



FHEEL AND TOE ONLINE

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

Dane Bird-Smith is my Walker of the Week this time around, compliments of his fine win in the ‘Around Lake Taihu’ 4 day international race in Wuzhong, China, last week. First launched in 2013, the competition includes four stages that are held in different scenic areas – one stage each day for four straight days.

Comments and quotes are from the IAAF report at <https://www.iaaf.org/news/report/taihu-wuzhong-race-walking-competition-2016>.

Dane finished second in the 20km stage on the first day and second again in the 10km on the second day before he outraced his main rival Eider Arevalo in a breath-taking home stretch to win the 10.5km third stage. He was still 5 seconds down on Eider but surged clear in the final stage to claim overall victory by a big margin of 1 min 31 secs.

“Today was extremely tough. I knew that everybody was going to be tired, so I just made a gamble and went hard from the start. And it paid off. I managed to just keep myself going and stay strong all the way to the finish. The first year when I came here, I did two days and then I had to stop. The second year I fought hard and I finished in second place behind Chen Ding, and last year I was second behind Wang Zhen. Finally I have won this competition.”

It was Dane’s fourth appearance in Wuzhong, but his first overall victory after finishing as the runner-up twice in a row in the previous two years, and it follows on from his superb bronze medal in the Rio 20km in August.



Dane wins the final stage in China and seals overall victory

WHAT'S COMING UP

- Our summer season is upon us, with **Athletics Victoria Shield** commencing on **Saturday 8 October**. Venues are as shown below. I'll be competing at Wyndham. Walks this week are 3000m and 1500m.
 - Blue Zone, Ballan Park Athletics Track, Frankston
 - Red Zone, Tom Kelly Reserve, Doncaster
 - Yellow Zone, VU Sporting Complex, Wyndham
 - White Zone, Bill Sewart Athletics Track, East Burwood
 - Ballarat Zone, Llanberris Reserve, Ballarat
 - Geelong Zone, Landy Field, Geelong
 - Bendigo Zone, La Trobe University Track, Bendigo

It's a bit different this year in that competitors can now pre-enter events via the AV website – check it out at <https://members.athsvic.org.au/events/zone-competition/?id=6301f220-5684-e611-80d0-00155d4b8387>. This and lots more info on the AV website.

Victorian walkers can check out the full AV summer calendar at <http://athsvic.org.au/wp-content/uploads/Summer-Calendar-2016-17-3.pdf>.

- Our VRWC 2016/2017 summer season fixture is now online at <http://www.vrwc.org.au/vrwcs17.shtml>. Our first VRWC summer season races will be held at Middle Park this coming **Sunday 9 October**. Remember that it makes life easier for us if you pre-enter and then pay on the day – pre enter at <http://vrwc.org.au/wp1/>. Timetable is as follows

Sunday 9 October 2016, VRWC Road Races , Middle Park		
8.30am	20km, 15km, 10km	Open
9.30am	5km, 3km	Open
10:00am	2km, 1km	Open

- Looking further ahead, AA, AV and VRWC will be conducting a **Walk Judging Seminar on Saturday 10th December 2016 in Melbourne**. The Seminar is open to those interested in becoming Walk Judges and for existing Judges to upgrade. Details as follows

Venue: Blackmans Hotel, St Kilda Rd, Melbourne
 Date: Saturday 10th December, 2016
 9.00am: Registration
 9.30am-12.00pm: General seminar for level 1-3 with Bob Cruise and Zoe Eastwood-Bryson
 12.00pm-1.00pm: Lunch
 1.00pm: Exams (bring a laptop)

No late or on the day applications. Contact Diane Lowden for an application form (dilowden@virginbroadband.com.au)
 Registrations close with Diane on 25th November 2016

- A further reminder that registrations are now open for our annual **VRWC Falls Creek Summer Racewalk Camp**. It will run from Friday 30th December 2016 to Thursday 12th January 2017. See <http://www.vrwc.org.au/vrwc-falls-creek.shtml> for further details. We already have 11 of our 24 available places booked so don't leave it too much longer.

2016 AUSTRALIAN UNIVERSITY GAMES, WA ATHLETICS STADIUM, PERTH, 26-29 SEPTEMBER

Congratulations to Australian University Games champions **Jay Felton** (NSW) and **Amanda Heard** (VIC) on their 5000m wins in Perth. Overall, numbers were down across the board with the expensive trip to Western Australia a hard ask for many cash strapped students. But you do have to give WA its chance to host the championships every once in a while. After all, their athletes have to travel east most years and pay big airfares to do do.

Men 5000m Race Walk

1.	Felton, Jay	UTS	22:38.33 9
2.	Washburn, Steven	UTS	22:38.34 7
3.	Mylonas, Adam	USYD	26:51.94 6
4.	Heupt, Jeremy	RMIT	27:21.91 5
5.	Lai, Tsun Chuen	UNSW	39:49.15 4
	Roberts, Drew	LTU	DQ
	O'Brien, Toby	MON	DQ

Women 5000m Race Walk

1.	Heard, Amanda	LTU	27:49.88 9
2.	Sims, Casey	QUT	35:12.34 7
3.	Napier, Isabella	MELB	43:35.77 6

AROUND LAKE TAIHU 4 DAY RACEWALK, CHINA, 25-28 SEPTEMBER

Last week's newsletter reported on the first two days racing from the 'Around Lake Taihu' 4 Day Classic in China. This week we look at what happened on days 3 and 4, as well as reviewing the final individual and teams placings.

Day 3 took place in the Yuanboyuan botanical park with 3 laps of 3.5km for a total of 10.5km. It was again a very hot and humid day, with conditions already tough at the 9AM start time. Well reported by http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2565. Full results at http://www.marciadalmondo.com/admin/pdf/risultati/27092016561Taihu_3rd_full.pdf.

Men 10.5km Race Walk (Day 3), Tuesday 27 September

The men's race was very much a carbon copy of Day 2. Almost off the top walkers were together in the first lap with **Perseus Karlstrom** (SWE) setting the pace along with **Dane Bird-Smith** (AUS), **Andres Chocho** (ECU), **Federico Tontodonati** (ITA), **Eider Arevalo** (COL), **Caio Bonfim** (BRA) and **Igor Glavan** (UKR). It was not until quite late in the race that the top 3 finally broke away, with Arevalo forcing the pace on a slightly uphill section, taking Bird-Smith and Karlstrom with him. In a very exciting finish, Bird-Smith got the better of Arevalo in the final few metres, winning by 1 second 42:22 to 42:23. Karlstrom could not match their finishing speed and finished third some 30 seconds in arrears. **Quentin Rew** finished 13th with 44:10, **Jared Tallent** was 32nd with 46:41 and **Adam Garganis** was 55th with 52:07. I had said in last week's newsletter that Adam had not raced on the first day. This was an error in the results. He did indeed race, finishing 46th in the first leg. Apologies Adam!

1.	Dane-Bird Smith	AUS	42:22
2.	Eider Arevalo	COL	42:23
3.	Perseus Karlstrm	SWE	42:53
4.	Lebogang Shange	RSA	42:59
5.	Caio Bonfim	BRA	43:27
6.	GAO Wenkui	MON	43:32
7.	Federico Tontodonati	ITA	43:32
8.	Evan Dunfee	CAN	43:42
9.	Rui Wang	CHN	43:48
10.	Sergii Budza	UKR	43:53
11.	Aliaksandr Liakhovich	BLR	44:03
12.	Marius Ziukas	LTU	44:07
13.	Quentin Rew	NZL	44:10
14.	Tongda Bian	CHN	44:28
15.	NIU Wenbin	YNN	44:28
16.	Alexey Kazanin	UKR	44:31
17.	Andrii Hrechkovskiy	UKR	44:32
18.	YIN Jiaying	YNN	44:35
19.	Ivan Losev	UKR	44:38
20.	Georgiy Sheiko	KAZ	44:42
21.	Ivan Banzeruk	UKR	44:46
22.	Havard Haukenes	NOR	45:04
23.	Rafał Augustyn	POL	45:13
24.	Igor Glavan	UKR	45:13
25.	Wayne Snyman	RSA	45:14
26.	Ruslan Dmytrenko	UKR	45:17
27.	Brendan Boyce	IRL	45:22
28.	ZHANG Rongjin	YNN	45:35
29.	Andrés Chocho	ECU	45:44
30.	JIE Jinzhu	MON	45:48
31.	XIE Sichao	MON	46:16
32.	Jared Tallent	AUS	46:41
33.	Andriy Kovenko	UKR	46:44
34.	ZHAO Ziyang	MON	46:44
35.	Anatole Ibanez	SWE	46:46
36.	LIU Zedong	JSU	47:19
37.	Liga Bai	CHN	47:35
38.	Sandor Racz	HUN	48:06
39.	HUANG Haofeng	JSU	48:11
40.	Tadas Suskevicius	LTU	48:16
41.	Anders Hansson	SWE	48:19
42.	TANG Yifan	JSU	48:23
43.	ZHU Guowen	YNN	48:35
44.	NING Peng	JGX	48:44
45.	MA Youshan	MON	49:07
46.	DONG Xiaomin	JGX	49:14
47.	Marc Mundell	RSA	49:51

48.	Nazar Kovalenko	UKR	49:56
49.	GA Sang	TBT	50:51
50.	SU Xianzheng	YNN	51:08
51.	ZHANG Saiyi	JGX	51:12
52.	Artur Brzozowski	POL	51:15
53.	YANG Kai	JSU	51:38
54.	Dawid Tomala	POL	51:40
55.	Adam Garganis	AUS	52:07
56.	CI Wangduoji	TBT	52:08
57.	NI Mazhujie	TBT	52:33
58.	Jakub Jelonek	POL	53:38
59.	Yohann Diniz	FRA	53:58
60.	HUANG Jun	JGX	54:20
61.	YI Xiciwang	TBT	54:41
62.	YU Dian	JSU	54:56
63.	QIONG Da	TBT	54:58
64.	HU Tao	JGX	55:45
65.	Ever Palma	MEX	DNF
66.	Wei Yu	CHN	DNF
67.	Cormac Delahunty	IRL	DNF
68.	Tiago Fonseca	BRA	DNF
69.	YAN Luqiang	JSU	DQ
70.	ZHANG Mingkai	MON	DQ



Dane Bird-Smith tops the podium on Day 3

Men Overall Placings after 3 Days

Overall, Dane crept one second closer to Eider and was now only 5 seconds behind him in second spot, nearly a minute clear of third placed Perseus Karlstrom. Jared Tallent was down in 11th spot, Quentin Rew in 38th and Adam Garganis in 48th.

1.	Eider Arevalo	COL	2:47:18
2.	Dane-Bird Smith	AUS	2:47:23
3.	Perseus Karlstrm	SWE	2:48:19
4.	Federico Tontodonati	ITA	2:51:45
5.	Lebogang Shange	RSA	2:52:02
6.	Tongda Bian	CHN	2:53:10
7.	Caio Bonfim	BRA	2:53:35
8.	GAOWenkui	MON	2:54:20
9.	Sergii Budza	UKR	2:54:51
10.	NIU Wenbin	YNN	2:55:01
11.	Jared Tallent	AUS	2:58:11
38.	Quentin Rew	NZL	3:11:21
48.	Adam Garganis	AUS	3:18:05

Women 10.5km Race Walk (Day 3), Tuesday 27 September

The women's race quickly split, with a lead group of the usual suspects in **Erica de Sena** (BRA), **Regan Lamble** (AUS), **Beatriz Pascual** (ESP) and **Nie Jingjing** (CHN). But **Qieyang Shijie** (CHN) was never far behind and eventually joined the leaders in the second lap. Around the 8km mark, Qieyang increased her pace again, shaking off her team mate Nie and winning comfortably by 48 seconds. Australian Regan Lamble had another superb race, finishing 4th overall with 46:44. NZ walker **Alana Barber** was further back in 21st place with 50:25.

1.	Shijie Qieyang	CHN	45:18
2.	Jingjing Nie	CHN	46:06
3.	Erica de Sena	BRA	46:23
4.	Regan Lamble	AUS	46:44
5.	LI Leilei	TJN	46:54
6.	Beatriz Pascual	ESP	46:59
7.	WANG Yingliu	YNN	47:15
8.	Inna Kashyna	UKR	47:33
9.	Yanxue Mao	CHN	47:37
10.	Viktoria Madarasz	HUN	47:45
11.	Nadiia Borovska	UKR	48:24
12.	YANG Weiwei	JSU	48:45
13.	Agnieshka Szwarnog	POL	48:55
14.	Sandra Lorena Arenas	COL	49:05
15.	Brigita Virbalyte	LTU	49:16
16.	Ainhoa Pinedo	ESP	49:36
17.	Lijuan Xie	CHN	49:42
18.	XIAO Xiaoting	JGX	49:43
19.	Faying Ma	CHN	49:45
20.	Ana Cabecinha	POR	50:21
21.	Alana Barber	NZL	50:25
22.	JI Yefang		50:37
23.	ZHANG Lifang	YNN	50:41
24.	XU Jiangqi	JGX	51:10
25.	Alina Tsviii	UKR	51:16
26.	LI Qiuye	YNN	51:20
27.	WANG Dan	JGX	51:25
28.	Tamara Havrylyuk	UKR	51:33
29.	Katarzyna Golba	POL	51:39
30.	Polina Repina	KAZ	51:57
31.	QUE Yumei	YNN	53:10
32.	???	JSU	54:19
33.	ZHOU Tao	JGX	55:04
34.	Diana Aidosova	KAZ	55:07
35.	Anett Torma	HUN	55:52
36.	Elianay Pereira	BRA	57:41
37.	ZHAO Qianyuan	YNN	58:25
38.	Liliane Priscila Barbosa	BRA	60:40
39.	ZHANG Yidan	JSU	DNF
40.	XUE Ke		DNF
41.	CHEN Yumin	JGX	DNF
42.	MA Yiming		DNF

Women Overall Placings after 3 Days

The top two Chinese girls had now cleared out with a handy lead but Regan Lamble was sitting comfortably in third place, nearly 2 minutes clear of the next best.

1.	Jingjing Nie	CHN	3:05:14
2.	Shijie Qieyang	CHN	3:05:29
3.	Regan Lamble	AUS	3:05:53
4.	Beatriz Pascual	ESP	3:07:43
5.	Erica de Sena	BRA	3:08:06
6.	WANG Yingliu	YNN	3:09:34
7.	LI Leilei	TJN	3:10:30
8.	Sandra Lorena Arenas	COL	3:11:14
9.	Nadiia Borovska	UKR	3:11:28
10.	Viktoria Madarasz	HUN	3:13:21
18.	Alana Barber	NZL	3:21:50

The fourth day of the "Around Taihu" classic was held on a tough hilly course, starting at the Dongshan Hotel and finishing after 10km at the Old Luxiang Village. Finally a cooler with threatening rain - fresher but still very humid. Well reported by marciadalmondo in http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2566.

Full results at http://www.marciadalmondo.com/admin/pdf/risultati/2909201674Taihu2016_4day_final.pdf

Men 10km Race Walk (Day 4), Wednesday 28 September

The final stage was quite different to the previous days as **Dane Bird-Smith** (AUS) threw down the gauntlet early, storming away from the field and building up a good lead over **Perseus Karlstrom** (SWE) and **Eider Arevalo** (COL) by the 4km mark. From then on, it was game over as Dane walked through to the finish to win with 40:36. Behind him, **Wenkui Gao** (CHN) came through strongly to take second with 41:08, well ahead of Karlstrom with 41:48. **Quentin Rew** finished 17th (43:10), **Jared Tallent** finished 37th (44:39) and **Adam Garganis** finished 61st with 51:45.

1. Dane-Bird Smith	AUS	40:36 . . 4
2. GAO Wenkui	MON	41:08
3. Perseus Karlstrm	SWE	41:48
4. Lebogang Shange	RSA	41:58
5. Caio Bonfim	BRA	42:09
6. Eider Arevalo	COL	42:12
7. Sergii Budza	UKR	42:14
8. Marius Ziukas	LTU	42:17
9. Aliaksandr Liakhovich	BLR	42:38
10. Ruslan Dmytrenko	UKR	42:41
11. Ivan Losev	UKR	42:44
12. Georgiy Sheiko	KAZ	42:48
13. Evan Dunfee	CAN	42:55
14. Federico Tontodonati	ITA	43:02
15. Yohann Diniz	FRA	43:03
16. Andrii Hrechkovskiy	UKR	43:09
17. Quentin Rew	NZL	43:10
18. Igor Glavan	UKR	43:11
19. YIN Jiaying	YNN	43:17
20. Wayne Snyman	RSA	43:17
21. ZHANG Rongjin	YNN	43:23
22. ZHAO Ziyang	MON	43:31
23. XIE Sichao	MON	43:32
24. NING Peng	JGX	43:40
25. Nazar Kovalenko	UKR	43:41
26. Brendan Boyce	IRL	43:44
27. Liga Bai	CHN	43:48
28. Ivan Banzeruk	UKR	43:57
29. Alexey Kazanin	UKR	44:02
30. Andrés Chocho	ECU	44:03
31. Anatole Ibanez	SWE	44:06
32. NIU Wenbin	YNN	44:28
33. Ever Palma	MEX	44:34
34. Rafał Augustyn	POL	44:35
35. Tongda Bian	CHN	44:42
36. JIE Jinzhu	MON	44:45
37. Jared Tallent	AUS	44:49
38. Anders Hansson	SWE	44:50
39. YU Dian	JSU	45:24
40. HUANG Haofeng	JSU	45:25
41. ZHU Guowen	YNN	45:43
42. YANG Kai	JSU	45:48
43. Andriy Kovenko	UKR	46:13
44. Tadas Suskevicius	LTU	46:26
45. Sandor Racz	HUN	46:38
46. Marc Mundell	RSA	46:38
47. TANG Yifan	JSU	47:15
48. LIU Zedong	JSU	47:38
49. ZHANG Saiyi	JGX	47:49
50. GA Sang	TBT	48:07
51. YI Xiciwang	TBT	48:10
52. NI Mazhujie	TBT	48:57
53. CI Wangduoji	TBT	49:17
54. DONG Xiaomin	JGX	49:21
55. YAN Luqiang	JSU	49:21

56.	HUANG Jun	JGX	49:22
57.	Dawid Tomala	POL	49:48
58.	Artur Brzozowski	POL	50:27
59.	QIONG Da	TBT	50:33
60.	HU Tao	JGX	50:34
61.	Adam Garganis	AUS	51:45
62.	SU Xianzheng	YNN	51:53
63.	Jakub Jelonek	POL	53:34
64.	Tiago Fonseca	BRA	54:53
65.	Havard Haukenes	NOR	DQ
66.	MA Youshan	MON	DQ

Men Final Placings after 4 Days

With his great last day, Dane Bird-Smith took the overall lead, finishing 1 min 31 secs ahead of Eider Arevalo and Perseus Karlstrm, one place better than in 2014 and 2015 when he finished second. Jared Tallent was 20th, Quentin Rew 34th and Adam Garganis 49th.

1.	Dane-Bird Smith	AUS	3:27:59	1:24:50, 40:11, 42:22, 40:36
2.	Eider Arevalo	COL	3:29:30	1:25:02, 39:53, 42:23, 42:12
3.	Perseus Karlstrm	SWE	3:30:07	1:24:27, 40:59, 42:53, 41:48
4.	Lebogang Shange	RSA	3:34:00	1:28:06, 40:57, 42:59, 41:58
5.	Federico Tontodonati	ITA	3:34:47	1:26:43, 41:30, 43:32, 43:02
6.	GAO Wenkui	MON	3:35:28	1:29:34, 41:14, 43:32, 41:08
7.	Caio Bonfim	BRA	3:35:44	1:28:39, 41:29, 43:27, 42:09
8.	Sergii Budza	UKR	3:37:05	1:29:18, 41:40, 43:53, 42:14
9.	Tongda Bian	CHN	3:37:52	1:27:54, 40:48, 44:28, 44:42
10.	Marius Ziukas	LTU	3:38:14	1:29:40, 42:10, 44:07, 42:17
11.	Evan Dunfee	CAN	3:38:43	1:30:49, 41:17, 43:42, 42:55
12.	Georgiy Sheiko	KAZ	3:39:09	1:29:03, 42:36, 44:42, 42:48
13.	NIU Wenbin	YNN	3:39:29	1:29:14, 41:19, 44:28, 44:28
14.	Igor Glavan	UKR	3:39:36	1:30:09, 41:03, 45:13, 43:11
15.	Ruslan Dmytrenko	UKR	3:40:38	1:30:18, 42:22, 45:17, 42:41
16.	Ivan Losev	UKR	3:41:29	1:29:51, 44:16, 44:38, 42:44
17.	Brendan Boyce	IRL	3:41:39	1:30:01, 42:32, 45:22, 43:44
18.	Andrés Chocho	ECU	3:41:53	1:28:12, 43:54, 45:44, 44:03
19.	Aliaksandr Liakhovich	BLR	3:41:54	1:33:11, 42:02, 44:03, 42:38
20.	Jared Tallent	AUS	3:43:00	1:29:16, 42:14, 46:41, 44:49
34.	Quentin Rew	NZL	3:54:31	1:42:20, 44:51, 44:10, 43:10
49.	Adam Garganis	AUS	4:09:50	1:38:33, 47:25, 52:07, 51:45



Dane, Eider and Perseus on the podium after 4 tough days of racing

Women 10km Race Walk (Day 4), Wednesday 28 September

A lead group of all the main players soon developed in the women's race, but the complexion quickly changed at the 4km mark as **Qieyang Shijie** (CHN) surged on an uphill incline and forced the break. From then on, she continued to increase her lead and was already well ahead of **Erica de Sena** (BRA), **Yingliu Wang** (CHN) and **Nie Jingjing** (CHN) by the half way mark. From there, the winner was never in doubt as she crossed the finish line in 43:54. Surprise second placed finisher Wang Yingliu came next with 44:33, ahead of Erica de Sena (BRA) with 44:55. Australian **Regan Lamble** (AUS) finally slowed on this final day, finishing 6th with 45:36. Further back, **Alana Barber** finished off 4 days of solid racing with a final day placing of 25th (48:48).

1.	Shijie Qieyang	CHN	43:54
2.	WANG Yingliu	YNN	44:33
3.	Erica de Sena	BRA	44:55
4.	Nadiia Borovska	UKR	45:29
5.	Regan Lamble	AUS	45:36
6.	LI Leilei	TJN	45:44
7.	Inna Kashyna	UKR	45:57
8.	Yanxue Mao	CHN	46:02
9.	Viktoria Madarasz	HUN	46:06
10.	JI Yefang		46:11
11.	Tamara Havrylyuk	UKR	46:15
12.	Agnieshka Szwarnog	POL	46:27
13.	Brigita Virbalyte	LTU	46:34
14.	Beatriz Pascual	ESP	46:48
15.	Ana Cabecinha	POR	47:05
16.	Sandra Lorena Arenas	COL	47:19
17.	XUE Ke		47:25
18.	Faying Ma	CHN	47:36
19.	YANG Weiwei	JSU	47:55
20.	Ainhua Pinedo	ESP	48:09
21.	XIAO Xiaoting	JGX	48:25
22.	XU Jiangqi	JGX	48:26
23.	Lijuan Xie	CHN	48:42
24.	Alina Tsviii	UKR	48:44
25.	Alana Barber	NZL	48:48
26.	LI Qiuye	YNN	49:24
27.	CHEN Yumin	JGX	49:26
28.	Polina Repina	KAZ	49:46
29.	Katarzyna Golba	POL	49:47
30.	ZHAO Qianyuan	YNN	50:40
31.	Diana Aidosova	KAZ	50:45
32.	ZHOU Tao	JGX	51:01
33.	Anett Torma	HUN	51:14
34.	ZHANG Lifang	YNN	51:24
35.	WANG Dan	JGX	51:44
36.	QUE Yumei	YNN	51:45
37.	Elianay Pereira	BRA	57:47
38.	Liliane Priscila Barbosa	BRA	62:11

Women Final Placings after 4 Days

Shijie Qieyang was the dominant walker in this competition, finishing 1:29 ahead of compatriot Jinjing Nie, with Regan Lamble a further 13 secs back in third spot. The 2012 Olympic silver medallist won 3 of the 4 stages and confirmed her ongoing good form. This is a great first up effort by Regan and comes after her 9th placed Olympic walk. Alana Barber was also in the top 20, finishing a creditable 19th.

1.	Shijie Qieyang	CHN	3:49:23	1:36:04, 44:07, 45:18, 43:54
2.	Jingjing Nie	CHN	3:50:37	1:33:30, 45:38, 46:06, 45:23
3.	Regan Lamble	AUS	3:51:29	1:34:21, 44:48, 46:44, 45:36
4.	Erica de Sena	BRA	3:53:01	1:37:08, 44:35, 46:23, 44:55
5.	WANG Yingliu	YNN	3:54:07	1:36:53, 45:26, 47:15, 44:33
6.	Beatriz Pascual	ESP	3:54:31	1:35:58, 44:46, 46:59, 46:48
7.	LI Leilei	TJN	3:56:14	1:37:40, 45:56, 46:54, 45:44
8.	Nadiia Borovska	UKR	3:56:57	1:37:22, 45:42, 48:24, 45:29
9.	Sandra Lorena Arenas	COL	3:58:33	1:36:47, 45:22, 49:05, 47:19
10.	Viktoria Madarasz	HUN	3:59:27	1:39:08, 46:28, 47:45, 46:06
11.	Inna Kashyna	UKR	4:01:12	1:40:58, 46:44, 47:33, 45:57
12.	Yanxue Mao	CHN	4:02:02	1:41:42, 46:41, 47:37, 46:02
13.	Ana Cabecinha	POR	4:02:37	1:39:08, 46:03, 50:21, 47:05
14.	Agnieshka Szwarnog	POL	4:02:57	1:40:46, 46:49, 48:55, 46:27

15. Brigita Virbalyte	LTU	4:03:19	1:41:19, 46:10, 49:16, 46:34
16. Lijuan Xie	CHN	4:06:16	1:40:14, 47:38, 49:42, 48:42
17. Tamara Havrylyuk	UKR	4:07:31	1:42:40, 47:03, 51:33, 46:15
18. Faying Ma	CHN	4:09:51	1:44:44, 47:46, 49:45, 47:36
19. Alana Barber	NZL	4:10:38	1:40:29, 50:56, 50:25, 48:48
20. Ainhoa Pinedo	ESP	4:11:45	1:45:20, 48:40, 49:36, 48:09



Regan Lamble on the podium as third overall in the women's competition

Spearheaded by Qieyang and Nie, China took a convincing victory in the women's team contest, while the men's team gold went to 'The Gringos' which included Sweden's Perseus Karlstrom, Ecuador's Andres Chocho, Mexico's Ever Palma, and Brazil's Caio Bonfim.

Men Overall Team Standings

1. The Gringos	Bonfim, Chocho, Palma, Karlström	10:46:28
2. Extreme Beef	Bird-Smith , Diniz, Arevalo, Snyman	10:47:06
3. BEL-KAZ	Liakhovich, Simanovich, Sheiko, Budza	10:58:08
4. Supernova	Tallent, Dunfee , Rew, Augustan	11:04:04
5. NB Performance	Hrechkovskiy, Glavan, Banzeruk, Dmytrenko	11:05:23

Women Overall Team Standings

1. China	Qieyang, Ma, Nie, Mao	11:40:34
2. Angels	Lamble , Arenas, Virbalyte, Barber , Madarasz	11:48:26
3. Inter BPS	de Sena, Cabecinha, Pascual	11:50:09
4. Yunnan	Wang, Zhou, Que, Zhang, Li	12:23:48
5. Sereka team	Szwarnog, Golba, Pinedo	12:30:11

Finally, a nice summary article from the IAAF: <https://www.iaaf.org/news/report/taihu-wuzhong-race-walking-competition-2016>.

RWA FESTIVAL OF RACE WALKING, HILLINGDON CYCLE CIRCUIT, LONDON, SUNDAY 2 OCTOBER

The English RWA Festival of Race Walking last Sunday, which included the Paul Nihill Trophy Match (ENG VAG v IRE VAG), saw great numbers overall as well as some great performances. Highlights as follows

- 20 year old Portuguese walker **Hélder Santos** won the International 50km event in a debut 4:32:56. With this walk, he becomes the youngest ever Portuguese walker so complete this feat. Sadly, the Portuguese Athletics Federation no longer schedule a 50km championship so walkers like Hélder have to travel internationally to test themselves out. He now joins the Portuguese 50km ranking list in 22nd place, behind their fastest ever 50km walker João Vieira (3:45:17, Pontevedra, 2012).
- The women's 50km saw one finisher with Brazilian walker **Edilaine Rech** (W40) recording 5:31:40. We have to build up this discipline for our female walkers now that it is recognized internationally. Well done to RWA for scheduling this event.

- The RWA 50km, judged under the British B rules, saw a promising 16 starters and was won by Manx walker **Matthew Haddock (M35)** with 5:32:33).
- Welsh walker **Heather Lewis** walked a great PB to win the women's 20km walk in 1:38:22 ahead of junior **Emma Achurch** who set a new British U20 record with 1:43:26. Good to see Heather now over her injuries and going so well.
- U20 walker **Cameron Corbishley** debuted over 20km with a fine time of 1:33:00.
- **Tim Snook** won the U20 10km with a PB 47.45.
- Ireland's **Andrew Carroll** (25:27) and **Niamh O'Connor** (25:51) won the Nihill Trophy Junior International 5km races while **Alex Macheath** (ENG, 16:13) and **Emily McHugh** (IRL, 15:59) won the Nihill Trophy Junior International 3km races.



Heather Lewis, Emma Achurch, Tim Snook and Cameron Corbishley in action last Sunday (photos from facebook)

And now onto the results:

Men's International 50km

1.	Helder Santos	Portugal	4:32:56
2.	Marco Amaral	Portugal	4:45:49
3.	Samir Cesar Sabadin	Brazil	4:47:35
	Ian Richards (M65)	Steyping Athletic Club	DQ

Women's International 50km

1.	Edilaine Rech (W40)	Brazil	5:31:40
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RWA Men's 50km (B)

1.	Matthew Haddock (M35)	Manx Harriers	5:32:33
2.	Adrian Edwards (M50)	Lancashire Walking Club	5:46:36
3.	Martin Fisher (M50)	Redcar Race Walking Club	6:07:48
4.	John Borgars (M70)	Loughton Athletic Club	6:08:17
5.	Roy Gunnett (M65)	Lancashire Walking Club	6:12:44
	David Bowker (M55)	Fairlands Valley Spartans	DNF
	Chris Flint (M70)	Surrey Walking Club	DNF
	Ed Shillabeer (M75)	Iford Athletic Club	DNF
	John Constandinou (M40)	Birchfield Harriers	DNF
	Sean Pender (M60)	Enfield & Haringey AC	DNF
	Colin Vesty (M50)	Leicester Walking Club	DNF
	Mark Culshaw (M50)	Belgrave Harriers	DNF
	Jonathan Hobbs	Ashford Athletic Club	DNF

RWA Women's 50km (B)

Suzanne Beardsmore (W45)	Aldershot Farnham & District AC	DNF
Jo Miles	Hillingdon Athletic Club	DNF

Men's Open 20km

1. Cameron Corbishley	Medway & Maidstone AC	1:33:00
2. Nicholas Dunphy	Kilkenny City Harriers (IRE)	2:01:51

Women's Open 20km

1. Heather Lewis	Pembrokeshire Harriers	1:38:22
2. Emma Achurch (U20W)	Leicester Walking Club	1:43:26
3. Veronica Burke	Ballinasloe & District Athletic Club (IRE)	1:53:53
4. Penelope Cummings (W40)	Aldershot Farnham & District AC	2:06:51
5. Sue Davies (W50)	Aldershot Farnham & District AC	2:33:51
Maureen Noel (W50)	Belgrave Harriers	DNF
Vera Portela	Portugal	DNF

Men's Open 10km

1. Tim Snook (U20M)	Aldershot Farnham & District AC	47:45
2. Pedro Amaral (U20M)	Portugal	48:46
3. Joe Mooney (U20M)	Adamstown Athletic Club (IRE)	49:17
4. Luc Legon (U20M)	Cambridge Harriers	50:38
5. Andrew Bell (U20M)	Castlebar Athletic Club (IRE)	50:48
6. Dwane Butterly (M50)	Leicester Walking Club	54:57
7. Graham Chapman (M60)	Headington Road Runners	59:46
8. Shaun Lightman (M70)	Surrey Walking Club	68:17
Chris Snook (U20M)	Aldershot Farnham & District AC	DNF

Women's Open 10km

1. Sinead O'Connor	Celbridge Athletic Club (IRE)	62:22
2. Cath Duhig (W650)	Ryston Runners AC	62:34
3. Noel Blatchford (W65)	Abingdon Athletic Club	70:33
Sarah Bourke	Celbridge Athletic Club (IRE)	DNF
Rebecca Kearney (U20W)	Carraig-Na-Bhfear Athletic Club (IRE)	DNF

Nihill Shield - Boys 3km

1. Alex Macheath	Cambridge Harriers	England	16:13
2. Stephen Waddington	Ma nx Ha rri ers	England	16:31
3. Jack Childs	Medway & Maidstone AC	England	16:35
4. Hisham Alkhamesi	Nuneaton Harriers	England	16:43
5. Faris Alkhamesi	Nuneaton Harriers	England	17:36
6. Nicholas Hart	Aldershot Farnham & District AC	Guest	18:15
7. Kai Cundey	City of Sheffield & Dearne AC	England	18:20

Nihill Shield - Girls 3km

1. Emily McHugh	Naas Athletic Club	Ireland	15:59
2. Jennifer Fidgeon	Mullingar Harriers Athletic Club	Ireland	16:34
3. Lucy Lewis Ward	Cambridge Harriers	England	16:44
4. Maria Flynn	Naas Athletic Club	Ireland	16:59
5. Isabelle Bridge	Blackheath & Bromley Harriers AC	England	17:44
6. Alice Bellando	Ma nx Ha rri ers	England	17:45
7. Beatrice Fury	Medway & Maidstone AC	England	17:51
8. Molly Meleady-Hanley	City of Sheffield & Dearne AC	England	18:19
9. Lois Carty	Aldershot Farnham & District AC	Guest	18:22
10. Lara MacColl	City of Sheffield & Dearne AC	England	18:24
11. Izzy Elliott	Aldershot Farnham & District AC	England	19:11
12. Charlotte Wallis	Aldershot Farnham & District AC	Guest	19:40
13. Anna Hinchliff	Aldershot Farnham & District AC	Guest	20:52
14. Abigail Smith	Blackheath & Bromley HAC	Guest	22:16

Nihill Shield - Boys 5km

1. Andrew Carroll	Celbridge Athletic Club	Ireland	25:27
2. Oliver Hopkins	Lewes Athletic Club	England	26:39
3. Ben Allen	Leicester Walking Club	England	27:09
4. Nicky Connolly	Castlecomer Athletic Club	Ireland	28:50

Nihill Shield - Girls 5km

1.	Niamh O'Connor	Celbridge Athletic Club	Ireland	25:51
2.	Pagen Spooner	Wetherby Runners	England	27:48
3.	Anna Bourke	Celbridge Athletic Club	Ireland	28:39
4.	Abigail Jennings	Aldershot Farnham & District AC	England	28:47
5.	Evie Butcher	Cambridge Harriers	England	29:06
6.	Laura Achurch	Leicester Walking Club	Guest	32:16

SWEDISH LONG COURSE CHAMPIONSHIPS, ESKILSTUNA, SWEDEN, SATURDAY 1 OCTOBER

The last of the Swedish championships were contested last Saturday on a 1km circuit in Eskilstuna. Conditions were generally good with sun and temperatures of 12-15C although it was quite windy. 50km entrants **Perseus Karlström**, **Ato Ibáñez** and **Anders Hansson** had come straight from the four-day competition in China and **Christer Svensson** had raced the 100 miles race in the United States the previous weekend so they all had pretty good excuses to be tired even before the race started. Perseus had cleared out on his rivals by the 20km mark and he went on to win in fine style with 4:06:33. This was his second 50km championship (debut win with 3:52:43 in 2013) and he has now won all 4 national championships this year. Anders Hansson took silver with 4:12:47 while the bronze went to Christer Svensson with 5:14:28. The only other finisher was Danish masters walker **Peer Jensen** with 5:49:17. First to finish in the women's 20km was **Lizbeth Silvia Miranda** of Mexico (2:00:00), with the Swedish championship going to second placed **Ellinor Hogrell** with 2:10:27 (1:01:59 + 1:08:28).

50km Championship

1.	Perseus Karlström	1990		Eskilstuna FI	4:06:33
2.	Anders Hansson	1992		SK Svängen	4:12:47
3.	Christer Svensson	1969		Växjö AIS	5:14:28
4.	Peer Jensen	1957		Danmark	5:49:17
	Ato Ibáñez	1985		Eskilstuna FI	DNF
	Fredrik Sandmer	1994		SK Svängen	DNF

20km Masters M35-85

1.	Christer Svensson	1969	M45	Växjö AIS	2:07:48
2.	Bengt Bengtsson	1961	M55	GK Steget	2:13:19
3.	Stig-Arne Mattsson	1951	M65	Fredrikshofs IF	2:34:23
4.	Bengt Agemark	1948	M65	Nynäshamn GVF	3:00:34

10km Masters M70-85

1.	Ernst Larsson	1937	M75	Sundbyberg IK	1:16:25
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Open 20km Women

1.	Lizbeth Silvia Miranda	1989		Mexico	2:00:00
2.	Ellinor T Hogrell	1968		Enhörna IF	2:10:27
3.	Julia Ibrahim	1996		GK Steget	2:10:55
4.	Jennifer Ibrahim	1995		GK Steget	2:34:37

U20 Women 10km

1.	Julia Ibrahim	1996		GK Steget	1:35:21
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Masters Women 10km W35-85

1.	Ellinor T Hogrell	1968	W45	Enhörna IF	1:01:59
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DUTCH/BELGIAN CHAMPIONSHIPS, TILBURG, NEDERLAND, SUNDAY 2 OCTOBER

Thanks to Emmanuel Tardi who was in Tilburg, Nederland, for the 9th annual staging of the meet that includes the Dutch and Belgian 50km Championships as well as the Belgian women's 20km Championship and the Dutch women's 10km championship. The 50km, along with an unjudged 6 Hour walk, started at 11AM, the 20km got underway at 1PM and the remaining events at 2PM.

It was great to see 23 starters are on the 50km start line, including 4 women. The weather was good at that stage but soon deteriorated, with rain arriving a couple of hours into the race. **Rob Tersteeg** easily won the race and became the Dutch champion with a time of 4:42:06. **Jacques Til** won the Belgian championship with 5:55:37 and Hungarian **Andrea Toth** was the only female finisher with 5:47:00. **Annelies Sarrazin** won the Belgian women's 20km title with 1:55:56 and **Sandra Maas** won the Dutch women's 10km title with 1:05:52. Photos from Frans Leijtens: <https://photos.google.com/share/AF1QipMwiFUnGMPzNkcQa5jOS-87OnS9R41DNc9wsvB28PYx7BwDkx0CRPmQBpeujXz9A?key=VEVySzF2RVFPOGJpMVdPLUVIOVZhbXgwNVpjWE5B>

50 km Championships, Belgium and Netherlands

				B	N	
1.	Rob Tersteeg	76	NED	RWV	4:42:06	1
2.	Wilfried Van Bremen	87	NED	RWV	5:22:41	2
3.	Jack Koolen	69	NED	Unitas	5:33:38	3
4.	René Wakkee	65	NED	RWV	5:39:11	4
5.	Andrea Toth (F)	71	HUN	Honved	5:47:00	
6.	Jacques Till	61	BEL	WACO	5:55:37	1
7.	Peter Asselman	80	BEL	ACLE	5:56:33	2
8.	Ton van Anandel	58	NED	RWV	5:58:32	5
9.	Boetje Huliselan	55	NED	OLAT	6:00:26	6
10.	Peter Van Hove	81	BEL	ACHL	6:06:49	3
	Steve Allen	56	GBR	B&D	DNF	
	Andrew Miller	69	GBR	W&B	DNF	
	Frans Leijtens	76	NED	RWV	DNF	
	Anne van Anandel (F)	90	NED	DAK	DNF	

6 Hour / 50 km B Judging

1.	Remy Van den Brand	75	NED	OLAT	5:40:55
2.	Jack Bertrums	63	NED	OLAT/RWV	5:53:02
3.	Dick van Peer	63	NED	HvB	45k295
4.	Bert Timmermans	56	NED	RWV	45k295
5.	Corina Riezebos (F)	65	NED	RWV	43k727
6.	Carla Lukken (F)	68	NED	RWV	37k454
	Michel Tamerius	76	NED	DAK	DNF
	Walter van der Lee	62	NED	HvB	DNF
	Ronnie Timmermans	82	NED	RWV	DNF

20 km (incl Belgian Championship Women)

					B	
1.	Rick Liesting	77	NED	OLAT	1:37:58	
2.	Remco de Bruin	64	NED	LAT	1:44:15	
3.	Annelies Sarrazin (F)	81	BEL	FLAC	1:55:56	1
4.	Myriam Nicolas (F)	63	BEL	SMAC	2:00:58	2
5.	Jan Netten	68	NED	DAK	2:02:26	
6.	Gerard Wildeman	62	NED	DAK	2:03:20	
7.	Liesbet de Smet (F)	82	BEL	Duffel	2:06:24	3
8.	Hans Drijvers	55	NED	Attila	2:06:40	
9.	Hans Van Wakeren	49	NED	Unitas	2:14:39	
10.	Luc Van de Velde	63	NED	WETT	2:15:12	
11.	Rob Frielink	46	NED	RWV	2:15:30	
12.	Joachim Bauer	49	GER	GWK	2:18:35	
13.	Peter Slevogt	54	GER	Al.Aachen	2:21:14	
14.	Muriel Oger (F)	64	BEL	SMAC	2:35:00	4
15.	Emmanuel Tardi	67	FRA	Longjumeau	2:38:55	

10km (incl Dutch Championship Women)

					N	
1.	Christophe Gontier	76	BEL	ACLO	1:02:18	
2.	Peter Schumm	42	GER	Al.Aachen	1:03:19	
3.	Jenny Acuna (F)	69	VEN	Venezuela	1:03:43	
4.	Marion Fuchs (F)	60	GER	Al.Aachen	1:04:05	
5.	Sandra Maas (F)	85	NED	RWV	1:05:52	1
6.	Richard Maichin	46	GER	Al.Aachen	1:06:36	
7.	Yvonne Grootswagers (F)	78	NED	DAK	1:06:52	2
8.	Loes van Bremen (F)	86	NED	RWV	1:09:58	3
9.	Annie Van der Meer (F)	47	NED	RWV	1:10:19	4
10.	Anita Bakker (F)	54	NED	Attila	1:10:58	5
11.	Christian Fillieux	55	BEL	CAF	1:12:29	

U23 INTER PROVINCE RACEWALK MATCH, SARAN, FRANCE, SUNDAY 2 OCTOBER

Thanks to Emmanuel Tardi for the results of the inter-province racewalk meet held in Saran, 100km south of Paris. The meet, which went from 7:30AM till 2PM, was a big one and saw 246 walkers in action in a variety of races. The meet saw 2 new French records with **David Kuster** again beating his U18 1000m walk record for the third time (did 42:21.9, previous record was 42:56.8) and **Gabriel Bordier** beating the U20 10000m record with a time of 40:52.7 (previous record was 41:14.75).

Full results: <http://bases.athle.com/asp.net/liste.aspx?frmbase=resultats&frmcode=1&frmespace=0&frmcompetition=189817>

Split times: <http://bases.athle.com/asp.net/liste.aspx?frmbase=resultats&frmcode=1&frmespace=0&frmcompetition=197062>

30 Minutes U18

1.	LEFRESNE Manon	La Vigilante Fougères	CAF/00	25'17"7	5 963 m
2.	BODIN Kassandra	Aj Blois-onzain	CAF/00	26'43"3	5 636 m
3.	LEBRETON Gwennan	Ta Rennes	CAF/99	26'49"3	5 624 m
4.	TORREZ Emeline	Ac Cauffry-liancourt-rant-laig	CAF/00	26'56"4	5 590 m
5.	DUCLOS Adele	Us Champagne-sur-seine	CAF/00	27'45"2	5 423 m
6.	HAUCHARD Aline	Ea Du Plateau Est	CAF/00	27'51"2	5 401 m
7.	AMIMOUR Alicia	Haute Tarentaise	CAF/99	28'45"3	5 250 m
8.	CHAINTRON Lea	Aj Blois-onzain	CAF/99	28'51"8	5 224 m
9.	BLANC Berenice	Bergerac Athletique Club	CAF/99	29'18"7	5 153 m
10.	COURAUD Elisa	Us Luceenne Athle	CAF/99	29'51"0	5 029 m

1 Hour U20

1.	BERETTA Clemence	Athle Vosges Pays	JUF/97	49'30"2	12 129 m
2.	LAVILLE Marie	Ac St Gratien-sannois	JUF/98	50'14"5	11 953 m
3.	TERREC Eloise	Ac Roche-sur-yon	JUF/98	50'35"2	11 790 m
4.	AURRIERE Camille	Us St Berthevin	JUF/98	51'15"6	11 695 m
5.	CASALE Maeva	Ca Balma	JUF/97	54'34"7	11 015 m
6.	RIGOLET Marie	Racing Club Haut-jura Morez	JUF/98	56'44"4	10 588 m
7.	CELLARD Loanic	Carquefou Ac	JUF/98	56'50"5	10 564 m
8.	LEBRETON Maeleenn	Ta Rennes	JUF/97	58'47"9	10 246 m

1 Hour U23

1.	DELEUZE Cecile	Amiens Uc	ESF/96	50'11"3	11 956 m
2.	NAZE Cecile	Mouy Atac	ESF/95	51'44"1	11 588 m
3.	BILLA Jeanne	As Caluire Et Cuire	ESF/96	54'24"8	11 056 m
4.	LE NAY Roseline	La Vigilante Fougères	ESF/96	57'07"3	10 547 m
5.	OSMONT Caroline	As Tourlaville	ESF/96	57'07"5	10 543 m
6.	LIARD Laura	Athletisme Le Bourget Drancy	ESF/96	57'23"6	10 462 m

45 Minutes U18

1.	KUSTER David	Csl Neuf-brisach	CAM/99	21'21"4	10 654 m *
2.	CHAUMETTE Valentin	Froissy Athletic Cl	CAM/00	23'40"6	9 440 m
3.	ROBICHON Alexis	Ac Roche-sur-yon	CAM/00	25'12"4	9 005 m
4.	BLAID Leandre	Ac Roche-sur-yon	CAM/99	25'32"4	8 823 m
5.	HENQUEZ Clement	As Marck	CAM/00	25'21"2	8 808 m
6.	HAGUE Anthony	Stade Brestois	CAM/99	24'48"5	8 692 m
7.	SAINT-MARC Adrien	Us Bazas	CAM/00	25'52"0	8 638 m
8.	KERJEAN Loick	Vga Compiègne	CAM/00	26'02"1	8 601 m
9.	GRELLIER Hugo	Ac Roche-sur-yon	CAM/99	25'31"7	8 510 m

* Kuster 42'21"9 in 10000m = Record de France – Old: 42'56"8 David Kuster, 11 Sept 2016

1 Hour U20

1.	BORDIER Gabriel	Us St Berthevin	JUM/97	40'52"7	14 167 m *
2.	ADAM Dorian	Bordeaux Athle	JUM/97	48'01"5	12 225 m
3.	HERICIER Hugo	Havre Ac	JUM/98	49'35"2	11 718 m
4.	ROUSSIASSE Lucas	Ena Angers	JUM/97	51'37"8	11 696 m
5.	LE MEUR Steven	Cep Lorient	JUM/98	51'26"4	11 642 m
6.	LEMOINE Loic	Ea Romans-bourg De Peage	JUM/97	51'20"4	11 640 m
7.	BRACHET Thomas	Afa Feyzin-venissieux	JUM/98	54'00"8	11 130 m
8.	SEGEAT Benjamin	La Vigilante Fougères	JUM/97	54'47"5	10 924 m
9.	SCHOONJANS Damien	Us Dax	JUM/98	58'56"0	10 219 m
10.	DELEUZE Nicolas	Esc Tergnier	JUM/97	59'55"0	10 018 m

* Record de France for G Bordier – Old: 41'14"75 Jean Blancheteau, 18 Oct 2015

1 Hour U23

1.	MUTTER Axel	Ac Roche-sur-yon	ESM/96	44'50"0	13 345 m
2.	DESJARDINS Florian	Asptt Rouen	ESM/94	45'06"5	13 332 m
3.	MARTIN Come	Annecy Haute Savoie	ESM/95	46'50"2	12 747 m
4.	LECAPLAIN Maxime	U.s.o Mondeville	ESM/94	49'07"9	12 340 m
5.	VALLEE Kyrian	Sa Toulouse Uc	ESM/94	49'19"2	12 196 m
6.	MACABREY Quentin	Fc Sochaux Montbelliard	ESM/94	49'26"9	12 158 m

7.	BAZZO BORTOT Simon	As Raismes	ESM/96	50'58"3	11 687 m
8.	OUARNIER Mathis	Ac Haute Vilaine	ESM/96	51'54"5	11 632 m
9.	GERBAUD-BLIN Pierre	Ca Vierzon	ESM/95	52'28"3	11 486 m
10.	QUENTIN David	Wingles Athletic Club	ESM/96	54'04"9	11 124 m
11.	HAMY Maxence	As Marck	ESM/96	54'35"4	11 078 m



U23 1 Hour Walk : Cecile Naze , Cecile Deleuze and Jeanne Billa

12 / 24 / 48 HEURES DE ROYAN, ROYAN, FRANCE, 30 SEPT - 2 OCTOBER

Another set of results from Emmanuel Tardi, this time from the French seaside resort city of Royan where their annual ultra distance run/walk event was held last weekend (see <http://100km.iroyan.com/>). There were good numbers in the walk divisions, with the highlight being the performance of **Daniel Duboscq** in the 48 Hours Walk. He actually beat all the 48 Hour runners as well, clocking up a super impressive **304.164km**. Let me say that once more with emphasis - Daniel, who was born August 16th 1954, walked more than 300km on a 1.1km lap, starting at 1PM on Friday and finishing at 1PM on Sunday. That is awesome! His intermediate splits saw him complete 164.933km in 24 Hours, pass the 200m mark in 29h42 and pass the 250km mark in 38h45. Lots of great photos at <http://100km.iroyan.com/project-definition/48-et-24-heures>. Special mention also to **Christian Mauduit** who walked 165.142km in 24 Hours. Sadly, the French do not acknowledge the significance of the 100 mile mark (160.934km) and do not have their own centurion chapter. Thus the performances of people like Christian do not get their full recognition.

Les 48 heures Marche de Royan

1.	DUBOSCQ Daniel	304.164 km	48:00:00	V3H 1
2.	DELANGE Dominique	254.329 km	48:00:00	V2H 1
3.	OULBANI Jean-Claude	222.315 km	48:00:00	V3H 2
4.	BETAILLE Roger	212.311 km	48:00:00	V3H 3
5.	PIERRE Patrick	194.262 km	48:00:00	V3H 4
6.	MERCIER Jean-Pierre	116.640 km	48:00:00	V1H 1
7.	BURGER Alain	95.260 km	48:00:00	V3H 5
8.	HAUSMANN Martina	72.533 km	25:58:40	V2F

Les 24 heures Marche de Royan

1.	MAUDUIT Christian	165.142 km	24:00:00	V1H 1
2.	DURAND Gerard	141.711 km	24:00:00	V1H 2
3.	EMONIERE Philippe	103.461 km	24:00:00	V2H 1
4.	BOULITEAU Bernard	100.215 km	24:00:00	V2H 2
5.	COUSIN Sandra	57.845 km	24:00:00	V1F 1

Les 12 heures Marche de Royan

1.	RIVOAL Claude	83.507 km	12:00:00	V2H 1
2.	GABORIT Patrice	78.838 km	12:00:00	V1H 1
3.	COURRAUD Brigitte	78.267 km	12:00:00	V3F 1
4.	COURRAUD Joel	78.267 km	12:00:00	V3H 1
5.	BLAIS Johan	74.015 km	12:00:00	V1H 2

6.	CAILLAUD Franck	73.533 km	12:00:00	V2H 2
7.	MAZURIER Dominique	66.315 km	12:00:00	V2H 3
8.	VEILLET Claude	65.166 km	12:00:00	V5H 1
9.	ARNAUD Romuald	64.833 km	12:00:00	V1H 3
10.	FRANCOISE Daniel	60.085 km	12:00:00	V4H 1
11.	COSSON Maryse	59.323 km	12:00:00	V3F 2
12.	MARCHESIN Karine	56.765 km	12:00:00	V1F 1
13.	MESTREAUD Valerie	56.765 km	12:00:00	V1F 2
14.	BLAIS Claude	46.515 km	12:00:00	V3H 2
15.	FRANCOISE Florence	38.062 km	12:00:00	V2F 1
16.	DONCIEUX Remy	50.533 km	07:16:54	V2H



Daniel Duboscq in action on Sunday morning, during his last lap and with his coach after the 48 Hour race had finished

GIORNATE INTERNAZIONALI DELLA MARCIA, CHIASSOK, SWITZERLAND, SUNDAY 2 OCTOBER

The annual International Walks Meet, which was held in Chiasso in Switzerland on Sunday, saw entrants from Switzerland, Italy, Greece, Slovenia, and the Czech Republic. The Senior events were won by Italians **Federico Tontodonati** (1:24:43) and **Valentina Trapletti** (1:33:39). Large numbers overall and lots of good walking.

Full results at http://www.swisswalking.org/data/pdf/resultats/2016/20161002_Chiasco_in_marcia.pdf

20km Men

1.	Federico Tontodonati	ITA	1989	C.S. Aeronautica militare	1:24:43
2.	Leonardo Dei Tos	ITA	1992	Athletic Club 96 AE Spa Bolzan	1:24:56
3.	Stefano Chiesa	ITA	1996	Aletica 100 torri Pavia	1:28:48
4.	Ruggiero D'Ascanio	ITA	1984	Aletica Brugnera Friulintagli	1:35:32
5.	Luca Montoleone	ITA	1990	A.S.D. Francesco Francia	1:35:55
6.	Antony Patierno	ITA	1995	Duferco Carispezia La Spezia	1:40:38
7.	Gianluca Lammendola	ITA	1983	Icaro Unipolsai Fondiaria RC	1:47:08
8.	Giuseppe Scordo	ITA	1994	Icaro Unipolsai Fondiaria RC	1:49:26

20km Women

1.	Valentina Trapletti	ITA	1985	Bracco Atletica Milano	1:33:39
2.	Danica Gogov	SRB	1996	AK Pirot	1:54:33
3.	Roberta Caraccia	ITA	1990	Atletica Brescia 1950	1:57:18

10km Women (incl Veterans)

1.	Sibilla Di Vincenzo	ITA	1983	Bracco Atletica Milano	47:32
2.	Athanasia Vaitsi	GRE	1998	Grecia	51:24
3.	Arianna Pisano	ITA	1998	Atletica Arcobaleno Savona	53:49
4.	Efstathia Kourkoutsaki	GRE	1998	Grecia	54:16
5.	Nektaria Stamati	GRE	1997	Grecia	56:50

6.	Sara Prandini	ITA	1996	CUS Torino	58:24	
7.	Evangelia Vaitzi	GRE	1994	Grecia	59:48	
8.	Manuela Lucaferro	ITA	1963	Atletica Lonato LEM	1:00:40	
9.	Bianca Mottura	ITA	1966	Atletica Fossano '75	1:01:33	
10.	Alessia Gallino	ITA	1997	Atletica Alessandria	1:04:09	
10km U20/U18 Men						
1.	Georgios Tzatzimakis	GRE	1999	Grecia	44:42	U18
2.	Guglielmo Brusacà	ITA	1999	Duferco Carispezia La Spezia	49:31	U18
3.	Nathan Bonzon	SUI	2000	CM Monthey	51:06	U18
10km Veteran Men						
1.	Antonio D'Orlando	ITA	1971	Duferco Carispezia La Spezia	51:16	
2.	Josef Smola	CZE	1964	Smola Chuze Prag	51:19	
3.	Giancarlo Giuliano	ITA	1966	A.S. Monaco	51:57	
4.	Andrea Naso	ITA	1960	Atletica Lonato LEM	52:37	
5.	Isaias Tsitoglou	GRE	1963	Grecia	53:11	
6.	Riccardo Scotti	ITA	1967	Nuova Atletica Astro Milano	54:54	
7.	Luigi Gonella	ITA	1956	Atletica Canavesana	54:58	
8.	Michele De Masis	ITA	1956	Atletica Lonato LEM	55:34	
9.	Antonio Sansevrino	ITA	1959	PBM Bovisio Masciago	55:58	
10.	Leonardo Prata	ITA	1971	OSA Saronno	56:38	
11.	Fabio Ruzzier	SLO	1953	AK Koper	56:45	
12.	Stefano Giani	ITA	1954	CUS Insubria	57:33	
13.	Paolo Diego Fissore	ITA	1955	Atletica Fossano '75	59:05	
14.	Roberto Piaser	ITA	1948	Atletica S. Biagio Treviso	1:01:33	
15.	Pierangelo Fortunati	ITA	1950	Atletica Lonato LEM	1:04:09	
16.	Daniel Pasche	SUI	1953	CM Monthey	1:10:55	
17.	Waldo Ponzio	SUI	1944	GAB Bellinzona	1:11:36	
18.	Joseph Bianco	SUI	1941	CM Monthey	1:14:25	
5km U16 Boys						
1.	Marco Cazzamani	ITA	2003	Atletica Settimese	34:32	U16
5km U18/U16 Girls						
1.	Olga Fiaska	GRE	2001	Grecia	25:44	U16
2.	Camilla Crivellaro	ITA	2000	PBM Bovisio Masciago	26:23	U18
3.	Efstathia Salma	GRE	2000	Grecia	26:57	U18
4.	Alessia Titone	ITA	2002	Safatletica	27:59	U16
5.	Simona Bertini	ITA	2001	A.S.D. Francesco Francia	28:29	U16
6.	Eva Canadi	SLO	2000	AK Koper	28:48	U18
7.	Emma Ferretti	ITA	2001	G.S. Self Atl. Montanari Gruzza	29:30	U16
8.	Aggeliki Trifona	GRE	2001	Grecia	29:52	U16
9.	Giulia Nestola	ITA	2002	G.S. Self Atl. Montanari Gruzza	32:26	U16
10.	Chiara Casetta	ITA	2002	Atletica Settimese	38:51	U16
	Camilla Salti	ITA	2001	Cremona sportiva atletica Arved	DNF	U16
2km U14/U12 Boys						
1.	Cristian Improta	ITA	2005	Gruppo Città di Genova	12:19	U12
2.	Mickaël Ackermann	SUI	2004	CM Monthey	14:03	U14
2km U14/U12 Girls						
1.	Giulia Velka Corsolini	ITA	2004	Gruppo Città di Genova	11:05	U14
2.	Margherita Facchini	ITA	2003	ASD Saint Christophe	11:11	U14
3.	Tamara Reicht	SLO	2005	AD Štajerska	11:37	U12
4.	Ilaria Russo	ITA	2003	Gruppo Città di Genova	12:27	U14
5.	Matilde Prata	ITA	2007	OSA Saronno	14:33	U10
1km U10 Boys						
1.	Saša Milenovic	SLO	2007	AK Koper	5:57	U10
2.	Carlo Molino	ITA	2006	ASD Cogne Aosta	7:53	U12
3.	Mathis Ackermann	SUI	2009	CM Monthey	9:24	U10

9TH CHODECKÁ NITRA, NITRA, SLOVAKIA, FRIDAY 30 SEPTEMBER

Anton Kucmín and **Mária Gáliková** were the winners of the ninth edition of the Chodecká Nitra, held over 3km this year rather than the 5km distance favoured in previous occasions. For Kucmín, it was his third victory, coming after wins in 2013 and 2014. It was also Gáliková's third win, coming after successes in 2008 and 2009. For the first time in the history of the race Matej Tóth was not involved as a competitor, as he continues to recuperate from his shin injury from earlier this year. He was, however, helping the Organising Committee, headed by his father Viliam. Nice report at <http://atletikasvk.sk/Articles/Detail?ArticleId=5362> . Full results at <http://www.atletikasvk.sk/Content/results/2016/9/VYS1085.pdf>.

The meet also included a chance for children to try the sport, with Matej and the coaches assisting them. The day culminated in the announcement of Walker of the Year which went (no surprises there) to Matej, ahead of Dušan Majdán, Anton Kucmín and Mária Gáliková. See voting details at <http://atletikasvk.sk/Articles/Detail?ArticleId=5361>.

3km Men

1.	Kucmín Anton	1984	VŠC Dukla Banská Bystrica	11:42
2.	Úradník Miroslav	1996	VŠC Dukla Banská Bystrica	11:46
3.	Majdán Dušan	1987	VŠC Dukla Banská Bystrica	12:16
4.	Rizek Milan	1978	ASK Skalica	12:47
5.	Racz Szandor	1986	Hungary	13:00
6.	Morvay Michal	1996	AC Stavbár Nitra	13:24
7.	Hlavenka Tomáš	1977	MS Brno	13:26
8.	Zekovic Milan	1995	AK Napredak Aleksinac, Srpsko	13:35
9.	Motl Ondrej	1994	ASK Slavia	13:41
10.	Krestianko Boris	1964	Tajov	15:31
11.	Fliegl Miroslav	1954	Olymp Praha	16:08

3km Women

1.	Gáliková Mária	1980	VŠC Dukla Banská Bystrica	12:56
2.	Madarasz Viktoria	1985	Hungary	13:04
3.	Cubanová Lucia	1995	VŠC Dukla Banská Bystrica	14:18
4.	Hornáková Monika	1995	VŠC Dukla Banská Bystrica	14:26
5.	Golisová Jana	1992	VŠC Dukla Banská Bystrica	15:53
6.	Plevková Tereza	1993	Olymp Praha	18:31

3km U20 Men

1.	Cerný Dominik	1997	VŠC Dukla Banská Bystrica	11:53
2.	Hlavác Vít	1997	Tepo Kladno	12:56
3.	Kováč Daniel	2001	Slovan Duslo Šála	14:23

3km U20 Women

1.	Maternová Katerina	1998	SK Nové Mesto	15:38
2.	Šimiaková Alexandra	1998	VŠC Dukla Banská Bystrica	20:11

2km Boys

1.	Hugo Zelenák	2003	AC Stavbár Nitra	11:35
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2km Girls

1.	Ema Hacundová	1999	MŠK Borský Mikuláš	09:46
2.	Alexandra Zlukyová	2000	AK Bacúch	11:19
3.	Lenka Panýrková	1999	AC Praha 1890	12:09

ITALIAN U18 CLUB CHAMPIONSHIPS, ITALY, 1-2 OCTOBER 2016

The Italian U18 Club Championships were wrapped up last weekend, with races in 5 different cities (Bergamo, Bovolone, Genoa, Florence and Macerata), with a total of 63 walkers (26 boys and 37 girls) in action. See reports at <http://marcia.it/risultati-finale-cds-allievi-a-e-b-2016/> and <http://marcia.it/risultati-finale-cds-allievi-a-e-b-2016/>. Best performances were as follows

U18 Boys 5000m

1.	Davide Marchesi	Genoa	21:48.79
2.	Riccardo Orsoni	Bergamo	21:53.73
3.	Luca Magistri	Bergamo	22:24.29
4.	Nicolas Fanelli	Macerata	23:12.50

U18 Girls 5000m

1.	Angelica Mirabello	Florence	25:13:30
2.	Francesca Azzurra Pini	Florence	25:25.96
3.	Francesca Bocchino	Bergamo	26:18:15
4.	Alessia Mastronicola	Macerata	26:36.22



Riccardo Orsoni leads in Bergamo (photo www.marcia.it)

UKRAINIAN HS CHAMPIONSHIPS, KROPYVNYTSKIY, UKRAINE, 26-27 SEPTEMBER

Schools championships from Ukraine with best performance of 21:45.38 from **Viktor Kononenko**.

Boys 5000m Race Walk

1.	Viktor KONONENKO	UKR	99	21:45.38
2.	Andriy SYNYUK	UKR	99	22:52.79
3.	Vladyslav BIRYUKOV	UKR	00	23:30.46
4.	Dmytro MEDVEDCHUK	UKR	00	23:37.86
5.	Ihor POLYAK	UKR	00	23:48.88

Girls 3000m Race Walk

1.	Daryna KASYAN	UKR	02	15:03.77
2.	Yana FARINA	UKR	99	15:05.07
3.	Valeriya SHOLOMITSKA	UKR	04	15:06.33
4.	Yuliya PETRYK	UKR	04	15:31.73
5.	Yuliya KOTIK	UKR	99	15:41.29
6.	Yevheniya SYCHOK	UKR	00	15:45.81
7.	Alina TKACH	UKR	01	15:58.49
8.	Ivanna MELISHCHUK	UKR	03	15:58.61
9.	Viktoriya DMYTRIV	UKR	00	16:10.54
10.	Kateryna ZAHAYKAN	UKR	99	16:19.02

OUT AND ABOUT

- Last week GBR 1964 Olympic 50km silver medallist **Paul Nihill** attended the unveiling of Nihill Place on a new housing development just metres from where he grew up in Croydon. He was the borough's first Olympic medallist. See http://www.croydonguardian.co.uk/news/localnews/14693617.Croydon_s_first_Olympic_hero_honoured_with_road_name/.
- You are never too old! Nice facebook post of 101 year old Chinese grandfather Guo Tinghu who finished the 10,000m track walk at the Chinese Masters Champs to set a new national record. I'm not surprised it was a record! See photos at <https://www.facebook.com/photo.php?fbid=10154148952478500&set=pcb.10154148978918500&type=3&theater>



101 year old Chinese Guo Tinghu sets 10000m walk record at Chinese Masters Champs

MARCIADALMONDO AND OMARCHADOR ROUNDUP

Marciadalamondo had 4 press releases this week

- Sun 2 Oct - Results of Italian U18 Club Championships
http://www.marciadalamondo.com/eng/dettagli_news.aspx?id=2568
- Sat 1 Oct - Preview of Italian U18 Club Championships
http://www.marciadalamondo.com/eng/dettagli_news.aspx?id=2567
- Wed 28 Sep - Final results from Around Taihu Tour
http://www.marciadalamondo.com/eng/dettagli_news.aspx?id=2566
- Tue 27 Sep - Results of Day 3 from Around Taihu Tour
http://www.marciadalamondo.com/eng/dettagli_news.aspx?id=2565

and Omarchador had 12 press releases.

- Mon 3 Oct - Portuguese win in International 50km at Hillingdon, England
<http://omarchador.blogspot.com.au/2016/10/50-km-de-hillingdon-com-vitoria.html>
- Mon 3 Oct - Kucmín and Gáliková win in Nitra, Slovakia
<http://omarchador.blogspot.com.au/2016/10/kucmin-e-galikova-trivencedores-em.html>
- Sun 2 Oct - Results of 59th Ukrainian Racewalk Cup in Alytus
<http://omarchador.blogspot.com.au/2016/10/svencionys-e-psek-vencem-taca-da.html>
- Sat 1 Oct - Preview of Dutch 50km in Tilburg this weekend
<http://omarchador.blogspot.com.au/2016/10/tilburgo-acolhe-campeonatos-holandeses.html>
- Sat 1 Oct - Preview of International Walks meet in Hillingdon, London
<http://omarchador.blogspot.com.au/2016/10/50-km-no-domingo-em-hillingdon.html>
- Fri 30 Sep - David Custer sets new French U18 5000m walk record
<http://omarchador.blogspot.com.au/2016/09/novo-recorde-frances-de-sub-18-5000-m.html>
- Fri 30 Sep - Trapletti and Fortunato win Italian Club Championship walks
<http://omarchador.blogspot.com.au/2016/09/trapletti-e-fortunato-vencem-marcha-nos.html>
- Thu 29 Sep - Final results from Around Taihu Rally
<http://omarchador.blogspot.com.au/2016/09/taihu-acaba-sem-novidades-colectivas.html>

- Thu 29 Sep - Results of international U16 meet in Trnava, Slovakia
<http://omarchador.blogspot.com.au/2016/09/encontro-internacional-sub-16-em-trnava.html>
- Wed 28 Sep - Bird-Smith and Qieyang win Day 4 in Around Taihu Rally
<http://omarchador.blogspot.com.au/2016/09/bird-smith-e-qieyang-confirmam-vitoria.html>
- Wed 28 Sep - Walk results from NE Trophy meet at Fortaleza, Brazil
<http://omarchador.blogspot.com.au/2016/09/trofeu-norte-nordeste-em-fortaleza.html>
- Tue 27 Sep - Bird-Smith and Qieyang win Day 3 in Around Taihu Rally
<http://omarchador.blogspot.com.au/2016/09/bird-smith-e-qieyang-atacam-lideranca.html>

DATES...DATES...DATES

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

2016/2017 Australian/Victorian Key Dates

Oct 8 (Sat), 2016	AV Shield commences (Round 1), Melbourne, VIC
Oct 9 (Sun), 2016	Opening round of VRWC Summer Season, Middle Park, VIC
Nov 4-8, 2016	Victorian Schools T&F Championships, Albert Park, VIC
Dec 2-4, 2016	Australian Schools T&F Championships, Canberra, ACT
Dec 11 (Sun), 2016	Australian 50km Championship, Fawkner Park, Melbourne, VIC
Jan 26-28, 2017	Victorian Country Track & Field Championships, Casey Fields, Casey, VIC
Feb 19 (Sun), 2017	Australian 20km Summer Roadwalk Championships, Adelaide, SA
Feb 24-26, 2017	Victorian Junior and Open Track & Field Championships (Weekend 1), Albert Park, VIC
Mar 3-5, 2017	Victorian Junior and Open Track & Field Championships (Weekend 2), Albert Park, VIC
Mar 7, 2017	Coburg 6 Hour Run/Walk Championships, Coburg, VIC
Mar 25-26, 2017	Victorian Masters Championships, Doncaster, VIC
Mar 26 - Apr 2, 2017	Australian Open and Junior T&F Champs, SOPAC, Sydney, NSW
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

2016/2017 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.
Mar 18-25, 2017	World Masters Athletics Indoor Championships, Daegu South Korea
April 8, 2017	Podebrady Race Walk Meet, CZE. See http://www.podebrady-walking.cz/en/
April 21-30, 2017	World Masters Games 2017, Auckland, NZ. See www.worldmastersgames2017.co.nz
April 23, 2017	Naumburg Racewalking Carnival, GER
May 21, 2017	European Race Walking Cup, Podebrady, CZE
July 12-16, 2017	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

Looking Further Ahead

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