



HEEL AND TOE ONLINE

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

My Walkers of the Week this time around are M75 **Ralph Bennett** and W60 **Lyn Ventris** who were the dominant two Australian walkers at the recently completed World Masters Championships in Malaga, Spain.

- 61 year old Lyn won golds in the W60 5000m track walk (**26:15**) and in the W60 10km (**53:26 – W60 World Record**) and 20km (**1:58:27**) road walks. She was without question the outstanding female walker of the meet, with superb performances in all 3 events in torrid conditions. After suffering a severe hamstring injury in 2012 and eventually opting for major surgery, it has been a very long road to recovery. She did not return to racing until 2015 but recurring injuries since then postponed her return to her World Record breaking form for which she had been renowned. Finally, in the Australian Masters Championships in Perth last April, she scorched around the track in the women's 5000m walk, her time of 25:41.58 bettering the W60 World Record by an amazing 28 seconds. These 3 golds in Malaga and her World Record in the 10km roadwalk there last Monday provide further confirmation that "she is back!" It has been a long battle but she never gave up.
- 76 year old Ralph won silver in the M75 track walk (**31:38**) and gold in the M75 10km road walk (**1:04:28**) but did not contest the 20km roadwalk, where he certainly would have been well placed to increase his medal count. His efforts improved on his 2015 Lyon performance when he earned one silver, one bronze and one fourth place. Ralph had certainly not prepared fully for these championships as he has sacrificed his racing this winter to act most weeks as an official at our VRWC races at Middle Park. So it is wonderful to see some just rewards for this talented quiet achiever.



Lyn and Ralph in action in Malaga (photos Emmanuel Tardi)

WHAT'S COMING UP

- We can now all have a good rest until the AV Shield competition starts on Saturday 6th October. The AV programs and summer fixtures are now out at <http://athsvic.org.au/events/competitions/avcompetitions/av-shield/>. Round 1 starts with 2000m and 5000m track walks.
- The VRWC Summer Season fixture is also now online at <http://www.vrwc.org.au/vrwcs19.shtml>. Note 3 track walks at Mentone and 3 road walks at Middle Park. Dates are as follows:
 - Wed 17 October 2018 VRWC Track Races Mentone
 - Sun 28 October 2018 VRWC Road Races Middle Park
 - Sun 18 November 2018 VRWC Summer Championships and AGM Middle Park
 - Sun 20 January 2019 VRWC Road Races Middle Park
 - Wed 13 February 2019 AV 5000m Teams Championship & VRWC Track Walks Mentone
 - Sun 17 February 2019 VMA 5000m Championships & VRWC Track Races Mentone
- The final IAAF Race Walking Challenge event for the year starts next Monday 24th September, with the Around Taihu International Race Walking Meet to be held over 3 days in Wuzhong, China. See more at <http://www.wzdrs.com/>.

ACTRWC ROADWALKS, LAKE GINNINDERRA, CANBERRA, SATURDAY 15 SEPTEMBER

Very few results from the local Australian front, with most of the clubs now on their end of season break. Thanks to Robin Whyte for the final winter season walk results from Canberra.

7.1km Turkey Handicap

1.	Tim Fraser	37:25
2.	Hannah Manning	38:20
3.	Greg Durr	41:01
4.	Robin Whyte	47:28
5.	Kate Black	48:17
6.	Miriam McCarthy	50:24
7.	Bryan Thomas	52:32
8.	Monika Short	1:00:33
9.	Val Chesterton	1:04:57

2km Walk

1.	Ella Baker	13:34
2.	Jack Thackray	17:52
3.	Geoff Barker	18:44

TRWC ROADWALKS, DOMAIN, HOBART, SATURDAY 15 SEPTEMBER

Wayne Fletcher was the only one in action in the final Tasmanian Race Walking Club roadwalk, held at the Domain Loop in Hobart on Saturday afternoon. He advises it was a cool day, with a shower of hail then bright sun. The younger walkers were participating in a Schools T&F meet.

8km Walk

1.	Wayne Fletcher	1:05:50
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BRWC WILLI SAWALL HANDICAP, LAKE WENDOUREE, BALLARAT, SUNDAY 16 SEPTEMBER

Kerrie Peart reports on the latest Ballarat Race Walkers Club meet on Sunday at Lake Wendouree in Ballarat.

Our small group of walkers were able to show their style in front of our very own Olympian Willi Sawall for the race named in his honour. We were also pleased to have Tim Erickson join us for a brisk Sunday racewalk with the Ballarat walkers. Our new member **Laura Ballinger**, in only her second 3km race with the club, walked a fantastic 1:26 PB, so looking forward with more to come from Laura in the future. After Tim's 35km walk last week, the 3km was merely a stroll in the park, hoping he might have to join us next season in the Graeme Nicholls 6km Lap of the Lake. **Fraser Saunder** set a new U16 record and took the handicap honours on the day finishing ahead of **Scott and Jemma Peart**. Fastest time of the day was Alanna Peart in 14:21.

Willi Sawall 3km Handicap

1.	Fraser Saunder	14:41	PB 0:09	New U16 Boys Record
2.	Scott Peart	18:15		
3.	Jemma Peart	14:43		

4.	Alanna Peart	14:21	
5.	Laura Ballinger	21:05	PB: 1:26
6.	Tim Erickson	18:57	
7.	Charli Walker	20:48	



*Left: Willi Sawall, Tim Erickson and BRWC co-founder Daryl Biggins on Sunday at Lake Wendouree
Centre: Willi presents the Willi Sawall trophy to winner Fraser Saunders
Right: New club member Laura Ballinger holds out Tim Erickson in the sprint to the finish*

22ND WORLD MASTERS ATHLETICS T&F CHAMPIONSHIPS, MALAGA, SPAIN, SEPT 4-16, 2018

The World Masters Championships wound up on Sunday in Malaga, Spain, after a great 2 weeks of competition in the hot and humid conditions. I reported on the 5000m track walks and the 10km roadwalks in last week's newsletter. This week, I can complete the job with the 20km roadwalks which were held as 3 separate races on Friday 14th September. Like last week, I restrict my reporting to the first 10 in each division. See http://www.rfea.es/competi/result2018/airelibre/Malaga2018_Non_Stadia/C08.14092018.html if you need to drill further down into the listings.

M65+ and W65+ 20km Roadwalks, Friday 14 September, 8AM

M65 Mexican walker **Jose Luis Lopez Camarena** won the first race overall (1:51:45), ahead of M65 French walker **Patrice Brochot** (1:52:13), M70 British walker **Ian Richards** (1:55:00) and M65 Spanish walker **Ignacio Melo Valls** (1:55:23). The only other one to break the 2 hour mark was M65 **Vincenzo Panico** (1:56:42). The fastest women were W65 Canadian **Kris Kozell** (2:11:55). W65 Spanish walker **Aurora Alvarez Ordas** (2:14:03) and W70 South African walker **Elsa Meyer** (2:14:28). Australians **Jim Seymon** (M80) and **Joan Purcell** (W75) took bronzes in their divisions. A big field indeed with 36 women and 70 men.

M65	1	Jose Luis Lopez Camarena	MEXICO	1:51:45
	2	Patrice Brochot	FRANCE	1:52:13
	3	Ignacio Melo Valls	SPAIN	1:55:23
	4	Vincenzo Panico	FRANCE	1:56:42
	5	Eric Kemsley	NEW ZEALAND	2:01:19
	6	Peter Boszko	GREAT BRITAIN AND N.I.	2:01:44
	7	Jurgen Albrecht	GERMANY	2:02:43
	8	Daniel Siegenfuhr	FRANCE	2:05:10
	9	Patrick Colomar	FRANCE	2:05:11
	10	Gavon Balharry	SWITZERLAND	2:11:41
	12	Dennis Williams	AUSTRALIA	2:16:34
	15	John Russell	AUSTRALIA	2:18:39
M70	1	Ian Richards	GREAT BRITAIN AND N.I.	1:55:00
	2	Formentin Etorino	ITALY	2:02:33
	3	Tom Dooley	UNITED STATES	2:10:02
	4	Roberto Piaser	ITALY	2:10:19
	5	Norman Frable	UNITED STATES	2:10:48
	6	Gavon Balharry (f)	SWITZERLAND	2:11:41
	7	Fernand Rabatel	FRANCE	2:12:35
	8	Pasquale Palella	ITALY	2:15:01
	9	Peter Schumm	GERMANY	2:15:26

	10	Roger Michell	GREAT BRITAIN AND N.I.	2:15:36
	11	Bernd Ocker Holters	GERMANY	2:20:09
M75	1	Peter Schumm	GERMANY	2:15:26
	2	Vladimir Kansky	CZECH REPUBLIC	2:21:57
	3	Marcel Jobin	CANADA	2:22:51
	4	Wolf-Dieter Giese	GERMANY	2:23:24
	5	Zdenek Gonsiorovsky	CZECH REPUBLIC	2:30:13
	6	Raitis Lerme	LATVIA	2:38:24
	7	Gunars Rubenis	LATVIA	2:38:32
	8	Alexis de Coppet	SWITZERLAND	2:39:29
M80	1	Alexis Jordana	FRANCE	2:29:54
	2	Mykola Panaseiko	UKRAINE	2:33:01
	3	Thomas Seymon	AUSTRALIA	2:47:45
	4	Andrejs Vacietis	LATVIA	2:57:01
M85	1	Ivan Pushkin	UKRAINE	2:43:42
	2	Sergio Augusto Michel Paoli	DOMINICAN REPUBLIC	2:56:50
M90	DQ	Sriramulu Vallabhajosyula	INDIA	DQ
W65	1	Kris Kozell	CANADA	2:11:55
	2	Aurora Alvarez Ordas	SPAIN	2:14:03
	4	Marianne Martino	UNITED STATES	2:15:28
	5	Winnie Koekemoer	SOUTH AFRICA	2:15:48
	6	Maria Jose Briz	SPAIN	2:24:13
	7	Claudine Anxionnat	FRANCE	2:26:49
	8	Hildegard Vey	SOUTH AFRICA	2:32:41
	9	Janine Bernier	FRANCE	2:35:53
	10	Suzanne Loyer	FRANCE	2:38:42
W70	1	Elsa Meyer	SOUTH AFRICA	2:14:28
	2	Jacqueline Wilson	NEW ZEALAND	2:17:27
	3	Antonina Tyshko	UKRAINE	2:21:31
	4	Noel Blatchford	GREAT BRITAIN AND N.I.	2:21:51
	5	Ursula Klink	GERMANY	2:32:26
	6	Kathleen Frable	UNITED STATES	2:34:25
	7	Janine Bernier	FRANCE	2:35:53
	8	Panseluta Geer	UNITED STATES	2:35:57
	9	Suzanne Loyer	FRANCE	2:38:42
	10	Darlene Backlund	UNITED STATES	2:39:08
W75	1	Hannele Kivisto	FINLAND	2:30:30
	2	Hildegard Vey	SOUTH AFRICA	2:32:41
	3	Joan Purcell	AUSTRALIA	2:40:10
	4	Ursula Herrendoerfer	GERMANY	2:44:30
	5	Vera Grinberte	LATVIA	2:44:31
	6	Gisela Theunissen	GERMANY	2:47:05
	7	Larysa Lebedieva	UKRAINE	2:48:34
	8	Helga Drager	GERMANY	2:54:27
	9	Lynne Schickert	AUSTRALIA	2:57:20
W80	1	Ana Maria Ortiz	MEXICO	2:53:51
	2	Erna Anritter	GERMANY	2:55:33

W35-W60 20km Roadwalks, Friday 14 September, 10:45AM

The second wave of 20km walkers (W35-W60) got underway at 10:45AM, with the 91 walkers sweltering in much hotter conditions. M40 Portuguese walker **Sandra Silva** (1:49:52) was fastest, ahead of W35 Italian **Tatiana Zucconi** (1:50:04) and American walker **Erin Taylor-Talcott** (1:51:31). Australian W60 winner **Lyn Ventris** (1:58:27) was one of 12 walkers who bettered 2:00:00.

W35	1	Nadezda Duskova	CZECH REPUBLIC	1:59:27
	2	Felicidade Rosa	PORTUGAL	2:04:22
	3	Martina Netolicka	CZECH REPUBLIC	2:04:55
	4	Micaela Benzi	ITALY	2:05:55
	5	Fatima Costa	PORTUGAL	2:14:20
	6	Adele Ropers	FRANCE	2:15:43
	7	Maria Angelova	BULGARIA	2:16:49
W40	1	Sandra Silva	PORTUGAL	1:49:52
	2	Tatiana Zucconi	ITALY	1:50:04
	3	Erin Taylor-Talcott	UNITED STATES	1:51:31
	4	Christele Jouan	FRANCE	1:51:56
	5	Bianca Schenker	GERMANY	1:53:26
	6	Brit Schroter	GERMANY	1:53:38
	7	Kathryn Grimes	UNITED STATES	2:04:01
	8	Mariaan Serdyn	SOUTH AFRICA	2:04:05

	9	Chik Ha Kwok	HONG KONG, CHINA	2:11:20
	10	Vita Ormane	LATVIA	2:13:21
W45	1	Alexandra Lamas	PORTUGAL	1:57:23
	2	Lenka Borovickova	CZECH REPUBLIC	2:01:54
	3	Mariaan Serdyn	SOUTH AFRICA	2:04:05
	4	Roberta Mombelli	ITALY	2:05:09
	5	Alicja Lisowska	POLAND	2:06:18
	6	Melania Aurizzi	ITALY	2:06:31
	7	Virginia Humanes Portillo	SPAIN	2:07:45
	8	Vanessa Royer	FRANCE	2:11:17
	9	Ma.del Carmen Lupercio Luevano	MEXICO	2:12:04
	10	Clarisa Alcaire	SPAIN	2:12:08
W50	1	Lisa Kehler	GREAT BRITAIN AND N.I.	1:51:45
	2	Katalin Bodorkos-Horvath	HUNGARY	1:55:48
	3	Valerie Boban	FRANCE	1:57:55
	4	Manuela Lucaferro	ITALY	2:03:27
	5	Kathryn Grimes	UNITED STATES	2:04:01
	6	Johanna Flipsen	CANADA	2:04:33
	7	Carmen Martin Pinuela	SPAIN	2:05:48
	8	Myriam Nicolas	BELGIUM	2:05:52
	9	Susan Brooke	CANADA	2:07:33
W55	1	Mirella Patti	ITALY	2:01:44
	2	Marie Jackson	GREAT BRITAIN AND N.I.	2:06:59
	3	Dora Briere	SWITZERLAND	2:09:53
	4	Helen Middleton	GREAT BRITAIN AND N.I.	2:14:09
	5	Rita Zuravlova	LATVIA	2:17:52
	6	Anne Weekes	AUSTRALIA	2:18:14
	7	Maureen Noel	GREAT BRITAIN AND N.I.	2:18:27
	8	Brigitte Patrzalek	GERMANY	2:20:53
	9	Yolanda Esparza Cornejo	MEXICO	2:30:59
	10	Dace Saulite	LATVIA	2:31:02
	DQ	Sandra Howorth	AUSTRALIA	DQ
W60	1	Lynette Ventris	AUSTRALIA	1:58:27
	2	Johanna Flipsen	CANADA	2:04:33
	3	Catherine Duhig	GREAT BRITAIN AND N.I.	2:11:40
	4	Therese Cornet	FRANCE	2:12:39
	5	Giuseppina Comba	ITALY	2:14:00
	6	Liliane Bonvarlet	FRANCE	2:15:54
	7	Josefina Lopez Serna	MEXICO	2:19:42
	8	Marita Echle	GERMANY	2:22:41
	9	Natalia Marcenco	ITALY	2:26:33
	10	Chantal Dominguez ep.Azam	FRANCE	2:30:34

M35-M60 20km Roadwalks, Friday 14 September, 6:30PM

The final wave of 20km walkers (M35-M60) got underway at 6:30PM. M35 British walker **Dominic King** (1:35:04) led them home, ahead of M40 Dutch walker **Rick Liesting** (1:35:33), M35 German walker **Andreas Janker** (1:39:33), M40 French walker **Stephane Poirout** (1:39:42) and M50 Spanish walker **Miguel Angel Carvajal Ortega** (1:39:53). All 5 of them bettered 1:40:00. The M45 division saw a close fight for medals, with only 8 seconds only separating the first 3, **Alex Florez** (1:40:28) just ahead of **Juan Antonio Porras Hidalgo** (1:40:34) and **Dmitry Babenko** (1:40:36). M60 **Colin Heywood** (2nd 1:55:33) was the best of the Australians.

M35	1	Dominic King	GREAT BRITAIN AND N.I.	1:35:04
	2	Andreas Janker	GERMANY	1:39:33
	3	Marcos Monterrubio	SPAIN	1:41:12
	4	Daniel King	GREAT BRITAIN AND N.I.	1:42:14
	5	Luis Correia	PORTUGAL	1:45:52
	6	Antonio Camano Mesa	SPAIN	1:46:40
	7	Francisco Reis	PORTUGAL	1:49:45
	8	Henrique Santos	PORTUGAL	1:55:00
	9	Shota Hirahara	JAPAN	1:59:53
	10	Jose Manuel Rodriguez Jimenez	SPAIN	2:00:12
M40	1	Rick Liesting	NETHERLANDS	1:35:33
	2	Stephane Poirout	FRANCE	1:39:42
	3	Etiel Soto Maldonado	MEXICO	1:41:33
	4	Martin Nedvidek	CZECH REPUBLIC	1:41:33
	5	Francesc Rodriguez Martinez	SPAIN	1:42:19
	6	Normunds Ivzans	LATVIA	1:44:03
	7	Remco de Bruin	NETHERLANDS	1:46:29

	8	Alonso Sanchez Carmona	MEXICO	1:46:48
	9	Brian B. O Domhnaill	IRELAND	1:49:39
	10	Igor Sapunov	ITALY	1:50:04
M45	1	Alex Florez	SWITZERLAND	1:40:28
	2	Juan Antonio Porras Hidalgo	SPAIN	1:40:34
	3	Dmitry Babenko	CANADA	1:40:36
	4	Etiel Soto Maldonado	MEXICO	1:41:33
	5	Normunds Ivzans	LATVIA	1:44:03
	6	Meftah Swaich	FRANCE	1:44:14
	7	Rafael Martin Jmenez	SPAIN	1:44:22
	8	Jose Antonio Aparicio Montagud	SPAIN	1:48:27
	9	Manuel Jesus Ruiz Asencio	SPAIN	1:50:10
	10	David Durand Pichard	FRANCE	1:53:32
M50	1	Miguel Angel Carvajal Ortega	SPAIN	1:39:53
	2	Leonardo Toro Lopez	SPAIN	1:42:23
	3	Rodrigo Moreno	COLOMBIA	1:43:05
	4	Philippe Bonneau	FRANCE	1:44:46
	5	Andrew Duncan	AUSTRALIA	1:45:57
	6	Remco de Bruin	NETHERLANDS	1:46:29
	7	Juan Manuel De Lucas Pasalodos	SPAIN	1:52:28
	8	Josef Smola	CZECH REPUBLIC	1:52:36
	9	Steffen Meyer	GERMANY	1:53:18
	10	Csaba Dudas Gyula	HUNGARY	1:54:20
M55	1	Ray Sharp	UNITED STATES	1:44:36
	2	Miguel Perianez Garcia	SPAIN	1:45:50
	3	Sergio Antonio Gutierrez Brenes	COSTA RICA	1:48:13
	4	Francisco Reis	PORTUGAL	1:49:45
	5	Adan Mendez Montiel	MEXICO	1:53:57
	6	Abel Monsivais Juarez	MEXICO	1:54:08
	7	Uwe Schroter	GERMANY	1:54:21
	8	Kari Laiho	FINLAND	1:54:25
	9	Jose Munoz Belmonte	SPAIN	1:54:38
	10	Yvan Bechard	CANADA	1:55:51
M60	1	Adan Mendez Montiel	MEXICO	1:53:57
	2	Colin Heywood	AUSTRALIA	1:55:33
	3	Rosario Gallo	ITALY	1:57:11
	4	Malcolm Martin	GREAT BRITAIN AND N.I.	2:07:46
	5	Harijs Abolins	LATVIA	2:08:12
	6	Stuart Bennett	GREAT BRITAIN AND N.I.	2:09:22
	7	Vitalijs Deksnis	LATVIA	2:13:39
	8	Werner Schaller	GERMANY	2:15:46
	9	William Rehder	UNITED STATES	2:17:20
	10	Uwe Tolle	GERMANY	2:17:35

Thanks to Emmanuel Tardi for his huge collection of photos. See <https://www.facebook.com/photo.php?fbid=10215267007142610&set=a.10215267001622472&type=3&theater>.



Emmanuel roadside with his camera in Malaga



M45 Alex Flores, M55 Ray Sharp, M40 Rick Liesting and M50 Miguel Angel Carvajal Ortega



M60 Adan Mendez Montiel, M65 Jose Luis Lopez, M70 Ian Richards, W35 Tatiana Duskova and W50 Lisa Kehler



W70 Elsa Meyer, W55 Mirella Patti, W45 Alexandra Lamas and W40 Sandra Silva



M50 Andrew Duncan, W60 Lyn Ventris, M80 Jim Seymon and M60 Colin Heywood (all photos Emmanuel Tardi)

TROFÉU BRASIL CAIXA DE ATLETISMO, BRAGANÇA PAULISTA, BRAZIL, 14-16 SEPTEMBER

Caio Bonfim and **Erica de Sena** confirmed their favoritism by winning the 20km walks on Saturday in the Trofeu Brasil in Bragança Paulista, Brazil. Bonfim, who has not raced since March, won the men's walk with 1:25:31 while de Sena won the women's walk with 1:45:49. They now head off to China where they will compete in the Around Taihu 3 Day Meet. For the first time, 50km events were included, with **Viviane Santana Lyra** (4:41:39) and **Claudio Richardson dos Santos** (4:44:20) taking the inaugural titles. See more at http://www.cbata.org.br/competicoes/trofeu_brasil/2018/default.asp.

50 km Women

1.	Viviane Santana Lyra	1993	4.41.39
2.	Nair da Rosa	1980	5.06.33
3.	Eliany Santana Barbosa	1984	5.12.40

50 km Men

1.	Claudio Richardson dos Santos	1977	4.44.20
2.	Luiz Felipe dos Santos	1983	5.06.43

3.	Marlon Rodrigues da Costa	1998	5.38.01
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20 km Women

1.	Erica Rocha de Sena	1985	1.45.49
2.	Paula Raissa Paz da Silva	1993	1.49.43
3.	Elysle da Silva Albino	1994	1.54.29
4.	Tatiana de Moraes Pereira	2000	2.00.39
5.	Jessica Vital da Paz	1997	2.02.21
6.	Rebeca Benigna Fernandes	1999	2.02.32
7.	Elica de Oliveira Costa	2000	2.03.30
8.	Thaissa Gabrielle Santos Cunha	1999	2.03.34

20 km Men

1.	Caio Bonfim	1991	1.25.31
2.	Lucas Gomes Mazzo	1994	1.30.39
3.	Jose Alessandro Bagio	1981	1.31.00
4.	Moacir Zimmermann	1983	1.33.49
5.	Max Batista Goncalves dos Santos	1994	1.41.52
6.	Bruno Marques Fidelis	1994	1.44.44
7.	Diogo Dias Gamboa	1983	1.45.59
8.	Erison Gerson dos Santos da Silva	1999	1.47.14

87TH JAPANESE INTERCOLLEGIATE ATHLETICS CHAMPIONSHIPS, KAWASAKI CITY, JAPAN, FRIDAY 7 SEPT

Back a week for the 87th edition of the Japanese Intercollegiate Athletics Championships which was held in Kawasaki City near Tokyo on Friday 7th September. 10,000m track walks were on offer, with the women up first at 4:30PM and the men an hour later at 5:30PM in hot and humid conditions. Thanks to marciadalmondo (http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3283) for the results and race reports.

10,000m Walk Women

Of the 27 starters, 26 women finished their 10,000m track walk in an impressive display of depth. First place overall went to **Aguri Hashi** (PB 47:31.33) ahead of **Serena Sonoda** (47:40.78) and **Yukiho Mizoguchi** (48:27.11).

1.	HASHI Aguri	JPN	47:31.33
2.	SONODA Serena	JPN	47:40.78
3.	MIZOGUCHI Yukiho	JPN	48:27.11
4.	YAGI Maika	JPN	48:30.83
5.	FUKAMIZU Riho	JPN	49:34.16
6.	SUGIYAMA Tomoka	JPN	49:36.81
7.	MATSUMOTO Sayori	JPN	49:41.56
8.	HAYASHI Nami	JPN	49:54.79
9.	HONNMA Shion	JPN	50:13.72
10.	ABE Maria	JPN	50:36.07
11.	ASANO Narumi	JPN	50:51.16
12.	NORIMOTO Nanako	JPN	51:00.19
13.	TODOKORO Chisa	JPN	51:00.34
14.	YAGIWARA Kaede	JPN	51:04.04
15.	SUENAGA Kie	JPN	51:42.45
16.	KON Kaede	JPN	51:51.39
17.	KURIHARA Miyabi	JPN	52:14.10
18.	SHIMADA Chisato	JPN	52:42.45
19.	KURAHARA Natsumi	JPN	52:45.86
20.	ASANO Mayo	JPN	53:03.65
21.	TAKAYAMA Mizuka	JPN	53:31.74
22.	WADA Natsumi	JPN	53:48.15
23.	OONO Miyu	JPN	55:11.16
24.	OMURA Yurika	JPN	57:22.29
25.	ASAMIZU Chiho	JPN	57:34.61
26.	YOSHIDA Yu	JPN	57:58.67

10,000m Walk Men

Another high quality race for the men, with 33 of the 37 finishing and with the first 24 finishers bettering 45:00. 20 year old **Kouki Ikeda**, winner of this year's IAAF World Race Walking Team Championships 20km, won by seven seconds (40:35.34) from **Masatora Kawano** (40:42.50), with Yuta Koga (40:56.34) 12 secs further back in third place.

1.	IKEDA Koki	JPN	40:35.34
2.	KAWANO Masatora	JPN	40:42.50

3.	KOGA Yuta	JPN	40:56.34
4.	TAKAHASHI Kazuki	JPN	41:31.67
5.	SUGANAMI Yuya	JPN	41:35.05
6.	TOYAMA Kohei	JPN	41:35.85
7.	KONDO Ryosuke	JPN	41:38.86
8.	MURAYAMA Yutaro	JPN	41:39.92
9.	MURAO Yuki	JPN	41:41.63
10.	NAKA Yusuke	JPN	42:13.02
11.	TERADA Takuto	JPN	42:13.52
12.	SHIOYA Riku	JPN	42:18.31
13.	MOCHIDA Akito	JPN	42:36.77
14.	NAGAYAMA Tatuhiro	JPN	42:40.38
15.	ISHII Katsuya	JPN	42:41.19
16.	NAGAHARA Hideto	JPN	43:16.94
17.	TAKEUCHI Yu	JPN	43:38.68
18.	JUSHO Hiroto	JPN	43:39.72
19.	SUZUKI Tomohiro	JPN	44:20.43
20.	TAKANO Keita	JPN	44:22.70
21.	KOBUKAI Taishi	JPN	44:35.00
22.	TERASHIMA Tomoharu	JPN	44:38.51
23.	KENMOTSU Taichi	JPN	44:50.62
24.	UEDA Toshiki	JPN	44:59.44
25.	SAKAKIBARA Hayato	JPN	45:01.04
26.	NAKAJIMA Yamato	JPN	45:21.23
27.	GOTO Junpei	JPN	45:22.65
28.	UEDA Kazuma	JPN	45:51.18
29.	NAKAGAWA Takeshi	JPN	46:04.36
30.	TAKAHASHI Naoki	JPN	46:20.61
31.	TAKAHASHI Hironori	JPN	47:44.86
32.	TAJIMA Tomohiro	JPN	49:11.60
33.	MORITA Yasusi	JPN	50:11.84

28 HEURES DE ROUBAIX, ROUBAIX, FRANCE, 15-16 SEPTEMBER

Thanks to Emmanuel Tardi for the results and photos from this year's 28 Heures de Roubaix Classic. The race, which started at 9AM on Saturday morning and finished at 1PM on Sunday afternoon and was held over a 2km lap, saw perfect conditions for a change. **Gérard Guetat**, who was after a long walk hitout before the French National 100km Championship, led early before surrendering his lead to **Emmanuel Lassalle**. Lassalle led the field through the 100km mark, but with 4 walkers all within striking distance. During the night, **David Vandercoilden** caught and passed him, going on to win with 225.907km. It was the first French victory since Noel Dufay who won the race in 1992 with 249km. Lassalle held on for second with 223.859km, ahead of **Dmitri Osipov** with 217.907km. The women's crown went to **Tatiana Maslova** with 199.158km, ahead of **Irina Poutintseva** with 188.540km and **Marie Cain** with 185.860km.

Full results at http://www.marchons.com/index.php?option=com_wrapper&view=wrapper&Itemid=93&lang=fr.

1.	VANDERCOILDEN David	Villeneuve d Ascq Fretin Athle	FRA	225.907 km	28:00:00	VEH	1
2.	LASSALLE Emmanuel	Cm Roubaix	FRA	223.859 km	28:00:00	SEH	1
3.	OSIPOV Dimitri	Ind St-petersbourg	RUS	217.907 km	28:00:00	VEH	2
4.	VERMEIR Guido	Rc Gent	BEL	213.164 km	28:00:00	VEH	3
5.	MAJETIC Ivo	Colorado Walkers	USA	203.048 km	28:00:00	VEH	4
6.	MASLOVA Tatiana (W)	Baltic Star St-petersbourg	RUS	199.158 km	28:00:00	SEF	1
7.	VAN CAUWENBERGHE Chris	Rc Gent	BEL	195.832 km	28:00:00	VEH	5
8.	KONDRATENKO Alexei	Ind St-petersbourg	RUS	189.519 km	28:00:00	VEH	6
9.	POUTINTSEVA Irina (W)	Ind St-petersbourg	RUS	188.540 km	28:00:00	VEF	1
10.	CAIN Marie (W)	Esperance Antibes	FRA	185.860 km	28:00:00	VEF	2
11.	TURAU Anatoli	Ind Minsk	BLR	185.450 km	28:00:00	VEH	7
12.	KOROTKOV Alexander	Dinamo Spb	RUS	183.358 km	28:00:00	VEH	8
13.	BALLAND Johann	Athletic Vosges Entente Clubs	FRA	183.142 km	28:00:00	VEH	9
14.	RODIONOV Aleksey	Mgu Lesgaft St-Petersbourg	RUS	182.216 km	28:00:00	VEH	10
15.	SONNOIS Martine (W)	Racing Club Haut-jura Morez	FRA	182.162 km	28:00:00	VEF	3
16.	DAVID Christine (W)	Essonne Athletic	FRA	180.799 km	28:00:00	VEF	4
17.	LYKYANOV Sergey	Ind St-petersbourg	RUS	177.414 km	28:00:00	VEH	11
18.	MIROSHNICHENKO Vera (W)	Dinamo Spb	RUS	176.131 km	28:00:00	VEF	5
19.	AGISHEV Igor	Ind Province Volga	RUS	175.520 km	28:00:00	SEH	2
20.	HASSEVELDE Sebastien	Touquet Opale Athletisme	FRA	170.008 km	28:00:00	VEH	12
21.	FURSOV Vitebeslaw	Ind St-Petersbourg	RUS	169.423 km	28:00:00	VEH	13
22.	LABORIE Christophe	Essonne Athletic	FRA	168.799 km	28:00:00	VEH	14

23.	KONING Johan	Sv Lat Amsterdam	NED	167.522 km	28:00:00	VEH	15
24.	BOUFFLERT Eric	G.a.b.s	FRA	166.059 km	28:00:00	VEH	16
25.	KAZANTSEV Vladimir	Ind Minsk	BLR	165.786 km	28:00:00	VEH	17
26.	FILLIEUX Christian	Ca Famenne	BEL	164.605 km	28:00:00	VEH	18
27.	TARASEVICH Alexander	Und Brest	BLR	162.540 km	28:00:00	VEH	19
28.	SEYNAEVE Serge	Cm Roubaix	BEL	158.762 km	28:00:00	VEH	20
29.	ECHE Dominique	Nice Cote D'azur Athletisme	FRA	158.023 km	28:00:00	VEH	21
30.	MOUGENOT Patrick	Marne Et Gondoire Athletisme	FRA	157.473 km	28:00:00	VEH	22
31.	EMONIERE Philippe	Cosm Arcueil	FRA	152.123 km	28:00:00	VEH	23
32.	AGISHEVA Olga (W)	Ind Province Volga	RUS	147.049 km	28:00:00	SEF	2
33.	DANDOY Jeremy	Cm Roubaix	FRA	141.849 km	28:00:00	SEH	3
34.	RASSAIND Andre	Ea Centre Isere	FRA	127.670 km	28:00:00	VEH	24
35.	MACHAL Francis	Cm Roubaix	FRA	118.060 km	28:00:00	VEH	25
36.	LANEAU Maxime	US Camon	FRA	110.000 km	15:57:59	SEH	4
37.	LHERITIER Michel	Sainte Maure Athletic Club	FRA	104.156 km	28:00:00	VEH	26
38.	DEPREZ Celine (W)		FRA	103.679 km	28:00:00	VEF	6
39.	GRADOS Stephane	Cm Roubaix	FRA	94.000 km	15:12:40	VEH	27
40.	VOS Martin	DAK Brunen	BEL	86.000 km	28:00:00	VEH	28
41.	VERMEERSCH Christian	Nl Roubaix	FRA	72.000 km	09:52:13	VEH	29
42.	NITYAGOVSKAYA Liudmila (W)	Tv Forst Germany	RUS	69.940 km	28:00:00	SEF	3
43.	GUETAT Gerard	Troyes Omnisports	FRA	66.000 km	07:08:59	VEH	30
44.	DE MARCILLAC Bertrand	Ca Montreuil 93	FRA	60.000 km	11:04:56	VEH	31
45.	TAGHON Johan	Ac Beverland	BEL	48.000 km	05:45:12	VEH	32
46.	ROZE Eddy	Amiens Uc	FRA	44.000 km	05:25:53	VEH	33
47.	SYSTEROV Serguei	Ind St-Petersbourg	RUS	40.000 km	28:00:00	VEH	34

100km Walk (splits - first 6)

1.	LASSALLE Emmanuel	Cm Roubaix	11:37:20
2.	VANDERCOILDEN David	Cm Roubaix	11:45:24
3.	MAJETIC Ivo	Colorado Walkers	11:56:56
4.	OSIPOV Dimitri	Ind St-petersbourg	11:58:38
5.	LABORIE Christophe	Essonne Athletic*	12:03:22
6.	VERMEIR Guido	Rc Gent	12:11:56

Emmanuel advises that there is a comprehensive photo gallery at https://photos.google.com/share/AF1QipM-NuW4fQt5mhGvSteYJbosj4F8SmmooxfH3kwsj3BI2D_tRYcR0xXVBpZayy4MA?key=MjIYT2hWNXQ2WGVqMEFrdFhBQ19qOFFFajhPUGxB.

It was great to see 50km World Record holder Yohann Diniz there as a supporter. I think that if he walked any laps, they might have been a tad faster than the ultra walkers!



Johann Diniz (supporting), Emmanuel Lassalle, David Vandercoilden, Guido Vermeir and Dimitri Osipov



Irina Putinseva, Tatiana Maslova and Marie Cain

And to finish off this report, check out Emmanuel's history of the Roubaix 28 Hour Race, as seen by his top 20 lists from 1954 to 2017. See <http://centurions.org.au/documents/28h%20de%20Roubaix%20top%202020.pdf>.

53RD NIJMEGEN-ROTTERDAM (160KM), NIJMEGEN, NED, 15016 SEPTEMBER

Last weekend saw one of the very popular ultra distance events of the European year, the annual Nijmegen to Rotterdam walk (see <http://www.rotterdamsewandelsportvereniging.nl/index.php?page=nijmegen-rotterdam-160-km>). It got underway on Saturday morning, nearly 70 walkers setting out from the Nijmeegse Kronenburg Park and hoping to complete the 160km walk to Rotterdam.

This event is not a race. Rather, it is a group walk, with the leaders travelling at a pace of 7km/hr. Regular cafe stops are scheduled every 20km, when the group reforms and then off they go again. A meal stop is scheduled at the 60km mark in Leersum. This leads to a wonderful sense of comraderie, with everyone helping everyone else. It is a great concept which ensures that most of the walkers actually finish the long walk to the Kralingsebos in Rotterdam after the allotted 29 hours.

I see a number of Australian Centurions amongst the list, namely **Sandra Brown, Sue Clements** and **Adrie Ros**. 81 year old **Jaap Visser** (the oldest finisher ever in this event) also lined up again this year. Alas no finishing lists as yet.

It takes a huge workforce to put on something like this so well done to the organisers and volunteers.

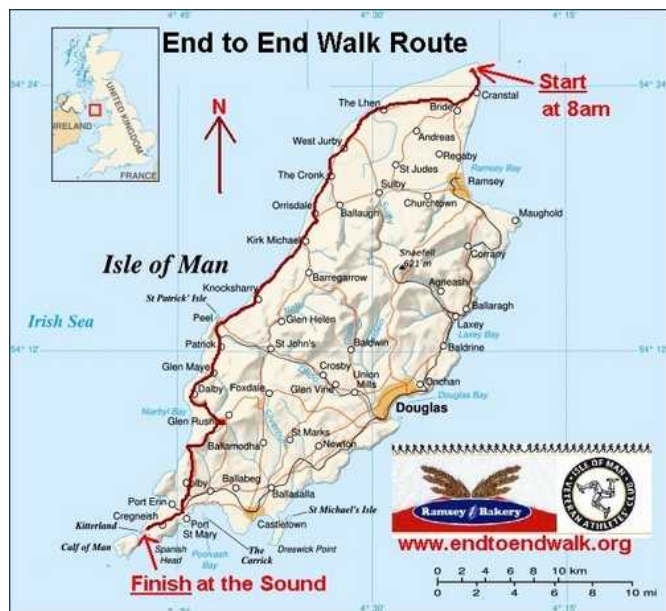
RAMSEY BAKERY END TO END WALK, ISLE OF MAN, SUNDAY 16 SEPTEMBER

It was certainly a big weekend for long distance walking classics, with the annual End to End walk also contested in near perfect conditions on Sunday on the Isle of Man. As usual, it started at the Point of Ayre and finished at the Sound, a distance of 39.22 miles. **Richard Gerrard** won in a time of 7:01:02, ahead of **James Quirk** (7:10:05) and **Michelle Turner** (7:16:07). After taking out those who retired at The Cronk (12.43 miles), Peel (22.16 miles), Dalby (27.70 miles) and Cregneash (37.00 miles), 74 of the 126 walkers completed the full course. See more at <http://www.endtoendwalk.org/>.

The End to End Walk (those who bettered 8 hours)

1.	Richard Gerrard	Men 45-49	7:01:02
2.	James Quirk	Men 45-49	7:10:05
3.	Michelle Turner	Women 45-49	7:16:07
4.	Tony Edwards	Men 55-59	7:20:26
5.	David Walker	Men 45-49	7:39:36
6.	Andy Green	Men 60-64	7:44:06
7.	Jayne Farquhar	Women 45-49	7:48:23
8.	Chris Burn	Men 40-44	7:48:23
9.	Paul Jennings	Men 35-39	7:49:44
10.	Luke McKinlay	Senior Men	7:51:42
11.	Tony Holgate	Men 60-64	7:54:52
12.	Richard Leigh	Men 45-49	7:57:21
13.	Ray Pitts	Men 65-69	7:57:51

Lots of photos at <http://isleofman.in/p267408564>.



Left: placegetters Michelle Turner Richard Gerrard James Quirk
Right: The course map

OUT AND ABOUT

- Canadian Olympic champion Beanie Scott has resigned from the WADA Compliance Review Committee. The move comes after that six-person committee recommended last Friday that the Russian Anti-Doping Agency (RUSADA) be reinstated. WADA made changes (read 'softened') to some of the most stringent requirements to bring RUSADA back into compliance following a nearly three-year suspension. See <https://www.cbc.ca/sports/olympics/trackandfield/beanie-scott-wada-russian-doping-agency-1.4825469>.
- I noted in last week's newsletter that **Pramesh Prasad**, who won the Victorian 50km Championship, had bettered the Fijian National Record. It has since been ratified by the Fijian Athletics Assn. That makes 4 Fijian records to Pramesh in the last 7 months (5000m, 10km, 30km and 50km). His comment: *This is something I didn't even dream about few years ago Tim because I was so much overweight, about 118kg, and couldn't even run a km.* Well done on reinventing yourself Pramesh!
- **Paul DeMeester** has updated his 2018 50km World Ranking Lists to include last weekend's races in Brazil. See the updated list at <http://www.vrwc.org.au/documents/2018%2050km%20Ranking%20Lists.pdf>.

MARCIADALMONDO AND OMARCHADOR ROUNDUP

There are 4 press release for us from Marciadalmondo this week

- Mon 17 Sep - Bragança Paulista (BRA): victories of Caio Bonfim and Erica de Sena http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3286
- Sun 16 Sep - Trieste (ITA): the 10th Memorial Rodolfo Crasso a muted celebration http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3285
- Sat 15 Sep - Trnava (SVK): Results of the Slovak U16 Championships http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3284
- Thu 13 Sep - Kawasaki City (JPN) victories of Aguri Ashi (JPN) and Koki Ikeda (JPN) http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3283

and omarchador has 14 press releases

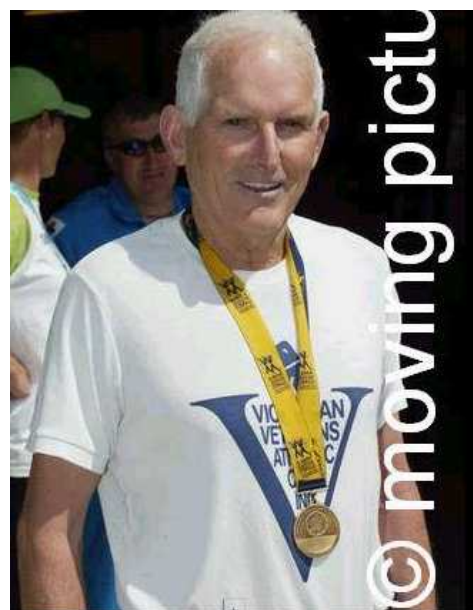
- Mon 17 Sep - Viviane Lyra and Claudio Richardson Santos, the best in the Trofeu Brasil 50km <http://omarchador.blogspot.com/2018/09/viviane-lyra-e-claudio-richardson.html>

- Mon 17 Sep - Caio Bonfim and Erica de Sena stand out in the Trofeu Brasil 20km
<http://omarchador.blogspot.com/2018/09/caio-bonfim-e-erica-de-sena-destacam-se.html>
- Sun 16 Sep - Results of M35-M60 20km walks at WMA Champs in Malaga
<http://omarchador.blogspot.com/2018/09/wmac-malaga-20-km-m35-m60-resultados-149.html>
- Sun 16 Sep - Results of W35-W60 20km walks at WMA Champs in Malaga
<http://omarchador.blogspot.com/2018/09/wmac-malaga-20-km-w35-w60-resultados-149.html>
- Sun 16 Sep - Results of W65+ 20km walks at WMA Champs in Malaga
<http://omarchador.blogspot.com/2018/09/wmac-malaga-20-km-w65-resultados-149.html>
- Sun 16 Sep - Results of M65+ 20km walks at WMA Champs in Malaga
<http://omarchador.blogspot.com/2018/09/wmac-malaga-20-km-m65-resultados-149.html>
- Fri 14 Sep - Results of the 5000m walks as the Asia Pacific Masters Games in Penang
<http://omarchador.blogspot.com/2018/09/jogos-asia-pacifico-penang-5000-m.html>
- Thu 13 Sep - Results of the 3000m walks as the Asia Pacific Masters Games in Penang
<http://omarchador.blogspot.com/2018/09/jogos-asia-pacifico-penang-3000-m.html>
- Thu 13 Sep - Stano and Palmisano win Italian Open 10km walks in Pescara
<http://omarchador.blogspot.com/2018/09/stano-e-palmisano-em-destaque-nos.html>
- Wed 12 Sep - 18 year old Turkish walker Muratcan Karapinar gets 4 year suspension for doping
<http://omarchador.blogspot.com/2018/09/jovem-marchador-turco-com-4-anos-de.html>
- Wed 12 Sep - Report of Greek Racewalking Camp at Mati
<http://omarchador.blogspot.com/2018/09/camping-de-marcha-atletica-em-mati.html>
- Wed 12 Sep - Results of M35+ 10km walks at WMA Champs in Malaga
<http://omarchador.blogspot.com/2018/09/wmac-malaga-10-km-m35-resultados-109.html>
- Wed 12 Sep - Results of W35+ 10km walks at WMA Champs in Malaga
<http://omarchador.blogspot.com/2018/09/wmac-malaga-10-km-w35-resultados-109.html>
- Tue 11 Sep - Portuguese judge Joaquim Graça officiates at Chinese Championships in Dali
<http://omarchador.blogspot.com/2018/09/juiz-portugues-nos-campeonatos-da-china.html>

VALE KEN WALTERS: 1932 – 2019



Ken in his riding heyday at Ararat



Ken at the 2002 World Masters Games in Melbourne

Sadly, I must inform readers that local racewalking coach and identity Ken Walters died on Friday 14th September, just a week short of his 86th birthday. Ken was well known as a talented walks coach who worked with many of our Melbourne based walkers, having been a masters walker himself in his middle years, and a top cyclist in the years before that. He was also an Australian Centurion (C26), having walked his 100 mile qualifier in 1994 in 22:28:31 at the Collingwood Harriers track in Melbourne. You can read more about Ken in my profile which I wrote in 2010 – see <http://www.vrwc.org.au/tim-archive/articles/26%20Ken%20Walters.pdf>. Ken had been in the Villa Maria Nursing Home in Berwick for the last few years. He will be sadly missed by us all. Funeral details as follows:

WALTERS. A Service to Celebrate the Life of Kenneth Joseph Walters will be held in the Le Pine Chapel, 1096 Burwood Hwy., Ferntree Gully on THURSDAY (Sept. 20, 2018) at 10.00 a.m. Private Cremation No flowers by request. In lieu, donations may be made to the Dementia Foundation. Envelopes available at the chapel.

<https://shar.es/a1cH84>

Our sympathies are extended to his children and their families.

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.

Australian/Victorian Key Dates – 2018

Oct 5-6, 2018 AV Shield commences (Round 1 at various venues)
 Oct 13-20, 2018 Alice Springs Masters Games - www.alicespringmastersgames.com.au/
 Nov 2-11, 2018 Pan Pacific Masters Games, Gold Coast - <https://mastersgames.com.au/ppmg/>
 Nov 2-4, 2018 2018 Victorian All Schools Track & Field Championships, Albert Park
 Dec 2 (Sun), 2018 Australian 50km Championships Meet, Fawkner Park, VIC
 Dec 7-9, 2018 Australian All Schools T&F Championships, Cairns, QLD

Australian/Victorian Key Dates – 2019

Jan 26-28, 2019 Victorian Country T&F Championships, Bendigo
 Feb 3 (Sun), 2019 Australian/Oceania 20km Championships, Adelaide, SA
 Mar 1-3, 2019 Victorian T&F Championships, Weekend 1, Albert Park
 Mar 8-10, 2019 Victorian T&F Championships, Weekend 2, Albert Park
 Mar 16-17, 2019 Victorian Masters T&F Championships, Albert Park
 Mar 30 – Apr 7, 2019 Australian Athletics Championships, Sydney (10,000m track walk championships)
 Apr 13-14, 2019 Coburg 24 Hour Carnival, Coburg, VIC
 Apr 26-29, 2019 Australian Masters T&F Championships, Albert Park

International Dates – 2018 and onwards

Sep 24-26, 2018 Around Taihu International Race Walking 2018, Wuzhong, CHN (IAAF RW Challenge Cat B)
 See <http://www.wzdrs.com/>.

Mar 24-30, 2019 8th World Masters Indoors T&F Championships, Torun, Poland
 July 3-14, 2019 30th Summer Universiade, Naples Italy
 Aug 30-Sep 7, 2019 20th Oceania Masters T&F Championships, Mackay, Queensland, AUS
 Sept 28 – Oct 6, 2019 17th IAAF World Championships in Athletics, Doha, Qatar

May, 2020 29th IAAF World Race Walking Team Championships, Minsk, Belarus
 July 17-20, 2020 18th IAAF World U20 T&F Championships, Nairobi, Kenya
 July 24 – Aug 9, 2020 32nd Olympic Games, Tokyo
 July 20 – Aug 1, 2020 23rd World Masters T&F Championships, Toronto, Canada

Mar 2021 9th World Masters Indoor T&F Championships, Edmonton, Canada
 Aug 6-15, 2021 (TBC) 18th IAAF World Championships in Athletics, Eugene, USA

July 18-30, 2022 XXII Commonwealth Games, Birmingham, GBR.
 Aug 7-17, 2022 24th World Masters T&F Championships, Gothenburg Sweden

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