



HEEL AND TOE ONLINE

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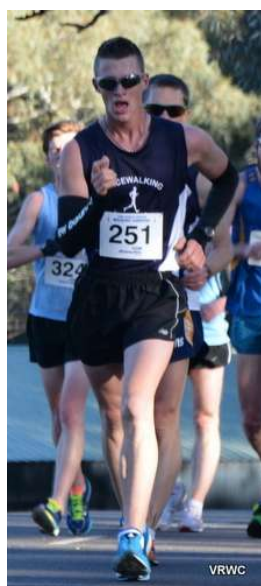
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TIM'S WALKER OF THE WEEK

Boy, it's tough choosing my walker of the week this time around, given the many huge performances at the Lake Burley Griffin Carnival in Canberra last weekend. Consider some of my picks

- 29 year old **Jared Tallent** won the tough 20 Mile walk for a record ninth time with a time of 2:27:27. He was tired from his race last weekend in La Coruna and his long trip back to Australia but he dug deep when he needed to.
- 25 year old **Tanya Holliday** won the double - the Open Women's 10 Mile (1:14:52) and the Open Women's 5km (22:07) - for the third year in a row. As with Jared, this has never been done before and will take some matching.
- 16 year old **Adam Garganis** did a huge day's work, coming 4th in the Open 10 Mile (1:13:56), second in the U20 10km (49:57) and fourth in the U18 5km (23:28) - that's 31km!
- 11 year old **Corey Dickson** had a similar workload, only he amazingly competed in 4 events- winning but the U12 2km (9:47), the U14 2km (even faster with 9:27) and coming 11th in both the U16 3km (16:05) and the U18 5km (27:38). Wow!
- 16 year old **Tyler Jones** came 3rd in the Open 10 Miles (1:13:53) and then fronted up later in the day and won the U18 5km (22:45).
- 15 year old **Kyle Swan** raced in 3 events with distinction - 5th in the Open 10 Mile (1:15:15), 2nd in the U16 3km (13:50) and 3rd in the U18 5km (23:16).

And of course, there were lots more who did only one or two events but who recorded big PBs and raced above themselves. Anyway, it's a vote this week between the 6 walkers singled out above. As usual, you can vote at <http://www.vrwc.org.au/vrwcWOW.php>.



Jared, Tanya, Adam, Tyler and Kyle in action in the 20 Mile / 10 Mile events (photos Terry Swan)



Left: Corey in action



Right: The start of the long events around the lake

LBG WALKING CARNIVAL, CANBERRA, SUNDAY 8 JUNE 2014

As discussed above, the 48th edition of the annual Lake Burley Griffin roadwalking carnival took place last Sunday in Canberra in almost perfect conditions - a crispy morning followed by a sunny winter's day. Over 200 walkers gathered for what is the biggest walks carnival on the Australian landscape and, as usual, the racing was of a high standard.

The action got underway at 8AM with the 20 Miles, 10 Miles and 5 Miles events which are contested over a hilly circuit around Lake Burley Griffin (a lap of 10 miles is used for the 20M and 10M events and a short out and back course for the 5M). The blue riband event remains the 20 Mile classic and, once again, it was Jared Tallent who proved strongest, winning by over 4 minutes in 2:27:27. It was his ninth win in this event, one more than the great Willi Sawall, so he now stands alone at the top of the list. Fellow Olympians Chris Erickson (2:31:50) and Adam Rutter (2:32:53) took the minor medals, all 3 walkers considerably slower than in past years and obviously not in top racing shape post World Cup.

The Men's 10 Miler saw World Cup walkers Rhydian Cowley (1:12:20), Nathan Brill (1:13:20) and Tyler Jones (1:13:53) take the medals although Tyler was challenged throughout by fellow junior Adam Garganis (1:13:56). And a special mention to 15 year old Kyle Swan whose time of 1:15:15 was sensational. The women's 10 Mile was won by Australian international Tanya Holliday (1:14:52) for the third time on the trot, ahead of 2012 Olympian Beki Smith (nee Lee - back in action after having her first child) and Lauren Bourke. It is worth noting that 8 of the first 10 in the Men's 10 Mile were aged under 20.

Full results can be viewed at <http://www.actwalkers.com.au/lbg-walking-carnival-2014-provisional-results-2/> and are also reproduced below. Also check out Terry Swan's and my photo galleries at <http://www.vrwc.org.au/coppermine/>.

EVENT 1 OPEN 20M MEN

1.	Jared Tallent	2:27:27	SARWC
2.	Chris Erickson	2:31:50	RWV
3.	Adam Rutter	2:32:53	NSWRWC
4.	Dean Nipperess (M)	3:07:19	QRWC
5.	Justin Hill	3:08:33	SARWC
6.	Peter Crump (M)	3:08:53	SARWC
7.	Aaron McDonough (M)	3:10:05	RWV
8.	Terry O'Neill (M)	3:38:10	RWV
9.	Robin Whyte (M)	3:45:03	ACTW
10.	Robert Osborne (M)	3:53:57	REGAL
11.	Bill Starr (M)	4:16:29	SARWC
	Brendon Reading	DNF	ACTW
	Mike Harvey (M)	DNF	RWV

WOMEN

1.	Karyn O'Neill (M)	3:54:36	RWV
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MASTERS MEN

1.	Dean Nipperess	3:07:19	QRWC
2.	Peter Crump	3:08:53	SARWC
3.	Aaron McDonough	3:10:05	RWV
4.	Terry O'Neill	3:38:10	RWV
5.	Robin Whyte	3:45:03	ACTW
6.	Robert Osborne	3:53:57	REGAL
7.	Bill Starr	4:16:29	SARWC
	Mike Harvey	DNF	RWV

MASTERS WOMEN

1.	Karyn O'Neill	3:54:36	RWV
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HANDICAP

1.	Robert Osborne	REGAL
2.	Justin Hill	SARWC
3.	Terry O'Neill	RWV

OPEN TEAMS

1.	SARWC1	14	Jared Tallent, Justin Hill, Peter Crump
2.	RWV1	8	Chris Erickson, Aaron McDonough, Terry O'Neill

MASTERS TEAMS

1.	RWV1	7	Aaron McDonough, Terry O'Neill, Karyn O'Neill
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OLDEST FINISHER

Bill Starr

EVENT 2 FITNESS 20M**MALES**

1.	John Kilmartin	3:40:00	RWV
2.	Derek Robinson	3:55:07	ACTW
3.	Bryan Thomas	4:00:11	ACTW
4.	George Megas	4:45:30	QRWC

OLDEST FINISHER

Derek Robinson

EVENT 3 MEN & WOMEN AACT 30K CHP**MALES**

1.	Jared Tallent	2:16:46	SARWC
2.	Chris Erickson	2:20:09	RWV
3.	Dean Nipperess	2:52:12	QRWC
4.	Justin Hill	2:55:57	SARWC
5.	Peter Crump	2:56:31	SARWC
6.	Robin Whyte	3:29:00	ACTW

ACT

1.	Robin Whyte	3:29:00
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EVENT 4 WOMEN 10M

1.	Tanya Holliday	1:14:52	SARWC
2.	Bek Smith	1:20:12	NSWRWC
3.	Lauren Bourke	1:24:09	NSWRWC
4.	Beth Alexander	1:27:22	RWV
5.	Sarah Brennan (M)	1:32:06	RWV
6.	Nyle Sunderland (M)	1:39:46	QRWC
7.	Elizabeth Feldman (M)	1:48:01	RWV
8.	Donna-Marie Elms (M)	1:51:55	RWV
9.	Noela McKinven (M)	2:16:50	QRWC

MASTERS

1.	Sarah Brennan	1:32:06	RWV
2.	Nyle Sunderland	1:39:46	QRWC
3.	Elizabeth Feldman	1:48:01	RWV
4.	Donna-Marie Elms	1:51:55	RWV

5. Noela McKinven 2:16:50 QRWC

HANDICAP

1. Noela McKinven QRWC
2. Beth Alexander RWV
3. Donna-Marie Elms RWV

TEAMS

1. RWV1 7 Beth Alexander, Sarah Brennan, Elizabeth Feldman

OLDEST FINISHER

Noela McKinven

EVENT 5 MENS 10M

1. Rhydian Cowley 1:12:20 RWV
2. Nathan Brill 1:13:20 RWV
3. Tyler Jones 1:13:53 NSWRC
4. Adam Garganis 1:13:56 RWV
5. Kyle Swan 1:15:15 RWV
6. Jay Felton 1:19:55 NSWRC
7. Carl Gibbons 1:23:49 NSWRC
8. Reese Walmsley 1:24:20 RWV
9. Ian Jessurun (M) 1:26:53 NSWRC
10. Lucas Taylor 1:31:01 RWV
11. Troy Hooker (M) 1:32:40 SARWC
12. David Smyth (M) 1:33:45 RWV
13. Michael Gillies Smith (M) 1:34:11 RWV
14. Anthony Albanese (M) 1:34:20 NSWRC
15. Lachlan Wilkinson (M) 1:57:51 SARWC
16. Brendon Hyde (M) 2:32:16 NSWRC

MASTERS

1. Ian Jessurun 1:26:53 NSWRC
2. Troy Hooker 1:32:40 SARWC
3. David Smyth 1:33:45 RWV
4. Michael Gillies Smith 1:34:11 RWV
5. Anthony Albanese 1:34:20 NSWRC
6. Lachlan Wilkinson 1:57:51 SARWC
7. Brendon Hyde 2:32:16 NSWRC

HANDICAP

1. Anthony Albanese NSWRC
2. Jay Felton NSWRC
3. Kyle Swan RWV

TEAMS

1. RWV1 33 Rhydian Cowley, Nathan Brill, Adam Garganis
2. NSWRC1 23 Tyler Jones, Jay Felton, Carl Gibbons
3. RWV2 16 Kyle Swan, Reese Walmsley, Lucas Taylor
4. NSWRC2 7 Ian Jessurun, Anthony Albanese, Brendon Hyde

EVENT 6 FITNESS 10M

MALES

1. Mick Saunders 1:56:23 ACTW
2. Robert Parker 1:59:56 ACTW
3. Bert Janes 2:13:55 QRWC
4. Geoff Barker 2:27:07 ACTW

FEMALES

1. Monika Short 1:59:56 ACTW
2. Anne l'Ons 2:33:59 ACTW

EVENT 7 FITNESS 5M

MALES

1. Richard Wade 48:20 ACTW
2. Mark McKay 55:34 NSWRC

3. Dave Mackenzie 1:03:30 ACTW

FEMALES

1. Carmel Parker 58:58 REGAL
2. Rosemary Parker 59:09 ACTW
3. Judy Brown 1:05:33 NSWRC
4. Robyn Wales 1:11:20 QRWC
5. Belinda Essam 1:21:27 ACTW
6. Lydia Stanhope 1:26:56 QRWC
7. Eva Jessurun 1:29:50 NSWRC
8. Mia Jessurun 1:29:50 NSWRC
9. Nicola Jessurun 1:29:50 NSWRC
10. Alison Janes 1:33:34 QRWC
11. Carmen Carlon 1:14:39 ACTW

Ok, that's the 8AM events done for! The remaining events kicked off at 10:30AM with the U20 and Open 10km races, followed by U10 1km, U12 2km, U14 2km, U16 3km, U18 5km and an Open/Masters Women 10km. Quite a few of the juniors from the 10 Mile race fronted up again to compete in their own age groups and many of the younger walkers contested two, three or sometimes even four events from those documented below. Congratulations to all our medallists and to all those who PB'd.

EVENT 8 MENS U20 10K

1. Steven Washburn 46:51 NSWRC
2. Adam Garganis 49:57 RWV
3. Josh Dillon 51:31 RWV

EVENT 9 AACT MENS U20 10K CHP

1. Steven Washburn 46:51 NSWRC NSW

EVENT 10 OPEN 10K

1. Ian Rayson 43:36 REGAL
2. Nicole Fagan 48:17 NSWRC

EVENT 11 WOMENS U20 10K

1. Emily Hamilton 52:56 RWV
2. Danielle Walsh 54:17 SARWC
3. Ally Durr 56:08 ACTW
4. Amanda Barendregt 57:14 NSWRC
Zoe Hunt DQ ACTW

HANDICAP

1. Amanda Barendregt NSWRC

EVENT 12 BOYS U10 1K

1. Mark Hooker 04:52 SARWC
2. Kris Hayward 04:54 QRWC
3. Lachlan Rigney 05:00 NSWRC
4. Fraser Saunder 05:19 RWV
5. Tom Hunt 05:20 ACTW
6. Harrison Karagiorgos 05:32 RWV
7. Joel Prys 05:34 RWV
8. Aiden Hardy 07:55 NSWRC
9. Ethan Martin 08:44 NSWRC
10. Scott Peart 08:49 RWV

HANDICAP

1. Scott Peart RWV
2. Fraser Saunder RWV
3. Tom Hunt ACTW

TEAMS

1. RWV1 12 Fraser Saunder, Harrison Karagiorgos, Joel Prys
2. NSWRC1 10 Lachlan Rigney, Aiden Hardy, Ethan Martin

EVENT 13 GIRLS U10 1K

1. Laura Burns 04:55 ACTW
2. Ruby Saunder 05:39 RWV
3. Gemma Lillie 05:43 RWV
4. Courtney Mavin 05:53 NSWRC

5.	Jada Thomson	05:54	NSWRWC
6.	Kitani Upton	05:58	SARWC
7.	Amber Henderson	06:06	RWV
8.	Taylor Roukos	06:11	NSWRWC
9.	Molly Holmes	06:12	RWV
10.	Madeleine Wallace	06:45	SARWC
11.	Reilly Jones	06:59	NSWRWC
12.	Stacie Becroft	08:01	NSWRWC
13.	Ella Becroft	08:53	NSWRWC
14.	Amelia Crocker	09:33	NSWRWC

HANDICAP

1.	Amber Henderson	RWV
2.	Kitani Upton	SARWC
3.	Stacie Becroft	NSWRWC

TEAMS

1.	RWV1	23	Ruby Saunder, Gemma Lillie, Amber Henderson
2.	NSWRWC1	17	Courtney Mavin, Jada Thomson, Taylor Roukos
3.	NSWRWC2	6	Reilly Jones, Stacie Becroft, Ella Becroft

EVENT 14 BOYS U12 2K

1.	Corey Dickson	09:47	RWV
2.	Joe Cross	10:05	SARWC
3.	Kris Hayward	10:44	QRWC
4.	Dion Carrothers	11:08	NSWRWC
5.	Bayden Little	11:20	NSWRWC
6.	Lachlan Rigney	11:25	NSWRWC
7.	Fraser Saunder	12:11	RWV
8.	Harrison Karagiorgos	13:08	RWV

HANDICAP

1.	Bayden Little	NSWRWC
2.	Lachlan Rigney	NSWRWC
3.	Fraser Saunder	RWV

TEAMS

1.	NSWRWC1	12	Dion Carrothers, Bayden Little, Lachlan Rigney
2.	RWV1	10	Corey Dickson, Fraser Saunder, Harrison Karagiorgos

EVENT 15 GIRLS U12 2K

1.	Allanah Pitcher	10:16	NSWRWC
2.	Laura Burns	10:28	ACTW
3.	Alanna Peart	10:42	RWV
4.	Renee Hardy	10:50	NSWRWC
5.	Elizabeth McMillan	11:14	NSWRWC
6.	Haley Mills	11:16	NSWRWC
7.	Alexandra Sutherland	11:35	NSWRWC
8.	Chloe Upton	11:37	SARWC
9.	Danielle Vesper	11:40	NSWRWC
10.	Hannah Parker	11:50	REGAL
11.	Madison Clark	11:52	RWV
12.	Sybella McKay	11:52	NSWRWC
13.	Victoria Upton	12:16	SARWC
14.	Gemma Lillie	12:29	RWV
15.	Kitani Upton	12:39	SARWC
16.	Brooke Martin	12:52	NSWRWC
17.	Ruby Saunder	12:56	RWV
18.	Charlotte Holmes	13:05	RWV
19.	Chloe McLoughlin	13:34	NSWRWC
20.	Madeleine Wallace	13:41	SARWC
21.	Brodie Douglas	13:41	NSWRWC
22.	Courtney Mavin	13:43	NSWRWC
23.	Aleesha Vidler	13:43	SARWC

HANDICAP

1.	Brodie Douglas	NSWRWC
2.	Madeleine Wallace	SARWC

3. Aleesha Vidler SARWC

TEAM

1.	NSWRWC1	41	Allanah Pitcher, Renee Hardy, Elizabeth McMillan
2.	NSWRWC2	29	Haley Mills, Alexandra Sutherland, Danielle Vesper
3.	RWV1	25	Alanna Peart, Madison Clark, Gemma Lillie
4.	SARWC1	17	Chloe Upton, Victoria Upton, Kitani Upton
5.	NSWRWC3	9	Sybella McKay, Brooke Martin, Chloe McLoughlin

EVENT 16 BOYS U14 2K

1.	Corey Dickson	09:27	RWV
2.	Harrison Mavin	09:42	NSWRWC
3.	Dylan Richardson	09:42	NSWRWC
4.	Spencer Burns	09:53	ACTW
5.	Kyle Bedford	09:58	NSWRWC
6.	Ryan Thomson	10:21	NSWRWC
7.	Mitchell Baker	10:22	ACTW
8.	Mark Hooker	10:22	SARWC
9.	Joseph Rickard	10:50	RWV
10.	Hayden Walmsley	10:56	RWV
11.	Morgan Little	11:09	NSWRWC
12.	Tristan Camilleri	11:17	SARWC
13.	Donald Catalo	11:32	NSWRWC
14.	Bayden Little	11:33	NSWRWC
15.	Lachlan Becroft	12:13	NSWRWC
16.	Colby Eddowes	13:34	ACTW

HANDICAP

1.	Morgan Little	NSWRWC
2.	Mark Hooker	SARWC
3.	Kyle Bedford	NSWRWC

TEAMS

1.	NSWRWC1	29	Harrison Mavin, Dylan Richardson, Kyle Bedford
2.	RWV1	22	Corey Dickson, Joseph Rickard, Hayden Walmsley
3.	ACTW1	16	Spencer Burns, Mitchell Baker, Colby Eddowes
4.	NSWRWC2	12	Ryan Thomson, Morgan Little, Donald Catalo

EVENT 17 GIRLS U14 2K

1.	Katie Hayward	09:23	QRWC
2.	Rebecca Henderson	09:28	RWV
3.	Samantha Brown	09:31	NSWRWC
4.	Gabby Hunt	09:40	ACTW
5.	Rhiannon Lovegrove	09:55	SARWC
6.	Zahra Hayes	09:59	RWV
7.	Jemma Peart	10:08	RWV
8.	Abbey McMillan	10:15	NSWRWC
9.	Bethany Cross	10:18	SARWC
10.	Sarah Damin	10:22	SARWC
11.	Elizabeth Henderson	10:35	ACTW
12.	Jasmine Fletcher	10:35	NSWRWC
13.	Brodie Richardson	10:40	RWV
14.	Alanna Peart	10:41	RWV
15.	Allanah Pitcher	10:44	NSWRWC
16.	Alice Randall	10:45	TARWC
17.	Haley Mills	11:00	NSWRWC
18.	Kathleen O'Mahony	11:01	RWV
19.	Chloe Karagiorgos	11:12	RWV
20.	Ayeisha Wallace	11:16	SARWC
21.	Paige Rigney	11:23	NSWRWC
22.	Alexandra Sutherland	11:48	NSWRWC
23.	Brianna Lillie	12:03	RWV
24.	Chelsea Rogic	12:19	ACTW
25.	Victoria Upton	12:25	SARWC
26.	Aleesha Vidler	14:06	SARWC

HANDICAP

1.	Chloe Karagiorgos	RWV
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|----|---------------------|-------|
| 2. | Elizabeth Henderson | ACTW |
| 3. | Aleesha Vidler | SARWC |

TEAMS

- | | | | |
|----|---------|----|--|
| 1. | RWV1 | 55 | Rebecca Henderson, Zahra Hayes, Jemma Peart |
| 2. | NSWRWC1 | 46 | Samantha Brown, Abbey McMillan, Jasmine Fletcher |
| 3. | SARWC1 | 45 | Rhiannon Lovegrove, Bethany Cross, Sarah Damin |
| 4. | ACTW1 | 34 | Gabby Hunt, Elizabeth Henderson, Chelsea Rogic |
| 5. | RWV2 | 25 | Brodie Richardson, Alanna Peart, Kathleen O'Mahony |
| 6. | NSWRWC2 | 19 | Allanah Pitcher, Haley Mills, Paige Rigney |
| 7. | SARWC2 | 8 | Ayeisha Wallace, Victoria Upton, Aleesha Vidler |

EVENT 18 BOYS U16 3K

- | | | | |
|-----|-------------------|-------|--------|
| 1. | Ross Darlow | 13:18 | RWV |
| 2. | Kyle Swan | 13:50 | RWV |
| 3. | Reese Walmsley | 14:14 | RWV |
| 4. | Nathan Brown | 14:44 | NSWRWC |
| 5. | Callum Burns | 14:49 | ACTW |
| 6. | Jake Vidler | 14:52 | SARWC |
| 7. | Joe Cross | 15:24 | SARWC |
| 8. | Nicholas Douglas | 15:52 | NSWRWC |
| 9. | Harrison Mavin | 15:55 | NSWRWC |
| 10. | Ryan Thomson | 16:02 | NSWRWC |
| 11. | Corey Dickson | 16:05 | RWV |
| 12. | Kyle Bedford | 16:44 | NSWRWC |
| 13. | Dylan Eddowes | 17:05 | ACTW |
| 14. | Mitchell Baker | 17:36 | ACTW |
| 15. | Tristan Camilleri | 18:01 | SARWC |
| 16. | Hayden Walmsley | 18:27 | RWV |
| | Spencer Burns | DQ | ACTW |

HANDICAP

- | | | |
|----|-------------------|--------|
| 1. | Joe Cross | SARWC |
| 2. | Tristan Camilleri | SARWC |
| 3. | Nathan Brown | NSWRWC |

TEAMS

- | | | | |
|----|---------|----|--|
| 1. | RWV1 | 34 | Ross Darlow, Kyle Swan, Reese Walmsley |
| 2. | NSWRWC1 | 18 | Nathan Brown, Nicholas Douglas, Harrison Mavin |
| 3. | SARWC1 | 14 | Jake Vidler, Joe Cross, Tristan Camilleri |
| 4. | ACTW1 | 13 | Callum Burns, Dylan Eddowes, Mitchell Baker |

EVENT 19 GIRLS U16 3K

- | | | | |
|-----|---------------------|-------|--------|
| 1. | Jasmyn McDonald | 14:34 | NSWRWC |
| 2. | Tahlia Hunt | 14:38 | TARWC |
| 3. | Anna Cross | 14:50 | SARWC |
| 4. | Eliza Clarke | 15:04 | RWV |
| 5. | Raquel Roukos | 15:09 | NSWRWC |
| 6. | Chelsea Goodhew | 15:09 | NSWRWC |
| 7. | Rebecca Henderson | 15:38 | RWV |
| 8. | Bethany Cross | 15:50 | SARWC |
| 9. | Jemma Peart | 15:57 | RWV |
| 10. | Rhiannon Lovegrove | 16:03 | SARWC |
| 11. | Samantha Brown | 16:08 | NSWRWC |
| 12. | Karia Bulte | 16:17 | RWV |
| 13. | Katie Hayward | 16:33 | QRWC |
| 14. | Elizabeth Henderson | 17:09 | ACTW |
| 15. | Alice Randall | 17:12 | TARWC |
| 16. | Brodie Richardson | 17:16 | RWV |
| 17. | Sarah Damin | 17:20 | SARWC |
| 18. | Jessica Hahn | 17:21 | SARWC |
| 19. | Ally Grujoski | 17:44 | NSWRWC |
| 20. | Paige Rigney | 18:02 | NSWRWC |
| 21. | Ayeisha Wallace | 18:04 | SARWC |
| 22. | Jessica Lillie | 18:25 | RWV |
| 23. | Sarah Guy | 19:47 | TARWC |
| 24. | Chloe Karagiorgos | 19:54 | RWV |
| 25. | Chloe Upton | 21:47 | SARWC |

HANDICAP

1.	Elizabeth Henderson	ACTW
2.	Raquel Roukos	NSWRWC
3.	Bethany Cross	SARWC

TEAMS

1.	NSWRWC1	55	Jasmyn McDonald, Raquel Roukos, Chelsea Goodhew
2.	RWV1	46	Eliza Clarke, Rebecca Henderson, Jemma Peart
3.	SARWC1	45	Anna Cross, Bethany Cross, Rhiannon Lovegrove
4.	TARWC1	30	Tahlia Hunt, Alice Randall, Sarah Guy
5.	NSWRWC2	20	Samantha Brown, Ally Grujoski, Paige Rigney
6.	RWV2	20	Karia Bulte, Brodie Richardson, Jessica Lillie
7.	SARWC2	16	Sarah Damin, Jessica Hahn, Ayeisha Wallace

EVENT 20 BOYS U18 5K

1.	Tyler Jones	22:45	NSWRWC
2.	Carl Gibbons	23:00	NSWRWC
3.	Kyle Swan	23:16	RWV
4.	Adam Garganis	23:28	RWV
5.	Ross Darlow	23:37	RWV
6.	Aidan Kerr	24:48	NSWRWC
7.	Dylan Richardson	25:49	NSWRWC
8.	Lucas Taylor	25:52	RWV
9.	Callum Burns	26:37	ACTW
10.	Nathan Brown	27:23	NSWRWC
11.	Corey Dickson	27:38	RWV
12.	Reese Walmsley	28:13	RWV
13.	Nicholas Douglas	32:09	NSWRWC
	Hayden Walmsley	DNF	RWV

HANDICAP

1.	Dylan Richardson	NSWRWC
2.	Aidan Kerr	NSWRWC
3.	Callum Burns	ACTW

TEAMS

1.	NSWRWC1	31	Tyler Jones, Carl Gibbons, Aidan Kerr
2.	RWV1	27	Kyle Swan, Adam Garganis, Ross Darlow
3.	NSWRWC2	11	Dylan Richardson, Nathan Brown, Nicholas Douglas
4.	RWV2	10	Lucas Taylor, Corey Dickson, Reese Walmsley

EVENT 21 GIRLS U18 5K

1.	Tayla-Paige Billington	24:26	RWV
2.	Jayde Hill	25:13	NSWRWC
3.	Zoe Hunt	26:06	ACTW
4.	Emily Hamilton	26:56	RWV
5.	Chelsea Goodhew	27:37	NSWRWC
6.	Gabby Hunt	27:45	ACTW
7.	Ally Durr	27:58	ACTW
8.	Lydia McKay	28:12	NSWRWC
9.	Raquel Roukos	28:21	NSWRWC
10.	Bryony Beasley	28:29	NSWRWC
11.	Kathleen O'Mahony	28:31	RWV
12.	Stephanie Grujoski	28:59	NSWRWC
13.	Jasmine Fletcher	30:06	NSWRWC
14.	Ally Grujoski	32:17	NSWRWC
	Jasmyn McDonald	DNF	NSWRWC

HANDICAP

1.	Kathleen O'Mahony	RWV
2.	Lydia McKay	NSWRWC
3.	Stephanie Grujoski	NSWRWC

TEAMS

1.	NSWRWC1	24	Jayde Hill, Chelsea Goodhew, Lydia McKay
2.	RWV1	24	Tayla-Paige Billington, Emily Hamilton, Kathleen O'Mahony
3.	ACTW1	23	Zoe Hunt, Gabby Hunt, Ally Durr
4.	NSWRWC2	8	Raquel Roukos, Bryony Beasley, Stephanie Grujoski

EVENT 22 WOMENS 5K

1.	Tanya Holliday	22:07	SARWC
2.	Nicole Fagan	23:00	NSWRWC
3.	Lauren Bourke	23:52	NSWRWC
4.	Elizabeth Hosking (U20)	24:24	ACTW
5.	Kristie Goznic	24:29	SARWC
6.	Jasmine Dighton (U20)	24:57	NSWRWC
7.	Anna Cross (U20)	25:55	SARWC
8.	Tahlia Hunt (U20)	26:02	TARWC
9.	Simone McInnes	26:27	RWV
10.	Danielle Walsh (U20)	27:14	SARWC
11.	Ann Staunton-Jugovic (M)	27:17	ACTW
12.	Rhiannon Lovegrove (U20)	28:18	SARWC
13.	Amanda Barendregt (U20)	28:48	NSWRWC
14.	Felicity Henderson-Wilson (U20)	29:21	SARWC
15.	Louisa Mitchell (M)	30:21	SARWC
16.	Bethany Cross (U20)	30:21	SARWC
17.	Kate Black (M)	30:45	ACTW
18.	Gloria Holliday (M)	30:55	SARWC
19.	Karen Hooker (M)	32:43	SARWC
20.	Barbara Eddowes (M)	33:20	ACTW
21.	Venesser Rogic (M)	36:08	ACTW
22.	Judy Brown (M)	41:03	NSWRWC
23.	Sue Damin (M)	41:58	SARWC
24.	Jodie Sundstrom (M)	42:54	REGAL

MASTERS

1.	Ann Staunton-Jugovic	27:17	ACTW
2.	Louisa Mitchell	30:21	SARWC
3.	Kate Black	30:45	ACTW
4.	Gloria Holliday	30:55	SARWC
5.	Karen Hooker	32:43	SARWC
6.	Barbara Eddowes	33:20	ACTW
7.	Venesser Rogic	36:08	ACTW
8.	Judy Brown	41:03	NSWRWC
9.	Sue Damin	41:58	SARWC
10.	Jodie Sundstrom	42:54	REGAL

HANDICAP

1.	Kristie Goznic	SARWC
2.	Jodie Sundstrom	REGAL
3.	Rhiannon Lovegrove	SARWC

TEAMS

1.	NSWRWC1	46	Nicole Fagan, Lauren Bourke, Jasmine Dighton
2.	SARWC1	45	Tanya Holliday, Kristie Goznic, Anna Cross
3.	ACTW1	30	Elizabeth Hosking, Ann Staunton-Jugovic, Kate Black
4.	SARWC2	28	Danielle Walsh, Rhiannon Lovegrove, Felicity Henderson-Wilson
5.	SARWC3	17	Louisa Mitchell, Bethany Cross, Gloria Holliday

MASTERS TEAMS

1.	ACTW1	12	Ann Staunton-Jugovic, Kate Black, Barbara Eddowes
2.	SARWC1	10	Louisa Mitchell, Gloria Holliday, Karen Hooker

BRENNEN SHIELD

The Brennen Shield for 2014 is contested over the LBG carnival and the Australian Roadwalks Carnival in Albany. After the first leg, RWV leads narrowly from NSWRWC with SARWC in third place. Points are as shown below

Club	Tot	20M	W10	M10	MU20	WU20	BU10	GU10	BU12	GU12	BU14	GU14	BU16	GU16	BU18	GU5K	W5K
RWV	949	71	79	78			75	77	73	68	69	73	79	64	72	71	
NSWRW	858			70			73	71	75	77	74	64	63	73	76	69	73
SARWC	397	77								63		63	59	63			72
ACTW	313										65	59	58			68	63
TARWC	59													59			

And to finish off, some LBG Carnival photos from our VRWC photo galleries (see <http://www.vrwc.org.au/coppermine>).



Part of team Victoria at the presentations



The gold medal winning RWV U10 Boys and Girls teams



More gold to the RWV U16 Boys Team



Team golds to the RWV U14 Girls Team

SAMA ROADWALKS, KINGSTON TERRACE, NORTH ADELAIDE, SATURDAY 7 JUNE

Thanks to Colin Hainsworth for his weekly results from the South Australian Masters in Adelaide. He explains: Calm, sunny arvo, Perfect weather. Good to see John Leydon out again. Prizes today.

8km yacht handicap

1.	Graham Harrison	55:13	M70	74.00%
2.	Matthew Anderson	1:07:07	M42	46.74%
3.	Edna Bates	1:07:25	W61	61.26%
4.	Norman White	57:54	M55	60.32%
5.	Geoff Byham	52:20	M67	75.32%
6.	Colin Hainsworth	1:03:52	M84	78.83%
7.	Linda Whitelaw	1:02:54	W60	64.86%
8.	Marie Maxted	52:52	W54	72.13%
9.	Rodger Barber	59:11	M76	74.82%
10.	Raelene Schild	1:00:48	W49	59.70%
11.	John Leydon	51:07	M52	66.58%

4km yacht handicap

1.	Jeff Kennett	35:46	M63	51.37%
2.	Helen Suridge	28:40	W63	70.53%
3.	Jill Rogers	33:35	W69	65.12%
4.	Paul Boyce	34:15	M78	64.66%
5.	Margaret Trengove	28:59	W70	76.55%
6.	Roger Lowe	31:38	M71	63.66%
7.	Lillian Harpur	37:34	W66	55.90%

BRITISH GRAND PRIX OF RACE WALKING, YORK SPORT VILLAGE, YORK, 8 JUNE 2014

Thanks to Mark Wall for the results from last Sunday's British Grand Prix of Race Walking in York where Australian international **Dane Bird-Smith** won the men's 20km event. Mark commented:

It was a warm day with a wind that freshened as the race went on. Quentin Rew walked a solid race to come through for second (1:27:54). A breakthrough in the women's race by Heather Lewis, her first sub 100 min effort and a Welsh Record (1:39:58). Alana Barber walked a consistently strong race and was rewarded with a splendid time. This race incorporated the Irish championship. Ana Garcia in the 3km is a 13 year old. Races were on a 1km circuit designed for cycle racing.

The following report (<http://www.athleticsweekly.com/featured/lewis-bird-smith-british-grand-prix-of-race-walking-3653>) from Athletics Weekly summarises the events well.

Welsh walker Heather Lewis and Australia's Dane Bird-Smith were among the winners at the British Grand Prix of Race Walking in York on Sunday. Lewis clocked 1:39:58 for the 20km course to break the Welsh record and move to sixth on the

UK all-time list and third on the under-23 all-time list, while Bird-Smith managed 84:03 for victory despite having been ill in the run-up to the race.

“I haven’t raced since Lugano in March, but I am happy to set a new personal best and Welsh record today,” commented Lewis, who went through 10km in 48:59, a personal best for the distance, before passing the 15km point in 74:35. She slipped off 1:40:00 pace with 2km to go but made up for it over the last lap in front of a supportive home crowd. Behind her, New Zealand’s Alana Barber smashed her personal best by nine minutes as she clocked 1:43:46. Having made a brave attempt to meet the British qualifying standard for the European Championships in Zurich, British record-holder Jo Atkinson (nee Jackson) was on pace in the early laps but suffered with a tight back and pulled out of the race just before the halfway point.

In the men’s race, Bird-Smith set the early pace along with Ireland’s Alex Wright and current British No.1 Tom Bosworth who had sights set on securing his spot on the British team for Zurich. The Australian extended his lead to nearly two minutes at the 15km point as he went through in 62:20 ahead of Wright and Bosworth. Shortly after and Wright was disqualified having received his third red card. “I have been ill all week, but really enjoyed the atmosphere out on the course,” said Bird-Smith. “It was the illness that was holding me back today.” Behind them, Bosworth, also suffering with tightness in his back, held on to clock 89:10 for fifth overall and first British athlete to win the British European Championships trials and secure his place on the team. “I found it hard today on my legs, but I achieved my goal of getting on the team for Zurich,” said Bosworth.

The junior women’s 10km event was won by Emma Achurch with 52:24, while Cameron Corbsihley won the junior men’s race in 47:36.

20 km Men

1.	3	Bird-Smith Dane	1992	AUS	1:24:03
2.	16	Rew Quentin	1984	NZL	1:27:54
3.	11	Hickey Luke	1994	IRL	1:28:13
4.	10	Boyce Brendan	1986	IRL	1:28:25
5.	1	Bosworth Thomas	1990	GBR	1:29:10
6.	13	Treanor James	1993	IRL	1:30:32
7.	18	Hansson Anders	1992	SWE	1:32:36
8.	15	Saelen Joakim	1993	NOR	1:37:11
9.	7	Richards Ian	1948	GBR	1:49:27
10.	6	Hobbs Jonathon	1993	GBR	1:53:17
11.	9	Wild Richard	1970	GBR	1:54:53
12.	8	Uttley Steve	1957	GBR	1:57:57
	2	Higgins Jamie	1994	GBR	DNF
	17	Reis Francisco	1960	POR	DNF
	4	Connolly Creighton	1988	CAN	DQ
	14	Wright Alex	1990	IRL	DQ
	12	McManamon Cian	1991	IRL	DNF

10 km Women

1.	32	Collins Rebecca	991	GBR	0:58:04
2.	35	Bourke Sarah	1994	IRL	1:03:21

20 km Women

1.	33	Lewis Heather	1993	GBR	1:39:58
2.	36	Barber Alana	1987	NZL	1:43:46
	34	Turner Michelle	1972	GBR	DNF
	37	Olsson Mari	1986	SWE	DNF
	30	Atkinson Johanna	1985	GBR	DNF

10 km U20 Men

1.	50	Corbishley Cameron	1997	GBR	47:36
2.	52	Wilkinson Callum	1997	GBR	50:02
3.	51	Thomas Guy	1997	GBR	52:36

10 KM U20 Women

1.	60	Achurch Emma	1997	GBR	52:24
2.	62	Nicholls Jasmine	1995	GBR	56:00
	61	Dooley Ellie	1995	GBR	DNF
	63	Begel Myriam	1995	FRA	DQ
	64	Thomas Lena	1996	SWE	DNF

3 km Open

1.	73	Garcia Ana	2001	GBR	15:25
2.	76	Turner Colin	1944	GBR	16:37

3.	70	Allen Benjamin	2001	GBR	16:59
4.	75	Spooner Pagen	2001	GBR	17:29
5.	71	Bell Tony	1963	GBR	17:59
6.	74	Intihar Marulc Ana	2000	SLO	19:07
7.	72	Meleady-Hanley Molly	2003	GBR	19:45
8.	78	Hartley Ben		GBR	19:56

Anc check out Mark Easton's great shots from the meet at <http://markeaston.zenfolio.com/f1051461199>.

SLOVAK WALKS ROUNDUP

There are a number of bits and pieces from the Slovak Republic, compliments of Rudolf Skrucany.

- First to Banksa Bystrica last Saturday for the Slovak University Championships which were won by Peter Tichy (21:54.39) and Maria Zzakova (22:45.29).

Men's 5000m Race Walk

1.	Peter TICHÝ	SVK	93	21:54.39
2.	Martin TIŠŤAN	SVK	92	22:33.35
3.	Zdeno BABÍK	SVK	84	24:40.86

Women's 5000m Race Walk

1.	Mária CZÁKOVÁ	SVK	88	22:45.29
2.	Diana GÁBORČIKOVÁ	SVK	91	25:58.79
3.	Soňa TYDOROVÁ	SVK	92	29:52.88

- Then to the Czech city of Novom Měste nad Metují where Slovak walker Maria Galikova set a new Slovak 5000m national record of 45:53.76 last Saturday in the second round of the Czech interclub league. See <http://www.behame.sk/index.php?src=bleskovky/galikova-zlepsila-rekord-sr-v-chodzi-na-10-000-m-drahe> for more details. As per the article, it was very hot but she managed to keep to her schedule after a conservative start.
- And finally back to Banksa Bystrick on Sunday for the latest round of Slovak interclub. The walkers raced over 5000m with results as follows

Men: 1. Czaková (VŠC Dukla) 22:45,29, 2. Hornáková (Dubnica) 24:45,35, 3. Škantárová (AK Bacúch) 26:29,71
 Women: 1. Majdán (VŠC Dukla) 20:34,82, 2. Rízek (Atletika ŠK Skalica) 20:43,07, 3. Spevák (VŠC Dukla) 20:46,54

Matej Toth was a notable absence and is still recovering from illness and may not race before the European Champs in Zurich later this year.

ITALIAN U23 CHAMPIONSHIPS, TURIN, ITALY, 6-8 JUNE

The Italian Junior and U23 Championships were decided last weekend in Turin with the men's 10,000m walks contested on the Friday evening and the women's 10,000m walks held on the Saturday morning. The U23 men's championship went to Vito Minei with 40.53,33, ahead of Francesco Fortunato 41.01,06 and Leonardo Dei Tos 41.34,45 while the U20 event was won by Andrea Agrusti with 44.27,78. Six of the 24 starters were disqualified. The women's walks saw Eleonora Dominici winning the U20 championship with 49.27,02 and Federica Curiazzi winning the U23 championship with 46.52,89 ahead of Anna Clemente with 49.58,90.

10,000m U23 Men

1.	MINEI Vito	1994	TA451 A.S.D. ATLETICA DON MILANI	40:53.33
2.	FORTUNATO Francesco	1994	BN208 ASD ENTERPRISE SPORT & SERVICE	41:01.06
3.	DEI TOS Leonardo	1992	MI221 BRACCO ATLETICA	41:34.45
4.	ANTONELLI Michele	1994	MC007 ATL. RECANATI	44:17.11
5.	CUSMAI Alessandro	1994	BN208 ASD ENTERPRISE SPORT & SERVICE	45:27.97

10,000m Junior Men

1.	AGRUSTI Andrea	1995	SS182 I GUERRIERI DEL PAVONE	44:27.78
2.	ANGELINI Gregorio	1996	BA089 ALTERATLETICA LOCOROTONDO	44:34.02
3.	MANSUTTI Stefano	1995	LT260 A.S.D. INTESATLETICA	45:13.95
4.	INGLESE Giuseppe	1996	BA005 AMATORI ATL. ACQUAVIVA	45:46.12
5.	CORTINOVIS Massimiliano	1995	BG004 U.S. SCANZOROSCIATE	46:30.54
6.	PICCHIOTTINO Gianluca	1996	LU100 ATL. VIRTUS CR LUCCA	47:10.00
7.	ADRIANI Francesco	1995	BA005 AMATORI ATL. ACQUAVIVA	48:15.31
8.	CALIFANO Matteo	1996	BN800 LIBERTAS AMATORI ATLETICA LEGG	49:00.81

9.	BERSANI Matteo	1996	TO001 C.U.S. TORINO	50:27.00
10.	PATIERNO Anthony	1995	SP573 ASD SPECTEC DUFERCO CARISPEZIA	51:07.03

10,000m U23 Women

1.	CURIAZZI Federica	1992	BG003 ATL. BERGAMO 1959 CREBERG	46:52.89
2.	CLEMENTE Anna (I)	1994	RM056 G.A. FIAMME GIALLE	49:58.90
3.	BECCHETTI Mariavittoria	1994	RI223 ATL. STUDENTESCA CA.RI.RI	50:30.33
4.	MORELLI Andrea	1993	PR484 ASD INTERFLUMINA E' PIU' POMI'	51:17.26
5.	DONE' Eleonora	1992	CO014 ATL. MARIANO COMENSE	53:08.12
6.	VALSECCHI Viviana	1992	CO208 ATL. LECCO-COLOMBO COSTRUZ.	56:00.26
7.	CALELLA Annalisa	1994	BA089 ALTERATLETICA LOCOROTONDO	56:05.58
8.	CASTELLANA Federica	1993	BA089 ALTERATLETICA LOCOROTONDO	56:45.97
9.	CORMACI Silvia	1994	FI007 TOSCANA ATL.EMPOLI NISSAN	57:18.95

10,000m U20 Women

1.	DOMINICI Eleonora	1996	RM131 A.S.D. ACSI ITALIA ATLETICA	49:27.02
2.	COLOMBI Nicole	1995	BS181 ATL. BRESCIA 1950	49:54.19
3.	CACCIOTTI Diana	1995	RM131 A.S.D. ACSI ITALIA ATLETICA	51:27.44
4.	STACH Marta	1995	BL012 ANA ATL.FELTRE	51:30.60
5.	SCOLOZZI Erika	1995	TA451 A.S.D. ATLETICA DON MILANI	51:51.00
6.	MENIS Giorgia	1996	TS010 C.U.S. TRIESTE	54:18.52
7.	CORTESI Maria Teresa	1996	MI218 N.ATL. FANFULLA LODIGIANA	55:01.95
8.	VITIELLO Sara	1996	RE105 G.S.SELF ATL. MONTANARI GRUZZA	55:11.74
9.	PASCAL Gina Ionela	1996	VT501 ALTO LAZIO A.S.D.	55:48.74
10.	IMBESI Giulia (I)	1996	PD131 G.S. FIAMME ORO PADOVA	56:41.18

TRACK WALKS, LAPPEENRANTA, FINLAND, WED 4 JUNE

Men's 5000m Race Walk

1.	Veli-Matti PARTANEN	FIN	91	21:07.39
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MEMORIAL JÓZEFA WÓJTOWICZA, MIELEC, POLAND, FRIDAY 6 JUNE

The 5000m walks at the Memorial Jozefa Wojtowicza in Mielec, Poland, last Friday evening saw Grzegorz Sudol win the men's event with 19.03,94 and Agnieszka Dygacz win the women's event with 21.35,29.

5000m Open Men

1.	SUDOL Grzegorz	1978-08-28	KS AZS AWF Kraków	19:03.94
2.	FEDACZYNSKI Rafal	1980-12-03	AZS-AWF Katowice	19:22.01
3.	AUGUSTYN Rafal	1984-05-14	OTG Sokól Mielec	19:30.86
4.	SIKORA Rafal	1987-02-17	KS AZS AWF Kraków	19:58.56
5.	AUGUSTYN Lukasz	1990-11-29	OTG Sokól Mielec	21:29.98
6.	GAWRONSKI Pawel	1990-04-13	KS AZS AWF Kraków	21:44.65
7.	HERBA Jakub	1992-02-19	KS AZS AWF Kraków	22:44.35
8.	MELNYK Oleksiy	1992-06-29	OTG Sokól Mielec	25:29.00

5000m Open Women

1.	DYGACZ Agnieszka	1985-07-18	AZS-AWF Katowice	21:35.29
2.	SZWARNÓG Agnieszka	1986-12-28	KS AZS AWF Kraków	22:06.68
3.	GOLBA Katarzyna	1989-12-21	AZS-AWF Katowice	22:19.06
4.	BUZIAK Paulina	1986-12-16	OTG Sokól Mielec	22:41.12
5.	KAPERNA Monika	1990-02-15	AZS-AWF Katowice	22:45.58
6.	KARAS Jolanta	1989-03-09	AZS-AWF Warszawa	24:53.06

Full meet results: http://www.pzla.pl/zdjecia/zal_i/2014-06-06-mielec_201406080017.pdf

UKRAINIAN CLUB CHAMPIONSHIPS, KIEV, UKRAINE, 3-4 JUNE 2014

21 year old Ukrainian walker Lyudmila Olyanovska set a new national 5000m walk record of 20.15,71 in Kiev last week. The 2013 European U23 silver medallist walked a 20km PB in Taicang last month (1:27:27) and continues her great form. The men's race was won by Ihor Hlavan in 19:11.87. See <http://omarchador.blogspot.pt/2014/06/lyudmila-olyanovska-com-201571-em-kiev.html>.

Men's 5000m Race Walk

1.	Ihor HLAVAN	UKR	90	19:11.87
2.	Ivan BANZERUK	UKR	90	19:39.05

3.	Ihor SAKHARUK	UKR	88	19:48.61
4.	Oleksandr ROMANENKO	UKR	81	19:57.52
5.	Oleksandr VENHLOVSKIY	UKR	85	20:24.20
6.	Kyrylo ANDRUSHCHENKO	UKR	93	20:51.32
7.	Fedir DOVHUN	UKR	86	21:08.48
8.	Oleksiy BILORUS	UKR	92	21:22.03
9.	Serhiy SVITLYCHNIY	UKR	94	21:53.63
10.	Volodymyr YUKHYMCHUK	UKR	96	22:42.86
11.	Oleh PADUS	UKR	95	23:04.65
12.	Volodymyr TKACHENKO	UKR	97	23:19.52
13.	Nazariy STEPANYUK	UKR	94	24:21.05

Women's 5000m Race Walk - 04.06.2014

1.	Lyudmila OLYANOVSKA	UKR	93	20:15.71
2.	Nataliya KONTSEVICH	UKR	84	22:53.20
3.	Viktoriya FERENTS	UKR	93	23:40.35
4.	Olha KISIL	UKR	91	23:50.07
5.	Marharyta PASYUK	UKR	94	24:41.87
6.	Olga STADNYK	UKR	94	25:41.91
7.	Olha HARNYK	UKR	96	26:04.84
8.	Olesya SHVAYKO	UKR	97	26:31.05
9.	Roksolana PAVLYK	UKR	95	27:13.43
10.	Olesya KALENSKA	UKR	89	27:30.44

TRACK RACES, AIX-LES-BAINS, FRANCE, SUNDAY 1 JUNE

Men's 5000m Race Walk

1.	Hedi TERRAOUI	TUN	89	19:54.16
2.	Yanis SOUABER	FRA	96	22:50.15

TRACK WALKS, BARRANCO, PERU, SAT 31 MAY

Some good 10,000m walk results from Peru.

Men's 10,000m Race Walk

1.	Pavel Chihuan CAMAYO	PER	86	42:24.44
2.	Paolo Cesar YURIVILCA	PER	96	42:24.62
3.	Ricardo LOJAN	ECU	89	42:28.95
4.	Cesar RODRIGUEZ	PER	97	42:56.19
5.	Jordy Rafael ARROBO	ECU	94	43:04.29
6.	Braulio MOROCHO	ECU	96	43:07.28
7.	William Israel AYMAR CELI	ECU	95	44:00.11
8.	Pablo RODRIGUEZ	BOL	97	45:10.32
9.	Franz ISUIZA	PER		45:32.18
10.	Arnold RIVEROS	PER	98	45:32.18

Women's 10,000m Race Walk

1.	Kimberly GARCÍA LEÓN	PER	93	45:19.80
2.	Ángela CASTRO	BOL	93	46:55.93
3.	Jessica HANCCO	PER	95	48:00.82
4.	Stefany CORONADO	BOL	96	48:15.36
5.	Maritza GUAMÁN	ECU	88	48:43.72
6.	Leyde GUERRA	PER	98	51:43.01

RUSSIAN ROADWALK CHAMPIONSHIPS, CHEBOKSARY, 6-7 JUNE

The Russian Roadwalk Championships in Cheboksary last weekend were the final selection events for August's European Championship in Zurich

The women's and the men's 20 km were first up on Saturday, In the women's event, **Vera Sokolova** won with **1:28:05** ahead of Svetlana Vasilyeva 1:28:49 and Lina Bikulova 1:30:28. This ensured that Sokolova picked up the third European Championship spot alongside Anisya Kirdyapkina and Elmira Alembekova who were first and third at the World Cup in Taicang a month ago.

Denis Strelkov 1:19:47 won the men's 20km ahead of Peter Trofimov 1:22:56 and Pavel Parshin 1:23.27. This means that Strelkov will join 2012 World Cup winner Alexander Ivanov and 2014 World Cup bronze medalist Andrey Ruzavin in Zurich.

The Junior 10,000m championships were won by **Maxim Krasnov 41.36** and **Olga Shargina 45.58**, thus gaining selection to the World Juniors in Eugene alongside Nikolai Markov and Oksana Golyatkina.

Sunday's 50 km started at 7AM in more pleasant weather than Saturday's heat. **Aleksander Yargunkin** won in **3:42:25** (7 min PB) ahead of Mexico's Horacio Nava (second in the 2010 WC when he led to 49 miles) in 3:42:51 (2 min PB). Silver and bronze in the Russian Championship went to Roman Efstifeev 3:45:39 and Sergei Stepanov 3:54:15. Both the silver and bronze medalists were debutants. Yargunkin was selected for the European Championships together with Mikhail Ryzhov and Ivan Noskov who were first and second in the World Cup in Taicang.

Alas, no formal results but some oMarchador articles as follows

- 20 km Men and Women: <http://omarchador.blogspot.pt/2014/06/sokolova-e-strelkov-campeoes-russos-de.html>
- 50 km Men (7 June): <http://omarchador.blogspot.pt/2014/06/aleksander-yargunkin-vence-campeonatos.html>

NORWEGIAN RACEWALK CHAMPIONSHIPS, BERGEN, 31 MAY - 1 JUNE

Bergen played host to the Norwegian Championships played a week ago, with the track walks on Saturday 31st May and roadwalks on Sunday 1 June. See <http://omarchador.blogspot.pt/2014/06/campeonatos-da-noruega-em-bergen-com.html> for race reports.

10,000m Men - Saturday 31 May

1.	Joakim Sælen	1993	TIF Viking	0:42.57.26
2.	Fredrik Vaeng Røtnes	1996	BUL-Tromsø	0:45.42.27
3.	Erling Andersen	1960	Søfteland TIL	0:57.42.26
4.	Petter Strømmen	1994	TIF Viking	1:01.23.15
	Arild Fotland	1959	Søfteland TIL	DNF
	Håvard Haukenes	1990	TIF Viking	DQ

5000m Women - Saturday 31 May

1.	Ellen Nordqvist Sjøblom	1999	Moss IL	28.01.46
2.	Josefin Greiff	1998	Tønsberg Friidrettsklubb	28.25.51
3.	Vilde Lundvin	1999	BUL Tromsø	29.36.30
4.	Nina Kovac	1999	Norna Salhus IL	32.17.71

20km Men - Sunday 1 June

1.	Håvard Haukenes	1990	TIF Viking	1.26.11
2.	Joakim Sælen	1993	TIF Viking	1.33.53
3.	Arild Fotland	1959	Søfteland TIL	1.54.54
4.	Petter Strømmen	1994	TIF Viking	2.06.36
5.	Jan Rolstad	1950	TIF Viking	2.15.09
6.	Arthur Lillefosse	1944	TIF Viking	2.21.54

10km Women - Sunday 1 June

1.	Ellen Nordqvist Sjøblom	1999	Moss IL	0:57.31
2.	Vilde Lundin	1999	BUL Tromsø	1.02.04
3.	Nina Kovac	1999	Norna Salhus IL	1.07.32
4.	Eva Nordqvist	1963	Moss IL	1.09.07

2014 PARIS COLMAR CLASSIC, 3-7 JUNE

On Saturday 7th June, Russian ultra distance specialist Dmitry Osipov crossed the finish line in blazing sunshine at Place Rapp in Colmar. It marked the completion of an epic 426.4km walk in 4 stages from Paris to Colmar with temperatures on the Friday and Saturday topping 35°C. His finishing time of 52:45:56 saw him win the toughest race on the world walking calendar for a fourth time, his average speed an amazing 8.081km/hr. He was followed by French walker Emmanuel Lassalle with a time of 52:56:44, second placed for the second time. It was a close battle for third with André Duterte eventually taking the bronze with 57:44:28, just ahead of Zoltán Czukur with 57:45:32. Olga Borisova won the women's race, also over 4 stages and a total distance of 282.4km, in 39:11:48 ahead of French walker Maggy Labyille and Russian walker Irina Poutintseva. Overall, 14 men and 7 women finished this most gruelling of events.

The event started with a prologue of 5.3km in central Paris before a slightly longer stage from Neuilly sur Marne to Saint Thibault des Vignes (15.3km for men and 21.4km for women). Then the event really ramped up with the third stage to Vittel (339.8km for men and 202.1km for women) before a final stage of 70km from Plainfaing to Colmar.

You can check out the full details at <http://www.pariscolmaralamarche.fr>. Final results read as follows

Men - Paris to Colmar - 426.4km

1.	Ossipov Dmitriy	1	52:45:56	426.4 km	8.081 km/h
2.	Lassalle Emmanuel	3	52:56:44	426.4 km	8.054 km/h
3.	Duterte André	12	57:44:28	426.4 km	7.385 km/h
4.	Czukor Zoltan	11	57:45:32	426.4 km	7.382 km/h
5.	Bunel Dominique	2	57:54:45	426.4 km	7.363 km/h
6.	Letessier Gilles	4	59:38:59	426.4 km	7.148 km/h
7.	Gilles Philippe	15	59:44:17	426.4 km	7.138 km/h
8.	Varain Cédric	13	60:53:59	426.4 km	7.002 km/h
9.	Rozé Eddy	6	61:20:33	426.4 km	6.951 km/h
10.	Biebuyck Pascal	23	61:45:40	426.4 km	6.904 km/h
11.	Girod Urbain	10	61:50:19	426.4 km	6.895 km/h
12.	Dufrien Pascal	19	64:12:45	426.4 km	6.640 km/h
13.	Bunel Pascal	5	64:39:59	426.4 km	6.594 km/h
14.	Georgelin Serge	21	66:07:03	426.4 km	6.449 km/h
	Lougrada Saadi	18	54:34:03	361.5 km	6.625 km/h
	Kerlau Yves-Michel	20	48:59:19	324.5 km	6.624 km/h
	Bocuze Daniel	22	32:12:37	216.6 km	6.725 km/h
	Letourneau Florian	17	28:02:17	194.0 km	6.919 km/h
	Raulet Christophe	16	20:37:17	173.0 km	8.389 km/h
	Blom Hertbeek Boudewijn	24	19:24:52	135.4 km	6.974 km/h
	Henry Fabrice	7	12:52:17	114.8 km	8.919 km/h
	Obydol Yvan	25	13:52:17	103.0 km	7.425 k m/h

Women - Paris to Colmar - 292.4km

1.	Borisova Olga	52	39:11:48	292.4 km	7.460 km/h
2.	Labylle Maggy	53	39:33:23	292.4 km	7.392 km/h
3.	Poutinseva Irina	51	40:11:22	292.4 km	7.276 km/h
4.	Maison Sylvie	54	42:52:44	292.4 km	6.819 km/h
5.	Diallo Aida	57	43:21:43	292.4 km	6.743 km/h
6.	Bizard Emilie	59	48:33:47	292.4 km	6.021 km/h
7.	Fabre Françoise	55	49:03:37	292.4 km	5.960 km/h
	Anxionnat Claudine	58	25:15:17	172.0 km	6.811 km/h

Emmanuel Tardi was at the event for the full 3 days and has forwarded some great photos before going home to bed! Thanks mate!



Left: Olga Borisova



Right: Emmanuel Lassalle



Left: The first 3 women



Right: Dmitriy Ossipov



Left: Maggy Labyille



Right: André Duterte (12) and Zoltan Czukor (11)

CONTINENTAL CENTURIONS QUALIFYING WALK, SCHIEDAM, NEDERLANDS, 7-8 JUNE 2014

And more ultra distance walking news, this time from Holland where the Continental Centurion title has been contested each year since 1973. The centurion rules are simple - walk 100 miles (160.934km) within 24 hours. In the Netherlands, the annual qualifying race is held either in Weert (around the Iron Man Lake) or in Schiedam (in the Beatrix Park). This year it was Schiedam's turn. The meet includes the 24 hours race, a 100km race, a 50 miles race and a 50km race. These events are the only opportunity to obtain the Continental Centurion title, the Honderdman title or the Kennedyvriend title.

Dutchman Jan Vos was the inaugural qualifier back in 1973. Now they have over 400 members of that exclusive club, compliments of 9 new qualifiers this year. See <http://www.rotterdamsewandelvereniging.nl/index.php?page=rwv-wandelweekend> to read more about this unique event.

And now onto this year's results: Overall, Isle of Man walker Jock Waddington reached the 100 mile mark first in 20:06:53 but was content to stop there, having qualified at C400. That left second placed Jantinus Meints, then over an hour in arrears, to go on and win the 24H event with a distance of 168.866km. The amazing English walker Sandra Brown (now 64!) was the third overall to reach 100

miles (21.19.17) and she was also content to stop there. Overall 15 walkers walked 100 miles or further and 9 new Continental Centurions were welcomed to the club.

24 Hour Walk (first 30)

1.	Jantinus Meints	RWV	58	168.866km	22.36.11
2.	Adrie Zoon	RWV	55	164.813	24.08.45
3.	Jock Waddington	IoMVAC	--	160.934	20.06.53
4.	Sandra Brown (F)	Surrey WC	49	160.934	21.19.17
5.	Jane Foster (F)	Manx Har.	73	160.934	21.22.40
6.	Harm Voortman	LAT	63	160.934	21.31.12
7.	Frank van der Gulik	LAT	77	160.934	21.32.42
8.	Caroline Mestdagh (F)	GAC	65	160.934	22.27.17
9.	Richard Cole	York CIU WC	55	160.934	22.48.03
10.	Rick Liesting	OLAT/WGC	77	160.934	22.51.56
11.	Ap van Gelderen	Pr. Marijke	59	160.934	23.03.09
12.	Jajo Wit	LAT	51	160.934	23.16.58
13.	Jane Farquhar (F)	IOM VAC	69	160.934	23.34.19
14.	Ed Walter	Manx Harr.	75	160.934	23.36.05
15.	Louise Smith (F)	N. Athlet.	79	160.934	23.36.22
16.	Sandra Irene de Graaff (F)	RWV/OLAT	67	151.622	24.08.45
17.	Bertus van Ginkel	RWV	61	151.622	24.08.45
18.	Vincent Yeung	RWV	65	147.656	24.00.19
19.	Hanny Klumpkens (F)	OLAT	49	147.656	24.06.08
20.	Willy Vermeulen	RWV	48	145.070	22.14.30
21.	Marry Heuvelman-Goudriaan (F)	RWV	43	143.690	24.05.51
22.	Christopher Flint	Surrey WC	44	139.724	23.59.33
23.	Larissa Droogendijk (F)	RWV	72	119.894	24.02.54
24.	Wilma Driessen (F)	WS'78	66	113.342	15.20.32
25.	Ilona Klinkendon (F)	RWV	63	109.376	15.47.38
26.	Arie Klootwijk	RWV	55	109.376	15.50.11
27.	Martin Payne	DPF Runners	60	109.376	16.16.20
28.	Jim Fulton	DPF Runners	54	109.376	16.16.20
29.	Con Bollmann	RWV	44	109.376	17.14.08
30.	Hans Pranger	OLAT	43	109.376	17.51.42

100 Mile Qualifiers

1.	Jock Waddington	IoM VAC	--	160.934km	20.06.53	CC400 New
2.	Jantinus Meints	RWV	58	160.934	21.16.34	CC388
3.	Sandra Brown (F)	Surrey WC	49	160.934	21.19.17	CC131
4.	Jane Foster (F)	Manx Har.	73	160.934	21.22.40	CC401 New
5.	Harm Voortman	LAT	63	160.934	21.31.12	CC365
6.	Frank van der Gulik	LAT	77	160.934	21.32.42	CC343
7.	Caroline Mestdagh (F)	GAC	65	160.934	22.27.17	CC366
8.	Richard Cole	York CIU WC	55	160.934	22.48.03	CC402 New
9.	Rick Liesting	OLAT/WGC	77	160.934	22.51.56	CC403 New
10.	Ap van Gelderen	Pr. Marijke	59	160.934	23.03.09	CC404 New
11.	Jajo Wit	LAT	51	160.934	23.16.58	CC405 New
12.	Jane Farquhar (F)	IOM VAC	69	160.934	23.34.19	CC406 New
13.	Adrie Zoon	RWV	55	160.934	23.35.33	CC305
14.	Ed Walter	Manx Harr.	75	160.934	23.36.05	CC407 New
15.	Louise Smith (F)	N. Athlet.	79	160.934	23.36.22	CC408 New

Two other categories from this event are always of interest. The Honderdman title is awarded to those who can walk 100km within 11:30:00 - this is within reach for only a very few walkers and this year Rob Tersteeg was the only one to manage it. Another title that can only be won in Schiedam or Weert, is the Kennedyvriend (Kennedy friend) title. Like the Centurion and Honderdman titles, this title also comes with a unique number and is awarded to those walking 50 miles within 12 hours. It can only be won whilst doing the 50 miles event (not whilst doing the 100km or 24 hours events). This year, 25 people achieved it, of whom 20 were first timers.

100km in 11:30:00 (Honderdman)

1.	Rob Tersteeg	RWV	52	100 km	11:12:06	HM073
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50 Miles in 12 Hours (Kennedy Friends)

1.	Jack Bertrums	OLAT	63	80.467	09.45.31	KV409 New
2.	Leon Pullens		74	80.467	10.15.44	KV410 New
3.	Remy van den Brand		75	80.467	10.39.36	KV411 New
4.	Ronnie Timmermans	RWV	82	80.467	10.42.19	KV412 New
5.	Zeeger van den Berg	KNBLO	79	80.467	10.48.54	KV413 New
6.	Johan Koning	LAT	60	80.467	10.51.10	KV414 New

7.	Gerard Schuurmans		--	80.467	10.52.11	KV415 New
8.	Ton van Andel	RWV	58	80.467	11.02.29	KV342
9.	Marco Bloemerts		65	80.467	11.04.28	KV416 New
10.	Dick van Peer	HvB	63	80.467	11.11.27	KV417 New
11.	Ilonka van Bommel (F)	RWV	72	80.467	11.12.22	KV418 New
12.	Martien van Achterberg	OLAT	43	80.467	11.25.50	KV327
13.	Aaf Peters-de Rijk (F)	SV de LAT	53	80.467	11.26.30	KV355
14.	Adrie Ros		62	80.467	11.31.22	KV420 New
15.	Harrie Wijtsema	NOAD	58	80.467	11.45.02	KV393
16.	Robert Janssen	NOAD	62	80.467	11.45.02	KV421 New
17.	Gerda Stoevelaar-Engelkes (F)	LAT	55	80.467	11.46.34	KV422 New
18.	Dick Stoevelaar	LAT	57	80.467	11.46.34	KV423 New
19.	Piet van der Kroft	RWV	44	80.467	11.47.54	KV261
20.	Jaap Visser	RWV	37	80.467	11.48.53	KV424 New
21.	Stijn Segers		78	80.467	11.49.37	KV425 New
22.	Hans Bekx		--	80.467	11.52.09	KV426 New
23.	John Constandinou	Birchfield	72	80.467	11.55.32	KV427 New
24.	Jan Brand		59	80.467	11.56.41	KV428 New

ANOTHER RUSSIAN WALKER CAUGHT OUT

2011 and 2013 European U23 20km champion Pyotr Bogatyrev of Russia is the latest in the long list of walkers from that country to be suspended for drugs related infractions. In this case, it was a biological passport failure, dating back to 12th July 2011, just days before the European U23 championship, when abnormal value were detected in his biological parameters. The 2 year ban has only just been announced by AIFA but it is backdated to July 2011 and all results obtained since then (including both European U23 titles) have been annulled. See <http://omarchador.blogspot.pt/2014/06/doping-atraiu-pyotr-bogatyrev.html>

WHAT'S COMING UP

Next week, we are back at Middle Park for further VRWC points races. The timetable reads as follows

Saturday 14th June 2014, Middle Park			
VRWC EVENTS: Entries close for all events at 2.00pm sharp. Prizes for all winners.			
2.15pm	10km	Guess your finish time & Points Race	Open
2.15pm	5km	Guess your finish time & Points Race	Open
2.15pm	3km	Guess your finish time & Points Race	Open
2.15pm	3km	Guess your finish time & Points Race	Under 15
2.30pm	1km	Guess your finish time & Points Race	Under 9
2.40pm	2km	Guess your finish time & Points Race	Under 12

When entering the race, tell the race secretary the time you will walk. The results on the day will be determined by closest to predicted time. No watches are to be worn. And it's a Prizes Day so good luck to everyone. As usual, donations of any additional items for the prizes table are always appreciated. I will be in Sydney next weekend so good luck to everyone in my absence.

You may have noticed that it takes additional time to do race entries now that we are using our new chip system. To help us get away on time, we are introducing optional pre-race entry. You can now enter online on our website and nominate your race for Saturday. Then all you have to do on race day is line up, pay your entry fee and confirm you have your numbers and chip. You can start with this Saturday's races - entries are now open and will remain open until 6PM on Friday evening. Just point your browser to <http://www.vrwc.org.au/wp1/> and click on the *VRWC Race Registration* tab. Don't worry - you can still enter on the day and you can make changes on the day if you pre-entered and change your mind.

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.

2014 Australian/Victorian Winter Season Key Dates

Sun 29 June, 2014	AV Schools Roadwalk Champs, Middle Park
July, 2014	RWA Postal Challenge, each member club in its own State
Sun 3 Aug, 2014	Victorian Roadwalk Championships, Middle Park
Sun 24 Aug, 2014	Australian Roadwalk Championships, Albany, WA
Sun 14 Sept, 2014	Victorian 50km and RWA 50km (women), Middle Park
4-5 Oct, 2014	VRWC 24 Hour Carnival (for the Australian Centurions), Middle Park

2014 International Fixture

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/>

Other 2014 Races of Interest

Jun 13, 2014 International Festival of Alytus, Lithuania
Aug 31, 2014 Voronovo Cup, Moscow, Russia
Sun 5 Oct, 2014 International 50km Race Walk (IAAF permit) incorporating RWA 50km Championship , 10AM

Remaining 2014 IAAF Challenge Series Walks

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, Kazan, Russia
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>)