



## HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club  
2014/2015 Number 09  
2 December 2014



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### WALKER OF THE WEEK

My Walker of the Week this time around goes to 17 year old Melbourne walker **Adam Garganis** who recorded an 8 second PB of **45:56** for the 10,000m track walk last Wednesday evening at Clifton Hill. Over the course of the year, he has steadily improved over all distances and his current PBs stand as follows: 2000m (8:48), 3000m (12:49), 5km (22:02), 10km (45:56), 10 Miles (1:13:56) and 35km (3:04:54). A young walker in a hurry!



**Adam in action at Clifton Hill last Wednesday**

### WHAT'S COMING UP

**Athletics Victoria Shield** competition resumes on Saturday 6<sup>th</sup> December with round 7. The Australian All Schools Track & Field Championships will also be held that same weekend in Adelaide.

Entries have now closed for the **Australian 50km championship** meet at Fawkner Park on Sunday 14 December. I think the start lists for the Open events read as follows but I can't quote the start lists for the U20 or U18 events as AA has now taken the start lists down. Grrrr.

#### **50km Road Walk**

Dunfee, Evan	Canada
Erickson, Chris	VIC
Jamieson, Andrew	VIC
Rayson, Ian	ACT
Reading, Brendon	ACT
Rutter, Adam	NSW
Tallent, Jared	SA

#### **Open Women 20km Road Walk**

Fagan, Nicole	NSW
Holliday, Tanya	SA
Klein, Kirsty	NSW
Knight, Cassandra	VIC
Pickles, Jessica	QLD
Ruddick, Kelly	VIC
Smith, Beki	ACT
Stigwood, Stephanie	TAS
Szirom, Megan	VIC
Tallent, Rachel	ACT

### Open Men 20km Road Walk

Evans, Simon	VIC,
Fujiwawa, Isamu	Japan
keirl, Bernie	VIC
kozica, Jason	VIC
Rayson, Ian	ACT
Rew, Quentin	New Zealand

## VRWC TRACK RACES, GEORGE KNOTT ATHLETICS TRACK, CLIFTON HILL, WED 26 NOVEMBER

Our VRWC summer season continued last week with a series of track races last Wednesday evening at the Collingwood Harriers track in Clifton Hill. Conditions were pretty good and we saw some great performances. **Adam Garganis** powered through the 10,000m in a PB of 45:56, **Jemima Montag** walked a WJ qualifying 5000m with 23:09 and **Emmet Brasier** and **Eliza Clarke** powered through the 3000m in 13:36 and a PB 13:55 respectively. And a welcome to Paul Moritz who used to walk many years ago and who put on a good exhibition, covering the 3000m in 19:37.

### 5000m Track Walk

1.	Montag, Jemima	23:09
2.	Kozica, Jason	23:13
3.	Kollmorgen, Stuart	23:39
4.	Szirom, Megan	24:04
5.	Laufer, Michelle	25:13
6.	Dickenson, Russ	30:10
7.	Gardiner, Bob	31:47

### 3000m Track Walk

1.	Brasier, Emmet	13:36
2.	Clarke, Eliza	13:55 PB 0:21
3.	Swan, Kyle	14:00
4.	Walmsley, Reese	14:20
5.	George, Stephanie	15:21
6.	Langford, Taylor	16:49 PB 0:02
7.	Noonan, Emily	18:25
8.	Moritz, Paul	19:37

### 10,000m Track Walk

1.	Garganis, Adam	45:56 PB 0:08
2.	Evans, Simon	56:20
3.	Keirl, Bernie	59:47

### 1500m Track Walk

1.	Kozica, Jason	06:38
2.	Walmsley, Hayden	07:30
3.	Noonan, Claire	08:22
4.	Simpson, Jessica	08:29
5.	Holmes, Molly	08:57
6.	Holmes, Charlotte	09:04
7.	Smith, Hannah	09:05
8.	Homewood, Lachlan	09:41
9.	Homewood, Liam	09:48
10.	Dickson, Charlee	10:03
11.	Szirom, Riley	11:21

Thanks to our officials. Sorry if I have missed anyone.

Officials: Tim Erickson, Damien Elms, Terry Swan, Simon Baker  
Judges: Judy Mason (Chief), Peter Vysma, Stuart Cooper, Matt Owen

Thanks to Terry Swan for his usual selection of great photos – check out <http://www.vrwc.org.au/coppermine/>.



**Jemima Montag, Eliza Clarke, Reese Walmsley, Taylor Langford, Russ Dickenson and Bob Gardiner**



Stuart Kollmorgen, Michelle Laufer, Paul Moritz and Emily Noonan

**WILLI SAWALL HANDICAP, LAKE WENDOUREE, BALLARAT, SUNDAY 30 NOVEMBER**

Thanks to Sarah Brennan for the latest results from the Ballarat Racewalking Club.

It was a wet night but a good turnout for the BRWC's final race of the 2015 season – the Willi Sawall 3km Handicap. Eleven year old Ruby Saunder walked a huge PB to claim her first BRWC trophy. Another stand out performance was by Jemma Peart, who walked a 30 sec PB of 15:02 to record the fastest time of the night. Fraser Saunder and Alanna Peart also broke records in their respective age groups.

**Willi Sawall 3km Handicap**

1.	Ruby Saunder (11)	18:50	PB 1:15
2.	Jemma Peart (13)	15:02	PB 0:30, U14 Women's Record
3.	Kayla Bridges (9)	20:12	PB 0:19
4.	Alanna Peart (11)	16:32	PB 0:05, U12 Women's Record
5.	Jessika Bridges (12)	19:06	PB 0:01
6.	Fraser Saunder (11)	18:19	PB 0:06, U12 Men's Record
7.	Kasey Bishop (11)	18:12	PB 0:17
8.	John Kilmartin (Open)	18:24	
9.	Sarah Brennan (Open)	16:31	
10.	Scott Peart (8)	21:39	First one
11.	Ross Darlow (16)	16:29	

**1km Walk**

1.	Mia Darlow	6:54
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Following the race, the end of season presentations were held. Throughout the year, walkers were awarded points for race participation, along with points for placing.

2014 Season Aggregate Winner:	Kayla Bridges
Runner Up:	Kasey Bishop
3rd Place:	Mia Darlow
4th Place:	Fraser Saunder
5th Place:	Jessika Bridges

Best Clubperson:	Graeme Saunder
Most Improved:	Ross Darlow
Encouragement Award:	Jemma Peart
Style Award:	Kasey Bishop

Finally, the AGM was held, with the following committee members elected unopposed:

President:	Wayne Peart
Secretary:	Sarah Brennan
Treasurer:	Deb Darlow





Ruby Saunder with the great Willi Sawall on Sunday in Ballarat

**SAMA TRACK WALKS, ASA STADIUM, MILE END, ADELAIDE, WEDNESDAY 26 NOVEMBER**

Thanks to Colin Hainsworth for the weekly results from the South Australian Masters in Adelaide.

**5000m Yacht Handicap**

1.	Sarah Damin	27:45		
2.	Roger Lowe	38:22	M71	66.10%
3.	Valmai Padget	39:00	W70	72.26%
4.	Leigh Smith	37:22	M79	75.81%
5.	George White	27:14	M69	90.86%
6.	Geoff Byham	31:43	M68	77.09%
7.	Rodger Barber	36:20	M76	74.61%
8.	Marie Maxted	33:08	W54	69.95%
9.	James Hoare	35:36	M68	68.68%
10.	Colin Hainsworth	40:07	M84	76.00%
11.	Des Mulqueen	36:55	M68	66.24%
12.	Bill Starr	36:14	M72	70.89%
13.	Jack Russell	31:06	M62	73.60%
14.	Richard Moyle	38:19	M58	57.43%

**800m Yacht Handicap**

1.	Valmai Padget	05:35	W70
2.	Chloe Upton	04:11	
3.	Des Mulqueen	05:41	M68
4.	Christine Thomas	05:54	W49
5.	Rhiannon Lovegrove	03:38	
6.	Roger Lowe	05:38	M71
7.	Marie Maxted	04:35	W54
8.	Rodger Barber	05:25	M76
9.	Leigh Smith	05:41	M79
10.	George White	04:04	M69
11.	Geoff Byham	04:37	M68
12.	Mathew Anderson	06:21	M43
13.	Jill Rogers	06:24	W70
14.	Jan Layng	06:03	W66
15.	Doug Smart	05:53	M71
16.	Jack Russell	04:15	M62
17.	Gill White	06:32	W66
18.	Steve Taylor-Hull	06:01	M58

**3000m Yacht Handicap**

1.	Christine Thomas	23:45	W49	54.49%
2.	Jill Rogers	24:51	W70	65.49%
3.	Edna Bates	25:22	W62	57.94%
4.	Helen Suridge	21:54	W63	67.9%
5.	Doug Smart	25:57	M71	57.43%

**ACT WALKERS CLUB TRACK WALKS, AIS TRACK, BRUCE, THURSDAY 27 NOVEMBER**

Thanks to Robin Whyte for the latest results from Canberra. Zoe Hunt (6:49) was the fastest overall.

**1500m Handicap (Name,Time,Start)**

1.	Bob Banens	11:21	(01:45)
2.	Jennifer Alley	9:21	(04:05)
3.	Mitchell Baker	7:37	(05:50)
4.	Tom Hunt	7:42	(05:45)
5.	Peter Baker	7:48	(05:40)
6.	Kate Black	8:33	(04:55)
7.	Zoe Hunt	6:49	(06:40)
8.	Helena Bialecki	8:34	(04:55)
9.	Margaret McSpadden	11:52	(01:40)
10.	Ruth Baussmann	10:14	(03:20)

11.	Gabby Hunt	7:14	(06:25)
12.	Rod Gilchrist	10:05	(03:35)
13.	Val Chesterton	12:18	(01:25)
14.	Jennifer Gilchrist	10:31	(03:15)
15.	Callum Burns	7:26	(06:25)
16.	Robin Whyte	9:17	(04:35)
17.	Sue Archer	10:34	(03:20)
18.	Edna Dundas	14:01	(00:00)
19.	Doug Fitzgerald	11:14	(02:50)
20.	Geoff Barker	10:53	(03:40)
21.	Jack Thackray	16:07	(00:00)

### ATHS NSW TRELOAR SHIELD ROUND 5, BANKSTOWN TRACK, SYDNEY, SAT 29 NOVEMBER

NSW walkers were in action on Saturday for Round 5 of the Athletics NSW Shield competition at Bankstown in western Sydney. Good walking was the order of the day and some very smart times were recorded by several athletes. Best efforts probably by **Tyler Jones** (5000m 22:08.32), **Hayden Millican** (3000m 13:55.53) and **Kirsty Klein** (5000m 24:38.90).

#### Women 1500m Walk

1.	Brennan, Elise	12	U.T.S. North	8:05.31
2.	Martin, Brooke	11	Nepean Distr	8:54.19
3.	Thomson, Jada	10	Nepean Distr	9:11.03
4.	Hickson, Alannah	10	Sydney Unive	9:11.68
5.	Mavin, Courtney	10	Sydney Pacif	10:28.72

#### Men 1500m Walk

1.	Gosper, Luke	13	Parramatta C	7:37.39
2.	Little, Bayden	11	Sydney Pacif	8:35.64
3.	Westcott, Mark	10	Nepean Distr	9:32.82
	Guthrie, William	12	almain Athl	DNF

#### Women 3000m Walk

1.	Hardy, Renee	11	Asics Wests	16:34.15
2.	McMillen, Abbey	13	Sydney Pacif	19:21.51
3.	saker, tiffany	15	Hills Distri	19:54.94

#### Men 3000m Walk

1.	Millican, Hayden	14	Sydney Pacif	13:55.53
2.	Blaskett, Hayden	12	Sydney Strid	15:16.79
3.	Mavin, Harrison	13	Sydney Pacif	16:11.7h
4.	Thomson, Ryan	14	Nepean	16:20.86
5.	Kerr, Aidan	16	Sydney Pacif	16:25.35
6.	Bedford, Kyle	14	Nepean Distr	16:26.17
7.	Glover, Jordan	15	Hills Distri	16:58.48
8.	Becroft, Lachlan	12	Nepean Distr	17:06.32
9.	Catallo, Donald	14	St. George D	19:09.77
10.	Darby, Geoff	60	Sutherland D	20:17.57

#### Women 5000m Walk

1.	Klein, Kirsty	20	Asics Wests	24:38.90
2.	Goodhew, Chelsea	15	Westlakes At	25:14.83
3.	McDonald, Jasmyn	15	Parramatta C	25:30.67
4.	Webb, Cheryl	38	Blacktown Ci	26:51.42
5.	Beasley, Bryony	17	Nepean Distr	29:33.68

#### Men 5000m Walk

1.	Jones, Tyler	16	Mingara Athl	22:08.32
2.	Gibbons, Carl	18	Westlakes At	22:52.67
3.	Richardson, Dylan	14	Mingara Athl	24:38.87
4.	Jessurun, Ian	47	Nsw Masters	27:58.36

### ATHLETICS SA INTERCLUB ROUND 5, SA ATHLETICS STADIUM, ADELAIDE, SAT 29 NOV

Best efforts in Adelaide interclub by Rhiannon Lovegrove (9:26.07) and Jake Vidler (9:42.06).

#### 2000m Walk Women

1.	Rhiannon Lovegrove	W14	PORT ADELAIDE	9:26.07
2.	Bethany Cross	W14	PEMBROKE	10:32.24

3.	Sarah Damin	W14	SAINTS	10:55.05
4.	Samantha Findlay	W17	OUTHERN	11:22.98
5.	Chloe Upton	W12	SOUTHERN	12:29.22

#### 2000m Walk Men

1.	Jake Vidler	M14	SOUTHERN	9:42.06
2.	Alix Harlington	M15	SALISBURY	10:12.06
3.	Joe Cross	M12	PEMBROKE	10:12.92
4.	Tristan Camilleri	M13	COAST DISTRICTS	11:39.83
5.	James Hoare	M68	PORT ADELAIDE	14:00.90

### ATHLETICS TASMANIA INTERCLUB ROUND 6, DOMAIN, HOBART, SUNDAY 30 NOVEMBER

Alice Randall was the fastest in Hobart interclub with 7:31.90 for the 1500m.

#### 1500m Walk Women

1.	Alice Randall	OVA	7:31.90
2.	Hannah Harrison	NS	8:20.98
3.	Emily StanwayLucas	OVA	8:43.87
4.	Elizabeth Leitch	ES	9:05.40
5.	Bridget Foale	ES	9:13.04
6.	Anna Blackwell	UNA	9:13.82

#### 1500m Walk Men

1.	Ron Foster	TMA	9:34.84
2.	David Moore	NS	10:44.67
3.	David OBrien	NS	10:44.88

### RWCWA ROADWALKS, WILSON, PERTH, SUNDAY 30 NOVEMBER

Thanks to Rick Cattermole for the latest results from the Racewalking Club of Western Australia. Rick commented: A small number of RWCWA members turned up to Wilson today in rather warm conditions. Christopher Gerken raced a 5k PB time of 27.50 and his All-Schools team-mate Haley Jackson pulled out safely avoiding a slight hamstring injury recurrence.

#### 5km Open

1.	Breanna Brown	29.20
	Chris Gerken	DNF

#### 2km Open

1.	Tim Kezic	12.25
2.	Tina Kezic	13.07
3.	Ryan Kezic	13.07
4.	Kate Ralston	13.45
5.	Lily Reynolds	15.24
	Haley Jackson	DNF

### 22<sup>ND</sup> CENTRAL AMERICAN AND CARIBBEAN GAMES, VERACRUZ, MEXICO, 14-30 NOVEMBER

In last week's newsletter I reported on the 20km walks at the 22<sup>nd</sup> Central American and Caribbean Games (see <http://veracruz2014.mx>) in Veracruz in Mexico. The final racewalk event, the 50km, was held some 6 days later, on Saturday 29 November, starting at 7AM. But before that event got to the start line, there was plenty of controversy with the Guatemalan chief judge Carlos Barrios announcing publicly that he had received death threats after the men's 20km race walk event. This was reported on the omarchador front (see <http://www.omarchador.blogspot.pt/2014/11/juiz-de-marcha-sofre-ameacas-de-morte.html>) and by marciadalmondo (see [http://www.marciadalmondo.com/ita/dettagli\\_news.aspx?id=1933](http://www.marciadalmondo.com/ita/dettagli_news.aspx?id=1933)). A brief summary follows:

In the men's 20km event, Olympic silver medalist Erick Barrondo, also from Guatemala, was disqualified about 20 metres from the finish line, leaving Mexico's Horacio Nava as the victor. As the chief judge, Carlos Barrio had shown the red paddle to his countryman in accordance with the decision of his fellow judges of different nationalities. Four infractions had been assessed, two for loss of contact with the ground and two for a bent knee, in the final 19 minutes of the event.

At the press conference, Cesar Moreno, an honorary member of the IAAF, explained the process involved in race walking's judging system. He declared that the Guatemalan judge had acted in compliance with the rules and expressed his full support. Carlos Barrios, accompanied by a member of the Guatemalan Olympic Committee, then explained that he, like any other race walk judge, has to act impartially, whatever the nationality of the athletes. "In the emotional heat of the moment, some individuals made statements that did not correspond to the truth," he said.

In a written release, Ruben Aguilera, the President of the Race Walking Committee of the Association of Panamerican Athletics, expressed regret and condemnation for what had occurred. He stated that any belief that the Guatemalan judge was responsible for Barrondo's disqualification is a clear case of a failure to understand the rules.

"We fully acknowledge Carlos Barrios Casasola's moral integrity and technical expertise, as we do for all the members of the race walk judging team. We condemn the actions intended to intimidate the Guatemalan judge and we stand with him in the unfortunate situation he will be facing."

And now onto Saturday's 50km where Barrondo redeemed his meet in emphatic form. By the 30km mark, the lead group had been reduced to three: Barrondo, David Cristian Berdeja (MEX) and James Rendon (COL). By 40km, it was Barrondo all on his own, some 26 secs ahead of Berdeja with Zepeda a further 41 secs back. With a final 10km split time of 44:17, Barrondo powered home to win in 3:49:40, a new Games record, with Zepeda (MEX) second and Berdeja (MEX) third. And he looked pretty good judging by this video: <https://www.facebook.com/video.php?v=10152445851421976>.

#### Men 50km Race Walk

1.	Erick BARRONDO	GUA	91	3:49:40
2.	Omar ZEPEDA	MEX	77	3:52:45
3.	Cristian David BERDEJA	MEX	81	3:53:39
4.	Jaime Daniel QUIYUCH	GUA	80	3:55:42
5.	Jorge RUIZ	COL	89	3:59:45
6.	Luis LÓPEZ	PUR	88	4:16:00
7.	Yereman SALAZAR	VEN	78	4:31:46
	Allan SEGURA	CRC	80	DNF
	James RENDÓN	COL	85	DNF

See further discussion and event photos at <http://omarchador.blogspot.pt/2014/11/barrondo-conquista-o-ouro-nos-50-km-dos.html> and [http://www.marciadalmondo.com/ita/dettagli\\_news.aspx?id=1936](http://www.marciadalmondo.com/ita/dettagli_news.aspx?id=1936).



The 50km podium – Zepeda, Barrondo and Berdeja

#### MIDLAND WINTER LEAGUE SERIES, WARWICK UNIVERSITY, COVENTRY, SUNDAY 23 NOVEMBER

Thanks to Mark Wall for the results of the third and final races in the Midland Aare Race Walking League Series a week ago. It just missed last week's newsletter. Mark reported:

In cool and wet conditions the final leg of the winter League saw a significant set of performances recorded by female walkers.

Thirty year old, former Italian U/23 international Dr Tatyana Gabellone posted the quickest pair of times by a female Midland based walker for some time. The idea of racing two events in the day was also a novelty. She was just outside her 2 PBs recorded earlier in her career. Albeit now on a limited training regime. She moved to No. 4 in terms of UK based walkers this season at 10km and 1<sup>st</sup> at 5km, each according to the UKA Power of 10 ranking list.

17 year old UK World cup representative Emma Achurch, who dominated both distances in the first two rounds, benefited from the competition, moving to what would be No.2 on the UK U/20 all time list for 10km on the road. Without Tatyana, the two PBs she obtained may not have been achieved. This was especially true in the 10km.

The euphoria is tempered somewhat when it is remembered that these were recorded under B race Conditions, that is, the judges were only required to look at contact. This renders the performances, non-rankable.

Ellen Vahey started the series with a PB of 13:06 but walked an inspired race to record 11:13 in the U/13 event. U/15 standout, Ana Garcia was unchallenged and continues to dominate her age group.

#### 10km Open

1.	Tatyana Gabellone	Leicester W.C.	48.09
2.	Emma Achurch	Leicester W.C.	48.42
3.	Daniel Watling	Birchfield Harriers	57.31
4.	Peter Boszko	Birchfield Harriers	57.55
5.	Chris Berwick	Leicester W.C.	61.07
6.	Dan Maskell	Surrey W.C.	61.31
7.	Sean Pender	Enfield & Haringey A.C.	61.40
8.	Hardeep Minhas	Leicester W.C.	61.41
9.	John Constandinou	Birchfield Harriers	61.46
10.	George Smolinski	Leicester W.C.	62.20
11.	Colin Vesty	Leicester W.C.	63.03
12.	Parminder Bhatti	Birchfield Harriers	66.19
13.	Julian Barnett	Birchfield Harriers	68.52
14.	David Hoben	Surrey W.C.	69.30
15.	David Fall	Birchfield Harriers	73.43
16.	John Fenton	Birchfield Harriers	DQ

#### U15 Girls 3km

1.	Ana Garcia	City of Sheffield A.C.	14.55
2.	Kara Lane	Birchfield Harriers	16.29
3.	Jessica Finney	Birchfield Harriers	18.17
4.	Laura Achurch	Leicester W.C.	18.26

#### U15 Boys 3km

1.	Ben Allen	Leicester W.C.	16.20
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#### U13 Mixed 2km

1.	Faris Alkamesi	Nuneaton Harriers	11:12
2.	Hisham Alkamesi	Nuneaton Harriers	11:13
3.	Ellen Vahey	Stratford on Avon A.C.	11:13
4.	Molly McLeady-Hanley	City of Sheffield A.C.	11:33
5.	Grace Powell	Neath Harriers	13:00
6.	Kyle Smith	Nuneaton Harriers	13:06
7.	Hannah Gadd	D.A.S.H.	14:20
8.	Joszette Taylor	D.A.S.H.	14:20
9.	Katie Haynes	D.A.S.H.	14:37

#### U11 Girls 1km

1.	Elizabeth Papp	Nuneaton Harriers	05:51
2.	Olivia Holmes	D.A.S.H.	07:07

#### 5km Open

1.	Tatyana Gabellone	Leicester W.C.	22.59
2.	Emma Achurc	Leicester W.C.	23.55
3.	Jasmine Nicholls	Leicester W.C.	27.12
4.	Colin Turne	Nuneaton Harriers	27.31
5.	Charlotte Finney	Birchfield Harriers	28.51
6.	Roger Michell	M.M.A.C.	29.44
7.	Sarah Lightman	Leicester W.C.	30.21
8.	Colin Vesty	Leicester W.C.	30.58
9.	Jessica Mills	Birchfield Harriers	31.12
10.	Julian Barnett	Birchfield Harriers	31.22
11.	Julie Bellfield	Halesowen A.C.	31.24
12.	Hardeep Minhas	Leicester W.C.	31.32
13.	Hilary Mann	Sparkhill Harriers	31.36
14.	Stuart Edgar	D.A.S.H.	32.20
15.	Amy Phipps	Neath Harriers	32.26
16.	Matthew Phipps	Neath Harriers	32.26
17.	Daniel Mckerlich	Cardiff A.C.	32.30
18.	David Fall	Birchfield Harriers	34.26
19.	Lynn Bellfield	Halesowen A.C.	34.27
20.	Linda Farrow	Harborough A.C.	34.30
21.	Peter Cassidy	D.A.S.H.	36.00



22.	Jill Langfod	Wolv.& Bilston A.C.	36.14
23.	Sue Rey	Leicester W.C.	36.21
24.	Terry Morris	Nuneaton Harriers	36.29
25.	Chris Smith	Leicester W.C.	38.42
26.	Eric Horwill	D.A.S.H.	40.35

### 30<sup>TH</sup> NATIONAL JUNIOR ATHLETICS CHAMPIONSHIPS, VIJAYAWADA, INDIA, 26-30 NOVEMBER

The 30<sup>th</sup> Indian Junior T&F Championships were held over 5 days last week in Vijayawada, the second largest city in Andhra Pradesh, India. The highlight was the new women's National Junior record of 49:16.51 by Priyanka. Full walk results at <http://www.marciadalmondo.com/admin/pdf/risultati/30112014774IndiaJun2014.pdf>. Main results are below. The meet is well reported in [http://www.marciadalmondo.com/ita/dettagli\\_news.aspx?id=1935](http://www.marciadalmondo.com/ita/dettagli_news.aspx?id=1935).

#### U20 10,000m Walk Men

1.	SHAILESH KUMAR, .	MP	46:07.25
2.	RAHUL, .	DEL	46:10.30
3.	MANOJ YADAV, .	UP	46:11.02
4.	RENJITH M., .	KER	46:11.31
5.	VINAY KUMAR, .	MP	47:28.53
6.	GINU THANKAPAN, .	KER	48:16.63
7.	K. THEJSWAR AO, .	AP	49:43.83
8.	S.NGOUBA, .	MANI	51:25.62
9.	BALRAJ, .	HAR	52:45.10
10.	BISWANATH SAHU, .	ORI	54:27.95

#### U20 10,000m Walk Women

1.	PRIYANKA, .	UP	49:16.51
2.	BHAWNA JT, .	RAJ	55:24.39
3.	MARY MARGARET K., .	KER	56:48.06
4.	BINSY AM, .	KER	57:41.71

#### U18 10,000m Walk Men

1.	MANISH, .	HAR	45:36.00
2.	SUNIL, .	HAR	45:38.20
3.	EKNATH SHAMHAJI, .	DEL	45:52.30
4.	DHANANJAY ADAV, .	UP	47:09.10
5.	VIJAY, .	DEL	48:02.70
6.	ANESH A., .	KER	48:08.60
7.	MANU KM, .	KER	49:46.00
8.	H.SANAKHOMBA SINGH, .	MANI	50:05.00

#### U18 5000m Walk Women

1.	PRIYANKA PATEL, .	MP	27:09.24
2.	VANDANA, .	UP	27:10.51
3.	BANDANA PATEL, .	MP	27:53.61

#### U16 5000m Walk Men

1.	RAVINDER., .	HAR	23:09.54
2.	NITHESH CT, .	KER	25:34.05
3.	AMANJOT SINGH, .	PUN	26:02.70

#### U16 3000m Walk Women

1.	ASHA SOMAN, .	KER	15:48.53
2.	SUVARNA RAJU KAPSE, .	MAH	16:28.42
3.	ARCHNA, .	PUN	16:31.80

### OUT AND ABOUT

- The results of last weekend's Hong Kong 20K championships have now been posted by the Hong Kong Amateur Athletic Association. See <http://www.hkaaa.com/page.php?pid=1330&mid=147&type=gameevent>
- María Poves recorded 22.41 and Luis Amezcua recorded 20.35 in a 5km Grand Prix event in Toledo, Spain, last weekend. Full results at <http://bit.ly/127ujuc>. Race report at <http://omarchador.blogspot.pt/2014/12/maria-jose-poves-e-luis-amezcua-impoem.html>.

- Nice little article from Athletics Weekly on weight exercises using bodyweight. As Tony Lett explains, for the young club athlete some simple bodyweight exercises can be as effective as those using gym equipment. See <http://www.athleticsweekly.com/featured/bodyweight-exercises-for-athletes-14058/>
- Steve Taylor has announced that the Isle of Man will stage the English Centurions annual 100 mile race in 2015. The course will be around Castletown on August 15/16. One for the ultra walkers to bookmark.
- The New Zealand Herald reports that former figure skating world champion Carolina Kostner faces a proposed lengthy ban in the doping case involving her former boyfriend and 2008 Olympic 50km racewalk gold medalist Alex Schwazer. The article also noted that the CONI prosecutor also recommended bans for three of the four members of the Italian squad that won the silver medal in the 4x100-meter relay at the 2010 European Athletics Championships. The CONI case is based on input from a prosecutor in Bolzano investigating the Schwazer file, which has allegedly uncovered widespread doping within the Italian athletics federation. See [http://www.nzherald.co.nz/athletics/news/article.cfm?c\\_id=19&objectid=11366245&ref=rss](http://www.nzherald.co.nz/athletics/news/article.cfm?c_id=19&objectid=11366245&ref=rss)
- See the latest copy of the RWNZ Contact magazine: <https://www.facebook.com/download/759456104122668/RWNZ%20Contact%202014-12%20.pdf>

And marciadalmondo has been busy as usual this week:

- The new Pit Lane rule will be used at the 2015 World Youth Championships in Cali, Colombia, and in the 2016 World Junior Championships in Kazan, Russia. See [http://www.marciadalmondo.com/ita/dettagli\\_news.aspx?id=1932](http://www.marciadalmondo.com/ita/dettagli_news.aspx?id=1932)
- Death threats to the Guatemalan chief judge at the Central American and Caribbean Games 20km men's event. See [http://www.marciadalmondo.com/ita/dettagli\\_news.aspx?id=1933](http://www.marciadalmondo.com/ita/dettagli_news.aspx?id=1933)
- A preview of the 50km at the Central American and Caribbean Games. [http://www.marciadalmondo.com/ita/dettagli\\_news.aspx?id=1934](http://www.marciadalmondo.com/ita/dettagli_news.aspx?id=1934)
- Results from the Indian Junior T&F Championships. [http://www.marciadalmondo.com/ita/dettagli\\_news.aspx?id=1935](http://www.marciadalmondo.com/ita/dettagli_news.aspx?id=1935)
- The report on the 50km walk at the Central American and Caribbean Games. [http://www.marciadalmondo.com/ita/dettagli\\_news.aspx?id=1936](http://www.marciadalmondo.com/ita/dettagli_news.aspx?id=1936)

The European Athletics Federation has informed all Affiliates that, due to the current political situation in Ukraine, the 2015 European Racewalking Cup that was planned for Ivano-Frankivsk on 17 May 2015, is to be postponed and moved to an alternate venue. See [http://www.marciadalmondo.com/ita/dettagli\\_news.aspx?id=1937](http://www.marciadalmondo.com/ita/dettagli_news.aspx?id=1937)

- A discussion of Barrondo's disqualification in the 20km and his victory in the 50km at the Central American and Caribbean Games and an article by Guatemalan sociologist writer Virgilio Alvarez about the disqualification process itself. [http://www.marciadalmondo.com/ita/dettagli\\_news.aspx?id=1938](http://www.marciadalmondo.com/ita/dettagli_news.aspx?id=1938)

And finally a nice article from a couple of weeks ago on rising Victorian star Eliza Clarke.

## Young rising star is walking up the rankings

*November 5<sup>th</sup> 2014*



**Eliza Clarke**

ELIZA Clarke, a 14-year-old walks specialist with the Diamond Valley Athletic Club, has confirmed her ranking as one of Australia's best young talents.

A winner in her age group at the past two Australian Track and Field Championships, Clarke posted a time of 13min 56.73sec for the 3000m walk in round 3 of the Athletics Victoria Shield interclub competition at Collingwood last Saturday. The time, a 14-second improvement on her previous best and her first under 14 minutes for the distance, moved her to third on the national rankings for the season. She is just 18 seconds off the Victorian record for her age group.

Diamond Valley walks coach Matt Owen attributed the improved times recorded by Clarke and clubmate, Emmet Brasier, 16, to the solid build-up in distance covered in training over recent months.

Brasier achieved his first Athletics Australia men's open qualifying time at the Victorian Race Walking Club's 10km road walking competition at Middle Park.

Brasier covered the distance in 46min 49sec to be five minutes under the required time.

## AUSTRALIAN WOMEN'S 1500M TRACK WALK REVISITED

Some weeks ago, I published updates to my 1500m all-time lists with a proviso that they were very much incomplete documents. Thanks to Paul Rance who dug deep to fill out the Australian Women's all time listing from his own records. Thanks Paul - great job! Here is the updated list. Further amendments always appreciated.

1.	Kerry Saxby-Junna	5.50.41	NSW	Sydney	20/01/91	Open
2.	Renee McAskill	5.59.15	NSW	Sydney	25/02/96	U16
3.	Michelle French	6.09.31	NSW	Sydney	14/02/98	U16
4.	Natalie Saville	6.10.78	NSW	Hobart	27/03/94	U16
5.	Sue Cook	6.10.80	VIC	Canberra	21/01/84	Open
6.	Jane Saville	6.14.30	NSW	Sydney	20/01/91	U18
7.	Jessica Pickles	6.17.08	QLD	Brisbane	07/11/13	U20
8.	Gabrielle Blythe	6.20.20	VIC	Geelong	08/02/86	U17
9.	Clara Smith	6.22.21	QLD	Brisbane	06/11/14	U16
10.	Linda Coffee	6.22.43	NSW	Sydney	21/03/93	U16
11.	Cheryl Webb	6.23.43	NSW		'92 Aust Titles	U16
12.	Kate Connolly	6.31.45	NSW	Perth	/03/99 Aust Titles	U16
13.	Jillian Hosking	6.31.67	ACT	Hobart	08/12/02	U16
14.	Jemima Montag	6.31.70	VIC	Melbourne	02/02/13	U15
15.	Anne Miller	6.32.60	VIC	Melbourne	05/02/78	U15
16.	Amber Lawrence	6.33.38	NSW	Sydney	21/03/93	U16
17.	Maureen O'Brien	6.33.44	WA	Sydney	21/03/93	U16
18.	Shannon Jennings	6.35.3	NSW	Sydney	19/03/06	U16
19.	Marcia Lomas	6.36.17	WA		1991 Aust Titles	U16
20.	Nyssa Cobby	6.36.73	WA	Perth	/03/99 Aust Titles	U16
21.	Kellie Wapshott	6.37.03	VIC	Sydney	09/12/95	U16
22.	Laura Johnson	6.38.13	NSW	Sydney	/12/99	U16
23.	Lisa McIlvenie	6.39.18	NSW	Sydney	13/10/96	U14
24.	Tanya Holliday	6.39.20	SA	Hobart	08/12/02	U16
25.	Jane Henderson	6.39.50	VIC	Geelong	07/12/91	U15
26.	Bridgitte Burns	6.39.97	VIC	Sydney	07/05/00	U16
27.	Eliza Clarke	6.40.15	VIC	Melbourne	29/03/14	U15
28.	Claire Bock	6.41.48	QLD	Melbourne	23/03/96	U14
29.	Jasmyn McDonald	6.41.62	NSW	Sydney	07/09/13	U15
30.	Jasmine Dighton	6.41.91	NSW	Sydney	23/03/14	U18
31.	Erin McGinniskin	6.42.12	VIC	Melbourne	23/03/96	U13
32.	Tiffany Charman	6.42.55	VIC	Melbourne	/03/92	U14
33.	Yolanda Russell	6.43.30	VIC	Darwin	05/04/92	U16
34.	Alana McIlvenie	6.43.51	NSW	Sydney	07/09/96	U16
35.	Deborah Foster	6.43.58	TAS	Adelaide	25/03/95	U16
36.	Claire Maddison	6.43.6	SA	Adelaide	06/03/93	U16
37.	Sarah Gathercole	6.43.94	VIC	Melbourne	/03/92	U14
38.	Helen Sestic	6.45.53	NSW	Adelaide	25/03/95	U16
39.	Roxie Schmidt	6.45.71	QLD	Canberra	/12/98	U16
40.	Jessica Rothwell	6.45.88	VIC	Melbourne	03/04/14	U16
41.	Melissa Scott	6.46.11	VIC	Melbourne	27/02/93	U16
42.	Jade Newell	6.46.65	NSW	Brisbane	23/03/97	U16
43.	Elizabeth Hosking	6.47.16	ACT	Canberra	03/11/14	U16
44.	Rebecca Wilkie	6.48.00	Vic	Sydney	07/05/00	U16
45.	Jenny Randall	6.48.22	NSW		1986 Aust Titles	U16
46.	Simone York	6.48.6	SA	Adelaide	20/02/93	U16
47.	Tanya-Maree Holloway	6.48.72	WA	Perth	21/02/97	U16
48.	Elizabeth Stratford	6.49.0	NSW	Sydney	03/11/96	U16
49.	Belinda Cole	6.49.19	ACT	Adelaide	25/03/95	U14
50.	Jessica Heazlewood	6.49.52	NSW	Hobart	08/12/02	U16
51.	Karen Donnelly	6.49.53	NSW	Adelaide	25/03/95	U16
52.	Natalie McKean	6.49.69	NSW		1987 Aust Titles	U16

## 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 Summer Season Key Dates

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 <a href="https://www.facebook.com/groups/726992100645163/">https://www.facebook.com/groups/726992100645163/</a>
Sat Feb 7, 2015	Canberra Track Classic (5000m Walks)

Sun Feb 22, 2015 Australian 20km Summer Championships and Oceania 20km Championships, Adelaide, SA  
 Mar 11-15, 2015 Australian Junior T&F Championships, Sydney, NSW  
 Mar 14-15, 2015 2015 Victorian Masters (AV and VMA combined) T&F Championships, Tom Kelly Reserve, Doncaster  
 Mar 26-29, 2015 Australian Open T&F Championships, Brisbane, QLD (10,000m Walks)

**2015 IAAF Race Walking Challenge Dates**

Feb 22, 2015	Oceania Race Walk Championships	Adelaide, AUSTRALIA
May 7, 2015	Circuito Internacional de Marcha Chihuahua 2015	Chihuahua, MEXICO
Mar 15, 2015	Asian 20km Race Walking Championships	Nomi, JAPAN
Mar 21, 2015	Dudinska Paldesjatka (D-50-km)	Dudince, SLOVAK REPUBLIC
Apr 11-12, 2015	African Race Walking Championships	Maurice, MAURITIUS
Apr 18, 2015	24 <sup>th</sup> Grande Prémio Internacional de Rio Maior em Marcha Atléica	Rio Maior, PORTUGAL
May 1, 2015	2015 IAAF Race Walking Challenge	Taicang, CHINA
May 9-10, 2015	Pan American Race Walking Cup	Arica, CHILE
May 17, 2015	11th European Cup Race Walking	Ivano-Frankivsk, UKRAINE
Jun 6, 2015	XXIX Gran Premio Cantones de La Coruña	La Coruña, SPAIN
Aug 22-30, 2015	15 <sup>th</sup> IAAF World Championships	Beijing, CHINA

**Looking further forward**

July 3-14, 2015	28 <sup>th</sup> Summer Universiade, Gwanju, South Korea
July 15-19, 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. See <a href="http://www.iaafbeijing2015.com">http://www.iaafbeijing2015.com</a>
July/Aug 2015	20 <sup>th</sup> World Masters T&F Champs Stadia, Lyon, France
Oct 3-10, 2015	Australian Masters Games, Adelaide, SA
Nov 21-29, 2015	Pacific Schools Games, Adelaide, SA
May 2016	27 <sup>th</sup> IAAF World Race Walking Team Championships, Cheboksary, Russia
July 19-24, 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 <a href="http://www.perth2016.com">http://www.perth2016.com</a>
Aug 2016	31 <sup>st</sup> Olympic Games, Rio de Janeiro, Brazil. See <a href="http://www.rio2016.org.br/en/Default.aspx">http://www.rio2016.org.br/en/Default.aspx</a>
July 2017	10 <sup>th</sup> World Youth T&F Championships, Nairobi, Kenya
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 Team Championships, 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 <a href="http://www.gc2018.com">http://www.gc2018.com</a>
2019	17 <sup>th</sup> IAAF World Championships in Athletics, Doha, Qatar
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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