



FHEEL AND TOE ONLINE

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

At our final winter season VRWC races last Sunday, there were many fine performances but the ones which stand out as Walker of the Week contenders are

- 48 year old **James Christmass** who broke his M45 5km club record by 26 seconds with a time of 23:44
- 15 year old **Hayden Walmsley** who recorded a big 10km PB of 52:44
- 42 year old **Pramesh Prasad** who, as a first season walker, did a 3+ min PB in the 20km (1:46:59)
- 67 year old **Heather Carr** who walked her usual superb race (10km in 59:14, 96.16% age graded – wow!)
- 81 year old **Pam Mews** who walked her first 10km in many many years (1:46:12) and did it in fine form

Well, it's an impossible ask but here goes. This week's Walker of the Week is going to **Pam Mews**. Pam has overcome many health issues over the last few years and has coped with a succession of operations and joint replacements. In fact, a few years ago her career was all but over. It is a credit to her that she has persevered and has continued to walk each week, even if it is normally only in the 1km or 1.5km event. Imagine my surprise on Sunday when she entered and finished the 10km walk and did it in fine form. Pam has entered the World Masters Championships in Perth next month so we wish her all the best for her next big appointments in the W80 division. Go Pam!



Pam Mews in action last Sunday at Middle Park

WHAT'S COMING UP

- Now that our VRWC winter season is done and dusted, Victorian walkers have the chance for a good rest until AV Shield commences on **Saturday 8 October**. We will have our VRWC summer season fixture out soon.
- Looking further ahead, AA, AV and VRWC will be conducting a **Walk Judging Seminar on Saturday 10th December 2016 in Melbourne**. The Seminar is open to those interested in becoming Walk Judges and for existing Judges to upgrade.

Details as follows

Venue: Blackmans Hotel, St Kilda Rd, Melbourne
Date: Saturday 10th December, 2016
9.00am: Registration
9.30am-12.00pm: General seminar for level 1-3 with Bob Cruise and Zoe Eastwood-Bryson
12.00pm-1.00pm: Lunch
1.00pm: Exams (bring a laptop)
No late or on the day applications
Contact Diane Lowden for an application form (dilowden@virginbroadband.com.au)
Registrations close with Diane on 25th November 2016

- And a further reminder that registrations are now open for our annual **VRWC Falls Creek Summer Racewalk Camp**. It will run from Friday 30th December 2016 to Thursday 12th January 2017. See <http://www.vrwc.org.au/vrwc-falls-creek.shtml> for further details.

AV AND VRWC ROADWALKS, MIDDLE PARK, SUNDAY 11 SEPTEMBER

Last Sunday saw the final races for the Victorian winter roadwalk season, with the Victorian 50km championship being hosted by VRWC at Middle Park. Conditions were perfect with a still and cool morning and 28 walkers availed themselves of one final race before having a well earned rest.

Alas, we had only one entrant in the Victorian 50km in **Simon Evans** of Box Hill and he was forced to retire as the 35km mark, meaning no finishers. But by getting to the 35km mark, he did win our VRWC 35km club championship for the Ray Smith Trophy. Our only other distance walker was **Albin Hess** who walked a strong 40km (5:02:17) in the VRWC 6 Hour Walk.

Further down in the distances, there were some great performances

- **James Christmass** set a new M45 5km club record (23:44)
- 17 year old **Kyle Swan** walked his first ever 20km (1:38:30)
- 15 year old **Hayden Walmsley** recorded a big 10km PB (52:44)
- **Pramesh Prasad** did a 3+ min PB in the 20km (1:46:59)
- 67 year old **Heather Carr** walked her usual superb race (10km in 59:14, 96.16% age graded)
- 81 year old **Pam Mews** walked her first 10km in many many years (1:46:12) and did it in fine form
- 13 year old **Heath Beveridge** walked his first 10km (1:27:45)
- **Donna-Marie Elms** was just outside her 5km PB with an excellent 29:25
- **Glenyse Brain** (41:45) and **Sue Wood** (42:51) beat their 5km PBs

And now to the results:

AV 50km Championship	10km	20km	30km	
Simon Evans	1:12:44	2:22:45	3:35:54	DNF
VRWC 6 Hour Walk	10km	20km	30km	40km
1. Albin Hess	1:11:53	2:24:59	3:44:01	5:02:17
VRWC 35km Club Championship - Ray Smith Trophy				
1. Simon Evans	4:21:28			
VRWC 20km Walk	10km	20km		
1. Adam Garganis	49:30	1:37:28		
2. Kyle Swan	49:30	1:38:30	First one	
3. Jason Kozica	49:40	1:46:32		
4. Pramesh Prasad	52:57	1:46:59	PB 3:32	
5. Aaron McDonough	54:22	1:48:42		
Andrew Jamieson	56:29	DNF		
VRWC 10km Walk				
1. Simone McInnes	53:16			
2. Heather Carr	59:14			
3. Margaret Beaumont	1:31:23			
4. Pam Mews	1:46:12			
Penny Hall	DNF			
1. Hayden Walmsley	52:44	PB 0:34		
2. Reese Walmsley	53:16			

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|----|-----------------|---------|-----------|
| 3. | Heath Beveridge | 1:27:45 | First one |
| 4. | Ian Beaumont | 1:27:50 | |
| | Ralph Bennett | DNF | |

VWRC 5km Walk

- | | | | |
|----|------------------|-------|-----------------|
| 1. | Donna-Marie Elms | 29:25 | |
| 2. | Gwen Steed | 33:44 | |
| 3. | Celia Johnson | 38:04 | |
| 4. | Glenyse Brain | 41:45 | PB 1:04 |
| 5. | Sue Wood | 42:51 | PB 0:27 |
| | Judy Farrell | DNF | |
| | | | |
| 1. | James Christmass | 23:44 | M45 Club Record |
| 2. | Brad Simpson | 24:55 | |
| 3. | David Smyth | 28:07 | |
| 4. | Tim Erickson | 29:48 | |



Donna Elms, Pramesh Prasad, James Christmass and Kyle Swan



Heather Carr, Albin Hess, Pam Mews and Hayden Walmsley



Glenyse Brain, Sue Wood, Gwen Steed and Heath Beveridge (all photos Simon Baker)

Thanks as always to our many officials, judges and helpers. It was a long morning!

- Officials:** Damien Elms, Tim Erickson, Harry Summers, Ralph Bennett, John Morrison
- Judges:** Suzanne Callaway (Chief), Peter Vysma, Gordon Loughnan, Kathleen Marsh, Josh Savage, Ebony Whiley
- Canteen:** Donna-Marie Elms
- Photos:** Simon Baker (see <http://www.vrwc.org.au/coppermine/thumbnails.php?album=90>)
- Walkers:** 28
- Lapslits:** <http://vrwc.org.au/wp1/race-splits-laps/>

ACT WALKERS CLUB ROADWALKS, MOLONGLO REACH, CANBERRA, SATURDAY 10 SEPTEMBER

Thanks to Robin Whyte for the latest results from Canberra. Good to see Rio Olympic 50km walker **Brendon Reading** back in action and recording the fastest time for the 5.25km distance.

5.25km Turkey Handicap

1.	Greg Durr	29:27
2.	Gabby Hunt	26:44
3.	Callum Burns	27:25
4.	Robin Whyte	33:17
5.	Connor Frew	26:52
6.	Tim Fraser	25:03
7.	Rod Gilchrist	39:46
8.	Jennifer Gilchrist	40:25
9.	Kate Black	33:00
10.	Hannah Manning	29:35
11.	Brendon Reading	24:40 (F/T)
12.	Spencer Burns	32:41
13.	David Mackenzie	45:05
14.	Monika Short	40:17
15.	Raine Thompson	48:08

2km Turkey Handicap

1.	Sidney Shaw	12:05
2.	Laura Burns	10:26
3.	Tom Hunt	09:55

QMA LONG WALKS CHAMPIONSHIPS, MURARRIE, QUEENSLAND, SUNDAY 11 SEPTEMBER

To Queensland now for the Queensland Masters roadwalk championships, with fastest times going to **Dean Nipperess** (20km 1:47:37) and **Erika Woodward** (10km 58:25).

QMA Championships Men 20km

M45-49	1	Dean Nipperess	1.47.37 (F/T)
	2	Argenis Guevara	1.52.07

M50-54	1	Ignacio Jimenez	1.48.36
M60-64	1	Peter Bennett	1.49.39
M75-79	1	Patrick Sela	2.33.53

QMA Championships Women 10km

W45-49	1	Nyle Sunderland	59.43
W50-54	1	Erika Woodward	58.25 (F/T)
W55-59	1	Kay Shaw	1.07.57
W60-64	1	Robyn Wales	1.34.44
W70-74	1	Noela McKinven	1.24.02

A number of other walks were also completed with best efforts by **Luke McCutcheon** (PB 10km of 45:07) and younger brother **Jamie McCutcheon** (5km 23:41).

Invitation 10km

1.	Luke McCutcheon	45.07	PB 0:24
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Invitation 5km

1.	Jamie McCutcheon	23.41
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Invitation 3km

1.	Caitlin Hannigan	15.36
2.	Amelia Schofield	17.58
3.	Jade Elizabeth Pearson	18.20
4.	Ethan Clarke	18.25
5.	Ryan Stewart	18.58
6.	Isabella Schofield	21.09

Invitation 2km

1.	Jonathan Wearne	10.37
2.	Anika Clarke	10.40
3.	Ashanli Heap	11.22
4.	Scarlett Schofield	12.34

SARWC ROADWALK RELAYS, ADELAIDE PARKLANDS, ADELAIDE, SATURDAY 10 SEPTEMBER

SARWC finished their winter season with a final roadwalk relay day. I'm guessing from the times that the distance for each team was 8km. First names only from the race report.

1. Team Goldies

Rhiannon	04:42	4:42
Victoria	09:46	5:04
Kiera	14:59	5:13
Mathew	20:05	5:06
Kitarni	25:29	5:24
Olivia	31:29	6:00
Victoria	36:34	5:05
Mathew	41:48	5:14

2. Team Moldies

Seth	05:26	5:26
Aleesha	11:43	6:17
Tristan	15:54	4:11
Royrie	21:51	5:57
Royrie	27:59	6:08
Seth	33:29	5:30
Royrie	39:12	5:43
Tristan	43:31	4:19

3. Team Oldies

Sam	04:46	4:46
Jake	08:54	4:08
Peter	14:38	5:44
Adrian	20:33	5:55
John	26:46	6:13

4. Team Starr

Chloe	05:14	5:14
Hayley	10:41	5:27
Alix	15:36	4:55
Bill	22:34	6:58
Talisha	28:25	5:51
Alix	33:19	4:54
Chloe	38:42	5:23
Talisha	44:34	5:52

5. Team Fleet

Jay	04:31	4:31
Ned	11:12	6:41
Kerry	17:28	6:16
Cherie	23:12	5:44
Jim	30:18	7:06
Jay	35:03	4:45
Cherie	40:41	5:38
Jay	45:34	4:53

Peter	32:05	5:19
Sam	37:02	4:57
Peter	43:37	6:35

SAMA ROADWALKS, BURBRIDGE ROAD, ADELAIDE, SATURDAY 10 SEPTEMBER

Thanks to Colin Hainsworth for the latest results from the South Australian Masters in Adelaide. Colin commented: *Last walk for the winter Season at Burbridge Road. 4km Turkey Handicap followed by afternoon tea and Winter Presentations. Cool, calm arvo. Best regards and back at the start of the Summer Season.*

4km Turkey Handicap

1.	Richard Everson	21:28	M53	78.30%
2.	Marie Maxted	26:00	W56	73.47%
3.	Gil McIntosh	27:18	M66	69.43%
4.	Graham Harrison	30:00	M73	69.99%
5.	Rodger Barber	29:00	M78	72.37%
6.	Raelene Schild	28:10	W51	57.85%
7.	David Robertson	32:45	M83	75.33%
8.	Margaret McIntosh	34:25	W63	63.38%
9.	Harry Hayford	33:14	M64	56.23%
10.	Colin Hainsworth	34:20	M86	75.39%
11.	Dave Fallon	28:30	M64	55.04%
12.	Roger Lowe	35:30	M73	60.67%
13.	Edna Bates	35:27	W63	57.83%
14.	Jeff Kennett	39:30	M66	49.53%
15.	David Padget	44:44	M84	54.80%

5TH TROFEO FULVIO VILLA, VALMONTONE, ITALY, SUNDAY 11 SEPTEMBER

Over 100 walkers of all ages gathered in Valmontone, Italy, last Sunday morning for the 5th leg of the Trofeo Fulvio Villa.

Full results and race reports at https://www.facebook.com/PassioneMarcia2015/?hc_ref=NEWSFEED&fref=nf. Lots of photos at https://photos.google.com/share/AF1QipNOMObRCE4AcoAbfJMSVzVsNnpzZreecSChohmUY_oCg7QPsTjCfKMNdExCK9CgDw?key=ZTNUMUx1NTE4SWIBZk53M3hQbFgwVEIVVWtuWEpB.

8km Walk Men (first 8)

1.	MANSUTTI Stefano	PM	35:17.9
2.	PANTERA Giuseppe	JM	37:13.6
3.	VICAR Matteo	AM	38:37.6
4.	LANG Enrico	SM40	38:40.3
5.	Tomasselli Leandro	AM	39:38.9
6.	RAMP Andrea	SM	40:39.8
7.	BELLI Marco	JM	46:39.0
8.	PRETTY Antonio	AM	49:22.4

5km Walk Open and Masters Women

1.	Cacciotti Diana	PF	23:34.1
2.	DOMINICI Eleonora	PF	25:15.0
3.	ZUCCONI Tatiana	SF35	25:29.7
4.	MIRABELLO Anthea	AF	25:36.8
5.	MIRABELLO Angelica	AF	25:39.2
6.	TOMMASI MAVAR Chiara	AF	26:30.8
7.	AURIZZI Melania	SF45	28:50.6
8.	RICCI Silvia	AF	29:28.5
9.	Ricciutelli Daniela	SF60	30:23.4
10.	FIA Giorgia	JF	31:31.4
11.	Formiconi Maria Paola	SF60	31:58.3
12.	MANNOZZI Giulia	AF	32:32.2
13.	THE PINTO Rita	SF65	34:39.7
14.	Calapai Alessandra	SF50	35:51.3
15.	Corinaldesi Federica	SF35	38:59.4
16.	PROIETTI Maria Grazia	SF55	40:13.4

5km Masters Men

1.	Paulini Luigi	SM45	26:32.7
2.	CARTONS Bernardo	SM45	26:38.5
3.	COLLATINA Filippo	SM50	27:39.1
4.	RONCONE Sebastiano	SM55	30:24.4
5.	Daclon Daniele	SM50	30:27.0
6.	CANTARINI Paul	SM50	31:49.3
7.	TEMPLE Giorgio	SM55	32:31.0
8.	Angelini Mario	SM70	32:34.2
9.	Muscas Paul	SM65	32:50.9
10.	Fioresi Massimo	SM55	33:09.5
11.	IRON Antonio	SM65	33:36.6
12.	Rutolo Ferdinand	SM65	35:48.4
13.	MANCINI Valter	SM55	36:29.5
14.	BRUNETTI Rinaldo	SM65	36:31.4
15.	Andreotti Piergiorgio	SM75	36:49.2
16.	MARIOTTI Henry	SM80	36:49.3
17.	ROIETTI Nazzeno	SM80	37:41.4
18.	Smargiassi Raymond Mar	SM70	42:33.3

4km Cadet Girls (first 5)

1.	Benevieri Angelica	22:05.3
2.	MIGLIARDI Ilaria	22:45.5
3.	TROIANI Diana	22:59.9
4.	Pagnanelli Daniela	23:15.7
5.	Bernardini Carlotta	23:48.7

4km Cadet Boys (first 5)

1.	ARCANGELI Fernando	19:38.7
2.	ROSSI Dominic	19:58.8
3.	Foffo Giacomo	20:54.6
4.	NOVELS Francis	21:21.4
5.	PASCARELLA Mark	21:33.6

2km Girls (first 5)

1.	LORETI Giada	10:36.8
2.	FRANCO Miriam	11:04.0
3.	Aracu Nicole	11:15.8
4.	Casciotti Verdiana	11:20.5
5.	ESPOSITO Giorgia	11:59.2

2km Boys

1.	GIAMPAOLO Diego	10:24.9
2.	FLOWER Francis	11:06.9
3.	DE FRANCESCO Mark	12:07.1
4.	MOCCIA Thomas	12:33.7

1km Beginners Girls (first 5)

1.	SANTILLI Sofia	5:40.9
2.	SO Alessandra	5:59.1
3.	Paionni Rossella	6:36.9
4.	PEZZOTTI Valentina	6:44.2
5.	PRETTY Chiara	6:44.9

1km Beginners Boys (first 5)

1.	DI CARLO Andrea	5:03.0
2.	Alessandro MOSETTI	5:20.5
3.	MORTARI Lorenzo	5:25.4
4.	DE ORATIS Antonello	5:32.5
5.	FACTORS Titian	5:33.2

FRENCH ROUNDUP

It was a quiet walking week in France but Emmanuel Tardi has emailed me the results of two small meets.

1 Hour walk, Nevers, France, Sunday 11 September

First to Nevers for a track meet which he attended. The race was won by **Eric Granjean** with a distance of 10,337m.

1.	GRANDJEAN Eric		VEM/63	10,337 m
2.	COPPIN Bernard	Ao Nivernaise (nevers)	VEM/66	9,654 m
3.	FRECHENGUES Bernard	Senartcomb Brie A	VEM/49	9,434 m
4.	POITRENAUX Jean-marie	Ca Vierzon	VEM/55	9,434 m
5.	VINCENT Anais	Ao Nivernaise (nevers)	SEF/78	9,289 m
6.	TARDI Emmanuel	La Postillonne Longjumeau	VEM/67	8,518 m
7.	LAURENT Daniel	Ao Nivernaise (nevers)	VEM/43	8,400 m
8.	GENESTE Jean-louis	Rc Vichy	VEM/66	8,132 m
9.	COLMONT Jean-pierre	Ao Nivernaise (nevers)	VEM/50	6,553 m
10.	CLEMENT Quentin	Ao Nivernaise (nevers)	JUM/97	5,600 m

Track Meet, Bar le Duc, France, Sunday 11 September

He also forwarded the results of a further meet in Bar le Duc, also on Sunday, where **David Kuster** (born 25.03.1999) bettered the French U17 10,000m track walk record with a time of 42:56.08. That is great walking for a 16 year old!

10,000m Walk

1.	KUSTER David	Csl Neuf-brisach	CAM/99	42:56.8
2.	ERARD Christophe	Asm Bar-le-duc	VEM/70	54:44.6
3.	TOURNOIS Pascal	Asm Bar-le-duc	VEM/54	58:41.9
4.	HARTMANN Emmanuel	Asptt Bar-le-du	VEM/68	64:23.4
5.	PETER Vincent	Sport Athletic Verdunois	VEM/72	65:20.3
6.	HILMOINE Abel	Asm Bar-le-duc	VEM/51	AB
7.	PFISTER William	Asm Bar-le-duc	VEM/63	DQ
8.	CHAMAGNE Daniel	Asm Bar-le-duc	VEM/41	DQ



David Kuster in action in Bar le Duc on Sunday (photo Emmanuel Tardi)

10,000m Walk Veterans

1.	MONMESSIN Marie-astrid	Es Thaon	VEF/56	54:43.5
2.	ANXIONNAT Claudine	Avec Pays De Bruyeres	VEF/51	67:00.1

5000m Walk

1.	ERARD Magalie	Asm Bar-le-duc	VEF/73	32:19.6
2.	ERARD Milena	Asm Bar-le-duc	CAF/00	37:33.6

3000m Walk

1.	DEMON Sonia	Efs Reims A.	VEF/72	15:17.1
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2. FORNES Marie Efs Reims A. MIF/01 17:00.0

2000m Walk

1. GOGNIES Lou Efs Reims A. BEF/03 10:49.1
2. CHRETIEN Tristan Efs Reims A. BEM/03 11:16.1

Next weekend sees the annual 28 Heures de Roubaix, one of the biggest of the European ultra classics and I am sure we can expect a report from Emmanuel from that event!

SWEDISH VETERANS CHAMPIONSHIPS, FILIPSTAD, SWEDEN, 10-11 SEPTEMBER

To Sweden where their Masters walk championships were held last weekend in Filipstad. Results from <http://www.gang.se/>. **Christer Svensson** was the standout walker in both the 5km (25:55) and the 10km (49:51).

5km Roadwalks, Kalhyttans skidstadion, Filipstad, Saturday 10 September

H 35	1.	Anders Borlund	S.Ölands GK	29.56
H45	1.	Christer Svensson	Växjö AIS	25.55
	2.	Birger Fält	Mälardalens IK	26.43
		Stefan Johansson	Krogereds IK	DNF
H50	1.	Anders Wahlström	S.Ölands GK	26.21
	2.	Peter Karlsson	Kalmar Gång 99	29.24
H55	1.	Bengt Bengtsson	GK Steget, Gbg	28.23
H60	1.	Sören Pettersson	IFK Västerås	35.55
H65	1.	Roger Borlund	S.Ölands GK	36.08
H70	1.	Morgan Almstedt	Äppelbo AIK	37.52
H75	1.	Ernst Larsson	Sundbybergs IK	35.06
	2.	Per-Åke Lindkvist	BK Billingen VK	37.04
D45	1.	Jennifer Acuna	Venezuela	31.02
D60	1.	Yvonne Levinowitz	Vallentuna/Brotby	38.19

10km Roadwalks, Kalhyttans skidstadion, Filipstad, Sunday 11 September

H45	1.	Christer Svensson	Växjö AIS	49.51
	2.	Birger Fält	Mälardalens IK	56.04
H50	1.	Anders Wahlström	S.Ölands GK	57.17
H55	1.	Bengt Bengtsson	GK Steget, Gbg	61.38
H75	1.	Ernst Larsson	Sundbybergs IK	20.55
	2.	Per-Åke Lindkvist	BF Billingsens VK	22.02
D45	1.	Jennifer Acuna	Venezuela	18.29
D60	1.	Yvonne Levinowitz	Vallentuna/Brotby GoVF	24.09

24TH DRUSKININKAY INTERNATIONAL WALKS MEET, DRUSKININKAY, LITHUANIA, SAT 10 SEPT

Marius Žiukas (41.52) and **Brigita Virbalyte** (45.33) won the main 10km events at the 24th Druskininkay International Walks Meet last Saturday in Druskininkay, Lithuania. They also won the associated Lithuanian national championships, their sixth time each. Overall, 119 walkers participated in the various age, domestic and foreign categories, including athletes from Poland, Latvia, Belarus and Portugal. Well reported by <http://omarchador.blogspot.com.au/2016/09/ziukas-e-virbalyte-vencedores-em.html>.

10km Men

1.	Marius Žiukas	LTU	1985	41.52
2.	Genadij Kozlovskij	LTU	1991	42.27
3.	Artur Mastianica	LTU	1992	42.50
4.	Marius Šavelkis	LTU	1994	43.56
5.	Darius Jezepcikas	LTU	1980	45.48
6.	Edgars Gjacs	LAT	1993	46.04
7.	Kamil Komarowski	LTU	1995	46.08
8.	Robert Golawski	POL	1998	49.15

10km Women

1.	Brigita Virbalyte	LTU	1985	45.33
2.	Živile Vaiciukeviciute	LTU	1996	46.40
3.	Agnese Pastare	LAT	1988	46.44
4.	Monika Vaiciukeviciute	LTU	1996	48.00
5.	Emilia Greziak	POL	1998	55.39

MANX OPEN 20KM CHAMPIONSHIPS, DOUGLAS, ISLE OF MAN, SUNDAY 4 SEPTEMBER

Now back a week to the Isle of Man 20km Championships in the capital Douglas when U20 British international **Guy Thomas** and Welsh walker **Heather Lewis** took the first two places ahead of the local walkers. It was Thomas's 20km debut and he walked an impressive 1:30:17. Lewis also walked very well with 1:39:29, just outside her 2015 PB of 1:39:03. **Erika Kelly** (Northern BC, 1:59:27) and **Tony Edwards** (Manx Harriers, 2:04:27) were the best local walkers, taking 3rd and 5th respectively. The meet also included shorter distance races of 10 km, 5 km and 1 km. Well reported by <http://omarchador.blogspot.com.au/2016/09/campeonatos-de-20-km-em-douglas-ilha-de.html>.

Isle of Man 20km Championships

1.	Guy Thomas	U20	Tonbridge A.C.	1.30.17
2.	Heather Lewis (F)	Senior	Pembrokeshire Harriers	1.39.29
3.	Erika Kelly (F)	Senior	Northern A.C.	1.59.27
4.	Paul de Meester	M55	USA	2.03.43
5.	Tony Edwards	M50	Manx Harriers	2.04.27
6.	Jayne Farquhar (F)	W45	Manx Harriers	2.13.30
7.	Louise Hollings (F)	W35	Isle of Man Veterans	2.20.16
8.	Ian Callister	M60	Manx Harriers	2.24.55

CZECH CLUB CHAMPIONSHIPS, ÚSTÍ NAD ORLICÍ, CZECH REPUBLIC, SUNDAY 4 SEPTEMBER

Now for some short race results from around Europe.

Men 5000m Race Walk

1.	Lukas GDULA	CZE	91	21:31.48
2.	Karel KETNER	CZE	90	22:42.27
3.	Michal MORVAY	SVK	96	22:56.18

Women 5000m Race Walk

1.	Anežka DRAHOTOVÁ	CZE	95	22:22.51
2.	Lucie PELANTOVÁ	CZE	86	24:14.84
3.	Hana HERBEROVÁ	CZE	81	26:18.32

MEMORIAL LUCIO TODINI, CAORLE, ITALY, SATURDAY 10 SEPTEMBER**Men 5000m Race Walk**

1.	Niccolo COPPINI	ITA	97	21:27.26
2.	Marco MOROTTI	ITA	97	21:39.53
3.	Ettore GRILLO	ITA	97	22:00.70
4.	Pietro ZABBENI	ITA	98	22:08.98
5.	Riccardo ORSONI	ITA	00	22:13.42
6.	Cesare COZZA	ITA	97	22:52.68
7.	Michele DISARO'	ITA	99	23:50.38
8.	Giacomo VITANGELI	ITA	98	24:03.65

Women 5000m Race Walk

1.	Giada Francesca CIABINI	ITA	97	24:20.15
2.	Lidia BARCELLA	ITA	97	24:40.81
3.	Valeria DISABATO	ITA	99	26:11.21
4.	Beatrice ANDREOSE	ITA	98	26:27.77
5.	Beatrice FORESTI	ITA	98	26:33.99
6.	Linda TERZI	ITA	98	27:02.90
7.	Alice OBLACH	ITA	00	27:32.22
8.	Valentina VARDABASSO	ITA	99	27:38.66
9.	Samanta BOSIO	ITA	00	27:39.07
10.	Vanessa OBLACH	ITA	00	28:08.62
11.	Erika PONTAROLLO	ITA	98	29:59.86

ITALIAN REGIONAL CHAMPIONSHIPS, MILAN, ITALY, 10-11 SEPTEMBER**Men 5000m Race Walk**

1.	Leonardo DEI TOS	ITA	92	20:20.75
2.	Davide MARCHESI	ITA	99	22:02.41

3.	Giacomo VIGANO'	ITA	91	23:51.47
4.	Juriy MICHELETTI	ITA	98	24:54.68
5.	Manuel GIORDANO	ITA	95	25:34.04
6.	Mikias MELI	ITA	00	25:42.82

Women 5000m Race Walk

1.	Valentina TRAPLETTI	ITA	85	22:26.95
2.	Sibilla DI VINCENZO	ITA	83	24:00.13
3.	Gladys MORETTI	ITA	91	25:40.02
4.	Viviana VALSECCHI	ITA	92	26:07.57
5.	Laura PIROLA	ITA	00	27:46.10
6.	Maria Teresa CORTESI	ITA	96	28:23.62

HUNGARIAN TEAM CHAMPIONSHIPS, SZÉKESFEHÉRVÁR, HUNGARY, 10-11 SEPTEMBER

Men 10,000m Race Walk

1.	Máté HELEBRANDT	HUN	89	42:53.12
2.	Bence VENYERCSÁN	HUN	96	43:23.81
3.	Tomasz BAGDÁNY	HUN	95	44:08.30
4.	Sándor RÁCZ	HUN	86	44:13.01
5.	Miklós SRP	HUN	93	45:28.15
6.	Donát BURGER	HUN	97	47:35.57
7.	Bálint SÁROSSI	HUN	00	48:13.71
8.	László VENYERCSÁN	HUN	71	53:51.68
9.	István CSABA	HUN	59	60:44.06

Women 10,000m Race Walk

1.	Viktória MADARÁSZ	HUN	85	45:06.15
2.	Rita RÉCSEI	HUN	96	50:25.41
3.	Barbara KOVÁCS	HUN	93	52:54.52
4.	Eszter SZARKA	HUN	85	55:28.40
5.	Daphne DIMANOPULOSZ	HUN	99	56:40.30
6.	Réka SZABÓ	HUN	00	57:58.99
7.	Tamásné BODORKÓS	HUN	67	58:31.02
8.	Brigitta MATALIN	HUN	87	59:06.59
9.	Krisztina TAKÁCSNÉ BONDOR	HUN	79	63:31.69

MARCIADALMONDO AND OMARCHADOR ROUNDUP

Marciadalmondo only had 1 press release on which I can report this week but it's a beauty – **Robert Heffernan's** autobiography.

- Wed 7 Sep - Robert Heffernan's autobiography 'Walking Tall' released
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2553

and Omarchador had 6 press releases.

- Mon 12 Sep - Žiukas and Virbalyte win Lithuanian Champs in Druskininkay
<http://omarchador.blogspot.com.au/2016/09/ziukas-e-virbalyte-vencedores-em.html>
- Sun 11 Sep - Focus on Brazilian official Martin Nobre dos Santos who took the officials' oath in Rio
<http://omarchador.blogspot.com.au/2016/09/martinho-nobre-dos-santos-referencia-da.html>
- Fri 9 Sep - Results of Manx Open 20km championships in Douglas, Isle of Man
<http://omarchador.blogspot.com.au/2016/09/campeonatos-de-20-km-em-douglas-ilha-de.html>
- Thu 8 Sep - Results of Finnkampen in Tampere
<http://omarchador.blogspot.com.au/2016/09/finnkampen-2016-em-tampere-resultados.html>
- Wed 7 Sep - Results of Swiss championships in Yverdon-Les-Bains
<http://omarchador.blogspot.com.au/2016/09/campeonatos-da-suica-com-triunfos.html>
- Tue 6 Sep - Rio experience of referee Nilton Cesar Ferst
<http://omarchador.blogspot.com.au/2016/09/experiencia-olimpica.html>

#CLEANSPORT

Time to put this one to rest. There has been lots of news in the period leading up to Rio but now most of the important decisions have been made and we seem to be moving in the right direction.

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.

2016 Remaining International Dates

Sept 25-28, 2016	Around Lake Taihu 4 Day Racewalk, China
Sun 23 Oct, 2016	2016 Hong Kong MTR Racewalking Carnival, Hong Kong (10km) See http://www.hkaaa.com/en/comp_details.php?id=78)
Oct 26 -Nov 6, 2016	21 st World Masters T&F Champs Stadia, Perth, Australia. See http://www.perth2016.com Online entries close August 25 th . No late entries accepted.

2016/2017 Australian/Victorian Key Dates

Oct 8 (Sat), 2016	AV Shield commences (Round 1), Melbourne
Nov 4-8, 2016	Victorian Schools T&F Championships, Albert Park
Dec 2-4, 2016	Australian Schools T&F Championships, Canberra, ACT
Dec 11 (Sun), 2016	Australian 50km Championship, Fawkner Park, Melbourne
Jan 26-28, 2017	Victorian Country Track & Field Championships, Casey Fields, Casey
Feb 19 (Sun), 2017	Australian 20km Summer Roadwalk Championships, Adelaide
Feb 24-26, 2017	Victorian Junior and Open Track & Field Championships (Weekend 1), Albert Park
Mar 3-5, 2017	Victorian Junior and Open Track & Field Championships (Weekend 2), Albert Park
Mar 7, 2017	Coburg 6 Hour Run/Walk Championships, Coburg, VIC
Mar 25-26, 2017	Victorian Masters Championships, Doncaster
Mar 26 - Apr 2, 2017	Australian Open and Junior T&F Champs, SOPAC, Sydney
Apr 22-23, 2017	Australian Centurions 24 Hour Championships, Coburg, VIC
Jun 9-12, 2017	Australian Masters T&F Championships, Darwin, NT
Jun 11, 2017	51 st LBG Racewalking Carnival, Canberra, ACT

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
May 21, 2017	European Race Walking Cup, Podebrady, CZE
June 9-12, 2017	Australian Masters T&F Championships, Darwin
July 12-16, 2017	10 th World Youth T&F Championships, Nairobi, Kenya – THIS IS THE FINAL EDITION
August 5-13, 2017	16 th IAAF World Championships in Athletics, London, UK. See http://www.london2017athletics.com/ .
August 19-30, 2017	29 th 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 th IAAF World Race Walking Team Championships, TBA (It has been taken away from Cheboksary)
July 2018	16 th World Junior T&F Championships, Tampere, Finland
TBA, 2018	22 nd World Masters Athletics T&F Championships, Malaga, Spain
2019	17 th IAAF World Championships in Athletics, Doha, Qatar
July 2019	30 th Summer Universiade, Brasilia, Brazil
July 2020	32 nd Olympic Games, Tokyo
Aug 2021	18 th IAAF World Championships in Athletics, Eugene, USA
July 18-30, 2022	XXII Commonwealth Games, Durban, South Africa

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