



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2013/2014 Number 39
24 June 2014



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TIM'S WALKER OF THE WEEK

My Walker of the Week this time around goes to 21 year old Queensland walker **Dane Bird-Smith** who raced brilliantly last weekend in England. Competing in the Athletics England U23 and U20 T&F Championships, he was the winner of the U23 10,000m championship in a huge time of **39:48.63**. He is now a regular sub-40 walker and is enjoying a great tour of Europe and UK. You can read more about his great walking later in the newsletter.

WHAT'S COMING UP

This 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. We will be using our usual course alongside the Middle Park Bowling Club so just register in our clubrooms as usual. You should plan to complete your registration at least 30 minutes before the scheduled start time for your event.

Sunday 29 th 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 as soon as possible. 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 as for all VRWC events. You can also 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.

A reminder that from now on, you can enter all VRWC races online on our website during the week. Then all you have to do on race day is line up, pay your entry fee and confirm you have your numbers and chip. Just point your browser to <http://www.vrwc.org.au/wp1/> and click on the *VRWC Race Registration* tab. You can still enter on the day and you can make

changes on the day if you pre-entered and change your mind. But we would like everyone to get used to pre-registering if they can. It will make everything flow more quickly on race day.

And confirmation that the funeral for VRWC legend **Jim Gleeson** will be held on Thursday afternoon (2PM) at the Weeroona Chapel, Bunurong Memorial Park, 790 Frankston - Dandenong Road, Dandenong South. I expect a big turnout of older VRWC members.

VRWC ROADWALKS, MIDDLE PARK, SATURDAY 21 JUNE

49 walkers were in attendance at Middle Park on Saturday for the weekly VRWC winter season roadwalks which were held in just about perfect conditions. Youngsters Emily Hamilton and Adam Garganis showed the way with fastest times in the 8km, Emily doing a big PB in particular, while the handicap wins went to Donna Elms and Gerard Feain. The 4km Open and U15 events also saw good fields with Kyle Swan 20:18, James Christmass 20:20 and Simone McInnes 21:41 taking the fastest times.

8km Open			H'Cap Place	
1.	Emily Hamilton	42:55	2	PB 1:14
2.	Sandra Geisler	43:56	6	
3.	Pam Tindal	44:06	4	
4.	Heather Carr	46:45	7	
5.	Donna Elms	50:02	1	
6.	Robyn Shaw	52:21	3	
7.	Alison Thompson	55:49	8	
8.	Margaret Beaumont	68:06	5	
1.	Adam Garganis	38:42	2	
2.	Stuart Kollmorgen	39:10	5	
3.	Jason Kozica	41:35	3	
4.	Gerard Feain	46:37	1	
5.	Russ Dickenson	48:49	4	
6.	John Kilmartin	50:00		PB 0:43
7.	Ian Beaumont	67:34		

4km Open			H'Cap Place	
1.	Simone McInnes	21:41	5	
2.	Marlene Gourlay	23:39	4	
3.	Elizabeth Feldman	24:21	3	
4.	Gwen Steed	27:14	6	
5.	Jan Morrey	28:37	2	
6.	Pam Mews	39:24	1	
1.	James Christmass	20:20	1	
2.	Paul Kennedy	22:24	6	
3.	Bernie Keirl	22:26	3	
4.	Ross Reid	23:52		
5.	Bob Gardiner	25:36	5	
6.	Geoff Barrow	27:20	4	
7.	John Morrison	28:30	2	
8.	Barrie Wicks	31:36	7	
9.	Alex Poore	33:25	8	

4km Under 15			H'Cap Place	
1.	Brodie Richardson	23:13	3	
2.	Kathleen O'Mahony	23:50	1	
3.	Gabriella Crea	25:10	4	
4.	Jessica Lillie	25:23	5	
5.	Caitlyn Rudston-Brown	29:30	2	
1.	Kyle Swan	20:18	3	
2.	Lachlan Feain	22:07	1	
3.	Hayden Walmsley	25:03	2	

Our U12 and U9 walkers were also in good form with Corey Dickson 10:08, Joseph Rickard 10:41 and Mackenzie Mielczarek 11:43 in the U12 2km and Gemma Lillie 6:07 and Joel Prys 5:28 all showing good speed.

2km Under 12			H'Cap Place	
1.	Mackenzie Mielczarek	11:43	1	
2.	Grace Louey	11:46	3	
3.	Ruby Paten	11:48	2	

4.	Chloe Karagiorgos	12:36	5
5.	Charlotte Hay	13:05	4
1.	Corey Dickson	10:08	2
2.	Joseph Rickard	10:41	1

1km Under 9

H'Cap Place

1.	Gemma Lillie	06:07	2
2.	Elise Carbery	06:50	1
1.	Joel Prys	05:28	2
2.	Lewis Rickard	06:48	1

As usual, Terry Swan was in action with his camera - check out <http://www.vrwc.org.au/coppermine>.

Thanks as usual to our many officials and judges - sorry if I missed anyone

Officials: Mark Donahoo, Ralph Bennett, Damien Elms, Tim Erickson, Marlaine Stanway

Judges: Peter Vysma (Chief), Stuart Cooper, Michael Bodey, Lloyd Nichols, Alan Lucas

Canteen: Barb Gardiner, Wendy Cooper



Bob Gardiner, Stuart Kollmorgen, Simone McInnes, Pam Mews and Mackenzie Mielczarek



Kathleen O'Mahony, John Kilmartin, Emily Hamilton, Gerard Feain and James Christmass (photos Terry Swan)

VRWC STYLE AWARD POINTS

Style Award points for this week read as follows

Open & U15 Men		Open & U15 Women		U12 & U9 Boys		U12 & U9 Girls	
Kyle Swan	5	Pam Tindal	10	Joseph Rickard	4	Grace Louey	7.5
Adam Garganis	3	Emily Hamilton	9	Joel Prys	3	Gemma Lillie	7.5
Stuart Kollmorgen	3	Simone McInnes	2.5	Corey Dickson	3	Charlotte Hay	1
Lachlan Feain	3	Heather Carr	2			Ruby Paton	1
James Christmass	2	Brodie Richardson	2			Chloe Karagiorgos	1
Paul Kennedy	1.5	Sandra Geisler	2				
Russ Dickenson	1	Gwen Steed	1				
Gerard Feain	1						

NSW SHORT WALKS CHAMPIONSHIPS, NARELLAN, SATURDAY 21 JUNE

The NSW roadwalk championships, which were contested last Saturday at Narellan, saw Open wins to Ian Rayson and Nicole Fagan. Full results are shown below.

Open Men 20km Walk

1.	Rayson, Ian	26	Mingara	1:31:41
2.	Washburn, Steven	20	U.T.S. Northern	1:38:23
3.	Albanese, Anthony	53	South Sydney	2:00:15

Open Women 15km Walk

1.	Fagan, Nicole	25	Sydney Uni	1:14:28
2.	Bourke, Lauren	24	Mingara	1:15:49
3.	Klein, Kirsty	20	Asics Wests	1:18:20

U20 10km Walk

1.	Dighton, Jasmine	W18	Asics Wests	53:17
2.	Goodhew, Chelsea	W15	Westlakes At	54:35
3.	Beasley, Bryony	W17	Nepean Distr	55:16
4.	Barendregt, Amanda	W18	Nepean Distr	59:11
5.	McKay, Lydia	W17	Mingara Athl	1:00:02
6.	Porley, Tabitha	W19	Asics Wests	1:02:13
1.	Jones, Tyler	M16	Wyang Athlet	48:05
2.	Gibbons, Carl	M18	Westlakes At	50:30
3.	Kerr, Aidan	M16	Sydney Pacif	50:58
4.	Brown, Nathan	M16	Parramatta C	54:19

U16 3km Walk

1.	McDonald, Jasmyn	W15	Parramatta C	14:51
2.	Francis, Lucinda	W15	Sydney Pacif	15:10
3.	grujoski, ally	W15	South Sydney	17:09
4.	O'Neill, Molly	W14	Adamstown Ne	19:09
1.	Richardson, Dylan	M14	Mingara Athl	15:07
2.	Thomson, Ryan	M14	Nepean Distr	15:54
3.	Barendregt, Travis	M14	Nepean Distr	18:52

U14 2km Walk

1.	Brown, Samantha	W13	Parramatta C	10:07
2.	Pitcher, Allanah	W11	Mingara Athl	10:18
3.	mcMillen, Abbey	W13	Sydney Pacif	10:19
4.	Fletcher, Jasmine	W13	South Sydney	10:35
5.	Parker, Hannah	W12	Randwick Bot	12:16
1.	Becroft, Lachlan	M12	Nepean Distr	11:05
2.	Sky, Lachlan	M12	Sydney Pacif	11:41

U12 1km Walk

1.	Pitcher, Allanah	W11	Mingara Athl	4:51
2.	Hardy, Renee	W11	Asics Wests	5:01
3.	Blanch, Emma	W11	St. George D	5:09

4.	Vesper, Danielle	W11	Mingara Athl	5:36
5.	Martin, Brooke	W11	Nepean Distr	5:50
6.	Thomson, Jada	W10	Nepean Distr	6:08
1.	Little, Bayden	M11	Sydney Pacif	5:13
2.	tebutt, archie	M11	Gosford Athl	5:20

Masters 5km Walk

35-44	1	?	W41	Gosford Athl	33:38
	2	Sundstrom, Jodie	W35	Illawarra Bl	42:16
45-54	1	Parker, Carmel	W48	U.T.S. North	34:21
	2	Tillman, Annette	W53	Nepean Distr	45:48
55-64	1	Brown, Judy	W64	Nsw Masters	41:02
65+	1	Purcell, Joan	W72	Asics Wests	35:55
45-54	1	Jessurun, Ian	M46	Nsw Masters	25:45
55-64	1	Osborne, Robert	M58	Nepean Distr	29:18
	2	West, John	M63	Nsw Masters	36:40
65+	1	Seymon, Jim	M76	U.T.S. North	32:36
	2	Connors, Robert	M66	U.T.S. North	37:50

ACT WALKING CLUB ROADWALKS, MOLONGLO REACH, CANBERRA, SATURDAY 21 JUNE

Thanks to Robin Whyte for his weekly report from Canberra

10km Walk

1.	Zoe Hunt	55:08
2.	Ally Durr	58:52
3.	Robin Whyte	1:05:30
4.	Monika Short	1:13:06
5.	Jennifer Gilchrist	1:17:52
6.	Geoff Barker	1:25:58
7.	Val Chesterton	1:28:46

3km Walk

1.	Spencer Burns	15:19
2.	Colby Eddowes	19:26
3.	Bob Chapman	24:59
4.	Cilla Chapman	25:46
5.	Helen Munro	28:42

1km Walk

1.	Laura Burns	05:14
2.	Tom Hunt	05:40
3.	Tracey Durr	07:42

5km Walk

1.	Callum Burns	26:47
2.	Mitchell Baker	31:25
3.	Kate Black	31:42
4.	Richard Wade	31:58
5.	Dylan Eddowes	34:31
6.	Barbara Eddowes	35:08
7.	Derek Robinson	36:21
8.	Greg Durr	37:14
9.	Ruth Mauldon	38:11
10.	Rod Gilchrist	39:20
11.	David Mackenzie	40:03
12.	Terry Munro	43:02

SAMA 5K ROAD WALK CHAMPS, PEACOCK ROAD, SOUTH PARKLANDS, ADELAIDE, SAT 21 JUNE

Thanks to Colin Hainsworth for his weekly report from the South Australian Masters in Adelaide. He comments: Good to see George White walking again after his lay-off due to injury.

5km Women

W70	1	Margaret Trengove	35:30	79.38%	New Record
W65	1	Jill Rogers	41:26	67.01%	New Record
W65	2	Lillian Harpur	46:12	57.64%	
W60	1	Helen Suridge	36:17	70.60%	New Record
W60	2	Linda Whitelaw	37:54	65.21%	
W60	3	Margaret McIntosh	42:57	58.22%	
W50	1	Marie Maxted	31:33	73.46%	
W45	1	Louisa Mitchell	30:26	70.28%	
W45	2	Raelene Schild	37:23	59.16%	

5km Men

M80	1	Colin Hainsworth	40:06	76.6%	New Record
M80	2	David Robertson	42:43	67.34%	
M75	1	Rodger Barber	37:36	72.10%	

M70	1	Graham Harrison	33:33	74.66%	
M65	1	George White	28:44	86.12%	New Record
M60	1	Jack Russell	30:00	76.30%	
M60	2	Gil McIntosh	35:24	65.34%	
M55	1	Norman White	35:00	61.16%	
M50	1	Richard Everson	32:58	62.20%	
M40	2	Matthew Anderson	42:31	45.18%	

SARWC ROADWALKS, PEACOCK RD, ADELAIDE, SUNDAY 22 JUNE 2014

Thanks to Steve Harlington for this weekend's results from Adelaide. Another good turnout with Kristie Goznik perhaps the pick of the walkers with her 24:09 for the 5km.

10km

1.	Richard Everson	Over 35	54:19
2.	Peter Crump	Over 35	55:36
3.	John Leydon	Over 35	1:02:04
4.	Gloria Holliday	Over 35	1:02:19
5.	Bill Starr	Over 35	1:10:44
6.	Jim Hoare	Over 35	1:14:14

5km

1.	Kristie Goznik	Open	24:09
2.	Troy Hooker	Over 35	26:03
3.	Rhiannon Lovegrove	U16	26:48
4.	Danielle Walsh	U20	28:22
5.	Anna Cross	U16	28:39
6.	Bethany Cross	U16	28:39
7.	Samantha Findlay	U18	31:37
8.	Ayeisha Wallace	U14	31:56
9.	Chloe Upton	U14	34:35

3Km

1.	Kelly Ashby	Open	15:48
2.	Victoria Upton	U12	19:50
3.	Kitarni Upton	U10	20:52
4.	Maddy Wallace	U10	21:37
5.	Aleesha Vidler	U12	22:11
	Alix Harlington	U16	DNF (2km in 10:05)

2Km

1.	Jay Goode	U16	10:16
2.	Felicity Henderson Wilson	U20	10:43
3.	Mark Hooker	U10	10:46
4.	Hayley Goode	U14	12:21
5.	Laura Vanags	Open	13:43
6.	Helen Wallace	Over 35	18:53

1Km

1.	Kerry Goode	Over 35	6:57
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BENDIGO WALKERS CLUB ROADWALKS, LAKE NEANGAR, BENDIGO, SUNDAY 22 JUNE

Thanks to Paul Rance for the latest report from Bendigo.

The Bendigo Walkers held a 3.3km handicap race on Sunday morning in cold, foggy conditions at Lake Neanger, Eaglehawk with a small number of walkers competing. Annette Curtis scored a strong victory as she continues to improve her performances after a leg injury forced her to rest during the early part of the year. Backmarker Michael Gillies-Smith produced a strong finishing burst to take 2nd place with Barb Bryant 3rd while Sheridan Commons walked a personal best.

3.2km Handicap Walk

1.	Annette Curtis	23.17
2.	Michael Gillies-Smith	16.28
3.	Barb Bryant	18.58
4.	Zahra Hayes	17.0 5
5.	Sheridan Commons	24.34

6.	Caitlyn Tozer	30.01
7.	Madison Hill	20.48
8.	Colin Cleary	30.30

SARWC ROADWALKS - ROLLING 1.5KM INTERVALS, ADELAIDE, SATURDAY 14 JUNE

And now back a week to Adelaide for the SARWC Intervals walks. Peter Crump reported: As a group recovery, we used the rolling 1,500 metre intervals, this time with a 15 minute break to encourage some of the juniors to go back to back. Some consistent times for a number of our walkers, while Bill Starr just got faster each time around.

		Int1	Int2	Int3	Int4	Int5	Int6	Average	Fastest	Slowest
Anna Cross	6	07:11	07:08	07:12	07:09	07:08	07:05	07:09	07:05	07:12
Peter Crump	6	07:55	08:00	08:02	07:52	07:58	07:59	07:58	07:52	08:02
Lousisa Mitchell	6	08:28	08:29	08:33	08:40	08:41	08:37	08:35	08:28	08:41
Bill Starr	6	10:59	10:34	10:28	10:21	10:20	10:10	10:29	10:10	10:59
Alix Harlington	5	07:19	07:28	07:34	08:01	07:39		07:36	07:19	08:01
Troy Hooker	5	07:19	07:32	07:25	07:36	07:35		07:29	07:19	07:36
Kristie Goznik	4	06:58	06:55		06:55		06:53	06:55	06:53	06:58
Danielle Walsh	4	07:35	08:14		08:25		08:31	08:11	07:35	08:31
Laura Vanags	4	10:00		09:31		08:59	11:29	10:00	08:59	11:29
Jim Hoare	4	11:30	10:48	10:31	10:29			10:50	10:29	11:30
Kelly Ashby	3			07:39	07:59	08:18		07:59	07:39	08:18
Rhiannon Lovegrove	2	07:22		07:29				07:26	07:22	07:29
Jay Goode	2	07:36	08:15					07:56	07:36	08:15
Toby Wilks	2	08:22		07:51				08:07	07:51	08:22
Tristian Camilleri	2			08:07		08:17		08:12	08:07	08:17
Mia Wilks	2	10:07		10:15				10:11	10:07	10:15
Aleesha Vidler	2	10:25		10:25				10:25	10:25	10:25
Kerry Goode	2	10:34		10:31				10:33	10:31	10:34
Hannah Wilks	2	11:28		12:29				11:59	11:28	12:29
Jake Vidler	1	06:47						06:47	06:47	06:47
Hayley Goode	1	08:48						08:48	08:48	08:48

ENGLAND ATHLETICS U20 AND U23 T&F CHAMPS 10,000M WALK, BEDFORD, 21-22 JUNE

Thanks to Mark Wall for the following report on last weekend's England Athletics track champs at Bedford.

In temperatures exceeding 20°C and humidity of about 60-70%, a field of three men (one U/23 and two U/20) and 5 women (3 and two respectively) toed the line. Three of the starters were guests and of these, Alana Barber (8/7/87) was the only athlete over age.

Dane Bird-Smith produced (Australia - DoB 15/7/92) a solo performance which can only be described as stunning in 39:48.63. Missing the British all-comers record by less than 23 seconds (39:26.02 Guillaume Leblanc CANADA 1990), but smashing the listed Championship Best (Dominic King 43:27.93 2006) and incidentally well inside the UK under 23 UK Best by Phil Vesty in 1984 (40:53.60). He tore the field apart from the start and showed the spectators what world class walking was all about.

In the Under 20 event, the ever improving Callum Wilkinson showed true grit and an immense amount of potential to produce a time of 46:09.84. Born 14/3/1997, Callum had a road PB of 46:36, so this demonstrates a mark of his effort. Callum was introduced to the event by 1966 Commonwealth Champion Ron Wallwork who is be commended for his guiding hand, despite not being his listed coach, he plays a big part in his career.

Behind him Cameron Corbishley (DoB 31/3/97) had a slightly unhappier time, finishing in 51:36.92 after beating his rival on the road at York two weeks ago.

The Leeds based New Zealander Alana Barber not only reversed the York Result but stormed to a massive PB in 48:07.56. Her time spent at the Race Walking Centre of Excellence at Leeds Met University Carnegie has seen her make massive leaps. This is Alana's penultimate race before heading home with NZ Olympian/World Champs/World Cup rep Quentin Rew after two years in the UK, with the UKA championship over 5000m next week in Birmingham.

Heather Lewis after her welsh record at York opened with a 9 minute first 2000m but faded to be caught and passed after the half-way point. She hung on to win the title in 49:06.83. A solid effort albeit slightly slower than the first 10km in her 20km 14 days earlier.

Behind them Maria Luisa Conchella, an Italian studying in the UK walked consistently to finish in 55:24.63. She will benefit from her time in the country one expects, if she too buys into the 'Leeds Experience'.

Emma Achurch (9/7/97 PB 49:31) continues to perform consistently after her World Cup debut and despite finding conditions testing; she hung in to record 51:16.81. She is a much improved walker in the last 12 months. Her team mate, Jasmine Nicholls (23/8/95) found the conditions triumphed over her and she did not finish. In her first year at university in Leeds, she will have more and better days to come.

Tom Bosworth, Jamie Higgins and Ellie Dooley were all non-starters.

10,000m Walk Men U23

1.	Dane Bird-Smith	U23		39:48.63
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10,000m Men U20

1.	Callum Wilkinson	U20	97	46:09.84
2.	Cameron Corbishley	U20	97	51:36.92

10,000m Women U23

	Alana Barber	SEN	87	48:07.56
1.	Heather Lewis	U23		49:06.83
2.	Maria Luisa Conchella	U23		55:24.63

10,000m Women U20

1.	Emma Achurch	U20	97	51:16.81
	Jasmine Nicholls	U20	95	DNF

And thanks to Mark Easton for his usual selection of great photos. You can check out the full gallery from the meet at <http://markeaston.zenfolio.com/p888198794>.



Emma Achurch, Alana Barber and Heather Lewis (photos Mark Easton)



Callum Wilkinson, Cameron Corbishley and Dane Bird-Smith (photos Mark Easton)

8 NATIONS MEET, WEPION-NAMUR, BELGIUM, SUNDAY 22 JUNE

Thanks to Mark Wall for the results from the annual 8 Nations Meet which was held this year in Wepion-Namur, Belgium. The English Racewalking Association (RWA) sent a team to compete against teams from a number of other European nations. This year, the meet was won by Ireland, ahead of England, Switzerland, Nederland, Denmark and Belgium. There were a few other walkers there from countries such as Switzerland and France (hello Emmanuel). The course was a 1km loop with a slight gradient. Conditions were sunny and warm (around 22C). 21 year old Irish walker James Treanor won the men's 20km race with a PB 1:30:14 (previous PB was 1:30:39 in Podebrady) while Masters walker Alex Flores from Switzerland was second in 1:33:31. In the women's 10km. Swiss walker Marie Polli easily won with 48:38 ahead of Hungarian guest Anett Torma 52:36.

Results: <http://smac-namur.be/wp-content/uploads/2011/11/Match-6-Nations1.pdf>

Video: http://youtu.be/_VG9ywaHU00

Open Men 20km

1.	TREANOR JAMES	IRL	1.30.14
2.	FLOREZ STUDER ALEX	SUI	1.33.31
3.	KING DOMINIC	ENG	1.33.56
4.	KING DANIEL	ENG	1.38.37
5.	NIELSEN ANDREAS W.	DAN	1.40.24
6.	SORENSEN JACOB	DAN	1.46.12
7.	EGAN JOHN	IRL	1.46.22
8.	KIDD DAVID	IRL	1.46.22
9.	TERSTEEG ROB	NED	1.49.05
10.	LEYENAAR RICHARD	NED	1.49.10
11.	REIS FRANCISCO	ENG	1.49.50
12.	COWIN ADAM	ENG	1.51.52
13.	VAN SLOOTEN ANDRE	NED	1.52.18
14.	BOGAERT DIRK	BEL	1.52.40
15.	RENARD LUDWIG	BEL	1.53.10
16.	ALLEN STEVE	ENG	1.54.04
17.	UTTLEY STEVE	ENG	1.54.31
18.	VAN BREMEN JACQUES	NED	1.55.33
19.	VAN HOVE PETER	BEL	1.56.55
20.	DEMAERSCHALK PATRICK	CABW	2.13.00
21.	TARDI EMMANUEL	FRA	2.27.38
	BINGGELI BERNARD	SUI	DIS
	VAN BREMEN WILFRIED	NED	DNF
	MAES LUC	AVMO	DIS

Open Women 10km

1.	POLLI MARIE	SUI	48.38
2.	TORMA ANETT	HUN	52.36
3.	LEWIS WARD SOHIE	ENG	54.02
4.	BURKE VERONICA	IRL	54.03
5.	HENCHOZ CORINNE	SUI	54.34
6.	BUTCHER HEATHER	ENG	55.49
7.	BURKE SINEAD	IRL	57.02
8.	NICOLAS MYRIAM	BEL	57.21
9.	O'CONNOR SINEAD	IRL	57.52
10.	VAN ANDEL ANNE	NED	59.12
11.	DE SMET LIESBET	BEL	1.00.44
12.	HALLOY NATHALIE	SMAC	1.03.42
13.	MAEDER HEIDI	SUI	1.03.51
14.	PATER JOCELYNE	ACLO	1.04.08
15.	SARRAZIN ANNELIES	FLAC	1.08.20
16.	OGER MURIEL	SMAC	1.11.55
17.	BOUDART VIRGINIE	GOSP	1.17.05

Junior Men 10km

1.	LYNCH EVAN	IRL	44.54
2.	EGAN AARON	IRL	46.22
3.	CLEARY RYAN	IRL	51.48
4.	VERSTEEG COLIN	NED	54.07
5.	BOUZON NATHAN	SUI	54.12
6.	PARTINGTON TOM	ENG	54.30
7.	SNOOK TIMOTHY	ENG	55.46
	LEGON LUC	ENG	DNF

Thanks to Emmanuel Tardi for these fantastic photos



James Treanor, Alex Flores (number 7) and Dominic King in action (photos Emmanuel Tardi)



Marie Polli and Annet Torme in action (photos Emmanuel Tardi)

MANX TELECOM PARISH WALK 2014, ISLE OF MAN, 21-22 JUNE

The Parish Walk is a walking race that takes place on the Isle of Man each year usually on the weekend nearest to the Northern Summer solstice. It is so called because the walk passes through every parish on the Isle of Man, a total distance of 85 miles (137 km). Originally, walkers had to touch the door of each of the seventeen parish churches, but nowadays electronic timing chips are worn. A time limit of 24 hours is given, and there are cut-off times for reaching each stage. The Parish Walk starts at 8am at the National Sports Centre in Douglas and then winds its way around the rugged and hilly island before eventually finishing back in Douglas. Although it has thousands of starters, only a small proportion are able to complete the full distance each year. Walkers may drop out at any of the stages, which correspond to each parish, with an official time and distance.

The challenge was seeded by a Manx Sun newspaper article in 1852 entitled "A summer's day Journey" recording a journey taken by the then Coroner, John Cannel, who covered 90 miles in 15 hours on horseback. The following year he followed a similar route, only this time on foot, visiting each of the Island's 17 parishes. It was not until 1913 that the event took its current form when the Parish Walking Match was organised by the Isle of Man Times and the Manx Sporting Club. Although the outbreak of war prevented a repeat of the event the following year, it was revived in 1923.

This year's Manx Telecom Parish Walk was held on the weekend of 21-22 June with 1,498 walkers entered, 1,303 registered, 1,261 reaching Santon, the first checkpoint at 11.5 miles, and 184 walking the whole 85 mile course. The winner was Richard Gerrard, the joint record holder, with a time of 15:15:20. Janette Morgan took the honours among the 66 women who finished, her time being 16:48:14. Alex Eaton smashed the U21 record, covering the course to Peel (32.5 miles) and Danielle Oates won the women's U21 walk over the same course. 71 walkers completed the whole course for the first time but David Collister's remarkable 30 year sequence of finishes came to an end.



Richard Gerrard and Janette Morgan win their respective divisions in the Parish Walk (photos <http://parishwalk.com>)

See the full results and photos and stats at <http://parishwalk.com>. The first 50 read as follows:

1st	Richard Gerrard	Veteran Men (40 and over)	15:15:20
2nd	David Walker	Veteran Men (40 and over)	15:53:27
3rd	Richard Wild	Veteran Men (40 and over)	16:03:36
4th	Robbie Callister	Veteran Men (40 and over)	16:43:07
5th	Phil Marshall	Men	16:46:26
6th	Janette Morgan	Veteran Ladies (35 and over)	16:48:14
7th	Dale Farquhar	Men	16:56:02
8th	Tufty Nash	Veteran Men (40 and over)	16:59:33
9th	Stephen Corkill	Men	16:59:35
10th	Janice Quirk	Veteran Ladies (35 and over)	17:01:37
11th	Michael Bonney	Veteran Men (40 and over)	17:19:38
12th	Chris Cale	Veteran Men (40 and over)	17:28:03
13th	Liam Parker	Men	17:33:35
14th	Joanne Cubbon	Veteran Ladies (35 and over)	17:39:23
15th	Andrew Titley	Veteran Men (40 and over)	17:44:12
16th	Sinethemba Bono	Men	17:47:19
17th	Chris Moore	Veteran Men (40 and over)	17:48:12
18th	Kersten Mosig	Veteran Men (40 and over)	18:09:31
19th	Andrew Dawson	Veteran Men (40 and over)	18:10:14
20th=	Maureen Moffatt	Veteran Ladies (35 and over)	18:17:02
20th=	Tony Mackintosh	Veteran Men (40 and over)	18:17:02
20th=	Karen Lawrie	Veteran Ladies (35 and over)	18:17:02
23rd	Dave Mackey	Veteran Men (40 and over)	18:21:44
24th	Emma Shilling	Veteran Ladies (35 and over)	18:23:14
25th	Samantha Bowden	Ladies	18:30:26
26th	Paul Corris	Men	18:39:21
27th	Adam Killip	Men	18:44:33
28th	Samuel Fletcher	Men	18:48:41
29th=	Philip Vermeulen	Veteran Men (40 and over)	18:55:34
29th=	Werner Alberts	Veteran Men (40 and over)	18:55:34
31st	Stuart Gibson	Veteran Men (40 and over)	18:57:57
32nd	Mike Kaighin	Veteran Men (40 and over)	19:03:09
33rd	James Shipsides	Veteran Men (40 and over)	19:08:51

34th	Stephanie Quayle	Veteran Ladies (35 and over)	19:22:23
35th=	Darren Gorry	Men	19:33:06
35th=	Jonathan Kneen	Men	19:33:06
37th	Darren Mealin	Veteran Men (40 and over)	19:35:39
38th	Mark Whear	Veteran Men (40 and over)	19:38:42
39th	Ronnie Kelly	Veteran Men (40 and over)	19:38:53
40th	Russell Walker	Veteran Men (40 and over)	19:39:43
41st	Ludmila Smith	Ladies	19:46:14
42nd=	Anthea Varey	Veteran Ladies (35 and over)	19:47:10
42nd=	Pauline Ringham	Veteran Ladies (35 and over)	19:47:10
44th	Matthew Haddock	Men	19:49:23
45th	Michael Lyall	Veteran Men (40 and over)	19:58:07
46th	Sarah-Jayne Sleddon	Ladies	20:00:14
47th	Martin Allan	Men	20:05:28
48th	Claire Coleman	Veteran Ladies (35 and over)	20:07:34
49th	Ewa Kowalewska	Ladies	20:08:20
50th=	Frank Feeney	Veteran Men (40 and over)	20:09:27
50th=	Suzannah Corkill	Veteran Ladies (35 and over)	20:09:27

FRENCH TRACK ROUNDUP

A selection of walk times from France last weekend - quick walking by Kevin Campion, Robert Heffernan, Hedi Terraoui and Olga Yakovenko.

National T&F Meet, Amiens, France, Saturday 21 June

Men 5000m Race Walk

1.	Kevin CAMPION	FRA	88	19:20.31
2.	Robert HEFFERNAN	IRL	78	19:48.31
3.	Nazar KOVALENKO	UKR	89	21:08.20
4.	Bertrand MOULINET	FRA	87	22:15.18
5.	Romain DENIMAL	FRA	92	22:39.74

Women 3000m Race Walk

1.	Olga YAKOVENKO	UKR	87	13:07.82
2.	Anne-Gaelle RETOUT	FRA	80	13:48.23
3.	Cecile DELEUZE	FRA	96	15:03.78

National T&F Meet, Valence, France, Saturday 21 June

Men's 5000m Race Walk

1.	Hedi TERRAOUI	TUN	89	20:05.39
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1. Women's 3000m Race Walk

2.	Corinne BAUDOIN	FRA	80	13:27.12
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HUNGARIAN U18 T&F CHAMPIONSHIPS, ZALAEGERSZEG, HUNGARY, 21-22 JUNE

Men's 10,000m Race Walk

1.	Donát BURGER	HUN	97	48:31.31
2.	Soma KOVÁCS	HUN	97	48:37.12

Women's 5000m Race Walk

1.	Anna SÜDI	HUN	97	25:34.33
2.	Patricia BÓCZ	HUN	98	26:02.41
3.	Viktória BENCZIK	HUN	97	27:00.44
4.	Dóra RICHTER	HUN	98	27:24.02
5.	Dóra ELEK	HUN	98	33:01.05

ARGENTINIAN CHAMPIONSHIPS, ROSARIO, ARGENTINA, 20-22 JUNE

Men 10,000m Race Walk

1.	Juan Manuel CANO	ARG	87	40:05.53
2.	Lorefice BENJAMIN	ARG	69	45:36.65
3.	Fabio GONZALEZ	ARG	83	46:03.41

Women 10,000m Race Walk

1.	Sofia KLOSTER	ARG	96	59:25.77
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Women 20,000m Race Walk

1.	Jenny Guadalupe ORTIZ	ARG	93	1:55:33.7
2.	Florencia THOMAS	ARG	89	2:01:56.4

CENTRAL AMERICAN CHAMPIONSHIPS, TEGUCIGALPA, HONDURAS, 20-22 JUNE
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Men 20,000m Race Walk

1.	Jose Maria RAYMUNDO COX	GUA	93	1:28:54.03
2.	Gregorio AJCAM	GUA	93	1:31:09.27
3.	Mauricio CALVO AGUILAR	CRC	91	1:31:45.80
4.	Allan SEGURA	CRC	80	1:33:39.74
5.	Luis Alfonso LÓPEZ MENJIVAR	ESA	94	1:38:45.94

Women 10,000m Race Walk

1.	Cristina Esmeralda LÓPEZ	ESA	82	49:18.36
2.	Sonia Irene BARRONDO GARCIA	GUA	95	49:25.43
3.	Francisca FERRIS	PAN	88	57:42.20
4.	Glenda UBEDA	NCA	87	58:03.26
5.	Arely MORALES (OC)	GUA	98	55:35.92

ROMANIAN JUNIOR CHAMPIONSHIPS, BUCHAREST, ROMANIA, 20-21 JUNE
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Men 10,000m Race Walk

1.	Andrei GAFITA	ROU	94	46:10.85
2.	Victoras Ionut DOGARU	ROU	97	48:09.62
3.	Maricel NECULA	ROU	96	49:46.49

Women 10,000m Race Walk

1.	Mihaela ACATRINEI	ROU	95	50:46.56
2.	Carmen Bianca MOLNAR	ROU	96	50:50.15
3.	Liliana MANOLACHE	ROU	95	51:40.72
4.	Andreea CONSTANTINESCU	ROU	96	56:07.72
5.	Andreea Isabella VANCEA	ROU	97	57:25.82
6.	Andreea ROJNEAI	ROU	98	58:49.66

UKRAINIAN NATIONAL ROADWALK CHAMPIONSHIPS, SUMY, UKRAINE, SATURDAY 14 JUNE

40 year old Andriy Kovenko 1:22:00, and 23 year old Kashyna Inna 1:34:51 won the Ukrainian national 20km championships at Sumy last Saturday. The U23 titles went to Olexandr Verbitskiy 1:26:49 and Valentina Myronchuk 1:39:34, each coming 5th overall in their respective races. The winning team from the men's 20km in Taigang (Dmytrenko, Glavan, Kovalenko, Losev and Liaschenko) were all absent, opening things up for the other walkers.

See <http://omarchador.blogspot.pt/2014/06/kovenko-e-kashyna-vencem-campeonatos.html> for race report and photos.

Men 20 km walk

1.	Andriy Kovenko	UKR	73	1:22:00
2.	Ihor Saharuk	UKR	88	1:24:29
3.	Kostyantyn Puzanov	UKR	91	1:24:59
4.	Oleksandr Venhlovskyy	UKR	85	1:26:29
5.	Oleksandr Verbytskyy	UKR	92	1:26:49
6.	Vladyslav Lobchenko	UKR	93	1:27:31
7.	Oleksiy Bilorus	UKR	92	1:28:23
8.	Serhiy Svitlichnyy	UKR	94	1:29:13
9.	Oleksiy Shelest	UKR	73	1:29:44
10.	Maksym Zakalnychkyy	UKR	94	1:30:44
11.	Kyrylo Andrushchenko	UKR	93	1:31:37
12.	Mykola Kalashnyk	UKR	92	1:32:41
13.	Fedir Dovhun	UKR	86	1:32:56

Women 20 km walk

1.	Anna Kashyna	UKR	91	1:34:51
2.	Vasylyna Vitovchuk	UKR	90	1:35:24
3.	Olha Yakovenko	UKR	87	1:37:59

4.	Nataliya Kontsevych	UKR	84	1:38:15
5.	Valentyna Myronchuk	UKR	94	1:39:34
6.	Olha Kisil	UKR	91	1:39:42
7.	Oksana Trofymovych	UKR	92	1:42:05
8.	Oleksandra Olyanovska	UKR	94	1:43:31
9.	Kseniya Radko	UKR	94	1:48:10

ITALIAN U18 T&F CHAMPIONSHIPS, RIETI, ITALY, 20-22 JUNE

Giacomo Brando 45:23.15 and Noemi Stella 23:26.96 had easy wins in the Italian U18 track walk championships last Saturday in Rieti. The number of walkers was impressive.

See <http://omarchador.blogspot.pt/2014/06/giacomo-brandi-e-noemi-stella-vencem.html> for a race report.

Men 10,000m Race Walk

1.	Giacomo BRANDI	ITA	98	45:23.15
2.	Ettore GRILLO	ITA	97	46:12.10
3.	Niccolo' COPPINI	ITA	97	46:49.30
4.	Massimiliano COLANGELO	ITA	97	47:32.50
5.	Mattia IORILLO	ITA	98	48:19.72
6.	Elio ORAZI	ITA	97	48:35.95
7.	Stefano CICALO'	ITA	98	49:04.51
8.	Giuseppe PANTERA	ITA	98	49:17.73
9.	Luca ANTONELLI	ITA	98	49:36.69
10.	Cesare COZZA	ITA	97	50:21.91
11.	Stefano ZAMBON	ITA	97	50:28.62
12.	Gabriele CAPANNINI	ITA	97	50:55.56
13.	Marco MOROTTI	ITA	97	51:07.93
14.	Alberto CARELLA	ITA	97	51:15.08
15.	Adrian Stefanita CIRNU	ITA	97	51:42.36
16.	Riccardo BRAMBILLA	ITA	97	51:44.53
17.	Giacomo VITANGELI	ITA	98	51:45.98
	Alessandro RIGAMONTI	ITA	97	DQ
	Simone MANSUTTI	ITA	98	DNF

Women 5000m Race Walk

1.	Noemi STELLA	ITA	97	23:26.96
2.	Cindy PORCU	ITA	97	25:25.57
3.	Vanessa TOMEI	ITA	98	25:48.35
4.	Alice ROTA	ITA	98	26:07.11
5.	Alessandra CASLINI	ITA	97	26:11.78
6.	Fabiana BUCCI	ITA	98	26:40.17
7.	Virginia ORLANDI	ITA	98	26:56.04
8.	Molly Jade DAVEY	GBR	98	27:04.58
9.	Beatrice FORESTI	ITA	98	27:07.80
10.	Giulia CIPPITELLI	ITA	98	27:16.98
11.	Giulia DELLA CROCE	ITA	97	27:18.04
12.	Prisca SIMONETTI	ITA	98	27:19.08
13.	Linda TERZI	ITA	98	27:26.73
14.	Erika PONTAROLLO	ITA	98	27:27.39
15.	Arianna PISANO	ITA	98	27:29.80
16.	Asia CORGHI	ITA	97	27:33.69
17.	Gioia MASTRUZZI	ITA	97	27:50.93
18.	Irene FERFOGLIA	ITA	98	28:23.90
	Lidia BARCELLA	ITA	97	DQ
	Caterina BERTAZZO	ITA	97	DQ
	Annalisa FILOMENO	ITA	98	DNF
	Maria GRIGOLI	ITA	97	DNF
	Martina GUELI	ITA	98	DNF
	Giulia PANCONI	ITA	97	DNF

BITS AND PIECES

- If, like me, you enjoyed the iconic comedy series *Get Smart*, you must check out the opening few minutes of Season 5 Episode 9 - Physician Impossible. Yes, they are all racewalking!
See http://www.youtube.com/watch?v=L-TM2HhH68M&feature=em-share_video_user

- RED ALERT! is the newsletter of the Race Walking Club of Western Australia. Issue 1 is now available online from their newly created club website www.rwcwa.myclub.org.au.
- Nothing to do with racewalking but I was listening to the radio on Saturday morning and I heard an extended investigate report about concussion in contact sports. It was an eye opener for me - with the evidence mounting that concussion is linked to long term brain injuries, contact sports right around the world are on watch. However, according to the program the Australian Football League (AFL) expert concussion group has consistently attacked the growing evidence, accusing scientists of dodgy research and fear mongering. Not exactly kicking any goals for the AFL by the sound of things and coming on top of a lurching response to the ongoing drugs in sports issues amongst their member clubs. See <http://www.abc.net.au/radionational/programs/backgroundbriefing/2014-06-22/5497562>.
- On Saturday 7th June, Russian ultra distance specialist Dmitriy 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 35oC. 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. 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. I reported on this iconic event in newsletter 37 (see <http://www.vrwc.org.au/newsletters/heelandtoe-2014-num37.pdf>). Now you can check out all the agony and the ecstasy with this very professionally produced 30 minute video: <http://www.pariscolmaralamarche.fr/paris-colmar-2014-le-film/>.

VRWC RESULTS NOW ONLINE FOR 1993-1994 SUMMER SEASON

Thanks to Pam Tindal for typing out the full VRWC 1993-1994 Summer Season results. I have now uploaded them to the website - see <http://www.vrwc.org.au/vrwcres1991-1998s.shtml>. This is part of our ongoing project to put all our results online. It's a big task so if anyone is able to volunteer to do some typing for us (set proforma to make things easier), I can sort out some results for you to attack. Just email me on terick@melbpc.org.au.

2012 OLYMPIC WALKS CHAMPION LASHMANOVA OUT FOR TWO YEARS

And now for the latest world shattering news that is rocking the racewalking fraternity - the 2 year drugs ban just announced for 2012 Olympic women's 20km champion Elena Lashmanova. The current world record holder and undefeated over the last 2 years, the 22 year old has been disqualified for failing an out-of-competition test administered on January 4, 2014, in Saransk. Her sample had tested positive for GW1516, an S4.5 class substance touted as the new EPO. Sadly, her ban will finish on 25 February 2016, just in time for the 2016 Olympics. It is no wonder that many people argue for a full Olympic cycle ban for such blatant and extreme cases.

It is also interesting to note that she is yet another of Russian walks coach Viktor Chegin's charges to be banned or suspended for doping infringements - the 16th in fact in recent years from what I have read. The full list of Chegin coached athletes to be caught out on drugs reads as follows (thanks to slightlyconfusedsports.wordpress.com/2014/06/22/the-chegin-connection) for this listing.

Igor Yerokhin

2008 Olympian who served a suspension between Olympics. Returned to finish 5th at London 2012 but that result was voided when examination of his biological passport showed problems which eventually led to him being given a life ban.

Tatyana Mineyeva

European U23 champion currently serving a ban for blood doping.

Dementiy Cheparev

World Youth medallist who tested positive for Fenoterol.

Ekaterina Medvedeva

2012 World junior champion currently serving a ban after testing positive for EPO.

Pyotr Bogatyrev

2013 European U23 20km champion banned after bio passport problems.

Irina Yumanova

World Youth medallist suspended after a positive test at this year's Russian Championships. Awaiting a full hearing.

German Skurygin

Briefly world champion in 1999 until the drug tests came back. Returned in 2003 to win World Championship silver. Died at the age of 45.

Valeriy Borchin

Olympic champion in 2008, World champion in 2009 and 2011. Served a 12 month ban between 2005 and 2006 and was then involved in a bizarre series of events before the Beijing Olympics.

Russian news agency All Sport reported in the week before the Games started that Borchin had failed an out of competition test for EPO. Borchin denied the allegation and the matter was never elaborated on by the Russian authorities.

Sergey Morozov

Morozov set a time at the 2011 Russian Championships that broke the existing 20 km world best though it was never ratified as a record due to a lack of post-race drug testing. He is currently serving a life ban after twice testing positive for EPO.

Vladimir Kanaykin

World record holder and World Championship medallist over 20 km. Missed Beijing Olympics after testing positive for EPO.

Viktor Burayev

World Championship medallist over 20 km. Missed Beijing Olympics after testing positive for EPO.

Aleksey Voyevodin

Winner of medals at European Championships, World Championships and Olympic Games. Missed Beijing Olympics after testing positive for EPO

Nadezhda Mokeyeva

An 18 year old, one of the world's top juniors, suspended after a positive test at this year's Russian Championships. Awaiting a full hearing.

Tatyana Akulinushkina

19 years old. Recently completed a ban for Fenoterol.

Artur Grigoryev

Currently serving a ban for Carphedon.

Yelena Lashamanova

The undisputed star of women's race walking at the current time. This weekend it was announced that the current world and Olympic champion had tested positive for the experimental drug GW501516. After promising results in medical tests research on GW1516 was abandoned after it was discovered to cause cancerous tumours in rodents.

No wonder many people in the twittersphere are calling for Chegin to be held to account? If this had happened in Australia, he would have had his coaching accreditation removed after the second or third instance. But 16 and still going strong! Talk about teflon coating!

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	28 th Summer Universiade, Gwanju, South Korea
July 2015	9 th World Youth T&F Championships, Cali, Colombia
Aug 22-30, 2015	15 th IAAF World Championships in Athletics, Beijing, China

July/Aug 2015	20 th World Masters T&F Champs Stadia, Lyon, France
May 2016	27 th IAAF World Race Walking Cup, Cheboksary, Russia
July 2016	16 th World Junior T&F Championships, Kazan, Russia
Oct 26 -Nov 6, 2016	21 st World Masters T&F Champs Stadia, Perth, Australia. See http://www.perth2016.com
Aug 2016	31 st Olympic Games, Rio de Janeiro, Brazil. See http://www.rio2016.org.br/en/Default.aspx
July 2017	10 th World Youth T&F Championships, ?
July 2017	29 th Summer Universiade, Taipei, Taiwan
August 5-13, 2017	16 th IAAF World Championships in Athletics, London, UK
May 2018	28 th IAAF World Race Walking Cup, Cheboksary, Russia
July 2018	16 th World Junior T&F Championships, ?
Apr 4-15, 2018	Commonwealth Games, Gold Coast, Queensland (racewalks on the program). See http://www.gc2018.com
2019	17 th IAAF World Championships in Athletics, ?
July 2019	11 th World Youth T&F Championships, ?
July 2019	30 th Summer Universiade, Brasilia, Brazil
July 2020	32 nd Olympic Games, Tokyo

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