



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
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WALKER OF THE WEEK

My Walker of the Week this time around is South Australian athlete **Tanya Holliday** who won the Australian Women's 10,000m Track Walk Championship in Brisbane on Friday in a track PB time of **44:56.44**. Last year, she won this event in 45:08.42. This time around, she was some 12 seconds faster in warm and humid conditions. It's her second big win for the year – she won the Australian Summer 20km roadwalk championship in Adelaide last month – and she is on target for selection to this year's IAAF World Champs in Beijing. Well done Tanya.



Tanya competing in the 2013 IAAF World Champs in Moscow – she will be in the team again this year in Beijing

WHAT'S COMING UP

To complete the summer season, next weekend (Easter) sees the Australian Masters T&F Championships in Sydney.

- 3-6 Apr, 2015 Australian Masters Championships Sydney (Easter)

Then it's on to our VRWC winter roadwalk season which you can check out at <http://www.vrwc.org.au/vrwcw15.shtml>. The season kicks off with a new meet in Castlemaine on Sunday 12th April and then our Middle Park races run from Saturday 25th April.

CASTLEMAINE NAB 500

A further reminder that we have a new meet initiative to kick off our VRWC winter season – the **Castlemaine NAB 500** will be held at Castlemaine on **Sunday 12th April**. Castlemaine is only about 1 hour's drive NW of Melbourne and is close to our Ballarat and Bendigo walking scenes and we are hoping for lots of walkers from all our Victorian walking clubs at this inaugural carnival. Bendigo Walkers Club walker Michael Gillies-Smith has done all the legwork to get it up and running and the carnival will feature 3 races, all within the grounds of the Castlemaine Botanical Gardens.

And an added attraction – **the first 30 entries in the NAB 500 go into a draw for a pair of Bolle athlete eyewear sunglasses (donated by Bolle and The Bike Vault).** Get busy and register now.

CASTLEMAINE NAB 500	
Date:	Sunday April 12 th 2015
Venue:	Castlemaine Botanical Gardens , 2 Walker Street, Castlemaine, Victoria 3450
Distances:	U18 3km, 40+ 3km and Open 5km
Course:	Paths within the Botanical Gardens
Program:	10:15AM: Check-in closes for 3km and 5km walk events 10:30AM: Start of U18 3 km \$100 / \$50 / \$25 for male and for female 11:00AM: Start of 40+ 3 km \$100 / \$50 / \$25 for male and for female 11:30AM: 15-min presentation by the Victorian Race Walking Club on the basics of good racewalking technique. Then first-timers and watchers get to have a go themselves over a 400m circuit. Random spot prize of \$50 healthy-eating/weight management plan. You've got to be in it to win it! 11:45AM: Open 5km Castlemaine Challenge \$500 / \$200 / \$100 for male and for female 12:30PM: Presentations followed by bbq lunch
Entry Fee:	Open \$25 (walkers can only enter one event) U18 & 40+ \$10 Families \$40
Entries:	http://www.vrwc.org.au/vrwc-CastlemaineNAB500.shtml https://www.facebook.com/pages/Events-in-Nature/802234679824240
Entries Close:	Midnight, Friday 10 th April 2015

SAMA TRACK WALKS, ASA STADIUM, MILE END, ADELAIDE, WED 25 MARCH

Thanks to Colin Hainsworth for the results from Day 2 of the South Australian Masterse Track Champs in Adelaide. 800m cool and breezy but good, 5000m rain with cold wind.

800m Walk

Jill Rogers	6:13	W70	1 st
Jan Layng	5:59	W66	1 st
Helen Suridge	5:20	W64	1 st
Margaret McIntosh	6:24	W62	2 nd
Aphy Hughes	5:55	W57	1 st
Marie Maxted	4:35	W54	1 st
Julia Lycett	5:04	W50	2 nd
Colin Hainsworth	5:52	M85	1 st
David Robertson	6:30	M81	1 st
Rodger Barber	5:24	M77	1 st
Roger Lowe	5:28	M71	1 st
Graham Harrison	5:41	M71	2 nd
George White	4:13	M69	1 st
James Hoare	5:33	M68	2 nd
Des Mulqueen	5:44	M68	3 rd
Gil McIntosh	5:02	M64	1 st

5000m Walk

Margaret McIntosh	41:27	W62	61.05%	1 st
Marie Maxted	32:55	W54	70.41%	1 st
Colin Hainsworth	39:21	M85	79.43%	1 st
David Robertson	42:02	M81	69.52%	1 st
Rodger Barber	36:09	M77	76.07%	1 st
Graham Harrison	36:05	M71	70.28%	1 st
Roger Lowe	37:51	M71	67.00%	2 nd
George White	27:30	M69	89.98%	1 st
James Hoare	35:46	M68	68.36%	2 nd
Des Mulqueen	37:19	M68	65.53%	3 rd
Gil McIntosh	34:48	M64	67.17%	1 st
John Leydon	30:20	M53	69.35%	1 st

Colin advises that next Wednesday will be the last walk for the Summer Season, with short distance events followed by Presentations. First Winter walk 26th April.

ACT WALKERS CLUB TRACK WALKS, AIS TRACK, BRUCE, THURSDAY 26 MARCH

Thanks to Robin Whyte for the latest results from Canberra

5000m Walk

1. Zoe Hunt	24:23
2. Gabby Hunt	26:27
3. Ann Staunton-Jugovic	26:27
4. Mitchell Baker	27:17
5. Dylan Eddowes	31:26

1000m Walk

1. Tom Hunt	05:04
2. Laura Burns	05:05
3. Ellen Vahey	05:33
4. Harry Baker	06:14
5. Jenny Rayner	08:24

6.	Robin Whyte	31:29	6.	Fran Harris	08:28
7.	Kate Black	31:47	7.	Consie Lamour	08:45
8.	Rod Gilchrist	36:00	8.	Carmen Carlon	13:30
9.	Ruth Baussmann	36:23			
10.	Barbara Eddowes	37:05			
11.	Jennifer Gilchrist	37:14			
12.	Brett Kingston	39:56			
13.	Margaret McSpadden	40:38			
14.	Val Chesterton	41:06			
15.	Sharon Kingston	43:12			
16.	Edna Dundas	48:25			
	Bryan Thomas	DNF			

AUSTRALIAN TRACK & FIELD CHAMPIONSHIPS, BRISBANE, 26-29 MARCH 2015

Very small fields for the walks at last weekend's Australian T&F Championships in Brisbane. It has been a long summer and it is an expensive trip up north. But good wins to Tanya Holliday (44:56.44) and Dane Bird-Smith (39:53.89).

Women 10,000m Walk Open

1.	Holliday Tanya	SA	44:56.44
2.	Klein Kirsty	NSW	49:33.06
	Ruddick Kelly	VIC	DNF

Men 10,000m Walk Open

1.	Bird-Smith Dane	QLD	39:53.89
2.	Cowley Rhydian	VIC	42:29.00
3.	McCutcheon Luke	QLD	49:24.26
4.	Hawksworth Danny	VIC	51:49.78

LAVIC STATE CHAMPIONSHIPS, LAKESIDE STADIUM, MELBOURNE, 28-29 MARCH 2015

The Little Athletics Victoria T&F Champs last weekend saw two new meet records in the walks - **Eliza Clarke** (U15 Girls 1500m 6:43.9) and **Nikola Mandic** (U12 Boys 1500m 6:58.71). Others to walk very fast included **Joel Prys** (U9 Boys 1100m 5:48.94), **Michael Taylor** (U15 Boys 1500m 6:31.95) and **Rebecca Henderson** (U14 Girls 1500m 7:03.80). Results for the first 10 in each event are shown.

Girls U9 1100m Walk

1.	Zarah Smith	Knox 23	6:20.83
2.	Mia Darlow	Ballarat 122	6:26.66
3.	Caitlin Charles	Corio 7	6:27.72
4.	Charlotte Murphy	Bendigo 2	6:34.83
5.	Molly Holmes	Diamond Valley	6:40.45
6.	Arlia Whitehead	Traralgon 3	7:10.57
7.	Tara Ward	Knox 23	7:15.29
8.	Chloe Colbert	Casey 154	7:20.07
9.	Ella Sadler	Camperdown 44	7:41.13
10.	Bella Schmidt	Wonthaggi 12	7:48.95

Boys U9 1100m Walk

1.	Joel Prys	Knox 23	5:48.94
2.	Eden Morgan	Knox 23	5:50.92
3.	Xavier Scanlon	Croydon 49	5:52.77
4.	Jack Thomas	Knox 23	6:09.26
5.	Justin Xuereb	Mentone 104	6:12.24
6.	Stefan Mandic	Casey 154	6:39.30
7.	Beckham Hilditch	Knox 23	6:56.08
8.	Lewis Rickard	Mornington 82	7:06.09
9.	Kai Marshall	Westport 117	7:13.74
10.	Noah Burns	Geelong 1	7:14.22

Girls U10 1100m Walk

1.	Adasha Boxer	Corio 7	6:03.59
2.	Emily Reissinger	Corio 7	6:08.59
3.	Gemma Lillie	Knox 23	6:09.26
4.	Tahlia Cipriani	Casey 154	6:15.04
5.	Elise Carbery	Knox 23	6:42.35
6.	Alana Chapman	Whittlesea City	6:46.88
7.	Naomi Nicola	Diamond Valley	6:47.91
8.	Kayla Bridges	Ballarat 122	6:49.54
9.	Maeve Leonard	Knox 23	6:52.09
10.	Abigail McCulloch	Wonthaggi 12	6:52.38

Boys U10 1100m Walk

1.	Harrison Karagiorgos	Knox 23	6:09.80
2.	Luke Ward	Knox 23	6:23.57
3.	Hunta Theilemann	Geelong 1	6:38.14
4.	Jaxon Rushby	Cranbourne 59	6:39.77
5.	Jett Spence	Mentone 104	6:55.10
6.	Finn McDonald	Sale 30	6:55.39
7.	Nikita Djordjevic	Mentone 104	7:07.14
8.	Brock Mesaric	Traralgon 3	7:13.92
9.	Jordan Wiggins	Shepparton 55	7:21.56
10.	Archie Noakes	Coburg 5	7:50.84

Girls U11 1500m Walk

1.	Brianna Briet	Cranbourne 59	7:33.76
2.	Claire Noonan	Yarra Ranges 43	7:38.41
3.	Hayley Woolfe	Casey 154	7:39.75
4.	Charlotte Hay	Waverley 34	7:44.16

Boys U11 1500m Walk

1.	Joshua Jensen	Knox 23	7:37.48
2.	Riley Lovick	Frankston 17	7:47.18
3.	Harlan Holland-Hughes	Croydon 49	8:25.24
4.	Lachlan Homewood	Diamond Valley	8:49.95

5.	Grace Louey	Knox 23	8:21.97
6.	Tara Robinson	Corio 7	8:31.81
7.	Soraya Maclean	Ringwood 52	8:44.65
8.	Tahlia Rowe	Croydon 49	8:45.33
9.	Jasmine Colbert	Casey 154	8:50.13
10.	Eliza Keast	Corio 7	8:52.52

5.	Ned Classon	Diamond Valley	9:34.17
6.	Angus Hay	Waverley 34	10:27.13

Girls U12 1500m Walk

1.	Alanna Peart	Ballarat 122	7:20.22
2.	Arnika Nelson	Corio 7	7:30.15
3.	Madison Clark	Frankston 17	7:40.27
4.	Ruby Paten	Frankston 17	7:45.83
5.	essica Simpson	Diamond Valley	7:48.43
6.	Carissa Brook	Bendigo 2	8:00.15
7.	Kasey Bishop	Ballarat 122	8:12.30
8.	Mackenzie Mielczarek	Corio 7	8:21.74
9.	Mikayla Cipriani	Casey 154	8:28.52
10.	Alannah Dingli	Mentone 104	8:51.04

Boys U12 1500m Walk

1.	Nikola Mandic	Casey 154	6:58.71R
2.	Will Thompson	Frankston 17	7:17.54
3.	Bede Collis	Diamond Valley	7:50.27
4.	Nikolaj Djordjevic	Mentone 104	8:02.63
5.	Brady Ferguson	Geelong 1	8:41.39
6.	Thomas Glover	Brimbank 151	8:57.64
7.	Luke Phillips	Croydon 49	9:31.34
8.	Riley Belleville	Frankston 17	9:36.07
9.	Josh Reissinger	Corio 7	9:49.37

Girls U13 1500m Walk

1.	Chloe Karagiorgos	Knox 23	7:33.19
2.	Amy Canavan	Ballarat 122	7:48.18
3.	Kathleen O'Mahony	Knox 23	7:59.85
4.	Brianna Lillie	Knox 23	8:11.00
5.	Bianca Morrow	Cranbourne 59	8:26.56
6.	Frances Collis	Diamond Valley	8:42.08
7.	Holly Cocking	Nunawading 33	8:55.41
8.	Sarah Morley	Waverley 34	8:57.37
9.	Jessie Tolson	Maryborough 108	9:04.70
10.	Jessika Bridges	Ballarat 122	9:05.42

Boys U13 1500m Walk

1.	Corey Dickson	Knox 23	7:38.93
2.	Joseph Rickard	Mornington 82	8:12.65
3.	Patrick Nicholls	Casey 154	8:32.84
4.	Liam Homewood	Diamond Valley	8:56.36
5.	Dale Jordison	Yarra Ranges	9:19.12

Girls U14 1500m Walk

1.	Rebecca Henderson	Casey 154	7:03.80
2.	Jemma Peart	Ballarat 122	7:07.99
3.	Zahra Hayes	Rochester 141	7:10.27
4.	Romy Gras	Corio 7	7:31.18
5.	Mackayla Davison	Corio 7	7:39.04
6.	Brodie Richardson	Knox 23	7:41.10
7.	Madison Hill	Bendigo 2	8:19.28
8.	Tegan Miller	Skye Valley 156	8:30.08
9.	Lee Taylor	Yarra Ranges 43	8:36.40
10.	Ruby Pallot	Warragul 27	8:57.70

Boys U14 1500m Walk

1.	Hayden Walmsley	Knox 23	7:51.85
2.	Ethan Wright	Whittlesea City	8:24.97
3.	Alexander Keating	Corio 7	9:04.35

Girls U15 1500m Walk

1.	Eliza Clarke	Diamond Valley	6:43.94R
2.	Magdelene Antypas	Diamond Valley	7:32.83
3.	Emily Noonan	Yarra Ranges	7:37.95
4.	Karla Bulte	Casey 154	7:56.05
5.	Jessica Lillie	Knox 23	8:15.66
6.	Tylah Whitehead	Traralgon 3	8:28.60
7.	Morgan van Leerdam	Geelong 1	8:58.26
8.	Anaya Hodges	Knox 23	9:05.08
9.	Leah Wright	Whittlesea City	9:34.01

Boys U15 1500m Walk

1.	Michael Taylor	Diamond Valley	6:31.95
2.	Jack Keating	Corio 7	6:35.73
3.	Hugh Collis	Diamond Valley 8	7:23.53
4.	Mitchell Graham	Ringwood 52	8:55.13
5.	Thomas Mirarchi	Corio 7	9:08.82

SA LITTLE ATHLETICS T&F CHAMPS, ASA STADIUM, MILE END, ADELAIDE, 21-22 MARCH

And finally, back a week as the South Australian Little Athletics T&F Championship results have finally been posted. New meet records to Anna Cross (U15 1500m 7:00.70) and Victoria Upton (U11 1100m 5:22.40). First 5 shown for each age group. Nd a great walk by Jake Vidler in the Boys 1500m U15 (6:35.40).

U9 Boys 700m Walk

1.	Toby Wilks	ED	4:14.51
2.	Zac Guth	ED	4:30.87
3.	Anthony Tana	MCo	4:31.22
4.	Thomas	Fyfe SC	4:38.44
5.	Henry Turner	En	4:52.22

U9 Girls 700m Walk

1.	Elli Pusonjic	En	4:21.15
2.	Cate O'Brien	M	4:24.72
3.	Grace Reynolds	MCo	4:32.12
4.	Philippa Bruce	SH	4:32.79
5.	Jemima Matthews	G	4:37.05

U10 Boys 1100m Walk

1.	Kyan Eagleton	ED	6:15.86
2.	Hayden Howard	ED	6:16.01
3.	Zackary Goode	GG	7:07.11
4.	Jay Leong	N	7:07.40
5.	Rory O'Connell	RE	7:23.44

U11 Boys 1100m Walk

1.	Liam Killiek	ED	6:22.53
2.	Adrian Upton	SD	6:29.87
3.	Ryan Rivett	ED	6:34.64
4.	Hudson Knox	TTG	6:54.76
5.	Henry Muller	MtG	7:00.56

U12 Boys 1500m Walk

1.	Joe Cross	ED	7:30.12
2.	Thomas Grigg	MCo	8:40.98
3.	Corey Brougham	SD	8:45.37
4.	Julian Rayner	MD	9:03.98
5.	Noah Goldie	ED	9:03.99

U13 Boys 1500m Walk

1.	Thomas Michalanney	FW	9:31.24
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U14 Boys 1500m Walk

1.	Jayden Goode	GG	7:19.44
2.	Tristan Camilleri	SD	7:48.13
3.	Lachlan Williams	SC	8:32.05
4.	Andrew Fyfe	SC	9:25.78
5.	Mathew Bruniges	SD	9:57.60

U15 Boys 1500m Walk

1.	Jake Vidler	N	6:35.40
2.	Alix Harlington	SE	6:55.19
3.	Nicholas Dallimore	SD	8:21.97
4.	Ryan Bland	SE	8:48.56
5.	Patrick Grigg	MCo	8:51.44

U17 Boys 1500m Walk

1.	Michael Nicolaides	F	9:15.44
2.	James Birt	S	10:42.64
3.	Christopher Birt	S	11:35.14

U10 Girls 1100m Walk

1.	Kitarni Upton	SD	6:05.21
2.	Bridget Grant	TTG	6:22.08
3.	Georgia Norman	S	6:39.14
4.	Kalina Pusonjic	En	7:07.07
5.	Ella Besley	RE	7:08.19

U11 Girls 1100m Walk

1.	Victoria Upton	SD	5:22.40
2.	Mia Wilks	ED	6:32.55
3.	Madeleine Wallace	N	6:38.63
4.	Aleesha Vidler	N	6:38.69
5.	Eloise Sulicich	SD	6:57.24
6.			

U12 Girls 1500m Walk

1.	Olivia Sandery	ED	8:37.55
2.	Talisha Skein	GG	8:51.89
3.	Emily Crowhurst	N	9:15.27
4.	Erica Williams	SD	9:41.13
5.	Matilda Braithwaite	ED	10:04.52

U13 Girls 1500m Walk

1.	Chloe Upton	SD	7:52.89
2.	Hayley Goode	GG	7:56.00
3.	Brooke Nangle	IF	9:20.47
4.	Tyla Ebert	MCo	10:13.97
5.	Kathryn Jellicoe	MCo	10:19.05

U14 Girls 1500m Walk

1.	Bethany Cross	ED	7:31.96
2.	Ayeisha Wallace	N	8:41.45
3.	Ainsleigh Howard	ED	9:23.54
4.	Ebony Betro	WL	9:32.78

U15 Girls 1500m Walk

1.	Florence Simpson	SE	10:10.39
2.	Georgie Clark	TC	13:16.67

U16 Girls 1500m Walk

1.	Anna Cross	ED	7:00.70
2.	Neve Goodrem	MD	8:58.79
3.	Chantelle Nicolaides	F	9:47.46
4.	Rhiannon Davies	Ez	9:59.45
5.	Lillee Wakefield	IF	12:57.93

U17 Girls 1500m Walk

1.	Erin Dallimore	SD	8:17.09
2.	Kimberly Simmonds	Why	11:35.14

NORTH ISLAND SSA CHAMPIONSHIPS, MT SMART STADIUM, AUCKLAND, 27-29 MARCH

One result from New Zealand – the North Island Secondary Schools Champs.

Girls 2000m Walk Open

1.	Langley, Laura	East Coast N	10:57.65
2.	Schuler, Estelle	Waikato Bay	11:28.04
3.	Moratti, Deanna	Taranaki	11:57.05
4.	Gilberd, Hannah	Taranaki	12:08.03
5.	Shadbolt, Ilena	Wellington	12:41.35
6.	Ryan-Harrop, Samara	Taranaki	14:12.34
7.	White, Meisha	Auckland	14:14.89

Boys 3000m Walk Open

1.	MacDougall, Nathan	Auckland	17:55.19
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10TH EUROPEAN MASTERS INDOOR T&F CHAMPIONSHIPS, TORUN, POLAND, 23-28 MARCH

The European Indoor T&F Champs have just wound up in Torun, Poland, and it was a huge affair with 6 action packed days. The two walks (3000m track and 5km road) were of a very high standard, ahead of this year's World Masters Championships in Lyon, France, later this year. It is going to be hard to win medals in what is shaping up to be the highest quality ever WMA champs come August. Full results can be sourced at <http://www.fidalservizi.it/risultati/Torun2015/RESULTSBYEVENT2.htm>. I restrict myself to the first 5 in each age group. The fields were huge with over 20 in some age division walks.

Men 3000m Indoor Walk, Tuesday 24 March

The men's 3000m kicked off proceedings on Tuesday 24th March, with 98 men in eleven classes and six heats. Fastest overall to Germany's Steffen Borsch (M40 12.03,95). Special mention to M65 winner Ian Richards (GBR) with 14.39,33.

M35	1	Ruben Pinera Alvarez	1975	ESP	12.59,30
	2	Grzegorz Grinholc	1977	POL	13.24,44
	3	Jose Rodriguez Jimenez	1975	ESP	14.04,46
	4	Jean-Franc Vanoosthuyse	1979	FRA	14.12,80
	5	Igor Sapunov	1978	ITA	14.19,24
M40	1	Steffen Borsch	1973	GER	12.03,95
	2	Viacheslav Degtyarenko	1971	RUS	12.36,85
	3	Normunds Ivzans	1971	LAT	13.48,48
	4	David Durand Pichard	1972	FRA	13.55,96
M45	1	Steffen Meyer	1966	GER	13.56,85
	2	Boguslaw Barbutzyski	1966	POL	14.03,92
	3	Joachim Maier	1970	GER	14.56,94
M50	1	Miguel Perianez	1962	ESP	13.08,04
	2	Francisco Reis	1960	GBR	13.38,65
	3	Madars Breide	1964	LAT	14.43,30
	4	Janusz Wozniak	1962	POL	14.59,39
	5	Ondrej Malik	1961	SLV	15.16,55
M55	1	Sergey Systerov	1958	RUS	14.03,21
	2	Kauko Pekkarinen	1959	FIN	14.31,83
	3	Dirk Bogaert	1958	BEL	14.41,97
	4	Luis Abadias Palacin	1959	ESP	14.48,81
	5	Rashit Mukhtasarov	1959	RUS	14.54,65
M60	1	Miroslav Fliegl	1954	CZE	15.33,63
	2	Jiri Janousek	1951	CZE	15.58,46
	3	Malcolm Martin	1955	GBR	16.11,12
	4	Alfons Schwarz	1954	GER	16.34,38
	5	Petr Adam	1950	CZE	16.43,20
M65	1	Ian Richards	1948	GBR	14.39,33
	2	Ettorino Formentin	1947	ITA	15.08,66
	3	John Hall	1949	GBR	16.03,93
	4	Peter Boszko	1949	GBR	16.24,31
	5	Daniel Siegenfuhr	1950	FRA	16.26,95
M70	1	Ants Palmar	1940	EST	17.13,34
	2	Torkjell Spigseth	1944	NOR	17.37,49
	3	Felix Maier	1943	GER	18.18,58
	4	Wolf-dieter Giese	1943	GER	18.55,10
	5	Arvid Bjoersvik	1943	NOR	19.27,24
M75	1	Vladimir Kansky	1940	CZE	17.50,21
	2	Zigurds Irbe	1936	LAT	18.27,19
	3	Arthur Thomson	1936	GBR	18.54,25
	4	Holger Flassnoecker	1937	GER	20.10,37
	5	Norbert Will	1935	GBR	20.14,06
M80	1	Mykola Panaseiko	1934	UKR	19.24,59
	2	Ivan Pushkin	1930	UKR	21.30,17

Women 3000m Indoor Walk, Wednesday 25 March

The women fronted for their 3000m walks the next day, with 52 ladies in nine classes and three heats. Fastest overall to W35 winner Maria Valero and W40 winner Alexandra Lamas, both clocking 14:31.35. Highlight of the day went to French W60 walker Jeanine Vignat who set a new World Record with her time of 15.46,08 (beating the previous record of 15.54,75, set by Australian Heather Carr at the 2010 World Indoor Champs).

W35	1	Maria Dolores Marcos Valero	1979	ESP	14.31,35
	2	Iwona Grinholc	1975	POL	17.10,26
	3	Yvonne Bonness	1978	GER	17.41,58
	4	Yvonne Markgraf	1975	GER	18.17,66

W40	1	Alexandra Lamas	1972	POR	14.31,35
	2	Lenka Borovickova	1973	CZE	16.00,92
	3	Vanessa Royer	1972	FRA	18.08,23
	4	Magdalena Ganska	1973	POL	18.29,18
	5	Urszula Radziewinska	1972	AUT	22.42,96
W45	1	Silke Glombitza	1967	GER	18.12,09
	2	Alicja Lisowska	1969	POL	18.25,57
	3	Andrea Maier	1969	GER	19.08,93
	4	Katarzyna Cwojdzinska	1969	POL	22.23,27
W50	1	Carmen Garcia Frontons	1960	ESP	16.56,32
	2	Angeles Noell Guardiola	1962	ESP	17.27,94
	3	Roswitha Ebel	1963	GER	18.20,14
	4	Teresa Mendes	1964	POR	18.57,46
	5	Angela Martin	1964	GBR	19.33,49
W55	1	Marie Astrid Monmessin	1956	FRA	15.46,09
	2	Dominique Lemonnier	1956	FRA	16.14,06
	3	Veronique Cochereau	1959	FRA	16.22,79
	4	Daniela Ricciutelli	1956	ITA	16.24,49
	5	Maria Paola Formiconi	1956	ITA	17.52,66
W60	1	Jeanine Vignat	1955	FRA	15.46,08
	2	Natalia Marcenco	1954	ITA	17.11,18
	3	Maria Orlete Mendes	1951	POR	17.26,62
	4	Dorothea Grolig	1951	AUT	18.18,39
	5	Vera Trushkina	1950	RUS	18.52,18
W65	1	Antonina Tyshko	1947	UKR	18.39,03
	2	Janine Bernier	1946	FRA	20.20,28
	3	Suzanne Loyer	1947	FRA	21.26,65
	4	Heidrun Neidel	1947	GER	21.45,79
W70	1	Pirjo Karetie	1942	FIN	21.26,04
	2	Gisela Theunissen	1942	GER	21.42,36
	3	Vera Grinberte	1940	LAT	21.42,50
	4	Nagell-dahl Halldis	1942	NOR	21.55,75
W75	1	Helga Draeger	1939	GER	22.47,66
	2	Helene Elbing	1938	GER	23.09,81
	3	Ilga Buntika	1939	LAT	24.07,80

Men 5km Road Walk, Friday 28 March

German walker Steffen Borsch dominated the men's 5km road walk with 21.07,6, ahead of Normunds Ivzans of Latvia with 21.36,2 and Viacheslav Degtyarenko of Russia with 21.46,0, all 3 walkers being in the M40 division. Overall, the event saw a huge field of 111 walkers from 22 countries. To give some idea of the depth, the 20th fastest time of Ian Richards, the M65 winner, was 25:00.1. It was a good day for the British team who obtained the largest number of individual medals with 5

M35	1	Ruben Pinera Alvarez	1975	ESP	22.28,9
	2	Grzegorz Grinholc	1977	POL	22.42,0
	3	Brian O' Domhnaill	1977	IRL	23.33,5
	4	Igor Sapunov	1978	ITA	23.46,3
	5	Jean-franc Vanoosthuysse	1979	FRA	24.14,6
M40	1	Steffen Borsch	1973	GER	21.07,6
	2	Normunds Ivzans	1971	LAT	21.36,2
	3	Viacheslav Degtyarenko	1971	RUS	21.46,0
	4	David Durand Pichard	1972	FRA	23.57,7
	5	Ernesto Croci	1973	ITA	25.23,7
M45	1	Steffen Meyer	1966	GER	23.22,7
	2	Boguslaw Barbutzyski	1966	POL	24.05,9
	3	Luigi Paulini	1970	ITA	24.33,6
	4	Hakan Caliskan	1968	TUR	25.17,5
	5	Joachim Maier	1970	GER	25.31,3
M50	1	Miguel Perianez	1962	ESP	22.25,2
	2	Francisco Reis	1960	GBR	23.11,6
	3	Anton Mashkevich	1963	BLR	24.05,4
	4	Josef Smola	1964	CZE	24.51,5
	5	Janusz Wozniak	1962	POL	25.20,8
M55	1	Sergey Systerov	1958	RUS	24.25,0
	2	Dirk Bogaert	1958	BEL	24.52,4
	3	Waldemar Malecki	1958	POL	25.19,0
	4	Luis Abadias Palacin	1959	ESP	25.27,1
	5	Steve Allen	1956	GBR	25.32,1
M60	1	Miroslav Fliegl	1954	CZE	26.19,0

	2	Malcolm Martin	1955	GBR	26.35,7
	3	Udo Schaeffer	1950	GER	26.55,0
	4	Jiri Janousek	1951	CZE	27.11,9
	5	Uwe Tolle	1955	GER	28.25,6
M65	1	Ian Richards	1948	GBR	25.00,1
	2	Ettorino Formentin	1947	ITA	26.11,5
	3	John Hall	1949	GBR	26.50,1
	4	Daniel Siegenfuhr	1950	FRA	27.23,5
	5	Peter Boszko	1949	GBR	27.46,4
M70	1	Ants Palmar	1940	EST	29.11,5
	2	Torkjell Spigseth	1944	NOR	30.13,4
	3	Felix Maier	1943	GER	30.57,9
	4	Wolf-dieter Giese	1943	GER	31.22,2
	5	Erich Sturz	1940	GER	32.04,6
M75	1	Vladimir Kansky	1940	CZE	30.20,9
	2	Arthur Thomson	1936	GBR	31.23,2
	3	Zigurds Irbe	1936	LAT	33.21,5
	4	Norbert Will	1935	GBR	33.41,2
	5	Holger Flassnoecker	1937	GER	34.43,7
M80	1	Mykola Panaseiko	1934	UKR	32.34,8
	2	Ivan Pushkin	1930	UKR	35.57,4
M85	1	Matti Tamminen	1928	FIN	42.24,5

Women 10km Road Walk, Friday 28 March

The women's 5km roadwalk, also contested on Friday 28th March, saw 58 walkers from 15 countries. Overall, Spanish walker Maria Dolores Marcos Valero was fastest again (W35 23.58,5). Germany and France topped the medal table in this event with 5 each, Germany (2 gold, 1 silver and 2 bronze) and France (1 gold, 2 silver and 2 bronze).

W35	1	Maria Dolores Marcos Valero	1979	ESP	23.58,5
	2	Iwona Grinholc	1975	POL	29.28,2
	3	Yvonne Bonness	1978	GER	30.04,9
	4	Yvonne Markgraf	1975	GER	31.21,2
W40	1	Alexandra Lamas	1972	POR	24.45,7
	2	Lenka Borovickova	1973	CZE	27.37,5
	3	Katarzyna Slezione	1970	POL	28.46,7
	4	Vanessa Royer	1972	FRA	29.49,2
	5	Irita Backa	1972	LAT	31.46,5
W45	1	Roberta Mombelli	1968	ITA	28.31,0
	2	Inese Sirma	1969	LAT	28.55,2
	3	Karolina Jenikova	1968	CZE	29.45,2
	4	Alicja Lisowska	1969	POL	30.40,6
	5	Silke Glombitza	1967	GER	30.44,4
W50	1	Carmen Garcia Frontons	1960	ESP	29.07,3
	2	Angeles Noell Guardiola	1962	ESP	29.49,8
	3	Roswitha Ebel	1963	GER	30.36,6
	4	Teresa Mendes	1964	POR	31.35,2
	5	Jitka Patkova	1960	CZE	32.35,2
W55	1	Marie Astrid Monmessin	1956	FRA	26.23,0
	2	Veronique Cochereau	1959	FRA	27.38,8
	3	Dominique Lemonnier	1956	FRA	27.40,1
	4	Daniela Ricciutelli	1956	ITA	28.12,6
	5	Janina Luniewska	1959	POL	30.07,4
W60	1	Natalia Marcenco	1954	ITA	29.03,5
	2	Maria Orlete Mendes	1951	POR	29.30,5
	3	Dorothea Grolig	1951	AUT	31.22,5
	4	Vera Trushkina	1950	RUS	32.13,2
	5	Liudmila Nityagovskaya	1954	RUS	33.09,5
W65	1	Antonina Tyshko	1947	UKR	31.40,2
	2	Janine Bernier	1946	FRA	33.28,6
	3	Suzanne Loyer	1947	FRA	35.16,9
	4	Karmella Michlfeit	1949	AUT	35.49,0
	5	Heidrun Neidel	1947	GER	36.41,9
W70	1	Gisela Theunissen	1942	GER	34.51,0
	2	Pirjo Karetie	1942	FIN	34.56,2
	3	Vera Grinberte	1940	LAT	35.11,5
	4	Nagell-Dahl Halldis	1942	NOR	36.51,4
	5	Ursula Herrendoerfer	1940	GER	37.11,5
W75	1	Helga Draeger	1939	GER	37.00,3

24 HEURES DE CHATEAU THIERRY, CHATEAU THIERRY, FRANCE, 28-29 MARCH

Emmanuel Tardi was in Chateau-Thierry, 100km east of Paris, for the traditional 24 Hour walking festival that is held there annually. The race started at 1PM on the Saturday with an initial lap of 1335m, followed by laps of 2406m (to enable an exact 100km split) and finishing with a shorter lap of 701m in the final hour. There were no real dramas as French walker Eddy Roze led the men's race from start to finish and British walker Suzanne Beardmore similarly led the women's race from beginning to end. The weather was cloudy on Saturday, fresh overnight and competitors had to endure rain and wind on the Sunday morning. In the ancillary event (2x6 hours), Fabien Lombard produced a very impressive race, but needed to slow down after being warned by the judges. You can check out Emmanuel's photos at https://plus.google.com/photos/113493053302679203574/albums/6131668147560258849?authkey=CJDto5Pa_5XMfA.

Further photos at <https://plus.google.com/photos/102132893630195174932/albums/6132007259356851681?banner=pwa>.

24 Hour Walk

1.	ROZE Eddy	Amiens Uc	197.757km	24:00:00
2.	VARAIN Cedric	Ac Chateau Thierry	193.607km	24:00:00
3.	BUNEL Pascal	Neuilly Sur Marne Athletisme	182.901km	24:00:00
4.	BIEBUYCK Pascal	Ath Ac	180.512km	24:00:00
5.	LETESSIER Gilles	Plm Conflans	180.370km	24:00:00
6.	THIRIOT Louis	Asm Bar-le-duc	180.370km	24:00:00
7.	FORESTIERI Alexandre	Ust Courir A Saint Tropez	180.370km	24:00:00
8.	DANDOY Jeremy	Cm Roubaix	175.141km	24:00:00
9.	BEARDMORE Suzanne (W)	Abingdon Ac	173.791km	24:00:00
10.	MACKINTOSH Tony	Isle Of Man Veterans Ac	173.388km	24:00:00
11.	GILLES Philippe	Usm Montargis	172.870km	24:00:00
12.	THEVENIN Pascal	Marne Et Gondoire Athletisme	172.767km	24:00:00
13.	LAWRIE Karen (W)	Iom Vets Ac	171.986km	24:00:00
14.	VAN DER GULIK Frank	Endurance Walking	171.699km	24:00:00
15.	MASSON Pascal	Essonne Athletic*	168.315km	24:00:00
16.	POUTINSEVA Irina (W)	Ind St Petersburg	166.687km	24:00:00
17.	GEORGELIN Serge	Bruz Athletisme	166.048km	24:00:00
18.	MC CHESNEY Richard	Hutt Valley Harriers	162.514km	24:00:00
19.	GRASSI Alain	Pass Running	161.328km	24:00:00
20.	SALOMEZ Benedicte (W)	Neuilly Sur Marne Athletisme	159.270km	24:00:00
21.	ANXIONNAT Claudine (W)	Athletic Vosges Entente Clubs	157.762km	24:00:00
22.	RODIER Nicole (W)	Efs Reims A. *	155.038km	24:00:00
23.	BIZARD PLANCHOT Emilie (W)	Thiais Ac	150.780km	24:00:00
24.	HUART Gilles	Asptt Besancon	149.340km	24:00:00
25.	FABRE Francoise (W)	Courir A Beaucaire	149.151km	24:00:00
26.	HAGHEBAERT Eric	Ac Chateau Thierry	144.356km	24:00:00
27.	BERTHAULT-KORZHYK Annie (W)	As Culturelle Francophone	140.564km	24:00:00
28.	EMONIERE Philippe	Cosm Arcueil	136.800km	24:00:00
29.	BIZARD Claudie	Thiais Ac	135.298km	24:00:00
30.	RASSAIND Andre	Ea Centre Iser*	116.887km	24:00:00
31.	BIZARD Cyrille	Elan Chevilly-larue	114.261km	24:00:00
	LOUGRADA Saadi	Cm Roubaix	136.097km	18:08:04
	NOEL Jean-claude	A Marcheurs St Thibault Des Vi	124.065km	19:41:04
	LEJTENS Frans	Rwb Rotterdams	100.000km	15:54:15
	MAGNIER Joel	Cm Roubaix	87.967km	12:58:19
	OLIVARES Mathieu	Neuilly Sur Marne Athletisme	87.967km	21:26:26
	BONNOTTE Remi	Dijon Uc*	78.341km	21:26:25
	QUINQUETON Bernadette (W)	A Marcheurs St Thibault Des Vi	66.309km	09:57:30
	MARECHAL Jean	Ac Chateau Thierry	37.431km	04:55:37
	FAUQUEUR Raymond	Entente Littoral Athletisme No	32.618km	03:56:28

2x6 Hour Walk

1.	LOMBARD Fabien	Asm Bar-le-duc	112.079km	12:00:00
2.	LHOEST Daniel	Waco	104.726km	12:00:00
3.	RAULET Christophe	Ga Meusien	104.494km	12:00:00
4.	LETOURNEAU Florian	AC Chateau Thierry	99.541km	12:00:00
5.	LABARRE Bertrand	Cs Provins Athletisme	98.985km	12:00:00
6.	KERLAU Yves-michel	Cm Roubaix	96.113km	12:00:00
7.	MOREL Philippe	AC Chateau Thierry	95.410km	12:00:00
8.	TOUTAIN Eric	As Culturelle Francophone	94.939km	12:00:00

9.	CHATILLON Dominique	Non Licencie	94.834km	12:00:00
10.	HARTMANN Emmanuel	Ga Meusien	91.440km	12:00:00
11.	HELLER Denis	Avia Club Issy-les-moulx	90.165km	12:00:00
12.	SEYNAEVE Serge	Cm Roubaix	89.104km	12:00:00
13.	VANDENDAUL Daniel	Ath Ac	86.767km	12:00:00
14.	MOUGENOT Patrick	Marne Et Gondoire Athletisme	83.725km	12:00:00
15.	DISPAS Caroline (W)	Waco	74.496km	12:00:00
16.	NAUMOWICZ Veronique (W)	Cm Roubaix	63.565km	12:00:00



Cédric Varain, Pascal Bunel, Eddy Rozé and Irina Putinseva



Suzanne Beardmore, Karen Lawrie, Christoph Raulet and Fabien Lombard

2015 NYACK RACEWALKS, NYACK HIGH SCHOOL, NYACK, NY, SUNDAY 29 MARCH

There was some pretty good walking in New York State last weekend at the NYACK Championships.

5km High School Girls (Two Heats, 29 Finishers)

1.	Rachelle DeOrbeta	15	Guaynabo, PR	23:18.3
2.	Charmaine DeOrbeta	16	Guaynabo, PR	24:24.4

3.	Meaghan Podlaski	17	Niskayuna, NY	24:58.3
4.	Kayla Allen	15	Lewiston, ME	26:00.7
5.	Natalie Cohen	17	Valley Stream, NY	26:33.7
6.	Sydney Sirois	16	Greene, ME	26:38.2
7.	Lauren Harris	15	Holtsville, NY	26:52.9
8.	Monika Farmer	17	Ronkonkoma, NY	27:15.2
9.	Katie Miale	18	Highland Mills, NY	27:56.0
10.	Maria Garcia	16	Garnerville, NY	28:46.5
11.	Elisabeth Barnett	16	Brightwaters, NY	28:50.6
12.	Sagan Leggett	16	Valatie, NY	28:51.5
13.	Lauren Swanson	16	Brightwaters, NY	28:57.2
14.	Jennifer Campbell	18	Farmingville, NY	29:05.2

5000m Open

1.	Katie Michta	F18	Nesconset, NY	24:44.3
2.	Jack Lazor	M18	Madison, CT	26:12.5
3.	John Soucheck	M49	Little Silver, NJ	26:25.6
4.	Kristi Licursi	F19	Somers, NY	27:17.2
5.	Maryanne Daniel	F57	Clinton, CT	27:55.1
6.	Rasheeda Moncada	F35	New York, NY	29:10.8
7.	Cher Armstrong	F28	Riverhead, NY	29:38.8
8.	Barbara Dalzell	F61	Milan, NY	32:20.0
9.	Elizabeth Pasquale	F61	Ossining, NY	32:37.9
10.	Marc Varsano	M50	New York, NY	33:36.5
11.	Panseluta Geer	F68	Hazlet, NJ	33:58.9
12.	MaryAnn Harvey	F58	Farmingdale, NY	44:47.0

10,000m Open

1.	Jorge Cruz Sotomayor	M17	San Juan, PR	45:50.7
2.	Luis Espada	M18	Salinas, PR	46:12.0
3.	Maria Michta-Coffey	F28	Farmingville, NY	47:28.2
4.	Spencer Dunn	M16	Auburn, ME	52:44.3
5.	Bill Vayo	M50	White Plains, NY	59:41.7
6.	Lubin Hernandez Palomino	M54	Silver Spring, MD	59:45.9
7.	Brittany Collins	F20	Bohemia, NY	60:59.6
8.	Bruce Logan	M50	New York, NY	61:19.1
9.	Tim Chelius	M58	Northfield, NJ	64:02.4
10.	Dorit Attias	F53	Lakewood, NJ	68:54.1
11.	Paul DeMeester	M55	San Francisco, CA	70:45.5

TUNISIAN RACEWALK CHAMPIONSHIPS, KORBA, TUNISIA, FRI 20 MARCH

We don't see too many results from Africa so thanks to Emmanuel Tardi for the results of the Tunisian racewalk champs.

20km Open Men

1.	MESSOUSSI Mohamed	AAFahs	1:38:13
2.	AYARI Nidhal	SyresAc	1:45:43
3.	HAMMAMI Radhouane	AAFahs	1:47:09

10km Junior Men

1.	MOUELHI Ghaieth	COMKelil	47:57
2.	El HADJ HASSINE Hamdi	AAFahs	51:46
3.	SOULA Youssef	CMAKairouan	52:02
4.	HATIRA Bilel	AAFahs	52:19
5.	DHAHBI Mondher	CMAKairouan	54:06

8km U18 Men

1.	GTARI Baha Eddine	SyresAC	39:56
2.	HARBAOUI Mohamed Amin	SyresAC	41:41
3.	HAFAF Mohamed Ali	CSGardeNat	42:04
4.	AAD Housseem	AAFahs	42:22
5.	HAMIDI Hamza	AAFahs	45:40

5km U16 Boys

1.	TLILI Moujahed	COMKelil	25:34
2.	GUESMI Mohamed Amin	COMKelil	25:55

3.	El ABIDI Baha Eddine	SyresAC	26:04
4.	HARBAOUI Badie	SyresAC	27:16
5.	El ABIDI Ayoub	SyresAC	27:39
20km Open Women			
1.	MEJRI Syrine	CSGardeNat	1:49:05
2.	MANAI Amani	CMAKairouan	1:54:54
10km Junior Women			
1.	NASRI Chahinez	CSGardeNat	52:03
2.	MANSOURI Rihab	CComKelil	53:14
3.	MANSOURI Sourour	CComKelil	60:16
4.	ABROUGUI Hela	CComKelil	65:07
5.	SLIMANE Rym	CSGardeNat	67:59
8km U18 Women			
1.	HAFAF Amel	CSGardeNat	26:14
2.	El ABIDI Fatma	StartCBizerte	27:10
3.	JEBRI Nour El Houda	CSGardeNat	29:20
4.	ZOGHBI Ines	ACAkouda	30:40
5.	BELGHITH Amani	ACAkouda	31:14
3km U16 Girls			
1.	Ben TOUATI Wafa	CComKelil	16:10
2.	BOUGHANMI Maroua	CComKelil	16:11
3.	KHLAIFI Ikbal	CComKelil	16:12
4.	ZAIMI Jamila	ACAkouda	16:37
5.	MAHFOUDHI Eya	SyresAC	17:09

SLOVAK AND CZECH ROUNDUP

The Prague half marathon, run last weekend, saw two of the top Czech walkers in action with Anezka Drahotova coming 12th with 1:17:14 and Tereza Korvasova 13th with 1:19:45 (Tereza is only 18 years old). It was a good effort by the girls, both of whom are coached by Ivo Pitak and both of whom had walked successfully in Dudince a week before (Drahotova 5th Open 20km 1:30:22 and Korvasova 2nd U20 10km 49:10).



Anezka Drahotova and Tereza Korvasova in last weekend's Prague half marathon – but at a canter this time around

Sunday also saw the Bratislava marathon, half marathon and team-relay half marathon in neighbouring Slovakia and Matej Toth was in action there, running in a mixed relay team of Olympians. For the record, they came 5th in the half marathon relay with each of them running around 5km.

And to complete the report, the Slovak walkers were hosted by the Czech Clubs in their interclub meet at Olomouc in the Czech Republic on Sunday 29th March. The main event was a 10km Open event which was won by Lukás Gdula with a fast 42:42. Lucie Pelantova was the fastest of the women with 46:04.

10km Walk

1.	Gdula Lukás	1991	M Hvezda SKP Pardubice	42:42
2.	Schrom Pavel	1991	M VSK Univerzita Brno	43:29
3.	Morvay Michal	1996	M Hvezda SKP Pardubice	43:31
4.	Ketner Karel	1990	M SSK Vítkovice	45:36
5.	Veselous Filip	1995	M AK Hodonín	45:46
6.	Pelantová Lucie	1986	Ž PSK Olymp Praha	46:04
7.	Gdula Tomás	1997	M Hvezda SKP Pardubice	46:04
8.	Medera Zdeno	1975	M AK Spartak Dubnica nad	47:46
9.	Hornáková Monika	1995	Ž Hvezda SKP Pardubice	47:48
10.	Motl Ondrej	1994	M ASK Slavia Praha	48:42
11.	Hlavác Vít	1997	M A. C. TEPO Kladno	49:10
12.	Snajdr David	1971	M SK Nové Mesto nad Metují	50:27
13.	Svehla Milan	1978	M AC Moravská Slavia Brno	50:47
14.	Malysa Alexandr	1997	M AK Hodonín	52:06

3km Walk

1.	Kubis Lubomír	2001	Zci AK Spartak Dubnica nad	14:51
2.	Tkach Sergej	1998	Dci TJ Slezan Frýdek-Místek	15:30
3.	Gajdos Matyás	2000	Zci TJ Rumburk	15:40
4.	Tesovnik Anze	1998	Dci MASS Ljubljana	15:56
5.	Burzalová Hana	2000	Zky AK Spartak Dubnica nad	15:58
6.	Canadi Eva	2000	Zky AK Koper	16:14

1km Walk

1.	Cah Klara	2002	AK Koper	05:29
2.	Risková Karin	2002	MSK Borský Mikulás	06:35
3.	Vychron Filip	2007	JAC Brno/Orel Vyskov	06:39
4.	Gazárková Mária	2005	MSK Borský Mikulás	06:39
5.	Tomanová Stela	2007	JAC Brno/Orel Vyskov	06:50

2015 ALPE/ADRIA RACE WALKING CUP, SEZANA, SLOVENIA, SUNDAY 22 MARCH

Thanks to Fabio Ruzzier for the results of the annual ALPE/ADRIA Racewalking Cup, held in Sezana in Slovenia and including walkers from Italy, Slovenia and Croatia.

U8 500m

1.	Cafagna Leonardo	2008	Sportiamo (It)	2:53,3
2.	Di Biagio Elia	2008	Sportiamo (It)	2:58,2
3.	Di Biagio Samuele	2008	Sportiamo (It)	3:21,8

U10 500m Girls

1.	Razem Sara	2006	Ts Trasporti (It)	2:56,9
2.	Cacic Blazek Nina	2006	AK Koper (Slo)	3:16,6
3.	Salvalaio Chiara	2006	Ts Atletica (It)	3:22,2
4.	Folchini Irene	2006	Sportiamo (It)	3:24,0
5.	Kopac Laura	2006	AK Koper (Slo)	3:28,8
6.	Taja Babic Eneja	2006	AK Koper (Slo)	3:36,9

U10 500m Boys

1.	Brulc Andrej	2006	AK Koper (Slo)	2:37,6
2.	Russi Theo	2006	Sportiamo (It)	2:50,9
3.	Catalano Francesco	2006	Sportiamo (It)	2:53,0
4.	Manzin Giulio	2007	Sportiamo (It)	2:57,9
5.	Icardi Giosuè	2007	Ts Trasporti (It)	3:23,7
6.	Bochdanovitis Gabriele	2007	Sportiamo (It)	3:24,4
7.	Coppola Alessio	2007	Sportiamo (It)	3:24,8

U12 1000m Girls

1.	Reicht Tamara	2005	AD Stajerska (Slo)	6:19,2
2.	Canetti Chiara	2004	Trieste Atletica (It)	6:36,4
3.	Zanini Astaldi Charity	2005	Trieste Atletica (It)	6:43,0

4.	Spizzamiglio Miriam	2005	Sportiamo (It)	6:43,9
5.	Corazza Chiara	2004	Sportiamo (It)	6:44,6
6.	Millo Emma	2004	Sportiamo (It)	6:57,8
7.	Pettener Emma	2004	Sportiamo (It)	6:58,4
8.	Bortolussi Linda	2005	Lib.Casarsa (It)	7:28,5
U12 1000m Boys				
1.	Brulc Matija	2005	AK Koper (Slo)	5:41,3
2.	La Porta Daniel	2004	Sportiamo (It)	6:34,6
U14 2000m Girls				
1.	Cah Klara	2002	AK Koper (Slo)	12:10,2
2.	Sommadossi Giulia	2002	Sportiamo (It)	12:46,2
U14 2000m Boys				
1.	Modolo Gabriele	2002	Ts Trasporti (It)	11:08,5
2.	Icardi Cristian	2003	Ts Trasporti (It)	12:25,1
3.	Padovan Marco	2002	Sportiamo (It)	13:19,2
4.	Ferluga Mathias	2002	Sportiamo (It)	13:35,4
U16 2000m Girls				
1.	Oblach Vanessa	2000	Finc.Monfalcone (It)	10:13,8
2.	Colacicco Valentina	2000	Ts Trasporti (It)	10:16,1
3.	Oblach Alice	2000	Finc.Monfalcone (It)	10:42,2
4.	Canadi Eva	2000	AK Koper (Slo)	10:42,7
5.	Gubertini Martina	2000	Ts Trasporti (It)	11:19,8
6.	Cassanella Michela	2001	Ts Trasporti (It)	12:31,9
U16 2000m Boys				
1.	Kriznik Filip	2001	AD Stajerska (Slo)	11:09,2
2.	Bello Matteo	2001	Trieste Trasporti (It)	11:51,2
U18 3000m Girls				
1.	Silli Laura	1999	Sportiamo (It)	17:28,1
2.	Cassanella Alessia	1998	CUS Trieste (It)	18:44,1
U18 3000m Boys				
1.	Lubiana Federico	1999	Trieste Atletica (It)	15:50,2
2.	Tesovnik Anze	1998	MASS Ljubljana (Slo)	16:37,6
3.	Erceg Andrej	1999	Dinamo Zrinjevac (Hr)	17:35,9
Open 3000m Women				
1.	Kovacs Andrea	1980	UVB Purgstall (H)	14:21,6
2.	Raia Elisa	1978	CUS Trieste (It)	15:41,9
3.	Cinca Elena	1970	Atl. Brugnera (It)	16:02,0
4.	Poklar Andreja	1966	AK Koper (Slo)	17:49,6
5.	Erceg Mateja	1997	Dinamo Zrinjevac (Hr)	18:35,6
6.	Schwantzer Monika	1955	Dinamo Zrinjevac (A)	20:13,7
Open 3000m Men				
1.	Orazi Elio	1997	Sportiamo (It)	15:35,8
2.	Saponaro Giuseppe	1969	Pool Sport (It)	15:42,6
3.	Ruzzier Fabio	1953	AK Koper (Slo)	15:56,5
4.	Haubrih Zelimir	1963	Dinamo Zrinjevac (Hr)	16:04,5
5.	Dorigo Silvio	1962	Atl. Triveneto (It)	16:07,1
6.	Bahcic Igor	1962	AK Koper (Slo)	16:45,9
7.	Brulc Matjaz	1968	AK Koper (Slo)	17:11,4
8.	Strieder Hermann	1941	Spitt. TV 1972 (A)	20:08,5
9.	Miloch Adriano	1947	G.S. S.Giacomo (It)	20:18,0
10.	Andreotti Piergiorgio	1940	Atletica Lonato (It)	21:27,1
11.	Celik Ferdinand	1940	AK Gorica (Slo)	23:20,1



Start of the U10 5000m walks



Left: U10 5000m Boys Podium



Right: Open Men 3000m – Haubrih Zelimir , Fabio Ruzzier and Igor Bahcic

OUT AND ABOUT

- It was announced over the weekend that US based 33 year old Swedish walker Andreas Gustafsson has failed a drugs test administered after a 50 km in Santee, California, on 14 December 2014. He has now been suspended from 20th March 2015 pending further investigation. See <http://www.expressen.se/sport/fridrott/svensk-fridrottare-fast-i-dopingkontroll/>. It is not known which substances were found in Andreas sample but there has been some discussion about possible supplements he might have been taking.
- Jack Mortland posted the news that, thanks to the tremendous and dedicated efforts of Dave Talcott and the willingness of Jeff Salvage, the **archives of the Ohio Racewalker** from issue No.1 (March 1965) through the year 2013 are now accessible at Jeff's www.racewalk.com website. Dave spent countless hours scanning the nearly 600 issues in the ORW archives and Jeff provided space on his web site. The archives will be updated periodically, thanks again to Dave. Meanwhile, the March 2015 issue (Vol. LI, No.1) goes in the mail today. It can come to you too for a mere \$15 per year. Ohio Racewalker, 3184 Summit St., Columbus, OH 43202, 614-263-8318, jmortlan@columbus, rr.com.

- The Athletics Victoria Laurel Wreath top ten count-down has started with bibs 10-7 announced so far - Ellen Pettitt (10), Stephen Cain (9), Damien Birkinhead (8) and Liam Adams (7). We wait for the final bib announcements to see if any walkers are amongst the top few. You can follow the countdown on <https://www.facebook.com/athsvic>.
- Nice article on Ireland's Brendan Boyce: <http://www.the42.ie/brendan-boyce-race-walker-2011968-Mar2015>

MARCIALMONDO AND OMARCHADOR ROUNDUP

As usual, lots of great news from these two wonderful sites. First to marciadalmondo which had 6 releases over the last week

- Mon 30 Mar - Andreas Gustafsson suspended
http://www.marciadalmondo.com/ita/dettagli_news.aspx?id=2057
- Sun 29 Mar - Massimo Stano and Valentina Trapletti Italian Champions of 20 km road walk
http://www.marciadalmondo.com/ita/dettagli_news.aspx?id=2056
- Sun 29 Mar - Interview with Mariavittoria Becchetti (ITA - 1:34:29)
http://www.marciadalmondo.com/ita/dettagli_news.aspx?id=2055
- Thur 26 Mar - Maurizio Damilano gives his thoughts on the new Pit Lane
http://www.marciadalmondo.com/ita/dettagli_news.aspx?id=2054
- Thur 26 Mar - Miguel Angel Lopez and Julia Takacs win Spanish 20km champs
http://www.marciadalmondo.com/ita/dettagli_news.aspx?id=2053
- Wed 25 Mar - Preview of the walks courses to be used in Beijing this year
http://www.marciadalmondo.com/ita/dettagli_news.aspx?id=2052

and now to omarchador which had 9 press releases

- Mon 30 Mar – European Masters Indoor Champs – 5000m Women
<http://omarchador.blogspot.pt/2015/03/marchadoras-portuguesas-voltam-brilhar.html>
- Mon 30 Mar - European Masters Indoor Champs – 5000m Men
<http://omarchador.blogspot.pt/2015/03/steffen-borsch-dominador-nos-europeus.html>
- Sun 29 Mar - Carolina Coast - a young walker with a big future
http://omarchador.blogspot.pt/2015/03/atletas-com-futuro-carolina-costa_29.html
- Sat 28 Mar - Pedro Isidro among the nominees for the INAS Awards 2015
<http://omarchador.blogspot.pt/2015/03/pedro-isidro-entre-os-nomeados-para-o.html>
- Fri 27 Mar - Race Walking in Barrosas Village this Saturday
<http://omarchador.blogspot.pt/2015/03/marcha-atletica-na-vila-de-barrosas.html>
- Thu 26 Mar - Results of European Masters Indoor 3000m champs - women
<http://omarchador.blogspot.pt/2015/03/alexandra-lamas-de-ouro-em-torun-orlete.html>
- Wed 25 Mar - Results of European Masters Indoor 3000m champs - men
<http://omarchador.blogspot.pt/2015/03/europeus-masters-de-pista-coberta-em.html>
- Wed 25 Mar - Preview of the walks courses to be used in Beijing this year
<http://omarchador.blogspot.pt/2015/03/visita-previa-ao-circuito-de-marcha-dos.html>
- Tue 2 Mar - Miguel López wins Spanish 20km Championship
<http://omarchador.blogspot.pt/2015/03/miguel-lopez-vence-campeonatos-de.html>

AUSTRALIAN WORLD JUNIOR TEAM ANNOUNCED

Athletics Australia has announced a team of 22 athletes to represent us at the 2015 World Youth Championships in Cali, Colombia. And the big news is that all 4 walks spots have been filled. See the announcement at <http://www.athletics.com.au/News/cali-2015>.

Boys 10,000m race walk:	Tyler Jones (NSW)	43:24.55
	Kyle Swan (VIC)	43:50.85
Girls 5000m race walk:	Clara Smith (QLD)	23:08.42
	Jemima Montag (NSW)	23:06.80



Clara, Jemima, Kyke and Tyler in action in the Australian Junior T&F Champs in Sydney a couple of weeks ago

#BANCHEGIN

The Russian Drugs Scandal story continues with some more bits and pieces hitting the presses this week.

- Yuri Borzakovsky recently took over as Russia's head T&F coach after Valentin Maslakov resigned in the wake of Russia's latest doping scandal. Now Borzakovsky has announced that his team is clean from doping. That's a big call and one that seems to have a certain ring of desperation to it. Given that the same coaches and administrators and sports scientists who were in charge during the last 10 years are still there and overseeing the new group of athletes, how can we have any confidence that the same path will not be traversed once again. Sorry everyone but a complete cleanout is required here. See <http://www.bbc.com/sport/0/athletics/32034672> and http://www.nzherald.co.nz/athletics/news/article.cfm?c_id=19&objectid=11422427&ref=rss

While that may have been out for local Russian consumption, the pressure mounted in Russian Athletics last week with this announcement!

- The IAAF, the world governing body for athletics, has formally appealed to the Court of Arbitration for Sport (CAS) about the selective Russian doping bans put into place by RUSADA. Quite a bit of discussion on this one. <http://www.sbs.com.au/news/article/2015/03/26/iaaf-appeals-cas-over-russian-doping-bans>
<http://www.supersport.com/athletics/article.aspx?Id=2927564>
<http://jumping-the-gun.com/?p=4729>

It is interesting at this stage to go back to the IAAF Medical and Anti-Doping Media Conference, held in Monaco last month. See <http://www.iaaf.org/news/iaaf-news/iaaf-anti-doping-passport-russian-ban>. One of the questions specifically asked at that Press Conference was "Will the IAAF appeal the recent decisions rendered by RUSADA against seven elite Russian athletes?". We now know the answer to that one! One of the other questions asked was "Will there be more instances of banning coaches?". Let's hope that one comes to the forefront next with news that Chegin will finally be banned. He surely can't remain teflon coated forever.

And two further bits on drugs and sport.

- Like many others, I just can't believe that Nike has decided to give twice banned sprinter Justin Gatlin a sponsorship deal. Well, I won't be buying any more gear from them. See articles at <http://national.suntimes.com/national-sports/7/72/850197/nike-sponsor-justin-gatlin> and <http://www.athleticsweekly.com/featured/justin-gatlin-or-jo-pavey-who-would-you-sponsor-20182/>
- Time to call in the cops to deal with the drugs cheat? Should taking performance-enhancing drugs now be made a criminal offence? Michele Verroken, former head of UK Sport Anti-Doping, believes that with certain caveats, there should now be recourse to law, with incorrigible athletes and coaches facing criminal prosecution. See <http://www.insidethegames.biz/blogs/1026348-alan-hubbard-time-to-get-tough-on-drug-cheats>

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 Key Dates

Apr 3-6, 2015	Australian Masters T&F Championships, Sydney, NSW
May 8-10, 2015	Oceania Area Championships (walks included), Cairns, QLD
Sun Aug 30, 2015	Australian Roadwalk Championships, Middle Park, VIC
Oct 3-10, 2015	Australian Masters Games, Adelaide, SA

2015 IAAF Race Walking Challenge Dates

Apr 11-12, 2015	African Race Walking Championships	Maurice, MAURITIUS
Apr 18, 2015	24 th Grande Prémio Internacional de Rio Maior em Marcha Atlética	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	11 th European Cup Race Walking	Murcia, SPAIN
Jun 6, 2015	XXIX Gran Premio Cantones de La Coruña	La Coruña, SPAIN
Aug 22-30, 2015	15 th IAAF World Championships	Beijing, CHINA

Other Top Races in 2015

Apr 11, 2015	International Racwalk Competition	Podebrady, CZECH REPUBLIC\
Apr 19, 2015	46 th International Racewalk Meet	Naumburg, GERMANY

Looking 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. See http://www.iaafbeijing2015.com
Aug 4-16, 2015	20 th World Masters T&F Champs Stadia, Lyon, France. See www.lyon2015.com
Aug 15-16, 2015	104th Centurions 100 Miles qualifying walk , Castletown, Isle of Man See http://www.isleofman100milewalk.co.uk/index.html

May 2016	27 th IAAF World Race Walking Team Championships, 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, Niarobi, Kenya
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 Team Championships, 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, Doha, Qatar
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>)