



FHEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
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27 September 2016



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ANOTHER YEAR DONE AND DUSTED

As our VRWC financial year comes to a close, I can report another action packed year of newsletters, with 51 in total. Alas, I finally missed an issue in early August as I was lost in the wilds of Peru, so my run of some 8 years of weekly newsletters came to a halt. Overall, the number of pages produced this year was about 15% bigger than in any previous year and I think I averaged around 20 pages per issue.

I must start this issue by acknowledging all those people who feed results to me regularly. On the Australian front, thanks to Sarah Brennan, Kerrie Peart and Paul Rance (VIC), Colin Hainsworth (SA), Robin Whyte (ACT) and Terry Jones (WA). Internationally, thanks to Emmanuel Tardi (FRA), Mark Wall and Ron Wallwork (GBR) and the many others who let me know the latest news. And apologies if I missed anyone. The old brain cells sometimes get a bit overworked! I am also indebted to the writers behind <http://www.marciadalmondo.com/> and <http://omarchador.blogspot.com.au/> for the many results and race reports that they regularly produce. In our own way, we all work to ensure that you, the reader, have the latest racewalking news in a timely manner.

That said, here we go again with this week's issue!

WALKER OF THE WEEK

24 year old VRWC walker **Regan Lamble** has gone on to even greater deeds after her 9th place in the women's 20km walk at Rio. This week she has been racing in China in the **4 day Around Lake Taihu Walk Classic**, and sits in **second place overall after 2 days, only 1 second behind the Chinese leader**. On Sunday, she finished second overall in the initial 20km leg and then on Monday she finished 4th in the second leg, contested over 10km. Both races were held in very hot and humid conditions and she showed that she was up to the task, taking some big scalps along the way. She is therefore my Walker of the Week this time around.



Regan (left) on the podium in Taihu after Day One

Both she and Dane Bird-Smith sit in second place overall at the half way mark. With further races today and tomorrow, can they maintain their high placings. I excitedly wait for next week's newsletter to reveal all.

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 but I can reveal that our first VRWC summer season races will be held at Middle Park on **Sunday 9 October**. Victorian walkers can check out the AV summer calendar at <http://athsvic.org.au/wp-content/uploads/Summer-Calendar-2016-17-3.pdf>.
- 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

- 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-fallscreek.shtml> for further details.

We also have a few major events happening this week

- The **Australian University Games** are currently being held in Perth, with 5000m track championships for men and women to be held tomorrow (see <http://www.australianunigames.com.au/sports/athletics>).
- The 4th annual **Around Lake Taihu 4 Day Racewalk** continues today and tomorrow, with **Regan Lamble, Dane Bird-Smith, Jared Tallent** and **Adam Garganis** in action.

QMA TRACK RACES, QUEENSLAND, 24-25 SEPTEMBER

Our Queensland Masters were the only ones in action locally this week, with walks in Brisbane on Saturday and on the Gold Coast on Sunday.

QMA Track Races, QSAC, Brisbane, Saturday 24 September

First to Brisbane on Saturday when 5 walkers contested a track 5000m.

QMA 5000m Walk

M50	1	Ignacio Jimenez	M51	Brisbane	24:53.48	82.38%
M60	1	Peter Bennett	M60	Brisbane	25:49.83	86.85%
W70	1	Noela McKinven	W74	Brisbane	39:54.20	70.62%
M85	-	Russell Grigg	M89	Brisbane	DNF	
W85	1	Christiane Dauphinat	W85	Brisbane	40:36.35	91.73%

QMA Track Races, Gold Coast, Sunday 25 September

Only 2 Queensland Masters walkers in action on the Gold Coast on Sunday, by the look of things.

QMA 3000m Walk

W60	1	Robyn Wales	W64	GC & Sthrn	26:50.38	53.55%
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QMA 5000m Walk

M45	1	Dean Nipperess	M45	GC & Sthrn	25:55.95	75.87%
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AROUND LAKE TAIHU 4 DAY RACEWALK, CHINA, 25-28 SEPTEMBER

With plenty of prize money on offer for individuals and teams, The Around Lake Taihu 4 Day Walks carnival normally attracts many of the top walkers from around the world and this year was no exception. Day 1 of the classic on Sunday morning saw a 20km distance contested, over a single loop of 10km out and back. Although the start was at 9:15AM, the temperature was already high and had risen past 30°C by race completion. Hence times were generally slow. But as always the cream does gravitate to the top. The racing was well reported by marciadalmondo (see http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2563). Full results at http://www.marciadalmondo.com/admin/pdf/risultati/25092016618Day1_full.pdf.

Men's 20km Race Walk (Day 1), Sunday 25 September

The men's race saw a large group for the first 5km and it was not until the half way mark that a lead group of 10 had finally broken free. The judges were busy with the special race rules - no penalty to the first red card, a 60 sec penalty Pit Lane stop for the second red, a further 60 sec Pit Lane stop for the third red and then disqualification on the fourth red. By the 12km mark, the lead pack had been reduced to 4 - **Lebogang Shange** (RSA), **Dane Bird-Smith** (AUS), **Perseus Karlstrom** (SWE) and **Eider Arevalo** (COL), and they were followed by another group with **Yu Wei** (CHN), **Bian Tongda** (CHN), **Andres Chocho** (ECU), **Caio Bonfim** (BRA) and **Federico Tontodonati** (ITA). In the last 5km, various walkers tried to break free but it was eventually Karlstrom and Bird-Smith who broke free, taking the first two places ahead of Aravelo. When Shange was stopped at the final Pit Lane point for 60 secs, Tontodonati was able to come through for fourth place. **Jared Tallent** and **Adam Garganis** were also in action, finishing 11th and 46th respectively.

1.	Perseus Karlstrm	SWE	1:24:27
2.	Dane-Bird Smith	AUS	1:24:50
3.	Eider Arevalo	COL	1:25:02
4.	Federico Tontodonati	ITA	1:26:43
5.	Tongda Bian	CHN	1:27:54
6.	Lebogang Shange	RSA	1:28:06
7.	Andrés Chocho	ECU	1:28:12
8.	Caio Bonfim	BRA	1:28:39
9.	Georgiy Sheiko	KAZ	1:29:03
10.	NIU Wenbin	YNN	1:29:14
11.	Jared Tallent	AUS	1:29:16
12.	Sergii Budza	UKR	1:29:18
13.	Jakub Jelonek	POL	1:29:27
14.	GAO Wenkui	MON	1:29:34
15.	Marius Ziukas	LTU	1:29:40
16.	Ivan Losev	UKR	1:29:51
17.	Brendan Boyce	IRL	1:30:01
18.	Igor Glavan	UKR	1:30:09
19.	Ruslan Dmytrenko	UKR	1:30:18
20.	YAN Luqiang	JSU	1:30:29
21.	Dawid Tomala	POL	1:30:45
22.	Evan Dunfee	CAN	1:30:49
23.	YIN Jiaying	YNN	1:31:58
24.	Wei Yu	CHN	1:32:13
25.	Anders Hansson	SWE	1:32:30
26.	Alexey Kazanin	UKR	1:32:42
27.	Rui Wang	CHN	1:33:04
28.	Rafał Augustyn	POL	1:33:08
29.	Aliaksandr Liakhovich	BLR	1:33:11
30.	Nazar Kovalenko	UKR	1:33:30
31.	Anatole Ibanez	SWE	1:33:36
32.	Artur Brzozowski	POL	1:34:11
33.	JIE Jinzhu	MON	1:34:22
34.	Ever Palma	MEX	1:34:46
35.	Ivan Banzeruk	UKR	1:34:59
36.	XIE Sichao	MON	1:35:02
37.	Havard Haukenes	NOR	1:35:51
38.	NING Peng	JGX	1:36:06
39.	TANG Yifan	JSU	1:36:10
40.	Andrii Hrechkovskiy	UKR	1:36:21
41.	Yohann Diniz	FRA	1:36:52
42.	YU Dian	JSU	1:37:13
43.	ZHANG Rongjin	YNN	1:37:37
44.	ZHU Guowen	YNN	1:38:26
45.	Tadas Suskevicius	LTU	1:38:32
46.	Adam Garganis	AUS	1:38:33

47.	HUANG Jun	JGX	1:39:44
48.	Marc Mundell	RSA	1:40:28
49.	YANG Kai	JSU	1:41:47
50.	Alex Wright	IRL	1:42:02
51.	Quentin Rew	NZL	1:42:20
52.	Wayne Snyman	RSA	1:42:21
53.	Andriy Kovenko	UKR	1:42:39
54.	HUANG Haofeng	JSU	1:42:44
55.	SU Xianzheng	YNN	1:42:45
56.	1 Sandor Racz	HUN	1:43:37
57.	MA Youshan	MON	1:43:50
58.	ZHANG Saiyi	JGX	1:44:09
59.	CI Wangduoji	TBT	1:44:37
60.	HU Tao	JGX	1:45:07
61.	GA Sang	TBT	1:45:23
62.	LIU Zedong	JSU	1:46:59
63.	ZHAO Ziyang	MON	1:47:08
64.	NI Mazhujie	TBT	1:47:29
65.	YI Xiciwang	TBT	1:48:17
66.	Tiago Fonseca	BRA	1:51:38
67.	QIONG Da	TBT	1:54:53
	Dzianis Simanovich	BLR	DNF
	DONG Xiaomin	JGX	DNF
	Zelin Cai	CHN	DNF

Teams Men (Day 1)

1.	The Gringos	4:21:18	Karlström, Chocho, Bonfim, Palma
2.	Extreme Beef	4:26:44	Bird-Smith, Arevalo, Yohann Diniz, Snyman
3.	Bel-Ka	4:31:32	Sheiko, Budza, Ukraine, Liakhovich, Simanovich



IAAF Racewalking Committee chairman Maurizio Damilano presents cheques to the men's podium after Day 1
Dane Bird-Smith in second place

Women's 20km Race Walk (Day1), Sunday 25 September

The women's race saw an early lead to **Qieyang Shijie** (CHN) ahead of **Regan Lamble** (AUS), **Beatriz Pascual** (ESP) and **Nie Jingjing** (CHN). By the halfway mark, the leading 4 had come together in the lead but the group soon broke up again as Jingjing forced the break, going on to win. A late 60 sec pit stop for Beatriz Pascual ensured that Lamble took second place while Pascual came in third ahead of early leader Shijie who was relegated to fourth.

1.	Jingjing Nie	CHN	1:33:30
2.	Regan Lamble	AUS	1:34:21
3.	Beatriz Pascual	ESP	1:35:58
4.	Shijie Qieyang	CHN	1:36:04

5.	Sandra Lorena Arenas	COL	1:36:47
6.	WANG Yingliu	YNN	1:36:53
7.	Erica de Sena	BRA	1:37:08
8.	Nadiia Borovska	UKR	1:37:22
9.	Ana Cabecinha	POR	1:39:08
10.	Viktoria Madarasz	HUN	1:39:08
11.	Lijuan Xie	CHN	1:40:14
12.	Alana Barber	NZL	1:40:29
13.	Agnieshka Szwarnog	POL	1:40:46
14.	Inna Kashyna	UKR	1:40:58
15.	Brigita Virbalyte	LTU	1:41:19
16.	Yanxue Mao	CHN	1:41:42
17.	Tamara Havrylyuk	UKR	1:42:40
18.	Faying Ma	CHN	1:44:44
19.	ZHAO Qianyuan	YNN	1:44:49
20.	Anett Torma	HUN	1:44:52
21.	QUE Yumei	YNN	1:45:06
22.	Katarzyna Golba	POL	1:45:14
23.	Ainhoa Pinedo	ESP	1:45:20
24.	Diana Aidosova	KAZ	1:45:24
25.	XUE Ke		1:46:17
26.	LI Qiuye	YNN	1:46:48
27.	CHEN Yumin	JGX	1:47:58
28.	JI Yefang		1:48:17
29.	Polina Repina	KAZ	1:48:51
30.	WANG Dan	JGX	1:50:11
31.	??? JSU	1994.	1:51:16
32.	ZHANG Lifang	YNN	1:52:13
33.	ZHANG Yidan	JSU	1:53:48
34.	Alina Tsviii	UKR	1:55:07
35.	ZHOU Tao	JGX	1:56:28
36.	Elianay Pereira	BRA	2:02:14
37.	Liliane Priscila Barbosa	BRA	2:11:01
38.	XU Jiangqi	JGX	2:18:25
	Nastassia Yatsevich	BLR	DNF
	YANG Weiwei	JSU	DNF
	XIAO Xiaoting	JGX	DNF

Teams Women (Day 1)

1.	China	4:49:48	Nie, Qieyang, Xie, Ma
2.	Angels	4:50:16	Lamble, Lorraine, Madarasz, Barber, Virbalyte
3.	Inter BPS	4:52:14	Pascual, Sena, Cabecinha



Day 1 Womens podium – Regan Lamble gets second place

The second day of the classic "Around Lake Taihu" took place in the centre of the host city of Mudu, on a lap course of 10 km. Once again, the start time was set for 9:30AM and once again, the day was hot and humid. Thank goodness for marciadalmondo who is the first as usual to report on the day's proceedings (see http://www.marciadalmondo.com/eng/dettaqli_news.aspx?id=2564). Full race results at http://www.marciadalmondo.com/admin/pdf/risultati/2609201642Full_2nd_dai_Taihu.pdf

Men's 10km Race Walk (Day 2), Monday 26 September

Olympic champion **Wang Zhen** was a starter in Day 2 of the classic, but it was obvious that he was not a serious contender as he was content to stroll through the first few kms and was an eventual DNF. **Yohann Diniz** (FRA) made the pace early in the lead group before Federico Tontodonati (ITA) took over as pacemaker. By the 6km mark, a leading group of **Lebogang Shange** (RSA), **Dane Bird-Smith** (AUS), **Andres Chocho** (ECU), **Perseus Karlstrom** (SWE), **Eider Arevalo** (COL) and **Bian Tongda** (CHN) has now sorted itself out. Eventually it came down to a race in three, with Arevalo clear ahead of Chocho (ECU) and then a gap to Bird-Smith. Alas, Choco was waved down into the Pit Lane area, clearing the way for an Arevalo win.

Further down in the field, our other Aussies both finished with **Jared Tallent** 16th and **Adam Garganis** 54th.

1.	Eider Arevalo	COL	39:53
2.	Dane-Bird Smith	AUS	40:11
3.	Tongda Bian	CHN	40:48
4.	Lebogang Shange	RSA	40:57
5.	Perseus Karlstrm	SWE	40:59
6.	Igor Glavan	UKR	41:03
7.	GAO Wenkui	MON	41:14
8.	Evan Dunfee	CAN	41:17
9.	NIU Wenbin	YNN	41:19
10.	Cao Bonfim	BRA	41:29
11.	Federico Tontodonati	ITA	41:30
12.	Sergii Budza	UKR	41:40
13.	YAN Luqiang	JSU	41:48
14.	Aliaksandr Liakhovich	BLR	42:02
15.	Marius Ziukas	LTU	42:10
16.	Jared Tallent	AUS	42:14
17.	Ruslan Dmytrenko	UKR	42:22
18.	Rui Wang	CHN	42:29
19.	Brendan Boyce	IRL	42:32
20.	JIE Jinzhu	MON	42:35
21.	Georgiy Sheiko	KAZ	42:36
22.	Ever Palma	MEX	42:38
23.	Anders Hansson	SWE	42:40
24.	Ivan Banzeruk	UKR	43:00
25.	XIE Sichao	MON	43:25
26.	Andrii Hrechkovskiy	UKR	43:27
27.	Alexey Kazanin	UKR	43:33
28.	Rafal Augustyn	POL	43:35
29.	Wei Yu	CHN	43:44
30.	Andrés Chocho	ECU	43:54
31.	Jakub Jelonek	POL	43:55
32.	Andriy Kovenko	UKR	44:00
33.	Anatole Ibanez	SWE	44:00
34.	YU Dian	JSU	44:04
35.	Ivan Losev	UKR	44:16
36.	Liga Bai	CHN	44:18
37.	Havard Haukenes	NOR	44:22
38.	NING Peng	JGX	44:26
39.	Wayne Snyman	RSA	44:28
40.	ZHANG Rongjin	YNN	44:35
41.	YANG Kai	JSU	44:43
42.	Quentin Rew	NZL	44:51
43.	Nazar Kovalenko	UKR	44:58
44.	HUANG Haofeng	JSU	45:03
45.	Yohann Diniz	FRA	45:04
46.	TANG Yifan	JSU	45:17
47.	Tadas Suskevicius	LTU	45:33
48.	YIN Jiaxing	YNN	45:34
49.	DONG Xiaomin	JGX	45:54
50.	LIU Zedong	JSU	46:00
51.	Marc Mundell	RSA	46:07
52.	SU Xianzheng	YNN	46:18

53.	Dawid Tomala	POL	46:49
54.	Adam Garganis	AUS	47:25
55.	ZHU Guowen	YNN	47:41
56.	HUANG Jun	JGX	48:04
57.	ZHANG Saiyi	JGX	48:31
58.	Sandor Racz	HUN	48:37
59.	Artur Brzozowski	POL	49:50
60.	YI Xiciwang	TBT	51:59
61.	NI Mazhujie	TBT	52:40
62.	Tiago Fonseca	BRA	53:05
63.	GA Sang	TBT	53:59
64.	CI Wangduoji	TBT	54:38
65.	QIONG Da	TBT	56:18
66.	MA Youshan	MON	57:24
	Zhen Wang	CHN	DNF
	Dzianis Simanovich	BLR	DNF
	ZHANG Mingkai	MON	DQ

Overall Standings after 2 Days (First 16)

After the first 2 days, only a few seconds separates Eider Arevalo and Dane Bird-Smith. After coming 2nd in 2014 and 2015, can Dane do one better this time around and take overall honours. Two days to go!

1.	Eider Arevalo	COL	2:04:55
2.	Dane-Bird Smith	AUS	2:05:01
3.	Perseus Karlstrm	SWE	2:05:26
4.	Federico Tontodonati	ITA	2:08:13
5.	Tongda Bian	CHN	2:08:42
6.	Lebogang Shange	RSA	2:09:03
7.	Caio Bonfim	BRA	2:10:08
8.	NIU Wenbin	YNN	2:10:33
9.	GAO Wenkui	MON	2:10:48
10.	Sergii Budza	UKR	2:10:58
11.	Igor Glavan	UKR	2:11:12
12.	Jared Tallent	AUS	2:11:30
13.	Georgiy Sheiko	KAZ	2:11:39
14.	Marius Ziukas	LTU	2:11:50
15.	Andrés Chocho	ECU	2:12:06
16.	Evan Dunfee	CAN	2:12:06



Dane Bird-Smith on the podium again after Day 2

Women's 10km Race Walk (Day 2), Monday 26 September

In the women's race, a lead group of **Qieyang Shijie** (CHN), **Erica de Sena** (BRA), **Regan Lamble** (AUS), **Beatriz Pascual** (ESP) and **Nie Jingjing** (CHN) quickly formed, a few metres clear of **Sandra Lorena Arenas** (COL) and **Nadia Borovska** (UKR). Around the 7.5km mark, Qieyang Shijie (CHN), definitely feeling better than Sunday, made the vital surge, with only de Sena (BRA) able to go with her. By 8km, places were settled as Shijie had what turned out to be a winning break, de Sena coming second and Pascual third, just ahead of Lamble.

1.	Shijie Qieyang	CHN	44:07
2.	Erica de Sena	BRA	44:35
3.	Beatriz Pascual	ESP	44:46
4.	Regan Lamble	AUS	44:48
5.	Sandra Lorena Arenas	COL	45:22
6.	WANG Yingliu	YNN	45:26
7.	Jingjing Nie	CHN	45:38
8.	Nadiia Borovska	UKR	45:42
9.	LI Leilei	TJN	45:56
10.	Ana Cabecinha	POR	46:03
11.	Brigita Virbalyte	LTU	46:10
12.	Viktoria Madarasz	HUN	46:28
13.	Yanxue Mao	CHN	46:41
14.	Inna Kashyna	UKR	46:44
15.	Agnieshka Szwarnog	POL	46:49
16.	Tamara Havrylyuk	UKR	47:03
17.	Lijuan Xie	CHN	47:38
18.	Faying Ma	CHN	47:46
19.	XUE Ke		48:03
20.	ZHANG Lifang	YNN	48:38
21.	Ainhua Pinedo	ESP	48:40
22.	Katarzyna Golba	POL	48:49
23.	Alina Tsviii	UKR	48:59
24.	QUE Yumei	YNN	49:03
25.	XIAO Xiaoting	JGX	49:31
26.	ZHAO Qianyuan	YNN	49:57
27.	CHEN Yumin	JGX	49:57
28.	?	JSU	49:58
29.	Polina Repina	KAZ	50:15
30.	Anett Torma	HUN	50:41
31.	Alana Barber	NZL	50:56
32.	MA Yiming		50:58
33.	XU Jiangqi	JGX	51:39
34.	Diana Aidosova	KAZ	51:55
35.	WANG Dan	JGX	52:02
36.	LI Qiuye	YNN	53:32
37.	JI Yefang		54:41
38.	Liliane Priscila Barbosa	BRA	57:03
39.	Elianay Pereira	BRA	60:58
40.	ZHANG Yidan	JSU	DNF
41.	ZHOU Tao	JGX	DNF

Overall Standings after 2 Days (First 16)

After 2 days, only 1 second separates Jingjing Nie and Regan Lamble. This is Regan's first time in this competition and is she having a big impact. Fingers crossed!

1.	Jingjing Nie	CHN	2:19:08
2.	Regan Lamble	AUS	2:19:09
3.	Shijie Qieyang	CHN	2:20:11
4.	Beatriz Pascual	ESP	2:20:44
5.	Erica de Sena	BRA	2:21:43
6.	Sandra Lorena Arenas	COL	2:22:09
7.	WANG Yingliu	YNN	2:22:19
8.	Nadiia Borovska	UKR	2:23:04
9.	LI Leilei	TJN	2:23:36
10.	Ana Cabecinha	POR	2:25:11
11.	Viktoria Madarasz	HUN	2:25:36
12.	Brigita Virbalyte	LTU	2:27:29
13.	Agnieshka Szwarnog	POL	2:27:35
14.	Inna Kashyna	UKR	2:27:42

15. Lijuan Xie	CHN	2:27:52
16. Yanxue Mao	CHN	2:28:23

NOT JUST A WALK IN THE PARK 24 HOUR RACEWALK, OWEGA, NY, 24-25 SEPT

Erin and Dave Talcott should be justifiably proud of their efforts of last weekend, with the international 24 hour walking carnival they hosted in Owega, New York State. The race started at midday on Saturday and was held over a certified 1km loop, finishing exactly 24 hours later at midday on Sunday. The aim as always in such a race was to provide an opportunity for people to walk 100 miles in 24 hours and become US Centurions. Only 80 people had accomplished that until last weekend and a big field of 25 was in attendance from around the world - 5 from Belgium, 2 from the Netherlands, 1 from Sweden, 1 from Australia, 2 from the Isle of Man, and 1 from England.

The results were excellent with the top 8 walkers all reaching the 100 mile (160.934km) mark and 7 new US Centurions C81-87. Overall, Belgian walker **Eddie Goeman** walked brilliantly to reach the 100 mile mark first in 19:16:50, ahead of Swedish walker **Christer Svensson** with 20:14:50 and Manxman **Stewart Jones** with 21:53.32. **Caroline Mestdagh** was the first of the ladies with 22:46:28, **Erin Taylor-Talcott** was second in 23:31:05 and **Sandra de Graaff** was third in 23:45:12 (walking nearly the whole way with **Albertus van Ginkel** as usual – Bertus finished about 3 mins behind her with 23:48:17). Belgian walker Luc Soeteway also finished the hundred, recording a time of 23:06:23. Alas, Australian centurion John Kilmartin suffered on the day and had to be satisfied with 92km.

For Erin, it was her first centurion finish in her 3 attempt (what a wonderful effort) but the other 7 finishers were all quite experienced. Caroline Mestdagh lead the group with 5 badges already. Eddie Goeman, Bertus van Ginkel and Sandra de Graff had 3 badges already and won their 4th with their weekend walks. Christer Svensson won his third badge as did Luc Soeteway while Stewart Jones won his second.

Caroline Mestdagh	5 badges:	English 1061 (2007), Continental 366 (2008), Australian 56 (2009), US 72 (2010), NZ 17 (2010)
Eddie Goeman	4 th badge:	English 1086 (2011), Continental 381 (2010), Australian 60 (2012)
Bertus van Ginkel	4 th badge:	English 1162 (2015), Continental 399 (2013), Australian 70 (2016)
Sandra de Graaff	4 th badge:	English 1160 (2015), Continental 423 (2015), Australian 69 (2016)
Christer Svensson	3 rd badge:	English 1110 (2013), Continental 375 (2009)
Luc Soeteway	3 rd badge:	English 1105 (2012), Continental 331 (2005)
Stewart Jones	2 nd badge:	English 1123 (2013)

Of the men, Christer Svensson had led early but lost his lead to a storming Eddie Goeman who recorded a huge PB in winning. Of the women, Erin Talcott lead for most of the race, eventually relinquishing her lead to Caroline Mestdagh after 135km. The overall results read as follows

1.	Eddy Goeman	Belgium	19:16:50	New US Centurion #81
2.	Christer Svensson	Sweden	20:14:50	New US Centurion #82
3.	Stewart Jones	Isle of Man	21:53:52	New US Centurion #83
4.	Caroline Mestdagh	Belgium	22:46:28	US Centurion #72 (2010)
5.	Luc Soeteway	Belgium	23:06:23	New US Centurion #84
6.	Erin Taylor-Talcott	USA	23:31:05	New US Centurion #85
7.	Sandra de Graaff	Netherlands	23:45:12	New US Centurion #86
8.	Albertus van Ginkel	Netherlands	23:48:17	New US Centurion #87
9.	Paul Terbrack	Michigan	153 km	
10.	Bob Keating	New Hampshire	122 km	
11.	Willy Vermeulen	Belgium	117 km	
12.	James Bassett	Isle of Man	107 km	
13.	John Kilmartin	Australia	92 km	
14.	Sunyana Graef	USA	89 km	
15.	Patrick Bivona	New Jersey	81 km	
16.	Vince Mueller	New Jersey	81 km	
17.	Sailash Shah	England	80 km	
18.	Andy Cable	USA	66 km	
19.	Luc Dekeirsschieler	Belgium	62 km	
20.	Katie Smith	Michigan	32 km	
21.	Ron Salvio	New Jersey	31 km	
22.	James Lyons	New York	28 km	
23.	Kevin Nelson	New York	20 km	
24.	Jeanne Cooke	New York	5 km	

Lapsplits are available at http://my6.raceresult.com/61905/results?lang=en#0_D14072
<https://www.facebook.com/NotJustAWalkInThePark/?fref=ts>

Alas, not much in the way of photos yet but a couple I found posted on facebook



**Left: Erin Taylor-Talcott shows the strain as she passes the start/finish line – elapsed time 21:01:43 – not far to go now
Right: Sandra de Graaff and Bertus van Ginkel clock off their fourth centurion badges with tough performances**

It takes a lot of people to ensure all goes well in this sort of event. Dave Talcott names a pretty impressive list:

We (Erin and I) would like to thank the Niagara Association for their great support of Race Walking and also their support of this event and the award as the Niagara Championships. There were tons of volunteers that made this event feasible - Boy Scout Troop 38, Girl Scout Troops 40925 and 40234 who staffed the aid stations, the Village of Owego who did so much - they waived the fee to use the park, they excavated a path for us and paved it so that we could have a certified 1.0 km loop, they provided two light plants to aid in two corners that were a bit underlit, they opened the pool so that volunteers and athletes could change, shower and use warm bathroom facilities, they had a sweeper sweep the course the day before the event, they had lights, power and water all on for us to use - they truly did so much to make the race a success. Thank you to Jeanette and Bob Nichols for the use of their travel trailer for tired helpers to rest a bit. Also to the Nichols' as well as Sharon Gruttadauro, Diane Martin-Neira, Caroline Beckenhaupt, and Leslie McClelland for the use of their tents, chairs, and coolers. Thank you also to Amy Cooke and her son for providing first aid and also Dr. Tina Nagle for her chiropractic skills. Thank you so much to Carol Miller for painting our great award paintings, to Larry Taylor for the USA wood cut-outs and to Tony Gruttadauro for providing the great wooden backgrounds for the cut-outs. I am sure I am missing a few - but we are so grateful for all the help and support we received.

USATF Niagara 100km Championships

The USATF Niagara 100km Championships were held in conjunction with the Not Just a Walk in the Park centurion event.

1.	Eddy Goeman	Belgium	11:40:08
2.	Christer Svensson	Sweden	12:01:43
3.	Erin Taylor-Talcott	USA	12:47:53
4.	Stewart Jones	Isle of Man	12:57:00
5.	Caroline Mestdagh	Belgium	13:36:10
6.	Luc Soetewey	Belgium	13:43:40
7.	Paul Terbrack	USA	13:45:36
8.	James Bassett	Isle of Man	14:13:01
9.	Albertus van Ginkel	Netherlands	14:26:49
10.	Sandra Irene de Graaff	Netherlands	14:26:51
11.	Bob Keating	USA	15:04:18
12.	Wily Vermeulen	Belgium	17:13:37

With the **2016 New Zealand Centurions 24H Qualifier** in Auckland next weekend and with the inaugural **African Centurion 24 Hour Walk** to be held on Robben Island, South Africa on 22-23 October, there is plenty more centurion action to come this year.

U18/U20 FRENCH REGIONAL INTERCLUB, SAINT LOUIS, FRANCE, SUNDAY 25 SEPTEMBER

Thanks to Emmanuel Tardi who tells me that **David Kuster** has beaten the U18 5000m French record with a time of 20:58.45, done in a race in St Louis, near the France-Germany-Switzerland border. This comes 2 weeks after beating the U18 10,000m record. The previous French Cadet record was held by Gabriel Brodier (Saran, Oct 19 2014, 21:23.9).

U18/U20 5000m Walk

1.	KUSTER David	Csl Neuf-brisach	CAM/99	20'58"45
2.	CHRETIEN Nathalie	Es Thaon	VEF/66	27'43"81
3.	SIEGENFUHR Daniel	Es Thaon	VEM/50	28'30"15
4.	BEN EL KEBIR Hafid	Csl Neuf-brisach	SEM/87	29'35"03
5.	FRETE Jacques	Fc Guebwiller	VEM/57	29'55"25
6.	HALLOY Nathalie	Us Pulversheim	VEF/67	30'10"39
	COSTILLE Thomas	Doubs Sud Athletisme	JUM/98	DQ



David Custer in action in Saint Louis

Video: <https://youtu.be/Wn6exWvxx0o>

More pictures: https://www.facebook.com/David-Kuster-1682207535393548/photos/?tab=album&album_id=1783480948599539

SVK-CRO-CZE-HUN-SLO U16 MATCH, TRNAVA , SLOVAKIA, SATURDAY 24 SEPTEMBER

The annual SVK-CRO-CZE-HUN-SLO U16 T&F match in Trnava saw only small fields in the 3000m walks. Wins to Slovakian **Lubomir Kubis** (13:23.29) and Croatian **Eli Pevec** (15:15.87). Race video at https://www.youtube.com/watch?v=P_-YqsPRZQw.

Men 3000m Race Walk

1.	Lubomir KUBIŠ	SVK	01	13:23.29
2.	Bruno ROŽMAN	CRO	01	13:24.95
3.	Dávid VARGA	HUN	01	14:08.72
	Vencel GÁL	HUN	01	DQ

Women 3000m Race Walk

1.	Eli PEVEC	CRO	01	15:15.87
2.	Petra ZAHORÁN	HUN	02	15:21.50
3.	Dominika HUBKOVÁ	SVK	01	16:09.29
4.	Tiziana SPILLER	HUN	03	16:23.91
5.	Karin DEVALDOVÁ	SVK	03	16:36.10

RACEWALK MEET, NEUILLY-SUR-MARNE, FRANCE, SUNDAY 25 SEPTEMBER

Emmanuel Tardi was in the Parisien suburb of Neuilly-Sur-Marne on Sunday for the 18th edition of the Neuilly-Sur-Marne 20km racewalk. There were 35 walkers in attendance for the 9:30AM start time, with Emmanuel the chief judge. After an initial 3 laps of the track, walkers left for a 1.250km road loop outside the stadium. **Aurelien Quinion** (PB 1:24.05) led the pack through 10km in 42:12 but was then forced to slow, having already received 2 red cards. From then on, he played it safely, finishing in a very good time of 1:26:27. In the women's race, **Marine Quennehen** and **Severine Lanoue** led through the 10km mark together before Marine broke away and went on to win the race in 1:48:48. and win the race. **Elisabeth Simeon** (W74) was the last finisher in a time of 2:34:59.



Aurelien Quinion, Benjamin Leaute and Benoit Berchebru



Marine Quennehen, Severine Lanoue and Elisabeth Simeon (photos Emmanuel Tardi)

20Km Walk

1.	QUINION Aurelien	E Franconville CVO	SEM/93	1:26:27
2.	LEAUTE Benjamin	Vafa	SEM/88	1:39:48
3.	BERCHEBRU Benoit	Martigues Sports Athle	SEM/84	1:40:33
4.	QUENNEHEN Marine	Ca Montreuil 93	SEF/91	1:48:48
5.	GRENET Bruno	Usm Gagny	VEM/65	1:49:08

6.	LEGENTIL Cyril	Dynamic Aulnay Club	SEM/86	1:50:42
7.	LEGENTIL Marc	Dynamic Aulnay Club	SEM/84	1:51:28
8.	AUGER Alexis	Ga Noisy Le Grand	SEM/88	1:52:34
9.	LEGENTIL Laurent	Dynamic Aulnay Club	SEM/88	1:53:55
10.	LANOUE Severine	Ref Issy Avia	SEF/85	1:55:23
11.	OLIVARES Mathieu	Neuilly Sur Marne Athlé	VEM/76	1:55:53
12.	COTTEVIEILLE Maxime	Ca Montreuil 93	SEM/90	1:57:01
13.	MURAT Alex	Asfi Villejuif	VEM/58	1:57:44
14.	BOLLINGER Vincent	Dynamic Aulnay Club	SEM/84	1:58:55
15.	BERGEAL Arthur	Elan 91	SEM/84	2:02:52
16.	MARIE Frederic	Ouest Yvelines Athlé	VEM/61	2:03:59
17.	LEMOGNE Loic	C.c. Taverny Athlé	VEM/55	2:05:15
18.	MARQUIS Cecile	Ref Issy Avia	VEF/71	2:05:33
19.	GIRAULT Marie	Ea Cergy Pontoise Athlé	SEF/88	2:10:22
20.	CHATEAU Xavier	Uai Nogent-sur-marne	VEM/63	2:11:11
21.	STEINVILLE Nathalie	Asfi Villejuif	VEF/64	2:12:47
22.	SIMEONI Bruno	Entente Oise Athletisme	VEM/59	2:13:27
23.	DIEN Daniel	Neuilly Sur Marne Athlé	VEM/50	2:16:27
24.	LANGLOIS Cloe	Dynamic Aulnay Club	JUF/97	2:16:48
25.	LEMOGNE Jocelyne	C.c. Taverny Athletisme	VEF/54	2:17:24
26.	BRUNEAUX Jean-claude	Coulommiers Brie Athlé	VEM/54	2:17:37
27.	BUISSON Dominique	Saint-brice Athletisme	VEM/57	2:18:29
28.	GALMICHE Catherine	Cag Arnouville Gonesse	VEF/57	2:18:55
29.	VICTOR Etienne	Cag Arnouville Gonesse	VEM/64	2:18:56
30.	CHOCHOY Christine	Dynamic Aulnay Club	VEF/68	2:20:12
31.	THOULE Floriane	Dynamic Aulnay Club	ESF/95	2:25:39
32.	CASELLI Pierre	NI	VEM/53	2:25:44
33.	BIZARD Claudie	Thiais Ac	VEF/59	2:30:13
34.	SIMEON Elisabeth	Paris Uc	VEF/42	2:34:59
	COURAGE Frederic	Saint Denis Emotion	VEM/69	AB

2016 ERWL ONE HOUR BADGE RACE, LVAC, LONDON, SATURDAY 24 SEPTEMBER

Thanks to Ron Wallwork for the latest Essex Race Walking League results.

In sunny, breezy conditions 29 walkers set about seeing how far they could cover in the Enfield Race Walking League 1 Hour Race last Saturday in London. Making his first appearance of the year, Centurion Stuart Bennett, accompanied by his protégée Seb Parris who was making his race walking debut, set the early pace which stretched out to 80m at one point. However Graham Chapman, just as he did in the previous race at the Allianz stadium, reeled off his laps at a consistent pace and picked the early leaders off as they faded to eventually win easily with just under 10km.

2016 ERWL 1 Hour Walk

1.	Graham Chapman	Headington	M60	9.987 km
2.	Seb Parris	Ilford AC	SM	9.730 km
3.	Cath Duhig ©	Ryston R	W60	9.510 km
4.	Stuart Bennett ©	Ilford AC	M55	9.509 km
5.	John Ralph	Enfield HAC	M55	9.493 km
6.	Helen Middleton	Enfield HAC	W50	9.392 km
7.	Gary Smith ©	Enfield HAC	M55	9.356 km
8.	Maureen Noel	Belgrave H	W50	9.285 km
9.	Arthur Thomson	Enfield HAC	M80	9.262 km
10.	Joyce Crawford	unattached	W45	8.928 km
11.	Dan Maskell	Surrey WC	M65	8.848 km
12.	Melanie Peddles	Loughton AC	W45	8.833 km
13.	Anne Jones	Steyping AC	W60	8.799 km
14.	John Borgars ©	Loughton AC	M65	8.746 km
15.	Sean Pender ©	Enfield HAC	M60	8.730 km
16.	Fiona Bishop	Woking AC	W55	8.564 km
17.	Angela Martin	Surrey WC	W50	8.317 km
18.	Jo Miles	Hillingdon AC	W60	8.314 km
19.	Phil Goodwin	Ilford AC	M60	8.312 km
20.	Stephen Cartwright	Colchester AC	M55	8.228 km
21.	David Bowker	RV Spartans	M55	8.044 km
22.	Peter Cassidy	Loughton AC	M70	7.891 km
23.	Jon May	Enfield HAC	M60	7.654 km
24.	Fransciose Fernandez	Loughton AC		7.640 km

25. Sue Clements	unattached		7.610 km
26. Steve Whelan	Headington	M55	7.577 km
27. Mick Barnbrook ©	Ilford AC	M55	7.160 km
28. Ken Livermore	Enfield HAC	M80	6.554 km
29. Dave Ainsworth ©	Ilford AC	M65	6.201 km

ITALIAN CLUB CHAMPIONSHIPS, VARIOUS VENUES, ITALY, 24-25 SEPTEMBER

The Italian Club Championships were contested last weekend in a number of different cities. Some of the better results sets are reported below.

Italian Club Championships, Cinisello Balsamo, 24-25 September

In the most important of the finals, the Gold final in Cinisello Balsamo, victories in the two racewalks went to the favourites. In the men's 10,000m track walk, Francesco Fortunato won with 40:52.39, ahead of Leonardo Dei Tos 41:01.75 and Teodorico Caporaso 43:59.06. In the women's 5000m, an easy win and a PB to Valentina Trapletti with 21:40.45, ahead of Nicole Colombi 22:28.37 and Diana Cacciotti 22:55.96. Also reported by marciadalmondo – http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2562.

Men 10,000m Race Walk

1. Francesco FORTUNATO	ITA	94	40:52.39
2. Leonardo DEI TOS	ITA	92	41:01.75
3. Teodorico CAPORASO	ITA	87	43:59.26
4. Jean Jacques NKOULOUKIDI	ITA	82	44:58.40
5. Cesare COZZA	ITA	97	44:59.59
6. Enrico LANG	ITA	72	45:43.83
7. Marco MOROTTI	ITA	97	46:13.26
8. Giuseppe MARCHISELLI	ITA	91	51:33.40
Ivan MOBILIA	ITA	91	DQ
Niccolo' COPPINI	ITA	97	DQ
Michele AMOROSO	ITA	93	DQ
Stefano CHIESA	ITA	96	DQ

Women 5000m Race Walk

1. Valentina TRAPLETTI	ITA	85	21:40.45
2. Nicole COLOMBI	ITA	95	22:28.37
3. Diana CACCIOTTI	ITA	95	22:55.96
4. Sibilla DI VINCENZO	ITA	83	22:55.98
5. Eleonora DOMINICI	ITA	96	23:51.50
6. Gladys MORETTI	ITA	91	24:37.45
7. Ilaria GALLI	ITA	87	24:48.02
8. Ilaria MARIOTTI	ITA	91	24:59.09
9. Lisa CANI	ITA	96	25:36.26
10. Alice ROTA	ITA	98	25:56.36
11. Elena CINCA	ITA	70	26:02.97
12. Laura BORGHI	ITA	99	26:22.11

Italian Club Championships, Agropoli, Italy, 25 September 2016

A good 5000m win to Gianluca Picchiottino with 20:24.55 in Agropoli.

Men 5000m Race Walk

1. Gianluca PICCHIOTTINO	ITA	96	20:24.55
2. Stefano MANSUTTI	ITA	95	21:06.08
3. Vincenzo MAGLIULO	ITA	76	21:20.33
4. Nicolas FANELLI	ITA	99	23:31.98
5. Davide PANNOFINO	ITA	84	23:35.95
6. Andrea MERCALDO	ITA	76	24:08.93
7. Andrea RAMPA	ITA	84	24:29.74

Women 5000m Race Walk

1. Annalisa RUSSO	ITA	98	25:53.91
2. Alessia MASTRONICOLA	ITA	00	26:01.34
3. Giulia PANCONI	ITA	97	26:11.42
4. Grazia PUSILLICO	ITA	00	26:37.63
5. Margherita FINOCCHIETTI	ITA	99	26:48.84
6. Nicoletta DELL'AQUILA	ITA	88	27:04.67
7. Desiree DI MARIA	ITA	87	27:06.09
8. Maria Teresa VULPIS	ITA	99	27:35.68

9.	Federica ANDREANI	ITA	95	28:24.28
10.	Sara PERULLO	ITA	99	28:39.75

Italian Club Championships, Orvieto, Italy, 24-25 September

And one final set of results from Orvieto, with Giovanni Reno 20:57.34 and Giada Grancesca Ciabini 23:43.96.

Men 5000m Race Walk

1.	Giovanni RENO	ITA	91	20:57.34
2.	Ruggero D'ASCANIO	ITA	84	21:53.57
3.	Flavio VONA	ITA	84	21:53.60
4.	Diego CHIRIVI'	ITA	99	22:03.81
5.	Riccardo ORSONI	ITA	00	22:48.41
6.	Giacomo VIGANO'	ITA	91	23:16.14
7.	Giorgio FAVATI	ITA	89	23:44.50
8.	Edoardo GAGLIARDI	ITA	99	23:52.07
9.	Andrea ROMANELLI	ITA	86	24:19.34
10.	Leonardo BALDACCHINI	ITA	95	24:25.84
11.	Alberto CARELLA	ITA	97	25:21.39
12.	Mario LAUDATO	ITA	88	25:30.07
	Fabio BARATTINI	ITA	99	DQ

Women 5000m Race Walk

1.	Giada Francesca CIABINI	ITA	97	23:43.96
2.	Adelaide SANSONI	ITA	82	23:48.22
3.	Valeria PEDETTI	ITA	73	24:55.35
4.	Sascia GRAFEO	ITA	92	24:57.26
5.	Elisa RAIA	ITA	78	25:43.28
6.	Chiara VERTERAMO	ITA	99	26:38.25
7.	Giulia ALBERTI	ITA	94	27:31.58
	Maria Teresa CORTESI	ITA	96	DQ

SOUTH AMERICAN U23 CHAMPIONSHIPS, LIMA, PERU, 23-25 SEPTEMBER

To Lima for track 20,000m walks in the South American U23 T&F Championships.

Men 20,000m Race Walk

1.	Ivan Gabriel GARRIDO	COL	94	1:24:41.22
2.	Kenny Martin PEREZ	COL	94	1:25:18.00
3.	Paolo Cesar YURIVILCA	PER	96	1:25:18.13
4.	Pablo RODRIGUEZ	BOL	97	1:25:41.99
5.	Cesar Augusto RODRIGUEZ	PER	97	1:25:45.52
6.	Rodrigo Javier ZEBALLOS PENA	BOL	94	1:34:52.17
7.	Max Batista DOS SANTOS	BRA	94	1:35:50.62

Women 20,000m Race Walk

1.	Sara Patricia PULIDO	COL	94	1:39:14.27
2.	Leyde GUERRA	PER	98	1:40:29.49
3.	Odeth GHUANCA	BOL	97	1:41:18.28
4.	Karla JARAMILLO	ECU	97	1:43:19.75
5.	Karina FRANCINE	BRA	96	2:02:47.15

MARCIADALMONDO AND OMARCHADOR ROUNDUP

Marcialdamondo had 7 press releases this week

- Mon 26 Sep – Results of Day 2 of the Around Lake Taihu Walk Race
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2564
- Sun 25 Sep - Karlstrom (SWE) and Nie (CHN) win first day of Around Lake Taihu Walk Race
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2563
- Sat 24 Sep - Fortunato and Trapletti win in Cinisello Balsamo
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2562
- Sat 24 Sep - Teams for Around Lake Taihu 4 Day Race

http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2561

- Tue 20 Sep - Results of the 27th Kanto University Championships in Sagamihara City (JPN)
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2560
- Tue 20 Sep - Provisional teams for Around Lake Taihu Walk
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2559
- Mon 19 Sep - Previewing the Around Lake Taihu Walk
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2558

and Omarchador had 9 press releases.

- Mon 26 Sep - Qieyang and Arevalo triumph on Day 2 of Lake Taihi Rally
<http://omarchador.blogspot.com.au/2016/09/qieyang-e-arevalo-triunfam-no-2-dia-do.html>
- Mon 26 Sep - Quinion and Quennehen win in Neuilly-sur-Marne
<http://omarchador.blogspot.com.au/2016/09/quinion-e-quennehen-com-vitorias-em.html>
- Sun 25 Sep - Karlström and Nie win first stage of Around Lake Taihi Race
<http://omarchador.blogspot.com.au/2016/09/karlstrom-e-nie-vencem-primeira-etapa.html>
- Sun 25 Sep - Results of International Masters Meet in Bellinzona, Switzerland
<http://omarchador.blogspot.com.au/2016/09/meeting-internacional-master-em.html>
- Sat 24 Sep - Results of Nordic Championships in Fredrikstad
<http://omarchador.blogspot.com.au/2016/09/fredrikstad-recebeu-campeonatos.html>
- Fri 23 Sep - 5 Olympic medallists to race in Around Lake Taihu Race
<http://omarchador.blogspot.com.au/2016/09/5-medalhadors-olimpicos-na-volta-ao-lago.html>
- Thu 22 Sep - Results of Veterans Championships in Sarreguemines, France
<http://omarchador.blogspot.com.au/2016/09/franca-belgica-e-alemanha-disputaram.html>
- Wed 21 Sep - Around Lake Taihu Walk starts this Sunday
<http://omarchador.blogspot.com.au/2016/09/tour-da-china-arranca-este-sabado.html>
- Tue 20 Sep - Lithuanians win in Lublin, Poland
<http://omarchador.blogspot.com.au/2016/09/lituanos-triunfam-em-lublin-polonia.html>

OUT AND ABOUT

- Rome is set to drop its bid to host the Olympic Games in 2024, after its new mayor said it would be "irresponsible" to be a candidate. Boston and Hamburg have already dropped out of the running for the 2024 Games. Paris, Los Angeles and Budapest are still vying to host the Games. The remaining candidates must confirm their application and the endorsement of local public leaders by 7 October. See <http://www.bbc.com/news/world-europe-37432928>.
- You will no doubt have read about the Russian hackers who have pinched huge amounts of athlete data from the WADA database and who are releasing it in dribs and drabs. The data is all about the use of Therapeutic Use Exemptions (TUEs), granted to athletes to allow them to take medications that would normally be banned. It seems huge numbers of our elite sportmen and sportswomen, from many varying disciplines such as tennis, athletics, cycling, etc, are really into this sort of thing. One of those under big scrutiny at the moment is Tour de France winner Sir Bradley Wiggins who had three therapeutic use exemptions (TUEs) for triamcinolone – a powerful corticosteroid – in the leadup to 3 big cycling events. The issues escalated on Monday when former top cyclist David Millar said he “could not fathom” how any doctor could prescribe the drug to a rider about to compete in a race. Millar, who was banned from the sport for two years in 2004 after admitting to doping, told The Telegraph that Kenacort, one of the trade names for triamcinolone, was the “most potent” drug he used in his career, describing it as a huge performance enhancer and a dangerous one because of its “powerful, destructive” side effects. Wow, this is becoming a big issue. See <http://www.telegraph.co.uk/cycling/2016/09/19/drugs-used-by-sir-bradley-wiggins-should-be-banned-says-david-mi/>.

When 90 year old double Olympian Roland Hardy died in England last week, we lost an unwitting but key player in one of the most unsavoury pieces of racewalking history which occurred when controversy over racewalking style came to a crisis in the 1950s and virtually ended international track walking.

It started with the the 1950 European Championships in Brussels. Britain had two Sheffield walkers, Roland Hardy and Laurence Allen, whose performances in Britain (Hardy had won the A.A.A. 2 and 7 miles in outstanding times and Allen was the RWA 10 and 20 miles champion) made them strong prospects for medals. This they confirmed by establishing such a lead in the European Championship 10,000m walk that it seemed they would not be caught. However, an old campaigner by the name of Fritz Schwab (the son of Switzerland's Arthur Schwab, who won the 50km silver medal in 1936), raised what might charitably be termed a dashing finish and reached the line first in a time of 46:01. When it was announced that the result had been referred to the Jury of Appeal, justice seemed about to be done. Yet to general amazement, Schwab's victory was confirmed, and Hardy and Allen were disqualified! The British team manager, Jack Crump, described it as '*the most atrociously unfair occurrence which I have ever known in more than twenty years of first-class athletics*'. In the protracted debate that followed, it was argued that the human eye was incapable of telling whether an 8mph walker was 'lifting'. Films and photographs were studied minutely; even Bobby Bridge from pre-World War I days had his reputation dented by the evidence.

To their credit, Hardy and Allen bounced back and continued to walk superbly in England and, more importantly, continued to satisfy the tough English judges. Hardy reduced the A.A.A. 2 miles best to 13:27.8 and the 7 miles to 50:05.6 and both walkers were duly selected to compete in the 10,000m walk at the 1952 Olympic Games in Helsinki. In fact, they went into the race as co-favourites.

Two heats were used to decide who of the 23 entrants would make the Olympic final. Bruno Junk of U.S.S.R, who was the fastest qualifier, won the first heat in 45:05, 5 seconds ahead of John Mikaelsson, the defending champion. His Swedish compatriot Verner Hardmo still held the World Record at 42:39.6 but had now retired. Coleman of GBR won the second heat in a slower 46:12. But Hardy and Allen again incurred the displeasure of the judges, with Hardy one of 3 walkers disqualified in the first heat and Allen one of two walkers disqualified in the second heat.



Roland Hardy leads the first of the two 1952 Olympic 10,000m walk heats from Australian Don Keane and Bruno Junk of Russia. Eventual gold medallist John Mikaelsson of Sweden is fifth in this picture.

The final saw the 38 year old Mikaelsson win by over 100 yards in a new Olympic record time of 45:02.8 in impeccably fair style. But the final is better remembered for the tussle to decide the minor medals. Schwab, chasing second place, produced another of his fleet-footed finishes, travelling at such speed that the Chief Judge had to run hard beside him to observe his style. Junk manfully met the challenge, and the pair sprinted to a photo-finish which palpably showed both men running. Yet there was no disqualification. (As an aside, Junk's gold medal was the first ever Russian Olympic walking medal and marked the start of the Eastern European domination which has continued to the present day.)

The judges, who had disqualified seven men in the heats and final, were made to look foolish. Jack Crump, writing in the Official British Olympic Association Report for the 1952 Olympic Games, was scathing

Once again, this race proved by far the most unsatisfactory of all the Olympic athletic events. Including the chief judge, G. Oberweger of Italy, there were nine judges, each from a different country. The standard of judging and the basis on which decisions were made to caution or disqualify competitors were made, was neither consistent nor impartial, and in both the heats and the final even the most knowledgeable of followers of walking found it bewildering to appreciate what was happening.

The controversies that resulted from this incident ridden event led Olympic officials to drop the 10,000m walk from the program and replace it with a 20km contest in 1956.

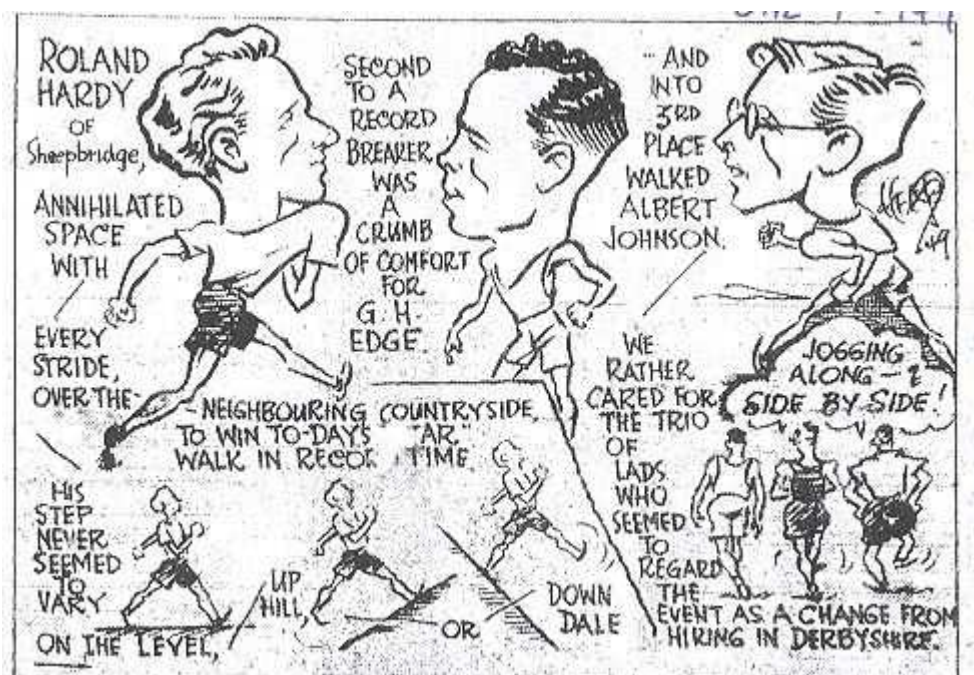
With the historical context set, let's zoom on on Roland. Most of the following biography is taken from an article written by Derbyshire author Tom Bates (see article at <http://www.northernracewalking.com/products/derbyshire-living-legend/>).

Roland was born on June 11th 1926 at 42 Carlisle Street, Sheepbridge, and later attended Mary Swanwick School at Old Whittington where he excelled at woodwork and represented the school at both football and cricket. He left school during the war years and worked at the Wagon Repairs Depot at Sheepbridge. Whilst playing centre-half in the local football league with Newbold Y.C. his sporting prowess was noted by soccer manager Teddy Davison, who promptly signed him for Sheffield United. Eighteen months later National Service put paid to his burgeoning soccer career and he served in the Royal Artillery for two years, first in Northern Ireland and later at Royston in Hertfordshire, on the Searchlight Battery.

After his demobilisation he became a fitter at the Summit Works on Whittington Moor and took up walking on the recommendation of Ernest Clay who invited him to train with Sheffield United Harriers. His first competitive race was the 1949 Sheffield Star Walk - which he won, setting a new record and beating the old (1947) record by 53 seconds! In fact, he regarded this first 'win' as his most cherished memory. To quote Tom Bates

That boyish grin lit up his face; "Well, meeting the Queen was the high point, I suppose, I was presented to Her Majesty by Lord Burleigh, along with the rest of the British Olympic Team in 1953" he said, he mused a moment, and then "but what I remember best of all, and cherish most is the Star Walk, coming over the hill at Sheffield Lane Top in sight of the finish and suddenly - a sea of faces, hundreds and hundreds of people cheering - and my mother and father and all the family waiting at the finishing line outside the Star offices and waving me towards the line". His face beamed as he re-lived the moment, before adding wistfully, "I was ever so pleased because they were there to see me and I made them feel so proud".

The win was commemorated by this cartoon in the local Star Newspaper by Heap



1949 – Hardy wins the Sheffield Star Walk

A sporting phenomenon named Roland Hardy had arrived, and his rise up the ranks was meteoric. He was peerless, winning races and breaking records wherever he went and within eighteen months of his Star Walk triumph he was representing Great Britain at the European Championships in Brussels.

In July 1950, at the tender young age of 22, he won his first British Championship in the 7 Miles Walk, in the process breaking Harry Churcher's 5 Miles world record by 9 seconds! A week later, he won the A.A.A. 2 Miles Walk Championship. He repeated this double again in 1951 and again in 1952.

In his 1952 double (winning the 2 Miles walk on the Saturday and the 7 Miles walk on the Sunday), he brought the first ever national title home to the newly formed Derbyshire AAA. His 7 Miles Walk win saw him smash four of his own records; he broke the British all-comers, National, and English native records and knocked a further 9 seconds off his own World 5 Miles record.

The rest, as they say, is history - and the stuff of legend; two Olympic Games and a string of representative honours followed, and though Roland was "never been one for keeping records", he recalled being made a Life Member of Sheffield United Harriers and that he continued walking competitively - "and for fun" - until he was in his forties.

Of course in those early days of television, outside broadcasts were almost unheard of and champion sportsmen, especially of the amateur variety, were largely anonymous. In fact, it was not until Roger Bannister broke the four-minute mile barrier in 1954 that the nation became gradually switched-on to outside broadcast athletics - though it was another decade before viewers were able to watch International Athletics events like European Championships and the Olympic Games with any degree of regularity. These days all major athletics events are beamed via satellite to television sets in homes all over the world, and in the lucrative commercial television market sports sponsorship is big business. Champion athletes are household names; our sporting heroes are honoured by wealth and celebrity.

We live in an age when our champions are fully professional, most with their own professional entourage of physiotherapists, trainers, dieticians and a whole host of technical products designed to aid fitness and thus enhance performance. The sporting stakes and rewards have never been so high. Things were very different fifty years ago during that austere period just after the second-world war when ration books still ruled and petrol was purchased by coupons.

Roland, third eldest of a family of eight children, had to train himself - aided by his brother Walter on a bicycle - buy his own kit, pay his own expenses, and exist on a spartan diet controlled by the government ration book. He was a familiar sight pounding the roads around the Whittington area and as a schoolboy Tom Bates remembers joining others who ran alongside him and cheered him on as his familiar figure strode swiftly down Sheffield Road in hot pursuit of his brother's pace-making bicycle. When he won, there were no television pictures to bring news of his triumphant world-record breaking exploits or to hail him as the new British Champion - his magnificent achievement however, did manage to make page ten of the local (Derbyshire Times) newspaper!

Four years later, on August 17th 1956 he finally made the front page when the headline proclaimed "Roland Hardy Selected for Olympic Team". It went on, "Roland Hardy of Sheffield Road, Whittington Moor, who earlier this year smashed two more road-walking records, is Derbyshire's only representative in the British team for the Olympic Games at Melbourne later this year."

In the 1956 Games, Roland finished a commendable eighth in the 20km walk in the Melbourne heat with 1:34:41, a completely different experience from his first Olympic Games four years earlier when he had been disqualified.

He won an impressive 14 national championships between 1950 and 1956

1st A.A.A. 2 Miles Championship 1950 (13:46.8), 1951 (13:43.2) and 1952 (13:27.8)

1st A.A.A. 7 Miles Championship 1950 (50:11.6), 1951 (51:14.6), 1952 (50:05.6), 1953 (51:47.0) and 1955 (53:04.6)

1st R.W.A. 10 Miles Championship 1952 (73:16), 1953 (74:53.4), 1954 (74:16), 1955 (74:47) and 1956 (74:31)

1st R.W.A. 10 Miles Championship 1956 (2:38:27)

and his sketch is found in the inaugural RWA 1962 edition of its "TheSport of Race Walking" book



He certainly kept his fitness for many years after he retired from serious racing in 1956. Tony Taylor reminisced on the occasion of his passing:

Even though a great of the Sheffield UH, he was one of my early heroes. I remember watching with awe, both Roland and Lol Allen battling out a Northern 10 [probably?] in 1956/57 around the streets of Didsbury. Years later I was proud to race against him a couple of times in 1968, when he made a comeback to fend off Lancashire's emerging threat. In the Northern 10 at Matlock he finished 2nd to the new star, Jake Warhurst in 74:44.

I finish this piece with some additional insights by Tom Bates.

I learned that his family, and particularly his parents were his motivation."Of course, I wanted to win - no athlete likes to be beaten," explained Roland, "but I never wanted anything out of it, not for myself anyway. I never wanted any fame or glory, I just wanted to win for my family - and besides, there were some good prizes to be won, canteens of cutlery and such - and times were hard."

I began to understand the true nature of real sportsmanship and sporting endeavour, especially when I asked if I could see the many medals and trophies, certificates, British Representative Caps etc, that Roland had won over the years, and the almost inevitable scrap-book full of news cutting and photographs - but he had very little to show me. He managed to find just one medal - from the Melbourne Olympic Games of 1956, and a couple of old photographs; typical of this extremely personable and modest man, he had given the rest away to members of his family, including his four grandchildren, each of whom he adores and who, no doubt, are justifiably proud of their legendary grandfather.

I thanked him for showing them to me and for being such a gracious host and then I left, satisfied that I had learned enough during my visit to write a special tribute to a local living legend, a man I had long since respected and admired, and my lasting impression of Roland Hardy is of a somewhat shy, modest and retiring 78 year-old widower who in every way proved to be the true sporting gentleman that I had always believed him to be.

2016 marks the passing of one our racewalk legends. Long may his memory linger with us.

Tim Erickson
Monday 26 September 2016

References:

<http://www.northernracewalking.com/products/derbyshire-living-legend/>
<http://www.englandathletics.org/england-athletics-news/double-olympian-roland-hardy-19---2016>
<http://www.sheffieldhistory.co.uk/forums/index.php?topic/319-the-star-walk/>

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

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 21st World Masters T&F Champs Stadia, Perth, Australia. See <http://www.perth2016.com>
Online entries close August 25th. 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 51st LBG Racewalking Carnival, Canberra, ACT

2017 International Dates

Mar 18-25, 2017 World Masters Athletics Indoor Championships, Daegu South Korea

April 8, 2017 Podebrady Race Walk Meet, CZE. See <http://www.podebrady-walking.cz/en/>
 April 21-30, 2017 World Masters Games 2017, Auckland, NZ. See www.worldmastersgames2017.co.nz
 April 23, 2017 Naumburg Racewalking Carnival, GER
 May 21, 2017 European Race Walking Cup, Podebrady, CZE
 July 12-16, 2017 10th World Youth T&F Championships, Nairobi, Kenya – THIS IS THE FINAL EDITION
 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 has been taken away from Cheboksary)
 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 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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