



## HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club  
2014/2015 Number 36  
9 June 2015



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

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### WALKER OF THE WEEK

Wow, there are so many performances to choose from this week so I have decided to do a joint Walker of the Week Award.

- 22 year old **Dane Bird-Smith** powered through to a huge PB of 1:20:05 in taking 5<sup>th</sup> place in the latest IAAF Challenge Series event in La Coruna, Spain, on Saturday. Competing against a huge field which included many of the world's top walkers, he went out with the leading pack and hung in there superbly, with splits of 39:36 and 40:29. He easily bettered his previous PB of 1:20:27, set in last year's World Walking Cup, and he must now be considered a serious medal chance in this year's IAAF World Champs in Beijing.
- 12 year old **Corey Dickson** was one of many outstanding walkers at our annual LBG Carnival in Canberra on Sunday but I have singled him out for the depth and quality of his performance. He won the U14 Boys 2km in 9:12 and then took 3<sup>rd</sup> in the U16 3km in 14:48 and 5<sup>th</sup> in the U18 5km in 26:09. That is really impressive but it is nothing new for Corey. In this same carnival last year, he competed in 4 events, winning but the U12 2km (9:47), the U14 2km (even faster with 9:27) and coming 11<sup>th</sup> in both the U16 3km (16:05) and the U18 5km (27:38). Talk about a talent.



**Corey and Dane in action on the weekend**

### WHAT'S COMING UP

Next Saturday we are back at Middle Park for another of our VRWC Prizes Days which will be held in conjunction with our annual 'Guess Your Finish Time' races. It is a straightforward concept - when entering the race, tell the race registrar the time you hope to walk. The results on the day will be determined by closest to predicted time. No watches are to be worn and no intermediate times are called as the race progresses. And as usual, we prefer you to pre-enter during the week (<http://vrwc.org.au/wp1/>) so that we can get all the computers ready before hand.

<b>Saturday 13<sup>th</sup> June 2015, Middle Park</b>			
<b>VRWC EVENTS: Entries close for all events at 1.50pm sharp. Prizes for all winners.</b>			
2.15pm	12km	Guess your finish time & Points Race	Open
2.15pm	10km	Guess your finish time & Points Race	Open
2.15pm	5km	Guess your finish time & Points Race	Open
2.30pm	3km	Guess your finish time & Points Race	Open
2.30pm	1.5km	Guess your finish time & Points Race	Open
3.45pm	Presentations		

The following Sunday 21<sup>st</sup> June sees our next round of Championships. Entry details as follows

- AV Open 20km Champs Pre-enter via AV online panel. No entries allowed on the day. Entries close Wed 17 June. See <http://athsvic.org.au/event/2015-av-walk-series-20km-championships/>.
- AV Schools Champs Pre-enter via AV online panel. No entries allowed on the day. Entries close Wed 17 June. See <http://athsvic.org.au/event/2015-victorian-schools-walk-championship/>
- AMA/VMA 20km Champs Pre-enter via VRWC online entry panel (<http://vrwc.org.au/wp1/>) or enter on the day.
- All other races Pre-enter via VRWC online entry panel (<http://vrwc.org.au/wp1/>) or enter on the day.

<b>Sunday 21<sup>st</sup> June 2015, Middle Park</b>			
<b>AV, AV Schools, AMA, VMA &amp; VRWC Championships</b>			
8.30am	20km	AV Championship	Open Men
8.30am	20km	VRWC Championship - Alf Robinson Trophy	Open Men
8.30am	20km	AMA / VMA Championship	Masters Men
8.30am	20km	AV Championship	Open Women
8.30am	20km	AMA / VMA Championship	Masters Women
8.30am	20km	Non- championship	Open
8.30am	10km	AV Schools Championship	U20 Men/Women
10.00am	5km	AV Schools Championship	U18 Men/Women
10.00am	5km	Non- championship	Open
10.30am	3km	AV Schools Championship	U16 Boys/Girls
10.30am	3km	AV Schools Championship	U14 Boys/Girls
11.00am	1.5km	VRWC Championship	U10 Boys/Girls
11.00am	1.5km	VRWC Championship	U12 Boys/Girls
11.45pm	Presentations		

## THE 49<sup>TH</sup> LAKE BURLEY GRIFFIN CARNIVAL, CANBERRA, SUNDAY 7 JUNE

The 49<sup>th</sup> Lake Burley Griffin Carnival, held last Sunday in Canberra, was once again a huge show with over 200 walkers from across Australia contesting events ranging from U10 1km through to the Open 20 Mile walk. It was super cold early (-4°C) and foggy but, as the morning progressed, the temperature slowly rose and we had a beautiful sunny winter's afternoon for the shorter events.

The 20 Mile and 10 Mile events started in freezing conditions at 8AM and it was **Quentin Rew** and **Jared Tallent** who strode straight the front, walking side by side for the first 11 miles until Quentin broke free. Jared soon got back into contact and the second lap proceeded with them side by side once again. But it was Quentin who was the stronger over the final hills (it is indeed a very hilly 10 mile loop!) and he cleared away in the final couple of miles to win in a very impressive 2:21:17, denying Jared a 10<sup>th</sup> win. Jared was not far behind with 2:23:02 and **Ian Rayson** rounded out the first three with a strong 2:27:49.

The 10 Mile events also saw first time winners, with London Olympian **Beki Smith** taking the women's title in 1:15:12 and 17 year old **Adam Garganis** taking the men's title with 1:12:52 ahead of 19 year old 2014 World Junior rep **Nathan Brill** 1:16:32. Very impressive times indeed.

Full results follow. Photos are taken from Terry Swan's VRWC LBG photo gallery at <http://www.vrwc.org.au/coppermine>.

### EVENT 1 OPEN 20M MEN

1.	Quentin Rew	RWV	2:21:17
2.	Jared Tallent	SARWC	2:23:02
3.	Ian Rayson	REGAL	2:27:49
4.	Brendon Reading	ACTW	2:33:30
5.	Bradley Simpson	RWV	2:50:35
6.	Darren Bown (M)	SARWC	2:52:53
7.	Peter Crump (M)	SARWC	3:14:19
8.	Terry O'Neill (M)	RWV	3:28:01
9.	Robin Whyte (M)	ACTW	3:44:42

**WOMEN**

1. Karyn O'Neill (M) RWV 3:46:59

**MASTERS MEN**

1. Darrwn Bown SARWC 2:52:53  
2. Peter Crump SARWC 3:14:19  
3. Terry O'Neill RWV 3:28:01

**MASTERS WOMEN**

1. Karyn O'Neill RWV 3:46:59

**HANDICAP**

1. Darren Bown SARWC  
2. Bradley Simpson RWV  
3. Brendon Reading ACTW

**TEAMS**

1. RWV1 12 Quentin Rew, Bradley Simpson, Terry O'Neill  
2. SARWC1 10 Jared Tallent, Darren Bown, Peter Crump

**OLDEST FINISHER**

Robin Whyte

**EVENT 2 FITNESS 20M  
MEN**

1. Bryan Thomas ACTW 3:56:32  
2. Geoff Barker ACTW DNF

**OLDEST FINISHER**

Bryan Thomas

**EVENT 3 MEN & WOMEN AACT 30K CHP  
MEN**

1. Quentin Rew RWV 2:11:19  
2. Jared Tallent SARWC 2:12:53  
3. Ian Rayson REGAL 2:17:32  
4. Bradley Simpson RWV 2:38:31  
5. Robin Whyte ACTW 3:28:09

**ACT**

1. Robin Whyte ACTW 3:28:09

**WOMEN**

1. Karyn O'Neill RWV 3:31:33

**EVENT 4 WOMEN 10M**

1. Beki Smith NSWRC 1:15:12  
2. Kristie Goznik SARWC 1:23:54  
3. Kirsty Klein NSWRC 1:24:22  
4. Jessica Pickles QRWC 1:27:06  
5. Cheryl Webb (M) NSWRC 1:29:05  
6. Roseanne Robinson NZ 1:30:26  
7. Ann Staunton-Jugovic (M) ACTW 1:35:21  
8. Heather Carr (M) RWV 1:37:48  
9. Kay Shaw (M) QRWC 1:46:50  
10. Noela McKinven (M) QRWC 2:13:41

**MASTERS**

1. Cheryl Webb NSWRC 1:29:05  
2. Ann Staunton-Jugovic ACTW 1:35:21  
3. Heather Carr RWV 1:37:48  
4. Kay Shaw QRWC 1:46:50  
5. Noela McKinven QRWC 2:13:41

**HANDICAP**

1. Kay Shaw QRWC  
2. Noela McKinven QRWC  
3. Jessica Pickles QRWC

**TEAMS**

- |    |         |    |   |
|----|---------|----|---|
| 1. | NSWRWC1 | 15 | Beki Smith, Kirsty Klein, Cheryl Webb     |
| 2. | QRWC1   | 7  | Jessica Pickles, Kay Shaw, Noela McKinven |

**OLDEST FINISHER**

Noela McKinven

**EVENT 5 MENS 10M**

- |     |                     |        |         |
|-----|---------------------|--------|---------|
| 1.  | Adam Garganis       | RWV    | 1:12:52 |
| 2.  | Nathan Brill        | RWV    | 1:16:32 |
| 3.  | Justin Hill         | SARWC  | 1:20:55 |
| 4.  | Steven Washburn     | NSWRWC | 1:22:24 |
| 5.  | Aaron McDonough (M) | RWV    | 1:26:21 |
| 6.  | Colin Heywood (M)   | ACTW   | 1:27:25 |
| 7.  | Ian Jessurun (M)    | NSWRWC | 1:28:42 |
| 8.  | Troy Hooker (M)     | SARWC  | 1:34:52 |
| 9.  | David Smyth (M)     | RWV    | 1:40:01 |
| 10. | Robert Osborne (M)  | REGAL  | 1:46:51 |
| 11. | Royrie Upton        | SARWC  | 1:52:37 |
| 12. | Jim Seymon (M)      | REGAL  | 1:53:02 |
| 13. | Brendon Hyde (M)    | NSWRWC | 2:31:51 |
|     | Bernie Keirl (M)    | RWV    | DNF     |

**MASTERS**

- |    |                 |        |         |
|----|-----------------|--------|---------|
| 1. | Aaron McDonough | RWV    | 1:26:21 |
| 2. | Colin Heywood   | ACTW   | 1:27:25 |
| 3. | Ian Jessurun    | NSWRWC | 1:28:42 |
| 4. | Troy Hooker     | SARWC  | 1:34:52 |
| 5. | David Smyth     | RWV    | 1:40:01 |
| 6. | Robert Osborne  | REGAL  | 1:46:51 |
| 7. | Jim Seymon      | REGAL  | 1:53:02 |
| 8. | Brendon Hyde    | NSWRWC | 2:31:51 |
|    | Bernie Keirl    | RWV    | DNF     |

**HANDICAP**

- |    |                 |        |
|----|-----------------|--------|
| 1. | Jim Seymon      | REGAL  |
| 2. | Royrie Upton    | SARWC  |
| 3. | Steven Washburn | NSWRWC |

**TEAMS**

- |    |         |    |  |
|----|---------|----|--|
| 1. | RWV1    | 23 | Adam Garganis, Nathan Brill, Aaron McDonough |
| 2. | SARWC1  | 12 | Justin Hill, Troy Hooker, Royrie Upton       |
| 3. | NSWRWC1 | 11 | Steven Washburn, Ian Jessurun, Brendon Hyde  |

**EVENT 6 FITNESS 10M****MEN**

- |    |                 |       |         |
|----|-----------------|-------|---------|
| 1. | John Kennedy    | ACT   | 1:52:41 |
| 2. | Brian Horton    | TARWC | 1:55:32 |
| 3. | Mick Saunders   | ACTW  | 1:54:20 |
| 4. | Robert Parker   | ACTW  | 1:59:07 |
| 5. | Peter Thompson  | ACT   | 2:10:16 |
| 6. | Chris Rayson    | REGAL | 2:16:36 |
| 7. | Doug Fitzgerald | ACTW  | 2:20:49 |

**WOMEN**

- |    |              |      |         |
|----|--------------|------|---------|
| 1. | Monika Short | ACTW | 1:59:35 |
| 2. | Anne l'Ons   | ACT  | 2:34:56 |

**EVENT 7 FITNESS 5M****MEN**

- |    |                |        |         |
|----|----------------|--------|---------|
| 1. | Mark McKay     | NSWRWC | 54:04   |
| 2. | John West      | NSW    | 1:00:01 |
| 3. | Bert Janes     | NSW    | 1:02:30 |
| 4. | Dave Mackenzie | ACTW   | 1:07:35 |
| 5. | Dane Shaw      | QRWC   | 1:17:33 |

**WOMEN**

- |    |                  |     |       |
|----|------------------|-----|-------|
| 1. | Donna-Marie Elms | RWV | 54:02 |
|----|------------------|-----|-------|

2.	Rosemary Parker	ACTW	1:00:00
3.	Robyn Saunders	ACTW	1:00:02
4.	Carmel Parker	REGAL	1:04:21
5.	Lana Shaw	QRWC	1:06:31
6.	Judy Brown	NSWRWC	1:10:20
7.	Sarah Guy	TARWC	1:11:34
8.	Jane Guy	TARWC	1:11:34
9.	Robyn Wales	QRWC	1:17:22
10.	Nicola Jessurun	NSWRWC	1:26:27
11.	Eva Jessurun	NSWRWC	1:26:27
12.	Mia Jessurun	NSWRWC	1:26:27
13.	Lydia Stanhope	ACT	1:27:51
14.	Alison Janes	NSW	1:32:31
15.	Carmen Carlon	ACTW	2:31:30



**Quentin Rew, Jared Tallent, Adam Garganis, Beki Smith and Nathan Deakes**

The shorter distance and underage championships commenced at 10:30AM with the U20 10km and continued on throughout the afternoon, eventually finishing with the Open Women's 5km around 3PM. There were fantastic walks across the board so where do you start. I won't try to be definitive but will just pick out a few of the best, apart from Quentin, Jared and Beki who have already been mentioned.

- 16 year old **Kyle Swan** (43:38) and 19 year old **Jay Felton** (44:04) had a battle royale in the U20 10km before Kyle cleared away to tick the box on his World Youth pre-departure qualifier. Kyle then backed up to take 2<sup>nd</sup> in the U18 5km (23:56).
- 17 year old **Jemima Montag** also ticked the box on her World Youth pre-departure qualifier with a strong win in the U18 Girls 5km (22:52).
- 18 year old **Tayla-Paige Billington** won the U20 Women's 10km in 49:38 after going out hard and matching it with the boys early on.
- 17 year old **Adam Garganis** did a very impressive double, winning the Open 10 Mile (1:12:52) and then completed the U20 10km just over an hour later, finishing 5<sup>th</sup> in 52:05 for the team.
- 8 year old **Joel Prys** stormed through to win the U10 Boys 1km in 5:06 and then came 5<sup>th</sup> in the U12 Boys 2km in 11:16.
- 11 year old **Alannah Pitcher** won the U12 Girls 2km in a very impressive 9:42, then backed up for 3<sup>rd</sup> in the U14 Girls 2km in an almost identical time of 9:47.
- 12 year old **Corey Dickson** won the U14 Boys 2km in 9:12 and then took third in the U16 3km in 14:48 and 5<sup>th</sup> in the U18 5km in 26:09. That is really impressive!
- Jemma Peart won the U14 Girls 2km in 9:23 and then backed up for 4<sup>th</sup> in the Open Women's 5km in 26:11.
- 17 year old **Tyler Jones**, another of our 2015 World Youth walkers, won the U18 Boys 5km in 21:58.
- 19 year old **Danielle Walsh** took 2<sup>nd</sup> in the U20 Women's 10km with 50:36 and then backed up to win the Open Women's 5km with 24:31.

#### **EVENT 8 MENS U20 10K**

1.	Kyle Swan	RWV	43:38
2.	Jay Felton	NSWRWC	44:04
3.	Carl Gibbons	NSWRWC	46:51

4.	Aidan Kerr	NSWRWC	49:26
5.	Adam Garganis	RWV	52:05
	Dylan Richardson	NSWRWC	DNF
	Reese Walmsley	RWV	DQ

#### HANDICAP

1.	Aidan Kerr	NSWRWC
2.	Adam Garganis	RWV

#### TEAMS

1.	NSWRWC1	7	Jay Felton, Carl Gibbons, Aidan Kerr
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#### EVENT 9 AACT MENS U20 10K CHP

#### EVENT 10 OPEN (OVER 19 YEARS) 10K

#### EVENT 11 WOMENS U20 10K

1.	Tayla-Paige Billington	RWV	49:36
2.	Danielle Walsh	SARWC	50:36
3.	Jasmyn McDonald	NSWRWC	50:53
4.	Zoe Hunt	ACTW	52:54
5.	Bryony Beasley	NSWRWC	59:22
6.	Samantha Findlay	SARWC	

#### HANDICAP

1.	Zoe Hunt	ACTW
2.	Bryony Beasley	NSWRWC
3.	Samantha Findlay	SARWC

#### EVENT 12 BOYS U10 1K

1.	Joel Prys	RWV	5:06
2.	Ryan Vesper	NSWRWC	5:11
3.	Tom Hunt	ACTW	5:16
4.	Eden Morgan	RWV	5:36
5.	Stefan Mandis	RWV	5:40
6.	Seth Upton	SARWC	5:41
7.	Harrison Baker	ACTW	5:45
8.	Scott Peart	RWV	5:47
9.	Aiden Hardy	NSWRWC	6:57

#### HANDICAP

1.	Scott Peart	RWV
2.	Harrison Baker	ACTW
3.	Seth Upton	SARWC

#### SARWC

1.	RWV1	7	Joel Prys, Eden Morgan, Stefan Mandis
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#### EVENT 13 GIRLS U10 1K

1.	Gemma Lillie	RWV	5:53
2.	Chelsea Karagiorgos	RWV	6:35
3.	Isabelle Nilon	NSWRWC	6:35
4.	Georgia Cleverly	REGAL	6:48
5.	Mackenzie Best	REGAL	7:07
6.	Ella Becroft	NSWRWC	7:41
7.	Sarah Challinor	NSWRWC	8:06
8.	Georgia Adamson	ACTW	8:23
9.	Amelia Crocker	NSWRWC	8:47

#### HANDICAP

1.	Sarah Challinor	NSWRWC
2.	Amelia Crocker	NSWRWC
3.	Georgia Cleverly	REGAL

#### TEAMS

1.	NSWRWC1	7	Isabelle Nilon, Ella Becroft, Sarah Challinor
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#### EVENT 14 BOYS U12 2K

1.	Josh Jensen	RWV	10:38
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2.	Harrison Karagiorgos	RWV	10:41
3.	Lachlan Rigney	NSWRWC	10:44
4.	Adam Buchhorn	QRWC	10:46
5.	Joel Prys	RWV	11:15
6.	Ryan Vesper	NSWRWC	11:36
7.	Dion Carrothers	NSWRWC	11:45
8.	Heath Beveridge	RWV	11:55
9.	Eden Morgan	RWV	12:34
10.	Adrian Upton	SARWC	12:40
11.	Harrison Best	REGAL	13:46
12.	Angus Hay	RWV	14:26
13.	Harrison Baker	ACTW	14:51
	Scott Peart	RWV	DQ

#### HANDICAP

1.	Adrian Upton	SARWC
2.	Heath Beveridge	RWV
3.	Angus Hay	RWV

#### TEAMS

1.	RWV1	24	Josh Jensen, Harrison Karagiorgos, Joel Prys
2.	NSWRWC1	16	Lachlan Rigney, Ryan Vesper, Dion Carrothers
3.	RWV2	6	Heath Beveridge, Eden Morgan, Angus Hay

#### EVENT 15 GIRLS U12 2K

1.	Allanah Pitcher	NSWRWC	9:42
2.	Alanna Peart	RWV	10:04
3.	Victoria Upton	SARWC	10:16
4.	Laura Burns	ACTW	10:43
5.	Charlotte Hay	RWV	11:07
E6	Brianna Briet	RWV	11:14
E6	Claire Noonan	RWV	11:14
8.	Kitarni Upton	SARWC	11:17
9.	Elizabeth McMillen	NSWRWC	11:34
10.	Jessica Rocchetto	NSWRWC	11:40
11.	Hannah Bolton	NSWRWC	11:40
12.	Danielle Vesper	NSWRWC	12:22
13.	Gemma Lillie	RWV	12:31
14.	Olivia Thomson	REGAL	12:48
15.	Chloe McLoughlin	NSWRWC	12:52
16.	Jada Thomson	NSWRWC	13:00
17.	Courtney Mavin	NSWRWC	13:13
18.	Aleesha Vidler	SARWC	13:13
19.	Stacie Becroft	NSWRWC	13:17
20.	Taylor Roukos	NSWRWC	13:42
21.	Brodie Douglas	NSWRWC	13:46
22.	Reilly Jones	NSWRWC	14:43
23.	Emily Challinor	NSWRWC	17:58

#### HANDICAP

1.	Chloe McLoughlin	NSWRWC
2.	Kitarni Upton	SARWC
3.	Hannah Bolton	NSWRWC

#### TEAMS

1.	RWV1	46	Alanna Peart, Charlotte Hay, Brianna Briet, Claire Noonan
2.	NSWRWC1	42	Allanah Pitcher, Elizabeth McMillen, Jessica Rocchetto
3.	SARWC1	34	Victoria Upton, Kitarni Upton, Aleesha Vidler
4.	NSWRWC2	27	Hannah Bolton, Danielle Vesper, Chloe McLoughlin
5.	NSWRWC3	17	Jada Thomson, Courtney Mavin, Stacie Becroft
6.	NSWRWC4	6	Taylor Roukos, Brodie Douglas, Reilly Jones

#### EVENT 16 BOYS U14 2K

1.	Corey Dickson	RWV	9:12
2.	Jamison Stovin	QRWC	9:22
3.	Joe Cross	SARWC	9:24
4.	Will Thompson	RWV	9:33
5.	Mitchell Baker	ACTW	9:45

6.	Spencer Burns	ACTW	9:58
7.	Nikola Mandic	RWV	10:28
8.	Harrison Mavin	NSWRWC	10:49
9.	Jake Attwell	REGAL	11:49
10.	Heath Beveridge	RWV	12:27
11.	Josh Jensen	RWV	12:35
12.	Jack McGinniskin	NSWRWC	13:01
13.	Adrian Upton	SARWC	13:12
14.	Seth Upton	SARWC	13:15
15.	Harrison Karagiorgos	RWV	14:44

#### HANDICAP

1.	Will Thompson	RWV
2.	Adrian Upton	SARWC
3.	Harrison Mavin	NSWRWC

#### TEAMS

1.	RWV1	23	Corey Dickson, Will Thompson, Nikola Mandic
2.	SARWC1	13	Joe Cross, Adrian Upton, Seth Upton
3.	RWV2	10	Heath Beveridge, Josh Jensen, Harrison Karagiorgos

#### EVENT 17 GIRLS U14 2K

1.	Jemma Peart	RWV	9:23
2.	Zahra Hayes	RWV	9:36
3.	Allanah Pitcher	NSWRWC	9:47
4.	Catlin Hannigan	QRWC	10:21
5.	Rebecca Henderson	RWV	10:21
6.	Maddison Clark	RWV	10:30
7.	Victoria Upton	SARWC	10:34
8.	Kathleen O'Mahony	RWV	10:37
9.	Renee Hardy	NSWRWC	10:39
10.	Chloe Karagiorgos	RWV	10:46
11.	Laura Burns	ACTW	10:53
12.	Hannah Parker	REGAL	10:56
13.	Hannah Mison	ACTW	10:58
14.	Chloe Upton	SARWC	11:03
15.	Arnika Nelson	RWV	11:35
16.	Janaya Lee	NSWRWC	11:55
17.	Sybella McKay	NSWRWC	12:06
18.	Ellen Vahey	ACTW	12:20
19.	Brittany Robertson	NSWRWC	12:31
20.	Claire Noonan	RWV	12:50
21.	Eilidh Lucas	ACTW	12:51
22.	Chloe McLoughlin	NSWRWC	13:18
23.	Amelia Wales	QRWC	13:19
24.	Aleesha Vidler	SARWC	13:46
25.	Dana Lee	NSWRWC	13:53

#### HANDICAP

1.	Chloe Karagiorgos	RWV
2.	Chloe McLoughlin	NSWRWC
3.	Maddison Clark	RWV

#### TEAMS

1.	RWV1	51	Jemma Peart, Zahra Hayes, Rebecca Henderson
2.	RWV2	36	Maddison Clark, Kathleen O'Mahony, Chloe Karagiorgos
3.	NSWRWC1	33	Allanah Pitcher, Renee Hardy, Janaya Lee
4.	ACTW1	21	Laura Burns
5.	SARWC1	21	Victoria Upton, Chloe Upton, Aleesha Vidler
6.	NSWRWC2	10	Sybella McKay, Brittany Robertson, Chloe McLoughlin

#### EVENT 18 BOYS U16 3K

1.	Dylan Richardson	NSWRWC	14:02
2.	Kyle Bedford	NSWRWC	14:26
3.	Corey Dickson	RWV	14:48
4.	Joe Cross	SARWC	15:07
5.	Jake Vidler	SARWC	15:10
6.	Callum Burns	ACTW	15:11



7.	Ryan Thomson	NSWRWC	15:28
8.	Jamison Stovin	QRWC	15:38
9.	Mitchell Baker	ACTW	15:54
10.	Spencer Burns	ACTW	15:55
11.	Hayden Walmsley	RWV	15:58
12.	Travis Barendregt	NSWRWC	16:09
13.	Tim Fraser	ACTW	16:14
14.	Nikola Mandic	RWV	16:24
15.	Tristan Camilleri	SARWC	16:49
16.	Dylan Eddowes	ACTW	17:54
17.	Donald Catallo	NSWRWC	18:13

#### HANDICAP

1.	Travis Barendregt	NSWRWC
2.	Donald Catallo	NSWRWC
3.	Ryan Thomson	NSWRWC

#### TEAMS

1.	NSWRWC1	30	Dylan Richardson, Kyle Bedford, Ryan Thomson
2.	SARWC1	18	Joe Cross, Jake Vidler, Tristan Camilleri
3.	ACTW1	16	Callum Burns, Mitchell Baker, Spencer Burns
4.	RWV1	15	Corey Dickson, Hayden Walmsley, Nikola Mandic

#### EVENT 19 GIRLS U16 3K

1.	Gabby Hunt	ACTW	14:44
2.	Rhiannon Lovegrove	SARWC	14:55
3.	Chelsea Goodhew	NSWRWC	15:05
4.	Raquel Roukos	NSWRWC	15:34
5.	Samantha Brown	NSWRWC	15:34
6.	Bethany Cross	SARWC	15:40
7.	Alanna Peart	RWV	16:19
8.	Sarah Damin	SARWC	16:30
9.	Brodie Richardson	RWV	17:05
10.	Elizabeth Henderson	ACTW	17:26
11.	Emily Noonan	RWV	17:43
12.	Hannah Mison	ACTW	18:10
13.	Hannah Bolton	NSWRWC	18:38
14.	Jessica Lillie	RWV	18:52
15.	Ally Grujoski	NSWRWC	18:56
16.	Molly O'Neill	NSWRWC	18:56

#### HANDICAP

1.	Hannah Bolton	NSWRWC
2.	Raquel Roukos	NSWRWC
3.	Emily Noonan	RWV

#### TEAMS

1.	NSWRWC1	36	Chelsea Goodhew, Raquel Roukos, Samantha Brown
2.	SARWC1	32	Rhiannon Lovegrove, Bethany Cross, Sarah Damin
3.	ACTW1	26	Gabby Hunt, Elizabeth Henderson, Hannah Mison
4.	RWV1	21	Alanna Peart, Brodie Richardson, Emily Noonan
5.	NSWRWC2	6	Hannah Bolton, Ally Grujoski, Molly O'Neill

#### EVENT 20 BOYS U18 5K

1.	Tyler Jones	NSWRWC	21:58
2.	Kyle Swan	RWV	23:56
3.	Kyle Bedford	NSWRWC	25:17
4.	Reese Walmsley	RWV	25:17
5.	Corey Dickson	RWV	26:09
6.	Will Thompson	RWV	26:22
7.	Ryan Thomson	NSWRWC	28:31
8.	Callum Burns	ACTW	29:01
9.	Hayden Walmsley	RWV	30:31
10.	Donald Catallo	NSWRWC	30:46
11.	Jack McGinniskin	NSWRWC	35:28

#### HANDICAP

1.	Donald Catallo	NSWRWC
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- |    |               |        |
|----|---------------|--------|
| 2. | Ryan Thomson  | NSWRWC |
| 3. | Will Thompson | RWV    |

#### TEAMS

- |    |         |    |  |
|----|---------|----|--|
| 1. | NSWRWC1 | 12 | Tyler Jones, Kyle Bedford, Ryan Thomson  |
| 2. | RWV1    | 10 | Kyle Swan, Reese Walmsley, Corey Dickson |

#### EVENT 21 GIRLS U18 5K

- |     |                    |        |       |
|-----|--------------------|--------|-------|
| 1.  | Jemima Montag      | RWV    | 22:52 |
| 2.  | Zoe Hunt           | ACTW   | 26:29 |
| 3.  | Chelsea Goodhew    | NSWRWC | 26:30 |
| 4.  | Anna Cross         | SARWC  | 27:59 |
| 5.  | Raquel Roukos      | NSWRWC | 28:23 |
| 6.  | Bethany Cross      | SARWC  | 29:01 |
| 7.  | Kathleen O'Mahony  | RWV    | 29:28 |
| 8.  | Stephanie Grujoski | NSWRWC | 29:37 |
| 9.  | Chloe Upton        | SARWC  | 29:59 |
| 10. | Charlotte Hay      | RWV    | 33:10 |

#### HANDICAP

- |    |                    |        |
|----|--------------------|--------|
| 1. | Stephanie Grujoski | NSWRWC |
| 2. | Chloe Upton        | SARWC  |
| 3. | Anna Cross         | SARWC  |

#### TEAMS

- |    |         |    |  |
|----|---------|----|--|
| 1. | NSWRWC1 | 17 | Chelsea Goodhew, Raquel Roukos, Stephanie Grujoski |
| 2. | RWV1    | 15 | Jemima Montag, Kathleen O'Mahony, Charlotte Hay    |
| 3. | SARWC1  | 14 | Anna Cross, Bethany Cross, Chloe Upton             |

#### EVENT 22 WOMENS 5K

- |     |                          |        |       |
|-----|--------------------------|--------|-------|
| 1.  | Danielle Walsh           | SARWC  | 24:31 |
| 2.  | Kristie Goznik           | SARWC  | 24:50 |
| 3.  | Cheryl Webb (M)          | NSWRWC | 25:11 |
| 4.  | Jemma Peart              | RWV    | 26:11 |
| 5.  | Rhiannon Lovegrove       | SARWC  | 26:29 |
| 6.  | Gabby Hunt               | ACTW   | 26:42 |
| 7.  | Bryony Beasley           | NSWRWC | 29:16 |
| 8.  | Felicity Wilson          | SARWC  | 29:42 |
| 9.  | Ann Staunton-Jugovic (M) | ACTW   | 30:17 |
| 10. | Brodie Richardson        | RWV    | 30:29 |
| 11. | Kate Black (M)           | ACTW   | 30:46 |
| 12. | Donna Marie Elms (M)     | RWV    | 30:46 |
| 13. | Samantha Findlay         | SARWC  | 31:41 |
| 14. | Nicolle Challinor (M)    | NSWRWC | 33:31 |
| 15. | Jessica Lillie           | RWV    | 33:46 |
| 16. | Barbara Eddowes (M)      | ACTW   | 34:27 |
| 17. | Judy Brown (M)           | NSWRWC | 41:04 |
| 18. | Jane Guy (M)             | TARWC  | 43:57 |
| 19. | Jodie Sundstrom (M)      | REGAL  | 44:05 |
| 20. | Edna Dundas (M)          | ACTW   | 48:26 |

#### MASTERS

- |     |                      |        |       |
|-----|----------------------|--------|-------|
| 1.  | Cheryl Webb          | NSWRWC | 25:11 |
| 2.  | Ann Staunton-Jugovic | ACTW   | 30:17 |
| 3.  | Kate Black           | ACTW   | 30:46 |
| 4.  | Donna Marie Elms     | RWV    | 30:46 |
| 5.  | Nicolle Challinor    | NSWRWC | 33:31 |
| 6.  | Barbara Eddowes      | ACTW   | 34:27 |
| 7.  | Judy Brown           | NSWRWC | 41:04 |
| 8.  | Jane Guy             | TARWC  | 43:57 |
| 9.  | Jodie Sundstrom      | REGAL  | 44:05 |
| 10. | Edna Dundas          | ACTW   | 48:26 |

#### HANDICAP

- |    |                   |        |
|----|-------------------|--------|
| 1. | Donna Marie Elms  | RWV    |
| 2. | Jodie Sundstrom   | REGAL  |
| 3. | Nicolle Challinor | NSWRWC |

**TEAMS**

- |           |    |  |
|-----------|----|--|
| 1. SARWC1 | 32 | Danielle Walsh, Kristie Goznic, Rhiannon Lovegrove |
| 2. NSWRC1 | 17 | Cheryl Webb, Bryony Beasley, Nicolle Challinor     |
| 3. ACTW1  | 15 | Gabby Hunt, Ann Staunton-Jugovic, Kate Black       |
| 4. RWV1   | 15 | Jemma Peart, Brodie Richardson, Donna Marie Elms   |

**MASTERS TEAMS**

- |           |    |   |
|-----------|----|---|
| 1. ACTW1  | 11 | Ann Staunton-Jugovic, Kate Black, Barbara Eddowes |
| 2. NSWRC1 | 11 | Cheryl Webb, Nicolle Challinor, Judy Brown        |



Jay Felton, Kyle Swan, Corey Dickson, Tayla-Paige Billington and Alannah Pitcher (all photos Terry Swan)



Tyler Jones, Jemima Montag, Joel Prys and the great Kerry Saxby-Junna

The **Brennan Shield**, the teams competition which is awarded to the highest scoring racewalking club, is contested over this meet and the Australian Roadwalk Champs in August and the first round was a very close contest between NSWRC and RWV, with SARWC also picking up a lot of teams points. The progressive points read as follows

- |          |     |
|----------|-----|
| 1. NSWRC | 968 |
| 2. RWV   | 964 |
| 3. SARWC | 691 |

4. ACTW	277
5. QRWC	79

The Australian Roadwalk Champs on 30<sup>th</sup> August in Melbourne will decide things. It promises to be a very interesting meet indeed.

### SAMA ROAD WALKS, KINGSTON TERRACE, ADELAIDE PARK LANDS, SATURDAY 6 JUNE

Since our racewalking clubs were all in Canberra last weekend, there are no other races to report on except for the South Australian Masters who had their usual roadwalks in Adelaide on Saturday.

#### 8km Yacht Handicap

1. Kevin Finn	52:52	M63	71.34%
2. Raelene Schild	59:16	W50	61.82%
3. Graham Harrison	59:14	M71	69.86%
4. Bill Starr	57:31	M72	72.89%
5. Jan Layng	1:02:46	W66	70.32%
6. Rodger Barber	1:00:09	M77	74.71%
7. Geoff Byham	53:32	M68	74.50%
8. David Robertson	1:06:35	M81	71.83%
9. Jill Rogers	1:10:27	W70	66.50%
10. Colin Hainsworth	1:08:35	M85	74.74%
11. Jeff Kennett	1:17:33	M64	49.16%
12. Roger Lowe	1:05:04	M72	64.43%

#### 4km Yacht Handicap

1. Fleur Woodhouse	35:37	W37	44.86%
2. Julia Lycett	30:24	W51	58.68%
3. Helen Suridge	29:30	W64	69.39%
4. Geraldine Smith	26:57	W65	76.92%
5. Paul Boyce	34:55	M79	64.37%

### SARWC CLUB CHAMPIONSHIPS, PEACOCK RD, ADELAIDE, SATURDAY 30 MAY

And one result set from the previous week from the South Australian Race Walking Club.

#### 15Km SARWC Club Championships

1. Darren Bown	1:12:52
2. Justin Hill	1:19:18

#### 15Km SARWC Club Championships Over 35

1. Peter Crump	1:26:17
2. Bill Starr	1:48:28
3. James Hoare	1:54:23

1. Ollie Adams	1:36:28
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#### U20 10Km SARWC Club Championships

1. Danielle Walsh	52:26
2. Samantha Findlay	60:29

#### U16 5Km SARWC Club Championships

1. Rhiannon Lovegrove	25:42
2. Bethany Cross	26:40
Sarah Damin	DNF

1. Tristan Camilleri	28:56
Jake Vidler	DNF

#### U14 3Km SARWC Club Championships

1. Joe Cross	14:47
2. Adrian Upton	21:34

1. Victoria Upton	16:14
2. Chloe Upton	17:21
3. Talisha Skein	20:14
4. Aleesha Vidler	20:29

#### SARWC 10km Support Race

1. John Leydon	63:33
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#### SARWC 5km Support Race

Alix Harlington	DNF
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#### SARWC 3km Support Race

1. Ayeisha Wallace	18:50
2. Royrie Upton	19:03
3. Helen Wallace	27:26

#### SARWC 1km Support Race

1. Kitarni Upton	05:58
2. Maddy Wallace	06:28

### XXIX GRAN PREMIO CANTONES DE LA CORUÑA, LA CORUÑA, SPAIN, SATURDAY 6 JUNE

The final big European international walks meet for the summer took place on Saturday in La Coruna in Spain and a lot was expected, what with the full Chinese squads in attendance along with most of the top European walkers and a fair gathering of walkers from the rest of the world. And, in cool conditions, it all went according to plan with a superb set of 20km walks. My report

is copied from Emeterio Valiente IAAF report (see <http://www.iaaf.org/news/report/liu-20km-race-walk-world-record>). See also a great video from the meet at <http://www.thewangconnection.com/el-gp-de-marcha-los-cantones-testigo-de-un-gran-espectaculo-video-resumen-de-la-prueba>.

From a personal perspective, it was great to see the women's 20km World Record, held by disgraced Russian drugs cheat Yelena Lashmanova, get well and truly beaten by China's Liu Hong.

### 20km Race Walk Women

China's Liu Hong broke the women's 20km race walk world record with 1:24:38 at the Gran Premio Cantones de Marcha in La Coruna – on Saturday. The former recognised world record was 1:25:02, set by Russia's Yelena Lashmanova when winning at the London 2012 Olympic Games. There had been faster times of 1:24:50 and 1:24:54 by her compatriots Olimpiada Ivanova and Olga Kaniskina that had not been recognised due to not fulfilling world record ratification requirements concerning the number of international judges present. Assuming Liu's record is ratified, the three-time IAAF World Championships medallist rectifies this situation in the record books.

In almost perfect conditions, close to the sea front of the Atlantic coastal city, Liu covered the first 10 one-kilometre laps in 42:39 before posting a stunning negative split over the second 10km of 41:59. To give an idea of Liu's overwhelming dominance today, and her solid walking style meant that she only received one warning, she lapped all her opponents except for her compatriot Qieyang Shenjie, who finished second more than three minutes in arrears despite clocking a personal best of 1:27:44.

The Chinese star set out from the gun to not only record a hat-trick of victories at the prestigious La Coruna race, after wins in 2012 and 2014 but also had the goal of a personal best and maybe a world record. She set a furious pace right from the start, with 4:17 for the opening lap, then slowed down only slightly to 4:20 for the second and 4:21 for her third circuit, but she then injected a brisker pace in the fourth (4:14) and fifth (4:15) laps which she maintained over the following kilometres to reach the 10km point in 42:39. Liu, perhaps realising that she was a just little outside world record pace and that she would have to speed up if she was to finish inside 1:25, then proceeded to cover several 1km laps between 4:11 and 4:13 to be timed at 1:03:41 at 15km. Her final lap was 4:05 to reduce the world record by the handsome margin of no less than 24 seconds.

Looking ahead to August's IAAF World Championships on home soil in Beijing, Liu will be eager to take an elusive gold medal since she has collected two bronzes in 2009 and 2013, plus a silver medal at the 2011 IAAF World Championships in Daegu.

1.	Hong LIU	CHN	87	1:24:38
2.	Shenjie QIEYANG	CHN	90	1:27:44
3.	Erica ROCHA DE SENA	BRA	85	1:29:50
4.	Ana CABECINHA	POR	84	1:30:19
5.	Valentina TRAPLETTI	ITA	85	1:31:44
6.	María José POVES	ESP	78	1:31:49
7.	Ines HENRIQUES	POR	80	1:32:08
8.	Ainhoa PINEDO	ESP	83	1:32:08
9.	Raquel GONZALEZ	ESP	89	1:33:27
10.	Lidia SANCHEZ-PUEBLA	ESP	96	1:34:58
11.	Laura GARCÍA-CARO	ESP	95	1:35:01
12.	Amanda CANO	ESP	94	1:35:14
13.	Kumiko OKADA	JPN	91	1:35:43
14.	Violaine AVEROUS	FRA	85	1:36:20
15.	Maria JUAREZ GALLARDO	ESP	93	1:36:36
16.	Federica CURIAZZI	ITA	92	1:36:53
17.	Chahinez NASRI	TUN	96	1:37:18
18.	Ángela CASTRO	BOL	93	1:37:58
19.	Ines PASTORINO	FRA	92	1:38:38
20.	Anel OOSTHUIZEN	RSA	95	1:39:05
21.	Nidia Diner MORENO	COL	78	1:39:07
22.	Elianay Santana DA SILVA PEREIRA	BRA	84	1:39:19
23.	Mara RIBEIRO	POR	95	1:40:25
24.	Lucie AUFFRET	FRA	88	1:41:55
25.	Paula MARTINEZ CACHEIRO	ESP	92	1:42:28
26.	Marta STACH	ITA	95	1:46:25
	Vera SANTOS	POR	81	DNF
	Júlia TAKÁCS	ESP	89	DNF
	Cisiane Dutra LOPEZ	BRA	83	DNF
	Maria PEREZ	ESP	96	DNF
	Vitória OLIVEIRA	POR	92	DNF
	Viktória MADARÁSZ	HUN	85	DNF

### 20km Race Walk Men

The men's race produced another win for China and all the talk would have been of Wang Zhen's victory in an outstanding 1:18:00, with him taking eight seconds off the meeting record, if his thunder had not been stolen by his compatriot Liu. In a year when the 20km race walk world record has already been broken twice, Wang's effort in La Coruna might have been in danger of also being

overshadowed by the March feats of Yohann Diniz and then Yusuke Diniz but it was still a superb performance. The visiting Chinese party also took a clean sweep of the men's medals with Wang, the London 2012 Olympic Games bronze medallist, getting the better of the reigning Olympic champion Chen Ding and also Cai Zelin.

Right from the start the Chinese trio dictated a brisk pace, lapping in the range of 3:53-3:56 and only Japan's Isamu Fujisawa, Australia's Dane Bird-Smith and the local star Miguel Ángel Lopez could live with that kind of pace. Shortly after the sixth kilometre, the in-form Wang managed to break away from the rest of the leading group to go through the halfway point in 39:02 while Chen and Cai were 15 seconds in arrears, and the trio of Fujisawa, Bird-Smith and Lopez reached that point in 39:36. The second half witnessed a solo performance by Wang, who strengthened his advantage every 1km lap to build a final winning margin of 44 seconds over Chen, himself a massive one full minute ahead of Cai. The fight for the fourth place went for Lopez, who narrowly beat the Bird-Smith and Fujisawa.

Coached by Italian walking guru Sandro Damilano, Wang remains unbeaten so far in 2015 having set a world-leading time of 38:23.73 for the 10,000m event on the track in addition to a 20km effort of 1:19:29 in Beijing to win China's IAAF World Championships trials.

1.	Zhen WANG	CHN	91	1:18:00
2.	Ding CHEN	CHN	92	1:18:44
3.	Zelin CAI	CHN	91	1:19:45
4.	Miguel Angel LOPEZ	ESP	88	1:20:04
<b>5.</b>	<b>Dane BIRD-SMITH</b>	<b>AUS</b>	<b>92</b>	<b>1:20:05</b>
6.	Eiki TAKAHASHI	JPN	92	1:20:08
7.	Andres CHOCHO	ECU	83	1:20:40
8.	Caio Oliveira DE SENA BONFIM	BRA	91	1:21:04
9.	Takumi SAITO	JPN	93	1:21:15
10.	Kevin CAMPION	FRA	88	1:21:34
11.	Lebogang SHANGE	RSA	90	1:21:51
12.	Joao VIEIRA	POR	76	1:21:51
13.	Sérgio VIEIRA	POR	76	1:21:51
14.	Alvaro MARTIN	ESP	94	1:22:04
15.	Ivan BANZERUK	UKR	90	1:22:08
16.	Alex WRIGHT	IRL	90	1:22:09
17.	Luis Alberto AMEZCUA	ESP	92	1:22:10
18.	Sandeep KUMAR	IND	86	1:22:16
19.	Kenny Martin PEREZ	COL	94	1:22:21
20.	Ihor HLAVAN	UKR	90	1:22:21
21.	Isamu FUJISAWA	JPN	87	1:22:49
22.	Hiroki ARAI	JPN	88	1:22:49
23.	Evan DUNFEE	CAN	90	1:23:01
24.	Satoshi MARUO	JPN	91	1:23:04
25.	Inaki GOMEZ	CAN	88	1:23:08
<b>26.</b>	<b>Rhydian COWLEY</b>	<b>AUS</b>	<b>91</b>	<b>1:23:27</b>
27.	Qianlong WU	CHN	90	1:24:00
28.	Qi ZHAO	CHN	93	1:24:26
29.	Richard VARGAS	VEN	94	1:24:26
30.	Francisco ARCILLA	ESP	84	1:24:32
31.	Isaac PALMA OLIVARES	MEX	90	1:24:34
32.	Benjamin THORNE	CAN	93	1:24:41
33.	Tianlei LI	CHN	95	1:25:00
34.	José Ignacio DÍAZ	ESP	79	1:25:08
35.	Vito DI BARI	ITA	90	1:25:19
36.	Jian LIU	CHN	97	1:25:26
37.	Wenkui GAO	CHN	95	1:25:41
38.	Mathieu BILODEAU	CAN	88	1:25:48
39.	Takeshi OKUMA	JPN	83	1:25:53
40.	Faguang XU	CHN	87	1:26:13
41.	Aurelien QUINION	FRA	93	1:26:18
42.	Denghua XIONG	CHN	95	1:26:18
43.	Miguel CARVALHO	POR	94	1:26:33
44.	Marc MUNDELL	RSA	83	1:26:34
45.	Brendan BOYCE	IRL	86	1:26:47
46.	Wayne SNYMAN	RSA	85	1:26:50
47.	Alex FLOREZ	SUI	71	1:27:35
48.	Francisco Jose DURAN	ESP	93	1:27:48
49.	Mario SILLERO	ESP	90	1:28:02
50.	Fabian BERNABE	FRA	95	1:28:14
51.	Rui COELHO	POR	94	1:28:39
52.	Takuya YOSHIDA	JPN	85	1:28:58

53.	K. GANAPATHI	IND	89	1:29:05
54.	Rudnei DIAS NOGUEIRA	BRA	90	1:29:37
55.	Yereman SALAZAR	VEN	78	1:29:50
56.	Hatem GHOULA	TUN	73	1:30:15
57.	Andreas JANKER	GER	83	1:30:22
58.	Hugo ANDRIEU	FRA	92	1:30:40
59.	Miguel RODRIGUES	POR	96	1:30:57
60.	Marcos MONTEERRUBIO	ESP	81	1:31:34
61.	Luis PÁSSARO	POR	94	1:31:45
62.	Luis Manuel PEREZ	ESP	92	1:32:50
63.	Marc GUERRERO	ESP	95	1:35:19
64.	Jose Leonidas ROMERO IRIAS	ESP	83	1:35:35
	Creighton CONNOLLY	CAN	88	DQ
	Luis CORCHETE	ESP	84	DQ
	Kai KOBAYASHI	JPN	93	DQ
	Marc TUR	ESP	94	DQ
	Mohammed MASSOUSSI	TUN	88	DQ
	Devender SINGH	IND	83	DQ
	Ronal Rey QUISPE MISME	BOL	89	DQ
	Marco AMARAL	POR	93	DQ.



Nearly all-Chinese affairs – the podiums at La Coruna (photos Nicola Maggio)



**INTERNATIONAL MEET, MARSEILLE, FRANCE, SATURDAY 6 JUNE**

Note everyone was at La Coruna. Yohann Diniz stayed at home and zoomed through a very high quality 5000m track race in Marseille, his time of 18:55.56 some 36 secs ahead of Russian walker Pyotr Trofimov.

**5000m Race Walk Men**

1.	Yohann DINIZ	FRA	78	18:55.56
2.	Pyotr TROFIMOV	RUS	83	19:31.78
3.	Cedric HOUSSAYE	FRA	79	20:14.62
4.	Jakub JELONEK	POL	85	20:19.09
5.	Jean BLANCHETEAU	FRA	96	20:19.19

**REGIONAUX DE MARCHE, ARMENTIERES, FRANCE, SUNDAY 7 JUNE**

And staying in France, Emmanuel Tardi spent Sunday in Armentières in the north of France (on the border with Belgium) where an inaugural racewalk promotional meet was held. It proved a successful venture with 54 walkers from 3 countries in the various races. The 5000m track walks commenced at 1:30PM with the 10km and 20km road walks starting at 2:50PM. Unfortunately, it was very hot and windy but it did not deter the enthusiastic walkers. After an initial first km on the track, subsequent road laps in the 10km and 20km events were 1km. The women's 20km is won by former international walker Amandine Marcou with 1:43:57 while the men's 20km was won by Brice Sireix with 1:49:07. As for Emmanuel, he finished 9<sup>th</sup> in the 10km event with 1:15:59. Complete results at <http://bases.athle.com/asp.net/liste.aspx?frmbase=resultats&frmmode=1&frmespace=0&frmcompetition=174683>.

**5000m Track Women**

1.	CAMPION Genevieve	Artois Athletisme*	VEF/63	31'44"86
2.	HUGOT Elise	Saint Venant Athletisme	CAF/99	32'21"07
3.	BURZICKI Marie-chantal	Us Athleti - S/I Club Sportif	VEF/56	32'27"42
4.	CHOMBART Maelle	Us Valenciennes Athletisme	CAF/99	34'47"13
5.	ELLEBOUDT Mathilde	AS MARCK	CAF/99	35'19"50
6.	STETSENKO Cecile	Osm Lomme Athletisme	VEF/66	36'28"29

**10km Road Women**

1.	KOWALSKI Alisson	Rc Arras*	JUF/97	h56'42"
2.	MAIRESSE Lea	Us Valenciennes Athletisme	JUF/97	1h00'57"
3.	LUCIDARME Emeline	Rc Arras*	SEF/87	1h05'38"
	SARAZIN Annelies (Bel)		SEF/	AB
	BERTRAND Cecile (Bel)		VEF/	DQ

**20km Road Women**

1.	MARCOU Amandine	Sa Merignac	SEF/92	1h43'57"
2.	RUHARD Maud	Vafa - S/I Ac Villeneuve D'asc	SEF/83	1h51'43"
3.	VAN ANDEL Anne (Ned)		SEF/	1h53'52"
4.	POUILLY Caroline	CIII Armentieres	SEF/82	2h01'16"
5.	DE SMET Liesbet (Bel)		SEF/	2h10'51"
6.	BOUDART Virginie (Bel)		VEF/	2h39'21"
	ROBERT Agnes	Ac Roche-sur-yon *	SEF/89	AB

**5000m Track Men**

1.	HOUZE Clement	Vafa - S/I Jogging Et Athletis	CAM/98	24'49"41
2.	GAUDELLOT Corentin	As Marck	CAM/99	26'35"96
3.	AUDRAS Cyril	Us Valenciennes Athletisme	SEM/80	27'45"95
4.	SILVA Antoine	Esa 59 - S/I Us Maubeuge Athle	CAM/98	30'41"65
5.	NORMAND Emile		VEM/	36'37"90
	BOUGAUT Aurelien	Us Athleti - S/I Club Sportif	SEM/87	AB

**10km Road Men**

1.	LECLERCQ Gregory	Ga - S/I Rc De Lens Athletisme	VEM/74	h46'30"
2.	LAMIAUX Amaury	Lille Ma - S/I Us Tourcoing	JUM/96	h48'59"
3.	QUENTIN David	Ga - S/I Wingles Athletic Club	JUM/96	h56'42"
4.	GONTIER Christophe (Bel)		SEM/	h58'43"
5.	DUSAUTOIR Jose	Rc Arras*	VEM/57	h58'47"
6.	WATTIEZ Valentin	Entente Sambre Avesnois 59*	ESM/95	h59'28"
7.	THURETTE Florian	Nsac - S/I As Raismes	JUM/97	1h06'06"
8.	JOURDAIN Philippe	Athle Halluin-val-de-lys	VEM/69	1h08'09"
9.	TARDI Emmanuel	Essonne A - S/I La Postillonne	VEM/67	1h15'59"
10.	GOUJON Gerard (Bel)		VEM/	1h17'15"
	HOLTSLAG Han (Ned)		VEM/	DQ



DEGRYSE Jean-claude Cm Roubaix VEM/74 DQ

**20km Road Men**

1.	SIREIX Brice	Lyon Athletisme*	ESM/95	1h49'07"
2.	VAN HOVE Peter (Bel)		SEM/	1h49'44"
3.	CORDIER Vincent (Bel)		SEM/	1h59'43"
4.	CHENU Joffrey	CIII Armentieres	SEM/82	2h00'13"
5.	DELHORS Paul	Vafa - S/l Ac Villeneuve D'asc	SEM/83	2h05'27"
6.	HASSEVELDE Sebastien	CIII Armentieres	SEM/77	2h07'26"
7.	LEMAY Eric		VEM/58	2h17'45"
	MASSE Gregory	Vafa - S/l Ac Villeneuve D'asc	VEM/72	AB
	CHENU Remy	CIII Armentieres	SEM/85	AB
	TIMMERMANS Ronnie (Ned)		SEM/	DQ
	DEMAERSCHALK Patrick (Bel)		VEM/	DQ
	VAN ANDEL Bas (Ned)		VEM/	DQ



**Peter Van Hove, Maud Ruhard, Brice Siriex and Amandine Marcou (photos Emmanuel Tardi)**

**RWNZ 15KM ROADWALK CHAMPIONSHIPS, TARANAKI, NZ, SATURDAY 6 JUNE**

Thanks to David Lonsdale for forwarding to me the results from the RWNZ 15km roadwalk championships at Taranaki last Saturday. Overall, 29 walkers from around New Zealand competed for a series of local Cups as well as for the RWNZ 15km Championship.

The Men's 15km Championship saw 18 year old Jared Free (Auckland) eventually clear away for an easy win after battling early with 19 year old Jonathon Lord (originally South Island, now based in Auckland). His time of 1:11:14 was the fastest recorded in this Championship since the event started in 2008. There was a very keenly fought battle for second and third place between Eric Kemsley (Taranaki Race Walking Club), Harry Terwiel (TRWC) and Peter Baillie (Wellington Scottish) with positions changing many times over the 12 laps. Kemsley eventually found the strength to claim second ahead of Baillie with Terwiel further back. In the women's RWNZ 15km Championship, Terri Grimmett of Wellington Scottish had a gun to tape win in 1:38:16 ahead of Sherryn Hardy (TRWC) in her very first time over the distance.

**RWNZ 15km championship Men**

1.	Jared Free	1:11:44
2.	Eric Kemsley	1:26:00
3.	Peter Baillie	1:26:13
4.	Harry Terwiel	1:26:25
5.	Jonathon Lord	DNF

**RWNZ 15km championship Women**

1.	Terri Grimmett	1:38:16
2.	Sherryn Hardy	1:40:37

**ENFIELD LEAGUE MOULTON OPEN 5 MILES, MOULTON, SUFFOLK, ENGLAND, SATURDAY 6 JUNE**

Thanks to Ron Wallwork for the results of the annual Moulton Five meet. He reported:

Olympian Dominic King won the Moulton Five for the third time, seeing off a strong challenge from Moulton villager Callum Wilkinson. Following Wilkinson's outstanding performance in the recent European Cup meeting in Spain, many thought that he would triumph in his fourth outing in this popular race. However, the experienced international, who is also a Centurion, had other ideas and notched up his third victory in the event. Sophie Hales, making a return to the discipline, was an impressive ladies winner, recording the fastest time since 2005. The record field of 70, including eight Guernsey walkers, made the most of the sunny but breezy conditions and 51 walkers bettered the hour, compared to 31 in 2014. Joyce Crawford from nearby Red Lodge, who failed by only 800m to become a Centurion at Southend last autumn won the Suffolk Women's championship ahead of Val Nutley and Rachel Webb, whilst Malcolm Smith and Phil Nutley took the men's place medals behind Callum Wilkinson. Moulton resident Ray Still, a former jockey who underwent a triple by-pass operation last November, although finishing last was delighted to have met his challenge of completing the distance. The EVAC champions were Liz Blakie and Paul Firmage.

**Moulton 5 Miles (first 40)**

1.	Dominic King c1098	Colchester AC	SM	33.58
2.	Callum Wilkinson	Enfield HAC	U20	35.42
3.	Francisco Reis	Team F	M50	39.43
4.	Deuter Fabian	Hillingdon AC	SM	41.30
5.	David Crane	Surrey WC	M35	41.51
6.	Stuart LeNoury	Sarnia	SM	42.33
7.	Sophie Hales (W)	Steyning AC	SM	42.45
8.	Allen Steve	BametDAC	W20	43.30
9.	Jason LeNoury	Sarnia	M55	44.20
10.	Peter Ryan c 984	Iford AC Iford	SM	44.27
11.	Steve Uttley	AC Surrey	M60	44.39
12.	Malcolm Martin	WC Belgrave	M55	44.45
13.	John Hall	H Enfield HAC	M55	45.33
14.	John Ralph	Enfield HAC	M65	46.13
15.	Gary Smith c856	Hillingdon AC	M55	47.25
16.	Ken Bobbett	Hillingdon AC	M55	47.55
17.	Andy Cox	Belgrave H	M60	48.46
18.	Maureen Noel (W)	Enfield HAC	W50	48.59
19.	Seddon Amos	Enfield HAC	L2 M70	49.17
20.	Helen Middleton (W)	Surrey WC	W50 L3	49.29
21.	Shaun Lightman	Enfield HAC	M70	50.04
22.	Arthur Thomson	Surrey WC	M75	50.11
23.	Dan Maskell	YorkRWC	M65	51.09
24.	Russ Jackson	Surrey WC	M65	51.26
25.	Angela Martin (W)	Coventry G H	W50	51.29
26.	Glyn Jones	Sarnia	M70	51.34
27.	Olga Sinkevica	Sarnia	SW	52.21
28.	Kevin LeNoury	WokingAC	M55	52.24
29.	Fiona Bishop (W)	Surrey WC	W55 L6	53.00
30.	Chris Flint c849	Ryston R Red	M65	53.31
31.	Elizabeth Blakie (W)	Lodge R	W55 L7	54.27
32.	Crawford Joyce	Enfield HAC	W45 L8	54.31
33.	Sean Pender c1067	Enfield HAC	M60	54.45
34.	Lynn Jones (W)	Hillingdon AC	W50 L9	55.08
35.	Jo Miles (W)	Sarnia	W55 L10	55.08
36.	Peter Beckerleg	St.Eds Pacers	M55	55.34
37.	Valerie Nutley (W)	Enfield HAC	W55	55.50
38.	Pamela Abbott (W)	Sarnia	W50	53.19
39.	Michael LeSavage	Iford A C	SM	55.59
40.	Philip Goodwin	Enfield HAC	M60	56.39

**USATF 10KM RACEWALK CHAMPIONSHIPS, ST. LOUIS, MO, SUNDAY 7 JUNE**

I haven't really seen any reports on the USATF 10km roadwalk champs which were held last Sunday in St Louis, Missouri. Overall, 19 of the 25 competitors finished with Sam Cohen winning the women's title with 54:15 and Patrick Troupe winning the men's title with 45:28. USATF Junior 10km titles were also contested, with wins going to Amberly Melendez and Eduardo Uria.

**10km Women**

1.	Sam Cohen	Open	54:15
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2.	Amberly Melendez	Junior	54:46
3.	Susan Randall	Open	55:34
4.	Erika Shaver	Open	56:22
5.	Debbie Topham	Open	1:06:23
6.	Jessica Heiser-Whatley	Junior	1:06:37
7.	Cathy Mayfield	Open	1:07:27
8.	Victoria Heiser-Whatley	Junior	1:08:28
	Gina Bufo	DQ	

#### 10km Men

1.	Patrick Stroupe	Open	45:28
2.	Alex Chavez	Open	47:49
3.	Francisco Pantoja	Open	48:23
4.	Matthew Dewitt	Open	50:50
5.	Ian Whatley	Open	52:28
6.	David Swarts	Open	52:35
7.	Pablo Gomez	Open	53:42
8.	Eduardo Uria	Junior	58:04
9.	Jim Scott	Open	1:00:35
10.	Mike Dewitt	Open	1:09:00
11.	Gene Hall	Open	1:18:00
	Vince Peters	Open	DNF
	Will Preischel		DQ

### AMERICAN CENTURIONS QUALIFIER, MINNEAPOLIS, 6-7 JUNE

Victorian ultra walkers and Australian centurions **Justin and Sharon Scholz** were amongst 5 new American Centurions to be welcomed into the fold last weekend at their annual qualifying event which was held as part of the F.A.N.S. 24 Hour event (see <http://www.fans24hour.org/about-fans.html>). Justin and Sharon were also raising money to contribute to the FANS organisation and invited their friends to give their support in some small way with a pledge amount. All pledges of course were conditional on the successful completion of the 100 miles (161km) in the 24 hour period.

And their trip was a different one to say the least. They completed their final packing before flying out to USA on Monday 4<sup>th</sup> May for the start of what would be a very challenging 5 weeks. Their ultimate destination was Minneapolis where they would compete in the USA Centurions 24 hour walk event on the weekend of 8-9 June. Why were they leaving so early - in the lead up to this event they intended to cycle from New York to Minneapolis, a distance of 2500km! This very long ride clearly added to the immensity of the 100 miles in 24 hours as they would only have 4 days to recover in Minneapolis before starting their walk.

To cut a long story short, their ride went according to plan and they arrived in Minneapolis right on schedule, donated their used bicycles to charity and dusted off the walking shoes. Their aim was to walk the event together, side by side, as they did in our Centurions event in 2013. Justin quipped in true 'tongue in cheek' fashion: *This approach dramatically reduces the chance of success but also adds immensely to the sense of satisfaction when achieved. Though we have done this once before we do not believe that this attempt in June is a "given" or will come easily.*



**Justin and Sharon arrive in Minneapolis and say goodbye to their bikes**

And they did just that, negotiating the part sealed and part gravel scenic course around Lake Snelling in Fort Snelling State Park for the full 24 hours. Justin emailed us all late on Sunday evening to give the good news

*Shaz and I managed to get the 100 miles walk done here in Minneapolis. It was 26°C Saturday and very high humidity, then a thunderstorm, torrential rain and lightning struck about 1AM. Organisers nearly suspended the race. More than 100m of the course was underwater and no way to walk around the sides, with water up to 20cm deep at one stage. There were major washouts in the unsealed sections and lots of slippery and sticky mud. Challenging to say the least. We walked side by side or line astern the whole way and managed to win the event, just 450m short of the course record. There were 5 walk Centurions in total. Our final tally was about 168.6km.*

I haven't seen any results yet but it must have worked out like this

- |    |                 |           |   |
|----|-----------------|-----------|---|
| 1. | Justin Scholz   | Australia | (Australian Centurion C61)                            |
| 2. | Sharon Scholz   | Australia | (Australian Centurion C63)                            |
| 3. | Jantinus Meints | Holland   | (Continental Centurion C388, British Centurion C1101) |
| 4. | Antoine Hunting | Holland   | (Continental Centurion C397, British Centurion C1130) |
| 5. | Rob Robertson   | USA       |   |

Well done Justin and Sharon and well done to the other three new American Centurions.



**Left: negotiating one of the gravel sections of the lap  
Right: A job well done – relaxing after the event**

### PARIS - ALSACE CLASSIC, FRANCE, 3-6 JUNE

The longest ultra walking classic on the calendar was held over 4 days from Wednesday 3<sup>rd</sup> June to Saturday 6<sup>th</sup> June in France. This annual event, which has gone from Paris to Colmar in recent years, was changed for 2015 and wound its way from the Paris suburb of Neuilly sur Marne to the Alsace city of Ribeauville, almost on the French German border and in the foothills of the Vosges Mountains.

The classic started on Wednesday evening, with 4 stages, making a total of 426.5km for men and 321.5km for women.

- The first stage, for both men and women was 12km long, from Neuilly-sur-Marne to Torcy Start time Wednesday 18:45
- The second stage for women was 25km long, from Charly to Chateau-Thierry Start time Wednesday 22:00
- The second stage for men was 358km long, between Chateau-Thierry and Epinal Start time Wednesday 22:00
- The third stage was 216km long, between Vitry en Perthois and Epinal Start time Thursday 15:00
- The final stage was 57km long, between Plainfaing and Ribeauville Start time Saturday 9:00

As has been the case in the last few stagings, Hungarian former Olympic walker Zoltan Czukur led for the first 150km before Russian walker Dmitry Ossipov overtook him, going on to win by over 3 hours in 55:19:04. High temperatures played havoc with the field and, with the heat peaking on Friday at more than 35°C, many of the favourites, including French walkers Remi Bonotte and Emmanuel Lassalle were forced to stop.. Strong rain arrived on Saturday during the last stage but by then the damage was done. Overall, 8 men and 8 women finished the full distance within the required timeframe.

Lots more info at the event website: <http://www.marche-mythique.org/accueil.php>.

#### Men 426.2km (25 entrants)

1.	OSIPOV Dmitry	RUS	55:19:04	RIBEAUVILLE	427.2 km	7.723 km/h
2.	BUNEL Dominique	FRA	60:44:13	RIBEAUVILLE	427.2 km	7.034 km/h
3.	LHOEST Daniel	BEL	61:17:13	RIBEAUVILLE	427.2 km	6.970 km/h
4.	ROZE Eddy	FRA	61:25:03	RIBEAUVILLE	427.2 km	6.956 km/h
5.	THIRIOT Louis	FRA	62:34:54	RIBEAUVILLE	427.2 km	6.826 km/h
6.	BOCUZE Daniel	FRA	63:19:44	RIBEAUVILLE	427.2 km	6.746 km/h
7.	LETESSIER Gilles	FRA	64:37:14	RIBEAUVILLE	427.2 km	6.611 km/h
8.	BIEBUYCK Pascal	BEL	65:22:50	RIBEAUVILLE	427.2 km	6.534 km/h
9.	RAULET Christophe	FRA	51:55:32	Stopped	339.6 km	6.540 km/h
10.	KERLAU Yves-Michel	FRA	48:05:32	Stopped	322.3 km	6.702 km/h
11.	LASSALLE Emmanuel	FRA	42:30:32	Stopped	312.5 km	7.351 km/h
12.	OLIVARES Mathieu	FRA	41:45:32	Stopped	288.7 km	6.913 km/h
13.	LOUGRADA Saadi	FRA	41:25:32	Stopped	287.7 km	6.945 km/h
14.	LETOURNEAU Florian	FRA	39:38:32	Stopped	266.3 km	6.718 km/h
15.	THEVENIN Pascal	FRA	39:40:32	Stopped	266.3 km	6.712 km/h
16.	BUNEL Pascal	FRA	36:06:32	Stopped	248.7 km	6.888 km/h
17.	CZUKOR Zoltan	HUN	31:05:32	Stopped	223.0 km	7.172 km/h
18.	VARAIN Cédric	FRA	32:00:32	Stopped	217.6 km	6.798 km/h
19.	GEORGELIN Serge	FRA	24:30:32	Stopped	170.0 km	6.936 km/h
20.	MACKINTOSH Tony	GBR	23:55:32	Stopped	167.2 km	6.988 km/h
21.	BONNOTTE Rémi	FRA	19:25:32	Stopped	145.0 km	7.464 km/h
22.	GUILLEMANT Franck	FRA	20:50:32	Stopped	136.3 km	6.540 km/h
23.	DANDROY Jérémy	FRA	7:52:32	Stopped	61.3 km	7.784 km/h

#### Women 321.5km (10 entrants)

1.	MASLOVA Tatiana	RUS	43:20:39	RIBEAUVILLE	309.5 km	7.141 km/h
2.	POUTINSEVA Irina	RUS	43:52:33	RIBEAUVILLE	309.5 km	7.054 km/h
3.	BORISOVA Olga	RUS	44:36:07	RIBEAUVILLE	309.5 km	6.939 km/h
4.	MAISON Sylvie	FRA	46:16:40	RIBEAUVILLE	309.5 km	6.688 km/h
5.	LAWRIE Karen	GBR	47:17:53	RIBEAUVILLE	309.5 km	6.544 km/h
6.	SONNOIS Martine	FRA	49:03:52	RIBEAUVILLE	309.5 km	6.308 km/h
7.	BIZARD-PLANCHOT Emilie	FRA	49:19:02	RIBEAUVILLE	309.5 km	6.276 km/h
8.	FABRE Françoise	FRA	52:23:23	RIBEAUVILLE	309.5 km	5.908 km/h
9.	BERTHAULT-KORZHYK Annie	FRA	37:13:20	Stopped	217.9 km	5.854 km/h
10.	LABYLLE Maggy	FRA	8:33:20	Stopped	69.9 km	8.170 km/h



Olga Borisova, Irina Putinseva and Tatiana Maslova (photos Emmanuel Tardi)



**Dominque Bunel (4) and Dmitriy Osipov**

### SLOVAK WALKS WEEKEND - BORSKY MIKULAS AND VYSLEDKY

It was a big racewalking weekend in Slovakia with a Saturday meet in Borsky Mikulas and a Sunday meet in Hlohovec. Unfortunately, the weekend saw the first big heatwave for the summer, with temperatures on both days 30°C+ and sunny.

The Saturday meet used to host the Slovak 20km championships but these has since been moved to another part of the season to avoid the heat of full summer. Nowadays the main events are 10km for men and 5km for women. The meet also sees a Junior 4 countries match between the Czech Republic, Slovakia, Hungary and Slovenia and there are additional races for underage walkers and for masters. Full results at <http://atletikasvk.sk/Content/results/2015/6/VYS661.pdf>.

Slovak champion Matej Toth won the men's 10km easily with 39:56, pushing out in the final 1km (3:49) to ensure that he broke the 40 minute barrier. The women's 5km was won by fellow Slovak walker Mária Gáliková with 23:04.

#### 10km Men, Saturday 6 June

1.	Tóth Matej	1983	VŠC Dukla B.Bystrica	39:56
2.	Kucmín Anton	1984	VŠC Dukla B.Bystrica	42:06
3.	Majdan Dušan	1987	VŠC Dukla B.Bystrica	42:50
4.	Úradník Miroslav	1996	VŠC Dukla B.Bystrica	44:07
5.	Rízek Milan	1978	AŠK Skalica	45:01
6.	Drozdowicz Arkadiusz	1998	Polsko	48:36
7.	Golawski Robert	1998	Polsko	48:40
8.	Medera Zdeno	1975	AK Spartak Dubnica n. Váhom	49:53
9.	Sárossi Bálint	2000	Hungária	50:18
10.	Boldrini Federico	1988	Italia	50:58
11.	Kovács Soma	1997	MVSI	51:05
12.	Nasa Andreas	1960	Italia	53:18
13.	Srbecký Filip	1999	CR	53:21
14.	Gajdoš Matyáš	2000	TJ Rumburk	53:23
15.	Tesovnik Anže	1998	MASS Ljubljana Slovenia	55:42
16.	Nesnadný Mário	1999	Slovensko	56:14
17.	Malecki Waldemar	1958	UKS Bierun Poland	57:00
18.	Ruzzier Fabio	1953	AK Koper Slovenia	57:20
19.	Varga Dávid	2001	Hungaria	57:44
20.	Schaeffer Udo	1950	Nemecko	58:39
21.	Thallinger Eric	1998	Austria	1:00:12
22.	Horváth Dániel	2000	Hungaria	1:01:30
23.	Gnauck Dick	1963	Nemecko	1:02:32
24.	Penolazzi Claudio	1955	Italia	1:03:34
25.	Straka Eduard	1946	AK Spartak Dubnica n. Váhom	1:06:42

26.	Toporek Martin	1961	Wien	1:08:30
27.	Fortunati Pierangelo	1950	Italia	1:08:37
28.	Kovár Rostislav	1951	AK Olomouc	1:09:18
29.	Gonsiorovsky Zdenek	1941	SC Marathon Plzen	1:11:25
30.	Bruderhofer Dominik	2000	Austria	1:15:10
31.	Marek Stanislav	1942	Spartak Trebic	1:15:55
32.	Andreotti Pergiorgio	1940	Italia	1:20:09
	Detko Lubomir	1999	Slovensko	DQ
	Krestianko Boris	1964	Dukla B.Bystrica	DQ
	Mayr Andreas	1998	Austria	DNF
	Genov Dušan	1971	Hlohovec	DNF

#### 5km Women, Saturday 6 June

1.	Gáliková Mária	1980	VŠC Dukla B.Bystrica	23:04
2.	Greziak Emilia	1998	Polska	24:18
3.	Cubanová Lucia	1995	VŠC Dukla B.Bystrica	25:52
4.	Dimanopulosz Daphne	1999	Hungaria	26:14
5.	Hacundová Ema	1999	Slovensko	26:31
6.	Burzalová Hana	2000	Slovensko	26:59
7.	Bócz Patricia	1998	Hungaria	27:04
8.	Piliarová Radoslava	1996	VŠC Dukla B.Bystrica	27:14
9.	Kubenkova Veronika	1998	Cesko	27:30
10.	Škantarová Lucia	1996	AK Bacuch	27:31
11.	Komoróczy Laura	1999	Hungaria	27:58
12.	Arltová Katerina	2000	Cesko	28:39
13.	Abbatantuono Nikoleta	1997	ŠOG Nitra	28:45
14.	Tydorová Sona	1992	VŠC Dukla B.Bystrica	29:21
15.	Sleziona Katarzyna	1970	Bierun - Polsko	30:10
16.	Gtomb Sona	1998	Polska	30:49
17.	Bocková Markéta	2000	Cesko	31:02
18.	Hornyik Petra	1993	Hungaria	31:05
19.	Oberndorfer Lisa	1999	Austria	32:03
20.	Lukáčová Žaneta	1975	VŠC Dukla B.Bystrica	32:07
21.	Bahnová Nikola	1998	Žiar nad Hronom	32:28
22.	Brandmair Marlena	2000	Austria	32:52
23.	Kiss Debóra	1999	MVSI	34:53
	Kuklicová Bibiána	1999	Slovensko	DNF
	Kowalska Agata`	1998	Polska	DNF

The Sunday meet in Hlohovec was another big one with many of Saturday's walkers lining up for a second day of racing. Toth and Galikova were victorious once again in the main two events and, once again, there were large numbers of walkers in the other events. Full results at <http://atletikasvk.sk/Content/results/2015/6/VYS663.pdf>.

#### 5km Men

1.	Tóth Matej	1983	VŠC Dukla B.Bystrica	19:11
2.	Rízek Milan	1978	AŠK Skalica	21:44
3.	Úradník Miroslav	1996	VŠC Dukla B.Bystrica	22:33
4.	Medera Zdeno	1975	AK Dubnica n/	23:17
5.	Kovács Soma	1997	MVSI	24:06
6.	Boldrini Federico	1988	Italia	25:51

#### 5km Women

1.	Gáliková Mária	1980	VŠC Dukla B.Bystrica	23:14
2.	Cubanová Licia	1995	VŠC Dukla B.Bystrica	25:49
3.	Piliarová Radoslava	1996	VŠC Dukla B.Bystrica	26:51
4.	Škantarová Lucia	1996	AK Bacuch	27:39
5.	Hornyik Petra	1993	Hungaria	29:55
6.	Bieliková Aneta	1997	Trencinl	31:01

### LAPPEENRANTA, FINLAND, WEDNESDAY 3 JUNE

Finally, some other results that have come across my desk in the last week or so.

#### Men's 5000m Race Walk

1.	Veli-Matti PARTANEN	FIN	91	19:47.0
2.	Jarkko KINNUNEN	FIN	84	19:49.1

## ROMANIAN HIGH SCHOOL CHAMPIONSHIPS, BUCAREST, ROUMANIA, 30-31 MAY

### Men's 10,000m Race Walk

1.	Andrei GAFITA	ROU	96	44:33.4
2.	Victoras Ionut DOGARU	ROU	97	47:24.3
3.	Stefan Cristian MANGU	ROU	99	48:09.5

### Women's 10,000m Race Walk

1.	Carmen Bianca MOLNAR	ROU	96	51:55.7
2.	Iuliana Loredana HRITCU	ROU	96	57:11.5
3.	Andreea CONSTANTINESCU	ROU	96	57:11.9
4.	Andreea ROJNEAI	ROU	98	58:11.0
5.	Roxana PANTA	ROU	99	58:55.9
6.	Andreea Isabella VANCEA	ROU	97	59:24.7

## HUNGARIAN UNIVERSITY T&F CHAMPS, BUDAPEST, 30-31 MAY

### Men's 10,000m Race Walk

1.	Miklós Domonkos SRP	HUN	93	44:25.9
2.	Bence VENYERCSÁN	HUN	96	44:50.3

### Women's 5000m Race Walk

1.	Marianna LENGYEL	HUN	94	28:18.6
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## BITS AND PIECES

- New Zealand race walker Alana Barber has emerged from relative obscurity over the last 12-18 months to make the World Championships team for Beijing. Steve Landells discovers more about the Aucklander's meteoric journey. See <http://www.athletics.org.nz/News/barber-cuts-to-the-chase>
- European Athletics profiles Czech walking sensation Anezka Drahotova <http://www.european-athletics.org/competitions/european-athletics-u23-championships/news/article=drahotova-walks-the-walk-style/?cid=rss>

## MARCIADALMONDO AND OMARCHADOR ROUNDUP

Marciadalmondo had 3 press releases this week (the links are to the English version of the website)

- Tues 9 Jun - La Coruna 20km road walk world record analysis [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2105](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2105)
- Sat 6 June - Liu Hong's World record in Coruna [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2104](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2104)
- Thu 4 Jun - Preview of the La Coruna meet [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2103](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2103)

The omarchador blog continued on as usual with 9 press releases

- Mon 8 Jun - Algarve walkers triumph at the Youth Olympics in Braga (Portugal) <http://omarchador.blogspot.pt/2015/06/marchadores-algarvios-triunfam-no.html>
- Sun 7 Jun - Liu Hong sets a new 20km World Record in La Coruna <http://omarchador.blogspot.pt/2015/06/liu-hong-bate-recorde-mundial-dos-20-km.html>
- Sat 6 June - Preview of La Coruna meet <http://omarchador.blogspot.pt/2015/06/corunha-capital-da-marcha-mundial.html>
- Fri 5 June - Portuguese judge Vasco Guedes will be in action in La Coruna <http://omarchador.blogspot.pt/2015/06/juiz-portugues-vai-atuar-na-corunha.html>
- Fri 5 June - discussion of the fact that walks are only held in the Portuguese Youth Olympics every second year <http://omarchador.blogspot.pt/2015/06/olimpico-jovem-deste-fim-de-semana.html>



- Thu 4 Jun - Results of USATF 5km roadwalk champs  
<http://omarchador.blogspot.pt/2015/06/campeonatos-de-5-km-dos-e-u-america-em.html>
- Wed 3 Jun - Results of Swiss 20km championships in Monthey  
<http://omarchador.blogspot.pt/2015/06/campeonatos-suicos-de-20-km-em-monthey.html>
- Tue 2 Jun - Portuguese walker Carolina Costa betters World Youth qualifying standard  
<http://omarchador.blogspot.pt/2015/06/carolina-costa-faz-minimos-para-os.html>
- Mon 1 Jun - Cesar Rodriguez (Peru) and Karla Jaramillo (Ecuador) win South American Youth Champs  
<http://omarchador.blogspot.pt/2015/06/cesar-rodriguez-peru-e-karla-jaramillo.html>

### 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 Key Dates

Sun June 21, 2015	AMA, VMA and Vic 20km roadwalk champs, Middle Park, VIC
Sat July 4, 2015	Vic 15km roadwalk champs, Middle Park, VIC
Sat July 18, 2015	VMA 10km and Victorian RWA Postal Challenge, Middle Park, VIC
Sun Aug 2, 2015	Victorian Roadwalk Championships (including Vic 30km), Middle Park, VIC
Sun Aug 30, 2015	Australian Roadwalk Championships, Middle Park, VIC
Sun Sept 13, 2015	Vic 50km Championship, Middle Park, VIC
Oct 3-10, 2015	Australian Masters Games, Adelaide, SA

#### 2015 IAAF Race Walking Challenge Dates

Aug 22-30, 2015	15 <sup>th</sup> IAAF World Championships	Beijing, CHINA
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#### Looking further forward

July 3-14, 2015	28 <sup>th</sup> Summer Universiade, Gwanju, South Korea
July 15-19, 2015	9 <sup>th</sup> World Youth T&F Championships, Cali, Colombia
Aug 22-30, 2015	15 <sup>th</sup> IAAF World Championships in Athletics, Beijing, China. See <a href="http://www.iaafbeijing2015.com">http://www.iaafbeijing2015.com</a>
Aug 4-16, 2015	20 <sup>th</sup> World Masters T&F Champs Stadia, Lyon, France. See <a href="http://www.lyon2015.com">www.lyon2015.com</a>
Aug 15-16, 2015	<b>104<sup>th</sup> Centurions 100 Miles qualifying walk</b> , Castletown, Isle of Man See <a href="http://www.isleofman100milewalk.co.uk/index.html">http://www.isleofman100milewalk.co.uk/index.html</a>
May 7-8, 2016	27 <sup>th</sup> IAAF World Race Walking Team Championships, Cheboksary, Russia
July 19-24, 2016	16 <sup>th</sup> World Junior T&F Championships, Kazan, Russia
Oct 26 -Nov 6, 2016	21 <sup>st</sup> World Masters T&F Champs Stadia, Perth, Australia. See <a href="http://www.perth2016.com">http://www.perth2016.com</a>
Aug 5-21, 2016	31 <sup>st</sup> Olympic Games, Rio de Janeiro, Brazil. See <a href="http://www.rio2016.com/en">http://www.rio2016.com/en</a>
July 12-16, 2017	10 <sup>th</sup> World Youth T&F Championships, Niarobi, Kenya
August 5-13, 2017	16 <sup>th</sup> IAAF World Championships in Athletics, London, UK
August 19-30, 2017	29 <sup>th</sup> Summer Universiade, Taipei, Taiwan
May 2018	28 <sup>th</sup> IAAF World Race Walking Team Championships, Cheboksary, Russia
July 2018	16 <sup>th</sup> World Junior T&F Championships, ?
Apr 4-15, 2018	Commonwealth Games, Gold Coast, Queensland (racewalks on the program). See <a href="http://www.gc2018.com">http://www.gc2018.com</a>
2019	17 <sup>th</sup> IAAF World Championships in Athletics, Doha, Qatar
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
Aug 2021	18 <sup>th</sup> IAAF World Championships in Athletics, Eugene, USA

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