



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
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CONGRATULATIONS TO DANIEL COLEMAN

Congratulations to 26 year old Tasmanian walker/coach **Daniel Coleman** on his new appointment. Athletics Australia announced yesterday (see <http://athletics.com.au/News/apprentice-coach>) that he would be one of two new coaches in their national structure. The announcement reads as follows

Athletics Australia High Performance Director, Simon Nathan, has today confirmed the appointment of Mike Barber and Daniel Coleman to the position of Apprentice Coach. To be based at the Australian Institute of Sport in Canberra (ACT), where they will work closely with Head Coach, Craig Hilliard, Barber will take on the coaching of field athletes, while Coleman will be responsible for assisting in the development of race walkers. Both Barber and Coleman will commence in their part-time roles as soon as possible.

“Both Mike and Daniel were ideal candidates for the position of Apprentice Coach with Athletics Australia. They have a sound depth of coaching knowledge already and by working closely with Craig Hilliard they will continue to develop into the future,” Nathan said.

“Mike is the current coach of Commonwealth Games bronze medallist Kelsey-Lee Roberts, and his role will see him play an integral role in the day-to-day coaching and management of field event athletes. The coach of Stephanie Stigwood, Daniel will make the move from Hobart to take on the position of Apprentice Coach. His role focuses on the coaching of race walkers.”

Daniel was a triple Australian Junior Champion

2006-07 Aust. Junior T & F	10,000 metres Walk	1	44:55.91
2007-08 Aust. Junior T & F	10,000 metres Walk	1	44:11.81
2008 Aust. Junior Walking	10 km Walk	1	44:19

and represented Australia as the 2008 Race Walking World Cup, walking 47:02 in the Junior 10km walk.



Daniel (number 3) in action in the 2008 World Cup in Cheboksary, Russia

WHAT'S COMING UP

Our VRWC walkers are now enjoying a well earned break after a long and successful winter season. 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.

Internationally, the **Around Taihu Multi-day Race Walking Challenge 2015** kicks off on Saturday with 4 days of racing around Lake Taihu in China. Good luck to our Australian entrants.

BENDIGO WALKERS CLUB ROADWALKS, LAKE NEANGER, BENDIGO, SUNDAY 20 SEPTEMBER

Thanks to Paul Rance for his report on the weekend walk results from Bendigo, in country Victoria.

On Sunday, the Bendigo Walkers Club held their last Sunday morning point scoring competition at Lake Neanger for 2015 with 10 minute and 30 minute events being held. In the 10 minute event Zahra Hayes won the sealed handicap with a personal best and she also claimed the Club U16 record in her first competition as a 14 year old after her recent birthday. 2nd place went to Caitlyn Tozer also with a personal best effort with Sheridan Commons in 3rd place. The 30 minute event saw first year walker Jennie Payne continuing her improvement as she raced to a solid victory with Annette Curtis 2nd and Bill Lotherington in 3rd place while Barb Bryant set a Club 55+ record.

10 minutes Walk

1.	Zahra Hayes	2.046 km
2.	Caitlyn Tozer	1.147 km
3.	Sheridan Commons	1.321 km
4.	Ebony Whiley	1.685 km

30 minutes Walk

1.	Jennie Payne	4.451 km
2.	Annette Curtis	4.040 km
3.	Bill Lotherington	4.108 km
4.	Norm West	3.560 km
5.	Barb Bryant	5.259 km
6.	Peter Curtis	4.872 km

CITY-BAY RUN RUN, ADELAIDE, SUNDAY 20 SEPTEMBER

It's the break in seasons here in Australia so we don't have much in the way of local racewalk results to report this week. But I do have one unofficial walk result, from Adelaide's big 'City-Bay' 12km fun walk which was held last Sunday morning. International walkers Quentin Rew, Jared Tallent, Chris Erickson and Tanya Holliday were amongst the 5000+ entrants and led the walkers home in the official walk categories. On this occasion, Jared had to lower his colours to Quentin and Chris after leading early while Tanya won for the second year in a row in the women's walk. The first few places in the walk divisions consisted of well known walkers.

Men 12km Walk

1.	QUENTIN REW	NZ/VIC	M31	48:56
2.	CHRIS ERICKSON	VIC	M33	49:14
3.	JARED TALLENT	SA	M30	49:22
4.	DARREN BOWN	SA	M41	55:32
5.	JUSTIN HILL	SA	M25	1:00:08
6.	GEORGE WHITE	SA	M70	1:08:03
7.	PETER CRUMP	SA	M54	1:10:35

Women 12km Walk

1.	TANYA HOLLIDAY	TAS	F26	55:13
2.	STEPHANIE STIGWOOD	SA	F24	56:44
3.	CLAIRE TALLENT	SA	F34	58:25
4.	KRISTIE GOZNIK	SA	F22	1:02:52
5.	DANIELLE WALSH	SA	F19	1:04:41

For the record, the event has had a 12km walk category since 1995 and Jared and Claire Tallent seem to have it tied up with 6 and 10 wins respectively in recent years. Darren Bown has 8 wins so is still ahead of Jared in what is an interesting longevity contest! Jared (47:28 in 2007) and Tanya (52:12 in 2014) have the course walk records.

1995	Darren Bown	51:22	Sandra Kramer	63:27
1996	Robert McFadden	56:36	Jane Barber	59:27
1997	Darren Bown	53:13	Lara Kara-Ali	61:33
1998	Darren Bown	52:26	Sandra Kramer	62:12
1999	Darren Bown	49:41	Lara Kara-Ali	60:12
2000	Liam Murphy	53:12	Lara Kara-Ali	76:37
2001	Richard Everson	55:56	Kerry Saxby-Junna	54:08
2002	George White	59:38	Claire Woods	62:49
2003	Kim Mottrom	57:46	Claire Woods	63:12
2004	Jared Tallent	51:06	Claire Woods	61:13
2005	Jared Tallent	49:07	Claire Woods	58:23
2006	Jared Tallent	49:28	Claire Woods	59:21
2007	Jared Tallent	47:28	Claire Woods	56:23
2008	Darren Bown	51:42	Claire Tallent	56:18
2009	Darren Bown	49:26	Claire Tallent	56:12
2010	Darren Bown	51:31	Tanya Holliday	57:11
2011	Darren Bown	49:53	Tanya Holliday	55:14
2012	Jared Tallent	50:52	Claire Tallent	53:03
2013	Jared Tallent	53:08	Claire Tallent	59:56
2014	Jared Tallent	49:21	Tanya Holliday	52:12



Jared, Quentin and Chris after their tussle in Adelaide on Sunday – not a bad podium!

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

The results have now been posted for the MTR Hong Kong 10km so well done to **Dane Bird-Smith** (first in the men's race with 44:23) and **Beki Smith** (3rd in the women's race with 49:37). I hear that conditions were hot and humid. In years past, Athletics Australia used to send a developmental team to represent us at this meet but that seems to have gone by the board. No reflection on either Dane or Beki (if you are offered a trip, you take it) but a shame overall for a developmental opportunity lost.

10km Men

1.	DANE BIRD-SMITH	AUS	44:23
2.	WANG MINGLI	CHN	45:04
3.	KANG KILDONG	KOR	45:33
4.	HENDRO	INA	45:54
5.	TSE CHUN HUNG	HKG	47:28
6.	CHIN MAN KIT	HKG	48:16
7.	EDMUND SIM SOON CHYE	SIN	49:46
8.	KAZUMA UEDA	JPN	51:36
9.	CHEUNG WAI TAK	HKG	53:11
10.	CHU HO TING	HKG	53:49

10km Women

1.	LIU HONG	CHN	46:58
2.	LEE JUNGEUN	KOR	48:26
3.	REBECCA SMITH	AUS	49:37
4.	CHING SIU NGA	HKG	51:41
5.	YE PEILING	CHN	53:58
6.	HIKARI TACHIBANA	JPN	54:04
7.	KANA SHIROMOTO	JPN	55:00
8.	LAU HOI YING	HKG	59:36
9.	KWOK CHIK HA	HKG	1:03:19
10.	SUEN WAI HA	HKG	1:05:20



Dane wins in Hong Kong (photo www.marciadalmondo.com)

11TH AFRICAN GAMES, BRAZZAVILLE, CONGO, 13-17 SEPTEMBER

Mark Etheridge reported for SASCOC about the men's walks at the 11th African Games in Brazzaville, Congo, last Tuesday (see <http://www.sascoc.co.za/2015/09/15/walkers-win-gold-and-bronze-for-team-sa-at-african-games/>)

Lebogang 'Daywalker' Shange and Wayne Snyman walked their way to gold and bronze medals for Team South Africa at the African Games here on Tuesday. As the race unfolded over multiple laps around the Stade D'Unite, Shange was content to sit back and watch as walker after walker wilted and dropped back. Eventually it was a man-on-man battle between him and Kenya's Samuel Kereri. Snyman, after being some way back, also clawed his way back and was able to watch the battle for gold unfold ahead of him.

The South African and Kenyan matched each other stride for stride before Shange made his move with the line in sight. But he was nearly unsighted as Kereri roared back around the outside and Shange had to be alerted by screaming SA fans before he put in a final sprint to gold. His time was 1:26:43, just one second ahead of the Kenyan and Snyman clocked 1:27.32 for bronze. Chauwas was seventh in 1:35.44.

'I took the first 5km easy but then my legs just felt dead after the recent world championships,' said 25-year-old Shange. 'I played mind games with the Kenyan and let him take the lead because he's never beaten me before. Conditions were fine, I'm just so tired. Luckily the guys were scared of me and I also slowed the pace a bit to try and let Wayne catch up and get a

medal. I was supposed to be doing a walk relay in China next week but I've just let them know today that I won't be making it... just too tired.'

Said Snyman: 'I was feeling comfortable and was catching up nicely at the end but then I got two warnings with 3km to go so I slowed a bit and didn't chase as hard.'

The women's race saw Grace Wanjiru (2011 World Champs rep for Kenya and African record holder with 1:34:19) win comfortably ahead of Ethiopians Aynalem Eshute (2009 World Youth rep) and Askale Eshetu who took the minor medals. The Ethiopian medals come on top of the World Youth Championships bronze won by Ayalnesh Dejene in Cali and perhaps indicate that Ethiopia's walking credentials may well be on the rise.

South African entrant Anel Oosthuizen was up with the women's bunch in the early stages but dropped off and later consolidated for fourth as the early leaders dropped back. 'It was just so humid that I dehydrated too quickly and my time of around 1:43:05 is about five minutes slower than I normally walk.'

Men 20km Race Walk, Tuesday 15 September

1.	Lebogang SHANGE	RSA	90	1:26:43
2.	Samuel GATHIMBA	KEN		1:26:44
3.	Wayne SNYMAN	RSA	85	1:27:32
4.	David KIMUTAI	KEN	69	1:29:54
5.	Simon WACHIRA	KEN		1:30:03
6.	Haile Bizuayehu FULLASSA	ETH	95	1:35:05
7.	Mthembi CHAUQUE	RSA	93	1:35:44
8.	Dagne MEKONEN	ETH		1:35:55
9.	Mboyo HAROUNA	COD		1:38:35
10.	Romeo AMBOMO	CGO		1:41:45
11.	Voudibio KOUKABA	CGO		1:55:54

Women 20km Race Walk, Tuesday 15 September

1.	Grace Wanjiru NJUE	KEN	79	1:38:28
2.	Aynalem ESHETU	ETH	92	1:39:49
3.	Askale TIKSA	ETH	94	1:42:25
4.	Grace NYAWIRA	KEN	94	1:44:33
5.	Anel OOSTHUIZEN	RSA	95	1:46:16
6.	Chahinez NASRI	TUN	96	1:48:43
7.	Ayele Adanech MENGISTU	ETH	92	1:51:16
8.	Bazira GHEZLANI	ALG		1:56:07
9.	Faustina OGUH	NGR	97	2:06:00
10.	Lilia BITSOUMANI	CGO		2:13:45



Lebogang Shange and Wayne Snyman after their African Games medal winning performances (photo <http://www.sascoc.co.za/>)

It capped off a great year for Shange which saw him work his way into the top 20km eschelon.

15.03.2015	Lugano	Trophy - Memorial Mario Albisetti	SUI	2.	1:21:50
21.03.2015	Dudince	Dudinska 50	SVK	1.	1:22:44
17.04.2015	Stellenbosch	South African Ch.	RSA	1.	1:23:00
06.06.2015	La Coruña	Gran Premio Cantones	ESP1	1.	1:21:51
12.06.2015	Alytus	International Walking Festival	LTU	-	DNF
23.08.2015	Beijing	IAAF World Championships	CHN	11.	1:21:43
15.09.2015	Brazzaville	All-Africa Games	CGO	1.	1:26:43

TRACK MEET, BANSKÁ BYSTRICA, SLOVAKIA, TUESDAY 15 SEPTEMBER

Matej Toth and Maria Czakova were the 5000m walk winners at a Slovakian track meet last Tuesday evening in Matej's home city of Banska Bystrica.

Men 5000m Race Walk

1.	Matej TÓTH	SVK	83	19:41.75
2.	Anton KUCMÍN	SVK	84	20:06.71
3.	Michal MORVAY	SVK	96	22:57.67
4.	Zdeno MEDERA	SVK	75	24:41.98

Women 5000m Race Walk

1.	Mária CZÁKOVÁ	SVK	88	23:42.12
2.	Monika HORNÁKOVÁ	SVK	95	25:36.51
3.	Lucia CUBANOVÁ	SVK	95	26:55.70
4.	Nikoleta ABBATANTUONO	SVK	97	28:57.75

Once that meet had completed, it was off to Brazil for Matej, along with Slovak coaches Mathias Spišiak and Martin Pupiš. The 8 day informational trip, in preparation for the 2016 Olympics in Rio, was to check out the city of Juiz de Fora, where the Slovakian team will base itself in the leadup to the Games. Article <http://atletikasvk.sk/Articles/Detail?ArticleId=3434> reports that the exploratory team was very pleased with the city, its training facilities and team accommodation options. I am sure that many other Federations will be undertaking similar scoping trips to Brazil in the next few months. Followup article <http://atletikasvk.sk/Articles/Detail?ArticleId=3441> follows their progress.

As for Matej, he will be back in Slovakia in time to run the half marathon in the famous Kosice Peace Marathon (in Kosice, Slovakia) on Sunday 4th October. See <http://www.kosicemarathon.com/press-conference-17th-september-in-kosice/?lang=en>.

JOZEF PRIBILINC RACEWALK CLASSIC, BACÚCH, SLOVAKIA, SATURDAY 19 SEPTEMBER

The action continued in Slovakia on the weekend with the 8th staging of the international walking race in honour of Jozef Pribilinc. As usual, the road events were held over a 1km loop in Bacuch but the meet was missing its biggest drawcard as 2015 World 50km champion Matej Toth had already left for Brazil. That ensured all attention was focused on Guatemalan visitors Erick Barrondo (2012 Olympic silver medallist) and Mirna Ortiz who had won here in 2014. This year, the event was not part of the official IAAF racewalking tour but it did still attract competitors from a number of countries.

Barrondo was pitted against the local Slovakian trio of Anton Kucmín, Dušan Majdán and Martin Tištan in the men's 10km event, and he showed his class in the final couple of laps, clearing away to win with a time of 41:06. ahead of Kucmin 42:05 and Italian Leonardo De Dois 42:15.

Like her male compatriot, Mirna Ortiz was too strong for the opposition in the women's 5km walk, winning with 22:26 ahead of Polish walkers Agnieszka Dygacz 22:50 and Agnieszka Ellward 24:06. Unfortunately for the local spectators, Slovakian walkers Maria Gáliková and Maria Czaková were not starters.

16 year old Lithuanian Daumantas Liutinskis was the best of walkers in the underage events, winning the U18 5km with 22:02. Full results at <http://www.atletikasvk.sk/Content/results/2015/9/VYS812.pdf>

10km Men

1.	Barrondo Erick	91	Guatemala	41:46
2.	Kucmín Anton	84	Slovakia	42:04
3.	De Tois Leonardo	92	Italy	42:15
4.	Raymundo Jose	93	Guatemala	43:07
5.	Úradník Miroslav	96	Slovakia	44:48
6.	Kovács Soma	97	Hungary	48:07
7.	Zaupa Alberto	95	Italy	48:44
8.	Tistan Martin	92	Slovakia	DNF

5km Women

1.	Ortiz Mirna	87	Guatemala	22:26
2.	Dygacz Agnieszka	85	Poland	22:50
3.	Ellward Agnieszka	89	Poland	24:06
4.	Hornáková Monika	95	Slovakia	25:32
5.	Cubanová Lucia	95	Slovakia	26:04
6.	Škantárová Lucia	96	Slovakia	27:14

28 HEURES DE ROUBAIX, ROUBAIX, FRANCE, 19-20 SEPTEMBER

Emmanuel Tardi made a quick trip to Roubaix on Saturday evening to get a status update on and some photos of the walkers in the annual 28 Heures de Roubaix, one of the blue riband events on the French ultra walking calendar. It was the 62nd edition of this classic event and, as usual, it saw lots of walkers from many different countries. After an initial lap of 19km around the city, contestants completed the rest of the race over a 1.980km lap on the famous velodrome.

The race started at 11AM on Saturday in good weather, enabling the walkers to get away to a fast start. Russian walkers Dmitriy Osipov (230.166km) and Evgeniy Shmalyuk (225.173km) took line honours ahead of French walker Christophe Laborie (215.324km) in the men's division while Russian walkers Tatiana Maslova (206.810km) and Irina Poutintseva (202.845km) took the first two places in the women's race ahead of English walker Suzanne Beardsmore (185.629km).

Pic gallery: https://www.facebook.com/emmanuel.tardi/media_set?set=a.10206532316380800.1073741882.1657411914&type=3

1.	OSIPOV Dmitriy	Ind St Petersburg	230.166 km	28:00:00	VEH 1
2.	SHMALYUK Evgeniy	Ind St Petersburg	225.173 km	28:00:00	VEH 2
3.	LABORIE Christophe	Les Ulis	215.324 km	28:00:00	VEH 3
4.	LASSALLE Emmanuel	S/l Athle Vosges Pays D'epin	211.541 km	28:00:00	SEH 1
5.	VAN DER GULIK Frank	Svlat Amsterdam	211.087 km	28:00:00	VEH 4
6.	MASLOVA Tatiana	Etoile Baltique	206.810 km	28:00:00	VEF 1
7.	MC CHESNEY Richard	Hutt Valley Harriers	205.090 km	28:00:00	VEH 5
8.	RODIONOV Alexei	M.g.u.p.f.lesgaft	203.965 km	28:00:00	VEH 6
9.	POUTINTSEVA Irina	Ind St Petersburg	202.845 km	28:00:00	VEF 2
10.	VARAIN Cedric	Ac Chateau Thierry	201.349 km	28:00:00	SEH 2
11.	VANDENDAUL Daniel	Ath	198.886 km	28:00:00	VEH 7
12.	LOUGRADA Saadi	Cm Roubaix	194.561 km	28:00:00	VEH 8
13.	DUBOSCQ Daniel	Pass Running	193.457 km	28:00:00	VEH 9
14.	KONING Johannes	Svlat Amsterdam	187.945 km	28:00:00	VEH 10
15.	THIRIOT Louis	Asm Bar Le Duc	187.513 km	28:00:00	VEH 11
16.	VANDERCOILDEN David	Cm Roubaix	186.928 km	28:00:00	VEH 12
17.	BEARDSMORE Suzanne	Abingdon Ac	185.629 km	28:00:00	VEF 3
18.	SEYNAEVE Serge	Cm Roubaix	183.800 km	28:00:00	VEH 13
19.	SALOMEZ Benedicte	Neuilly Sur Marne	178.286 km	28:00:00	VEF 4
20.	FURSOV Vacheslav	M.g.u.p.f.lesgaft	178.121 km	28:00:00	VEH 14
21.	MASSON Pascal	Cm Roubaix	174.942 km	28:00:00	VEH 15
22.	BERTIN Gerard	Gabs Lillebonne	171.719 km	28:00:00	VEH 16
23.	PICOT Gerard	Pass Running	169.052 km	28:00:00	VEH 17
24.	HASSEVELDE Sebastien	C3l Armentieres	166.393 km	28:00:00	SEH 3
25.	PSUTKA Roman	Bk Capartice	165.195 km	28:00:00	VEH 18
26.	KAZANTSEV Vladimir	Minsk 165.	125.000 km	28:00:00	VEH 19
27.	BIZARD Claudie	Thiais Ac	165.031 km	28:00:00	VEF 5
28.	EMONIERE Philippe	Cosm Arcueil	163.219 km	28:00:00	VEH 20
29.	MIROSHNICHENKO Vera	Ind St Petersburg	162.869 km	28:00:00	VEF 6
30.	TARASEVITCH Alexei	Brest	153.345 km	28:00:00	VEH 21
31.	RASSAIND Andre	Ea Centre Isere*	151.320 km	28:00:00	VEH 22
32.	MACHAL Francis	Cm Roubaix	150.145 km	28:00:00	VEH 23
33.	HAUSMANN Martina	Lg Wursbourg	148.196 km	28:00:00	VEF 7
34.	DUBOIS DENGHIEN Catherine	Cm Roubaix	133.502 km	28:00:00	VEF 8
35.	PRUCKNER Jaroslav	Sk Bradlec	125.498 km	28:00:00	VEH 24
36.	LOUKKAD Karim	Cm Roubaix	101.856 km	28:00:00	VEH 25
37.	BIEBUYCK Pascal	Ath	94.320 km	28:00:00	VEH 26
	ROZE Eddy	Amiens Uc	115.670 km	14:29:15	VEH
	LHOEST Daniel	W.a.c.o	99.814 km	12:49:34	VEH
	BLOM HEERTBERG		83.958 km	11:00:44	VEH
	MAGNIER Joel	Cm Roubaix	81.976 km	11:34:49	VEH
	MOMSIK Sergii	Neuilly Sur Marne	74.048 km	10:33:27	SEH
	LEIJTENS Frans	Rwv Rotterdam	50.264 km	06:16:56	VEH
	CHATILLON Nicolas	A Marcheurs St Thibault	50.264 km	24:42:54	SEH
	STRUNC Pierre	Cm Roubaix	48.282 km	06:48:55	VEH

DANDOY Jeremy
 PEREVALO Iryna
 KERLAU Yves-michel

Cm Roubaix
 Neuilly Sur Marne
 Cm Roubaix

46.300 km 05:48:32 SEH
 38.372 km 10:33:29 VEF
 30.444 km 03:38:21 VEH



Suzanne Beardsmore, Tatiana Maslova and Irina Putinseva (photos Emmanuel Tardi)



Evgeniy Shmaliuk, Dmitriy Osipov and Christophe Laborie

MARCHES DES 3 VILLES, MERS LES BAINS, FRANCE, SUNDAY 20 SEPTEMBER 2015

Thanks to Emmanuel Tardi for the results from the Marches des 3 Villes, contested on Sunday morning in Mers Les Bains – Emmanuel never rests! He tells me that this is the most popular racewalk in France and this year there were 292 finishers in the 14km event (this year it was 14.45km). Wins to Kevin Champion (1:06:20), contesting his first race since the Beijing World Championship, and to former French champion Anne Gaelle Retout (1:12:57).

Marches des 3 Villes Racewalk (292 finishers)

1.	CAMPION Kevin	FRA	88	1M	1:06:20
2.	DESJARDINS Florian	FRA	94	2M	1:09:19
3.	RETOUT Anne Gaëlle	FRA	80	1 F	1:12:57
4.	LEBLOND Cyrille	FRA	75	3M	1:14:46

5.	JOUAN Christele	FRA	75	2 F	1:17:40
6.	HOUZÉ Laurent	FRA	74	4M	1:17:40
7.	LAVOINE Gilles	FRA	61	5M	1:18:56
8.	COIS Steeve	FRA	89	6M	1:19:58
9.	POUILLY Caroline	FRA	82	3 F	1:20:33
10.	FROMENTIN Nathalie	FRA	70	4 F	1:23:59
11.	BOUFFARD Philippe	FRA	57	7M	1:24:13
12.	BOUCQUEY GERARD	FRA	54	8M	1:24:32
13.	ROULAND Marion	FRA	90	5 F	1:24:58
14.	GROUT REMI	FRA	61	9M	1:26:05
15.	BRONNEC Francois	FRA	68	10M	1:27:53
16.	DELAYRE Bernard	FRA	47	11M	1:29:57
17.	VASSARD Christian	FRA	47	12M	1:29:58
18.	COMONT Sylvie	FRA	68	6 F	1:31:14
19.	PICOURT Jean-Michel	FRA	54	13M	1:31:40
20.	MALOCHET DOMINIQUE	FRA	57	7 F	1:31:44

OUT AND ABOUT

- Saw a tweet that 20km racewalk world champion and world record-holder Liu Hong had run the Beijing Marathon on the weekend. She clocked 2:50:21 to finish ninth.

MARCIADALMONDO AND OMARCHADOR ROUNDUP

Marciadalmondo saw 6 press releases this week

- Sun 20 Sept - Erick Barrondo and Mirna Ortiz win in Bacuch, Slovakia
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2214
- Fri 18 Sept - Liu Hong and Dane Bird-Smith win in Hong Kong 10km
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2213
- Thu 17 Sept - Results from African Games in Brazzaville
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2212
- Wed 16 Sept - Results of the 1st 1° Trofeo Amleto Monti in Terni, Italy
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2211
- Wed 16 Sept - Results of Japanese University Championship walks
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2210
- Tues 15 Sept - results of walks meet at Voronova, Russia
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2209

The omarchador blog was also active with 7 news releases

- Mon 21 Sept - Barrondo and Ortiz repeat victories in Bacuch
<http://omarchador.blogspot.com.au/2015/09/barrondo-e-ortiz-repetem-vitorias-em.html>
- Sun 20 Sept - Results of masters walking meet at City of Bellinzona in Switzerland
<http://omarchador.blogspot.com.au/2015/09/meeting-master-citta-di-bellinzona.html>
- Sat 19 Sept - Results of USA 40km championships
<http://omarchador.blogspot.com.au/2015/09/campeonatos-dos-eu-america-de-40-km.html>
- Fri 18 Sept - Shange and Wanjiro victors in the African Games in Brazzaville
<http://omarchador.blogspot.com.au/2015/09/shange-e-wanjiro-com-vitorias-nos.html>
- Thu 17 Sept - Results of MTR Hong Kong 10km
<http://omarchador.blogspot.com.au/2015/09/marcha-atletica-em-hong-kong.html>
- Wed 16 Sept - Evgeniy Yevsyukov amongst list of Russian officials suspended until 2018
<http://omarchador.blogspot.com.au/2015/09/evgeniy-yevsyukov-suspenso-ate-2018.html>
- Tue 15 Sept - Goto and Matsunaga win Japanese university championships in Osaka
<http://omarchador.blogspot.com.au/2015/09/goto-e-matsunaga-campeoes.html>

NEW BELGIAN WALKING ASSOCIATION WEBSITE

Theo Bické has emailed me to advise that the new website of the Belgian Walking Association is now online. Still a way to do with their build but you can check it out at www.belgianwalkingassociation.com.

It looks like it is going to focus mainly on ultra distance walking and it has lots of info on that front, including fully up to date world ranking lists for men's 200km and women's 24 Hour walks. I reproduce the top section of the women's 24 Hour Ranking List here for interest. Great to see Australians Michelle Thompson, Sharon Scholz and Carol Baird in there.

Women 24 Hour Walk All-Time Ranking List (all performances over 180km)

1.	VAN DE MEER Annie	NED	203,760 km	8,490 km/h	1982	Mons
2.	DE RIJK Aaf	NED	200,952 km	8,373 km/h	1982	Mons
3.	VARIN Sylviane	FRA	200,520 km	8,355 km/h	2003	Perpignan
4.	BROWN Sandra	GBR	199,392 km	8,308 km/h	1991	Vallorbe
	<i>BROWN Sandra</i>	<i>GBR</i>	<i>198,456 km</i>	<i>8,269 km/h</i>	<i>1992</i>	<i>Bazancourt</i>
	<i>VAN DE MEER Annie</i>	<i>NED</i>	<i>197,592 km</i>	<i>8,233 km/h</i>	<i>1983</i>	<i>Lagny-Thorigny</i>
	<i>VAN DE MEER Annie</i>	<i>NED</i>	<i>195,336 km</i>	<i>8,139 km/h</i>	<i>1986</i>	<i>Roubaix 28H</i>
5.	COUHÉ Edith	FRA	195,096 km	8,129 km/h	1988	Bar-le-Duc
	<i>BROWN Sandra</i>	<i>GBR</i>	<i>194,712 km</i>	<i>8,113 km/h</i>	<i>1990</i>	<i>Dijon</i>
6.	LEFILLEUL Joëlle	FRA	193,272 km	8,053 km/h	1996	Bar-le-Duc
	<i>COUHÉ Edith</i>	<i>FRA</i>	<i>191,472 km</i>	<i>7,978 km/h</i>	<i>1987</i>	<i>Bar-le-Duc</i>
7.	THOMPSON Michelle	AUS	190,984 km	7,958 km/h	2014	Coburg (Australia)
	<i>COUHÉ Edith</i>	<i>FRA</i>	<i>189,984 km</i>	<i>7,916 km/h</i>	<i>1986</i>	<i>Torcy</i>
8.	AMIROVA Ludmila	RUS	189,792 km	7,908 km/h	2000	Roubaix 28H
9.	PETRUS Josiane	FRA	189,432 km	7,893 km/h	1982	Château-Thierry
10.	ALVERNHE Dominique	FRA	189,247 km	7,885 km/h	2011	Roubaix 28H
	<i>LEFILLEUL Joëlle</i>	<i>FRA</i>	<i>188,760 km</i>	<i>7,865 km/h</i>	<i>1995</i>	<i>Chaumont</i>
	<i>RADDER Marleen</i>	<i>NED</i>	<i>188,232 km</i>	<i>7,843 km/h</i>	<i>1998</i>	<i>Schiedam/ Rotterdam (NL)</i>
11.	GOURIEVA Evguenia	RUS	187,680 km	7,820 km/h	1996	Torcy
12.	SCHOLZ Sharon	AUS	187,653 km	7,819 km/h	2013	Blacktown (Australia)
13.	MESMOUDI Anne-Marie	FRA	187,392 km	7,808 km/h	2004	Bézu-Saint-Éloi
14.	RADDER Marleen	NED	187,032 km	7,793 km/h	1996	Schiedam/ Rotterdam (NL)
15.	POUTINTSEVA Irina	RUS	186,984 km	7,791 km/h	2004	Roubaix 28H conv.
16.	PAJOU Delcina	FRA	186,672 km	7,778 km/h	1997	Bourges
	<i>LEFILLEUL Joëlle</i>	<i>FRA</i>	<i>186,120 km</i>	<i>7,755 km/h</i>	<i>1993</i>	<i>Lagny-sur-Marne</i>
17.	SAYER Ann	GBR	186,009 km	7,750 km/h	1981	Roubaix 28H
	<i>GOURIEVA Evguenia</i>	<i>RUS</i>	<i>185,376 km</i>	<i>7,724 km/h</i>	<i>1994</i>	<i>Bar-le-Duc</i>
18.	GUTIERREZ Eugénia	FRA	184,824 km	7,701 km/h	1997	Château-Thierry
	<i>THOMPSON Michelle</i>	<i>AUS</i>	<i>184,724 km</i>	<i>7,697 km/h</i>	<i>2013</i>	<i>Coburg (Australia)</i>
	<i>GUTIERREZ Eugénia</i>	<i>FRA</i>	<i>184,296 km</i>	<i>7,679 km/h</i>	<i>1998</i>	<i>Château-Thierry</i>
19.	DUCHENE Isabelle	FRA	184,200 km	7,675 km/h	1993	Château-Thierry
	<i>RADDER Marleen</i>	<i>NED</i>	<i>183,624 km</i>	<i>7,651 km/h</i>	<i>2002</i>	<i>Roubaix 28H</i>
	<i>POUTINTSEVA Irina</i>	<i>RUS</i>	<i>183,451 km</i>	<i>7,644 km/h</i>	<i>2013</i>	<i>Roubaix 28H</i>
20.	BOUFFLERT Kora	FRA	183,264 km	7,636 km/h	2008	Saint-Thibault-des-Vignes
	<i>PAJOU Delcina</i>	<i>FRA</i>	<i>183,096 km</i>	<i>7,629 km/h</i>	<i>1997</i>	<i>Bazancourt</i>
	<i>PAJOU Delcina</i>	<i>FRA</i>	<i>182,904 km</i>	<i>7,621 km/h</i>	<i>1998</i>	<i>Torcy</i>
	<i>VARIN Sylviane</i>	<i>FRA</i>	<i>182,784 km</i>	<i>7,616 km/h</i>	<i>2003</i>	<i>Roubaix 28H</i>
21.	BAIRD Carol	AUS	182,657 km	7,611 km/h	2002	Coburg (Australia)
22.	LACHIA Francine	FRA	182,568 km	7,607 km/h	1999	Château-Thierry
	<i>ALVERNHE Dominique</i>	<i>FRA</i>	<i>181,950 km</i>	<i>7,581 km/h</i>	<i>2009</i>	<i>Château-Thierry</i>
	<i>POUTINTSEVA Irina</i>	<i>RUS</i>	<i>181,584 km</i>	<i>7,566 km/h</i>	<i>2003</i>	<i>Roubaix 28H</i>
23.	MIZERA Nicoletta	ITA	181,424 km	7,559 km/h	2011	Roubaix 28H
24.	HOUOT Valéry	FRA	181,224 km	7,551 km/h	2004	Bar-le-Duc
25.	LUBOMIROVA Ludmilla	RUS	180,720 km	7,530 km/h	1994	Bar-le-Duc
26.	TARASSEVICH Marina	BLR	180,192 km	7,508 km/h	2004	Roubaix 28H

AUSTRALIAN 2015 RANKING LISTS ... CONTINUED

This week I continue my 2015 Australian racewalk ranking lists and display the top Aussie walkers over the 5km/5000m walk distance. As usual, all stats are taken from <http://www.racewalkaustralia.com/>. The 5000m results are always a bit rubbery as the top walkers may well have faster 5000m splits within longer events. And in any case, our top walkers don't necessarily race over this shorter distance all that regularly. So here they are, on a best effort basis as usual.

2015 Australian Ranking List – 5000m/5km Walk Men

1.	Chris Erickson	SM	19:23	VIC	01/03/2015
2.	Dane Bird-Smith	U23M	19:44	QLD	07/02/2015
3.	Rhydian Cowley	SM	20:05	VIC	01/03/2015
4.	Jared Tallent	SM	20:35	SA	07/02/2015
5.	Kyle Swan	U16M	21:10	VIC	13/02/2015
6.	Tyler Jones	U18M	21:33	NSW	14/06/2015
7.	Declan Tingay	U17M	21:35	WA	12/03/2015
8.	Jay Felton	U20M	21:48	NSW	01/03/2015
9.	Adam Garganis	U18M	21:49	VIC	13/02/2015
10.	Emmet Brasier	U17M	21:56	VIC	18/01/2015
11.	Brendon Reading	SM	22:18	ACT	07/02/2015
12.	Ross Darlow	U17M	22:21	VIC	13/02/2015
13.	Carl Gibbons	U20M	22:40	NSW	08/02/2015
14.	Kyle Bird	U20M	22:58	VIC	13/02/2015
15.	Luke McCutcheon	U17M	23:03	QLD	26/04/2015
16.	Justin Hill	SM	23:21	SA	01/08/2015
17.	Jason Kozica	SM	23:24	VIC	18/01/2015
18.	Kyle Bedford	U15M	23:30	NSW	18/07/2015
19.	Darren Bown	M40	23:45	SA	16/05/2015
20.	Stuart Kollmorgen	M45	23:50	VIC	01/03/2015
21.	Dylan Richardson	U15M	24:11	NSW	23/05/2015
22.	Aidan Kerr	U17M	24:18	NSW	12/03/2015
23.	Reese Walmsley	U17M	24:21	VIC	22/08/2015
24.	Danny Hawksworth	M35	24:28	VIC	01/03/2015
25.	Aaron McDonough	M40	24:35	VIC	01/03/2015

2015 Australian Ranking List – 5000m/5km Walk Women

1.	Kelly Ruddick	W40	21:49	VIC	01/03/2015
2.	Jemima Montag	U18W	22:04	VIC	14/06/2015
3.	Nicole Fagan	SW	22:46	NSW	11/01/2015
4.	Rachel Tallent	U23W	22:55	VIC	07/02/2015
5.	Clara Smith	U18W	23:08	QLD	12/03/2015
6.	Jessica Pickles	U23W	23:19	QLD	26/07/2015
7.	Ashleigh Resch	U20W	23:31	ACT	25/04/2015
8.	Suzanne Brown	W45	23:48	NSW	22/02/2015
9.	Kirsty Klein	U23W	23:51	NSW	01/03/2015
10.	Tayla-Paige Billington	U18W	23:57	NSW	13/02/2015
11.	Megan Szirom	W35	24:21	SA	01/03/2015
12.	Zoe Hunt	U18W	24:23	ACT	26/03/2015
13.	Danielle Walsh	U20W	24:31	SA	07/06/2015
14.	Zahra Hayes	U14W	24:39	VIC	02/08/2015
15.	Jasmyn McDonald	U16W	24:47	NSW	23/05/2015
16.	Kristie Goznic	U23W	24:50	SA	07/06/2015
17.	Katie Hayward	U15W	24:51	QLD	12/07/2015
18.	Eliza Clarke	U15W	24:53	VIC	18/01/2015
19.	Gabby Hunt	U15W	25:06	ACT	30/08/2015
20.	Tahlia Hunt	U17W	25:09	TAS	27/02/2015
21.	Cheryl Webb	W35	25:11	NSW	07/06/2015
22.	Anna Cross	U17W	25:15	SA	30/08/2015
23.	Chelsea Goodhew	U16W	25:23	NSW	12/03/2015
24.	Chelsea McDonald	U14W	25:24	VIC	12/03/2015
25.	Rhiannon Lovegrove	U15W	25:34	SA	30/08/2015

#BANCHEGIN

There are two really big news items out this week with regard to Russian walking and drugs.

- Last Tuesday, Russia's anti-doping chief confirmed the suspension of 8 high ranking Russian officials or coaches, for their part in distributing prohibited performance enhancing drugs to athletes (see <http://tass.ru/en/sport/821153>). Amongst the list were two racewalking identities
 - Russia's head racewalk coach **Yevgeny Yevsyukov** is suspended until June 14, 2018,
 - The former director of the Saransk racewalking centre, **Viktor Kolesnikov**, is suspended until October 20, 2018
- Secondly, we now know the names of the 6 Russian walkers who were caught out by unexpected drugs tests performed by the IAAF at Saransk earlier this year - they are **Anisi Kirdyapkin**, **Elmira Alembekovoy**, **Vera Sokolova**, **Mikhail**

Ryzhov Ivan Noskov and Stanislav Emelyanov. That explains why the Russian walks team was withdrawn from the IAAF World Champs in Beijing - most of their team had been outed. And then the one walker who did go - 33 year old Alexander Yargunkin – was also outed on the eve of his departure for Beijing for a similar EPO failure. But that's another story.

The samples of this latest group were shipped off to Switzerland and tested at the prestigious Cologne laboratory where enough EPO was found in each sample to raise alarm bells. It is interesting that this testing was done unannounced by the IAAF and then sent outside Russia for testing. Does this say something in itself!

But a big bombshell was dropped overnight when it was announced that Emelyanov had asked for his B sample to be tested and it has proven negative for EPO, meaning that his potential ban may now be withdrawn. This was a gutsy and expensive move by him - such retests almost always fail - the overturn rate on testing the B sample is less than 0.1%. But for him, he probably had no other choice. Having been banned once already, a second drugs failure would have seen him banned for life under the new rules.

The other effected walkers, who had initially waived their rights to have the B sample tested, will now no doubt want their samples retested now.

We are yet to see the official Cologne response but what are the options

- a testing mistake - unlikely for such a prestigious lab
- tampering of either the A or B samples - possible
- degradation over time of the peptides in the B sample, making the detection of EPO harder – one for the scientists to ponder

What a potential mess this all is! Read more at <http://www.sport-express.ru/doping/reviews/919864/>

CLUB RECORD UPDATE

One club record to confirm this week for U12 walker Charlotte Hay. Well done Charlotte!

Charlotte Hay	U12 1.5km Road Walk	7:53	VRWC Races Middle Park	22/08/2015
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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 www.themarathonshop.com.my

2016 International Key Dates

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

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 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	XXI Commonwealth Games, Gold Coast, QLD (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
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>)