



HEEL AND TOE ONLINE

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

NSW walker **Ian Rayson** posted the following on his facebook page this morning

Pleased to say I'm going to the World Athletics Championships! Makes all those cold Canberra winter mornings worth it. Better start packing.

It was the announcement that many of us had been awaiting for some time. Ian was one of 4 Australian walkers who had an A qualifier in the 50km walk but he was unfortunately ranked number 4 in the list, behind Jared Tallent, Luke Adams and Chris Erickson, and was overlooked by the selectors in favour of the other three when they named their walks team for next month's IAAF IAAF World Champs in Moscow. But with Luke Adams struggling to overcome injury and the World Champs coming closer, a late callup was always on the cards and it has finally happened. Bad luck for Luke but a wonderful opportunity for Ian and a fitting recognition for his hard work over the last 12 months.

The AA website now carries the official press release, naming all 46 athletes in the Australian team, including Ian. See http://www.athletics.com.au/home/news/news/2013/july/team_of_46_for_world_champions. And I think Ian is on the plane out now even as I write.

So for the first time ever, I am awarding my Walker of the Week to someone who has not actually done a race this week - Ian Rayson.

Our Australian walks team for the World Champs now reads as shown below. It is a young team with all except Jared Tallent and Chris Erickson aged 25 or below.

20km Men	Dane Bird-Smith (QLD, 21, 1:22:03), Rhydian Cowley (VIC, 23, 1:24:23)
20km Women	Tanya Holliday (SA, 24, 1:31:28), Regan Lamble (VIC, 22, 1:30:03), Jess Rothwell (VIC, 24, 1:30:25)
50km	Jared Tallent (VIC, 28, 3:36:53), Chris Erickson (VIC, 31, 3:51:57), Ian Rayson (NSW, 25, 3:57:55)

Well done on your selection Ian and good luck from us all.



Ian with fellow 50km Aust reps Jared Tallent and Chris Erickson after the LBG 20 Mile walk in Canberra in June 2013

WHAT'S COMING UP

Next **Sunday 4th August** will see a big morning of races covering a wide variety of Victorian and VRWC Championships - you can enter VRWC championships on the day but to enter a Victorian Championship, you must be a current member of one of the Athletics Victoria clubs and you must pre-enter with AV . Entries are still open but hurry as I expect them to close tomorrow evening - see <http://www.athsvic.org.au/events/register/3809>. Note that we will be using our championship course over near the lake on Sunday.

Sunday 4th August 2013, Middle Park - AV & VRWC CHAMPIONSHIPS			
8.30am	30km	AV Championship	Open Men
	3 Hour Walk		Open
8.30am	20km	Non championship event	Open
9.00am	10km	VRWC Championship - Mabel Robinson Trophy	Open Women
9.00am	10km	AV Championship	Under 20 Men
9.00am	10km	AV Championship	Under 20 Women
9.00am	10km	AV Championship	Under 18 Men
10.00am	3km	AV Championship	Under 14 Boys/Girls
10.20am	5km	AV Championship	Under 16 Boys/Girls
11.00am	5km	AV Championship	Under 18 Women
11.00am	5km		Open
11.10am	2km	VRWC Championship	Under 9 Boys/Girls
11.20am	2km	VRWC Championship	Under 12 Boys/Girls
Medal presentations at the conclusion of the events.			

A further reminder that entries are now being taken for the **Australian Roadwalk Championships** which will be held in Tasmania on **Sunday 1st September**. **Entries close with Athletics Australia at midnight on Friday August 9th**. The entry panel is found at https://sitedesq.imgstg.com/meetsregform/index.cfm?fuseaction=display_event_registration_step1&MeetID=1047&OrgID=887. So far, we have 81 entries and it is steadily building.

And finally, **entries for the Australian Masters Games**, which will be held in Geelong from 5-12 October, **close on Wednesday 7th August**, See <http://www.australianmastersgames.com>.

TOWER INSURANCE ISLE OF MAN 100 MILE WALK THIS COMING WEEKEND



Next weekend is the Tower Insurance Isle of Man 100 mile walk (incorporating the RWA National Long Distance Championships) on the Isle of Man. The full 100 available places have been filled and it is sure to be an exciting and high quality event. As an added bonus, the event can be tracked live via the web. Steve Taylor tells me that they are staging the event on the half mile lap based at the NSC, formally known as the Bowl, the venue for Paul Nihill's 20km world record performance in 1972.

Event website <http://www.isleofman100milewalk.co.uk/index.html>

Access the live score board and final results when available through the results tab <http://www.isleofman100milewalk.co.uk/28.html>

AND TALKING LONG DISTANCE WALKING

While on the topic of long distance walking, a reminder that the **VRWC 24 Hour Road Walk Championships** will be held on the weekend of **14-15 September** at **Middle Park in Melbourne**. This carnival is being run on behalf of the Australian Centurions and has 12 Hour, 12 Hour and 6 Hour categories as well as Racewalking Australia 100km Championships. Further details, along with the entry form, are available at <http://www.centurions.org.au/event2013.shtml>. The timetable reads as follows

Sat 14 Sept	2:00pm	Start of 24 Hour and 12 Hour endurance walks (including RWA 100km championships)
Sun 15 Sept	2.00am	Finish of 12 Hour endurance walk
	7:30am	Start of 4 Hour, 5 Hour and 6 Hour endurance walks
		Start of Victorian 50km Racewalk Championship
		Start of Racewalking Australia 50km Racewalk Championship for women
	10:00am	Start of VRWC 20km roadwalk
	11.00am	Start of VRWC 10km roadwalk
	11.30am	Finish of 4 Hour endurance walk
	12.30pm	Finish of 5 Hour endurance walk
	1:30pm	Finish of 6 Hour endurance walk
	2.00pm	Finish of 24 Hour endurance walk
	2.30pm	Presentations

VRWC ROADWALKS, MIDDLE PARK, MELBOURNE, SATURDAY 27 JULY

It was pretty windy at Middle Park last Saturday but definitely an improvement on the previous week and it was pleasing to see a large field of 69 walkers contesting our points races. With prizes on offer for the handicap winners in each race division, the races were keenly contested with many good performances. A special thank you to Bernie Keirl, Heather Carr and Donna Elms who provided additional items for the prizes table. All appreciated!

The women's 10km race saw Margaret Beaumont take over 2 minutes off her W75 club record with 1:24:52, ensuring that she convincingly won the handicap event, while fellow M75 walker Bob Gardiner was the handicap winner in the men's 10km with an excellent 1:04:16. The fastest times went to Michelle Laufer 51:58 and James Christmass 51:54, good times after a great battle.

10km Open

1.	Michelle Laufer	51:58	2	
2.	Pam Tindal	55:23	4	
3.	Karen O'Neill	1:08:01	3	
4.	Carly Bertrand	1:12:20	5	First one
5.	Margaret Beaumont	1:24:52	1	New W75 club record
1.	James Christmass	51:54	2	
2.	Simon Evans	57:58	7	
3.	Ralph Bennett	58:03	3	
4.	Russ Dickenson	1:01:24	5	
5.	Bob Gardiner	1:01:46	1	
6.	Gerard Feain	1:05:57	6	
7.	Anthony Doran	1:13:00	4	
8.	Ian Beaumont	1:14:54		
	Bernie Keirl	DNF		
	Terry O'Neill	DNF		

Natalie Laurie 25:10 and Adam Garganis 24:54 were the fastest walkers in the Open 5km and Natalie was also the handicap winner in the women's division. And special mentions to Nicholas Mirarchi 25:54 who won the men's handicap, Donna Urquhart (a big PB of 28:49) and Gwen Steed (a W70 club record of 31:52).

5km Open

1.	Natalie Laurie	25:10	1	
2.	Heather Carr	28:01	4	
3.	Donna Urquhart	28:49	2	PB 4:07
4.	Jade Sanders	29:30	6	
5.	Liz Feldman	29:54	5	
6.	Sandra Geisler	30:24	9	
7.	Gwen Steed	31:52	3	W70 Club Record
8.	Alison Thompson	33:14	7	
9.	Robyn Shaw	34:59	8	
10.	Chloe McNicol-Davidson	36:19	10	
1.	Adam Garganis	24:54	5	
2.	Mark Donahoo	25:00	2	
3.	Nicholas Mirarchi	25:54	1	
4.	Aaron McDonough	26:47	6	
5.	Cody McNicol-Davidson	31:24	3	
6.	Geoff Barrow	33:35	4	
	Barrie Wicks	DQ		

Like Natalie in the women's Open 5km, Karla Bulte took fastest time and handicap honours in the Open 3km event with her PB time of 16:31. In the men's 3km event, Nathan Brill, just back from his World Youth trip. scorched the track with a wonderful 12:08 but it was John Morrison who took handicap honours with this time of 20:24.

3km Open

1.	Karla Bulte	16:31	1	PB 0:17
2.	Philippa Huse	16:51	2	
3.	Cassie Raselli	17:27	4	
4.	Donna Elms	18:06	5	
5.	Celia Johnson	19:42	2	
6.	Jan Morrey	21:15	6	
7.	Beverly Hugo	24:10		
8.	Pam Mews	30:21	7	
1.	Nathan Brill	12:08	3	
2.	Paul Kennedy	17:47	4	

3.	John Morrison	20:24	1
4.	Alex Poore	22:27	2

The U15 and U12 walkers upped their distances this week with 5km and 3km respectively. As you can see below, for many of the walkers, it was their first time over the longer distance and everyone handled it well. Handicap wins went to Madeleine Feain 33:37, Reese Walmsley 24:22, Caitlyn Rudston-Brown 21:43 and Hayden Walmsley 17:53. Special mentions also to Kyle Swan 23:50, Paige De Lisen 27:39 and Corey Dickson 15:21.

5km Under 15

1.	Paige De Lisen	27:39	3	PB 0:38
2.	Emily Hamilton	29:07	4	
3.	Mikhala Hodges	29:40	2	First one
4.	Madeleine Feain	33:37	1	First one
	Gabbie Crea	DQ		

1.	Kyle Swan	23:50	2	
2.	Reese Walmsley	24:22	1	PB 0:24
3.	Lachlan Feain	32:42	3	First one

3km Under 12

1.	Brianna Lillie	18:03	6	
2.	Kathleen O'Mahony	18:37	5	
3.	Mackenzie Mielczarek	20:05	2	First one
4.	Chelsea McDonald	20:07	4	First one
5.	Caitlyn Rudston-Brown	21:43	1	First one
6.	Alexandra Hay	24:10	3	First one

1.	Corey Dickson	15:21	2	PB 0:34
2.	Nikola Mandic	16:27	3	First one
3.	Harry Hockley Samon	17:52	4	
4.	Hayden Walmsley	17:53	1	

And to the last of our races where our U9 walkers contested 1.5km races with Brianna Briet 9:13 and Angus Hay 13:06 winning the handicaps while Hayley Woolfe 9:08 and Marcus Byron 9:02 took fastest times honours.

1.5km Under 9

1.	Hayley Woolfe	09:08	2	
2.	Brianna Briet	09:13	1	
3.	Gemma Lillie	09:39	3	
4.	Charlotte Hay	10:59	4	

1.	Marcus Byron	09:02	2	
2.	Tom Hockley Samon	10:10		PB 0:21
3.	Angus Hay	13:06	1	

And thanks as usual to Terry Swan for his photos - see the full set at <http://www.vrwc.org.au/coppermine>



James Christmass, Michelle Laufer, Mackenzie Mielczarek, Bob Gardiner, Gwen Steed and Margaret Beaumont



Marcus Byron, Karla Bulte, Adam Garganis, Hayden Walmsley and John Morrison



Nicholas Mirarch, Natalie Laurie, Kyle Swan, Sandra Geisler, Brianna Lillie, Hayley Woolfe and Angus Hay

Finally, thanks to our many helpers - sorry if I missed anyone.

- Officials:** Tim Erickson, Bob Gardiner, Damien Elms, Ian Laurie, Don McLaren, Simon Baker, Mark Davidson, Justin McLaren (bike)
Admin: Damien Elms, Mark Donahoo, Michael Bodey
Canteen: Barb Gardiner, Kate Suich, Wendy Cooper
Judges: Peter Vysma (Chief), Lloyd Nichols, Gordon Loughnan, Michael Bodey, Stuart Cooper

ASA STATE CHAMPS AND SARWC SUPPORT EVENTS, ADELAIDE PARKLANDS, SATURDAY 27 JULY

Thanks to Peter Crump for his weekly report from Adelaide.

Our long course state championships for open men and 10km for open women were held in good conditions, up until the last 45 minutes of the open 30, when the wind picked up. The best performance of the day was Justin Hill, in an impressive well paced walk. While his times slowed slightly over the last 10km, it was an excellent PB over the challenging distance. For the other two, it was hard day's work, with both Kim and Peter labouring over the last 5km or so. Another state championship to Kim, and well done on that. The women's 10km saw the three masters take out the placings, with Gloria Holliday taking the tape.

In the support events, Troy Hooker walked his first 20km consistently, with a slight drop off at the tail (par for the course for today). Welcome back for good times to Megan Szirom and Alix Harlington, with Anna Cross and Danielle Walsh also putting in good times. Very good improvement from Sarah Damin, Felicity Henderson-Wilson and Mark Hooker over the 3km event.

ASA State Championship - 30km Men

1.	Kim Mottrom	2:33:03
2.	Justin Hill	2:39:43
3.	Peter Crump	2:51:59

ASA State Championships - 10km Women

1.	Gloria Holliday	58:58
2.	Louisa Mitchell	1:10:11
3.	Barb Cain	1:12:19
	Jemma Potezny	DNF

Support Events**20km**

1.	Troy Hooker	2:17:16
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10km

1.	Megan Szirom	53:36
2.	Bill Starr	1:09:19
3.	Jim Hoare	1:16:09

5 km

1.	Danielle Walsh	27:45
2.	Rhiannon Lovegrove	30:35
3.	Samantha Findlay	33:11

3 km

1.	Anna Cross	15:23
2.	Alix Harlington	15:26
3.	Bethany Cross	16:57
4.	Jay Goode	17:01
5.	Felicity Henderson-Wilson	17:09
6.	Sarah Damin	17:13
7.	Rhiana Hooker	17:42
8.	Hayley Goode	19:16
9.	Chloe Upton	19:17
10.	Mark Hooker	19:18
11.	Ryan Hooker	22:50

2 km

1.	Rachel Kameniar	12:24
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1 km

1.	Madeleine Wallace	6:08
2.	Victoria Upton	6:10
3.	Aleesha Vidler	7:42

SAMA ROADWALK, PEACOCK RD, SOUTH PARKLANDS, ADELAIDE, SATURDAY 27 JULY

Thanks to Colin Hainsworth for his weekly report from the South Australian Masters in Adelaide. *Cool arvo, good for walking.*

10km Yacht Handicap

1.	M83	Colin Hainsworth	1:18:44	79.33%
2.	M54	Norman White	1:16:09	57.27%
3.	W48	Raelene Schild	1:15:44	60.10%

6km Yacht Handicap

1.	M63	Jeff Kennett	54:43
2.	W68	Jill Rogers	50:44
3.	W53	Marie Maxted	38:46
4.	M75	Rodger Barber	44:44
5.	W60	Edna Bates	51:42
6.	M70	Roger Lowe	47:02
7.	M80	David Robertson	56:52

ACT WALKING CLUB ROADWALKS, LAKE TUGGERANONG, CANBERRA, SATURDAY 27 JULY

Thanks to Robin Whyte for his weekly results roundup from Canberra where they conducted Handicap Start races.

8km Walk Handicap Start

	Time	Start
1.	Monika Short	56:31 (11:30)
2.	Robin Whyte	49:24 (19:40)
3.	Jennifer Gilchrist	60:00 (09:10)
4.	Bob Parker	57:24 (12:25)
5.	Derek Robinson	55:42 (14:20)
6.	Geoff Barker	55:45 (14:50)

2km Walk Handicap Start

	Time	Start
1.	Barbara Eddowes	15:06 (06:45)
2.	Spencer Burns	10:23 (11:45)
3.	Colby Eddowes	14:15 (09:25)
4.	Tom Hunt	12:58 (11:45)

1km Walk Handicap Start

	Time	Start
1.	Laura Burns	05:25 (02:10)
2.	Samantha Papantoniou	07:44 (00:00)

4km Walk Handicap Start

	Time	Start
1.	Jemma Papantoniou	33:14 (05:40)
2.	Gabby Hunt	22:05 (17:10)
3.	Jack Thackray	34:22 (05:10)
4.	John Gloe	33:10 (07:00)
5.	Dylan Eddowes	26:23 (13:50)
6.	Helena Bialecki	24:41 (15:35)
7.	Peter Baker	23:13 (17:05)
8.	Rosemary Parker	29:11 (11:45)
9.	Zoe Hunt	20:47 (19:50)
10.	Ashleigh Resch	21:16 (19:55)
11.	Callum Burns	21:28 (19:50)
12.	Kate Black	24:30 (16:55)
13.	Pat Fisher	37:41 (03:50)
14.	Raine Thompson	38:42 (02:50)

ANSW LONG WALKS CHAMPIONSHIPS, NARELLAN, NSW, SUNDAY 28 JULY

The Athletics NSW Long Walks Championships were held on Sunday at Narellan with NSW reporting on the day's proceedings:

Olympian and Commonwealth games medallist, **Cheryl Webb** defended her open women's 20km walk in a time of 1:48.32. "I was happy just to finish today off very little training due to my working arrangements at the moment. Therefore times were not of great by my standards," said Webb, an employee at NSW Little Athletics. She defeated New Zealand visitor **Rozie Robinson** who clocked 1:55.54. The win also clinched the NSW distance walker of the year award for her. Nepean's **Robert Osborne** also defended his men's open 30km walk title in 3:43.45. Although not competing on Sunday, Ian Rayson (MIN) held on for victory in the men's distance walker of the year award.

The U20 men's 20km walk, was won by **Steven Washburn** (NEP) in a personal best time of 1:38.30, ahead of Central Coast's **Jay Felton** (MIN), stepping up to the Olympic distance. Felton clocked an impressive 1:42.07. In the women's event, held over 15km, **Kirsty Klein** defended her title in a PB of 1:14.55, nine minutes faster than last year. Klein also led home a clean sweep for her club, Asics Wests with **Shay Southern** second and **Tabitha Portly** third.

The outstanding **Tyler Jones** (WYO) took the U18 title in 38:45, with South Sydney's **Tom Doyle** not far behind in second in 39:13. The women's title was won by Nambucca's **Jayde Hill** in 42:19, from **Jasmine Dighton** (ILL) in 44:30. Hill is coached by former leading Sydney walks coach, Yvonne Melene, now retired to Nambucca Heads.

But it wasn't all plain sailing as Brad Jones explains:

Some results from Sunday's walks held at Narellan in absolutely beautiful conditions. The weather started off very cool for the start of the first race, but once the sun broke through the fog, it was a perfect day for Race Walking. The day wasn't without its incidents, with poor Robert Osborne 6km into his 30k and then getting attacked by a dog !!! His wrist was cut open and he then had to make a couple of pit stops to stem the blood flow and get it bandaged. But like a true Race Walker, he kept on going and finished. Also later on, in the U16 race, an errant magpie, clearly confused as to what season it is, started to swoop the leading couple of walkers. Its antics were short lived with parents bravely containing its attacks with deadly umbrellas !!! A good day was had by all, except Robert, who I think was heading to the hospital for some shots straight after the presentation.

Men 30k Race Walk Open

1.	Robert Osborne	58	Nepean District	3:43:45
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Women 20k Race Walk

1.	Webb, Cheryl	37	Blacktown City	1:48:32
2.	Robinson, Roseanne	23	New Zealand	1:55:54

Masters 15km Race Walk

W35+	1	Brown, Kylie	W41	Nepean District	1:30:45
W55-64	1	Brown, Judy	W63	Nsw Masters	2:06:33
W65+	1	Purcell, Joan	W72	Asics Wests Track	1:48:22
M45-54	1	Jessurun, Ian	M46	Nsw Masters	1:20:55
	2	Psarianos, Tony	M49	South Sydney	1:38:02
M55-64	1	West, John	M63	Nsw Masters	1:53:10
M65+	1	Seymon, Jim	M76	Uts Norths	1:46:39

Men 20k Race Walk Under 20

1.	Washburn, Steven	19	Nepean District	1:38:30
2.	Felton, Jay	18	Mingara	1:42:07

Women 15k Race Walk Under 20

1.	Klein, Kirsty	19	Asics Wests Track	1:14:55
2.	Southern, Shay	18	Asics Wests Track	1:23:25
3.	Porley, Tabitha	18	Asics Wests Track	1:26:10

U/18 Women 8km Race Walk

1.	Hill, Jayde	W16	Nambucca Dis	42:19
2.	Dighton, Jasmine	W17	Illawong and	44:30
3.	Grujoski, Stephanie	W16	South Sydney	46:09
4.	Barendregt, Amanda	W17	Nepean District	46:23
5.	Beasley, Bryony	W16	Nepean District	50:20

U/18 Men 8km Race Walk

1.	Jones, Tyler	M15	Wyang	38:45
2.	Doyle, Tom	M16	South Sydney	39:13
3.	Gibbons, Carl	M17	Westlakes At	41:55

Under 16 Girls 5km Race Walk

1.	Grujoski, Ally	W14	South Sydney	34:29
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Under 16 Boys 5km Race Walk

1.	Kerr, Aidan	M15	Sydney Pacific	25:17
2.	Richardson, Dylan	M13	Mingara	25:29
3.	Brown, Nathan	M15	Parramatta C	27:14
4.	Thomson, Ryan	M13	Nepean District	28:35
5.	Barendregt, Travis	M13	Nepean District	32:57

Under 12 Women 2km Race Walk

1.	Pitcher, Allanah	W10	Gosford	10:30
2.	Rigney, Paige	W11	Wyang	10:47
3.	Sanday, Niamh	W11	Parramatta C	11:22
4.	Hardy, Renee	W10	Asics Wests Track	11:45
5.	Parker, Hannah	W11	Randwick Bota	12:23
6.	Martin, Brooke	W10	Nepean District	12:37
7.	Calloway, Madison	W10	Kembla Joggers Inc.	13:01
8.	Thomson, Jada	W9	Nepean District	13:08

Under 12 Men 2km Race Walk

1.	Little, Bayden	M10	Sydney Pacific	11:04
2.	Becroft, Lachlan	M11	Nepean District	12:02
3.	Skeed, Karl	M10	Randwick Bota	12:12

RWCWA - RWA STATE CHALLENGE, PERTH, SUNDAY 30 JUNE

And now to a roundup of Racewalking Australia State Challenge results from the last few weeks. First to Perth where the Racewalking Club of Western Australia held their challenge races 3 weeks ago.

Open 10km

1.	Daniel Lowe	?
1.	Vanessa Brown	58.07
2.	Michelle Butler	65.22
3.	Melissa Hall	73.41

Masters 10km

1.	Sara Cattermole	65.01
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U20 10km

1.	Breanna Brown	60.50
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U18 8km

1.	Christopher Gerken	51.35
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U16 5km

1.	Simeon Leatherland	24.55
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1.	Caitlin Gerken	?
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U14 3km

1.	Jasmin Burgess	18.09
2.	Tina Kejzic	21.00

1.	Christopher Gerken	20.00
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U12 2km

1.	Ryan Kejzic	14.01
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U10 1.5km

1.	Bailey Burgess	8.50
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WARWC - RWA STATE CHALLENGE, PERTH, SUNDAY 30 JUNE

The Western Australian Racewalking Club held their State Challenge events on the same day.

Open 10km

1.	Tanya Andrews	69.38
2.	Kimberlay Smith	74.59

Masters 10km

1.	Tom Lenane	68.31
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U20 10km

1.	Dale Hennighan	53.22
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U18 8km

1.	Isabella Tolardo	53.17
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U16 5km

1.	Declan Tingay	27.24
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1.	Holly Hughes	27.29
2.	Sara Becker	35.30

U12 2km

1.	Xavier Bain	13.21
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1.	Courtney Johns	11.15
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2.	Georgia Curulli	12.30
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3.	Hayley Ruane	13.12
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4.	Ariana Tolardo	14.46
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U10 1.5km

1.	Mitchell Curulli	12.35
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1.	Amy Holland	8.27
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2.	Shae Millington	8.48
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3.	Emily Bogaers	10.23
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4.	Jaimee Curry	10.50
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5.	Sienna Andritsos	10.52
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6.	Alessia Andritsos	11.14
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3. Aimee Reid 37.21

U14 3km

1. Mitchell Lees 15.55
2. Ben Reid 18.33

1. Tiahna Ruane 16.43
2. Mikayla Johns 17.40

QRWC - RWA STATE CHALLENGE, BEENLEIGH, SUNDAY 7 JULY

Queensland Race Walking Club held their State Challenge events a week later on Sunday 7th July at Beenleigh with some excellent walks (Peter Bennett 49:47, Dane Bird-Smith 40:51, Brandon Dewar 43:47, Clara Smith 23:43).

Open 10km

1. Dane Bird-Smith 40:51
2. Brandon Dewar 43:47
3. Nick Dewar 46:03

1. Nyle Sunderland 57:50

U16 5km

1. Luke McCutcheon 24:22
2. Jamie McCutcheon 29:46

1. Clara Smith 23:43
2. Mikaela Woodward 27:46
3. Aimee Brackin 31:40

Masters 10km

1. Peter Bennett 49:47
2. Dean Nipperess 57:49
3. Paul Lindenberg 62:05
4. John Musters 73:57
5. Doug Miles 76:47

1. Kay Shaw 64:31
2. Noela McKinven 78:21
3. Christiane Dauphinet 80:32

U14 3km

1. Callum Haig 22:26

1. Jenna Lawrence 20:02

U12 2km

1. Kobe Hinton 12:34
2. Nelson McCutcheon 12:47

1. Caitlin Hannigan 11:19

U20 10km

1. Brad Aiton 46:46

1. Jessica Pickles 50:45

U10 1.5km

1. Adam Buchhorn 08:35

1. McKenzie Hinton 14:44

U18 8km

1. Katya Martin 44:03

TRWC - RWA POSTAL CHALLENGE, DOMAIN LOOP, HOBART, SATURDAY 13 JULY

The Tasmanian Race Walking Club held its RWA Postal Challenge event a week ago in Hobart. Results as shown below.

Masters Men 10km

1. Lawrie Marsh 1.12.45
2. Eugene Gerlach 1.15.56
3. David Moore 1.16.23
4. Wayne Fletcher 1.25.55

U12 Boys 2km

1. Bayley Campbell 11.57
2. Angus Murrell 12.10

U18 Men 8km

1. Louis Rose 40.54

U12 Girls 2km

1. Arabella Phillips 11.37
2. Emily Stanway-Lucas 13.15
3. Maddy Withrington 13.18

U16 Women 5km

1. Tahlia Hunt 26.45
2. Sarah Guy 36.43

U10 Boys 2km

1. Blair Garwood 14.42

U14 Girls 3km

1. Alice Randall 18.29
2. Kirrily Garwood 20.10

U10 Girls 2km

1. Jayde Jones 14.11
2. Molly Withrington 14.12

NSWRWC - RWA STATE CHALLENGE, TEMPE, NSW, SATURDAY 20 JULY

And finally to NSW where the NSW Race Walking Club held its State Challenge a week ago at Tempe. I do not have the full results as I have only been able to find out the winner of each division. So this is obviously only a partial result set.

Open 10km

- | | | |
|----|---------------|-------|
| 1. | Lauren Bourke | 50:33 |
| 1. | Kyle Malone | 46:31 |

Masters 10km

- | | | |
|----|------------------|-------|
| 1. | Joan Purcell | 72:04 |
| 2. | Judy Brown | 77:42 |
| 1. | Anthony Albanese | 57:27 |
| 2. | Tony Psarianos | 61:20 |

U20 10km

- | | | |
|----|--------------|-------|
| 1. | Kirsty Klein | 50:13 |
| 1. | Jay Felton | 48:29 |

U18 8km

- | | | |
|----|-------------------|-------|
| 1. | Amanda Barendregt | 48:26 |
| 1. | Tyler Jones | 38:45 |

U16 5km

- | | | |
|----|------------------|-------|
| 1. | Tiffany Saker | 32:34 |
| 1. | Dylan Richardson | 25:57 |

U14 3km

- | | | |
|----|---------------|-------|
| 1. | Raquel Roukos | 16:20 |
| 1. | Kyle Bedford | 14:36 |

U12 2km

- | | | |
|----|----------------|-------|
| 1. | Paige Rigney | 11:24 |
| 1. | Harrison Mavin | 09:48 |

ACT RACE & FITNESS WALKING CLUB POSTAL CHALLENGE, CANBERRA, SATURDAY 20 JULY

The ACT Race & Fitness Walking Club Postal Challenge program was scheduled for Saturday 20th July but unfortunately was cancelled due to safety concerns after heavy rain and hail. Robin Whyte comments that it was a terrible day.

UKA/RWA 50KM CHAMPIONSHIPS, WARWICK UNIVERSITY, COVENTRY, SAT 27 JULY 2013.

The UKA/RWA 50km championships were held in Coventry last Saturday. With the top walkers absent, medals were on offer and Julian Iglesias and Sandra Brown obliged with wins in their respective events. It was a bit of a Brown day out with Sandra's husband Richard taking bronze in the men's 50km behind Iglesias and Adrian Edwards.

50km Men

- | | | | |
|----|-------------------|----------------------|-----------------|
| 1. | Julian Iglesias | Canguro (Madrid) | 5:05:58 (Guest) |
| 2. | Adrian Edwards | Lancs W.C. | 5:40:16 |
| 3. | Richard Brown | Surrey W.C. | 5:55:18 |
| 4. | Bob Dobson | Ilford A.C. | 6:04:19 |
| 5. | Paul King | Belgrave Harriers | 6:08:59 |
| | Steve Allen | Barnet & District AC | DNF |
| | John Constandinou | Birchfield Harriers | DNF |
| | Mark Culshaw | Belgrave Harriers | DNF |
| | Arthur Thomson | Enfield & Haringay | DNF |
| | Sean Pender | Enfield & Haringay | DNF |
| | Mark Byrne | Redcar RWC | DNF |
| | Jim Ball | Steyning A.C. | DNF |
| | Gareth Edwards | Telford A.C. | DNF |

50km Women

- | | | | |
|----|--------------|-------------------|---------|
| 1. | Sandra Brown | Surrey W.C. | 5:29:04 |
| 2. | Maureen Noel | Belgrave Harriers | 5:59:44 |

Thanks to Mark Easton for the following photos from his gallery at <http://markeaston.zenfolio.com/p356631139>



50km placegetters Julian Iglesias, Adrian Edwards and Richard Brown (photos Mark Easton)



Women's 50km winner Sandra Brown (photo Mark Easton)

The meet also hosted the Midland 30km Championship (Men) and B.M.A.F. 30km Championships (Men/Women) with Julian and Sandra also taking line honours there as well.

30km Men

1.	Julian Iglesias	Madrid	2-52.50
2.	Adrian Edwards	Lancs W.C.	3.08.35
3.	Chris Berwick	Leicester W.C.	3.12.08
4.	Mike Smith	Coventry GH	3.19.39
5.	Mark Culshaw	Belgrave H	3.27.52
6.	Richard Brown	Surrey W.C.	3.28.48
7.	Arthur Thomson	Enfield & H	3.28.50
8.	Bob Dobson	Ilford AC	3-31.46
9.	Paul King	Belgrave H	3-32.29
10.	John Constandinou	Birchfield H	3-35.38
11.	Chris Flint	Surrey WC	3-36.30
12.	Parminder Bhatti	Birchfield H	3-38.09
13.	Gareth Edwards	Telford A.C.	3-39.45
14.	Stuart Edgar	D.A.S.H.	3-44.15
15.	John Borgars	Loughton AC	3-46.03
16.	Sean Pender	Enfield & H	3-46.58
17.	George Smolinski	Leicester WC	3.51.34

18.	Russell Vroobel	Hillingdon AC	3.53.15
19.	John Payn	Lancs W.C.	3.58.02
20.	Mark Byrne	Redcar RWC	4.01.26
21.	David Fall	Birchfield H	4.09.49

30km Women

1.	Sandra Brown	Surrey W.C.	3.12.07
2.	Maureen Noel	Belgrave H	3.26.07
	Jo Miles	Hillingdon AC	DQ

Midland Championships Individual – Cavendish Trophy

1.	Chris Berwick	Leicester W.C.
2.	Mike Smith	Coventry Godiva Harriers
3.	John Constandinou	Birchfield Harriers

Teams – Tintern Trophy.

1.	Birchfield Harriers	285pts	(Constandinou, Bhatti, Fall)
2.	Leicester W.C.	193pts	(Berwick, Smolinski)

2013 ERWL RACE 6, 5KM LICC, ALLIANZ PARK, COPTHALL, SATURDAY 27 JULY

Enfield Race Walking League Round 6 was held last Saturday at Copthall in London. The temperature touched 30c as the race got underway and with thirty-one walkers on the track at the same time the recorders were kept extremely busy and they, along with all the officials at the meeting deserve recognition for their endeavor. The young Cambridge Harriers squad (Indigo, Sophie, Heather, Evie, Lucy and Luc) had a sizeable impact on the race as the result below shows.

5km Men © = Centurion - * = pb

1.	Fabian Deuter	Hillingdon AC	24.23	SM
2.	Francisco Reis	Ilford AC	24.47	M50
3.	Luc Legon	Cambridge H	25.42	U17
4.	Steve Uttley	Ilford AC	26.52	M55
5.	Peter Ryan ©	Ilford AC	27.41	M55
6.	David Crane	Surrey WC	28.37	M35
7.	Shaun Lightman	Surrey WC	30.57	M70
8.	Malcolm Martin	Paddock Wood	31.09	M55
9.	Dan Maskell	Vets AC	31.38	M65
10.	Jon May	Enfield HAC	33.39	M60
11.	Richard McKenzie	Hillingdon AC *	34.49	M45
12.	Phil Goodwin	Ilford AC	34.51	M60
13.	Ron Powell	Enfield HAC	35.02	M75
14.	David Hoben	Surrey WC	35.47	M65
15.	Bill Sutherland ©	Highgate H	39.33	M60
16.	Ramesh Kuhavasau	Hillingdon AC	40.19	M70
17.	Dave Ainsworth ©	Ilford AC	41.24	M60
18.	Eddie Trotter	Ilford AC	43.05	M55
19.	Bernie Hercock	Enfield HAC	43.19	M75

5km Women

1.	Heather Butcher	Cambridge H	28.37	U17
2.	Sophie Lewis Ward	Cambridge H	30.25	U17
3.	Penelope Cummings	Surrey WC *	31.38	W35
4.	Sue Barnett	Enfield & H AC	32.10	W60
5.	Angela Martin	Paddocks Wood	33.39	W45
6.	Sarah Lightman ©	Leicester WC	34.27	W40
7.	Linda Spinks	Enfield & H AC	35.19	W45
8.	Geraldine Legon	Cambridge H	35.47	W50
9.	Indigo Burgin	Cambridge H	36.11	U15

1km

1.	Lucy Lewis-Ward	Cambridge H	5.42	U15
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3km

1.	Evie Butcher	Cambridge H	16.44	U13
2.	Peter Howard	Enfield & H AC	22.25	M70

SPANISH T&F CHAMPIONSHIPS, ALCOBENDAS, SPAIN, 27-28 JULY

The Spanish T&F Championships in Alcobendas saw some great walking last weekend. The women were first up on Saturday evening with Julia Takacs winning the title in a new Spanish record of 42:32.74 (bettering Beatriz Bascual's 2010 record time of 42:40.33). The men's race, which took place on Sunday morning, saw victory going to Miguel Angel Lopez in a PB time of 39:07.58. Second placed Alvaro Martin (39:52.20) continued his superb year, setting a new Spanish Junior Record (bettering Valenti Massana's 1999 time of 40:14.47). Excellent depth overall in both men's and women's races.

Women 10,000m Race Walk

1.	Júlia TAKÁCS	ESP	89	42:32.74
2.	María José POVES	ESP	78	43:33.75
3.	Beatriz PASCUAL	ESP	82	43:39.42
4.	Lorena LUACES	ESP	84	45:49.93
5.	Ainhoa PINEDO	ESP	83	48:21.15
6.	Andrea CABRE CARCELLER	ESP	88	50:44.02
7.	Laura GUTIERREZ	ESP	88	51:32.53
8.	Marta CISTRÁN CORTÉS	ESP	90	51:36.70
9.	Samanta MULLONI MARTINEZ	ESP	90	54:46.09

Men 10,000m Race Walk

1.	Miguel Angel LOPEZ	ESP	88	39:07.58
2.	Alvaro MARTIN	ESP	94	39:52.20
3.	José Ignacio DÍAZ	ESP	79	41:32.07
4.	Luis CORCHETE	ESP	84	42:09.60
5.	Mario SILLERO	ESP	90	43:55.79
6.	Ivan PAJUELO	ESP	93	44:18.81
7.	Marc GUERRERO	ESP	95	45:37.57
8.	David MATEOS	ESP	81	45:48.19
9.	Luis Manuel PEREZ	ESP	92	45:58.33
10.	Ferran COLLADOS	ESP	85	47:38.56

PORTUGUESE T&F CHAMPIONSHIPS, LEIRIA, PORTUGAL, 27-28 JULY

Day one of the Portuguese T&F Championships saw the men's and women's 10,000m walks. The two events were held concurrently with men in lane 1 and women in lane 5. The men's championship was an exciting race with victory going to Joao Vieira (40:02.78), just holding out his brother Sergio who took silver (40:02.93). In the women's walk, Ines Henriques won with 43:31.29 ahead of Ana Cabicinha (43:53.65) and Vera Santos (44:56.03). Again, some high quality walking.

Men 10,000m Race Walk

1.	Joao VIEIRA	POR	76	40:02.78
2.	Sérgio VIEIRA	POR	76	40:02.93
3.	Pedro ISIDRO	POR	85	41:40.75
4.	Miguel CARVALHO	POR	94	43:25.16
5.	Pedro MARTINS	POR	68	46:42.77
6.	Rui COELHO	POR	94	47:20.08
7.	Cristiano ANTÓNIO	POR	88	48:56.72
8.	Samuel PEREIRA	POR	93	49:36.24

Women 10,000m Race Walk

1.	Ines HENRIQUES	POR	80	43:31.29
2.	Ana CABECINHA	POR	84	43:53.65
3.	Vera SANTOS	POR	81	44:56.03
4.	Mara RIBEIRO	POR	95	48:07.88
5.	Filipa FERREIRA	POR	94	49:37.59
6.	Vitória OLIVEIRA	POR	92	49:42.16
7.	Sandra SILVA	POR	75	49:55.80

ITALIAN T&F CHAMPIONSHIPS, MILAN, ITALY, 27-28 JULY

Elisa Rigauo (43:44.96) and Matteo Giupponi (40:40.42) were the winners in the Italian 10,000m track walk champs in Milan last weekend. Check out the depth in these results - first 13 men under 45 minutes and first 7 women under 50 minutes!

Men 10,000m Walk

1.	Matteo GIUPPONI	ITA	88	40:40.42
2.	Giorgio RUBINO	ITA	86	41:03.60
3.	Vito DI BARI	ITA	90	41:22.72
4.	Francesco FORTUNATO	ITA	94	41:39.62

5.	Federico TONTODONATI	ITA	89	41:52.65
6.	Leonardo DEI TOS	ITA	92	41:53.42
7.	Massimo STANO	ITA	92	42:04.60
8.	Andrea ADRAGNA	ITA	89	42:50.64
9.	Riccardo MACCHIA	ITA	90	42:57.78
10.	Mirko DOLCI	ITA	85	43:19.19
11.	Ruggero D'ASCANIO	ITA	84	44:36.74
12.	Giacomo VIGANO'	ITA	91	44:38.91
13.	Leonardo SERRA	ITA	93	44:56.75
14.	Giuseppe QUACQUARELLI	ITA	93	45:28.83
15.	Alessandro CUSMAI	ITA	94	45:38.57
16.	Gregorio ANGELINI	ITA	96	45:40.67
17.	Daniele TODISCO	ITA	95	45:50.40
18.	Tommaso ROMAGNOLI	ITA	91	46:17.79
19.	Alessandro MALTONI	ITA	93	46:57.38
20.	Ivan MOBILIA	ITA	91	47:16.49
21.	Giuseppe SCORDO	ITA	94	47:49.92
22.	Leonardo BALDACCHINI	ITA	95	50:02.26
23.	Federico BOLDRINI	ITA	88	51:05.48
	Marco AMATI	ITA	94	DQ
	Luigi CHIAPPERO	ITA	95	DQ
	Gianluca LAMMENDOLA	ITA	83	DNF
	Diego CAFAGNA	ITA	75	DNF

Women 10,000m Walk

1.	Elisa RIGAUDDO	ITA	80	43:44.96
2.	Eleonora Anna GIORGI	ITA	89	44:33.56
3.	Federica FERRARO	ITA	88	45:08.81
4.	Valentina TRAPLETTI	ITA	85	46:06.21
5.	Elena POLI	ITA	93	48:42.37
6.	Rossella GIORDANO	ITA	72	49:33.48
7.	Elena MARTINOZZI	ITA	87	49:54.41
8.	Cecilia STETSKIV	ITA	91	50:16.48
9.	Carolina DE ROSA	ITA	92	50:39.41
10.	Ilaria GALLI	ITA	87	51:53.11
11.	Valeria PEDETTI	ITA	73	52:25.00
12.	Ilaria MARIOTTI	ITA	91	52:32.43
13.	Nicoletta DELL'AQUILA	ITA	88	52:36.82
14.	Margherita CROSTA	ITA	95	52:45.39
15.	Sara SCIPIONI	ITA	95	53:16.40
16.	Federica CASTELLANA	ITA	93	53:43.88
17.	Valeria FARCI	ITA	91	55:19.80
	Alessia GUIDI	ITA	93	DQ
	Sibilla DI VINCENZO	ITA	83	DQ
	Federica CURIAZZI	ITA	92	DNF
	Adelina DE SOCCIO	ITA	86	DNF

ESTONIAN T&F CHAMPIONSHIPS, TALLINN, ESTONIA, 27-28 JULY

it was a case of National T&F Championships throughout Europe last weekend with Estonia in on the act as well.

Men 20,000m Race Walk

1.	Lauri LELUMEEES	EST	78	1:38:35.99
2.	Ainar VESKUS	EST	90	1:47:03.81
3.	Virgo ADUSOO	EST	85	1:47:21.74
	Margus LUIK	EST	80	DQ

Women 10,000m Race Walk

1.	Margarita KOZLOVA	EST	96	1:02:43.16
2.	Anastassija PONOMARENKO	EST		1:02:48.69
3.	Anna KUKANKOVA	EST	90	1:03:11.24
4.	Anneli ARU	EST	75	1:03:56.69

FINNISH T&F CHAMPIONSHIPS, VAASA, FINLAND, 25-28 JULY

Not finished yet - Finland next with Partanen and Halivaha winning their national track walk championships.

Men 20km Race Walk

1.	Aku PARTANEN	FIN	91	1:29:40
2.	Aleksi OJALA	FIN	92	1:30:26
3.	Matias KORPELA	FIN	89	1:33:01
4.	Markus KYRÖLÄ	FIN	95	1:38:42
5.	Timo VILJANEN	FIN	77	1:39:05
6.	Kari LAIHO	FIN		1:51:18
	Eemeli KIISKI	FIN	91	DNF

Women 10km Race Walk

1.	Anne HALKIVAHA	FIN	86	47:06
2.	Henrika PARVIAINEN	FIN	97	49:49
3.	Mikaela LÖFBACKA	FIN	90	49:52
4.	Erika PARVIAINEN	FIN	95	52:20
5.	Elisa NEUVONEN	FIN	91	52:29
6.	Tiia KUIKKA	FIN	94	54:08
7.	Marianne VIITAMAA	FIN	96	55:26
8.	Marika OJANPERÄ	FIN	84	56:18
9.	Vera RAUHALA	FIN	97	59:34
10.	Venla LAIHO	FIN	95	67:06

IRISH T&F CHAMPIONSHIPS, DUBLIN, IRELAND, 27-28 JULY

And finally to Ireland where Brendan Boyce won the 10,000m walk (42:40.19) at the Woodies DIY Irish T&F Championships in Dublin.

10,000m Men

1.	BOYCE, Brendan	Letterkenny	42:40.19
2.	HICKEY Luke	Leevale A.C.	43:34.61
3.	MCMANAMON Cian	Westport A.C.	44:13.42
4.	PREDIVILLE Niall	Farranfore Maine Valley	48:53.21
5.	CLEARY Ryan	Clonliffe Harriers A.C.	50:26.39
	DOYLE, Michael	Tara AC	DQ

WALKING SHORTS

- GRODNO (BLR, Jul 25): Walks were held on the first day of the Belarus T&F Championships with winners Ivan Trotskiy (1:23:52, 20 km), Dmitriy Dyubin (4:22.23, 50 km) and Anastasiya Jatsevich (1:35:16, women 20 km).
- AALBORG (DEN, Jul 27): Andreas Nielson (23:23.58) won the 5000m walk at the Danish National T&F Championships in Allborg last Saturday, ahead of Jacob Sorensen (23:38.43).
- Late last week, Spanish long jumper Eusebio Cáceres and Spanish walker Miguel Ángel López signed sponsorship agreements with San Antonio Catholic University of Murcia (UCAM) at the headquarters of the Spanish Olympic Committee, a partnership that will facilitate the possibility of combining their studies with sports. See <http://www.coe.es/web/Noticias.nsf/2012NoticiasPOREventosWebFecha/4ED31606846C4BC1C1257BB3005CAE3E?opendocument>
- The Allenamenti (Workouts) section of Marcia Italiana (<http://www.marciaitaliana.com/>) has been created to share training articles for walkers ranging from elite to juniors and youth. Nicola Maggio advises that all coaches are invited to submit their work in order to increase the knowledge of all. Articles should be presented in a PDF file with the name of the coach, the trained athlete and the training season and can be sent via email to info@marciaitaliana.com for publication, possibly in Italian, English or Spanish. The Workouts section (<http://www.marciaitaliana.com/ita/allenamenti.aspx?anno=2012>) already has one article uploaded, focusing on the long term development of Ana Cabecinha.
- NZ walker Quentin Rew is interviewed in the final leadup to the Moscow World Champs http://www.nzherald.co.nz/athletics/news/article.cfm?c_id=19&objectid=10903821&ref=rss
- Governance reform in Australian Athletics: Will Athletics Australia and Little Athletics merge? <http://www.insideathletics.com.au/editorial/13735-governance-reform-in-australian-athletics-will-athletics-australia-and-litt>

[le-athletics-merge](#)

- Athletics Ireland yesterday announced the 11 athletes who will represent Ireland at the IAAF World Track and Field Championships in Moscow next month. The 3 walkers are

50km Walk Robert Heffernan , Brendan Boyce
20km Walk Women Laura Reynolds

- INDIANAPOLIS - Nine reigning World champions and 20 individual Olympic medalists from London will lead Team USA at the IAAF World Championships in Moscow, Russia from August 10-18. The walks team are

20km Walk Women Maria Michta, Erin Gray, Miranda Melville
20km Walk Men Tim Seaman
50km Wlk John Nunn

- The Swedish Team for the World Championships in Moscow as also been finalized. It contains 3 walkers in Ato Ibáñez, Andreas Gustafsson and Perseus Klarström, For Gustafsson, it is his fourth World Championships berth.
- Commonwealth Games gold medallist Jo Jackson and UK National race walking champion Tom Bosworth are both celebrating academic success this week as they graduate from Leeds Metropolitan University.
<http://mediacentre.leedsmet.ac.uk/press-release/graduating-race-walkers-have-spring-in-their-step/>
- The western end of the Docklands precinct in Melbourne will get a football oval, children's playground and running track, the Victorian State government announced yesterday. Work is expected to start on the \$18 million development, known as Western Park, within nine months. See
<http://www.premier.vic.gov.au/media-centre/media-releases/7455-new-park-pavilion-and-playground-to-boost-docklands-liability.html>

FROM THE VAULT - 1990 - PARTINGTON RETURNS FROM AUCKLAND TO SET MANX RECORD

In last week's newsletter, I was talking about bad weather and memorable races. Isle of Man resident and International racewalk judge Steve Taylor forwarded this picture of IOM walker Steve Partington competing in a 20km on the Isle of Man in 1990. Steve explained: *The photo was taken at the Bowl now the NSC in the IOM which was also the venue for Paul Nihill's world record for 20km and next month's 100 mile qualifying walk. Steve was racing over 20km and was just inside the European Championship qualifying time but such was the standard at the time in the UK that he didn't get selected. Now that's what I call wet conditions!*



I checked out the April 1990 edition of the Race Walking Record and found the race report which read as follows

ISLE OF MAN Commonwealth Games competitor, Steve Partington became the first Boundary Harrier to win the annual Manx Airlines 20kms walk. The event was held on the super-fast King George V Park, Douglas, on 24th February. The weather was some of the worst imaginable and fast walking seemed to be impossible But not for Steve Partington.

Only one week after returning from New Zealand he completed the first half in 44.10 to take a new Manx record an outside possibility. However, the second ten kilometres was even faster and he shattered his personal best and Manx record by 19

seconds with 87.45. This was inside the European Games qualifying time and now moves Partington to 14th on the British all time list.

Second position went to visiting athlete, Michael Lane, the Irish world cup contestant. He stayed with Steve early in the race but at the end was nearly six minutes down but had four minutes on third placed Steve Taylor of Boundary Harriers who, this winter, has been very consistent. Veteran Allan Callow had yet another good race to claim fourth with Sheffield's Mark Byrne fifth.

The ladies' event over 10 km saw a very good race between internationals Betty Sworowski of Sheffield and Brighton's Julie Drake. After her Commonwealth Games disappointment Sworowski was out for a fast time and she was far from put out with her time of 47.10 in the unfavourable conditions. She was pressed all the way by Drake who recorded a personal best on the road of 47.27. Third position was claimed by the Irish international Marie Walsh who improves with every walk while fourth placed Lisa Simpson was a credit to the sport having travelled for many hours to make the race, not wanting to let down Manx Airlines or Boundary Harriers.

20km Men

1.	S Partington	Bdy	87.45 (Manx record)
2.	M Lane	Eire	93.32
3.	S Taylor	Bdy	97.45
4.	A Callow	Bdy	100.28
5.	M Byrne	She	117.32
6.	C Keown	Bdy	125.35
7.	M Holgate	Bdy	127.42
8.	J Callow	Bdy	133.22
9.	D Tasker	IOMAVA	135.51
10.	D Quaggin	Bdy	143.11
11.	R Martin	Bdy	144.54

10km Women

1.	B Sworowski	She	47.10
2.	J Drake	Bdn	47.27
3.	M Walsh	Shelb'ne	49.45
4.	L Simpson	Mit	50.04
5.	P Williams	St S	52.48
6.	E Corran	Bdy	68.04
7.	S Hardy	IOMAVA	73.22
8.	S Partington	Bdy	76.08

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 International Fixture

Aug 10-18, 2013	14th IAAF World Championships in Athletics, Moscow, Russia
Aug 3-4, 2013	English Centurions 100 Mile Qualifying Walk, Douglas, Isle of Man. See www.isleofman100milewalk.co.uk
Oct 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 th Australian Junior Athletics Championships, Sydney (NSW)
April 3-6, 2014	92 nd 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	26th IAAF World Race Walking Cup, Taicang, China
Mar/Apr 2014	World Masters Indoor Championships, Budapest, Hungary
July 22-27, 2014	15th World Junior T&F Championships, Eugene, Oregon, USA

Looking even further forward

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

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