



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2014/2015 Number 31
5 May 2015



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WALKER OF THE WEEK

It's official - we had our first ever tie in our three-way vote last week - between **Alana Barber** and **Luke McCutcheon**. Alana won her votes for a big 8km PB of 35:39 while Luke won his votes for a big 5km PB of 23:03. Luke will be competing in the Oceania T&F Championships in Cairns next weekend while Alana raced another fantastic race in Taicang on Saturday - more later in the newsletter. Two walkers who are in great form!

My Walker of the Week this time around is 12 year old Casey Cardinia walker Will Thompson. Will has only been walking since July 2014 (less than 12 months) but has made great inroads into our sport in that short time. He did a small number of races last winter but really got stuck into things in the summer season, racing in both AV Shield and in LAVIC races most weekends. He was rewarded with silvers in the AV U14 3000m championship in February (15:39) and in the LAVIC U12 1500m championship in March (7:17). He came out on Saturday in our VRWC 5km race at Middle Park and recorded a fantastic first up time of **27:54**. A young walker to watch!



Will in action at Middle Park on Saturday

WHAT'S COMING UP

Our VRWC winter season races continue next Saturday with a slightly amended timetable in that the Handicap Start races scheduled in the program for Saturday have been scrapped. We have had a number of issues the last 2 weeks with incorrect results and a decision has been made by the Committee to sort this out before we move into more complex race days like Handicap Starts.

Saturday 9th May 2015, Middle Park			
VRWC EVENTS: Entries close for all events at 1.50pm sharp			
2.15pm	8km	Points Race	Open
2.15pm	6km	Points Race	Open
2.15pm	4km	Points Race	Open
2.30pm	2km	Points Race	Open
2.30pm	1km	Points Race	Open

A reminder that everyone needs a chip this season as we are trying to automate our results. We are also in the process of matching chip numbers to club bib numbers so don't forget to bring your VRWC bibs along as well. And **we recommend that you enter online during the week** – then you are already in the system and all you have to do on Saturday is pay your money. This will make the queue move a lot faster. You can enter online at http://vrwc.org.au/wp1/?page_id=6. No money required – just advise your race distance and particulars.

Some other reminders:

- The **AV Country Roadwalk Championships** will be held at **Middle Park** on **Sunday 23rd May**, along with the **Victorian Open 10km roadwalk championships**. AV has now opened online registration panels for all the winter season walking championships – see <http://athsvic.org.au/events/calendar/>. Remember you need to renew your AV registration for the new AV financial year (starting 1st April) if you wish to compete in these champs.
- Looking further ahead, entry forms for the **Lake Burley Griffin Carnival** on **Sunday 7th June** are now available at the VRWC sign-in table. An online copy of the entry form is found at <http://vrwc.org.au/documents/2015%20LBG%20Entry%20Form.pdf>. Entries close with me on Sunday 17th May so chat with me on Saturday if you have questions. It is a huge carnival and not to be missed.

Next weekend also sees a couple of major events on the international calendar – results in next week's newsletter.

- The **Oceania Area Championships** will be held in Cairns (QLD) from 8-10 May and Athletics Australia has selected a number of our young up and coming walkers to represent them at the meet.
- The **Pan American Race Walking Cup** will be held in Arica (CHILE) on May 9-10 and will see many of our top Central American, American and Canadian walkers in action.

LEVEL 2 ADVANCED RACEWALKS COACHING COURSE COMING UP

I haven't seen any advertising as yet but Athletics Australia are holding a **Level 2 Advanced Part B - WALKS** coaching course on **Sunday 14th June at Albert Park**. It's being coordinated through Athletics Victoria. You will find a link to the course at <http://athsvic.org.au/get-involved/coaches/upcoming-courses/>.

Note that anyone thinking of doing this course must meet certain prerequisites, which might have to include the **Level 2 Advanced – All Event Groups - Part A** course which is being run on **May 24th** and which is referenced on the same web page. You can read all the fine print on the Level 2 Part A page at <http://athsvic.org.au/event/level-2-advanced-all-event-groups-part-a-3/>.

VRWC ROADWALKS, MIDDLE PARK, SATURDAY 2 MAY

We had a great turnout of 62 walkers for our VRWC races on Saturday and we saw some great racing in warm and windy conditions. Like last week, **Quentin Rew** led from the front, his lead growing lap by lap as he worked his way towards a very fast 54:51 for 12km. **Adam Garganis** also walked excellently, recording 59:50 for the 12km. Super Masters walker **Andrew Jamieson** led the 10km walkers home with 51:17, ahead of **Mark Donahoo** 57:49 and **Pam Tindal** 58:04.

12km Walk

1.	Rew, Quentin	M	Open	54:51
2.	Garganis, Adam	M	U18	59:50
3.	Evans, Simon	M	M40-59	1:11:02
4.	Feain, Gerard	M	M40-59	1:18:24
	McDonough, Aaron	M	M40-59	DNF
	Keirl, Bernie	M	M40-59	DQ

10km Walk

1.	Tindal, Pam	F	M40-59	58:04
2.	Elms, Donna	F	M40-59	1:09:33
3.	O'Neill, Karyn	F	M40-59	1:11:56
1.	Jamieson, Andrew	M	M60+	51:17
2.	Donahoo, Mark	M	M40-59	57:49
3.	Reid, Ross	M	M60+	1:00:26
4.	O'Neill, Terry	M	M40-59	1:03:38
	Dickenson, Russ	M	M60+	DNF
	Bennett, Ralph	M	M60+	DNF

The 5km event saw the biggest field – 23 in all – and it was former Aussie international representative **Megan Szirom** who led them home with 25:10. Special mentions to U12 walkers **Will Thompson** and **Ruby Paten** who walked their first ever 5km with

impressive times of 27:54 and 30:46. **Hayden Walmsley** also walked very well, doing a big PB of 29:15. And welcome back to **Anna Davis (nee Wallace)** having her first race since having her baby last year. Good work Anna!

5km Walk

1.	Szirom, Megan	F	Open	25:10	
2.	Muldoon, Wendy	F	M40-59	29:36	
3.	De Lisen, Paige	F	U18	29:39	
4.	Henderson, Rebecca	F	U14	30:45	
5.	Paten, Ruby	F	U12	30:46	First one
6.	Richardson, Brodie	F	U14	31:08	
7.	Lillie, Jessica	F	U18	32:22	
8.	Steed, Gwen	F	M60+	34:01	
9.	Davis, Anna	F	Open	35:05	
10.	Howorth, Sandra	F	M40-59	37:45	
11.	Beaumont, Margaret	F	M60+	42:26	
1.	Christmass, James	M	M40-59	26:43	
2.	Dickson, Corey	M	U14	27:37	
3.	Thompson, Will	M	U12	27:54	First one
4.	Mandic, Nikola	M	U12	28:35	Eq PB
5.	Smyth, David	M	M40-59	29:07	
6.	Walmsley, Hayden	M	U14	29:15	PB 1:19
7.	Feain, Lachlan	M	U18	29:32	
8.	Moore, David	M	M40-59	38:40	
9.	Wicks, Barrie	M	M60+	40:16	
10.	Beaumont, Ian	M	M60+	42:27	
11.	Poore, Alex	M	M60+	42:54	
	Walmsley, Reese	M	U18	DNF	
	Jensen, Josh	M	U12	DQ	

The 3km and 1.5km walks also saw big fields. **Kyle Swan** 14:07 and **Jason Kozica** 14:50 led out in the 3km while **Bianca Morrow** 9:48 and **Heath Beveridge** won their respective 1.5km divisions. And welcome to **Merilyn Thompson** and **Trevor O'Brien** who had their first walks with us.

3km Walk

1.	Laurie, Natalie	F	Open	16:32	
2.	Carr, Heather	F	M60+	17:13	
3.	Hay, Charlotte	F	U12	18:08	
4.	Taylor, Lee	F	U14	19:29	
5.	Knight, Cassandra	F	Open	19:29	
6.	Lillie, Gemma	F	U10	19:31	
7.	Briet, Brianna	F	U12	20:08	First one
8.	Garganis, Clare	F	M40-59	20:59	
1.	Swan, Kyle	M	U18	14:07	
2.	Kozica, Jason	M	Open	14:50	
3.	Onley, Gordon	M	M60+	29:03	
	Prys, Joel	M	U10	DNF	
	Crawford, Jim	M	M60+	DQ	

1.5km Walk

1.	Morrow, Bianca	F	U14	08:48	
2.	McDonald, Chelsea	F	U14	09:04	
3.	Louey, Grace	F	U12	09:16	
4.	Carbery, Elise	F	U10	11:02	
5.	Thompson, Merilyn	F	M40-59	11:14	First walk with us
6.	Hugo, Beverly	F	M60+	12:57	
7.	Mews, Pam	F	M60+	15:38	
1.	Beveridge, Heath	M	U12	09:35	
2.	O'Brien, Trevor	M	M40-59	11:42	First walk with us
3.	Hay, Angus	M	U12	12:40	

Thanks to the many people who keep the show on the road each week. Sorry if I missed anyone - you are all appreciated.

Officials: Tim Erickson, Ralph Bennett, Ian Laurie, Don McLaren, Stacey McLaren, Damien Elms, Jason Elms, Justin McLaren, Emily Hamilton

Setup: Many - thanks everyone!

Checkin: Ralph Bennett, Mark Donahoo, Damien Elms, Michael Bodey
Canteen: Kate Suich, Wendy Cooper
Photos: Terry Swan
Judges: Peter Vysma (Chief), Michael Bodey, Gordon Loughnan, Stuart Cooper, Lloyd Nichols

Terry Swan was on deck with his camera – check out his photos at <http://www.vrwc.org.au/coppermine/thumbnails.php?album=39>.



Hayden Walmsley, Andrew Jamieson, Megan Szirom, Quentin Rew, Kyle Swan and Adam Garganis



Heath Beveridge, Chelsea McDonald, Bianca Morrow, Marilyn Thompson, Trevor O'Brien and Will Thompson

VRWC STYLE AWARD POINTS

Megan Szirom and Quentin Rew cleaned up in this week's VRWC Style Awards with 9 points apiece.

Women		Men	
Megan Szirom	9	Quentin Rew	9
Natalie Laurie	4	Adam Garganis	6
Paige De Lisen	4	James Christmass	2
Pam Tindal	2	Kyle Swan	2
Charlotte Hay	2	Corey Dickson	2

Brodie Richardson	2	Mark Donahoo	1
Rebecca Henderson	2	Simon Evans	1
Gween Steed	2		
Anna Wallace	1		
Grace Louey	1		
Wendy Muldoon	1		
Ruby Paten	1		

NSWRWC ROAD WALKS, TEMPE, NSW, SATURDAY 2 MAY

Thanks to Frank Overton for the results from the NSWRWC in Sydney where Tyler Jones led from the start with 36:54 for 8km. Others to do well included Carl Gibbons 39:12, Dylan Richardson 30:19 and Kyle Bedford 14:44. Frank commented:

A good day at Walking today however the numbers were down with about 45 competitors but some good walking was recorded. There were some new faces to the club which is good for the rebuild. So if all turned up on the same day there would be good numbers. The weather was kind to us and it just started raining as the last competitors were finishing. We, the Central Coast contingent, had around a 2 hour trip in bad weather we all left as the rain was starting.

Long Division 8km Handicap Start

1. Tyler Jones	36.54
2. Carl Gibbons	39.12
3. Jay Felton	39.53
4. Steven Washburn	42.09
5. Ian Jessurun	44.07
6. Cheryl Webb	44.36
7. Jasmine Dighton	45.14
8. Bryony Beasley	46.15

Medium Divivision 6km

1. Dylan Richardson	30.19
2. Chelsea Goodhew	32.56
3. Samantha Brown	33.42
4. Ryan Thomson	33.53
5. Stephanie Grujoski	37.34
6. Fiona Porley	38.15
7. Judy Brown	49.53
8. Brendon Hyde	57.29

Short Division 3km

1. Kyle Bedford	14.44
2. Tiffany Saker	17.32
3. Donald Cattlo	18.42
4. Nicolle Challinor	24.12

U16 Division 3km

1. Renee Hardy	16.54
2. Kyle Bedford (Inv)	17.34
3. Janaya Lee	19.07
4. Molly O'Neill	19.12
5. Lachlan Beecroft	19.22
6. Danielle Vesper	19.53
7. Jada Thomson	19.57
8. Hannah Bolton	20.16
9. Sybella McKay	20.19
10. Catherine Young	20.31
11. Dana Lee	24.46

U12 Division 1.5km

1. Elizabeth McMillan	8.11
2. Ryan Vesper	8.24
3. Ellie Decelis	8.43
4. Jessica Rocchetto	9.45
5. Isabelle Nilon	10.56
6. Stacie Beecroft	11.10
7. Aiden Hardy	11.28
8. Shaqiulle Lee	11.38
9. Paige Lee	11.44
10. Ella Beecroft	12.49
11. Emily Challinor	13.03

ACT WALKERS CLUB ROAD WALKS, YERRABI POND, CANBERRA, SATURDAY 2 MAY

Thanks to Robin Whyte for the latest walk results from Canberra where Zoe Hunt was the standout with 53:50 for 10km.

10km Walk

1. Zoe Hunt	53:50
2. Robin Whyte	1:05:56
3. Mick Saunders	1:11:51
4. Bryan Thomas	1:13:26
5. Bob Parker	1:14:30
6. Geoff Barker	1:17:30
7. Val Chesterton	1:26:54
8. Doug Fitzgerald	DNF

2km Walk

1. Laura Burns	11:56
2. Ellen Vahey	11:56
3. Colby Eddowes	14:00
4. Harry Baker	14:20
5. Phillipa Hargrave	17:30

4km Walk

1. Mitchell Baker	21:42
2. Callum Burns	21:42
3. Gabby Hunt	21:59
4. Spencer Burns	23:09
5. Helena Bialecki	26:23
6. Dylan Eddowes	26:28
7. Barbara Eddowes	28:24
8. Jane Bates	28:39
9. Marilyn Banfield	28:39
10. Robyn Saunders	29:30
11. Rosemary Parker	29:30

1km Walk

1. Georgia Adamson	09:19
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6.	Nola de Chazal	24:51
7.	Carmen Carlon	25:01

SARWC ROAD WALKS, PEACOCK RD, ADELAIDE, SATURDAY 2 MAY

It was good to see former World Cup walker Kristie Goznik testing herself over a 15km in Adelaide. Others to do well included Danielle Walsh 42:57 (10km) and Jake Vidler 14:34 (3km).

15km Walk

1.	Kristie Goznik	F Open	1:24:45
2.	Peter Crump	M 35+	1:27:09
	Troy Hooker	M 35+	DNF
	James Hoare	M 35+	DNF

3km Walk

1.	Jake Vidler	M U16	14:34
2.	Joe Cross	M U14	15:12
3.	Victoria Upton	F U14	17:17
4.	Chloe Upton	F U14	18:31
5.	Adrian Upton	M U14	21:39

8km Walk

1.	Danielle Walsh	F U20	42:57
2.	Alix Harlington	M U18	43:53
3.	Samantha Findlay	F U20	50:55
4.	John Leydon	M 35+	51:00

2km Walk

1.	Kitarni Upton	F U12	12:58
2.	Maddy Wallace	F U12	13:18
3.	Aleesha Vidler	F U14	13:19

5km Walk

1.	Rhiannon Lovegrove	F U16	27:15
2.	Bethany Cross	F U16	30:12
3.	Royrie Upton	M Open	35:46
	Ayeisha Wallace	F U16	DNF

1km Walk

1.	Seth Upton	M U10	6:39
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SAMA ROAD WALKS, PEACOCK ROAD, SOUTH PARKLANDS, ADELAIDE, SATURDAY 2 MAY

Thanks to Colin Hainsworth for the latest results from the South Australian Masters in Adelaide - warm sunny arvo.

10km Walk

1.	George White	58:21	M69	87.12%
2.	Geraldine Smith	1:11:59	W45	61.56%
3.	Raelene Schild	1:14:20	W50	62.41%
4.	Richard Moyle	1:14:22	M59	61.34%
5.	Colin Hainsworth	1:23:04	M85	77.98%
6.	David Robertson	1:28:11	M81	68.44%

6km Walk

1.	Gil McIntosh	43:37	M64	64.9%
2.	Roger Lowe	45:14	M72	68.78%
3.	Julia Lycett	45:15	W50	59.85%
4.	Jan Layng	47:50	W66	67.77%
5.	Justine Bourke	48:01	W45	54.02%
6.	Harry Hayford	50:01	M62	55.42%
7.	Margaret McIntosh	51:27	W62	59.82%
8.	Edna Bates	52:40	W62	58.44%
9.	Gill White	52:46	W66	61.44%
10.	Jeff Kennett	57:30	M64	49.23%

BENDIGO WALKERS CLUB WALKS, LAKE NEANGAR, EAGLEHAWK, SUNDAY 3 MAY

Thanks to Paul Rance for his latest report from Bendigo where the Bendigo Walkers Club's winter season continued on Sunday morning at Lake Neanger in Eaglehawk, with competitors racing in perfect sunny, calm conditions in 3km and 4km handicap walks.

10km Walk

1.	Barb Bryant	59:26
2.	Annette Major	64:05

2km Walk

1.	Annette Curtis	14.10
2.	Peter Curtis	10.58
3.	E3. Zahra Hayes	10.20
4.	E3. Norm West	16.20

- | | | |
|----|------------------|-------|
| 5. | Caitlyn Tozer | 18.28 |
| 6. | Ebony Whiley | 11.57 |
| 7. | Sheridan Commons | 16.06 |

2015 AUST LITTLE ATHLETICS CHAMPS, WA ATHLETICS STADIUM. PERTH, SUNDAY 26 APRIL

The results of the walks from the Australian Little Athletics U13 Teams Championships have come online so I can now report on this one. Good wins to Bayley Campbell and Tenyka Chapman and good walks by all the placegetters, but a shame it is not a genuine championship that sees our other top U13 walkers in action as well. Only 1 of the 4 Victorian entrants was a regular walker (Amy Canavan) – the others were all distance runners who were doubling. I am sure the same holds of some other States as well.

Boys U13 1500m Walk

- | | | | |
|-----|-----------------|-----|----------|
| 1. | Bayley Campbell | TAS | 7:14.44 |
| 2. | Jake Attwell | NSW | 7:24.38 |
| 3. | Gwyllym Young | ACT | 7:35.92 |
| 4. | Hayden Blaskett | NSW | 7:38.71 |
| 5. | Thomas McShane | TAS | 8:20.22 |
| 6. | Declan Lewis | WA | 8:27.13 |
| 7. | Ky Davies | VIC | 9:21.54 |
| 8. | Benjamin Voogd | VIC | 9:58.99 |
| 9. | Sasha Zhoya | WA | 10:12.95 |
| 10. | Aidan Schenk | SA | 10:18.26 |
| 11. | Blake Favretto | SA | 14:19.11 |
| | Jai Jorgensen | QLD | DQ |
| | Spencer Burns | ACT | DQ |
| | Jake Waugh | QLD | DQ |

Girls U13 1500m Walk

- | | | | |
|-----|---------------------|-----|----------|
| 1. | Tenyka Chapman | QLD | 7:11.95 |
| 2. | Chloe Upton | SA | 7:31.29 |
| 3. | Hannah Mison | NSW | 7:34.87 |
| 4. | Courtney Johns | WA | 7:41.44 |
| 5. | Amy Canavan | VIC | 7:48.78 |
| 6. | Hayley Goode | SA | 7:52.84 |
| 7. | Kaitlyn Moore | WA | 8:46.12 |
| 8. | Jessica Upton-Greer | TAS | 9:10.80 |
| 9. | Jessica Minifie | TAS | 9:42.20 |
| 10. | Zoe Cunningham | VIC | 10:00.01 |
| 11. | Tatyana Olivetti | ACT | 14:18.92 |
| | Erica Sitcheff | QLD | DQ |
| | Sally Shokry | NSW | DQ |
| | Layla Rowntree | ACT | DQ |



Bailey Campbell and Tenyka Chapman at the ALA Champs (photos from Robyn Wales)

2015 IAAF RACE WALKING CHALLENGE, TAICANG, CHINA, FRIDAY 1 MAY

The IAAF Race Walking Challenge in Taicang has usually been held in March or April but the event has been consistently bothered by rain. This time the races were staged in clear conditions on what is a major national holiday, but the relatively high temperature, which was higher than 20 degrees Celsius, caused some trouble for the race walkers, especially in the women's 20km.

Olympic champion Chen Ding led all the way from the start in the men's 20km to secure his first victory at the IAAF Race Walking Challenge meeting in Taicang on Friday, while 2014 IAAF World Race Walking Cup junior winner Duan Dandan upset a strong field in the women's 20km race to maintain China's dominance.

My reports are copied from those of Vincent Wu – <http://www.iaaf.org/news/report/taicang-race-walk-2015-chen-ding-duan-dandan>

Men 20km Race Walk

It was Chen Ding's fourth appearance at the meeting in Taicang and the fifth consecutive year he has competed in the Chinese city as it hosted last year's World Race Walking Cup. But it was the first time that the 22-year-old had made it on to the top step of the podium in Taicang, winning in a season's best of 1:19:53.

Chen and Japan's Kai Kobayashi took an early lead, but Chen soon forged ahead on his own, leading after the first two-kilometre lap. Kobayashi, who set his best time of 1:19:12 to finish fourth at the highly competitive Asian 20km Race Walking Championships in Nomi in March, was soon caught by the chasing group. Nobody else managed to pose a real threat to Chen. Chen went through 4km in 15:57 and the half-way mark in 39:56. His margin had grown to more than a minute after the sixth lap. From there on, he never looked back.

"Today's strategy is very successful, although I felt a little bit tired at the end," said Chen, who usually opts for a more patient strategy. "I did not think too much about the victory. I just wanted to try this strategy and get prepared for the World Championships in August," he added. "In Beijing it will also be very hot, hopefully I can race to my best level by then. I was very relaxed and in general I am satisfied with my performance."

Chen's winning mark is more than two minutes slower than his personal best of 1:17:40 set in Taicang in 2012, but it was a significant improvement on his previous season's best of 1:21:11, set when finishing third at the National Race Walk Grand Prix in Beijing. China's Wang Kaihua cut five seconds from his PB set in March as the sixth-place finisher at the 2011 IAAF World Youth Championships emerged from the chasing group to finish second in 1:21:17. South Korea's Kim Hyunsub, who bettered the national record to 1:19:13 in Nomi, clocked 1:21:43 to finish third.

1.	Ding CHEN	CHN	92	1:19:53
2.	Kaihua WANG	CHN	94	1:21:17
3.	Hyun-Sub KIM	KOR	85	1:21:34
4.	Julio Cesar SALAZAR	MEX	93	1:21:43
5.	Dane Alex BIRD-SMITH	AUS	92	1:22:12
6.	Satoshi MARUO	JPN	91	1:22:48
7.	Wenkui GAO	CHN	95	1:23:15
8.	Yadong LUO	CHN	92	1:23:35
9.	Kai KOBAYASHI	JPN	93	1:23:43
10.	Chris ERICKSON	AUS	81	1:24:06
11.	Tianlei LI	CHN	95	1:25:43
12.	Rhydian COWLEY	AUS	91	1:26:24
13.	Byung-Kwang CHOE	KOR	91	1:26:53
14.	Ivan LOSEV	UKR	86	1:28:09
15.	Byeongho CHOE	KOR	95	1:28:26
16.	Brendon READING	AUS	89	1:29:05
17.	Sichao XIE	CHN	93	1:30:23
18.	Jared TALLENT	AUS	84	1:30:45
19.	Qianlong WU	CHN	90	1:30:47
20.	Jinzhong JIE	CHN	95	1:35:44
	Ever PALMA OLIVARES	MEX	92	DNF
	Caio Oliveira DE SENA BONFIM	BRA	91	DNF
	Omar SEGURA	MEX	81	DQ
	Jesus Tadeo VEGA	MEX	94	DQ
	Dae-Ro KIM	KOR	88	DQ
	Sándor RÁCZ	HUN	86	DNF
	Isaac PALMA OLIVARES	MEX	90	DNF
	Eider AREVALO	COL	93	DNF

Women 20km Race Walk

19-year-old Duan Dandan, the junior 10km winner at the 2014 World Race Walking Cup in the same city, took a surprising victory as she out-shone some of her more experienced team-mates to record a best time of 1:32:21, 24 seconds faster than her previous PB set in La Coruna in 2013. The 20-year-old Hou Yongbo, winner of the 2015 Asian 20km Race Walking Championships in Nomi, trailed 38 seconds behind to finish second, while defending champion Sun Huanhuan clocked 1:33:57 to finish third. Colombia's Sandra Arenas was fourth in 1:34:14. Pre-race favourite Lu Xiuzhi, who set an Asian record of 1:25:12 in March, dropped out after 10km while another Chinese athlete Nie Jingjing, whose PB is 1:27:51, failed to finish as well.

But Duan was not the fastest female race walker on course. The challenge event in Taicang was conducted together with the Chinese Grand Prix and 21-year-old Youth Olympic silver medallist Mao Yanxue, whose name was only on the domestic entry list, clocked 1:32:17 to win the national grand prix title. It was the fourth edition of event since the challenge meeting was first launched in 2011. Chinese female race walkers have grabbed the top three places in all the four races.

1.	Dandan DUAN	CHN	95	1:32:21
2.	Yongbo HOU	CHN	94	1:32:59
3.	Huanhuan SUN	CHN	90	1:33:57

4.	Sandra Viviana GALVIS	COL	86	1:34:14
5.	Viktória MADARÁSZ	HUN	85	1:35:06
6.	Alana BARBER	NZL	87	1:35:38
7.	Rachel TALLENT	AUS	93	1:37:45
8.	Monica EQUIHUA	MEX	82	1:37:58
9.	Kelly RUDDICK	AUS	73	1:39:09
10.	Ainhoa PINEDO	ESP	83	1:40:57
11.	Rei INOUE	JPN	91	1:42:22
	Jingjing NIE	CHN	88	DNF
	Beki SMITH	AUS	86	DQ
	Chiaki ASADA	JPN	91	DQ
	Xiuzhi LU	CHN	93	DNF
	Nicole FAGAN	AUS	89	DNF



Chen Ding and Duan Dandan racing in Taicang on Friday (photos iaaf.org and marciadalmondo)

There was a big Australasian presence with 9 Australians and 1 Kiwi in action. In the men's event, **Dane Bird-Smith** (5th in 1:22:12) and **Chris Erickson** (10th 1:24:06) were the fastest while for the women, **Alana Barber** (6th 1:35:38) and **Rachel Tallent** (7th 1:37:45) were the fastest. Thanks to Brendon Reading for the following photos.



Dane Bird-Smith, Chris Erickson, Rhydian Cowley and Brendon Reading



Jared Tallent, Kelly Ruddick, Alana Barber and Rachel Tallent

MEMORIAL GORAN SUBOTIC, ZAGREB, CROATIA, SATURDAY 2 MAY

Men 5000m Race Walk

1.	Bruno ERENT	CRO	90	22:09.50
2.	Edin ZEC	BIH	97	24:52.54

Women 5000m Race Walk

1.	Antonela GOLOBIC	CRO	97	28:21.44
2.	Eva CANADI	SLO	00	28:22.00
3.	Ivana RENIC	CRO	96	28:43.39

SPANISH UNIVERSITY CHAMPIONSHIPS, CARTAGENA, SPAIN, 29-30 APRIL

There were some fantastic times at the Spanish University T&F Championships in Cartagena last week, with Raquel González Campos, the current Spanish 20km champion, winning the women's 5000m walk with a PB 21.07,51 and Miguel Ángel López, the current European 20km champion, winning the men's 10,000m walk with a PB 38.53,42.

5000m Women

1.	Raquel González Campos	1989	Universidad Católica San Antonio	21.07,51
2.	Amanda Cano Gomez	1994	Universidad de Murcia	22.23,84
3.	Laura Jimenez Elipe	1991	Universidad Católica San Antonio	25.04,40
4.	Andrea Cabre Carceller	1988	Universidad Jaume I of Castellón	25.25,80
5.	Melisa Sanchez Bermejo	1996	Universidad de Murcia	25.48,67
6.	Veronica Galvez Aliaga	1992	(Universidad de Valencia	26.37,06
7.	Miriam Gil Romero	1995	Universidad de Murcia	29.39,88
	Takacs Nyerges	1989	Universidad Camilo José Cela	DQ

5000m Men

1.	Miguel Ángel López Nicolas	1988	Universidad Católica San Antonio	38.53,42
2.	Luis Alberto Amezcua Balboa	1992	UNED	40.10,79
3.	Benjamín Sánchez Bermejo	1985	Universidad Católica San Antonio	42.16,54
4.	Mario Viñas Picazo	1996	Universidad Politécnica de Cataluña	45.36,65
5.	Rafael Sanchez Medina	1988	UNED	52.28,91
	Diego Garcia Carrera	1996	Universidad San Pablo CEU	DQ

1ST TROFÉU DE VENDAS NOVAS, VENDAS NOVAS, PORTUGAL, SATURDAY 2 MAY

Olympic athletes Vera Santos and João Vieira, both from Sporting Clube de Portugal, won easily their respective 5,000m walks in the inaugural Troféu de Vendas Novas last Saturday. Both events were held concurrently, with the men in lane 1 and the women in lane 5.

Overall, 56 walkers from 14 clubs, coming from seven districts, participated in a variety of events which are fully reported by omarchador – see <http://omarchador.blogspot.pt/2015/05/vera-santos-e-joao-vieira-vencem-1.html>.

5000m Women

1.	Vera Santos	1981	Sporting CP	22.42.1
2.	Carina Rodrigues	1987	GD Diana	26.10.4
3.	Catarina Anastácio	1997	EAFM - Learntogether A	27.57.3
4.	Mafalda Marques	1997	CP Corroios	29.01.5
5.	Ana Sota	1997	EAFM - Learntogether A	35.49.0

5000m Men

1.	João Vieira	1976	Sporting CP	20.34.5
2.	Luís Pássaro	1994	GC Amizade Donas	21.26.1
3.	Marco Amaral	1993	J Ilha Verde	21.27.5
4.	Miguel Rodrigues	1996	CN Rio Maior	22.13.3
5.	Pedro Amaral	1997	J Ilha Verde	22.41.9
6.	Paulo Afonso	1995	Sporting CP	25.20.9
7.	Vítor Ramos	1997	SL Benfica	26.18.2
8.	Henrique Santos	1965	GD Diana	26.30.5
9.	André Antunes	1997	CP Corroios	26.41.6
10.	Peter Gomez	1996	CA Galinheiras	28.13.0
11.	Rui Rodrigues	1997	ACR Mealhada	28.50.9

OUT AND ABOUT

- Great Britain has announced its 2016 Olympic Standards. The walk qualifications are set at 1:33:00 (women's 20km), 1:24:00 (men's 20km) and 4:02:00 (50km). See <http://www.all-athletics.com/en-us/2015-05-01/british-athletics-announces-rio-2016-qualification-standards>.
- A preview of the European Cup Race Walking in Murcia in 2 weeks time - will Ruslan Dmytrenko take gold this time? See <http://www.european-athletics.org/competitions/european-cup-race-walking/news/article=dmytrenko-will-plot-podium-spot/?cid=rss>
- Yohann Diniz has had a year to remember and now he will look to regain another title when he leads the French team in their bid for gold at the European Cup Race Walking in Murcia, Spain, on Sunday 17th May. See <http://www.european-athletics.org/competitions/european-cup-race-walking/news/article=diniz-has-cup-glory-his-mind/?cid=rss>.
- Alas, the playing field in sport just got a lot less even. It has been known for some time that microdoses of EPO produce enhanced performance but are virtually undetectable. French television station Stade 2 has just released a TV show where it used what it termed “human guinea pigs” to how micro-dosing with EPO could boost performance and foil the biological passport anti-doping system. Read more at http://velonews.competitor.com/2015/05/news/wada-criticizes-french-tv-doping-report_368963#fkWSGffI2f0EJtzt.99. It's the usual game of catch-up.
- Last weekend saw the World Relay Championships in Nassau in the Bahamas and the Australian team did brilliantly. One event in particular was of great interest to some of us as it featured Victorian 400m runner **Morgan Mitchell** who was part of our Falls Creek walks camp in January. And I am thrilled to report that Morgan and the rest of the girls in the 4x400m relay confirmed their automatic qualification for the Rio 2016 Olympic Games by placing 7th in the final in 3:30.03. And to make it even better, Morgan, who ran third, recoreded the fastest leg with 52.09. It must have been the altitude camp! Full Aussie report at <http://www.athletics.com.au/News/iaaf-world-relays-13>. There is a great photo of Morgan and the team at <https://www.facebook.com/photo.php?fbid=626903130780248>.

MARCIADALMONDO AND OMARCHADOR ROUNDUP

Marciadalmondo had 2 press releases this week (the links are to the English version of the website)

- Fri 1 May - Results and report from the IAAF Challenge Meet in Taicang, China http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2076
- Wed 29 Apr – Nicola Maggio celebrates 25 years on the IAAF Judging Panel http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2075

but one is a big one that cannot go without further mention. **Nicola Maggio** clocked up **25 years as an IAAF International Judge** when he adjudicated at the IAAF Challenge Series walk in Taicang last Friday. His time on the panel started on 1st May 1990 – 25 years to the day! And I am pleased to say that he is still travelling the world and judging at the highest level and shows no sign of stopping soon. And he is one of the main men behind marciadalmondo – what more needs to be said!

You can check out the article at http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2075.



Nicola judging in the 2014 IAAF Challenge Series Final in Beijing last year

The omarchador blog continued on as usual with 10 press releases

- Mon 4 May - Vera Santos and João Vieira win first edition of the Troféu de Vendas Novas
<http://omarchador.blogspot.pt/2015/05/vera-santos-e-joao-vieira-vencem-1.html>
- Sun 3 May - Raquel Gonzalez and Miguel Angel Lopez win Spanish University Walks in Cartagena
<http://omarchador.blogspot.pt/2015/05/raquel-gonzalez-e-miguel-angel-lopez.html>
- Sat 2 May - Results and report on the IAAF Challenge Series meet in Taicang, China
<http://omarchador.blogspot.pt/2015/05/ding-chen-e-dandan-duan-vencem-em.html>
- Sat 2 May - New racewalk meet this weekend in Vendas Novas in Portugal
<http://omarchador.blogspot.pt/2015/05/vendas-novas-vai-acolher-um-trofeu-de.html>
- Fri 1 May - Results of African Youth Championships in Mauritius
<http://omarchador.blogspot.pt/2015/05/campeonatos-africanos-de-juvenis.html>
- Fri 1 May - Portuguese judge Joaquim Graça on panel for IAAF Challenge Meet in Taicang, China
<http://omarchador.blogspot.pt/2015/05/joaquim-graca-vai-ajuizar-na-china.html>
- Thu 30 Apr - Results of the Portuguese University Track Champs in Braga
<http://omarchador.blogspot.pt/2015/04/campeonatos-universitarios-de-pista-em.html>
- Thur 30 Apr - Preview of this weekend's IAAF Challenge Series meet in Taicang, China
<http://omarchador.blogspot.pt/2015/04/taicang-recebe-etapa-do-challenge.html>
- Wed 29 Apr - Madarász and Helebrandt win in Békéscsaba, Hungary
<http://omarchador.blogspot.pt/2015/04/madarasz-e-helebrandt-vencedores-em.html>
- Tue 28 Apr - Matheus Correa and Rayane Oliveira win Brazilian Clubs Championships (U20)
<http://omarchador.blogspot.pt/2015/04/matheus-correa-e-rayane-oliveira-em.html>

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

May 8-10, 2015	Oceania Area Championships (walks included), Cairns, QLD
Sat May 23, 2015	Victorian 10km walk champs & Victorian Country walk champs, Middle Park, VIC
Sun June 7, 2015	LBG Carnival, Canberra, ACT
Sun June 21, 2015	AMA, VMA and Vic 20km roadwalk champs, Middle Park, VIC
Sat July 4, 2015	Vic 15km roadwalk champs, Middle Park, VIC
Sat July 18, 2015	VMA 10km and Victorian RWA Postal Challenge, Middle Park, VIC
Sun Aug 2, 2015	Victorian Roadwalk Championships (including Vic 30km), Middle Park, VIC
Sun Aug 30, 2015	Australian Roadwalk Championships, Middle Park, VIC
Sun Sept 13, 2015	Vic 50km Championship, Middle Park, VIC
Oct 3-10, 2015	Australian Masters Games, Adelaide, SA

2015 IAAF Race Walking Challenge Dates

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

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 7-8, 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 5-21, 2016	31 st Olympic Games, Rio de Janeiro, Brazil. See http://www.rio2016.com/en
July 12-16, 2017	10 th World Youth T&F Championships, Niarobi, Kenya
August 5-13, 2017	16 th IAAF World Championships in Athletics, London, UK
August 19-30, 2017	29 th Summer Universiade, Taipei, Taiwan
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
Aug 2021	18 th IAAF World Championships in Athletics, Eugene, USA

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