



## HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club  
2015/2016 Number 45  
16 August 2016



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### WALKER OF THE WEEK

My Walker of the Week is pretty straight forward this week – it is of course 24 year old **Dane Bird-Smith** who took the bronze medal in the Olympic 20km walk in Rio last Friday afternoon. His time of **1:19:37** saw him only 23 seconds behind Chinese gold medallist Wang Zhen and was a 1 second PB, slightly faster than his 1:19:38, done in finishing 4<sup>th</sup> in the IAAF Race Walking World Teams Championship 20km in Rome in May. Add to that his win in the World University Games in South Korea last year and his second placings in the last the Chinese 4 Day Racewalk Classics and you see a young walker with the world at his feet.

And see a nice article from Athletics Australia to celebrate the bronze – <http://athletics.com.au/News/bronze-for-the-birdman>.

The Australian 20km all-time rankings change slightly with Dane's faster time and he is certainly now within striking distance of all except Nathan Deakes whose 2005 time of 1:17:33 remains what is for the moment an untouchable standard.

Rank	Time	Name	State	DOB	Place	Location	Date	Age
1	1:17.33	Nathan Deakes	V	17/08/1977	1	Cixi City, China	23/04/2005	27
2	1:19.15	Luke Adams	N	22/10/1976	7	Cheboksary, Russia	10/05/2008	31
3	1:19.15	Jared Tallent	V	17/10/1984	1	Melbourne	13/02/2010	25
4	1:19.22	Dave Smith	V	24/07/1955	1	Hobart	19/07/1987	31
5	1:19.33	Nick A'Hern	N	06/01/1969	1	Melbourne	15/12/1990	21
<b>6</b>	<b>1:19.37</b>	<b>Dane Bird-Smith</b>	<b>Q</b>	<b>15/07/1992</b>	<b>3</b>	<b>Rio de Janiero, Brazil</b>	<b>08/12/2016</b>	<b>24</b>
7	1:20.43	Andrew Jachno	V	13/04/1962	1	Brisbane	26/08/1990	28
8	1:20.49	Dion Russell	V	08/08/1975	1	Melbourne	19/03/1999	23
9	1:21.19	Simon Baker	V	06/02/1958	1	Canberra	27/08/1988	30
10	1:21.36	Willi Sawall	V	07/11/1941	1	Melbourne	04/07/1982	40



Dane leads the main group in the middle stages of the Olympic 20km walk last Friday (photo Jeff Salvage)

## WHAT'S COMING UP

- The **2016 Australian Roadwalk Champs** will be held at Mt Stromlo in **Canberra** next **Sunday August 21<sup>st</sup>**. See our RWV page for the basic links - <http://www.vrwc.org.au/2016AustRoadwalkChamps.shtml>. Good luck to the small contingent of Victorians who are travelling to our national capital for the event. I believe the list reads as follows

Open Men 20km	Adam Garganis, Adam Patterson
U20 Men 10km	Reese Walmsley
U20 Women 10km	Emily Hamilton
U18 Men 10km	Kyle Swan
U18 Women 5km	Mackayla Davison, Madison Hill
U16 Boys 5km	Corey Dickson, Hayden Walmsley
U16 Girls 5km	Zahra Hayes, Rebecca Henderson, Kathleen O'Mahony
U14 Girls 3km	Kaylah Heikkila-Dubowik, Charlotte Hay, Alanna Peart

- For those not going to Canberra, we have our usual club races at Middle Park. Remember that we prefer you to pre-enter via our online entry panel at <http://vrwc.org.au/wp1/race-entries-2/>. The timetable reads as follows

### Saturday 20<sup>th</sup> August 2016, Middle Park

Prizes will be awarded to the winning, male and female for each race

The winners are the walkers in each race to beat their season best time by the largest margin.

2.15pm	12km	Beat Your Season Best Time	Open
2.15pm	10km	Beat Your Season Best Time	Open
2.15pm	5km	Beat Your Season Best Time	Open
2.30pm	3km	Beat Your Season Best Time	Open
2.30pm	1.5km	Beat Your Season Best Time	Open

- And looking a week further ahead, 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 **20<sup>th</sup> August**.

## OLYMPIC UPDATE

The first of the Olympic walks was held last Friday afternoon at the beachside Rio suburb of Pontal. With a top temperature of 22C and with a light wind, conditions were good and there were plenty of good spots to watch what was one of the few free events of the Olympics. Unfortunately, the course was not ideal, with the 1km lap having very narrow turns at either end. Add to that the complete lack of facilities for spectators – no toilets, no stalls selling drinks or food or souvenirs – and an otherwise great event was diminished. Unless the organisers are prepared to spend a bit more money and provide some facilities for the spectators next Friday, it's going to be a tough day for both competitors and spectators, with the 50km at 8AM and the women's 20km at 2:30PM.

### Men 20km Race Walk, Friday 12 August, 2:30PM

Phil Minshull reported very nicely for the IAAF (see <https://www.iaaf.org/news/report/rio-2016-mens-20km-race-walk1>).

Despite the presence of Olympic champion **Chen Ding** and world champion **Miguel Angel Lopez**, the pre-race favourite on current form was China's **Wang Zhen** and the winner at the IAAF World Race Walking Team Championships in Rome back in May didn't disappoint. He pulled away from a seven-strong leading pack at 17km and quickly established a lead which proved to be insurmountable before winning in 1:19:14. His strategy was a mixture of astute championship racing and pure gambler's luck.

Great Britain's **Tom Bosworth** was the leader for much of the first half of the race, edging to the front just before the 4km mark and then laying down the gauntlet for everyone to follow. Initially, he was tracked by Kenya's African champion **Samuel Gathimba** who followed him a few strides behind until just before 8km, when he got on the Briton's shoulder. However, Gathimba was to start struggling soon afterwards and drifted backwards rapidly before dropping out just after 18km.

Bosworth passed the halfway point on his own in 40:10 with Japan's **Daisuke Matsunaga** coming out of the chasing pack and passing 10km five seconds in arrears, with the 22-strong group another seven seconds further back. Notable at this point was that Chen Ding was almost certainly not going to retain his title or even get on the podium. The 2012 Olympic gold medallist had looked uncomfortable in the leading pack for several kilometres. After the 10<sup>th</sup> km he had got detached and was trailing six seconds off the back of the main pack and down in 26<sup>th</sup> place. Lopez also looked far from his usual calm and controlled self and was hanging on grimly at the rear of the challenging group.

Over the next 2km, Bosworth sped up and was within eight minutes for the next 2km split around the Pontal course. But Matsunaga was race walking even faster and had closed the gap to two seconds, while China's **Cai Zelin** decided to protectively cover the two men in front of him and had pushed hard to remove himself from the pack. World Race Walking

Team Championships silver medallist Cai continued to motor and overtook Matsunaga and then Bosworth but the pack also started to increase their pace, consuming Bosworth and Matsunaga just before the 14km checkpoint and Cai shortly after, making it a 12-man mass together entering the final quarter of the race.

The pack – which also contained local hope and Brazilian record-holder **Caio Bonfim**, who was getting rousing cheers every step of the way – was reduced to nine over the next lap with Cai, whose cadence can best be described as a resembling a boxer doing his road workout, pushing the pace at the front. This remained the state of affairs until Wang, a much more fluent and elegant race walker than his teammate, made his decisive bid for glory with 3km to go.

He quickly put four seconds between himself and the chasers, still led by his compatriot Cai, with the penultimate lap taking just 7:42, the fastest split of the race at that point. This was just a prelude to what Wang was able to unleash over the final 2km, a split of 7:26, which Cai had no way of countering. After Wang had crossed the line in 1:19:14, Cai came home 12 seconds later, the winner having put an additional eight seconds between himself and the man in second place over the final 2km. Coming home third was an utterly delighted **Dane Bird-Smith** of Australia who managed to pull away from Bonfim over the final 1km lap to take the bronze medal in a personal best of 1:19:37. The evidence of what getting a medal meant to Bird-Smith could be seen barely a minute after he crossed the line when the realisation that he would be on the podium led to him starting to sob uncontrollably on the shoulder of Bosworth.

Bonfim missed out on what would have been a memorable medal by five seconds – the highest any Brazilian race walker of either gender had finished before at the Olympics was 14th – but he had the consolation of setting a national record of 1:19:42. Germany's Christopher Linke finished fifth in 1:20:00 with the early leader Bosworth finishing a hugely commendable sixth in a national record of 1:20:13. Further down the field, Miguel Angel Lopez got something of a second wind and finished 11th while Chen was down in a disappointing 39th place, more than four minutes behind the winner.

Further back, **Tom Bosworth** smashed the British record for the 20km race walk as he hung on to finish sixth. It was the best performance by a British race walker since Paul Nihill finished sixth in the 20km at the 1972 Olympics and was a well-deserved success for the Leeds-based athlete after he had boldly led for the first half of the race. Bosworth clocked 80:13 to take 28 seconds off his national record. The Canadian walkers were all in the mix at various times but it was **Evan Dunfee** who held on best, finishing 10<sup>th</sup> with 1:20:49. Further back, Australian **Rhydian Cowley** walked well to finish 33<sup>rd</sup> in 1:23:30. Unfortunately our other Australian Jared Tallent withdrew in the weeks leading up to the event to concentrate on his 50km race next Friday.

1.	Zhen WANG	CHN	91	1:19:14
2.	Zelin CAI	CHN	91	1:19:26
<b>3.</b>	<b>Dane BIRD-SMITH</b>	<b>AUS</b>	<b>92</b>	<b>1:19:37</b>
4.	Caio Oliveira DE SENA BONFIM	BRA	91	1:19:42
5.	Christopher LINKE	GER	88	1:20:00
6.	Tom BOSWORTH	GBR	90	1:20:13
7.	Daisuke MATSUNAGA	JPN	95	1:20:22
8.	Matteo GIUPPONI	ITA	88	1:20:27
9.	Manuel Esteban SOTO	COL	94	1:20:36
10.	Evan DUNFEE	CAN	90	1:20:49
11.	Miguel Angel LOPEZ	ESP	88	1:20:58
12.	Inaki GOMEZ	CAN	88	1:21:12
13.	Manish SINGH	IND	91	1:21:21
14.	Ever PALMA OLIVARES	MEX	92	1:21:24
15.	Eider AREVALO	COL	93	1:21:36
16.	Ruslan DMYTRENKO	UKR	86	1:21:40
17.	Hyun-Sub KIM	KOR	85	1:21:44
18.	Hagen POHLE	GER	92	1:21:44
19.	Jakub JELONEK	POL	85	1:21:52
20.	Alexandros PAPAMIKHAIL	GRE	88	1:21:55
21.	Isamu FUJISAWA	JPN	87	1:22:03
22.	Alvaro MARTIN	ESP	94	1:22:11
23.	Pedro Daniel GÓMEZ	MEX	90	1:22:22
24.	Richard VARGAS	VEN	94	1:22:23
25.	Yerko ARAYA	CHI	86	1:22:23
26.	Marius ZIUKAS	LTU	85	1:22:27
27.	Benjamin THORNE	CAN	93	1:22:28
28.	Máté HELEBRANDT	HUN	89	1:22:31
29.	Luis Fernando LÓPEZ	COL	79	1:22:32
30.	Ersin TACIR	TUR	85	1:22:53
31.	Joao VIEIRA	POR	76	1:23:03
32.	Anton KUCMÍN	SVK	84	1:23:17
<b>33.</b>	<b>Rhydian COWLEY</b>	<b>AUS</b>	<b>91</b>	<b>1:23:30</b>
34.	Georgiy SHEIKO	KAZ	89	1:23:31
35.	Ihor HLAVAN	UKR	90	1:23:32
36.	Hassanine SBAI	TUN	84	1:23:44

37.	Brian Daniel PINTADO	ECU	95	1:23:44
38.	Nils BREMBACH	GER	93	1:23:46
39.	Ding CHEN	CHN	92	1:23:54
40.	Nazar KOVALENKO	UKR	89	1:24:40
41.	Paolo Cesar YURIVILCA	PER	96	1:24:48
42.	Eiki TAKAHASHI	JPN	92	1:24:59
43.	Aleksandr LIAKHOVICH	BLR	89	1:25:04
44.	Lebogang SHANGE	RSA	90	1:25:07
45.	Marco Antonio RODRIGUEZ	BOL	94	1:25:11
46.	Alex WRIGHT	IRL	90	1:25:25
47.	Artur BRZOZOWSKI	POL	85	1:25:29
48.	Erik TYSSE	NOR	80	1:26:06
49.	Kevin CAMPION	FRA	88	1:26:22
50.	Erick Bernabé BARRONDO	GUA	91	1:27:01
51.	Juan Manuel CANO	ARG	87	1:27:27
52.	Julio Cesar SALAZAR	MEX	93	1:27:38
53.	Sérgio VIEIRA	POR	76	1:27:39
54.	Hamid Reza ZOORAVAND	IRI	90	1:27:45
55.	Francisco ARCILLA	ESP	84	1:27:50
56.	Jose Maria RAYMUNDO COX	GUA	93	1:29:07
57.	Byung-Kwang CHOE	KOR	91	1:29:08
58.	Wayne SNYMAN	RSA	85	1:29:20
59.	Marius SAVELSKIS	LTU	94	1:29:26
60.	Thanh Ngung NGUYEN	VIE	92	1:30:01
61.	Young-Joon BYUN	KOR	84	1:30:38
62.	Mert ATLI	TUR	93	1:31:36
63.	Moacir ZIMMERMANN	BRA	83	1:33:58
	Lukasz NOWAK	POL	88	DQ
	Mauricio ARTEAGA	ECU	88	DQ
	Gurmeet SINGH	IND	85	DQ
	Andres CHOCHO	ECU	83	DQ
	Quentin REW	NZL	84	DQ
	K. GANAPATHI	IND	89	DQ
	José Alessandro Bernardo BAGIO	BRA	81	DNF
	Dzianis SIMANOVICH	BLR	87	DNF
	Perseus KARLSTRÖM	SWE	90	DNF
	Samuel Ileri GATHIMBA	KEN	87	DNF
	Simon WACHIRA	KEN	84	DNF

Jeff Salvage has done is again with a fantastic photo story at <http://racewalk.com/PhotoStory2016Olympics/OlympicCoverage.php>. Some of his many fine photos are produced below.



**Wang Zhen, Cai Zelin and Dane Bird-Smith (photos Jeff Salvage)**



**Tom Bosworth, Rhydian Cowley and Evan Dunfee (photos Jeff Salvage)**

The remaining walks will be held on Friday 19<sup>th</sup> August with times as follows (Melbourne times shown as well)

Fri 19 Aug	8:00AM	50km Men	<b>Chris Erickson, Brendon Reading, Jared Tallent</b>	9:00PM AEST, Fri 19 Aug
	2:30PM	20km Women	<b>Tanya Holliday, Regan Lambie, Rachel Tallent</b>	3:30AM AEST, Sat 20 Aug

Finally a bit of Australian Olympic T&F history. While the two oldest Aussie athletes at Rio this year at Scott Westcott (40 years and 10 months) and Lisa Weightman (37 years and 6 months), the oldest ever are racewalker **Willi Sawall** (42 years and 8 months) and marathon runner Susan Hobson (42 years 6 months). And what a walker Willi Sawall was!

**BETTER WITH AGE** AUSSIE ATHLETICS

Australia's oldest Olympians

 <b>Willi Sawall</b> <b>42 years, 8 months, 27 days</b> 20km Walk, Los Angeles Olympics 1984	 <b>Susan Hobson</b> <b>42 years, 6 months, 11 days</b> Marathon, Sydney Olympics 2000
<b>Oldest Rio-bound athletes</b> 	
 <b>Scott Westcott</b> <b>40 years, 10 months, 27 days</b> Marathon, Rio Olympics 2016	 <b>Lisa Weightman</b> <b>37 years, 6 months, 29 days</b> Marathon, Rio Olympics 2016

**VRWC ROADWALKS, MIDDLE PARK, SATURDAY 14 AUGUST**

Another good turnout at Middle Park last Saturday with 46 walkers in action in our final Points races for the winter. Quite a few PBs – great walk by **Rebecca Henderson** in the 8m (40:57) and well done to **Glenys Brain** and **Sue Wood** who upped their distances yet again, completing the 6km event this week. They seem to be really enjoying challenging themselves each week in their first season with the club.

<b>8km Open</b>		<b>H'Cap Places</b>	
1.	Rebecca Henderson	40:57	1 PB 3:41
2.	Heather Carr	47:29	2
1.	Adam Garganis	37:45	1
2.	Aaron McDonough	42:41	2
3.	Gerard Feain	51:16	3
	Reese Walmsley	DNF	
	Josh Jensen	DNF	
<b>6km Open</b>		<b>H'Cap Places</b>	
1.	Philippa Huse	30:48	1
2.	Glenyse Brain	52:24	2 First one
3.	Donna Elms	36:12	3
4.	Susan Wood	54:31	4 First one
	PennyHall	DNF	
1.	Kyle Swan	28:43	5
2.	Hayden Walmsley	30:12	1 PB 1:00
3.	Pramesh Prasad	30:28	4
4.	David Smyth	33:50	2
5.	Ralph Bennett	37:06	3
<b>4km Open</b>		<b>H'Cap Places</b>	
1.	Michelle Laufer	20:52	8
2.	Charlotte Hay	21:56	2 PB 1:04
3.	ChloeKaragiorgos	22:02	7 PB 0:12
4.	Kathleen O'Mahony	22:40	1
5.	Madeleine Feain	25:22	3
6.	Jessica Lillie	26:03	10
7.	Gwen Steed	26:08	4
8.	Robyn Shaw	26:09	9
9.	Celia Johnson	29:18	6
10.	Judith Farrell	38:28	5
1.	Jason Kozica	19:05	3
2.	James Christmass	19:23	1
3.	Corey Dickson	20:40	2
4.	Mark Donahoo	22:40	6
5.	Russ Dickenson	25:41	5
6.	Heath Beveridge	25:56	4
7.	Angus Hay	31:46	7
8.	Bruce Conboy	32:25	
<b>2km Open</b>		<b>H'Cap Places</b>	
1.	Jasmin Hass	10:51	2 PB 0:20
2.	Grace Louey	11:39	1
3.	Gemma Lillie	12:15	3
4.	Kaylah Heikkila-Dubowik	12:33	4
5.	Elise Carbery	15:21	5
1.	Joel Prys	11:25	1
2.	John Morrison	15:07	2
<b>1km Open</b>		<b>H'Cap Places</b>	
1.	Chelsea Karagiorgos	06:11	2
2.	Pam Mews	09:38	1
1.	Luke Epps	05:17	2 PB 0:09
2.	Hamish Blackwood	05:36	1 PB 0:17

Thanks as always to our many judges and officials who help out every week. Peter Vysma sent me a short listing but thinks he probably missed out on a number of lapscorers. Apologies to those not listed – you are all most appreciated.

**Judges:** Peter Vysma (Chief), Michael Bodey, Gordon Loughnan, Mark O'Mahony, Dave Cash, Stuart Cooper, Lloyd Nichols

**Officials:** Damien Elms, Mark Donahoo

**Canteen:** Eija Heikkila, Kate Suich

Since Saturday was our final VRWC Points Competition day for the winter season, I have uploaded the final results to the web for all 3 competitions – Style Award, Fastest Times and Handicaps. All awards will be presented on our Winter Season Presentations Day at the end of the season. In the meanwhile, congrats to all our scoring walkers – see <http://www.vrwc.org.au/vrwcpointscmps.shtml>.

### SAMA ROADWALKS, LE FEVRE TERRACE, NORTH ADELAIDE, SATURDAY 13 AUGUST

Thanks to Colin Hainsworth for his weekly results from the South Australian Masters in Adelaide - warm, calm arvo, hilly course.

#### 8km Yacht Handicap Walk

1.	David Robertson	1:06:00	M83	74.95%
2.	Harry Hayford	1:05:12	M64	58.47%
3.	Rodger Barber	1:02:08	M78	73.41%
4.	Graham Harrison	1:00:43	M73	69.96%
5.	Raelene Schild	1:01:50	W51	59.83%
6.	Jeff Kennett	1:17:26	M66	50.33%
7.	Colin Hainsworth	1:11:41	M86	72.85%

#### 4km Yacht Handicap Walk

1.	Fleur Woodhouse	0:27:06	W39	59.69%
2.	Helen Suridge	0:29:21	W65	70.63%
3.	Jill Rogers	0:35:17	W71	63.80%
4.	Jan Layng	0:30:32	W67	69.68%
5.	Dave Fallon	0:34:22	M63	53.46%
6.	Edna Bates	0:36:20	W63	55.65%

### ACT WALKERS CLUB ROADWALKS, WESTON PARK, CANBERRA, SATURDAY 13 AUGUST

Thanks to Robin Whyte for his weekly report from Canberra.

#### 10km Walk

1.	Ann Staunton-Jugovic	59:53
2.	Matt Griggs	1:02:21
3.	Greg Durr	1:03:47
4.	Robin Whyte	1:04:29
5.	Mick Saunders	1:08:22
6.	Bryan Thomas	1:11:42
7.	Monika Short	1:12:29
8.	Warren Butler	1:24:05
9.	Val Chesterton	1:24:08
	Kate Black	DNF

#### 1.5km Walk

1.	Andrew Camp-Liddiard	9:00
2.	Sebastian Young	10:18
3.	Ella Baker	10:47
4.	Bob Chapman	14:03

#### 5km Walk

1.	Peter Baker	29:55
2.	Charlie Durr	32:08
3.	Robyn Saunders	37:49
4.	Terry Munro	41:13
5.	David Mackenzie	42:40
6.	Helen Munro	48:06
	Derek Robinson	DNF

#### 3km Walk

1.	Gwyllym Young	16:17
2.	Sidney Shaw	19:07
3.	Marilyn Banfield	22:31
4.	Lilit Atoyán	25:08
5.	Cilla Chapman	25:24

### SARWC CLUB CHAMPIONSHIPS, PEACOCK RD, ADELAIDE, SATURDAY 13 AUGUST

The SA Walkers Club contested club championships in Adelaide on Saturday, with a great turnout of 32 walkers. Best walks by **Joe Cross** (4km in 19:01) and **Darren Bown** (8km in 37:19).

#### 4km Walk

1.	Joe Cross	19:01	MU16
2.	Tristan Camilleri	19:40	MU16
3.	Jake Vidler	21:47	MU18

#### 8km Walk

1.	Darren Bown	37:19	MOpen
2.	Alix Harlington	43:24	MU20
3.	Samantha Findlay	45:57	FU20

4. Mathew Bruniges	23:03	MU16	4. Peter Crump	46:14	M35+
5. Chloe Upton	24:01	FU16	5. Royrie Upton	47:26	MOpen
6. Aleesha Vidler	27:51	FU16	6. Ollie Adams	48:03	F35+

#### 2km Walk

1. Seth Upton	10:57	MU14	7. John Leydon	51:08	M35+
2. Victoria Upton	10:59	FU14	8. Louisa Mitchell	53:02	F35+
3. Kitarni Upton	11:32	FU14	9. Cherie Rothery	53:57	F35+
4. Zayden Kamish	11:54	MU14	10. James Hoare	59:00	M35+
5. Adrian Upton	11:55	MU14	11. Bill Starr	61:32	M35+
6. Talisha Skein	12:32	FU14			
7. Ayeisha Wallace	12:56	FU16			
8. Olivia Phillips	13:15	FU14			
9. Maddy Wallace	13:21	FU14			
Sarah Damin	DNF	FU18			
Kerry Goode	DNF	F35+			
Edward Upton	DNF	MU14			

#### 6km Walk

1. Rhiannon Lovegrove	31:58	FU18
2. Jay Goode	32:25	MU18
3. Bethany Cross	33:47	FU18

### BRWC ROAD WALKS, LAKE WENDOUREE, BALLARAT, SUNDAY 14 AUGUST

Thanks to Kerrie Peart for the results of last Sunday's Ballarat Race Walking Club races. She reported

In the glow of the Olympics and after the brilliant Olympic Bronze performance of Australian's Dane Bird-Smith, a small keen Ballarat Racewalking contingent raced the Graeme Nicholls 6km Handicap around Lake Wendouree. Inspired by the Olympics, our juniors Fraser Saunder and James Pendred walked their first Lap of Lake in very good times. Sarah Brennan and Alanna Peart were both having a hit out before their upcoming Australian Championships, with Alanna winning both on handicap and fastest time with a massive 2:52 PB.

#### 6km Graeme Nicholls Handicap Walk

1. Alanna Peart	32:15	PB 2:52, U14 BRWC Record
2. Sarah Brennan	34:35	
3. Fraser Saunder	40:06	First one
4. James Pendred	49:01	First one



Winner Alanna Peart with Sarah Brennan

For our younger walkers we had a 1.5km race. New BRWC member Keelan Perry joined us for his first race, finishing well, but the winner on the day was Scott Peart who walked a 0:20 second PB finishing in 9:05.

#### 1.5km Handicap Walk

1. Scott Peart	9:05	( PB 0:20)
2. Keelan Perry	10:13	First one



**Graeme Nicholls - History**

Ballarat born athlete Graeme Nicholls (1948-2015) along with his family were keen athletes. Graeme successfully mixed running and walking, and progressed quickly through the walking junior ranks setting Country, Victorian and Australian records. Along with his sister Alison, they both went on to become Australian Open racewalking champions. In 1967 at 19 years, Graeme won silver in the Australian 2 Mile Track Championships, and from then on until his retirement in 1973 he was amongst our top walkers. Graeme still holds the following records: Vic U20 Country 15000m (1:19:14 1966); Vic Open Country 30,000m (2:32:40 1969), Vic Open Country 15000m (1:08:59 1970). After retiring from walking, Graeme became an official and administrator, and in 2012 was honoured 50 yrs AV Membership. <http://www.vrwc.org.au/tim-archive/articles/wv-graeme-nicholls.pdf>

**USATF NATIONAL ONE HOUR CHAMPIONSHIP, SOUTH MILWAUKEE, WI, SATURDAY 13 AUGUST**

Very little international news during the Olympics but I did come across this one from America with **Zbigniew Sadlej** (12.145km) and **Sam Cohen** (11.453) won the annual USA National 1 Hour Walk Championships last weekend.

**USA 1 Hour Track Walk Championship Men**

1.	Zbigniew Sadlej	Pegasus A.C.	M54	12,145 km
2.	Nathan Vanderwall		M23	11,367 km
3.	Pablo Gomez	Chicago Walkers Club	M44	10,939 km
4.	Andrew Kaestner		M51	10,266 km
5.	Jim Scott	Abe's Striders RW Club	M58	10,265 km
6.	Paul DeMeester		M56	10,028 km
7.	William-Jesse Leggett		M40	9,935 km
8.	Norman Frable	So Cal Track Club	M71	9,708 km
9.	Andrew Smith	Pegasus A.C.	M66	9,610 km
10.	Max Walker	Pegasus A.C.	M69	9,489 km
11.	Leon Jasionowski	Pegasus A.C.	M71	9,353 km
12.	Timothy Chelius	Shore Athletic Club	M60	9,141 km
13.	Byron Kaelin	World Class Racewalking	M56	9,130 km
14.	Alvaro Dorantes Jr	Elgin Sharks Track	M14	9,085 km
15.	Tom Kirkwood		M72	8,595 km
16.	Robert Watkins		M68	8,562 km
17.	Bernie Finch		M76	5,774 km
18.	Will Preischel		M55	5,215 km
	Michael Mannozi	Shore Athletic Club	M30	DQ
	Damon Clements		M59	DQ

**USA 1 Hour Track Walk Championship Women**

1.	Sam Cohen	WRRT	F39	11,453 km
2.	Bethsaida Rodriguez	Elgin Sharks Track	F14	9,609 km
3.	Donna Green	Chicago Walkers Club	F64	9,105 km
4.	Julie Ortega	Elgin Sharks Track	F13	8,963 km
5.	Frieda Quinones	Elgin Sharks Track	F13	8,882 km
6.	Brisa DeLaTorre	Elgin Sharks Track	F13	8,874 km
7.	Alyssa Durrant	Elgin Sharks Track	F14	8,871 km
8.	Cathy Mayfield	Pegasus A.C.	F65	8,836 km
9.	Kathleen Frable	So Cal Track Club	F71	8,808 km
10.	Ashley Dorantes	Elgin Sharks Track	F16	8,645 km
11.	Clarissa Quinones	Elgin Sharks Track	F14	8,598 km
12.	Heather Durrant	Elgin Sharks Track	F11	8,450 km
13.	Doris McGuire	Chicago Walkers Club	F67	8,083 km
14.	Lou Kaelin	World Class Racewalking	F55	8,046 km
15.	Lynne Muth	Pegasus A.C.	F57	7,793 km
16.	Janice Watkins		F64	7,664 km
17.	Katherine Marrs	Parkside Athletic Club	F87	4,693 km

**MARCIADALMONDO AND OMARCHADOR ROUNDUP**

Marciadalmondo had 4 press releases this week.

- Sun 14 Aug – Sandro Damilano's Chinese stars dominate Olympic 20km walk  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2540](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2540)

- Fri 12 Aug – Report on Olympic Men 20km  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2539](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2539)
- Thu 11 Aug – Start list for Men's Olympic 20km  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2538](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2538)
- Tue 9 Aug – IAAF Olympic walk previews  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2537](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2537)

Omarchador had 7 press releases this week.

- Mon 15 Aug – Dates set for Chinese 4 Day Lake Taihu Rally  
<http://omarchador.blogspot.com.br/2016/08/volta-ao-lago-taihu-realiza-se-em.html>
- Sun Aug 14 - Veenendaal to host the 7<sup>th</sup> edition of the International Sprint Triathlon in Race Walking on 10 September  
<http://omarchador.blogspot.com.br/2016/08/veenendaal-vai-receber-7-triatlo-de.html>
- Sat 13 Aug – Schwazer out for 8 years  
<http://omarchador.blogspot.com.br/2016/08/confirmada-suspensao-de-schwazer-por.html>
- Fri 12 Aug – Chinese impose themselves in Men's Olympic 20km walk  
<http://omarchador.blogspot.com.br/2016/08/chineses-impoem-se-nos-20-km-marcha-do.html>
- Thu 11 Aug – Start list for Men's Olympic 20km walk  
<http://omarchador.blogspot.com.br/2016/08/rio-2016-20-km-masculinos-lista-de.html>
- Wed 10 Aug – Profiling Portuguese walker Sergio Vieira  
[http://omarchador.blogspot.com.br/2016/08/marchadores-portugueses-para-o-rio\\_10.html](http://omarchador.blogspot.com.br/2016/08/marchadores-portugueses-para-o-rio_10.html)
- Tue 9 Aug – Portuguese officials at Rio  
<http://omarchador.blogspot.com.br/2016/08/os-oficiais-internacionais-do-atletismo.html>

#### OUT AND ABOUT

- NZ walker **Alana Barber** is interviewed ahead of her Olympic debut this coming Friday. Now based in Melbourne and working under the watchful eye of Aussie supercoach Brent Vallance, the last 2 years have seen a huge improvement and there is more to come. See <http://www.athletics.org.nz/News/barber-determined-to-improve>.
- It has been a vastly different landscape for our elite walkers since the closure of the AIS Scholarship program in 2012. A timely but relatively depressing discussion of Australia's "Winning Edge" High Performance program - see <https://theconversation.com/are-the-rio-2016-games-a-true-measure-of-australias-winning-edge-63648>.
- **Chris Erickson** talks ahead of his 50km – <https://www.facebook.com/ChrisErickson50km/videos/1125968547478454/>.
- And more about **Chris Erickson** as Olympic veteran and Rio commentator Tamsyn Lewis-Manou takes the third time Olympian on in a very rainy game of Bocce, talking walking, coaching, Melbourne gold medal presentations and whether there's a third generation of Erickson racewalkers in the midst. Chris competes 9pm AEST August 19<sup>th</sup> in the 50km racewalk. See <https://youtu.be/YoePoyO5syw>.
- RaceWalk.com's **Jeff Salvage** is in Rio and is underway with his excellent photostories of the Olympic walk. He has already photoshot the men's 20km and it's great - <http://racewalk.com/PhotoStory2016Olympics/OlympicCoverage.php>.

#### #CLEANSPORT

While the spotlight is now rightly on the Olympics, the issue of drugs is never far from the surface, as evidenced by the continuing threads being published almost daily. I think that renowned Irish sports journalist David Walsh summed it up nicely when Ethiopian Almaz Ayana set a new 10,000m track run world record last Friday evening.

*Almaz Ayana's 29mins17secs for 10,000m. We can't accuse because there's no evidence and we can't believe because there's no trust.*

Anyway, onto this week's threads.

## Tuesday 9 August

- OLYMPIC swimmers and coaches have lost complete faith in FINA amid revelations swimming's governing body inexplicably let two convicted drug cheats escape out of competition testing for five months last year. As Australian swimmers grow "annoyed" at being targeted by Olympic testers in their own village before races, which some believe is a deliberate payback for speaking out against doping, the sport is on the verge of revolt after years of apathy. News Corp can reveal dopers Ning Zetao of China and Russian Yulia Efimova were not tested once by FINA in the five months immediately after they were controversially crowned world champions last year. See <http://www.heraldsun.com.au/sport/olympics-2016/convicted-drug-cheats-escaped-out-of-competition-testing-before-rio/news-story/1a8d97cd2cd846d8d9c973391e4a71ad>.
- Mack Horton, 20 and Lilly King, 19 are among the new breed who will no longer swim alongside former cheats without having something to say about it on pool deck. How many more swimmers will it take to speak out before these Olympics, and indeed any other international meet, become untenable without rule change? See <http://www.abc.net.au/news/2016-08-09/rio-2016-young-swimmers-set-the-pace-in-fight-against-doping/7710996?section=sport>.
- Kenyan police have arrested the country's athletics manager who was sent home from the Rio Games after allegations he was asking for cash in return for warning athletes before drug tests. See <http://www.sportsfan.com.au/kenya-official-arrested-over-doping-claims/tabid/91/newsid/207117/default.aspx>.
- Lilly King, the 19 year-old American swimmer who was inspired by Mack Horton to "call out" Russian drug cheat Yuliya Efimova before their showdown in the pool, has sensationally told a press conference that US world champion sprinter Justin Gatlin should not be competing in Rio. See <http://www.couriermail.com.au/sport/olympics-2016/us-swimmer-lilly-king-says-drug-cheat-justin-gatlin-should-not-be-allowed-at-the-olympics/news-story/a6e9f910dd3ad032983ff64b99f52d6a>.
- The efforts of Italy's 3,000 metres steeplechase champion, Moroccan-born Jamel Chatbi, to compete in the Olympic Games have been blocked by the National Anti-Doping Tribunal, which has defied a court ruling and suspended him for missing three scheduled doping tests last year. See <http://www.insidethegames.biz/articles/1040446/italian-out-of-rio-2016-after-anti-doping-tribunal-defies-order-for-prime-minister-to-make-sure-he-travels-to-olympics>.
- Polish weightlifting Olympic medal contender Tomasz Zielinski has been kicked out of Rio for a positive doping test, his nation's Olympic Committee says. The Polish Olympic Committee said an examination of the European champion's b-sample confirmed the original finding, with Zielinski testing positive for the steroid nandrolone at an out-of-competition test on July 31. See <http://www.sportsfan.com.au/pole-out-of-olympics-for-doping/tabid/91/newsid/207119/default.aspx>.
- As part of ongoing retests from the 2008 and 2012 Olympics, 4 more athletes have now been retrospectively banned - no walkers this time for a change! See <https://www.olympic.org/news/ioc-sanctions-four-athletes-for-failing-anti-doping-tests-at-beijing-2008-and-london-2012>.

## Wednesday 10 August

- Olympic chiefs are considering copying British attempts to resurrect lifetime drugs bans by making athletes sign contracts waiving their right to compete at the Games if caught doping. The International Olympic Committee confirmed such contracts would be among the options explored in response to the Russian doping scandal after president Thomas Bach said he wanted to resurrect life bans for drugs cheats. See <http://www.stuff.co.nz/sport/olympics/83028946/ioc-might-follow-british-route-to-enforce-lifetime-drug-bans>.
- After only three full days of competition in Rio, journalists from around the globe were peppering the International Olympic Committee with questions. The topic: one of sport's stinkiest, with a stench that seems to become more pronounced here by the day. On Tuesday, members of the world's sporting press wanted to know just what the IOC is going to do about a tense and ugly fallout that appears to be escalating, rather than fading away, as the 2016 Olympics take full flight. Now, athletes are hurling the most incriminating of insults at one another; Australia's Mack Horton being but one who has openly called a rival a cheat. Similar narratives are being writ large in publications like The New York Times about American athletes, like Lilly King, who has been as subtle in her disapproval of Russian swimmer Yulia Efimova as Horton was about Sun Yang. # See <http://www.theage.com.au/sport/olympics/rio-2016/olympics-off-the-field/ioc-defends-testing-protocol-as-stench-of-drugs-furore-grows-stronger-20160810-gqp9pd.html>.
- Italy's **Alex Schwazer** has had his appeal against an eight-year ban for a second doping violation turned down by the Court of Arbitration for Sport. The CAS decision, which had been pushed for by the IAAF, came through earlier than expected. "All competitive results obtained by Alex Schwazer from and including 1 January 2016 are disqualified with all resulting consequences, including forfeiture of medals, points and prizes. Schwazer will now be stripped of his IAAF World Race Walking Team Championships title he won in Rome. **The gold medal will pass to Australia's Jared Tallent**, who had also finished second to Schwazer at Beijing 2008. See <http://www.insidethegames.biz/articles/1040503/schwazer-banned-for-eight-years-by-iaaf-after-court-of-arbitration-for-sport-reject-appeal>.

#### Thursday 11 August

- Kenyan track and field coach John Anzrah was sent home from the Rio Olympics after he posed as an athlete and gave a urine sample in a doping test, Kenya's Olympics chief told Reuters on Thursday. Anzrah is the second Kenyan official to be sent home from the Games over drugs allegations. See <http://www.sportsfan.com.au/kenyan-coach-sent-home-in-disgrace/tabid/91/newsid/207459/default.aspx>.
- Excellent article in which performance-enhancing and banned drugs are explained - nsee <http://www.abc.net.au/news/2016-08-11/rio-2016-olympics-drugs-guide/7651832>.

#### Friday 12 August

- The Olympic pool has been rocked by reports Chinese swimmer Xinyi Chen has failed a doping test. Brazilian news website estadao.com is reporting that the 18-year-old returned a positive blood test prior to arriving in Rio for the Olympic Games. It's believed the Chinese swimming association was informed two days ago of the suspension and have taken the matter to the Court of Arbitration. Chen finished fourth in the women's 100m butterfly final. See <http://www.triplem.com.au/sydney/news/blog/2016/8/rio-2016-reports-chinese-swimmer-fails-a-doping-test/>.
- The Rio Olympics athletics competition has yet to begin but there has already been a doping dish out - with Bulgarian athlete Silvia Danekova confirming on Friday that she had failed a doping test at the Olympics in Rio for blood booster EPO. The 33-year-old, who was due to compete in the women's 3000m steeplechase on Monday, tested positive a few days after her arrival in Brazil on July 26. She has been suspended pending the result of the test on her B sample, sources told Reuters on Thursday. See [http://www.nzherald.co.nz/athletics/news/article.cfm?c\\_id=19&objectid=11692839&ref=rss](http://www.nzherald.co.nz/athletics/news/article.cfm?c_id=19&objectid=11692839&ref=rss).

#### Saturday 13 August

- Doping in athletics could be slashed overnight if sponsors showed any will to eradicate it, according to Steve Magness, the coach who blew the whistle on an elite Nike-sponsored athletics programme but now feels like a pariah in the sport as a result. Magness says Nike in particular can make a big impact as the dominant US sponsor by refusing to support athletes who have ever tested positive. He criticised its backing of 2004 Olympic 100 metres champion Justin Gatlin, who has twice been banned for doping and who will line up at Rio. See <http://www.sbs.com.au/news/article/2016/08/13/sponsors-missing-action-war-doping-whistleblower>.
- Polish weightlifter Tomasz Zielinski and his brother Adrian were thrown out of the Rio Olympics after testing positive for banned substances, CAS said on Friday. See <http://www.sbs.com.au/news/article/2016/08/13/zielinski-brothers-out-rio-games-doping>.
- Now this is an interesting one. It was reported on **Saturday** that the IAAF has banned long jumper Darya Klishina, Russia's only T&F athlete allowed to take part in the Rio Olympics. Klishina was originally allowed to compete in Rio because she was based in the US and had regular testing outside Russia. Reports from Russia indicated last week that new information from Richard McLaren's WADA report led to the re-evaluation of Klishina's case. we wait for further details. See <https://www.theguardian.com/sport/2016/aug/13/darya-klishina-russia-rio-olympics-banned>.

Come Sunday and German sports journalist Hajo Seppelt published the further information on which we have been waiting. His explanation as follows: According to the recently published report of the WADA independent commission lead by Richard McLaren, one of her urine samples contained the DNA of two different people. Wow! See <http://m.sputniknews.com/sport/20160815/1044264287/wada-klishina-doping-test.html>.

Klishina's appeal was fast tracked by CAS and was held on Sunday. In a surprising outcome, CAS ruled early **Monday** morning that she is eligible to take part in Tuesday's qualifying rounds of the Long Jump. CAS ruled that Klishina was eligible to compete because she fulfilled the requirements set by the IAAF. See <http://summergames.ap.org/article/latest-uzbek-boxer-dusmatov-wins-light-flyweight-gold>.

- The current Russian drugs fiasco is nothing new. Great article which details their program in 1983 when, months before they announced a boycott of the Los Angeles Olympics, sports officials of the Soviet Union sent detailed instructions to the head of the nation's track and field team. Oral steroid tablets were not enough, they said, to ensure dominance at the Games. The team should also inject its top athletes with three other kinds of anabolic steroids. Worth reading to gain some historical perspective on such matters. See [http://www.nytimes.com/2016/08/14/sports/olympics/soviet-doping-plan-russia-rio-games.html?ref=international&\\_r=0..](http://www.nytimes.com/2016/08/14/sports/olympics/soviet-doping-plan-russia-rio-games.html?ref=international&_r=0..)

#### 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 7<sup>th</sup> August.

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

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

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

#### **2017 Australian/Victorian Key Dates**

Sun 26 Mar - Sun 2 Apr Australian Open and Junior T&F Champs, TBA

#### **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](http://www.worldmastersgames2017.co.nz)  
June 9-12, 2017 Australian Masters T&F Championships, Darwin  
July 12-16, 2017 10<sup>th</sup> World Youth T&F Championships, Nairobi, Kenya  
August 5-13, 2017 16<sup>th</sup> IAAF World Championships in Athletics, London, UK. See <http://www.london2017athletics.com/>.  
August 19-30, 2017 29<sup>th</sup> 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 28<sup>th</sup> IAAF World Race Walking Team Championships, TBA (It probably won't be Cheboksary now)  
July 2018 16<sup>th</sup> World Junior T&F Championships, Tampere, Finland  
TBA, 2018 22<sup>nd</sup> World Masters Athletics T&F Championships, Malaga, Spain  
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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