



## HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club  
2014/2015 Number 50  
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### WALKER OF THE WEEK

**Michelle Thompson** is my walker of the week, after her great 50km / 6 Hour walk at Middle Park on Sunday. As the only finisher in the Racewalking Australia 50km championship (5:33:10) and as the winner of the associated 6 Hour walk (53.788km), she was the dominant walker at the final VRWC winter season fixture.

In hot and windy conditions, she powered through to her third win in the RWA championship, following on from her golds in 2011 (5:13:14) and 2012 (5:23:37). This was a much more conservative walk but another strong victory by Australia's best female ultra distance walker.



**Michelle Thompson in action at Middle Park last Sunday morning (photo Terry Swan)**

### WHAT'S COMING UP

That's it for us for a month or so now. It will be a well earned break for our many hard working walkers. The next key dates on the Victorian calendar mark the start of the summer season

- Sat 10 Oct 2015 AV Shield Round 1 (Program 2), various venues around Victoria
- Sun 25 Oct 2015 VRWC Road Races, Middle Park

I will be doing a VRWC summer season mailout towards the end of September so stay tuned.

### AV AND VRWC CHAMPIONSHIPS, MIDDLE PARK, SUNDAY 13 SEPTEMBER

The final day of racing for the Victorian Race Walking Club saw them hosting the Victorian 50km championship, the RWA 50km championship for women and their own 35km club championship. The weather was warm (around 25C) and it was windy so conditions were far from ideal but a small field of keen walkers still toed the line at the 7:30AM start.

Australian ultra walker **Michelle Thompson** went straight to the lead and was never headed, winning the RWA 50km championship with 5:33:10, well outside her 2011 PB is 5:13:14, but good enough to account for everyone else. She then continued on to the 6 Hour mark, recording an impressive 53.788km. **Simon Evans** and **Terry O'Neill** headed out more conservatively alongside **Tim Erickson** (who was walking with yellow numbers, indicating that he was competing under club rules rather than IAAF rules). Alas, both Simon and Terry eventually called it quits, meaning that the Victorian 50km championship will not be awarded this year, but Tim continued on, passing the 50km mark in 5:39:14 to reach a 6 Hour distance of 52.757km. The other 2 early starters, **Heather Carr** and **Karyn O'Neill** also called it quits before reaching the 35km mark. But on a high note, **Heather's 30km time of 3:37:02 will be a new AMA/VMA and VRWC W65 record.**

<b>AV 50km Championship</b>			<b>10km</b>	<b>20km</b>	<b>30km</b>	<b>40km</b>	<b>50km</b>
1.	Evans, Simon	BOH	1:06:06	2:11:58	3:22:39	DNF	
2.	O'Neill, Terry	GPA	1:06:05	2:12:03	DQ		
<b>RWA 50km Championship Women</b>		<b>10km</b>	<b>20km</b>	<b>30km</b>	<b>40km</b>	<b>50km</b>	
1.	Thompson, Michelle	1:03:48	2:08:20	3:14:27	4:22:20	5:33:10	
<b>VRWC 35km Championship</b>		<b>10km</b>	<b>20km</b>	<b>30km</b>	<b>35km</b>		
1.	Thompson, Michelle	1:03:48	2:08:20	3:14:27	3:48:03		
	Erickson, Tim *	1:06:05	2:11:58	3:18:09	3:51:29		
2.	Evans, Simon	1:06:06	2:11:58	3:22:39	4:06:23		
	Carr, Heather	1:04:06	2:12:20	3:37:02	DNF		
	O'Neill, Terry	1:06:05	2:12:03	DQ			
	O'Neill, Karyn	1:09:13	2:22:05	DQ			
<b>VRWC 6 Hour Walk</b>		<b>10km</b>	<b>20km</b>	<b>30km</b>	<b>40km</b>	<b>50km</b>	
1.	Thompson, Michelle	1:03:48	2:08:20	3:14:27	4:22:20	5:33:10	53.788 km
2.	Erickson, Tim	1:06:05	2:11:58	3:18:09	4:25:35	5:39:14	52.757 km

A few more walkers joined in the action later in the morning, with Adam Garganis winning the 20km with 1:38:17 and Kyle Swan winning the 10km with 52:40. Obviously the warm conditions took their toll.

<b>VRWC 20km Walk</b>		<b>10km</b>	<b>20km</b>
1.	Garganis, Adam	47:54	1:38:17

<b>VRWC 10km</b>		
1.	Swan, Kyle	52:40
2.	Dickson, Corey	61:59
	Walmsley, Hayden	DNF
	Walmsley, Reese	DNF
	Donahoo, Mark	DNF

All splits and lap times from Sunday are on the web [http://vrwc.org.au/wp1/?page\\_id=8](http://vrwc.org.au/wp1/?page_id=8).

Thanks as always to Terry Swan for the photos – see more at <http://www.vrwc.org.au/coppermine/thumbnails.php?album=57>.



**Michelle Thompson, Tim Erickson, Adam Garganis, Kyle Swan and Heather Carr in action (photos Terry Swan)**

It was a long day in the office for our officials and judges with a 7:30AM start and a 1:30PM finish. Thanks everyone. It would not be possible without your considerable support every week. Sorry if I missed anyone.

**Officials:** Ralph Bennett, Michael Bodey, Mark Donahoo, Ian Laurie, Harry Summers

**Judges:** Kathleen Marsh(chief), Suzanne Callaway, Judy Mason, Brenda Felton, Gordon Loughnan, Stuart Cooper, Terry Swan, Peter Vysma and Michael Bodey (DQ Board)

**ACT WALKERS CLUB ROADWALKS, POINT HUT POND, CANBERRA, SATURDAY 12 SEPTEMBER**

Thanks to Robin Whyte for this week's results from Canberra, along with a set from a couple of weeks ago.

**ACTRWC Roadwalks, Point Hut Pond, Sat 12 Sept**

**4km Walk**

1.	Zoe Hunt	22:28
2.	Mitchell Baker	22:36
3.	Ally Durr	22:39
4.	Gabby Hunt	23:00
5.	Callum Burns	24:02
6.	Connor Frew	24:02
7.	Tim Fraser	24:25
8.	Spencer Burns	25:29
9.	Kate Black	26:23
10.	Greg Durr	26:29
11.	Katie Alley	27:20
12.	Robin Whyte	27:38
13.	Jennifer Alley	29:43
14.	Mick Saunders	30:32
15.	Bryan Thomas	31:33
16.	Bob Parker	31:46
17.	Rosemary Parker	33:22
18.	Terry Munro	37:57
19.	Val Chesterton	39:06

**2km Walk**

1.	Tom Hunt	11:26
2.	Laura Burns	12:10
3.	Ellen Vahey	13:50
4.	Harry Baker	15:58
5.	Robyn Saunders	18:25

**Acacia Inlet, Canberra, Saturday 29 August**

**10km Walk**

1.	Greg Durr	1:11:00
2.	Mick Saunders	1:11:42
3.	Geoff Barker	1:17:59

**4km Walk**

1.	Peter Baker	23:52
2.	Helena Bialecki	25:27
3.	David Mackenzie	32:45
4.	Cilla Chapman	35:29
5.	Jack Thackray	35:56
6.	Fran Black	37:25
7.	Raine Thompson	44:04

**2km Walk**

1.	Ellen Vahey	12:40
2.	Bob Chapman	18:11

**1km Walk**

1.	Tom Hunt	05:12
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**SAMA ROADWALKS, PEACOCK RD, SOUTH PARKLANDS, ADELAIDE, SATURDAY 12 SEPTEMBER**

Thanks to Colin Hainsworth for this week's results from the South Australian Masters in Adelaide. Colin commented: *Last walk of winter season 5km turkey handicap (estimate your time) at Peacock Road, South Parklands, Adelaide followed by winter presentations. Hot 25C sunny arvo.* Great performance by George White (M70 26:21 95.06%).

**5km Turkey Handicap Walk**

1.	Roger Lowe	40:27	0:12	M72	63.05%
2.	Elizabeth Neubauer	42:31	0:13	W63	60.25%
3.	Colin Hainsworth	41:25	0:25	M85	75.47%
4.	Margaret McIntosh	41:55	0:25	W62	60.37%
5.	Gil McIntosh	35:33	0:33	M65	66.47%
6.	Valmai Padget	42:19	0:41	W71	67.61%
7.	Doug Smart	41:28	1:01	M72	61.94%
8.	Rodger Barber	38:08	1:08	M77	72.11%
9.	Raelene Schild	37:56	1:26	W50	58.82%
10.	George White	26:21	1:39	M70	<b>95.06% **</b>
11.	Marie Maxted	33:01	2:01	W55	70.90%

**2.5km Walk**

1.	Helen Suridge	18:18	W64
2.	Jan Layng	19:19	W66
3.	Edna Bates	21:44	W62

## QLD MASTERS ATHLETICS ROUNDUP

Lots of walking activity in Queensland last weekend. First to Saturday when the Queensland Masters were in action at the State Athletic Facility at Nathan, racing over 3000m. Big PB to Erika Woodward (16:32.87) but top age graded points to Peter Bennett (14:58.11 and 87.25%).

### 3000m Walks, SAF, Nathan, Saturday 12 September

1.	Ignacio Jimenez	M50	Brisbane	14:47.87	81.42%	
2.	Peter Bennett	M59	Brisbane	14:58.11	87.25%	
3.	Argenis Guevara	M47	Brisbane	16:31.49	71.10%	
4.	Dean Nipperess	M44	GC & Sthrn	18:50.77	60.83%	
1.	Erika Woodward	W49	Brisbane	16:32.87	78.21%	PB 0:28
2.	Joanne Pronk	W59	Brisbane	26:41.87	53.26%	

The Masters were in action again on the Gold Coast on Sunday morning with a different mix of walkers also contesting 3000m races.

### 3000m Walks, Gold Coast, Sunday 13 September

1.	Paul Lindenberg	M53	GC & Sthrn	17:58.35	68.78%
1.	Kay Shaw	W56	GC & Sthrn	18:53.01	73.02%
2.	Debbie Lindenberg	W54	GC & Sthrn	20:39.89	65.46%

## QUEENSLAND ATHLETICS SPRING CARNIVAL, SAF NATHAN, SUNDAY 13 SEPTEMBER

Queensland Athletics was also hosting a T&F meet on Sunday morning at Nathan, with 3000m and 5000m walks on offer. Best efforts probably from Jamison Stovin (14:44.70) and Luke McCutcheon (24:18.53).

### 3000m Walk (ages 12-15, 10AM)

1.	Hannigan, Caitlin	13	Trinity College	16:44.70	
2.	Pearson, Jade-Elizabeth	14	Ferny Grove Shs	18:22.93	
	Treurnich, Chloe	15	Sheldon College	DQ	
1.	Stovin, Jamison	14	Mt St Michae	14:46.35	
2.	McCutcheon, Nelson	13	Cleveland Di	16:21.39	
3.	Clarke, Ethan	14	Cleveland Di	16:40.25	
4.	Haig, Callum	15	Meridan Stat	18:34.14	
	Jeffrey, Ben	13	Mount Gravatt High	DNF	

### 5000m Walk (Ages 16+), 10AM

1.	Pickles, Jessica	21	Unq	24:13.12	
1.	McCutcheon, Luke	17	Cleveland Di	24:18.53	
2.	McCutcheon, Jamie	16	Cleveland Di	26:44.44	

## BRWC GRAEME NICHOLLS HANDICAP, LAKE WENDOUREE, BALLARAT, SUNDAY 13 SEPTEMBER

Thanks to Wayne Peart for this report from the Ballarat Racewalking Club in country Victoria. Last Sunday saw their annual 6km Graeme Nicholls Lap of the Lake Handicap Walk.

Now don't laugh, but it was a clear blue sky and a glorious 16 degrees that greeted our walkers on Sunday for the Annual Graeme Nicholls 6km Lap of the Lake. Kasey Bishop in only her second attempt over the 6km course produced a very impressive walk of 38:45 a 1:46 PB, to secure the handicap honours in this year's race. Quick times were also posted by Jemma Peart 32:47 (1:05 PB) and Alanna Peart 35:37, with the fastest time of the day going to Ross Darlow in 29:10. Our junior walkers contested the shorter 1.5km event with Kayla Bridges leading the way home in 9.43 to claim victory on handicaps by a mere 8 seconds, just edging out James Pendred on 11.26.

### 6km Handicap

1.	Kasey Bishop	12	38:45	PB 1:46	
2.	Ross Darlow	16	29:10		
3.	Jemma Peart	14	32:47	PB 1:05	
4.	Alanna Peart	12	35:37		
5.	Jessika Bridges	13	48:54		

### 1.5km Handicap

1.	Kayla Bridges	12	9:43	
2.	James Pendred	12	11:26	
3.	Mia Darlow	9	10:25	



**Left: 6km walkers Jemma Peart, Alanna Peart, Jessika Bridges, Kasey Bishop and Ross Darlow  
Right: 1.5km walkers Kayla Bridges, Mia Darlow and James Pendred**

**JAPANESE NATIONAL UNIVERSITY T&F CHAMPIONSHIPS, OSAKA, JAPAN, 11-13 SEPTEMBER**

Toyo University delivered the performance of the day on the third day of the National University Track and Field Championships at Osaka's Nagai Stadium when Toyo's men's 10000m walk junior national record holder Daisuke Matsunaga, the Kanto Region champion, duelled with Kansai regional champ Toshikazu Yamanishi (Kyoto Univ.) in the first race of the day, pushing each other throughout the race and both breaking the meet record in PB time. Matsunaga was first across the line in 39:18.04, the only new record at this year's Nationals, with Yamanishi falling back but still clearing the old meet record in 39:28.63, more than a minute better than his previous best. Good winning time also for the women, with Goto Reina recording 45:52.7. Big fields! See more at <http://japanrunningnews.blogspot.com.au/2015/09/matsunaga-breaks-10000-m-race-walk.html>.

**Men 10000m Walk**

1.	Matsunaga Daisuke	39:18.0
2.	Yamanishi Toshikazu	39:28.6
3.	Noda Akihiro	40:00.1
4.	Oikawa Fumitaka	40:11.7
5.	Yamada Kota	41:04.1
6.	Suganami Yuya	41:12.0
7.	Takahashi Kazuo	41:22.4
8.	Goto Shigeruto	41:24.4
9.	Ouchi Hotaka	41:40.5
10.	Yasuda TakashiNozomi	42:14.6
11.	Saito Kai	42:25.7
12.	Nakao Yuzuru	42:26.4
13.	Shioshima Ryota	42:26.7
14.	Yoshinaga Soichiro	42:30.6
15.	Makiya Taiki	42:37.4
16.	Takahashi Ryota	42:55.3
17.	Hinokita Takahiro	43:07.3
18.	Kobayashi Hisato	43:09.7
19.	Kurumisawa Yuki	43:20.2
20.	Inayoshi Yuo	43:28.6
21.	Aoyama Fukusen	43:42.9
22.	Yanagisawa Yuuto	44:02.5
23.	Nakagawa Takeshi	44:21.5
24.	Murai Yuki	44:29.0
25.	Yamaoka Sachi?	44:37.0
26.	Okada Kenta	44:47.4
27.	Wada Shota	44:58.2
28.	Fukushima Yuta	45:21.6

**Women 10000m Walk**

1.	Goto Reina	45:52.7
2.	Yagi Nozomu	47:37.4
3.	Matsumoto Saiutsu	47:50.3
4.	Maruyama Risako	47:57.2
5.	Kawase Murasakio	48:09.6
6.	Okubo Reimi	48:20.3
7.	Kawazoe Kaori	48:33.1
8.	Alpine MizuhoKei	48:34.0
9.	Aoki Satoko	48:46.8
10.	Okabe Fumiko	48:55.2
11.	Kumagai Nami	49:02.6
12.	Sonoda YoRena	49:37.6
13.	Fukuda Ayako	49:45.5
14.	Fukamizu Riho	49:47.7
15.	Nemoto Yuumi	50:01.2
16.	Matsumoto Shayo	50:38.4
17.	Wada Natsumi	50:38.7
18.	Sakurai Yuka	50:54.3
19.	Maeda ShaNozomi	51:02.2
20.	Yoshida Eriko	52:19.2
21.	Utsumi Saki	54:34.1
22.	Lisa Ono	54:54.4
23.	Yamanaka Akane	56:29.2
	Hosaka Marina	DQ
	Okazaki Nozomi	DQ



29.	Fujiwara Junichi	45:49.8
30.	Fukuda Takeo	48:03.3
	Matsumura Hiromu	DNF
	Kawashima tenter	DQ
	Smear Hironari	DQ
	Yamanaka Genta	DQ
	Sarai Taekwang	DQ
	Pea Katsuya	DQ
	Hirata Junya	DQ
	Yuki Ito	DQ
	Tasaka Tsuyoshi	DQ
	Watanabe Sayre	DQ

#### USA 40KM CHAMPIONSHIP, JOE PALAIA PARK MONMOUTH COUNTY, NJ, SUNDAY 14 SEPTEMBER

The USA 40km roadwalk championship was held last Sunday in Joe Palaia Park, Monmouth County, NY. Although visitor Jorge Pineda of Colombia was first to finish, the men's USA title went to Michael Mannozi with 3:31:05, ahead of Dave Talcott and David Swartz, while the women's title went to Susan Randall with 3:59:21.

#### USA Men 40km Championship - 8AM

	Jorge Pineda	28	Colombia	3:14:43 (went on to walk 50K in 4:10:37)
1.	Michael Mannozi	29	Shore AC	3:31:05
2.	Dave Talcott	55	Shore ac	3:53:11
3.	David Swartz	50	Pegasus ac	4:27:55
4.	Douglas Johnson	55		4:34:06
5.	Leon Jasionowski	70	Pegasus ac	4:39:57
6.	Tom Quattrocchi	64	shoreac	4:41:51
	Vyasheslav Troshkin	67	russia	4:42:22
7.	Tim Chelius	59	shore ac	4:51:11
8.	James carmines	72	socal tc	5:28:22

#### USA Women 40km Championship – 8AM

1.	Susan Randall	41	shore ac	3:59:21
2.	Amanda prince	27		4:29:17
3.	Darlene Backlund	70	so cal tc	5:18:34
4.	Kay Carmines	69	socal tc	5:28:23

Other race results are as follows. Good to see NSW walker **Steven Washburn** completing 30km.

30K Men	Steven Washburn	21	Fairfax Virginia	2:42:38
28K Men	Paul DeMeester	55	SanFrancisco Calif.	3:25:30
	Barry Blake	60	Shore AC	2:34:14
	Bruce Logan	50	ParkRacewalkers USA	2:35:16
20K Women	Erin Taylor-Talcott	35	Shore AC	2:00:10
	Cher Armstrong	29	Raleigh Walkers	2:09:10
10K Men	Fred Linkhart	62	FARC	1:08:38
10K Women	Melissa Endy	16	Westfield Flyers	1:00:10
	Rasheeda Moncada	36	ParkRacewalkersUSA	1:03:14
	Panse Geer	68	Shore AC	1:13:17
5K Men	Marc Varsano	50	ParkRacewalkers USA	33:52
5K Men	Frank Bergson	76	Shore AC	40:04

#### 24<sup>TH</sup> FINNKAMPEN, STOCKHOLM, SWEDEN, 12-13 SEPTEMBER

The annual Sweden vs Finland track walks meet was held last weekend, with the men's 10,000m and the women's 5000m track walks contested at 2:30PM on Saturday. The women's 5000m walk was won by 18 year old Finnish walker Taika Nummi with a new Finish junior record of 21:58.5. Overall, Finland took the women's team event with 15 points to 7. The men's 10,000m saw Swedish brotheres Perseus Karlstrom 42:03.1 and Ato Ibanez 42:12.1 take the first to places, with the men's teams event going to Sweden with 15 points to 7. So overall, the two counties tied with 22 points apiece.

#### Men 10,000m Race Walk

1.	Perseus KARLSTRÖM	SWE	90	42:03.1
2.	Ato IBANEZ	SWE	85	42:12.1
3.	Veli-Matti PARTANEN	FIN	91	42:17.2
4.	Anders HANSSON	SWE	92	42:18.4

5.	Eemeli KIISKI	FIN	91	42:56.6
6.	Aleksi OJALA	FIN	92	43:36.7

#### Women 5000m Race Walk

1.	Taika NUMMI	FIN	97	21:58.5
2.	Enni NURMI	FIN	98	23:19.3
3.	Monica SVENSSON	SWE	78	23:22.1
4.	Mikaela LÖFBACKA	FIN	90	23:37.5
5.	Siw IBANEZ	SWE	57	25:43.4
6.	Ellinor HOGRELL	SWE	68	27:58.9

### HUNGARIAN TEAM CHAMPIONSHIPS, SZÉKESFEHÉRVÁR, HUNGARY, 12-13 SEPTEMBER

Viktória Madarász and Máté Helebrandt won last week in the Hungarian Super League meet in Debrecen. A week later and they were back again in winning mode in the Hungarian Team Championships in Székesfehérvár, again over 10,000m on the track. This time around, Helebrandt was faster (41:55.4) but Madarász was well outside her new National record with a slower 46:11.1.

#### Men 10,000m Race Walk

1.	Máté HELEBRANDT	HUN	89	41:55.4
2.	Bence VENYERCSÁN	HUN	96	42:47.1
3.	Sándor RÁCZ	HUN	86	43:53.8
4.	Tomasz BAGDÁNY	HUN	95	44:13.8
5.	Dávid TOKODI	HUN	91	45:16.4
6.	Donát BURGER	HUN	97	46:46.0
7.	László VENYERCSÁN	HUN	71	51:15.2
8.	Szabolcs TRESCSIK	HUN	76	00:50.6
9.	Ádám ALMÁSI	HUN	98	01:52.5
10.	Marcell TÉGI	HUN	98	02:36.6
	Miklós Domonkos SRP	HUN	93	DQ

#### Women 10,000m Race Walk

1.	Viktória MADARÁSZ	HUN	85	46:11.1
2.	Barbara KOVÁCS	HUN	93	48:23.2
3.	Rita RÉCSEI	HUN	96	50:53.9
4.	Petra RÉCSEI	HUN	90	53:03.3
5.	Marianna LENGYEL	HUN	94	55:28.7
6.	Brigitta MATALIN	HUN	87	56:19.6
7.	Krisztina TAKÁCSNÉ BONDOR	HUN	79	01:45.7

### GRANDE PRÉMIO DE MARCHA DE DRUSKININKAI, DRUSKININKAI, LITHUANIA, SAT 12 SEPT

Brigita Virbalyte and Tadas Šuškevičius won the 10km events in the 23<sup>rd</sup> edition of the Grande Prémio de Marcha de Druskininkai, Lithuania, last Saturday. The meet also doubled as the Lithuanian national championships, and saw over 100 walkers from Lithuania, Latvia, Belarus and Poland. Virbalyte, who recorded a new national record in Katowice (42.43) a week ago, walked another very fast time of 43.26 to finish ahead of Neringa Aidietyte 44.49 and Inga Mastianica 48.49. Šuškevičius, two weeks after competing in the Beijing 50km, won the men's championship with 41.04, well ahead of Marius Šavelskis 42.20 and Genadij Kozlovskij 42.47.

#### Open and U20 10km Men

1.	Tadas Šuškevičius	1985	LTU	41.04
2.	Marius Šavelskis	1994	LTU	42.20
3.	Genadij Kozlovskij	1991	LTU	42.47
4.	Artur Mastianica	1992	LTU	42.50
5.	Normantas Petriša	1994	LTU	43.18
6.	Anatolij Gomelev	1996	BLR	44.49
7.	Arturs Makars	1997	LAT	44.56
8.	Edgars Gjacs	1993	LAT	46.04
9.	Raivo Saulgriezis	1994	LAT	46.13
10.	Kamil Kamarowski	1995	POL	46.25
11.	Damian Klawikowski	1996	POL	48.06
12.	Jakub Kuzawski	1999	POL	53.57
	Tomas Pagirys	1996	LTU	DNF
	Kacper Kosecki	1997	POL	DQ
	Arnoldas Budrys	1996	LTU	DQ
	Adam Malagowski	1996	POL	DQ

**Open and U20 10km Women**

1.	Brigita Virbalyte	1985	LTU	43:26
2.	Neringa Aidietyte	1983	LTU	44:49
3.	Inga Mastianica	1989	LTU	48:49
4.	Nadzeja Darazhuk	1990	BLR	50:59
5.	Egle Juocyte	1993	LTU	52:00

**U18 Men 10km (first 3)**

1.	GOMELEV Anatolij	BLR		44:49
2.	MAKARS Arturs	LTU		44:56
3.	KLAWIKOWSKI Damian	POL		48:06

**U18 Girls 5km (first 3)**

1.	VAICIUKEVICIUTE Zivile	LTU		23:07
2.	VAICIUKEVICIUTE Monika	LTU		23:13
3.	RAROUSKAY Anastasiya	LTU		24:40

**MEETING DI ATLETICA "CITTA DI MARANO", NAPLES, ITALY, WEDNESDAY 9 SEPTEMBER**

And quickly to Italy where Mattia Iorillo walked 21:28.0 in a 5000m race in Naples.

**Men 5000m Race Walk**

1.	Mattia IORILLO	ITA	98	21:28.2
2.	Vincenzo VERDE	ITA	82	21:59.2
3.	Massimiliano COLANGELO	ITA	97	22:07.5
4.	Matteo GALLO	ITA	99	22:39.9
5.	Damiano COLANGELO	ITA	97	25:17.5

**Women 5000m Race Walk**

1.	Annalisa RUSSO	ITA	96	26:18.3
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**CHINESE AUTUMN CHAMPIONSHIPS, CHANGBAISHAN, CHINA, SATURDAY 5-7 SEPTEMBER**

Thanks to marciadalmondo (see [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2203](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2203)) for the results of the Chinese Autumn National Championships, held in Changbaishan on the weekend of 5-7 September. Following on from their strong showing in this year's World Championships, over 500 walkers contested these championships and the depth was on show.

2012 Olympic bronze medallist Qieyang Shenjie, who narrowly missed out on one of the 3 World Champs spots, won the women's 20km in a very strong 1:28:27 (splits of 22:54, 22:17, 21:5 and 21:19). She only just beat Hou Yongbo 1:28:30 and was about 1 minute ahead of third place Liang Rui with 1:29:22. 21 year old Wang Kaihua (1994) won the men's 20km with a convincing 1:19:49 ahead of Li Tianlei 1:20:57 and Xie Sichao 1:22:07. They just keep producing new quality 20km walkers! Their 50km depth was not so strong, the event being won by Luo Yadong with 3:54:42.

But it was in the underage divisions where the real depth was on show. In the men's U20 and U18 10 km, 15 athletes were under 41:30 and 25 bettered 42:00. It was just as impressive for the younger girls where 10 walkers bettered 46:00. And that was without World Youth Championships female winner Ma Zhenxia and male silver medallist Zhang Yun who were both absent. Best times to juniors Zhang Rongjing (40:24) and Yang Jiayu (43:19).

**Open Men 20km**

1.	WANG Kaihua	CHN	1:19:49
2.	LI Tianlei	CHN	1:20:57
3.	XIE Sichao	CHN	1:22:07
4.	SUN Chengang	CHN	1:22:22
5.	WANG Qin	CHN	1:22:56
6.	ZHENG Suxian	CHN	1:23:36
7.	HAN Jijiang	CHN	1:23:39
8.	MA Haijun	CHN	1:23:55

**Junior Men 10km**

1.	ZHANG Rongjing	CHN	40:24
2.	YANG Dedong	CHN	40:30
3.	ZHU Guowen	CHN	40:36
4.	TONG Dongliang	CHN	40:43
5.	ZHANG Wanxin	CHN	40:45
6.	SUN Song	CHN	40:57
7.	MU Linjie	CHN	41:08
8.	LENG Xiao	CHN	41:29

**Open Women 20km**

1.	QIEYANG Shenjie	CHN	1:28:27
2.	HOU Yongbo	CHN	1:28:30
3.	LIANG Rui	CHN	1:29:22
4.	SUN Huanhuan	CHN	1:30:21
5.	MAO Yanxue	CHN	1:30:33
6.	WANG Na	CHN	1:31:27

**Junior Women 10km**

1.	YANG Jiayu	CHN	43:19
2.	CAI Xiangzhouma	CHN	44:25
3.	JI Yefang	CHN	44:49
4.	ZHAO Wenli	CHN	44:51
5.	YIN Hang	CHN	45:01
6.	ZHANG Lifang	CHN	45:05



7.	LI Leilei	CHN	1:31:49	7.	MAO Yanqiu	CHN	45:50
8.	WANG Di	CHN	1:33:43	8.	XIAO Xianghua	CHN	45:59

#### Open Men 50km

1.	LUO Yadong	CHN	3:54:42
2.	XU Faguang	CHN	3:55:24
3.	HAN Yucheng	CHN	3:55:44
4.	LIU Jan	CHN	3:58:22
5.	HU Wanli	CHN	3:59:01
6.	LUO Dongpo	CHN	4:03:49
7.	YANG Liang	CHN	4:05:01
8.	LI Guodong	CHN	4:07:07

#### U18 Men 10km

1.	GAO Yingchao	CHN	40:48
2.	LU Ning	CHN	40:58
3.	ZHENG Ke	CHN	41:03
4.	GUO Shuqi	CHN	41:16
5.	ZHANG Hongliang	CHN	41:24
6.	CAO Wenglong	CHN	41:34
7.	LI Yandong	CHN	41:33
8.	NIU Wenchao	CHN	41:49

#### Junior Men 30km

1.	YANG Dedong	1996	2:14:54
2.	LANG Xiao	1996	2:15:55
3.	SUN Song	1996	2:16:08
4.	YANG Hu	1996	2:16:58
5.	ZHAXI Yangben	1997	2:17:49
6.	MU Linjie	1997	2:18:04

#### U18 Women 10km

1.	XUE Ke	CHN	45:08
2.	YANG Weiwei	CHN	46:47
3.	YANG Liujing	CHN	47:30
4.	NI Jie	CHN	48:12
5.	MA Qijizhuo	CHN	48:15
6.	YAN Peirong	CHN	48:19

### RUSSIAN CUP MEET, VORONOVO, RUSSIA, SATURDAY 12 SEPTEMBER

Russian walkers Nadezhda Sergeeva and Petr Trofimov won the 10km walks in the walks meet held last Saturday in Voronovo, a town near Moscow. Plenty of walkers from other countries present.

#### 10km Women

1.	Nadezhda Sergeeva	1994	Russia	44.33
2.	Monika Kapera	1990	Poland	44.53
3.	Agnieszka Szwarnog	1986	Poland	44.58
4.	Panayiota Tsinopoulou	1990	Greece	46.34
5.	Evdokia Korotkova	1979	Russia	46.51
6.	Anna Krahmaleva	1992	Russia	49.32
7.	Zilya Garipova	1995	Russia	49.51
8.	Anastasia Rodzkina	1994	Belarus	51.14
9.	Sofia Tkachenko	1998	Russia	54.32
10.	Tatyana Koshkina	1994	Russia	54.35
11.	Kristina Smirnova	1998	Russia	54.59
12.	Olga Karinaeva	1999	Russia	57.33
	Ainhoa Gonzalez Pinedo	1983	Spain.	DQ

#### 10km Men

1.	Petr Trofimov	1983	Russia	38.55
2.	Nazar Kovalenko	1987	Ukraine	39.05
3.	Kirill Frolov	1993	Russia	39.25
4.	Aleksey Golovin	1988	Moscow	40.16
5.	Artsiom Turkov	1994	Belarus	40.22
6.	Jakub Jelonek	1985	Poland	40.34
7.	Aleksey Arkhipov	1988	Russia	40.54
8.	Yauheni Zalesski	1993	Belarus	41.24
9.	Nikolai Ivanov	1993	Russia	42.02
10.	Zahar Sliva	1998	Russia	43.20
11.	Mikhail Lyubavin	1998	Russia	43.24
12.	Pavel Yarovkhou	1982	Belarus	43.38
13.	Mikhail Ivanov	1998	Russia	47.25
	Ivan Losev	1986	Ukraine	DQ
	Pavel Schrom	1991	Czech Republic	DQ

### MTR HONG KONG RACEWALKING CARNIVAL, HONG KONG, SATURDAY 12 SEPTEMBER

Alas, the results have not yet been posted for the annual MTR Hong Kong 10km race, contested in central Hong Kong last weekend. In years past, Athletics Australia used to send a developmental team to represent us but I have not heard anything this year. Website at <http://www.hkaaa.com/page.php?pid=1732&mid=147&type=gameevent> in case something does pop up later in the week.

## OUT AND ABOUT

- Although unofficial, the following website link tries to maintain a full listing of all athletes who have qualified so far for the 2016 Olympic Games in all T&F disciplines. You can see the 20km and 50km qualifiers (plenty of Aussies in there) at <http://toplist.leichtathletik-mehrkampf.de/>
- Saw a tweet from Canadian walker Evan Dunfee that his season bests over 5000m, 20km and 50km are worth 1162, 1161, and 1163 IAAF points respectively. No wonder he signed off the tweet with #Consistency. Can anyone beat that!

## ZIMBIO – THE PLACE TO GO FOR PHOTOS

There are plenty of photo websites around but few are better for T&F than Zimbio. Here is a great photo, taken at the 2011 Australian 50km championship at Fawkner Park in Melbourne. It shows the first 3 placegetters in Jared Tallent, Nathan Deakes and Chris Erickson. They walked together for 42km before the fireworks started – it was a great race.



**Jared Tallent, Chris Erickson and Nathan Deakes compete in the 2011 Australian 50km Championship at Fawkner Park**  
<http://www.zimbio.com/photos/Jared+Tallent/Nathan+Deakes/Australian+50km+Walks+Selection+Trial/yf98YBWVscI>

To see their full photo repository for Jared Tallent, check out link <http://www.zimbio.com/Jared+Tallent>. To swap to look at any other walker, just click the search button at the top right side of the screen (it looks like a magnifying glass) and type in the walker's name. It's a great site!

## MARCIADALMONDO AND OMARCHADOR ROUNDUP

Marciadalmondo saw 5 press releases this week

- Mon 14 Sep - Marciadalmondo tracks the progression of the women's 20km world record and rankings  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2208](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2208)
- Mon 14 Sept - Virbalyte and Šuškevičius win Lithuanian walk titles  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2207](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2207)
- Sat 12 Sept - Ruleset for "Around Taihu" International Race Walking Rally 2015  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2206](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2206)
- Nothing there yet?  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2205](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2205)

- Thu 10 Sept - Provisional entry list for "Around Taihu" International Race Walking Rally 2015. I note there are 6 Australians listed: **Jared Tallent, Dane Bird-Smith, Luke Adams, Regan Lamble, Nicole Fagan and Jessica Pickles**  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2204](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2204)
- Wed 9 Sept - Qieyang Shenie and Wang Kaihua win Chinese Autumn Racewalk Championships  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2203](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2203)

The omarchador blog was also active with 7 news releases

- Mon 14 Sept – results of Russian walks meet at Voronovo  
<http://omarchador.blogspot.com.au/2015/09/vitorias-russas-em-voronovo.html>
- Sun 13 Sept - Virbalyte and Šuškevičius win Lithuanian walk titles  
<http://omarchador.blogspot.com.au/2015/09/virbalyte-e-suskevicius-triunfam-em.html>
- Sat 12 Sept - Preview of walks meets at Voronovo (Russia) and Druskininkai (Lithuania)  
<http://omarchador.blogspot.com.au/2015/09/voronovo-e-druskininkai-este-sabado.html>
- Fri 11 Sept - 6 days walks camp in Greece  
<http://omarchador.blogspot.com.au/2015/09/camping-de-marcha-atletica-na-grecia.html>
- Thu 10 Sept - Results of Russian walks at Cheboksary  
<http://omarchador.blogspot.com.au/2015/09/taca-da-russia-de-marcha-em-cheboksary.html>
- Wed 9 Sept - Agnieszka Dygacz wins Dutch Sprint Triathlon in Race Walking  
<http://omarchador.blogspot.com.au/2015/09/agnieszka-dygacz-vence-6-triatlo-de.html>
- Tue 8 Sept - Ana Cabecinha honored in Pechão  
<http://omarchador.blogspot.com.au/2015/09/ana-cabecinha-homenageada-em-pechao.html>

#### #BANGHECIN

Wow, back into the world of illegal drugs with another Russian bombshell – Russian walker **Nina Okhotnikova**, who is already out serving a ban, has been retrospectively banned for a further period of time around 2011. So that means a second retrospective ban for her on top of the one she is already serving. Here is a translation of the article which explains it.

- It's time to talk again about russian doping, but maybe we never stopped because of all the recent news. Let's go back in time for a while. Two years ago the russian racewalker Mineyeva, winner of the European U23 title on the 20km race in Ostrava 2011, has been banned for doping losing the title and allowing the Italian Antonella Palmisano to jump on the podium. Now, two years later (Mineyeva is already able to compete again), the silver that became gold in 2011, has been caught cheating too. We are talking about another russina, Nina Okhotnikova. We have no words about russian doping, getting more and more ridiculous. We have no words and no trust, this has to be stopped. Let's hope the new IAAF President Sebastian Coe will clean this mess. See <http://www.trackarena.com/22262/doping-nina-okhotnikova-banned-julia-takacs-gains-the-gold-of-ostava-2011-on-20km-racewalk>

And another report explains further

- As reported by the Sports Integrity Initiative in March this year, the Russian athletics federation (VFLA) banned Okhotnikova from 22 January 2015 until 21 January 2017. Her results from 21 June 2011 until 17 November 2011 have been cancelled, meaning that she will also lose the bronze medal she won in the 20km walk at the 2011 Summer Universiade. Czech athlete Lucie Pelantová, who finished fourth, will gain her medal. Both Okhotnikova and Mineyeva were coached by Viktor Chegin, Eight Russian race walkers coached by Chegin at some stage in their career have been banned for anti-doping rule violations in 2015 alone (and I believe there are more to come). See <http://www.sportsintegrityinitiative.com/spain-confirms-new-2011-race-walk-champion/>

Still talking Russian drugs, a Russian court has thrown out two lawsuits against the makers of German TV documentaries which alleged that doping was widespread in Russian athletics. The lawsuits were filed by Russia's athletics federation and its ex-president Valentin Balakhnichev, who doubles as the treasurer of the IAAF, athletics' world governing body. They claimed their "honor and dignity" had been damaged by films made by German TV channel ARD, which alleged that some federation officials encouraged Russian athletes to dope and that anti-doping officials covered up positive tests to protect star Russian athletes. See [http://www.nzherald.co.nz/athletics/news/article.cfm?c\\_id=19&objectid=11510624&ref=rss](http://www.nzherald.co.nz/athletics/news/article.cfm?c_id=19&objectid=11510624&ref=rss)

Sadly, a separate case last week saw two Russian journalists and their employers fined after a court in Moscow ruled they had damaged the Russian Anti-Doping Agency's reputation by publishing articles based on interviews with Vitaly Stepanov, a former agency official who alleges that it covered up doping by Russian athletes in many sports. The testimony of Stepanov and his wife Yulia Stepanova, an athlete, is a major element underpinning ARD's allegations. So much for being a whistleblower in Russia!

And new IAAF President Seb Coe comes in for his own share of criticism from the British press on the issue of drugs in sport. It seems the new president Lord Coe is strangely silent on the drugs discussion unfolding in the UK, very different to his huge media presence in the leadup to the IAAF elections. See <http://www.independent.co.uk/sport/general/athletics/paula-radcliffe-blood-data-considerable-dismay-and-what-about-some-kind-of-explanation-10495898.html>.

And finally, just to show that nothing much changes in Russia, omarchador reported last week on the Russian Walks Cup which had been held in Cheboksary (see <http://omarchador.blogspot.pt/2015/09/taca-da-russia-de-marcha-em-cheboksary.html?m=1>). In 6<sup>th</sup> place in the 35km walk was U23 walker Evgeniy Pantiushin. Last year, he won this same event but then failed an 'in competition' drugs test and was banned for 9 months (why only 9 months you may ask). So he is now back in the mix – great news – not!

### AUSTRALIAN 2015 10KM RANKING LISTS

Last week, I published my 2015 Australian 20km ranking lists. This week, here are the 10km rankings, as per [www.racewalkaustralia.com](http://www.racewalkaustralia.com). Let me know if you see any errors or obvious omissions. The age groups are a bit flakey so ignore any errors there.

#### 2015 Australian 20km Ranking List – Men (those under 50:00)

1.	Dane Bird-Smith	U23M	39:53	QLD	27/03/2015
2.	Chris Erickson	SM	40:36	VIC	23/05/2015
3.	Jared Tallent	SM	40:46	SA	23/08/2015
4.	Rhydian Cowley	SM	42:29	VIC	27/03/2015
5.	Brendon Reading	SM	43:15	ACT	23/05/2015
6.	Tyler Jones	U17M	43:24	NSW	13/03/2015
7.	Kyle Swan	U17M	43:38	VIC	07/06/2015
8.	Adam Garganis	U18M	44:03	VIC	03/07/2015
9.	Jay Felton	U20M	44:04	NSW	07/06/2015
10.	Declan Tingay	U17M	44:19	WA	13/03/2015
11.	Emmet Brasier	U17M	44:28	VIC	01/02/2015
12.	Nathan Brill	U20M	44:36	VIC	02/08/2015
13.	Kyle Bird	U20M	44:43	VIC	13/03/2015
14.	Carl Gibbons	U20M	45:19	NSW	30/08/2015
15.	Justin Hill	SM	47:53	SA	09/05/2015
16.	Darren Bown	M40	47:54	SA	20/06/2015
17.	Steven Washburn	U23M	48:14	NSW	04/07/2015
18.	Luke McCutcheon	U17M	48:32	QLD	13/03/2015
19.	Aidan Kerr	U17M	49:26	NSW	07/06/2015
20.	Bradley Simpson	U23M	49:37	VIC	23/05/2015
21.	Ross Darlow	U17M	49:43	VIC	22/02/2015
22.	Stuart Kollmorgen	M45	49:43	VIC	09/08/2015
23.	Dylan Richardson	U15M	49:44	NSW	13/03/2015

#### 2015 Australian 20km Ranking List – Women (those under 55:00)

1.	Beki Smith	SW	44:24	NSW	23/05/2015
2.	Tanya Holliday	SW	44:56	SA	27/03/2015
3.	Kelly Ruddick	W40	46:55	VIC	18/07/2015
4.	Nicole Fagan	SW	47:46	NSW	23/05/2015
5.	Jemima Montag	U18W	48:02	VIC	23/05/2015
6.	Cheryl Webb	W35	49:32	NSW	08/08/2015
7.	Tayla-Paige Billington	U20W	49:32	NSW	30/08/2015
8.	Kirsty Klein	U23W	49:33	NSW	27/03/2015
9.	Jillian Hosking	SW	49:33	ACT	08/08/2015
10.	Danielle Walsh	U20W	50:13	SA	30/08/2015
11.	Zoe Hunt	U18W	50:21	ACT	30/08/2015
12.	Jasmyn McDonald	U16W	50:53	NSW	07/06/2015
13.	Anna Cross	U17W	51:50	SA	01/03/2015
14.	Kristie Goznik	U23W	51:55	SA	01/03/2015
15.	Chelsea Goodhew	U16W	52:31	NSW	13/03/2015
16.	Ally Durr	U20W	53:22	ACT	13/03/2015
17.	Lyn Ventris	W55	53:27	WA	10/08/2015
18.	Katya Martin	U20W	53:31	QLD	13/03/2015
19.	Stephanie George	U20W	53:40	VIC	13/03/2015
20.	Rebecca Henderson	U14W	53:44	VIC	13/03/2015
21.	Simone McInnes	SW	54:17	VIC	30/08/2015
22.	Rhiannon Lovegrove	U15W	54:37	SA	13/03/2015

## VRWC CLUB RECORD UPDATE

Three new club records to acknowledge from our final winter season walks at Middle Park on Saturday. Well done to Heather and Michelle.

Heather Carr	W65 30km road walk	3:37:02	Middle Park, VIC	13/09/2015
Michelle Thompson	W45 30km road walk	3;14:37	Middle Park, VIC	13/09/2015
Michelle Thompson	W45 50km road walk	5:33:10	Middle Park, VIC	13/09/2015

## 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.

### 2015/2016 Australian/Victorian Key Dates

Oct 3-10, 2015	Australian Masters Games, Adelaide, SA
Sat Oct 10, 2015	AV Shield Round 1 (Program 2)
Sun Oct 25, 2015	VRWC Summer Season commences with road races at Middle Park
Sun Dec 13, 2015	Australian 50km Championship, Fawkner Park, VIC
Sun Feb 21, 2016	Australian Summer 20km Championships, Adelaide, SA

### 2015 International Key Dates

Sept 26-29, 2015	Around Taihu Multi-day Race Walking Challenge 2015, Taihu, CHINA
Dec 12-13, 2015	MKH Kajang 12 Hour International Walk, Kajang, Malaysia. See <a href="http://www.themarathonshop.com.my">www.themarathonshop.com.my</a>

### 2016 International Key Dates

May 7-8, 2016	27 <sup>th</sup> IAAF World Race Walking Team Championships, Cheboksary, Russia
July 19-24, 2016	16 <sup>th</sup> World Junior T&F Championships, Kazan, Russia
Oct 26 -Nov 6, 2016	21 <sup>st</sup> World Masters T&F Champs Stadia, Perth, Australia. See <a href="http://www.perth2016.com">http://www.perth2016.com</a>
Aug 5-21, 2016	31 <sup>st</sup> Olympic Games, Rio de Janeiro, Brazil. See <a href="http://www.rio2016.com/en">http://www.rio2016.com/en</a>

### 2016 IAAF Challenge Series (so far)

Sat March 12, 2016	Chihuahua, Mexico
Sat March 19, 2016	Dudince, Slovakia
Sat April 9, 2016	Rio Maior, Portugal
Sat April 23, 2016	Taicang, China
May 7-8, 2016	World Cup, Cheboksary, Russia
Sat May 28, 2016	La Coruna, Spain
August 12-21, 2016	Olympic Games, Rio de Janeiro, Brazil

### Looking Further Forward

July 12-16, 2017	10 <sup>th</sup> World Youth T&F Championships, Niarobi, Kenya
August 5-13, 2017	16 <sup>th</sup> IAAF World Championships in Athletics, London, UK
August 19-30, 2017	29 <sup>th</sup> Summer Universiade, Taipei, Taiwan
May 2018	28 <sup>th</sup> IAAF World Race Walking Team Championships, Cheboksary, Russia
July 2018	16 <sup>th</sup> World Junior T&F Championships, ?
Apr 4-15, 2018	XXI Commonwealth Games, Gold Coast, QLD (racewalks on the program). See <a href="http://www.gc2018.com">http://www.gc2018.com</a>
2019	17 <sup>th</sup> IAAF World Championships in Athletics, Doha, Qatar
July 2019	11 <sup>th</sup> World Youth T&F Championships, ?
July 2019	30 <sup>th</sup> Summer Universiade, Brasilia, Brazil
July 2020	32 <sup>nd</sup> Olympic Games, Tokyo
Aug 2021	18 <sup>th</sup> IAAF World Championships in Athletics, Eugene, USA
July 18-30, 2022	XXII Commonwealth Games, Durban, South Africa

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