



FHEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2015/2016 Number 48
6 September 2016



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WALKER OF THE WEEK

My Walker of the Week this time around is 17 year old **Philippa Huse** for her **8km** walk time of **40:19** in our VRWC races at Middle Park on Saturday. It was yet another PB for Pip and continues her excellent winter season which has included dual wins (1st in U20 10km with 51:18 and 1st in U18 5km in 25:18) in the LBG Carnival in Canberra in June and a win in the Victorian U18 Roadwalk Champs 5km in August with a time of 25:22. She is one of many talented young girls looking to challenge 50 minutes for 10km and she looks ready to walk under it any time soon.



Philippa in action on Saturday at Middle Park

WHAT'S COMING UP

- Our VRWC season winds up next Sunday with our traditional long distance walking carnival. Fixture as follows

Sunday 11th September 2016, Middle Park			
AV, RWA & VRWC VRWC EVENTS			
7.30am	50km	Victorian Championship - Jared Tallent Trophy	Open
	50km	RWA Championship	Open Women
	35km	VRWC Championship – Ray Smith Trophy	Open
	6 Hours	Walk	Open
10.00am	20km		Open
11.00am	10km		Open
	5km		Open

And now onto the finer details

- **Entries close midday Friday for the Vic 50km** - <http://athsvic.org.au/event/2016-av-50km-walks-championships/>
 - **Entries close 8PM Friday for the RWA 50km and the VRWC 35km / 6H** – enter at <http://vrwc.org.au/wp1/>. Note you can't enter these events on the day.
 - All VRWC entrants in the 50km and 6 Hour events are automatically entered in the VRWC 35km club championship. It is also possible to enter this event as a standalone event.
 - The Victorian 50km and VRWC 35km are Open Championships, meaning they are open to men and women.
 - Finally, we have added a 5km walk to the fixture for those who want a shorter walk on the day.
 - The only events you can enter on the day are the 20km, 10km and 5km events.
- Once Sunday is done and dusted, Victorian walkers have the chance for a good rest until AV Shield commences on Saturday 8 October.
 - Looking further ahead, AA, AV and VRWC will be conducting a **Walk Judging Seminar on Saturday 10th December 2016 in Melbourne**. The Seminar is open to those interested in becoming Walk Judges and for existing Judges to upgrade. Details as follows

Venue: Blackmans Hotel, St Kilda Rd, Melbourne
Date: Saturday 10th December, 2016
9.00am: Registration
9.30am-12.00pm: General seminar for level 1-3 with Bob Cruise and Zoe Eastwood-Bryson
12.00pm-1.00pm: Lunch
1.00pm: Exams (bring a laptop)
No late or on the day applications
Contact Diane Lowden for an application form (dilowden@virginbroadband.com.au)
Registrations close with Diane on 25th November 2016

VRWC ROADWALKS, MIDDLE PARK, SATURDAY 3 SEPTEMBER

We had a good turnout of 52 walkers for our second last winter walks fixture at Middle Park, and the weather was perfect with a still sunny spring afternoon. We had quite a few Pbs - well done to **Philippa Huse, Pramesh Prasad, Heath Beveridge, Chloe Karagiorgo, Holly Cocking, Janette Atkins, Josh Jensen** and **Hamish Blackwood**.

8km Open

1.	Philippa Huse	40:19	PB 1:49
2.	Michelle Laufer	43:12	
3.	Alison Thompson	50:04	

1.	Kyle Swan	39:36	
2.	Adam Garganis	39:36	
3.	Pramesh Prasad	40:19	PB 0:39
4.	Aaron McDonough	44:02	
5.	Mark Donahoo	44:22	
6.	Simon Evans	48:07	
7.	Ralph Bennett	49:27	
8.	Bob Gardiner	54:06	
9.	Geoff Barrow	55:44	
	Albin Hess	DQ	
	Russ Dickenson	DNF	
	Hayden Walmsley	DNF	
	Stuart Kollmorgen	DNF	

6km Open

1.	Paige De Lisen	33:47	
2.	Sylvia Machin	43:45	
	Margaret Beaumont	DQ	

1.	James Christmass	30:51	
2.	Ian Beaumont	51:16	

4km Open

1.	Jasmin Hass	22:26	
2.	Heather Carr	22:39	
3.	Arnika Nelson	22:48	First one
4.	Charlotte Hay	23:10	

5.	Donna Elms	24:12	
6.	Madeleine Feain	25:05	
7.	Gwen Steed	26:16	
8.	Dee Holohan	26:40	First one
9.	Glenyse Brain	34:11	
10.	Susan Wood	41:17	

1.	Jason Kozica	19:42	
2.	Reese Walmsley	20:00	
3.	Heath Beveridge	24:37	PB 0:26
4.	Bruce Conboy	31:54	
5.	Barrie Wicks	33:32	

2km Open

1.	Chloe Karagiorgos	10:12	PB 0:14
2.	Mackayla Davison	11:02	
3.	Holly Cocking	11:22	PB 0:11
4.	Jessica Lillie	11:50	
5.	Gemma Lillie	11:51	
6.	Kaylah Heikkila-Dubowik	12:33	
7.	Beverly Hugo	16:05	
8.	Janette Atkins	16:27	PB 0:24

1.	Josh Jensen	10:01	PB 0:03
2.	Luke Epps	11:05	
3.	Hamish Blackwood	12:06	PB 0:55
4.	Angus Hay	13:38	
5.	John Morrison	14:37	
6.	Alex Poore	17:32	

1km Open

1.	Elise Carbery	06:43	
2.	Pam Mews	09:54	

Thanks as always for our many officials, judges and helpers. Apologies if I have missed you from the list.

Officials and Helpers: Damien Elms, Ralph Bennett, Harry Summers, Mark Donahoo, Ian Laurie, Cathy Huse, Michelle Walmsley, Terry Walmsley, Tim Erickson. Bob Gardiner, John Morrison, Eija Heikkila

Judges: Peter Vysma (chief), Gordon Loughnan, Stuart Cooper, David Cash, Mark O'Mahony

Canteen: Barb Gardiner, Kate Suich, Wendy Cooper, Donna Elms

Photos: Tim Erickson



Pramesh Prasad, Chloe Karagiorgos, Philippa Huse and Heath Beveridge



Josh Jensen, Janette Atkins, Holly Cocking and Hamish Blackwood

VRWC WINTER SEASON AWARDS

Last Saturday saw our VRWC Winter Season Presentations at Middle Park and we had a great turnout. For the full list of awardees, see <http://www.vrwc.org.au/documents/2016%20Trophy%20Winners%20-%20winter%20season.pdf>.



Some of the Winter Season Presentations winners on Saturday at Middle Park



Merrifield Winners – Simone McInnes, Geoff Barrow, Heath Beveridge, Adam Garganis, Heather Carr, James Christmass, Donna Elms, Kyle Swan and Chloe Karagiorgos

SAMA ROADWALKS, EAST PARKLANDS, ADELAIDE, SATURDAY 3 SEPTEMBER

Thanks to Colin Hainsworth for the latest walk results from the South Australian Masters in Adelaide. Colin commented: Not too bad an afternoon - cool, cloudy with occasional strong wind gusts.

12km Walk

1.	Graham Harrison	1:26:55	M73	74.53%
2.	David Robertson	1:37:21	M83	77.82%
3.	Colin Hainsworth	1:39:07	M86	80.87%

9km Walk

1.	Richard Moyle	1:10:46	M60	
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6km Walk

1.	Harry Hayford	0:48:11	M64	58.75%
2.	Jill Rogers	0:49:55	W71	69.86%
3.	Edna Bates	0:51:12	W63	60.86%
4.	David Padget	0:53:23	M84	69.79%

3km Walk

1.	Helen Suridge	0:20:46	W65	58.36%
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SARWC ROADWALKS, PEACOCK RD, ADELAIDE PARKLANDS, ADELAIDE, SATURDAY 3 SEPTEMBER

Best walk of the day in the SARWC competition in Adelaide to RWV walker **Kim Mottrom** (22:40 for 5km).

10km Walk

1.	Peter Crump	57:25	M35+
2.	Samantha Findlay	58:12	FU20
3.	John Leydon	1:03:30	M35+
4.	Gloria Holliday	1:05:02	F35+
5.	Bill Starr	1:17:35	M35+

5km Walk

1.	Kim Mottrom (INV)	22:40	MOpen
2.	Jake Vidler	25:28	MU18
3.	Tristan Camilleri	25:44	MU16
4.	Jay Goode	26:59	MU18
5.	Mathew Bruniges	32:29	MU16

	Alix Harlington	DNF	MU18
3km Walk			
1.	Zayden Kamish	17:22	MU10
2.	Ayeisha Wallace	19:34	FU16
3.	Olivia Phillips	20:26	FU14
2km Walk			
1.	Kiera Ross	11:07	FU12
1km Walk			
1.	Hayley Goode	05:24	FU16
2.	Kerry Goode	06:14	F35+

ACT WALKERS CLUB ROADWALKS, MOLONGLO REACH, CANBERRA, SATURDAY 3 SEPTEMBER

Thanks to Robin Whyte for the latest results from Canberra. Fastest time to **Connor Frew** (40:28 for 8km).

8km Handicap

1.	Matt Griggs	44:34
2.	Mitchell Baker	41:21
3.	Robin Whyte	51:48
4.	Rod Gilchrist	1:04:00
5.	Greg Durr	51:04
6.	Connor Frew (F/T)	40:28
7.	Callum Burns	44:41
8.	Mick Saunders	55:50
9.	Monika Short	59:59
10.	Warren Butler	1:10:21
11.	Geoff Barker	1:05:39
12.	Jennifer Gilchrist	1:14:05
	Val Chesterton	DNF
	Tim Fraser	DNF
	Brendon Reading	DNF

4km Handicap

1.	Hannah Manning	22:29 (F/T)
2.	Helena Bialecki	25:45
3.	Robyn Saunders	30:19
4.	Laura Burns	23:50

2km Handicap

1.	Tracey Durr	17:25
2.	Sidney Shaw	12:17 (F/T)
3.	Ella Baker	14:32

ATHLETICS NEW ZEALAND ROAD CHAMPIONSHIPS, MASTERTON, NZ, SATURDAY 3 SEPTEMBER

63 year old **Mike Parker** extended the longest span in winning a national title to 38 years when he won the Athletics New Zealand Open 10km race walk in 53:02 last Saturday - his first title was the 20km race walk in 1978. "I came here today and I didn't really think I was going to win another national title, I thought those days had gone but that makes it my tenth, with my four British titles and one Australian; that's fifteen and I'm absolutely over the moon," said Parker. "I'll probably carry on competing for one more year as it will be another milestone for me at the track and field champs in March when it'll be 50 years since I did my first New Zealand junior champs."

Laura Langley set a personal best in winning the senior women's 10km race walk in 50:26. Langley who has a 10,000m track time of 49:22, was hoping to dip under 50 minutes. "I'm fairly happy with it. Judging by the conditions you never know what can happen out there. First New Zealand senior title so I'm really happy about that," she said. **Rozie Robinson**, on the come-back trail following surgery, was second in 53:04. "October last year I got knee surgery on my left knee, I had a bit of a cartilage problem so I had to go and get that removed so I could carry on locking. I had no problems today the knee started to get quite tight the last three k's so I just kept focused keeping as close to Mike Parker. Having Laura doing amazing times makes me want to get back there so I can be a bit more competitive for her," said Robinson.

Full results at <http://www.athletics.org.nz/Portals/24/confirmed%20results%20nzr%202016.pdf>.

Open Women 10km Walk

1.	Laura Langley	Hawkes Bay Gisborne	50:26
2.	Rozie Robinson	Canterbury	53:04

Open Men 10km Walk

1.	Mike Parker	Auckland	53:02
2.	Lyndon Hohaia	Auckland	1:03:22

U18 Women 5km Walk

1.	Laura Kehely	Egmont Athletics	31:42
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Masters Women 10km Walk

W35	1	Vicky Jones	Taranaki	1:18:48
W40	1	Arlene Wong-Tung	Wellington Scott	1:11:01
W45	DQ	Katie Morresey-	Tahere Taranaki	DQ
W50	1	Serena Coombes	Taranaki	1:08:32
	DQ	Christine Tuka	Manawatu Wanganui	DQ
W55	DQ	Terri Grimmett	Wellington Scott	DQ
W60	DQ	Anne Fraser	Taranaki	DQ
W65	1	Sue Hoskin Manawatu	Wanganui	1:04:37
W70	1	Jacqueline Wilson	Wellington	1:05:35

Masters Men 10km

M40	DQ	Damien Wood	Manawatu Wanganui	DQ
M45	1	Sean Lake	Wellington	1:03:10
M50	1	Rodney Gillum	Taranaki	1:01:54
	2	Des Hussey	Taranaki	1:17:29
M60	1	Peter Fox	Taranaki	1:00:58
	2	Alan Clarke	Taranaki	1:03:15
	DQ	David Cushing	Manawatu Wanganui	DQ
M65	1	Eric Kemsley	Taranaki	55:50
	2	Peter Baillie	Wellington	59:49
M70	DQ	Geoffrey Iremonger	Wellington Scott	DQ

FINLAND-SWEDEN MATCH, RATINA STADIUM, TAMPERE, FINLAND, 2 - 4 SEPTEMBER 2016

The annual Finnkampen meet which was held in Tampere, Finland last weekend, saw a very tight competition, with Sweden and Finland never more than a few points apart. The men's competition in particular was fantastic with Kim Amb (SWE) winning the javelin (84.50m) to ensure the two teams were tied going into the last event which was the 1500m run. Alas for Finland, Swedish runners took the first 3 positions in the run to ensure Swedish wins in both divisions - 210 to 200 for the men, 213 to 197 for the women. In the men's 10,000m walk, **Perseus Karlström** (41:30.16) and **Ato Ibanez** (41:31.67) had staged a great battle to take first and second but Ato was advised of his DQ post-event, elevating **Jarkko Kinnunen** to second with his time of 41:36.48. In the women's 5000m walk, all 3 Finnish girls walked PBs, with **Enni Nurmi** winning 22:34.59.

10000m walk Men

1.	Perseus Karlström	SWE	2 May 90	41:30.16
2.	Jarkko Kinnunen	FIN	19 Jan 84	41:36.48
3.	Anders Hansson	SWE	10 Mar 92	41:59.20
4.	Elmo Koivunen	FIN	3 Aug 94	42:35.00
	Ato Ibanez	SWE	14 Nov 85	DQ
	Aleksi Ojala	FIN	9 Dec 92	DQ

5000m walk Women

1.	Enni Nurmi	FIN	4 Jul 98	22:34.59
2.	Elisa Neuvonen	FIN	19 Mar 91	23:07.59
3.	Hele Haapaniemi	FIN	15 Nov 93	23:21.56
4.	Monica Svensson	SWE	26 Dec 78	23:51.16
5.	Ellinor Hogrell	SWE	68	27:33.79
	Siw Karlström	SWE	9 Jul 57	DQ

UK YOUTH DEVELOPMENT LEAGUE FINALS, BEDFORD INTERNATIONAL STADIUM, BEDFORD, SAT 3 SEPT

Thanks to Mark Wall for the results of the walks at the UK Youth Development League Finals in Bedford. Mark reported:

At the National UK Youth Development League Finals, it has been the custom to hold invitation walks. Despite a clash with the Jim Sharlott races at Leicester today, numbers were reasonable. There were three separate races, U13 & U15 girls, U13 & U15 boys and U17 boys and girls combined. In the older age group the numbers were down slightly but this is attributable to the England Athletics title being 6 days earlier and the England Schools being held in 14 days time. In any event, **Chris Snook** continued on his winning way with a gun to post win, lapping all bar one in the field. He has had a very successful year with placings in senior track events at area and national level. The younger boys race saw a repeat tussle from the three place getters from the previous week's U/15 title, same result but a closer race attributable to the shorter distance. The younger girls saw several newcomers to the event and some displayed the evidence of solid instruction in the basics from their coaches. One point of note is that only one walker belonged to a non-track & Field based club. In England, there has been a plethora of 'Race Walks only' clubs but they are diminishing.

Under 13 Girls 1000m

1.	Issy Elliott	Aldershot, Farnham & District	5:30.66
2.	Lara MacColl	City of Sheffield & Dearne	5:41.71
3.	Lois Carty	Aldershot, Farnham & District	5:44.35
4.	Charlotte Wallis	Aldershot, Farnham & District	6:08.87
5.	Abigail Smith	Blackheath & Bromley	6:28.17
6.	Molly McKerlich	Cardiff	6:55.36

Under 15 Girls 1000m

1.	Isabelle Bridge	Blackheath & Bromley	5:26.55
2.	Beatrice Fury	Medway & Maidstone	5:48.43
3.	Anna Hinchcliffe	Aldershot, Farnham & District	6:13.14

Under 17 Girls 2000m

1.	Abigail Jennings	Aldershot, Farnham & District	11:18.94
2.	Laura Achurch	Leicester Walking Club	12:14.56

Under 13 Boys 1000m

1.	Kai Cundy	City of Sheffield & Dearne	5:37.78
2.	Matthew Smith	Blackheath & Bromley	6:11.96

Under 15 Boys 1000m

1.	Jack Childs	Medway & Maidstone	5:04.67
2.	Hisham Alkhamesi	Nuneaton Harriers	5:06.10
3.	George Wilkinson	Enfield & Haringey	5:09.81
4.	Nick Hart	Aldershot, Farnham & District	5:35.28

Under 17 Boys 2000m

1.	Chris Snook	Aldershot, Farnham & District	8:47.42
2.	Ollie Hopkins	Medway & Maidstone	10:48.06
3.	Daniel McKerlich	Cardiff	12:06.02

2016 JIM SHARLOTT / BMAF 10K, ABBEY PARK, ENGLAND, SUNDAY 4 SEPTEMBER

Colin Vesty reported as follows (thanks to Mark Wall for passing this on)

On a rainy day in Abbey Park, pre-race favourite Francisco Reis missed the start, leaving the way open for **Mark Williams** to regain the title he last won in 2012. Leicester's **Dwayne Butterly** had stayed with Williams in the early part of the race but faded somewhat towards the end but still held on for second place. **Peter Boszko** held off Graham Chapman for 3rd place by just 7 seconds. **Ann Wheeler** was the winner of the women's race with 63:20. Leicester Walking Club extend a very big thank you to all the competitors and officials who braved the weather to make this another successful event.

Open Men 10km

1.	Mark Williams	Tamworth AC	52.26
2.	Dwane Butterly	Leicester WC	54.16
3.	Peter Boszko	Birchfield Harriers AC	59.34
4.	Graham Chapman	Headington RR	59.41
5.	Mark Culshaw	Belgrave Harriers AC	60.00
6.	Steve Arnold	Nuneaton Harriers	60.06
7.	Roger Michell	Surrey WC	61.34
8.	Colin Vesty	Leicester WC	63.08
9.	Chris Berwick	Leicester WC	64.24
10.	Arthur Thomson	Enfield & Haringey AC	65.31
11.	Peter Hannell	Surrey WC	66.22
12.	Shaun Lightman	Surrey WC	66.39
13.	John Borgars	Herts Pheonix AC	66.41
14.	John Constandinou	Birchfield Harriers AC	67.10
15.	Allan King	Roadhogs AC	67.44
16.	Stuart Edgar	Dudley & Stourbridge Harriers	68.03
17.	Hardeep Minhas	Leicester WC	68.21
18.	Mark Byrne	Redcar RWC	70.34
19.	George Smolinski	Leicester WC	71.47
20.	Patrick Walsh	Leicester WC	DQ

Mens Teams

1.	Leicester WC	Butterly, Vesty, Berwick, Minhas
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- | | | |
|----|---------------------|----------------------------|
| 2. | Surrey WC | Michell, Hannell, Lightman |
| 3. | Birchfield Harriers | Boszko, Constandinou |

Open Women 10km

- | | | | |
|----|-----------------|-------------------|-------|
| 1. | Ann Wheeler | Leicester WC | 63.20 |
| 2. | Carolyn Dyall | Nuneaton Harriers | 64.20 |
| 3. | Fiona Bishop | Woking AC | 65.51 |
| 4. | Sarah Lightman | Leicester WC | 66.17 |
| 5. | Noel Blatchford | Abingdon AC | 67.37 |

Womens Teams

- | | | |
|----|--------------|-------------------|
| 1. | Leicester WC | Wheeler, Lightman |
|----|--------------|-------------------|

CHURCH TO CHURCH WALK, GUERNSEY, SUNDAY 4 SEPTEMBER

Last weekend saw the 80th edition of the iconic Church to Church walk on the channel island of Guernsey. The walk, put on by Sarnia Walking Club, starts at the South Esplanade and winds its way around the island for 19.4 miles, taking in all 9 parish churches in what is a tough and hilly course.

This time around, Manx Harriers race walker **Sam Fletcher** shot into the lead shortly after 15 miles and held on to it, to get himself into the record books with a win. Looking easy over the closing miles, he crossed the line in 3:07:45 to become the second male Manx winner of the event after Michael George in 2010 and 2012. **Jim Ball** finished five minutes behind for second place with first local **Stuart Le Noury** in third in 3.18.09, faster than his winning effort the year before to once again secure the Victory Cup as first local to finish. Reversing last years positions, **Olga Le Noury** was first woman home in 3.54.13 to take the Star Trophy and a big personal best time by over four minutes, six minutes head of Marie Macdonald

Church to Church 19.4 Miles Walk

- | | | | | |
|-----|-----------------|----------------------------|-----|---------|
| 1. | Sam Fletcher | Manx Harriers Isle of Man | M | 3.07.45 |
| 2. | Jim Ball | Steyning AC England | M50 | 3.12.47 |
| 3. | Stuart Le Noury | Sarnia W C Guernsey | M | 3.18.09 |
| 4. | Jason Le Noury | Sarnia W C Guernsey | M | 3.21.08 |
| 5. | Glyn Jones | Coventry Godiva England | M70 | 3.22.18 |
| 6. | Ed Shillabeer | Ilford AC England | M75 | 3.44.59 |
| 7. | Sean Pender | Enfield & Haringey Ireland | M60 | 3.45.19 |
| 8. | Phil Lockwood | Sarnia W C Guernsey | M40 | 3.47.04 |
| 9. | Olga Le Noury | Sarnia W C Guernsey | W35 | 3.54.13 |
| 10. | Marie Macdonald | Sarnia W C Guernsey | W40 | 4.00.13 |
| 11. | Kevin Le Noury | Sarnia W C Guernsey | M55 | 4.01.40 |
| 12. | Donna Allan | Unattached Guernsey | W40 | 4.04.35 |
| 13. | Kathy Crilley | Surrey W C England | W65 | 4.05.21 |
| 14. | David Hoben | Surrey W C England | M60 | 4.07.41 |
| 15. | Peter Beckerleg | Sarnia W C Guernsey | M55 | 4.15.16 |
| 16. | John Dedman | Sarnia W C Guernsey | M40 | 4.16.58 |
| 17. | Kay Coulson | Sarnia W C Guernsey | W45 | 4.18.17 |
| 18. | Mick Le Sauvage | Sarnia W C Guernsey | M75 | DNF |

Race report at <https://churchtochurch.wordpress.com/>. Guernsey Church to Church walk photos at <https://www.flickr.com/photos/54713031@N00/albums/72157672415282281/page1/> and <https://www.flickr.com/photos/54713031@N00/albums/72157672415282281/page2/>

SWISS ROADWALK CHAMPIONSHIPS, YVERDON LES BAINS, SWITZERLAND, SUNDAY 1 SEPTEMBER

Our intrepid European reporter **Emmanuel Tardi** was in Yverdon Les Bains last Sunday for the Swiss roadwalk championships.

There were only a few Swiss walkers in action (the Polli sisters were amongst the absentees, still resting following their gruelling Olympic qualifying efforts) but there were plenty of walkers from other countries - 5 from Italy, 2 from Belgium and 8 (including Emmanuel) from France. The main lap was 1008m in length, with a shorter first lap and the 9AM start saw pleasant weather of around 15° C. Italians **Stefano Chiesa** (1:27:21) and **Lidia Barcella** (1:47:43) won overall, with Swiss titles going to **Patrick Gavillet** CM (3rd in 1:56:16) and Corinne Henchoz (2nd in 2:01:22). The 10km ancillary events were won by Italians **Pietro Zabbeni** (44:43) and **Nicole Colombi** (50:14).

Meet report at <http://www.swisswalking.org/fr/news/detail/591>.

Full results at http://www.swisswalking.org/data/pdf/resultats/2016/20160904_championnats_suisse_yverdon.pdf.

Video at <https://www.youtube.com/watch?v=rsvGGQM5DOE>.

Photos at <http://www.swisswalking.org/fr/photos/gallery/158>.

20km Men

1.	Stefano Chiesa	96	U23 Atletica Club C:T:Pavia	1:27:21
2.	Hugo Andrieu	92	HV UAVH Aubagnes	1:30:18
3.	Patrick Gavillet	68	HV CM Cour Lausanne	1:56:16
4.	Perez Gerard	51	HV RCHJ morez	1:59:45
5.	Seffari Abdelaziz	58	HV Lyon	2:03:54
6.	Jacques Frete	57	HV Pays Colmar Athlé	2:09:21
7.	Claude Berner	63	HV CME La Poste	2:10:25
8.	Bernard Hafner	46	HV Lyon	2:11:30
9.	Denis Heller	56	HV Avia Cl:Issy Moulineaux	2:22:10
10.	Emmanuel Tardi	67	HV LPLongjumeau fr:	2:28:16
11.	Daniel Brot	53	HV CM Yverdon	2:31:33
	Walter Brandenburg	46	HV SAL Lugano	DNF

20km Women

1.	Lidia Barcella	97	U20F Atletica Bracco	1:47:43
2.	Corinne Henchoz	64	FV CM Cour Lausanne	2:01:22
3.	Myriam Nicolas	63	FV Sambre Meuse Athl:Club	2:01:58
4.	Tiphaine Schott	87	F CS Saint Louis Fr:	2:02:32
5.	Marie Rigolet	98	U20F RCHJ Morez	2:04:27
6.	Nathalie Halloy	67	FV Entente Haute Alsace	2:09:16
7.	Millie Zinkovska	81	F CM Yverdon	2:20:24
8.	Beatrice Petetin	69	FV RCHJ Morez	2:27:26
9.	Helène Baptiste	50	FV CM Yverdon	2:31:20

10km U20 Men/Women

1.	Pietro Zabbeni	98	U20 Atletica Brescia	44:43
2.	Nicole Colombi	99	FV Atletica Bracco	50:14
3.	Chiara Cuni	99	F Atletica Brescia	54:10
4.	Alexis de Coppet	38	HV CM Yverdon	1:13:43
5.	Joseph Bianco	41	HV CM Monthey	1:14:53
6.	Brigitte de Coppet	46	HV CM Yverdon	1:15:56



Start – Stefano Andrieu (1) and Hugo Chiesa (15) go straight to the lead (photos from Emmanuel Tardi)



Pietro Zabbeni, Patrick Gavillet, Nicole Colombi and Corinne Henchoz

HUNGARIAN SUPER LEAGUE FINAL, BUDAPEST, 3-4 SEPTEMBER

To Hungary where **Máté Helebrandt** had an easy 10,000m track walk win with 41:36.58.

Men 10,000m Race Walk

1.	Máté HELEBRANDT	HUN	89	41:36.58
2.	Bence VENYERCSÁN	HUN	96	43:49.57
3.	Miklós SRP	HUN	93	44:20.32
4.	Dávid TOKODI	HUN	91	44:41.67
5.	Tomasz BAGDÁNY	HUN	95	45:26.47
6.	Soma KOVÁCS	HUN	97	46:50.52
7.	Donát BURGER	HUN	97	51:03.20
8.	László VENYERCSÁN	HUN	71	53:10.40

SLOVAK CLUB CHAMPIONSHIPS, TRNAVA, SLOVAKIA, 29 AUGUST 2016

Anton Kucmin (20:46.08) and **Maria Galikova** (13:02.05) were winners in the Slovak Club Championships in Trnava.

Men 5000m Race Walk

1.	Anton KUCMÍN	SVK	84	20:46.08
2.	Miroslav ÚRADNÍK	SVK	96	21:32.45
3.	Dominik CERNÝ	SVK	97	21:59.80
4.	Míchal MORVAY	SVK	96	23:22.21
5.	Vojtech LIBNAR	SVK	99	24:21.91
6.	Zdeno MEDERA	SVK	75	24:41.72

Women 3000m Race Walk

1.	Mária GÁLIKOVÁ	SVK	80	13:02.05
2.	Mária CZÁKOVÁ	SVK	88	13:07.77
3.	Monika HORNÁKOVÁ	SVK	95	14:04.16
4.	Ema HACUNDOVÁ	SVK	99	14:30.06
5.	Lucia CUBANOVÁ	SVK	95	14:36.30

TROFEO TANIA GALEOTTI, REGGIO EMILIA, ITALY, SUNDAY 4 SEPTEMBER

To Italy where **Leonardo Dei Tos** (20:09.21) and **Valentina Trapletti** (22:34.90) won their events in the Trofeo Tania Galeotti.

Men 5000m Race Walk

1.	Leonardo DEI TOS	ITA	92	20:09.21
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2.	Luca MONTOLEONE	ITA	90	23:30.89
3.	Michele MINTO	ITA	98	23:42.49
4.	Andrea MERCALDO	ITA	76	23:57.52
5.	Elia MACCARI	ITA	98	24:45.39

Women 5000m Race Walk

1.	Valentina TRAPLETTI	ITA	85	22:34.90
2.	Alessia ZAPPAROLI	ITA	88	22:52.62
3.	Linda TERZI	ITA	98	27:04.02
4.	Laura BORGHI	ITA	99	27:19.27
5.	Alice SGARBI	ITA	00	28:08.94
6.	Samanta BOSIO	ITA	00	28:26.19

CZECH CLUB CHAMPIONSHIPS, ÚSTÍ NAD ORLICÍ, CZECH REPUBLIC, SUNDAY 4 SEPTEMBER

Men's 5000m Race Walk

1.	Lukas GDULA	CZE	91	21:31.48
2.	Karel KETNER	CZE	90	22:42.27
3.	Michal MORVAY	SVK	96	22:56.18

Women 5000m Race Walk

1.	Anežka DRAHOTOVÁ	CZE	95	22:22.51
2.	Lucie PELANTOVÁ	CZE	86	24:14.84
3.	Hana HERBEROVÁ	CZE	81	26:18.32

SLOVENIAN U20 CLUB CHAMPIONSHIPS, CELJE, SLOVENIA, SATURDAY 3 SEPTEMBER

Women 5000m Race Walk

1.	Eva CANADI	SLO	00	28:29.14
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6TH 24 HEURES DE BONHEUR, VILLENAVE D'ORLON, FRANCE, 3-4 SEPTEMBER 2016

The annual 24 Heures de Bonheur was held last weekend in Villenave d'Orlon, a suburb of Bordeaux in SW France. With both run and walk categories, fields were big in all 3 divisions of 24 Hours, 12 Hours and 6 Hours. Full results at <http://24hvillevave.fr/>. The 24H walk saw wins to **Honore Nadaud** (155.203km) and **Florence Barbier** (141.657km).

24 Heures de BONHEUR (those in excess of 100km)

1.	Honore NADAUD.	V2M	155.203 km
2.	Florence BARBIER	V1F	141.657 km
3.	Patrick MACCARI	V3M	134.363 km
4.	Patrick PIERRE	V3M	128.111 km
5.	Stephane LAUBRETON	V1M	120.817 km
6.	Claude HERMAN	V3M	119.775 km
7.	Philippe EMONIERE	V2M	114.565 km
8.	Alain CHIFFOLEAU	V4M	111.439 km
9.	Mireille CORMIER	V2F	106.229 km
10.	Yannick GENAIS	V2M	103.103 km
11.	David FONTAN	V1M	102.061 km
12.	Christian SABATIER	V3M	101.019 km

12 Hours Walk

1.	Thierry BERNARD	V2M	87.600 km
2.	Vincent CAZENAVE	V2M	84.474 km
3.	Virginie GEREZ	V2F	83.432 km
4.	Francoise GAUZE	V3F	81.348 km
5.	Alain BOUGNAUD	V3M	79.264 km
6.	Eric DRAY	V2M	79.264 km
7.	Claudie GAUZE	V3F	76.138 km
8.	Nicolas ALBUCHER	SEM	73.012 km
9.	Robert POUSTIS	V2M	67.802 km
10.	Denise FORNELLI	V3F	62.592 km
11.	Bernard LANGLADE	V4M	51.130 km

6 Hours Walk (those in excess of 40km)

1.	Ruben PINOL VALLE	V1M	45.920 km
2.	Patrick DUARTE	V2M	44.878 km
3.	Carole GOURLAY	V1F	43.836 km
4.	Christian CELLE	V3M	42.794 km
5.	Patrick GEREZ	V2M	41.752 km

OUT AND ABOUT

- Great little video of the Tallent family and Jared's original coach Daryl Biggin on the day of the Rio 50km race - see <https://www.facebook.com/Floaterman/videos/10154342207673405/>.
- Hundreds of Victorians turned out last Wednesday in the Melbourne CBD to cheer on the homecoming Victorian members of our 2016 Australian Olympic team. I was lucky enough to be in the crowd and caught up with Jared for a photo!



Jared and Claire Tallent



Tim gets into the selfie action with Jared

MARCIADALMONDO AND OMARCHADOR ROUNDUP

Marciadalmondo had 2 press releases this week

- Thu 1 Sep – program for the fourth edition of the "Four Days Around Taihu" walk http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2551
- Wed 31 Aug - Focus on Ana Cabecinha and her coach Paulo Murta http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2550

and Omarchador had 8 press releases.

- Mon 5 Sep – How the Spanish walkers fared in Rio <http://omarchador.blogspot.com.au/2016/09/os-marchadores-espanhois-nos-jogos-do.html>
- Sun 4 Sep - Interview with Yohann Diniz post-Rio <http://omarchador.blogspot.com.au/2016/09/a-licao-de-coragem-de-yohann-diniz.html>
- Sat 3 Sep - Results of Puchar Poczty Polskiej meet in Gdansk, Poland <http://omarchador.blogspot.com.au/2016/09/gdansk-com-festival-e-taca-dos.html>
- Fri 2 Sep - Hirooki Arai and Evan Dunfee and the Rio 50km <http://omarchador.blogspot.com.au/2016/09/arai-e-dunfee-nos-50-km-marcha-dos.html>

- Thu 1 Sep - Perseus Karlström Monica Svensson win in Växjö
<http://omarchador.blogspot.com.au/2016/09/jornada-dupla-de-marcha-em-vaxjo-suecia.html>
- Wed 31 Aug - Brazilian racewalkers do well in Rio
<http://omarchador.blogspot.com.au/2016/08/historica-presenca-da-marcha-atletica.html>
- Tue 30 Aug - Portuguese walker Ana Cabecinha's Rio performance
<http://omarchador.blogspot.com.au/2016/08/o-perfume-da-marcha-atletica.html>
- Mon 29 Aug - Performance of American continental walkers in Rio
<http://omarchador.blogspot.com.au/2016/08/os-atletas-do-continente-americano-nos.html>

2017 FALLS CREEK CAMP REGISTRATIONS NOW OPEN

Simon Baker and I are pleased to announce that registrations for the **2017 Falls Creek Summer Walks Camp** are now open. Point your browser to <http://www.vrwc.org.au/vrwc-fallscreek.shtml>, download the registration form, fill it in and return it to either Simon or me. Further camp details available on the above website page.

#CLEANSPORT

Tuesday 30 August

- An overhaul of the World Anti-Doping Agency (Wada) has been proposed in a bid to restore trust in international sport. The leaders of 17 national anti-doping organisations met at a special summit in Copenhagen this week. The group says the fight for clean sport is now "at a crossroads". Among the range of reforms agreed was a demand that Wada becomes more independent. Under the proposals, Wada executives would not be able to simultaneously hold a policy-making position within another sports organisation. Wada president Sir Craig Reedie has been a vice-president of the International Olympic Committee (IOC), leading to criticism of a potential conflict of interest. See <http://www.bbc.com/sport/37226438>.
- Sporting authorities were no doubt hoping for a brief moment of respite last week after the end of the Olympic Games; a chance to recuperate and rally themselves for whatever fresh crisis is lurking around the corner in this most turbulent of years. Instead, another three-pronged assault of fresh governance challenges has emerged. We had the Government of Kenya dissolving the National Olympic Committee due to alleged mismanagement in Rio. We had the authorities in Kuwait going a step further and appointing new officials in what is essentially a rival NOC. And in Ireland we had the Government convening an investigation into the NOC, led by European Olympic Committees President Patrick Hickey, chiefly focusing on an alleged ticketing scandal but also tackling all aspects of "corporate governance". A triple-bladed attack on the autonomy of the Olympic Movement? Or a case of National Governments belatedly clamping down on the ineptitude, unaccountability and, in some cases, possible corruption, of sporting bodies? See <http://www.insidethegames.biz/articles/1041079/nick-butler-turmoil-of-ioc-autonomy-tsar-has-struck-a-nail-into-the-coffin-of-sports-crusade-for-independence>.

Wednesday 31 August

- The IOC has stripped more Russian athletes of medals for failing drugs tests at the Beijing 2008 Games. Silver and bronze-winning weightlifters Marina Shainova and Nadezhda Evstyukhina have been sanctioned along with 4x400m runner Tatyana Firova. Russia had already lost their 2008 4x400m relay silver. The other three are weightlifters Tigran Martirosyan, Alexandru Dudoglo and Intigam Zairov. They hail from Armenia, Moldova and Azerbaijan respectively. See <http://www.bbc.com/sport/olympics/37235105>.
- The leaders of 17 National Anti-Doping Organizations (NADOs) met at their Extraordinary Summit in Copenhagen on Thursday, making a series of proposals to 'best serve the interests of clean athletes and restore confidence in the integrity of anti-doping decisions in international sport'. WADA will also hold the first in a series of multi-stakeholder Think Tank meetings on 20 September, the day before its traditional Executive Committee meeting – both that will generate other proposals. Additionally, WADA would expect that the Olympic Summit, which has been called by the IOC for 8 October, will generate further proposals. On 19 and 20 November respectively, all proposals will be reviewed by the Agency's Executive Committee and Foundation Board – both that are composed equally by representatives of government and the Olympic Movement, including athletes. Following the meetings, a roadmap will be drawn up that will set the direction for the future of the anti-doping movement. See <https://www.wada-ama.org/en/media/news/2016-08/wada-statement-regarding-nado-anti-doping-reform-proposals>.

Thursday 1 September

- Cuban discus thrower Yarelys Barrios has been stripped of her Olympic silver medal from the 2008 Beijing Games after failing a retroactive drug test, the International Olympic Committee (IOC) said on Thursday. Barrios, 33, and Qatari track and field athlete Samuel Adelebari Francis, 29, both tested positive for banned substances in tests originally taken at

Beijing 2008. Barrios tested positive for the diuretic and masking agent acetazolamide, and has now been ordered to return her medal. She also won bronze in London 2012. Nigeria-born Francis, who now represents Qatar, finished 16th in the 100m event. The former Asian 100m champion tested positive for the banned substance stanozolol. See <http://www.supersport.com/athletics/article.aspx?Id=3685584>.

Friday 2 September

- Australian gold-medal-winning cyclist Michael Gallagher will not compete at the Paralympics in Rio after it was revealed he tested positive to a banned blood booster. Gallagher, who won back-to-back golds in the individual pursuit at Beijing 2008 and London 2012, was handed a mandatory provisional suspension by Cycling Australia and the Australian Paralympic Committee (APC) after testing positive for erythropoietin (EPO). See <http://www.abc.net.au/news/2016-09-02/rio-2016-gold-medallist-michael-gallagher-paralympics-drugs-ban/7810264>.

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.

2016 Remaining International Dates

Sun 23 Oct, 2016 2016 Hong Kong MTR Racewalking Carnival, Hong Kong (10km)
See http://www.hkaaa.com/en/comp_details.php?id=78

Oct 26 -Nov 6, 2016 21st World Masters T&F Champs Stadia, Perth, Australia. See <http://www.perth2016.com>
Online entries close August 25th. No late entries accepted.

2016/2017 Australian/Victorian Key Dates

Sep 11 (Sun), 2016 Victorian 50km Championship, Middle Park
Oct 8 (Sat), 2016 AV Shield commences (Round 1), Melbourne
Nov 4-8, 2016 Victorian Schools T&F Championships, Albert Park
Dec 2-4, 2016 Australian Schools T&F Championships, Canberra, ACT
Dec 11 (Sun), 2016 Australian 50km Championship, Fawkner Park, Melbourne
Jan 26-28, 2017 Victorian Country Track & Field Championships, Casey Fields, Casey
Feb 19 (Sun), 2017 Australian 20km Summer Roadwalk Championships, Adelaide
Feb 24-26, 2017 Victorian Junior and Open Track & Field Championships (Weekend 1), Albert Park
Mar 3-5, 2017 Victorian Junior and Open Track & Field Championships (Weekend 2), Albert Park
Mar 7, 2017 Coburg 6 Hour Run/Walk Championships, Coburg, VIC
Mar 25-26, 2017 Victorian Masters Championships, Doncaster
Mar 26 - Apr 2, 2017 Australian Open and Junior T&F Champs, SOPAC, Sydney
Apr 22-23, 2017 Australian Centurions 24 Hour Championships, Coburg, VIC
Jun 9-12, 2017 Australian Masters T&F Championships, Darwin, NT
Jun 11, 2017 51st LBG Racewalking Carnival, Canberra, ACT

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
May 21, 2017 European Race Walking Cup, Podebrady, CZE
June 9-12, 2017 Australian Masters T&F Championships, Darwin
July 12-16, 2017 10th World Youth T&F Championships, Nairobi, Kenya – THIS IS THE FINAL EDITION
August 5-13, 2017 16th IAAF World Championships in Athletics, London, UK. See <http://www.london2017athletics.com/>.
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, TBA (It has been taken away from Cheboksary)
July 2018 16th World Junior T&F Championships, Tampere, Finland
TBA, 2018 22nd World Masters Athletics T&F Championships, Malaga, Spain
2019 17th IAAF World Championships in Athletics, Doha, Qatar
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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