



HEEL AND TOE ONLINE

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

My walker of the week this week goes to Victorian Masters walker **Heather Carr**. Heather won all 3 golds last weekend in the Australian Masters championships in Hobart and scored over 90% in the age graded tables with her two track walks. The website is not yet showing the 10km roadwalk time but I am guessing that it was also excellent.

W60	1	Carr, Heather	W64	1500m	7:47.82	92.72%
W60	1	Carr, Heather	W64	5000m	28:34.51	90.79%
W60	1	Carr, Heather	W64	10km	?	

Heather has been arguably Australia's greatest female Masters racewalker for more than two decades. Now aged 63, she combines natural ability and an insatiable desire to improve, and together they have unquestionably contributed to a long, successful and continuous career in racewalking. She has set world records for every age group from W40 through to her current age group of W65 and shows no signs of stopping any time soon. Perhaps one day I will beat her if I last long enough!



Heather in action on the road at Middle Park last winter season

WHAT'S COMING UP

This coming week sees the **Australian Junior T&F Championships in Sydney** with track championship walks for U14-U20 age groups. The walks timetable reads as follows

Wednesday 12/03/2014 - 7:35 PM	Men 5000m Walk Under 17
Wednesday 12/03/2014 - 7:35 PM	Men 5000m Walk Under 18
Wednesday 12/03/2014 - 8:45 PM	Women 5000m Walk Under 17
Wednesday 12/03/2014 - 8:45 PM	Women 5000m Walk Under 18
Thursday 13/03/2014 - 4:00 PM	Men 3000m Walk Under 15
Thursday 13/03/2014 - 4:00 PM	Men 3000m Walk Under 16

Thursday 13/03/2014 - 5:00 PM	Women 3000m Walk Under 15
Thursday 13/03/2014 - 5:00 PM	Women 3000m Walk Under 16
Friday 14/03/2014 - 4:37 PM	Men 3000m Walk Under 14
Friday 14/03/2014 - 4:37 PM	Women 3000m Walk Under 14
Friday 14/03/2014 - 6:35 PM	Women 10000m Walk Under 20
Friday 14/03/2014 - 6:35 PM	Men 10000m Walk Under 20

Official start lists are found at <http://www.athletics.com.au/DesktopModules/EasyDNNNews/DocumentDownload.ashx?portalid=23&moduleid=10624&articleid=4038&documentid=533>.

The U20 10,000m racewalks are the official trials for the 2014 World Junior Championships and we have a lot of walkers who have already bettered the Australian qualifying standards of 43:44 and 49:40 - and others are knocking at the door. I expect some fantastic races across all age groups. Good luck everyone!

And on the local front, the **2014 VMA T&F Championships** will also be held next weekend at the **Bill Sewart Athletic Track in Nunawading**. Our top Victorian masters walkers will be back in action a week after the Australian Masters championships and will race over 3000m on Saturday and 1500m on Sunday.

Looking further forward, the championships keep coming

Sun Mar 23, 2014	VMA 5000m Track Champs and VRWC track walks, Dolomore Oval, Mentone, VIC
Sat Mar 29, 2014	Queensland Track Classic, Brisbane (QLD) - 5000m walks - entries closed on Feb 28 th .
Mar 29-30, 2014	LAVic State T&F Championships
April 3-6, 2014	92 nd Australian Athletics Championships, Melbourne (VIC) - 10,000m walks.

Entries are open for the **Australian T&F Championships 10,000m walks** - the draft fixture has them on at 7PM on Friday 4th April. See https://sitedesq.imgstg.com/meetsregform/index.cfm?fuseaction=display_event_registration_step1&MeetID=1075&OrgID=887

Finally, some of our Australian Masters walkers will be heading off later this month to the **World Masters Athletics Indoor Championships in Budapest** (see <https://www.facebook.com/WMABudapest2014>). The meet runs from **25-30 March** and includes 3000m track walks and 10km road walks.

SA MASTERS TRACK WALKS, SANTOS STADIUM, MILE END, ADELAIDE, WEDNESDAY 5 MARCH 2014

Thanks to Helen Suridge for this week's results from the South Australian Masters in Adelaide.

1500m Walk

1.	Richard Everson	M50	07:03	83.81%
2.	Mathew Anderson	M42	11:36	47.69%
3.	Sarah Damin		07:22	
4.	Rodger Barber	M75	10:36	72.59%
5.	Jill Rogers	W69	12:18	62.38%
6.	Felicity Henderson-Wilson		07:58	
7.	John Hore	M65	10:44	63.49%
8.	Roger Lowe	M70	11:13	64.36%
9.	Gloria Holliday	W53	08:29	76.54%
10.	Jan Layng	W65	11:51	61.70%

3000m Walk

1.	James Hoare	M67	21:15	66.86%
2.	Rodger Barber	M75	21:24	73.35%
3.	Paul Boyce	M77	24:53	64.87%
4.	Edna Bates	W61	25:02	58.06%
5.	Peter Crump	M53	16:20	75.68%
6.	Roger Lowe	M70	22:54	64.27%
7.	Gloria Holliday	W53	17:28	76.73%
8.	Bill Starr	M71	20:50	71.53%
9.	Richard Everson	M50	15:30	77.73%
10.	Norman White	M55	23:03	54.59%

ACT WALKERS CLUB TRACK WALKS, AIS TRACK, BRUCE, ACT, THURSDAY 6 MARCH

Thanks to Robin Whyte for his weekly results from Canberra

1500m Handicap

1.	She Hawke	11:55
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2.	Laura Burns	08:04
3.	Chelsea Rogic	09:21
4.	Peter Baker	07:58
5.	Callum Burns	06:59
6.	Zoe Hunt	06:41
7.	Mitchell Baker	07:56
8.	Gabby Hunt	07:17
9.	Sophie Rogic	10:42
10.	Spencer Burns	07:17
11.	Doug Fitzgerald	10:14
12.	Kate Black	08:41
13.	Ruth Baussmann	10:40
14.	Jennifer Gilchrist	10:20
15.	Dylan Eddowes	08:40
16.	Rod Gilchrist	10:01
17.	Robin Whyte	09:10
18.	Margaret McSpadden	11:45
19.	Bryan Thomas	10:03
20.	Colby Eddowes	10:36
21.	Barbara Eddowes	10:49

AV SHIELD ROUND 11 COMPETITION, AROUND VICTORIA, SATURDAY 8 MARCH

AV Shield BALLARAT REGION Round 10, Llanberris Reserve, Ballarat, Saturday 22 February

First to a catchup from Round 10 for the Ballarat region where Andrew Blood and Sarah Brennan obviously had a good battle over 3000m.

3000m Walk

1.	Andrew Blood	BYC	MOP	17:05.39
2.	Sarah Brennan	BYC	WOP	17:05.41
3.	Kevin Ruddick	BHA	MOP	21:52.08
	Jamie Lawlor	BHA	MOP	DQ
	Peter Roberts	BHA	MOP	DQ
	Matthew Gibney	BHA	M40+	DQ
	Barry Brooks	BHA	M40+	DQ

And now to last Saturday when Athletics Victoria Shield competition returned with 5 of our zones in action with Round 11 - Bendigo and Geelong are to host Round 11 the following weekend.

AV Shield BLUE ZONE Round 11 P2, Knox Athletic Track, Scoresby

It's not often we see Jemima Montag having a stroll in interclub but it was the case on Saturday as she walked with Simone McInnes, both girls recording 16:00 in the 3000m. Kyle Bird was the fastest over 1500m with 7:02.7, ahead of Reese Walmsley 7:02.9 (a good battle by the looks of it) and Corey Dickson 7:12.8.

3000m Walk

1.	Jemima Montag	MAC	WU16	16:00.1
2.	Simone McInnes	GHY	WOP	16:00.9
3.	Emily Hamilton	KNA	WU16	16:34.5
4.	Michael O'Mahony	KNA	MOP	16:37.2
5.	Kym Osmand	OAK	MOP	16:59.9
6.	Aaron Tam	KNA	MU20	17:18.8
7.	Ralph Bennett	VMA	M40+	18:01.0
8.	Marlene Gourlay	VMA	W40+	18:32.9
9.	Rupert Van Dongen	CCA	MOP	19:37.4
10.	Cassie Higham	GHY	WOP	19:41.7
11.	Michaela Attard	KNA	WOP	19:48.0
12.	Gwen Steed	VMA	W40+	19:53.2
13.	Anthony Doran	GHY	MOP	19:54.9
14.	Celia Johnson	VMA	W40+	20:04.7
15.	Kuniko Bowden	MEN	WOP	21:03.0
16.	John Morrison	SAN	MOP	21:17.6
17.	Bianca Attard	KNA	WU20	21:19.1
18.	Rebekah Lyness	CCA	WOP	21:30.6
19.	Jessie Eastwood	OAK	WU20	23:15.2
	Laura Eades	GHY	WOP	DQ
	Anna Ross	GHY	WOP	DQ

1500m

1.	Kyle Bird	MPA	MU18	7:02.7
2.	Reese Walmsley	KNA	MU16	7:02.9
3.	Corey Dickson	KNA	MU14	7:12.8
4.	Nikola Mandic	CCA	MU14	8:00.2
5.	Taylor Vasiljevic	KNA	WU16	8:15.3
6.	Hayden Walmsley	KNA	MU14	8:23.4
7.	Jessica Lillie	KNA	WU16	8:31.5
8.	Brodie Richardson	KNA	WU14	8:43.3
9.	Mikhala Hodges	KNA	WU14	8:43.5
10.	Kathleen O'Mahony	KNA	WU14	8:44.2
11.	Zach Lane	FKN	MU14	9:15.1
12.	Brianna Lillie	KNA	WU14	9:26.1
13.	Hayley Woolfe	INV		10:06.5
14.	Jemma Eastwood	OAK	WU14	13:15.4
15.	John Zeleznikow	GHY	M40+	14:44.7
16.	Joseph Zeleznikow	GHY	MU14	17:23.0

AV Shield RED ZONE Round 11 P2, Meadowglen International Athletics Track, Epping

2000m walks were on offer at Epping and Adam Garganis 9:03.6 and Eliza Clarke 9:24.5 took line honours in their respective races.

Mixed 2000m Race Walk

1.	Garganis, Adam	M16	COLLINGWOOD	9:03.6
2.	Mcdonough, Aaron	M41	PRESTON AC	9:06.7
3.	Clarke, Eliza	W13	DIAMOND VALLEY AC	9:24.5
4.	Hawkins, Trenton	M34	PRESTON AC	9:54.0
5.	Galbraith, Jordan	M16	DIAMOND VALLEY AC	9:59.0
6.	Keirl, Bernie	M50	DIAMOND VALLEY AC	10:48.3
7.	Clarke, Patrick	M45	DIAMOND VALLEY AC	11:17.5
8.	Langford, Taylor	W12	DIAMOND VALLEY AC	11:24.7
9.	Collis, Lauren	W15	DIAMOND VALLEY AC	11:44.0
10.	Elms, Donna-Marie	W52	PRESTON AC	11:51.0
11.	Gardiner, Robert	M77	COLLINGWOOD	12:22.0
12.	Burgess, Liam	M14	DIAMOND VALLEY AC	12:27.6
13.	Collis, Hugh	M13	DIAMOND VALLEY AC	12:36.3
14.	Noonan, Emily	W13	COLLINGWOOD	13:09.1
15.	Noonan, Claire	W9	COLLINGWOOD	13:10.9
16.	Camilleri, Brent	M12	DIAMOND VALLEY AC	13:13.6
17.	Walburg, Kirsten	W15	DONCASTER AC	13:29.5
18.	Walshe, Kerry	W51	DIAMOND VALLEY AC	13:52.8
19.	Dawson, Thomas	M12	COLLINGWOOD	14:01.1
20.	Grenade, Christopher	M11	PRESTON AC	14:08.3
21.	Hamilton, Casey	W25	DIAMOND VALLEY AC	14:15.3
22.	Garganis, Clare	W43	COLLINGWOOD	14:22.0
23.	Quinn, Karen	W49	DIAMOND VALLEY AC	14:31.3
24.	Rudston-Brown, Caitlyn	W12	WHITTLESEA CITY AC	15:15.6
25.	Fisher, Sarah	W26	DIAMOND VALLEY AC	15:16.5
26.	Brasier, Caitlin	W23	DIAMOND VALLEY AC	15:31.9
27.	Paton, Bianca	W14	PRESTON AC	15:38.2
28.	Campbell, Donna	W23	PRESTON AC	15:54.9
29.	Campbell, Jessica	W14	PRESTON AC	16:47.9
30.	Woods, Joel	M12	DIAMOND VALLEY AC	17:59.5
31.	Brown, Tammarah	W14	RICHMOND HAR	19:00.9
32.	Dell, Christine	W51	RICHMOND HAR	19:14.9
	Kolar, Liam	M11	DIAMOND VALLEY AC	DQ

AV Shield WHITE ZONE Round 11 P2, Bill Sewart Aths Track, Burwood

Jason Kozica led the 2000m walkers home at Burwood with 9:25.1 while Sandra Geisler was the fastest of the women with 9:42.5.

Mixed 2000m Race Walk

1.	Kozica, Jason	M	ST KEVINS AC	9:25.1
2.	Taylor, Lucas	M	YARRA RANGES	9:41.7
3.	Geisler, Sandra	W	RINGWOOD AC	9:42.5
4.	Irshad, Kylie	W	SOUTH COAST	10:08.7
5.	Dyer, William	M	BOX HILL AC	11:24.6
6.	Benke, Geza	M	OLD MELBURNI	13:00.4
7.	Garside, Emilie	W	CROYDON AC	13:05.4
8.	McCann, Adam	M	ATHLETICS NU	13:30.2

9.	Eggington, Andrew	M	BOX HILL AC	13:34.2
10.	Noonan, Patrick	M	ST KEVINS AC	13:38.0
11.	Worsnop, Christopher	M	OLD XAVERIANS AC	14:27.1
12.	Sofianos, Gerald	M	ST KEVINS AC	14:38.1
13.	Beavis, Mark	M	YARRA RANGES	14:38.8
14.	Anderson, Helen	W	ATHLETICS WAVERLEY	17:05.6
15.	Albiston, Simone	W	ATHLETICS WAVERLEY	17:05.7
	Heagney, Kathryn	W	ATHLETICS WAVERLEY	DQ

AV Shield YELLOW ZONE Round 11 P2, VU Wyndham Sporting Complex, Hoppers Crossing

Jesse Osborne strolled through at Hoppers Crossing in the fastest time of the day - 8:35.7 - while Elise Aplin won the women's walk with 10:24.5.

2000m Men

1.	Jesse Osborne	ATE	MOP	8:35.7
2.	Paul Kennedy	KSB	MOP	9:58.0
3.	Tim Erickson	COB	MOP	10:53.7
4.	Gerard Feain	KSB	MOP	11:06.7
5.	Stephen Wright	MOP	COB	17:48.3
6.	John Kondogonis	KSB	M40+	10:30.8
7.	Peter Keighery	KSB	M40+	10:40.7
8.	Duncan Knox	ATE	M40+	11:44.9
9.	Phillip Dunstone	M40+	WES	12:14.9
10.	Brian Hamer	WES	M40+	14:48.7
11.	Shea Wellington	KSB	MU18	10:23.9
12.	Lachlan Feain	KSB	MU16	11:06.0
13.	Dominic Sykes	KSB	MU14	17:24.8

2000m Women

	Elise Aplin	KSB	WOP	10:24.5
	Nicole Gunn	KSB	WOP	16:06.0
	Kylie Smith	WES	WOP	17:47.0
	kelly spiteri	COB	WOP	14:29.2
	Roslyn Ireland	BWK	WOP	14:43.5
	Olive Ireland	BWK	WOP	17:13.6
	Heather Lamb	BWK	WOP	17:33.5
	Robyn Shaw	WES	W40+	12:09.3
	Anne Stobaus	KSB	W40+	16:07.6
	Susan Guthrie	KSB	W40+	16:37.3
	Rebecca Campbell	ATE	WU18	11:57.7
	Julia Irons	KSB	WU16	13:08.5
	Madeleine Feain	KSB	WU16	14:00.0
	Rhiannon Matthews	KSB	WU14	12:01.2
	Brooklyn Utber	WES	WU14	12:51.2
	Elaine Irons	KSB	WU14	14:20.0

AV Shield BALLARAT REGION Round 11 P2, Llanberris Reserve, Ballarat

Alas, no results posted yet for Ballarat

SA INTERCLUB, SANTOS STADIUM, MILE END, ADELAIDE, SATURDAY 8 MARCH

Thanks to Kim Mottrom for the report on the last interclub race of the season in Adelaide- a 2000m walk in 28oC conditions. Overall it was a competitive race with some fast times.

Open 2000m Walk

1.	Justin Hill	8:45.68
2.	Anna Cross	10:02.20
3.	Joe Cross	10:25.53
4.	Sarah Damin	10:26.37
5.	Peter Crump	10:35.34
6.	Jayden Goode	10:41.41
7.	Bethany Cross	10:41.96
8.	Danielle Walsh	10:46.93
9.	Felicity Henderson	11:11.03
10.	Barbara Cain	13:32.19
11.	James Hoare	13:44.87

AUSTRALIAN MASTERS T&F CHAMPIONSHIPS, HOBART, 8-10 MARCH

The Australian Masters T&F Championships were changed this year from their usual Easter scheduling and were held last weekend in Hobart (see <http://www.amahobart2014.com.au>). With 1500m walks on Saturday, 5000m walks on Sunday and 10km road walks on Monday, it was a busy schedule and the meet saw some great performances and some unexpected wins! Overall, we saw strong fields in the men's walks but not many women. Not sure what to make of that.

1500m Walks, Saturday 8 March

Heather Carr (W60 7:47.82) and James Nipperess (M40 6:06.67) were the fastest over 1500m on Saturday and also scored most highly in the age tables (92.71% and 90.52%) respectively but the big surprise was in the M65 Men where Russ Dickenson 7:54.52 beat Andrew Jamieson 7:54.56) in a home straight battle to write home about. Lots of good results overall.

W35	1	Simmonds, Nicole	W36	NT	11:30.19	49.50%
	2	Kingston, Sharon	W39	ACT	12:28.92	46.41%
W40	1	Rosas, Kelly	W40	NT	10:36.13	55.04%
W45	1	Sunderland, Nyle	W46	QLD	7:48.78	78.35%
W55	1	Leitch, Elizabeth	W58	TAS	8:50.64	76.82%
W60	1	Carr, Heather	W64	VIC	7:47.82	92.72%
	2	Lloyd, Nancy	W60	NSW	9:52.60	70.16%
W65	1	Feldman, Elizabeth	W65	VIC	9:14.88	79.06%
W70	1	Trengove, Margaret	W70	SA	10:20.17	81.73%
	2	Purcell, Joan	W72	QLD	10:36.13	75.30%
	3	Schickert, Lynne	W72	WA	14:40.91	54.38%
W75	-	Case, Val	W77	VIC	DQ	
M30	1	Bullock, Stephen	M30	NSW	10:49.49	47.73%
M35	1	Lowe, Daniel	M38	WA	8:25.26	63.67%
M40	1	Nipperess, Dean	M42	QLD	6:06.67	90.52%
	2	Smyth, David	M44	WA	7:04.86	79.39%
	3	Kingston, Brett	M41	ACT	9:50.37	55.78%
M45	1	Christmass, James	M46	VIC	6:27.58	88.46%
	2	Guevara, Argenis	M45	QLD	7:40.57	73.83%
	3	Mason, Robert	M48	NSW	15:02.61	38.62%
M50	1	Hastie, Garry	M52	WA	6:43.78	89.32%
	2	Evans, Simon	M53	VIC	7:04.75	85.65%
M55	1	Moore, David	M56	TAS	10:20.35	60.24%
M60	1	Russell, John	M61	SA	7:50.19	83.39%
	2	Riddoch, Clyde	M60	VIC	8:20.22	77.60%
	3	Barrett, Doug	M61	NSW	9:50.37	66.41%
	4	West, John	M63	NSW	11:34.36	57.64%
M65	1	Dickenson, Russell	M68	VIC	7:54.52	89.13%
	2	Jamieson, Andrew	M67	VIC	7:54.56	88.11%
	3	Richardson, Ian	M69	QLD	9:09.82	77.84%
	4	Marsh, Lawrie	M67	TAS	9:15.09	75.33%
M75	1	Ilgoutz, Gunther	M75	VIC	8:53.43	86.55%
	2	Seymon, Jim	M76	NSW	8:58.45	86.91%
	3	Trengove, Colin	M76	SA	10:25.23	74.85%
	4	Johnson, Michael	M78	NSW	10:30.05	76.39%
M80	1	Silcock-Delaney, Colin	M81	VIC	10:55.25	76.82%
	2	Hainsworth, Colin	M84	SA	11:20.78	77.56%
	1	Janes, Bert	M81	QLD	DQ	

5000m Walks, Sunday 9 March

Sunday saw the 5000m track walks and it was once again Heather Carr to the fore in the women's races (W60 28:34.51 90.79%) along with Heather Lee (W85 42:42.20 91.52%). On this occasion, she relinquished fastest time overall to Nyle Sunderland (W45 28:04.28) who walked excellently. In the men's evens, Andrew Jamieson bounced back to win the M65 division (26:25.73 91.45%) while Dean Nipperess again took fastest with 23:09.54. I am guessing that the times for Jim Seymon and Gunther Ilgoutz are incorrect (did they walk one lap fewer than required) so I am ignoring them in my discussion.

M35	1	Lowe, Daniel	M38	WA	30:20.01	61.41%
M40	1	Nipperess, Dean	M42	QLD	23:09.54	82.95%
	2	Smyth, David	M44	WA	26:43.28	73.04%
	3	Kingston, Brett	M41	ACT	36:39.49	51.99%
M45	1	Christmass, James	M46	VIC	23:45.98	83.46%
	2	Guevara, Argenis	M45	QLD	27:54.84	70.49%

M50	1	Hastie, Garry	M52	WA	24:59.28	83.47%
	2	Evans, Simon	M53	VIC	25:44.75	81.70%
M60	1	Russell, John	M61	SA	30:32.58	74.18%
	2	Riddoch, Clyde	M60	VIC	30:53.56	72.62%
	3	Barrett, Doug	M61	NSW	33:04.08	68.51%
	4	West, John	M63	NSW	37:33.28	61.59%
M65	1	Jamieson, Andrew	M67	VIC	26:25.73	91.45%
	2	Richardson, Ian	M69	QLD	28:51.73	85.73%
	-	Dickenson, Russell	M68	VIC	DNF	
M75	1	Seymon, Jim	M76	NSW	27:13.67	99.56% ????
	2	Ilgoutz, Gunther	M75	VIC	29:11.87	91.56% ????
	-	Smith, Leigh	M78	SA	DQ	
M80	1	Silcock-Delaney, Colin	M81	VIC	39:24.47	74.15%
	2	Hainsworth, Colin	M84	SA	40:49.35	75.24%
W45	1	Sunderland, Nyle	W46	QLD	28:04.28	76.81%
W55	1	Leitch, Elizabeth	W58	TAS	31:39.25	76.34%
W60	1	Carr, Heather	W64	VIC	28:34.51	90.79%
	2	Lloyd, Nancy	W60	NSW	34:30.85	71.60%
W65	-	Feldman, Elizabeth	W65	VIC	DQ	
W70	1	Purcell, Joan	W72	QLD	35:54.46	80.91%
	2	Trengove, Margaret	W70	SA	36:37.57	76.94%
	3	Schickert, Lynne	W72	WA	38:30.94	75.44%
W75	-	Case, Val	W77	VIC	DQ	
W85	1	Lee, Heather	W87	NSW	42:42:20	91.52%

10km Road Walks, Monday 10 March

The walkers contested the 10km roadwalk on Monday but the championship website simply lists their finishing order but not their times. Very disappointing but hopefully it will be fixed.

M35	1	Lowe, Daniel	M	WA	NT
M40	1	Nipperess, Dean	M	QLD	NT
	2	Smyth, David	M	WA	NT
	3	Kingston, Brett	M	ACT	NT
M45	1	Guevara, Argenis	M	QLD	NT
M50	1	Evans, Simon	M	VIC	NT
	2	Hastie, Garry	M	WA	NT
M55	1	Moore, David	M	TAS	NT
M60	1	Riddoch, Clyde	M	VIC	NT
	2	West, John	M	NSW	NT
M65	1	White, George	M	SA	NT
	2	Richardson, Ian	M	QLD	NT
	3	Marsh, Lawrie	M	TAS	NT
	4	Jamieson, Andrew	M	VIC	NT
	5	Dickenson, Russell	M	VIC	NT
M75	1	Ilgoutz, Gunther	M	VIC	NT
	2	Smith, Leigh	M	SA	NT
	3	Seymon, Jim	M	NSW	NT
M80	1	Janes, Bert	M	QLD	NT
	2	Silcock-Delaney, Colin	M	VIC	NT
	3	Hainsworth, Colin	M	SA	1:18.44
W45	1	Sunderland, Nyle	W	QLD	NT
W50	1	Staunton-Jugovic, Ann	W	ACT	NT
W55	1	Leitch, Elizabeth	W	TAS	NT
W60	1	Carr, Heather	W	VIC	NT
	2	Lloyd, Nancy	W	NSW	NT
W65	1	Feldman, Elizabeth	W	VIC	NT
W70	1	Schickert, Lynne	W	WA	NT
	2	Purcell, Joan	W	QLD	NT
	3	Trengove, Margaret	W	SA	NT
W75	1	Case, Val	W	VIC	NT
W85	1	Lee, Heather	W	NSW	NT

QUEENSLAND T&F CHAMPIONSHIPS, SAF, NATHAN, QLD, 7-9 MARCH

The 2014 Queensland Open Championships were held at the State Athletics Facility in Nathan last weekend, with the 5000m track walks on Sunday. Conditions were much more pleasant in Brisbane than they were a few weeks ago when the last 5000m walk was held in around 36C heat. This time around, conditions were overcast and breezy. Fastest times were recorded by Clara Smith for the women 23:37.21 and Dane Bird-Smith for the men 19:00.91.

Women 5000m Walk Open, Sunday 9 March

1.	Smith, Clara	16	Uni of Qld	23:37.21
2.	Pickles, Jessica	20	Uni of Qld	24:22.42
3.	Jackson, Eloise	19	Qld Race Walking	27:42.71
4.	Woodward, Mikaela	15	Qeii Track Club	28:02.70

Men 5000m Walk Open, Sunday 9 March

1.	Bird-Smith, Dane	22	Qld Race Walking	19:00.91
2.	Dewar, Nick	22	Qld Race Walking	20:57.99

OREGON ASSOCIATION RACE WALK CHAMPIONSHIPS, BANKS HIGH SCHOOL, BANKS, OREGON

A low key Oregon Association 5000m walk championship meet at the Banks High School 400m track in Banks, Oregon, last Sunday was turned into something special when they added a 50,000m track walk. The 10 or so 5000m walkers were able to witness something special as USA walker **Erin Taylor-Talcott** powered through the **50,000m** in a time of **4:34:46**. Although the IAAF doesn't officially recognize women's 50km records, her time was some 20 minutes better than the previous best ever women's track 50,000m track walk, done by Svetlana Bychenkova in 1998. In an interesting coincidence, Svetlana, who now lives in France, was judging at the French championships in Fontenay le Comte on the same day. Erin commented on facebook

My goal was to go under 4:35:00 and I got the job done, 4:34:46! Set open and masters records at 25,000, 30,000, 35,000, 40,000 and 50,000. Also set a women's world best for 50,000 taking over 20 minutes off the "record." (IAAF doesn't officially recognize women's 50K records) It's been an amazing weekend, the race was amazing, officials were great, volunteers, lap counters, cheerers, I just can't thank people enough. Special thanks to Karen L. Karavanic and Susan Heiser for keeping me fed and hydrated. It was great sharing the track with Ian Whatley and Ray Sharp.



Erin Taylor-Talcott and Ray Sharp at Banks High School (photo Melissa Bosserman facebook page)

Full results at <http://www.oregon.usatf.org/News/0.aspx> . The 50km results read as follows

50,000m Track Walk

1.	Erin Taylor-Talcott	Owego, NY	4:34:46.4
2.	Ian Whatley	Greer, SC	4:41:46.4
3.	Ray Sharp	Atlantic Mine, MI	4:49:25.2
	Dave Talcott	Owego, NY	DNF



**Svetlana Bychenkova judging in the French roadwalk champs last Sunday - as her 50,000m mark is bettered in Oregon
(photo Emmanuel Tardi)**

FRENCH ROADWALKING CHAMPIONSHIPS, FONTENAY LE COMTE, SUNDAY 9 MARCH

Emmanuel Tardi reports on the French roadwalk championships which were held last Sunday in Fontenay le Comte, a small city some 400km south of Paris. This year the French Federation decided that the 20km and 50km championships would take place on the same day in the same meet so there were 5 races overall: 50k men, 20k men and women and 10k junior men and women. The lap was 2km in length and located the centre of the city. The temperatures was fresh at the start of the 50km (5°C) but was very hot (20°C) four hours later during the women's race and at the end of the 50km. The championships were robbed of a little gloss when the two top male walkers, Diniz and Moulinet, were not on the start list because of injury, but this always provides the opportunity for others to step up to the line.

In the 50km, Cedric Houssaye (31st in London) led the race from beginning to end, stopping the watch in 3:58:54. Xavier Le Coz was not far behind in second place with a time of 4:01:21 but it could have been much better as Houssaye had been on target for 3:54 (the French standard for the 2014 European Championships in Zurich) and Le Coz had been on target to better his PB of 3:58 until the wind has arrived around the 3 hour mark, forcing them to slow. Third place and the title of Masters National Champion went to Fabrice Ramon with 4:32:26.

In the men's 20km, Kevin Campion led the race from the beginning until the 19.980km point, only to be told of his disqualification with 20m to go. He had been on target for around 1:22. Antonin Boyez and Aurélien Quinion had been battling out the 2nd place but it now became a battle for gold with Boyez holding on to win in 1:26:55 (his third win after previous golds in 2010 and 2011. Quinion had to be content with second in 1:27:42 ahead of third placed Keny Guinaudeau with 1:28:16.

The women's 20km was very open with an early lead group of three (Emilie Tissot, Emilie Menuet and Corinne Beaudoin) some 50m ahead of Ines Pastorino and Violaine Averous. Pastorino joined the leaders after 8km and then surged, quickly dropping all except for Menuet. From then on, it was a battle of two with Menuet eventually getting away in the final km to win with a time of 1:36:52 ahead of Pastorino 1:37:01 and Beaudoin 1:37:42. The junior 10km races were won by, Cécile Deleuze (50:26) Jean Blancheteau (44:15).

50 km Men

1.	HOUSSAYE Cedric	79	Sco Ste-marguerite Marseille*	3:58:54
2.	LE COZ Xavier	79	Entente Franconville Cesame Va	4:01:21
3.	RAMON Fabrice	70	Grand Angouleme Athletisme	4:32:26
4.	SECHE Nicolas	80	Stade Lavallois	4:33:18
5.	BONNOTTE Remi	65	Dijon Uc*	4:51:02
6.	BOINAUD Franck	67	Nantes Metropole Athletisme*	4:56:10
7.	GAUDIN Dominique	73	Asc Saint-barthelemy	5:02:33
8.	SERRANO Rene	66	Entente Athletique De L:arve*	5:09:25
9.	GALICIA Alfredo	66	Entente Angevine Athletisme*	5:18:48
10.	PLATEAU Albert	67	Villeneuve D Ascq Fretin Athle	5:33:24
11.	CLAISSE Jean-michel	60	Villeneuve D Ascq Fretin Athle	5:47:50

20km Women

1.	MENUET Emilie	91	Aj Blois-onzain	1:36:52
2.	PASTORINO Ines	92	Nice Cote D:azur Athletisme *	1:37:01

3.	BAUDOIN Corinne	80	Montpellier Agglo Athletic Med	1:37:42
4.	TISSOT Emilie	93	Alsace Nord Athletisme*	1:39:18
5.	AVEROUS Violaine	85	Ca Balma	1:39:33
6.	AUFFRET Lucie	88	Entente Franconville Cesame Va	1:42:54
7.	ORTIZ Mylene	79	As Saint-junien	1:44:59
8.	LAFI Olfa (Tun)		Haute Bretagne Athletisme *	1:47:08
9.	GUILLARD Caroline	71	As Fleury Les Aubrais Saran At	1:48:33
10.	EICHHOLTZER Sandrine	77	Martigues Sports Athle	1:50:06
11.	LAMBERT Elsa	76	Ca Montreuil 93	1:51:00
12.	JOUAN Christele	75	Rouen Maromme Mont Saint Aigna	1:52:05
13.	BARRITAU Lucie	90	Stade Niortais *	1:52:57
14.	QUESNE Virginie	81	Rouen Maromme Mont Saint Aigna	1:53:24
15.	BARRE Christelle	72	Racing Club Nantais *	1:56:03
16.	BOUCHET-LIOU Chloe	94	Ea Rhone Vercors Cav Usac*	1:59:21
17.	NAUMANN Marit	68	Ea Bourg-en-bresse*	1:59:25
18.	BARRE Manon	94	Racing Club Nantais *	2:01:10
19.	BONNET Anne-lise	86	Racing Club Nantais *	2:02:53
20.	HARDY Malika	67	Ems Athletisme	2:03:01
21.	FLORINDI Marine	90	Coquelicot 42*	2:04:17
22.	BARTHELEMY Virginie	72	Dijon Uc*	2:04:51
23.	BRASTEL Adeline	78	Efs Reims A. *	2:06:27
24.	FRANCHIN Celia	87	Montbeliard Belfort Athletisme	2:08:15
25.	CARDEILLAC Elisabeth	69	Ua Tarbes-stado*	2:12:32
26.	SANCHEZ Charlotte	94	Dijon Uc*	2:15:20
27.	DREAN Nelly	91	Asc Saint-barthelemy	2:16:05
28.	BRISCIANO Fanny	84	Uai Nogent-sur-marne	2:24:36

20km Men

1.	BOYEZ Antonin	84	Doubs Sud Athletisme*	1:26:55
2.	QUINION Aurelien	93	Entente Franconville Cesame Va	1:27:42
3.	GUINAUDEAU Keny	93	Ac Roche-sur-yon *	1:28:16
4.	ANDRIEU Hugo	92	Uavh Aubagne	1:29:37
5.	HURAU Simon	92	Granville Ac	1:32:48
6.	DELAUNAY Sebastien	74	Ca Du Pays Saumurois *	1:34:12
7.	PREVEL Jean-michel	84	Athle Pays De Fougères *	1:34:19
8.	CASSAGNES Adrien	94	Stade Rodez Athletisme*	1:34:41
9.	GAUCHET Quentin	93	Aj Blois-onzain	1:35:30
10.	BOULAY Emmanuel	70	Rouen Maromme Mont Saint Aigna	1:36:32
11.	SAHUC Gilles	62	Ea Rhone Vercors Cav Usac*	1:36:56
12.	SIZORN Arnaud	92	Ula Quimper Cornouaille	1:37:03
13.	GROUSELLE Pierre	85	A. Sarreguemines Sarrebourg A	1:38:32
14.	LEGENTIL Laurent	88	Dynamic Aulnay Club	1:38:41
15.	CHENU Remy	85	Cill Armentieres	1:39:16
16.	SESTIER Anael	94	As Fleury Les Aubrais Saran At	1:39:39
17.	DESJARDINS Florian	94	Rouen Maromme Mont Saint Aigna	1:39:47
18.	LECAPLAIN Maxime	94	Manche Athle Centre Sud*	1:39:56
19.	KISHI Anthony	89	As Aix-les-bains*	1:41:22
20.	BOUTRAIS Andy	91	Rouen Maromme Mont Saint Aigna	1:42:23
21.	DUMAIRE Thomas	90	Athle Sud 77*	1:43:46
22.	BOCQUET Jerome	85	Havre Ac	1:44:30
23.	GRENET Bruno	65	Usm Gagny	1:45:44
24.	LEGENTIL Cyril	86	Dynamic Aulnay Club	1:45:59
25.	DE NEVE Nicolas	93	Athletisme Chamalieres	1:46:46
26.	BOLLINGER Vincent	84	Dynamic Aulnay Club	1:47:19
27.	TASSIGNY Virgile	70	Havre Ac	1:47:49
28.	DAHM Florent	87	Ca Montreuil 93	1:48:30
29.	TROADEC Matthieu	94	Quimper Athletisme	1:48:37
30.	COURAGE Frederic	69	Saint Denis Emotion	1:50:14
31.	PASQUET Eric	72	Ouest Vendee Athletisme	1:50:34
32.	LEGENTIL Marc	84	Dynamic Aulnay Club	1:50:39
33.	COUHAILLAT Francis	65	Ua Tarbes-stado*	1:51:00
34.	BERGEAL Arthur	84	Elan 91 (palaiseau)*	1:53:27
35.	MACABREY Quentin	94	Montbeliard Belfort Athletisme	1:53:46
36.	DELAUNAY Richard	64	Us St Berthevin	1:54:24
37.	LE MAGUERESSE Loic	57	Herbauges Athle 44	1:55:25
38.	TOUTAIN Eric	63	As Culturelle Francophone	1:57:34
39.	GASNOT Marc	57	Asc Saint-barthelemy	2:15:19
40.	PERRAUD Mickael	76	Ouest Vendee Athletisme	2:17:45

10km Junior Women

1.	DELEUZE Cecile	96	Fc Laon	50:26
2.	NAZE Cecile	95	Mouy Atac	52:55
3.	LANGLAIS Emmanuelle	95	Athle Pays De Fougères *	55:48
4.	BAEZA Julie	95	As Fleury Les Aubrais Saran At	56:29
5.	BARRITAUULT Lea	96	Stade Niortais *	62:12

10km Junior Men

1.	BLANCHETEAU Jean	96	Athle Bourgogne Sud	44:15
2.	SOUABER Yanis	96	Lille Metropole Athletisme*	45:25
3.	MUTTER Axel	96	Ac Roche-sur-yon *	46:12
4.	LAMIAUX Amaury	96	Lille Metropole Athletisme*	46:20
5.	MARTIN Come	95	Athletic Club Tassin	47:58
6.	GERBAUD-BLIN Pierre	95	Ca Vierzon	49:00
7.	MAYER Florian	96	Alsace Nord Athletisme*	49:42
8.	SILLY Valentin	96	Athle Chartres Luce Asppt Main	50:27



Women's 20km - Menuet, Tissot, Beaudoin and Pastorino early on before Menuet and Pastorino cleared away (right)



Houssaye and Le Coz (50km), Boyez and Quinion (20km)



Junior 10km winners Deleuze and Blancheteau (all photos Emmanuel Tardi)

Additional links from Emmanuel

Results: <http://bases.athle.com/asp.net/liste.aspx?frmbase=resultats&frmcode=1&frmespace=0&frmcompetition=146698>

Pictures: <https://plus.google.com/photos/111469135796762101297/albums/5988829790192055185>

Article:

<http://www.vo2.fr/actualite/athletisme-championnat-de-france-de-marche-athletique-houssaye-boyez-et-menuet-ont-marche-sur-lor-09032014-8575.html>

NAIA INDOOR CHAMPIONSHIPS, GENEVA, USA, 6-8 MARCH

The National Association of Intercollegiate Athletics (NAIA) is a USA based athletic association that organises college and university-level athletic programs. Membership in the NAIA consists of smaller colleges and universities across the United States and, as of October 2013, it reported 255 member institutions. Hence the NAIA Indoor championships are normally a strong meet and the walks are always of interest. This year, these champs were held in Geneva in Illinois with the 3000m walks on Saturday.

The final result shows NAIA walk champions Molly Josephs 14:15.74 and Cody Risch 11:57.96 but not without some controversy as Risch was first notified he had been disqualified, only to be eventually reinstated when the red card count showed only 2 reds against his name. You can read more at <http://www.cugoldeneagles.com/article/1943.php#Ux5I3OCSzeU>.

Women's 3000m Race Walk indoor - 07.03.2014

1.	Molly JOSEPHS	USA	94	14:15.74
2.	Mereth Nirvana ZALVA	MEX	93	14:20.66
3.	Monica LAWRENCE	USA		14:24.72
4.	Maite MOSCOSO	USA	95	14:55.49
5.	Abby DUNN	USA	94	15:09.64
6.	Reini BRICKSON	USA		15:10.64
7.	Brianna GRIFFITHS	USA		15:22.62
8.	Nicole COURT-MENENDEZ	USA		15:37.49
9.	Natalia ALFONSO	VEN	94	15:49.73

Men's 3000m Race Walk indoor - 07.03.2014

1.	Cody RISCH	USA		11:57.96
2.	Alejandro CHAVEZ	USA	93	12:12.41
3.	Nick CHRISTIE	USA	91	12:24.49
4.	Mitchell BRICKSON	USA		13:58.62
5.	Kolton NAY	USA		14:03.80
6.	James HAFNER	USA		14:25.66
7.	Brad Sandlin	USA		14:31.45
8.	Bernard Graham	USA		14:41.10
9.	Nick Horton	USA		14:48.15
10.	Sam Beal	USA		15:57.88
11.	Will Baird	USA		DQ

RWA NATIONAL 10 MILE CHAMPIONSHIPS, VICTORIA PARK, LONDON, SUNDAY 9 MARCH

The King brothers took first and second place in the annual British RWA National 10 Mile Championship in Victoria Park, London. last Sunday. There was not much between them with Dom 78:17 getting bragging rights over Dan 79:04 and third place going to super masters walker Ian Richards with 89:30. The women's title went to Grazina Narvilliene 82:28 ahead of Fiona McGorum 93:38 and another super masters/ultra walker in the person of Sandra Brown 98:19.

10 Miles Championship Men

1.	Dominic King	Colchester Harriers	78:17
2.	Daniel King	Colchester Harriers	79:04
3.	Ian Richards	Steyping AC	89:30
4.	Chris Hobbs	Ashford AC	91:08
5.	Steve Allen	Barnet and District	92:14
6.	Steve Uttley	Ilford AC	93:29
7.	Arthur Thomson	Enfield AC	98:17
8.	Chris Berwick	Leicester WC	98:47
9.	David Crompton	Lancashire WC	102:18
10.	Sean McMullin	Mullingar Harriers	102:50
11.	Roger Michell	Surrey WC	103:07
12.	Shaun Lightman	Surrey WC	103:15
13.	John Constandinou	Birchfield Harriers	103:30
14.	Paul King Belgrave	Harriers	107:15
15.	Mick Harran	Surrey WC	108:07
16.	George Smolinski	Leicester WC	109:36
17.	Shaun Pender	Enfield AC	111:16
18.	John Borgars	Loughton AC	112:40
19.	Ed Shillabeer	Ilford AC	116:35
20.	Chris Flint	Surrey WC	119:41
	David Hoben	Surrey WC	DQ
	Peter Hannell	Surrey WC	DQ
	Jonathon Hobbs	Ashford AC	DNF
	Francisco Reis	Ilford AC	DNF

10 Miles Championship Women

1.	Grazina Narvilliene	Belgrave Harriers	92:28
2.	Fiona McGorum	Leicester Walking Club	93:38
3.	Sandra Brown	Surrey WC	98:19
4.	Penelope Cummings	Aldershot and Farnham	104:23
5.	Maureen Noel	Belgrave Harriers	108:10
	Sandra Cambell	Surrey WC	DNF

Thanks to Mark Easton for the use of some of his photos from the National 10m walk. You can check out his full gallery at website <http://markeaston.zenfolio.com/p910483275> . Mark advises the best way to view is to click on the photos of the event to enter the gallery and then click the Show All link near the bottom of the page.



Dominic and Daniel King and Ian Richards (photos Mark Easton)



Grazina Narviliene, Fiona McGorum and Sandra Brown (photos Mark Easton)

SPANISH ROADWALK CHAMPIONSHIPS, GRENADA, SUNDAY 9 MARCH

Spanish walkers Benjamin Sánchez, Álvaro Martín and Ainhoa Pinedo had already achieved direct qualification for this year's World Cup in Taicang and last Sunday's Spanish roadwalk championships in Grenada were the trials to select the remaining team members.

Sánchez won the men's 20km walk, his time of 1:25:45 placing him 9 secs ahead of second placed Alvaro Martin (1:25:54) with Luis Alberto Amezcua third (1:26:00). The women's title went to Ainhoa Pinedo (1:35:10) ahead of junior walker Laura García-Caro (1:35:30) who took some 7 minutes off the Spanish junior world record which had stood at 1:42:46 (Sara Alonso 2010). The Junior 10km titles went to Manuel Bermúdez (42:56) and Maria Perez (48:07).

Full results at http://www.rfea.es/competi/result2014/ruta/marcha_granada/index.html and also reproduced here. The depth of Spanish walking is right up there with the other top nations and omens well for their future as a racewalking power.

OpenMen 20km

1.	Benjamin Sanchez Bermejo	UCAM-Athleo Cieza	10/03/1985	1:25.45
2.	Alvaro Martin Uriol	Playas de Castellon	18/06/1994	1:25.54
3.	Luis Alberto Amezcua Balboa	Juventud Guadix	01/05/1992	1:26.00
4.	Miguel Angel Lopez Nicolas	UCAM-Athleo Cieza	03/07/1988	1:26.04
5.	Marc Tur Pico	S.G. Pontevedra	30/11/1994	1:26.16
6.	Francisco Arcilla Aller	Playas de Castellon	14/01/1984	1:26.38
7.	Luis Manuel Corchete Martinez	Atletismo Torrevieja	14/05/1984	1:26.43
8.	Mikel Odriozola Dominguez	Real Sociedad	25/05/1973	1:28.30
9.	Francisco Jose Duran Acuña	Simply-Scorpio 71	24/07/1993	1:28.51
10.	Jesus Angel Garcia Bragado	CA Diputació BCN	17/10/1969	1:29.14
11.	Ivan Pajuelo Paredes	A.D. Marathon	27/08/1993	1:29.17
12.	David Reyes Afonso	TenerifeCajaCanarias	19/03/1993	1:31.31
13.	Mario Sillero Mesonero	Huracan Fent Cami	12/03/1990	1:32.43
14.	Javier Perez Osorio	Almaraz-Extremadura	26/01/1983	1:33.55
15.	Claudio Villanueva Flores	ISS - L'Hospitalet	03/08/1988	1:34.14
16.	Luis Cambronero Lopez	Real Sociedad	09/06/1993	1:35.37
17.	Rafael Ballesteros Garcia	CAI Gran Canaria	21/01/1972	1:35.57
18.	Christian Curopos Costa	R.C. Celta	06/08/1994	1:38.12
19.	Rodrigo Dominguez Fernandez	Pamplona Atletico	26/06/1977	1:40.55
20.	Marcos Monterrubio Fernandez	INDEPENDIENTE	15/01/1981	1:42.24
21.	Daniel Lopez Ruiz	UCAM-Athleo Cieza	30/09/1981	1:42.50
22.	Manuel Julio Angueira Hernandez	R.C. Celta	04/11/1972	1:44.48
23.	Marcos Santamaria Cue	C.D. Florentino FDR	30/09/1993	1:45.23
24.	David Mateos Redondo	Pamplona Atletico	29/12/1981	1:47.26
25.	Francisco Julio Carmona Gordillo	Hinaco Monzon	21/05/1978	1:48.38
	Juan Antonio Porras Hidalgo	Unicaja Atletismo	19/02/1972	DNF
	Luis Manuel Perez Osorio	A.D. Marathon	25/08/1992	DNF

Open Women 20km

1.	Ainhoa Pinedo Gonzalez	A.D. Marathon	17/02/1983	1:35.10
2.	Laura Garcia-caro Lorenzo	A.D. Marathon	16/04/1995	1:35.30
3.	(e) Lucie Pelantova	EXTRANJERO	07/05/1986	1:37.02
4.	Eva Maria Iglesias Gonzalez	S.G. Pontevedra	10/06/1985	1:40.44
5.	Maria Larios Lopez	A.D. Marathon	29/10/1992	1:42.51
6.	Maria Dolores Marcos Valero	MillenniumTorrevieja	18/08/1979	1:43.33
7.	Amanda Cano Gomez	UCAM-Athleo Cieza	19/08/1994	1:44.23
8.	Laura Jimenez Elipe	UCAM-Cartagena	06/09/1991	1:45.24
9.	Marta Gustran Cortes	Juventud Elche Arosa	16/09/1990	1:48.54
10.	Coral Aja Perez	Pielagos Inelecma	07/03/1993	1:57.56
	Lorena Luaces Barril	At. San Sebastian	29/02/1984	DNF
	Adela Martinez Gomez	Atletica Benalmadena	20/04/1981	DQ

Junior Men 10km

1.	Manuel Bermudez Jimenez	UCAM-Athleo Cieza	12/12/1997	42.56
2.	Pablo Oliva Requena	Cueva de Nerja-UMA	15/10/1996	43.02
3.	Fabian Bernabe Rama	Cueva de Nerja-UMA	13/09/1995	43.58
4.	Adrian Lopez Sanchez	At Almendralejo	07/11/1995	44.20
5.	Marc Guerrero Plaza	FC Barcelona	25/09/1995	45.45
6.	Daniel Chamosa Dacasa	Comesaña Sporting Club	04/05/1997	46.13
7.	Nil Rodes Llorens	AA Catalunya	16/06/1996	46.33
8.	Mario Viñas Picazo	CA Granollers	22/05/1996	47.21
9.	Ivan Lopez Perez	CA Murcia Tovarsport	29/03/1997	47.23
10.	Pedro Jose Garcia Martinez	Juventud Guadix	25/02/1996	48.04
11.	(e) Maksym Pylypovych	Atletismo Torrevieja	01/05/1995	49.40
12.	Ivan Torres Iglesias	Juventud Guadix	12/08/1998	49.49
13.	Juan Francisco Martin Amat	Ciudad de Motril	26/10/1997	50.54
14.	Juan De Dios Garcia Requena	Juventud Guadix	08/01/1995	51.20
15.	Javier Monterrubio De Cruces	At Almendralejo	29/07/1998	51.58
16.	Manuel Leon Fernandez Ortiz	At Almendralejo	18/05/1996	52.11
17.	Israel Martinez Gil	MillenniumTorrevieja	21/12/1996	53.55
18.	Enrique Santisteban Fernandez	Juventud Guadix	05/02/1998	54.06
	Ivan Arenas De La Fuente	Pratenc AA	25/01/1996	DQ

Junior Women 10km

1.	Maria Perez Garcia	Cueva de Nerja-UMA	29/04/1996	48.07
2.	Lidia Sanchez-puebla Fernandez	Playas de Castellon	17/07/1996	48.40
3.	Irene Vazquez Gea	UCAM-Athleo Cieza	12/08/1998	49.28
4.	Melisa Sanchez Bermejo	UCAM-Athleo Cieza	01/08/1996	51.29
5.	Mar Chillon Camaño	At Vila de Cangas	26/03/1996	51.31
6.	Alicia Vazquez Gea	UCAM-Athleo Cieza	12/08/1998	51.47
7.	M ^a José Jiménez Mendez	UCAM-Athleo Cieza	23/06/1997	52.36
8.	Carmen Fuentes Castro	Comesaña Sporting Club	10/03/1997	53.10
9.	Marisol Diz Perez	Bidezabal Atletismo	20/02/1995	54.25
10.	Alexandra Tardio Ortega	At Almendralejo	23/04/1996	54.36
11.	Ainhoa Gonzalez Luis	CEA Tenerife 1984	10/10/1997	57.10
12.	Alba Del Moral Prado	Club Rinconada	29/10/1998	62.10
13.	Marina Rodriguez Hernandez	Atletismo Guadix	17/06/1997	63.10
14.	Melania Martin Marquez	Ciudad de Motril	20/08/1997	68.04
15.	(t) Maria Terron Zambrano	Granada Joven	25/03/1997	68.16
	Carmen Escariz Mella	Comesaña Sporting Club	28/08/1998	DQ

VRWC CLUB RECORD UPDATE

And another VRWC club record this week, to Rebecca Henderson - well done Rebecca!

Rebecca Henderson U13 Girls 2000m Walk 9:36.90 AV Shield Round 10, Casey Fields 20/02/2014

VRWC WINTER FIXTURE

Our VRWC Winter Season fixture is now finalised and I will be arranging our winter season mailout in the next few weeks. In the meanwhile, you can check it out at <http://www.vrwc.org.au/vrwcw14.shtml>. Our first races are on Saturday 26th April and then we race every weekend until mid September.

OUT AND ABOUT

- Daniela Cardoso 13:24.09 and Amaro Teixeira 26:30.70 won the Academic Federation of University Sports (FADU) indoor walk championships in Pombal, Portugal, last Sunday. See full results and a discussion of the meet at <http://omarchador.blogspot.pt/2014/03/batido-recorde-nacional-universitario.html>
- Ana Cabecinha 21:31.06 and Dionysius Ventura 22:36.72 were the winners of the 5000m walks in the 'Ana Cabecinha Trophy' which was held in Pura, Portugal, last weekend. See <http://omarchador.blogspot.pt/2014/03/ana-cabecinha-ascende-na-lista-de.html>
- Following a set of impressive 10 km race walk performances at the Molly Barnett Open Meeting in Coventry on Saturday, England Athletics have named a strong team to compete in the EAA Permit Meeting, in Lugano, Switzerland on 16th March. See <http://www.englishathletics.org/england-athletics-news/strong-team-named-to-compete-in-switzerland> .

Tom Bosworth (Coach: Andi Drake):	Open Men 20km
Johanna Atkinson (nee Jackson), (Coach: Maureen Jackson):	Open Women 20km
Cameron Corbishley (Coach: Chris Hobbs):	Junior Men 10 km
Callum Wilkinson (Coach: Mick Graham):	Junior Men 10 km
Jasmine Nicholls (Coach: Andi Drake):	Junior Women 10 km
Emma Achurch Coach: Steve Arnold):	Junior Women 10 km
Ellie Dooley (Coach: Andi Drake):	Junior Women 10 km

Team Leader Andi Drake said, "The event group is at its strongest for many years and it is exciting to be taking an England Athletics Team to an event who are all working towards major Championships in the current Olympic cycle."

- Athletics Australia has approved a new Supplements Policy whereby athletes are advised not to take a supplement if:

- the supplement or substance cannot be found on the ASADA "Know your substance" website (<https://checksubstances.asada.gov.au/>) or
- after a match on the website, it is revealed that it is prohibited in sport or
- it has been sourced from overseas, or
 - it has been sourced from the internet

—
If in any doubt, the policy advises that an athlete must adopt a "no supplement" policy.

See <http://www.athletics.com.au/News/Article-Details/ArtMID/5111/ArticleID/6640/Supplements-Policy>

- Little Athletics Australia has a new website - see <http://www.littleathletics.com.au/>
- A number of Australian 2014 World Cup walkers will be in action on the international stage next weekend.
 - **Chris Erickson, Dane Bird-Smith, Rhydian Cowley and Adam Rutter** will be in action in the 20km walk at the Asian Racewalking Championships in Nomi, Japan, on Sunday.
 - **Jared Tallent** will be in action in the 20km walk at the Lugano Area Permit meet in Switzerland, also on Sunday. Then the following Saturday, he will be competing over 20km in the Dudince meet in Slovakia.

Good luck everyone!

REMEMBERING WERNER HARDMO

Rodrigo García Maturana of Spain recently passed onto me a Swedish newsletter which featured a number of athletes, one of them being the great Werner Hardmo who set many racewalking world records in the 1940's in Sweden. Alas, because of the Second World War, he never got the chance to test himself at the international level while at his prime but he was a fantastic walker. The newsletter also featured a racewalking cartoon featuring Hardmo. Now sorting all this out was indeed an international effort as Swedish statistician Birger Falt's mother was an English teacher and she was able to translate the captions into English for us. So here it is.

It will now join my VRWC Racewalking Cartoon page (<http://www.vrwc.org.au/vrwccartoons.shtml>) as a very worthy edition.

REKORD -MAGASINETS Idrottsalbum

1945
VERNER
Hardmo
KUMLA



Som 17-åring Hardmo lust att pröva gångsport fick när han på Kumla idrottsplats fick se hur Stålberg gick. Han slängde av kavaj och väst och in på banan klev och följde Kumlas champion lätt så alla häpna blev.



Han lärde gå så fort att konkurrenterna blev "blåa" och ibland Närkestrampens juniorer kom han tvåa och träna upp en stil perfekt så ryktet kom i svang att det gick alltför fort — med andra ord att Hardmo sprang.



I Växjö 43 han gick en SM-tävlan hård i en attack mot norske mästern Edgar Bruns rekord. Man sagt att Edgar löpt, och det på ganska goda grunder men Hardmo gick och slog hans tid med 4-5 sekunder.



I Kumla stadsfullmäktige en dag blev diskussion om dopet av en gata efter stadens gång-kanon, men namnet Hardmo-gatan antogs efter stort hallå. Där är det väl ej tillåtet att åka — bara gå.



Bak disk i speceriaffär berömd Verner står. Och utav kunder jämt är kö — det är en bod som går! Var veckodag han säljer kaffe, mjöl och vetekrans, var söndag slår han världsrekord på lämplig gång-distans.



Till Dagblads-guldet Hardmo var en prima aspirant, men segern gick till Moras store skid-representant. Men nästa år bör Hardmo få tillräckligt god merit ifall han slår en 30 nya världsrekord i svit.

And here is the translation:

1) Speech ballon: I might give it a try.

When Hardmo was seventeen and saw Ståhlberg race walking on the track in Kumla he felt like trying it himself. He threw off his jacket and his waistcoat, entered the track and followed the Kumla champion so easily that everybody was astonished.

2) He learnt how to race walk so fast that his competitors couldn't follow him and was second among the juniors in the Närkestrampen. He developed a style so perfect and walked so fast that it was rumoured that he was he was running.

3) Speech ballon: New world record 10,000m 42.47

At the Swedish championships in Växjö in 1943 he made an attack at the Norwegian champion Edgar Bruun's record. The rumours said that Edgar had been running and that on quite good grounds. But Hardmo w a l k e d and beat his time by 4-5 seconds.

4) In the Kumla town council it was discussed whether a street should be named after the town champion. The name Hardmo Street was chosen after lively discussions. Probably driving is not allowed in this street, only walking.

5) Speech ballon: He's a darling, isn't he. And yesterday he broke another world record.

Behind the counter in a grocery store you'll find the famous Werner. And there's always a line of customers, it's a thriving store. Every day of the week he sells coffee, flour and sweet bread and every Sunday he breaks world record on a suitable distance.

6) Speech ballon: Hardmo should have got a medal too.

Hardmo was an excellent candidate for the Dagbladsmedaljen, the most prominent award in Swedish sports, but the big skier from Mora was awarded the medal. But next year Hardmo will certainly deserve the medal if he breaks another 30 world records.

THOSE WERE THE DAYS!

Thanks to Robyn Wales who forwarded me this amusing newspaper snippet about the Dundas Ratepayers' Association 'Gala Day at Rydalmere' at the end of 1889.

Along with the serious athletics, such as the '1 Mile Walking Handicap' and shot-putting (with a 30 pound cannon ball!), were novelty events such as the 75-Yard Ladies' Race (yes, the only women's event) and the gentlemen's 'Cigar and Umbrella Race' which was described as follows

UMBRELLA & CIGAR RACE -- 150 yards.

Competitors to open their umbrellas at the fall of the flag, light their cigars, and race; umbrellas to be kept open during the race and

cigars to be alight at the finish. First prize, presented by Messrs Newling and Walker, value £1 1s; second prize, presented by Mr. J. E. Kelly, value 12s 6d.

Eleven men went to the post for this amusing contest but the majority of them certainly did not fulfil the conditions:

Andrews 1

Woodward 2

The men were placed as they arrived. A protest was entered against Andrews, and, we understand, has yet to be dealt with. Apparently the result "was a burlesque, and indeed almost a fraud; and it was by no means surprising that a vigorous protest was entered by the small minority who fulfilled the conditions."

Well, we still have the occasional protest nowadays but the events are a bit more rigorously setout than in 1889! Thanks Robyn.

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

Mar 12-16, 2014	5 th Australian Junior Athletics Championships, Sydney (NSW)
Mar 15-16, 2014	Vic Masters Champs, Burwood, Entries via AV website. Entries close Mon 24 Feb.
Sun Mar 23, 2014	VMA 5000m Track Champs and VRWC track walks, Dolomore Oval, Mentone, VIC
Sat Mar 29, 2014	Queensland Track Classic, Brisbane (QLD) - 5000m walks
Mar 29-30, 2014	LAVic State T&F Championships
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

Remaining 2014 IAAF Challenge Series Walks

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 3-14, 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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Copies of recent newsletters are kept on the VRWC website (<http://www.vrwc.org.au>)