



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2013/2014 Number 38
17 June 2014



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TIM'S WALKER OF THE WEEK

Last week's Walker of the Week was won by 16 year old **Adam Garganis** who did a huge day's work at the LBG Carnival in Canberra, 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!

WHAT'S COMING UP

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

Saturday 21st June 2014, Middle Park			
VRWC EVENTS: Entries close for all events at 2.00pm sharp.			
2.15pm	8km	Points Race	Open
2:15pm	4km	Points Race	Open
2.15pm	4km	Points Race	Under 15
2.30pm	1km	Points Race	Under 9
2.40pm	2km	Points Race	Under 12

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 have introduced 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.

The following Sunday morning we have our next round of major races which include AV, AV Schools, AMA, VMA and VRWC championships. Wow - there is certainly something for everyone in this lot.

Sunday 29th June 2014, Middle Park			
AV, AV Schools, AMA, VMA & VRWC Championships			
9.00am	20km	AV Championship	Open Men
9.00am	20km	VRWC Championship - Alf Robinson Trophy	Open Men
9.00am	20km	AMA & VMA Championships	Masters Men
9.00am	20km	AV Championship	Open Women
9.00am	20km	AMA & VMA Championships	Masters Women
9.00am	20km	Non- championship	Open
10.00am	3km	AV Schools Championship	Under 16 Boys/Girls
10.25am	3km	AV Schools Championship	Under 14 Boys/Girls
10.50am	10km	AV Schools Championship	Under 20 Men/Women
11.00am	5km	AV Schools Championship	Under 18 Men/Women
11.00am	5km		Open
11.30am	1.5km	VRWC Championship	Under 9 Boys/Girls
11.30am	1.5km	VRWC Championship	Under 12 Boys/Girls
12.00pm		Presentations	

For those who aren't sure how it all works, let's break it down.

- **The Victorian Schools Championships** are run by us on behalf of Athletics Victoria so you **must** pre-enter via the online entry system on the AV website - surf to <http://athsvic.org.au/events/calendar/> and click on the link for these races. Entries

normally close 3-4 days beforehand so make sure you enter by Wednesday of next week. Any school child can enter these champs - you don't have to be an AV member.

- **The VRWC U9 and U12 championships** are open to everyone and entry is on the day like for all VRWC events. You can also optionally pre-enter via our online entry panel at <http://www.vrwc.org.au/wp1/>.
- **The AV 20km Open Championships** are run by us on behalf of Athletics Victoria so you must pre-enter via the online entry system on the AV website - surf to <http://athsvic.org.au/events/calendar/> and click on the link for these races. You must be a current member of an AV club to be eligible for these champs.
- **The Victorian Masters (VMA) and Australian Masters (AMA) 20km championships** are also being run by us on behalf of these two organisations. Members of You can pre-enter both events via our VRWC website online entry panel - see <http://www.vrwc.org.au/wp1/>. No need to pay - just pre-enter and then pay on the day.

VRWC ROADWALKS, MIDDLE PARK, SATURDAY 14 JUNE

A good turnout of 51 walkers gathered at Middle Park last Saturday for the annual VRWC 'Guess Your Finish Time' races. Walkers nominate a finish time in advance and then race without the benefit of clocks or wrist watches. Whoever is closest to his/her predicted time wins the race and has the pick of the prizes table - yes, it was another prizes day. I was in Sydney so missed the show so thanks to Mark Donahoo for forwarding the results to me and thanks to Stuart Cooper for coordinating the Prizes day table. And thanks to Terry Swan who was there with his camera as usual (see <http://www.vrwc.org.au/coppermine/>).

Results follow. Sort order is based on closeness to finish time guess. The right hand column shows the places from an actual time perspective. The 10km saw only two starters and John Martin was the big improver, walking his first official 10km for an excellent 1:03:04. Most walkers chose the 5km option with the fast walkers also the ones with the best pace judgement - Michelle Laufer 25:10 and Jason Kozica 23:58 the best guesses and Rhydian Cowley taking fastest overall (21:50) and second place in the men's comp.

10km Open (Guess Your Finish Time)	F/T Place
1. John Kilmartin	1:03:04 1
2. Robyn Shaw	1:08:31 2

5km Open (Guess Your Finish Time)	F/T Place
1. Michelle Laufer	25:10 1
2. Marlene Gourlay	29:45 5
3. Donna Elms	29:50 6
4. Sandra Geisler	26:24 2
5. Heather Carr	28:08 3
6. Liz Feldman	30:53 7
7. Karla Bulte	28:32 4
8. Alison Thompson	32:41 8
Simone McInnes	DNF
Margaret Beaumont	DNF
Emily Hamilton	DNF

1. Jason Kozica	23:58 3
2. Rhydian Cowley	21:50 1
3. Barrie Wicks	39:24 7
4. Ian Beaumont *	42:11 8
5. Reese Walmsley	24:06 4
6. David Smyth	26:29 5
7. Bernie Keirl	28:50 6
8. Adam Garganis	22:42 2

The 3km events were also keenly contested with best pace judgement shown by winners Pam Mews (30:03), James Christmass (17:25), Jessica Lillie (17:34) and Kyle Swan (13:45). And welcome to AV walkers Donna Campbell and Tom Dawson who had their first walks with us (25:24 for Donna and 20:17 for Tom).

3km Open (Guess Your Finish Time)	F/T Place
1. Pam Mews	30:03 5
2. Celia Johnson	23:15 3
3. Gwen Steed	21:04 1
4. Jan Morrey	21:20 2
5. Donna Campbell	25:24 4
	First time with us
1. James Christmass	17:25 1
2. John Morrison	22:22 2
Llew Jenkins	DQ

3km Under 15 (Guess Your Finish Time)				F/T Place
1.	Jessica Lillie	17:34		3
2.	Brodie Richardson	17:04		2
3.	Caitlyn Rudston-Brown	21:45		6
4.	Chelsea McDonald	22:26		7
5.	Emily Noonan	19:38		5
6.	Gabriella Crea	18:56		4
7.	Philippa Huse	16:37		1
1.	Kyle Swan	13:45		1
2.	Tom Dawson	20:17		2
	Hayden Walmsley	DQ		

First time with us

Our regular U12 and U9 walkers were also in action with Guess Your Time wins going to Claire Noonan, Corey Dickson, Gemma Lillie and Joel Prys.

2km Under 12 (Guess Your Finish Time)				F/T Place
1.	Claire Noonan	12:55		5
2.	Kathleen O'Mahony	11:07		1
3.	Ruby Paten	12:42		4
4.	Grace Louey	12:23		3
5.	Charlotte Hay	13:24		6
6.	Madison Clark	12:19		2
1.	Corey Dickson	10:21		1
2.	Jeremy Little	13:46		2

1km Under 9 (Guess Your Finish Time)				F/T Place
1.	Gemma Lillie	05:54		1
2.	Elise Carbery	06:31		2
1.	Joel Prys	05:44		1

I can't guarantee I have all our officials and judges as I was not there. But thanks as usual to the many people who keep the show on the road each week. Apologies if I have not acknowledged your contribution this week.

- Judges:** Peter Vysma (C), Gordon Loughlan, Stuart Cooper, Michael Bodey, Lloyd Nichols
- Canteen:** Wendy Cooper, Marlaine Stanway
- Checkin and Results:** Mark Donahoo, Ralph Bennett, Damien Elms
- Other officials:** Bob Gardiner, David Armstrong
- Photos:** Terry Swan

And to finish off, some of Terry Swan's photos from the day's gallery at <http://www.vrwc.org.au/coppermine>.



Claire Noonan, Joel Prys, Gemma Lillie and Corey Dickson



Kyle Swan, Tom Dawson, Michelle Laufer and John Kilmartin



James Christmass, Jessica Lillie, Jason Kozica and Pam Mews (all photos Terry Swan)

VRWC STYLE AWARD POINTS

Style Award points this week read as follows

Open & U15 Men

David Smyth	6
Kyle Swan	6
Rhydian Cowley	3
Adam Garganis	2
Bernie Keirl	2

Open & U15 Women

Heather Carr	6
Michelle Laufer	6
Karla Bulte	4
Simone McInnes	3
Sandra Geisler	3
Philippa Huse	2
Jessica Lillie	1

U12 & U9 Boys

Corey Dickson	7
Joel Prys	6
Jeremy Little	3

U12 & U9 Women

Gemma Lillie	9
Grace Louey	3
Madison Clark	2
Elise Carbery	1

ACT WALKERS CLUB ROADWALKS, LAKE TUGGERANONG, ACT, SATURDAY 14 JUNE

Thanks to Robin Whyte for his weekly report from Canberra. Brendon Reading and Ian Rayson crossed the finish line together in the 6.6km event, both recording a time of 35:13. As usual, good fields!

6.6km Walk

1.	Brendon Reading	35:13
2.	Ian Rayson	35:13
3.	Callum Burns	37:45
4.	Ally Durr	37:52
5.	Zoe Hunt	37:54
6.	Robin Whyte	42:54
7.	Kate Black	45:18
8.	Derek Robinson	45:33
9.	Bryan Thomas	46:16
10.	Greg Durr	47:05
11.	Monika Short	47:09
12.	Venesser Rogic	47:32
13.	Jennifer Gilchrist	50:29
14.	David Mackenzie	51:54
15.	Rod Gilchrist	54:19
16.	Doug Fitzgerald	55:55
17.	Terry Munro	56:00
18.	Val Chesterton	57:04
19.	Phil Essam	57:44
20.	Nola de Chazal	71:57

2km Walk

1.	Mitchell Baker	11:09
2.	Tracey Durr	16:15
3.	Bob Chapman	16:57
4.	Cilla Chapman	16:59

1km Walk

1.	Laura Burns	05:20
2.	Sophie Rogic	06:32

SAMA ROADWALKS, EAST TERRACE, ADELAIDE, SATURDAY 14 JUNE

Thanks to Colin Hainsworth for his weekly report from the South Australian Masters in Adelaide - Cold, damp arvo. Hilly course.

10km yacht handicap

1.	Graham Harrison	1:08:21	M70	75.30%
2.	Matthew Anderson	1:24:33	M42	46.76%
3.	Geoff Byham	1:05:38	M67	75.63%
4.	Linda Whitelaw	1:18:32	W60	65.95%
5.	John Leydon	1:02:30	M52	68.60%
6.	Colin Hainsworth	1:21:16	M84	78.25%
7.	Margaret Trengove	1:14:32	W70	80.07%
8.	David Robertson	1:30:13	M80	65.80%
9.	Jack Russell	1:03:15	M62	74.30%

5km yacht handicap

1.	Roger Lowe	38:58	M71	65.08%
2.	Rodger Barber	36:08	M76	75.03%
3.	Jill Rogers	42:10	W69	65.85%
4.	Edna Bates	43:17	W61	57.77%
5.	Lillian Harpur	47:47	W66	55.73%

BENDIGO WALKERS CLUB ROADWALKS, LAKE NEANGAR, BENDIGO, SUNDAY 15 JUNE

Thanks to Paul Rance for his latest report from Bendigo. He commented: 2km and 10km sealed handicap events were held at Lake Neanger with Carissa Brook producing a personal best effort to win the 2km from Annette Curtis 2nd and Zahra Hayes in 3rd place. There were just 2 finishers in the 10km with Barb Bryant winning from Michael Gillies-Smith.

2km Handicap

1.	Carissa Brook	11.09
2.	Annette Curtis	14.48
3.	Zahra Hayes	10.20
4.	Madison Hill	12.12
5.	Caitlyn Tozer	18.30
6.	Ebony Whiley	12.10
7.	Norm West	16.24
8.	Colin Cleary	19.05
9.	Sheridan Commons	15.57

10. Peter Curtis 15.38

10km Handicap

1. Barb Bryant 61.41
2. Michael Gillies-Smith 59.43
Geoff Major DNF

WARWC ROADWALKS, WILSON, PERTH, SUNDAY 15 JUNE

Thanks to Rick Cattermole for his report on the Roadwalking Club of Western Australia walks in Perth last weekend. He commented: Not a bad turnout considering the 3c temperature! A big PB for Christopher Gerken in only his 2nd 10km, a first ever 10km for Simeon Leatherland and a first ever 5km for Tim Kezic!

10km Open

1. Simeon Leatherland 51.34
2. Christopher Gerken 62.07

5km Open

1. Daniel Lowe 29.24
2. Caitlin Gerken 30.09
3. Tim Kezic 34:01

3km Open

1. Melissa Sullivan 18.44
2. Michelle Butler 18.52
3. Tina Kezic 21.20
Andrea Hahn DNF

2km Open

1. Ryan Kezic 13.14
2. Jaymee Curry 15.12
3. Lily Reynolds 17.05

WARWC ROADWALKS, PERTH, SUNDAY 15 JUNE

Thanks to John Back for his report from the Western Australian Race Walking Club in Perth.

15km Handicap

1. D. Hennighan 77.26

5km Handicap

1. B Hennighan 35.10
2. K tolardo 31.51
3. T Lenane 32.51
4. A Reid 38.17
5. I Tolardo 31.41
6. J Smith 38.33
7. L Romeo 38.43
8. R Hughes 37.59

1. 3km Handicap

2. T Ruane 17.36
3. B Reid 19.17

2km Handicap

1. S Andritsos 11.47
2. A Holland 11.45
3. A Andritsos 13.10
4. H Ruane 12.39
5. E Bogears 15.39

QRWC ROADWALKS, PIZZEY PARK, GOLD COAST, SUNDAY 15 JUNE

Thanks to Robyn Wales for her report on what was a very big morning of racing on the Gold Coast in Queensland last Sunday.

A Grade 10km

1.	Argenis Guevara	57.00
2.	Paul Lindenberg	60.45
3.	Nyle Sunderland	61.32
4.	Donna Beikoff	68.08
5.	Debbie Lindenberg	68.48
6.	Noela McKinven	79.29

B Grade 5km

1.	Shane Pearson	29.04
2.	Patrick Sela	35.54
3.	George Megas	39.57

C Grade 3km

1.	Katie Hayward	14.48
2.	Jade-Elizabeth Pearson	19.36

U8 0.5km

1.	Tess Hannigan	3.26
2.	Harrison Adams	3.42

D/E Grade 2km

1.	Jamison Stovin	10.58
2.	Adam Buchhorn	11.06
3.	Ben Jeffrey	11.24
4.	Tenyka Chapman	12.05
5.	Chloe Treurnich	12.48
6.	Ethan Clarke	12.51
7.	Jayden Stovin	14.48
8.	Amelia Schofield	13.34
9.	Isabella Schofield	14.04

F Grade 1km

1.	Kris Hayward	5.09
2.	Abbey Hannigan	6.20
3.	Scarlett Schofield	6.36
4.	Ella Boyd	6.47
5.	Charlotte Sly	6.56
6.	Anika Clarke	7.11
7.	Emma Brittain	7.16
8.	Emily Lewis	8.20

The meet also saw the Gold Coast Championships which were raced jointly with the QRWC races and quite a few of the walkers were featured in bot sets of results. The meet also hosted the Queensland Masters Short Walks Championships with results as below

Queensland Masters Short Walks Championships - 10km Men

M45-49	1	Argenis Guevara	57.00
M50-54	1	Paul Lindenberg	60.45

Queensland Masters Short Walks Championships - 5km Men (60+ Option)

M70-74	1	Patrick Sela	35.54
M75-79	1	George Megas	39.57

Queensland Masters Short Walks Championships - 5km Women

W45-49	1	Nyle Sunderland	29.51
	1	Donna Beikoff	33.30
W70-74	1	Noela McKinven	39.13

JÓZEF ŻYLEWICZ MEMORIAL RACEWALK, GDAŃSK, SATURDAY 14 JUNE

You normally expect fast walking in Polish events and last weekend was no exception with Lukasz Nowak 19:29.16 and Paulina Buziak 21:55.64 taking the honours in the Jozef Zylewicz Memorial Meet.

Full results at <http://www.domtel-sport.pl/insidethecode/files/4679-pl.pdf>

Men – 5000 Walk

1.	Łukasz NOWAK	88-12-18	OŚ AZS Poznań)	19:29.16
2.	Adrian BŁOCKI	90-04-11	AZS-AWF Katowice	19:30.28
3.	Rafał FEDACZYŃSKI	80-12-03	AZS-AWF Katowice	19:40.42
4.	Rafał SIKORA	87-02-17	KS AZS AWF Kraków	20:01.43
5.	Grzegorz GRINHOLC	77-03-05	RKS Rumia(PM)	22:23.52
6.	Kacper KOSECKI	97-03-20	SKLA Sopot(PM)	22:31.20
7.	Mirosław ŁUNIEWSKI	57-01-25	UKS Jedyńka Reda	25:37.30
	Andrzej ŁOBACZEWSKI	92-08-09	KL Lechia Gdańsk	DQ

Women -5000 Walk

1.	Paulina BUZIAK	86-12-16	OTG Sokół Mielec	21:55.64
2.	Monika KAPERKA	90-02-15	AZS-AWF Katowice	22:36.51
3.	Agnieszka ELLWARD	89-03-26	KL Lechia Gdańsk	23:29.26
4.	Jolanta KARAŚ	89-03-09	AZS-AWF Warszawa	23:53.55
5.	Monika NAWROCKA	90-12-10	KS Agros Zamość	23:58.58
6.	Joanna BEMOWSKA	94-06-27	AZS-AWF Katowice	24:01.68
7.	Justyna ŚWIERCZYŃSKA	87-02-26	PLKS Gwda Piła	24:27.10
8.	Anna BAJON	94-08-26	UKS Gimnazjon Suchy Las	24:57.86
9.	Zofia KREJA	97-05-13	KMKL Sztorm Kołobrzeg	25:31.66
10.	Paulina LEWANDOWSKA	97-01-26	KS Energetyk Poznań	25:40.70
11.	Martyna SKRZYPCZYŃSKA	93-03-02	PLKS Gwda Piła	25:49.45
12.	Adrianna LACH	98-03-26	KL Lechia Gdańsk	28:43.44

SWISS NATIONAL ROADWALK CHAMPIONSHIPS, YVERDON, SWITZERLAND, SUNDAY 15 JUNE

Thanks to Emmanuel Tardi who was in Yverdon in Switzerland last Sunday for their national championships (35km for men and 10km for women). The meet also featured a 10k masters 10km. Weather was sunny but unfortunately a very strong wind made the going much tougher. Portuguese walker Luis Manuel Correia easily won the men's 35km championship in 3:24:16. The women's 10km was potentially a very interesting race with all 3 Swiss World Cup walkers in the field - and they took out the podium places as expected, with Laura Polli winning overall with a very strong 48:21 into the wind.

Swiss 35km Men - 7:30AM

1.	Luis Manuel da Silva Correia	78	CM Cour Lausanne	3:24:16
2.	Cedric Hugi	82	CME La Poste	3:59:50
3.	Daniel Brot	53	CM Yverdon	3:55:12
4.	Joseph Bianco	41	CM Monthey	3:58:38
5.	Walter Brandenburg	46	SAL Lugano	3:57:34
	Roby Ponzio	47	SAL Lugano	DNF
	Bernard Lovis	53	CM Monthey	DQ

Swiss 10km Women - 9:30AM (first 5)

1.	Laura Polli	83	SAL Lugano	48:21
2.	Marie Polie	80	SAL Lugano	49:45
3.	Corinne Henchoz	64	CM Cour Lausanne	55:23
4.	Heidi Mauder	43	CM Cour Lausanne	64:32
5.	Christine Mettraux	64	CM Yverdon	68:09

10km Masters

1.	Bernard Binggeli	46	CM Cour Lausanne	57:42
2.	Azzouz Seffari	58	Lyen Athletisme	60:21
3.	Claude Berner	63	CME La Poste	66:44
4.	Waldo Ponzio	44	GAB Bellinzona	68:24
5.	Alexis de Coppet	38	CM Yverdon	70:28
6.	Claude Greber	57	CME La Poste	70:38
7.	Emmanuel Tardi	67	LP Longjumeau	72:14
8.	Gerard Boos	54	CM Yverdon	74:33
9.	Alfred Baske	35	PSG Calw	90:31



Left: Luis Correia



Right: The 10km medallists

IBERO-AMERICAN MEET, HUELVA, SPAIN, FRIDAY 12 JUNE

Julia Takacs won the women's 3000m walk at the Ibero-American Meet in the Spanish city of Huelva last Friday evening, her time of 12:11.27 a new Spanish national record (the previous best was held by María Vasco with 12:20.44). Second placed Ana Cabecinha also broke the existing record with her PB time of 12:17.50 while third placed Laura Garcia-Caro Lorenzo set a new Spanish Junior record with 12:44.21.

Women's 3000m Race Walk

1.	Júlia TAKÁCS	ESP	89	12:11.27
2.	Ana Cabecinha	BY	84	12:17.50
3.	Laura García-Caro	ESP	95	12:44.21
4.	Beatriz PASCUAL	ESP	82	12:50.70
5.	Edna Barros	BY	96	14:28.72
6.	Catarina MARQUES	BY	96	15:02.37
7.	COSTA Carolina	BY	98	15:06.37
8.	Cristina ALONSO PALACIOS	ESP	88	15:22.36
9.	Laura LEAL	BY	96	15:40.85

40TH ANNIVERSARY INTERNATIONAL WALKING FESTIVAL, ALYTUS, LITHUANIA, SAT 13 JUNE

Lithuanian Neringa Aidietytė and Guatemalan Erick Barrondo were the two main winners at the 40th International Walks Festival in Alytus, Lithuania, last Friday. Aidietytė's time of 1:29:01 broke her own new national record by 36 seconds to see her finish ahead of Guatemalan Mirna Ortiz, 1:29:45 pm and fellow Lithuanian Brigita Virbalytė 1:31:00. The men's race was fiercely contested with Barrondo 1:23:19 just 4 secs ahead of Belarussian Dzmitry Dziubin 1:23:23 in second place with Belarussians filling the next 3 places as well. Tadas Šuškevičius, who came sixth with 1:24:52, was the first Lithuanian, thus winning the national title.



Neringa Aidietytė (152) leads the women's event in Alytus - photo <http://www.lengvoji.lt/>

Open Men 20km Race Walk

1.	Erick Bernabé BARRONDO	GUA	91	1:23:10
2.	Dmitriy DZIUBIN	BLR	90	1:23:23
3.	Ivan TROTSKIY	BLR	76	1:23:27
4.	Andrey TALASHKO	BLR	82	1:24:00
5.	Aleksandr LIAKHOVICH	BLR	89	1:24:40
6.	Tadas SUSKEVICIUS	LTU	85	1:24:52
7.	Marius SAVELSKIS	LTU	94	1:25:00
8.	Jaime Daniel QUIYUCH	GUA	80	1:25:04
9.	Anibal PAAU	GUA	87	1:26:47
10.	Fredy HERNÁNDEZ	COL	78	1:27:04
11.	Arnis RUMBENIEKS	LAT	88	1:27:09
12.	Ričardas REKST	LTU	87	1:27:10
13.	Genadiy KOZLOVSKIY	LTU	91	1:27:38
14.	Artur MASTIANICA	LTU	92	1:28:17
15.	Marcel LEHMBERG	GER	92	1:28:44
16.	Sergey KOREPANOV	RUS	84	1:29:13
17.	Jonathan HILBERT	GER	95	1:29:31
18.	Yauheni ZALESSKI	BLR	93	1:30:53
19.	Karl JUNGHANSS	GER	96	1:32:52
20.	Ivzāns NORMUNDS	LAT	71	1:34:59
21.	Lauri LELUMES	EST	78	1:38:45
22.	Raivo SAULGRIEZIS	LAT	94	1:39:54
23.	Evaldas SILČENKO	LTU	92	1:40:07

Normantas PETRISA	LTU	94	DNF
Dawid TOMALA	POL	89	DQ
Jakub JELONEK	POL	85	DQ
Marius ZIUKAS	LTU	85	DNF

Open Women 20km Race Walk

1.	Neringa AIDIETYTĖ	LTU	83	1:29:01
2.	Mirna Sucely ORTIZ FLORES	GUA	87	1:29:45
3.	Brigita VIRBALYTĖ-DIMSIENĖ	LTU	85	1:31:00
4.	Mayra PÉREZ	GUA	88	1:32:12
5.	Maritza Rafaela PONCIO	GUA	94	1:33:14
6.	Katarzyna GOLBA	POL	89	1:34:26
7.	Anastasiya YATSEVICH	BLR	85	1:36:17
8.	Panayota TSINOPOULOU	GRE	90	1:39:01
9.	Anna KRAKHMALOVA	RUS	92	1:39:48
10.	Inga MASTIANICA	LTU	89	1:40:18
11.	Natalya KOPLIYENKO	RUS	94	1:42:22
12.	Agne KLEBAUSKAITE	LTU	92	1:45:01
13.	Ilma MELNE	LAT	93	1:59:22
	Kristina SALTANOVIČ	LTU	75	DNF
	Natalia PLOMINSKA	POL	92	DNF
	Michalina WOSIK	POL	94	DNF
	Katerina THEODOROPOULOU	GRE	93	DNF
	Ainhoa PINEDO	ESP	83	DNF

Junior Men 10km Race Walk

1.	Heiner TERP	GER	96	45:05
2.	Martynas JARUSEVIČIUS	LTU	96	45:32
3.	Kamil KOMAROWSKI	POL	95	46:30
4.	Arnoldas BUDRYS	LTU	96	49:20

Junior Women 10km Race Walk

1.	Henrika PARVIAINEN	FIN	97	50:10
2.	Erika PARVIAINEN	FIN	95	51:49
3.	Dáša ŠKANTÁROVÁ	SVK	95	51:52
4.	Ieva ŠUKEVIČIŪTĖ	LTU	96	58:01
	Lucia ČUBAŇOVÁ	SVK	95	DNF

U23 MEDITERRANEAN CHAMPIONSHIPS, AUBAGNE, FRANCE, 13-14 JUNE

The inaugural U23 Mediterranean Games were decided last weekend in Aubagne, France. The two track walks were held on Saturday with walkers from Spain, Italy, Italy, Portugal and Turkey in the mix. In the men's race, Alvaro Martin of Spain won by two secs from team mate Marc Tur, while Italian Federica Curiazzi won the women's walk. Full results at <http://bases.athle.com/asp.net/liste.aspx?frmbase=resultats&frmcode=1&frmespace=0&frmcompetition=146646&frmepreuve=&frmtri=1&frmposition=1>

Men's 10,000m Race Walk

1.	Alvaro MARTIN	ESP	94	42:50.87
2.	Marc TUR	ESP	94	42:52.19
3.	Francesco FORTUNATO	ITA	94	42:54.52
4.	Muratcan KARAPINAR	TUR	96	43:03.74
5.	Francisco Jose DURAN	ESP	93	43:12.09
6.	Leonardo DEI TOS	ITA	92	43:16.83
7.	Vito MINEI	ITA	94	43:34.45
8.	Miguel CARVALHO	POR	94	43:58.66
9.	Hugo ANDRIEU	FRA	92	44:48.82
10.	Aurelien QUINION	FRA	93	46:19.00

Women's 10,000m Race Walk

1.	Federica CURIAZZI	ITA	92	46:33.33
2.	Emilie TISSOT	FRA	93	47:16.80
3.	Amanda CANO	ESP	94	48:19.41
4.	Maria JUAREZ GALLARDO	ESP	93	48:37.92
5.	Filipa FERREIRA	POR	94	49:01.17
6.	Maria LARIOS LOPEZ	ESP	92	50:03.09
7.	Nadia CANCELA	POR	93	50:06.27
8.	Mariavittoria BECCHETTI	ITA	94	50:20.73

9.	Ines PASTORINO	FRA	92	51:14.53
10.	Vitória OLIVEIRA	POR	92	51:55.71

TRACK WALKS, ABRANTES, PORTUGAL, TUESDAY 11 JUNE

Inês Henriques 21:32.08 and Sérgio Vieira 20:50.74 were easy winners in the track walks last Tuesday in the Portuguese city of Abrantes.

5000m Women

1.	Inês Henriques	1980	CN Rio Maior	21.32.08
2.	Daniela Cardoso	1991	Leiria Marcha A	24.01.40
3.	Mara Ribeiro	1995	CN Rio Maior	24.29.28
4.	Mariana Mota	1995	SL Benfica	24.35.11
5.	Alexandra Lamas	1968	CA Galinheiras	25.28.41
6.	Rita Ribeiro	1996	CN Rio Maior	26.55.31
7.	Felicidade Rosa	1979	CA Galinheiras	30.44.51

5000m Men

1.	Sérgio Vieira	1976	SL Benfica	20.50.74
2.	Miguel Rodrigues	1996	CN Rio Maior	23.00.05
3.	Amaro Teixeira	1989	GC Amizade Donas	23.21.94
4.	Pedro Santos	1992	SL Benfica	23.33.35
5.	Luis Pássaro	1994	GC Amizade Donas	24.52.58
6.	Manuel Alves	1994	GC Amizade Donas	27.06.57
7.	Carlos Paiva	1968	CA Galinheiras	27.08.31
8.	Henrique Santos	1965	GD Diana	27.40.88
9.	Paulo Ramos	1968	CA Galinheiras	28.05.83

INTERNATIONAL GRAND PRIX OF RACEWALKING, BARRANCO, PERU, SATURDAY 31 MAY

Back a couple of weeks to one result of which I have just become aware. Peru's Kimberley Garcia south American set a new South American 10,000m track walk record of 45:19.80 in winning the international racewalking carnival in Barranco, Peru, ahead of Bolivia's Angela Castro (46:55.93) and Peru's Jessica Hancoo on (48:00.82). The men's race was won by Pavel Chihuan Camayo of Peru (42:24.44) ahead of Paolo Yurivilca Calderon (42:24.62) and Ecuador's Ricardo Jose Ojan Loayaza (42:28.95).

10,000m Men

1.	PAVEL CHIHUAN CAMAYO	1986	PERU	42.24.44
2.	PAOLO YURIVILCA CALDERON	1996	PERU	42.24.62
3.	RICARDO JOSE OJAN LOAVZA	1989	ECUADOR	42.28.95
4.	CESAR RODRIGUEZ DIBURGA	1997	PERU	42.56.19
5.	JORDY RAFAELJIMENEZ	1994	ECUADOR	43.04.29
6.	BRAULIO STALIN MOROCHO	1996	ECUADOR	43.07.28
7.	WILLIAM ISRAEL AYMAR CELI	1995	ECUADOR	44.00.11
8.	PABLO RODRIGUEZ	1997	BOLIVIA	45.10.32
9.	FRANZ ISUIZA SANTALAYA	1996	PERU	45.32.18
10.	ARNOLD RIVEROS SUAREZ	1998	PERU	45.32.18
11.	FERNAQNDQ AQUINO CRUZ	1992	PERU	51.00.08
12.	JHANDRY GUACHIZACA PENA	1999	ECUADOR	51.00.12
	ERICK CARDENAS CRIUOU	1996	ECUADOR	DQ
	ORACIO CHILQUINGA	1997	ECUADOR	DQ

10,000m Walk Women

1.	KIMBERLY GARCIA	1993	PERU	45.19.80
2.	ANGELA CASTRO	1993	BOLIVIA	46.55.93
3.	JESSICA HANCCO	1995	PERU	48.00.82
4.	STEFANY CORONADO	1996	BOLIVIA	48.15.36
5.	MARITZA GUZMAN	1988	ECUADOR	48.43.72
6.	LEYDE GUERRA MUCHA	1998	PERU	51.43.01
	YADIRA ALEXANDRA GUZMAN	1990	ECUADOR	DQ

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

I reported last week on the inaugural British Grand Prix of Racewalking which was held in York on Sunday 8 June. Thanks to Mark Easton who has now sent me photos of some of the main players.



Alana Barber, Luke Hickey and Quentin Rew (photos Mark Easton)



Tom Bosworth, Dane Bird-Smith, Alex Wright, Heather Lewis and Mari Olsson (photos Mark Easton_

SLOVENIAN WALKERS IN ACTION

I reported in newsletter 36 (see <http://www.vrwc.org.au/newsletters/heelandtoe-2014-num36.pdf>) on the results of meets which were held a couple of weeks ago in Slovakia - the Záhorácka Desiatka Meet in Borsky Mikulas on Saturday 31 May and the International meet in Hlohovec on Sunday 1 June. Slovenian walker Fabio Ruzzier has sent me some photos which feature some of the Slovenian walkers who competed in the meets - overall, the meets saw walkers from Slovakia, Slovenia, Italy, Hungary and Poland.



Left: Hlohovec - 1km medallists Filip Krestianko, Matija Brulc and Andre Brulc
Right: Klara Hlo (236) in action in Borsky Mikulaš



Left: Borsky Mikulaš: 1km medallists Andrej Brulc , Filip Krestianko and Matuš Záslav
Right: Slovenian walkers Anže Tesovnik and Fabio Ruzzier in action in the 3km event

BITS AND PIECES

- Thanks to Rob Elliot for this great Commonwealth Games related article from Guernsey Press (<http://sarnia.wordpress.com/2014/06/09/commonwealth-games-1970/>) which features 1970 Guernsey Commonwealth Games walker Len Duquemin who now lives in Gippsland in eastern Victoria. Rob advises that the Commonwealth Games are still "big" on Guernsey so plenty of coverage and lookbacks in Press. The reference to the "Len from Tottenham" refers to a professional footballer who shared the same name some time before the race walker.
- This week I saw a link by Dave Gwyn to a very good introductory document to our sport of racewalking - check out <http://www.racewalk.com/fun/RacewalkingFunFinal.pdf>. It is a big file so takes a while to download but it is excellent.
- Can 6,000 steps a day keep knee arthritis at bay? Walking the equivalent of an hour a day may help improve knee arthritis and prevent disability, new research suggests. The study of nearly 1,800 adults found that 6,000 steps was the threshold that predicted who would go on to develop disabilities or not. See <http://ausport.us2.list-manage2.com/track/click?u=d50d9fca696f2606e52dcd940&id=a64a8f837a&e=5a139dd964>

- Courtney Ruske broke the New Zealand U20 Women's National 10km roadwalk record by a minute last weekend with 49:29. The race, held on the NZ Road Champs course at Trentham, was targeted by Courtney for the record. The previous record of 50:30 was set at the 2009 National Road Walking Championships in Christchurch by Rozie Robinson. See <http://www.athleticscanterbury.org.nz/News/courtney-ruske-breaks-national-u20-womens-10km-road-race-walk-record-221912>.

VALE JIM GLEESON 1921 - 2014

Last Saturday morning, the Victorian Race Walking Club lost one of its legends in Jim Gleeson. It has been some years since we had last seen Jim at Middle Park but I kept close contact with him and had received a letter only a few weeks before his untimely passing. I profile him below for those younger members who never had the privilege of meeting him.

Jim Gleeson, born 14 June 1931, was recognised as one of the greatest exponents of long distance walking in Australia and he was regarded for many years as the iron man of Victorian Racewalking. I remember Clarrie Jack talking in awestruck terms of Jim's 1971 24 hour walk at the Preston Track when he set the current Australian record of 122 miles 215 yards (196+ km). What made that walk so special was the incredibly bad conditions with gale force winds and very adverse conditions.

Jim became a racewalker in 1958 after Frank McGuire kidded him into the sport. He wanted to be a marathon runner but finished up as a marathon walker instead. He did thirty five 50 km races in his years with the Victorian Amateur Walkers Club (VAWC) and won the Victorian 50km titles in 1963 and 1964. His career also included various VAWC club titles and numerous placings at all levels of racewalking in Australia.



**The 1959 Victorian racewalking team for the National Championships
Ted Allsopp, Don Keane, Noel Freeman, Alan Hancock, Laurie Hehir, Noel Norris and Jim Gleeson**

He won the VAWC 50 mile titles in 1961, 1962 and 1963 and this set him off down the path of long distance walking. His first effort in 1961 saw a time of **8:42:29** and a win by some 35 minutes. His second effort in 1962 saw him improve his time by 27 minutes to set a new Australian best time of **8:15:19**. Here is how the VAWC "Heel and Toe" newsletter reported the race

Showing tremendous grit and determination, Club 50 mile champion Jim Gleeson annihilated the Australian best-time on record by retaining his title in 8 hrs 15 mins 19 secs at Albert Park on October 14th. Jim becomes the first Australian to better 10 mins per mile for the gruelling journey of more than 16 laps of Albert Park lake.

The half-way mark saw only two of the seven starters still on their feet, with Gavan Breen retaining the lead he had set up in the second lap. However, after being ¾ mile behind Gavan at 23 miles, Jim's experience in this type of event asserted itself and by the 50 kilo. Mark, reached by Gavan in 5 hrs 3 mins, Jim was only 5 mins down, and was gaining hand over fist. The 36th mile saw Jim stride past the fading Gavan with the fastest lap of the race, and Gavan's ultimate retirement was in the 42nd mile. Jim was after Harry Tetlow's record of 8 hrs 25 mins and held his form splendidly to clock a phenomenal 8 hrs 15 mins 19 secs.

Jim describes the race as his hardest ever, but it must also be his most satisfying. He trained very hard for the event – one Saturday, he walked at least 20 miles in the morning, finished second in a two miler at Mentone, and then set off for another

spin in the afternoon. Jim's performance is a fine example to all his clubmates of what can be achieved through patient and consistent hard training.

The following year, he made it three in a row with a time of **8:23:05**. Again, to quote from the 'Heel and Toe'

Victorian 50 km champion Jim Gleeson earned himself a place in Australian walking history at Albert Park on 12th October, when he scored his third successive victory in the VAWC 50 mile championship. Jim clocked a most creditable 8.23.05 to equal the three in a row record set in 1928-29-30 by the famous Jack Lewis (to whom the people of Warburton have recently erected a special memorial).

With 6 other enthusiasts, Jim set off at 7 a.m. on a cool overcast morning at a restrained 10.15 pace. Varel Newmark and Alan Hancock held a narrow lead over Jim and Gavan Breen for the first 15 miles (covered in just under 10's). However, when Alan retired at 22 miles, Jim, Gavan and Varel came together in approx 4 hrs 10 mins. From this point Jim began to apply the pressure and, walking each 5,000m lap in just over 30 mins, drew steadily away from Gavan with Varel further back in 3rd place. With 4 laps to go, there seemed a remote chance that Jim might even get down to his 1962 record of 8.15.19, but the strength-sapping wind took its toll and Jim was content to complete the course in his own time, recording 8.23.05 – the second fastest ever walked in Australia.



Jim in winner's sash after winning his first Victorian 50km championship in 1963

Jim did many long distance walks over the ensuing years but none more impressive than his Darwin "Big Walks" of the mid sixties. In September 1961, The Northern Territory News had sponsored a 15 Mile walk in Darwin and the event proved so popular with the Territorians that in 1963, the newspaper extended the concept and added a 62 mile walk relay for men and a 42 mile relay for women. With baton-changes every 5 miles, the Army team passed the 50 mile mark in 9:03:00 and finished in a time of 11:11:00. The winning women's team covered their 42 miles in just on 9 hours. This event gave a unique opportunity to some of the best Victorian walkers as the newspaper sponsored first one walker in 1964 and then teams of walkers in 1965-1967.

Jim was the first walker to benefit from the Northern Territory News sponsorship. A week after successfully defending his 1964 Victorian 50 km title, he flew to Darwin to compete by invitation in the gruelling race against eight teams of relay walkers (7 walkers per team). He left Melbourne on a 58°F day and reached Darwin late at night on a Friday after an unexpected diversion via Katherine due to storms. It was wet season and the conditions could only be compared to a sauna. He was billeted with Frank Scully, got to bed at about 10PM and was up again at 4AM the next day to drive down to the starting point some 60 miles from Darwin for a 7AM start. The starting temperature was 92°F and the humidity registered a massive 87%. Jim was to walk single handed against his rivals who only did a mile or two at a stretch before handing over to a fresh walker. The course was over laps of 8,333 km (5 miles) and a boomerang was used instead of a relay baton!

From the start, the temperature rose higher and higher, and after only 20 miles, it seemed the fair skinned Victorian couldn't last much longer – his skin was a deep red and the cruel sun was effecting even the local walkers. Jim held 3rd place most of the way and was doing a magnificent job at about 11 min miles. As the day dragged slowly on, Jim still refused to give in and kept plodding stoutheartedly on, earning the intense admiration of all who followed the marathon race.

Very very tired, Jim was still only 6 mins behind the Navy team at the finish in the late afternoon, the race being won for the second time by the Army team in 10.36.10. Jim's time of **11.03.35** was a heroic exhibition and was marked by a handsome trophy presented to him after the race. Although on the point of collapse, Jim stood as the crowd roared and clapped continuously for nearly 10 minutes. His sterling achievement was described by the organisers as '*a superb athletic performance and classic example of endurance and plain old-fashioned guts*'.

The fine performance was not without its aftermath. He received second degree burns to his face, arms and legs and was taken into the Darwin hospital by Frank Scully the next day for treatment.

In 1965 Jim was again invited to go to Darwin along with Bob Gardiner (3 time Olympic representative and one of our greatest 50 km walkers ever) and they formed a 2-man relay team to compete against the other 7-man teams. Conditions were similar to the previous year with temperatures of up to 95 degrees.

Bob took off like a steam train, doing the fastest 5 mile leg. Jim was just over 2 mins slower than Bob for his 5 mile leg. Bob powered on, doing quick times for his next 2 legs of the journey. By the time 30 miles had been covered, they were miles ahead of their nearest rivals. Bob's next leg was the slowest that he had ever done, the heat and humidity taking their toll. He was then forced to retire and spent the next few days in Darwin hospital getting over sunstroke. Rather than stop, Jim decided to continue on and walk the remaining 30 miles alone. He did that and finished the race in 11.01.14, just over a mile ahead of the Army team which finished second and another mile back to the R.A.A.F team in third place. Again another performance to write home about.



Jim strides out in the 1965 Darwin “Big Walk”

In 1966 Bob Gardiner, Ted Allsopp and Jim again travelled to Darwin for the 100 km walk, competing as a 3-man team. They won of course, recording the fastest ever time of 9 hours 2 mins (a record that still stands today).

In 1967 Ted Allsopp, Harry Summers and Jim went up for the last time. Again, they won in a time of 9 hours 6 mins. The following article in the N.T. News sums up the atmosphere well.

A rain soaked Harry Summers crossed the finishing line on Saturday afternoon at Gardens Oval No. 2 and gasped, “where’s me stubbie . . . someone get me a stubbie.” Harry had just completed the last leg of the 100,000 metres relay walk for the Victorian team which successfully defended the Jack Feeley Challenge Cup.

Note that the Victorians’ win detracted from the Territory team’s performance They finished only 51 mins behind the Victorians and at one stage were only three minutes behind. Jim Gleeson, Victorian walker, summed up the Territory team’s effort by saying: “They are very, very good. They have improved a lot and so have their styles.”

The final leg of the race for the Territorians was walked by Walkathon winner Robert McFarlane.

The Victorians said that when the rain came towards the end of the race, they took full advantage of the cooler conditions. Harry Summers, walking in the race for the first time, felt the heat and humidity so much that at one stage he was on the verge of collapse.

Ted Allsopp said that Summers had looked so ill that he had had to go into a hotel and sit under a fan to cool off. But this did not deter Summers who came into Gardens No. 2 looking a mixture of red and white but still able to wisecrack as he made his way around the oval to finish the race.

Of course, Jim remained competitive over the shorter distances and, in 1968, he won the Lake Burley Griffin 20 miler in Canberra, one of the first winners of this prestigious annual event.

When the Australian Centurions were formed in 1971 and the first 24 Hour races were set in motion, VAWC decided that they would stage one. The Edwards Lake Track in Reservoir, a recently laid rubber bitumen track set amidst parkland, was deemed to be a suitable venue. The date was set for 23-24 October 1971 and Alf Robinson, the President of VAWC, set about getting a good field in place. Although top walkers like Ted Allsopp had declined the challenge, Alf had been successful in getting Jim to the line as his ‘top gun’.

There were 9 starters overall, an indication of the healthy state of Victorian walking at that time. But competitors were unprepared for the weather conditions thrown at them during the race. At the start of the race, the wind was blowing at over 50 miles per hour. This continued for the first 6 hours, followed by squally periods of rain that continued until the early hours of the Sunday morning when the weather became hot (typical Melbourne weather, I hear you say). Jim powered through these changing conditions with no breaks at all, passing the 50 mile mark in a very fast **8:31:27**, setting a new 100 mile mark of **18:33:58** (an Australian record that stood until 1979) and reaching a final 24 Hour distance of **122 miles 215 yards** (this still stands as the Australian record).

Next across the line was Clarrie Jack of the Glenhuntly Club. An experienced distance walker, Clarrie was not daunted by the distance and showed maturity in recording an excellent time of 20:39:45 to become Centurion Number 4. Both Jim and Clarrie eclipsed Gordon Smith's 1938 time.

Although only twenty years of age, Stuart Cooper of St Stephen's Harriers showed that inexperience and lack of a distance background are not obstacles if you have a good style and a firm measure of determination. He too was successful in his first attempt, becoming Australian Centurion number 5 with a time of 21:36:53.



1971 - three new centurions – Stu Cooper (C 5), Jim Gleeson (C 3) and Clarrie Jack (C 4)

Jim did this race on 50 km training and could not get out of bed to go to work the next day as his legs would not respond for some 24 hours. They then became black after a few days as the bruising of the muscles came out on the skin. He had to have a week off work.

He fronted again the following year but being newly married and having work commitments meant that he was unprepared to improve on his 1971 performance, recording **19:16:14** for the 100 miler.

Jim went on to become President of the Australian Centurions, holding office from 1975 to 1977.

Injuries, age and a lack of available time restricted him in subsequent years from attempting another 100 miler (what's to prove?) but he did take on the occasional long challenge. I came across a cutting in our Centurion records recording the fact that in 1977 Jim completed a 95 km walk from Richmond to Sorrento to re-enact a historic walk by Arthur Barrett in January 1893 after missing the boat from Prince Bridge to Sorrento. Jim attempted the walk to raise money for the Chelsea Historical Society's Museum Fund, completing the journey in 11 hours 57 minutes and bettering the late Mr Barrett's time by 2 hours, 18 mins. Long distance runner Tony Rafferty took 2.5 hours more to complete the distance than did Jim.

Up until his late seventies, Jim remained in great shape and still did a 2 hour stroll each morning. It was only a few years ago that he developed heart and circulation problems and he had to stop on his two most loved activities - walking and going to watch Collingwood Football Club play. Even so, we had expected him to continue on forever and were shocked when he was rushed to hospital and quietly passed away a few days later, on his 83rd birthday.

To his wife Gladys, our thoughts are with you.

Jim - you will be fondly remembered by us all.

Tim Erickson
Tuesday 17 June 2014

PS: Jim's funeral is being delayed until next week to allow family to return from overseas / interstate.

JOKE OF THE WEEK

Ok, I don't normally do jokes but this one so took my fancy that I thought it had to be shared. Apologies to our Irish readers - no offence meant!

Two Irishmen were sitting in a pub watching the Tour de France on TV.

Seamus shook his head and asked, "Who t'e hell do they do that?"

"Do what?" asked Mick.

"Go on them boikes for moiles and moiles, up and down t'e hills, round t'e bends. Day after day, week after week. No matter if it's oicy, rainin?, snowin?, hailin? whoi would they torture themselves like that?"

"Tis all for the prestige and the money," replied Mick, "You know the winner gets about a half a million Euros?."

"Yeah, I understand that." said Seamus, "But whoi do all the others do it?"

VRWC CLUB RECORD UPDATE

VRWC walker David Smyth has claimed a new VRWC M40 5km roadwalk record with his time of 26:29 at Middle Park last weekend. Well done David!

David Smyth M40 5km Road walk 26:29 VRWC Road Walk, Middle Park 14 June 2014

You can check out our records at <http://www.vrwc.org.au/vrwc-records.shtml>.

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 AMA, VMA, VRWC, AV and 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

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>)