



HEEL AND TOE ONLINE

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

This week, my Walker of the Week sees a double act with two of our best walkers sharing the limelight, both competing on Saturday and both producing outstanding times. **Beki Smith**, one of our 2012 Olympic reps, won the NSW women's 10km roadwalk championship with a huge PB time of **44:24** in Narralen while dual Olympian **Chris Erickson** won the Victorian men's 10km roadwalk title in an equally impressive **40:36**. Chris has already been selected for this year's IAAF World Championships and I expect Beki to be added to the team once the walks qualifying period ends in early June.



Left: Beki Lee walking in China early this month
Right: Chris leads Quentin Rew in the 10km at Middle Park on Saturday

WHAT'S COMING UP

Next Saturday sees us back at Middle Park for another round of our VRWC Winter Season. But it is a bit different with prizes on offer to the winners of those male and female walkers who win the handicap in their respective events. Mark Donahoo has been watching everyone's form over the last few weeks and will have a handicap ready for you, based on what he expects you to walk on Saturday. Beat Mark's projected time by enough and you may be on line to pick a prize from the table. So make sure you come along. And remember that you should pre-enter if possible – see <http://vrwc.org.au/wp1/>.

Saturday 30th May 2015, Middle Park			
VRWC EVENTS: Entries close for all events at 1.50pm sharp.			
Prizes for handicap winners			
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

There are no races at Middle Park the following weekend as most of us will be in Canberra for the annual Lake Burley Griffin carnival. **And talking of LBG, we need to provide a few officials for tasks such as lapscoreing or such like. If you can help out for an hour or so on the day, then let me know. As the largest team there, we do need to do our bit.**

Other reminders:

- As advised in last week's newsletter, Athletics Australia is 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 AND AV ROADWALKS, MIDDLE PARK, SATURDAY 23 MAY

Saturday was a big day at Middle Park with the Victorian Open 10km roadwalk championships, the Victorian Country roadwalk championships and our major VRWC winter roadwalk championships. The weather was perfect (sunny, cool and still), with 74 walkers in total racing across the afternoon. Check out our photo gallery at <http://www.vrwc.org.au/coppermine> for all the action.

The first events to kick off were the 10km races at 2:15PM, with 26 walkers lining up for the gun. Internationals **Chris Erickson** (40:36) and **Quentin Rew** (41:15) were way out in front after the first lap and gave us a great demo of fast walking. 2015 World Youths rep **Jemima Montag** easily won the women's 10km with an excellent 48:02, ahead of minor medallists **Barb Bryant** (58:00) and **Heather Carr** (58:24). In the men's Victorian championship, the minor medals went to **Adam Garganis** (47:37) and **Brad Simpson** (49:37). The Victorian Country titles went to **Barb Bryant** and **Michael Gillies-Smith** (56:26).

AV 10km Open Women	AV 10km 40-49	AV 10km 50+	AV 10km Country
1. Montag, Jemima MAC 48:02			
2. Bryant, Barb EAG 58:00		1	1
3. Carr, Heather EAG 58:24		2	2
4. Rosenbrock, Carolyn ANW 1:00:42		3	
5. Elms, Donna-Marie PTN 1:04:15		4	
6. O'Neill, Karyn GPA 1:07:09		5	3
7. Tonti-Filippinii, Justijana	1		
Laufer, Michelle COL DNS			
Major, Annette EAG DNS			
Ruddick, Kelly BHA DNS			
Tallent, Rachel BYC DNS			

AV 10km Open Men	AV 10km 40-49	AV 10km 50+	AV 10km Country
1. Erickson, Chris ESS 40:36			
2. Garganis, Adam COL 47:37			
3. Simpson, Bradley ANW 49:37			
4. Mcdonough, Aaron PTN 51:15	1		
5. Jamieson, Andrew OSC 53:31		1	
6. Donahoo, Mark ESS 55:01		2	
7. Evans, Simon BOH 56:02		3	
8. Gillies Smith, Michael	2		1
9. Reid, Ross COL 58:42		4	
10. Smyth, David COL 59:27	3		
11. Dickenson, Russ SCA 1:04:15		5	2
12. Gardiner, Bob COL 1:06:22		6	
O'Neill, Terry GPA DQ			

VRWC Open 10km		
1. Rew, Quentin M 41:15		
2. Christmass, James M 53:08		
3. Feain, Gerard M 58:25		
4. Tindal, Pam F 58:59		
5. Geisler, Sandra F 58:59		
6. Muldoon, Wendy F 1:00:28		



Chris Erickson, Aaron McDonough, Andrew Jamieson and Brad Simpson (all photos by Simon Baker)



Jemima Montag, Adam Garganis, Michael Gillies-Smith, Barb Bryant and Heather Carr

The 5km events kicked off at 2:30PM with U20 and U18 Championships and a general VRWC non-championship walk for whomever else wanted a hitout on the day. **Kyle Swan**, our other 2015 World Youths representative, was fastest of the men with a fantastic 21:41 while **Tayla-Paige Billington** continued her return to form with the fastest time for the women with a good 23:58. Special mentions also to **Will Thompson** (26:33 at 12 years of age) and **Kevin Cassidy** (27:47) who had his first races with us for about 20 years and made it look easy. The country championship title went to **Ellen Dowie**.

VRWC U20 5km Championship

- | | | | |
|----|-------------------------|---|-------|
| 1. | Billington, Tayla-Paige | F | 23:58 |
| 1. | Thompson, Will | M | 26:33 |

VRWC U18 5km Championship

- | | | | | |
|----|--------------------|---|-------|---------|
| 1. | Huse, Philippa | F | 26:35 | PB 0:11 |
| 2. | Henderson, Rebecca | F | 26:56 | |
| 3. | Dowie, Ellen | F | 32:41 | |
| | De Lisen, Paige | F | DNF | |

- | | | | |
|----|-----------------|---|-------|
| 1. | Swan, Kyle | M | 21:41 |
| 2. | Walmsley, Reese | M | 25:32 |

AV U18 5km Country Championship

- | | | | |
|-----|----------------|---|-------|
| INV | Huse, Philippa | F | 26:35 |
| 1. | Dowie, Ellen | F | 32:41 |

VRWC Open 5km

- | | | | | |
|----|--------------------|---|-------|--------------|
| 1. | Thompson, Michelle | F | 28:37 | |
| 2. | Shaw, Robyn | F | 32:57 | |
| 3. | Steed, Gwen | F | 33:18 | |
| 4. | Howorth, Sandra | F | 37:07 | |
| 5. | Thompson, Merilyn | F | 38:29 | First one |
| 6. | Beaumont, Margaret | F | 41:23 | |
| | Clark, Kylie | F | DNF | 2km in 14:58 |
| 1. | Kozica, Jason | M | 23:44 | |
| 2. | Feain, Lachlan | M | 27:41 | PB 0:53 |
| 3. | Cassidy, Kevin | M | 27:47 | |
| 4. | Huse, Alan | M | 32:49 | First one |
| 5. | Barrow, Geoff | M | 36:35 | |
| 6. | Morrison, John | M | 39:20 | |
| 7. | Beaumont, Ian | M | 41:13 | |
| 8. | Poore, Alex | M | 43:46 | |
| | Wicks, Barrie | M | DQ | |
| | Osborne, Jesse | M | DNF | 2km in 10:02 |



Tayla-Paige Billington, Kyle Swan and Ellen Dowie

The 3km walkers were next up at 3PM, with **Jemma Peart** (15:00) and **Corey Dickson** (15:22) taking out fastest times. Victorian Country titles went to **Jemma Peart** and **Alanna Peart**.

VRWC U16 3km Championship

- | | | | | |
|----|--------------------|---|-------|---------|
| 1. | Peart, Jemma | F | 15:00 | |
| 2. | Richardson, Brodie | F | 16:51 | |
| 3. | Hay, Charlotte | F | 17:03 | PB 0:03 |
| 4. | Walmsley, Hayden | M | 16:00 | |

AV U16 3km Country Championship

- | | | | |
|----|--------------|---|-------|
| 1. | Peart, Jemma | F | 15:00 |
| | Hayes, Zahra | F | DNF |

VRWC U14 3km Championship

- | | | | |
|----|---------------|---|-------|
| 1. | Peart, Alanna | F | 15:51 |
|----|---------------|---|-------|

2.	O'Mahony, Kathleen	F	16:23	
3.	Karagiorgos, Chloe	F	16:33	
4.	Nelson, Arnika	F	16:41	first one
5.	Bridges, Jessika	F	19:57	
6.	Taylor, Lee	F	22:19	
7.	Rudston-Brown, Caitlyn	F	22:50	

1.	Dickson, Corey	M	15:22	
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AV U14 3km Country Championship

1.	Peart, Alana	F	15:51	
2.	Bridges, Jessika	F	19:57	
	Bishop, Kasey	F	DNS	
	Mandic, Nikola	M	DNS	

The final events for the day were our U12 and U10 Racewalking Victoria championships and these were also well supported by our youngest walkers. Well done to winners **Madison Clark (10:47)**, **Nikola Mandic (9:52)**, **Gemma Lillie (5:54)** and **Joel Parys (5:29)**.

RWV U12 2km Championship

1.	Clark, Madison	F	10:47	PB 0:56
2.	Paten, Ruby	F	10:55	PB 0:05
3.	Louey, Grace	F	12:18	
1.	Mandic, Nikola	M	09:52	
2.	Jensen, Josh	M	11:28	
3.	Beveridge, Heath	M	11:50	PB 1:22
4.	Hay, Angus	M	14:21	PB 0:13

RWV U10 1km Championship

1.	Lillie, Gemma	F	05:54	
1.	Prys, Joel	M	05:29	



Alanna Peart, Madison Clark, Nikola Mandic, Gemma Lillie and Corey Dickson

It took plenty of people to ensure that these championships ran so smoothly on the day so thanks to all those listed below. My apologies if I have missed anyone. You are all most appreciated.

Officials: Tim Erickson, Ralph Bennett, Mark Donahoo, Michael Bodey, Ian Laurie, Emily Hamilton, Stephanie George, Cathy Huse, Susan Taylor, Carlene Dowie

Judges: Terry Swan (chief), Josh Savage, Mark O'Mahony, Stuart Cooper, Gordon Loughnan, Kathleen Marsh, Susanne Callaway, Diane Lowden, Brenda Felton (DQ), Peter Vysma (DQ)

Canteen: Barb Gardiner, Wendy Cooper, Marlaine Stanway
Photos: Simon Baker (for Terry Swan)

NSW ROADWALK CHAMPIONSHIPS, NARELLAN, NSW, SATURDAY 23 MAY

Thanks to Frank Overton for the results of the NSW Roadwalk champs which saw 56 walkers in action and some great performances. He reported:

It was a great day at Narellan and many fine performances. The Men's Open 10km saw **Brendan Reading** (Syd Uni) go straight to the lead and walk a superb 43:15. **Tyler Jones** (Mingara- Central Coast) followed and walked very well only to be passed by fast finishing training partner **Jay Felton** (PB) in the last 1 km. Another training partner **Carl Gibbons** (Westlakes - Central Coast) recorded a good PB to finish in fourth placing.

The womens Open was a fine performance of Race Walking with **Beki Smith** (Asics West) recording a good win and a big PB of 44:24..

The U18 Mens 5km saw **Dylan Richardson** (Mingara - Central Coast) reign supreme with a good win, beating second place **Kyle Bedford** (Nepean) who recorded a good PB, third placing going to another central coast walker **Oscar Tebbutt** (Gosford-Central Coast). These boy's are all improving with every walk.

The Women's U18 5km saw **Jasmyn McDonald** (Parramatta) return to some very good form with a comfortable win from **Chelsea Goodhew** (Westlakes-Central Coast) with **Reque Rourkas** (Nepean) in third.

The U14 Boys 3km What a race between three central coast athletes. **Ryan Vesper** (Mingara-Central Coast) walked a brilliant PB, only to be beaten by 1 second in the last few strides by **Lachlan Rigney** (Wyong-Central Coast), with third place **Archie Tebbutt** (Gosford-Central Coast) one second further back.

The U14 Girls 3km was a good walk and PB by **Allanah Pitcher** (Mingara-Central Coast) followed by **Renee Hardy** (Asics Wests) 2nd and **Hannah Parker** filling third place.

Women Open 10km Road Walk

1.	Smith, Beki	29	Asics Wests	44:24	Big PB!
2.	Klein, Kirsty	21	Asics Wests	50:38	
3.	Webb, Cheryl	39	Blacktown Ci	54:49	
4.	Dighton, Jasmine	19	Asics Wests	1:01:23	
5.	McKay, Lydia	18	Mingara Ath	1:04:04	

Women Masters 10km Road Walk

W35-44	1	Challinor, Nicole	43	Gosford Athl	1:10:00
W45-64	1	Porley, Fiona	47	Blue Mountains	1:03:29
W65+	1	Purcell, Joan	74	Nepean Distr	1:14:12
	2	Brown, Judy	65	Nsw Masters	1:26:11

Women U18 5km Road Walk

1.	McDonald, Jasmyn	16	Parramatta C	24:47	PB 0:09
2.	Goodhew, Chelsea	16	Westlakes At	26:06	
3.	Roukos, Raquel	15	Nepean Distr	26:32	
4.	Francis, Lucinda	16	Sydney Pacif	26:55	
5.	Brown, Samantha	14	Parramatta C	27:40	
6.	Norton, Shanae	16	Bankstown Sp	31:05	

Girls U14 3km Road Walk

1.	Pitcher, Allanah	12	Mingara Athl	15:12	PB 0:05
2.	Hardy, Renee	12	Asics Wests	16:50	
3.	Parker, Hannah	13	Randwick Bot	17:09	
4.	Mckay, Sybella	12	Mingara Athl	18:26	
5.	Thomson, Olivia	11	Randwick Bot	18:44	
6.	Bolton, Hannah	12	Mingara Athl	18:59	
7.	Johnston, Lily	13	Sydney Unive	19:12	
8.	Thomson, Jada	11	Nepean Distr	20:12	
9.	Vesper, Danielle	12	Mingara Athl	20:37	
10.	Martin, Brooke	12	Nepean Distr	20:54	
11.	Scholle, Saskia	12	Sydney Unive	22:05	
12.	Luxford, Ava	11	Sydney Unive	22:09	
13.	Becroft, Stacie	10	Nepean Distr	22:29	
14.	Douglas, Brodie	12	Nepean Distr	22:46	

Men Open 10km Road Walk

1.	Reading, Brendon	26	Sydney Unive	43:15	
2.	Felton, Jay	20	U.T.S. North	45:05	PB 0:016
3.	Jones, Tyler	17	Mingara Athl	45:20	

4.	Gibbons, Carl	19	Westlakes At	46:36
5.	Fagan, Nicole	26	Sydney Unive	47:46
6.	Kerr, Aidan	17	Sydney Pacif	49:26
7.	Washburn, Steven	21	U.T.S. North	50:38
8.	Seymon, Jim	78	U.T.S. North	1:05:59
9.	Hyde, Brendon	70	Sydney Unive	1:31:26

Men Masters 10km Road Walk

M45-54	1	Jessurun, Ian	48	Nsw Masters	53:41
M55-64	1	Osborne, Robert	60	Nsw Masters	1:00:00
M65+	1	West, John	65	Nsw Masters	1:12:59

Men U18 5km Road Walk

1.	Richardson, Dylan	15	Mingara Athl	24:11	PB 0:19
2.	Bedford, Kyle	15	Nepean Distr	25:10	PB 1:40
3.	Tebbutt, Oscar	14	Gosford Athl	26:32	
4.	Thomson, Ryan	15	Nepean Distr	26:50	
5.	Barendregt, Travis	15	Nepean Distr	29:12	
6.	Mavin, Harrison	14	Sydney Pacif	29:25	
7.	Catallo, Donald	15	St. George D	31:43	

Boys U14 3km Road Walk

1.	Rigney, Lachlan	11	Central Coast Di	17:17
2.	Vesper, Ryan	10	Central Coast Di	17:18
3.	Tebbutt, Archie	11	Central Coast Di	17:19
4.	Becroft, Lachlan	13	Nepean Distr	18:43
5.	Walter, James	12	Sydney Pacif	19:08
6.	McGinniskin, Jack	13	Edgeworth an	19:30

ACT WALKERS CLUB ROADWALKS, POINT HUT POND, CANBERRA, SATURDAY 23 MAY

Thanks to Robin Whyte for the weekly results from Canberra.

10km Walk

1.	Zoe Hunt	55:34
2.	Ally Durr	57:08
3.	Robin Whyte	1:05:20
4.	Mick Saunders	1:09:30
5.	Derek Robinson	1:10:50
6.	Bryan Thomas	1:12:41
7.	Monika Short	1:15:10
8.	Rod Gilchrist	1:15:11
9.	Jennifer Gilchrist	1:19:15
10.	Doug Fitzgerald	1:24:26
11.	Val Chesterton	1:28:19

4km Walk

1.	Connor Frew	20:49
2.	Callum Burns	21:01
3.	Mitchell Baker	21:14
4.	Gabby Hunt	21:28
5.	Spencer Burns	22:12
6.	Helena Bialecki	25:44
7.	Greg Durr	29:00
8.	David Mackenzie	31:35
9.	Terry Munro	35:43
10.	Bob Chapman	37:37
11.	Cilla Chapman	38:34

1km Walk

1.	Georgia Adamson	08:11
2.	Georgia Frew	08:19
3.	Jenni Watson	10:31

2km Walk

1.	Laura Burns	11:27
1.	Ellen Vahey	11:27

SAMA ROADWALKS, FELIXTOWE, ADELAIDE, SATURDAY 23 MAY

Thanks to Colin Hainsworth for the latest results from the South Australian Masters in Adelaide. Colin commented: Beaut weather, sunny, mostly calm arvo. Two or three steepish hills on 4k lap. Yacht handicap, prize walks.

8kmWalk

1.	Doug Smart	1:03:42	M71	64.96%
2.	George White	44:46	M69	90.17%
3.	Marie	53:02	W55	72.23%
4.	Richard Moyle	59:41	M59	60.70%
5.	Rodger Barber	59:54	M77	75.02%
6.	Colin Hainsworth	1:06:14	M85	77.39%
7.	Graham Harrison	1:00:19	M71	68.6%
8.	Jeff Kennett	1:16:44	M64	49.68%

9.	David Robertson	1:09:03	M81	69.27%
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4km Walk

1.	Justine Bourke	31:25	W45	53.97%
2.	Jan Layng	30:45	W66	68.29%
3.	Kristine Freeman	33:02	W54	55.53%
4.	Roger Lowe	30:21	M72	67.20%
5.	Paul Boyce	35:10	M78	62.97%
6.	Geoff Byham	26:11	M68	74.17%
7.	Daniel Bourke	27:31		

SAMA ROADWALKS, WEST BEACH, ADELAIDE, SATURDAY 16 MAY

One that I missed out on last week's newsletter so just publishing it to catch up. Colin commented: Sunny, cool arvo. Good walking weather. Hilly course.

10km Walk

1.	George White	0:58:03	M69	87.57%
2.	Kevin Finn	1:07:16	M63	70.60%
3.	Marie Maxted	1:07:49	W55	72.03%
4.	Raelene Schild	1:14:10	W50	62.55%
5.	Colin Hainsworth	1:22:10	M85	78.84%
6.	David Robertson	1:22:33	M81	73.11%

5km Walk

1.	Geraldine Smith	33:57	W65	77.41%
2.	Rodger Barber	37:22	M77	73.59%
3.	Roger Lowe	37:55	M72	67.74%
4.	Jan Layng	39:06	W66	68.11%
5.	Doug Smart	40:31	M71	62.59%
6.	Kristine Freeman	42:08	W54	55.01%
7.	Edna Bates	43:39	W62	57.97%
8.	Paul Boyce	43:41	M78	63.88%

QRWC ROADWALKS, LOGAN RIVER PARKLANDS, SUNDAY 24 MAY

QRWC walkers returned to action on Sunday after a few weeks off. Peter Bennett led them through the 10km with 52:17. Others to walk well included Luke McCutcheon (23:58 for 5km) and Jamison Stovin (14:30 for 3km).

10km Walk

1.	Peter Bennett	52.17
2.	Argenis Guevara	58.18
3.	Erika Woodward	62.57
4.	Kay Shaw	66.17
5.	Noela McKinven	80.35

5km Walk

1.	Luke McCutcheon	23.58
2.	Jess Pickles	26.11
3.	Jamie McCutcheon	29.43
4.	Donna Beikoff	35.05

2km Walk

1.	Jonathan Wearne	11.16
2.	Anika Clarke	13.24
3.	Korey Brady	14.59
4.	Sophie Porter	15.06

3km Walk

1.	Jamison Stovin	14.30
2.	Amelia Schofield	16.23
3.	Adam Buchhorn	16.25
4.	Nelson McCutcheon	16.52
5.	Isabella Schofield	17.34
6.	Kobe Hinton	18.05
7.	Callum Haig	18.09
8.	Ethan Clarke	18.45

1km Walk

1.	Scarlett Schofield	6.11
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0.5km Walk

1.	Makenna Clarke	4.05
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FRENCH INTERCLUB TRACK WALKS, TOURCOING, FRANCE, SATURDAY 23 MAY

The last few weeks have seen the French and Spanish Interclub competition taking place in a large number of cities. This weekend saw the final round of interclub in France and our tireless reporter **Emmanuel Tardi** was in the French city of Tourcoing (in the North of France, near the border with Belgium). He commented that the weather was hot but not windy so pretty good for the walkers. A number of Polish walkers competed, with Katarzyna Golba winning the women's race in a PB 12:48.72 and Rafal-Lukasz

Augustyn leading the men's race the whole way, only to be beaten by Tunisian walker Hassanine Sebei in the final sprint, 19:51.63 to 19:52.08.

5000m Women

1.	GOLBA Katarzyna (POL)	As Aix-les-bains*	SEF/89	12:48:72
2.	AUFFRET Lucie	Entente Franconville Cesame	SEF/88	13:51:99
3.	QUENNEHEN Marine	Ca Montreuil 93	SEF/91	14:01:68
4.	RINERO CHANFREAU Fabienne	Ca Montreuil 93	SEF/80	14:03:87
5.	DELEUZE Cecile	Amiens Uc	JUF/96	14:12:99
6.	DUPONT Sandra	Clermont Athlé Auvergne	VEF/72	14:17:87
7.	GUINAUDEAU Christine	Entente Franconville Cesame	SEF/78	14:25:86
8.	TORMA Anett (HUN)	Lille Metropole Athletisme*	SEF/84	14:33:06
9.	BOCZ Patricia (HUN)	Lille Metropole Athletisme*	CAF/98	15:15:47
10.	DUQUESNE Corinne	Entente Athletique Grenoble	SEF/91	15:54:55
11.	TALLET Sophie	As Aix-les-bains*	SEF/92	16:07:12
12.	ARDHUIN Coline	Entente Athletique Grenoble	CAF/98	16:56:75
13.	VIDALINC Celia	Clermont Athlé Auvergne	JUF/96	17:31:50
14.	MAGGIORE Yvonne	Martigues Sports Athle	VEF/55	18:31:68
15.	PERNET Catherine	Amiens Uc	VEF/64	21:49:03

5000m Men

1.	SEBEI Hassanine (TUN)	Martigues Sports Athle	SEM/84	19:51:63
2.	AUGUSTYN Rafal-lukasz (POL)	As Aix-les-bains*	SEM/84	19:52:08
3.	QUINION Aurelien	Entente Franconville Cesame	ESM/93	20:41:32
4.	DUJOUR Guillaume	As Aix-les-bains*	SEM/78	21:18:41
5.	LE COZ Xavier	Entente Franconville Cesame	SEM/79	21:22:08
6.	SELSELDEB Djamel	Entente Athletique Grenoble	SEM/76	21:37:09
7.	ROZE Eddy	Amiens Uc	VEM/70	22:39:68
8.	LAMIAUX Amaury	Lille Metropole Athletisme*	JUM/96	22:39:82
9.	COSSET Raphael	Ca Montreuil 93	SEM/79	23:18:63
10.	MOLMY Damien	Lille Metropole Athletisme*	SEM/88	23:39:87
11.	BERCHEBRU Benoit	Martigues Sports Athle	SEM/84	24:15:02
12.	COTTEVIEILLE Maxime	Ca Montreuil 93	SEM/90	24:46:78
13.	VILMOT Arthur	Clermont Athletisme Auvergne	JUM/97	27:30:48
14.	ARNOULD Regis	Entente Athletique Grenoble	VEM/58	28:11:32
15.	SOUABER Yanis	Amiens Uc	JUM/96	DQ



Katarzyna Golba, Lucie Auffret, Hassanine Sebei and Rafal-Lukasz Augustyn (photos Emmanuel Tardi)

The Portuguese also had National Club Championships qualifying rounds over the weekend with a large number of walkers competing in 4 different cities to see who would go through to the finals. Overall, fastest times went to João Vieira (20:13.11) and Edna Barros (13:41.77). See the comprehensive report at <http://omarchador.blogspot.pt/2015/05/joao-vieira-e-edna-barros-com-as.html>.

NAIA T&F CHAMPIONSHIPS, GULF SHORES, ALABAMA, USA, 21-23 MARCH

The National Association of Intercollegiate Athletics (NAIA) is the athletic association that organises college and university-level athletic programs among smaller institutions, primarily across the United States but also outside the US. The NAIA has two members in Canada and at one point had another in the Bahamas, which made it the only international intercollegiate athletic association in North America until 2009. As of October 2013, the NAIA reports having 255 member institutions.

The NAIA 2015 T&F Championships, which were held last weekend in Gulf Shores, Alabama, included 5000m track walks. Wins went to Ben Thorne (Canada) with 21:37.5 and Molly Josephs (25:14.9).

Men 5000m Walk

1.	Benjamin THORNE	CAN	93	21:37.5
2.	Anthony PETERS	USA	96	21:52.4
3.	Alejandro CHAVEZ	USA	93	22:51.3
4.	Doug HUTCHERSON	USA		25:10.5

Women 5000m Walk

1.	Molly JOSEPHS	USA	94	25:14.9
2.	Natalia ALFONSO	VEN	94	25:32.2
3.	Maite MOSCOSO	USA	95	25:56.3
4.	Mereth Nirvana ZALVA	MEX	93	26:12.3
5.	Abby DUNN	USA	94	26:16.2
6.	Kayla GRAY	USA		26:17.3
7.	Kayla OVOKAITYS	USA		26:19.2
8.	Melissa MANLAN	USA		26:21.5
9.	Brenda MCCOLLUM	USA	95	26:41.1
10.	Nicole COURT-MENENDEZ	USA		27:23.3
11.	Jennifer LOPEZ	USA	96	27:47.0
12.	Brianna GRIFFITHS	USA		28:28.0
13.	Ioulia BARAKOU	GRE	95	31:06.1
	Kaitlyn LOEFFLER	USA		DNF

ITALIAN UNIVERSITY T&F CHAMPIONSHIPS, FIDENZA, ITALY, 22-23 MAY

The newly crowned Italian University track walk champions are Tommaso Romagnoli and Federica CuriaZZi. Overall, CUS Milan won the championships with 142 points, ahead of Padua (46 points) Pisa (44 points).

Men 5000m Race Walk

1.	Tommaso ROMAGNOLI	ITA	91	21:27.3
2.	Massimiliano CORTINOVIS	ITA	95	21:38.6
3.	Alberto ZAUPA	ITA	95	22:24.7
4.	Federico BOLDRINI	ITA	88	23:02.6
5.	Giuseppe SCORDO	ITA	94	23:47.6

Women 5000m Race Walk

1.	Federica CURIAZZI	ITA	92	22:24.3
2.	Mariavittoria BECCHETTI	ITA	94	22:43.2
3.	Diana CACCIOTTI	ITA	95	23:49.3
4.	Elena POLI	ITA	93	24:11.9
5.	Marta STACH	ITA	95	24:40.6
6.	Ilaria MARIOTTI	ITA	91	25:07.6
7.	Elena SBERNARDORI	ITA	91	25:36.3
8.	Sascia GRAFEO	ITA	92	26:47.7

XXXI SELL UNIVERSITY GAMES, KAUNAS, LITHUANIA, 15-17 MAY

The SELL Student Games is a multi-sport event that is open for all university and college students all over the world. The name of the Games comes from the first letters of the hosting countries Finland, Estonia, Latvia and Lithuania in their respective languages (Finnish: Suomi, Estonian: Eesti, Latvian: Latvija, Lithuanian: Lietuva). The Games were first held in 1923 but were stopped for some 50 years by the Soviet occupation of the Baltic countries before the Games were restarted in 1997.

This year, the XXXI SELL Games were held in Kaunas, Lithuania, on 15-17 May and involved students from Finland, Estonia, Latvia and Lithuania itself. International racewalker Marius Šavelkis easily won the men's 5000m walk with 19:38.73 while fellow Lithuanian international Agne Klebauskaite was also an easy winner in the women's 5000m with 14:25.69.

5000m Men

1.	Marius Šavelskis	1994	LSU	19:3873
2.	Artur Mastianica	1992	LEU	21:1308
3.	Normantas Petriša	1994	LSU	21:2600

3000m Women

1.	Agne Klebauskaitė	1992	MRU	14:2569
2.	Rita Andrejeva	1991	VDU	16:3961

OUT AND ABOUT

- Athletics Australia has announced its team management structure for the major 2015 international meets and a number of our walks community are in the mix. Congrats to Craig Hilliard, Claire Tallent and Brent Vallance for their guernseys.

IAAF World Championships – Beijing, China	Head Coach:	Craig Hilliard
	Team Coaches:	Claire Tallent (walks)
World University Games – Gwangju, Korea	Assistant Team Manager:	Brent Vallance
	Team Coaches:	Brent Vallance (walks)

- The Dutch have announced their 2016 Olympic walks qualifying times and they are ridiculously tough: 20 km Women 1:30:55, 20 km Men 1:21:40 and 50 km 3:47:25. I don't know if we will have any of their walkers in Rio!
- Portugal has named the following walkers as part of their team for the 2015 IAAF World Championships and the women are indeed a very strong group. The men's 20km has not yet been named but the main contenders are expected to walk in La Coruna in a couple of weeks time so more names may be added once that is done.

50km	PEDRO ISIDRO	3.56.15, Taicang, 2014
20km Women	ANA CABECINHA	1.28.28, Múrcia, 2015
	VERA SANTOS	1.30.23, Lugano, 2015
	INÊS HENRIQUES	1.29.52, Rio Maior, 2015

- Super fast walking in Japan on Saturday 16th May when Eiki Takahashi set a new national 5000m track walk record of 18:51.93 during the country's eastern region championships, held in the sports complex of Kumagaya, Saitama. The previous record of 18.56,70 had been held by Akihiro Sugimoto. Takahashi, 22 years of age and representing Fujitsu, already holds the Japanese 10,000m walk record with 38:18.51 and has a 20km best of 1:18:03. In the women's race at the same meet, Kumiko Okada (Bic Camera) won with a new PB of 21:17.97, a great time but outside the national record of 20:49.70, set by Mayumi Kawasaki in 2009. Wow, Japan is now so strong in walking.

A WOMEN'S WALK IS INCLUDED IN THE OSTRAVA GOLDEN SPIKE MEET

Marciadalmondo broke some huge news last week (see http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2092). For the first time ever, a women's track walk will be held during the Ostrava Golden Spike meet (<http://www.zlatatretra.cz/>) today in the Czech Republic.

The locals will of course be hoping for a win to local walking sensation Anežka Drahotová, the current World junior champion and European senior medallist, who improved her national 20km record to 1:26:53 last weekend in Murcia. The versatile all rounder who will turn 20 in July (she also competes in cycling and half-marathons) will be hard pressed by the likes of Ukrainian champion and record holder Lyudmila Olyanovska in what is a star studded walk field. Will they be able to challenge the all-time world best of 11:35.34, set by Irish walker Gillian O'Sullivan in Belfast on 2nd Feb 2003. Here is the field with current Pbs for the walkers.

Anežka Drahotová	22.7.1995	Czech Republic	12:50.67
Lucie Pelantová	7.5.1986	Czech Republic	12:57.88
Mária Czaková	2.10.1988	Slovakia	12:55.82
Viktória Madarasz	12.5.1985	Hungary	12:34.20
Agnieszka Dygacz	18.7.1985	Poland	12:31.89
Brigita Virbalyté	1.2.1985	Lithuania	12:21.84
Lyudmila Olyanovska	20.2.1993	Ukraine	12:38.43
Veronika Kubenková	15.7.1998	Czech Republic	15:27.66

Alas, the meet is to be held Tuesday evening European time so that means overnight here in Australia and the newsletter will be well and truly out by then. So I look forward to reporting on this historic walk in next week's edition.

WORLD SUMMER UNIVERSIADE WALK SELECTIONS

Seven more athletes have been added to the Australian athletics team for the 2015 Summer Universiade (world University Games), to be held in Gwangju (KOR) in July – See <http://www.athletics.com.au/News/seven-more-for-gwangju>. Well done to our walkers:

20km Men: **Dane Bird-Smith (QLD) and Rhydian Cowley (VIC)**
20km Women: **Rachel Tallent (VIC), Stephanie Stigwood (TAS) and Nicole Fagan (NSW)**

FORMER ITALIAN RACE WALKING WORLD CHAMPION ANNARITA SIDOTI DIES AT 44

Annarita Sidoti, a former world and European race walking champion from Italy, passed away on Thursday 21st May. She was 44. Sidoti died at her home in the Sicilian town of Gioiosa Marea following a long illness. She won the 10km race at the 1997 World Championships and the 1990 and 1998 European Championships. She competed in three Olympics, finishing seventh in the 10km in 1992. Sidoti is survived by her husband, Pietro, and three sons, Federico, Edoardo and Alberto. See http://www.nzherald.co.nz/athletics/news/article.cfm?c_id=19&objectid=11452725&ref=rss and http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2090.



Annarita Sidoti wins the 1998 European Championships 10km walk

MARCIADALMONDO AND OMARCHADOR ROUNDUP

Marciadalmondo had 4 press releases this week (the links are to the English version of the website)

- Sun 24 May - Ukrainian walker Lyudmyla Olyanovska chases glory in the European U23 champs
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2093
- Sat 23 May - Ostrava Golden Spike meeting on Tues May 26 now includes a racewalk
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2092
- Fri 22 May - Marciadalmondo reports on the funeral of Annarita Sidoti
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2091
- Thu 21 May - Former Italian walker Annarita Sidoti has passed away
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2090

The omarchador blog continued on as usual with 8 press releases

- Mon 25 May – Portugal selects walkers for 2015 IAAF World Champs
<http://omarchador.blogspot.pt/2015/05/marchadores-pre-selecionados-para.html>
- Mon 25 May - João Vieira and Edna Barros take fastest times in Portuguese Club Championships

<http://omarchador.blogspot.pt/2015/05/joao-vieira-e-edna-barros-com-as.html>

- Sun 24 May - Results from the Italian University Championships
<http://omarchador.blogspot.pt/2015/05/campeonatos-universitarios-italianos.html>
- Sat 23 May - Preview of the Portuguese National Club Championships
<http://omarchador.blogspot.pt/2015/05/clubes-decidem-lugares-de-acesso-as-i-e.html>
- Fri 22 May - Eiki Takahashi sets new Japanese 5000m track walk record of 18:51.93
<http://omarchador.blogspot.pt/2015/05/eiki-takahashi-bate-recorde-japones-dos.html>
- Thu 21 May - RIP Annarita Sidoti (1969-2015)
<http://omarchador.blogspot.pt/2015/05/annarita-sidoti-1969-2015.html>
- Wed 20 May – Results from the walks at the XXXI SELL University Games in Kaunas
<http://omarchador.blogspot.pt/2015/05/xxxi-jogos-universitarios-sell-em-kaunas.html>
- Tue 19 May - Caio Bonfim and Erica Sena win in Brazil
<http://omarchador.blogspot.pt/2015/05/caio-bonfim-e-erica-sena-conquistam.html>

AUSTRALIAN WALKERS AND THE 1952 OLYMPIC GAMES

The 1952 Olympic Games was to feature 2 racewalks - a 10,000m track walk and a 50km road walk. While there were plenty of Australian contenders for the 10,000m walk, the pickings were sparse from a 50km perspective. In fact, Australia at that time did not even have a 50km Australian Championship and it was up to each State to conduct its own State Championship. The state of play can be reviewed by looking at the first two placings at the post-WWII Victorian 50km championships. With the exception of the 1948 results, there had been no performances under 5 hours.

Victorian 50km Championships, post WWII

1946	Reid, Alan	Footscray	5.08.39	Theobold, Gus	Glenhuntly	5.18.42
1947	Reid, Alan	Footscray	5.03.50	Behan, William	NSW	5.09.48
1948	Behan, William	NSW	4.53.53	Theobold, Gus	Glenhuntly	5.03.46
1949	Theobold, Gus	Glenhuntly	5.16.12	Tarte, Reginald	NSW	5.19.37
1950	Chadwick, Leonard	VAWC	5.08.45	Theobold, Gus	Glenhuntly	5.17.24
1951	Chadwick, Leonard	VAWC	5.09.28	Hellyer, Leslie	Brunswick	5.19.46

With the 1952 Olympics in the offing and with walkers in need of qualifying opportunities, the Victorian Amateur Walkers' Club decided to conduct its own pre-Olympic opportunities, scheduling a 50km road walk on Saturday 15th December 1951 at Albert Park. The event, sanctioned by the Victorian Amateur Athletic Association, started at 7:30AM and fingers were crossed that it would not be a torrid summer day. Luck was with the Victorians, with fine cool conditions greeting the walkers at the start line and rain falling for nearly 2 hours from the 6 miles to the 16 miles marks. Final results read as follows

VAWC Pre-Olympic 50km Trial, Sat 15 Dec 1951

1.	Len Chadwick	VAWC	5:03:21
2.	Gordon Doak	St Marks A.A.C	5:07:10
3.	W. Knott	Sth Melbourne A.A.C.	Retired
4.	John Busst	Collingwood A.A.C.	Retired
5.	Les Hellyer	Brunswick A.A.C	Retired

Young Gordon Doak put in an excellent performance in finishing 2nd, only 600yds behind the current Victorian champion Len Chadwick. His time of 5:07:10 was outstanding for an Australian junior at that time and was only 12 minutes outside the Olympic standard of 4:55:00 that had been set by the Australian Amateur Athletic Assn. He had come off a stellar winter season which saw a whole swag of wins and places in VAWC races and saw him win the overall style award for the season. In fact, VAAA judge, Bert Gardiner had declared that Doak “has a walking style which could not be bettered”.

A 10,000m Pre-Olympics track walk trial was also held that day for Victorian potentials, kicking off at the Olympic Park in Melbourne at 5:45PM. Conditions were still unusually cool with the race report describing the weather as “fine, cold wind, heavy gusts at time”.

VAWC Pre-Olympic 10,000m Trial, Sat 15 Dec 1951

1.	Ted Allsopp	Williamstown A.A.C	46:54.2
2.	Ray Smith	Coburg A.A.C.	47:45
3.	A Malpass	Williamstown A.A.C.	48:11
4.	Ernie Ryall	Coburg A.A.C.	49:40
5.	J Matthews	Footscray A.A.C.	54:59

Further 10,000m trials were put on for the Victorians by VAWC, first at the Olympic Park on 5th January 1952 (won by A. Malpass in 47:34) and then at Malvern Cricket Ground on 22nd January 1952 (won by Ted Allsopp with 46:31).

The official 50km Olympic trial was held on Saturday 2nd February 1952 in Melbourne, starting just after 11AM at Olympic Park. This was designated as the first ever Australian 50km Championship and from then on, an Australian 50km championship would be scheduled every even year. The course saw walkers complete 2 laps of the track before proceeding along Batman Ave, Sturt St and Moray St to Albert Park, where they completed 7 laps of the lake before returning the same way to Olympic Park and completing a final 3 laps on the track. The weather was fine and sunny at the start and remained that way throughout the day, the temperature increasing as the race progressed and the torrid conditions taking an obvious toll on the field, only 3 of the 11 starters actually finishing.

Chadwick walked heroically, finishing over 30 minutes ahead of second placed Medcalf, but well outside the required 4:55:00. Doak put in another creditable performance in gaining third place but was badly effected in the heat, finishing in a very slow 5:50:14. Sadly, he effectively retired from serious racewalking at that stage and turned to his other love of weight lifting. It was a case of waiting another 4 years for the next Olympics or getting on with his life.

50km Olympic Road Walk Trial and Australian Championship, Saturday 2nd February 1952

1.	Len Chadwick	VIC	5:10:58
2.	W. Medcalf	NSW	5:44:22
3.	Gordon Doak	VIC	5:50:14
	D Waters	WA	Retired at 20 Miles
	W. Knott	VIC	Retired at 18 Miles
	Cliff Barling	VIC	Retired at 18 Miles
	W. Behan	NSW	Retired at 17 Miles
	G. Kenyon	NSW	Retired at 17 Miles
	R. Tarts	NSW	Retired at 14 Miles
	Tom Daintry	QLD	Retired at 11 Miles
	Les Hellyer	VIC	Disqualified at 14 Miles

The official 10,000m track walk Olympic trial was also held that same day at Olympic Park in Melbourne, with a 5PM start time. Conditions were described as fine, sunny and hot – a classic example of understatement for what was a very hot Melbourne summer's day.

Victorian Ted Allsopp had entered the trial as the clear favourite, having dominated the Australian scene for the previous 2 years. He had won the Victorian 10 km (45:56) and the Australian 10 km (46:55) in 1951 and confirmed his form with leadup 10,000m track walks of 47:15 (1 Dec 1951), 46:54 (15 Dec 1951) and 46:31 (22 Jan 1952). But come the final trial, it was a young WA speedster Don Keane who upset his plans and won with a time of 46:11. Allsopp was second in 47:16 and certainly deserved selection but, somewhat controversially, only Keane was named in the team for Helsinki.

10,000m Olympic Track Walk Trial, Saturday 2nd February 1952

1.	Don Keane	WA	46:11.8
2.	Ted Allsopp	VIC	47:16.4
3.	A. Malpass	VIC	49:36
4.	E. Edwards	NSW	51:07
5.	John McDougall	NSW	52:15
6.	J. Freeman	VIC	54:00
7.	J. Matthews	VIC	56:24
8.	John Smythe	SA	59:51
	Ray Smith	VIC	Retired
	A. Monnery	VIC	Retired
	R. Gration	VIC	Retired
	George Nevitt	VIC	Retired
	Ernie Ryall	VIC	Disqualified

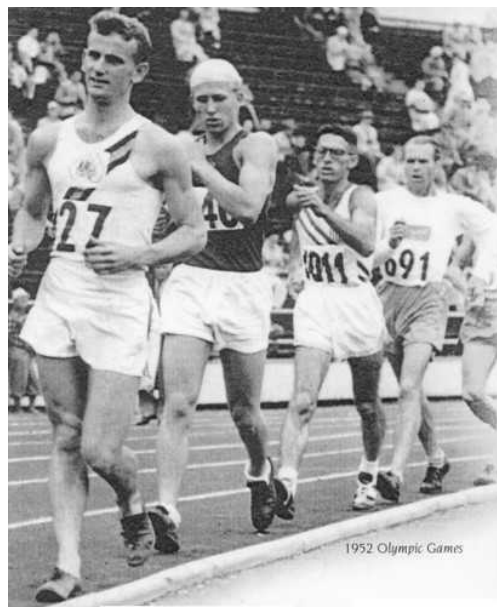
For Keane, it was a meteoric rise to the top. In his first year as a senior, he had astounded all by winning the 1950 Australian Track Championship in Adelaide, beating Athol Stubbs by 6 inches with a new Australian record of 13:43. Stubbs had won 3 of the last 4 Australian Track Championships and was considered unbeatable at that stage. Keane would go on to win another six titles over that distance (1951, 1952, 1953, 1954, 1957 and 1958) and represent Australia at the 1956 Olympics as well.

So, at only 21 years of age, Don Keane was our only Olympic walker in the 1952 Olympics. He led the first heat through the 5000m mark in 22:26 before settling back and finishing 5th (46:55) to ensure his place in the final. There he recorded 10th place(47:37).

1952 Olympic 10,000m Track Walk, 27 July 1952

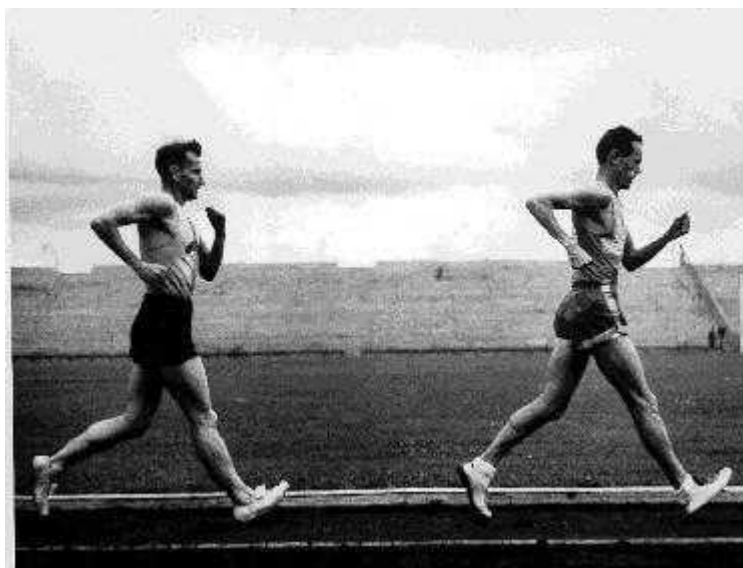
1.	John MIKAELSSON	SWE	45.02.8	OR
2.	Fritz SCHWAB	SWI	45.41.0	
3.	Bruno JUNK	EST	45.41.0	
4.	Louis CHEVALIER	FRA	45.50.4	
5.	George COLEMAN	GBR	46.06.8	

6.	Ivan YARMYSH	UKR	46.07.0
7.	Emile MAGGI	FRA	46.08.0
8.	Bruno FAIT	ITA	46.25.6
9.	Gabriel REYMOND	SUI	46:38.6
10.	Don KEANE	AUS	47:47.0



Taken in the early stages of the first heat in the 1952 Olympic 10,000m track walk, the photo shows Don (number 27) in front of Bruno Junk (USSR), Henry Lasko (USA), John Michaelson (SWE) and Chevalier (FRA).

As for Allsopp, he put his disappointment aside, racing through the 1952 winter season with wins in the Victorian 10km (45:38) and the Victorian 10 miles (78:39) and the Australian 10km roadwalk (46:08) – his third win in a row in this event. For the records, he did subsequently represent Australia at the 1956, 1960 and 1964 Olympic Games.



And one final photo, showing Ted Allsopp leading Don Keane in one of their many classic encounters. Two superb walk technicians in action.

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

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 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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