, SHELLEY, WA, SUNDAY 20 JULY

Thanks to Terry Jones for last Sunday's results from the Western Australian Racewalking Club in Perth. And note that WARWC now have their own website up and running - <http://warwc.org>.

15km Walk

1. Dale Hennighan 77.47

10km Handicap

1. Kate Holt 59.39
 2. Bree-Anna Hennighan 76.26
 3. Karyn Tolardo 67.20
 4. Sonia Tingay 79.33

8km Handicap

1. Isabella Tolardo 52.46
 2. Declan Tingay 44.26
 3. Aimee Reid 64.49
 4. Holly Hughes 54.40
 5. Robyn Hughes 62.41

Emily Pivac	DNF
Ben Reid	DNF

2km Handicap

1.	Amy Holland	11.35
2.	Hayley Ruane	12.28
3.	Sienna Andritsos	12.09
4.	Alessia Andritsos	14.23
5.	Tiahna Ruane	10.58
6.	Declan Tingay	9.48

UK NATIONAL 10KM ROADWALKS, HILLINGDON, ENGLAND, SATURDAY 19 JUNE

The UKA/RWA 10km championships at Hillingdon were won in each instance by the leading Juniors in the UK at the moment. Mark Wall reports:

In the Mens event, after an early lead, 2012 Olympian Dom King retired from the race about the half way mark, observably carrying an injury. This left Callum wilkinson (14/03/1997) to seize the initiative over the other King twin, Dan. He pushed on to record a clear win in what can only be described as close conditions, leaving many athletes finding breathing difficult. His time of 46:22 was a PB. 50km specialist Dan was second in 47:49 while third place was taken by 66 year old 1980 Olympian Ian Richards in 50:48. The win also gave Callum a third additional title, that of Inter counties Champion. Callum has enjoyed a season where he has become the standout in his age group.

In the Womens race Emma Achurch, the other revelation of the season, took control early and pushed on to a clear win (51:37) over ex-Lithuanian international Grazina Narviliene (54:08) and Manx woman Michelle Turner (55:48). Emma also took the three individual titles and teams golds in the RWA title and the Inter-Counties event with debutant Lin Farrow (V55).

10km Men

1.	Callum Wilkinson	Enfield Athletic Club	46.22
2.	Daniel King	Colchester	47.49
3.	Ian Richards	Steyning AC	50.48
4.	Fabian Deuter	Hillingdon	52.29
5.	Francisco Reis	Ilford	53.20
6.	Pablo Gomex	U.S.A	54.55
7.	Trevor Jones	Steyning AC	55.01
8.	Steve Utley	Ilford AC	55.55
9.	Richard Wild	Manx Harriers	57.23
10.	Steve Allen	Barnet and District	58.50
11.	Keith Vallis	Overton Harriers AC	58.50
12.	Stuart Bennett	Ilford AC	60.14
13.	John Ralph	Enfield AC	60.29
14.	Arthur Thomson	Enfield AC	62.25
15.	Shaun Lightman	Surrey WC	63.40
16.	John Constaninou	Birchfield H	64.18
17.	Ed Shillabeer	Ilford AC	65.48
18.	Dan Maskell	Surrey WC	66.29
19.	Peter Hannell	Surrey WC	67.52
20.	Sean Pender	Enfield AC	68.41

Teams: 1st Ilford 275pts, 2nd Enfield 273pts, 3rd Surrey WC 248pts

10km Women

1.	Emma Achurch	Leicester WC	51.37
2.	Grazina Narviliene	Belgrave Harriers	54.08
3.	Michelle Turner	Northern AC	55.48
4.	Kate Donaldson	Leicester WC	61.39
5.	Penelope Cummings	Herne Hill Harriers	61.49
6.	Maureen Noel	Belgrave Harriers	64.29

Mark Easton has his usual superb collection of photos - see <http://markeaston.zenfolio.com/p439229936> . He has let me reproduce the following - thanks Mark!



Callum Wilkinson, Dominic King and Ian Richards (photos Mark Easton)



Emma Achurch, Michelle Turner and Grazina Narviliene (photos Mark Easton)

USA MASTERS 5000M WALK CHAMPS, WAKE FOREST, WINSTON-SALEM, NC, WED JULY 16, 2014

Big fields for the USA Masters 5000m walk champs which were held last week in North Carolina.

5000m Masters Men

1.	Dave Swarts	49	24:04.07
2.	Michael Wiggins	65	27:42.48
3.	Jim Scott	56	27:43.41
4.	Christopher Stadler	55	27:47.42
5.	Klaus Thiedmann	59	28:50.15
6.	Robert Keating	67	29:02.97
7.	Max Walker	67	29:07.27
8.	Norman Frable	68	29:39.84
9.	Richard McGuire	66	29:49.46
10.	Andrew Smith	64	29:52.43
11.	Bill Reed	61	30:10.20
12.	Robert Dabbs	54	30:18.26

5000m Masters Women

1.	Debbie Topham	61	30:25.65
2.	Michelle Heister	48	30:50.26
3.	Cathy Mayfield	62	32:04.59
4.	Carol Wilkinson	64	32:19.48
5.	Donna Green	61	32:52.68
6.	Doris McGuire	65	35:00.49
7.	Jeanette Priest	65	35:40.00
8.	Kay Carmines	68	35:43.25
9.	Darlene Backlund	68	36:15.75
10.	Sandra DeNoon	59	36:15.80
11.	Sandra Hults	72	36:42.52
12.	Barbara Hensley	70	37:55.91

13. Richard Campbell	68	31:05.65	13. Amy Bartholomew-Koepp	40	40:09.77
14. Michael DeWitt	63	31:28.18	14. DaBeth Manns	38	41:00.82
15. Timothy Chelius	58	33:05.31	15. Luisa Rodriguez	42	43:31.33
16. Joel Dubow	71	33:52.59	Wendy Mastropolitto	48	DNF
17. James Carmines	71	34:08.85			
18. David Gordon	73	34:20.85			
19. Ronald Shields	71	35:54.89			
20. James Veenstra	76	36:14.34			
21. Jack Starr	85	36:16.84			
22. Sheldon Contract	75	36:56.26			
23. Peter Bayer	75	38:00.12			
24. Alfred Nelman	89	39:19.23			
25. Eugene Truchelut	63	40:02.08			
26. James Wass	61	DNF			
27. Gerald Gomes	81	DQ			

Race videos are also available, complements of USATF TV:

- Men's 45-74 5000m Race Walk - http://www.usatf.tv/gprofile.php?mgroupp_id=45365&mgroupp_event_id=6668&year=2014&do=videos&video_id=121813#ixzz37psHjqlr
- Women's 35-94 Men's 75-94 5000m Race Walk - http://www.usatf.tv/gprofile.php?mgroupp_id=45365&mgroupp_event_id=6668&year=2014&do=videos&video_id=121812#ixzz37pspJmUe

POLISH U18 NATIONAL CHAMPIONSHIPS, WROCLAW, POLAND, 13-15 JULY

Back a week to the Polish U18 track walk championships. Full results: <http://www.domtel-sport.pl/insidethecode/files/4834-pl.pdf>

10,000m U18 Men

1. Robert GOŁAWSKI	98-04-07	WLKS Iganie Nowe	48:17.08
2. Michał KAMIŃSKI	97-12-17	KS Gwardia Piła	48:54.77
3. Arkadiusz DROZDOWICZ	98-03-30	PLKS Gwda Piła	49:16.96
4. Kacper KOSECKI	97-03-20	SKLA Sopot(PM)	50:38.42
5. Adrian KLONOWSKI	97-01-08	LKS Vectra Włocławek(KP)	51:09.92
6. Piotr JACHER	98-07-11	LKS Stal Mielec(PK)	53:11.14
7. Paweł CIEŚLIŃSKI	98-07-13	CKS Budowlani Częstochowa(SL)	53:36.27
8. Dawid ZDROJOWY	97-11-26	UKS Przelaj Żerków(WP)	56:07.69
9. Dawid LACH	98-03-26	KL Lechia Gdańsk(PM)	56:58.54
10. Jakub BACHOR	98-01-22	CWKS Resovia Rzeszów(PK)	58:09.49
11. Patryk PRZYBYLSKI	97-05-22	PLKS Gwda Piła(WP)	59:30.14
12. Krystian PIASECKI	98-11-24	PLKS Gwda Piła(WP)	60:38.68
Jakub DURAK	98-01-05	LLKS Osowa Sień(LB)	DQ
Leszek BARTYLAK	98-03-03	UKS Orkan Środa Wlkp.(WP)	DQ
Sebastian TARA	97-08-04	LKS Stal Mielec(PK)	DNF
Dawid PIASECZNY	98-07-21	ALKS PWSZ Gorzów Wlkp(LB)	DNF

5000m U18 Women

1. Olga NIEDZIAŁEK	97-06-30	WLKS Iganie Nowe	25:01.39
2. Emilia GRĘZIAK	98-05-10	WLKS Iganie Nowe	25:20.81
3. Małgorzata JACHER	97-03-15	LKS Stal Mielec	25:25.63
4. Zofia KREJA	97-05-13	KMKL Sztorm Kołobrzeg(ZP)	25:45.29
5. Marietta PANKOWSKA	97-03-30	UKS Orkan Środa Wlkp.(WP)	25:50.19
6. Paulina LEWANDOWSKA	97-01-26	KS Energetyk Poznań(WP)	26:27.06
7. Emilia PATYNA	97-12-15	MOS CSiR Dąbrowa Górnicza(SL)	26:31.63
8. Zuzanna CZAJA	98-03-13	SKLA Sopot(PM)	26:33.97
9. Anna LASZUK	97-02-21	MKS Żak Biała Podlaska(LU)	26:47.07
10. Wiktoria AUGUSTYN	97-11-04	OTG Sokół Mielec(PK)	26:58.12
11. Izabela LICKIEWICZ	97-03-09	WLKS Iganie Nowe(MZ)	27:24.36
12. Karolina KOZIARSKA	98-08-14	PLKS Gwda Piła(WP)	27:36.70
13. Wiktoria MŁYNEK	98-10-05	LKS Stal Mielec(PK)	27:43.95
14. Kornelia ZIELIŃSKA	98-02-04	UKS Orkan Środa Wlkp.(WP)	27:50.28
15. Patrycja FIMOWICZ	98-09-05	CKS Budowlani Częstochowa(SL)	28:19.81
16. Karolina KUCZYŃSKA	98-06-18	KS Podlasie Białystok(PD)	28:40.12
17. Alicja KUKIER	97-09-14	ALKS PWSZ Gorzów Wlkp(LB)	30:12.33
18. Adrianna LACH	98-03-26	KL Lechia Gdańsk(PM)	30:13.02
Aleksandra BORCZUK	98-05-15	LLKS Osowa Sień(LB)	DQ

ITALIAN T&F CHAMPIONSHIPS, ROVERETO, ITALY, 18-20 JULY

Some fast walking in Italy last weekend with 10km roadwalks being contested over an inner city road circuit in Rovereto with Giorgio Rubino (40:13) and Antonello Parmisano 45:15 warming up for the European Championships next month with wins. See further discussion at <http://omarchador.blogspot.pt/2014/07/giorgio-rubino-e-antonella-palmisano.html>.

Men 10km Race Walk - 18.07.2014

1.	Giorgio RUBINO	ITA	86	40:13
2.	Federico TONTODONATI	ITA	89	40:21
3.	Matteo GIUPPONI	ITA	88	40:44
4.	Francesco FORTUNATO	ITA	94	41:00
5.	Vito DI BARI	ITA	90	41:16
6.	Leonardo DEI TOS	ITA	92	41:19
7.	Marco DE LUCA	ITA	81	41:31
8.	Massimo STANO	ITA	92	42:18
9.	Daniele PARIS	ITA	84	42:54
10.	Riccardo MACCHIA	ITA	90	43:18
11.	Teodorico CAPORASO	ITA	87	43:52
12.	Alessandro MALTONI	ITA	93	44:08
13.	Mirko DOLCI	ITA	85	44:18
14.	Marco AMATI	ITA	94	44:37
15.	Roberto DEFENDENTI	ITA	68	44:44
16.	Giuseppe INGLESE	ITA	96	45:11
17.	Ruggero D'ASCANIO	ITA	84	45:12
18.	Tommaso ROMAGNOLI	ITA	91	45:44
19.	Alessandro CUSMAI	ITA	94	45:54
20.	Giacomo BRANDI	ITA	98	46:08
21.	Simone MANSUTTI	ITA	98	46:28
22.	Vincenzo VERDE	ITA	82	46:30
23.	Luca MONTOLEONE	ITA	90	46:50
24.	Andrea ROMANELLI	ITA	86	47:08
25.	Giacomo VIGANO'	ITA	91	47:32
26.	Leonardo BALDACCHINI	ITA	95	47:53
27.	Massimiliano COLANGELO	ITA	97	49:37
	Pietro ZABBENI	ITA	98	DQ
	Federico BOLDRINI	ITA	88	DQ
	Stefano MANSUTTI	ITA	95	DNF

Women's 10km Race Walk - 18.07.2014

1.	Antonella PALMISANO	ITA	91	45:15
2.	Federica CURIAZZI	ITA	92	46:21
3.	Serena PRUNER	ITA	86	49:02
4.	Rossella GIORDANO	ITA	72	49:13
5.	Cecilia STETSKIV	ITA	91	50:19
6.	Mariavittoria BECCHETTI	ITA	94	50:47
7.	Ilaria GALLI	ITA	87	50:56
8.	Nicoletta DELL'AQUILA	ITA	88	51:05
9.	Daniela MANCINI	ITA	83	51:20
10.	Alessia ZAPPAROLI	ITA	88	51:31
11.	Andrea MORELLI	ITA	93	51:48
12.	Marta STACH	ITA	95	51:58
13.	Giada Francesca CIABINI	ITA	97	52:11
14.	Giorgia MENIS	ITA	96	52:38
15.	Gladys MORETTI	ITA	91	52:55
16.	Eleonora DONÈ	ITA	92	53:56
17.	Viviana VALSECCHI	ITA	92	54:50
	Sibilla DI VINCENZO	ITA	83	DQ
	Ilaria MARIOTTI	ITA	91	DNF
	Elena MARTINOZZI	ITA	87	DNF

PRESIDENT'S CUP, VALMIERA, LATVIA, 18-19 JULY**Men 10,000m Race Walk - 19.07.2014**

1.	Arnis RUMBENIEKS	LAT	88	43:25.99
2.	Artur MASTIANICA	LTU	92	44:01.74
3.	Artūrs MAKARS	LAT	97	45:01.32

4.	Lauri LELUMEEES	EST	78	46:22.47
5.	Margus LUIK	EST	80	47:13.14
6.	Ivzāns NORMUNDS	LAT	71	47:26.02
7.	Raivo SAULGRIEZIS	LAT	94	50:37.18

1. **Women 5000m Race Walk - 19.07.2014**

2.	Agnese PASTARE	LAT	88	23:51.67
3.	Inga MASTIANICA	LTU	89	24:10.65
4.	Angela MANDEL	EST	0	25:40.08
5.	Ilma MELNE	LAT	93	28:12.76
6.	Anastassija PONOMARENKO	EST	99	28:30.88
7.	Baiba FRISENBRUDERE	LAT	75	29:23.12

FRENCH JUNIOR T&F CHAMPIONSHIPS, VALENCE, FRANCE, 18-20 JULY

Men U20 10,000m Race Walk - 20.07.2014

1.	Axel MUTTER	FRA	96	45:56.78
2.	Amaury LAMIAUX	FRA	96	46:44.93
3.	Florian MAYER	FRA	96	47:01.19
4.	Cedric LE PAGE	FRA	96	48:36.21
5.	Come MARTIN	FRA	95	48:40.17
6.	Orian TORRE	FRA	95	49:01.38
7.	Valentin SILLY	FRA	96	49:45.86

Women U20 10,000m Race Walk - 20.07.2014

1.	Chahinez NASRI	TUN	96	50:19.02
2.	Cecile DELEUZE	FRA	96	52:49.19
3.	Myriam BEGEL	FRA	95	55:11.39
4.	Cecile NAZE	FRA	95	55:24.35
5.	Julie BAEZA	FRA	95	57:14.95
6.	Emmanuelle LANGLAIS	FRA	95	57:15.03
7.	Margaux POUZIN	FRA	95	57:26.23
8.	Caroline OSMONT	FRA	96	57:30.33
9.	Maelle GARCIA	FRA	95	58:11.34
10.	Roseline LE NAY	FRA	96	58:28.32

Men U18 5000m Race Walk - 20.07.2014

1.	Gabriel BORDIER	FRA	97	21:53.87
2.	Thibault HYPOLITE	FRA	97	22:44.93
3.	Dorian ADAM	FRA	97	23:04.00

1. **Women's 5000m Race Walk - 20.07.2014**

2.	Axelle HAM	FRA	97	24:32.35
3.	Adele VERDIERE	FRA	97	26:16.23
4.	Camille AURRIERE	FRA	98	26:54.31
5.	Eva MIALDEA	FRA	97	26:59.50

'BIOMECHANICAL ANALYSIS OF ELITE RACE WALKING' NOW ONLINE

Dr Brian Hanley, Senior Lecturer in Sport & Exercise Biomechanics at Leeds, UK, has emailed me as follows

I was hoping you'd do me a favour and put the following link in your online Heel and Toe newsletter, as I imagine it reaches quite a wide audience! It's a link to a webpage where anyone can download for free my PhD thesis ('Biomechanical Analysis of Elite Race Walking'). A quick glance through the References will show the debt I owe to Modern Athlete and Coach, and Australian coaches in general! The link is http://repository.leedsmet.ac.uk/main/view_record.php?identifier=8817&SearchGroup=Research (although I could link directly to the PDF this way is better as otherwise my university doesn't count them as 'views' for some reason).

Thanks,

Dr Brian Hanley,
Senior Lecturer in Sport & Exercise Biomechanics,
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Headingley Campus, Carnegie Faculty,
Leeds Metropolitan University, Leeds, LS6 3QS, United Kingdom.
Tel.: + 44 113 8123577; Email: B.Hanley@leedsmet.ac.uk

FIRST IT WAS THE LUGANO CUP

First it was called the Lugano Cup, then when the women were added, they had their own competition named the Eschborn Cup. Then it was all combined together as the IAAF Racewalking World Cup. The latest IAAF Council Meeting, held over the last couple of days, has accepted a recommendation by the Race Walking Committee to change the name of the competition in future to the **IAAF World Race Walking Team Championships**. The new name will apply from the next edition in Cheboksary (RUS) in 2016

MORE ON VICTOR CHEGIN

The following press release was announced in a number of news outlets last Wednesday. The pressure continues to build.

MOSCOW (AP) Russia has cut a coach from its track and field team for next month's European championships after anti-doping authorities started investigating him, a top official says.

Viktor Chegin turned Russia's race-walking team into one of the world's strongest over the past decade, but last week the Russian Anti-Doping Agency (RUSADA) said it was investigating him and his team.

That follows repeated doping test failures by Russian walkers, most recently Olympic and world champion Elena Lashmanova, banned for two years last month.

Russian Athletics Federation head Valentin Balakhnichev was quoted by the Sovetsky Sport newspaper saying Chegin would not be part of the team for the European championship, as the recent doping scandals had "tarnished Chegin's career" but said the coach would continue to train athletes in Russia

Two other doping cases from Chegin's group are being investigated for a few months now - Yumanova and Mokeyeva.

VRWC CLUB RECORD UPDATE

One further club record to acknowledge this week - that of Corey Dickson who is my walker of the week.

Corey Dickson	U13 Boys 3km Road Walk	14:28	VRWC Races, Middle Park	19/07/2014
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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.

2014/2015 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 http://www.centurions.org.au/event2014.shtml
11-18 Oct, 2014	Alice Springs Masters Games. See http://www.alicespringmastersgames.com.au/
Dec 5-7, 2014	Australian All-Schools Championships, Adelaide, SA
Sun Dec 14, 2014	Australian 50km Championship meet, Fawkner Park, VIC
Dec 28 2014 - Jan 10	Annual VRWC Falls Creek Camp. See https://www.facebook.com/groups/726992100645163/
Mar 11-15, 2015	Australian Junior Championships, Sydney, NSW
Mar 26-29, 2015	Australian Open T&F Championships, Brisbane, QLD

2014 International Fixture

July 22-27, 2014	15th World Junior T&F Championships, Eugene, Oregon, USA. See http://oregon14.com/ .
Aug 16-28, 2014	Youth Olympic Games, Nanjing, China. See http://www.nanjing2014.org/en/

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/page.php?pid=1328&mid=147&ac_id=6&type=%

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 th Summer Universiade, Gwanju, South Korea
July 15-19, 2015	9 th World Youth T&F Championships, Cali, Colombia
Aug 22-30, 2015	15 th IAAF World Championships in Athletics, Beijing, China
July/Aug 2015	20 th World Masters T&F Champs Stadia, Lyon, France
May 2016	27 th IAAF World Race Walking Cup, Cheboksary, Russia
July 19-24, 2016	16 th World Junior T&F Championships, Kazan, Russia
Oct 26 -Nov 6, 2016	21 st World Masters T&F Champs Stadia, Perth, Australia. See http://www.perth2016.com
Aug 2016	31 st Olympic Games, Rio de Janeiro, Brazil. See http://www.rio2016.org.br/en/Default.aspx
July 2017	10 th World Youth T&F Championships, ?
July 2017	29 th Summer Universiade, Taipei, Taiwan
August 5-13, 2017	16 th IAAF World Championships in Athletics, London, UK
May 2018	28 th IAAF World Race Walking Cup, Cheboksary, Russia
July 2018	16 th 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 th IAAF World Championships in Athletics, ?
July 2019	11 th World Youth T&F Championships, ?
July 2019	30 th Summer Universiade, Brasilia, Brazil
July 2020	32 nd Olympic Games, Tokyo

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