



## HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club  
2014/2015 Number 33  
19 May 2015



**VRWC Preferred Supplier of Shoes, clothes and sporting accessories.**

*Address:* RUNNERS WORLD, 598 High Street, East Kew, Victoria (Melways 45 G4)  
*Telephone:* 03 9817 3503  
*Hours:* Monday to Friday: 9:30am to 5:30pm  
Saturday: 9:00am to 3:00pm  
*Website:* <http://www.runnersworld.com.au>  
*Facebook:* <http://www.facebook.com/pages/Runners-World/235649459888840>

### WALKER OF THE WEEK

My Walker of the Week this time around goes to VRWC walker **Heather Carr**. Heather, regarded by many as Australia's greatest ever Masters walker. Heather has been winning World Masters Championships and setting World Masters records since her days in the W35 division and now, in the W65 division, she shows no signs of slowing. On Saturday, she stormed through our 1.5km walk at Middle Park in a very swift **8:07**, setting a new club record and showing many of our younger walkers how it is done. For a full review of Heather's wonderful career, check out <http://www.vrwc.org.au/tim-archive/articles/wv-heather-carr.pdf>.



Her performances at the various World Veterans championships are amazing - a total of 27 individual gold and 7 individual silver medals and medals in each of her 17 appearances at the World Masters Championships.

1987	Melbourne, Australia	Silver (5000m), Gold (10 km) and Gold (Teams)
1989	Eugene, USA	Gold in both walks
1991	Turku, Finland	Silvers in both walks
1993	Miyazaki, Japan	Gold in both walks and in the Teams
1995	Buffalo, USA	Gold in both walks and in the Teams
1997	Durban, South Africa	Gold in both walks and in the Teams
1999	Newcastle, England Injured.	Silver in Teams only
2001	Brisbane, Australia	Gold in both walks and in the Teams
2003	Carolina, Puerto Rico	Gold in both walks and silver in the Teams
2005	San Sebastian, Spain	Gold in both walks
2007	Riccione, Italy	Silvers in both walks
2009	Lahti, Finland	Silvers in both walks
2010	Kamloops, Canada (indoors)	Gold in both walks
2011	Sacramento, USA	Gold in all 3 walks
2012	Jyvasyla, Finland (indoors)	Gold in both walks
2013	Porto Alegre, Brazil	Gold in all 3 walks
2014	Budapest, Hungary (indoors)	Gold in both walks

## WHAT'S COMING UP

Next Saturday is a big one for Victorian walkers with an action packed Saturday afternoon in Middle Park that includes, AV, AV Country, VRWC and RWV championships. Note the 5 different start times ranging from 2:15PM to 3:20PM.

<b>Saturday 23<sup>rd</sup> May 2015, Middle Park</b>			
<b>AV &amp; VRWC EVENTS: Entries close for all VRWC and RWV events at 1.50pm sharp</b>			
2.15pm	10km	AV Championship	Open, 40+, 50+ Men
		Winner of the Open Men's event is awarded the C.H. [Bert] Gardiner Medal	
2.15pm	10km	AV Championship	Open, 40+, 50+ Women
2.15pm	10km	AV Country Championship	Open Men
2.15pm	10km	AV Country Championship	Open Women
2.15pm	10km	Non championship	Open
2.30pm	5km	AV Country Championship	Under 20 Men/Women
2.30pm	5km	VRWC Championship	Under 20 Men/Women
2.30pm	5km	AV Country Championship	Under 18 Men/Women
2.30pm	5km	VRWC Championship	Under 18 Men/Women
2.30pm	5km	Non championship	Open
3.00pm	3km	AV Country Championship	Under 16 Boys/Girls
3.00pm	3km	VRWC Championship	Under 16 Boys/Girls
3.00pm	3km	AV Country Championship	Under 14 Boys/Girls
3.00pm	3km	VRWC Championship	Under 14 Boys/Girls
3.10pm	1km	RWV / VRWC Championship	Under 10 Boys/Girls
3.20pm	2km	RWV / VRWC Championship	Under 12 Boys/Girls
3:45pm	Presentations (approx time)		

And here's the good oil on how to enter the various events

- To race in the **AV Country Roadwalk Championships** or the **Victorian Open 10km roadwalk championships**, you have to register with AV via their online entry panel – see <http://athsvic.org.au/events/calendar/>. Remember that to compete in any of their champs, you need to renew your AV registration for the new AV financial year (starting 1<sup>st</sup> April). I expect entries to close in the next day or so so be quick if you haven't entered yet.
- To enter any of the VRWC races (championship or non-championship), you can register on the day. However, to make it easier for our hard-working race registrars, we ask you to **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>. No money required – just advise your race distance and particulars. The same holds for the U12/U10 Racewalking Victoria championships.
- All junior (ie U20 and down) VRWC and RWV championships are based on age on 1<sup>st</sup> October 2014 (ie ages are matched to Little Athletics age). Anyone can enter a VRWC championship and you will win a VRWC medal if you place. But we also award medals to the first three VRWC members to finish – it is, after all, a VRWC club championship.

Other reminders:

- As advised in last week's newsletter, Athletics Australia is holding a **Level 2 Advanced Part B - WALKS** coaching course on **Sunday 14<sup>th</sup> 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 24<sup>th</sup>** 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/>.

Finally, VRWC President Stuart Cooper has prepared a flyer about our new VRWC pre-race registration and has asked me to add it to this week's newsletter for everyone. Here it is on the next page.

- \* Annoyed with *long queues* at check-in?
- \* Tired of getting *chilled* due to late starts?

*Here's the answer:*



## **PRE- REGISTER ONLINE!**



It's easy. Just go to <http://vrwc.org.au/wp1/> ,  
select the race(s) you wish to enter for and complete the form.

### ***WHAT DO I DO ON RACE DAY?***

- At the check-in desk, see that your *ankle chip number* matches your *Club race number*
- Pay your race fee - \$5 per individual entry
- Get out quickly for your warm-up!

### ***REMEMBER!***

- *If you forget your chip, or your Club race number, there is a \$2 charge on race day for the replacement of each.*
- *Please ... **KEEP AND USE YOUR VRWC RACE NUMBERS!** Other numbers (such as AV bib numbers) are not acceptable unless the event is an AV championship race.*

Help **us** to help **you** have an enjoyable and stress-free race ...  
**AND** quicker access to your lap and finish times.

**Pre-register** online and keep your **race** and **chip numbers** in sync!

## VRWC ROADWALKS, MIDDLE PARK, SATURDAY 16 MAY

We had perfect autumn weather at Middle Park on Saturday for our latest VRWC roadwalks and our biggest turnout so far with 59 walkers in action over distances ranging from 1.5km to 12km.

The longer distance walks (12km, 10km and 5km) started at 2:15PM, with Adam Garganis leading out strongly and the rest chasing. We welcomed back **Jesse Osborne** after a long layoff after last year's World Junior champs and he dusted off the cobwebs with an easy 5km (25:38). Overall, special mentions to **Adam Garganis** (22:54), **Tayla-Paige Billington** (24:38), **Will Thompson** (26:10), **Corey Dickson** (58:14), **Hayden Walmsley** (28:11) and to **Lee Taylor** and **Gemma Lillie** who walked their first ever 5km.

### 12 km Walk

1.	O'Neill, Karyn	F	M60+	1:21:56	
1.	O'Neill, Terry	M	M40-59	1:11:54	
2.	Feain, Gerard	M	M40-59	1:14:50	
	Evans, Simon	M	M40-59	DNF	

### 10km Walk

1.	Beaumont, Margaret	F	M60+	1:25:48	
1.	McDonough, Aaron	M	M40-59	52:29	
2.	Donahoo, Mark	M	M40-59	52:56	
3.	Christmass, James	M	M40-59	55:38	
4.	Dickson, Corey	M	U14	58:14	
5.	Bennett, Ralph	M	M60+	58:53	
6.	Reid, Ross	M	M60+	59:16	
7.	Gardiner, Bob	M	M60+	1:07:35	
8.	Beaumont, Ian	M	M60+	1:25:36	

### 5km Walk

1.	Billington, Tayla-Paige	F	U18	24:38	
2.	Huse, Philippa	F	U18	27:34	
3.	Richardson, Brodie	F	U18	30:34	
4.	Elms, Donna-Marie	F	M40-59	30:47	
5.	Lillie, Jessica	F	U18	31:16	
6.	Taylor, Lee	F	U14	32:41	first one
7.	Lillie, Gemma	F	U10	32:46	first one
8.	Steed, Gwen	F	M60+	33:02	
9.	Thompson, Alison	F	M60+	33:32	
10.	Davis, Anna	F	Open	34:10	
11.	Howorth, Sandra	F	M40-59	37:17	
1.	Garganis, Adam	M	U18	22:54	
2.	Osborne, Jesse	M	Open	25:38	
3.	Thompson, Will	M	U12	26:10	PB 1:44
4.	Walmsley, Hayden	M	U18	28:11	PB 1:04
5.	Feain, Lachlan	M	U18	28:38	PB 0:16
6.	Wicks, Barrie	M	M60+	39:43	
7.	Poore, Alex	M	M60+	45:15	

Our 3km and 1.5km walkers started a little later at 1:30PM and it was a big field with a few of our older walkers joining our young brigade. 3Km PBs to **Madison Clark** (16:18), **Charlotte Hay** (17:06) and **Brianna Briet** (18:44) and first time over the distance to **Naomi Nicola**, **Josh Jensen** and **Heath Beveridge**. Apologies to Naomi as she followed another walker who took a wrong turn so her 3km race was a little under distance.

In the 1.5km event, it is hard to know PBs as this distance is raced so frequently on the track, but overall, **Heather Carr** took fastest time with 8:07 ahead of **Arnika Nelson** 8:11 and **Harrison Karagiorgos** 8:26. And a special mention to **Merilyn Thompson** who did a PB of 10:49. And welcome to **Alana Chapman** who had her first walk with us.

### 3km Walk

1.	Henderson, Rebecca	F	U14	15:40	
2.	Clark, Madison	F	U12	16:18	PB 1:44
3.	O'Mahony, Kathleen	F	U14	16:23	
4.	Hay, Charlotte	F	U12	17:06	PB 0:56
5.	Karagiorgos, Chloe	F	U14	17:11	
6.	Paten, Ruby	F	U12	17:26	
7.	Briet, Brianna	F	U12	18:44	PB 1:24



8.	Louey, Grace	F	U12	18:49	
9.	Feldman, Elizabeth	F	M60+	19:00	
10.	McPherson, Glennis	F	M60+	20:59	
11.	Nicola, Naomi	F	U10	21:00 (approx)	First one
12.	Garganis, Clare	F	M40-59	21:16	
	Rudston-Brown, Caitlyn	F	U14	DNF	
1.	Jensen, Josh	M	U12	17:06	First one
2.	Huse, Alan	M	M40-59	19:15	
3.	Beveridge, Heath	M	U12	19:46	First one
4.	Morrison, John	M	M60+	22:32	
5.	Onley, Gordon	M	M60+	26:23	

#### 1.5km Walk

1.	Carr, Heather	F	M60+	8:07	
2.	Nelson, Arnika	F	U12	8:11	
3.	Chapman, Alana	F	U10	10:10	First time with us
4.	Thompson, Marilyn	F	M40-59	10:49	PB 0:22
5.	Karagiorgos, Chelsea	F	U10	11:01	
6.	Carbery, Elise	F	U10	11:02	
7.	Mews, Pam	F	M60+	18:30	
1.	Karagiorgos, Harrison	M	U10	8:26	
2.	Morgan, Eden	M	U10	9:28	
3.	Hay, Angus	M	U12	10:02	

Thanks to the many judges, officials and helpers who rolled up their sleeves this week. Apologies if I missed anyone.

**Signin:** Mark Donahoo, Damien Elms, Jason Elms, Michael Bodey

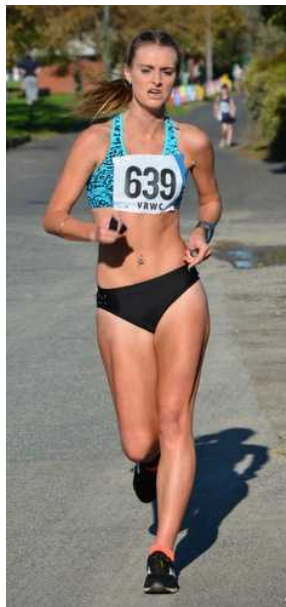
**Start/Finish Line:** Tim Erickson, Damien Elms, Mark O'Mahony, Susan Taylor, Don McLaren, Stacey McLaren  
Justin McLaren (bike)

**Course setup:** Bob Gardiner, Stuart Cooper, Terry Swan and quite a few others

**Judges:** Peter Vysma (chief), Gordon Loughnan, David Cash, Michael Bodey, Stuart Cooper, Lloyd Nichols, Jason Elms

**Canteen:** Barb Gardiner, Wendy Cooper

**Photos:** Terry Swan (see photos at <http://www.vrwc.org.au/coppermine/>)



Will Thompson, Tayla-Paige Billington, Adam Garganis, Hayden Walmsley and Corey Dickson (photos Terry Swan)



**Brianna Briett, Josh Hensen, Lee Taylor, Charlotte Hay, Alana Thompson and Arnika Nelson**



**Madison Clark, Gemma Lillie, Naomi Nicola, Harrison Karagiorgos and Heath Beveridge**

**NSWRWC ROAD WALKS AND NEPEAN OPEN, GLENDENNING, NSW, SATURDAY 16 MAY**

Thanks to Frank Overton for the latest NSW results. Frank commented: From all accounts 51 competitors, which is encouraging. Another wet day in most areas however the Walkers were blessed without rain at Glendenning. Some good times were recorded and several PB's across the board which is good to see with Canberra Federation only 3 weeks away. Fastest time as usual to 2015 World Youth representative Tyler Jones (12km 57:22) ahead of Jay Felton (57:58).

**Long Division 12km**

1.	Tyler Jones	57.22
2.	Jay Felton	57.58
3.	Carl Gibbons	61.26
4.	Cheryl Webb	63.31
5.	Ian Jessurun	66.53
6.	Jasmine Dighton	73.11
7.	Bryony Beasley	73.16

**U16 3km**

1.	Renee Hardy	16.57
2.	Janaya Lee	18.27
3.	Lachlan Rigney	18.46
4.	Lachlan Becroft	18.52
5.	Jada Thomson	19.18
6.	Brittany Robertson	19.57
7.	Brodie Douglas	21.37

**Medium Division 10km**

1.	Dylan Richardson	51.02
2.	Raquel Roukas	58.29
3.	Samantha Brown	59.18
4.	Ryan Thomson	59.19
5.	Fiona Porley	66.02
6.	Travis Barendregt	67.48
7.	Stephanie Grujoski	70.47
8.	Judy Brown	85.15
	Brendon Hyde	DNF

**Short Division 5km**

1.	Kyle Bedford	26.48
2.	Allanah Pitcher	26.56
3.	Oscar Tebbutt	27.54
4.	Harrison Mavin	29.38
5.	Tiffany Saker	30.23
6.	Donald Catallo	31.25
7.	Nicolle Challinor	38.20
8.	Paige Rigney	41.08
	Jordan Glover	DNF

8.	Taylor Roukas	21.57
9.	Chloe McLoughlin	23.06
10.	Dana Lee	24.29
11.	Logan Barendregt	25.51
	Danielle Wesper	DNF
	Zoe Elliott	DNF

**U12 1.5km**

1.	Ryan Vesper	8.13
2.	Ellie Decelis	8.20
3.	Jessica Rocchetto	8.27
4.	Courtney Mavin	10.16
5.	Isobel Nylon	10.31
6.	Aiden Hardy	10.32
7.	Stacie Becroft	10.39
8.	Shagiulle Lee	10.52
9.	Natasha Fairhall	10.52
10.	Paige Lee	10.56
11.	Ellie Becroft	13.23

**U10 1km**

1.	Peter Elliott	6.56
2.	Cara Lee	11.51

**ACT WALKERS CLUB ROADWALKS, BLACK MOUNTAIN PENINSULA, CANBERRA, SAT 16 MAY**

Thanks to Robin Whyte for the latest results from Canberra where walkers tested themselves out along the Black Mountain Peninsula, alongside Lake Burley Griffin. Great 17km walks by youngsters Zoe Hunt (1:40:48) and Ally Durr (1:44:25). It's great to see our younger walkers testing themselves out over the longer distances.

**17km Walk**

1.	Brendon Reading	1:26:08
2.	Zoe Hunt	1:40:48
3.	Ally Durr	1:44:25
4.	Robin Whyte	1:57:19
5.	Mick Saunders	2:03:16
6.	Bryan Thomas	2:05:38
7.	Monika Short	2:10:37
8.	Bob Parker	2:10:38

**5km Walk**

1.	Gabby Hunt	26:49
2.	Connor Frew	27:26
3.	Mitchell Baker	27:38
4.	Callum Burns	31:17
5.	Kate Black	31:23
6.	Helena Bialecki	32:18
7.	Dylan Eddowes	33:01
8.	Derek Robinson	34:48
9.	Greg Durr	36:29
10.	Rosemary Parker	36:30
11.	David Mackenzie	41:38
12.	Val Chesterton	43:36
13.	Cilla Chapman	46:59

**3km Walk**

1.	Spencer Burns	16:18
2.	Peter Baker	17:39
3.	Hannah Mison	18:13
4.	Ellen Vahey	20:22
5.	Jack Thackray	26:57
6.	Bob Chapman	26:59
	Colby Eddowes	DNF

**1km Walk**

1.	Georgia Frew	08:29
----	--------------	-------

**SARWA AND ASA WALKS, PEACOCK ROAD, ADELAIDE SATURDAY 16 MAY**

The first of the South Australian road titles was contested on Saturday, with Justin Hill (1:42:55) and Kristie Goznic (1:44:32) winning the Open 20km events. This was Kristie's first ever 20km and is a pretty impressive first up. Kristie was an U20 World Cup representative in 2012 and it's great to see her getting back into some quality walking again.

**SARWC 20km**

1.	Bill Starr	M35+	2:21:26
----	------------	------	---------

**SARWC 10km**

1.	John Leydon	M35+	1:03:06
2.	Royrie Upton	Mopen	1:11:01

**SARWC 5km**

1.	Darren Bown	Mopen	23:45
----	-------------	-------	-------

**ASA 20km State Championship**

1.	Justin Hill	1:42:55
2.	Peter Crump	1:58:15
3.	James Hoare	2:36:10

1.	Kristie Goznic W Open	1:44:32
----	-----------------------	---------

**ASA 10km U20 State Championship**

1.	Danielle Walsh	57:06
----	----------------	-------

2.	Ayeisha Wallace	FU16	33:35
3.	Maddy Wallace	FU12	38:44
	Alix Harlington	MU18	DNF

2.	Samantha Findlay	1:02:29
----	------------------	---------

#### ASA 5km U16 State Championships

1.	Jake Vidler	25:04
2.	Joe Cross	25:44
3.	Tristan Camilleri	28:56

#### SARWC 3km

1.	Victoria Upton	FU14	17:18
2.	Aleesha Vidler	FU14	20:51
3.	Adrian Upton	MU14	22:01
4.	Helen Wallace	F35+	28:07

1.	Rhiannon Lovegrove	25:53
2.	Sarah Damin	28:24
3.	Chloe Upton	28:55

#### SARWC 2km

1.	Toby Wilks	MU12	10:38
2.	Kitarni Upton	FU12	12:51
3.	Mia Wilks	FU12	13:20
4.	Talisha Skein	FU14	13:45
5.	Kat Wilks	F35+	14:44

#### SARWC 1km

1.	Seth Upton	MU10	06:14
----	------------	------	-------

### BENDIGO WALKERS CLUB ROADWALKS, LAKE NEANGAR, EAGLEHAWK, SUNDAY 17 MAY

Thanks to Paul Rance for the latest results from Bendigo. Paul reported:

The Bendigo Walkers Club held 1500m and 4km races on Sunday morning at Lake Neanger Eaglehawk with athletes taking full advantage of the excellent Autumn conditions and strong performances being produced in the handicap events. The 4km race saw backmarker Zahra Hayes hit the front in the closing stages as she raced past limit marker Norm West to record a fine victory, her time of 20.29 taking 45 seconds off the Club U14 record, held by Zoe Boldiston since 2010. Norm West took 2<sup>nd</sup> place and Barb Bryant showed she is on track for the up-coming World Masters Championships in France as she broke her own Club 55+ record by 11 seconds as she finished in 3<sup>rd</sup> place. In the 1.5km, limit marker Caitlyn Tozer held off a late charge from back marker Peter Curtis to win narrowly while Sheridan Commons took 3<sup>rd</sup> place.

#### 4km Walk

1.	Zahra Hayes	20.29
2.	Norm West	32.09
3.	Barb Bryant	22.39
4.	Annette Major	24.50
5.	Ebony Whiley	26.51
6.	Geoff Major	36.53

#### 1.5km Walk

1.	Caitlyn Tozer	13.17
2.	Peter Curtis	8.18
3.	Sheridan Commons	10.49

### BALLARAT WALKERS CLUB ROADWALKS, LAKE WENDOUREE, BALLARAT, SUNDAY 17 MAY

Thanks to Sarah Brennan for the latest results from Ballarat. She reported: It was a small turn out for the 2015 Benita van Raaphorst Memorial 3km Handicap, with only four competitors vying for the major trophy. 13yo Jessika Bridges walked a 36 second PB to become the deserved winner. Young Alanna Peart walked the fastest time of the day and broke the U12 Girls 3km record in 15:49.

#### Benita van Raaphorst Memorial 3km Handicap

1.	Jessika Bridges (13)	18:30	(0:36 PB)
2.	Alanna Peart (11)	15:49	(U12 Girls 3km Record)
3.	Sarah Brennan (V)	17:10	
4.	Kayla Bridges (10)	23:20	

#### 2km Walk

1.	Scott Peart (8)	13:40
2.	James Pendred	17:16

#### 1km Walk

1.	Rex Brennan (7)	6:08
2.	Ted Brennan (4)	10:24



## QRWC ROADWALKS, LOGAN RIVER PARKLANDS, BRISBANE, SATURDAY 16 MAY

After a break of a few weeks, the Queensland walkers were back in action last Saturday morning at Logan River Parklands. Fastest times to Dane Bird Smith (32:53 for 8km) and Clara Smith (23:57 for 5km).

### 8km Walk

1. Dane Bird-Smith 32.53

### 3km Walk

1. Jamison Stovin 14.50  
2. Adam Buchhorn 16.00  
3. Amelia Schofield 16.56  
4. Ethan Clarke 17.07  
5. Aimee Brackin 17.50  
6. Callum Haig 17.57  
7. Isabella Schofield 20.08

### 1km Walk

1. Makenna Clarke 9.17

### 10km Walk

1. Peter Bennett 53.18  
2. Erika Woodward 62.51

### 5km Walk

1. Clara Smith 23.57  
2. Shane Pearson 28.22  
3. Patrick Sela 37.35  
4. Noela McKinven 39.05

### 2km Walk

1. Jonathan Wearne 13.25  
2. Anika Clarke 13.26  
3. Kirra Stonehouse 15.33



One of WRWC's new walkers, Erika Woodward, looks the real deal as she walks the 10km at Logan River on Saturday

## 11<sup>TH</sup> EUROPEAN RACE WALKING CUP, MURCIA, SPAIN, SUNDAY 17<sup>TH</sup> MAY

The 11<sup>th</sup> European Race Walking Cup was held on Saturday in hot and clear conditions in Murcia, Spain. It certainly lived up to the hype and we saw some fantastic performances. My race reports are taken from the following two articles

- <http://www.iaaf.org/news/report/european-cup-race-walking-2015> (Paul Warburton reporting for the IAAF)
- <http://www.european-athletics.org/competitions/european-cup-race-walking/news/article=ryzhov-alembekova-garcia-golden-european-cup-race-walking/?cid=rss>

You can also check out the championship website at [http://www.rfea.es/competi/2015\\_ECRW\\_Murcia/eng\\_index.htm](http://www.rfea.es/competi/2015_ECRW_Murcia/eng_index.htm). And there are a couple of Philipp Pohle's fantastic photo galleries of all the action at <https://www.facebook.com/RWPic>.

### Men 20km Race Walk

There is no place like home; ask Miguel Angel Lopez. The Spaniard knows the streets of Murcia like the back of his hand, and on Sunday he made them his own at the European Cup Race Walking, part of the IAAF Race Walking Challenge. The home-grown favourite paced a scintillating men's 20km race walk to get clear at 9km and then enjoy cheers, bravos and the rest of the race if not exactly in comfort, at least with a winning feeling. He crossed the line in 1:19:52, almost half a minute ahead of his nearest challenger. Lopez has set his hearts on World Championship gold in Beijing to go with his European title, and believed he would be at the top of his game when he turns 27. He reaches that milestone in July.

Behind him, a fascinating battle for the places eventually saw 2010 World Cup winner Matej Toth claim silver with a tiring Yohann Diniz coming home for bronze. The world record-holder for all of a week in March shot to the front, died a death, and then resurrected himself after Russia's Aleksandr Ivanov was disqualified. The Frenchman passed Belarusian Dzianis Simanovich at 18km to get on the podium. Incidentally, Lopez's 1:19:52 matched his Spanish Championship win in February to the exact second.



**Three of the best – Toth, Lopez and Diniz at the 20km presentations**  
(photo Philipp Pohle - <https://www.facebook.com/RWPic>)

1.	Miguel Angel LOPEZ	ESP	88	1:19:52
2.	Matej TÓTH	SVK	83	1:20:21
3.	Yohann DINIZ	FRA	78	1:20:37
4.	Dzianis SIMANOVICH	BLR	87	1:21:11
5.	Ihor HLAVAN	UKR	90	1:21:24
6.	Andrey KRIVOV	RUS	85	1:22:05
7.	Christopher LINKE	GER	88	1:22:06
8.	Perseus IBANEZ	SWE	90	1:22:44
9.	Denis STRELKOV	RUS	90	1:22:47
10.	Ato IBANEZ	SWE	85	1:22:48
11.	Giorgio RUBINO	ITA	86	1:22:55
12.	Hagen POHLE	GER	92	1:23:07
13.	Carl DOHMANN	GER	90	1:23:16
14.	Andriy KOVENKO	UKR	73	1:23:21
15.	Alex WRIGHT	IRL	90	1:23:35
16.	Tom BOSWORTH	GBR	90	1:23:54
17.	Rafal AUGUSTYN	POL	84	1:23:59
18.	Nazar KOVALENKO	UKR	89	1:24:03
19.	Erik TYSSE	NOR	80	1:24:34
20.	Pyotr TROFIMOV	RUS	83	1:25:22
21.	Miguel CARVALHO	POR	94	1:25:40
22.	Luis Alberto AMEZCUA	ESP	92	1:25:49
23.	Kevin CAMPION	FRA	88	1:25:50
24.	Jarkko KINNUNEN	FIN	84	1:26:03
25.	Arnis RUMBENIEKS	LAT	88	1:26:32
26.	Veli-Matti PARTANEN	FIN	91	1:26:40
27.	Brendan BOYCE	IRL	86	1:26:47
28.	Anton KUCMÍN	SVK	84	1:26:53
29.	Francesco FORTUNATO	ITA	94	1:27:04
30.	Aleksi OJALA	FIN	92	1:27:13
31.	Leonardo DEI TOS	ITA	92	1:27:34
32.	Antonin BOYEZ	FRA	84	1:28:15
33.	Michele ANTONELLI	ITA	94	1:28:17
34.	Alvaro MARTIN	ESP	94	1:28:45
35.	Matias KORPELA	FIN	89	1:29:30
36.	Rafal SIKORA	POL	87	1:30:31
37.	Adrian Ionut DRAGOMIR	ROU	94	1:30:32

38.	Dušan MAJDAN	SVK	87	1:30:32
39.	Patrik SPEVÁK	SVK	94	1:31:48
40.	Ruslan DMYTRENKO	UKR	86	1:32:38
41.	José Ignacio DÍAZ	ESP	79	1:32:46
42.	Sahin SENODUNCU	TUR	94	1:34:06
43.	Bruno ERENT	CRO	90	1:38:00
44.	Lauri LELUMES	EST	78	1:39:11
	Ersin TACIR	TUR	85	DNF
	Florin Alin STIRBU	ROU	92	DQ
	Joakim SÆLEN	NOR	93	DQ
	Lukasz NOWAK	POL	88	DQ
	Margus LUIK	EST	80	DQ
	Aleksandr IVANOV	RUS	93	DQ
	Håvard HAUKENES	NOR	90	DQ
	Joao VIEIRA	POR	76	DNF
	Sérgio VIEIRA	POR	76	DNF
	Catalin Vasile SUHANI	ROU	91	DQ
	Recep ÇELIK	TUR	83	DNF
	Genadiy KOZLOVSKIY	LTU	91	DNF
	Serkan DOGAN	TUR	92	DNF
	Dietmar HIRSCHMUGL	AUT	68	DNF
	Dmitriy DZIUBIN	BLR	90	DNF

### Men's 50km Race Walk

Given his recent PB, it was not that great a surprise to see Italy's Marco De Luca at the sharp end of the 50km. The remarkable thing is how long it has taken the 34-year-old to reach the podium. His legs, arms and torso sport almost as much medical tape as the Invisible Man, and De Luca threw off near anonymity to take on the leading two Russians and match them over the first 23km. A forced pit stop in one of the course-side cubicles then saw the Italian lose a minute, but not third place. De Luca thinks he might finally have cracked it at age 34. "I am very happy and I think I did well, but it became difficult for me to do better because I had stomach problems and I had to stop for one minute to go to the toilets. This race was my season's goal and the next is Rio (Olympics 2016). I am now sure to go to Beijing (World Championships) but it is not going to be my focus. This is not a PB, but I am happy." On one sad note, the home crowd were left disappointed when Spanish walks legend Jesus Angel Garcia was disqualified at the 30km point.



Marco De Luca powers through the 50km (photo Philipp Pohle - <https://www.facebook.com/RWPic>)

1.	Mikhail RYZHOV	RUS	91	3:43:32
2.	Ivan NOSKOV	RUS	88	3:43:57
3.	Marco DE LUCA	ITA	81	3:46:21
4.	Ivan BANZERUK	UKR	90	3:49:02
5.	Roman YEVSTIFEYEV	RUS	92	3:51:00
6.	Serhiy BUDZA	UKR	84	3:51:33
7.	Alexandros PAPAMIKHAIL	GRE	88	3:51:38
8.	Teodorico CAPORASO	ITA	87	3:51:44
9.	Grzegorz SUDOL	POL	78	3:51:48



10.	Benjamín SÁNCHEZ	ESP	85	3:55:45
11.	Marius COCIORAN	ROU	83	3:55:59
12.	Federico TONTODONATI	ITA	89	3:56:09
13.	Ihor SAKHARUK	UKR	88	3:57:20
14.	Sergey SHARYPOV	RUS	92	3:57:40
15.	Martin TIŠTAN	SVK	92	4:02:26
16.	Luis CORCHETE	ESP	84	4:02:29
17.	Lorenzo DESSI	ITA	89	4:02:45
18.	Anders HANSSON	SWE	92	4:03:20
19.	Pavel SCHROM	CZE	91	4:08:05
20.	Eemeli KIISKI	FIN	91	4:08:36
21.	Alex FLOREZ	SUI	71	4:12:11
22.	Xavier LE COZ	FRA	79	4:30:34
	Pedro MARTINS	POR	68	DNF
	Oleksiy KAZANIN	UKR	82	DNF
	Pedro ISIDRO	POR	85	DNF
	Marc TUR	ESP	94	DQ
	Ivan TROTSKIY	BLR	76	DQ
	Lukas GDULA	CZE	91	DQ
	Jesús Ángel GARCÍA	ESP	69	DQ

### Women 20km Race Walk

It bodes well for Eleonora Giorgi when she toes the line for the 20km race walk at the IAAF World Championships later this year. With three competitions and three personal bests in a row for the Italian race walker after her latest success, it says much about her upward mobility. She was edged out of gold by Russian Imira Alembekova, but took another chunk out of her PB after mounting a last-lap sprint that demanded something special to top it. Giorgi threw herself across the line two seconds behind the winner to break her own Italian record with 1:26:17, a time inside the previous competition record. World junior champion Anezka Drahotova set a Czech record of 1:26:53 in fourth. The women's 20km in particular exhibited great depth with the first 11 all breaking 1:30:00. Check out the closing stages of the race at <https://www.facebook.com/155940504499235/videos/855462934546985/>.



Eleonora Giorgi shows jubilation with her finish (photo Philipp Pohle - <https://www.facebook.com/RWPic>)

1.	Elmira ALEMBKOVA	RUS	90	1:26:15
2.	Eleonora Anna GIORGI	ITA	89	1:26:17
3.	Svetlana VASILYEVA	RUS	92	1:26:31
4.	Anežka DRAHOTOVÁ	CZE	95	1:26:53
5.	Marina PANDAKOVA	RUS	90	1:26:58
6.	Vera SOKOLOVA	RUS	87	1:27:08
7.	Lyudmila OLYANOVSKA	UKR	93	1:27:09
8.	Elisa RIGAUDO	ITA	80	1:28:01
9.	Ana CABECINHA	POR	84	1:28:28
10.	Laura GARCÍA-CARO	ESP	95	1:29:32
11.	Raquel GONZALEZ	ESP	89	1:29:34
12.	Neringa AIDIETYTE	LTU	83	1:30:20
13.	Vera SANTOS	POR	81	1:30:30



14.	Brigita VIRBALYTE-DIMSIENE	LTU	85	1:30:37
15.	Nadiya PROKOPUK	UKR	81	1:30:38
16.	Ines HENRIQUES	POR	80	1:30:44
17.	Inna KASHINA	UKR	91	1:30:52
18.	María José POVES	ESP	78	1:31:16
19.	Susana FEITOR	POR	75	1:31:58
20.	Valentina TRAPLETTI	ITA	85	1:32:08
21.	Emilie MENUET	FRA	91	1:32:20
22.	Paulina BUZIAK	POL	86	1:33:42
23.	Agnieszka SZWARNÓG	POL	86	1:33:49
24.	Yelena SHUMKINA	UKR	88	1:33:55
25.	Darya BALKUNETS	BLR	93	1:34:23
26.	Claudia IOVAN-STEF	ROU	78	1:34:31
27.	Lucie PELANTOVÁ	CZE	86	1:34:46
28.	Antigoni DRISBIOTI	GRE	84	1:35:00
29.	Corinne BAUDOIN	FRA	80	1:36:08
30.	Andreea ARSINE	ROU	88	1:36:11
31.	Mária CZÁKOVÁ	SVK	88	1:36:42
32.	Agnese PASTARE	LAT	88	1:37:00
33.	Laura POLLI	SUI	83	1:38:40
34.	Ines PASTORINO	FRA	92	1:39:33
35.	Federica FERRARO	ITA	88	1:39:54
36.	Monika HORNÁKOVÁ	SVK	95	1:43:33
37.	Violaine AVEROUS	FRA	85	1:44:04
38.	Johanna JACKSON	GBR	85	1:44:28
39.	Alexandra Iuliana AICHIMOAEI	ROU	93	1:50:27
	Radosveta SIMEONOVA	BUL	93	DNF
	Mária GÁLIKOVÁ	SVK	80	DNF
	Agnieszka DYGACZ	POL	85	DNF
	Marie OLSSON	SWE	86	DNF
	Kristina SALTANOVIC	LTU	75	DNF
	Júlia TAKÁCS	ESP	89	DQ

#### U20 Men 10km Race Walk

It's been coming for a while but Diego Garcia finally made top of the podium after a couple of near misses. Roared on by an early morning home crowd in Murcia, the 19-year-old took the bull by the horns from the second lap and never let go. Surprisingly, he was given a pretty easy ride, and although his face betrayed the effort, the gap to second allowed Garcia to high-five just about every cheering spectator over the last 150 metres. Garcia won silver at the World Championships last year. Before that, it was bronze at the World Youth Championships in 2013, but this race was all but over after half way. For a moment it looked as if it was going to be a Spanish one-two, but Frenchman Jean Blancheteau battled with head bowed to get the better of Pablo Oliva over a tough last circuit to decide the medals. Garcia was ready and waiting to greet Oliva at the end with arms thrown around each other in celebration. Both are trained by same coach, José Antonio Quintana, and both do six sessions a week together.

The winner admitted to a touch of nerves as he went for broke. "I was on my own during the last race in the World Championships in Oregon," Garcia added. "I didn't know how my body would react but this time, it did not bother me. I trained to win this race and we were hoping for a one, two. Bringing the gold medal home in my home country is even more important than the next competition in Sweden at the European Junior Championships." For Blancheteau, it was a quantum leap from a personal best 42:34 to silver and a 41:11 thanks to an increased workload. "I have doubled my training, I have gone from three or four sessions a week to six or seven. a week and I now train in Nancy."

By way of additional info, the British team did excellently in this race with Callum Wilkinson smashing his personal best with a 12<sup>th</sup> place time of 42:49, inside the qualifying time for the European Junior Championships, and Guy Thomas clocking a big personal best in 43:40 for 17<sup>th</sup> as the team finished sixth.

1.	Diego GARCIA	ESP	96	40:38:00
2.	Jean BLANCHETEAU	FRA	96	41:11:00
3.	Pablo OLIVA	ESP	96	41:19:00
4.	Miroslav ÚRADNÍK	SVK	96	41:38:00
5.	Manuel BERMÚDEZ	ESP	97	41:49:00
6.	Vasiliy MIZINOV	RUS	97	41:57:00
7.	Karl JUNGHANSS	GER	96	42:07:00
8.	Bence VENYERCSÁN	HUN	96	42:07:00
9.	Thibault HYPOLITE	FRA	97	42:10:00
10.	Nathaniel SEILER	GER	96	42:12:00
11.	Gregorio ANGELINI	ITA	96	42:42:00
12.	Callum WILKINSON	GBR	97	42:49:00
13.	Axel MUTTER	FRA	96	42:54:00
14.	Aleksey SHEVCHUK	RUS	97	43:15:00

15.	Anatoli HOMELEU	BLR	96	43:17:00
16.	Gianluca PICCHIOTTINO	ITA	96	43:26:00
17.	Guy THOMAS	GBR	97	43:40:00
18.	Eduard ZABUZHENKO	UKR	98	43:41:00
19.	Fredrik RØTNES	NOR	96	43:41:00
20.	Miguel RODRIGUES	POR	96	43:47:00
21.	Muratcan KARAPINAR	TUR	96	43:57:00
22.	Oleksandr ZHOLOB	UKR	97	43:58:00
23.	Andrei GAFITA	ROU	96	43:59:00
24.	Salih KORKMAZ	TUR	97	44:08:00
25.	Mustafa ÖZBEK	TUR	97	44:18:00
26.	Kacper KOSECKI	POL	97	44:27:00
27.	Arturs MAKARS	LAT	97	44:45:00
28.	Michal MORVAY	SVK	96	44:55:00
29.	Tomas PAGIRYS	LTU	96	44:58:00
30.	Andrey VODVUD	UKR	96	45:01:00
31.	Dmitriy LUKYANCHUK	BLR	97	45:04:00
32.	Pedro AMARAL	POR	97	45:07:00
33.	Hélder DOS SANTOS	POR	96	45:15:00
34.	Stefano CHIESA	ITA	96	45:53:00
35.	Dominik CERNY´	SVK	97	46:33:00
36.	Tomáš GDULA	CZE	97	46:59:00
37.	Igor JAKOVLEV	EST	96	53:42:00
	Heiner TERP	GER	96	DNF
	Cameron CORBISHLEY	GBR	97	DQ
	Maksim KRASNOV	RUS	96	DQ
	Mateusz NOWAK	POL	96	DQ
	Zacharias TSAMOUDAKIS	GRE	96	DQ



**Diego Garcia crosses the finish line (photo Philipp Pohle - <https://www.facebook.com/RWPic>)**

#### **U20 Women 10km Race Walk**

Behind the leading pair whom I won't bother talking about, a battle royal developed between Spanish walker Maria Perez and Italian walker Noemi Stella. Roared on by Murcians around the course, Perez found the gear all those given fresh inspiration do, and was 11 seconds clear by the finish to take a well earned bronze medal. Perez admitted she was in good form. "I felt perfect physically," she explained. "I thought the other Spanish performances today were sensational, although the temperature was a like devil's inferno, and the course was a little bit complicated because it was seemingly flat, but undulated here and there."

1.	Klavdiya AFANASYEVA	RUS	96	45:55:00
2.	Mariya LOSINOVA	RUS	97	46:11:00
3.	Maria PEREZ	ESP	96	47:08:00
4.	Noemi STELLA	ITA	97	47:19:00
5.	Katarzyna ZDZIEBLO	POL	96	47:52:00
6.	Lidia SANCHEZ-PUEBLA	ESP	96	48:01:00

7.	Živilė VAICIUKEVICIUTE	LTU	96	48:20:00
8.	Eleonora DOMINICI	ITA	96	48:46:00
9.	Monika VAICIUKEVICIUTE	LTU	96	49:10:00
10.	Irene VAZQUEZ	ESP	98	49:14:00
11.	Anastasiya RAROVSKAYA	BLR	96	49:29:00
12.	Hanna SUSLYK	UKR	96	49:49:00
13.	Angelika AUGUSTYN	POL	96	49:53:00
14.	Catarina MARQUES	POR	96	49:59:00
15.	Edna BARROS	POR	96	50:05:00
16.	Giada Francesca CIABINI	ITA	97	50:38:00
17.	Emilia LEHMEYER	GER	97	51:01:00
18.	Carmen Bianca MOLNAR	ROU	96	52:00:00
19.	Yuliya BALKOVSKAYA	BLR	96	52:19:00
20.	Axelle HAM	FRA	97	52:20:00
21.	Henrika PARVIAINEN	FIN	97	52:42:00
22.	Annika BREMBACH	GER	96	52:45:00
23.	Ivanna DANYLUK	UKR	96	53:16:00
24.	Emma ACHURCH	GBR	97	53:35:00
25.	Teresa ZUREK	GER	98	53:47:00
26.	Ksenia BYELOVA	UKR	98	55:17:00
27.	Margarita KOZLOVA	EST	96	68:16:00
	Olga SHARGINA	RUS	96	DQ
	Tereza KORVASOVÁ	CZE	96	DNF
	Lika MITROFANOVA	EST	99	DNF
	Rita RÉCSEI	HUN	96	DQ
	Lena UNGERBÖCK	AUT	97	DQ



The Spanish girls lead out in the Junior Women's 10km (photo Philipp Pohle - <https://www.facebook.com/RWPic>)

#### 14<sup>TH</sup> EUROPEAN MASTERS CHAMPS NON-STADIA, GROSSETO, ITALY, 15-17 MAY 2015

The 14<sup>th</sup> European Masters Championships Non-Stadia, which were held from 15-17 May in Grosseto, Italy, saw a whopping 1113 athletes from 28 countries. The roadwalks were also well supported - 143 entries in the men's 10km, 91 in the women's 10km, 105 in the men's 30km and 64 in the women's 20km. Italy had the largest contingent of walkers (69 men and 36 women), followed by Germany (45). Overall walkers from 21 European countries participated. See the event websites at <http://www.evaa.ch/>. Photos are from Emmanuel Tardi – yes, of course Emmanuel was there and even walked in the champs himself. Thanks mate!

The 10km walks were held on the opening day (Friday) with the women first off at 9:30AM, followed by with Men 60+ at 11AM and finally the younger men at 12:30PM Conditions were generally good (around 18C) with a smattering of rain. I will restrict myself to the first 10 in each division. See <http://www.fidalservizi.it/risultati/Grosseto2015/RESULTSBYEVENT1.htm> for the full results.

#### Men's 10km Walk, Friday 15 May

German Steffen Borsch (M40) was the fastest overall with 45.16 ahead of Louis Correia of Portugal (M35) with 45.35 and Italian Vincenzo Magliulo (M35) with 46.53. Fields were big in the men's races with 132 walkers in total from 18 countries. 10th fastest was

49:48, an indication of the high standard overall. Italy again dominated from a teams perspective with 14 medals (3 gold, 5 silver and 6 bronze), followed by Germany with 4 (2 + 2 + 0) and Britain with 4 (1 + 0 + 3).

M35	1	Luis Manuel da Silva Correia	1978	POR	45.35
	2	Vincenzo Magliulo	1976	ITA	46.53
	3	Francesco Scafuro	1977	ITA	49.09
	4	Igor Sapunov	1978	ITA	50.54
M40	1	Steffen Borsch	1973	GER	45.16
	2	Gian Mauro Pirino	1972	ITA	49.48
	3	Ernesto Croci	1973	ITA	49.53
	4	Ivars Lapins	1975	LAT	55.49
	5	Fabio Baldini	1971	ITA	56.02
	6	Emanuele Caminada	1970	ITA	58.22
M45	1	Gyula Dudas	1966	HUN	48.43
	2	Steffen Meyer	1966	GER	48.49
	3	Bachisio Faedda	1968	ITA	49.04
	4	Florent Nicolas	1967	FRA	49.14
	5	Luigi Paulini	1970	ITA	50.13
	6	Giuseppe Saponaro	1969	ITA	52.33
	7	Joachim Maier	1970	GER	53.14
	8	Gianni Siragusa	1968	ITA	58.31
	9	Franz Kropik	1968	AUT	58.49
	10	Paolo Cantarini	1966	ITA	1.06.22
	11	Emmanuel Tardi	1967	FRA	1.14.34
M50	1	Andrea Naso	1960	ITA	51.34
	2	Alessandro Volpi	1960	ITA	53.04
	3	Daniele Strano	1965	ITA	53.15
	4	Ferenc Major	1961	HUN	53.19
	5	Madars Breide	1964	LAT	54.48
	6	Dick Gnauck	1963	GER	55.29
	7	Igor Agishev	1962	RUS	55.39
	8	Roman Brzezowsky	1964	AUT	55.55
	9	Stefan Werner	1964	GER	56.30
	10	Ronald Papst	1962	GER	57.41
M55	1	Antonio Lopetuso	1958	ITA	49.48
	2	Uwe Schroeter	1959	GER	50.19
	3	Gabriele Caldarelli	1959	ITA	52.14
	4	Rosario Petrunaro	1958	ITA	52.22
	5	Massimo De Paoli	1957	ITA	52.43
	6	Steve Allen	1956	GBR	52.52
	7	Miroslaw Luniewski	1957	POL	53.57
	8	Antonio Sansevrino	1959	ITA	54.11
	9	Vincenzo Fortunato	1957	ITA	56.21
	10	Zbigniew Kwita	1959	POL	56.25
M60	1	Patrice Brochot	1951	FRA	50.38
	2	Graziano Morotti	1951	ITA	53.49
	3	Miroslav Fliegl	1954	CZE	54.32
	4	Fabio Ruzzier	1953	SLO	55.15
	5	Udo Schaeffer	1950	GER	55.50
	6	Sergey Lyzhin	1955	RUS	56.58
	7	Malcolm Martin	1955	GBR	58.22
	8	Vincenzo Panico	1951	FRA	59.27
	9	Uwe Tolle	1955	GER	59.38
	10	Paolo Diego Fissore	1955	ITA	1.00.01
M65	1	Ian Richards	1948	GBR	51.50
	2	Ettorino Formentin	1947	ITA	53.58
	3	John Hall	1949	GBR	56.33
	4	Ludwig Niestelberger	1948	AUT	58.58
	5	Roger Michell	1948	GBR	59.49
	6	John McMullin	1946	IRE	59.52
	7	Bernard Binggeli	1946	SUI	59.58
	8	Petr Adam	1950	CZE	1.01.11
	9	Johann Siegele	1948	AUT	1.01.19
	10	Jean Pierre Pin	1949	FRA	1.01.33
M70	1	Peter Schumm	1942	GER	1.02.31
	2	Alexander Sartakov	1942	RUS	1.02.40
	3	Kenneth Bobbett	1944	GBR	1.03.37
	4	Felix Maier	1943	GER	1.04.28



	5	Raitis Lerne	1942	LAT	1.05.30
	6	Arvid Johanne Bjoersvik	1943	NOR	1.06.29
	7	Gianfranco De Lucia	1943	ITA	1.07.23
	8	Wolfgang Schaper	1944	GER	1.07.33
	9	Franco Messina	1941	ITA	1.07.50
	10	Zdenek Gonsiorovsky	1941	CZE	1.08.05
M75	1	Romolo Pelliccia	1936	ITA	1.02.08
	2	Alexis Jordana	1937	FRA	1.03.41
	3	Arthur Thomson	1936	GBR	1.04.01
	4	Edmund Shillabeer	1939	GBR	1.06.54
	5	Vincenzo Menaftro	1935	ITA	1.07.37
	6	Alexis De Coppet	1938	SUI	1.09.24
	7	Vincenzo Mincella	1939	ITA	1.17.46
	8	Luigi Flori	1936	ITA	1.18.29
M80	1	Mykola Panaseiko	1934	UKR	1.08.49
	2	Ivan Pushkin	1930	UKR	1.12.06
	3	Enrico Mariotti	1934	ITA	1.14.40
	4	Nazzareno Proietti	1933	ITA	1.15.48
	5	Norbert Will	1935	GBR	1.16.44



**Steffen Borsch (M40 GER), Andrea Naso (M50 ITA), Luis Correia (M35 POR) and Gyula Dudas (45 HUN)**



**Ian Richards (M65 GBR) and Patrice Brochot (M60 FRA)**

### Women's 10km Walk, Friday 15 May

87 walkers from 14 countries contested the women's 10km walk at Grosseto. Italian Valeria Pedetti (W40) was fastest overall with 55.08, followed by her compatriot Elena Cinca (W45) with 55.23, and the German Brit Schroeter (W40) with 55.53. Overall, the 10th fastest women was clocked at 57:19 and 14 walkers beat the 60 minute mark. Erna Antritter from Germany closed the women's competition, winning the W80 division with 1:33:29. Italy earned the largest number of individual medals with 11 (5 gold, 4 silver and 2 bronze), ahead of Germany 6 (2 + 2 + 2), and Russia 2 (0 + 1 + 1).

W35	1	Tatiana Zucconi	1977	ITA	56.26
	2	Silvia Gaias	1977	ITA	1.02.32
	3	Yvonne Markgraf	1975	GER	1.04.13
	4	Maria Carmela Solinas	1975	ITA	1.04.26
	5	Simona Palandri	1976	ITA	1.05.32
W40	1	Valeria Pedetti	1973	ITA	55.08
	2	Brit Schroeter	1974	GER	55.53
	3	Lenka Borovickova	1973	CZE	55.53
	4	Nadiya Sukharyna	1975	UKR	56.07
	5	Melania Aurizzi	1970	ITA	56.20
	6	Fiorella Casafina	1970	ITA	1.01.59
	7	Tanja Giacomel	1970	ITA	1.07.32
	8	Edit Varasdy	1973	HUN	1.14.51
	9	Urszula Radziewinska	1972	AUT	1.17.28
	10	Gyorgyi Kiss	1971	HUN	1.20.58
W45	1	Elena Cinca	1970	ITA	55.23
	2	Roberta Mombelli	1968	ITA	59.00
	3	Tamasne Bodorkos	1967	HUN	1.00.00
	4	Hanne Liland	1969	NOR	1.01.28
	5	Maria Unterholzner	1968	GER	1.01.47
	6	Andreja Poklar	1966	SLO	1.02.04
	7	Maria Luisa Masala	1965	ITA	1.02.26
	8	Anna Maria Famea	1966	ITA	1.02.40
	9	Nathalie Halloy	1967	FRA	1.02.59
	10	Silvia Waelde	1966	GER	1.03.03
W50	1	Sylvie Sevellec	1964	FRA	56.12
	2	Myriam Nicolas	1963	BEL	57.12
	3	Irina Kokorina	1964	RUS	57.23
	4	Mirella Patti	1962	ITA	58.52
	5	Dominique Ciantar Lequio	1961	ITA	1.00.39
	6	Sylvie Regnier	1962	FRA	1.02.00
	7	Roswitha Ebel	1963	GER	1.03.45
	8	Paola Maglioli	1960	ITA	1.05.12
	9	Angela Martin	1964	GBR	1.06.00
	10	Maria Antonia Pais	1964	ITA	1.07.01
W55	1	Giuliana Salce	1955	ITA	57.19
	2	Daniela Ricciutelli	1956	ITA	58.15
	3	Maria Paola Formiconi	1956	ITA	1.02.31
	4	Martine Mourgues	1956	FRA	1.03.39
	5	Maria Rita Echle	1957	GER	1.05.17
	6	Adriana Manzella	1958	ITA	1.05.57
	7	Monika Schwantzer	1955	AUT	1.08.09
	8	Brigitte Patrzalek	1958	GER	1.08.10
	9	Dace Saulite	1959	LAT	1.10.07
	10	Grazia Maria Giuliano	1956	ITA	1.12.57
W60	1	Natalia Marcenco	1954	ITA	1.02.00
	2	Cath Duhig	1954	GBR	1.03.58
	3	Dorothea Grolig	1951	AUT	1.05.04
	4	Claudine Anxionnat	1951	FRA	1.06.00
	5	Edith Brochot	1952	FRA	1.07.55
	6	Vera Avilova	1952	RUS	1.08.06
	7	Liudmila Nityagovskaya	1954	RUS	1.08.59
	8	Rita Zuravlova	1953	LAT	1.12.10
	9	Giuseppa Tempio	1952	ITA	1.12.57
	10	Simonetta Pasqualoni	1952	ITA	1.15.27
W65	1	Antonina Tyshko	1947	UKR	1.05.04
	2	Vera Trushkina	1950	RUS	1.08.55
	3	Elina Perricone	1950	ITA	1.09.40
	4	Rita Del Pinto	1949	ITA	1.09.46
	5	Alena Winterova	1949	CZE	1.13.49
	6	Nina Jurcina	1949	LAT	1.13.56

	7	Brigita De Coppet	1946	SUI	1.14.32
	8	Heidrun Neidel	1947	GER	1.15.05
	9	Margarete Molter	1947	GER	1.15.16
W70	1	Heidi Maeder	1943	SUI	1.05.22
	2	Ursula Klink	1944	GER	1.08.12
	3	Gisela Theunissen	1942	GER	1.12.36
	4	Dzintra Zinkovska	1945	LAT	1.17.03
	5	Ursula Herrendoerfer	1940	GER	1.17.40
	6	Larysa Lebedieva	1940	UKR	1.20.42
W75	1	Helga Draeger	1939	GER	1.17.32
	2	Maria Vecchi	1940	ITA	1.25.05
W80	1	Erna Antritter	1935	GER	1.33.29



**Sylvie Sevellec (FRA W50), Giuliana Salce (W55 ITA), Valeria Pedetti (W40 ITA) and Elena Cinca (ITA W45)**

The longer walks were held on Sunday with the men's 30km at 3PM and the women's 20km at 3:05PM..

#### **Men's 30km Walk, 3PM, Sunday 18 May**

In particularly difficult conditions of above 30C, 100 brave walkers from 17 countries stood on the start line at 3PM on Sunday. With the heat and sun, it was not surprising to see only 69 finishers, with 22 dropouts and 9 disqualifications. As in the 10 km, Steffen Borsch (M40 Germany) dominated with 2:35:09, well ahead of Normunds Ivzans (M40 Latvia) with 2:38:35 and Jose Manuel Gomez (M40 Spain) with 2:40:40. 10th fastest topped out at 2:50:30 (Uwe Schroeter Germany M55). The last walker to finish the course was M70 Russian Iurii Polovshchikov (4.06.21). Collectively, Germany won the most individual medals with 5 (2 gold, 2 silver and 1 bronze) ahead of Great Britain (2 + 1-1) and Italy (0 + 2 + 2).

M35	1	Luis Manuel da Silva Correia	1978	POR	2.41.54
	2	Francesco Scafuro	1977	ITA	2.49.13
	3	Grzegorz Grinholc	1977	POL	2.49.32
	4	Gennaro De Lello	1979	ITA	3.08.50
M40	1	Steffen Borsch	1973	GER	2.35.09
	2	Normunds Ivzans	1971	LAT	2.38.35
	3	Jose Manuel Gomez	1973	ESP	2.40.40
	4	David Pueyo	1973	ESP	2.48.07
	5	Viacheslav Degtyarenko	1971	RUS	2.51.40
	6	Ernesto Croci	1973	ITA	2.55.30
	7	Gian Mauro Pirino	1972	ITA	2.59.24
	8	Ivars Lapins	1975	LAT	3.13.04
	9	Fabio Vaccari	1974	ITA	3.21.29
M45	1	Christer Svensson	1969	SWE	2.45.48
	2	Steffen Meyer	1966	GER	2.48.44
	3	Gyula Dudas	1966	HUN	2.51.13
	4	Jose Antonio Aparicio	1969	ESP	2.59.42
	5	Fabio Aina	1966	ITA	3.01.07
	6	Franco Geronimo	1968	ITA	3.02.52

	7	Giuseppe Saponaro	1969	ITA	3.10.22
	8	Franz Kropik	1968	AUT	3.10.36
	9	Joachim Maier	1970	GER	3.15.28
	10	Gianni Siragusa	1968	ITA	3.33.36
M50	1	Antonio Gonzalez	1962	ESP	2.55.07
	2	Josef Smola	1964	CHE	3.03.42
	3	Walter Arena	1964	ITA	3.05.31
	4	Roman Brzezowsky	1964	AUT	3.05.57
	5	Ferenc Major	1961	HUN	3.06.07
	6	Alessandro Volpi	1960	ITA	3.16.22
	7	Igor Agishev	1962	RUS	3.23.34
	8	Alessandro Maccarini	1964	ITA	3.24.15
	9	Madars Breide	1964	LAT	3.24.41
M55	1	Uwe Schroeter	1959	GER	2.50.30
	2	Miroslaw Luniewski	1957	POL	3.01.02
	3	Gabriele Caldarelli	1959	ITA	3.06.58
	4	Josef Kalat	1955	CHE	3.14.18
	5	Franco Venturi Degli Esposti	1957	ITA	3.25.01
	6	Jean-Michel Bano	1955	FRA	3.30.49
	7	Guenter Evertz	1957	GER	3.31.55
	8	Zbigniew Kwita	1959	POL	3.35.25
	9	Georg Hauger	1957	GER	3.38.09
M60	1	Patrice Brochot	1951	FRA	3.03.42
	2	Miroslav Fliegl	1954	CHE	3.04.07
	3	Ignacio Melo	1952	ESP	3.04.57
	4	Malcolm Martin	1955	GBR	3.07.53
	5	Sergey Lyzhin	1955	RUS	3.14.37
	6	Alfons Schwarz	1954	GER	3.26.49
	7	Uwe Tolle	1955	GER	3.29.59
	8	Gabriele Moretti	1955	ITA	3.36.21
	9	Andrew Cox	1952	GBR	3.42.45
M65	1	Ian Richards	1948	GBR	2.59.45
	2	Ettorino Formentin	1947	ITA	3.11.25
	3	John Hall	1949	GBR	3.28.12
	4	Bernd Ocker Hoelters	1946	GER	3.28.33
	5	Gyorgy Laszlo Kiss	1947	HUN	3.35.44
	6	Ferdinando Rutolo	1947	ITA	3.40.03
	7	Jaroslav Ptak	1947	CHE	3.41.04
	8	Mario Angelini	1946	ITA	3.43.25
	9	Antonio Ferro	1948	ITA	3.45.45
	10	David Kates	1948	GBR	3.45.54
M70	1	Zdenek Gonsiorovsky	1941	CHE	3.40.18
	2	Christoph Hoehne	1941	GER	3.50.11
	3	Raitis Lerne	1942	LAT	4.04.47
	4	Iurii Polovshchikov	1942	RUS	4.06.21
	5	Stanislav Marek	1942	CHE	4.10.01
M75	1	Arthur Thomson	1936	GBR	3.38.26
	2	Edmund Shillabeer	1939	GBR	3.42.51
	3	Horst Lenz	1937	GER	4.00.47





**Steffen Borsch (M40 GER), Arthur Thomson (M75 GBR), Christer Svensson (M45 SWE), Luis Correia (M35 POR) and Patrice Brochot (M60 FRA)**

**Women's 20km Walk, 3.05PM, Sunday 18 May**

With the temperature above 30C and the walks starting in the full heat of the afternoon sun, it was a torrid affair for all the walkers. Overall, the start line saw 61 entrants from 12 countries. 50 completed the race, 5 were disqualified and 6 failed to finish. The first to finish were all from the W40 division, with Italian Melania Aurizzi (2:03:19), German Brit Schroeter (2:03:26) and Czech walker Lenka Borovickova (2:05:08). 10th fastest was 2:12:30 while the oldest finisher was W75 walker Helga Draeger from Germany (2:49:31). Overall, Italy won 10 of the 23 individual medals (5 gold, 3 silver and 2 bronze), well ahead of Germany with 5 (1 + 2 + 2).

W35	1	Simona Palandri	1976	ITA	2.20.20
W40	1	Melania Aurizzi	1970	ITA	2.03.19
	2	Brit Schroeter	1974	GER	2.03.26
	3	Lenka Borovickova	1973	CHE	2.05.08
	4	Barbara Segreto	1971	ITA	2.17.37
W45	1	Elena Cinca	1970	ITA	2.05.30
	2	Anna Maria Famea	1966	ITA	2.15.53
	3	Maria Unterholzner	1968	GER	2.18.13
	4	Nathalie Halloy	1967	FRA	2.20.37
	5	Mara Rinasa	1966	LAT	2.23.46
	6	Aija Rogale	1968	LAT	2.26.24
	7	Silke Glombitza	1967	GER	2.28.56
	8	Silvia Waelde	1966	GER	2.28.56
	9	Teresa Cistaro	1967	ITA	2.53.44
W50	1	Myriam Nicolas	1963	BEL	2.05.36
	2	Dominique Ciantar Lequio	1961	ITA	2.08.15
	3	Mirella Patti	1962	ITA	2.09.47
	4	Irina Kokorina	1964	RUS	2.12.30
	5	Angela Martin	1964	GBR	2.22.44
	6	Roswitha Ebel	1963	GER	2.24.18
	7	Christine Metraux	1964	SUI	2.26.10
	8	Brigitte Gitti Zeidler	1964	GER	2.26.11
	9	Birgit Komoll	1960	GER	2.32.31
W55	1	Daniela Ricciutelli	1956	ITA	2.07.56
	2	Giuseppina Comba	1957	ITA	2.11.57
	3	Maria Paola Formiconi	1956	ITA	2.14.27
	4	Martine Mourgues	1956	FRA	2.19.26
	5	Maria Rita Echle	1957	GER	2.26.49
	6	Dace Saulite	1959	LAT	2.28.38
	7	Brigitte Patrzalek	1958	GER	2.30.53
	8	Monika Schwantzer	1955	AUT	2.31.15
	9	Olga Agisheva	1957	RUS	2.41.06
	10	Nina Boltakaeva	1959	RUS	2.53.04
W60	1	Aurora Alvarez	1952	ESP	2.21.22

	2	Dorothea Grolig	1951	AUT	2.26.05
	3	Rita Zuravlova	1953	LAT	2.31.00
	4	Liudmila Nityagovskaya	1954	RUS	2.39.06
	5	Claudine Anxionnat	1951	FRA	2.42.53
W65	1	Rita Del Pinto	1949	ITA	2.28.11
	2	Antonina Tyshko	1947	UKR	2.33.40
	3	Vera Trushkina	1950	RUS	2.34.32
	4	Alena Winterova	1949	CHE	2.44.43
	5	Margarete Molter	1947	GER	2.47.31
	6	Heidrun Neidel	1947	GER	2.48.05
	7	Brigita De Coppet	1946	SUI	2.49.27
	8	Nina Jurcina	1949	LAT	2.52.13
W70	1	Heidi Maeder	1943	SUI	2.22.55
	2	Ursula Klink	1944	GER	2.29.12
	3	Gisela Theunissen	1942	GER	2.48.57
W75	1	Helga Draeger	1939	GER	2.49.31



**Aurizzi (W40 ITA), Lenka Borovickova (W40 CHE), Heidi Maeder (W70 SUI), Aurora Alvarez (W60 ESP), Elena Cinca (W45 ITA) and Myriam Nicolas (W50 BEL)**

#### RACE WALKING NEW ZEALAND RELAY CHAMPIONSHIP, UPPER HUTT, SUNDAY 17 MAY

Alana Barber was the star of the RWNZ Ekiden Relay last Sunday in Upper Hut ... read on! Report passed on by David Lonsdale.

Race Walking New Zealand Road Relay Championship, which was held in Upper Hut last Sunday, saw a strong win to Racewalking Auckland. The event was held in perfect conditions on the fast Trentham course (1.25 km lap) and was over the full marathon distance (hence was an Ekiden relay). The lead among the 11 teams changed in the first three laps between host club Wellington Scottish then Taranaki Race Walking Club until Racewalking Auckland took over on leg three with Mike Parker (Current NZ 3000m champion) and then Graeme Jones (current NZ 20km champion) doing fastest legs and passed over to **Alana Barber** for the last 10 km leg. Alana had perfect conditions and made the most of the recently surveyed fast course to do her first 5 km in 22:18 and the second in 22:24 for a 10 km of **44:42**. This is probably the second fastest ever 10 km by a New Zealand woman. It is faster than the NZ Resident record of 44:44 set by Anne Judkins in April 1992, but Alana's walk was part of a relay and not a 10 km race. Auckland beat Taranaki Race Walking Club with Wellington Scottish third.

The course is around the now closed General motors Car Assembly plant on new roads and is, as David says, a superb course. It was hosted by the Wellington Scottish Athletics Club as part of their centenary year celebration events - Scottish Athletics was founded in March 1915 with Albert Rowland (1908 London Olympics 5th in 3,500m walk) as inaugural chairman.

This is the ninth year that Scottish has conducted this race and there were 55 walkers ranging from 12 year old Daniel Du Toit of Trentham, who did the opening 7.195 km leg in 45:05, to 91 year old Ivor Ellis, who walked two laps to share one of the legs for the Taranaki Welsh Wizards. Full results at <http://scottishathletics.org.nz/DesktopModules/EasyDNNNews/DocumentDownload.aspx?portalid=10&moduleid=2125&articleid=3296&documentid=249>.

Here are the splits for the winning Racewalking Auckland Team

David Sim	7.195km	49:35
Lyndon Hohaia	7.500km	40:16
Mike Parker	10.000km	51:39
Graeme Jones	7.500km	37:42
<b>Alana Barber</b>	<b>10.000km</b>	<b>44:42</b>
Total:	42.195km	3:43:54

### STOP PRESS – ALANA BARBER ADDED TO NEW ZEALAND WORLD CHAMPS TEAM

Athletics New Zealand yesterday announced the additional selection of four athletes for the IAAF World Championships to be held in Beijing, China in August. Middle distance athlete Nikki Hamblin, race-walker **Alana Barber**, discus thrower Siositina Hakeai and hurdler Michael Cochrane join the previously announced eight, bringing the team to twelve athletes, with a further announcement due before the championships. See <http://www.athletics.org.nz/News/four-athletes-added-to-world-championships-team>.

For Alana, who has two World Championship 20km qualifiers already, her 10km time above was no doubt the icing on the cake. Well done Alana – your selection is well deserved.



Alana training at our VRWC Falls Creek camp in January this year

### USATF 15KM NATIONAL ROADWALK CHAMPIONSHIPS, RIVERSIDE, CA, SUNDAY 17 MAY

The USATF National 15km Roadwalks last Sunday in Riverside, California, saw the largest fields for quite a few years. Overall, Nick Christie (1:05:21) and Miranda Neville (1:14:06) too the titles although Rachel Seaman of Canada was the fastest woman with 1:10:47. It appears that the Wasatch Walkers (Tamara Stevenson, Kathryn Webster and Nancy Linky) based in Utah wins the Women's team title with a combined time of 5:41:06 to So Cal Track Club's 5:49:58. (Darlene Backlund, Jolene Steigerwalt and Kathy Frable) and Pegasus Athletic Club's team took the men's title with the team of David Swarts, Mark Green, and Leon Jasionowski. This set of results is taken from a USA Racewalking group post and does not have the men and women separated. I leave that to readers. Nice little video of the race at <https://www.youtube.com/watch?v=eFgaiVgfbM&feature=youtu.be>.

1.	Nick Christie	23	1:05:21
2.	Rachel Seaman (CAN)	29	1:07:47
3.	Emmanuel Corvera	22	1:10:10
4.	Francisco Pantoja (MEX)	38	1:10:25
5.	Miranda Melville	26	1:14:06
6.	Erin Gray	26	1:16:58
7.	Robyn Stevens	32	1:17:04
8.	Dave Talcott	55	1:17:32
9.	Richardo Rosa	25	1:19:56
10.	Erin Taylor-Talcott	36	1:20:44
11.	David Swarts	49	1:23:01
12.	Mark Green	59	1:24:40
13.	Steven Berry	15	1:27:03



14.	Alexander Price	33	1:27:48
15.	Adrian Zamudio	39	1:29:25
16.	Klaus Thiedmann	60	1:30:30
17.	Tommy Aunan	56	1:32:40
18.	Leon Jasionowski	70	1:33:44
19.	Tamara Stevenson	45	1:33:49
20.	Karen Stoyanowski	60	1:36:57
21.	Marianne Martino	64	1:37:53
22.	Norman Frable	69	1:39:04
23.	Susan Mears	60	1:39:24
24.	Michael Blanchard	53	1:39:24
25.	Alex Kazaryan	60	1:40:43
26.	Donna Green	62	1:43:46
27.	Joseph Berendt	59	1:45:10
28.	Art Morrow	50	1:46:15
29.	Paul DeMeester	55	1:49:58
30.	Sandra DeNoon	59	1:50:15
31.	Darlene Backlund	69	1:50:46
32.	John Backlund	75	1:51:53
33.	Patrick Bivona	74	1:58:08
34.	Sandra Hults	73	1:58:14
35.	Ellie Kallal	71	1:59:32
36.	Mary Anne Taylor	49	1:59:35
37.	Jolene Steigerwalt	71	1:59:36
38.	Kathy Frable	69	1:59:36
39.	Kathryn Webster	64	2:01:30
40.	Nancy Linky	68	2:05:47
41.	Anelise Smith	76	2:14:23
42.	Yvette LaVigne	75	2:15:45
43.	Dawn Tenney	57	DNF
44.	Carl Acosta	81	DQ
45.	Nick Accardo	32	DQ

#### SELL GAMES, KAUNAS, LITHUANIA, 15-16 MAY

There were not many other walk comps in Europe last weekend, given the European Race Walking Cup in Murcia. But I did find this one from Lithuania.

##### Men 5000m Race Walk

1.	Marius SAVELSKIS	LTU	94	19:38.7
2.	Artur MASTIANICA	LTU	92	21:13.1
3.	Normantas PETRISA	LTU	94	21:26.0

##### Women 3000m Race Walk

1.	Agne KLEBAUSKAITE	LTU	92	14:25.7
2.	Rita ANDREJEVA	LTU	91	16:39.6

#### BRAZILIAN T&F CHAMPIONSHIPS, SÃO BERNARDO DO CAMPO, BRAZIL, 14-17 MAY

20km roadwalks featured in the Brazilian T&F championships last weekend in Sao Bernardo do Campo and Caio Bonfim (1:24:53) and Erica Rocha de Sena (1:37:10) took the golds.

##### Men's 20km Race Walk

1.	Caio Oliveira DE SENA BONFIM	BRA	91	1:24:53
2.	José Alessandro Bernardo BAGIO	BRA	81	1:25:16
3.	Rudnei DIAS NOGUEIRA	BRA	90	1:26:51
4.	Mario José DOS SANTOS	BRA	79	1:56:01
5.	Daniel Alexandre VOIGT	BRA	84	1:29:42
6.	Luiz Felipe DOS SANTOS	BRA	83	1:32:43
7.	Max Batista GONCALVES DOS SANTOS	BRA	94	1:36:32
8.	Luan Ricardo SALES SANTOS	BRA	96	1:37:01
9.	Maike MELO PERREIRA	BRA	95	1:38:01
10.	Diogo DIAS GAMBOA	BRA	83	1:41:57
11.	Bryan William SCHMOEGEL	BRA	93	1:47:15
12.	Rony Batista PALA FILHO	BRA	96	1:47:25



### Women's 20km Race Walk

1.	Erica ROCHA DE SENA	BRA	85	1:37:10
2.	Cisiane Dutra LOPEZ	BRA	83	1:39:29
3.	Elianay Santana DA SILVA PEREIRA	BRA	84	1:42:44
4.	Nair DA ROSA	BRA	80	1:50:03
5.	Paula Raissa PAZ DA SILVA	BRA	93	1:56:12
6.	Priscila BARBOSA	BRA	89	1:59:53
7.	Tamires ALVES DE SOUZA	BRA	97	2:01:26
8.	Leticia CIBULKIS	BRA	98	2:03:19
9.	Mariana DA COSTA SILVA	BRA	95	2:13:25

### OUT AND ABOUT

VRWC walkers **Quentin Rew** and **Chris Erickson** took on a different challenge last Sunday, participating in the two day weekend festival of running based at the seaside coastal town of Apollo Bay, featuring distances ranging from 5km to the iconic 44.5km ultra marathon from Lorne to Apollo Bay. Chris and Quentin chose the 44.5km option, a tough course that follows the undulating hills along the Great Ocean Road, west of Melbourne. And they did pretty well, with Quentin taking 83<sup>rd</sup> place (**3:31:31**) and Chris 87<sup>th</sup> place (**3:32:01**) out of the 1031 finishers. Overall, some 6000 competitors participated over the weekend in perfect autumnal conditions. You can check it all out at <http://www.greatoceanroadmarathon.com.au/>. For Quentin and Chris, it was a good hitout as part of their preparation for the World Champs later this year - by my calculations, their times come out at about 3:57-3:58 for the 50km - not a bad training session!



**Chris and Quentin in action last Sunday in the Great Ocean Road event (photos Brent Vallance)**

South Africa has named its squad for the IAAF World Championships in August and it includes walkers **Lebogang Shange** (20km walk men), **Wayne Snyman** (20km walk men), **Marc Mundell** (50km walk) and **Anel Oosthuizen** (20km walk women).

### SUMMER UNIVERSIADE, KHARKOV, UKRAINE, 12-13 MAY

And going back to early last week for one final result set from the Ukrainian Summer Universiade.

### Men 10,000m Race Walk

1.	Andriy HRECHKOVSKIY	UKR	93	40:55.0
2.	Vladislav LOBCHENKO	UKR	93	42:54.4
3.	Oleksandr VERBITSKIY	UKR	92	43:22.0
4.	Serhiy SVITLYCHNIY	UKR	94	43:41.0
5.	Kyrylo ANDRUSHCHENKO	UKR	93	43:48.7
6.	Dmytro SOBCHUK	UKR	95	44:07.1
7.	Mykola KALASHNIK	UKR	92	45:08.4

8. Anton RADKO UKR 95 45:20.1

#### Women's 10,000m Race Walk

1.	Halina YAKOVCHUK	UKR	92	47:04.5
2.	Valentyna MYRONCHUK	UKR	94	47:27.9
3.	Viktoriya FERENTS	UKR	93	48:27.1
4.	Oksana TROFIMOVICH	UKR	92	48:51.7
5.	Anna BABINCHUK	UKR	96	49:01.2
6.	Kseniya RADKO	UKR	94	49:08.8
7.	Mariya FILYUK	UKR	95	49:13.5
8.	Oleksandra OLYANOVSKA	UKR	94	49:59.2
9.	Marharyta PASYUK	UKR	94	51:13.6
10.	Olha KISIL	UKR	91	53:30.9
11.	Olga STADNYK	UKR	94	54:30.7

### #BANCHEGIN

Yes, it's happened again. Despite the protestations from the new Russian athletics supremo that Russian Athletics is now squeaky clean, yet another walker has failed a drugs test and has been banned for 4 years – this news was broken by the NZ Herald which seems to be spearheading world reporting on this Russian scourge. See [http://www.nzherald.co.nz/athletics/news/article.cfm?c\\_id=19&objectid=11447635&ref=rss](http://www.nzherald.co.nz/athletics/news/article.cfm?c_id=19&objectid=11447635&ref=rss). Here is the press release in full.

MOSCOW (AP) " Russian race walker **Tatyana Akulinushkina** has received a four-year ban for doping, in another blow to Russia's scandal-hit athletics team. Akulinushkina tested positive for the banned diuretic furosemide, which can be used to mask other doping products, during a national team training camp in Sochi on Feb. 20, the Russian athletics federation said. It is the second career doping offense for the 21-year-old, who will be banned until March 1, 2019. Akulinushkina's positive test came 13 months after she finished a six-month ban for using the banned substance fenoterol.

In recent years, 26 Russian walkers have been banned for doping. At least 20 of those, including Akulinushkina, trained under national coach Viktor Chegin, who is under investigation by the IAAF for the offenses.

The question remains – when is the IAAF going to really hold Russia to account for this ongoing flagrant violation of world doping rules. And when is Chegin finally going to be held to account! The UK Athletics Chief Ed Warner has the right idea, calling for a ban on Russia (see <http://www.insidethegames.biz/articles/1027314/uk-athletics-chief-calls-for-ban-on-russian-athletes-following-string-of-doping-cases>). Here is the gist of what he said

Russia should be banned from competition following their turbulent record of doping, UK Athletics chairman Ed Warner suggested here today. Speaking at the Sport Resolutions Integrity and Welfare Conference here today Warner also slammed what he called a “lack of interest” from those in power on an issue which has plagued sport as a whole in recent years. ... “I believe there should be the possibility of suspending a federation if they are found to have been involved in a doping system,” he said. “But there seems to be no appetite for that globally and it seems people are just accepting it and shrugging their shoulders. We see countless examples of people being banned from sport but then they show up at sporting events. Have people no shame in sport?”

Meanwhile, still talking drugs, Olympic racewalker Philip Dunn of San Diego has been elected to serve on the Board of Directors of the U.S. Anti-Doping Agency – see <http://timesofsandiego.com/sports/2015/05/11/san-diego-olympian-dunn-joins-top-anti-doping-panel-as-athlete-rep/>.

“As a clean athlete, I was proud to represent Team USA, and I am excited about this opportunity to continue to serve my fellow athletes by joining the USADA Board of Directors,” Dunn said in a statement. “I look forward to working with my colleagues on the board and the USADA staff to pursue USADA’s mission on behalf of all clean athletes.” He will serve as an athlete representative on the independent 10-person USADA board and fills the position previously occupied by skiing and mountain biking athlete Carl Swenson, who just completed his final term, having served on the board since 2007.

Dunn represented Team USA at the 2000, 2004 and 2008 Olympic Games (with a best finish of 28th at the 2000 Sydney Games) and the 1999, 2003 and 2007 Pan American Games in the 50K (31-mile) distance. Dunn won a bronze medal at the 1999 Pan American Games and a silver medal at the 2003 Pan Am Racewalk Cup.

It makes an interesting contrast to Russia.

### MARCIADALMONDO AND OMARCHADOR ROUNDUP

Marciadalmondo had 3 press releases this week (the links are to the English version of the website)

- Sun 17 May - European Race Walking Cup report  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2088](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2088)

- Fri 15 May - Profiling Italian walker Giuliana Salce who won gold at the European Masters  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2087](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2087)
- Tues 12 May - Results of the First Asian Youth Championships in Doha  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2086](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2086)

The omarchador blog continued on as usual with 15 press releases

- Mon 18 May - European Masters Champs in Grosseto – 20km women  
<http://omarchador.blogspot.pt/2015/05/emacns-grosseto-2015-20-km-femininos.html>
- Mon 18 May - European Masters Champs in Grosseto - 30 km men  
<http://omarchador.blogspot.pt/2015/05/emacns-grosseto-2015-30-km-masculinos.html>
- Sun 17 May - Lopez wins European Race Walking Cup 20km men  
<http://omarchador.blogspot.pt/2015/05/alemanha-surpreende-em-dia-de-miguel.html>
- Sun 17 May - Report on the Junior Women's 10k at the European Race Walking Cup  
<http://omarchador.blogspot.pt/2015/05/russia-avassaladora-nos-juniores.html>
- Sun 17 May - Report on the Open Women's 20k at the European Race Walking Cup  
<http://omarchador.blogspot.pt/2015/05/alembekova-vence-20-km-femininos-e.html>
- Sun 17 May - Report on the Junior Men's 10k at the European Race Walking Cup  
<http://omarchador.blogspot.pt/2015/05/espanha-imperial-nos-juniores-da-taca.html>
- Sun 17 May - Report on the Open Men's 50k at the European Race Walking Cup  
<http://omarchador.blogspot.pt/2015/05/russia-domina-50-km-de-murcia.html>
- Sat 16 May - European Masters Champs in Grosseto - 10 km men  
<http://omarchador.blogspot.pt/2015/05/emacns-grosseto-2015-10-km-masculinos.html>
- Sat 16 May - European Masters Champs in Grosseto - 10 km women  
<http://omarchador.blogspot.pt/2015/05/emacns-grosseto-2015-10-km-femininos.html>
- Sat 16 May - Murcia ready for the European Race Walking Cup  
<http://omarchador.blogspot.pt/2015/05/murcia-postos-para-taca-da-europa-de.html>
- Thu 14 May - Results of walks at Portuguese National Association of Sports for Intellectual Disability (ANDDI) Champs  
<http://omarchador.blogspot.pt/2015/05/campeonatos-nacionais-individuais-de.html>
- Thu 14 May - Grosseto stages the 2015 European Masters Champs  
<http://omarchador.blogspot.pt/2015/05/grosseto-palco-dos-campeonatos-europeus.html>
- Wed 12 May - Russian walker Tatyana Akulinushkina suspended four years for doping  
<http://omarchador.blogspot.pt/2015/05/tatyana-akulinushkina-suspensa-4-anos.html>
- Tue 12 May - Results of Youth Asian Championships in Doha  
<http://omarchador.blogspot.pt/2015/05/campeonatos-asiaticos-de-juvenis-em.html>
- Tue 11 May - Ana Cabecinha and Sergio Vieira repeat victories in the Troféu de Marcha Atlética "Jorge Costa"  
<http://omarchador.blogspot.pt/2015/05/ana-cabecinha-e-sergio-vieira-repetem.html>

### **LBG CARNIVAL ENTRIES FOR RACEWALKING VICTORIA**

Entries for the Lake Burley Griffin Carnival on Sunday 7<sup>th</sup> June have now closed and Victoria will travel to Canberra next month with a very big strong team – see <http://www.vrwc.org.au/documents/2015%20LBG%20-%20Current%20RWV%20Entries%20X.pdf>.

### **FROM THE ARCHIVES – THE 1954 GLOVER SHIELD**

The Glover Shield is the oldest and historically most significant racewalking championship contested annually in Australia. First to a bit of history!

Although there had been various specialist racewalking clubs in existence from the early 1900's, they competed only within their own jurisdictions and it was not until late in 1921 that officials from the NSW and Victorian walking clubs met with a

view to instigating an interstate walking race. An offer was made by Footscray jeweller, Mr Glover, whose son was a sprinter with the Footscray Harriers, to donate a Shield to be known as the Glover Shield. The proposed championship date was October 1922 and N.S.W. requested A.A.U. to hold a postal vote amongst member States to validate the championship. Whilst the majority of States voted in favour of the concept, a number of V.A.A.A. officers were opposed to the event and voted against the motion. Thus it did not win the day.

With the A.A.U. refusing to sanction the event, the walking clubs continued with their own planning, targeting a date of 14<sup>th</sup> July 1923 and billing the event as the Australasian 7 Mile Walk Championship. Each walking club was to select its own team (the Victorian team was Vic Dowling, Ted Drayton, Norman Asker, Rex Merrick, Lionel McMillan, Bill Murray, Bert Gardiner, Eric Sunderland, Bob Osborne, Frank O'Rourke, Jack Merrifield and Ted Winstanley) and the race would be held in Melbourne at the Malvern Cricket Ground. NSW and Victoria selected full teams while South Australia sent George Wilson, the current holder of the Victorian 25 Mile Championship. Thus the Glover Shield was born.

Nine 'Australian 7 Mile Championships' were held between the years of 1923 and 1937. In 1939, the distance was changed from 7 miles to 10,000m but the Second World War intervened after only one further championship and the race was not held again until 1946. 10,000m track titles resumed at that time and were held annually until 1958 when major changes were made by the newly formed Australian Federation of Amateur Walking Clubs. The Glover Shield became once again a senior event under the auspices of AFAWC and a separate Federation shield (the Robinson Shield) was put in place for juniors, also contested over 10 km. The Glover Shield was alternated bi-annually with the Alexander Cup which was contested over a 50 km distance. After 1991, the Alexander Cup (now held over 20 km) was retired and the Glover Shield was changed to the 20 km distance. Since then, the event has been contested annually over the 20 km distance and is currently scheduled as part of the Australian Roadwalk championships each August.

Over the last 92 years, the Glover Shield has undergone many changes but still remains a relevant and highly coveted teams race. We are indeed fortunate that our walking officials had the foresight to institute it and keep it going. The original Shield, long since filled, is proudly on display in our VRWC clubrooms.



And now onto the story of the 1954 Glover Shield which was held on the Boys' High School Oval in the Western Parklands in Adelaide on Saturday 15<sup>th</sup> May of that year. Although cinders track were well and truly established by that time, this particular race was held on a grass track with most walkers choosing either flats or short spikes and some choosing to walk in bare feet or socks.

The Open championship saw George Nevitt of Victoria win in 48:55.6 while the Junior championship went to Logan Irwin of NSW in 50:39. Further back in the junior field, a young Bob Gardiner finished 6<sup>th</sup> with 54:39. Bob went on to represent Australia in 2 Olympic Games and is still walking each week at Middle Park! Honours were fairly evenly spread with the Open Teams event won by Victoria and the Junior Teams event won by NSW

#### Open 10,000m Track Championship

1.	George Nevitt	VIC	48:55.6
2.	D. Melzer	QLD	49:14
3.	John McDougall	NSW	49:31
4.	Keith Guyot	VIC	50:22
5.	Logan Irwin	NSW	50:39
6.	E. Edwards	NSW	51:05
7.	C. Francis	SA	51:53
8.	Ron Flint	VIC	51:58
9.	P. Alsop	VIC	52:03
10.	K. Keogh	NSW	52:14
11.	Ralph Field	VIC	52:28
12.	Ray Dunstan	VIC	52:56
13.	G. Adair	SA	53:14



14.	L. (Peter) Waddell	NSW	53:27
15.	Graham Davies	VIC	53:55
16.	Bob Gardiner	VIC	54:39
17.	John Smyth	SA	54:57
18.	Jack Webber	SA	54:58
19.	W. McAllister	NSW	57:14
20.	E. Kirby	NSW	57:19
21.	B. Bowden	SA	60:19
22.	R. Muller	SA	61:34
23.	B. Day	SA	61:35
	Frank Leonard	SA	DQ
	C. Fraser	VIC	DQ

#### Junior 10,000m Track Championship

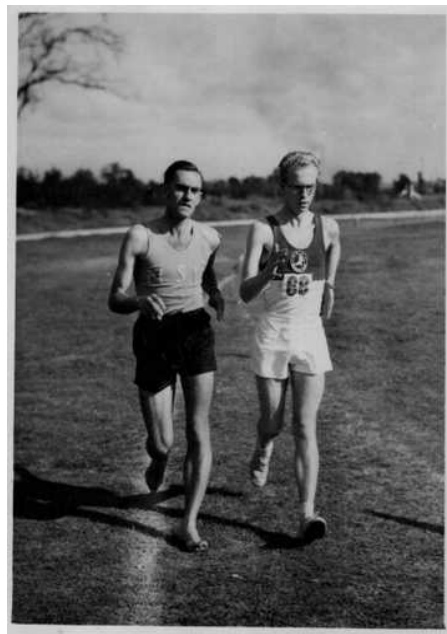
1.	Logan Irwin	NSW	50:39
2.	C. Francis	SA	51:53
3.	K. Keogh	NSW	52:14
4.	Ray Dunstan	VIC	52:56
5.	Graham Davies	VIC	53:55
6.	Bob Gardiner	VIC	54:39
7.	W. McAllister	NSW	57:14
8.	B. Bowden	SA	60:19
9.	R. Muller	SA	61:34

#### Teams Race - Seniors

1.	VIC	19 pts	Nevitt, Guyot, Flint, Alsop
2.	NSW	20 pts	McDougall, Irwin, Edwards, Keogh
3.	SA	39 pts	Francis, Adair, Smyth, Webber

#### Teams Race - Juniors

1.	NSW	11 pts	Irwin, Keogh, McAllister
2.	VIC	15 pts	Dunstan, Davies, Gardiner
3.	SA	19 pts	Francis, Bowden, Muller



**Left: The start of the 1954 Glover Shield 10,000m on the grass track in Adelaide**  
**Right: NSW walker Ted Edwards, in bare feet, walks alongside Victorian Ron Flint**

A not insignificant number of the Victorian officials and walkers travelled over on the cheap, all squashing into Gus Theobold's electrical van. The following photo shows them returning from the championships after their successful sojourn. Times have changed!



**Back: Alf Robinson, Gus Theobald, Bert Gardiner, Jack Larkin and Graham Davies  
Front: Ron Flint, Ray Dunstan, George Nevitt and Bob Gardiner**

### VRWC CLUB RECORDS UPDATE

Two new VRWC club records have been confirmed by the Committee this month – well done to Claire Noonan and Gemma Lillie.

Claire Noonan	U11 2000m Track Walk	11:30.73	AV Shield Final, Lakeside Stadium	31/01/2015
Gemma Lillie	U10 Girls 3km Road Walk	19:31	VRWC Races, Middle Park	02/05/2015

You can check out all our VRWC club records at <http://www.vrwc.org.au/VRWC-Records-Repository/VRWC-Club-Records-2015-05-10.pdf>. If any of your times have bettered any of these, you can apply at <http://www.vrwc.org.au/vrwc-records.shtml>.

### 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

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

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

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

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