



## HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club  
2013/2014 Number 45  
5 August 2014



**VRWC Preferred Supplier of Shoes, clothes and sporting accessories.**

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### TIM'S WALKER OF THE WEEK

My Walker of the Week this time around is 25 year old South Australian walker **Tanya Holliday** who walked an excellent **1:33:07** at Middle Park on Sunday. It was a solo walk and not far outside her 1:32:26 which she recorded in the World Cup in China in May. As we move into the qualifying period for next year's IAAF World Championships in Beijing, she is well positioned as our top female walker.



**Tanya in action at Middle Park last Sunday**

### WHAT'S COMING UP

Next Saturday sees VRWC walkers back at Middle Park for our final Points Race for the winter. It is also a handicap start day for Open and U15 walkers and a prizes day, with Handicap winners getting the pick of the prizes table. Races are as follows

#### **Saturday 9<sup>th</sup> August 2014, Middle Park**

VRWC EVENTS: Entries close for all events at 1.45pm sharp. Last Points Race event for the season. Prizes for all winners.

2.15pm	8km	Points Race, Handicap start	Open
2.15pm	4km	Points Race, Handicap start	Open
2.15pm	4km	Points Race, Handicap start	Under 15
2.45pm	2km	Points Race	Under 12
2.45pm	1km	Points Race	Under 9

By way of explanation, we can only allocate Handicap Start Times to those walkers who have raced over that distance or a comparable distance during the last 12 months. **If you intend to participate in the Handicap Start events at 2:15PM, we ask that you enter online during the week (<http://www.vrwc.org.au/wp1>).** For those who can't do this, note that no entries for the Open and Under 15 Points Race races will be accepted after 1.45pm - it takes a fair bit of time to set things up for this sort of event so later entries may race but will not be able to participate in the Handicap event or vie for the prizes.

And some other dates to store away

- Our **annual Falls Creek training camp** will run from **Sunday 28 December 2014** to **Saturday 10 January 2015**. You can keep up with the latest Falls Creek Camp news by joining our facebook webpage at <https://www.facebook.com/groups/726992100645163>.
- Entries are now open for our **VRWC 24 Hour carnival** on the weekend of **4-5 October 2014**. Events include 24 Hours, 12 Hours, 6 Hours and RWA 100km. Check it out or enter at <http://www.centurions.org.au/event2014.shtml>.

### AV AND VRWC CHAMPIONSHIPS, MIDDLE PARK, SUNDAY 3 AUGUST

As Victorians tried to keep warm over what was our coldest weekend for quite some time, our walkers were in action at Middle Park with the annual Victorian roadwalk championships. Although numbers were down on past years, we still saw a healthy 61 competitors across a range of events.

The longer events - the Victorian 30km championship along with VRWC 3 Hour and 20km events - were the first to kick off at 8:30AM. With our top walkers absent, Preston walker Aaron McDonough made the most of the opportunity to take an inaugural gold in the 30km, his first ever Victorian title win. A minor medallist over various distances, including the 2012 Victorian 50km, his finishing time of 2:49:52 saw him well clear of the rest of the field. The battle for the minor medals was an interesting one with Terry O'Neill storming home but just failing to catch a tiring Simon Evans, their times 3:07:16 and 3:07:45. The other big performance was from South Australian Tanya Holliday with an excellent 1:33:07 for the 20km event. She walked 1:32:26 in Taicang in the World Cup earlier this year and she seems to be getting back into top shape once again. And a special mention for new club member Liz Wrigley who won the 3 Hour walk in only her second walk with us. This is what you call jumping in the deep end!

#### 30km AV Men Championship

1.	Aaron McDonough	PTN	2:49:52
2.	Simon Evans	BOH	3:07:16
3.	Terry O'Neill	GPA	3:07:45
	Karyn O'Neill	GPA	DQ

#### 3hr VRWC race

1.	Liz Wrigley	VRWC	22.000 km
2.	Gary Turner	VRWC	21.250 km
3.	Alex Poore	VRWC	21.000 km
4.	Ian Beaumont	VRWC	20.200 km
5.	Margaret Beaumont	VRWC	20.200 km
	John Kilmartin	VRWC	DQ

#### 20km VRWC Race

1.	Tanya Holliday	SA	1:33:07
	Russ Dickenson	VRWC	DNF



Aaron McDonough, Terry O'Neill, Simon Evans and Tanya Holliday

Our younger walkers contested Victorian roadwalk championships in age groups ranging from U14 to U20, with a number of Tasmanian walkers added to the mix. Best walks of the day probably went to our two U14 winners Rebecca Henderson and Corey Dickson, along with Kyle Swan and Adam Garganis.

**10km U20 Women AV Schools Championship**

Stephanie George      SCA      DNS

**10km U18 Men AV Schools Championship**

1.	Adam Garganis	COL	48:28
2.	Reese Walmsley	KNA	49:21
	Ross Darlow	EKA	DNS

**5km U18 Girls AV Schools Championship**

1.	Tahlia Hunt	TAS	25:15	
2.	Emily Hamilton	KNA	26:14	1 <sup>st</sup> Vic
3.	Emily Swan	ANW	29:38	2 <sup>nd</sup> Vic
4.	Madeleine Feain	KSB	33:01	3 <sup>rd</sup> Vic

**5km U16 Boys AV Schools Championship**

1.	Kyle Swan	ANW	24:01	
2.	Lachlan Feain	KSB	28:34	PB 0:17

**5km U16 Girls AV Schools Championship**

1.	Alice Randall	TAS	28:39	
2.	Brodie Richardson	KNA	29:28	1 <sup>st</sup> Vic
3.	Karla Bulte	CCA	29:51	2 <sup>nd</sup> Vic
4.	Jessica Lillie	KNA	31:25	3 <sup>rd</sup> Vic

**3km U14 Boys AV Schools Championship**

1.	Corey Dickson	KNA	15:37	
2.	Hayden Walmsley	KNA	16:26	PB 0:01
3.	Thomas Dawson	COL	17:59	PB 0:31
4.	Bayley Campbell	TAS	19:45	

**3km U14 Girls AV Schools Championship**

1.	Rebecca Henderson	CCA	15:18	
2.	Zara Hayes	SBE	15:52	
3.	Jemma Peart	BYC	15:58	
4.	Kathleen O'Mahoney	KNA	16:29	PB 0:39
5.	Alanna Peart	BYC	17:02	
6.	Emily Stanway-Lucas	TAS	19:13	



**Kathleen O'Mahony, Hayden Walmsley, Rebecca Henderson, Kyle Swan, Reese Walmsley and Adam Garganis**

A number of VRWC club championships were also contested and we saw a few of our younger U14 walkers back in action in the U12 2km race - Corey Dickson, Alanna Peart and Kathleen O'Mahony.

### 10km VRWC Womens Championship - Mabel Robinson Trophy

1. Pam Tindal VRWC 56:17

### 2km U12 Boys VRWC Championship

1. Corey Dickson VRWC 10:12

### 2km U12 Girls VRWC Championship

1. Alanna Peart BRWC 10:56  
2. Kathleen O'Mahoney VRWC 11:19  
3. Ruby Paten VRWC 11:33  
4. Charlotte Hay VRWC 11:42  
5. Claire Noonan VRWC 12:14 PB 0:13  
6. Grace Louey VRWC 12:57  
7. Chloe Karagiorgos VRWC 13:09  
8. Charlotte Holmes VRWC 13:12

### 2km U9 Boys VRWC Championship

1. Joel Prys VRWC 11:50 First one  
2. Scott Peart BRWC 17:50 PB 1:41

### 2km U9 Girls VRWC Championship

1. Gemma Little VRWC 12:26 PB 0:03  
2. Molly Holmes VRWC 13:58 First one  
3. Elise Carbury VRWC 14:33 First one



Alanna Peart, Pam Tindal, Gemma Little and Corey Dickson

Finally, we had a non-championship 5km roadwalk for any other walkers after a hitout on the day.

### 5km VRWC Open

1. Jason Kozica VRWC 26:44  
2. Michael Gillies-Smith BWC 27:02 PB 0:22  
3. Philippa Huse VRWC 27:46  
4. Ralph Bennett VRWC 28:53  
5. Mark Donahoo VRWC 29:04  
6. David Armstrong VRWC 29:51  
7. Donna Elms VRWC 31:50  
8. Gerard Feain VRWC 33:01  
9. Barrie Wicks VRWC 39:13  
10. Pam Mews VRWC 52:33

Thanks as usual to the many judges and officials - sorry if I missed anyone - it was a big day!

**Course Setup:** Tim Erickson, Peter Vysma, Bob Gardiner, Harry Summers

**Results:** Mark Donahoo, Ralph Bennett, Damien Elms, Jason Elms

**Judges:** Suzanne Callaway (chief), Stuart Cooper, Terry Swan, Kathleen Marsh, Matt Owen, Gordon Loughnan

Michael Bodey (DQ Board), Peter Vysma (DQ Board and bike)

**Officials:** Tim Erickson, Bob Gardiner, Harry Summers, Mark O'Mahony, Marlaine Stanway, Russ Dickenson

**Canteen:** Kate Suich, Wendy Cooper

Lapsplits will be posted to <http://vrwc.org.au/wp1>, thanks to Ralph Bennett. Photos available at <http://www.vrwc.org.au/coppermine/>, thanks to Terry Swan (photos this week were taken by Adam Garganis and Simon Baker as Terry was judging).

### NSWRWC ROADWALKS, OATLEY, NSW, SATURDAY 2 AUGUST

Thanks to Frank Overton for this weekend's NSWRWC roadwalks in Sydney. He tells me the races were contested on a 1km circular lap. Special mention to 13 year old Dylan Richardson who walked 40:08 in his 8km event and then continued onto 10km, recording 50:00.

#### Long Division 10km

1.	Tyler Jones	48.03
2.	Carl Gibbons	48.19
3.	Lauren Bourke	48.21
4.	Kirsty Klein	50.55
5.	Ian Jessuran	53.46
6.	Cheryl Webb	54.25
7.	Tom Doyle	59.30
8.	Joan Purcell	72.19

#### Medium Division 8km

1.	Aiden Kerr	39.30
2.	Dylan Richardson	40.08
3.	Jasmyn McDonald	42.57
4.	Bryony Beasley	45.13
5.	Judy Brown	63.14

#### Short Division 4km

1.	Chelsea Goodhew	20.32
2.	Ryan Thompson	20.55
3.	Tiffany Saker	21.51
4.	Samantha Brown	22.15
5.	Ally Grujoski	23.47
6.	Nicholas Douglas	26.06
7.	Nicolle Challinor	26.36

#### Under 16 3km

1.	Kyle Bedford	15.40
2.	Allanah Pitcher	15.43
3.	Hayley Mills	16.59
4.	Renee Hardy	17.10
5.	Lachlan Beecroft	19.54
6.	Katherine Young	21.29

#### Under 12 1.5km

1.	Lachlan Rigney	8.16
2.	Brooke Martin	8.58
3.	Jada Thomson	9.08
4.	Aiden Hardy	9.35
5.	Brodie Douglas	9.38
6.	Reilly Jones	11.04
7.	Stacie Beecroft	11.40
8.	Ella Beecroft	12.35
9.	Sarah Challinor	12.38
10.	Emily Challinor	12.38
11.	Amelia Croker	14.38

Frank advises that next Saturday 9 August will see the last competition day for this winter. It will be the NSWRWC Club Championships. The following week will be the Clubs presentation and fun day.

### ACT WALKING CLUB ROADWALKS, STAGE 88, CANBERRA, SATURDAY 2 AUGUST

Thanks to Val Chesterton for last weekend's results from Canberra.

#### 12km Walk

1.	Robin Whyte	1:17:33
2.	Bryan Thomas	1:27:05
3.	Bob Parker	1:27:45
4.	Warren Butler	1:46:26
5.	Val Chesterton	1:50:26
	Monika Short	DNF

#### 6km Walk

1.	Zoe Hunt	32:10
2.	Kate Black	38:42
3.	Mick Saunders	43:30
4.	Rod Gilchrist	43:36
5.	Robyn Saunders	46:45
6.	Jennifer Gilchrist	53:27

#### 3km Walk

1.	Spencer Burns	15:27
2.	Mitchell Baker	16:37
3.	Helena Bialecki	19:04
4.	Venesser Rogic	22:16
5.	Rosemary Parker	24:00
6.	Cilla Chapman	26:24
7.	Bob Chapman	26:24

#### 1km Walk

1.	Laura Burns	05:36
2.	Sophie Rogic	06:52

## SAMA ROADWALKS, KINGSTON TERRACE, NORTH ADELAIDE, SATURDAY 2 AUGUST

Thanks to Colin Hainsworth for the weekly results from the South Australian Masters in Adelaide. Cool, sunny arvo. Small fields.

### 8km yacht handicap

1.	M55	Norman White	56:45	61.54%
2.	M81	David Robertson	1:07:48	70.54%
3.	W61	Edna Bates	1:08:32	60.26%
4.	M68	Geoff Byham	52:23	76.14%
5.	W49	Raelene Schild	1:00:59	59.52%
6.	M71	Roger Lowe	1:04:30	64.15%

### 4km yacht handicap

1.	W70	Valmai Padget	32:17	68.72%
2.	W69	Jill Rogers	32:56	66.40%
3.	W66	Lillian Harpur	37:46	55.6%

## SARWC GUESS YOUR TIME RACES, PEACOCK RD, ADELAIDE, SATURDAY 2 AUGUST

Our South Australian walkers were also in action last weekend with 'Guess Your Time' races. Kristie Goznic continues her improvement with a very good 23:56 for 5km.

### 10Km Walk

1.	Peter Crump	M35+	56:32
2.	Bill Starr	M35+	1:12:14
3.	James Hoare	M35+	1:14:05
4.	Louisa Mitchell	F35+	1:06:12

### 5Km Walk

1.	John Leydon	M35+	29:46
2.	Kristie Goznic	FOpen	23:56
3.	Rhiannon Lovegrove	FU16	26:23
4.	Alix Harlington	MU16	26:09
5.	Anna Cross	FU16	25:53
6.	Lachlan Wilkinson	Mopen	34:23
7.	Bethany Cross	FU16	27:38
8.	Danielle Walsh	FU20	26:38
9.	Samantha Findlay	FU18	30:00

### 3Km Walk

1.	Sarah Damin	FU16	16:15
2.	Tristian Camilleri	MU14	17:04
3.	Felicity Henderson-Wilson	FU18	16:44
	Jake Vidler	MU16	DNF

### 1Km Walk

1.	Victoria Upton	FU12	05:34
2.	Kitarni Upton	FU10	06:30
3.	Chloe Upton	FU14	05:32

## WARWC ROADWALKS, WILSON, PERTH, SUNDAY 3 AUGUST

Thanks to Terry Jones for this week's results from the Western Australian Race Walking Club in Perth.

### 10Km Walk

1.	Karyn Tolardo	63.38
2.	Bree-Anna Hennighan	67.04
3.	Robyn Highes	80.49
4.	Andrea Hahn	DNF

### 1. 5Km Walk

2.	Declan Tingay	26.11
3.	Tiahna Ruane	30.26
4.	Emily Pivac	31.00
5.	Holly Hughes	33.36

**2Km Walk**

1.	Ben Reid	10.51
2.	Declan Tingay	10.52
3.	Amy Holland	11.23
4.	Sienna Andritsos	11.51
5.	Sonia Tingay	13.52
6.	Alessia Andritsos	14.46
7.	Aimee Reid	15.22

**QRWC ROADWALKS, KALINGA PARK, BRISBANE, SUNDAY 3 AUGUST**

Queensland walkers were at Kalinga Park in suburban Brisbane on Sunday.

**A Grade 10km**

1.	Jess Pickles	51.32
2.	Peter Bennett	52.36
3.	Donna Beikoff	66.22
4.	Noela McKinven	79.19

**B Grade 5km**

1.	Mikaela Woodward	28.16
2.	Shane Pearson	30.40
3.	Christiane Dauphinat	39.55

**C Grade 3km**

1.	Jamison Stovin	15.40
2.	Ethan Clarke	19.11
3.	Jade Pearson	19.23
4.	Robyn Wales	24.42
5.	Maurice Dauphinat	26.51

**D Grade 2km**

1.	Adam Buchhorn	10.59
2.	Ben Jeffrey	11.24
3.	Amelia Wales	15.23

**E Grade 1.5km**

1.	Anika Clarke	10.11
2.	Emma Brittain	10.45

**WA STATE CHAMPIONSHIPS, SHELLEY, WA, SUNDAY 27 JULY**

The results of the Western Australian roadwalk championships are finally online - thanks to Terry Jones for forwarding them to me.

**U14 Girls 3km Walk**

1.	Courtney Johns	18.25
2.	Angel Bordaje	19.29

**U14 Boys 3km Walk**

1.	Zachary Newton	16.33
2.	Ben Reid	17.07

**U16 Girls 5km Walk**

1.	Mikayla Johns	29.08
2.	Emily Pivac	31.47
3.	Tina Kezic	37.20

**U16 Boys 5km Walk**

1.	Declan Tingay	25.39
2.	Christopher Gerken	31.30

**U18 Girls 5km Walk**

1.	Isabella Tolarado	30.05
2.	Caitlin Gerken	32.13
3.	Aimee Ried	38.25
4.	Holly Hughes	DNF

**U18 Boys 10km Walk**

1.	Simeon Leatherland	48.23
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**Open Men 20km Walk**

1.	Dale Hennighan	105.55
2.	Dean Nipress (QLD)	112.07
3.	Gary Hastie	DNF

**2014 SUNSHINE COAST WINTER CARNIVAL, USC, SIPPY DOWNS, QLD, SUNDAY 27 JULY**

Another set of results from the previous weekend, this time on the Sunshine Coast in Queensland.

**Girls 400m Walk Under 10**

1.	Clarke, Anika	9	QA	2:24.80
2.	Dreyzin-Howell, Emma	8	Caloundra Lac	2:42.30
3.	Dreyzin-Howell, Lara	9	Caloundra Lac	2:51.60

**Boys 400m Walk Under 10**

1.	Herbert, Blake	8	Usc	2:50.80
2.	Davis, Cooper	9	Caloundra Lac	2:57.70

**Girls 800m Walk Under 12**

1.	Lenz, Taylah	10	Jim	6:10.10
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**Boys 800m Walk Under 12**

1.	Buchhorn, Adam	11	Redlands Lac	4:16.70
2.	Treurnich, Kyle	12	Sheldon College	6:09.80

**Girls 3000m Walk Under 18**

1.	Keong, Chelsea	15	Caboolture Lac	21:00.20
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**Boys 3000m Walk Under 18**

1.	McCutcheon, Luke	16	Qe2	13:50.00
2.	Haig, Callum	14	Usc	18:41.50

**Girls 400m Walk AWD**

1.	Nash, Lorelle	45	Special Olympics	2:34.60
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**Boys 400m Walk AWD**

1.	Porter, Trent	23	Special Olympics	2:41.80
2.	Fisher, Miles	23	Moreton Nort	3:09.60

<b>BRWC MERV LOCKYER 3KM HANDICAP, NORTH GARDENS, BALLARAT, SUNDAY 20 JULY</b>
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Finally, back a couple of week to Ballarat where a bright but pretty cold Ballarat day provided the setting for the Merv Lockyer 3km Handicap. A smaller than usual field of 8 competitors lined up for the 3km sealed handicap event, with Jessika Bridges off scratch and looking strong to win with a time of 19:07, in a big PB of 1:45. Good PBs recorded too by Kasey Bishop, John Kilmartin and Ruby Saunder.

**3km Nerv Lyckyker Handicap**

1.	Jessika Bridges	12	19:07	PB 1:45
2.	Kasey Bishop	11	18:29	PB 0:44
3.	John Kilmartin	62	17:58	PB 0:26
4.	Ruby Suander	9	20:05	PB 0:12
5.	Fraser Saunder	9	18:38	
6.	Kayla Bridges	9	21:23	
7.	Alanna Peart	10	17:16	
8.	Jemma Peart	13	16:00	

**1km Walk**

1.	Mia Darlow	8	7:25	
2.	Scott Peart	7	8:15	PB 0:01 (New U8 Record)

The Ballarat Racewalking Club Jared Tallent 1500m Handicap is on this coming Sunday and will kick off at 10:30AM at North Gardens.

<b>USATF NATIONAL JUNIOR OLYMPICS, HUMBLE, TEXAS, 21-22 JULY</b>
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Another one from a couple of weeks ago when Canberra based and now US resident **Ashleigh Reisch** was in action in Humble, Texas, in the USATF National Junior Olympics. The report read as follows:

HUMBLE, Texas -- The intense competitions on the track could only be matched by the sweltering temperatures in the Lone Star State on Day Two of the USATF National Junior Olympics at Turner Stadium on the campus of Humble High School, Tuesday, July 22. In the 17-18 women's 3,000m race walk, 17-year-old Australian native Ashleigh Resch (Beavercreek, Ohio) of Miami Valley Track Club broke the Junior Olympics meet record of 14:49.26 as she dominated the field with a 14:30.60, almost 45 seconds ahead of runner-up Katie Michta (Nesconset, New York) of Walk USA, who walked 15:15.57. She was within 10 seconds of the American record set by Houston native Lisa Chumbley (14:20.80) in 1993.

You can read the full report at <http://www.usatf.org/News/Seventeen-year-old-sets-meet-record-in-racewalk,-c.aspx?feed=news>. Full results can also be sourced from [http://branchsportstech.com/2014\\_Meets/outdoor/07-21-usatf/index1.php](http://branchsportstech.com/2014_Meets/outdoor/07-21-usatf/index1.php).

**Women 3000m Walk 17-18 Division, Tuesday July 22**

1.	<b>Ashleigh Resch</b>	<b>Miami Valley TC</b>	<b>14:30.60</b>
2.	Katie Michta	Walk USA	15:15.57
3.	Monika Farmer	Walk USA	15:25.88
4.	Anali Cisneros	Elgin Sharks Track Club	15:39.90
5.	Amberly Melendez	South Texas Walking Club	15:49.15



6.	Fiona Dunleavy	Rockwall Mustangs Track Clu	16:06.75
7.	Jennifer Lopez	Elgin Sharks Track Club	16:30.97
8.	Sue Kania	Asheville Lightning	19:31.70

### DANISH T&F CHAMPIONSHIPS, ODENSE, DENMARK, 2-3 AUGUST

Now to our world roundup, starting with the Danish T&F Championships walk where there were no surprises with Andreas Nielsen winning the 5000m walk.

#### Men 5000m Race Walk

1.	Andreas NIELSEN	DEN	88	23:17.44
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### IBERO-AMERICAN T&F CHAMPIONSHIPS, SAO PAUL, BRAZIL, 1-3 AUGUST

The Ibero-American Athletics Championships is a biennial athletics competition for athletes representing Ibero-American countries as well as a number of other Spanish or Portuguese speaking countries in Africa. It was officially formed in Madrid in 1982 with 22 countries as signatories and the first Games were held in 1983 in Barcelona. This year was the 16<sup>th</sup> scheduling and it was the turn of Sao Paulo in Brazil.

#### Men 20,000m Race Walk

Colombian walker Iván Garrido won the men's 20,000m track walk last Saturday with a PB time of 1.22.13.74. Garrido took the lead around the 16km mark and finished strongly, covering the last 1000 meters in 3.55.74. The championship record remains in the possession of the Mexican Daniel García whose time of 1.21.20.0 was set in Mar del Plata in 1994. See further discussion at <http://omarchador.blogspot.pt/2014/08/colombiano-ivan-garrido-destaca-se-nos.html>

1.	Ivan Gabriel GARRIDO	COL	94	1:22:13.74
2.	Marc TUR	ESP	94	1:23:22.19
3.	Yerko ARAYA	CHI	86	1:23:34.68
4.	Caio Oliveira DE SENA BONFIM	BRA	91	1:24:49.52
5.	Richard VARGAS	VEN	94	1:25:01.16
6.	Julio Cesar SALAZAR	MEX	93	1:26:01.13
	Mauricio CALVO AGUILAR	CRC	91	DNF
	Moacir ZIMMERMANN	BRA	83	DQ
	James RENDÓN	COL	85	DQ
	Juan Manuel CANO	ARG	87	DQ

#### Women 10,000m Race Walk

25 year old Spanish walker Julia Takacs won the women's 10,000m track walk in a new championship record time of 43.10.95 (5000m splits of 21.56.77 and 21.14.18). This follows on from last week's win in the Spanish championships in 42.23.37. Second placed Brazilian Erica Rocha Sena, set a new national and South American record of 43.41.30 while Peruvian Kimberly Leon took third place with 43.57.44 for a new national and South American U23 record. See further discussion and photos at <http://omarchador.blogspot.pt/2014/08/julia-takacs-sagra-se-campea-ibero.html>.

1.	Júlia TAKÁCS	ESP	89	43:10.95
2.	Erica ROCHA DE SENA	BRA	85	43:41.30
3.	Kimberly GARCÍA LEÓN	PER	93	43:57.44
4.	Susana FEITOR	POR	75	44:15.45
5.	Sandra Lorena ARENAS	COL	93	44:58.26
6.	Ingrid HERNANDEZ	COL	88	45:25.06
7.	Cisiane Dutra LOPEZ	BRA	83	46:23.22
8.	Ainhoa PINEDO	ESP	83	46:46.97
9.	Cristina Esmeralda LÓPEZ	ESA	82	47:54.88
10.	Ángela CASTRO	BOL	93	48:58.35
	Paola Viviana PEREZ SAQUIPAY	ECU	89	DQ

### FINNISH T&F CHAMPIONSHIPS, KUOPIO, FINLAND, 31 JULY - 3 AUGUST

It was good to see lots of walkers in the Finnish T&F Championship walks in Kuopio last weekend.

#### Men 20km Race Walk

1.	Jarkko KINNUNEN	FIN	84	1:27:07
2.	Aleksi OJALA	FIN	92	1:27:25
3.	Veli-Matti PARTANEN	FIN	91	1:30:24
4.	Matias KORPELA	FIN	89	1:34:41
5.	Elmo KOIVUNEN	FIN	94	1:40:38

6.	Timo VILJANEN	FIN	77	1:41:18
7.	Artturi OILA	FIN	96	1:48:50
8.	Kari LAIHO	FIN	63	1:55:00
	Eemeli KIISKI	FIN	91	DNF

#### Women 10km Race Walk

1.	Taika NUMMI	FIN	97	48:21
2.	Anne HALKIVAHA	FIN	86	49:15
3.	Karoliina KAASALAINEN	FIN	88	49:47
4.	Henrika PARVIAINEN	FIN	97	51:17
5.	Mikaela LÖFBACKA	FIN	90	51:36
6.	Erika PARVIAINEN	FIN	95	53:07
7.	Tiia KUIKKA	FIN	94	53:35
8.	Venla LAIHO	FIN	95	56:25
9.	Vera RAUHALA	FIN	97	57:11
10.	Elina HEIKKINEN	FIN	97	58:13
11.	Amanda ÅSTRÖM	FIN	95	61:17
	Elisa NEUVONEN	FIN	91	DQ

### ESTONIAN T&F CHAMPIONSHIPS, TALLIN, ESTONIA, 2-3 AUGUST

And straight over the Gulf of Finland to Estonia for their annual T&F Championships.

#### Men 20,000m Race Walk

1.	Lauri LELUMES	EST	78	1:38:47.52
2.	Margus LUIK	EST	80	1:42:57.51
3.	Ainar VESKUS	EST	90	1:51:04.91

#### Women 10,000m Race Walk

1.	Angela MANDEL	EST		55:58.13
2.	Anna TIPUKINA	EST	96	57:11.69
3.	Anastassija PONOMARENKO	EST	99	58:55.71
4.	Anna KUKANKOVA	EST	90	59:04.04

### POLISH T&F CHAMPIONSHIPS, SZCZECIN, POLAND, 29-31 JULY

And now to Poland for the walks at their annual T&F Championships and some great walking as always with Lukasz Nowak 1:22:10 and Agnieszka Dygacz 1:32:45 winning. Omarchador reports that it was Dygacz's sixth national championship win and that conditions were hot for the women's walk in particular. See <http://omarchador.blogspot.pt/2014/08/dygacz-e-nowak-com-titulos-polacos-em.html> for further details and photos.

#### Men 20km Race Walk

1.	Łukasz NOWAK	POL	88	1:22:10
2.	Rafał FEDACZYŃSKI	POL	80	1:22:25
3.	Rafał AUGUSTYN	POL	84	1:22:34
4.	Grzegorz SUDOŁ	POL	78	1:23:07
5.	Rafał SIKORA	POL	87	1:24:12
6.	Mirosław LUNIEWSKI	POL	57	1:52:04
	Adrian BLOCKI	POL	90	DQ
	Jakub JELONEK	POL	85	DQ
	Paweł GAWROŃSKI	POL	90	DQ
	Artur BRZOZOWSKI	POL	85	DNF
	Lukasz BIELECKI	POL	94	DNF
	Łukasz AUGUSTYN	POL	90	DNF

#### Women 20km Race Walk

1.	Agnieszka DYGACZ	POL	85	1:32:42
2.	Paulina BUZIAK	POL	86	1:33:15
3.	Katarzyna BURGHARDT	POL	85	1:34:24
4.	Monika KAPERKA	POL	90	1:34:42
5.	Katarzyna GOLBA	POL	89	1:35:34
6.	Ioanna BEMOWSKA	POL	94	1:39:45
7.	Jolanta KARAS	POL	89	1:44:40
8.	Anna BAJON	POL	94	1:45:48
9.	Karolina WIERUS	POL	93	1:48:22
10.	Agnieszka ELLWARD	POL	89	1:49:27

### SOUTHEND 100 MILES, SOUTHEND, ENGLAND, 2-3 AUGUST

I had hoped to report on last weekend's RWA Long Distance Championship and qualifying race for the English Centurions but results are still to be posted so I must go with the newsletter now and hold off on my report until next week's newsletter.

Held in Southend in southern England, this year's annual 24 Hour qualifying event was hosted by Southend AC and held on the Garon Park athletics track. It was restricted to 35 competitors and, by the look of the start list, it was a quality affair. Until next week!

### OUT AND ABOUT

- Alas no walks in this year's Commonwealth Games in Glasgow but a great blog of what might have happened if the walks had taken place - enjoy the read at <http://eggawalker.wordpress.com/>.
- The New Zealand Herald chats to Craig Barrett about his career and that famous 50km meltdown in Kuala Lumpur in 1998. See [http://www.nzherald.co.nz/athletics/news/article.cfm?c\\_id=19&objectid=11300593&ref=rss](http://www.nzherald.co.nz/athletics/news/article.cfm?c_id=19&objectid=11300593&ref=rss)
- 2010 European 20km walk champion (and former World Youth and World Junior champion) Stanislav Emelyanov becomes Russian coach Viktor Chegin's 18<sup>th</sup> athlete banned for doping. According to the latest IAAF doping suspensions list, the Russian walker has been handed a 2 year ban for biological passport irregularities. The date given for the start of the sanction was July 26, 2010, the day before Emelyanov won his European gold medal, meaning that result became invalid. The gold now passes to second-place Alex Schwazer of Italy, who retired in 2012 after incurring his own drugs ban. Further articles as follows:
  - [http://www.nzherald.co.nz/athletics/news/article.cfm?c\\_id=19&objectid=11301753&ref=rss](http://www.nzherald.co.nz/athletics/news/article.cfm?c_id=19&objectid=11301753&ref=rss)
  - <http://www.irishtimes.com/sport/other-sports/rob-heffernan-set-for-belated-european-bronze-medal-1.1882788>
  - <http://slightlyconfusedsports.wordpress.com/2014/06/22/the-chegin-connection/>
  - <http://www.irishexaminer.com/sport/columnists/brendan-obrien/a-beneficial-if-depressing-week-for-irish-athletes-277501.html#.U9tDB6trnhp.facebook>
  - <http://sportky.topky.sk/c/127693/slovak-toth-prekvapivo-vitazom-europskeho-pohara-za-vsetko-moze-doping>

Of course, Schwazer may never see his gold medal. The oMarchador website reports that Schwazer is now being investigated via his biological passport to see if he was already taking drugs at the time of the 2010 European Championships. You can read more at <http://www.omarchador.blogspot.pt/2014/08/procuradoria-de-bolzano-aprofunda.html>.

- Marcialitaliana previews the walks at next week's European Championships and publishes the start lists. See [http://www.marcialitaliana.com/ita/dettagli\\_news.aspx?id=1840](http://www.marcialitaliana.com/ita/dettagli_news.aspx?id=1840).
- In the messy aftermath of the sacking of Athletics Australia head coach Eric Hollingworth, Jared Tallent is interviewed on Melbourne sports radio station SEN: <https://soundcloud.com/sen1116/jared-tallent-on-the-morning-glory>.

### VRWC POINTS UPDATE

With only one round remaining in our VRWC winter points competitions, you can check out the progressive scores at <http://www.vrwc.org.au/vrwcpointscmps.shtml>.

### DATES...DATES...DATES

As usual, I finish with a list of upcoming events on the local, national and international fronts. Let me know of any errors/omissions.

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

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/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

### 2014 International Fixture

Aug 12-17, 2014      **European Athletics Championships**, Zurich, Switzerland  
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 British RWA 50km Championship , 10AM  
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=%](http://www.hkaaa.com/page.php?pid=1328&mid=147&ac_id=6&type=%)

### 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<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  
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 <http://www.perth2016.com>  
Aug 2016      31<sup>st</sup> Olympic Games, Rio de Janeiro, Brazil. See <http://www.rio2016.org.br/en/Default.aspx>  
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 <http://www.gc2018.com>  
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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Copies of recent newsletters are kept on the VRWC website (<http://www.vrwc.org.au>)