



## HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club  
2015/2016 Number 02  
13 October 2015



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### WALKER OF THE WEEK

My walker of the Week this time around goes to 24 year old Glenhuntly walker and Australian international **Rhydian Cowley**. Competing in Round 1 of the Athletics Victoria Shield competition in Melbourne last Saturday, he nailed the 2000m walk with a superb **7:39.1**. That's not too far off his PB of 7:29 and confirms his early season form. With the 2016 Olympics beckoning, I am sure he will be pulling out all stops this summer so stay tuned!



**Rhydian in action during the winter season at Middle Park**

### WHAT'S COMING UP

Victorian walkers have a week off formal competition this coming weekend, with the Melbourne Marathon taking centre stage on Sunday morning. Athletics Victoria Shield competition continues with Round 2 on **Saturday 24<sup>th</sup> October**. And our own VRWC summer season kicks off with roadwalks at Middle Park on **Sunday 25<sup>th</sup> October**. You can check out our summer season fixture at <http://www.vrwc.org.au/vrwcs16.shtml>.

### AV SHIELD

Athletics Victoria Shield started last Saturday afternoon with T&F competition at 4 Melbourne metropolitan venues and 3 country venues. Our walkers contested a short sharp 2000m track walk to wake them up for the summer in hot conditions. Full results can be seen at <http://athsvic.org.au/event/201516-av-shield-round-1/>. I counted 105 walkers with all venues reporting in except for Ballarat – what a great start to the season.

### AV Shield Round 1 (Program 2), Red Zone, Doncaster, Sat 10 Oct 2015

Young rising stars Emmet Brasier (8:25.9) and Adam Garganis (8:48.6) continued their keen rivalry from last year's Shield competition, with Emmet getting the better of their first encounter for the summer. 15 year old Eliza Clarke was also in great form, winning the women's walk with 9:12.1. Adam Garganis was typical of many of the athletes, competing in multiple events for their clubs. But few would have had such a day as Adam - 2<sup>nd</sup> in the walk (8:48.6), 1<sup>st</sup> in the Pole Vault (3:70m), 2<sup>nd</sup> in the 4x100m relay, as well as competing in the javelin (35.72m) and discus (19.52m).

#### 2000m Walk

1.	Brasier, Emmet	M17	DIAMOND VALLEY AC	8:25.9
2.	Garaganis, Adam	M18	COLLINGWOOD	8:48.6
3.	Clarke, Eliza	W15	DIAMOND VALLEY AC	9:12.1
4.	McDonough, Aaron	M43	PRESTON AC	10:42.1
5.	Smyth, David	M46	COLLINGWOOD	10:49.6
6.	Taylor, Michael	M15	DIAMOND VALLEY AC	10:50.7
7.	Laufer, Michelle	W46	COLLINGWOOD	10:53.2
8.	Keirl, Bernie	M52	DIAMOND VALLEY AC	11:26.8
9.	Elms, Donna-Marie	W54	PRESTON AC	11:46.9
10.	Hawkins, Trenton	M36	PRESTON AC	11:50.6
11.	Noonan, Emily	W15	COLLINGWOOD	12:23.2
12.	Clarke, Georgia	W13	DIAMOND VALLEY AC	12:40.9
13.	Quinn, Karen	W51	DIAMOND VALLEY AC	13:41.9
14.	Garganis, Clare	W45	COLLINGWOOD	13:57.8
15.	Noonan, Claire	W11	COLLINGWOOD	14:26.0
16.	Rosa, Evie	W16	COLLINGWOOD	14:31.4
17.	Brasier, Caitlin	W25	UNNATACHED	14:45.6
18.	Walburg, Kirsten	W17	DONCASTER AC	15:41.8
19.	Papadopoulos, Sara	W28	DIAMOND VALLEY AC	16:08.3
20.	Munks, Ben	M14	DONCASTER AC	16:13.9
21.	Rudston-Brown, Caitlyn	W14	WHITTLESEA CITY AC	16:51.9
22.	Thompson, Riley	M15	DONCASTER AC	17:05.1
23.	Compton-Robins, Li	W15	WHITTLESEA CITY AC	17:08.7
24.	Rudston-Brown, Tay	W15	WHITTLESEA CITY AC	17:14.4
25.	Caldwell, Abbey	W14	DONCASTER AC	17:20.0
26.	Brown, Tammarah	W16	RICHMOND HAR	17:22.2
27.	Thompson, Max	M12	DONCASTER AC	17:22.7
28.	Parrott, Hugh	M14	DONCASTER AC	17:27.4
29.	Campbell, Donna	W45	PRESTON AC	18:12.9
30.	Neale, John	M64	PRESTON AC	18:13.3
31.	O'Connell, Sharon	W49	DONCASTER AC	18:59.8
32.	Reynolds, Karen	W54	DONCASTER AC	19:00.1
	Brasier, Andrew	M57	DIAMOND VALLEY AC	DQ
	McLennan, Laura	W39	DONCASTER AC	DQ
	Musker, Anna	W15	DONCASTER AC	DQ

### AV Shield Round 1 (Program 2), White Zone, Nunawading, Sat 10 Oct 2015

Kyle Swan (8:47.9) and Tayla-Paige Billington (9:29.2) were the top walkers at Nunawading. Special mention also to M69 walker Andrew Jamieson with 9:48.4. Wow!

#### 2000m Walk

1.	Swan, Kyle	M16	ATHLETICS NU	8:47.9
2.	Kozica, Jason	M28	ST KEVINS AC	9:10.9
3.	Billington, Tayla-Paige	W18	ATHLETICS NU	9:29.2
4.	Jamieson, Andrew	M69	OLD SCOTCH C	9:48.4
5.	Simpson, Bradley	M22	ATHLETICS NU	9:57.9
6.	McNicol-Davidson, Cody	M17	UNATTACHED	10:09.5
7.	Geisler, Sandra	W38	RINGWOOD AC	10:28.3
8.	Evans, Simon	M55	BOX HILL AC	10:33.5
9.	Muldoon, Wendy	W44	ATHLETICS NU	10:52.2
10.	Rosenbrock, Caroly	W53	ATHLETICS NU	10:54.7
11.	Taylor, Lucas	M19	YARRA RANGES	11:16.3
12.	Olden, Graeme	M51	BOX HILL AC	11:25.2
13.	Hunter, Pia	W49	BOX HILL AC	11:52.8
14.	Riddoch, Clyde	M62	ATHLETICS WAVERLEY	12:14.9
15.	Dickenson, Russell	M70	VICTORIAN MA	12:25.7
16.	McCann, Adam	M39	ATHLETICS NU	13:00.0
17.	Benke, Geza	M59	OLD MELBURNI	14:07.6
18.	Carre, Simone	W33	UNNATACHED	15:23.6
19.	Hewitson, Camden	M13	YARRA RANGES	15:50.5

20.	Marston, Janice	W50	ATHLETICS WAVERLEY	15:53.0
21.	Killip, John	M61	OLD MELBURNI	16:28.9

#### AV Shield Round 1 (Program 2), Blue Zone, Knox, Sat 10 Oct 2015

This was certainly the venue for fast walking with Rhydian Cowley laying his cards on the table with 7:39.1. Further, back, Pbs to Simone McInnes (9:34.6), Nikola Mandic (9:41.4 and a new VRWC U13 club record) and Philippa Huse (9:46.9).

##### 2000m Walk

1.	Cowley, Rhydian	M24	GLENHUNTLY AC	7:39.1	
2.	Walmsley, Reese	M17	KNOX AC	9:34.0	
3.	McInnes, Simone	W24	GLENHUNTLY AC	9:34.6	PB 0:22
4.	Mandic, Nikola	M12	CASEY CARDIN	9:41.4	VRWC record
5.	Huse, Philippa	W16	SANDRINGHAM AC	9:46.9	PB 0:04
6.	Henderson, Rebecca	W14	CASEY CARDIN	9:49.7	
7.	Hamilton, Emily	W17	KNOX AC	10:39.5	
8.	Dickson, Corey	M13	KNOX AC	10:42.2	
9.	Walmsley, Hayden	M14	KNOX AC	10:44.5	
10.	Hay, Charlotte	W12	KNOX AC	11:53.9	
11.	O'Mahony, Kathleen	W13	KNOX AC	11:57.0	
12.	Karagiorgos, Chloe	W13	KNOX AC	11:57.6	
13.	Van Dongen, Rupert	M41	CASEY CARDIN	12:06.5	
14.	Bennett, Ralph	M74	GLENHUNTLY AC	12:07.8	
15.	Richardson, Brodie	W15	KNOX AC	12:17.0	
16.	Boland, Julian	M52	MENTONE AC	12:18.3	
17.	Doran, Anthony	M63	GLENHUNTLY AC	12:53.8	
18.	Lillie, Jessica	W16	KNOX AC	12:57.1	
19.	Steed, Gwen	W73	GLENHUNTLY AC	12:58.0	
20.	Barrow, Geoff	M66	MENTONE AC	13:34.8	
21.	Howorth, Sandra	W52	GLENHUNTLY AC	13:50.8	
22.	Hutton, Philip	M69	GLENHUNTLY AC	13:59.5	
23.	Morrison, John	M76	SANDRINGHAM AC	14:43.9	
24.	Bryan, Jeanne	W73	VICTORIAN MA	16:56.7	

#### AV Shield Round 1 (Program 2), Yellow Zone, Aberfeldie, Sat 10 Oct 2015

Some of the big guns were missing at Aberfeldie but that opened things up for the evergreen Paul Kennedy (10:40.5) and Maria Abfalter (12:51.1).

##### 2000m Walk

1.	Paul Kennedy	KSB	OP	M	10:40.5
2.	Gerard Feain	KSB	40+	M	10:43.8
3.	Lachlan Feain	KSB	U18	M	11:03.4
4.	Duncan Knox	ESS	40+	M	12:29.5
5.	Maria Abfalter	KSB	40+	F	12:40.2
6.	Phillip Dunstone	WES	OP	M	12:51.1
7.	Madeleine Feain	KSB	U18	F	13:08.8
8.	Stephen Murphy	ESS	40+	M	13:34.6
9.	Kelly Spiteri	COB	OP	F	13:44.8
10.	Roslyn Ireland	BWK	OP	F	14:49.6
11.	Janice Hodgart	WES	40+	F	14:57.7
12.	Brian Hamer	WES	40+	M	15:14.4
13.	Louise Davey	COB	OP	F	15:25.3
14.	Nicole Gunn	KSB	OP	F	15:32.0
15.	Brenda Cashin	WES	40+	F	16:30.8
16.	Olive Ireland	BWK	OP	F	16:42.8
17.	Mark Ireland	BWK	OP	M	16:43.8
18.	Heather Lamb	BWK	OP	F	17:12.8

#### AV Shield Round 1 (Program 2), Geelong Zone, Geelong, Sat 10 Oct 2015

A small field at Geelong but a great time by James Christmass with 8:57.68.

##### 2000m Walk

1.	James Christmass	COR	M40+	8:57.68
2.	Tara Robinson	COR	WU14	12:35.22
3.	Thomas Mirarchi	COR	MU16	14:28.59

**AV Shield Round 1 (Program 2), Bendigo Zone, Bendigo, Sat 10 Oct 2015**

Another small field in Bendigo with Barb Bryant fastest with 11:05.38.

**2000m Walk**

1.	Barbara Bryant	EAG	W40+	11:05.38
2.	Ebony Whiley	EAG	WOP	11:44.44
3.	Annette Curtis	SBE	W40+	14:56.88
4.	John Watson	BGO	M40+	15:57.53

**AV Shield Round 1 (Program 2), Ballarat Zone, Ballarat, Sat 10 Oct 2015**

Alas, no results have been posted yet from Ballarat.

**NSW ALL SCHOOLS T&F CHAMPIONSHIPS, SOPAC, SYDNEY, 8-11 OCTOBER**

The NSW All Schools T&F Championships in Sydney last weekend saw lots of walkers in action and new meet records to Tyler Jones (22:07.68 for U18 5000m) and Samantha Brown (14:32.24 for U15 3000m).

**Boys 3000m Walk 13 years**

1.	Blaskett, Hayden	13	Killarney He	15:26.81
2.	Leerberg, Martin	12	Killara High School	17:21.39
3.	McGinniskin, Jack	13	West Wallsend High	17:36.53
4.	Davis, George	12	Epping Boys High	18:22.91
5.	Attwell, Jake	13	Dapto High	18:30.39
6.	Meconville, Corey	13	Bomaderry High	18:48.77
7.	Becroft, Lachlan	13	Xavier Colle	19:01.03

**Girls 3000m Walk 13 years**

1.	Blanch, Emma	12	Caringbah High	16:33.88
2.	Hardy, Renee	12	Windsor High School	16:44.13
3.	Dagher, Sophia	12	Westfields S	16:53.58
4.	Mills, Haley	12	Ple Sydney Croydon	17:13.29
5.	Parker, Hannah	13	Monte Saint Angelo	17:22.65
6.	Sutherland, Alexandra	13	Brigidine Co	17:38.68
7.	Steele, Imogen	12	Mercy Cathol	17:39.32
8.	McManus-Barrett, Caitlin	13	South Grafton High	18:41.52
9.	Rigney, Paige	13	St Peters Tuggerah	18:58.62
10.	Robertson, Brittany	13	St Patricks	19:13.70
11.	Johnston, Lily	13	Turrumurra High	20:18.90
12.	Scholle, Saskia	12	Unattached	20:21.12
	Tisdale, Lauren	12	Macarthur An	DNF

**Boys 3000m Walk 14 years**

1.	Tebbutt, Oscar	14	Henry Kendall High	16:06.62
2.	Aubin, Samuel	13	The Illawarr	22:56.62

**Girls 3000m Walk 14 years**

1.	Brown, Samantha	14	Hills Sports High	14:32.24 Rec
2.	Lee, Janaya	14	Arndell Angl	18:08.08
3.	Brennan, Elise	13	Internationa	18:32.45
4.	Jennings, Rose	14	South Sydney High	19:23.13
	Boland, Olivia	14	Kincumber High	DQ

**Boys 3000m Walk 15 years**

1.	Barendregt, Travis	15	St Clares Ca	14:52.85
2.	Thomson, Ryan	15	Emmaus Catho	16:00.45
3.	Millican, Hayden	15	Barker College	16:31.55
4.	Catallo, Donald	15	Kogarah High	17:01.86
	Bedford, Kyle	15	Emmaus Catho	DQ

**Girls 3000m Walk 15 years**

1.	Hunt, Gabby	15	Australian C	14:38.67
2.	Roukos, Raquel	15	St Clares Ca	15:48.00
3.	O'Neill, Molly	15	Lambton High	16:10.50
4.	Henry, Amy	15	Penshurst Gi	17:14.60
5.	Holt, Claudia	15	Gorokan High	19:52.38

**Boys 5000m Walk 16 years**

1.	Glover, Jordan	16	Northholm Grammar	28:07.71
2.	Mcginniskin, Cory	16	West Wallsend High	33:05.23

**Girls 5000m Walk 16 years**

1.	McDonald, Jasmyn	16	Carlingford High	28:07.28
2.	Norton, Shanae	16	St Johns Park High	29:29.61

**Boys 5000m Walk 17 years**

1.	Jones, Tyler	17	Hunter Sports High	22:07.68 Rec
	Kerr, Aidan	17	Northern Bea	DQ

**Girls 5000m Walk 17 years**

1.	Francis, Lucy	16	Pymble Ladie	27:32.29
2.	Grujoski, Ally	16	Olsh Kensington	31:26.80
3.	Minett, Rhiannon	17	Chester Hill High	31:42.98
	Robson, Natalia	17	Coffs Harbou	DQ

**Girls 5000m Walk 19 years**

1.	McKay, Lydia	18	Gosford High	31:04.09
2.	Kelland, Sarah	17	Abbotsleigh	34:55.60

<b>AACT SUMMER SERIES MEET 1, AIS TRACK, CANBERRA, SATURDAY 3 OCTOBER</b>
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The summer season has also kicked off in Canberra. The first two rounds of their Summer Series are shown below. Best effort by Gabby Hunt (14:32.13 in the 3000m a week ago).

**3000m Walk**

1.	Gabby Hunt	NCG	14:32.13
2.	Connor Frew	SCT	15:16.39
3.	Callum Burns	Athletics Act	15:26.21
4.	Timothy Fraser	SCT	16:35.51
5.	Dylan Eddowes	Athletics Act	18:49.15

<b>AACT SUMMER SERIES MEET 12, AIS TRACK, CANBERRA, SATURDAY 10 OCTOBER</b>
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**1500m Walk**

1.	Matthew Griggs	Weston Creek	9:18.0
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**3000m Walk**

1.	Dylan Eddowes	SCT	18:54.9
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**5000m Walk**

1.	Callum Burns	NCG	27:55.9
2.	Timothy Fraser	SCT	28:44.7

<b>QLD MASTERS ROUNDUP</b>
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The Queensland Masters were also in action last weekend with walks on both Saturday (in Brisbane) and Sunday (on the Gold Coast). Fastest time to Peter Bennett (15:19.29 and 85%) and a PB to Erika Woodward (16:31.27).

**Qld Masters Walks, SAF, Nathan, Sat 10 October****3000m Walk**

M40	1	Dean Nipperess	M44	GC & Sthrn	17:23.50	65.92%	
M45	1	Argenis Guevara	M47	Brisbane	15:53.35	73.94%	
W45	1	Erika Woodward	W49	Brisbane	16:31.27	78.34%	PB 0:01
M55	1	Peter Bennett	M59	Brisbane	15:19.29	85.24%	
W70	1	Noela McKinven	W73	Brisbane	23:26.80	72.52%	
W80	1	Christiane Dauphinet	W84	Brisbane	24:19.87	85.10%	

**Qld Masters Walks, Gold Coast, Sunday 11 October****5000m Walk**

M40	1	Dean Nipperess	M44	GC & Sthrn	31:47.49	61.39%
W55	1	Kay Shaw	W56	GC & Sthrn	32:10.13	73.53%



From the QLD Masters Facebook page, walkers Peter Bennett and Erika Woodward back right from the QMA comp in Brisbane on Saturday

#### BRIBIE BEACH BASH, QUEENSLAND, SUNDAY 4 OCTOBER

Brisbane based walker **Peter Bennett** had a training session with a difference a week ago as an entrant in the Bribie Island running festival in Queensland. He was in fact the solo walker in the 50km event that started in the pre-dawn on the morning of Sunday 4<sup>th</sup> October. Besides the 50km race there were 10km, 15km, half marathon and marathon categories and they were all out and back races along the many kilometres of pristine beach in the Bribie Island National Park, some 50km outside Brisbane.

An early start meant the athletes were able to watch the sunrise over the ocean, race on miles of endless, deserted beach and watch dolphins playing offshore. The heat was not really a problem as there was a bit of a breeze and competitors were able to refill water bottles at the regular drink stations. Being a National Park, no plastic cups or other disposable items were allowable and everyone had to carry a drink bottle. The incoming tide slowed the pace in the last 10km as competitors were forced to race in the soft sand and 4WD tracks as well as getting caught by the occasion wave. Walking through a police random breath station set up on the beach was quite an unusual experience. Everyone finished with soggy shoes that were full of sand. This is not the type of race if you are looking for a fast time but for fun and enjoyment it can't be beaten. And for the record, Peter finished 6<sup>th</sup> with **5:32:55**. Now that's not too bad for a beach walk!



Nearing the finish of the Bribie Beach 50km. Photo courtesy Tim Miller Dreamsport Photography. Article sourced from QRWC newsletter.

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

I reported in last week's newsletter on the Australian Masters Games in Adelaide (see <http://australianmastersgames.com/> for more details) and on the 5000m track walks that had taken place. Thursday saw the second of the two walk events, the 10km roadwalks at Victoria Park. Best Age Graded Performances to NSW walker Heather Lee (W85 1:26:17 93.74%) and Victorian Liz Feldman (W65 1:07:35 81.88%).

**10km Roadwalk, Victoria Park, Adelaide, Thursday 8 October**

W85	1	Heather Lee	1:26:17	<b>93.74%</b>
W70	1	Jennifer Richter	1:27:08	68.49%
W65	1	Elizabeth Feldman	1:07:35	<b>81.88%</b>
	2	Mary Leitch	1:36:43	57.22%
W60	1	Leanne Sandow	1:08:21	75.77%
W55	1	Marie Maxted	1:06:15	73.73%
	2	Jennifer Payne	1:09:00	70.80%
	3	Margaret West	1:16:58	63.47%
W50	1	Karyn Tolardo	1:01:13	75.78%
	2	Gloria Holliday	1:04:16	72.19%
W45	1	Diana Adams	1:03:36	69.68%
M85	1	Colin Hainsworth	1:22:49	78.22%
M75	1	Rodger Barber	1:17:08	71.33%
	2	Alan Warburton	1:21:38	67.40%
M70	1	Roger Lowe	1:23:43	61.48%
M65	1	Jeffrey Kennett	1:28:35	54.78%
M60	1	Christopher Whitham	1:09:03	66.71%
M40	1	Suresh Kumar Goobinnaan	0:56:11	69.29%
	2	Adam Patterson	1:03:32	61.27%
	3	Ashok Kumar Gupta	1:21:18	47.88%
	4	Matthew Anderson	1:36:47	40.22%

**OCEANIA MASTERS ATHLETICS CHAMPIONSHIPS, RAROTONGA, COOK ISLANDS, 5-10 OCTOBER**

Continuing with Masters, the Oceania Masters Athletics Championships were held at Rarotonga in the Cook Islands over the last week (see full results at [http://liveresults.qldathletics.org.au/151005\\_OceaniaMasters/index.htm](http://liveresults.qldathletics.org.au/151005_OceaniaMasters/index.htm)) and there were 10km road, 5000m track and 3000m track walks on offer.

**10km Road Walk, Monday 5 October**

The 10km road walks were held last Monday along the beachfront in Avarua, the main town of Rarotonga. I hear the road surface was pretty challenging, with potholes, very uneven, varying surfaces (roughed up bitumen, dirt, sand, concrete footpath), along with a howling wind straight off the Pacific Ocean! So conditions did play a significant part and times were slower than expected. Pam Tindal (AUS, W55 58:34) and Eric Kemsley (NZ, M60 56:50) were fastest overall, with other good walk performances by Heather Carr (AUS, W65 1:03:40) and George White (AUS, M70, 59:46).

W35	1	Jones, Vicky	W36	Nzl	1:21.08
W45	-	Zhang, Lydia	W45	Aus	DQ
W50	1	Arataura, Susan Keu	W54	Cok	1:26.59
	-	Carter, Julie	W51	Aus	DQ
W55	1	Tindal, Pam	W55	Aus	58.34
W60	1	Hoskin, Sue	W64	Nzl	1:05.10
W65	1	Carr, Heather	W66	Aus	1:03.40
	2	Wilson, Jacqueline	W69	Nzl	1:07.07
	3	Morrison, Barbara	W66	Nzl	1:13.26
W70	1	Jones, Daphne	W74	Nzl	1:17.07
	2	Schickert, Lynne	W73	Aus	1:24.58
W75	1	Roberts, Maggie	W77	Aus	1:37.27
M55	1	Worsnop, Christopher	M58	Aus	1:20.36
M60	1	Kemsley, Eric	M64	Nzl	56.50
	2	Fox, Peter Murray	M61	Nzl	1:01.02
	3	Clarke, Alan	M63	Nzl	1:05.41
M65	1	Iremonger, Geoffrey	M69	Nzl	1:17.16
	2	Roberts, Michael	M65	Aus	1:19.07
M70	1	White, George	M70	Aus	59.46
	2	Thomas, Bryan	M74	Aus	1:09.43
M75	1	Hines, Robert John	M79	Nzl	1:19.42

M80 1 Janes, Bert M82 Aus 1:22.18

### 5000m Track Walk, Wednesday 7 October

The 5000m track walks last Wednesday also saw Heather Carr, George White and Pam Tindal recording the best performances from an age graded perspective. Heather commented: The 5000m track walk was held on Wednesday at 5:00pm. At this time in the afternoon, conditions were improving from the heat and humidity we had experienced earlier in the day. Some cloud cover provided relief from the direct sun. However the humidity was still high, which I believe had a detrimental impact on all walkers.

W35	1	Jones, Vicky	W36	Nzl	39:25.81	50.65%
W55	1	Tindal, Pam	W55	Aus	26:45.48	<b>87.49%</b>
W60	1	Hoskin, Sue	W64	Nzl	31:43.99	77.88%
W65	1	Carr, Heather	W66	Aus	28:57.97	<b>90.73%</b>
	2	Wilson, Jacqueline	W69	Nzl	31:47.35	82.67%
	3	Morrison, Barbara	W66	Nzl	35:24.83	74.21%
W70	1	Jones, Daphne	W74	Nzl	35:25.27	79.56%
	2	Schickert, Lynne	W73	Aus	39:37.90	71.11%
M50	1	Mather, Greg	M50	Aus	36:09.49	56.71%
M55	1	Worsnop, Christopher	M58	Aus	37:26.18	57.18%
M60	1	Kemsley, Eric	M64	Nzl	27:39.59	81.10%
	2	Fox, Peter Murray	M61	Nzl	29:17.81	76.57%
	3	Clarke, Alan	M63	Nzl	32:02.55	70.01%
M65	1	Iremonger, Geoffrey	M69	Nzl	37:39.22	62.76%
	-	Roberts, Michael	M65	Aus	DQ	
M70	1	White, George	M70	Aus	28:45.94	<b>87.08%</b>
	2	Thomas, Bryan	M74	Aus	34:08.78	73.36%

### 3000m Track Walk, Friday 9 October

The 5000m track walks last Friday saw Heather Carr, George White and Pam Tindal once again recording the best performances from an age graded perspective. A very good week's work by them and by the other walkers. Heather commented: The 3000m track walk was conducted on Friday 9/10, but earlier in the day at 3:00pm. This two hour difference in time was significant, with heat and humidity high, making uncomfortable conditions for walkers. However, we continued on, fortunately with water available for drinking or cooling down. In both track walks, men and women competed together, so split starts were necessary in both races.

W35	1	Jones, Vicky	W36	Nzl	23:07.58	50.56%
W45	1	Eastwood, Elizabeth	W46	Aus	31:19.58	39.97%
W50	1	Arataura, Susan Keu	W54	Cok	24:20.95	53.60%
	2	White, Kate	W50	Aus	27:08.57	48.09%
W55	1	Tindal, Pam	W55	Aus	15:28.33	<b>88.26%</b>
	2	Pronk, Jo	W59	Aus	27:03.13	50.48%
W60	1	Hoskin, Sue	W64	Nzl	18:33.22	77.47%
W65	1	Carr, Heather	W66	Aus	17:04.84	<b>89.18%</b>
	2	Wilson, Jacqueline	W69	Nzl	18:57.97	80.32%
W70	1	Jones, Daphne	W74	Nzl	21:38.34	75.20%
	2	Schickert, Lynne	W73	Aus	23:49.23	68.32%
W75	-	Roberts, Maggie	W77	Aus	DQ	
M55	1	Worsnop, Christopher	M58	Aus	22:19.10	56.38%
M60	1	Kemsley, Eric	M64	Nzl	16:12.01	81.40%
	2	Fox, Peter Murray	M61	Nzl	17:31.26	75.27%
	3	Clarke, Alan	M63	Nzl	18:54.82	69.72%
M65	1	Roberts, Michael	M65	Aus	27:36.40	50.32%
M70	1	White, George	M70	Aus	16:41.63	<b>88.17%</b>
	2	Thomas, Bryan	M74	Aus	20:20.35	72.36%

And some final words from Heather Carr

Despite the difficult conditions, several Championship records were broken, and on the other hand some newcomers tested their skills at race walking, and I believe were pleasantly surprised with their results. Hopefully our fields will continue to grow with athletes adding walking to their repertoire.

Several of our walkers competed in other events, proving their versatility including George White, Pam Tindal, Bryan Thomas, Chris Worsnop Elizabeth Eastwood, Maggie Roberts, Lyn Schickert, and myself.

The Championships were conducted with lots of fun, friendship and fairness, with officials working hard to ensure the games were a success. The Cook Islanders were most welcoming, and I'm sure everyone came away relaxed and ready for their next competition in Dunedin in January 2018.



## GERMAN AND AUSTRIAN 50KM CHAMPIONSHIPS, ANDERNACH, GERMANY, SATURDAY 10 OCTOBER

The German and Austrian 50km championships, which were held last Saturday in Andernach, Germany, saw a number of excellent performances. Italian Federica Tontodonati was the overall winner with 3:49.27, ahead of German pair Carl Dohmann (3:50:12) and Hagen Pohle (3:51.18). For the 26 year old Tontodonati, it was a PB by more than 2 minutes (previous PB of 3:51:37 from 2012). Dohmann also bettered his PB of 3:51:27 while for 23 year old Hagen Pohle, his time of 3:51:18 was a fantastic debut 50 km. Other top German walkers were not so lucky with Christopher Linke and Nils Gloger both failing to finish.

With the first 7 finishers under 4 hours, there must have been plenty of pleased walkers, but none more so than 2012 GBR Olympian Dom King whose 3:59:23 was a PB and a 2016 Olympic qualifier to boot. It elevates him to 3<sup>rd</sup> place on the all-time British rankings. 51-year-old Roman Brzezowsky at 5:21:35 won the Austrian Championship ahead of Dietmar Hirschmugl with 5:30:05. And a special mention for 16 year old Niklas Richter, winner of the men's 20km with 1:37:56.

Excellent article on Carl Dohmann and Hagen Pohle at <http://www.leichtathletik.de/news/news/detail/zwei-olympia-normen-fuer-dlv-geher-in-andernach/>. And plenty of photos at [https://www.facebook.com/matthias.holtermann/media\\_set?set=a.964483536944273.1073741830.100001479065736&type=3](https://www.facebook.com/matthias.holtermann/media_set?set=a.964483536944273.1073741830.100001479065736&type=3).

### 50km (all walkers)

1.	Federico Tontodonati	ITA	1989	3:49:27
2.	Carl Dohmann	GER	1990	3:50:12
3.	Hagen Pohle	GER	1992	3:51:18
4.	Damian Blocki	POL	1989	3:53:55
5.	Xavier Le Coz	FRA	1979	3:58:20
6.	Vladimir Savanovic	SER	1985	3:59:11
7.	Dominic King	UKR	1983	3:59:22
8.	Predrag Filipovic	SER	1978	4:00:26
9.	Michelle Antonelli	ITA	1994	4:04:06
10.	Peter Tichy	SLV	1993	4:15:14
11.	Alessandro Maltoni	ITA	1993	4:17:12
12.	Andreas Janker	GER	1983	4:17:40
13.	David Tokodi	HUN	1991	4:21:52
14.	Bruno Erent	CRO	1990	4:28:30
15.	Grzegorz Grinholc	POL	1977	4:39:00
16.	Roman Brzezowsky	AUT	1964	5:21:35
17.	Dietmar Hirschmugl	AUT	1968	5:30:05
18.	Joachim Maier	GER	1970	5:36:50
19.	Franz Kropik	AUT	1968	5:52:40
	Johann Siegel	AUT	1948	DQ
	Karl Junghanss	GER	1996	DQ
	Rosiewicz Maciej	GEO	1977	DQ
	Daniel King	GBR	1983	DQ
	Nenad Filipovic	SRB	1978	DQ
	Nils Christopher Gloger	GER	1990	DNF
	Christopher Linke	GER	1988	DNF
	Nils Brembach	GER	1993	DNF

### German 50km Championship

1.	Carl DOHMANN	GER	1990	3:50:12
2.	Hagen POHLE	GER	1992	3:51:18
3.	Andreas JANKER	GER	1983	4:17:40
4.	Joachim MAIER	GER	1970	5:36:50
	Karl JUNGHANSS	GER	1996	DQ
	Nils Christopher GLOGER	GER	1990	DNF
	Christopher LINKE	GER	1988	DNF
	Nils BREMBACH	GER	1993	DNF

### Austrian 50km Championship

1.	Brzezowsky Roman	AUT	1964	5:21:35
2.	Hirschmugl Dietmar	AUT	1968	5:30:05
3.	Kropik Franz	AUT	1968	5:52:40
	Siegele Johann	AUT	1948	DQ

Among the other events on offer, Nils Brembach won the German U23 30km in 2:17:59 and Andrea Kovacs from Hungary was the first to finish in the Austrian Women's 20km championship with 1:48:33. In that same event, 18-year-old Lena Ungerböck set a new Austrian U20 and U23 record with 1:49:46.

### German 30km Masters and U23

1.	Brembach, Nils	GER	1993	2:17:59
2.	Hilbert, Jonathan	GER	1995	2:24:21
3.	Meyer, Steffen	GER	1966	2:43:32
4.	Dietsche, Klaus	GER	1962	2:48:02
5.	Franke, Denis	GER	1969	2:55:38
6.	Hauger, Georg	GER	1957	3:02:08
7.	Maier, Joachim	GER	1970	3:07:55
8.	Evertz, Günter	GER	1957	3:12:18
9.	NIBL, Stefan	GER	1959	3:33:05

### Austrian Women's 20km Championship

1.	Andrea Kovacs	HUN	1980	1:48:33
2.	Ungerböck Lena	AUT	1997	1:49:46
3.	Grolig Dorothea	AUT	1951	2:19:36
	Schulze Kathrin	AUT	1981	DNF



Tontodonati, Dohmann and Pohle (photos [https://www.facebook.com/matthias.holtermann/media\\_set?set=a.964483536944273.1073741830.100001479065736&type=3](https://www.facebook.com/matthias.holtermann/media_set?set=a.964483536944273.1073741830.100001479065736&type=3))

### RACE WALKING MEETING, CHIASSO, SWITZERLAND, SUNDAY 4 OCTOBER

Back a week to Chiasso in Switzerland for the 12<sup>th</sup> edition of their popular annual racewalking meet. The 20km races were won by Ukrainian Nazar Kovalenko with 1:28:49 and Greek Panayota Tsinopoulou with 1:39:08. The 50 starters included 27 from Italy and 10 from Greece. See more at <http://omarchador.blogspot.com.au/2015/10/kovalenko-e-tsinopoulou-vencem-20-km-de.html>.

#### Men 20km Race Walk

1.	Nazar KOVALENKO	UKR	89	1:28:49
2.	Massimiliano CORTINOVIS	ITA	95	1:36:20
3.	Manuel GIORDANO	ITA	95	1:39:05
4.	Giuseppe SCORDO	ITA	94	1:42:24
5.	Christopher BURKI	SUI	88	1:48:12

#### Women 20km Race Walk

1.	Panayota TSINOPOULOU	GRE	90	1:39:08
2.	Nicole COLOMBI	ITA	95	1:42:35
3.	Evangelia VAITSI	GRE	94	1:52:28
	Spyridoula STAVROU	GRE	88	DQ

#### Women 10km Race Walk

	Vasylyna V?TOVSHCHYK	UKR	90	49:19
	Laura POLLI	SUI	83	49:42
	Eleonora DONÈ	ITA	92	50:20

Lidia BARCELLA	ITA	97	51:04
Marie POLLI	SUI	80	52:11
Eustathia KOURKOUTSAKI	GRE	98	52:31

#### U18 Men 10km Race Walk

David Kuster	FRA	45.25
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#### U18 Women 10km Race Walk

Efstathia Kourkoutsaki	GRE	52.31
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### SOUTH AFRICAN ROAD WALKING CHAMPIONSHIPS, CAPE TOWN, SATURDAY 10 OCTOBER

Lebogang Shange spearheaded the South African roadwalk championships at the Youngsfield Military Base in Cape Town on Saturday, winning the men's 20km with 1:30:59 while the women's 20km went to Anel Oosthuizen with 1:43:26. In the absence of Marc Mundell (who was in the 20km), the 50km was won by Mojalefe Molise with 4:33:55. Championships were contested for all age groups from U14 upwards. Full results at <http://www.walkingthedream.com/south-african-race-walking-50km-championships-results/>. Lots of photos at <https://www.facebook.com/media/set/?set=a.1040741229304701.1073742124.137754316270068&type=3>.

#### Men 50km Race Walk

1. Mojalefa MOLISE	RSA	88	4:33:55
2. Mthunzi MNISI	RSA		4:38:01
3. Ntombela LINDOKUHLE	RSA		4:51:36
4. Thembile QHANQISO	RSA		4:52:20
5. Nhlanhla KHANYILE	RSA	71	5:05:05
6. Stefano ARACENA	RSA		5:41:00

#### Women 30km Race Walk

1. Natalie LE ROUX	RSA		2:46:48
2. Sandra STEENKAMP	RSA		2:57:10

#### Men 20km Race Walk

1. Lebogang SHANGE	RSA	90	1:30:59
2. Sizwe NDEBELE	RSA		1:31:13
3. Mthembu CHAUQUE	RSA	93	1:32:28
4. Aaron MAHLANGU	RSA		1:34:26
5. Armond NEL	RSA	90	1:35:40
6. Marc MUNDELL	RSA	83	1:39:35
7. Moeketsi MAMARARA	RSA	94	1:40:08
8. Siphon MAHLANGU	RSA	83	1:46:31
9. Mduduzi MABVUNDLA	RSA		1:48:22
10. Ntoane NTOANE	RSA	95	1:48:23
11. Thando LUMKWANA	RSA		1:49:12

#### Women 20km Race Walk

1. Anel OOSTHUIZEN	RSA	95	1:43:26
2. Zelda SCHULTZ	RSA		1:45:10
3. Chanice KLINK	RSA		1:58:22

#### Men U20 10km Race Walk

1. Tumisang PULE	RSA		47:39
2. Siphon MASOKA	RSA		50:54

#### Women U20 10km Race Walk

1. Udelle DE WINNAAR	RSA	96	55:28
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#### Men U18 10km Race Walk

1. Pierre VERMAAK	RSA	98	47:04
2. Kamehelo POLILE	RSA		48:53
3. Elwich VAN WYK	USA		49:04
4. Hanru COLLING	RSA		49:15
5. Andries Louis SWART	RSA		50:30
6. Vusi HLONGWANE	RSA		51:14

#### Women U18 5km Race Walk

1. Noeline ROSSOUW	RSA		27:16
2. Palesa MSHEBA	RSA		27:52
3. Ena VAN AARDE	RSA		28:00

**Men U16 5km Race Walk**

1.	Francois JACOBS	RSA	24:18
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**Women U16 5km Race Walk**

1.	Rensburg VAN RENSBURG	RSA	27:57
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**Men U14 3km Race Walk**

1.	Durando AWERIES	RSA	15:46
2.	Alex NYIVANA	RSA	16:20

**Women U14 3km Race Walk**

1.	Shané WEBB	RSA	17:32
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Left: Start of women's 20km

Right: Lebobang Shange out in front in the men's 20km

Photos <https://www.facebook.com/Cape-Town-Sport-Photography-137754316270068>**2015 ERWL RACE 9, FIVE MILES YACHT HANDICAP, LVAC, LONDON, SATURDAY 10 OCTOBER**

Ron Wallwork reports from the Essex Race Walking League in England. He commented: Thank you for supporting the 9<sup>th</sup> race in the 2015 ERWL. Yacht handicaps certainly bring out the best in athletes and I hope you are satisfied with the performance you put in. The next ERWL race is the 89<sup>th</sup> Enfield Open 7 and I hope that you are able to get along to what is now the oldest sprint road walk in the country.

**Five miles Yacht Handicap (scratch results)**

1.	Francisco Reis	Ilford AC	38.50	M55
2.	Fabian Deuter	Hillingdon AC	40.52	M35
3.	David Crane	Surrey WC	41.17	M35
4.	Steve Uttley	Ilford AC	45.37	M55
5.	John Ralph	Enfield HAC	46.41	M55
6.	John Hall	Belgrave H	46.58	M60
7.	Mark Culshaw	Belgrave H	47.45	M45
8.	Gary Smith C	Enfield HAC	48.05	M55
9.	Helen Middleton	Enfield HAC	48.53	M50 L1
10.	Maureen Noel	Belgrave H	49.33	M60 L2
11.	Ken Bobbett	Hillingdon AC	50.16	M70
12.	Dan Maskell	Surrey WC	50.40	M65
13.	Shaun Lightman	Surrey WC	50.58	M70
14.	Noel Blatchford	Abingdon	51.36	W65 L3
15.	Ron Penfold	Steyning AC	51.41	M70
16.	David Kates	Ilford AC	51.51	M65
17.	Arthur Thomson	Enfield H AC	52.04	M75
18.	Anne Jones	Steyning AC	52.18	W55 L4
19.	Sean Pender C	Enfield HAC	52.35	M60



20.	Lynn Jones	Enfield HAC	52.40	W50 L5
21.	John Borgars	Loughton AC	52.40	M65
22.	Brian Bogenpoel	Ilford AC	52.58	M55
23.	Peter Hannell	Surrey WC	53.23	M70
24.	Fiona Bishop	Woking AC	53.40	W55 L6
25.	Michael Harran	Surrey WC	53.42	M75
26.	Jo Miles	Hillingdon AC	54.47	W55 L7
27.	Russell Vroobel	Hillingdon AC	56.40	M55
28.	David Delaney	Surrey WC	56.45	M70
29.	Jon May	Enfield H AC	57.56	M60
30.	David Hoben	Surrey WC	58.18	M60
31.	Sue Clements C	Cambs & Col	59.14	W60 L8
32.	Jenny Middleton	Hillingdon AC	60.27	W45 L9
33.	Dave Ainsworth C	Ilford AC	65.27	M65

#### 2.5 Miles Walk

George Wilkinson	Enfield HAC	27.37	U15
Tony Wilkinson	Moulton	28.52	M50
Dave Stevens	Steyning AC	29.54	M75
Bernie Hercock	(Enfield HAC)	39.01	M75

### MEMORIAL LUCIO TODINI, CAORLE, ITALY, 3-4 OCTOBER

#### Men 5000m Race Walk

1.	Gianluca PICCHIOTTINO	ITA	96	20:37.50
2.	Ettore GRILLO	ITA	97	22:58.92
3.	Niccolo' COPPINI	ITA	97	23:44.49
4.	Luca CAPOGROSSI	ITA	96	24:06.54
5.	Massimiliano COLANGELO	ITA	97	DQ

#### Women 5000m Race Walk

1.	Giada Francesca CIABINI	ITA	97	24:26.12
2.	Sara VITIELLO	ITA	96	25:08.11
3.	Giulia PANCONI	ITA	97	25:19.47
4.	Giulia IMBESI	ITA	96	25:50.88
5.	Marianna TERRONE	ITA	97	26:30.63
6.	Gina Ionela PASCAL	ITA	96	26:56.19

### ITALIAN REGIONAL U16 T&F CHAMPIONSHIPS, SULMONA, ITALY, SATURDAY 10 OCTOBER

Thanks to Dominique Guebey (<http://www.dg77.net/marche/>) for these U16 results from Italy

#### 5000m U16 Men

1.	ORSONI Riccardo	23:11.1	EMI ROMAGNA C.U.S. PARMA
2.	FINOCCHIETTI Davide	23:56.2	TOS ATL LIBERTAS RUNNERS LIVORNO
3.	CIREGIA Leonardo	24:03.5	TOS ATL.GROSSETO BANCA D .MAREMMA
4.	GIULIANI Giorgio	24:08.6	PIE SAFATLETICA SSD A RL
5.	CERCIELLO Ettore	24:09.6	TOS ATL.GROSSETO BANCA D .MAREMMA
6.	CECERE Francesco	24:09.7	PUG ATL. AMATORI CISTERNINO
7.	GRECO Carmine	24:24.6	PUG A.S.D. ATLETICA DON MILANI
8.	VICENTI Pasquale	24:26.9	PUG ATLETICA ALTAMURA

#### 3000m U16 Women

1.	MASTRANGELO Ida	14:42.2	PUG A.S.D. ATLETICA DON MILANI
2.	LENTINI Alessandra	14:46.2	PUG A.S.D. ATLETICA DON MILANI
3.	MANSUTTI Valentina	14:47.7	LAZ ASD ATLETICA LATINA 80
4.	CRIVELLARO Camilla	14:48.8	LOM P.B.M. BOVISIO MASCIAGO
5.	BUGLISI Sara	14:53.8	BZN SPORTCLUB MERAN ASV
6.	MASTRONICOLA Alessia	14:55.0	PUG ATL. AMATORI CISTERNINO
7.	LACATUS Andrada Lavinia	15:10.2	LOM P.B.M. BOVISIO MASCIAGO
8.	OBLACH Alice	15:11.2	FVG FINCANTIERI ATL. MONFALCONE

**GRAND PRIX DE LISSES, LISSES, FRANCE, SUNDAY 11 OCTOBER**

Emmanuel Tardi was one of the organisers of the inaugural Grand Prix de Lisses last Sunday. Lisses is located about 40km south of Paris and the meet was one of the last opportunities for French walkers to qualify for the French National Championships next March. Lap distance was 1.667km and the course was on a flat road. Aurélien Quinion was the standout walker, recording 41:25 to win the 10km race.

**10km Walk, 8:30AM**

1.	QUINION Aurelien	E Franconville Cesame Val d'Oise	ESM/93	41:25
2.	DA SILVA CARVALHO LE Thomas	Coulommiers Brie Athletisme	SEM/83	46:48
3.	BOCQUET Jerome	Havre Ac	SEM/85	49:50
4.	GUETAT Gerard	Troyes Omnisports	VEM/62	49:54
5.	HERICIER Hugo	Havre Ac	CAM/98	51:50
6.	MARIE Frederic	Ouest Yvelines Athle	VEM/61	53:59
7.	LAVILLE Francoise	Marne Et Gondoire Athletisme	VEF/56	57:38
8.	CHRISMONT Gilles pascal	Marne Et Gondoire Athletisme	VEM/54	58:50
9.	LEMONNIER Dominique	Marne Et Gondoire Athletisme	VEF/56	59:11
10.	VICTOR Etienne	Cag Arnouville Gonesse Villier	VEM/64	59:33
11.	MARQUIS Cecile	Stadium Montigny Athletic Club	VEF/71	1:00:44
12.	LABROUSSEStephane	Athletisme Olympic Pontois	VEM/59	1:02:54
13.	GALMICHE Catherine	Cag Arnouville Gonesse Villier	VEF/57	1:03:18
14.	FRECHENGUES Bernard	Senart Combs Brie Athletisme	VEM/49	1:07:40
15.	LE METAYER Dominique	Asa Maisons-alfort	VEF/53	1:09:31
16.	BIZARD Claudie	Thiais Ac	VEF/59	1:11:04
17.	SAUNEUF Lola	Marne Et Gondoire Athletisme	VEF/46	1:23:44
18.	LANOUE Severine	Avia Club Issy-les-moulx	SEF/85	AB

**20km Walk, 10AM**

1.	BOUTRAIS Andy	Stade Sottevillais 76	SEM/91	1:39:47
2.	HAUTIN Michel	Ac Chenove	VEM/63	1:42:24
3.	BERCHEBRU Benoit	Martignes Sports Athle	SEM/84	1:43:34
4.	REJAUD Guillaume	Us Ivry	SEM/81	1:46:34
5.	DUQUESNE Laura	Martignes Sports Athle	SEF/90	1:47:05
6.	BOLLINGER Vincent	Dynamic Aulnay Club	SEM/84	1:50:26
7.	OLIVARES Mathieu	Neuilly Sur Marne Athletisme	SEM/76	1:53:14
8.	DAHM Florent	Ca Montreuil 93	SEM/87	1:55:06
9.	SAOU Virginie	Asptt Dijon Athletisme	SEF/82	1:55:58
10.	BRUNEAUX Jean-claude	Coulommiers Brie Athletisme	VEM/54	2:16:20



**Aurelien Quinion, Andy Boutrais, Laura Duquesne and Francoise Laville (photos Emmanuel Tardi)**

## RACE WALKING MEETING. THIASIS, FRANCE, 3 OCTOBER 2015

### Men 5000m Race Walk

1.	Aurelien QUINION	FRA	93	20:22.06
2.	Thomas DA SILVA	FRA	83	22:26.60
3.	Arthur BERGEAL	FRA	84	25:45.42

### Women 3000m Race Walk

1.	Dominique LEMONNIER	FRA	56	16:38.04
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## OUT AND ABOUT

- Great IAAF interview with Jared Tallent - <http://www.iaaf.org/news/series/jared-tallent-australia-walks>
- Evan Dunfee has updated his blog to cover his preparation for and participation in the 2015 IAAF World Champs in Beijing. See <http://dunfeewalks.weebly.com/personal-blog/world-championships-2015>
- Evan has also posted about his experiences in the Lake Taihu 4 Day race in China. See <http://dunfeewalks.weebly.com/personal-blog/around-taihu-race-walk-tour>
- I also noticed links that Evan had links to high quality YouTube videos from the 2015 World Championships in Beijing. You can see the entire footage of all 3 walks at the following links

20km Walk Men:

<https://www.youtube.com/watch?v=cKGSPXj5yRk&list=PLtCMtUmo7K8AvsPWJbgaRQK36lokgl1tAe&index=5>

20km Walk Women:

<https://www.youtube.com/watch?v=v0s-FVbNZ7g&index=19&list=PLtCMtUmo7K8AvsPWJbgaRQK36lokgl1tAe&pxtry=1>

50km Walk Men:

<https://www.youtube.com/watch?v=INBOGQ2SvI4&list=PLtCMtUmo7K8AvsPWJbgaRQK36lokgl1tAe&index=22&pxtry=1>

I found that content was initially blocked for Australia so I had to install a Chrome Addon called ProxFlow (see <https://www.youtube.com/watch?v=S780JM-SkPo>) before I could view the videos.

- 10 questions with Irish Olympic Race Walker Robert Heffernan  
<http://www.alustforlife.com/physical-health/10-questions-with-irish-olympian-race-walker-rob-heffernan>
- The 50km race walk is a near four-hour endurance-sapping hell of physicality and focus. Australian race walking ace Jared Tallent and Canada's 20km Pan American champ Evan Dunfee give us their methods of survival. See <http://spikes.iaaf.org/post/tallent-and-dunfee-50km-race-walk-survival>
- Finally, I note that young New Zealand walker Jared Free walked 1:43:54 for the Waitakere Half Marathon last Sunday morning. Good walk for the young junior.

## MARCIADALMONDO AND OMARCHADOR ROUNDUP

Marciadalmondo saw 5 press releases this week

- Sat 10 Oct - Andernach (GER): Federico Tontodonati wins 50km  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2237](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2237)
- Thu 8 Oct - Preview of Italian U16 track walk champs at Sulmona  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2236](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2236)
- Wed 7 Oct - A talk with Neringa Aidietyte about the recent progress in women's walking in Lithuania  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2235](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2235)
- Tue 6 Oct - Results from the Italian Club Championships in late September  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2234](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2234)
- Mon 5 Oct - Alex Schwazer fails in his bid to have his drugs ban reduced  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2233](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2233)

The omarchador blog was also active with 8 news releases

- Mon 12 Oct - German 50km in Andernach proves a successful venture for 8 walkers  
<http://omarchador.blogspot.com.au/2015/10/objetivos-olimpicos-conseguidos-nos-50.html>
- Sun 11 Oct - 2015 World 20km champion Miguel Lopez hopes to do the 20/50km double in Rio  
<http://omarchador.blogspot.com.au/2015/10/lopez-nos-20-e-50-km-dos-jogos-do-rio.html>
- Sat 10 Oct - Preview of German 50km in Andernach  
<http://omarchador.blogspot.com.au/2015/10/50-km-de-andernach-hoje-sabado.html>
- Fri 9 Oct - Results of Dutch and Belgian championship in Tilburg  
<http://omarchador.blogspot.com.au/2015/10/campeonatos-da-holanda-e-belgica-em.html>
- Thu 8 Oct - Svensson and Hogrell win Swedish national titles in Eskilstuna  
<http://omarchador.blogspot.com.au/2015/10/c-svensson-e-e-hogrell-com-titulos.html>
- Wed 7 Oct - Luis Manuel Pérez and Ainhoa Pinedo win 5km races in Portuguese city of Nerja  
<http://omarchador.blogspot.com.au/2015/10/luis-manuel-perez-e-ainhoa-pinedo.html>
- Tues 6 Oct - Kovalenko and Tsinopoulou win in Chiasso  
<http://omarchador.blogspot.com.au/2015/10/kovalenko-e-tsinopoulou-vencem-20-km-de.html>
- Mon 5 Oct - Jo Atkinson wins at Hillingdon  
<http://omarchador.blogspot.com.au/2015/10/jo-atkinson-destaca-se-em-hillingdon.html>

#### AUSTRALIAN OLYMPIC SELECTION POLICY NOW RELEASED

Athletics Australia has finally released its 2016 Olympic Selection Policy on Friday 9 October 2015 - <http://athletics.com.au/High-Performance/Able-Bodied/Team-Information/Rio-2016-Olympic-Games>. AA has gone with the IAAF standards for all events, including the racewalks which are set as follows

Men 20k walk	1:24:00	Qualification Period: 1 January 2015 to 28 May 2016
Women 20k walk	1:35:00	Qualification Period: 1 January 2015 to 28 May 2016
Men 50k walk	4:03:00	Qualification Period: 1 January 2015 to 9 May 2016

The Nomination Trials are as follows:

50K Walk Event – the 2015 Australian 50K Walk Championship 13 December 2015, Melbourne  
20K Walk Events – the 2016 Australian 20K Walk Championship 21 February 2016, Adelaide

All qualifying performances must be achieved during competitions organized or authorized by the IAAF, its Area Associations and its National Member Federations. A list of qualifying competitions for the racewalks, which meet the IAAF's qualifying criteria, will be maintained by the IAAF.

Australian qualifiers so far read as follows:

<b>20km Men (1:24:00)</b>	Dane Bird-Smith	Q	1:20.05	La Coruna, Spain	6-Jun	
			1:21:37	Beijing, China	23-Aug	
			1:31:30	Gwanju, Sth Korea	9-Jul	
	Chris Erickson	V	1:22:12	Taicang, China	1-May	
		Rhydian Cowley	V	1:22:08	Nomi, Japan	15-Mar
<b>20km Women (1:35:00)</b>	Beki Smith	N	1:23.27	La Coruna, Spain	6-Jun	
			1:30.24	Sydney	26-Jul	
	Regan Lambie	V	1:34:35	Adelaide	22-Feb	
		Tanya Holliday	S	1:32:51	Melbourne	30-Aug
			1:34:05	Adelaide	22-Feb	
<b>50km Men (4:03:00)</b>	Jared Tallent	S	3:42.17	Beijing, China	29-Aug	
	Chris Erickson	V	3:51.26	Beijing, China	29-Aug	

If you win the selection trial, have at least 1 qualifier and finished in the top 16 in the 2015 World Champs in your event, you will be selected in the week following the trial. This may apply to Dane (20km) or to Jared or Chris (50km). Otherwise, you may have to wait until the selection period finishes before your spot is confirmed. As always, read the selection document for further details.



## VALE GRAEME NICHOLLS 1948 - 2015

It is with great sadness that I let you know that former VAWC club member Graeme Nicholls passed away on Tuesday afternoon 6<sup>th</sup> October in Cabrini Palliative Care, Melbourne. He had been fighting his personal battle against cancer for many months now and, although his passing was expected, it is still a very sad occasion to lose one of our walking comrades from days past.

**There will be a Thanksgiving Service at One Community Church, Surrey Road, Blackburn on Friday 16<sup>th</sup> October at 10:30am.** No flowers by request, donations if preferred to Walter and Eliza Hall Institute. I will be attending on behalf of the club and expect to see many of our older walking family in attendance.

Graeme's sister Alison (Thompson) emailed me to let me know. She and husband Colin are currently in South America so the timing could not be worse for them. Our thoughts are with Alison and Colin and their family and with Graeme's wife family.

Graeme walked with VAWC from 1965 to 1973 and won a number of junior and senior Australian roadwalking titles. Retiring from walking in 1973 after a short but illustrious career, he turned his attention to life after athletics, became an official and administrator and worked tirelessly in various roles ever since. In 2012, he was honoured for 50 years membership of Athletics Victoria, a feat that few can match. Alas, he has been taken from us at only 67 years of age. Further info at <http://www.vrwc.org.au/tim-archive/articles/wv-graeme-nicholls.pdf>.



**1972 LBG 20 Mile Championship in Canberra – Peter Fullager, Eddie Dawkins, Steve Hausfeld and Graeme**

## PARENT CHILD COMBINATIONS IN AUSTRALIAN RACEWALKING

This week I continue my exploration of 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)

So far, I have published short articles on Bert and Bob Gardiner. This time around, it is Jenni Jones-Billington under the microscope

## JENNI JONES-BILLINGTON: 1993/1995 RACE WALKING WORLD CUPS

Born 20<sup>th</sup> April 1967, Jenni Jones started her athletic career as a 9 year old with the Manly Warringah Little Athletic Centre in Sydney. A talented young runner, her walking career started almost by accident, trying the walk as a 'dare' and doing well enough to then include it in her repertoire alongside her 400m/800m running.

She was coached initially by John Etterton (former national steeplechase medallist) and then by Logan Irwin. Her biggest issue as a junior athlete was that she was good at so many varying disciplines – she won titles in 400m, 800m, cross country and heptathlon as

well as in racewalking. But her varying and intense training and racing regime took its toll and a hamstring tear eventually put paid to her career and she retired around the age of 18.

She married and eventually moved from Sydney to Brisbane and this was the impetus for her to resume her walking career. She joined David Smith's squad and from then on, it all started to happen for her.

The inclusion of a 10km roadwalk in the 1992 Olympics created a boom in women's racewalking and a keen rivalry soon developed between Gabrielle Blyth, Jane Saville, Anne Manning, Lorraine Jachno and Jenni for the No. 2 place behind the all conquering Kerry Saxby. To make thing even more competitive, a large group of talented young walkers shadowed them – Wendy Muldoon, Jantien Saltet, Jane Barbour, Linda Coffee and Cheryl Webb all recorded good times to ensure the overall standard of women's walking in Australia was at an all time high.

With assistance from State Academies and Sports Institutes, walkers had the opportunity to race at more top meetings, and excellent times and many personal bests were recorded as athletes vied for the Olympic spots. But it was not easy for Australian women to be selected for this Olympic walk. Although the IOC had set a B standard of 48:00 and an A standard of 46:30, Australia had set its own standard of 45:30. The women's walk was the only event which warranted such special treatment and it meant a frustrating year for our female walkers as they chased the elusive standard.

Jenni was amongst the contenders but injury prevented her from competing in the final Olympic trial. History shows that only two women, Kerry Junna-Saxby and Gabrielle Blythe, were selected to represent Australia in the 10km walk at the 1992 Olympics. It remains a controversial selection discussion.

As Kerry and Gabrielle were strutting their stuff at Barcelona, the remaining girls lined up in August 1992 for the Australian women's 10km roadwalk title in Melbourne, with Jenni confirming her potential with second place to Jane Saville (46:02) in a big PB of **46:07**. She followed this up in Brisbane in early October with a new Queensland 10,000m track walk record of **46:05.1** at the QEII track in Nathan.

As the summer season progressed, more good performances followed. In February 1993, she won the Queensland 5000m track walk title with an excellent time of **22:29**, beating Nat Camplin and Therese Letherby. Later that same month, she was third to Kerry Saxby and Jane Saville in the NEC Classic in Melbourne, walking **12:49** for the 3000m.

In the 1993 T&F titles, Jenni was relegated to 4<sup>th</sup> in the women's 5000m but in a career best of **22:08**, not far behind Kerry Saxby 20:30, Jane Saville 21:47 and Anne Manning 21:55 and ahead of Gabrielle Blythe 22:25.

The 1993 Lugano Cup trial in Canberra saw Kerry reign supreme, winning in 43:46 ahead of Anne Manning with 46:20 and Jenni, who rose to the occasion by beating Olympian Gabrielle Blythe and junior champion Jane Saville. Overall, 7 women bettered 48 minutes, the greatest depth ever seen in Australia.



**1993 Australian World Cup Team, Monterey, Mexico**

**Back: Simon Baker, Nick A'Hern, Harry Summers (Manager), Gabrielle Blythe, Anne Manning, Steve Beecroft, Craig Brill, Mark Donahoo. Front: Dorothy (physio), Kerry Saxby, Michael Harvey, Jane Saville, Jenni Jones-Billington**

The women's IAAF World Cup 10km in Monterey in April 1993 attracted a huge field of 115 starters and the Australians did well in sweltering conditions with Kerry 5<sup>th</sup> (45:55), Gabrielle 21<sup>st</sup> (48:00) and Jenni 28<sup>th</sup> (**48:36**) ahead of Anne Manning and Jane Saville. Overall the team finished 4<sup>th</sup> in the teams competition against 24 teams.

Jenni finished off her winter season well, with second place in the 1993 Australian 20km roadwalk in Richmond, NSW in early July (**1:36:16** behind Anne Manning 1:34:27) and a win in the Australian 10km roadwalk in late August in Canberra (**46:06**).

1992 had seen her rocket into national focus and 1993 had seen her consolidate her place as one of our top Australian women. She had broken every Queensland State record, had won her first Australian Open championship and earned her first Australian international vest. All was looking good.

But things often do not go as planned. A family move to New Zealand later in the 1993 year meant a new start in a different country which had little in the way of racewalking structure and little in the way of racewalking competition.

Resident there until 2000, she had to cope with many disruptions and hiccups in her career, with injury playing a part, along with the birth of her daughter Tayla-Paige in April 1997. Her stay provided plenty of highlights

- She won many New Zealand racewalking titles – I have found 14 from my own records:
  - 3000m 1995 (13:32.84), 1996 (13:19.98), 1998 (13:34.86) and 1999 (13:48.30)
  - 10km Road 1995 (47:41), 1996 (47:39), 1998 (48:01), 1999 (48:09) 1999 (2<sup>nd</sup> to Anne Judkins with 48:14)
  - 15km Road 1994 (1:15:46), 1995 (1:15:39), 1997 (1:16:44), 1998 (no times as all competitors directed to walk a lap short)
  - 20km Road 1995 (1:44:15), 1997 (1:46:37), 1998 (1:48:28)
- She set a number of New Zealand racewalking records, one of which I noted was beaten only this year by Alana Barber
- She won the NZ Half Marathon title in Rotarua
- She represented NZ in the 1995 World Cup in Beijing.

But she had many lows mixed in with the highs

- In the 1995 World Cup, she had to settle for a DNF
- She was selected for two IAAF World Championships but was forced to withdraw in both cases due to injury
- She had qualified for the 1996 Olympics but the trial did not go well for her and she missed her second Olympic opportunity

With Tayla a baby, Jenni decided on one final roll of the dice and started to whip herself into shape with a view to the 2000 Olympics in Sydney. In early 1997, she dusted off the racing shoes to contest the NZ championship cycle once again. She continued with more championship races on the local front in 1998 and also travelled to Australia for the Australian 10km roadwalk championships in August 1998, coming third with a promising **47:52**. But it was all for nothing as he aggravated her troublesome hamstring, eventually being diagnosed with a major hamstring attachment tear in late 1999.

She moved back to Sydney in 2000 after yet another Olympic disappointment and settled again in Sydney. She kept racewalking until 2002 but, with her hamstring issues now chronic, she eventually retired aged 35.

She finished with a quality career behind her but with a number of major disappointments and many years struggling with injury. She was often described as 'a training machine' and her do-or-die attitude meant it was often a case of 'boom or bust'.

Definitely not wanting to move away from the sport, she took up a coaching role in Sydney, mainly in the running sphere, with a number of National 400m runners to her credit. And of course, she had a very talented young daughter in Tayla-Paige to take her attention.

As Tayla blossomed through her junior years, Jenni eventually made a tough decision and moved to Melbourne in October 2013, to give Tayla the maximum chance with her own career. It has been a good move with Tayla continuing to develop and giving Jenni the chance to take on new athletes for coaching.

Her official PBs (as per Athletics Australia) read impressively

3000m	12:49.0	20/04/67	3	Melbourne	25/02/93
5000m	22.08.5	20/04/67	4	Brisbane	06/03/93
10km	46.06	20/04/67	1	Canberra	28/08/93
20km	1:36.16	20/04/67	2	Hawkesbury	10/07/93

but I know that she did much faster times in club races in Queensland in the 1992/1993 period – around 12:21 for 3000m 21:30 for 5000m, 44:30 for 10km and around 1:33 for 20km. But we have to go with the official ones in such a review.

## 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 24, 2015 AV Shield Round 2 (Program 1)  
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](http://www.themarathonshop.com.my)

### 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 <http://www.perth2016.com>  
Aug 5-21, 2016 31<sup>st</sup> 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](http://www.worldmastersgames2017.co.nz)  
July 12-16, 2017 10<sup>th</sup> World Youth T&F Championships, Nairobi, 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  
Apr 4-15, 2018 XXI Commonwealth Games, Gold Coast, QLD (racewalks on the program). See <http://www.gc2018.com>  
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, ?  
TBA, 2018 22<sup>nd</sup> World Masters Athletics T&F Championships, Malaga, Spain  
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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