I lead this week’s newsletter with a quick reminder that next weekend sees the 2014 IAAF Racewalking World Cup in Taicang. I am heading off on Tuesday morning so the newsletter is coming out a day earlier this week - a case of clearing the decks before hitting the skies! Firstly, to our team - all the very best for a wonderful competition:

- Open 50km Men: Jared Tallent (SA), Chris Erickson (VIC), Kim Mottrom (SA)
- Open 20km Men: Dane Bird-Smith (QLD), Adam Rutter (NSW), Rhydian Cowley (VIC)
- Open 20km Women: Kelly Ruddick (VIC), Tanya Holliday (SA)
- Junior 10km Men: Jesse Osborne (VIC), Nathan Brill (VIC), Tyler Jones (NSW)
- Junior 10km Women: Jemima Montag (VIC), Clara Smith (QLD), Elizabeth Hosking (ACT)


The time table of events reads as follows (Taicang is 2 hours behind Melbourne time).

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Saturday 3 May</td>
<td>8:00AM</td>
<td>50km Walk</td>
</tr>
<tr>
<td></td>
<td>3:30PM</td>
<td>10km Junior Men</td>
</tr>
<tr>
<td></td>
<td>4:30PM</td>
<td>20km Women</td>
</tr>
<tr>
<td>Sunday 4 May</td>
<td>9:00AM</td>
<td>10km Junior Women</td>
</tr>
<tr>
<td></td>
<td>10:10AM</td>
<td>20km Men</td>
</tr>
</tbody>
</table>

Jared Tallent is currently doing his final prep in Japan, along with some of the other contenders. This photo, from his wife Claire, shows Jared, Quentin Rew (NZL), Inaki Gomez (CAN) and Isamu Fujisawa (JAP) training with the other Japanese walkers.
Nearly 400 walkers from 50 IAAF Member Federations have been entered across the five races to be contested. Tentative start lists are now up - see https://iaafmedia.s3.amazonaws.com/competitioninfo/2951ecab-5339-494c-9909-4c9d91325b59.pdf. The largest of the events is the men's 20km with a whopping 119 starters. By comparison, the 50km sees only 63 competitors and the women's 20km sees 93 starters. The men's and women's 10km events see 41 and 48 starters respectively. The IAAF reported on the event a few days ago (see http://www.iaaf.org/news/press-release/one-week-to-go-iaaf-world-race-walking-cup-ta)

With no senior global outdoor championship this year, this is the most important event on the 2014 athletics calendar for race walkers and many of the world’s top stars of the discipline will be making their way to China for the event.

Russia’s world 20km race walk champion Aleksandr Ivanov, Ireland’s Moscow 2013 50km winner Robert Heffernan and China’s Olympic champion Chen Ding will clash in the shorter of the two senior men’s championship distances. The senior men’s 50km race features Russia’s Mikhail Ryzhov and Australia’s three-time Olympic medallist Jared Tallent, who took the silver and bronze medals in Moscow last summer. The senior women’s 20km features seven of the top 10 from Moscow, including Russia’s Anisya Kirdyapkina and China’s Liu Hong, the silver and bronze medallists respectively. In the junior 10km races, all eyes will be on the Czech teenage talent Anezka Drahova, who won the European junior title over the same distance on the track last summer.

I look forward to reporting from China next week after it is all done and dusted.

**WHAT'S COMING UP**

Our VRWC winter season continues at Middle Park next Saturday with our second round as shown below. Our club walks are open to everyone, but to score points in any of our winter season points competitions, you must be a financial member. You can of course join on any race day.

<table>
<thead>
<tr>
<th>Saturday 3rd May 2014, Middle Park</th>
</tr>
</thead>
<tbody>
<tr>
<td>VRWC Events, Entries for Points Race events close at 2.00pm sharp</td>
</tr>
<tr>
<td>2.15pm 10km Points Race Open</td>
</tr>
<tr>
<td>2.15pm 5km Points Race Open</td>
</tr>
<tr>
<td>2.15pm 3km Points Race Open</td>
</tr>
<tr>
<td>2.15pm 3km Points Race Under 15</td>
</tr>
<tr>
<td>2.30pm 1.5km Points Race Under 9</td>
</tr>
<tr>
<td>2.40pm 2.5km Points Race Under 12</td>
</tr>
</tbody>
</table>

This winter, we are progressing with our new chip recording system and intend to use it each week for all our races from U15 upwards. We all walkers are to bring their chips. If you don't have one yet, you will need to purchase one ($20) for use in all VRWC races. If you come without your chip, you will not be awarded a handicap. It is also essential that you bring your VRWC race numbers as these are the ones that are coded into our computer and chip systems. We will only be giving spare numbers to first time walkers with us at Middle Park - please bring your VRWC race numbers as these are coded into our computer and chip systems. We will not longer be using paper lapsheets and manually noting your lap splits. The chip system will do it all from now on for all age groups from U15 upwards. The only age groups who will continue to be done manually are U9 and U12. To see this week's chip generated lapsplits, just look on the results page at http://www.vrwc.org.au/vrwcres34.shtml.

Next Saturday also sees the Australian Little Athletics T&F Championships at Lakeside Stadium in Melbourne. This is an U13 individual comp with teams from each State competing. There will be an U13 1500m walk so good luck everyone!

**VRWC WINTER SEASON OPENING, MIDDLE PARK, MELBOURNE, SATURDAY 26 APRIL**

The VRWC winter season opener at Middle Park saw a healthy 56 walkers in attendance on an afternoon which threatened rain. Luckily the weather held and conditions were actually quite good. It was great to see Rhydian Cowley (4km - 15:52) and Jesse Osborne (8km - 39:27) have final hitouts before heading off to China for next weekend's IAAF World Racewalking Cup. We also welcomed a lot of new walkers having their first races with us at Middle Park - Madison Clark, Ruby Paten, Charlotte and Molly Holmes, Joel Prys, Harrison and Chloe Karagiorgos and Elise Carbery. We also welcomed Brian Hamer back after many years absence and welcomed Queensland walker Dean Nipperess, who is down in Melbourne for a couple of weeks. Adam Garganis stormed through the 8km to win in 36:23 while, behind him, Reese Walmsley 38:06 and Ross Darlow 38:14 had a great battle.

It was a points day (see http://www.vrwc.org.au/vrwpoinstcomps.shtml for an explanation about how it all works) and the handicap placings are shown. Note that walkers can't get handicap points in their first walks with us as we need to determine a base on which to base the handicap. Also, points can only be awarded to walkers who are currently financial.

<table>
<thead>
<tr>
<th>8km Open</th>
<th>Handicap Place</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Adam Garganis</td>
<td>36:23</td>
</tr>
<tr>
<td>2. Reese Walmsley</td>
<td>38:06</td>
</tr>
<tr>
<td>3. Ross Darlow</td>
<td>38:14</td>
</tr>
</tbody>
</table>
3. Ross Darlow 38:14
4. Jesse Osborne 39:27  9
5. Aaron McDonough 39:48  2
6. Dean Nipperess 40:04
7. David Smyth 45:26  5
8. Ross Reid 47:38  4
10. Gerard Feain 49:54  7
11. Bob Gardiner 51:24  8
12. Brian Hamer 62:38
   Simon Evans DNF

1. Emily Hamilton 44:09  1
2. Sarah Brennan 44:10  3
3. Sandra Geisler 46:16  4
4. Karyn O’Neill 54:57  2

4km Open Handicap Place

1. Rhydian Cowley 15:52
2. Tony Barrett 26:08  1
3. Ian Beaumont 33:28
4. Alex Poore * 32:32

1. Stephanie George 20:42  4
2. Kylie Irshad 22:16  2
3. Liz Feldman 24:43  6
4. Donna Elms 24:56  5
5. Madeleine Feain 26:18  1
6. Gwen Steed 26:52  8
7. Heather Carr 30:13  9
8. Jan Morrey 30:15  7
9. Margaret Beaumont 33:26  3
   Tayla-Paige Billington DNS

4km Under 15 Handicap Place

1. Kyle Swan 17:55  1
2. Hayden Walmsley 27:00  2

1. Philippa Huse 21:38  1
2. Paige De Lisen 22:44  6
3. Brodie Richardson 23:21  5
4. Mackayla Davison 23:59  3
5. Gabbie Crea 24:01  2
6. Jessica Lillie 24:58  4
7. Chelsea McDonald 30:05  8

2km Under 12 Handicap Place

1. Corey Dickson 10:12  1

1. Madison Clark 11:54
2. Grace Louey 12:09  3
3. Mackenzie Mieleszarek 12:23  2
4. Chloe Karagiorgos 12:26
5. Ruby Paten 12:56
6. Charlotte Hay 13:08  1
7. Charlotte Holmes 14:40

2km Under 9 Handicap Place

1. Joel Prys 5:37
2. Harrison Karagiorgos 5:47

1. Gemma Lillie 5:48  1
2. Molly Holmes 6:15
3. Mia Darlow 6:21
4. Elise Carbery 6:52
As usual, Terry Swan was active with his camera and has uploaded lots of photos to our VRWC photo gallery - see http://www.vrwc.org.au/coppermine. Some photos are reproduced here

Start of the U9 1km event (photo Terry Swan)

Grace Louey, Ruby Paton, Charlotte Hay, Charlotte Holmes and Chloe Karagiorgos (photos Terry Swan)

Molly Holmes, Madison Clark, Joel Prys and Harrison Karagiorgos (photos Terry Swan)
Thanks as usual to the many people who help keep the show on the road every week. Apologies if I have missed anyone.

Checkin:  Mark Donahoo, Ralph Bennett, Michael Bodey, Damien Elms
Course Setup:  Bob Gardiner, Harry Summers, Peter Vysma, Ross Reid, Stuart Cooper, Russ Dickenson, Terry Swan
Officials:  Tim Erickson, Mark Donahoo, Ian Laurie, Tony Doran, Russ Dickenson, Harry Summers, Don McLaren, Ralph Bennett, Justin McLaren (bike)
Canteen:  Marlaine Stanway, Kate Suich, Wendy Cooper
Judges:  Tim Erickson, Mark Donahoo, Ian Laurie, Tony Doran, Russ Dickenson, Harry Summers, Don McLaren, Ralph Bennett, Justin McLaren (bike)
Photos:  Terry Swan

VRWC STYLE AWARD POINTS

As last Saturday was our first VRWC Points day, points were awarded in our Fastest Times, Handicaps and Style Awards competitions. You have to be a club member to score points here. The points are accumulated as the season progresses to determine the eventual placegetters in each division. Here are the style award points as voted by our judges on the day. You can read about the Points competitions at http://www.vrwc.org.au/vrwcpointscomps.shtml.

<table>
<thead>
<tr>
<th>Open and U15 Men</th>
<th>Open and U15 Women</th>
<th>U9 and U12 Boys</th>
<th>U9 and U12 Girls</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rhydian Cowley</td>
<td>6</td>
<td>Joel Prys</td>
<td>6</td>
</tr>
<tr>
<td>Jesse Osborne</td>
<td>5</td>
<td>Harrison Karagiorgos</td>
<td>2</td>
</tr>
<tr>
<td>Hayden Walmsley</td>
<td>2</td>
<td>Corey Dickson</td>
<td>1</td>
</tr>
<tr>
<td>Adam Gargonis</td>
<td>1</td>
<td>Gemma Lillie</td>
<td>9</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Madison Clark</td>
<td></td>
</tr>
</tbody>
</table>

BENDIGO WALKERS CLUB ROADWALKS, LAKE NEANGAR, BENDIGO, SUNDAY 27 APRIL

Thanks to Paul Rance for this report from Bendigo.

The Bendigo Walkers Club commenced their Winter Season of race walking at Lake Neanger on Sunday morning with a 3.2km handicap event being conducted. The race won by second backmarker Michael Gillies-Smith with Barb Bryant in second place and backmarker Zahra Hayes 3rd. Other impressive efforts were achieved by Carissa Brook with an excellent personal best - she displayed perfect walking technique - and Sheridan Commons who also produced a personal best.

<table>
<thead>
<tr>
<th>3.2km Road Walk</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Michael Gillies-Smith</td>
</tr>
<tr>
<td>2. Barb Bryant</td>
</tr>
<tr>
<td>3. Zahra Hayes</td>
</tr>
<tr>
<td>4. Carissa Brook</td>
</tr>
<tr>
<td>5. Annette Major</td>
</tr>
<tr>
<td>6. Norm West</td>
</tr>
<tr>
<td>7. Madison Hill</td>
</tr>
<tr>
<td>8. Caitlyn Tozer</td>
</tr>
<tr>
<td>9. Sheridan Commons</td>
</tr>
<tr>
<td>10. Peter Curtis</td>
</tr>
<tr>
<td>11. Colin Cleary</td>
</tr>
<tr>
<td>12. Annette Curtis</td>
</tr>
</tbody>
</table>

SARWC ROAD WALKS, ADELAIDE PARKLANDS, ADELAIDE, SATURDAY 26 APRIL

Thanks to Kim Mottrom for the latest results from SA. Kim explains: This week we had a number of different events with fast times all around. Highlights were Troy Hooker's continued improvement, recording a significant PB over 15km, Alix Harlington's first attempt at 8km, Louise Mitchell's huge PB over 8km and a nearly 4 minute PB from Aleesha Vidler over 2km.

Open 15km Road Walk

| 1. Justin Hill | Open | 1:17:46 |
| 2. Peter Crump| O35  | 1:26:13 |
| 3. Troy Hooker| O35  | 1:32:03 PB 1:47 |
| 4. Bill Starr  | O35  | 1:45:49 |
| 5. Shaun Scheepers | O35 | 1:51:08 |
| 6. James Hoare | O35  | 1:54:02 |
| 7. Megan Szirom Open | DNF |

8km Road Walk

| 1. Alix Harlington | U16 | 45:44 First time |
2. Danielle Walsh  U20  47:05
3. Louisa Mitchell  O35  50:23  PB 4:38

**5km Road Walk**
1. Kristie Goznik  Open  25:20
2. Rhiannon Lovegrove  U16  28:05  PB 0:21
3. Felicity Henderson Wilson  U20  30:10
4. Samantha Findlay  U20  32:28
5. Anna Cross  U16  DNF

**3km Road Walk**
1. Jake Vidler  U16  15:34
2. Mark Hooker  U10  17:39  PB 1:06
3. Ayeisha Wallace  U14  18:06
4. Chloe Upton  U14  18:33  PB 0:44

**2km Road Walk**
1. Bethany Cross  U16  9:59  PB 0:05
2. Joe Cross  U14  10:06  PB 0:04
3. Jayden Goode  U16  10:20  PB 0:06
4. Jessica Hahn  U16  11:33
5. Victoria Upton  U12  12:55
6. Mia Wilks  U12  13:35
7. Kat Wilks  O35  14:30
8. Aleesha Vidler  U12  15:12  PB 3:44

**1km Road Walk**
1. Toby Wilks  U10  5:45
2. Maddy Wallace  U10  6:53
3. Kitarni Upton  U10  6:58
4. Zac Guth  U10  7:20
5. Helen Wallace  O35  8:52

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**BALLARAT WALKERS CLUB PRESIDENT'S CUP, LAKE WENDOUREE, BALLARAT, SUN 27 APRIL**

Twelve walkers braved a cold but sunny Ballarat morning to contest the President’s Cup. The race took the form of a sealed handicap. The youngsters were quick out of the gates, with sisters Jemma & Alanna Peart setting the pace. Jemma was never headed and raced well to record the fastest time of the day and a new U14 Girls 3km Record. Alanna placed second in the handicap in a big PB and a new U12 Girls 3km Record. After many minor placings in previous BRWC races, nine-year-old Fraser Saunders pulled out a huge PB to finally win the handicap in 18:25, smashing his U10 Boys 1km, 2km & 3km records along the way! Well done to Matt Coon & Ruby Saunders who also walked PBs.

They're underway (photo Graeme Saunders)
President's Cup 3km Handicap

1. Fraser Saunder (9) 18:25 PB 0:51 New Boys U10 1km, 2km & 3km Records
2. Alanna Peart (10) 16:37 PB 0:41 New Girls U12 3km Record
3. Kayla Bridges (9) 20:55
4. Matt Coon (10) 20:52 PB 0:40
5. Ruby Saunder (9) 20:34 PB 0:01
6. Jemma Peart (12) 15:49 New U14 Girls 3km Record
7. Kasey Bishop (11) 21:08
8. Sarah Brennan (38) 15:52
10. Ross Darlow (15) 18:25

1km Walk

1. Mia Darlow 7:25
2. Scott Peart 8:16 PB 0:12, New U8 Boys 1km Record

12km Walk

1. Brendon Reading 59:46
2. Ally Durr 1:14:19
3. Zoe Hunt 1:17:10
4. Robin Whyte 1:18:56
5. Derek Robinson 1:26:10
6. Geoff Barker 1:30:08
7. Monika Short 1:30:15
8. Bob Parker 1:30:15
9. Val Chesterton 1:48:12

3km Walk

1. Gabby Hunt 16:12
3. Jane Bates 18:50
4. Dylan Eddowes 19:22
5. Barbara Eddowes 19:35
6. Colby Eddowes 24:10

1km Walk

1. Tom Hunt 05:53

6km Walk

1. Kate Black 38:16
2. Helena Bialecki 39:38
3. Rosemary Parker 44:29
4. Jenny Reading 45:43
5. David Mackenzie 47:18

President's Cup winner Fraser Saunder with BRWC President Deb Darlow (photo Graeme Saunder)

ACT RACEWALKING CLUB ROADWALKS, ACACIA INLET, CANBERRA, SATURDAY 26 APRIL

Thanks to Robin Whyte for last weekend's results from Canberra.
NSWRWC ROADWALK, LEICHHARDT, SATURDAY 19 APRIL

48 walkers were in action in Leichhardt (NSW) a week ago with round 3 of the NSWRWC winter season. World Cup representatives Adam Rutter (56:31) and Tyler Jones (57:27) were to the fore in the 12km event while World Juniors rep Jasmine Dighton was the fastest over 10km (52:20).

**Long Division - 12km**
1. Adam Rutter 56:31
2. Tyler Jones 57:27
3. Carl Gibbons 60:22
4. Lauren Bourke 63:50
5. Ian Jessurun 66:20
6. Cheryl Webb 71:08
7. Anthony Albanese 74:35
8. Amanda Barendregt 79:30

**Medium Division - 10km**
1. Jasmine Dighton 52:20
2. Dylan Richardson 57:28
3. Jasmyn McDonald 59:04
4. Lydia McKay 63:01
5. Stephanie Grujoski 63:13
   - Nathan Brown DNF
   - Brendan Hyde DNF

**Short Division - 5km**
1. Chelsea Goodhew 27:26
2. Ryan Thompson 28:21
3. Nicholas Douglas 29:42
4. Samantha Brown 29:57
5. Travis Barendregt 30:0
6. Tiffany Saker 30:42
7. Ally Grujoski 30:48
8. Kyle Bedford 31:34
9. Sarah Kelland 34:21
10. Mark McKay 35:08
11. Sandra Riches 35:26
12. Nicole Challinor 37:53

**U16-Division - 2km**
1. Dion Carrothers 11.24
2. Paige Rigney 11.32
3. Sybella McKay 11.33
4. Lachlan Bacroft 11.47
5. Bayden Little 11.50
6. Renee Hardy 11.56
7. Morgan Little 12.33
8. Alexandria Suthern 13.11
9. Chloe McLoughlin 13.28
10. Logan Barendregt 17.06

**U12 Division - 1.5km**
1. Stacie Beacroft DQ
2. Amelia Crocker 17.10
3. Sarah Challinor 17.24
4. Lachan Rigney 8.44
5. Brooke Martin 9.48
6. Jada Thomson 10.19
7. Brodie Douglas 11.20
8. Aiden Hardy 12.26
9. Ella Bacroft 14.52

LA RONDE DES DUCHS 24 HOUR WALK, DIJON, FRANCE, 26-27 APRIL

Emmanuel Tardi was in Dijon last weekend for the annual La Ronde des Ducs 24 Hour walk. The last of the 2014 Paris-Colmar qualifiers, it was also the French national championship which saw walkers get underway at 1PM on Saturday under a cloudy sky.

The race was around Lake Kir on a good road, with only one small 100m long hill to be negotiated each lap. The first lap was 926m long, followed by loops of 3.739km until the 23 hour mark (to enable an exact 100km mark) before finishing with shorter 0.786km lap during the last hour.

In the men’s event, Remi Bonotte, the organizer of the event, started fast and led the race for the first 15 hours. At that stage, Jean Marie Rouault (the winner of the 2014 Paris-Colmar) took the lead in the early morning light and went on to win to win the race. The results were very strong - Jean Marie beat his 2011 record of 202.114km, walking a magnificent 206.647km on this occasion. Remi also shattered his PB with an equally superb 204.687km! In the women's race, Aida Diallo led from the beginning to the end, increasing her meet best 151.661km to 173.280km. Since she is a Guinean by nationality, the French national championship went to second placed Claudine Anxionnat with 168.639km.

**La Ronde des Ducs 24 Hour Walk**
1. ROUAULT Jean Marie 206.64720 km 24:00:00
2. BONNOTTE Remi 204.8713 km 24:00:00
3. BUNEL Dominique 197.16256 km 24:00:00
4. MOREL Philippe 195.76739 km 24:00:00
5. LETESSIER Gilles 185.94475 km 24:00:00
6. LAIILLER Patrick 183.4623 km 24:00:00
7. LETOURNEAU Florian 181.6866 km 24:00:00
8. DIEN Daniel 176.68964 km 24:00:00
9. BIET Christophe 174.97594 km 24:00:00
10. BANO Jean Michel 173.66992 km 24:00:00
11. DIALLO Aida (W) 173.279 km 24:00:00
<table>
<thead>
<tr>
<th></th>
<th>Name</th>
<th>Distance</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>12.</td>
<td>BUNEL Pascal</td>
<td>172.074 km</td>
<td>24:00:00</td>
</tr>
<tr>
<td>13.</td>
<td>OLVARES Mathieu</td>
<td>171.576 km</td>
<td>24:00:00</td>
</tr>
<tr>
<td>14.</td>
<td>LACHIVER Pierre</td>
<td>169.980 km</td>
<td>24:00:00</td>
</tr>
<tr>
<td>15.</td>
<td>ANXIONNAT Claudine (W)</td>
<td>168.639 km</td>
<td>24:00:00</td>
</tr>
<tr>
<td>16.</td>
<td>NAVARRO Martine (W)</td>
<td>167.017 km</td>
<td>24:00:00</td>
</tr>
<tr>
<td>17.</td>
<td>GILLES Philippe</td>
<td>166.299 km</td>
<td>24:00:00</td>
</tr>
<tr>
<td>18.</td>
<td>PICOT Gerard</td>
<td>164.925 km</td>
<td>24:00:00</td>
</tr>
<tr>
<td>19.</td>
<td>WALLAEYS Jean</td>
<td>163.797 km</td>
<td>24:00:00</td>
</tr>
<tr>
<td>20.</td>
<td>SONNOIS Martine (W)</td>
<td>163.048 km</td>
<td>24:00:00</td>
</tr>
<tr>
<td>21.</td>
<td>RODIER Nicole (W)</td>
<td>156.091 km</td>
<td>24:00:00</td>
</tr>
<tr>
<td>22.</td>
<td>DANDOY Jeremy</td>
<td>154.595 km</td>
<td>24:00:00</td>
</tr>
<tr>
<td>23.</td>
<td>SALOMEZ Benedict (W)</td>
<td>150.599 km</td>
<td>24:00:00</td>
</tr>
<tr>
<td>24.</td>
<td>BIZARD Emilie (W)</td>
<td>147.871 km</td>
<td>24:00:00</td>
</tr>
<tr>
<td>25.</td>
<td>HASSEVELDE Sebastien</td>
<td>147.077 km</td>
<td>24:00:00</td>
</tr>
<tr>
<td>26.</td>
<td>CASSIN Yves</td>
<td>145.394 km</td>
<td>24:00:00</td>
</tr>
<tr>
<td>27.</td>
<td>MASSON Pascal</td>
<td>145.114 km</td>
<td>24:00:00</td>
</tr>
<tr>
<td>28.</td>
<td>DE MARCILLAC Bertrand</td>
<td>144.391 km</td>
<td>24:00:00</td>
</tr>
<tr>
<td>29.</td>
<td>EMONIERE Philippe</td>
<td>140.702 km</td>
<td>24:00:00</td>
</tr>
<tr>
<td>30.</td>
<td>COGUIROUXEUX AUGE Emilie (W)</td>
<td>138.284 km</td>
<td>24:00:00</td>
</tr>
<tr>
<td>31.</td>
<td>BIEBUYCK Pascal</td>
<td>136.235 km</td>
<td>24:00:00</td>
</tr>
<tr>
<td>32.</td>
<td>PANNIER Josiane (W)</td>
<td>135.649 km</td>
<td>24:00:00</td>
</tr>
<tr>
<td>33.</td>
<td>CHABIN Frederic</td>
<td>133.595 km</td>
<td>24:00:00</td>
</tr>
<tr>
<td>34.</td>
<td>VARAIN Sylviane (W)</td>
<td>132.315 km</td>
<td>24:00:00</td>
</tr>
<tr>
<td>35.</td>
<td>CHAUVITEAU Daniel</td>
<td>131.400 km</td>
<td>24:00:00</td>
</tr>
<tr>
<td>36.</td>
<td>RASSAIND Andre</td>
<td>131.394 km</td>
<td>24:00:00</td>
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<td>37.</td>
<td>MESSMOSDI Anne Marie (W)</td>
<td>127.717 km</td>
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<td>DUBOIS D ENGHEN Catherine (W)</td>
<td>124.431 km</td>
<td>24:00:00</td>
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<td>39.</td>
<td>GALICIA Alfredo</td>
<td>123.078 km</td>
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<td>BIZARD Claudie (W)</td>
<td>121.885 km</td>
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<td>41.</td>
<td>MIGNEROT Gerard</td>
<td>120.271 km</td>
<td>24:00:00</td>
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<td>42.</td>
<td>SPIESER Jean-Paul</td>
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<td>43.</td>
<td>MAZEAU Daniel</td>
<td>106.566 km</td>
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<td>LAURIN Martine (W)</td>
<td>93.613 km</td>
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<td>REGY David</td>
<td>137.392 km</td>
<td>17:18:29</td>
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<tr>
<td></td>
<td>PETER Vincent</td>
<td>122.435 km</td>
<td>15:45:41</td>
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<tr>
<td></td>
<td>GEORGELIN Serge</td>
<td>100.000 km</td>
<td>11:55:25</td>
</tr>
<tr>
<td></td>
<td>GIROD Urbain</td>
<td>96.260 km</td>
<td>11:24:41</td>
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<td>PICHON Jean</td>
<td>85.042 km</td>
<td>13:49:40</td>
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<td>FABRE Francoise (W)</td>
<td>81.303 km</td>
<td>12:04:03</td>
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<td>PHEULPIN Adrien</td>
<td>73.825 km</td>
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<td></td>
<td>NOEL Jean-Claude</td>
<td>51.389 km</td>
<td>06:59:34</td>
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<td></td>
<td>BLOM HERTBEK Boudewijn</td>
<td>25.214 km</td>
<td>03:03:25</td>
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<tr>
<td></td>
<td>LHERITIER Michel</td>
<td>17.736 km</td>
<td>03:12:29</td>
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<tr>
<td></td>
<td>LANDRU Noelle (W)</td>
<td>10.257 km</td>
<td>02:16:53</td>
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</table>

Jean Marie Roualt, Remi Bonnette and Dominique Bunel (photos Emmanuel Tardi)
Aida Diallo, Claudine Anxionnat and Martine Navarro (photos Emmanuel Tardi)

There was an ancillary event of 6 Hours duration which was won by Louis Thiriot with 56.089km.

6 Hour Walk

1. THIRIOT Louis 56.08905 km 06:20:58
2. RAULET Christophe 52.34978 km 06:18:57
3. GIRAUDEAU Denis 52.34978 km 06:28:01
4. LAUVERGNE Vincent 48.61051 km 05:59:58
5. VARAIN Cedric 48.61051 km 06:00:52
6. MALOCHET Dominique (W) 48.61051 km 06:02:18
7. RAYNAUD Christine (W) 48.61051 km 06:04:36
8. BORNEL Veronique (W) 48.61051 km 06:09:42
9. MALOCHET Robert 44.87124 km 06:00:34
10. JACQUEMIN Mickael 44.87124 km 06:00:56
11. PETETIN Beatrice (W) 44.87124 km 06:07:08
12. PENKALLA Marie (W) 44.87124 km 06:25:44
13. LACROIX Jean Louis 37.3927 km 05:28:33

LATVIAN TRACK CHAMPIONSHIPS, OGRE, LATVIA, THURSDAY 17 APRIL

Thanks to oMarchador (http://omarchador.blogspot.pt/2014/04/abril-abril-2014-e-campeonatos-da_24.html) for their report on the Latvian Track championships in which Edgars Gjačs (44:11.9) and Ilma Melne (56:08.7) set new Latvian national records to win their 10,000m walks. The meet also included walks for younger walkers and masters, with the participation of athletes from neighbouring Lithuania.

10,000m Men

1. Edgars Gjačs 1993 Gulbenes nov: BJSS 44:11.9
4. Raivo Saulgriezis 1994 Bauskas nov: BJSS 51:07.0
5. Dainis Boļševičs 1996 Ludzas nov: SS 56:35.4

10,000m Women

1. Ilma Melne 1993 Gulbenes nov: BJSS 56:08.7
2. Inga Rītere 1995 Ogre 1:02:13.4
3. Baiba Frišēnbruņē 1975 Tukuma VK 1:02:57.8
4. Līgija Gailītte 1989 Tukuma VK 1:04:56.1
5. Jana Dūmiņa 1996 Ludzas nov: SS 1:06:41.9
Other Events
5000m U18 Women: Anastasija Mošerenoka 1998 Ludzas nov: SS 30:57.7
3000m U16 Men: Linas Bartkus 1999 Birštonas LTU 15:04.8
3000m U16 Women: Sabīne Veisa 1999 Ogre 17:54:8
1000m U14 Men: Ronalds Stanislauskis 2002 Ludzas nov: SS 5:01.7
1000m U14 Women: Agne Smailyte 2001 Birštonas LTU 5:04.7
1000m U12 Men: Raivo Liniņš 2003 Preiļu nov: BJSS 4:59.7
1000m U12 Women: Emilija Ražanauskaite 2005 Birštonas LTU 5:45.1

PENN RELAYS, UNIVERSITY OF PENNSYLVANIA, PHILADELPHIA, 24-26 APRIL 2014

As the first and oldest of relay meets, the 2014 Penn Relays was as big as ever, with an average of one race every five minutes over the 33 hours of competition. Amongst the events were 10,000m track walks for men and 5000m track walks for women. The open walks were won by Emerson Hernandez (42:17.56) and Maria Michta (22:13.64) while the junior walks were won by Jose Melendez (43:43.92) and Australian walker Ashleigh Resch 24:37.59. Go Ashleigh!

Jeff Salvage has put together fantastic photo stories from the two walk championships.

Men's 10,000m Track Walks: http://www.racewalk.com/PhotoStory2014PennRelays/2014_PennRelaysMens.asp
Women's 5000m Track Walks: http://www.racewalk.com/PhotoStory2014PennRelays/2014_PennRelaysWomens.asp

He commented as follows in the forward for each of the photo stories:

The 2014 Men's Penn Relays race walk was shaping up to be one of the deepest fields in a long time, but unfortunately there were four scratches at the last minute. With heavy downpours the night before, we lucked out and had picture perfect weather for the start of the race. Sunny, cool, and with little wind, the small field hit the track hard. With three men under 45:00, the race was a success.

Men's 10,000m Race Walk
1. Emerson HERNANDEZ ESA 88 42:17.56
2. Kenny Martin PEREZ COL 94 43:35.95
3. Richard LUETTCHAU USA 84 46:35.61
4. Joel PFAHLER USA 90 47:44.21

Men's U20 10,000m Race Walk
1. Jose MELENDEZ PUR 95 43:43.92
2. Geraldo FLORES USA 53:17.71

The 2014 Women's Penn Relays race walk was an historic event. While we always favored junior/high school walkers over open and masters athletes, there was never a year so youth centric as 2014. With a limit of 25 athletes on the track, there were only 2 open athletes and one very prestigious masters athlete. The other 22 qualifying athletes were all junior and high school walkers. When I took the Penn Relays over 24 years ago, the time standard for the junior/high school women was 32:00. This year it was 28:00. Given the lack of open competition (due to the World Cup) and the faster standards making it harder for masters women to compete, the superb level of youth walking is a great sign for the future of women's race walking in the USA. Importantly, we need to encourage these athletes to continue walking in college and beyond.

Women's 5000m Race Walk
1. Maria MICHTA USA 86 22:13.64
2. Katie MICHITA USA 96 25:20.54
3. Monika FARMER USA 25:57.64
4. Katharine NEWHOFF USA 26:07.18
5. Natalie DEQUARITO USA 26:16.70
6. Britney COLLINS USA 27:18.01

Women's U20 5000m Race Walk
1. Ashleigh RESCH AUS 97 24:37.59
2. Annica PENN USA 26:11.33
3. Fiona DUNLEAVY USA 26:22.98
4. Anali CISNEROS USA 26:58.53
5. Jennifer LOPEZ USA 27:32.37
6. Holly LINDOE USA 28:05.93
7. Melissa TYLOCK USA 29:13.38
Left - Ashleigh Resch (in yellow) and Katherine Newhoff lead the field of Junior/High School Walkers
Right - Emerson Hernandez and Kenny Perez lead out in the men’s race (photos Jeff Salvage)

**OUT AND ABOUT**


**VRWC CLUB RECORD UPDATE**

One new club record to acknowledge this week, for Rebecca Henderson. Well done Rebecca. The full list of club records is now up to date - you can check it out at [http://www.vrwc.org.au/vrwc-records.shtml](http://www.vrwc.org.au/vrwc-records.shtml).

| Rebecca Henderson | U13 1500m Track Walk | 6.48.79 | LA Vic State Championships, Lakeside Stadium | 2014/03/29 |

**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.

**2013/2014 Australian/Victorian Summer Season Key Dates**
- Sat May 3, 2014 ALAC Australian T&F Championships, Lakeside Stadium, Melbourne

**2014 Australian/Victorian Winter Season Key Dates**
- Sun 18 May, 2014 Victorian Country Roadwalk Champs, Ballarat
- Sun 8 June, 2014 LBG Carnival, Canberra
- Sun 29 June, 2014 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**
- May 3-4, 2014 26th IAAF World Race Walking Cup, Taicang, China
- May 18, 2014 Naumburg International Racewalks, Naumburg, Germany
- July 22-27, 2014 15th World Junior T&F Championships, Eugene, Oregon, USA

**2014 European Athletics Permit Meets**
- Jun 8, 2014 British Grand Prix of Racewalking, York, England
### Remaining 2014 IAAF Challenge Series Walks

<table>
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<tr>
<th>Date</th>
<th>Location</th>
<th>Country</th>
<th>Event</th>
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<tr>
<td>May 3-4, 2014</td>
<td>Taicang</td>
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<td>May 31, 2014</td>
<td>La Coruna</td>
<td>ESP</td>
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<td>Marrakech</td>
<td>MAR</td>
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<td>Aug 12-27, 2014</td>
<td>Zurich</td>
<td>SUI</td>
<td>European Championships</td>
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### Looking even further forward

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<tr>
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<tbody>
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<td>July 3-14, 2015</td>
<td>28th Summer Universiade, Gwanju, South Korea</td>
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<tr>
<td>July 2015</td>
<td>9th World Youth T&amp;F Championships, Cali, Colombia</td>
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<tr>
<td>Aug 22-30, 2015</td>
<td>15th IAAF World Championships in Athletics, Beijing, China</td>
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<tr>
<td>July/Aug 2015</td>
<td>20th World Masters T&amp;F Champs Stadia, Lyon, France</td>
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<td>May 2016</td>
<td>27th IAAF World Race Walking Cup, Cheboksary, Russia</td>
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<td>July 2016</td>
<td>16th World Junior T&amp;F Championships, Kazan, Russia</td>
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<td>10th World Youth T&amp;F Championships, ?</td>
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<td>July 2017</td>
<td>29th Summer Universiade, Taipei, Taiwan</td>
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<td>August 5-13, 2017</td>
<td>16th IAAF World Championships in Athletics, London, UK</td>
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<td>May 2018</td>
<td>28th IAAF World Race Walking Cup, Cheboksary, Russia</td>
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<td>July 2018</td>
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<td>11th World Youth T&amp;F Championships, ?</td>
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<td>July 2019</td>
<td>30th Summer Universiade, Brasilia, Brazil</td>
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<td>July 2020</td>
<td>32nd Olympic Games, Tokyo</td>
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Tim Erickson, Secretary, VRWC. [terick@melbpc.org.au](mailto:terick@melbpc.org.au) Home: 03 90125431 Mob: 0412 257 496

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