



HEEL AND TOE ONLINE

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

Walker of the Week this time around goes to 17 year old Melbourne walker **Jemima Montag**, one of our four World Youth reps who will compete in the IAAF World Youth Championships in Colombia next month. Competing in a pre-departure camp meet in Brisbane on Sunday, she powered through the 5000m track walk in a 28 sec PB time of 22:04.29. This time rockets the Simon Baker trained walker into 16th overall in the Australian Open Women's All-Time ranking list and marks her as the youngest walker in the Top 20.



Jemima in action in Brisbane last Sunday

Rank	Time	Name	State	DOB	Place	Location	Date	Age
1	20:03.0	Kerry Saxby-Junna	N	20/06/1961	1	Sydney	11/02/1996	34
2	21:03.33	Jess Rothwell	V	18/06/1989	1	Melbourne	20/02/2009	19
3	21:19.19	Cheryl Webb	N	03/10/1976	2	Sydney	14/02/2009	32
4	21:21.25	Tanya Holliday	S	21/09/1988	1	Sydney	18/02/2012	23
5	21:23.60	Beki Lee	N	25/11/1986	2	Sydney	18/02/2012	25
6	21:25.6	Anne Pembroke-Manning	N	13/11/1959	mix	Sydney	12/02/1994	34
7	21:29.12	Claire Tallent	S	06/07/1981	3	Sydney	18/02/2012	30
8	21:32.26	Jane Saville	N	05/11/1974	1	Melbourne	01/03/1997	26
9	21:34.23	Natalie Saville	N	07/09/1978	2	Melbourne	01/03/1997	18
10	21:45.16	Lisa Sheridan-Paolini	N	10/12/1962	1	Sydney	20/02/2000	37
11	21:46.68	Kelly Ruddick	I	19/04/1973	2	Brisbane	29/03/2014	40
12	21:46.70	Kellie Wapshott	V	23/03/1981	mix	Melbourne	10/02/2008	26
13	21:47.6	Gabrielle Blythe	V	09/03/1969	mix	Canberra	12/03/1993	24
14	21:59.0	Teresa Letherby	Q	05/04/1972	3	Sydney	11/02/1996	23
15	22:01.50	Linda Coffee	N	31/07/1977	2	Sydney	18/02/1996	18
16	22.04.29	Jemima Montag	V	15/02/1998	1	Brisbane	14/06/2015	17
17	22:04.42	Sue Orr-Cook	V	23/04/1958	1	Melbourne	01/04/1984	25

18	22:05.76	Michelle French	N	01/04/1982	2	Melbourne	19/02/2006	23
19	22:06.54	Regan Lamble	V	14/10/1991	4	Sydney	18/02/2012	20
20	22:08:00	Megan Szirom	V	18/08/1977	1	Melbourne	23/06/2007	29

WHAT'S COMING UP

Next Sunday 21st June sees another round of Championships at Middle Park. Note that we will be using our club course alongside the Bowling Club rather than the championships course over near the lake. Entry details as follows

- AV Open 20km Champs Pre-enter via AV online panel. No entries allowed on the day. Entries close Wed 17 June. See <http://athsvic.org.au/event/2015-av-walk-series-20km-championships/>.
- AV Schools Champs Pre-enter via AV online panel. No entries allowed on the day. Entries close Wed 17 June. See <http://athsvic.org.au/event/2015-victorian-schools-walk-championship/>.
- AMA/VMA 20km Champs Pre-enter via VRWC online entry panel (<http://vrwc.org.au/wp1/>) or enter on the day.
- All other races Pre-enter via VRWC online entry panel (<http://vrwc.org.au/wp1/>) or enter on the day.

Sunday 21st June 2015, Middle Park			
AV, AV Schools, AMA, VMA & VRWC Championships			
8.30am	20km	AV Championship	Open Men
8.30am	20km	VRWC Championship - Alf Robinson Trophy	Open Men
8.30am	20km	AMA / VMA Championship	Masters Men
8.30am	20km	AV Championship	Open Women
8.30am	20km	AMA / VMA Championship	Masters Women
8.30am	20km	Non- championship	Open
8.30am	10km	AV Schools Championship	U20 Men/Women
10.00am	5km	AV Schools Championship	U18 Men/Women
10.00am	5km	Non- championship	Open
10.30am	3km	AV Schools Championship	U16 Boys/Girls
10.30am	3km	AV Schools Championship	U14 Boys/Girls
11.00am	1.5km	VRWC Championship	U10 Boys/Girls
11.00am	1.5km	VRWC Championship	U12 Boys/Girls
11.45pm		Presentations	

Looking further forward, Athletics Australia has now added a page to its website to start advertising the Australian **Roadwalk Championships** which will be held at Middle Park on the morning of **Sunday 30th August**. AA plans to open entries the first week in July and close entries 10 days before the carnival. See <http://www.athletics.com.au/Compete/Events/2015-australian-race-walking-championships> for a timetable and course map.

THE 49TH LAKE BURLEY GRIFFIN CARNIVAL, CANBERRA, SUNDAY 7 JUNE

Following on from my report of the Lake Burley Griffin carnival in last week's newsletter, there have been a few slight changes in the results – see <http://www.vrwc.org.au/documents/2015-LBG-Results.htm> for the definitive listing.

Last week, I generally reported on the meet but this time around, I want to focus in on the Victorian performances – this is after all a Victorian based newsletter. Our team did fantastically and brought home so many medals and perpetual shields. Medallists were

Individual Gold	Quentin Rew	Open Men 20 Miles	2:21:17
	Karyn O'Neill	Open Women 20 Miles	3:46:59
	Adam Garganis	Open Men 10 Miles	1:12:52
	Aaron McDonough	Masters Men 10 Miles	1:26:21
	Donna Elms	Women Fitness 5 Miles	54:02
	Kyle Swan	U20 Men 10km	43:38
	Tayla-Paige Billington	U20 Women 10km	49:36
	Joel Prys	U10 Boys 1km	5:06
	Gemma Lillie	U10 Girls 1km	5:53
	Josh Jensen	U12 Boys 3km	10:38
	Corey Dickson	U14 Boys 2km	9:12
	Jemma Peart	U14 Girls 2km	9:23
	Jemima Montag	U18 Girls 5km	22:52
Individual Silver	Nathan Brill	Open Men 10 Miles	1:16:32
	Chelsea Karagiorgos	U10 Girls 1km	6:35
	Harrison Karagiorgos	U12 Boys 2km	10:41
	Allanah Peart	U12 Girls 2km	9:42
	Zahra Hayes	U14 Girls 2km	9:36
	Kyle Swan	U18 Boys 5km	23:56

Individual Bronze	Corey Dickson Heather Carr	U16 Boys 3km Masters Women 10 Mile	14:48 1:37:48
Team Gold	Open 20 Miles Open Men 10 Miles U10 Boys 1km U12 Boys 2km U12 Girls 2km U14 Boys 2km U14 Girls 2km	Quentin Rew, Brad Simpson, Terry O'Neill Adam Garganis, Nathan Brill, Aaron McDonough Joel Prys, Eden Morgan, Stefan Mandic Josh Jensen, Harrison Karagiorgos, Joel Prys Alanna Peart, Charlotte, Hay, Brianna Briet, Claire Noonan Corey Dickson, Will Thompson, Nikola Mandic Jemma Peart, Zahra Hayes, Rebecca Henderson	
Team Silver	U18 Boys 5km U18 Girls 5km	Kyle Swan, Reese Walmsley, Corey Dickson Jemima Montag, Kathleen O'Mahony, Charlotte Hay	
Team Bronze	U12 Boys 2km	Heath Beveridge, Eden Morgan, Angus Hay	



U10 walkers Gemma Lillie, Chelsea Karagiorgos, Joel Prys, Stefan Mandic, Eden Morgan and Scott Peart



**U12 walkers Heath Beveridge, Josh Jensen, Harrison Karagiorgos, Joel Prys, Eden Morgan, Angus Hay and Scott Peart
U12 walkers Alanna Peart, Claire Noona, Brianna Briett, Charlotte Hay and Gemma Lillie**

Lots more team photos at <http://www.vrwc.org.au/coppermine/thumbnails.php?album=44>.

VRWC ROAD RACES, MIDDLE PARK, SATURDAY 13 JUNE

After a very cold week here in Melbourne, Saturday afternoon was a beautiful sunny and still winter's day – absolutely perfect for walking. It's always a smaller racing day the week after the LBG carnival so we had only 43 walkers on deck for our annual Guess Your Time races. With prizes on offer for those who guessed closest, it is always a keenly contested carnival.

Quentin Rew led out as usual, storming through to 52:12 for his 12km and taking the Guess Your Time prize in that division. **Pam Tindal** and **Bob Gardiner** won the prizes in the 10km events while **Donna Elms** and **Aaron McDonough** won the prizes in the 5km events.

12km Guess Your Time	Actual Time	Guess
1. Quentin Rew	52:12	52:00
2. Gerard Feain	1:15:08	1:12:00
3. Simon Evans	1:14:46	1:10:00

10km Guess Your Time	Actual Time	Guess
1. Pam Tindal	58:25	58:00
2. Sandra Geisler	58:27	58:00
3. Margaret Beaumont	1:26:31	1:25:50
4. Wendy Muldoon	59:17	1:00:20
1. Bob Gardiner	1:10:25	1:06:00
2. Ralph Bennett	1:03:53	
Bernie Keirl	DNF	
Andrew Jamieson	DNF	

5km Guess Your Time	Actual Time	Guess
1. Donna Elms	30:02	29:50
2. Gwen Steed	32:23	32:50
3. Kathleen O'Mahony	29:04	29:47
4. Jessica Lillie	30:44	31:30
5. Brodie Richardson	31:17	30:00
1. Aaron McDonough	25:01	25:00
2. Hayden Walmsley	28:08	28:10
3. Geoff Barrow	36:11	36:00
4. Lachlan Feain	28:16	27:50
5. Adam Garganis	22:36	21:40
6. Mark Donahoo	26:58	25:55
7. Russ Dickenson	31:25	32:30
8. Reese Walmsley	25:37	24:30
9. Barrie Wicks	40:09	38:50
10. Corey Dickson	28:05	25:55

Our 3km and 1.5km events started a little later and saw their usual big fields. Prizes to **Chloe Karagiorgos, Josh Jensen, John Morrison, Charlotte Hay, Caitlyn Rudston-Brown** and **Harrison Karagiorgos**.

3km Guess Your Time	Actual Time	Guess
1. Chloe Karagiorgos	17:01	16:50
2. Grace Louey	18:53	18:30
3. Gemma Lillie	19:05	18:30
4. Glennis McPherson	19:52	20:30
E1 Josh Jensen	16:59	17:00
E1 John Morrison	23:21	23:20
3. Heath Beveridge	18:46	18:30
4. Gordon Onley	26:23	26:40
5. Ian Beaumont	25:55	25:35

1.5km Guess Your Time	Actual Time	Guess
E1 Charlotte Hay	08:01	08:00
E1 Caitlyn Rudston-Brown	10:16	10:15
3. Heather Carr	07:54	08:05
4. Alanna Chapman	10:15	10:00
5. Chelsea Karagiorgos	10:43	10:00
6. Pam Mews	17:45	15:20

- | | | | |
|----|----------------------|-------|-------|
| 1. | Harrison Karagiorgos | 08:58 | 08:30 |
| 2. | Angus Hay | 11:22 | 10:30 |

As usual, thanks to everyone who helps out each week. Sorry if I missed anyone

Registration/Results: Mark Donahoo, Ralph Bennett, Damien Elms, Michael Bodey
Officials: Tim Erickson, Ian Laurie, Harry Summers, Simon Baker, Damien Elms
Judges: Peter Vysma (Chief), G Loughnan, L Nichols, M Bodey
Canteen: Marlaine Stanway, Kate Suich
Camera: Terry Swan



Aaron McDonough, Quentin Rew, Bob Gardiner and Pam Tindal (photos Terry Swan)



Donna Elms, Chloe Karagiorgos, Charlotte Hay and Caitlyn Rudston-Brown



John Morrison, Harrison Karagiorgos, Josh Jensen and Wendy Muldoon

STYLE AWARD

Style award points for this week were awarded as follows

Women

Wendy Muldoon	6
Pam Tindal	8
Heather Carr	3
Jessica Lillie	2
Kathleen O'Mahony	2
Brodie Richardson	1
Chloe Karagiorgos	1

Men

Adam Garganis	8
Quentin Rew	7
Russ Dickenson	3
Aaron McDonough	2
Gerard Feain	1

Overall, Adam Garganis and Tayla-Paige Billington lead the 2015 Winter Season Style Award points after 6 rounds. See the progressive Style Award, Handicap and Actual Times points at <http://www.vrwc.org.au/vrwcpointscomps.shtml>.

ACT WALKERSCLUB ROADWALKS, LAKE TUGGERANONG, CANBERRA, SATURDAY 13 JUNE

Thanks to Robin Whyte for his weekly report from Canberra.

6.6km Walk

1. Connor Frew	34:57
2. Mitchell Baker	34:58
3. Callum Burns	36:52
4. Ann Staunton-Jugovic	37:12
5. Gabby Hunt	37:50
6. Peter Baker	42:01
7. Dylan Eddowes	42:43
8. Robin Whyte	43:06
9. Helena Bialecki	43:17
10. Greg Durr	46:30
11. Bryan Thomas	46:43
12. Barbara Eddowes	47:08
13. Rod Gilchrist	47:41
14. Derek Robinson	48:11

15. Monika Short	49:21
16. Geoff Barker	50:39
17. Jennifer Gilchrist	51:22
18. Doug Fitzgerald	53:21
19. Warren Butler	55:10
20. Val Chesterton	58:48

2km Walk

1. Tom Hunt	11:13
2. Laura Burns	11:28
3. Jack Thackray	18:04

1km Walk

1. Georgia Frew	08:42
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NSWRWC ROADWALKS, HABERFIELD (LEICHHARDT), SATURDAY 13 JUNE

Thanks to Frank Overton for last Saturday's results from NSWRC in Sydney - fine and 17°C. Another good turnout of 38 walkers.

Long Division 10 km

1.	Jay Felton	48.10
2.	Carl Gibbons	49.00
3.	Kirsty Klein	51.00
4.	Cheryl Webb	51.23
5.	Jasmyn McDonald	53.21
6.	Ian Jessurun	53.47
7.	Bryony Beasley	58.38
8.	Joan Purcell	76.28
	Jasmine Dightom	DNF

Medium Division 8 km

1.	Dylan Richardson	40.20
2.	Chelsea Goodhew	42.25
3.	Ryan Thomson	43.48
4.	Samantha Brown	46.10
5.	Travis Barendregt	50.22
6.	Judy Brown	66.37
7.	Brendon Hyde	73.38

Short Division 4 km

1.	Kyle Bedford	19.17
2.	Allanah Pitcher	21.03
3.	Donald Catallo	24.58
4.	Nicolle Challinor	26.59

U16 3 km

1.	Renee Hardy	16.24
2.	Hayden Blaskett	16.28
3.	Lachlan Becroft	18.59
4.	Hayley Hills	19.13
5.	Brittany Robertson	19.17
6.	Catherine Young	20.12
7.	Dion Carrathers	20.20
8.	Jada Thomson	20.43
9.	Login Barendregt	27.00

U12 1.5 km

1.	Ellie Decelis	9.23
2.	Jessica Rocchetio	9.45
3.	Isabella Nilon	11.10
4.	Aiden Hardy	11.11
5.	Natasha Fairhall	11.58
6.	Isabella Hollins	12.35

U10 1 km

1.	Peter Elliott	6.42
2.	Mitchell Rigney	9.56
3.	Amelia Croker	11.13

SAMA ROADWALKS, EAST TERRACE, ADELAIDE PARKLANDS, ADELAIDE, SATURDAY 13 JUNE

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

10km Walk

1.	George White	0:56:59	M70	90.32%
2.	Kevin Finn	1:05:17	M63	72.74%
3.	Geoff Byham	1:06:14	M68	75.83%
4.	Marie Maxted	1:06:58	W55	72.95%
5.	Graham Harrison	1:13:41	M71	70.74%
6.	Richard Moyle	1:15:08	M59	60.72%
7.	David Robertson	1:23:05	M81	72.64%
8.	Doug Smart	1:23:34	M71	62.37%
9.	Jeff Kennett	1:34:15	M64	50.93%

5km Walk

1.	Rodger Barber	0:36:36	M77	75.13%
2.	Julia Lycett	0:38:37	W51	58.32%
3.	Roger Lowe	0:39:33	M72	64.95%
4.	Linda Whitelaw	0:40:25	W61	61.87%
5.	Colin Hainsworth	0:40:57	M85	76.33%
6.	Jill Rogers	0:43:13	W70	65.21%
7.	Paul Boyce	0:43:30	M79	65.12%

SARWC INTERVALS RACES, PEACOCK ROAD, ADELAIDE, SATURDAY 13 JUNE

The South Australian walkers had their annual Intervals Races day on Saturday, the aim to complete as many 1.5km reps as they could within the requisite timeframe. Alex Harlington, Peter Crump, John Leydon and Bill Starr led the way with 6 reps.

Name	Age	Num	Int 1	Int 2	Int 3	Int 4	Int 5	Int 6	Slowest	Fastest	Average
Alix Harlington	MU18	6	07:27	07:43	07:52	08:01	08:05	08:10	08:10	07:27	07:53
Peter Crump	M35+	6	08:14	08:11	08:16	08:12	08:14	08:05	08:16	08:05	08:12
John Leydon	M35+	6	09:01	08:55	09:03	DNS	DNS	DNS	09:03	08:55	09:00
Bill Starr	M35+	6	10:26	10:28	10:22	10:26	10:19	10:09	10:28	10:09	10:22

Jay Goode	MU16	5	07:38	08:01	07:59	08:29	07:59		08:29	07:38	08:01
Tristan Camilleri	MU16	4			08:02	08:41	09:05	09:24	09:24	08:02	08:48
Victoria Upton	FU14	4			08:21	08:28	09:31	09:35	09:35	08:21	08:59
Ollie Adams	F35+	4	09:49	08:56	09:05	09:54	09:54			08:56	09:26
Kitarni Upton	FU12	4			09:33	08:49	09:58	09:34	09:58	08:49	09:29
Chloe Upton	FU14	4			08:40	09:17	10:18	10:42	10:42	08:40	09:44
Adrian Upton	MU14	4			09:42	09:22	12:18	DNS	12:18	09:22	10:27
Seth Upton	MU10	4			10:15	09:46	11:34	11:17	11:34	09:46	10:43
Jake Vidler	MU16	3	07:05		07:32		07:45		07:45	07:05	07:27
Rhiannon Lovegrove	FU16	3	07:34		07:57		08:01		08:01	07:34	07:51
Samantha Findlay	FU20	3	07:40		08:12		08:04		08:12	07:40	07:59
Ayeisha Wallace	FU16	3	09:26		09:54			10:42	10:42	09:26	10:00
Aleesha Vidler	FU14	3	09:59		10:12		09:57		10:12	09:57	10:03

QA WINTER TRACK & FIELD MEET, QSAC, BRISBANE, SUNDAY 14 JUNE

The four walkers selected for this year's World Youth championships attended a pre-departure camp in Brisbane last weekend. As part of the weekend they also competed in a Pre-Departure meet held as part of a QA Winter Season T&F Meet. And they all produced the goods – **Jemima Montag** 22:04.59 for 5000m, **Clara Smith** 23:16.36 for 5000m, **Tyler Jones** 21:23.12 for 5000m and **Kyle Swan** 12:27.77 for 3000m.

Women 3000m Walk

1.	Schofield, Amelia	12	Gold Coast Victory	16:56.88
	Schofield, Isabella	13	Gold Coast Victory	DQ

Men 3000m Walk

1.	Bird-Smith, Dane	23	QRW	11:49.00	
2.	Swan, Kyle	16	Australia	12:27.77	PB 0:22
3.	Buchhorn, Adam	12	Thompson Estate	16:36.71	
4.	Clarke, Ethan	14	QA	17:04.62	
5.	Haig, Callum	15	USC	17:58.30	

Women 5000m Walk

1.	Montag, Jemima	17	Australia	22:04.29	PB 0:28
2.	Smith, Clara	17	Australia	23:16.36	

Men 5000m Walk

1.	Jones, Tyler	17	Australia	21:33.12
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BENDIGO WALKERS CLUB ROADWALKS, BENDIGO, SUNDAY 14 JUNE

Thanks to Paul Rance for the results of the latest walks in Bendigo. Paul reported: The 8km event saw Barb Bryant continue her impressive form as she took 1st and fastest and broke her own 4 year old Club 55+ record by almost 2 minutes with Annette Major 2nd and Ebony Whiley in 3rd place. In the 1.5km Caitlyn Tozer won her 4th race for the year as she defeated Annette Curtis by 3 seconds with Sheridan Commons in 3rd place and Zahra Hayes taking fastest time.

1.5km Handicap Walk

1.	Caitlyn Tozer	13.07
2.	Annette Curtis	10.25
3.	Sheridan Commons	10.50
4.	Norm West	11.58
5.	Zahra Hayes	7.33
6.	Peter Curtis	8.20
	Geoff Major	DNF

8km Handicap Walk

1.	Barb Bryant	45.55
2.	Annette Major	51.39
3.	Ebony Whiley	57.51

AUSTRALIAN 20KM RANKINGS – MEN AND WOMEN

With the great walks in La Coruna a week ago by **Dane Bird-Smith (1:20:05)** and **Rhydian Cowley (1:23:25)**, I have updated my Australian all-time ranking lists. The two walkers remain in the same spots (6th and 13th) but their improved times move them closer to those in front).

Rank	Time	Name	State	DOB	Place	Location	Date	Age
1	1:17.33.0	Nathan Deakes	V	17/08/1977	1	Cixi City, China	23/04/2005	27
2	1:19.15.0	Luke Adams	N	22/10/1976	7	Cheboksary, Russia	10/05/2008	31
3	1:19.15.0	Jared Tallent	V	17/10/1984	1	Melbourne	13/02/2010	25
4	1:19.22.0	Dave Smith	V	24/07/1955	1	Hobart	19/07/1987	31
5	1:19.33.0	Nick A'Hern	N	06/01/1969	1	Melbourne	15/12/1990	21
6	1:20.05.0	Dane Bird-Smith	Q	15/07/1992	5	La Coruna, Spain	06/06/2015	22
7	1:20.43.0	Andrew Jachno	V	13/04/1962	1	Brisbane	26/08/1990	28
8	1:20.49.0	Dion Russell	V	08/08/1975	1	Melbourne	19/03/1999	23
9	1:21.19.0	Simon Baker	V	06/02/1958	1	Canberra	27/08/1988	30
10	1:21.36.0	Willi Sawall	V	07/11/1941	1	Melbourne	04/07/1982	40
11	1:21.49.0	Adam Rutter	N	12/12/1986	3	Melbourne	23/02/2008	21
12	1:22.08.0	Chris Erickson	V	01/12/1981	10	Nomi, Japan	15/03/2015	33
13	1:23.27.0	Rhydian Cowley	V	04/01/1991	26	La Coruna, Spain	06/06/2015	24
14	1:24.11.0	Liam Murphy	S	05/06/1979	1	Adelaide	26/07/2003	24
15	1:24.20.0	Duane Cousins	V	13/07/1973	5	Melbourne	19/03/1999	25
16	1:24.25.0	Ian Rayson	N	04/02/1988	1	Narellan, NSW	13/11/2011	23
17	1:24.34.0	Brent Vallance	N	30/04/1972	15	Naumburg, Germany	23/05/1998	26
18	1:24.51.0	Brendon Reading	A	26/01/1989	21	Taicang, China	22/04/2011	23
19	1:24.54.0	Paul Copeland	V	25/04/1967	1	Melbourne	10/11/1991	24
20	1:24.56.0	Darren Bown	S	30/06/1974	4	Sydney	06/03/2005	30

For the full men's and women's ranking lists for all major distances, check out <http://www.vrwc.org.au/arankings.shtml>. It may not be fully up to date on all distances but it's pretty comprehensive.

49TH SOUTH AMERICAN SENIOR CHAMPIONSHIPS, LIMA, PERU, 12-14 JUNE

The Brazilian team dominated the 49th edition of the South American Championships, which took at Lima's Videna Stadium on 12-14 June. In spite of the unfriendly weather – some rain and autumn temperatures – the oldest continental area championships in the world produced some fine performances.

Colombia's Lorena Arenas, the 2012 world junior silver medallist, set a South American record in the 20,000m race walk with 1:31:02.25. Arenas won comfortably after her main opposition, Peruvian Kimberly Garcia and Brazilian Érica de Sena, were disqualified after the halfway point. Pleased with her title, Arenas said she hopes to improve her 20km road national record of 1:30:18. "The girls have better performances than me on the road, but they always get in trouble at the track events," said Arenas. Another Colombian, Ingrid Hernández, was second in 1:36:42.08.

See report and photos from http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2114.

20,000m Walk Women

1.	Lorena Arenas	1993	COL	1.31.02.3
2.	Hernandez Ingrid	1988	COL	1.36.42.1
3.	Castro Angela	1993	BOL	1.41.38.3
4.	Glsselle Rodríguez	1993	PAN	1.54.07.9
	Erica Rocha De Sena	1985	BRA	DQ
	Garcia Leon Gabriela Kimberly	1993	PER	DQ
	Hanco Merma Jessica	1995	PER	DQ

20,000m Walk Men

1.	Chihuan Camayo Pavel Ivar	1986	PER	1.23.34.0
2.	Cano Juan Manuel	1987	ARG	1.23.56.0
3.	Arteaga Mauricio	1988	ECU	1.24.18.0
4.	Pintado Daniel	1995	ECU	1.25.25.0
5.	Yurivilca Calderon Paolo	1996	PER	1.26.27.0
	Richard Vargas	1990	VEN	DNF
	Araya Yerko	1986	CHI	DQ
	Saquipay Rolando	1979	ECU	DNF
	Ivan Garrido	1994	COL	DQ
	Jose Leonardo Montaña	1992	COL	DNF

IBERO-AMERICAN CHAMPIONSHIPS, HUELVA, SPAIN, WEDNESDAY 10 JUNE

The Ibero-American Championships in Athletics is a biennial athletics competition for athletes representing Ibero-American countries as well as a number of other Spanish or Portuguese-speaking countries in Africa. The competition is organised by the Asociación Iberoamericana de Atletismo (Ibero-American Athletics Association) and travels the world. This time around, it was held in Huelva in Spain and included a 3000m walk for women which is well reported by http://www.marciadalmundo.com/eng/dettagli_news.aspx?id=2107 and <http://omarchador.blogspot.pt/2015/06/takacs-triunfa-no-meeting-de-huelva.html>.

Overall, the title went to Julia Takacs (12:20.1) after Ana Cabechinha was disqualified post-race once the red cards were counted She had been the first to cross the line. Overall, Spanish walkers dominated with the first 6 places.

Women's 3000m Race Walk - 10.06.2015

1.	Júlia TAKÁCS	ESP	89	12:20.1
2.	Raquel GONZALEZ	ESP	89	12:24.5
3.	Laura GARCÍA-CARO	ESP	95	12:29.4
4.	Ainhoa PINEDO	ESP	83	12:49.5
5.	Lidia SANCHEZ-PUEBLA	ESP	96	13:22.7
6.	Maria PEREZ	ESP	96	13:43.6
7.	Edna BARROS	POR	96	13:50.7
8.	Catarina MARQUES	POR	96	14:05.0
9.	Carolina COSTA	POR	98	14:37.7
10.	Sofia JIMENEZ CORREA	ESP		16:21.9
11.	Alba DEL MORAL PRADO	ESP		16:41.6
	Ana CABECINHA	POR	84	DQ

ROMANIAN TRACK WALKS, PITESTI, ROMANIA, 7 JUNE 2015

To Romania now – not sure if these were national championships or not.

Men's Open 10,000m Race Walk

1.	Florin Alin STIRBU	ROU	92	42:58.4
2.	Adrian Ionut DRAGOMIR	ROU	94	43:09.0
3.	Catalin Vasile SUHANI	ROU	91	43:45.3
4.	Andrei GAFITA	ROU	96	44:45.1
5.	Narcis Stefan MIHAILA	ROU	87	45:36.4
6.	Stefan Cristian MANGU	ROU	99	47:45.4
7.	Maricel NECULA	ROU	96	49:13.3
8.	Robert LATCU	ROU	93	49:55.7
9.	Doru URSU	ROU	85	51:21.9
10.	Ionut Adrian POSTOACA	ROU	97	51:30.9
11.	Stefan POPA	ROU	94	53:19.6

Women's Open 10,000m Race Walk

1.	Andreea ARSINE	ROU	88	45:39.0
2.	Mihaela PUSCASU	ROU	95	48:21.0
3.	Alexandra Iuliana AICHIMOAEI	ROU	93	48:30.0
4.	Veronica MARINESCU	ROU	76	49:15.0
5.	Carmen Bianca MOLNAR	ROU	96	50:00.3
6.	Iulia Diana LUPASCU	ROU	96	53:06.0
7.	Adriana ARVATU	ROU	93	54:02.0
8.	Iuliana Loredana HRITCU	ROU	96	54:26.0

Women's U16 3000m Race Walk

1.	Andra Elena BOTEZ	ROU	00	14:27.8
2.	Beatrice HRISCA	ROU	01	15:21.8
3.	Ruth Hristina IVANEL	ROU	01	15:22.7

Women's U18 5000m Race Walk

1.	Gabriela SIMINICEANU	ROU	98	24:53.4
2.	Andreea Raluca PUIU	ROU	99	26:51.0
3.	Roxana PANTA	ROU	99	27:27.9

ROMANIAN U18 CHAMPIONSHIPS, BUCHUREST, ROMANIA, 13-14 JUNE

And a week later to more Romanian walks, designated at U18 championships on the news wire.

Men's 10,000m Race Walk

1.	Stefan Cristian MANGU	ROU	99	49:04.8
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Women's 5000m Race Walk

1.	Gabriela SIMINICEANU	ROU	98	25:00.4
2.	Andreea Raluca PUIU	ROU	99	26:33.3
3.	Rebeca Iuliana CALIN	ROU	99	26:58.4
4.	Andreea Elena BIRSAN	ROU	98	27:23.2
5.	Roxana PANTA	ROU	99	27:29.3
6.	Andreea ROJNEAI	ROU	98	28:41.0

GERMAN RACE WALKING CHAMPIONSHIPS, DÜSSELDORF, GERMANY, SAT 13 JUNE

Very good walking by Christopher Linke (39:04.8), Nils Brembach (30:10.6) and Hagen Pohle (40:17.0) in the men's 10,000m German Track Championship last Saturday.

Men's 10,000m Race Walk

1.	Christopher LINKE	GER	88	39:04.8
2.	Nils BREMBACH	GER	93	39:10.6
3.	Hagen POHLE	GER	92	40:17.0
4.	Nils Christopher GLOGER	GER	90	42:27.4
5.	Andreas JANKER	GER	83	43:56.7
6.	Steffen BORSCH	GER	73	44:10.1
7.	Francesco-Marco TOMMASINO	GER	93	50:16.4
	Jacob STUTZKE	GER	97	DQ

Women's 5000m Race Walk

1.	Lea DEDERICHS	GER	95	23:45.4
2.	Annika BREMBACH	GER	96	24:02.0
3.	Emilia LEHMEYER	GER	97	24:06.5
4.	Lisa LINKE	GER	97	24:53.1
5.	Brit SCHRÖTER	GER	74	25:27.7
6.	Franziska GLANDORF	GER	93	25:36.1
7.	Nicole HÖRL	GER	71	26:44.4
8.	Linda BETTO	ITA	77	27:09.7
9.	Maria UNTERHOLZNER	GER	68	29:05.9
10.	Yvonne MARKGRAF	GER	75	29:48.0

41ST INTERNATIONAL WALKING FESTIVAL, ALYTUS , LITHUANIA, 12-13 JUNE

The 41st International Race Walking Festival in Alytus, Lithuania, last weekend included the Lithuanian National Walk Championships and saw a large contingent of international walkers in attendance. Good reports and photos in http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2112 and <http://omarchador.blogspot.pt/2015/06/aidietyte-e-barrondo-vencedores-em.html>.

Erick Barrondo (GUA) won the men's 20km for the second year in a row, with a time of 1:24:37. It was a race in three as he and Marius Žiukas and David Tomala led until the 19th kilometre before he forced the winning break. Žiukas was rewarded with the Lithuanian championship title in 1:24:46 while Tomala held on for third with 1:25:02. Neringa Aidietyté repeated her win of 2014 with a solo walk from the front, taking the Lithuanian title with a fast 1:30:02 ahead of Guatemalan Mirna Ortiz (1:33:06) and Greek Despina Zapounidou (1:33:07). Brigita Virbalité, who was not well, had to settle for fifth place behind Polish walker Katarzyna Golba. The 10km junior races saw comfortable wins for Anastasiya Rarouskaya (Belarus 50.24) and Tomas Pagirys (Lithuania) 45.33.

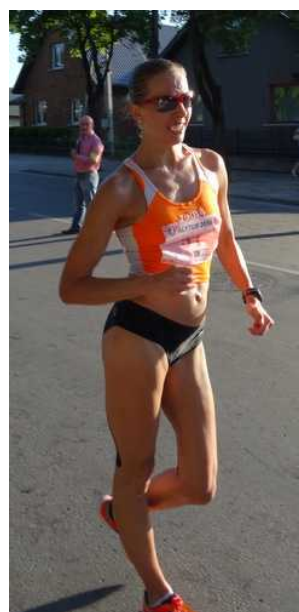
Men's 20km Race Walk

1.	Erick Bernabé BARRONDO	GUA	91	1:24:37
2.	Marius ZIUKAS	LTU	85	1:24:46
3.	Dawid TOMALA	POL	89	1:25:02
4.	Ivan TROTSKIY	BLR	76	1:25:56
5.	Tadas SUSKEVICIUS	LTU	85	1:26:35
6.	Genadiy KOZLOVSKIY	LTU	91	1:27:13
7.	Milan RÍZEK	SVK	78	1:31:25

8.	Arnis RUMBENIEKS	LAT	88	1:32:11
9.	Jose Maria RAYMUNDO COX	GUA	93	1:34:49
10.	Ivzans NORMUNDS	LAT	71	1:39:13
11.	Kamil KOMAROWSKI	POL	95	1:41:06
12.	Raivo SAULGRIEZIS	LAT	94	1:49:55
	Anton KUCMÍN	SVK	84	DNF
	Jakub JELONEK	POL	85	DQ
	Karl JUNGHANSS	GER	96	DQ
	Nenad FILIPOVIC	SRB	78	DNF
	Lebogang SHANGE	RSA	90	DNF
	Wayne SNYMAN	RSA	85	DNF
	Isaac PALMA OLIVARES	MEX	90	DNF
	Dzianis SIMANOVICH	BLR	87	DNF
	Artur MASTIANICA	LTU	92	DNF

Women's 20km Race Walk

1.	Neringa AIDIETYTE	LTU	83	1:30:02
2.	Mirna Sucely ORTIZ FLORES	GUA	87	1:33:06
3.	Despina ZAPOUNIDOU	GRE	85	1:33:07
4.	Katarzyna GOLBA	POL	89	1:34:11
5.	Brigita VIRBALYTE-DIMSIENE	LTU	85	1:36:47
6.	Inga MASTIANICA	LTU	89	1:39:38
7.	Maritza Rafaela PONCIO	GUA	94	1:41:20
8.	Mayra PÉREZ	GUA	88	1:41:20
9.	Nadezhda DOROZHUK	BLR	90	1:45:29
10.	Siu Nga CHING	HKG	87	1:47:33
11.	Agne KLEBAUSKAITE	LTU	92	1:51:20
	Monika KAPERNA	POL	90	DNF
	Erika PARVIAINEN	FIN	95	DNF
	Natalia PLOMINSKA	POL	92	DNF
	Agnese PASTARE	LAT	88	DNF
	Katerina THEODOROPOULOU	GRE	93	DNF
	Egle JUOCYTE	LTU	93	DNF



Barrondo, Ziukas, Aidietyte and Ortiz in action in Alytus (photos Harold van Beek)

Men's U20 10km Race Walk

1.	Tomas PAGIRYS	LTU	96	45:33
2.	Kacper KOSECKI	POL	97	46:31
3.	Daumantas LIUTINSKIS	LTU	99	47:02
4.	Dominik CERNY	SVK	97	47:32
5.	Martynas JARUSEVICIUS	LTU	96	49:46
6.	Arnoldas BUDRYS	LTU	96	49:53
	Andrzej LOBACZEWSKI	POL	92	DNF
	Arturs MAKARS	LAT	97	DNF

Ruslans SMOLONSKIS	LAT	96	DNF
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Women's U20 10km Race Walk

1. Anastasiya RAROVSKAYA	BLR	96	50:24
2. Derya KARAKURT	TUR	96	54:01
3. Lucia ŠKANTÁROVÁ	SVK	96	56:28

Women's U18 5km Race Walk

1. Ayse TEKDAL	TUR	99	24:25
2. Austėja KAVALIAUSKAITE	LTU	00	25:40

Lots more photos on the event website – <http://www.alytusfestival.lt/images/stories/galerija/Alytus2015/index.html>.

PORTUGUESE CLUB CHAMPIONSHIPS, VAGOS, PORTUGAL, 13-14 JUNE

Sergio Vieira (19:41.40) beat his brother Joao Viera (19:55.0) in winning the Portuguese Club Championships 5000m walk for men last weekend in Vagos while the women's 5000m title went to the ever youthful Vera Santos (12:53.0).

Men's 5000m Race Walk**Final 1**

1. Sérgio VIEIRA	POR	76	19:41.4
2. Joao VIEIRA	POR	76	19:55.0
3. Rui COELHO	POR	94	21:15.8
4. António PEREIRA	POR	75	21:31.7
5. Luis GIL	POR	75	21:52.1
6. Hélder DOS SANTOS	POR	96	21:54.6
7. Xavier SOUSA	POR	96	22:08.3
8. Pedro SANTOS	POR	92	22:13.2

Final 2

1. Augusto CARDOSO	POR	70	21:31.9
2. Pedro AMARAL	POR	97	21:35.3
3. Amaro TEXEIRA	POR	89	22:30.5

Women's 3000m Race Walk**Final 1**

1. Vera SANTOS	POR	81	12:53.0
2. Vitória OLIVEIRA	POR	92	13:16.7
3. Mariana MOTA	POR	95	13:55.0
4. Maribel GONCALVES	POR	78	14:45.3
5. Ana Raquel MARQUES	POR	83	14:54.5

Final 2

1. Edna BARROS	POR	96	13:25.0
2. Sandra SILVA	POR	75	13:53.9
3. Carina RODRIGUES	POR	87	14:36.2
4. Inês REIS	POR	99	14:50.1

SPANISH CLUB CHAMPIONSHIPS, ZARAGOZA, SPAIN, SATURDAY 13 JUNE

The Spanish Club Championships finals were on the same weekend but in Zaragoza in Spain, with victories going to Alvaro Martin (19:17.8) and Raquel Gonzales (21:26.3). Excellent depth as usual.

Men's 5000m Race Walk

1. Alvaro MARTIN	ESP	94	19:17.8
2. Diego GARCIA	ESP	96	19:59.0
3. Marc TUR	ESP	94	20:22.6
4. José Ignacio DÍAZ	ESP	79	20:46.6
5. Mikel ODRIOZOLA	ESP	73	20:53.1
6. David REYES	ESP	93	20:57.6
7. Juan Antonio PORRAS	ESP	72	22:25.3

Women's 5000m Race Walk

1. Raquel GONZALEZ	ESP	89	21:26.3
2. Júlia TAKÁCS	ESP	89	21:32.0
3. Laura GARCÍA-CARO	ESP	95	21:49.1
4. María José POVES	ESP	78	21:53.7

5.	Eva Maria TUR PALAU	ESP	90	24:07.6
6.	María José GUARDIOLA	ESP	76	25:12.1
7.	María NICOLAS	ESP	98	26:34.9

CZECH CLUB CHAMPIONSHIPS, KLDNO, CZECH REPUBLIC, SUNDAY 14 JUNE

Club championships also on offer in the Czech Republic.

Men's 5000m Race Walk

1.	Pavel SCHROM	CZE	91	21:53.3
2.	Karel KETNER	CZE	90	22:31.2

Women's 5000m Race Walk

1.	Lucie PELANTOVÁ	CZE	86	22:35.6
2.	Mária CZÁKOVÁ	SVK	88	23:25.6
3.	Hana HERBEROVÁ	CZE	81	26:23.9

TRACK WALKS, TARTU, ESTONIA, SUNDAY 14 JUNE

And to Estonia – it was indeed a busy racewalking weekend in Europe.

Men's 10,000m Race Walk

1.	Lauri LELUMES	EST	78	47:54.8
2.	Margus LUIK	EST	80	47:56.3

Women's 5000m Race Walk

1.	Angela MANDEL	EST	0	26:21.0
2.	Anna TIPUKINA	EST	96	27:07.5

BUDAPEST OPEN - SCHULEK ÁGOSTON MEMORIAL, BUDAPEST, HUNGARY, 13-14 JUNE

And yet another big meet in Budapest, Hungary, with Open 5000m and U16 3000m walks on offer.

Men's 5000m Race Walk

1.	Máté HELEBRANDT	HUN	89	20:13.9
2.	Bence VENYERCSÁN	HUN	96	20:45.5
3.	Tomasz BAGDÁNY	HUN	95	20:51.8
4.	Miklós Domonkos SRP	HUN	93	21:26.3
5.	Soma KOVÁCS	HUN	97	23:07.6
6.	Donát BURGER	HUN	97	23:50.1
7.	László VENYERCSÁN	HUN	71	26:43.4

Women's 5000m Race Walk

1.	Barbara KOVÁCS	HUN	93	23:01.7
2.	Rita RÉCSEI	HUN	96	23:37.7
3.	Katalin VARRÓ	HUN	86	25:05.1
4.	Anett TORMA	HUN	84	25:28.6
5.	Petra RÉCSEI	HUN	90	25:56.3
6.	Daphne DIMANOPULOSZ	HUN	99	26:06.3
7.	Luca NAGY	HUN	94	26:53.1
8.	Patricia BÓCZ	HUN	98	27:06.0
9.	Brigitta MATALIN	HUN	87	27:27.7
10.	Kata TATAY	HUN	99	29:21.9
11.	Dóra ELEK	HUN	98	31:06.0
12.	Bianka BALOGH	HUN	99	31:18.5

Men's U16 3000m Race Walk

1.	Bálint SÁROSSI	HUN	00	13:51.7
2.	Dávid VARGA	HUN	01	15:43.2
3.	Vencel GÁL	HUN	01	15:53.3
4.	Dániel HORVÁTH	HUN	00	16:04.1
5.	Máté Ferenc VARGA	HUN	02	17:29.7
6.	Márton BAI	HUN	01	19:15.8

Women's U16 3000m Race Walk

1.	Anna HORNYÁK	HUN	00	16:56.2
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2.	Réka SZABÓ	HUN	00	17:40.8
3.	Elizabet KOCSI	HUN	02	18:17.5
4.	Eszter BÁNHIDI	HUN	00	18:44.4
5.	Bernadett RÉPÁSI	HUN	00	18:55.3
6.	Kata SZÉKELY	HUN	02	21:00.8
7.	Demetria BENKE	HUN	02	21:51.5

ITALIAN U23 & U20 T&F CHAMPIONSHIPS, RIETI, 12-14 JUNE

The Italian U23 and U20 T&F Championships saw 10,000m walks on offer and places up for grabs in the European Junior Champs. But the big walk of the day was by Elisa Riguardo, competing by invitation in the women's event. She stormed through to record 42:55.3, a time that stamps her as a medal contender come the world champs in Beijing in late August. Well reported as usual at http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2113.

Men's U20 10,000m Race Walk

1.	Gregorio ANGELINI	ITA	96	44:10.4
2.	Gianluca PICCHIOTTINO	ITA	96	44:55.8
3.	Alessandro RIGAMONTI	ITA	97	45:24.3
4.	Matteo BERSANI	ITA	96	45:56.8
5.	Niccolo' COPPINI	ITA	97	46:30.1
6.	Massimiliano COLANGELO	ITA	97	47:02.2
7.	Marco MOROTTI	ITA	97	47:42.6
8.	Fabrizio FRUCI	ITA	96	48:46.6
9.	Gioele ROSSO	ITA	97	48:54.6
10.	Riccardo BRAMBILLA	ITA	97	49:45.6
11.	Alberto CARELLA	ITA	97	51:30.3
12.	Luca CAPOGROSSI	ITA	96	52:20.8
13.	Lorenzo NINIVAGGI	ITA	93	53:16.2
	Matteo CALIFANO	ITA	96	DQ
	Ettore GRILLO	ITA	97	DQ
	Stefano CHIESA	ITA	96	DQ

Women's U20 10,000m Race Walk

1.	Noemi STELLA	ITA	97	47:55.4
2.	Giada Francesca CIABINI	ITA	97	50:25.6
3.	Lidia BARCELLA	ITA	97	53:21.8
4.	Sara VITIELLO	ITA	96	53:23.6
5.	Martina ANSALDI	ITA	96	55:55.7
6.	Gina Ionela PASCAL	ITA	96	56:05.0
7.	Maria Teresa CORTESI	ITA	96	56:10.1
8.	Lisa CANI	ITA	96	57:20.8
9.	Giulia DELLA CROCE	ITA	97	57:45.4
10.	Giulia RUGGERI	ITA	97	58:16.4
	Elisa RIGAUDDO (OC)	ITA	80	42:55.3 **
	Eleonora DOMINICI	ITA	96	DQ
	Marianna TERRONE	ITA	97	DNF
	Cindy PORCU	ITA	97	DNF

Men's U23 10,000m Race Walk

1.	Vito MINEI	ITA	94	42:21.1
2.	Francesco FORTUNATO	ITA	94	42:59.9
3.	Michele ANTONELLI	ITA	94	43:07.8
4.	Daniele TODISCO	ITA	95	43:16.7
5.	Massimiliano CORTINOVIS	ITA	95	45:16.6
6.	Michele AMOROSO	ITA	93	46:10.2
7.	Leonardo BALDACCHINI	ITA	95	48:37.1
8.	Anthony PATIERNO	ITA	95	49:15.9
9.	Giuliano BOSCHETTI	ITA	94	50:27.1

Women's U23 10,000m Race Walk

1.	Mariavittoria BECCHETTI	ITA	94	47:29.1
2.	Diana CACCIOTTI	ITA	95	49:19.1
3.	Elena POLI	ITA	93	49:44.5
4.	Francesca NICCOLAI	ITA	95	54:16.7
5.	Sara SCIPIONI	ITA	95	54:17.7
6.	Silvia CORMACI	ITA	94	54:47.0

7.	Annalisa CALELLA	ITA	94	57:58.5
	Nicole COLOMBI	ITA	95	DQ
	Marta STACH	ITA	95	DNF

TRACK WALKS, BARCELONA, SPAIN, WEDNESDAY 20 JUNE

Now I just have to report this one from Barcelona as the men's 10.000m was won by 46 year old Spanish walks legend Jesus Garcia in the not-to-shabby time of 44:30.5. Not bad for an M45 walker!

Men's 10,000m Race Walk

1.	Jesús Ángel GARCÍA	ESP	69	44:30.5
2.	Marc GUERRERO	ESP	95	45:45.9

Women's 10,000m Race Walk

1.	Raquel LEON ASENSIO	ESP	91	51:58.8
2.	Marta NOGUEIRA	ESP	81	55:25.1

BITS AND PIECES

- If you want to see some high quality photos of racewalking, just visit <http://www.zimbio.com/Photos> and enter the name of your racewalker into the search box. Lots of Australian walkers there – Jared Tallent, Nathan Deakes, Chris Erickson, Dane Bird-Smith, Jane Saville, Tanya Holliday, Beki Lee (now Smith) to name a few.
- Entries for the 2015 Centurion race in the Isle of Man are going well, 62 people have entered to date. Countries represented are the IOM, GB, Holland, Belgium, France, Australia and South Africa. There is still time to enter. See <http://www.isleofman100milewalk.co.uk>.
- The Road to Beijing page tries to provide a list of qualified athletes following the IAAF Qualification System for the World Championships in Beijing (CHN) 22-30 August 2015. See <http://toplist.leichtathletik-mehrkampf.de/>.
- The European Athletics Council awarded the 2017 European Athletics U23 Championships to Bydgoszcz (Poland) and 2017 European Athletics Junior Championships to Grosseto (Italy) at its meeting last Friday in Oslo. See <http://www.european-athletics.org/news/article=bydgoszcz-host-2017-european-athletics-u23-championships-and-grosseto-the-2017-junior-championships/index.html?cid=rss>.
- Sean Ingle, in the Guardian, discusses the current state of play in doping in sport and concludes it remains too easy for athletes to get away with doping but using the \$400 CIR test that caught out Justin Gatlin more often would tighten the net. The big question remains - is there really a political will to tackle the problem head on and allocate the needed resources to it. See <http://www.theguardian.com/sport/blog/2015/jun/14/willpower-cash-lacking-anti-doping-struggle>.
- The 100 miles times for the new American Centurions (see report in last week's newsletter) have now been published

Justin Scholz	Australia	1940	C76	22:29:00
Sharon Scholz	Australia	1938	C77	22:29:00
Rob Robertson	USA	1963	C78	22:38:00
Antoine Hunting	Netherlands	1971	C79	23:00:00
Jantinus Meints	Netherlands	1958	C80	23:38:00

GORDON ONLEY AND THE THUNDERBIRDS

Last night, VRWC walker **Gordon Onley** was at the St Kilda's Palais Theatre in inner Melbourne for the 10th year of The Age Music Victoria Hall of Fame presentations. But unlike most of the audience, he was not there to spectate - **he was amongst the inductees into the 2015 The Age Music Victoria Hall of Fame**. He was one of four members (along with Charles Gauld, Gordon Onley, Laurie Bell) of influential band The Thunderbirds who were there to accept their award. This year's other inductees included some of the really big names from the Australian music scene like Archie Roach, The Seekers, Olivia Newton-John and John Farnham so Gordon was in elite company indeed.

While The Age Music Victoria Awards are the country's largest publicly-voted music awards, the 10th anniversary Hall of Fame recipients were selected by a panel of former winners, musicians and industry professionals and 10 inductees (group or individual) were honoured.

For the record, The Thunderbirds were formed in 1957 and were one of the first and biggest of the early Australian bands, with fans all over the country, hit records, television appearances and shows at the largest venues in the land, playing their instrumentals and accompanying all the major stars from Johnny O'Keefe to Roy Orbison. Gordon joined the lineup in 1960, playing bass, and he

stayed with the band until they eventually called it a day in 1965. That was many years ago but their contribution to Australian Rock and Roll music has not been forgotten.

Read more about the awards at <http://www.smh.com.au/entertainment/music/the-age-music-victoria-10th-anniversary-hall-of-fame-induction-20150615-ghoj46.html>.



Gordon (on right) walking on Saturday at Middle Park with John Morrison and Ian Beaumont

HAPPY BIRTHDAY TO HARRY SUMMERS

Former RWA and VRWC president Harry Summers reached a wonderful milestone last week – his 80th birthday. And it was a case of no rest for Harry who was officiating as a timekeeper at our race at Middle Park on Saturday.



Harry officiating at Middle Park recently

You can read more about Harry's long and illustrious career at <http://www.vrwc.org.au/tim-archive/articles/wv-harry-summers.pdf>.

MARCIADALMONDO AND OMARCHADOR ROUNDUP

Marciadalmondo had 7 press releases this week on which I will report

- Fri 12 June - Results of the 49th South American R&F Championships
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2114
- Fri 12 June - Italian U23 & U20 Track Championships
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2113
- Fri 12 June - Erick Barrondo (GUA) and Neringa Aidietyte (LTU) win in Altyus
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2112
- Thu 11 June - listings of those qualified for this year's IAAF World Champs
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2111
- Thu 11 June - Profile of Indonesian walker Hendro, the winner of this year's SEA Games 20km
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2108
- Thur 11 June - Julia Takacs wins 3.000m track walk in Iberoamerican Games
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2107
- Wed 10 June - SEA Games walk results
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2106

The omarchador blog continued on as usual with 6 press releases on which I will report

- Tue 16 June - Sergio Vieira (SLB) and Vera Santos (SCP) win walks in Portuguese Club Champs
<http://omarchador.blogspot.pt/2015/06/sergio-vieira-slb-e-vera-santos-scp.html>
- Mon 15 June - Aidietyte and Barrondo win in Alytus, Lithuania
<http://omarchador.blogspot.pt/2015/06/aidietyte-e-barrondo-vencedores-em.html>
- Fri 12 June - Tóth and Gálíková win in Borsky Mikulas and Hlohovec in Slovakia
<http://omarchador.blogspot.pt/2015/06/toth-e-galikova-com-vitorias-em-borsky.html>
- Fri 12 June - Preview of Portuguese National Club champs this weekend
<http://omarchador.blogspot.pt/2015/06/nacionais-de-clubes-i-ii-e-iii-divisoes.html>
- Thu 11 June - Takacs wins Iberoamerican Games in Huelva
<http://omarchador.blogspot.pt/2015/06/takacs-triunfa-no-meeting-de-huelva.html>
- Tue 9 June - walk results from South East Asian Games in Singapore
<http://omarchador.blogspot.pt/2015/06/jogos-do-sudeste-asiatico-2015-em.html>

DATES...DATES...DATES

As usual, I finish with a list of upcoming events on the local, national and international fronts. Let me know of any errors/omissions.

2014/2015 Australian/Victorian Key Dates

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

Aug 22-30, 2015	15 th IAAF World Championships	Beijing, CHINA
Sun Sept 13, 2015	MTR Hong Kong Racewalking Carnival (http://www.hkaaa.com)	Hong Kong, HK

Looking further forward

July 3-14, 2015	28 th Summer Universiade, Gwanju, South Korea
July 15-19, 2015	9 th World Youth T&F Championships, Cali, Colombia
Aug 22-30, 2015	15 th IAAF World Championships in Athletics, Beijing, China. See http://www.iaafbeijing2015.com

Aug 4-16, 2015	20 th World Masters T&F Champs Stadia, Lyon, France. See www.lyon2015.com
Aug 15-16, 2015	104th Centurions 100 Miles qualifying walk , Castletown, Isle of Man See http://www.isleofman100milewalk.co.uk/index.html
May 7-8, 2016	27 th IAAF World Race Walking Team Championships, Cheboksary, Russia
July 19-24, 2016	16 th World Junior T&F Championships, Kazan, Russia
Oct 26 -Nov 6, 2016	21 st World Masters T&F Champs Stadia, Perth, Australia. See http://www.perth2016.com
Aug 5-21, 2016	31 st Olympic Games, Rio de Janeiro, Brazil. See http://www.rio2016.com/en
July 12-16, 2017	10 th World Youth T&F Championships, Niarobi, Kenya
August 5-13, 2017	16 th IAAF World Championships in Athletics, London, UK
August 19-30, 2017	29 th Summer Universiade, Taipei, Taiwan
May 2018	28 th IAAF World Race Walking Team Championships, Cheboksary, Russia
July 2018	16 th World Junior T&F Championships, ?
Apr 4-15, 2018	Commonwealth Games, Gold Coast, Queensland (racewalks on the program). See http://www.gc2018.com
2019	17 th IAAF World Championships in Athletics, Doha, Qatar
July 2019	11 th World Youth T&F Championships, ?
July 2019	30 th Summer Universiade, Brasilia, Brazil
July 2020	32 nd Olympic Games, Tokyo
Aug 2021	18 th IAAF World Championships in Athletics, Eugene, USA

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