



## HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club  
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### ANOTHER YEAR COMPLETED

Another VRWC Financial year is coming to an end and another 52 issues of *Heel & Toe Online* have been dispatched. This is the sixth year in a row that I have managed to put out an issue every week without miss. I am never sure how long my run can continue - time will tell!

Thanks as always to the many people who feed me regular results and photos from Victoria and from the wider Australian scene - special mentions to regular Australian correspondents Sarah Brennan (Ballarat Walking Club), Paul Rance (Bendigo Walking Club), Terry Swan (VRWC photos), Colin Hainsworth (South Australian Masters), Peter Crump and Kim Mottrom (South Australian Walkers Club), Robin Whyte (ACT Walking Club), Rick Cattermole (RWCWA), John Back and Terry Jones (WARWC), Brad Jones (NSW) and Robyn Wales (QLD),

And on the international front, thanks to Emmanuel Tardi, Mark Wall, Mark Easton, Fabio Ruzzier and the many others who feed in results from the wider world of racewalking. And of course, thanks to the oMarchador blog and to Nicola Maggio's Marchia Italiana press releases for their almost daily news feeds which are always fantastic.

Onward ever onward!

### 56<sup>TH</sup> LITHUANIAN WALKING CUP, ALYTUS, LITHUANIAN, SATURDAY 14 SEPTEMBER

Some 80 walkers, representing 7 clubs, took part in the annual Lithuanian Walking Cup in Altyus on Saturday 14<sup>th</sup> September. Genadyj Kozlovskij won the men's 10,000m with a PB 42.19,25 while Agne Klebauskaite won the women's 10,000m with 50.53,51. Svencionis was the winning city, followed by Kedainiai and Druskininkai. In the club competition, PSEK won with 50 points ahead of Vaivorykste with 134 points and Druskininku EK with 141 points

Thanks to oMarchador (see <http://omarchador.blogspot.pt/2013/09/taca-de-marcha-da-lituania-em-56-edicao.html>) for this feed. The winners for each event are shown below.

|                      |                         |      |                |          |
|----------------------|-------------------------|------|----------------|----------|
| 10,000m Senior Men   | Genadyj Kozlovskij      | 1991 | PSEK           | 42.19,25 |
| 10,000m Senior Women | Agne Klebauskaite       | 1992 | SK Daisotra    | 50.53,51 |
| 5000m Junior Men     | Normantas Petrysa       | 1994 | Druskininku EK | 21.46,05 |
| 5000m Junior Women   | Gintare Vaiciukeviciute | 1994 | PSEK           | 24.01,46 |
| 5000m Youth Boys     | Tomas Pagirys           | 1996 | SK Einius      | 22.25,05 |
| 3000m Youth Girls    | Engin Vaiciukeviciute   | 1996 | PSEK           | 13.53,65 |
| 2000m U16 Boys       | Daumantas Liutinskis    | 1999 | Vaivorykste    | 9.59,95  |
| 2000m U16 Girls      | Ausrine Kuzmickaite     | 1998 | EK Vejas       | 10.12,88 |
| 1000m U14 Boys       | Erik Mickevic           | 2000 | PSEK           | 4.42,17  |
| 1000m U14 Girls      | Austeja Kavaliauskaite  | 2000 | Vaivorykste    | 4.39,87  |
| 400m U12 Boys        | Deividas Gudzikas       | 2003 | Vaivorykste    | 1.50,71  |
| 400m U12 Girls       | Reda Dicipetryte        | 2002 | A. Mikeno EK   | 1.47,56  |

### JAPANESE CORPORATE CHAMPIONSHIPS, KUMAGAYA, JAPAN, 20-22 SEPTEMBER 2013

As usual, great Japanese depth was on show, this time in the Japanese Corporate Championship walks last Saturday.

#### Men's 10,000m Race Walk, Saturday 21 September

|    |                |     |    |          |
|----|----------------|-----|----|----------|
| 1. | Hiroki ARAI    | JPN | 88 | 40:27.89 |
| 2. | Isamu FUJISAWA | JPN | 87 | 40:38.44 |
| 3. | Takuya YOSHIDA | JPN | 85 | 40:44.34 |

|    |                  |     |    |          |
|----|------------------|-----|----|----------|
| 4. | Takayuki TANII   | JPN | 83 | 40:53.48 |
| 5. | Koichiro MORIOKA | JPN | 85 | 41:27.85 |
| 6. | Yusuke SUZUKI    | JPN | 88 | 41:37.09 |

#### Women's 10,000m Race Walk, Saturday 21 September

|    |                |     |    |          |
|----|----------------|-----|----|----------|
| 1. | Kumi OTOSHI    | JPN | 85 | 44:22.56 |
| 2. | Ai MICHIGUCHI  | JPN | 88 | 45:21.90 |
| 3. | Masumi FUCHISE | JPN | 86 | 46:03.15 |
| 4. | Rei INOUE      | JPN | 91 | 46:23.82 |
| 5. | Chiaki ASADA   | JPN | 91 | 46:29.89 |

### BALTIC COUNTRIES RACWALKING MEET, TUKUMS, ESTONIA, SATURDAY 21 SEPTEMBER

Lithuania, with 44 points, won the annual Baltic Countries racewalking meet ahead of Sweden (39), Latvia (34) and Estonia (22) last Saturday in Tukums, Estonia. Swedish walkers Perseus Karlström 1:24:55 and Ato Ibáñez 1:26:56 dominated the men's 20km while Latvian walker Agnese Pastare 46.41 won the women's 10km ahead of Swedish walkers Mari Olsson 48.17 and Siw Karlström 50.31 (born 1957 so W55) Lithuania sealed their overall victory in the junior women's teams event with with the Vaiciukevičiūtė sisters - Gintare (23.41), Živilė (23.56) and Monika (24.44) - taking the first 3 places.

#### 20km Men

|     |                    |      |     |         |
|-----|--------------------|------|-----|---------|
| 1.  | Perseus Karlström  | 1990 | SWE | 1.24.55 |
| 2.  | Ato Ibáñez         | 1985 | SWE | 1.26.56 |
| 3.  | Rumbenieks Arnis   | 1988 | LAT | 1.31.06 |
| 4.  | Havard Haukanes    | 1990 | NOR | 1.31.23 |
| 5.  | Genadij Kozlovskij | 1991 | LTU | 1.32.05 |
| 6.  | Lauri Lelumees     | 1978 | EST | 1.34.21 |
| 7.  | Anders Hansson     | 1992 | SWE | 1.35.28 |
| 8.  | Artur Mastianica   | 1992 | LTU | 1.39.19 |
| 9.  | Normantas Petriša  | 1994 | LTU | 1.40.02 |
| 10. | Ainar Veskus       | 1990 | EST | 1.56.05 |
| 11. | Artjom Djatsuk     | 1989 | EST | 2.03.23 |
|     | Edgars Gjačš       | 1993 | LAT | DNF     |

#### 10km Women

|     |                     |      |     |         |
|-----|---------------------|------|-----|---------|
| 1.  | Agnese Pastare      | 1988 | LAT | 46.41   |
| 2.  | Mari Olsson         | 1986 | SWE | 48.17   |
| 3.  | Siw Karlström       | 1957 | SWE | 50.31   |
| 4.  | Agnė Klebauskaitė   | 1992 | LTU | 52.07   |
| 5.  | Inga Mastianica     | 1989 | LTU | 53.33   |
| 6.  | Jelena Kunevič      | 1988 | LTU | 56.09   |
| 7.  | Melne Ilma          | 1993 | LAT | 56.44   |
| 8.  | Margarita Kozlova   | 1996 | EST | 1.01.57 |
| 9.  | Frišenbrūdere Baiba | 1975 | LAT | 1.05.20 |
| 10. | Anna Kukankova      | 1990 | EST | 1.06.18 |

### CHINESE WALK CHAMPS, CHANGBAISHAN NATURE RESERVE, JILIN PROVINCE, 19-20 SEPT

Changbaishan Nature Reserve, in the Jinin province in north-eastern China on the border with North Korea, hosted this year's Chinese Race Walking Championships. There were not many of the stars in attendance given the Chinese Games in May and the World Championships last month but 2012 Olympic champion Chen Ding was there. At 1600m altitude, times were never going to be fast but this is China, after all, and the depth of racewalking is always impressive.

Day One (Thursday 19<sup>th</sup> September) saw the Junior 20km and the U18 10km championships. Brief results follow, compliments of Marchia Italiana (see [http://www.marciaitaliana.com/ita/dettagli\\_news.aspx?id=1575](http://www.marciaitaliana.com/ita/dettagli_news.aspx?id=1575)).

#### 20 km junior Men

|    |             |         |
|----|-------------|---------|
| 1. | Wang Kaihua | 1:26:44 |
| 2. | Yin Jiaying | 1:28:21 |
| 3. | Gao Wenkui  | 1:29:31 |

#### 20 km junior Women

|    |              |         |
|----|--------------|---------|
| 1. | Duan Dandan  | 1:38:04 |
| 2. | Su Yingqiu   | 1:42:08 |
| 3. | Zhang Xuhong | 1:43:15 |

### 10km U18 Men

|    |           |       |
|----|-----------|-------|
| 1. | Sun Song  | 43:46 |
| 2. | Leng Xiao | 44:01 |
| 3. | Wang Libo | 44:52 |

### 10km U18 Women

|    |               |       |
|----|---------------|-------|
| 1. | Hang Tangcai  | 50:58 |
| 2. | Xiao Xianghua | 51:29 |
| 3. | Shao Lina     | 51:29 |

The men's and women's 20km events were held on the second day of the championships (Friday 20<sup>th</sup> September). With his national teammates Wang Zhen and Li Jianbo both skipping the tournament, the 21-year-old Olympic champion Chen Ding, who collected a silver at the IAAF World Championships in Moscow last month, enjoyed an easy victory for Team Guangdong in 1:23:33, ahead of Yu Wei 1:24:17 and Liu Jianmin 1:24:47. "After the World Championships I took a break and only trained for several days in the build-up for this competition," said Chen. "Yesterday is the Mid-autumn Day, I think this title is a wonderful holiday gift for my family." The women's 20km event, which started 5 minutes after the men, saw Huiqin Ding 1:32:56 win ahead of He Qin 1:33:29 and Wang Di 1:35:02. See [http://www.marciaitaliana.com/ita/dettagli\\_news.aspx?id=1576](http://www.marciaitaliana.com/ita/dettagli_news.aspx?id=1576) for the Marcia Italiana report.

### 20km Open Men

|    |             |         |
|----|-------------|---------|
| 1. | Chen Ding   | 1:24:47 |
| 2. | Yu Wei      | 1:24:17 |
| 3. | Liu Jianmin | 1:24:47 |

### 20km Open Women

|    |             |         |
|----|-------------|---------|
| 1. | Huiqin Ding | 1:32:56 |
| 2. | He Qin      | 1:33:29 |
| 3. | Wang Di     | 1:35:02 |

## BRAZILIAN JUNIOR T&F CHAMPIONSHIPS, SAO PAULO, BRAZIL, 21-22 SEPTEMBER

### Men's 10,000m Race Walk, Sunday 22 September

|    |  |     |    |          |
|----|--|-----|----|----------|
| 1. | Bruno Marques FIDELIS                  | BRA | 94 | 43:44.41 |
| 2. | Max Batista GONCALVES DOS SANTOS       | BRA | 94 | 43:49.90 |
| 3. | Lucas GOMES DE SOUZA                   | BRA | 94 | 44:08.45 |
| 4. | Leandro Augusto PEREIRA NERIS DA SILVA | BRA | 94 | 45:53.76 |

### Women's 10,000m Race Walk, Sunday 22 September

|    |                                  |     |    |          |
|----|----------------------------------|-----|----|----------|
| 1. | Elyse DA SILVA ALBINO            | BRA | 94 | 51:31.47 |
| 2. | Rayana Caroline LINS DE OLIVEIRA | BRA | 96 | 54:43.02 |
| 3. | Indira Cristina BIACCHI CARVALHO | BRA | 94 | 57:01.97 |
| 4. | Andressa SOUZA                   | BRA | 95 | 57:37.61 |

## OUT AND ABOUT

- Fantastic interview with Rob and Marian Heffernan on Ireland's "The Late Late Show". It's a must watch! [https://www.youtube.com/watch?feature=player\\_embedded&v=WE\\_f4cbGu-c#t=72](https://www.youtube.com/watch?feature=player_embedded&v=WE_f4cbGu-c#t=72)
- The IAAF has revealed that 7 athletes tested positive for banned substances at the IAAF World Championships in Moscow. Amongst them was one finalist - Roman Avramenko of Ukraine who finished fifth in the men's javelin competition - and two walkers - Ayman Kozhakhmetova of Kazakhstan (women's 20km walk) and Iran's Ebrahim Rahimian (men's 20km walk).
- The Athletics Victoria winter cross country and road running season finished last Saturday morning with the traditional Tan Relays. A record 307 teams tested themselves out over the hilly 3.8km course around the Botanical Gardens in inner Melbourne. Full results at [http://www.athsvic.org.au/images/uploads/results/TAN\\_RELAYS\\_MASTER\\_RESULTS.pdf](http://www.athsvic.org.au/images/uploads/results/TAN_RELAYS_MASTER_RESULTS.pdf). Check out all the action at <http://www.youtube.com/watch?v=E0t3Gji0bO0&feature=youtu.be>.

I did a quick scan through the listings and found a number of walkers who competed for their clubs. I am sure there were others also. Those I found included Rhydian Cowley 11:37, Chris Erickson 12:38, Adam Garganis 14:05, Stuart Kollmorgen 14:10, Jemima Montag 15:22, Bill Dyer 15:24 and Clyde Riddoch 19:02.

## VRWC RUNNERS WORLD WINTER SEASON AWARDS

Neil Ryan of Runners World Kew (see <http://www.runnersworld.com.au/>) approached VRWC early in the 2009 winter season with an offer of some club sponsorship. While we have our Points and Handicap awards, the awards are not necessarily won by our BEST walkers as they are influenced by participation rates. So, after various discussions, it was decided to institute Runners World Winter and Summer Season Awards. You can read more about these awards at <http://www.vrwc.org.au/vrwcrunners-world.shtml>.

At the end of each season, our VRWC Committee votes on a short list of candidates in each of 4 categories. This voting has now been completed and I am pleased to announce our four winners of the 2013 Winter Season Runners World Awards. I will now be arranging a suitable presentation time with Neil and our four winners.

### Open Men - Chris Erickson

31 year old Chris Erickson, who has been back in Melbourne for nearly 12 months since relocating from Canberra, had a great winter season. He won the Victorian 10km, 15km, 20km and 30km championships as well as the Alf Robinson Trophy (VRWC 20km championship) and he recorded PBs in the LBG 20 miler in Canberra (2:21:10) and the IAAF 50km World Championships in Moscow (3:49:41).

### Open Women - Kelly Ruddick

Kelly Ruddick had an amazing season - 6 PBs (all of them W40 records) out of 7 races, topping it off with a National Open 20km Championship win and a 3 min PB! Her time in Launceston (1:33:15) propels her to the number one spot on the Open Women's National 20km ranking list for the year and sets her up nicely for a World Cup berth next year.

### Junior Men - Kyle Swan

Kyle has had to wait for a few years before we could nominate him and it is only this year, now that he has turned 14, that he becomes eligible for the winter season Junior Men award. He raced most weeks, was rarely beaten and recorded some very impressive PBs. His season culminated with a win in Launceston - U16 5km national champion!

### Junior Women - Emily Hamilton

15 year old Emily was one of the big improvers this winter, winning both U16 Victorian Roadwalk Championships and taking bronze in the U16 5km National Championship in Launceston last month. She also tested herself out over the longer 10km distance (57:57).



Chris, Kelly, Kyle and Emily in action during the winter

## 2013 AUSTRALIAN RACE WALKING SERIES UPDATE

With 7 of the 8 rounds now completed in our 2013 Australian Race Walking Series, I have updated the progress scores and Launceston meet points to <http://www.rwa.org.au/aevents-1.shtml>. As usual, let me know if you see any errors or if you have any questions. Our final Series round will be at Fawkner Park in Melbourne on Sunday 15 December.

## WHAT'S COMING UP

Our VRWC 24 Hour Carnival a week ago marked the end of our winter season so we can all have a well earned break for the next month or so. But a few planning notes that may be of interest to our Victorian walkers.

- A **5000m track walk** will be held at the **Mentone Athletics Track** (Dolamore Oval, Queens St, Mentone) on **Saturday 28<sup>th</sup> September at 11AM**. It has been setup by some of our VRWC masters walkers as a final hitout before they head off to the World Masters Championships in Porto Alegre, Brazil, in October (see <http://www.wma2013.com>). All are welcome to come down to shake out the cobwebs before the summer season starts.
- Entries are now open for the **2013 Victorian All Schools Track & Field Championships** at Lakeside Stadium. Entry is online via link <http://www.athsvic.org.au/events/detail/2013-victorian-all-schools-track-field-championships>. You don't have to be an Aths Vic member to enter - just a school kid! The draft timetable has the walks at the following times:

|                   |                                      |
|-------------------|--------------------------------------|
| Fri 25 Oct 4:50pm | U17, U18, U20 Men & Women 5000m Walk |
| Sun 27 Oct 2:20pm | U14 Boys & Girls 3000m Walk          |
| Sun 27 Oct 2:35pm | U15, U15 Boys & Girls 3000m Walk     |

- Our VRWC summer season has now been finalised and starts on Wednesday 16<sup>th</sup> October with track races at the Collingwood Harriers track at Clifton Hill. Our fixture reads as follows

|                  |  |
|------------------|--|
| Wed Oct 16, 2013 | VRWC Track Races, George Knott Athletics Track, Clifton Hill |
| Sun Nov 10, 2013 | VRWC Summer Road Champs and AGM, Middle Park                 |
| Sun Dec 1, 2013  | VRWC Road Walks, Middle Park                                 |
| Sun Jan 19, 2014 | AV Teams Championships and VRWC Road Races, Middle Park      |
| Sun Mar 23, 2014 | VMA 5000m Champs and VRWC Races, Dolamore Oval, Mentone      |

- Athletics Victoria Shield competition kicks off on Saturday 19<sup>th</sup> October with 3000m/1500m walks at our 4 metropolitan and 3 country venues.

## 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.

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

|                    |  |
|--------------------|--|
| Sat Sept 28, 2013  | Special VMA time trial 5000m walk, Mentone Athletics Track, Queens St, Mentone, 11AM   |
| October 5-12, 2013 | <b>Australian Masters Games, Geelong</b> , See <a href="http://www.australianmastersgames.com">http://www.australianmastersgames.com</a> . |
| Wed Oct 16, 2013   | VRWC Track Races, George Knott Athletics Track, Clifton Hill   |
| Sat Oct 19, 2013   | Athletics Victoria Shield competition kicks off  |
| Oct 25-27, 2013    | Victorian All Schools T&F Championships, Lakeside Stadium, Melbourne   |
| Dec 6-8, 2013      | Australian All-Schools Championships, Townsville (Qld)   |
| Dec 15, 2013       | Australian 50km Race Walking Championships, Melbourne (Vic) - 2014 World Cup 50km trial  |
| Feb 2, 2014        | Australian 20km Race Walking Championships, Hobart (Tas)   |
|                    | Incorporating the Oceania Racewalking Cup (Aust vs NZ) and 2014 World Cup trials for 20km/10km   |
| 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) - 10,000m walks   |

### 2013 International Fixture

|                     |   |
|---------------------|---|
| Oct 14, 2013        | MTR 10km roadwalk, Hong Kong. See <a href="http://www.hkaaa.com/page.php?pid=759&amp;mid=199">http://www.hkaaa.com/page.php?pid=759&amp;mid=199</a> |
| October 15-27, 2013 | <b>World Masters Athletic Championships, Porto Alegre, Brazil</b> . See <a href="http://www.wma2013.com">http://www.wma2013.com</a>                 |

### 2014 International Fixture

|                  |   |
|------------------|---|
| Jan 4-12, 2014   | <b>Oceania Masters Championships, Bendigo</b> - see <a href="http://www.omabendigo2014.com.au/">http://www.omabendigo2014.com.au/</a> |
| Mar/Apr 2014     | <b>World Masters Indoor Championships, Budapest, Hungary</b>  |
| May 3-4, 2014    | <b>26<sup>th</sup> IAAF World Race Walking Cup, Taicang, China</b>  |
| May 18, 2014     | Naumburg International Racewalks, Naumburg, Germany   |
| July 22-27, 2014 | <b>15<sup>th</sup> World Junior T&amp;F Championships, Eugene, Oregon, USA</b>  |

### Looking even further forward

|                    |  |
|--------------------|--|
| 2015               | <b>28<sup>th</sup> Summer Universiade, Gwanju, Korea</b>   |
| 2015               | <b>9<sup>th</sup> World Youth T&amp;F Championships, Cali, Colombia</b>  |
| August 22-30, 2015 | <b>15<sup>th</sup> IAAF World Championships in Athletics, Beijing, China</b>   |
| July/Aug 2015      | <b>20<sup>th</sup> World Masters T&amp;F Champs Stadia, Lyon, France</b>   |
| 2016               | <b>21<sup>st</sup> World Masters T&amp;F Champs Stadia, Perth, Australia</b> . See <a href="http://www.perth2016.com/">http://www.perth2016.com/</a> |

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**  
2018               **Commonwealth Games, Gold Coast, Queensland (racewalks are on the program)**  
July 2020           **32<sup>nd</sup> Olympic Games, Tokyo**

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