



## FHEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club  
2016/2017 Number 02  
11 October 2016



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### WALKER OF THE WEEK

16 year old Queensland walker **Katie Hayward** walked a superb 5000m time of **22:23.87** on the Gold Coast on Saturday. It was a 32 sec PB and must have been a State Record. But more importantly, it is a very significant performance, given that next July sees the 10<sup>th</sup> World Youth T&F Championships in Niarobi, Kenya.

I think that this time may well propel her to the top of the World U18 ranking lists overall; it certainly places her well clear of the local opposition. It's still a long way away but she certainly looks the goods at this stage.

How a young girl took on one of athletics most unusual and demanding disciplines came about by chance.

"I went to the Gold Coast Little Athletics one day and there was a 1100m race walk on. I didn't know there was a sport like that but I jumped in and I won it. I was 10 years old at the time and I had a cross-country background. It's different and something I like to do because I have met a lot of good people through it."

Well done Katie and well done to her Gold Coast coach Steve Langley!



**Katie Hayward** (photo <http://www.goldcoastbulletin.com.au/>)

### WHAT'S COMING UP

- **Athletics Victoria Shield** continues next **Saturday 17 October**. As per the AV website, venues for this week are as shown below. Walks this week are 5000m and 3000m.
  - Blue Zone, Casey Fields, Cranbourne East
  - Red Zone, Tom Kelly Reserve, Doncaster
  - Yellow Zone, Newport Park Athletics Facility, Williamstown
  - White Zone, Bill Sewart Athletics Track, East Burwood

- Ballarat Zone, Llanberris Reserve, Ballarat
- Geelong Zone, Landy Field, Geelong
- Bendigo Zone, La Trobe University Track, Bendigo

It's a bit different this year in that competitors should now pre-enter events via the AV website – check it out at <https://members.athsvic.org.au/events/zone-competition/?id=6301f220-5684-e611-80d0-00155d4b8387>. This and lots more info on the AV website. Victorian walkers can check out the full 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 10<sup>th</sup> 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

- 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 already have 13 of our 24 available places booked so don't leave it too much longer.

### AV SHIELD ROUND 1, AROUND VICTORIA, SATURDAY 8 OCTOBER

I'll start off with the latest walk results from Victoria. First to the Athletics Victoria Shield season which kicked off on Saturday with all 7 of our Victorian regions in action. The weather was good and the overall numbers of walkers (just on 100) was a good start. Numbers will quickly build from there, based on previous years.

#### AV Shield, Yellow Zone, VU Sporting Complex, Wyndham

**Mark Donahoo** (15:08.28) and **Madeleine Feian** (18:36.03) were fastest in the 3000m at Wyndham. It was also great to see NZ Olympian **Scott Nelson** joining us and walking a good first up for someone who was probably a fair bit short of race fitness! **Heath Beveridge** was the fastest in the 1500m with a good 8:20.20.

#### 3000m Walk

1.	Donahoo, Mark	M58	ATHLETICS ESSENDON	15:08.28
2.	Kennedy, Paul	M57	KEILOR ST BERNAR	16:55.05
3.	Nelson, Scott	M69	WYNDHAM TRACK AN	17:16.06
4.	Erickson, Tim	M50	COBURG HARRIERS	17:32.29
5.	Feain, Madeleine	W98	KEILOR ST BERNAR	18:36.03
6.	Knox, Duncan	M59	ATHLETICS ESSENDON	19:03.81
7.	Beaumont, Hamish	M76	MELBOURNE UNIVER	19:48.78
8.	Murphy, Stephen	M61	ATHLETICS ESSENDON	19:53.59
9.	Dunstone, Phillip	M68	WESTERN ATHLETICS	20:22.89
10.	McGoughan, Tracy	W65	KEILOR ST BERNAR	20:48.14
11.	Spiteri, Kelly	W73	COBURG HARRIERS	21:37.00
12.	Hodgart, Janice	W63	WESTERN ATHLETICS	21:39.88
13.	Ireland, Roslyn	W83	BRUNSWICK ATHLET	22:29.55
14.	Lewis, Leandar	M97	WYNDHAM TRACK AN	23:42.60
15.	Szuhai-Andrews, Jenny-Ro	W65	BRUNSWICK ATHLET	24:10.71
16.	Cashin, Brenda	W64	WESTERN ATHLETICS	24:11.87
17.	Margiolis, Joanna	W96	ATHLETICS ESSENDON	24:31.59
18.	Kunig, Krystal	W88	KEILOR ST BERNAR	25:04.11
19.	Ireland, Olive	W60	BRUNSWICK ATHLET	25:10.84

#### 1500m Walk

1.	Beveridge, Heath	M03	WESTERN ATHLETICS	8:20.20
2.	Healy, Kevin	M05	ATHLETICS ESSENDON	11:35.28

Thanks to Gerard Feain for some great action photos from Wyndham.



**Duncan Knox, Madeleine Feain, Mark Donahoo, Paul Kennedy and Tracy McGaughan (photos Gerard Feain)**

**AV Shield, Red Zone, Tom Kelly Reserve, Doncaster**

**Adam Garganis** showed some good early season form with 12:53.2 at Doncaster while **Michelle Laufer**, who was the fastest of the women, was also off to a good start with 15:10.9. And a good 1500m time by **William Dynes** (7:51.4).

**3000m Walk**

1.	Garganis, Adam	M97	COLLINGWOOD	12:53.2
2.	McDonough, Aaron	M72	PRESTON ATHL	14:20.1
3.	Laufer, Michelle	W69	COLLINGWOOD	15:10.9
4.	Hawkins, Trenton	M79	PRESTON ATHL	15:45.8
5.	Smyth, David	M69	COLLINGWOOD	16:13.9
6.	Noonan, Emily	W00	COLLINGWOOD	17:46.4
7.	Elms, Donna-Marie	W61	PRESTON ATHL	18:16.3
8.	Lazar, Dennis	M56	DIAMOND VALL	20:12.0
9.	McLennan, Laura	W76	DONCASTER AT	21:56.1
10.	Walpole, Stuart	M89	DONCASTER AT	23:59.3
11.	Brown, Tammarah	W99	RICHMOND HAR	26:49.6
12.	Hattigh, Jane	W75	UNATTACHED	35:19.8
13.	Munks, Edward	M61	DONCASTER AT	DQ

**1500m Walk**

1.	Dynes, William	M02	UNATTACHED	7:51.4
2.	Clarke, Georgia	W02	DIAMOND VALL	8:19.8
3.	Camilleri, Rhianyn	W05	DIAMOND VALL	10:52.6
4.	McLennan, Liam	M05	DONCASTER AT	10:53.9

**AV Shield, White Zone, Bill Sewart Athletics Track, East Burwood**

It was good to see **Brad Simpson** back on the track at East Burwood with 13:51.3. Excellent walk also by **Sandra Geisler** with her best time for many years (15:16.9) – her best ever is 13:40.8, dating back to 2005. **Lee Taylor** was the best in the 1500m with 9:16.0.

**3000m Walk**

1.	Simpson, Bradley	M93	ATHLETICS NUNAWA	13:51.3	
2.	Kozica, Jason	M90	ST KEVINS ATHLET	15:06.2	
3.	Geisler, Sandra	W77	RINGWOOD ATHLETI	15:16.9	PB 0:01
4.	Jamieson, Andrew	M47	OLD SCOTCH COLLE	15:17.0	
5.	Evans, Simon	M60	BOX HILL ATHLETI	16:06.6	
6.	Muldoon, Wendy	W73	ATHLETICS NUNAWA	16:07.0	
7.	Taylor, Lucas	M98	YARRA RANGES ATH	16:40.4	
8.	Rosenbrock, Carolyn	W64	ATHLETICS NUNAWA	17:03.8	
9.	McCann, Adam	M77	ATHLETICS NUNAWA	18:55.1	

10.	Dickenson, Russell	M46	VICTORIAN MASTER	19:01.3
11.	Benke, Geza	M90	OLD MELBOURNIANS	21:33.0

#### 1500m Walk

1.	Taylor, Lee	W01	YARRA RANGES ATH	9:16.0
2.	Hewitson, Camden	M03	YARRA RANGES ATH	10:06.6
3.	Strudley, Mia	W05	YARRA RANGES ATH	10:34.6
4.	Imbriano, Joel	M07	ST KEVINS ATHLET	10:57.0

#### AV Shield, Blue Zone, Ballan Park Athletics Track, Frankston

Frankston was the place to be on Saturday for great performances, with PBs across the board. **Simone McInnes** led the way in the 3000m with a huge PB time of 13:38.3. Behind her, **Reese Walmsley** was only a few secs outside his PB with 13:54.4. Then came **Rebecca Henderson** (PB 14:01.1), **Pramesh Prasad** (huge PB of 14:18.2), **Megan Szirom** (14:33.9) and **Philippa Huse** (PB 14:40.1). And to wrap up proceedings, **Hayden Walmsley** (PB 6:53.2), **Corey Dickson** (7:12.6) and **Chloe Karagiorgos** (PB 7:20.4) walked top times in the 1500m.

#### 3000m Walk

1.	McInnes, Simone	W91	GLENHUNTLY ATHLE	13:38.3	PB 0:47
2.	Walmsley, Reese	M98	KNOX ATHLETIC CLUB	13:54.4	
3.	Henderson, Rebecca	W01	CASEY CARDINIA A	14:01.1	PB 0:06
4.	Prasad, Pramesh	M	CASEY CARDINIA A	14:18.2	PB 1:43
5.	Szirom, Megan	W77	FRANKSTON ATHLET	14:33.9	
6.	Huse, Philippa	W99	SANDRINGHAM ATHL	14:40.1	PB 0:25
7.	Carr, Heather	W49	GLENHUNTLY ATHLE	17:06.5	
8.	Osmand, Kym	W82	OAKLEIGH ATHLETI	17:17.3	
9.	O'Mahony, Kathleen	W02	KNOX ATHLETIC CLUB	17:42.8	
10.	Lillie, Jessica	W99	KNOX ATHLETIC CLUB	17:56.6	
11.	Louey, Grace	W03	KNOX ATHLETIC CLUB	18:36.1	
12.	Van Dongen, Rupert	M74	MENTONE ATHLETIC	18:38.5	
13.	Steed, Gwen	W42	GLENHUNTLY ATHLE	19:18.8	
14.	Barrow, Geoff	M49	MENTONE ATHLETIC	19:48.9	
15.	Bowden, Kuniko	W66	MENTONE ATHLETIC	20:03.3	
16.	Doran, Anthony	M52	GLENHUNTLY ATHLE	20:47.1	
17.	Zeleznikow, John	M50	GLENHUNTLY ATHLE	28:08.9	
18.	Bryan, Jeanne	W42	MENTONE ATHLETIC	31:05.0	
	Fairburn, Noel	M60	KNOX ATHLETIC CLUB	DQ	

#### 1500m Walk

1.	Walmsley, Hayden	M01	KNOX ATHLETIC CLUB	6:53.2	PB 0:25
2.	Dickson, Corey	M02	KNOX ATHLETIC CLUB	7:12.6	
3.	Karagiorgos, Chloe	W02	KNOX ATHLETIC CLUB	7:20.4	PB 0:03
4.	Thompson, Will	M02	CASEY CARDINIA A	7:31.5	
5.	Hay, Charlotte	W03	KNOX ATHLETIC CLUB	8:00.7	
6.	Hass, Jasmin	W02	KNOX ATHLETIC CLUB	8:09.9	
7.	Rickard, Joseph	M01	FRANKSTON ATHLET	8:27.1	
	Zeleznikow, Joseph	M01	GLENHUNTLY ATHLE	21:08.2	

#### AV Shield, Bendigo Zone, La Trobe University Track, Bendigo

And now to our country zones. First to Bendigo where **Zahra Hayes** was best in the 3000m with 15:08.55 and **Kyle Webb** was best in the 1500m with 10:52.10.

#### 3000m Walk

1.	Zahra Hayes	W15	SOUTH BENDIGO	15:08.55
2.	Ebony Whiley	W21	EAGLEHAWK	17:19.26
3.	Madison Hill	W16	SOUTH BENDIGO	18:12.55
4.	Annette Curtis	W60	SOUTH BENDIGO	21:21.12
5.	John Watson	M66	BENDIGO HARRIERS	23:48.25

#### 1500m Walk

1.	Kyle Webb	M15	BENDIGO HARRIERS	10:52.10
2.	John Carter	M66	UNATTACHED X	10:53.84
3.	Christine Stanley	W36	BENDIGO HARRIERS	15:19.04

#### AV Shield, Geelong Zone, Landy Field, Geelong

To Geelong where **Mackayla Davison** (17:20.14) and **Amaliya Taylor** (9:03.84) were quickest.

### 3000m Walk

1.	Davison, Mackayla	W00	CORIO ATHLETIC CLUB	17:20.14
2.	Mirarchi, Nicholas	M91	CORIO ATHLETIC CLUB	18:25.64

### 1500m Walk

1.	Taylor, Amaliya	W03	ATHLETICS CHILWELL	9:03.84
2.	Heikkila-Dubowik, Kaylah	W05	CORIO ATHLETIC CLUB	9:17.02
3.	Leamer, Jordyn	W03	CORIO ATHLETIC CLUB	9:41.02

Alas, no results as yet from Ballarat. Hopefully they will be posted soon on the AV Round 1 Shield results page – check out <http://athsvic.org.au/events/competitions/avcompetitions/av-shield/> later in the week and they might be there.

### AV Shield, Ballarat Zone, Llanberris Reserve, Ballarat

#### VRWC ROADWALKS, MIDDLE PARK, SUNDAY 9 OCTOBER

It was a dangerously windy day in Melbourne on Sunday for the opening round of our VRWC summer season at Middle Park and this, combined with the fact that we had our opening round of AV Shield competition the day before, meant that numbers were down - only 23 walkers. But this did not prevent 3 of our walkers from recording PBs, with **Philippa Huse** (10km 51:10, PB 0:08), **Pramesh Prasad** (10km, 51:03, PB 0:23) and **Heath Beveridge** (3km, 17:33, PB (0:06) showing great early season form. It was also great to see Olympian **Rhydian Cowley** having his first hitout since the Olympics with an easy 10km (45:24) and 2016 World Cup rep **Kyle Swan** strolling through 5km with 24:14. We also welcomed Queensland based VRWC member **Erika Woodward** who walked an excellent 10km (59:17).

#### 10km Open

1.	Philippa Huse	51:10	PB 0:08
2.	Erika Woodward	59:17	
3.	Heather Carr	1:00:44	
4.	Karyn O'Neill	1:11:12	

1.	Rhydian Cowley	45:24	
2.	Pramesh Prasad	51:03	PB 0:23
3.	James Christmass	52:58	
4.	Aaron McDonough	53:13	
5.	Mark Donahoo	56:10	
6.	Simon Evans	56:18	
7.	Terry O'Neill	1:04:38	
	Albin Hess	DQ	

#### 5km Open

1.	Donna-Marie Elms	30:22	
2.	Pam Mews	50:30	

1.	Kyle Swan	24:14	
2.	Corey Dickson	27:00	
3.	David Smyth	29:24	
4.	Tim Erickson	30:51	

#### 3km Open

1.	Cassandra Knight	16:22	
2.	Charlotte Hay	16:39	

1.	Heath Beveridge	17:33	PB 0:06
2.	Luke Epps	18:40	

#### 2km Open

1.	Angus Hay	12:43	
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Thanks as usual to our officials and judges and helpers. Apologies if I missed anyone – you are all vital cogs in our network.

**Officials:** Mark Donahoo, Damien Elms, Harry Summers, Raph Bennett, Tim Erickson

**Judges:** Peter Vysma (chief), Michael Bodey

**Canteen:** Kate Suich

**Photos:** Terry Swan (see <http://www.vrwc.org.au/coppermine/thumbnails.php?album=91>)





Philippa Huse, Rhydian Cowley, Erika Woodward and Mark Donahoo (photos Terry Swan)



Heath Beveridge, Pramesh Prasad, Heather Carr and Kyle Swan

**VRWC MEMBERSHIP SUBS NOW DUE**

A reminder to all VRWC members that our 2016/2017 financial year has now kicked in and hence it is time to renew your membership. You can download the renewal/application form at <http://www.vrwc.org.au/VRWCMembershipApplication.shtml>.

**BRWC ROAD WALKS, NORTH GARDENS, LAKE WENDOUREE, BALLARAT, SUNDAY 9 OCTOBER**

Thanks to Kerrie Peart for the latest results from Ballarat Race Walking Club in country Victoria.

After a wintery few months the sun shone on the small group of competitors for the Mary Lorensini 3km handicap and our juniors were quickly out of the blocks ready for a solid race to take home the trophy. Our new walker **Keelan Perry** put in a great effort to finish his first 3km, but the great walking form by both **Fraser Saunder** and **Kayla Bridges** were to take the top two places, both in PB times of 17:48 and 19:52 respectively, followed by Scott Peart in 3rd. **Alanna Peart** walked the fastest time of 16:52.

### Mary Lorensini 3km Handicap Walk

1.	Fraser Saunder (12)	17:48	PB 0:31
2.	Kayla Bridges (11)	19:52	PB 0.17
3.	Scott Peart (10)	19:44	
4.	Alanna Peart(13)	16.52	
5.	Brodie Tallent (9)	22.04	
6.	Keelan Perry (12)	22:06	First One
	James Pendred (13)	DQ	



Fraser Saunder wins the Mary Lorensini 3km Handicap in Ballarat on Sunday (photo Kerrie Peart)

### SAMA TRACK WALKS, SA ATHLETICS STADIUM, MILE END, ADELAIDE, WEDNESDAY 5 OCTOBER

And now to the walk results from the rest of Australia. Thanks to Colin Hainsworth who has sent the results from the opening round of the South Australian Masters summer season track walks in Adelaide. Colin commented: Warm, calm, evening. **Kim Mottrom** was quickest in both the 800m (3:09) and the 5000m (22:08) and is obviously in great form! Well done Kim.

#### 800m Walk

1.	Kim Mottrom	03:09	M32
2.	Kristie Goznic	03:23	
3.	Marie Maxted	04:25	W56
4.	Kerry Goode	04:50	W41
5.	James Hoare	05:40	M70
6.	Graham Harrison	05:42	M73
7.	Roger Lowe	05:54	M73
8.	Harry Hayford	06:00	M64
9.	David Robertson	06:22	M83

#### 5000m Walk

1.	Kim Mottrom	22:08	M32	81.72%
2.	Kristie Goznic	23:53		
3.	Marie Maxted	32:31	W56	72.74%
4.	Peter Fullager	33:25	M73	77.87%
5.	James Hoare	36:18	M70	69.00%
6.	Graham Harrison	36:52	M73	70.58%
7.	David Robertson	40:34	M83	74.43%
8.	Dave Fallon	40:43	M64	57.41%
9.	Colin Hainsworth	42:29	M86	74.90%

#### 3000m Walk

1.	Jan Layng	23:00	W67	67.93%
2.	Roger Lowe	25:42	M73	59.47%
3.	Edna Bates	25:10	W63	55.87%

**ACT WALKERS CLUB TRACK WALKS, WODEN ATHLETICS TRACK, CANBERRA, THURSDAY 6 OCTOBER**

The ACT Race Walkers Club has now started its summer season. Thanks to Robin Whyte for the first set of results. Excellent 3000m times by the young guns – **Connor Frew** 13:51, **Mitchell Baker** 14:09, **Tim Fraser** 14:31, **Matt Griggs** 14:33 and **Callum Burns** 14:39.

**3000m Walk**

1.	Connor Frew	13:51
2.	Mitchell Baker	14:09
3.	Tim Fraser	14:31
4.	Matt Griggs	14:33
5.	Callum Burns	14:39
6.	Ann Staunton-Jugovic	16:02
7.	Peter Baker	17:06
8.	Robin Whyte	18:35
9.	Bryan Thomas	20:56
10.	Rod Gilchrist	22:06
11.	Ruth Baussmann	22:11
12.	Geoff Barker	22:25
13.	Jennifer Gilchrist	22:32
14.	Margaret McSpadden	24:53
15.	Val Chesterton	25:12
16.	Lorna England	26:08
17.	Robert Kennelly	27:48

**1000m Walk**

1.	Andrew Camp-Liddiard	5:39
2.	Ella Baker	6:57
3.	Georgia Frew	7:01
4.	Wendy Kupkee	7:34
5.	Lilit Atoyán	8:04
6.	Tiona Kane	8:49

**AACT 2016 SUMMER SERIES, AIS ATHLETICS TRACK, BRUCE, ACT, SATURDAY 8 OCTOBER**

Apart from the ACTRWC meet on Thursday evenings, ACT also has its own Athletics ACT Interclub competition on Saturdays. Only a small field but a good tiem by **Matthew Griggs** with 14:47.7.

**3000m Walk**

1.	Griggs, Matthew	Weston Creek OP	14:47.7
2.	Burns, Laura	NCG U14	16:45.5
3.	Burns, Spencer	NCG U16	16:45.9
4.	Manning, Hannah	NCG U16	17:21.6

**QMA TRACK WALKS, QSAC, BRISBANE, SATURDAY 8 OCTOBER**

The Queensland Masters were back in action on Saturday morning in Brisbane. Fastest to **Dean Nipperess** (M45) with 14:09.51.

**3000m Walk**

1.	Dean Nipperess	M45	GC & Sthrn	14:09.51	81.63%
2.	Peter Bennett	M60	Brisbane	14:53.53	88.55%
3.	Noela McKinven	W74	Brisbane	24:47.09	65.66%
4.	Christiane Dauphiné	W85	Brisbane	24:58.54	84.69%
5.	Russell Grigg	M89	Brisbane	31:40.11	57.78%

**ATHLETICS TASMANIA INTERCLUB, DOMAIN ATHLETICS TRACK, HOBART, SATURDAY 8 OCTOBER**

Athletics Tasmania also kicked off with its summer interclub on Saturday, with walkers contesting a 3000m.

**3000m Walk**

1.	Bayley Campbell	OVA	16:19.09
2.	Ron Foster	NS	18:29.53
3.	Elizabeth Leitch	ES	18:30.96

**GOLD COAST PB MEET, GRIFFITH UNIVERSITY ATHLETICS TRACK, SOUTHPORT, SUNDAY 9 OCTOBER**

Queensland walkers also started their summer season on Saturday and 16 year old **Katie Hayward** was in superb form with a 32 sec PB time of 22:23.87 in the 5000m. Wow, great performance. And her younger brother **Kris Hayward** was fastest in the 3000m – 15:08.56 at 12 years of age is also pretty impressive. Talk about a talented family!



### 5000m Walk

1.	Hayward, Katie	16	Gold Coast Central	22:23.87	PB 0:32
2.	Mulcaster, Bridie	16	Gold Coast Victory	31:16.53	
3.	Hammans, Tiffany	17	Gold Coast Central	31:56.34	

### 3000m Walk

1.	Hayward, Kris	12	Gold Coast Central	15:08.56	
2.	Hannigan, Caitlin	14	Gold Coast Victory	15:17.13	
3.	Schofield, Amelia	13	Gold Coast Victory	16:54.54	
4.	Hill, Gabriella	13	Gold Coast Victory	16:56.39	
5.	Jeffrey, Ben	14	Qeii Track Club	19:14.23	

## BIRD MAN ACKNOWLEDGED

And to finish off our Australian report, a photo from international racewalking judge Steve Taylor. It shows judges **Jose Dias** (Portugal), **Steve Taylor** (Isle of Man), **Zoe Eastwood-Bryson** (Australia) and **Candido Velez** (Puerto Rico) doing the Bird Man to acknowledge the superb walks of Dane Bird-Smith in winning the Lake Taihu Rally in China last month. Great photo Steve!



## RACE WALKING MEETING, LISSES, FRANCE, SUNDAY 9 OCTOBER

And now off overseas. Emmanuel Tardi was in Lisse, some 30km south of Paris, for their annual racewalking meet on Sunday. There were 50 walkers on the line (2 more than last year) for the 9AM start and they were then off racing on the excellent flat road, over a 1.667km loop.

In the men's 20km, **Gabriel Bordier** (11<sup>th</sup> in the 2016 World Junior champs and contesting his first 20km), **Fabian Fesselier** and **Simon Hurault** started fast and soon cleared away from the rest of the field. Bordier and Fesselier reached the 10km mark in 44:37 and it was not until towards the end of the race that Bordier finally broke clear, to win with 1:28:46, ahead of Fesselier with 1:29:45. With their times, he became the 71<sup>st</sup> and 72<sup>nd</sup> French walkers to better 1:30 for the 20km. The women's 20k was won by international junior **Camille Aurière** (36<sup>th</sup> in the Rome world cup) in her inaugural 20km, her time 1:47:43. Second was super grand mother **Françoise Laville** with 1:57:16, not far outside the W60 world record. In the 10km events, **Benoit Berchebru** 46:02 and **Marine Quennehen** 48:30 won, both beating their PBs. Emmanuel was the chief judge, helped by 5 other judges, including Jean-Pierre Dahm who has judged in the last 2 Olympics.



The crowd on the start line – a big field of 50 walkers

**10km Men**

1.	Berchebru Benoit	SEM/84	46.02
2.	Hericier Hugo	JUM/98	48.32
3.	Auger Alexis	SEM/88	52.25
4.	Bocquet Jérôme	SEM/85	54.06
5.	Delaunay Richard	VEM/64	54.31
6.	Marie Frederic	VEM/61	54.48
7.	Christment Pascal	VEM/54	57.32
8.	Simeoni Bruno	VEM/59	58.14
9.	Stefanelly David	VEM/76	58.42
10.	Victor Etienne	VEM/64	59.20
11.	Toutain Eric	VEM/63	1.02.29
12.	Buisson Dominique	VEM/57	1.05.00
13.	Vergnolle Laurent	VEM/65	1.07.25
14.	Jacq German	VEM/69	1.10.45
15.	Montigny Patrick	VEM/49	1.27.30

**10km women**

1.	Quennehen Marine	SEF/91	48.30
2.	Bray Violaine	VEF/71	55.06
3.	Torrez Emeline	CAF/00	56.07
4.	Marquis Cécile	VEF/71	57.36
5.	Galmiche Catherine	VEF/57	1.03.21
6.	Prunier Morgane	CAF/99	1.03.29
7.	Pinteaux Mathilde	CAF/99	1.04.18
8.	Rigault Clotilde	VEF/61	1.07.49
9.	Dafniet Romane	CAF/00	1.14.05
10.	Lemetayer Dominique	VEF/53	1.15.25
11.	Sauneuf Lola	VEF/46	1.26.51
12.	Belin Lucie	SEF/86	AB

**20km Women**

1.	Auriere Camille	JUF/98	54.07	1.47.43
2.	Laville Françoise	VEF/56	58.02	1.57.16
3.	Sevellec Sylvie	VEF/64	59.39	1.58.43
4.	Letertre Marine	SEF/91	59.46	2.01.55
5.	Lemonnier Dominique	VEF/56	59.50	2.05.06
6.	Steinville Nathalie	VEF/64	1.04.28	2.09.12
7.	Bizard Claudie	VEF/59	1.12.16	2.23.47
8.	Bourhis Amélie	SEF/92		NP
9.	Lemogne Jocelyne	VEF/54		NP

**20km Men**

1.	Bordier Gabriel	JUM/97	44.37	1.28.46
2.	Fesselier Fabian	ESM/94	44.37	1.29.45

3.	Hurault Simon	SEM/92	45.08	1.32.59
4.	Leaute Benjamin	SEM/88	48.56	1.34.28
5.	Delaunay Fabrice	VEM/69	51.10	1.45.03
6.	Grenet Bruno	VEM/65	52.47	1.45.58
7.	Courage Frederic	VEM/69	52.48	1.47.09
8.	Tassigny Virgile	VEM/70	54.09	1.51.11
9.	Bollinger Vincent	SEM/84	57.34	1.53.19
10.	Olivares Mathieu	VEM/76	57.33	1.53.36
11.	Brou Florent	SEM/93	55.29	1.53.40
12.	Dahm Florent	SEM/87	57.35	1.54.46
13.	Bergeal Arthur	SEM/84	54.59	1.59.42
14.	Lemogne Loic	VEM/55	1.00.47	2.02.23
15.	Bruneaux J-Claude	VEM/54	1.07.15	2.15.31
16.	Gouley Fabien	SEM/83		DNF
17.	Schwing Martin	SEM/89		NP

**Judges:** Jean-Pierre Dahm (IAAF-1), Emmanuel Tardi (National), Jacques Oudart (Regional), Claude Mauny (Regional), Morgane Braut (Future Regional), Philippe Maurin (Départemental)



**Benoit Berchebru, Gabrielle Bordier, Fabian Fessler, Simon Hurault and Camille Aurière**



**Marine Quennehen (760) and the esteemed judging panel! (photos Emmanuel Tardi)**



**RACE WALKING MEET, CHALON-SUR-SAONE, FRANCE, SATURDAY 8 OCTOBER**

Lisses was not the only place in France for walking last weekend, with another high quality event on Saturday afternoon in the city of Chalon-sur-Saone, 300km east of Paris. The races were held on a 1km lap, with a 3:30PM start time. Right from the start, **Aurelien Quinion** and **Antonin Boyez** cleared out, with them both still together to 10km (41:52), at which stage Boyez stopped, having won that event. Quinion then put the foot down, putting in a 20:15 5km split to the 15km mark. Alas, he was disqualified at that stage, gifting the 20km win to **Philippe Bonneau** who set a French M50 veterans record with his time of 1:36:01. The women's races went to **Mylene Ortiz** (50:43) and **Alejandra Ramirez Gomez** (1:45:24).



**Ready....set....go!**

**Men 10km Race Walk**

1.	BOYEZ Antonin	SEM/84	Doubs Sud Athletisme	41:52
2.	HYPOLITE Thibault	JUM/97	A. Sarreguemines Sarrebourg	46:37
3.	CHAUMETTE Valentin	CAM/00	Froissy Athletic Cl	47:13
4.	BOURNIER Justin	CAM/99	Dole Ac	48:41
5.	DE NEVE Nicolas	SEM/93	Athletisme Chamalieres	48:44
6.	MACABREY Quentin	ESM/94	Fc Sochaux Montbelliard	49:42
7.	CLAUSS Daniel	VEM/55	Sg La Wantzenau	54:28
8.	DAGOSTIN Ludovic	VEM/71	Csm La Seyne	54:58
9.	BAERT Fabien	SEM/78	As Tournus	56:17
10.	SIEGENFUHR Daniel	VEM/50	Es Thaon	59:08
11.	CECCALDI Georges	VEM/50	Entente Chalon/saone Athl.	1:02:52
12.	BLANC Jean-baptiste	SEM/82	Entente Chalon/saone Athl.	1:05:09
13.	BORDIER Daniel	VEM/44	Ac Chateau Thierry	1:10:37
14.	GENESTE Jean-louis	VEM/66	Rc Vichy	1:10:39

**Women 10km Race Walk**

1.	ORTIZ Mylene	SEF/79	As Saint-junien	50:43
2.	BERETTA Clemence	JUF/97	Athle Vosges Pays	52:46
3.	MUSLER Lara	VEF/70	Entente Chalon/saone Athl.	57:35
4.	ROUSSON Valerie	SEF/88	Athletisme Chamalieres	57:48
5.	CHARRIERE Jeanne	VEF/57	Asptt Clermont Athletisme	1:05:02
6.	VASSIEUX Natacha	VEF/71	Us Oyonnax	1:09:30
7.	SAINT-JEVEINT Peggy	VEF/74	Us Oyonnax	1:09:37
8.	PASTORE Patricia	VEF/65	Racing Club Haut-jura Morez	1:10:12
9.	GABRIEL Valerie	VEF/68	Ac Chenove	1:14:23
10.	CHAPOTOT Corinne	VEF/60	Asptt Clermont Athletisme	1:14:25
	MIZUKAMI Yoko (JPN)	SEF/80	Entente Chalon/saone Athl.	DQ

**Men 20km Race Walk**

1.	BONNEAU Philippe	VEM/65	Antony Athletisme 92	1:36:01
2.	BRANLE-BRANICKI Richard	VEM/67	Al Voiron	1:47:13
3.	HAUTIN Michel	VEM/63	Ac Chenove	1:50:06
4.	COLOMAR Patrick	VEM/53	Stade Villeneuve-sur-lot	2:02:56
5.	SEFFARI Abdelaziz	VEM/58	Afa Feyzin-venissieux	2:03:24
6.	HAFFNER Bernard	VEM/46	Lyon Athletisme	2:07:48

7.	FRETE Jacques	VEM/57	Fc Guebwiller	2:12:08
8.	BROT Daniel	VEM/53	Suisse	2:23:09
	QUINION Aurelien	SEM/93	Acsam	DQ

#### Women 20km Race Walk

1.	RAMIREZ GOMEZ Alejandra	VEF/76	Sg La Wantzenau	1:45:24
2.	BARRITAULT Lucie	SEF/90	Athletic Trois Tours	1:46:55
3.	COMTET Stephanie	SEF/84	Entente Chalon/saone Athl.	2:00:10
4.	ROPERS Adele	SEF/80	Cca Rouffach	2:05:35
5.	HALLOY Nathalie	VEF/67	Us Pulversheim Athl	2:06:44
6.	DEMEUZOY Inta	VEF/71	Ea Moulins-yzeure-avermes	2:07:07
7.	ANXIONNAT Claudine	VEF/51	Avec Pays De Bruy	2:12:41
8.	BROT Daniel	VEM/53	Suisse	2:23:09
	CADOUX Monique	VEF/60	Ca Pontcharra La Rochette Gres AB	



Aurelien Quinion, Antonin Boyez, Mylene Ortiz, Clemence Berett and Philippe Bonneau (photos from Emmanuel Tardi)

#### 2016 ENFIELD RACE WALKING LEAGUE 5 MILES WALK, LVAC, LONDON, SATURDAY 8 OCTOBER

Thanks to Ron Wallwork for the latest ERWL results from London. Great field in the 5 Miles event with lots of wonderful names from the present and past. Hello everyone!

#### 5 miles Yacht Handicap

1.	David Crane	Surrey WC	M35	41.49	
2.	Jim Ball	Steyning AC	M50	43.23	
3.	Seb Parris	Ilford AC	SM	46.39	
4.	Mark Culshaw	Belgrave H	M45	46.53	
5.	Penelope Cummings	Aldershot FD	W35	48.34	L1
6.	Helen Middleton	Enfield HAC	W50	49.50	L2
7.	Maureen Noel	Belgrave H	W50	49.59	L3
8.	John Ralph	Enfield HAC	M55	50.53	
9.	Cath Duhig ©	Ryston R	W60	51.26	L4
10.	Melanie Peddles	Loughton AC	W45	51.31	L5
11.	Gary Smith ©	Enfield HAC	M55	51.34	
12.	Joyce Crawford	EMAC	W45	51.53	L6
13.	Steve Uttley	Ilford AC	M55	51.57	
14.	John Borgars ©	Loughton AC	M70	52.06	
15.	John Taylor	Loughton AC	M50	52.30	
16.	Dan Maskell	Surrey WC	M65	52.46	
17.	Angela Martin	Surrey WC	W50	55.38	L7
18.	Malcolm Martin	Surrey WC	M55	55.40	
19.	Michael Harran	Surrey WC	M75	55.59	
20.	Sean Pender ©	Enfield HAC	M60	56.02	



21.	Jo Miles	Hillingdon AC	W60	57.06	L8
22.	Geraldine Legon	Bexley	W55	59.15	L9
23.	Dave Hoben	Surrey WC	M60	59.28	
24.	David Delaney	Surrey WC	M70	59.36	
25.	Peter Cassidy	Loughton AC	M70	59.46	
26.	Sue Clements ©	Cambs/Col	W60	61.36	L10
27.	Fransciose Fernandez	Loughton AC	W65	62.01	L11
28.	Jon May	Enfield HAC	M60	64.05	
29.	Dave Ainsworth ©	Ilford AC	M65	73.15	
30.	Mick Barnbrook ©	Ilford AC	M70	73.15	
31.	Shaun Lightman	Surrey WC	M70	ret.Inj	

#### 2 Miles Walk

1.	George Wilkinson	Enfield HAC	U15	20.26	
2.	Patrick McAllister	London HS	U20	20.38	

### GERMAN ROADWALK CHAMPIONSHIPS, ANDERNACH, GERMANY, SATURDAY 8 OCTOBER

The annual German Roadwalk Championships in Andernach last Saturday saw good weather conditions, with cool temperatures and light rain. This helped ensure some fine performances overall.

The 50km event was won by German Olympian **Carl Dohmann**, his time of 3:47:57 over 2 minutes under his previous PB and his third home win after previous golds in 2013 and 2015. Behind him, 20 year old **Karl Junghannß** staked his credentials with an inaugural 3:52:46, despite more than one minute time loss via a toilet break. With **Nathaniel Seiler** the third German in an inaugural 3:58:03, it was an impressive local showing. And they were not the only ones to record good times – add in Italians **Michele Antonelli** (3:53:08) and **Andrea Agrusti** (3:56:17) and GBR's **Dominic King** (PB of 3:55:48 for 2<sup>nd</sup> fastest ever British performance). Overall, 6 under 4 hours – very impressive. Nice article on Antonelli's PB performance - See <http://atleticanotizie.myblog.it/2016/10/08/michele-antonelli-record-personale-nella-50-chilometri-marcia-germania/> .

In the men's 20km, German champion and Rio 5<sup>th</sup> place **Christopher Linke** (SC Potsdam) won easily with 1:29:27 while in the women's 20km, it was the first time that 3 German women have broken 1:40 for a long time - **Emilia Lehmeyer** (1:36:25), **Teresa Zurek** (1:39:14) and **Saskia Feige** (1:39:25) indicated that in the future with them will be expected. With all the girls still in the U20 ranks and with Zurek the German U20 10,000m walk record holder, it omens well.

Nice article at <http://www.leichtathletik.de/news/news/detail/carl-dohmann-dominiert-karl-junghannss-ueberrascht/>.

#### 50km

1.	Carl Dohmann	1990	GER	3:47:57
2.	Karl Junghannß	1996	GER	3:52:46
3.	Michele Antonelli	1995	ITA	3:53:08
4.	Dominic King	1983	GBR	3:55:48
5.	Andrea Agrusti	1995	ITA	3:56:17
6.	Nathaniel Seiler	1996	GER	3:58:03
7.	Dávid Tokodi	1991	HUN	4:08:56
8.	Andreas Janker	1983	GER	4:11:45
9.	Grzegorz Grinholc	1977	POL	4:34:34
	Jonathan Hilbert	1995	GER	DNF
	Lorenzo Dessi	1989	ITA	DNF
	Jean Blancheteau	1996	FRA	DNF
	Damien Molmy	1988	FRA	DNF

#### 20km Women

1.	Emilia Lehmeyer	1997	GER	1:36:25
2.	Teresa Zurek	1998	GER	1:39:14
3.	Saskia Feige	1997	GER	1:39:25
4.	Anett Torma	1984	HUN	1:40:46
5.	Monika Nawrocka	1990	POL	1:46:30
6.	Pauline Barz	1998	GER	1:48:22
	Mariavittoria Becchetti	1994	ITA	DNF

#### 20km Men

1.	Christopher Linke	1988	GER	1:29:27
2.	Nicholas Hahn	1999	GER	2:08:35
	Niklas Richter	1999	GER	DQ

### 30km U23 Men

1.	Jonathan Hilbert	1995	GER	2.16:05
2.	Karl Junghannß	1996	GER	2.18:31
3.	Nathaniel Seiler	1996	GER	2.24:09
4.	Marius Richter	1998	GER	3.15:48

Some good results also in the **10km Masters**. I won't reproduce them all here – check them out for yourself at <http://www.dlv.xml.de/Storage/EventFiles/16L0000001305101/5297.pdf>.

### USA 40KM ROADWALK CHAMPIONSHIPS, OCEAN TOWNSHIP, NJ, SUNDAY 9 OCTOBER

The USA 40km roadwalk championships last Sunday morning in Ocean Township, New Jersey, we held in adverse conditions, with wind and rain and cold temperatures. So well done to winner **Michael Mannozi** (3:45:36) and **Erin Taylor-Talcott** (4:16:26). It is only a few weeks since Erin's centurion qualifier in New York State so she did well to bounce back so quickly.

### 40km Men

1.	Michael Mannozi	USA	30	3:45:36
2.	Jonathan Hallman	USA	23	3:45:38
3.	A J Gruttaduoro	USA	19	3:46:24
4.	Jonathan Matthews	USA	60	4:00:58
5.	Max Walker	USA	70	4:32:46
6.	Steve Harper	USA	65	4:33:12
7.	Tom Quattrocchi	USA	65	4:49:02
8.	Tim Chelius	USA	60	4:49:03
9.	Leon Jasionowski	USA	72	5:08:59
	Vyachesav Troshkin	RUS	68	DNF
	David Talcott	USA	56	DNF

### 40km Women

1.	Erin Taylor-Talcott	USA	36	4:16:26
2.	Katie Smith	USA	28	4:44:42
	Panse Geer	USA	68	DNF
	Maria Paul	USA	51	DNF
	Laura Almeida Saavedra	ESP		DNF



**Jon Hallman, Anthony Gruttadauro, Michael Mannozi after the 40km (photo Michael Mannozi facebook)**

### 71<sup>ST</sup> KOKUTAI (NATIONAL SPORTS FESTIVAL), KITAKAMI, JAPAN, 7 - 11 OCTOBER

The National Sports Festival of Japan or Kokutai is the national premier sports event of that country. It consists of three stages - the skating and ice hockey stage takes place in January, the skiing stage takes place in February, and the main Autumn tournament, which includes T&F, takes place in September and October.

The meet included a 10,000m walk for men which is reported below. As usual, the standard was huge, with **Eiki Takahashi** winning in 38:21.88, ahead of **Daisuke Matsunaga** (38:40.22) and **Kai Kobayashi** (39:49.18). Alas, I can't find any results for the women.

#### 10,000m walk Men, 9 October

1.	Eiki Takahashi	JPN	92	38:21.88
2.	Daisuke Matsunaga	JPN	95	38:40.22
3.	Kai Kobayashi	JPN	93	39:49.18
4.	Toshikazu Yamanishi	JPN	96	39:55.80
5.	Takayuki Tani	JPN	83	40:30.98
6.	Kota Yamada	JPN	94	40:44.75
7.	Takeshi Okuma	JPN	83	40:45.98
8.	Yuya Suganami	JPN	95	40:47.65
9.	Yuki Ito	JPN	92	41:28.44
10.	Yuki Kurumisawa	JPN	95	41:39.13
11.	Koichiro Morioka	JPN	85	41:57.09
12.	Ryota Shiojima	JPN	94	42:01.11
13.	Takahiro Hiwada	JPN	95	42:18.09
14.	Kohei Kowaki	JPN	96	42:43.42
15.	Hayato Takata	JPN	97	43:16.78
16.	Shoshi Kai	JPN	88	43:39.70
17.	Takuto Terada	JPN	97	43:43.12
18.	Hideto Nakahara	JPN	97	43:47.80

#### NATIONAL CRITERIUM RACES U16, CLES, ITALY, 8-9 OCTOBER

To Cles in northern Italy for National Criterium championships for the Cadet division (U16). 15 year old **Davide Finocchietti** won the 5000m walk with a very impressive 22:25.41 while Angela Di Fabio won the Girls 3000m with **14:23.45**.

Well reported by marciadalmondo - see [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2573](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2573).

Full results at <http://www.marciadalmondo.com/admin/pdf/risultati/09102016556Cles2016.pdf>. First 10 only reported here.

#### 5000m U16 Boys (first 10 only)

1.	FINOCCHIETTI Davide	2001	TOS TOSCANA	22:25.41
2.	GAMBA Gabriele (I)	2002	LOM LOMBARDIA	23:30.13
3.	BREDA Daniele	2002	LOM LOMBARDIA	23:41.92
4.	GRECO Carmine	2001	PUG PUGLIA	23:56.83
5.	ANDREI Aldo	2001	TNT TRENTINO	23:59.53
6.	VIOLANTE Vincenzo (I)	2001	PUG PUGLIA	24:27.49
7.	SCOLI Giulio (I)	2001	TOS TOSCANA	24:33.31
8.	ROSSI Dominic (I)	2001	LAZ LAZIO	24:35.67
9.	DARIO Costantino (I)	2001	LOM LOMBARDIA	24:37.88
10.	ANGIOLETTI Andrea (I)	2002	LOM LOMBARDIA	24:49.18

#### 3000m U16 Girls (first 10 only)

1.	DI FABIO Angela	2002	ABR ABRUZZO	14:23.45
2.	LEONARDI Alice	2001	SIC SICILIA	14:57.36
3.	BUGLISI Sara	2001	BZN ALTO ADIGE	15:02.40
4.	FRANCESCHI Maria Sole	2002	TOS TOSCANA	15:04.15
5.	TAGLIENTE Cristina (I)	2001	PUG PUGLIA	15:17.21
6.	MASTRANGELO Ida	2001	PUG PUGLIA	15:19.33
7.	GIULIONI Anastasia	2001	MAR MARCHE	15:28.46
8.	DI GRAZIA Roberta (I)	2002	SIC SICILIA	15:43.27
9.	BENEVIERI Angelica	2002	LAZ LAZIO	15:44.65
10.	PERINI Ginevra (I)	2001	TOS TOSCANA	15:45.27

#### 56<sup>TH</sup> INDIAN NATIONAL OPEN CHAMPIONSHIPS, LUCKNOW, INDIA, 27-30 SEPTEMBER

Finally back 2 weeks for the results of the Indian Racewalking Championships in Lucknow.

#### 20km Walk Men, 29 September

1.	Devender Singh	IND	1983	1:29:48
2.	Chandan Singh	IND	1987	1:29:53
3.	Jai Bhagwan	IND		1:30:33
4.	Bhagwan Singh Rawal	IND	1997	1:31:52
5.	Jitender Singh Rathore	IND	1989	1:32:12

6.	Sunil	IND	1997	1:33:31
7.	Mani Ram Patel	IND	1991	1:35:50

#### 20km Walk Women, 28 September

1.	Baby Soumya	IND	1990	1:44:32
2.	Priyanka Goswami	IND	1996	1:49:56
3.	Shanti Kumari	IND	1994	1:52:58
4.	Rani Yadav	IND	1990	1:55:08

### OUT AND ABOUT

- Russian anti-doping authorities have opened an investigation after two banned athletes were apparently allowed to compete in the country's biggest marathon. Tamara Shchemerova was listed as finishing eighth in the official results from last month's Moscow Marathon, with Yevgeny Khokhlov listed in 10<sup>th</sup> place in a related men's 10km race. However, the Russian track and field federation had announced four-year bans for both runners two days earlier. Shchemerova was banned for refusing to take a drug test at Russia's national T&F championships, while Khokhlov tested positive for the banned drug EPO. See [http://www.nzherald.co.nz/athletics/news/article.cfm?c\\_id=19&objectid=11723460&ref=rss](http://www.nzherald.co.nz/athletics/news/article.cfm?c_id=19&objectid=11723460&ref=rss). That's all very nice but where is the investigation into the large number of banned walkers who walked in the Moldovan Track Championships in Saransk in December 2014. To make matters worse, there was a subsequent high level coverup with fake photos taken of a dummy race and presentation ceremony. Swept under the carpet by Russia and let past the keeper by the IAAF to which the offense was reported. Pathetic!
- The latest edition of the British based Race Walking Record (RWR852) is now available and contains lots of reading. In particular, IAAF walks judge Steve Taylor, who was one of the judges in Rio, has a very interesting article about his time in Rio and the walks themselves. It has not been loaded as yet to website <http://www.racewalkingassociation.com/RWR.asp> but it should be there soon.
- South Africa has been warned that they have less than two months to meet a series of conditions or Durban will be stripped of the 2022 Commonwealth Games. Commonwealth Games Federation (CGF) President Louise Martin told the General Assembly here that South African officials must fulfill its contractual obligations by November 30 or they will lose the event. See <http://www.zwemza.com/?p=34181>.
- Last week I reported on the English RWA Festival of Race Walking held at Hillingdon. Mark Easton has now loaded his photographs to website <http://markeaston.zenfolio.com/f71036381>.
- Congratulations to walker **Bethan Davies** who has taken the crown of Senior Female Endurance Athlete of The Year in the annual Welsh sports awards night.
- Kelvin Marshall confirms that the **2017 UK Centurion** qualifier will be held in Bury St Edmunds on 5-6 August 2017, We are excited to be hosting The St Edmunds 100 which will held on a 2 mile loop, more details to follow very shortly. sEE Facebook Page - <https://www.facebook.com/events/990973581012094/>.

### MARCIADALMONDO AND OMARCHADOR ROUNDUP

Marciadalmondo had 7 press releases this week

- Mon 9 Oct - History section of marciadalmondo updated with amended World Cup results and history [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2575](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2575)
- Sat 8 Oct - Italian walker Michele Antonelli sets 50km PB of 3:53:08 in German Champs in Andernach [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2574](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2574)
- Sat 8 Oct - Angela Di Fabio and Davide Finocchietti win track walks in Cles [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2573](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2573)
- Fri 7 Oct - French national records to Gabriel Bordier and David Kuster in Saran [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2572](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2572)
- Thu 6 Oct - Focus on Rio Chief Judge Luis Saladie of Spain [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2571](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2571)
- Wed 5 oct - Preview of National Criterium U16 racs this coming weekend in Cles [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2570](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2570)

- Mon 3 Oct - Emma Achurch breaks British U20 record 20km in Hillingdon  
[http://www.marciadalmondo.com/eng/dettaqli\\_news.aspx?id=2569](http://www.marciadalmondo.com/eng/dettaqli_news.aspx?id=2569)

and Omarchador had 9 press releases.

- Mon 10 Oct - Dohmann wins 50km in Andernach, Germany  
<http://omarchador.blogspot.com.au/2016/10/dohmann-dominador-nos-50-km-em-andernach.html>
- Sun 9 Oct - Bordier (U20) and Kuster (U18) beat French records in season finale  
<http://omarchador.blogspot.com.au/2016/10/bordier-sub-20-e-kuster-sub-18-batem.html>
- Sat 8 Oct - Alberto Amezcua and Ainhoa Pinedo win in Nerja, Portugal  
<http://omarchador.blogspot.com.au/2016/10/alberto-amezcua-e-ainhoa-pinedo-vencem.html>
- Sat 8 Oct - Results of U18 Ukrainian Championships in Kropivnickiy  
<http://omarchador.blogspot.com.au/2016/10/campeonatos-ucranianos-de-sub-18-em.html>
- Fri 7 Oct - Tontodonati and Trapletti win in Chiasso, Switzerland  
<http://omarchador.blogspot.com.au/2016/10/tontodonati-e-trapletti-venceram.html>
- Fri 7 Oct - Results of Indian racewalk championships in Lucknow  
<http://omarchador.blogspot.com.au/2016/10/campeonatos-da-india-em-lucknow.html>
- Thu 6 Oct - Perseus Karlström wins Swedish 50km championship  
<http://omarchador.blogspot.com.au/2016/10/perseus-karlstrom-sagra-se-campeao.html>
- Wed 5 Oct - Results of Memorial «Janis Dalins" in Ogre, Latvia  
<http://omarchador.blogspot.com.au/2016/10/memorial-janis-dalins-em-ogre-letonia.html>
- Tue 4 Oct - Rob Tersteeg wins Dutch 50km  
<http://omarchador.blogspot.com.au/2016/10/rob-tersteeg-vence-50-km-marcha-dos.html>

#### MARCIADALMONDO UPDATES ITS RACEWALKING WORLD CUP HISTORY FILES

One of the marciadalmondo links for this week announces that their History section is being updated with amended World Cup results and history, following on from all the recent doping bans (see [http://www.marciadalmondo.com/eng/dettaqli\\_news.aspx?id=2575](http://www.marciadalmondo.com/eng/dettaqli_news.aspx?id=2575)).

Well done to **Sandro Damilano** for completing the first part of this mammoth task with the publication of the men's amended results. As well as the results themselves, he has produced a wealth of other statistical and ranking information. I have downloaded all the files to my own file repository and suggest that you should do the same. It is superb info.

#### A.A. NASS FUNDING UPDATE

Athletics Australia last week announced its National Athlete Support Structure (NASS) update which shows the 62 able-bodied and 40 para-athletes who will receive funding for the next year. Good to see 6 of our top international walkers on the list but sad to see **Rhydian Cowley** missing out on the recognition and support. See the full announcement at <http://www.athletics.com.au/News/nass-athletes-announced>.

Podium:	<b>Dane Bird-Smith (Qld), Jared Tallent (Vic)</b>
Podium Potential:	<b>Chris Erickson (Vic), Regan Lambie (Vic), Beki Smith (NSW)</b>
Developmental:	<b>Rachel Tallent (ACT)</b>

You can read further about NASS at <http://athletics.com.au/High-Performance/NASS/NASS-Policy>.



## MICHAEL GILLIES SMITH STEPS OUT FOR GOVERNMENTAL ACCOUNTABILITY

Bendigo Walkers Club member and Castlemaine NAB 500 organiser Michael Gillies-Smith is walking 600km from Chewton Town Hall, just down the road from where he lives in the Chewton Bushlands in central Victoria, to Parliament House, Canberra, carrying in his backpack a piece of legislation that would require the government of the day to gain parliamentary approval before going to war. Over to Michael for an explanation:

Currently, Australia's Constitution and defence legislation [do not require the government to gain parliamentary approval before going to war or deploying forces overseas](#). Some Prime Ministers don't even consult Cabinet.

Major General John Cantwell, who was head of Australia's forces in the Middle East, said on Page 24 of his book *Exit Wounds* (Melbourne University Press, 2012), commenting on the 1990-91 Gulf War "Australia's Prime Minister, Bob Hawke, decided it was in 'our national interest' too and committed three navy ships and, later, small groups of specialists, all without consulting Cabinet."

Canadian international lawyer [Robert Amsterdam](#) is preparing the legislation. He is based in London and Washington. Bob and I first worked together at the 2007 APEC Summit in Sydney. He is one of the top international lawyers in the world. His defence of African disaster management expert Dr Georges Tadonki at a UN Tribunal won *American Lawyer* magazine's Pro Bono Case of the Year at the 2013 Global Legal Awards.

In 2013 I had a feeling we were heading into a world war situation. I commissioned a poll. Did Australians want a say in whether we went to war. 58.5% said Yes, 26.4% Possibly and 15.1% No. (iView National Omnibus, 1050 respondents, the sample representative of the national voting population.) I asked Robert if he would prepare the legislation. ABSOLUTELY, he emailed back, within minutes. His remittance? A couple of bottles of Australian shiraz.

The legislation is such that it could be adapted for other parliaments around the world. Some countries, such as Germany, Sweden, Denmark, the Netherlands and Finland, do require parliamentary approval. Others, including the UK, USA and Canada, don't. Under the Geneva Centre for Democratic Control of Armed Forces's scale (DCAF), Australia's level of parliamentary involvement is likely to be rated 'very weak' (Parliamentary approval not required for military action, Parliamentary consultation not required under Australian law).

I'm leaving Chewton Town Hall about 10am on Sunday, October 23. I plan to walk about 20 to 30km a day. I should arrive at Parliament House the week of November 21. Both Houses of Parliament are sitting that week and the next. I am writing to all Lower and Upper House MPs, 226 in total, letting them know about the current situation, the walk and the Bill. It is then in their hands and the hands of the Australian people what happens next.

People can follow the walk, register support for the Bill, leave a message and follow the Bill's progress at [www.positivestep.info](http://www.positivestep.info).

Thank you ... Michael Smith



**Michael contemplates his walk from Chewton to Canberra**

Now my newsletter is not a party political flagship of any sort and I do not usually wander far from the realm of racewalking but I am happy on this occasion to support Michael on this quest for accountability. I don't think it matters which side of politics you are on – we all want our governments to be open and transparent and any initiative which seeks to help in that regard can only be applauded. Well done Michael and enjoy the walk! You have taken on a daunting task.

## 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.

### 2016/2017 Australian/Victorian Key Dates

Oct 15 (Sat), 2016	AV Shield (Round 2), Melbourne, VIC
Nov 4-8, 2016	Victorian Schools T&F Championships, Albert Park, VIC
Dec 2-4, 2016	Australian Schools T&F Championships, Canberra, ACT
Dec 11 (Sun), 2016	Australian 50km Championship, Fawkner Park, Melbourne, VIC
Jan 26-28, 2017	Victorian Country Track & Field Championships, Casey Fields, Casey, VIC
Feb 19 (Sun), 2017	Australian 20km Summer Roadwalk Championships, Adelaide, SA
Feb 24-26, 2017	Victorian Junior and Open Track & Field Championships (Weekend 1), Albert Park, VIC
Mar 3-5, 2017	Victorian Junior and Open Track & Field Championships (Weekend 2), Albert Park, VIC
Mar 7, 2017	Coburg 6 Hour Run/Walk Championships, Coburg, VIC
Mar 25-26, 2017	Victorian Masters Championships, Doncaster, VIC
Mar 26 - Apr 2, 2017	Australian Open and Junior T&F Champs, SOPAC, Sydney, NSW
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

### 2016/2017 International Dates

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.
Nov 9-13, 2-16	Pan Pacific Masters Games, Gold Coast, QLD. See <a href="http://mastersgames.com.au/ppmg/">http://mastersgames.com.au/ppmg/</a>
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

### Looking Further Ahead

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

Tim Erickson, Secretary, VRWC, [terick@melbpc.org.au](mailto:terick@melbpc.org.au) Home: 03 93235978 Mob: 0412 257 496  
Copies of recent newsletters are kept on the VRWC website (<http://www.vrwc.org.au>)