



HEEL AND TOE ONLINE

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

My Walker of the Week this time around goes to ACTRWC stalwart **Robin Whyte**. With the 49th LBG Carnival to take place next Sunday in Canberra, it is timely to consider that Robin has started in all 48 editions of the classic 20 Miles walk, starting in 1969 when he was one of 14 walkers who toed the line on a typically cold Canberra morning for the starter's gun. He has only failed to finish on 3 occasions - a DNF in 1969 and DQs in 1982 and 2005. That makes 45 finishes in all. What's more, I expect to see him on the start line on Sunday, aiming for finish number 46. As usual, he was in action last Saturday with ACTRWC, coming 8th in the 7.1km walk at Lake Ginninderra.

Robin, now aged 73, has been walking for longer than any of us can remember and his accolades are many

- Life Member of Racewalking Australia (2001)
- Gold medallist, 1973 Australian 50km championship
- Silver medallist, 1976 Australian 20km championship
- Australian representative, 1976 IAAF World 50km Championship, Malmo. Sweden
- Silver (1975) and bronze (1973) in the LBG 20 Mile
- Australian Centurion number 29 (1996 – 100 miles in 20:37:12)
- Australian record holder for various M65 and M70 ultra distance records, the latest set earlier this year at Coburg

Robin was a top walker with NSW in his younger days before helping to setup the ACTRWC in Canberra and, since then, he has been one of the driving forces behind the club and behind the LBG Carnival. My abiding memory is seeing him help with LBG Carnival setup on the Sunday morning every year, then rush to the start line at 8AM for the 20 miler, then go straight back to work in the carnival back room once he finishes.



Left: 1970 AFRWC championship - Frank Leonard, Robin Whyte, Keith Hennes, Barry Whittaker and Varel Newmark
Right: Robin walking in the Australian 48 Hour Track Championships on the Gold Coast in 2009

WHAT'S COMING UP

There are NO races next weekend in Middle Park as most of us will be in Canberra for the **49th annual Lake Burley Griffin Carnival**. Our Racewalking Victoria team is a big one and we hope to do well against the many other talented walkers from around Australia. I look forward to reporting on this major carnival in next week's newsletter. See our team at <http://www.vrwc.org.au/documents/2015%20LBG%20-%20Current%20RWV%20Entries%20X.pdf>.

Looking overseas, next Saturday sees the **XXIX Gran Premio Cantones de La Coruña**, held in La Coruña in Spain. The latest of the IAAF Racewalk Challenge Series meets, it is one of the big European walk meets for the year and the fields are packed with talent. And Australian walkers **Rhydian Cowley** and **Dane Bird-Smith** will also be in action. Good luck Rhydian and Dane.

And a final reminder about the Athletics Australia **Level 2 Advanced Part B - WALKS** coaching course on **Sunday 14th June at Albert Park**. It's being coordinated through Athletics Victoria. You will find a link to the course at <http://athsvic.org.au/get-involved/coaches/upcoming-courses/>. Note that anyone thinking of doing this course must meet certain prerequisites, which might have to include the **Level 2 Advanced – All Event Groups - Part A** course which is being run on **May 24th** and which is referenced on the same web page. You can read all the fine print on the Level 2 Part A page at <http://athsvic.org.au/event/level-2-advanced-all-event-groups-part-a-3/>.

THE 49TH LAKE BURLEY GRIFFIN CARNIVAL

And speaking of the Lake Burley Griffin Carnival, let's have a quick review of its history and the history of its central events, the 20 Mile and 10 Mile Championships.

Carnival History

The inaugural Canberra carnival was held on the Queens Birthday Long Weekend in June 1967 and it included only one event, an Open 20 Mile. On that occasion, there were 14 finishers in what was a small affair. Very quickly a carnival built up around the 20 Mile championship and other events were added, including a 2 Mile championship for women. The Open Women's walk soon became the biggest event of the carnival and in 1978 it was changed to 5km. In 1989, an Open Women's 10 Mile event was added into the mix so that women now had the chance to compete over the classic 10 Mile or the shorter 5km distance. Men now also had the chance now to compete over the long 20 Mile or the shorter 10 Mile distance.

The carnival was backed by the Australian Federation of Race Walking Clubs (now trading as Racewalking Australia) and became its major yearly event. By the mid eighties the carnival boasted over 200 walkers and by 1999 it had grown to over 300. Since that time, it has dropped slightly from these heady numbers but it remains the biggest and most competitive walking carnival in Australia.

For me, the Open 20 Mile and Women's 10 Mile championships around the lake are the events which make this a unique carnival so I am going to zoom in on those 2 events for the purposes of this article.

The Women's 10 Mile Championship

This event went live in 1989 and is now in its 25th year. 10 Miles is not an international distance but the event continues to attract our top women. In fact, some of them do the double – walk the 10 Mile championship in the morning and then walk the 5km championship in the afternoon – now that's a tough ask.

The best ever time of 74:09 (Kerry Saxby-Junna in 2001) stood for many years. Jess Rothwell got close in 2009, recording 74:33 and Regan Lamble got even closer in 2011 with 74:26. It was finally beaten in 2012 by Tanya Holliday with a fine 73:16. Tanya also won the 5km walk that year in a swift 21:45. She repeated the double again in 2013 and again in 2014. The top 12 performances are all well under 80 minutes and the list reads as follows:

2012	Tanya Holliday	SA	73:16
2013	Tanya Holliday	SA	74:03
2001	Kerry Saxby-Junna	NSW	74:09
2011	Regan Lamble	RWV	74:26
2009	Jess Rothwell	VRWC	74:33
2014	Tanya Holliday	SARWC	74:52
1995	Jo Strangman	ACT	76:24
2000	Lisa Paolini	NSW	76:25
2007	Cheryl Webb	REG	76:33
2013	Rachel Tallent	RWV	76:45
2011	Tanya Holliday	SA	77:23
1996	Simone Wolowiec	VRWC	77:39

The most prolific winners are Simone Wolowiec with 4 wins (1996-7, 2003-4) and Tanya Holliday also with 4 wins (2011-2014).

Five women have managed to win the 10 Mile / 5km double and all recorded high quality performances. Tanya Holliday has done it for the last 2 years and will be back again in 2014.

2000	Lisa Paolini	76:25 / 22:55
2005	Cheryl Webb	78:10 / 22:40

2006	Michelle French	80:02 / 23:09
2008	Claire Tallent	78:02 / 23:00
2012	Tanya Holliday	73:16 / 21:45
2013	Tanya Holliday	74:03 / 23:07
2014	Tanya Holliday	74:52 / 22:07

The Open 20 Mile Championship

The 20 Mile event is as challenging event as you can get but it regularly attracts between 30 and 50 walkers each year. The tough hilly course challenges the walkers, both international and club standard, and the cream of Australia's walkers have strived to win this prestigious event year after year. Indeed it is one of the most highly sought prizes in the Australian racewalking calendar.



The start of the 2014 LBG 20 Miles and 10 Miles walks (photo Terry Swan)

Willi Sawall was the undisputed king of the Canberra 20 miles for many years. His race record of 2:16:48, set in 1980, withstood all attacks until 2007 when Jared Tallent finally beat it with 2:15:43. In fact, Willi held the two fastest times overall until Jared's fantastic walk. This, combined with his 8 wins and 2 second placings, put him at the top of the pedestal. Those of us who were privileged to see Willi at his peak are not surprised at this. Jared Tallent has now beaten Willi's championship record and, with 9 wins himself, has surpassed his winning streak and is not yet finished. We watch expectantly.

Over the years, a number of women have conquered this demanding course, Kerry Saxby Junna setting a daunting standard of 2:41:43 in 2000, but in 2013 Regan Lamble blew that away with her finishing time of 2:32:17, a performance that saw her come third overall against the men. They, along with Megan Szirom (2:49:54) and Simone Wolowiec (2:55:14) are the only women to have bettered the 3 hour standard. Val Chesterton is the most prolific female competitor with 6 finishes to her credit, Karyn O'Neill and Ann Staunton have 4 finishes each and Shiela Miller has 3 finishes.

In 1998, in 2009 and in 2011 we had 4 walkers under 2:30:00 and in 2010 we had a record 5 walkers under this mark. The top 10 performers on time are

1.	Jared Tallent	2009	VIC	2:14:57
2.	Willi Sawall	1980	VIC	2:16:48
3.	Luke Adams	2009	NSW	2:18:49
4.	Craig Barrett (NZ)	1998	NZ	2:19:37
5.	Chris Erickson	2013	VIC	2:21:10
6.	Dion Russell	2000	VIC	2:21:35
7.	Nathan Deakes	1998/2011	VIC	2:21:50
8.	Ian Rayson	2013	NSW	2:22:00
9.	Nick A'Hern	1997	NSW	2:22:19
10.	Duane Cousins	1996	VIC	2:24:39

The top 10 ranking times illustrate Jared Tallent's domination - he has 5 of the top 10 times overall

1.	Jared Tallent	2009	VIC	2:14:57
2.	Jared Tallent	2007	VIC	2:15:43
3.	Willi Sawall	1980	VIC	2:16:48
4.	Jared Tallent	2012	VIC	2:18:00
5.	Willi Sawall	1982	VIC	2:18:18
6.	Luke Adams	2009	NSW	2:18:49
7.	Jared Tallent	2011	VIC	2:18:59
8.	Craig Barrett	1998	NZ	2:19:37
9.	Luke Adams	2011	NSW	2:19:46
10.	Jared Tallent	2008	VIC	2:20:31

Robin Whyte has started every 20 Mile event since its inception and has failed to finish on only 3 occasions – DNF in 1969 and DQs in 1982 and 2005. So he has 45 finishes (all are documented except for his performance in 1969 for which the results are incomplete). Bill Starr and Duncan Knox are next numerically with 35 and 31 finishes respectively. Since all 3 walkers are still regular competitors, their dominance of this list is expected to extend even further over the next few years.

And that's just two events from what will be a huge carnival next Sunday. I can hardly wait!

VRWC ROADWALKS, MIDDLE PARK, SATURDAY 30 MAY

We had a great turnout of 54 walkers for last Saturday's VRWC points races at Middle Park. It was very windy but at least it did not rain so everyone had a good hitout before our LBG Carnival sojourn next week. It was also a prizes day with a pick of the table for the handicap winner of each race. Handicap positions are shown as an additional column.

As usual, **Quentin Rew** led the field out and stormed through to a very fast 8km time of 33:10 (and that after a solid training session in the morning). Behind him, **Adam Garganis** and **Kyle Swan** walked together in their own solid hitout, finishing in 36:58 and 36:59 respectively. **Pam Tindal** was the fastest of the women in the 8km with 45:08 while the two 8km handicap wins went to Pam and Kyle. The 6km walk saw line honours go to **Heather Carr** 35:18 and **Corey Dickson** 30:24 while handicap wins went to **Karyn O'Neill** with 40:07 and Corey who stormed through a big 5km PB on his way to his final 6km time. The 4km was our biggest field with 20 walkers in all, **Nikola Mandic** (20:27) and **Philippa Huse** (21:26) fastest, while handicap honours went to **Heath Beveridge** (25:43) and **Donna Elms** (23:55).

8km Walk			Handicap Place
1.	Tindal, Pam	45:08	1
2.	Howorth, Sandra	59:35	2
1.	Rew, Quentin	33:10	4
2.	Garganis, Adam	36:58	2
3.	Swan, Kyle	36:59	1
4.	Walmsley, Reese	40:59	8
5.	Christmass, James	42:34	6
6.	Evans, Simon	44:00	5
7.	Feain, Lachlan	46:02	9
8.	Feain, Gerard	47:49	3
9.	Gardner, Bob	54:00	7
	Bennett, Ralph	DNF	
6km Walk			Handicap Place
1.	Carr, Heather	35:18	4
2.	Shaw, Robyn	39:51	3
3.	Steed, Gwen	39:56	2
4.	O'Neill, Karyn	40:07	1
1.	Dickson, Corey	30:24	1
2.	Gillies Smith, Michael	32:14	2
3.	Donahoo, Mark	34:44	4
4.	O'Neill, Terry	34:55	3
	Smyth, David	DNF	
4km Walk			Handicap Place
1.	Huse, Philippa	21:26	8
2.	Laurie, Natalie	22:05	3
3.	Geisler, Sandra	22:12	6
4.	Muldoon, Wendy	22:48	5

5.	Rosenbrock, Carolyn	23:18	
6.	Elms, Donna-Marie	23:55	1
7.	Richardson, Brodie	24:11	9
8.	Lillie, Jessica	24:22	2
9.	Garganis, Clare	28:11	4
10.	Beaumont, Margaret	33:36	7
1.	Mandic, Nikola	20:57	2
2.	Walmsley, Hayden	21:43	3
3.	Jensen, Josh	24:04	6
4.	Beveridge, Heath	25:43	1
5.	Huse, Alan	25:48	4
6.	Barrow, Geoff	28:30	7
7.	Morrison, John	31:14	8
8.	Wicks, Barrie	31:24	5
9.	Poore, Alex *	32:37	
10.	Beaumont, Ian *	32:41	



Karyn O'Neill, Kyle Swan, Pam Tindal and Corey Dickson won their handicaps (photos Terry Swan)

Jemma Peart 9:36 and Will Thompson 9:40 led our 2km walkers home with some very impressive and fast walking while **Chloe Karagiorgos** and Will won the associated handicaps. Lots of PBs! Our 1km walk saw fastest times to **Chelsea McDonald 5:33** and **Harrison Karagiorgos 5:37** while **Chelsea Karagiorgos** and Harrison Karagiorgos made it a family affair by winning the handicaps. And a special mention to **Stefan Mandic** who had his first walk with us in the 1km event.

2km Walk		Handicap Place	
1.	Peart, Jemma	09:36	PB 0:32
2.	Peart, Alanna	10:18	2 PB 0:23
3.	O'Mahony, Kathleen	10:53	7 PB 0:06
4.	Karagiorgos, Chloe	10:59	1 PB 0:08
5.	Noonan, Claire	11:22	6
6.	Hay, Charlotte	11:32	3
7.	Knight, Cassandra	11:53	
8.	Briet, Brianna	11:55	9
9.	Louey, Grace	12:05	10
10.	Lillie, Gemma	12:17	8
11.	Chapman, Alana	14:01	11
12.	Thompson, Merylyn	14:30	5
13.	Rudston-Brown, Caitlyn	14:41	4
14.	Mews, Pam	23:41	12
1.	Thompson, Will	09:40	1 First one
2.	Morgan, Eden	13:15	3
3.	Hay, Angus	13:42	2 PB 0:41

4. Onley, Gordon * 17:37

1km Walk

1. McDonald, Chelsea 05:33
2. Karagiorgos, Chelsea 06:47
3. Carbery, Elise 06:52

Handicap Place

2
1 PB 0:49
3

1. Karagiorgos, Harrison 05:37 1
2. Mandic, Stefan 06:04

First time with us

Thanks as usual to our many officials and club helpers. My apologies if I have missed anyone

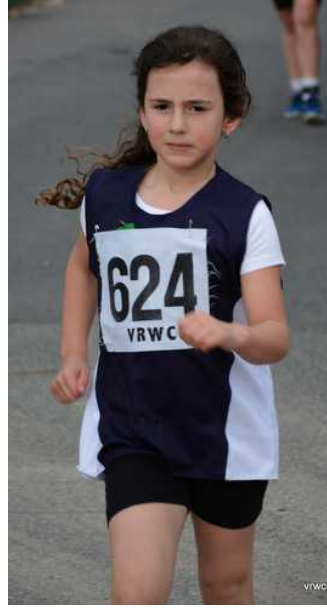
Officials: Tim Erickson, Ian Laurie, Simon Baker, Cathy Huse, Damien Elms

Registration: Mark Donahoo, Ralph Bennett, Michael Bodey, Damien Elms

Judges: Peter Vysma (chief), Mark O'Mahony, Lloyd Nichols, Stuart Cooper, Michael Bodey

Canteen: Kate Suich, Wendy Cooper

Camera: Terry Swan – see <http://www.vrwc.org.au/coppermine/>



Handicap winners all – Chloe, Harrison and Chelsea Karagiorgos, along with Will Thompson



Donna Elms, Heath Beveridge, first timer Stefan Mandic and our oldest competitor in 79 year old Bob Gardiner who never ceases to to amaze us – this time he recorded 54:00 for 8km.

NSWRWC ROADWALKS, CHIPPING NORTON, NSW, SATURDAY 30 MAY

Thanks to Frank Overton for the results from this weekend's NSWRC roadwalks which saw a good turnout of 51 walkers. Good times across the board in the 8km with fastest going to Jay Felton (36:18) and Kirsty Klein (39:01).

Long Division 8km

1.	Jay Felton	36.18
2.	Carl Gibbons	36.55
3.	Kirsty Klein	39.01
4.	Cheryl Webb	39.37
5.	Jasmyn McDonald	41.38
6.	Steven Washburn	42.00
7.	Ian Jessurun	42.41
8.	Bryony Beasley	46.17
9.	Joan Purcell	61.31

Medium Division 6km

1.	Dylan Richardson	29.13
2.	Chelsea Goodhew	31.21
3.	Ryan Thomson	31.30
4.	Raquel Roukas	33.58
5.	Stephanie Grujoski	35.21
6.	Travis Barendregt	36.50
7.	Fiona Porley	37.25
8.	Judy Brown	47.39

Short Division 3km

1.	Kyle Bedford	14.03
2.	Donald Catalo	16.50
3.	Tiffany Saker	17.22
4.	Nicolle Challinor	23.05

U10 0.5km

1.	Peter Elliott	3.04
2.	Mitchell Rigney	4.04
3.	Sarah Challinor	4.14
4.	Amelia Croker	4.26
5.	Cara Lee	4.58

U16 2km

1.	Renee Hardy	10.13
2.	Lachlan Rigney	11.10
3.	Lachlan Becroft	11.14
4.	Janaya Lee	11.25
5.	Hayley Mills	12.04
6.	Sybella McKay	12.26
7.	Brittany Robertson	12.28
8.	Catherine Young	12.38
9.	Jada Thomson	13.05
10.	Zoe Elliott	13.16
11.	Taylor Roukas	13.32
12.	Brodie Douglas	13.38
13.	Dana Lee	15.18
14.	Logan Barendregt	16.52

U12 1km

1.	Elizabeth McMilen	5.09
2.	Ellie Decelis	5.16
3.	Jessica Rocclette	5.24
4.	Isabelle Nilon	6.29
5.	Stacie Becroft	6.36
6.	Aiden Hardy	6.49
7.	Paige Lee	6.54
8.	Natasha Fairhall	6.55
9.	Paige Nash	6.56
10.	Ella Becroft	7.46
11.	Emily Challinor	8.33

ACT WALKERS CLUB ROAD WALKS, LAKE GINNINDERRA, CANBERRA, SATURDAY 30 MAY

Thanks to Robin Whyte for this week's results from Canberra, with youngsters Zoe Hunt and Ally Durr both walking excellently again in the 7.1km walk.

7.1km Walk

1.	Zoe Hunt	38:12
2.	Ally Durr	38:31
3.	Connor Frew	38:34
4.	Callum Burns	38:44
5.	Gabby Hunt	39:08
6.	Ann Staunton-Jugovic	39:55
7.	Kate Black	45:18
8.	Robin Whyte	45:31
9.	Mick Saunders	48:31
10.	Derek Robinson	49:08
11.	Dylan Eddowes	50:05
12.	Greg Durr	51:24
13.	Bob Parker	51:53
14.	Barbara Eddowes	52:50
15.	Rosemary Parker	53:04
16.	Geoff Barker	54:51

17.	Doug Fitzgerald	58:40
18.	David Mackenzie	58:53
19.	Val Chesterton	61:03
20.	Terry Munro	61:06
21.	Helen Munro	67:56
	Brendon Reading	DNF

2km Walk

1.	Mitchell Baker	10:06
2.	Spencer Burns	10:28
3.	Laura Burns	11:30
4.	Ellen Vahey	13:54
5.	Robyn Saunders	15:51

1km Walk

1.	Tom Hunt	05:15
2.	Harry Baker	07:01

SAMA 10KM ROAD WALKING CHAMPIONSHIPS, PEACOCK ROAD, ADELAIDE, SATURDAY 30 MAY

Thanks to Colin Hainsworth for the latest results from the South Australian Masters in Adelaide. He commented: cool arvo, showers developed during walk. As usual, George White excelled with his M69 10km time of 57:35 (88.27% age graded).

10km SAMA State Championship

Geraldine Smith	1:09:09	W65	80.03%	1 st
Margaret McIntosh	1:25:38	W62	62.04%	1 st
Marie Maxted	1:04:14	W55	76.05%	1 st
Raelene Schild	1:14:32	W50	62.24%	1 st
Justine Bourke	1:18:03	W45	56.78%	1 st
Colin Hainsworth	1:25:17	M85	75.96%	1 st
David Robertson	1:21:43	M81	73.86%	1 st
Rodger Barber	1:14:35	M77	75.95%	1 st
Graham Harrison	1:14:00	M71	70.43%	1 st
Roger Lowe	1:19:42	M72	66.25%	2 nd
George White	0:57:35	M69	88.27%	1 st
Geoff Byham	1:07:07	M68	74.84%	2 nd
Jack Russell	1:04:32	M63	73.59%	1 st
Kevin Finn	1:06:11	M63	71.75%	2 nd
Gil McIntosh	1:12:10	M64	66.51%	3 rd

6km Support Walk

Jan Layng	0:46:07	W66	70.29%
Kristine Freeman	0:49:45	W54	56.57%
Paul Boyce	0:51:26	M78	65.75%
Jill Rogers	0:51:58	W70	66.09%

QRWC ROAD WALKS, LOGAN RIVER PARKLANDS, BRISBANE, SUNDAY 31 MAY

Thanks to Robyn Wales for this weekend's walk results from Brisbane. Great walks by young Katie Hayward in the 3km walk (13:34 4 sec PB) and Adam Buchhorn in the 2km (10:16 PB 43 secs) and a big PB to Erika Woodward in the 10km (1:00:12 PB 2:25). and a special mention to Tenyka Chapman who did her first ever 5km (27:12). They are producing some great walkers on the Gold Coast.

10km Walk

1. Erika Woodward	60.12
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5km Walk

1. Luke McCutcheon	23.39
2. Tenyka Chapman	27.12
3. Shane Pearson	28.55
4. Patrick Sela	38.34
5. Bridie Mulcaster	33.25
6. Noela McKinven	38.47
Jamie McCutcheon	DNF (3km 16:26)

2km Walk

1. Adam Buchhorn	10.16
2. Anika Clarke	13.15
3. Amelia Wales	14.19
4. Korey Brady	15.10

1kmWalk

1. Ashanti Heap	6.57
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3km Walk

1. Katie Hayward	13.34
2. Jamison Stovin	14.27
3. Amelia Schofield	15.53
4. Isabella Schofield	16.26
5. Nelson McCutcheon	16.32
6. Jonathon Wearne	16.32
7. Ethan Clarke	17.15
8. Caitlin Hannigan	17.15
9. Aimee Brackin	17.19
10. Kobe Hinton	18.48
11. Jade-Elizabeth Pearson	18.56

0.5km Walk

1. Makenna Clarke	4.15
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WARWC ROADWALKS, WILSON, PERTH, SUNDAY 31 MAY

Thanks to Terry Jones for the latest results from Western Australia

8km Handicap Walk

1. Emily Pivac	44.34 (F/T)
2. Rose Hollaway	56.37
3. Karyn Tolardo	48.19
Tom Lenane	DNF

3km Handicap Walk

1. Isabella Tolardo	18.47
2. Holly Hughes	17.18
3. Ben Reid	16.09
4. Robyn Hughes	20.57

1.5km Handicap Walk

1.	Christine Wells	9.15	5.	Carly Meyer	19.18
2.	Amy Holland	8.48	6.	Amy Holland	19.03
3.	Carly Meyer	9.02	7.	Jacqueline Pivac	18.46
4.	Ben Reid	7.07 (F/T)	8.	Declan Tingay	14.35 (F/T)
5.	Tamara Smith	12.55		Tiahana Ruane	DNF
6.	Tiahana Ruane	7.55			
7.	Declan Tingay	6.56			

PETER BENNETT WINS IN ROUEN

Stop press I just heard that Queensland walker Peter Bennett has won last weekend's Rouen 24 Hour walk in France with a distance of 196km. Peter has walked in this event annually since 2006 and has amassed seven firsts, one second and one third.

The event this year was held over a 795m circuit on the l'île Lacroix and the walkers battled rain overnight before the race finished in sunshine. I haven't seen any official results yet but the event is pretty well reported in http://www.paris-normandie.fr/detail_sport/articles/3299405/bennett-en-toute-logique#.VWy7kEZcoxJ. The article notes the first 3 men and the winning woman recording times as follows

1.	Peter Bennett	Australia	196,350 km.
2.	Alain Dovin	France	168,650 km
3.	Eric Bouflert	France	150,100 km
1.	Ana Barra	Seychelles	170,650 km

To give you some idea of Peter's consistency over the last 10 years, here are the results of his 9 trips – pretty impressive stuff!

15-16 April 2006	Rouen 24 Hours Walk	3 rd	176.175 km
5-6 July 2008	Rouen 24 Hours Walk	1 st	214.65 km
30-31 May 2009	Rouen 24 Hours Walk	1 st	213.885 km
12-13 June 2010	Rouen 24 Hours Walk	2 nd	216.240 km
25-26 June 2011	Rouen 24 Hours Walk	1 st	213km
16-17 June 2012	Rouen 24 Hours Walk	1 st	213km
8-9 June 2013	Rouen 24 Hours Walk	1 st	213km
07-08 June 2014	Rouen 24 Hours Walk	1 st	209.0km
30-31 May 2015	Rouen 24 Hours Walk	1 st	196.350km



Rouen 2015 Podium - Ana Barra, Peter Bennett, Alain Dovin, Helen and Eric Pimont Bouflert
(photo http://www.paris-normandie.fr/documents/10157/0/image_content_general_18888093_20150531203543.jpg)

CONTINENTAL CENTURIONS 24 HOUR QUALIFYING WALK, WEERT, HOLLAND, 23-24 MAY

The Continental Centurions were formed in 1973 in Holland and, in that same year, the first Continental Centurion number was allocated. Continental Centurion 1 is Jan Vos, who is still an active walker today. The rules to obtain this title are roughly the same as for the other centurion organisations – you must walk 100 miles (161.9km) within 24 hours. Their annual qualifying race is held either in Weert or in Schiedam with categories including 24 hours, 100 miles, 100km, 50 miles and 50km. These events are the only opportunity to obtain the Continental Centurion title, the Honderdman title (100km in less than 11.5 hours) or the Kennedyvriend title (50 miles in less than 12 hours).

In the 2014 qualifying race which was held in Weert, 15 walkers completed the 100 mile distance and 9 new Continental Centurion badges were awarded, taking the total count to 408 members. This year, the standard was even higher with 24 walkers completing 100 miles or further and 19 new Continental Centurion badges awarded (C409-C427).

Full results and race report at <http://www.centurionverenigingnederland.nl/weer2015.htm>. Lots of photos from Frans Leijtens at <https://picasaweb.google.com/102132893630195174932/WandelevenementWeert2015>.

While nearly all the walkers were content to stop once they had reached the 100 mile mark, Frans Leijtens continued on for the full 24 hours, covering a total distance of 167.229km. Full 24 Hour results at <http://www.olat.nl/olatpdf/Wandelweekend%2020150526.pdf>. I will restrict my reporting to the 100 Miles, 100km, 50 Miles and 50km.

Here are the 24 walkers who completed the 100 miles distance within 24 Hours. They were led home by Frank van der Gulik (19:57:18). The first woman to reach 100 miles was Jannie Bos (22:47:44).

100 Mile Walk		Club	Age	Time	Cent Number
1.	Frank van der Gulik	De LAT	37	19:57:18	343
2.	Luc Verreu	Textieltrekkers	51	22:16:33	393
3.	Dick van Peer	Hart van Brabant	52	22:24:16	409
4.	Marco Bloemerts		49	22:25:21	410
5.	Chris Van Cauwenberghe	Florastappers	51	22:40:14	411
6.	Gino Masto	WT Beveren	51	22:40:15	412
7.	Peter Vos	Lum. dal Matiers	50	22:46:59	413
8.	Jannie Bos (W)	FLAL / De LAT	60	22:47:44	414
9.	Frans Leijtens	RWV	39	22:48:35	256
10.	Mathijs Timmermans		57	22:55:13	415
11.	Adrie Ros		52	22:55:14	416
12.	Rinus Meijers	Hart van Brabant	55	33:15:31	417
13.	Hugo Prinsen	OLAT	65 (*)	23:16:54	285
14.	Richard Kok		45	23:18:53	418
15.	Jan Meijer	RWV	52	23:21:50	419
16.	Ernie Dorré		68	23:22:59	420
17.	Luc Dekeirsschieter	12 u van Lauwe	51	23:25:51	421
18.	Peter Asselman	De Padstappers	35	23:25:51	422
19.	Sandra de Graaff (W)	RWV	47	23:40:38	423
20.	Ilonka van Bommel - van der Bas (W)	RWV	42	23:40:39	424
21.	Marcel Simons		49	23:41:20	425
22.	Albertus van Ginkel	RWV	54	23:45:29	399
23.	Martin Fisher	Redcar RWC	52	23:46:15	426
24.	Jacques Till	WACO	53	23:57:54	427

100km Walk		Club	Time
1.	Marc Collinet	C.M. Saive	13:32:30
2.	Gustaaf Salu IVAS	A059	14:17:49
3.	Hilde Krols (W)		14:39:28
4.	Teus van Garderen		16:54:44

5 new Kennedyvriend badges were awarded in the 50 Miles.

50 Miles		Club	Time	Kennedyvriend Number
1.	Bart Snoeren	Aart stigter	9:08:31	429
2.	Adrie Zoon	RWV	9:54:04	430
3.	Marco van Heel	OLAT	10:14:58	431
4.	Patrick Verbiest		10:37:32	432
5.	Arie Kandelaars	OLAT	10:58:26	433
6.	Jos van Gorp		11:20:10	365
7.	Aaf Peters - de Rijk (W)	De LAT	11:51:15	335
8.	Theo Plate	RWV	12:07:00	
9.	Joop Flipse	RWV	12:18:19	238

10. Ad Heije		12:48:52
11. Maarten Suidman	Gouden Kruisdr.	13:45:58 358
12. Jelte van der Zee	OLAT	14:08:55
13. Rini Welten	OLAT	15:15:12
14. Pieter Boots	OLAT	15:15:13

Finally, 50km winner Anne van Anandel walked the fastest time ever by a Dutch woman for that distance.

50km Walk	Club	Time
1. Anne van Anandel (W)	DAK	5:19:18
2. Jack Koolen	UNITAS	5:22:05
3. René Wakkee		5:39:57
4. Bas van Anandel	DAK	6:01:06
5. Herman van Buggenum	OLAT	6:10:44
6. Herwin Weststrate	De LAT	6:34:45
7. Mark Cringle		6:44:53
8. David Hoben	Surrey WC	7:01:15
9. Ellen Wolters - Rosenberg (W)		9:14:18
10. Niels Willems		9:44:49

The next of the Centurion qualifiers will take place this coming weekend in Mineapolis in USA.

OSTRAVA GOLDEN SPIKE MEET, OSTRAVA, CZECH REPUBLIC, TUESDAY 26 MAY

For the first time ever, a women's track walk was held during the Ostrava Golden Spike meet (<http://www.zlatatretra.cz/>) last Tuesday in the Czech Republic and it saw a new Czech national record of 11:52.38 (3:56.75 + 3:59.00 + 3:56.63) to current World Junior champion Anezka Drahotova. In fact, she was only a few seconds outside the World Best Outdoor time of 11:48.24, set by Italian Ileana Salvador in 1993. This is not the fastest women's 3000m ever – that title goes to Irish walker Gilian O'Sullivan for her 2003 indoor 3000m best of 11:35.34. Lithuanian Brigita Virbalyte was second with 12:11.12 ahead of Hungarian Viktoria Madarasz with 12:33.51. See more at <http://omarchador.blogspot.pt/2015/05/anezka-drahotova-com-115238-em-ostrava.html>.

3000m Track Walk Women

1. Anezka DRAHOTOVÁ	CZE	95	11:52.38
2. Brigita VIRBALYTE-DIMSIENE	LTU	85	12:11.12
3. Viktória MADARÁSZ	HUN	85	12:33.51
4. Mária CZÁKOVÁ	SVK	88	12:46.40
5. Agnieszka DYGACZ	POL	85	13:03.88
6. Lucie PELANTOVÁ	CZE	86	13:17.61
7. Veronika KUBENKOVA	CZE	98	15:28.94

19TH ATLETISSIMA NAMUR, NAMUR, BELGIUM, WEDNESDAY 27 MAY

For further details, see report in <http://omarchador.blogspot.pt/2015/05/pedro-santos-vence-marcha-no-meeting.html>.

Men 5000m Race Walk

1. Pedro SANTOS	POR	92	22:49.1
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Women 5000m Race Walk

1. Anett TORMA	HUN	84	25:05.2
2. Anne VAN ANDEL	NED	90	25:27.5
3. Katalin VARRÓ	HUN	86	25:47.6
4. Myriam NICOLAS	BEL	63	27:08.1

VANTAA, FINLAND, MONDAY 25 MAY

Men 10,000m Race Walk

1. Timo VILJANEN	FIN	77	46:47.3
2. Artturi OILA	FIN	96	47:43.9

Women 5000m Race Walk

1. Hele HAAPANIEMI	FIN	93	24:14.7
2. Riina PERKIÖ	FIN	99	25:17.6
3. Katri GAURILOFF	FIN	99	26:32.8

POLISH CLUB CHAMPIONSHIPS, POLAND, SATURDAY 30 MAY

Some excellent 10,000m track walking in Poland last Saturday with fastest times to Dawid Womala 40:44.9 and Katarzyna Golba 44:58.5.

Men 10,000m Race Walk, Biala Podlaska

1.	Grzegorz SUDOL	POL	78	41:07.7
2.	Jakub JELONEK	POL	85	41:56.9

Women 10,000m Race Walk, Biala Podlaska

1.	Agnieszka SZWARNOG	POL	86	46:18.1
2.	Anna LASZUK	POL	97	54:42.8

Men 10,000m Race Walk, Sosnowiec

1.	Dawid TOMALA	POL	89	40:44.8
2.	Lukasz BIELECKI	POL	94	45:08.8

Women 10,000m Race Walk Sosnowiec

1.	Katarzyna GOLBA	POL	89	44:58.5
2.	Karolina WIERUS	POL	93	50:03.3
3.	Beata HEPPNER	POL	92	50:13.7
4.	Kinga MAJCHROWICZ	POL	95	56:10.0

SWISS 20KM CHAMPIONSHIPS, MONTHEY, SWITZERLAND, SATURDAY 30 MAY

Last Saturday saw the Swiss national 20km roadwalk championships which were held on a flat 800m lap in Monthey. The meet was organised by the Club de Marche Monthey which was celebrating its 50th anniversary and Emmanuel Tardi was there. The men's 20km was won by Portuguese walker Luis Carreira while the women's championship was dominated by the Polli sisters. Laura take a lap on her sister Marie before the two sisters walked together for the second part of the race, finishing in 1:43:38 and 1:48:33. As for Emmanuel, he tells me that he was fine for the first 10km but had stomach issues in the second half and had to stop a couple of times. But like all true correspondents, he toughed it out and finished in 2:28:28. the younger walkers participated in the Grand Prix et Mémorial Raymond Girod. See race report at <http://www.swisswalking.org/fr/news/detail/436>.

20km Men

1.	CORREIA, Luis Manuel	1978	CM Cour Lausanne / H.C.	1:36:58
2.	GAVILLET, Patrick	1968	CM Cour Lausanne	2:13:59
3.	BROT, Daniel	1953	CM Yverdon	2:29:28
4.	BOOS, Gérald	1954	CM Yverdon	2:35:29
5.	TARDI, Emmanuel	1967	LPLongjumeaux - FR / H.C.	2:28:27 18km400
6.	BRANDENBURG, Walter	1946	SAL Lugano	2:35:35 17km600
	BIANCO, Joseph	1941	CM Monthey	DNF
	BINGGELI, Bernard	1946	CM Cour Lausanne	DNF
	GREBER, Claude	1957	CM Ecureuil La Poste	DNF

20km Women

1.	POLLI, Laura	1983	SAL Lugano	1:43:38
2.	POLLI, Marie	1980	SAL Lugano	1:48:33
	MAEDER, Heidi	1943	CM Cour Lausanne	DNF

5km

1.	BALHARRY, Gavon	1945	CM Cour Lausanne	29:23
2.	BAPTISTE, Hélène	1950	CM Yverdon	36:09

5km U18

1.	ROULIER, Axelle	1999	CM Monthey	34:14
2.	DA SILVA SOUZA, Liliana	1998	CM Monthey	34:25

5km U16

1.	BONZON, Nathan	2000	CM Monthey	24:54
2.	POMMAZ, Guillaume	2001	CM Monthey	27:00

2km U12

1.	FRITSCHETEAU, Pryanka	2004	CM Monthey	15:37
2.	DA SILVA SOUZA, Béatrice	2005	CM Monthey	15:45

1km U10

1.	COMINA, Kilian	2007	CM Monthey	07:14
2.	POMMAZ, Valentino	2006	CM Monthey	07:23
3.	POMMAZ, Benjamin		CM Monthey	11:06
4.	ANTONIOLI, Tara		CM Monthey	14:30



Laura and Marie Polli and Luis Correia (photos Emmanuel Tardi)

ENGLISH COUNTY CHAMPIONSHIPS, 23-24 MAY
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Thanks to Mark Wall for collating and sending on the walk results from the various English County Championships the weekend before last. The two standouts were Callum Wilkinson's solo PB 12:03.3 in Ipswich and Tatyana Gabellone's PB 13:01.2 at Corby.

Suffolk AA champs: Ipswich 24/5**Senior Women 3000m**

1.	Valerie Nutley	LDWA	21.57.0
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U13 Boys 1000m

1.	Solomon Elvin	Waveney Valley	7.42.5
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U15 Boys 1000m

1.	George Wilkinson	Westley Middle Sch	5.49.2
2.	Bailey Elvin	Waveney Valley	7.27.6

U20 Men 3000m

1.	Callum Wilkinson	Enfield & Haringey	12.03.3
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Cambridgeshire AA Champs: Cambridge 23/5**Senior Men 3000m**

1.	Mike Horscroft	Unatt'd	21.13.50
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Senior Women 3000m

1.	Pamela Abbott	Enfield & Haringey	19.52.26
2.	Joanne Outtrim	Unatt'd	21.32.08
3.	Katherine White	Unatt'd	24.22.12
4.	Jennifer Payne	Unatt'd	24.46.45

Essex AA Champs: Chelmsford 23-24/5**Senior Men 3000m**

1.	Daniel King	Colchester	12:28.46
2.	Keith Palmer	Southend	20:13.08
3.	Peter Cassidy	Loughton	21:14.08

Senior Women 3000m

1.	Sophie Hales	Steyning	14:33.06
2.	Francoise Fernandez	Loughton	21:47.01

Hampshire AA Champs: Portsmouth 23/5**Senior Men 3000m**

1.	Keith Vallis	Overton Harriers	15:56.1
2.	Jim Ball	Steyning	15:56.1

U20 Men 3000m

1.	Timothy Snook	AFD	13:32.4
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U17 Men 3000m

1.	Chris Snook	AFD	13:23.0
2.	Colin Zack	AFD	20:45.4

Senior Women 3000m

1.	Sue Davies (W50)	AFD	19:26.4
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U17 Women 3000m

1.	Abigail Jennings	AFD	18:54.1
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U15 Girls 2500m

1.	Mia Loten	AFD	19:15.2
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U13 Girls 2000m

1.	Ruby Horton	AFD	15:03.1
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Kent AA Champs: Ashford 24/5**Senior Men 3000m**

1.	Christopher Hobbs	Ashford AC	14:52.9
2.	Malcolm Martin	Paddock Wood AC	16:17.5
3.	MartynCorbishley Jonathan Hobbs	Medway and Maidstone AC Ashford AC	16:39.6 DQ

U20 Men 3000m Walk

1.	Guy Thomas	Tonbridge AC	12:28.8
2.	Luc Legon	Bexley AC	13:59.4

U17 Men 3000m

1.	Marshall Smith	Ashford AC	16:14.4
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Senior Women 3000m

1.	Angela Martin	Paddock Wood AC	18:50.7
2.	Lesley Hall	Ashford AC	18:59.0
3.	Geraldine Legon	Bexley AC	20:00.1
4.	Anisa Zalewski	Ashford AC	21:59.3

U20 Women 3000m

1.	Heather Butcher	Cambridge Harriers	15:03.3
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U17 Women 3000m

1.	Sophie Lewis Ward	Cambridge Harriers	15:16.4
2.	Indigo Burgin	Cambridge Harriers	19:24.1

U15 Women 3000m

1.	Evelyn Butcher	Cambridge Harriers	16:56.2
2.	Beatrice Fury	Medway and Maidstone AC	18:52.2
3.	Jacqueline Benson	Ashford AC	19:53.4

Middlesex AA Champs: Lee Valley 23/5**Senior Men 3000m**

1.	Francisco Reis	Ilford/Portugal	13:47.1
2.	John Hall	Belgrave	16:58.1
3.	Shaun Lightman	Surrey WC	17:47.8
4.	Mark Culshaw	Belgrave	17:53.2
5.	Sean Pender	Enfield & Haringey/Ireland	20:17.3

Senior Women 3000m

1.	Maureen Noel	Belgrave	18:08.5
2.	Anchalee Suppavongvantana	Cambridge H	19:44.4
3.	Lynn Jones	Trent Park	20:10.1
4.	Natacha Domingos	TVH	21:17.3

Northamptonshire AA: Corby 23/5**Senior Women 3000m**

1.	Tatyana Gabellone	Italy (Guest)	13:01.2
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2.	Kate Donaldson	Nottinghamshire AA (Guest)	16:34.0
U13 Boys 2000m			
1.	Toby Buck	Rugby & Northampton	13:51.1
U11 Boys 1000m			
1.	Louis Buttrick	Rugby & Northampton	06:33.8
2.	Luke Turner	Rugby & Northampton	06:47.8
3.	Jenson Buttrick	Rugby & Northampton	07:10.0

Leicestershire & Rutland and Walkshire AAs: Nuneaton 24/5

Senior Men 3000m			
1.	Mark Williams	Tamworth	14:24.6
Senior Women 3000m			
1.	Jasmine Nicholls	Leicester WC	15:21.6
2.	Ann Wheeler	Leicester WC	17:45.1
U15 Boys 3000m			
1.	Ben Allen	Leicester WC	15:20.2
U13 Boys 2000m			
1.	Faris Alkhamesi	Nuneaton Harriers	11:45.5
2.	Hisham Alkhamesi	Nuneaton Harriers	12:02.5
3.	Kyle Smith	Nuneaton Harriers	13:07.8
4.	Adrian Judge	Coventry Godiva	14:22.7

YORKSHIRE RWC OPEN MEET, KIRKBY FLEETHAM, NORTH YORKS, SUNDAY 24 MAY

Thanks to Trevor McDermot of Yorkshire RWC for the following race report and results.

It may have been merely a good tempo session for **Rhydian Cowley** (AUS/Glenhuntly AC) and our Junior International Cameron Curbishley (Medway & M), but for children living in the scenic village of Kirkby Fleetham in Yorkshire it was very exciting to witness for the first time actually how fast an athlete could walk. With Cameron stepping off the circuit at 15km (72:48) Rhydian continued for another lap to record 96:24 at 20km and take first place in the Soup & Roll League Event 12 on Sunday, May 24th. (a series of events aimed at encouraging Novices). Consistent Brenda Gannon (IRE/Hyde Park H) won the 10km in 54:45 and Under 15 Pagen Spooner the 5km on her debut (30:00). Special mention is worthy of Sheffield's Edwin Grocock who recently celebrated his 90th birthday and finished a wonderful 10th in the 5km in 42:35. Awards were also made to winning Novices and Parent/Child teams.

Adrian Edwards was first home in the Open 35km ahead of Scotland's fast finishing Bill McFadden, and also retained his Northern title with excellent team backing from Lancashire WC, while Graham Jackson (York CIU) continued for a 50km victory on this traditional 'Bradford' weekend in a time of 5:51:58.

The Under 12's 600m on the village green, admirably controlled by Sean Pender, was followed by a Shot Put, 200m Run, Long Jump, Relay, and then various egg+ spoon/ 3-legged / sack races which the kids organised themselves. Overall a decent introduction to Athletics with medals galore, lots of prizes and free Yorkshire hospitality (!) throughout.

A very interesting day with over 60 participants, awards to 1 and 90 year olds, and many novices. Our sincere thanks go to Rhydian, Cameron, and to Andi Drake and the international crew from the Leeds set-up for once again supporting and inspiring these promotions. At the end of a long day children could be seen practising race walking on their own and no better compliment can be paid than that.

Full results at <http://files.northernracewalking.com/200109352-6819869168/Copy%20of%20Results%20%20K.Fleetham%2024%2005%2015.pdf>. The events from 10km upwards are reported below.

Open 50km			
1.	Graham Jackson	York CIU	5:51:58
Open 35km			
1.	Adrian Edwards	Lancashire WC	3:50:24
2.	Bill McFadden	SCO / Scotia RWC	3:51:34
3.	Colin Vesty	Leicester WC	4:03:38
4.	Graham York CIU	Jackson	4:04:52
5.	Dave Crompton	Lancashire WC	4:06:57
6.	Dave Evans	Lancashire WC	4:17:35
7.	Phil McCullagh	Lancashire WC	4:24:15
8.	Mark Byrne	Redcar RWC	4:31:39

Open 30km			
1. Greg Smith	Lancashire		3:29:18
Open 20km			
1. Rhydian Cowley	AUS / Glenhuntly AC		1:36:24
Open 15km			
1. Cameron Curbishley	Medway & Maidstone AC		1:12:48
Open 10km			
1. Brenda Gannon	IRE / Hyde Park		54.45
2. Tony Bell	Lancashire WC		65.21
3. Pat Evans	Lancashire WC		68.13



Cameron and Rhydian walk stride by stride in North Yorkshire a week ago (photo Trevor McDermot)

FINAL ROUND, FRENCH TEAMS CHAMPIONSHIPS QUALIFIERS, AROUND FRANCE, SUN 24 MAY

With the French Teams Championship qualifiers being held around France a week ago, here are the best time as per Birger Falt's Swedish Racewalking website www.gang.se. Fastest of the men were Yohann Diniz (19:09.34) and Robert Heffernan (19:45.98) while the fastest of the women was Emelie Menuet 12:44.40.

Tourcoing:	W 3000m	1.Katarzyna Golba POL 12.48,72	2.Lucie Auffre FRA 13.51,99
	M 5000m	1.Hessanine Sebei TUN 19.51,63	2.Rafal Augustyn POL 19.52,08
Bondoufle:	W 3000m	1.Ines Pastorino FRA 13.21,84	3.Aurelien Quinion FRA 20.41,32
	M 5000m	1.Raouf Ben Beh TUN 21.33,95	2.Corinne Baudoin FRA 13:29:40
Venissieux:	W 3000m	1.Maria Czakova SLV 14.24,74	
	M 5000m	1.Yohann Diniz FRA 19.09,34	2.Mathieu Bilodeau CAN 20.34,55
Pontoise:	W 3000m	1.Axelle Ham FRA 13.54,97	
	M 5000m	1.Elias Couto POR 21.54,57	
Bordeaux	W 3000m	1.Violaine Averous FRA 13.19,32	2.Mylene Ortiz FRA 13.53,64
Tours:	M 5000m	1.Robert Heffernan IRL 19.45,98	2.Antonin Boyez FRA 19.52.71
Angers:	M 5000m	1.Cedric Houssaye FRA 20.55,24	3.Denis Langlois FRA 22.28,84
Creteil:	W 3000m	1.Emilie Menuet FRA 12:44:40	2.Fabien Bernabe FRA 20.55,33

Full T&F results at <http://www.athle.fr/asp.net/main.html/html.aspx?htmlid=4807>.

SOUTH AMERICAN U19 CHAMPIONSHIPS, CUENCA, ECUADOR, 30-31 MAY

The medals were spread amongst Peruvian Ecuadorian and Bolivian walkers at last weekend's South American U19 Championships, held in Cuenca, Ecuador. In the men's race, nothing separated the two Peruvians until the final step, Cesar Rodriguez winning by millimetres with a time of 43:04.18 ahead of Paolo Yurivilca with 43:04.23). In the women's race, the favourite, Karla Jaramillo of Ecuador, easily won in front of an excited home crowd with 48:43.94.

10,000m U19 Men Saturday 30 May

1.	Cesar Rodriguez	1996	PER	43.04.18
2.	PAolo Yurivilca	1996	PER	43.04.23
3.	MOrocho Pizarro Braulio Stalin	1996	ECU	44.15.83
4.	Juan Pablo Armando Rodriguez Pardo	1997	BOL	45.02.62
5.	HURtado Espinoza David Alexander	1999	ECU	48.24.31
6.	Matheus Gabriel De Liz Correa	1999	BRA	49.04.79
7.	Jesus Vega	1998	VEN	49.51.03
8.	Jefferson Chacon	1997	VEN	DNF
9.	CRistaldo Quispe Misme	1997	BOL	DNS

10,000m U19 Women Sunday 31 May

1.	Karla Jhohana Jaramillo Navarrete	1997	ECU	48.43.94
2.	Stefany Mildred Coronado Gemio	1996	BOL	49.50.74
3.	Odeth Roselen Huanca Rasguido	1997	BOL	51.24.89
4.	Leyde War	1996	PER	51.36.82
5.	León Tenesaca Nathaly Johana	1998	ECU	53.43.94
6.	Michelle Varas	1998	CHI	56.20.32
7.	Rayane Caroline Lins de Oliveira	1996	BRA	61.57.20
8.	Evelyn Inga	1996	PER	DQ

USATF 5000M TRACK WALK CHAMPIONSHIPS, ALBANY, NY, SUNDAY 31 MAY

The 2015 USA 5km Race Walk Championships for men and women were part of the 37th annual Freihofer's Run for Women and were held on a 1km loop around Corning Preserve. See further details on the event website at http://www.freihoferstrun.com/race_walk.htm. Overall, wins to John Risch 21:49.3 and Maria Michta-Coffey 21:51.0. I saw a comment from Dave Talcott to the effect that he thinks Maria's time is a new USA Road Record.

USATF 5km Road Walk - Women

1.	Maria Michta-Coffey	28	Walk USA	21:51.0
2.	Teresa Vaill	52	Pegasus AC	24:40.3
3.	Meaghan Podlaski	17	Fleet Feet Sports Rung/Walk Club	24:49.7
4.	Erin Taylor-Talcott	37	Shore AC	24:51.4
5.	Katharine Newhoff	18	Walk USA	25:21.1
6.	Katie Michta	19	Walk USA	25:35.2
7.	Chelsea Conway	25	Shore AC	26:06.3
8.	Katie Smith	27	Pegasus AC	27:31.6
9.	Reini Brickson	23	Unattached	27:47.0
10.	Kristi Licursi	19	Unattached	28:21.9
11.	Maryanne Daniel	56	Connecticut Racewalkers	28:47.0
12.	Katherine Miale	18	New Jersey Striders	29:05.5
13.	Rasheeda Moncada	35	Park Racewalkers, USA	29:11.8
14.	Maegan Allen	16	New England Walkers	29:27.4
15.	Melissa Tylock	18	Penfield Athletic Club	30:12.4
16.	Rebecca Benjamin	49	Pegasus AC	30:56.0
17.	Caitlynn Chanat	12	New Jersey Striders	32:25.8
18.	Elizabeth Pasquale	62	Shore AC	32:44.1
19.	Barbara Dalzell	59	Unattached	32:55.2
20.	Amy Tonsits	57	World Class Racewalking	33:32.4
21.	Lucy Vayo	14	Unattached	33:46.8
22.	Panseluta Geer	68	Shore AC	35:15.5
23.	Joycelyn Yip	14	Fleet Feet Sports Run'g/Walk Club	35:57.5
24.	Mary Anne Taylor	49	Pegasus AC	37:40.9
25.	Donna Davidson	60	Fleet Feet Sports Run'g/Walk Club	37:45.0
26.	Sierra Sukay	17	Unattached	40:16.1
27.	Kathleen McLaren	54	Fleet Feet Sports Run'g/Walk Club	42:52.1
	Michelle Ching	54	Fleet Feet Sports Run'g/Walk Club	DQ

USATF 5km Road Walk - Men

1.	John Cody Risch	24	Q-Elite	21:49.3
2.	Richard Luettchau	30	Shore AC	22:26.5
3.	Dave Talcott	55	Syracuse Chargers TC	25:14.1
4.	Ed O'Rourke	52	New England Walkers	26:06.0
5.	John Soucheck	49	Shore AC	26:25.0
6.	Dan O'Brien	50	Pegasus AC	27:05.8
7.	Bill Vayo	50	Unattached	28:05.3
8.	Nolan Allen	15	New England Walkers	28:33.0
9.	Bob Keating	66	New England Walkers	28:47.0
10.	Sagan Leggett	18	Fleet Feet Sports Run'g/Walk Club	29:31.6
11.	Bill Reed	62	Pegasus AC	29:44.7
12.	Bruce Logan	50	Park Racewalkers, USA	30:52.8
13.	Tom Quattrocchi	64	Shore AC	31:21.4
14.	Steven Chanat	14	New Jersey Striders	32:12.6
15.	Keith Pryor	39	Unattached	35:51.8
16.	Brian Logan	50	Park Racewalkers, USA	44:40.4
	Nick Accardo	32	Louisiana Athletics Program	DQ
	Zbigniew Sadlej	53	Pegasus AC	DQ
	Mark Mindel	63		DQ

Teams Men	1. Shore AC	2. New England Walkers		
Teams Women	1. Walk USA	2. Pegasus AC	3. Shore AC	4. Fleet Feet.

OUT AND ABOUT.

- Sports nutritionist Hannah Sheridan considers the history of carbohydrate loading and how it is best implemented. See <http://www.all-athletics.com/en-us/2015-05-26/carbo-loading>
- Chris Rael of Racewalk Planet Radio speaks with Australian international racewalker Dane Bird-Smith. See <http://racewalkplanetradio.blogspot.com/>
- NZ champion Quentin Rew continues his blog in the leadup to this year's IAAF World Championships in Beijing. See <http://www.athletics.org.nz/News/Blogs/Road-to-the-Champs-2015>
- 20 year old New Zealand walker Courtney Ruske won the 10km walk division in the 2015 Christchurch Marathon last weekend in a big PB of 48:19. See <http://tiktok.biz/christchurchmarathon/2015/7172>.
- Team GB Race Walker Tom Bosworth speaks to John Hamilton in the third edition of the Lunchtime Walk and Talk podcast as they discuss the mechanics of walking, Tom's journey to international athlete and his aspirations for the World Championships in Beijing and beyond. See <https://www.leedsbeckett.ac.uk/news/0615-walk-and-talk-podcast-features-international-race-walker/?type=staff>.

2015 IAAF CONFERENCE WILL ELECT A NEW IAAF RACEWALKING COMMITTEE

The IAAF will hold its annual congress just before the IAAF World Championships kick off in Beijing in late August. It will be an especially interesting occasion as current IAAF President Lamine Diack of Senegal will step down after a 16 year reign at the top. The vote for the new President will be between two high profile Olympians - Sebastian Coe (GBR, Olympic Gold 1500m 1980 and 1984) and and Sergey Bubka(UKR, Olympic gold in 1988 and six World Championship golds in the pole vault).

The congress will also see most of the IAAF Race Walking Committee up for election. As the only candidate for President is incumbent Maurizio Damilano (ITA, Olympic gold in 1980 and World Championship gold in 1987 at 20 km), he will be automatically re-elected. Of the other eleven current members, all but two are up for re-election. Ten persons will be elected, with at least two women, from the 21 people candidates.

Current Committee	Chairman	Mr Maurizio DAMILANO	ITA
	Members (12)	Mr Khaled AMARA	TUN
		Mrs Sari ESSAYAH	FIN
		Mr Fumio IMAMURA	JPN
		Mr Robert KORZENIOWSKI	POL
		Mr Peter MARLOW	GBR
		Mr Fausto Nicanor MENDOZA CAJAS	ECU
		Mr Maris PETERSON	RUS
		Mr Miguel Angel RODRIGUEZ	MEX
		Mr Luis SALADIE	ESP
Mrs Jane SAVILLE		AUS	

		Mr Shande YANG	CHN
Nominations are	Chairperson	Maurizio DAMILANO ITA	
	Female Members (2)	Maryanne DANIELS Sarifā FAGILDE Anna FROBERG Silvia HANUSOVA Jane SAVILLE	USA MOZ FIN SVK AUS
	Other Members (8)	Mustafa AKYAVAS Sayar ALANEZI Hamad Abdullah ALHINIW Khaled AMARA Tim BERRETT Jean-Pierre DAHM Maryanne DANIELS Sarifā FAGILDE Anna FROBERG Silvia HANUSOVA Fumio IMAMURA Robert KORZENIOWSKI Peter MARLOW Rolf MUELLER Joseph OCHIENG OCHIENG Maris PETERSON Miguel Angel RODRIGUEZ GALLEGOS Luis SALADIE Jane SAVILLE Candido VELEZ Shande YANG	TUR KUW KSA TUN CAN FRA USA MOZ FIN SVK JPN POL GBR GER KEN RUS MEX ESP AUS PUR CHN

MARCIALMONDO AND OMARCHADOR ROUNDUP

Marciadalamondo had 8 press releases this week (the links are to the English version of the website)

- Sun 31 May - results from the South American Youth Championships
http://www.marciadalamondo.com/eng/dettagli_news.aspx?id=2102
- Sat 30 May - preview of the 41st South-American U19 Championships in Cuenca, Ecuador
http://www.marciadalamondo.com/eng/dettagli_news.aspx?id=2101
- Fri 29 May - start lists for next weekend's La Coruna walks meet in Spain
http://www.marciadalamondo.com/eng/dettagli_news.aspx?id=2100
- Thu 28 May - passing of former Italian racewalk judge William Zanellini
http://www.marciadalamondo.com/eng/dettagli_news.aspx?id=2099
- Wed 27 May - Italian walker Anna Rita Sidoti features on La Coruna poster
http://www.marciadalamondo.com/eng/dettagli_news.aspx?id=2098
- Wed 27 May - Chen Ding leads strong Chinese team in 5000m walk in Saluzzo
http://www.marciadalamondo.com/eng/dettagli_news.aspx?id=2097
- Tues 26 May - Drahotova wins inaugural 3000m walk in Ostrava Golden Spikes meet
http://www.marciadalamondo.com/eng/dettagli_news.aspx?id=2096
- Tue 26 May - Results of the second leg of the Spanish Clubs Track Championships
http://www.marciadalamondo.com/eng/dettagli_news.aspx?id=2094

The omarchador blog continued on as usual with 9 press releases

- Sun 31 May - Phillip Dunn takes up his position with USADA
<http://omarchador.blogspot.pt/2015/05/philip-dunn-na-direccao-da-usada.html>
- Sat 23 May - Preview of the 41st South American Youth Championships in Cuenca, Ecuador,
<http://omarchador.blogspot.pt/2015/05/cuenca-recebe-sul-americanos-de-juvenis.html>

- Fri 29 May - Pedro Santos wins 5000m walk in Athletissima Namur meet in Belgium
<http://omarchador.blogspot.pt/2015/05/pedro-santos-vence-marcha-no-meeting.html>
- Thu 28 May - Results of Round 2 of the Spanish Club Championships
<http://omarchador.blogspot.pt/2015/05/a-marcha-na-2-jornada-da-liga-de-clubes.html>
- Wed 27 May - Anna Rita Sidoti remembered in La Coruna event poster
<http://omarchador.blogspot.pt/2015/05/annarita-sidoti-relemburada-na-corunha.html>
- Wed 27 May - Sebei and Golba win the French Club Championships walks
<http://omarchador.blogspot.pt/2015/05/sebei-e-golba-vencem-marcha-nos.html>
- Tue 26 May - Anežka Drahotová wins inaugural 3000m in Ostrava with 11:52.38
<http://omarchador.blogspot.pt/2015/05/anezka-drahotova-com-115238-em-ostrava.html>
- Tues 26 May - Preview of women's 3000m walk in Ostrava Golden Spikes meet
<http://omarchador.blogspot.pt/2015/05/3000-m-marcha-femininos-no-ostrava.html>
- Mon 1 Jun - Cesar Rodriguez (Peru) and Karla Jaramillo (Ecuador) win the South American Youth Championships
<http://omarchador.blogspot.pt/2015/06/cesar-rodriguez-peru-e-karla-jaramillo.html>

#BANCHEGIN

Of the latest 16 doping sanctions announced on 28th May (see <http://t.co/Xk8TlGdTU8>), three of them are for Russian racewalkers. That is a huge statistic for a country that tries to keep declaring itself free of doping and now clean. What's even more disturbing is the cherry picking applied to Ruzavin's ban which means that he can now keep his 2014 World Cup bronze medal. He is banned for a month in 2012, 2 months in 2013 and from November 2014 to 2017. This is pathetic. We all know that you keep the positive effects of doping for a significant period after any doping occurrence. You can't just let them back in as soon as their offending levels have fallen. This is a joke!

AKULINUSHKINA Tatyana (Date of birth 06.04.94) RUS

Out-of-competition test, Sochi, RUS 20.02.15 4 years ineligibility 02.03.15-01.03.19 Since 20.02.15

RUZAVIN Andrey (Date of birth 28.03.86) RUS

IAAF Rule 32.2 (b) Athlete Biological Passport Case 18.12.11 2 years and 6 months ineligibility

09.10.14-08.04.17

From 18.12.11 to 18.02.12

From 13.09.13 to 13.11.13

OKHOTNIKOVA Nina (Date of birth 04.01.87) RUS

IAAF Rule 32.2 (b) Athlete Biological Passport Case 21.06.11 2 years ineligibility 22.01.15-21.01.17 From 21.06.11 to 17.11.11

VALE SID BRAY: 1938-2015

I was saddened a few days ago to learn of the death of Sidney Walker (Sid) Bray, one of our very well known older Queensland racewalking identities. Sid, late of Griffin, passed away peacefully on 23rd May, 2015, aged 77 Years.

Sid for many years represented Queensland in Australian and Federation carnivals and, in his later years, took on various administrative roles. He was the inaugural Secretary of the Queensland Veterans Athletics Club which was formed in 1973 and was always involved in the Queensland Race Walking Club in one role or another, eventually taking on the role of patron.

I first met Sid in 1973 when I travelled to Brisbane with the Victorian team to compete in the Australian 50 km title. Even then Sid was already a long standing member of QAWC.

I have a newspaper cutting from the Brisbane based "Courier Mail" describing a 12 Hour walk done by Sid on 27-28 April 1963. The race, organised by QAWC, was held at the Lakeside Motor Racing Circuit north of Brisbane and had a 10PM start time so that entrants could walk through the cooler overnight conditions. Sid, then aged 25, was the sole finisher, completing 59 miles 1365 yards (just short of 100km). While short of Gordon Smith's 1938 Australasian record of 65 miles 781 yards, it was still a very commendable distance.

When I asked him about this walk a few years ago, he said that he could not recall the names of the other walkers in the 12 hour event which was put on specifically to allow him to do a 12 hour walk. The other walkers were only there to support him.

To Sid's wife Noelene and to their family, we express our condolences. Gone but never forgotten.



Sid takes breakfast on the fly while then QAWC President Keith Campbell attends him (The Courier Mail, 29 April 1963)

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.

2014/2015 Australian/Victorian Key Dates

Sun June 7, 2015	LBG Carnival, Canberra, ACT
Sun June 21, 2015	AMA, VMA and Vic 20km roadwalk champs, Middle Park, VIC
Sat July 4, 2015	Vic 15km roadwalk champs, Middle Park, VIC
Sat July 18, 2015	VMA 10km and Victorian RWA Postal Challenge, Middle Park, VIC
Sun Aug 2, 2015	Victorian Roadwalk Championships (including Vic 30km), Middle Park, VIC
Sun Aug 30, 2015	Australian Roadwalk Championships, Middle Park, VIC
Sun Sept 13, 2015	Vic 50km Championship, Middle Park, VIC
Oct 3-10, 2015	Australian Masters Games, Adelaide, SA

2015 IAAF Race Walking Challenge Dates

Jun 6, 2015	XXIX Gran Premio Cantones de La Coruña	La Coruña, SPAIN
Aug 22-30, 2015	15 th IAAF World Championships	Beijing, CHINA

Looking further forward

July 3-14, 2015	28 th Summer Universiade, Gwanju, South Korea
July 15-19, 2015	9 th World Youth T&F Championships, Cali, Colombia
Aug 22-30, 2015	15 th IAAF World Championships in Athletics, Beijing, China. See http://www.iaafbeijing2015.com
Aug 4-16, 2015	20 th World Masters T&F Champs Stadia, Lyon, France. See www.lyon2015.com
Aug 15-16, 2015	104th Centurions 100 Miles qualifying walk , Castletown, Isle of Man See http://www.isleofman100milewalk.co.uk/index.html
May 7-8, 2016	27 th IAAF World Race Walking Team Championships, Cheboksary, Russia
July 19-24, 2016	16 th World Junior T&F Championships, Kazan, Russia
Oct 26 -Nov 6, 2016	21 st World Masters T&F Champs Stadia, Perth, Australia. See http://www.perth2016.com
Aug 5-21, 2016	31 st Olympic Games, Rio de Janeiro, Brazil. See http://www.rio2016.com/en
July 12-16, 2017	10 th World Youth T&F Championships, Niarobi, Kenya
August 5-13, 2017	16 th IAAF World Championships in Athletics, London, UK
August 19-30, 2017	29 th Summer Universiade, Taipei, Taiwan
May 2018	28 th IAAF World Race Walking Team Championships, Cheboksary, Russia
July 2018	16 th World Junior T&F Championships, ?
Apr 4-15, 2018	Commonwealth Games, Gold Coast, Queensland (racewalks on the program). See http://www.gc2018.com
2019	17 th IAAF World Championships in Athletics, Doha, Qatar
July 2019	11 th World Youth T&F Championships, ?
July 2019	30 th Summer Universiade, Brasilia, Brazil
July 2020	32 nd Olympic Games, Tokyo
Aug 2021	18 th IAAF World Championships in Athletics, Eugene, USA

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