



HEEL AND TOE ONLINE

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

15 year old VRWC **Rebecca Henderson** is my Walker of the Week this time around for her 8km walk of 39:54 on Saturday at Middle Park. It was a big PB and indicated that she is soon to break the 50 minute mark for the more regularly raced 10km distance.

Rebecca has had a great winter season that included a win in the LBG U16 3km in June (14:08), a win in the AV Schools U18 5km in June (24:02) and second placings in the AV U18 5km and the AA U16 3km just over a week ago in Canberra. A young walker with a big future!



Rebecca (far left) leads out in the VRWC races on Saturday at Middle Park , alongside Philippa Huse and Hayden Walmsley

WHAT'S COMING UP

- Firstly an important announcement for all Melbourne based readers. The Victorian Government is partnering with the Australian Olympic Committee to stage a **public event in the Bourke Street Mall tomorrow (Wednesday 31 August) to officially welcome home our Victorian based Olympians**. Fans will enjoy Brazilian-themed entertainment and will be able to get the autographs of their heroes as they pass through the Bourke Street Mall before official proceedings on the specially designed stage. Wednesday's event begins at 11.30am before official proceedings on stage at 12.40pm. See the official press release at <http://www.premier.vic.gov.au/welcoming-home-our-olympic-heroes/>.
- And now onto business. Only a couple of races left in our VRWC winter season. Next Saturday sees us back at Middle Park for the usual spread of races, followed by our winter season presentations. Remember we prefer you to pre-enter all VRWC events at <http://vrwc.org.au/wp1/race-entries-2/>. Pre-entry closes the night before at 8PM.

Saturday 3rd September 2016, Middle Park		
VRWC EVENTS: Entries close for all events at 1.45pm sharp		
2.15pm	8km	Open
2.15pm	6km	Open
2.15pm	4km	Open
2.30pm	2km	Open
2.30pm	1km	Open
3.15pm	VRWC Winter Season presentations	

- Our season winds up the following Sunday with the Victorian 50km championship, along with a RWA 50km championship for women and assorted other long distance events.

Sunday 11th September 2016, Middle Park			
AV, RWA & VRWC VRWC EVENTS			
7.30am	50km	AV Championship - Jared Tallent Trophy	Open *
	50km	RWA Championship	Open Women *
	35km	VRWC Championship – Ray Smith Trophy	Open *
	6 Hours	Walk	Open *
10.00am	20km		Open
11.00am	10km		Open
	5km		Open
All VRWC entrants in the 50km and 6 Hour events are automatically entered in the VRWC 35km club championship. It is also possible to enter this event as a standalone event.			
The Victorian 50km and VRWC 35km are Open Championships, meaning they are open to men and women.			
* These events require pre-entry			
AV 50km online entry at http://athsvic.org.au/event/2016-av-50km-walks-championships/ . AV entries close Friday 9 Sept. VRWC/RWA 50km/35km/6H online entries at http://vrwc.org.au/wp1/ . VRWC entries close at 8PM on Friday 9 Sept.			

- Looking further forward, most of the key dates for the summer season are now known. Note dates are now locked in for the 2016 Australian 50km at Fawkner Park and for the 2017 Australian Summer 20km championships in Adelaide. And note that the Australian Open and Junior T&F Championships will be held together in Sydney over a week. This is a new initiative by AA and should be an exciting concept.

2016/2017 Australian/Victorian Key Dates

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

VRWC ROADWALKS, MIDDLE PARK, SATURDAY 27 AUGUST

The VRWC winter season continued on Saturday afternoon at Middle Park, with 42 walkers competing in sunny and cool conditions. The standout performance came from 15 year old **Rebecca Henderson** whose 8km time of 39:54 was outstanding. Other excellent performances from **Jasmin Hass, Josh Jensen** and **Glenyse Brain**.

8km Open

1.	Rebecca Henderson	39:54	PB 1:03
2.	Philippa Huse	42:10	
3.	Alison Thompson	50:37	

1.	James Christmass	39:49	
2.	Mark Donahoo	44:57	
3.	Corey Dickson	46:58	
4.	Bob Gardiner	54:47	
5.	Geoff Barrow	56:53	

6km Open

1.	Kathleen O'Mahony	37:15	
2.	Robyn Shaw	40:18	
3.	Karyn O'Neill	43:07	
4.	Margaret Beaumont	52:06	

1.	Adam Garganis	28:58	
2.	Hayden Walmsley	31:10	
3.	Ralph Bennett	36:26	
4.	Terry O'Neill	37:12	
5.	Russ Dickenson	39:44	
6.	Ian Beaumont	53:19	

4km Open

1.	Chloe Karagiorgos	22:14	
2.	Emily Swan	23:28	
3.	Donna Elms	23:29	
4.	Holly Cocking	24:07	First one
5.	Gwen Steed	26:20	
6.	Celia Johnson	29:28	
7.	Liz Wrigley	31:07	
8.	Glenyse Brain	33:27	PB 1:03

1.	Kyle Swan	19:04	
2.	Reese Walmsley	20:52	
3.	Josh Jensen	20:54	PB 4:00
4.	David Smyth	22:21	
5.	Gary Turner	32:23	
	Barrie Wicks	DQ	
	Joseph Rickard	DNF	

2km Open

1.	Jasmin Hass	10:48	PB 0:03
2.	Charlotte Hay	11:26	
3.	Grace Louey	11:48	
4.	Kaylah Heikkila-Dubowik	12:30	
5.	Beverly Hugo	16:07	

1.	Angus Hay	13:13	
2.	John Morrison	15:00	

1km Open

1.	Chelsea Karagiorgos	06:19	
2.	Pam Mews	09:40	

Thanks as usual to our many officials, judges and helpers. Apologies if I missed you – we greatly appreciate everyone's help!

Officials: Ralph Bennett, Mark Donahoo, Damien Elms, Michelle Walmsley, Tim Erickson, Cathy and Alan Huse, Mark O'Mahony, Bob Gardiner

Judges: Peter Vysma (chief), Gordon Loughnan, Lloyd Nichols, Judy Mason, Diane Lowden, Stuart Cooper, Micheal Bodey
Canteen: Barb Gardiner, Kate Suich
Photos: Terry Swan (<http://www.vrwc.org.au/coppermine/thumbnails.php?album=88>)



Angus Hay, James Christmass, Glenyse Brain and Jasmin Hass (photos Terry Swan)



Chloe Karagiorgos, Josh Jensen, Rebecca Henderson and Kathleen O'Mahony

AUSTRALIAN MASTERS 20KM ROADWALK CHAMPIONSHIPS, ADELAIDE, SUNDAY 28 AUGUST

Our Masters walkers were in action at Peacock Rd in the South Adelaide Parklands on Sunday in the Australian Masters 20km Championships. Well done to our medallists. Fastest times went to **Kim Mottrom** (1:43:43) and **Ann Weeks** (2:10:21).

20km Walk Masters

1	M75	JIM SEYMON	NSW	2:27:54
2	M75	RODGER BARBER	SA	2:39:33
1	M70	GRAHAM HARRISON	SA	2:38:26
1	M65	GILL MCINTOSH	SA	2:25:55
1	M60	COLIN HEYWOOD	NT	1:54:39

1	M55	SIMON EVANS	VIC	1:58:32
2	M55	PETER CRUMP	SA	2:01:07
1	M50	GERARD FEAIN	VIC	2:10:55
2	M50	JOHN LEYDON	SA	2:14:41
1	M40	PRAMESH PRASAD	VIC	1:52:30
1	M30	KIM MOTTROM	SA	1:43:43
1	W65	HEATHER CARR	VIC	2:11:13
2	W65	AVRILL HILL	SA	2:38:25
1	W55	MARIE MAXTED	SA	2:20:09
1	W50	ANN WEEKS	NSW	2:10:21
2	W50	RAELENE SCHILD	SA	2:39:32
1	W45	CHERIE ROTHERY	SA	2:20:20



Left: All set to go Right: Kim Mottrom in action

ACT WALKERS CLUB ROADWALKS, DICKSON, ACT, SATURDAY 27 AUGUST

Thanks to Robin Whyte for the weekly results from Canberra. Good 10km walks from **Connor Frew** and **Gabby Hunt**.

10km Walk

1.	Connor Frew	51:37
2.	Gabby Hunt	53:15
3.	Callum Burns	56:54
4.	Matt Griggs	1:03:46
5.	Robin Whyte	1:04:43
6.	Mick Saunders	1:10:08
7.	Monika Short	1:15:14
8.	Bob Parker	1:15:14
9.	Geoff Barker	1:18:38
10.	Warren Butler	1:25:59
11.	Val Chesterton	1:26:51
	Tim Fraser	DNF

1km Walk

1.	Anna Vahey	06:51
2.	Georgia Frew	07:27

4km Walk

1.	Laura Burns	22:00
2.	Spencer Burns	22:38
3.	Hannah Manning	23:15
4.	Jane Bates	29:11
5.	Kate Black	30:52
6.	Robyn Saunders	31:09
7.	Terry Munro	32:36
8.	Cilla Chapman	34:08
9.	Phil Essam	37:59
10.	Helen Munro	38:38

2km Walk

1.	Tom Hunt	10:44
2.	Ellen Vahey	13:21
3.	Bob Chapman	19:38

SAMA ROADWALKS, BURBRIDGE ROAD, ADELAIDE, SATURDAY 27 AUGUST

Thanks to Colin Hainsworth for the latest results from the South Australian Masters in Adelaide. He commented: Cool/cold but sunny arvo. David Robertson – most improved walker.

8km Yacht Handicap

1.	David Robertson	1:05:33	M83	75.47%
2.	Jeff Kennett	1:14:27	M66	52.35%
3.	Edna Bates	1:11:58	W63	58.87%
4.	Colin Hainsworth	1:08:46	M86	75.94%
5.	Harry Hayford	1:06:28	M64	57.35%
6.	Richard Moyle	1:06:23	M60	55.11%

4km Yacht Handicap

1.	Graham Harrison	0:32:11	M73	64.19%
2.	Helen Suridge	0:28:58	W65	71.56%
3.	Jill Rogers	0:34:54	W71	64.51%
4.	Jan Layng	0:30:11	W67	70.49%
5.	Kristine Freeman	0:32:22	W56	57.81%
6.	David Padget	0:39:07	M84	62.25%

SARWC ROADWALKS, PEACOCK RD, ADELAIDE, SATURDAY 27 AUGUST

The SARWC walkers were also in action on Saturday, with best performances coming from **Tristan Camilleri** and **Alix Harlington**.

12km Walk

1.	Peter Crump	1:09:58	M35+
2.	Bill Starr	1:33:44	M35+
3.	James Hoare	DNF	M35+

6km Walk

1.	Alix Harlington	31:12	MU18
2.	Jay Goode	32:41	MU18
3.	Samantha Findlay	33:31	F U20
4.	Chloe Upton	36:23	FU16
5.	Royrie Upton	36:45	MOpen
6.	Jake Vidler	DNF	MU18

3km Walk

1.	Tristan Camilleri	14:38	MU16
2.	Victoria Upton	16:45	FU14
3.	Kiera Ross	17:02	FU12
4.	Ayeisha Wallace	19:53	FU16
5.	Olivia Phillips	20:22	FU14
6.	Zayden Kamish	22:27	MU10
7.	Adrian Upton	22:27	MU14
8.	Talisha Skein	DNF	FU14

1.5km Walk

1.	Kitarni Upton	08:13	FU12
2.	Sarah Damin	08:34	FU18
3.	Kerry Goode	09:51	F35+
4.	Edward Upton	15:21	MU10
5.	Seth Upton	15:21	MU12

SARWC ROADWALKS, PEACOCK RD, ADELAIDE PARKLANDS, ADELAIDE, SATURDAY 20 AUGUST

And finally, back a week for the SARWC with a catchup set of results.

5km Roadwalk

1.	Darren Bown	22:43	M35+
2.	Jay Goode	26:23	MU18
3.	Alix Harlington	26:46	MU18
4.	Victoria Upton	28:37	FU14
5.	Yvette Becker	28:48	FOpen
6.	Peter Crump	28:58	M35+
7.	Royrie Upton	29:20	M35+
8.	Chloe Upton	29:46	FU16
9.	Seth Upton	30:28	MU12
10.	Kitarni Upton	30:32	FU12
11.	John Leydon	31:18	M35+
12.	Cherie Rothery	32:11	F35+

3km Roadwalk

1.	Mathew Bruniges	17:24	MU16
2.	Mia Wilks	19:16	FU14
3.	Zayden Kamish	20:31	MU10
4.	Adrian Upton	20:31	MU14

1km Roadwalks

1.	Sarah Damin	05:32	FU18
2.	Hannah Wilks	06:03	FU10
3.	Kerry Goode	06:07	F35+

AUSTRALIAN ROADWALK CHAMPIONSHIPS, MT STROMLO, CANBERRA, ACT, SUNDAY 21 AUGUST

The final placings in the Boys and Girls U12 2km Races has now been added to the Australian Roadwalk Championships results set at <http://results.athletics.org.au/results/2016/aarw/>. Once again, no State or Club designations and no idea of teams race results. Hopefully the full results set will be published soon.

RWA 2km U12 Girls

1.	Griffin, Alexandra	F	9:51
2.	Clarke, Anika	F	10:39
3.	Dunne, Izabella	F	11:02
4.	Thomas, Emma	F	11:06
5.	Talbot, Bonnie	F	11:14
6.	Wells, Kristine	F	12:04
7.	Cunningham, Breanna	F	12:17
8.	Anderson, Bianca	F	12:23
9.	Brady, Korey	F	12:39
10.	Nilon, Isabelle	F	12:41
11.	Deagan, Rhianni	F	12:52
12.	Baker, Ella	F	12:54
13.	Mortimore, Brooke	F	DQ
14.	Petterwood, Demi	F	DQ

RWA 2km U12 Boys

1.	Hunt, Tom	M	10:05
2.	Vesper, Ryan	M	10:45
3.	Bottle, Will	M	11:00
4.	Deans, Jesse	M	11:23
5.	Bell, Darcy	M	12:44
6.	Baker, Harrison	M	12:47
7.	Camp-Liddiard, Andrew	M	DQ
8.	Bulman, Shaquille	M	DQ

Finally, lots more photos from the meet at <https://photos.google.com/share/AF1QipMPXcUFm1sA-AEZ3XC4AffYt0E1-pbMyi9x6JQTbNURafGGW-HSMHg9HR3xYN1n8A?key=VWlQV0YyQ0JUQ2hDRkdFSkQzblRKRUYtVzJqb1pB>

7TH INTERNATIONAL SPRINT TRIATHLON IN RACE WALKING. VEENENDAAL, NEDERLAND, SAT 10 SEPT

A race plug before I move onto my world report.

The 7th International Sprint Triathlon in Race Walking will be held in just under 2 weeks time in Veenendaal in the Netherlands. Organizer Frank van Ravensberg tells me that they already have 36 entries from 5 countries.

It is a great concept, with those born in 2001 or later contesting 1000m and 1 mile walks (duathlon) and older walkers contesting 3000m, 1000m and 1 mile walks (triathlon) during the course of the morning on **Saturday 10th September**.

Registrations are via website link http://www.vav-veenendaal.nl/index.php?page=04_03_VAV_Wedstrijde&sid=1 but foreign walkers can just contact Frank van Ravensberg. Entries close this Friday 2nd September so don't delay if you are European based and thinking of going.

Event flyer: http://www.vav-veenendaal.nl/userfiles/04_03_vav_wedstrijde/62_veenendaal_flyer_2016_10335_.pdf?sid=2.

I look forward to reporting on the carnival in a couple of weeks time.

ENGLAND ATHLETICS U15 / U17 T&F CHAMPIONSHIPS, BEDFORD, ENGLAND, 27-28 AUGUST

Thanks to Mark Wall for race results and a short report from the England Athletics U15/U17 T&F Championships in Bedford. **Chris Snook** was the pick of the walkers with 23:36.51 for the 5000m walk.

A slightly blustery day with mild sunshine at the start. The four races were held simultaneously as the first track events of Day 2, with two clear winners in the Under 17 events, having both moved away from the remainder of the field. Numbers, were to a degree, reduced by this being the last week of the school holidays. This gives **Ana Garcia** both the U/17 and U/20 titles (from early June) for the year. George Wilkinson continues on a family path being the brother of World Junior champion Callum. The medals were presented by the inaugural 1966 Commonwealth 20 mile Champion, Ron Wallwork, coach of George. A video of the race can be viewed at <http://www.runjumpthrow.com/videos/19848>.

5000m U17 Girls

1.	Ana GARCIA	City of Sheffield & Dearne AC	26:35.17
2.	Megan STRATTON-THOMAS	Swansea Harriers	27:29.35
3.	Pagen SPOONER	Wetherby Runners AC	27:58.61
	Abigail JENNINGS	Aldershot Farnham & District	DNF

5000m U17 Boys

1.	Chris SNOOK	Aldershot Farnham & District	23:36.51
2.	Oliver HOPKINS	Lewes AC	27:36.36
3.	Benjamin ALLEN	Leicester Walking Club	28:40.30

3000m U15 Girls

1.	Lucy LEWIS WARD	Cambridge Harriers	16:32.30
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3000m U15 Boys

1.	Jack CHILDS	Medway & Maidstone AC	17:09.01
2.	Hisham ALKHAMESI	Nuneaton Harriers	17:19.05
3.	George WILKINSON	Enfield & Haringey A C	17:46.44

WALKING CHAMPIONSHIPS, VAXJO, SWEDEN, 27-28 AUGUST

The annual 2 day racing festival in Växjö, Sweden, last weekend, saw plenty of walkers competing in track races on the Värendsvallen track on Saturday and on the road on Sunday. **Perseus Karlström** (44:38.4 and 1:22:25) and **Monica Svensson** (23:57.2 and 51:00) won their respective events on both days.

Open 10,000m Men, Saturday 27 August

1.	Perseus Karlström	Eskilstuna FIF	44.38,4
2.	Anders Hansson	SK Svängen	44.45,9
3.	Remo Karlström	Eskilstuna FIF	47.49,8
4.	Fredrik Svensson	Växjö AIS	48.25,7
5.	Christer Svensson	Växjö AIS	48.43,0
6.	Fredrik Sandmer	SK Svängen	53.56,1
7.	Anders Wahlström	Södra Öland	54.59,3
8.	Ulf-Peter Sjöholm	Växjö AIS	58.23,7
	Bengt Bengtsson	GK Steget	DNF

Open 5000m Women, Saturday 27 August

1.	Monica Svensson	Växjö AIS	23.57,2
2.	Siv Karlström	Eskilstuna FIF	26.01,6
3.	Ellinor Hogrell	Enhörna IF	27.52,0
4.	Helena Sandmer	SK Svängen	28.56,6
5.	Diana Forsgren Ottosson	IFK Sala	31.07,1
6.	Julia Ibrahim	GK Steget	31.12,0
7.	Jessica Ibrahim	GK Steget	32.53,8
8.	Jennifer Ibrahim	GK Steget	33.31,1

Open Men 20km Walk, Sunday 28 August

1.	Perseus Karlström	Eskilstuna FIF	1:22.25
2.	Anders Hansson	SK Svängen	1:29.25
3.	Remo Karlström	Eskilstuna FIF	1:40.45
4.	Fredrik Svensson	Växjö AIS	1:43.18
5.	Christer Svensson	Växjö AIS	1:45.18
6.	Fredrik Sandmer	SK Svängen	1:57.03
7.	Ulf-Peter Sjöholm	Växjö AIS	2:02.39
8.	Bengt Bengtsson	GK Steget	2:09.13

Open Women 10km Walk, Sunday 28 August

1.	Monica Svensson	Växjö AIS	51.00
2.	Ellinor Hogrell	Enhörna IF	58.52
3.	Helena Sandmer	SK Svängen	59.16
4.	Julia Ibrahim	GK Steget	1:04.00
5.	Jessica Ibrahim	GK Steget	1:06.17
6.	Jennifer Ibrahim	GK Steget	1:06.28

Various underage walks were also contested. See the full results at <http://www.gang.se/tavlingsgang/Resultatlistor/2016/>.

"PUCHAR OBRONCÓW POCZTY POLSKIEJ" WALKING MEET, GDANSK, POLAND, SATURDAY 27 AUGUST

The Polish U23 and U20 roadwalk championships were contested last Saturday in Gdansk, as part of the Puchar Obronców Poczty Polskiej racewalking meet. Full results: http://www.pzla.pl/zdjecia/zal_i/160827-gdansk-mp_201608272343.pdf.

20km U23 Men (National Championship)

1.	NOWAK Mateusz	1996	UKS Skoczek Skoki	1:35:16
2.	CHOJECKI Daniel	1995	WLKS Nowe Iganie	1:36:37
3.	KOMAROWSKI Kamil	1995	MKS Juwenia Bialystok	1:37:19
4.	BIELECKI Lukasz	1994	CKS Budowlani Czestochowa	1:38:54
5.	CYNGOT Jacek	1996	UKS Olimp Kozienice	1:40:29
6.	KUBAS Marek	1996	GUKLA Bratkowice Korzeniowski.pl	1:45:48
7.	KLAWIKOWSKI Damian	1996	RKS Rumia	1:46:16
8.	ZIELINSKI Szymon	1995	UKS Orkan Sroda Wlqp.	1:47:58
9.	CZARTOSZEWSKI Szymon	1996	WLKS Nowe Iganie	1:49:48
10.	NIEDZIALEK Tomasz	1996	WLKS Nowe Iganie	1:55:08
11.	WOJCIECHOWSKI Wiktor	1995	UKS Orkan Sroda Wlqp.	2:00:18

20km U20 Men (National Championship)

1.	KOSECKI Kacper	1997	KL Lechia Gdansk	1:37:24
2.	KLONOWSKI Adrian	1997	LKS Vectra Wloclawek	1:38:56
3.	GOLAWSKI Robert	1998	WLKS Nowe Iganie	1:42:14
4.	BACHOR Jakub	1998	M-Jun CWKS Resovia Rzeszów	1:45:48

20km U23 Women (National Championship)

1.	ZDZIEBLO Katarzyna	1996	LKS Stal Mielec	1:37:35
2.	BEMOWSKA Joanna	1994	AZS-AWF Katowice	1:47:02
3.	AUGUSTYN Angelika	1996	UKS Olimp Kozienice	1:48:15
4.	MAJCHROWICZ Kinga	1995	CWKS Resovia Rzeszów	1:50:42
5.	WOSIK Michalina	1994	UKS 12 Kalisz	2:01:00
6.	LOREK Antonina	1995	KS AZS AWF Kraków	2:01:56
7.	KALINA Natalia	1996	GUKLA Bratkowice Korzeniowski.pl	2:04:38
8.	REMBOWICZ Sylwia	1995	LKS Stal Mielec	2:14:06

20km U20 Men (National Championship)

1.	KOWALSKA Agata	1998	KKL Rodlo Kwidzyn	1:48:20
2.	KREJA Zofia	1997	KMKL Sztorm Kolobrzeg	1:49:18
3.	JACHER Malgorzata	1997	LKS Stal Mielec	1:55:11
4.	LICKIEWICZ Izabela	1997	K-Jun WLKS Nowe Iganie	2:14:12

10km Open Men

1.	TOMALA Dawid	1989	AZS-AWF Katowice	42:45
2.	SIKORA Rafal	1987	M KS AZS AWF Kraków	43:34
3.	NIEDZIALEK Lukasz	2000	M-JM WLKS Nowe Iganie	43:40
4.	BRUNDUKOV Wladimir	1990	M Bialorus (BLR)	44:55
5.	SAULGRIEZIS Raivo	1994	LATVIA	45:55
6.	JACHER Piotr	1998	LKS Stal Mielec	49:24
7.	KULIG Maksymilian	1999	LKS Stal Mielec	49:59
8.	NICPON Kacper	1999	LKS Olympic Szczecin	50:05
9.	SCHIEDEL Arkadiusz	2000	MLKS Nadwislanin Chelmno	50:17
10.	MACIAG Krzysztof	1999	MLKS Nadwislanin Chelmno	50:59
11.	KUZAWSKI Jakub	1999	WLKS Nowe Iganie	51:15
12.	JUOZAITIS Paulius	2000	LITHUANIA	51:57
13.	STOSIK Michal	1999	SKLA Sopot	54:46
14.	KICKI Mateusz	2000	UKS Orkan Sroda Wlqp.	1:00:48

10km Open Women

1.	KAPERA Monika	1990	AZS-AWF Katowice	48:04
2.	ELLWARD Agnieszka	1989	Flota Gdynia	50:03
3.	HEPPNER Beata	1992	Budowlani Czestochowa	51:35
4.	NIEDZIALEK Olga	1997	WLKS Nowe Iganie	53:57
5.	CHODECKA Nikola	1998	LKS Olympic Szczecin	54:48
6.	GLOMB Sonia	1998	UKS Maraton - Korzeniowski.pl	57:04
7.	GREZIAK Emilia	1998	WLKS Nowe Iganie	1:00:20
8.	JANICKA Laura	1993	AZS AWF Kraków	1:05:06

3RD 24 HEURES DE WADELINCOURT, WADELINCOURT, BELGIUM, 27-28 AUGUST

Last weekend saw the 3rd edition of the 24 Heures de Wadelincourt (it is held in even years) in Belgium. Wadelincourt is a rural village of 3500 people and the event sees you walking alongside fields with cows and with horses. This meet hosts one of the five qualifying races for the 2017 Paris-Alsace classic

Les 24 heures de Wadelincourt, Belgium	27-28 August 2016
Les 28 heures de Roubaix, Roubaix, France	17-18 Sept 2016
Les 24 heures de Bourges, Bourges, France	2017
Les 24 heures de Château-Thierry, Château-Thierry, France	2017
Les 24 heures de Dijon, Dijon, France	2017

Emmanuel Tardi was there and reports for us as follows

The initial lap was 5.122km, followed by laps of 3.514km, to enable an exact 100km split. In the final hour, laps were reduced to 641m. The lap was flat except for a hard hill (50m long, 10% incline) at the 1.5km point.

This year the biggest problem was the sun. At the start time of 1PM on Saturday, the temperature was around 35°C and everybody was worried. Yet, in spite of that, Eddy Roze and Remi Bonotte started fast and led for the first 6 hours. It goes without saying that they did not feature in the final results. **Mathieu Olivares**, who start at a much slower pace, came through to win the men's race with 180.426km while the unstoppable **Sandra Brown** won the women's race with 175.101km. The Belgium 100k championship went to veteran (born 1953) Daniel Vandendaul with a time of 13:06:52.

Full results can be seen at http://pointage.larondedesducs.fr/?page_id=24. Clicking on an individual name expands to show laptimes.

Wadelincourt 24 Hour Walk		100km	Final Distance	
1.	OLIVARES Mathieu	12h16.02	180,426 Km	24:00:00
2.	LANGLOIS Patrick	12h54.50	177,535 Km	24:00:00
3.	BUNEL Pascal	12h18.19	175,808 Km	24:00:00
4.	VARAIN Cedric	12h58.52	175,117 Km	24:00:00
5.	BROWN Sandra (F)	13h30.43	175,101 Km	24:00:00
6.	BIET Christophe	14h44.25	155,860 Km	24:00:00
7.	SONNOIS Martine (F)	14h54.20	155,566 Km	24:00:00
8.	TILL Jacques	13h56.25	150,176 Km	24:00:00
9.	JACQUEMIN Mickael	14h18.04	148,064 Km	24:00:00
10.	BIZARD Claudie (F)	16h52.50	144,282 Km	24:00:00
11.	ARNAULT Françoise (F)	16h52.32	125,995 Km	24:00:00
12.	SAKESYN Olivier	20h22.55	116,835 Km	24:00:00
13.	RASSAIND Andre	19h54.57	114,257 Km	24:00:00
14.	CRILLEY Kathy (F)	23h02.48	105,842 Km	24:00:00
15.	LANDRU Noelle (F)	23h18.12	104,119 Km	24:00:00
16.	LHOEST Daniel	23h00.18	103,574 Km	24:00:00
17.	LETOURNEAU Florian		99,586 Km	24:00:00
18.	ARNAULT Jacques		94,369 Km	24:00:00
19.	AUVRE Alain		87,207 Km	24:00:00
20.	QUINQUETON Bernadette (F)		73,630 Km	24:00:00
21.	BONNOTTE Remi		53,186 Km	24:00:00
22.	MAUNY Claude		52,568 Km	24:00:00
23.	VANDENDAUL Daniel	13h06.52	107,028 Km	14:15:46
24.	GEORGELIN Serge		89,458 Km	12:36:25
25.	ROZE Eddy		71,888 Km	09:09:59
26.	HARTMANN Emmanuel		71,888 Km	20:26:05
27.	FAUQUEUR Raymond		61,346 Km	08:28:11

Ancillary events included a 6 Hour walk (individual and team) and a 2 x 6 Hours (1pm to 7pm, then 7am to 1pm), with both events won by women. Emmanuel was content to do a 20km training session, stopping after 6 laps and then manning the camera.

Belgian 100km Championship

1.	VANDENDAUL Daniel	100,000 Km	13:06:52
2.	TILL Jacques	100,000 Km	13:56:25
3.	LHOEST Daniel	100,000 Km	23:00:18

2 x 6 Hours Walk

1.	PIERRE Florence	91,711 Km	24:03:35
2.	LAGABE Corinne	87,556 Km	24:00:26
3.	ANXIONNAT Claudine	86,274 Km	24:00:57
4.	ALEXANDRE Alain	84,042 Km	24:04:35
5.	DAUMERIE Cedric	80,528 Km	24:00:19
6.	MOUGENOT Patrick	77,014 Km	24:02:29
7.	BERTHAULT-KORZHYK Annie	75,732 Km	24:02:08
8.	BURLOT Pascal	60,395 Km	24:03:29

6 Hours Walk

1.	LE DUO DIJONNAIS Relay Team	48,245 Km	06:01:28
2.	DEILLER Celine	45,372 Km	06:03:31
3.	PLAYE Christophe	44,731 Km	06:03:16
4.	BEAUMONT Didier	41,217 Km	06:03:59
5.	DUCRUET Nadia	41,217 Km	06:03:59
6.	LOUKKAD Karim	30,675 Km	06:00:12
7.	TARDI Emmanuel	25,880 Km	06:00:27



Claudie Bizard, Celine Deiller, Mathieu Olivares Patrick Langlois and Florence Pierre (photos Emmanuel Tardi)



Daniel Vandendaul, Martine Sonnois, Pascal Bunel and Sandra Brown

FINNISH U18 T&F CHAMPIONSHIPS, KAJAANI, FINLAND, 19-21 AUGUST

Finally to Finland for some U18 track results.

Men 5000m Race Walk

1.	Joni HAVA	FIN	99	22:27.40
2.	Jaakko MÄÄTTÄNEN	FIN	99	23:34.55

Women 5000m Race Walk

1.	Riina PERKIÖ	FIN	99	25:40.18
2.	Anniina KIVIMÄKI	FIN	99	26:12.79

MARCIADALMONDO AND OMARCHADOR ROUNDUP

Marciadalamondo had 2 press releases this week

- Mon 29 Aug - Details of changes to the fourth edition of the "Four Days Around Taihu" walk
http://www.marciadalamondo.com/eng/dettagli_news.aspx?id=2549
- Tue 23 Aug - Colombian former world champion Luis Fernando Lopez announced he will retire in a year's time
http://www.marciadalamondo.com/eng/dettagli_news.aspx?id=2548

and Omarchador had 6 press releases.

- Sun 28 Aug - How the Portuguese walkers fared in Rio
<http://omarchador.blogspot.com.au/2016/08/marcha-nos-jogos-do-rio-balanco.html>
- Sat 27 Mar - Zhen Wang and Guadalupe González wins 2016 World Racewalk Challenge Series
<http://omarchador.blogspot.com.au/2016/08/zhen-wang-e-guadalupe-gonzalez-vencem.html>
- Fri 2 Aug - 2018 World Youth Champs in Nairobi will be the last
<http://omarchador.blogspot.com.au/2016/08/nairobi-com-ultima-edicao-do-mundial-de.html>
- Thu 25 Aug - Profile of Rio champion Liu Hong
<http://omarchador.blogspot.com.au/2016/08/campea-olimpica-hong-liu-perfil.html>
- Wed 24 Aug - Details of 2017 IAAF Race Walking Challenge Series
<http://omarchador.blogspot.com.au/2016/08/mexico-abre-challenge-de-2017-com-duas.html>
- Tue 23 Aug - Profile of Rio champion Matej Toth
<http://omarchador.blogspot.com.au/2016/08/campeao-olimpico-matej-toth-perfil.html>

OUT AND ABOUT

- In the longest T&F running events, Americans won two more medals at the Rio Games than in the previous four Olympics combined. Though not an exhaustive list of factors, the following are three variables that contributed to the U.S. distance success in Rio. Great article!
 1. Training high
 2. Timing it right
 3. Planning for logistical challenges.See <http://www.runnersworld.com/olympics/why-us-distance-runners-won-so-many-medals-at-the-2016-olympics>.
- **Watch all 3 Olympic walks** compliments of Channel 7 TV in Australia at <https://seven.com.au/olympics/#/homeView/>. Click on above link, click on the HOME icon in top left hand corner, click on Schedule and select 'Previous Day' to page back to 19th August (for 50km and women's 20km) or to 12th August (for men's 20km).
- Jared Tallent joins the very select group of walkers who have won medals in 3 or more Olympics. How's this for a who's who of our sport:

Vladimir Golubnichniy	UKR/URS	1960	1964	1968	1972
Ugo Frigerio	ITA	1920	1924	1932	
John Ljunggren	SWE	1948	1956	1960	
Maurizio Damilano	ITA	1980	1984	1988	
Robert Korzeniowski	POL	1996	2000	2004	
Jared Tallent	AUS	2008	2012	2016	
- I have had so many positive comments from people who watched the Olympic 50km in Rio and were completely blown away by the drama and the speed and the toughness of the event. One of my wife's work colleagues, who had never seen racewalking before, watched the start of it back home here in Australia and was so engrossed by it all that he watched the

entire drama unfold from start to finish, eventually staggering off to bed around 2AM. And the reaction has been similar in Canada, with the huge performance of Evan Dunfee. Great article from the Canadian Broadcasting Corporation: http://olympics.cbc.ca/news/article/canada-goes-wild-for-race-walker-evan-dunfee.html?utm_content=buffer96910&utm_medium=social&utm_source=twitter.com&utm_campaign=buffer.

- David Crawford, Sam Mostyn, Colin Carter and Pamela Tye, the authors of the 2009 Crawford Report, argue that setting a target of an Australian “Top 5” finish at the Olympics isn’t smart but that a Top 10 finish is feasible and perhaps a more appropriate “stretch target”. They argue that we should define the sports we wish to succeed in — and back these up with reasonable investment. Great article at <http://www.theaustralian.com.au/sport/rio-olympics/why-we-should-never-make-a-top-5-olympic-boast-again/news-story/5865af8c201f8e206f77d4b451ef53?login=1>. Hey guys, how about focusing on racewalking where we won our only two athletics medals.



Our only two T&F medalists from Rio – Jared Tallent and Dane Bird-Smith

- New American Centurion coordinator Rob Robertson is looking to refresh their badge design - see http://www.unitedstatescenturionwalkers.com/?page_id=2. Well done Rob, great initiative. If any readers have contact with any of the older U.S. Centurions, forward this link to them so that they are in the loop.

2016 IAAF RACE WALKING CHALLENGE SERIES FINALISED

With the 2016 IAAF Race Walking Challenge Series having been concluded with the Rio race walks, China’s **Wang Zhen** and Mexico’s **Maria Guadalupe Gonzalez** have been confirmed as the overall winners.

Wang won the 20km races at the Rio 2016 Olympic Games and the IAAF World Race Walking Team Championships while Gonzalez won at the latter and got a silver medal in Rio.

Wang put together a total of 36 points thanks to his wins in Rio and Rome and also at the IAAF World Race Walking Challenge event in La Coruna, Spain. He wins the USD \$25,000 first prize for overall victory in the Challenge. Australia’s **Jared Tallent** also picks up USD \$15,000 for second place.

Like Wang, Gonzalez will also be the recipient of USD \$25,000. She had a total of 34 points, adding to her tally from the two IAAF World Athletics Series events with a win on home soil at the IAAF World Race Walking Challenge meeting in Ciudad Juarez. In Rome, Gonzalez continued her rapid ascent after having only started walking in 2013. The 2015 Pan American Games champion set an area record of 1:26.17, taking more than two minutes off her Mexican record. She showed that this performance was far from a fluke by taking the silver medal in Rio, her country’s first athletics medal since 2004 and just the second won by a Mexican woman. China’s **Qieyang Shijie** also had 34 points but finished second overall due to the tie-breaker rules after finishing behind Gonzalez when they were in the same races in Rome and Rio.

Men			Meets	Points
1.	Zhen WANG	CHN	3	36
2.	Jared TALLENT	AUS	4	27
3.	Andrés CHOCHO	ECU	4	26
4.	Lebogang SHANGE	RSA	6	23

5.	Dane BIRD-SMITH	AUS	3	21
6.	Pedro Daniel GÓMEZ	MEX	5	20
7.	Álvaro MARTÍN	ESP	4	20
8.	Zelin CAI	CHN	3	20
9.	Horacio NAVA	MEX	4	18
10.	Julio César SALAZAR	MEX	4	16

Women			Meets	Points
1.	Maria Guadalupe GONZÁLEZ	MEX	3	34
2.	Shijie QIEYANG	CHN	4	34
3.	Eleonora GIORGI	ITA	3	32
4.	Erica DE SENA	BRA	6	26
5.	Inês HENRIQUES	POR	5	24
6.	Elisa RIGAUDO	ITA	5	21
7.	Mirna ORTÍZ	GUA	4	19
8.	Ana CABECINHA	POR	4	18
9.	Ángela CASTRO	BOL	4	12
10.	Viktória MADARÁSZ	HUN	4	12
13.	Regan LAMBLE	AUS	5	10
15.	Rachel TALLENT	AUS	3	6
19.	Tanya HOLLIDAY	AUS	3	5
26.	Alana BARBER	NZL	4	2

See more at <https://www.iaaf.org/news/iaaf-news/race-walking-challenge-2016-wang-gonzalez>.



Challenge Series winners Wang and Gonzales in action in Rio (photos Jeff Salvage)

#CLEANSPORT

Tuesday 23 August

- Russia will miss the Rio 2016 Paralympics after the Court of Arbitration for Sport rejected its appeal against the blanket ban handed down by the International Paralympic Committee (IPC) earlier this month. The IPC issued a ban to the entirety of the Russian Paralympic team on August 7 after its national committee was implicated in lawyer Richard McLaren's report for WADA into state-orchestrated doping. See <http://www.athleticsweekly.com/featured/cas-upholds-russian-rio-2016-paralympic-ban-50289#JTrBA1ipsUJbqYKM.99>.

Wednesday 24 August

- Three Olympic champion weightlifters from China and eight other medalists stand to be stripped of their titles after failing retests of their doping samples from the 2008 Olympics. The International Weightlifting Federation says the 11 tested positive for a range of banned substances in the latest scandal to shake the sport, which is processing retests which caught numerous medalists from the 2008 and 2012 games. They are all provisionally suspended until the doping cases are

resolved. The IWF said in a statement on its website Wednesday that Chinese gold medalists Cao Lei, Liu Chunhong and Chen Xiexia all tested positive for GHRP-2, which stimulates growth hormone production, while Liu also tested positive for the stimulant sibutramine. The other eight medalists include current world record holder Andrei Rybakou of Belarus, who won silver in 2008. All tested positive for various anabolic steroids, according to the IWF. The other medalists are Anastasia Novikova of Belarus, Kazakhstan's Maria Grabovetskaya and Irina Nekrasova, Russia's Khadzhimurat Akkaev and Dmitry Lapikov, and Ukraine's Natalya Davydova and Olha Korobka. Four other weightlifters from Beijing 2008 who did not win medals were also named as having failed tests. They include Kazakhstan's Maiya Maneza and Belarus' Iryna Kulesha, both of whom won medals in 2012 but not 2008 and are already suspended over retests from 2012. A further 10 lifters who competed at the 2008 Olympics, including five medalists, had already been suspended in June and July after failing an earlier wave of retests. One medal, the silver won by Turkey's Sibel Ozkan in the women's 48-kilogram class, has already been stripped. See <http://summergames.ap.org/article/3-olympic-weightlifting-gold-medalists-fail-doping-retests>.

Friday 26 August

- Three top Kenyan Olympics officials have been arrested as investigators probe allegations of mismanagement and corruption at the Rio Games, police sources said. Francis Paul, secretary-general of the National Olympic Committee of Kenya (NOCK), was arrested on Friday, one of the police sources said on condition of anonymity. His deputy James Chicha and Stephen Ara Sou, who headed the Kenyan delegation to Rio, were both arrested at Nairobi airport on their return from the Brazil Games, he added. The latest arrest are related to a corruption scam that saw some of the nation's athletes deprived of team uniforms at the Rio Games. An associated raid turned up dozens of boxes containing uniforms provided by sports goods manufacturer NIKE that were destined to be worn by athletes at the Rio opening ceremony. "The investigation is centred on the misappropriation of sports kits donated by NIKE... and not given to the athletes." At the Rio opening ceremony, the Kenyan team wore a mismatch of outfits because a number of delegates did not receive the official uniform. See <http://www.supersport.com/athletics/article.aspx?id=3678844>.
- Add to that the Kenyan officials arrested and sent home during the Games and you have a picture of a country in disarray and wrecked by corruption. Add the latest revelation of huge numbers of Kenyan "officials" getting huge junket trips to Rio and it gets even worse - see <http://www.nation.co.ke/sports/athletics/Olympics-officials-flunk-ethics-test/1100-3360366-ralxal/index.html>. And I have not even bothered to mention the ongoing drugs issues surrounding the sport in Kenya. What a cot case!

Monday 29 August

- Kenyan Cabinet Secretary for Sports Hassan Wario has disbanded the Kenyan Olympic Committee (NOC-K) and the Kenyan government will in a week's time constitute a delegation that will seek audience with the IOC to discuss further steps. No surprises here! See <http://www.nation.co.ke/sports/athletics/Kenya-to-reach-out-to-IOC-over-NOCK-disbandment/1100-3362196-uuk92oz/index.html>.
- The Russian Paralympic Committee (RPC) announced the latest punishment handed out by the International Paralympic Committee (IPC) on Monday. "The decision taken by the IPC, upheld by the Court of Arbitration for Sport (CAS) regarding Russian Paralympians being excluded from the 2016 Paralympic Games in Rio de Janeiro, has also been extended to include the Winter Games in 2018 in Pyeongchang," the RPC said on their website (www.paralymp.ru). Last week the Lausanne-based CAS, sport's highest tribunal, rejected an RPC appeal against the Rio ban. The decision to exclude Russia's team means at least 260 competitors from the country are now set to miss the Sept. 7-18 Paralympics. Russia have appealed against the CAS ruling to the Swiss Federal Court and a result is expected later on Monday or on Tuesday. See <http://www.sbs.com.au/news/article/2016/08/30/now-russia-banned-2018-winter-games>.
- It is interesting to understand the history of anti-doping testing. Extensive drug use was reported at the 1952 Helsinki Games, but it was the death of two athletes that finally galvanized international anti-doping initiatives. Danish cyclist Knud Enemark Jensen died after a race in the 1960 Rome Olympics and British cyclist Tom Simpson died during the 1967 Tour de France – both due to amphetamine use. The International Olympic Committee (IOC) started a medical committee in 1961, which published the first list of prohibited substances (stimulants and narcotics) in 1967. Drug testing started at the Winter Games in Grenoble, France, and Summer Games in Mexico City, both of which were held in 1968. Excellent article at <https://theconversation.com/rio-2016-was-just-the-latest-round-in-the-long-running-doping-arms-race-62618>.

DATES...DATES...DATES

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

2016 Remaining International Dates

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

2016/2017 Australian/Victorian Key Dates

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

Looking Further Forward

Mar 18-25, 2017	World Masters Athletics Indoor Championships, Daegu South Korea
April 21-30, 2017	World Masters Games 2017, Auckland, NZ. See www.worldmastersgames2017.co.nz
May 21, 2017	European Race Walking Cup, Podebrady, CZE
June 9-12, 2017	Australian Masters T&F Championships, Darwin
July 12-16, 2017	10 th World Youth T&F Championships, Nairobi, Kenya – THIS IS THE FINAL EDITION
August 5-13, 2017	16 th IAAF World Championships in Athletics, London, UK. See http://www.london2017athletics.com/ .
August 19-30, 2017	29 th Summer Universiade, Taipei, Taiwan
Apr 4-15, 2018	XXI Commonwealth Games, Gold Coast, QLD (racewalks on the program). See http://www.gc2018.com
May 2018	28 th IAAF World Race Walking Team Championships, TBA (It has been taken away from Cheboksary)
July 2018	16 th World Junior T&F Championships, Tampere, Finland
TBA, 2018	22 nd World Masters Athletics T&F Championships, Malaga, Spain
2019	17 th IAAF World Championships in Athletics, Doha, Qatar
July 2019	30 th Summer Universiade, Brasilia, Brazil
July 2020	32 nd Olympic Games, Tokyo
Aug 2021	18 th IAAF World Championships in Athletics, Eugene, USA
July 18-30, 2022	XXII Commonwealth Games, Durban, South Africa

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