



## HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club  
2012/2013 Number 40  
2 July 2013



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### TIM'S WALKER OF THE WEEK

This week sees a vote for our Walker of the Week and I have targeted three of the walkers from the AV/VMA/AMA 20km championships at Middle Park last Saturday.

- 40 year old **Kelly Ruddick** just gets better with age. On Saturday, she won the Victorian Open 20km walk championship with a time of **1:36:46** (a 12 sec PB). The time also set new W40 Australian and Victorian records and comes on top of her 10km PB last month.
- VRWC walker Margaret Beaumont has been celebrating her arrival in the W75 division with a series of new Masters records and this was once again the case on Saturday as she won the VMA/AMA W75 20km Championships in a time of **3:06:59**. This time sets new W75 Australian and Victorian records.
- 31 year old **Chris Erickson** won the Victorian Open 20km championship on Saturday in a very fast **1:23:28**. This was in fact the fastest he has walked in Australia and betters once again the IAAF World Championships A qualifying standard of 84 minutes. He heads off to Moscow for the World Champs next month in great form after this performance and his 20 mile PB in Canberra last month.

As usual, you can cast your vote at <http://www.vrwc.org.au/vrwcWOW.php>.

### AV, AMA, VMA AND VRWC CHAMPIONSHIPS, MIDDLE PARK, SUNDAY 30 JUNE

It was a big Sunday morning at Middle Park with AV, AV Schools, AMA, VMA and VRWC Championships on offer and the 85 walkers in attendance raced in perfect conditions - cool and still. We used our certified championships 2km loop course over near the lake and our walkers were in fine form. All photographs are taken from <http://www.vrwc.org.au/coppermine>.

The 20km events were first to kick off at 9AM with 2013 World Champs representatives Chris Erickson 1:23:28 (his best ever time walked in Australia) and Tanya Holliday 1:36:03 clear winners in the blue riband Victorian Open Championships. Young junior walker Jesse Osborne was second to Chris with an excellent 1:32:43, ahead of third placed Stuart Kollmorgen 1:45:56. Kelly Ruddick was second to Tanya and not all that far behind with a PB time of 1:36:46 (this time will set new VMA and AMA W40 records) while Michelle Laufer 1:47:51 was the third finisher in a PB time. Sarah Brennan 1:49:22 and James Christmass 1:48:46 also recorded good PBs.

#### AV 20km Open Men

1.	Chris Erickson	ATE/VIC	1:23:28	
2.	Jesse Osborne	BOH/VIC	1:32:43	
3.	Stuart Kollmorgen	COL/VIC	1:45:56	
4.	James Christmass	COR/VIC	1:48:45	PB 3:57
5.	Simon Evans	BOH/VIC	1:49:47	
6.	Russ Dickenson	SCA/VIC	2:05:46	
	Andrew Jamieson	OSC/VIC	DNF	
	David Armstrong	DIV/VIC	DNF	
	Bradley Simpson	ANW/VIC	DNS	
	Bernie Keir	DIV/VIC	DNS	

#### AV 20km Open Women

1.	Tanya Holliday	SA/VIC	1:36:03		
2.	Kelly Ruddick	BHA/VIC	1:36:46	1st Vic	PB 0:12, new W40 record
3.	Michelle Laufer	COL/VIC	1:47:51	2nd Vic	PB 0:38
4.	Sarah Brennan	BYC/VIC	1:49:22	3rd Vic	PB 3:45
5.	Kirstin Shaw	WES/VIC	2:04:00	4th Vic	
6.	Heather Carr	EAG/VIC	2:04:36	5th Vic	



**Chris Erickson, Jesse Osborne, Tanya Holliday, Kelly Ruddick and Michelle Laufer in action on Sunday**

The Australian Masters and Victorian Masters championships were also contested and this added additional 20km walkers into the mix. I was particularly impressed with the walks of Margaret Beaumont (new W75 AMA and VMA record of 3:06:59), Ralph Bennett (M70 2:02:29) and Bob Gardiner (M75 2:07:14).

**AMA & VMA Championship 20km Men**

				AMA	VMA
Stuart Kollmorgen	VIC	1:45:56	M40-44	1	1
James Christmass	VIC	1:48:45	M45-49	1	
Simon Evans	VIC	1:49:47	M50-54	1	1
Russ Dickenson	VIC	2:05:46	M65-69	1	1
Andrew Jamieson	VIC	DNF	M65-69	DNF	DNF
Ralph Bennett	VIC	2:02:29	M70-74	1	1
Murray Dickinson	VIC	DNF	M70-74		2
Bob Gardiner	VIC	2:07:14	M75-79	1	1

**AMA & VMA Championship 20km Women**

				AMA	VMA	
Sarah Brennan	VIC	1:49:22	W35-39	1	1	
Kelly Ruddick	VIC	1:36:46	W40-44	1	1	
Michelle Laufer	VIC	1:47:51	W40-44	2	2	
Pam Tindal	VIC	2:03:22	W50-54		1	
Donna Elms	VIC	2:21:21	W50-54	1	2	
Heather Carr	VIC	2:04:36	W60-64	1	1	
Liz Feldman	VIC	2:11:19	W60-64	2	2	
Margaret Beaumont	VIC	3:06:59	W75-79	1	1	New W75 record

Still on the 20km front, all VRWC men were automatically in our own club championship for the Alf Robinson Trophy with places going to Chris Erickson, Jesse Osborne and Stuart Kollmorgen.

**VRWC Championship - 20km Men - Alf Robinson Trophy**

1.	Chris Erickson	1:23:28	
2.	Jesse Osborne	1:32:43	
3.	Stuart Kollmorgen	1:45:56	
4.	James Christmass	1:48:45	
5.	Simon Evans	1:49:47	
6.	Ralph Bennett	2:02:29	
7.	Russ Dickenson	2:05:46	
8.	Bob Gardiner	2:07:14	
9.	Steve Jordan	2:31:53	PB 0:06
10.	Alex Poore	2:45:24	PB 0:09
11.	Ian Beaumont	2:58:00	
	Murray Dickinson	DNF	
	Andrew Jamieson	DNF	
	Ross Reid	DNF	
	David Armstrong	DNF	
	Dariusz Wojcik	DQ	

And finally, we had an Open 20km walk for anyone else who wanted a hitout. Michelle Thompson excelled with a 2 minute PB of 1:56:41 while Karyn O'Neill was just outside her PB with 2:20:24. All in all, a great series of 20km results.

**VRWC 20km - Open Women Non-Championship**

- |    |                   |         |         |
|----|-------------------|---------|---------|
| 1. | Michelle Thompson | 1:56:41 | PB 2:00 |
| 2. | Karyn O'Neill     | 2:20:24 |         |

The Victorian Schools Roadwalk Championships were also contested with age groups ranging from U20 down to U14. Well done to our Victorian champions Mikhala Hodges, Adam Garganis, Stephanie George, Kyle Swan, Emily Hamilton, Corey Dickson and Zahra Hayes.



**Adam Garganis, Stephanie George, Emily Hamilton, Kyle Swan and Mikhala Hodges in action in the Schools Champs**

**AV School Under 20 Women 10km**

- |    |                |                           |         |
|----|----------------|---------------------------|---------|
| 1. | Mikhala Hodges | Park Ridge Primary School | 1:08:52 |
|----|----------------|---------------------------|---------|

**AV School Under 18 Mens 5km**

- |    |               |              |       |
|----|---------------|--------------|-------|
| 1. | Adam Garganis | Thornbury HS | 25:02 |
| 2. | Lucas Taylor  | Lilydale HS  | 26:48 |

**AV School Under 18 Women 5km**

- |    |                        |                                    |       |
|----|------------------------|------------------------------------|-------|
| 1. | Stephanie George       | Yarra Valley GS                    | 27:09 |
| 2. | Jade Sanders           | Berwick SC                         | 28:46 |
| 3. | Emily Swan             | John Monash Science School         | 29:25 |
| 4. | Jessie Eastwood        | Mater Christi College              | 31:27 |
| 5. | Chloe McNicol-Davidson | Flinders Christian Community Coll. | 32:59 |
| 6. | Carly Bertrand         | Maribymong SC                      | 35:10 |

**AV School Under 16 Men 3km**

- |    |                       |                                    |       |         |
|----|-----------------------|------------------------------------|-------|---------|
| 1. | Kyle Swan             | The Knox School                    | 13:53 |         |
| 2. | Reese Walmsley        | Rowville SC                        | 14:10 |         |
| 3. | Cody McNicol-Davidson | Flinders Christian Community Coll. | 17:03 | PB 0:25 |
|    | Ross Darlow           | Ballarat HS                        | DNS   |         |

**AV School Under 16 Women 3km**

- |    |                   |                           |       |         |
|----|-------------------|---------------------------|-------|---------|
| 1. | Emily Hamilton    | Mater Christi C           | 15:59 |         |
| 2. | Paige De Lisen    | Nazareth College          | 17:24 |         |
| 3. | Jessica Lillie    | Rowville SC               | 17:38 | PB 0:03 |
| 4. | Taylor Vasiljevic | Casey Grammar School      | 17:51 |         |
| 5. | Lauren Collis     | Our Lady of Mercy College | 18:45 |         |

**AV School Under 14 Men 3km**

- |    |                     |                 |       |           |
|----|---------------------|-----------------|-------|-----------|
| 1. | Corey Dickson       |                 | 16:12 |           |
| 2. | Harry Hockley-Samon |                 | 17:52 | First one |
| 3. | Hayden Walmsley     | Karoo Primary S | 19:36 |           |

### AV School Under 14 Women 3km

1.	Zahra Hayes	Our Lady of the Sacred Heart PS	16:05	PB 1:05
2.	Brodie Richardson	Mater Christi College	16:34	PB 0:01
3.	Jemma Peart	Black Hill Primary School	16:37	
4.	Mackayla Davison	St Ignatius College	16:53	
5.	Karla Bulte		16:59	
6.	Kathleen O'Mahony	Scoresby Primary School	17:14	
7.	Tegan Miller	Patterson River SC	18:13	
8.	Madison Hill	Cursoe College Kangaroo Flat	18:49	
9.	Emily Noonan		19:22	PB 3:22
10.	Jemma Eastwood	Mater Christi College	20:01	
11.	Lee Taylor	Mt Evelyn Primary School	20:08	
	George Bertrand	Maribymong SC	DNF	

Our VRWC U9 and U12 club championships also saw good fields with some of the younger U14 walkers dropping down for a second race (a particular note for Corey Dickson who won both the U14 3km and the U12 1.5km championships). Well done to winners Tegan Miller, Corey Dickson, Hayley Woolfe and Marcus Byron.

### VRWC Under 12 1.5km Club Championship

1.	Tegan Miller	07:58
2.	Kathleen O'Mahony	08:06
3.	Alanna Peart	08:09
4.	Brianna Lillie	08:13
5.	Arnika Nelson	08:41
6.	Mackenzie Mielczarek	09:42
7.	Caitlyn Rudston-Brown	10:26

1.	Corey Dickson	07:18
2.	Nikola Mandic	07:26

### VRWC Under 9 1.5km Club Championship

1.	Hayley Woolfe	08:50
2.	Brianna Briett	09:00
3.	Gemma Lillie	09:17
4.	Claire Noonan	10:15

1.	Marcus Byron	08:20
2.	Jared Hodges	11:27
3.	Scott Peart	12:06



Corey Dickson, Marcus Byron, Tegan Miller and Hayley Woolfe

Finally, we had a club 5km race for anyone left over and we were very excited to have yet another one of our 2013 World Championships walkers racing in Rhydian Cowley (a fast 21:47).

### VRWC Open 5km Race

1.	Gabbie Crea	32:02	First one
2.	Jan Morrey	36:44	
3.	Pam Mews	46:23	
1.	Rhydian Cowley	21:47	
2.	David Smyth	28:51	
3.	Anthony Doran	35:52	

It was a very big day so thanks to everyone who helped out in any way. Sorry if I have missed any names.

**Officials:** Tim Erickson, Harry Summers, Mark O'Mahony, Ian Laurie, Les Clarke, Damien and Jason Elms, Lavinia Petrie, Anthony Doran, Don and Justin McLaren, Alan Lucas, Simon Evans  
**Course Setup:** Bob Gardiner, Tim Erickson, Peter Vysma, Terry Swan, Michael Bodey, Anthony Doran  
**Judges:** Terry Swan (Chief), Lincoln Mah, Judy Mason, Gordon Loughnan, Kathleen Marsh, Matt Owen, Stuart Cooper, Lloyd Nichols, Michael Bodey (DQ Board), Peter Vysma (mentoring)  
**Canteen:** Wendy Cooper, Marlaine Stanway, Donna Elms



AV 20km medallists Michelle Laufer, Kelly Ruddick, Sarah Brennan, Jesse Osborne, Chris Erickson (with son Ollie) and Stuart Kollmorgen



Masters medallists Michelle Laufer, Sarah Brennan, Kelly Ruddick, Margaret Beaumont, Liz Feldman, Heather Carr, Donna Elms and Pam Tindal



**Masters medallists Stuart Kollmorgen, Ralph Bennett, Bob Gardiner, Simon Evans and Russ Dickenson**

**VRWC POINTS UPDATE**

The progressive points scores are now available online for the VRWC Handicap, Fastest Times and Style Award competitions. You can check them out at <http://www.vrwc.org.au/vrwcpointscomps.shtml>.

**ACTRWC ROADWALKS, LAKE GINNINDERRA, CANBERRA, SATURDAY 29 JUNE**

Thanks to Robin Whyte for his weekly report from Canberra

**12km Walk**

1.	Ann Staunton-Jugovic	1:14:23
2.	Robin Whyte	1:16:51
3.	Peter Tutty	1:24:56
4.	Bob Parker	1:27:48
5.	Jennifer Gilchrist	1:33:13
6.	Warren Butler	1:42:12
7.	Val Chesterton	1:48:11

**2km Walk**

1.	Spencer Burns	10:02
2.	Mitchell Baker	12:40
3.	Jack Thackray	17:47

**1km Walk**

1.	Laura Burns	05:27
2.	Tom Hunt	05:29

**6km Walk**

1.	Ashleigh Resch	31:02
2.	Zoe Hunt	31:11
3.	Ally Durr	34:43
4.	Kate Black	36:48
5.	Jane Bates	37:42
6.	Rosemary Parker	43:46
7.	David Mackenzie	46:22
8.	Cilla Chapman	49:41
9.	Bob Chapman	49:43
10.	Raine Thompson	57:31

**SARWC MOUNTAIN CLIMB, BELAIR NATIONAL PARK, ADELAIDE, SATURDAY 29 JUNE 2013**

Thanks to Peter Crump for his weekly report from the South Australian Race Walking Club.

Our annual mountain and hill climb was held in perfect winter weather. For the Open Men, it's twice up the mountain (2 x 5.1 km), which sees the first 3.5 km over an undulating and slowly rising park road and the final 1.6km over a nasty mountain rise (12 degrees according to the sign). Once at the top, wait for the slowest and transport back to the start to do it over again. Somehow the second hill climb seems a bit easier, even if that's just in the mind. Some even splits showed that the mind could be strong. We enjoyed the company of Jared Tallent for our special day in the park, even though he cleared out and powered up the mountain ahead of us. A special congratulations to other "maiden" mountain climbers in Danielle Walsh and Louise Mitchell, who each took on the 5.1km course with distinction and are already talking about their return next year. Some good times over the 3.5 km and 2.1 km courses for our younger walkers, with Anna Cross and Joe Cross leading the way in these events.

<b>10.2km Walk</b>		<b>Total Time</b>	<b>First Lap</b>	<b>Second Lap</b>
1.	Jared Tallent	50:44	25:04	25:40
2.	Kim Mottrom	56:54	28:18	28:36
3.	Justin Hill	1:00:34	29:44	30:50
4.	Peter Crump	1:03:07	31:28	31:39

<b>5.1km Walk</b>		
1.	Danielle Walsh	37:46
2.	Louisa Mitchell	38:41
3.	Bill Starr	41:30

<b>3.5km Walk</b>		
1.	Anna Cross	20:44
2.	Alix Harlington	21:16
3.	Jay Goode	22:03
4.	Bethany Cross	22:19
5.	Rhiana Hooker	22:57
6.	Ayeisha Wallace	22:58
7.	Sarah Damin	24:30
8.	Samantha Findlay	25:56

<b>2.1km Walk</b>		
1.	Joe Cross	12:29
2.	Hayley Goode	13:48
3.	Mark Hooker	15:38
4.	Madeleine Wallace	15:51
5.	William Hindes	19:13

### SAMA ROAD WALKS, KINGSTON TERRACE, NORTH ADELAIDE, SATURDAY 29 JUNE

Thanks to Colin Hainsworth for his weekly report from the South Australian Masters in Adelaide. He commented: Cold, calm afternoon, good walking conditions.

<b>4km Yacht Handicap</b>			
1.	W69	Margaret Trengove	0:29:28
2.	W62	Helen Suridge	0:28:31
3.	W59	Linda Whitelaw	0:30:09
4.	W53	Kristine Freeman	0:32:49
5.	M63	Jeff Kennett	0:37:18
6.	W35	Fleur Woodhouse	0:38:21

<b>8km Yacht Handicap</b>				
1.	W64	Jan Layng	1:00:04	71.48%
2.	M83	Colin Hainsworth	1:01:14	80.79%
3.	W53	Marie Maxted	0:51:25	73.39%
4.	W60	Edna Bates	1:08:50	59.27%
5.	M75	Rodger Barber	1:00:03	72.70%
6.	M63	Phil Coles	1:05:35	57.51%
7.	M54	Norman White	1:01:00	56.76%
8.	M69	Graham Harrison	1:00:20	66.90%

### NSWRWC ROADWALKS, OATLEY, SATURDAY 22 JUNE

And now back a week to Saturday 22 June when NSWRC were racing in Oatley.

#### **Long Division 8km**

1.	Kyle Malone	36.53
2.	Tyler Jones	38.02
3.	Cheryl Webb	38.78
4.	Lauren Bourke	39.08
5.	Jay Felton	39.08
6.	Kirsty Klein	39.12
7.	Steven Washburn	42.38
8.	Tom Doyle	44.04
9.	Anthony Albanese	47.05
10.	Carl Gibbons	47.25

#### **U16 Division - 2km - Handicap START**

1.	Eliza Delaine	10.05
2.	Chelsea Goodhew	10.42
3.	Samantha Brown	10.57
4.	Luke Goschnik	11.22
5.	Melissa Hoy	12.52
6.	Catherine Young	13.16

#### **U12 Division - 1km**

1.	Niamh Sanday	5.15
2.	Renee Hardy	5.18
3.	Lachlan Becroft	6.03
4.	Brooke Martin	6.12

**Medium Division - 6km**

1. Aiden Kerr	31.20
2. Jasmine Dighton	33.33
3. Amanda Barendregt	34.58
4. Nathan Brown	36.24
5. Stephanie Grujoski	39.20
6. Tony Psarianos	40.01
7. Judy Brown	47.19

5. Andrew Goschnik	6.26
6. Logan Barendregt	7.11
7. Brodie Douglas	7.33
8. Aiden Hardy	7.59
9. Stacie Becroft	8.35
10. Emily Challinor	9.43
11. Amelia Crocker	10.48

**Short Division - 3km**

1. Jasmyn McDonald	14.58
2. Dylan Richardson	15.26
3. Nick Douglas	16.20
4. Travis Barendregt	21.24
5. Nicolle Challinor	22.53

<b>WALKERS FEATURE IN THE ATHLETICS NSW ANNUAL AWARDS NIGHT</b>
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ANSW held their Annual Awards Night on last Saturday evening at the Kirribilli Club at Lavender Bay in Sydney. I hear it was a very good night (apart from the weather which was cold and wet) with officials, coaches, athletes and parents all catching up and having a great time. Some notable winners in the walks division are shown below. See the finer details at <http://www.nswathletics.org.au/News/ArtMID/1740/ArticleID/22997/ATHLETICS-NSW-ANSW-congratulates-All-2013-Annual-Award-Winners>.

Junior Walks Champion	Tyler Jones
Open walks champion	Luke Adams
Masters walks champion	Heather Lee
Male distance walker	Derek Mulhearn
Female distance walker	Lauren Bourke

<b>DUBLIN GRAND PRIX OF RACE WALKING, DUBLIN, IRELAND, SATURDAY 29 JUNE 2013</b>
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IAAF writer Paul Warburton reported on the latest 2013 IAAF Race Walk Challenge event which was held in Dublin, Ireland, last Saturday.

There was a comfortable win for Guatemalan favourite Erick Barrondo in the 20km Race Walk at the Dublin Grand Prix of Race Walking – part of this year’s IAAF Race Walking Challenge and the last event in the series before the IAAF World Championships – but there were surprises in the other two events in the Irish capital on Saturday.

For the first time in the 19 years of the Grand Prix, there was also a switch in venue with Phoenix Park being rejected in favour of the user-friendly St Anne’s which the organisers judged was better for attracting spectators. The 2km circuit had just the slightest of rises, and the walkers had to tackle a breeze that got up for the two 20km races, but when it came to road surface, this was as good as it gets. There was even a suspicion that the organisers had been out with a paver during the night, such was the smoothness of the tarmac.

**Men's 50km Race Walk**

Making early use of the slick surface in the 50km was Barrondo’s compatriot and training partner Jaime Quiyuch, a former Pan-American Games bronze medallist with a best of 3:50:33. The Guatemalan cruised through 10km in 46:27, with Finland’s Veli-Matti Partanen towing the British twins Daniel and Dominic King more than minute in his wake. Quiyuch hit 20km in 1:32:56 and appeared away and gone. He had a lead of almost five minutes over the 22-year-old Finn at 40km but then things started to go badly wrong from Quiyuch who threw in the towel on the next lap. It was a case of second time lucky for Partanen, after failing to finish at the European Cup Race Walking in the Slovakian spa town of Dudince last month, as he pushed on to dip under the magical four-hour barrier with 1:10 to spare and won in 3:58:50. In fact, his metronomic count on each kilometre was uncanny. Partanen’s slowest kilometre was 4:37; his quickest 4:35 to underline an even pace that paid off handsomely. Daniel King survived to finish second more than 19 minutes back in 4:17:15, with only one other finisher from a field of nine.

1. Veli-Matti PARTANEN	FIN	91	3:58:50
2. Daniel KING	GBR	83	4:17:15
3. Christer SVENSSON	SWE	69	4:42:08
Dominic KING	GBR	83	DNF
Yeóryios ALIFIERÁKIS	GRE	87	DNF
Jaime Daniel QUIYUCH	GUA	80	DNF
Jerome CAPRICE	MRI	83	DNF

**Women's 20km Race Walk**

Spain’s Maria Jose Poves has for many years been languishing in the shade of some of her better-known team mates but, after winning the bronze medal at last year’s IAAF World Race Walking Cup, and in the absence of the likes of Maria Vasco, Beatriz Pascual and Julia Takacs, the 35-year-old Poves seized her chance to shine again. The smart money was initially on Mirna Ortiz,



who had clocked 1:28:31 for second place in the IAAF Race Walking Challenge meeting at Rio Maior, Portugal, in April. However, the Guatemalan incurred the judges' displeasure at 15km despite holding a 21-second lead, over Poves; and the latter strode on to win in 1:30:14, only just over a minute slower than her best when she wasn't walking into a stiff breeze for part of the course. In second place, Mexico's 20-year-old Yannelli Caballero is starting to fulfil some of her youthful promise and came home in a personal best time of 1:30:58, improving by over three minutes in her first race over the distance at an altitude approaching sea level. Caballero was second over 5km to Russia's London 2012 Olympic Games champion Yelena Lashmanova at the 2009 IAAF Youth Championships and won the 2010 Central and Caribbean Championships junior 10km title and is coached by 1996 Olympian Ignacio Zamudio.

An additional note to point out that Australian walker **Regan Lamble** was also in action in the women's 20km walk, coming fourth with a time of 1:35:33. She is part of the Australian team for next month's IAAF World Championships and this was probably a good hitout for her prior to starting her final altitude training period at St Moritz.

1.	María José POVES	ESP	78	1:29:58
2.	Yanelli CABALLERO	MEX	93	1:30:58
3.	Mayra PÉREZ	GUA	88	1:31:25
4.	<b>Regan LAMBLE</b>	<b>AUS</b>	<b>91</b>	<b>1:35:33</b>
5.	Liqin XU	CHN	90	1:38:18
6.	Qinqin HE	CHN	92	1:38:19
7.	Claudia VALDERRAMA IBANEZ	BOL	83	1:40:59
8.	Bethan DAVIES	GBR	90	1:41:44
9.	Ainhoa PINEDO	ESP	83	1:42:28
10.	Elianay Santana DA SILVA PEREIRA	BRA	84	1:44:22
11.	Mariela SANCHEZ TERAN	MEX	91	1:44:57
12.	Michelle TURNER	GBR	72	1:45:38
13.	Alana BARBER	NZL	87	1:47:03
14.	Rebecca COLLINS	GBR	91	1:52:52
15.	Brenda GANNON	GBR		1:58:50
	Mirna Sucely ORTIZ FLORES	GUA	87	DQ
	Heather LEWIS	GBR	93	DNF

#### Men's 20km Race Walk

If the Guatemalan challenge had proved less than robust in the first two senior races of the day, Erick Barrondo changed all that and made sure the men's 20km was over by the halfway point reached in 40:22. That's how long it took the 2012 Olympic Games silver medallist to shake off an early bunch of seven and motor to the finishing line. There have been critics of Barrondo's style in the past, which saw him disqualified in the 50km at the 2012 Olympic Games, but here he was fluency itself in a race where the gaps at the end were massive. Spain's Benjamin Sanchez was an isolated figure for second in 1:23:25 and Mexico's Omar Segura was more than a minute in arrears in third place as he completed the podium in 1:25:00. Former IAAF Race Walking Challenge winner Eder Sanchez was forced to call it a day at 16km when recovery from knee surgery in January wasn't quite as swift as the Mexican hoped.

1.	Erick Bernabé BARRONDO	GUA	91	1:20:25
2.	Benjamín SÁNCHEZ	ESP	85	1:23:25
3.	Omar SEGURA	MEX	81	1:25:00
4.	Hatem GHOULA	TUN	73	1:25:20
5.	Alex WRIGHT	GBR	90	1:25:23
6.	Marc MUNDELL	RSA	83	1:27:25
7.	Luis Angel SANCHEZ	GUA	93	1:27:29
8.	Angel Rolando BATZ	GUA	93	1:31:22
9.	Yongqiang HE	CHN	93	1:33:15
10.	Tiago DO NASCIMENTO FONSECA	BRA	89	1:37:02
11.	Michael DOYLE	IRL	87	1:37:43
12.	Luke FINCH	GBR	85	1:42:19
13.	Richard WILD	GBR	70	1:51:21
	Wayne SNYMAN	RSA	85	DNF
	Colin GRIFFIN	IRL	82	DQ
	Quentin REW	NZL	84	DQ
	Qi ZHAO	CHN	93	DQ
	Anibal PAAU	GUA	87	DQ
	Eder SÁNCHEZ	MEX	86	DNF
	Tom BOSWORTH	GBR	90	DNF

You can see the full results: <http://www.athleticsireland.ie/content/wp-content/uploads/2013/06/dublin-gp-results-2013-2.xls>. Thanks to Mark Easton for the following photos - check out his gallery at <http://markeaston.zenfolio.com/f55004717>.



Left: Regan Lambie, Yanelli Caballero, Mayra Jerrera, He Qin and Mina Florez



Right: Maria Poves wins



Left: Quentin Rew, Omar Segura, Benjamin Sanchez, Eder Sanchez, Anibal Paa and Erick Barrondo  
Right: 50km winner Veli-Matti Partanen



Colin Griffin, Alex Wright and Hatam Ghoula (all photos compliments of Mark Easton)

## MEDITERRANEAN GAMES, MERSIN, TURKEY, 20-30 JUNE 2013

The Mediterranean Games were held over the last week in Mersin, Turkey (see <http://info.mersin2013.gov.tr/>) but I have only been able to find results for the Women's 20km Walk which was won by Anna Giorgi of Italy.

### Women's 20km Walk, Thursday 27 July

1.	GIORGI Eleonora Anna	ITA	14 SEP 1989	1:39:13
2.	GONZALEZ CAMPOS Raquel	ESP	16 NOV 1989	1:41:08
3.	DRISBIOTI Antigoni GRE 20	MAR	1984	1:41:53
4.	BAUDOUIN Corinne	FRA	22 FEB 1980	1:45:28
5.	LAFI Olfa	TUN	16 SEP 1986	1:52:45
6.	RETOUT Anne Gaelle	FRA	15 AUG 1980	1:53:16

## MEETING AEA PREMIUM DE REIMS, REIMS, FRANCE, FRIDAY 28 JUNE

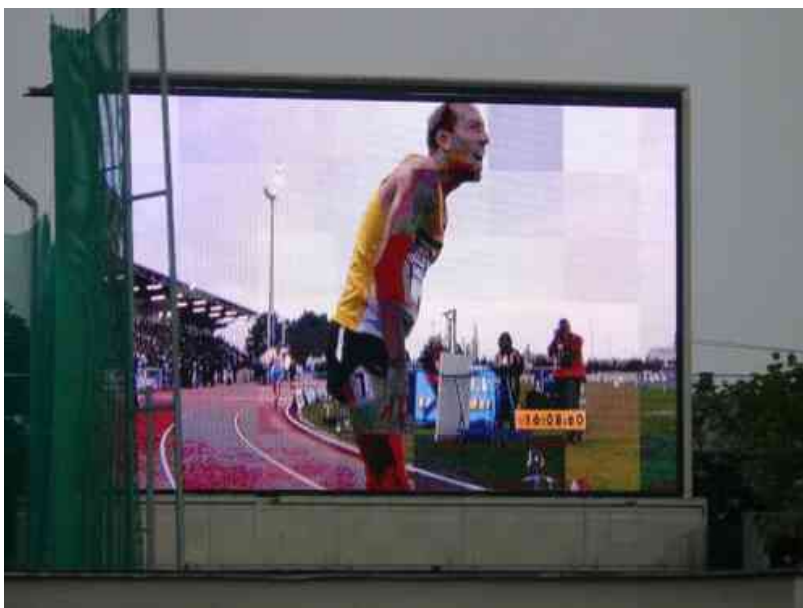
The 5000m walk at the International meet at Reims, France, last Friday saw the best French walkers (Diniz, Moulinet, Champion and Boyez) lining up against Russian walker Pyotr Trofimov (1:18:28 this year), Polish walker Antonin Jelonek (1h22 this year) and Tunisian walker Hedi Teraoui. Conditions were just about perfect - 15°, windless and a slight drizzle - and the first 1000m was passed in 3:50 with 7 walkers in contention. At that stage, Yohan Diniz pressed the accelerator and, with Bertrand Moulinet in tow, cleared out to reach the 3000m mark in 11:13. Diniz then pushed clear and looked set for victory when, inexplicably, he collapsed on the track with 2 laps to go, surrendering his lead. After a few seconds, he resumed the race, eventually finishing in fifth position (19:24'.87), well behind winner Kevin Champion whose time of 18:44.79 was a new PB. Moulinet also recorded a PB (18:57.23) in taking second place.

1.	CAMPION Kevin	88	Afa Feyzin-venissieux	18'44"79
2.	MOULINET Bertrand	87	Amiens Uc	18'57"23
3.	TERAOUI Hedi (TUN)	89	Lyon Athletisme	18'59"51
4.	TROFIMOV Pyotr (Rus)	83	Russie	19'14"05
5.	DINIZ Yohann	78	Efs Reims A.	19'24"87
6.	BOYEZ Antonin	84	Romilly Sport 10 Athletisme	19'30"01
7.	JELONEK Jakub (Pol)	85	Pologne	20'16"21
8.	LE COZ Xavier	79	Entente Franconville Cesame Va	21'00"26
9.	MOLMY Damien	88	Lille Metropole Athletisme	21'03"92

Thanks to Emmanuel Tardi for the following superb photos:



A packed field early before Diniz and Moulinet cleared out



**Diniz stops with 2 laps to go and Campion goes on to win**

**2013 USATF NATIONAL CLUB T&F CHAMPIONSHIPS, NEW YORK, SATURDAY 29 JUNE**

Maria Michta was an easy winner in the USA National Club T&F Championships 5000m walk at Ichan Stadium, Randall's Island, New York City, last Saturday.

**WOMEN 5000 Meter Race Walk**

1.	Michta, Maria	Walk Usa	22:43.97
2.	Michta, Katie	Walk Usa	28:14.52
3.	Daniel, Maryanne	Connecticut	28:34.55
4.	Collins, Brittany	Walk Usa	28:49.25
5.	Armstrong, Cheryl	Raleigh Walkers	29:19.08
6.	Endy, Melissa	Westfield Ar	29:42.01
7.	Newhoff, Katharine	Walk Usa	29:56.37
8.	Kluepfel, Alexa	Walk Usa	31:32.73

**MEN 5000 Meter Race Walk**

1.	Luetttchau II, Richard	Shore Athletic Club	23:48.34
2.	Talcott, Dave	Shore Athletic Club	25:12.50
3.	Soucheck, John	Shore Athletic Club	27:22.00
4.	Vayo, Bill	Shore Athletic Club	28:13.01
5.	Clausen, Curt	New York Ath	29:15.42
6.	Logan, Bruce	Park Racewalkers	30:55.80

**POLISH U23 CHAMPIONSHIPS, BYDGOSZCZ, POLAND, 29-30 JUNE**

**Men's 20km Race Walk**

1.	Mieczysław ROMANOWSKI	POL	91	1:32:12
2.	Jakub KUSZNERUK	POL	92	1:33:09
3.	Jakub HERBA	POL	92	1:36:17
4.	Jakub STALA	POL	91	1:38:29
5.	Radosław PORCZAK	POL	92	1:44:05
6.	Lukasz LIPKA	POL	92	1:52:42
7.	Wiesław PIENKOWSKI	POL	92	2:03:17

**Women's 20km Race Walk**

1.	Natalia PLOMINSKA	POL	92	1:42:07
2.	Beata HEPPNER	POL	92	1:44:39
3.	Karolina WIERUS	POL	93	1:45:40
4.	Marta STASIEWICZ	POL	92	1:58:36
5.	Małgorzata SERAFIN	POL	92	1:59:08
6.	Karolina KOMIAŻYK	POL	92	1:59:57
7.	Martyna SKRZYPCZYŃSKA	POL	93	2:00:22
8.	Monika MAZIARZ	POL	93	2:05:02

**XXVII SPANISH U23 T&F CHAMPIONSHIPS, MATARÓ, SPAIN, 29-30 JUNE 2013**

21 year old Luis Alberto Amezcua Balboa dominated the men's 10,000m walk at the Spanish U23 T&F Championships last weekend, leading from start to finish to win in a PB time of 41:21.39 while Mar Juarez Gallardo won the women's 10,000m walk in 40:06.27.

**10,000m Walk Men**

1.	Luis Alberto Amezcua Balboa	Juventud Guadix	01/05/1992	41:21.39
2.	Francisco Jose Duran Acuña	Simply-Scorpio 71	24/07/1993	44:05.82
3.	Juan Antonio Raya Sanchez	Unicaja Atletismo	30/01/1993	45:07.51
4.	Ivan Pajuelo Paredes	A.D. Marathon	27/08/1993	45:20.11
5.	Luis Javier Casas Biedma	Simply-Scorpio 71	25/07/1991	47:28.89
	Angel Stalin Salazar Gaulan (f)	At. Pitius	30/03/1992	DQ
	Adria Galin Pons	FC Barcelona	21/05/1993	DQ
	David Reyes Afonso	TenerifeCajaCanarias	19/03/1993	DQ
	Luis Manuel Perez Osorio	A.D. Marathon	25/08/1992	DQ

**10,000m Walk Women**

1.	Mar Juarez Gallardo	AA Catalunya	27/09/1993	50:06.27
2.	Paula Martinez Cacheiro	FC Barcelona	02/01/1992	51:37.51
3.	Macarena Martin Uriol	Playas de Castellon	10/09/1992	53:00.71
4.	Miriam Costas Gomez	At. Femenino Celta	09/02/1993	57:44.57
	Ester Montaner Novellon	CA Igualada	30/11/1991	AB
	Sara Alonso Castelo	Cueva de Nerja-UMA	31/07/1991	AB
	Laura Jimenez Elipe	Atletismo Membrilla	06/09/1991	DQ
	Raquel Leon Asensio	CA Valladolid-U.Va	29/04/1991	DQ

**PORTUGUESE UNDER 23 T&F CHAMPIONSHIPS, QUARTEIRA, PORTUGAL, 29-30 JUNE 2013**

The Portugese also held their own U23 T&F Championships last weekend with the 10,000m track walk titles going to Miguel Carvalho (45:22.19) and Mara Ribeiro (50:40.33).

**10,000m Walk Women**

1.	Mara Ribeiro	1995	CN Rio Maior	50:40.33
2.	Nádia Cancela	1993	SL Benfica	51:19.60
3.	Vitória Oliveira	1992	SL Benfica	52:24.97
4.	Andreia Francisco	1991	C Benfica Faro	60:40.71
5.	Daniela Cardoso	1991	Leiria Marcha A	DQ

**10,000m Walk Men**

1.	Miguel Carvalho	1994	CN Rio Maior	45:22.19
2.	Rui Coelho	1994	CA Seia	46:56.86
3.	Samuel Pereira	1993	CA Seia	50:40.64
4.	Marco Amaral	1993	CDCJ Ilha Verde	57:57.73
5.	Telmo Oliveira	1994	GA Fátima	DQ
6.	Grigore Navin	1995	NDE Tomás Cabreira	DQ

**24 HEURES DE MONTGUYON, MONTGUYON, FRANCE, 29-30 JUNE**

Emmanuel Tardi was in Montguyon last weekend for the very popular 24 Hour walk held annually in that city. This year saw 118 starters in what is a very hard race, the lap being only partly asphalted and partly gravel and with walkers having to negotiate quite steep hill (see photo below). Still in recovery mode after his win in the Paris-Colmar classic, Gilles Letessier won the race with an impressive 182.187km, well ahead of Pascal Kieffer (who has a 100km PB of 8:55, set in 1993).

**24 Heures de Montguyon (first 20 places)**

1.	LETESSIER Gilles	1950	182.187	23:57:39	CONFLANS-STE-HONO
2.	KIEFFER Pascal	1961	179.988	23:57:38	MONTGUYON
3.	DURAND Gérard	1967	163.186	23:50:01	L'ILE D'ELLE
4.	BOUGNAUD Alain	1947	162.486	23:56:38	LA COTINIÈRE
5.	SUAU Michel	1957	153.930	23:52:47	CESTAS
6.	BERT Dominique	1960	148.952	23:58:09	LE HAILLAN
7.	PINEAU Laurent	1968	142.285	23:57:50	ORIGNOLLES
8.	DELTEIL Laurent	1966	140.896	23:54:29	MONTARDON
9.	VIGNAUD Annette (F)	1958	136.318	23:55:12	PERIGUEUX
10.	GUILLAUMIN Michel	1947	134.729	23:44:17	PARIS
11.	LAVAL Laurent	1964	133.529	23:46:43	PEUJARD
12.	CHIFFOLEAU Alain	1942	132.840	23:46:40	LA POMMERAYE

13.	SADET François	1960	131.640	23:58:23	MERY ES BOIS
14.	THOUMELIN Laurent	1973	130.551	23:47:44	ARTHEZE
15.	CHARVY Eliane (F)	1949	126.952	23:54:59	MONTGUYON
16.	BENSACQ Liliane (F)	1962	125.973	23:41:34	SAUCATS
17.	ARGIVIER Monique (F)	1952	122.295	23:42:04	VANXAINS
18.	COULONGEAT Michel	1953	119.506	23:48:08	ST MARTIN D'ARY
19.	DERIS Jean-François	1948	117.617	23:43:25	BLANQUEFORT
20.	SOULARD Eliane (F)	1957	116.017	21:58:33	VILLENAVE D'ORNON

Check the website for the full results and for plenty of photos: <http://asso.lempreinte.free.fr/index.php?page=classements-3>. Check out this photo!



Part of the course at Montguyon - not your typical flat fast lap!

#### WALKING SHORTS

- The marciaitaliano website reports that the sport of Fitwalking, established first in Italy, will cross national boundaries with the newly formed IFA (International Fitwalking Association). Designed by the Damilano brothers and developed since 2001, the inaugural members of IFA include Italy, Spain, Hungary, Czech Republic, Germany and Japan. I am currently trying to find out a bit more about this variation of walking. See [www.marciaitaliana.com/ita/dettagli\\_news.aspx?id=1479](http://www.marciaitaliana.com/ita/dettagli_news.aspx?id=1479).
- Robert Heffernan who finished a magnificent 4<sup>th</sup> in the 50km Walk at the London Olympics last August is determined to set a new lifetime best time for the 3000m track walk at the 62<sup>nd</sup> Cork City Sports Meet tonight at the C.I.T. Athletic Stadium in Bishopstown. I look forward to reporting on the results in next week's newsletter. See the Athletics Ireland press release at <http://www.athleticsireland.ie/content/?p=32998>.
- Spikes magazine discusses whether the 50km walk is the toughest event on the T&F program <http://spikes-mag.tumblr.com/post/54010218631/is-the-50km-race-walk-athletics-most-gruelling-event>
- The marciaitaliano website has published 2013 rankings for the top 20 U18 10,000m/10km walkers (male and female). [http://www.marciaitaliana.com/ita/dettagli\\_news.aspx?id=1481](http://www.marciaitaliana.com/ita/dettagli_news.aspx?id=1481)
- Results from the recent Brazilian Youth (U18) Championships <http://omarchador.blogspot.pt/2013/06/raiane-oliveira-e-geovani-alves.html>
- The Omarchador blog website celebrated 1000 days of publishing walk related articles. What an effort! <http://omarchador.blogspot.pt/2013/06/1000-dias-de-blogue-o-marchador.html>

#### VRWC CLUB RECORDS

Two more VRWC club records this week, compliments of Kelly and Margaret. Well done ladies!

Kelly Ruddick	W40 20km Road Walk	1:36:46	AMA 20km Championship	Middle Park	30/06/2013
Margaret Beaumont	W75 20km Road Walk	3:06:59	AMA 20km Championship	Middle Park	30/06/2013

## RWV FLEECY TOPS

There were a lot of comments at the recent LBG Carnival about the fact that, although the Victorian walkers have a great RWC racing uniform, we have no team uniform to identify us. Sabrina George and I are looking at ordering RWV hoodies (both zip front and pouch front) and will have samples and order forms available at Middle Park next Saturday. Here is what we expect them to look like. Cost is expected to \$40 and we will place our order in time for us all to wear them in Launceston at the start of September.



## 2014 NATIONAL ATHLETICS DATES

Athletics Australia has released its key dates in the 2013/2014 summer season. In particular, the dates are now confirmed for the 2013 Australian 50km championship (15<sup>th</sup> Dec 2013, Melbourne) and the 2014 Summer Australian Roadwalk Championships (2<sup>nd</sup> Feb 2014, Hobart).

December	6-8	Australian All-Schools Championships, Townsville (Qld)
December	9	Australian Schools Knockout Championships, Townsville (Qld)
December	12	Zatopek:10 (Aust. 10,000m Championships), Melbourne (Vic)
<b>December</b>	<b>15</b>	<b>Australian 50km Race Walking Championships, Melbourne (Vic)</b>
January	18	Hunter Track Classic, Newcastle (NSW)
February	1	Briggs Athletics Classic, Hobart (Tas)
<b>February</b>	<b>2</b>	<b>Australian 20km Race Walking Championships, Hobart (Tas)</b>
February	15	Adelaide Track Classic, Adelaide (SA)
February	22	Perth Track Classic, Perth (WA)
March	12-16	5 <sup>th</sup> Australian Junior Athletics Championships, Sydney (NSW)
March	15	Sydney Track Classic, Sydney (NSW)
March	22	IAAF Melbourne World Challenge, Melbourne (Vic)
March	29	Queensland Track Classic, Brisbane (Qld)
April	3-6	92 <sup>nd</sup> Australian Athletics Championships & Commonwealth Games Selection Trial, Melbourne (Vic)

## WHAT'S COMING UP

Next Saturday we have our annual VRWC Intervals races (for Open and U15 walkers) at Middle Park. The fixture reads as follows

<b>Saturday 6<sup>th</sup> July 2013, Middle Park</b>		
2.15pm	Intervals Race – 4km, 6km, 8km or 10km	Open
2.25pm	4km	Open
2:25pm	4km	Under 15
2.30pm	1.5km Handicap	Under 9
2.40pm	2.5km Handicap	Under 12

In the Intervals Race, walkers choose to walk either 4km, 6km, 8km or 10km in 2km intervals. To walk in this event, you must be able to complete each leg in less than 17 minutes. If, for example, you walk 11.30min for the 1<sup>st</sup> leg, you have 5.30min rest before starting the next leg. If a walker fails to finish any leg in the allowable 17 minutes, he/she will not be allowed to continue in the next leg. The start times for the 2km legs are as follows:

Start time	2x2km Race Legs	3x2km Race Legs	4x2km Race Legs	5x2km Race Legs
2.15pm	1	1	1	1
2.32pm	2	2	2	2
2.49pm		3	3	3
3.06pm			4	4
3.23pm				5

Looking further ahead, the **Australian Roadwalk Championships** will be held at **Symmons Plains**, just outside Launceston, on the morning of **Sunday 1<sup>st</sup> September**. The timetable is still being finalised but I hope to be able to publish it soon. Entries will be via online entry panel on the Athletics Australia website and, once again, that should be open for business soon. Finally, cheap flights to/from Launceston are still on offer so now is the time to lock your travel arrangements into place.

Note that Symmons Plains is about 30 mins outside Launceston so you will also need to organize transport. I am staying in Launceston and hiring a car for my travel to and from Symmons Plains on the Sunday morning.

### 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

Aug 4, 2013 Main Victorian Roadwalking Championships, Middle Park, VIC  
 Aug 17, 2013 VMA 10km Roadwalk Championship, Middle Park, VIC  
 Sept 1, 2013 Australian Roadwalk, Championships, Symmons Plains racewalk (near Launceston), TAS  
 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  
 October 5-12, 2013 Australian Masters Games, Geelong, See <http://www.australianmastersgames.com>

#### 2013 International Fixture

July 6-17, 2013 **27<sup>th</sup> Summer Universiade, Kazan, Russia** (see <http://www.kazan2013.com>)  
 July 10-14, 2013 **8<sup>th</sup> World Youth T&F Championships, Donetsk, Ukraine**  
 Aug 10-18, 2013 **14<sup>th</sup> 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](http://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>

#### 2013/2014 Australian Summer Season Key Dates

Dec 6-8, 2013 Australian All-Schools Championships, Townsville (Qld)  
 Dec 15, 2013 Australian 50km Race Walking Championships, Melbourne (Vic)  
 Feb 2, 2014 Australian 20km Race Walking Championships, Hobart (Tas)  
 Incorporating the Oceania Racewalking Cup (Aust vs NZ)  
 Mar 12-16, 2014 5<sup>th</sup> Australian Junior Athletics Championships, Sydney (NSW)  
 April 3-6, 2014 92<sup>nd</sup> Australian Athletics Championships &

#### 2014 International Fixture

Jan 4-12, 2014 **Oceania Masters Championships, Bendigo** - see <http://www.omabendigo2014.com.au/>  
 May 3-4, 2014 **26<sup>th</sup> IAAF World Race Walking Cup, Taicang, China**  
 Mar/Apr 2014 **World Masters Indoor Championships, Budapest, Hungary**  
 July 22-27, 2014 **15<sup>th</sup> World Junior T&F Championships, Eugene, Oregon, USA**

#### Looking even further forward

2015 **28<sup>th</sup> Summer Universiade, Gwanju, Korea**  
 2015 **9<sup>th</sup> World Youth T&F Championships, Cali, Colombia**  
 August 22-30, 2015 **15<sup>th</sup> IAAF World Championships in Athletics, Beijing, China**  
 July/Aug 2015 **20<sup>th</sup> World Masters T&F Champs Stadia, Lyon, France**  
 2016 **21<sup>st</sup> World Masters T&F Champs Stadia, Perth, Australia**. See <http://www.perth2016.com/>  
 Aug 2016 **31<sup>st</sup> Olympic Games, Rio de Janeiro, Brazil**. See <http://www.rio2016.org.br/en/Default.aspx>  
 2017 **29<sup>th</sup> Summer Universiade, Taipei**  
 August 5-13, 2017 **16<sup>th</sup> IAAF World Championships in Athletics, London, UK**  
 July 2020 **32<sup>nd</sup> Olympic Games, City TBA: Istanbul, Madrid, Tokyo**

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