



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
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WALKER OF THE WEEK

My Walker of the Week has to be one of the Australian walkers who have won 2 golds out of 2 in the World Masters Athletics Championships currently taking place in Perth. Let's review the 5000m and 10km walks of these 3 Melbourne based walkers

Michelle Laufer	W45	26:20.2 (5000m)	54:06 (10km)
Heather Carr	W65	29:04.0 (5000m)	59:38 (10km)
Andrew Jamieson	M70	26:42.1 (5000m) AR	53:37 (10km)

Gosh, how to decide with 3 such fine walks. But I have to choose someone so here goes.

My walker of the Week is 46 year old **Michelle Laufer** who started racewalking in 2011 simply because her two daughters were doing the walks in Little Athletics. Her progress was swift. Possessed of a good technique and with natural endurance, she soon improved her times and started to win Victorian Championship medals, including gold in the 2013 AV 10km roadwalk championship. But unlike Heather and Andrew, this is her first time on the big stage, never having competed at World level before. And she has done it in great style, winning two golds so far and with the chance of a third one in the 20km on Friday. Well done Michelle!



Michelle Laufer, Andrew Jamieson and Heather Carr – two golds so far in the WMA Championships in Perth

WHAT'S COMING UP

- Next weekend sees the **Victorian All Schools Track and Field Championships** from **4-6 November**. List of entries at <http://athsvic.org.au/event/2016-victorian-all-schools-track-field-championships/>. Good luck to all the competitors. Walks are provisionally scheduled as follows but check the AV website closer to Friday in case it changes.

Friday 4 Nov, 4:40PM 5000m U17-U20

Sunday 6 Nov, 2:10PM 3000m U14
Sunday 6 Nov, 2:35PM 3000m U16

- The **21st World Masters T&F Champs** continue for a few more days in **Perth** (see <http://www.perth2016.com>) and will finish on **6th November**. One more set of walks to go, with the 20km roadwalks on Friday 4th November.
- As soon as our Australian Masters walkers finish in Perth, some will be straight onto the plane and off to the **Pan Pacific Masters Games** (see <http://mastersgames.com.au/ppmg/>) which are to be held on the Gold Coast in Queensland from 9-13 November. Talk about no rest!
- An ongoing reminder that registrations are now open for our annual **VRWC Falls Creek Summer Racewalk Camp**. It will run from Friday 30th December 2016 to Thursday 12th January 2017. See <http://www.vrwc.org.au/vrwc-falls-creek.shtml> for further details. We now have 16 of our 24 available places booked so don't leave it too much longer.
- Our **VRWC Summer season** is also underway – fixture at <http://www.vrwc.org.au/vrwc17.shtml>. Our next two race days will be soon upon us
 - Wed 16 November Track Races at the Collingwood Harriers Track, Clifton Hill
 - Sun 27 November VRWC AGM and Summer Roadwalks Champs at Middle Park
- Also a reminder that our new VRWC financial year started on 1st October so memberships renewals are now due – see membership form and renewal instructions at <http://www.vrwc.org.au/VRWCMembershipApplication.shtml>.
- Entries are open for the **Australian 50km Championship Meet** to be held at Fawkner Park on **Sunday 11th Dec**. See https://sitesq.sportstg.com/meetsregform/index.cfm?fuseaction=display_main&MeetID=1591&orgid=887. Entry fee is \$30.00. **Entries close at 5:00pm on the Monday 28th November 2016**. Timetable reads as follows

7.00am Australian 50km Road Walk Championship
8.00am 20km Walk: Men and Women
9.00am 10km Walk: U20 Men and Women
10.00am 5km Walk: U18 Men and Women

AV SHIELD ROUND 3, AROUND VICTORIA, SATURDAY 15 OCTOBER

To finish my Round 3 report from last week, I have found results for the Geelong region but it definitely looks like the Ballarat region was cancelled.

AV Shield Round 3, Geelong Zone, Landy Field, Geelong, Saturday 22 October

Mackayla Davison and Kaylah Heikkila-Dubowik won in Geelong as shown below.

3000m Walk

1.	Davison, Mackayla	W00	CORIO ATHLETIC CLUB	16:36.47
2.	Mirarchi, Nicholas	M91	CORIO ATHLETIC CLUB	16:44.10

1500m Walk

1.	Heikkila-Dubowik, Kaylah	W05	CORIO ATHLETIC CLUB	8:57.84
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And now onto Round 4 which was contested in all 7 regions in generally fine weather. Numbers were a little down in the walks due to the many competitors in Perth for the World Masters Championships, but we still had 82 walkers in action.

White Zone Round 4, Bill Sewart Athletics Track, East Burwood, Saturday 29 October

The fastest times overall were in East Burwood this week, with **Kyle Swan** (8:31.8), **Jason Kozica** (8:39.5) and **Brad Simpson** (8:46.3) all recording top times.

2000m Walk

1.	Swan, Kyle	M99	ATHLETICS NUNAWA	8:31.8
2.	Kozica, Jason	M87	ST KEVINS ATHLET	8:39.5
3.	Simpson, Bradley	M93	ATHLETICS NUNAWA	8:46.3
4.	Taylor, Lucas	M96	YARRA RANGES ATH	12:05.2
5.	Taylor, Lee	W01	YARRA RANGES ATH	13:00.1
6.	Sommers, David	M57	UNATTACHED	13:05.4
7.	Handasyde, Ian	M53	OLD SCOTCH COLLE	13:11.1
8.	Imbriano, Joel	M06	ST KEVINS ATHLET	13:14.8
9.	McCann, Adam	M76	ATHLETICS NUNAWA	13:35.8
10.	Benke, Geza	M56	OLD MELBURNIANS	14:14.1

11.	Worsnop, Christopher	M57	OLD XAVERIANS AT	15:17.2
12.	Meager, Sharron	W59	BOX HILL ATHLETI	15:24.2
13.	Di Medio, Anna	W67	BOX HILL ATHLETI	16:58.7
14.	Laven, Amanda	W72	YARRA RANGES ATH	17:28.8

Yellow Zone Round 4, VU Athletics Track, Wyndham, Saturday 29 October

Rio Olympian **Regan Lamble** stepped back onto the track at Wyndham for her first summer season hitout, winning comfortably with 8:52.4. 1996 NZ Olympian **Scott Nelson** continued to improve, taking second with 9:55.1, while daughter **Arnika Nelson** was next in with 10:45.3. Further back, 12 year old **Heath Beveridge** was just outside his PB with 11:17.1.

2000m Walk

1.	Lamble, Regan	W	MELBOURNE UNIVER	8:52.4	
2.	Nelson, Scott	M	WYNDHAM TRACK AN	9:55.1	
3.	Nelson, Arnika	W	WYNDHAM TRACK AN	10:45.3	PB 0:27
4.	Kennedy, Paul	M	KEILOR ST BERNAR	11:07.4	
5.	Beveridge, Heath	M	WESTERN ATHLETICS	11:17.1	
6.	Erickson, Tim	M	COBURG HARRIERS	11:22.7	
7.	Beaumont, Hamish	M	MELBOURNE UNIVER	11:41.7	
8.	Dunstone, Phillip	M	WESTERN ATHLETICS	11:44.0	
9.	Knox, Duncan	M	ATHLETICS ESSENDON	12:06.8	
10.	Feain, Madeleine	W	KEILOR ST BERNAR	12:08.7	
11.	Hawksworth, Danny	M	ATHLETICS ESSENDON	12:22.7	
12.	Tonti-Filippini, Justija	W	ATHLETICS ESSENDON	12:28.9	
13.	Murphy, Stephen	M	ATHLETICS ESSENDON	12:34.8	
14.	McGoughan, Tracy	W	KEILOR ST BERNAR	12:57.7	
15.	Hodgart, Janice	W	WESTERN ATHLETICS	13:41.3	
16.	Lewis, Leandar	M	WYNDHAM TRACK AN	13:50.5	
17.	Rebbechi, Grace	W	COBURG HARRIERS	14:00.3	
18.	Spiteri, Kelly	W	COBURG HARRIERS	14:10.8	
19.	Ireland, Roslyn	W	BRUNSWICK ATHLET	14:54.5	
20.	Cashin, Brenda	W	WESTERN ATHLETICS	15:02.2	
21.	Weickhardt, Sebastian	M	UNATTACHED	15:19.0	
22.	Margiolis, Joanna	W	ATHLETICS ESSENDON	15:27.3	

Thanks to Gerard Feain for his photos again this week. Another bumper collection!



The field gets underway at Wyndham



Arnika Nelson, Scott Nelson, Regan Lamble and Heath Beveridge (photos Gerard Feain)

Red Zone Round 4, Tom Kelly Athletics Track, Doncaster, Saturday 29 October

Emmet Brasier (8:54.2) and **Adam Garganis** (9:07.6) continued their Shield battles of recent years at Doncaster, with Emmet getting the win this time around.

2000m Walk

1.	Brasier, Emmet	M	DIAMOND VALL	8:54.2
2.	Garganis, Adam	M	COLLINGWOOD	9:07.6
3.	Hawkins, Trenton	M	PRESTON ATHL	10:08.4
4.	Noonan, Emily	W	COLLINGWOOD	11:29.0
5.	Collis, Lauren	W	DIAMOND VALL	12:28.2
6.	Noonan, Claire	W	COLLINGWOOD	12:29.9
7.	Young, Grace	W	UNATTACHED	12:47.4
8.	Lazar, Dennis	M	DIAMOND VALL	12:53.8
9.	Compton-Robins, Lee	M	DIAMOND VALL	13:33.7
10.	Quinn, Karen	W	DIAMOND VALL	14:49.2
11.	Brown, Tammarah	W	RICHMOND HAR	16:29.0

Blue Zone Round 4, Knox Park Reserve, Scoresby, Saturday 29 October

Scoresby was the place to be on Saturday if you wanted a PB, with so many of our young walkers pushing out great times. Led by **Simone McInnes** (8:55.2) and **Reese Walmsley** (9:01.3), check out the performances.

2000m Walk

1.	McInnes, Simone	W	GLENHUNTLY ATHLE	8:55.2	PB 0:14
2.	Walmsley, Reese	M	KNOX ATHLETIC CLUB	9:01.3	
3.	Huse, Philippa	W	SANDRINGHAM ATHL	9:07.7	PB 0:39
4.	Walmsley, Hayden	M	KNOX ATHLETIC CLUB	9:21.0	PB 0:27
5.	Henderson, Rebecca	W	CASEY CARDINIA A	9:22.1	PB 0:04
6.	Dickson, Corey	M	KNOX ATHLETIC CLUB	9:25.7	
7.	Mandic, Nikola	M	CASEY CARDINIA A	9:31.2	
8.	Jensen, Josh	M	KNOX ATHLETIC CLUB	9:53.3	PB 0:08
9.	hass, jasmin	W	KNOX ATHLETIC CLUB	10:41.3	PB 0:07
10.	Bird, Kyle	M	MORNINGTON PENIN	10:43.6	
11.	O'Mahony, Kathleen	W	KNOX ATHLETIC CLUB	11:05.3	
12.	Osmand, Kym	W	OAKLEIGH ATHLETI	11:49.7	
13.	Gourlay, Marlene	W	GLENHUNTLY ATHLE	11:52.9	
14.	Louey, Grace	W	KNOX ATHLETIC CLUB	12:25.5	
15.	Lillie, Jessica	W	KNOX ATHLETIC CLUB	12:59.8	
16.	Steed, Gwen	W	GLENHUNTLY ATHLE	13:00.6	
17.	Van Dongen, Rupert	M	MENTONE ATHLETIC	13:03.3	
18.	McInnes, Kirsti	W	GLENHUNTLY ATHLE	14:06.6	
19.	Bowden, Kuniko	W	MENTONE ATHLETIC	14:06.6	
	Rickard, Joseph	M	FRANKSTON ATHLET	DNF	

Ballarat Zone Round 4, Llanberris Reserve, Ballarat, Saturday 29 October

And now to Ballarat, the first of our 3 country venues, where Ellen Dowie was fastest with 11:39.6

2000m Walk

1.	Dowie, Ellen	W99	EUREKA ATHLETIC	11:39.6
2.	McLennan, Stephen	M64	WENDOUREE ATHLET	12:28.3
3.	McLennan, Phillip	M68	WENDOUREE ATHLET	13:44.8

Bendigo Zone Round 4, La Trobe University Track, Bendigo, Saturday 29 October

Zahray Hayes (10:00.05), Amanda Heard (10:24.53) and Peter Curtis (10:41.01) were all walking well in Bendigo.

2000m Walk

1.	Zahra Hayes	W15	SOUTH BENDIGO	10:00.05
2.	Amanda Heard	W21	EAGLEHAWK	10:24.53
3.	Peter Curtis	M22	SOUTH BENDIGO	10:42.01
4.	Ebony Whiley	W21	EAGLEHAWK	11:20.61
5.	Madison Hill	W16	SOUTH BENDIGO	11:24.84
6.	Annette Curtis	W60	SOUTH BENDIGO	13:32.94
7.	John Watson	M66	BENDIGO HARRIERS	15:34.38

Geelong Zone Round 4, Landy Field, Geelong, Saturday 29 October

Mackayla Davison led the walkers home in Geelong, with the whole field coming from Corio Athletics Club!

2000m Walk

1.	Davison, Mackayla	W00	CORIO ATHLETIC CLUB	10:37.41
2.	Mirarchi, Nicholas	M91	CORIO ATHLETIC CLUB	10:40.54
3.	Leamer, Jordyn	W03	CORIO ATHLETIC CLUB	12:37.81
4.	Heikkila-Dubowik, Kaylah	W05	CORIO ATHLETIC CLUB	13:04.34

BENDIGO WALKERS CLUB TRACK WALKS, LA TROBE UNIVERITY, BENDIGO, WEDNESDAY 26 OCTOBER

Thanks to Paul Rance for the latest results from the Bendigo Walkers Club in Bendigo.

On Wednesday evening the Bendigo Walkers Club held the 10th annual Bendigo Walking Cup at the Bendigo Athletic Complex. This event is held on the same day as the Bendigo horse racing cup, over the same distance (2400m) and under the same conditions (handicap). This year's event was won by first year walker **Charlotte Murphy**, with the 10 year old taking the lead with 600m to go and holding off strong challenges in the home straight from former winners Carissa **Brook** (2nd) and **Zahra Hayes** (3rd) to score an excellent victory. Club PBs on the night were achieved by **Carissa Brook**, **Oscar Fox** and **Caitlyn Tozer**.

2400m Handicap

1.	Charlotte Murphy	15.15
2.	Carissa Brook	13.12
3.	Zahra Hayes	11.45
4.	Peter Curtis	13.06
5.	Annette Curtis	16.04
6.	Madison Hill	13.48
7.	Oscar Fox	15.59
8.	Amber Fox	18.27
9.	Jasmine Murphy	16.56
10.	Bill Lotherington	17.00
11.	Ebony Whiley	13.48
12.	Caitlyn Tozer	19.20
13.	Norm West	19.30
14.	John Carter	17.52
15.	Sheridan Commons	18.34

SAMA TRACK WALKS, SA ATHLETICS STADIUM, MILE END, ADELAIDE, WEDNESDAY 26 OCTOBER

Thanks to Kim Mottrom (in Colin Hainswoth's absence) for the latest results from the South Australian Masters in Adelaide. Kim commented; *Maree Maxted looked fantastic winning the 800m, she's now heading over to Perth. Kristie Goznik walked well in the 5km, and Danielle Walsh did her first race in 8 months, coming back from injury.*

5000m Walk (Yacht handicap)

1.	Kristie Goznik	23:32	W23	
2.	Cherie Rothery	33:13	W46	64.91%
3.	Gil McIntosh	33:41	M66	70.94%
4.	Graham Harrison	36:59	M73	70.36%
5.	Danielle Walsh	28:07	W20	70.36%
6.	Des Mulqueen	38:03	M70	65.83%
7.	Marie Maxted	31:03	W56	76.18%
8.	James Hoare	37:04	M70	67.58%
9.	Bill Starr	39:05	M74	67.47%

800m Walk (Yacht handicap)

1.	Marie Maxted	4:12	W56
2.	Gil McIntosh	4:51	M66
3.	Kerry Goode	4:44	W41
4.	Harry Hayford	5:57	M64
5.	Graham Harrison	5:41	M73
6.	Margaret McIntosh	6:20	W63
7.	Jan Layng	5:53	W68
8.	Rhiannon Lovegrove	3:47	
9.	James Hoare	5:33	M70
10.	Jill Rogers	6:42	W72
11.	Roger Lowe	6:16	M73

3000m Walk (Yacht Handicap)

1.	Margaret McIntosh	24:56	W63	59.64%
2.	Dave Fallon	24:26	M64	56.24%
3.	Jan Layng	23:07	W68	68.49%
4.	Roger Lowe	24:37	M73	62.09%
5.	Edna Bates	26:47	W63	55.52%
6.	Jill Rogers	26:11	W72	63.98%

ASA INTERCLUB, SA ATHLETICS TRACK, MILE END, ADELAIDE, SATURDAY 29 OCTOBER

South Australian walkers were back in action on Saturday with their regular Inteclub. Best performer was **Tristan Camilleri** with 14:14.79.

3000m Walk

1.	Tristan Camilleri	COASTAL DIST	14:14.79
2.	Joe Cross	PEMBROKE	14:21.29
3.	Jake Vidler	SOUTHERN	15:21.45
4.	Rhiannon Lovegrove	PORT ADELAIDE	15:28.95
5.	Samantha Findlay	SOUTHERN	15:45.98
6.	Victoria Upton	SOUTHERN	16:44.42
7.	Mathew Bruniges	SOUTHERN	16:44.61
8.	Peter Crump	SAINTS	17:12.49
9.	Chloe Upton	SOUTHERN	18:21.19
10.	Kitarni Upton	SOUTHERN	18:51.97
11.	Cherie Rothery	HILLS DISTRI	18:56.82
12.	Talisha Skein	TEA TREE GUL	21:25.65
	Alix Harlington	NORTHERN DIS	DNF

1500m Walk

1.	Aleesha Vidler	SOUTHERN	10:20.33
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AACT INTERCLUB COMPETITION, AIS ATHLETICS TRACK, BRUCE, ACT, SATURDAY 20 OCTOBER

A very small walks field in Canberra on Saturday but a good walk by **Matthew Griggs** with 14:21.9.

3000m Walk

1.	Griggs, Matthew	Weston Creek	14:21.9
2.	Bedford, Kyle	Athletics Nsw	15:00.2

ANSW ALLCOMERS MEET, BLACKTOWN ATHLETICS TRACK, BLACKTOWN, SATURDAY 29 OCTOBER

And finishing off our local roundup of Australian results with the All-Comers meet in Sydney. Excellent PBs to 20 year old **Carl Gibbons** (22:03.93), 13 year old **Allanah Pitcher** (24:33.34) and 16 year old **Dylan Richardson** (13:08.43).

5000m Walk

1.	Carl GIBBONS	96	22:02.93	PB 0:30
2.	Steven WASHBURN	94	23:14.89	
3.	Oscar TEBBUTT	01	24:19.15	
4.	Allanah PITCHER	02	24:33.34	PB 0:04
5.	Jasmyn MCDONALD	99	26:01.70	
6.	Amanda BARENDREGT	96	27:09.62	

3000m Walk

1.	Dylan RICHARDSON	00	13:08.43	PB 0:04
2.	Chelsea GOODHEW	99	15:00.36	
3.	Molly O'NEILL	00	15:31.04	
4.	Abbey MCMILLEN	01	15:51.62	
5.	Janaya LEE		16:07.22	
6.	Danielle VESPER		16:21.27	
7.	Teegan PENGILLEY		16:32.27	
8.	Sophia DAGHER		16:36.02	
9.	Jasmine DIGHTON	96	16:45.28	

21ST WORLD MASTERS T&F CHAMPS STADIA, PERTH, 26 OCTOBER 26 – 6 NOVEMBER 2016

I lead off the international news this week with a comprehensive report on the walks from the World Masters in Perth.

The 21st World Masters Athletics Championships (<http://www.perth2016.com>) have been underway for just on a week now and it all seems to be going very well. The weather has been generally good and the competition fierce. Overall, there are over 4000 competitors from 91 countries. Not surprisingly the biggest team is Australia with 1416 competitors, with GBR second biggest with 282. The walks fields are also large, with competitors from around the world. All results are being promptly posted to website <http://results.simplyregister.net/Perth2016/> so it has been easy for me to keep up with things from afar.

And now onto a discussion of the men's 5000m walks which kicked proceedings off last Wednesday.

Men's 5000m Walks, Wednesday 26 October

The men's 5000m track walks got underway at 9AM last Wednesday with the M75-95 divisions, followed by the other age groups as separate events.

The oldest divisions saw good winning times across the board. Indian **Sriramu Vallabhajosyula** won the M90 division by 3 minutes with 45:15.85, **Ivan Pushkin** of Ukraine won the M85 division by over 6 minutes with 37:04.58, **Norbert Will** of Northern Ireland won the M80 division by over 3 minutes with 36:05.97 and Mexico Olympics 50km gold medallist **Christoph Hohne** of Germany showed his class in winning the M75 division with 32:20.71 ahead of Australian **Jim Seymon** (33:38.15).

Australian **Andrew Jamieson** was an easy winner in the M70 division, setting a new Australian record of 26:42.08. Former GBR and Australian international **Peter Fullager** returned to competition for this meet, coming 12th in the M70 division in 33:51.19 and will improve if he keeps at it. The M65 age group was always going to be between England's **Ian Richards**, who had won the previous two championships at this distance and is the current world record holder, and the superb Mexican stylist **Jose Luis Lopez Camarena**. Lopez surprised Richards by going straight into the lead at world record pace and getting a decisive break which he then held to the finish, winning in 24:30.30 compared to Ian's 24:50.05. Former New Zealand international **Mike Parker** continued his recent strong showings at world level, winning the M60 division in a time of 25:39.11. From here on down, the times just got faster and faster with M55 winner **Sergio Gutiérrez Brenes** of Costa Rica (24:46.33), M50 winner **Rodrigo Moreno Munar** of Colombia (23:18.79), M45 winner **James Christmass** of Australia (23:17.38) and M40 winner **Dmitry Babenko** of Canada (22:15.37) all recording very impressive times.

Of the 33 individual medals on offer in the men's 5000m, Australia led with 9 (2 gold, 5 silver and 2 bronze), followed by Great Britain (1 + 1 + 1), New Zealand (1 + 1 + 1) and Spain (0 + 1 + 2). Australian medallists as follows:

Golds	M45	Christmass, James	23:17.4	PB 0:15
	M70	Jamieson, Andrew	26:42.1	Australian M70 record
Silvers	M45	Kollmorgen, Stuart	23:31.7	
	M60	Heywood, Colin	25:58.2	
	M75	Seymon, Jim	33:38.1	
	M80	Silcock-Delaney, Colin	39:25.9	
	M85	Hainsworth, Colin	44:32.6	
Bronzes	M45	Nipperess, Dean	23:49.0	
	M80	Beaumont, Ian	44:53.9	

And now onto the results.

M90 5000 Meter Race Walk

1.	Vallabhajosyula, Sriramu	M92	India	45:15.85
2.	Tearle, Peter	M90	New Zealand	48:56.81
	Amano, Kohsoh	M91	Japan	DQ

M85 5000 Meter Race Walk

1.	Pushkin, Ivan	M86	Ukraine	37:04.58
2.	Hainsworth, Colin	M86	Australia	44:32.60

M80 5000 Meter Race Walk

1.	Will, Norbert	M81	Great Britai	36:05.97
2.	Silcock-Delaney, Colin	M84	Australia	39:25.87
3.	Beaumont, Ian	M80	Australia	44:53.87
4.	Ono, Muneyoshi	M80	Japan	49:39.17
	Leong, Lee San	M80	Singapore	DQ

M75 5000 Meter Race Walk

1.	Höhne, Christoph	M75	Germany	32:20.71
2.	Seymon, Jim	M79	Australia	33:38.15
3.	Shillabeer, Edmund	M77	Great Britai	33:42.46
4.	de Coppet, Alexis	M78	Switzerland	33:46.31
5.	Andreotti, Pier Giorgio	M75	Italy	36:20.10
6.	Sela, Patrick	M77	Australia	38:15.66
7.	Stewart, Ronald	M75	Great Britai	40:34.20
8.	Wicks, Barrie	M76	Australia	42:28.57
	Strieder Ing., Hermann	M75	Austria	DQ

M70 5000 Meter Race Walk

1.	Jamieson, Andrew	M70	Australia	26:42.08	Aust Record
2.	Frable, Norman	M71	United State	29:25.68	
3.	Rabatel, Fernand	M70	France	29:41.07	
4.	White, George	M71	Australia	30:03.35	
5.	Palella, Pasquale	M70	Italy	30:11.99	
6.	Bennett, Ralph	M74	Australia	30:17.34	
7.	McMullin, John	M70	Ireland	31:01.81	
8.	Whyte, Robin	M74	Australia	31:02.25	
9.	Thomas, Kok	M71	Malaysia	31:32.93	
10.	Dickenson, Russ	M70	Australia	31:57.62	
11.	Lawson, Paul	M70	United State	32:58.37	
12.	Fullager, Peter	M73	Australia	33:51.19	
13.	Purves, Bill	M72	Hong Kong, China	34:04.37	
14.	Dubow, Joel	M73	United State	36:46.42	
15.	Iremonger, Geoffrey	M70	New Zealand	37:28.44	
16.	Brandenburg, Walter	M70	Switzerland	44:56.21	
	Rogosheske, Philip	M72	United State	DQ	

M65 5000 Meter Race Walk

1.	Lopez Camarena, Jose Luis	M67	Mexico	24:30.30
2.	Richards, Ian	M68	Great Britai	24:55.00
3.	Kemsley, Eric	M65	New Zealand	26:53.78
4.	Schaeffer, Udo	M65	Germany	26:56.88
5.	Seidel, Boguslaw	M67	Poland	27:09.83
6.	Wiggins, Michael	M67	United State	28:09.09
7.	Boszko, Peter	M67	Great Britai	28:17.90
8.	Usai, Antonio	M65	Italy	28:52.11
9.	Hernández Pérez, Manuel	M65	Mexico	29:00.52
10.	Smith, Andrew	M67	United State	29:40.28
11.	Delayre, Bernard	M69	France	30:57.39
12.	Fortunati, Pierangelo	M66	Italy	31:48.51
13.	West, John	M66	Australia	33:26.96
14.	Kovar, Rostislav	M65	Czech Republic	34:28.88
15.	Maniam, Murugan	M66	Malaysia	34:40.80
16.	Barrow, Geoff	M67	Australia	34:49.71
17.	Bellevegue, Louis	M69	France	37:03.85
18.	Kennelly, Robert	M67	Australia	45:29.35
	Arumugan, Kannan	M69	Singapore	DQ
	Roberts, Mike	M66	Australia	DQ

M60 5000 Meter Race Walk

1.	Parker, Mike	M63	New Zealand	25:39.11
2.	Heywood, Colin	M62	Australia	25:58.20
3.	Fliegl, Miroslav	M61	Czech Republic	26:33.09

4.	Prieler, Helmut	M61	Germany	27:12.63
5.	Kalat, Josef	M60	Czech Republic	28:06.20
6.	Penolazzi, Claudio	M61	Italy	28:13.22
7.	Fox, Peter	M62	New Zealand	28:34.31
8.	Willemse, Jaap	M60	South Africa	29:14.50
9.	Harasinski, Ryszard	M60	Poland	29:58.10
10.	Yapa Abeywardena, Ananda	M60	Sri Lanka	30:49.09
11.	Russell, John	M64	Australia	31:15.05
12.	O'Neill, Terry	M60	Australia	31:54.98
13.	McPherson, Scott	M60	United State	33:16.81
14.	Segui, Santiago	M63	Spain	41:04.55
	Lenane, Tom	M60	Australia	DQ
	De Masis, Michele	M60	Italy	DQ
	Sebastian, Tani Clace	M62	Malaysia	DQ

M55 5000 Meter Race Walk

1.	Gutiérrez Brenes, Sergio	M55	Costa Rica	24:46.33
2.	Naso, Andrea	M55	Italy	25:39.38
3.	Abadias Palacin, Luis	M56	Spain	26:25.52
4.	Bonvarlet, Patrick	M56	France	26:48.05
5.	Hauger, Georg	M59	Germany	27:08.00
6.	Evans, Simon	M56	Australia	27:11.77
7.	Malecki, Waldemar	M58	Poland	27:25.24
8.	Luniewski, Mirosław	M59	Poland	28:08.69
9.	DeMeester, Paul	M56	United State	28:28.14
10.	Hastie, Garry	M55	Australia	29:04.46
	Valiniemi, Ari	M58	Finland	DQ

M50 5000 Meter Race Walk

1.	Moreno Munar, Rodrigo	M50	Colombia	23:18.79
2.	Meyer, Steffen	M50	Germany	23:29.99
3.	Swarts, David	M51	United State	24:18.23
4.	Arena, Walter Salvatore	M52	Italy	25:03.35
5.	Laiho, Kari	M53	Finland	25:40.30
6.	Breide, Madars	M51	Latvia	26:29.91
7.	Zahoncik, Jan	M51	Slovak Republic	26:39.90
8.	Gnauck, Dick	M53	Germany	26:53.14
9.	Logan, Bruce	M51	United State	30:11.91
10.	Khaksari, Behrooz	M51	Iran	31:16.59
11.	Mather, Greg	M51	Australia	36:28.26
	Ghani, Sirajuddin	M54	Malaysia	DNF
	Chang, Yao-Jen	M50	Chinese Taipei	DQ

M45 5000 Meter Race Walk

1.	Christmass, James	M48	Australia	23:17.38	PB 0:15
2.	Kollmorgen, Stuart	M47	Australia	23:31.73	
3.	Nipperess, Dean	M45	Australia	23:49.00	
4.	Svensson, Christer	M46	Sweden	24:10.75	
5.	Cacia, Salvatore	M49	Italy	25:29.03	
6.	Messina, Giuseppe	M45	Italy	25:49.15	
7.	Guevara, Argenis	M48	Australia	25:55.06	
8.	Hohaia, Lyndon	M49	New Zealand	26:44.49	
9.	Smyth, David	M47	Australia	27:27.93	
10.	Hawkins, Forrest	M47	United State	29:26.72	
11.	Kuppusamy, Jayapal	M49	Malaysia	31:56.52	
12.	Tardi, Emmanuel	M49	France	38:23.19	
	Tambo Chedjou, Jules	M47	Cameroon	DQ	
	Delgado Perez, Oscar Alb	M45	Mexico	DQ	
	Da Costa, Jerry Edson	M47	Brazil	DQ	

M40 5000 Meter Race Walk

1.	Babenko, Dmitry	M43	Canada	22:15.37	
2.	Ivzans, Normunds	M44	Latvia	22:25.68	
3.	Piñera Alvarez, Rubén	M41	Spain	22:50.61	
4.	Prasad, Pramesh	M42	Australia	24:19.84	PB 0:26
5.	McDonough, Aaron	M44	Australia	24:59.03	
6.	Eichholtzer, Sebastien	M40	France	25:46.23	

7.	Goobinnaan, Suresh Kumar	M44	Malaysia	28:53.69
	Stefanelly, David	M40	France	DQ
	Soto, Etiel	M44	Mexico	DQ

M35 5000 Meter Race Walk

1.	Alksnis, Andris	M39	Latvia	24:22.44
2.	Carmona Gordillo, Franci	M38	Spain	25:48.84



Andrew Jamieson, Stuart Kollmorgen, Ian Richards and Jose Luis Lopez Camarena (photos Emmanuel Tardi)



James Christmass, Jim Seymon, Christoph Höhne and Colin Heywood

Women's 5000m Walks, Thursday 27 October

The women's 5000m walks, held the next day, produced lots of close finishes and more outstanding winning times. The walkers in the older divisions showed that age is no barrier, with **Elena Pagu** of Romania winning the W90 with 44:28.33, Australians **Christiane Dauphinet** (41:20.34) and **Heather Lee** (42:48.12) fighting out the W85, **Jean Horne** of Canada winning the W70 with 40:07.62 and **Hildegard Vey** of South African winning the W75 (35:41.31) by the barest of margins from Australian **Sylvia Machin** (35:41.66).

Australians featured prominently in most of the remaining divisions. **Heather Carr** was an easy winner as expected in the W65 division (29:03.99). The W60 division brought together two of the greatest masters women ever, **Barbara Nell** from South Africa and Australian **Lyn Ventris** who was racing for the first time in this age group. Lyn led early before Barbara responded to bridge the gap. They then raced together until Barbara finally pulled clear to win in 27:32.00, Lyn second in 27:51.27. Australian **Pam Tindal** won the W55 division with 27:15.69, a time that was faster than the M50 winner. The Australian theme continued with a W45 win to **Michelle Laufer** (26:20.18) and W40 gold and silver to former Aussie internationals **Kelly Ruddick** (24:49.61) and **Cheryl Webb** (25:57.36). Overall, Australia led the medal count in the women's 5000m with 14 medals (5 gold, 7 silver and 2 bronze). The list reads as follows

Golds	W40	Ruddick, Kelly	24:49.6
	W45	Laufer, Michelle	26:20.2
	W55	Tindal, Pam	27:15.7
	W65	Carr, Heather	29:04.0
	W85	Dauphinet, Christiane	41:20.3
Silvers	W40	Webb, Cheryl	25:57.4
	W45	Muldoon, Wendy	28:23.4
	W50	Staunton-Jugovic, Ann	28:43.7
	W60	Ventris, Lynette	27:51.3
	W75	Machin, Sylvia	35:41.7
Bronzes	W80	Byers, Sylvia	44:09.8
	W85	Lee, Heather	42:48.1
	W35	Geisler, Sandra	27:33.8
	W60	Bryant, Barb	28:53.6

And now onto the results.

W90 5000 Meter Race Walk

1. Pagu, Elena W90 Romania 44:28.33

W85 5000 Meter Race Walk

1. **Dauphinet, Christiane** W85 **Australia** **41:20.34**
 2. **Lee, Heather** W89 **Australia** **42:48.12**
Lauchlan, Lorna W86 **Australia** **DQ**

W80 5000 Meter Race Walk

1. Horne, Jean W84 Canada 40:07.62
 2. **Byers, Sylvia** W81 **Australia** **44:09.81**

W75 5000 Meter Race Walk

1. Vey, Hildegard W75 South Africa 35:41.31
 2. **Machin, Sylvia** W75 **Australia** **35:41.66**
 3. Jones, Daphne W75 New Zealand 35:43.23
 4. Herrendoerfer, Ursula W76 Germany 37:13.23
 5. Dräger, Helga W77 Germany 38:12.03
 6. **Schickert, Lynne** W75 **Australia** **39:05.39**
 7. **Kenyon, Judith** W76 **Australia** **39:22.73**
 8. **Beaumont, Margaret** W78 **Australia** **45:06.63**
 Sinkovec, Rita W77 United State DQ
 Raoufi, Iran W76 Iran DQ
 Frazer-Munroe, Ruth W79 Trinidad and Tobago DQ

W70 5000 Meter Race Walk

1. Meyer, Elsa W70 South Africa 30:33.72
 2. Wilson, Jacqueline W70 New Zealand 31:43.15
 3. Frable, Kathleen W71 United State 33:39.14
 4. de Coppet, Brigita W70 Switzerland 37:55.51
 5. Heller, Judy W70 United State 38:45.06
 Henry, Diane W70 United State DNF
 Yu, Mei-Yun W70 Chinese Taipei DQ

	Kohigashi, Kiyoko	W73	Brazil	DQ
W65 5000 Meter Race Walk				
1.	Carr, Heather	W67	Australia	29:03.99
2.	Mendes, Maria Orlete	W65	Portugal	30:12.24
3.	Martino, Marianne	W66	United State	30:48.28
4.	Hoskin, Sue	W65	New Zealand	31:38.35
5.	Grolig, Dorothea	W65	Austria	32:44.24
6.	Neidel, Heidrun	W69	Germany	36:44.71
7.	Ladwig, Sarah	W67	Australia	37:30.14
8.	Dance, Elaine	W65	Australia	37:52.82
9.	Vargas, Diana	W66	Peru	38:05.36
10.	Miratana, Sheryl	W67	New Zealand	38:05.41
11.	Brown, Judy	W66	Australia	45:00.82
W60 5000 Meter Race Walk				
1.	Nell, Barbara	W62	South Africa	27:32.00
2.	Ventris, Lynette	W60	Australia	27:51.27
3.	Bryant, Barb	W62	Australia	28:53.58
4.	Peláez Cardona, Rosmary	W60	Colombia	29:50.05
5.	Duhig, Cath	W62	Great Britai	30:46.22
6.	Thompson, Alison	W63	Australia	30:57.74
7.	Payne, Jennifer	W60	Australia	31:22.16
8.	Leitch, Elizabeth	W61	Australia	31:55.19
9.	Willemse, Lucia	W62	South Africa	33:33.77
10.	López Serna, Josefina	W62	Mexico	33:50.05
11.	Large, Theresa	W60	New Zealand	34:25.98
12.	O'Neill, Karyn	W61	Australia	34:47.02
13.	Wang, Guihua	W63	China	34:47.69
14.	Arias Cuellar, Maria Gab	W63	Argentina	37:11.04
15.	León López Ortega, María	W60	Mexico	40:23.30
	Wilson, Julie	W63	Australia	DNF
	Hiew, Nyuk Kyau	W63	Malaysia	DQ
	Lee, Shew Keng	W62	Malaysia	DQ
	Dua, Chandralata	W62	India	DQ
W55 5000 Meter Race Walk				
1.	Tindal, Pam	W56	Australia	27:15.69
2.	Demartis, Peppina	W56	Italy	27:27.40
3.	Garcia Frontons, Carmen	W55	Spain	28:45.93
4.	Ricciutelli, Daniela	W59	Italy	29:40.76
5.	Elms, Donna-Marie	W55	Australia	31:08.97
6.	Holliday, Gloria	W55	Australia	31:58.87
7.	Fischer, Anne	W55	Canada	32:20.06
8.	King, Robin	W58	Australia	32:41.99
9.	Comba, Giuseppina	W59	Italy	33:00.08
10.	Bishop, Fiona Jane	W57	Great Britai	34:38.10
11.	Shaw, Robyn	W55	Australia	35:56.97
12.	Hughes, Robyn	W57	Australia	38:07.74
13.	Oliver, Carrie	W55	Great Britai	38:23.57
14.	Wedikkarage, Chandralath	W56	Sri Lanka	41:56.34
15.	Siren, Tarja	W58	Finland	42:30.53
16.	England, Lorna	W56	Australia	44:07.03
W50 5000 Meter Race Walk				
1.	Rocha de Souza Bagur, Es	W51	Brazil	28:39.67
2.	Staunton-Jugovic, Ann	W52	Australia	28:43.67
3.	Lucaferro, Manuela	W52	Italy	29:32.24
4.	Tolardo, Karyn	W51	Australia	30:09.08
5.	Weekes, Anne	W54	Australia	30:13.91
6.	Rosenbrock, Carolyn	W54	Australia	31:05.79
7.	Noel, Maureen	W53	Great Britai	32:05.20
8.	Stanley, Karen	W52	Australia	32:12.11
9.	Bridges, Debra	W50	United State	32:20.89
10.	Dean, Cheryl-Lee	W51	Australia	33:21.95
11.	Gormley, Anne	W53	Ireland	34:47.73
12.	Shepard, Elisabeth	W52	United State	36:55.87

13.	Esparza Cornejo, Yolanda	W54	Mexico	39:06.30
	Tangestani, Marziyeh	W54	Iran	DQ

W45 5000 Meter Race Walk

1.	Laufer, Michelle	W46	Australia	26:20.18
2.	Muldoon, Wendy	W45	Australia	28:23.39
3.	Adams, Diana	W48	New Zealand	29:11.99
4.	Bott, Kirsten	W49	Australia	30:53.39
5.	Farrow, Wendy	W49	Australia	32:33.72
6.	Perera, Vinitha Winifred	W47	Sri Lanka	32:41.36
7.	Wells, Janne	W48	Australia	34:02.15
8.	Sadiman, Nooraileyshah	W47	Malaysia	38:14.58
9.	Tholat, Sarojini	W48	India	38:18.23
10.	Eastwood, Elizabeth	W47	Australia	38:57.35
	Bisht, Archana	W45	India	DQ

W40 5000 Meter Race Walk

1.	Ruddick, Kelly	W43	Australia	24:49.61
2.	Webb, Cheryl	W40	Australia	25:57.36
3.	Randall, Susan	W42	United State	26:23.67
4.	Borovickova, Lenka	W43	Czech Republic	27:24.65
5.	Lupercio Luevano, Ma. De	W43	Mexico	29:34.71
6.	Sadler, Kellie	W41	Australia	32:46.62
7.	Chia, Lu-Hsin	W40	Chinese Taipei	36:56.88

W35 5000 Meter Race Walk

1.	Zucconi, Tatiana	W39	Italy	25:48.27
2.	Eichholtzer, Sandrine	W39	France	26:39.22
3.	Geisler, Sandra	W38	Australia	27:33.77
4.	Willemse, Rhoda	W35	South Africa	28:54.17



Winners Elena Pagu (W90), Christiane Dauphinet (W85), Jean Horne (W80) and Hildegard Vey (W75) – photos E Tardi



Else Meyer and Jacqueline Wilson (W70), Heather Carr (W65), Barbara Nell (W60) and Pam Tindal (W55)



Esmeralda Rocha de Souza (W50), Michelle Laufer (W45), Kelly Ruddick (W40) and Sylvia Machin (W75)

Women's 10km Road Walks, Monday 31 October

Many of the 5000m walk winners backed up with further wins in the women's 10km roadwalks which were held yesterday. Conditions were good – clear blue skies, mild temperatures and light winds – and the parklands course was well shaded.

The W60-W94 divisions raced first at 8AM, followed by the W35-W59 divisions later in the day. **Elena Pagu** of Romania won her second gold in the W90 with a world record 1:31:21 and Australian **Heather Lee** took gold in the W85 with 1:27:02, making the most of the absence of 5000m gold medallist Christiane Dauphinet. **Jean Horne** of Canada backed up with a second gold in the W80 (1:20:06), as did South African **Hildegard Vey** in the W75 (1:12:10), but not before a big battle with silver medallist **Sylvia Machin** (1:123:54). Repeat wins also to South African **Elsea Meyer** who won the W70 with 1:02:22 and Australian **Heather Carr** who won the W65 with 59:38.

Yet another gold to South Africa with **Barbara Nell** winning the W60 with 57:54 but no battle this time with Lyn Ventris who I heard was out with an injury. The W55 division saw a swap of positions at the top with Italian **Peppina Demartis** taking gold with 56:58 ahead of Australian **Pam Tindal** with 57:57. Brazilian **Esmeralda Rocha de Souza Bagur** was a repeat W50 winner (59:27) as was Australian **Michelle Laufer** in the W45 (54:06). The final two golds went to Australian **Cheryl Webb** in W40 (53:30) and Italian **Tatiana Zuccone** in W35 (53:04).

Australia led the medal count with 12 medals overall (4 Golds, 6 silvers and 2 bronzes). Place getters were as follows

Golds	Carr, Heather	W67	59:38
	Laufer, Michelle	W46	54:06
	Lee, Heather	W89	1:27:02
	Webb, Cheryl	W40	53:30
Silvers	Bryant, Barb	W62	59:30
	Byers, Sylvia	W81	1:30:38
	Machin, Sylvia	W75	1:12:54
	Muldoon, Wendy	W45	58:01
	Staunton-Jugovic, Ann	W52	1:00:42
	Tindal, Pam	W56	57:57
Bronzes	Geisler, Sandra	W38	57:44
	Tolardo, Karyn	W51	1:00:42

And now onto the results.

W90 10km Road Walk

1. Pagu, Elena W90 Romania 1:31:21 **World Record**

W85 10km Road Walk

1. Lee, Heather W89 Australia 1:27:02

W80 10km Road Walk

1. Horne, Jean W84 Canada 1:20:06
2. Byers, Sylvia W81 Australia 1:30:38

W75 10km Road Walk

1. Vey, Hildegard W75 South Africa 1:12:10
2. Machin, Sylvia W75 Australia 1:12:54
3. Jones, Daphne W75 New Zealand 1:13:30
4. Herrendoerfer, Ursula W76 Germany 1:15:12
5. Dräger, Helga W77 Germany 1:19:14
6. Kenyon, Judith W76 Australia 1:20:10
7. Schickert, Lynne W75 Australia 1:20:53
8. Beaumont, Margaret W78 Australia 1:31:19
Sinkovec, Rita W77 United State DQ
Frazer-Munroe, Ruth W79 Trinidad and Tobago DQ

W70 10km Road Walk

1. Meyer, Elsa W70 South Africa 1:02:22
2. Wilson, Jacqueline W70 New Zealand 1:04:37
3. Frable, Kathleen W71 United State 1:09:08
4. de Coppet, Brigita W70 Switzerland 1:16:14
5. Heller, Judy W70 United State 1:17:17
6. Jenkins, Luella W74 Australia 1:18:46
7. Henry, Diane W70 United State 1:31:12
8. Kohigashi, Kiyoko W73 Brazil 1:37:09
Yu, Mei-Yun W70 Chinese Taipei DQ

W65 10km Road Walk

1. Carr, Heather	W67	Australia	59:38
2. Mendes, Maria Orlete	W65	Portugal	1:02:03
3. Martino, Marianne	W66	United State	1:02:37
4. Hoskin, Sue	W65	New Zealand	1:04:11
5. Grolig, Dorothea	W65	Austria	1:04:34
6. Anxionnat, Claudine	W65	France	1:06:51
7. Vargas, Diana	W66	Peru	1:14:58
8. Neidel, Heidrun	W69	Germany	1:14:59
9. Ladwig, Sarah	W67	Australia	1:16:03
10. Dance, Elaine	W65	Australia	1:18:11
11. Brown, Judy	W66	Australia	1:29:41
12. Mison, Michele	W69	Australia	1:30:38

W60 10km Road Walk

1. Nell, Barbara	W62	South Africa	57:54
2. Bryant, Barb	W62	Australia	59:30
3. Duhig, Cath	W62	Great Britai	1:01:52
4. Peláez Cardona, Rosmary	W60	Colombia	1:02:41
5. Bonvarlet, Liliane	W63	France	1:02:49
6. Thompson, Alison	W63	Australia	1:04:22
7. Payne, Jennifer	W60	Australia	1:04:47
8. Leitch, Elizabeth	W61	Australia	1:05:35
9. Cheng, Ip Ming	W61	Hong Kong, China	1:07:15
10. Willemse, Lucia	W62	South Africa	1:09:53
11. O'Neill, Karyn	W61	Australia	1:10:58
12. Mak, Lai Ching Janet	W62	Hong Kong, China	1:13:56
13. Watts, Sherry	W63	Canada	1:15:26
14. Chow, Oi Ha	W63	Hong Kong, China	1:16:43
15. Diver-Cordero, Mary	W62	United State	1:29:19

W55 10km Road Walk

1. Demartis, Peppina	W56	Italy	56:58
2. Tindal, Pam	W56	Australia	57:57
3. Ricciutelli, Daniela	W59	Italy	1:00:23
4. Kwan, Siu Yin	W58	Hong Kong, China	1:02:54
5. Elms, Donna-Marie	W55	Australia	1:04:10
6. Holliday, Gloria	W55	Australia	1:04:53
7. Tai, Sau King Irene	W56	Hong Kong, China	1:05:02
8. Maxted, Marie	W56	Australia	1:05:41
9. Fischer, Anne	W55	Canada	1:06:36
10. Comba, Giuseppina	W59	Italy	1:07:14
11. Arostica, Ema	W59	Chile	1:14:25
12. Shaw, Robyn	W55	Australia	1:16:35
13. Hughes, Robyn	W57	Australia	1:18:38
14. Taffarello, Giovanna	W57	Italy	1:19:02
Bishop, Fiona Jane	W57	Great Britai	DQ

W50 10km Road Walk

1. Rocha de Souza Bagur, Es	W51	Brazil	59:27
2. Staunton-Jugovic, Ann	W52	Australia	1:00:42
3. Tolardo, Karyn	W51	Australia	1:00:42
4. Lucaferro, Manuela	W52	Italy	1:00:51
5. Weekes, Anne	W54	Australia	1:02:20
6. Fitzsimons, Marie	W50	Australia	1:02:42
7. Rosenbrock, Carolyn	W54	Australia	1:03:20
8. Noel, Maureen	W53	Great Britai	1:04:11
9. Bridges, Debra	W50	United State	1:04:50
10. Dean, Cheryl-Lee	W51	Australia	1:07:10
11. Wong, Yat Wan	W51	Hong Kong, China	1:08:12
12. Ramalingam, Komathi	W54	Singapore	1:10:13
13. Tangestani, Marziyeh	W54	Iran	1:11:06
14. Gormley, Anne	W53	Ireland	1:13:25
15. Shepard, Elisabeth	W52	United State	1:14:50
16. Lamminsivu, Susanna	W51	Finland	1:15:18
17. Lee, Min Yee Michelle	W54	Hong Kong, China	1:17:02

18. **Brown, Suzanne** W51 **Australia** 1:17:46

W45 10km Road Walk

1. Laufer, Michelle	W46	Australia	54:06
2. Muldoon, Wendy	W45	Australia	58:01
3. Sunderland, Nyle	W49	New Zealand	58:10
4. Adams, Diana	W48	New Zealand	1:02:46
5. Ziedina, Inga	W45	Latvia	1:04:31
6. Rogale, Aija	W47	Latvia	1:05:03
7. Farrow, Wendy	W49	Australia	1:05:21
8. Bott, Kirsten	W49	Australia	1:05:45
9. Perera, Vinitha Winifred	W47	Sri Lanka	1:06:04
10. Wells, Janne	W48	Australia	1:12:02
11. Wu, Cheng Kuen	W48	Hong Kong, China	1:26:59

W40 10km Road Walk

1. Webb, Cheryl	W40	Australia	53:30
2. Randall, Susan	W42	United State	53:52
3. Borovickova, Lenka	W43	Czech Republic	58:56
4. Lupercio Luevano, Ma. De	W43	Mexico	1:01:01
5. Sadler, Kellie	W41	Australia	1:07:51
6. Chan, Yee Hung	W41	Hong Kong, China	1:11:52

W35 10km Road Walk

1. Zucconi, Tatiana	W39	Italy	53:04
2. Eichholtzer, Sandrine	W39	France	55:33
3. Geisler, Sandra	W38	Australia	57:44
4. Willemse, Rhoda	W35	South Africa	58:19
5. Blakeman, Meghann	W37	Australia	1:24:44
6. Dower, Andrea	W39	Australia	DQ



Winners Elena Pagu (W80), Heather Lee (W85), Jean Horne (W80) and Hildegard Vey (W75)



Winners Else Meyer (W70), Heather Carr (W65), Barbara Nell (W60) and Peppina Demartis (W55)



Winners Esmeralda Rocha de Souza (W50), Michelle Laufer (W45), Cheryl Webb (W40) and Tatiana Zucconi (W35)

Men's 10km Road Walks, Monday 31 October

As with the women, the M60-94 divisions raced first, followed later in the day by the M35-59 as a second race.

It was wonderful to see two walkers in the M9 0 division where **Sriramu Vallabhajosyula** of India won with 1:38:37 ahead of New Zealander **Peter Tearle** with 1:39:25. **Ivan Pushkin** of Ukraine won the M85 again (1:14:03) but **Norbert Will** of GBR had to lower his colours to former Australian Olympian **Bob Gardiner** (1:10:33) in the M80 division. Repeat wins to Germany's **Christoph Höhne** in M75 (1:05:22) and Australia's **Andrew Jamieson** in M70 (53:37). The M65 division saw another great contest between Mexican **Jose Luis Lopez Camarena** (51:30) and Englishman **Ian Richards** (52:27), with things going the same way as in the 5000m.

A reversal in the M60 with Australian **Colin Heywood** (52:31) taking gold ahead of New Zealander **Mike Parker** (53:35). **Sergio Gutiérrez Brenes** of Costa Rica won the M55 with 50:29 and Spanish walker **Miguel Periañez** won M53 with 47:36. Australians filled all 3 placings in the M45 with **Stuart Kollmorgen** (49:08), **James Christmass** (PB 50:00) and **Dean Nipperess** (50:19). Finally, **Normunds Ivzans** of Latvia won the M40 with 46:26 and **Andris Alksnis** of Latvia won the M35 with 50:42.

Australia led the medal count with 9 medals overall (4 Golds, 2 silvers and 3 bronzes). Place getters were as follows

Golds	Gardiner, Robert	M80	1:10:33
	Heywood, Colin	M62	52:31
	Jamieson, Andrew	M70	53:37
	Kollmorgen, Stuart	M47	49:08
Silvers	Christmass, James	M48	50:00
	Hainsworth, Colin	M86	1:28:25
Bronzes	Beaumont, Ian	M80	1:29:22
	Donahoo, Mark	M58	54:10
	Nipperess, Dean	M45	50:19

And now onto the results

M90 10km Road Walk

1.	Vallabhajosyula, Sriramu	M92	India	1:38:37
2.	Tearle, Peter	M90	New Zealand	1:39:25

M85 10km Road Walk

1.	Pushkin, Ivan	M86	Ukraine	1:14:03
2.	Hainsworth, Colin	M86	Australia	1:28:25

M80 10km Road Walk

1.	Gardiner, Bob	M80	Australia	1:10:33
2.	Will, Norbert	M81	Great Britai	1:16:18
3.	Beaumont, Ian	M80	Australia	1:29:22
	Smith, John	M81	Australia	DQ
	Silcock-Delaney, Colin	M84	Australia	DQ

M75 10km Road Walk

1.	Höhne, Christoph	M75	Germany	1:05:22
2.	Shillabeer, Edmund	M77	Great Britai	1:08:14
3.	de Coppet, Alexis	M78	Switzerland	1:10:31
4.	Thomas, Bryan	M75	Australia	1:13:51
5.	Seymon, Jim	M79	Australia	1:14:53
6.	Sela, Patrick	M77	Australia	1:15:57
7.	Wicks, Barrie	M76	Australia	1:26:34
8.	Gonsiorovsky, Zdenek	M75	Czech Republic	DQ
9.	Strieder Ing., Hermann	M75	Austria	DQ

M70 10km Road Walk

1.	Jamieson, Andrew	M70	Australia	53:37
2.	Frable, Norman	M71	United State	59:54
3.	Rabatel, Fernand	M70	France	1:00:02
4.	White, George	M71	Australia	1:01:34
5.	McMullin, John	M70	Ireland	1:03:01
6.	Palella, Pasquale	M70	Italy	1:03:29
7.	Whyte, Robin	M74	Australia	1:03:41
8.	Lamb, Terry	M71	New Zealand	1:06:43
9.	Lawson, Paul	M70	United State	1:08:01
10.	Rogosheske, Philip	M72	United State	1:08:19
11.	Fullager, Peter	M73	Australia	1:09:25
12.	Faundez, Heriberto	M72	Chile	1:11:09
13.	Purves, Bill	M72	Hong Kong, China	1:11:21
14.	Iremonger, Geoffrey	M70	New Zealand	1:16:27
15.	Dubow, Joel	M73	United State	1:17:08
16.	Brandenburg, Walter	M70	Switzerland	1:32:13
	Kobayashi, Tomone	M72	Japan	DQ

M65 10km Road Walk

1.	Lopez Camarena, Jose Luis	M67	Mexico	51:30
2.	Richards, Ian	M68	Great Britai	52:27
3.	Kemsley, Eric	M65	New Zealand	56:14
4.	Schaeffer, Udo	M65	Germany	57:00
5.	Boszko, Peter	M67	Great Britai	58:12
6.	Wiggins, Michael	M67	United State	58:37

7.	Usai, Antonio	M65	Italy	59:34
8.	Hernández Pérez, Manuel	M65	Mexico	59:51
9.	Piaser, Roberto	M68	Italy	1:00:23
10.	Smith, Andrew	M67	United State	1:00:48
11.	Delayre, Bernard	M69	France	1:03:17
12.	Fortunati, Pierangelo	M66	Italy	1:03:59
13.	West, John	M66	Australia	1:07:47
14.	Gerhardt, Tom	M65	United State	1:07:59
15.	Kovar, Rostislav	M65	Czech Republic	1:08:15
16.	Rafael, Henriquez	M66	Chile	1:10:09
17.	Barrow, Geoff	M67	Australia	1:12:18
18.	Bellevegue, Louis	M69	France	1:15:53
19.	Birnbaum, Jorge	M69	United State	1:16:55

M60 10km Road Walk

1.	Heywood, Colin	M62	Australia	52:31
2.	Parker, Mike	M63	New Zealand	53:35
3.	De Masis, Michele	M60	Italy	54:27
4.	Fliegl, Miroslav	M61	Czech Republic	54:36
5.	Prieler, Helmut	M61	Germany	55:04
6.	Kalat, Josef	M60	Czech Republic	56:38
7.	Penolazzi, Claudio	M61	Italy	57:29
8.	Fox, Peter	M62	New Zealand	1:00:20
9.	Willemse, Jaap	M60	South Africa	1:00:27
10.	Yapa Abeywardena, Ananda	M60	Sri Lanka	1:04:02
11.	Eltringham, David	M61	Australia	1:04:42
12.	O'Neill, Terry	M60	Australia	1:04:53
13.	Sebastian, Tani Clace	M62	Malaysia	1:10:56
14.	Yeh, Ming-Chao	M61	Chinese Taipei	1:14:57
15.	Riddoch, Clyde	M63	Australia	1:20:38
	Lenane, Tom	M60	Australia	DQ

M55 10km Road Walk

1.	Gutiérrez Brenes, Sergio	M55	Costa Rica	50:29
2.	Naso, Andrea	M55	Italy	52:57
3.	Donahoo, Mark	M58	Australia	54:10
4.	Bonvarlet, Patrick	M56	France	54:55
5.	Luniewski, Miroslaw	M59	Poland	55:25
6.	Evans, Simon	M56	Australia	55:38
7.	Hauger, Georg	M59	Germany	56:19
8.	Malecki, Waldemar	M58	Poland	56:55
9.	DeMeester, Paul	M56	United State	58:51
10.	Cheung, Wing Hin Daniel	M56	Hong Kong, China	59:00
11.	Hastie, Garry	M55	Australia	1:01:18
12.	Venturi, Franco	M59	Italy	1:01:36
13.	Valiniemi, Ari	M58	Finland	1:01:37
14.	Leung, Ting Kin	M57	Hong Kong, China	1:03:28
15.	Lau, Leong Wa	M55	Hong Kong, China	1:04:31
16.	Blanchard, Michael	M55	United State	1:05:57
17.	Aunan, Tommy	M57	United State	1:06:04
18.	d'Argent, Christian	M59	Australia	1:10:43

M50 10km Road Walk

1.	Periañez, Miguel	M53	Spain	47:36
2.	Moreno Munar, Rodrigo	M50	Colombia	47:41
3.	Meyer, Steffen	M50	Germany	48:50
4.	Arena, Walter Salvatore	M52	Italy	50:26
5.	Smola, Josef	M52	Czech Republic	51:54
6.	Swarts, David	M51	United State	52:37
7.	Zahoncik, Jan	M51	Slovak Republic	53:58
8.	Gnauck, Dick	M53	Germany	54:20
9.	Breide, Madars	M51	Latvia	56:58
10.	Brzezowsky, Roman	M52	Austria	57:58
11.	Back, Peter James	M50	Singapore	59:46
12.	Logan, Bruce	M51	United State	1:00:04
13.	Khaksari, Behrooz	M51	Iran	1:04:05
14.	R, Subramaniam	M53	Singapore	1:10:21

15.	Padilla, Marcelo	M52	Argentina	1:13:56
	Chang, Yao-Jen	M50	Chinese Taipei	DQ

M45 10km Road Walk

1.	Kollmorgen, Stuart	M47	Australia	49:08	
2.	Christmass, James	M48	Australia	50:00	PB 0:47
3.	Nipperess, Dean	M45	Australia	50:19	
4.	Svensson, Christer	M46	Sweden	50:50	
5.	Cacia, Salvatore	M49	Italy	51:48	
6.	Messina, Giuseppe	M45	Italy	52:42	
7.	Guevara, Argenis	M48	Australia	55:31	
8.	Hohaia, Lyndon	M49	New Zealand	56:24	
9.	Smyth, David	M47	Australia	57:39	
10.	Kropik, Franz	M48	Austria	1:00:05	
11.	Hawkins, Forrest	M47	United State	1:00:56	
12.	Da Costa, Jerry Edson	M47	Brazil	1:02:52	
13.	Tardi, Emmanuel	M49	France	1:18:33	
14.	Delgado Perez, Oscar Alb	M45	Mexico	1:22:29	

M40 10km Road Walk

1.	Ivzans, Normunds	M44	Latvia	46:26	
2.	Babenko, Dmitry	M43	Canada	46:59	
3.	Soto, Etiel	M44	Mexico	48:15	
4.	Piñera Alvarez, Rubén	M41	Spain	49:01	
5.	Prasad, Pramesh	M42	Australia	49:23	PB 1:40
6.	Durand Pichard, David	M44	France	52:09	
7.	Eichholtzer, Sebastien	M40	France	53:56	
8.	Makino, Shinichiro	M40	Japan	54:45	
9.	Goobinnaan, Suresh Kumar	M44	Malaysia	57:36	
10.	Fu, Chi Wing Jason	M42	Hong Kong, China	1:02:30	
11.	Stefanelly, David	M40	France	1:06:32	

M35 10km Road Walk

1.	Alksnis, Andris	M39	Latvia	50:42
2.	Carmona Gordillo, Franci	M38	Spain	52:21
3.	Graniffo, John	M39	Chile	1:02:38
4.	Lebeau, Glen	M38	France	1:07:36



Sriramu Vallabhajosyula and Peter Tearle (M90), Ivan Pushkin (M85), Bob Gardiner (M80) and Christoph Hohne (M75)



Andrew Jamieson (M65), Jose Luis Lopez Camarena (M60), Colin Heywood and Mike Parker (M60) and Stuart Kollmorgen (M45)

Alas, I'm a bit short of photos of the winners of the younger male divisions as my cameraman Emmanuel Tardi was racing. But I do have two photos of interest – the Aussie M45 Gold Medal Team and Emmanuel himself in the French silver medal team. Well done Emmanuel – you deserve a medal for all your good work.



**Left: M45 Gold Medal Team – James Christmass, Stuart Kollmorgen and Dean Nipperess
Right: Silver Medal Team - Patrick Bonvarlet, Sébastien Eichholtzer and Emmanuel Tardi**

The 20km Road Walks are to be held on Friday 4th November so more to come in next week's newsletter.

2016 HONG KONG MTR RACEWALKING CARNIVAL, HONG KONG, SUNDAY 23RD OCTOBER

I had wanted to report on the annual MKR Hong Kong International Racewalk Carnival last week but the results had not yet been posted. That has now been fixed so I can catch up this week. Last year's elite 10km races were won by Hong Lui and Dane Bird-Smith but noone of that standard was on show this year. Unfortunately, a typhoon warning led to the cancellation of flights in to Hong Kong and our two Australian reps, Tyler Jones and Clara Smith, were unable to get there. I am sure others were in the same

situation. Overall, Malaysian **Lo Choon Sieng** won the men's walk with 47:00 and Hungarian **Viktoria Madarasz** won the women's walk with 50:08. Also reported in <http://omarchador.blogspot.com.au/2016/10/hong-kong-com-mais-uma-edicao-mtr-de.html>

Elite Men 10km

1.	LO CHOON SIENG	47:00
2.	MUHAMMAD KHAIRIL HARITH BIN HARUN	47:59
3.	KENMA ISHIDA	49:24
4.	TSE CHUN HUNG	50:41
5.	CHEUNG WAI TAK	52:19
6.	SIU MAN SHUN	54:02
7.	LIU SIU FUNG	59:34
8.	CHAN KA YIU	1:01:13
9.	YU WAI KEE	1:03:25
10.	FU CHI WING JASON	1:03:43
11.	FONG SAI HO	1:05:36
12.	LEUNG TING KIN	1:05:49
13.	LAU LEONG WA	1:06:58
14.	CHAN WAI ON	1:07:30
15.	LO YAU WING	1:14:38
	CHU HO TING	DQ
	SANDOR RACZ	DNF

Elite Women 10km

1.	VIKTORIA MADARASZ	50:08
2.	NATUMI KURAYOSHI	54:24
3.	ELENA GOH LING YIN	56:07
4.	PUA LING EN	56:50
5.	LIU HAI YING	59:07
6.	NG SAU MAN	1:00:03
7.	CHAN FEI YIN	1:02:27
8.	KWOK CHIK HA	1:04:15
9.	CHENG IP MING	1:06:00
10.	LEUNG YUK YIN	1:06:11
11.	SUEN WAI HA	1:07:38
12.	CHOI KIN YUNG	1:08:32
13.	CHAN YIK PUI	1:09:29
14.	SIU WING SHEUNG	1:10:16
15.	IP CHEUNG SAU	1:10:18
16.	MAN HOI MAN	1:11:11
17.	FUNG SUET MEI	1:14:11
	YEUNG LAI YAN	DNF
	LI CHUI FUN	DNF

11TH EDITION - 6 JOURS DE FRANCE, PRIVAS, FRANCE, 23-29 OCTOBER

Now for those who think that the marathon or the 50km walk is too short, I have just the thing for you – the 11th edition of the 6 Jours De France, held in Privas last week (see <http://www.6jours-de-france.fr/>). A 6 Day Race might be termed the ultimate torture but it doesn't stop people from signing up every year and testing themselves out and usually completing the test. I can only imagine how competitors felt when the final gun sounded at 4PM last Saturday.

Overall, an amazing 125 runners and 30 walkers started the 6 Day event and more started in the shorter 3 Day event as well. Alas, conditions could not have been worse – days of pouring rain, thunderstorms, leaking tents, freezing nights and howling winds. The course was flooded even before the race started and an alternative path had to be sourced for the first few days until walkers could resume on the correct course (a 1.025km loop around the Privas athletics track). Talk about a logistics nightmare for everyone. As Kathy Crilley commented:

The race had everything thrown at it except snow, plague and pestilence. The venue was the aptly named stade du lac which was under water at the start of the race so a short 600 metres circuit was put in place for the first 78 hours. A head torch would have been useful as well!

Last year French walker Dominique Bunel won the 6 Day Walk with an astounding 751.725km (a new World Best), beating all but one of the runners, and Josianne Pannier was the first of the women with 523.150km. With the tough conditions this year, that sort of performance was never going to be matched. This time around, **Christophe Biet** won with 647.454km, not far ahead of **Patrick Cailleaux** with 640.890km and NZL walker **Richard McChesney** with 612.003km. Richard had competed in the 3 Day walk event last year but upped the ante this year and put in a brave effort. He broke the NZ 500km record on the way (4 days 18 hrs 3 mins 5 secs) but was just short of the required 6 Day record distance of 622km. **Claudie Bizard** was the first of the women with 607.128km

and was an impressive 4th walker overall. GBR walker **Kathy Crilley** (C933) completed 376.599 km for 19th and a new GBR W60 record (she walked 343.775km last year).

6 Days Walk

1.	BIET - Christophe	M	FRA	647.454 km	143:55:59
2.	CAILLEAUX - Patrick	M	FRA	640.980 km	143:51:27
3.	MCCHESENEY - Richard	M	NZL	612.003 km	143:54:17
4.	BIZARD - Claudie	F	FRA	607.128 km	143:59:59
5.	BERT - Dominique	M	FRA	585.704 km	143:56:10
6.	CLEMENT - Philippe	M	FRA	536.083 km	143:51:28
7.	LINARD - Benoit	M	FRA	524.370 km	143:51:29
8.	LESCURE - Frederic	M	FRA	510.772 km	143:55:44
9.	ODOUARD - Dominique	M	FRA	508.172 km	143:51:22
10.	MACCARI - Patrick	M	FRA	505.013 km	143:42:57
11.	HAUSMANN - Martina	F	GER	497.707 km	143:56:16
12.	PRUCKNER - Jaroslav	M	CZE	456.250 km	143:57:43
13.	EMONIERE - Philippe	M	FRA	415.612 km	143:47:17
14.	LESCURE-THANRON - Elisabeth	F	FRA	414.533 km	143:55:45
15.	BOULITEAU - Bernard	M	FRA	403.223 km	143:55:20
16.	PIERRE - Patrick	M	FRA	395.878 km	143:50:50
17.	VARETTE - Graziella	F	FRA	391.237 km	143:51:27
18.	THANRON - Bernard	M	FRA	378.484 km	143:55:43
19.	CRILLEY - Kathy	F	GBR	376.599 km	143:54:55
20.	LE MANER - Serge	M	FRA	374.844 km	143:55:40
21.	ECHÉ - Dominique	M	FRA	365.965 km	143:55:30
22.	CORMIER - Jean michel	M	FRA	359.634 km	143:35:12
23.	ESTATOF - Bernard	M	FRA	339.835 km	143:53:28
24.	SAUTAI - Stephanie	F	FRA	317.449 km	143:58:25
25.	CHAMPMARTIN - Maurice	M	FRA	294.088 km	143:25:12
26.	DUBOIS D'ENGHIEN - Catherine	F	FRA	256.232 km	143:56:32
27.	MORVAN - Nicole	F	FRA	236.069 km	143:54:47
28.	BURGER - Alain	M	FRA	170.991 km	143:47:10
29.	BEARDSMORE - Suzanne	F	GBR	139.258 km	26:47:13
30.	VINCENT - Verone	F	FRA	113.115 km	142:06:56



6 Days Podium – NZ walker Richard McChesney third from left

The 72 Hours walk was won by Pascal Masson with 343.046km.

72 Hour Walk

1.	MASSON - Pascal	M	FRA	343.046 km	71:56:32
2.	BLONDE - Daniel	M	FRA	326.419 km	71:56:40
3.	ARNAULT - Jacques	M	FRA	322.259 km	71:52:01
4.	ARNAULT - Françoise	F	FRA	311.820 km	71:52:01
5.	SCHEFFER - Christian	M	FRA	253.970 km	71:51:15
6.	SALOMEZ - Benedicte	F	FRA	240.125 km	71:53:55

Full results (run and walk) can be sourced at <http://www.6jours-de-france.fr/index.php/42-banners/114-accueil-classement>.

FRENCH NATIONAL 100KM WALK CHAMPIONSHIPS, CORCIEUX, SUNDAY 30 OCTOBER

Emmanuel Tardi might be at the WMA Championships in Perth but he never stops reporting – thanks to him for the results from the French National 100km walk championships, held on Sunday in Corcieux, 400km east of Paris. The race started at midnight on Saturday night and has a cut off time of 14 hours, meaning you had to finish by 2PM on Sunday afternoon. The meet also included an ancilliary 50km walk for women (with an 8AM start and a 6 hour limit) and a 20km (with a 10AM start time). All races were contested on a 1km loop in the centre of the town.

The race saw a number of lead changes. **Fabrice Henry** led until the 30km mark (reached in 2:52), at which stage, twice winner **Eddy Roze** took over, leading to the 58km mark before flagging. That left **Florian Letourneau** to take over, coming home strongly to take the title with 11:08:54, ahead of **Mathieu Olivares** 11:13:55 and **Xavier Bunel** 11:20:11. Overall 10 men beat the 12 hour limit. The women's 50km was won by **Alejandra Ramirez Gomez** with 5:13:57

100 Km Walk

1.	LETOURNEAU Florian	Ac Chateau Thierry	SEM/88	11:08:54
2.	OLIVARES Mathieu	Neuilly Sur Marne Athletisme	VEM/76	11:13:55
3.	BUNEL Xavier	Granville Ac	VEM/62	11:20:11
4.	VANDERCOILDEN David	Cm Roubaix	VEM/69	11:33:16
5.	LASSALLE Emmanuel	Avec - S/l Athle Vosges Pays	SEM/81	12:06:34
6.	BANO Jean-michel	Ajs La Garde	VEM/55	12:17:48
7.	VAN HILLE Dominique	Nice Cote D:azur Athletisme *	SEM/77	12:54:18
8.	COULOMBEL Pierre	Cm Roubaix	VEM/59	13:14:15
9.	DIEN Daniel	Neuilly Sur Marne Athletisme	VEM/50	13:27:37
10.	GRADOS Stephane	Cm Roubaix	VEM/76	13:46:25
	FAUQUEUR Raymond	Elan 59 - S/l Us Dunkerque	VEM/57	DNF
	MICHELOT Remi	Es Thaon*	VEM/75	DNF
	BUNEL Pascal	Neuilly Sur Marne Athletisme	VEM/64	DNF
	BRUNEAUX Jean-claude	Coulommiers Brie Athletisme	VEM/54	DNF
	FAITEAU Maxime	Entente Poitiers Athle 86	SEM/90	DNF
	ROZE Eddy	Amiens Uc	VEM/70	DNF
	HENRY Fabrice	As Saint-junien	VEM/66	DNF
	SEYNAEVE Serge (BEL)	Cm Roubaix	VEM/60	DQ

50 Km Walk Women

1.	RAMIREZ GOMEZ Alejandra	Ana - S/l Sg La Wantzenau	VEF/76	5:13:57
2.	CARDEILLAC Elisabeth	Stadoceste Tarbes	VEF/69	5:46:48
3.	JOFFROY Raphaelle	Avec - S/l Cs Bassin Mortagne	VEF/72	5:54:22
4.	LAGABE Corinne	Athle 55 - S/l Asppt Bar-le-du	VEF/67	6:30:44

20 Km Walk

1.	SIEGENFUHR Daniel	Es Thaon*	VEM/50	2:03:03
2.	PIERRE Florence	Athle 55 - S/l Asppt Bar-le-du	VEF/66	2:24:00
3.	HARTMANN JOLLY Frederique	Athle 55 - S/l Asppt Bar-le-du	VEF/76	2:29:02
	AUGERON Johan	Entente Poitiers Athle 86	SEM/83	DNF
	MAYER Florian	Ana - S/l Sg La Wantzenau	ESM/96	DQ

8TH MEMORIAL RODOLFO CRASSO, TRIESTE, SUNDAY 30 OCTOBER

The 8th edition of the Memorial Rodolfo Crasso, held in conjunction with the 2016 edition of the "Inter City" walking event, featured 10km roadwalks around a 667m lap of the Piazza dell'Unità d'Italia in Trieste. Placings are restricted to the first 10 in each race. For full results, see http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2600.

10km Men

Leonardo Dei Tos, Stefano Chiesa and Riccardo Orsoni led early but it was Leonardo Dei Tos force who forced the pace in the final couple of kms to win in 43:17. The first of the local athletes was masters champion **Fabio Ruzzier** (M63) with a time of 53:37.

1.	DEI TOS Leonardo	1992	ATHLETIC CLUB 96 AE SPA	43:17
2.	CHIESA Stefano	1996	ATL. CENTO TORRI PAVIA	43:32
3.	ORSONI Riccardo	2000	C.U.S. PARMA	43:58
4.	MICHELETTI Juriy	1998	ATL. BERGAMO 1959 CREBERG	47:06
5.	BRAMBILLA Riccardo	1997	ATL. CENTO TORRI PAVIA	48:56
6.	MELI Mikias	2000	ATL. BERGAMO 1959 CREBERG	49:25
7.	TESOVNIK Anze	1998	AK KOPER	49:29
8.	SAPONARO Giuseppe	1969	ATLETICA BRUGNERA FRIULINTAGLI	51:05
9.	SCOTTI Riccardo	1967	NUOVA ATLETICA ASTRO	51:48
10.	BERETTA Daniele	2000	ATL. BERGAMO 1959 CREBERG	51:49

10km Women

Nicole Colombi, who walked the early laps with the leading men, had no difficulty in winning with a time of 45:26. The first of the local walkers was **Elisa Raia** with 49:31.

1.	COLOMBI Nicole	1995	ATL. BRESCIA 1950	45:26
2.	BARCELLA Lidia	1997	BRACCO ATLETICA	48:13
3.	MORETTI Gladys	1991	ATL. BERGAMO 1959 CREBERG	48:43
4.	RAIA Elisa	1978	C.U.S. TRIESTE	49:31
5.	CINCA Elena	1970	ATLETICA BRUGNERA FRIULINTAGLI	51:27
6.	CUNI Chiara	1999	ATL. BRESCIA 1950	51:45
7.	ROTA Alice	1998	ATL. BERGAMO 1959 CREBERG	51:57
8.	FORESTI Beatrice	1998	ATL. BERGAMO 1959 CREBERG	52:59
9.	PIROLA Laura	2000	ATL. BERGAMO 1959 CREBERG	53:58
10.	VARDABASSO Valentina	1999	FINCANTIERI ATL. MONFALCONE	54:34

OUT AND ABOUT

- The 2008 Olympic retests keep finding more drugs cheats - and it is no surprise to find another Russian amongst the latest announced last Wednesday. Former world steeplechase champion Ekaterina Volkova of Russia is among three T&F athletes to have been sanctioned by the IOC for doping offences at the 2008 Olympics. Volkova, the 2007 global champion and Beijing bronze medallist, along with Spanish hurdler Josephine Onyia and Cuban long jumper Wilfredo Martinez, are expected to have their results from those Games annulled following retests of doping samples. Re-analysis of Volkova's samples resulted in a positive test for the prohibited substance dehydrochloromethyltestosterone (turinabol). She won bronze in those Games in 9:07.64 behind compatriot Gulnara Gulkina. See <http://www.all-athletics.com/en-us/2016-10-26/former-world-steeplechase-champ-ekaterina-volkova-sanctioned-after-2008-retest>. In fact, while it was 3 T&F athletes, the list of baned athletes was 9 in total (others from wrestling, weight lifting, etc) as the IOC gradually works its way through the backlog of cases thrown up by the more than 1200 samples it retested from Beijing 2008 and London 2012 in the build-up to the Rio Olympics. See <http://www.sbs.com.au/news/article/2016/10/27/ioc-disqualifies-nine-08-olympics>.
- Every year at the end of season, **WADA updates the list of the prohibited substances** with those who resulted to be doping after a long cycle of studies. Some days ago the definitive list was published on the website of the World Anti-Doping Agency and it will be in effect for the whole 2017. Interestingly, Higenamina has been added to the list of prohibited Beta-2-Agonists. This is the substance which caused racewalker Liu Hong to test positive at the 2016 IAAF World Race Walking Team Championships in Rome. See https://wada-main-prod.s3.amazonaws.com/resources/files/2016-09-29_-_wada_summary_of_modifications_eng_final.pdf.
- **Tom Bosworth**, who finished sixth in Rio over the 20km, and plans to compete in his first 50km race in two years' time. "In my mind I'm looking at 2018 because there's no major world champs. There's the Commonwealth Games and the Europeans. So I'll do those and perhaps look at a 50km towards the end of the season," Bosworth said, adding that his coach, Andi Drake, would be pleased to finally hear him commit to it. See <http://www.athleticsweekly.com/featured/race-walker-tom-bosworth-future-50km-british-record-52867>.
- Speakers announced and bookings open for the **European Race Walking Conference** which will be held from 11-13 November which will be staged at Leeds Beckett University in Great Britain as part of the European Athletics Coaching Summit Series. See <https://sites.google.com/site/europeanracewalkingconference/home>.
- A **WADA Independent Observers Report** has slammed the Rio Olympic drugs testing procedures and scope. No out-of-competition testing was conducted in football, while there was "little or no" in-competition blood testing in many high risk sports and disciplines, including weightlifting. Blood testing was particularly affected after a contract to source 25 phlebotomists from a local company in Brazil to collect samples during the Games period fell through shortly beforehand. Other information revealed includes how 67 applications were made for Therapeutic Use Exemption (TUE) to be awarded

in order to allow athletes to take substances otherwise banned. See <http://www.insidethegames.biz/articles/1043096/wada-independent-observers-report-blasts-role-of-rio-2016-in-games-time-anti-doping-programme>. And I nearly forgot - only around 10 per cent of the planned biological passport blood tests were carried out.

- The IOC obviously lives in its own world, claiming on Friday that the Rio anti-doping program was successful despite the shortcomings discussed above. See <http://m.dw.com/en/ioc-claims-rio-anti-doping-program-was-successful-despite-shortcomings/a-36183493>
- In fact, it got even worse a few days later. If you want a near-perfect example of how some major sporting governing bodies appear to view image and perception as more important than honesty and clarity, look no further than the IOC's response to the WADA Independent Observers (IO) report from Rio 2016. It is the comments made by IOC medical and scientific director Richard Budgett which rankle most. "The IO report shows that it was a successful Olympic Games with a successful anti-doping programme," the IOC press release quotes him as saying. Budgett is not quite finished there. "The integrity of the programme was ensured despite some challenges the Organising Committee had to overcome," he adds. Yet if you only get your news from the IOC, you would have thought all was well with the world. See <http://www.insidethegames.biz/articles/1043188/liam-morgan-ioc-gloss-over-real-issues-raised-by-wada-independent-observers-report-from-rio-2016#.WBcc0aigTNo.mailto>.
- Not so IAAF boss Sebastian Coe who admitted on Friday that reports from the World Anti-Doping Agency alleging serious drug testing failings at the Rio Olympics made for "uncomfortable reading". The report uncovered "serious logistical failings" in Olympics' anti-doping efforts and found cases where athletes targeted for testing "could not be found", and a lack of adequately trained anti-doping personnel. See <http://www.supersport.com/athletics/article.aspx?id=3763424>.
- In May 2014, the Irish sprinter and law student **Steven Colvert** was tested for performance-enhancing drugs. The WADA-accredited laboratory in Cologne reported that his urine contained traces of synthetic recombinant erythropoietin (rEPO), a drug that must be injected and cannot be unintentionally ingested. Colvert claimed he was innocent, but was found guilty and deprived of the right to participate in competitions and organised training for two years. Lab Times did its own investigation and found that there are troubling aspects to the data and the level of certainty that one can achieve when measuring very small differences with scientific methods and reach the conclusion that Colvert's sentence for drug abuse might have been unjustified. The article points to a similarity to the guilty finding against Norwegian walker **Erik Tysse**. In my opinion the same holds for the case against South Australian walker **Kim Mottrom**. There are just too many of these borderline cases of minuscule amounts of banned substances. It has always been my opinion that this is a case of drugs testing gone mad. This latest case simply reinforces that view. See <http://www.sportsintegrityinitiative.com/borderline-analysis-wada-accredited-laboratories/>.
- **Michael Gillies Smith** is well into his long walk from Chewton in central Victoria, to Parliament House, Canberra, carrying in his backpack a piece of legislation requiring the government to gain parliamentary approval before going to war. You can follow his progress at <http://positivestep.info/>. He spent last night in the small Victorian country town of St James, 210km down the road and one third of the way to Canberra. I have been enjoying his many facebook posts and videos from along the way.



Michael stops for a photo and a whistle at the historic Whistle Stop spot outside Rushworth in country Victoria

- **Dr Louise Burke**, the Head of Sports Nutrition at the AIS, has just announced that Stage 2 of the **Supernova Training Camp** will go ahead early next year and will once again target elite Australian and international race walkers. The

documentations details a 6 week camp period from Monday 2nd January until Sunday 12th February, a period of 6 weeks. Supernova 1 was conducted over two periods in November 2015 and January 2016 with the participation of 21 elite/well-trained race walkers. This follow up camp promises to be even bigger. Information is being distributed via facebook group page <https://www.facebook.com/groups/872318649520235>.

MARCIADALMONDO AND OMARCHADOR ROUNDUP

Marciadalmondo had 7 press releases this week

- Sun 30 Oct - Dei Tos and Colombi are the winners of Memorial Rodolfo Crasso in Trieste
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2600
- Sat 29 Oct - Preview of Memorial Rodolfo Crasso in Trieste
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2599
- Sat 29 Oct - Focus on Australian walker Katie Hayward
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2598
- Thu 27 Oct - Sandro Damilano rewrites IAAF World Champs results after Russian drugs bans
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2597
- Tue 25 Oct - Tom Bosworth places 41st in Portsmouth 5km run
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2596
- Wed 26 Oct - Olympic champions Wang Zhen and Liu Hong give walking lessons to young Chinese walkers
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2595
- Mon 24 Oct - Olympic 50km champion Matej Toth undergoes shin injury surgery
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2594

and Omarchador had 13 press releases.

- Mon 31 Oct - Results of WMA Champs in Perth – 10km M60-94
<http://omarchador.blogspot.com.au/2016/11/wmac-perth-10-km-masc-m60-94-resultados.html>
- Mon 31 Oct - Results of WMA Champs in Perth – 10km W60-94
<http://omarchador.blogspot.com.au/2016/10/wmac-perth-10-km-fem-w60-94-resultados.html>
- Mon 31 Oct - Dates released for European Walks meets in Dudince, Podebrady and Altyus
<http://omarchador.blogspot.com.au/2016/10/dudince-podebrady-e-alytus-no-circuito.html>
- Sun 30 Oct - Andi Drake wins Athletics England coaching award
<http://omarchador.blogspot.com.au/2016/10/andi-drake-distinguido-pela-federacao.html>
- Sat 29 Oct - Results of Hong Kong MTR Walks Meet
<http://omarchador.blogspot.com.au/2016/10/hong-kong-com-mais-uma-edicao-mtr-de.html>
- Sat 29 Oct - Australian Katie Hayward excels with U18 5000m world leading time
<http://omarchador.blogspot.com.au/2016/10/katie-hayward-sub-18-com-213903-nos.html>
- Fri 28 Oct - Results of WMA Champs in Perth - 5000m W35-59
<http://omarchador.blogspot.com.au/2016/10/wmac-perth-5000-m-femininos-w35-59.html>
- Fri 29 Oct - Results of WMA Champs in Perth - 5000m W60-94
<http://omarchador.blogspot.com.au/2016/10/wmac-perth-5000-m-fem-w60-94-resultados.html>
- Thu 27 Oct - Results of WMA Champs in Perth - 5000m M35-59
<http://omarchador.blogspot.com.au/2016/10/wmac-perth-5000-m-masculinos-m35-59.html>
- Thu 27 Oct - Results of WMA Champs in Perth - 5000m M60-94
<http://omarchador.blogspot.com.au/2016/10/wmac-perth-5000-m-masculinos-m60-94.html>
- Wed 26 Oct - Memorial Mario Albisetti meet scheduled for 19 March 2017 in Lugano, Switzerland
<http://omarchador.blogspot.com.au/2016/10/trofeu-lugano-vai-realizar-se-em-2017.html>

- Tue 25 Oct - WMA Champs start in Perth
<http://omarchador.blogspot.com.au/2016/10/campeonatos-do-mundo-de-masters-iniciam.html>
- Tue 25 Oct - Kai Kobayashi wins Japanese 50km in Takahata
<http://omarchador.blogspot.com.au/2016/10/kai-kobayashi-vence-50-km-e-apura-se.html>

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

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. See http://ntmastersathletics.com.au/
Jun 11, 2017	51 st LBG Racewalking Carnival, Canberra, ACT

2016/2017 International Dates

Nov 9-13, 2-16	Pan Pacific Masters Games, Gold Coast, QLD. See http://mastersgames.com.au/ppmg/
Mar 18-29, 2017	World Masters Athletics Indoor Championships, Daegu South Korea
Mar 19, 2017	Memorial Mario Albisetti (elite 20km), Lugano, Switzerland
Mar 25, 2017	European Athletics Walks Meet, Dudince, Slovakia
April 8, 2017	Podebrady Race Walk Meet, CZE. See http://www.podebrady-walking.cz/en/
April 21-30, 2017	World Masters Games 2017, Auckland, NZ. See www.worldmastersgames2017.co.nz
April 23, 2017	Naumburg Racewalking Carnival, GER
May 21, 2017	European Race Walking Cup, Podebrady, CZE
June 9, 2017	European Athletics Walks Meet, Altyus, LTU
July 12-16, 2017	10 th World Youth T&F Championships, Niarobi, Kenya – THIS IS THE FINAL EDITION
August 5-13, 2017	16 th IAAF World Championships in Athletics, London, UK. See http://www.london2017athletics.com/ .
August 19-30, 2017	29 th Summer Universiade, Taipei, Taiwan

Looking Further Ahead

Apr 4-15, 2018	XXI Commonwealth Games, Gold Coast, QLD (racewalks on the program). See http://www.gc2018.com
May 2018	28 th IAAF World Race Walking Team Championships, TBA (It has been taken away from Cheboksary)
July 2018	16 th World Junior T&F Championships, Tampere, Finland
TBA, 2018	22 nd World Masters Athletics T&F Championships, Malaga, Spain
2019	17 th IAAF World Championships in Athletics, Doha, Qatar
July 2019	30 th Summer Universiade, Brasilia, Brazil
2019	World Masters Indoors T&F Championships, Torun, Poland
July 2020	32 nd Olympic Games, Tokyo
2012	23 rd World Masters T&F Championships, Toronto, Canada
Aug 2021	18 th IAAF World Championships in Athletics, Eugene, USA
July 18-30, 2022	XXII Commonwealth Games, Durban, South Africa

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