



HEEL AND TOE ONLINE

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

There was not much racewalk activity last week in Australia, what with it being the break between seasons, but one performance was so good that it would have been in consideration even in a busy week. Victorian ultra distance walking specialist **Michelle Thompson** dominated the VRWC 24 Hour Carnival, held last weekend at Middle Park, storming through the 12 Hour event to record a splendid distance of **101.660km**.

Earlier this year, she recorded a wonderful 102.164km as an intermediate split in the Coburg 24 Hour Carnival (on her way to an Australian all time 24 Hour best of 190.984km). This time around, she just about matched that 12 Hour distance in much tougher conditions - hot, sunny and windy. You can read more about Michelle's great running and walking careers at <http://www.vrwc.org.au/tim-archive/articles/wv-michelle-thompson.pdf>. It's an old article, dating from 2011, and one that I must soon update to reflect her last 3 years which have been nothing short of amazing.



Michelle Thompson battles the early sun and heat at Middle Park last Saturday afternoon

WHAT'S COMING UP

AV Shield commences this coming Saturday around the various venues in metropolitan Melbourne and country Victoria but do you reckon I can find out the finer details on the AV website! Hopefully you know where and when you are competing.

The **Chinese 4 Day Rally around Lake Taihu** will run from 12-15 October. That means it kicks off on Sunday. The organisers have changed the distances of the races which are now 11.7km, 12km, 10km and 15.6km - see race website is www.szwzjz.com. There is a great piece in marcialtaliana by Federica Curiazzi, pondering on her first appearance at the Lake Taihu Rally and discussing its unique status. Wonderful stuff as usual from webmaster Nicola Maggio. See http://www.marcialtaliana.com/ita/dettagli_news.aspx?id=1886. I look forward to reporting on the first couple of days of racing in next week's newsletter.

Alice Springs Masters Games (see <http://www.alicespringmastersgames.com.au>) kick off on Saturday and will run for a week. Not sure who is going but we normally have a few of our Masters walkers who make the trip each year. It is normally so hot there that the events are held early morning or late evening.

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. If you are on my mailing list, you should have received the summer season mailout in the post by now.

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-falls-creek.shtml> and can keep up with the latest Falls Creek Camp news by joining our facebook webpage at <https://www.facebook.com/groups/726992100645163>.

VRWC / AUSTRALIAN CENTURIONS 24 HOUR WALK, MIDDLE PARK, 4-5 OCTOBER 2014

The weekend of 4-5 October 2014 saw the annual Australian Centurions 24 Hour walk, hosted once again by the Victorian Race Walking Club at Middle Park in inner Melbourne. Alas, the fields were disappointingly small (3 in the 24 Hour, 1 in the 12 Hour and 4 in the 6 Hour) but those who did turn out were well prepared and ready to race!

The gun, which was fired at midday on Saturday, signalled the start for our 24 Hour entrants (Terry and Karyn O'Neill and Saul Richardson) and our sole 12 Hour entrant (Michelle Thompson). Unfortunately, they had to endure a long afternoon of very blustery and hot conditions, with the temperature peaking around 30°C, and it was not until early evening that the weather abated and the cooler night time hours offered some relief. The 6 Hour walkers (John Kilmartin, Clarrie Jack, Steve Jordan and Ken Carter) joined the fray at the 18 hour mark, walking the final 6 hours of the event on Sunday morning and finishing when the final gun was fired at midday on the Sunday.

It takes a lot of people to run such an event so special acknowledgement to the long list of VRWC helpers - Bill and Heather Carr, Damien Elms, David Armstrong, David Cash, David Smyth, Duncan and Christian Knox, Ian Laurie, Liz Feldman, Mark Donahoo, Marlaine Stanway (thanks for breakfast Marlaine!), Michael Bodey, Peter Vysma, Ralph Bennett, Sandra Geisler, Simon Baker, Stuart Cooper, Stuart Kollmorgen, Susan and Lucas Taylor, Terry and Kyle Swan and Tony Doran . It is a big list indeed!

First to the results - full lapsplits are available at http://vrwc.org.au/wp1/?page_id=261, thanks to Ralph Bennett.

24 Hour Walk

1.	Karyn O'Neill (C 45)	VIC	133.750 km
2.	Saul Richardson	NSW	100.000 km
3.	Terry O'Neill (C 18)	VIC	72.500 km

12 Hour Walk

1.	Michelle Thompson (C 58)	VIC	101.660 km
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6 Hour Walk

1.	Clarrie Jack (C 4)	VIC	50.952 km
2.	John Kilmartin	VIC	50.567 km
3.	Ken Carter	VIC	25.874 km
4.	Steve Jordan (C 64)	VIC	17.455 km

Racewalking Australia 100km Championships

1.	Michelle Thompson (C 58)	VIC	11:48:14
2.	Karyn O'Neill (C 45)	VIC	15:55:30
1.	Saul Richardson	NSW	17:37:23

And now to a report from our Australian Centurions president Terry O'Neill (C 18)

As President of the Australian Centurion Walkers, I would like to thank Tim Erickson for his hard work in hosting this event. Although the numbers were small the event still went ahead, mainly due to Tim's dedication, but also a big thanks must go to the many VRWC members and helpers like Peter Vysma, Ralph Bennett, Stu Cooper, Terry Swan, Ian Laurie, Michael Bodey, Marlaine Stanway and Simon Baker. There were many others also who came along and helped out with the running of this event. My thanks to you all.

The conditions at the start did not favour the walkers what with the temperature rising and a very strong wind to contend with. The highlight for me was **Michelle Thompson** in the 12 Hour walk. She set a conservative pace at the start but when the temperature cooled she kept powering on to record a distance of 101.66km for the 12 hours - a fantastic achievement.

The 6 Hour walk saw a classic tussle between **John Kilmartin** and **Clarrie Jack**, nothing separating them for 4 hours until John had to have a pit stop. Clarrie saw his opportunity, put the pace on, built a handy lead and held it to the finish. He had everyone fooled - believing he had not done much training, we were all expecting him to slow down towards the finish but the seasoned campaigner was still increasing his lead at the end. Both Clarrie and John walking in excess of 50 km and it was

a PB For John. **Ken Carter** was a finisher as usual and it was great to see **Steve Jordan** fronting up to support the event after very serious health issues.

The 24 Hour event saw only 3 competitors, all regular ultra walking supporters - **Terry O'Neill, Karyn O'Neill** and **Saul Richardson**. Terry built a handy lead early but conditions, combined with a very tight back and stomach problems, forced him to slow and he had to retire after 10 hours. Karyn and Saul continued to brave the strong winds, both going through their own difficult stages. Saul was content to complete 100km and then retired, just before the 16 hour mark. leaving Karyn from then on as the sole 24 Hour walker still on the track. She also had to have time off but gallantly returned to the track in the final hours to build a few more kms. In the finish it was Karyn who was the overall winner with 133.75km ahead of Saul with 100.00 km and Terry with 72.50km.

The event also saw the annual Racewalking Australia 100km walk championships which were won this time around by Michelle Thompson and Saul Richardson.

Terry O'Neill (C18)
President Centurion Race walkers.

Thanks to Terry Swan for his photos (see <http://www.vrwc.org.au/coppermine/thumbnails.php?album=186>)



Michelle Thompson, Karyn O'Neill, Saul Richardson and Terry O'Neill (photos Terry Swan)



John Kilmartin and Clarrie Jack (photo Tim Erickson)

PB MEET, GRIFFITH UNIVERSITY, SOUTHPORT, QUEENSLAND, SUNDAY 5 OCTOBER

Thanks to Robyn Wales for emailing me the results of the PB meet run on the Gold Coast (Queensland) on Sunday. She explains that it is a new initiative from Gold Coast Victory and the Gold Coast Masters in holding joint competitions. Katie Hayward walked excellently (14:12.38 for 3000m) after the AIS U15 camp.

3000m Walk

1.	Hayward, Katie	W14	Qrw	14:12.38
2.	Stovin, Jamison	M13	Gcv	15:39.23
3.	Sunderland, Nyle	W47	Qma	16:51.23
4.	Chapman, Tenyka	W13	Gcv	17:25.54
5.	Shaw, Kay	W55	Qma	19:34.26
6.	Sela, Patrick	M75	Qma	21:40.80
	Fellows, Denise	W48	Qma	DNF

1500m Walk

1.	Hinton, Kobe	M12	Gcv	10:09.27
2.	Sela, Patrick	M75	Qma	10:40.60

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

The 50km roadwalk has now been completed at the 2014 Asian Games (see <http://blog.incheon2014ag.com>) in Incheon, South Korea, so it's a wrap for us. As usual, my two main sources have beaten me to it and have already reported on the event - see http://www.marciaitaliana.com/ita/dettagli_news.aspx?id=1879 and <http://omarchador.blogspot.pt/2014/10/tanii-triunfador-nos-50-km-em-incheon.html> - but I will record it here for completeness.

Japanese walker Takayuki Tanii was the winner with a championship record time of 3:40:19, beating the previous record of 3:47:04, set by Tianfeng Si of China in 2010. It was a 1:13 PB for Tanii and ranks him 5th on the yearly 50km world list. His main opposition came from team mate Yuki Yamazaki but Yamazaki was disqualified at the 45km mark, leaving Tanii to win by some 9 minutes from Chilsung Park of South Korea (3:49:15) and Wang Zhendong of China (3:50:52). Tanii's 10km splits read impressively (44.25, 44.05, 43.39, 43.32, 44.38) and the second half of his race was slightly faster than the first half (1:49:59 against 1:50:20).

Men 50km Race Walk, Wednesday 1 October 2014

1.	Takayuki TANII	JPN	83	3:40:19
2.	Chil-Sung PARK	KOR	82	3:49:15
3.	Zhendong WANG	CHN	91	3:50:52
4.	Sandeep KUMAR	IND	86	3:59:31
5.	Basanta Bahadur RANA	IND	84	4:07:06
6.	Lin ZHANG	CHN	93	4:08:05
	Yuki YAMAZAKI	JPN	84	DQ



Asian Games 50km - Start and eventual winner Takayuki Tanii (photos marciaitaliana website)

SLOVAKIAN RACEWALK CHAMPIONSHIPS, DUBNICA NAD VAHOM, SLOVAKIA, SUNDAY 5 OCT

Thanks to Rudolf Skrucany for the results of the Slovakian racewalking championships. Rudolf tells me that traditionally the 20km nationals are held during the month of June in the city of Borsky Mikulas but this year that meet featured 10km walks and the nationals were postponed till last weekend, being eventually held on Sunday in the city of Dubnica nad Vahom.

With Matej Toth a non starter due to ongoing muscle issues since the European 50km, with Anton Kucmin a DNS due to an acute respiratory infection and Dusan Majdan competing instead in NATO Military Games in Budapest, the men's championship was up for grabs and 20 year old Patrik Spevák took gold in a time of 1:28:53.6. The women's 20km was won by 34 year old Mária Gáliková in a time of 1:38:46.

20,000m Men

1.	Spevák Patrik	30.07.1994	VŠC Dukla Banská Bystrica	1:28:53,6
2.	Rízek Milan	05.01.1978	Atletika ŠK Skalica	1:33:03,3
3.	Úradník Miroslav	24.04.1996	VŠC Dukla Banská Bystrica	1:36:05,1
4.	Linkeš Milan	02.01.1995	AK Spartak Dubnica nad Váhom	1:44:58,1
5.	Medera Zdeno	01.01.1975	AK Spartak Dubnica nad Váhom	1:45:46,8
	Tišťan Martin	12.11.1992	VŠC Dukla Banská Bystrica	DQ
	Tichý Peter	25.06.1993	VŠC Dukla Banská Bystrica	DNF

20,000m Women

1.	Gáliková Mária	21.08.1980	VŠC Dukla Banská Bystrica	1:38:23,3
2.	Czaková Mária	02.10.1988	VŠC Dukla Banská Bystrica	1:44:03,6
3.	Hornáková Monika	06.07.1995	AK Spartak Dubnica nad Váhom	1:45:46,9
4.	Čubaňová Lucia	09.08.1995	AK Bacúch	1:48:55,9
5.	Škantárová Dáša	08.12.1995	AK Bacúch	1:54:40,3
6.	Škantárová Lucia	28.12.1996	AK Bacúch	1:57:32,8
7.	Piliarová Radoslava	21.10.1996	VŠC Dukla Banská Bystrica	1:59:46,3

Full results at <http://atletikasvk.sk/Content/results/2014/10/VYS423.pdf>.

JANIS DALINS MEMORIAL MEET, OGRE, LATVIA, SATURDAY 27 SEPTEMBER

Thanks to omarchador - see <http://omarchador.blogspot.pt/2014/10/memorial-janis-dalins-celebrado-em-ogre.html> - for the results of the Janis Dalins Memorial meet in Latvia a week ago. Dalins was the Latvian walker who took silver in the 1932 Olympic 50km behind British walker Tommy Green and ahead of third placed Italian walker Ugo Frigerio. This year's track meet in Ogre saw 158 walkers participate in a variety of races, with Lithuanian and Swedish walkers joining their Latvian friends. The main results follow

10,000m Women

1.	Agnese Pastare	1988	Ogre	48.14.0
2.	Eglė Juočytė	1993	Birštonas Lituânia	55.43.6
3.	Inga Rūtere	1995	Ogre	59.54.7
4.	Ilma Melne	1993	Gulbenes nov	61.04.0
5.	Jana Dūmiņa	1996	Ludzas nov SS	67.05.4

10,000m Men

1.	Normunds Ivzāns	1971	Preiļu BJSS	44.21.8
2.	Raivo Saulgriezis	1994	Bauskas BJSS	47.12.5
3.	Ruslans Smolonskis	1996	Bauskas BJSS	48.24.9
4.	Svensson Christer	1969	Suécia	51.58.2
5.	Dainis Boļševičs	1996	Ludzas nov SS	59.28.4

Winners from other races are as follows

3000m Veteran Women	Rita Žuravļova	1953	Ogre	19.10.2
3000m U18 Men	Lāzers Kalvis	1997	Aizkraukles nov SS	16.32.1
3000m u18 Women	Matlava Skārleta	1998	Aizkraukles nov SS	18.26.0
3000m U16 Boys	Bartkus Linas	1999	Birštonas LTU	15.13.3
3000m U16 Girls	Gražule Lina	2000	Aizkraukles nov SS	17.37.2
1000m U14 Boys	Ronalds Stāpislavskis	2002	Ludzas nov SS	5.12.9
1000m U14 Girls	Smailytė Agnė	2001	Birštonas LTU	5.05.5
1000m u12 Boys	Raivo Liniņš	2003	Preiļu BJSS	4.56.7
1000m U12 Girls	Ražanauskaitė Emilija	2005	Birštonas LTU	5.36.4
500m Boys	Aksels Ošs		Sprīdītis	3.13
5000m Girls	Daina Puiķe		Riekstiņš	3.29

AUSTRIAN ROADWALK CHAMPIONSHIPS, VIENNA, AUSTRALIA, SATURDAY 4 OCTOBER

Last week end was a big one for European 50km walkers with two championships on Saturday - Vienna (Austria) and Ekilstuna (Sweden) - and 2 on Sunday - Hillingdon (GB) and Tilburg (Nederland). Reports on all four meets follows

Austrian championships for 50 km men and 20km women were held on Saturday morning in Vienna, along with a whole host of other races. My report is taken from that of marciaitaliana: http://www.marciaitaliana.com/ita/dettagli_news.aspx?id=1884.

Victory in the 50km event went to the Georgian Maciej Rosiewicz who finished in 3:59:15 ahead of four Italians - Mirko Dolci (4:21:09), Riccarco Macchia (4:21:33), Massimiliano Cortinovis (4:26:32) and Roberto Defendenti (4:29:31). The title of Austrian Champion went to masters walker Franz Kropik with 5:22:14, ahead of Roman Brzezowsky (5:26:35) and Johann Siegele (5:42:36). Victory in the women's 20km event went to Italian Nicole Colombi (1:42:26) ahead of Polish walker Monika Nawrocka (1:46:54) and Hungarian Brigitta Matalin (1:49:28). The title of Austrian Champion went to Andrea Zirknitzer (2:05:38) ahead of Dorothea Grolig (2:14:29) and Karmella Michlfeit (2:31:41).

Full results at http://www.marciaitaliana.com/admin/pdf/risultati/04102014372oems_gehen_ergebnis2014.pdf

50km Championship

1.	Maciej Rosiewicz	1977	GEO	3:59:49,18
2.	Mirko Dolci	1985	ITA	4:21:08,35
3.	Riccardo Macchia	1991	ITA	4:21:32,12
4.	Massimiliano Cortinovis	1995	ITA	4:26:31,75
5.	Roberto Defendent	1968	ITA	4:29:30,88
6.	Tokodi David	1991	HUN	4:44:28,15
7.	Franz Kropik	1968	AUT	5:22:13,27 *
8.	Roman Brzezowsky	1964	AUT	5:26:34,56 *
9.	Berislav Devcic	1966	CRO	5:41:12,99
10.	Johann Siegele	1948	AUT	5:42:35,31 *
11.	Karl Angerer	1942	AUT	6:16:04,68 *
12.	Dietmar Hirschmugl	1968	AUT	DNF

20km Women

1.	Nicole Colombi	1995	ITA	1:42:25,49
2.	Monika Nawrocka	1990	POL	1:46:53,48
3.	Brigitta Matalin	1987	HUN	1:49:27,66
4.	Andrea Zirknitzer	1958	AUT	2:05:37,59 *
5.	Dorothea Grolig	1951	AUT	2:14:28,34 *
6.	Karmella Michlfeit	1949	AUT	2:31:40,46 *
7.	Monika Schwantzer	1955	AUT	2:33:55,96 *
8.	Christine Konrad	1956	AUT	2:34:12,56 *
9.	Urszula Radziewinska	1972	POL	2:50:49,94
10.	ÓUuszula Radziewinska	1972	POL	2:50:49,94

20km Men

1.	Joachim Bauer	1949	GER	2:17:22,58
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30km Men

1.	Grzegorz Grinholc	1977	POL	2:35:25,81
2.	Mirosław Luniewski	1957	POL	2:52:37,84
3.	István Csaba	1959	HUN	2:58:01,55
4.	Franz Kropik	1968	AUT	3:09:17,70
5.	Roman Brzezowsky	1964	AUT	3:09:22,40
6.	Dietmar Hirschmugl	1968	AUT	3:12:26,87
7.	Johann Siegele	1948	AUT	3:16:15,82
8.	Zbigniew Kwita	1959	POL	3:23:19,62
9.	Mariusz Sinkowski	1966	POL	3:39:12,64
10.	Gerhard Brouschek	1954	AUT	3:42:44,23
11.	Karl Angerer	1942	AUT	3:42:58,15
12.	Rudolf Michlfeit	1946	AUT	3:52:27,05

10km Men

1.	Mikós Srp	1993	HUN	0:43:50,43
2.	Tomasz Bagdany	1995	HUN	0:43:51,20
3.	Bence Venyercán	1996	HUN	0:46:54,78
4.	Donat Burger	1997	HUN	0:48:12,41
5.	Balint Sarossi	2000	HUN	0:48:22,75
6.	Hloch Jaromir	1992	CZE	0:57:48,06

7.	Ottmann Walter	1954	AUT	1:12:46,52
8.	Michael Schnellinger	1992	AUT	1:17:32,21

10km Women

1.	Danica Gogov (W)	1996	SER	0:54:18,06
2.	Caraccia Roberta	1990	ITA	1:00:03,24
3.	Christina Mandlbauer	1994	AUT	1:03:48,69

5km Men

1.	Sandor Fazekas	2000	HUN	23:06,59
2.	Eric Thallinger	1998	AUT	23:27,50
3.	Lena Ungerböck	1997	AUT	25:28,97
4.	Moritz Reiser	1999	AUT	25:54,21
5.	Dominik Bruderhofer	2000	AUT	30:14,66
6.	Lisa Oberndorfer	1999	AUT	30:14,98
7.	Christoph Dallinger	1998	AUT	30:15,23
8.	Christina Bachl	1998	AUT	31:56,08
9.	Laura Trauner	1997	AUT	32:10,81
	Andreas Mayr	1998	AUT	DQ

5km Women

1.	Daphne Dimanopoulosz	1999	HUN	23:50,48
2.	Patricia Bócz	1998	HUN	25:22,72
3.	Laura Komoróczy	1999	HUN	25:42,56
4.	Anna Hornyák	2000	HUN	30:14,89

SWEDISH 50KM CHAMPIONSHIP, ESKILSTUNA, SWEDEN, SATURDAY 4 OCTOBER

Anders Hansson, who made his debut at last year's Swedish Long Championships (4:35:46) improved by almost 30 minutes to win this year's event in 4:06:31 (splits of 2:04:33 followed by 2:01:58). This was his first outdoors senior championship win and came compliments of a 48:18 last 10km. Remo Karlstrom debuted for second with 4:50:24 while Christer Svensson took third with 5:02:06. Peer Jensen became Danish champion with his time of 5:37:26. Ato Ibáñez went 30 km in a PB time of 2:13:31 (PB 2:14:01 Moscow 2013) and then called it quits, conscious perhaps of the fact that he is racing in China next week. Similarly, Perseus Karlstrom passed 25 km in 1:54:18 for his own PB but then withdrew the following lap. Norway's Havard Haukenes passed 25 km in 1:57:55 and 30km in 2:21:37 but then called it quits at 35 km (2:47:23). The Junior Men's 20 km was won by Fredrik Sandmer on 1.49.28 and the Junior Women's 15 km was won by Lena Tomas with 1.30.16. Full results at http://iof2.idrottonline.se/ImageVaultFiles/id_78289/cf_78/Resultat_L-ng-SM_2014.XLS.

50km Championship

1.	Anders Hansson	92	SK Svängen	4,06,31
2.	Remo Karlström	88	Eskilstuna FI	4,50,24
3.	Christer Svensson	69	Växjö AIS	5,02,06
4.	Peer Jensen	57	Denmark	5,37,26
	Ato Ibáñez	85	Eskilstuna FI	DNF
	Perseus Karlström	90	Eskilstuna FI	DNF
	Andreas Nielsen	88	Denmark	DNF
	Håvard Haukenes	90	Norway	DNF

Open and Junior Men 20km

1.	Fredrik Sandmer	94	SK Svängen	1,49,28
2.	Christer Svensson	69	Växjö AIS	1,56,09
3.	Anders Wahlström	66	S. Ölands GK	1,57,19

Junior Women 15km

1.	Lena Tomas	96	GK Steget	1,30,16
2.	Julia Ibrahim	96	GK Steget	1,40,55
3.	Jessica Ibrahim	98	GK Steget	1,44,00
4.	Jennifer Ibrahim	95	GK Steget	1,56,05
	Carmen Dinkha	96	GK Steget	DNF

Masters 10km

1.	Anni Rajala	67	Frerikshofs IF	1,16,31
2.	Yvonne Levinovitz	53	Frerikshofs IF	1,24,20
3.	M-L Wahlberg	45	Frerikshofs IF	1,48,27

BELGIAN AND DUTCH 50KM CHAMPIONSHIPS MEN, TILBURG, HOLLAND, SUNDAY 5 OCTOBER

As usual, Emmanuel Tardi was in Tilburg for the Belgian and Dutch 50km Championships and the Dutch women's 10km Championship. He reports that the temperature was perfect and that the lap was totally flat with good turns. There were 24 starters in the 50km with two categories (you could race under IAAF rules or judged for loss of contact only). Canadian Creighton Connolly led from beginning to end, passing the half way mark in just on 2 hours before slowing markedly in the second half to finish with 4:34:28. Rob Tersteeg was crowned as Dutch Champion and Daniel Lhoest was crowned as Belgian Champion two weeks after completing more than 200km in the classic 28 Heures de Roubaix.



Creighton Connolly, Rob Tersteeg and Daniel Lhoest (photos Emmanuel Tardi)

Belgian and Dutch 50km Championships Men

1.	Creighton Connolly	88	CAN	4:34:28
2.	Rob Tersteeg	76	NED	4:54:23
3.	Frank van der Gulik	77	NED	5:05:32
4.	Marc Haumesser	58	FRA	5:05:44
5.	Wilfried van Bremen	87	NED	5:20:51
6.	Daniel Lhoest	59	BEL	5:23:01
7.	Frans Leijtens	76	NED	5:39:38
8.	René Wakkee	65	NED	5:45:58
9.	Hub Kaenen	59	NED	5:46:54
10.	Peter Van Hove	81	BEL	5:52:59
11.	Jacques Till	61	BEL	6:04:41
12.	Gildan Legrand	47	FRA	5:28:00

20km

1.	Malte Strunk	73	GER	1:43:11
2.	Richard Leijenaar	59	NED	1:49:28
3.	Ludwig Renard	94	BEL	1:52:56
4.	Myriam Nicolas	63	BEL	1:59:04
5.	Jacques van Bremen	84	NED	2:02:47
6.	Jan Netten	68	NED	2:02:59
7.	Udo Münster	61	GER	2:09:32
8.	Peter Schumm	42	GER	2:11:26
9.	Raphael Lemmens	62	BEL	2:13:20
10.	Liesbeth de Smet	82	BEL	2:14:52
11.	Emmanuel Tardi	67	FRA	2:15:33
12.	Leon Pullens	74	NED	2:15:54
13.	Peter Slevogt	54	GER	2:16:48
14.	Muriel Oger	64	BEL	2:31:38

10km

1.	Colin Versteeg	95	NED	0:54:40
2.	Ronnie Timmermans	82	NED	0:55:00

3.	Anne van Andel	90	NED	0:57:55
4.	Annelies Sarrazin	81	BEL	0:59:51
5.	Boetje Huliselan	55	NED	1:00:28
6.	Bas van Andel	54	NED	1:00:40
7.	Jenny Acuna	62	VEN	1:03:03
8.	Marion Fuchs	60	GER	1:05:32
9.	Sandra Maas	85	NED	1:06:38
10.	Richard Maichin	46	GER	1:09:12
11.	Bauke te Nijenhuis	35	NED	1:09:20
12.	Loes van Bremen	86	NED	1:09:21
13.	Yvonne Grootswagers	78	NED	1:12:15
14.	Gérard Goujon	50	BEL	1:13:18
15.	Dirk Donders	79	NED	1:16:49

5km

1.	Andrew Chrobok	84	POL	0:26:02
2.	Harry Bijnen	52	NED	0:33:49
3.	Sandra de Graaff	67	NED	0:34:56
4.	Mirjam Kies	52	NED	0:39:57
5.	Bernard Krabbendam	34	NED	0:40:07

3km

1.	Stijn van Nierop	99	NED	0:19:16
2.	Anne van Nierop	03	NED	0:22:49

1km

1.	Mona Münster	03	GER	0:05:51
2.	Tristan Van Hove	03	BEL	0:06:22
3.	Jasper Van Hove	06	BEL	0:07:52

BA & RWA INTERNATIONAL 50K RACE WALK, HILLINGDON, UK, SUNDAY 5 OCTOBER

The British 50km championship, along with the English Race Walking Association 50km championships for men and women, were held on Sunday morning at Hillingdon, a London suburb. The meet was also an IAAF qualifying opportunity and so attracted walkers from Spain, Brazil, South Africa and Italy.

The 50 km men's podium was all Spain with victory to Mikel Odriozola (3:59:02), second place to Manuel Luis Martinez (4:05:16) and third place to Ivan Pajuelo Paredes (4:11:43). Odriozola, at 41, faded a little in the latter stages and hence just missed the standard set by Spain for Beijing 2015 but it was still an excellent result for the 41 year old Basque walker. Fourth placed English walker Dominic King (4:12:41) won the British Championship title.

In the associated RWA men's 50km championship, judged under the British B rules (contact only), Jonathan Hobbs (5:12:24) won in front of Mark Culshaw (5:50:43) and David Crompton (5:51:18) and in the RWA women's 50km championship, Maureen Noel (6:01:35) won in front of Sarah Lightman (6:03:23). Lightman was backing up after the English Centurions 100 mile walk 6 weeks before as were Martin Fisher and Chris Flint, so they were backing up.

There are a variety of supporting races. Malcolm Martin won the men's 20km with 1:56:40, Francisco Reis won the men's 10km with 51:11 and Italian Tatyana Gabellone, now walking for the Leicester Walking Club, won the women's 10km with 49:39, ahead of former Lithuanian representative Grazina Narviliene. Gabellone is a Post-Doctoral Research Geologist in Bristol and won on a limited training regime due to work commitments. She was 10th in the European U23 championships in 2005 at Erfurt so is a quality walker.

Mark Easton has lots of meet photos at <http://markeaston.zenfolio.com/p182564334>.

International 50km & British Championship

1.	Mikel Odriozola	Dominquez	Spain	3:59:02	
2.	Luis Manuel	Martinez	Spain	4:05:16	
3.	Ivan Pajuelo	Paredes	Spain	4:11:43	
4.	Dominic	King	Colchester Harriers	4:12:41	
5.	Rudney Dias	Nogueira	Brazil	4:20:59	
6.	Rodrigo	Dominquez	Fernandez	Spain	4:22:04
7.	David Pueyo	Minstral	Spain	4:36:31	
8.	Michael	George	Manx Harriers	4:48:21	
	Ian	Richards	Steyning Athletic Club	DQ	
	Michele	Antonelli	Italy	DQ	
	Samir	Cesar Sabadin	Brazil	DQ	
	Daniel	King	Colchester Harriers	DQ	

Steve Allen	Barnet & District AC	DNF
Wayne Snyman	South Africa	DNF
Dale Farqhar	Manx Harriers	DNF
John Constaniou	Birchfield Harriers	DNF

Race Walking Assoc. 50km Championships (Men)

1.	Jonathon Hobbs	Ashford Athletic Club	5:12:24
2.	Mark Culshaw	Belgrave Harriers	5:50:43
3.	David Crompton	Lancashire Walking Club	5:51:18
4.	Martin Fisher	Redcar Race Walking Club	5:57:54
5.	Greg Smith	Lancashire Race Walking	6:00:26
6.	Christopher Flint	Surrey Walking Club	6:10:24
	John Borgars	Loughton Athletic Club	DNF
	Paul King	Belgrave Harriers	DNF
	Duncan Edwards	Lancashire Walking Club	DNF
	Colin Vesty	Leicester Walking Club	DNF
	Sean Pender	Enfield & Haringey AC	DNF

Race Walking Assoc. 50km Championships (Women)

1.	Maureen Noel	Belgrave Harriers	6:01:35
2.	Sarah Lightman	Leicester Walking Club	6:03:23
	Kay Koeslag	Belgrave Harriers	DNF

Open 20km (Men)

1.	Malcolm Martin	Surrey Walking Club	1:56:40
	Tom Bosworth	Tonbridge Athletic Club	DNF

Open 10km (Men)

1.	Francisco Reis	Ilford Athletic Club	51:11
2.	Luc Legon (U20)	Cambridge Harriers	51:39
3.	Richard Wild	Manx Harriers	52:43
4.	Richard Creer	Manx Harriers	55:00
5.	Jimmy Ball	Steyning Athletic Club	56:56

Open 10km (Women)

1.	Tatyana Gabellone	Leicester Walking Club	49:39
2.	Grazina Narvillienne	Belgrave Harriers	51:31
3.	Heather Butcher (U20)	Cambridge Harriers	53:09
4.	Michelle Turner	Northern AC	54:39
5.	Penelope Cummings	Aldershot Farnham & Dist.	60:18
6.	Sandra Campbell	Surrey Walking Club	75:00

USATF MASTERS 5KM ROADWALK CHAMPIONSHIP, KINGSPORT, TN, SATURDAY 4 OCTOBER

Good fields contested the USATF Masters 5km Roadwalk champs at Kingsport last Saturday. Conditions were reported as low 50's, bright & breezy. Link to full results at <http://runtricity.org/RaceResults/2014/14-usatf-racewalk-men-all.shtml>. Overall positions are as follows:

Men's 5km Masters Championship

1.	IBIQUEW ZBIGNIEW	52	ROYAL OAK MI	22:23
2.	DAVID SWARTS	49	JACKSON MI	23:27
3.	RAY SHARP	54	ATLANTIC MINE MI	23:49
4.	IAN WHATLEY	55	GREER SC	23:59
5.	CHRISTOPHER STADLER	55	BECKLEY WV	26:50
6.	DAMON CLEMENTS	57	CRAWFORDSVILLE IN	28:26
7.	MAX WALKER	68	GREENWOOD IN	29:04
8.	RICHARD MCGUIRE	66	LA GRANGE PARK IL	29:58
9.	FORREST HAWKINS	45	BEVERLY OH	29:59
10.	RON SALVIO	65	BRICK NJ	32:10
11.	BYRON KAELEN	54	MOUNT JULIET TN	32:47
12.	JOHN FREDERICKS	66	BRICK NJ	32:52
13.	JOEL DUBOW	71	TUCKER GA	33:01
14.	JAMES CARMINES	71	SHIREMANSTOWN PA	33:32
15.	ROBERT NICHOLS	75	ST LOUIS MO	34:42
16.	JOHN BLACKLUND	74	PALM SPRINGS CA	35:09
17.	DAVID KIRGAN	63	BOWLING GREEN KY	37:36
18.	THOMAS DEERING	57	FRANKLIN TN	37:36

Women's 5km Masters Championship

1.	SUSAN RANDALL	40	BEAVERCREEK OH	25:08
2.	DEBBIE TOPHAM	61	MAYVILLE MI	29:46
3.	REBECCA BENJAMIN	49	SWARTZCREEK MI	29:53
4.	REBECCA CARSON	50	AFTON VA	32:12
5.	CATHY MAYFIELD	63	INDPLS IN	32:17
6.	LESLIE LATTERMAN	56	PULASKI TN	32:46
7.	JOYCE PROHASKA	64	LAKEWOOD OH	32:46
8.	CAROL WILKINSON	64	ARLINGTON VA	32:49
9.	DONNA GRAHAM	65	LOWELL OH	32:58
10.	ELIZABETH MAIN	63	BOWLING GREEN KY	33:36
11.	PANSELUTA GEER	67	HAZLET NJ	34:08
12.	DARLENE BLACKLUND	69	PALM SPRINGS CA	35:58
13.	KAY CARMINES	68	SHIREMANSTOWN PA	35:58
14.	GINGER ARMSTRONG	52	CANTERBURY CT	37:03
15.	RITA SINKOVEC	75	EVERGREEN CO	37:20
16.	ELISABETH SHEPARD	49	DENVER CO	37:23
17.	JOLENE STEIGERWALT	70	SAN DIEGO CA	37:36
18.	EMILY SCHOENBERG	51	JOHNSON CITY TN	38:03
19.	MERRILYNN KESSLER	71	CHAMBERSBURG PA	38:24
20.	KATHY NASH	60	MARYVILLE TN	38:43
21.	BARBARA HENSLEY	70	MEDWAY OH	39:41
22.	BARBARA TAYLOR	67	JOHNSON CITY TN	39:57
23.	JOYCE CURTIS	76	KINGSPORT TN	40:02
24.	RUTH KETRON	84	KINGSPORT TN	40:54
25.	ANNE LEDBETTER	53	SMYRNA GA	41:19
26.	KATHERINE FINCHER	56	ASHEVILLE NC	42:12

SOUTH AMERICAN U23 T&F CHAMPIONSHIPS, MONTEVIDEO, URUGUAY, 5-6 OCTOBER

Thanks to omarchador (see <http://omarchador.blogspot.pt/2014/10/esteban-soto-e-wendy-cornejo-campeoes.html>) for the walk results from the South American U23 T&F Championships, which were held last weekend in in Montevideo, Uruguay. Overall Brazil and Colombia dominated, ahead of Venezuela and Chile but in the walks, the medals were spread between Bolivia, Colombia and Venezuela. The women's 20,000m walk saw a win to Bolivian Wendy Cornejo (1:37:43.1) ahead of team mate Angela Castro (1:38:55.7) while the men's walk championship went to Colombian Esteban Soto (1:23:22.7) ahead of Venezuelan Richard Vargas (1:23:25.6) and Colombian Kenny Perez (1:25:08.4).

20,000m U23 Women

1.	Wendy Cornejo	1993	Bolivia	1:37:43.1
2.	Ángela Castro	1993	Bolivia	1:38:55.7
3.	Yesida Isaïd Carrillo	1993	Colombia	1:42:20.5
4.	Ana Leydy Daza	1994	Colombia	1:44:41.7
5.	Andresa Souza da Silva	1995	Brazil	1:50:21.9
	Elysle da Silva Albino	1994	Brazil	DNF
	Yenni Guadalupe Ortiz	1993	Argentina	DNF

20,000m U23 Men

1.	Manuel Esteban Soto	1994	Colombia	1:23:22.7
2.	Richard Vargas	1994	Venezuela	1:23:25.6
3.	Kenny Martin Perez Parra	1994	Colombia	1:25:08.4
4.	Bruno Marques Fidelis	1994	Brazil	1:26:54.7
5.	Max Batista Gonçalves dos Santos	1994	Brazil	1:32:24.2
	Marco Antonio Rodriguez	1994	Bolivia	DQ

REGIONAL 10KM ROADWALK, LE HAVRE, FRANCE, SUNDAY 5 OCTOBER

Thanks also to Emmanuel Tardi for the results from a regional 10km race, held last Sunday in the harbour city of le Havre. Wins to Kevin Campion and Anne Gaelle Retout. Full results at <http://www.marathondenormandie.com/images/download/marche2014.htm>

10km Walk

1.	CAMPION, Kevin	Afa Feyzin-venissieux	SEH	42:29
2.	DESJARDINS, Florian	S/l Entente Mt St Aignan	ESH	46:46
3.	BOCQUET, Jerome	Havre Ac	SEH	50:09
4.	RETOUT, Anne Gaelle	Val-de-reuil Ac	SEF	50:35
5.	BELLANGER, Pascal	Club Omnisports Harfleura	V2H	58:26

6.	MESMOUDI, Anne Marie	S/I Luce Mainvilliers Ptt	V2F	58:31
7.	HARDY, Malika	Ems Athletisme	V1F	58:42
8.	GAUTHIER, Bruno	Cs Provins Athletisme	V2H	62:05
9.	COSTILS, Alain		V2H	62:48
10.	MALOCHE, Dominique	Asc Le Havre	V2F	63:47



Anne Gaelle Retout and Kevin Campion (photos Emmanuel Tardi)

OUT AND ABOUT

- France's new 50km roadwalk world record holder **Yohann Diniz** is one of the athletes nominated for Male Athlete of the Year by the prestigious Athletics Weekly. See <http://www.athleticsweekly.com/uncategorized/athletes-year-vote-12578/>
- And on the same theme, **Jared Tallent** and **Dane Bird-Smith** are both finalists for the Athletics Australian male athlete of the year award - see <http://www.athletics.com.au/News/ArtMID/7243/ArticleID/1035781/FINALISTS-ANNOUNCED>
- The 2015 Australian 20km Summer Championships have apparently confirmed for Sunday 22nd February in Adelaide. Haven't seen anything officially as yet.
- The Rio Maior international racewalk meet is now back as an IAAF Challenge Series event in 2015 - the date is set for 18th April. See <http://omarchador.blogspot.pt/2014/10/rio-maior-de-volta-ao-circuito-mundial.html>
- oMarchador reports on the Brazilian U18 racewalking championships. See <http://omarchador.blogspot.pt/2014/09/recife-recebeu-os-campeonatos.html>
- marciaitaliana compares the recent performances of Spanish walker and Miguel Angel Lopez and Chinese walker Wang Zhen. See http://www.marciaitaliana.com/ita/dettagli_news.aspx?id=1880
- Again, marciaitaliana is first for more breaking news. Portuguese walks coach Paulo Murta (currently coaching Ana Cabecinha) has lost his position with the Portuguese Federation after 26 years. See http://www.marciaitaliana.com/ita/dettagli_news.aspx?id=1882.
- marciaitaliana website is changing its dnsname to more properly reflect its international character. To quote from the press release at http://www.marciaitaliana.com/ita/dettagli_news.aspx?id=1881.

As our readers will have noticed, Italian news now represents a marginal part of the integral communication on race walking that we want to give, also collaborating with the Portuguese Blog "O'Marchador" and with the managers of the historic Australian newsletter "Heel and Toe". It seemed therefore more appropriate to renew again in a new name more appropriate to world race walking. The news, however, continue to be produced in Italian and in English. If, at times, if deemed

necessary, it will be also used Spanish to facilitate communication to all the friends who follow us in Central and South America.

- One of our Australian walks coaches has emailed me with a question - readers are invited to feed their own thoughts back to me and I will pass them on.

I have been having trouble sourcing the best type of training and competition shoe for my walkers. Do you or any of the crew have any recommendations as to what would be a good shoe to put on the feet of 13yr male/female walkers?

HONG KONG HOSTS ITS FIRST ULTRA DISTANCE WALK

Thanks to Bill Purves of Hong Kong for letting us know that Hong Kong will be holding 6 Hour and 12 Hour ultra-distance walks in conjunction with their inaugural Hong Kong 24 Hour ultra marathon run, to be staged on the weekend of 31 January - 1 February 2015. Most of the information is in Chinese, but these two webpages present the most important details in English

- Event information: <http://www.ultramarathon.hk/page/events/2015.php>
- Registration is open: http://bao-ming.com/eb/www/activity_content.php?activitysn=490&contentsn=2050

Bill comments: Please encourage your athlete friends (especially racewalkers, but runners too) to sign up.

The ultra walks will be co-organized by Hong Kong Racewalking Association, details as follows

- 12 hours Race Walking 1 Feb, 2015 0800 – 2000 hrs
- 6 hours Race Walking 1 Feb, 2015 1400 – 2000 hrs

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

11-18 Oct, 2014	Alice Springs Masters Games. See http://www.alicespringsmastersgames.com.au/
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 https://www.facebook.com/groups/726992100645163/
Sun Feb 22, 2015	Australian 20km Summer Championships, Adelaide (details TBC)
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

12-15 Oct, 2014	Chinese 4 Day Rally, Lake Taihu, China
Sun 26 Oct, 2014	MTR 10km International Walk, Hong Kong. See http://www.hkaaa.com/page.php?pid=1328&mid=147&ac_id=6&type=%
Sat Nov 15, 2014	Athletics New Zealand Long Distance Walk Champs, Auckland, NZ

Looking further forward

July 3-14, 2015	28 th Summer Universiade, Gwanju, South Korea
July 15-19, 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
21-29 Nov, 2015	Pacific Schools Games, Adelaide, SA
May 2016	27 th IAAF World Race Walking Cup, Cheboksary, Russia
July 19-24, 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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