



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2013/2014 Number 18
28 January 2014



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TIM'S WALKER OF THE WEEK

Ok, I don't normally beat my own drum but on this occasion, I have bowed to pressure. Australian Centurions President and VRWC walker Terry O'Neill summed it up nicely when he emailed me yesterday to say

Hi Tim,

I am sure that most people will have now heard about your Order of Australia award. Tim I would like to nominate you for Walker of the week - not so much for you have done in walking performances but for this recognition about what you have done for walking in general. It is not every day you get recognised for your achievements but you have given your all to the walkers club and to the centurion walkers for a couple of decades. Your recognition is well deserved. Tim, you are walker of the week.

Thanks to Terry and to the many other friends and walking associates who have sent me their congratulations and well wishes. It is indeed a great honour and a recognition for our sport so on this one occasion, I will bow to public pressure!

For a bit of additional reading, see

<http://www.heraldsun.com.au/leader/north/champion-walker-tim-erickson-of-pascoe-vale-goes-the-distance/story-fnglenug-1226809740816> and [http://www.gg.gov.au/sites/default/files/files/honours/ad/Media%20Notes%20-%20OAM%20\(A-E\)%20\(final\).pdf](http://www.gg.gov.au/sites/default/files/files/honours/ad/Media%20Notes%20-%20OAM%20(A-E)%20(final).pdf)

WHAT'S COMING UP

Weather permitting (it's another super hot week coming up for Victorians), **Athletics Victoria Shield** competition will continue next Saturday with Round 8 to be contested in all zones except for Bendigo (who held their Round 8 earlier in the season).

- AV Shield BLUE ZONE Round 8, Knox Athletic Track, Scoresby
- AV Shield RED ZONE Round 8, Meadowglen International Athletics Track, Epping
- AV Shield WHITE ZONE Round 8, Bill Sewart Aths Track, Burwood
- AV Shield YELLOW ZONE Round 8, Mooney Valley Athletics Centre, Essendon
- AV Shield BALLARAT REGION Round 8, Llanberris Reserve, Ballarat
- AV Shield GEELONG REGION Round 8, Landy Field, Geelong

Next weekend, many of us will be travelling to **Hobart** for the **Australian 20km Roadwalk Championships**. This is a big meet on our local calendar and includes

- Australian Open and U23 20km Road Championships for men and women
- IAAF Oceania 20km Championships for men and women
- 2014 IAAF Challenge Series C Category event
- 2014 Oceania Racewalking Trophy competition (Aust vs NZ)
- 2014 Racewalking World Cup Trials for Open Men and Women 20km and for U20 Men and Women 10km

The fields are very strong (see last week's newsletter for details) and the team for the Aust vs NZ match have now been finalised.

U23 Men

Dane-Bird-Smith
Nick Dewar
Brandon Dewar
Steven Washburn

U23 Women

Rachel Tallent
Kirsty Klein

U20 Men

Jesse Osborne
Nathan Brill
Tyler Jones

U20 Women

Tayla-Paige Billington
Jemima Montag
Elizabeth Hosking

The details of the Oceania Racewalking Cup competition are available at <http://www.rwa.org.au/documents/2014%20Oceania%20Trophy.pdf>. Alas, Athletics Australia has advised there is no provided uniform for this match so athletes will have to compete in their own club uniforms. This is a disappointment, given that in 2010 and in 2012, walkers were able to proudly walk in Australian uniforms and hence stand out as part of a team. But I am sure that they will still be walking as hard as possible to ensure that the Trophy stays on Australian shores once again.

For those travelling to Hobart, a reminder of the the start times for the events

7:30am	Men 20km
7:35am	Women 20km
7:45am	Men/Women 10km

Looking further ahead, entries are now open for the **Victorian Underage T&F Championships** which will be held on the weekend of **14-15 February**- see <http://www.athsvic.org.au/events/detail/2014-victorian-junior-tf-championships>. **Entries close in a week's time on Tuesday 4 February, 2014 so don't delay.** This is a required meet for Victorians wanting to compete in the Australian Underage T&F Champs in March in Sydney.

SAMA TRACK WALKS, SANTOS STADIUM, MILE END, ADELAIDE, WEDNESDAY 22 JANUARY

Thanks to Colin Hainsworth for the latest results from the South Australian Masters in Adelaide. I hear conditions were good. Also good to see SARWC walkers Kim Mottrom and Rhiannon Lovegrove having a midweek hitout with the Masters.

1500m yacht handicap

1.	Leigh Smith	10:43	M78	74.85%
2.	Graham Harrison	10:00	M70	72.19%
3.	Edna Bates	12:16	W61	57.06%
4.	Kim Mottrom	05:59		
5.	Roger Lowe	10:51	M70	66.53%
6.	Jack Russell	08:00	M61	81.68%
7.	Colin Hainsworth	11:01	M84	79.88%
8.	Marie Maxted	09:17	W53	69.95%
9.	Rhiannon Lovegrove	08:03		
10.	David Robertson	12:09	M80	67.99%
11.	George White	08:06	M68	87.02%
12.	Gloria Holliday	08:39	W53	75.07%
13.	Mathew Anderson	12:06	M42	45.72%

3000m yacht handicap

1.	Gill White	23:35	W65	64.59%
2.	Roger Lowe	22:25	M70	65.66%
3.	Bill Starr	20:54	M71	71.30%
4.	Leigh Smith	22:07	M78	74.05%
5.	Kim Mottrom	13:02		
6.	Colin Hainsworth	22:39	M84	79.42%
7.	Graham Harrison	20:55	M70	70.37%
8.	Marie Maxted	19:23	W53	69.14%
9.	Paul Boyce	25:06	M77	64.31%
10.	Edna Bates	25:16	W61	57.52%
11.	Linda Whitelaw	23:26	W59	60.68%
12.	Gloria Holliday	17:43	W53	75.65%
13.	Rodger Barber	22:55	M75	68.50%
14.	George White	17:40	M68	81.35%
15.	Mathew Anderson	25:23	M42	44.45%

ACT RACEWALKING CLUB TRACK RACES, AIS TRACK, BRUCE, THURSDAY 23 JANUARY

Thanks to Robin Whyte for his weekly report from Canberra. It is good to see their strong fields each week.

5000m Walk

1.	Jillian Hosking	24:19
2.	Zoe Hunt	26:30
3.	Thomas Hopkins	27:49
4.	Karina Hopkins	32:15
	Elizabeth Hosking	DNF

3000m Handicap Start (Actual Time, Handicap Start)

1.	Spencer Burns	16:25	(00:00)
2.	Callum Burns	15:31	(03:35)
3.	Jordan Bardsley	19:10	(00:00)
4.	Peter Thompson	21:19	(03:40)
5.	She Hawke	26:06	(00:00)
6.	Geoff Barker	20:00	(06:30)
7.	Rod Gilchrist	20:28	(06:05)
8.	Chelsea Rogic	21:29	(05:05)
9.	Doug Fitzgerald	22:01	(04:40)
10.	Jennifer Gilchrist	21:55	(04:50)
11.	Helena Bialecki	18:31	(08:15)
12.	Robin Whyte	18:53	(08:05)
13.	Margaret McSpadden	24:57	(02:10)
14.	Mitchell Baker	18:28	(08:55)
15.	Ruth Baussmann	22:07	(05:25)
16.	Gabby Hunt	16:39	(11:05)
17.	Peter Baker	18:02	(10:15)

1000m Walk

1.	Sophie Rogic	07:16
2.	Sheryl Greathead	07:49
3.	Jenny Rayner	07:58
4.	Lorna England	08:50

VICTORIAN COUNTRY T&F CHAMPIONSHIPS, LLANBERRIS RESERVE, BALLARAT, 24-26 JANUARY

The Victorian Country T&F Championships were held last weekend in Ballarat and I travelled up on the Friday afternoon for the 5000m walks. Although conditions were hot and sunny, the races were keenly contested with **Kelly Ruddick** (22:22.20) and **Ross Darlow** (a PB 25:17.50) perhaps the best performers. I did feel very sorry for Stephanie George who was feeling crook and stopped briefly midrace, putting a foot on the infield before restarting. Alas, it was seen by the referee and she was disqualified on what could only be termed an inadvertent discretion.

Men 5000m Walk Under 20

1.	Darlow, Ross	98	EUREKA	25:17.50	PB 0:01
	Osborne, Jesse	95	ATHLETICS ESS	DNF	

Men 5000m Walk Open and Masters

1.	Christmass, James	67	CORIO	24:46.01
2.	Blood, Andrew	74	BYC	27:37.01
3.	Dickenson, Russell	45	SCA	28:48.01
	Mirarchi, Nicholas	91	CORIO	DQ

Women 5000m Walk Under 20

1.	Somerfield, Kobie	96	BHA	29:28.29
2.	Whiley, Ebony	95	EAGLEHAWK YMCA	31:22.08
	George, Stephanie	96	SCA	DQ

Women 5000m Walk Open and Masters

1.	Ruddick, Kelly	73	BHA	22:22.20
2.	Boldiston, Zoe	97	SOUTH BENDIGO	25:38.66
3.	Szirom, Megan	77	FRANKSTON	25:46.21
4.	Carr, Heather	49	EAGLEHAWK YMCA	29:40.86
5.	Whiley, Ebony	95	EAGLEHAWK YMCA	31:22.08
6.	Brennan, Sarah	76	BYC	DQ

The remaining walks were held on Saturday morning and it was once again **Ross Darlow** who starred, winning the U18 3000m in a 26 sec PB time of 14:02.72. Ross was at our Falls Creek camp earlier this month and is obviously now in top form. Others to excel included **Zoe Boldiston** (14:19.94) and **Heather Carr** (16:50.41).

Women 1500m Walk Under 14

1.	Hayes, Zahra	01	SOUTH BENDIGO	7:21.98
2.	Peart, Jemma	01	BYC	7:34.00
3.	Canavan, Amy	02	EUREKA	7:59.49
4.	Peart, Alanna	03	BYC	8:20.92
5.	Craft, Kirsten	01	WELLINGTON	9:50.02

Men 1500m Walk 60+

1.	Dickenson, Russ	45	SCA	8:08.65
2.	Carter, John	50	SOUTH BENDIGO	10:44.52

Men 3000m Walk Under 16

1.	Davis, Rodney	99	WENDOUREE	18:57.71
2.	Hockley Samon, Harry	00	CHI	20:22.38

Men 3000m Walk Under 18

1.	Darlow, Ross	98	EUREKA	14:02.72	PB 0:26
2.	Galbraith, Jordan	97	DIAMOND VALLEY	15:50.98	
3.	Wellington, Shea	97	KSB	16:41.06	
	O'Brien, James	98	WELLINGTON	DQ	

Men 3000m Walk 50+

1.	Carter, John	50	SOUTH BENDIGO	21:52.30
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Women 3000m Walk Under 16

1.	Hill, Madison	00	SOUTH BENDIGO	18:00.75
2.	Dowie, Ellen	99	EUREKA	18:29.23

Women 3000m Walk Under 18

1.	Boldiston, Zoe	97	SOUTH BENDIGO	14:19.94
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Women 3000m Walk 50+

1.	Carr, Heather	49	EAGLEHAWK YMCA	16:50.41
2.	Curtis, Annette	56	SOUTH BENDIGO	22:58.01

And see a great Ballarat Courier newspaper article on Kelly's race and her plans and goals for the future at <http://www.thecourier.com.au/story/2045308/gallery-kelly-ruddick-powers-to-vic-country-5000m-racewalking-title-in-ballarat/>.



Zoe Boldiston, James Christmass, Kelly Ruddick and Nick Mirarchi (minus hair!)



Ross Darlow and Heather Carr

NSW COUNTRY T&F CHAMPIONSHIPS, KERRY MCCANN PARK, WOLLONGONG, 24-26 JANUARY

The NSW Country T&F Championships were also contested last weekend, at Wollongong, with fastest times going to **Carl Gibbons** (13:15.53) and **Lauren Burke** (13:38.60).

Women 3000m Walk 16 yrs

1.	Goodhew, Chelsea	15	Westlakes	16:04.76
2.	McKay, Sybella	11	Mingara	18:30.14
3.	Robson, Natalia	16	Coffs Harbour	18:44.23

Women 3000m Walk 17 yrs

1.	Hill, Jayde	17	Nambucca	15:17.85
2.	Mckay, Lydia	17	Mingara	17:45.25

Women 3000m Walk 18/19 yrs

1.	Warden, Emily	19	Nowra	18:22.98
2.	Sadler, Maddison	18	Woolgoolga	19:37.56

Men 3000m Walk 16 yrs

1.	Owen, Damien	16	Forster	15:50.38
2.	Martin, Timothy	16	Coffs Harbour	15:54.05
3.	McGinniskin, Cory	15	Edgewort	19:21.55

Men 3000m Walk 17 yrs

1.	Owen, Damien	16	Forster	15:50.38
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Men 3000m Walk 18/19 yrs

1.	Thorn, Luke	18	Coffs Harbour	20:36.81
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Men 3000m Walk Open & Masters

1.	Gibbons, Carl	18	Westlakes	13:15.53
2.	Thorn, Christopher	22	Wol(Athletic	19:49.17
3.	Rowe, Greg	53	Mingara	20:47.64
4.	West, John	64	Nsw Masters	21:40.65

Women 3000m Walk Open & Masters

1.	Bourke, Lauren	24	Mingara	13:38.60
2.	Martin, Anthea	47	Coffs Harbour	18:52.41
3.	Owen, Karen	51	Forster	20:39.18
4.	Flynn, Rina	52	Illawarra Blue S	20:46.96
5.	Sundstrom, Jodie	35	Illawarra Blue S	25:49.51

6.	Wallace, Helen	60	Port Stephen	27:02.90
7.	McGinniskin, Joanne	46	Edgewort	29:44.59

Men 1500m Walk 15 yrs

1.	Rigney, Lachlan	10	Wyong	8:03.34
2.	Chippendale, Oliver	12	Mingara	8:10.04
3.	McGinniskin, Cory	15	Edgewort	8:22.31
4.	Bianco, Kaeden	12	Illawarra Blue S	10:18.51
	McGinniskin, Jack	12	Edgewort	DQ

Women 1500m Walk 15 yrs

1.	Goodhew, Chelsea	15	Westlakes	7:27.03
2.	Pitcher, Allanah	11	Mingara	7:55.31
3.	Owen, Madeline	13	Forster	7:58.77
4.	Rigney, Paige	12	Wyong	8:00.19
5.	O'Neill, Molly	14	Adamstown Ne	9:16.77
6.	Vesper, Danielle	11	Mingara	9:31.10
7.	Rodda, April	15	Nowra	10:22.39

QUEENSLAND ROUNDUP

First to the latest Masters walk on the Gold Coast where Dean Nipperess was in fine form with 13:44.

3000m Masters Regional Cup, Gold Coast, Sunday 26 January

1.	Dean Nipperess	13:44
2.	Nyle Sunderland	17:40
3.	Patrick Sela	21:28
4.	Christiane Dauphin	23:31
5.	Robyn Wales	24:35

And thanks to Robyn Wales for this great photo. Robyn explains: We were training in the rain last Thursday (Katya, Nyle, Amelia, Blake, Caitlyn, Abby and Tess) and at one stage only the walkers and Olympic hurdles champion Sally Pearson were on the track. At the end of our session Sally very kindly signed autographs and posed for photos. This photo shows Caitlyn, Abby and Tess Hannigan with Sally. Everyone went away inspired by her dedication to training and her willingness to chat.



SA INTERCLUB TRACK WALKS, SANTOS STADIUM, MILE END, ADELAIDE, SATURDAY 25 JANUARY

Thanks to Kim Mottrom for the latest walk results from Adelaide. Kim explained: *We had a 1500m and a 5000m walk today with some good times in both. Alix Harlington also walked today but the administrators have listed him as DQd which was actually James. If I can get a response from them soon I'll let you know his time.*

Open 5000m

1.	Kim Mottrom	21:42.18
2.	Tanya Holliday	22:14.97
3.	Jemma Potezny	26:14.70

4.	Peter Crump	28:04.21
5.	George White	28:55.68
6.	Gloria Holliday	30:00.91
7.	Jack Russell	30:49.02
8.	Samantha Findlay	31:36.85
9.	Marie Maxted	31:12.88
	James Hoare	DQ

Open 1500m

1.	Rhiannon Lovegrove	7:47.88
2.	Jayden Goode	7:55.56
3.	Felicity Henderson	8:06.47
4.	Jessica Hahn	8:15.69

RWCWA ROADWALKS, WILSON, PERTH, SUNDAY 26 JANUARY

Thanks to Rick Cattermole for his report from the Racewalking Club of Western Australia in Perth where the hardy walkers had to brave a 35C Sunday morning at Wilson today. Rick commented: *Times were quite good though, with several walkers achieving SBs and a big PB for young U16 walker Simeon Leatherland who raced the 5km in 23.54.*

5km Walk

1.	Simeon Leatherland	23.54	PB 1:01
2.	Daniel Lowe	29.59	
3.	Chris Gerken	31.46	
4.	Caitlin Gerken	32.37	

2km Walk

1.	Summer Brown	11.59
2.	Timothy Kezic	13.33
3.	Ryan Kezic	13.36
4.	Tina Kezic	13.39

1.5km Walk

1.	Sara Cattermole	9.41
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FAST WALKING IN SAN DIEGO, SATURDAY 25 JANUARY

Thanks to Birger Fält for these results from San Diego, California, where **Andreas Gustafsson** set a new Swedish best for the 3000m track walk, beating the previous best time of 11:13.8, set by Stefan Johansson in Canberra in 1993. Andreas, whose previous best was 11:23.9, stormed through in 11:08.55. 42-year-old **Tim Seaman** was not too shabby either with his second place time of 11:42.08 (for the record, his PB is 11:26.62 indoor 2006). **Rachel Seaman** was also in record breaking form, winning the 5000m with a new Canadian National Record time of 21:37.32 (the previous record of 21:42.95 was set by Pascale Grande in 1990). Along the way, she passed the 3000m mark in 12:49.48, just behind **Miranda Melville** who recorded 12:48.77. Great walking!

3000m Open Walk

1.	Andreas Gustafsson	11:08.65	(New Swedish Best result)
2.	Tim Seaman (NYAC)	11:42.08	
3.	John Nunn	11:47.74	
4.	Mario de los Rios	12:40.58	
5.	Emmanuel Corvera	12:41.41	
6.	Miranda Melville (NYAC)	12:48.77	
7.	Rachel Seaman (NYAC)	12:49.48	(3,000m Split)

5,000m Open Walk

1.	Rachel Seaman (NYAC)	21:37.32	(New Canadian National Record)
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And check out this little interview with Andreas right after setting his new time: <https://www.facebook.com/photo.php?v=510037145778030&set=vb.100003152471759&type=2&theater>

POLISH NATIONAL JUNIOR CHAMPIONSHIPS, SPAŁA, POLAND, 23-26 JANUARY

5000m Junior Men

1.	Mateusz NOWAK	96-05-06	UKS Skoczek Skoki(WP)	21:58.76
2.	Szymon ZIELIŃSKI	95-12-06	UKS Orkan Środa Wlkp.(WP)	22:28.45
3.	Daniel CHOJECKI	95-01-24	WLKS Iganie Nowe(MZ)	22:57.47

4.	Tomasz NIEDZIAŁEK	96-04-07	WLKS Iganie Nowe(MZ)	23:22.76
5.	Kamil KOMAROWSKI	95-03-21	MKS Juvenia Białystok(PD)	23:33.38
6.	Szymon CZARTOSZEWSKI	96-10-31	WLKS Iganie Nowe(MZ)	23:43.69
7.	Grzegorz OŚLAK	96-05-11	MKS Bolesłavia Bolesławiec(DS)	24:11.31
8.	Marcel NAZAREK	95-05-14	PLKS Gwda Piła(WP)	24:26.05
9.	Marek KUBAS	96-11-26	GUKLA Bratkowice Korzeniowski.pl(PK)	25:00.58
10.	Karol NAJDYHOR	95-01-18	MKS Żak Biała Podlaska(LU)	27:10.64
11.	Damian BIELENDĄ	96-06-10	RLTL ZTE Radom(MZ)	27:28.82
12.	Michał BACHOR	96-01-17	GUKLA Bratkowice Korzeniowski.pl(PK)	27:39.45

5000m U18 Men

1.	Robert GOŁAWSKI	98-04-07	WLKS Iganie Nowe	23:51.06
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3000m Junior Women

1.	Katarzyna ZDZIEBŁO	96-11-28	LKS Stal Mielec(PK)	14:01.57
2.	Angelika AUGUSTYN	96-01-15	OTG Sokół Mielec(PK)	14:23.67
3.	Barbara KANTOROWSKA	95-11-14	LKS Stal Mielec(PK)	14:43.36
4.	Alicja GWIAZDA	96-09-25	UKS Tempo 5 Przemyśl(PK)	15:54.49
5.	Natalia KALINA	96-07-30	GUKLA Bratkowice Korzeniowski.pl(PK)	16:05.07
6.	Kinga MAJCHROWICZ	95-11-10	CWKS Resovia Rzeszów(PK)	16:06.29
7.	Sylvia REMBOWICZ	95-01-20	LKS Stal Mielec(PK)	16:43.27

3000m U18 Women

1.	Olga NIEDZIAŁEK	97-06-30	WLKS Iganie Nowe	14:20.33
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REGIONAL INDOOR CHAMPS, KARLSRUHE, GERMANY, 25-26 JANUARY

Men's 5000m Race Walk indoor

1.	Carl DOHMANN	GER	90	20:03.80
2.	Andreas JANKER	GER	83	20:48.12
3.	Nathaniel SEILER	GER	95	22:23.29
4.	Steffen MEYER	GER	66	23:49.90
5.	Denis FRANKE	GER	69	25:12.40
6.	Joachim MAIER	GER	70	25:42.25
7.	Klaus DIETSCHÉ	GER	62	25:46.33

Women's 3000m Race Walk indoor

1.	Nicole BEST	GER	68	14:23.16
2.	Lisa WÄLDE	GER	93	16:33.40
3.	Silvia WALDE	GER	66	17:11.87

IRKUTSK REGIONAL INDOOR CHAMPS, IRKUTSK, RUSSIA, 18-19 JANUARY

Men's 5000m Race Walk indoor

1.	Sergey MAZURIN	RUS	93	21:39.4
2.	Mikhail KOROTKOV	RUS	98	22:20.0
3.	Andrey SUKHOV	RUS	96	22:47.0

Women's 5000m Race Walk indoor

1.	Darya MELENTYEVA	RUS	96	24:10.3
2.	Reykhan KAGRAMANOVA	RUS	97	24:29.9

BRAZILIAN ROAD WALKING CHAMPIONSHIPS, NAVEGANTES, BRAZIL, 18-19 JANUARY

The Brazilian road walking championships, which were held on the weekend of 18-19 January in the city of Navegantes, Santa Catarina, saw nearly 150 participants competing in a variety of events, in temperatures around 30C. The races, held on a 1 km circuit, marked the official beginning of the new season and were also the official Open and Junior trials for the South American Championships, to be held in Cochabamba, Bolivia, on 15-16 February.

On Saturday, 22 year old Caio Bonfim had no major difficulties in winning his third national title with his 20km time of 1.30.5 while on Sunday, Cisiane Dutra Lopes repeated her 2013 victory in the women's 20km with a time of 1.45.5. The last event on the program, the 50km, did not get underway until 6PM on the Sunday evening, a wise move given the conditions, and it saw 36 year old Claudio Richardson dos Santos win his ninth national title, in a time of 4:29:11.

Extensive results at <http://omarchador.blogspot.pt/2014/01/campeoes-brasileiros-revalidam-titulos.html>. Main results as follows

20km Men

1.	Caio Bonfim	CASO-DF	1:30:5
2.	Moacir Zimmermann	AABLU-SC	1:31:1
3.	José Alessandro Bagio	AABLU-SC	1:36:6

20km Women

1.	Cisiane Dutra Lopes Convidada	CBAt	1:45.5
2.	Elianay Santana da Silva Pereira	CASO-DF	1:50.4
3.	Nair da Rosa	AABLU-SC	2:00.1

50km Men

1.	Cláudio Richardson dos Santos	AABB Currais Novos-RN	4:29:11
2.	Jonathan Riekman	Orcampi/Unimed-SP	4:37:57
3.	Luiz Felipe dos Santos	ASSEM-SP	4:41:36

REIMS REGIONAL INDOOR CHAMPIONSHIPS, REIMS, FRANCE, SUNDAY 26 JANUARY
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Marciaitaliana reports (see http://www.marciaitaliana.com/ita/dettagli_news.aspx?id=1672) than Yohann Diniz broke his French record in the 5000m Indoors meet in the local regional indoor championships in Reims in his first indoors race for the winter season. His time of 18:29.44 took more than 10 seconds off his previous 2009 record time of 18:40.26, set in 2009 in Liévin. With the European 50km coming up later this year in Zurich, he is showing fantastic early season form.

5000m Walk Indoors

1.	DINIZ Yohann	Efs Reims A.	18:29.44
2.	HADULA Ludovic	Charleville Mezieres Athletism	23:34.69
3.	DAUCHY Louis	Grac Athletisme	26:09.28
4.	DURAND Simon	Efs Reims A	26:46.51
5.	SWYNGHEDAUF David	Efs Reims A	26:52.30
6.	LABIAUSSE Tristan	Efs Reims A	27:37.20
7.	CHAMPAGNE Philippe	Frijep Cor. Margny Verdon	30:47.37
8.	JORDAO Jeremy	Grac Athletisme	34:08.04
	LAMOUREY Maximilien	Athle 52	DQ

WINTER RACE WALKING TROPHY, LATINA, ITALY, 26 JANUARY
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The traditional Winter Race Walking Trophy in Latina, Italy, last Sunday, saw good fields but not too many of the top walkers. Matteo Giupponi was an easy winner in the 50km (it was the National Championship), his time of 3:51:49 all the better when you consider that his last 20km was 1:28:06 and his last 5km was 20:40. The men's 30km went to Leonardo Dei Tos (2:24:30) while the women's 20km went to Eleanora Giorgi (1:30:48). Full results available at <http://www.fidal.it/risultati/2014/COD4715/Index.htm>.

50km Italian National Championship

1.	GIUPPONI Matteo	1988	SM	BO011 C.S. CARABINIERI SEZ. ATLETICA	3h51:49
2.	TONODONATI Federico	1989	SM	TO001 C.U.S. TORINO	4h01:55
3.	DESSI Lorenzo	1989	SM	RM056 G.A. FIAMME GIALLE	4h10:41
4.	BOLDRINI Federico	1988	SM	MC007 ATL. RECANATI	4h32:21

30km Open Men

1.	DEI TOS Leonardo	1992	PM	MI221 BRACCO ATLETICA	2h24:30
2.	DEFENDENTI Roberto	1968	SM45	BG004 U.S. SCANZOROSCIATE	2h26:55
3.	VERDE Vincenzo	1982	SM	BN208 ASD ENTERPRISE SPORT & SERVICE	2h29:35
4.	MOBILIA Ivan	1991	SM	PA001 A.S.D. C.U.S. PALERMO	2h31:13
5.	GERONIMO Franco	1968	SM45	PI071 CUS PISA ATLETICA CASCINA	2h54:53
6.	SIRAGUSA Gianni	1968	SM45	PI071 CUS PISA ATLETICA CASCINA	2h56:21
7.	PIRINO Gian Mauro	1972	SM40	LT260 A.S.D. INTESATLETICA	3h02:23
8.	VOLPI Alessandro	1960	SM50	PI071 CUS PISA ATLETICA CASCINA	3h03:54

20km Open Women

1.	GIORGI Eleanora Anna	1989	SF	RM002 G.S. FIAMME AZZURRE	1h30:48
2.	TRAPLETTI Valentina	1985	SF	RM052 C.S. ESERCITO	1h35:22
3.	CURIAZZI Federica	1992	PF	BG003 ATL. BERGAMO 1959 CREBERG	1h42:37
4.	MORETTI Gladys	1991	SF	BG003 ATL. BERGAMO 1959 CREBERG	1h46:44
5.	STACH Marta	1995	JF	BL012 ANA ATL.FELTRE	1h48:28
6.	CIVILETTI Laura	1992	PF	BN208 ASD ENTERPRISE SPORT & SERVICE	1h50:17
7.	COLOMBI Nicole	1995	JF	BS181 ATL. BRESCIA 1950	1h50:25
8.	VALSECCHI Viviana	1992	PF	CO208 ATL. LECCO-COLOMBO COSTRUZ.	1h52:00

9.	9IMBESI Giulia	1996	JF	PD131 G.S. FIAMME ORO PADOVA	1h55:06
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20km Junior Men

1.	AGRUSTI Andrea	1995	JM	SS182 I GUERRIERI DEL PAVONE	1h31:52
2.	MANSUTTI Stefano	1995	JM	LT260 A.S.D. INTESATLETICA	1h38:23
3.	CORTINOVIS Massimiliano	1995	JM	BG004 U.S. SCANZOROSCIATE	1h38:43
4.	BERSANI Matteo	1996	JM	TO001 C.U.S. TORINO	1h39:01
5.	DE ROSA Luigi	1996	JM	BN208 ASD ENTERPRISE SPORT & SERVICE	1h39:21
6.	CHIESA Stefano	1996	JM	TO001 C.U.S. TORINO	1h43:10
7.	CALIFANO Matteo	1996	JM	BN800 LIBERTAS AMATORI ATLETICA LEGG	1h46:00

10km U18 Men

1.	MANSUTTI Simone	1998	AM	LT260 A.S.D. INTESATLETICA	46:58
2.	BRANDI Giacomo	1998	AM	FM003 SPORT ATL. FERMO	47:36
3.	ORAZI Elio	1997	AM	MC004 ATL. AVIS MACERATA	49:19
4.	IORILLO Mattia	1998	AM	BN800 LIBERTAS AMATORI ATLETICA LEGG	49:52
5.	ANTONELLI Luca	1998	AM	MC007 ATL. RECANATI	50:08
6.	PANTERA Giuseppe	1998	AM	RM057 FIAMME GIALLE G. SIMONI	50:19
7.	VITANGELI Giacomo	1998	AM	FI018 TOSCANA ATLETICA	50:51
8.	CIRNU Adrian Stefanita	1997	AM	RS195 RUNNING CLUB FUTURA	52:51
9.	ROMANO Gabriele	1997	AM	RI223 ATL. STUDENTESCA CA.RI.RI	53:26
10.	TRAPASSO Attilio	1998	AM	CZ012 C.S. GIOVANILE CZ LIDO	54:09
11.	RUGGERI Matteo	1998	AM	RM555 E.SERVIZI ATL. FUTURA ROMA	54:34

10km U18 Women

1.	CIABINI Giada Francesca	1997	AF	FI007 TOSCANA ATL.EMPOLI NISSAN	52:00
2.	TOMEI Vanessa	1998	AF	TE138 ATLETICA GRAN SASSO SSD A.R.L.	53:07
3.	BARCELLA Lidia	1997	AF	MI221 BRACCO ATLETICA	54:00
4.	PANCONI Giulia	1997	AF	GR065 ATL.GROSSETO BANCA D .MAREMMA	54:25
5.	SIMONETTI Prisca	1998	AF	RM131 A.S.D. ACSI ITALIA ATLETICA	56:37
6.	CIPPITELLI Giulia	1998	AF	MC004 ATL. AVIS MACERATA	56:47
7.	PONTAROLLO Erika	1998	AF	VI626 ATL.VICENTINA	57:10
8.	ANDREOSE Beatrice	1998	AF	PD131 G.S. FIAMME ORO PADOVA	58:08
9.	BRAY Elisabetta	1998	AF	MC004 ATL. AVIS MACERATA	58:56
10.	MISCIA Giulia	1997	AF	RM131 A.S.D. ACSI ITALIA ATLETICA	64:18

BRAGA AND POMBAL INDOOR TRACK CLUB CHAMPIONSHIPS, PORTUGAL, 25-26 JANUARY

Vera Santos 12:56.72 and Sergio Vieira Benfica 20:14.84 were once again the winners of the Indoor Track Club Championships last weekend in Braga and Pombal. Full results at <http://omarchador.blogspot.pt/2014/01/sergio-vieira-e-vera-santos-os-melhores.html>. The first 10 placings from each event are shown below.

3000m Women

1.	Vera Santos	1981	Sporting CP	12:56.72
2.	Sandra Silva	1975	GRECAS	13:51.45
3.	Mariana Mota	1995	SL Benfica	14:04.28
4.	Liliana Martins	1990	GC Amizade Donas	14:12.12
5.	Sandra Leitão	1975	ADRE Palhaça	15:16.65
6.	Marisa Pereira	1980	J Vidigalense	15:36.32
7.	Ana Raquel Marques	1983	ACR Senhora Desterro	15:41.32
8.	Elisabete Pinho	1995	C Spiridon Gaia	16:04.78
9.	Marisa Paulino	1996	CA Marinha Grande	16:24.74
10.	Carla Morgado	1973	GDP Chão Duro	16:26.66

5000m Men

1.	Sérgio Vieira	1976	SL Benfica	20:14.84
2.	Miguel Carvalho	1994	CN Rio Maior	21:08.11
3.	Augusto Cardoso	1970	ACR Senhora Desterro	21:13.54
4.	Pedro Martins	1968	CA Seia	21:31.54
5.	Cristiano António	1988	AC Vermoil	21:45.83
6.	Luis Silva	1970	J Vidigalense	22:12.22
7.	Hélder Santos	1996	Gira Sol-RC	22:50.06
8.	Nuno Santos	1988	Sporting CP	23:33.98
9.	Jaime Santos	1972	CCS João Madeira	23:47.24
10.	Amaro Teixeira	1989	GC Amizade Donas	24:00.85

RACING SHORTS

And now to other race shorts from around the world.

BERGEN (NOR, Jan 19): Erik Tysse won the 3000m indoors walk in Bergen a week ago with a time of 11:30.48, ahead of Joakim Saelen 11:57.41.

SAN SEBASTIAN (ESP, Jan 25): Mikel Odriozola won the 3000m indoor walk at San Sebastian in Spain on Saturday in a time of 11:51.60 .

ISTAMBUL (TUR, Jan 19): Suleyman Gul won the Turkish U18 Indoor Champs in Istanbul a week ago with a time of 14:13.80.

WELLINGTON (NZL, Jan 24). It was good to see Matthew Holcroft back in action winning the Wellington Capital Classic 3000m walk last Friday evening. His time of 13:07.53 was well ahead of second placed Mike Morresey with 14:43.36.

OUT AND ABOUT

- A 10 minute stretching routine for walking which you can download to your iPad, iPhone, Android or computer. See <http://injuryfix.com/archives/stretching-routine-walking.php#videos>
- The Portuguese Athletics Federation imposes harder standards for the 2014 World Cup: 4.00.00 (50 km), 1.25.00 and 1.35.00 (20 km). See <http://www.omarchador.blogspot.pt/2014/01/rude-golpe-nas-aspiracoes-de-marchadores.html>
- And one for our Victorian walking coaches. The 2014 Athletics Victoria Target Talent Program is set to launch at the Victorian Junior Track & Field Championships (Feb 14-16). The athletes named in the squad will represent Victoria's most talented 16-19 year olds. State Coaches will also be named for each discipline, including walks. State Coach application forms are now available online. See http://athsvic.org.au/images/uploads/coaches/AV_TTP_Coaches_PD_UPDATED.pdf for information on the position and note that applications close on Sunday 2 February.
- World race walking champion Robert Heffernan and his wife Marian were celebrating following the birth of a 3.17kg (7lb) baby daughter at Cork University Maternity Hospital on Sunday 26 January. The 400m sprinter, who competed at the London Olympics, put her career aside a year ago to manage her husband's. You can read all the details at <http://www.irishtimes.com/sport/other-sports/race-walk-champion-rob-heffernan-and-wife-celebrate-birth-of-daughter-1.1668890>.

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

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 8-10, 2014	Australian Masters T&F Championships, Hobart. See http://www.amahobart2014.com.au
Mar 12-16, 2014	5 th Australian Junior Athletics Championships, Sydney (NSW)
Sat Mar 29, 2014	Queensland Track Classic, Brisbane (QLD) - 5000m walks
April 3-6, 2014	92 nd Australian Athletics Championships, Melbourne (VIC) - 10,000m walks

2014 International Fixture

Mar 25-30 2014	WMA Indoor Championships, Budapest, Hungary - https://www.facebook.com/WMABudapest2014
May 3-4, 2014	26th IAAF World Race Walking Cup, Taicang, China
May 18, 2014	Naumburg International Racewalks, Naumburg, Germany
July 22-27, 2014	15th World Junior T&F Championships, Eugene, Oregon, USA
Aug 16-28, 2014	Youth Olympic Games, Nanjing, China. See http://www.nanjing2014.org/en/

2014 European Athletics Permit Meets

Mar 16, 2014	Lugano Trophy - Memorial Mario Albisetti, Lugano, Switzerland
Mar 22, 2014	Dudinska 50, Dudince, Slovakia
Apr 5, 2014	Grand Prix of Rio Maior, Rio Maior, Portugal
Apr 12, 2014	Podebrady, Podebrady, Czech Republic
Jun 8, 2014	British Grand Prix of Racewalking, York, England
Jun 13, 2014	International Festival of Alytus, Lithuania
Aug 31, 2014	Voronovo Cup, Moscow, Russia

2014 IAAF Challenge Series Walks

Feb 2, 2014	Hobart	AUS	Commonwealth & Oceania Championships	C Category
Feb 15-16, 2014	Cochabamba	BOL	South American Race Walking Championships	C Category
Feb 22, 2014	Chihuahua	MEX	IAAF Permit	B Category
Mar 16, 2014	Lugano	SUI	Area Permit	C Category
Mar 16, 2014	Nomi City	JPN	Asian Race Walking Championships	C Category
Mar 22, 2014	Dudince	SVK	Area Permit	C Category
Apr 5, 2014	Rio Maior	POR	Area Permit	C Category
Apr 12, 2014	Podebrady	CZE	Area Permit	C Category
May 3-4, 2014	Taicang	CHN	IAAF World RW Cup	A Category
May 31, 2014	La Coruna	ESP	IAAF Permit	B Category
Aug 10-14, 2014	Marrakech	MAR	African Championships	C Category
Aug 12-27, 2014	Zurich	SUI	European Championships	C Category

Looking even further forward

July 2015	28th Summer Universiade, Gwanju, South Korea
July 2015	9th World Youth T&F Championships, Cali, Colombia
Aug 22-30, 2015	15th IAAF World Championships in Athletics, Beijing, China
July/Aug 2015	20th World Masters T&F Champs Stadia, Lyon, France
May 2016	27th IAAF World Race Walking Cup, Cheboksary, Russia
July 2016	16th World Junior T&F Championships, ?
Oct 26 -Nov 6, 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
July 2017	10th World Youth T&F Championships, ?
July 2017	29th Summer Universiade, Taipei, Taiwan
August 5-13, 2017	16th IAAF World Championships in Athletics, London, UK
May 2018	28th IAAF World Race Walking Cup, Cheboksary, Russia
July 2018	16th World Junior T&F Championships, ?
Apr 4-15, 2018	Commonwealth Games, Gold Coast, Queensland (racewalks on the program). See http://www.gc2018.com/
2019	17th IAAF World Championships in Athletics, ?
July 2019	11th World Youth T&F Championships, ?
July 2019	30th Summer Universiade, Brasilia, Brazil
July 2020	32nd Olympic Games, Tokyo

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