



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2015/2016 Number 34
24 May 2016



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WALKER OF THE WEEK

66 year old VRWC walker **Heather Carr** has done it again, breaking her own VRWC W65 5km roadwalk club record on Saturday at Middle Park. Her time of **28:56** took 7 secs off her own record and continues her record breaking way. She now owns all the W60 and W65 records, as well as quite a few from the younger age groups,

Heather is of course a legend of Australian Racewalking, not starting until her late thirties but never out of the World Masters medals since then. How's this for a stat: Heather has won a total of 30 individual gold and 7 individual silver medals at World Veterans Championships. In fact she has won medals in every one of her 18 appearances at the WMA Championships. See <http://www.vrwc.org.au/tim-archive/articles/wv-heather-carr.pdf> for more details on her wonderful career.



Heather in action at Middle Park on Saturday

WHAT'S COMING UP

- Our next **VRWC winter season races** will be held at our Middle Park headquarters in Melbourne on Saturday afternoon and it's a big carnival with AV, VRWC and RWV championships on offer. Here's how it all works out
 - All VRWC/RWV events can be entered on the day or more preferably via our online system at <http://vrwc.org.au/wp1/race-entries-2/>. By entering during the week, you avoid queuing in a potentially long line on race day as you are already in the system and all you then need to do is pay your race fee and confirm your attendance.
 - All AV championships require walkers to pre-enter via the AV online entry panel at <http://athsvic.org.au/event/2016-10km-walks-championships/>. This panel allows for entry to both the AV Open 10km championships and the AV Country Championships. Each must be separately entered. You must also be a current AV financial member. Entries are expected to close on Wednesday evening.

- The RWV U10 and U12 Championships are open to all walkers who are members of one or other of our specialist racewalking clubs. These races are also VRWC club championships.

Note that for all VRWC and RWV underage championships, age is taken as at the start of our financial year on 1st October 2015.

Saturday 28th May 2016, Middle Park			
2.15pm	10km	AV Championship	Open, 40+, 50+ Men
		Winner of the Open Men's event is awarded the C.H. [Bert] Gardiner Medal	
2.15pm	10km	AV Country Championship	Open Men
2.15pm	10km	AV Championship	Open, 40+, 50+ Women
2.15pm	10km	AV Country Championship	Open Women
2.15pm	10km	Non championship	Open
2.30pm	5km	AV Country Championship	Under 20 Men/Women
2.30pm	5km	VRWC Championship	Under 20 Men/Women
2.30pm	5km	AV Country Championship	Under 18 Men/Women
2.30pm	5km	VRWC Championship	Under 18 Men/Women
2.30pm	5km	Non championship	Open
3.00pm	3km	AV Country Championship	Under 16 Boys/Girls
3.00pm	3km	VRWC Championship	Under 16 Boys/Girls
3.00pm	3km	AV Country Championship	Under 14 Boys/Girls
3.00pm	3km	VRWC Championship	Under 14 Boys/Girls
3.10pm	1km	Racewalking Victoria / VRWC Championship	Under 10 Boys/Girls
3.20pm	2km	Racewalking Victoria / VRWC Championship	Under 12 Boys/Girls
3.20pm	2km	Non championship	Open

- Next Saturday also sees the next big European based walks classic, held year in La Coruna, Spain. I haven't seen the start lists yet but I expect to see some Aussies walking.

VRWC ROAD RACES, MIDDLE PARK, SATURDAY 21 MAY

A great turnout of 61 walkers ensured some great racing and lots of PBs at Middle Park on Saturday. Conditions were good except for the wind which was strong enough to make the going hard work at times. NZ internationals **Alana Barber** and **Quentin Rew** lead out in the 12km walk, each winning their division, Quentin with 53:19 and Alana with 1:01:02. **Adam Garganis**, **Kyle Swan** and **Tayla-Paige Billington**, fresh from their efforts in Rome, were also in action, Adam recording a good 56:16 for 12km, Kyle doing 47:28 for 10km and Tayla doing 23:40 for 5km. Excellent PB 10km walks by **Philippa Huse** (53:05) and **Reese Walmsley** (48:55). Huge numbers of PBs in the 5km, 3km and 1.5km (too many to mention) so well done everyone!



Philippa Huse, Mackayla Davison, Reese Walmsley and Alana Barber (the perfect walking action shot!)

12km Walk			H'cap place	
1.	Alana Barber	1:01:02		
2.	Robyn Shaw	1:21:05	1	
3.	Sandra Howorth	1:34:06	2	
1.	Quentin Rew	0:53:19	5	
2.	Adam Garganis	0:56:16	1	
3.	James Christmass	1:03:53	3	
4.	Ross Reid	1:13:40	4	
5.	Bob Gardiner	1:22:46	2	
	Simon Evans	DNF		
10km Walk			H'cap place	
1.	Philippa Huse	0:53:05	1	PB 2:24
2.	Pam Tindal	0:57:17	2	
3.	Madeleine Feain	1:08:38	3	
	Emily Hamilton	DNF		
1.	Kyle Swan	0:47:28	2	
2.	Reese Walmsley	0:48:55	1	PB 0:26
3.	Ralph Bennett	1:03:20	3	
5km Walk			H'cap place	
1.	Tayla-Paige Billington	0:23:40	4	
2.	Paige De Lisen	0:27:40	6	PB 0:22
3.	Wendy Muldoon	0:28:08	8	
4.	Heather Carr	0:28:46	7	
5.	Charlotte Hay	0:28:58	5	PB 0:17
6.	Jasmin Hass	0:29:08	3	PB 0:32
7.	Michelle Thompson	0:29:19		
8.	Donna-Marie Elms	0:29:21	9	PB 0:09
9.	Mackayla Davison	0:29:41	1	PB 0:53
10.	Jessica Lillie	0:31:03	2	
11.	Kathleen O'Mahony	0:31:07	12	
12.	Liz Wrigley	0:39:31	10	
13.	Margaret Beaumont	0:43:07	11	
	Judith Farrell	DNF		
1.	Jason Kozica	0:23:00	3	
2.	Corey Dickson	0:25:16	1	PB 0:05
3.	Pramesh Prasad	0:25:23	7	PB 0:41
4.	Hayden Walmsley	0:25:29	4	PB 0:54
5.	Josh Jensen	0:28:37	2	PB 3:19
6.	Russ Dickenson	0:32:30	8	
7.	Heath Beveridge	0:33:19	5	PB 2:10
8.	Gary Turner *	0:40:02		
9.	Ian Beaumont *	0:43:09		
10.	Alex Poore *	0:45:45		
	Barrie Wicks	DQ		
3km Walk			H'cap place	
1.	Chloe Karagiorgos	0:16:54	2	
2.	Grace Louey	0:17:46	1	PB 0:59
3.	Holly Cocking	0:18:07	3	
4.	Gemma Lillie	0:19:20	5	
5.	Kaylah Heikkila-Dubowik	0:19:46		PB 0:27
6.	Celia Johnson	0:21:40	4	
7.	Katherine Ashton *	0:24:54		First one
1.	Joseph Rickard	0:19:00	1	
2.	Angus Hay	0:19:40	2	
3.	Tony Barrett	0:19:40	3	
4.	Geoff Barrow	0:22:15	4	
5.	Harry Summers	0:24:22		
1.5km Walk			H'cap place	
1.	Glenyce Brain	0:13:00	2	

2.	Susan Wood	0:13:30	3	
3.	Pam Mews	0:15:15	1	
1.	Luke Epps	0:09:01	4	PB 0:09
2.	Liam Hutchins	0:09:06	2	First one
3.	Hamish Blackwood	0:09:11	3	
4.	Justin Xuereb	0:09:16	5	First one
5.	Lewis Rickard	0:09:28	1	PB 2:04



Jasmin Hass, Hayden Walmsley, Kathleen O'Mahony, Charlotte Hay and Paige De Lisen



Donna Elms, Heath Beveridge and the start of the 3km and 1.5km walks

As usual, thanks to our many judges, officials and helpers. Apologies if I missed anyone. You are all most appreciated.

Signin: Mark Donahoo, Damien Elms, Ralph Bennett, Michael Bodey

Lapscore: Ian Laurie, Tim Erickson, Gerard Feain, Mark Donahoo

Judges: Peter Vysma Chief), Gordon Loughnan, Lloyd Nichols, Michael Bodey, Frances Attard, Mark O'Mahony, Shane Dickson, Stuart Cooper

Canteen: Wendy Cooper, Kate Suich, Barb Gardiner

Photos: Terry Swan - <http://www.vrwc.org.au/coppermine/thumbnails.php?album=72>

Race splits at <http://vrwc.org.au/wp1/race-results/>

The Actual Times, Handicaps and Style Award points competitions have been updated to include Saturday's races. See the progressive points at <http://www.vrwc.org.au/vrwcpointscmps.shtml>.

BENDIGO WALKERS CLUB ROADWALKS, ROSALIND PARK, BENDIGO, WEDNESDAY 18 MAY

Thanks to Paul Rance for this week's results from Bendigo. Paul commented:

The Bendigo Walkers Club night racing continued on Wednesday evening in Rosalind Park with 2km and 8km sealed handicap races. Ebony Whiley and Zahra Hayes, two athletes who normally compete in the long distance events, dropped back to the shorter 2km race to take 1st and 2nd respectively, with the consistent Amber Fox in 3rd place, while Sheridan Commons and Caitlyn Tozer both produced Club personal bests. In the 8km Barb Bryant, who always races well in the longer events, produced a solid victory and fastest time, with Jennie Payne continuing her improvement to take 2nd place with a big PB and Bill Lotherington also producing a personal best in 3rd place.

2km Walk

1.	Ebony Whiley	10.47
2.	Zahra Hayes	9.45
3.	Amber Fox	15.49
4.	Caitlyn Tozer	16.16
5.	Norm West	15.54
6.	Sheridan Commons	14.24
7.	Oscar Fox	14.16

8km Walk

1.	Barb Bryant	46.37
2.	Jennie Payne	51.04
3.	Bill Lotherington	56.56
4.	Peter Curtis	48.22
5.	Madison Hill	50.30
6.	John Carter	64.27

ACT WALKERS CLUB ROADWALKS, POINT HUT POND, CANBERRA, SATURDAY 21 MAY

Thanks to Robin Whyte for the latest results from Canberra. Great 10km walks by the youngsters **Connor Frew, Mitchell Baker, Tim Fraser, Ally Durr** and **Gabby Hunt**. ACTRWC is very strong in the younger age groups. With 32 walkers in action, they are also looking good from a total numbers perspective.

10km Walk

1.	Connor Frew	50:22
2.	Mitchell Baker	51:18
3.	Tim Fraser	52:26
4.	Ally Durr	52:59
5.	Gabby Hunt	53:26
6.	Callum Burns	56:41
7.	Greg Durr	1:03:50
8.	Robin Whyte	1:04:03
9.	Kate Black	1:05:32
10.	Derek Robinson	1:09:46
11.	Peter Durr	1:11:32
12.	Monika Short	1:12:25
13.	Bryan Thomas	1:13:02
14.	Bob Parker	1:13:16
15.	Val Chesterton	1:24:54

4km Walk

1.	Spencer Burns	22:58
2.	Helena Bialecki	25:47
3.	Katie Alley	26:20
4.	Mick Saunders	27:26
5.	Rosemary Parker	29:29
6.	Robyn Saunders	29:30
7.	Rod Gilchrist	29:56
8.	Jennifer Gilchrist	30:57
9.	Warren Butler	35:22
10.	Jack Thackray	35:50
11.	Phil Essam	35:55
12.	Belinda Essam	37:11
13.	Raine Thompson	38:51

1km Walk

1.	Georgia Frew	08:20
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2km Walk

1.	Ella Baker	16:05
2.	David Mackenzie	19:31
	Laura Burns	DQ

SAMA ROADWALKS, OAKLANDS PARK, ADELAIDE, SATURDAY 21 MAY

Thanks to Colin Hainsworth for the latest walk results from the South Australian Masters in Adelaide.

8km Walk

1.	George White	0:45:23	M70	90.04%
2.	Graham Harrison	0:59:08	M72	70.89%
3.	Marie Maxted	0:56:33	W56	68.89%
4.	Harry Hayford	1:09:46	M63	54.06%

4km Walk

1.	Rodger Barber	0:29:47	M78	74.36%
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2.	Roger Lowe	0:34:14	M73	60.35%
3.	Linda Whitelaw	0:32:32	W62	61.41%

ASA WINTER RACE WALKING CHAMPIONSHIPS, PEACOCK RD, ADELAIDE, SATURDAY 21 MAY

The first of the South Australian State Championships were contested on Saturday afternoon, alongside SARWC competition. A total of 23 walkers in action.

ASA Open 20km Walk

1.	Peter Crump	MOpen	2:01:42
2.	John Leydon	M35+	2:11:56
3.	James Hoare	M50+	2:33:15
1.	Gloria Holliday	FOpen	2:16:54

ASA U20 10km Walk

1.	Rhiannon Lovegrove	FU20	56:36
2.	Samantha Findlay	FU20S	1:01:21
	Alix Harlington	MU20	DNF

ASA U18 5km Walk

1.	Joe Cross	MU16	24:59
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SARWC 20km Walk

1.	Kevin Finn	M35+	2:20:40
2.	Lachlan Wilkinson	M35+	2:24:52
3.	Bill Starr	M35+	2:29:30

SARWC 5km Walk

1.	Chloe Upton	FU16	32:37
2.	Cherie Rothery	F35+	33:04
	Jake Vidler	MU18	DNF
	Tristan Camilleri	MU16	DQ

SARWC 3km Walk

1.	Victoria Upton	FU14	16:56
2.	Adrian Upton	MU14	22:03

SARWC 2km Walk

1.	Toby Wilks	MU12	10:16
2.	Kitarni Upton	FU12	12:13
3.	Paige Psaila	FU14	12:59
4.	Seth Upton	MU12	13:29
5.	Hannah Wilks	FU10	15:36

SARWC 1km Walk

1.	Edward Upton	MU10	08:38
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NSW TEAM WALKS CHAMPIONSHIPS, ANGLE PARK, CHIPPING NORTON, SATURDAY 22 MAY

48 walkers were in action in Sydney last Saturday for the first of the NSW State Championships. **Tyler Jones** (43:38) and **Jay Felton** (43:40) had a great battle in the Men's 10km. Good time also by **Dylan Richardson** in the U18 5km (23:26).

Women 10km Walk Open

1.	Dighton, Jasmine	20	Asics Wests Track & Field	1:04:31
2.	Challinor, Nicolle	44	Gosford Athletics Inc.	1:12:00

Women 10km Walk 65-74

1.	purcell, joan	74	Nepean District Athletic	1:14:44
2.	Brown, Judy	66	Nsw Masters Athletics Inc	1:28:18

Men 10km Walk Open

1.	Jones, Tyler	18	Mingara Athletics Club In	43:38
2.	Felton, Jay	21	U.T.S. Northern Suburbs A	43:40
3.	Gibbons, Carl	20	Westlakes Athletic Club I	46:57
4.	Washburn, Steven	22	U.T.S. Northern Suburbs A	48:20
5.	Brown, Judy	66	Nsw Masters Athletics Inc	1:28:18
6.	Tebbutt, Oscar	15	Gosford Athletics Inc.	50:46
7.	Mylonas, Adam	19	Sydney University Athleti	55:41

Men 10km Walk 55-64

1.	Osborne, Robert	61	Nepean District Athletic	1:06:12
2.	bennett, rodney	62	Nsw Masters Athletics Inc	1:10:08

Men 10km Walk 65-74

1.	West, John	66	Nsw Masters Athletics Inc	1:12:18
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Men 10km Walk 75+

1.	Seymon, Jim	79	U.T.S. Northern Suburbs A	1:12:00
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Men 20km Walk Open

1.	Washburn, Steven	22	U.T.S. Northern Suburbs A	1:38:55
	Jones, Tyler	18	Mingara Athletics Club In	DNF

	Felton, Jay	21	U.T.S. Northern Suburbs A	DNF
Women 5km Walk U18				
1.	Goodhew, Chelsea	17	Westlakes Athletic Club I	25:22
2.	Brown, Samantha	15	Parramatta City Track & F	27:08
3.	O'Neill, Molly	16	Adamstown New Lambton	27:20
4.	Saker, Tiffany	17	Hills District Athletics	27:29
5.	robertson, brittany	14	Illawong and Districts Se	31:03
6.	Henry, Amy	16	St. George District Athle	31:53
Men 5km Walk U18				
1.	Richardson, Dylan	16	Mingara Athletics Club In	23:26
2.	Thomson, Ryan	16	Nepean District Athletic	25:04
3.	Bedford, Kyle	16	Nepean District Athletic	26:13
4.	Barendregt, Travis	16	Nepean District Athletic	28:03
5.	McGinniskin, Jack	14	Edgeworth and Districts	28:35
Girls 3km Walk U14				
1.	Bolton, Hannah	13	Mingara Athletics Club In	17:29
2.	Hardy, Renee	13	Asics Wests Track & Field	17:34
3.	Thomson, Olivia	12	Randwick Botany Harriers	17:43
4.	McLoughlin, Chloe	12	Gosford Athletics Inc.	17:46
5.	DeCelis, Ellie	12	Illawong and Districts Se	17:53
6.	Pitcher, Allannah	13	Mingara Athletics Club In	14:52
7.	Blanch, Emma	13	St. George District Athle	15:54
8.	Mills, Haley	13	Parramatta City Track & F	16:25
9.	Vesper, Danielle	13	Mingara Athletics Club In	16:47
10.	Rocchetto, Jessica	12	Illawong and Districts Se	18:29
11.	Stanley, Casey	12	St. George District Athle	18:41
12.	Martin, Brooke	13	Nepean District Athletic	20:02
13.	Becroft, Stacie	11	Nepean District Athletic	20:18
14.	Cooper, Amelia	12	St. George District Athle	22:08
Boys 3km Walk U14				
1.	Daly, Dylan	12	Wyong Athletics Centre In	16:05
2.	Vesper, Ryan	11	Mingara Athletics Club In	16:11
3.	Tebbutt, Archie	12	Gosford Athletics Inc.	16:31
4.	Walter, Samuel	11	Sydney University Athleti	17:09
5.	Scholle, Felix	10	Asics Wests Track & Field	17:39
6.	Walter, Matthew	9	Asics Wests Track & Field	21:15
7.	Gillian, Max	10	Asics Wests Track & Field	21:28
8.	Baily, Angus	9	Asics Wests Track & Field	25:00

QRWC ROADWALKS, MORNINGSIDE, SUNDAY 22 MAY

Jamie and Nelson McCutcheon were the standouts in Queensland Race Walking Club events at Morningside last Sunday.

15km Walk

1.	Peter Bennett	79:31
2.	Dean Nipperess	80:08
3.	Argenis Guevara	80.47

10km Walk

1.	Noela McKinven	82.14
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8km Walk

1.	Patrick Sela	61.20
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5km Walk

1.	Jamie McCutcheon	23.49
2.	Ethan Clarke	28.31
3.	Isabella Schofield	34.52

3km Walk

1.	Nelson McCutcheon	14.49
2.	Jonathan Wearne	19.44
3.	Andrew Wearne	20.38

2km Walk

1.	Anika Clarke	11.52
2.	Scarlett Schofield	12.35
3.	Korey Brady	13.31

1km Walk

1.	Ella Muir	5.59
2.	Charlotte Brady	10.29

0.5km Walk

1.	Makenna Clarke	3.41
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WARWC ROAD WALKS, WILSON, PERTH, SUNDAY 22 MAY

Thanks to Mick Reid for the latest results from the Western Australian Race Walking Club in Perth.

10km Walk

1.	Bradley Mann	57.18
2.	Emily Pivac	57.28
	Ben Reid	DNF

5km Walk

1.	Isabella Tolardo	30.21
2.	Amy Holland	31.51
3.	Tom Lenane	33.03
4.	Janne Wells	34.28
5.	Sylvia Byers	41.05
	Hayley Jackson	DNF

15km Walk

1.	Karen Tolardo	1.35.56
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1.5km Walk

1.	Alexandra Griffin	7.39
2.	Kristine Wells	9.20
3.	Amber Richards	9.46
4.	Alessia Andritsos	10.09
5.	Emily Bogaers	10.53
6.	Kaytee Bogaers	12.04

47TH INTERNATIONAL RACEWALKING NAUMBURG, GERMANY, SUNDAY 22 MAY

The 47th edition of the Naumburg international walking race (<http://www.racewalking-naumburg.de/6.html>) last Sunday saw a number of international walkers, alongside the German walkers who were contesting their national roadwalking champs. In particular, a very strong Mexican men's 20km team as in attendance for what was effectively their Olympic trial.

Emmanuel Tardi was there and reported that "it was one of the last opportunities to post a qualifying time for the Olympics so lots of walkers were on the start line at 9am, including a very strong team from Mexico. The lap was 1km in length with 50% of it in the shade. This turned out to be pretty fortuitous as the it was already hot at start time and the temperature quickly rose and was already over 30°C by 10AM, making it tough going."

20km Walk Men

Mexico's Eder Sanchez led early but final victory in the men's 20km went to **Horacio Nava** (MEX) with a good time of 1:20:56, ahead of **Christopher Linke** (GER) with 1:21:14 and **Eder Sanchez** (MEX) with 1:21:31. Overall, there were 6 Mexicans in the top 10. Linke won the German title ahead of **Hagen Pohle** (1:22:34) and **Andreas Janker** (1:27:04).

1.	Nava Horacio	1982	MEX	1:20:56
2.	Linke Christopher	1988	GER	1:21:14
3.	Sanchez Eder	1986	MEX	1:21:31
4.	Ortiz Rivera Ricardo	1995	MEX	1:22:10
5.	Pohle Hagen	1992	GER	1:22:34
6.	Haukenes Haavard	1990	NOR	1:24:22
7.	Flores Hinojosa Diego	1987	MEX	1:24:41
8.	Gonzales Castellanos Erwin Guillermo	1994	MEX	1:25:03
9.	Galindo Aguilar Virgilio	1994	MEX	1:25:43
10.	Vang Röttnes Fredrik	1996	NOR	1:26:22
11.	Janker Andreas	1983	GER	1:27:04
12.	Berdeja Villavicencio David Cristian	1981	MEX	1:27:08
13.	Hilbert Jonathan	1995	GER	1:28:15
14.	Seiler Nathaniel	1996	GER	1:29:22
15.	Sabri Aymene-Abdelfettah	1994	ALG	1:29:32
16.	Junghannß Karl	1996	GER	1:32:54
17.	Tallent Jared	1984	AUS	1:33:23
18.	Caprice Jerome	1983	MRI	1:40:14
19.	Tommasino Francesco-Marco	1993	GER	1:42:18
20.	Stefes Hermann-Josef	1985	GER	1:45:12
21.	van Slooten André	1978	NED	1:48:20
22.	Talcott Dave	1960	USA	1:48:33
23.	Fern Thorsten TV	1975	GER	2:02:20

20km Walk Women

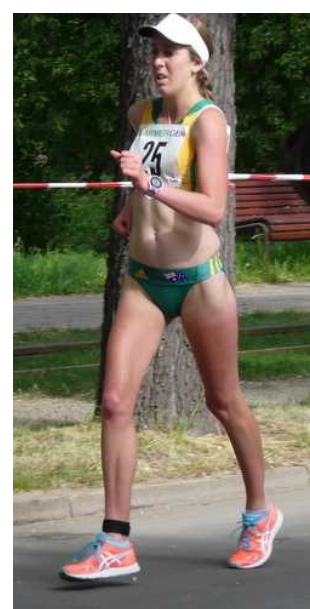
The women's 20km saw **Agnieszka Dygacz** (POL) take gold with 1:30:27 ahead of **Claire Tallent** (AUS) 1:33:23 and **Laura Polli** (SUI) 1:34:27. **Jared Tallent** walked alongside Claire (who led them out early) in what was obviously an easy outing for him. Claire's time is an Olympic qualifier but alas, it only ranks her 6th of the current Australian qualifiers, such is our current depth. The German title went to **Lea Dederichs** with 1:42:13. 18 year old Australian **Zoe Hunt** walked her first ever 20km, finishing 11th in an impressive 1:40:31 (her 10km split was 49:19 so fairly evenly walked). Some great photos of Jared and Claire at https://www.facebook.com/RWPic/photos/ms.c.eJw9zsERxDAlQ9GODgCBBP03tnZi5~;rmC9vdYOAE04j2nz~_gwAjDxoEObSjN

1.	Dygacz Agnieszka	1985	POL	1:30:27
2.	Tallent Claire	1981	AUS	1:33:23
3.	Polli Laura	1983	SUI	1:34:27
4.	Martinez Rivera Andrea	1988	MEX	1:35:04
5.	Pelantova Lucie	1986	CZE	1:35:06
6.	Ortuño Martinez Valeria	1998	MEX	1:36:40
7.	Ching Sui Nga	1987	HKG	1:36:49
8.	Raschchupkina Viktoryia	1995	BLR	1:36:50
9.	Silva Lizbeth	1989	MEX	1:39:48
10.	Gonzalez Huchin Gabriela Gissel	1991	MEX	1:40:23
11.	Hunt Zoë	1997	AUS	1:40:31
12.	Récsei Rita	1996	HUN	1:40:56
13.	Dederichs Lea	1995	GER	1:42:13
14.	Ghezaleni Bariza	1993	ALG	1:43:57
15.	Sarrazin Annelies	1981	BEL	2:00:21
16.	Barz Pauline	1998	GER	2:05:58
17.	Unterholzner Maria	1968	GER	2:11:23
18.	Spanner Franziska	1987	GER	2:14:02
19.	Acuña Jennifer	1970	VEN	2:17:30

50km Walk

Colombian ALEXIS Rojas won in conditions that were, by early afternoon, really tough. So his final time of 4:12:41 is understandable. Georgian Maciej Rosiewicz was not far behind with 4:13:23. Overall, there were lots of red cards and 4 DQs. And Monday was a cold day - it's all in the timing! Youtube 50km presentation video at <https://www.youtube.com/watch?v=0Sb2A1Avi24>.

1.	Rojas Mesa Ferney Alexis	1987	COL	4:12:41
2.	Rosiewicz Maciej	1977	GEO	4:13:23
3.	Renó Giovanni	1991	ITA	4:32:31
	Junghann Karl		GER	DQ
	Stirbu Florin Alin		ROU	DQ
	King Daniel		GBR	DQ
	Miller Andrew		GBR	DQ
	Schrom Pavel		CZE	DNF
	Motl Ondrej		CZE	DNF



Jared and Claire Tallent, Christopher Linke, Horacio Nava, Eder Sanchez and Zoe Hunt (photos Emmanuel Tardi)



Winner Agnieszka Dygacz, along with the women's podium – Claire Tallent, Agnieszka Dygacz and Laura Polli

JAPANESE UNIVERSITY REGIONAL CHAMPIONSHIPS, KANTO, JAPAN, 19-22 MAY

Toyo University fourth year **Daisuke Matsunaga** delivered the biggest result of the third day of competition at the 2016 Kanto Region University T&F Championships, breaking the men's 10,000m national university record by two seconds to win in 38:16.76. See <http://japanrunningnews.blogspot.com.au/2016/05/matsunaga-sets-10000-m-race-walk.html>. Alas, I can't find any further results except for the first 3 in each of the men's walk divisions.

Division 1 Men's 10000m Track Walk

1.	Daisuke Matsunaga	(4th yr., Toyo Univ.)	38:16.76
2.	Fumitaka Oikawa	(3rd yr., Toyo Univ.)	40:03.67
3.	Tomohiro Noda	(3rd yr., Meiji Univ.)	40:22.86

Division 2 Men's 10000m Track Walk

1.	Seiya Watanabe	(4th yr., Tokyo Univ.)	42:00.47
2.	Taiga Takizawa	(1st yr., Heisei Kokusai Univ.)	42:04.11
3.	Katsuya Endo	(4th yr., Tokyo Nogyo Univ.)	42:19.31

GYALOLGÓ MAGYAR LIGA, TATABÁNYA, HUNGARY, SUNDAY 22 MAY

A big walks meet in Hungary last weekend, with various age groups contesting 10km and 5km events.

Open Men 10km Race Walk

1.	Máté HELEBRANDT	HUN	89	41:36
2.	Bence VENYERCSÁN	HUN	96	42:25
3.	Tomasz BAGDÁNY	HUN	95	42:56
4.	Miklós SRP	HUN	93	43:34
5.	Soma KOVÁCS	HUN	97	47:29
6.	Donát BURGER	HUN	97	49:17
7.	László VENYERCSÁN	HUN	71	51:51
8.	Dávid JÓZSVAI	HUN	85	52:41
9.	István CSABA	HUN	59	58:16

Open Women 10km Race Walk

1.	Barbara KOVÁCS	HUN	93	48:50
2.	Eszter SZARKA	HUN	85	55:43
3.	Brigitta MATALIN	HUN	87	58:47
4.	Dóra ELEK	HUN	98	66:24

U18 Women 5km Race Walk

1.	Daphne DIMANOPULOSZ	HUN	99	25:39
2.	Laura KOMORÓCZY	HUN	99	26:50
3.	Anna Mária HORNYÁK	HUN	00	27:37
4.	Lilla PORTISCH	HUN	00	34:57

U18 Men 5km Race Walk

1.	Bálint SÁROSSI	HUN	00	22:39
2.	Dániel HORVÁTH	HUN	00	26:45

U16 Men 5km Race Walk

1.	Dávid VARGA	HUN	01	25:52
2.	Vencel GÁL	HUN	01	26:39
3.	Máté VARGA	HUN	02	27:40
4.	Norbert TÓTH	HUN	01	28:48

U16 Women 5km Race Walk

1.	Bernadett RÉPÁSI	HUN	02	29:23
2.	Katalin TÓTH	HUN	02	30:15
3.	Elizabet KOCSI	HUN	02	30:19
4.	Kata SZÉKELY	HUN	02	32:13
5.	Dóra CSÖRGO	HUN	01	33:41
6.	Demetria BENKE	HUN	02	34:52
7.	Katalin LÁZÁR	HUN	03	34:53
8.	Míra ALVÁRI	HUN	02	36:22
9.	Orsolya EGYED	HUN	02	40:03
10.	Anna JEZSOVICZKI	HUN	02	40:04

EUROPEAN MASTERS NON-STADIA CHAMPS, VILA REAL DE SANTO ANTÓNIO, PORTUGAL, 20-22 MAY

The European Masters Out Of Stadia Championships were held in the Portuguese city of Vila Real de Santo António last weekend. Entries were large, with 1,040 participants representing 22 countries, Spain having the largest representation with 260 athletes, followed by Portugal with 225. The walks saw 215 entrants (132 men and 83 women) from 18 countries. Spain is the country with the highest number of registered walkers with 33, followed by Italy and Portugal with 28 each. The 10km roadwalks were held on Friday morning and the longer walks (20km for women and 30km for men) were held on Saturday morning. Full results at <https://raceresults.reportlab.com/entries/2016/emacons/>.

10km Women, Friday 20 May

The women's 10km walk was held simultaneously with the M60+ men), beginning at 8.30am in conditions that were already warm. Lithuanian walker **Kristina Saltanovic** (W40), Lithuania, was fastest overall with 47.52 mark, ahead of Portuguese walkers **Sandra Silva** (52.06) and **Alexandra Lamas** (52.51) Overall, Italy won the most medals with 8 (3 gold, 1 silver and 4 bronze).

1.	W35	Silva, Sandra	POR	52:06
2.		Lamas, Alexandra	POR	52:51
3.		Zucconi, Tatiana	ITA	52:52
4.		Rosa, Felicidade	POR	56:29
5.		Palandri, Simona	ITA	1:00:35
6.		Bonfiglioli, Gloria	ITA	1:05:20
1.	W40	Saltanovic, Kristina	LTU	47:52
2.		Borovicková, Lenka	CZE	58:43
3.		Bodorkos, Tamasne	HUN	59:00
4.		Costa, Fátima	POR	1:06:48
5.		Lafargue, Isabelle	FRA	1:07:04
6.		Santos, Anabela	POR	1:08:35
7.		Sousa, Teresa	POR	1:15:10
8.		Macedo, Ana	POR	1:15:14
9.		Györgyi, Kiss	HUN	1:16:00
10.		Varasdy, Edit	HUN	1:17:57
1.	W45	Aurizzi, Melania	ITA	56:44
2.		Martin, Carmen	ESP	57:34
3.		Donaldson, Kate	GBR	57:52
4.		Moreira, Anabela	POR	58:17
5.		Espel, Isabel	ESP	58:56
6.		Mombelli, Roberta,	ITA	1:01:11
7.		Sirma, Inese	LAT	1:02:12
8.		Noell, Angeles	ESP	1:03:17

9.		Jenikova, Karolina	CZE	1:03:53
10.		Peixoto, Maria	POR	1:06:33
11.		Rogale, Aija	LAT	1:07:38
12.		Famea, Anna	ITA	1:08:48
13.		Rinasa, Mara	LAT	1:12:07
14.		Santos, Natália	POR	1:22:18
15.		Cistaro, Teresa	ITA	1:22:54
16.		Martins, Maria	POR	1:26:06
1.	W50	Sevellec, Sylvie	FRA	57:15
2.		Patti, Mirella	ITA	1:00:24
3.		Mendes, Maria	POR	1:03:32
4.		Ayucar, Isabel	ESP	1:03:59
5.		Furegon, Patrizia	ITA	1:04:18
6.		Wheeler, Ann	GBR	1:04:22
7.		Formiconi, Paola	ITA	1:04:24
8.		Duhig, Catherine	GBR	1:04:47
9.		Brochot, Edith	FRA	1:05:31
10.		Anxionnat, Claudine	FRA	1:07:07
11.		Fernandes, Maria	POR	1:07:34
12.		Mueller, Monika	GER	1:08:39
13.		Patrzalek, Brigitte	GER	1:08:39
14.		Martin, Angela	GBR	1:08:47
15.		Mendes, Teresa	POR	1:12:04
16.		Neidel, Heidrun	GER	1:15:25
1.	W55	Ricciutelli, Daniela	ITA	59:51
2.		Orsolits, Brigitte	AUT	1:06:01
3.		Maglioli, Paola	ITA	1:06:20
4.		Zuravlova, Rita	LAT	1:09:15
5.		Del Pinto, Rita	ITA	1:09:18
6.		Uriol, Macarena	ESP	1:09:37
7.		Bishop, Fiona	GBR	1:09:55
8.		Saulite, Dace	LAT	1:11:07
9.		Rodrigues, Helena	POR	1:13:47
10.		Jurcina, Nina	LAT	1:15:13
1.	W65	Tyshko, Antonina	UKR	1:06:10
2.		Grolig, Dorothea	AUT	1:06:22
3.		Molter, Margarete	GER	1:17:56
4.		Lassus, Maryse	FRA	1:19:22
1.	W70	Klink, Ursula	GER	1:11:58
2.		Herrendoerfer, Ursula	GER	1:16:09
3.		Grinberte, Vera	LAT	1:18:39
4.		Coppet, Brigitte	SUI	1:18:57
5.		Dreager, Helga	GER	1:18:59
6.		Liepa, Inta	LAT	1:22:40
7.		Bruce, Velta	LAT	1:31:49
1.	W75	Vecchi, Maria,	ITA	1:25:43

10km Men, Friday 20 May

Patrice Brochot (France, M60, 53.57), **Ian Richards** (Britain, M65, 54.41) and **Miroslav Fliegl** (Czech Republic, M60 55.45) were the fastest 3 walkers in the men's M60+ divisions while **Colin Turner** (M70, GBR 1:00:02) rounded out the top 10. The 16 individual medals on offer were awarded to 9 different countries with France best (1 gold 1 silver and 2 bronze) ahead of Great Britain (3 golds). **António Pereira** (POR, M40,) 46.13, **Normunds Ivzans** (LAT, 46.49, M40) and **Luis Correia** (POR, 46.52, M35) were fastest in the men's 35-59 divisions, held later in the morning. The GBR team did well in the 10km walk, **Ian Richards** won the M65 title in 54:41 and led Britain to team gold while **Francisco Reis** won the M55 title in 50:20. Further up in the age groups, **Arthur Thomson** (64:59) and **Ed Shillabeer** (70:34) were second and third in the M75s.

1.	M35	Pereira, António	POR	46:13
2.		Correia, Luis	POR	46:52
3.		Castro, Victor	ESP	47:48
4.		Poirout, Stéphane	FRA	48:27
5.		Grinholc, Grzegorz	POL	48:27
6.		Scafuro, Francesco	ITA	48:58
7.		Vanoosthuyse, Jean	FRA	49:10
8.		Camaño, Antonio	ESP	50:43
9.		Durand, David	FRA	52:45
10.		Paiva, Carlos	POR	54:54
11.		Miroslaw, Luniewski	POL	56:11

12.		Kwita, Zbigniew	POL	59:41
13.		Dorigo, Silvio	ITA	1:02:17
14.		Sergio, Fasano	ITA	1:16:36
1.	M40	Ivzans, Normunds	LAT	46:49
2.		Toro, Leornado	ESP	47:38
3.		Piñera, Ruben	ESP	49:36
4.		Santos, Jaime	POR	52:07
5.		Rodriguez, Jose	ESP	54:14
6.		Santos, Ricardo	POR	54:44
7.		Lapins, Ivars	LAT	56:51
8.		Breide, Madars	LAT	59:50
1.	M45	Miguel, Luis	POR	46:53
2.		Svensson, Christer	SWE	51:10
3.		Nicolas, Florent	FRA	51:16
4.		Kropik, Franz	AUT	58:35
5.		Brzezowsky, Roman	AUT	58:39
6.		Cerda, Bernard	FRA	1:01:15
7.		Reifinger, Markus	AUT	1:01:17
8.		Sánchez, Faustino	ESP	1:07:15
9.		Giron, Thierry	FRA	1:07:19
1.	M50	De Bruin, Remco	NED	52:26
2.		Santos, Henrique	POR	53:15
3.		Dietsche, Klaus	GER	53:46
4.		Prieler, Helmut	GER	58:29
5.		Hauger, Georg	GER	1:00:30
1.	M55	Reis, Francisco	GBR	50:20
2.		Murphy, Patrick	IRL	55:10
3.		Muñoz, Jose	ESP	56:35
4.		Major, Ferenc	HUN	57:24
5.		Moreno, Javier	ESP	57:36
6.		Carmino, Carlos	POR	57:41
7.		Villarrasa, Andres	ESP	57:50
8.		Rodrigues, João	POR	1:01:13
9.		Franco, Venturi	ITA	1:02:51
10.		Rao, Salvatore	HUN	1:03:42
11.		Bittengl, Zdenek	CZE	1:05:03
12.		László, Kiss	HUN	1:06:38
13.		Marvingt, Serge	FRA	1:08:21
14.		Fazio, Raffaele	ITA	1:09:13
15.		Torode, Ian	GBR	1:13:02
16.		László, Kiss	HUN	1:18:56
1.	M60	Brochot, Patrice	FRA	53:57
2.		Fliegl, Miroslav	CZE	55:45
3.		Panico, Vincenzo	FRA	55:56
4.		Kalát, Josef	CZE	57:07
5.		Allen, Steve	GBR	57:47
6.		Martin, Malcolm	GBR	59:09
7.		Turner, Colin	GBR	1:00:02
8.		Farago, Béla	FRA	1:00:53
9.		Leitão, Joaquim	POR	1:06:47
10.		Pták, Jaroslav	CZE	1:07:56
11.		León, Benito	ESP	1:08:45
12.		Pajares, Pedro	ESP	1:09:04
13.		Membrive, Antonio	ESP	1:12:42
14.		Leyngold, Yefim	UKR	1:21:55
1.	M65	Richards, Ian	GBR	54:41
2.		Orehovs, Vladimirs	LAT	1:00:54
3.		Abolins, Harijs	LAT	1:01:08
4.		Michell, Roger	GBR	1:03:13
5.		Piaser, Roberto	ITA	1:04:24
6.		Siegele, Johann	AUT	1:05:34
7.		Jordana, Alexis	FRA	1:05:39
8.		Kates, David	GBR	1:05:56
9.		Lassus, Marc	FRA	1:07:02
10.		Neumüller, Wolfgang	GER	1:07:33
11.		Hölters, Bernd	GER	1:07:49
12.		Balodis, Guntis	LAT	1:08:47

13.		Iassave, Christian	FRA	1:08:51
14.		Hummer, Joseph	GER	1:12:22
15.		Brunetti, Rinaldo	ITA	1:15:32
16.		Mariotti, Enrico	ITA	1:16:25
17.		Brandenburg, Walter	SUI	1:31:28
1.	M70	McMullin, John	IRL	1:03:08
2.		Schumm, Peter	GER	1:03:56
3.		Kansky, Vladimir	CZE	1:04:40
4.		Lerme, Raitis	LAT	1:05:30
5.		Penfold, Ronald	GBR	1:07:16
6.		Schaper, Wolfgang	GER	1:09:19
7.		Gonsiorovský, Zdeněk	CZE	1:10:16
8.		Giese, Wolf-Dieter	GER	1:11:06
9.		Marek, Stanislav	CZE	1:12:01
10.		Kapralis, Janis	LAT	1:12:56
11.		Vucens, Bronislavs	LAT	1:13:17
1.	M75	Jacinto, Guilherme	POR	1:04:01
2.		Thomson, Arthur	GBR	1:04:59
3.		Shillabeer, Edmund	GBR	1:10:34
4.		Rubenis, Gunars	LAT	1:13:19
5.		Coppet, Alexis	SUI	1:14:33
6.		Dribincevs, Vladimirs	LAT	1:16:55
7.		Vacietis, Andrejs	LAT	1:18:11
8.		Will, Norbert	GBR	1:18:18
9.		Mendes, Vasco	POR	1:28:40
1.	M80	Panaseiko, Mykola	UKR	1:10:11
1.	M85	Pushkin, Ivan	UKR	1:14:04

20km Women, Saturday 21 May

Lithuanian **Kristina Saltanovic** (W40) was once again the fastest of the women in the 20km walk, finishing with a time of 1:39:37 . Portuguese **Sandra Silva** (W40) was next in with 1:48:44, just 1 second ahead of W35 Italian **Tatiana Zucconi** (1:48:45). Italy had the highest number of individual medals with 6 (2 gold, 3 silver and 1 bronze), followed by Spain, with 5 (2-1-2) and Germany, with 4 (2-1-1).

1.	W35	Zucconi, Tatiana	ITA	1:48:45
2.		Palandri, Simona	ITA	2:06:47
3.		Bonfiglioli, Gloria	ITA	2:21:56
1.	W40	Saltanovic, Kristina	LTU	1:39:37
2.		Silva, Sandra	POR	1:48:44
3.		Lamas, Alexandra	POR	1:52:11
4.		Cabrera, Olga	ESP	1:53:51
5.		Borovicková, Lenka	CZE	2:05:05
6.		Ayucar, Isabel	ESP	2:11:31
7.		Guerrero, Isabel	ESP	2:11:33
1.	W45	Hernandez, Carmen	ESP	1:58:36
2.		Aurizzi, Melania	ITA	2:00:15
3.		Bodorkos, Tamasne	HUN	2:04:39
4.		Martin, Carmen	ESP	2:06:26
5.		Mombelli, Roberta,	ITA	2:07:03
6.		Sirma, Inese	LAT	2:13:03
7.		Alcaire, Clarisa	ESP	2:15:41
8.		Jenikova, Karolina	CZE	2:18:40
9.		Famea, Anna	ITA	2:19:24
10.		Rogale, Aija	LAT	2:23:12
11.		Rinasa, Mara	LAT	2:30:08
12.		Cistaro, Teresa	ITA	2:56:59
1.	W50	Ricciutelli, Daniela	ITA	2:06:57
2.		Patti, Mirella	ITA	2:08:16
3.		Furegon, Patrizia	ITA	2:15:28
4.		Patrzalek, Brigitte	GER	2:22:42
5.		Mueller, Monika	GER	2:22:51
6.		Kirchesch, Ilona	GER	2:22:58
7.		Martin, Angela	GBR	2:24:11
1.	W55	Jackson, Marie	GBR	2:04:32
2.		Zuravlova, Rita	LAT	2:23:45
3.		Wheeler, Ann	GBR	2:24:51
4.		Saulite, Dace	LAT	2:29:21

5.		Bishop, Fiona	GBR	2:31:24
6.		Jurcina, Nina	LAT	2:46:56
1.	W60	Alvarez, Aurora	ESP	2:03:52
2.		Duhig, Catherine	GBR	2:20:04
3.		Briz, María José	ESP	2:21:43
4.		Anxionnat, Claudine	FRA	2:27:12
5.		Adán, Pilar	ESP	2:30:48
1.	W65	Grolig, Dorothea	AUT	2:18:21
2.		Tyshko, Antonina	UKR	2:23:52
3.		Del Pinto, Rita	ITA	2:25:45
4.		Klink, Ursula	GER	2:27:20
5.		Neidel, Heidrun	GER	2:36:45
6.		Lassus, Maryse	FRA	2:46:19
7.		Molter, Margarete	GER	2:48:11
1.	W70	Coppet, Brigitte	SUI	2:46:51
2.		Bruce, Velta	LAT	3:19:13
1.	W75	Dreager, Helga	GER	2:49:39
2.		Herrendoerfer, Ursula	GER	3:37:00

30km Men, Saturday 21 May

The men's 30km began at 5PM on Saturday, alongside the women's 20km, meaning that the final competitors did not finish till after 9PM. Portuguese walker **António Pereira** (M40 2:32:41) was fastest over the 2km course, with team mate **Luis Correia** (M35 2:34:57) next in, ahead of Poland's **Grzegorz Grinholc** (M35 2:35:58). Spaniard **Victor Castro** (M35 2:37:29), Latvian **Normunds Ivzans** (M40 2:37:43) and Portugal's **Luis Silva** (M45 2:37:43) also bettered 2:40:00. GBR walkers walked superbly with golds to **Francisco Reis** (M55 2:44:07), **Ian Richards** (M65 3:01:55) and **Edmund Shillabeer** (M75 3:37:17). Portugal (3 golds and 1 silver) and GBR (3 golds and 1 silver) were the top nations ahead of Spain (1 gold, 2 silvers and 2 bronzes).

1.	M35	Pereira, António	POR	2:32:41
2.		Correia, Luis	POR	2:34:57
3.		Grinholc, Grzegorz	POL	2:35:58
4.		Castro, Victor	ESP	2:37:29
5.		Gomez, Jose	ESP	2:41:15
6.		Scafuro, Francesco	ITA	2:43:34
7.		Gonzalez, Antonio	ESP	2:50:06
8.		Liesting, Rick	NED	2:51:44
9.		Mirosław, Luniewski	POL	3:02:30
10.		Caldarelli, Gabriele	ITA	3:03:40
11.		Paiva, Carlos	POR	3:04:02
12.		De Lello, Gennaro	ITA	3:11:54
13.		Kwita, Zbigniew	POL	3:21:07
1.	M40	Ivzans, Normunds	LAT	2:37:43
2.		Lapins, Ivars	LAT	3:11:18
3.		Breide, Madars	LAT	3:20:07
1.	M45	Miguel, Luis	POR	2:37:43
2.		Toro, Leornado	ESP	2:41:25
3.		Svensson, Christer	SWE	2:45:35
4.		Aparicio, José	ESP	2:52:33
5.		Perales, Jose	ESP	2:52:54
6.		Brzezowsky, Roman	AUT	3:24:25
7.		Kropik, Franz	AUT	3:24:25
8.		Siegele, Johann	AUT	3:28:20
9.		Sánchez, Faustino	ESP	3:51:50
1.	M50	Santos, Henrique	POR	2:53:14
2.		Dietsche, Klaus	GER	2:54:11
3.		Prieler, Helmut	GER	2:58:43
4.		Smola, Josef	CZE	3:02:14
5.		Francis, Gauze	FRA	3:04:56
6.		Dorigo, Silvio	ITA	3:19:11
7.		Franco, Venturi	ITA	3:25:40
8.		Schwarz, Alfons	GER	3:29:10
9.		Muscas, Paolo	ITA	3:56:24
1.	M55	Reis, Francisco	GBR	2:44:07
2.		Melo, Ignasi	ESP	3:01:13
3.		Muñoz, Jose	ESP	3:12:37
4.		Vazquez, Manuel	ESP	3:14:15
5.		Major, Ferenc	HUN	3:16:05
6.		Rao, Salvatore	HUN	3:26:51

7.		Hauger, Georg	GER	3:32:12
8.		László, Kiss	HUN	3:32:17
9.		Torode, Ian	GBR	4:02:59
10.		Will, Norbert	GBR	4:07:03
1.	M60	Fliegl, Miroslav	CZE	3:04:39
2.		Kalát, Josef	CZE	3:06:18
3.		Martin, Malcolm	GBR	3:11:22
4.		Allen, Steve	GBR	3:20:46
1.	M65	Richards, Ian	GBR	3:01:55
2.		Orehovs, Vladimirs	LAT	3:20:29
3.		Abolins, Harijs	LAT	3:22:30
4.		Michell, Roger	GBR	3:27:33
5.		Lassus, Marc	FRA	3:35:05
6.		Kates, David	GBR	3:37:43
7.		Hölters, Bernd	GER	3:38:14
8.		Balodis, Guntis	LAT	3:47:19
1.	M70	McMullin, John	IRL	3:32:22
2.		Angelini, Mario	ITA	3:35:20
3.		Gonsiorovský, Zdeněk	CZE	3:42:42
4.		Lerme, Raitis	LAT	3:46:04
5.		Marek, Stanislav	CZE	3:50:48
6.		Vucens, Bronislavs	LAT	4:02:30
7.		Kapralis, Janis	LAT	4:14:58
1.	M75	Shillabeer, Edmund	GBR	3:37:17
2.		Höhne, Christoph	GER	3:40:04
3.		Coppet, Alexis	SUI	2:58:35
4.		Kansky, Vladimir	CZE	2:19:57
1.	M80	Panaseiko, Mykola	UKR	3:57:05
1.	M85	Pushkin, Ivan	UKR	3:54:23

SWEDEN-ESTONIA-LITHUANIA WALKS MEET, TIBRO, SWEDEN, SATURDAY 21 MAY

The International U20 match between Sweden, Estonia and Lithuania was held in good conditions, albeit a bit windy, on a good path in Tibro, Sweden. U20 5km wins went to Estonian Ruslan Sergatsjov with 23:30 and Lithuanian Austeja Kavaliauskaite with 24:09. Overall, Estonia won for the first time with 35 points ahead of Sweden on 25 points and Lithuania on 19 points.

The meet also included Open 10km walks for men and women. The men's walk was a two man battle between Swedish duo Ato Ibáñez and Perseus Karlström who passed the halfway point together in 20:03. But when Ato was forced to stop and stretch at 6km, it gave Perseus the break and he went on to win with 40.01. Ato was second with 41.01 and Estonian Lauri Lelumees was third in 45.42. Monica Svensson led from start to finish to win the women's 10km in 49.57 (24.15 + 25.42) ahead of Estonian Anna Tipukina with 56.08.

10km Men

1.	Perseus Karlström	90	SWE	40.01
2.	Ato Ibáñez	85	SWE	41.01
3.	Lauri Lelumees	78	EST	45.42
4.	Remo Karlström	88	SWE	48.28
5.	Virgo Adusoo	85	EST	50.09
6.	Anders Wahlström	66	SWE	52.43

5km Junior Men

1.	Ruslan Sergatsjov	00	EST	23.30
2.	Vladislav Pavljuk	97	EST	25.08
3.	Arminas Rudenka	01	LTU	25.26
4.	Domantas Rimavicius	01	LTU	26.23
5.	Arnoldas Liutinskis	01	LTU	27.30

10km Women

1.	Monica Svensson	78	SWE	49.57
2.	Anna Tipukina	96	EST	56.08
3.	Anna Kukankova	90	EST	56.24
4.	Ellinor Hogrell	68	SWE	60.02

5km Junior Women

1.	Austeja Kavaliauskaite	00	LTU	24.09
2.	Toma Dailidonyte	03	LTU	26.56

3.	Lada Rosljakova	98	EST	27.01
4.	Ekaterina Mirotvortseva	02	EST	28.03
5.	Emma Isaksson	01	SWE	31.12
6.	Jessica Ibrahim	98	SWE	31.51

USATF 15KM RACE WALK CHAMPIONSHIPS, RIVERSIDE, CALIFORNIA, SUNDAY 15 MAY

Vince Peters posted this report on last week's USA 15km roadwalk championships in California.

Miranda Mellville and Nick Christie took possession of the USATF 15km Roadwalk Championships last Sunday May 15th in Riverside, California. Sixteen year old Stevie Berrie from Orem, Utah, picked up 10 USATF Race Walk Grand Prix points with his win in the Junior Men's category. For the Master's athletes Tim Seaman & Sam Cohen were the overall winners. Further back in the pack Karen Stoyanowski established a new 65-69 age group record while four athletes established new Year Bests at the 15 kilometer distance. They were Bill Moreman M88, Tamara Stevenson F46, Ellie Kallal F72 and Anelise Smith F77. Congratulations to all !

USA 15km Men

1.	Nick Christie	M24	San Diego PV Club	1:09:57
2.	Tim Seaman	M44	NYAC	1:14:19
3.	Francisco Pantoja	M39	Unatt/Mexico	1:16:54
4.	Mark Green	M60	Pegasus AC	1:26:57
5.	Adrian Zamudio	M40	Unatt	1:27:17
6.	Steve Berrie	M16	Lone Peak TC	1:27:23
7.	Tommy Aunan	M57	High Altitude RWers	1:31:26
8.	Paul DeMeester	M56	Unatt	1:31:38
9.	Curt Clausen	M48	NYAC	1:32:54
10.	Norm Frable	M70	So Cal TC	1:34:55
11.	Eric Johnson	M55	So Cal TC	1:38:12
12.	Michael Blanchard	M54	Pegasus AC	1:41:16
13.	Art Morrow	M51	So Cal TC	1:43:27
14.	Byron Kaelin	M56	World Class RWing	1:45:11
15.	Paul Lawson	M69	Pilgrim Pacers	1:58:00
16.	Tucker Brugh	M60	So Cal TC	1:58:52
17.	Bill Moreman	M88	Pilgrim Pacers	1:59:53
18.	Max Green	M84	Pegasus AC	2:00:06
	Carl Acosta	M82	So Cal TC	DQ

USA 15km Women

1.	Miranda Melville	F27	NYAC	1:16:25
2.	Sam Cohen	F38	Wisconsin Runner RT	1:18:13
3.	Molly Josephs	F22	Walk USA	1:21:09
4.	Susan Armenta	F42	ARC Run Club	1:32:54
5.	Karen Stoyanowski	F61	Sierra RWers	1:35:26
6.	Marianne Martino	F65	High Alt RWers	1:36:46
7.	Tamara Stevenson	F46	Wasatch Walkers	1:38:16
8.	Susan Mears	F61	Pacific RWers	1:40:00
9.	Donna Green	F63	Chicago RWers Club	1:45:20
10.	Wendy Clark	F62	Unatt	1:46:25
11.	Kathy Frable	F70	So Cal TC	1:46:49
12.	Darlene Backlund	F70	So Cal TC	1:52:31
13.	Trish Caldwell	F70	Sierra RWers	1:53:02
14.	Lou Kaelin	F55	World Class RWers	1:58:55
15.	Shelly Boyd	F54	Wasatch Walkers	2:01:22
16.	Nancy Linky	F69	Wasatch Walkers	2:01:22
17.	Ellie Kallal	F72	Racewalking Arizona	2:02:22
18.	Carol Dyar	F75	unatt	2:03:13
19.	Jolene Steigerwalt	F72	So Cal TC	2:03:48
20.	Jenny Dean	F64	Inland Empire RWers	2:12:23
21.	Anelise Smith	F77	Unatt	2:15:57

OUT AND ABOUT

- **Cameron Corbishley**, freshly returned from his good walk in the U20 10km in Rome earlier this month, recorded a PB 11:53.08 in the 2016 County T&F Championships that were contested across England last weekend. Good time!

- This year sees the 100th Four Days Marches in Nijmegen, Nederland, and to celebrate the auspicious occasion, a select group of 100 walkers have been invited to walk a special ‘Lap of Honour’, meaning they will do 100km on one day and 50km on each of the other 3 days (for a grand total of 250km). A different group of 25 walkers will complete this special tour de force on each of the four days. See <http://www.4daagse.nl/en/28-english/news/press-releases/146-pressrelease2016-006.html>. I know that English centurion **Sue Clements** is amongst the invitees. Well done to all those so honoured.
- If you are UK based, then next weekend you might like to travel to Kirkby Fleetham in Yorkshire for the annual **Yorkshire RWC Festival of Racewalking**. It will be held on Sunday 29th May and looks pretty good - see the flyer at <http://www.northernracewalking.com/>.
- Congratulations to **Brendan Boyce, Robert Heffernan** and **Alex Wright** for their selections in the Irish 50km team for Rio. See <http://hp.athleticsireland.ie/index.php/11-news/59-olympic-games-nominations-for-selection-to-the-olympic-council-of-ireland>.

MARCIALMONDO AND OMARCHADOR ROUNDUP

6 new press releases for Marciadalmondo this week

- Mon 23 May – Colombian U20 track championships
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2449
- Mon 23 May - Horacio Nava and Agnieszka Dygacz win 20km races at Naumburg
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2448
- Sat 21 May - Clarification on withdrawn interview with Teodorico Caporaso
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2447
- Sat 21 May - 30 years of La Coruna racewalking history
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2446
- Fri 20 May - Preview of the 47th Naumburg Walks Meet
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2445
- Tues 17 May - Evan Dunfee reviews the World Race Walking Teams Championships in Rome
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2442

The omarchador blog was active with 11 news releases this time around

- Mon 28 May - European Masters – Men 30km results
http://omarchador.blogspot.com.au/2016/05/emaacs-vila-real-de-santo-antonio-2016_70.html
- Mon 28 May - European Masters – Women 20km results
http://omarchador.blogspot.com.au/2016/05/emaacs-vila-real-de-santo-antonio-2016_23.html
- Sun 27 May - omarchador profiles the career of Portuguese walker Augusto Cardoso
<http://omarchador.blogspot.com.au/2016/05/augusto-cardoso-das-alturas-para-marcha.html>
- Sat 21 May - European Masters - Men 60+ 10km results
http://omarchador.blogspot.com.au/2016/05/emaacs-vila-real-de-santo-antonio-2016_12.html
- Sat 21 May - European Masters - Men 35-59 10km results
http://omarchador.blogspot.com.au/2016/05/emaacs-vila-real-de-santo-antonio-2016_21.html
- Sat 21 May - Preview of Naumburg racewalk meet
<http://omarchador.blogspot.com.au/2016/05/naumburg-vai-receber-atletas-de-todos.html>
- Fri 20 May - European Master - Women 10km results
<http://omarchador.blogspot.com.au/2016/05/emaacs-vila-real-de-santo-antonio-2016.html>
- Fri 20 May - results of Portuguese walks meet in Vendas Novas
<http://omarchador.blogspot.com.au/2016/05/2-trofeu-de-marcha-em-vendas-novas.html>
- Thu 19 May - Vila Real de Santo António to host European Masters this weekend
<http://omarchador.blogspot.com.au/2016/05/vila-real-de-santo-antonio-volta.html>
- Wed 18 May - Reviewing the 2003 European Teams medals won by Portugal in 2003

<http://omarchador.blogspot.com.au/2016/05/o-primeiro-sucesso-coletivo-de-portugal.html>

- Tue 17 May - Ángel López and Raquel González win Spanish University walks
<http://omarchador.blogspot.com.au/2016/05/angel-lopez-e-raquel-gonzalez-destacam.html>

RACEWALKING VICTORIA LBG TEAM TAKES SHAPE

Entries have now closed for this year's LBG carnival in Canberra so I have loaded our Racewalking Victoria team to the web – see full details at <http://www.vrwc.org.au/documents/2016%20LBG%20-%20Current%20RWV%20Entries%20Abridged.pdf>. See you all in Canberra on Sunday 12 June for the 50th edition of this iconic racewalking carnival.

#BANRUSSIA

Tuesday 17 May

- In a major doping crackdown stretching back eight years, 31 athletes in six sports could be barred from competing in the Olympics after they were caught in retesting of drug samples from the 2008 Beijing Games, and other positive cases could emerge from the 2012 London Games. The IOC opened disciplinary proceedings Tuesday against the 31 unidentified athletes from 12 countries who competed in Beijing and were planning to take part in the Rio de Janeiro Games in August. The IOC said it also planned to reanalyze drug tests from the 2014 Sochi Winter Games after allegations samples were tampered with as part of a state-sponsored Russian doping program. See <http://summergames.ap.org/article/ioc-31-caught-retests-2008-beijing-olympic-samples>.
- WADA has promised to publish a full report following an investigation into claims of a Russian drugs operation at the Sochi 2014 Winter Olympics. Mathieu Holz, WADA's investigations manager, will head the inquiry. The former Major of the French Gendarmerie will form a "multi-disciplinary team of experts" that will include leading independent scientists such as Professor Christiane Ayotte, director of the WADA-accredited laboratory in Montreal. Holz will report to WADA's director general David Howman and the man who will soon replace him, current chief operating officer Olivier Niggli. See <http://www.insidethegames.biz/articles/1037555/wada-promises-full-public-report-into-sochi-2014-doping-claims>.

Wednesday 18 May

- The scrutiny of Alex Schwazer continues, with questions as to whether he was doping as early as 2010. If someone ever bothers to investigate, he might be banned for life. See <http://leastthing.blogspot.com.au/2016/05/revisiting-doping-cover-up-guest-post.html>.
- IOC president Thomas Bach has suggested entire federations could be banned from the Games as the fight against doping is escalated. "This action could range from lifelong Olympic bans for any implicated person, to tough financial sanctions, to acceptance of suspension or exclusion of entire national federations like the already existing one for the Russian Athletics Federation by the IAAF." See <http://www.independent.co.uk/sport/olympics/athletics/rio-2016-ioc-president-thomas-bach-suggests-federations-could-face-bans-as-doping-crisis-deepens-a7035296.html>.
- The IOC leader also stepped up calls on Russia to clear up accusations of interference in testing at its doping laboratory during the 2014 Sochi Winter Games. In a new sign of pressure on Russian sport, the New York Times said US prosecutors have started an investigation into doping by Russian athletes. The allegations against the Sochi laboratory are "very detailed and therefore very worrying", Bach said in a commentary published in newspapers around the world. "Should the investigation prove the allegations true it would represent a shocking new dimension in doping with an ...unprecedented level of criminality," added Bach. See <http://www.supersport.com/athletics/article.aspx?Id=3533354>.
- Another article, much less optimistic, questions whether IOC President Thomas Bach too cosy with Russia to consider making a dramatic example of them. A depressing read about why we MUST ban Russia from Rio. See <http://www.telegraph.co.uk/olympics/2016/05/19/ioc-must-be-brave-and-throw-russia-out-of-rio-2016/>.

Friday 20 May

- The Kenyan National Assembly has convened two special sittings on Thursday next week to discuss the amendments to the new Anti-Doping Law, 2016. In a Gazette notice, Speaker Justin Muturi on Friday recalled the House, which is on recess until June 16. The sessions will be held at Parliament Buildings at 9.30am and 2.30pm. The move by Muturi comes in the wake of a high-level meeting between Wada director general David Howman with Cabinet secretaries Hassan Wario (Sports) and Amina Mohammed (Foreign Affairs) and at the agency's headquarters in Montreal, Canada on Tuesday. Wario and Mohammed returned on Thursday with a roadmap aimed at making Kenya compliant with the Wada Code. I suppose they MIGHT get it right this time! See <http://www.nation.co.ke/sports/athletics/Speaker-Muturi-recalls-MPs-to-amend-Anti-Doping-Bill/-/1100/3212176/-/125wxvc/-/index.html>.

- WADA has named Richard McLaren to lead the independent investigation into allegations of a doping cover-up at the Sochi Olympics on Thursday following concerns about a conflict of interest. The Canadian law professor and sports lawyer was a member of WADA's three-person independent commission which last year which exposed widespread doping and corruption in Russian athletics. WADA President Sir Craig Reedie appointed McLaren after at least three people voiced concerns about a conflict of interest given that the allegations relate to the Sochi Olympics and that WADA is funded by the International Olympic Committee. See <http://uk.reuters.com/article/uk-sport-doping-wada-conflict-idUKKCN0YA33C>.

Sunday 22 May

- Chinese coach Zhou Ming, who is supposed to be serving a life ban, is said to be working with some of the China's top swimmers after they moved their pre-Olympic camp to Turkey. After The Sunday Telegraph revealed the large presence of Chinese swimmers in Australia, including two who have tested positive to drugs in the past, some of China's top Olympians have moved to a discreet location in Belek, Turkey, to prepare for Rio. Chinese team members are using the Gloria Sports Centre in Belek and training in a program run by controversial German swim coach Dirk Lange. "One of the reasons they turned to Dirk was after (The Sunday Telegraph) turned up the heat in China, they were definitely looking for options," a top swimming official said. Zhou, involved in the systematic doping of the Chinese swimming team in the 1990s, is rumoured to have been on the pool deck in Turkey, but this could not be confirmed. Zhou has defied his FINA life ban to also train two top teen swimmers in China in recent months. See <http://www.dailytelegraph.com.au/news/chinese-olympic-swimmers-move-to-turkey-camp-with/news-story/edee65038e4026cfe5f93b5bab05d89>.
- "Of course, we are not amused." IOC president Thomas Bach invoked Queen Victoria this week when asked about the spiralling crisis surrounding allegations of corruption concerning Tokyo's successful bid for the 2020 Olympic Games. There is another saying in Bach's native Germany – "wash me but don't get me wet" – that rather seems to sum up the attitude of the Olympic family to a firestorm that began as a localised outbreak at the Monaco headquarters of the world governing body of athletics, has shifted to Japan and now threatens to spread to the IOC's headquarters on the banks of Lake Geneva. Questions that were supposed to have gone away after the Salt Lake City scandal over how the IOC conducts bidding for its most prestigious events have aligned alongside the Russian doping crisis and the panicky atmosphere surrounding the countdown to the Rio Olympics to create something of a perfect storm. See <https://www.theguardian.com/sport/2016/may/20/tokyo-2020-olympic-bid-questions>.
- WADA President Sir Craig Reedie hopes to have a \$1 million-plus (£690,000/€891,000) investigations fund at his disposal within a matter of months, as pressure to take a harder line on drug cheats continues to mount in the build-up to the Rio 2016 Olympic and Paralympic Games. See <http://www.insidethegames.biz/articles/1037693/exclusive-reedie-looking-to-build-1-million-plus-doping-investigations-fund-as-pressure-for-tough-action-mounts>.
- Russia's Yulia Efimova has had her provisional suspension for doping lifted by swimming's governing body. The 24-year-old, who won 200m breaststroke bronze at the London 2012 Olympics, was given a provisional ban after testing positive for meldonium. Wada added meldonium to its list of banned substances at the start of 2016 and recently gave those athletes who had since failed tests a lifeline with the admission it was unclear how long the substance took to clear the body. See <http://www.bbc.com/sport/swimming/36354552>.

Monday 23 May

- An excellent article - some things to know about the retesting program that has so far caught 31 unidentified athletes in six sports from 12 countries from the 2008 Beijing Games. See <http://www.theglobeandmail.com/sports/olympics/inside-the-swiss-anti-doping-laboratory-thats-catching-olympic-drug-cheats/article30117037/>.
- Russia pushes back as usual. See <http://www.supersport.com/athletics/article.aspx?Id=3541674>.

VRWC CLUB RECORD UPDATE

Three new VRWC club records to acknowledge this week, one from Heather Carr last weekend and two from previous walks by Rebecca Henderson. Well done to Heather and Bec on some great times!

Heather Carr	W65 5km Road Walk	28:56	VRWC Road Walks, Middle Park	21/05/2016
Rebecca Henderson	U13 Girls 2km Road Walk	9:28	LBG Carnival, Canberra	08/06/2014
Rebecca Henderson	U15 Girls 10km Road Walk	52:58	VRWC Races, Middle Park	15/05/2016

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 June 12, 2016 50th Lake Burley Griffin Walks Carnival, Canberra, ACT
 Sun Aug 20, 2016 Australian Masters 20km Roadwalk Championships, Adelaide, SA

Sun Aug 20, 2016 Australian Roadwalk Championships, Canberra, ACT

2016 International Key Dates

July 19-24, 2016 16th World Junior T&F Championships, Bydgoszcz, POL
Aug 5-21, 2016 31st Olympic Games, Rio de Janeiro, Brazil. See <http://www.rio2016.com/en>
Oct 26 -Nov 6, 2016 21st World Masters T&F Champs Stadia, Perth, Australia. See <http://www.perth2016.com>

2016 IAAF Challenge Series (remaining events)

Sat May 28, 2016 La Coruna, Spain
Jun 22-26, 2016 Durban, South Africa (African Championships)
August 12-21, 2016 Olympic Games, Rio de Janeiro, Brazil

2016 European Meets

Sat June 10, 2016 42nd International Race Walking Festival, LTU
Sept 10, 2016 Voronovo Cup, Voronovo, RUS (I assume this depends on whether Russia is back in the IAAF fold by then)

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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Copies of recent newsletters are kept on the VRWC website (<http://www.vrwc.org.au>)