



## HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club  
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30 September 2014



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### WHAT'S COMING UP

Our VRWC winter season has now finished except for one final event, namely our **VRWC 24 Hour Carnival** which will be held on the weekend of **4-5 October 2014**. That's next weekend! Events include 24 Hours, 12 Hours, 6 Hours and RWA 100km. Check it out or enter at <http://www.centurions.org.au/event2014.shtml>.

Then we have a rest for everyone until our VRWC summer season commences on **Sunday 26 October** at Middle Park . See <http://www.vrwc.org.au/vrwc15.shtml> for the full VRWC summer program.

And a further reminder that entries have now opened for our **annual Falls Creek training camp** which will run from **Sunday 28 December 2014 to Saturday 10 January 2015**. You can register at <http://www.vrwc.org.au/vrwc-fallscreek.shtml> and can keep up with the latest Falls Creek Camp news by joining our facebook webpage at <https://www.facebook.com/groups/726992100645163>.

### AUSTRALIAN UNIVERSITY GAMES, SOPAC, SYDNEY, SEPT 29 - OCT 2, 2014

Nicole Fagan and Jay Felton were the winners of the 5000m walks which were contested earlier today in Sydney as part of the Australian University Games.

#### Women 5000m Walk , 1PM, Tuesday 30 September

1.	Fagan, Nicole	25	Uni of Sydney	24:31.57
2.	Dwyer, Josie	22	Uni of Newcastle	29:03.41
3.	Holt, Kate	18	Curtin University	29:40.34
4.	Poorley, Tabitha	19	Uni of Western S	35:45.21
	Marti, Sara	31	Uni of Technolog	DQ

#### Men 5000m Walk , 1PM, Tuesday 30 September

1.	Felton, Jay	19	Uni of Technolog	23:39.29
2.	Washburn, Steven	20	Uni of Technolog	23:52.06
3.	Mulhearn, Jordan	22	Uni of Sydney	27:50.38
4.	Stobie, Harrison	20	Uni of Melbourne	37:45.19
	Wood, Tony	18	Uni of Technolog	DQ
	Hannemann, Thomas	19	Uni of Melbourne	DQ
	Graham, Tim	24	Uni of Technolog	DQ
	Simpson, Brad	21	Deakin University	DQ
	Monaco, Adam	22	Uni of Western A	DQ

Full meet results at [http://www.nswathletics.info/liveresults/2014/university\\_games](http://www.nswathletics.info/liveresults/2014/university_games).

### ASIAN GAMES, INCHEON, KOREA, 27 SEPT - 10 OCTOBER

The 2014 Asian Games in Incheon, South Korea are now underway (see <http://blog.incheon2014ag.com>) with the two 20km walks already completed - they were held on Sunday morning. I had expected very strong fields, what with the walking powerhouses of China, Japan, Korea and India along with other competitors from the various Asian countries, but the walk fields were surprisingly small.

As usual, marciaitaliana has captured the action for us all (see [http://www.marciaitaliana.com/ita/dettagli\\_news.aspx?id=1878](http://www.marciaitaliana.com/ita/dettagli_news.aspx?id=1878)).

### Men 20km Race Walk, 8AM, Sunday 28 September

Nine walkers toed the line for the men's 20km championship last Sunday morning, in a temperature of 18° and high humidity of 92% - only 9 but high quality with second, fourth, sixth and ninth places from this year's World Cup in Taicang. The 2km course was very similar to the circuit on which they competed in the World Cup - wide, flat with good turns at either end. The pack stayed together for the first 8km, the pace around 4:10 per km. The first to lay his cards on the table was the Korean Hyun-Sub Kim with a lap in 7:48 in the fifth lap. This had the desired effect - at 10 km (40:43), only 3 remained on contention - Kim, the Chinese Wang Zhen and the Japanese Yusuke Suzuki. The pace stayed super fast from then on (around 7:45 per lap) until Zhen Wang made the decisive attack in the final lap (clocking 7:40) for a final time of 1:19:45. Suzuki took second with 1:20:44 ahead of home town walker Kim with 1:21:37. World Cup silver medallist Cai Zelin was fourth, with the same time as Kim but just edged out in the final sprint. The winner had covered the last 10 km in an excellent time of 39:02.

1.	Zhen WANG	CHN	91	1:19:45
2.	Yusuke SUZUKI	JPN	88	1:20:44
3.	Hyun-Sub KIM	KOR	85	1:21:37
4.	Zelin CAI	CHN	91	1:22:56
5.	Irfan K.T.	IND	90	1:23:18
6.	Georgiy SHEIKO	KAZ	89	1:23:45
7.	Eiki TAKAHASHI	JPN	92	1:24:04
	Byung-Kwang CHOE	KOR	91	DQ
	K. GANAPATHI	IND	89	DQ

### Women 20km Race Walk

The women's 20km championship saw an even smaller field - only 7 this time. There were no surprises as the Chinese walker Lu Xiuzhi won easily in a time of 1:31:06 ahead of Indian walker Khushbir Kaur (1:33:07) and Korean Jeon Yeongeun (1:33:18). Chinese walker Jingjing Nie had been in second place till the 16km mark but slowed drastically in the final lap, surrendering her place to the Indian and Korean walkers dropping to fourth overall and struggling home with a final lap of 11.16. The silver medal for the 21 year old Indian (she holds the Indian national record with 1:31:40, set in Taicang earlier this year) helped redeem Indian hopes after their men had finished outside the medals. The omarchador blog has a very good article profiling the Indian racewalking program and their expectations leading into these championships (see <http://omarchador.blogspot.pt/2014/09/federacao-da-india-aposta-na-marcha.html>). They might have been a big down this time around but they are progressing strongly in this T&F discipline.

1.	Xiuzhi LU	CHN	93	1:31:06
2.	Khushbir KAUR	IND	93	1:33:07
3.	Yong-Eun JEON	KOR	88	1:33:18
4.	Jingjing NIE	CHN	88	1:34:54
5.	Rei INOUE	JPN	91	1:36:21
6.	Siu Nga CHING	HKG	87	1:41:50
7.	Chia-Feng CHANG	TPE	93	1:43:02
	Thanh Phuc NGUYEN	VIE	90	DQ



Left: Wang Zhen wins the men's 20km at Incheon ([https://www.facebook.com/IncheonAG2014.en/photos\\_stream](https://www.facebook.com/IncheonAG2014.en/photos_stream))

Right: Indian Khushbir Kaur takes silver (<http://sports.ndtv.com/asian-games-2014>)

**2014 ERWL ONE HOUR MEETING, HEMEL HEMPSTEAD, LONDON, SATURDAY 27 SEPTEMBER**

Thanks to Ron Wallwork for the latest results from the Enfield Race Walking League in London. He commented: The race was started by super-vet Arthur Thomson who covered more than eight miles when winning this event in the 1960s. The promoting club's promising youngster Callum Wilkinson (17) failed by a mere 12 metres to pass the magical eight in the hour standard. Novice Kay Koeslag demonstrated lots of promise and George Wilkinson set a pb in the Boys 1 mile

**1 Hour Walk**

1.	Callum Wilkinson		Enfield H AC	12,860 m
2.	Francisco Reis		Ilford AC	11,579 m
3.	Fabian Deuter		Hillingdon AC	11,579 m
4.	Trevor Jones		Steyning AC	10,808 m
5.	Steve Uttley		Ilford AC	10,603 m
6.	Malc Martin		Surrey WC	10,503 m
7.	Stuart Bennett		Ilford AC	10,120 m
8.	Andy Cox		Hillingdon AC	9,555 m
9.	Arthur Thomson		Enfield H AC	9,445 m
10.	Sean Pender		Enfield H AC	9,406 m
11.	Helen Middleton	L1	Enfield H AC	9,349 m
12.	John Borgars		Loughton AC	9,260 m
13.	Michael Harran		Surrey WC	9,200 m
14.	Richard McKenzie		Hillingdon AC	8,857 m
15.	Fiona Bishop	L2	Woking AC	8,767 m
16.	Russell Vroobel		Hillingdon AC	8,611 m
17.	Jon May		Enfield H AC	8,563 m
18.	Kay Koeslag	L3	Belgrave H	8,517 m
19.	Artur Domingos		CQD Portugal	8,500 m
20.	David Hoben		Surrey WC	8,377 m
21.	Angela Martin	L4	Surrey WC	8,365 m
22.	Sandra Campbell	L5	Surrey WC	7,965 m
23.	David Ainsworth		Ilford AC	7,262 m
24.	Ken Livermore		Enfield H AC	6,903 m
25.	Steve Allen		Barnett & DAC	ret 7200m
26.	Ken Bobbett		Hillingdon AC	ret 4800m
27.	Alan Flavell		Enfield H AC	ret 3200m

**1. Boys 1 mile**

2.	George Wilkinson		EHAC	11.18
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**UK CIVIL SERVICE CHAMPIONSHIPS, CANNONHILL PARK, BIRMINGHAM, WED 24 SEPT**

And back a few days to last Wednesday when the UK Civil Services 10km roadwalk championships were held in conjunction with the Ryan Cup (Police vs Civil Service) in Birmingham.

**10km Championship (Men)**

1.	Gary Witton	Sussex Police	51.47
2.	Peter Ryan	Essex Police	53.46
3.	John Hall	DEFRA	56.32
4.	Steve Uttley	Justice Dept.	57.23
5.	Stuart Bennett	Met Police	58.20
6.	Jason Brewer	HMRC	58.26
7.	John Llewelin	DEFRA	59.17
8.	Dan Maskell	Sussex Police	61.39
9.	Gary Smith	Met Police	61.53
10.	Glyn Jones	West Mids Police	62.18
11.	Ross Johns	West Mids Police	62.58
12.	Manuel Nicolaus	DEFRA	63.54
13.	Chris Brolley	HMRC	65.10
14.	John Lovatt	HMRC	65.38
15.	Dave Evans	HMRC	66.17
16.	Bill Kingston	HMRC	66.18
17.	Chris Flint	Met Police	67.06
18.	Bob Dobson	ECGD	68.49
19.	John Crahan	HASSRA	70.48
20.	Jason Holt	HASSRA	70.49
21.	Chris Holmes	Essex Police	76.47

22.	Steve King	Essex Police	79.50
23.	Mark Culshaw *(Guest)	Belgrave Harriers	62.00

#### Ryan Cup Teams

1.	Police Sport UK	35pts
2.	Civil Service	45pts

#### PSUK 10km Championships Teams

1.	Metropolitan Police	16pts
2.	Essex Police	21pts

#### 5KM Championship (Women)

1.	Lynn Bradley	Civil Service (HMRC)	29.50
2.	Maureen Noel	Civil Service (DEFRA)	30.29
3.	Tracey Mills	Civil Service (HMRC)	32.32
4.	Geraldine Legon	Post Office	32.42
5.	Michelle Moran	HMRC	32.47
6.	Pat Evans	HMRC	32.51
7.	Jane Hodge	HMRC	35.02
8.	Pamela Abbott	DEFRA	35.03
9.	Tracey Pollington	Essex Police	38.47
10.	Sue Harrison	Lancashire Police	39.34
11.	Bridgett King	Essex Police	39.35
12.	Christine Munden	Post Office	40.55
13.	Anne Croft	Lancashire Police	40.59
14.	Claire Springett	Essex Police	43.06
15.	Louise Foster	Essex Police	43.44

#### Teams

1.	Essex Police	9pts
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### GRAND PRIX DE NEUILLY-SUR-MARNE, FRANCE, 28 SEPTEMBER 2014

Thanks to Emmanuel Tardi for these results and photos - Emmanuel was judging in Neuilly-sur-Marne (near Paris) on Sunday for their Regional 20k Championship. The race started at 9:30AM over an initial lap of 512m, followed by 8 laps of 2.436km. He advises that conditions were good for the 45 walkers. The overall winner was Aurelien Quinion who was having a training stroll, his time of 1:38:06 well outside his 2014 best (1h25 in the Taicang world Cup). In the women's event, Françoise Laville, at 58 years of age, beat her PB with a time of 1:57:49. Other excellent masters walks were recorded by Jean Pichon (2:32:03 at age 82) and Elisabeth Simeon (2:27:51 at age 72).

#### 20km Walk

1.	Aurelien Quinion	M	1993	1:38:36
2.	Frederic Courage	M	1969	1:48:11
3.	Marc Legentil	M	1984	1:50:36
4.	Bruno Grenet	M	1965	1:51:26
5.	Mathieu Olivares	M	1976	1:52:28
6.	Frederic Marie	M	1961	1:52:47
7.	Fabien Gouley	M	1983	1:53:05
8.	Cyril Legentil	M	1986	1:56:22
9.	Francoise Laville	F	1956	1:57:49
10.	Arthur Bergeal	M	1984	1:59:11
11.	Sergey Momsik	M	1980	2:01:57
12.	Florent Brou	M	1993	2:02:04
13.	Eric Toutain	M	1963	2:02:30
14.	Severine Lanoue	F	1985	2:04:47
15.	Dominique Lemonnier	F	1956	2:05:03
16.	Loic Lemogne	M	1955	2:05:06
17.	Edouard Diamin	M	1990	2:07:29
18.	Emilie Bessas	F	1984	2:08:42
19.	Valérie Priem	F	1965	2:10:03
20.	Christine Chochoy	F	1968	2:10:39
21.	Nicole Mennesson	F	1965	2:10:54
22.	Jacques Arnault	M	1962	2:12:40
23.	Dominique Buisson	M	1957	2:13:10
24.	Franck Marie	M	1965	2:15:14
25.	Valérie Berthier	F	1964	2:16:11

26.	Catherine Galmiche	F	1957	2:16:36
27.	Etienne Victor	M	1964	2:16:36
28.	Pierre Caselli	M	1953	2:27:49
29.	Nathalie Picard	F	1964	2:27:49
30.	Elisabeth Simeon	F	1942	2:27:51
31.	Jean Pichon	M	1932	2:32:03
32.	Francoise Arnault	F	1948	2:33:13
33.	Martin Schwing	M	1989	2:35:20
34.	Floriane Thoule	F	1995	2:42:06
35.	Patrick Montigny	M	1949	3:00:07



**Frederic Courage, Aurelien Quinion, Severine Lanoue, Francoise Laville and Emmanuel (right) in judging mode**

### ITALIAN CLUB CHAMPIONSHIPS, AROUND ITALY, 27-28 SEPTEMBER

It was a big two days of racewalking in Italy last weekend with the Italian Club Championships being played out in a whole host of cities - Acquaviva delle Fonti, Genoa, Matera, Spilimbergo, Milan and Orvieto.

The Gold Final was contested in Milan over the two days (see [http://www.marciaitaliana.com/ita/dettagli\\_news.aspx?id=1877](http://www.marciaitaliana.com/ita/dettagli_news.aspx?id=1877)) with the track walks being held on the Saturday. However, it was a bit different to what we normally see with both races held concurrently, - the men racing 10,000m in lane 1 and the women racing 5000m in lane 5.

Victory in the women's 5000m walk went to Sibilla Di Vincenzo who finished in 23:01:09 ahead of Federica Curiazzi (23:02.70) and Mariavittoria Becchetti (23:04.74). Victory in the men's 10,000m walk went to Francesco Fortunato ( 42:05.96) ahead of teammate Teodorico Caporaso (44:07:15) and Gianluca Picchiottino (44:19.83).

#### Men 10,000m Race Walk, Milan, Saturday 27 September

1.	Francesco FORTUNATO	ITA	94	42:05.96
2.	Teodorico CAPORASO	ITA	87	44:07.15
3.	Gianluca PICCHIOTTINO	ITA	96	44:19.83
4.	Flavio VONA	ITA	84	44:42.11
5.	Giuseppe MARCHISELLI	ITA	91	45:40.14
6.	Ettore GRILLO	ITA	97	46:22.85
7.	Niccolo' COPPINI	ITA	97	47:42.01
8.	Tommaso ROMAGNOLI	ITA	91	48:31.01
9.	Igor SAPUNOV	RUS	78	50:36.90
	Samuele FORESTI	ITA	96	DQ
	Luca MONTOLEONE	ITA	90	DQ

#### Women 5000m Race Walk, Milan, Saturday 27 September

1.	Sibilla DI VINCENZO	ITA	83	23:01.09
2.	Federica CURIAZZI	ITA	92	23:02.70

3.	Mariavittoria BECCHETTI	ITA	94	23:04.74
4.	Eleonora DOMINICI	ITA	96	23:30.62
5.	Nicole COLOMBI	ITA	95	23:51.14
6.	Ilaria GALLI	ITA	87	24:18.29
7.	Nicoletta DELL'AQUILA	ITA	88	24:37.52
8.	Elena POLI	ITA	93	24:56.04
9.	Gladys MORETTI	ITA	91	25:01.58
10.	Carolina DE ROSA	ITA	92	25:56.48
11.	Laura CIVILETTI	ITA	92	27:12.98
12.	Valeria FARCI	ITA	91	27:24.32
13.	Giorgia BELOTTI	ITA	95	28:38.82
	Cindy PORCU	ITA	97	DNF
	Ilaria MARIOTTI	ITA	91	DNF

To give some idea of the depth of Italian racewalking, here are the results from Orvieto (where Roderico Tontodonati won the 5000m with 19:58.75) and Acquaviva delle Fonti where Massimo Stano won the 5000m with 20:05.93 .

**Men 5000m Race Walk, Orvieto, Saturday 27 September**

1.	Federico TONTODONATI	ITA	89	19:58.75
2.	Jean Jacque NKOULOUKIDI	ITA	82	20:58.67
3.	Lorenzo DESSI	ITA	89	21:07.67
4.	Giacomo VIGANO'	ITA	91	22:49.92
5.	Filippo GIRARDI	ITA	92	22:56.63
6.	Ivan MOBILIA	ITA	91	23:00.20
7.	Giorgio FAVATI	ITA	89	23:28.80
8.	Fabrizio FRUCI	ITA	96	24:11.61
9.	Graziano MOROTTI	ITA	51	24:40.14
10.	Giuliano BOSCHETTI	ITA	94	25:26.83
	Mario LAUDATO	ITA	88	DQ

**Women 5000m Race Walk, Orvieto, Saturday 27 September**

1.	Elisa BORIO	ITA	90	25:24.54
2.	Valeria PEDETTI	ITA	73	25:45.55
3.	Maria Teresa CORTESI	ITA	96	26:05.24
4.	Federica CASTELLANA	ITA	93	26:17.83
5.	Francesca NICCOLAI	ITA	95	26:38.54
6.	Elisa RAIA	ITA	78	26:48.15
7.	Sascia GRAFEO	ITA	92	26:52.31
8.	Silvia CORMACI	ITA	94	26:52.85
9.	Elena CINCA	ITA	70	26:54.70
10.	Lisa CANI	ITA	96	27:17.41
11.	Giulia CARUSO	ITA	93	28:17.90
12.	Annalisa CALELLA	ITA	94	28:37.57
	Maura MARCHIORI	ITA	59	DQ
	Viviana VALSECCHI	ITA	92	DQ
	Giorgia MENIS	ITA	96	DNF

**Men 5000m Race Walk, Acquaviva delle Fonti, Sunday 28 September**

1.	Massimo STANO	ITA	92	20:05.93
2.	Giacomo BRANDI	ITA	98	22:18.87
3.	Francesco ADRIANI	ITA	95	23:43.21
4.	Giuseppe INGLESE	ITA	96	24:07.77
5.	Daniele MANIAS	ITA	96	24:20.13
6.	Francesco LO PICCOLO	ITA	75	24:40.72
7.	Corrado LAZZIZERA	ITA	79	24:44.64
	Simone MANFREDINI	ITA	98	25:19.16

**Women 5000m Race Walk, Acquaviva delle Fonti, Sunday 28 September**

1.	Alessia ZAPPAROLI	ITA	88	24:39.09
2.	Vanessa TOMEI	ITA	98	25:04.31
3.	Sara VITIELLO	ITA	88	26:32.52
4.	Giulia CIPPITELLI	ITA	98	27:13.10
5.	Molly Jade DAVEY	GBR	98	27:16.23



## PROMOTIONAL RACE WALKING, NITRA, SLOVAKIA, THURSDAY 25 SEPTEMBER

Thanks to omarchador blog (see <http://omarchador.blogspot.pt/2014/09/kucmin-e-madarasz-triunfam-em-evento.html>) for this great report on the walks promotional meet in Nitra, Slovakia, last Thursday.

Anton Kučmín (Slovakia) and Viktória Madarasz (Hungary) won the Open 5km walks in the 7<sup>th</sup> edition of the yearly racewalk promotional meet in the Slovakian town of Nitra last Thursday.

Kučmín, with 19:44, repeated his victory of last year (on that occasion it was a competition record of 19:01), beating team mate and 2014 European 50km silver medallist Matej Tóth (19:51) who has won five times in Nitra (2008-2012). Patrik Spevak (19:59) took third place with his first sub-20 walk. The first junior was Miroslav Úradník (20:09), 4<sup>th</sup> overall, with a personal record. Viktória Madarasz, coached by Juraj Bencik (who also coaches Matej Tóth), won the women's race for a third time with a new meet record of 21:12. Second place went to Polish walker Agnieszka Dygacz (21:58) ahead of 2012 winner Mária Czaková. Monika Hornáková (23:52) was the fastest junior, coming 4<sup>th</sup> with 23:52. There were various races for the younger age groups, the best result perhaps coming from Dominik Černý who recorded 8:03 in the U18 2km.

This year's carnival event also had another more serious purpose - to raise funds, in cooperation with the ADELI Medical Center in Piešťanoch, for the treatment and rehabilitation of Deanka Jančová, a Nitra girl who fell, along with her twin brother from a fifth floor in 2009, aged 2. Deanka survived the crash with serious injuries but her twin brother died in the accident. It continues to be a family tragedy that has shaken Slovakia!

### Open Men 5km Race Walk

1.	Anton KUČMÍN	SVK	84	19:44
2.	Matej TÓTH	SVK	83	19:51
3.	Patrik SPEVÁK	SVK	94	19:59
4.	Peter TICHÝ	SVK	93	20:16
5.	Dušan MAJDAN	SVK	87	20:54
6.	Zdeno MEDERA	SVK	75	22:46

### Open Women 5km Race Walk

1.	Viktória MADARÁSZ	HUN	85	21:12
2.	Agnieszka DYGACZ	POL	85	21:58
3.	Mária CZÁKOVÁ	SVK	88	23:01
4.	Anett TORMA	HUN	84	23:56

### U20 Men 5km Race Walk

1.	Miroslav ÚRADNÍK	SVK	96	20:09
2.	Milan LINKEŠ	SVK	95	22:10

### U20 Women 5km Race Walk

1.	Monika HORNÁKOVÁ	SVK	95	23:52
2.	Radoslava PILIAROVÁ	SVK	96	24:47

## SLO-CZE-CRO-HUN-SVK U16 T&F MATCH, MARIBOR, SLOVENIA, SATURDAY 27 SEPTEMBER

A couple of days later, 3000m walks were on offer as part of the annual U16 Slovenia - Czech Republic - Croatia - Hungary - Slovakia T&F match in Maribor (Slovenia) with Hungarian walkers winning both events.

### Men 3000m Race Walk

1.	Sándor FAZEKAS	HUN	00	13:16.04
2.	Bálint SÁROSSI	HUN	00	13:35.09
3.	Filip SRBECKÝ	CZE	99	13:37.11
4.	Matyas GAJDOS	CZE	00	14:15.14

### Women 3000m Race Walk

1.	Daphne DIMANOPULOSZ	HUN	99	13:57.77
2.	Ema HACUNDOVÁ	SVK	99	14:57.86
3.	Laura Petronella KOMORÓCZY	HUN	99	15:06.86
4.	Kateřina ARLTOVÁ	CZE	00	15:18.47
5.	Hana BURZALOVÁ	SVK	00	15:33.65
6.	Anna KUČEROVÁ	CZE	99	15:40.84
7.	Eva ČANADI	SLO	00	16:35.35

## LITHUANIAN RACE WALK CUP, ALYTUS, LITHUANIA. SAT 27 SEPTEMBER

Thanks to the omarchador blog (see <http://omarchador.blogspot.pt/2014/09/57-taca-de-marcha-atletica-da-lituania.html>) for the results and race report from the 57<sup>th</sup> edition of the Lithuanian Race Walking Cup which was contested on the Alytus track.

In the men's 5000m, Olympian Marius Žiukas stood out with his winning time of 19:31.24 but good times also to second placed Genadij Kozlovskij (19:43.49) and third placed Marius Šavelskis (20:01.40). Agne Klebauskaitė won the women's 5000m title with 24:50.04 ahead of Eglė Juočytė (26:58.14) and Rita Andrejeva (28:53.06).

### 5000m Open Men

1.	Marius Žiukas	1985	Prienai-Vilnius	19:31.24
2.	Genadij Kozlovskij	1991	Švenčionys	19:43.49
3.	Marius Šavelskis	1994	Druskininkai Kaunas	20:01.40
4.	Artur Mastianica	1992	Švenčionys	20:17.82
5.	Normantas Petriša	1994	Druskininkai Kaunas	22:23.10
6.	Tomas Pagirys	1996	Prienai	22:51.13 (U20)

### 5000m Open Women

1.	Agnė Klebauskaitė	1992	Alytus	24:50.04
2.	Eglė Juočytė	1993	Birštonas	26:58.14
3.	Rita Andrejeva	1991	Kaunas	28:53.06

### 3000m U20 Women

1.	Živilė Vaiciukevičiūtė	1996	Švenčionys	13:56.87
2.	Monika Vaiciukevičiūtė	1996	Švenčionys	13:58.72
3.	Ieva Šukevičiūtė	1996	Prienai	16:24.92

### 3000m U18

Women:	1.	Ausryne Kuzmickaite	Kaunas	15:53.96
Men:	1.	Artur Semionov	Švenčionys	15:10.11

### 2000m U16

Women:	1.	Reda Bertiskaite	Druskininkai	10:39.55
Men:	1.	Paulius Juozaitis	Birstonas	9:37.81

### 1000m U14

Women:	1.	Agne Smailyte	Birstonas	4:58.73
Men:	1.	Domantas Gruzdis	Švenčionys	5:14.51

### 5000m U12

Women:	1.	Nora Meskauskaite	Švenčionys	2:30.29
Men:	1.	Ignas Dumbliauskas	Druskininkai	2:20.86

## ESTONIAN RACE WALKING CHAMPIONSHIPS, PARALEPA, ESTONIA, SATURDAY 27 SEPT

Thanks again to omarchador blog (see <http://omarchador.blogspot.pt/2014/09/margus-luik-e-angela-mandel-com-titulos.html>) for the results from the Estonian roadwalk championships, held last Saturday in Paralepa.

The men's 50km went to Margus Luik with a time of 4:28:53, He holds the national record with 4:18:36 (Jurmala, 2007). M60 walker and team mate Rein Sumberg was the only other finisher, with a time of 5:56:07. The women's 20km title was won by 14 year old Angela Mandel with a PB 1:59:23 while Anna Kukankova and Anna Tipukina, both representing the KJK Atleetika club, completed the podium with 2:03:00 and 2:09:35 respectively.

### 50km Men

1.	Margus Luik	1980	B. Junk Käimisklubi	4.28.53
2.	Rein Sumberg	1950	B. Junk Käimisklubi	5.56.07

### 20km Women

1.	Angela Mandel	2000	KJK Kalev-Sillamäe	1.59.23
2.	Anna Kukankova	1990	KJK Atleetika	2.03.00
3.	Anna Tipukina	1996	KJK Atleetika	2.09.35
4.	Anneli Aru	1975	Läänemaa KJK	2.18.57



## 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.

### 2014/2015 Australian/Victorian Summer Season Key Dates

4-5 Oct, 2014	VRWC/Centurions 24 Hour Carnival, Middle Park. Entries at <a href="http://www.centurions.org.au/event2014.shtml">http://www.centurions.org.au/event2014.shtml</a>
11-18 Oct, 2014	Alice Springs Masters Games. See <a href="http://www.alicespringsmastersgames.com.au/">http://www.alicespringsmastersgames.com.au/</a>
Dec 5-7, 2014	Australian All-Schools Championships, Adelaide, SA
Sun Dec 14, 2014	Australian 50km Championship meet, Fawkner Park, VIC
Dec 28 2014 - Jan 10	Annual VRWC Falls Creek Camp. See <a href="https://www.facebook.com/groups/726992100645163/">https://www.facebook.com/groups/726992100645163/</a>
Mar 11-15, 2015	Australian Junior Championships, Sydney, NSW
Mar 26-29, 2015	Australian Open T&F Championships, Brisbane, QLD

### Other 2014 Races of Interest

Sun 5 Oct, 2014	International 50km Race Walk (IAAF permit) incorporating British RWA 50km Championship , 10AM
12-15 Oct, 2014	Chinese 4 Day Rally, Lake Taihu, China
Sun 26 Oct, 2014	MTR 10km International Walk, Hong Kong. See <a href="http://www.hkaaa.com/page.php?pid=1328&amp;mid=147&amp;ac_id=6&amp;type=%">http://www.hkaaa.com/page.php?pid=1328&amp;mid=147&amp;ac_id=6&amp;type=%</a>
Sat Nov 15, 2014	Athletics New Zealand Long Distance Walk Champs, Auckland, NZ

### Looking further forward

July 3-14, 2015	28 <sup>th</sup> Summer Universiade, Gwanju, South Korea
July 15-19, 2015	9 <sup>th</sup> World Youth T&F Championships, Cali, Colombia
Aug 22-30, 2015	15 <sup>th</sup> IAAF World Championships in Athletics, Beijing, China
July/Aug 2015	20 <sup>th</sup> World Masters T&F Champs Stadia, Lyon, France
21-29 Nov, 2015	Pacific Schools Games, Adelaide, SA
May 2016	27 <sup>th</sup> IAAF World Race Walking Cup, Cheboksary, Russia
July 19-24, 2016	16 <sup>th</sup> World Junior T&F Championships, Kazan, Russia
Oct 26 -Nov 6, 2016	21 <sup>st</sup> World Masters T&F Champs Stadia, Perth, Australia. See <a href="http://www.perth2016.com">http://www.perth2016.com</a>
Aug 2016	31 <sup>st</sup> Olympic Games, Rio de Janeiro, Brazil. See <a href="http://www.rio2016.org.br/en/Default.aspx">http://www.rio2016.org.br/en/Default.aspx</a>
July 2017	10 <sup>th</sup> World Youth T&F Championships, ?
July 2017	29 <sup>th</sup> Summer Universiade, Taipei, Taiwan
August 5-13, 2017	16 <sup>th</sup> IAAF World Championships in Athletics, London, UK
May 2018	28 <sup>th</sup> IAAF World Race Walking Cup, Cheboksary, Russia
July 2018	16 <sup>th</sup> World Junior T&F Championships, ?
Apr 4-15, 2018	Commonwealth Games, Gold Coast, Queensland (racewalks on the program). See <a href="http://www.gc2018.com">http://www.gc2018.com</a>
2019	17 <sup>th</sup> IAAF World Championships in Athletics, ?
July 2019	11 <sup>th</sup> World Youth T&F Championships, ?
July 2019	30 <sup>th</sup> Summer Universiade, Brasilia, Brazil
July 2020	32 <sup>nd</sup> Olympic Games, Tokyo

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