



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2015/2016 Number 31
3 May 2016



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WHAT'S COMING UP

- Our next VRWC winter season races will be held at our Middle Park headquarters in Melbourne next Saturday afternoon. Walkers should pre-register during the week if they can. By doing this, you avoid queueing in a potentially long line on race day as you are already in the system and all you then need to do is pay your \$5 and confirm your attendance via a quicker and much shorter line. You can pre-register each week at http://vrwc.org.au/wp1/race-entries-2/. Note that club coach Mark Donahoo will have a coaching session commencing at 1:20PM - all welcome. It is also a prizes day with prizes for the handicap winners in each of our races.

Saturday 7th May 2016, Middle Park
VRWC EVENTS & Coaching session: Entries close for all events at 1.45pm sharp
Prizes will be awarded to the handicap winner, male and female for each race
1.20pm Coaching session (30 minutes) by Club Coach
2.15pm 8km Points Race Open
2.15pm 6km Points Race Open
2.15pm 4km Points Race Open
2.30pm 2km Points Race Open
2.30pm 1km Points Race Open

The following weekend sees the first of our Victorian roadwalking championships for 2016- the Open 15km for men and women. Note that you must be a currently registered AV walker to compete in this event and you must pre-enter via the online entry panel on the AV website (http://athsvic.org.au/events/calendar/). VRWC Secretary Terry Swan is currently nagging AV to get this online so check in the next day or so and hopefully it will be there.

All other events can be entered on the day (at least 45 minutes before the scheduled start time for your event) or more preferably via our online system at http://vrwc.org.au/wp1/race-entries-2/. Note that VRWC members racing in the AV 15km championship are automatically placed into our 10km points results.

Sunday 15th May 2016, Middle Park
9.45am 15km AV Championship Open Men
9.45am 15km AV Championship Open Women
9.45am 15km VRWC Championship - Elsie Jacobson Trophy Open Women
9.45am 15km VRWC Championship Under 20 Men/Women
9.45am 15km Points race Open
10.20am 10km Points Race Open
10.50am 5km Points Race Open
10.50am 3km Points Race Open
11.10am 1.5km Points Race Open
11.45am Presentations

- A reminder that entries are open for the 50th Lake Burley Griffin Racewalk Carnival, to be held in Canberra on Sunday 12th June. You can download the entry form from http://www.actwalkers.com.au/wp-content/uploads/2016/04/2016-Entry-Form.doc. Once you have filled it in, you send it to your racewalking club secretary, along with your entry fee. Entries close with your club secretary on Sunday 22nd May. For Victorians, that means the following:
- VRWC members can hand in their forms and pay on any raceday at Middle Park or can post their forms to our club secretary Terry Swan, c/o G.P.O. Box 5192, Melbourne, Victoria, 3001. Payment can to be made by cheque or cash or by direct credit to our VRWC CBA Account. Mark 'LBG' and your name in the Reference field for online payments.
Name: Victorian Racewalking Club
BSB: 063143
Acct Num: 00800455

- Ballarat Walkers Club members direct their entries to club secretary Kerrie Peart
- Bendigo Walkers Club members direct their entries to club President Paul Rance

See all the latest LBG info at <http://www.actwalkers.com.au/lbg-racewalking-carnival/>.

VRWC ROADWALKS, MIDDLE PARK, SATURDAY 30 APRIL

Our VRWC winter season roadwalks continued on Saturday at Middle Park but a strong wind made it tough going indeed for the 53 walkers who toed the line. The 5km was by far the most popular distance with 25 walkers contesting it. Special mention to **Philippa Huse** who walked her first ever 10km in a very good first up 55:29.

12km Open

1.	Sandra Howorth	1:34:37
1.	Gerard Feain	1:20:32
	Simon Evans	DNF
	Paul Moritz	DNF

10km Open

1.	Philippa Huse	55:29
2.	Heather Carr	1:02:48
3.	Madeleine Feain	1:07:13
	Carolyn Rosenbrock	DNF

1.	James Christmass	54:15
2.	Duncan Knox	1:08:56

3km Open

1.	Chloe Karagiorgos	17:00
2.	Charlotte Hay	18:17
3.	Holly Cocking	18:30
4.	Gemma Lillie	20:06

1.	Heath Beveridge	19:15
2.	Angus Hay	19:50
3.	John Morrison	23:06
4.	Alex Poore	29:01

1.5km Open

1.	Kaylah Heikkila-Dubonik	9:58
2.	Merilyn Thompson	10:58
3.	Elise Carbery	11:21
4.	Pam Mews	15:14
5.	Beverly Hugo	16:50
	Chelsea Karagiorgos	DNF

1.	Luke Epps	9:10
2.	Hamish Blackwood	9:21
3.	Zachary Matters	10:25
4.	Lewis Rickard	11:32

5km Open

1.	Simone McInnes	25:19
2.	Paige De Lisen	28:34
3.	Wendy Muldoon	29:00
4.	Donna-Marie Elms	30:06
5.	Jasmin Hass	31:10
6.	Robyn Shaw	32:39
7.	Jessica Lillie	33:02
8.	Gwen Steed	34:47
9.	Celia Johnson	38:34
10.	Penny Hall	39:36
11.	Liz Wrigley	39:37
12.	Margaret Beaumont	44:08

1.	Jason Kozica	23:41
2.	Reese Walmsley	25:43
3.	Hayden Walmsley	26:23
4.	Aaron McDonough	26:40
5.	Corey Dickson	27:52
6.	Ross Reid	29:02
7.	Will Thompson	29:53
8.	Geoff Barrow	35:44
9.	Gary Turner	39:44
10.	Ian Beaumont	43:48
	Joseph Rickard	DNF
	Ralph Bennett	DNF
	Mark Donahoo	DNF

Thanks to our many officials and judges and helpers. Sorry if I missed anyone

Registration: Mark Donahoo, Damien Elms, Ralph Bennett

Lapscoring: Ian Beaumont, Tim Erickson, Damien Elms, Kathy Huse

Judges: Peter Vysma, Gordon Loughnan, Stuart Cooper, Bill Karagiorgos, Lloyd Nichols, Michael Bodey

Photos: Terry Swan

Canteen: Wendy Cooper, Kate Suich

Finally, our **VRWC Winter Season points competitions** continued on Saturday. Mark Donahoo looks after the Handicap and Actual Times competitions and I look after the Style Award competition. Points after round 2 are now on the website – see <http://www.vrwc.org.au/vrwcpointscmps.shtml> – as well as an explanation of how each competition works. Points accumulate throughout the season and awards are made at our end of season presentations.

Lots of great photos from Terry Swan – see <http://www.vrwc.org.au/coppermine/>. A selection is shown below.



Jason Kozica, Luke Epps, James Christmass and Kayla Heikkila-Dubonik



Heath Beveridge, Chloe Karagiorgos, Simone McInnes and Philippa Huse

BENDIGO WALKERS CLUB ROADWALKS, ROSALIND PARK, BENDIGO, WEDNESDAY 27 APRIL

Thanks to Paul Rance for the latest report from Bendigo. His report reads

The Bendigo Walkers Club re-commenced their Wednesday evening competition under lights in Rosalind Park this week with 1.5km and 3km events being held, with several athletes producing strong first up performances. 3 athletes contested the 1.5km, with youngster Amber Fox claiming a fine personal best victory from Caitlyn Tozer 2nd, also with a PB, and Sheridan Commons in 3rd place. The 3km saw Barb Bryant win her first race of the year with her time of 16.52, just outside her Club record, while Jennie Payne and Zahra Hayes both recorded excellent Club PBs in taking 2nd and 3rd respectively, while other strong efforts came from Bill Lotherington, also with a PB, and Annette Curtis.

3km Handicap Walk

- | | | |
|----|--------------|-------|
| 1. | Barb Bryant | 16.52 |
| 2. | Jennie Payne | 18.48 |
| 3. | Zahra Hayes | 14.41 |

1.5km Handicap Walk

- | | | |
|----|------------------|-------|
| 1. | Amber Fox | 11.59 |
| 2. | Caitlyn Tozer | 12.12 |
| 3. | Sheridan Commons | 10.41 |

4.	Annette Curtis	21.52
5.	Bill Lotherington	21.32
6.	Peter Curtis	16.46
7.	Ebony Whiley	17.30
8.	Annette Major	18.41
9.	John Carter	22.34
10.	Madison Hill	17.31

ACT WALKERS CLUR ROAD WALKS, YERRABI POND, CANBERRA, SATURDAY 30 APRIL

Thanks to Robin Whyte for the weekly results from the ACT Walkers Club in Canberra. Excellent times across the board by the young walkers.

10km Walk

1.	Tim Fraser	50:48
2.	Mitchell Baker	50:59
3.	Connor Frew	51:17
4.	Gabby Hunt	53:17
5.	Ann Staunton-Jugovic	1:04:56
6.	Robin Whyte	1:06:02
7.	Mick Saunders	1:11:23
8.	Monika Short	1:12:40
9.	Bryan Thomas	1:13:41
10.	Bob Parker	1:16:01
11.	Jane Bates	1:16:57
12.	Geoff Barker	1:19:12

6km Walk

1.	Spencer Burns	36:43
2.	Helena Bialecki	40:03
3.	Greg Durr	41:37
4.	Rosemary Parker	45:52
5.	Terry Munro	52:32
6.	Edna Dundas	58:20

4km Walk

1.	Katie Alley	19:05
2.	Hannah Manning	19:15
3.	Ellen Vahey	19:33
4.	Marilyn Banfield	22:34
5.	Robyn Saunders	23:51

1km Walk

1.	Harry Baker	7:14
2.	Ella Baker	7:24
3.	Georgia Frew	7:46
4.	Anna Vahey	7:47

SARWC ROADWALKS, PEACOCK ROAD, ADELAIDE, SATURDAY 30 APRIL

SAWRC contested the Knight and Campbell and McFadden Trophy events last Saturday.

10km Handicap Walk

1.	John Leydon	MOpen	1:03:47
2.	James Hoare	MOpen	1:10:43
3.	Gloria Holliday	FOpen	1:04:28
4.	Bill Starr	MOpen	1:12:21
5.	Royrie Upton	MOpen	1:03:55
6.	Cherie Rothery	FOpen	1:09:07
7.	Peter Crump	MOpen	59:58
8.	Samantha Findlay	FOpen	1:02:20

U14 2km

1.	Toby Wilks	MU12	10:07
2.	Olivia Sandery	FU14	11:03
3.	Seth Upton	MU12	11:31
4.	Hayley Goode	FU16	11:32
5.	Kitarni Upton	FU12	11:41
6.	Kiera Ross	FU12	11:42
7.	Zayden Kamish	MU10	11:48
8.	Brooke Nangle	FU16	12:09
9.	Ayeisha Wallace	FU16	12:52
10.	Mia Wilks	FU14	13:10
11.	Aleesha Vidler	FU14	13:44
12.	Maddy Wallace	FU14	14:13

5km Handicap Walk

1.	Bethany Cross	FU18	27:48
2.	Victoria Upton	FU14	29:01
3.	Yvette Becker	FOpen	30:09
4.	Jay Goode	MU18	25:58
5.	Rhiannon Lovegrove	FU18	26:32
6.	Tristan Camilleri	MU16	26:45
7.	Alix Harlington	MU18	26:42
8.	Chloe Upton	FU16	32:18
	Jake Vidler	MU18	DNF

U10 1km

1.	Edward Upton	MU10	06:25
2.	Kerry Goode	F35+	06:26
3.	Hannah Wilks	FU10	07:08

QRWC ROADWALKS, KALINGA PARK, BRISBANE, SUNDAY 1 MAY

I hear it was a very wet morning for the latest round of QRWC roadwalks.

10km Walk

1. Peter Bennett	52.25
2. Argenis Guevara	52:29
3. Noela McKinven	83:45

5km Walk

1. Jamie McCutcheon	24.09
2. Bridie Mulcaster	33.05
3. Ethan Clarke	34:49
4. Callum Haig	34.50
5. Peter Sela	37.26

3km Walk

1. Amelia Schofield	18.29
2. Jonathan Wearne	21.51
3. Kirra Stonehouse	?

2km Walk

1. Anika Clarke	12.06
2. Ashanti Heap	12.17
3. Scarlett Schofield	?
4. Korey Brady	14.11
5. A Wearne	14.27

1km Walk

1. L Williams	5.53
2. Ella Muir	6.06
3. Luke Heylen	7.03
4. Corey Brady	10.59

0.5km Walk

1. Makenna Clarke	3.01
2. Liam Heylen	3.03

NSWRWC ROADWALKS, CHIPPING NORTON, SYDNEY, SATURDAY 23 APRIL

And finally, back a week for the NSWRC results from Sydney on Saturday 23rd April. Tyler Jones was the standout, the week before heading off to the World Teams Championships in Rome, with 56:03 for the 12km race.

20km Walk

1. Tyler Jones	56.03
2. Travis Barendregt	77.18

10km Walk

1. Kyle Bedford	52.19
2. Dylan Richardson	52.45
3. Oscar Tebbutt	52.46
4. Chelsea Goodhew	55.13
5. Adam Mylonas	55.27
6. Ryan Thomson	55.40
7. Tiffany Saker	57.54
8. Shanae Norton	58.24
9. Judy Brown	90.10

5km Walk

1. Hayley Mills	30.03
2. Danielle Vesper	32.56
3. Brittany Robertson	33.00
4. Nicolle Challinor	38.07
5. Nicole Nilon	38.30
Hayden Blaskett	DNF

U10 0.5km Walk

1. Sarah Challinor	4.06
2. Cara Lee	4.48

U16 2km walk

1. Renee Hardy (INV)	10.32
2. Janaya Lee	10.37
3. Ryan Vesper	11.31
4. Chloe McLoughin	11.37
5. Ellie DeCelis	11.50
6. Jessica Rocchetto	11.53
7. Brooke Martin	12.04
8. Brooke Martin	12.04
9. Jada Thomson	12.15
10. Dana Lee	12.47
11. Davina Lee	13.09
12. Stacie Becroft	13.42
13. Paige Lee	14.15
14. Rachel Fairhall	14.46

U12 1km Walk

1. Isabelle Nilon	6.01
2. Natasha fairhall	6.08
3. Shaq Lee	6.11
4. Aiden Hardy	6.31
5. Jordan O'Neill	6.56
6. Ella Becroft	7.18
7. Rhianna Degan	7.21
8. Emily Challinor	8.20
9. Amelia Crocker	8.20

60TH PHÖNIXMARCHEN, VALLENSBÄK, DENMARK, SUNDAY 1 MAY

Erik Tysse recorded 1:22:12 in winning the 20km walk in the Phönixmarchen meet at Vallensbäk in Denmark on Sunday, ahead of Christer Svensson with 1.40.57. In other events, 90-year-old Bengt Christoffersen completed the 3km in 32.52. Full results at http://iof2.idrottonline.se/ImageVaultFiles/id_118540/cf_78/Resultat_Ph-nixmarchen_2016.PDF.

20km Men

1. Erik Tysse	1980	IL Norna Salhus, Norway	1.22.12
2. Christer Svensson	1969	Växjö AIS, Sweden	1.40.57
3. Peer Jensen	1957	Phönix/VI39 Kapgang	2.11.40
4. Jean-Claude Grivel	1967	IK Hellas, Roskilde	2.20.29

HUNGARIAN RACE WALKING CHAMPIONSHIPS, BÉKÉSCSABA, HUNGARY, SATURDAY 30 APRIL

It does seem rather strange to me that the Hungarians should choose to hold their national racewalk championships only one week before the World Race Walking Teams Championships but this they did, on a flat fast 1km out and back course in the centre of the city of Bekescsaba (200km in the South of Budapest near the Romanian border). The meet was ratified as an Olympic qualifier and had 3 IAAF judges present. The start time of 6PM on Saturday was also put into play to try to maximise the possibility of good weather. Thanks to Emmanuel Tardi for his race report and for the photos reproduced below.

In the men's 20km, local Hungarian **Maté Helebrand** and Polish walker **Artur Brzozowski** walked side by side for almost the entire race before Mate broke away in the dying stages for a one second PB winning time of 1:22:38, 4 secs clear of the Pole. The minor places in the Hungarian championship went to Bence Barnabas Venyercsán (1:27:34) and Tomasz Bagdány (1:27:52). In the women's 20km, local walker **Viktoria Madarasz** was an easy winner in a PB 1:30:47 but was just outside Aniko Szebensky's national record of 1:30:31. One week ago in Taicang she came third in the rain with a time of 1:32:33 so she is in good form. It her seventh 20km Hungarian title. **Anett Torma** and **Rita Recsei** battled it out for second place and for a time under the Olympic standard of 1:36:00 but only Recsei was successful, finishing second with 1:35:33 while Torma slowed in the last 7km to record 1:37:57.

Men 20km Race Walk

1.	Máté HELEBRANDT	HUN	89	1:22:38
	Artur BRZOZOWSKI (OC)	POL	85	1:22:42
2.	Bence VENYERCSÁN	HUN	96	1:27:34
3.	Tomasz BAGDÁNY	HUN	95	1:27:52
4.	Miklós SRP	HUN	93	1:29:28
5.	Sándor RÁCZ	HUN	86	1:31:28
6.	László VENYERCSÁN	HUN	71	1:46:45
7.	Zsolt MARINKA	HUN	87	1:54:46
8.	Ferenc MAJOR	HUN	61	1:56:12
9.	István CSABA	HUN	59	2:01:36
10.	Salvatore RAO	ITA	57	2:03:39
11.	György KISS	HUN	47	2:14:10
	Donát BURGER	HUN	97	DNF
	Soma KOVÁCS	HUN	97	DNF

Women 20km Race Walk

1.	Viktória MADARÁSZ	HUN	85	1:30:47
2.	Rita RÉCSEI	HUN	96	1:35:33
3.	Anett TORMA	HUN	84	1:37:57
	Viktoriya FERENTS (OC)	UKR	93	1:39:15
	Rusalina POVOROZNYUK (OC)	UKR	95	1:40:08
4.	Barbara KOVÁCS	HUN	93	1:40:53
5.	Petra RABNÉ RÉCSEI	HUN	90	1:48:35
6.	Eszter SZARKA	HUN	85	1:50:47
7.	Brigitta MATALIN	HUN	87	1:53:10
8.	Tamásné BODORKÓS	HUN	67	1:58:13
9.	Agnieszka DYGACZ	POL	85	DNF

Men U20 15km Race Walk

1.	Bálint SÁROSSI	HUN	00	1:10:45
2.	András DANI	HUN	00	1:30:03
3.	Péter DANI	HUN	00	1:33:06
4.	Benjamin SOLTÉSZ	HUN	00	1:47:03

Women U20 15km Race Walk

1.	Anna SÜDI	HUN	97	1:21:30
2.	Dóra ELEK	HUN	98	1:32:54

Men U18 8km Race Walk

1.	Dávid VARGA	HUN	01	39:55
2.	Vencel GÁL	HUN	01	40:30
	Oleksandr KARPUSHYNETS (OC)	UKR	01	42:28
3.	Barnabás VERES	HUN	02	50:22
4.	Szabolcs GALAMBOS	HUN	02	54:14

Women U18 10km Race Walk

1.	Daphne DIMANOPULOSZ	HUN	99	51:22
2.	Anna Mária HORNYÁK	HUN	00	55:21
3.	Réka SZABÓ	HUN	00	56:53

4.	Bianka BALOGH	HUN	99	59:38
5.	Emma SZILÁGYI	HUN	00	69:37
6.	Lilla PORTISCH	HUN	00	79:12

Men U16 5km Race Walk

1.	Levente GONDA	HUN	03	29:41
2.	Leon BÁNK	HUN	03	30:15
3.	Bálint SZENTMARJAI	HUN	03	30:15

Women U16 5km Race Walk

1.	Petra ZAHORÁN	HUN	02	26:48
2.	Elizabet KOCSI	HUN	02	28:55
3.	Kata SZÉKELY	HUN	02	29:08
4.	Bernadett RÉPÁSI	HUN	02	29:10
5.	Tiziana SPILLER	HUN	03	30:30
6.	Katalin TÓTH	HUN	02	30:37
	Adriana VARHA (OC)	UKR	03	31:11
7.	Dóra CSÓRGO	HUN	01	31:30
8.	Dorottya TAMÁS	HUN	03	31:51
9.	Demetria BENKE	HUN	02	32:05
10.	Szilvia BODOR	HUN	03	32:11
11.	Viktória DOMBI	HUN	02	32:37
12.	Katalin LÁZÁR	HUN	03	33:04
13.	Míra ALVÁRI	HUN	02	34:03
14.	Orsolya EGYED	HUN	02	36:20
15.	Fanni MOSBERGER	HUN	01	36:41
16.	Eniko JÓNÁS	HUN	02	37:47
17.	Anna JEZSOVICZKI	HUN	02	39:52

Boys U13 2km Race Walk

1.	Oleksandr BABUSH	UKR	04	9:24
2.	Yaroslav MELEKHOV	UKR	04	10:34
3.	Márton JAKAB	HUN	04	12:38
4.	Levente VÉGVÁRI	HUN	04	13:24

Girls U13 2km Race Walk

1.	Karina BRODNIKOVA	UKR	04	10:50
2.	Klaudia LENGYEL	HUN	05	11:58
3.	Anikó ORAVECZ	HUN	04	11:59
4.	Petra PATAKI	HUN	04	13:02
5.	Nóra BARANYAI	HUN	04	14:36



Left: The start of the 20km – winners Maté Helebrand (7) and Madarász Viktória (7) position near the front
Right: Maté Helebrand wins



The leading women Viktoria Madarasz, Anett Torma and Rita Recsei (photos Emmanuel Tardi)

122ND ANNUAL PENN RELAYS, FRANKLIN FIELD, PHILADELPHIA, PENNSYLVANIA, SATURDAY 30 APRIL

The women's 5000m racewalk at the Penn Relays last Saturday saw 2012 Olympian **Maria Michta Coffey** lapping the entire field to secure her fourth straight victory in this event. Michta-Coffey crossed the line in 21:57.29 ahead of a trio of international college athletes studying in the USA - Venezuelan Natalia Alfonzo (24:01), **Australian Ashleigh Resch** (24:10.71) and Mexican Mereth Zalba (24:33.21). Results are shown below by division.

Olympic Development Women 5000m Racewalk

1.	Maria Michta-Coffey	Oiselle-Walk USA	21:57.29
2.	Natalia Alfonzo	Missouri Baptist	24:01.40
3.	Mereth Zalba	Missouri Baptist	24:33.21
4.	Katie Michta	Walk USA	25:03.14
5.	Susan Randall	Shore AC	25:03.50
6.	Miriam Andablo	Elgin Sharks	25:40.89
7.	Kristi Licursi	Marist College	26:44.91
8.	Ioulia Barakou	Missouri Baptist	28:41.40

Junior Women 5000m Racewalk

1.	Ashleigh Resch	unattached (Australia)	24:10.71
2.	Anali Cisneros	Elgin Sharks	24:45.78
3.	Amberly Melendez	South Texas WC	25:15.40
4.	Nayeli Cisneros	Elgin Sharks	27:12.30
5.	Melissa Endy	Westfield Area Y Flyers	27:39.21
6.	Katie Miale	Marist College	28:10.67

High School Girls 5000m Racewalk

1.	Lauren Harris	Sachem East	25:09.63
2.	Maria Garcia	North Rockland	25:34.42
3.	Kelsey Jordan	Westhampton Beach	26:06.23
4.	Tara Mandel	Farmingdale	26:40.77
5.	Audrey Fox	New Rochelle	26:58.20
6.	Natalie Cohen	Hewlett	27:14.02
7.	Samantha Delano	Sachem East	27:20.41
8.	Chelsea Benedict	Sachem East	27:50.90
9.	Anna Arrigo	Sachem East	DQ

Unfortunately the men's 10,000m walk was sparse, with only 5 competitors in total.

Junior Men's 10,000m Racewalk

1.	Jorge Cruz Sotomayor	Albergue Olimpico, Puerto Rico	45:44.81
2.	Eduardo Uria	South Texas WC	53:04.00

3. Luis Espada Cruz Universidad de Puerto Rico DQ

Masters Men's 10,000m Racewalk

1. Michael Rohl unattached 51:44.80

High School Boys 10,000m Racewalk

1. AJ Gruttadauro Brockport 48:12.42

You can check out Jeff Salvage's photo story of the walks at <http://racewalk.com/PhotoStory2016PennRelays/Page01.php>.

VETERANS AC 10,000M TRACK WALK CHAMPIONSHIPS, BATTERSEA PARK, LONDON, WEDNESDAY 27 APRIL

This year's County/Veterans AC 10,000m Track Championships were held at Millennium Arena in Battersea Park, London, in good conditions, with the rain holding off. The field, probably reduced by a train strike, saw 14 walkers in action.

10,000m Walk

1.	Steve Allen	Barnet	M55	55:38.9
2.	Mark Culshaw	Belgrave	M50	58:38.3
3.	Penelope Cummings	AFD	W35	59:36.9
4.	Maureen Noel	Belgrave	W50	62:30.6
5.	Shaun Lightman	SWC	M70	63:29.8
6.	Mick Harran	SWC	M75	65:48.7
7.	Peter Hannell	SWC	M70	65:58.8
8.	Arthur Thomson	E&H	M80	66:57.6
9.	Chris Flint	SWC	M70	67:21.3
10.	John Borgars	Herts Phoenix		68:26.8
11.	Dave Delaney	SWC	M70	69:43.9
12.	Fiona Bishop	Woking	W55	69:54.3
13.	Sean Pender	EHAC	M60	70:01.9
14.	Ian Richards	Steyning	M65	DQ

OUT AND ABOUT

- **Despina Zapounidou** (Icarus Almopia) won the Greek women's 10,000m track walk title a week ago in an impressive 42:55:85, bettering Athanasia Tsoumeleka's 2004 record of 44:10:02. See <http://www.segas.gr/index.php/el/news/3056-panellinio-rekor-i-zapounidou-sta-10x1m-vadin>.
- UK Athletics (UKA) and The British Olympic Association (BOA) have announced the first six members of the athletics squad that will represent Team GB at the Rio 2016 Olympic Games. The athletes will compete for Team GB in the marathon and 50km men's race walk events at Rio 2016 – with the rest of the athletics team to be announced in the coming months. Along with the marathon runners, 50km race walker **Dominic King** has also been selected to represent Team GB with Rio set to be his second Olympic Games after competing in the same event four years ago at London 2012. See <http://www.britishathletics.org.uk/media/news/2016-news-page/april-2016/26-04-2016-rio-olympics-marathon-and-50km-race-walk/>.
- Follow the Olympic preparation of Irish walker **Alex Wright** at <https://www.facebook.com/alexwright2016/>.
- South African walker **Wayne Snyman** talks about his Olympic dream. See <http://www.walkingthedream.com/olympic-dream-wayne-snyman/>.
- Canadian ace **Evan Dunfee** continues his blog following his path to Rio. See <http://www.richmond-news.com/sports/road-to-rio-column-learning-the-perils-of-overtraining-1.2217184>.
- Nice little piece on NZ walker **Alana Barber** and her quest for Olympic selection. See http://www.nzherald.co.nz/athletics/news/article.cfm?c_id=19&objectid=11631982&ref=rss.

MARCIADALMONDO AND OMARCHADOR ROUNDUP

8 new press releases for Marciadalmondo this week

- Mon 2 May - Mate Helebrandt and Viktória Madarász win in Békéscsaba http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2425
- Sun 1 May - article on Sesto San Giovanni meet

http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2424

- Sun 1 May - Inaki Gomez has been named Male Athlete Director on Athletics Canada's Board of Directors
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2423
- Sat 30 Apr - Alex Schwazer finishes his 4 year doping ban
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2422
- Fri 29 Apr - Brazilian team for World Race Walking Team Championships in Rome
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2421
- Thu 28 Apr - Interview with Jared Tallent
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2420
- Wed 27 Apr - History of World Race Walking Team Championships
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2419
- Tue 26 Apr - Maurizio Damilano wins Rome World Championships 20km in 1987
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2418

The omarchador blog was active with 11 news releases this time around

- Mon 2 May – Australian team for Rome
<http://omarchador.blogspot.com.au/2016/05/selecao-da-australia-para-o-mundial-de.html>
- Sun 1 May - Celebrating Mothers Day - some top flight racewalking mothers
<http://omarchador.blogspot.com.au/2016/05/maes-marchadoras.html>
- Sun 1 May - Focus on Portuguese walker Inês Henriques
<http://omarchador.blogspot.com.au/2016/05/ines-henriques-em-dia-de-aniversario.html>
- Sun 1 May - Brazilian team for IAAF Race Walking World Teams Championships
<http://omarchador.blogspot.com.au/2016/05/selecao-do-brasil-para-o-mundial-de-roma.html>
- Sat 30 Apr - Results of German Veterans Championships in Reichenbach
<http://omarchador.blogspot.com.au/2016/04/reichenbach-foi-palco-dos-campeonatos.html>
- Fri 29 Apr - omarchador profiles Portuguese walker Ana Cabecinha
<http://omarchador.blogspot.com.au/2016/04/ana-cabecinha-em-dia-de-aniversario.html>
- Fri 29 Apr - Results of Brazilian Track Champs in Medellin
<http://omarchador.blogspot.com.au/2016/04/campeonatos-colombianos-de-pista-em.html>
- Thu 28 Apr - Controversial omission from Portuguese team for World Race Walking Teams Champs
<http://omarchador.blogspot.com.au/2016/04/incompreensivel-nao-convocatoria-de.html>
- Thu 28 Apr - Kinnunen stands out in 20km in Tuusula, Finland
<http://omarchador.blogspot.com.au/2016/04/kinnunen-destaca-se-nos-20-km-de.html>
- Wed 28 Apr - Previewing the World Race Walking Teams Champs
<http://omarchador.blogspot.com.au/2016/04/roma-campeonato-mundial-de-nacoes.html>
- Wed 28 Apr - omarchador reports on the General Assembly of the Portuguese Athletics Federation
<http://omarchador.blogspot.com.au/2016/04/jose-magalhaes-na-assembleia-geral-da.html>
- Tue 26 Apr - Portuguese team for the World Race Walking Teams Champs
<http://omarchador.blogspot.com.au/2016/04/selecao-de-portugal-no-mundial-de.html>

A NEW STAMP FIND

Readers are probably familiar with our VRWC website page dedicated to postage stamps that feature our sport of racewalking – <http://www.vrwc.org.au/vrwcstamps.shtml>. I was very excited last weekend when Ian and Margaret Beaumont pointed me to the existence of an El Salvador 2008 Olympics stamp that I had not previously seen.

It is from a 2008 Beijing Olympics set released by El Salvador in July 2008. It featured 4 individual stamps and one sheetlet. The second of the 4 individual stamps features a racewalker. The only El Salvadorian woman walker of note at that time was Verónica

Abigail Colindres García who represented El Salvador at the 2008 Summer Olympics in the women's 20 km race walk and then went on to win a silver medal for the 20km at the 2009 Pan American Race Walking Cup in San Salvador. The 2008 Olympics saw a very small El Salvador team of 11 athletes (7 men and 4 women) competing in 9 sports. Colindres was one of only 2 T&F athletes selected for those Games. Might it be her on the stamp?



GOOD LUCK TO OUR AUSTRALIAN TEAM

Good luck to the Australian walkers competing in next weekend's IAAF World Race Walking Teams Championships in Rome. It is a large and talented team, spearheaded by 2016 Olympic reps Dane Bird-Smith, Rachel Tallent, Jared Tallent and Brendon Reading.

20km Men: **Dane Bird-Smith, Rhydian Cowley, Michael Hosking, Nathan Brill, Brendon Reading**
 20km Women: **Rachel Tallent, Regan Lambie, Beki Smith, Tanya Holliday, Stephanie Stigwood**
 50km: **Jared Tallent, Ian Rayson**
 U20 10km Men: **Tyler Jones, Kyle Swan, Adam Garganis**
 U20 10km Women: **Tayla-Paige Billington, Zoe Hunt, Clara Smith**

The timetable reads as follows

Sat 7 May	9:30 AM	U20 10km Women
	10:35 AM	U20 10km Men
	4:30 PM	20km Men
	6:15 PM	20km Women
Sun 8 May	9.00 AM	50km Men

The final entry lists for the IAAF World Race Walking Team Championships are now available on the IAAF website. More than 400 international athletes have been confirmed as entered by 60 IAAF member federations. Full competitor listings here:

Men: <http://www.iaaf.org/competitions/iaaf-world-race-walking-team-championships/news>
 Women: <http://www.iaaf.org/news/event/iaaf-world-race-walking-team-championships-5658>

Full coverage of the championships, including live results, multimedia and event information including previews and reports, will be available at the official IAAF website <http://www.iaaf.org/competitions/iaaf-world-race-walking-team-championships>.

SHAME FIDAL

The only disturbing feature in the whole World Team Championships is the presence of Italian Alex Schwazer. He has been fast tracked by the Italian Athletics Federation (FIDAL) and added as a late entry, immediately following the end of his ban on Sunday 30th April. This is in spite of him having not raced for 4 years and in spite of him having no current qualifying time. This is absolutely disgusting and they should be ashamed of themselves. He should have to qualify like everyone else.

7	ITA	ITALY				
241	Andrea	AGRUSTI	50 Kilometres Race Walk	30 Aug 95	4:00:07	4:00:07
244	Teodorico	CAPORASO	50 Kilometres Race Walk	14 Sep 87	3:51:44	
246	Marco	DE LUCA	50 Kilometres Race Walk	12 May 81	3:45:25	
248	Lorenzo	DESSI	50 Kilometres Race Walk	04 May 89	3:57:32	
250	Matteo	GIUPPONI	50 Kilometres Race Walk	08 Oct 88	3:49:52	
255	Alex	SCHWAZER	50 Kilometres Race Walk	26 Dec 84	3:36:04	
257	Federico	TONTODONATI	50 Kilometres Race Walk	30 Oct 89	3:49:27	

VRWC CLUB RECORD UPDATE

Two VRWC club records to retrospectively recognize this week. Well done to James and Charlotte.

James Christmass	M	M45 5km Road Walk	24:54	VRWC Road Walks, Middle Park	22/08/2015
Charlotte Hay	F	U12 3000m Track Walk	16:18.45	AV Schools Champs, Lakeside Stadium	08/11/2015

#BANRUSSIA

Wednesday 27 April

- If reinstated in June, Russia could still compete at the European track championships in July, the head of European Athletics said Wednesday after meeting senior officials in Moscow. The July 6-10 championships in Amsterdam could be a comeback event ahead of the Rio de Janeiro Olympics if Russia's suspension following allegations of state-sponsored and systematic doping is lifted. "There is still time enough for the European Championships after that decision is taken," European Athletics President Svein Arne Hansen told The Associated Press in a telephone interview. Hansen is a member of the IAAF Council, which should decide on Russia's status at a June 17 meeting in Vienna, Austria. See http://www.nzherald.co.nz/athletics/news/article.cfm?c_id=19&objectid=11629893&ref=rss.

Thursday 28 April

- Australia has been listed in WADA's top 10 drugs offenders in 2014, accounting for 49 doping violations that year. WADA said Russia was the top drugs offender of 2014, accounting for 148 of the 1,693 violations recorded. Of its 49 anti-doping rule violations (ADRVs), Australia recorded 20 in rugby league, nine in body building and two in Australian Rules football. There were also three Australian ADRV's in athletics, two in cycling and four in the life saving category. See <http://www.abc.net.au/news/2016-04-28/australia-in-wada-top-10-doping-offenders-for-2014/7365936?section=sport>.
- Russia (148) was followed by Italy (123), India (96), Belgium (91), France (91), Turkey (73), Australia (49), China (49), Brazil (46) and South Korea (43). Athletics and bodybuilding had the most violations with 248 and 225, respectively. See <http://www.iol.co.za/sport/athletics/russia-tops-wadas-2014-doping-blacklist-2014983>.
- The meldonium concentration in the blood sample of Russian tennis star Maria Sharapova exceeds the permissible level, Russia's Sports Minister Vitaly Mutko has admitted, before vowing to "restore her position in sport". See <http://www.insidethegames.biz/articles/1036927/mutko-admits-meldonium-concentration-in-sharapovas-blood-sample-is-above-permissible-levels>.
- World Indoor High Jump champion Gianmarco Tamberi blasts the Italian Athletics Federation for allowing convicted drugs cheat Alex Schwazer to fast track his way to the World Race Walking Teams Championships. See <http://www.gazzetta.it/Atletica/28-04-2016/tamberi-schwazer-vergogna-d-italia-squalificatelo-vita-via-nazionale-150408443669.shtml>.
- Men's pole vault world record holder Renaud Lavillenie has claimed that Russia being banned from athletics competition at the Rio 2016 Olympic Games could be a good thing to help the sport resolve its "doping mess", but admits he has sympathy for clean athletes in the country. See <http://www.insidethegames.biz/articles/1036922/lavillenie-claims-russian-suspension-from-rio-2016-could-be-a-good-thing-for-athletics#.VyNKvYwf-JQ.twitter>.

Monday 1 May

- The International Olympic Committee (IOC) has released its Anti-Doping Rules for the Rio 2016 Olympic Games. The Rules will cover the period from the opening of the Athletes' Village on 24 July until the day of the closing ceremony, 21 August. These dates define what will be known as the 'in-competition period', which means that all substances and methods on the List are prohibited. Furthermore, during this period all athletes will be subject to doping controls initiated by the IOC at any time or place, with no advance notice required to be given. You can download them at <https://www.wada-ama.org/en/resources/world-anti-doping-program/ioc-anti-doping-rules-rio-2016-olympic-games>.
- ASADA has adopted Global DRO (<http://www.globaldro.com/Home>), a new mobile-enhanced replacement for their previous search tool. This site enables athletes and support personnel the ability to find out whether the most commonly prescribed, over-the-counter and complementary medicines in Australia are permitted or prohibited in athletics. They can also search the status of ingredients and brands of medications that they purchase in the United States, the United Kingdom, Canada or Japan. See <https://www.asada.gov.au/news/blog-global-dro-australia-s-new-online-medications-search-tool-sports>.

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

Sun June 12, 2016	50 th Lake Burley Griffin Walks Carnival, Canberra, ACT
Sun Aug 20, 2016	Australian Masters 30km Roadwalk Championships, Adelaide, SA
Sun Aug 20, 20156	Australian Roadwalk Championships, Canberra, ACT (TBC)

2016 International Key Dates

July 19-24, 2016	16 th World Junior T&F Championships, Bydgoszcz, POL
Aug 5-21, 2016	31 st Olympic Games, Rio de Janeiro, Brazil. See http://www.rio2016.com/en
Oct 26 -Nov 6, 2016	21 st World Masters T&F Champs Stadia, Perth, Australia. See http://www.perth2016.com

2016 IAAF Challenge Series (remaining events)

May 7-8, 2016	IAAF Race Walking World Teams Championships, Rome
Sat May 28, 2016	La Coruna, Spain
Jun 22-26, 2016	Durban, South Africa (African Championships)
August 12-21, 2016	Olympic Games, Rio de Janeiro, Brazil

2016 EAA Permit meets

Sat June 10, 2016	42 nd International Race Walking Festival, LTU
Sun June 18, 2016	19 th Dublin International Grand Prix of Race Walking, Dublin, IRL
Sept 10, 2016	Voronovo Cup, Voronovo, RUS (I assume this depends on whether Russia is back in the IAAF fold by then)

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

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