



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
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KEEPING THE FOCUS ON THE WOMEN'S 50KM

Following some concern about the direction of the IAAF Race Walking Committee and the views of the Oceania representative on the IAAF Race Walking Committee, the President of RWA asked IAAF Racewalking Committee member Jane Saville recently to clarify her position in relation to the future directions of the Committee and her personal views. Her response was as follows:

Dear Bob,

Thank you for the opportunity to clarify my position on Race Walking.

As the Oceania representative within the Race Walking Committee (RWC) my goal is to ensure the growth and prosperity of Race Walking and to support the overall interests of our discipline, not only within our Area but throughout all IAAF areas and countries.

As the world changes, the sports market has become more competitive! More sports are vying for athletes, officials, coaches, sponsors, fans and media and we must address this within our discipline and of course in athletics in general.

I want to ensure there is a future for race walking at both grassroots and elite competition. To do this we must look at our discipline objectively and outline the challenges we face. This will enable us to work on innovative ways to make it more attractive in an ever-changing world.

We are working with the IAAF to support its overall strategic direction in an era that demands that the sport evaluates all aspects of its operations and delivery to ensure that it remains the prime Olympic Sport and is universal in its appeal. We believe that this is the most effective way to secure a sustainable future for the discipline.

I support gender equality in all facets of life, including race walking. As I wrote in my report this year to Oceania, National and Area Championships for women's 50km should be a part of strategic development of the event that will promote depth and quality. This was the plan of the RWC. In light of recent events, we are evaluating several scenarios that would further promote equality of opportunity, and will ensure that any future direction is in alignment with legal advice provided to us.

I support the investigation of technology to reduce objectivity in judging. In my capacity as a member of the IAAF RWC, I recently attended a successful test of the training insole to detect loss of contact being developed by the Catalunya Polytechnic University in Barcelona.

We must look at where Race Walking is in the big picture of the sports world and recognise its strengths and weaknesses and come up with a plan to increase participation, attract sponsorship and fans. The RWC and I want to work with all stakeholders to adapt in this competitive environment.

The members of the RWC do not profess to have all the answers but are willing to listen and try new approaches. We are committed to Race Walking and the race walkers of today and the future.

Now is not the time for infighting within our discipline. Instead, we must work together for the best outcome for Race Walking.

Please forward to me the ideas and suggestions that the RWA members have generated that will help to develop the discipline at the national and/or international level so that I can share them with other members of the IAAF RWC. I also have some ideas for Australia that I would like to discuss with you at a convenient time.

As always, I am available for a constructive discussion about Race Walking, either via email or Skype.

Regards, Jane Saville

I have responded via Bob to Jane's request for constructive input to help guide her in her role as a member of the IAAF Racewalking Committee. I attach it below so that everyone is aware of my desire for Jane to now work with the broader racewalking community to support our drive towards full gender equality in the 50km and to work towards ensuring that a women's 50km championship is included in the 2018 World Race Walking Teams Championships in Taicang (and beyond).

As they say...over to you Jane

Bob Cruise
President, Race Walking Australia

9 September 2017

Dear Bob,

Earlier this month, Oceania IAAF Race Walk Committee Member Jane Saville clarified her position in relation to the future directions of the Committee and her personal views. In her letter to you as President of Race Walking Australia (RWA), she requested that ideas and suggestions by RWA members that will help to develop race walking at the national and international levels be forwarded to her so that she may share them with her fellow Committee members. I welcome that opportunity.

Jane is correct that recent developments regarding the women's 50km event must align with the legal advice provided to the Race Walk Committee. Legal developments within the last two months have changed how the women's 50km event is viewed. First, legal challenges resulted in the inclusion of seven women walkers at the recent World Championships. I was privileged to watch their historic race unfold on the London Mall. Second, a new legal basis was advanced as to why women walkers deserve inclusion in Worlds, Olympic and World Team Championship races. Ever since gender equality became the constitutional norm for the Olympic Movement and the IAAF starting in 2004, the analytical question of whether to include a new women's event no longer rests on how well developed the event is on the national and area levels, but instead depends on whether the same event is offered for male athletes. If it is, then the event must be offered to women also. I am proud to have been part of the unveiling of this approach at a press conference held two days before the London race. Given that men race the 50km at the major championships, that means that women are entitled to their own 50km race.

Granted, this approach differs from how women's events were added to championship level in the past, when inclusion depended on whether an event was contested by women in at least 35 countries on three continents and only if the event had previously been included in a minimum of two regional or continental championships. That's how women secured the marathon, 400m hurdles, 5000m, 10000m, hammer throw, 3000m steeple and pole vault competitions at the major meets. But the introduction of gender equality in 2004 changed the analysis of whether to include a new women's event. The Olympic Committee even deleted the old numerical development rule from the Olympic Charter, a deletion necessitated by the introduction of the gender equality requirement.

That is not to say that we should not further develop the women's 50km at the national and area championship levels. I join Jane in promoting depth and quality in the event and therefore propose that Athletics Australia organize a women's 50km race walk national championship. The annual Victorian Championship 50km race in September presents the perfect opportunity to include such championship as there is no 5-hour Time Limit in the Victoria race as there is for the men's national in Fawkner Park in December. Athletics Australia should also seek IAAF inclusion of the women's national race on the List of Events eligible for major championship qualification.

One of those major competitions is the World Race Walking Team Championships, the next edition of which will take place in Taicang, China, next May. I hope Jane will insist that the IAAF invite women walkers to compete in their own 50km race and that each member federation be represented by up to five women walkers, just as is the case for the men. The IAAF announcement should be made as soon as possible so that women walkers may prepare for their race with more lead time than was the case for the London 50km.

Jane is concerned about making race walking more attractive, ensuring its universal appeal, increasing participation and attracting sponsorship and fans. Including more than half of the world's population - women - in the marquee distance athletics event - the 50K - will help achieve all of the above. Moreover, ending the exclusion of women from the 50km event is the only way to ensure that the men's 50km race is not removed from the Olympics beyond 2020, as has been suggested. The biggest threat to the Olympic 50 is the lack of gender equality, an issue dear to hearts of Olympic officials.

It is therefore imperative that we all support the immediate development of women's 50km championship races in Australia, Oceania, the World Team Championships, the World Championships and the Olympics. I hope Jane will help lead the way.

With best regards,

Tim Erickson
RWA Life Member, RWA Past President & Past Secretary

And continuing with the women's 50km thread, Paul DeMeester zooms in on 3 women's 50km walk competitions completed in the last week in 3 separate continents.

50/50 - Eight Days In September: The Women's Fifty Progress Continues

In just eight days, from September 3rd through the 10th, women race walkers took the start in three 50km races on three continents, including the inaugural British Women's 50km Championship.

Top honors must go to **Mayra Carolina Herrera Perez**, a 28-year old athlete from Guatemala, who debuted in the 50K in spectacular style at a national U.S. race organized by the greatest pioneer of the women's 50K, Erin Taylor-Talcott and her 50K hubby Dave. Perez stopped the clock at **4:15:42**, setting national and area records in the process. Her time would have earned her bronze at the recent London Worlds.



Mayra Carolina Herrera Perez after her area record 50km on Saturday 0 4:15:42

With Perez's Owego, New York, performance included on the all-time women's 50km list, half of the top ten are walkers who posted their times in 2017:

1.	Ines Henriques	Portugal	4:05:56	08/13/17
2.	Hang Yin	China	4:08:58	08/13/17
3.	Monica Svensson	Sweden	4:10:59	10/21/07
4.	Elena Ginko	Belarus	4:12:16	10/17/04
5.	Mayra Carolina Herrera Perez	Guatemala	4:15:42	09/10/17
6.	Jolanta Dukure	Latvia	4:16:27	09/09/06
7.	Shuqing Yang	China	4:20:49	08/13/17
8.	Kathleen Burnett	USA	4:21:51	08/13/17
9.	Brigita Virbalyte-Dimsiene	Lithuania	4:25:22	10/17/10
10.	Evaggelia Xirou	Greece	4:28:13	10/17/04

This is precisely the progress the IAAF wants to see in the event. On to Taicang!

WHAT'S COMING UP

Sunday's races at Middle Park mark the completion our VRWC winter season. All Victorian walkers can now enjoy a well earned break before the summer season kicks off next month. It is the same in our other Australian States and Territories as well.

For Victorians, AV Shield Competition is scheduled to start on **Saturday 7th October** (just under 4 weeks time) and it is going to be quite different to past years, with only 2 metropolitan venues instead of 4 and with competitors able to choose any venue to compete. It's a lot to take in so check it out at <http://athsvic.org.au/2017/generalnews/frontpage/201718-av-shield-important-information/>.

See the AV summer calendar at <http://athsvic.org.au/wp-content/uploads/Summer-Calendar-2017-18-as-at-11.09.17.pdf>.

Watch the 5 minute video summary at <https://youtu.be/A3TVzEQEK10>.

VICTORIAN ROADWALKS, MIDDLE PARK, SUNDAY 10 SEPTEMBER

Our VRWC winter season was completed last Sunday morning with some final longer races, including the Victorian 50km championship and the VRWC 35km club championship, as well as non-championship 10km and 6 Hour walks. **Paul DeMeester**, passing through from Europe on his way back to America, stopped for a few days and availed himself of the opportunity for a walk in the Victorian 50km. Paul has also written a report on the championship events which were on offer – thanks Paul!

SIMON EVANS WINS HIS SECOND VICTORIAN 50KM CHAMPIONSHIP AT JOINT 50/35KM RACE

The 50km Victorian Championship race win that eluded **Simon Evans** last year was clinched by him this year, making Simon a two-time winner of the event, having graced the Jared Tallent Trophy once before in 2014. Four walkers took the start, three men and one woman. The start was a joint one with the 35km race participants and local future hopeful, **Adam Garganis**, who set out to walk a 20km because he had to report for work at 1 p.m.

Quentin Rew lent his fine race reputation and walk technique to please the spectators along the 2km Albert Park circuit in Melbourne. Adam was right there with him but ended up dropping back for a short while to get his shins stretched. Adam soon caught up with the New Zealander, who received plaudits from local club members for his August personal best in the 50K during a stirring 12th place performance at the 2017 World Championships on the scenic London Mall venue. Rew and Garganis soon lapped everyone else. At 20km, both clocked 1:38:20, after which Quentin carried on alone, finishing the 35km in 2:51:31.

A third walker who impressed was **Pramesh Prasad**, who is vying to represent Fiji at next year's Commonwealth Games at 20km. He posted a 3:21:25 personal best at the finish line for second place over 35km. What made his race more difficult was having to walk by himself between the lead duo and a pack of 35 and 50K walkers that numbered up to six at one point. The group of six included two 35km racers, **Tim Erickson**, looking very race-crafty after not having had a competitive outing since March, and **Bernie Keirl**. The four 50km starters, Simon, **Karyn O'Neill**, **Albin Hess** and U.S. visitor **Paul DeMeester** stayed with their 35km counterparts for the first 6km. Albin was the first to lose touch with the group, at first only by seconds until about 8km, when the gap grew. Unfortunately, he was shown the red paddle at the 17km mark.

DeMeester was the next to fall from the pursuing group, when in the 15th km he had to let go of the others. The American slowed down considerably and gave up the ghost at the half-way mark. Meanwhile, Karyn was able to stay in a joint lead with Simon in the 50K until the 17th km when she was a few seconds behind. By the 20km mark, her deficit to Simon was only 19 seconds but it became larger after that. Sadly enough, in the 34th km she was red carded out of the race.

This left Simon Evans to carry the 50km banner by himself. But what a show he put on. After 29km, Simon was still in the company of Keirl and former international Erickson. But Keirl lost about 20 seconds over the next kilometre and stopped 5km shy of the race finish. This left a 35km walker next to a 50km walker. They went at it. Erickson took the lead by a mere two seconds after 31km but built that up to eight seconds in the next K. But Evans was not to be denied a second medal in one day, as the 50km walkers were automatically entered in the 35km race. Evans was soon back in Tim's company and over the next two kilometres, Simon built a lead of 24 seconds by the time Tim Erickson capped his fine race performance over 35km with a time of 4:10:36.

The fight with Erickson was costly to Evans, though, in that he paid for the wonderful, earlier scrap with Erickson in the last 13km of the marquee race for the day. But by then, the championship title was Simon's for the taking. All he had to do was finish. And finish he did, not without difficulty. Having suffered a left foot injury that kept him from properly preparing for the long distance, Simon showed true grit on this way to the finish line. Having shined in international masters racing in the sprint races and the 20km, Simon stopped the clock at an even 6:25:00. Victoria has its new 50km champion. Congrats Simon.

AV 50KM CHAMPIONSHIP		10km	20km	30km	40km	50km
1.	Evans, Simon	1:12:52	2:26:20	3:36:32	4:48:26	6:25:00
	DeMeester, Paul (USA)	1:12:53	2:30:20			DNF
	Hess, Albin	1:14:22				DQ
	O'Neill, Karyn	1:12:55	2:26:39	3:41:59		DQ
VRWC 35KM CHAMPIONSHIP		10km	20km	30km	35km	
1.	Rew, Quentin	49:22	1:38:20	2:27:00	2:51:31	
2.	Prasad, Pramesh	57:37	1:47:31	2:48:15	3:21:25	
3.	Evans, Simon	1:12:52	2:26:20	3:36:32	4:10:12	
4.	Erickson, Tim	1:12:53	2:26:19	3:36:32	4:10:36	
	Keirl, Bernie	1:12:51	2:26:18	3:36:52	DNF	
	Garganis, Adam	49:22	1:38:20		DNF	

First year walker **Chris Kent** surprised everyone with his walk in the 6 Hour event, bettering his marathon distance target and reaching a final distance of 42.670km. His previous longest distance was the LBG 5 Mile walk in June this year. That an effort!

Our young girls showed the way in the non-championship 10km walk, with **Jemima Montag** (47:03), **Bec Henderson** (51:20) and **Simone McInnes** (52:44) all walking fast. We also welcomed first time walker **Claire Samanna** who walked an impressive first up 1:05:22. Welcome aboard Claire!

VRWC 6 HOUR WALK

	10km	20km	30km	40km	Distance
1. Kent, Chris	1:18:19	2:37:36	4:02:48	5:37:34	42.670 km

VRWC 10KM NON-CHAMPIONSHIP WALK

1. Montag, Jemima	47:03
2. Henderson, Rebecca	51:20
3. McInnes, Simone	52:44
4. Samanna, Claire	1:05:22
Dickenson, Russ	DNF
Jamieson, Andrew	DQ

ADDITIONAL 6 HOUR TIMES

O'Neill, Karyn	46.750 km
Hess, Albin	46.670 km



Simon Evans will the 2017 Victorian 50km Championship (all photos Terry Swan)



Adam Garganis, Quentin Rew, Bernie Keirl, Karyn O'Neill, Tim Erickson, Simon Evans and Paul DeMeester



Chris Kent, Rebecca Henderson, Jemima Montag and Pramesh Prasad

Thanks as always to our many judges, officials and helpers. Apologies if I have missed anyone. A special mention to **Lucas Kent** who did a fantastic job helping out in so many ways at the start/finish line. Legendary performance!

Officials: Terry Swan, Tim Erickson, Ralph Bennett, Mark Donahoo, Lucas Kent

Judges: Terry Swan (chief), Gordon Loughnan, Diane Lowden, Brenda Felton, Judy Mason, Ebony Whiley, Kathleen Marsh

Canteen: Donna-Marie Elms

Photos: Terry Swan (<http://www.vrwc.org.au/piwigo/index.php?/category/443>)

SAMA ROADWALKS, BURBRIDGE ROAD, ADELAIDE, SATURDAY 9 SEPTEMBER

Thanks to Colin Hainsworth for the final South Australian Masters walk for the winter season. Colin commented: Warm arvo with sunny periods. Contact you again at the start of the summer season on 11th October. Best regards, Colin.

4km Turkey Handicap

1.	Gil McIntosh	27:35	M67	69.59%
2.	Helen Suridge	30:00	W66	69.99%
3.	Dave Fallon	30:31	M65	61.51%
4.	Raelene Schild	30:59	W52	58.10%
5.	Graham Harrison	31:04	M74	67.39%
6.	Rodger Barber	31:08	M79	72.20%
7.	Margaret McIntosh	32:07	W64	63.74%
8.	David Robertson	35:03	M84	69.48%
9.	Colin Hainsworth	36:33	M87	70.26%
10.	Jeff Kennett	38:56	M67	49.31%

ACTRWC ROADWALKS, LENNOX GARDENS, CANBERRA, SATURDAY 9 SEPTEMBER

Thanks to Robin Whyte for the latest results from Canberra. Excellent 30km time by Australian 50km champion **Matt Griggs** (2:29:50). Excellent long walks by **Val Chesterton** (W77 36.800km in 6 hours) and **Robin Whyte** (M75 17.877km in 2 hours)

5km Walk

1.	Tim Fraser	25:29
2.	Connor Frew	25:30
3.	Callum Burns	25:33
4.	Kate Black	30:52
5.	Sidney Shaw	33:34
6.	Derek Robinson	34:59
7.	Bryan Thomas	36:13
8.	ane Bates	40:24
9.	Raine Thompson	48:36

30km Walk

1.	Matt Griggs	2:29:50
2.	Greg Durr	3:39:10
	Brendon Reading	DNF

6 Hour Walk

1.	Val Chesterton	36.800 km
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4 Hour Walk

1.	Jayden Elphick	17.500 km
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3km Walk			2. Geoff Barker	15.000 km
1. Jayden Elphick	18:16			
1km Walk			2 Hour Walk	
1. Georgia Frew	06:45		1. Robin Whyte	17.877 km
2. Imogen Gardiner	07:18		2. Doug Fitzgerald	10.000 km

Photos at <https://www.facebook.com/ACTWalkers/photos/pcb.1614781981920786/1614781868587464/?type=3&theater>.



ACTRWC walkers toe the line on Saturday – Val Chesteron, Brendon Reading, Jayden Elphick, Matt Griggs, Greg Durr and Robin Whyte

SARWC ROADWALKS, PEACOCK RD, ADELAIDE PARKLANDS, ADELAIDE

Thanks to Peter Crump for the results from the final two SARWC winter season competitions. The AGM and Winter Season Presentations were held at the completion of activities on Saturday 9th September.

SARWC ROADWALKS, SATURDAY 9 SEPTEMBER

1 hour		
1. Peter Crump	10.125 km	
2. Greg Metha	9.504 km	
3. Bill Starr	7.914 km	
30 minutes		
1. Kim Mottrom	6.572 km	
2. Tristan Camilleri	5.988 km	
3. Toby Wilks	5.802 km	
4. Alix Harlington	5.336 km	
5. Chloe Upton	4.935 km	
6. John Leydon	4.644 km	
7. Seth Upton	4.536 km	
8. Zayden Kamish	4.536 km	
9. Adrian Upton	4.339 km	
10. Aleesha Vidler	4.292 km	
11. Olivia Phillips	4.276 km	
12. James Hoare	3.961 km	
15 minutes		
1. Kiera Ross	2.806 km	
2. Victoria Upton	2.806 km	
3. Kitarni Upton	2.650 km	
4. Elli Pusonjic	2.555 km	

SARWC ROADWALKS, SATURDAY 2 SEPTEMBER

10km		
1. Kim Mottrom	47:38	
2. Bill Starr	1:16:59	
3. Greg Metha	DNF	
5km		
1. Samantha Findlay	25:59	
2. Mathew Bruniges	27:08	
3. Olivia Phillips	37:51	
4. Tristan Camilleri	DNF	
3km		
1. Alix Harlington	15:58	
2. Kiera Ross	18:21	
3. Mia Wilks	18:21	
4. Zayden Kamish	19:18	
1km		
1. Elli Pusonjic	11:16	
2. Sam Wilks	13:01	
3. Katie DeRuvo	13:07	
4. Aleesha Vidler	13:19	
5. Hannah Wilks	13:43	
6. Tarique Kamish	15:00	

5.	Xavier Upton	2.501 km
6.	Mia Wilks	2.486 km
7.	Sam Wilks	2.484 km
8.	Hannah Wilks	2.414 km
9.	Katie DeRuvo	2.313 km
10.	Edward Upton	2.001 km
11.	Tarique Kamish	1.895 km

NORTHERN TERRITORY T&F CHAMPIONSHIPS, ARAFURA STADIUM, DARWIN, THURSDAY 31 AUGUST

Congratulations to Northern Territory based walker **Colin Heywood** who has been awarded the annual NT Athletics Masters Award, along with race bib number 1 for the second year running. Colin won two golds and one silver medal in the M60 walks in last year's World Masters Championships in Perth so is one of our top masters racewalking exponents.

And talking of NT Athletics, the territory held their annual T&F Championships on the weekend of 2-3 September, with Colin to the fore. The walk results were as follows:

Masters 5000m Walk

W45	1	Wickremasena, Anita	Palmerston A	55:27.98
M60	1	Heywood, Colin	Mature Athle	27:11.32

Masters 1500m Walk

W30	1	Brewster, Jess	Darwin Athletics	10:23.41
W40	1	Urlichs, Kylie	Interstate	10:55.69
	2	Simmonds, Nicole	Katherine At	12:19.50
W45	1	Wickremasena, Anita	Palmerston A	16:19.44
W50	1	Gower, Shona	Palmerston A	16:07.68
W70	1	Williams, Veronica	Mature Athle	13:22.27
M45	1	Minogue, Tauri	Palmerston A	12:48.37
M60	1	Heywood, Colin	Mature Athle	7:39.75

Girls 9 Year Olds 1100m Walk

1.	McTaggart, Kate	Katherine At	8:28.58
2.	McWhirter, Charli	Katherine At	8:38.63
3.	Kariko, Keira	Katherine At	9:29.40

Boys 9 Year Olds 1100m Walk

1.	Urlichs, Jacob	Darwin Athletics	8:11.68
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Girls 10 Year Olds 1100m Walk

1.	Day, Georgia	Palmerston A	9:29.98
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Girls 11 Year Olds 1500m Walk

1.	Wickremasena, Angelena	Palmerston A	14:22.82
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Boys 11 Year Olds 1500m Walk

1.	Urlichs, Samuel	Darwin Athletics	13:17.54
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Girls 12 Year Olds 1500m Walk

1.	Zelley, Makayla	Katherine At	11:59.37
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Boys 12 Year Olds 1500m Walk

1.	Haigh, Corey	Katherine At	11:14.90
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Girls 14-15 3000m Walk

1.	Simmonds, Brianna	Katherine At	20:51.78
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AACT 2017 HIGH NOON SERIES, AIS ATHLETICS TRACK, BRUCE, SUNDAY 20 AUGUST

And back a couple of weeks for some fantastic 5000m track walk times by **Tim Fraser** (21:48.4) and **Connor Frew** (21:52.7) in an Athletics ACT T&F meet in Canberra.

U18 5000m Walk Schools

1.	Fraser, Timothy	M	Non Financial	21:48.4	PB 1:38
2.	Frew, Connor	M	South Canber	21:52.7	PB 0:33

U16 3000m Walk Schools

1. Jeong-Reuss, Kai M North Canber 20:03.2

HOKA ONE ONE LONG ISLAND MILE, LONG ISLAND, NY, WEDNESDAY 6 SEPTEMBER

I start my international report in USA with the Hoka One One Long Island Mile walk, held at St. Anthony's High School, Huntington Station, Long Island, NY, last Wednesday evening. The women's walk field featured Olympians **Maria Michta Coffey** and **Miranda Melville**, as well as **Katie Burnett**, the 4th place finisher at the IAAF World Championships last month in London, and it was Michta who won out with a time of 6:47.15.

The men's walk field saw **Nick Christie** get up by the narrowest of margins ahead of **David Velasquez** of Ecuador, 5:58.00 to 5:58.02. Velasquez did it the hard way, arriving at 7PM in New York after two days of air travel (Quito-Atlanta-Detroit-Minneapolis-New York) and then racing to the track via Uber and arriving just in time for the 8:30PM start. A short stretch and boom went the gun. The two battled it out in the pouring rain, with a desperate final spint required to separate the two. Check out the superb race video at http://hoka-one-one-long-island-mile.runnerspace.com/eprofile.php?event_id=11220&do=videos&video_id=219160, with David in the lead until the last 100. Nick was not to be denied, leaning for the win.



*Maria Michta Coffey, Miranda Melville, Katie Burnett, David Velasquez, Nick Christie and John Cody Risch
(photos <https://www.facebook.com/photo.php?fbid=1468641669850126>)*

1 Mile Race Walk

1.	Nick Christie	M	El Cajon, CA	5:58.00
2.	David Velasquez	M	Ecuador	5:58.02
3.	Cody Risch	M	Qelite	6:36.02
4.	Maria Michta	W	Walk Usa-Oiselle	6:47.15
5.	Miranda Melville	W	NYAC	6:48.33
6.	Katie Burnett	W	Unattached	7:20.31
7.	Alex Price	M	Walk Usa	7:52.74
8.	Kayla Torres	W	Walk Usa	8:16.09
9.	Kayla Shapiro	W	Unattached	8:17.82

USATF ROADWALK CHAMPIONSHIPS, OWEGO, NY, SATURDAY 9 SEPTEMBER

Keeping in the USA and moving 4 days forward to Saturday when the USATF 40km Race Walk Open/Masters Championships, along with the USATF U20 20km Race Walk Championships Juniors, were held at Marvin Park Owego NY. Hosted by the Niagara Assn and locally organized by Dave and Erin Talcott, the meet produced the goods with some fine performances. Erin Talcott reports:

There is much more to a race than the numbers/times at the end of the race! There were so many amazing performances from today that I want to make sure people know about.

Mayra Carolina Herrera Perez, from Guatemala, raced her debut 50K and looked absolutely amazing! Strong, smooth, and effortless. She split half way in 2:06:57, so with a final time of **4:15:42** that's an amazingly strong 50K. I'm so excited

to see what else she will do! Not only is that a national record for her but I believe it will also be the **NACAC Area record!** Congratulations!

AJ Gruttadauro's plan for the day was to do a solid 40K and if it looked like he could continue on for a 50K under 4:40 he'd give it a go. He did that and more! Hitting 40K in 3:33:55 he closed a very impressive last 10K to finish in 4:29:33, with a blistering last K in 4:44!!!! His time exactly matches that of his coach (me) so it will be a fun match up in January at the national 50K to see who can stay ahead.

Marek Adamowicz debuted in his first race distance over 20K to complete an impressive 30K. With his first 10K in 49:35, 20K in 1:37:50 (48:15) and a final time of 2:25:20 (47:30), I can't wait to see what his debut 50K will be like!

Our two junior ladies both produced strong and tough debut 20Ks. **Kayla Torres** and **Maegan Allen** worked together the first 10K to come across within a second of each other in 57:02. At that point Maegan put the hammer down building a three and a half minute lead on Kayla by 18K. Maegan then started to feel the thrill of the longer distance (her debut 10K was only April 2nd, so she's been moving up quickly) and lost over a minute and a half on the side of the course losing her breakfast with less than a lap to go. She was able to regroup herself and finish strong and hard for her first national title. Kayla gave it all she had, charging the last lap and collapsing in exhaustion at the finish.

Two 18 year olds from Canada both debuted at new distances and recording solid performances. **Danika Guenard** raced her first ever 15K and produced a time of 1:33:44 finishing up with nothing left to give. Her friend **Angelic Fahey** was waiting to support her at the end having done her first 10K in 1:05:41 and loving every minute of it.

Chloe Engin, only 15 years old, is a product of the NY High School system. She discovered her love of race walking last year, racing 1500. She reached out for some coaching and advice and has discovered a love and drive to really work hard and raced her first distance over 1500, jumping straight into a 5K! And this was on top of having a cross country race the night before. She stayed smart and paced herself with **Katie Smith** for the first 4.5K and then when AJ came up to lap them she stayed with AJ for the final 500! Her time of 31:41 has me very excited to see what amazing things she's going to do in the future!

Two Canadians set master's records. **Yvan Bechard** set his fastest 5K time of the season en route to taking over a minute and a half off the age group record to finish in 51:00. **Susan Brooke** looked focused and intense in breaking the 30K age group record in 3:11:22. It was an amazing day for our friendly Canadian neighbors.

Matt Forgues raced smart and strong as he always does, hitting the first 20K in 1:43:40 and the second in 1:40:47, a fantastic negative split. I'm not 100% positive, but I think this is Matt's first national senior title (I apologize if I'm wrong about this).

Katie Smith battled less than ideal training to finish tough and earn her first national title.

Dave Talcott was his usual smiling self, having fun and producing a strong 3:51:57, extra impressive with all the heavy lifting he did getting the race course ready and some unusual things he had to do at work the day before.

You wouldn't usually think to find an interesting story in a DQ, but I must mention **Sunyana**. Almost no one will know her name or who she is. Prior to last year in September Sunyana had never done any athletic event in her life. Her first foray into the athletic world was entering our 100 mile Centurion race. While she didn't earn her Centurion number, completing a little over 50 miles, she earned so much respect and admiration from her fellow competitors as we saw her fight and struggle to complete as much as she could, even though she was tired and hurting. When we first saw Sunyana had entered the 40K we thought she might have mistakenly signed up instead of signing up for the 100 miler again. But when we contacted her she said she'd be trying to learn to race walk and wanted to give it a try. While she didn't make it through the race, and was DQed fairly early, she never stopped having a smile on her face and trying her hardest. She was so excited to have been able to take part and give her best. She really is so inspirational! And yes, she will be back for the 100 miler in two weeks!

It was a great day for a race, the temperature starting in the mid 40s and foggy and ending in the upper 50s. a bit cold for the judges and volunteers, but great for the racers. Our volunteers were amazing, with three Army Reservists helping with timing and the local Girl Scout and Boy Scout troops helping with aid. The support we've gotten from the Village of Owego, sweeping the course, letting us in the pool bathrooms even though it's after season, and keeping the course lit, pale in comparison to the fact that last year they paved an addition of one of the paths, about 40 meters long, so that we could have an exact 1K loop.

Many Associations tolerate race walking, but Niagara Association embraces the race walk and it's walkers. Without the support of Niagara Association we would not have been able to host this event. We thank the Niagara Association Board for all their continued support of the race walking world. This year Niagara will host two national championships, with the next being the indoor 5,000 championships.

Thank you again to all the judges who were absolute champs being out there in the chilly judging. They were fantastic, as always!

And a huge thank you to Dave, who not only raced but did so much of the planning, moving of stuff, setting up of stuff and worrying about all the little details that come up in putting on a national event.

USA 40km Roadwalk Championships

1.	Katie Smith	Pegasus AC	F29	4:37:04	
	Luis Angel Sanchez Perez	(Visitor) Guatemala	M23	3:23:35	
1.	Matthew Forgues	Unattached	M25	3:24:27	
2.	AJ Gruttadauro	Shore AC	M19	3:33:55	50km in 4:29:33
3.	Dave Talcott	Shore AC	M57	3:51:57	1 st Master
4.	Jonathan Matthews	Shore AC	M61	4:08:56	1 st M60-64
	Vyacheslav Troshkin	(Visitor) Russia	M69	4:39:14	

U20 Women's 20km Championship

1.	Maegan Allen	New England Walkers	F19	1:56:43
2.	Kayla Torres	Walk USA	F18	1:59:36

50km Roadwalk

1.	Mayra Carolina Herrera Perez	Guatemala	F28	4:15:42	Guatemala 50K record
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30km Roadwalk

1.	Marek Adamowicz	Riv Sud Canada	M20	2:25:20	
2.	Susan Brooke	Ontario Racewalkers	F52	3:11:22	Canadian F50 30km record

20km Roadwalk

1.	Ed O'Rourke	New England Walkers	M56	1:58:46
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15km Roadwalk

1.	Danika Guenard	Canada	F18	1:33:44
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10km Roadwalk

1.	Yvan Bechard	Canada	M55	51:00	Canadian M55 record
2.	Angelie Fahey	Canada	F18	1:05:41	

5km Roadwalk

1.	Chloe Engin	Rochester NY	F15	31:41
2.	Nicky Slovitt	Ontario Racewalkers	F57	36:49

XXV "DRUSKININKAI 2017", DRUSKININKAI, LITHUANIA, SATURDAY 9 SEPTEMBER

Last Saturday saw the 25th edition of the traditional Druskininkai walks meet which included the Lithuanian 10km Open Championships. The men's 10km saw Belarussian walkers take the first 3 positions, with **Marius Ziukas** (LTU) taking the Lithuanian Championship title with his fourth placed 41:33. **Brigita Virbalyte-Dimsiene** (LTU) won her Lithuanian Championship title with 45:36. Well reported by marciadalmondo (http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2908).

10km Men

1.	Aliaksandr Liakhovich	1989	BLR	40:50
2.	Yauhen Zaleski	1993	BLR	41:12
3.	Dzmitry Dziubin	1990	BLR	41:26
4.	Marius Žiukas	1985	LTU	41:33
5.	Uladzimir Kalesnik	1992	BLR	41:55
6.	Genadij Kozlovskij	1991	LTU	42:42
7.	Anatoli Homeleu	1996	BLR	42:55
8.	Artur Mastianica	1992	LTU	43:30
9.	Vitaliy Terekhin	1996	LTU	44:16
10.	Ruslans Smolonskis	1996	LAT	44:23

10km U20 Men

1.	Danil Sadomskij	1999	LTU	49:04
2.	Deividas Balevicius	1999	LTU	52:02
3.	Jakub Kuzawski	1999	POL	62:34

10km Women

1.	Brigita Virbalyte	1985	LTU	45:36
2.	Nadzeya Darazhuk	1990	BLR	47:30
3.	Monika Vaiciukeviciute	1996	LTU	48:16
4.	Anastasiya Rodzkina	1994	BLR	48:52
5.	Austeja Kavaliauskaite	2000	LTU	50:47
6.	Natalia Malchanava	1997	BLR	55:03

5km U18 Girls

1.	Lukasz Niedzialek	2000	POL	22:47
2.	Aliaksandr Kislaks	2000	BLR	23:06
3.	Paulius Juozaitis	2000	LTU	23:33
4.	Arminas Rudenka	2001	LTU	24:46
5.	Arnoldas Liutinskis	2001	LTU	25:25
6.	Domantas Gruzdzys	2001	LTU	25:46
7.	Kacper Kosowski	2002	POL	28:48
8.	Kornel Kuzawski	2002	POL	30:17

5km U18 Girls

1.	Yekaterina Shlykova	1999	LTU	26:15
2.	Aušrine Kuzmickaite	1998	LTU	27:21
3.	Kornelia Przestrzelska	1998	POL	28:33

13TH CHINESE NATIONAL GAMES, HENAN, CHINA, 2-7 SEPTEMBER

I reported in last week's newsletter on the 20km walks at the Chinese National Games. This week, I complete the report with the first 8 places from the 50km walk, which was held on the final day of the Games. Thanks to marciadalmondo for the results and discussion – see more at http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2904. Overall, the Chinese 50km standard does not match their 20km excellence, but it is still strong, with the first 6 finishers all bettering 4 hours.

50km walk, 7 September

1.	Xu Faguang	CHN	17 May 87	3:54:02
2.	Wang Qin	CHN	8 May 94	3:54:46
3.	Luo Dongpo	CHN	23 Jun 95	3:54:47
4.	Bian Tongda	CHN	1 Apr91	3:55:33
5.	Luo Yadong	CHN	15 Jan 92	3:56:22
6.	Han Yucheng	CHN	16 Dec 78	3:58:15
7.	Han Jijiang	CHN	20 Jul93	4:00:28
8.	Wang Hao	CHN	16 Aug 89	4:01:57

8TH ATHENS RACEWALKING CAMP, AGIOS ANDREAS BEACH, GREECE, 24 AUGUST – 12 SEPTEMBER

Zoe Gini (AREJ Greece) reports on the 8th Athens Racewalking Camp, held over the last 3 weeks in the Municipality of Athens camp at Agios Andreas Beach, 50km east of Athens, a superb location surrounded by forest. The camp was attended by around 60 athletes from Greece, Serbia and Italy, and included 24 young walkers, all born between 2004 and 2007. The future of our sport on show! The camp was held in great weather and finished with a race day, held over a 1km circuit in the forests, and judged under IAAF rules, with a number of international and national judges in attendance. Main results are as follows

3 km girls U13

1.	Antonopoulou Anastasia	2004	G.S Anatoli	16.20
2.	Boukoli Maria	2004	G.S. Anatoli	20.20

3km girls U15

1.	Stambouli Elpida	2002	Arisveos Mitylini	15.21
2.	Tzatzimaki Vasiliki	2002	G.S. Anatoli	17.15
3.	Skreta Veronika	2003	G.S.Volou	19.10
4.	Tzagkari Despina	2003	Athlokinisi	19.23

5 km Girls U17

1.	Salma Efi	2000	G.S.Anatoli	26.42
2.	Flaska Olga	2001	Athokinisi	26.43
3.	Fotiadou Eleni	2000	G.A.S. Kilkis	27.44

5km Girls U19

1.	Vaitsi Athanasia	1998	G.A.S Ilissos	24.30
2.	Kourkoutsaki Efstathiua	1998	G.A.S.Ilissos	27.01
3.	Kontogianni Aliko	1999	Olympiada Patras	28.37

5km Women

1.	Korkou Zoe	1995	G.A.S Ilissos	27.33
2.	Vaitsi Evagelia	1994	G.A.S. Ilissos	28.37
	Topic Ducica	1982	Serbia	DNF

5km Men

1.	Tzatzimakis George	1999	G.S El. Venizelos	20.47
2.	Vaitsis Yiannis	1995	G.S.Ilissos	21.15
3.	Giordano Manuel	1995	ITALIA	22.13
4.	Tsitoglou Isaias	1963	A.O. Pefkis	25.03

After the end of competition was a closing party, with the medals ceremonies.



Start line for the Open 5km walk at the Athens Racewalking Camp (photos Zoe Gini)



Open 5km walkers George Tzatzimakis, Yiannis Vaitsis andoe Korkou

8TH RACE WALKING DAY IN VEENENDAAL , VEENENDAAL, NEDERLAND, SATURDAY 9 SEPTEMBER

Frank van Ravensberg reports on the annual The annual Dutch Sprint Triathlon, held in Veenendaal last Saturday in wet and windy conditions.

Yesterday, we experienced a sporty 8th edition of the international sprintdriekamp walking race in Veenendaal. Dutch records for **Rick Liesting** (M40 3000m 12.17,81!!), **Bauke te Nijenhuis** (M80 3000m 20.38,46) and **Anne van Andel** (1000m Dutch

Best Performance Women: 4.25,91). The Sprintdriekamp was won by **Kate Veale** and **Rob Tersteeg**. Kate improved the track record of Liesbet De Smet on the 2000m and Rick improved the track record of Mirko Uradnik on the 3000m.

3000m First Heat

1.	Boetje Huliselan	17.43	354
2.	Erwin Arnold van den Bosch	18.16,51	365
3.	Han Holtslag	18.21,51	367
4.	Sandra Maas	19.32	391
5.	Cees Versteeg	19.34	391
6.	Joost van der Plicht	19.36,19	392
7.	Loes van Bremen	19.47,95	396
8.	Arjan Lukken	20.05	402
9.	Yvonne Grootswagers	20.12	404
10.	Corina Riezebos	20.37,39	412
11.	Bauke te Nijenhuis	20.38,46	413
12.	Hans van der Knaap	20.41	414
13.	Jan de Vos	20.57	419
14.	Dick Gnauck	24.20,39	486
15.	Paul Koks	25.45	509

3000m Second Heat

1.	Rick Liesting	12.17,81	246
2.	Rob Tersteeg	13.25,90	269
3.	Remco de Bruin	13.49,55	276
4.	Kate Veale	13.50,89	277
5.	Wilfried van Bremen	14.45,58	295
6.	Anne van Anandel	14.46,93	296
7.	Colin Versteeg	15.39,05	313
8.	Boguslaw Seidel	15.39,40	313
9.	Udo Schaeffer	16.16,29	325
10.	Richard Christian Wiltsch	16.21,84	327
11.	Liesbet De Smet	17.24,40	348

1000m First Heat

1.	Boetje Huliselan	5.28,57	328
2.	Erwin Arnold van den Bosch	5.32,81	333
3.	Loes van Bremen	5.33,07	333
4.	Han Holtslag	5.36,19	336
5.	Cees Versteeg	5.47,62	348
6.	Sandra Maas	5.57,89	358
7.	Yvonne Grootswagers	6.14,94	375
8.	Arjan Lukken	6.20,89	381
9.	Joost van der Plicht	6.29,51	389
10.	Hans van der Knaap	6.34,69	395
11.	Jan de Vos	6.39,51	399
12.	Bauke te Nijenhuis	6.45,07	405
13.	Corina Riezebos	6.45,39	405
14.	David Gerrits	6.45,69	406
15.	Tygo Hulsebos	6.55,54	415
16.	Bart Grootswagers	7.26,18	446
17.	Dick Gnauck	7.39,22	459
18.	Paul Koks	8.27,37	507
19.	Marit van Bremen	9.55,78	596

1000m Second Heat

1.	Rob Tersteeg	4.04,24	244
2.	Remco de Bruin	4.18,05	258
3.	Kate Veale	4.18,66	259
4.	Anne van Anandel	4.25,91	266
5.	Hub Kaenen	4.42,11	282
6.	Wilfried van Bremen	4.44,43	284
7.	Colin Versteeg	4.45,11	285
8.	Boguslaw Seidel	4.55,26	295
9.	Udo Schaeffer	5.07,14	307
10.	Liesbet De Smet	5.08,02	308
11.	Richard Christian Wiltsch	5.14,15	314

2000m First Heat

1.	Boetje Huliselan	11.40,98	351
2.	Erwin Arnold van den Bosch	12.03,45	362
3.	Han Holtslag	12.13,29	367
4.	Cees Versteeg	12.38,07	379
5.	Sandra Maas	13.05,61	393
6.	Joost van der Plicht	13.07,30	394
7.	Yvonne Grootswagers	13.15,27	398
8.	Corina Riezebos	13.20,95	401
9.	Arjan Lukken	13.23,86	402
10.	Hans van der Knaap	13.36,36	408
11.	Jan de Vos	13.51,26	416
12.	Bauke te Nijenhuis	14.47,76	444
13.	Loes van Bremen	14.47,76	444
14.	Dick Gnauck	15.49,66	475
15.	Bart Grootswagers	16.20,60	491
16.	Paul Koks	17.09,36	515
17.	Marit van Bremen (400m)	4.01,33	603

2000m Second Heat

1.	Rob Tersteeg	8.49,01	265
2.	Remco de Bruin	8.57,78	269
3.	Kate Veale	8.58,03	269
4.	Anne van Anandel	9.46,73	294
5.	Wilfried van Bremen	9.52,29	296
6.	Hub Kaenen	10.13,54	307
7.	Boguslaw Seidel	10.19,00	310
8.	Colin Versteeg	10.49,47	325
9.	Udo Schaeffer	10.51,47	326
10.	Richard Christian Wiltsch	11.05,72	333
11.	Liesbet De Smet	13.03,13	392

Just to reiterate the record breaking performances:

Bauke te Nijenhuis' 3000m time (20.38,46) was a Dutch record M80 and a trackrecord M80.

Rick Liesting's 3000m time (12.17,81) was a Dutch record M40, a trackrecord M40 and an overall trackrecord (all ages).

Boguslaw Seidel's 3000m time (15.39,40) was a Polish record M65 and a trackrecord M65.

Richard Christian Wiltsch's 3000m time (16.21,84) was a record for Nordrhein-Westfalen.

Anne van Andel's 1000m time (4.25,91) was an all time best performance women seniors for the Netherlands.

Kate Veale's 2000m time (8.58,03) was a trackrecord women seniors and an overall trackrecord (all ages).

The overall positions in each of the divisions was as follows

Men seniors/masters/U20/U18: Individual classification (based on three distances)

1.	Rob Tersteeg	NED	RWV	1976	M40	777
2.	Remco de Bruin	NED	SV de LAT	1964	M50	803
3.	Wilfried van Bremen	NED	RWV	1987	MSen	875
4.	Boguslaw Seidel	POL		1949	M65	918
5.	Colin Versteeg	NED	RWV	1995	MU23	923
6.	Udo Schaeffer	GER	ASV Erfurt	1950	M65	958
7.	Richard Christian Wiltsch	GER	SG Neukirchen-Hülchrath	1964	M50	974
8.	Boetje Huliselan	NED	OLAT	1955	M60	1033
9.	Erwin Arnold van den Bosch	NED	SV de LAT		MSen	1060
10.	Han Holtslag	NED	DAK Drunen	1957	M60	1070
11.	Cees Versteeg	NED	RWV	1966	M50	1118
12.	Joost van der Plicht	NED	Atletico '73	1948	M65	1175
13.	Arjan Lukken	NED	RWV	1967	M50	1185
14.	Hans van der Knaap	NED	RWV	1959	M55	1217
15.	Jan de Vos	NED	SV de LAT	1954	M60	1234
16.	Bauke te Nijenhuis	NED	RWV	1935	M80	1262
17.	Dick Gnauck	GER	ASV Erfurt	1964	M50	1420
18.	Paul Koks	NED	DAK Drunen	1965	M50	1531
19.	Hub Kaenen	NED	RWV	1959	M55	589 (2 races)
20.	Rick Liesting	NED	OLAT	1977	M40	246 (1 race)
21.	David Gerrits	NED		1968	M45	406 (1 race)

Women seniors/masters/U20/U18: Individual classification (based on three distances)

1.	Kate Veale	IRL	West Waterford AC	1994	VSen	805
2.	Anne van Andel	NED	DAK Drunen	1990	VSen	855
3.	Liesbet De Smet	BEL	DUFF	1982	V35	1048
4.	Sandra Maas	NED	RWV	1985	VSen	1142
5.	Loes van Bremen	NED	RWV	1986	VSen	1173
6.	Yvonne Grootswagers	NED	DAK Drunen	1978	V35	1177
7.	Corina Riezebos	NED	RWV	1965	V50	1218

Youth U16/U14/U12/U10/U8: Individual classification (two distances)

1.	Bart Grootswagers	NED	DAK Drunen	2006	MpA/U12	937
2.	Marit van Bremen	NED	RWV	2013	VMpD/U6	1199
3.	Tygo Hulsebos	NED	VAV	2005	MJD/U14	415 (1 race)

It is certainly a superb concept and seems to get bigger every year. Thanks to Frank for the following photos.



Start line for the first race – the 3000m first heat (all photos Frank van Ravensberg)



Rick Liesting, 3 year old Marit van Bremen, Kate Veale and Remco de Bruin



*M80 record to Bauke te Nijenhuis
women's podium: Anne van Andel, Kate Veale and Liesbet De Smet
men's podium: Remco de Bruin, Rob Tersteeg and Wilfried van Bremen*

CRITERIUM DE LA DURÉE, BAR LE DUC, FRANCE, SUNDAY 10 SEPTEMBER

Emmanuel Tardi was in the French city of Bar le Duc, 300km east of Paris on Sunday for a 1 hour Track Walk. Start time was 10AM and the weather was a mild 17°C. Overall wins to **David Durand-Pichard** (11.999km) and **Sonia Demon** (11.168km).

1 Hour Walk

			10,000m	1 Hour	
1.	David DURAND PICHARD	A2 Metz	VEM/72	49:57.4	11.999 km
2.	Gérard GUETAT	TOS Troyes	VEM/62	51:23.3	11.706 km
3.	Philippe BIBET	US Toul	VEM/67	51:24.6	11.702 km
4.	Christophe ERARD	ASM Bar le Duc	VEM/70	52:26.5	11.414 km
5.	Sonia DEMON	EFS Reims	VEF/72	53:44.4	11.168 km
6.	Pascal TOURNOIS	ASM Bar le Duc	VEM/54	56:49.4	10.588 km
7.	Valérie BOBAN	Vosges EC	VEF/68	57:35.1	10.419 km
8.	Adeline BRASTEL	EFS Reims	SEF/78	58:22.3	10.300 km

9.	Vanessa ROYER	A2 Metz	VEF/72	9.582 km
10.	Martin SCHWING	RC Epernay	SEM/89	8.462 km
11.	Emmanuel TARDI	LP Longjumeau	VEM/67	8.029 km
12.	Daniel CHAMAGNE	ASM Bar le Duc	VEM/41	7.370 km



Sonia Demon and David Durand-Pichard (photos Emmanuel Tardi)

LATVIA-SWEDEN-LITHUANIA-ESTONIA TEAM WALK CHAMPS, TUKUMS, LATVIA, SATURDAY 2 SEPT

With Sweden contesting its annual Finnkampen competition on the weekend of 2-3 September, it was missing from its usual Latvia/Sweden/Lithuania/Estonia Teams Walking Competition. The men's 20km was won by Latvia's **Ruslans Smolonskis** with a PB 1.26.15 and Latvia's **Agnese Pastare** won the women's 10km with 49.59 (24.46 + 25.13). Overall, Latvia won 45 points from Lithuania 38 and Estonia 35.

20km Men

1.	Ruslans, Smolonskis	LAT	1:26:15
2.	Edgars, Gjacs	LAT	1:37:09
3.	Igor, Jakovlev	EST	1:57:52
	Kirill, Titov	EST	DNF

10km Women

1.	Agnese, Pastare	LAT	49:59
2.	Aušrine. Kuzmickaite	LTU	53:45
3.	Anita, Cuhnova	LAS	54:06
4.	Anna. Tipukina	EST	56:26
5.	Gunita. Širante	LAT	57:45
6.	Lada, Rosljakova	EST	58:46
7.	Lika, Mitrofanova	EST	1:11:56

10km U20 Men

1.	Paulius, Juozaitis	LTU	49:09
2.	Deividas, Balevicius	LTU	52:26
3.	Boriss, Mošerenoks	LAT	54:26
4.	Dmitri, Butsenko	EST	59:18
5.	Andrei, Baulin	EST	1:07:27

5km U20 Women

1.	Austeja, Kavaliauskaite	LTU	24:15
2.	Jekaterina, Mirotvortseva	EST	24:22
3.	Adrija, Meškauskaite	LTU	25:06
4.	Lasma, Ermansone	LAT	30:30
5.	Darja, Predbannikova	EST	30:50
6.	Anastasija, Mošerenoka	LAT	31:19

DÉCANATION T&F MEET, ANGERS, FRANCE, SATURDAY 9 SEPTEMBER

2017 World 50km champion **Yohann Diniz** was back in action in France last weekend, with a quick 3000m track walk (11:14.16).

Men 3000m Race Walk

1.	Yohann DINIZ	FRA	78	11:14.16
2.	Antonin BOYEZ	FRA	84	11:44.75
3.	David KUSTER	FRA	99	11:50.19
4.	Justin BOURNIER	FRA	99	12:16.22
5.	Aurelien QUINION	FRA	93	12:36.19
6.	Ryan GOGNIES	FRA	00	12:57.38
7.	Sebastien DELAUNAY	FRA	74	12:57.86

SLOVAK CLUB CHAMPIONSHIPS, DUBNICA NAD VÁHOM, SLOVAKIA, SATURDAY 9 SEPTEMBER

To Slovakia where **Miroslav Uradnik** (20:44.06) and **Monika Hornakova** (24:56.05) won the 5000m walks in the Slovak Club Championships.

Men 5000m Race Walk

1.	Miroslav ÚRADNÍK	SVK	96	20:44.06
2.	Milan RÍZEK	SVK	78	20:53.77
3.	Dominik CERNÝ	SVK	97	21:09.03
4.	Michal MORVAY	SVK	96	22:38.57
5.	Lubomir KUBIŠ	SVK	01	22:47.61
6.	Zdeno MEDERA	SVK	75	24:34.08
7.	Daniel KOVÁČ	SVK	01	24:35.71
8.	Alan HAMZIC	SVK	00	26:29.38

Women 5000m Race Walk

1.	Monika HORNÁKOVÁ	SVK	95	24:56.05
2.	Klaudia ŽÁRSKA	SVK	99	25:27.46
3.	Ema HACUNDOVÁ	SVK	99	25:52.38
4.	Lucia CUBANOVÁ	SVK	95	26:29.22
5.	Hana BURZALOVÁ	SVK	00	30:11.09
6.	Dominika HUBKOVÁ	SVK	01	30:30.11

HUNGARIAN TEAM CHAMPIONSHIPS, SZÉKESFEHÉRVÁR, HUNGARY, 9-10 SEPTEMBER

And travelling just across the border to Hungary where **Bence Venyercsan** (42:56.86) and **Viktoria Madarasz** (45:58.5) won the 10,000m walks at the Hungarian Team Championships.

Men 10,000m Race Walk

1.	Bence VENYERCSÁN	HUN	96	42:46.86
2.	Máté HELEBRANDT	HUN	89	43:25.05
3.	Tomasz BAGDÁNY	HUN	95	44:15.10
4.	Dávid TOKODI	HUN	91	44:16.06
5.	Miklós SRP	HUN	93	45:38.49
6.	Sándor RÁCZ	HUN	86	47:11.36
7.	Donát BURGER	HUN	97	47:11.50
8.	Bálint SÁROSSI	HUN	00	47:55.82
9.	Salvatore RAO	ITA	57	1:03:29.08
10.	István CSABA	HUN	59	1:05:09.87

Women 10,000m Race Walk

1.	Viktória MADARÁSZ	HUN	85	45:58.8
2.	Barbara KOVÁCS	HUN	93	49:42.7
3.	Rita RÉCSEI	HUN	96	51:12.5
4.	Petra RABNÉ RÉCSEI	HUN	90	55:42.3
5.	Tamásné BODORKÓS	HUN	67	58:21.2
6.	Laura KOMORÓCZY	HUN	99	1:02:00.9
7.	Andrea TÓTH	HUN	71	1:06:23.8
8.	Gabriella KROKAVECZ	HUN	65	1:09:27.1
9.	Nóra HETÉNYI	HUN	70	1:10:31.1

GUERNSEY 3 KM ROAD WALK, LES AMARREURS, VALE, GUERNSEY, FRIDAY 1 SEPTEMBER

Now to a 2 part racing weekend on the Island of Guernsey. As a warmup for the iconic Church to Church walk on the Sunday morning (reported below), Sarnia Walking Club put on a 3km roadwalk on the Friday evening. Rob Elliott reports:

Easy win for Ian Richards

Winner **Ian Richards** was away from the off to secure an easy win in the Sarnia Walkings Club's 3km roadwalk race at Les Amarreurs. A hot summer's evening brought a number of competitors due to race the Church to Church down to the event. Grateful thanks to those from outside Guernsey who helped out with the judging. Whilst winner Richards was racing to a fast 14.16 (breaking Ed Shillabeer's all comers age best in the process), **Jim Ball** and **Rob Elliott** were swapping race positions throughout before crossing the line together in 17.15 for equal second place. Local walkers **Kevin Le Noury** and **Peter Beckerleg** claimed equal fourth place ahead of **Mick Le Sauvage**. Regular visitor **David Hoben** was close behind in 7th with **Kay Coulson** bringing up the rear with 22.25.

1	Ian Richards	M65	Steypning AC	14.16
2=	Jim Ball	M50	Steypning AC	17.15
2=	Rob Elliott	M55	Sarnia WC	17.15
4=	Kevin Le Noury	M55	Sarnia WC	19.44
4=	Peter Beckerleg	M55	SarniaWC	19.44
6	Mick Le Sauvage	M75	Sarnia WC	20.40
7	David Hoben	M60	Surrey WC	20.56
8	Kay Coulson	W45	Sarnia WC	22.25

GUERNSEY CHURCH TO CHURCH 19.4 MILES WALK, SUNDAY 3 SEPTEMBER

And now to the main event. A challenge in the local newspaper in September 1936 to walk between the Parish Churches of Guernsey in less than 3 hours 20 minutes was made by Mr Eve D Le Page who claimed to have done it over a course from Town to St Martins, the Forest, St Peters, Upper Parishes and the Lower Parishes. This led to the first walking race for what is now known as the "Church to Church". Great history document at <https://churchtochurch.files.wordpress.com/2008/04/short-history.pdf>. An early feature of the walk was the touching of each Church, nowadays walker's usually only touch the statue at St Martins Church gates.

This year's race was held just over a week ago in wet and windy conditions. Well reported by local organizer and former Commonwealth Games walker Rob Elliott (see <https://churchtochurch.wordpress.com/>). To summarise, despite the atrocious weather **Jonathan Hobbs** raced to his third win in the annual 19.4 miles Church to Church walk, with a new personal best time of 2.57.36. This beat his previous best time set when winning in 2013. Olympian **Ian Richards**, who at 69 years old still takes his race walking pretty seriously, finished second with 3:08:37 while **Jim Ball** finished third with 3.20.02. **Kay Coulson** was the solo female finisher with 4:16:59. Overall, 13 walkers attempted the demanding race. And **Rob Elliott** was amongst them, coming 5th with 3:38:09. Rob was also the first Channel Islander home, winning this title for the 18th time, and 40 years after his first win as an 18 year old.

Of course, a complex point to point event like this does not just happen. So we must acknowledge the Sarnia Walking Club, the event sponsors and of course the marshals and helpers who manned the event in the rain for many hours.

1.	Jonathan Hobbs	Ashford AC	England	U25	2.57.36
2.	Ian Richards	Steypning AC	England	M65	3.08.37
3.	Jim Ball	Steypning AC	England	M50	3.20.02
4.	Chris Hobbs	Ashford AC	England	M60	3.36.20
5.	Rob Elliott	Sarnia WC	Guernsey	M55	3.38.09
6.	Ed Shillabeer	Ilford AC	England	M75	3.58.44
7.	Sean Pender	Enfield & Haringey	Ireland	M60	4.01.19
8.	David Hoben	Surrey WC	England	M60	4.10.18
9.	Peter Beckerleg	Sarnia WC	Guernsey	M55	4.10.18
10.	Kevin Le Noury	Sarnia WC	Guernsey	M55	4.11.04
11.	Andy Walker	Unattached	Guernsey	M60	4.35.15
	Des Francis	Unattached	England	M50	DNF
1.	Kay Coulson	Sarnia WC	Guernsey	W45	4.16.59

Mark Easton was there with his camera – see his comprehensive photo gallery at <http://markeaston.zenfolio.com/p966962689>. Thanks to Mark for the following photos which he has passed onto us for usage.



The start of the 2018 Church to Church walk (all photos by Mark Easton)



Walkers Jonathan Hobbs, Ian Richards and Jim Ball touch the statue at St Martins Church gates



Left: Kay Coulson Right: Jonathan Hobbs wins

SURREY / SUSSEX COUNTY 3KM ROADWALK CHAMPS, CARSHALTON, ENGLAND, SUNDAY 10 SEPTEMBER

Thanks to Peter Hannell for the following race report and results.

This weekend was the 3km Walk part of the Surrey and Sussex County Championships, held as normal with the Combined Events Championships. The field was in parts – Senior Men from Sussex, young age groups from Surrey (AFD) and a group of Surrey Veterans who had taken part in the vets league and were encouraged to try this higher class event, plus a few other individuals. At the head of the field from the gun and winning by half a lap was Selby-coached **Ollie Hopkins** with a 26 second personal best.

3km Men Surrey

1.	T.Guttusrod	HW	M50	15:54.02
2.	B.Arbury	E&E	M50	18:10.35
3.	P.Hannell	Sy WC	M70	20:03.24

3km Men Sussex

1.	O.Hopkins	Lewes	U20M	14:53.41
2.	B.Kirkdale	Hast R	M55	18:34.43
3.	P.Gaston	Sy WC	M65	18:52.42
4.	R.Penfold	Steyn	M75	19:14.13

3km Women Surrey

1.	S.Davies	AFD	W50	18:11.04
2.	C.Wallis	AFD	U15G	18:58.11
3.	I.Elliot	AFD	U15G	21:01.99

CZECH CLUB CHAMPIONSHIPS, PLZEN, CZECH REPUBLIC, SUNDAY 10 SEPTEMBER

More club championships, this time in the Czech Republic – 5000m walk wins to **Lukas Gdula** (21:21.23) and **Anežka Drahotova** (22:24.30).

Men 5000m Race Walk

1.	Lukas GDULA	CZE	91	21:21.23
2.	Michal MORVAY	SVK	96	22:11.62
3.	Lukáš PAZDERA	CZE	86	22:23.63

Women 5000m Race Walk

1.	Anežka DRAHOTOVÁ	CZE	95	22:24.30
2.	Hana HERBEROVÁ	CZE	81	25:12.70

OUT AND ABOUT

First the good news

- I've been seeing lots of excellent sports posts lately from <http://en.omriyadat.com/>. This is an Arab news site (I think Bahrain based). It is superb and I recommend you add it to your links.
- The IAAF has ratified **Inês Henriques'** time of 4:05:56, done in London last month, as a new women's 50km World Record. This now officially betters her previous world record which stood at 4:08.26. See https://revistaatletismo.com/iaaf-ratificou-recorde-mundial-de-ines-henriques/?utm_source=dlvr.it&utm_medium=facebook.
- Last year, athletes searched more than 150,000 substances to check if they were approved for sport. You can too at <http://www.globaldro.com>.
- You may not have heard anything for ages but the investigations are obviously ongoing. France's financial prosecutor on Tuesday said investigations had revealed that the son of the former IAAF president was at the centre of a large corruption racket. See <https://www.supersport.com/athletics/article.aspx?Id=4120124>.
- Now that 26.2 miles is mainstream, more people, including elite road racers, are considering ultra distances and what it takes to finish them.. Is 100 miles the new marathon? Read more at <https://www.runnersworld.com/racing/is-100-miles-the-new-marathon>. The Centurions have been 100 mile walk enthusiasts for many years now. See our Australian Centurions website at <http://www.centurions.org.au>.

And now the bad and the ugly news

- Brazilian investigators said on Tuesday that politicians and the head of the national Olympic committee arranged a \$US2 million (\$2.5 million) bribe to bring the 2016 Games to Rio de Janeiro, despite the city having the worst conditions to host the event. Police in Rio raided the home of Brazil's Olympics chief, Carlos Arthur Nuzman, after prosecutors accused him of conspiring with former state Governor Sergio Cabral, already convicted in a separate corruption case, to buy the games. See <http://www.smh.com.au/world/brazil-olympic-chief-brokered-us2-million-bribe-to-buy-rio-games-police-20170905-gybm0k.html>.
- At last! Doping control officers have been granted permission to enter Russia's "closed territories and cities" to see if athletes resident there are in compliance with anti-doping requirements. We can only assume that it has been business as usual for Russian athletes behind closed doors up till now. There is indeed a long way to go before Russia can be reinstated. See <http://tass.com/sport/963565>.
- Also on a related theme, WADA's special investigator Richard McLaren hits back at statements from Russia that he had dropped the allegations of state-controlled doping against the country. McLaren refers to statements by Vitaly Smirnov, the chairman of the Russian Anti-Doping Committee. "I met McLaren some time ago and he finally said that he dropped the allegations of the state's influence," Smirnov said on Monday, calling this process "very important". See <http://www.insidethegames.biz/articles/1054996/mclaren-denies-russian-claims-that-state-sponsored-doping-allegations-have-been-dropped>.
- Russia's only reigning athletics world champion said Friday that the country isn't moving fast enough with reforms that could see its doping ban lifted. High jumper Maria Lasitskene accused Russian officials of not doing enough to end a sanction which caused many athletes to miss the 2016 Olympics and last month's world championships. See http://www.nzherald.co.nz/athletics/news/article.cfm?c_id=19&objectid=11920042&ref=rss.
- The European Handball Federation (EHF) has announced that three Russian players failed drugs tests at the Women's Under-19 European Championships in Slovenia last month. The Russian Handball Federation said in a statement on its website that it was notified of the incident on August 23, confirming the banned substance was meldonium. See <http://www.insidethegames.biz/articles/1055201/three-russian-players-test-positive-for-meldonium-at-under-19-european-handball-championships>.
- The 2017 IWF World Weightlifting Championships, set to take place in Anaheim, California, beginning in late November, may lose two powerhouse weightlifting nations and more. According to Brian Oliver of insidethegames, China and Russia, along with seven other countries, have been banned from competing in the year's biggest competition. The other countries potentially facing a ban are Kazakhstan, Armenia, Azerbaijan, Belarus, Moldova, Ukraine, and Turkey. See <http://www.floelite.com/article/61476-russia-china-and-others-potentially-banned-from-2017-iwf-worlds#.WbW4fMgiHIW>.

MARCIADALMONDO AND OMARCHADOR ROUNDUP

Marciadalmondo has 5 press releases this week

- Tue 12 Sep - Aliaksandr Liakhovich (BLR) and Brigita Virbalyte-Dimsiene (LTU) win in Druskininkai (LTU) http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2908
- Mon 11 Sep - Twelve hours with Antonella Palmisano, Francesco Fortunato and Lorenzo Dessi http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2907
- Sun 10 Sep - Trieste (ITA): 9th Memorial Rodolfo Crasso http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2906
- Thu 7 Sep - Athens (GRE): Race Walking Camp 2017 http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2905
- Thu 7 Sep - Xu Faguang wins the 50km in Chinese National Games http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2904

and Omarchador has 8 press releases

- Mon 11 Sep - Liakhovich and Virbalyte dominate 2017 Druskininkay racewalk meet <http://omarchador.blogspot.com.au/2017/09/liakhovich-e-virbalyte-dominam-edicao.html>
- Sun 10 Sep - Results of "Hoka One One" One Mile walk in New York <http://omarchador.blogspot.com.au/2017/09/milha-marcha-hoka-one-one-em-long.html>

- Sat 9 Sep - Results of races in annual Greek training camp
<http://omarchador.blogspot.com.au/2017/09/resultados-das-provas-de-marcha-no.html>
- Fri 8 Sep - Latvia wins Latvia wins Latvia/Lithuania/Estonia meet in Tukums
<http://omarchador.blogspot.com.au/2017/09/letonia-vence-encontro-com-lituania-e.html>
- Thu 7 Sep - Faguang Xu wins 50km in Tianjin, China
<http://omarchador.blogspot.com.au/2017/09/faguang-xu-ganha-50-km-em-tianjin-china.html>
- Wed 6 Sep - Focus on Yohann Diniz
<http://omarchador.blogspot.com.au/2017/09/yohann-diniz-nadar-e-pedalar-para.html>
- Tue 5 Sep - Madarász sets Hungarian 10,000m track walk record
<http://omarchador.blogspot.com.au/2017/09/madarasz-bate-recorde-da-hungria-de.html>
- Tue 5 Sep - Shandon Province men's team wins Chinese National Games in Tianjin
<http://omarchador.blogspot.com.au/2017/09/shandong-provincia-vencedora-em.html>

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.

Australian/Victorian Key Dates - 2016/2017 Summer Season

Oct 7 (Sat), 2017	AV Shield Competition starts, around Victoria
Nov 3-5, 2017	AV All Schools State Track & Field Championships, Lakeside Stadium
Dec 3 (Sun), 2017	Australian 50km Championship (and 20km and U20 10km events), Fawkner Park, Melbourne, VIC
Dec 8-10, 2017	Australian All Schools Championships, Adelaide
Jan 26-28, 2018	AV Country Championships, Ballarat
Feb 11 (Sun), 2018	Australian 20km Race Walking Championships, Adelaide
Feb 15-18, 2018	Australian Athletics Championships & Nomination Trials, Gold Coast (10,000m Walks)
Feb 23-25, 2018	AV Junior & Para Championships, Lakeside Stadium
Mar 2-4, 2018	AV Open & Para Championships, Lakeside Stadium
Mar 14-18, 2018	Australian Junior Athletics Championships, Sydney
Mar 24-25, 2018	AV Masters Championships, Doncaster/Nunawading
Apr 2 (Sun), 2018	Easter Sunday
Apr 4-11, 2018	Commonwealth Games, Gold Coast, QLD
Apr 28-29, 2018	Australian Little Athletics Championships, Gold Coast.

International Dates - 2017

Sept 24-27, 2017 Around Lake Taihu 4 Day Race, CHN. See <https://www.facebook.com/events/1225502784238644>.

International Dates – 2018 and onwards

Jan 20-27, 2018	Oceania Masters Athletics Championships, Dunedin, New Zealand See www.mastersathleticsoceania.com
Apr 4-15, 2018	XXI Commonwealth Games, Gold Coast, QLD (20km roadwalks). See http://www.gc2018.com
	Men's and Women's 20km walk, Currumbin Beachfront, Sunday 8 April
May 5-6, 2018	28 th IAAF World Race Walking Team Championships, Taicang, China
July 2018	16 th World Junior T&F Championships, Tampere, Finland
Sept 2018	22 nd World Masters Athletics T&F Championships, Malaga, Spain
Sept 28 – Oct 6, 2019	17 th IAAF World Championships in Athletics, Doha, Qatar
July 2019	30 th Summer Universiade, Naples Italy
2019	World Masters Indoors T&F Championships, Torun, Poland
July 24 – Aug 9, 2020	32 nd Olympic Games, Tokyo
July 20 – Aug 1, 2020	23 rd World Masters T&F Championships, Toronto, Canada
Aug 2021	18 th IAAF World Championships in Athletics, Eugene, USA
July 18-30, 2022	XXII Commonwealth Games, TBA

On 13th March 2017, Durban announced that it would not host the Games, due to financial constraints.

Tim Erickson, terick@melbpc.org.au Home: 03 93235978 Mob: 0412 257 496
Copies of recent newsletters are kept on the VRWC website (<http://www.vrwc.org.au>)