



## HEEL AND TOE ONLINE

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

17 year old **Declan Tingay** was in great form in Perth, burning up the track with a big 3000m walk time of 11:50.4. Not only was it a 25 second PB, it was also a performance that propels him into the top 30 of my Australian All-Time rankings list for 3000m.

Declan had a very quiet year in 2016 while he completed his final year of school. His last serious races were in fact the Australian T&F Championships in Perth in March when he won the U18 5000m walk in a PB **20:43** and was second in the U20 10,000m walk in **44:10**. Then it was a case of putting the walking shoes away, getting out the school books and putting the head down for the year.

He has now completed his exams and has exploded back onto the scene in the best possible way – with a fantastic time!



*Declan fights out the U20 10,000m walk in Perth in March 2016 with Tyler Jones of NSW and Adam Garganis of Victoria*

And for completeness, here is that updated 3000m ranking list. Andrew Jachno leads with 10:56.22 and Declan comes in at 29<sup>th</sup> (full rankings are found at <http://www.vrwc.org.au/arankings.shtml>).

Rank	Time	Name	State	DOB	Place	Location	Date	Age
1	10.56.22	Andrew Jachno	V	13-04-1962	1	Melbourne	07-02-1991	33
2	10.56.23	Dane Bird-Smith	Q	15-07-1992	1	Cork, Ireland	08-07-2014	21
3	10.59.04	Luke Adams	N	22-10-1976	2	Cork, Ireland	03-07-2010	33
4	11.00.56	David Smith	V	24-07-1955	1	Perth	24-01-1987	31
5	11.11.45	Nick A'Hern	N	06-01-1969	2	Melbourne	07-02-1991	22
6	11.13.77	Jared Tallent	V	17-01-1984	1	Sydney	28-02-2009	25
7	11.16.2	Troy Sundstrom	N	30-05-1981	1	Sydney	27-11-1999	18
8	11.17.0	Nathan Deakes	V	17-08-1977	1	Melbourne	10-12-1998	21

9	11.19.0	Jesse Osborne	Q	12-01-1995	1	Melbourne	12-04-2014	19
10	11.21.86	Adam Rutter	N	24-12-1986	3	Sydney	28-02-2009	22
11	11.23.2	Steve Beecroft	V	14-03-1971	1	Melbourne	13-01-1994	22
12	11.26.0	Simon Baker	V	06-02-1958	1	Solleftuna	07-07-1989	31
13	11.27.0	Michael McCagh	W	16-04-1986	2	Sydney	17-02-2007	20
14	11.28.2	Willi Sawall	V	07-11-1941	1	Melbourne	15-03-1980	38
15	11.28.83	Chris Erickson	V	01-12-1981	6	Sydney	18-02-2012	30
16	11.29.7	Brent Vallance	N	30-04-1972	1	Sydney	06-12-1997	25
17	11.32.9	Doug Connolly	N	30-10-1982	2	Sydney	27-11-1999	17
18	11.33.1	Rhydian Cowley	V	04-01-1991	2	Brisbane	14-02-2015	24
19	11.38.8	Liam Murphy	S	05-06-1979	1	Adelaide	13-11-1999	20
20	11.42.7	Damien O'Mara	N	03-10-1975	2	Sydney	04-01-1997	21
21	11.45.5	Paul Copeland	V	25-04-1967	1	Melbourne	16-01-1992	24
22	11.46.09	Anthony Miles	Q	30-11-1971	2	Brisbane	16-11-1991	19
23	11.46.64	Brad Aiton	Q	20-06-1994	1	Brisbane	01-10-2010	16
24	11.47.2	Jon Gawley	N	08-05-1980	2	Sydney	16-01-1999	18
25	11.47.6	Dion Russell	V	08-05-1975	2	Melbourne	02-12-1993	18
26	11.49.7	Travis Harbour	V	12-12-1975	1	Melbourne	01-02-1997	21
27	11.50.0	Ian Rayson	N	04-02-1998	1	Bruce, ACT	09-01-2014	25
28	11.50.2	Darren Bown	S	30-06-1974	2	Adelaide	30-10-1999	25
<b>29</b>	<b>11.50.4</b>	<b>Declan Tingay</b>	<b>W</b>	<b>11-11-2016</b>	<b>1</b>	<b>Perth</b>	<b>06-02-1999</b>	<b>17</b>
30	11.50.6	Mike Harvey	V	05-12-1962	2	Melbourne	01-03-1986	23

### WHAT'S COMING UP

- Our **next VRWC Summer season races** are on tomorrow evening at the Collingwood Harriers track in Clifton Hill. Hey everyone, here's a chance to get a 1500m time on the board! Timetable is as follows:

#### Wednesday 16<sup>th</sup> November 2016, VRWC Track Races, Clifton Hill

Venue: George Knott Athletic Field, 143 Heidelberg Rd, Clifton Hill

6.30pm	10,000m, 5000m and 3000m	Open
7.15pm	1500m	Open

Our **VRWC AGM and Summer Roadwalks Championships** will be at Middle Park on Sunday 27<sup>th</sup> November so lock that one in. Fixture at <http://www.vrwc.org.au/vrwcs17.shtml>.

- **Round 6 of AV Shield** continues next weekend but it's a bit different, with the country venues on Saturday afternoon and the metropolitan venues on Sunday afternoon. Check the AV website later in the week to confirm the timetables and venues. At the moment, they read as follows

Bendigo Zone Round 6, La Trobe University Track, Bendigo, Saturday 19 November

Ballarat Zone Round 6, Llanberris Reserve, Ballarat, Saturday 19 November

Geelong Zone Round 6, Landy Field, Geelong, Saturday 19 November

White Zone Round 6, Tom Kelly Athletics Track, Doncaster, Sunday 20 November

Red Zone Round 6, Tom Kelly Athletics Track, Doncaster, Sunday 20 November

Yellow Zone Round 6, Newport Athletics Facility, Williamstown, Sunday 20 November

Blue Zone Round 6, Casey Fields, Cranbourne East, Sunday 20 November

- An ongoing reminder that registrations are now open for our annual **VRWC Falls Creek Summer Racewalk Camp**. It will run from Friday 30<sup>th</sup> December 2016 to Thursday 12<sup>th</sup> January 2017. See <http://www.vrwc.org.au/vrwc-falls-creek.shtml> for further details. We now have 16 of our 24 available places booked so don't leave it too much longer.
- Also a reminder that our new VRWC financial year started on 1<sup>st</sup> October so memberships renewals are now due – see membership form and renewal instructions at <http://www.vrwc.org.au/VRWCMembershipApplication.shtml>.
- Entries are open for the **Australian 50km Championship Meet** to be held at Fawkner Park on **Sunday 11<sup>th</sup> Dec**. See [https://sitedesq.sportstg.com/meetsregform/index.cfm?fuseaction=display\\_main&MeetID=1591&orgid=887](https://sitedesq.sportstg.com/meetsregform/index.cfm?fuseaction=display_main&MeetID=1591&orgid=887). Entry fee is \$30.00. **Entries close at 5:00pm on the Monday 28<sup>th</sup> November 2016**. Timetable reads as follows

7.00am	Australian 50km Road Walk Championship
8.00am	20km Walk: Men and Women
9:00am	10km Walk: U20 Men and Women
10:00am	5km Walk: U18 Men and Women

**SAMA TRACK WALKS, SA ATHLETICS STADIUM, MILE END, ADEDAIDE, WEDNESDAY 9 NOVEMBER 2016**

Thanks to Colin Hainsworth for the latest results from the South Australian Masters in Adelaide. Colin commented: Cool evening, Small number present, maybe a few not back from Perth yet, and a couple of others away.

**800m Handicap**

1.	Kerry Goode	04:46	W41
2.	Des Mulqueen	05:47	M70
3.	Rhiannon Lovegrove (F/T)	03:48	
4.	James Hoare	05:30	M70
5.	Leigh Smith	05:59	M81
6.	Jill Rogers	06:44	W72
7.	Preben Kohler	05:08	M40
8.	Gloria Holliday	04:38	W56

**5000m Handicap**

1.	Gloria Holliday	31:23	W56	75.37%
2.	Leigh Smith	39:38	M81	73.73%
3.	James Hoare	36:24	M70	68.81%
4.	Kristie Goznic (F/T)	24:27		
5.	Rhiannon Lovegrove	26:53		
6.	Colin Hainsworth	43:02	M86	73.95%

**BENDIGO WALKERS CLUB ROADWALKS, ROSALIND PARK, BENDIGO, WEDNESDAY 9 NOVEMBER**

Thanks to Paul Rance for his latest report from Bendigo in country Victoria.

On Wednesday the Bendigo Walkers Club held 1km and 5km sealed handicap events. In the 1km race **Caitlyn Tozer** produced a personal best performance to score a narrow 2 second victory over **Sheridan Commons**, with **Amber Fox** 3<sup>rd</sup> and **Ebony Whiley** claiming fastest time. A close finish also resulted in the 5km event with **Norm West** scoring a close 3 second victory over **Carissa Brook** who was racing the distance for the first time, with **Bill Lotherington** 3<sup>rd</sup> and **Zahra Hayes** taking fastest time honours.

**5km Handicap**

1.	Norm West	40.47
2.	Carissa Brook	29.35
3.	Bill Lotherington	35.53
4.	Jennie Payne	31.56
5.	Annette Curtis	35.04
6.	John Carter	37.58
7.	Zahra Hayes	26.47
8.	Barb Bryant	31.20
9.	Peter Curtis	35.03

**1km Handicap**

1.	Caitlyn Tozer	7.23
2.	Sheridan Commons	6.35
3.	Amber Fox	7.16
4.	Ebony Whiley	5.25
5.	Oscar Fox	6.53
6.	Geoff Major	8.50

**ACT WALKERS CLUB TRACK WALKS, WODEN ATHLETICS PARK, CANBERRA, THURSDAY 10 NOVEMBER**

Thanks to Robin Whyte for the latest results from Canberra. Great 10km walking by youngsters **Connor Frew** (47:06), **Tim Fraser** (49:48) and **Mitchell Baker** (50:43).

**3000m Walk**

1.	Gwyllym Young	15:03
2.	Laura Burns	16:06
3.	Hannah Manning	16:06
4.	Ellen Vahey	18:54
5.	Rod Gilchrist	21:54
6.	Jennifer Gilchrist	23:32
7.	Margaret McSpadden	24:47
8.	Lorna England	26:30

**10,000m Walk**

1.	Connor Frew	47:06	PB 0:42
2.	Tim Fraser	49:48	
3.	Mitchell Baker	50:43	PB 0:16
4.	Callum Burns	52:29	
5.	Ann Staunton-Jugovic	59:17	
6.	Robin Whyte	1:06:01	
7.	Bryan Thomas	1:12:27	
8.	Geoff Barker	1:20:31	

**1200m Walks**

1.	Andrew Camp-Liddiard	07:34
2.	Harry Baker	07:37
3.	Ella Baker	08:05

**5000m Walk**

1.	Gabby Hunt	26:26
2.	Roger Gorey	33.43

4.	Anna Vahey	08:29
5.	Georgia Frew	08:36
6.	Terrill Strahan	13:10

### AV SHIELD ROUND 5, SATURDAY 12 NOVEMBER

Athletics Victoria Shield Round 5 last Saturday saw just under 100 walkers in action across Victoria. Alas, it was yet another very windy day – we seem to be encountering this weather just about every weekend this spring. PBs were very hard to come by in the trying conditions.

#### Blue Zone Round 5, Bill Seward Athletics Track, Nunawading, Saturday 12 November

**Rhydian Cowley** was the fastest overall in AV Shield last Saturday with his 12:22.9 at Nunawading. With the first 6 all under 15 minutes in the 3000m, it was a great standard. Well done to **Philippa Huse** for her PB of 14:08.5. **Hayden Walmsley** was fastest in the 1500m with 7:03.0.

#### 3000m Walk

1.	Cowley, Rhydian	M	GLENHUNTLY ATHLE	12:22.9	
2.	Walmsley, Reese	M	KNOX ATHLETIC CLUB	14:07.7	
3.	Huse, Philippa	W	SANDRINGHAM ATHL	14:08.3	PB 0:32
4.	McInnes, Simone	W	GLENHUNTLY ATHLE	14:14.3	
5.	Henderson, Rebecca	W	CASEY CARDINIA A	14:24.5	
6.	Mandic, Nikola	M	CASEY CARDINIA A	14:40.1	
7.	Hamilton, Emily	W	KNOX ATHLETIC CLUB	16:40.1	
8.	Osmand, Kym	W	OAKLEIGH ATHLETI	17:05.3	
9.	Carr, Heather	W	GLENHUNTLY ATHLE	17:11.1	
10.	De Lisen, Paige	W	KNOX ATHLETIC CLUB	17:13.0	
11.	Van Dongen, Rupert	M	MENTONE ATHLETIC	19:36.9	
12.	Steed, Gwen	W	GLENHUNTLY ATHLE	20:03.8	
13.	Bowden, Kuniko	W	MENTONE ATHLETIC	20:29.5	
14.	Barrow, Geoff	M	MENTONE ATHLETIC	20:30.0	
15.	Doran, Anthony	M	GLENHUNTLY ATHLE	20:43.4	
16.	Holohan, Bernadette	W	SANDRINGHAM ATHL	20:57.5	
17.	Bryan, Jeanne	W	MENTONE ATHLETIC	27:47.2	
	Zelesnikow, John	M	GLENHUNTLY ATHLE	DQ	
	Holten, Ruby	W	SANDRINGHAM ATHL	DQ	

#### 1500m Walk

1.	Walmsley, Hayden	M	KNOX ATHLETIC CLUB	7:03.0
2.	Dickson, Corey	M	KNOX ATHLETIC CLUB	7:13.3
3.	Djordjevic, Nikolaj	M	MENTONE ATHLETIC	7:16.8
4.	Woolfe, Hayley	W	UNATTACHED	7:59.9
5.	Morrow, Bianca	W	CASEY CARDINIA A	8:30.5
6.	Hay, Charlotte	W	KNOX ATHLETIC CLUB	8:31.6
7.	Hay, Angus	M	KNOX ATHLETIC CLUB	9:11.4

#### Yellow Zone Round 5, VU Athletics Track, Wyndham, Saturday 12 November

**Scott Nelson** continues to chip away at his times in the Yellow Zone, winning at Wyndham with 15:34.8. Making it a family affair, **Anika Nelson** was fastest in the 1500m with 8:08.4.

#### 3000m Walk

1.	Nelson, Scott	M	WYNDHAM TRACK AN	15:34.8
2.	Donahoo, Mark	M	ATHLETICS ESSENDON	15:54.8
3.	Kennedy, Paul	M	KEILOR ST BERNAR	16:52.9
4.	Kondogonis, John	M	KEILOR ST BERNAR	18:13.5
5.	Erickson, Tim	M	COBURG HARRIERS	18:27.7
6.	Beaumont, Hamish	M	MELBOURNE UNIVER	18:38.6
7.	Dunstone, Phillip	M	WESTERN ATHLETICS	18:42.0
8.	Knox, Duncan	M	ATHLETICS ESSENDON	19:03.6
9.	Anderson, Brian	M	ATHLETICS ESSENDON	19:04.5
10.	Feain, Madeleine	W	KEILOR ST BERNAR	19:26.6
11.	Murphy, Stephen	M	ATHLETICS ESSENDON	19:53.0
12.	McGoughan, Tracy	W	KEILOR ST BERNAR	20:22.7
13.	Kunig, Krystal	W	KEILOR ST BERNAR	20:51.9
14.	Cashin, Brenda	W	WESTERN ATHLETICS	21:17.8
15.	Shaw, Robyn	W	WESTERN ATHLETICS	21:22.1

16.	Spiteri, Kelly	W	COBURG HARRIERS	23:24.1
17.	Hodgart, Janice	W	WESTERN ATHLETICS	23:30.3
18.	Lamb, Heather	W	BRUNSWICK ATHLET	23:35.8
19.	norman, phil	M	BRUNSWICK ATHLET	24:38.8
20.	Rickard, Tess	W	BRUNSWICK ATHLET	25:05.9

**1500m Walk**

1.	Nelson, Arnika	W	WYNDHAM TRACK AN	8:08.4
2.	Beveridge, Heath	M	WESTERN ATHLETICS	8:11.6
3.	Weickhardt, Sebastian	M	UNATTACHED	11:11.2
4.	Knox, Christian	M	ATHLETICS ESSENDON	11:20.2
5.	Rankin, Bailey	M	WESTERN ATHLETICS	13:50.4

Thanks to **Gerard Feain** for his photos from Wyndham.



*Left: Mark Donahoo leads out at the start*



*Right: Robyn Shaw*



*Arnika Nelson, Scott Nelson, Tim Erickson, Duncan Knox and John Kondogonis (all photos Gerard Feain)*

**Red Zone Round 5, Tom Kelly Athletics Track, Doncaster, Saturday 12 November**

Adam Garganis (14:51.5) and William Dynes (7:47.6) were fastest at Doncaster.

**3000m Walk**

1.	Garganis, Adam	M	COLLINGWOOD	14:51.5
2.	Hawkins, Trenton	M	PRESTON ATHL	15:32.2
3.	Noonan, Emily	W	COLLINGWOOD	17:36.4
4.	Keirl, Bernie	M	DIAMOND VALL	18:01.5
5.	Collis, Lauren	W	DIAMOND VALL	18:59.9
6.	Clarke, Patrick	M	DIAMOND VALL	19:34.8
7.	Lazar, Dennis	M	DIAMOND VALL	19:48.3
8.	Quinn, Karen	W	DIAMOND VALL	21:26.1
9.	McLennan, Laura	W	DONCASTER AT	22:30.6
	Compton-Robins, Lee	M	DIAMOND VALL	DQ

**1500m Walk**

1.	Dynes, William	M	DIAMOND VALL	7:47.6
2.	Noonan, Claire	W	COLLINGWOOD	8:51.4

**White Zone Round 5, Yarra Ranges Athletics Track, Mt Evelyn, Saturday 12 November**

Nunawading walkers Kyle Swan (13:32.6) and Brad Simpson (13:48.4) were best in the 3000m at Mt Evelyn while Lee Taylor was fastest in the 1500m with 9:46.8.

**3000m Walk**

1.	Swan, Kyle	M99	ATHLETICS NUNAWA	13:32.6
2.	Simpson, Bradley	M93	ATHLETICS NUNAWA	13:48.4
3.	Jamieson, Andrew	M46	OLD SCOTCH COLLE	16:13.3
4.	Taylor, Lucas	M96	YARRA RANGES ATH	16:28.1
5.	Muldoon, Wendy	W71	ATHLETICS NUNAWA	16:56.3
6.	Rosenbrock, Carolyn	W62	ATHLETICS NUNAWA	17:23.5
7.	Dickenson, Russell	M45	VICTORIAN MASTER	19:05.6
8.	Riddoch, Clyde	M53	ATHLETICS WAVERLEY	19:40.9
9.	Sommers, David	M57	UNATTACHED	19:44.7
10.	McCann, Adam	M76	ATHLETICS NUNAWA	20:25.8
11.	Benke, Geza	M56	OLD MELBOURNIANS	20:35.9
12.	Marston, Janice	W65	ATHLETICS WAVERLEY	22:11.5
13.	Meager, Sharron	W59	BOX HILL ATHLETI	22:42.2

**1500m Walk**

1.	Taylor, Lee	W01	YARRA RANGES ATH	9:46.8
2.	Imbriano, Joel	M06	ST KEVINS ATHLET	10:05.2

**Bendigo Zone Round 5, La Trobe University Track, Bendigo, Saturday 12 November**

To the country now where Zahra Hayes was pretty quick with her 3000m time of 14:43.67 in Bendigo.

**3000m Walk**

1.	Zahra Hayes	W15	SOUTH BENDIGO	14:43.67
2.	Barbara Bryant	W62	EAGLEHAWK	17:23.39
3.	Jennifer Payne	W60	SOUTH BENDIGO	18:38.89
4.	Annette Curtis	W60	SOUTH BENDIGO	21:33.79
	Ebony Whiley	W21	EAGLEHAWK	DNF

**1500m Walk**

1.	Brenton O'Brien	M15	UNATTACHED	8:47.56
2.	Kyle Webb	M15	BENDIGO HARRIERS	10:19.83
3.	Wendy Ennor	W59	EAGLEHAWK	12:11.56

**Ballarat Zone Round 5, Llanberris Reserve, Ballarat, Saturday 12 November**

Good to see Daryl Biggin having a walk in Ballarat but he had to play second fiddle to Ellen Dowie who won with 17:43.61.

**3000m Walk**

1.	Dowie, Ellen	W99	EUREKA ATHLETIC	17:43.61
2.	Biggin, Daryl	M63	UNA	18:53.53
3.	McLennan, Phillip	M68	WENDOUREE ATHLET	20:55.00

**Geelong Zone Round 5, Landy Field, Geelong, Saturday 12 November**

Alas, no results yet from Geelong. Check later at <http://athsvic.org.au/events/competitions/avcompetitions/av-shield/>

**WA INTERCLUB, WA ATHLETICS STADIUM, PERTH, FRIDAY 11 NOVEMBER**

17 year old **Declan Tingay** was in great form in Perth, burning up the track with a big 3000m PB of 11:50.4. Wow, that is fast and it got my Walker of the Week Award, as previously discussed.

**3000m Walk**

1.	Tingay, Declan	M	Awa	11:50.4	PB 0:25
2.	Reid, Benjamin	M	Awa	15:07.4	
3.	Hennighan, Dale	M	RW	15:13.2	
4.	Anderton, Cooper	M	Bun	15:16.2	
5.	Griffin, Alexandra	W	Awa	16:12.5	
6.	Jackson, Hayley	W	Awa	16:16.5	
7.	Millard, Thomas	M	Rock	16:46.2	
8.	Ireland, Hannah	W	Rock	16:51.7	
9.	Ralston, Kate	W	Awa	17:07.1	
10.	Mann, Bradley	M	RW	17:19.1	
11.	D'Agnone-Doyle, Gabrielle	W	Awa	17:27.0	
12.	Morales, Richelle	W	Awa	17:33.6	
13.	Davies, Owen	M	Uwa	23:15.3	

**ATHLETICS TASMANIA INTERCLUB, DOMAIN ATHLETICS TRACK, HOBART, SATURDAY 12 NOVEMBER**

16 year old **Alice Randall** walked well in Hobart for her 5000m time of 25:54.0.

**5000m Walk**

1.	Alice Randall	OVA	25:54.0
2.	Anna Blackwell	OVA	28:22.0

**ATHLETICS SA INTERCLUB, SA ATHLETIC STADIUM, MILE END, ADELAIDE, SATURDAY 12 NOVEMBER**

14 year old **Joe Cross** walked a PB 13:50.19 in Adelaide on Saturday. **Alix Harlington** also walked well for 14:12.94.

**3000m Walk**

1.	Joe Cross	PEMBROKE	13:50.19	PB 0:01
2.	Alix Harlington	NORTHERN DISTRICTS	14:12.94	
3.	Rhiannon Lovegrove	PORT ADELAIDE	14:57.54	
4.	Samantha Findlay	SOUTHERN	15:11.89	
5.	Jayden Goode	NORTHERN DISTRICTS	15:16.96	
6.	Bethany Cross	PEMBROKE	15:18.71	
7.	Victoria Upton	SOUTHERN	15:27.46	
8.	Danielle Walsh	PORT ADELAIDE	16:24.57	
9.	Mathew Bruniges	SOUTHERN	16:39.38	
10.	Olivia Sandery	PEMBROKE	16:47.69	
11.	Chloe Upton	SOUTHERN	16:59.91	
12.	Kitarni Upton	SOUTHERN	17:41.13	
13.	Cherie Rothery	HILLS DISTRICT	18:08.03	
14.	James Hoare	PORT ADELAIDE	21:29.13	
	Tristan Camilleri	COASTAL DISTRICTS	DQ	

**1500m Walk**

1.	Kiera Ross	PEMBROKE	8:36.70
2.	Mia Wilks	PEMBROKE	9:00.78
3.	Aleesha Vidler	SOUTHERN	9:57.10

**BRWC ROAD WALKS, NORTH GARDENS, LAKE WENDOUREE, BALLARAT, SUNDAY 13 NOVEMBER**

Thanks to Wayne Peart for the latest results and race report from the Ballarat Race Walking Club in Ballarat, country Victoria.

Just when you thought it was safe to pull on your shorts and enjoy a little sunshine, it was not to be. A cold Arctic blast whistled around the legs of our BRCW walkers as they stepped out for the Founders Cup at the North Gardens on Sunday morning. With the race being held between several heavy showers, it was **Daryl Biggin** who turned back the clock, winning the race named in his honour. Daryl walked a very slick 17.59, on handicap taking home the trophy. **Alanna Peart** walking

the fastest time of the day in 15.30, and our young juniors walking in good form and constantly setting new PB's, with **Jorja Tallent** and **Scott Peart** both breaking their own PB's by more than 1min 20secs.

### 3km Daryl Biggin & Sharon Schnyder Founders Cup Handicap

1.	Daryl Biggin	17:59	
2.	Scott Peart (11yrs)	18:09	PB 1.27 (New BRWC U12 Rec)
3.	Brodie Tallent (10yrs)	20:34	PB 0.24
4.	Fraser Saunder	17:31	PB 0.17
5.	Alanna Peart	15:30	
6.	Jorja Tallent	22.28	PB 1.22
7.	Sarah Brennan	16.00	
8.	James Pendred	21:37	PB 0.17
9.	Kayla Bridges	21.52	

### 1km Walk

1.	Keelan Perry	7.30
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*Daryl Biggins turns back the clock to win in Ballarat on Sunday (photo Kerrie Peart)*

## PAN PACIFIC MASTERS GAMES, GOLD COAST, QLD, 9-13 NOVEMBER

The Pan Pacific Masters Games were held last week on the Gold Coast in Queensland and it was a highly successful meet from what I read. The walks fields were small, coming so soon after the World Masters T&F Championships in Perth, but some of the Perth walkers did make the trip north and availed themselves of the opportunity for some more medals!

### Thursday 10 November

The 5000m walks were first up, being held last Thursday at the Runaway Bay Sports Centre, which will be one of the 2018 Commonwealth Games venues. Best performances probably by **Dean Nipperess** (M45 24:50.42 and **Pramesh Prasad** (M40 24:39.97).

#### 5000m Walk Men

1	Prasad, Pramesh	M42	Aus	24:39.97	76.67%
1	Nipperess, Dean	M45	Aus	24:50.42	79.21%
2	Guevara, Argenis	M48	Aus	26:51.41	73.26%
1	Baker, Peter	M52	Aus	29:35.33	69.30%
2	Lindenberg, Paul	M54	Aus	31:26.69	65.21%
1	Blanchard, Michael	M55	Usa	32:09.85	66.55%
1	Sela, Patrick	M77	Aus	40:12.05	66.50%

#### 5000m Walk Women

1	Sunderland, Nyle	W49	Aus	28:37.79	74.70%
2	Adams, Diana	W48	Aus	28:46.70	74.32%
1	Elms, Donna-Marie	W55	Aus	31:12.33	75.02%



1	Weekes, Anne	W54	Aus	32:02.85	69.63%
2	Shaw, Kay	W57	Aus	32:18.92	72.44%
3	Lindenberg, Debbie	W55	Aus	36:17.46	64.50%
4	Pollock, Joanne	W57	Aus	43:24.89	53.92%

### Saturday 12 November

The 3000m track walks at Runaway Bay were held on Saturday morning, with **Dean Nipperess** once again the pick of the walkers with his 14:02.68.

#### 3000m Walk Women

1	Adams, Diana	W48	Aus	16:47.72	74.56%
1	Weekes, Anne	W54	Aus	18:18.18	71.31%
1	Elms, Donna-Marie	W55	Aus	17:45.62	76.89%
2	Shaw, Kay	W57	Aus	18:37.78	73.30%
3	Lindenberg, Debbie	W55	Aus	21:05.00	64.77%
1	Leitch, Mary	W67	Aus	29:25.09	51.78%

#### 3000m Walk Men

1	Kohlmorgen, Jason	M38	Aus	32:11.04	33.37%
1	Prasad, Pramesh	M42	Aus	14:29.66	76.63%
2	Patterson, Adam	M44	Aus	19:57.11	55.67%
1	Nipperess, Dean	M45	Aus	14:02.68	82.30%
2	Guevara, Argenis	M48	Aus	15:30.17	74.56%
1	Baker, Peter	M52	Aus	16:39.08	72.35%
2	Lindenberg, Paul	M54	Aus	17:54.79	67.26%
1	Blanchard, Michael	M55	Usa	18:38.89	67.47%
2	Davis, Kevin	M56	Aus	21:56.67	57.34%
3	Worsnop, Chris	M59	Aus	27:59.84	44.94%
1	Taylor, Malcolm	M63	Nzl	27:14.57	48.41%
1	Harrison, Graham	M73	Aus	23:26.27	62.80%
1	Sela, Patrick	M77	Aus	22:56.80	68.41%
1	Megas, George	M80	Aus	25:52.81	65.20%
1	Grigg, Russell	M89	Aus	31:46.98	57.57%

### Sunday 13 November

The 10km roadwalks rounded out the walks program for the meet, being held on Sunday morning. Fastest time to **Pramesh Prasad** (54:55). Quite a few walkers earned golds in all 3 events – **Pramesh Prasad** (VIC), **Donna-Marie Elms** (VIC), **Anne Weekes** (NSW) and **Patrick Sela** (QLD).

#### 10km Walk Women

1	Nyle Sunderland	W45	Aus	1:00:19
2	Diana Adams	W45	Aus	1:03:50
1	Anne Weekes	W50	Aus	1:06:36
1	Donna-Marie Elms	W55	Aus	1:08:18
2	Kay Shaw	W55	Aus	1:08:30
3	Debbie Lindenberg	W55	Aus	1:21:58
-	Merryn Dawborn-Gundlach	W60	Aus	DQ

#### 10km Walk Men

1	Pramesh Prasad	M40	Aus	54:55
1	Argenis Guevera	M45	Aus	56:12
2	Dean Nipperess	M45	Aus	59:13
1	Chris Worsnop	M55	Aus	1:30:15
1	Paul Lindenberg	M50	Aus	1:13:02
-	Peter Wyatt	M55	Aus	DQ
1	Peter Bennett	M60	Aus	1:16:29
1	Graham Harrison	M70	Aus	1:22:05
1	Patrick Sela	M75	Aus	1:18:54
1	George Megas	M80	Aus	1:28:41

### GRAND PRIX DE LA VOIE SACRÉE, BAR LE DUC TO VERDUN, FRANCE, FRIDAY 11 NOVEMBER

Thanks to Emmanuel Tardi for the following two results sets from France. I always enjoy reading about these two Remembrance Day classics. Here are Emmanuel's reports.

November 11<sup>th</sup> is a non working day in France because it marks the end of the First World War. Consequently, two racewalking meets have been organized at this date for a long time. The first, the Grand Prix de la Voie Sacrée, is an 57.7km long race between Bar le Duc and Verdun. The race has been held each year since 1980. In even years, it goes from Bar le Duc to Verdun and in odd years, it goes from Verdun to Bar le Duc. The road used is a memorial road. It was on this road that soldiers went to the famous Battle of Verdun in 1916. A memorial with a soldier's helmet on it is stationed at each kilometre part. This year was the 100th anniversary of that famous but dreadful battle. See [http://fr.wikipedia.org/wiki/Voie\\_sacr%C3%A9e\\_%28Verdun%29](http://fr.wikipedia.org/wiki/Voie_sacr%C3%A9e_%28Verdun%29).

There were only 19 starters this year, a small number for such an anniversary walk. At the 9AM start, the temperature was around 5°C and there was a little rain. **Florian Letourneau** (who won the 2016 French 100km championship 10 days ago), **Mathieu Olivares** (2<sup>nd</sup> in the 100km) and **Christer Svensson** (M45 20km world champion last week in Perth) led the race early, along with local walker **Christophe Erard**. There were lots of changes in leadership and finally the victory seemed likely go to Svensson. In an exciting finish, Erard surged back as the walkers entered Verdun, winning event for the 4<sup>th</sup> time. The women's race was also a tight battle, with **Dora Jakob-Brière** from Switzerland finally winning the race for the 4<sup>th</sup> time, with less than one minute on **Florence Pierre**. You can see some walkers in the rankings with no time but a distance. There is a time limit to stay on the road and, after the limit, police stop the walkers. They are ranked with the distance they had done to that point.

There was also an ancillary event of 21.5km, won by French junior international **Thibaut Hypolite** (31<sup>st</sup> in the Rome world Cup). **Robert Schouckens**, the winner of the 1977 Paris-Strasbourg, finished the race at age 88.

What Emmanuel doesn't mention is the presence of Paris-Colmar legend **Zbigniew Klapa** of Poland who finished 5<sup>th</sup> in the men's walk in a time of 6:00:28. He dominated this classic in the 1990s, with wins in 1990, 1991, 1992, 1995 and 1999. Great to see him still walking so well so many years on.

#### Bar-le-Duc to Verdun 57km Men

1.	ERARD Christophe	ASM Bar-le-Duc 439929	70/M45	5:46:18
2.	SVENSSON Christer	Växjö (Suède) 406307	69/M45	5:50:25
3.	OLIVARES Mathieu	Neuilly-sur-Marne 373469	76/M40	5:53:16
4.	LETOURNEAU Florian	AC Château-Thierry 456017	88/SE	5:59:54
5.	KLAPA Zbigniew	Grodzisk (Pol) Lic.Pol	52/M60	6:00:28
6.	MAUREL Eric	Ligny-en-Barrois N.L	62/M50	6:30:45
7.	LABARRE Bertrand	C.S Provins 1187431	57/M55	6:30:48
8.	PFISTER William	ASM Bar-le-Duc 340553	63/M50	6:46:27
9.	PETER Vincent	S.A Verdun 274921	72/M40	6:54:59
10.	HARTMANN Emmanuel	ASPTT Bar-le-Duc 971301	68/M45	7:04:57
11.	HELLER Denis	Avia-Club-Issy 1365569	56/M60	7:16:13
12.	BRUNEAUX Jean-Claude	Coulomiers-Brie 517260	54/M60	7:17:45
13.	TABOURET Guy	U.S Toul N.L	57/M55	56.0 Km
14.	PICOT Gérard	Aulnay-sous-Bois 300800	47/M65	55.2 Km
	RONGVAUX Jean-Claude	ASPTT Verdun 1615686	53/M60	DNF

#### Bar-le-Duc to Verdun 57km Women

1.	BRIERE Dora	Oye & Pallet N.L	59/W55	6:42:59
2.	PIERRE Florence	ASPTT Bar-le-Duc 1055432	66/W60	6:43:28
3.	QUINQUETON Bernadette	A.M Saint-Thiebaut 277976	61/W55	55.0 Km
4.	RODIER Nicole	EFS Reims Athlé. 758615	48/W65	53.0 Km

#### Souilly to Verdun 21km Women

1.	DEMON Sonia	Efs Reims Athlétisme 1828922	72/W40	1:58:05
2.	DEILLER Céline	ASPTT Bar-le-Duc N.L	74/W40	2:21:19
3.	ANXIONNAT Claudine	Avec Bruyères 739073	51/W65	2:23:05
4.	D:HONDT Pascale	ASPTT Bar-le-Duc 1607321	50/W50	2:24:24
5.	LAGABE Corinne	ASPTT Bar-le-Duc 1461039	67/W45	2:27:40
6.	GOLERET Isabelle	OCT 55 Thierville 246917	62/W50	2:32:46
7.	DURIEUX Annick	Bar-le-Duc N.L	62/W50	2:32:53
8.	PENKALLA M.Geneviève	Longecourt en Plaine N.L	64/W50	2:33:47

#### Souilly to Verdun 21km Men

1.	HYPOLITE Thibaut	AS Sarreguemines 1013671	97/ES	1:45:29
2.	MORAWSKI Bogdan	ASPTT Bar-le-Duc 364004	60/M55	1:57:22
3.	RAULET Christophe	Ligny-en-Barrois N.L	70/M45	2:06:02
4.	TOURNOIS Pascal	ASM Bar-le-Duc 220799	54/M60	2:09:45
5.	PERRIAU Dominique	OCT 55 Thierville 517425	66/M50	2:10:10
6.	THIRIOT Louis	ASM Bar-le-Duc 1454431	50/M65	2:12:21
7.	MORAWSKI Julien	ASPTT Bar-le-Duc 900303	96/ES	2:17:16

8.	PALADY Emmanuel	X N.L		2:19:06
9.	MOUGENOT Patrick	Marne & Gondoire 808785	63/M50	2:20:50
10.	FRISON André	Wissembourg N.L	48/M65	2:21:41
11.	COLLINET Alain	Asptt Verdun 1847859	60/M55	2:24:05
12.	SOUVAIS Jean-Jacques	ES Thaon 1935961	56/M60	2:31:13
13.	BORDIER Daniel	A.C Château-Thierry 252527	44/M70	2:32:17
14.	THOMAS Michel	Bar-le-Duc N.L	48/M65	2:54:44
15.	SCHOUCKENS Robert	ST-Ghislain Belgique 007228	28/M85	2:57:02
16.	CHAMAGNE Daniel	ASM Bar-le-Duc 841046	41/M75	3:01:04



*The leading 4 early on - Florian Letourneau, Mathieu Olivares, Christer Svensson and Christoph Erard*



*And then there were two - Christoph Erard and Christer Svensson still together as they enter Verdun*

## MONT SAINTE-ODILE CLASSIC, KLINGENTHAL TO MONT SAINTE-ODILE, FRANCE, FRIDAY 11 NOVEMBER

Again, Emmanul reports:

The second race is shorter - only 8.5km - but very hard. The goal is to climb to the summit of Mont Sainte-Odile, a peak of the Vosges Mountains in Alsace in France. The race starts at Klingenthal (280m altitude) at 9:30AM and finishes at the convent of Mont-Sainte-Odile (750m altitude). The first 2 kilometers are not too bad but, after that, there is a consistent slope of around 7% to the summit. It is the oldest racewalking event in France (the first edition was held in 1935) and this year, more than 100 walkers started the race. The temperature was around 5°C and there was heavy rain. The winner was 20 year old Florian Mayer. You will find a good article and film at <http://france3-regions.francetvinfo.fr/alsace/130-marcheurs-assaut-du-mont-sainte-odile-1128663.html>. There were two races, one for racewalkers and one for nordic walkers.

### Montée du mont Ste Odile à la marche (First 20, 48 finishers in the racewalk)

1.	MAYER Florian	SG LA WANTZENAU	ESM/96	48:20
2.	SCHMITT Benjamin	SG LA WANTZENAU	SEM/87	49:35
3.	MACABREY Quentin	FC SOCHAUX MONTBELLIARD	SEM/94	53:24
4.	STAHL Denis		V1M/68	55:38
5.	RAMIREZ GOMEZ Alejandra	SG LA WANTZENAU	V1F/76	56:40
6.	CLAUSS Daniel	SG LA WANTZENAU	V3M/55	56:50
7.	SIEGENFUHR Daniel	ES THAON	V3M/50	59:20
8.	BOHIC Jean-paul		V1M/72	59:45
9.	RIPP Gerard		VEM/53	59:45
10.	BACHRI Jamal	SA BETHONCOURT	SEM/81	1:00:54
11.	SCHATZ Marie-christine		V2F/65	1:01:08
12.	KARCHER Bernard		VEM/64	1:01:27
13.	THOURET Lucie	FC SOCHAUX MONTBELLIARD	SEF/93	1:02:30
14.	VELTZ-CAUMONT Valerie	SG LA WANTZENAU	V1F/70	1:02:56
15.	SEIPEL Hans-georg (GER)		V2M/58	1:03:41
16.	HALLOY Nathalie	US PULVERSHEIM	V2F/67	1:04:10
17.	FIX Gilbert		V3M/51	1:04:13
18.	GASSER Yves		VEM/53	1:04:52
19.	HAEFFNER Pascal		VEM/67	1:05:07
20.	SCHULTZ Claire		V2F/66	1:06:24



*The field gets underway – it's all uphill from here!*

(photo <http://france3-regions.francetvinfo.fr/alsace/130-marcheurs-assaut-du-mont-sainte-odile-1128663.html>)

## 2016 NZ LONG DISTANCE RACE WALKING CHAMPIONSHIPS, CAROLINE BAY, TIMARU, SUNDAY 13 NOV

The NZ Long Distance Race Walk Championships were contested on Sunday at Caroline Bay, Timaru. A quick summary from the weekly NZ results email to spell out the major results.

**Erin Talcott** won the 50km in an outstanding time of 4:42:15. The American was the first woman to compete in the 50km race walk at the world race walking team championship in Rome in May this year. The 38 year old has a best 50km time of

4:33:22. **Miguel Rodriguez** of Spain was second in 4:55:13. **Kate Newitt** won the women's 20km in 2:10:59. **Laura Langley** won the women's under 20 10km title in 51:01. In the non-championship 10km **Jonathon Lord** recorded 50:58 and **Rosie Robinson** 51:24. **Alice Ritchie** clocked 30:51 in the under 16 non-championship 5km.

Erin had been up against Spaniard Miguel Angel Blanco Rodriguez and Napier's Graeme Jones in the NZ 50km championship. She stormed home some 13 minutes ahead of the Spaniard. Unfortunately Graeme Jones, the only NZ entrant, was disqualified.

Alas, the results have not yet been posted to <http://athletics.org.nz/Events/2016-nz-long-distance-race-walking-championships>. Nice video at <http://www.stuff.co.nz/timaru-herald/sport/86411055/American-Talcott-out-walks-opposition-to-claim-New-Zealand-title>.



*Erin Talcott-Taylor leads in the NZ 50km (photo <http://www.stuff.co.nz/timaru-herald>)*

**90<sup>TH</sup> ENFIELD OPEN 7 MILES, LVAC, LONDON, SATURDAY 12 NOVEMBER**

Thanks to Ron Wallwork for the results of the Enfield Open 7 Miles. He reported:

**Dominic King** (Colchester) won the 90<sup>th</sup> edition of the classic Enfield Open 7 Miles, which doubled as the 10<sup>th</sup> race of the Essex Race Walking League Series. It was his sixth victory, thus matching the tally of another Olympian, Harry Churcher (Belgrave H), who recorded his wins either side of the Second World War 1936 - 1949. Dominic's brother **Dan King** took second place and **Luc Legon** (U20) posted a huge PB in third. GB's rising star **Emma Achurch** successfully defended the crown she won last year ahead of Lithuania's **Neringe Aidietyte** and the evergreen Commonwealth medallist **Lisa Kehler**. The event, which incorporated a reunion, was attended by many past winners and speeches were made by the great Colin Young and 1964 Olympic silver medallist Paul Nihill.

**Enfield Open 7 Miles Men**

1.	Dominic King ©	Colchester AC	49.48	SM
2.	Daniel King ©	Colchester AC	53.51	SM
3.	Luc Legon	Cambs H	56.14	u20
4.	David Crane	Surrey WC	59.52	M35
5.	Jim Ball	Steyning AC	61.15	M50
6.	Sebastian Parris	Ilford AC	64.55	M40
7.	Don Bearman	Steyning AC	65.51	M50
8.	Stuart Bennett ©	Ilford AC	69.39	M55
9.	Chris Cheeseman	Surrey WC	71.51	M55
10.	John Ralph	Enfield HAC	71.56	M55
11.	Ron Penfold	Steyning AC	73.12	M75
12.	Glynn Jones	Cov.Godiva H	73.19	M70
13.	Amos Seddon	Enfield HAC	73.22	M75
14.	Arthur Thomson	Enfield HAC	73.24	M80
15.	John Borgars ©	Loughton AC	73.29	M70
16.	Paul Gaston	Surrey WC	74.07	M65
17.	Dan Maskell	Surrey WC	74.48	M65
18.	David Kates ©	Ilford AC	74.55	M65
19.	Steve Uttley	Ilford AC	76.03	M55

20.	Paul King ©	Belgrave H	76.10	M65
21.	Steve Kemp ©	EMAC	76.20	M55
22.	Chris Flint ©	Surrey WC	77.07	M70
23.	Sean Pender ©	Enfield HAC	77.49	M60
24.	Michael Harran	Surrey WC	78.15	M75
25.	Mark Byrne	Redcar RWC	80.43	M55
26.	Dave Hoben	Surrey WC	80.44	M60
27.	Steve Allen ©	Ilford AC	81.11	M55
28.	Russell Vroobel	Hillingdon AC	81.14	M55
29.	David Delaney	Surrey WC	81.21	M70
30.	Stephen Cartwright	Colchester AC	81.34	M55
31.	Alan O'Rawe ©	Ilford AC	82.40	M75
32.	Bob Dobson ©	Ilford AC	84.29	M70
33.	Peter Cassidy	Loughton AC	85.31	M75
34.	Tony Wilkinson	Moulton	89.21	M55
35.	Mick Barnbrook©	Ilford AC	92.53	M70
36.	Dave Ainsworth©	Ilford AC	96.58	M65

#### Enfield Open 7 Miles Women

1.	Emma Achurch	Leicester WC	56.14	u23
2.	Neringe Aidietyte	Ilford AC	57.39	SW
3.	Lisa Kehler	Wolves/Bilston	61.05	W45
4.	Sophie Hales	Steyning AC	61.36	SW
5.	Grazina Narviliene	Ealing/Southall	65.34	W40
6.	Melanie Peddle	Loughton AC	73.03	W45
7.	Joyce Crawford	EMAC	73.56	W45
8.	Anne Jones	Steyning AC	77.00	W60
9.	Angela Martin	Surrey WC	77.48	W50
10.	Jo Miles	Hillingdon AC	78.31	W60
11.	Geraldine Legon	Bexley	79.32	W55
12.	Sue Clements	Cambs/Col	86.20	W60
13.	Lisa Storey	unatt	88.00	SW
14.	Charlotte Storey	unatt	88.00	SW
15.	Françoise Fernandez	Ilford AC	89.36	W65

#### 6 miles

1.	Bill Fenlon	Enfield HAC	82.50	M75
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#### 4 miles

1.	George Wilkinson	Enfield AC	34.09	u15
2.	Andy Cox	Hillingdon AC	55.18	M60

#### 3 miles

1.	Malcolm Martin	Surrey WC	33.52	M80
2.	Ken Livermore ©	Enfield HAC	54.52	M80

#### 1 mile

1.	Henry Rugg	Enfield HAC	10.53	u13
2.	Eddie Trotter	Ilford AC	12.01	M65

#### Teams (mixed – 4 to score)

1.	46 pts	Steyning AC	Jim Ball, Sophie Hales, Don Bearman, Ron Penfold
2.	53	Ilford AC	Neringe Aidietyte, Seb Parris, Stuart Bennett, David Kates
3.	67	Surrey WC	David Crane, Chris Cheeseman, Paul Gaston, Dan Maskell
4.	86	Enfield & HAC	John Ralph, Amos Seddon, Arthur Thomson, Sean Pender
5.	130	Loughton AC	Melanie Peddle, John Borgars, Peter Cassidy, Françoise Fernandez

**Bob Clark Awards:** Emma Achurch & Luc Legon

**Lol Dordoy Spot Prize:** Ken Livermore

**First Centurion:** Stuart Bennett

## UNTIMELY ANNOUNCEMENTS BY ATHLETICS AUSTRALIA

Athletics Australia put out a range of announcements yesterday, including 2 which directly effect our walkers in 2017

### **2017 IAAF World Championships, London, August 5-13, 2017**

The IAAF is yet to release event information, including qualification standards, for the IAAF World Championships. We have been advised that this will be finalised at the next IAAF Council meeting and released in December.

Athletics Australia will publish a complete Selection Policy for the IAAF World Championships as soon as possible beyond the release of event information by the IAAF.

As the Australian 50km Race Walk and 10,000m Championships will likely be held prior to this date, Athletics Australia will publish interim Selection Policies for the 50km walk and 10,000m by Friday 25 November.

Normally this selection policy is released in the Aug/Sept period but it's all very late this year. Our elite walkers have to decide whether they need to contest the 50km walk at Fawkner Park in December – which is now only 4 weeks away – and the clock is indeed ticking!

### **IAAF World Youth T&F Championships, Nairobi, Kenya, July 12-16, 2017**

In recent months, the IAAF announced that they will discontinue the IAAF World Under 18 Championships after the 2017 instalment, scheduled to be held in Nairobi (KEN). The IAAF President, Lord Sebastian Coe, stated at the time that "it's not the best pathway for those athletes at that stage of their career."

This change in approach by the IAAF allowed Athletics Australia to reassess its competition offering for under 18 aged athletes in the immediate future and **we have decided that we will not send an Australian team to Nairobi 2017.**

Athletics Australia has made this decision because in 2017 under 18 aged athletes will be provided an age-appropriate championship experience at the Commonwealth Youth Games in Nassau (BAH). This event is fully funded by the Australian Commonwealth Games Association and there is no cost incurred by the athlete.

Further to this, the Oceania Athletics Championships will be held in Suva (FIJI), with an under 18 competition also available at this championship. The levy for this event is significantly less than the anticipated cost of Nairobi 2017.

From a development perspective, we are of the opinion that the under 20 age group is the most appropriate age group to expose athletes to a global event, in this case, the IAAF World Under 20 Championships.

While that may sound ok when you first read it, there are two big problems here for our young walkers

- The Commonwealth Youth Games do not include racewalking as one of the nominated sports
- The Oceania Athletics Championships is a very low quality and low key event that few walkers ever even bother to apply for.

So effectively, our U18 walkers will be left out in the cold in 2017 while the other U18 T&F athletes get a chance for a high quality event. Very disappointing, especially for Gold Coast walker **Katie Hayward** who leads the U18 world rankings with her 5000m track time of 21:39.03.

## LITTLE ATHLETICS AGE GROUP CUTOFFS TO CHANGE

A news item for the local Australian audience - have you seen <http://lavic.com.au/News/its-time-for-change-little-athletics-age-group-changes> yet. It was inevitable that age group rules were always going to be made uniform and Little Athletics was the one who had been resisting the change for many years. It seems they have finally bowed to what might be termed the inevitable.

To air my own personal view, I do not like the AA '31 December of the current year' designation which make many children compete above their age. The crux of the change is in the following sentence in the press release

*The athletes affected by the change are those whose birthday falls between 1 October and 31 December. Those athletes will increment by two age groups in 2018-19.*

Thus an Little Athletics child born on 20<sup>th</sup> Dec 2007 would be U10 in the 2017/2018 summer season (calculated as of 1 Oct 2017) and U13 in the 2018/2019 summer season (calculated on 31 Dec 2019) - ie he/she will jump 3 age groups instead of 1. That child will then compete 'up an age group' for the rest of his/her underage career. Many LA children and families and clubs will be unhappy with this change but obviously AA has been the dominant force in this discussion. In truth, AA has been pressuring ALA to make this change for many years now. And obviously when the current LA kids have finished and new ones come along, they won't know any different so will just accept it as the way things work.

There are still a couple of bright lights which are predicated on a fairer world view

- VRWC and AV calculate records by 'age on the day' but AA bases records on 'age on 31 Dec'. Let's hope AV and VRWC keep this much more equitable option.

- The LBG carnival takes entries based on 'age on the day'. So does our VRWC Castlemaine NAB event. They are beacons of light in what I regard as an otherwise discriminatory world.

I still believe that 'age on the day' is fairest but we lost that argument when AA made its change in the nineties. It was always going to bubble down to everyone else.

#### OUT AND ABOUT

- Russia's outgoing Olympic Committee chief Alexander Zhukov said in a speech released last Wednesday that while doping was a problem in Russia there was no such thing as a state-backed doping system. Yeh sure, pull the other leg. What a joke! See <http://740thefan.com/news/articles/2016/nov/09/doping-system-imposed-on-russia-is-not-effective-zhukov/>.
- Author and journalist John Goodbody is even more forthright in his condemnation of Russia and of Zhukov's speech: *And when he stated that "the fight against doping on the principle of zero tolerance has always been, is and will be one of the key directions of our state policy", I am surprised that the meeting, which included several leading WADA executive Committee members, did not burst out laughing at the hypocrisy of the words.* See <http://www.sportsfeatures.com/olympicsnews/story/52429/john-goodbody-russia-still-not-accepting-blame-for-doping->.
- I think we are going to hear a lot more about therapeutic use exemptions (TUEs), given the recent revelations about the likes of Bradley Wiggins and their seeming manipulation of a legal but unconscionable back door that legalises doping. *"The TUE pathway to doping is now the preferred way to attempt to cheat, since it is legal. No shame, no sanctions, because you never get caught. Even when "outed" by illegal cyber hackers like Fancy Bears, you can tell the world on Facebook that you are perfectly happy to have your "battle" with illness exposed, even though you seem to belong to the most vital cohort of your species on the planet."* Excellent article by Brad Cooper who won gold in 1972 in the 400m freestyle. See <http://www.theroar.com.au/2016/11/11/tue-details-published/>.
- Russia didn't get to send many athletes to Rio but Russian Olympic boxing silver medalist Misha Aloyan could become the first Russian athlete to be disqualified from Rio 2016 for doping depending on the outcome of a ruling by the Court of Arbitration for Sport (CAS). See <http://www.insidethegames.biz/articles/1043523/russian-boxer-reportedly-appeals-to-cas-to-keep-rio-2016-boxing-medal-after-failed-drugs-test>.
- Rio Olympic 50km 4<sup>th</sup> place finisher **Evan Dunfee** ran on Sunday at the Fall Classic Half-Marathon in Vancouver. The result: A victory in an impressive 1:10:44. Nice! See <http://runningmagazine.ca/evan-dunfee-fall-classic-half-marathon/>
- Olympic 50km champion **Matej Toth** is interviewed on the IAAF website: <https://www.iaaf.org/news/series/matej-toth-race-walk-slovakia>.

#### MARCIALMONDO AND OMARCHADOR ROUNDUP

Marcialmondo had 1 press releases this week

- Sat 12 Nov - Gianni Perricelli and Gerry Dragomir invited to the European Race Walking Conference in Leeds [http://www.marcialmondo.com/eng/dettagli\\_news.aspx?id=2605](http://www.marcialmondo.com/eng/dettagli_news.aspx?id=2605)

and Omarchador had 11 press releases.

- Mon 14 Nov - Grande Marcha Atlética in Almierim celebrates its 40th anniversary <http://omarchador.blogspot.com.au/2016/11/almeirim-na-historia-da-marcha-atletica.html>
- Mon 14 Nov - Glenda Morejon of Ecuador wins the XXIII South American U18 5000m walk title but no times recorded <http://omarchador.blogspot.com.au/2016/11/glenda-morejon-equador-ganha-nos-sul.html>
- Fri 11 Nov - Portuguese W65 walker Orlete Mendes does well in Perth <http://omarchador.blogspot.com.au/2016/11/orlete-mendes-com-marcas-de-valia.html>
- Fri 11 Nov - Results of 10km and 20km walks in Nogent-sur-Marne, France <http://omarchador.blogspot.com.au/2016/11/10-e-20-km-marcha-de-nogent-sur-marne.html>
- Sat 12 Nov - Maria Guadalupe González wins 2016 Sportsman of the Year in Mexico <http://omarchador.blogspot.com.au/2016/11/guadalupe-gonzalez-desportista-do-ano.html>
- Sat 12 Nov - Argentinian Masters walks in Buenos Aires <http://omarchador.blogspot.com.au/2016/11/torneio-master-bicentenario-em-buenos.html>



- Fri 11 Nov - European Race Walking Conference in Leeds starts today  
<http://omarchador.blogspot.com.au/2016/11/conferencia-europeia-de-marcha-atletica.html>
- Fri 11 Nov - Interview with new Brazilian women's 50km record holder Edilaine Maria Vidotto Rech  
<http://omarchador.blogspot.com.au/2016/11/homologado-recorde-feminino-brasileiro.html>
- Thu 10 Nov - Results of USA 30km roadwalk championships  
<http://omarchador.blogspot.com.au/2016/11/30-km-dos-cu-da-america-com-recorde.html>
- Wed 9 Nov - Results of walks meet in Balma, France  
<http://omarchador.blogspot.com.au/2016/11/meeting-balmarche-em-pista-resultados.html>
- Tue 8 Nov - Victoria Oliveira and Sergio Vieira win 5km walks in Alvaiázere, Portugal, last weekend  
<http://omarchador.blogspot.com.au/2016/11/vitoria-oliveira-e-sergio-vieira.html>

#### VALE DON KEANE: 1930-2016

Sadly, I must pass on the news that Australian Olympian **Don Keane** passed away on Thursday 10<sup>th</sup> November, just 2 days shy of his 86<sup>th</sup> birthday. Don, who lived in Perth, represented Australia in the 1952 and 1956 Olympics, coming in the top 10 in the racewalk on both occasions. I present this biography for those younger walkers who may not be aware of what a wonderful athlete Don was.

1952	Olympic Games	Helsinki	10,000m	10 <sup>th</sup>	47:37
1956	Olympic Games	Melbourne	20 km	6 <sup>th</sup>	1:33.52

Don Keane was born on November 12, 1930, in Perth, W.A. His love of sport began in 1944 as a 13 year old at St Patrick's in Geraldton. His first coach noted that he had a talent for middle distance running and encouraged him to pursue the sport. In 1947, he decided that walking was his preferred sport after watching the National Track and Field titles in Perth. He had no idea that racewalking had rules and he was disqualified in his first two starts.

Within a year, he was able to match it with the best walkers in the land. He opened the 1948 season with a half mile walk win in B grade in Perth. His time of **3:33** was 40 secs faster than the winning A grade time that day. At his next start, he was clocked over the mile at **7:32** – a State Junior record. Then he took the State Open record with **7:22.8**. Then a few days later, he set a new Australian Junior record of **6:49.2**, bettering Queenslander Tom Daintry's record by 12.3 secs.

He was a great all round athlete as a junior, not only winning the walks but regularly featuring in the sprints, middle distance, field events and hurdles. He also won the State Junior 5 miles cross-country title. It is fair to say that if he had chosen another athletic discipline other than racewalking, he would probably have made it to the top anyway.

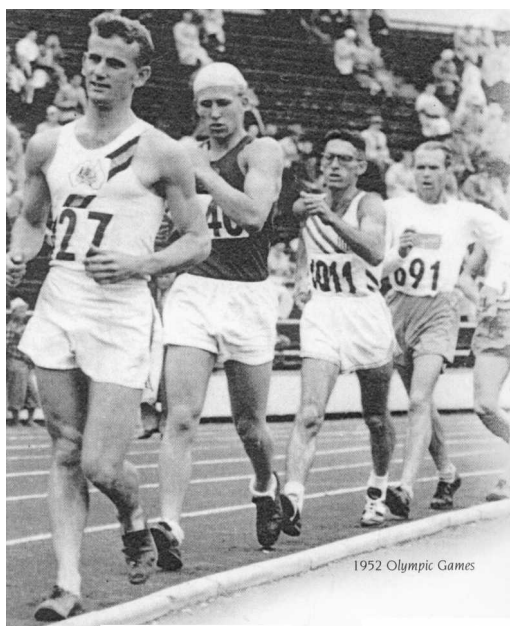
He lived in West Perth, about 2 km from the city. He would regularly race the local trams into town and out again, up the hill. This flat out running was combined with intensive body strength work – parallel bars, chinups, press ups, etc. What his training lacked in quantity, he more than made up in intensity.

In his first year as a senior, he astounded all by winning the 1950 Australian Track Championship in Adelaide, beating Athol Stubbs by 6 inches. Stubbs had won 3 of the last 4 Australian Track Championships and was considered unbeatable at this stage. Don's time of **13:43** was a new Australian record.

He went on to win another six titles over that distance (1951, 1952, 1953, 1954, 1957 and 1958). He and Ross Haywood share the record of 7 national track championship victories.

Weighing 147 lbs and standing 5 ft 9 ins in height, he was a real powerhouse who combined sheer speed with a near perfect style.

With his Australian championship wins in 1950-1952, he was without a doubt the top track walker but he surprised many by beating favourite Ted Allsopp in the 10,000m Olympic trial, held in Melbourne on 2 February 1952 (**46:11.6**). This won him selection for the 1952 Games in Helsinki and, at only 21 years of age, he competed in the first heat of the Olympic 10,000m track walk. He led the field through the 5000m mark in 22:26 before settling back and finishing 5<sup>th</sup> (**46:55**) to ensure his place in the final. There he recorded a fine 10<sup>th</sup> (**47:37**).



*Taken in the early stages of the first heat in the 1952 Olympic 10,000m track walk, the photo shows Don (number 27) in front of Bruno Junk (USSR), Henry Lasko (USA), John Michaelson (SWE) and Chevalier (FRA)*

Although he continued to race from his Western Australian base over the next few years, he realised that if he wished to pursue walking excellence, he needed to move to Victoria, the current walking powerhouse. In early 1956, he bit the bullet, packed his bags, made the long journey to Melbourne and joined Glenhuntly Athletics Club and the Victorian Amateur Walkers' Club. Although having no formal coach, he was always ready to listen to what others had to offer and gleaned his training ideas from the likes of Percy Cerutti, George Knott, Gus Theobald and Frank McGuire. It was Percy who started him on weight work that he then started to mix with his callisthenics and exercises each day.



*This photo, taken in 1956, includes a handwritten thank you to Percy and Nancy Cerutti for "helping me keep both feet on the ground" (photo Glenhuntly Athletics Club)*

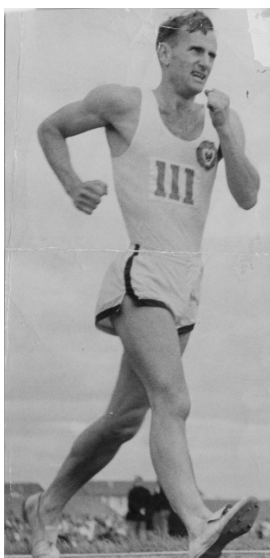
With the Olympics scheduled in Melbourne in November 1956, his training took on a new intensity. He set a new Australian record in winning the 1956 Victorian 2 mile title in **13:28.8**, defeating Ted Allsopp. But then he was disqualified in the National 2 mile title

the next month in Melbourne in front of a crowd of 22,000. It was the same day on which John Landy stopped to pick up a fallen runner and then surged back to win the 1 mile championship. Getting the red flag at the 1 mile mark, Don refused to leave the track and finished about 100 metres ahead of Ted in a time of around 13:15. It was a time of acrimony that Don would rather forget nowadays. He threw in his walking and turned his attention to the 10 km run as his Olympic alternative. He was working at the time as a milkie, running behind the milk cart, and was in great shape for both walking and running.

He eventually calmed down and returned to his chosen sport and was quickly back to his best. That year, he and Ted Allsopp had many battles. In the Victorian 10 mile title Ted held him out with a winning time of 72:44 to Don's second place time of **73:09**. But then Don bounced back and won the Glover Shield 10,000m title in Sydney in **47:03**.

A second Olympic selection was confirmed and this time it was as a member of the Victorian Amateur Walkers Club. Don was training with Ray Smith and New Zealander Norm Read and racing against Ted. All had been selected for the Olympics and fed off each other in a competitive atmosphere in which Don thrived. His program included intense track sessions at Olympic Park. There he regularly rolled off repetitions of 5 x 4km or 10 x 2 km with minimal rest between each rep.

The following photo was taken at the Olympic Village Track in West Heidelberg just before the 1956 Olympics and appeared in the Melbourne Sun Herald. It shows a good double support phase and the high arms indicate that he was probably just starting to wind up for the finishing sprint. His time on that occasion was 13:30 for the 2 miles (about 12:30 for the 3000m).



*Racing at the Olympic Village Track in West Heidelberg*

On 22<sup>nd</sup> September 1956, a special 2 Hour Track World Record attempt was set up for Ted Allsopp at Olympic Park in Melbourne. When Don heard about it, he realised it was also an opportunity for him and he approached Alf Robinson to see if he could attack the records for the 1 hour, 15 km and 10 mile distances. Alf had the daunting task of organising the dozens of watches and officials. First there had to be 3 running watches to time the overall event. Then there had to be one individual watch for each record. It was also necessary to have a second watch for each record in case the first walker to break the record failed to finish and the second walker was then to be credited with the record. In those days, you had to finish the race to claim the record.

A 10AM start had to be postponed by an hour when it was found that the ground had not been booked - it was necessary to ring councillors to get the ground opened! Soon after the delayed start, conditions deteriorated drastically with gale force winds and hail storms lasting for some 30 minutes. It is a credit to all concerned that the event went on and the records started to fall. By the time the event had finished, over 30 records had fallen in what remains the greatest walking event ever staged in Australia.

Don went to the front immediately with a 1:40 first lap and was unstoppable even in the dreadful conditions. He passed the 5 mile mark in **35:03.4** for a new Australian and Victorian record. Maintaining his pace, he set new British Empire, Australian and Victorian records for 10 km (**43:38.2**), 7 miles (**49:14.2**), 1 hour (**8 miles 847 yards**), 15 km (**1:06:09.4**) and 10 miles (**1:11:07.8**). At the 10 mile mark, he stopped to change his singlet in what was a major miscalculation. Getting going again after some 50 seconds, he raced on towards the 20 km mark, reaching it in **1:30:22.2** for a yet another set of records. His 20 km time was only 10.2 secs outside the current world record but he had dropped 50 secs at the 10 mile mark! He had missed a certain world record.

Without doubt, if the event had started at the correct time of 10AM, Don would have broken the world records for 15 km, 10 mile and 20 km. As it was, he missed all three by a matter of seconds. It was a satisfying yet disappointing day for him. And now he had to keep on the track and finish the 2 Hour event to claim his records. While he struggled through the remainder of the race, Percy Cerutti was there shouting "*Come on Keane, you lazy bastard, you won't die*".

The rest of the race belonged to Ted Allsopp who had passed the 20 km mark about 90 secs behind Don. Ted powered on to set new World, Empire, Australian and Victorian records for 25 km and 2 hours. And to top off a wonderful race, a young Noel Freeman set new Australian and Victorian Junior records for 5 miles, 10 km, 7 miles, 1 hour, 15 km, 10 miles, 20 km, 25 km and 2 hours.

Don followed up this wonderful performance with new Australian records over 3000m (**12:22.6**) on October 6 and 5000m (**21:07.8**) on October 13, both at Olympic Park in Melbourne in the warmup meets before the Olympics.

It was no surprise to anyone when, in front of a home crowd at the Melbourne Olympics, he finished a wonderful sixth in the 1956 Olympic 20 km walk in **1:33:52**. It ended a tremendous year of racing for Don.

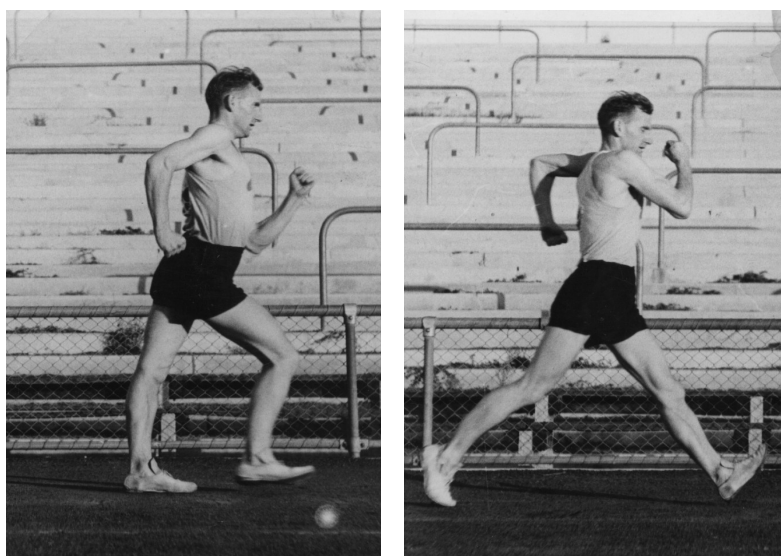


*This famous cartoon, published in 1956, shows Don leading the field in typical fashion*

Only 3 months after the Olympics, a less than 100 percent fit Don won the 1957 National 2 Mile Track walk in the moderate time of **13:57**. There seemed no stopping him.

But the old adage of Australians and tall poppies was well and truly illustrated around this time as cynics trotted out the old insinuation that he was consistently off the ground in his races. In an effort to prove them wrong, he invited everyone to bring their cameras to Olympic Park in Melbourne one night and he staged a series of ten flat out 100m walkthroughs with 30 seconds recovery between each. He averaged 17 seconds for each 100 m sprint and not one of the various shots could capture him off the ground. His stride was measured at a massive 1.25m.

He was also able to hold his speed well and had a best 400m laptime of 1:15. In an era of tough judging, he was rarely disqualified in the sprint home and his speed endurance and technique normally held off all challenges in the home straight. His theory was that the faster he walked, the greater the contact because of the greater thrust and pressure he was able to bring to bear with his technique.



*Some photos from the famous 1957 photo opportunity – catch me off the ground if you can!*

Don won the 1958 National track title (his seventh) and continued to race on, although work pressures made it harder for him to prepare and maintain his form. He retired from competition in 1960 after his bid for one final Olympic berth had failed. A young Noel Freeman had set a new standard and the selectors went with a policy of youth. It was the end of the road for Don after a career spanning 14 years. In June 1961, he returned to Perth where he still lives now.

He made a brief comeback in 1966 with the lure of a Commonwealth Games 20 mile walk on offer. He came third in the National 3000m track title but was never a serious contender over the long road distance.

Don went on to become an IAAF judge and was at one time the Western Australian Walks Coordinator. In later life he developed an interest in throwing events because his son David showed promise in that area. He began coaching discus and shotput in 1988 and coached the field events at St Hilda's in Perth for many years.

Don passed away on Thursday 10<sup>th</sup> November, only 2 days short of his 86<sup>th</sup> birthday, after a short stay in hospital due to his failing health.

He and Ted Allsopp were the 2 most consistently outstanding walkers of the 1950's and their many battles are worthy of a separate chapter. By 1959, they held between them every Australian walking record from 2 miles to 50 km. Don's competitive record and his two top ten finishers at the Olympics ensure his place at the top of the pantheon of Australian walkers.

## 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**

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. See <a href="http://ntmastersathletics.com.au/">http://ntmastersathletics.com.au/</a>
Jun 11, 2017	51 <sup>st</sup> LBG Racewalking Carnival, Canberra, ACT

### **2016/2017 International Dates**

Nov 9-13, 2-16	Pan Pacific Masters Games, Gold Coast, QLD. See <a href="http://mastersgames.com.au/ppmg/">http://mastersgames.com.au/ppmg/</a>
Mar 18-29, 2017	World Masters Athletics Indoor Championships, Daegu South Korea
Mar 19, 2017	Memorial Mario Albisetti (elite 20km), Lugano, Switzerland
Mar 25, 2017	European Athletics Walks Meet, Dudince, Slovakia
April 8, 2017	Podebrady Race Walk Meet, CZE. See <a href="http://www.podebrady-walking.cz/en/">http://www.podebrady-walking.cz/en/</a>
April 21-30, 2017	World Masters Games 2017, Auckland, NZ. See <a href="http://www.worldmastersgames2017.co.nz">www.worldmastersgames2017.co.nz</a>
April 23, 2017	Naumburg Racewalking Carnival, GER
May 21, 2017	European Race Walking Cup, Podebrady, CZE
June 9, 2017	European Athletics Walks Meet, Altyus, LTU
July 12-16, 2017	10 <sup>th</sup> World Youth T&F Championships, Niarobi, Kenya – THIS IS THE FINAL EDITION
August 5-13, 2017	16 <sup>th</sup> IAAF World Championships in Athletics, London, UK. See <a href="http://www.london2017athletics.com/">http://www.london2017athletics.com/</a> .
August 19-30, 2017	29 <sup>th</sup> Summer Universiade, Taipei, Taiwan

### **Looking Further Ahead**

Apr 4-15, 2018	XXI Commonwealth Games, Gold Coast, QLD (20km roadwalks). See <a href="http://www.gc2018.com">http://www.gc2018.com</a>
May 2018	28 <sup>th</sup> IAAF World Race Walking Team Championships, TBA (it has been taken away from Cheboksary)
July 2018	16 <sup>th</sup> World Junior T&F Championships, Tampere, Finland
TBA, 2018	22 <sup>nd</sup> World Masters Athletics T&F Championships, Malaga, Spain
2019	17 <sup>th</sup> IAAF World Championships in Athletics, Doha, Qatar
July 2019	30 <sup>th</sup> Summer Universiade, Brasilia, Brazil
2019	World Masters Indoors T&F Championships, Torun, Poland
July 2020	32 <sup>nd</sup> Olympic Games, Tokyo
2012	23 <sup>rd</sup> World Masters T&F Championships, Toronto, Canada
Aug 2021	18 <sup>th</sup> IAAF World Championships in Athletics, Eugene, USA
July 18-30, 2022	XXII Commonwealth Games, Durban, South Africa

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