



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2015/2016 Number 05
03 November 2015



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WALKER OF THE WEEK

12 year old **Nikola Mandic** broke the VRWC 2000m track walk club record a couple of weeks ago with a time of 9:41. Last weekend, he shattered that record by a further 23 secs with a time of **9:18.51**, recorded in AV Shield competition at Casey Fields in outer Melbourne. In fact it is such a good time that it beats Kyle Swan's U14 club record of 9:19.

Nikola, who started walking in March 2013, has made rapid progress. In 2014, he won the LAVic U11 1500m track walk in an impressive 7:03. Earlier this year, he won the LAVic U12 1500m track walk in an even faster 6:58. He walked his first national road championship in August, coming 2nd in the U14 3km in 14:28. He now holds a lot of our U11, U12 and U13 club records and looks set for a fantastic summer.

Walker of the Week – for sure!



Nikola walking in the U14 3km in the 2015 Australian Roadwalk Championships in Melbourne

WOMEN'S 50KM COMES IN FROM THE COLD

The 2016/2016 IAAF Competition Rules (see <http://www.iaaf.org/about-iaaf/documents/rules-regulations>) has the following great news in the Forward on page 5

Also noteworthy: the distances run at the IAAF world Championships Cross Country have been standardised for both men and women as 10km; the Distance Medley Relay and the **women's 50km Race walk have been added as official world Record events**; in line with many other sports, "Junior" has become "u20" and "youth" is now "u18".

The new ruleset comes into effect on Sunday 1st November so presumably an initial record for the women's 50km walk will be formally ratified at that time.

Note that most of the women's 50km ranking times have been done in the Italian city of Scanzorosciate (outside Milan) which hosted international 100km and 50km events each October for many years now. In fact, the 2007 race saw two World Bests for women:

- Monica Svensson of Sweden set a new World Best for 50 km with her time of 4.10.59. The previous record of 4:12:16 had been set by Belarussian Elena Ginko in the same competition in 2004. Svensson made her 50 km debut in this same competition in 2006 and recorded 4.17.29. In 2007, she opened fast and was just 2.03 at the halfway mark, holding on well in the second half. Amazingly, she beat the first man, Lukas Padzera (4.11.49), by nearly one minute.
- In the women's 100 km event, Latvia's Jolanta Dukure won with a World Best of 10.04.50. The previous best had been held by French walker Kora Boufflert who recorded 10.13.56 in Roubaix in 1994. Jolanta started in the 100 km event the previous year but had been disqualified. This time around she made amends.



World best for the women's 50km - Monica Svensson

Emmanuel Tardi's 2012 all-time list reads as follows. Will the inaugural World Record go to Swedish walker Monica Svensson? Or will they start from scratch – after all, a World Record normally requires three international judges and doping tests within 24 hours.

4h10.59 WR	Monica SVENSSON	SUE/261278	SCANZOROSCIATE	21.10.2007
4h12.16 WR	Elena GINKO	BLR/300776	SCANZOROSCIATE	17.10.2004
4h16.27	Jolanta DUKURE	LET/200979	PARALEPA	09.09.2006
4h25.21	Brigita VIRBALYTE	LIT/010285	SCANZOROSCIATE	17.10.2010
4h28.13	Evaggelia XINOU	GRE/221181	SCANZOROSCIATE	17.10.2004
4h28.53	Aydieta NERINGA	LIT/050683	IVANO FRANKIVSK	01.10.2006
4h29.56	Natalia BRUNIKO	ITA/230273	SCANZOROSCIATE	27.10.2002
4h32.36	Lyudmila SHELEST/YEGOROVA	UKR/041074	SCANZOROSCIATE	18.10.2009
4h33.22	Erin TAYLOR TALCOTT	USA/210578	SANTEE	22.01.2012
4h35.51	Anna Lisa POTENZA	ITA/100281	SCANZOROSCIATE	18.10.2009
4h36.45	Olena KRYVOKHYZHA	UKR/100379	SCANZOROSCIATE	28.10.2001
4h37.40	Martina GABRIELLI	ITA/150286	SCANZOROSCIATE	15.10.2006
4h39.45	Susan ARMENTA	USA/190973	CHULA VISTA	17.02.2002
4h41.32	Agnese PASTARE	LET/271088	SCANZOROSCIATE	19.10.2008
4h41.57 WR	Kora BOUFFLERT	FRA/230466	AY	17.09.1995
4h43.24	Anita LIEPINA	LET/171167	SCANZOROSCIATE	27.10.2002
4h44.09	Henrietta RUSNAKOVA	SVK/171071	SCANZOROSCIATE	19.10.2003
4h45.13	Katsiaryna PASHKOUSKAYA	BLR/030976	SCANZOROSCIATE	18.10.2009
4h45.57	Laura POLLI	SUI/070983	SCANZOROSCIATE	16.10.2005
4h46.35	Monica GARDINI	ITA/031173	SCANZOROSCIATE	19.10.2003
4h47.27	Tiziana SECHI	ITA/120182	SCANZOROSCIATE	27.10.2002
4h47.42	Maria Teresa MARINELLI	ITA/300485	SCANZOROSCIATE	15.10.2006
4h49.25	WR Jacqueline DELASSEAU	FRA/141246	CHAUMONTEL	17.09.1978
4h49.39	Despina ZAPOUNIDOU	GRE/051085	SCANZOROSCIATE	16.10.2005
4h49.44	Monika CHODEROVA	RTC/150476	SCANZOROSCIATE	27.10.2002
4h50.05+	Ludmilla LUBOMIROVA	RUS/131162	PERPIGNAN	15.10.1995
4h50.51	Sandra BROWN	GBR/010449	BASILDON	13.07.1991
4h52.29	Natalia BRUNIKO	ITA/230273	SCANZOROSCIATE	29.10.2000

4h52.39	Silvia PANSERI	ITA/170980	SCANZOROSCIATE	27.10.2002
4h54.10	Nadezhda PUTILOVA	RUS/080483	ST PETERSBURG	08.09.2002
4h55.19.4t	Svetlana BYCHENKOVA	RUS/170276	ST PETERSBURG	27.06.1998
4h58.08	Lucie PELANTOVA	RTC/070586	SCANZOROSCIATE	21.10.2007
4h58.13	Heidi MAEDER	SUI/131043	YVERDON	06.08.2000
5h00.10+	Valentina SETROVA	BLR/191271	SCANZOROSCIATE	19.10.2003
5h01.52	Lilian MILLEN	GBR/050345	YORK	16.04.1993
5h02.55	Micheline DANEAU	CAN/070860	WEST LONG BEACH	17.05.1992
5h03.49+	Evguenia GOURIEVA	RUS/021269	ROUBAIX	09.10.1994
5h05.18	Yelena MIKHAYLOVA	RUS/160183	ST PETERSBURG	08.09.2001
5h05.44.7	Tatyana AMBRAZEVA	RUS/180786	ST PETERSBURG	12.10.2003
5h06.05	Daniela MANCINI	ITA/030483	SCANZOROSCIATE	18.10.2009
5h08.06	Dora JAKOB	SUI/050959	YVERDON	13.09.2009
5h08.13	Katalin VARRO	HON/090186	SCANZOROSCIATE	21.10.2007
5h08.46	Anne-Marie MESMOUDI	FRA/280560	AY	17.09.1995
5h09.23	Maura MARCHIORI	ITA/240759	SCANZOROSCIATE	17.10.2004

+ on 100km walk, t on track , * on 6H walk

WHAT'S COMING UP

The **Victorian All-Schools T&F Championships** are to be contested next weekend on **6-8 November**. Timetable and entry lists can be found at <http://athsvic.org.au/event/2015-victorian-all-schools-track-field-championships/>.

AV SHIELD ROUND 2, SATURDAY 31 OCTOBER

Athletics Victoria Shield competition continued last Saturday with Zone vs Zone comps for the 4 Melbourne based regions and standalone competitions at the 3 country regions. 2000m walks were contested at all venues and well over 100 walkers raced..

AV Shield Round 3 (Blue Zone vs White Zone, Program 2), Casey Fields, Sat 31 Oct 2015

Casey Fields was the place to be last Saturday for some fast walking. Kyle Swan 8:28.44 and Tayla-Paige Billington 9:08.49 were fastest male and female with excellent PBs. 12 year old Nikola Mandic also produced the good with a huge PB of 9:18.51. Special mentions also to Hayden Walmsley (PB of 10:00.29) and Natalie Laurie (getting back into shape with 9:56.10).

2000m Walk Blue/White

1.	Swan, Kyle	M16	ATHLETICS NU	8:28.44	PB 0:03
2.	Kozica, Jason	M28	ST KEVINS AC	8:47.65	
3.	Walmsley, Reese	M17	KNOX AC	9:07.23	
4.	Billington, Tayla-Paige	W18	ATHLETICS NU	9:08.49	PB 0:09
5.	Mandic, Nikola	M12	CASEY CARDIN	9:18.51	PB 0:23, VRWC rec
6.	Dickson, Corey	M13	KNOX AC	9:54.21	
7.	Laurie, Natalie	W24	ATHLETICS NU	9:56.10	
8.	Walmsley, Hayden	M14	KNOX AC	10:00.29	PB 0:18
9.	Tindal, Pam	W56	VICTORIAN MA	10:00.92	
10.	Thompson, Will	M13	CASEY CARDIN	10:02.74	
11.	Geisler, Sandra	W38	RINGWOOD AC	10:04.83	
12.	Patterson, Adam	M43	ATHLETICS NU	10:10.95	
13.	Hamilton, Emily	W17	KNOX AC	10:13.25	
14.	Evans, Simon	M55	BOX HILL AC	10:13.68	
15.	Muldoon, Wendy	W44	ATHLETICS NU	10:37.24	
16.	Taylor, Lucas	M19	YARRA RANGES	10:47.08	
17.	Hay, Charlotte	W12	KNOX AC	10:53.71	
18.	Rosenbrock, Carolyn	W53	ATHLETICS NU	10:54.90	
19.	Carr, Heather	W66	GLENHUNTLY AC	11:08.27	
20.	Hunter, Pia	W49	BOX HILL AC	11:12.83	
21.	Baker, Simon	M57	OAKLEIGH AC	11:21.44	
22.	Richardson, Brodie	W15	KNOX AC	11:24.83	
23.	Van Dongen, Rupert	M41	CASEY CARDIN	11:41.57	
24.	Lillie, Jessica	W16	KNOX AC	11:55.01	
25.	Dickenson, Russell	M70	SOUTH COAST	11:56.01	
26.	Egginton, Andrew	M54	BOX HILL AC	11:56.21	
27.	Bennett, Ralph	M74	GLENHUNTLY AC	12:04.96	
28.	Fairburn, Callum	M19	KNOX AC	12:28.85	
29.	Boland, Julian	M52	MENTONE AC	12:39.96	
30.	Doran, Anthony	M63	GLENHUNTLY AC	12:47.14	
31.	Steed, Gwen	W73	GLENHUNTLY AC	12:50.42	

32.	Rickard, Joseph	M14	FRANKSTON AC	13:21.17
33.	Bowden, Kuniko	W49	MENTONE AC	13:23.84
34.	Howorth, Sandra	W52	GLENHUNTLY AC	13:27.57
35.	Hutton, Philip	M69	GLENHUNTLY AC	14:09.28
36.	Morrison, John	M76	SANDRINGHAM AC	14:13.86
37.	Sofianos, Gerald	M66	ST KEVINS AC	14:26.64
38.	Fairburn, Teagan	W24	UNATTACHED	14:43.73
39.	Strudley, Ella	W13	YARRA RANGES	15:50.46
40.	Archer, Karen	W52	VICTORIAN MA	16:04.04
41.	Killip, John	M61	OLD MELBURNI	16:22.76
42.	Albiston, Simone	W49	ATHLETICS WAVERLEY	17:24.51
43.	Clark, Madison	W12	UNATTACHED	10:51.65
44.	Fairburn, Scott	M28	UNATTACHED	11:35.49
	Handasyde, Ian	M62	UNATTACHED	DQ
	Kelleher, Una	W28	MALVERN HARRIERS	DQ
	McGarry, Peter	M45	ST KEVINS AC	DQ
	Kaszmarek, Francis	M48	MALVERN HARRIERS	DQ

AV Shield Round 3 (Yellow Zone vs Red Zone, Program 2), Williamstown, Sat 31 Oct 2015

There were so many walkers at Williamstown that they had to split the walk into two divisions. The first division included all the lower ranked walkers and was won by Kerryn Walshe with 12:46.49. The second division included the faster walkers and was won by Danny Hawksworth with 9:41.29. Rumour has it that Danny is training for his first 50km attempt at Fawkner Park in December – and he looks in good form.

2000m Walk Section 1

1.	Walshe, Kerryn	W53	DIAMOND VALLEY	12:46.49
2.	Costelloe, Morgan	W17	DONCASTER AC	13:07.20
3.	Walburg, Kirsten	W17	DONCASTER AC	13:29.55
4.	Collis, Frances	W14	UNNATACHED	13:43.78
5.	McLennan, Campbell	M43	DONCASTER AC	13:47.76
6.	Quinn, Karen	W51	DIAMOND VALLEY	13:54.64
7.	McLennan, Laura	W39	DONCASTER AC	13:56.07
8.	Smith, Charmaine	W40	DONCASTER AC	14:00.16
9.	Hodgart, Janice	W52	WESTERN ATHL	14:00.93
10.	Spiteri, Kelly	W42	COBURG HARRIERS	14:13.91
11.	Papadopoulos, Sara	W28	DIAMOND VALLEY	14:16.89
12.	Gunn, Nicole	W36	KEILOR ST BE	14:42.64
13.	Davey, Louise	W49	COBURG HARRIERS	15:20.37
14.	Rankin, Sharon	W44	WESTERN ATHL	15:22.45
15.	Ireland, Roslyn	W32	BRUNSWICK AC	15:27.35
16.	Chapman, Craig	M43	WHITTLESEA CITY	15:40.27
17.	Cashin, Brenda	W51	WESTERN ATHL	15:56.47
18.	Szuhai-Andrews, Je	W50	BRUNSWICK AC	16:34.78
19.	Ireland, Olive	W55	BRUNSWICK AC	16:55.90
20.	Campbell, Donna	W45	PRESTON AC	17:27.69
21.	Rickard, Tess	W22	BRUNSWICK AC	17:32.74
22.	Rickard, Ian	M59	BRUNSWICK AC	18:56.17
23.	Lamb, Christian	M14	BRUNSWICK AC	21:30.78
24.	Lamb, Steven	M18	BRUNSWICK AC	22:27.76
	Cooper, John	M63	ATHLETICS ESSENDON	DQ
	Payne, Gregory	M62	SOUTH MELBOURNE	DQ
	Rankin, Bailey	M13	WESTERN ATHL	DQ
	Muscat, Justine	W15	WESTERN ATHL	DQ

2000m Walk Section 2

1.	Hawksworth, Danny	M36	ATHLETICS ESSENDON	9:41.29
2.	Taylor, Michael	M15	DIAMOND VALLEY	9:44.12
3.	McDonough, Aaron	M43	PRESTON AC	9:53.46
4.	Feain, Lachlan	M16	KEILOR ST BE	10:49.39
5.	Kennedy, Paul	M58	KEILOR ST BE	11:08.98
6.	Hawkins, Trenton	M36	PRESTON AC	11:09.89
7.	Collis, Hugh	M15	DIAMOND VALLEY	11:28.03
8.	Collis, Lauren	W17	DIAMOND VALLEY	11:39.06
9.	Elms, Donna-Marie	W54	PRESTON AC	11:42.38
10.	Downie, Christophe	M26	WESTERN ATHL	12:01.00
11.	Irons, Julia	W17	KEILOR ST BE	12:25.79
12.	Feain, Madeleine	W17	KEILOR ST BE	12:36.83
13.	Shaw, Robyn	W54	WESTERN ATHL	12:47.68

14. Dunstone, Phillip	M47	WESTERN ATHL	13:03.10
15. Beveridge, Heath	M12	WESTERN ATHL	14:16.97

AV Shield Round 3 (Program 2), Ballarat Zone, Ballarat, Sat 31 Oct 2015

James Christmass travelled from Geelong to Ballarat last Saturday and was rewarded with a new Geelong M45 record of 9:03.64. But it was not good enough to win with Ross Darlow 8:44.48 and Kelly Ruddick 8:49.59 ahead of him.

2000m Walk

1. Darlow, Ross	M17	EUREKA ATHLE	8:44.48	PB 0:01
2. Ruddick, Kelly	W42	BALLARAT HAR	8:49.59	
3. Christmass, James	M48	CORIO	9:03.64	
4. Peart, Jemma	W14	BALLARAT YCW	10:04.59	
5. Dowie, Ellen	W16	EUREKA ATHLE	12:40.43	
6. Roberts, Peter	M49	BALLARAT HAR	16:00.35	

AV Shield Round 3 (Program 2), Bendigo Zone, Bendigo, Sat 31 Oct 2015

2000m Walk

1. Hayes, Zahra	WU16	SBE	9:52.02
2. Bryant, Barbara	W40+	EAG	11:03.40
3. Major, Annette	W40+	EAG	11:27.75
4. Payne, Jennifer	W40+	SBE	12:43.40
5. Browell, Leigh	M40+	SBE	14:28.36
6. Curtis, Annette	W40+	SBE	14:45.94

AV Shield Round 3 (Program 2), Geelong Zone, Geelong, Sat 31 Oct 2015

Alas, nothing from Geelong yet.

SAMA TRACK WALKS, ASA STADIUM, MILE END, ADELAIDE, WEDNESDAY 28 OCTOBER

Thanks to Colin Hainsworth for his weekly report from the South Australian Masters in Adelaide

1000m Handicap

1. Julia Lycett	06:36	W51
2. Rhiannon Lovegrove	04:43	
3. Edna Bates	08:20	W62
4. Leigh Smith	07:08	M80
5. Jan Layng	07:26	W67
6. Des Mulqueen	07:08	M69
7. Rodger Barber	07:05	M77
8. Jill Rogers	08:07	W71
9. Mark Worthing	05:46	M53
10. Geoff Byham	06:09	M69
11. Roger Lowe	07:17	M72
12. David Robertson	08:35	M82

2000m Handicap

1. Jack Russell	11:20	M60
2. Doug Smart	14:23	M72
3. Roger Lowe	14:44	M72
4. Geraldine Smith	12:53	W65
5. Rodger Barber	14:24	M77
6. Des Mulqueen	14:28	M69
7. Leigh Smith	14:43	M80
8. Geoff Byham	12:45	M69
9. Bill Starr	14:17	M73
10. Jan Layng	15:12	W67
11. Jill Rogers	16:52	W71
12. Edna Bates	17:11	W62

BENDIGO WALKERS CLUB ROADWALKS, BENDIGO, WEDNESDAY 28 OCTOBER

Thanks to Paul Rance for the latest walks report from Bendigo in country Victoria. Paul writes: The Bendigo Walkers Club held their 2015 Bendigo Race Walking Cup 2400m handicap on Wednesday evening with backmarker Zahra Hayes racing through the field to score a comfortable victory with a personal best and Club record performance. Jennie Payne also produced a personal best to take 2nd place with Barb Bryant taking 3rd just in front of Annette Curtis.

Bendigo Race Walking Cup 2.4km Handicap

1. Zahra Hayes	11.47
2. Jennie Payne	15.41
3. Barb Bryant	13.34
4. Annette Curtis	17.41
5. John Carter	17.07
6. Peter Curtis	14.13
7. Sheridan Commons	19.50
8. Oscar Fox	18.14
9. Caitlyn Tozer	22.57
Ebony Whiley	DNF

ACT WALKERS CLUB TRACKWALKS, WODEN PARK, CANBERRA, THURSDAY 29 OCTOBER

Thanks to Robin Whyte for the latest results from the ACT Walkers Club in Canberra. 29 starters is very impressive, with the first 4 all under 7 minutes showing an impressive depth.

1500m Walk

1.	Connor Frew	6:48
2.	Tim Fraser	6:49
3.	Gabby Hunt	6:53
4.	Mitchell Baker	6:57
5.	Tom Hunt	7:34
6.	Laura Burns	7:48
7.	Spencer Burns	7:48
8.	Peter Baker	8:18
9.	Matt Griggs	8:22
10.	Katie Alley	8:31
11.	Ellen Vahey	8:35
12.	Jennifer Alley	8:40
13.	Robin Whyte	9:21
14.	Greg Durr	9:47
15.	Bryan Thomas	9:53
16.	Rod Gilchrist	10:19
17.	Jane Bates	10:41
18.	Geoff Barker	10:53
19.	Wendy Kupkee	10:58
20.	Ruth Baussmann	10:59
21.	Doug Fitzgerald	11:00
22.	Jennifer Gilchrist	11:13
23.	Sheryl Greathead	11:44
24.	John Ninham	11:59
25.	Margaret McSpadden	12:11
26.	Georgia Frew	12:51
27.	Sarah Frew	13:09
28.	Lorna England	15:00
29.	Terrill Strahan	15:53

AACT 2015-16 SUMMER SERIES & 2015 SCHOOLS KNOCKOUT, AIS TRACK, BELCONNEN, FRIDAY 30 OCTOBER

And some of the Canberra walkers were back on action the next night with Athletics ACT Summer Series competition. 15 year old Gabby Burns was in great form with a huge 34 sec PB of 14:06.3, following on from her 1500m PB the night before.

3000m Walk

1.	Gabby Hunt	WU16	NCG	14:06.3	PB 0:34
2.	Spencer Burns	MU14	NCG	16:16.7	
3.	Gwyllym Young	MU14	SCT	16:23.0	
4.	Matthew Griggs	MOP	Weston Creek	17:20.8	

1500m Walk

1.	Dylan Eddowes	MU18	SCT	8:59.6	
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ATHLETICS SA INTERCLUB ROUND 1, SA ATHLETIC STADIUM, MILE END, SATURDAY 31 OCTOBER

Justin Hill (13:40.54) and Anna Cross (6:51.94) were the best in Adelaide last Saturday.

3000m Walk

1.	Justin Hill	MOP	ADELAIDE HAR	13:40.54
2.	Rhiannon Lovegrove	WU16	PORT ADELAIDE	14:43.84
3.	Jake Vidler	MU16	SOUTHERN	15:01.14
4.	Danielle Walsh	WOP	UNA	15:09.84
5.	Alix Harlington	MU18	SALISBURY	15:17.64
6.	Tristan Camilleri	MU16	COASTAL DIST	15:48.64
7.	Peter Crump	M35+	SAINTS	16:59.54
8.	Samantha Findlay	WOP	SOUTHERN	17:03.04

1500m Walk

Anna Cross	WU18	PEMBROKE	6:51.94	PB 0:09
Victoria Upton	WU14	SOUTHERN	8:25.84	
Chloe Upton	WU14	UNA	8:41.34	
Adrian Upton	MU14	SOUTHERN	10:52.24	

WA STATE ALL SCHOOLS T&F CHAMPIONSHIPS, WA ATHLETICS STADIUM, PERTH, 31 OCT - 1 NOV
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Declan Tingay (5000m in 22:29.25) was in top form in Perth last weekend in the Western Australian All Schools T&F Championships. Emily Pivac also walked well with her 15:09.02 for the U16 3000m.

Girls 3000m Walk U14

1. Johns, Courtney	02	WILLETTON SE	17:02.70
2. Ruane, Hayley	03	LUMEN CHRIST	17:18.76
3. Ireland, Hannah	03	LIVING WATER	18:17.13
4. Moore, Kaitlyn	02	LUMEN CHRIST	18:47.18
5. Gallagher, Caitlin	02	PETER MOYES	19:33.41
Holland, Amy	03	HUNTINGDALE PRI	DQ

Girls 3000m Walk U16

1. Pivac, Emily	00	JOHN CURTIN	15:09.02
2. Ruane, Tiahna	01	LUMEN CHRIST	15:43.31

Girls 5000m Walk U18

1. Ruane, Tiahna	01	LUMEN CHRIST	26:55.82
2. jackson, hayley	99	LESMURDIE SE	28:38.00
Pivac, Emily	00	JOHN CURTIN	DNF

Boys 3000m Walk U14

1. Hall, Joseph	03	LESMURDIE SE	17:04.97
Ralston, Max	02	MT LAWLEY SE	DQ

Boys 3000m Walk U16

1. Reid, Benjamin	01	THORNLIE CH	15:09.36
2. Millard, Thomas	01	LIVING WATER	18:42.43

Boys 5000m Walk U18

1. Tingay, Declan	99	WESLEY COLLEGE	22:29.25
2. Reid, Benjamin	01	THORNLIE CH	25:24.27
3. Mann, Bradley	99	MINDARIE SEN	28:17.87

TASMANIAN ALL SCHOOLS TRACK AND FIELD, DOMAIN ATHLETIC CENTRE, HOBART, 31 OCT - 1 NOV
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And finally to Tasmania to finish the local news. Small numbers for their Schools T&F Championships walks.

Girls 5000m Walk U18

1. Alice Randall	00	St Marys College	27:27.08
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Girls 3000m Walk U16

1. Alice Randall	00	St Marys College	16:07.15
2. Jessica Upton-Greer	01	Queechy High	20:50.74

Boys 3000m Walk U14

1. Bayley Campbell	02	St Virgils College	17:52.01
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TALKING NEW ZEALAND

- Athletics NZ has released its selection criteria for the 2016 World Race Walking Team Championships (which used to be known as the World Racewalking Cup) – see <http://www.athletics.org.nz/High-Performance/Competitions/2016-iaaf-world-race-walking-team-championships>. Their qualifying times are well matched to the standard of walking in that country so hopefully this will inspire their walkers to strive for selection.

Event/Category	Individual Standard	Team Standard
Junior Women 10km	53:30	55:00
Junior Men 10km	48:00	50:00

Women 20km	1:40:00	1:45:00
Men 20km	1:30:00	1:35:00
Men 50km	4:10:00	4:18:00

- 18 year old **Jared Free** walked his second PB of the summer season with a very good 22:01.78 in the 5000m at Mt Smart Stadium in Auckland (New Zealand) on Saturday. The time was a 58 second PB and an Auckland U20 record. It should also set new NZ U19 and U20 records subject to ratification.



Jared in action in Auckland on the weekend

- And 21 year old **Courtney Ruske** was also in fine form, doing a big 5000m PB of 23:23 in her first race for some time.
- Finally, **DON'T MENTION THE RUGBY WORLD CUP FINAL!**

OUT AND ABOUT

- Emmanuel Tardi has uploaded two very interesting videos to YouTube
 - 1997 100km Championship at Petit Quevilly - <https://www.youtube.com/watch?v=sqsvIbn1cuQ>
 - 1995 French 50km Championship - <https://www.youtube.com/watch?v=2h6aBrhnMIY>. What a huge field of men and women! The first 3 places were as follows

1	PILLER René	GA Haut - Saônois	3:53:32
2	CAUDRON Sylvain	CP Neuilly / Marne	3:56:35
3	FESSELIER Martial	SMA Caen	4:02:27
- Sweden has set very tough qualifying standards for the three walks in next year's Rio Olympics - the standards are based on what was required for eighth place at the 2012 Olympics and the World Championships in 2013 and 2015. The Nomination limits are: 20km Men 1:21:30 50km, 3:45:00, 20km Women 1:30:00. More at http://iof2.idrottonline.se/ImageVaultFiles/id_107936/cf_78/SOK_uttagning_OS_2016.PDF but in Swedish.

AIS RACE WALKING RESEARCH CAMP GETS UNDERWAY

For the next 4 weeks, the AIS in Canberra will see plenty of sweat as a number of top walkers participate in a research camp. The research is titled "*Dietary periodisation to support training outcomes in elite distance athletes*" and is coordinated by Louise Burke, Head of Sports Nutrition at the AIS. The aim is to measure the effects of three different diets on the success of an intensified training block, examining performance, training capacity and quality of life, and any changes in measures of health and metabolism

- The traditional sports nutrition guidelines of high carbohydrate eating
- The highly marketed Low Carb High Fat diet (LCHF)
- A periodised approach, mixing strategies of high and low carbohydrate support around specific training sessions.

The attendees are **Brendon Reading (AUS)**, **Jared Tallent (AUS)**, **Ian Rayson (AUS)**, **Rhydian Cowley (AUS)**, **Adam Garganis (AUS)**, **Ben Thorne (CAN)**, **Inaki Gomez (CAN)**, **Evan Dunfee (CAN)**, **Marc Mundell (RSA)**, **Rafal Augustyn (POL)** and **Isamu Fujisawa (JAP)**.

The camp is in two parts, a second 4 week block in January 2016 being used as well.



Monday morning – 10km time trial – Ben Thorne, Isamu Fujisawa, Brendon Reading, Rafal Augustyn, Inaki Gomez, Rhydian Cowley, Jard Tallent, Adam Garganis, Evan Dunfee, Marc Mundell and Ian Rayson



Blood tests!

MARCIADALMONDO AND OMARCHADOR ROUNDUP

Marcialmondo saw 6 press releases this week

- Mon 2 Nov - Results of 30th Gaudix Race Walking Grand Prix in Spain
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2256
- Sun 1 Nov - San Sebastian (ESP): One thousand people attend a conference by Jordi Llopart and Mikel Odriozola
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2255

- Sun 1 Nov - Spanish coach José Marin to provide technical style support for Ecuadorian Andres Chocho
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2254
- Sat 31 Oct - Italian walker Margherita Crosta faces challenge - walking or university
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2253
- Fri 30 Oct - World rankings - 20km Women
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2252
- Thu 29 Oct - Robert Heffernan interviewed by Spikes magazine
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2251

The omarchador blog was also active with 7 news releases

- Mon 2 Nov - Amezcua and Kashyna win in Guadix
<http://omarchador.blogspot.com.au/2015/11/amezcua-e-kashyna-dominam-em-guadix.html>
- Sun 1 Nov - Caio Bonfim talks about his participation in the Lake Taihu 4 Day Tour
<http://omarchador.blogspot.com.au/2015/11/caio-bonfim-comenta-participacao-no.html>
- Sat 31 Oct - Future stars shine in Chinese Youth Games
<http://omarchador.blogspot.com.au/2015/10/futuras-estrelas-chinas-brilham-nos.html>
- Fri 30 Oct - Preview of the Gaudix GP walk this weekend in Spain
<http://omarchador.blogspot.com.au/2015/10/grande-premio-de-guadix-soma-30-edicoes.html>
- Thu 29 Oct - Michael Mannozi and Erin Taylor-Talcott win USATF 30km titles in Valley Cottage, NY
<http://omarchador.blogspot.com.au/2015/10/michael-mannozi-e-erin-taylor-talcott.html>
- Wed 28 Oct - Michiguchi and Maruo win Japanese 20km championships
<http://omarchador.blogspot.com.au/2015/10/michiguchi-e-maruo-destacaram-se-nos-20.html>
- Tue 27 Oct - Koichiro Morioka wins Japanese 50km and confirms his Rio spot
<http://omarchador.blogspot.com.au/2015/10/morioka-vence-os-50-km-marcha-do-japao.html>

#BANCHEGIN

- Russia would have us all believe that they are now a clean T&F sports but the drugs test failures keep on coming. This last Wednesday from the New Zealand Herald
http://www.nzherald.co.nz/athletics/news/article.cfm?c_id=19&objectid=11536270&ref=rss

The IAAF says Olympic hammer thrower Maria Beshpalova of Russia has been suspended after testing positive for a banned steroid once used in the East German state doping program. The IAAF tells The Associated Press in an e-mailed statement that Beshpalova tested positive for dehydrochloromethyltestosterone last month at the Istaf meeting in Berlin. Beshpalova has been provisionally suspended until the Russian athletics federation rules whether she should face a ban. Beshpalova reached the hammer throw final at the 2012 Olympics but finished 11th. Russian teammate Tatyana Lysenko won gold.

- Russian walker Denis Strelkov has confirmed his B sample has tested positive. See <http://www.championat.com/other/news-2286440-doping-proba-b-prizjora-che-po-khodbe-strelkova-dala-polozhitelnyj-rezultat.html>. He is one of a further 6 Russian racewalkers outed for drugs related failures last month.

PARENT CHILD COMBINATIONS IN AUSTRALIAN RACEWALKING

I continue my exploration of the four parent/child combinations who have won the same or similar Australian walk championships

- **Bert Gardiner** (Aust 7 Miles) and **Bob Gardiner** (Aust 2 Miles, 3000m, 20km and 50km)
- **Tim Erickson** (Aust 50km) and **Chris Erickson** (Aust 20km and Aust 50km)
- **Dave Smith** (Aust 3000m, 5000m and 20km) and **Dane Bird-Smith** (Aust 10,000m and 20km)
- **Jenni Jones-Billington** (Aust 10km) and **Tayla-Paige Billington** (Aust Junior 10km and 10,000m)

So far, I have published short articles on Bert and Bob Gardiner, Jenni Jones-Billington and Tayla-Paige Billington. This week I move onto the Tim Erickson/Chris Erickson combination. Now I am not going to publish an article on myself – that would be just a bit too much editorial licence – you can read all about my career at <http://www.vrwc.org.au/tim-archive/articles/wv-tim-erickson.pdf>.

This week I am going to concentrate on Chris Erickson who followed in his dad's footsteps, winning the Australian 50km championship as a first step towards going onto many bigger and better things.

CHRIS ERICKSON – AUSTRALIAN INTERNATIONAL WALKER

I am not going to go right through Chris's long career as it would take just too many pages. For those who want to read further, you are directed to <http://www.vrwc.org.au/tim-archive/articles/wv-chris-erickson.pdf>. Instead, I am going to give an overview and then hone in on a few key timeframes within the big picture.

First to the stats: Chris, born 1st December 1981, is one of a number of fine young walkers to have come through the junior ranks in recent years. Standing 178cm and with a racing weight around 60 kg, he possesses a good combination of speed and endurance.

His record shows that his first international vest came in 2004 (at 22 years of age). Since then, he has rarely been out of Australian teams and has amassed vests for 6 World Cups, 4 World Champs, 2 Olympics and 2 Commonwealth Games.

2004	Racewalking World Cup	Naumburg	50 km	31 st	4:14:16
2006	Commonwealth Games	Melbourne	50 km	3 rd	3:58:22
2006	Racewalking World Cup	La Coruna	50 km	26 th	3:59:20
2007	IAAF World Champs	Osaka	50 km	24 th	4:13:00
2008	Racewalking World Cup	Cheboksary	20 km	31 st	1:22:55
2008	Olympic Games	Beijing	20 km	DQ	
2009	IAAF World Champs	Berlin	50km	DNS	
2010	Racewalking World Cup	Mexico	50km	15 th	4:03:56
2010	Commonwealth Games	Delhi	20km	8 th	1:28:35
2012	Racewalking World Cup	Saransk	20km	21 st	1:22:20
2012	Olympic Games	London	20km	38 th	1:24:19
2013	IAAF World Champs	Moscow	50km	16 th	3:49:41
2014	Racewalking World Cup	Taicang	50km	10 th	3:49:33
2015	IAAF World Champs	Beijing	20km	32 nd	1:25:15
2015	IAAF World Champs	Beijing	50km	13 th	3:51:26

Personal Bests are an accepted measure of improvement and the following chart shows Chris's improvement year by year in the various distances over which he has raced. He has done PBs in every year of his career - an outstanding stat.

Year	Age	1500m	3000m	5000m	10,000m	15km	20km	30km	50km
1996	14	6:47 *	14:49 *						
1997	15	6:38 *	13:32 *	23:52 *					
1998	16	6:16 *	13:29 *	23:09 *	48:36 *	1:19:01			
1999	17	6:14 *	13:18 *	22:20 *	47:32 *	1:15:04	1:40:58		
2000	18				47:03 *	1:11:17			
2001	19		13:06 *						
2002	20		12:55 *	22:12 *	46:27	1:10:32	1:34:31	2:38:36	
2003	21		12:27 *	21:30 *	45:02 *			2:27:04	4:19:48
2004	22					1:08:34	1:31:33	2:23:54	4:14:16
2005	23	5:50 *	11:55 *	20:00 *	43:46	1:06:09	1:28:22	2:15:04	4:03:42
2006	24				42:37 *	1:04:39	1:26:34	2:15:00	3:58:22
2007	25		11:39 *	19:40.27 *	42:22	1:03:36	1:24:58	2:13:52	
2008	26	5:45 *	11:36.6 *	19:32.64 *	41:14	1:01:55	1:22:55		3:55:25
2009	27	5:36 *	11:32.98 *	19:25.98 *	41:09		1:22:53	2:12:34	
2010	28				38:59			2:09:29	
2011	29			19:24.98 *					3:51:57
2012	30		11:28.83 *				1:22:20		
2013	31								3:49:41
2014	32					1:01:44	1:22:19		3:49:33
2015	33			19:23.72 *		1:01:09	1:22:08		

* indicates track performance

For those with an eye to history, Chris won his first Australian Open Championship in 2004. Coming off a long and successful year of racing, he contested the Australian 50 km championship in Melbourne in October and, after a fast first half, hung on to win in an inauspicious 4:39:46. With this win he became a partner in one of the few father/son combinations to win the same Australian championship event. His father Tim had won the Australian 50 km title in 1975.

Chris has since won a further 4 Australian Championship golds to take his tally to 5 (50km champs in 2004, 2008 and 2014 and 20km winter champs in 2010 and 2011). Add to that a huge number of silver and bronzes in 10,000m, 20km, 30km and 50km Aust champs.

But these statistics do not tell the whole story as Chris has had the mixed blessing of being around during one of Australia's strongest periods in racewalking. Over the last 10 years, he has had to contend for international team spots alongside Nathan Deakes, Jared Tallent, Luke Adams, Adam Rutter, Duane Cousins, Ian Rayson and more recently Dane Bird-Smith – all regular A qualifiers during different timeframes. Nothing has come easy and at times he has been the last man to be selected in the team. Here are a few such occasions.

2004 World Cup

With the 2004 Racewalking World Cup 50 km trial scheduled for Melbourne in December 2003, Chris decided it was time to extend his ever improving repertoire to the 50 km and he mapped out a 3 month training plan to prepare. In a dream finish, all went according to plan and he finished the trial as the third Australian in a time of 4:19:48, 12 seconds inside the qualifying standard of 4:20:00.

A team of 4 Australian walkers was duly announced for the World Cup 50 km team, Chris included. But the selection was provisional and it was a case of waiting to see if things changed once the 20 km trial was held in February in Sydney. He raced throughout the summer, his best performances being a PB State League 3000m time of 12:27, a PB 20 km time of 1:34:07 in the Canberra A Series walk and a fine win in 40C temperature in the Victorian 5000m track title (23:07).

The 2004 National 20 km title in Sydney in late February produced the worst possible result from Chris's perspective. AIS walkers Liam Murphy and Darren Bown, who had qualified for both the 50 km and the 20 km, decided to now concentrate on the 20 km and withdrew from the 50 km team. This meant that there were only 2 walkers left from the previously announced 50 km team – Chris and Duane Cousins. The World Cup 50 km team was withdrawn and Chris found himself out in the cold.

As it turned out, circumstances outside Chris's control eventually worked in his favour. Frank Bertei, who had been injured in December and who had missed out on a qualifying performance, was determined to force his way into the team and travelled to Mexico for an IAAF 50 km event, to be held on 20 March. His time there was a PB 4:16:23 and now there were three 50 km walkers – but a team selection required 4. However, the same event saw Liam Murphy disqualified. Liam had been banking on achieving his Olympic 50 km qualifier in Mexico and had swapped to the World Cup 20 km based on this scenario. With this plan in tatters, Liam advised the selectors that he now preferred to walk the 50 km event in the World Cup.

Chris and the other 50 km walkers were duly added back into the World Cup team a week later and he now had 4 weeks to get his preparation back on track and prepare for the big event. His World Cup time of 4:14:16 (31st from 95 starters) shows that he did indeed recover from this serious setback and did manage to peak on the day to record a 5 minute PB.



Chris contests the 50 km event in the 2004 Racewalking World Cup

2008 Olympics

The Olympic 50 km trial was held on 16th December 2007 at Albert Park in Melbourne and he was one of 5 walkers who walked superbly on the day and recorded Olympic A qualifiers. Unfortunately he was 5th in 3:59:02, less than a minute outside his PB but not good enough on the day. It was his third 50 km finish for the year, a tough ask for a young walker.

He bounced back quickly from the 50 km effort and was able to put in a good training block in Canberra through January. His next effort was a solid second place in the National Series 20 km roadwalk in January in late January, his time being 1:27:00. Two weeks later, he defended his Victorian 5000m track championship with a PB time of 19:35.71, his 4th win in 5 years in this particular event. Another 2 weeks and he fronted for the Australian Olympic 20 km trial in Melbourne. Such was the depth that, even though he produced a wonderful PB time of 1:23:49, he was still 4th. Three weeks later, he won the ACT 5000m track championship in another PB time of 19:32.64.

Chris's case illustrates the depth of Australian walking. His world class 20 km and 50 km times only ranked him 5th and 6th respectively and his Olympic aspirations looked set to wait a further 4 years.

But there was still the World Racewalking Cup on which to focus. He travelled to Beijing in April for a special IAAF Olympic test event, finishing an excellent 11th place in the 20 km walk in yet another PB time of 1:23:28, a second Olympic B qualifier. From there, it was onto Cheboksary where he was due to compete in the 50 km event.

A week out from the World Cup, Nathan Deakes announced that his injuries had not recovered sufficiently for him to attempt the 20 km / 50 km double at the Olympics and he was withdrawing from the 20 km event. This opened the door slightly for Chris as he was the next in line. He quickly arranged to be changed from the 50 km to the 20 km event in a last throw of the dice.

And did he respond! Starting slowly, he walked his way up through the field in the World Cup event to eventually finish in 31st place in 1:22:55, an Olympic 20 km A qualifier at last. To top off a great day's racing, the Australian 20 km team of Luke Adams (7th), Jared Tallent (10th) and Chris (31st) took third place in the prestigious Teams Event. Within weeks, he was added to the Olympic team to fill the vacant spot and his Olympic dream was back on track.

Alas, Beijing was a sour experience. Sitting mid field and walking strongly in the 20 km event, he was disqualified at the 12km mark. To the strong Australian contingent, he looked safe and the result was hard to understand. What should have been the biggest walk of his life was quickly reduced to a bitter disappointment. But at age 26, he had plenty more years to race and the likelihood of a further Olympic appointment in 2012.



2008 Olympic 20km (photo Jeff Salvage)

2009 World Championships

With only 1 spot left for the 2009 IAAF World Championships 50 km team (both Jared Tallent and Luke Adams had been preselected after their Olympic performances), Chris fronted for the Australian 50 km championship at Fawcner Park in Melbourne in mid December – his aim to break the A qualifying standard of 3:58:00, win the race and secure the final spot. He was successful on all 3 counts with a PB final time of 3:55:30, done in torrential rain. It was his second Australian 50 km championship win but nearly 45 minutes faster than his 2004 winning time of 4:39:46! He was now in his second IAAF World Championships team, destination Berlin in August 2009. Finally an easy selection!

A month's training camp at the AIS in January and the presence of a number of overseas walkers proved just the recipe to freshen up after his hard 50 km hitout. He started his 2009 campaign with a series of 5000m races in February – and times of 20:02.81 (Brisbane, 7th February), 19:25.98 (Melbourne, 21st February) and 19:39.69 (Sydney, 28th February). His Melbourne time was a PB and secured him his fifth win in the Victorian 5000m in six years.

He went into the Australian Summer 20 km championship in Melbourne in early March in great form and hoping for a PB but his final preparation was ruined by a week from hell which saw him moving house and sorting out various family issues. He struggled to a disappointing 6th place in a very slow 1:27.31. This was one event that had just not been kind to him over the years and 2009 proved more of the same. It was then off to a three week altitude camp at Flagstaff in Arizona and a lot of solid training. His next race was in Wuxi in China on April 18th and he produced the goods, coming 12th in a PB time of 1:22:53. This was a race that had always produced the goods for him and 2009 was no exception.

Now back in Australia, he continued his preparation for the Berlin 50 km event. The signs indicated that a big breakthrough walk was on the cards. He came second to Jared Tallent in the LBG 20 mile in Canberra in June in a PB 2:22:47 and was then off to Europe with the rest of the AIS walkers, competing in the 20km at La Coruna 2 weeks later (13th in 1:24:31 in hot conditions) before settling into altitude training in St Moritz. Coach Brent Vallance confided after the World Champs that Chris had "trained his pants off" on the camp and looked set for a huge walk in Berlin.

Alas, it all came apart at the last minute. With a week to go before the IAAF World Championships 50km race, a slight inflammation at the base of his spine increased rapidly. He had been getting antibiotics treatment for some days but his temperature soared suddenly and he was admitted to a military hospital in Berlin and operated on immediately. There was no known cause for the abscess, he had never had anything like it before and there was no obvious scratch or insect bite. It just seemed to be a case of the worst possible timing to put an end to what had been a great injury-free preparation. I remember sitting in the hospital post-operation with him watching Usain Bolt win the 200m in a new World Record of 19.19. By the day of the 50km, he was out of the hospital and walking gingerly and able to watch roadside as the 50km race was held. Interestingly, Athletics Australia decided to announce it as an emergency appendix operation - we jokingly speculated on what would happen if in the future he ever did have an appendix emergency - on AA logic, it would mean he had two appendixes.

2012 Olympics

Coming off a couple of very strong years, Chris kicked off his 2012 Olympic campaign with a win in the VRWC 35km club championship (a PB 2:37:36), a PB 5000m in November (19:24) and bronze in the Australian 50km championship in December (a big PB of 3:51:57). Alas, it was a great 50km walk but he ranked 4th behind Jared (3:43:36), Luke (3:45:31) and Nathan (3:48:02) so he had missed out on his Olympic spot in that event.

His task in the 20km was just as hard - a tough qualification standard of 1:22:30 was in effect and it would require a big PB to be in the mix. Fast forward to Hobart in February for the 20km trial, an event which we will all remember for many years. The forecast during the week had predicted a temperature of 35C but on the day it was much worse, peaking at over 38C and still sitting at that temperature at the 6PM start time. The sun was still high in the sky and most of the race was walked with no respite whatsoever until around 7:15PM that the evening shade finally provided some relief - but the damage was well and truly done by then with an attrition rate of around 50%.

Chris's second placed performance of 1:24:12 saw him well ahead of the other Olympic 20km contenders and was without doubt the best 20km performance he had ever pulled out. His relentlessly even pace throughout the race saw him finish just over a minute behind winner Jared Tallent but well outside the required standard. Once again, things had conspired against Chris. Jared was duly named in the 20km team but the remaining two spots remained up for grabs.

With a couple of months until the Olympic 20km team would be finalised, he travelled to Taicang in late March, improving to 1:23:09 with his 11th place finish. Closer but still not there. His next opportunity was a last role of the dice - the 20km walk in the IAAF Racewalking World Cup in May in Saransk, Russia. All the main 20km contenders were there - Luke Adams, Dane Bird-Smith, Rhydian Cowley, Chris and Adam Rutter.

There was great excitement in the Australian camp as Chris led the Australians home in the 20km, coming 21st in 1:22:20, a 33 sec PB and an all important Olympic A qualifier which cemented his Olympic 20km spot. Adam Rutter was two places in arrears, finishing 23rd in 1:22:54. With two Olympic A qualifiers under his belt already, this cemented the final Olympic spot for him. In a scenario identical to 2008, Chris had cemented his Olympic spot at the death knell with a Russian World Cup 20km walk PB. Russia was indeed kind to him!

Chris's subsequent Olympic 20km finish (38th in 1:24:19) was perhaps effected by his many months of trying to gain Olympic selection, first with the 50km and then with the 20km. His comment: "*It was a bit disappointing. I was found wanting in the second half of the race. I didn't quite have it out there today. I'm 30, so I think I still have another Olympics in me ... But I will be looking more at the 50km - that's my event. We just happen to have three great guys doing it right now!*"



2012 Olympics

Chris's third Olympic cycle has seen him continue to improve. Add to that the retirement of Nathan Deakes, Adam Rutter and Luke Adams (who races rarely nowadays) and this Olympic cycle is indeed an easier proposition than the previous two.

His PBs show that he excels over all distances and he looks set to continue walking for Australia for a few years yet.

1500m	5:36	28/02/2009	Sydney
3000 m	11:28.83	18/02/2012	Sydney
5000 m	19:23.72	01/03/2015	Melbourne
10km	38:59	18/09/2010	Beijing, China
20 km	1:22:08	15/03/2015	Nomi, Japan
30 km	2:09:29	08/08/2010	Melbourne
50 km	3:49:33	03/05/2014	Taicang, China

FROM THE ARCHIVES

This fantastic newspaper photo shows English walkers John Warhurst and Roy Thorpe in the 1974 Commonwealth Games 20 Miles racewalk in Christchurch, NZ. They dominated the walk, Warhurst winning in 2:35:23 with Thorpe almost 4 minutes behind in second place. Former GBR international Peter Fullager, now walking for Australia, finished third in 2:42:06.



Now to the overall results

1.	John Warhurst	England	2:35:23.0
2.	Roy Thorpe	England	2:39:02.2
3.	Peter Fullager	Australia	2:42:08.2
4.	Graham Young	Isle of Man	2:42:55.2
5.	Ian Hodgkinson	Australia	2:44:55.4
6.	Les Stevenson	New Zealand	2:46:56.2
7.	Ross Haywood	Australia	2:50:56.0
8.	John "Allan" Callow	Isle of Man	2:53:12.2
9.	Len Duquemin	Guernsey	2:53:37.4
10.	John Moullin	Guernsey	2:57:27.2
11.	Robin Waterman	Guernsey	3:00:14.2
12.	Derek Harrison	Isle of Man	3:00:32.4
	Carl Lawton	England	dnf
	Elisha Kasuku	Kenya	dnf
	Kevin Taylor	New Zealand	dq

And finally to the following report which was lodged by spectator Bob Gardiner in the 'Heel & Toe' of March 1974

Tuesday 29/01/1974

It has been a mild day and today's athletics are finishing, but on the line are the starters for the 20 mile walk. A starting time of 5pm has been decided on, in case of hot weather, but already a cool breeze is blowing and will be on the walkers' backs on the outward leg.

The gun goes off and they begin a circuit of the chevron track before starting on the flat course, following the Avon river as it winds through the lovely Christchurch suburbs. Taylor, of New Zealand, nursing a leg injury, looks ragged and doesn't get far before the judges pull him off. The English duo of John Warhurst (18th in the Munich 50 km) and Roy Thorpe take the initiative early and by 5 miles have four seconds on Ian Hodgkinson, who looks determined to stick with them. Peter Fullager and Ross Haywood are sitting in nicely 200 yds back along with Les Stevenson of New Zealand. Skirting the city and out through the parklands they finally leave the river behind, and with little change in position, the leaders take the turn in 77:05.

Although Warhurst and Thorpe have a handy lead, it is still anybody's race. The wind behind and the flat course had enabled a steady pace to be held by all but the Kenyan who had succumbed to the coolish weather. Now turning back into the breeze and a drop in temperature brings pressure onto the athletes and Warhurst surges ahead, looking stylish and powerful. Thorpe, looking behind, seems to be struggling and, by the 15 mile mark, has lost 20 seconds on his countryman who has gone through in 1:55:02. Peter Fullager, 3 minutes in arrears, has moved into third spot, while Ross has been sick and Ian Hodgkinson has been on hands and knees with stomach cramps; both have lost ground to Stevenson (NZ) and Young (Isle of Man), who is really coming home fast.

Back in the stadium, a crowd of enthusiasts have been waiting patiently all this time and Johnnie Warhurst, coming in for a well deserved win in 2:35:25, gets a rousing cheer. Thorpe, second in 2:39:02 and for Peter Fullager, a bronze medal in 2:42:08. Ian Hodgkinson took fifth place in 2:44:55 and Ross Haywood seventh in 2:50:56. There were 12 finishers.

All three Australians finished close to exhaustion, and although not perhaps doing as well as they had hoped, each showed great spirit and gained a great deal of confidence and experience.

DATES...DATES...DATES

As usual, I finish with a list of upcoming events on the local, national and international fronts. Let me know of any errors/omissions.

2015/2016 Australian/Victorian Key Dates

Sun Dec 13, 2015	Australian 50km Championship, Fawkner Park, VIC
Sun Feb 21, 2016	Australian Summer 20km Championships, Adelaide, SA
Mar 5, 2016	Melbourne Track Classic 5000m Walk, Albert Park, VIC
Apr 16-19, 2016	Australian Masters T&F Championships, Adelaide, SA

2015 International Key Dates

Sun Nov 29, 2015	Hong Kong 20km Championship, HK, See http://www.hkaaa.com/page.php?pid=1840&mid=147&type=gameevent
Dec 12-13, 2015	MKH Kajang 12 Hour International Walk, Kajang, Malaysia. See www.themarathonshop.com.my

2016 International Key Dates

May 7-8, 2016	27 th IAAF World Race Walking Team Championships, Cheboksary, Russia
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July 19-24, 2016 16th World Junior T&F Championships, Kazan, Russia
Oct 26 -Nov 6, 2016 21st World Masters T&F Champs Stadia, Perth, Australia. See <http://www.perth2016.com>
Aug 5-21, 2016 31st Olympic Games, Rio de Janeiro, Brazil. See <http://www.rio2016.com/en>

2016 IAAF Challenge Series (so far)

Sat March 12, 2016 Chihuahua, Mexico
Sat March 19, 2016 Dudince, Slovakia
Sat April 9, 2016 Rio Maior, Portugal
Sat April 23, 2016 Taicang, China
May 7-8, 2016 World Cup, Cheboksary, Russia
Sat May 28, 2016 La Coruna, Spain
August 12-21, 2016 Olympic Games, Rio de Janeiro, Brazil

Looking Further Forward

Mar 18-25, 2017 World Masters Athletics Indoor Championships, Daegu South Korea
April 21-30, 2017 World Masters Games 2017, Auckland, NZ. See www.worldmastersgames2017.co.nz
July 12-16, 2017 10th World Youth T&F Championships, Nairobi, Kenya
August 5-13, 2017 16th IAAF World Championships in Athletics, London, UK
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, Cheboksary, Russia
July 2018 16th World Junior T&F Championships, ?
TBA, 2018 22nd World Masters Athletics T&F Championships, Malaga, Spain
2019 17th IAAF World Championships in Athletics, Doha, Qatar
July 2019 11th World Youth T&F Championships, ?
July 2019 30th Summer Universiade, Brasilia, Brazil
July 2020 32nd Olympic Games, Tokyo
Aug 2021 18th IAAF World Championships in Athletics, Eugene, USA
July 18-30, 2022 XXII Commonwealth Games, Durban, South Africa

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