



HEEL AND TOE ONLINE

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

It has been another big week in Australia with fine walks across our huge land, but for this week's Walker of the Week I am travelling to Budapest in Hungary where the World Masters Indoor Championships have just concluded. A very small walks contingent (5 in total) made the trip, led by **Heather Carr** and **Mark Donahoo**. And they performed so well that I have awarded Heather and Mark a joint Walker of the Week status.

Walking in the 3000m indoor track walks on Thursday, they each won their respective divisions in emphatic fashion

W60	1	Carr, Heather	W64	Australia	16:18,25
M55	1	Donahoo, Mark	M55	Australia	14:17,18

Walking on Saturday in the 10km roadwalk, Heather took her second gold but, alas, Mark had a bad day in the office.

W60	1	Carr, Heather	W64	Australia	58:44,1
M55	10	Donahoo, Mark	M55	Australia	55:14,6

Heather and Mark won both golds on offer in the last World Masters Indoor champs, held in Jyvaskyla, Finland, in 2012. They have produced the goods once again with more excellent walking.



Heather and Mark in action in Budapest (photos Emmanuel Tardi)

WHAT'S COMING UP

The 92nd Australian Open T&F Championships will be held in Melbourne this coming weekend (April 3-6, 2014) and 10,000m track walk championships are officially included. We had 5000m walk championships in the program until 1998 after which they were removed. Since then we have been on the outer with regard to these championships. Last year an invitational 5000m was included and this year we are finally officially back on the main card with 10,000m walks for men and women.

The 10,000m walk was last held at these championships in 1961 and it is remembered in a fantastic article on the NSW athletics website, written by David Tarbotton and Ron Bendall (see

<http://www.nswathletics.org.au/News/ArtMID/1740/ArticleID/492693/53-year-reigning-national-champion-won%E2%80%99t-defend-in-Melbourne-this-week>)

53-year reigning national champion won't defend in Melbourne this week

Most of the current national champions are set to converge on Melbourne's Lakeside Stadium this week, where they carry the tag as reigning national champion. However one who will certainly not be competing, but will still be in the crowd, is triple Olympian **Ron Crawford** OAM, who has been reigning champion in his event for 53 years. Crawford, a triple Olympian, was the last winner of the national 10,000m track walk title, which has been re-introduced to the 2014 national championships. He won the title 1961 and has held the honour of reigning champion for over half a century.

"I was not in the fittest shape in the leadup to the 1961 national championships as I had got married late in 1960," recalled Crawford, who had competed at the 1960 Rome Olympics.

The 1961 national 10,000m track walk championship was held in winter, on July 22, and was conducted on the Redcliffe Showgrounds in Brisbane. In warm and fine conditions, Crawford won easily in 48:20.4, ahead of Victorian Bob Gardiner (49:05.0), Randwick Botany club mate Logan Irwin (49:37.6) and NSW Olympian Frank Clark. It was the eighth occasion the biennial race had been held, but was due to be replaced by a 20km road walk in 1963.

Crawford, who turned 78-years-old last week, when told of this unique honour said: "Well I should get down to Melbourne this week to watch the race."

Following his career as an athlete, Crawford embarked on a long and distinguished administrative career in the sport culminating in being awarded an OAM and life memberships to various organisations including his club Randwick Botany, Athletics NSW and Athletics Australia.

PROFILE - Ron Crawford OAM

Born: 26 March 1936

Olympics: 1956 – 13th 20km, 13th 50km; 1960 11th 20km, DQ 50km; 1964 22nd 20km, 13th 50km

Australian Championships: medals in 2 mile walk, 10,000m walk and 50km walk.

Awards: OAM

Life member: Randwick Botany, Athletics NSW, Athletics Australia



1964 Olympics - Australian Olympians Bob Gardiner, Ron Crawford and Ted Allsopp out training

And for the record, this year's 10,000 track walks will be held on Friday evening at 7PM with strong fields as follows

Women 10,000m Walk Open

Fagan, Nicole	89	NSW
Holliday, Tanya	88	SA
Klein, Kirsty	94	NSW
Montag, Jemima	98	VIC
Olsson, Mari	86	SWE
Ruddick, Kelly	73	VIC
Stigwood, Stephanie	90	TAS
Tallent, Rachel	93	VIC

Men 10,000m Walk Open

Bird, Kyle	96	VIC
Bird-Smith, Dane	92	QLD
Brill, Nathan	96	VIC
Dewar, Brandon	92	QLD
Erickson, Chris	81	VIC
Evans, Simon	60	VIC
Garganis, Adam	97	VIC
Hawksworth, Danny	79	VIC
Malone, Kyle	91	NSW
Nipperess, Dean	71	QLD
Rutter, Adam	86	NSW

ACT WALKERS CLUB TRACK WALKS, AIS TRACK, BRUCE, ACT, THURSDAY 27 MARCH

Thanks to Robin Whyte for the latest results from Canberra. Zoe Hunt was the fastest with 9:19 for the 2000m handicap but the front markers made the most of their opportunity and were not to be caught.

	2000m Handicap	Time	(Start)
1.	Sharon Kingston	16:09	(00:40)
2.	Terri Jones	16:46	(00:10)
3.	She Hawke	15:21	(02:10)
4.	Chelsea Rogic	12:22	(05:40)
5.	Peter Baker	10:45	(07:30)
6.	Geoff Barker	12:52	(05:25)
7.	Helena Bialecki	11:46	(06:35)
8.	Robert Kennelly	15:58	(02:25)
9.	Venesser Rogic	14:38	(03:55)
10.	Jennifer Gilchrist	14:03	(04:30)
11.	Zoe Hunt	9:19	(09:15)
12.	Rod Gilchrist	13:35	(05:05)
13.	Gabby Hunt	10:11	(08:30)
14.	Robin Whyte	12:14	(06:30)
15.	Val Chesterton	16:23	(02:25)
16.	Margaret McSpadden	15:27	(03:25)
17.	Sheryl Greathead	15:23	(03:30)
18.	Doug Fitzgerald	14:27	(04:50)
19.	Bryan Thomas	13:42	(05:40)

1200m Walk

1.	Tom Hunt	7:00
2.	Sophie Rogic	8:04

ATHLETICS VICTORIA SHIELD ROUNDUP

The final round of Athletics Victoria interclub concluded last week with Round 12, the metropolitan venues competing on Thursday evening and the country venues competing on Saturday.

AV Shield BLUE ZONE Round 12, Casey Fields, Cranbourne East, Thursday 27 March

Kyle Bird 13:34.1 and Simone McInnes 15:11.6 were fastest over 3000m at Cranbourne East while Emily Hamilton zipped around the 1500m in a PB 7:02.3.

3000m Walk

1.	Kyle Bird	MU18	MPA	13:34.1	
2.	Simone McInnes	WOP	GHY	15:11.6	PB 0:33
3.	Aaron Tam	MU20	KNA	16:27.4	

4.	Ralph Bennett	M40+	VMA	16:59.7
5.	Rupert Van Dongen	MOP	CCA	18:30.5
6.	Chris Hibbert	MU18	GHY	19:25.0
7.	Anthony Doran	MOP	GHY	19:26.7
8.	Gwen Steed	W40+	VMA	19:29.3
9.	Geoff Barrow	MOP	MEN	19:33.5
10.	Rebekah Lyness	WOP	CCA	20:24.6
11.	John Morrison	MOP	SAN	21:29.3
12.	Philip Hutton	MOP	GHY	23:32.8

1500m Walk

1.	Emily Hamilton	WU16	KNA	7:02.3	PB 0:14
2.	John Zeleznikow	M40+	GHY	13:55.3	
3.	Benjamin Braverman	MU14	GHY	17:08.1	
	Joseph Zeleznikow	MU14	GHY	DQ	
	Ethan Donato	MU14	EMH	DQ	
	Ethan Wilson	MU16	INV	DQ	

AV Shield RED ZONE Round 12, Meadowglen International Athletics Track, Epping, Thursday 27 March

Emmet Brasier was the star of the show in Epping with his PB of 6:07.9 for the 1500m.

Mixed 3000m Walk

1.	Hawkins, Trenton	M34	PRESTON AC	14:54.8
2.	Laufer, Michelle	W44	COLLINGWOOD	15:05.2
3.	Smyth, David	M44	COLLINGWOOD	15:36.8
4.	Keirl, Bernie	M50	DIAMOND VALLEY	16:43.2
5.	Clarke, Patrick	M45	DIAMOND VALLEY	16:48.9
6.	Elms, Donna-Marie	W52	PRESTON AC	18:13.8
7.	Gardiner, Robert	M77	COLLINGWOOD	18:23.6
8.	Derby, Lachlan	M16	COLLINGWOOD	20:06.6
9.	Quinn, Karen	W49	DIAMOND VALLEY	21:02.0
10.	Fisher, Sarah	W26	DIAMOND VALLEY	21:28.9
11.	Smith, Charmaine	W38	DONCASTER AC	22:43.7
12.	Brasier, Caitlin	W23	DIAMOND VALLEY	23:30.1
13.	Campbell, Donna	W23	PRESTON AC	24:27.9

Mixed 1500m Walk

1.	Brasier, Emmet	M15	DIAMOND VALLEY	6:07.9	PB 0:14
2.	Owen, Cooper	M15	DIAMOND VALLEY	7:56.6	
3.	Grenade, Christopher	M11	PRESTON AC	10:14.8	
4.	Boylen, Adele	W14	COLLINGWOOD	10:34.2	
5.	Rudston-Brown, Caitlyn	W12	WHITTLESEA CITY	11:02.6	
6.	Botta, Natalie	W12	COLLINGWOOD	12:17.2	
7.	Gardiner, Brayden	M13	PRESTON AC	14:54.8	

AV Shield WHITE ZONE Round 12, Proclamation Park, Ringwood, Thursday 27 March

Nathan Brill had the fastest time of the round overall with a brilliant 12:00.8 at Ringwood. Kyle Swan was also in good form with 6:44.5 in the 1500m

Mixed 3000m Walk

1.	Brill, Nathan	M17	BOX HILL AC	12:00.8	PB 0:04
2.	Taylor, Lucas	M17	YARRA RANGES	15:04.8	
3.	Geisler, Sandra	W36	RINGWOOD AC	15:20.5	
4.	Tindal, Pam	W54	UNNATACHED	15:30.3	
5.	Laurie, Natalie	W22	ATHLETICS NU	15:54.8	
6.	Rosenbrock, Carolyn	W51	ATHLETICS NU	18:16.4	
7.	Benke, Geza	M57	OLD MELBURNI	19:36.4	
8.	Hunter, Pia	W47	BOX HILL AC	20:53.7	
9.	Sofianos, Gerald	M64	ST KEVINS AC	21:44.3	
10.	Worsnop, Christopher	M56	OLD XAVERIANS	21:55.8	
11.	Noonan, Patrick	M35	ST KEVINS AC	23:08.9	
12.	Clarke, Monica	W16	OLD XAVERIANS	23:15.2	
13.	Razuki, Lily	W15	OLD XAVERIANS	23:17.5	
14.	Dencs, Judit	W54	SOUTH MELBOURNE	25:58.4	
15.	Albiston, Simone	W47	ATHS WAVERLEY	25:59.5	
	Atkinson, James	M47	ATHS WAVERLEY	DQ	
	Beavis, Mark	M57	YARRA RANGES	DQ	

Mixed 1500m Walk

1.	Swan, Kyle	M14	ATHLETICS NU	6:44.5
2.	Taylor, Lee	W12	YARRA RANGES	9:26.4
3.	Bain, Luke	M13	RINGWOOD AC	12:36.2
4.	Tzilantonis, Lee	M14	RINGWOOD AC	12:37.9
	Bain, Ryan	M13	RINGWOOD AC	DQ

AV Shield YELLOW ZONE Round 12, Mooney Valley Athletics Centre, Essendon, Thursday 27 March

Chris Erickson and Jesse Osborne strolled around together and crossed the line together in the 3000m (well, just about) with 12:46 while in the 1500m, James Christmass was easily fastest with his time of 6:21.8.

3000m Walk

1.	Chris Erickson	MOP	ATE	12:46.6	
2.	Jesse Osborne	MOP	ATE	12:46.8	
3.	Shea Wellington	MU18	KSB	15:23.5	PB 0:16
4.	Paul Kennedy	MOP	KSB	15:23.8	
5.	Gerard Feain	MOP	KSB	16:20.4	
6.	Duncan Knox	M40+	ATE	17:25.1	
7.	Connor McShanag	MU18	ATE	18:09.6	
8.	Robyn Shaw	W40+	WES	18:28.7	
9.	Rebecca Campbell	WU18	ATE	19:33.8	
10.	Phillip Dunstone	M40+	WES	19:36.9	
11.	Courtney Utber	WU18	WES	21:44.1	
12.	Ian Upton	M40+	KSB	21:46.8	
13.	Elise Aplin	KSB	WOP	21:47.3	
14.	Phoebe Cahir	WU18	KSB	21:54.9	
15.	Janice Hodgart	W40+	WES	22:40.7	
16.	Nicole Gunn	WOP	KSB	23:03.7	
17.	kelly spiteri	WOP	COB	23:13.3	
18.	Claire Hodgart	WU18	WES	23:44.1	
19.	Stephen Murphy	M40+	ATE	23:48.7	
20.	Olive Ireland	WOP	BWK	25:28.6	

1500m Walk

1.	James Christmass	M40+	COR	6:21.8	
2.	Lachlan Feain	MU16	KSB	8:26.2	
3.	Gabriella Crea	WU16	ATE	8:28.2	PB 0:05
4.	Julia Irons	WU16	KSB	8:44.2	
5.	Rhiannon Matthews	WU14	KSB	8:46.8	PB 0:01
6.	Madeleine Feain	WU16	KSB	9:29.3	
7.	Elaine Irons	WU14	KSB	9:43.8	
8.	Dominic Sykes	MU14	KSB	10:25.1	
9.	Declan Macaulay	MU14	WES	10:45.5	
10.	Ashley Tonelli	WU14	KSB	11:22.6	
11.	Nicholas Masini	MU16	WES	12:06.8	

AV Shield BENDIGO REGION Round 12, La Trobe University Athletics Centre, Bendigo, Saturday 29 March

A very small field in Bendigo.

3000m Walk

1.	John Carter	M60+	SBE	20:50.93
2.	John Watson	M60+	BYM	23:04.06

1500m Walk

1.	Madison Hill	WU14	SBE	8:48.24
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AV Shield BALLARAT REGION Round 12, Llanberris Reserve, Ballarat, Saturday 29 March

Alas, no results yet from Ballarat.

VICTORIAN LITTLE ATHLETICS T&F CHAMPS, LAKESIDE STADIUM, ALBERT PARK, 29-30 MARCH

The walks were all held last Saturday at the Victorian Little Athletics T&F Champs in Melbourne and, like the other States, it was a case of quantity and quality. There were two new meet records - Nikola Mandic won the U11 Boys 1500m in 7:03.75 and Eliza Clarke won the U14 Girls 1500m in 6:40.15 - and that was the icing on the top of the cake. Great walks by so many.

Girls U9 1100m Walk

1.	Gemma Lillie	Knox 23	6:19.37
2.	Adasha Boxer	Corio 7	6:44.44
3.	Emily Reissinger	Corio 7	6:56.11
4.	Naomi Nicola	Diamond Valley 8	6:58.01
5.	Freya Evans	Box Hill 21	7:01.63
6.	Elise Carbery	Knox 23	7:08.70
7.	Bethany Waldon	Diamond Valley 8	7:22.32
8.	Tahlia Cipriani	Casey 154	7:24.79
9.	Tevuro Montgomery	Wonthaggi 12	7:48.67
10.	Angela Lane	Preston-Res 22	8:01.29
11.	Alana Chapman	Whittlesea City 112	DQ
12.	Caitlin Tampion	Brighton 63	DQ
13.	Maddy Anderson	Albury 131	DQ

Girls U10 1100m Walk

1.	Soraya Maclean	Ringwood 52	5:50.23
2.	Hayley Woolfe	Casey 154	5:51.94
3.	Eliza Keast	Corio 7	5:52.96
4.	Brianna Briet	Cranbourne 59	5:53.35
5.	Grace Louey	Knox 23	5:55.48
6.	Charlotte Holmes	Diamond Valley 8	6:08.10
7.	Claire Noonan	Yarra Ranges 43	6:11.02
8.	Abi Newman	Caulfield 56	6:28.32
9.	Jordyn Leamer	Corio 7	6:33.31
10.	Leah Canavan	Ballarat 122	6:42.27
11.	Jaide Anthony	Mornington 82	7:04.27
12.	Tess Bartlett	Sherbrooke 71	7:04.79
13.	Jesse Jones	Cockatoo 123	7:08.06
14.	Alyssa Wooding	Frankston 17	7:26.22
15.	Georgia Simonsen	Seaford 99	7:26.66
16.	Merryn Rowlands	Croydon 49	7:36.00
17.	Amber Henderson	Casey 154	7:55.14
18.	Brooke Hutchinson	Frankston 17	8:00.12
19.	Elouise Jarman	Frankston 17	8:00.37
20.	Grace Maclachlan	Sale 30	8:30.92
21.	Brooke King	Albury 131	9:17.83

Girls U11 1500m Walk

1.	Alanna Peart	Ballarat 122	7:45.18	PB 0:24
2.	Madison Clark	Southern Pen 103	7:52.22	
3.	Jessica Simpson	Diamond Valley 8	8:14.86	
4.	Andie Montag	Caulfield 56	8:22.30	
5.	Mackenzie Mielczarek	Corio 7	8:34.84	
6.	Lanarose Picioane	Diamond Valley 8	8:41.32	
7.	Hannah Smith	Diamond Valley 8	8:48.20	
8.	Layla McGill	Mornington 82	9:06.06	
9.	Courtney Beer	Knox 23	9:08.68	
10.	Mikayla Cipriani	Casey 154	9:21.38	
11.	Chloe Olsen	Croydon 49	9:39.22	
12.	Mia Ward	Knox 23	9:42.72	
13.	Jessica Taylor	Croydon 49	9:51.26	
14.	Alannah Dingli	Mentone 104	10:04.74	
15.	Stephanie Kewley	Ringwood 52	10:07.37	
16.	Meg Sparkes	Croydon 49	10:54.87	
17.	Mikaela Notley	Wonthaggi 12	13:57.71	
	Carissa Brook	Bendigo 2	DQ	
	Charli Walker	Geelong 1	DQ	

Girls U12 1500m Walk

1.	Georgia Clarke	Diamond Valley 8	7:02.91
2.	Chloe Karagiorgos	Knox 23	7:45.92
3.	Amy Canavan	Ballarat 122	7:51.01
4.	Kathleen O'Mahony	Knox 23	8:05.48
5.	Brianna Lillie	Knox 23	8:06.13
6.	Jasmin Hass	Sherbrooke 71	8:22.82
7.	Mia Holah	Box Hill 21	8:42.14
8.	Frances Collis	Diamond Valley 8	8:47.09

9.	Lucinda Derrett	Diamond Valley 8	8:49.37
10.	Bianca Morrow	Cranbourne 59	9:05.35
11.	Holly Cocking	Nunawading 33	9:06.50
12.	Kirsten Craft	Sale 30	9:32.97
13.	Tara Matheson	Casey 154	10:13.66
	Rachel Aitken	Wonthaggi 12	DQ
	Brooklyn Utber	Werribee 72	DQ

Girls U13 1500m Walk

1.	Rebecca Henderson	Casey 154	6:48.79
2.	Jemma Peart	Ballarat 122	7:04.01
3.	Mackayla Davison	Corio 7	7:11.76
4.	Zahra Hayes	Rochester 141	7:13.93
5.	Romy Gras	Corio 7	7:20.46
6.	Brodie Richardson	Knox 23	7:24.15
7.	Taylor Langford	Diamond Valley 8	7:27.84
8.	Mikhala Hodges	Knox 23	7:51.66
9.	Madison Hill	Bendigo 2	8:06.73
10.	Tegan Miller	Skye Valley 156	8:32.87
11.	Ruby Pallot	Warragul 27	8:34.63
12.	Larissa Watts	Shepparton 55	8:40.03
13.	Victoria Tiplady	Casey 154	9:15.82
14.	Bree Ferguson	Geelong 1	9:16.60
15.	Phoebe Hird	Waverley 34	9:45.89

Girls U14 1500m Walk

1.	Eliza Clarke	Diamond Valley 8	6:40.15	PB 0:35, Record
2.	Karla Bulte	Casey 154	7:16.02	PB 0:02
3.	Emily Noonan	Yarra Ranges 43	8:01.08	
4.	Jessica Lillie	Knox 23	8:10.43	
5.	Paris Owen-Wilson	Dandenong 38	8:16.02	
6.	Anaya Hodges	Knox 23	8:25.66	
7.	Catherine Simonsen	Seaford 99	8:40.22	
8.	Tylah Whitehead	Traralgon 3	8:44.83	
9.	Morgan van Leerdam	Geelong 1	9:14.65	
10.	Leah Wright	Whittlesea City 112	9:38.25	

Girls U15 1500m Walk

1.	Philippa Huse	Brighton 63	7:04.77	PB 0:03
2.	Paige de Lisen	Knox 23	7:16.31	PB 0:09
3.	Megan White	Corio 7	7:25.99	
4.	Taylor Vasiljevic	Casey 154	7:32.04	
5.	Josephine Laufer	Collingwood 10	7:56.23	
6.	Ellen Dowie	Maryborough 108	7:57.31	
7.	Lauren Kewley	Ringwood 52	8:46.39	
8.	Hayley Brown	Knox 23	9:26.38	

Boys U9 1100m Walk

1.	Harrison Karagiorgos	Knox 23	6:05.95
2.	Daniel Johnston	Knox 23	6:44.89
3.	Luke Ward	Knox 23	6:58.59
4.	Alexander van Duuren	Yarra Ranges 43	7:29.11
5.	Brock Mesaric	Traralgon 3	7:29.39
	Jack Stevenson	Ringwood 52	DQ

Boys U10 1100m Walk

1.	Jared Hodges	Knox 23	5:50.02
2.	Riley Lovick	Frankston 17	5:52.24
3.	Harlan Holland-Hughes	Croydon 49	5:55.67
4.	Jhye Smith	Knox 23	6:05.00
5.	Joshua Abbott	Geelong 1	6:09.80
6.	Lachlan Homewood	Diamond Valley 8	6:20.71
7.	Shay Briet	Cranbourne 59	6:49.51
8.	Jack Mogensen	Mentone 104	6:49.94
9.	Ned Classon	Diamond Valley 8	7:15.65
10.	Teronne Potter	Corio 7	7:18.10

Boys U11 1500m Walk

1.	Nikola Mandic	Casey 154	7:03.75	PB 0:08, Record
2.	Nikolaj Djordjevic	Mentone 104	7:23.60	
3.	Bede Collis	Diamond Valley 8	7:27.60	
4.	Lachlan Benbow	Werribee 72	8:18.23	
5.	James Carver	Casey 154	8:28.54	
6.	Will Thompson	Frankston 17	8:31.61	
7.	Matt Coon	Maryborough 108	8:41.05	
8.	Brady Ferguson	Geelong 1	8:44.96	
9.	Thomas Glover	Brimbank 151	8:45.84	
10.	Cambell Riseley	Leongatha 74	9:00.29	
11.	Heath Beveridge	Brimbank 151	10:35.12	
	Josh Reissing	Corio 7	DQ	

Boys U12 1500m Walk

1.	Corey Dickson	Knox 23	7:29.14	
2.	Joseph Rickard	Mornington 82	7:42.78	
3.	Nicholas Zsebe-Sterle	Corio 7	8:20.81	
4.	Patrick Nicholls	Casey 154	8:45.94	
5.	Liam Homewood	Diamond Valley 8	9:02.96	
6.	Dale Jordison	Yarra Ranges 43	9:11.90	
7.	Christopher Menara	Caulfield 56	9:26.18	
8.	Alexander Hart	Corio 7	9:56.67	

Boys U13 1500m Walk

1.	Harry Hockley Samon	Geelong 1	8:00.17	
2.	Hayden Walmsley	Knox 23	8:03.39	
3.	Ethan Wright	Whittlesea City 112	8:15.48	
4.	Zach Lane	Mornington 82	8:39.77	
5.	Alexander Keating	Corio 7	9:06.94	

Boys U14 1500m Walk

1.	Michael Taylor	Diamond Valley 8	7:03.42	
2.	Jack Keating	Corio 7	7:32.77	
3.	Hugh Collis	Diamond Valley 8	7:46.03	
4.	Thomas Keast	Corio 7	8:37.53	

Boys U15 1500m Walk

1.	Kyle Swan	Knox 23	6:57.29	
2.	Liam Burgess	Diamond Valley 8	7:28.47	

QUEENSLAND TRACK CLASSIC, QSAC, BRISBANE, SATURDAY 29 MARCH

The Queensland Track Classic, held in perfect conditions last Saturday evening at the QSAC stadium in Nathan, featured a 5000m walk on the program. Alas, the timing was not great and the fields were small but spectators saw high quality walking by Dane Bird-Smith (just a few secs outside his PB with 18:59.51), Tanya Holliday (21:41.28) and Kelly Ruddick (21:46.68, a PB and a new W40 World Best). There were plenty of great images, including some of the walkers, but I think that copywrite precludes me showing them here - check them out at <https://www.facebook.com/media/set/?set=a.10152019548427338.1073741962.47519107337&type=1>.

Men 5000m Walk

1.	Dane Bird-Smith	92	QAS	18:59.51
2.	Rhydian Cowley	91	VIS	20:37.58
3.	Brandon Dewar	92	QLD	21:15.82
4.	Danny Hawksworth	79	VIC	23:25.37
5.	Luke McCutcheon	98	QLD	24:03.50
	Nick Dewar	92	QLD	DNF

Women 5000m Walk

1.	Tanya Holliday	88	SASI	21:41.28	
2.	Kelly Ruddick	73	VIC	21:46.68	PB 0:04, W40+ World Best
3.	Rachel Tallent	93	VIC	22:45.39	
	Katya Martin	97	QLD	DNF	

SAMA TRACK CHAMPIONSHIPS, SANTOS STADIUM, MILE END, ADELAIDE, 28-30 MARCH

Thanks to Colin Hainsworth for the results of the South Australian Masters T&F Champs in Adelaide last weekend. It was a busy time with 1500m and 3000m walks on the Friday evening, followed by 800m and 5000m walks on Sunday.

1500m Walk, Friday 28 March

W45	1	Louisa Mitchell	08:45	69.40%
	2	Sue Damin	11:38	53.95%
W50	1	Gloria Holliday	08:17	78.39%
	2	Marie Maxted	08:43	74.49%
W60	1	Barbara Cain	10:02	69.06%
	2	Helen Suridge	10:35	67.56%
W65	1	Jan Layng	11:29	63.67%
	2	Jill Rogers	12:10	63.07%
W70	1	Margaret Trengove	10:04	77.21%
M40	1	Matthew Anderson	13:37	40.62%
M50	1	Richard Everson	06:57	85.02%
	2	Peter Crump	07:54	76.75%
M55	1	Norman White	10:56	56.45%
M60	1	Jack Russell	08:03	81.18%
	2	Harry Heyford	11:24	57.32%
M65	1	James Hoare	10:09	68.66%
	2	John Hore	10:32	64.70%
M70	1	Roger Lowe	11:16	64.07%
M75	1	Rodger Barber	10:25	74.88%
M80	1	Colin Hainsworth	11:27	76.86%

3000m Walk, Friday 28 March

W45	1	Louisa Mitchell	18:42	66.97%
W50	1	Gloria Holliday	17:29	76.66%
	2	Marie Maxted	19:04	70.29%
W60	1	Barbara Cain	21:37	66.49%
	2	Helen Suridge	21:55	67.85%
W65	1	Jan Layng	23:55	63.69%
W70	1	Margaret Trengove	20:58	77.62%
M40	1	Matthew Anderson	28:22	39.78%
M50	1	Richard Everson	15:30	77.73%
	2	Peter Crump	16:27	75.15%
M55	1	Norman White	23:11	54.27%
M60	1	Jack Russell	17:03	78.12%
M65	1	James Hoare	21:02	67.55%
M70	1	Bill Starr	21:16	73.53%
	2	Roger Lowe	23:22	62.99%
M75	1	Rodger Barber	21:25	74.32%
M80	1	Colin Hainsworth	23:21	77.04%

800m walk, Sunday 30th March

W40	1	Cherie Rothery	05:13
W45	1	Louisa Mitchell	04:24
	2	Sue Damin	05:48
W50	1	Gloria Holliday	04:14
	2	Marie Maxted	04:34
W60	1	Helen Suridge	05:32
	2	Linda Whitelaw	06:18
W65	1	Barbara Cain	04:57
	2	Gill White	05:52
	3	Jan Layng	05:53
	4	Jill Rogers	06:19
W70	1	Margaret Trengove	05:15

M50	1	Peter Crump	04:01
	2	Mark Worthing	04:30
M55	1	Norman White	05:42
M65	1	John Hore	05:18
	2	James Hoare	05:19
M70	1	Roger Lowe	05:45
M75	1	Rodger Barber	05:25

5000m walk, Sunday 30th March

W45	1	Louisa Mitchell	31:24	68.11%
W50	1	Gloria Holliday	29:05	78.91%
	2	Marie Maxted	31:38	72.55%
W60	1	Linda Whitelaw	40:55	60.40%
W70	1	Margaret Trengove	35:20	79.76%
M50	1	Peter Crump	28:40	73.38%
M60	1	Jack Russell	29:18	77.33%
M65	1	James Hoare	35:22	68.34%
M70	1	Roger Lowe	40:08	62.41%
M75	1	Rodger Barber	36:16	74.75%

Next Wednesday will see the final meeting for the SAMA Summer Season, followed by season presentations.

RWCWC ROADWALKS, WILSON, PERTH, SUNDAY 30 MARCH

Thanks to Rick Cattermole for the results from the last summer season races for the Racewalking Club of Western Australia - Rick commented it was very muggy. Simeon Leatherland was the best with a very fast 8:55 for the 2km.

5km Open

1.	Caitlin Gerken	29.28
2.	Christopher Gerken	31.32

3km Open

1.	Breanna Brown	18.48
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2km Open

1.	Simeon Leatherland	8.55
2.	Sara Cattermole	12.51
3.	Tim Kezic	13.09

4.	Ryan Kezic	13.58
5.	Tina Kezic	14.36

1.5km Open

1.	Jaymee-Lee Curry	9.41
2.	Teyharna Curry	10.23

2014 TASMANIAN T&F CHAMPIONSHIPS, DOMAIN ATHLETIC CENTRE, HOBART, 28-30 MARCH

Walk of the meet in the Tasmanian T&F Championships went to Stephanie Stigwood who broke the State 5000m record with her winning time of 23:05.42. She now holds all the State walk distance records. Well done Steph.

Women 5000m Walk Open

1.	Stephanie Stigwood	92	Old Virgilians	23:05.42
2.	Tahlia Hunt	98	Old Virgilians	27:02.04

Women 1500m Walk Masters

1.	Elizabeth Leitch (W58)	55	Tasmanian Masters	8:48.36
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Women 5000m Walk Masters

1.	Elizabeth Leitch (W58)	55	Tasmanian Masters	31:28.20
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Men 5000m Walk Open

1.	Daniel Coleman	89	Old Virgilians	23:03.59
2.	Louis Rose	97	Old Virgilians	24:46.02

Men 1500m Walk Masters

1.	David Moore (M56)	58	Tasmanian Masters	10:11.24
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Men 5000m Walk Masters

1.	David Moore (M56)	58	Tasmanian Masters	37:13.52
	Lawrie Marsh (M67)	46	Tasmanian Masters	DQ

LITTLE ATHLETICS SA T&F CHAMPIONSHIPS, SANTOS STADIUM, ADELAIDE, 22-23 MARCH

And to finish off with few results from the week before. Thanks to Steve Harlington for these results from the South Australian Little Athletics T&F Championships in Adelaide. I will restrict my report to the first 8 in each division. For full results, check out https://assets.imgstg.com/assets/console/customitem/attachments/sic_results_2014.pdf.

U10 Girls 1100m Walk

1.	Victoria Upton	SD	6:44.4
2.	Mia Wilks	ED	6:58.6
3.	Aleesha Vidler	N	7:03.9
4.	Emma Bruce	SH	7:24.6
5.	Tahlia Leathart	ED	7:24.9
6.	Eloise Sulcich	SD	7:27.5
7.	Jacinta Speranza	HD	7:37.5
8.	Mackenzey Borgas	TTG	7:39.8

U10 Boys 1100m Walk

1.	Liam Killick	ED	6:43.3
2.	Ryan Rivett	ED	6:50.3
3.	Hudson Knox	TTG	7:09.2
4.	Max Michalanney	FW	7:25.1
5.	Jacob Bos	TTG	7:25.4
6.	Johnathon Martini	TTG	8:16.1
7.	Aaron Smart	En	8:16.6
8.	Sebastian Rapuano	GG	8:16.9

U11 Girls 1100m Walk

1.	Olivia Sandery	ED	6:24.4
2.	Zoe Gidman	TTG	6:38.6
3.	Sophie Kameniar	ED	6:44.7
4.	Ella Stachowiak	AE	7:24.1
5.	Erica Williams	SD	7:34.0
6.	Alishia Thomas	Why	7:40.3

U11 Boys 1100m Walk

1.	Joe Cross	ED	5:38.9
2.	Corey Brougham	SD	6:45.6
3.	Noah Goldie	ED	6:54.4
4.	Jack Gillingham	GG	7:01.0
5.	Damon Wilkinson	GG	7:21.6
6.	Jamison Sneath	MtG	7:22.2
7.	Matao Bonney-Smith	TC	7:24.1
8.	Julian Rayner	MD	7:24.4

U12 Girls 1500m Walk

1.	Chloe Upton	SD	8:34.0
2.	Hayley Goode	GG	8:42.1
3.	Rachel Kameniar	ED	9:01.6
4.	Brooke Nangle	IF	9:16.6

U12 Boys 1500m Walk

1.	Antonio Lo Iacono	TTG	9:59.0
2.	Nathaniel Erlandsen	MD	11:36.3

U13 Girls 1500m Walk

1.	Bethany Cross	ED	7:42.7
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U13 Boys 1500m Walk

1.	Jayden Goode	GG	7:48.9
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2.	Ayeisha Wallace	N	8:41.7
3.	Ainsleigh Howard	ED	9:22.7
4.	Lucy Griffith	AE	9:38.3
5.	Amber Phillips-	IF	9:51.1

U14 Girls 1500m Walk

1.	Jessica Hahn	BV	8:27.3
2.	Shantelle Laube	G	10:08.6
3.	Florence Simpson	SE	10:09.2

U15 Girls 1500m Walk

1.	Anna Cross	ED	7:10.3
2.	Neve Goodrem	MD	8:04.4
3.	Chantelle Nicolaides	F	9:13.9

U17 Girls 1500m Walk

1.	Samantha Findlay	RE	8:00.7
2.	Rebecca Burat	MB	9:32.0
3.	Adelena Sanders	IF	10:08.3

2.	Lachlan Williams	SC	9:15.0
3.	Keenan O'Malley	H	9:16.0

U14 Boys 1500m Walk

1.	Alix Harlington	SE	7:00.6
2.	Jake Vidler	N	7:17.3
3.	Nicholas Dallimore	SD	8:56.7
4.	Ryan Bland	SE	9:20.1
5.	Shaun Jackson	MD	10:02.9

U16 Boys 1500m Walk

1.	Bradley Samarcq	SH	8:52.1
2.	Michael Nicolaides	F	9:25.0

U17 Boys 1500m Walk

1.	Ryan Green	MtG	7:25.4
2.	Benjamin Slimming	ED	7:33.5
3.	Aidan Lampe	BV	9:15.7

LAACT STATE CHAMPIONSHIPS, AIS TRACK, BRUCE, ACT, 22-23 MARCH

And from the same weekend, the ACT Little Athletics Championships in Canberra. The numbers were not quite so big so the full results set follows. See https://sites.google.com/customdata/index.cfm?fuseaction=display_main&ItemID=11416&OrgID=3674 for more details on these championships.

Girls U10 700m Walk

1.	Skyla Robinson MCE	Queanbeyan	4:06.04
2.	Lauren Steiman	Gungahlin	4:16.60
3.	Sophie Cahill	Ginninderra	4:17.29
4.	Astrid Smyth	Belconnen	4:26.94
5.	Jemma Stewart	Woden	5:08.10
6.	Jaime Brennan	Gungahlin	5:23.02
7.	Heidi Price	Lanyon	5:39.75
8.	Siena Russell	Woden	5:44.14
9.	Kayla Hetaraka	Calwell	5:59.36

Girls U11 1100m Walk

1.	Laura Burns	Belconnen	5:42.49
2.	Sophie Rogic	Woden	7:00.07
3.	Alyssa Paton	Belconnen	7:38.46
4.	Zoe Miller	Queanbeyan	8:27.16
5.	Keishan Thompson	Ginninderra	8:42.44
6.	Natasha Tilley	Weston Creek	9:09.09

Girls U12 1100m Walk

1.	Mercedes Brennan	Moruya	6:45.08
2.	Danielle Holt	Queanbeyan	6:52.28
3.	Elena Kingham	Belconnen	6:54.19
4.	Laura Kearney	Weston Creek	8:09.08
5.	Teliya Hetaraka	Calwell	8:09.85
6.	Charlotte Suffolk	Ginninderra	8:53.43

Girls U13 1500m Walk

1.	Lily Hayter	Calwell	8:56.24
2.	Jennifer Alley	Woden	9:17.92
3.	Amelia Canavan	Corroboree	9:59.00
4.	Katherine Alley	Woden	10:23.30
5.	Natasha Suffolk	Ginninderra	11:28.58

Girls U14 1500m Walk

1.	Elizabeth Henderson	Belconnen	7:43.72
2.	Chelsea Rogic	Woden	9:00.04
3.	Maddison Walton	Ginninderra	9:36.94
4.	Tayla Paton	Belconnen	10:14.26
5.	Xanthe Stone	Calwell	10:52.72

Boys U10 700m Walk

1.	Tom Hunt	Belconnen	3:49.49
2.	Abraham Gonyley	Calwell	4:05.30
3.	Patrick Robinson	Woden	4:24.09
4.	Joshua Robards	Ginninderra	4:45.33
5.	Jacob Lory-Smailes	Weston Creek	4:47.21
6.	Callum Fenwick	Woden	5:44.23

Boys U11 1100m Walk

1.	Nicholas Odgers	Woden	6:56.64
2.	Harrison Francis	Ginninderra	6:58.55
3.	Sebastian Tanner	Gungahlin	7:08.71
4.	Jermaine Stewart	Woden	8:00.91
5.	Kai JeongReuss	Corroboree	8:15.61
6.	Sean Schwarz	Tuggeranong	8:15.71
7.	Ned Korsten	Woden	8:45.70

Boys U12 1100m Walk

1.	Marc Walton	Ginninderra	6:34.09
2.	Jake Bishop	Belconnen	6:34.71
3.	James Crowther	Tuggeranong	6:48.30
4.	Pierce Brennan	Woden	7:22.17
5.	Oliver Cahill	Ginninderra	7:22.23
6.	Logan Ganas	Calwell	7:38.86
7.	Cameron Scott	Gungahlin	8:45.34

Boys U13 1500m Walk

1.	Spencer Burns	Belconnen	7:24.54
2.	Gwyllym Young	Woden	8:35.62
3.	Colby Eddowes	Tuggeranong	9:08.34

Boys U14 1500m Walk

1.	Mitchell Baker	Ginninderra	7:41.03
2.	Connor Frew	Calwell	8:52.34
3.	Erek Lukowski	Woden	9:04.36
4.	Dillon Manning	Belconnen	9:12.08
5.	Trent Schoevers	Corroboree	9:37.76

Boys U15 1500m Walk

1.	Callum Burns	Belconnen	7:09.67
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Girls U15 1500m Walk

1.	Gabby Hunt	Belconnen	7:19.30
2.	Ursula McDonald	Ginninderra	9:35.98
3.	Courtney Mattick	Calwell	12:32.89

2.	Dylan Eddowes	Tuggeranong	7:48.30
3.	Tim Fraser	Calwell	8:57.81
4.	Arran Carn	Weston Creek	11:35.44

Girls U16 1500m Walk

1.	Jordan Bardsley	Woden	7:59.72
2.	Emily Hopkins	Queanbeyan	8:03.61
3.	Zahra Carn	Weston Creek	10:14.42
4.	Yanke Samura Liddi	Ginninderra	10:24.07

Boys U17 1500m Walk

1.	Thomas Hopkins	Queanbeyan	7:03.66
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Girls U17 1500m Walk

1.	Zoe Hunt	Belconnen	6:48.67
2.	Karina Hopkins	Queanbeyan	8:23.47
3.	Kara Baker	Weston Creek	8:33.01

WALITTLE ATHLETICS T&F CHAMPIONSHIPS, WA ATHLETICS STADIUM, PERTH, 21-23 MARCH

And another catchup, this time from Perth where the Western Australian Little Athletics T&F Champs were held a week ago. There was a superb race featuring Simeon Leatherland and Declan Tingay in the U15 Boys 1500m with Simeon winning out on this occasion with a time of 6.14.93, knocking 6 seconds off the previous WA record of 6.20.20. Declan finished 2nd in 6.21.96 and third went to Mohammed Faizal (Malaysia) in 7.01.06.

U10 1100m Walk Girls

1.	AMY HOLLAND	GOS	5m 55.01
2.	SIENNA ANDRITSOS	GOS	6m 08.97
3.	HANNAH MARTIN	CBN	6m 22.78
4.	SONYA PERIC-RATTEN	BAY	6m 25.31
5.	ASHLEIGH FRAME	EH	6m 32.23
6.	GENEVIEVE GOLLING	CBN	6m 38.33
7.	KATE RALSTON	ING	6m 38.83
8.	HANA VANEK	BEL	6m 41.32

U10 1100m Walk Boys

1.	MASON BRADWELL	MEL	6m 39.26
2.	NAVERIKA FETAOWAI	BAY	7m 00.85
3.	THOMAS STUBBS	SD	7m 05.14
4.	VAUGHAN COOPER	BAY	7m 17.47
5.	LUKE STEELE	ROC	7m 40.78
6.	OTTO PYE	CBN	7m 50.08
7.	JACOB MACLEOD-PATERSON	BUN	7m 51.69
8.	BLAKE ROWLEY	ROC	7m 53.30

U11 1100m Walk Girls

1.	HANNAH IRELAND	ROC	5m 50.44
2.	EHLANA OLIVIERI	KSY	5m 55.15
3.	HAYLEY RUANE	GOS	6m 09.97
4.	RICHELLE MORALES	GOS	6m 25.58
5.	KAYCEE YATES	MEL	6m 33.05
6.	LUCY SHAXSON	ING	6m 33.47
7.	ELIZA GRIFFIN	ROC	6m 44.77
8.	CHELSEA IVESON	CBN	6m 46.72

U11 1100m Walk Boys

1.	JOSEPH HALL	BEL	5m 40.29
2.	ZAK ELLIS	ROC	5m 49.54
3.	JOSHUA QUARRELL	RW	6m 02.90
4.	JAYDEN PEAK	KSY	6m 41.18
5.	MAX RALSTON	ING	6m 43.20
6.	RYAN KEZIC	ING	6m 57.08
7.	ALEXANDER RISELEY	BDS	7m 03.60
8.	DEVON LAKE	SD	7m 04.85

U12 1500m Walk Girls

1.	KAITLYN MOORE	GOS	8m 14.48
2.	COURTNEY JOHNS	MEL	8m 19.17
3.	FRANCESCA MARTINO	ING	8m 48.24
4.	EMILY MILES	KSY	8m 48.45
5.	NIAMH PIVAC	SD	9m 16.54
6.	TADIWA KAPATIKA	GOS	9m 21.80
7.	CAITLIN GALLAGHER	RW	9m 36.74
8.	CARA MEZZATESTA	BAY	10m 05.96

U12 1500m Walk Boys

1.	LUKE TANTUM	KSY	8m 28.48
2.	DECLAN LEWIS	DL	8m 29.11
3.	LIAM GROSSE	BAY	9m 04.21
4.	OSCAR WEHR	CBN	9m 20.64
5.	THOMAS MILLARD	ROC	9m 24.29
6.	EVAN JORDAN	BEL	9m 44.76
7.	JOSHUA BLACKWELL	KSY	9m 53.80
8.	CARLU MARTENS	GOS	10m 47.06

U13 1500m Walk Girls

1.	TIAHNA RUANE	GOS	7m 23.07
2.	SASA VANEK	BEL	7m 51.15
3.	KIARAH KIRK	ROC	8m 08.46
4.	MICHAELA MAYNARD	KSY	8m 39.90
5.	ANGEL BORDAJE	BEL	8m 48.02
6.	ALEXANDRA TASEFF	KSY	8m 56.99
7.	CHLOE BODINI	CBN	8m 59.26
8.	DOMINIKA MICHALEK	EH	9m 04.16

U13 1500m Walk Boys

1.	ZACHARY NEWTON	CBN	7m 53.06
2.	BENJAMIN REID	GOS	8m 04.22
3.	MICHAEL RADANOVIC	CBN	9m 13.77
4.	HARRISON SALLUR	CBN	9m 48.18
5.	ANDREW HILDITCH	BEL	9m 48.68
6.	KALE HURN	GOS	9m 55.42
7.	BRODIE GRAY	BEL	10m 24.39
8.	CHRISTOPHER MCCARTHY	KSY	10m 24.57

14 1500m Walk Girls

1.	MIKAYLA JOHNS	MEL	7m 52.50
2.	KIARA DAVIN	GOS	8m 12.04

U14 1500m Walk Boys

1.	THOMAS MCDONALD	GOS	8m 00.25
2.	THOMAS GURNER	KSY	8m 18.36

3.	EMILY PIVAC	SD	8m 17.19	3.	AIDEN FILIPEK	ROC	8m 44.95
4.	CARLY MEYER	GOS	8m 32.26	4.	MJ JANSEN VAN RENSBURG	SD	9m 43.04
5.	ELLA MANSO-VUKOVICH	ING	8m 50.99	5.	JARROD CAMERON	KSY	10m 03.96
6.	SHELDYN COOPER	BAY	9m 10.32				
7.	ANTONELLA MOSTACCIO	ROC	9m 34.42				
8.	ALLANAH CONNOLLY	KSY	9m 53.53				

U15 1500m Walk Girls

	NUR ATHIR AYUNI SHARIF	MAL	7m 35.38
1.	LUCIE MARTINO	ING	8m 11.73
2.	SARAH GEE	SD	8m 21.85
3.	BREE LIDDELL	JND	8m 54.82
4.	CAITLIN PATTERSON	GOS	9m 17.38
5.	SARA BECKER	MEL	9m 23.03
6.	JESSICA EMERY	ING	9m 30.40

U16 1500m Walk Girls

1.	HOLLY HUGHES	MEL	7m 48.74
2.	JENNIFER DELPUP	SD	8m 01.09
3.	DEEANAH COOPER	BAY	8m 06.86
4.	BRENDA MCDONALD	GOS	8m 59.94
5.	SAMANTHA HEUVINK	DL	9m 43.12
6.	AIMEE REID	GOS	10m 26.74

U17 1500m Walk Girls

1.	KATE HOLT	MEL	7m 22.35
2.	JEMMA BROWN	RW	8m 18.43
3.	ISABELLA TOLARDO	MEL	8m 30.49
4.	ERIN HALL	EH	10m 18.01
5.	HELLEY MAVRICK	EH	10m 22.58

U15 1500m Walk Boys

1.	SIMEON LEATHERLAND	ING	6m 14.93
2.	DECLAN TINGAY	SD	6m 21.96
3.	MITCHELL LEES	KSY	7m 04.32
4.	BRADLEY MANN	RW	7m 48.37
5.	DAVID SERRA	BAY	9m 59.90

U16 1500m Walk Boys

1.	GABRYELL DAVIN	GOS	8m 05.88
2.	JAKOB SHORE	SD	8m 08.46

U17 1500m Walk Boys

1.	JAKE ANDREWS	BAY	7m 23.97
2.	DAVID O'BRIEN	GOS	7m 33.61
3.	BRAYDEN BUCKWELL	ROC	7m 45.88

WORLD MASTERS ATHLETICS INDOOR CHAMPIONSHIPS, BUDAPEST, 26-30 MARCH

The **World Masters Athletics Indoor Championships** in **Budapest** (see <https://www.facebook.com/WMABudapest2014> and <http://budapest2014.hu/>) have now been completed and, by all accounts, it was a fantastic meet. The walk entries were big (247 men and 153 women), coming from 38 countries, with Germany having the largest contingent of 67, followed by France with 40 and Ukraine with 34. There were 5 Australians in action in the walks - **Heather Carr** (W60), **Lynne Schickert** (W70), **Dean Nipperess** (M40), **Simon Evans** (M50) and **Mark Donahoo** (M55).

The biggest walks age category was 55-59 years, with 54 athletes, followed by 50-54 years and 65-69 years, each with 53 walkers. The list of international judges appointed for running the event ensured good judging: Brian Keaveney (Canada), Carroll Deweese (U.S. America), Maris Peterson (Russia), Orsolya Gruber (Hungary), Moreno Beggio (Italy) and Giovanni Ferrari (Italy).

The 3000m track walks were held on Wednesday 26th March and the 10km roadwalks were held on Saturday 29th March. I will restrict the results to the first 10. You can see the full results at <http://budapest2014.hu/index.php/en/results/>

3000m indoor track walks, Wednesday 26th March

German walkers Bianca Schenker (W39 14:08,42) and Brit Schroter (W39 14:16,32) had the fastest times overall amongst the 107 women who contested the 3000m walk with the top 10 times overall being rounded out with Belgian W50 walker Myriam Nicolas (15:57,11). overall, France (2 gold 1 silver 2 bronze) and Germany (1 +2 +2), topped with 5 medals each, followed by Italy with 4 (0 +2 +2). **Heather Carr** took gold in the W60 division with 16:18.25, over a minute ahead of her nearest age group rival while **Lynne Schickert** was 8th in the W70 division with 22:25,99.

The men's 3000m walk was of a very high standard with M40 walkers Steffen Borsch (M41 Germany 12:19.12) and Luis Silva (M43 Portugal 12:21.86) leading the way. The top 10 rounded out at 13:03,27 and the top 50 walkers broke 15 minutes! Now that is some standard! Among the 15 countries that won medals in the competition, Spain with 7 (3 gold + silver + 2 bronze) was a long way ahead of Britain with 4 (3 +1 +0) and France 4 (1 +1 +2). **Mark Donahoo** took gold in the M40 division with 14:17,18 while **Dean Nipperess** was 6th in the M40 with 13:19,77 and **Simon Evans** was 13th in the M55 with 14:58,94.

W35	1	Schenker, Bianca	W39	Germany	14:08,42
	2	Schroter, Brit	W39	Germany	14:16,32
	3	Manfre, Raffaella	W39	Italy	16:29,56
	4	Huertos, Isabel	W38	Spain	17:20,77
	5	Favron, Severine	W38	France	17:33,83
	6	Grinholc, Iwona	W38	Poland	18:08,96

W40	1	Lamas, Alexandra	W41	Portugal	14:43,40
	2	Pedetti, Valeria	W40	Italy	14:58,95
	3	Horl, Nicole	W42	Germany	15:18,90
	4	Borovickova, Lenka	W41	Czech Republic	15:37,34
	5	Liland, Hanne	W44	Norway	16:34,19
	6	Medeiros, Sara Rodrigues	W44	Brazil	16:47,79
	7	Geraldino, Claudia	W44	Brazil	18:00,98
	8	Royer, Vanessa	W41	France	18:17,98
	9	Varasdy, Edit	W40	Hungary	20:17,38
	10	Kiss, Gyorgyi	W42	Hungary	21:10,11
W45	1	Naumann, Marit	W45	France	15:53,66
	2	Iglesias, Pilar Amelia	W45	Spain	15:59,57
	3	Irina, Kokorina	W49	Russia	16:00,47
	4	Katona, Edit	W47	Hungary	17:11,59
	5	Walde, Silvia	W47	Germany	17:12,95
	6	Soubiran, Catherine	W49	France	17:23,75
	7	Glombitza, Silke	W47	Germany	17:33,75
	8	Valentyna, Zagalska	W49	Ukraine	17:38,69
	9	Halloy, Nathalie	W46	France	17:44,11
	10	Bodorkos, Tamasne	W46	Hungary	18:25,96
W50	1	Nicolas, Myriam	W50	Belgium	15:57,11
	2	Terentyeva, Natalia	W53	Russia	16:07,04
	3	Pamart, Odile	W54	France	16:08,70
	4	Cochereau, Veronique	W54	France	16:19,13
	5	Garcia Frontons, Carmen	W53	Spain	16:36,98
	6	Luniewska, Janina	W54	Poland	17:26,30
	7	Malkova, Anna	W50	Czech Republic	17:31,47
	8	Regnier, Sylvie	W51	France	17:32,24
	9	Noell Guardiola, Maria A	W52	Spain	17:44,75
	10	Scheepers, Celeste	W54	South Africa	18:35,64
W55	1	Kryvokhyzha, Tetyana	W57	Ukraine	16:06,45
	2	Ricciutelli, Daniela	W57	Italy	16:45,00
	3	Marcenco, Natalia	W59	Italy	16:49,76
	4	Wheeler, Ann	W58	Great Britai	16:52,67
	5	Milliet, Helene	W57	France	17:50,12
	6	Knoetze, Magaretha M	W58	South Africa	18:07,98
	7	Kirchesch, Iлона	W55	Germany	18:21,21
	8	Beaulier, Marie-France	W56	France	18:25,40
	9	Howard, Judy	W57	Great Britai	18:31,23
	10	Echle, Marita	W56	Germany	18:36,57
W60	1	Carr, Heather	W64	Australia	16:18,25
	2	Fernandes, Maria Alice	W61	Portugal	17:29,93
	3	Mendes, Maria Orlete	W62	Portugal	17:33,65
	4	Grolig, Dorothea	W62	Austria	17:56,24
	5	Zuravlova, Rita	W60	Latvia	18:14,28
	6	Martino, Marianne	W63	United State	18:15,23
	7	Chiozza, Teresa	W63	Canada	18:30,14
	8	Brochot, Edith	W61	France	18:32,79
	9	Briz, Maria Jose	W62	Spain	18:39,93
	10	Trushkina, Vera	W63	Russia	19:00,68
W65	1	Blatchford, Noel	W66	Great Britai	18:21,24
	2	Tyshko, Antonina	W66	Ukraine	18:36,25
	3	Bernier, Janine	W67	France	19:01,50
	4	Neidel, Heidrun	W66	Germany	20:06,58
	5	Klink, Ursula	W69	Germany	20:09,12
	6	Geer, Panseluta	W67	United State	20:12,41
	7	Del Pinto, Rita	W65	Italy	20:15,83
	8	Loyer, Suzanne	W66	France	20:29,60
	9	Frable, Kathleen	W68	United State	21:04,20
	10	Molter, Margarete	W66	Germany	21:30,59
W70	1	Karetie, Pirjo	W71	Finland	19:31,43
	2	Theunissen, Gisela	W71	Germany	21:29,26

	3	Grinberte, Vera	W73	Latvia	21:33,74
	4	Nagell-Dahl, Halldis	W71	Norway	21:34,55
	5	Lebiedieva, Larysa	W73	Ukraine	22:01,67
	6	Drager, Helga	W74	Germany	22:01,76
	7	Herrendoerfer, Ursula	W73	Germany	22:12,73
	8	Schickert, Lynne	W72	Australia	22:25,99
	9	Alla, Kolesnikova	W72	Russia	22:47,10
	10	Gusat, Emilia	W71	Romania	23:11,47
W75	1	Aleksyeyeva, Lyusya	W77	Ukraine	22:37,10
	2	De Lavergne, Marguerite	W75	France	22:37,31
	3	Elbing, Leni	W76	Germany	22:38,47
	4	Spelman, Maureen	W79	Great Britai	22:38,54
	5	Buntika, Ilga	W75	Latvia	23:31,87
	6	Sukochova, Lidiya	W76	Ukraine	23:34,93
	7	Anritter, Erna	W79	Germany	27:56,73
W80	1	Leclerc, Denise	W80	France	22:17,70
W85	1	Pagu, Elena	W87	Romania	27:00,09
M35	1	Pinera Alvarez, Juan Rub	M38	Spain	12:52,91
	2	Martin Diaz, Francisco	M38	Spain	13:04,79
	3	Carmona Gordillo, Franci	M35	Spain	13:09,51
	4	Grinholc, Grzegorz	M37	Poland	13:10,08
	5	O Domhnaill, Brian	M36	Ireland	13:33,07
	6	Sapunov, Igor	M35	Italy	13:48,70
	7	Rodriguez Jimenez, Jose	M38	Spain	14:12,24
	8	Houze, Laurent	M39	France	14:21,19
	9	Vaccari, Fabio	M39	Italy	17:05,17
M40	1	Florez, Alex	M42	Switzerland	12:13,57
	2	Borsch, Steffen	M41	Germany	12:19,12
	3	Silva, Luis	M43	Portugal	12:21,86
	4	Degtyarenko, Viacheslav	M42	Russia	12:39,64
	5	Ivzans, Normunds	M42	Latvia	12:46,06
	6	Nipperess, Dean	M42	Australia	13:19,77
	7	Strunk, Malte	M40	Germany	14:12,25
	8	Meciar, Peter	M41	Slovak Republic	14:37,92
	9	Moisander, Pasi	M42	Finland	16:19,62
M45	1	Prieto, Miguel Angel	M49	Spain	12:30,74
	2	Dudas, Gyula	M47	Hungary	13:03,27
	3	Bonneau, Philippe	M48	France	13:10,17
	4	Garnyk, Petro	M49	Ukraine	13:12,01
	5	Swarts, David	M48	United State	13:31,97
	6	Meyer, Steffen	M47	Germany	14:04,14
	7	Smola, Josef	M49	Czech Republic	14:26,25
	8	Caliskan, Hakan	M45	Turkey	14:36,24
	9	Breide, Madars	M49	Latvia	14:53,93
	10	Briere, Regis	M46	France	14:54,09
M50	1	Sahuc, Gilles	M51	France	12:38,88
	2	Perianez, Miguel	M51	Spain	12:57,87
	3	Garcia Marin, Adolfo	M51	Spain	13:47,58
	4	Naso, Andrea	M53	Italy	13:49,81
	5	Reis, Francisco	M53	Great Britai	14:01,63
	6	Schroter, Uwe	M54	Germany	14:17,51
	7	Duccoli, Marco	M50	Italy	14:27,56
	8	Faus, Jose	M50	Spain	14:31,03
	9	Reifinger, Markus	M53	Austria	14:35,93
	10	Gnauck, Dick	M50	Germany	14:39,80
	13	Evans, Simon	M53	Australia	14:58,94
M55	1	Donahoo, Mark	M55	Australia	14:17,18
	2	Sergey, Systerov	M55	Russia	14:23,53
	3	Kiselev, Mikhail	M58	Russia	14:34,98
	4	Bogaert, Dirk	M56	Belgium	14:42,24

	5	Malecki, Waldemar	M56	Poland	14:46,79
	6	Vovk, Oleksandr	M57	Ukraine	14:54,20
	7	Lyzhin, Sergey	M58	Russia	15:00,48
	8	Luniewski, Mirosław	M57	Poland	15:14,44
	9	Pekkarinen, Kauko	M55	Finland	15:26,09
	10	Schwarz, Alfons	M59	Germany	15:27,96
M60	1	Melo Valls, Ignacio	M61	Spain	14:07,83
	2	Brochot, Patrice	M62	France	14:32,42
	3	Pio, Alberto	M61	Italy	14:39,53
	4	Sheremet, Viktor	M62	Ukraine	15:41,33
	5	Zhyrkov, Pavlo	M60	Ukraine	15:48,96
	6	Adam, Petr	M63	Czech Republic	15:50,88
	7	Perez, Gerard	M62	France	16:00,10
	8	Janousek, Jiri	M62	Czech Republic	16:14,21
	9	Schaeffer, Udo	M63	Germany	16:14,40
	10	Affeln, Bernd	M63	Germany	18:21,13
M65	1	Richards, Ian	M65	Great Britai	14:23,80
	2	Hall, John	M65	Great Britai	15:34,16
	3	Formentin, Ettore	M67	Italy	15:46,42
	4	Niestelberger, Ludwig	M66	Austria	16:14,70
	5	Michell, Roger	M66	Great Britai	16:16,04
	6	Boszko, Peter	M65	Great Britai	16:19,44
	7	Giannuzzi, Luigi	M65	Italy	16:32,82
	8	Abolins, Harijs	M66	Latvia	16:45,74
	9	Onishchuk, Mykola	M66	Ukraine	16:51,72
	10	McMullin, John	M68	Ireland	16:55,41
M70	1	Turner, Colin	M70	Great Britai	16:23,39
	2	Palmar, Ants	M73	Estonia	16:46,02
	3	Kansky, Vladimir	M74	Czech Republic	17:01,30
	4	Schumm, Peter	M71	Germany	17:10,22
	5	Karlov, Vladimir	M73	Russia	17:23,09
	6	Sartakov, Alexander	M71	Russia	17:27,66
	7	Maier, Felix	M71	Germany	17:31,61
	8	Degener, Karl	M71	Germany	17:32,95
	9	Purves, Bill	M70	Hong Kong	17:38,54
	10	Vainikka, Einari	M73	Finland	17:41,70
M75	1	Thomson, Arthur	M77	Great Britai	17:09,39
	2	Pelliccia, Romolo	M77	Italy	17:12,19
	3	Alexis, Jordana	M76	France	17:49,28
	4	Gottert, Klaus	M75	Germany	18:10,56
	5	Panaseiko, Mykola	M79	Ukraine	18:33,12
	6	Rubenis, Gunars	M75	Latvia	19:37,55
	7	Will, Norbert	M78	Great Britai	20:10,36
	8	Flassnocker, Holger	M76	Germany	20:32,05
	9	Dr. Schaefer, Wolfgang	M77	Germany	21:15,79
	10	Knaringer, Frank	M78	Germany	21:19,49
M80	1	Ollikainen, Tapio	M80	Finland	20:49,90
	2	Pushkin, Ivan	M83	Ukraine	20:53,01
	3	Teufert, Karlheinz	M84	Germany	22:03,53
	4	Horwill, Eric	M81	Great Britai	23:34,94
	5	Istvan, Sandor	M80	Romania	23:43,70
M85	1	Hyvola, Viljo	M85	Finland	22:28,09
	2	Schouckens, Robert	M85	Belgium	23:19,07
	3	Tamminen, Matti	M85	Finland	24:28,50
	4	Farrar, James	M86	Great Britai	25:09,14



Mark and Heather on their way to golds in the 3000m in Budapest (photos Emmanuel Tardi)

10km Road Walks, Saturday 29th March

Three days later, the walkers were back in action for the 10km road walks. Being road based, the times should really be rounded up to the next second but I will leave that for readers.

Once again the German walkers Bianca Schenker (W39 52:00,20) and Brit Schroter (W39 53:27,2) took fastest times ahead of Portugese walker Alexandra Lamas (W41 53:29,7). Heather Carr dominated her age group once again to win with a time of 58:44,1 while Lynne Schickert was 5th in the W70 with 1:17:43,0.

The men's race was dominated by Polish international Grzegorz Sudol who won as he liked in the M35 division in 41:14,7. The next fastest times were over 3 minutes in arrears with Alex Florez of Switzerland (M42 44:33,4) and Luis Silva of Portugal (M43 44:43,1). **Mark Donahoo** could not repeat his form of Wednesday and finished 10th in the M55 division with 55:14,6 while **Dean Nipperess** was 6th in the M40 with 47:29,1 and **Simon Evans** was 11th in the M50 with 54:16,1.

W35	1	Schenker, Bianca	W39	Germany	52:00,2
	2	Schroter, Brit	W39	Germany	53:27,2
	3	Manfre, Raffaella	W39	Italy	58:17,6
	4	Chik Ha, Kwok	W39	Hong Kong	59:57,7
	5	Favron, Severine	W38	France	1:01:39,2
	6	Huertos, Isabel	W38	Spain	1:02:13,2
	7	Markgraf, Yvonne	W38	Germany	1:10:27,5
W40	1	Lamas, Alexandra	W41	Portugal	53:29,7
	2	Cabrera, Olga	W40	Spain	54:16,0
	3	Borovickova, Lenka	W41	Czech Republic	57:05,7
	4	Horl, Nicole	W42	Germany	57:15,7
	5	Toth, Andrea	W43	Hungary	1:01:49,7
	6	Liland, Hanne	W44	Norway	1:02:50,2
	7	Medeiros, Sara Rodrigues	W44	Brazil	1:03:32,2
	8	Acuna, Jenny	W44	Venezuela	1:04:25,7
	9	Geraldino, Claudia	W44	Brazil	1:04:44,2
	10	Royer, Vanessa	W41	France	1:05:18,7
W45	1	Fertaly, Zita	W45	Hungary	56:22,5
	2	Naumann, Marit	W45	France	56:40,2
	3	Iglesias, Pilar Amelia	W45	Spain	56:53,5
	4	Irina, Kokorina	W49	Russia	57:47,5
	5	Le Mouroux, Annick	W49	France	58:15,5
	6	Primas, Barbara	W48	Germany	1:00:59,7
	7	Walde, Silvia	W47	Germany	1:01:16,7
	8	Katona, Edit	W47	Hungary	1:02:24,5
	9	Halloy, Nathalie	W46	France	1:03:01,5
	10	Soubiran, Catherine	W49	France	1:03:46,2

W50	1	Nicolas, Myriam	W50	Belgium	57:12,3
	2	Terentyeva, Natalia	W53	Russia	58:02,6
	3	Cochereau, Veronique	W54	France	58:28,1
	4	Luniewska, Janina	W54	Poland	1:00:12,3
	5	Garcia Frontons, Carmen	W53	Spain	1:00:23,3
	6	Regnier, Sylvie	W51	France	1:01:37,1
	7	Noell Guardiola, Maria A	W52	Spain	1:03:41,8
	8	Bishop, Fiona Jane	W54	Great Britai	1:09:11,3
	9	Gormley, Anne	W51	Ireland	1:13:10,6
	10	Shyshkina, Svitlana	W51	Ukraine	1:14:51,9
W55	1	Kryvokhyzha, Tetyana	W57	Ukraine	56:51,1
	2	Marcenco, Natalia	W59	Italy	1:00:20,6
	3	Wheeler, Ann	W58	Great Britai	1:01:21,6
	4	Ricciutelli, Daniela	W57	Italy	1:03:03,8
	5	Milliet, Helene	W57	France	1:03:36,6
	6	Beaulier, Marie-France	W56	France	1:04:48,0
	7	Berthon, Corinne	W56	France	1:04:54,1
	8	Liudmila, Nityagovskaya	W59	Russia	1:05:29,3
	9	Knoetze, Magaretha M	W58	South Africa	1:05:40,2
	10	Kirchesch, Ilona	W55	Germany	1:06:06,6
W60	1	Carr, Heather	W64	Australia	58:44,1
	2	Fernandes, Maria Alice	W61	Portugal	1:02:07,1
	3	Mendes, Maria Orlete	W62	Portugal	1:02:21,8
	4	Zuravlova, Rita	W60	Latvia	1:03:10,3
	5	Grolig, Dorothea	W62	Austria	1:04:38,8
	6	Martino, Marianne	W63	United State	1:05:25,6
	7	Pater, Jocelyne	W60	Belgium	1:05:38,3
	8	Chiozza, Teresa	W63	Canada	1:06:10,1
	9	Trushkina, Vera	W63	Russia	1:06:33,6
	10	Briz, Maria Jose	W62	Spain	1:06:40,8
W65	1	Blatchford, Noel	W66	Great Britai	1:04:02,8
	2	Tyshko, Antonina	W66	Ukraine	1:06:15,0
	4	Bernier, Janine	W67	France	1:08:29,3
	5	Klink, Ursula	W69	Germany	1:09:06,3
	6	Neidel, Heidrun	W66	Germany	1:11:11,5
	7	Loyer, Suzanne	W66	France	1:12:46,7
	9	Molter, Margarete	W66	Germany	1:14:22,0
12	Michlfeit, Karmella	W65	Austria	1:16:59,8	
W70	1	Karetie, Pirjo	W71	Finland	1:07:55,5
	2	Theunissen, Gisela	W71	Germany	1:13:57,8
	3	Nagell-Dahl, Halldis	W71	Norway	1:14:40,5
	4	Herrendoerfer, Ursula	W73	Germany	1:15:58,8
	5	Schickert, Lynne	W72	Australia	1:17:43,0
	6	Drager, Helga	W74	Germany	1:18:31,2
	7	Lebiedieva, Larysa	W73	Ukraine	1:19:03,8
	8	Alla, Kolesnikova	W72	Russia	1:19:41,3
	9	Maro, Maria	W71	Austria	1:20:36,0
	10	Vecchi, Maria	W74	Italy	1:21:55,3
W75	1	Aleksyeyeva, Lyusya	W77	Ukraine	1:17:18,3
	2	Elbing, Leni	W76	Germany	1:17:24,5
	3	De Lavergne, Marguerite	W75	France	1:19:32,3
	4	Sukochova, Lidiya	W76	Ukraine	1:23:35,0
	5	Danyiuk, Kseniia	W76	Ukraine	1:24:29,8
	6	Anritter, Erna	W79	Germany	1:26:41,0
M35	1	Sudol, Grzegorz	M35	Poland	41:14,7
	2	Grinholc, Grzegorz	M37	Poland	46:34,9
	3	Carmona Gordillo, Franci	M35	Spain	46:41,6
	4	Pinera Alvarez, Juan Rub	M38	Spain	48:42,4
	5	Sapunov, Igor	M35	Italy	49:58,1
	6	Rodriguez Jimenez, Jose	M38	Spain	50:38,9
	7	Houze, Laurent	M39	France	50:48,9

	8	Scafuro, Francesco	M36	Italy	51:45,9
	9	De Lello, Gennaro	M35	Italy	55:10,9
M40	1	Florez, Alex	M42	Switzerland	44:33,4
	2	Silva, Luis	M43	Portugal	44:43,1
	3	Borsch, Steffen	M41	Germany	44:55,0
	4	Ivzans, Normunds	M42	Latvia	45:53,4
	5	Degtyarenko, Viacheslav	M42	Russia	47:03,4
	6	Nipperess, Dean	M42	Australia	47:29,1
	7	Strunk, Malte	M40	Germany	50:05,4
	8	Paulini, Luigi	M44	Italy	50:43,4
	9	Durand Pichard, David	M41	France	50:48,9
	10	Croci, Ernesto	M40	Italy	51:05,4
M45	1	Prieto, Miguel Angel	M49	Spain	45:08,4
	2	Dudas, Gyula	M47	Hungary	46:34,9
	3	Bonneau, Philippe	M48	France	47:19,4
	4	Meyer, Steffen	M47	Germany	48:27,4
	5	Garnyk, Petro	M49	Ukraine	49:06,1
	6	Nicolas, Florent	M46	France	49:17,9
	7	Swarts, David	M48	United State	49:44,6
	8	Smola, Josef	M49	Czech Republic	52:39,4
	9	Liepins, Modris	M47	Latvia	52:41,1
	10	Caliskan, Hakan	M45	Turkey	53:08,0
M50	1	Perianez, Miguel	M51	Spain	45:33,6
	2	Sahuc, Gilles	M51	France	46:19,9
	3	Garcia Marin, Adolfo	M51	Spain	49:25,6
	4	Reis, Francisco	M53	Great Britai	49:47,1
	5	Schroter, Uwe	M54	Germany	50:08,9
	6	Naso, Andrea	M53	Italy	50:48,1
	7	Duccoli, Marco	M50	Italy	52:16,5
	8	Faus, Jose	M50	Spain	52:52,6
	9	Reifinger, Markus	M53	Austria	53:02,6
	10	Major, Ferenc	M52	Hungary	53:13,4
	11	Evans, Simon	M53	Australia	54:16,1
M55	1	Kiselev, Mikhail	M58	Russia	52:11,1
	2	Luniewski, Miroslaw	M57	Poland	52:30,9
	3	Bogaert, Dirk	M56	Belgium	52:36,7
	4	Sergey, Systerov	M55	Russia	52:59,9
	5	Vovk, Oleksandr	M57	Ukraine	53:34,6
	6	Lyzhin, Sergey	M58	Russia	54:02,9
	7	Uttley, Steven	M56	Great Britai	54:12,6
	8	Malecki, Waldemar	M56	Poland	54:23,6
	9	Allen, Steve	M57	Great Britai	54:45,5
	10	Donahoo, Mark	M55	Australia	55:14,6
M60	1	Melo Valls, Ignacio	M61	Spain	50:38,9
	2	Brochot, Patrice	M62	France	52:14,5
	3	Ruzzier, Fabio	M61	Slovenia	53:45,3
	4	Pio, Alberto	M61	Italy	54:04,8
	5	Bschor, Alois	M62	Germany	55:02,7
	6	Zhyrkov, Pavlo	M60	Ukraine	55:22,3
	7	Perez, Gerard	M62	France	56:43,5
	8	Sheremet, Viktor	M62	Ukraine	57:36,8
	9	Schaeffer, Udo	M63	Germany	57:40,8
	10	Adam, Petr	M63	Czech Republic	58:14,8
M65	1	Richards, Ian	M65	Great Britai	52:02,8
	2	Hall, John	M65	Great Britai	55:09,8
	3	Formentin, Ettore	M67	Italy	55:58,3
	4	Kehrer, Hans	M66	Germany	57:30,8
	5	Boszko, Peter	M65	Great Britai	57:52,3
	6	Abolins, Harijs	M66	Latvia	57:57,3
	7	Ponzio, Roby	M66	Switzerland	58:13,8
	8	Niestelberger, Ludwig	M66	Austria	58:36,4
	9	McMullin, John	M68	Ireland	59:19,8

	10	Delayre, Bernard	M66	France	59:34,8
M70	1	Turner, Colin	M70	Great Britai	58:23,3
	2	Palmar, Ants	M73	Estonia	59:23,8
	3	Karlov, Vladimir	M73	Russia	1:00:48,3
	4	Maier, Felix	M71	Germany	1:00:52,3
	5	Sartakov, Alexander	M71	Russia	1:01:18,3
	6	Kansky, Vladimir	M74	Czech Republic	1:01:37,0
	7	Schumm, Peter	M71	Germany	1:01:42,0
	8	Degener, Karl	M71	Germany	1:02:53,5
	9	Vainikka, Einari	M73	Finland	1:03:39,5
	10	Hohne, Christoph	M73	Germany	1:03:45,2
M75	1	Thomson, Arthur	M77	Great Britai	1:00:32,5
	2	Pelliccia, Romolo	M77	Italy	1:01:52,0
	3	Alexis, Jordana	M76	France	1:03:39,5
	4	Gottert, Klaus	M75	Germany	1:03:55,2
	5	Panaseiko, Mykola	M79	Ukraine	1:06:46,3
	6	Rubenis, Gunars	M75	Latvia	1:08:26,0
	7	Lenz, Horst	M76	Germany	1:09:49,7
	9	Bokhonsky, Volodymyr	M75	Ukraine	1:12:41,0
	10	Will, Norbert	M78	Great Britai	1:12:43,5
	M80	1	Pushkin, Ivan	M83	Ukraine
2		Teufert, Karlheinz	M84	Germany	1:12:57,0
3		Ollikainen, Tapio	M80	Finland	1:15:20,7
4		Horwill, Eric	M81	Great Britai	1:22:02,8
5		Bom, Jose	M80	Portugal	1:35:39,5
M85	1	Hyvola, Viljo	M85	Finland	1:17:37,3
	1	Schouckens, Robert	M85	Belgium	1:21:42,0
	2	Farrar, James	M86	Great Britai	1:27:29,8
	3	Tamminen, Matti	M85	Finland	1:28:17,0



Dean Nipperess, Simon Evans and Mark Donahoo in the 10km walk in Budapest



Grzegorz Sudol, Heather Carr and Lynne Schickert in action

NZ T&F CHAMPIONSHIPS, NEWTOWN PARK, WELLINGTON, 28-30 MARCH

Track and road based walk championships were on the card at the New Zealand T&F Championships, held in Wellington last weekend. The first walks on the agenda were the track championships on Friday evening with Courtney Ruske 13:50.12 and Matthew Holcroft 12:54.37 winning the Open 3000m walks and Jonathon Lord (13:14.83) and Jared Free (14:16.04) winning the U20 and U18 3000m walks respectively.

Women 3000m Walk Senior, Friday 28th March

1.	Courtney Ruske	Canterbury	13:50.12
2.	Kate Newitt	Canterbury	14:27.05
3.	Roseanne Robinson	Otago	14:41.36
4.	Corinne Smith	Whangarei AC	15:10.97
5.	Jacqueline Wilson	Trentham United	18:49.63
	Terri Grimmett	Wellington	DQ

Men 3000m Walk Youth (U18), Friday 28th March

1.	Jared Free	Auckland	14:16.04
2.	Jamie Shaw	Tasman	14:59.45

Men 3000m Walk Junior (U20), Friday 28th March

1.	Jonathon Lord	Canterbury	13:14.83
2.	Stuart Hood	Wellington	14:46.97
3.	Fraser Samson	Wellington	16:21.87

Men 3000m Walk Senior, Friday 28th March

1.	Matthew Holcroft	Waikato BoP	12:54.37
2.	Mike Parker	Auckland	13:44.07
3.	Graeme Jones	Hawkes Bay Gisborne	14:09.23
4.	Eric Kemsley	Taranaki	16:13.40
5.	Sean Lake	Well Scot AC	17:00.85
	Peter Fox	Taranaki	DQ

The longer walks were held on the Sunday morning and once again it was Courtney Ruske 1:46.06 and Matthew Holcroft 1:42.04 who won the Open 20km titles while Jonathon Lord won the U20 10km title with 49:18, narrowly edging out Jared Free who walked 49:26.

Men 10,000m Walk Junior (U20)

1.	Jonathon Lord	Canterbury	49:18
2.	Jared Free	Auckland	49:26
3.	Stuart Hood	Wellington	57:57
4.	Fraser Samson	Wellington	59:27

Women 20km Walk Senior

1.	Courtney Ruske	Canterbury	1:46:06
2.	Roseanne Robinson	Otago	1:52:10
3.	Corinne Smith	Whangarei AC	1:53:21
4.	Kate Newitt	Canterbury	1:55:09
	Barbara Morrison	Well Scot AC	DQ
	Terri Grimmitt	Wellington	DQ
	Jacqueline	Wilson Trentham	DQ

Men 20km Walk Senior

1.	Matthew Holcroft	Waikato BoP	1:42:04
2.	Graeme Jones	Hawkes Bay Gisborne	1:43:14
3.	Mike Parker	Auckland	1:46:36
4.	Eric Kemsley	Taranaki	1:58:25
5.	Sean Lake	Well Scot AC	2:12:02
6.	John Leonard	Well Scot AC	2:13:55
7.	Bob Gardner	Well Scot AC	2:18:17
	Peter Fox	Taranaki	DQ

35TH 24 HEURES DE CHÂTEAU-THIERRY, CHÂTEAU-THIERRY, FRANCE, 29-30 MARCH 2014

Our European ultra distance walkers were also out and about last weekend with a good field contesting the annual 24 Heures de Chateau-Thierry in France. Hungarian Olympic walker Zoltan Czukur went to an early lead but had received 3 red cards by the 6 Hour mark and was forced to stop for a 10 minute penalty. The lead was then passed to Remi Bonotte and Eddy Roze but they eventually pulled the plug overnight. That opened the door for Philippe Morel who won with 198.690km ahead of Urbain Girod with 196.031km. Magguy Labyille won the women's division with 169.313km ahead of Claudine Anxionnat 162.705km. Full results set available at http://www.marchons.com/components/com_agora/img/members/2/Scratch-24h.pdf.

1.	MOREL Philippe	Ac Chateau Thierry	198.690 km	24:00:00
2.	GIROD Urbain	Cm Monthey	196.031 km	24:00:00
3.	CZUKOR Zoltan	Komboi Banyasz Sk	195.689 km	24:00:00
4.	DUTERTE Andre	Cm Roubaix	193.699 km	24:00:00
5.	THIBAUX Philippe	Club Athletique Ageen	190.257 km	24:00:00
6.	VARAIN Cedric	Ac Chateau Thierry	188.248 km	24:00:00
7.	LETESSIER Gilles	Plm Conflans	188.176 km	24:00:00
8.	RAULET Christophe	Ga Meusien	184.714 km	24:00:00
9.	LOUGRADA Saadi	Cm Roubaix	181.726 km	24:00:00
10.	THIRIOT Louis	ASM Bar le Duc	178.568 km	24:00:00
11.	BOCUZE Daniel	Fac Andrezieux	175.517 km	24:00:00
12.	LABYLLE Magguy (W)	Ac Bouillante	169.313 km	24:00:00
13.	LAILLER Patrick	Asptt Tours	168.577 km	24:00:00
14.	MARECHAL Jean	AC Chateau Thierry	168.177 km	24:00:00
15.	OBYDOL Yvan	Guadeloupe	167.933 km	24:00:00
16.	ANXIONNAT Claudine (W)	Athletic Vosges Entente Clubs*	162.705 km	24:00:00
17.	BUNEL Pascal	Neuilly Sur Marne Athletisme	161.002 km	24:00:00
18.	BAUDRILLART Antonio	Pays De Colmar Athletisme*	157.298 km	24:00:00
19.	SALOMEZ Benedicte (W)	Neuilly Sur Marne Athletisme	153.269 km	24:00:00
20.	BIZARD Emilie (W)	Thiais AC	153.199 km	24:00:00
21.	GILLES Philippe	Lma Meung-sur-loire	149.880 km	24:00:00
22.	LEIJTENS Frans	Rwb Rotterdam	145.019 km	24:00:00
23.	TABOURET Guy	US Toul	140.570 km	24:00:00
24.	MAGNIER Joel	Cm Roubaix	139.794 km	24:00:00
25.	CHABIN Frederic	Essonne Athletic*	135.644 km	24:00:00
26.	ELIESER Jocelyn	Ac Bouillante	134.825 km	24:00:00
27.	EMONIERE Philippe	COSM Arcueil	132.938 km	24:00:00
28.	GLASER Jean-bernard	Neuilly Sur Marne Athletisme	127.101 km	24:00:00
29.	BOUFFLERT Eric	Ga Basse-seine Bolbec*	125.345 km	24:00:00
30.	RASSAIND Andre	Ea Centre Isere*	118.459 km	24:00:00
31.	BIZARD Claudie (W)	Thiais Ac	114.500 km	24:00:00
32.	MERCIER Jean-pierre	Pays De Colmar Athletisme*	113.631 km	24:00:00
33.	LUKIANOV Sergey	Russie	109.634 km	24:00:00
34.	SPIESER Jean-paul	Athletic Vosges Entente Clubs*	107.506 km	24:00:00
35.	DERRIEN Franck	NL	73.599 km	24:00:00
	LETOURNEAU Florian	Ac Chateau Thierry	124.375 km	16:05:58
	DANDOY Jeremy	Cm Roubaix	121.958 km	19:22:15
	GEORGELIN Serge	Bruz Athletisme	114.707 km	15:46:28

ROZE Eddy	Amiens Uc	112.290 km	13:20:27
LOMBARD Fabien	ASM Bar le Duc	100.205 km	13:28:34
BIEBUYCK Pascal	Ath Ac	85.703 km	10:58:40
BONNOTTE Remi	Dijon Uc	76.035 km	08:04:14
PETER Vincent	SA Verdunois	71.201 km	08:58:34
FAUQUEUR Raymond	Elan 59	39.780 m	04:56:01
FRAPIN Michel	Ac Chateau Thierry	20.444 km	03:06:18

48TH OLOMOUC WALKS, OLOMOUC, CZECH REPUBLIC, SATURDAY 29 MARCH 2014

19 year old Slovak walker Patrik Spevák won the 20km event at the Olomouc walking carnival last Saturday in the Czech Republic with a time of 1:28:12. Slovak juniors Michal Morvay 44:49 and Monika Hornáková 49:17 also won the U20 10km events.

20km Open Men	1. Patrik Spevák (SR) 1:28:12	2. Kettner (CZE) 1:34:48	3. Filip Veselouš (CZE) 1:36:50
10km Junior Men	1. Michal Morvay SR 44:49	2. Zdeno Medera (SR) 49:16	
10km Junior Women:	1. Monika Hornáková (SR) 49:17	2. Lucia Čubaňová (SR) 52:44	
3km Youth	1. Mário Nesnadný (SR) 15:41		
3km Youth	1. Ema Hačundová (SR) 14:58	2. Hana Burzalová (SR) 15:31	
3km	1. Ľubomír Kubiš (SR) 16:04		
3km	1. Silvia Cintulová (SR) 18:46		

USA WORLD CUP TRIALS, MANCHESTER, NEW JERSEY, SUNDAY 31 MARCH

The USA World Cup trials were held last Sunday morning at the Harry Wrights Lake racewalk course in Manchester, New Jersey. With the USA normally selecting full teams of all qualifiers, the races were keenly contested, the events were keenly contested and large fields were present. Rather than try to report on it myself, I will cut and paste Elliott Denman's report which reads as follows:

MANCHESTER, N.J. - "Time never stops. Life moves on. The world keeps spinning." Those 10 words are a good capsule of Maria Michta's outlook on life. The Long Island graduate school student - she's a Ph.D. candidate in microbiology at Manhattan's Mount Sinai School of Medicine - never stops, either. Her dual lives as a brilliant student and world class racewalker keep moving right along. And her dossier of brilliant performances keeps on spinning, too.

Latest addition to her list of achievements - a list that will surely and eventually rank her as one of the most accomplished women's racewalkers in American history - came Sunday morning. In cold, drizzly and generally difficult conditions, the 27-year-old out of Nesconset, N.Y. and C.W. Post College blazed to an American women's record performance of one hour, 31 minutes and 10 seconds for the 20-kilometer (12.4-mile) racewalk. She thus erased the prior American citizen's record for the event that had been in the books nearly 14 years. And she was thoroughly delighted.

"This is awesome," said Michta. "I got a 10K PR (45:19 for her second 10K), and I negative splitted to get the American record, so I can't be more happy. This is everything I wanted, I worked so hard, and I had so many people who helped me," she continued. "It all came together. And now it's on to the World Cup."

When Michelle Rohl clocked a 1:31:51 on May 13, 2000 in Kenosha, Wisconsin, it became a mark destined to stay in the books until the morning of March 30, 2014. In remarkably fine job of pacemanship, Michta reeled off splits of 5:56, 5:40, 5:45, 5:37, 5:42, 5:40, 5:42, and 5:41 for each of the 1,250-meter loops on the USATF-certified course at Harry Wright Lake Park in New Jersey's Ocean County, breezing home 41 seconds under the Rohl record.

Twist of all twists, though, was that Michta didn't actually win the race. Even though the event was designated as the USATF National Trials for the World Cup of Racewalking, scheduled May 2-3 in Taicang, China, it was open to athletes from other nations and Rachel Seaman of Canada, a friendly rival and wife of Michta's coach, Tim Seaman, wound up leading all the ladies and her performance of 1:30:41 was a national record of her own. The previous best by a Canadian woman was Seaman's own 1:33:05, achieved at Naumborg, Germany on April 22, 2012.

Remember how Seaman and Michta duked it out in the Susan Rudin 1-mile walk at the NYRR Millrose Games at The Armory on Feb. 15? So the stage is set for yet another Michta-Seaman duel - of course involving all the rest of the world's elite - in China in five week's time. Not only that, but she'll have family company on the trip to China. Kid sister Katie Michta - both Michtas competed for the Walk USA club team - placed a close second (in 52:10) to winner Brenda McCollum (51:55) in the concurrent women's junior 10K (6.2-mile) racewalk and and thus is bound for China, too, to compete against the best 19-and-unders of the planet.

Leading the men's 20K pack was two-time Olympian John Nunn of Bonsall, California with a 1:26:45 win over Patrick Stroupe of Armstrong, Missouri (1:27:12), Nick Christie of El Cajon, California (1:29:20), Alejandro Chavez of Pharr, Texas (1:29:22) and Shore AC representative Michael Mannozi (1:31:10.). Stroupe, though, is likely to opt to walk the longer, tougher 50K race (31.1 miles) for Team USA in China.

Expected to join Michta on the Team USA women's 20K squad are NYAC's Miranda Melville of Rush, N.Y. (second American in 1:33:10), Susan Randall of Beaver Creek, Ohio (1:43:18), Katie Burnett of Rochester, N.Y. (1:43:49) and Shore AC's Erin Taylor-Talcott (1:44:26.)

Taylor-Talcott holds the American women's record of 4:33:23 for the 50K distance and her preference in China would be to walk the 50K. However, there's a huge "if" involved. The 50K racewalk is the only standard men's event on the Olympic/World Championships program that does not - as of yet - have a women's equivalent. And with Stroupe likely to be the only American male walking the 50K in China, there's clearly room on the team with up to five entries allowed per nation in each senior event. But it may take some legal action - on civil rights grounds - to get this accomplished. So stay tuned for news on this "law and order" matter in upcoming weeks.

And now onto the results:

Open Women 20km

1.	Rachel Seaman	28	CAN	1:30:41
2.	Maria Michta	27	USA	1:31:09
3.	Miranda Melville	25	USA	1:33:10
4.	Susan Randall	39	USA	1:43:17
5.	Katie Burnett	25	USA	1:43:49
6.	Erin Taylor-Talcott	35	USA	1:44:25
7.	Mereth Zalba	20	MEX	1:46:32
8.	Molly Josephs	20	USA	1:46:50
9.	Brittany Collins	19	USA	1:56:29
10.	Katie Malinowski	26	USA	1:59:39
11.	Natalia Alfonzo	19	USA	2:02:12
	Susan Brooke	48	CAN	DNF
	Erin Bresnahan	23	USA	DNF

Open Men 20km

1.	John Nunn	36	USA	1:26:45
2.	Patrick Stroupe	29	USA	1:27:12
3.	Kenny Perez	19	COL	1:27:37
4.	Nick Christie	22	USA	1:29:19
5.	Alejandro Chavez	20	USA	1:29:21
6.	Michael Giusepp Mannozi	27	USA	1:31:10
7.	Jonathan Hallman	20	USA	1:34:45
8.	Francisco Pantoja	37	MEX	1:34:46
9.	Richard Luetttchau	29	USA	1:35:28
10.	John Cody Risch	23	USA	1:38:21
11.	Nathan Vanderwall	21	USA	1:39:10
12.	Ray Sharp	54	USA	1:41:19
13.	Joel Pfahler	23	USA	1:43:03
14.	Jake Gunderkline	23	USA	1:44:03
15.	Dave Talcott	53	USA	1:44:07
16.	John Soucheck	48	USA	1:50:52
17.	Omar Nash	40	USA	1:58:09
18.	John Fredericks	66	USA	2:15:02
19.	Timothy Chelius	57	USA	2:18:08
20.	Fred Linkhart	61	USA	2:21:53
21.	Patrick Bivona	73	USA	2:31:26
	Steven Washburn	19	USA	DNF

U20 Women 10km

1.	Valentina Vaitones	17	USA	1:03:42
2.	Melissa Endy	14	USA	1:07:17
3.	Brenda McCollum	18	USA	51:54.3
4.	Katie Michta	17	USA	52:09.7
5.	Katharine Newhoff	16	USA	52:37.9
6.	Monika Farmer	16	USA	53:14.0
7.	Ashleigh Resch	17	AUS	54:29.5
8.	Annica Penn	18	USA	56:33.4
	Ioulia Barakou	18	GRC	DNF

U20 Men 10km

1.	Anthony Peters	17	USA	47:25.7
2.	Alexander Peters	17	USA	50:46.0
3.	Jonathan Lazor	17	USA	52:07.6

And what major race is complete without Jeff Salvage's photo story. For his effort here (and for some great photos), check out <http://www.racewalk.com/PhotoStory2014WorldCupTrials/2014WorldCupTrials-01.asp>. I have pinched a few photos for the newsletter.



Rachel Seaman, Maria Michta, Patrick Stroupe, Kenny Perez and John Dunn (photos Jeff Salvage - www.racewalk.com)

ITALIAN CLUB CHAMPIONSHIPS, VALLE D'ITRIA, ITALY, SUNDAY 30 APRIL

The small town of Valle d'Itria played host last Sunday to the first leg of the Italian racewalking clubs' championships with Open, U23 and U20 walkers all racing over the 20km distance. As such, it was a mass start of 69 walkers. The men's winner was Giorgio Rubino with 1.26.57 (45.01 + 41.56), Vito Minei won the U23 with 1.27.29 and Gregorio Angelini won the Junior race with 1.31.34. The women's race was won by Antonella Palmisano with 1.32.24 (46.16 +46.08) while Anna Clemente won the U23 division with 1.41.40 and Nicole Colombi atwone the U20 division with 1.43.06. The U18 10km non-championship) events werew won by Giacomo Brandi 45.45 and Noemi Stella 48.37. The main 20km results are shown below. Full results for all events can be found at <http://www.fidal.it/risultati/2014/COD4388/Risultat.htm>.

Open Men 20km

1.	RUBINO Giorgio	1986	RM056 G.A. FIAMME GIALLE	1h26:57
2.	TONTODONATI Federico	1989	TO001 C.U.S. TORINO	1h27:10
3.	MINEI Vito	1994	TA451 A.S.D. ATLETICA DON MILANI	1h27:29
4.	FORTUNATO Francesco	1994	BN208 ASD ENTERPRISE SPORT & SERVICE	1h27:36
5.	CAPORASO Teodorico	1987	BN208 ASD ENTERPRISE SPORT & SERVICE	1h28:33
6.	NKOULOUKIDI Jean Jacque	1982	RM056 G.A. FIAMME GIALLE	1h29:10
7.	DOLCI Mirko	1985	RM053 C.S. AERONAUTICA MILITARE	1h30:39
8.	MALTONI Alessandro	1993	MC007 ATL. RECANATI	1h31:25
9.	ANTONELLI Michele	1994	MC007 ATL. RECANATI	1h33:12
10.	MARCHISELLI Giuseppe	1991	LU100 ATL. VIRTUS CR LUCCA	1h37:57
11.	AMOROSO Michele	1993	FI002 ATLETICA FIRENZE MARATHON S.S.	1h43:01
12.	MEMOLLA Afrim	1992	MC007 ATL. RECANATI	1h45:15
13.	SCORDO Giuseppe	1994	RC313 ICARO	1h45:33
14.	LA MANNA Carmelo	1989	PA354 A.S. DIL. POL. A.P.B.	1h45:59
15.	VOLPI Alessandro	1960	PI071 CUS PISA ATLETICA CASCINA	1h49:48

Open Women 20km

1.	PALMISANO Antonella	1991	RM056 G.A. FIAMME GIALLE	1h32:24
2.	CLEMENTE Anna	1994	RM056 G.A. FIAMME GIALLE	1h41:40
3.	GALLI Ilaria	1987	FI002 ATLETICA FIRENZE MARATHON S.S.	1h43:58
4.	CURIAZZI Federica	1992	BG003 ATL. BERGAMO 1959 CREBERG	1h44:29
5.	DELL'AQUILA Nicoletta	1988	BN208 ASD ENTERPRISE SPORT & SERVICE	1h46:27
6.	COSTANTINO Alessia	1994	MI221 BRACCO ATLETICA	1h48:30
7.	POLI Elena	1993	BS181 ATL. BRESCIA 1950	1h49:33
8.	MORETTI Gladys	1991	BG003 ATL. BERGAMO 1959 CREBERG	1h52:44
9.	CALELLA Annalisa	1994	BA089 ALTERATLETICA LOCOROTONDO	1h53:26

10.	CORCELLA Maria Luisa	1991	BA089 ALTERATLETICA LOCOROTONDO	1h54:00
11.	CIVILETTI Laura	1992	BN208 ASD ENTERPRISE SPORT & SERVICE	1h55:35
12.	SBERNARDORI Elena	1991	BS181 ATL. BRESCIA 1950	1h58:42
13.	COLONNA Chiara	1986	BA089 ALTERATLETICA LOCOROTONDO	2h01:28
14.	CASTELLANA Federica	1993	BA089 ALTERATLETICA LOCOROTONDO	2h02:43
15.	COGOLI Mariagrazia	1962	BS181 ATL. BRESCIA 1950	2h04:27

U20 men 20km

1.	ANGELINI Gregorio	1996	BA089 ALTERATLETICA LOCOROTONDO	1h31:34
2.	AGRUSTI Andrea	1995	SS182 I GUERRIERI DEL PAVONE	1h32:22
3.	TODISCO Daniele	1995	MI076 GEAS ATLETICA	1h33:12
4.	MANSUTTI Stefano	1995	LT260 A.S.D. INTESATLETICA	1h35:51
5.	CORTINOVIS Massimiliano	1995	BG004 U.S. SCANZOROSCIATE	1h37:13
6.	PICCHIOTTINO Gianluca	1996	LU100 ATL. VIRTUS CR LUCCA	1h37:39
7.	INGLESE Giuseppe	1996	BA005 AMATORI ATL. ACQUAVIVA	1h38:30
8.	CHIESA Stefano	1996	TO001 C.U.S. TORINO	1h39:32
9.	BERSANI Matteo	1996	TO001 C.U.S. TORINO	1h44:30
10.	ADRIANI Francesco	1995	BA005 AMATORI ATL. ACQUAVIVA	1h46:18

U20 Women 20km

1.	COLOMBI Nicole	1995	BS181 ATL. BRESCIA 1950	1h43:06
2.	SCOLOZZI Erika	1995	TA451 A.S.D. ATLETICA DON MILANI	1h46:37
3.	SCIPIONI Sara	1995	BS181 ATL. BRESCIA 1950	1h47:29
4.	STACH Marta	1995	BL012 ANA ATL.FELTRE	1h50:14
5.	IMBESI Giulia	1996	PD131 G.S. FIAMME ORO PADOVA	1h55:12
6.	PASCAL Gina Ionela	1996	VT501 ALTO LAZIO A.S.D.	1h58:25
7.	FACCHINETTI Flavia	1995	VT501 ALTO LAZIO A.S.D.	2h08:50
8.	VAGNONI Maria	1996	VT501 ALTO LAZIO A.S.D.	2h12:56
9.	NOVAGA Federica	1995	BA089 ALTERATLETICA LOCOROTONDO	2h13:17

OUT AND ABOUT

- Australian IAAF Wayne Fletcher was captured in action in last weekend's Tasmanian T&F Championships - but he was throwing the hammer rather than wielding the red and yellow paddles. Way to go Wayne!



- A contingent of eight Canadian walkers will travel to Taicang, China, to compete in the 2014 Racewalking World Cup next month. A trio of competitors from the 2013 IAAF World Championship team will lead the men's entry in China - Inaki Gomez, Evan Dunfee and Ben Thorne. The full team reads as follows:

20km Men	Bruno Carrière, Creighton Connolly, Evan Dunfee, Inaki Gomez and Ben Thorne
20km Women	Nicola Evangelista, Katelynn Ramage and Rachel Seaman

See <http://www.harryjerome.com/2014/03/28/race-walkers-lead-canadian-top-ten-list-on-their-way-to-china/>

- MEGARA (GRE, Mar 23): The Greek Walking championships a week ago saw Alexandros Papamihail winning the 20 km in 1:26:06 while Antigoni Drisbioti was the best woman in 1:35:38. Alas, I can't find the full results set.
- Alas, I am sad to report the following statement which has been put out by Kim Mottrom, one of the three walkers selected to compete in the Australian team in this year's World Cup in Taicang.

With 5 weeks until the World Cup and 1 week until the SA winter season starts, I have some news I feel I need to share. I am currently in the process of defending a positive drug test for a masking agent called Dextran. Dextran is a form of sugar that is often used in diet foods as a substitute for sugar. The morning of the test, I ate 2 protein bars with dextran as an ingredient, not knowing this would be an issue. Unfortunately this means I've withdrawn from the World Cup and have accepted a voluntary suspension from competition until the matter is resolved.

This is devastating news for Kim and it illustrates how easy it is to be caught out by supplements or food stuffs that are a bit out of the ordinary. Our thoughts are with you, Kim. Hopefully the matter will be resolved quickly, one way or the other.

VRWC CLUB RECORD UPDATE

Kelly Ruddick strikes again with yet another VRWC Club Record, compliments of her WMA World Record walk in Brisbane

Kelly Ruddick W40 5000m Track Walk 21:46.68 Queensland Track Classic, Brisbane 29/03/2014

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

April 3-6, 2014 92nd Australian Athletics Championships, Melbourne (VIC) - 10,000m walks on Friday evening

2014 International Fixture

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

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

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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