



## HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club  
2012/2013 Number 49  
3 September 2013



**VRWC Preferred Supplier of Shoes, clothes and sporting accessories.**

*Address:* RUNNERS WORLD, 598 High Street, East Kew, Victoria (Melways 45 G4)  
*Telephone:* 03 9817 3503  
*Hours :* Monday to Friday: 9:30am to 5:30pm  
Saturday: 9:00am to 3:00pm  
*Website:* <http://www.runnersworld.com.au/>  
*Facebook:* <http://www.facebook.com/pages/Runners-World/235649459888840>

### TIM'S WALKER OF THE WEEK

There are a number of fine walks at the National Roadwalk championships in Tasmania last Sunday but two stood out to me.

- 40 year old **Kelly Ruddick** won the Open Women's 20km championship in a huge PB of **1:33:15**. It was a PB by over 3 minutes and saw her finish nearly 5 minutes clear of second placed Rachel Tallent. It is also the top ranking time in Australia this year and catapults Kelly to 12<sup>th</sup> on my Australian women's all-time list. Needless to say, it's another W40 record for Kelly! It seems she PBs every time she steps onto the track nowadays. Kelly is now very nicely placed to press her claim for a spot in the 2014 World Cup team.
- 15 year old **Tyler Jones** was eligible to contest the U16 5km walk but chose to go up an age group and race in the U18 10km. It was a great decision as he finished 2<sup>nd</sup> to Nathan Brill, his time of **46:01** being a PB by nearly 40 secs. Further, it clearly places him third in the Australian U20 10km ranking list in the leadup to the 2014 World Cup trial in Hobart next February.

So two wonderful performances to choose from this week - as usual, you can vote at <http://www.vrwc.org.au/vrwcWOW.php>.



Left: Tyler in action in Launceston



Right: Kelly alongside Rachel Tallent early in the race

### RUSSIAN WALKER IGOR EROKHIN BANNED FOR LIFE

It was only a small report on a local Russian sporting webiste but it was big news in the world walking community with yet another Russian banned - see [http://hotsport.ua/ru/athletics/rossiiskii-atlet-igor-erokhin-pozhiznenno-diskvalifitsirovan\\_1377948003.html](http://hotsport.ua/ru/athletics/rossiiskii-atlet-igor-erokhin-pozhiznenno-diskvalifitsirovan_1377948003.html).

The Russian Athletics Federation Anti-Doping Commission (ARAF) has disqualified racewalker Igor Erokhin for life after he returned abnormal hematological parameters in his Biological Passport earlier this year. Since it was his second offence, the automatic life disqualification was enforced.

Erokhin first tested positive in 2008 and was banned for two years. Ending his suspension early in 2011, he was quickly back in favour in Russia and represented in the following three competitions

2011 European Cup, Alhao, 50km	2 <sup>nd</sup> in 3:49:05
2012 World Cup, Saransk, 50km	2 <sup>nd</sup> in 3:38:10
2101 Olympic Games, London, 50km	5 <sup>th</sup> in 3:37:54

Now he has failed further tests with regard to his biological passport and he has been banned for life, retrospective to February 2011 (when he returned from his last ban). All results from 25<sup>th</sup> February 2011 have been cancelled.

This should now mean that all those who finished below him in the above 3 competitions will move up one place. From an Australian perspective, it should mean that **Jared Tallent** gets his bronze medal in the 2012 World Cup 50km in Saransk upgraded to a silver medal, making his wonderful international record even better!

The oMarchador website (see <http://omarchador.blogspot.pt/2013/09/igor-erokhin-erradicado-do-desporto.html>) discusses this more fully and goes on as follows:

The list of sanctioned Russian walkers is big. Among the most high profile names are Olympiada Ivanova, Vladimir Andreev, Valeriy Borchin, Viktor Burayev, Vladimir Kanaykin, Tatyana Mineeva, Sergey Morozov, German Skurygin (who died of a heart attack in 2008), Aleksey Voyevodin, Dementiy Cheparev and now Erokhin. Almost all were winners of Olympic events, World Championships or European or the World Cups. Some were banned while still in junior ranks.

This continuous stream of doping convictions raises doubts about the legality of the training methods of places like the Saransk School of Walking as well as the validity of records and titles won individually or collectively by Russian walkers. And with so many of these walkers under the watchful eye of Russian coach Viktor ChioGIN, you really have to ask - how does he keep his job!

Alas, it's not just Russians. The walking blacklist includes high profile athletes from other countries: Silviu Casandra (Romania), Alex Schwazer (Italy), Liu Yunfeng (China), Song Hongjuan (China), Erik Tysse (Norway), Claudia Stef (Romania), Athanasia Tsoumeleka (Greece), Recep Celik (Turkey), Andriy Yurin (Ukraine), José Bagio (Brazil) and Francisco Fernández (Spain).

#### WHAT'S COMING UP

Next Saturday sees our VRWC Winter Season Presentation day at Middle Park. The program reads as follows

<b>Saturday 7<sup>th</sup> September, Middle Park</b>		
2.15pm	10km	Open
2.15pm	5km	Open
2.15pm	3km	Open
2.15pm	3km	Under 15
2.30pm	1km	Under 9
2.40pm	2km	Under 12
3.15pm	VRWC Winter Season presentations	

We will be restricted to our clubrooms for checkin pre-race as the rooms next door are being used for Federal Election voting. The presentations will take place in the Bowling Club dining room, commencing at 3:15PM.

A reminder of our **VRWC / Australian Centurions 24 Hour Walk** carnival on 14-15 September at Middle Park. Read more about it and check out the entry form at <http://www.centurions.org.au/event2013.shtml>. I am still after a few more helpers for various timeslots so see me Saturday if you might be available. It takes a lot of manpower to run this sort of event.

And finally, the **Victorian 50km Roadwalk Championship** will be held at Middle Park on Sunday 15<sup>th</sup> September. Competitors must enter with AV - see <http://www.athsvic.org.au/events/detail/2013-av-walk-series-50km-walk>.

#### AUSTRALIAN ROADWALK CHAMPS, SYMMONS PLAINS, TASMANIA, SUNDAY 1<sup>ST</sup> SEPTEMBER

Our RWA/AA Roadwalk Championships were successfully staged at Symmons Plains raceway, just outside Launceston, last Sunday morning. Conditions were good for the early races but as the day progressed, the wind became very strong, making racing a very tough endeavour, especially for the younger walkers who were on later in the morning.

We also shared the venue with School Sport Australia who were running their annual Schools relays at the same time. That meant that we were somewhat overwhelmed by the sheer volume of runners and running spectators. Further, the walks were held on the outside of the racing barriers, partially hidden from the grandstand area. This meant that to watch the walks, you had to walk around behind the barriers to watch from the other side, away from the loudspeakers and away from the main area. But that being said, it was a good relatively flat racing course and the venue facilities overall were good. It was just the wind!

Athletics Australia has published the overall walks results at [http://www.nswathletics.info/liveresults/2013/aa\\_rw/index.htm](http://www.nswathletics.info/liveresults/2013/aa_rw/index.htm). From our own Racewalking Australia perspective, I have now published the results of the various Teams Races, the RWA Handicap

winners and all other RWA awards from the meet. I have also calculated the Brennen Points for 2013 and can announce that NSWRC has won from RWV (a close second) with SARWC third. I was not in a position to announce this on Sunday so apologies and congratulations to NSWRC! Both RWA results and full Brennen points results can be accessed at <http://www.rwa.org.au/aresult2013.shtml>.

The official photo site at <http://www.anitawelshphotography.com/> is currently being loaded and may soon have walks photos for sale. But our VRWC photo gallery is always free! Thanks to Simon Baker who manned the camera and to Terry Swan who uploaded the photos to our photo gallery - check out <http://www.vrwc.org.au/coppermine/thumbnails.php?album=148>.

First a few comments on the Victorian walkers, since this is principally our Victorian newsletter. Well done on superb walks to our seven gold medallists and to our two winning teams. The honour roll reads as follows

Gold	Kelly Ruddick	20km Open Women	1:33:15
	Jesse Osborne	10km U20 Men	44:32
	Nathan Brill	10km U18 Men	43:34
	Kyle Swan	5km U16 Men	23:52
	Zoe Boldiston	5km U18 Women	24:44
	Corey Dickson	2km U12 Boys	10:22
	Alanna Peart	1km U10 Girls (Invit)	5:06
Silver	Rachel Tallent	20km Open Women	1:38:06
	Reese Walmsley	5km U16 Men	24:59
	Alanna Peart	2km U12 Girls	11:06
Bronze	Rhydian Cowley	20km Open Men	1:29:31
	Adam Garganis	10km U18 Men	49:20
	Emily Hamilton	5km U16 Women	27:21
	Carissa Brook	2km U12 Girls	11:26
Team Gold	Open Women 10km	Kelly Ruddick, Rachel Tallent, Natalie Laurie	
	U16 Men 5km	Kyle Swan, Reese Walmsley, Cody McNicol-Davidson	
Team Silver	Open Women 10km	Sarah Brennan, Simone McInnes, Donna Elms	
	U14 Girls 3km	Zahra Hayes, Jemma Peart, Madison Hill	

And now to a quick discussion of some of my highlights. The blue riband events have to be the Open 20km championships and they were won by **Dane Bird-Smith** (1:25:43) and **Kelly Ruddick** (1:33:15). Dane followed up his 11<sup>th</sup> place in Moscow with a good win here but towards the end he was definitely losing ground to **Brendon Reading** whose 1:27:51 was his best finish for some time. Fellow Moscow walker **Rhydian Cowley** had to be content with third place in 1:29:31 in what was perhaps an anticlimactic walk after the Worlds. Further back, Nick Dewar 1:31:02, Kim Mottrom 1:31:14 and Justin Hill 1:37:53 all walked PBs. In the women's race, Kelly walked with fellow Victorian **Rachel Tallent** for the first 8km before clearing away for an easy win. Rachel held on for second with 1:38:06 and **Lauren Bourke** took third with 1:43:40. Behind them, Natalie Laurie walked superbly in her first ever 20km, finishing fourth with 1:46:47.

In the U18 and U20 Men's 10km events, the fastest 3 walkers all bettered the 2014 World Cup Qualifying standard and are all young enough to be eligible for team selection next year - **Nathan Brill** 43:34, **Jesse Osborne** 44:32 and **Tyler Jones** 46:01. **Jessica Pickles**, who won the U20 Women's 10km was also under the qualifying standard with her 49:55 but this is her last year in the junior ranks and she will be looking to start her Open 20km career next year.

There were lots of other great walks but I will leave you to read about them yourselves.

#### Event 1: Men 20 km Race Walk Open, 9:00AM

1.	Bird-Smith, Dane	QRWC	41:21	1:25:43	
2.	Reading, Brendon	ACTRWC	43:25	1:27:51	
3.	Cowley, Rhydian	RWV	42:43	1:29:31	
4.	Dewar, Nicholas	QRWC	45:02	1:31:01	PB 0:34
5.	Mottrom, Kim	SARWC	45:56	1:31:14	PB 0:12
6.	Malone, Kyle	NSWRWC	44:43	1:31:56	
7.	Dewar, Brandon	QRWC	44:55	1:32:30	
8.	Hill, Justin	SARWC	49:06	1:37:53	PB 3:09
9.	Nipperess, Dean	QRWC	51:58	1:46:28	
10.	Kozica, Jason	RWV	54:57	1:52:04	
11.	Albanese, Anthony	NSWRWC	57:17	1:59:43	
	Simpson, Bradley	RWV		DQ	
	Mulhearn, Derek	NSWRWC		DNS	

RWA Masters C'Ship	1	Nipperess, Dean	1:46:28
	2	Albanese, Anthony	1:59:43

RWA Handicap	1	Albanese, Anthony
	2	Malone, Kyle
	3	Hill, Justin

RWA Teams Placings 1 QRWC Dane Bird-Smith, Brandon Dewar, Nicholas Dewar

**Event 2: Women 20 km Race Walk Open, 9:00AM**

1.	Ruddick, Kelly	RWV	47:01	1:33:15	PB 3:31
2.	Tallent, Rachel	RWV	47:23	1:38:06	
3.	Bourke, Lauren	NSWRWC	51:26	1:43:40	PB 3:12
4.	Laurie, Natalie	RWV	53:00	1:46:47	Inaugural
5.	Brennan, Sarah	RWV	54:57	1:52:04	
	Laufer, Michelle	RWV		DNF	

**Event 3: Women 10 km Race Walk RWA Open, 9:30AM**

	Ruddick, Kelly #	RWV	47:01	
	Tallent, Rachel #	RWV	47:23	
1.	Stigwood, Stephanie	TRWC	48:36	
2.	Webb, Cheryl	NSWRWC	49:10	
	Bourke, Lauren #	NSWRWC	51:26	
	Laurie, Natalie #	RWV	53:00	
	Brennan, Sarah #	RWV	54:57	
3.	McInnes, Simone	RWV	1:00:35	
4.	Elms, Donna-Marie	RWV	1:07:02	
	Laufer, Michelle #	RWV	DNF	

RWA Masters C'Ship	1	Webb, Cheryl
	2	Elms, Donna-Marie

RWA Handicap	1	Elms, Donna-Marie
--------------	---	-------------------

RWA Teams Placings	1	RWV1	Kelly Ruddick, Rachel Tallent, Natalie Laurie
	2	RWV2	Sarah Brennan, Simone McInnes, Donna Elms

**Event 4: Women 10 km Race Walk Under 20, 9:30AM**

1.	Pickles, Jessica	QRWC	49:55	
2.	Klein, Kirsty	NSWRWC	53:05	
3.	Porley, Tabitha	NSWRWC	55:08	
4.	McNicol-Davidson, Chloe	RWV	1:08:08	
5.	Bertrand, Carly	RWV	1:12:23	
	Whiley, Ebony	RWV	DNS	

RWA Handicap	1	McNicol-Davidson, Chloe
	2	Bertrand, Carly

**Event 5: Men 10 km Race Walk Under 20, 11:00AM**

1.	Osborne, Jesse	RWV	44:32	
2.	Washburn, Steven	NSWRWC	49:40	
	Aiton, Brad	QRWC	DQ	

**Event 6: Men 10 km Race Walk Under 18, 11:00AM**

1.	Brill, Nathan	RWV	43:34	
2.	Jones, Tyler	NSWRWC	46:01	PB 0:37
3.	Garganis, Adam	RWV	49:20	
4.	Gibbons, Carl	NSWRWC	51:43	
5.	Doyle, Tom	NSWRWC	57:51	
	McNicol-Davidson, Cody	RWV	DNS	
	Rose, Louis	TRWC	DNS	

RWA Handicap	1	Gibbons, Carl
	2	Doyle, Tom

RWA Teams Placings	1	NSW	Tyler Jones, Carl Gibbons, Tom Doyle
--------------------	---	-----	--------------------------------------

**Event 7: Women 5 km Race Walk Under 16, 11:15AM**

1.	Smith, Clara	QRWC	25:21	
2.	Cross, Anna	SARWC	25:56	
3.	Hamilton, Emily	RWV	27:21	
4.	Hunt, Tahlia	TRWC	27:48	
5.	Guy, Sarah	TRWC	34:29	
6.	Reid, Aimee	WARWC	37:09	
	McDonald, Jasmyn	NSWRWC	DQ	

RWA Handicap	1	Guy, Sarah
--------------	---	------------

2	Reid, Aimee
3	Hunt, Tahlia

**Event 8: Men 5 km Race Walk Under 16, 11:45AM**

1.	Swan, Kyle	RWV	23:52
2.	Walmsley, Reese	RWV	24:59
3.	Tingay, Declan	WARWC	25:42
4.	Kerr, Aidan	NSWRWC	25:42
5.	McNicol-Davidson, Cody	RWV	32:59

RWA Handicap	1	Kerr, Aidan
	2	McNicol-Davidson, Cody

RWA Teams Placings	1	RWV	Kyle Swan, Reese Walmsley, Cody McNicol-Davidson
--------------------	---	-----	--

**Event 9: Women 5 km Race Walk Under 18, 11:55AM**

1.	Boldiston, Zoe	RWV	24:44
2.	Billington, Tayla -Paige	NSWRWC	25:02
3.	Resch, Ashleigh	ACTRWC	25:27
4.	Dighton, Jasmine	NSWRWC	26:10
5.	Hunt, Zoe	ACTRWC	27:07
6.	Hill, Jayde	N/A	27:12
7.	Beasley, Bryony	NSWRWC	28:44
8.	Durr, Ally	ACTRWC	28:55
9.	Sanders, Jade	RWV	29:15
10.	Benzenati, Kenza	QRWC	29:27
11.	Sims, Jesse	QRWC	30:16
12.	Tolardo, Isabella	WARWC	30:26
13.	Boardman, Lucy-Rose	QRWC	31:31
	McNicol-Davidson, Chloe	RWV	DNS

RWA Handicap	1	Beasley, Bryony
	2	Dighton, Jasmine
	3	Sims, Jesse

RWA Teams Placings	1	NSWRWC	Tayla-Paige Billington, Jasmine Dighton, Bryony Beasley
	2	ACTRWC	Ashleigh Resch, Zoe Hunt, Ally Durr
	3	QRWC	Kenza Benzenati, Jesse Sims, Lucy-Rose Boardman

**Event 10: Girls 2 km Race Walk RWA Under 12, 12:05PM**

1.	Hardy, Renee	NSWRWC	11:06
2.	Peart, Alanna	RWV	11:23
3.	Brook, Carissa	RWV	11:26
4.	Holland, Amy	WARWC	12:05
5.	Ruane, Hayley	WARWC	12:12
6.	Curulli, Georgia	WARWC	12:23
7.	Curry, Jaymee-Lee	WARWC	13:19
8.	Withrington, Molly	TRWC	13:36
	Curry, Teyharna	WARWC	DQ
	Perigo, Danielle	TRWC	DQ

RWA Handicap	1	Curry, Jaymee-Lee
	2	Curulli, Georgia
	3	Withrington, Molly

RWA Teams Placings	1	WARWC	Amy Holland, Hayley Ruane, Georgia Curulli
--------------------	---	-------	--

**Event 11: Boys 2 km Race Walk RWA Under 12, 12:15PM**

1.	Dickson, Corey	RWV	10:22
2.	Cross, Joe	SARWC	10:49
3.	Campbell, Bayley	TRWC	11:27
4.	Buchhorn, Adam	QRWC	12:26
5.	Becroft, Lachlan	NSWRWC	13:08
6.	Murrell, Angus	TRWC	13:15
7.	Garwood, Blair	TRWC	13:22
	Burns, Spencer	ACTRWC	DQ
	Hockley-Samon, Tom	RWV	DQ
	Little, Bayden	NSWRWC	DQ

RWA Handicap	1	Garwood, Blair
--------------	---	----------------

- |   |                  |
|---|------------------|
| 2 | Buchhorn, Adam   |
| 3 | Becroft, Lachlan |

RWA Teams Placings 1 TRWC Bayley Campbell,. Angus Murrell, Blair Garwood

**Event 12: Men 3 km Race Walk Under 14, 12:30PM**

- |    |                      |        |       |
|----|----------------------|--------|-------|
| 1. | Richardson, Dylan    | NSWRWC | 14:46 |
| 2. | Burns, Callum        | ACTRWC | 15:26 |
| 3. | Benzenati, Yanis     | QRWC   | 16:02 |
| 4. | Mavin, Harrison      | NSWRWC | 16:09 |
| 5. | Hockley-Samon, Harry | RWV    | 16:44 |
| 6. | Thomson, Ryan        | NSWRWC | 16:55 |
| 7. | McShane, Benjamin    | TRWC   | 17:28 |
| 8. | Reid, Benjamin       | WARWC  | 17:53 |
|    | Bedford, Kyle        | NSWRWC | DQ    |

- |              |   |                      |
|--------------|---|----------------------|
| RWA Handicap | 1 | Hockley-Samon, Harry |
|              | 2 | McShane, Benjamin    |
|              | 3 | Reid, Benjamin       |

RWA Teams Placings 1 NSWRWC Dylan Richardson, Harrison Mavin, Ryan Thomson

**Event 13: Women 3 km Race Walk Under 14, 12:40PM**

- |     |                      |        |       |
|-----|----------------------|--------|-------|
| 1.  | Cross, Bethany       | SARWC  | 15:39 |
| 2.  | Hunt, Gabby          | ACTRWC | 15:45 |
| 3.  | Lovegrove, Rhiannon  | SARWC  | 15:52 |
| 4.  | Hayes, Zahra         | RWV    | 16:03 |
| 5.  | DeLaine, Eliza       | NSWRWC | 16:37 |
| 6.  | Peart, Jemma         | RWV    | 16:51 |
| 7.  | Ruane, Tiahna        | WARWC  | 17:13 |
| 8.  | Damin, Sarah         | SARWC  | 17:24 |
| 9.  | Randall, Alice       | TRWC   | 17:28 |
| 10. | Boglio, Cassia       | WARWC  | 17:42 |
| 11. | Hill, Madison        | RWV    | 17:47 |
| 12. | Darsaklis, Isabella  | TRWC   | 17:50 |
| 13. | Miller, Tegan        | RWV    | 18:12 |
| 14. | Phillips, Arabella   | TRWC   | 18:12 |
| 15. | Sims, Riley          | QRWC   | 18:43 |
| 16. | Garwood, Kirrily     | TRWC   | 18:45 |
| 17. | Stanway-Lucas, Emily | TRWC   | 18:58 |
| 18. | Tolardo, Arianna     | WARWC  | 19:53 |
| 19. | Withrington, Madi    | TRWC   | 20:50 |

- |              |   |                      |
|--------------|---|----------------------|
| RWA Handicap | 1 | Darsaklis, Isabella  |
|              | 2 | Stanway-Lucas, Emily |
|              | 3 | Sims, Riley          |

RWA Teams Placings	1	SARWC	Bethany Cross, Rhiannon Lovegrove, Sarah Damin
	2	RWV	Zahra Hayes, Jemma Peart, Madison Hill
	3	TRWC	Alice Randall, Isabella Darsaklis, Arabella Phillips
	4	TRWC	Kirrily Garwood, Emily Stanway-Lucas, Madi Withrington

**Invitation Under 10 Girls 1km Race Walk, 8:45AM**

- |    |                  |        |      |
|----|------------------|--------|------|
| 1. | Peart,Alanna     | RWV    | 5:06 |
| 2. | Holland,Amy      | WARWC  | 5:15 |
| 3. | Curry, Jamie-Lee | WARWC  | 6:14 |
| 4. | Thompson, Jada   | NSWRWC | 6:14 |

**Invitation Under 10 Boys 1km Race Walk, 8:45AM**

- |    |             |        |      |
|----|-------------|--------|------|
| 1. | Hardy,Aiden | NSWRWC | 8:58 |
|----|-------------|--------|------|

And finally a selection of photos - thanks to Simon Baker, Terry Swan and Kerry Peart.



**Nathan Brill, Kyle Swan, Corey Dickson and Clara Smith**



**Bethany Cross, Carissa Brook and Alanna Peart, Renee Hardy and Zoe Boldiston**



**Jessica Pickles, Dylan Richardson, EmilyHamilton, Reese Walmsley, Corey Dickson and Kyle Swan**

## MORE ON KELLY RUDDICK'S PERFORMANCE

Emmanuel Tardi has updated his all-time W40 20km ranking to now incorporate Kelly's new Australian Masters record time which now sits second overall behind the 2005 time of Maria Mendoza of Mexico.

1h33.04	Maria Graziela MENDOZA	MEX	23.03.63	Lima	07.05.05
<b>1h33.15</b>	<b>Kelly RUDDICK</b>	AUS	19.04.73	Launceston	01.09.13
1h33.28.15	Teresa VAILL	USA	20.11.62	Carson	25.06.05
1h33.40.2	Kerry JUNNA-SAXBY	AUS	02.06.61	Brisbane	06.09.01
1h34.15	Joanne DOW	USA	19.03.64	Pekin	21.08.08
1h34.32	Lori MAYNARD	USA	02.02.36	Los Angeles	17.08.80
1h34.44	Lynette VENTRISS	AUS	02.10.56	Melbourne	16.12.01
1h34.50	Janice Mc CAFFREY	CAN	20.10.59	Victoria	13.08.00
1h36.41	Gabrielle GORST	NZL	16.02.64	Naumburg	02.05.04
1h37.07	Jolene MOORE	USA	14.03.66	Hauppauge	09.04.06
1h38.15	Gladys LARROTA	COL	25.07.68	Cali	27.11.08

And I mentioned at the start of the newsletter that this time moved Kelly right up the Australian All-Time Ranking lists. Here is what they now look like

Rank	Time	Name	State	DOB	Place	Location	Date	Age
1	1:27.44.0	Jane Saville	N	05/11/1974	4	Naumburg,Germany	02/05/2004	29
2	1:28.53.0	Claire Tallent	S	06/07/1981	5	Taicang, China	30/03/2012	30
3	1:29.36.0	Kerry Saxby-Junna	N	02/06/1961	2	Naumburg,Germany	30/04/2000	38
4	1:29.44.0	Cheryl Webb	N	03/10/1976	1	Melbourne	07/03/2009	32
5	1:30.03.0	Regan Lambie	V	14/10/1991	17	London, Olympic 20km	11/08/2012	20
6	1:30.25.0	Jess Rothwell	V	18/06/1989	2	Melbourne	07/03/2009	19
7	1:31.28.0	Tanya Holliday	S	21/09/1988	1	Adelaide	19/05/2012	23
8	1:31.34.0	Natalie Saville	N	07/09/1978	25	Naumburg,Germany	02/05/2004	25
9	1:32.14.0	Beki Lee	N	25/11/1986	28	London, Olympic 20km	11/08/2012	25
10	1:32.57.0	Kellie Wapshott	V	23/08/1981	2	Melbourne	23/02/2008	26
11	1:33.00.0	Lisa Sheridan-Paolini	N	10/12/1962	1	Sydney	08/07/2000	37
<b>12</b>	<b>1:33.15.0</b>	<b>Kelly Ruddick</b>	V	19/04/1973	1	Launceston, Aust 20km	01/09/2013	40
13	1:33.45.0	Megan Szirom	V	18/08/1977	4	Melbourne	07/03/2009	31
14	1:34.13.0	Jillian Hosking	A	12/02/1987	3	Hobart, Aust 20km	13/02/2010	23
15	1:34.27.0	Anne Pembroke-Manning	N	13/11/1959	1	Hawkesbury	10/07/1993	33
16	1:34.35.0	Wendy Muldoon	V	27/05/1971	1	Melbourne	16/08/1998	27
17	1:34.44.0	Simone Wolowiec	V	12/02/1974	1	Canberra	16/01/2000	25
18	1:34.44.0	Lyn Ventris	W	02/10/1956	1	Melbourne	16/12/2001	45
19	1:34.53.0	Rachel Tallent	V	20/02/1993	8	Taicang, China	01/03/2013	20
20	1:35.55.0	Nicole Fagan	N	24/07/1989	3	Hobart, Aust 20km	19/02/2011	21
21	1:36.16.0	Jenny Jones-Billington	Q	20/04/1967	2	Hawkesbury	10/07/1993	26
22	1:36.19.0	Sally Pierson	V	10/03/1963	1	Melbourne	15/07/1984	21
23	1:36.23.0	Sue Orr-Cook	V	23/04/1958	1	Canberra	07/07/1984	28
24	1:36.40.0	Lisa Grant	N	26/04/1985	4	Sydney	04/02/2006	20
25	1:37.32.0	Michelle French	N	01/04/1982	3	Melbourne	02/12/2006	24
26	1:37.34.0	Teresa Letherby	Q	05/04/1972	2	Adelaide	03/09/1995	23
27	1:37.48.0	Jill Barrett-Maybir	NT	13/07/1964	1	Sydney	07/09/1997	33
28	1:37.59.0	Bev Wilkins-Hayman	N	09/05/1961	1	Sydney	15/07/1989	28
29	1:38:33.0	Stephanie Stigwood	T	21/10/1990	5	Hobart, Aust 20km	24/02/2013	22
30	1:39.02.0	Jane Lewry-Barbour	S	27/07/1966	3	Hawkesbury	10/07/1993	26
31	1:39.03.0	Jo Strangman	A	17/11/1975	1	Sydney	05/08/1995	19
32	1:39.49.0	Sue Narbey	W	25/11/1964	1	Perth	13/07/1985	20

## VRWC ROADWALKS, MIDDLE PARK, SATURDAY 31 AUGUST

While many of the VRWC walkers were in Tasmania last weekend for the National Roadwalk Championships, we still saw 36 walkers attend our regular Saturday races at Middle Park. Peter Vysma tells me that the weather was very warm, especially in comparison to past weeks, but it was also windy. The 10km walk saw James Christmass 41:49 clear out to win easily from Bernie Keirl 44:42 and Sandra Geisler 45:40. Heather Carr 34:28 and David Smyth 36:36 took line honours in the 6km while Gwen Steed 25:46 and Paul Kennedy 20:45 were fastest in the 4km.

### 8km Open

1.	Sandra Geisler	45:40
2.	Paige De Lisen	45:51
3.	Pam Tindal	46:58
	Liz Feldman	Ab



1.	James Christmass	41:49
2.	Bernie Keirl	44:42
3.	Gerard Feain	49:33
4.	Russ Dickenson	49:49
5.	Geoff Barrow	56:16
	John Morrison	Ab
	Simon Evans	Ab

#### 6km Open

1.	Heather Carr	34:28
2.	Marlene Gourlay	36:10
	Celia Johnson	Ab
1.	David Smyth	36:36
2.	David Armstrong	37:01

#### 4km Open

1.	Gwen Steed	25:46
2.	Margaret Beaumont	33:29
3.	Pam Mews	38:29
1.	Paul Kennedy	20:45
2.	Barrie Wicks	30:22
3.	Ian Beaumont	34:10

We also had a good number of our younger walkers on deck with best walks coming from Philippa Huse, Lachlan Feain, Mackayla Davison, Nikola Mandic, Gemma Lillie and Marcus Byron.

#### 4km Under 15

1.	Philippa Huse	23:06
2.	Jessica Lillie	25:20
3.	Gabrielle Crea	26:32
1.	Lachlan Feain	24:13

#### 2km Under 12

1.	Mackayla Davison	11:37
2.	Mackenzie Mielczarek	12:22
3.	Brianna Lillie	13:18
4.	Caitlyn Rudston-Brown	15:26
1.	Nikola Mandic	10:16
2.	Nikolaj Djordjevic	11:56
3.	Hayden Walmsley	12:13

#### 1km Under 9

1.	Gemma Lillie	06:24
1.	Marcus Byron	05:52
2.	Thomas Kennedy	08:32

As usual, thanks to the many people who help every week. Not sure if I have captured them all as I was not there myself.

**Judges:** Peter Vysma (Chief), Ralph Bennett, Lloyd Nichols, Michael Bodey

**Canteen:** Wendy Cooper

**Setup:** Russ Dickenson, James Christmass, Gerard Feain, Lachlan Feain, Justin McLaren

**Officials:** Mark Donahoo, Marlaine Stanway, Ralph Bennett, Don McLaren, Stacey McLaren

### SAMA ROADWALKS, VICTORIA PARK, ADELAIDE, SATURDAY 31 AUGUST

Thanks to Colin Hainsworth for the latest results from the South Australian Masters walkers. It was a warm afternoon. All events were scratch start.

#### 12km walk

1.	W53	Marie Maxted	1:20:43	71.97%
2.	M54	Norman White	1:34:12	56.04%

#### 9km Walk

1.	M57	Richard Moyle	1:11:55
----	-----	---------------	---------

### 6km Walk

1.	W59	Linda Whitelaw	44:14	67.14%
2.	M75	Rodger Barber	44:15	73.19%
3.	M70	Roger Lowe	46:36	65.10%
4.	M78	Leigh Smith	46:42	72.41%
5.	W69	Margaret Trengove	48:32	69.69%
6.	M75	Colin Trengove	48:44	66.46%
7.	W60	Edna Bates	51:04	58.84%
8.	M80	David Robertson	52:29	66.43%
9.	W65	Lillian Harpur	57:14	55.89%

Roger Lowe and Colin Hainsworth have also been in action in other walk related activities recently:

M70 Roger Lowe	18/8/13, Alice Springs Running Festival, half marathon walk, 3 <sup>rd</sup> , 2:43:36
	25/8/13, Adelaide half marathon walk, 5 <sup>th</sup> , 2:48:58
M83 Colin Hainsworth	01/9/13, Para Classic Fun run/walk, Salisbury, SA. 10k walk, 2 <sup>nd</sup> , time 1:24:01

### 35KM AND 50KM QUALIFYING WALKS, BOURGES, FRANCE, SUNDAY 1 SEPTEMBER

Emmanuel Tardi was in Bourges in France on Sunday for what was the last opportunity for French walkers to qualify for the French 50km Championship. Limits of 3:50:00 (35km) and 6:00:00 (50km) are in place. There were 23 starters in all, walking over a 1.25km loop. Conditions were excellent (20°C and a little wind). Damien Molmy, one of the current French internationals, won the 35km easily in 2:52:32 while Alfredo Galicia won the 50km in 5:17:14.



Alfredo Galicia and Damien Molmy in action in Bourges (photos Emmanuel Tardi)

### 50km Walk

1.	Alfredo GALICIA	Angers	5h17'14
2.	Didier CHUI	Bourges	5h41'44
3.	Denis CHAUVEL	Combourg	5h52'07

### 35km Walk

1.	Damien MOLMY	Lille Métropole	2h52'32
2.	Fabrice RAMON	Grand Angoulême	3h00'58
3.	Nicolas SECHE	Laval	3h05'24
4.	Ludovic HADULA	Charleville Mézières	3h06'17
5.	Simon HURAUULT	Granville	3h07'37
6.	Nicolas GOSSELIN	ASC Le Havre	3h11'00
7.	Maxime FAITEAU	AC Haut Poitou	3h11'39
8.	Johan AUGERON	AC Haut Poitou	3h11'39
9.	Nicolas POTIER	Fougères	3h28'43
10.	Frédéric MARIE	Conflans	3h36'30
11.	Raymond BAUDOUR	Tarbes	3h42'01
12.	J-Michel CLAISSE	Fretin	3h49'37
13.	Patrick LE GARGASSON	St Briec	3h51'23
14.	Cyrille ROCHER	A3 Tours	3h53'55

15. Frédéric CHABIN	LP Longjumeau	4h15'36
Mathieu BEURION	ACP Joinville	DNF

#### 20km Walk

1. Remi BONOTTE	Dijon	1h52'48
2. J-Marie POITRENAUX	Vierzon	2h19'08
3. Françoise BAUDOOUR	Tarbes	2h29'10
Emmanuel TARDI	LP Longjumeau	DNF

### AMSTERDAM OPEN & FLAME GAMES 2013, OLYMPIC STADIUM, AMSTERDAM, SAT 31 AUGUST

The annual Amsterdam Open & Flame Games is a high priority T&F meet on the local Dutch calendar and this year the 3000m walk was won by Czech walker Ondrej Chylek (13:42.39) ahead of Harold van Beek who belied the years with a very good 14:12.43. The men's field was large - 28 walkers in total! Unfortunately, I only have the winner from the women's walk

#### 3000m Race Walk Men

1. CHYLEK, Ondrej	CZE	13:42.39
2. BEEK, Harold van	NED	14:12.43
3. SLOOTEN, André van	NED	14:12.57
4. BREMEN, Wilfried van	NED	15:56.76
5. GULIK, Frank van der	NED	16:02.79
6. TERSTEEG, Rob	NED	16:06.08
7. KOENIS, Theo	NED	16:08.27
8. LEEUWEN, Lauren van	CAN	16:13.88
9. BONZON, Nathan	SUI	16:13.94
10. DE SMET, Liesbet	BEL	16:32.52
11. BRUIN, Remco de	NED	16:33.41
12. RIEZEBOS, Gerrit	NED	16:44.78
13. ANDEL, Ton van	NED	16:49.07
14. UIJL, Charles den	NED	16:53.14
15. TIMMERMANS, Ronnie	NED	17:22.71
16. WIJSMAN, Alex	NED	17:53.20
17. KNAAP, Hans van der	NED	18:09.91
18. POMMAZ, Guillaume	SUI	18:17.26
19. RONDAIJ, Peter	SLO	18:41.42
20. BIJNEN, Harry	NED	18:43.44
21. LEEUWEN, Aad van	NED	19:27.65
22. MAAS, Sandra	NED	19:52.64
23. OIJEN, Ad van	NED	19:53.08
24. NIJENHUIS, Bauke te	NED	20:07.12
25. BIJL, Willem van der	NED	20:33.93
26. BEMMEL, Ilonka van	NED	20:35.92
27. BREMEN, Loes van	NED	22:31.26
KRABBENDAM, Bernard	NED	DNF

#### 3000m Walk Women

1. Sandra MAAS	NED	16:13.88
----------------	-----	----------

### ENGLAND ATHLETICS U17 & U15 CHAMPIONSHIPS 2013 , BEDFORD STADIUM , 31 AUG - 1 SEPT

The English U17 and U15 T&F Championships at Bedford saw 3000m walks for the U15s and 5000m walks for the U17s with the new 'Pit Lane' system being used - on this occasion, 3 red cards incurred a 30 sec hold rather than the traditional disqualification. And it was put to use with U17' leader Cameron Corbishly stopped 2 laps out as he was about to be caught by second placed Callum Wilkinson. The 30 sec stop ensured that Callum was the winner but at least Cameron did have a second place finish to his name rather than a DQ. It was also good to see a number of young Irish walkers participating, including U17 Girls' winner Veronica Burke.

#### U15 Girls 3000m Walk

1. Sophie LEWIS WARD	Cambridge Harriers	15:17.38
2. Niamh O'CONNOR	Ireland	15:21.11
3. Rachel GLENNON	Ireland	15:35.14
4. Megan STRATTON-THOMAS	Swansea Harriers	17:18.96
5. Amy PHIPPS	Neath Harriers	18:09.70
6. Indigo BURGIN	Cambridge Harriers	18:18.22

#### U17 Women 5000m Walk

1. Veronica BURKE	Ireland	26:17.31
2. Heather BUTCHER	Cambridge Harriers	26:27.31
3. Dearbhaile BEIRNE	Ireland	26:46.46

4.	Emma ACHURCH	Leicester Walking Club	26:49.57
5.	Edel GLENNON	Ireland	27:23.82
6.	Orlaith DELAHUNT	Ireland	27:30.51
7.	Sinead O'CONNOR	Celbridge	28:07.90

**U15 Boys 3000m Walk**

1.	Christopher SNOOK	Aldershot Farnham & Dist AC	15:53.25
2.	Jack LEVERSIDGE	City of Sheffield AC	16:33.37

**U17 Men 5000m Walk**

1.	Callum WILKINSON	Enfield & Haringey AC	23:28.80
2.	Cameron CORBISHLEY	Cambridge Harriers	23:56.06
3.	Guy THOMAS	Tonbridge AC	24:03.51
4.	Aaron EGAN	Ireland	24:14.94
5.	Luc LEGON	Bexley AC	25:28.50
6.	Anthony TOBIN	Ireland	25:48.42
7.	Matthew REDFERN	Nuneaton Harriers	26:00.76
8.	Timothy SNOOK	Aldershot Farnham & Dist AC	27:19.92

Mark Easton has produced his excellent photo gallery (see <http://markeaston.zenfolio.com/p118654347>) and I have reproduced photos of the winners, thanks to Mark.



**Sophie Lewis Ward and Callum Wilkinson (photos Mark Easton)**



**Christopher Snook and Veronica Burke (photos Mark Easton)**

## POLISH ROUNDUP

Last weekend saw two high profile racewalking events in Poland.

### Polish Club Championships, Biała Podlaska, Poland, Saturday 31 August

The first was the Polish Club Championships in Biała Podlaska where Gregorz Sudol and Paulina Buziak won their respective 5000m races in very good times of 19:22 and 21:50 respectively

#### 5000m Men

1.	Grzegorz SUDOŁ	POL	78	19:22
2.	Rafał SIKORA	POL	87	19:39
3.	Jan RYGAŁ	POL	95	22:13
4.	Lukasz BIELECKI	POL	94	22:34
5.	Patryk KOSTRZEWA	POL	94	25:27

#### 5000m Women

1.	Paulina BUZIAK	POL	86	21:50
2.	Agnieszka SZWARNÓG	POL	86	22:33
3.	Karolina WIERUS	POL	93	24:09
4.	Monika NAWROCKA	POL	90	24:32
5.	Beata HEPPNER	POL	92	24:33
6.	Joanna BINDRYN	POL	95	27:29

### 48<sup>th</sup> Puchar Poczty Polskiej walks meet, Gdansk, Saturday 31 August

The second meet was the 48<sup>th</sup> Puchar Poczty Polskiej walks meet which was held the same day in Gdansk. The 20km walks included the Polish National Junior Championships for Men and Women. See <http://www.domtel-sport.pl/insidethecode/files/4086-pl.pdf> for the men's results and <http://www.domtel-sport.pl/insidethecode/files/4085-pl.pdf> for the women's results.

#### 20km Walk Men

1.	AUGUSTYN Łukasz	90	OTG Sokół Mielec	1:27:36	
2.	JELONEK Jakub	85	KS AZS AWF Kraków	1:28:53	
3.	STASIEWICZ Michał	88	AZS-AWFiS Gdańsk	1:31:44	
4.	ZIELIŃSKI Szymon	95	UKS Orkan Środa Wlkp.	1:35:06	1-NJC
5.	CHOJECKI Daniel	95	WLKS Iganie Nowe	1:35:51	2-NJC
6.	MATUSZEWSKI Adrian	94	KL Lechia Gdańsk	1:37:10	3-NJC
7.	GRINHOLC Grzegorz	77	RKS Rumia	1:40:10	
8.	MIEKIEWICZ Arkadiusz	95	UKS Olimp Kozienice	1:42:53	4-NJC
9.	WERNER Robert	94	LKS Maraton Turek	1:43:54	5-NJC
10.	SAULGRIEZIS Raivo	94	Łotwa (LAT)	1:48:19	6-NJC
11.	CYNGOT Jacek	96	UKS Olimp Kozienice	1:49:29	
12.	WOJCIECHOWSKI Wiktor	95	UKS Orkan Ćroda Wlkp.	1:53:45	7-NJC
13.	TARA Sebastian	97	LKS Stal Mielec	1:56:20	8-NJC
	MUDZKI Tomasz	90	KL Lechia Gdańsk	DNF	

#### 20Km Walk Women

1.	PASTARE Agnese	88	(LAT)	1:29:55	NR
2.	KAPERNA Monika	90	AZS-AWF Katowice	1:36:34	
3.	GOLBA Katarzyna	89	AZS-AWF Katowice	1:39:39	
4.	BEMOWSKA Joanna	94	PLKS Gwda Piła	1:45:57	1-NJC
5.	BAJON Anna	94	UKS Gimnazjon Suchy Las	1:48:45	2-NJC
6.	LUPA Magdalena	94	CWKS Resovia Rzeszów	1:50:46	3-NJC
7.	WLAŻEO Natalia	94	CWKS Resovia Rzeszów	1:51:11	4-NJC
8.	KANTOROWSKA Barbara	95	LKS Stal Mielec	1:52:29	5-NJC
9.	ELLWARD Agnieszka	89	KL Lechia Gdańsk	1:55:42	
10.	SZCZEPANIAK Agata	95	KS Gwardia Piła	1:56:08	6-NJC
11.	WOSIK Michalina	94	UKS 12 Kalisz	2:02:22	7-NJC
12.	BIŃCZYK Marta	95	UKS 12 Kalisz	2:05:25	8-NJC

## 11<sup>TH</sup> AFRICAN JUNIOR CHAMPIONSHIPS IN ATHLETICS , MAURITIUS, 29 AUG - 1 SEPT 2013

The African Junior T&F Championships were held last weekend in Mauritius with track walks on offer as part of the program. In the Men's 10,000m walk, Algerian Aymene Sabri won ahead of Ethiopian Nigusse Teshome Getamesay and Algerian Abdessamie Saidani. The Women's walk was held later that same morning but this time it saw an Ethiopian win by Askale Tiksa Benti ahead of South African Anel Oosthuizen and Nigerian Sarah Loveth Malagu.

#### 10,000m Walk Men, 9:45AM, Friday 30 August

1.	SABRI Aymene	ALG	45:58.52
2.	Nigusse TESHOME Getamesay	ETH	46:07.94

3.	SAIDANI Abdessamie	ALG	47:21.24
4.	Haile FULLASSA Bizuayehu	ETH	48:39.92
5.	MARIE Jason	MRI	58:16.23
	RAMAROSON Theophile	MAD	DNF
	MBOYO Aruna	COD	DNS

#### 5000m Walk Women, 11:10AM, Friday 30 August

1.	BENTI Askale Tiksa	ETH	25:30.90
2.	OOSTHUIZEN Anel	RSA	25:39.44
3.	MALAGU Sarah Loveth	NGR	26:16.53
4.	DERESA Alem Tafes	ETH	27:07.26
5.	PERRINEMRI Aniella	MRI	34:07.95

You can see the full championships results at <http://www.timetronics.be/results/mauritius2013/schedule.html>.

### GUERNSEY CHURCH TO CHURCH 19.4 MILES WALK, SUNDAY 1 SEPTEMBER 2013

All of us old timers have heard of the Guernsey Church to Church walk which is held annually on the island of Guernsey, one of a number of islands in the English Channel between England and France. First to a potted history of the event

A challenge in the local newspaper in September 1936 to walk between the Parish Churches of Guernsey in less than 3 hours 20 minutes was made by Mr Eve D Le Page who claimed to have done it over a course from Town to St Martins, the Forest, St Peters, Upper Parishes and the Lower Parishes. This led to the first walking race for what is now known as the "Church to Church" originally organised by the Guernsey Wanderers Sports and Social Club, using the same route as taken today, with the only difference being the start and finish point which until 1950 was at the White Rock. The start and finish were then moved half a mile along the route, both having the same distance of 19.4 miles. An early feature of the walk was the touching of each Church, nowadays walker's usually only touch the statue at St Martins Church gates.

Over the first ten years of the walk until 1946, the event was held on only five occasions as it was interrupted by the German Occupation, with a shortened version taking place in 1945 for the same "1945 Guernsey Walking Race Victory Cup" that is raced for today, replacing the lost Joybell Trophy. The current ladies trophy, the "Highway Sports Circle Star Perpetual Trophy" goes back even further to 1938.

Organisation of the walk was passed over to the Guernsey (Island) Amateur Athletic Club in 1946 and was indeed their first promoted event. The walk continued into the mid 50's until it stuttered in 1956 when the walk didn't take place, but from 1957 until the present day it has remained in the Guernsey calendar, organised since 1966 by the Sarnia Walking Club.

It is 67 years since that first race and it is still going strong, attracting teams from the mainland (England) to battle it out with the locals. It is a tough walk with hills galore so time is not of the essence - the challenge as always is to finish! Thanks to Rob Elliot for this year's results which are reproduced below.

This year, 20 year old Ashford AC walker Jonathan Hobbs, an established race walker at shorter distances, stepped into the unknown, winning a close race against local walker Jason Le Noury. Angela Martin, a recent convert to race walking walked a solid 3.46.52 to take the women's title from Jayne Le Noury. You can read a full race report at <http://churchtochurch.wordpress.com/>

#### Men's Walk

1.	Jonathan Hobbs	Ashford AC	England	U25	3.01.49
2.	Jason Le Noury	Sarnia WC	Guernsey	M	3.02.36
3.	Jim Ball	Steyning AC	England	M50	3.10.38
4.	Adrian Edwards	Lancashire WC	England	M50	3.13.06
5.	Phil Lockwood	Sarnia WC	Guernsey	M40	3.22.25
6.	Christopher Hobbs	Ashford AC	England	M55	3.23.34
7.	Steve Allen	Barnet & District AC	England	M55	3.24.43
8.	Terry Bates	Sarnia WC	Guernsey	M60	3.33.46
9.	Ed Shillabeer	Ilford AC	England	M70	3.33.57
10.	Peter Ryan	Ilford AC	England	M55	3.36.15
11.	Sean Pender	Enfield & Haringey	Ireland	M60	3.36.46
12.	Malcolm Martin	Surrey WC	England	M55	3.46.52
13.	Mick Barnbrook	Ilford AC	England	M70	3.48.03
14.	David Hoben	Surrey WC	England	M60	4.03.29
15.	Norbert Will	Northern Ire. MAA	N'tern Ireland	M75	4.15.08
16.	Kevin Le Noury	Sarnia WC	Guernsey	M55	4.16.43
17.	Peter Beckerleg	Sarnia WC	Guernsey	M50	4.18.59
18.	David Delaney	Surrey WC	England	M70	DNF
19.	Stuart Le Noury	Sarnia WC	Guernsey	M	DNF

#### Women's Walk

1.	Angela Martin	Surrey WC	England	W45	3.46.52
2.	Jayne Le Noury	Sarnia WC	Guernsey	W50	4.04.33

3.	Kay Coulson	Sarnia WC	Guernsey	W45	4.43.18
4.	4=Sue Pratt	Unattached	Guernsey	W45	4.43.33
5.	4=Tracy Walker	Unattached	Guernsey	W40	4.43.33
6.	Lise Fitzsimmons	Unattached	Guernsey	W35	DNF

#### Team results

1.	Sarnia WC	15pts
2.	Ilford AC	33pts
3.	Surrey WC	40pts

Definition of a Channel Islander

"A person who was born or has been resident in Channel Islands for 12 months immediately prior to walk"

### WALKING SHORTS

- In this fantastic video interview with the 50km World Champion Robbie Heffernan, he discusses his training regime and talks about his all round program that involves fitness and technique.  
See <http://www.youtube.com/watch?v=E3dcn8Gc0PY>
- And yet another interview with Heffernan, this time in the All-Athletics.com website  
<http://www.all-athletics.com/en-us/2013-09-02/rob-heffernan-i-don-t-walking-anywhere>
- Jerzy Hausleber, the Polish coach who revolutionised the Mexican walking scene in the last 1960's and made them one of the world's walking super powers, was admitted to "Medical Center Siglo XXI" in Mexico City on August 15<sup>th</sup> with heart issues. The 83 year old Hassleber suffered a myocardial heart attack some days later and was transferred to the intensive care unit of the same hospital. His condition is defined as critical.  
See [http://www.marciaitaliana.com/ita/dettagli\\_news.aspx?id=1555](http://www.marciaitaliana.com/ita/dettagli_news.aspx?id=1555)
- For those who did not get a chance to watch the IAAF World Championships 50km live, this great 32 minute extract of the event is well worth a watch. You see lots of winner Robbie Heffernan as well as bronze medallist Jared Tallent of Australia.  
See <http://www.youtube.com/watch?v=HMTig1QVbLU>
- ACT Race Walking Club are building a new website - the new link is <http://www.actwalkers.com.au/>

### 2014 RACEWALKING WORLD CUP SELECTION CRITERIA ANNOUNCED

Last week, Athletics Australia released the Selection Criteria for the 2014 Racewalking World Cup. It is very similar to the 2012 Selection Criteria. See [http://www.athletics.com.au/home/high\\_performance/high\\_performance\\_news/team\\_information/wwc](http://www.athletics.com.au/home/high_performance/high_performance_news/team_information/wwc). The salient points are as follows:

- AA will select up to 5 walkers for each of the 50km men, 20km men, 20km women and up to 3 walkers for each of the 10km Junior men and 10km Junior women.
- AA recommends that junior walkers do either the World Junior championships or the World Racewalking Cup but not both. A special exemption is required from AA to do both events.
- The selection trials are :

50km men	Sunday 15 Dec 2013, Fawkner Park, Melbourne
All other events	Sunday 2 February 2014, Hobart, Tasmania
- The qualifying periods are

50km men	1 August 2013 till 15 December 2013
20km events	1 August 2013 till 2 February 2014
10km events	1 August 2013 till 2 February 2014
- The qualifying standards are

50km men	No standard published
20km men	<b>1:28:00</b>
20km women	<b>1:36:00</b>
10km Junior men	<b>46:30</b>
10km Junior women	<b>50:00</b>
- Any athlete who finished in the top 24 at the 2013 IAAF World Championships will be automatically selected subject to compliance with clause 4 and the athlete having nominated for that event. This means Jared Tallent and Chris Erickson (50km) and Dane Bird-Smith (20km).
- The first two eligible athletes (excluding any athlete selected by clause 3.2.1) in each 20km selection trial will be automatically selected in the team provided that the athlete has nominated for selection and in the case of the 20km events,

the athlete has achieved the performance standard. Further selections may be made at the discretion of the selectors. This discretion is absolute and it need not be exercised.

- The first two eligible athletes in each 10km Junior selection trial will be automatically selected in the team provided that the athlete has nominated for selection and has achieved the performance standard outlined in appendix 1. 3.3.2 If positions remain in the event after the operation of clause 3.3.1, further selections may be made at the discretion of the selectors. This discretion is absolute and it need not be exercised.
- Performances must be achieved during an official competition organised in conformity with IAAF Rules. Performances achieved in Australia must be achieved in a competition sanctioned by Athletics Australia as an Athletics Australia “National Permit Meeting”. Athletics Australia operates a sanctioning process across all meets that involves the issuing of a permit – “National Permit” or “Recreational (State) Permit”. A current list of all “National Permit” meetings will be available on the Athletics Australia website.  
*Effectively, this means that you must ensure that you must make AA aware of any qualification attempts and ensure that your race gets the appropriate AA permit and has the proper count of officials, judges and that it is on a certified course.*
- Athletics Australia may not provide financial support for the 2014 World Race Walking Cup and therefore participating athletes, selected according to the terms of this policy, may be required to cover costs in addition to any assistance provided by the IAAF and the local organising committee in Taicang. The allocation of any financial assistance offered by the IAAF or the local organising committee will be by the Director of High Performance, whose decision shall be final. Junior athletes in particular should anticipate a levy to offset some of the costs of the trip will be imposed.  
*This is new and brings WWC in line with World Half Marathon Championship and WCC as similar events.*

### VRWC CLUB RECORD UPDATE

Kelly Ruddick's great 20km walk in Launceston betters her W40 club record so well done Kelly on another box ticked!

Kelly Ruddick	W40 20km Road Walk	1:33:15	National Roadwalk Champs, Launceston	01/09/2013
---------------	--------------------	---------	--------------------------------------	------------

### 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

Sept 14-15, 2013 VRWC & Australian Centurions 24 Hour Roadwalk, Middle Park, VIC  
Sept 15, 2013 Vic 50km Championship, RWA Women's 50km Championship, Middle Park, VIC  
October 5-12, 2013 **Australian Masters Games, Geelong**, See <http://www.australianmastersgames.com>.

#### 2013 International Fixture

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**



Tim Erickson, Secretary, VRWC, [terick@melbpc.org.au](mailto:terick@melbpc.org.au), Home: 03 90125431 Mob: 0412 257 496  
Copies of recent newsletters are kept on the VRWC website (<http://www.vrwc.org.au>)