



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2012/2013 Number 36
4 June 2013



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TIM'S WALKER OF THE WEEK

This week's newsletter saw lots of top walks by Australian walkers, both here and overseas. These ones in particular caught my eye:

- 15 year old **Tyler Jones** won the NSWRC 8km on 18th May with a PB time of 37:42
- **Ian Rayson** won the NSW Teams Walks Championship 10km on 25^h May with 41:23
- **Jared Tallent** won the IAAF Challenge event in La Coruna last Saturday with a fine 1:21:21
- **Dane Bird-Smith** was 4th in La Coruna with a 24 sec PB time of 1:22:03
- **Rhydian Cowley** was 14th in La Coruna with a 12 sec PB time of 1:24:22
- **Kim Mottrom** won the SARWC 15km club championship in Adelaide last Saturday with a fine 1:07:01
- 16 year old **Nathan Brill** won the VRWC Open 5km on Saturday with 21:02.

But my Walker of the Week goes to Victorian walker **Kyle Swan** who finished second to Nathan Brill in 23:47, a 72 sec PB. Kyle only turned 14 a month ago and it seems that he walks PBs just about every week. Well done Kyle!



Kyle (right) races alongside Reese Walmsley last Saturday in Melbourne - PBs to both boys and Walker of the Week to Kyle

WHAT'S COMING UP

The 2013 Oceania Open and U18 Area Championships (see <http://www.athletics-oceania.com/>) are currently being held in Papeete, Tahiti (3-5 June 2013) with Australian walkers Jasmine Dighton, Tayla-Paige Billington and Kyle Bird in action . The walks got underway yesterday but Unfortunately I can't find any results yet so I will report on this carnival in next week's newsletter.

Mon 3 June	3:45 PM	Women 5000m Walk Open
	3:45 PM	Girls 5000m Walk U18
	3:45 PM	Boys 5000m Walk U18
Wed 5 June	7:00 AM	Women 10000m Walk Open
	7:00 AM	Men 10000m Walk Open

Next Sunday sees the **Lake Burley Griffin Carnival in Canberra** - more about that later in the newsletter. We are sending a big team - see <http://www.vrwc.org.au/documents/2013%20Canberra%20Entry%20List%2027%20May%202013.pdf> - and we hope to do well. Good luck to everyone.

The following Saturday sees us back at Middle Park once again for another prizes day with our annual "Guess your finish time" events. Again, since it is a prizes day, all donations or cost-price items accepted.

Saturday 15th June 2013, Middle Park			
VRWC EVENTS: Entries close for all events at 2.00pm sharp. Prizes for all winners.			
2.15pm	10km	Guess your finish time & Handicap	Open
2.15pm	5km	Guess your finish time & Handicap	Open
2.15pm	3km	Guess your finish time & Handicap	Open
2.15pm	3km	Guess your finish time & Handicap	Under 15
2.30pm	1km	Guess your finish time & Handicap	Under 9
2.40pm	2km	Guess your finish time & Handicap	Under 12

We will also be drawing Simone O'Neill's Cancer Council fund-raiser raffle on Saturday 15th June - most will know about it as Simone has been selling tickets at our club races over the last few weeks.

VRWC ROAD RACES, MIDDLE PARK, MELBOURNE, SATURDAY 1 JUNE

Before we start - found in the VRWC clubrooms on Saturday - a yellow Kingston 4Gb USB memory stick - if yours, email me.

Melbourne had its wettest June day on record but it was all overnight and by the time our VRWC club races got underway at 2:15PM, conditions were still, cool and overcast - perfect for racing. With the big Canberra carnival only a week away, we had a large turnout of 75 walkers to contest the first of our prizes days - the pick of the table for each of our 12 handicap competition winners.

Terry Swan was in action with his camera - check out the latest gallery at <http://www.vrwc.org.au/coppermine/>. And Frances Attard had her video from the previous week's races showing in the clubrooms. I have now uploaded it to YouTube and you can see it at <http://www.youtube.com/watch?v=IHtRir09HJ0>. And club coach Don McLaren took our U9 and U12 walkers for a talk pre-race. If you missed it, you can check it out at <http://www.vrwc.org.au/documents/2013%20VRWC%20coaching%20session.pdf>.

The 10km walk saw a good sized field of nearly 20 walkers and it was Adam Garganis who led the field through to finish first. Alas, he was subsequently disqualified, meaning the Andrew Jamieson took fastest time with 49:02 (at 66 years of age!) ahead of Simon Evans 51:55 and James Christmass 50:09. And it was James who took the handicap honours with his best time for a couple of years. In the women's event, Simone McInnes was fastest with 59:17 while Donna Elms was just outside her PB with 1:02:56 and this was enough to give her the handicap win.

10km Open		Handicap Place	
1.	Simone McInnes	59:17	6
2.	Marlene Gourlay	1:00:35	5
3.	Donna Elms	1:02:56	1
4.	Alison Thompson	1:04:34	2
5.	Karyn O'Neill	1:07:57	3
6.	Margaret Beaumont	1:26:54	4
1.	Andrew Jamieson	49:02	4
2.	Simon Evans	51:55	8
3.	James Christmass	52:09	1
4.	Mark Donahoo	52:52	6
5.	Ralph Bennett	58:57	9
6.	David Armstrong	59:46	2
7.	Gerard Feain	1:01:20	5
8.	Murray Dickinson	1:05:34	7
9.	Geoff Barrow	1:09:34	3
10.	Ian Beaumont *	1:26:20	
	Russ Dickenson	DNF	
	Adam Garganis	DQ	

Nathan Brill led the 5km walkers through in an excellent 21:02 but the action was all happening behind him with bit PBs to Kyle Swan 23:47, Steve Jordan 33:53 and Alex Poore 37:03 and it was Alex who narrowly took the handicap win ahead of Kyle. Sandra Geisler was the fastest of the women with 25:54 but it was Natalie Laurie who took the handicap win with an improving 26:15.

5km Open		Handicap Place	
1.	Sandra Geisler	25:54	2
2.	Natalie Laurie	26:15	1
3.	Heather Carr	28:37	4
4.	Robyn Shaw	32:06	3
5.	Gwen Steed	32:42	5
6.	Chloe McNicol-Davidson	33:44	6
7.	Tracey Harvey *	44:54	
1.	Nathan Brill	21:02	5
2.	Kyle Swan	23:47	2
			PB 1:12

3.	Nicholas Mirarchi	26:09	4	
4.	Steve Jordan *	33:53		PB 0:29
5.	Tony Doran	34:24	7	
6.	Alex Poore	37:03	1	PB 1:04
7.	Barrie Wicks	37:31	3	
8.	Bruce Conboy	37:57	6	

Again, there were lots of PBs from our 3km Open and U15 walkers with our four handicap winners all recording best ever times - Emily Swan 16:20, Cody McNicol-Davidson 17:45, Mikhala Hodges 17:07 and Reese Walmsley 14:01. And special mentions to Brodie Richardson 16:35, Stephanie George 14:55, Karla Bulte 16:48 and Donna Urquhart 17:22.

3km Open			Handicap Place	
1.	Stephanie George	14:55	6	
2.	Emily Swan	16:20	1	PB 0:19
3.	Kylie Irshad	16:23	2	
4.	Jade Sanders	16:27	8	
5.	Donna Urquhart	17:22	5	PB 0:18
6.	Celia Johnson	19:45	7	
7.	Cathy Huse	20:54	3	
8.	Clare Garganis	21:03	5	PB 0:02
9.	Pam Mews	28:25	9	
1.	Cody McNicol-Davidson	17:45	1	PB 0:05
2.	John Morrison	20:26	2	
3km Under 15			Handicap Place	
1.	Paige De Lisen	16:31	7	
2.	Brodie Richardson	16:35	2	PB 0:40
3.	Philippa Huse	16:47	5	
4.	Karla Bulte	16:48	2	PB 0:44
5.	Mikhala Hodges	17:07	1	PB 0:08
6.	Taylor Vasiljevic	17:14	6	
7.	Jessica Lillie	17:52	4	
8.	Emily Noonan	22:14		First time
1.	Reese Walmsley	14:01	1	PB 0:27
2.	Lachlan Feain	17:50	2	PB 0:13

The U9 and U12 walkers had a short coaching talk from Club Coach Don McLaren and then came out ready for action. Not surprisingly, there were lots more PBs - these walkers just improve every week! Handicap wins went to Chelsea McDonald 13:17, Nikola Mandic 10:13, Brianna Briet 5:59 and Jared Hodges 5:30.

2km Under 12			Handicap Place	
1.	Kathleen O'Mahony	10:48	2	PB 0:18
2.	Brianna Lillie	11:32	6	
3.	Natalie Morrow	12:39	3	PB 1:02
4.	Tegan Miller	12:43	8	
5.	Chelsea McDonald	13:17	1	PB 0:40
6.	Lee Taylor	13:29	7	
7.	Bianca Morrow	14:18	5	PB 0:24
8.	Caitlyn Rudston-Brown	14:35	3	PB 0:07
9.	Alexandra Hay	16:38	9	
1.	Corey Dickson	10:08	2	
2.	Nikola Mandic	10:13	1	PB 0:06
3.	Harry Hockley Samon	11:02		
4.	Hayden Walmsley	11:53	3	
1km Under 9			Handicap Place	
1.	Hayley Woolfe	05:42	2	PB 0:06
2.	Brianna Briet	05:59	1	PB 0:06
3.	Gemma Lillie	06:05	5	
4.	Claire Noonan	06:38	4	PB 0:12
5.	Charlotte Hay	06:46	3	
1.	Jared Hodges	05:30	1	
2.	Marcus Byron	05:39	2	
3.	Angus Hay	08:03	3	PB 0:53

And now a selection of photos compliments of club photographer Terry Swan



John Morrison, Steve Jordan, Sandra Geisler, Natalie Laurie and Emily Swan



Nikola Mandic, Donna Urquhart, Tony Doran, Natalie Morrow, Tony Doran, Clare Garganis and Karyn O'Neill



Jared Hodges, Brianna Briet, Lee Taylor and Chelsea McDonald



Straight to the football - Jared Hodges picks from the prizes table

As usual, thanks to the many officials and judges who helped out on Saturday - sorry if I have missed anyone.

Signin and Results: Mark Donahoo, Damien Elms, Michael Bodey

Setup and Timekeeping: Tim Erickson, Bob Gardiner, Peter Vysma, Ian Laurie, Susan Taylor, Don McLaren, Justin McLaren, Marlaine Stanway, Harry Summers, Mark O'Mahony

Judges: Peter Vysma (Chief), David Cash, Lloyd Nichols, Michael Bodey

Canteen: Barb Gardiner, Kate Suich, Marlaine Stanway

Video: Terry Swan and Frances Attard

VRWC POINTS UPDATE

Open & U15 Men	Open & U15 Women	U12 & U9 Boys	U12 & U9 Girls
Nathan Brill 6	Paige De Lisen 4	Nikola Mandic 4	Kathleen O'Mahony 6
John Morrison 3	Stephanie George 3	Corey Dickson 3	Hayley Woolfe 2
Simon Evans 2	Sandra Geisler 3	Harry Hockley-Samon 1	Brianna Lillie 2
David Armstrong 1	Donna Elms 2		Chelsea McDonald 1
Russ Dickenson 1	Natalie Laurie 2		Tegan Miller 1
	Robyn Shaw 1		

ACT WALKING CLUB ROADWALKS, LAKE GINNINDERRA, CANBERRA, ACT, SATURDAY 1 JUNE

Thanks to Robin Whyte for the weekly results from Canberra.

7.1km Walk

1. Ashleigh Resch	39:15
2. Zoe Hunt	39:18
3. Ally Durr	43:49
4. Robin Whyte	43:54
5. Kate Black	44:16
6. Helena Bialecki	46:28
7. Mick Saunders	48:43
8. Bryan Thomas	49:30
9. Rod Gilchrist	51:14
10. Monika Short	51:52
11. Jennifer Gilchrist	53:01
12. Robyn Saunders	54:08
13. David Mackenzie	54:43

2km Walk

1. Spencer Burns	09:50
2. Callum Burns	09:58
3. Gabby Hunt	10:40
4. Dylan Eddowes	12:07
5. Mitchell Baker	12:17
6. Colby Eddowes	14:42

1km Walk

1. Laura Burns	06:03
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SAMA CHAMPIONSHIPS, PEACOCK ROAD, ADELAIDE, SATURDAY 1 JUNE

Thanks to Colin Hainsworth for the results from the South Australian Masters in Adelaide. He commented: Mild, drizzly arvo.

10km Masters Championship

W65 Jill Rogers 1:28:20 65.47%

W60	Edna Bates	1:27:51	58.95%
W60	Gill White	1:28:20	61.78%
W55	Linda Whitelaw	1:16:02	67.28%
W45	Raelene Schild	1:15:43	60.11%
M80	Colin Hainsworth	1:18:08	79.94%
M75	Rodger Barber	1:14:58	73.39%
M70	Roger Lowe	1:16:34	67.22%
M65	George White	57:02	87.03%
M65	Graham Harrison	1:08:49	73.87%
M50	Norman White	1:15:44	57.59%

6km Walk

1.	W62	Helen Suridge	42:55
2.	M62	Phil Coles	48:54
3.	W35	Fleur Woodhouse	55:23

SARWC CLUB CHAMPIONSHIPS, ADELAIDE PARKLANDS, SATURDAY 1 JUNE

Thanks to Peter Crump for his weekly report from the South Australian Walkers Club in Adelaide.

There must be something in the water, or perhaps it's the cooler weather, for there were some good times over our long club championships. All top 3 placings were PBs over the 15km distance, as each raced the clock. The stand out performance for the day was Chantelle Nicolaides, who has been striving for confidence over her longer distances, and today she showed commitment and strength to blast her 5km PB by over 3 minutes. Well done Chantelle! Well done to all of our juniors as they each worked hard today over their distances.

15km Open Men

1.	Kim Mottrom	MOP	1:07:01
2.	Justin Hill	MOP	1:16:29
3.	Peter Crump	M35+	1:21:17
4.	Bill Starr	M35+	1:44:57
5.	Jim Hoare	M35+	DQ

15km Open Women

1.	Barb Cain	WOP	1:51:04
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8km Under 18 women

1.	Danielle Walsh	46:47
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5km Under 16 boys

1.	Alix Harlington	26:52
2.	Michael Nicolaides	35:40

5km Under 16 girls

1.	Anna Cross	26:35
2.	Chantelle Nicolaides	33:42

5km Non Championship

1.	Samantha Findlay	33:00
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3km Under 14 boys

1.	Jake Vidler	17:17
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3km Under 14 girls

1.	Rhiannon Lovegrove	16:57
2.	Sarah Damin	18:13
3.	Ayeisha Wallace	18:29

3km Non Championship

1.	Rhiana Hooker	17:32
2.	Amber Tuscharski	16:22
3.	Louisa Mitchell	19:04

2km All comers

1.	Bethany Cross	10:32
2.	Hayley Goode	12:34
3.	Riona Tyler-Dowd	12:37
4.	Chloe Upton	12:56
5.	Ryan Hooker	14:56
6.	Mark Hooker	14:57

1km All comers

1.	Madeleine Wallace	06:48
2.	Victoria Upton	06:53
3.	Aleesha Vidler	08:30

RWCWA ROADWALKS, WILSON, PERTH, SUNDAY 2 JUNE

Thanks to Rick Cattermole for the latest walk results from the Racewalking Club of Western Australia in Perth. Rick commented that it was a very cold 2 degrees on Sunday morning.

5km Open

1.	Simeon Leatherland	26.46	PB
2.	Vanessa Brown	27.58	SB
3.	Breanna Brown	28.17	SB
4.	Christopher Gerken	31.14	
5.	Sara Cattermole	31.20	
6.	Daniel Lowe	33.52	

3km Open

1.	Melissa Hall	20.25	SB
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1.4km Open

1.	Tina Kezic	9.19	PB
2.	Jemma Brown	9.19	SB
3.	Ryan Kezic	9.50	PB

BENDIGO WALKERS CLUB ROADWALKS, LAKE NEANGAR, BENDIGO, SUNDAY 2 JUNE

Thanks to Paul Rance for the latest walk results from Bendigo, country Victoria.

The Bendigo Walkers Club conducted 2km and 5km handicap events at Lake Neanger Eaglehawk in cool, windy conditions on Sunday morning. The 5km race saw limit marker Norm West lead all the way to score a fine victory as he broke his estimated time by more than 30 seconds with Ebony Whiley racing to the line strongly to take 2nd place and fastest time honours with Barb Bryant in 3rd place. The 2km event was won by Madison Hill as she hit the front with 50 metres to go to defeat Sheridan Commons in a close finish with Madison and Sheridan producing personal best efforts while backmarker Peter Curtis walked strongly to take 3rd place and fastest time with Caitlyn Tozer also recording a personal best.

2km Handicap Walk

1.	Madison Hill	11.36
2.	Sheridan Commons	15.28
3.	Peter Curtis	10.19
4.	Carissa Brook	11.56
5.	Zahra Hayes	10.48
6.	Caitlyn Tozer	18.00

5km Handicap Walk

1.	Norm West	40.23
2.	Ebony Whiley	29.10
3.	Barb Bryant	30.14
4.	Geoff Major	38.25
5.	Annette Major	32.44

QRWC WALKS AND GOLD COAST CHAMPS, PIZZHEY PARK, QUEENSLAND, SUNDAY 2 JUNE

Thanks to Robyn Wales for the Queensland Race Walking Club walk results from Sunday when races were held at Pizzhey Park at Mermaid Waters on the Gold Coast. The meet included the Queensland Masters Association Short Course Road Walk Championships and the Gold Coast Road Walk Championships. First to the QRWC results.

QRWC A Grade 10km

1.	Brad Aiton	46.00
2.	Brandon Dewar	48.29
3.	Nick Dewar	48.45
4.	Peter Bennett	51.49
5.	Jessica Pickles	53.15
6.	Paul Lindenberg	59.49
7.	Kay Shaw	65.14
8.	Donna Beikoff	67.28
9.	Debbie Lindenberg	74.55
10.	Noela McKinven	79.23

QRWC C Grade 3km

1.	Clara Smith	14.22
2.	Kenza Benzenati	17.32

QRWC D Grade 2km

1.	Mikaela Woodward	10.23
2.	Caitlin Hannigan	11.39
3.	Jenna Lawrence	12.18
4.	Kobe Hinton	13.14
5.	Dane Shaw	15.38
6.	Amelia Wales	16.48

QRWC B Grade 5km

1.	Katya Martin	28.12
2.	Sally Lynch	34.00
3.	Doug Miles	35.01
4.	George Megas	38.52
5.	Christiane Dauphinet	39.28
6.	Robyn Wales	40.54

QRWC F Grade 1km

1.	Adam Buchhorn	5.28
2.	Abbey Hannigan	6.06

QRWC U8 500m

1.	Tess Hannigan	3.26
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And now to the Gold Coast and Masters Championships

Gold Coast Championships

U8 500m Girls	1	Tess Hannigan	3.26		
U10 1km Boys	1	Adam Buchhorn	5.28		
U10 1km Girls	1	Abbey Hannigan	6.06		
U12 2km Boys	1	Kobe Hinton	13.14		
U12 2km Girls	1	Caitlin Hannigan	11.39	2.	Amelia Wales 16.48
U14 2km Boys	1	Dane Shaw	15.38		
U14 2km Girls	1	Mikaela Woodward	10.23	2.	Jenna Lawrence 12.18
U16 3km Girls	1	Clara Smith	14.22	2.	Kenza Benzenati 17.32
U18 5km Girls	1	Katya Martin	28.12		
U20 5km Men	1	Brad Aiton	22.18		
U20 5km Women	1	Jessica Pickles	25.04		
Open 10km Men	1	Brandon Dewar	48.29	2.	Nick Dewar 48.45
Open 10km Women	1	Kay Shaw	65.14	2.	Donna Beikoff 67.28
				3.	Peter Bennett 51.49
				3.	Debbie Lindenberg 74.55

Qld Masters Short Walks Championships - 5km

M75	1	George Megas	38.52
W45	1	Donna Beikoff	33.27
W50	1	Kay Shaw	31.47
W60	1	Robyn Wales	40.54
W70	1	Sally Lynch	34.00

	2	Noela McKinven	38.36
W80	1	Christiane Dauphinet	39.28

Qld Masters Short Walks Championships - 10km

M50	1	Paul Lindenberg	59.49
M55	1	Peter Bennett	51:49

And finally, a great photo from Robyn showing the next generation of Queensland Racewalkers after Sunday's Gold Coast Champs.



**Front: Kobe Hinton, Adam Buchorn, Amelia Wales, Tess, Abbey and Caitlin Hannigan
Back: Robyn Wales and Jess Pickles**

NSWRWC ROADWALKS, TEMPE, SATURDAY 18 MAY

And now back a couple of weeks to catch up on the NSW racewalking scene. Great time by 15 year old Tyler Jones in winning the 8km (37:42).

Long Division 8km

1.	Tyler Jones	37.42
2.	Lauren Bourke	38.54
3.	Derek Mulhearn	38.54
4.	Cheryl Webb	40.24
5.	Ian Jessuren	42.21
6.	Kirsty Klein	42.42
7.	Shay Southern	45.02
8.	Tabitha Porley	45.29
9.	Joan Purcell	56.56
	Carl Gibbons	DNF

Medium Division - 6km

1.	Aiden Kerr	31.21
2.	Nathan Brown	31.36
3.	Tony Psarianos	35.15
4.	Adam Mylonas	36.00
5.	Amanda Barendregt	36.22
6.	Bryony Beasley	38.55
7.	Judy Brown	46.30

Short Division - 3km - HANDICAP START

1.	Jasmyn McDonald	14.35
2.	Dylan Richardson	15.48

U16 Division - 2km

1.	Kyle Bedford	9.27
2.	Harrison Mavin	9.58
3.	Eliza Delaine	10.06
4.	Samantha Brown	10.51
5.	Chelsea Goodhew	11.03
6.	Jasmine Fletcher	11.09
7.	James Plummer	11.51
8.	Sean Teo	12.58
9.	Melissa Hoy	13.09
10.	Catherine Young	13.47

U12 Division - 1km

1.	Hayley Mills	5.08
2.	Bayden Little	5.16
3.	Renee Hardy	5.36
4.	Brooke Martin	5.43
5.	Alexandria Sutherland	5.51
6.	Morgan Little	6.16
7.	Lachlan Becroft	6.32
8.	Logan Barendregt	6.44
9.	Jada Thomson	6.45
10.	Anna Jefferies	7.49
11.	Courtney Mavin	8.09

3.	Ryan Thomson	15.58	12.	Aiden Hardy	8.28
4.	Nicholas Douglas	16.47	13.	Brodie Douglas	8.30
5.	Sarah Kelland	18.05	14.	Ethan Martin	10.16
6.	Tiffany Saker	18.18	15.	Emily Challinor	11.49
7.	Travis Barendregt	19.35	16.	Amelia Crocker	12.55
8.	John Thompson	20.15			
9.	Jan Dodds	22.59			
10.	Nicolle Challinor	23.34			
11.	Annette Tillman	27.20			

NSW TEAM WALKS CHAMPIONSHIPS, NARELLAN, NSW, SUNDAY 26 MAY

And then a week later to the NSW Teams Championships which were held at Narellan. Ian Rayson 41:23 and Nicole Fagan 48:52 led home strong fields in the Open 10km events while Tyler Jones 23:12 and Jasmyn McDonald 25:13 led home the 5km walkers. Again, another big carnival with well over 50 walkers in attendance. You can expect NSW to be out in force this weekend in Canberra.

Men 10km Road Walk

1.	Rayson, Ian	25	Mingara Athl	41:23
2.	Reading, Brendon	24	Sydney Unive	47:58
3.	Felton, Jay	18	Mingara Athl	49:35
4.	Mulhearn, Derek	23	Sydney Unive	50:02
5.	Jessurun, Ian	46	Nsw Masters	52:52
6.	Mulhearn, Jordan	21	Sydney Unive	53:46
7.	Osborne, Robert	58	Nsw Masters	56:53
8.	Albanese, Anthony	52	South Sydney	58:32
9.	Psarianos, Tony	49	South Sydney	1:03:06
10.	Psarianos, Dimitra	20	South Sydney	1:03:48
11.	Seymon, Jim	76	U.T.S. North	1:08:42
12.	West, John	63	Nsw Masters	1:11:35
13.	Connors, Robert	65	U.T.S. North	1:16:56

Women 10km Road Walk

1.	Fagan, Nicole	24	Sydney Pacif	48:52
2.	Webb, Cheryl	37	Blacktown Ci	48:59
3.	Bourke, Lauren	23	Mingara Athl	49:38
4.	Klein, Kirsty	19	Asics Wests	51:29
5.	Jennings, Shannon	20	Asics Wests	53:26
6.	Southern, Shay	18	Asics Wests	56:06
7.	Brown, Kylie	41	Nepean Distr	57:20
8.	Porley, Tabitha	18	Asics Wests	58:28
9.	Challinor, Nicolle	41	Gosford Athl	1:08:39
10.	Brown, Suzanne	48	U.T.S. North	1:10:03
11.	Parker, Carmel	48	U.T.S. North	1:10:38
12.	Purcell, Joan	72	Asics Wests	1:11:59
13.	Lloyd, Nancy	60	U.T.S. North	1:13:26
14.	Brown, Judy	63	Nsw Masters	1:20:37

Men 5km Road Walk

1.	Jones, Tyler	15	Wyong Athlet	23:12
2.	Kerr, Aidan	15	Sydney Pacif	27:06
3.	Gibbons, Carl	17	Westlakes At	28:48
4.	Douglas, Nicholas	17	Nepean Distr	29:26

Women 5km Road Walk

1.	McDonald, Jasmyn	17	Parramatta C	25:13
2.	Francis, Lucinda	17	Sydney Pacif	26:33
3.	Grujoski, Stephanie	16	South Sydney	30:14
4.	Beasley, Bryony	16	Nepean Distr	32:14

Men 3km Road Walk

1.	Bedford, Kyle	13	Nepean Distr	15:07
2.	Mavin, Harrison	12	Sydney Pacif	15:31
3.	Richardson, Dylan	13	Mingara Athl	15:45
4.	Little, Bayden	10	Sydney Pacif	16:36
5.	Thomson, Ryan	13	Nepean Distr	16:46
6.	Millican, Hayden	13	Sydney Pacif	18:51
7.	Barendregt, Travis	13	Nepean Distr	19:50
8.	Becroft, Lachlan	11	Nepean Distr	20:01
9.	Little, Morgan	11	Sydney Pacif	21:46

10.	Sinclair, Grace	12	Sydney Pacif	23:10
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Women 3km Road Walk

1.	Roukos, Raquel	13	Nepean Distr	15:40
2.	Crichton, Sophie	13	Sydney Pacif	17:52
3.	pitcher, allanah	10	Gosford Athl	17:56
4.	Hardy, Renee	10	Asics Wests	19:07
5.	Rigney, Paige	11	Wyong Athlet	19:09
6.	Salisbury, Daniela	13	Sydney Pacif	20:02
7.	Parker, Hannah	11	Randwick Bot	20:48
8.	Crichton, Emily	12	Sydney Pacif	23:31

Men 10km Road Walk Masters

Jessurun, Ian	45	Nsw Masters Athletics Inc	52:52	1st 45-54years
Osborne, Robert	57	Nsw Masters Athletics Inc	56:53	1st 55-64years
Albanese, Anthony	51	South Sydney Athletics	58:32	2nd 45-54years
Psarianos, Tony	49	South Sydney Athletics	1:03:06	3rd 45-54years
Seymon, Jim	75	U.T.S. Northern Suburbs A	1:08:42	1st 65+ years
West, John	62	Nsw Masters Athletics Inc	1:11:35	2nd 55-64years
Connors, Robert	65	U.T.S. Northern Suburbs A	1:16:56	2nd 65+ years
Barrett, Doug	60	U.T.S. Northern Suburbs A	1:16:56	3rd 55-64years

Women 10km Road Walk Masters

Webb, Cheryl	36	Blacktown City Athletics	48:59	2nd Open
Brown, Kylie	41	Nepean District Athletic	57:20	1st 35-44years
Challinor, Nicolle	40	Gosford Athletics Inc.	1:08:39	2nd 35-44years
Brown, Suzanne	47	U.T.S. Northern Suburbs A	1:10:03	1st 45-54years
Parker, Carmel	47	U.T.S. Northern Suburbs A	1:10:38	2nd 45-54years
Purcell, Joan	71	Asics Wests Track & Field	1:11:59	1st 65+ years
Lloyd, Nancy	59	U.T.S. Northern Suburbs A	1:13:26	1st 55-64years
Brown, Judy	63	Nsw Masters Athletics Inc	1:20:37	2nd 55-64years

QRWC ROADWALKS, KALINGA PARK, BRISBANE, SUNDAY 26 MAY

And a final catchup from Queensland from Saturday 26th May when Brandon Dewar 45:32 and Brad Aiton 21:53 led the walkers out.

A Grade 10km

1.	Brandon Dewar	45.32
2.	Peter Bennett	50.56
3.	Jessica Pickles	53.24
4.	Paul Lindenberg	60.58
E5	Donna Beikoff	69:17
E5	Kay Shaw	69.17
7.	John Musters	71.19
8.	Denise Fellows	77.77
9.	Nick Dewar	DNF

D Grade 2km

1.	Jenna Lawrence	12.34
2.	Sean Brackin	14.07

B Grade 5km

1.	Brad Aiton	21.53
2.	Mikaela Woodward	27.46
3.	Sally Lynch	34.52
4.	Noela McKinven	37.36.
5.	George Megas	38.51
6.	Richard Lynch	39.06

C Grade 3km

1.	Mel Hayes	18.27
2.	Rebecca Jones	24.35
3.	Maurice Dauphinet *	25.58

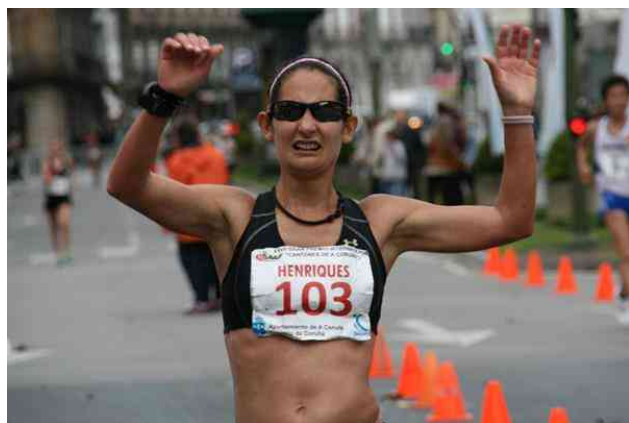
F Grade 1km

1.	Adam Buchhorn	5.55
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XXVII GRAN PREMIO CANTONES DE LA CORUÑA, LA CORUÑA, SPAIN, SATURDAY 1 JUNE 2013

Emeterio Valiente reported for the IAAF (see <http://www.iaaf.org/news/report/tallent-and-henriques-take-the-crowns-in-la-c>) on the latest 2013 IAAF Race Walking Challenge event, held on Saturday in La Coruna, Spain.

Australia's double Olympic Games 50km Race Walk silver medallist **Jared Tallent** and Portugal's **Ines Henriques** captured 20km victories in 1:21:21 and 1:29:30 at the 27th Gran Premio Cantones de Marcha, the Spanish leg of the 2013 IAAF Race Walking Challenge, on Saturday. On a cloudy day that was ideal for endurance events, with the thermometer reading around 14 degrees Celsius during the races, Tallent and Henriques both made decisive moves at similar points in their races, before pulling away over the final 5km to win by the handsome margins of 24 and 17 seconds respectively. The victories put Tallent and Henriques into the lead in this year's IAAF Race Walking Challenge with just two races left on the calendar.



Ines Henriques and Jared Tallent win their races in La Coruna last Saturday (photos www.iaaf.org)

Tallent fifth time lucky

Over the 1km flat circuit on Spain's Atlantic coast in the north of the country, the men's contest opened at a modest pace as the first kilometre was covered in 4:22. By 5km, 17 walkers were still in the leading group which passed through that checkpoint in 21:13. However, the rhythm became increasingly faster and the second 5km section took just 20:34, with 15 men passing the halfway point together in 41:47. Among the pack were pre-race favourites Tallent, Vieira and Colombia's 2011 World Championships bronze medallist Luis Fernando Lopez, who all took turns at the front.

The pace continued to get faster over the third quarter of the race but just after crossing the 15km point in 1:01:47, the 28-year-old Tallent broke away from the leading pack and made his bid for glory with a 3:49 16th kilometre. Behind him, Vieira, Lopez and Tallent's Australian compatriot Dane Bird-Smith started what was to be the battle for the minor medals, although the latter started to lose ground at around 17km. Tallent's final 5km section was particularly strong with a swift 19:29 split, which proved to be simply too fast for his pursuers to match before he crossed the line in 1:21:21. This was Tallent's first success in La Coruna, a city which has become one of the iconic venues around the world for walking. In his four previous outings, the Australian had not done better than his fifth place back in 2010.

"I had competed here several times here but I hadn't managed to win yet in La Coruna. I decided to save my energies for the last five kilometres and my tactics paid off," commented Tallent. "I'm so thrilled to be back on top of the podium. All the hard work we put in the last month in St Moritz has really paid off. To race so well over the shorter 20km distance gives me huge confidence that my World Championship aspirations are on track. Unlike last year at the London Olympics, I'll solely focus on my strongest event in Moscow, the 50km Walk. Having been twice Olympic silver medallist in Beijing and London, plus also World bronze in Daegu, the only medal lacking at home is gold, and so I'll go for it in Moscow".

The Australian has just spent three-and-a-half weeks at altitude in Saint Moritz and now returns there for another four weeks. Vieira, now 37, got rid of Lopez on the penultimate lap to finish second in 1:21:45 with the South American, who turns 34 on Monday, third in 1:21:51. The battle to be the first Spaniard home was won by the 2003 European Athletics Junior Championships 10,000m bronze medallist Francisco Arcilla, who finished sixth with a career best of 1:22:23.

Henriques in a class of her own, Gonzalez surprises

In contrast to men's event, the women's race witnessed a good pace from the gun by the leading pack. The 5km point was reached in 22:27, with six women in the leading group comprising the Spanish trio of Raquel Gonzalez, Beatriz Pascual and Julia Takacs, the Portuguese pair of Ines Henriques and Vera Santos plus Czech Republic's Lucie Pelantova of the Czech Republic, the latter being the first to lose ground shortly afterwards.

Halfway was reached in 44:57 with the surprise 23-year-old Gonzalez making most of the pace. Firstly Santos and then Pascual began to fade after a 4:24 12th kilometre. Henriques found another gear at 16km to leave Gonzalez and Takacs behind and the Portuguese walker added to her advantage over the closing kilometres to build a 17-second margin by the end, crossing the line in 1:29:30 to secure her second victory at this season's IAAF Race Walking Challenge after her early success in Chihuahua. The 2011 European Athletics U23 Championships silver medallist Takacs stopped the clock at 1:29:47 while Gonzalez was rewarded for her hard work and audacity in the first half of the race with a huge best of 1:30:11 in third place.

"It's so emotional for me to win here as I consider La Coruña as a Mecca for race walking events. In addition to my win, I'm also very satisfied as I walked pretty good technically," said a delighted Henriques. "I'll now take an easy week before spending four weeks in Spain at altitude in Sierra Nevada and Navacerrada. Possibly, I'll next compete at the Portuguese champs over 10km before travelling to Moscow where my target is a top six spot. It won't be an easy task as there will be several strong squads such as the Russians and the Chinese but also the Spaniards and my compatriots," added the 33-year-old winner.

It was a good meet for Spain with their best men and women all recording great times: Francisco Arcilla 1:22:23, Álvaro Martín 1:22:25, José Ignacio Díaz 1:22:37, Julia Takacs 1:29:47, Raquel González 1:30:11 and Beatriz Pascual 1:32:09.

The meet was also a good one for Australia as, apart from Jared's top winning performance, **Dane Bird-Smith** finished 4th with a PB 1:22:03 (a 24 sec PB) and **Rhydian Cowley** finished 14th in 1:24:22 (a 12 sec PB). This brings their European stint to an end and all 3 walkers are now returning home for a while before their next challenge in Moscow at this year's World Champs.

You can also see other links to bits and pieces from the meet

Event website: <http://www.atletismogalego.com/fga/pl.asp>
 Photos: <http://www.atletismogalego.com/fotos/2013GPCANTONES/>
 AA Press Release: http://www.athletics.com.au/home/news/news/2013/june/talent_returns_to_the_top_of
 oMarchador report: <http://www.omarchador.blogspot.pt/2013/06/ines-vence-na-corunha-com-recorde.html>

20km Walk Men

1.	Jared TALLENT	AUS	84	1:21:21
2.	Joao VIEIRA	POR	76	1:21:45
3.	Luis Fernando LÓPEZ	COL	79	1:21:51
4.	Dane Alex BIRD-SMITH	AUS	92	1:22:03
5.	Caio Oliveira DE SENA BONFIM	BRA	91	1:22:14
6.	Francisco ARCILLA	ESP	84	1:22:23
7.	Alvaro MARTIN	ESP	94	1:22:25
8.	José Ignacio DÍAZ	ESP	79	1:22:37
9.	Koichiro MORIOKA	JPN	85	1:23:01
10.	Takayuki TANII	JPN	83	1:23:08
11.	Pedro Daniel GÓMEZ	MEX	90	1:23:35
12.	Kaihua WANG	CHN	94	1:23:35
13.	Hatem GHOULA	TUN	73	1:24:06
14.	Rhydian COWLEY	AUS	91	1:24:22
15.	Hayato KATSUKI	JPN	90	1:24:43
16.	Isamu FUJISAWA	JPN	87	1:24:43
17.	Luis CORCHETE	ESP	84	1:25:41
18.	Francisco Jose DURAN	ESP	93	1:26:02
19.	Marc TUR	ESP	94	1:26:10
20.	Jesús Ángel GARCÍA	ESP	69	1:26:13
21.	Ivan PAJUELO	ESP	93	1:26:45
22.	Juan Antonio RAYA	ESP	93	1:26:45
23.	Leonardo DEI TOS	ITA	92	1:30:28
24.	Ferran COLLADOS	ESP	85	1:30:44
25.	Hugo ANDRIEU	FRA	92	1:31:50
26.	Giacomo VIGANO'	ITA	91	1:31:52
27.	Wayne SNYMAN	RSA	85	1:32:47
28.	Luis CAMBRONERO	ESP	93	1:33:08
29.	Luis Manuel PEREZ	ESP	92	1:33:11
30.	Cristiano ANTÓNIO	POR	88	1:36:43
31.	David MATEOS	ESP	81	1:37:52
	Andreas GUSTAFSON	SWE	81	DNF
	Creighton CONNOLLY	CAN	88	DQ
	Takumi SAITO	JPN	93	DNF
	Luis Alberto AMEZCUA	ESP	92	DNF
	Juan Antonio PORRAS	ESP	72	DNF
	Emerson HERNANDEZ	ESA	88	DNF
	Miguel Ángel PRIETO	ESP	64	DNF

20km Walk Women

1.	Ines HENRIQUES	POR	80	1:29:30
2.	Júlia TAKÁCS	ESP	89	1:29:47
3.	Raquel GONZALEZ	ESP	89	1:30:11
4.	Vera SANTOS	POR	81	1:31:00
5.	Lucie PELANTOVÁ	CZE	86	1:32:07
6.	Beatriz PASCUAL	ESP	82	1:32:09
7.	Dandan DUAN	CHN	95	1:32:45
8.	Yongbo HOU	CHN	94	1:33:25
9.	Tongmei ZHOU	CHN	88	1:37:36
10.	Ai MICHIGUCHI	JPN	88	1:37:50
11.	Daniela CARDOSO	POR	91	1:40:41
12.	Tomomi MAEKAWA	JPN		1:40:46
13.	Nadia CANCELA	POR	93	1:42:56
14.	Maria JUAREZ GALLARDO	ESP	93	1:45:21
15.	Laura JIMENEZ ELIPE	ESP	91	1:48:36
	Zayra JAUREGUI AGUILAR	MEX	87	DQ
	Miriam FERNÁNDEZ ANDRÉS	ESP	81	DNF
	Eva Maria IGLESIAS	ESP	85	DNF

Maria LARIOS LOPEZ	ESP	92	DNF
Marta CUISTRÁN CORTÉS	ESP	90	DNF
Ana CABECINHA	POR	84	DNF
Ainhoa PINEDO	ESP	83	DNF

Large fields also contested additional non-challenge events ranging from 10km down to 1km. Diego Garcia was the star of the 10km, winning in a new Spanish Junior record of 41:58, beating the previous record of 42:17, held jointly by Benjamin Sánchez (2002) and Alvaro Martin (2011). I won't reproduce all the results here as time is pressing - you can see them all at the following links

10km: <http://www.atletismogalego.com/10k.pdf>
5km: <http://www.atletismogalego.com/5k.pdf>
3km: <http://www.atletismogalego.com/3k.pdf>
2km: <http://www.atletismogalego.com/2k.pdf>
1km: <http://www.atletismogalego.com/1k.pdf>

The fine walks of Dane and Rhydian have forced an update to our men's All-Time rankings for 20km. The list of all Australian men who have broken 1:30:00 now reads:

1	1:17.33	Nathan Deakes	V	17/08/1977	1	Cixi City, China	23/04/2005	27
2	1:19.15	Luke Adams	N	22/10/1976	7	Cheboksary, Russia	10/05/2008	31
3	1:19.15	Jared Tallent	V	17/10/1984	1	Melbourne	13/02/2010	25
4	1:19.22	Dave Smith	V	24/07/1955	1	Hobart	19/07/1987	31
5	1:19.33	Nick A'Hern	N	06/01/1969	1	Melbourne	15/12/1990	21
6	1:20.43	Andrew Jachno	V	13/04/1962	1	Brisbane	26/08/1990	28
7	1:20.49	Dion Russell	V	08/08/1975	1	Melbourne	19/03/1999	23
8	1:21.19	Simon Baker	V	06/02/1958	1	Canberra	27/08/1988	30
9	1:21.23	Adam Rutter	N	12/12/1986	9	Taicang, China	30/03/2012	25
10	1:21.36	Willi Sawall	V	07/11/1941	1	Melbourne	04/07/1982	40
11	1:22:03	Dane Bird-Smith	Q	15/07/1992	4	La Coruna, Spain	01/06/2013	20
12	1:22.20	Chris Erickson	V	01/12/1981	21	Saransk, Russia	12/05/2012	30
13	1:24.11	Liam Murphy	S	05/06/1979	1	Adelaide	26/07/2003	24
14	1:24.20	Duane Cousins	V	13/07/1973	5	Melbourne	19/03/1999	25
15	1:24.22	Rhydian Cowley	V	04/01/1991	14	La Coruna, Spain	01/06/2013	22
16	1:24.25	Ian Rayson	N	04/02/1988	1	Narellan, NSW	13/11/2011	23
17	1:24.34	Brent Vallance	N	30/04/1972	15	Naumburg, Germany	23/05/1998	26
18	1:24.51	Brendon Reading	A	26/01/1989	21	Taicang, China	22/04/2011	23
19	1:24.54	Paul Copeland	V	25/04/1967	1	Melbourne	10/11/1991	24
20	1:24.56	Darren Bown	S	30/06/1974	4	Sydney	06/03/2005	30
21	1:25.02	Troy Sundstrom	N	30/05/1981	7	Melbourne	19/03/1999	17
22	1:25.31	Steve Beecroft	V	14/03/1971	2	Canberra	28/01/1994	22
23	1:25.34	Mike Harvey	V	05/12/1962	3	Melbourne	25/08/1990	27
24	1:26.33	Mark Donahoo	V	27/05/1958	1	Melbourne	22/05/1994	35
25	1:26.40	Tom Barnes	V	22/09/1982	1	Melbourne	24/08/2008	25
26	1:26.50	Sean Fitzsimons	W	15/01/1992	3	Melbourne	11/12/2011	19
27	1:27.12	Rhydian Cowley	V	04/01/1991	4	Melbourne	11/12/2011	20
28	1:27.12	Tim Erickson	V	23/11/1950	1	Melbourne	14/12/1980	30
29	1:27.19	Dominic McGrath	V	04/06/1972	10	Melbourne	19/03/1999	26
30	1:27.20	Daniel (Thorne) Walters	V	19/12/1979	1	Melbourne	16/12/2001	21
31	1:27.29	Bill Dyer	V	26/03/1961	-	Melbourne	22/06/1985	24
32	1:27.35	Michael McCagh	W	16/04/1986	6	Canberra	28/01/2007	20
33	1:27.42	Brad Malcolm	V	07/08/1978	1	Melbourne	19/07/1998	19
34	1:28.18	Mike Woods	N	11/10/1962	30	Bergen, Norway	24/09/1983	20
35	1:28.25	Rob McFadden	S	15/03/1966	5	Canberra	27/08/1988	22
36	1:28.29	Steve Hausfeld	N	07/04/1952	6	Richmond	09/04/1988	36
37	1:28.29	Shane Pearson	Q	05/06/1974	8	Melbourne	27/02/1997	32
38	1:29.04	Craig Jeffery	V	12/05/1968	3	Melbourne	04/08/1991	23
39	1:29.08	Marcus Dwyer	V	26/03/1977	3	Melbourne	19/07/1998	21
40	1:29.12	Noel Freeman	V	24/12/1938	1	Melbourne	06/04/1968	29
41	1:29.13	Ian Waters	V	10/04/1967	-	Melbourne	19/12/1993	26
42	1:29.22	Rohan Best	T	24/02/1973	1	Hobart	04/08/1990	17
43	1:29.23	Craig Brill	V	10/11/1967	2	Melbourne	04/08/1991	23
44	1:28:24	Jesse Osborne	V	21/01/1995	6	Hobart	24/02/2013	18
45	1:29.40	Travis Harbour	V	12/12/1975	10	Melbourne	27/02/1997	21
46	1:29.48	Martin Richardson	V	21/01/1963	3	Melbourne	05/02/1984	21
47	1:29.51	Mark Blackwood	V	25/11/1977	2	Melbourne	01/09/1996	18

MOULTON COMMUNITY WALKS , MOULTON, SUFFOLK , SATURDAY 1 JUNE 2013

Francisco Reis, winner in 2010-2012 recorded his fastest time on this course to register his fourth consecutive victory in this annual Enfield Race Walking League event. Competing in the event for the first time, Mark Williams was a clear second and Steve Uttley third. Cath Duhig, who collected two gold's at the recent European Non-Stadia championships in the Czech Republic, had plenty to spare in winning the ladies race for the first time. The young Moultonian Callum Wilkinson was 'under the weather', and his expected challenge to become the first Moulton villager to win the event didn't materialize. Paul Nihill the 1964 Olympic 50km silver medalist bettered the hour and by completing this race fulfilled an ambition; to have competed either side of the two London celebrations of the Olympic Games. Paul also presented the awards.

Mens 5 miles

1.	Francisco Reis	Ilford AC	39.01	M50
2.	Mark Williams	Tamworth AC	40.39	M45
3.	Steve Uttley	Ilford AC	42.13	M55
4.	David Crane	Surrey WC	42.36	M35
5.	Peter Ryan ©	Ilford AC	43.32	M55
6.	Steve Allen	Barnet & D AC	43.48	M55
7.	John Hall	Belgrave H	45.11	M60
8.	Ken Bobbett	Hillingdon AC *	46.29	M65
9.	Steve Allen ©	Ilford AC	46.56	M50
10.	Stuart Bennett ©	Ilford AC	47.28	M50
11.	Arthur Thomson	Enfield HAC	47.41	M75
12.	Andrew Cox	Hillingdon AC	47.57	M60
13.	John Constandinou	Birchfield H	48.19	M40
14.	Shaun Lightman	Surrey WC	48.46	M60
15.	Amos Seddon	Enfield H AC	49.06	M70
16.	Callum Wilkinson	Enfield H AC	49.14	U17
17.	Malcolm Martin	Paddock Wood *	49.34	M55
18.	Russ Jackson	YRWC	49.38	M65
19.	Glyn Jones	Coventry Godiva	50.28	M70
20.	Kevin Marshall©	Ilford AC	51.19	M50
21.	Dan Maskell	Vets AC	51.48	M65
22.	Sean Pender ©	Enfield HAC	52.07	M55
23.	Chris Flint ©	Surrey WC	52.35	M65
24.	Steve Kemp ©	EVAC	52.35	M55
25.	Jon May	Enfield HAC	52.59	M60
26.	David Delaney	Surrey WC	53.51	M70
27.	Phil Goodwin	Ilford AC	55.44	M
28.	Peter Crane	Surrey WC	55.47	M65
29.	David Hoben	Surrey WC	56.37	M60
30.	Tony Wilkinson	unatt/Moulton	57.36	M50
31.	Paul Firmage	Ryston R	57.43	M55
32.	Ron Powell	Enfield HAC	57.53	M75
33.	Phil Nutley	St.Eds Pacers	58.05	M65
34.	Len Ruddock	Ilford AC	58.34	M55
35.	Paul Nihill	Surrey WC	58.36	M70
36.	Malcolm Brown	Unatt/Newmarket	59.56	M60
37.	Stuart Halsall	Enfield HAC	62.11	M80
38.	Eric Horwill ©	Dudley/Stour	63.23	M80
39.	Bill Sutherland ©	Highgate H	63.42	M65
40.	Dave Ainsworth ©	Ilford AC	64.29	M60
41.	Peter Howard	Enfield HAC	65.21	M70
42.	Bernie Hercock	Enfield HAC	66.22	M75
43.	Ken Livermore ©	Enfield HAC	66.24	M80

© = Centurion, *=pb

Women 5 Miles

1.	Cath Duhig ©	Ryston R	49.12	W55
2.	Anne Jones	Woking	50.51	W55
3.	Fiona Bishop	Steyning AC	51.26	W50
4.	Sue Barnett	Enfield HAC	52.21	W60
5.	Elizabeth Blakie	Ryston R	53.44	W55
6.	Angela Martin	Paddock Wood *	53.51	W45
7.	Jo Miles	Hillingdon AC	54.21	W55
8.	Valarie Nutley	St.Eds Pacers	56.40	W55
9.	Linda Spinks	Enfield HAC	56.49	W45
10.	Sandra Campbell	Surrey WC	60.22	W40
11.	Sue Smith	Ryston R	64.03	W45
12.	Heather Hall	Belgrave H	68.31	W65

Team mixed – 4 to score

1. Ilford AC 2. Enfield & H AC 3. Surrey WC

Thanks to Mark Easton for the following photos - you can see more from Moulton at <http://markeaston.zenfolio.com/p1720330>.



The walkers get underway - Fransisco Reis leads out (photo Mark Easton)



Fransisco Reis and Cath Duhig (photos Mark Easton)

ZÁHORÁCKA WALK MEET AND SLOVAK NATIONAL CHAMPS, BORSKÝ MIKULÁŠ, SAT 1 JUNE

Walkers from 8 countries assembled in Borsky Mikuláš in Slovakia last Saturday for the annual Záhoráckej racewalk meet which also doubled as the Slovakian 20km men's racewalk championship (see <http://atletikasvk.sk/Articles/Detail?ArticleId=364>). Matej Toth went in as firm favourite but was forced to withdraw after only 3km with leg issues. This means that his win record in this event stays at 7 (2005-2009, 2011-2012) alongside that of legendary 1988 Olympic champion Pribilincm Joseph (1980-1985, 1993). This opened the door for team mate Anton Kučmín who took gold with 1:25:28 ahead of Dušan Majdán 1:28:52.

1km U12 Boys

- | | | | | |
|----|--------------------|------|--------------|------|
| 1. | Mateo Abbatantuono | 2002 | SK SOG Nitra | 4:59 |
| 2. | Nemcok Patrik | 2003 | VSC Dukla BB | 5:06 |

3.	Krestianko Filip	2006	VSC Dukla BB	5:20
4.	Zygimantas Bubnys	2003	Birstonas Litva	5:41
5.	Záslav Mário	2002	VSC Dukla BB	5:46
1km U12 Girls				
1.	Reda Dicipetryte	2002	Birstonas Litva	5:19
2.	Klara CAH	2002	AK Koper Slovenia	5:31
3.	Krestianková Anezka	2003	VSC Dukla Banská Bystrica	5:32
4.	Orovčíková Lucia	2002	AK Bacúch	5:36
5.	Kabátová Lilly	2003	VSC Dukla Banská Bystrica	5:42
2km U14 Boys				
1.	Paulius Juozaitis	2001	Birstonas Litva	10:11
2.	Orovčík Richard	2000	AK Bacúch	10:14
3.	Krestianko Matej	2001	VSC Dukla BB	10:18
4.	Nikel Marek	2000	AK Bacúch	10:35
5.	Martynas Burkevicius	2000	Birstonas Litva	11:12
2km U14 Girls				
1.	Barbora Lejsková	2000	Liaz Jablonec	10:19
2.	Markéta Bocková	2000	TJ Jiskra Nový Bor	10:25
3.	Ambra Abbatantuono	2000	SK SOG Nitra	10:35
4.	Agne Smailyte	2001	Birstonas Litva	10:49
5.	Zlúkyová Alexandra	2000	AK Bacúch	10:53
3km U16 Boys				
1.	Linas Bartkus	1999	Birstonas Litva	16:00
2.	Murín Lukás	1998	AK Bacúch	16:22
3.	Detko Lubomír	1999	VSC Dukla Banská Bystrica	16:43
4.	Anze TESOVNIK	1998	MASS Ljubljana, Slovenia	17:49
5.	Machala Michal	1999	VSC Dukla Banská Bystrica	20:00
3km U16 Girls				
1.	Hacundová Ema	1999	MSK Borský Mikuláš	15:33
2.	KOMORÓCZY Laura	1999	Honvéd Budapest	16:10
3.	Kuklicová Bibiana	1999	VSC Dukla Banská Bystrica	16:19
4.	Aleksandra Stefany Bizic	1999	AK "Agram" Zagreb	16:29
5.	BÓCZ Patrícia	1998	Honvéd Budapest	17:09
5km U18 Girls				
1.	Piliarová Radoslava	1996	AK Bacúch	25:30
2.	Skantárová Lucia	1996	AK Bacúch	26:19
3.	Ivana Renic	1996	AK "Agram" Zagreb CROATIA	26:46
4.	Anna SÜDI	1997	BEAC Atlétika 1898	27:09
5.	Antonela Golobic	1997	AK "Agram" Zagreb CROATIA	28:00
5km U18 Boys				
1.	Úradník Miroslav	1996	VSC Dukla Banská Bystrica	21:35
2.	VENYERCSÁN Bence	1996	Honvéd Budapest, Hungary	22:05
3.	Cerný Dominik	1997	AFK Nové Mesto nad Váhom	25:25
4.	Matej Andelic	1996	AK "Agram" Zagreb CROATIA	25:32
5.	Kovács Soma	1997	Miskolc MVSZ Hungary	27:22
5km Junior Women				
1.	Hornáková Monika	1995	AK Spartak Dubnica nad Váhom	24:41
2.	Adéla Frydrychová	1995	AC Česká Lipa	25:12
3.	Tomajková Terézia	1995	AK Bacúch	27:21
5km Masters Men				
1.	Ruzzier Fabio	1953	AK Koper Lovenia	23:54
2.	Andrea Naso	1960	Italy	24:34
3.	Rízek Milan	1978	ASK Skalica	22:24
4.	Straka Eduard	1946	AK Spartak Dubnica n Váhom	30:21
5.	Medera Zdeno	1975	AK Spartak Dubnica nad Váhom	23:28
5km Masters Women				
1.	Schwantzer Monika	1955	Austria	32:20
2.	Wallnerová Blanka	1976	MSK Borský Mikuláš	28:45
3.	Raffaella Manfrè	1974	Italy	32:02
4.	Radziewinska Urszula	1972	Austria	38:02

10km Junior Men

1.	Dolinský Andrej	1994	VSC Dukla Banská Bystrica	47:12
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10km Open Men

1.	TOKODI Dávid	1991	Honvéd Budapest, Hungary	46:54
2.	VENYERCSÁN LÁSZLÓ	1971	Honvéd Budapest, Hungary	53:06
3.	Kapéri Levente	1984	Miskolc MVSI, Hungary	54:45
4.	Koltai Dávid dr	1983	Honvéd Budapest, Hungary	55:19
5.	Boris Krestianko	1964	UMB Banská Bystrica	55:27

10km Open Women

1.	Gáliková Mária	1980	Dukla BB	47:18
2.	Strmenová Katarína	1993	Dukla BB	51:27
3.	Cubanová Lucia	1995	AK Bacúch	53:21
4.	Tydorová Sona	1990	UMB BB	56:59
5.	Hornýik Petra	1993	Miskolc MVSI, Hungary	1:01:05

20km Open Men

1.	Kučmín Anton	1984	VSC Dukla BB	1:25:28
2.	Majdán Dusan	1987	VSC Dukla BB	1:28:52
3.	Babík Zdenko	1984	UMB Banská Bystrica	1:35:23
	Tóth Matej	1983	VSC Dukla BB	DNF
	Tichý Peter	1992	VSC Dukla BB	DNF

Thanks to Fabio Ruzzier for the following couple of photos



Left: Zdeno Medera leads Fabio Ruzzier and Mária Gáliková in Borsky
Right: U12 medallists Klara Cah, Dičpetrytė Reda and Anežka Krestianková

INTERNATIONAL WALK MEET, HLOHOVCI, SLOVAKIA, SUNDAY 2 JUNE

It was a big weekend in the Slovak Republic with most of the walkers in action again on Sunday in Hlohovci. Again, it was Kučmín who won the Open men's 5000m track event with a good 20:31, 18 seconds clear of teammate Majdán while the women's 5000m walk went to Mária Gáliková with 23:18. Brief results follow:

5000m Open Men:	1 Kučmín (VSC Dukla) 20:31	2 Majdán (VSC Dukla) 20:49	3 Babík (UMB Banská) 21:50
5000m Open Women:	1 Gáliková (VSC Dukla) 23:18	2 Hornáková (Spartak Dubnica) 25:15	3 Čubanová (AK Bacuch) 27:25
5000m Junior Men:	1 Dolinský (VSC Dukla) 22:28		
5000m Junior Women:	1 Tomajková (AK Bacuch) 27:35		
3000m Cadet Men:	1 Officer (VSC Dukla) 12:30		
3000m Cadet Women:	1 R. Piliarová (AK Bacuch) 14:33		

JÓZEF ŹYLEWICZ MEMORIAL MEET, GDAŃSK, POLAND, SATURDAY 1 JUNE

Polish depth was on display in Gdansk last Saturday with 5000m Walks contested in the Jozef Zylewicz Memorial Meet. Dawid Tomala 19:16.93 and Paulina Buziak 22:12.00 led home strong fields in their respective events. Full meet results can be seen at <http://www.domtel-sport.pl/insidethecode/files/3773-pl.pdf>

5000m Walk Men

1.	Dawid TOMALA	89-08-27	AZS-AWF Katowice	19:16.93 pb
2.	Rafał FEDACZYŃSKI	80-12-03	AZS-AWF Katowice	19:44.00
3.	Łukasz AUGUSTYN	90-11-29	OTG Sokół Mielec	20:33.43 pb
4.	Michał STASIEWICZ	88-09-28	AZS-AWFiS Gdańsk	20:58.46
5.	Jakub KUSZNERUK	92-07-25	MKS Żak Biała Podlaska	21:23.63 PB
6.	Tomasz ŻMUDZKI	90-06-19	KL Lechia Gdańsk	21:40.45
7.	Jakub HERBA	92-02-19	KS AZS AWF Kraków	21:42.86
8.	Andrzej ŁOBACZEWSKI	92-08-09	KL Lechia Gdańsk	22:26.42
9.	Paweł GAWROŃSKI	90-04-13	KS AZS AWF Kraków	22:52.27
10.	Mirosław ŁUNIEWSKI	57-01-25	UKS Jedyńka Reda	25:15.25
	Adrian BŁOCKI	90-04-11	MKL Szczecin	DNF

5000m Walk Women

1.	Paulina BUZIAK	86-12-16	OTGT Sokół Mielec	22:12.00
2.	Natalia PŁOMIŃSKA	92-07-30	UKS 12 Kalisz	22:54.55 pb
3.	Justyna ŚWIERCZYŃSKA	87-02-26	PLKS Gwda Piła	23:13.42
4.	Monika KAPERKA	90-02-15	AZS-AWF Katowice	24:28.49
5.	Jolanta KARAŚ	89-03-09	RL TL ZTE Radom	25:53.93
6.	Dominika KOLK	96-11-23	KL Lechia Gdańsk	31:30.07
	Monika NAWROCKA	90-12-10	KS Agros Zamość	DNF
	Katarzyna GOLBA	89-12-21	AZS-AWF Katowice	DNF

YULIYA PECHONKINA PRIZES MEET, YERINO, RUSSIA, SUNDAY 2 JUNE

High quality 3000m track walking in the Yuliya Pechonkina Meet at Yerino, Russia, on Sunday.

Women's 3000m Race Walk

1.	Yevdokiya KOROTKOVA	RUS	79	12:35.6
2.	Anna DRABENYA	BLR	87	12:35.8
3.	Nadezda LEONTYEVA	RUS	94	12:37.1
4.	Agnieszka SZWARNÓG	POL	86	12:42.2
5.	Ołga YAKOVENKO	UKR	87	12:44.4
6.	Mariya LOSEVA	RUS	90	13:45.9
7.	Liliya GIMATDINOVA	RUS	92	15:37.8

WALKING SHORTS

Ok, lots more that I don't have time to extract out and format into reports so I will leave them for you to read about with your google translator. The oMarchador team do a fantastic job getting all these race results out so promptly.

- Portugese Team Championships
<http://www.omarchador.blogspot.pt/2013/05/joao-vieira-e-filipa-ferreira-os.html>
- Arab Athletics Championships
<http://www.omarchador.blogspot.pt/2013/05/tunisinos-e-argelinos-destacam-se-nos.html>
- Portugal "Olimpico Jovem" results (1 June)
<http://omarchador.blogspot.pt/2013/06/atletas-de-santarem-e-do-algarve-vencem.html>
- Italian 20km Championships, Molfeta
<http://omarchador.blogspot.pt/2013/06/vito-di-bari-e-federica-ferraro.html>
- It was a big weekend for walking in Brest, Belarus, with 10,000m walks on Friday 24th May and 5000m walks on Sunday 26th May. Can't find out much more than this bare bones set of results.

10,000m Track Walk, Friday 24 May

Women:	Nastassia Yatsevich	45:21.72
	Daryia Balkunets	46:27.35

5000m Track Walks, Sunday 26 May

Men:	Aliaksandr Liakovich	19:52.10
Women:	Nastassia Yatsevich	22:14.17

- The May edition of the British Racewalking Record is now available to read and download - see <http://racewalkingrecord.co.uk/may-edition/>. Co-editor Catharine Telling advises: As always feel free to circulate the edition. If you know someone who wants to receive the monthly notification just send their email address totheeditors@racewalkingrecord.co.uk.
- Editor Russ Dickenson advises that the June edition of the Victorian Masters Assn newsletter Footprints is available for downloading on the VMA website - <http://vicmastersaths.org.au>. It contains two walks related articles - one by Russ with his ponderings on the sport of masters walking and a profile of Mark Donahoo, written by fellow walker Heather Carr. Both well worth reading.

THE LAKE BURLEY GRIFFIN CARNIVAL

With the Lake Burley Griffin Carnival scheduled for next Sunday in Canberra, let's have a quick review of its history and the history of its central events, the 20 Mile and 10 Mile Championships.

Carnival History

The inaugural Canberra carnival was held on the Queens Birthday Long Weekend in June 1967 and it included only one event, an Open 20 Mile. On that occasion, there were 14 finishers in what was a small affair. Very quickly a carnival built up around the 20 Mile championship and other events were added, including a 2 Mile championship for women. The Open Women's walk soon became the biggest event of the carnival and in 1978 it was changed to 5km. In 1989, an Open Women's 10 Mile event was added into the mix so that women now had the chance to compete over the classic 10 Mile or the shorter 5km distance. Men now also had the chance now to compete over the long 20 Mile or the shorter 10 Mile distance.

The carnival was backed by the Australian Federation of Race Walking Clubs (now trading as Racewalking Australia) and became its major yearly event. By the mid eighties the carnival boasted over 200 walkers and by 1999 it had grown to over 300. Since that time, it has kept these heady numbers and it remains the biggest and most competitive walking carnival in Australia.

But for me, the Open 20 Mile and Women's 10 Mile championships around the lake are the events which make this a unique carnival so I am going to zoom in on those 2 events for the purposes of this article.

The Women's 10 Mile Championship

This event went live in 1989 and is now in its 24th year. 10 Miles is not an international distance but the event continues to attract our top women. In fact, some of them do the double – walk the 10 Mile championship in the morning and then walk the 5km championship in the afternoon – now that's a tough ask.

The best ever time of 74:09 (Kerry Saxby-Junna in 2001) stood for many years. Jess Rothwell got close in 2009, recording 74:33 and Regan Lamble got even closer in 2011 with 74:26. It was finally beaten last year by Tanya Holliday with a fine 73:16. Tanya also won the 5km walk last year in a swift 21:45. Not a bad double! The top 12 performances are all under 80 minutes and the list reads as follows:

2012	Tanya Holliday	SA	73:16
2001	Kerry Saxby-Junna	NSW	74:09
2011	Regan Lamble	RWV	74:26
2009	Jess Rothwell	VRWC	74:33
1995	Jo Strangman	ACT	76:24
2000	Lisa Paolini	NSW	76:25
2007	Cheryl Webb	REG	76:33
2011	Tanya Holliday	SA	77:23
1996	Simone Wolowiec	VRWC	77:39
2007	Claire Woods	SA	78:01
2009	Jillian Hosking	ACT	78:19
1998	Linda Coffee	NSW	78:47

Simone Wolowiec is the most prolific winner with 4 wins (1996-7, 2003-4) and we have a number of walkers on 2 wins.

Five women have managed to win the 10 Mile / 5km double and all recorded high quality performances

2000	Lisa Paolini	76:25 / 22:55
2005	Cheryl Webb	78:10 / 22:40
2006	Michelle French	80:02 / 23:09
2008	Claire Tallent	78:02 / 23:00
2012	Tanya Holliday	73:16 / 21:45

The Open 20 Mile Championship

The 20 Mile event is as challenging event as you can get but it regularly attracts between 30 and 50 walkers each year. The tough hilly course challenges the walkers, both international and club standard, and the cream of Australia's walkers have strived to win this prestigious event year after year. Indeed it is one of the most highly sought prizes in the Australian racewalking calendar.

Willi Sawall was the undisputed king of the Canberra 20 miles for many years. His race record of 2:16:48, set in 1980, withstood all attacks until 2007 when Jared Tallent finally beat it with 2:15:43. In fact, he held the two fastest times overall until Jared's fantastic

walk. This, combined with his 8 wins and 2 second placings, puts him at the top of the pedestal. Those of us who were privileged to see Willi at his peak are not surprised at this. Jared Tallent has now beaten Willi's championship record and, with 7 wins himself, looks set to overtake him in the next few years and claim honours as the most prolific winner also. We watch expectantly.

Over the years, a number of women have conquered this demanding course, Kerry Saxby Junna setting a daunting standard of 2:41:43 in 2000 but last year Regan Lamble blew that away with her finishing time of 2:32:17, a performance that saw her come third overall against the men. They, along with Megan Szirom (2:49:54) and Simone Wolowiec (2:55:14) are the only women to have bettered the 3 hour standard. Val Chesterton is the most prolific female competitor with 6 finishes to her credit, Ann Staunton has 4 finishes and Shiela Miller has 3 finishes.

In 1998, in 2009 and in 2011 we had 4 walkers under 2:30:00 and in 2010 we had a record 5 walkers under this mark. This year looks set to maintain this standard with most of our top walkers expected to be in action. The top 10 performers on time are

1.	Jared Tallent	2009	VIC	2:14:57
2.	Willi Sawall	1980	VIC	2:16:48
3.	Luke Adams	2009	NSW	2:18:49
4.	Craig Barrett (NZ)	1998	NZ	2:19:37
5.	Dion Russell	2000	VIC	2:21:35
6.	Nathan Deakes	1998/2011	VIC	2:21:50
7.	Nick A'Hern	1997	NSW	2:22:19
8.	Chris Erickson	2009	VIC	2:22:47
9.	Duane Cousins	1996	VIC	2:24:39
10.	Simon Baker	1987	VIC	2:25:18

The top 10 ranking times overall illustrate Jared Tallent's domination - he has 5 of the top 10 times overall

1.	Jared Tallent	2009	VIC	2:14:57
2.	Jared Tallent	2007	VIC	2:15:43
3.	Willi Sawall	1980	VIC	2:16:48
4.	Jared Tallent	2012	VIC	2:18:00
5.	Willi Sawall	1982	VIC	2:18:18
6.	Luke Adams	2009	NSW	2:18:49
7.	Jared Tallent	2011	VIC	2:18:59
8.	Craig Barrett	1998	NZ	2:19:37
9.	Luke Adams	2011	NSW	2:19:46
10.	Jared Tallent	2008	VIC	2:20:31



The start of the 2012 LBG 20 Mile and 10 Mile Championships - a typical cold Canberra June morning with eventual winner Jared Tallent far left.

Robin Whyte has started every 20 Mile event since its inception and has failed to finish on only 3 occasions – DNF in 1969 and DQs in 1982 and 2005. So he has 45 finishes (all are documented except for his performance in 1969 for which the results are incomplete). Bill Starr and Duncan Knox are next numerically with 34 and 31 finishes respectively. Since all 3 walkers are still regular competitors, their dominance of this list is expected to extend even further over the next few years.

And that's just two events from what will be a huge carnival next Sunday. I can hardly wait!

Further reading: <http://www.rwa.org.au/canberra20mile.shtml> and <http://www.rwa.org.au/canberrawomen.shtml>

FROM THE ARCHIVES

Long time VRWC member **John Morrison** brought along one of his very old and cherished trophies last week - a sterling silver cup which he had won for second place in the VAWC (Victorian Amateur Walking Club) Junior Winter Season Handicaps Competition in 1956! This was one of many such trophies donated to the club by life member and 1956 Olympian Ray Smith who worked for K. G. Luke, a local manufacturer of badges and medallions and an importer of fine silverware. Ray worked for the company for 34 years, from 1947 to 1980, and kept us generously supplied with trophies during this period. From 1980 onwards, he worked for Wiltshire and the prizes changed to Wiltshire fine cutlery and silverware, much of which is, I am sure, still adorns many of our homes.



John Morrison's 1956 Junior Handicaps Second Place cup



John in action nowadays

John, now aged 73 and still a regular club walker at Middle Park, started his athletic career in 1951, aged 12, joining the Sandringham Athletic Club as a middle distance runner. He is still a member of Sandy now, some 62 years later! One day during Interclub at Olympic Park in Melbourne, he was asked to fill in the walk which he did, performing well. By the time he was 17, he was an A grade walker for Sandy.

He joined the Victorian Amateur Walkers' Club (VAWC) in 1955, aged 16. His main walking coach was Frank McGuire (see <http://www.vrwc.org.au/tim-archive/articles/wv-frank-mcguire.pdf>) and in that he counts himself fortunate. When chatting with him, he also acknowledged the fact that he has received much help from other competitors over the years,

He gave athletics away in his middle 20s because of work pressure but came back at the invitation of Geoff Thomas, a running friend from Sandy, who was competing in the veterans. He was then 40. It was a good decision.

I asked him a few questions to round out this brief profile.

Highlights: Top - Winning the "A" grade premiership with Sandy in 57/58. Next is a bronze medal in the World Masters in Melb 2002 10km Walk. Presented by Bob Gardiner. Another Highlight was travelling to Brisbane as a Junior in the Glover Shield Team, We went by road in cars sleeping by the road at night. Drivers included Alf Robinson and Ralph Field. To defray our costs we helped print the Vest Numbers for the Athletic Association in Ralph Fields front room in North Rd, Ormond.

Classic Races: I raced in the St.Kilda to Chelsea race twice as a Junior. I also remember racing at the back of the Malvern Town Hall on a grass track at night during Summer. There was a small light over the start finish line only. Some very funny things happened during these races. Some people will do anything to win. I felt then as I do now that the Walkers club supported young people then and they still do.

Memorable Walkers: I raced against Ted Allsopp, Noel Freeman and Don Keane. Don was a sight to see at full stretch. I remember Noel Freeman during the winter doing a training session of 20-30km, having a sleep against a tree and then racing in the afternoon.

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and some advance publicity for the 2014 Oceania Masters Athletics Championships which will be held in Bendigo in January next year. Athletics Bendigo will officially launch the website and open entries on Tuesday June 11th at the Latrobe University Athletics Complex at 9.30am. Event officials, major sponsors and a number of Masters athletes will be in attendance.

The official Website is <http://www.omabendigo2014.com.au>. For more information, contact Terry Hicks on 0417881442

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.

2013 Australian/Victorian Winter Season Key Dates

June 9, 2013 Lake Burley Griffin Carnival, Canberra, ACT
June 30, 2013 Victorian Schools Roadwalk Champs, Vic Open 20km Champs, AMA/VMA Champs, Middle Park, VIC
Aug 4, 2013 Main Victorian Roadwalking Championships, Middle Park, VIC
Aug 17, 2013 VMA 10km Roadwalk Championship, Middle Park, VIC
Sept 14-15, 2013 Australian Centurions 24 Hour Roadwalk, Middle Park, VIC
Sept 15, 2013 Vic 50km Championship, RWA Women's 50km Championship, Middle Park, VIC
Sept 1 (Sun), 2013 Australian Roadwalking Championships, Tasmania (venue TBC)
October 5-12, 2013 Australian Masters Games, Geelong, See <http://www.australianmastersgames.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**
Aug 3-4, 2013 English Centurions 100 Mile Qualifying Walk, Douglas, Isle of Man
See www.isleofman100milewalk.co.uk
Oct 6, 2013 MTR 10km roadwalk, Hong Kong. See <http://www.hkaaa.com/page.php?pid=759&mid=199>
October 15-27, 2013 **World Masters Athletic Championships, Porto Alegre, Brazil.** See <http://www.wma2013.com>

2013 IAAF Race Walking Challenge - Remaining events

29 June 2013 Dublin Grand Prix of Race Walking Dublin, Ireland
10-18 Aug 2013 14th IAAF World Championships in Athletics Moscow, Russia

2013 European Athletics Permit Meets - Remaining events

June 29, 2013 Dublin Grand Prix, Dublin, Ireland

2014 International Fixture

Jan 4-12, 2014 **Oceania Masters Championships, Bendigo** - see <http://www.omabendigo2014.com.au/>
May 3-4, 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**

Looking even further forward

2015 **28th Summer Universiade, Gwanju, Korea**
2015 **9th World Youth T&F Championships, Cali, Colombia**
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: Istanbul, Madrid, Tokyo**

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