



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2016/2017 Number 35
30 May 2017



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WALKER OF THE WEEK

My Walkers of the Week this time around go to the following four Ballarat YCW Athletics Club walkers – **Sarah Brennan, Jemma Peart, Alanna Peart and Fraser Saunder**. They all won their respective events in the Victorian Country Roadwalk Championships on Saturday to give the club almost a clean sweep. Ballarat has long been fertile grounds for walkers (see Graeme and Alison Nichols, Willi Sawall, Jared Tallent and Kelly Ruddick to name a few) and the process continues!

1.	AV Country Open 10km Walk	Brennan, Sarah	BYC	56:36
1.	AV Country U18 5km Walk	Peart, Jemma	BYC	25:11
1.	AV Country U16 3km Walk	Peart, Alanna	BYC	14:46
1.	AV Country U14 3km Walk	Saunder, Fraser	BYC	16:27



Sarah Brennan, Jemma Peart, Alanna Peart and Fraser Saunder in action on Saturday

WHAT'S COMING UP

Next Saturday sees our VRWC winter season continue with a further walking carnival at our Middle Park home. Remember we prefer people to pre-enter via our online entry panel at <http://vrwc.org.au/wp1/>. Then all you have to do on the day is pay. **Note that club coach Mark Donahoo can't be there next Saturday so the scheduled coaching session has been cancelled.**

Saturday 3rd June 2017, Middle Park: Entries close for all events at 1.45pm sharp.			
1.20pm	COACHING SESSION CANCELLED – MARK DONAHOO AWAY		
2.15pm	8km	Points Race	Open
2:15pm	6km	Points Race	Open
2:15pm	4km	Points Race	Open
2.30pm	2km	Points Race	Open
2.30pm	1km	Points Race	Open

Next Saturday also sees the next round of the 2017 IAAF Racewalking Challenge, with the **XXXI Gran Premio Cantones de La Coruna** mEet in Spain. I look forward to reporting on that in next week's newsletter.

The following weekend sees the annual LBG Carnival in Canberra. Entries have now closed and we expect it to be big once again. Victorian entries at <http://www.vrwc.org.au/documents/2017%20LBG%20-%20RWV%20Entries%20-%20For%20Publication.pdf>.

AV, AV COUNTRY AND VRWC ROAD RACES, MIDDLE PARK, SATURDAY 27 MAY

Conditions were quite good for the 61 walkers who turned out at Middle Park last Saturday for one of the biggest of the Victorian roadwalking carnivals for the year. The wind did get stronger as the morning progressed but it was walkable!

The 10km walkers started first, with quite good fields overall. Congratulations to our Victorian champions **Rhydian Cowley** (42:37) and **Philippa Huse** (51:28) and to our Victorian Country champions **Terry O'Neill** (1:01:52) and **Sarah Brennan** (56:36). Rhydian was awarded the C.H. (Bert) Gardiner medal by Bert's son Bob.

AV/AV Country Women 10km Road Walk				AV 40+	AV 50+	AV Country
1.	Huse, Philippa	SAN	51:28			
2.	Brennan, Sarah	BYC	56:36	1		1
3.	Geisler, Sandra	RWD	58:44			
4.	Bryant, Barbara	EAG	1:02:18		1	2
5.	Carr, Heather	GHY	1:03:40		2	
6.	O'Neill, Karyn	GPA	1:10:14		3	
7.	Steed, Gwen	GHY	1:16:41		4	
	Ruddick, Kelly	BHA	DNS			
	Major, Annette	EAG	DNS			

AV/AV Country Men 10km Road Walk				AV 40+	AV 50+	AV Country
1.	Cowley, Rhydian	GHY	42:37			winner of the C.H. (Bert) Gardiner medal
2.	Garganis, Adam	COL	44:28			
3.	Kozica, Jason	STK	48:45			
4.	Swan, Kyle	ANW	49:24			
5.	Prasad, Pramesh	COL	49:58	1		
6.	Blackwood, Mark	KNA	50:36	2		
7.	Kollmorgen, Stuart	COL	51:41	3		
8.	Van Dongen, Rupert	MEN	1:01:29	4		PB 8:43
9.	O'Neill, Terry	GPA	1:01:52			1
10.	Hess, Albin	IND	1:07:15		1	
11.	Gardiner, Robert	COL	1:12:02		2	
	Smyth, David	COL	DNF			
	Evans, Simon	BOH	DNS			



AV and AV Country 10km winners Philippa Huse, Sarah Brennan, Terry O'Neill and Rhydian Cowley (along with fellow Rio Olympian Quentin Rew)

The Victorian Country championships for U18, U16 and U14 were also contested, with small but keen fields of walkers. Well done to all the winners, and special mentions to **Alanna Peart** (PB 14:46), **Arnika Nelson** (PB 15:58), **Will Thompson** (PB 25:52) and **Owen Costin** (who completed his first ever 3km roadwalk).

AV Country U18 5km Championship

1.	Peart, Jemma	BYC	25:11	
2.	Davison, Mackayla	COR	29:00	
	Hayes, Zahra	SBE	DNS	
1.	Thompson, Will (INV)	CCA	25:52	PB 0:18

AV Country U16 3km Championship

1.	Peart, Alanna	BYC	14:46	PB 0:03
2.	Nelson, Arnika (INV)	WYN	15:58	PB 0:18

AV Country U14 3km Championship

1.	Saunder, Fraser	BYC	16:27	
2.	Costin, Owen	CHI	18:34	First one
3.	Peart, Scott	BYC	19:26	
4.	Perry, Keelan	BYC	DQ	



AV Country underage winners Alanna Peart, Jemma Peart, Fraser Saunder and Will Thompson (INV)

VRWC Club Championships were held for U20, U16 and U14 divisions, with some of the country walkers also eligible to compete as local club members. Again, well done to all the winners and special mentions to **Holly Cocking** (PB 16:38) and **Heath Beveridge** (PB 16:07).

VRWC U20 5km Club Championship

1.	De Lisen, Paige	30:28
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VRWC U18 5km Club Championship

1.	Peart, Jemma	25:11	
2.	Davison, Mackayla	29:00	
1.	Walmsley, Hayden	25:07	
2.	Thompson, Will	25:52	PB 0:18

VRWC U16 3km Club Championship

1.	Peart, Alanna	14:46	PB 0:03
2.	Nelson, Arnika	15:58	
3.	Hass, Jasmin	16:03	
4.	O'Mahony, Kathleen	16:37	
5.	Cocking, Holly	16:38	PB 0:36

VRWC U14 3km Club Championship

- | | | | |
|----|------------------|-------|---------|
| 1. | Hay, Charlotte | 15:34 | |
| 2. | Louey, Grace | 17:53 | |
| | | | |
| 1. | Beveridge, Heath | 16:07 | PB 0:36 |
| 2. | Hay, Angus | 17:29 | |
| | Perry, Keelan | DQ | |

Racewalking Victoria Championships were held for U12 and U10 divisions, and it was good to see so many of our very young walkers in action. We also welcomed first timers **Zoe and Remy Pandey**. And the youngest walker on the day, 5 year old **Sophie Blackwood**, won a bronze medal in the U10 1km – well done Sophie!

RWV U12 2km Championship

- | | | | |
|----|---------------|-------|--------------------|
| 1. | Lillie, Gemma | 12:22 | |
| 2. | Pandey, Zoe | 14:20 | First time with us |
| | | | |
| 1. | Epps, Luke | 10:30 | |
| 2. | Prys, Joel | 11:43 | |

RWV U10 1km Championship

- | | | | |
|----|-------------------|-------|--------------------|
| 1. | Vaughan, Maddison | 06:03 | |
| 2. | Cunningham, Ella | 07:08 | |
| 3. | Blackwood, Sophie | 10:06 | First one |
| | | | |
| 1. | Hutchins, Liam | 05:17 | |
| 2. | Blackwood, Hamish | 05:28 | |
| 3. | Kent, Lucas | 06:20 | |
| 4. | Pandey, Remy | 06:21 | First time with us |

Finally, a range of VRWC non-championships were also held for other walkers. Special mentions to **Madeleine Feain** (PB 1:03:47) and **Chris Kent** (first time over 5km).

VRWC Open 10km Non-Championship

- | | | | |
|----|-------------------|---------|---------|
| 1. | Rew, Quentin | 44:12 | |
| 2. | Madeleine Feain | 1:03:47 | PB 0:57 |
| 3. | Russ Dickenson | 1:08:21 | |
| 4. | Margaret Beaumont | 1:30:49 | |

VRWC Open 5km Non-Championship

- | | | | |
|----|-------------------|-------|-----------|
| 1. | Tindal, Pam | 27:43 | |
| 2. | Knight, Cassandra | 28:35 | |
| 3. | Keirl, Bernie | 29:26 | |
| 4. | Barrow, Geoff | 35:38 | |
| 5. | Morrison, John | 41:46 | |
| 6. | Kent, Christopher | 50:55 | First one |

VRWC Open 3km Non-Championship

- | | | | |
|----|-----------------|-------|--|
| 1. | Laurie, Natalie | 16:42 | |
|----|-----------------|-------|--|

VRWC Open 2km Non-Championship

- | | | | |
|----|------------------|-------|-----------|
| 1. | Briet, Brianna | 11:43 | |
| 2. | Gourlay, Marlene | 12:02 | |
| 3. | Dingli, Alannah | 13:49 | First one |
| 4. | Dingli, Isabella | 14:06 | |
| 5. | Holohan, Dee | 14:10 | |

Thanks to the many officials, judges and helpers who keep the show on the road each week. Sorry if I have missed anyone. Your efforts are always appreciated.

Judges: Brenda Felton (Chief), Kathleen Marsh, Shane Dickson, Diane Lowden, Stu Cooper, Terry Swan, Gordon Loughnan, Peter Vysma (DQ Board and bike)

Officials: Mark Donahoo, Ian Laurie, Tim Erickson, Michelle Walmsley, Ralph Bennett, Alan Huse, Kathy Huse

Canteen: Kate Suich, Barb Gardiner

Photos: Simon Baker, Terry Swan (<http://www.vrwc.org.au/piwigo/index.php?/category/429>)

Lapsplits: Ralph Bennett (<http://vrwc.org.au/wp1/race-splits-laps/>)



Zoe Pandey, Heath Beveridge, Owen Costin, Holly Cocking and Remy Pandey

Our judges awarded style award points this week so I have updated the winter season points competition page at <http://www.vrwc.org.au/vrwcpointscmps.shtml>.

WARWC ROADWALKS, SHELLEY, PERTH, SUNDAY 28 MAY

Thanks to Terry Jones for the latest results from Perth, Western Australia. Walk of the day to **Declan Tingay** for his 15km time of 1:08:05.

10km Walk

1.	Ben Reid	52.35
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15km Walk

1.	Declan Tingay	68.05
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5km Walk

1.	Karyn Tolardo	28.33
2.	Hayley Jackson	28.45
3.	Amy Holland	33.27
4.	Kristine Wells	34.40
5.	Amber Richards	35.04

1.5km Handicap

1.	Xavier Bernard	9.16
2.	Kaytee Bogaers	9.43
3.	Lesley Romeo	12.20

SARWC CLUB CHAMPIONSHIPS, ADELAIDE PARKLANDS, ADELAIDE, SATURDAY 27 MAY

Thanks to Peter Crump for the latest results from South Australia. Good times from **Samantha Findlay** (inaugural 15 km 1:21:25), **Tristan Camilleri** (8km 39:30) and **Toby Wilks** (3km 15:06), with another stand out PB for **Joe Cross** (5km 23:53).

15km Walk

1.	Darren Bown	1:18:01
2.	Samantha Findlay	1:21:25
3.	Peter Crump	1:29:57
4.	John Leydon	1:42:20
5.	Gloria Holliday	1:43:14
6.	Cherie Rothery	1:44:04
7.	Bill Starr	1:56:54

3km Walk

1.	Toby Wilks	15:06
2.	Danielle Walsh	16:34
3.	Kiera Ross	16:34
4.	Kitarni Upton	16:37
5.	Chloe Upton	17:22
6.	Mia Wilks	18:11

8km Walk

1.	Tristan Camilleri	39:30
2.	Kristie Goznik	44:33
3.	Rhiannon Lovegrove	46:48
4.	Greg Metha	52:00

1km Walk

1.	Elli Pusonjic	5:19
2.	Seth Upton	5:47
3.	Katie DeRuvo	6:07
4.	Edward Upton	8:24
5.	Xavier Upton	9:32
6.	Natalie Bruniges	9:31

5km Walk

1.	Joe Cross	23:53
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2.	Mathew Bruniges	26:29
3.	Victoria Upton	29:58
4.	Trevor Mayhew	33:40
5.	Olivia Phillips	37:23
	Alix Harlington	DNF

SAMA TRACK WALKS, SA ATHLETICS TRACK, MILE END, ADELAIDE, SATURDAY 27 MAY

Thanks to Colin Hainsworth for the latest results from the South Australian Masters in Adelaide. He reported:

Track meeting especially for those going to Darwin. Last km of 5km saw a very heavy downpour with thunder and lightening. Head wind at times. If I had not given my bike to my great grandsons last week, I could have made the walk into a Triathlon! Best regards, Colin.

1500m Walk

1.	George White	08:40	M71	84.31%
2.	Marie Maxted	09:10	W57	73.42%
3.	Gil McIntosh	09:29	M66	72.66%
4.	Rodger Barber	11:06	M79	73.33%
5.	Valmai Padget	11:46	W73	68.80%
6.	David Robertson	12:06	M83	71.54%
7.	Margaret McIntosh	12:07	W64	59.67%
8.	Jill Rogers	13:13	W72	60.41%
9.	Jeff Kennett	13:32	M66	50.92%
10.	David Padget	15:12	M85	58.87%

3000m Walk

1.	Kim Mottrom	13:25	M32	79.05%
2.	Rodger Barber	22:36	M79	73.54%
3.	Jan Layng	24:00	W68	
4.	Valmai Padget	24:36	W73	69.12%
5.	Edna Bates	25:49	W64	58.29%
6.	David Padget	31:31	M85	58.06%

5000m Walk

1.	George White	30:20	M71	83.60%
2.	Marie Maxted	32:57	W57	72.55%
3.	Gil McIntosh	33:56	M66	70.42%
4.	Richard Moyle	38:19	M61	59.13%
5.	Dave Fallon	39:17	M64	59.51%
6.	Margaret McIntosh	41:35	W64	62.39%
7.	Harry Hayford	41:36	M64	56.19%
8.	David Robertson	43:10	M83	69.95%
9.	Colin Hainsworth	44:11	M87	73.36%

ACTRWC ROADWALKS, POINT HUT POND, CANBERRA, SATURDAY 25 MAY

Thanks to Robin Whyte for the latest results from Canberra where 32 walkers were in action last Saturday. Good to see **Connor Frew** (48:57), **Tim Fraser** (49:16) and **Mitchell Baker** (49:20) all well under the 50 minute mark for the 10km. Good 4km time of 20:00 to **Gabby Hunt**.

4km Walk

1.	Gabby Hunt	20:00
2.	Gwyllym Young	21:10
3.	Kate Black	24:18
4.	Helena Bialecki	25:56
5.	Derek Robinson	27:59
6.	Mick Saunders	29:08
7.	David Mackenzie	33:12
8.	Belinda Essam	35:43

10km Walk

1.	Connor Frew	48:57
2.	Tim Fraser	49:16
3.	Mitchell Baker	49:20
4.	Matt Griggs	53:13
5.	Greg Durr	1:00:01
6.	Ann Staunton-Jugovic	1:00:43
7.	Robin Whyte	1:05:16
8.	Bryan Thomas	1:15:11
9.	Rod Gilchrist	1:18:34
10.	Jennifer Gilchrist	1:20:09
11.	Phil Essam	1:28:28
12.	Jayden Elphick	1:30:32
13.	Val Chesterton	1:33:25

2km Walk

1.	Laura Burns	10:15
2.	Andrew Camp-Liddiard	11:43
3.	Pierce Brennan	12:34

4.	Sebastian Young	14:06	Callum Burns	DNF
5.	Ella Baker	14:13		
6.	Robyn Saunders	14:50	1km Walk	
7.	Harry Baker	15:11	1. Georgia Frew	07:06
8.	Carmen Carlon	17:00		
9.	Lilit Griggs	18:21		

NSW TEAM WALKS CHAMPIONSHIPS, ANGLE PARK, CHIPPING NORTON, SUNDAY 21 MAY

Finally back a week for the annual NSW Team Walks Championships which is one of the big NSW roadwalking carnivals of the winter. This year saw 47 walkers in action, with best performances by **Tyler Jones** (44:02), **Carl Gibbons** (45:34), **Tayla Billington** (51:25), **Dylan Richardson** (23:06), **Alannah Pitcher** (24:27) and **Milly Broughton** (16:39).

Men 10km Walk Open

1.	Jones, Tyler	19	Mingara Athl	44:02
2.	Gibbons, Carl	21	Westlakes Athl	45:34
3.	Felton, Jay	22	U.T.S. North	48:30
4.	Washburn, Steven	23	U.T.S. North	50:53
5.	Seymon, Jim	80	U.T.S. North	1:11:21

Women 10km Walk Open

1.	Billington, Tayla-Paige	20	Queensland	51:25
2.	Webb, Cheryl	41	Blacktown	52:20
3.	McDonald, Jasmine	18	Parramatta	56:58
4.	Barendregt, Amanda	21	Nepean Dist	1:00:37
5.	Weekes, Anne	55	Sutherland Di	1:00:56
6.	Challinor, Nicolle	45	Sutherland Di	1:13:23
7.	Nilon, Nicole	45	Sutherland Di	1:14:23
8.	Woodward, Antoinette	61	Sutherland Di	1:18:04

Masters 10km Walk

M65+	1	Seymon, Jim	79	U.T.S. North	1:11:21
W35-44	1	Webb, Cheryl	40	Blacktown Ci	52:20
	2	Challinor, Nicolle	44	Sutherland D	1:13:23
W45-54	1	Weekes, Anne	54	Sutherland D	1:00:56
	2	Nilon, Nicole	45	Sutherland D	1:14:23
W55-64	1	Woodward, Antoinette	60	Sutherland D	1:18:04

Men 5km Walk Under 18

1.	Richardson, Dylan	17	Mingara Athl	23:06
2.	Tebbutt, Oscar	16	Gosford Athl	23:06
3.	Thomson, Ryan	17	Nepean Distr	25:13
4.	Barendregt, Travis	17	Nepean Distr	27:09

Women 5km Walk Under 18

1.	Lee, Janaya	16	Nepean Distr	27:44
2.	O'Neill, Molly	17	Adamstown Ne	28:14
3.	Bulman, Davina	16	Nepean Distr	30:49
4.	Henry, Amy	17	St. George D	32:29
5.	Crichton, Sophie	17	Asics Wests	32:35
6.	Walker, Amy Marie	16	Wyong Athlet	33:16

Men 5km Walk Under 16

1.	Ginniskin, Jack	15	Mingara Athl	25:55
2.	Blaskett, Hayden	15	Sydney Strid	26:46
3.	Kemp, Joel	14	Mingara Athl	26:58

Women 5km Walk Under 16

1.	Pitcher, Allanah	14	Mingara Athl	24:27
2.	Blanch, Emma	14	St. George D	26:37
3.	Bolton, Hannah	14	Mingara Athl	27:27
4.	Hardy, Renee	14	Asics Wests	29:24
5.	obertson, brittany	15	St. George D	31:36
6.	Martin, Brooke	14	Nepean Distr	33:57
7.	Scholle, Saskia	14	Asics Wests	38:22

Men 3km Walk Under 14

1.	Daly, Dylan	13	Wyong Athlet	17:40
2.	Vesper, Ryan	12	Mingara Athl	18:03

Women 3km Walk Under 14

1.	Thomas, Emma	12	Parramatta C	15:28
2.	Dunne, Izabella	12	Mingara Athl	16:17
3.	DeCelis, Ellie	13	Illawong and	16:27
4.	Thomson, Olivia	13	Randwick Bot	17:14
5.	Thomson, Jada	13	Nepean Distr	18:36
6.	Walters, Chia	12	Sutherland D	18:50

Men 3km Walk Under 12

1.	Scholle, Felix	11	Asics Wests	18:59
2.	Gillian, Max	11	Asics Wests	21:08

Women 3km Walk Under 12

1.	Boughton, Milly	11	Randwick Bot	16:39
2.	Pitcher, Sienna	10	Mingara Athl	18:58
3.	Billington, April	10	Sydney Strid	19:25

NAIA OUTDOOR TRACK & FIELD CHAMPIONSHIPS, GULF SHORE, AL, 25-27 MAY
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The National Association of Intercollegiate Athletics (NAIA) is an athletic association that organizes college and university-level athletic programs, primarily across the United States but also outside the US. The NAIA began accepting members from Canada in 1972.. Today there are three Canadian members. As of July 1, 2016, the NAIA reports having 246 member institutions. The NAIA Men's Outdoor T&F Championship has been held annually since 1952 and the NAIA Women's Outdoor T&F Championship has been held annually since 1981.

Last weekend saw their annual T&F Championships held in Gulf Shore, Alabama. **Anthony Peters** (21:01.11) and **Analia Cisneros** (24:09.51) were this year's NAIA champions. Full results at http://www.cfpitiming.com/liveresults/2017_Outdoor/NAIA_OTF_2017/

5000m Walk Men

1.	PETERS, ANTHONY	JR	ST. AMBROSE	21:01.11
2.	LIANG, ALGER	FR	BRITISH COLUMBIA	22:23.87
3.	MANCHA, EMILIO	SO	ST. AMBROSE	23:11.76
4.	GRUTTADAURO, ANTHONY	FR	SPRING ARBOR	23:40.03
5.	JOBSON, LUKE	SO	WEST VIRGINIA TECH	23:45.24
6.	WISEHEART, BRANDON	SR	CAMPBELLSVILLE	24:04.15
7.	DOWNEY, NATHAN	FR	BRITISH COLUMBIA	24:18.59
8.	HUTCHERSON, DOUG	SR	CENTRAL METHODIST	24:29.69
9.	ELMI, SAM	SO	CORNERSTONE	25:01.90
10.	BENSON, JACOB	SR	CORNERSTONE	25:46.50
11.	BIDDLE, SAWYER	JR	GOSHEN	26:40.85
	CHENG, COLIS	SO	BRITISH COLUMBIA	DQ
	RABIE, JASON	JR	CORNERSTONE	DQ

5000m Walk Women

1.	CISNEROS, ANALI	FR	JUDSON	24:09.51
2.	ALFONZO, NATALIA	SR	MISSOURI BAPTIST	24:35.08
3.	NEWHOFF, KATHARINE	FR	ST. AMBROSE	25:59.29
4.	MCCOLLUM, BRENDA	JR	BAKER	26:46.12
5.	LOPEZ, JENNY	JR	ST. AMBROSE	26:59.20
6.	MCCANDREW, DENISE	JR	MISSOURI BAPTIST	27:23.12
7.	DELGADO, CASSANDRA	JR	ST. AMBROSE	27:57.64
8.	BROGAN, BAILEY	SR	CORNERSTONE	28:33.55
9.	ZHANG, ZOE	FR	BRITISH COLUMBIA	29:08.04
10.	EMERY, SIANA	FR	GOSHEN	29:14.86
	MELENDEZ, AMBERLY	FR	CARDINAL STRITCH	DNF
	APOLLO, CAITLIN	JR	BAKER	DQ

USATF 15KM RACE WALK CHAMPIONSHIPS, RIVERSIDE, CA, SUNDAY 21 MAY

Staying in the USA but going back a week for the USATF 15km Roadwalk Championships which were held in Riverside, California. Full results at <http://www.usatf.org/Events---Calendar/2017/USATF-15km-Race-Walk-Championships.aspx>.

Open Men 15km Championship

1.	Emmanuel Corvera	24	San Diego	1:05:59
2.	Nick Christie	25	El Cajon	1:09:22
3.	Matt Forgues	25	Boothbay	1:10:45
4.	Alexander Bellavance	19	San Diego	1:11:07
5.	Allen James	53	Redondo Beach	1:14:27
6.	Mark Green	61	Reno	1:28:59
7.	Adrian Zamudio	41	Santa Maria	1:31:34
8.	Paul DeMeester	57	San Francisco	1:34:00
9.	Tommy Aunan	58	Bellevue	1:34:20
10.	Gerard Deegan	49	Burbank	1:41:11
11.	Art Morrow	52	Palm Desert	1:45:05
12.	Deo Jaravata	52	Granada Hills	1:45:52
13.	Rick Campbell	71	Orange	1:48:36
14.	George Papacalos	57	Long Beach	2:05:15
	Michael Blanchard	55	Castle Rock	DNF
	Andreas Gustafsson	35	La Vegas	DQ
	Paul Lawson	70	Claremont	DQ

Open Women 15km Championship

1.	Miranda Melville	28	Chula Vista	1:15:20
2.	Katie Burnett	28	El Cajon	1:15:55
3.	Robyn Stevens	34	Mt. View	1:17:31
4.	Molly Josephs	23	Garden City	1:26:47
5.	Susan Armenta	43	Los Angeles	1:30:58
6.	Jamie Fiddler	27	Los Angeles	1:37:00
7.	Susan Mears	62	Reno	1:44:30
8.	Paula Rasmussen	62	El Segundo	1:56:24
9.	Darlene Backlund	71	Palm Springs	1:58:51
10.	Carol Dyar	76	Upland	1:59:50
11.	Kay Carmines	71	Shiremanstown	2:00:22
12.	Sheila Kryger	72	Claremont	2:09:50
	Donna Dawson	66	Redlands	DQ
	Jenny Dean	65	Yucaipa	DNF
	Yvette Lavigne	77	Los Angeles	DQ
	Marianne Martino	66	Littleton	DNF
	Elizabeth Shepard	52	Englewood	DQ
	Anelise Smith	78	Claremont	DQ
	Karen Stoyanowski	62	Loomis	DQ

The meet included the USATF Masters 15km Championships, were the results panned out as shown below.

USATF Masters 15km Roadwalk Championships

M35-39	DQ	Andreas Gustafsson	35	La Vegas	DQ
M40-44	1	Adrian Zamudio	41	Santa Maria	1:31:34
M45-49	1	Gerard Deegan	49	Burbank	1:41:11
M50-54	1	Allen James	53	Redondo Beach	1:14:27**
	2	Art Morrow	52	Palm Desert	1:45:05
	3	Deo Jaravata	52	Granada Hills	1:45:52
M55-59	1	Paul DeMeester	57	San Francisco	1:34:00
	2	Tommy Aunan	58	Bellevue	1:34:20
	3	George Papacalos	57	Long Beach	2:05:15
	DNF	Michael Blanchard	55	Castle Rock	DNF
M60-64	1	Mark Green	61	Reno	1:28:59
M70-74	1	Rick Campbell	71	Orange	1:48:36
	DQ	Paul Lawson	70	Claremont	DQ
W40-44	1	Susan Armenta	43	Los Angeles	1:30:58
W50-54	DQ	Elizabeth Shepard	52	Englewood	DQ
W60-64	1	Susan Mears	62	Reno	1:44:30
	2	Paula Rasmussen	62	El Segundo	1:56:24
	DQ	Karen Stoyanowski	62	Loomis	DQ
W65-69	DQ	Donna Dawson	66	Redlands	DQ

	DNF	Jenny Dean	65	Yucaipa	DNF
	DNF	Marianne Martino	66	Littleton	DNF
W70-74	1	Darlene Backlund	71	Palm Springs	1:58.51
	2	Kay Carmines	71	Shiremanstown	2:00:22
	3	Sheila Kryger	72	Claremont	2:09:50
75-79	1	Carol Dyar	76	Upland	1:59:50*
	DQ	Yvette Lavigne	77	Los Angeles	DQ
	DQ	Anelise Smith	78	Claremont	DQ

PORTUGUESE CLUB CHAMPIONSHIPS, PORTUGAL, 27-28 MAY

Very brief results from the Portuguese Club Championships which were held in the Portuguese cities of Braga, Fátima, Ribeira Brava and Vendas Novas last weekend. Fastest times to **Joao Vieira** (20:08.90) and **Inês Reis** (14:00.47). There is a much more comprehensive report at <http://omarchador.blogspot.com.au/2017/05/marchadores-do-ccd-leoes-da-floresta-e.html>.

The omarchador article points out that there were only 29 men and 25 women in the walks. Of the 19 events that were contested, the men's walk number was the smallest of the men's events and women's walk number was second smallest of the women's events, bettering only the women's steeplechase. Omarchador says this should be a concern and requires fixing.

Men 5000m Race Walk, Braga					
	1.	António PEREIRA	POR	75	21:56.88
Women 3000m Race Walk, Braga					
	1.	Sandra SILVA	POR	75	14:08.49
Men 5000m Race Walk, Fátima					
	1.	Rui COELHO	POR	94	20:43.12
	2.	Augusto CARDOSO	POR	70	21:44.42
Women 3000m Race Walk, Fátima					
	1.	Inês REIS	POR	99	14:00.47
Women 3000m Race Walk, Ribeira Brava					
	1.	Maria BERNARDO	POR	99	14:24.98
Men 5000m Race Walk, Vendas Novas					
	1.	Joao VIEIRA	POR	76	20:08.90
Women 3000m Race Walk, Vendas Novas					
	1.	Mariana MOTA	POR	95	14:03.27

INTERNATIONAL MEET, PALAFRUGELL, SPAIN, SATURDAY 27 MAY

And now some other short snippets from Europe. First to Spain where South African walker **Lebogang Shange** won the 3000m in Palafrugell with 11:56:52.

Men 3000m Race Walk					
	1.	Lebogang SHANGE	RSA	90	11:56.52
	2.	Daniel JIMENO	ESP	00	12:19.55

HUNGARIAN UNIVERSITY CHAMPIONSHIPS, MISKOLC, HUNGARY, 27-28 MAY

To Hungary for the Hungarian University Championships, with wins to **Miklos Srp** (44:43.5) and **Rita Rescei** (44:43.3). Looks like they must have walked together?

Men 10,000m Race Walk					
	1.	Miklós SRP	HUN	93	44:43.5
	2.	Soma KOVÁCS	HUN	97	46:20.7
Women 10,000m Race Walk					
	1.	Rita RÉCSEI	HUN	96	44:43.3
	2.	Barbara KOVÁCS	HUN	93	46:20.7

CHAMPIONNAT GRAND EST, RAEDERSHEIM, FRANCE, SUNDAY 28 MAY

Thanks to Emmanuel Tardi for sending me the results of two large regional 20km championship meets which were held in France last Sunday. There was actually a third regional championship meet as well but Emmanuel does not have those results as yet. Unfortunately, it was hot and sunny throughout France and the results were effected.

Emmanuel tells me that he is going to have a busy time coming up. Tomorrow he will travel to the start of Paris-Alsace and on Friday he will fly to Hungary for a race in Tatabanya. Talk about earning his money! I look forward to reporting on both events in next week's newsletter.

Anyway, first to Radeersheim where 20km and 10km races were contested.

20km Walk

1.	RAMIREZ GOMEZ Alejandra	VEF/76	Sg La Wantzenau	1:51:16
2.	SCHOTT Tiphaine	SEF/87	Cs Saint-louis	2:07:40
3.	SIEGENFUHR Daniel	VEM/50	Es Thaon	2:10:12
4.	ROPERS Adele	SEF/80	Cca Rouffach	2:17:39
5.	HALLOY Nathalie	VEF/67	Us Pulversheim Athl	2:19:10
6.	FRETE Jacques	VEM/57	Fc Guebwiller	2:21:03
7.	BEN EL KEBIR Hafid	SEM/87	Csl Neuf-brisach	2:31:22
8.	MERCIER Jean-pierre	VEM/70	Csl Neuf-brisach	2:41:07

10km Walk

1.	DURAND-PICHARD David	VEM/72	Athletisme Metz Metropole	53:46
2.	DEMON Sonia	VEF/72	Efs Reims A	55:06
3.	CLAUSS Daniel	VEM/55	Sg La Wantzenau	58:50
4.	LAMOUREUX Felicia	CAF/01	Efs Reims A	58:56
5.	MONMESSIN Marie-astrid	VEF/56	Es Thaon	59:38
6.	BOUR Xavier	JUM/99	Us Forbach	1:00:54
7.	BRASTEL Adeline	SEF/78	Efs Reims A	1:01:14
8.	FORNES Marie	CAF/01	Efs Reims A	1:02:16
9.	ROPERS Jerome	VEM/75	Csl Neuf-brisach	1:02:18
10.	MARTER Christophe	VEM/65	Fc Guebwiller	1:03:26
11.	ACKER Marie	ESF/97	Sg La Wantzenau	1:04:34
12.	SITTER Chantal	VEF/67	Fc Haguenau	1:05:10
13.	ROYER Vanessa	VEF/72	Athletisme Metz Metropole	1:06:29
14.	CLAUSS Martine	VEF/74	Us Forbach	1:08:45
15.	DATIN Robert	VEM/57	Fcja Bischwiller	1:10:42
16.	OULBANI Jean-claude	VEM/54	Us Thann Athletisme	1:10:55
17.	ANXIONNAT Claudine	VEF/51	Avec Pays De Bruyere	1:11:07
18.	SCHWING Martin	SEM/89	Rc Epernay	1:12:45
19.	OTT Christophe	VEM/66	Asptt Strasbourg	1:12:46
20.	MISCHLER Claudine	VEF/50	Sg La Wantzenau	1:12:49
21.	BRASTEL-JUNG Emilie	SEF/80	Ill Bruche A Lingolsheim	1:14:29
22.	GLAPIN Philippe	VEM/61	Fcja Bischwiller	1:15:04
	STARCK Jean-marc	VEM/72	As Saint-junien	DQ

CHAMPIONNAT AUVERGNE-RHÔNE-ALPES, AUBIÈRE, FRANCE, SUNDAY 28 MAY

And now to Auvergne-Rhone-Alpes for another set of 20km and 10km races on offer.

20km Walk

1.	VANOOSTHUYSE Jean-franck	SEM/79	Us Talence	1:41:53
2.	VAN HILLE Dominique	VEM/77	Nice Cote D:azur Athletisme	1:47:07
3.	DE NEVE Nicolas	SEM/93	Athletisme Chamalieres	1:51:45
4.	BEURION Mathieu	SEM/89	Ac Paris-joinville	1:51:53
5.	BROU Florent	SEM/93	Ac Paris-joinville	1:55:07
6.	GLOAGUEN Thomas	ESM/96	A Six Fours	1:58:47
7.	BILLA Jeanne	ESF/96	As Caluire Et Cuire	2:02:40
8.	DEMEUZOY Inta	VEF/71	Ea Moulins-zyzeure-avermes	2:03:53
9.	BONVARLET Patrick	VEM/60	Decines Meyzieu Athletisme	2:06:19
10.	CALEYRON Muriel	SEF/84	Afa Feyzin-venissieux	2:08:50
11.	VILMOT Arthur	ESM/97	Lempdes Athletisme	2:12:11
12.	BONVARLET Liliane	VEF/53	Decines Meyzieu Athletisme	2:14:14
13.	BOUCHAMA Yamina	VEF/62	Coquelicot 42	2:26:05
	MARCOTTI Adele	ESF/97	Athletic Club Salonais	DQ

MUTTER Axel ESM/96 Ac Roche-sur-yon DQ

10km Walk

1.	BRACHET Thomas	JUM/98	Afa Feyzin-venissieux	53:05
2.	CHARROIN Jerome	JUM/98	Coquelicot 42	53:17
3.	MANIKION Prisca (MRI)	SEF/85	A Sud Ardeche Drome	56:17
4.	MIALDEA Eva	ESF/97	Ussel Ac	57:18
5.	GLOAGUEN Theo	JUM/99	A Six Fours	58:38
6.	VIDALINC Celia	ESF/96	Stade Clermontois	58:52
7.	CADOUX Monique	VEF/60	Ca Pontcharra La Rochette Gres	1:04:54
8.	MAXENCE Mathilde	JUF/99	Athletic Club Salonais	1:05:34
9.	CHARRIERE Jeanne	VEF/57	Asptt Clermont Athletisme	1:07:57
10.	LOYER Suzanne	VEF/47	Stade Clermontois	1:19:20
	AMIMOUR Alicia	JUF/99	Haute Tarentaise	AB

2ND ASIAN YOUTH CHAMPIONSHIPS, BANGKOK, THAILAND, 20-22 MAY

The second Youth (U18) Asian Championships took place in Bangkok just over a week ago. The usual two racwalk championships were on offer – 10,000m for U18 Boys and 5000m for U18 Girls.

The Boys 10,000m walk saw 14 athletes from India, Japan, China, China Taipei, Thailand, Singapore, Korea, Iraq and Iran (each nation could enter up to two athletes). The win went to Indian Sanjay Kumar (45:30:39) ahead of Japanese Masaru Suzuki (45:47:41) and pre-race favourite Zhang Yao (46:12:58) of China.

The Girls 5000m saw a much smaller field of only 7 walkers. In what must have been disappointing result for China, the win went to Chinese Taipei walker Wu Wei-Chiao (T25:41:36) ahead of Chinese walkers Zhou Xiaomin (26:04:42) and Gao Wenjing (26:53.61).

Men 10,000m Walk

1.	SANJAY KUMAR	20-09-2001	INDIA	45:30.39
2.	MASARU SUZUKI	16-05-2000	JAPAN	45:47.41
3.	YAO ZHANG	11-01-2000	CHINA	46:12.58
4.	RYO HAMANISHI	24-04-2000	JAPAN	48:00.69
5.	HAO GONG	31-01-2000	CHINA	49:50.21
6.	WEI JUI CHANG	10-08-2000	CHINESE TAIPEI	50:27.22
7.	T WICHIAN MUEPOKU	11-10-2000	THAILAND	52:37.30
8.	JUN WEI SIA	08-10-2000	SINGAPORE	54:18.87
9.	ZUO SHENG YEO		SINGAPORE	55:25.55
10.	AHMED WIRYA JABBAR	15-09-2000	IRAQ	1:02:06.28
	SURAJ PANWAR	02-04-2001	INDIA	DNF
	DONGMIN IM	22-07-2000	KOREA	DQ
	SURACHAT THAESI	02-07-2000	THAILAND	DNF
	ARMIN SHAHMALEKI	12-08-2000	IRAN	DQ

Women 5000m Walk

1.	WEI CIAO WU	07-07-2001	CHINESE TAIPEI	25:41.36
2.	XIAOMIN ZHOU	12-08-2001	CHINA	26:04.42
3.	WENJING GAO	08-03-2001	CHINA	26:53.61
4.	NURUL ALYHAZIQA KAMARAZAMAN	06-07-20xx	MALAYSIA	27:02.65
5.	UIJI JEONG	10-02-2000	KOREA	27:21.64
6.	KOTCHAPHON TANGSRIVONG	24-07-2000	THAILAND	28:59.92
7.	PHITSAMAI CHAROENSAMATHI	25-03-2001	THAILAND	31:18.37

MARCIADALMONDO AND OMARCHADOR ROUNDUP

Marciadalamondo has 5 press releases this week

- Sat 27 May - The future of 50km depends on all of us
http://www.marciadalamondo.com/eng/dettagli_news.aspx?id=2809
- Thu 25 May - Preview of La Coruna
http://www.marciadalamondo.com/eng/dettagli_news.aspx?id=2808
- Wed 24 May - World and European lists updated post European Race Walking Cup
http://www.marciadalamondo.com/eng/dettagli_news.aspx?id=2807
- Tue 23 May - Results of 2nd Asian U18 Championships

http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2806

- Mon 22 May - Comparing the Copa Panamerica de Marcha and the European Race Walking Cup
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2805

and Omarchador has 7 press releases

- Mon 29 May – results from the weekend’s Portuguese National Club Championships
<http://omarchador.blogspot.com.au/2017/05/marchadores-do-ccd-leoes-da-floresta-e.html>
- Sun 28 May - Melville and Corvera win 15km US championships
<http://omarchador.blogspot.com.au/2017/05/melville-e-corvera-vencem-campeonatos.html>
- Sat 27 May - Results of the Zhengzhou Grand Prix in China
<http://omarchador.blogspot.com.au/2017/05/grande-premio-de-zhengzhou-china.html>
- Fri 26 May - Preview of Portuguese National Club Championships this weekend
<http://omarchador.blogspot.com.au/2017/05/clubes-disputam-este-fim-de-semana.html>
- Thu 25 May - Videos from the European Race Walking Cup in Podebrady
<http://omarchador.blogspot.com.au/2017/05/taca-da-europa-de-podebrady-2017-video.html>
- Wed 24 May - Portuguese walker wins CNID Athlete of the Year
<http://omarchador.blogspot.com.au/2017/05/ines-henriques-recebeu-do-cnid-o-premio.html>
- Tue 23 May - Results of the Asian Youth Championship walks
<http://omarchador.blogspot.com.au/2017/05/campeonatos-de-atletismo-da-asia-para.html>

OUT AND ABOUT

- Congratulations to new parents Claire and Jared Tallent on the birth of their son **Harvey Sebastian Tallent**, born 10:48PM on Thursday 25 May in Adelaide, and weighing in at 2.660kg.



- IAAF President Sebastian Coe has proposed that GBR athletes who've been cheated out of medals by those who've failed doping tests, should receive their overdue medals at proper ceremonies during August's London IAAF World Championships.
- After being criticized last year for having a weak anti-doping program, Ethiopia conducted drug tests on more than 350 athletes last week, a top official said last week. The vast majority of the sportsmen and women tested " 339 of them " were track and field athletes. Those tests coincided with the national athletics championships in the capital Addis Ababa. Meldonium is believed to be an emerging problem in Ethiopia, the substance Maria Sharapova was banned for. Meldonium increases blood flow and is used to treat heart conditions. It was banned by WADA at the beginning of 2016. See http://www.nzherald.co.nz/athletics/news/article.cfm?c_id=19&objectid=11861979&ref=rss.

- Russia's suspension by the International Paralympic Committee (IPC) will remain in place after a Taskforce said key criteria still needs to be resolved before they can be reinstated. See <http://www.insidethegames.biz/articles/1050654/russia-in-danger-of-missing-pyeongchang-2018-as-international-paralympic-committee-maintain-suspension>.
- The anti-doping commission created by Russian President Vladimir Putin is reportedly calling for new measures while denying Russian government involvement in the widespread doping scandal brought to light by the McLaren report. The commission, led by former IOC member Vitaly Smirnov, claims the Russian government did not play any role in covering up drug use by its athletes. Instead, it appears the blame is being placed on some coaches, who the commission says were motivated to use any means to help their athletes win. Pathetic!
See http://aroundtherings.com/site/A_60245/Title__Russian-Anti-Doping-Commission-Calls-For-Changes/292/Articles.
- A federal prosecutor looking into last year's Rio de Janeiro Olympics says that many of the venues "are white elephants" that were built with "no planning. The scathing report offered Monday at a public hearing confirms what The Associated Press reported several months after the games ended. Many of the venues are empty, boarded up, and have no tenants or income with the maintenance costs dumped on the federal government. Yet, in a statement to AP, the IOC said "Rio had a strong legacy plan in place," and it urged there be no "hasty judgment. What we know is that Rio is a better place after the Olympic Games." Hmmmm.. See <https://www.apnews.com/2a60d4fcef7d48a9ace8998e87c9e9cf>.
- More on Rio. A report detailing the cost of the Rio 2016 Olympic and Paralympic Games is due to be published on June 14. Newspaper O Globo claim the overall cost is likely to exceed R\$40 billion (£9.4 billion/\$12 billion/€10.9 billion). Rio organisers have this week asked Federal and Municipal Governments to help pay the outstanding R\$117 million (£29.1 million/\$37.8 million/€34 million) debt from the Paralympic Games. And of course, there are now investigations in to major corruption scandals. See <http://www.insidethegames.biz/articles/1050710/cost-of-rio-2016-expected-to-be-revealed-on-june-14#.WSWxZjCf-S8.twitter>.
- Weightlifters who have been disqualified from podium positions at the 2008 and 2012 Olympic Games for testing positive could damage their countries' future prospects if they fail to return the medals as part of the sport's new anti-doping policy. The power to sanction nations for individuals' failure to return forfeited medals has been given to the International Weightlifting Federation's (IWF) Executive Board in a new, tougher anti-doping plan announced by the governing body on Saturday. See <http://www.insidethegames.biz/articles/1050828/international-weightlifting-federation-announce-amendments-to-anti-doping-policy>.
- Russian President Vladimir Putin said last Tuesday that plans to encourage athletes to give evidence about doping remind him of denunciations during Josef Stalin's purges. Sorry Vlad, but testimony from Russian athletes and former anti-doping officials formed a key part of WADA investigations which led to restrictions on the Russian team in several sports at last year's Olympics in Rio de Janeiro. See <https://apnews.com/b9dc58f8f2614f019d8ea3e134e61741/After-doping-scandals.-Putin's-commission-calls-for-change>.
- FloTrack has obtained what appears to be an entire report the U.S. Anti-Doping Agency prepared for the Texas Medical Board in March 2016 about Houston endocrinologist Jeffrey Brown's involvement with the Nike Oregon Project. The 269-page report alleges Oregon Project coach Alberto Salazar involved Brown in attempts to systemically evade and, in some cases to break, anti-doping rules. The report alleges Salazar and Brown played fast and loose with the rules, used medications in ways they weren't intended, and engaged in subterfuge to conceal what they were doing. Alas, it has been hard to prove anything. If you read it, check how often you see phrases such as "it would appear," "almost certainly," "it appears likely," "supports an inference," "indicating apparently," and, well, you get the drift. See http://www.oregonlive.com/trackandfield/index.ssf/2017/05/finally_the_entire_usada_repor.html.
- And here is a report that draws out the fine detail of what Salazar is purported to have done with his athletes. Damning stuff. https://www.nytimes.com/2017/05/19/sports/nike-oregon-project-alberto-salazar-dathan-ritzenhein.html?_r=1
- Further to last week's report on the European Race Walking Cup in Podebrady, here is a link to Mark Easton's photos – <http://markeaston.zenfolio.com/fl16119298>.
- **Russian race walker Pyotr Trofimov has been handed a four-year ban** after a ruling by the Court of Arbitration for Sport (CAS). The 33-year-old has been sanctioned over irregularities in his biological passport, according to the Russian Athletics Federation. He is now set to serve a ban from November 3 of last year through to November 2, 2020. Trofimov's results between August 13 in 2009 through to May 13, 2013, will be cancelled. He was the winner of the men's 20km walk at the Russian Championships in Sochi last year. His sanction provides further embarrassment to Russian race walking, which has already been hit by numerous scandals. More than 25 leading Russian walkers have been banned in recent years, including three Olympic champions. See <http://www.insidethegames.biz/articles/1050898/russian-race-walker-trofimov-handed-four-year-ban>.

MORE STAMP NEWS

Margaret and Ian Beaumont have alerted me to a newly found stamp sheetlet which features racewalking in one of the 8 photos. It was released by Nagaland in 1984 and celebrated the 1984 Olympic Games. Here are the stamps



Nagaland is a state in the far north-eastern part of India. The 16th State of the Indian Union, it was established on December 1, 1963, and has regularly produced very colourful stamps.

The racewalking stamp is a direct copy of a famous 1972 Olympic 20km photo showing East German Peter Frenkel (the eventual winner) and British walker Paul Nihill. Here is the photo



English walker Paul Nihill leads eventual winner Peter Frenkel of East Germany in the 1972 Olympic 20km (photo gettyimages)

VRWC CLUB CAPTAIN UPDATE

We welcome **Madeleine Feain** as the new VRWC Junior Club Captain Women. She takes over from Stephanie George. Madeleine is one of our keenest and most regular young walkers with the club and she has accepted an invitation from the committee to take on this honorary role. The Club Captains are walkers who encapsulate the best qualities of sportsmanship and fairness. Welcome Madeleine!

You can see the full VRWC committee at <http://www.vrwc.org.au/vrwccommittee.shtml>.



VALE ROBIN WOOD

It is with sadness that I must advise that former VAWC **Robin Wood** passed away on Friday 26th May at his home in Gol Gol (near Mildura), aged 67. Through the 1960s and early 1970s he was one of the leading walkers in Victoria but retired when he was in his twenties. In recent years, he came back and walked with VAWC before eventually moving to country Victoria to be closer to his family. He suffered many health issues over the years and had been struggling particularly over the last few years. Funeral details are not known as yet. You can read his racewalking biography at <http://www.vrwc.org.au/tim-archive/articles/vw-robin-wood.pdf>.



1972 Glover Shield winners Alan Lucas, Ralph Field, Robin Wood and Varel Newmark

50 KM WALK FOR MEN – 1998 COMMONWEALTH GAMES

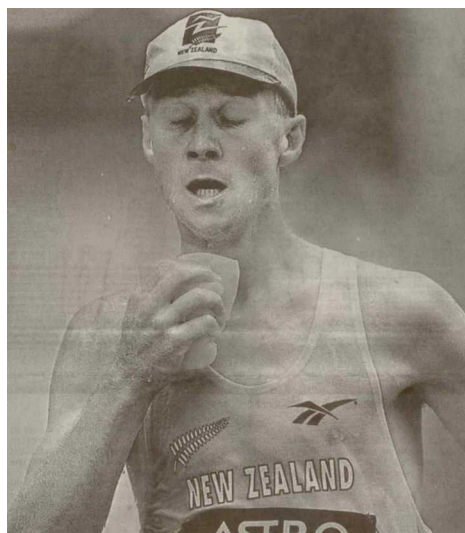
With the recently thwarted attempt by the unelected IAAF RW Committee to kill the 50km event, it's time for an article to celebrate the toughest and most beautiful event on the athletics calendar. Is there any event which regularly produces such drama and excitement!

For this article, we go back 19 years to Kuala Lumpur in Malaysia for the 50km walk that was held as part of the 1998 Commonwealth Games. It was an event of great drama, held in dreadfully hot and humid conditions.

Pre-race favourite **Dion Russell** of Australia had led early but had been forced to retire around the half way mark, succumbing to the conditions. This left New Zealander **Craig Barrett** in the lead, a lead which he then maintained right into the final lap. Ahead by six minutes and with only 1km to go, victory looked assured.

Despite the suffocating heat and humidity, with temperatures nudging 40 degrees, there had been no warning that Barrett would hit the wall and short-circuit both body and brain. He was maintaining good pace and showing only the usual signs of distress expected after more than four hours on the road. But rounding a bend, he buckled. What followed was a danse macabre.

In pathetic scenes reminiscent of the 1984 Olympic women's marathon, Barrett's auto-pilot went haywire. His left leg refused to follow his right. As if paralysed, it flapped and sagged and dragged behind him. He attempted to keep going, then stopped. He sat in the gutter, then tried again. After 4 aborted attempts to resume, his struggle captured vividly by television cameras, he shuffled backwards in the final throes of consciousness.



Craig Barrett – before and after the collapse

As the New Zealander was helped into the ambulance, Malaysian **Govindaswamy Saravanan**, a 28 year old bank clerk, cruised past. "I saw him collapse so I knew I had gold. I knew I just had to keep my pace and finish the race to win," Saravanan said. Pandemonium broke out as he crossed the finish line in 4:10:05, becoming the first Malaysian ever to win an Commonwealth athletics gold.

Even before his adoring countrymen put the gold medal around his neck and handed him his winning bonus incentive of \$50,000, Saravanan admitted he was a shattered man. "One more thing", he called out as a huddle of journalists broke up around him. "I want to announce my retirement. Although this is my first international race, I couldn't keep this up." He had won Malaysia's only athletics medal of the Games. Of course he did not retire and is recorded as winning gold in the 2001 South East Asian Games 50km on the same Lake Titivangsa course in Kuala Lumpur with a time of 4:34:04.

Australian **Duane Cousins** walked a very well judged race in the atrocious conditions, storming home for 2nd place in 4:10:30, just 25 seconds behind the winner. Fellow Australian **Dominic McGrath** raced with his usual tactics, starting slowly and speeding up to finish in 3rd place in 4:12:52, blood streaming down his right leg from chafing caused by ill-fitting shorts.

By the evening, Barrett had recovered sufficiently to be released from hospital but he was shattered, knowing that he had been so close to the win.

Saravanan was not the only Malaysian 50km walker in the news. Ninth placed **Thirukumaran Balaysendaran** had walked the entire race in bare feet, something he usually did and something he continued to do throughout his long career until he eventually retired in 2011.

1.	Govindaswamy Saravanan	Malaysia	4:10:05
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2.	Duane Cousins	Australia	4:10:30
3.	Dominic McGrath	Australia	4:12:52
4.	Steven Hollier	England	4:18:41
5.	Mark Easton	England	4:22:23
6.	Graham White	Scotland	4:30:17
7.	Kannian Pushparajan	Malaysia	4:31:22
8.	Christopher Cheeseman	England	4:38:36
9.	Thirukumaran Balaysendaran	Malaysia	4:44:33
10.	Tony Sargisson	New Zealand	4:45:04
	Timothy Berrett	Canada	DNF
	Dion Russell	Australia	DNF
	Craig Barrett	New Zealand	DNF



Australians Duane Cousins and Dominic McGrath walk to silver and bronze in the tropical heat of Kuala Lumpur

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

Jun 9-12, 2017	Australian Masters T&F Championships, Darwin, NT. See http://ntmastersathletics.com.au/
Jun 11 (Sun), 2017	51 st LBG Racewalking Carnival, Stomlo Forest Park, Canberra, ACT
June 25 (Sun), 2017	Victorian 20km Roadwalk Championships, Middle Park, Melbourne
Aug 6 (Sun), 2017	Victorian Roadwalk Championships (including Victorian 30km Championship), Middle Park, Melbourne
Aug 6 (Sun), 2017	AMA 20km Roadwalk Championships, Adelaide, SA
Aug 27 (Sun), 2017	Australian Roadwalk Championships, Woolongong, NSW
Sept 10 (Sun), 2017	Victorian 50km Championship, Middle Park, Melbourne

2016/2017 International Dates

June 3, 2017	XXXI Gran Premio Cantones de La Coruna, Spain
June 9, 2017	European Athletics Walks Meet, Altyus, LTU
Jun 29 – Jul 1, 2017	Oceania Area Championships, Suva, Fiji
July 12-16, 2017	10 th World Youth T&F Championships, Niarobi, Kenya – THIS IS THE FINAL EDITION
August 4-13, 2017	16 th IAAF World Championships in Athletics, London, UK. See http://www.london2017athletics.com/ On Sunday 13 August, all 3 racewalks will be staged on The Mall, St James Park, London
9 Aug (Wed), 2017	2017 1,3,5 Mile Friendship Walks, London (for all those at the world champs)
August 19-30, 2017	29 th Summer Universiade, Taipei, Taiwan
Sept 9, 2017	8 th Race Walking Day in Veenendaal (Dutch Sprint Triathlon), Veenendaal, NED
Sept 24-17, 2017	Around Lake Taihu 4 Day multi day walks race, CHN

2017 Remaining IAAF Racewalk Challenge Series

June 3, 2017	XXXI Gran Premio Cantones de La Coruna, Spain
August 5-13, 2017	16 th IAAF World Championships in Athletics, London, UK.

Looking Further Ahead

Jan 20-27, 2018	Oceania Masters Athletics Championships, Dunedin, New Zealand See www.mastersathleticsoceania.com
Apr 4-15, 2018	XXI Commonwealth Games, Gold Coast, QLD (20km roadwalks). See http://www.gc2018.com Men's and Women's 20km walk, Currumbin Beachfront, Sunday 8 April
May 5-6, 2018	28 th IAAF World Race Walking Team Championships, Taicang, China
July 2018	16 th World Junior T&F Championships, Tampere, Finland
Sept 2018	22 nd World Masters Athletics T&F Championships, Malaga, Spain
Sept 28 – Oct 6, 2019	17 th IAAF World Championships in Athletics, Doha, Qatar
July 2019	30 th Summer Universiade, Brasilia, Brazil
2019	World Masters Indoors T&F Championships, Torun, Poland
July 24 – Aug 9, 2020	32 nd Olympic Games, Tokyo
July 20 – Aug 1, 2020	23 rd World Masters T&F Championships, Toronto, Canada
Aug 2021	18 th IAAF World Championships in Athletics, Eugene, USA
July 18-30, 2022	XXII Commonwealth Games, TBA

On 13th March 2017, Durban announced that it would not host the Games, due to financial constraints.

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