



HEEL AND TOE ONLINE

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

With the World Masters Championships Stadia underway in Lyon, France, it is no surprise that my Walker of the Week should focus on this huge biannual event. And it's a double header once again with our two top female masters walkers dominating, both winning 2 gold medals out of 2 walks so far.

- Western Aust walker **Lyn Ventris** bounced back after a long period of injury with two dominant performances in the W55 division, winning the 5000m track walk last Friday (26:18.19) and the 10km roadwalk yesterday (time unknown as yet). Lyn holds most of the W50 and W55 world records and is pretty much untouchable when in top form.
- Victorian walker **Heather Carr** didn't need to bounce back from anywhere as she is always in top form and has been since her first World Masters championships in 1987. Competing in the W65 division, she won the 5000m track walk last Friday (29:28.21) and the 10km roadwalk yesterday (time unknown as yet). For Heather, who holds most of the W60 and W65 world records, this makes an amazing total of 29 individual gold and 7 individual silver medals and medals from her 18 appearances at World Masters Championships.

The two ladies will be back in action later in the week with the 20km roadwalk and I will not be surprised to see more golds coming their way on Friday.



Lyn and Heater in Lyon

WHAT'S COMING UP

Next Saturday sees our annual VRWC Intervals Races at Middle Park, with walkers able to choose either 6km, 8km or 10km in 2km intervals. This is a great intervals workout and lots of fun so make sure you come along.

Saturday 15th August 2015, Middle Park

2.15pm	Intervals Race – 6km, 8km or 10km	Open
2.25pm	4km	Open
2.30pm	2km	Open

To walk in this event, you must be able to complete each leg in less than 17 minutes. If, for example, you walk 11.30min for the 1st leg, you have 5.30min rest before starting the next leg. If a walker fails to finish any leg in the allowable 17 minutes, he/she will not be allowed to continue in the next leg. The start times for the 2km legs are as follows:

Start time	3x2km Race Legs	4x2km Race Legs	5x2km Race Legs
2.15pm	1	1	1
2.32pm	2	2	2
2.49pm	3	3	3
3.06pm		4	4
3.23pm			5

AUSTRALIAN ROADWALK CHAMPIONSHIPS – ENTRIES CLOSE THIS SUNDAY

A final reminder that entries close on Sunday evening for the 2015 Australian Road Walking Championships which will be held at Middle Park (Melbourne) on Sunday 30 August. We are now up to 89 entries now so the numbers are building and I expect a late surge of final entries this week.

As this is also a Racewalking Australia Carnival, I have setup an additional carnival page on our VRWC website - check it out at <http://www.vrwc.org.au/2015AustRoadwalkChamps.shtml>. This VRWC page can be viewed as the overall championship entry point as it contains links to other items of relevance, including the AA entry panel.



Don't miss out – entries close this weekend for the Australian Roadwalk Champs

VRWC ROADWALKS, MIDDLE PARK, SATURDAY 8 AUGUST

I could not be at Middle Park on Saturday for our final points competition walks but from what I hear, the weather was kind to us once again and a good field of 48 walkers contested the various races. It was great to see World Championships walker **Kelly Ruddick** down for a final hitout before heading off to join the Australian team in Japan. She led the field home in the 8km walk with a fast 37:06. Behind her, 2015 Australian Universiade rep **Rhydian Cowley** (27:57) and **Adam Garganis** (28:00) led home the 6km walkers, also with good times while 2014 World Juniors rep **Tayla-Paige Billington** won the women's 6km with 30:35. And down in the 4km race, 2015 World Youth rep **Kyle Swan** (18:34) just held out **Jason Kozica** (18:35) in another fast race. It was great to see a number of our internationals on deck. And finally, we welcomed UK based club member **Mark Wall** (who judged) and his partner **Sue Rey** (who walked in the 4km event). Great to see them both with us for the day.

8km Handicap Walk

1.	Kelly Ruddick	37:06	5
2.	Pam Tindal	43:34	2
3.	Carolyn Rosenbrock	47:02	4
4.	Donna Elms	49:26	1
5.	Alison Thompson	53:18	3
6.	Gwen Steed	54:20	6

1.	James Christmass	42:57	3
2.	Lachlan Feain	45:59	2
3.	Gerard Feain	46:18	1
4.	Geoff Barrow	57:04	4

6km Handicap Walk

1.	Tayla-Paige Billington	30:35	4
2.	Sandra Geisler	33:36	3
3.	Wendy Muldon	34:12	2
4.	Sandra Howorth	43:32	1
1.	Rhydian Cowley	27:57	5
2.	Adam Garganis	28:00	4
3.	Reese Walmsley	29:53	3
4.	Corey Dickson	34:58	6
5.	Josh Jensen	35:56	2
6.	Alan Huse	39:03	1

4km Handicap Walk

1.	Philippa Huse	21:45	7
2.	Paige De Lisen	22:27	4
3.	Brodie Richardson	22:42	1
4.	Kathleen O'Mahony	22:53	5
5.	Charlotte Hay	23:02	2
6.	Ruby Paten	25:17	8
7.	Emily Swan	25:52	9
8.	Clare Garganis	28:01	3
9.	Celia Johnson	28:19	5
10.	Sue Rey	30:36	Visitor

1.	Kyle Swan	18:34	5
2.	Jason Kozica	18:35	3
3.	Hayden Walmsley	22:18	6
4.	David Smyth	23:01	8
5.	Heath Beveridge	25:03	1
6.	Tony Doran	27:04	4
7.	Tony Barrett	27:35	
8.	Joseph Rickard	28:22	9
9.	John Morrison	29:58	2
10.	Barrie Wicks	31:33	7



Reese Walmsley, Rhydian Cowley, Adam Garganis, Kyle Swan and Tayla-Paige Billington



Kelly Ruddick, Jason Kozica, David Smyth, Elise Carbery, Pam Tindal and James Christmass



Tony Barrett, Sue Ray, Chelsea Karagiorgos and Joseph Rickard

And finally to our 2km and 1km walks, which had most of our very young walkers (and one not so young!). Great walk by improving **Angus Hay** in the 1km (6:49) while **Chloe and Chelsea Karagiorgos** also walked fast.

2km Handicap Walk

1.	Chloe Karagiorgos	10:51	1
2.	Grace Louey	11:55	2
3.	Gemma Lillie	12:39	3
4.	Lee Taylor	14:43	
5.	Elise Carbery	14:47	4

1km Handicap Walk

1.	Angus Hay	06:49	1
1.	Chelsea Karagiorgos	07:22	2
2.	Pam Mews	10:39	1

Thanks to our judges and officials. As I was not there, I can't guarantee I have everyone so apologies if I missed you.

Officials: Stuart Cooper, Michael Bodey, Damien Elms, Ian Laurie, Don McLaren, Harry Summers

Judges: Peter Vysma (chief), Gordon Loughnan, Lloyd Nichols, Mark Wall, Shane Dickson, David Cash

Canteen: Wendy Cooper

Photos: Terry Swan (see <http://www.vrwc.org.au/coppermine/thumbnails.php?album=52>)

NSWRWC ROAD WALKS, OATLEY, SATURDAY 8 AUGUST

Thanks to Frank Overton for the latest results from NSW. Frank commented: *A nice 18 degree day and some fine walking. Oatley is a good course comprising of a 1km circular lap. 38 competitors in total fronted the starters signal for what was a pleasant day of competition.*

Under 16 3km

1.	Hayden Blaskett	14.44
2.	Renee Hardy	17.05
3.	Danielle Vesper	17.26
4.	Lachlan Becroft	19.11
5.	Lauren Tisdale	19.37
6.	Brittany Robertson	19.45
7.	Catherine Young	20.03
8.	Jada Thomson	20.29
9.	Taylor Roukas	20.30
10.	Brodie Douglas	20.31
11.	Logan Barendregt	25.51

Under 12 1.5km

1.	Ryan Vesper	7.29
2.	Elle Decelus	7.45
3.	Tom Jessup	7.52
4.	Jessica Rocchette	8.19
5.	Isabelle Nilon	9.14
6.	Natasha Fairhall	9.26
7.	Aiden Hardy	9.46
8.	Isabelle Holland	9.48
9.	Stacie Becroft	10.08
10.	Ella Becroft	11.04
11.	Emily Challinor	12.21

Long Division 10km

1.	Jay Felton	45.08
2.	Carl Gibbons	46.38
3.	Cheryl Webb	49.32
4.	Jasmyn McDonald	54.42

Medium Division 8km

1.	Dylan Richardson	40.29
2.	Travis Barendregt	43.12
3.	Samantha Brown	43.37
4.	Raquel Roukas	44.38
5.	Ryan Thomson	44.47
6.	Judy Brown	65.55

Short Division 4km

1.	Kyle Bedford	20.27
2.	Tiffany Saker	21.58
3.	Donald Catallo	24.12
4.	Nicolle Challinor	27.49

Under 10 1km

1.	Sara Challinor	8.30
2.	Amelia Croker	8.32

ACT WALKERS CLUB ROADWALKS, WESTON PARK, CANBERRA, SATURDAY 8 AUGUST

Thanks to Robin Whyte for the latest results from Canberra. Good to see former Aussie pre Jillian Hosking having a 10km hitout.

10km Walk

1.	Jillian Hosking	49:33
2.	Ann Staunton-Jugovic	57:17
3.	Zoe Hunt	58:28
4.	Ally Durr	58:28
5.	Robin Whyte	1:04:39
6.	Greg Durr	1:12:54
7.	Mick Saunders	1:12:57
8.	Monika Short	1:13:52
9.	Geoff Barker	1:21:32
10.	Doug Fitzgerald	1:23:15
11.	Val Chesterton	1:25:01

3km Walk

1.	Laura Burns	17:24
2.	Peter Baker	17:40
3.	Katie Alley	18:41
4.	Ellen Vahey	19:36
5.	Bob Chapman	21:32
6.	Jack Thackray	26:45
7.	Nola de Chazal	35:20

5km Walk

1.	Connor Frew	25:30
2.	Mitchell Baker	25:31
3.	Gabby Hunt	25:33
4.	Callum Burns	25:52
5.	Spencer Burns	27:40
6.	Dylan Eddowes	32:10
7.	Barbara Eddowes	36:06
8.	Marilyn Banfield	36:39
9.	Robyn Saunders	38:47
10.	David Mackenzie	39:57
11.	Terry Munro	41:30
12.	Cilla Chapman	44:20
13.	Helen Munro	47:30

1.5km Walk

1.	Tom Hunt	07:50
2.	Georgia Frew	13:07

QRWC CLUB CHAMPIONSHIPS, LOGAN RIVER PARKLANDS, BRISBANE, SUNDAY 9 AUGUST

Queensland walkers contested their final winter season walks at Logan River Parklands in Brisbane on Sunday. The walk of the day had to be Erika Woodward who continued to attack the 10km, doing another big PB by over 1 minute. Great walking also by Tenyka Chapman (9:54 for 2km). Robyn Wales tells me that it was also an exciting time for the young walkers with Dane Bird-Smith putting in a final appearance before leaving for the World Championships.

Open 10km

1.	Ignacio Jimenez	51.20
2.	Paul Lindenberg	63.11
1.	Nyle Sunderland	57.41
2.	Erika Woodward	58.13
3.	Kay Shaw	64.42
4.	Debbie Lindenberg	DNF

U12 1.5km

1.	Jonathan Wearne	8.58
1.	Mackenzie Ofield	9.32
2.	Korey Brady	10.09
3.	Sophie Porter	?
4.	Makenna Clarke	13:32

U16 4km

1.	Ethan Clarke	23.43
2.	Callum Haig	26.10
1.	Jade Pearson	25.24

U10 0.75km

1.	Scarlett Schofield	4.11
2.	Ashanti Heap	4.15
3.	Anika Clarke	4.20

U14 2km

1.	Tenyka Chapman	9.54
2.	Amelia Schofield	10.21
3.	Isabella Schofield	12.36



Dane Bird-Smith with the Amelia, Isabella and Scarlett Schofield, Iggy Jimenez and Erika Woodward on Sunday

SAMA ROADWALKS, BONYTHON PARK, ADELAIDE, SATURDAY 8 AUGUST

Thanks to Colin Hainsworth for last weekend's results from the South Australian Masters in Adelaide. Colin commented: Saturday afternoon saw SAMA half Marathon running Championships at Bonython Park, Adelaide, held over 4 laps. Walkers joined in and walked either 1, 2, 3 or 4 laps as they wished. Cool, calm, sunny – perfect walking weather.

21.1km Walk

1.	Kevin Finn	2:28:39	M60
2.	Raelene Schild	2:39:33	W50

15.8km Walk

1.	Graham Harrison	2:06:22	M70	63.65%
2.	Colin Hainsworth	2:23:05	M85	69.46%

10.4km Walk

1.	David Robertson	1:31:18	M80
	Jeff Kennett	DNF	

5.2km Walk

1.	Helen Suridge	0:38:44	W60
2.	Rodger Barber	0:39:36	M75
3.	Jan Layng	0:41:09	W65
4.	Roger Lowe	0:42:50	M70
5.	Valmai Padget	0:46:48	W70
6.	Jill Rogers	0:46:48	W70

SWEDISH TRACK WALK CHAMPIONSHIPS, GOTHENBURG, SWEDEN, 8-9 AUGUST

It was a big double header in Sweden last weekend with track walks on both Saturday and Sunday in the Slottsskogsvallen stadium in Gothenburg and it was a chance for Perseus Karlström to show his great form. Just two days after returning from a training stint in Mexico, he powered through the 10,000m on Saturday morning to win in 39:19.5, only 0.0 seconds outside his PB. As an interesting stat, every 1000m split was under 4 minutes. This broke the meet record, previously held by Stefan Johansson with 40.39,2. His brother Ato Ibáñez took second place in 40:54.4 while Anders Hansson, a 50km specialist, took third spot with 43:25.6. Monica Svensson won the women's 5000m with 23:54.1, adding to her already considerable swag of national medals.

10,000m Walk Men

1.	Perseus Karlström	Eskilstuna FI	39.19,5
2.	Ato Ibáñez	Eskilstuna FI	40.54,4
3.	Anders Hansson	SK Svängen	43.25,6
4.	Christer Svensson	Växjö AIS	47.59,3
5.	Fredrik Svensson	Växjö AIS	49.21,2
6.	Anders Wahlström	Södra Ölands GoMK	57.54,4
7.	Jerker Samuelsson	GK Steget	58.23,4
8.	Ulf-Peter Sjöholm	Växjö AIS	59.07,7
9.	Erik Bengtsson	GK Steget	61.58,3
10.	Bengt Bengtsson	GK Steget	62.43,9
	Fredrik Sandmer	SK Svängen	DNF
	Patric Rajala	Fredrikshof IF Gäng	DNF
	Remo Karlström	Eskilstuna FI	DNS

5000m Walk Women

1.	Monica Svensson	Växjö AIS	23.54,1
2.	Maria Aydin	GK Steget	29.47,8
3.	Julia Ibrahim	GK Steget	29.48,5
4.	Kerstin B Malm	Mälarhöjdens IK	31.30,2
5.	Jennifer Ibrahim	GK Steget	33.46,4
6.	Jessica Ibrahim	GK Steget	35.03,7
	Siw Karlström	Eskilstuna FI	DNS

The walkers were back in action on Sunday morning with 20,000m track walks. In good conditions (sunny and around 20C), Perseus once again dominated, storming home with 1:25.41.4 (splits of 21:30, 22:38, 21:15 and 20:18 - last km in 3:52), well ahead of Ato Ibáñez and Anders Hansson. Fifth placed Christer Svensson completed the 20,000m for the 26th year in a row! The women's 10,000 meters was won by Monica Svensson with 49:54.8. It was only a toilet stop around the 8km mark that prevented an even better walk time for Karlström. I only have partial results for these second walks.

20,000m Walk Men

1.	Perseus Karlström	Eskilstuna FI	1:25:41.4
2.	Ato Ibáñez	Eskilstuna FI	1:28:41.6
3.	Anders Hansson	SK Svängen	1:30:02.3

10,000m Walk Women

1.	Monica Svensson	Växjö AIS	49:54.8
2.	Juliet Ibrahim	GK Steget	1:04:35.6

20TH WORLD MASTERS T&F CHAMPS STADIA, LYON, FRANCE, AUG 4-16, 2015

The 21st World Masters T&F Championships (see www.lyon2015.com) are now underway in Lyon, France, and a number of our Australian walkers are in action. First to some interesting statistics, compliments of <http://omarchador.blogspot.com.au/>:

The 21st edition of the World Masters Championships will see 702 walkers (387 male and 315 female) from 55 countries competing in 5000m track, 10km road and 20km road walks. Overall, more than 8,000 athletes representing 98 countries will compete over the 12 days of this prestigious meet. Host country France has the most walkers (183), ahead of USA (50), Germany (47), Italy (40) and Great Britain (35). The biggest walk categories are 50-54 (102), 60-64 (101) and 55-59 (97).

The small Australian contingent of 21 walkers included **Stuart Kollmorgen (VIC)**, **Mark Donahoo (VIC)**, **Simon Evans (VIC)**, **Colin Heywood (NT)**, **Jack Russell (SA)**, **Andrew Jamieson (VIC)**, **George White (SA)**, **Ralph Bennett (VIC)**, **Patrick Sela (QLD)**, **Ian Beaumont (VIC)**, **Terry O'Neill (VIC)**, **Lyn Ventris (WA)**, **Heather Carr (VIC)**, **Karyn O'Neill (VIC)**, **Margaret Beaumont (VIC)**, **Barb Bryant (VIC)**, **Michelle Mison (WA)**, **Joan Purcell (NSW)**, **Lynne Schickert (WA)**, **Julie Wilson (WA)** and **Lorna Lauchlan (WA)**.

The first of the walks to be contested were the 5000m track events, with the men last Thursday and the women last Friday. I hear that conditions were very tough with the temperature forecast for 39C! I was a good first day for the Aussies with 8 walks medals in total

M45 Stuart Kollmorgen	bronze	M55 Mark Donahoo	bronze
M70 George White	silver	M70 Ralph Bennett	bronze
W55 Lyn Ventris	gold	W65 Heather Carr	gold
W70 Joan Purcell	bronze	W85 Lorna Lauchlan	gold

5000m Walk Men, Parilly Stadium, Thursday 6 August

The first 10 placings in each division are shown. For the full results set of this race, check out http://rhone-alpes.athle.com/upload/ssites/000047/wma/result/06aout/parilly_06_08.htm

M35 5000m Race Walk

1.	Correia, Manuel Da	M36	Portugal	22:44,12
2.	Poirout, Stephane	M39	France	23:08,16
3.	Domínguez, Rodrigo	M38	Spain	23:23,97
4.	Carmona Gordillo,	M37	Spain	23:34,84
5.	Kawai, Hironori	M39	Japan	23:58,85
6.	Alksnis, Andris	M38	Latvia	24:05,62
7.	Grinholc, Grzegorz	M38	Poland	24:50,55
8.	Sapunov, Igor	M37	Italy	25:15,88
9.	Giraud, Baptiste	M39	France	26:12,36
10.	Rodriguez Jimenez,	M39	Spain	26:47,30

M40 5000m Race Walk

1.	Borsch, Steffen	M42	Germany	21:41,72
2.	Leclercq, Grégory	M40	France	21:43,62
3.	Delaunay, Sebastie	M40	France	21:54,55
4.	Ivzans, Normunds	M43	Latvia	22:04,14
5.	Sanchez Carmona, A	M41	Mexico	23:35,04
6.	Pupyshev, Andrei	M43	Russia	24:12,41
7.	Degtyarenko, Vyach	M44	Russia	24:45,13
8.	Durand Pichard, Da	M43	France	25:45,18
9.	Sleziona, Adam	M42	Poland	28:06,25
10.	Ambalathodi Ottupa	M41	India	29:59,44

M45 5000m Race Walk

1.	Toro Lopez, Leonar	M48	Spain	22:59,84
2.	Ramon, Fabrice	M45	France	23:51,55
3.	Kollmorgen, Stuart	M46	Australia	24:21,61
4.	Meyer, Steffen	M49	Germany	24:34,96
5.	Vargas Mendoza, Al	M47	Colombia	24:43,85
6.	Mahe, Didier	M46	France	25:54,91
7.	Serrano, René	M49	France	26:36,85
8.	Rodier, David	M45	France	27:25,22
9.	Briere, Régis	M47	France	27:56,08
10.	Ritzenhoff, Andrea	M48	Germany	29:01,30

M50 5000m Race Walk

1.	Periañez, Miguel	M52	Spain	22:47,64
2.	Garcia Marin, Adol	M52	Spain	23:20,00

3.	Swarts, David	M50	United State	23:57,40
4.	Gutierrez Brenes,	M54	Costa Rica	24:00,57
5.	Carvajal Ortega, M	M50	Spain	24:23,29
6.	Guetat, Gérard	M52	France	25:08,14
7.	Muñoz Belmonte, Jo	M54	Spain	25:08,47
8.	Dietsche, Klaus	M53	Germany	25:43,52
9.	Béchar, Yvan	M53	Canada	26:33,17
10.	Breide, Madars	M50	Latvia	27:16,16

M55 5000m Race Walk

1.	Systero, Sergey	M57	Russia	25:18,23
2.	Talcott, Dave	M55	United State	25:33,56
3.	Donahoo, Mark	M57	Australia	26:00,82
4.	Luniewski, Mirosła	M58	Poland	26:27,44
5.	Bonvarlet, Patrick	M55	France	26:36,25
6.	Evans, Simon	M55	Australia	26:44,64
7.	Baboin, Michel	M58	France	27:14,68
8.	Allen, Steve	M59	Great Britai	27:20,21
9.	Mukhtasarov, Rashi	M56	Russia	27:31,73
10.	Cornet, Andre	M56	France	27:36,56

M60 5000m Race Walk

1.	Brochot, Patrice	M64	France	24:40,79
2.	Melo, Ignacio	M62	Spain	25:03,02
3.	Guebey, Dominique	M63	France	25:20,23
4.	Hobbs, Christopher	M60	Great Britai	26:03,17
5.	Parker, Mike M62	New	Zealand	26:05,63
6.	Heywood, Colin	M61	Australia	26:19,03
7.	Vaxelaire, Noel	M60	France	26:28,19
8.	Shipitsyn, Anatoli	M61	Russia	26:32,72
9.	Fliegl, Miroslav	M60	Czech Republ	26:47,16
10.	Prieler, Helmut	M60	Germany	26:55,43
	Russell, John	M63	Australia	DQ

M65 5000m Race Walk

1.	Richards, Ian	M67	Great Britai	25:03,76
2.	Lopez Camarena, Jo	M65	Mexico	25:17,82
3.	Formentin, Ettorin	M68	Italy	27:17,13
4.	Pineda, Gildardo	M68	Mexico	27:46,99
5.	Siegenfuhr, Daniel	M65	France	28:07,70
6.	Dugast, Denis	M65	France	29:16,42
7.	Murashev, Sergey	M66	Russia	29:30,35
8.	Boszko, Peter	M66	Great Britai	29:35,64
9.	Michell, Roger	M67	Great Britai	29:50,12
10.	Orehovs, Vladimirs	M66	Latvia	30:06,05
	Jamieson, Andrew	M69	Australia	DNF

M70 5000m Race Walk

1.	Turner, Colin	M71	Great Britai	28:45,79
2.	White, George	M70	Australia	29:03,06
3.	Bennett, Ralph	M73	Australia	29:21,00
4.	Kok, Thomas	M70	Malaysia	30:23,22
5.	Bobbett, Kenneth	M71	Great Britai	30:26,96
6.	Schumm, Peter	M72	Germany	30:34,48
7.	Spigseth, Torkjell	M70	Norway	31:06,63
8.	Carmines, James	M72	United State	31:14,47
9.	Purves, Bill	M71	Hong Kong, C	34:16,14
10.	Marek, Stanislav	M72	Czech Republ	34:17,62

M75 5000m Race Walk

1.	Palmar, Ants	M75	Estonia	29:52,05
2.	Kansky, Vladimir	M75	Czech Republ	30:30,77
3.	Pelliccia, Romolo	M78	Italy	30:41,46
4.	Irbe, Zigurds	M79	Latvia	32:01,71
5.	De Coppet, Alexis	M76	Switzerland	33:45,29
6.	Morin, Bernard	M75	France	36:42,10
7.	Sela, Patrick	M75	Australia	37:24,68
8.	Dostalík, Václav	M75	Czech Republ	37:52,36

9.	Channasetty Revann	M77	India	38:19,11
10.	Knäringer, Frank	M79	Germany	41:00,25
12.	Beaumont, Ian	M79	Australia	43:19,28

M80 5000m Race Walk

1.	Panaseiko, Mykola	M80	Ukraine	33:30,08
2.	Menafto, Vincenzo	M80	Italy	34:33,18
3.	Will, Norbert	M80	Great Britai	34:45,16
4.	Molisch, Herbert	M80	Austria	36:45,62
5.	Green, Max	M83	United State	37:22,20
6.	Johnson, Ronald	M83	New Zealand	38:25,81
7.	Clavier, Jean	M83	France	40:12,43

M85 5000m Race Walk

1.	Pushkin, Ivan	M85	Ukraine	36:52,70
2.	Moremen, William	M87	United State	37:20,85
3.	Hyvölä, Viljo	M86	Finland	39:11,66
4.	Tamminen, Matti	M86	Finland	41:29,69
5.	Theurel Franoy, Te	M87	Mexico	48:23,07
6.	Nawrocki, Ryszard	M86	United State	57:27,03

M90 5000m Race Walk

1.	Herbst, Gerhard	M91	Germany	46:38,73
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5000m Walk Women, Parilly Stadium, Friday 7 August

The first 10 placings in each division are shown. For the full results set of this race, check out http://rhone-alpes.athle.com/upload/ssites/000047/wma/result/07aout/resultsparilly_7_aout.htm

W35 5000m Race Walk

1.	Marcos Valero, Mar	W35	Spain	24:35,34
2.	Kovács, Andrea	W35	Austria	25:24,11
3.	Silva, Sandra	W39	Portugal	25:38,44
4.	Zucconi, Tatiana	W37	Italy	27:14,32
5.	Fores Torres, Iren	W37	Spain	27:27,18
6.	Viljoen, Ronel	W37	South Africa	29:25,89
7.	Grinholc, Iwona	W39	Poland	30:58,22
8.	Markgraf, Yvonne	W39	Germany	31:32,63
9.	Higuera, Evangelin	W36	Mexico	31:58,57
10.	Raetsen, Sarah	W39	Canada	32:06,82

W40 5000m Race Walk

1.	Schenker, Bianca	W40	Germany	25:07,08
2.	Guillard, Caroline	W44	France	25:08,69
3.	Gao, Hongmiao	W41	China (Peopl	25:30,35
4.	Lamas, Alexandra	W43	Portugal	25:48,73
5.	Schröter, Brit	W40	Germany	25:49,37
6.	Sukharyna, Nadiya	W40	Ukraine	26:14,77
7.	Michel, Natacha	W40	France	27:22,99
8.	Hörl, Nicole	W43	Germany	27:28,45
9.	Aurizzi, Melania	W44	Italy	27:45,44
10.	Borovicková, Lenka	W42	Czech Republ	28:20,67

W45 5000m Race Walk

1.	Cinca, Elena	W45	Italy	27:05,92
2.	Smith, Corinne	W48	New Zealand	27:16,87
3.	Boban, Valérie	W47	France	27:25,43
4.	Donaldson, Katie	W46	Great Britai	28:09,48
5.	Garcia, Ascension	W47	France	28:12,86
6.	Hogrell, Ellinor	W46	Sweden	28:22,46
7.	Chretien, Nathalie	W49	France	28:26,00
8.	Martin Piñuela, Ca	W48	Spain	28:45,93
9.	Contis, Nadege	W46	France	28:47,72
10.	Sleziona, Katarzyn	W45	Poland	29:04,64

W50 5000m Race Walk

1.	Van Buuren, Lesley	W53	South Africa	26:40,56
2.	Sevellec, Sylvie	W50	France	26:55,04
3.	Demartis, Peppina	W54	Italy	28:04,89

4.	Bessot, Veronique	W53	France	29:11,47
5.	Kokorina, Irina	W50	Russia	29:29,11
6.	Brooke, Susan	W50	Canada	29:30,94
7.	Patti, Mirella	W53	Italy	29:48,92
8.	Ciantar, Dominique	W54	Italy	30:19,97
9.	Chranuski, Sylvie	W50	France	30:27,43
10.	Ruiz-Ayucar Seifer	W51	Spain	30:45,27

W55 5000m Race Walk

1.	Ventris, Lynette	W58	Australia	26:18,19
2.	Monmessin, Marie A	W59	France	27:01,69
3.	Laville, Francoise	W59	France	28:44,00
4.	Ricciutelli, Danie	W58	Italy	29:04,58
5.	Cochereau, Véroniq	W55	France	29:21,86
6.	Cornet, Therese	W57	France	29:55,48
7.	Peláez Cardona, Ro	W58	Colombia	30:08,60
8.	Formiconi, Maria P	W59	Italy	30:23,72
9.	Malochet, Dominiqu	W58	France	31:13,52
10.	Kwan, Siu Yin	W57	Hong Kong, C	31:27,41

W60 5000m Race Walk

1.	Vignat, Janine	W60	France	28:03,52
2.	Flipsen, Johanna	W60	Canada	28:09,21
3.	Nell, Barbara	W60	South Africa	28:25,13
4.	Bryant, Barb	W60	Australia	29:06,31
5.	Kozell, Kris	W62	Canada	30:19,22
6.	Debernard, Chantal	W61	France	30:29,20
7.	Marcenco, Natalia	W60	Italy	30:48,46
8.	Mendes, Maria Orle	W63	Portugal	31:00,38
9.	Patten, Nancy	W60	Canada	31:02,16
10.	Chiozza, Teresa	W64	Canada	31:39,44
24.	Wilson, Julie 2	W62	Australia	36:11,87

W65 5000m Race Walk

1.	Carr, Heather	W65	Australia	29:28,21
2.	Martino, Marianne	W65	United State	30:30,64
3.	Koekemoer, Winnie	W65	South Africa	30:31,89
4.	Blatchford, Noel	W67	Great Britai	32:56,59
5.	Padilla Mares, Ma	W65	Mexico	33:08,88
6.	Del Pinto, Rita	W66	Italy	33:38,64
7.	Eichel, Yoko	W68	United State	34:11,79
8.	Trushkina, Vera	W65	Russia	34:15,48
9.	Geer, Panseluta	W68	United State	34:24,02
10.	Baret, Simone	W65	France	34:58,47
23.	Mison, Michele	W67	Australia	42:18,78

W70 5000m Race Walk

1.	Maeder, Heidi	W71	Switzerland	31:55,05
2.	Klink, Ursula	W71	Germany	34:43,94
3.	Purcell, Joan	W74	Australia	37:13,83
4.	Simeon, Elisabeth	W72	France	37:55,90
5.	Nagell-Dahl, Halld	W73	Norway	38:27,88
6.	Dyar, Carol	W74	United State	38:32,89
7.	Stromberg, Ann	W73	United State	38:32,90
8.	Hults, Sandra	W73	United State	39:14,17
9.	Schickert, Lynne	W73	Australia	40:11,37
10.	Bernaga Torres, Lu	W71	Mexico	45:09,87

W75 5000m Race Walk

1.	Dräger, Helga	W75	Germany	37:48,84
2.	Ortiz Trapala, Ana	W77	Mexico	40:13,55
3.	Buntika, Ilga	W76	Latvia	40:24,76
4.	Aleksyeyeva, Lyusy	W78	Ukraine	40:24,99
5.	Capps, Shirley	W79	United State	41:15,70
6.	Chase, Jacqueline	W75	United State	41:29,60
7.	Hugot Le Goff, Ann	W76	France	43:42,07
8.	Hernández Jabre, S	W75	Chile	43:53,99
9.	Simmel, Sally	W79	United State	44:06,15

10.	Frazer-Munroe, Rut	W78	Trinidad and	45:53,76
11.	Beaumont, Margaret	W77	Australia	45:56,82

W80 5000m Race Walk

1.	Horne, Jean	W82	Canada	40:17,35
2.	Leclerc, Denise	W81	France	41:16,92
3.	Antritter, Erna	W80	Germany	44:36,13
4.	Moremen, Grace	W84	United State	46:39,84
5.	Ramsell, Muriel	W82	Great Britai	47:34,31

W85 5000m Race Walk

1.	Lauchlan, Lorna	W85	Australia	41:53,65
2.	Pagu, Elena	W89	Romania	45:18,62

10km Roadwalk Men, Parilly Park, Sunday 9 August

After the torrid conditions in which the 5000m walks were held, the men's 10km roadwalks on Sunday morning in Parilly Park were held in perfect weather. There were 3 heats – M65+ at 8AM, M50-64 at 10AM and M35-49 at 11:45AM. The races are very well reported in <http://omarchador.blogspot.com.au/2015/08/wmac-lyon-10-km-masculinos-resultados.html>. Fastest overall were Steffen Borsch (M40, GER, 44:59), Normunds Ivzans (M40, LAT, 45:17) and Sebastien Delaunay (M40, FRA, 45:23).

Andrew Jamieson (M65), Ralph Bennett (M70) and Mark Donahoo (M60) all won silver medals while **George White M(70)** won gold. Additionally the Australian M65+ team (G White, R Bennett and A Jamieson) won gold and the Australian M50-64 team came 4th. The first 10 placings in each division are shown. For the full results set of this race, check out <http://rhone-alpes.athle.com/asp.net/espaces.html/html.aspx?id=31704>. Additionally, check out Emmanuel Tardi's great collection of photos from the men's 10km at <https://picasaweb.google.com/113493053302679203574/Lyon10kmMarcheM6594?feat=directlink>.

M35 10000m Race Walk

1.	Correia, Manuel Da	M36	Portugal	45:38
2.	Poirout, Stephane	M39	France	45:50
3.	Domínguez, Rodrigo	M38	Spain	46:00
4.	Carmona Gordillo,	M37	Spain	48:05
5.	Grinholc, Grzegorz	M38	Poland	48:13
6.	Scafuro, Francesco	M37	Italy	49:19
7.	Sapunov, Igor	M37	Italy	50:18
8.	Ferrer Navarro, An	M39	Spain	50:48
9.	Alksnis, Andris	M38	Latvia	51:26
10.	Giraud, Baptiste	M39	France	51:37

M40 10000m Race Walk

1.	Borsch, Steffen	M42	Germany	44:59
2.	Ivzans, Normunds	M43	Latvia	45:17
3.	Delaunay, Sebastie	M40	France	45:23
4.	Leclercq, Grégory	M40	France	45:35
5.	Biche, Sébastien	M42	France	47:08
6.	Soto Maldonado, Et	M42	Mexico	47:10
7.	Pupyshev, Andrei	M43	Russia	47:11
8.	Reyes Olvera, Hora	M40	Mexico	47:45
9.	Degtyarenko, Vyach	M44	Russia	48:04
10.	Sanchez Carmona, A	M41	Mexico	48:13

M45 10000m Race Walk

1.	Ramon, Fabrice	M45	France	46:38
2.	Toro Lopez, Leonar	M48	Spain	47:21
3.	Meyer, Steffen	M49	Germany	48:55
4.	Kollmorgen, Stuart	M46	Australia	49:43
5.	Mahe, Didier	M46	France	49:51
6.	Nicolas, Florent	M48	France	50:16
7.	Vargas Mendoza, Al	M47	Colombia	51:24
8.	Courage, Frederic	M46	France	51:43
9.	Serrano, René	M49	France	53:22
10.	Saponaro, Giuseppe	M46	Italy	54:23

M50 10000m Race Walk

1.	Bonneau, Philippe	M50	France	46:58
2.	Periañez, Miguel	M52	Spain	47:07
3.	Swarts, David	M50	United State	48:34
4.	Garcia Marin, Adol	M52	Spain	48:46
5.	Gutierrez Brenes,	M54	Costa Rica	49:29

6.	Reis, Francisco	M54	Great Britai	49:44
7.	Muñoz Belmonte, Jo	M54	Spain	50:26
8.	Béchar, Yvan	M53	Canada	51:36
9.	Dietsche, Klaus	M53	Germany	51:37
10.	Guetat, Gérard	M52	France	52:04

M55 10000m Race Walk

1.	Syterov, Sergey	M57	Russia	51:15
2.	Donahoo, Mark	M57	Australia	52:01
3.	Talcott, Dave	M55	United State	52:35
4.	Luniewski, Mirosła	M58	Poland	53:15
5.	Mukhtasarov, Rashi	M56	Russia	53:35
6.	Bonvarlet, Patrick	M55	France	53:41
7.	Allen, Steve	M59	Great Britai	53:53
8.	Chartier, Thierry	M55	France	53:54
9.	Kiselev, Mikhail A	M59	Russia	53:56
10.	Evans, Simon	M55	Australia	54:38
21.	O'Neill, Terry (21)	M59	Australia	59:59

M60 10000m Race Walk

1.	Brochot, Patrice	M64	France	50:08
2.	Melo, Ignacio	M62	Spain	50:24
3.	Guebey, Dominique	M63	France	51:11
4.	Shipitsyn, Anatoli	M61	Russia	51:51
5.	Hobbs, Christopher	M60	Great Britai	52:52
6.	Heywood, Colin	M61	Australia	53:06
7.	Fliegl, Miroslav	M60	Czech Republ	54:21
8.	Prieler, Helmut	M60	Germany	54:58
9.	Schaeffer, Udo	M64	Germany	56:52
10.	Shagaev, Vladimir	M60	Russia	57:25
26.	Russell, John 2	M63	Australia	65:04

M65 10000m Race Walk

1.	Lopez Camarena, Jo	M65	Mexico	51:47
2.	Jamieson, Andrew	M69	Australia	52:35
3.	Formentin, Etorin	M68	Italy	53:00
4.	Richards, Ian	M67	Great Britai	54:57
5.	Pineda, Gildardo	M68	Mexico	56:45
6.	Siegenfuhr, Daniel	M65	France	57:54
7.	Dugast, Denis	M65	France	57:55
8.	Rabatel, Fernand	M69	France	59:07
9.	Murashev, Sergey	M66	Russia	59:44
10.	Boszko, Peter	M66	Great Britai	59:47

M70 10000m Race Walk

1.	White, George	M70	Australia	59:16
2.	Bennett, Ralph	M73	Australia	59:54
3.	Schumm, Peter	M72	Germany	1:01:51
4.	Spigseth, Torkjell	M70	Norway	1:02:46
5.	Bobbett, Kenneth	M71	Great Britai	1:03:02
6.	Lerme, Raitis	M72	Latvia	1:04:27
7.	Bjørsvik, Arvid	M72	Norway	1:06:09
8.	Faundez, Heriberto	M71	Chile	1:07:16
9.	Giese, Wolf-Dieter	M72	Germany	1:07:22
10.	Gonsiorovský, Zden	M73	Czech Republ	1:09:10

M75 10000m Race Walk

1.	Palmar, Ants	M75	Estonia	1:01:09
2.	Pelliccia, Romolo	M78	Italy	1:01:18
3.	Kansky, Vladimir	M75	Czech Republ	1:01:32
4.	Shillabeer, Edmund	M76	Great Britai	1:05:37
5.	Irbe, Zigurds	M79	Latvia	1:07:35
6.	De Coppet, Alexis	M76	Switzerland	1:09:48
7.	Bardy, Claude	M76	France	1:09:56
8.	Fernández Contrera	M76	Mexico	1:14:18
9.	Lenz, Horst	M77	Germany	1:14:51
10.	Sela, Patrick	M75	Australia	1:14:53

M80 10000m Race Walk

1.	Panaseiko, Mykola	M80	Ukraine	1:08:46
2.	Menafro, Vincenzo	M80	Italy	1:10:45
3.	Will, Norbert	M80	Great Britai	1:11:19
4.	Johnson, Ronald	M83	New Zealand	1:15:08
5.	Acosta, Carlos	M81	United State	1:15:44
6.	Michel Paoli, Serg	M84	Dominican Re	1:16:55
7.	Molisch, Herbert	M80	Austria	1:16:56
8.	Green, Max	M83	United State	1:17:33
9.	Gomez Noriega, Ren	M81	Mexico	1:37:49

M85 10000m Race Walk

1.	Pushkin, Ivan	M85	Ukraine	1:13:52
2.	Hyvölä, Viljo	M86	Finland	1:17:13
3.	Moremen, William	M87	United State	1:18:06
4.	Theurel Franoy, Te	M87	Mexico	1:40:50
5.	Nawrocki, Ryszard	M86	United State	1:58:58

M90 10000m Race Walk

1.	Vallabhajosyula, S	M91	India	1:36:05
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10km Roadwalk Women, Parilly Park, Monday 10 August

I've been waiting for the women's 10km walk results to go online at <http://rhone-alpes.athle.com/asp.net/espaces.html/html.aspx?id=31704> but still no activity. I do know that the Australian women did well and added to our medal swag which now sits at 16 individual and 3 teams medals. Well done everyone.

W85 Lorna Lauchlan	Gold
W70 Joan Purcell	Bronze
W65 Heather Carr	Gold
W55 Lyn Ventris	Gold

W70 Team	Bronze	Joan Purcell, Lyn Schickert, Margaret Beaumont
W55 Team	Silver	Lyn Ventris, Barbara Bryant, Karyn O'Neill

The final walk events, the men's and women's 20km road walks, will be held on Friday in Parilly Park. In the meanwhile, thanks to Emmanuel Tardi for a great selection of photos. I don't have all the Australian walkers but I do have most of them.



Simon Eavns, Mark Donahoo, Terry O'Neill, John Russell, Colin Heywood, Ian Beaumont and Patrick Sela



Steffan Borsch, Joan Purcell, Heather Carr and Barb Bryant



Margaret Beaumont, Karyn O'Neill, Lorna Laughlan and Lyn Ventris

ESTONIAN T&F CHAMPIONSHIPS, TALLINN, ESTONIA, 8-9 AUGUST

To Estonia for their T&F walks.

Men 20,000m Race Walk

1.	Lauri LELUMEES	EST	78	1:38:40.14
2.	Margus LUIK	EST	80	1:45:11.37
3.	Ruslan SERGATŠJOV	EST	00	1:48:22.54

Women 10,000m Race Walk

1.	Angela MANDEL	EST	00	59:22.53
2.	Anna KUKANKOVA	EST	90	59:50.32

DANISH T&F CHAMPIONSHIPS, AARHUS , DENMARK, 8-9 AUGUST

And to Denmark. Not sure if Andreas Nielson was the only starter of if I have an incomplete set up results here.

Men 5000m Race Walk

Andreas NIELSEN	DEN	88	22:11.20
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ROMANIAN JUNIOR T&F CHAMPIONSHIPS, PITESTI, ROMANIA, 8-9 AUGUST

And another small set of results, this time from Romania.

Junior Men 10,000m Race Walk

1. Andrei GAFITA	ROU	96	48:50.09
2. Victoras Ionut DOGARU	ROU	97	49:24.41
3. Ionut Adrian POSTOACA	ROU	97	52:07.77

Junior Women 10,000m Race Walk

1. Carmen Bianca MOLNAR	ROU	96	52:47.67
2. Nicoleta LUNGU	ROU	98	53:15.83
3. Roxana PANTA	ROU	99	58:45.81
4. ndreca ROJNEAI	ROU	98	DNF

IRISH T&F CHAMPIONSHIPS, MORTON STADIUM, SANTRY, SUNDAY 9 AUGUST

The men's 10,000m track walk at the Irish T&F Championships saw local favourite Robert Heffernan surprisingly disqualified mid race, thus ensuring that victory went to Alex Wright (40:29.04), ahead of Brendan Boyce (41:16:25) and Cian McManamon (43:07:52). The women's 5000m walk title went to Veronica Burke with 25:18.96. The Irish Times reported on the event as follows (see <http://www.irishtimes.com/sport/other-sports/rob-heffernan-disqualified-as-athletes-prepare-for-beijing-1.2311792>)

Last check-in call for the World Championships in Beijing and all the Irish athletes intending to travel appeared in Santry over the weekend in good spirits and bang on schedule. With the possible exception of Rob Heffernan. As defending World Champion in the 50km walk, Heffernan knows better than anyone the importance of getting on that plane to Beijing with no excess physical or mental baggage. So he came to Santry looking to trim the last of both, only to find himself disqualified almost exactly halfway through the 10km walk.

Clearly this wasn't part of the plan. Although Heffernan, just down from four weeks altitude training in the Atlas Mountains in Morocco, wasn't unduly concerned: he is, after all, preparing for a race five times longer in Beijing, on the road and not the track and, if anything, his own keenness simply got the better of him here. So, while Heffernan's training partner Alex Wright walked on for the victory, Heffernan was already looking forward to Beijing: "*It's certainly disappointing I didn't get to do the second half of the race,*" said Heffernan, after three of the five judges independently issued him a third red card, in all cases for lifting, and with that automatic disqualification. "*I'm not worried. I'm 4kg lighter than I was in Cork and the training in Morocco went brilliant. I've had two hernia operations since last summer, but everything this year is about Beijing. . . I'm going there as defending champion and I want to defend that title.*"

10,000m Walk Men

1. WRIGHT Alex	Leevale A.C.	40:04.29
2. BOYCE Brendan	Letterkenny A.C.	41:16.25
3. MCMANAMON Cian	Westport A.C.	43:07.52
4. TOBIN Anthony	Clonmel A.C.	47:16.80
HEFFERNAN Robert	Togher A.C.	DQ

5000m Walk Women

1. BURKE Veronica	Ballinasloe & District	25:18.96
2. CURLEY Maeve	Craughwell A.C.	26:16.12
3. WHELAN Lauren	Leevale A.C.	26:32.42
4. COLLINS Rebecca	North Down AC	28:04.77
GANNON Brenda	Sligo A.C.	DQ
KENNEDY Claire	St. Coca's A.C.	DNF

6 JOURS DE FRANCE, PRIVAS, FRANCE, 2-8 AUGUST

Now for those who think that the marathon or the 50km walk is too short, I have just the thing for you – the 10th edition of the 6 Jours De France, held in Privas last week (see <http://www.6jours-de-france.fr/>). A 6 Day Race might be termed the ultimate torture but it doesn't stop people from signing up every year and testing themselves out and usually completing the test.

This year was especially tough with very hot summer temperatures, up to 35C during the day and only dropping to 25C overnight. This was a nightmare scenario for the contestants who were competing over a 1.025km loop around the Privas athletics track. I can only imagine how they felt when the final gun sounded at 4PM last Saturday. Overall, an amazing 104 runners and 37 walkers started the 6 Day event and more started in the shorter 3 Day event as well.

French walker **Dominique Bunel**, who won the 6 Day Walk with an astounding 751.725km (a new World Best), beat all but one of the runners. Second place went to **Daniel Duboscq** who beat the M60 world best with 702.525km. The first woman was W60 walker **Josianne Pannier** with 523.150km. The 3 Day walk was won by French woman **Benedicte Salomez** with 301km

Congratulations to the English Centurions who took part in the races at Privas – club captain Kathy Crilley (C933) completed 343.775k in 143:56:02, Suzanne Beardsmore (C1094) completed 414.500k in 143:56:02 and Richard McChesney (C1131) completed 283.300k in 71:56:02 (he was in the 3 Day walk event).

6 day Walk

1.	BUNEL - Dominique	M	751.725 km	143:07:23
2.	DUBOSCQ - Daniel	M	702.525 km	143:49:27
3.	THIRIOT - Louis	M	658.450 km	143:54:28
4.	CLEMENT - Philippe	M	607.200 km	143:55:14
5.	BIET - Christophe	M	603.100 km	143:51:22
6.	CAILLEAUX - Patrick	M	601.050 km	143:55:13
7.	PRUCKNER - Jaroslav	M	524.175 km	143:52:06
8.	PANNIER - Josy	F	523.150 km	143:49:45
9.	PINEAU - Laurent	M	521.100 km	143:53:29
10.	MASSON - Pascal	M	518.025 km	143:57:12
11.	BIZARD - Claudie	F	515.975 km	143:56:50
12.	WALLAEYS - Jean	M	511.875 km	143:56:03
13.	HAUSMANN - Martina	F	494.450 km	143:49:42
14.	GUERIN - Severine	F	477.025 km	143:49:15
15.	LESCURE - Frederic	M	476.000 km	143:55:28
16.	LINARD - Benoit	M	463.700 km	143:59:13
17.	EMONIERE - Philippe	M	422.700 km	143:41:44
18.	BEARDSMORE - Suzanne	F	414.500 km	143:56:02
19.	RABREAU - Yves	M	407.325 km	143:53:24
20.	DUBOIS D'ENGHIEN - Catherine	F	400.150 km	142:39:26
21.	CHIFFOLEAU - Alain	M	390.925 km	143:55:27
22.	CORNICHON - Laurent	M	365.300 km	143:05:36
23.	VARETTE - Graziella	F	354.025 km	143:56:04
24.	ECHE - Dominique	M	351.975 km	143:54:15
25.	PANNIER - Magali	F	345.825 km	143:49:45
26.	PIERRE - Patrick	M	345.825 km	143:50:25
27.	CRILLEY - Kathy	F	343.775 km	143:56:02
28.	AVELOT - Sandrine	F	320.200 km	143:59:13
29.	THANRON - Bernard	M	314.050 km	143:55:27
30.	OUTREQUIN - Florian	M	306.875 km	143:59:13
31.	SAUTAI - Stephanie	F	273.050 km	143:52:47
32.	BOURRE - Philippe	M	250.500 km	143:49:52
33.	BURGER - Alain	M	184.900 km	143:36:29
34.	NICLASS - Simone	F	177.725 km	143:48:16
35.	BERT - Dominique	M	175.675 km	34:22:03
36.	BLONDE - Daniel	M	155.175 km	40:56:10
37.	SCHEFFER - Christian	M	117.250 km	34:12:55

The quality of these performances can be seen when compared to the 6 Day walk ranking list which was in effect before the event started. The world best stood at 741.212km, set by Irish walker John Dowling in 1983. Bunel has put a further 10km onto the mark.

6 Day All-Time Rankings (Emmanuel Tardi)

1.	741k212	John Dowling	IRE	00.00.29	M50	Nottingham (GBR)	31-7/6-8/1983
2.	710k060	Christian Mauduit	FRA	09.06.75	M35	Privas	19-24/10/2014
3.	701k892	Alain Grassi	FRA	21.07.59	M50	Antibes	6/12.06.2010
4.	665k225	Dominique Naumowicz	FRA	28.03.63	M45	Antibes	5-11/06/2011
5.	653k200	Richard Brown	GBR	18.11.46	M65	Abingdon (GBR)	11-17/08/2013

6.	641k773	Bernardo José Mora	ESP	10.08.63	M45	Antibes	5-11/06/2011
7.	639k940	Christophe Biet	FRA	19.05.66	M45	Privas	19-24/10/2014
8.	622k000	Gerald Manderson	NZE	11.11.43	M55	Colac (AUS)	15/20.11.1999
9.	609k941	Bob Wise	USA	00.00.39	M45	New York	02-07/05/1985
10.	588k215	Robert Davidson	USA	00.00.55	M35	El Cajon	15-20/04/1984
11.	581k411	Jean Wallaëys	FRA	04.08.80	M30	Privas	19-24/10/2014
12.	581k198	Philippe Emoniére	FRA	22.07.61	M45	Antibes	5-11/06/2011
13.	580k550	Roger Betaille	FRA	18.07.53	M60	Privas	19-24/10/2014
14.	575k354	Dominique Bert	FRA	04.04.60	M50	Le Luc	7-13/05/2013
15.	575k354	Stéphane Paillé	FRA	02.04.64	M45	Le Luc	7-13/05/2013
16.	545k298	Bernabé Rodríguez Sibaja	ESP	25.02.68	M40	Antibes	5-11/06/2011
17.	543k276	Daniel Dalphin	FRA	10.07.56	M55	Antibes	3-9/06/2012
18.	541k312	Patrick Lailler	FRA	21.10.50	M60	Antibes	6/12.06.2010
19.	540k000	Peter Waddell	AUS	25.01.31	M75	Colac (AUS)	16-22/11/1997
20.	536k101	Jaroslav Pruckner	CZE	01.05.54	M55	Antibes	3-9/06/2012
21.	531k976	Christer Svensson	SWE	15.12.69	M40	Antibes	5-11/06/2011
22.	522k751	Thierry Lebrun	FRA	11.11.80	M30	Antibes	5-11/06/2011
23.	518k481	Pascal Masson	FRA	29.11.64	M45	Privas	19-24/10/2014
24.	517k196	Yves Rabreau	FRA	25.06.42	M70	Le Luc	7-13/05/2013
25.	512k822	Jean Claude Courcy	FRA	18.03.49	M60	Antibes	6/12.06.2010
26.	503k322	Dale Sutton	USA	00.00.39	M40	Chula Vista (USA)	28/07-02/08/1982
27.	502k656	Jean Michel Bano	FRA	17.06.55	M55	Le Luc	7-13/05/2013
28.	495k200	Norman Morris	NZE	00.00.41	M65	Colac (AUS)	15/21.11.1996
29.	493k397	Zoltan Czukor	HUN	18.12.62	M45	Antibes	6/12.06.2010
30.	482k539	Stan Miskin	AUS	31.07.25	M80	Colac (AUS)	16/22.11.2003
31.	480k748	Serge Le Maner		00.00.51	M60	Antibes	3-9/06/2012
32.	480k004	Dominique Odouard	FRA	28.08.57	M55	Privas	19-24/10/2014
33.	476k662	Alain Martinez	FRA	29.01.65	M40	Antibes	7/13.06.2009
34.	471k382	Fredéric Lescure	FRA	17.01.61	M45	Antibes	6/12.06.2010
35.	456k429	Dominique Eche	FRA	01.04.55	M55	Privas	19-24/10/2014
36.	454k575	Patrick Pierre	FRA	19.08.48	M65	Privas	19-24/10/2014
37.	417k900	Ian Slatter	GBR	11.07.57	M55	Abingdon (GBR)	11-17/08/2013
38.	415k145	Laurent Cornichon	FRA	19.01.63	M45	Antibes	3-9/06/2012
39.	405k426	Michel L'Heritier	FRA	11.02.48	M60	Antibes	7/13.06.2009

And thanks to Emmanuel for the photos:



6 Day walker Josianne Pannier and 3 Day walk winner Benedicte Salomez



6 Day winner Dominique Bunel and runner up Daniel Duboscq (on reaching the 700km milestone)

BITS AND PIECES

- Athletics Australia has today announced its final team of 42 athletes for the World Champs – no changes to the walks component published previously – see <https://athleticsexclusive.com/special-events/athletics-australia-announce-world-championship-flame-team-3640/>. Athletics Australia has also tweeted to announce its team leaders. They are **Kim Mickle (throws)**, **Chris Erickson (distance)**, **Alana Boyd (jumps)** and **Lauren Wells (sprints)**. Well done to walker Chris Erickson on what is a great team honour.



Australian Team Leaders for the 2015 World Championships

- The Australian World Championships team is doing their final compulsory team training camp in Wakayama in Japan. I saw this tweet yesterday: *It's a scorcher here in #Wakayama today too, humid with a top of 38 degrees! More than 20 athletes to arrive before sun down.* It's a shame it's so hot as, while this might suit the sprinters and jumpers, it does not suit the walkers and longer distance runners. But the temperatures are going to drop to the low thirties in the next few days so fingers crossed!

- A few more teams have been announced for the 2015 World Championships in Beijing this month. The Japanese team is very strong. Look at those times!

Men's 20 km	Yusuke Suzuki (Fujitsu)	1:16:36 - WR
	Eiki Takahashi (Fujitsu)	1:18:03
	Isamu Fujisawa (Alsok)	1:19:08
Women's 20 km	Kumiko Okada (Bic Camera)	1:29:46
Men's 50 km	Yuki Yamazaki (SDF Academy)	3:40:12 - NR
	Takayuki Tanii (SDF Academy)	3:40:19
	Hirooki Arai (SDF Academy)	3:40:34

- It's official. Aleksandr Yargunkin is only Russian walker in the Russian World Championships team. He has a PB of 3:42 and will contest the 50km. He comes from Cheboksary and hence is untainted by the current Saransk drugs fiasco. See http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2174
- Great article on debutant New Zealand World Champs walker Alana Barber. See <http://www.trackfield97.com/alana-barber-new-zealand-womens-20k-race-walk-specialist-ready-for-world-championships-debut/>
- The 104th English Centurions 100 Miles qualifying walk will be held next week in Castletown on the Isle of Man. It's a full field with a lot of overseas walkers including Australian centurion **John Kilmartin (C 67)**. Good luck John! See their website at <http://www.isleofman100milewalk.co.uk/index.html>.
- The Czech Athletics website reports that Anezka Drahotová is doing her final World Champs preparation in the Japanese city of Tsukuba (see <http://www.atletika.cz/aktuality/drahotova-miri-na-vychod/>). The city is one which the Czech athletes have used before and it boasts a ver nice 5km circuit for training.

MARCIADALMONDO AND OMARCHADOR ROUNDUP

Lots to read this week with 9 press releases from Marciadalmondo

- Sun 9 Aug - Results of Irish Track Championships in Santry
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2179
- Sun 9 Aug - Preview of women's 20km walk (without Russians) in World Champs
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2178
- Sat 8 Aug - Massimo Stano added to 20km walk for Italian World Champs team
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2177
- Fri 7 Aug - Preview of World Champs 50km walk
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2176
- Thu 6 Aug - PanAm Games walk results confirm strength of Americas
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2175
- Thu 6 Aug - It's official. Aleksandr Yargunkin is only Russian walker at World Champs
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2174
- Thu 6 Aug - Remembering Michele Didoni who won the 1995 World Champs 20km
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2173
- Wed 5 Aug - Preview of men's 20km walk at World Champs
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2172
- Tue 4 Aug - Preview of World Champs 20km favourite Liu Hong
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2171

The omarchador blog continued on with 8 press releases – again, lots of good reading material.

- Mon 10 Aug – Results of men's 10km walks at WMA Champs in Lyon
<http://omarchador.blogspot.com.au/2015/08/wmac-lyon-10-km-masculinos-resultados.html>
- Sun 9 Aug - Results of Nigerian Walk champs a week ago
<http://omarchador.blogspot.com.au/2015/08/nigeria-estreou-marcha-nos-campeonatos.html>

- Sat 8 Aug - Results of WMA Champs 5000m in Lyon, France
<http://omarchador.blogspot.com.au/2015/08/luis-de-ouro-sandra-de-bronze-nos.html>
- Sat 8 Aug - Results of Kenyan World Champs 20km walk trials a week ago
<http://omarchador.blogspot.com.au/2015/08/kenia-trials-para-os-mundiais-de-pequim.html>
- Fri 7 Aug - Rob Tersteeg wins Dutch 20km championship
<http://omarchador.blogspot.com.au/2015/08/rob-tersteeg-campeao-da-holanda-ao.html>
- Thu 6 Aug - Nominations for IAAF Walks Committee
<http://omarchador.blogspot.com.au/2015/08/comite-de-marcha-da-aifa-candidatos.html>
- Wed 5 Aug - 702 walkers from 55 countries to compete in WMA champs in Lyon
<http://omarchador.blogspot.com.au/2015/08/702-marchadores-de-55-paises-competem.html>
- Tues 4 Aug - some stats from the recent Spanish underage walk championships
<http://omarchador.blogspot.com.au/2015/08/espanha-serve-de-inspiracao-na-marcha.html>

#BANCHEGIN

Well, there is a lot going on in the world of Drugs in Athletics. Here is a brief summary of last week, following on from the explosive revelations from the latest German TV documentary.

- IAAA Presidential candidate Seb Coe has come out fighting, describing the latest doping allegations levelled against T&F as a "declaration of war," Coe rushed to the defence of the IAAF's drug-testing system last Tuesday and said it was time to "come out fighting" to protect the reputation of the sport. See http://www.nzherald.co.nz/athletics/news/article.cfm?c_id=19&objectid=11492178&ref=rss
- This response is very much inline with the overall IAAF response which has dismissed as "sensationalist and confusing" the latest allegations of mass doping. In its first official reaction to the affair, the governing body, like Coe, said it "strongly rejected" allegations of hundreds of suspicious blood tests from athletes. See <http://www.nation.co.ke/sports/athletics/Mass-doping-allegations-sensationalist-and-confusing-says-IAAF/-/1100/2819928/-/iuyhmx/-/index.html>

The responses from Coe and the IAAF have not gone down well and may well prove to be a case of taking bad advice as to how to respond.

- Here is what a lot of the top throwers, led by Germany's Robert Harting, think about the IAAF response and performance thus far: <https://throwholics.com/2015/08/dear-iaaf-u-damaged-our-sport-this-is-what-we-have-to-say/>. This brilliant video expresses the athletes' disgust with the IAAF: "We cannot trust you anymore." Read the explanatory article at http://www.nzherald.co.nz/athletics/news/article.cfm?c_id=19&objectid=11495057&ref=rss.
- The two experts who analysed results on behalf of the newspaper have hit back at the IAAF's claim that their findings were "confusing and misleading". Michael Ashenden and Robin Parisotto said they had "rebutted each and every one of their so-called 'serious reservations'" raised by the IAAF. See <http://www.independent.co.uk/sport/general/athletics/doping-crisis-wada-yet-to-receive-leaked-blood-data-at-the-heart-of-explosive-sunday-newspaper-investigation-10441330.html>.
- WADA has confirmed it will review all the offending test results once it gets them, something that the IAAF does not seem keen to do itself. See <http://www.independent.co.uk/sport/general/athletics/athletics-doping-scandal-why-was-nothing-done-and-where-next-for-a-sport-in-crisis-10436482.html>.
- Respected sports journalist David Walsh tweeted a few days ago: *IAAF boasts it spends \$2m per year on anti-doping. Cycling, with much smaller pool of athletes, spends \$8-9m. Who are IAAF trying to fool?*
- Reuters reported on Sunday that a review of the leaked tests showed that 32 medal winners at the world's 6 top city marathons were among the hundreds of long distance runners with suspicious blood test results. See http://www.iol.co.za/sport/athletics/doping-leak-marathons-in-frame-1.1897503#.VcfKo_mqqko
- The Independent is scathing of Coe: <http://www.independent.co.uk/sport/general/athletics/seb-coe-is-picking-his-fights-with-the-wrong-people--theyre-on-his-side-10446418.html>
- BBC Sport Editor Dan Roan takes it a step further, really getting stuck into Coe. It is worth a cut and paste, it's so strong (see full article at <http://www.bbc.com/sport/0/athletics/33789481>).

IAAF vice-president Lord Coe was even firmer in his defence of the sport, describing the allegations as a "declaration of war" against track and field and citing the interpretation of the data as "breathhtaking ignorance or a level of malevolence". Naturally perhaps, for a man who loves the sport he once graced, Coe did not hold back, calling the coverage "selective" and "wrong", and an attempt to "destroy the reputation of our sport".

With the credibility of athletics on the line, the anger of Coe and the IAAF at the damage being done is understandable, and they are fully entitled to their opinion if they feel hard done by.

But as athletics braces itself for more revelations this weekend, its stance has undoubtedly disappointed some critics who want the sport to acknowledge, rather than deny, that it has a major problem. After all, outgoing IAAF president Lamine Diack admitted to me earlier this year his sport was indeed "in crisis".

A central plank of Coe's IAAF presidential election campaign has been getting tougher on doping and he has spoken about life bans for those caught cheating. However, given his involvement in the IAAF for several years, and his condemnation of the media outlets who have exposed the leaked files, is he too close to make those changes?

By threatening legal action against the whistleblower and attacking the messenger, athletics leaves itself open to comparisons with the way Fifa attacked the BBC and the Sunday Times over its exposes of corruption surrounding World Cup bidding in recent years. Many will argue the story is of significant public interest, and that the IAAF and Coe were too quick to dismiss it after just a few days.

Coe's questioning of the credentials of the "so-called experts" who interpreted the readings from the leaked database - anti-doping scientists Robin Parisotto and Michael Ashenden - has also raised eyebrows. Parisotto, after all, is employed by the Russian Anti-Doping Agency. Ashenden is regarded as one of the world's foremost experts on blood doping. He has acted as an expert witness in high-profile cases including those of cyclists Lance Armstrong and Alberto Contador.

- The other IAAF Presidential candidate, Sergey Bubka, seems to have guided his way through this potential minefield with a much more measured approach. He would have my vote if I had one!
See http://www.nzherald.co.nz/athletics/news/article.cfm?c_id=19&objectid=11492648&ref=rss

And getting back to Russia, a few stories out of there this week that all seem to indicate that that country is now starting to address this situation seriously, rather than just its usual blanket denial.

- Russian Sports Minister Vitaly Mutko has been interviewed about the Russian racewalking situation (see <http://www.sports.ru/others/athletics/1031954846.html>). It doesn't translate very well but it does imply that the days of the Saransk school might be numbered and that Russia may well go with a whole new group of potentially untainted walkers.

"The main task - to keep the school and training center in Mordovia. In general, keep this kind of technical. Just people from the coaching department, so to speak, gone too far. Perhaps their arrogance covered. Impunity turned his head. But we will draw conclusions. Yuriy Borzakovskiy as the chief coach of Russia for these monitors. She will be appointed the new head coach of this kind. I do not rule out that the Olympics we will take very young children. The new generation of athletes that there are no issues."

- Former Russian marathoner Liliya Shobukhova's doping ban has been extended by 14 months to March 2016 by sport's highest court last Thursday, following an appeal by the IAAF. See <http://www.all-athletics.com/en-us/2015-08-06/ex-russian-marathon-star-receives-extended-doping-ban>
- It's official. Aleksandr Yargunkin is only Russian walker in the Russian World Championships team. He has a PB of 3:42 and will contest the 50km. He comes from Cheboksary and hence is untainted by the current Saransk drugs fiasco. See http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2174

But it's not all bad, as the IAAF released a statement a few days ago that a 'significant' number of 'major' names in world athletics would this week be confirmed as historic dopers and be stripped of medals won as long ago as 2005. The development is apparently the result of the long-term pursuit of drug cheats by the IAAF, and comes just as the world governing body is under fire, accused of failing to tackle doping effectively. Talk about bad timing. See <http://www.dailymail.co.uk/sport/othersports/article-3190698/IAAF-ban-drug-cheats-significant-number-athletes-exposed-stripped-medals-week.html>

Jared Tallent is perhaps the biggest loser in this whole debacle, with 2 Olympic 50km silver medals behind convicted drugs cheats (2008 and 2012). Wouldn't it be nice if he finally got his Olympic gold medals! Eurosport interviewed him last week about this ongoing matter. See http://au.eurosport.com/athletics/interview-clean-athletes-let-down-by-system-tallent_sto4844672/story.shtml

The IAAF is now finally being forced to address this situation and has confirmed that a core group of six rogue nations continue to deliver a disproportionately large amount of doping cases. Numbers published by the IAAF and other official sources show that Russia, Morocco, Turkey, Kenya, Ukraine and Belarus have the most significant problems with drug cheats. Russia currently has more track and field athletes serving bans than any nation: 50. Morocco is next with 15, and Turkey, Kenya and Ukraine have 13 each. See <http://www.dailymail.co.uk/sport/othersports/article-3190677/Russia-one-six-countries-labelled-rogue-nations-war-doping.html>.

As they say, stay tuned for further developments!

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.

2015/2016 Australian/Victorian Key Dates

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
 Sun Dec 13, 2015 Australian 50km Championship, Fawkner Park, VIC
 Sun Feb 21, 2016 Australian Summer 20km Championships, Adelaide, SA

2015 International Key Dates

Aug 4-16, 2015 20th World Masters T&F Champs Stadia, Lyon, France. See www.lyon2015.com
 Aug 15-16, 2015 **104th Centurions 100 Miles qualifying walk**, Castletown, Isle of Man
 See <http://www.isleofman100milewalk.co.uk/index.html>
 Aug 22-30, 2015 15th IAAF World Championships in Athletics, Beijing, China. See <http://www.iaafbeijing2015.com/en/>
 Sun Sept 13, 2015 MTR Hong Kong Racewalking Carnival (<http://www.hkaaa.com>), Hong Kong, HK
 Sept 26-29, 2015 Around Taihu Multi-day Race Walking Challenge 2015, Taihu, CHINA

May 7-8, 2016 27th IAAF World Race Walking Team Championships, Cheboksary, Russia
 July 19-24, 2016 16th World Junior T&F Championships, Kazan, Russia
 Oct 26 -Nov 6, 2016 21st World Masters T&F Champs Stadia, Perth, Australia. See <http://www.perth2016.com>
 Aug 5-21, 2016 31st Olympic Games, Rio de Janeiro, Brazil. See <http://www.rio2016.com/en>
 July 12-16, 2017 10th World Youth T&F Championships, Niarobi, Kenya
 August 5-13, 2017 16th IAAF World Championships in Athletics, London, UK
 August 19-30, 2017 29th Summer Universiade, Taipei, Taiwan
 May 2018 28th IAAF World Race Walking Team Championships, Cheboksary, Russia
 July 2018 16th World Junior T&F Championships, ?
 Apr 4-15, 2018 Commonwealth Games, Gold Coast, Queensland (racewalks on the program). See <http://www.gc2018.com>
 2019 17th IAAF World Championships in Athletics, Doha, Qatar
 July 2019 11th World Youth T&F Championships, ?
 July 2019 30th Summer Universiade, Brasilia, Brazil
 July 2020 32nd Olympic Games, Tokyo
 Aug 2021 18th IAAF World Championships in Athletics, Eugene, USA

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