



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2015/2016 Number 43
26 July 2016



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NO NEWSLETTER NEXT WEEK?

As everyone knows, my newsletter comes out unfailingly every Tuesday and has done so for the last 8 years. This Friday I head off to South America and will be spending the following week touring in Peru and almost certainly out of internet access for nearly all that time. So don't be concerned if next week's newsletter does not appear in your inbox. I always said that I would try to keep my run going as long as I could but eventually the week would come when the run would be broken. Kind regards to all...Tim

WALKER OF THE WEEK

Wow, it's a tough call this week with some great performances to consider:

- 70 year old Victorian walker Andrew Jamieson won his division of the Victorian Masters 10km roadwalk at Middle Park on Saturday with an M70 World Record time of 53:17, bettering both Tom Daintry's 1981 Australian record of 54:17 and Arthur Thomson's 2007 World Record of 53:32. A few weeks ago, Andrew set a new M70 20km World Record with a time of 1:52:35. This time it is the 10km that falls to him - and I am sure that he has other M70 records in his sights!
Our Australian representatives at the IAAF World Junior Championships in Poland competed in their 10km events last week and all performed admirably, with results as follows

Table with 7 columns: Category, Rank, Name, Country, Age, Time, PB. Rows include Clara Smith, Tayla-Paige Billington, Tyler Jones, and Adam Garganis.

But I have to choose my Walker of the Week and it has to go to Andrew Jamieson - he has been setting new standards within the Masters divisions ever since M50, and he shows no signs of stopping any time soon. Well done Andrew!



Andrew in action during his record breaking race and crossing the finish line, job done (photos Terry Swan)

WHAT'S COMING UP

Next Saturday sees a couple of activities at Middle Park

- As advertised, an AT&FCA racewalking seminar is scheduled for our clubrooms on Saturday 30th July, starting at 11AM. Registrations close today - see details at <http://atfcavicoaches.org.au/wpblog/wp-content/uploads/2016/07/Walks-Workshop-July2016-3.pdf>. But you can't just turn up on the day – you must pre-register as per the pdf above.
- This seminar will be followed by another one of our VRWC Points Days, with races as shown below. Remember that we prefer you to pre-enter via our online entry panel at <http://vrwc.org.au/wp1/race-entries-2/>. Then all you have to do is pay on the day but we already have your name in the system. Note that club coach Mark Donahoo has his own club coaching session, beginning at 1:20PM – he tells me the topic is “training”.

Saturday 30th July 2016, Middle Park

VRWC EVENTS and Coaching session: Entries close for all events at 1.45pm sharp.

1.20pm	Coaching session (30 minutes) by Club Coach		
2.15pm	12km	Points Race	Open
2.15pm	10km	Points Race	Open
2.15pm	5km	Points Race	Open
2.30pm	3km	Points Race	Open
2.30pm	1.5km	Points Race	Open

And looking further ahead

- The **Victorian Roadwalk Championships** will be held on **Sunday 7th August** – remember that you must enter AV championships via their online entry panel – see <http://athsvic.org.au/event/2016-av-walks-championship/>.
- The **2016 Australian Roadwalk Champs** will be held at Mt Stromlo in **Canberra** on **Sunday August 21st**. Entries are open now and I see that there are already nearly 40 registrations. Note that entries will close on **Monday 8th August** so don't delay too long. I have created a page for RWV walkers with links to key files and panels, as well as other info – see <http://www.vrwc.org.au/2016AustRoadwalkChamps.shtml>.
- And talking of Australian Champs, the **Australian Masters 20km Roadwalk Championships** will be held in **Adelaide** on **Sunday 28 August**. Entry form, etc, found at <http://www.australianmastersathletics.org.au/2016/05/22/ama-20k-walk-championships-2016/>. Entries close **20th August**. Note that these championships were originally gazetted for 20th August and are now a week further back.

THE IAAF WORLD JUNIOR CHAMPIONSHIPS

My race reports start with the **16th IAAF World Junior T&F Championships** in Bydgoszcz, Poland which finished on last Sunday.

U20 Women 10,000m Walk, Tuesday 19 July, 6PM

My report is from the IAAF's Jon Mulkeen (<http://www.iaaf.org/news/report/world-u20-bydgoszcz-2016-women-10000m-race-wa1>).

China's **Ma Zhenxia** is just 17 years old, but already she owns four major global titles. Winner of the Youth Olympic title in 2014, the world U18 title in 2015 and the junior title at the IAAF World Race Walking Team Championships Rome 2016, Ma added another gold medal to her collection by winning the women's 10,000m race walk at the IAAF World U20 Championships Bydgoszcz 2016.

Ma was always present in the lead pack. She took the field through the first 1000m in 4:39.27 before settling into a pack which also included Finland's **Taika Nummi**, Ethiopia's **Yehualey Beletew**, Italy's **Noemi Stella** and Japan's **Yukiho Mizoguchi**. Less than two seconds separated the top 12 women at 3000m, reached in 13:44.01, and the group increased in numbers as the pace dropped in the fourth kilometre. Nummi, Beletew, Stella and Ma continued to share the lead for a few more laps, gradually increasing the pace. By 7000m, with Beletew leading the group through that checkpoint in 32:07.16, just six women were left in the lead pack with Mexico's Valerie Ortuno and China's Jiang Shanshan joining Beletew, Nummi, Ma and Stella.

Stella, Ma and Beletew then broke away and were three seconds ahead of the rest of the field at 8000m. It was clear that, barring a disaster, the medals would go to those three women. With three laps to go, Ma and Stella began to forge ahead. Knowing that she already had two red cards to her name, Beletew played it safe and didn't attempt to challenge the leaders. Ma moved into the lead with two laps to go but Stella was still right behind. Ma still had another gear to move into for the last lap and she stretched away to win by six seconds in a world-U20-leading 45:18.45, having covered the final 1000m in 4:15. She became the first Chinese winner of this title since Liu Hong in 2006.

Stella crossed the line in a season's best of 45:23.85, while Beletew took bronze with an African U20 record of 45:33.69. Ortuno was further behind in fourth, but also set a continental U20 record, crossing the line in 45:44.33. Just twelve months after compatriot Ayalneshe Dejene earned bronze at the IAAF World Youth Championships Cali 2015, Beletew doubled Ethiopia's tally of global race walking medals.

The final positions do not tell the entire story for our two Australian reps - **Clara Smith** 13th in 46:59.96 and **Tayla-Paige Billington** 19th in 48:32.33. Tayla was in the lead group (in 4th place) at the 4000m mark when she was clipped from behind, lost her shoe and tripped over the inner plinth and fell, twisting her ankle. To her credit, she got back up, put her shoe back on and finished but was then not even able to walk and had to be stretchered off the track. A huge effort from her and a great disappointment as she looked set to finish a lot higher than her final placing of 19th. And a special mention to USA's **Anali Cisneros** who set a new American record with her time of 49:31.88.

1.	Zhenxia MA	CHN	98	45:18.45
2.	Noemi STELLA	ITA	97	45:23.85
3.	Yehualye BELETE MITIKU	ETH	98	45:33.69
4.	Valeria ORTUÑO	MEX	98	45:44.33
5.	Shanshan JIANG	CHN	97	45:51.27
6.	Taika NUMMI	FIN	97	46:04.74
7.	Karla JARAMILLO	ECU	97	46:15.24
8.	Mizoguchi YUKIHO	JPN	97	46:19.49
9.	Rachelle DE ORBETTA	PUR	00	46:22.71
10.	Evelyn INGA	PER	98	46:24.71
11.	Teresa ZUREK	GER	98	46:34.94
12.	Leyde GUERRA	PER	98	46:37.03
13.	Clara SMITH	AUS	98	46:59.96
14.	Emilia LEHMEYER	GER	97	47:03.11
15.	Lina Geraldine BOLIVAR GONZALEZ	COL	98	47:03.71
16.	Michelle SEMBLANTES	ECU	97	47:08.16
17.	Olga NIEDZIALEK	POL	97	47:45.65
18.	Giada Francesca CIABINI	ITA	97	48:27.41
19.	Tayla-Paige BILLINGTON	AUS	97	48:32.33
20.	Zofia KREJA	POL	97	48:32.80
21.	Maria Fernanda MONTROYA MARIN	COL	98	48:48.99
22.	Valeriya KOMEL	BLR	97	48:49.60
23.	Arely MORALES	GUA	98	49:01.24
24.	Irene MONTEJO	ESP	98	49:25.85
25.	Anali CISNEROS	USA	97	49:31.88
26.	Odeth GHUANCA	BOL	97	49:41.85
27.	Enni NURMI	FIN	98	49:53.55
28.	Meaghan PODLASKI	USA	97	50:21.22
29.	Carolina COSTA	POR	98	50:25.05
30.	Yuliya BALYM	UKR	97	50:30.54
31.	Anastasia SANZANA	CHI	98	50:32.61
32.	Yeter ARSLAN	TUR	00	50:35.28
33.	Meral KURT	TUR	98	50:37.78
34.	Kristina POVOROZNYUK	UKR	97	52:38.92
35.	Maria Jose CORTEZ BLANDON	NCA	98	52:52.60



Zhenxia Ma wins



Podium walkers with their coaches



Clara and Tayla in action in the women's race last Tuesday

U20 Men 10,000m Walk, Saturday 23 July 9:30AM

Again, my report is from the IAAF's Jon Mulkeen (<http://www.iaaf.org/news/report/world-u20-bydgoszcz-2016-men-10000m-race-walk1>).

There's only so much waiting anyone can take. For 10,000m race walk winner **Callum Wilkinson**, his limit is about 15 minutes. That's roughly how long the Brit waited in the middle of the lead pack before sweeping to the front and cranking up the pace. The opening tempo was slow, with Turkey's **Salih Korkmaz** taking the field through 1000m in 4:17.16 and 2000m in 8:40.38. Half a lap later, Germany's **Leo Kopp** decided to take up the pace and he led through 3000m in 12:54.57. The pace had increased, but it still wasn't fast enough for Wilkinson's liking. Within the space of one lap, Wilkinson had taken pole position and stretched out the lead pack. Korkmaz was still near the front, so too was **Noel Ali Chama** of Mexico. But from 4000m onwards, reached in 17:02.91, Wilkinson did not relinquish his lead.

After another 4:08 kilometre to reach half way in 21:11.75, Wilkinson moved up another gear and began to churn out sub-four-minute splits for the remaining 1000m sections. A 3:58.47 kilometre saw the lead pack reduce to nine. **Manuel Bermudez**, the silver medallist in the junior race at the IAAF World Race Walking Team Championships Rome 2016, began to drift behind the leaders as the Spaniard struggled with a minor ankle injury. At 7000m, Ecuador's **Jonathan Amores** and Ethiopia's **Yohanis Algaw** were still doggedly sticking to Wilkinson, but the Brit was showing no signs of stress. Wilkinson covered the penultimate 1000m section in 3:53.56 and just four men were left in contention.

As the pack went through the bell, Algaw was the first to drop off, leaving just Wilkinson, Amores and Korkmaz in the hunt for medals. But those positions remained the same throughout the last lap as Wilkinson stretched away to win in a national U20 record of 40:41.62, crossing the line in utter disbelief. Not only was it the fastest time in the world this year by an U20 athlete, it also takes Wilkinson to second on the senior British all-time list for the distance. "Every lap of the track made me more and more confident," said Wilkinson after covering the second half in 19:29.87 and the final kilometre in 3:44.51. "I can't believe I did it. I knew I could, but I can't believe it. I'm just in shock. It's everything I wanted this year. This is it." His gold medal is Britain's first race walking title in a major international age-group competition. The last Briton to win a global race walking title was 1964 Olympic 20km champion Ken Matthews.

Amores finished second in a PB of 40:43.33, taking Ecuador's first world U20 medal in this discipline since Jefferson Perez won gold in 1992. Korkmaz crossed the line in 40:45.53, while Algaw was fourth in an African U20 record of 40:55.96.

The Australian reps both performed admirably, with **Tyler Jones** 12th in a PB 42:02.96 and **Adam Garganis** 16th in a PB 42:22.96. You can't do any better than a PB in a major competition. Great walking boys!

1.	Callum WILKINSON	GBR	97	40:41.62
2.	Jonathan Javier AMORES CARUA	ECU	98	40:43.33
3.	Salih KORKMAZ	TUR	97	40:45.53
4.	Yohanis ALGAW	ETH	99	40:55.96
5.	Guowen ZHU	CHN	97	41:01.33
6.	Liga BAI	CHN	98	41:06.14
7.	Noel CHAMA	MEX	97	41:29.28
8.	Leo KÖPP	GER	98	41:33.10
9.	Masatora KAWANO	JPN	98	41:42.48

10. Manuel BERMÚDEZ	ESP	97	41:52.09	
11. Gabriel BORDIER	FRA	97	41:53.16	
12. Tyler JONES	AUS	98	42:02.96	PB 0:20
13. Cesar Augusto RODRIGUEZ	PER	97	42:06.18	
14. Cristian David MERCHAN	COL	97	42:10.20	
15. Giacomo BRANDI	ITA	98	42:19.49	
16. Adam GARGANIS	AUS	97	42:22.96	PB 0:02
17. Pablo RODRIGUEZ	BOL	97	42:24.39	
18. Cesar Alberto HERRERA CORTEZ	COL	99	42:28.99	
19. Yunhwa SONG	KOR	98	42:31.88	
20. Arturs MAKARS	LAT	97	42:33.35	
21. Baha Eddine GATRI	TUN	98	42:44.28	
22. Hyun-Myung JOO	KOR	97	42:44.48	
23. Eduard ZABUZHENKO	UKR	98	43:00.63	
24. Cameron CORBISHLEY	GBR	97	43:06.91	
25. Ryutaro YAMAMOTO	JPN	98	43:14.19	
26. Oleksandr ZHOLOB	UKR	97	43:33.42	
27. Dominik CERNY'	SVK	97	43:39.92	
28. Soma KOVÁCS	HUN	97	43:41.91	
29. Sergio SACUL	GUA	98	43:46.44	
30. Mustafa ÖZBEK	TUR	97	43:48.37	
31. Daniel CHAMOSA	ESP	97	43:56.20	
32. Anibal XIQUIN ZAPETA	GUA	99	43:57.88	
33. Kacper KOSECKI	POL	97	43:58.23	
34. Lenin MAMANI	PER	97	44:01.61	
35. Vít HLAVÁČ	CZE	97	44:17.93	
36. Niccolo' COPPINI	ITA	97	44:19.72	
37. Yohan MELILLAN	CHI	99	44:35.63	
38. Billal DJAFRI	ALG	97	46:40.93	
39. Arkadiusz DROZDOWICZ	POL	98	DNF	
40. David HURTADO	ECU	99	DQ	



Australia's Adam Garganis in action



Winner Callum Wilkinson of Great Britain

VRWC ROADWALKS, MIDDLE PARK, SATURDAY 23 JULY

The VRWC winter season continued last Saturday at Middle Park with the Victorian Masters 10km Championships and the annual RWA Postal Challenge races. Conditions were poor – cold and wet - but it didn't stop a good turnout of 50 walkers and some great times in the various distances.

The VMA 10km saw **Andrew Jamieson** the standout with an M70 world best time of 53:17. **Pramesh Prasad** was also in great form with a PB of 51:26. And special mentions to those walkers who scored greater than 85% on the age graded tables – a very tough ask – **Pam Tindal, Heather Carr, Sylvia Machin** and Andrew.

Victorian Masters 10km Championships

1	Sandra Geisler	W35	0:55:08	76.10%	
	Michelle Laufer	W45	0:54:39	81.79%	
2	Wendy Muldoon	W45	0:55:14	80.22%	
1	Carolyn Rosenbrock	W50	0:59:33	81.14%	
1	Pam Tindal	W55	0:54:10	91.19%	
2	Donna Elms	W55	1:03:32	76.88%	
1	Alison Thompson	W60	1:06:15	81.25%	
2	Karyn O'Neill	W60	1:08:51	76.17%	
1	Heather Carr	W65	1:01:49	90.80%	
1	Sylvia Machin	W75	1:13:52	88.08%	
2	Margaret Beaumont	W75	1:28:42	77.76%	
1	Pramesh Prasad	M40	0:51:26	76.86%	PB 1:08
2	Aaron McDonough	M40	0:51:37	77.80%	
3	Adam Patterson	M40	0:52:44	76.15%	
1	James Christmass	M45	0:51:53	79.93%	
2	David Smyth	M45	0:57:10	71.38%	
1	Gerard Feain	M50	0:58:55	73.38%	
-	Albin Hess	M55	DQ		
-	Simon Evans	M55	DNF		
1	Clyde Riddoch	M60	1:04:45	73.34%	
-	Geoff Barrow	M65	DQ		
1	Andrew Jamieson	M70	0:53:17	96.58%	M70 World Best
2	Russ Dickenson	M70	1:04:54	79.29%	
1	Barrie Wicks	M75	1:22:52	67.35%	

The RWA Postal Challenge saw walkers in most divisions.

Open 10km Postal Challenge

1. Simone McInnes 50:19

1. Jason Kozica 50:04

U20 10km Postal Challenge

1. Emily Swan 61:39 PB 2:00

2. Madeleine Feain 65:13 PB 0:58

U18 8km Postal Challenge

1. Jessica Lillie 51:43 First one

Paige De Lisen DNF

1. Kyle Swan 38:39

U16 5km Postal Challenge

1. Kathleen O'Mahony 31:30

1. Hayden Walmsley 25:31

2. Corey Dickson 28:10

U14 3km Postal Challenge

1. Charlotte Hay 16:07

2. Holly Cocking 17:58

1. Josh Jensen 16:03 PB 0:42

2. Angus Hay 21:18

U12 2km Postal Challenge

1. Gemma Lillie 12:23

2. Kaylah Heikkila-Dubowik 12:58

U10 1.5km Postal Challenge

1. Luke Epps 07:54 PB 0:07

2. Hamish Blackwood 09:21

Finally we had a couple of scratch races for those who just wanted their own hitout for the day. Welcome to first timer **Dee Holohan**.

VRWC 5km Open

- | | | | |
|----|----------------|-------|-----------|
| 1. | Glenyse Brain | 43:14 | First one |
| 2. | Susan Wood | 44:04 | First one |
| 3. | Reese Walmsley | 25:23 | |

VRWC 2km Open

- | | | | |
|----|---------------|-------|----------------------|
| 1. | Gwen Steed | 13:25 | |
| 2. | Dee Holohan | 14:01 | First time with club |
| 3. | Penny Hall | 15:19 | |
| 4. | John Morrison | 14:51 | |

Thanks as usual to our many officials and judges and helpers. Sorry if I missed anyone.

Officials: Damien Elms, Mark Donahoo, Bob Gardiner, Ian Laurie, Terry Swan

Judges: Peter Vysma (Chief), Gordon Loughnan, Stuart Cooper, Mark O'Mahony, Michael Bodey, David Cash

Canteen: Wendy Cooper, Kate Suich, Eija Heikklih

Photos: Terry Swan (<http://www.vrwc.org.au/coppermine/thumbnails.php?album=84>).



Andrew Jamieson, Sylvia Machin, Heather Carr, Jessica Lillie and Pramesh Prasad



Josh Jensen, Simone McInnes, Pam Tindal and Madeleine Feain



Sue Wood, Glenyes Brain, Luke Epps and Carolyn Rosenbrock

ACT WALKERS CLUB ROADWALKS, LENNOX GARDENS, CANBERRA, SATURDAY 23 JULY

Thanks to Robin Whyte for this week's results from Canberra.

20km Club Championship

1.	Ann Staunton-Jugovic	2:06:56
2.	Matt Griggs	2:11:11
3.	Greg Durr	2:15:18
4.	Robin Whyte	2:16:32
5.	Bryan Thomas	2:29:37
6.	Monika Short	2:34:46
7.	Val Chesterton	3:01:52
8.	Geoff Barker	DNF

5km Walk

1.	Gabby Hunt	26:15
2.	Mitchell Baker	26:16
3.	Gwyllym Young	28:39
4.	Elizabeth Henderson	29:30
5.	Hannah Manning	29:32
6.	Katie Alley	32:14
7.	Terry Munro	42:44
	Spencer Burns	DNF

10km Walk

1.	Connor Frew	52:54
2.	Tim Fraser	52:54
3.	Ally Durr	53:07
4.	Callum Burns	57:22
5.	Kate Black	1:06:23
6.	Warren Butler	1:30:30

3km Walk

1.	Tom Hunt	17:10
2.	Laura Burns	17:24
3.	Sidney Shaw	20:26

1.5km Walk

1.	Ella Baker	11:04
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SAMA ROADWALKS, FELIXSTOW, ADELAIDE, SATURDAY 23 JULY

Thanks to Colin Hainsworth for this week's results from the South Australian Masters in Adelaide. Colin commented: Cool, calm arvo. Hilly course. Prize walks.

8km Yacht Handicap

1.	Edna Bates	1:11:56	W63	58.90%
2.	Colin Hainsworth	1:09:38	M86	75.00%
3.	Bill Starr	1:00:50	M73	69.83%
4.	Jeff Kennett	1:17:48	M66	50.10%
5.	David Robertson	1:14:29	M83	66.41%
6.	Graham Harrison	1:00:56	M73	69.71%

4km Yacht Handicap

1.	Jan Layng	30:24	W67	69.99%
2.	Roger Lowe	30:58	M73	66.72%
3.	Kristine Freeman	31:51	W56	58.75%

4.	Helen Suridge	29:27	W65	70.39%
5.	Marie Maxted	26:55	W56	69.51%

SARWC ROADWALKS - INTERSTATE CHALLENGE, PEACOCK RD, ADELAIDE, SATURDAY 23 JULY

And the latest from the South Australian Race Walking Club in Adelaide.

3km U14

1.	Victoria Upton	15:32	U14
2.	Mathew Bruniges	17:34	U16
3.	Adrian Upton	19:59	U14
4.	Ayeisha Wallace	20:04	U16
5.	Aleesha Vidler	20:29	U14
6.	Olivia Phillips	21:45	U14
7.	Talisha Skein	22:32	U14

2km U12

1.	Seth Upton	11:05	U12
2.	Zayden Kamish	11:17	U10
3.	Kitarni Upton	11:30	U12
4.	Sarah Damin	11:35	U18
5.	Maddy Wallace	13:34	U14

10km Open/Masters/U20

1.	Peter Crump	58:03	35+
2.	Samantha Findlay	59:19	U20

8km U18

1.	Rhiannon Lovegrove	43:59	U18
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5km U16

1.	Tristan Camilleri	25:54	U16
2.	Alix Harlington	26:31	U18
3.	Chloe Upton	30:44	U16
4.	Jake Vidler	DNF	U18

1km U10

1.	Edward Upton	10:31	U10
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NSW STATE LONG WALK CHAMPIONSHIPS, CHIPPING NORTON, SUNDAY 24 JULY

Plenty of NSW walkers in action for their annual NSW Long Walk Championships in Chipping Norton last Sunday.

30km Men

1.	Felton, Jay	21	U.T.S. Northern Suburbs	2:39:34
2.	Gibbons, Carl	20	Westlakes Athletic Club	2:48:48
3.	Nipperess, Dean	45	Queensland	3:01:42

15km Masters

1.	Nipperess, Dean	44	Queensland	1:21:10
1.	Osborne, Robert	61	Nepean Distr	1:36:55
1.	West, John	65	Nsw Masters	1:47:21
2.	Seymon, Jim	78	U.T.S. North	1:49:20
1.	Weekes, Anne	54	Sutherland D	1:35:56
2.	Brown, Suzanne	50	U.T.S. North	1:55:12
1.	Brown, Judy	66	Nsw Masters	2:15:20

20km U20

1.	Mylonas, Adam	19	Sydney University	1:53:49
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8km U18

1.	Richardson, Dylan	16	Mingara	38:16
2.	Thomson, Ryan	16	Nepean District	42:36
3.	Barendregt, Travis	16	Nepean District	51:15
	Bedford, Kyle	16	Nepean District	DQ
1.	Goodhew, Chelsea	17	Westlakes	42:42
2.	Morton, Shanay	17	Bankstown	45:30
3.	O'Neill, Molly	16	Adamstown New Lambton	45:57
4.	Saker, Tiffany	17	Hills District	47:20
5.	Henry, Amy	16	St. George	52:20

5km U16

1.	Tebbutt, Oscar	15	Gosford	23:42
2.	Blaskett, Hayden	14	Sydney Striders	25:16
3.	McGinniskin, Jack	14	Edgeworth	28:30
1.	Pitcher, Allanah	13	Mingara	24:37
2.	Brown, Samantha	15	Parramatta City	26:35
3.	Mills, Haley	13	Parramatta City	28:26

4.	Parker, Hannah	14	Randwick Botany	29:23
5.	Robertson, Brittany	14	Illawong	31:33
6.	Thomson, Jada	12	Nepean	33:24

2km U12

1.	Vesper, Ryan	10	Mingara	10:54
2.	Scholle, Felix	10	Asics Wests	12:21
1.	Dunne, Izabella	11	Mingara	11:09
2.	Cunningham, Breanna	11	Campbelltown	12:33
3.	Pitcher, Sienna	9	Mingara	15:02

WESTERN AUSTRALIAN ROUNDUP

Thanks to Mike Reid for the last couple of weeks of results from Perth.

WARWC Walks, Wilson, Sunday 24 July

10km Walk

1.	Karen Tolardo	1.01.03
2.	Marie Fitzsimons	1.02.14
3.	Gabrielle D'Agnone-Doyle	1.03.53
4.	Wendy Farrow	1.05.59
5.	Isabella Tolardo	1.06.28
6.	Tom Lenane	1.08.26
7.	Janne Wells	1.08.43
8.	John Smith	1.23.10

5km Walk

1.	Ben Reid	26.26
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3km Walk

1.	Amy Holland	17.07
2.	Myka Richards	22.09
3.	Kristine Wells	22.13
4.	Amber Richards	22.13
5.	Alessia Andritsos	22.14

2km Walk

1.	Brooke Mortimore	11.23
2.	Kristine Wells	12.16
3.	Amber Richards	12.18
4.	Alessia Andritsos	13.00
5.	Korbin Maskiell	13.54

1.5km Walk

1.	Kaytee Bogaers	10.23
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WARWC Walks, Wilson, Sunday 17 July

15km Walk

1.	Karen Tolardo	1.38.01
2.	Janne Wells	1.45.15
3.	Sylvia Byers	2.03.59
4.	John Smith	2.04.20

10km Walk

1.	Emily Pivac	62.31
2.	Tom Lenane	69.43
3.	Gabrielle D'Agnone-Doyle	72.20
4.	Robyn Hughes	75.57

5km Walk

1.	Holly Hughes	31.51
2.	Amy Holland	33.03

3km Walk

1.	Brooke Mortimore	17.47
2.	Kristine Wells	20.05
3.	Amber Richards	21.07
4.	Korbin Maskiell	21.55
5.	Myka Richards	22.47

SPANISH T&F CHAMPIONSHIPS, GIJON, SPAIN, 23-24 JULY

Raquel Gonzalez and Miguel Angel Lopez were in superb form in winning the 10,000m track walks at the Spanish T&F Championships last weekend in Gijon, Spain.

10,000m Women Track Walk

The women's race saw a solo effort by **Raquel Gonzalez** who won the title with a new Spanish record of 42:14.12. Second place went to **Beatriz Pascual** with 42:35.89 while **Julia Takacs**, the previous record holder, was third with 43:55.70. The previous record of 42:23:37 had been set in 2014. A very impressive set of results.

1.	GONZALEZ Raquel	FC Barcelona	1989	42:14.12
2.	ASCUAL Beatriz	Valencia Atletismo	1982	42:35.69
3.	TAKACS Julia	Playas de Castellon	1989	43:55.70
4.	PEREZ Maria	Valencia Atletismo	1996	44:13.83
5.	POVES Maria Jose	Simply-Scorpio 71	1978	45:28.58
6.	GARCIA-CARO Laura	Atmo. Ciudad de Lepe	1995	45:41.63

7.	PINEDO Ainhoa	A.D. Marathon	1983	45:44.53
8.	LARIOS Maria	A.D. Marathon	1992	46:08.91
9.	CANO Amanda	UCAM-Athleo Cieza	1994	46:23.72
10.	SANCHEZ-PUEBLA Lidia	Playas de Castellon	1996	46:51.70
11.	CABRE Andrea	Playas de Castellon	1988	49:47.00
12.	TUR Eva Maria	Peña Santa Eulalia	1990	50:04.35

10,000m Walk Track Walk

Miguel Angel Lopez also led from start to finish in the men's race, winning with a 2016 world leading time of 38:06.28. **Alvaro Martin**, who was second, walked a PB to 39:23.51 while bronze medallist **Alberto Amezcuaalso** PB'd with 39:29.00. Lopez's time is the 4th fastest of all time, behind Francisco Fernandez (ESP, 37:53.09, 2008), - Ivano Brugnetti (ITA, 37:58.6, 2005) and Jozef Pribilinec (CZE, 38:02.60, 1985). Again, a hugely impressive set of results.

1.	LOPEZ Miguel Angel	UCAM Murcia	1988	38:06.28
2.	MARTIN Alvaro	Playas de Castellon	1994	39:23.51
3.	AMEZCUA Luis Alberto	Juventud Guadix	1992	39:29.00
4.	PAJUELO Ivan	A.D. Marathon	1993	40:16.98
5.	CORCHETE Luis Manuel	Atletismo Torrevieja	1984	41:05.80
6.	GARCIA Diego	A.D. Marathon	1996	42:38.88
7.	VIÑAS Mario	AA Catalunya	1996	42:49.57
8.	FLOREZ Alex	S.G. Pontevedra	1971	43:39.59
9.	SILLERO Mario	Real Sociedad	1990	43:47.24
10.	OLIVA Pablo	Cueva de Nerja-UMA	1996	43:58.79
11.	DIAZ Jose Ignacio	FC Barcelon	1979	44:53.45
12.	CUROPOS Christian	CA Fent Cami Mislata	1994	45:59.17
13.	ODRIOZOLA Mikel	Real Sociedad	1973	46:12.08
14.	MONTERRUBIO Marcos	Atletismo Alcorcon	1981	47:23.96

HARRY KERR CENTENNIAL RELAY, AUCKLAND, SUNDAY 17 JULY

The annual Harry Kerr Centennial Relay, which was held at the Mt Smart Stadium in Auckland a week ago, saw 18 year old **Laura Langley** of Napier better the U20 and U19 New Zealand 10,000m track walk record with her time of 49:22. Courtney Ruske had held the U20 record with 49:40.78 and Amanda Gorst had held the U19 record with 51:02.74 U19. Overall, Racewalking Auckland won the relay with their team of Laura, Mike Parker, Lyndon Hohaia, Rodney Thorne and Paul McElwee.

		Leg time	Penalties	Adjusted Time
1. Racewalking Auckland A	Laura Langley	0:49:22	0:00	0:49:22
	Mike Parker	0:58:54	0:00	0:58:54
	Lyndon Hohaia	0:55:31	0:00	0:55:31
	Rodney Thorne	1:04:13	2:20	1:06:33
	Paul McElwee	1:00:42	1:40	1:02:22
	Team time			4:52:42
2. Len Lies About A	Anne Fraser	1:15:15	1:00	1:16:15
	Serena Coombs	1:09:35	1:00	1:10:35
	Peter Fox	1:00:44	1:40	1:02:24
	Alan Clarke	1:01:58	1:00	1:02:58
	Eric Kemsley	0:56:48	0:00	0:56:48
	Team time			5:29:00
3. RWA B2	Larissa Wildsmith	1:02:58	0:00	1:02:58
	Terry Lamb	1:08:08	0:00	1:08:08
	David Barber	1:15:26	0:00	1:15:26
	Noel Johnson	1:14:21	0:00	1:14:21
	Michael McElwee	1:02:16	0:00	1:02:16
	Team time			5:43:09
4. RWA B1	Shirley Barber	1:17:56	0:00	1:17:56
	Bob Sanders	1:15:48	0:00	1:15:48
	Graeme Jones	0:53:11	0:00	0:53:11
	Kathryn Hohaia	1:14:23	0:00	1:14:23
	John Wesseling	1:03:41	0:00	1:03:41
	Team time			5:44:59

LES 4 HEURES DE LA MAILLERAYE SUR SEINE, FRANCE, SATURDAY 3 JULY

Last Saturday saw Emmanuel Tardi in La Mailleraye, a small French village located on the banks of the Seine about 150km in the west of Paris, where the local walking team had organised a racewalking event over the rarely contested distance of 4 hours, along

with a shorter 10km event for those a bit daunted by the concept of walking for 4 hours. Both races started at 2PM and were held over a 1.685km loop with a long hill to climb (500m) and a corresponding hard downhill. It was a great success with 90 starters.

There were no surprises in the 4 Hour event with 3 times French 100km champion **Eddy Roze** leading the 4 Hour race from beginning to the end, finishing with 37.070km (the final distance is not very impressive due to very hot weather). In the women's 4 Hour walk, 4 women finished on the same lap, with victory going to **Christine Lefebvre** with 30.330km. In the 10km walk, ex international **Anne Gaelle Retout** (1h36 in 2010) won easily with a time of 55:18.

Les 4 heures de La Mailleraye sur Seine

1.	ROZE Eddy	Amiens UC	37.070 km	3:47:14
2.	BECQUERELLE Maxime	Stade Dieppois	35.385 km	3:57:19
3.	LABARRE Bertrand	C.S.Provins Athle	33.700 km	3:53:46
4.	LANGLOIS Patrick	Marne et Gondoire Athle	33.700 km	3:55:15
5.	COIS Steeve	A.S.C.Le Havre	33.700 km	3:57:12
6.	BOUFFARD Philippe	S.G.D	32.015 km	3:46:33
7.	GRASSI Alain	Team TDA	32.015 km	3:50:51
8.	JACQUEMIN Mickael	Cercle Athletisme Neocastrien	32.015 km	3:53:32
9.	BOUFFLERT Eric	G.A.Basse Seine	32.015 km	3:58:33
10.	MAGNIER Roger	Mers les Bains	30.330 km	3:46:11
11.	MOUGENOT Patrick	Marne et Gondoire Athle	30.330 km	3:48:22
12.	GIRAUDEAU Denis	Quimper	30.330 km	3:48:36
13.	LAVOINE Gilles	S.G.D	30.330 km	3:49:09
14.	BEGIN Jean Pierre	C.A.Q.C 76	30.330 km	3:55:13
15.	DEJEAN Alain	R.C.S.76	30.330 km	3:55:33
16.	LEFEBVRE Christine (F)	Torcy le Petit	30.330 km	3:56:33
17.	FOUBERT Anita (F)	Bernouville	30.330 km	3:57:01
18.	LEVASSEUR Philippe	R.C.S 76	30.330 km	3:57:24
19.	LEFEVRE Sylvie (F)	S.G.D	30.330 km	3:57:33
20.	MARCHAND Amelie	Bernouville	28.645 km	3:45:16
21.	ADELIN Frederique (F)	S.G.D	28.645 km	3:47:24
22.	QUINQUETON Bernadette (F)	St Thibault des Vignes	28.645 km	3:50:17
23.	DENOUN Richard	S.G.D	28.645 km	3:52:57
24.	CAVALIER Guy		28.645 km	3:53:32
25.	MARCASSIN Claude	C.O.Bresles	28.645 km	3:55:14
26.	BEAUMONT Didier	A.C.Chateau Thierry	28.645 km	3:56:49
27.	DUCRUET Nadia (F)	A.C.Chateau Thierry	28.645 km	3:56:50
28.	BERNARD Jean Luc	A.C.Veules	28.645 km	3:59:09
29.	CARPENTIER Nadine (F)	Neufchatel en Bray	26.960 km	3:45:39
30.	VAQUE Astrid (F)	Lindebeuf	26.960 km	3:45:43
31.	FERRAND Francois	S.G.D	26.960 km	3:49:35
32.	BOILEAU Sabine (F)	C.O.Bresles	26.960 km	3:52:02
33.	CRETOT Pierre	Barentin	26.960 km	3:52:12
34.	RASSE Sebastien	Nibas	26.960 km	4:00:17
35.	MAGNIER Genevieve (F)	Mers les Bains	25.275 km	3:26:41
36.	HABIB Salhi	Bernouville	25.275 km	3:49:19
37.	GRANGE Jean Pierre	Bernouville	25.275 km	3:49:20
38.	BERNIERE Michel	R.C.S.76	25.275 km	3:56:45
39.	LEFEVRE Olivier	S.G.D	25.275 km	3:57:16
40.	BROUESSE Jean Pierre	R.C.S.76	25.275 km	3:59:33
41.	MAUNY Claude	Neuilly sur Marne	23.590 km	3:46:04
42.	BERNAGE Cyril	C.M.M	23.590 km	3:48:44
43.	CHICOT Norbert	Bois Guillaume	23.590 km	3:48:55
44.	GUESDON Brigitte (F)	Maromme	23.590 km	3:48:56
45.	BELFROID Corinne (F)	A.S.C.Le Havre	23.590 km	3:54:25
46.	BERNAGE Claudine (F)	C.M.M	23.590 km	4:04:48
47.	BOILAY Olivier	C.A.Cauchois	21.905 km	3:05:14
48.	AUVRE Alain	C.O.Bresle	20.220 km	4:03:34

Les 10km de La Mailleraye sur Seine (first 20 only)

1.	RETOUT Anne Gaelle (F)	Amiens UC	0:55:18
2.	MACRE Tony	Mouy A.T.A.C	0:55:30
3.	MURAT Alex		0:57:51
4.	PICAULT Laurent	L.M.A 45	1:00:38
5.	ROIX Bruno	Etalondes	1:04:00
6.	STEUX Laurence (F)	Mouy A.T.A.C	1:04:02
7.	LARCHER Renaud	St Paer	1:05:41
8.	SOUDAIS Guillaume	A.Y.A	1:05:51

9.	STEINVILLE Nathalie (F)	A.S.F.I Villejuif	1:06:40
10.	VASSARD Christian	Torcy le Petit	1:06:52
11.	LECOMTE Christian	St vaast	1:07:50
12.	GONTIER Christophe	A.C.L.O	1:09:56
13.	CAVELIER Jacques	Montivilliers	1:10:42
14.	LEFRANCOIS Eric	SGD	1:11:04
15.	ROZE Cindy (F)	Amiens UC	1:11:05
16.	TARDI Emmanuel	LP Longjumeau	1:11:54
17.	JOUNY Luc	SPN Vernon	1:12:48
18.	D HENRY Georges	A.J.Bastia	1:12:58
19.	LESVEN Jose		1:13:08
20.	PREVOST Jean Claude	Rouen	1:13:18



Tony Macre, Eddy Roze, Anne Retout and Christine Lefevre (photos Emmanuel Tardi)

HONVÉD KUPA, BUDAPEST, HUNGARY, FRIDAY 22 JULY

Fast walking by Máté Helebrandt in Hungary.

Men 5000m Race Walk

1.	Máté HELEBRANDT	HUN	89	19:35.82
2.	Bence VENYERCSÁN	HUN	96	21:07.27
3.	Miklós SRP	HUN	93	21:26.77
4.	Dávid TOKODI	HUN	91	21:52.38
5.	Donát BURGER	HUN	97	21:54.67
6.	Bálint SÁROSSI	HUN	00	23:11.89
7.	Bruno ERENT	CRO	90	23:37.78
8.	Bruno ROŽMAN	CRO	01	23:57.06
9.	László VENYERCSÁN	HUN	71	24:26.70
10.	Dániel HORVÁTH	HUN	00	24:33.62
11.	István CSABA	HUN	59	29:29.28

Women 5000m Race Walk

1.	Rita RÉCSEI	HUN	96	23:30.46
2.	Barbara KOVÁCS	HUN	93	23:43.21
3.	Anett TORMA	HUN	84	24:41.53
4.	Daphne DIMANOPULOSZ	HUN	99	25:11.85
5.	Eszter SZARKA	HUN	85	25:59.30
6.	Ivana RENIC	CRO	96	26:33.34
7.	Laura KOMORÓCZY	HUN	99	26:50.60
8.	Tamásné BODORKÓS	HUN	67	26:59.29
9.	Réka SZABÓ	HUN	00	28:36.25

10.	Aleksandra Stefany BIŽIC	CRO	99	28:52.49
11.	Zsófia VÁSÁRHELYI	HUN	91	29:27.52
12.	Kata TATAY	HUN	99	31:37.57

FINNISH T&F CHAMPIONSHIPS, OULU, 21-24 JULY

The Finnish T&F champs saw walk wins to Alekski Ojala (1:25:37) and Elisa Neuvonen (47:47).

Men 20km Race Walk

1.	Alekski OJALA	FIN	92	1:25:37
2.	Elmo KOIVUNEN	FIN	94	1:32:12
3.	Artturi OILA	FIN	96	1:35:46
4.	Timo VILJANEN	FIN	77	1:39:33
5.	Kari LAIHO	FIN	63	1:43:49
6.	Eemeli KIISKI	FIN	91	DQ
7.	Matias KORPELA	FIN	89	DQ

Women 10km Race Walk

1.	Elisa NEUVONEN	FIN	91	47:47
2.	Hele HAAPANIEMI	FIN	93	48:34
3.	Tiia KUIKKA	FIN	94	51:37
4.	Elina HEIKKINEN	FIN	97	53:37
5.	Venla LAIHO	FIN	95	54:03
6.	Hanna WESTERLUND	FIN	97	54:31
7.	Riina PERKIÖ	FIN	99	56:06
8.	Sini JUSSILA	FIN	95	DNF

2016 USATF NATIONAL MASTERS OUTDOOR T&F CHAMPIONSHIPS, GRAND RAPIDS, MI, 14-17 JULY

And now to Grand Valley State University in Missouri for the USATF Masters T&F Championships, where 5000m track walk and 10km road walks were on offer. I am sure our Australian masters walkers will be checking these out, given the World Masters Championships in Perth this coming October.

5000m Track Walk, Friday 15 July

1	Bosserman, Melissa	W32	Unattached,Oregon C	29:21.31
1	Trogner, Stacy	W41	Unattached,Camp Hil	33:52.31
2	Manns, DaBeth	W40	Tnt Internat,Washin	43:59.95
1	Goldman, Nicolle	W57	Sierra Racew,Rosevi	31:16.63
1	Stoyanowski, Karen	W61	Sierra Racew,Loomis	31:06.66
2	Green, Donna	W63	Chicago Walk,Woodri	32:04.53
3	Mears, Susan	W61	Sierra Racew,Reno,	32:08.63
4	Mayfield, Cathy	W64	Pegasus A.C.,Indian	32:16.90
1	Martino, Marianne	W66	High Altitud,Little	30:12.78
2	Harsh, Ann	W66	Florida Athl,Ft Lau	31:38.30
3	Geer, Panseluta	W69	Shore Athlet,Hazlet	34:43.53
4	Hopkins-Price, Pat	W66	Abe's Stride,Spring	39:55.94
-	Mendell, Paula	W66	Sierra Racew,Sacram	DQ
1	Frable, Kathleen	W70	So Cal Track,Ivins,	34:10.07
2	Carmines, Kay	W70	So Cal Track,Shirem	35:30.28
3	Caldwell, Trish	W70	Sierra Racew,Carmic	37:11.11
4	Backlund, Darlene	W70	So Cal Track,Palm S	38:24.50
1	Sinkovec, Rita	W76	High Altitud,Evergr	38:24.87
-	Melichar, George	M37	Unattached,New Orle	DQ
1	Pryor, Keith	M40	Unattached,Knoxvill	33:09.37
1	Chasse, Craig	M46	Potomac Vall,Reston	34:37.18
1	Sadlej, Zbigniew	M54	Pegasus A.C.,Royal	23:11.93
2	Swarts, David	M51	Pegasus A.C.,Jackso	23:13.13
3	Rohl, Michael	M51	Unattached,Mansfiel	24:24.73
4	O'Brien, Dan	M51	Pegasus A.C.,Port H	26:21.58
1	Scott, Jim	M58	Abe's Stride,Spring	27:34.15
2	McPherson, Scott	M59	Unattached,Lubbock,	33:41.34
1	Green, Mark	M60	Pegasus A.C.,Reno,	26:55.11
2	Reed, Bill	M63	Pegasus A.C.,Kalama	32:43.96
3	Berendt, Joseph	M60	Sierra Racew,Citrus	33:42.71

-	Couts, David	M60	Racewalkers, Whitesi	DQ
-	xLaFlamme, Denis -	M62	Canada, Quebec, QC X	29:22.87
1	Wiggins, Michael	M67	So Cal Track, Haward	27:48.10
2	Smith, Andrew	M66	Pegasus A.C., Whitti	29:11.73
3	De Witt, Michael	M65	Parkside Ath, Kenosh	31:24.85
4	Morrison, John	M67	Potomac Vall, Essex,	34:23.14
1	Frale, Norman	M70	So Cal Track, Ivins,	29:39.96
2	Jasionowski, Leon	M71	Pegasus A.C., East C	29:46.94
3	Dubow, Joel	M73	Atlanta Trac, Tucker	34:22.24
4	Carmines Jr, James	M73	So Cal Track, Shirem	34:58.11
5	Alvarez, Eduardo	M71	Unattached, Miramar,	36:27.18
6	Sipes, Victor	M73	U.S. Army, Canton, M	39:50.70
-	Rogosheske, Philip	M71	Twin Cities, Saint C	DQ
1	Gordon, David	M75	Unattached, Fort Wor	35:19.80
2	Sanders Jr, Marsha	M75	Pegasus A.C., Flushi	35:53.44
3	Veenstra, James	M78	Abe's Stride, Jackso	36:58.66
4	Zerbe, Richard	M77	Unattached, Seattle,	37:17.15
-	Backlund, John	M76	So Cal Track, Palm S	DQ
-	Green, Max	M84	Pegasus A.C., Taylor	DQ
1	Starr, John	M87	Unattached, Wallingf	38:51.51

10km Road Walk, Sunday 17 July

1	Bosserman, Melissa	W32	Unattached, Oregon C	1:01:08.30
1	Randall, Susan	W41	Shore Athlet, Beaver	55:17.50
2	Trogner, Stacy	W41	Unattached, Camp Hil	1:08:55.30
3	Manns, DaBeth	W40	Tnt Internat, Washin	1:35:18.80
1	Storrs, Helen	W50	Unattached, San Fran	1:21:03.80
1	Goldman, Nicolle	W57	Sierra Racew, Rosevi	1:04:58.30
1	Green, Donna	W63	Chicago Walk, Woodri	1:06:04.00
2	Stoyanowski, Karen	W61	Sierra Racew, Loomis	1:06:04.40
3	Mayfield, Cathy	W64	Pegasus A.C., Indian	1:06:16.50
-	Mears, Susan	W61	Sierra Racew, Reno,	DQ
1	Martino, Marianne	W66	High Altitud, Little	1:03:17.00
2	Harsh, Ann	W66	Florida Athl, Ft Lau	1:05:17.70
3	Mendell, Paula	W66	Sierra Racew, Sacram	1:10:49.30
4	Geer, Panscluta	W69	Shore Athlet, Hazlet	1:11:03.30
5	McGuire, Doris	W67	Chicago Walk, La Gra	1:13:21.20
6	Hopkins-Price, Pat	W66	Abe's Stride, Spring	1:20:04.10
1	Frale, Kathleen	W70	So Cal Track, Ivins,	1:10:54.20
2	Carmines, Kay	W70	So Cal Track, Shirem	1:12:19.30
3	Backlund, Darlene	W70	So Cal Track, Palm S	1:15:02.50
--	Sinkovec, Rita	W76	High Altitud, Evergr	DQ
1	Pryor, Keith	M40	Unattached, Knoxville	1:06:42.00
1	Chasse, Craig	M46	Potomac Vall, Reston	1:10:42.70
1	Sadlej, Zbigniew	M54	Pegasus A.C., Royal	49:19.90
2	Swarts, David	M51	Pegasus A.C., Jackso	49:59.00
3	Rohl, Michael	M51	Unattached, Mansfiel	53:27.60
1	Scott, Jim	M58	Abe's Stride, Spring	56:40.80
2	Stadler, Christoph	M57	Unattached, Beckley,	57:07.40
3	DeMeester, Paul	M56	Unattached, San Fran	59:40.70
4	Terbrack, Paul	M56	Pegasus A.C., Clawso	1:08:58.10
5	McPherson, Scott	M59	Unattached, Lubbock,	1:12:14.60
-	Preischel, Will	M55	Unattached, Racine,	DQ
1	Green, Mark	M60	Pegasus A.C., Reno,	56:15.90
2	Thiedmann, Klaus	M61	Chicago Walk, Chicag	1:03:34.30
3	Berendt, Joseph	M60	Sierra Racew, Citrus	1:11:03.50
1	Wiggins, Michael	M67	So Cal Track, Haward	56:37.10
2	Smith, Andrew	M66	Pegasus A.C., Whitti	59:49.20
3	Walker, Max	M69	Pegasus A.C., Greenw	1:01:50.00
4	De Witt, Michael	M65	Parkside Ath, Kenosh	1:05:39.30
5	Morrison, John	M67	Potomac Vall, Essex,	1:11:42.50
1	Frale, Norman	M70	So Cal Track, Ivins,	1:01:20.00
2	Dooley, Tom	M70	Unattached, San Carl	1:01:25.80
3	Jasionowski, Leon	M71	Pegasus A.C., East C	1:01:55.00
4	Dubow, Joel	M73	Atlanta Trac, Tucker	1:12:25.80
5	Carmines Jr, James	M73	So Cal Track, Shirem	1:12:44.30

-	Rogosheske, Philip	M71	Twin Cities,Saint C	DQ
1	Sanders Jr, Marsha	M75	Pegasus A.C.,Flushi	1:12:32.00
2	Veenstra, James	M78	Abe's Stride,Jackso	1:12:32.10
1	Green, Max	M84	Pegasus A.C.,Taylor	1:21:39.70
1	Starr, John	M87	Unattached,Wallingf	1:19:47.70

100TH FOUR DAYS MARCHES NIJMEGEN, NIJMEGEN, NETHERLANDS, 19-22 JULY

The International Four Day Marches Nijmegen is the largest multiple day marching event in the world. It is organised every year in Nijmegen, Netherlands, in mid-July as a means of promoting sport and exercise. Participants walk 30, 40 or 50 kilometers daily depending on their age and gender, and, on completion, receive a royally approved medal (Vierdaagsekruis). The participants are mostly civilians, but there are also a few thousand military participants.

The standard categories include

- 30 km x 4 days
- 40 km x 4 days
- 50 km x 4 days
- 55 km x 4 days - reinstated specially for the 100th edition

as well as a Military category of 40 km x 4 days, with all marchers wearing uniform and weighted pack.

This year's event was a special one - the 100th International Four Days Marches Nijmegen - and it saw a huge field, with **42,557** participants finishing the full 4days and receiving their well-deserved medal. You can see more at <http://www.4daagse.nl/en/>. Well done to everyone. This race, like the Parish Walk, is definitely on my wish list. I had better get to it before I get too old!



Sue Clements of the English Centurions (middle standing) with some of the many happy walkers who completed the event (photos Frans Leijtens)

MARCIADALMONDO AND OMARCHADOR ROUNDUP

7 new press releases for Marciadalmondo this week

- Tue 26 July – 1996 Olympics – Jefferson Perez made history
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2528
- Mon 25 July – The world wide scope of walking, as evidenced in the World Junior Champs
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2527
- Sun 24 July - Miguel Angel Lopez wins Spanish 10,000m track walk in world leading 38:06.28
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2526

- Sat 23 July - Raquel Gonzalez wins Spanish 10,000m track walk with new Spanish record
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2525
- Sat 23 July - Callum Wilkinson wins World Junior Men 10,000m walk
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2524
- Wed 20 July - Results of women's 10,000m Walk at World Junior Champs
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2523
- Tue 19 July - Preview of World Junior Men 10,000m walk
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2522

The omarchador blog was also active with 7 news releases this time around

- Tues 26 July - Profiling the rise of African walking
<http://omarchador.blogspot.com.au/2016/07/uma-lanca-africana-na-marcha-dos.html>
- Mon 25 July - Results of Portuguese team in disabled Games in Italy
<http://omarchador.blogspot.com.au/2016/07/marcha-portuguesa-medalhada-nos-i-jogos.html>
- Sun 24 July - Raquel Gonzales wins Spanish 10,000m Walk title
<http://omarchador.blogspot.com.au/2016/07/raquel-gonzalez-campea-de-espanha-com.html>
- Sat 23 July - Callum Wilkinson wins World Juniors 10,000m Walk
<http://omarchador.blogspot.com.au/2016/07/callum-wilkinson-e-o-primeiro-ingles.html>
- Fri 22 July - Results of final French championships for the year at Aubagne
<http://omarchador.blogspot.com.au/2016/07/franca-concluiu-epoca-de-campeonatos-em.html>
- Thu 21 July - Results from French walks meet in Troussey
<http://omarchador.blogspot.com.au/2016/07/marcha-atletica-em-troussey-no-dia.html>
- Wed 20 July - Chinese walker Ma Zhenxia wins World Junior 10,000m walk
<http://omarchador.blogspot.com.au/2016/07/ma-zhenxia-nova-campea-mundial-de.html>

VALE BILL KIRBY

Marjorie Burley of Queensland Masters Athletics has published a notification of the passing of Bill Kirby. The memorial reads

Our Sincere Commiserations to Jenny Kirby. Jenny's Dad passed away last Wed 20/7/16 after an illness in Hospital. Bill Kirby's Funeral will be held at Coolum Uniting Church, next Tuesday 26/7/16 9.30am. Vets/QMA and NSW Champion Race Walker and Member since 1974. A Devoted Champion to our Sport.



OUT AND ABOUT

- It's not often I see a video as good as this one - **Usain Bolt** vs American TV and radio host Bully Bush in a walking race. See <https://www.accesshollywood.com/videos/usain-bolt-vs-billy-bush-who-is-the-worlds-fastest-speed-walker-sept-2011-30118/>
- 2016 Australian Olympic walker **Chris Erickson** is interviewed as part of an ABC television feature on the current drugs issues – see <http://www.abc.net.au/7.30/content/2016/s4505965.htm>.
- Now this I like! Britain's first ever fast pedestrian lane has opened in Liverpool city centre - following research that claims 47% of the nation finds slow walking the most annoying aspect of high-street shopping. Opening on the city's St John Street, the fast lanes will allow users to speed through the crowds while perusing the three-storey Liverpool One shopping centre. See <http://www.independent.co.uk/news/uk/home-news/liverpool-becomes-the-first-city-to-open-fast-walking-lanes-a6719766.html>.
- The Athletics Victoria Shield program is out for the 2016/2017 Summer season, with all key dates. See more at http://athsvic.org.au/events/competitions/avcompetitions/av-shield/?_cldee=dGVyaWNrQG1lbGJwYy5vcmcuYXU%3d&urlid=1.

#CLEANWALKING

Wednesday 20 July

- A British court has ordered Russian marathon runner Liliya Shobukhova to repay prize and appearance money from the London race after being banned for doping. The High Court judgment mandates Shobukhova to repay 377,961.62 pounds (\$498,000) plus costs relating to her 2010 London Marathon victory and second-place finish the following year in the British capital. "The next step is to get the judgment enforced in Russia," London Marathon chief executive Nick Bitel said. "It will be a long and difficult process but we will pursue it, as we are determined that cheats should not benefit. See http://www.nzherald.co.nz/athletics/news/article.cfm?c_id=19&objectid=11677691&ref=rss.
- The Court of Arbitration for Sport says it has dismissed a request by Alex Schwazer to lift his provisional ban from competition over a new doping allegation. And so it should! See http://www.nzherald.co.nz/athletics/news/article.cfm?c_id=19&objectid=11677706&ref=rss.
- After a four-hour meeting, the IOC's executive board decided that it "will not organise or give patronage to any sports event or meeting in Russia," while all officials from the Russian Ministry of Sport have been banned from attending the Olympics this summer along with anyone else implicated in the McLaren report, which detailed a state-sponsored doping programme working out of the Sochi laboratory in the lead up to the 2014 Winter Olympics. See <http://www.independent.co.uk/sport/olympics/russia-doping-ioc-exploring-legal-options-blanket-ban-rio-2016-olympics-a7144716.html> and <http://www.bbc.com/sport/olympics/36834090>. **This of course now means that the 2018 World Racewalking Teams Championships will NOT be in Cheboksary. Expect a call for new bidders eventually.**
- WADA announced on Wednesday the lifting of the provisional suspension of accreditation of the Brazilian Doping Control Laboratory in Rio de Janeiro. This reinstatement allows the Rio Laboratory to resume anti-doping analysis on urine and blood samples with immediate effect. We never quite knew why they were suspended in the first place. Luckily they are now back online in time for the Games. See <https://www.wada-ama.org/en/media/news/2016-07/wada-reinstates-rio-laboratory-accreditation-in-time-for-the-rio-games>.

Thursday 21 July

- Russia's athletes will miss the Rio 2016 Olympics after the Court of Arbitration for Sport (CAS) threw out an appeal against the IAAF ban. The Russian Olympic Committee and 68 athletes were bidding for reinstatement ahead of the Games but the CAS has sided with the IAAF. The verdict could pave the way for the International Olympic Committee to introduce a blanket ban on the Russian team for Rio 2016. See <http://www.insidethegames.biz/articles/1039816/russian-athletes-to-miss-rio-2016-after-court-of-arbitration-for-sport-uphold-iaaf-ban>.
- See the CAS statement at http://www.tas-cas.org/fileadmin/user_upload/Media_Release_4684_210716.pdf.

The ramifications of this decision are many and varied, with the following happening in quick succession.

- WADA is satisfied with the decisions delivered today by the Court of Arbitration for Sport (CAS) concerning the arbitrations between the Russian Olympic Committee (ROC), a number of Russian athletes (the Claimant Athletes) and the International Association of Athletics Federations (IAAF). See <https://www.wada-ama.org/en/media/news/2016-07/wada-satisfied-by-cas-decisions-concerning-the-russian-olympic-committee-and-68>.

- Russia could be banned from the Rio Paralympics on Friday with the event's organisers confident that any sanction they impose will stand up to legal challenge. A ban on Russia's Paralympic Team could be announced very soon, with the International Paralympic Committee (IPC) primed to make an announcement after it meets on Friday afternoon to decide an appropriate sanction. Sir Philip Craven, IPC president, has said he was "shocked, appalled and deeply saddened" by a report into the state-sponsored mass Russian doping cover-up. That report found 35 "disappearing positive" Russian drug tests across Paralympic sport between 2012 and 2015, as well as confirming that the country's doping cover-up regime was in place during the 2014 Winter Paralympics in Sochi, where Russia won three times as many medals as any other country. See <http://www.telegraph.co.uk/olympics/2016/07/20/russias-paralympics-team-faces-rio-2016-ban-over-doping-scandal/>.
- The IOC has confirmed that it will reconvene on Sunday and make a decision early next week over whether to impose a blanket ban on the entire Russian team for the Rio Olympics following the exposure of a shocking government-led doping regime in the country.
- New Zealand's Olympic team boss Rob Waddell today joined the chorus of condemnation of Russia's state-run doping programme which has blighted the leadup to the Rio Games. "The general view - and I'm very much aligned to that - is we support the strongest (action) possible. It's really wrong." See http://www.nzherald.co.nz/sport/news/article.cfm?c_id=4&objectid=11678423.
- The Executive Committee of FISA, the World Rowing Federation, convened by telephone conference call after the release of the McLaren Report, to consider whether to ban Russia's rowers from Rio. See http://aroundtherings.com/site/A_56610/Title_Media-Release-FISA-Update-on-WADAs-McLaren-Report/292/Articles.
- FISA are to lead a meeting of International Federations on Friday, after the explosive findings of the McLaren Report. Governing bodies present will "exchange information and understanding of the McLaren report" as calls grow for Russia to be completely banned from the Rio 2016 Olympics. See <http://www.insidethegames.biz/articles/1039798/international-federations-to-hold-key-meeting-to-discuss-mclaren-report-findings>.
- A letter from 14 National Anti-Doping Agencies (NADOs) has been sent to the IOC to urge them to suspend the Russian Olympic Committee and provisionally deny all Russian athletes entry to the Rio 2016 Olympic Games. The NADOs of Austria, Canada, Denmark, Egypt, Finland, Germany, Japan, The Netherlands, New Zealand, Norway, Spain, Sweden, Switzerland and the United States have all signed the letter to IOC President Thomas Bach. See <http://www.insidethegames.biz/articles/1039814/fourteen-national-anti-doping-agencies-urge-blanket-ban-on-russia-in-letter-to-ioc>.

Friday 22 July

- The IOC has confirmed that 30 athletes who competed at Beijing 2008 and 15 from London 2012 have failed drug tests in the second allocation of retests, including 23 medallists from the 2008 Olympic Games. The IOC confirmed the news on Friday morning after receiving the results, which comes two months after it was announced that 30 positive tests from Beijing and 23 from London had been discovered during a sample of retests. The 30 positive tests from the 2008 Olympics come from four different sports and eight different countries, while the 15 failed tests from the Summer Games four years ago come from two different sports and nine different nations. See <http://www.independent.co.uk/sport/olympics/ioc-drug-tests-doping-confirm-23-medallists-45-failed-beijing-2008-london-2012-a7150386.html>.

Monday 24 July

- The silver medal won at the Junior World Championships male shotput by the Romanian Andrei Toader (22.30m, new national record) will now be reassigned, with the Romanian thrower testing positive for the presence of testosterone in a drugs test done at the Romanian T&F Champs in June. See <http://www.trackarena.com/32772/the-bydgoszcz-shot-put-silver-medal-andrei-toader-tested-positive-to-testosterone>.
- The troubled Rio de Janeiro Olympic Games have arrived at their first major crisis, less than two weeks before the opening ceremony. The Australian Olympic Committee confirmed on Sunday evening that the athletes' village has been deemed uninhabitable in the short term due to significant plumbing and electrical concerns. It is unclear if and when competitors will be able to move in, with the International Olympic Committee is set to undertake "stress tests" to deal with serious issues with plumbing and fire safety. See <http://www.smh.com.au/sport/olympics/rio-2016/rio-olympics-2016-athletes-village-unliveable-20160724-gqcqxy.html>.

Ok, here is where it all starts to get messy this week.

- **The IOC has resisted calls for a blanket ban on Russians competing in next month's Games due to the country's doping record, leaving decisions on individual athletes' participation with their sports federations.** This has led to immediate criticism on various fronts. "The IOC Executive Committee has failed to confront forcefully the findings of evidence of state-sponsored doping in Russia corrupting the Russian sport system," Joseph de Pencier, CEO of iNADO, the 59-member global Institute of National Anti-Doping Organisations, said in a statement. "It has ignored the calls of clean athletes, a multitude of athlete organisations, and of leading National Anti-Doping Organisations, to do the right thing by excluding Russia from the Rio Olympic Games. It is a sad day for clean sport."

- De Pencier and top U.S. anti-doping official Travis Tygart were also critical of the IOC for not allowing Russian whistleblower Yulia Stepanova to compete in Rio. "To refuse her entry into the Games is incomprehensible and will undoubtedly deter whistleblowers in the future from coming forward," Tygart said in a statement. See <http://www.sbs.com.au/news/article/2016/07/25/ioc-russia-decision-blow-clean-athletes-anti-doping-officials>. How's this for an unambiguous statement

"Many, including clean athletes and whistleblowers, have demonstrated courage and strength in confronting a culture of state-supported doping and corruption within Russia. Disappointingly, however, in response to the most important moment for clean athletes and the integrity of the Olympic Games, the IOC has refused to take decisive leadership. The decision regarding Russian participation and the confusing mess left in its wake is a significant blow to the rights of clean athletes."

"The IOC has stated before that they believe anti-doping should be wholly independent, and that is in part why it is so frustrating that in this incredibly important moment, they would pass the baton to sports federations who may lack the adequate expertise or collective will to appropriately address the situation within the short window prior to the Games. The conflict of interest is glaring."

"In regard to Yuliya Stepanova, the decision to refuse her entry in to the Games is incomprehensible and will undoubtedly deter whistleblowers in the future from coming forward."

- Travis T. Tygart, CEO, USADA

- Australian sports commentator and former dual Olympic long jumper Dave Culbert is also scathing in his analysis. Listen to his radio interview at <https://audioboom.com/boos/4855778-david-culbert-on-the-ioc-s-decision-not-to-fully-ban-russia>.
- This approach is very different to that being taken by the International Paralympic Committee (IPC) which has opened proceedings to suspend the National Paralympic Committee of Russia ahead of Rio 2016, in a move strongly supported by the Australian Paralympic Committee (APC). APC Chief Executive Lynne Anderson applauded the stance taken by the IPC, and said the APC would fully support any move to suspend NPC Russia from Rio based on the findings of the McLaren Report. See <https://www.paralympic.org.au/apc-backs-move-to-suspend-russia-from-rio-2016-paralympic-games/>.
- But to be fair to the IOC, they have not just given a blanket ok to Russia. Their press release forbids the Russian Olympic Committee from entering any athlete for the Olympic Games Rio 2016 who has ever been sanctioned for doping, even if he or she has served the sanction. Further, it will only accept those Russian competitors who have adequate reliable international doping tests to confirm that they are clean. Drugs tests done in Russia are not eligible for consideration. See <https://www.olympic.org/news/decision-of-the-ioc-executive-board-concerning-the-participation-of-russian-athletes-in-the-olympic-games-rio-2016>. Alas, this has done little to win the argument as the criticisms keep coming thick and fast.
- USA coach Steve Magness is strident in his condemnation of what he sees as the IOC capitulation to Russia and the trashing of whistleblower Yuliya Stepanova. "With one swoop, the IOC sent a message with that one simple ruling that what matters is not clean sport or fair competition, what matters is the status quo; The financial windfall for the IOC, the relationships with corrupt governing bodies, the keeping of an 'important country' in the folds for the money making extravaganza that has become the Olympic games. They see the Stepanova's not as brave warriors for justice, but a pest who brought forth the seedy underbelly that the system truly is. The Stepanova's are a nuisance to the IOC." They are a problem. Read more at <https://medium.com/@stevemagness/no-one-really-wants-a-whistle-blower-russia-the-ioc-and-doping-6c0c2461bba7#8e65w92tj>.
- Bernard Amsalem, president of the French Athletics Federation and Vice President of the National Olympic and Sports Committee (CNOSF) has also come out, strongly criticized the decision of the IOC not to suspend Russia. See <http://rmcsport.bfmtv.com/plus-de-sports/jo-2016-amsalem-la-decision-du-cio-est-dramatique-pour-le-sport-1018771.html>.
- For her part, Stepanova has asked the International Olympic Committee to review its decision to ban her from competing at the Rio Games. Both WADA and The IAAF say she should be there - it is only the IOC who say no. See http://www.dudleynews.co.uk/sport/national/14641296.Doping_whistleblower_Yuliya_Stepanova_asks_IOC_to_review_her_Rio_ban/?ref=twtr.
- Olympic gold medallist Jared Tallent says he has lost faith in the Olympic movement following the IOC's decision not to apply a blanket ban on Russian athletes in Rio. Speaking from his training base in St Moritz, Switzerland, on Monday, Tallent said he was not looking forward to this year's Games like Beijing or London because he feels the IOC has failed clean athletes in every sport. See <http://www.heraldsun.com.au/sport/olympics-2016/australian-gold-medalwinning-walker-jared-tallent-tees-off-on-ioc-for-failure-to-ban-russia-from-olympic-games/news-story/f99e0a309716c4e849356ebbc2de8fe8>.
- Of course, the IOC have banned all Russians who have ever failed a drugs test but what about Justin Gatlin, twice convicted of drugs cheating and now co-favourite to win gold in the sprints at Rio. It all reads very inconsistently. The IOC has indeed made a mess of it all.

Tuesday 25 July

- And hot off the presses today, a damning analysis of WADA processes. "What does appear clear is that WADA, the body responsible for enforcing antidoping rules and regulations, engaged in unambiguously questionable practices regarding the presentation of scientific evidence. The aggressive behavior of WADA toward scientists raising questions about WADA's practices raises questions about the ability of the organization to implement a robust and fair scientific approach to antidoping. CAS arbitrators may trust WADA, but based on how WADA treated evidence and criticism in the Tysse case, is it not clear that anyone else should." A must read. See <https://www.theguardian.com/science/political-science/2016/jul/25/can-anti-doping-bodies-maintain-their-scientific-integrity-the-answer-is-troubling>.

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 21, 2016 Australian Roadwalk Championships, Mt Stromlo, Canberra, ACT. Entries close Sunday 7th August. See <http://www.athletics.com.au/Compete/Events/australian-winter-race-walking-championships>.
- Sun Aug 28, 2016 Australian Masters 20km Roadwalk Championships, Adelaide, SA. Entries close 20th August. See <http://www.australianmastersathletics.org.au/2016/05/22/ama-20k-walk-championships-2016/>.

2016 International Key Dates

- July 19-24, 2016 16th World Junior T&F Championships, Bydgoszcz, POL
- Aug 5-21, 2016 31st Olympic Games, Rio de Janeiro, Brazil. See <http://www.rio2016.com/en>
- Oct 26 -Nov 6, 2016 21st World Masters T&F Champs Stadia, Perth, Australia. See <http://www.perth2016.com>
Online entries close August 25th. No late entries accepted.

2016 IAAF Challenge Series (remaining events)

- August 12-21, 2016 Olympic Games, Rio de Janeiro, Brazil

Looking Further Forward

- Mar 18-25, 2017 World Masters Athletics Indoor Championships, Daegu South Korea
- April 21-30, 2017 World Masters Games 2017, Auckland, NZ. See www.worldmastersgames2017.co.nz
- June 9-12, 2017 Australian Masters T&F Championships, Darwin
- July 12-16, 2017 10th World Youth T&F Championships, Nairobi, Kenya
- August 5-13, 2017 16th IAAF World Championships in Athletics, London, UK. See <http://www.london2017athletics.com/>.
- August 19-30, 2017 29th Summer Universiade, Taipei, Taiwan
- Apr 4-15, 2018 XXI Commonwealth Games, Gold Coast, QLD (racewalks on the program). See <http://www.gc2018.com>
- May 2018 28th IAAF World Race Walking Team Championships, TBA (It probably won't be Cheboksary now)
- July 2018 16th World Junior T&F Championships, Tampere, Finland
- TBA, 2018 22nd World Masters Athletics T&F Championships, Malaga, Spain
- 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
- July 18-30, 2022 XXII Commonwealth Games, Durban, South Africa

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