



## HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club  
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### ANOTHER YEAR OF NEWSLETTERS DONE

Well, that's another VRWC financial year completed and another 52 newsletters. This is the 8<sup>th</sup> year in a row that I have managed to put out 52 newsletters in the year so I am pretty chuffed. As to how long, the run can continue, that's a question for another day. Of course, it would be a lot harder if not for the many people who regularly (or irregularly) feed information, photos and articles to me. The list includes

- Within Australia – Terry Swan, Sarah Brennan and Paul Rance (VIC), Frank Overton and Sarah Richardson (NSW), Colin Hainsworth (SA), Terry Jones (WA), Robin Whyte (ACT), Rosemary Coleman (TAS) and Robyn Wales (QLD)
- Internationally – Emmanuel Tardi, Mark Wall, Ron Wallwork, Mark Easton, Fabio Ruzzier, Harold van Beek and Birger Fält
- The teams from omarchador and marciadalmondo

Apologies if I missed your contribution. It is hard to rack the old brain cells and come up with all the names.

Of course, one correspondent stands out from the crowd – Emmanuel Tardi of France. Emmanuel contributes an article just about every issue – this time around is no exception as he reports on two separate races in France. Thanks so much Emmanuel!



**Correspondent of the Year Emmanuel Tardi with 2015 World Champion Matej Toth in Dudince earlier this year**

### WHAT'S COMING UP

Our VRWC walkers are now enjoying a well earned break after a long and successful winter season. The next key dates on the Victorian calendar mark the start of the summer season – summer mailout in the next couple of weeks.

- Sat 10 Oct 2015 AV Shield Round 1 (Program 2), various venues around Victoria
- Sun 25 Oct 2015 VRWC Road Races, Middle Park

## WALKER OF THE WEEK

My walker of week this time around is 23 year old Queensland walker **Dane Bird-Smith**. At a time when the rest of us are enjoying a break between seasons, he is hard at work competing in the 4 Day Lake Taihu event in China. And just like last year, he got off to a great start.

- Saturday 26 Sept - Day 1      4<sup>th</sup> overall with 41:49 for 10km
- Sunday 27 Sept - Day 2      1<sup>st</sup> overall with 40:30 for 10km
- Monday 28<sup>th</sup> Sept – Day 3    3<sup>rd</sup> overall with 49:25 for 12km

After 3 of the 4 days of racing completed, he sits in second place overall, only just behind leader Wang Zhen of China. I report on the progress thus far in this prestigious event later in the newsletter.



**Dane wins stage 2 of the Lake Taihu 4 Day Classic in China (photo [www.omarchador.com](http://www.omarchador.com))**

## BENDIGO WALKERS CLUB'S ROADWALKS, LAKE NEANGER, SUNDAY 27 SEPTEMBER

Thanks to Paul Rance for the latest walk results from Bendigo.

The Bendigo Walkers Club completed their Sunday morning Winter race competitions with a teams race at Lake Neanger on Sunday. 5 teams of 2 walkers per team raced, with the first competitor in each team completing 1.6km and the second competitor racing 3.2km. In one of the closest teams races held, just 3 seconds separated the first 3 teams with the Bill Lotherington - Ebony Whiley team holding off the fast finishing teams of Barb Bryant- Sheridan Commons and Zahra Hayes - Caitlyn Tozer to win a strongly contested race. Zahra Hayes and Ebony Whiley both broke Club records in their respective age group distances while Bill Lotherington produced a personal best effort.

1.	Team 5	Ebony Whiley	1.6km	9.07	Bill Lotherington	3.2km	22.58
2.	Team 3	Sheridan Commons	1.6km	11.41	Barb Bryant	3.2km	17.56
3.	Team 1	Caitlyn Tozer	1.6km	14.03	Zahra Hayes	3.2km	16.05
4.	Team 4	Annette Curtis	1.6km	11.43	Jennie Payne	3.2km	21.17
5.	Team 2	Norm West	1.6km	12.31	Peter Curtis	3.2km	20.13

## QLD MASTERS ATHLETICS TRACK WALKS, SAF, NATHAN, SATURDAY 26 SEPTEMBER

And a couple of Masters walk results from Queensland to round out our Australian reporting. Erika Woodward continues to chip away at her PBs.

### 5000m Walk

1.	Peter Bennett	M59	25:41.48	86.46%	
2.	Argenis Guevara	M47	28:05.86	71.18%	
3.	Erika Woodward	W49	28:25.49	77.81%	PB 0:09
4.	Noela McKinven	W73	40:24.10	73.07%	

**QLD MASTERS TRACK WALKS, GRIFFITH UNI, SOUTHPORT, GOLD COAST, SUNDAY 27 SEPTEMBER**

**1500m Walk**

1.	Robyn Wales	W63	12:32.02	57.05%
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**3000m Walk**

1.	Dean Nipperess	M44	17:55.97	63.93%
2.	Paul Lindenberg	M53	18:22.31	67.29%
3.	Kay Shaw	W56	18:47.70	73.37%
4.	Debbie Lindenberg	W54	19:59.36	67.67%

**AROUND TAIHU MULTI-DAY RACE WALKING CHALLENGE, CHINA, 26-29 SEPTEMBER**

The 2015 "Around Taihu" 4-Day Racewalk Competition is currently underway in the Wuzhong District of Suzhou, China. It started on Saturday with Stage 1 and finishes today with Stage 4. Overall, the third edition of this annual event is bigger and better than ever with walkers from 18 different countries gathered at Lake Taihu and competing for prize money totalling US\$300,000. And it's not just the walking elite in action. A mass participation walk on Day 1 saw over 12,000 registrations. First a brief overview of how the top walkers went each day and then a summary of where everyone stands from both team and individual perspectives.

**Saturday 26 September - Day 1 Stage, Mudu, 10km**

Day One saw walkers contesting a 10km distance, out and back from central Mudu..



Day 1 gets underway (photo <http://omarchador.blogspot.com.au/>)

**10 km Elite men**

A leading pack quickly formed, led by Chinese Wang Zhen and Colombian Eider Arevalo, with Ukrainians Nazar Kovalenko and Sergii Budza and the Russians Kirill Frolov and Petr Trofimov following, slightly ahead of Ukrainian Ivan Losev and Australian Dane Bird-Smith. Towards the 7km mark, Arevalo forces the pace and earns a gap to Wang Zhen, a gap he holds to the finish, ensuring he will wear the yellow jersey on day 2.

1.	Eider Arevalo	COL	41:26
2.	Wang Zhen	CHN	41:34
3.	Kirill Frolov	RUS	41:45
4.	Dane Bird-Smith	AUS	41:49
5.	Nazar Kovalenko	UKR	41:59
6.	Sergii Budza	UKR	42:09
7.	Petr Trofimov	RUS	42:12
8.	Ivan Losev	UKR	42:15

**10 km Elite women**

Chinese walker Qieyang Shenjie went straight to the lead, continuing her good form and begging the question as to why she was not in their World Championships team. She held this lead right through the race, finishing 23 secs ahead of Ukrainian Lyudmyla Olyanovska, followed by Lithuanian Brigita Virbalyte and the Chinese Xie Lijuan.

1.	Qieyang Shenjie	CHN	44:36
2.	Lydmyla Olyanovska	UKR	44:59
3.	Brigita Virbalite	LTU	45:36
4.	Xie Lijuan	CHN	45:59
5.	Wang Yingliu	CHN	46:01
6.	Nadezhda Sergeeva	RUS	46:05
7.	Nadiya Borovska	UKR	46:19
8.	Viktoria Madarasz	HUN	46:25

### Sunday 27 September - Day 2 Stage, Dongshan, 10km

The second stage of the "Around Taihu 2015" started in Dongshan: a hilly course along Island Ring Road up to the old village of Luxiang for a total of 10 km, much of which was uphill.



Day 2 podiums (photo <http://omarchador.blogspot.com.au/>)

### 10 Km Elite men

Chinese Luo Yadong and Russian Petr Trofimov immediately took the lead, shadowed by a group of the best walkers: Chinese Wang Zhen, Canadian Evan Dunfee, Chinese Liu Meng, Colombian Eider Arevalo, Australian Dane Bird-Smith, Ukrainians Nazar Kovalenko, Ivan Losev, Igor Glavav and Sergii Budza and Russian Kirill Frolov. Various attempts were made to force the pace but the group always reformed and it was not until towards the end of the race that Luo Yadong and Dane Bird-Smith could eventually force a couple of metres break on Eider Arevalo, Wang Zhen and Evan Dunfee. The end of the race saw Luo Yadong and Dane Bird-Smith cross the line together but the Chinese was penalized 30 secs in the final sprint as was third placed Eider Arevalo. that led to a top 8 that looked like this:

1.	Dane Bird-Smith	AUS	40:31
2.	Wang Zhen	CHN	40:37
3.	Evan Dunfee	CAN	40:42
4.	Liu Meng	CHN	40:56
5.	Luo Yadong	CHN	41:01
6.	Eider Arevalo	COL	41:05
7.	Georgiy Sheiko	KAZ	41:09
8.	Ivan Banzeruk	UKR	41:21

### 10 km Elite women

Like Day 1, Qieyang Shenjie and Lydmyla Olyanovska went straight to the lead, followed by Brigita Virbalyte, Mao Yanxue, Wang Yingliu and Nadiya Borovska. Eventually it was Olyanovska who forced the break, reversing the placings from Day 1 and going to the overall lead after two days.

1.	Lydmyla Olyanovska	UKR	42:01
2.	Qieyang Shenjie	CHN	43:01
3.	Nadiya Borovska	UKR	43:40
4.	Wang Yingliu	CHN	43:43

5.	Brigita Virbalite	LTU	43:53
6.	Mao Yanxue	CHN	44:06
7.	Nadezhda Sergeeva	RUS	44:13
8.	Viktoria Madarasz	HUN	44:19

### Monday 28 September - Day 3 Stage, Qionglong, 12km

The third stage of the "Around Taihu 2015" started in Qionglong: a hilly out and back course for a total of 12 km, much of which was up and down.

#### 10 Km Elite men

No surprises here as a lead group of Wang Zhen, Luo Yadong, Petr Trofimov, Evan Dunfee, Liu Meng, Eider Arevalo, Dane Bird-Smith, Nazar Kovalenko, Ivan Losev, Igor Glavan and Sergii Budza immediately formed. Soon after the 6km turn, Dane Bird-Smith, Wang Zhen, Igor Glavan and Eider Arevalo broke free and gradually forced a small gap. They were still together at the end, with the final sprint resolved in favor of Wang Zhen in front of Igor Glavan and Dane Bird-Smith while Eider Arevalo was penalized by 30 seconds and the Chinese Luo Yadong penalised by 90 seconds. So while these two finished with the lead group, their final positions after adjustment were sixth and thirteenth.

1.	Wang Zhen	CHN	49:16
2.	Igor Glavan	UKR	49:19
3.	Dane Bird-Smith	AUS	49:25
4.	Evan Dunfee	CAN	49:27
5.	Nazar Kovalenko	UKR	49:43
6.	Eider Arevalo	COL	49:55
7.	Petr Trofimov	RUS	50:21
8.	Caio Bonfim	BRA	50:20

#### 10 km Elite women

Once again, Qieyang Shenjie and Lyudmyla Olyanovska surged to the front, followed by Brigita Virbalyte, Mao Yanxue, Wang Yingliu and Nadiya Borovska. Like with the men, the break came soon after the half way turn, with the Ukrainian getting the upper hand and moving away from Shenjie, the London Olympic silver medallist. The Europeans were to the fore with Brigita Virbalyte third, Nadezhda Sergeeva fourth and Viktoria Viktor Madarász fifth.

1.	Lyudmyla Olyanovska	UKR	51:31
2.	Qieyang Shenjie	CHN	51:50
3.	Brigita Virbalyte	LTU	52:49
4.	Nadezhda Sergeeva	RUS	52:55
5.	Viktoria Madarasz	HUN	53:10
6.	Mao Yanxue	CHN	53:32
7.	Nadiya Borovska	UKR	53:59
8.	Agnieszka Dygacz	POL	54:25

And now to a comprehensive 3 day review of where everyone stands, including our Australian and other Commonwealth entrants. Dane sits in second place, only 9 seconds behind Zhen Wang – what a great final day we have coming up! Evan Dunfee is 5<sup>th</sup> overall, Quentin Rew 19<sup>th</sup>, Inaki Gomez 21<sup>st</sup>, Jared Tallent 23<sup>rd</sup> and Tom Bosworth 37<sup>th</sup>. Luke Adams did start stage 1 but was forced to withdraw with hamstring issues and has not participated since.

Men – Progressive Placings after 3 Days				Total	Day 1	Day 2	Day 3
1.	Zhen Wang	CHN		2:11:27	41:34	40:37	49:16
2.	<b>Dane Bird-Smith</b>	<b>AUS</b>		<b>2:11:45</b>	41:49	40:31	49:25
3.	Eider Arevalo	COL		2:12:26	41:26	41:05	49:55
4.	Nazar Kovalenko	UKR		2:13:23	41:59	41:41	49:43
5.	<b>Evan Dunfee</b>	<b>CAN</b>		<b>2:13:29</b>	43:20	40:42	49:27
6.	Petr Trofimov	RUS		2:14:00	42:12	41:27	50:21
7.	Igor Glavan	UKR		2:14:14	42:43	42:12	49:19
8.	Sergii Budza	UKR		2:14:33	42:09	41:25	50:59
9.	Ivan Losev	UKR		2:15:01	42:15	41:27	51:19
10.	LIU Meng	TJN	1998	2:15:23	43:47	40:56	50:40
11.	Caio Bonfim	BRA		2:15:24	42:31	42:27	50:26
12.	Yadong Luo	CHN		2:15:27	43:25	41:01	51:01
13.	Ivan Banzeruk	UKR		2:15:42	43:05	41:21	51:16
14.	Andrii Kovenko	UKR		2:15:44	43:50	41:27	50:27
15.	Frolov Kirill	RUS		2:16:05	41:45	41:55	52:25
16.	Georgiy Sheiko	KAZ		2:16:39	44:04	41:09	51:26
17.	Perseus Karlstrom	SWE		2:16:49	42:22	43:05	51:22
18.	Oleksiy Kazanin	UKR		2:18:11	45:09	42:09	50:53
19.	<b>Quentin Rew</b>	<b>NZL</b>		<b>2:18:17</b>	43:07	43:10	52:00
20.	Grzegorz Sudol	POL		2:18:36	44:14	42:20	52:02
21.	<b>Inaki Gomez</b>	<b>CAN</b>		<b>2:18:49</b>	45:12	42:08	51:29

22.	Aliaksandr Liakhovich	BLR		2:19:00	43:28	41:48	53:44
23.	<b>Jared Tallent</b>	<b>AUS</b>		<b>2:19:28</b>	44:31	42:56	52:01
24.	YAN Luqiang	JSU		2:21:55	45:31	43:39	52:45
25.	MENG Zhongkai	YNN	1997	2:22:13	46:03	43:19	52:51
26.	Jose Leyver Ojeda	MEX		2:22:31	44:44	46:30	51:17
27.	DU Jicheng	TJN	1994	2:22:32	44:39	43:32	54:21
28.	Sichao Xie	CHN		2:22:48	46:28	43:28	52:52
29.	YANG Dedong	YNN	1996	2:23:03	44:58	43:43	54:22
30.	YE Ting	MON	1998	2:23:05	47:22	43:24	52:19
31.	ZHONG Xing	MON	1995	2:23:44	44:32	46:40	52:32
32.	YANG Hu	YNN	1996	2:23:53	45:27	44:05	54:21
33.	SU Xianzheng	YNN	1995	2:24:13	44:10	43:03	57:00
34.	HE Xianghong	YNN	1998	2:24:15	45:44	43:28	55:03
35.	Sandor Racz	HUN		2:24:20	46:24	44:47	53:09
36.	Peng Li	CHN		2:24:27	45:10	45:30	53:47
37.	<b>Tom Bosworth</b>	<b>GBR</b>		<b>2:25:37</b>	47:24	44:43	53:30
38.	Tang Yifan		1997	2:25:59	44:57	45:30	55:32
39.	JIANG Su	JSU	1995	2:26:01	45:47	45:40	54:34
40.	Yauhen Zaleski	BLR		2:26:06	45:43	43:52	56:31
41.	Mario Jose Dos Santos JR	BRA		2:26:59	45:31	45:38	55:50
42.	Ivan Trotski	BLR		2:27:34	44:32	46:09	56:53
43.	Sergey Korepanov	RUS		2:27:41	46:37	45:04	56:00
44.	Luis Bustamante	MEX		2:28:24	45:36	44:48	58:00
45.	LI Shuai	JSU	1995	2:30:41	45:28	44:50	60:23
46.	YANG Kai	JSU	1998	2:32:27	47:14	47:58	57:15
47.	LIU Zedong	JSU		2:32:28	50:28	45:58	56:02
48.	HOU Xuejing	TJN	1997	2:32:50	48:24	47:30	56:56
49.	JU Yanshuang	MON	1997	2:34:13	50:33	47:26	56:14
50.	Nikolay Ivanov	RUS		2:34:43	48:03	45:51	60:49
51.	XU Jie	ANH	1993	2:35:12	51:46	47:00	56:26
52.	HUANG Jian	ANH	1994	2:39:16	54:14	47:32	57:30
53.	Tiago Fonseca	BRA		2:42:42	53:42	48:47	60:13
54.	WANG Ziyang	ANH	1997	2:46:59	53:17	51:14	62:28
55.	LUO Guangrui	ANH	1999	2:50:15	54:14	53:31	62:30
56.	HU Enxi	MON	1994	1:29:27	44:46	44:41	DQ
57.	LUO Dongpo	TJN	1995	1:30:08	47:06	43:02	DQ
58.	Jakub Jelonek	POL		1:32:11	46:25	45:46	DQ
59.	Isaac Palma	MEX		1:32:18	48:30	43:48	
60.	TONG Yongliang	MON	1997	1:32:29	44:17	48:12	
61.	Dzmitry Dziubin	BLR		1:33:12	46:08	47:04	
62.	Ever Palma	MEX		1:37:17	45:00	DNF	52:17
63.	Ignacio Gonzales	MEX		1:44:45	53:34	51:11	DQ
64.	TIAN Huijie	MON	1998	53:01	53:01	DNS	DNS
65.	ZHAO Zhipeng	ANH	1997	57:38	57:38	DNF	
66.	LIU Hongtu	JSU		57:59	DNF	DNF	57:59
67.	<b>Luke Adams</b>	<b>AUS</b>			DNF	DNS	DNS
68.	YANG Weili	JSU				DNF	DNS
69.	TONG Xin	TJN	1996			DNF	DNF

And a similar review for the women after 3 days where Lyudmyla Olyanovska holds a 19 second lead over Shenjie Qieyang. Of the Commonwealth walkers, Alana Barber is 18<sup>th</sup> and Jess Pickles is 36<sup>th</sup>.

Women – Progressive Placings after 3 Days			Total	Day 1	Day 2	Day 3	
1.	Lyudmyla Olyanovska	UKR	2:18:31	44:59	42:01	51:31	
2.	Shenjie Qieyang	CHN	2:19:27	44:36	43:01	51:50	
3.	Brigita Virbalyte	LTU	2:22:18	45:36	43:53	52:49	
4.	Nadezhda Sergeeva	RUS	2:23:13	46:05	44:13	52:55	
5.	Viktoria Madarasz	HUN	2:23:54	46:25	44:19	53:10	
6.	Nadiya Borovska	UKR	2:23:58	46:19	43:40	53:59	
7.	Yanxue Mao	CHN	2:25:10	47:32	44:06	53:32	
8.	WANG Yingliu	YNN	1992	2:25:46	46:01	43:43	56:02
9.	HE Qin	JSU	1992	2:27:34	46:57	45:01	55:36
10.	Agnieszka Dygacz	POL		2:27:59	47:47	45:47	54:25
11.	Inna Kashyna	UKR		2:29:26	49:01	45:11	55:14
12.	Agnieszka Szwarzog	POL		2:29:50	47:42	45:35	56:33
13.	Ainhoa Pinedo	ESP		2:29:51	48:07	46:10	55:34
14.	Lijuan Xie	CHN		2:29:59	45:59	45:10	58:50
15.	Ji Yefang	JSU	1996	2:30:31	47:39	44:50	58:02

16.	Monika Kapera	POL		2:30:44	49:06	46:18	55:20
17.	Neringa Aidietyte	LTU		2:30:58	48:32	46:07	56:19
18.	<b>Alana Barber</b>	<b>NZL</b>		<b>2:32:00</b>	48:04	47:23	56:33
19.	Dandan Duan	CHN		2:33:39	50:44	47:43	55:12
20.	Katarzyna Golba	POL		2:33:40	49:49	46:45	57:06
21.	Claudia Stef	ROU		2:34:05	49:43	46:58	57:24
22.	Myronchuk Valentyna	UKR		2:34:30	48:51	48:25	57:14
23.	ZHAO Qianyuan	YNN	1995	2:34:36	49:48	46:53	57:55
24.	ZHAO Huimin	YNN	1993	2:34:46	50:08	47:05	57:33
25.	Paulina Buziak	POL		2:35:15	50:20	48:22	56:33
26.	XUE Ke	JSU	1998	2:36:57	50:23	48:52	57:42
27.	LI Qiuye	YNN	1993	2:37:33	49:03	48:43	59:47
28.	YANG Weiwei	JSU	1999	2:37:51	51:22	49:02	57:27
29.	Yakovchuk Galyna	UKR		2:39:38	49:58	47:50	61:50
30.	CHEN Chen	TJN	1995	2:41:22	50:31	50:30	60:21
31.	Pereira Elianay	BRA		2:43:34	54:00	49:07	60:27
32.	Korotkova Evdokiya	RUS		2:43:35	53:20	50:22	59:53
33.	XUE Yumei	YNN	1997	2:45:28	49:56	51:37	63:55
34.	PEI Mowen	JSU	1995	2:47:47	50:51	54:23	62:33
35.	MOU Zhekun	MON	1998	2:48:12	53:22	51:00	63:50
36.	<b>Jessica Pickles</b>	<b>AUS</b>		<b>2:49:50</b>	52:27	54:34	62:49
37.	Erin Taylor-Talcott	USA		2:50:57	54:38	52:00	64:19
38.	YANG Zixing	ANH	1999	2:56:13	56:44	53:58	65:31
39.	Nastassia Yatsевич	BLR		1:42:28	52:33	49:55	
40.	Susana Feitor	POR		1:46:00	48:00	DNF	58:00

There is significant money on offer in the teams competition – it's a case of choose your own team of up to 5 (with the first 3 to count on each stage). Dane Bird-Smith's team is winning in the men's competition while the team of Jared Tallent, Inaki Gomez, Evan Dunfee, Quentin Rew and Tom Bosworth is 5<sup>th</sup>.

#### Team Summary - Men

1.	X-treme Beef	<b>Bird-Smith, Sudol, Arevalo, Karlstrom</b>	6:40:15
2.	P-U Ukraine	Kovalenko, Losev, Kovenko, Kazanin	6:43:42
3.	Ukraine	Glavan, Banzeruk, Budza	6:44:29
4.	China	Wang, Luo, Xie, Li	6:48:24
5.	Team ASICS	<b>Tallent, Gomez, Dunfee, Rew, Bosworth</b>	6:49:40
6.	Russia	Trofimov, Korepanov, Kirill	6:57:46
7.	TJN China	Du, Luo, Hou, Tong, Liu	7:04:59
8.	YNN China	Su, Yang, He, Yang, Meng	7:05:59



**A Commonwealth Team with Jared Tallent (AUS), Inaki Gomez (CAN), Quentin Rew (NZL), Evan Dunfee (CAN) and Tom Bosworth (GBR)**

**Team Summary - Women**

1.	China	Qieyang, Duan, Mao, Xie	7:10:58
2.	Ukraine	Kashyna, Olyanovska, Borovska	7:11:55
3.	Poland-LHP	Dygacz, Aidityte, Virbalyte, Madarasz	7:14:11
4.	Russia PGI Inter	Sergeeva, Korotkova, Feitor, Pinedo	7:29:26
5.	Poland	Szwarnog, Kapera, Buziak, Golba	7:33:41
6.	YNN China	Wang, Zhao, Zhao, Que, Li	7:34:03
7.	JSU China	Xue, Pei, He, Yang, Ji	7:34:27
8.	Belorussia International	Yatsevich, Stef, Yakovchuk, Myronchuk	7:48:13

<b>10KM WALK RACES, CHALON SUR SAONE, FRANCE, SATURDAY 26 SEPTEMBER</b>
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Emmanuel Tardi was in Chalon sur Saone last Saturday for a new 10km event. It proved very successful with a big field racing over the 1km lap. After the first km, a pack of 3 (Antonin Boyez , Aurélien Quinion and Jean Blancheteau) led the way with 3:58 but after the second lap (7:58), Antonin was alone. He passed the half way mark in 20:07, going on to win easily in 40:39. In the women's category, Emilie Menuet led all the way and win in 48:37..

1.	BOYEZ ANTONIN	DSA	40:39
2.	QUINION AURELIEN	Entente Franconville Cesane Va	41:14
3.	BLANCHETEAU JEAN	Athl? Bourgogne Sud	42:28
4.	HURAUULT SIMON	Granville AC	46:29
5.	BONNEAU PHILIPPE	ANTONY ATHLETISME 92	46:51
6.	MARTIN COME	AHSA	48:20
7.	BICHE SEBASTIEN	Avia Club Yssy-Les-Moulineaux	48:31
8.	MENUET EMILIE	AJ Blois-Onzain	48:37
9.	DURAND PICHARD DAVID	Athl?tisme Metz M?tropole (A2M)	48:38
10.	LANGLOIS DENIS	Avia Club Yssy-Les-Moulineaux	49:01
11.	TISSOT EMILIE	Alsace Nord Athl?tisme SG Wantzenau	49:05
12.	MACABREY QUENTIN	Montbeliard Belfort Athl?tisme	49:06
13.	SIREIX BRICE	Lyon Athl?tisme	49:26
14.	TRAMOIS MICHEL	Entente Chalonnaise d Athl?tisme	49:31
15.	HAUTIN MICHEL	AC Chenove	49:38
16.	TORMA ANETT	Kaposvar - Hongrie	49:44
17.	MARCOU AMANDINE	SAM Athl?tisme	51:05
18.	MACABEY AURELIE	ASPTT Dijon Athl?tisme	52:05
19.	LANOUE SEVERINE	Avia Club Yssy-Les-Moulineaux	52:12
20.	RAMIREZ-GOMEZ ALEJANDRA	Alsace Nord Athl?tisme	52:37
21.	DUQUESNE LAURA	MSA Martigues Sport Athl?tisme	52:46
22.	CLAUSS DANIEL	Alsace Nord Athl?tisme	53:24
23.	TERREC ELOISE	Us Bannalec	53:47
24.	ROBERT AGNES	AC La Roche Sur Yon	54:39
25.	SAOU VIRGINIE	ASPTT Dijon Athl?tisme	55:50
26.	BILLA JEANNE	AS Caluire Athl?tisme	56:20
27.	SIEGENFUHR DANIEL	S/L CSL Neuf-Brisach	56:30
28.	COMTET STEPHANIE		57:07
29.	FERREIRA MERYLENE	ATHLE 21	57:15
30.	BERRETA CLEMENCE	AVEC	58:11
31.	BAILLEUX LUDOVIC	Louhans Athl?te Club	58:24
32.	ROPERS ADELE	FC Guebwiller PCA	1:02:18
33.	DUTRONCY CYRIL	Grand Chalon Athl?tisme	1:02:27
34.	FERON FLAVIEN	Lisses AC	1:02:43
35.	BAERT FABIEN	AS Tournus	1:02:54
36.	MARQUIS CECILE	Avia Club Yssy-Les-Moulineaux	1:03:31
37.	REGNIER SYLVIE	Athl?tisme Ch?tillonnais EA Bourg en Bresse	1:03:32
38.	CECCALDI GEORGES	Non licenci	1:04:29
39.	MACE AURORE	MBA 090018	1:04:35
40.	LECHEA MELISSA	Stade Fran?ais	1:05:01
41.	CHEMITAT DOMINIQUE	ASPTT Dijon Athl?tisme	1:05:50
42.	MIZUKAMI YOKO	Entente Chalonnaise d Athl?tisme	1:05:55
43.	LABROUSSE STEPHANE	Athletisme Olympic Pontois	1:06:16
44.	BORDIER DANIEL	ACC Thierry 02	1:09:12
45.	HELLER DENIS	Avia Club Yssy-Les-Moulineaux	1:09:44
46.	BLANC JEAN-BAPTISTE	Entente Chalonnaise d Athl?tisme	1:09:46
47.	DE COPPET ALEXIS	CM Marche 73	1:10:12
48.	PASTORE PATRICIA	Racing Club Haut Jura Morez	1:10:54
49.	TARDI EMMANUEL	LP Longjumeau	1:11:16





Aurilien Quinion, Antonin Boyez, Jean Blancheteau, Emilie Menuet and Emilie Tissot (photos Emmanuel Tardi)

**17<sup>TH</sup> GRAND PRIX DE NEUILLY-SUR-NARME, NEUILLY SUR MARNE, FRANCE, SUNDAY 27 SEPTEMBER**

Emmanuel Tardi was back on deck last Sunday morning in Neuilly sur Marne for the annual Grand Prix de Neuilly, where he was chief judge. Aurelien Quinion followed on from his 41:14 the day before in Chalon sur Saone to win easily with 1:28:55 (10km split of 42:20). In the women's event, Anett Torma of Hungary won easily with 1:52:26 ahead of Séverine Lanoue 1:55:28. These two women had walked in Chalon the day before.

**20km Grand Prix de Neuilly, start time 9:30AM**

1.	QUINION Aurelien	ESM	1993	Entente franconville cesame	1:28:55
2.	GUETAT Gérard	V2M	1962	Troyes Omnisports	1:43:27
3.	LEAUTE Benjamin	SEM	1988	NL	1:47:54
4.	COURAGE Frédéric	V1M	1969	St Denis Emotion	1:48:43
5.	LEGENTIL Marc	SEM	1984	Dynamic aulnay club	1:51:04
6.	GOULEY Fabien	SEM	1983	Savigny Sénart Athlétisme	1:51:26
7.	TORMA Anett	SEF	1984	Kaposvar AC - Hun	1:52:26
8.	BROU Florent	ESM	1993	Ac paris-joinville	1:53:32
9.	MARIE Frederic	V2M	1961	Ouest yvelines athlé	1:53:59
10.	LANOUE Severine	SEF	1985	Avia club issy-les-moulx	1:55:28
11.	BOLLINGER Vincent	SEM	1984	Dynamic aulnay club	1:55:42
12.	PICARD Nicolas	SEM	1980	AS Tourlaville	1:56:34
13.	BERGEAL Arthur	SEM	1984	Elan 91 (palaiseau)	1:59:14
14.	BUNEL Pascal	V2M	1964	Neuilly sur marne athletisme	1:59:47
15.	VICTOR Etienne	V2M	1964	Ca groupe gonesse villier	2:02:19
16.	RIGAL Jean-Marc	V2M	1959	Domont Athlétisme	2:03:34
17.	LEMOGNE Loic	V3M	1955	C.c. taverny athletisme	2:05:49
18.	COIPEL Daniel	V2M	1959	SC Brie Athlétisme	2:05:54
19.	DIEN Daniel	V3M	1950	Neuilly sur marne athletisme	2:09:31
20.	STEINVILLE Nathalie	V2F	1964	Asfi villejuif	2:13:30
21.	CHOCHOY Christine	V1F	1968	Dynamic aulnay club	2:13:49
22.	GALMICHE Catherine	V2F	1957	Ca groupe gonesse villier	2:13:54
23.	MONMOUTON Delphine	V1F	1973	US Vésinet	2:14:10
24.	LEMOGNE Jocelyne	V3F	1954	C.c. taverny athletisme	2:15:23
25.	OLIVARES Mathieu	SEM	1976	Neuilly sur marne athletisme	2:15:23
26.	BRUNEAUX J-Claude	V3M	1954	Coulommiers BA	2:17:47
27.	LACROIX J-Louis	V2M	1962	AC Château Thierry	2:21:22
28.	BIZARD Claudie	V2F	1959	Thiais ac	2:28:33
29.	PICHON Jean	V5M	1932	AM St Thibaut des vignes	2:47:01
30.	MONTIGNY Patrick	V3M	1949	Elan chevilly-larue	2:59:42



Aurelien Quinion, Gerard Guatat, Annet Torma and Severine Lanoue (photos Emmanuel Tardi)

**ERWL RACE 8, ONE HOUR MEETING, HEMEL HEMPSTEAD, LONDON, SAT6 SEPTEMBER**

Thanks to Ron Wallwork for the results of the latest Essex Race Walking League event in Hempstead, London. He commented: The warm autumn sunshine created perfect conditions and Francisco Reis (M50), currently enjoying a rich vein of form, led from start to finish. Fabian Deuter was content to be towed along by Malc Martin until the last quarter of the race when he opened up a decisive lead dragging the Surrey man to a 10km and 1 hour pb's. Eight other walkers bettered their performances of 2014.

**1 Hour Men**

1.	Francisco Reis	Ilford AC	11.904 km	M50
2.	Fabian Deuter	Hillingdon AC	10.966 km	M35
3.	Malc Martin	Surrey WC	10.945 km	M55
4.	Steve Uttley	Ilford AC	10.295 km	M55
5.	John Ralph	EHAC	10.259 km	M55
6.	Gary Smith ©	EHAC	9.673 km	M55
7.	Amos Seddon	EHAC	9.527 km	M70
8.	Arthur Thomson	EHAC	9.489 km	M75
9.	Ken Bobbett	Hillingdon AC	9.418 km	M70
10.	Dave Kates ©	Ilford AC	9.131 km	M 65
11.	Michael Harran	Surrey WC	9.117 km	M75
12.	John Borgars	Loughton AC	9.099 km	M65
13.	Sean Pender ©	EHAC	8.907 km	M60
14.	Russell Vroobel	Hillingdon AC	8.705 km	M55
15.	Stephen Cartwright	Colchester	8.614 km	M55
16.	Malcolm Smith	unattached	8.331 km	M65
17.	David Hoben	Surrey WC	8.214 km	M60
18.	Jon May	EHAC	7.822 km	M60
19.	Dave Ainsworth ©	Ilford AC	7.693 km	M65
20.	Ken Livermore ©	EHAC	6.773 km	M80
21.	Bernie Hercock	EHAC	6.008 km	M80

**1 Hour Women**

1.	Maureen Noel	Belgrave H	9.704 km	W50
2.	Helen Middleton	EHAC	9.526 km	W50
3.	Anne Jones	Steyning AC	9.104 km	W60
4.	Angela Martin	Surrey WC	9.045 km	W50
5.	Jo Miles	Hillingdon A	8.574 km	W55

## T&F MEET, SÃO BERNARDO DO CAMPO, BRAZIL, 25-27 SEPTEMBER

Not sure if this Brazilian 3 day meet was their National T&F titles or not but 20,000m track walks were contested as shown below.

### Men 20,000m Race Walk

1.	Max Batista GONCALVES DOS SANTOS	BRA	94	1:29:37.69
2.	Lucas GOMES DE SOUZA MAZZO	BRA	94	1:29:59.87

### Women 20,000m Race Walk

1.	Priscila BARBOSA	BRA	89	1:51:51.34
2.	Andressa SOUZA	BRA	95	1:57:12.84

## CZE-CRO-HUN-SLO-SVK INTERNATIONAL U16 MATCH, BRECLAV, CZECH REPUBLIC, 26 SEPTEMBER

The annual U16 match between the Czech Republic, Croatia, Hungary, Slovakia and Slovenia saw wins to Balint Sarossi of Hungary (13:15.59) and Katerina Arltova of the Czech Republic (15:19.74).

### Boys 3000m Race Walk

1.	Bálint SÁROSSI	HUN	00	13:15.39
2.	Matyas GAJDOS	CZE	00	13:53.94
3.	Matej KRESTIANKO	SVK	01	14:05.87
4.	Bruno ROŽMAN	CRO	01	14:07.12
5.	Maksimilijan MEĐIMOREC	CRO	00	14:10.13
6.	Lubomir KUBIŠ	SVK	01	14:26.20
7.	Vencel GÁL	HUN	01	15:35.89

### Girls 3000m Race Walk

1.	Katerina ARLTOVÁ	CZE	00	15:19.74
2.	Eli PEVEC	CRO	01	15:21.94
3.	Hana BURZALOVÁ	SVK	00	15:23.77
4.	Anna HORNYÁK	HUN	00	15:39.07
5.	Eva CANADI	SLO	00	16:09.07
6.	Marulc Ana INTIHAR	SLO	00	16:15.46
7.	Alexandra ZLÚKYOVÁ	SVK	00	16:22.96
8.	Petra ŠTEFANOVIC	CRO	00	16:46.34
9.	Réka SZABÓ	HUN	00	16:58.91

## OUT AND ABOUT

Italian Club championships were contested in a number of cities last weekend. Best walk results to Massima Stano in Macerata (5000m in 20:03.25), Federico Tontodonati in Matera (5000m in 20:59.49), Valentian Trapletti in Jesolo (5000m in 22:26.57) and Leonardo Dei Tosita and Francesco Fortunato also in Jesolo (10,000m in 41:18.58 and 41:30.95 respectively).

## MARCIADALMONDO AND OMARCHADOR ROUNDUP

Marciadalmondo saw 8 press releases this week, nearly all of them centred around the 4 Day Lake Taihu event.

- Mon 28 Sept - Lake Taihu Day 3 results  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2223](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2223)
- Sun 27 Sept - Lake Taihu Day 2 as seen by Ainoha Pinedo Gonzalez  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2222](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2222)
- Sat 26 Sept - Lake Taihu Day 1 as seen by Ainoha Pinedo Gonzalez  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2221](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2221)
- Sun 27 Sept - Lake Taihu Day 2 results  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2220](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2220)
- Sat 26 Sept - Lake Taihu Day 1 results  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2218](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2218)
- Fri 25 Sept - Lake Taihu 4 Day Race as seen by Ainoha Pinedo Gonzalez  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2219](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2219)

- Thu 24 Sept - Preview of 4 Day Race around Lake Taihu  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2216](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2216)
- Mon 21 Sept - Doping bombshell - 6 more Russian walkers named  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2215](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2215)

The omarchador blog was also active with 14 news releases

- Sun 27 Sept - Bird-Smith and Olyanovska win Day 2 race in Tour of Wuzhong  
<http://omarchador.blogspot.com.au/2015/09/bird-smith-e-olyanovska-assumem.html>
- Sun 27 Sept - Results of Balkan Veterans Championships in Thessaloniki  
<http://omarchador.blogspot.com.au/2015/09/campeonatos-dos-balcas-para-veteranos.html>
- Sat 26 Sept - Arévalo and Shenjie win first stage of Lake Taihu 4 Day Race  
<http://omarchador.blogspot.com.au/2015/09/arevalo-e-shenjie-comecam-tour-de.html>
- Sat 26 Sept - inaugural race to honour Portuguese dual Olympic walkers José Magalhães next Sunday  
<http://omarchador.blogspot.com.au/2015/09/alfena-homenageia-jose-magalhaes-no.html>
- Fri 25 sept - Start lists for Lake Taihu 4 Day Race  
<http://omarchador.blogspot.com.au/2015/09/tour-da-china-wuzhong-2015-participantes.html>
- Fri 25 Sept - International Judging panel for Lake Taihu 4 Day Race  
<http://omarchador.blogspot.com.au/2015/09/juizes-de-marcha-no-tour-da-china.html>
- Thu 24 Sept - Walk results from INAS Global Games in Ecuador  
<http://omarchador.blogspot.com.au/2015/09/pedro-isidro-de-ouro-nos-inas-global.html>
- Thu 24 sept - Previewing the Chinese 4 Day Race at Lake Taihu  
<http://omarchador.blogspot.com.au/2015/09/tour-da-china-inicia-se-este-sabado.html>
- Wed 23 Sept - Margus Luik and Anna Kukankova win Estonian championships  
<http://omarchador.blogspot.com.au/2015/09/margus-luik-e-anna-kukankova-campeoes.html>
- Wed 23 Sept - 6 more Russian walkers outed for drugs  
<http://omarchador.blogspot.com.au/2015/09/alembekova-e-sokolova-entre-seis-novos.html>
- Tue 22 Sept - Previewing INAS Global Games 2015 in Ecuador  
<http://omarchador.blogspot.com.au/2015/09/inas-global-games-2015-no-equador.html>

#### AUSTRALIA ANNOUNCES ITS 2015/2016 NASS STRUCTURE

Seventy-two of our most talented athletes have today been extended the offer of National Athlete Support Structure (NASS) membership by Athletics Australia. See the full announcement at <http://athletics.com.au/News/national-athlete-support-structure-46>. Congratulations to our walkers – **Jared Tallent, Dane Bird-Smith, Chris Erickson, Tanya Holliday, Regan Lamble, Beki Smith and Nathan Brill**. They will each receive financial funding over the next 12 months to help them progress their careers.

**Podium (4):** Fabrice Lapierre (NSW), Kim Mickle (WA), Sally Pearson (Qld), **Jared Tallent (Vic)**

**Podium Potential (42):** **Dane Bird-Smith (Qld)**, Joel Baden (Vic), Brianna Beahan (WA), Damien Birkinhead (Vic), Alana Boyd (Qld), Zoe Buckman (Vic), Robbie Crowther (Qld), Matthew Denny (Qld), Melissa Duncan (Vic), **Chris Erickson (Vic)**, Henry Frayne (Qld), Ryan Gregson (NSW), Benn Harradine (Qld), Madeline Heiner (NSW), **Tanya Holliday (SA)**, Nicholas Hough (NSW), Michelle Jenneke (NSW), Nina Kennedy (WA), **Regan Lamble (Vic)**, Brittany McGowan (Qld), Kathryn Mitchell (Vic), Liz Parnov (WA), Eleanor Patterson (Vic), Hamish Peacock (Tas), Emma Philippe (WA), Joshua Ralph (NSW), Jeffrey Riseley (Vic), Kelsey-Lee Roberts (ACT), Brett Robinson (Vic), Alex Rowe (Vic), Dani Samuels (NSW), Michael Shelley (Qld), **Beki Smith (NSW)**, Steve Solomon (NSW), Brandon Starc (NSW), Brooke Stratton (Vic), Jess Trengove (SA), Mitchell Watt (Qld), Lisa Weightman (Vic), Eloise Wellings (NSW), Lauren Wells (ACT), Julian Wruck (Qld)

**Medical Support (2):** Matthew Outzen (NSW), Josh Robinson (NSW)

**Development (24):** Naa Anang (Qld), Angus Armstrong (NSW), Jenny Blundell (NSW), **Nathan Brill (Vic)**, Luke Cann (Vic), Josh Clarke (NSW), Cedric Dubler (Qld), Georgia Griffith (Vic), Jack Hicking (NSW), Alex Hulley (NSW), Hannah Joye (Qld), Kurtis Marschall (SA), Morgan Mitchell (Vic), Ella Nelson (NSW), Zak Patterson (Vic), Courtney Powell (Vic), Cassie Purdon (Qld),

Darcy Roper (Qld), Anneliese Rubie (NSW), Kate Spencer (NSW), Sophie Stanwell (NSW), Jake Stein (NSW), Louis Stenmark (NSW), Georgia Wassall (NSW)

### AUSTRALIAN UNDER 19 CAMP AT AIS

The Athletics Australia Under 19 squad was at the AIS in Canberra last weekend with their coaches for an AA developmental weekend. I hear it all went well and that much information was learnt and swapped by the enthusiastic young athletes and their coaches.



**U19 squad walkers** **Jemima Montag (VIC), Adam Garganis (VIC), Emmet Brazier (VIC), Tayla-Paige Billington (VIC), Zoe Hunt (ACT) and Clara Smith (QLD)** with AA U19 National Coach **Megan Szirom (VIC)** in Canberra last weekend

### PIT LANE IMPLEMENTATION IN AUSTRALIA

The IAAF have recently decided that further trials of the new Pit Lane rule should be expanded, with a view to roll it out more extensively in future years. The principal objective of the new rule is reducing (if not eliminating) disqualifications altogether.

Athletics Australia advises that the new 'Pit Lane' rule will be implemented for the race-walking events at the Australian All Schools (2015) and Australian Junior Athletics Championships (2016) designated below. To read the full AA document, see [2015-16 Australian Junior Athletics Championships - Pit Lane.docx](#)

2015 Australian All Schools

- U18 5000m Race Walk (Male & Female)

2016 Australian Junior Championships

- Under 20 10000m Race Walk (Male & Female)
- Under 18 5000m Race Walk (Male & Female)
- Under 17 5000m Race Walk (Male & Female)

### PARENT CHILD COMBINATIONS IN AUSTRALIAN RACEWALKING

I have wanted to write articles for some time on the parent/child combinations who have won the same or similar Australian racewalking titles over the years but have never got around to it. Time to strike! I believe there are four parent/child combinations but am ready to stand corrected if I have missed anyone.

- **Bert Gardiner** (Aust 7 Miles) and **Bob Gardiner** (Aust 2 Miles, 3000m, 20km and 50km)
- **Tim Erickson** (Aust 50km) and **Chris Erickson** (Aust 20km and Aust 50km)
- **Dave Smith** (Aust 3000m, 5000m and 20km) and **Dane Bird-Smith** (Aust 10,000m and 20km)
- **Jenni Jones-Billington** (Aust 10km) and **Tayla-Paige Billington** (Aust Junior 10km and 10,000m)

## BERT GARDINER: 1901 - 1994

The first cab off the rank is Bert Gardiner, the father of VRWC life member and triple Olympian Bob Gardiner.

C. H. (Bert) Gardiner was born in England on 26<sup>th</sup> December 1901. He started his athletics career in 1919 and was both a runner and a walker. In 1921, he and Frank O'Rourke were foundation members of the Victorian Amateur Walking Club and Bert had the honour of winning the first ever race put on by that club – a 3 mile handicap race at Brighton Beach (his records show that in that first VAWC race at Brighton, he and Langtry dead heated for first in the handicap).

In 1923, Bert and Frank helped NSW Walking Club secretary Lawrence Drake to organize the first inter-state seven miles competition. This marked the start of interstate walking. So Bert can truly be said to be one of the founding forces behind modern racewalking in Australia.

Bert had a long and successful career as both a runner and a walker. He ran all distances from 440 yds to the marathon and was runner up in the Victorian marathon in 1926. He walked all distances from 880 yds to the 50 mile. He also won the Victorian 1 mile walk title for 4 years in succession, from 1929 to 1932.



**1925 – a young Bert Gardiner in his Moreland Harriers uniform**

His proudest victory was the 1925 Australian 7 miles championship, held as a curtain raiser to the Australian Rules football final in Adelaide. This was held in front of a crowd of 60,000 spectators, the largest crowd to watch an Australian athletic championship. The final result shows that he had a narrow 2 second victory over fellow Victorian Joe Mulcahy, with a winning time of 57:07.



**Bert (centre) is wins the Australian 7 Miles Championship in Melbourne in 1925**

He was a member of RAAF from 1925 to 1929 and won many inter service championships in both running and walking. While in the RAAF, they were part of the Honour Guard at the opening of the first Parliament House in Canberra in 1927. His son Bob remembered Bert telling him that they camped in tents in a snow covered paddock near the new building.

About that time, along with other walkers, he was an early member of the Victorian Ski Club and trips were organised to Mt Buffalo and Mt Buller.

While he retired from top competition in the late 1930's, he continued to compete in interclub until 1952. This was at the time a record term for interclub competition, spanning 33 years from his first interclub in 1919.

Bert was just as prolific on the administrative front as on the competitive front. He joined the VAAA Council in 1924 and was involved as an administrator for that organization for the next 70+ years. During that time his positions of responsibility were many and varied

- He was registrar for many years
- He was handicapper for 33 years from 1929 to 1954
- He was a member of the Re-instatement Committee for 22 years from 1948 to 1970
- He was a selector of teams for 32 years
- He was on the Executive for 14 years (1943-55, 57-58)
- He was on the Transfer Committee for 13 years from 1940 to 1952
- He was the manager of the Victorian Cross Country Team to Hobart in 1939

He was awarded life membership of VAAA in 1953.

He was a founding member of the Victorian Marathon Club in 1946 and maintained his membership till the club was eventually disbanded in the 1990s. He was granted life membership of this club in 1962 and worked for 2 days a week in its clubrooms for many years after his retirement from work.

He was also a life member of Moreland Harriers and, over the years, held various positions within the club as President, Secretary and Club Captain. He was also the founder of Preston Athletics Club and Moreland Womens Athletics Club.

He was also involved with the sport on the National and International level. The list of achievements in this area just goes on and on

- He was a National Athletic Selector for 20 years (mostly chairman)
- He was accepted in 1952 as a member of the International Athletics Statisticians Group
- He was Chairman of the 1956 Olympic Road Events Committee
- He was the Referee for the 1956 Olympic Games Marathon, 20 km walk and 50 km walk events.
- He was the Athletics Manager of the 1958 Commonwealth Games Team to Cardiff
- He was the Referee for the 1962 Commonwealth Games Marathon
- He was the Chief Judge for the 1962 Commonwealth Games Walks and Marathons
- He was granted the AAU Award of Merit in 1968.
- He was elected to life membership of AAU in 1973
- He was awarded an IAAF 75<sup>th</sup> Year Commemorative Plaque for the most outstanding administrators in countries affiliated with IAAF.
- He was awarded the Queen's Jubilee Medal in 1977.

But perhaps Bert's greatest contribution was in the capacity as historian and statistician. His collection of Australian almanacs, State annual reports, and walkers club annual reports dated back to the turn of the century. Athletes and officials from around Australia regularly contacted him for information on athletics which he compiled and collected over the years.

Bert was ambidextrous; he was made to use his right hand at school and became equally good writing with both hands. No doubt this kept him in good stead with his ongoing statistical analysis – this was before the days of the computer and he maintained a filing cabinet of cards, exercise books, hand written ranking sheets and such like. It was a monumental task and one that consumed much of his time for many years.

But Bert did not have to rely on his written records. His recall was amazing. There was never a statistic that he was not able to reel off in the blink of an eye. He compiled the first statistical history of Australian and Victorian Championships. He assisted many athletics clubs in compiling their club histories. He maintained his membership of the International Statistical Group for 50 years. He became the unofficial historian for both VAAA and AAU.

Eventually he passed the baton onto Paul Jenes who now fulfils the role as official AA Statistician. Paul was able to build on the vast store of information accumulated by Bert. This has ensured that our athletics records in Australia are second to none.

He made a comeback to race walking in 1986 and won the Victorian and Australian Veterans 85 years 5,000m walk championships. He was subsequently runner up in the 1987 World Veterans Championships in Melbourne in that age group.

Perhaps Bert's greatest thrill was to see his son Bob selected in three Olympics and one Commonwealth Games. Bert and Bob were the first father son combination to win Australian Athletics Championships and remain the only father son combination to be awarded life membership of VRWC.



**A fascinating photo from 1966. The caption reads:  
Shown here "taking a walk" for old times sakes are GUS THEOBOLD (69) of Victoria, DON KEANE (36) – WA State team member and former Olympian - and BERT GARDINER (64) – an Australian selector for the past 14 years.**

When Bert died on 26<sup>th</sup> June 1994, aged 93, his family arranged for a special medal, called the C. H. (Bert) Gardiner Medal, to be cast and to be presented annually to the winner of the Victorian 10km roadwalk championship, in memory of Bert. It was first presented in 1996 and is still presented annually nearly 20 years later, a fitting reminder of Bert and his vast contributions to the sport of Track and Field in Australia.

#### AUSTRALIAN 2015 RANKING LISTS ... CONTINUED

This week I continue my 2015 Australian racewalk ranking lists and display the top Aussie walkers over the 3km/3000m walk distance. As usual, all stats are taken from <http://www.racewalkaustralia.com/>. The 3000m results are always a bit rubbery as the top walkers may well have faster 3000m splits within longer events. And in any case, our top walkers don't necessarily race over this shorter distance all that regularly. So here they are, on a best effort basis as usual.

#### 2015 3000m/3km Australian Rankings - Men

1.	Dane Bird-Smith	U23M	11:19	QLD	14/02/2015
2.	Rhydian Cowley	SM	11:33	VIC	14/02/2015
3.	Chris Erickson	SM	11:52	VIC	17/01/2015
4.	Kyle Swan	U17M	12:27	VIC	14/06/2015
5.	Emmet Brasier	U17M	12:41	VIC	17/01/2015
6.	Adam Garganis	U18M	12:56	VIC	17/01/2015
7.	Declan Tingay	U17M	13:00	WA	06/03/2015
8.	Tyler Jones	U17M	13:03	NSW	23/01/2015
9.	Ross Darlow	U17M	13:04	VIC	22/01/2015
10.	Bradley Simpson	U23M	13:22	VIC	17/01/2015
11.	Dylan Richardson	U15M	13:30	NSW	06/02/2015
12.	Carl Gibbons	U20M	13:31	NSW	23/01/2015
13.	Luke McCutcheon	U17M	13:36	QLD	24/01/2015
14.	Kyle Bedford	U15M	13:59	NSW	21/06/2015
15.	Justin Hill	SM	14:01	SA	07/02/2015
16.	Danny Hawksworth	M35	14:12	VIC	21/02/2015
17.	Aaron McDonough	M40	14:12	VIC	13/03/2015
18.	Joe Cross	U14M	14:16	SA	22/08/2015
19.	Shae Wellington	U18M	14:18	VIC	21/02/2015
20.	Jamison Stovin	U15M	14:20	QLD	26/07/2015
21.	Michael Taylor	U15M	14:22	VIC	12/03/2015
22.	Corey Dickson	U14M	14:25	VIC	30/08/2015
23.	Nikola Mandic	U13M	14:28	VIC	30/08/2015
24.	James Christmass	M45	14:31	VIC	17/01/2015



25.	Jake Vidler	U16M	14:34	SA	02/05/2015
26.	Hayden Blaskett	U14M	14:41	NSW	13/03/2015
27.	Andrew Jamieson	M65	14:41	VIC	13/03/2015
28.	Ignatio Jimenez	M50	14:47	QLD	12/09/2015
29.	Jason Kozica	SM	14:50	VIC	02/05/2015
30.	Spencer Burns	U14M	14:52	ACT	13/03/2015
31.	Damien Owen	U17M	14:57	NSW	23/01/2015
32.	Peter Bennett	M55	14:58	QLD	12/09/2015

#### 2015 3000m/3km Australian Rankings - Women

1.	Stephanie Stigwood	SW	13:20	TAS	07/02/2015
2.	Katie Hayward	U16W	13:23	QLD	26/07/2015
3.	Jemima Montag	U17W	13:25	VIC	01/02/2015
4.	Eliza Clarke	U15W	13:45	VIC	14/02/2015
5.	Raquel Roukos	U16W	14:06	NSW	12/03/2015
6.	Megan Szirom	W35	14:10	SA	17/01/2015
7.	Zoe Hunt	U18W	14:12	ACT	07/03/2015
8.	Jemma Peart	U15W	14:18	VIC	21/06/2015
9.	Rebecca Henderson	U14W	14:20	VIC	12/03/2015
10.	Ashleigh Resch	U20W	14:33	ACT	31/07/2015
11.	Tiahna Ruane	U15W	14:35	WA	06/03/2015
12.	Rhiannon Lovegrove	U15W	14:39	SA	12/03/2015
13.	Gabby Hunt	U15W	14:40	ACT	19/07/2015
14.	Zahra Hayes	U14W	14:45	VIC	21/06/2015
15.	Ally Durr	U20W	14:47	ACT	14/01/2015
16.	Anna Cross	U16W	14:49	SA	17/01/2015
17.	Chelsea Goodhew	U16W	14:50	NSW	11/01/2015
18.	Georgia Clarke	U14W	15:08	VIC	14/02/2015
19.	Allanah Pitcher	U13W	15:12	NSW	23/05/2015
20.	Simone McInnes	SW	15:13	VIC	03/07/2015
21.	Bethany Cross	U15W	15:15	SA	04/07/2015
22.	Alanna Peart	U13W	15:24	VIC	14/02/2015
23.	Tenyka Chapman	U14W	15:25	QLD	21/06/2015
24.	Samantha Brown	U15W	15:26	NSW	21/06/2015
25.	Pam Tindal	W55	15:30	VIC	17/01/2015
26.	Alice Randall	U15W	15:38	TAS	12/03/2015
27.	Sandra Geisler	W35	15:38	VIC	13/03/2015
28.	Kathleen OMahony	U14W	15:41	VIC	13/03/2015
29.	Ann Staunton-Jugovic	W50	15:49	ACT	12/03/2015
30.	Renee Hardy	U13W	15:50	NSW	15/08/2015
31.	Michelle Laufer	W45	15:51	VIC	17/01/2015
32.	Mackayla Davison	U15W	15:57	VIC	14/02/2015
33.	Philippa Huse	U17W	15:58	VIC	25/07/2015

#### #BANCHEGIN

The saga of Russian doping continues. Last week's newsletter noted that 6 more Russian walkers had just received bans and are now provisionally suspended, pending B sample analysis. Newspaper article [https://www.washingtonpost.com/sports/6-russian-race-walkers-suspended-over-positive-drug-tests/2015/09/22/0e5d0abe-6142-11e5-8475-781cc9851652\\_story.html](https://www.washingtonpost.com/sports/6-russian-race-walkers-suspended-over-positive-drug-tests/2015/09/22/0e5d0abe-6142-11e5-8475-781cc9851652_story.html) summarises things quite nicely

MOSCOW — Six world-class Russian race walkers including a reigning European champion have been suspended after failing doping tests a year before the Olympics in Rio de Janeiro.

Track and field's world governing body the IAAF told The Associated Press on Tuesday that the six all tested positive during out-of-competition testing in June in the Russian city of Saransk, home to a training facility with links to more than a dozen previous doping cases.

They are not allowed to compete until a final ruling is handed down by the Russian athletics federation, the International Association of Athletics Federations said.

Among those suspended is Elmira Alembekova, who won gold in the European women's 20-kilometer race last year, and Mikhail Ryzhov, winner of the silver medal in the 50-kilometer race at the 2013 world championships.

Also suspended are 2014 European bronze medalists Ivan Noskov and Denis Strelkov, ex-world junior champion Vera Sokolova, and Stanislav Emelyanov, who finished first in the 20-kilometer event at the 2010 European championship but was stripped of his gold medal last year after a doping investigation.

Emelyanov faces a lengthy ban if found guilty of a second offense. The IAAF declined to comment on reports in the Russian media that Emelyanov's backup "B" sample from the June testing had come back negative.

In July, Russia withdrew its entire walk team from the world championships the following month, saying it suspected possible doping, but did not reveal that the six athletes had already tested positive.

I think Jared Tallent got it right in this tweet:

*When will the cheating in Russia finally stop? 6 more walkers banned for doping including Mikhail Ryzhov and Ivan Noskov. Both denied me gold at last years IAAF World Race Walking Cup.*



#### **2014 World Cup 50km – Jared Tallent takes bronze behind Russians Mikhail Ryzhov and Ivan Noskov – both now outed**

It does beg the question as to why the IAAF is continuing to support the 2016 and 2018 World Cups in Russia. How can you reward a country which CONTINUES to tarnish our sport. If walking is eventually dropped from international athletics, it will be because of Russian drugs doping. Yet, we are all expected to travel to Cheboksary next year for the World Cup and pretend all is good. It's a joke!

#### **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**

Oct 3-10, 2015 Australian Masters Games, Adelaide, SA  
Sat Oct 10, 2015 AV Shield Round 1 (Program 2)  
Sun Oct 25, 2015 VRWC Summer Season commences with road races at Middle Park  
Sun Dec 13, 2015 Australian 50km Championship, Fawkner Park, VIC  
Sun Feb 21, 2016 Australian Summer 20km Championships, Adelaide, SA

#### **2015 International Key Dates**

Sept 26-29, 2015 Around Taihu Multi-day Race Walking Challenge 2015, Taihu, CHINA  
Dec 12-13, 2015 MKH Kajang 12 Hour International Walk, Kajang, Malaysia. See [www.themarathonshop.com.my](http://www.themarathonshop.com.my)

#### **2016 International Key Dates**

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 <http://www.perth2016.com>  
Aug 5-21, 2016 31<sup>st</sup> Olympic Games, Rio de Janeiro, Brazil. See <http://www.rio2016.com/en>

#### **2016 IAAF Challenge Series (so far)**

Sat March 12, 2016 Chihuahua, Mexico  
Sat March 19, 2016 Dudince, Slovakia  
Sat April 9, 2016 Rio Maior, Portugal  
Sat April 23, 2016 Taicang, China  
May 7-8, 2016 World Cup, Cheboksary, Russia  
Sat May 28, 2016 La Coruna, Spain  
August 12-21, 2016 Olympic Games, Rio de Janeiro, Brazil

### Looking Further Forward

April 21-30, 2017	World Masters Games 2017, Auckland, NZ. See <a href="http://www.worldmastersgames2017.co.nz">www.worldmastersgames2017.co.nz</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	XXI Commonwealth Games, Gold Coast, QLD (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
July 18-30, 2022	XXII Commonwealth Games, Durban, South Africa

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