



## HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club  
2016/2017 Number 06  
8 November 2016



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### WALKER OF THE WEEK

Normally in considering my walker of the week, I would be zooming in on one of the 3 Australian walkers who won all 3 Golds on offer at the World Masters Athletics Championships in Perth

<b>Michelle Laufer</b>	W45	26:20.2 (5000m)	54:06 (10km)	1:55:38 (20km)
<b>Heather Carr</b>	W65	29:04.0 (5000m)	59:38 (10km)	2:06:45 (20km)
<b>Andrew Jamieson</b>	M70	26:42.1 (5000m) AR	53:37 (10km)	2:01:29 (20km)

or at least considering one of the other Australians who won gold in last Friday's 20km walk, on which I am reporting this week.

Heywood, Colin	M62	Australia	1:51:16
Bryant, Barb	W62	Australia	2:05:22

But all performances were completely overshadowed this week by that of 16 year old Queensland walker **Katie Hayward**. Walking in the University of Queensland 1500m Classic Meet last Thursday evening. She stormed around the UQ track in suburban Brisbane in an astonishing **5:48.34**. To put that in perspective, it is the fastest time ever done by an Australian woman (Kerry Saxby had the previous best with 5:50.41, walked in Sydney in 1991). To put it in a wider world perspective, it is just over one second outside the world best of 5:47.02, set by Norwegian walker Kjersti Tysse-Plätzer in 2002. Katie has featured prominently during the last couple of months with a series of superb 5000m walks, culminating in an U18 World Lead of 21:39.03. Now she has set the track in fire with a world leading 1500m time. She has yet to contest the 10km distance but one can only wonder at what sort of inaugural time she will clock when she decides she is ready. Alas, no photo available from the meet.

### WHAT'S COMING UP

- The **Pan Pacific Masters Games** (see <http://mastersgames.com.au/ppmg/>) kick off tomorrow on the Gold Coast in Queensland and will run from 9-13 November. Talk about no rest for some of our masters who have just finished in Perth and now line up for more races!
- An ongoing 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-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/vrwcsl7.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 1<sup>st</sup> 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 11<sup>th</sup> Dec**. See [https://sitedesq.sportstg.com/meetsregform/index.cfm?fuseaction=display\\_main&MeetID=1591&orgid=887](https://sitedesq.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 28<sup>th</sup> 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

**VICTORIAN ALL SCHOOLS T&F CHAMPIONSHIPS, LAKESIDE STADIUM, ALBERT PARK, 4-6 NOVEMBER**

The Victorian All Schools T&F Championships were held last weekend, the last of the schools meets before the Australian All Schools championship are held in early December.

The 5000m U17-U20 walks were held on Friday afternoon in very strong winds (what's new for Melbourne lately). **Kyle Swan** cleared away early to finish with 23:35.04. Behind him, **Philippa Huse** (25:17.07) and **Rebecca Henderson** (25:34.39) staged a good battle with Rebecca leading early but Philippa finishing strongly to overtake her. It was a hard ask for any U20 walkers as they would have been in the midst of their final school exams, hence the fact that only 2 of them fronted. Alas Reese Walmsley was disqualified but Madeleine Feain scored gold in her final outing in these championships. And a special mention to Rebecca Henderson who backed up on Sunday in the Sole Motive Triathlon, finishing third in her age group.

**Men 5000m Track Walk U20**

Walmsley, Reese 98 Rowville Sec DQ

**Men 5000m Track Walk U18**

1. Swan, Kyle 01 Melbourne Hi 23:35.04

**Women 5000m Track Walk U20**

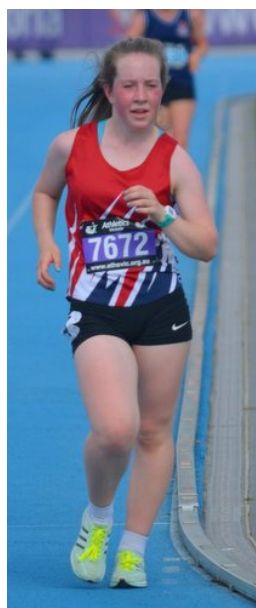
1. Feain, Madeleine 00 Salesian Col 32:48.72

**Women 5000m Track Walk U18**

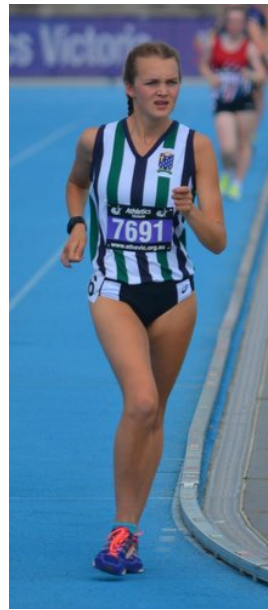
1. Huse, Philippa 99 St Leonard's 25:17.07  
 2. Noonan, Emily 01 Oxley College 30:15.55  
 3. Dowie, Ellen 99 Ballarat and 31:25.54  
 4. Lillie, Jessica 99 Rowville Sec 32:45.21  
 5. Taylor, Lee 01 Lilydale Hig 36:53.99

**Women 5000m Track Walk U17**

1. Henderson, Rebecca 01 Berwick Grammar 25:34.39  
 2. Davison, Mackayla 01 Saint Ignati 30:13.52  
 3. Hill, Madison 01 Crusoe 7-10 30:41.82



**Emily Noonan, Madison Hill, Mackayla Davison, Ellen Dowie, Madeleine Feain and Jess Lillie (photos Gerard Feain)**



**Kyle Swan, Lee Taylor, Madison Hill, Philippa Huse and Rebecca Henderson (more photos Gerard Feain)**

The U14-U16 3000m walks were held on Sunday afternoon in better conditions. The U14 races were first, with **Nikola Mandic** (14:58.13) and **Alanna Peart** (16:03.28) heading out together before Nikola put the hammer down and cleared away. The U15-U16 races came next, with **Hayden Walmsley** (14:34.55), **Zahra Hayes** (14:38.71) and **Corey Dickson** (14:44.46) leading together for most of the race before they finally separated towards the end. **Chloe Karagiorgos** was the other winner with her time of 16:02.29. Lots of PBs as you can see below. The biggest of the improvers was **William Dynes** who shattered his PB with an excellent 15:00.35.

**Men 3000m Track Walk U14**

1.	Mandic, Nikola	04	Fountain Gate Se	14:58.13	
2.	Jensen, Josh	04	Heany Park PS	15:37.92	
3.	Beveridge, Heath	04	Overnewton Kei	17:23.70	
4.	Collis, Bede	03	Parade Colle	18:02.35	
5.	hay, Angus	03	Brentwood Second	18:11.75	PB 0:25

**Women 3000m Track Walk U14**

1.	Peart, Alanna	03	Ballarat Hig	16:03.28	
2.	Nelson, Arnika	03	Clonard College	16:16.20	PB 0:25
3.	Woolfe, Hayley	04	St Margaret's	16:36.87	PB
4.	Taylor, Amaliya	03	Bellarine Se	17:24.16	
5.	Cipriani, Mikayla	04	Berwick Grammar	17:41.40	
6.	Colbert, Jasmine	03	Berwick Grammar	17:58.16	
7.	Heikkila-Dubowik, Kaylah	05	Drysdale Primary	18:02.77	PB 0:29
8.	Noonan, Claire	04	Oxley College	18:27.12	
9.	Leamer, Jordyn	05	Sacred Heart	18:39.08	

**Men 3000m Track Walk U16**

1.	Walmsley, Hayden	02	Rowville Sec	14:34.55	
2.	Thompson, Will	03	Balcombe Gra	15:31.17	
3.	Rickard, Joseph	03	Mornington Secon	17:25.64	

**Men 3000m Track Walk U15**

1.	Dickson, Corey	03	Tintern Schools	14:44.46	
2.	Dynes, William	03	Parade Colle	15:00.35	PB 2:23

**Women 3000m Track Walk U16**

1.	Hayes, Zahra	02	Rochester Se	14:38.71	
2.	Jasmin, Hass	02	Ringwood Sec	16:37.91	PB 0:11

**Women 3000m Track Walk U15**

1.	Karagiorgos, Chloe	03	Wantirna College	16:01.29	
2.	O'Mahony, Kathleen	02	Mater Christ	17:13.72	
3.	Cocking, Holly	04	Luther College	17:26.18	PB 0:30





Chloe Karagiorgos, Alanna Peart, Nikola Mandic and Corey Dickson



Hayden Walmsley, William Dynes, Josh Jensen and Zahra Hayes

I have uploaded a variety of All Schools photos to <http://www.vrwc.org.au/coppermine/thumbnails.php?album=92>.

**BENDIGO WALKERS CLUB ROAD WALKS, ROSALIND PARK, BENDIGO, WEDNESDAY 2 NOVEMBER**

Thanks to Paul Rance for his weekly report from Bendigo in country Victoria.

On Wednesday evening the Bendigo Walkers Club held 2km and 4km handicap events in Rosalind Park. In the 2km race, a thrilling finish resulted, with **Carissa Brook** sprinting to the line to snatch victory from **Sheridan Commons**, with **Amber Fox** close up in 3<sup>rd</sup> place. **Zahra Hayes** secured fastest time with Club PBs being achieved by Carissa Brook, Amber Fox and **Caitlyn Tozer**. In the 4km race, **Annette Curtis** continued her excellent form with a strong victory over **Norm West** in 2<sup>nd</sup> place and **Bill Lotherington** 3<sup>rd</sup>, with **Peter Curtis** taking fastest time honours. Annette Curtis and Bill Lotherington produced Club PBs ,with Bill's performance also a Club 80+ record.

**2km Handicap**

1.	Carissa Brook	10.44
2.	Sheridan Commons	14.25
3.	Amber Fox	14.57
4.	Zahra Hayes	9.53
5.	Caitlyn Tozer	15.35
6.	Madison Hill	11.31

**4km Handicap**

1.	Annette Curtis	27.06
2.	Norm West	32.10
3.	Bill Lotherington	28.13
4.	John Carter	30.44
5.	Peter Curtis	23.45
6.	Ebony Whiley	27.49

**UQ 1500M CLASSIC, UQ ATHLETICS TRACK, ST LUCIA, BRISBANE, THURSDAY 3 NOVEMBER**

Last Thursday evening saw one of the most amazing walks we have seen in Australia in a long time and, once again, it featured 16 year old Queensland walker **Katie Hayward**. Competing in the annual University of Queensland 1500m track classic meet, she stormed around the UQ track in suburban Brisbane in an astonishing **5:48.34**. To put that in perspective, it is the fastest time ever done by an Australian woman (Kerry Saxby had the previous best with 5.50.41, walked in Sydney in 1991). To put it in a wider world perspective, it is just over one second outside the world best of 5:47.02, set by Norwegian walker Kjersti Tysse-Plätzer in 2002. I had a chat with Robyn Wales the next day and she commented: *It was the most amazing race to watch as Katie looked so smooth and low on the track.*

Coach Steve Langley has uncovered another future champion too with 11 year old **Jayda Anderson** clocking 7:22 in only her 2<sup>nd</sup> 1500 walk. The men's race was also pretty slick with the McCutcheon brothers taking the first 3 places, all in PBs – **Luke McCutcheon** 6:12.31, **Jamie McCutcheon** 6:19.04 and **Nelson McCutcheon** 6:20.73. Now that is not something you see every day!. And a special note for 4<sup>th</sup> placed **Jamison Stovin** (also coached by Steve Langley) who also PB'd with 6:23.84.

Back in my day (which was a long time ago), we regularly raced over 1500m and I used to love the event, with its sheer speed and physicality. It is a shame that we don't have many opportunities nowadays so well done to UQ for including the 1500m walk in with their 1500m runs at their classic.

**1500m Track Walk Open Women**

1.	Hayward, Katie	16	UNQ	5:48.34	PB 0:22
2.	Smith, Clara	18	UNQ	6:28.93	
3.	Papadopoulos, Christina	20	UNQ	6:38.98	
4.	Hannigan, Caitlin	14	Gold Coast Victory	6:51.69	
5.	Schofield, Amelia	13	Gold Coast Victory	6:56.70	
6.	Betzold, Breeanna	14	Ipswich & District	7:03.13	
7.	Chapman, Tenyka	15	Gold Coast Victory	7:08.76	
8.	Anderson, Jayda	11	QA	7:22.22	
9.	Smith, Clancy	16	Noosa Athletics	7:28.37	
10.	Clarke, Anika	11	QRW	7:41.21	
11.	Sly, Charlotte	11	QA	7:49.00	
12.	Rowbotham, Milla	15	UNQ	7:59.36	
13.	Hargreaves, Josii	13	Jimboomba Athletics	8:13.85	
14.	Schofield, Isabella	14	Gold Coast Victory	8:27.93	

**1500m Track Walk Open Men**

1.	Mccutcheon, Luke	18	Qeii Track Club	6:12.31	PB 0:07
2.	Mccutcheon, Jamie	17	Qeii Track Club	6:19.04	PB 0:04
3.	Mccutcheon, Nelson	14	Qeii Track Club	6:20.73	PB 0:35
4.	Stovin, Jamison	15	UNQ	6:23.84	PB 0:10
5.	Bird, Kyle	20	UNQ	7:00.11	
6.	Clarke, Ethan	15	QRW	7:36.42	
7.	Stewart, Ryan	14	Ipswich & District	8:07.22	

For those who want to read a bit more about the progression of the 1500m walk in Australia, I have updated my analysis to include Katie's walk. Have a read at <http://www.vrwc.org.au/tim-archive/articles/1500m%20rankings.pdf>.

I also include below the top 20 men/women from my Australian 1500m all-time rankings. I have also taken the opportunity to bring my Australian all-time rankings over all major distances up to date. See <http://www.vrwc.org.au/arankings.shtml>.

Men All-Time	Name	State	Location	Date	Age	
1	05:16.4	Dane Bird-Smith	QLD	Brisbane, QLD	07/11/2013	U23
2	05:19.1	David Smith	VIC	Melbourne, VIC	07/02/1981	Open
3	05:19.5	Jesse Osborne	VIC	Melbourne, VIC	23/03/2014	U20
4	05:22.1	Nathan Deakes	VIC	Geelong, VIC	18/10/1997	U23
5	05:29.0	Rhydian Cowley	VIC	Melbourne, VIC	12/12/2012	U23
6	05:30.8	Willi Sawall	VIC	Melbourne, VIC	23/01/1980	Open

7	05:32.0	Jesse Osborne	VIC	Melbourne, VIC	16/10/2013	U20
8	5:32.0	Greg Robertson	TAS	Hobart, TAS	04/01/1989	U20
9	05:36.0	Chris Erickson	VIC	Sydney, NSW	28/02/2009	Open
10	05:36.6	Tim Erickson	VIC	Melbourne, VIC	08/11/1980	Open
11	05:37.5	Andrew Jachno	VIC	Melbourne, VIC	06/03/1982	U20
12	05:38.8	Dion Russell	VIC	Melbourne, VIC	26/10/1992	U18
13	05:41.9	Brad Aiton	QLD	Southport, QLD	17/12/2011	U18
14	05:42.7	Stephen Brooks	VIC	Adelaide, SA	26/03/1995	U16
15	05:42.6	Nick Dewar	QLD	Brisbane, QLD	07/11/2013	U23
16	05:42.5	Brandon Dewar	QLD	Brisbane, QLD	04/10/2010	U20
17	05:43.8	Daniel Thorne	VIC	Geelong, VIC	07/03/1998	U19
18	05:45.0	David Cash	VIC	Melbourne, VIC	08/11/1980	Open
19	05:45.0	Simon Baker	VIC	Melbourne, VIC	02/12/1983	Open
20	05:46.2	Bill Dyer	VIC	Melbourne, VIC	07/02/1981	U19

<b>Women All-Time</b>		<b>Time</b>	<b>State</b>	<b>Location</b>	<b>Comp Date</b>	<b>Age</b>
1	5.48.34	Katie Hayward	QLD	Brisbane	03-11-16	16
2	5.50.41	Kerry Saxby-Junna	NSW	Sydney	20-01-91	29
3	5.59.15	Renee McAskill	NSW	Sydney	25-02-96	U16
4	6.09.31	Michelle French	NSW	Sydney	14-02-98	U16
5	6.10.78	Natalie Saville	NSW	Hobart	27-03-94	U16
6	6.10.80	Sue Cook	VIC	Canberra	21-01-84	Open
7	6.14.30	Jane Saville	NSW	Sydney	20-01-91	U18
8	6.17.08	Jessica Pickles	QLD	Brisbane	07-11-13	U20
9	6.20.20	Gabrielle Blythe	VIC	Geelong	08-02-86	U17
10	6.22.21	Clara Smith	QLD	Brisbane	06-11-14	U16
11	6.22.43	Linda Coffee	NSW	Sydney	21-03-93	U16
12	6.23.43	Cheryl Webb	NSW		'92 Aust Titles	U16
13	6.31.45	Kate Connolly	NSW	Perth	/03/99 Aust Titles	U16
14	6.31.67	Jillian Hosking	ACT	Hobart	08-12-02	U16
15	6.31.70	Jemima Montag	VIC	Melbourne	02-02-13	U15
16	6.32.60	Anne Miller	VIC	Melbourne	05-02-78	U15
17	6.33.38	Amber Lawrence	NSW	Sydney	21-03-93	U16
18	6.33.44	Maureen O'Brien	WA	Sydney	21-03-93	U16
19	6.35.3	Shannon Jennings	NSW	Sydney	19-03-06	U16
20	6.36.0	Zoe Hunt	ACT	Canberra	05-03-15	U18



A family affair – Jamie, Luke and Nelson McCutcheon at UQ last Thursday evening (photo from facebook)

**CATHY FREEMAN SHIELD, QSAC, BRISBANE, SATURDAY 5 NOVEMBER**

Two days later, some of the Queensland 1500m walkers were back in action in 5000m and 3000m walks in Brisbane. Another great PB for 14 year old **Nelson McCutcheon** (13:42.33) in the 3000m.

**5000m Walk**

1.	McCutcheon, Jamie	17	Qeii Track Club	24:15.84
2.	Pickles, Jessica	22	University o	24:16.82
3.	Clarke, Ethan	15	Queensland R	29:24.27
4.	Haig, Callum	16	Uni of the S	31:41.35
5.	Mccutcheon, Luke	18	Qeii Track Club	DNF

**3000m Walk**

1.	McCutcheon, Nelson	14	Qeii Track Club	13:42.33	PB 0:36
2.	Martin, Katya	19	Gold Coast Victory	14:17.07	
3.	Stewart, Ryan	14	Ipswich & District	17:42.53	
4.	Hargreaves, Josii	13	Jimboomba Athletics	17:58.14	
5.	Kitching, Emily	14	Ipswich & District	18:01.44	

**ATHLETICS SA INTERCLUB, SA ATHLETICS STADIUM, MILE END, ADELAIDE, SATURDAY 5 NOVEMBER**

South Australian walkers raced over 5000m and 1500m in their interclub last Saturday in Adelaide. Best performances by **Alix Harlington** (25:52.70) and **Toby Wilks** (7:29.82).

**5000m Walk**

1.	Alix Harlington	NORTHERN DISTRICTS	25:52.70
2.	Jayden Goode	NORTHERN DISTRICTS	26:02.16
3.	Rhiannon Lovegrove	PORT ADELAIDE	26:10.17
4.	Samantha Findlay	SOUTHERN	26:30.76
5.	Bethany Cross	PEMBROKE	26:48.23
6.	Mathew Bruniges	SOUTHERN	28:56.11
7.	Peter Crump	SAINTS	29:06.36
8.	Chloe Upton	SOUTHERN	29:52.17
9.	Danielle Walsh	PORT ADELAIDE	30:28.39
10.	Cherie Rothery	HILLS DISTRICT	32:45.18
11.	James Hoare	PORT ADELAIDE	36:38.07
12.	Jake Vidler	SOUTHERN	DNF

**1500m Walk**

1.	Toby Wilks	PEMBROKE	7:29.82
2.	Anna Cross	PEMBROKE	7:37.49
3.	Kiera Ross	PEMBROKE	8:09.60
4.	Kitarni Upton	SOUTHERN	8:26.50
5.	Mia Wilks	PEMBROKE	8:51.71
6.	Talisha Skein	TEA TREE GULLY	9:08.53

**ATHLETICS TASMANIA INTERCLUB, DOMAIN ATHLETICS TRACK, HOBART, SATURDAY 5 NOVEMBER**

16 year old **Alice Randall** was best in Hobart with a 3000m time of 15:04.97.

**3000m Walk**

1.	Alice Randall	OVA	15:04.97
2.	Anna Blackwell	OVA	16:36.42
3.	Ron Foster	NS	18:29.15

**QMA T&F MEET, GRIFFITH UNIVERSITY, GOLD COAST, SUNDAY 6 NOVEMBER**

It looks like Victorian **Stuart Kollmorgen** must be intending to do the PanPac Masters on the Gold Coast this weekend. He joined his Queensland compatriots for their weekly Queensland Masterse meet on Sunday morning.

**3000m Walk**

1.	Stuart Kollmorgen	M45	Victoria	14:20.93	80.55%
2.	Dean Nipperess	M45	GC & Sthrn	15:09.95	76.21%



3.	Kay Shaw	W57	GC & Sthrn	19:06.64	71.46%
4.	Debbie Lindenberg	W55	GC & Sthrn	21:23.53	63.84%
5.	George Megas	M80	GC & Sthrn	24:55.32	67.70%

**21<sup>ST</sup> WORLD MASTERS T&F CHAMPS STADIA, PERTH, 26 OCTOBER 26 – 6 NOVEMBER 2016**

This week sees the final part of my report of the 21<sup>st</sup> World Masters Athletics Championships (<http://www.perth2016.com>) in Perth.

Firstly, a bit extra from the 5000m track walks and 10km road walks of last week. Dave Talcott (USA) has worked out the age graded performance of each walker. I reproduce the listing of all those who bettered 80.00%. Thanks Dave and well done to everyone on the list – top walking!

<b>5000m Women</b>		<b>Country</b>	<b>Age</b>	<b>Actual</b>	<b>AG %</b>	<b>AG Time</b>
1.	Elena Pagu	Romania	90	44:28.33	96.32%	20:49
2.	Heather Lee	Australia	89	42:48.12	96.14%	20:51
3.	Barbara Nell	South Africa	62	27:32.00	92.46%	21:41
4.	Heather Carr	Australia	67	29:03.99	91.42%	21:55
5.	Lynette Ventris	Australia	60	27:51.27	89.89%	22:18
6.	Elsa Meyer	South Africa	70	30:33.72	89.29%	22:27
7.	Barb Bryant	Australia	62	28:53.58	88.11%	22:45
8.	Pam Tindal	Australia	56	27:15.69	87.90%	22:48
9.	Peppinia Demartis	Italy	56	27:27.40	87.28%	22:58
10.	Maria Orlete Mendes	Portugal	65	30:12.24	86.46%	23:11
11.	Christiane Dauphinot	Australia	85	41:20.34	86.19%	23:16
12.	Jacqueline Wilson	New Zealand	70	31:43.15	86.03%	23:18
13.	Kelly Ruddick	Australia	43	24:49.61	85.89%	23:20
14.	Jean Horne	Canada	84	40:07.62	85.88%	23:20
15.	Marianne Martino	USA	66	30:48.28	85.51%	23:26
16.	Rosmary Pelaez Cardona	Colombia	60	29:50.05	83.93%	23:53
17.	Daniela Ricciutelli	Italy	59	29:40.76	83.40%	24:02
18.	Michelle Laufer	Australia	46	26:20.18	82.95%	24:10
19.	Alison Thompson	Australia	63	30:57.74	82.92%	24:10
20.	Cath Duhig	Great Britain	62	30:46.22	82.74%	24:14
21.	Sue Hoskin	New Zealand	65	31:38.35	82.54%	24:17
22.	Carmen Garcia Frontons	Spain	55	28:45.93	82.45%	24:19
23.	Kathleen Frable	USA	71	33:39.14	81.95%	24:28
24.	Hildegard Vey	South Africa	75	35:41.31	80.69%	24:50
25.	Sylvia Machin	Australia	75	35:41.66	80.68%	24:51
26.	Daphne Jones	New Zealand	75	35:43.23	80.62%	24:52
27.	Cheryl Webb	Australia	40	25:57.36	80.23%	24:59
28.	Ann Staunton-Jugovic	Australia	52	28:43.67	80.17%	25:00
29.	Susan Randall	USA	42	26:23.67	80.15%	25:01
30.	Tatiana Zucconi	Italy	39	25:48.27	80.09%	25:02

<b>5000m Men</b>		<b>Country</b>	<b>Age</b>	<b>Actual</b>	<b>AG %</b>	<b>AG Time</b>
1.	Jose Luis Lopez Camarena	Mexico	67	24:30.30	94.21%	19:12
2.	Ian Richards	Great Britain	68	24:55.00	93.79%	19:17
3.	Andrew Jamison	Australia	70	26:42.08	89.72%	20:10
4.	Rodrigo Moreno Munar	Colombia	50	23:19.79	88.53%	20:26
5.	Stefen Meyer	Germany	50	23:29.99	87.89%	20:35
6.	Normunds Ivzans	Latvia	44	22:25.68	87.67%	20:38
7.	Dmitry Babenko	Canada	43	22:15.37	87.64%	20:39
8.	James Christmass	Australia	48	23:17.38	87.23%	20:44
9.	Mike Parker	New Zealand	63	25:39.11	85.85%	21:04
10.	Stuart Kollmorgen	Australia	47	23:31.73	85.63%	21:08
11.	David Swarts	USA	51	24:18.23	85.20%	21:14
12.	Boguslaw Seidel	Poland	67	27:09.83	84.99%	21:17
13.	Christoph Hohne	Germany	75	30:20.71	84.66%	21:22
14.	Sergio Gutierrez Brenes	Costa Rica	55	24:46.33	84.43%	21:26
15.	Ruben Pinera Alvarez	Spain	41	22:50.61	84.05%	21:32
16.	Colin Heywood	Australia	62	25:58.20	83.83%	21:35
17.	Eric Kemsley	New Zealand	65	26:53.78	83.81%	21:35
18.	Udo Schaeffer	Germany	65	26:56.88	83.65%	21:38
19.	Ralph Bennett	Australia	74	30:17.34	83.61%	21:38
20.	Dean Nipperess	Australia	45	23:49.00	83.23%	21:44
21.	Ivan Pushkin	Ukraine	86	37:04.58	83.03%	21:47



22.	Walter Salvatore Arena	Italy	52	25:03.35	82.85%	21:50
23.	Christer Svensson	Sweden	46	24:10.75	82.65%	21:53
24.	Norman Fable	USA	71	29:25.68	82.52%	21:55
25.	Michael Wiggins	USA	67	28:09.09	82.01%	22:04
26.	Robin Whyte	Australia	74	31:02.25	81.59%	22:10
27.	Peteer Boxzko	Great Britain	67	28:17.90	81.58%	22:11
28.	Andrea Naso	Italy	55	25:39.38	81.52%	22:12
29.	Jim Seymon	Australia	79	33:38.15	81.08%	22:19
30.	Miroslav Fliegl	Czech Republic	61	26:33.09	81.07%	22:19
31.	Kari Laiho	Finland	53	25:40.30	81.06%	22:19
32.	George White	Australia	71	30:03.35	80.80%	22:23
33.	Fernand Rabatel	France	70	29:41.07	80.70%	22:25
34.	Salvatore Cacia	Italy	49	25:29.03	80.39%	22:30

<b>10km Women</b>		<b>Country</b>	<b>Age</b>	<b>Actual</b>	<b>AG %</b>	<b>AG Time</b>
1.	Heather Lee	Australia	89	1:27:02	102.60%	40:02
2.	Elena Pagu	Romania	90	1:31:21	102.15%	40:12
3.	Heather Carr	Australia	67	59:38.0	92.50%	44:24
4.	Jean Horne	Canada	84	1:20:06	91.98%	44:39
5.	Barbara Nell	South Africa	62	57:54.0	91.22%	45:01
6.	Elsa Meyer	South Africa	70	1:02:22	90.86%	45:12
7.	Barb Bryant	Australia	62	59:30.0	88.77%	46:16
8.	Jacqueline Wilson	New Zealand	70	1:04:37	87.70%	46:50
9.	Maria Orlete Mendes	Portugal	65	1:02:03	87.35%	47:01
10.	Marianne Martino	USA	66	1:02:37	87.32%	47:02
11.	Peppinia Demartis	Italy	56	56:58.0	86.96%	47:44
12.	Pam Tindal	Australia	56	57:57.0	85.48%	48:02
13.	Cath Duhig	Great Britain	62	1:01:52	85.38%	48:06
14.	Daniela Ricciutelli	Italy	59	1:00:23	84.96%	48:20
15.	Liliane Bonvarlet	France	63	1:02:49	84.80%	48:26
16.	Sue Hoskin	New Zealand	65	1:04:11	84.44%	48:38
17.	Dorothea Grolig	Austria	65	1:04:34	83.94%	48:55
18.	Hildegard Vey	South Africa	75	1:12:10	83.66%	49:05
19.	Diana Monsalve Pulgarin	Colombia	41	51:16.47	83.04%	49:27
20.	Kathleen Frable	USA	71	1:09:08	82.99%	49:29
21.	Rosmary Pelaez Cardona	Colombia	60	1:02:41	82.86%	49:34
22.	Sylvia Machin	Australia	75	1:12:54	82.82%	49:35
23.	Michelle Laufer	Australia	46	54:06.0	82.79%	49:36
24.	Alison Thompson	Australia	63	1:04:22	82.34%	49:53
25.	Daphne Jones	New Zealand	75	1:13:30	82.14%	50:00
26.	Ursula Herrendoerfer	Germany	76	1:15:12	81.35%	50:29
27.	Claudinie Anxionnat	France	65	1:06:51	81.08%	50:39
28.	Susan Randall	USA	42	53:52.0	80.46%	51:02
29.	Jennifer Payne	Australia	60	1:04:47	80.17%	51:13

<b>10km Men</b>		<b>Country</b>	<b>Age</b>	<b>Actual</b>	<b>AG %</b>	<b>AG Time</b>
1.	Jose Luis Lopez Camarena	Mexico	67	51:30.0	91.15%	40:48
2.	Ian Richards	Great Britain	68	52:27.0	90.36%	41:09
3.	Andrew Jamison	Australia	70	53:37.0	90.14%	41:15
4.	Miguel Perianez	Spain	53	47:36.0	88.99%	41:47
5.	Rodrigo Moreno Munar	Colombia	50	47:41.0	88.42%	42:03
6.	Normunds Ivzans	Latvia	44	46:26.0	86.48%	43:00
7.	Stefen Meyer	Germany	50	48:50.0	86.34%	43:04
8.	Ivan Pushkin	Ukraine	86	1:14:03	85.48%	43:30
9.	Colin Heywood	Australia	62	52:31.0	85.32%	43:35
10.	Dmitry Babenko	Canada	43	46:59.0	84.80%	43:51
11.	Mike Parker	New Zealand	63	53:35.0	84.39%	44:04
12.	Sergio Gutierrez Brenes	Costa Rica	55	50:29.0	84.18%	44:10
13.	Walter Salvatore Arena	Italy	52	50:26.0	83.86%	44:20
14.	Stuart Kollmorgen	Australia	47	49:08.0	83.71%	44:25
15.	Etiel Soto	Mexico	44	48:15.0	83.22%	44:41
16.	James Christmass	Australia	48	50:00.0	82.92%	44:50
17.	Eric Kemsley	New Zealand	65	56:14.0	81.92%	45:23
18.	Norman Fable	USA	71	59:54.0	81.88%	45:25
19.	Sriramu Vallabhajosyula	India	92	1:28:37	81.79%	45:28
20.	Josef Smola	Czech Republic	52	51:54.0	81.49%	45:38
21.	Miroslav Fliegl	Czech Republic	61	54:36.0	81.32%	45:43

22.	Michele De Masis	Italy	60	54:27.0	80.82%	46:01
23.	Udo Schaeffer	Germany	65	57:00.0	80.82%	46:01
24.	Salvatore Cacia	Italy	49	51:48.0	80.70%	46:05
25.	Peter Boxzko	Great Britain	67	58:12.0	80.66%	46:06
26.	Helmut Prieler	Germany	61	55:04.0	80.63%	46:07
27.	Robin Whyte	Australia	74	1:03:41	80.62%	46:07
28.	Fernand Rabatel	France	70	1:00:02	80.50%	46:11
29.	Dean Nipperess	Australia	45	50:19.0	80.44%	46:14
30.	Robert Gardiner	Australia	80	1:10:33	80.29%	46:19
31.	Christer Svensson	Sweden	46	50:50.0	80.26%	46:20
32.	David Swarts	USA	51	52:37.0	80.26%	46:20
33.	Andrea Naso	Italy	55	52:57.0	80.26%	46:20
34.	Mark Donahoo	Australia	58	54:10.0	80.10%	46:25
35.	Michael Wiggins	USA	67	58:37.0	80.09%	46:26
36.	Pramesh Prasad	Australia	42	49:23.0	80.05%	46:27
37.	Ruben Pinera Alvarez	Spain	41	49:01.0	80.03%	46:28

### Women's 20km Road Walks, Friday 4 October, 8AM

Now to the results from the 20km roadwalks which were held last Friday in Perth. The day started at 8.00am with the women's 20km. The sky was cloudy but clearing, temperature in the low 20's but rising and humidity around 60%. Not bad conditions early but getting tougher as the race progressed, making it difficult for many of the walkers, with slow times a consequence.

South African **Hildegard Vey** won the W75 division with a new world record of 2:33:39 (old record was 2:39:46) and South African **Elsa Meyer** won the W70 Division with a new world record of 2:10:58 (old record was 2:12:27). Australian **Heather Carr** won her third gold in the W67 with 2:06:45. Australian **Barb Bryant** turned the tables on South African **Barbara Nell** in the W60 division, winning with 2:05:202 to Nell's 2:06:29. The W55 saw Italians **Daniela Ricciutelli** and **Peppina Demartis** cross the line together in 2:04:46 to hold out Australian **Pam Tindal** who took third with 2:05:58. This was probably the most highly contested women's division in the meet. **Esmeralda Rocha de Souza** of Brazil won her third gold in the W50 with 2:01:54 and Australian **Michelle Laufer** won her third gold in the W45 with 1:55:38. **Susan Randall** of USA won the W40 division with 1:51:40 and Italian **Tatiana Zucconi** won the W35 in 1:49:36, the fastest time of the day. Special shoutout to W35 Australian **Sarah Brennan** who was 1km from home and going for silver when disqualified. It was her only walk for the meet – bad luck Sarah! Australian medallists were as follows:

Golds	Carr, Heather	W67	Australia	2:06:45
	Bryant, Barb	W62	Australia	2:05:22
	Laufer, Michelle	W46	Australia	1:55:38
Silvers	Tolardo, Karyn	W51	Australia	2:07:03
Bronzes	Geisler, Sandra	W38	Australia	2:01:09
	Tindal, Pam	W56	Australia	2:05:58
	Schickert, Lynne	W75	Australia	2:52:27

And now onto the results.

#### **W75 20km Road Walk**

1.	Vey, Hildegard	W75	South Africa	2:33:39	R (2:39:46)
2.	Dräger, Helga	W77	Germany	2:49:53	
3.	<b>Schickert, Lynne</b>	<b>W75</b>	<b>Australia</b>	<b>2:52:27</b>	
4.	<b>Beaumont, Margaret</b>	<b>W78</b>	<b>Australia</b>	<b>3:11:20</b>	
	Herrendoerfer, Ursula	W76	Germany	DQ	

#### **W70 20km Road Walk**

1.	Meyer, Elsa	W70	South Africa	2:10:58	R (2:12:27)
2.	Wilson, Jacqueline	W70	New Zealand	2:17:02	
3.	Frable, Kathleen	W71	United State	2:27:46	
4.	de Coppet, Brigita	W70	Switzerland	2:37:14	
5.	<b>Mckinven, Noela</b>	<b>W74</b>	<b>Australia</b>	<b>2:59:15</b>	
	Yu, Mei-Yun	W70	Chinese Taipei	DQ	

#### **W65 20km Road Walk**

1.	<b>Carr, Heather</b>	<b>W67</b>	<b>Australia</b>	<b>2:06:45</b>	
2.	Martino, Marianne	W66	United State	2:10:50	
3.	Mendes, Maria Orlete	W65	Portugal	2:12:09	
4.	Grolig, Dorothea	W65	Austria	2:15:28	
5.	Anxionnat, Claudine	W65	France	2:15:51	
6.	Hoskin, Sue	W65	New Zealand	2:20:13	

7.	Neidel, Heidrun	W69	Germany	2:37:50
8.	<b>Dance, Elaine</b>	<b>W65</b>	<b>Australia</b>	<b>2:39:59</b>
9.	<b>Mison, Michele</b>	<b>W69</b>	<b>Australia</b>	<b>3:00:48</b>
10.	<b>Brown, Judy</b>	<b>W66</b>	<b>Australia</b>	<b>3:13:02</b>

#### W60 20km Road Walk

1.	<b>Bryant, Barb</b>	<b>W62</b>	<b>Australia</b>	<b>2:05:22</b>
2.	Nell, Barbara	W62	South Africa	2:06:29
3.	Duhig, Cath	W62	Great Britai	2:10:10
4.	Bonvarlet, Liliane	W63	France	2:12:52
5.	<b>Leitch, Elizabeth</b>	<b>W61</b>	<b>Australia</b>	<b>2:22:09</b>
6.	Willemse, Lucia	W62	South Africa	2:24:54
7.	Diver-Cordero, Mary	W62	United State	2:56:04

#### W55 20km Road Walk

E1.	Ricciutelli, Daniela	W59	Italy	2:04:46
E1.	Demartis, Peppina	W56	Italy	2:04:46
3.	<b>Tindal, Pam</b>	<b>W56</b>	<b>Australia</b>	<b>2:05:58</b>
4.	Garcia Frontons, Carmen	W55	Spain	2:11:03
5.	<b>Holliday, Gloria</b>	<b>W55</b>	<b>Australia</b>	<b>2:15:40</b>
6.	<b>Elms, Donna-Marie</b>	<b>W55</b>	<b>Australia</b>	<b>2:16:00</b>
7.	<b>Maxted, Marie</b>	<b>W56</b>	<b>Australia</b>	<b>2:18:59</b>
8.	Comba, Giuseppina	W59	Italy	2:19:39
9.	Bishop, Fiona Jane	W57	Great Britai	DQ
10.	Tai, Sau King Irene	W56	Hong Kong, China	DQ

#### W50 20km Road Walk

1.	Rocha de Souza Bagur, Es	W51	Brazil	2:01:54
2.	<b>Tolardo, Karyn</b>	<b>W51</b>	<b>Australia</b>	<b>2:07:03</b>
3.	Lucaferro, Manuela	W52	Italy	2:07:56
4.	<b>Weekes, Anne</b>	<b>W54</b>	<b>Australia</b>	<b>2:11:38</b>
5.	<b>Fitzsimons, Marie</b>	<b>W50</b>	<b>Australia</b>	<b>2:13:10</b>
6.	Noel, Maureen	W53	Great Britai	2:14:48
7.	<b>Dean, Cheryl-Lee</b>	<b>W51</b>	<b>Australia</b>	<b>2:19:13</b>
8.	Ramalingam, Komathi	W54	Singapore	2:21:50
9.	Tangestani, Marziyeh	W54	Iran	2:32:41
10.	<b>Brown, Suzanne</b>	<b>W51</b>	<b>Australia</b>	<b>2:41:45</b>
11.	Gormley, Anne	W53	Ireland	2:41:45

#### W45 20km Road Walk

1.	<b>Laufer, Michelle</b>	<b>W46</b>	<b>Australia</b>	<b>1:55:38</b>
2.	Sunderland, Nyle	W49	New Zealand	1:59:44
3.	Rogale, Aija	W47	Latvia	2:11:56.
4.	Ziedina, Inga	W45	Latvia	2:14:56
5.	<b>Farrow, Wendy</b>	<b>W49</b>	<b>Australia</b>	<b>2:18:23</b>
6.	<b>Wells, Janne</b>	<b>W48</b>	<b>Australia</b>	<b>2:25:58</b>

#### W40 20km Road Walk

1.	Randall, Susan	W42	United State	1:51:40
2.	Borovickova, Lenka	W43	Czech Republic	1:59:11.
3.	Lupercio Luevano, Ma. De	W43	Mexico	2:05:35
4.	Monsalve Pulgarin, Diana	W41	Colombia	2:45:28
	<b>Brennan, Sarah</b>	<b>W40</b>	<b>Australia</b>	<b>DQ</b>

#### W35 20km Road Walk

1.	Zucconi, Tatiana	W39	Italy	1:49:36
2.	Eichholtzer, Sandrine	W39	France	1:57:08
3.	<b>Geisler, Sandra</b>	<b>W38</b>	<b>Australia</b>	<b>2:01:09</b>
4.	Willemse, Rhoda	W35	South Africa	2:03:46



Barb Bryant and Barbara Nell (W60), Susan Randall (W40), Michelle Laufer (W45) and Eseralda Rocha de Souza Bagur (W50)



Heather Carr (W65), Peppina Demartis (W55), Elsa Meyer (W70) and Tatiana Zucconi (W35) – photos Emmanuel Tardi

### Men's 20km Road Walks, Friday 4 October, 11:30AM

When the men's race started at 11.30AM, the skies were clear and sunny with temperature in the upper 20's so times were generally slower. Again it was one race for all age groups so would have been a great spectacle to watch. It was pleasing to see some of the oldest walkers prepared to challenge themselves over such a demanding distance, with golds going to M90 Indian walker **Sriramu Vallabhajosyula** (3:11:11), M85 Ukrainian **Ivan Pushkin** (2:34:31) and M80 English walker **Norbert Will** (2:52:02). German **Christoph Höhne** was untouchable in the M75 division (2:17:36) as was Australian **Andrew Jamieson** in the M70 division (2:01:29). M65 Mexican **Jose Luis Lopez Camarena** led the field through the first km with his main rival Englishman **Ian Richards** trying to stay with him. They were both with the overall leaders at the end of the first 2km lap but for Ian the effort was just too much and he was disqualified at 5km, leaving Lopez Camarena free to win with 1:53:02.

Australian **Colin Heywood** won his second M60 gold with 1:51:16, Costa Rican **Sergio Gutiérrez Brenes** won the M55 division with 1:48:20 and Colombian **Rodrigo Moreno Munar** won the M50 division with 1:40:27. After dominating the M45 divisions in the first 2 races, the Australians had to lower their colours to Swedish walker **Christer Svensson** who started slowly but then came through the field strongly to win with 1:46:39 ahead of **Dean Nipperess** (1:49:52) and **Stuart Kollmorgen** (1:51:42). Stuart had a



horror race and was literally carried off the course when he finished in a completely distressed and exhausted state. Canadian **Dmitry Babenko** won the M45 with 1:37:28, Latvian **Normunds Ivzans** won the M40 with the day's fastest time of 1:37:33 and fellow Latvian **Andris Alksnis** won the M35 division with 1:50:05. A special shout to M40 Australian **Pramesh Prasad** who, after two superb PB races, had hamstring issues here and could only limp home in what for him was a very slow 2:13:35. I hope you recover quickly Pramesh.

Australian medallists as follows:

Golds	Jamieson, Andrew	M70	Australia	2:01:29
	Heywood, Colin	M62	Australia	1:51:16
Silver	Nipperess, Dean	M45	Australia	1:49:52
Bronze	Kollmorgen, Stuart	M47	Australia	1:51:42

And now onto the results.

#### M90 20km Road Walk

1.	Vallabhajosyula, Sriramu	M92	India	3:11:11
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#### M85 20km Road Walk

1.	Pushkin, Ivan	M86	Ukraine	2:34:31
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#### M80 20km Road Walk

1.	Will, Norbert	M81	Great Britai	2:52:02
	<b>Beaumont, Ian</b>	<b>M80</b>	<b>Australia</b>	<b>DQ</b>

#### M75 20km Road Walk

1.	Höhne, Christoph	M75	Germany	2:17:36
2.	Shillabeer, Edmund	M77	Great Britai	2:22:53
3.	Gonsiorovsky, Zdenek	M75	Czech Republic	2:27:23
4.	<b>Thomas, Bryan</b>	<b>M75</b>	<b>Australia</b>	<b>2:29:44</b>
5.	de Coppet, Alexis	M78	Switzerland	2:34:42
6.	<b>Seymon, Jim</b>	<b>M79</b>	<b>Australia</b>	<b>2:43:36</b>
	Strieder Ing., Hermann	M75	Austria	DQ
	<b>Sela, Patrick</b>	<b>M77</b>	<b>Australia</b>	<b>DQ</b>

#### M70 20km Road Walk

1.	<b>Jamieson, Andrew</b>	<b>M70</b>	<b>Australia</b>	<b>2:01:29</b>
2.	Rabatel, Fernand	M70	France	2:08:13
3.	Frable, Norman	M71	United State	2:09:36
4.	Palella, Pasquale	M70	Italy	2:10:58
5.	Dooley, Thomas	M70	United State	2:11:34
6.	Klopfer, Goetz	M74	United State	2:12:22
7.	McMullin, John	M70	Ireland	2:15:28
8.	Lamb, Terry	M71	New Zealand	2:18:30
9.	<b>Whyte, Robin</b>	<b>M74</b>	<b>Australia</b>	<b>2:18:55</b>
10.	Rogosheske, Philip	M72	United State	2:24:35
11.	Purves, Bill	M72	Hong Kong, China	2:28:30
12.	Lawson, Paul	M70	United State	2:29:41
13.	Faundez, Heriberto	M72	Chile	2:35:26
14.	Brandenburg, Walter	M70	Switzerland	3:13:52
	Karuppanan, VeeraBadran	M71	India	DQ

#### M65 20km Road Walk

1.	Lopez Camarena, Jose Lui	M67	Mexico	1:53:02
2.	Kemsley, Eric	M65	New Zealand	2:00:41
3.	Boszko, Peter	M67	Great Britai	2:05:17
4.	Hernández Pérez, Manuel	M65	Mexico	2:14:22
5.	Smith, Andrew	M67	United State	2:15:45
6.	Wiggins, Michael	M67	United State	2:15:48
7.	<b>West, John</b>	<b>M66</b>	<b>Australia</b>	<b>2:20:59</b>
8.	Delayre, Bernard	M69	France	2:21:41
9.	Siegele, Johann	M67	Austria	2:21:55
10.	Kovar, Rostislav	M65	Czech Republic	2:23:26
11.	Fortunati, Pierangelo	M66	Italy	2:24:18
12.	Rafael, Henriquez	M66	Chile	2:34:48
13.	Stansilas, John Kutty	M69	Singapore	2:35:35
14.	Birnbaum, Jorge	M69	United State	2:43:34

<b>15. Membrey, Harold</b>	<b>M65</b>	<b>Australia</b>	<b>DQ</b>
Richards, Ian	M68	Great Britai	DQ
<b>M60 20km Road Walk</b>			
<b>1. Heywood, Colin</b>	<b>M62</b>	<b>Australia</b>	<b>1:51:16</b>
2. Prieler, Helmut	M61	Germany	1:54:26
3. Fliegl, Miroslav	M61	Czech Republic	1:55:30
4. Parker, Mike	M63	New Zealand	1:57:54
5. Kalat, Josef	M60	Czech Republic	1:59:21
6. De Masis, Michele	M60	Italy	2:02:28
7. Penolazzi, Claudio	M61	Italy	2:05:42
8. Willemse, Jaap	M60	South Africa	2:07:07
9. Harasinski, Ryszard	M60	Poland	2:13:16
10. Yapa Abeywardena, Ananda	M60	Sri Lanka	2:15:44
<b>11. Russell, John</b>	<b>M64</b>	<b>Australia</b>	<b>2:24:10</b>
12. McPherson, Scott	M60	United State	2:29:08
13. Yeh, Ming-Chao	M61	Chinese Taipei	2:36:12
<b>14. Bennett, Rodney</b>	<b>M62</b>	<b>Australia</b>	<b>2:46:06</b>
<b>M55 20km Road Walk</b>			
1. Gutiérrez Brenes, Sergio	M55	Costa Rica	1:48:20
2. Naso, Andrea	M55	Italy	1:55:37
3. Luniewski, Mirosław	M59	Poland	1:55:56
<b>4. Evans, Simon</b>	<b>M56</b>	<b>Australia</b>	<b>1:57:11</b>
5. Bonvarlet, Patrick	M56	France	1:57:21
6. Hauger, Georg	M59	Germany	2:00:15
7. Malecki, Waldemar	M58	Poland	2:02:49
8. Abadias Palacin, Luis	M56	Spain	2:03:24
<b>9. Hastie, Garry</b>	<b>M55</b>	<b>Australia</b>	<b>2:05:10</b>
10. DeMeester, Paul	M56	United State	2:05:39
11. Venturi, Franco	M59	Italy	2:12:02
12. Blanchard, Michael	M55	United State	2:18:30
13. Leung, Ting Kin	M57	Hong Kong, China	2:21:15
14. Aunan, Tommy	M57	United State	2:21:15
15. Ram, Babu	M58	India	2:45:21
<b>M50 20km Road Walk</b>			
1. Moreno Munar, Rodrigo	M50	Colombia	1:40:27
2. Periañez, Miguel	M53	Spain	1:42:10
3. Arena, Walter Salvatore	M52	Italy	1:43:51
4. Meyer, Steffen	M50	Germany	1:46:53
5. Smola, Josef	M52	Czech Republic	1:50:55
6. Swarts, David	M51	United State	1:51:07
7. Breide, Madars	M51	Latvia	2:00:51
8. Brzezowsky, Roman	M52	Austria	2:01:20
9. Laiho, Kari	M53	Finland	2:02:30
10. Back, Peter James	M50	Singapore	2:05:02
11. R, Subramaniam	M53	Singapore	2:20:46
Padilla, Marcelo	M52	Argentina	DQ
<b>M45 20km Road Walk</b>			
1. Svensson, Christer	M46	Sweden	1:46:39
<b>2. Nipperess, Dean</b>	<b>M45</b>	<b>Australia</b>	<b>1:49:52</b>
<b>3. Kollmorgen, Stuart</b>	<b>M47</b>	<b>Australia</b>	<b>1:51:42</b>
<b>4. Guevara, Argenis</b>	<b>M48</b>	<b>Australia</b>	<b>1:57:53</b>
5. Messina, Giuseppe	M45	Italy	2:01:29
6. Hohaia, Lyndon	M49	New Zealand	2:01:34
7. Kropik, Franz	M48	Austria	2:10:48
8. Tardi, Emmanuel	M49	France	2:38:41
Da Costa, Jerry Edson	M47	Brazil	DQ
<b>M40 20km Road Walk</b>			
1. Babenko, Dmitry	M43	Canada	1:37:28
2. Ivzans, Normunds	M44	Latvia	1:37:33
3. Soto, Eitel	M44	Mexico	1:42:41
4. Eichholtzer, Sebastien	M40	France	1:53:11
5. Makino, Shinichiro	M40	Japan	1:54:36

6.	Durand Pichard, David	M44	France	1:57:25
7.	Goobinnaan, Suresh Kumar	M44	Malaysia	2:00:18
8.	<b>McDonough, Aaron</b>	<b>M44</b>	<b>Australia</b>	<b>2:06:06</b>
9.	Maier, Alexander	M42	Austria	2:11:30
10.	<b>Prasad, Pramesh</b>	<b>M42</b>	<b>Australia</b>	<b>2:13:35</b>

**M35 20km Road Walk**

1.	Alksnis, Andris	M39	Latvia	1:50:05
2.	Carmona Gordillo, Franci	M38	Spain	1:54:05
3.	Graniffo, John	M39	Chile	2:09:06
	Bognár, Csaba	M36	Hungary	DQ

Alas, not much in the way of photos from the race, given that Emmanuel was in action (and won another Teams medal – well done Manu!).



Sergio Gutiérrez Brenes (M55), Colin Heywood (M60) and the M45 gold medal team of Dean Nipperess, Argenis Guevera and Stuart Kollmorgen



Christer Svensson (M45), Andrew Jamieson (M70) and Jose Luis Lopez Camarena (M65)

To finish off a big report, here are Dave McGovern's Age Graded percentages for all those who scored over 80% in the 20km walks.

<b>20km Men</b>		<b>Country</b>	<b>Age</b>	<b>Actual</b>	<b>AG %</b>	<b>AG Time</b>
1.	Rodrigo Moreno Munar	Colombia	50	1:40:27	85.92%	1:29:08
2.	Ivan Pushkin	Ukraine	86	2:34:31	84.79%	1:30:21
3.	Miguel Perianez	Spain	53	1:42:10	84.74%	1:30:24
4.	Jose Luis Lopez Camarena	Mexico	67	1:53:02	84.55%	1:30:36
5.	Normunds Ivzans	Latvia	44	1:37:33	84.41%	1:30:45
6.	Dmitry Babenko	Canada	43	1:37:28	83.84%	1:31:22
7.	Walter Salvatore Arena	Italy	52	1:43:51	83.28%	1:31:59
8.	Colin Heywood	Australia	62	1:51:16	82.82%	1:32:30
9.	Steffen Meyer	Germany	50	1:46:53	80.75%	1:34:52
10.	Andrew Jamieson	Australia	70	2:01:29	80.47%	1:35:12
11.	Etiel Soto	Mexico	44	1:42:41	80.19%	1:35:31
12.	Sergio Gutierrez Brenes	Costa Rica	55	1:48:20	80.08%	1:35:40

<b>20km Women</b>		<b>Country</b>	<b>Age</b>	<b>Actual</b>	<b>AG %</b>	<b>AG Time</b>
1.	Heather Carr	Australia	67	2:06:45	91.24%	1:32:45
2.	Elsa Meyer	South Africa	70	2:10:58	90.76%	1:33:15
3.	Barb Bryant	Australia	62	2:05:22	88.27%	1:35:53
4.	Marianne Martino	USA	66	2:10:50	87.61%	1:36:36
5.	Barbara Nell	South Africa	62	2:06:29	87.49%	1:36:44
6.	Jacqueline Wilson	New Zealand	70	2:17:02	86.74%	1:37:34
7.	Daniela Ricciutelli	Italy	59	2:04:46	86.05%	1:38:21
8.	Maria Orlete Mendes	Portugal	65	2:12:09	85.96%	1:38:27
9.	Cath Duhig	Great Britain	62	2:10:10	85.01%	1:39:33
10.	Liliane Bonvarlet	France	63	2:12:52	84.01%	1:40:44
11.	Dorothea Grolig	Austria	65	2:15:28	83.86%	1:40:55
12.	Claudine Anxionnat	France	65	2:15:51	83.62%	1:41:12
13.	Hildegard Vey	South Africa	75	2:33:39	83.27%	1:41:38
14.	Pppina Demartis	Italy	56	2:04:46	82.85%	1:42:09
15.	Pam Tindal	Australia	56	2:05:58	82.07%	1:43:08
16.	Kathleen Frable	USA	71	2:27:46	81.60%	1:43:43
17.	Sue Hoskin	New Zealand	65	2:20:13	81.02%	1:44:28
18.	Susan Randall	USA	42	1:51:40	80.15%	1:45:36
19.	Michelle Laufer	Australia	46	1:55:38	80.09%	1:45:41

**USAT&F 30KM RACE WALK CHAMPIONSHIPS, HAUPPAGE, NY, SUNDAY 6 NOVEMBER**

To New York State where the USA 30km Open and Masters Championships and the 20km Junior Championships were contested on Sunday. **Nick Christie** (2:20:57) and **Maria Michta-Coffey** (2:29:17) won the 30km Championships with Maria setting new national records at 25km and 30km. **AJ Gruttadauro** (1:46:38) and **Meaghan Podlaski** (1:47:17) won the respective Under 20 championships, Podlaski set setting a new US Junior Record. Gruttadauro continued on to place 4<sup>th</sup> in the 30km race.

**USATF 30km Championship Men**

1.	Nick Christie	25	unattached	2:20:58
2.	Mike Mannozi	30	Shore AC	2:27:29
3.	A.J. Gruttadauro	18	Shore AC	2:42:23
4.	Pablo Gomez	45	Chicago Walkers	2:44:14
5.	David Talcott	56	Shore AC	2:49:33
6.	Byron Kaelin	56	World Class RW	3:27:31
7.	Tim Chelius	60	Shore AC	3:45:56
	David McGovern	51	World Class RW	DNF

**30km Open Men**

1.	Claudio Villanueva	28	Ecuador	2:23:11
2.	David Velasquez	21	Ecuador	2:26:24
3.	Vyacheslav Troshkin	68	Russia/Park Walkers	3:22:39

**USATF 30km Championship Women**

1.	Maria Michta-Coffey	30	WalkUSA-Oisselle	2:29:18
2.	Katie Burnett	28	unattached	2:34:40
3.	Robyn Stevens	33	Shetchers Performance	2:47:11
4.	Loretta Schuellein-McGovern	39	World Class RW	2:56:22
5.	Katie Smith	28	Pegasus AC	3:07:33
	Teresa Vaill	53	Pegasus AC	DNF



	Chelsea Conway	27	Shore AC	DQ
<b>USATF Under 20 20km Championship Men</b>				
1.	A.J. Gruttadauro	18	Shore AC	1:46:38
<b>20km Open Men</b>				
1.	Brian Pintado	21	Ecuador	1:25:58
2.	Jose Melendez	21	Puerto Rico	1:28:23
3.	David Velasquez	21	Ecuador	1:29:40
	Emerson Hernandez	32	El Salvador (15k nt)	DNF
<b>USATF Under 20 20km Championship Women</b>				
1.	Meaghan Podlaski	19	Fleet Feet Albany	1:47:18
2.	Katie Miale	19	Maris College	2:04:40
3.	Maria Garcia	18	Park Walkers	2:19:27
<b>20km Open Women</b>				
1.	Paola Perez	27	Ecuador	1:36:31
2.	Elianay Pereira	32	Brazil	1:43:00
3.	Valentina Vaitones	20	New England Walkers	2:21:54
4.	Pamseluta Geer	70	Shore AC	2:35:45
	Karla Jaramillo	?	Ecuador	DQ
	Lou Kaelin	59	World Class RW	DQ
<b>10km Men</b>				
1.	David Hurtado	17	Ecuador	41:33
2.	Jonnathan Caceres	?	Ecuador	43:19
<b>10km Women</b>				
1.	Annly Pineda	26	Colombia	53:40
<b>5km Men</b>				
1.	Bill Vayo	55	Park RW	32:56
<b>5km Women</b>				
1.	Lucy Vayo	15	Park RW	32:56
2.	Tiarra Jackson	9	Velocity T.C.	41:35

#### WALKS MEET, BALMA, TOULOUSE, FRANCE, SUNDAY 6 NOVEMBER

Thanks to our intrepid European correspondent **Emmanuel Tardi** for the results of the latest 2 meets in France last weekend. He tells me it was almost 38°C at noon on Saturday when he flew out after the World Masters Championships in Perth and that it was cold and wet and snowy and 0°C when he arrived home to Paris. Brrrr...I am not sure where I would rather be given the two choices!

Anyway, a big meet in Balma, with **Hugo Andrieu** (1:31:33.2) and **Mylene Ortiz** (1:38:37.8) winning the 20,000m track walks and **Dorian Adam** (46:56.9) and **Amandine Marcou** (46:18.9) winning the 10,000m track walks.

#### **20,000m Men**

1.	ANDRIEU Hugo	Uavh Aubagne*	1:31:33.2
2.	HURAUULT Simon	Granville Ac	1:32:15.2
3.	HOUSSAYE Cedric	Sco Ste-marguerite Marseille*	1:34:38.8
4.	RAMON Fabrice	Entente Poitiers Athle 86	1:36:46.1
5.	RICHARD Dorian	Acj Nerac	1:38:01.8
6.	VALLEE Kyrian	Sa Toulouse Uc	1:44:42.7
7.	BROCHOT Patrice	Tarbes Pyrenees Athletisme	1:44:51.5
8.	CERDA Bernard	Us Bazas	1:59:45.0
9.	PRADINES Eric	Ecla Albi*	2:02:06.7
10.	RIES Eric	Moissac Athle	2:03:27.2
	BOULCH Mael	Pays De Landerneau Athletisme	AB

#### **20,000m Women**

1.	ORTIZ Mylene	As Saint-junien	1:38:37.8
2.	QUENNEHEN Marine	Ca Montreuil 93	1:38:47.8
3.	BAUDOIN Corinne	Ma2m - S/l Athletic Club Montp	1:42:05.2
4.	CASALE Maeva	Ca Balma	1:51:23.2
5.	CHAPILLON Roseline	Ca Balma	1:51:26.0

6.	BRUNET Elisabeth	Tarbes Pyrenees Athletisme	1:53:36.5
7.	FAVRON Severine	Correze A - S/I Ussel Ac	1:59:53.0
8.	JEAN Sandra	Tarbes Pyrenees Athletisme	2:06:24.7
9.	BARBIER Florence	Ca Balma	2:10:06.2
	TREBAUL Enora	Pays De Landerneau Athletisme	AB

#### 10,000m Men

1.	ADAM Dorian	Bordeaux Athle*	46:56.9
2.	HADULA Ludovic	Stadoceste Tarbes	47:01.7
3.	VANOOSTHUYSE Jean-franck	Us Talence*	48:51.9
4.	DRONIOU Etienne	Us Talence*	51:06.8
5.	PANICO Vincenzo (ITA)	Blagnac Sc	54:27.1
6.	FOUDJEM GANNO Daniel (CMR)	Bordeaux Athle*	55:09.4
7.	MORIVAL Jean-francois	So Millau	57:39.6
8.	COLOMAR Patrick	Stade Villeneuve-sur-lot	59:17.8
9.	FARAGO Bela	Ecla Albi*	59:35.8
10.	SOULA Sebastien	Sa Toulouse Uc	1:03:44.5
11.	PERES Eric	Tarbes Pyrenees Athletisme	1:04:00.7
12.	LAFFON Yves	Athle 632 - S/I Athle 632 Tour	1:04:18.5
13.	GIRON Thierry	Tarbes Pyrenees Athletisme	1:04:27.0
14.	LASSUS Marc	Us Bazas	1:06:08.9
	ESCOFFIER Adrien	Sa Toulouse Uc	AB

#### 10,000m Women

1.	MARCOU Amandine	Sa Merignac	46:18.9
2.	NASRI Chahineze (TUN)	Ca Balma	46:49.1
3.	CERANTOLA Laury	Sa Merignac	54:15.8
4.	TANGUY Mylene	Us Talence*	54:59.6
5.	BILLA Jeanne	As Caluire Et Cuire	55:15.8
6.	MARCOTTI Adele	Athletic Club Salonais *	58:29.1
7.	LARRANDABURU Isabelle	Stadoceste Tarbes	1:00:51.9
8.	LANASPEZE Christel	Athle 632 - S/I Athle 632 Tour	1:01:37.6
9.	BROCHOT Edith	Tarbes Pyrenees Athletisme	1:01:57.2
10.	BONNAL Valerie	Ecla Albi*	1:01:59.2
11.	MESTOURI Myriam	Ecla Albi - S/I Lavour Athlet	1:02:39.5
12.	PERROGON Juliette	Cognac Ac	1:02:53.2
13.	MAXENCE Mathilde	Athletic Club Salonais *	1:04:25.0
14.	BERTHON Corinne	Sa Merignac	1:05:54.2
15.	SUCHET Chantal	Athle 632 - S/I Athle 632 Plai	1:08:17.0

#### 5000m Men

1.	VANOOSTHUYSE Jean-franck	Us Talence*	23:23.0
2.	SAINT-MARC Adrien	Us Bazas	24:41.0
3.	MADLINE-DEGY Martin	Ecla Albi*	24:58.9
4.	GALIN PONS Adria (ESP)	Ca Balma	25:42.8
5.	MARON Thibault	Ecla Albi - S/I Les Pointes De	25:59.1
6.	HUGON Dimitri	Stadoceste Tarbes	26:00.8
7.	FOUDJEM GANNO Daniel (CMR)	Bordeaux Athle*	26:07.6
8.	GAUFFRE Yves	Ma2m - S/I Athletic Club Montp	26:32.0
9.	BARRIERE Loic	Bergerac Athletique Club	27:17.1
10.	GUILLEMOT Yann	Ma2m - S/I Athletic Club Montp	27:58.8
11.	FINORE Marius	Sa Merignac	28:58.5
12.	REMI Steve	Tarn Sud A - S/I Castres Athle	29:09.3
13.	AUGUSTIN Laurent	Us Bazas	29:21.0
14.	JORDANA Alexis	Blagnac Sc	31:29.9
15.	SEN Gerard	Us Bazas	34:04.6
16.	GALIN CALVO Albert	Ca Balma	36:01.8
17.	ZORRILLA Christophe	Us Talence*	38:27.3
	PICARD Pascal	Us Bazas	AB
	DEDIEU Robert	Muret Ac	DQ

#### 5000m Women

1.	HFEF Amel (TUN)	Ca Balma	26:37.6
2.	CECILLON Eliette	Us Bazas	32:51.0
3.	SISKOVA Martina (Svk)		34:01.8
4.	SEN Lucie	Us Bazas	35:04.3

**3000m Men**

1.	LANDRAS Adrien	Ca Balma	15:19.7
2.	WROBLEWSKI Matthieu	Us Talence*	17:07.7
3.	PARMENTIER Thibault	Ecla Albi*	18:27.4
4.	SEGAS Florian	Us Bazas	19:13.9
	KISSA Mael	As Saint-junien	AB

**3000m Women**

1.	BOREL LE BRETON Laure	Ca Balma	17:56.1
2.	CHAMAYOU Clara	Tarn Sud A - S/l Castres Athle	18:00.3
3.	LAURENS Sylvie	Tarbes Pyrenees Athletisme	18:35.8
4.	ROYERE Oceane	Us Bazas	19:06.8
5.	DELAUNAY Manon	Us Bazas	19:12.7
6.	MORNAT Agathe	Pba - S/l U Hasparren A	19:29.2
7.	LACAZE Sabine	Apa 65 - S/l Soues Omnisports	19:34.0
8.	TOCON Armelle	Tarn Sud A - S/l Castres Athle	19:53.9
9.	DOUMERG Alexandra	Sa Toulouse Uc	20:30.4
10.	SAINT-MARC Julie	Us Bazas	21:05.6
11.	ADAM Magdalena	Ua Gujan-mestras	21:08.0
12.	MEYER Aurelie	Us Bazas	21:10.1
13.	THOMAS Pauline	Ac Auch	22:05.4
14.	MAZOUÉ Julie	Us Bazas	22:28.8
15.	DUTIN Isabelle	Us Bazas	22:45.4
16.	LASSUS Maryse	Us Bazas	22:56.3

**2000m Men**

1.	FARAGO Bela	Ecla Albi*	11:56.7
2.	LASSERRE Joris	Pba - S/l U Hasparren A	12:36.4
3.	VIVES Romain	Athle 632 - S/l Athle 632 Js	12:45.3
4.	ORTIZ Matheo		13:30.6
5.	AZEMA Ugo	Athle 632 - S/l Athle 632 Js	14:48.6
6.	SAINT-MARC Frederic	Us Bazas	14:51.8
7.	DEDIEU-FOURTET Sylvain	Muret Ac	18:24.8

**2000m Women**

1.	SUCHET Valentine	Sa Merignac	11:55.3
2.	TOURNIER Thalia	Sa Merignac	11:59.0
3.	BENHAMOU Elsa	Ca Balma	12:22.8
4.	MARON Tiphaine	Ecla Albi - S/l Les Pointes De	12:40.0
5.	SAINT-MARC Alizee	Us Bazas	12:51.3
6.	BOURNANE Marilou	Ca Balma	12:56.6
7.	ROUCH Noemie	Ca Balma	13:31.2
8.	LASSALLE Lucie	Athle 632 - S/l Athle 632 Js	13:35.8
9.	CAPDEVILLE Josiane	Athle 632 - S/l Athle 632 Plai	14:29.2
10.	LACAZE Lise	Apa 65 - S/l Soues Omnisports	14:40.1
11.	COURTADE Lucie	Apa 65 - S/l Soues Omnisports	14:42.5
	BOUMAIZIA Sarah	Athle 632 - S/l Athle 632 Js	AB

**1000m Women**

1.	CARAYON Chloe	Ca Balma	06:28.2
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**WALKS MEET, NOGENT SUR MARNE, FRANCE, SUNDAY 6 NOVEMBER**

A smaller meet at Nogent Sur Marne but still lots of walkers. **Maxime Lecaplain** (1:37:20) and **Nathalie Steinvile** (2:11:02) won the 20km races while **Beniot Berchebru** (46:30) and **Sonia Demon** (54:20) won the 10km races. Th anks for the results Emmanuel!

**20km Walk**

1.	LECAPLAIN Maxime	SEM/94	U.s.o Mondeville	49:07	1:37:20
2.	GUETAT Gerard	VEM/62	Troyes Omnisports	51:09	1:42:31
3.	MASSOUSSI Mohamed (TUN)	SEM/88	U.s.o Mondeville	52:30	1:46:12
4.	LEGENTIL Cyril	SEM/86	Dynamic Aulnay Club	54:22	1:48:37
5.	LEGENTIL Marc	SEM/84	Dynamic Aulnay Club	54:23	1:48:39
6.	GRENET Bruno	VEM/65	Usm Gagny	53:24	1:49:21
7.	BOLLINGER Vincent	SEM/84	Dynamic Aulnay Club	56:01	1:49:22
8.	BROU Florent	SEM/93	Ac Paris-joinville	54:42	1:52:55
9.	MURAT Alex	VEM/58	Asfi Villejuif	55:42	1:55:20

10.	DAHME Florent	SEM/87	Ca Montreuil 93	56:03	1:56:27
11.	LEMOGNE Loic	VEM/55	C.c. Taverny Athle	59:18	1:59:29
12.	VICTOR Etienne	VEM/64	Cag Arnouville	1:00:58	2:03:12
13.	CHATEAU Xavier	VEM/63	Uai Nogent-sur-marne	59:35	2:03:45
14.	STEINVILLE Nathalie	VEF/64	Asfi Villejuif	1:05:05	2:11:02
15.	TOUTAIN Eric	VEM/63	Asc Francophone	1:04:29	2:11:29
16.	LANGLOIS Cloe	ESF/97	Dynamic Aulnay Club	1:04:27	2:11:48
17.	LEAUTE Benjamin	SEM/88	Ac Villeneuve D:ascq	1:04:28	2:11:52
18.	LEMOGNE Jocelyne	VEF/54	C.c. Taverny Athletisme	1:05:51	2:13:57
19.	GALMICHE Catherine	VEF/57	Cag Arnouville	1:05:07	2:15:42
20.	DEGRYSE Jean-claude	VEM/74	Ea Douchy	1:08:11	2:17:18
21.	DE ROQUEFEUIL Jacques	VEM/55	Ca Montreuil 93	1:10:22	2:29:17
22.	COTTEVIEILLE Maxime	SEM/90	Ca Montreuil 93		AB

#### 10km Walk

1.	BERCHEBRU Benoit	SEM/84	Martigues Sports Athle	46:30
2.	DA SILVA CARVALHO LEITE Thomas	SEM/83	Coulommiers Brie Athletisme	50:05
3.	SWAIEH Meftah	VEM/72	U.s.o Mondeville	53:33
4.	DEMON Sonia	VEF/72	Efs Reims A.	54:20
5.	OSMONT Caroline	ESF/96	As Tourlaville	55:06
6.	BOYER Nicolas	VEM/77	Pays De Fontainebleau	55:41
7.	CHRISMONT Gilles pascal	VEM/54	Marne Et Gondoire Athletisme	57:05
8.	LAVILLE Francois	VEF/56	Marne Et Gondoire Athletisme	57:10
9.	MARQUIS Cecile	VEF/71	Ref Issy Avia	58:48
10.	LEMONNIER Dominique	VEF/56	Marne Et Gondoire Athletisme	59:30
11.	CHOCHOY Christine	VEF/68	Dynamic Aulnay Club	1:04:17
12.	PRUNIER Morgane	JUF/99	Union Sportive De Ris Orangis	1:04:25
13.	BRUNEAUX Jean-claude	VEM/54	Coulommiers Brie Athletisme	1:05:10
14.	BUISSON Dominique	VEM/57	Saint-brice Athletisme	1:05:24
15.	RIGAULT Clothilde	VEF/61	Saint-brice Athletisme	1:06:40
16.	THOULE Floriane	ESF/95	Dynamic Aulnay Club	1:11:03
17.	DORE Sophie	VEF/77	Uai Nogent-sur-marne	1:13:49
18.	LOURENCO Anabela	VEF/71	Es Sucy-en-brie	1:14:25
19.	DAFIET Romane	CAF/00	Us Nemours St Pierre	1:14:27
20.	BEGUIN Nathalie	VEF/67	Ca Vierzon	1:15:20
21.	RIVA Emmanuelle	VEF/66	Uai Nogent-sur-marne	1:15:43
22.	SAUNEUF Lola	VEF/46	Marne Et Gondoire Athletisme	1:23:55
23.	MONTIGNY Patrick	VEM/49	Elan Chevilly-larue	1:24:56

### ROMANIAN 50KM CHAMPIONSHIPS, BUCHAREST, ROMANIA, SATURDAY 5 NOVEMBER

Thanks to marciadalmondo ([http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2604](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2604)) for the news about the Romanian 50km championships which were held on Saturday in Bucharest. The meet also included a women's 10km walk. The 50km walk saw 9 starters, with victory going to Rio Olympian **Stefan Narcis Mihaila** in a time of 4:28:20. The women's 10km went to Rio Olympian **Ana Veronica Rodeanu** with 49:25.

#### 50km Championship Men

1.	Mihaila, Narcis Stefan	87	CSU	Resita	4:28:20
2.	Stirbu, Florin Alin	92	CSU	Resita	4:34:40
3.	Balog, Atila Zoltan	81	CSU	Resita	4:59:30
4.	Suhani, Catalin Vasile	91	CSM	Suceava	5:29:20
5.	Berdei, Gheorghe	67	CSM	Suceava	5:36:00
6.	Dornean, Stefan George	95	CSM	Suceava	5:46:50
	Ion, Marian	63	CS	Telecom-Petrom Slanic	DNF
	Coman, Paul Tiberius	94	CSM	Suceava	DQ
	Paun, Ion	61	CSU	Resita	DQ

#### 10km Women

1.	Rodean, Ana Veronica	84	CSU	Resita,CS Unirea Alba Iulia	49:25.20
2.	Acatrinei, Mihaela	95	CSU	Resita,CS Unirea Alba Iulia	50:41.80
3.	Manolache, Liliana	95	CSM	Craiova	51:10.10
4.	Aichimoaci, Alexandra Iuliana	93	CSU	Resita	51:45.60
5.	Molnar, Carmen Bianca	96	CSU	Resita,CS Unirea Alba Iulia	52:52.10
6.	Olteanu, Ionela Cerasela	99	CSM	Craiova	53:18.50
7.	Botez, Andra Elena	00	CSM	Onesti,SCM Bacau	54:14.80
8.	Munteanu, Loredana	00	CSM	Onesti	54:46.80



9.	Tincu, Valentina Ionela	97	CSU	Resita	54:56.60
10.	Arvatu, Adriana Neli	93	CSM	Craiova	55:39.90
11.	Sebestin, Alexandra Paula	98	CSM	Onesti	55:58.30
12.	Puiu, Andreea Raluca	99	CSM	Onesti	56:05.50
13.	Vancea, Andreea Isabella	97	CSM	Suceava	56:06.20
14.	Tibichi, Alexandra Viorica	97	CSM	Suceava	58:29.90
15.	Nane, Andreea Florentina	96	CSM	Suceava	60:01.20
	Batila, Alina Ionela	95	CSM	Craiova	DQ
	Puscasu, Mihaela Valentina	95	CSU	Resita	DQ

### XXXI GRAN PREMIO CIUDAD DE GUADIX, GAUDIX, SPAIN, SATURDAY 5 NOVEMBER

Thanks to marciadalmondo ([http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2603](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2603)) for this one as well. The XXXI edition of the Gran Premio Ciudad de Guadix was a big meet with a large number of walkers in categories, from youth to master. The Open 5km walks started at 6:30PM and were on a 1km out and back course on the floodlit Avenida Medina Olmos in the centre of Gaudix.

**Luis Alberto Amezcua** won the men's 5km in a very good time of 20:21, ahead of fellow Spanish walkers **Ivan Pajuelo** 20:41 and **Luis Manuel Corchete** 20:51. The women's 5km walk went to Ukrainian **Inna Kashina** with 22:31, ahead of Spanish walkers **Maria Perez** 22:57 and **Amanda Cano** 23:24.

#### Open Men 5km (First 10)

1.	AMEZCUA BALBOA, LUIS ALBERTO	Juventud Guadix	20:21
2.	PAJUELO PAREDES, IVAN	A.D. Marathon	20:41
3.	CORCHETE MARTINEZ, LUIS MANUEL	TORREVIEJA	20:51
4.	BERNABE RAMA, FABIAN JUVENTUD	ATLÉTICA GUADIX	21:23
5.	DURAN ACUÑA, FRANCISCO JOSE	Real Sociedad	21:39
6.	BERMUDEZ JIMENEZ, MANUEL	UCAM ATHLEO CIEZA	21:42
7.	PEREZ OSORIO, LUIS MANUEL		22:18
8.	MARTIN AMAT, JUAN FRANCISCO	Unicaja Atletismo	22:29
9.	LOPEZ PEREZ, IVAN	ELCHE DECATHLON	22:41
10.	ROMERO IRIAS, JOSE LEONIDAS	SUPER AMARA BAT	22:53

#### Open Women 5km

1.	KASHYNA, INNA	Cueva de Nerja-UMA	22:31
2.	PEREZ GARCIA, MARIA	Valencia Club Atletismo	22:57
3.	CANO GOMEZ, AMANDA	UCAM ATHLEO CIEZA	23:24
4.	LARIOS LOPEZ, MARIA	A.D. Marathon	24:18
5.	SANCHEZ BERMEJO, MELISA	UCAM ATHLEO CIEZA	26:05
6.	AMMOUR PEDAUYE, SARA	PAMPLONA ATLETICO	29:14
7.	ROSALES VANELLA, YAMILA MONICA	Clinicas RinconVelez	31:37

#### U20 Men 5km

1.	PEREZ RUBIO, JOSE MANUEL	Juventud Guadix	22:16
2.	SANTISTEBAN FERNANDEZ, ENRIQUE	Cueva de Nerja-UMA	25:58
3.	VELANDO AMOR, ERNESTO	CA ALMENDRALEJO	29:31

#### U20 Women 5km

1.	CARRION ANTOLI, ANGELA	A.C. Jumilla	25:27
2.	VAZQUEZ GEA, ALICIA	UCAM ATHLEO CIEZA	25:54
3.	MATEA CLIMENT, ESTELA	Playas de Castellon	26:12
4.	TORREGROSA ESCODA, CRISTINA	millennium Torrevieja	34:07

### SURREY WALKING CLUB CHAMPIONSHIP & OPEN 7 MILES, LONDON, ENGLAND, SUNDAY 6 NOVEMBER

Thanks to Peter Hannell for the results of the Surrey Walking Club 7 miles Championship in London last weekend.

#### 7 Miles Men

1.	D.Crane	Sy WC	M35	59:36
2.	G.Chapman	Head	M60	1:11:22
3.	A.Thomson	E&H	M80	1:16:55
4.	P.King	Belg/Sy WC	M65	1:17:36
5.	M.Harran	Sy WC	M75	1:18:01
6.	M.Martin	Sy WC	M60	1:18:32
7.	S.Pender	E&H	M60	1:19:12

8.	D.Hoben	Sy WC	M60	1:21:19
9.	D.Delaney	Sy WC	M70	1:22:48
10.	D.Maskell	Sy WC	M65	1:26:10
11.	R.Vroobel	Hill	M55	1:26:19

#### 7 Miles Women

1.	A.Jones	Steyn	W60	1:17:33
2.	A.Martin	Sy WC	W50	1:18:32
3.	G.Legon	Bexley	W55	1:20:39

### NZ ROUNDUP

Good to see **Rozie Robinson** continuing her return to full fitness after her knee operation. **Laura Langley** was also walking fast in Wanganui.

#### NZ Interclub, Timaru, New Zealand, Saturday 29 October – 5000m Walk

1.	Roseanne ROBINSON	NZL	90	24:56.83
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#### NZ Interclub, Wanganui, New Zealand, Saturday 5 November – 3000m Walk

1.	Laura LANGLEY	NZL	97	14:08.53
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### GERT LE ROUX MEMORIAL, PRETORIA, SOUTH AFRICA, 28-29 OCTOBER

#### 5000m Race Walk

1.	Tumisang PULE	RSA		23:52.91
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### OUT AND ABOUT

- It was a long time coming, but **Robert Heffernan** finally got the Olympic medal-winning moment of glory he deserved at a packed City Hall ceremony in Cork last Thursday. Heffernan realised his life's dream by receiving his bronze medal in front of family, friends and supporters, more than four years after the 50km walk in London 2012. See <http://www.rte.ie/sport/athletics/2016/1103/829029-rob-heffernan-gets-medal/>.



- Stefano Aracena** of walkingthedream.com is looking for nominations for his 2016 Male and Female Walker of the Year. Sounds a pretty good initiative – well done Stef. See <https://www.walkingthedream.com/2016-male-female-race-walker-year-nominations/>.
- I see that the latest issue of the **Race Walking Record (RWR Issue 853 - Oct 2016)** has been published. This is the official monthly magazine of the GBR based Race Walking Association, and has been published monthly for over 70 years. The first issue was in November 1941. Not a bad record! Email Noel Carmody at [noel.carmody@btopenworld.com](mailto:noel.carmody@btopenworld.com) if you would like your own direct copy. It's free!

- Final results have been published from the recent African Centurions 24 Hour qualifying race in South Africa - see <http://www.africancenturion.com/assets/Centurion-Finishers.pdf>.
- Good to see Canadian **Gerry Dragomir**, who coaches Olympian walkers Iñaki Gomez, Evan Dunfee, and Ben Thorne, as one of 10 coaches to receive Petro-Canada Coaching Excellence Awards. See <http://athletics.ca/10-athletics-canada-coaches-receive-petro-canada-coaching-excellence-awards/>.



- The British Athletics Writers Association (BAWA) vote **Callum Wilkinson** as their Young Male Athlete of the Year.



- Why is anyone in the world of sport still doing business with Russia? Olympic skeleton champion Lizzy Yarnold has called on the International Bobsleigh and Skeleton Federation (IBSF) to move next year's World Championships from Russia in the wake of allegations of state-sponsored doping and refused to rule out a personal boycott of the event if it remains in Sochi. See <http://www.insidethegames.biz/articles/1043198/olympic-gold-medallist-threatens-to-boycott-2017-ibsf-world-championships-if-not-moved-from-sochi>.
- Within a day, Belgium's Kim Meylemans followed Lizzy Yarnold in also threatening to boycott the World Championships if it is not switched to an alternative venue following allegations of state-sponsored doping. See <http://www.insidethegames.biz/index.php/articles/1043230/zubkov-dismisses-claims-world-championships-should-be-moved-from-sochi-as-meylemans-joins-yarnold-in-boycott-threat>.
- Talking of winter sports, it's going to be cold in Russia! Russian athletes face the prospect of being unable to compete this winter in five of the six sports on the programme of the 2018 Paralympic Games in Pyeongchang, seriously putting in doubt whether they will be able to qualify even if a ban on them is lifted in time. Of the six sports on the programme for

Pyeongchang 2018, they are currently only eligible to compete in wheelchair curling. The other five - representing Alpine skiing, biathlon, cross-country skiing, snowboard and ice sledge hockey - are all directly governed by the International Paralympic Committee (IPC) and affected by the body's suspension of the Russian Paralympic Committee imposed on them before Rio 2016. See <http://www.insidethegames.biz/articles/1043204/russian-athletes-facing-bleak-winter-as-banned-from-five-of-six-sports-on-pyeongchang-2018-programme>.

- Athletes take sporting supplements at their own risk. It is well known that many of these supplements contain banned substances and that sometimes these are undocumented. The Australian Anti-Doping Sports Association (ASADA) has just published a list of supplements which fall into this banned category. Read and take note! See <https://www.asada.gov.au/news/athlete-advisory-higenamine-and-dmba>.
- Russia moves begrudgingly on its dreadful sporting record with Russian Parliament voting in favour of a bill that outlines new sanctions including prison terms for coaches found guilty of coercing athletes into doping. See <http://www.skynewssport.com.au/news-display/russia-passes-new-anti-doping-bill/8831>. Hmm...seems pretty restrictive to me. Does it mean that if you and your coach are in agreement and there is no coercion, no jail term ensues. It sounds like bells and whistles to me.
- And finally, **Michael Gillies Smith** continues on his long walk from Chewton in country Victoria to our country's capital Canberra. On Monday he was in Tallangatta, 375km into his walk. A few days before, he dropped in at the Yackandandah Pub for a drink and a meal. You can follow Michael at <http://positivestep.info/>



#### MARCIADALMONDO AND OMARCHADOR ROUNDUP

Marciadalmondo had 4 press releases this week

- Mon 7 Nov - Results of Romanian 50km walk at Bucharest  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2604](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2604)
- Mon 7 Nov - Amezcua (ESP) and Kashina (UKR) win XXXI Gran premio de Guadix  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2603](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2603)
- Sun 6 Nov - Maria Guadal diupe Gonzalez announced as Mexico's sportswoman of the year  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2602](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2602)
- Thu 2 Nov - Results from women's events at IAAF World Championships updated for latest drugs busts  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2601](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2601)

and Omarchador had 14 press releases.

- Mon 7 Nov - Amezcua and Kashyna win in Gaudix meet in Spain  
<http://omarchador.blogspot.com.au/2016/11/amezcua-e-kashyna-repetem-vitorias-em.html>
- Sun 6 Aug - Results of Romanian 50km in Bucharest  
<http://omarchador.blogspot.com.au/2016/11/campeonatos-da-romenia-de-50-km-em.html>
- Sun 6 Nov - Caio Bonfim wins district 20km championship in Brazil  
<http://omarchador.blogspot.com.au/2016/11/caio-bonfim-no-campeonato-do-distrito.html>

- Sat 5 Nov - Results of men's 20km in WMA Champs, Perth  
<http://omarchador.blogspot.com.au/2016/11/wmac-perth-20-km-masculinos-resultados.html>
- Sat 5 Nov - Results of women's 20km in WMA Champs, Perth  
<http://omarchador.blogspot.com.au/2016/11/wmac-perth-20-km-femininos-resultados.html>
- Sat 5 Nov - Portuguese city of Alvaiázere to host local Grand Prix walking event  
<http://omarchador.blogspot.com.au/2016/11/alvaiazere-grande-premiologia-de-marcha.html>
- Fri 4 Nov - Results of local racewalking festival in Blumenau, Brazil  
<http://omarchador.blogspot.com.au/2016/11/festival-professor-ivo-da-silva-em.html>
- Fri 4 Nov - Olympians Daniela Cardoso and Kristina Saltanovic swap Portuguese clubs  
<http://omarchador.blogspot.com.au/2016/11/daniela-cardoso-passou-individual.html>
- Thu 3 Nov - Nicole Colombi and Leonardo Dei Tos win in Trieste, Italy  
<http://omarchador.blogspot.com.au/2016/11/nicole-colombi-e-leonardo-dei-tos.html>
- Thu 3 Nov - Alberto Amezcua and Inna Kashyna win 3000m walks in Granada  
<http://omarchador.blogspot.com.au/2016/11/marcha-no-meeting-x-aniversario-granada.html>
- Wed 2 Nov - Results of French 100km (men) and 50km (women) championships  
<http://omarchador.blogspot.com.au/2016/11/campeonatos-de-franca-de-50-km.html>
- Wed 2 Nov - Results of 10km M35-59 in WMA Champs, Perth  
<http://omarchador.blogspot.com.au/2016/11/wmac-perth-10-km-masc-m35-59-resultados.html>
- Tue 1 Nov - Results of 10km W35-59 in WMA Champs, Perth  
<http://omarchador.blogspot.com.au/2016/11/wmac-perth-10-km-fem-w35-59-resultados.html>
- Tue 1 Nov - Results of 10km M60-94 in WMA Champs, Perth  
<http://omarchador.blogspot.com.au/2016/11/wmac-perth-10-km-masc-m60-94-resultados.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**

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 <a href="http://ntmastersathletics.com.au/">http://ntmastersathletics.com.au/</a>
Jun 11, 2017	51 <sup>st</sup> LBG Racewalking Carnival, Canberra, ACT

#### **2016/2017 International Dates**

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 18-29, 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 <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
June 9, 2017	European Athletics Walks Meet, Altyus, LTU
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
2019	World Masters Indoors T&F Championships, Torun, Poland
July 2020	32 <sup>nd</sup> Olympic Games, Tokyo
2012	23 <sup>rd</sup> World Masters T&F Championships, Toronto, Canada
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>)