



HEEL AND TOE ONLINE

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

There is very little activity on the local Australian front but we had one fantastic performance which must be recognised this week. And it is the same person as last week – Queensland and Australian international walker **Dane Bird-Smith** continued on from his wonderful first 3 days of walking in the Lake Taihu 4 Day Classic in China on which I reported last week. The final day's racing was last Tuesday when the competitors tested themselves out over a 15.6km course for Day 4 and Dane was the winner with a time of 1:05:19. That meant that overall, he was second to Chinese walker Wang Zhen, only 6 seconds in arrears after 4 days of hard racing. You can read all about it later in the newsletter. Well done Dane!



Stage 4 - Igor Glavan, Wang Zhen, Eider Arevalo and Dane (photo <http://www.marciadalmondo.com/>)

WHAT'S COMING UP

Our Victorian summer season kicks off this Saturday with Round 1 of Athletics Victoria Shield competition around Victoria. I believe the venues this Saturday afternoon are as shown below and walkers will contest 2000m walks.

- Sat 10 Oct 2015 AV Shield Round 1 (Program 2), Blue Zone, Knox
- Sat 10 Oct 2015 AV Shield Round 1 (Program 2), Red Zone, Doncaster
- Sat 10 Oct 2015 AV Shield Round 1 (Program 2), White Zone, Nunawading
- Sat 10 Oct 2015 AV Shield Round 1 (Program 2), Yellow Zone, Aberfeldie (note change from handbook)
- Sat 10 Oct 2015 AV Shield Round 1 (Program 2), Ballarat Zone, Ballarat
- Sat 10 Oct 2015 AV Shield Round 1 (Program 2), Geelong Zone, Geelong
- Sat 10 Oct 2015 AV Shield Round 1 (Program 2), Bendigo Zone, Bendigo

Our VRWC summer season starts with roadwalks at Middle Park on Sunday 25th October

- Sun 25 Oct 2015 VRWC Road Races, Middle Park

2015 AUSTRALIAN UNIVERSITY GAMES, GRIFFITH UNIVERSITY, BRISBANE, 28 SEPT - 1 OCT

The Australian University Games T&F Championships were held last week in Brisbane, with the 5000m walk titles going to Nicole Fagan (23:39.03) and Jay Felton (22:57.09).

Women 5000m Race Walk

1.	Fagan, Nicole	26	UNI OF SYDNEY	23:39.03
2.	Finnegan, Amelia	20	ACU	27:40.16
3.	Barendregt, Amanda	19	WESTERN SYDNEY UNI	31:42.66
4.	Sims, Jesse	18	QUT	34:27.75
5.	Haig, Jessica	19	USC	34:27.86
6.	Sims, Casey	21	QUT	35:20.30
7.	Anthony, Niccola	22	MONASH UNI	46:47.56

Men 5000m Race Walk

1.	Felton, Jay	20	UTS	22:57.09
2.	Simpson, Bradley	22	DEAKIN UNI	25:22.45
3.	Harris, Julian	25	MONASH UNI	35:52.06
4.	Nixon, Adam	21	UTS	42:50.29
	Righi, Taylor	22	MONASH UNI	DQ
	Stanovsek, Jack	21	UNI OF MELBOURNE	DQ

AUSTRALIAN MASTERS GAMES, ADELAIDE, SA, OCT 3-10, 2015

Over 10,000 participants from across Australia and overseas are gathered in Adelaide at the moment for the annual Australian Masters Games. The week-long festival of sport and festivities is Australia's largest regular multisport Games and features over 55 sports, ranging from athletics to basketball to cue sports to roller derby. The first of the racewalks was held on the opening day and featured 5000m track walks for men and women. I'm guessing that most of the walkers without a State or Country designation are from overseas. See <http://australianmastersgames.com/> for more details.

5000m Walks, Athletics SA Stadium, Adelaide, Saturday 3 October

W45	1	Adams, Diana	SA	30:11.19
W50	1	Holliday, Gloria	SA	32:05.65
W55	1	Maxted, Marie	SA	32:13.25
	2	Payne, Jennifer	VIC	33:21.46
	3	Dsouza, Tereza		42:30.86
W65	1	Clutterham, Catherine	SA	39:03.60
	2	Leitch, Mary	VIC	50:47.55
W70	1	Richter, Jennifer	NT	43:39.97
W80	1	Byers, Sylvia	WA	41:06.75
W85	1	Lee, Heather	NSW	43:55.93
M30	1	Soodan, Ajeet		42:06.16
M40	1	Goobinnaan, Suresh Kumar	MAL	28:26.84
	2	Patterson, Adam	VIC	28:54.25
	3	Gupta, Ashok Kumar		38:38.35
M50	1	Mahajan, Uday Vasantao		29:56.98
	2	McKinnon, Christopher	VIC	36:16.24
	3	Singh, Lakhwinder		39:41.21
M55	1	Sankpal, Mahipati Shankar		29:46.63
M60	1	Toshach, John	SA	36:57.42
	2	Ghuman, Manjit		38:03.70
	-	Thorat, Harishchandra		DQ
M70	1	Samjiskar, Mahadev		38:33.41
	2	Lowe, Roger	SA	40:42.80
M75	1	Barber, Rodger	SA	38:42.12
M80	1	Robertson, David	SA	44:29.58
M85	1	Hainsworth, Colin	SA	42:06.97

The roadwalks will be held at Victoria Park on Thursday.

AROUND TAIHU MULTI-DAY RACE WALKING CHALLENGE, CHINA, 26-29 SEPTEMBER

Tuesday 29 September - Day 4 Stage, 15.6km

The fourth and final stage of the Lake Taihu Race Walking Challenge, which was held last Tuesday, featured the longest distance so far with a one way flat course of 15.6km, centred around the Chinese city of Jingting.

15.6 Km Elite Men

The men's race got off to its usual fast start, with a lead group of Wang Zhen, Luo Yadong, Petr Trofimov, Evan Dunfee, Liu Meng, Eider Arevalo, Dane Bird-Smith, Nazar Kovalenko, Ivan Losev, Igor Glavan and Sergii Budza. By the time the 10km point had been reached (in 41:07), it was down to 5 with Dane Bird-Smith, Wang Zhen, Igor Glavan, Eider Arevalo and Petr Trofimov, with Evan Dunfee and Caio Bonfim chasing. With 1km to go, Igor Glavan made his move, followed by Wang Zhen and Eider Arevalo and that's how it looked likely to finish. But with only 500m to go, Wang Zhen and Eider Arevalo were both stopped for 30 secs (2 red cards), leaving Igor Glavan to finish first unopposed. Alas, he had incurred a late second red card so 30 seconds was added to his finish time, meaning the win eventually went to Dane Bird-Smith ahead of Glavan, with Evan Dunfee now third, his best finish of the 4 days. So the top 8 in this final leg now read as follows

1.	Dane Bird-Smith	AUS	1:05:19
2.	Igor Glavan	UKR	1:05:21
3.	Evan Dunfee	CAN	1:05:24
4.	Wang Zhen	CHN	1:05:31
5.	Caio Bonfim	BRA	1:05:37
6.	Sergii Budza	UKR	1:06:02
7.	Petr Trofimov	RUS	1:06:09
8.	Ivan Losev	UKR	1:06:10

15.6 Km Elite Women

Just like on the first 3 days, the pair of Chinese Qieyang Shenjie and Ukrainian Lydmyla Olyanovska went straight to the front, followed by Brigita Virbalyte, Mao Yanxue, Wang Yingliu and Nadiya Borovska. Olyanovska made her break in the 10th km and went on from there to win comfortably. Qieyang Shenjie was eventually stopped for 30 seconds after a second red card, but her lead over the chasers was big enough to ensure she still retained second place overall, ahead of the Lithuanian Brigita Virbalyte.

1.	Lydmyla Olyanovska	UKR	1:07:31
2.	Qieyang Shenjie	CHN	1:08:45
3.	Brigita Virbalyte	LTU	1:09:08
4.	Nadiya Borovska	UKR	1:09:33
5.	Mao Yanxue	CHN	1:10:27
6.	Nadezhda Sergeeva	RUS	1:10:35
7.	Wang Yingliu	CHN	1:10:49
8.	Victoria Madarasz	HUN	1:10:54

It is incredible but after four days of competition and almost 45km, only 6 seconds separated **Zhen Wang** and **Dane Bird-Smith** in the final standings. The big mover on the last day was **Evan Dunfee** as he moved up to third place overall. **Jared Tallent** also moved up to finish 21st overall, ahead of **Quentin Rew** 23rd and **Tom Bosworth** 34th.

Men – Final Placings after 4 Days

			Total	Day 1	Day 2	Day 3	Day 4
1.	Zhen Wang	CHN	3:16:58	41:34	40:37	49:16	1:05:31
2.	Dane Bird-Smith	AUS	3:17:04	41:49	40:31	49:25	1:05:19
3.	Evan Dunfee	CAN	3:18:53	43:20	40:42	49:27	1:05:24
4.	Eider Arevalo	COL	3:19:07	41:26	41:05	49:55	1:06:41
5.	Igor Glavan	UKR	3:19:35	42:43	42:12	49:19	1:05:21
6.	Petr Trofimov	RUS	3:20:09	42:12	41:27	50:21	1:06:09
7.	Nazar Kovalenko	UKR	3:20:24	41:59	41:41	49:43	1:07:01
8.	Sergii Budza	UKR	3:20:35	42:09	41:25	50:59	1:06:02
9.	Caio Bonfim	BRA	3:21:01	42:31	42:27	50:26	1:05:37
10.	Ivan Losev	UKR	3:21:11	42:15	41:27	51:19	1:06:10
11.	LIU Meng	TJN	3:23:11	43:47	40:56	50:40	1:07:48
12.	Andrii Kovenko	UKR	3:23:19	43:50	41:27	50:27	1:07:35
13.	Ivan Banzeruk	UKR	3:24:06	43:05	41:21	51:16	1:08:24
14.	Oleksiy Kazanin	UKR	3:24:40	45:09	42:09	50:53	1:06:29
15.	Yadong Luo	CHN	3:24:45	43:25	41:01	51:01	1:09:18
16.	Frolov Kirill	RUS	3:24:46	41:45	41:55	52:25	1:08:41
17.	Perseus Karlstrom	SWE	3:26:13	42:22	43:05	51:22	1:09:24
18.	Inaki Gomez	CAN	3:26:25	45:12	42:08	51:29	1:07:36
19.	Aliaksandr Liakhovich	BLR	3:26:34	43:28	41:48	53:44	1:07:34
20.	Grzegorz Sudol	POL	3:26:40	44:14	42:20	52:02	1:08:04
21.	Jared Tallent	AUS	3:26:59	44:31	42:56	52:01	1:07:31
22.	Georgiy Sheiko	KAZ	3:27:32	44:04	41:09	51:26	1:10:53
23.	Quentin Rew	NZL	3:28:30	43:07	43:10	52:00	1:10:13

24.	YE Ting	MON	1998	3:30:43	47:22	43:24	52:19	1:07:38
25.	Sichao Xie	CHN		3:31:06	46:28	43:28	52:52	1:08:18
26.	YAN Luqiang	JSU		3:31:23	45:31	43:39	52:45	1:09:28
27.	MENG Zhongkai	YNN	1997	3:32:36	46:03	43:19	52:51	1:10:23
28.	Jose Leyver Ojeda	MEX		3:32:50	44:44	46:30	51:17	1:10:19
29.	SU Xianzheng	YNN	1995	3:33:33	44:10	43:03	57:00	1:09:20
30.	ZHONG Xing	MON	1995	3:33:42	44:32	46:40	52:32	1:09:58
31.	JIANG Su	JSU	1995	3:35:24	45:47	45:40	54:34	1:09:23
32.	YANG Dedong	YNN	1996	3:35:36	44:58	43:43	54:22	1:12:33
33.	Sandor Racz	HUN		3:36:43	46:24	44:47	53:09	1:12:23
34.	Tom Bosworth	GBR		3:37:24	47:24	44:43	53:30	1:11:47
35.	DU Jicheng	TJN	1994	3:38:39	44:39	43:32	54:21	1:16:07
36.	Tang Yifan		1997	3:38:45	44:57	45:30	55:32	1:12:46
37.	Peng Li	CHN		3:39:26	45:10	45:30	53:47	1:14:59
38.	HE Xianghong	YNN	1998	3:39:41	45:44	43:28	55:03	1:15:26
39.	Mario Jose Dos Santos JR	BRA		3:39:59	45:31	45:38	55:50	1:13:00
40.	YANG Hu	YNN	1996	3:40:23	45:27	44:05	54:21	1:16:30
41.	Ivan Trotski	BLR		3:40:25	44:32	46:09	56:53	1:12:51
42.	LI Shuai	JSU	1995	3:40:52	45:28	44:50	60:23	1:10:11
43.	Luis Bustamante	MEX		3:40:56	45:36	44:48	58:00	1:12:32
44.	Sergey Korepanov	RUS		3:41:06	46:37	45:04	56:00	1:13:25
45.	HOU Xuejing	TJN	1997	3:43:33	48:24	47:30	56:56	1:10:43
46.	JU Yanshuang	MON	1997	3:45:29	50:33	47:26	56:14	1:11:16
47.	LIU Zedong	JSU		3:46:03	50:28	45:58	56:02	1:13:35
48.	XU Jie	ANH	1993	3:48:45	51:46	47:00	56:26	1:13:33
49.	YANG Kai	JSU	1998	3:49:42	47:14	47:58	57:15	1:17:15
50.	Nikolay Ivanov	RUS		3:53:29	48:03	45:51	60:49	1:18:46
51.	HUANG Jian	ANH	1994	3:56:25	54:14	47:32	57:30	1:17:09
52.	LUO Guangrui	ANH	1999	4:10:42	54:14	53:31	62:30	1:20:27
53.	WANG Ziyang	ANH	1997	4:14:27	53:17	51:14	62:28	1:27:28
54.	Yauhen Zaleski	BLR		2:26:06	45:43	43:52	56:31	DQ
55.	LUO Dongpo	TJN	1995	2:42:26	47:06	43:02	DQ	1:12:18
56.	Tiago Fonseca	BRA		2:42:42	53:42	48:47	60:13	DNF
57.	Isaac Palma	MEX		2:43:01	48:30	43:48	DNF	1:10:43
58.	Dzmitry Dziubin	BLR		2:44:22	46:08	47:04	DNF	1:11:10
59.	HU Enxi	MON	1994	2:45:56	44:46	44:41	DQ	1:16:29
60.	Ever Palma	MEX		2:47:32	45:00	DNF	52:17	1:10:15
61.	TONG Yongliang	MON	1997	2:53:46	44:17	48:12	DNF	1:21:17
62.	Jakub Jelonek	POL		1:32:11	46:25	45:46	DQ	DQ
63.	Ignacio Gonzales	MEX		1:44:45	53:34	51:11	DQ	DQ
64.	LIU Hongtu	JSU		2:17:07	DNF	DNF	57:59	1:19:08
65.	ZHAO Zhipeng	ANH	1997	2:18:05	57:38	DNF	DNF	1:20:27
66.	TIAN Huijie	MON	1998	53:01	53:01	DNS	DNS	DNS
67.	TONG Xin	TJN	1996	1:18:23	DNF	DNF	DNF	1:18:23
68.	Luke Adams	AUS			DNF	DNS	DNS	DNS
69.	YANG Weili	JSU			DNF	DNS	DQ	DNF

The final women's placings saw **Lyudmyla Olyanovska** win comfortably by over 2 minutes from **Shenjie Qieyang** with **Brigita Virbalyte** a further 3 mins back in third place. **Alana Barber** finished in an excellent 18th place while **Jessica Pickles** finished 34th.

Women – Final Placings after 4 Days

				Total	Day 1	Day 2	Day 3	Day 4
1.	Lyudmyla Olyanovska	UKR		3:26:02	44:59	42:01	51:31	1:07:31
2.	Shenjie Qieyang	CHN		3:28:12	44:36	43:01	51:50	1:08:45
3.	Brigita Virbalyte	LTU		3:31:26	45:36	43:53	52:49	1:09:08
4.	Nadiya Borovska	UKR		3:33:31	46:19	43:40	53:59	1:09:33
5.	Nadezhda Sergeeva	RUS		3:33:48	46:05	44:13	52:55	1:10:35
6.	Viktorija Madarasz	HUN		3:34:48	46:25	44:19	53:10	1:10:54
7.	Yanxue Mao	CHN		3:35:37	47:32	44:06	53:32	1:10:27
8.	WANG Yingliu	YNN	1992	3:36:35	46:01	43:43	56:02	1:10:49
9.	Agnieszka Dygacz	POL		3:39:50	47:47	45:47	54:25	1:11:51
10.	Inna Kashyna	UKR		3:40:30	49:01	45:11	55:14	1:11:04
11.	Lijuan Xie	CHN		3:41:59	45:59	45:10	58:50	1:12:00
12.	HE Qin	JSU	1992	3:42:33	46:57	45:01	55:36	1:14:59
13.	Ainhoa Pinedo	ESP		3:43:13	48:07	46:10	55:34	1:13:22
14.	Agnieszka Szwarzog	POL		3:43:59	47:42	45:35	56:33	1:14:09
15.	Monika Kapera	POL		3:44:19	49:06	46:18	55:20	1:13:35
16.	Dandan Duan	CHN		3:44:41	50:44	47:43	55:12	1:11:02
17.	Neringa Aidietyte	LTU		3:45:46	48:32	46:07	56:19	1:14:48

18.	Alana Barber	NZL		3:46:07	48:04	47:23	56:33	1:14:07
19.	ZHAO Huimin	YNN	1993	3:49:07	50:08	47:05	57:33	1:14:21
20.	Katarzyna Golba	POL		3:49:13	49:49	46:45	57:06	1:15:33
21.	Paulina Buziak	POL		3:49:41	50:20	48:22	56:33	1:14:26
22.	ZHAO Qianyuan	YNN	1995	3:50:08	49:48	46:53	57:55	1:15:32
23.	I Myronchuk Valentyna	UKR		3:51:51	48:51	48:25	57:14	1:17:21
24.	LI Qiuye	YNN	1993	3:52:53	49:03	48:43	59:47	1:15:20
25.	YANG Weiwei	JSU	1999	3:54:07	51:22	49:02	57:27	1:16:16
26.	XUE Ke	JSU	1998	3:56:47	50:23	48:52	57:42	1:19:50
27.	CHEN Chen	TJN	1995	3:58:19	50:31	50:30	60:21	1:16:57
28.	Yakovchuk Galyna	UKR		3:58:30	49:58	47:50	60:50	1:18:52
29.	Korotkova Evdokiya	RUS		4:02:09	53:20	50:22	59:53	1:18:34
30.	Pereira Elianay	BRA		4:04:06	54:00	49:07	60:27	1:20:32
31.	QUE Yumei	YNN	1997	4:05:33	49:56	51:37	63:55	1:20:05
32.	MOU Zhekun	MON	1998	4:08:48	53:22	51:00	63:50	1:20:36
33.	PEI Mowen	JSU	1995	4:11:24	50:51	54:23	62:33	1:23:37
34.	Jessica Pickles	AUS		4:13:13	52:27	54:34	62:49	1:23:23
35.	YANG Zixing	ANH	1999	4:23:33	56:44	53:58	65:31	1:27:20
36.	Ji Yefang	JSU	1996	2:30:31	47:39	44:50	58:02	DQ
37.	Claudia Stef	ROU		2:34:05	49:43	46:58	57:24	DNS
38.	Susana Feitor	POR		3:01:42	48:00	DNF	58:00	1:15:42
39.	Nastassia Yatsevich	BLR		3:05:57	52:33	49:55	DNF	1:23:29
40.	Erin TaylorTalcott	USA		1:46:38	54:38	52:00	DNF	DNF



The first 3 teams in each division won US\$20,000, US\$15,000 and US\$10,000 respectively – a good 4 day's work
(photo <http://omarchador.blogspot.pt/>)

The top 8 in the men's and women's team events are shown below. While there were no major changes in the men's standings, Ukraine came from behind to overtake the Chinese and win the women's teams category.

Men Teams

1.	X-treme Beef	Bird-Smith, Sudol, Arevalo, Karlstrom:	10:00:19
2.	P-U Ukraine	Kovalenko, Losev, Kovenko, Kazanin:	10:03:22
3.	Ukraine	Glavan, Banzeruk, Budza:	10:04:16
4.	Team ASICS	Tallent, Gomez, Dunfee, Rew, Bosworth:	10:10:11
5.	China	Wang, Luo, Xie, Li:	10:11:31
6.	Russia	Trofimov, Korepanov, Kirill:	10:26:01
7.	TJN China	Du, Luo, Hou, Tong, Liu:	10:35:48
8.	Brasil	Bonfim, Fonseca, Dos Santos jr, Racz:	10:37:43

Women Teams

1.	Ukraine	Kashyna, Olyanovska, Borovska:	10:40:03
2.	China	Qieyang, Duan, Mao, Xie:	10:41:12
3.	Poland-LHP	Dygacz, Aidietyte, Virbalyte, Madarasz:	10:46:04
4.	Russia PGI Inter	Sergeeva, Korotkova, Feitor, Pinedo:	11:09:05
5.	YNN China	Wang, Zhao, Zhao, Que, Li:	11:14:33
6.	Poland	Szwarnog, Kapera, Buziak, Golba:	11:15:51
7.	JSU China	Xue, Pei, He, Yang, Ji:	11:25:32
8.	Belorussia International	Yatsevich, Stef, Yakovchuk, Myronchuk:	11:47:55

BRITISH ATHLETICS / RWA FESTIVAL OF RACE WALKING, HILLINGDON, SUNDAY 4 OCTOBER

Thanks to Mark Wall for the results of the RWA Festival of Racewalking, held last Sunday in Hillingdon, London.

The 50km was held in two classes: the UKA title was held under the IAAF rules while the RWA title was held under local British 'B Rules'. Three of the four walkers in the UKA title were disqualified and the other was a DNF mid-race so the only finishers were RWA participants. The other events were held under an IAAF permit (billed as an opportunity to get a Rio qualifying time) and saw an international field in the Women's 20km event. Jo Atkinson showed good form to get an IAAF qualifier with 1:33:43 but missed the tougher British qualifying time of 1:33:00. Bethany Davies is displaying excellent consistency and edged closer to Olympic contention with her time of 1:36:07. As an added bonus, her time was a new Welsh record.

50km Men

1.	Adrian Edwards (M50)	Lancashire Walking Club	5:39:26
2.	Colin Vesty (M50)	Leicester Walking Club	5:57:19
3.	David Crompton (M50)	Lancashire Walking Club	6:04:37
4.	Roy Gunnett (M65)	Lancashire Walking Club	6:07:44
	Ed Shillabeer (M75)	Ilford Athletic Club	DNF
	Mark Culshaw (M45)	Belgrave Harriers	DNF
	Francisco Reis (M55)	Southern Counties Veterans AC	DNF
	Sean Pender (M60)	Enfield & Haringey AC	DNF
	John Borgars (M65)	Loughton Athletic Club	DNF
	Steve Allen (M55)	Barnet & District AC	DQ
	John Constandinou (M45)	Birchfield Harriers	DQ
	Keith Vallis (M45)	Overton Harriers	DQ

50km Women

1.	Maureen Noel (W50)	Belgrave Harriers	5:55:00
2.	Sarah Lightman (W45)	Leicester Walking Club	6:09:00

20km Men

1.	Richard Creer	Unattached	1:51:57
2.	Malcolm Martin (M60)	Surrey Walking Club	1:55:46
	Graham Chapman (M60)	Headington Road Runners	DNF
	Russell Vroobel (M55)	Hillingdon Athletic club	DNF
	Jonathon Hobbs (U23M)	Ashford Athletic Club	DQ

20km Women

1.	Jo Atkinson	Middlesbrough & Cleveland AC	1:33:43
2.	Bethan Davies	Cardiff Amateur Athletic Club	1:36:07
3.	Andreea Arsine	Romania	1:42:25
4.	Agnese Pastare	Latvia	1:42:42
5.	Penelope Cummings (W35)	Aldershot Farnham & Dist AC	2:04:15
6.	Ann Wheeler (W55)	Leicester Walking Club	2:20:59
7.	Angela Martin (W50)	Surrey Walking Club	2:22:53
8.	Noel Blatchford (W65)	Abingdon Athletic Club	2:24:28
9.	Judy Howard (W55)	Abingdon Athletic Club	2:24:28
	Agnieszka Ellward	Poland	DNF

15km Men

1.	Tim Snook (U20M)	Aldershot Farnham & Dist AC	1:19:11
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10km Men

1.	Chris Snook (U17M)	Aldershot Farnham & Dist AC	50:27
2.	Steve Uttley (M55)	Ilford Athletic Club	57:49
3.	Peter Boszko (M65)	Birchfield Harriers	59:59
4.	Oliver Hopkins (U17M)	Lewes Athletic Club	60:51
5.	Dwane Butterley (M45)	Leicester Walking Club	61:17

Colin Zack (U20M) Aldershot Farnham & Dist AC DQ

10km Women

1. Emma Achurch (U20W)	Leicester Walking Club	54:00
2. Kate Donaldson (W45)	Leicester Walking Club	56:20
3. Lynn Jones (W50)	Enfield & Haringey AC	71:03
4. Sue Davies (W50)	Aldershot Farnham & Dist AC	71:40

Mixed 5km

1. Ben Allen (U17M)	Leicester Walking Club	29:27
2. Abigail Jennings (U17W)	Aldershot Farnham & Dist AC	33:56

Thanks to Mark Easton for the following photos. More can be seen at <http://markeaston.zenfolio.com/p1032254988>.



Adrian Edwards, Maureen Noel and Colin Vesty (photos Mark Easton)



Bethan Davies, Jo Atkinson and Tim Snook (photos Mark Easton)

DUTCH AND BELGIAN CHAMPIONSHIPS, TILBURG, NEDERLANDS, SUNDAY 4 OCTOBER

Emmanuel tardi was in Tilburg in Holland last Sunday for the Dutch 50km Men and 10km Women championships and the Belgian 50km Men and 20km Women championships. He reported:

In my opinion, Tilburg is one of the fastest road courses in Europe - absolutely flat with no turns, as it is road used for skating competitions. Each lap is 1.568km . 3 different start time. The weather was perfect. 40 year old Rob Tersteeg went straight to the lead in the 50km. Last year he was the Dutch National Champion with 4h54 but he has trained very hard this year and produced a very impressive 4h22 for the 50km. In the Belgian Championship, long distance walker Daniel Lhoest win easily with 5:21:01. In the Belgian women's 20km championship , it was battle of ages between Annelies Sarrazin and Myriam Nicolas who walked together before Annelies eventually won with 1:59:54. In the Dutch women's 10km, Anne Van Andel won with 56:33.

50km Championship, 11AM

1.	Rob Tersteeg	76	NED	RWV	4:22:27
2.	Daniel Lhoest	59	BEL	WACO	5:21:01
3.	Frank van der Gulik	77	NED	LAT	5:21:02
4.	Peter Van Hove	81	BEL	ACHL	5:29:28
5.	Pascal Biebuyck	68	BEL	Ath.AC	5:45:01
6.	René Wakkee	65	NED	RWV	5:47:08
7.	Daniel Van den Daul	53	BEL	Ath.AC	5:51:40
8.	Ton van Andel	58	NED	RWV	5:54:42
9.	Jacques Till	61	BEL	WACO	5:51:43
	Rick Liesting	77	NED	OLAT	DNF
	Frans Leijtens	76	NED	RWV	DNF
	Jan Netten	68	NED	DAK	DNF

20km, 1PM

1.	Malte Strunk	73	GER	Al.Aachen	1:45:45
2.	Remco de Bruin	64	NED	LAT	1:48:45
3.	Annelies Sarrazin	81	BEL	FLAC	1:59:54
4.	Myriam Nicolas	63	BEL	SMAC	2:01:30
5.	Ludwig Renard	94	BEL	SMAC	2:13:10
6.	Raphael Lemmens	62	BEL		2:19:35
7.	Peter Slevogt	54	GER	Al.Aachen	2:20:49
8.	Herman van Buggenum	49	NED	OLAT	2:25:38
9.	Liesbet de Smet	82	BEL	Duffe	2:26:37
10.	Sandra de Graaff	67	NED	RWV	2:26:38
11.	Emmanuel Tardi	67	FRA	LP Longjumeau	2:28:06
12.	Muriel Oger	64	BEL	SMAC	2:32:20
13.	Paul Koks	65	NED	Haag Atletiek	2:46:37

10km, 2PM

1.	Anne van Andel	90	NED	DAK	56:33
2.	Bas van Andel	54	NED	DAK	1:02:16
3.	Jenny Acuna	69	VEN	Venezuela	1:02:51
4.	Marion Fuchs	60	GER	Al.Aachen	1:04:38
5.	Sandra Maas	85	NED	RWV	1:04:51
6.	Han Holtslag	57	NED	Weert	1:08:57
7.	Yvonne Grootswagers	78	NED	DAK	1:10:41
8.	Anita Bakker	54	NED	Attila	1:11:52
9.	Loes van Bremen	86	NED	RWV	1:15:56

5km, 2PM

1.	Hub Kaenen	59	NED	RWV	29:35
2.	Stijn van Nierop	99	NED	DAK	33:50
3.	Ad van Oijen	44	NED		34:46
4.	Gertrud Schumm	55	GER	Al.Aachen	36:08
5.	Harry Bijnen	52	NED	DAK	36:25
6.	Bauke te Nijenhuis	35	NED	RWV	36:31
7.	Mirjam Kies	52	NED	OLAT	40:26

3km, 2PM

1.	Ronnie Timmermans	82	NED	RWV	17:10
2.	Mona Münster	03	GER	Dusseldorf	18:42
3.	Anne van Nierop	03	NED	DAK	22:09

1km, 2PM

1.	Tristan Van Hove	03	BEL	ACHL	06:20
2.	Jasper Van Hove	06	BEL	ACHL	07:06
3.	Bart Grootswagers	06	NED	HvB	07:09
4.	Katrien Van Ammel	82	BEL	ACHL	08:43
5.	Robin Van Hove	10	BEL	ACHL	08:48
6.	Marit van Bremen	13	NED	RWV	16:24



**Rob Tersteeg, Annelies Sarrazin and Myriam Nicolas, Daniel Lhoest, Ludwig Renard, Anne Van Anandel and Malte Strunk
(photos Emmanuel Tardi)**

BOGOTA, COLOMBIA, 28-30 SEPTEMBER
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Men 10,000m Walk

1.	Luis Fernando LÓPEZ	COL	79	42:24.55
2.	Fredy HERNÁNDEZ	COL	78	42:50.96
3.	Jorge Stiven DIAZ (OC)	COL	87	42:17.22
4.	Brayan FUENTES (OC)	COL	96	43:22.00
5.	Kenny Martin PEREZ (OC)	COL	94	43:30.89
6.	Jorge RUIZ (OC)	COL	89	44:08.47

24 HEURES DEO ST THIBAUT DES VIGNES, FRANCE, 3-4 OCTOBER

Emmanuel Tardi has forwarded me the results of the annual St Thibault des Vignes 24 Hour event, also held last weekend. St Thibault des Vignes is near Paris and the race was held in memory of race creator Georges Tambute who died 2 years ago. Before the start, a commemorative plaque was unveiled near the start line. The first lap was 2.042km, followed by laps of 2.226km, enabling an exact 100km time along the way. There was also an ancillary 2x6 Hour event which was in two parts - the first 6 Hours from 1PM to 7PM on the Saturday and the second 6 hours from 7AM to 1PM on the Sunday.

Overall, there were 73 walkers (55 men and 18 women). Jean-Marie Rouault and Eddy Roze battled early and little separated them at the 100 km mark (Rouault 11:52:19 and Roze 11:53:41). At that stage, they were nearly 40 minutes ahead of third placed Xavier Bunel and that is the way it stayed, with Rouault eventually winning with 196.012km. The women's division was won by England's wonderful ultra distance walker Sandra Brown (now 65 years of age) with 175.225km.

24 Hour Walk (finishers only)

1.	ROUAULT Jean-marie	196.012m	VEM/64	As Culturelle Francophone
2.	ROZE Eddy	191.637m	VEM/70	Amiens Uc
3.	BUNEL Xavier	185.831m	VEM/62	Granville Ac
4.	LABORIE Christophe	181.416m	VEM/67	Essonne A - S/I C.o. Des Ulis
5.	GILLES Philippe	180.412m	VEM/64	Usm Montargis
6.	KERLAU Yves-michel	178.836m	VEM/61	Cm Roubaix
7.	ARNAULT Jacques	176.693m	VEM/62	Neuilly Sur Marne Athletisme
8.	LETOURNEAU Florian	175.884m	SEM/88	Ac Chateau Thierry
9.	BROWN Sandra (Gbr) (F)	175.225m	VEF/49	Surrey Walking Club

10.	THEVENIN Pascal	170.811m	VEM/59	Marne Et Gondoire Athletisme
11.	CHATILLON Nicolas	169.150m	SEM/81	A Marcheurs St Thibault Des Vi
12.	LACROIX Jean-louis	168.351m	VEM/62	Ac Chateau Thierry
13.	DIEN Daniel	167.537m	VEM/50	Neuilly Sur Marne Athletisme
14.	SALOMEZ Benedicte (F)	166.486m	VEF/62	Neuilly Sur Marne Athletisme
15.	SONNOIS Martine (F)	165.655m	VEF/59	Racing Club Haut-jura Morez
16.	FORESTIERI Alexandre	156.623m	SEM/82	Ust Courir A Saint Tropez
17.	BIZARD PLANCHOT Emilie (F)	153.236m	SEF/85	Thiais
18.	PAPI Luca (Ita)	147.704m	SEM/80	4 6,2 37
19.	PICOT Gerard	146.769m	VEM/47	Rando Montfermeil
20.	BOVIN Laurent	142.692m	VEM/61	Marcheurs St Thibault Des Vi
21.	BIZARD Claudie (F)	139.271m	VEF/59	Thiais Ac
22.	CRILLEY Kathy (Gbr) (F)	135.797m	VEF/47	Surrey Walking Club
23.	HAGHEBAERT Eric	127.671m	VEM/60	Ac Chateau Thierry
24.	GLASER Jean-bernard	124.426m	VEM/38	Neuilly Sur Marne Athletisme
25.	KESSELMARK Patrick	122.380m	VEM/59	Mareuil Lès Meaux
26.	EMONIERE Philippe	117.741m	VEM/61	Cosm Arcueil
27.	BELUTAUD Jeanne-marie (F)	114.698m	VEF/62	Puteaux
28.	CHAMPMARTIN Maurice	114.240m	VEM/	Saint-dizier
29.	LANDRU Noelle (F)	112.107m	VEF/51	As Corbeil-essonne
30.	PASSEREL Laurent	111.953m	VEM/68	Neuilly Sur Marne Athletisme
31.	AUVRE Alain	106.792m	VEM/58	Co Eu Bresle
32.	LE LOUARN Stephan	47.804m	VEM/65	Neuilly Sur Marne

2 x 6 Hours walk (finishers only)

1.	OLIVARES Mathieu	98.359m	SEM/76	Neuilly Sur Marne Athletisme
2.	FAUQUEUR Raymond	96.378m	VEM/57	Elan 59 - S/1 Us Dunkerque
3.	FAUQUEUR DUDA Corinne	94.946m	VEF/64	Elan 59 - S/1 Us Dunkerque
4.	MARECHAL Pascal	91.057m	VEM/62	Ac Chateau Thierry
5.	CASELLI Pierre	86.341m	VEM/53	Fontenay-sous-bois
6.	AUBRY Michel	83.144m	VEM/40	Maisons-alfort
7.	MOUGENOT Patrick	82.212m	VEM/63	Marne Et Gondoire Athletisme
8.	CAPUSANO Alain	77.744m	VEM/52	Ozoir La Ferrière
9.	QUINQUETON Bernadette	77.668m	VEF/61	A Marcheurs St Thibault Des Vi
10.	DEFOIX Laurent	77.259m	VEM/69	St-thibault-des-vignes



The start



Eddy Roze, Daniel Dienand Jean-Marie Rouault (photos from Emmanuel Tardi)

SWEDISH LONG COURSE CHAMPIONSHIPS, ESKILTUNA, SATURDAY 3 OCTOBER

Thanks to Birger Falt for posting race report and results from last Saturday's Swedish Long Course Championships in Eskiltuna.

5 walkers faced the starter's gun in the 50km championship in cool and pleasant conditions. Swedes Ato Ibanez and Perseus Karlström (just returned from China) took the lead from the start but Perseus retired around 15km and Ato just after 25km, meaning that Christer Svensson now found himself in the lead. Christer worked hard to the 20km mark for a new M45 record of 1:46:11 but it was then a long way home! His winning time of 4:48:50 was his 25th straight appearance in this race since his debut in Borås in 1991 when he came ninth. He has completed every year except in Copenhagen in 1998. This was his third gold after Äppelbo 1995 (4:15:21) and Bergen in 2010 (4:25:26) and it was his 20th medal overall (3 gold, 8 silver and 9 bronze).

The ladies' 20km saw leader Monika Svensson disqualified at the 18km mark, meaning that Ellinor Hogrell was now suddenly in the lead, going on to win the national championship after 4 silvers and one bronze in years past. In the Swedish junior women's 15km championship, the three Ibrahim sisters raced against each other, with Julia winning with 1:36:52 while Fride Moller Flatin won the D18-19 10km Norwegian championship.

50km Men

1.	Christer Svensson	1969	Växjö AIS	4,48,50
	Ato Ibáñez	1985	Eskilstuna FI	DNF
	Perseus Karlström	1990	Eskilstuna FI	DNF
	Fredrik Sandmer	1994	SK Svängen	DNF
	Peer Jensen	1957	Denmark	DNF

20km Masgters Men

1.	Christer Svensson	1969 (H45)	Växjö AIS	1,45,58
2.	Anders Wahlström	1966 (H45)	S. Ölands GK	1,51,50

20km Women

1.	Ellinor T Hogrell	1968	Enhörna IF	2,18,25
	Monica Svensson	1978	Växjö AIS	DQ
	Maria Aydin	1993	GK Steget	DNF

15km Women D17-20

1.	Julia Ibrahim	1996	GK Steget	1,36,52
2.	Jessica Ibrahim	1998	GK Steget	1,50,14
3.	Jennifer Ibrahim	1995	GK Steget	1,50,40

10km Women D18-19

1.	Fride Møller Flatin		Dimna IL Norge	1,07,25
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8TH INTERNATIONAL RACE WALKS, NITRA, SLOVAKIA, FRIDAY 2 OCTOBER

last Friday saw the 8th edition of the Nitra International Racewalk in Nitra, one of the oldest cities in Slovakia. 2015 IAAF World 50km champion Matej Tóth (19:46) won the men's 5km ahead of Slovakian team mates Anton Kucmín (19:48) and Dušan Majdan (20:16) while Polish international Agnieszka Dygacz won the women's 3km walk with 13:00. Overall, 70 athletes participated in various age groups. If Matej had thought he would have an easy walk he was mistaken as Anton headed out hard and made him work for his 2 second win. Then on Sunday, Matej Toth was in action in the Kosice half marathon, finishing 726th in the run with an easy 1:50:18. A good weekend's work!

5km Men

1.	Matej Tóth	1983	VŠC Dukla Banská Bystrica	19.46
2.	Anton Kucmín	1984	VŠC Dukla Banská Bystrica	19.48
3.	Dušan Majdán	1987	VŠC Dukla Banská Bystrica	20.16
4.	Grzegorz Sudol	1978	Polónia	20.21
5.	Vladimír Savanovic	1985	Sérvia - Partizan Belgrade	21.10
6.	Dominik Cerný	1997	VŠC Dukla Banská Bystrica	21.19
7.	Martin Tištan	1992	VŠC Dukla Banská Bystrica	21.48
8.	Boris Krestianko	1964	Tajov	26.25
9.	Dalibor Kocic	1982	Sérvia - Partizan Belgrade	29.27

3km Women

1.	Agnieszka Dygacz	1985	Polónia	13.00
2.	Mária Czaková	1988	VŠC Dukla Banská Bystrica	13.27
3.	Lucia Cubanová	1995	VŠC Dukla Banská Bystrica	14.04
4.	Monika Hornáková	1995	AK Spartak Dubnica nad Váhom	14.16
5.	Lucia Škantárová	1996	VŠC Dukla Banská Bystrica	15.14
6.	Nikoleta Abbatantuono	1997	ŠK ŠOG Nitra	16.18
7.	Alexandra Zlúkyová	2000	AK Bacúch	17.02
8.	Janette Lukáčová Janette	1975	VC Dukla BB	17.32



Matej Toth battles out the 5km in Nitra with Anton Kucmin and Dusan Magdan (photo <http://www.marciadalmondo.com/>)

18TH SRI CHINMOY 6-12-24 HOUR TRACK RACES, AUCKLAND, NZ, 3-4 OCTOBER 2015

One other overseas race to finish off this week's reporting comes from Auckland, New Zealand, where the NZ Centurions 24 Hour walk was held last weekend, in conjunction with the annual NZ Sri Chinmoy 24 Hour run. There were a number of walkers in action in the 24 Hour, 12 Hour and 6 Hour divisions and a sprinkling of NZ walk judges present to ensure that all was done correctly.

The big news is that Australian Centurion husband and wife team **Justin and Sharon Scholz** walked superbly, passing the 100 mile mark in 22:24:28 to become NZ Centurions 20 and 21 and then going on to a final shared distance of q170.853km. This gives them 3 centurion badges each (Australian, USA and NZ) and they continue to shine with the ease with which they complete whatever challenges are put in front of them. Justin posted the following brief report

Sharon and I have just finished a New Zealand Centurion (100 miles walking in 24 hours). We're stoked! We covered the 100miles in 22:24:28, and Shaz finished with just over 170.8km for the 24 hours. Shaz was first outright in the ladies division, managing a better distance than all the runners, and I managed 3rd outright in the men's division.

We're tremendously grateful to the Sri Chinmoy team for the manner in which they conducted the event, Mark for his ride to the track at the start, Heather (3rd in the ladies with a whopping PB) and her crew for the tent space and for looking after us and the Sri Chinmoy ladies who dropped us to our hotel after the event. All the competitors and crews and onlookers were full of positive sentiments as well and really helped to lift us to achieve this goal.

Conditions were pretty good, though it was rainy at the start and there was some very strong winds for better than 12 hours which took their toll on the runners especially. Now we need some sleep!

Other good walk performances came from

- NZ racewalker **Graeme Jones** who set 4 NZ records (52.983 km in 6 Hours, 50Miles in 9:16:14, 100 Km in 11:33:16 and 103.247 km in 12 Hours).
- **Cliff Harrison** (NZ C18) who completed a distance of 51.269km in the 6 Hour walk. He actually lead Graeme for the first 3.5 hours before surrendering his lead.
- 70 year old **Heather Smyth** who completed a distance of 32.920 km in the 6 Hour walk. Her daughter Anna Symth (36) competed in the 6 Hour run and did 43.720km. Both received trophies and the two granddaughters were very excited.

Unfortunately VRWC walker **John Kilmartin** (who already has Australian, USA and English centurion finishes to his credit) suffered badly in the race and could only manage 147km, being force off the track for some significant breaks with abdominal issues. John had started well and passed the 100km mark in 13:20:27, only 18 minutes behind Justin and Sharon. However, he was having trouble with an upset stomach y then and was forced to stop at 105km for a 40 minute break. A number of further breaks were forced upon him as he struggled to his final distance of 147km.

There is a great little video of Wayne Botha breaking the 100km barefoot running record - and you see a bit of footage of Sharon and Justin and some other walkers as they pass the start/finish line: <https://www.youtube.com/watch?v=6TpNBgpvqIg&feature=share>.

Lots more info at website <http://nz.srichinmoyraces.org/races/auck/24hr>.

24 Hour Run/Walk

1.	Alexander McKenzie	488	195.432 km	m	Male 50-59	1
2.	Lance Hunniford	455	182.171 km	m	Male 60-69	1
3.	Sharon Scholz (W)	427	170.853 km	w	Female Under 50	1
4.	Justin Scholz (W)	427	170.853 km	m	Male Under 50	1
5.	Brian Prescott	413	165.443 km	m	Male 50-59	2
6.	Jesper Fuhlendorff	406	162.608 km	m	Male Under 50	2
7.	Georgina Cox	391	156.466 km	w	Female Under 50	2
8.	Richard Young	374	149.967 km	m	Male 50-59	3
9.	Heather Andrews	373	149.343 km	w	Female Under 50	3
10.	John Kilmartin (W)	367	146.927 km	m	Male 60-69	2
11.	Penny Kirkwood	363	145.208 km	w	Female Under 50	4
12.	Jason Buckley	341	136.459 km	m	Male Under 50	3
13.	Mark Gray	324	129.949 km	m	Male 50-59	4
14.	Alan Potter	306	122.400 km	m	Male Under 50	4
15.	Valerie Muskett	300	120.000 km	w	Female 60-69	1
16.	Bryan McCorkindale	286	114.400 km	m	Male 60-69	3
17.	Kevin Wilson (W)	274	109.885 km	m	Male 60-69	4
18.	Trent Vannisselroy	268	107.580 km	m	Male Under 50	5
19.	Alexandria Senior	259	103.660 km	w	Female Under 50	5
20.	Niribili File	228	91.211 km	w	Female 60-69	2
21.	Vivian Cheng	200	80.389 km	w	Female Under 50	6
22.	Dave Candy	170	68.263 km	m	Male 50-59	5
23.	Warren Burke	167	66.800 km	m	Male Under 50	6

12 Hour Run/Walk

1.	Wayne Botha	299	119.948 km	m	Male Under 50	1
2.	Craig Price	272	108.905 km	m	Male Under 50	2
3.	Graeme Jones (W)	258	103.247 km	m	Male Under 50	3
4.	Fiona Ellison	251	100.700 km	w	Female Under 50	1
5.	Alice Adiwinata	240	96.190 km	w	Female Under 50	2
6.	Matt Ford	230	92.360 km	m	Male Under 50	4
7.	Ainie Kwok	197	78.857 km	w	Female 50-59	1
8.	Cheryll Martin	196	78.607 km	w	Female Under 50	3
9.	Roger Colquhoun	125	50.000 km	m	Male Under 50	5
10.	Gary Regtien	80	32.000 km	m	Male 70 and over	1

6 Hour Run/Walk

1.	Kim Dirks	141	56.631 km	w	Female Under 50	1
2.	Ian Brailsford	140	56.139 km	m	Male 50-59	1
3.	Richard Lake	133	53.349 km	m	Male 50-59	2
4.	Cliff Harrison (W)	128	51.269 km	m	Male 50-59	3
5.	Eric Sila	119	47.805 km	m	Male Under 50	1
6.	Andrew Shelley (W)	119	47.677 km	m	Male Under 50	2
7.	Anna Smyth	109	43.720 km	w	Female Under 50	2
8.	Heather Smyth (W)	82	32.920 km	w	Female 70 and over	1
9.	Paramartha Gallienne	78	31.407 km	w	Female 50-59	1

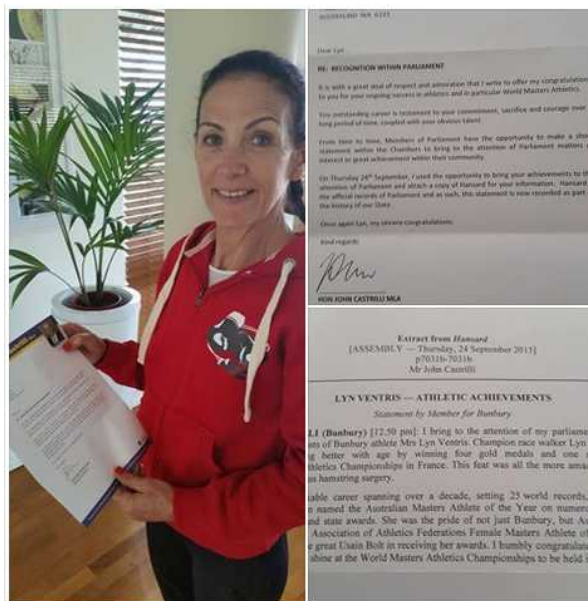


Justin Scholz, Sharon Scholz and John Kilmartin in action in Auckland last weekend

OUT AND ABOUT

Australian W60 World Masters Champion Lyn Ventris posted the following a few days ago, on the occasion of her birthday

Some unexpected news came in the mail today - and on my birthday too! A letter from our local member of Parliament, John Castrilli, MLA. Members of Parliament have the opportunity to make a short statement within the Chambers to bring to the attention of Parliament matters of interest or great achievement within their community. Mr Castrilli used the opportunity to highlight my results in Lyon and my achievements as an athlete. Wow!! What a fantastic surprise and honor.



RECOGNITION WITHIN PARLIAMENT

Dear Lyn

It is with a great deal of respect and admiration that I write to offer my congratulations to you for your ongoing success in athletic and in particular World Masters Athletics.

Your outstanding career is testament to your commitment, sacrifice and courage over a long period of time, coupled with your obvious talent.

From time to time, Members of Parliament have the opportunity to make a short statement within the Chambers to bring to the attention of Parliament matters of interest or great achievement within their community.

On Thursday 28th September, I used the opportunity to bring your achievements to the attention of Parliament and attach a copy of this statement for your information. I named it the official records of Parliament and as such, this statement is now recorded as part of the history of our time.

Once again Lyn, my sincere congratulations.

Kind regards,

John Castrilli

MR JOHN CASTRILLI MLA

EXCERPT FROM HANNAH
[ASSEMBLY - Thursday, 24 September 2015]
p70316-70316
Mr John Castrilli

LYN VENTRIS - ATHLETIC ACHIEVEMENTS

Statement by Member for Bunbury

11 (Bunbury) [12:50 pm]: I bring to the attention of my parliamentary constituents of Bunbury athlete Mrs Lyn Ventris. Champion race walker Lyn is getting better with age by winning four gold medals and one silver medal at the World Masters Athletics Championships in France. This feat was all the more amazing as she has had a hip replacement surgery.

Lyn has had a remarkable athletic career spanning over a decade, setting 23 world records. She is named the Australian Masters Athlete of the Year on numerous occasions and state awards. She was the pride of not just Bunbury, but Australia. She was named the Australian Masters Athlete of the Year by the Australian Association of Athletics Federations Female Masters Athlete of the Year award. It is a great honour for Lyn to receive her awards. I humbly congratulate Lyn on her achievements at the World Masters Athletics Championships to be held in...

Well done Lyn on some well deserved recognition.

As a matter of interest, Lyn is not the first walker to have this happen. In 2006 when **Chris Erickson** won bronze in the Melbourne Commonwealth Games, his performance was also noted in a speech in the Victorian Parliament, given by Labor Housing minister Richard Wynne. Do we know of anyone else?

And a nice article on 2013 World 50km champion Robert Heffernan: <http://www.the42.ie/rob-heffernan-rio-olympics-2016-2364875-Oct2015>.

MARCIADALMONDO AND OMARCHADOR ROUNDUP

Marciadalmondo saw 8 press releases this week

- Mon 5 Oct - Matej Toth and Agnieszka Dygacz win in Nitra
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2232
- Sun 4 Oct - Entry list for All-Japan Championships on 25 October
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2231
- Sat 3 Oct - B sample tests positive for Vera Sokolova
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2229
- Fri 2 Oct - History section of marciadalmondo updated for World Youth Championships
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2228
- Fri 2 Oct - History section of marciadalmondo updated for World Junior Championships
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2227
- Tue 29 Sept - Stage 4 of the Lake Taihu race as seen by Ainoha Pinedo Gonzalez
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2236
- Tues 29 Sept - Victory to Wang Zhen and Lyudmyla Olyanovska in Lake Taihu 4 day Race
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2225
- Mon 28 Sept - Stage 3 of the Lake Taihu race as seen by Ainoha Pinedo Gonzalez
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2224

The omarchador blog was also active with 8 news releases

- Mon 5 Oct - Tóth and Dygacz victorious in Nitra
<http://omarchador.blogspot.pt/2015/10/toth-e-dygacz-com-vitorias-em-nitra.html>
- Sun 4 Oct - Results of 1 Hour walk in Hemel Hempstead (England) on 26 September
<http://omarchador.blogspot.pt/2015/10/1-hora-marcha-em-hemel-hempstead.html>
- Sat 3 Oct - Sokolova tests positive with her B sample
<http://omarchador.blogspot.pt/2015/10/contra-analise-de-sokolova-deu-positivo.html>
- Fri 2 Oct - Results of Janis Dalins Memorial races in Ogre, Latvia on 26th Sept
<http://omarchador.blogspot.pt/2015/10/ogre-recebeu-mais-um-memorial-janis.html>
- Thu 1 Oct - Results of Brazilian 20,000m track championships in Sao Paulo
<http://omarchador.blogspot.pt/2015/10/campeonato-adulto-de-sao-paulo-brasil.html>
- Wed 30 Sept - Boyez and Menuet win inaugural event in Chalon-sur-Saône, France
<http://omarchador.blogspot.pt/2015/09/boyez-e-menuet-vencem-evento-inaugural.html>
- Tues 29 Sept - Lots of surprises in the final stage of the Lake Taihu 4 Day Event
<http://omarchador.blogspot.pt/2015/09/tour-de-wuzhong-acaba-em-surpresas-nas.html>
- Mon 28 Sept - Zhen and Olyanovska reinforce leadership after Day 3 of Lake Taihu Tour
<http://omarchador.blogspot.pt/2015/09/zhen-e-olyanovska-reforcam-lideranca-do.html>

#BANCHEGIN

- Straight off the twitter press from Hilary Evans

Russian walker Natalia Kholodilina banned for 2 years for doping. Bronze medallist in 2013 Russian Championships.

- The World Anti-Doping Agency (WADA) has published the 2016 List of Prohibited Substances and Methods (the List), which will come into effect on 1 January 2016. See ASADA announcement at <https://www.asada.gov.au/news/blog-2016-prohibited-list-released>. Full list at <https://wada-main-prod.s3.amazonaws.com/resources/files/wada-2016-prohibited-list-en.pdf>.

PARENT CHILD COMBINATIONS IN AUSTRALIAN RACEWALKING

Last week, I commented on the four parent/child combinations who have won the same or similar Australian racewalk championships

- **Bert Gardiner** (Aust 7 Miles) and **Bob Gardiner** (Aust 2 Miles, 3000m, 20km and 50km)
- **Tim Erickson** (Aust 50km) and **Chris Erickson** (Aust 20km and Aust 50km)
- **Dave Smith** (Aust 3000m, 5000m and 20km) and **Dane Bird-Smith** (Aust 10,000m and 20km)
- **Jenni Jones-Billington** (Aust 10km) and **Tayla-Paige Billington** (Aust Junior 10km and 10,000m)

and I included an article on Bert Gardiner. This time around, it is Bert's son Bob who comes under the microscope

BOB GARDINER, OLYMPIC AND COMMONWEALTH GAMES WALKER

1964	Olympic Games	Tokyo	50 km	5th	4:17:06
1964	Olympic Games	Tokyo	20 km	DNF	
1968	Olympic Games	Mexico	50 km	19th	4:52:29
1970	Commonwealth Games	Edinburgh	20 Mile	2nd	2:35:55
1972	Olympic Games	Munich	20/50 km	Withdrew from team	

Bob Gardiner, born on 22nd March 1936, started racewalking in 1953 at age 17. At 5 ft 7 inches in height and 130 lbs in weight, he was leanly built but this did not seem to disadvantage him and he was immediately successful, winning the Victorian Junior title the very next year. It was then a long haul before he hit real prominence in the senior ranks in 1961.

In that year he defeated Ted Allsopp and Harry Summers to win the Victorian Open 2 mile track walk (14:23.0), a title his father Bert had won four years in a row from 1928 to 1931. Then he captured his first Australian title in the 1961 National two miles championship (14:40.2) at Lang Park in Brisbane. This marked the start of Bob's national and international career which had many highlights including

- Selection for both the 20 km and 50 km walks in the 1964 Olympics in Tokyo. There, he retired injured at the 15 km mark in the 20 km and took 5th place in the 50 km walk in a new National record of 4:17:06. This time was in fact a 7 minute PB.
- Selection in the 20 km racewalk in the 1967 U.S.A. versus British Commonwealth meeting
- 19th place in the 50 km walk in the 1968 Olympics in Mexico City. Bob suffered badly in the heat and altitude but battled gamely to finish.
- A great second to Noel Freeman in the 20 mile walk in the 1970 Commonwealth Games in Edinburgh
- Selection in the 20 km walk in the 1971 Russia V U.S.A. versus World All Stars meet.
- Selection in both the 20 km and 50 km walks in the 1972 Olympics in Munich. Unfortunately he had to withdraw from the team with a groin injury shortly before departure.

There were many exciting races between Noel Freeman, Bob Gardiner, Frank Clark and Ted Allsopp at national level during the 1960's and a great rivalry existed between Noel and Bob who filled the top 2 positions in the walking hierarchy.

Bob was trained by former Olympian George Knott and advised by Frank McGuire in his early days and also drew on the innovative methods of his father Bert, an Australian 7 miles Walk Champion. The attitudes of brilliant NZ coach Arthur Lydiard were also a big influence as were the ideas of Percy Cerutti.

Although mainly a loner in training, Bob's mentor and most lasting training mate at various times from the 50's to this day has been Harry Summers. Other training groups assisted him at various stages over the years, including Ron Miller and a succession of Collingwood Harriers, Gus Theobald, Clarrie and Ian Jack and the Glenhantly group, and in later years, Betty Newman and Tom Dainry and their crew of veteran walkers.

He produced many world class times between 1960 and 1972. He was a big time performer and produced his best in the Australian Championships where he won a total of 16 medals including 8 golds. His Australian Championship wins were

1961	2 miles	14:40
1964	50 km	4:24:19
1965	2 miles	14:10
1965	20 km	1:37:23
1966	50 km	4:18:20 (fastest ever time by an Australian)
1967	3000m	12:57
1968	50 km	4:22:23
1971	50 km	4:27:57

It should be remembered that road championships in Australia were usually held on challenging hilly courses, similar to the LBG 20 miles course. Despite this, Bob's time in 1966 compared favourably with Abdon Pamich's world record of 4:14:02.



Bob easily wins a 1966 track walk in Melbourne

A loss in the national track title in 1966 (to a young Ross Haywood) stopped Bob collecting six successive national championships. He bounced back to win the 1967 track title.

He held concurrently the Australian 2 miles, 20 km and the 50 km titles, the only Australian to hold all titles at the one time. It was not until 1977 that Willi Sawall equalled the feat.

Bob trained hard and raced hard. In 1964 as part of his Olympic buildup, he regularly clocked up training weeks of 100 miles over an extended period. In May of that year, he showed his real potential with a wonderful 40 km time of 3:22:37 at Albert Park. His splits were 51:24, 50:28, 50:16 and 50:28. It was no surprise when he won the Olympic 50 km trial on 6 June in Adelaide in 4:24:19.2 – a time that beat the current Olympic record by some 40 seconds. His subsequent 5th place in the Tokyo 50 km (4:17:06) was not a once-off. It was the result of hard work and determination.

It would take many pages to fully cover Bob's walking career which spans 50 years, but some discussion is warranted on his 1968 Olympic experience. As the Olympics drew near, Bob intensified his training and racing and his final hitouts were impressive. First on August 24, in a VAWC Track 50 km event at Melbourne University, Bob won in 4:14:17, setting new Commonwealth, Australian and Victorian records and showing that he was a dangerous dark horse for the forthcoming Olympic 50 km event. I was fortunate enough to witness that walk and I still remember the constant pace with which he ate up the 125 laps. Then 2 weeks later, he finished 4th from a scratch start in the classic Melbourne to Frankston 25 Mile event. His time was a sensational 3:20:46 and he pulled up fresh and looked to have plenty in reserve.

He left for Mexico with high expectations but like most of us, he had no idea of the toll that the high altitude and heat would exact from his body. In the Olympic 50 km, after a good start, he gradually lost ground and faded back through the field. His last 10 km was walked in the semi darkness with people wandering across the course. His 19th place in 4:52:29 was a disappointment but still a gutsy effort.

It is also worthwhile to discuss his final couple of years of elite international racing. After his great 2nd place in the 1970 Commonwealth Games in Edinburgh, Bob won the 1971 Australian 50 km title and Olympic trial (4:27:57) and was selected for both the 20 km and 50 km events in the 1972 Olympics in Munich. With Noel Freeman now retired, he was our sole Olympic representative in what must have been a daunting assignment.

In the final weeks before the team was due to leave for Europe, there were two key withdrawals due to injury - team captain and marathoner John Farrington and Bob. In Bob's case, a groin injury had flared up at just the wrong time. This disappointment (it would have been Bob's third Olympic appearance) forced Bob to reappraise his career and he decided it was time to retire from top level competition.



Bob, Ron Crawford and Ted Allsopp training in the Olympic Village in Tokyo, 1964

From then on, he restricted his racing to interclub competition. It was not until the veteran movement grew that he resumed any serious training. In his 55th year he showed he was still capable of world class times in his age division by setting world veteran 5,000m and 20 km records at the Australian Veteran Championships. Even now, aged 79, he still competes regularly in AV Shield, VRWC and Masters competitions.



Bob in action at Middle Park

Apart from his outstanding career as an athlete, Bob has been a constant supporter of the VRWC. Starting as club Vice Captain (1961-65), he progressed to club Captain (1966-72) before becoming Social Secretary (1973-75). He has been continuously on the club committee ever since. His services to the club were recognised with a life membership award in 1987 (he is also a life member of Collingwood Harriers). His many contributions to the club are too numerous to mention. Even now, he helps with race day setup, helps the ladies in the canteen, looks after the club equipment, builds the occasional honour board, performs general maintenance, does a great amount of general club liaison and even finds time to compete in the regular club races.

The next time you front up against Bob in a club race at Middle Park or at the Box Hill track, stop to think about his wonderful achievements and know yourself privileged to be sharing the same track with him.

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

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

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 27th IAAF World Race Walking Team Championships, Cheboksary, Russia
July 19-24, 2016 16th World Junior T&F Championships, Kazan, Russia
Oct 26 -Nov 6, 2016 21st World Masters T&F Champs Stadia, Perth, Australia. See <http://www.perth2016.com>
Aug 5-21, 2016 31st 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

Mar 18-25, 2017 World Masters Athletics Indoor Championships, Daegu South Korea
April 21-30, 2017 World Masters Games 2017, Auckland, NZ. See www.worldmastersgames2017.co.nz
July 12-16, 2017 10th World Youth T&F Championships, Nairobi, Kenya
August 5-13, 2017 16th IAAF World Championships in Athletics, London, UK
August 19-30, 2017 29th Summer Universiade, Taipei, Taiwan
Apr 4-15, 2018 XXI Commonwealth Games, Gold Coast, QLD (racewalks on the program). See <http://www.gc2018.com>
May 2018 28th IAAF World Race Walking Team Championships, Cheboksary, Russia
July 2018 16th World Junior T&F Championships, ?
TBA, 2018 22nd World Masters Athletics T&F Championships, Malaga, Spain
2019 17th IAAF World Championships in Athletics, Doha, Qatar
July 2019 11th World Youth T&F Championships, ?
July 2019 30th Summer Universiade, Brasilia, Brazil
July 2020 32nd Olympic Games, Tokyo
Aug 2021 18th IAAF World Championships in Athletics, Eugene, USA
July 18-30, 2022 XXII Commonwealth Games, Durban, South Africa

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