



HEEL AND TOE ONLINE

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

First a brief comment - it's been a big job putting this week's newsletter together - the number of walk results from around the world is amazing considering the lateness of the European season and the early stages in our own summer season 'down under'.

And now onto walker of the week which goes to 13 year old Knox Athletics Club walker **Kyle Swan** for his 15 second PB time of **9:19.5** in Saturday's AV Shield 2000m track walk. It breaks his own VRWC U14 Club record and is yet more evidence of how fast he is improving in his walking. This year he has scored wins in all three possible Australian U14 championships - the Australian U14 3000m Track Championship in Sydney in March, the LBG Carnival U14 2km Championship in Canberra in June and the Australian U14 3km Road Championship in Adelaide in July. And of course, he is undefeated in his age group in Victoria.

Well done Kyle!

VRWC SHIELD COMPETITION, SATURDAY 13 OCTOBER

Athletics Victoria Shield competition kicked off last Saturday with thousands of athletes competing in 6 regions spread across the State. All regions included 2000m walks in Round One and we saw a huge first round tally of 99 walkers. Conditions were just about perfect and times were quick.

AV Shield - East Round 1, Hagenauer Reserve, Box Hill

Jason Kozica was just outside his PB of 8:52 in winning at Box Hill and a big swathe of top junior walkers were just behind him, all doing PBs - Emmet Brasier with 9:05.5, Adam Garganis with 9:13.7, Lucas Taylor with 9:17.6 and Jasmine Irshad with 9:40.4. Michelle Laufer folloed them, just outside her PB with a time of 9:55.8. We also welcomed David Smyth (WA) and David Best (NSW), both recently relocated to Melbourne and now racing for Collingwood Harriers. Once Stuart Kollmorgen, Andrew Jamieson and Nathan Brill are added into the mix, this is indeed a strong walks venue.

Mixed 2000m Walk

1.	Kozica Jason	M25	ST KEVINS AC	8:55.6	
2.	Brasier Emmet	M14	DIAMOND VALLEY AC	9:05.5	PB 0:26
3.	Garganis Adam	M15	COLLINGWOOD	9:13.7	PB 0:18
4.	Taylor Lucas	M16	YARRA RANGES	9:17.6	PB 0:24
5.	Irshad Jasmine	W15	SOUTH COAST	9:40.4	PB 0:24
6.	Laufer Michelle	W43	COLLINGWOOD	9:55.8	
7.	Evans Simon	M52	BOX HILL AC	10:13.0	
8.	Smyth David	M43	COLLINGWOOD	10:46.9	
9.	Dyer Bill	M51	BOX HILL AC	10:50.3	
10.	Reid Ross	M58	COLLINGWOOD	10:52.1	
11.	Irshad Kylie	W41	SOUTH COAST	10:59.1	
12.	Keirl Bernie	M49	DIAMOND VALLEY AC	10:59.9	
13.	Laurie Natalie	W21	ATHLETICS NU	11:16.2	
14.	Benke Geza	M56	OLD MELBURNIANS AC	11:52.3	
15.	Gardiner Bob	M76	COLLINGWOOD	11:53.0	
16.	Best David	M49	COLLINGWOOD	12:37.2	
17.	Garside Emilie	W17	CROYDON AC	12:39.4	
18.	Taylor Lee	W11	YARRA RANGES	12:40.9	
19.	Walburg Kirsten	W14	DONCASTER AC	13:02.1	
20.	Walshe Kerry	W50	DIAMOND VALLEY AC	13:11.9	
21.	McKay Campbell	M19	OLD XAVERIANS AC	13:18.4	
22.	Burgess Liam	M13	DIAMOND VALLEY AC	13:25.1	
23.	Dainton Rowena	W41	DIAMOND VALLEY AC	14:07.9	
24.	Iacono Thomas	M26	COLLINGWOOD	14:08.9	
25.	Neale Anthony	M14	COLLINGWOOD	14:24.6	
26.	Cowell Jacqueline	W19	DIAMOND VALLEY AC	15:01.8	

27.	Garganis Clare	W42	COLLINGWOOD	15:02.8
28.	Simpson Tanya	W44	DIAMOND VALLEY AC	15:56.6
29.	Page Kirsty	W49	COLLINGWOOD	15:58.7
30.	Summers Harry	M77	UNATTACHED	14:28.7



Anthony Neale, Bob Gardiner, David Best and Christopher Boylen at Box Hill on Saturday
(photo Christopher Boylen facebook page)

AV Shield - North West Round 1, Meadowglen International Athletics Stadium, Epping

Olympian Chris Erickson warmed up for the Melbourne Marathon the following day with a fast 8:04.0 for the 2000m walk at Epping, beating Essendon team mate Danny Hawksworth 9:22.0 and Aaron McDonough who PB'd with his time of 9:25.0. Chris and Danny were both part of father-son combinations as further back in the field Tim and Trevor made up the numbers as part of the Masters competition. Kirstin Shaw as the first woman to finish with 10:33.0.

Mixed 2000m Walk

1.	Erickson, Chris	M31	ATHLETICS ESSENDON	8:04.0	
2.	Hawksworth, Danny	M33	ATHLETICS ESSENDON	9:22.0	
3.	McDonough, Aaron	M40	PRESTON AC	9:25.0	PB 0:03
4.	Hawkins, Trenton	M33	PRESTON AC	9:43.0	
5.	Shaw, Kirstin	W21	WESTERN ATHL	10:33.0	
6.	Knox, Duncan	M53	ATHLETICS ESSENDON	10:44.0	
7.	Erickson, Tim	M62	COBURG HARRIERS AC	10:49.0	
8.	McShanag, Connor	M16	ATHLETICS ESSENDON	11:12.0	
9.	Bertrand, Carly	W16	KEILOR ST BE	11:51.0	
10.	Elms, Donna	W51	ATHLETICS ESSENDON	11:58.0	
11.	Shaw, Robyn	W51	WESTERN ATHL	12:01.0	
12.	Crea, Gabriella	W14	ATHLETICS ESSENDON,	12:41.0	
13.	Irons, Julia	W14	KEILOR ST BE	12:51.0	
14.	Matthews, Rhiannon	W11	KEILOR ST BE	14:12.0	
15.	Baric, Amanda	W44	KEILOR ST BE	14:14.0	
16.	Ireland, Roslyn	W29	BRUNSWICK AC	14:15.0	
17.	Bannan, James	M54	WHITTLESEA CITY AC	14:25.0	
18.	Murphy, Stephen	M51	ATHLETICS ESSENDON	14:37.0	
19.	Dunstone, Phillip	M44	WESTERN ATHL	15:14.0	
20.	Ryan, Maeve	W23	WILLIAMSTOWN AC	15:25.0	
21.	Abfalter, Maria	W44	KEILOR ST BE	16:15.0	
22.	Hawksworth, Trevor	M65	ATHLETICS ESSENDON	16:17.0	
23.	Wellington, Shea	M15	KEILOR ST BE	16:37.0	
24.	McLaren, Donald	M43	ATHLETICS ESSENDON	16:47.0	
25.	Ireland, Olive	W52	BRUNSWICK AC	16:48.0	
26.	Rickard, Tess	W19	BRUNSWICK AC	16:50.0	
27.	Rickard, Ian	M56	BRUNSWICK AC	17:36.0	
28.	Cashin, Brenda	W48	WESTERN ATHL	18:26.0	
29.	Baker, Gail	W55	BRUNSWICK AC	19:01.0	
	Wellington, Shea		KSB	DQ	

AV Shield - South East Round 1, Knox Park Reserve, Knox

2012 World Cup rep Rhydian Cowley recorded the fastest time overall in the Shield competition with a very quick 7:59.3. Behind him, 13 year old Kyle Swan excelled with a huge PB of 9:19.5, breaking his VRWC U14 Club Record by an amazing 25 secs. 14 year old Reese Walmsley was also in great form, taking third place with a PB of 9:40.3. Tracy Feiner (nee Rosengrave), having her first race in years, was the first woman to finish with an excellent 9:41.7. Behind her, former IAAF World Cup Champion Simon Baker made a rare track appearance, recording an impressive 10:34.6.

Mixed 2000m Walk

1.	Cowley, Rhydian	M21	GLENHUNTLY AC	7:59.3	
2.	Swan, Kyle	M13	KNOX AC	9:19.5	PB 0:15, VRWC Club Rec.
3.	Walmsley, Reese	M14	KNOX AC	9:40.3	PB 0:05
4.	Feiner, Tracy Lee	W35	INVITATION	9:41.7	
5.	Baker, Simon	M54	INVITATION	10:34.6	
6.	Kay, Shelby Lea	W13	KNOX AC	10:39.0	
7.	Hamilton, Emily	W14	KNOX AC	10:54.9	
8.	McInnes, Simone	W21	GLENHUNTLY AC	11:06.5	
9.	Attard, Tamara	W22	KNOX AC	11:09.4	
10.	Riddoch, Clyde	M59	ATHLETICS WAVERLEY	11:19.4	
11.	Swan, Emily	W15	KNOX AC	11:23.8	
12.	Thillaisundaram, Anand	M36	INVITATION	11:25.7	
13.	Hodges, Mikhala	W11	KNOX AC	11:25.9	
14.	Gourlay, Marlene	W61	VICTORIAN MA	11:43.4	
15.	Attard, Bianca	W17	KNOX AC	12:00.3	
16.	Doran, Anthony	M60	GLENHUNTLY AC	12:12.6	
17.	Steed, Gwen	W70	VICTORIAN MA	12:34.5	
18.	Osmand, Kym	W30	OAKLEIGH AC	12:45.4	
19.	Lillie, Jessica	W13	KNOX AC	12:47.5	
20.	Barrow, Geoff	M63	INVITATION	12:55.5	
21.	Attard, Michaela	W19	KNOX AC	13:08.6	
22.	Johnson, Celia	W65	VICTORIAN MA	13:30.1	
23.	Eastwood, Jemma	W12	OAKLEIGH AC	13:45.5	
24.	Morrison, John	M73	SANDRINGHAM AC	14:30.9	
25.	Fairburn, Noel	M52	KNOX AC	15:46.5	
26.	Molnar, Jo	W51	ATHLETICS WAVERLEY	16:46.5	
	Dickson, Corey	M10	KNOX AC	DQ	

AV Shield - Bendigo Round 1, La Trobe University Athletics Complex, Bendigo

Amanda Heard led the way in Bendigo, winning with a PB time of 9:49.5 ahead of Ebony Whiley 10:48.0 and Jeremiah Jones 10:55.8.

Mixed 2000m Walk

1.	Heard, Amanda	W17	EAGLEHAWK YMCA	9:49.5	PB 0:09
2.	Whiley, Ebony	W17	EAGLEHAWK YMCA	10:48.0	
3.	Jones, Jeremiah	M15	EAGLEHAWK YMCA	10:55.8	
4.	Savage, Joshua	M17	EAGLEHAWK YMCA	12:36.2	
5.	Watson, John	M62	BENDIGO HARRIERS	15:14.5	

AV Shield - Ballarat Round 1, Llanberris Reserve, Ballarat

Kelly Ruddick, having her first race since representing Australia in the Oceania Championships in July, was the fastest woman overall in the Shield competition with her time of 8:52.28. 14 year old Ross Darlow also walked excellently to record 10:00.67.

Mixed 2000m Walk

1.	Ruddick, Kelly	M39	BALLARAT HAR	8:52.28	
2.	Darlow, Ross	M14	EUREKA AC	10:00.67	
3.	Somerfield, Kobie	W16	BALLARAT HAR	11:45.96	

AV Shield - Geelong Round 1, John Landy Athletic Field, Geelong

Josh Dillon was fastest at Geelong with 9:14.90, finishing just over 5 secs ahead of James Christmass with 9:20.06. Megan Walker was the fastest of the women with 11:02.56.

Mixed 2000m Walk

1.	Dillon, Joshua	M18	CORIO AC	9:14.90	
2.	Christmass, James	M45	CORIO AC	9:20.06	
3.	Mirarchi, Nicholas	M21	CORIO AC	10:03.70	
4.	Walker, Megan	W15	CORIO AC	11:02.56	
5.	Davidson, Mackayla	W12	UNATTACHED	12:26.78	

MELBOURNE MARATHON SHORTS

This year's Melbourne Marathon was held on Sunday in inner Melbourne in just about perfect conditions. It was a huge event with 6218 marathon finishers (making it the largest marathon ever held in Australia) and overall there were more than 32,000 entries across the five events that comprise the Medibank Melbourne Marathon Festival.

It was a special event for VRWC members **Terry and Karyn O'Neill** with Terry making his 10th appearance (hence qualifying as a Spartan) and Karyn her 20th. At a recent Spartan function, they were presented with their club singlets by Australian Rules football legend Tom Hafey. For the records, Terry ran the marathon in 3:52:50 while Karyn walked it in 5:12:06.

Olympian **Chris Erickson** also walked the marathon with training partner **Brendon Reading** of ACT, the pair staying together for 35km before Chris put on a break, finishing with 3:25:56 as against Brendon's time of 3:32:43. VRWC club member **Steve Jordan** also walked, finishing in 5:30:54. Olympians **Jared and Claire Tallent** walked in the half marathon, finishing together in a time of 1:47:00.



Terry and Karyn O'Neill with their Melbourne Marathon Spartan singlets

ATHLETICS SA ALL COMERS MEET #1, SANTOS STADIUM, MILE END, SATURDAY 13 OCTOBER

The South Australian Summer Track season also kicked off on Saturday with an All-Comers meet at SANTOS stadium in Adelaide. Anna Cross won the 1500m with a big PB of 6:56.31 while training partners Kim Mottrom and Justin Hill cleaned up in the 3000m with PBs of 12:40.15 and 13:56.29 respectively.

1500m Walk

1.	Anna Cross	U16	PEM	6:56.31	PB 0:24
2.	Rhiannon Lovegrove	U16	PA	8:18.25	
3.	Joe Cross	U14	ATHL	8:45.59	
4.	Michael Nicolaidis	U14	ATHL	9:47.75	
5.	Felicity Henderson	U16	ATHL	9:50.09	
6.	Ryan Lucas	U14	ATHL	10:07.11	

3000m Walk

1.	Kim Mottrom	OPEN	AH	12:40.15	PB 0:06
2.	Justin Hill	OPEN	AH	13:56.29	PB 0:23
3.	Megan Szirom	OPEN	SAL	14:40.08	
4.	Amber Tuscharski	OPEN	ATHL	17:05.63	
5.	Julia Potezny	OPEN	HILL	17:06.88	

AACT SUMMER SERIES MEET #1, AIS ATHLETICS FIELD, BRUCE, SAT 13 OCTOBER

The Australian Capital Territory also kicked off its summer season at the AIS track in Canberra on Saturday. Top performances to Ian Rayson (12:05.00 in the 3000m) and Callum Burns (7:13.25 in the 1400m).

U14 1500m Walk

1.	Burns, Callum	NCG	7:13.25	PB 0:10
2.	Hunt, Gabby	NCG	7:30.52	

Open 3000m Walk

1.	Rayson, Ian	NSW	12:05.00	
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U16 5000m Walk

1.	Resch, Ashleigh	SCT	28:00.93	
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BRWC MARY LORENSINI 3KM HANDICAP, LAKE WENDOUREE, SUNDAY 14 OCTOBER
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Ballarat Race Walking Club president Daryl Biggin reports from their latest club races, held at North Gardens in Ballarat last Sunday. *Conditions were excellent for racing. Mia has just turned 7 and walked extremely well to win by 50 seconds from improving Bailey Ohlsen and third place going to Olivia Davis. Fastest time of the day to first year walker Emily Crowley in 20.14.*

3km Handicap

1.	Mia Darlow	24.43
2.	Bailey Ohlen	30.49
3.	Olivia Davis	25.48
4.	Emily Crowley	20.14
5.	Alanna Peart	20.29
6.	Rodney Davis	21.52
7.	Jemma Peart	20.36
	Ross Darlow	DNF

2 Km

1.	Shae Ohlsen	18.25
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BRWC Mary Lorensini Handicap winner Mia Darlow with club president Daryl Biggin

KOMBAT NSW ALL SCHOOLS T&F CHAMPIONSHIPS, SOPAC, HOMEBUSH, 11-14 OCTOBER

The NSW Summer season kicked off in fine style last weekend with the NSW All Schools Championships held over 4 days. Walks were contested in all age groups and the standard and depth were excellent as usual. The highlight had to be in the Boys U15 3000m walk where the first 4 boys all broke the existing record - Tyler Jones 13:24.96, Nathan Brown 14:34.64, Thomas Hopkins 14:44.39 and Aidan Kerr 14:57.19. Kirsty Klein was another record breaker with her winning time of 24:52.18 in the Girls U20 5000m.

Boys 3000m Walk 13 Years, Thursday 11 October

1.	Benjamin Tisdale	00	Macarthur Anglican	16:20.35
2.	James Clay	99	Unattached	16:53.51
3.	Jordan Glover	99	Northholm Grammar	18:48.63
4.	Nathan Kuszelyk	99	St Josephs Lochinva	23:29.59
	Benjamin Norris	00	Davidson High	DQ

Girls 3000m Walk 13 Years, Thursday 11 October

1.	Jasmyn McDonald	99	Carlingford High	15:08.71
2.	Lucy Francis	99	Pymble Ladies Colle	15:40.52
3.	raquel roukos	00	St. Clare Hassal Gr	16:13.46
4.	Ebony Burnard	99	Riverside Girls Hig	16:37.38
5.	Natalie Norris	00	Davidson High	16:55.74
6.	Shanae Norton	99	St Johns Park High	17:14.83
7.	Emily Hopkins	99	Karabar High	17:42.56
8.	Brooke Ferguson	99	Colo High	17:54.91
9.	Sophie Crichton	00		18:21.52
10.	Mascey Willis	99	Unattached	18:29.70
11.	Shivon Nolland	99		19:18.69
12.	Deyana Trikaliotis	99	Mitchell High	19:20.25
13.	Sian Keating	99	West Wallsend High	20:02.89
14.	Katelin Ellyard	00	Richmond High	21:17.20

Boys 3000m Walk 14 Years, Friday 12 October

1.	Tyler Jones	98	Hunter Sports High	13:24.96 Rec
2.	Nathan Brown	98	Oakhill College	14:34.64 Rec
3.	Thomas Hopkins	98	Karabar High	14:44.39 Rec
4.	Aidan Kerr	98	Nbcs Terry Hills	14:57.19 Rec
5.	Damien Owen	98	St Clares Taree	17:15.19
6.	Patrick Estrada	98	St Josephs Aberdeen	18:24.55
	Blake Grosvenor	98	Sylvania High Sc	DQ

Girls 3000m Walk 14 Years, Friday 12 October

1.	Rhiannon Minett	98	Cherrybrook Tech Hi	16:01.63
2.	Karina Hopkins	98	Karabar High	17:40.43
3.	Ally Grujoski	99	Olsh Kensington	17:44.94
4.	Sarah Kelland	98	Ryde sec	18:11.69
5.	Natalia Robson	98	John Paul College C	19:09.77

Boys 3000m Walk 15 Years, Friday 12 October

1.	Tom Doyle	97	Marist College Koga	14:29.45
2.	Luke Jobson	97	Muirfield Tech High	14:47.45
3.	Ethan Dhu	97		16:02.83
4.	Adam Mylonas	97	William Clarke Coll	16:33.88

Girls 3000m Walk 15 Years, Friday 12 October

1.	Jayde Hill	97	Nambucca Heads High	15:34.58
2.	Stephanie Grujoski	97	Brigidine College R	15:45.11
3.	Bryony Beasley	97	St Clair High	16:50.06
4.	Frances Potter	97	Plc Sydney Croydon	21:05.92
5.	Jessica Kable	97	Lucas Heights Co	25:24.65

Boys 5000m Walk 16 Years, Sunday 14 October

1.	Carl Gibbons	96	Charlton Fassife	26:47.71
2.	Robert Murphy	96	Marcellin College	27:21.56
3.	Jason Dredge	96	Central Coast Gramm	35:26.08

Girls 5000m Walk 16 Years, Sunday 14 October

1.	Jasmine Dighton	96	Cranebrook High	28:03.58
2.	Amanda Barendregt	96	St. Clare Hassal Gr	28:09.16

Boys 5000m Walk 17 Years, Sunday 14 October

1.	Jay Felton	95	Kincumber High	24:28.17
2.	Kurtis Birch-Ward	95	Menai High	26:50.70
3.	Matthew Killen	95	Gorokan High	28:01.97

Girls 5000m Walk 17 Years, Sunday 14 October

1.	Tayla-Paige Billington	97	Oxford Falls Gramma	25:09.98
2.	Shay Southern	95	Colo High	27:25.54
3.	Hannah Denney	95	Brigidine College R	27:54.09
4.	Tabitha Porley	95	Colo High	30:00.96

Girls 5000m Walk 19 Years, Sunday 14 October

1.	Kirsty Klein	94	Hawksbury High	24:52.18 Rec
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BENDIGO WALKERS CLUB ROADWALKS, ROSALIND PARK, WEDNESDAY 10 OCTOBER

Thanks to Paul Rance for the latest walk report from Bendigo.

The Bendigo Walkers Club's Summer Season of Race Walking commenced in Rosalind Park on Wednesday evening with 1.2km and 2.4km Sealed Handicap events. In the 1.2km, young up and coming athletes Zahra Hayes and Carissa Brook were the only competitors with Zahra taking 1st and fastest time with a personal best effort with Carissa in 2nd place. The 2.4km event was won by Barb Bryant with Ebony Whiley 2nd and Colin Cleary in 3rd place, Ebony Whiley and Jeremiah Jones taking equal fastest time honours

2.4km Handicap

1.	Barb Bryant	14.12
2.	Ebony Whiley	13.04
3.	Colin Cleary	17.47
4.	Jeremiah Jones	13.04
5.	Annette Curtis	16.59
6.	Annette Major	14.55
7.	Madison Hill	15.17
8.	Geoff Major	17.55
9.	John Carter	16.26
10.	Norm West	19.50

1.2km Handicap

1.	Zahra Hayes	6.25
2.	Carissa Brook	7.30

Club members have contested other competitions over the last week.

Athletics Bendigo's Come'N'Try day on Saturday 6th October, held in very wet conditions, saw Amanda Heard produce a personal best in the 3km walk with a time of 15.24 with Jeremiah Jones 2nd in 17.17 and Josh Savage finishing 3rd with a 17.53 performance while Madison Hill was the only athlete in the 1500m walk as she recorded a time of 9.26.

Club members competed at this Weeks School Sport Victoria Regional Championships at 2 different venues. Zoe Boldiston competed at the Hume Regional Titles in Albury on Wednesday as she won the 15 years girls 1500m walk in a record time of 7.09 in her first race since winning the National Road Walk Title in Adelaide 6 Weeks ago. On Thursday at the Bendigo Athletic track Ebony Whiley won the Open girls 1500m walk in 8.02 with Ebony-Jade Jones 2nd in a time of 11.18 and Josh Savage (8.37) won the boys Open age group with Jeremiah Jones winning the 15 years boys 1500m walk in a time of 8.02.

28TH TOMÁS SANTAOLALLA MEMORIAL TROPHY MEET, NERJA, SPAIN

Nerja, a town of Málaga province in eastern Costa del Sol in Spain, hosted the 28th edition of the annual Tomás Santaolalla Memorial Trophy. The meet, organized by CNA - Nerja Athletics Club, saw around 60 walkers competing in various age groups. Ainho Pinedo (23:20) and Alberto Amezcua (20:56) won the 5km road walks, to retain their titles from last year.

5km Men

1.	Alberto Amezcua Balboa	J.A. Guadix	20.56
2.	Juan Antonio Porras Hidalgo	EAMJ-Fuerteventura	21.45
3.	Juan Antonio Raya Sanchez	C.A. Sierra Magina de Joda	22.22
4.	David Mateos Redondo	Nerja.Com-Cueva de Nerja	22.58
5.	Fabien Bernabe Rama	Nerja.Com-Cueva de Nerja	23.01

5km Women

1.	Ainhoa Pinedo González	A.D. Marathon	23.20
2.	Maria Dolores Marcos Valero	Millennium	24.57
3.	Begoña Galli Montero	Millennium	29.07
4.	Ellie Jo Broker	Millennium	29.34
5.	Estefania Olias Girona	Millennium	32.01

BELARUSSIAN GRAND PRIX WALK CARNIVAL, GRODNO, BELARUS, SATURDAY 6 OCTOBER

A strong Russian Contingent joined their Belarussian counterparts for this annual Grand Prix walk on Saturday 6 October. The wins were shared amongst the two countries in what was a very competitive meet. The carnival also featured a Masters 1km roadwalk with some great international stars of the past showing that they are still capable of a good walk. Some of the well known names included Olimpiada Ivanova (42, 4.29), Viktor Ginko (47, 4.34), Andrey Makarov (41, 4.34) and Yevgeniy Misyulya (48, 4.46). Main results were as follows.

20km Men

1.	Aliaksandr Liakhovich	1989	BLR	1.22.55
2.	Dzianis Simanovich	1987	BLR	1.24.48
3.	Andrei Talashka	1991	BLR	1.26.14
4.	Ruslan Vershinin	1989	RUS	1.26.53
5.	Aleksei Chimin	1989	RUS	1.32.18
6.	Vladimir Kolesnik	1992	BLR	1.34.20

10km Women

1.	Marina Pandakova	1989	RUS	43.34
2.	Hanna Drabenia	1991	BLR	44.31
3.	Natalya Serezhkina	1992	RUS	46.39
4.	Alina Matveyuk	1990	BLR	47.26
5.	Monika Navrocka	1990	POL	47.50
6.	Anna Krakhmaliova	1992	RUS	48.12
7.	Maria Loseva	1990	RUS	48.19
8.	Irina Bezsilko	1994	BLR	48.22

10km Junior Men

1.	Krill Frolov	1993	RUS	40.49
2.	Yevgeniy Zaleskiy	1993	BLR	41.02
3.	Yevgeniy Titiak	1993	BLR	43.32

5km Junior Women

1.	Daria Bolkuniec	1993	BLR	23.23
2.	Tatyana Kuzniak	1993	BLR	24.52
3.	Alesia Chembrovich	1993	BLR	25.17

5km Youth Men

1.	Evgeniy Bokov	1995	RUS	20.55
2.	Anatoly Gomelev	1996	BLR	22.19
3.	Viktor Nefedjev	1995	BLR	22.30

LATVIAN 10,000M TRACK CHAMPIONSHIPS, OGRE, LATVIA, SATURDAY 6 OCTOBER

Ogre hosted the Latvian National 10,000m track walk championships on October 6th, the meet including the Janis Dalins Memorial Match and including events for all ages. Anita Kazemaka (48:12.9) and Edgars Gjacs (41:11.7) won the two national championships on offer, both recording PBs. A total of 74 walkers participated in the various events, including a sizable contingent from neighboring Lithuania.

10,000m Women

1.	Anita Kazemaka	LAT	1990	48:12.9
2.	Agnese Pastare	LAT	1988	49:49.6
3.	Kristine Platace	LAT	1990	50:15.8
4.	Ilma Melne	LAT	1993	60:04.6
5.	Kristine Vilkaste	LAT	1992	63:05.8
6.	Anita Laganovska	LAT	1994	66:20.0

10,000m Men

1.	Edgars Gjacs	LAT	1993	41:11.7
2.	Arturs Makars	LAT	1997	44:51.4
3.	Normantas Petriska	LIT	1994	45:46.2
4.	Raivo Saulgriezis	LAT	1994	47:36.2
5.	Ruslans Smolonskis	LAT	1996	48:22.8
6.	Paulius Abasevicius	LIT	1996	57:08.4

SOUTH AFRICAN ROADWALK CHAMPS, YOUNGSFIELD MILITARY BASE, CAPE TOWN, SAT 13 OCT

The South African roadwalk championships were held last Saturday in Capetown and, although 2012 Olympian Marc Mundell was not racing, the standard was still very good and the participation numbers were excellent. Below are the results from the Open events. For full race results, see <http://www.facebook.com/download/426711814042758/Results%20-%20SA%20Race%20Walking%20Championships%2013%20Oct%202012.pdf>

20km Open Men

1.	LEBOGANG SHANGE	22	1:26:17
2.	WAYNE SNYMAN	27	1:28:21
3.	MOJALEFA MOLISE	24	1:37:01
4.	MTHUNZI MNISI	24	1:37:41
5.	SANELE MATHONTSI	22	1:39:41
6.	SHELDON GEORGE	21	1:43:33
7.	PIETER VORSTER	28	1:45:29
8.	JACQUES FAURE	20	1:48:10
9.	BRANDON GOOSEN	23	1:49:28
10.	NKOSINATHI KCOKAZE	20	1:49:38
11.	SIYANDA PLAATJIES	20	1:50:26
	BETHUEL SEKGALEMO	25	DNF

20km Open Women

1.	JESSICA VAN WYK	20	1:49:38
2.	CORLI SWART	21	1:50:20
3.	MICHELLE HOPKINS	23	1:50:56
4.	LAURA-LEE KOEKEMOER	20	1:56:49
5.	INGÉ KOTZÉ	19	2:03:07
6.	MOLEMOENG THEODORAH MOANENO	29	2:06:35
7.	SUZANNE LIEBENBERG	22	2:06:40
8.	LISA PATTERSON	30	2:08:47
9.	DIMAKATSO MMITSENG	28	2:14:29
10.	CHANDRI VAN HEERDEN	21	2:15:25
11.	KEITSHARETSWE SEITLAMO	20	2:18:05
12.	BOITUMELO RUTH PHALANE	23	2:21:48
13.	D.P. MOEPENG	23	2:50:04

50km Open Men

1.	SIPHO MAHLANGO	29	4:44:52
2.	ROSS MCDONALD	39	4:57:51
3.	MONGAMELI CHRISTOPHER KAMA	21	5:06:15
4.	EDMUND SIM	29	5:18:09
5.	GEOFFREY LUPTON-SMITH	54	5:24:42
6.	SAKHILE NYATHI	25	5:26:16
7.	THOBANI WISEMAN HLONGWA	25	5:28:05
8.	MAKGATO LEBEPE	24	6:25:33
	SIPHIWE MTSHALI	28	DNF
	ANDZANI DOLPHINE KHUMALO	27	DQ
	THANDUXOLO NDZALA	29	DQ

50km Open Women

1.	YVONNE IRMESHER	50	5:35:51
2.	2BABONGILE MEMELA	32	5:35:52
3.	BERNADETTE DAVIES	43	5:39:59
4.	VANESSA THERON	43	6:17:55
5.	LORITHA JACOBS	60	6:23:22

2012 ENFIELD RACE WALKING LEAGUE 5 MILE YACHT HANDICAP, LVAC, SAT 13 OCTOBER

And now to England where the Enfield Race Walking League were back in action with a 5 Mile Yacht Handicap event in London. This is one of the most active of the many walking groups in UK and on this occasions the fastest times went to Fabian Deuter (37:29) and Helen Middleton (47:42).

5 Mile Yacht Handicap

1.	Maskell Dan	Vets AC	M60	59.31
2.	Legon Geraldine	Bexley AC	W50	55.55
3.	Bennett Ross	Ilford AC	SM	55.38
4.	Wilkinson Callu	King Edward Sc BsEds	U17	47.32
5.	Howard Peter	Enfield H AC	M65	61.23
6.	Legon Luc	Bexley AC	U17	46.05
7.	Angell Jane	Aldershot FD	W45	57.49
8.	Lewis Anne	Aldershot FD	W60	57.49
9.	Crawford Joyce	Red Lodge R	W45	53.15
10.	Delaney David	Surrey WC	M70	53.18
11.	Vroobel Russell	Hillingdon AC	M50	52.40
12.	Berleen Abdi	Ilford AC	M45	44.17
13.	Crane Peter	Surrey WC	M65	52.51
14.	Deuter Fabian	Hillingdon AC	SM	37.29
15.	Bobbett Ken	Hillingdon AC	M65	46.34
16.	Hercock Bernie	Enfield H AC	M75	63.16
17.	Gillan Tabi	Belgrave H	SW	53.05
18.	Martin Angela	Paddock Wood	W45	53.49
19.	Ralph John	Enfield H AC	M55	44.50
20.	Grimsey Norma	Enfield H AC	W55	57.27
21.	Cox Andrew	Hillingdon AC	M55	47.12
22.	Barnett Sue	Enfield H AC	W60	51.34
23.	Chapman Graham	Headington	M55	49.37
24.	Ainsworth Dave c540	Ilford AC	M60	64.37
25.	Culshaw Mark	Belgrave H	M45	48.24
26.	Bennett Stuart c858	Ilford AC	M50	48.04
27.	Wilkinson Tony	unattached	M50	56.45
28.	Crane David	Surrey WC	M30	44.17

29.	Harran Michael	Surrey WC	M70	50.54
30.	Ball Jim	Steyning	M45	40.41
31.	Lightman Shaun	Surrey WC	M65	44.31
32.	O'Rawe Alan c791	Ilford AC	M60	49.18
33.	Pender Sean c1067	Enfield H AC	M55	51.28
34.	Noel Maureen	Belgrave H	W45	49.17
35.	Crilley Kathy c933	Surrey WC	W65	59.33
36.	Reis Franscisco	Ilford AC	M50	40.16
37.	Seddon Amos	Enfield H AC	M70	48.37
38.	Barnbrook Mick c661	Ilford AC	M65	57.07
39.	Thomson Arthur	Enfield H AC	M75	45.59
40.	Beardsmore Sue c1094	Abingdon	W40	52.36
41.	Halsall Stuart	Enfield H AC	M80	60.10
42.	Hoben David	Surrey WC	M55	56.29
43.	Middleton Helen	Enfield H AC	W45	47.42
44.	Whelan Steve	Headington	M50	53.30

GERMAN 50K CHAMPIONSHIP, GLEINA, GERMANY, SATURDAY 13 OCTOBER

The German 50km championship at Gleina last weekend saw Polish walkers Grzegorz Sudol (3:46:00) and Michal Stasiewicz (3:52:45) take the first two places while the German title went to Carsten Schmidt with 4:14:32. Carl Dohmann won the 30km walk in 2:15:02 while Sabine Schmidt won the women's 20km with 1:53:10. The meet also featured 30km championships for the Masters men and 10km championships for the Masters women. Main results follow. There were also plenty of races for the younger walkers - you can see the full result set at http://www.geher-team.de/uploads/media/2012-10-13_DM-Gleina_Ergebnisse.pdf

50km Men

	Sudol, Grzegorz	1978	POL	3:46:00
	Stasiewicz, Michal	1988	POL	3:52:45
1.	Schmidt, Carsten	1986	SCC Berlin	4:14:32
2.	Prieler, Helmut	1955	SpVgg Niederaichbach	4:55:13
3.	Maier, Joachim	1970	SV Breitenbrunn	5:28:58
4.	Hirschmugl, Dietmar	1968	Ö - TV Gleisdorf 1877	5:29:10
5.	Dr. Kropik, Franz	1968	Ö - LCC Wien	5:46:29
6.	DM: 4. Janotte, Ralf	1957	Polizei-Sportverein Berlin	5:52:08
	Siegele, Johann	1948	Ö - SVS-LA	DQ
	Schiffer, Michael	1966	Ö - LC Waldviertel	DQ
	Breuer, Max	1992	Erfurter LAC	DQ
	Pohle, Hagen	1992	SC Potsdam	DNF
	Jakub, Jelonek	1985	POL	DNF
	Gloger, Nils Christopher	1990	SC Potsdam	DNF
	Evertz, Günter	1957	Polizei-Sportverein Berlin	DNF

30km Men

1.	Dohmann, Carl	1990	SCL Heel Baden Baden	2:15:02
2.	Pohle, Hagen	1992	SC Potsdam	2:17:41
3.	Lehmborg, Marcel	1992	SCC Berlin	2:19:06
4.	Gloger, Nils Christopher	1990	SC Potsdam	2:21:50
5.	Breuer, Max	1992	Erfurter LAC	2:41:44

30km Masters Men

M35	1.	Borsch, Steffen	1973	SV Halle	2:28:46
	2.	Fern, Thorsten	1975	TV Groß-Gerau	2:51:50
M40	1.	Maier, Joachim	1970	SV Breitenbrunn	2:57:28
M45	1.	Meyer, Steffen	1966	GutsMuths-Rennsteiglaufv	2:55:00
	2.	Hölle, Christof	1964	TV Ludweiler	3:10:02
M50	1.	Dietsche, Klaus	1962	TV Bühlertal	2:49:25
	2.	NiBl, Stefan	1959	TV Ludweiler	3:34:34
	3.	Dr. Dilg, Hans-Joachim	1958	TV Ludweiler	3:57:06
M55	1.	Prieler, Helmut	1955	SpVgg Niederaichbach	2:49:48
	2.	Gaube, Wilfried	1956	Polizei-Sportverein Berlin	2:53:28
	3.	Metternich, Jürgen	1954	LLG Laufsport Kevelaer	2:59:54
	4.	Tolle, Uwe	1955	Polizei-Sportverein Berlin	3:05:29
	5.	Evertz, Günter	1957	Polizei-Sportverein Berlin	3:10:25
	6.	Janotte, Ralf	1957	Polizei-Sportverein Berlin	3:25:10
	7.	Schaller, Werner	1957	TV Groß-Gerau	3:38:12
M60	1.	Mildenberger, Robert	1950	LAC Quelle Fürth	3:01:34
	2.	Affeln, Bernd	1950	Polizei-Sportverein Berlin	3:13:15
	3.	Kiepert, Horst	1951	MBB-SG Augsburg	3:27:29
M65	1.	Dr. Lorscheider, Rainer	1947	TV Ludweiler	3:11:45
	2.	Hölters, Bernd	1946	Polizei-Sportverein Berlin	3:28:46

20km Open Women

1.	Schmidt, Sabine	1980	SpVgg Niederaichbach	1:53:10
2.	ÖM: 1. Schulze, Kathrin	1981	Ö - IAC Pharmador	1:56:28
3.	ÖM: 2. Zirknitzer, Andrea	1958	Ö - LCAV doubrava	2:07:56
4.	Spanner, Franziska	1987	SpVgg Niederaichbach	2:12:41
5.	ÖM: 3. Grolig, Dorothea	1951	Ö - 1. LC Parndorf	2:16:47
6.	ÖM: 4. Michlfeit, Karmella	1948	Ö - team2012.at	2:41:32
	ÖM: Konrad, Christine	1956	Ö - 1. FC Donald St. Rupr	DQ

10km Masters Women

W35	1.	Schröter, Brit	1974	LG Vogtland	53:10
	2.	Markgraf, Yvonne	1975	LG Süd Berlin	1:02:18
W40	1.	Best, Nicole	1968	TV Groß-Gerau	52:09
	2.	Hörl, Nicole	1971	Diezer TSK Oranien	57:43
	3.	Heuer, Anneke	1971	Polizei-Sportverein Berlin	58:54
	4.	Unterholzner, Maria	1968	TV Altötting	1:01:06
	5.	Maier, Andrea	1969	SV Breitenbrunn	1:03:37
	6.	Sänger, Angela	1969	TG Witten	1:04:32
W45	1.	Primas, Barbara	1965	TSG Esslingen	56:53
	2.	Wälde, Silvia	1966	TV Biberach	59:29
	3.	Zeidler, Brigitte	1964	Polizei-Sportverein Berlin	1:06:21
	4.	Müller, Monika	1964	TV Groß-Gerau	1:09:20
W50	1.	Robohm, Adelheid	1961	ESV Gemünden	58:01
	2.	Kirchesch, Ilona	1958	LG Rhein-Wied	1:02:58
	3.	Patzalek, Brigitte	1958	TV Groß-Gerau	1:07:27
	4.	Komoll, Birgit	1960	DJK Sparta Langenhagen	1:08:04
W55	1.	Echle, Marita	1957	TV Biberach	1:04:21
	2.	Janetzka, Hatice Alev	1953	TV Groß-Gerau	1:15:47
W60	1.	Dygas, Karin	1950	LG Kreis Verden	1:04:54
	2.	Teufert-Shibata, Yoshiko	1950	SC Langenhagen	1:08:27
W65	1.	Neidel, Heidrun	1947	TSG Leihgestern	1:08:52
	2.	Molter, Margarete	1947	TV Groß-Gerau	1:09:39
W70	1.	Theunissen, Gisela	1942	Turnerbund Gaggenau	1:09:33
	2.	Zickert, Viktoria	1941	LC Dosse Wittstock	1:13:53
	3.	Elbing, Leni	1938	LGV Marathon Gießen	1:17:17
	4.	Anritter, Erna	1935	TV Biberach	1:26:39

ITALIAN 50K AND MASTERS 20K CHAMPIONSHIPS, VILLA DI SERIO, SUNDAY 14 OCTOBER

Federicao Tontodonati, not due to turn 23 until later this month, won the Italian 50km championship in Villa De Serio in northern Italy last Sunday, his time of 3:51:37 a 4 min PB. It was a big racing fixture with 20km and 10km distances on offer as well. The carnival also hosted the Italian Masters 20km championships. Full results at <http://www.fidal.it/risultati/2012/COD3672/Index.htm>. Here are the main results from the 50km and 20km events.

50km Men

1.	TONTODONATI Federico	1989	SM	ITA	3:51:37
2.	CAPORASO Teodorico	1987	SM	ITA	4:00:57
3.	LAUDATO Mario	1988	SM	ITA	4:12:45
4.	TISTAN Martin	1992	PM	SVK	4:30:47
5.	DEFENDENTI Roberto	1968	SM	ITA	4:34:18
	CAFAGNA Diego	1975	SM	ITA	DNF
	GIUPPONI Matteo	1988	SM	ITA	DNF

20km Men (34 finishers)

1.	ADRAGNA Andrea	1989	SM	ITA	1:28:33
2.	DOLCI Mirko	1985	SM	ITA	1:28:39
3.	MINEI Vito	1994	JM	ITA	1:31:28
4.	MONTOLEONE Luca	1990	PM	ITA	1:31:41
5.	RENO' Giovanni	1991	PM	ITA	1:31:46
6.	VIGANO' Giacomo	1991	PM	ITA	1:32:24
7.	FORTUNATO Francesco	1994	JM	ITA	1:33:07
8.	QUACQUARELLI Giuseppe	1993	JM	ITA	1:33:40
9.	ROMAGNOLI Tommaso	1991	PM	ITA	1:34:36
10.	CUSMAI Alessandro	1994	JM	ITA	1:38:34

20km Women (9 finishers)

1.	TRAPLETTI Valentina	1985	SF	ITA	1:38:33
2.	CIVILETTI Laura	1992	PF	ITA	1:48:37
3.	ZABBENI Marta	1994	JF	ITA	1:50:05
4.	CASTELLANA Federica	1993	JF	ITA	1:53:44

JOURNÉE DE LA MARCHE, LUGANO AND CHAISSO, SWITZERLAND, 13-14 OCTOBER

Last weekend also saw the annual Journée de la Marche, a two day meet shared between the neighbouring Swiss cities of Lugano and Chiasso. The first day saw a 1 Hour Track Walk in Lugano while the second day saw Chiasso hosting 20km and 10km road walks. It is a big meet with lots of walkers from the surrounding European countries. For the full results from both days of racing, see

Saturday: http://www.swisswalking.org/data/pdf/resultats/2012/20121013_prova_dell_ora_Lugano.pdf

Sunday: http://www.swisswalking.org/data/pdf/resultats/2012/20121014_Chiasso_in_marcia_2012.pdf

Emmanuel Tardi was there and emailed me with all the results. He explains:

For the majority of racewalkers, the track event was just a warmup. In particular, I note the very good 5000m mark of Czech Republic walker Eliska Drahotova - 23:16:00 for a Cadet (U18). On Sunday on the road, her twin sister Anezka walked very very impressively to win the 10km with 44:31! The 20k was won by Ukrainian walker Nazar Kovalenko in 1:25:39 (half way : 42:39) Nazar's PB is 1:19:55, he finished 27th in London. In the women's race, Federica Ferraro of Italy won with a strong PB (1:31:45) while second place went to Greek walker Angeliki Bagatela and she is only a cadet !!

1 Hour Track Walk Men - Sat 13 October				5000m	10000m	1 Hour
1.	Nazar Kovalenko	UKR	1987	23:41	47:32	12'915 m
2.	Lukas Gdula	CZE	1991	23:41	47:31	12'866 m
3.	Sandor Racz	HUN	1986	24:04	48:43	12'187 m
4.	Manuel Giordano	ITA	1995	24:04	48:27	12'047 m
5.	Ondrej Motl	CZE	1994	24:47	50:11	12'041 m
6.	Lukas Pazdera	CZE	1986	24:47	50:11	11'990 m
7.	Fabio Ruzzier	SLO	1953	25:04	50:11	11'984 m
8.	Isaias Tsitoglou	GRE	1963	25:20	51:16	11'692 m
9.	Nischan Daimer	GER	1967	26:12	52:10	11'583 m
10.	Marco Giordano	ITA	1995	25:04	50:04	11'486 m
11.	Dan Bauer	GER	1969	26:54	53:50	11'466 m
12.	Silvio Dorigo	ITA	1962	28:22	57:31	10'453 m
13.	Riccardo Caliandro	ITA	1991	29:28	59:14	10'157 m
14.	Daniele Colombo	ITA	1958	28:45		9'910 m
15.	Joseph Bianco	SUI	1941	34:27		8'726 m
16.	Alexis De Coppet	SUI	1938	34:33		8'670 m
17.	Emmanuel Tardi	FRA	1967	34:34		8'665 m
	Janis Zinkovski	SUI	1973			DNF

1 Hour Track Walk Women - Sat 13 October				5000m	10000m	1 Hour
1.	Laura Polli	SUI	1983	25:50	51:38	11'632 m
2.	Viktoria Madarasz	HUN	1985	26:35	53:07	11'338 m
3.	Marie Polli	SUI	1980	26:51	54:00	11'160 m
4.	Evangelia Vaitisi	GRE	1994	27:04	55:16	10'851 m
5.	Brigitte De Coppet	SUI	1946	33:42		9'323 m
6.	Dzintra Zinkovska	SUI	1945	36:37		8'245 m
	Eliska Drahotova	CZE	1995	23:16		DNF
	Anezka Drahotova	CZE	1995	23:35		DNF
	Olga Puckova	CZE	1994	26:59		DNF

20km Road Walk Men - Sunday 14 October					
1.	Nazar Kovalenko	UKR	1987	1:25:39	
2.	Konstantinos Ntentopoulos	GRE	1994	1:28:39	
3.	Ruggero D'Ascanio	ITA	1984	1:28:40	
4.	Zdeno Babik	SVK	1984	1:30:05	
5.	Dušan Majdán	SVK	1987	1:31:20	
6.	Lukas Gdula	CZE	1991	1:34:15	
7.	Panagiotis Mouzakis	GRE	1991	1:38:53	
8.	Sandor Racz	HUN	1986	1:41:30	
9.	Ondrej Motl	CZE	1994	1:41:34	
10.	Lukas Pazdera	CZE	1986	1:44:01	
11.	Lorenzo Risetti	ITA	1994	1:44:52	
12.	Paolo Ghirlanda	SUI	1967	1:47:42	
13.	Josef Smola	CZE	1964	1:48:18	
14.	Joseph Bianco	SUI	1941	2:10:00	

20km Road Walk Women					
1.	Federica Ferraro	ITA	1988	1:31:45	
2.	Angeliki Bagatela	GRE	1995	1:48:25	

10km Road Walk Women

1.	Anezka Drahotova	CZE	1995	44:31
2.	Despoina Zapounidou	GRE	1985	45:53
3.	Anna Kovalenko	UKR	1992	47:18
4.	Eliska Drahotova	CZE	1995	47:28
5.	Viktoria Madarasz	HUN	1985	48:18
6.	Carolina De Rosa	ITA	1992	50:08
7.	Cecilia Stetskiv	ITA	1991	50:08
8.	Laura Polli	SUI	1983	50:51
9.	Spyridoula Staurou	GRE	1988	52:35
10.	Evangelia Vaitsi	GRE	1994	53:13
11.	Marie Polli	SUI	1980	53:46
12.	Olga Puckova	CZE	1994	54:01
13.	Brigitte De Coppet	SUI	1946	67:30
14.	Dzintra Zinkovska	SUI	1945	36:23
15.	Lasma Plukasa	LAT	1987	36:56

10km Junior Boys Road Walk

1.	Patrik Špevák	SVK	1994	41:46
2.	Zacharias Tsamoudakis	GRE	1996	42:40
3.	Miroslav Úradník	SVK	1996	44:15
4.	Ioannis Vaitsis	GRE	1995	44:22
5.	Savvas Kravariotis	GRE	1996	44:55
6.	Andrej Dolinsky	SVK	1993	44:56
7.	Manuel Giordano	ITA	1995	49:59
8.	Marco Giordano	ITA	1995	50:04
9.	Nikolaos Samouridis	GRE	1997	50:07
10.	Tomas Gdula	CZE	1997	54:10
11.	Lukas Joukal	CZE	1997	55:40

10km Masters Men

1.	Nischan Daimer	GER	1967	50:35
2.	Fabio Ruzzier	SLO	1953	51:24
3.	Isaias Tsitoglou	GRE	1963	51:51
4.	Dan Bauer	GER	1969	54:50
5.	Roby Ponzio	SUI	1947	55:11
6.	Silvio Dorigo	ITA	1962	57:38
7.	Emmanuel Tardi	FRA	1967	66:14
8.	Alexis De Coppet	SUI	1938	69:36
	Janis Zinkovski	SUI	1973	38:50 5 km

5km U16 Boys

1.	Alberto Carella	ITA	1997	25:44
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5km U16 Girls

1.	Radka Piliarová	SVK	1996	25:12
2.	Dáška Škantárová	SVK	1995 S	25:32

3km U14 Boys

1.	Nathan Bonzon	SUI	2000	15:43
2.	Guillaume Pommaz	SUI	2001	19:13

3km U14 Girls

1.	Virginia Donadini	ITA	1998	17:38
2.	Federica Botta	ITA	1998	19:46

2km U12 Boys

1.	Andrea Angioletti	ITA	2002	11:33
2.	Mickael Ackermann	SUI	2004	14:37
3.	Dorian Pommaz	SUI	2003	14:40

2km U12 Girls

1.	Klara Cah	SLO	2002	13:02
	Eva Čanadi	SLO	2000	DNF

Thanks To Emmanuel for the following photos



Lukas Pazdera alongside Angeliki Bagatela, Nazar Kovalenko, Federica Ferraro and Eliska Drahotova



Emmanuel Tardi (left) is passed by Anieska Drahotova (number 58)

BRAZILIAN YOUTH TRACK WALK CHAMPIONSHIPS, MARINGA, PARANA, SAT 13 OCTOBER

The Brazilian Youth Championships were held last weekend in the southern city of Maringa. The women's track walk was held on Saturday morning with the temperature around 26°C and the boys race was held on Saturday afternoon with the temperature around 29°C. There were lots of DQs and DNFs in the hot conditions. The two top finishers in each race will be selected for the South American Youth Championships, to be held in Mendoza, Argentina, on 27-28 October.

5.000m Youth Women

1.	Rayane Caroline Lins de Oliveira,	1996	26.18,67
2.	Amanda de Oliveira Carvalho,	1995	27.05,63
3.	Jessica Ribeiro de Oliveira,	1995	27.48,44
4.	Linara Zancanela da Cunha,	1997	29.30,18
5.	Thais Luciana Cruz,	1996	29.39,35
6.	Debora Natalia dos Santos,	1997	29.50,63
7.	Milena Francisca de Souza,	1997	30.08,83
8.	Brenda Mercedes Ferreira de Paula,	1996	31.06,85

5.000m Youth Men

1.	Hiago Pereira Garcia,	1995	49.44,95
2.	Fulviano Soares de Campos,	1995	51.50,16
3.	Admilson Rubens de Pontes,	1997	59.26,96

67TH NATIONAL SPORTS FESTIVAL IN GIFU, JAPAN, 6-7 OCTOBER

Last week, I reported briefly on the winning time from the 10,000m men's walk at the 67th National Sports Festival which had been held in the city of Gifu in Japan in early October. I have managed to find the results and translate them from Japanese to English (thank goodness for Google translate). Some of the names are very dodgy but the majority look ok.

Yusuke Suzuki won the men's 10,000m walk in a very fast 40:10.16 while second placed Takumi Saito set a new Japanese Junior Record with his time of 40:11.71. This is the third time that he has broken the record this season, first recording 40:32.74 in May in Tokyo, when recording 40:19.10 at the World Juniors in Barcelona in July and now in Gifu with 40:10.16. He also participated in the 20 km at the London Olympics, coming 25th with 1:22:43.

In the women's race, victory went to Mayumi Kawasaki with 44:22.97, ahead of Kumi Ori with 44:45.52.

Here are the first 10 from each of the walks - it is an excellent standard overall. The full results from the meet can be found at http://www.kirokukensaku.com/minamo2012/k_gr01KYOUGIBETU.html.

10,000m Men

1.	Yusuke Suzuki	Ishikawa	40:10.16	
2.	Takumi Saito	Hiroshima	40:11.71	NJR
3.	Ichiro Hiroshi Morioka	Nagasaki	40:34.04	
4.	Takayuki Tanii	Toyama	41:30.89	
5.	Okuma samurai	Saga	41:52.43	
6.	Isamu Fujisawa	Nagano	41:57.09	
7.	Ueda Katsuya	Shiga	42:03.75	
8.	Taku Yoshida	Iwate	42:35.77	
9.	Takashi ?	Niigata	42:42.93	
10.	Kanno Tomofumi	Fukushima	43:00.08	

10,000m Women

1.	Mayumi Kawasaki	Ibaraki	44:22.97
2.	Kumi Ori	Chiba	44:45.52
3.	Inoue Urara	Okayama	47:37.10
4.	Kuwahara	Gifu	47:06.82
5.	Marina Hosaka	Fukuoka	48:35.25
6.	Hiroshi	Maeda	48:49.94
7.	Sakura Yamagishi	Ishikawa	48:54.84
8.	Nobuyoshi Yu Tateyama	Kagoshima	48:56.10
9.	Only forest	Iwate	49:19.21
10.	Lina Yamazaki	Yamaguchi	49:23.82

RACEWALK STAMPS

Continuing my investigation into postage stamps featuring race walkers, here are some more this week.



San Marino is an enclaved microstate surrounded by Italy, situated on the Italian Peninsula on the north-eastern side of the Apennine Mountains. Its size is just over 61 km² with an estimated population of over 30,000. Its capital is the City of San Marino. San Marino has the smallest population of all the members of the Council of Europe.

It makes up for its small size with its postage stamps which have been highly prized world wide over the years.

In 1954, these two postage stamps were released to celebrate the sport of racewalking.



In 1960, San Marino released another racewalking stamp as part of a collection of 14 stamps celebrating the Rome Olympics of that year.

The full set featured hockey, cycling, basketball, soccer, fencing, gymnastics, boxing, shooting, swimming, equestrian, rowing and three Track and Field disciplines - sprinting, shotput and racewalking.



The Grand Duchy of Luxembourg, a small landlocked country bordered by Belgium, France, and Germany, is also into producing fine stamps and released a series of 6 stamps to celebrate the 1968 Olympics in Mexico. The set featured soccer, swimming, cycling, fencing, running and racewalking.

The racewalking stamp features three racewalkers in full swing. The stamp is actually a blue one so the colour in this print is not really true.

ABBEY ROAD REVISITED

Thanks to Russ Dickenson for this great take on the famous Beatles album cover - this time featuring Heather Carr, Russ himself, Stuart Kollmorgen and Pam Tindal. Well done Russ!



JARED TALLENT IN THE MOTORING NEWS!

I saw this article in the Melbourne Age motoring section last Saturday

STARS AND THEIR CARS JARED TALLENT, OLYMPIC WALKING MEDALLIST

What was your first car?
It was a 1980 yellow Holden Camira that looked like a taxi. As soon as I got my Ps, it was the car my parents bought me. It was a manual and it had AM radio. When I first got it, it had a pair of old ladies' undies in the glovebox. That's the first thing I remember about it. It wasn't the best car to drive around in, but I had that for the first few years.

Apart from the undies, did it have any other weak points?
It didn't like the summer and used to overheat a fair bit. When I moved from Ballarat to Canberra to train at the AIS, we got to Albury and the heat gauge was right at the top, so we had to wait for an hour or two before we got going again.

What are you driving now?
A bright-green Ford Fiesta LX. (Wife and fellow Olympian) Claire and I bought that in 2009. Before then I had a Holden Commodore VS. It was a gas-guzzler, so we looked for a car that was pretty economical to run around Canberra in. The Ford's done well.

When it comes to travelling long distances, do you prefer walking or driving?
I love driving. Claire and I do a lot of long road trips and we enjoy our time in the car. Her family's from Adelaide and mine's from Ballarat. Some Christmases we'll drive from

Canberra to Adelaide, then Adelaide to Ballarat, and then back up to Canberra.

What's your ideal car?
At the moment I'm trying to talk Claire into letting me buy a Toyota B6. I know [rally car driver] Neal Bates quite well and he was telling me about it. It's a nice, affordable sports car so I wouldn't mind having one of them. Neal's also taken me for a spin in a Lexus IS F, and I wouldn't mind one of those, either.

What's your pet road peeve?
I hate people who get on the horn and beep. We go to China a lot for competitions, and in China everyone's on the horns. It annoys the crap out of me. Driving over there is very full-on and crazy. When you get in

the car, you're hoping that you'll still be alive when you get to your destination.

What's your favourite drive?
We actually did the Great Ocean Road for our honeymoon and that was pretty special. It's just so scenic down there, so beautiful.
Owen Thomson



Photo: Alex Ellinghaus

SUMMER SEASON PLANNING

Next Saturday sees the Athletics Victoria Shield Competition continue with all 6 regions running Program 1 of competition (this includes 3000m/1500m walks). The venues are as follows:

- | | |
|-------------------------------------|------------------------------------|
| AV Shield Round 2 - Geelong Zone | John Landy Athletic Field, Geelong |
| AV Shield Round 2 - North West Zone | Meadowglen Athletics Track, Epping |
| AV Shield Round 2 - Bendigo Zone | La Trobe University Track, Bendigo |
| AV Shield Round 2 - South East Zone | Ballam Park, Frankston |
| AV Shield Round 2 - Ballarat Zone | Llanberris Reserve, Ballarat |
| AV Shield Round 2 - East Zone | Reischiecks Reserve, Doncaster |

See the AV website (<http://www.athsvic.org.au>) for the timetable specifics as it may vary between regions.

And our own VRWC Summer Season kicks off on Sunday 28 October with roadwalks at Middle Park. You should have received your summer mailout by now. Our opening races for 2012/2013 read as follows:

Sunday 28th October 2012, VRWC Events, Middle Park		
8.30am	20km, 15km, 10km	Open
9.30am	5km, 3km	Open
	3km	Under 15
10:00am	2km	Under 12
	1km	Under 9

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.

2012/2013 Victorian/Australian Summer Season Key Dates

Oct 13-20, 2012	Alice Springs Masters Games, Alice Springs, N.T.
Sun Oct 28, 2012	VRWC Roadwalks, Middle Park
Nov 3-11, 2012	Pan Pacific Masters Games, Gold Coast, QLD. See www.mastersgames.com.au
Nov 9-11, 2012	AV All Schools T&F Champs, Albert Park
Sun Nov 18, 2012	VWRC Summer Roadwalk Championships and AGM, Middle Park
Nov 30 - Dec 2, 2012	Australian Schools T&F Champs, Hobart, TAS
Sun Dec 9 2012	Australian 50km Championship, Fawkner Park, Melbourne
Jan 26-28, 2013	Victorian Country T&F Champs, Geelong
Feb 8-10, 2013	Victorian Junior T&F Champs, Albert Park
Sun Feb 24, 2013	Australian 20km Summer Championships, Hobart, TAS
Mar 1-3, 2013	Victorian Open F&F Champs, Albert Park
Mar 12-17, 2013	Australian Junior Athletics Championships, Perth, WA
Mar 29-Apr 1, 2013	Australian Masters T&F Champs, Canberra, ACT
April 11-14, 2013	Australian Open Athletics Championships, Sydney, NSW
October 5-12, 2013	Australian Masters Games, Geelong, See http://www.australianmastersgames.com

2012 International Fixture

Sunday 28 Oct, 2012 2012 MTR HONG KONG Race Walking Carnival, Hong Kong. See <http://www.hkaaa.com/>

2013 International Fixture

July 6-17, 2013	27th Summer Universiade, Kazan, Russia (see http://www.kazan2013.com)
July 10-14, 2013	8th World Youth T&F Championships, Donetsk, Ukraine
Aug 10-18, 2013	14th IAAF World Championships in Athletics, Moscow, Russia
October 15-27, 2013	World Masters Athletic Championships, Porto Alegre, Brazil. See http://www.wma2013.com

2012 European Athletics Permit Meets

March 17, 2013	Mario Albigetti Memorial Meet, Lugano, Switzerland
March 23, 2013	Dudinska 50km, Dudince, Slovakia
April 6, 2013	Rio Maior Grand Prix, Rio Maior, Portugal
April 13, 2013	Podebrady Meet, Podebrady, Czech Republic
June 29, 2013	Dublin Grand Prix, Dublin, Ireland

2014 International Fixture

5-6 May 2014	26th IAAF World Race Walking Cup, Taicang, China
Mar/Apr 2014	World Masters Indoor Championships, Budapest, Hungary
July 22-27, 2014	15th World Junior T&F Championships, Eugene, Oregon, USA
July 23 – Aug 3, 2014	20th Commonwealth Games, Glasgow. See http://www.glasgow2014.com/

Looking even further forward

2015	28th Summer Universiade, Gwanju, Korea
August 22-30, 2015	15th IAAF World Championships in Athletics, Beijing, China
July/Aug 2015	20th World Masters T&F Champs Stadia, Lyon, France
2016	21st World Masters T&F Champs Stadia, Perth, Australia. See http://www.perth2016.com/
Aug 2016	31st Olympic Games, Rio de Janeiro, Brazil. See http://www.rio2016.org.br/en/Default.aspx
2017	29th Summer Universiade, Taipei
August 5-13, 2017	16th IAAF World Championships in Athletics, London, UK
July 2020	32nd Olympic Games City TBA: Baku, Doha, Istanbul, Madrid, Rome, Tokyo

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