



## HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club  
2012/2013 Number 42  
16 July 2013



VRWC Preferred Supplier of Shoes, clothes and sporting accessories.

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### TIM'S WALKER OF THE WEEK

It was an easy task to pick this week's Walker of the Week with 17 year old **Nathan Brill** racing to fifth place in the IAAF World Youth 10,000m walk in Donetsk on Saturday. He led for the first half of the race and recorded a time of 42:54.70 to be only 6 secs outside his PB. It is one thing to do it at home but it is a completely different kettle of fish to do it at the highest level of international racing. Well done to Nathan on a fantastic performance which is fully reported later in the newsletter.

Share the action with this video of Nathan's final 100m:

<https://www.facebook.com/photo.php?v=10151740851940266&set=vb.264338589300&type=2&theater>

### RWA POSTAL CHALLENGE WALKS - VRWC, MIDDLE PARK, SATURDAY 13 JULY

VRWC contested its leg of the annual Racewalking Australia Postal Challenge on Saturday as did some of the interstate RWA clubs. Each club contests the same program and the results are then collated and an overall winner declared. We saw another great turnout at Middle Park with 70 walkers in attendance and perfect racing weather - cool and still with just a hint of drizzle. It was also our **annual fundraiser for the International Brain Tumour Association** (IBTA - see [www.theibta.org](http://www.theibta.org)) and I am pleased to announce that we raised \$539 with race takings, canteen takings and donations.

The highlight of the day was the 10km time of **Kelly Ruddick**. In May, she recorded a 10km time of 46:27 in Ballarat to better the current World Masters W40 record but it was not accepted as the course was not certified. She was out for a second attempt on Saturday on our newly AIMS certified VRWC 2km course and she made no mistakes, her official time of 46:35 bettering the record by some 27 secs. It was great to see 25 walkers contesting the 10km distance - others to excel included **Michelle Laufer** (PB of 51:42), **Sarah Brennan** (PB of 53:05), **James Christmass** (PB of 51.31), **Emily Hamilton** (PB of 57:57) and **Jesse Osborne** (fastest time of the day with 44:01).

#### RWA State Challenge - 10km Open

1.	Kelly Ruddick	46:35	Bettors W40 World Record
2.	Sandra Geisler	55:01	
3.	Natalie Laurie	56:34	
4.	Karyn O'Neill	67:48	
	Beth Alexander	DNF	

1.	Mark Donahoo	52:03
2.	Nicholas Mirarchi	54:46
3.	Gerard Feain	64:25
4.	Cody McNicol-Davidson	67:55

#### RWA State Challenge - 10km Masters

1.	Michelle Laufer	51:42	PB 0:32
2.	Sarah Brennan	53:05	PB 0:54
3.	Pam Tindal	57:06	
4.	Heather Carr	59:27	
5.	Liz Feldman	61:38	
6.	Donna Elms	65:29	
7.	Gwen Steed	66:07	
8.	Celia Johnson	66:59	

1.	Andrew Jamieson	51:25	
2.	James Christmass	51:31	PB 0:22
3.	Bernie Keirl	58:06	
4.	Ralph Bennett	58:37	
5.	Russ Dickenson	61:04	
6.	Bob Gardiner	63:38	

Murray Dickinson DNF  
David Smyth DNF

**RWA State Challenge - 10km Under 20**

1. Emily Hamilton 57:57 PB 2:49  
Nicole Hallett DNF  
Cassie Raselli DNF

1. Jesse Osborne 44:01

Our underage walkers contested a variety of events and luckily we managed to have at least one male and one female finisher in every division (U20, U18, U16, U14, U12 and U10) - one of the real challenges in the State Challenge! Special mentions to **Adam Garganis** (39:33 for 8km), **Kyle Swan** and **Reese Walmsley** (24:33 and 24:46 for 5km), **Brodie Richardson** (16:36 for 3km), **Corey Dickson** (10:28 for 2km) and **Marcus Byron** and **Hayley Woolfe** (8:39 and 8:53 for 1.5km).

**RWA State Challenge - 8km Under 18**

1. Stephanie George 43:17  
2. Emily Swan 51:22  
3. Carly Bertrand 55:54

1. Adam Garganis 39:33

**RWA State Challenge - 5km Under 16**

1. Paige De Lisen 28:30  
2. Madeleine Feain 34:28 PB 0:22  
Gabbie Crea DQ  
Jade Sanders DNF

1. Kyle Swan 24:23  
2. Reese Walmsley 24:46 PB 0:05

**RWA State Challenge - 3km Under 14**

1. Brodie Richardson 16:36  
2. Rebecca Henderson 17:23  
3. Mikhala Hodges 17:41  
4. Jessica Lillie 18:59

1. Lachlan Feain 18:00

**RWA State Challenge - 2km Under 12**

1. Brianna Lillie 12:13  
2. Lee Taylor 13:11  
3. Caitlyn Rudston-Brown 14:21 PB 0:29  
4. Alexandra Hay 15:34 PB 0:16

1. Corey Dickson 10:28  
2. Nikola Mandic 10:48  
3. Harry Hockley Samon 11:38  
4. Joseph Rickard 12:07  
5. Hayden Walmsley 13:08

**RWA State Challenge - 1.5km Under 10**

1. Hayley Woolfe 08:53  
2. Brianna Briet 09:15  
3. Charlotte Hay 10:59

1. Marcus Byron 08:39  
2. Tom Hockley Samon 10:57  
3. Louis Rickard 12:59  
Angus Hay DQ

Finally, we had a 3km Open walk for anyone else, with Aaron McDonough 15:48 and Donna Urquhart (16:54) taking fastest times.

**VRWC 3km Open**

1. Donna Urquhart 16:54 PB 0:28  
2. Clare Garganis 21:30  
3. Jan Morrey 21:36  
4. Tracy Harvey 24:30  
5. Pam Mews 30:25

- |    |                 |       |
|----|-----------------|-------|
| 1. | Aaron McDonough | 15:48 |
| 2. | John Morrison   | 20:40 |
| 3. | Alex Poore      | 22:24 |
| 4. | Gordon Onley    | 23:31 |
|    | Barrie Wicks    | DQ    |

Thanks as usual to our many judges and officials - sorry if I missed anyone. It is a big team effort each week.

**Judges:** Kathleen Marsh (Chief), Stuart Cooper, Brenda Felton, Elke Raselli, Frances Attard, Gordon Loughnan, Matt Owen  
Lloyd Nichols, Michael Bodey (DQ Board), Justin McLaren (Bike), Peter Vysma and Diane Lowden (mentors)

**Checkin:** Damien Elms, Mark Donahoo, Michael Bodey

**Officials:** Tim Erickson, Ian Laurie, Susan Taylor, Don McLaren, Stacey McLaren, Shane Bertrand, Damien Elms, Harry Summers

**Canteen:** Barb Gardiner, Kate Suich

And thanks as usual to Terry Swan for his photos, some of which are reproduced below. You can see the full gallery at <http://www.vrwc.org.au/coppermine>.



**Reese Walmsley, David Smyth, Brodie Richardson, Tom Hockley-Samon and Kyle Swan**



**Emily Hamilton, Bernie Keirl, Adam Garganis, Kelly Ruddick, Michelle Laufer and James Christmass**



**Sarah Brennan, Jesse Osborne, Nick Mirarchi, Rebecca Henderson and Pam Tindal**

**ACT WALKING CLUB ROADWALKS, DICKSON, ACT, SATURDAY 13 JULY**

Thanks to Robin Whyte for his weekly report from Canberra

**4km Walk**

- |     |                   |       |
|-----|-------------------|-------|
| 1.  | Ashleigh Resch    | 20:13 |
| 2.  | Ally Durr         | 22:31 |
| 3.  | Peter Baker       | 23:54 |
| 4.  | David Mackenzie   | 30:38 |
| 5.  | Bob Chapman       | 32:44 |
| 6.  | John Gloe         | 33:27 |
| 7.  | Jemma Papantoniou | 34:07 |
| 8.  | Cilla Chapman     | 34:51 |
| 9.  | Jack Thackray     | 35:07 |
| 10. | Nola de Chazal    | 40:39 |

**10km Walk**

- |    |                      |         |
|----|----------------------|---------|
| 1. | Ann Staunton-Jugovic | 1:01:11 |
| 2. | Robin Whyte          | 1:03:30 |
| 3. | Jane Bates           | 1:06:02 |
| 4. | Peter Tutty          | 1:08:30 |
| 5. | Geoff Barker         | 1:08:36 |
| 6. | Bryan Thomas         | 1:08:56 |
| 7. | Derek Robinson       | 1:09:17 |
| 8. | Carol Harding        | 1:17:26 |
| 9. | Warren Butler        | 1:26:17 |
|    | Monika Short         | DNF     |

**2km Walk**

- |    |                      |       |
|----|----------------------|-------|
| 1. | Mitchell Baker       | 12:02 |
| 2. | Samantha Papantoniou | 17:06 |

**SAMA ROADWALKING, ADELAIDE, SATURDAY 13 JULY**

The South Australian Masters had a different sort of racing day last Saturday. As Colin Hainsworth explained: *Half marathon relay, yacht handicap, Slaps of 4.2k. Mild arvo, rain held off. Some teams consisted of walkers, some of runners and some were mixed. Some team members did more than one lap. I don't have times for individual laps.*

- |  |              |
|--|--------------|
| Team 1: one walker, Jeff Kennett and four runners.                                 | Time 2:19:19 |
| Team 2: two walkers, Marie Maxted and Colin Hainsworth.                            | Time 2:30:25 |
| Team 3: two runners.   | Time 2:34:03 |
| Team 4: two walkers, Valmai Padget, Edna Bates and two runners.                    | Time 2:34:04 |
| Team 5: two walkers, Jill Rogers and Jan Layng. and one runner.                    | Time 2:34:44 |
| Team 5: two runners and one walker, David Robertson.                               | Time 2:36:32 |
| Team 6: three walkers, Rodger Barber, Kristine Freeman, Roger Lowe and one runner. | Time 2:39:08 |

**SARWC SHORT COURSE CHAMPS, ADELAIDE PARKLANDS, ADELAIDE, SATURDAY 13 JULY**

Thanks to Peter Crump for the results of the South Australian Walkers Club short course club championship on Saturday. He advises that conditions were ideal. They also welcomed Lachlan Wilkinson, recently moved from ACT.

**8km Open**

- |    |             |       |
|----|-------------|-------|
| 1. | Kim Mottrom | 35:36 |
| 2. | Justin Hill | 37:49 |

**6Km U/18**

- |    |                |       |
|----|----------------|-------|
| 1. | Danielle Walsh | 35:13 |
|----|----------------|-------|



3.	Gloria Holliday	46:09
4.	Troy Hooker	50:26
5.	Barb Cain	56:20

#### 8km Over 35

1.	Peter Crump	42:57
2.	Louisa Mitchell	55:01
3.	Bill Starr	55:03
4.	Zoe Eastwood Bryson	55:29
5.	Jim Hoare	59:22

#### 6Km support race

1.	Darren Bown	30:25
2.	Lachlan Wilkinson	39:40

#### 4Km U/16

1.	Anna Cross	22:11
2.	Alix Harlington	22:16
3.	Rhiana Hooker	24:43
4.	Ayeisha Wallace	25:24
5.	Samantha Findlay	27:21
6.	Chloe Upton	27:34

#### 2Km U/14

1.	Beth Cross	10:41
2.	Rhiannon Lovegrove	11:53
3.	Sarah Damin	12:18
4.	Victoria Upton	13:29
5.	Mark Hooker	13:48
6.	Madeleine Wallace	14:53
7.	Aleesha Vidler	18:56

### BENDIGO WALKERS CLUB ROADWALKS, ROSALIND PARK, BENDIGO, SUNDAY 14 JULY

Thanks to Paul Rance for his weekly report from Bendigo.

The Bendigo Walkers contested events over a variety of distances on Sunday morning as part of the Racewalking Australia State Challenge with wet, cold conditions prevailing. Best performances on the day came from Zahra Hayes with the fastest time in the 2km, Carissa Brook an equal personal best in the 2km, Madison Hill a Club PB over the 3km distance, Norm West raced to his best 5km time for many years and Barb Bryant produced a Season best time in the 10km. Carissa Brook and Norm West were the handicap winners on the day.

#### Masters RWA Challenge 10km

1.	Barb Bryant	1.01.53	(age 58)
2.	Geoff Major	1.20.51	(age 77)

#### U20 RWA Challenge 10km

1.	Peter Curtis	1.08.45
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#### U18 RWA Challenge 8km

1.	Ebony Whiley	49.09
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#### U14 RWA Challenge 3km

1.	Madison Hill	18.19
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#### U12 RWA Challenge 2km

1.	Zahra Hayes	10.55
2.	Carissa Brook	11.51
3.	Sheridan Commons	17.12
4.	Caitlyn Tozer	18.31

#### Open 5km

1.	Norm West	39.44
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#### Open 2km

1.	Colin Cleary	16.38
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### BRWC MERV LOCKYER 3KM HANDICAP, NORTH GARDENS, SUNDAY 14 JULY

Thanks to Sarah Brennan for this report from the Ballarat Race Walking Club in country Victoria. It's always wet in Ballarat!

A wet and windy morning greeted the 14 walkers who fronted up for the Merv Lockyer 3km Handicap. The race took a sealed handicap format. Ross Darlow led from the start and was never headed, taking both line and handicap honours in a solid 15:48. Fraser Saunder stormed home in a big PB of 1:15 to claim second place in the handicap and a new U10 Boys 1km (6:44), 2km (14:07) & 3km Record in 21:02. Kasey Bishop was third in 24:25, also a PB of 20 seconds. Scott Peart took out the 1km race, 7 seconds ahead of Rex Brennan. Both youngsters did 38 second PBs.

#### 3km Merv Lockyer Handicap

1.	Ross Darlow	15:48	
2.	Fraser Saunder	21:02	PB 1:15 (U10M 1km – 6:44, 2km – 14:07 & 3km Records)
3.	Kasey Bishop	21:07	PB 0:20
4.	Olivia Davis	24:24	Eq PB
5.	Jemma Peart	17:09	(U14W 3km Record)
6.	Ruby Saunder	21:48	PB 0:22
7.	Rodney Davis	18:45	
8.	Emily Crowley	19:38	
9.	Alanna Peart	18:48	(U10W 1km – 5:53 & 2km – 12:34 Records)
10.	Jessika Bridges	21:48	
11.	Mia Darlow	24:23	
12.	Kayla Bridges	24:25	

#### 1km Walk

1.	Scott Peart	8:28	PB 0:38
2.	Rex Brennan	8:35	PB 0:38 (U6M 1km Record)



**Merv Lockyer handicap winner Ross Darlow with Daryl Biggin last Sunday**

**RWCWA ROADWALKS, WILSON, PERTH, SUNDAY 14 JULY 2013**

Thanks to Rick Cattermole for the latest results from the Racewalking Club of Western Australia in Perth. With a number of the younger walkers away on an annual international walking trip to Thailand, numbers were a bit down.

**5km Open Walk**

1.	Christopher Gerken	30.50
2.	Michelle Butler (SB)	30.51
3.	Daniel Lowe (SB)	31.24
4.	Caitlin Gerken	32.18

**1.5km Open Walk**

1.	Jasmine Burgess	8.40
2.	Tim Kezic	9.41 (SB)
3.	Tina Kezic	9.42 (SB)
4.	Bailey Burgess	11.21

**3km Open Walk**

1.	Sara Cattermole	18.20
2.	Melissa Hall	20.05

**QLD ROAD WALKING CHAMPS, MURARRIE RECREATION GROUND, MURARRIE, SUN 14 JULY**

Good times to Nick and Brandon Dewar and to Clara Smith in Queensland last weekend.

**OPEN MEN 20KM**

1.	Nick Dewar	1:31.53
2.	Brandon Dewar	1:33.55
3.	Peter Bennett	1:51.20

**UNDER 16 GIRLS 5KM**

1.	Clara Smith	24.20
2.	Mikaela Woodward	27.46
3.	Aimee Brackin	31.40

**OPEN WOMEN 10KM**

1.	Nyle Sunderland	59.16
2.	Kay Shaw	1:04.58
3.	Noela McKinven	1:18.49
4.	Denise Fellows	1:19.52

**UNDER 14 BOYS 3KM**

1.	Callum Haig	22.26
	Sean Brackin	DQ

**UNDER 20 WOMEN 10KM**

1.	Jessica Pickles	50.55
2.	Casey Sims	66.39
3.	Jessica Wright	77.40

**UNDER 14 GIRLS 3KM**

1.	Riley Sims	19.26
2.	Tenyka Chapman	20.20

**UNDER 18 GIRLS 5KM**

1.	Jayde Hill (NSW)	26.01
2.	Kenza Benzenati	29.49
3.	Jesse Sims	30.01
4.	Lucy-Rose Boardman	DNF
5.	Katya Martin	DNF

**UNDER 12 BOYS 2KM**

1.	Adam Buchhorn	11.18
2.	Kobie Hinton	12.37
3.	Ben Jeffrey	12.40
4.	Nelson McCutcheon	12.47

**UNDER 12 GIRLS 2KM**

1.	Caitlin Hannigan	11.19
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**UNDER 16 BOYS 5KM**

1.	Luke McCutcheon	24.22
2.	Jamie McCutcheon	29.46

**UNDER 10 GIRLS 1KM**

1.	Abbey Hannigan	6.16
2.	Tess Hannigan	6.49
3.	Mackenzie Hinton	8.18

<b>NSWRWC ROADWALKS, LEICHHARDT, SATURDAY 6 JULY</b>
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Now back a week to review some NSWRWC walks at Leichhardt. Good 10km times to Kyle Malone, Jay Felton, Kirsty Klein.

**Long Division 10km**

1.	Kyle Malone	46.31
2.	Jay Felton	48.29
3.	Kirsty Klein	50.13
4.	Lauren Bourke	50.33
5.	Anthony Albanese	57.27
6.	Joan Purcell	72.04
	Tyler Jones	DNF

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

1.	Nathan Brown (INV)	9.32
2.	Samantha Brown	10.32
3.	Yasmin Mills	11.16
4.	Melissa Hoy	13.00
5.	Catherine Young	13.36

**Medium Division - 10km**

1.	Aiden Kerr	53.35
2.	Amanda Barendregt	60.15
3.	Tony Psarianos	61.20
4.	Judy Brown	77.42

**U12 Division - 1km**

1.	Haley Mills	5.07
2.	Brooke Martin	5.55
3.	Lachlan Becroft	6.32
4.	Logan Barendregt	7.00
5.	Reilly Jones	7.02
6.	Stacey Becroft	8.25
7.	Ethan Martin	9.46
8.	Amelia Crocker	12.21
9.	Emily Challinor	12.21

**Short Division - 5km**

1.	Dylan Richardson	25.57
2.	Tiffany Saker	32.34
3.	Travis Barendregt	35.00
4.	Nicolle Challinor	35.04
5.	Jan Dodds	38.18

<b>WA LITTLE ATHLETICS WINTER ROAD WALKS, KINGSWAY, SATURDAY 6 JULY 2013</b>
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WA Little Athletics has its own winter cross country running and roadwalking season which alternates CC and walks week by week. On Saturday 6 July, it was the walks week with walks held at the Herb Graham Rec. Centre, Balga WA Little Athletics, Kingsway (see [https://sitedesq.imgstg.com/customdata/index.cfm?fuseaction=display\\_main&ItemID=57148&OrgID=3670&count=1](https://sitedesq.imgstg.com/customdata/index.cfm?fuseaction=display_main&ItemID=57148&OrgID=3670&count=1)).

The standard was impressively high with Simeon Leatherland 8:13 and Mikayla Johns 9:01 leading the way over 2km. Simeon (born Nov 1998 - now aged 14) came second to Tyler Jones in the AA U16 3000m in Perth in March (14:20.57) so he already has the credentials on the board. This 2km time really raises the ante to the next level. The best of the 2km results are shown below.

**U13 - U17 Boys: 2k results (fastest)**

Simeon Leatherland	U/14	8.13
Chris Gerken	U/13	9.55
Thomas McDonald	U/13	10.05
Bradley Mann	U/14	10.07
Tobias Muhafidin	U/14	11.11

**U13 - U17 Girls: 2k results (fastest)**

Mikayla Johns	U/13	9.01
Jennifer Delpup	U/15	9.56
Brenda McDonald	U/15	10.04
Caitlin Gerken	U/16	10.22
Jessica Emery	U/14	11.30
Kiara Davin	U/13	11.31
Tina Kezic	U/13	11.47

<b>THE 27<sup>TH</sup> SUMMER UNIVERSIADE, KAZAN, RUSSIA, 6-17 JULY 2013</b>
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The World University Games has been underway for a week now in Kazan, Russia, with high quality fields assembled in most events. The 20km walkers were held last week and I report on them as follows.

**Men's 20km Walk, Tuesday 9<sup>th</sup> July, 8AM**

Andrey Krivov (RUS) won the 20 km. road walk at 27<sup>th</sup> Summer Universiade in Kazan, finishing in a Games record of 1:20:47 (beating Sergey Bakulin record time of 1:20:52). Second place went to the Ukrainian Ruslan Dmytrienko with 1:20:54 while third

place went to Russian Denis Strelkov with 1:21:32. But this did not look a likely result early on as Russian walker Andrey Ruzavin shot out at the start, to be over 1 minute ahead at the half way mark, reached in 39:43. However, he could not maintain such a testing pace, slowing drastically in the second half and eventually fading to fourth place with 1:22:12, finishing just ahead of Canadian Iñaki Gomez who was fifth with 1:22:29. In the associated teams event, Russia prevailed with a total time of 4:04:31, followed by Ukraine (4:08:09), Canada (4:20:35) and China.

1.	Andrey KRIVOV	RUS	85	1:20:47
2.	Ruslan DMYTRENKO	UKR	86	1:20:54
3.	Denis STRELKOV	RUS	90	1:21:32
4.	Andrey RUZAVIN	RUS	86	1:22:12
5.	Inaki GOMEZ	CAN	88	1:22:29
6.	Ihor HLAVAN	UKR	90	1:22:32
7.	Isaac PALMA OLIVARES	MEX	90	1:24:14
8.	Ivan LOSEV	UKR	86	1:24:43
9.	Eiki TAKAHASHI	JPN	92	1:25:19
10.	Nazar KOVALENKO	UKR	89	1:25:32
11.	Ato IBANEZ	SWE	85	1:25:39
12.	Mauricio ARTEAGA	ECU	88	1:25:59
13.	Jianmin LIU	CHN	88	1:26:44
14.	Konstantin KULAGOV	RUS	91	1:26:56
15.	Nils Christopher GLOGER	GER	90	1:26:57
16.	Benjamin THORNE	CAN	93	1:26:59
17.	Riccardo MACCHIA	ITA	90	1:28:16
18.	Fongda BIAN	CHN	91	1:28:56
19.	Valeriy FILIPCHUK	RUS	91	1:29:39
20.	Perseus IBANEZ	SWE	90	1:30:19
21.	Evan DUNFEE	CAN	90	1:31:07
22.	Ever PALMA OLIVARES	MEX	92	1:31:13
23.	Ziyang ZHAO	CHN	91	1:31:45
24.	Ričardas REKST	LTU	87	1:32:45
25.	Tianlei LI	CHN	95	1:34:57
	Wayne SNYMAN	RSA	85	DNF
	Byung-Kwang CHOI	KOR	91	DQ
	Tomas GAIDAMAVICIUC	LTU	87	DQ
	Aleksandr LIAKHOVICH	BLR	89	DQ

You can check out the lap times at <http://www.kazan2013.com/Hide/en/-240/Comp/Info/ResultList/ATM092101>

#### Women's 20km Walk, Wed 10<sup>th</sup> July, 8AM

The women's 20km race saw a Russian trifecta with victory going to Anisiya Kirdyapkina (1:29:30), silver to Irina Yumanova (1:30:41) and bronze to Lina Bikulova (1:32:30). Kirdyapkina was in a class of her own, walking with the lead group for the first 10km (46:30) before storming home with a second 10km split of 43:00, to easily break the Games record. The best of the non-Russians was Hanna Drabnya of Belarus who finished fourth with 1:33:15. It could have been an even better result for Russia if Vera Sokolova had not been disqualified just before the 18km mark, while in second place. It was a disappointing day for the two Australian representatives with **Stephanie Stigwood** finishing 16<sup>th</sup> with 1:45:05 and **Rachel Tallent** retiring at the 10km mark (reached in 48:49).

You can see the individual lapsplits at <http://www.kazan2013.com/NH/en/-240/Comp/Info/ResultList/ATW092101>.

1.	Anisiya KORNIKOVA-KIRDYAPKINA	RUS	89	1:29:30
2.	Irina YUMANOVA	RUS	90	1:30:41
3.	Lina BIKULOVA	RUS	88	1:32:30
4.	Hanna DRABENIA	BLR	87	1:33:15
5.	Mingxia YANG	CHN	90	1:33:22
6.	Laura REYNOLDS	IRL	89	1:33:31
7.	Paola Viviana PEREZ SAQUIPAY	ECU	89	1:33:40
8.	Ayman KOZHAKHMETOVA	KAZ	91	1:36:37
9.	Lucie PELANTOVÁ	CZE	86	1:37:03
10.	Mária CZÁKOVÁ	SVK	88	1:37:20
11.	Xin ZHANG	CHN	89	1:38:16
12.	Gao NI	CHN	91	1:38:16
13.	Hiroi MAEDA	JPN	91	1:38:48
14.	Siu Nga CHING	HKG	87	1:40:52
15.	Tongmei ZHOU	CHN	88	1:44:44
16.	Stephanie STIGWOOD	AUS	90	1:45:05
17.	Chia-Feng CHANG	TPE	93	1:47:36
	Vera SOKOLOVA	RUS	87	DQ
	Lizbeth SILVA	MEX	89	DQ
	Despina ZAPOUNIDOU	GRE	85	DNF
	Rachel TALLENT	AUS	93	DNF



**THE 8<sup>TH</sup> WORLD YOUTH T&F CHAMPIONSHIPS, DONETSK, UKRAINE, 10-14 JULY 2013**

**Women's 5000m Walk, Sat 13<sup>th</sup> July, 9:30AM**

There were few surprises in the girls' 5000m Race Walk at the IAAF World Youth Championships last Saturday. Several laps from the finish, 2013 World Youth leader Olga Shargina of Russia broke away from long-time leader Neomi Stella of Italy, going on to win in 22:13.91 Japanese walker Momoko Mizota overtook Stella to get the the silver medal in 22:42.77 while Stella held on for bronze in 22:48.95.

1.	Olga SHARGINA	RUS	22:13.91	WYL
2.	Momoko MIZOTA	JPN	22:42.77	PB
3.	Noemi STELLA	ITA	22:48.95	
4.	Wenli ZHAO	CHN	22:58.56	PB
5.	Klavdiia AFANASIEVA	RUS	23:33.24	
6.	Xianghua XIAO	CHN	23:44.33	PB
7.	María PÉREZ	ESP	23:48.11	
8.	Katarzyna ZDZIEBLO	POL	23:50.37	
9.	Lidia SANCHÉZ-PUEBLA	ESP	24:24.59	
10.	Henrika PARVIAINEN	FIN	24:32.42	PB
11.	Karla JARAMILLO	ECU	24:34.18	
12.	Carmen Bianca MOLNAR	ROU	24:38.61	PB
13.	Jessica TAPIA	MEX	24:39.49	
14.	Neena KAMBA THANKAN	IND	24:42.18	PB
15.	Daniela PASTRANA	COL	24:43.12	PB
16.	Živilė VAICIUKAVICIUTĖ	LTU	24:47.72	
17.	Eleonora DOMINICI	ITA	24:52.98	
18.	Daniela DORADO	COL	25:06.03	
19.	Riheb MANSOURI	TUN	25:06.46	PB
20.	Elena GOH LING YIN	MAS	25:10.36	
21.	Hanna SUSLYK	UKR	25:19.03	
22.	Ivanna DANYLYUK	UKR	25:20.53	
23.	Radoslava PILIAROVÁ	SVK	26:12.70	
24.	Lena TOMAS	SWE	26:23.21	PB
25.	Milica KOSTIC	SRB	26:38.04	PB
26.	Nikoleta ABBATANTUONO	SVK	26:47.50	PB
27.	Rita RÉCSEI	HUN	26:49.95	
28.	Ivana RENIC	CRO	27:22.32	
	Lena UNGERBÖCK	AUT	DQ	
	Chahinez NASRI	TUN	DQ	
	Mildred RAYA	MEX	DNF	

**Men's 10,000m Walk, Sat 13<sup>th</sup> July, 10:30AM**

Toshikazu Yamanishi claimed Japan's first 10,000m racewalk victory in the 14-year history of the IAAF World Youth Championships in a dramatic last lap, which saw Guatemala's Jose Alejandro Barrondo, cousin of London 2012 Olympic Games 20km Walk silver medallist Erick Barrondo, disqualified only 80 metres from the line while in the silver medal position. Clocking the second-fastest time of the year with 41:53.80, Yamanishi was followed home by Russia's Maksim Krasnov and Spain's Diego Garcia, with the former winning a thrilling 'sprint' finish for the silver medal in a 42:03.10, with Garcia third in 42:03.32. All three medallists set personal bests.

The early pace had been set by Australia's **Nathan Brill** who took Yamanishi through the first kilometre in 4:14.12, with Krasnov and Garcia 30 metres further back. Nathan increased the tempo with a second km of 4:05.78 and a third km of 4:09.29. The early pace came at a personal cost as, with 13 laps remaining, Krasnov and Garcia caught the leading duo and Nathan conceded the lead just after the halfway point, reached in 20:53.73.

With eight laps remaining, a group of five were packed tightly together as Garcia, Yamanishi and Barrondo moved into the medal positions, although the pace had relented slightly with the sixth kilometre taking 4:19.02 and the seventh kilometres split being 4:20.62. At 8000m, Krasnov moved to the front and increased the tempo again as Nathan now dropped off the group.

Barrondo moved back to the front with two laps to go as Garcia looked to have lost his chance of a medal, losing touch with Yamanishi and Krasnov who were closely shadowing the Guatemalan. Yamanishi, 17, then decided to kick for home from 600m out and Barrondo was left 10 metres adrift, with 17-year-old Krasnov another 10 metres back. As the Japanese athlete sped to victory, with a 3:52.50 final kilometre, Barrondo suffered his dramatic disqualification with only 80 metres remaining and, with the surprise opportunity for a medal upgrade, Krasnov and Garcia battled right to the line. Japan's Yuga Yamashita finished fourth with 42:07.94 personal best while Nathan held on well to finish fifth with 42:54.70.

1.	Toshikazu YAMANISHI	JPN	41:53.80	PB
2.	Maksim KRASNOV	RUS	42:03.10	PB
3.	Diego GARCÍA	ESP	42:03.32	PB
4.	Yuga YAMASHITA	JPN	42:07.94	PB
5.	Nathan BRILL	AUS	42:54.70	
6.	Zaharias TSAMOUDÁKIS	GRE	45:14.15	

7.	Gregorio ANGELINI	ITA	45:26.66	PB
8.	Bence VENYERCSÁN	HUN	46:08.48	
9.	Biao YAO	CHN	46:15.78	PB
10.	Manuel BERMÚDEZ	ESP	46:21.96	
11.	Marek ADAMOWICZ	CAN	46:35.67	PB
12.	Karl JUNGHANNSS	GER	46:35.81	PB
13.	Giuseppe INGLESE	ITA	47:36.17	
14.	Jefferson CHACÓN	VEN	47:39.34	
15.	Cristian MERCHÁN	COL	47:40.32	
16.	Michal MORVAY	SVK	47:51.77	PB
17.	Jürgen GRAVE	GUA	48:04.81	
18.	Hélder DOS SANTOS	POR	48:33.81	PB
19.	César Augusto RODRÍGUEZ	PER	48:35.50	
20.	Djaber BOURAS	ALG	48:54.12	
21.	Jianxing DAI	CHN	49:23.34	PB
22.	Braulio MOROCHO	ECU	49:26.60	
23.	Oracio CHILQUINGA	ECU	49:38.08	
24.	Hamad Ali ALHINDAASSI	UAE	50:13.03	
25.	Vitaliy ZUB	UKR	50:28.47	
26.	Óscar MENJÍVAR	ESA	50:43.36	
27.	Andrei GAFITA	ROU	50:54.19	
	Brayan FUENTES	COL	DQ	
	Vitaliy TEREKHIN	KAZ	DQ	
	José Alejandro BARRONDO	GUA	DQ	
	Efstrátios-Yeóryios KELEPOÚRIS	GRE	DNF	
	Oleksandr ZHOLOB	UKR	DNF	
	Arturs MAKARS	LAT	DNF	
	Miroslav ÚRADNÍK	SVK	DNF	
	Nikola LILIC	SRB	DNF	
	Mohammed FEKKOUN	ALG	DNF	
	Muratcan KARAPINAR	TUR	DNF	
	Paolo YURIVILCA	PER	DNF	
	Maricel NECULA	ROU	DNF	
	Vladislav SARAYKIN	RUS	DNF	

This video captures the excitement of the finish: [http://www.youtube.com/watch?feature=player\\_embedded&v=Gv0wC33QY00](http://www.youtube.com/watch?feature=player_embedded&v=Gv0wC33QY00)

And a special commendation to Japan who, despite several close calls, went empty-handed for the first three days of the Championships. Not until the race walks did its fortunes turn around with Momoko Mizota taking silver in the women's event with a PB time of 22:42.77 and Toshikazu Yamanishi turning in Japan's only gold medal of the championships with a PB 41:53.80 in the men's 10000m walk.



Olga Shargina, Toshikazu Yamanishi, Diego Garcia, Yamanishi again and Nathan Brill (photos [www.iaaf.org](http://www.iaaf.org))

## 9<sup>TH</sup> EUROPEAN U23 CHAMPIONSHIPS, TAMPERE, FINLAND, 11-14 JULY 2013

The European Under-23 T&F Championships (see <http://www.tampere2013.fi/>) kicked off last Wednesday in Tampere, Finland, with the 20 km walks and it was once again a case of Russian domination.

The first gold medal of the championships went to Russia's Svetlana Vasilyeva as she clocked 1:30:06 to finish half a minute clear of the rest of the field and win the women's race. Having created an 18 second lead with 4km to go, none of Vasilyeva's competition could really challenge. Ukraine's Lyudmyla Olyanovska took silver with 1:30:37 ahead of Italy's Antonella Palmisano whose 1:30:59 PB was more than enough for bronze.

The men's race followed and there was further victory for Russia as Pyotr Bogatyrev and Alexander Ivanov made it a Russian one-two. Only three seconds separated the gold and silver pair, with Bogatyrev crossing in 1:21:31 for the win ahead of his compatriot who clocked a 1:21:34 PB. Germany's Hagen Pohle took bronze with 1:25:04.

The European Athletics website has full race reports from the two walks at <http://www.european-athletics.org/tampere2013-news/12064-double-delight-for-russia-as-bogatyrev-and-vasilyeva-take-walking-golds.html>.

### Women's 20km Walk, Wednesday 10 July, 4:15PM

1.	Svetlana VASILYEVA	RUS	92	1:30:07
2.	Lyudmila OLYANOVSKA	UKR	93	1:30:37
3.	Antonella PALMISANO	ITA	91	1:30:59
4.	Natalya SEREZHKINA	RUS	92	1:31:50
5.	Nina OKHOTNIKOVA	RUS	91	1:33:20
6.	Darya BALKUNETS	BLR	93	1:34:52
7.	Federica CURIAZZI	ITA	92	1:37:34
8.	Ines PASTORINO	FRA	92	1:38:04
9.	Inna KASHINA	UKR	91	1:38:50
10.	Emilie MENUET	FRA	91	1:40:10
11.	Daniela CARDOSO	POR	91	1:40:43
12.	Adriana Georgiana ENACHE	ROU	91	1:41:05
13.	Elena POLI	ITA	93	1:41:19
14.	Natalia PLOMINSKA	POL	92	1:43:51
15.	Elisa NEUVONEN	FIN	91	1:45:42
16.	Nadia CANCELA	POR	93	1:46:33
17.	Karolina WIERUS	POL	93	1:47:54
18.	Katarina STRMENOVA	SVK	93	1:50:01
19.	Barbara KOVÁCS	HUN	93	1:52:53
	Maria JUAREZ GALLARDO	ESP	93	DQ
	Sara ALONSO CASTELO	ESP	91	DQ
	Alexandra Iuliana AICHIMOAEI	ROU	93	DQ
	Emilie TISSOT	FRA	93	DQ

### Men's 20km Walk, Wednesday 10 July, 6:30PM

1.	Pyotr BOGATYREV	RUS	91	1:21:31
2.	Aleksandr IVANOV	RUS	93	1:21:34
3.	Hagen POHLE	GER	92	1:25:04
4.	Massimo STANO	ITA	92	1:25:25
5.	Oleksandr VERBITSKIY	UKR	92	1:26:01
6.	Ihor LYASHCHENKO	UKR	93	1:26:43
7.	Lukas GDULA	CZE	91	1:27:10
8.	Ivan PAJUELO	ESP	93	1:28:06
9.	Nils BREMBACH	GER	93	1:28:27
10.	Mieczysław ROMANOWSKI	POL	91	1:29:39
11.	Aurelien QUINION	FRA	93	1:29:39
12.	Marcel LEHMBERG	GER	92	1:30:02
13.	Genadiy KOZLOVSKIY	LTU	91	1:30:41
14.	Aku PARTANEN	FIN	91	1:31:02
15.	Giovanni RENO	ITA	91	1:31:11
16.	Francisco Jose DURAN	ESP	93	1:31:15
17.	Kirill FROLOV	RUS	93	1:33:07
18.	Edgars GJAČS	LAT	93	1:33:13
19.	Giacomo VIGANO'	ITA	91	1:33:26
	Pavel SCHROM	CZE	91	DQ
	Aleksi OJALA	FIN	92	DQ
	Artur MASTIANICA	LTU	92	DQ
	Yauheni ZALESSKI	BLR	93	DNF
	Luis Alberto AMEZCUA	ESP	92	DNF

## SAINSBURY'S BRITISH & ENGLISH T&F CHAMPIONSHIPS, BIRMINGHAM, 12-14 JULY

5000m track walks were held on day three (Sunday 14 July) of the Sainsbury's British Championships & England Championships at the Alexander Stadium in Birmingham.

The men's 5000m walk saw a new UK record to Belgrave Harrier Alex Wright who slowly increased the pace throughout the race to pull away from Tonbridge's Tom Bosworth, crossing the line in 19:27.39. Bosworth was not far behind with 19:38.62 while bronze went to Jamie Higgins with 20:57.15. Alex said: "I was really happy coming over the line to a big cheer from the crowd. It was my plan from the start to go for the National Record, but the first 1km was a bit slow, but I think that actually helped for later on in the race. I've done a lot of training in hot places this year, so the heat wasn't a factor." See the full interview at <http://www.youtube.com/watch?v=pPSMIHaw2j8>.

It was a Welsh duo in the women's 5000m track walk as Bethan Davies secured her first British title with a new personal best of 23:21.09 ahead of Heather Lewis with 23:50.59. Third place (and the English title) went to Leeds City's Ellie Dooley who knocked more than two minutes off her PB with 24:04.21.

Bethan Davies and Tom Bosworth were also interviewed. See <http://www.athletics.org/video/717488> and <http://www.athletics.org/coverage/250926-2013-British-Athletics-Championships/video/717490-2013-National-5km-Walk-Silver-Medallist-Tom-Bosworth>.

Thanks to Mark Easton for the following photos - you can see more at <http://markeaston.zenfolio.com/f455190763>.



Alex Wright, Tom Bosworth, Heather Lewis and Bethan Davies in action in Birmingham (photos Mark Easton)

### 5000m Walk Men - 11AM

1.	Alex WRIGHT	BELGRAVE	19:27.39
2.	Tom BOSWORTH	TONBRIDGE	19:38.62
3.	Jamie HIGGINS	LEEDS	20:57.15
4.	Dominic KING	COLCHESTER	21:31.26
5.	Daniel KING	COLCHESTER	21:48.98
6.	Cameron CORBISHLEY	MEDWAY	22:36.02
7.	Alex EATON	MANX	22:56.89
8.	Callum WILKINSON	ENFIELD	23:13.01
9.	Adam COWIN	MANX	24:20.45
	Jonathan HOBBS	ASHFORD	DQ

### 5000m Walk Women - 11:30AM

1.	Bethan DAVIES	CARDIFF	23:21.08
2.	Heather LEWIS	PEMBROKE	23:50.59
3.	Ellie DOOLEY	LEEDS	24:04.21
4.	Michelle TURNER	NORTHERN	25:06.80
5.	Grazina NARVILIENE	LTU	25:30.69
6.	Jasmine NICHOLLS	LEICESTER	26:01.41

7.	Lauren WHELAN	HYDE	26:06.90
8.	Alana BARBER	HYDE	26:34.25
9.	Rebecca COLLINS	MEDWAY	26:59.94
10.	Ellie DAINTON	LLANELLI	27:28.37
11.	Brenda GANNON	HYDE	28:27.38

### FRENCH T&F CHAMPIONSHIPS, CHARLETY STADIUM, PARIS, 12-14 JULY 2013

The French T&F Championships, held last weekend in the Charlety Stadium in Paris, were superb with lots of PBs and world standard performances (Vicault 9.95 in 100m, Tamgho 17.49 and Rapinier 17.45 in TJ and Billaud 12.59 in 100m Hurdles). The 10,000m track walks, held on the second day, followed the trend and spectators witnessed some fantastic walking by the men as you can see below.

Emmanuel Tardi was there officiating (he is everywhere!) and he tells me that the weather was perfect for the two races - absolutely no wind and cool conditions. In the men's race, Kevin Champion and Bertrand Moulinet led for 8 laps before Champion sped up, breaking free and going on to win with a PB 38:37.02. Yohann Diniz, preparing for the World Championships 50km, showed impressive speed himself, catching Moulinet just after the half way mark and going on to take second place with 39:27.63. Moulinet faded to fourth but still finished with a PB time of 39:50.03, one spot behind Hédi Taraaoui whose time of 39:37.96 was also a PB. Of the 18 starters, 12 recorded personal best times!

In the women's race, the three best French walkers weren't on the track because they were in Tampere competing in the European U23 Championships, but the race was still a good one with Anne Gaëlle Retout and Violaine Averous locked in battle at the front. Alas, Retout was disqualified with only 3 laps to go, allowing Averous the win with 48:16.97. Marine Quennehen walked a conservative race, being back in 7<sup>th</sup> place at the 3000m mark, but she came through to eventually finish second with 49:10.72 ahead of Amandine Marcou with 49:49.36. Of the 13 finishes, 7 recorded personal best times.

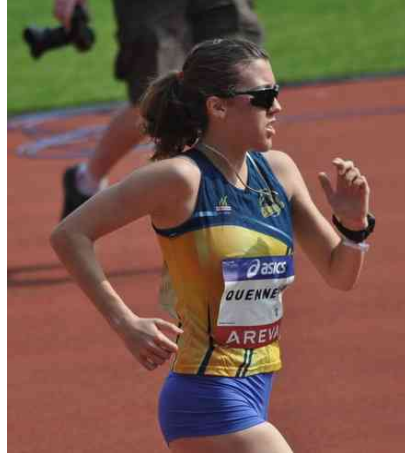
#### Men's 10,000m, Saturday 13 July, 9:00AM

1.	Kevin Champion	38:37.02	PB
2.	Yohann Diniz	39:27.63	SB
3.	Hédi Taraaoui	39:37.96	PB
4.	Bertrand Moulinet	39:50.03	PB
5.	Cédric Houssaye	40:50.26	PB
6.	Keny Guinaudeau	42:40.30	PB
7.	Nicolas Gosselin	43:15.08	PB
8.	Sébastien Delaunay	43:18.27	SB
9.	Guillaume Dujour	43:24.15	SB
10.	Djamel Selseldeb	43:35.99	SB
11.	Hugo Andrieu	43:40.60	PB
12.	Adrien Cassagnes	44:03.60	PB
13.	Simon Hurault	44:11.43	PB
14.	Xavier Le Coz	44:14.98	PB
15.	Damien Molmy	44:54.05	SB
16.	Jean-Michel Prevel	45:14.65	PB
17.	Romain Denimal	45:24.87	SB
18.	Maxime Faiteau	46:03.17	PB

#### Women's 10,000m, Saturday 13 July, 10:00AM

1.	Violaine Averous	48:16.97	SB
2.	Marine Quennehen	49:10.72	PB
3.	Amandine Marcou	49:49.36	SB
4.	Fabienne Rinero Chanfreau	50:07.91	PB
5.	Mylène Ortiz	50:09.54	PB
6.	Roseline Chapillon	50:32.88	SB
7.	Lucie Auffret	51:10.19	SB
8.	Caroline Guillard	51:36.69	PB
9.	Severine Lanoue	52:26.64	SB
10.	Marit Naumann	52:27.72	PB
11.	Charlotte N'guyen Van Tu	52:45.19	SB
12.	Sandrine Eichholtzer	52:58.69	PB
13.	Christele Jouan	53:56.66	PB
	Annette Heckmann	DQ	
	Anne-Gaëlle Retout	DQ	





**Left and Centre: Violaine Averous and Marine Quennehen (photo Emmanuel Tardi)  
Right: Kevin Campion leads Bertrand Moulinet and Yohann Diniz (photo Emmanuel Tardi)**

#### WALKING SHORTS

- Thanks to IAAF Race Walking Committee member Jane Saville for passing on this powerpoint presentation which formed part of the 2010 International Race Walking Judges Evaluation Seminar and which summarises many of the important points being reinforced for our international judges:  
<http://www.vrwc.org.au/documents/2010-International-Race-Walking-Judges-Evaluation-Seminar-Presentation.ppt>
- Just four and a half days left to register for this years British RWA Long Distance Championship which is being held as part of the Tower Insurance Isle of Man 100 mile walk, to be contested on the world famous Bowl circuit at the National Sports Centre. See <http://www.isleofman100milewalk.co.uk/index.html> for further details.
- In the Spanish Masters T&F Championships, held last weekend in Vitoria, Ruben Piñera (22'46"57) and Olga Cabrera (25'48"71) were the walkers who recorded the fastest times, both winning their 35-39 categories. Other outstanding performances from Miguel Periañez (M50 23'37"39), Javier Moreno (M55 26'30"22) and Ignasi Melo (M60 25'05"82). Full results at <http://aemarcha.es/images/doc12-13/resctoespvetvit.pdf>

#### VALE NIGEL CREW : 2 AUGUST 1940 - 10 JULY 2013

Canberra, and in particular the local athletics community, lost one of its real personalities last week with the passing of 73 year old Nigel Crew. Nigel had worked in the Government Printing Office for 30 years before retiring but he had been in poor health for some time and had spent his last couple of years in a nursing home.

His daughter Francine gave the eulogy at his funeral on Monday to a large gathering of family and friends. There was mention of his racewalking connections and Francine mentioned about Nigel's attempt to start a new fashion in racing shorts - rather than letting them trail on the ground he hoisted them up way too high!

Nigel became interested in athletics in the early to mid 1960's, at which time he joined the North Canberra Athletics Club. His long time passion from that point became race walking. As a competitor, while he could not achieve representative honours, he hardly missed a competition whether it was local or interstate and in his early years was a much required "driver" to many out of town competitions.

He was one of the competitors in the inaugural Lake Burley Griffin 20 Mile walk in Canberra - the year was 1967 and he is captured for posterity on the far right of the photo below.



He was a founding member of the ACT Race Walking Club formed in March 1965, primarily to provide race walking competitions in the winter months but then also providing additional weekly races in the summer. He was also a founding member of the ACT Veterans Athletics Club.

He served on the committee of many clubs and at various times performed the duties of secretary, treasurer and race secretary of the ACT Race Walking Club. He was a Life Member of North Canberra Gungahlin Athletics Club, the ACT Race & Fitness Walking Club and a recipient of a 25 year Merit Award for services to Racewalking Australia.

Denis Strangman reminded me this morning in an email how Nigel, Peter Waddell and Robin Whyte were continually ribbing each other. If Peter was too sharp Nigel would reply in kind. He remembered one occasion where Peter, who always used to submit Saturday's results to the Canberra Times, mischievously recorded Nigel's race result as "still coming" - meaning to say he had not yet finished - and the journalist, in all innocence, reprinted it in the paper!

Apart from being a committed participant in race walking events Nigel also undertook coaching of young athletes. His most successful walker was Daniel Andrikis who he took from being red carded by all judges in an interstate carnival to being an Australian Representative at the World Junior Championships.

Nigel will be remembered by many Canberra residents for his persistence in claiming his place on the road when out training despite the introduction of shared paths! He will also be remembered by me for his distinctive apparel - regardless of the cold weather at the LBG carnival (and it was often below 0°C), he was always to be seen in his short sleeved shirt and shorts.

Nigel, we will all miss you.

### ENTRIES NOW OPEN FOR THE 2013 AUSTRALIAN ROADWALK CHAMPIONSHIPS

Entries are now open for the Australian Roadwalking Championships, to be contested in Symmons Plains, Tasmania, on 1<sup>st</sup> Sept. See [https://sitedesq.imgstg.com/meetsregform/index.cfm?fuseaction=display\\_event\\_registration\\_step1&MeetID=1047&OrgID=887](https://sitedesq.imgstg.com/meetsregform/index.cfm?fuseaction=display_event_registration_step1&MeetID=1047&OrgID=887).

**Note that entries close at midnight on 9<sup>th</sup> August - a little under 4 weeks time.**

Remember to select your racewalking club (eg RWV, NSWRC, QRWC, etc) as well as your State (eg VIC, NSW, QLD) to make it easier for us to see which of our RWA clubs you will be representing.

Just a few comments to clarify how this combined RWA/AA carnival works

- Individual medallists will be presented with Athletics Australia medals. Team medallists will be presented with RWA medals.
- Open Women can enter either the AA 20 km championship or the RWA 10 km championship, but not both. All women in the AA 20 km event and the RWA 10 km event are eligible to score points in the RWA 10 km Teams Championship, provided they are members of one of the RWA clubs. For 20 km walkers, the 10 km split times will be used for this purpose (provided the walker finishes the 20km event).
- Masters Men and Women do not need to enter Masters and Open categories separately. Walkers over age 35 who enter the

20 km Open Men or the 10 km Open Women will automatically be entered into the RWA Masters category for that event.

- It is not possible to enter concurrent events like the U20 Men and U18 Men 10,000m. You must enter one or the other.
- Age for all AA and RWA events is age as at 31 December 2013.
- There are no U10 1km events this year. These events are not in integral part of the championships but can be included as additional non-championship events. The local organising committee has decided not to add them this year.

See draft timetable and bulletins at [http://www.athletics.com.au/home/competition/events/australian\\_race\\_walking\\_champi](http://www.athletics.com.au/home/competition/events/australian_race_walking_champi)

### TRACK WALKS RETURN TO THE AUSTRALIAN T&F CHAMPIONSHIPS IN 2014

Some big news - Brian Roe has just confirmed to me that Athletics Australia has agreed to add track walks back into the official program at the Australian Track and Field Championships. The distance will be 10,000m and championships will be held for Open Men and Open Women. Entry standards have been agreed and will be announced when entries open for the championships.

Track walk championships (5000m) were last held at the Track Nationals in 1998 so it has been a long wait for us but we are now finally back into the fold.

The 2014 Australian T&F Championships will be held in Melbourne on 3-6 April 2014 so pencil it in!

### FROM THE ARCHIVES



The above photo shows Australian representatives **Andrew Jachno** and **Simon Baker** after completing the 1988 Olympic 50km walk in Seoul, South Korea. And here is the story of those Olympic 20km and 50km walks. It makes for interesting reading indeed.

#### *1988 SOEUL*

Finally an Olympics without boycotts! This time the Olympic walks could be regarded as a genuine World championship and the Eastern Bloc countries were expected to dominate. They did not disappoint.

#### **Men 20km Walk**

After missing the 1984 Olympics due to the Eastern Block boycott, Czech walker Jozef Pribilinec was out for revenge. Mexican Ernesto Canto's World Record of 1:18:40 still stood and Canto had now been joined by a new generation of Mexican walkers.

Italian 1980 Gold Medallist Maurizio Damilano and Pribilinec were seen, along with Canto and fellow Mexican Carlos Mercenario, as the favourites. Damilano had shown considerable improvement since his unlikely victory in Moscow. He was second in the 1985

World Cup (1:21:43), second in the 1986 European Championship (1:21:17) and had won the 1987 IAAF World Championship (1:20:45). Pribilinec had won the 1986 European Championship (1:21:17) and come second in the 1987 World Championship (1:21:07). The dark horse was Mexican Mercenario who had beaten them both to win the 1987 World Cup with 1:19:24.

A young East German walker by the name of Ronald Weigel (who went on to become the Australian National Coach from 1997 to 2002) had shown outstanding promise over the 50 km distance. After winning the 1983 World Championship 50 km in 3:43:08, he had been denied his first Olympic opportunity by the 1984 boycott. This was followed by a couple of lean years with an inauspicious DNF in the 1985 World Cup 50 km and a DQ in the 1986 European Championship 50 km. In 1987 he finally broke through again with silver (3:41:30) in the World Championship 50 km and gold in the World Cup 50 km in 3:42:26. He entered the Seoul village as 50 km World Record holder and was the hot favourite for the 50 km event. What people had not reckoned on was his superb 20 km form.

With only weeks to go before the Olympics, after overseeing his final preparations in the GDR training camp in Bulgaria, his coach added him to the 20 km walk list. Weigel argued that he wanted to concentrate on the 50 km distance and did not want to additionally contest the shorter distance but his objections were overruled. The coach's judgement proved correct.

By the 15 km mark, Pribilinec, Weigel and Canto had broken clear of the field. With Canto eventually disqualified, Pribilinec and Weigel entered the stadium less than 10 metres apart. In one of the most exciting Olympic finishes ever seen, Pribilinec had to draw on all his reserves to hold out Weigel for gold. After the line, he collapsed on the track. Weigel knelt over him and tried to extend his congratulations. But the Slovak winner was so exhausted that he was unable to respond. Silently, Weigel kissed him and walked away.



**Czech walker Jozef Pribilinec wins their first ever walking gold medal and Ron Weigel silently congratulates him with a kiss**

The times were sizzling and there were only 3 disqualifications out of the record field of 53 starters (the disqualifications included the Mexicans Canto and Sanchez). Damilano set the seal on his greatness as a walker with a third Olympic medal while Mercenario was competitive in seventh place but never seriously challenged.

1.	Jozef Pribilinec	CZE	1:19.57	OR
2.	Ronald Weigel	GDR	1:20.00	
3.	Maurizio Damilano	ITA	1:20.14	
4.	Jose Marin	SPA	1:20.34	
5.	Roman Mrazek	TCH	1:20.43	
6.	Mikhail Shchennikov	SOV	1:20.47	
7.	Carlos Mercenario	MEX	1:20.53	
8.	Axel Noack	DDR	1:21.14	
11.	<b>Simon Baker</b>	<b>AUS</b>	<b>1:21:47</b>	
28.	<b>Andrew Jachno</b>	<b>AUS</b>	<b>1:24:50</b>	

**Men 50km Walk**

With Mexican Raul Gonzalez retired, the way was open for a new Olympic champion and Hartwig Gauder, the 1980 champion, was back after the 1984 boycott. He had won the 1985 World Cup in 3:47:31, had won the 1986 European Championship in 3:40:55, had won the 1987 IAAF World Championship in 3:40:53 and had been second in the 1987 World Cup in 3:42:50. Such excellence over an extended period had seldom been seen in walking and he was expected to fight out the gold with fellow East German Weigel (see comments above).

The only threat seemed the Soviet walker Vyacheslav Ivanenko who had finished second to Gauder in the 1986 European Championship in 3:41:54 and was third in the 1987 World Championships in 3:44:02. Ivanenko's story made for interesting reading. As a 22 year old mechanic repairman at a textile factory, he had watched a television program that said that walking was good



therapy for a bad back. The 5-foot 4½-inch Ivanenko began walking the two and a half miles to work. Because he lived in Siberia, he walked fast. One day he was noticed by a coach who began training him in earnest.

In the fastest Olympic 50 km event ever walked, it was Ivanenko who prevailed over Weigel and Gauder, all 3 breaking the 3:40 barrier. They had been together until the 40 km mark when Ivanenko made his decisive break, dropping first Gauder and then Weigel, who resigned himself to second place after receiving two warnings for lifting. It was Weigel's second silver medal of the Games for Gauder it was a bronze to add to his 1980 gold.

1.	Vyacheslav Ivanenko	SOV	3:38.29	OR
2.	Ronald Weigel	GDR	3:38.56	
3.	Hartwig Gauder	GDR	3:39.45	
4.	Aleksandr Potashev	SOV	3:41.00	
5.	Jose Marin	SPA	3:43.03	
6.	<b>Simon Baker</b>	<b>AUS</b>	<b>3:44.07</b>	
7.	Bo Gustafsson	SWE	3:44.49	
8.	Raffaello Ducceshi	ITA	3:45.43	
19.	<b>Andrew Jachno</b>	<b>AUS</b>	<b>3:53:33</b>	



**Ivanenko wins yet another Soviet gold medal, this time in the 50 km walk.**

The two Australian representatives were **Simon Baker** and **Andrew Jachno** who had also repped at the 1984 Olympics. Both were now resident at the AIS in Canberra and training partners.

Simon had become an overnight Australian celebrity when he walked an unforgettable race in dreadful Edinburgh conditions to win the 1986 Commonwealth Games 30 km with a PB time of 2:07:47. The event was broadcast live on Australian television. Simon took the lead at the 14.5 km mark and powered home through the driving rain to win by over a minute. He celebrated his win with a victory leap past the finishing line and a victory lap – you would rarely see a more excited winner.

He followed this up with a fine 11<sup>th</sup> in the Racewalking World Cup placing in New York and a PB of 1:21:57. Again another international race and another PB – and the fastest time recorded by an Australian at the Lugano Cup. But like 1983, his tough regime of racing and training took its toll and his subsequent performance in the 20 km at the IAAF World Champs in the heat of Rome was a slightly lower but still good 24<sup>th</sup> in 1:27:32.

Up till now, Simon had always looked upon himself as a 20 km walker but his coach Craig Hilliard felt it was time to move up to the 50 km distance so October 1987 saw him attempt his first 50 km in Germany. His time of 4:04:30 was a very good first up attempt and broke the Australian Olympic qualifying standard.

His tough task – to walk both the 20km and 50 km event in Seoul – was not easy but the way in which he executed it left no doubt about his real walking capabilities. His 11<sup>th</sup> place in the 20 km event in 1:21:47 was outstanding but this was overshadowed by his 6<sup>th</sup> place in the 50 km walk. Journalist Len Johnson described his finish in the 50 km event as *“the excited extrovert who spent the 10 minutes after crossing the line falling around like a puppet dangling on tangled strings, joyously celebrating his own performance with every other walker in sight”*. The time of 3:44:07 was a PB and a new Commonwealth best.

This performance showed the two sides of Simon – the hard working athlete who had assiduously trained to achieve his high ranking and the eccentric extrovert. But it worked and he was able to get a lot of good publicity for racewalking.



Coming back from his Olympic success, he fronted for the VRWC 2 hour walk at the Collingwood track on August 20 and set a new National 1 hour record of 14.475km.

Although **Andrew Jachno's** Olympic performances were overshadowed by Simon's, full credit also goes to him for what was a wonderful period of racing. 1987 had been his best year so far with a host of international berths which included the World Indoor 5000m in Indianapolis (15<sup>th</sup> in 20:19), the World Student Games in Zagreb (4<sup>th</sup> in 1:27:39), the Racewalking World Cup in New York (37<sup>th</sup> in 1:25:58) and the IAAF World Championships in Rome (12<sup>th</sup> in 1:25:50).

In 1988, he was finally awarded an AIS scholarship and moved to Canberra. There he was able to team up with Simon, a training combination that helped them both in their final preparations for Seoul. His 28<sup>th</sup> place in Seoul in the 20 km walk in 1:24:50 was followed by an even better performance in the 50 km – 19<sup>th</sup> in 3:53:33. It was a PB by some 8 minutes and placed him third in the Australian all time 50 km rankings.

The great Olympic performances by Andrew and Simon Baker gained them invitations to walk the New York marathon. History shows that on that occasion, Andrew finished in 3 hrs 24 mins, one minute ahead of Simon.

### RWV FLEECY TOPS AND CHOCOLATE FUND RAISER

Samples of our new RWV hoodies (both zip front and pouch front) were on show at our club headquarters at Middle Park last Saturday and order forms were also available. You can also download the order form from <http://www.vrwc.org.au/documents/RWV%20Hoodies%20Order%20Form.pdf>.

Cost per hoodie is \$40 (\$20 deposit with order, remaining \$20 payable on delivery). **Orders close on Monday 22<sup>nd</sup> July**. Just fill in the order form and return it, along with your \$20 deposit per hoodie, by this date. You can hand it in at our races on Saturday 6<sup>th</sup> July, Saturday 13<sup>th</sup> July or Saturday 20<sup>th</sup> July or you can post it to me (Tim Erickson, 1 Avoca Cres, Pascoe Vale, 3044). Delivery will be on Friday 16<sup>th</sup> August. Hence orders can be picked up from Middle Park on either Saturday 17<sup>th</sup> August or Saturday 23<sup>rd</sup> August.



Also, Karen McNicol has arranged a fund raiser for Launceston and has Cadbury Chocolate packs on sale for anyone who wants to raise some money towards their trip. Just see Karen on any Saturday at Middle Park.

### WHAT'S COMING UP

Next Saturday sees VRWC members back at Middle Park with 8km/4km Points races for Open and U15 and the annual Intervals Races for U9 and U12.

<b>Saturday 20<sup>th</sup> July 2013, Middle Park</b>		
<b>VRWC EVENTS: INTERVALS EVENT FOR U12 AND U9</b>		
2.15pm	8km Points Races	Open
2.15pm	4km Points Races	Open
2.15pm	4km Points Races	Open
2.15pm	4km Points Races	Under 15
2.30pm	Intervals Race - 3 x 1km on 10 minutes	Under 12
2.30pm	Intervals Race - 2 x 1km on 10 minutes	Under 9

Next weekend also sees the European Junior T&F Championships in Rieti, Italy - this should make for interesting reading in next week's newsletter. Will the Russians dominate once again? See <http://www.rieti2013.org/en/index.html>.

**Sunday 4<sup>th</sup> August** sees the main **Victorian Roadwalk Championships** and entries are now open on the Athletics Victoria website - see <http://www.athsvic.org.au/events/register/3809> to enter any of the AV events on offer.

## 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>. Entries close 7 Aug 2013.

### 2013 International Fixture

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 14, 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, Melbourne (VIC) - 5000m walks

### 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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