



## FHEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club  
2015/2016 Number 50  
20 September 2016



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### WALKER OF THE WEEK

VRWC walker **Michelle Thompson** is my Walker of the Week for her fine walk in the annual 28 Heures de Roubaix which was held in France last weekend. Michelle, known for her many ultra distance walking feats here in Australia, decided to test herself out with a race in one of the European classics and she did it in fine style, finishing 10<sup>th</sup> overall and first woman with a distance of **198.647km**. The course was a very tough one with mud and cement sections in the lap around the Roubaix cycling velodrome. Well done Michelle – it's now time for some R&R.



**Michelle in action in Roubaix last weekend (photo Emmanuel Tardi)**

### WHAT'S COMING UP

- Now that our VRWC winter season is done and dusted, Victorian walkers have the chance for a good rest until AV Shield commences on **Saturday 8 October**. We will have our VRWC summer season fixture out soon but I believe that our first VRWC summer season races will be held at Middle Park on **Sunday 9 October**. Victorian walkers can check out the AV summer calendar at <http://athsvic.org.au/wp-content/uploads/Summer-Calendar-2016-17-3.pdf>.
- Looking further ahead, AA, AV and VRWC will be conducting a **Walk Judging Seminar on Saturday 10<sup>th</sup> 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](mailto:dilowden@virginbroadband.com.au))  
Registrations close with Diane on 25<sup>th</sup> November 2016

- And a further reminder that registrations are now open for our annual **VRWC Falls Creek Summer Racewalk Camp**. It will run from Friday 30<sup>th</sup> December 2016 to Thursday 12<sup>th</sup> January 2017. See <http://www.vrwc.org.au/vrwc-fallscreek.shtml> for further details.

We also have a few major events happening in the next week or so

- The **Australian University Games** will be held in Perth from **25-29 September**, with 5000m track championships for men and women to be held on Wednesday 28<sup>th</sup> September (see <http://www.australianuni-games.com.au/sports/athletics>)
- The 4<sup>th</sup> annual **Around Lake Taihu 4 Day Racewalk** will be held in China from **25-28 September** and I expect that a few of our top walkers will be in attendance. Dane Bird-Smith has come second in the last 2 editions and may be out to move one place higher in 2016.

#### QMA TRACK WALKS, QE2 STADIUM, BRISBANE, SATURDAY 17 SEPTEMBER

The Queensland Masters summer season competition returned to Brisbane on Sunday morning with 3000m track walk amongst the events on offer at the QEII stadium. The meet was well attended with 74 athletes in total, including 7 walkers. Well done to **Erika Woodward, Christiane Dauphinet** and **Peter Bennett** who broke QMA State records with their walks. Details as follows

##### Records

W50 Erika Woodward	16:24.97	prev Felicia Schmidt 16:28.10
W85 Christiane Dauphinet	24:16.19	previous Christiane Dauphinet 25:10.70
M60 Peter Bennett	14:31.38	prev Peter Bennett 14:45.61

##### Masters 3000m Walk

M45	1	Dean Nipperess	M45	GC & Sthrn	14:20.70	80.57%
M50	1	Ignacio Jimenez	M51	Brisbane	14:27.05	83.37%
W50	1	Erika Woodward	W50	Brisbane	16:24.97	79.50%
M60	1	Peter Bennett	M60	Brisbane	14:31.38	90.80%
M75	1	Patrick Sela	M77	GC & Sthrn	21:48.57	71.98%
M85	1	Russell Grigg	M89	Brisbane	33:19.29	54.92%
W85	1	Christiane Dauphinet	W85	Brisbane	24:16.19	87.16%

#### 7<sup>TH</sup> SPRINT TRIATHLON IN RACE WALKING, VEENENDAAL, NETHERLANDS, SATURDAY 10 SEPTEMBER

Thanks to Frank van Ravensberg for the following wonderful report and photos.

##### VERONICA BURKE AND RICK LIESTING WIN THE 7<sup>TH</sup> SPRINT TRIATHLON IN RACE WALKING

The 7<sup>th</sup> international sprint triathlon in race walking was won by Veronica Burke (Ireland) and Rick Liesting (the Netherlands). On Saturday the 10<sup>th</sup> of September, 34 walkers from 5 countries came to Veenendaal (the Netherlands) to start on one, two or all three distances: 3000m, 1000m and 1 mile on the track. The youngest participant, Marit van Bremen, was born in 2013 and the oldest participant, Bauke te Nijenhuis, was born in 1935. The 2016 edition was a hard one. It was clear and sunny and the temperature hit 27°C (in the shade of which there was none on the track).

Last year's winner Rob Tersteeg (NED) and last year's runner up Rick Liesting (NED) battled it out in the 3000m. Liesting started very fast at 16 km/h speed. After 2000m however Tersteeg overtook the lead and he won easily in 13.05,6. Liesting followed in 13.07,4. Remco de Bruin (NED), M50, was third in a fast 14.16,4. Tersteeg didn't defend his 2015 victory on the other distances, so the 39 year old Liesting could easily win the other two races with times of 4.09,8 (1000m) and 6.59,9 (1 mile). In two hours the race walker from Deventer set three personal bests. In the general classification (gc) Remco de Bruin came second and Peter Van Hove (BEL) was third. Places 4 to 8 were fiercely contested by walkers from Poland, Germany and the Netherlands with Polish walker Miroslaw Luniewski (M55) just making it ahead Hub Kaenen (NED), Boguslaw Seidel (POL), Udo Schaeffer (GER) and Wilfried van Bremen (NED).

After a second place in 2015 behind Agnieszka Dygacz (POL), Veronica Burke from Ireland took the overall honours in 2016. The 19 year old won with a big margin and brought home a second Irish victory after Kate Veale in 2012. In fact, the Dublin based walker would have been third in the men's competition. Two-time winner Liesbet De Smet (BEL) was second this time and Corina Riezebos (NED) made her debut with a third place.

The youth races were won by the Belgian Tristan Van Hove (boys) and Lola Gontier (girls). Local walker Tygo Hulsebos made a good impression with a second place behind Van Hove.

This year's race was special as it saw the participation of a number of visually disabled athletes. Two of them walked with a companion.

The teams race was won by a team that was put together for the occasion: Miroslaw Luniewski (POL), Udo Schaeffer (GER) and Tristan Van Hove (BEL).

At the price ceremony the prizes for combativeness went to the two Polish participants and the prizes for good walking style were given to two female beginners.

In the afternoon, a number of the walkers did a 10km endurance training walk in the hills near Prattenburg, on the Amerongse berg and along the Eenzame Eik (lonely oak). At 4:45PM they ended their race walking day which had started at 9.15AM with a coaching session/joint warm up.

**Senior Men Walk Triathlon (3000m, 1000m, 1 Mile)**

1.	Rick Liesting	1977	NED	13.074 (2) - 4.098 (1) - 6.599 (1)	771 points
2.	Remco de Bruin	1964	NED	14.164 (3) - 4.228 (2) - 7.316 (2)	828 p
3.	Peter Van Hove	1981	BEL	14.396 (4) - 4.508 (4) - 8.057 (3)	884 p
4.	Miroslaw Luniewski	1957	POL	15.336 (5) - 5.006 (6) - 8.191 (5)	921 p
5.	Hub Kaenen	1959	NED	16.483 (10) - 4.438 (3) - 8.184 (4)	929 p
6.	Boguslaw Seidel	1949	POL	15.562 (9) - 5.023 (7) - 8.222 (7)	933 p
7.	Udo Schaeffer	1950	GER	15.473 (6) - 5.084 (8) - 8.195 (6)	934 p
8.	Wilfried van Bremen	1987	NED	15.534 (7) - 4.576 (5) - 8.490 (8)	943 p
9.	Richard Christian Wiltsch	1964	GER	17.045 (11) - 5.233 (10) - 8.545 (9)	996 p
10.	Christophe Gontier	1976	BEL	17.042 (10) - 5.164 (9) - 9.506 (10)	1024 p
11.	Joost van der Plicht	1948	NED	20.155 (13) - 6.408 (12) - 10.518 (11)	1210 p
12.	Bauke te Nijenhuis	1935	NED	21.087 (14) - 6.554 (14) - 11.200 (13)	1260 p
13.	Jan de Vos	1954	NED	21.503 (15) - 6.475 (13) - 11.127 (12)	1261 p
14.	Rob Tersteeg	1976	NED	13.056 (1) - DNS - DNS	262 p (1 distance)

**Senior Women Walk Triathlon (3000m, 1000m, 1 Mile)**

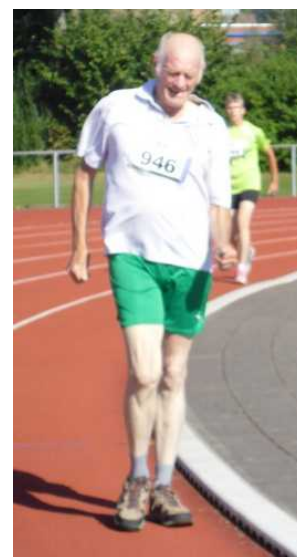
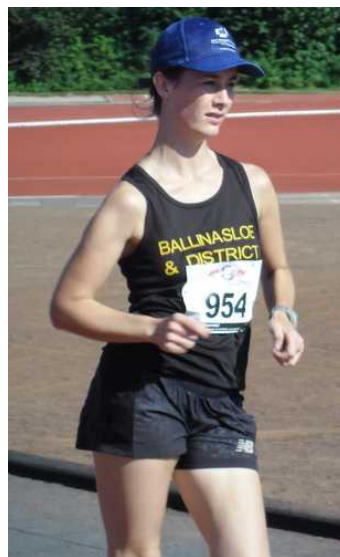
1.	Veronica Burke	1996	IER	14.278 (1) - 4.314 (1) - 7.432 (1)	848 p
2.	Liesbet De Smet	1982	BEL	17.188 (2) - 5.148 (2) - 9.497 (2)	1026 p
3.	Corina Riezebos	1965	NED	21.153 (4) - 7.145 (4) - 11.057 (3)	1272 p

**Junior Boys Walk Triathlon (3000m, 1000m)**

1.	Tristan Van Hove	2003	BEL	5.550 - 10.505	759 p
2.	Tygo Hulsebos	2005	NED	6.548 - 12.208	874 p
3.	Robbin de Bruin	2011	NED	8.140 - 14.191	1028 p

**Junior Girls Walk Triathlon (3000m, 1000m)**

1.	Lola Gontier	2003	BEL	21.266 - 6.341	824 p
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**Left: Rick Liesting leads Rob Tersteeg and Remco de Bruin in the 3000m  
Middle: Veronica Burke  
Right: oldest participant 80 year old Bauke te Nijenhuis**





**Start of the 1 Mile walk heat 1**



**Start of the first heat of the 1000m with Lola Gontier (940), Tygo Hulzebos (973), Tristan Van Hove (972) and youngest competitor Marit van Bremen (953)**



**Podiums: Liesbet De Smet, Veronica Burke, Corina Riezebos, Remco de Bruin, Rick Liesting and Peter Van Hove**

## ROUBAIX 28 HOURS WALK, ROUBAIX, FRANCE, 17-18 SEPTEMBER

On Saturday Emmanuel Tardi was in Roubaix for the traditional 28 Heures de Roubaix. The organizers had to change the circuit at the last week due to security issues and the main 1.982km lap was held around the historic Roubaix cycling velodrome in the Parc des Sports. The start was at 11am on Saturday and the finish was at 3pm on Sunday. There was 40 starters including Australian Michelle Thompson.

The course was a tough one. The velodrome section saw competitors walking on clay, like the surface of the old athletics tracks. As one part of the velodrome was very wet, walkers were forced to walk on the thin cement rim adjacent to the inclined bicycle track surface to avoid the mud. Walkers also had to walk down onto the velodrome interior and then walk up out of the velodrome each lap. The lap also included 3 180 degree turns, as well as a variety of walking surfaces, adding to the complexity. Consequently, most walkers were down on projected times as they struggled to maintain their rhythm and pace.



**Left: Negotiating the thin cement velodrome strip to avoid the muddy interior  
Right: up the incline to leave the velodrome interior**

In the men's event, the early leaders were **Dmitryi Osipov, Eddy Roze, Aleksei Kondratenko** and **Zoltan Czukor** but Czukor was stopped for 20 minutes by judges for 3 red cards after the first 3 hours. Roze stopped after 10 hours and Kondratenko slowed down when the night arrived. **Christophe Laborie** and **Yves-michel Kerlau** were 5<sup>th</sup> and 9<sup>th</sup> in the early part of the race but slowly climbed up the order as others walkers stopped or slowed down, eventually finished on the podium behind winner Ossipov who walked 223.907km. His splits read impressively: 100km in 11:08:49, 100 miles in 19:02:38, 198.448km in 24 hours and 223.907km in 28 hours.

In the women's event, it was a 'one woman show' for Australian walker **Michelle Thompson**. She walked 51,5km in her first 6 hours, took 12:24:48 for 100km and then finally slowed as the night arrived, reaching the 100 mile mark in 21:49:53 and clocking 175.904km in the first 24 hours. Overall finished 10<sup>th</sup> overall with a distance of 198.647km for the full 28 hours. She had looked set to better 200km but could only manage 23km in the final 4 hours (10km in the last 2 hours) as the fatigue factor took its toll. Such is the nature of this sort of super-endurance event.

1.	OSSIPOV Dmitryi	Indiv St-petersbourg	223 907km	28:00:00	7.997 km/h	VEH	1
2.	LABORIE Christophe	Essonne Athletic*	217 440km	28:00:00	7.766 km/h	VEH	2
3.	KERLAU Yves-michel	Cm Roubaix	213 466km	28:00:00	7.624 km/h	VEH	3
4.	VANDERCOILDEN David	Cm Roubaix	210 531km	28:00:00	7.519 km/h	VEH	4
5.	VAN DER GULIK Franck	Svlat Amsterdam	207 708km	28:00:00	7.418 km/h	VEH	5
6.	CZUKOR Zoltan		206 069km	28:00:00	7.360 km/h	VEH	6
7.	MAJETIC Ivo		205 323km	28:00:00	7.333 km/h	VEH	7
8.	VARAIN Cedric	Ac Chateau Thierry	204 678km	28:00:00	7.310 km/h	SEH	1
9.	VAN CAUWENBERGHE Cedric	Rc Gent	202 102km	28:00:00	7.218 km/h	VEH	8
10.	<b>THOMPSON Michelle</b>	<b>Race Walking Victoria</b>	<b>198 647km</b>	<b>28:00:00</b>	<b>7.095 km/h</b>	<b>VEF</b>	<b>1</b>
11.	KONDRATENKO Aleksei	Indiv St-petersbourg	191 065km	28:00:00	6.824 km/h	VEH	9
12.	TILL Jacques	Waco	187 710km	28:00:00	6.704 km/h	VEH	10
13.	COULOMBEL Pierre	Cm Roubaix	187 589km	28:00:00	6.700 km/h	VEH	11
14.	MASSON Pascal	Cm Roubaix	186 927km	28:00:00	6.676 km/h	VEH	12



15.	DAVID Christine	Essonne Athletic*	183 874km	28:00:00	6.567 km/h	VEF	2
16.	KAZANTSEV Vladimir	Indiv Minsk	179 912km	28:00:00	6.425 km/h	VEH	13
17.	PICOT Gerard	Rando Monfermeil	177 350km	28:00:00	6.334 km/h	VEH	14
18.	SEYNAEVE Serge	Cm Roubaix	176 154km	28:00:00	6.291 km/h	VEH	15
19.	MIROSHNICHENKO Vera	Indiv St-petersbourg	173 228km	28:00:00	6.187 km/h	VEF	3
20.	YVERT Louis	Ea Mondeville Herouville*	172 408km	28:00:00	6.157 km/h	VEH	16
21.	BIZARD Claudie	Thiais Ac	171 115km	28:00:00	6.111 km/h	VEF	4
22.	TARASEVICH Alexandre	Indiv Minsk	169 978km	28:00:00	6.071 km/h	VEH	17
23.	LOUGRADA Saadi	Cm Roubaix	169 831km	28:00:00	6.065 km/h	VEH	18
24.	KONING Johan	Svlat Amsterdam	164 654km	28:00:00	5.881 km/h	VEH	19
25.	BOVIN Laurent	A Marcheurs St Thibault Des	164 650km	28:00:00	5.880 km/h	VEH	20
26.	GUYOMARCH Jean-pierre	Evreux Ac *	158 537km	28:00:00	5.662 km/h	VEH	21
27.	GRADOS Stephane	Cm Roubaix	148 929km	28:00:00	5.319 km/h	VEH	22
28.	DE MARCILLAC Bertrand	Ca Montreuil 93	148 798km	28:00:00	5.314 km/h	VEH	23
29.	BERTHAULT-KORZHYK Annie	Indre Ac *	137 987km	28:00:00	4.928 km/h	VEF	5
30.	RASSAIND Andre	Ea Centre Isere*	136 710km	28:00:00	4.883 km/h	VEH	24
31.	EMONIERE Philippe	Cosm Arcueil	136 463km	28:00:00	4.874 km/h	VEH	25
32.	SALOMEZ Benedicte	Neuilly Sur Marne Athletisme	134 532km	28:00:00	4.805 km/h	VEF	6
33.	ARNAULT Jacques	Neuilly Sur Marne Athletisme	133 297km	28:00:00	4.761 km/h	VEH	26
34.	ROZE Eddy	Amiens Uc	95 136km	12:36:04	7.550 km/h	VEH	27
35.	MARIOLU Mickael	Rac Louvienois	83 865km	28:00:00	2.995 km/h	VEH	28
36.	MAGNIER Joel	Cm Roubaix	79 280km	11:32:55	6.865 km/h	VEH	29
37.	ARNAULT Francoise	Neuilly Sur Marne Athletisme	71 352km	10:46:36	6.621 km/h	VEF	7
38.	PSUTKA Roman	Bk Carpatice	67 388km	10:37:51	6.339 km/h	VEH	30
39.	MORVAN Nicole		51 532km	10:36:30	4.858 km/h	VEF	8
40.	LOUKKAD Karim	Club Athletique Quevillais Co	23 784km	10:45:37	2.210 km/h	VEH	31

Nice article on winner Dmitryi Ossimov – 50 years of age but showing no signs of slowing as he wins his 8<sup>th</sup> Roubaix classic. See <http://www.lavoixdunord.fr/46700/article/2016-09-18/dmitriy-ossipov-ce-grand-huit-dans-le-beau-manege-du-velodrome-de-roubaix>. And an article on 4<sup>th</sup> placed David Vandercoilden – <http://www.nordeclair.fr/sports/david-vandercoilden-a-cesse-de-fumer-pour-faire-chauffer-ia0b0n1261363>.



**Male placegetters Dmitryi Ossipov, Christophe Laborie and Yves-michel Kerlau**



Female place getters Michelle Thompson, Christine David and Vera Miroshnichenko (photos Emmanuel Tardi)

More photos at [https://www.facebook.com/emmanuel.tardi/media\\_set?set=a.10209159141209779.1073741905.1657411914&type=3](https://www.facebook.com/emmanuel.tardi/media_set?set=a.10209159141209779.1073741905.1657411914&type=3)

**2016 USATF 10K RACE WALK CHAMPIONSHIPS, HAUPPAUGE, NY, SUNDAY 18 SEPTEMBER**

The USA 10km Walk Championships were held last Sunday on a 1km circuit in Hauppauge, NY. Wins to **Maria Michta-Coffey** (49:45) and the evergreen **Dave McGovern** (57:16).

**Senior Men 10km**

1.	Maria Michta-Coffey	30	WalkUSA/Oiselle	49:45
2.	Maria Garcia	18	Park Race Walkers	1:08:52
3.	Lucy Vayo	15	Park Race Walkers	1:15:04

**Senior Women 10km**

1.	David McGovern	51	World Class Race Walkers	57:16
2.	Alexander Price	34	WalkUSA	58:18
3.	Paul DeMeester	56	unattached, CA	1:01:40
4.	Vyacheslav Troskin	68	Park Race Walkers-Guest (Russia)	1:02:11
5.	Bill Vayo	52	Park Race Walkers	1:04:14
6.	Byron Kaelin	57	World Class Race Walkers	?
7.	Michael Korol	58	World Class Race Walkers	1:09:19
8.	Marty Fox	62	WalkUSA	1:11:56

**MARCHES DES 3 VILLES. EU, FRANCE, SUNDAY 18 SEPTEMBER**

Emmanuel Tardi was in the seaside city of Eu in France on Sunday for one of the most popular racewalking fixtures of the year, with 248 finishers in the 15km walk and many hundreds more in the various run categories. The 15km walk was held over one long lap, with a number of small hills. Victories to French Olympian **Kevin Champion** and **Christelle Vaque**.

**Les 3 Villes Soeurs 15km Walk (first 20)**

1.	CAMPION Kévin	FRA	88	1:10:17
2.	DESJARDINS Florian	FRA	94	1:15:00
3.	LEBLOND Cyrille	FRA	73	1:18:43
4.	DELAUNAY Fabrice	FRA	69	1:19:36
5.	JOUAN Christelle (F)	FRA	75	1:23:25
6.	LAVOINE Gilles	FRA	61	1:27:48
7.	FROMENTIN Nathalie (F)	FRA	70	1:30:49
8.	BOUFFARD Philippe	FRA	57	1:31:00
9.	GROUT Rémi	FRA	61	1:35:37
10.	STEUX Laurence (F)	FRA	63	1:36:05
11.	VASSARD Christian	FRA	47	1:36:27

12.	WALMACQ Henri	FRA	63	1:36:39
13.	DAGICOUR Gérard	FRA	51	1:37:02
14.	DELAYRE Bernard	FRA	47	1:37:45
15.	COMONT Sylvie (F)	FRA	68	1:37:47
16.	MAGNIER Roger	FRA	51	1:39:08
17.	GRAIN Hervé	FRA	66	1:39:40
18.	SEIGNEUR Jean Michel	FRA	61	1:40:18
19.	BALLESTRA Joffrey	FRA	99	1:42:09
20.	LAPERDRIX Stephane	FRA	64	1:42:10

For the record, Emmanuel was 38<sup>th</sup> with a time of 1:47:21.



Left: Start line

Right: Emmanuel caps off a big weekend with a walk in Eu

**NORDIC INTERNATIONAL, FREDRIKSTAD, NORWAY, SATURDAY 17 SEPTEMBER**

**Anders Hansson** won the men's 20 km with a 2 min PB time of 1:25:52 (previous 1:28:06 PB 2015) while **Elisa Neuvonen** won the women's 10km with 48.23.39 at the annual Nordic International in Fredrikstad in Norway. Overall, Finland won the meet ahead of Sweden and Norway.

**Men Open 20km**

1.	Anders Hansson	Sweden	1.25.51.22
2.	Remo Kalström	Sweden	1.34.24.53
3.	Timo Viljanen	Finland	1.38.55.54
	Eemeli Kiiski	Finland	DQ

**Women Open 10km**

1.	Elisa Neuvonen	Finland	48.23.39
2.	Hele Haapaniemi	Finland	48.50.62
3.	Ellinor Hogrell	Sweden	57.15.77
4.	Helena Sandmer	Sweden	57.35.67

**Men U23 20km**

1.	Elmo Koivunen	Finland	1.27.14.37
2.	Fredrik Vaeng Røtnes	Norway	1.28.17.69
3.	Fredrik Sandmer	Sweden	1.46.48.20
	Artturi Oila	Finland	DQ

**W U23 10km**

1.	Tiia Kuikka	Finland	53.51.97
2.	Venla Laiho	Finland	54.26.48
3.	Josefin Greiff	Norway	1.00.21.14
4.	Julia Ibrahim	Sweden	1.03.29.12

**Men U20 10km**

1.	Jere Niemi	Finland	51.37.60
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**Women U20 5km**

1.	Enni Nurmi	Finland	22.40.53
2.	Elina Heikkinen	Finland	25.05.97
3.	Fride Møller Flatin	Norway	27.13.50
4.	Jessica Ibrahim	Sweden	32.22.10

**Boys U18 5km**

1.	Tobias Lømo	Norway	24.59.14
2.	Jaakko Määttänen	Finland	23.35.72
3.	Joni Hava	Finland	21.57.37

**Girls U18 5km**

1.	Anniina Kivimäki	Finland	25.20.36
2.	Riina Perkiö	Finland	25.29.65
3.	Vilde Lundin	Norway	26.58.86
4.	Lisa Måren Løseth	Norway	27.39.35
5.	Emma Isaksson	Sweden	28.30.65

**Boys U14 2km**

1.	Fredrikke Skahjem	Fredrikstad	11.42.32
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**Veterans 5km**

M40	1	Terje Michael	Bjørndal Askim	26.41.04
	2	Arne Johan Martinsen	Fredrikstad	23.58.12

**Veterans 3km**

M70	1	Torkjell Spigseth	Sarpsborg	17.43.94
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**LUBLIN INTERNATIONAL RACEWALK CHAMPS, LUBLIN, POLAND, SATURDAY 17 SEPTEMBER**

Last Saturday saw the Lublin International Racewalk Champs which also incorporated the annual Polish Veterans Championships in Lublin, Poland. See full results, including 1km splits, at <http://www.domtel-sport.pl/insidethecode/files/7564-pl.pdf>. Lithuanians **Marius Ziukas** (41:44) and **Brigita Virbalyte-Dimsiene** (46:11) took overall line honours in the men's and women's divisions.

**10km Walk**

1.	ZIUKAS Marius	1985	LTU	41:44
2.	BRZozowski Artur	1985	POL	42:33
3.	AUGUSTYN Rafal	1984	POL	42:55
4.	FEDACZYNSKI Rafal	1980	POL	43:33
5.	JELONEK Jakub	1985	POL	44:46
6.	NIEDZIALEK Lukasz	2000	POL	45:53
7.	ROSIEWICZ Maciej	1977	POL	46:08
8.	VIRBALYTE - DIMSIENE Brigita (F)	1985	LTU	46:11
9.	CHOJECKI Daniel	1995	POL	48:05
10.	CYNGOT Jacek	1996	POL	48:36
11.	KLAWIKOWSKI Damian	1996	POL	49:42
12.	GRINHOLC Grzegorz	1977	POL	49:54
13.	KAVALIAUSKAITE Austeja (F)	2000	LTU	52:21
14.	MADRA Julia (F)	2000	POL	52:55
15.	BARANOWSKI Michal	1998	POL	53:24
16.	JACHER Piotr	1998	POL	53:43
17.	JACHER Malgorzata (F)	1997	POL	54:01
18.	TARA Sebastian	1997	POL	54:39
19.	LUNIEWSKI Miroslaw	1957	POL	54:58
20.	RAS Wiktoria (F)	2000	POL	55:29
21.	MALECKI Waldemar	1958	POL	57:46
22.	PRZESTRZELSKA Kornelia (F)	1998	POL	57:59
23.	GLOMB Sonia (F)	1998	POL	58:18
24.	LOREK Antonina (F)	1995	POL	58:38
25.	GOLAWSKI Janusz	1966	POL	58:51
26.	KWITA Zbigniew	1959	POL	59:45
27.	HARASINSKI Ryszard	1956	POL	61:35
28.	BARTKOWSKI Jan	1961	POL	60:20

**ESAA ENGLISH SCHOOLS WALK CHAMPIONSHIPS, EXETER ARENA, EXETER, SATURDAY 17 SEPTEMBER**

The English Schools Walks Championships were held last Saturday in Exeter, with Senior, Inter and Junior divisions. Best walk performances to **Tom Partington** (5000m in 22:42.77) and **Chris Snook** (5000m in 22:31.62).

**Senior Boys 5000m**

1.	Tom Partington	Merseyside/Isle of Man	22:42.77
2.	Luc Legon	Kent	23:54.38
3.	Tim Snook	Hampshire	24:21.77

**Senior Girls 5000m**

1.	Sophie Lewis Ward	London	26:29.28
2.	Emily Ghose	Kent	27:42.53
3.	Indigo Burgin	London	35:09.72

**Inter Boys 5000m**

1.	Chris Snook	Surrey	22:31.62
2.	Marshall Smith	Kent	26:57.27
3.	Ollie Hopkins	Sussex	27:28.65
4.	Herb Elliott	Somerset	36:07.73
5.	George Clay	Somerset	36:23.94

6. Jacob Knight Somerset 39:14.56

#### Inter Girls 3000m

1. Ana Garcia South Yorkshire 15:32.95  
2. Pagen Spooner North Yorkshire 16:08.79  
3. Evie Butcher London 16:37.67  
4. Abigail Jennings Surrey 16:39.20  
5. Jacqueline Benson Kent 19:58.10

#### Junior Boys 3000m

1. Stephen Waddigton Merseyside/Isle of Man 16:23.75  
2. Jack Childs Kent 16:23.78  
3. George Wilkinson Suffolk 16:42.73  
4. Matthew Cran Kent 17:53.40  
5. Nick Hart Hampshire 19:02.91  
6. Louie Chiswell Somerset 24:06.70

#### Junior Girls 3000m

1. Lucy Lewis Ward London 16:42.5  
2. Alice Bellando Merseyside/Isle of Man 17:30.9  
3. Isabelle Bridge Kent 17:36.8  
4. Beatrice Fury Kent 17:40.6  
5. Maddie George Wiltshire 18:01.9  
6. Molly Meleady-Hanley Derbyshire 18:35.1

### BARI, ITALY, THURSDAY 15 SEPTEMBER

Finally to Italy for a walks meet in Bari which saw **Frderico Tontodonati** walking 5000m in a very fast 19:51.82.

#### Men 5000m Race Walk

1. Federico TONTODONATI ITA 89 19:51.82  
2. Nicolas FANELLI ITA 99 22:52.02  
3. Alfonso ALBERGA ITA 99 23:28.77  
4. Alessandro PERRONE ITA 00 23:57.75  
5. Francesco CECERE ITA 00 24:17.59  
6. Giuseppe SERRONE ITA 98 25:27.65

#### Women 5000m Race Walk

1. Tatyana GABELLONE ITA 84 23:30.88  
2. Alessandra LENTINI ITA 00 25:57.79  
3. Alessia MASTRONICOLA ITA 00 27:43.95  
4. Maria Teresa VULPIS ITA 99 28:15.81

#### Women 3000m Race Walk

1. Ida MASTRANGELO ITA 01 14:39.49  
2. Cristina TAGLIENTE ITA 01 15:19.82

### MARCIADALMONDO AND OMARCHADOR ROUNDUP

Marciadalmondo had 3 press releases this week

- Sun 18 Sep - 40th anniversary of the 1976 IAAF 50km championship in Malmo, Sweden  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2556](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2556)
- Wed 14 Sep - Updates to Marciadalmondo history section post-Rio  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2555](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2555)
- Tue 13 Sep - Italian coach Pietro Pastorini to coach Ethiopians  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2554](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2554)

and Omarchador had 7 press releases.

- Mon 19 Sep - Portuguese winter walks  
<http://omarchador.blogspot.com.au/2016/09/marchadores-preparam-se-para-as.html>

- Sun 18 Sep - 40th anniversary of IAAF 50km in Malmo, Sweden  
<http://omarchador.blogspot.com.au/2016/09/mundial-de-50-km-marcha-de-malmo-foi-ha.html>
- Sat 17 Sep - Veronica Burke and Rick Liesting win Racewalk Sprint Triathlon in Netherlands  
<http://omarchador.blogspot.com.au/2016/09/veronica-burke-e-rick-liesting-vencem-7.html>
- Fri 16 Sep - Results of Swedish Veterans Championships in Kalhyttan-Filipstad  
<http://omarchador.blogspot.com.au/2016/09/campeonatos-suecos-de-veteranos-em.html>
- Thu 15 Sep - Results of 5th leg of Troféu Fulvio Villa in Valmontone, Italy  
<http://omarchador.blogspot.com.au/2016/09/valmontone-acolheu-prova-de-marcha-do.html>
- Wed 14 Sep - Italian coach Pietro Pastorini to coach Ethiopians  
<http://omarchador.blogspot.com.au/2016/09/pastorini-quer-equipa-etiope-forte-nos.html>
- Tue 13 Sep - David Kuster sets French U18 10,000m walk record in Bar le Duc  
<http://omarchador.blogspot.com.au/2016/09/kuster-bate-recorde-de-franca-sub-18-em.html>

### OLYMPIC DOUBLES

Have you been wondering how the Olympic doubles worked out – ie how did walkers who started in both 20km and 50km fare in Rio. Thanks to Evan Dunfee who published this short summary of how it all worked out. Only 3 managed to finish both events – **Caio Bonfin** was best with 4<sup>th</sup>/9<sup>th</sup>, **Evan Dunfee** was next with 10<sup>th</sup>/4<sup>th</sup> and **Alexandros Papamikhail** was next with 20<sup>th</sup>/28<sup>th</sup>. The other 9 did not complete both events.

Pl.	Athlete / Team	Cnt.	Birth	Result	Score	Column1
46	Alex WRIGHT	IRL	90	1:25:25	1091	
-	Alex WRIGHT	IRL	90	DNF		
20	Alexandros PAPAMIK	GRE	88	1:21:55	1159	
28	Alexandros PAPAMIK	GRE	88	3:59:21	1107 SB	
-	Andres CHOCHO	ECU	83	DQ		
-	Andres CHOCHO	ECU	83	DQ		
4	Caio Oliveira DE SENA	BRA	91	1:19:42	1203 PB	
9	Caio Oliveira DE SENA	BRA	91	3:47:02	1180 PB	
10	Evan DUNFEE	CAN	90	1:20:49	1181	
4	Evan DUNFEE	CAN	90	3:41:38	1213 PB	
18	Hagen POHLE	GER	92	1:21:44	1163	
-	Hagen POHLE	GER	92	DNF		
17	Hyun-Sub KIM	KOR	85	1:21:44	1163 SB	
-	Hyun-Sub KIM	KOR	85	DNF		
35	Ihor HLAVAN	UKR	90	1:23:32	1128	
-	Ihor HLAVAN	UKR	90	DNF		
31	Joao VIEIRA	POR	76	1:23:03	1137	
-	Joao VIEIRA	POR	76	DNF		
8	Matteo GIUPPONI	ITA	88	1:20:27	1188 PB	
-	Matteo GIUPPONI	ITA	88	DNF		
11	Miguel Angel LOPEZ	ESP	88	1:20:58	1178	
-	Miguel Angel LOPEZ	ESP	88	DNF		
-	Quentin REW	NZL	84	DQ		
12	Quentin REW	NZL	84	3:49:32	1165 SB	

Polish great Robert Korzenioski made it look easy in the 2000 Olympics in Sydney when he won both the 20km and 50km but it is in fact an extremely tough double to attempt. Evan has also done some good detective work to work out the best efforts in the last 2 Olympic cycles (2008-2016). It is no surprise to see that Jared Tallent dominates the table with the top 3 doubles, done in the 2008 Olympics in Beijing, the 2012 Olympics in London and the 2009 World Champs in Berlin.



Rank	Name	Event	Score
1	Jared Tallent	Beijing Olympics	5
2	Jared Tallent	London Olympics	8
3	Jared Tallent	Berlin Worlds	11
4	Robert Heffernan	London Olympics	12
5	Caio Bonfim	Rio Olympics	13
5	Alex Schwazer	Osaka Worlds	13
5	Eric Tysse	Osaka Worlds	13
8	Evan Dunfee	Rio Olympics	14
9	Luke Adams	London Olympics	16
9	Jefferson Perez	Athens Olympics	16

The moral of the story – it is almost impossible to train successfully for this double. Your performance in one or other of the 2 events will be compromised. It takes a special walker to do well in both events in the one meet.

#### OUT AND ABOUT

- A number of walkers were in action in the annual City to Sea sunrun in Adelaide on Sunday and the ABC news website captured 2 of them in their general action shot from the event – see 2016 Olympian Tanya Holliday and 2012 Olympian Claire Tallent in action in the 12km event at <http://www.abc.net.au/news/2016-09-18/city-to-bay/7855856?section=sport>.

I believe that the men's walk podium went to Jared Tallent, Darren Bown and Kim Mottrom while the women's walk podium went to Tanya Holliday, Claire Tallent and Kristie Goznik.



**Tanya Holliday and Claire Tallent captured by the camera in Sunday's City to Sea in Adelaide**

- A fantastic article by sports journalist and IAAF web editor Jon Mulkeen with the final instalment of his 4 part Rio blog. This time around he focuses on his personal highlight of the 2016 Olympic Games: "*Had someone told me four years ago that my highlight of the 2016 Olympics would be a race-walking event, I'd have laughed in their face.*" Read about the drama of the 50km walk at <http://www.jonmulkeen.com/blog/athletics/rio-redux-part-four/>.
- Andi Drake's National Centre for Racewalking Foundation in Leeds is getting more and more of their top walkers joining it - see the 2017 list at <https://sites.google.com/site/racewalkingfoundation/home/what-we-do>. No wonder GBR is on the rise in our sport of racewalking. What you might not know is that Andi came over for Brent Vallance's summer AIS camps on a number of occasions, bringing English walkers with him and absorbing as much of our setup as he could. Now UK has its own walks centre of excellence and we have disbanded ours. Go figure!
- Canada's Ben Thorne is interviewed on the IAAF website: <https://www.iaaf.org/news/series/ben-thorne-race-walk-canada>.

## SOME FINAL OLYMPIC PHOTOS

Ok, it's a bit quiet this week so a final few Olympic photos, compliments of Jeff Salvage. You can see these and many more from all 3 walks in Jeff's Olympic photo stories at <http://racewalk.com/PhotoStory2016Olympics/OlympicCoverage.php>. Scroll a bit further down and you will see the many other amazing things Jeff has on his site, including DVD versions of his *Race Walk Clinic* and *Race Walk Like a Champion* book. Talk about a man with quite a few projects on the go! Visit <http://www.JeffSalvage.com> to link to:

- **One Dress, One Woman, One World** - the craziest wedding dress photo project ever.
- **Great Treks** - Information on some of the best treks in the world.
- **RaceWalk.Com** - Information on race walking for all levels.
- **Decibly** - Giving bands direct access to fans with powerful mobile application technology.
- **Drexel Computer Science Department**
- **Ditching gas** - My Tesla Story
- **Two Feet Gallery** - Jeff's photo web site.
- **Walking Resource**- A site dedicated to walking in all forms.
- **Red State Blue State Stats** - A site dedicated to the truth about the statistics related to states and political affiliations.



Regan |Lamble, Rachel Tallent and Jared Tallent in action in Rio



Chris Erickson, Evan Dunfee and the amazing Jesus Garcia in action in Rio

## TIM'S HALL OF FAME – TWO NEW ENTRIES

Australian racewalking has always produced more than its fair share of champions and many of them have excelled on the world stage. But a Hall of Fame is something special - it exists to recognize the best of the best. As such, it should be an elite subset of our international walkers and should highlight those whose contribution stands out against all others.

Unfortunately, no such official recognition exists. Athletics Australia does have its own Hall of Fame but it lists only 15 recipients, none of them walkers. Hence some years ago, I did my own review and put together my own Australian Racewalking Hall of Fame. Yes, it is completely subjective but, in the lack of anything more official, it is a start.

This week I have added two further entries in **Dane Bird-Smith** and **Regan Lamble**. You can check out the complete listing at [http://www.racewalkaustralia.com/Hall\\_of\\_fame.asp](http://www.racewalkaustralia.com/Hall_of_fame.asp). And here are the names on which that web page elaborates.

George Parker  
Ted Allsopp  
Don Keane  
Ron Crawford  
Noel Freeman  
Bob Gardiner  
Willi Sawall  
David Smith  
Michael Harvey  
Simon Baker  
Andrew Jachno  
Nick A'Hern  
Duane Cousins  
Dion Russell  
Nathan Deakes  
Luke Adams  
Jared Tallent  
Chris Erickson  
Dane Bird-Smith

Sue Cook  
Sally Pierson  
Lorraine Jachno  
Kerry Saxby-Junna  
Jane Saville  
Claire Tallent  
Regan Lamble

## VRWC COMMITTEE NEWS

Publishing this notice on behalf of the VRWC committee: Calling all treasurers!

### VICTORIAN RACE WALKING CLUB POSITION VACANT – TREASURER

Ralph Bennett is stepping down from the VRWC Treasurer's post as of the Annual General Meeting in November. Nominations for the position will be called next month.

We invite all interested members to consider applying for - or nominate someone for - this vitally important post, which will admit the successful candidate to a place on the VRWC executive.

Duties include:

- keeping accurate records of all Club income (through race fees, grants, membership fees, canteen and merchandise sales, bank interest etc.);
- authorizing and overseeing all expenditure, and keeping accurate records of same;
- being in charge of the Club's bank accounts and making payments as required;
- preparing a monthly report for the VRWC committee of all financial incomings and outgoings, and tabling this report at committee meetings;
- preparing all documentation as legally required for the purposes of annual auditing;
- preparing and tabling a report for the Annual General Meeting in November.

These are regular and ongoing duties which are needed to keep any club functioning. If they appear daunting at first, please be assured that Ralph and other senior Club members will be on hand to assist with advice at any time.

If you have an interest in, or experience with, financial matters, please contact Ralph Bennett ([treasurer@vrwc.org.au](mailto:treasurer@vrwc.org.au)), Stu Cooper ([President@vrwc.org.au](mailto:President@vrwc.org.au)) or Terry Swan ([secretary@vrwc.org.au](mailto:secretary@vrwc.org.au)).

Stu Cooper, President, VRWC



## 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

Sept 25-28, 2016	Around Lake Taihu 4 Day Racewalk, China
Sun 23 Oct, 2016	2016 Hong Kong MTR Racewalking Carnival, Hong Kong (10km) See <a href="http://www.hkaaa.com/en/comp_details.php?id=78">http://www.hkaaa.com/en/comp_details.php?id=78</a> )
Oct 26 -Nov 6, 2016	21 <sup>st</sup> World Masters T&F Champs Stadia, Perth, Australia. See <a href="http://www.perth2016.com">http://www.perth2016.com</a> Online entries close August 25 <sup>th</sup> . No late entries accepted.

### 2016/2017 Australian/Victorian Key Dates

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	51 <sup>st</sup> LBG Racewalking Carnival, Canberra, ACT

### 2017 International Dates

Mar 18-25, 2017	World Masters Athletics Indoor Championships, Daegu South Korea
April 8, 2017	Podebrady Race Walk Meet, CZE. See <a href="http://www.podebrady-walking.cz/en/">http://www.podebrady-walking.cz/en/</a>
April 21-30, 2017	World Masters Games 2017, Auckland, NZ. See <a href="http://www.worldmastersgames2017.co.nz">www.worldmastersgames2017.co.nz</a>
April 23, 2017	Naumburg Racewalking Carnival, GER
May 21, 2017	European Race Walking Cup, Podebrady, CZE
July 12-16, 2017	10 <sup>th</sup> World Youth T&F Championships, Nairobi, Kenya – THIS IS THE FINAL EDITION
August 5-13, 2017	16 <sup>th</sup> IAAF World Championships in Athletics, London, UK. See <a href="http://www.london2017athletics.com/">http://www.london2017athletics.com/</a> .
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 <a href="http://www.gc2018.com">http://www.gc2018.com</a>
May 2018	28 <sup>th</sup> IAAF World Race Walking Team Championships, TBA (It has been taken away from Cheboksary)
July 2018	16 <sup>th</sup> World Junior T&F Championships, Tampere, Finland
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	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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Copies of recent newsletters are kept on the VRWC website (<http://www.vrwc.org.au>)