



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2016/2017 Number 31
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WALKER OF THE WEEK

My Walker of the Week this time around is 43 year old Melbourne based walker **Pramesh Prasad**. Walking in the World Masters Games in Auckland, New Zealand, last week, he won 3 golds in his M40 division, setting two PBs along the way

Tue 25 Apr:	M40	1	Prasad, Pramesh	M43	Australia	6:29.69	83.84%	PB 0:13
Wed 26 Apr:	M40	1	Prasad, Pramesh	M43	Australia	13:45.40	80.74%	PB 0:08
Fri 28 Apr:	M40	1	Prasad, Pramesh	M43	Australia	24:57.30	75.78%	

He even made the TV news in his native Fiji: <https://www.facebook.com/pramesh.prasad.96/videos/283623642084912/>.

Pramesh was an international rep for Fiji in the 1990s, winning gold in the 1993 Pacific Mini Games in Vanuatu and a silver medal in the 1991 Pacific Games in New Guinea. He also represented Fiji in the 1995 IAAF Racewalking World Cup in Beijing, China. This was Fiji's first participation in the World Cup and Pramesh was in their 20km team along with brothers Dip and Pradeep Chand. Pramesh retired from walking soon after those Games and returned to training and competition just over 12 months ago. It's been a case of PB after PB since then as he has gone from strength to strength.



WHAT'S COMING UP

Lots coming up in the next few weeks. Local highlights:

- The next VRWC winter season races will be held on **Saturday 6th May**. Pre-enter if possible at <http://vrwc.org.au/wp1/>. Then you save time on raceday and only have to pay your race fee in a shorter queue. Note club coach Mark Donahoo is doing a short coaching presentation at 1:20PM.

Saturday 6th May 2017, Middle Park			
VRWC EVENTS & Coaching session: Entries close for all events at 1.45pm sharp			
1.20pm	Coaching session (30 minutes) by Club Coach		
2.15pm	8km	Points Race	Open
2.15pm	6km	Points Race	Open
2.15pm	4km	Points Race	Open
2.30pm	2km	Points Race	Open
2.30pm	1km	Points Race	Open

- The **Victorian 15km Roadwalk Championship** is the first of the Victorian roadwalk championships for the winter and will be held on **Sunday 14th May**. Entries can now be completed online via the AV website – <http://athsvic.org.au/event/av-15km-walks-championships/>.
- The entry form for the Lake Burley Griffin Carnival in June are now available at Middle Park. It can also be downloaded from the ACTRWC website at <http://www.actwalkers.com.au/lbg-racewalking-carnival-2017-the-tradition-continues/>. Remember you give your completed entry to your walking club secretary. All entries must go through your local walking club. Do not send entries directly to the Canberra organizers. Note that for all Victorians, **entries close with your club secretary on Sunday 22nd May**.

9TH WORLD MASTERS GAMES, AUCKLAND, NZ, 21-30 APRIL

The 9th World Masters Games in Auckland, New Zealand, have now finished. If you missed out, your next opportunity will be in 2021 in Kansai, Japan. It was a massive undertaking, with 28,000 participants competing in 28 sports (including 45 disciplines) across 48 venues. The athletics program included 3 track walks, over 1500m, 3000m and 5000m, and a small contingent of Australian walkers crossed the Tasman to enjoy the experience.

Heather Carr (W65) and **Pramesh Prasad** (M40) were easily our best, with 3 golds each, closely followed by **Heather Lee** (W90) with 2 golds. Other Australians to medal in the walks included **Karen Thistlewaite** (W45), **Ann Staunton-Jugovic** (W50), **Joan Solago** (W90), and **Peter Baker** (M50).



WMG Gold medallist Pramesh Prasad

Full results at <http://www.worldmastersgames2017.co.nz/the-sports/schedules-and-results/athletics/track-field/>. I must point out that Heather Carr also won silver in the W65 steeple chase. What a legend!

Good reports from omarchador on each of the 3 walk days. I am told it was pretty warm for the 5000m walks with the event scheduled in the middle of the day. Hence, 5000m walk times are slower than would otherwise have been the case.

- 1500m walk report: <http://omarchador.blogspot.com.au/2017/04/1500-m-marcha-nos-jogos-mundiais-de.html>
- 3000m walk report: <http://omarchador.blogspot.com.au/2017/04/3000-m-marcha-em-auckland-jogos.html>
- 5000m walk report: <http://omarchador.blogspot.com.au/2017/04/5000-m-marcha-nos-jogos-mundiais-de.html>

And now onto the results:

1500m Walks, Tuesday 25 April

W35	1	Jones, Victoria	W38	New Zealand	10:45.35	52.72%
W40	1	Lecharrois, Elyse	W44	Canada	9:54.74	58.87%
	2	Irvine, Carroll	W41	New Zealand	10:44.44	54.33%
W45	1	Adams, Diana	W49	New Zealand	7:51.20	77.32%
	2	Wildsmith, Larissa	W49	New Zealand	9:29.07	64.02%
	3	Thistlewaite, Karen	W47	Australia	10:00.14	60.71%
	4	Chisholm, Sharon	W46	Canada	10:36.66	57.22%
	5	Porter, Arsenia	W48	US Minor Outlyin	10:49.71	56.07%
W50	1	Smith, Corinne	W50	New Zealand	7:34.53	83.54%
	2	Koroina, Irina	W52	Russia	7:42.64	82.08%
	3	Staunton-Jugovic, Ann	W53	Australia	7:47.70	81.19%
	4	Weekes, Anne	W54	Australia	8:32.15	74.14%
	5	Palmer, Ginger Arm	W54	United States of	10:21.18	61.13%
	6	Nesti, Deborah	W52	New Zealand	10:44.87	58.88%
	7	Vaughan-Jones, Gil	W54	Australia	10:46.54	58.73%
W55	1	Kichnbrand, Fras	W55	South Africa	8:17.40	79.71%
	2	Grimmett, Teresa	W59	New Zealand	9:08.65	72.26%
	3	Archibald, Sandra	W58	Canada	9:17.10	71.17%
	4	Hutton, Julianne	W55	New Zealand	9:38.04	68.59%
	5	Love, Bonnie	W58	Canada	10:31.37	62.80%
	6	D Souza, Tereza Th	W56	India	10:40.88	61.86%
	7	Cheechoo, Rachael	W59	Canada	10:53.96	60.63%
	8	Maybee, Mary-Ellen	W56	Canada	11:07.35	59.41%
W60	1	Dominguez epouse A	W63	New Caledonia	9:16.50	74.71%
	2	Clark, Wendy	W63	United States of	9:25.49	73.52%
	3	Hamilton, Marianne	W64	United States of	9:56.78	69.66%
	4	Avilova, Vera	W64	Russia	10:06.81	68.51%
	5	Hancock, Elizabeth	W64	United States of	12:45.51	54.31%
	6	Diver, Mary	W63	United States of	13:07.84	52.77%
	7	O'Hara, Marilyn	W60	New Zealand	14:15.99	48.57%
W65	1	Carr, Heather	W67	Australia	8:11.52	89.25%
	2	Yasawa, Miyoko	W65	Japan	9:15.75	78.94%
	3	Wright, Sharon M.	W67	Canada	10:01.24	72.96%
	4	Tella, Lalitha	W67	Canada	10:34.42	69.15%
W70	1	Wilson, Jacqueline	W71	New Zealand	8:55.65	87.07%
	2	Eichel, Yoko	W70	United States of	8:59.81	86.40%
	3	Frable, Kathleen	W71	United States of	9:28.07	82.10%
	4	Barber, Shirley	W70	New Zealand	10:58.96	70.77%
	5	Hooda, Sneha Lata	W73	India	14:41.64	52.90%
W75	1	Jones, Daphne	W75	New Zealand	10:27.80	79.65%
	2	Popell, catherine	W76	United States of	11:48.17	70.61%
	3	Kolesnikova, Alla	W75	Russia	12:21.66	67.43%
	4	Sharma, Usha	W78	India	13:38.44	61.10%
	5	Tilak, Shaila	W76	India	15:10.53	54.92%
W90	1	Solaga, Joan	W90	Australia	18:41.85	58.97%
M35	1	Shetty, Shivananda	M39	India	10:14.40	51.38%
	2	dr.Bognar, Casba	M36	Hungary	11:17.99	46.56%
M40	1	Prasad, Pramesh	M43	Australia	6:29.69	83.84%
	2	Nogaj, Stefan	M44	New Zealand	9:48.20	55.54%
M45	1	Degtyarenko, Viach	M46	Russia	6:24.19	88.51%
	2	Svensson, Axel Chr	M47	Sweden	6:42.04	84.58%
	3	Da Costa, Jerry Ed	M47	Brazil	6:59.24	81.11%
	4	Hohaia, Lyndon	M49	New Zealand	6:59.31	81.10%
	-	Chahal, Prithipal	M46	India	DQ	
M50	1	Swarts, David	M51	United States of	6:30.62	90.76%
	2	Xu, Jianping	M51	Canada	6:59.11	84.59%
	3	Baker, Peter	M53	Australia	7:54.31	74.74%
	4	Ols, Joseph	M53	United States of	9:13.83	64.01%
	5	Gribkov, Dmitry	M50	Russia	9:38.27	61.31%
M55	1	Systerov, Sergei	M59	Russia	6:37.71	93.10%
	2	Mukhtasarov, Rashi	M58	Russia	6:57.45	88.70%
	3	Samay, Mikhail	M55	Kazakhstan	7:13.03	85.51%
	4	Kaenen, Hubertus	M57	Netherlands	7:14.47	85.23%
	5	Storms, John	M57	Canada	7:24.10	83.38%
	6	Aunan, Tommy	M58	United States of	8:21.04	73.90%

	7	Blanchard, Michael	M55	United States of	8:38.22	71.45%
	8	McPherson, John	M58	Australia	9:35.33	64.36%
	9	Worsnop, Christoph	M59	Australia	12:16.65	50.27%
M60	10	Nagur, Karibasavar	M56	India	12:19.24	50.09%
	1	Parker, Michael	M64	New Zealand	7:06.20	91.08%
	2	Lyshin, Sergey	M62	Russia	7:26.39	86.96%
	3	Fox, Peter	M62	New Zealand	8:08.17	79.52%
	4	Wesseling, John	M61	New Zealand	8:47.48	73.59%
M65	1	Aitmukhametov, Nar	M65	Russia	7:35.22	89.82%
	2	Charrois, Henry	M65	Canada	7:38.86	89.11%
	3	Murashev, Sergei	M68	Russia	7:59.18	85.33%
	4	Kovar, Rostislav	M66	Czech Republic	9:49.09	69.41%
	5	Deasi, Annarav	M69	India	13:55.70	48.93%
M70	1	McMullin, John Jos	M71	Ireland	8:20.06	86.62%
	2	Frable, Norman	M71	United States of	8:23.66	86.00%
	3	Kok, Thomas	M71	Malaysia	8:53.65	81.17%
	4	Lamb, Terence	M71	New Zealand	9:33.64	75.51%
	5	Payne, Alexander	M72	New Zealand	10:01.71	71.98%
	6	Park, Donald	M70	New Zealand	10:51.37	66.50%
	7	Barbour, Bruce	M72	New Zealand	11:20.06	63.69%
M75	1	Onuchin, Anatolli	M76	Russia	9:33.67	80.48%
	2	Mitusina, Miroslav	M78	United States of	10:27.97	73.52%
	3	Andreotti, Pier Gi	M76	Italy	10:30.96	73.17%
	-	O'Hara, Sean	M79	Australia	DQ	
	-	Warburton, Alan	M78	Australia	DQ	
M80	1	Poisner, Alan	M82	United States of	9:53.80	83.47%
	2	Tsukrov, Semen	M81	Russia	10:39.22	77.54%
	3	Hippola, Upali	M81	Canada	12:34.60	65.69%
	-	Sheaf, Peter	M81	New Zealand	DQ	
M85	1	Matich, Mate	M85	New Zealand	12:29.07	71.68%

3000m Walks, Wednesday 26 April

W35	1	Jones, Victoria	W38	New Zealand	22:39.43	51.61%
W40	1	Lecharrois, Elyse	W44	Canada	20:52.67	57.64%
	2	Irvine, Carroll	W41	New Zealand	22:19.93	53.89%
W45	1	Adams, Diana	W49	New Zealand	16:52.12	74.24%
	2	Wildsmith, Larissa	W49	New Zealand	19:29.06	64.27%
	3	Chisholm, Sharon	W46	Canada	22:22.18	55.98%
W50	1	Smith, Corinne	W50	New Zealand	15:35.43	83.72%
	2	Koroina, Irina	W52	Russia	16:38.94	78.39%
	3	Staunton-Jugovic, Ann	W53	Australia	17:09.65	76.05%
	4	Weekes, Anne	W54	Australia	17:50.59	73.15%
	5	Palmer, Ginger Arm	W54	United States of	21:39.76	60.25%
	6	Nesti, Deborah	W52	New Zealand	23:50.67	54.74%
	7	Engeler, Deborah	W54	Australia	24:27.33	53.37%
	-	Vaughan-Jones, Gil	W54	Australia	DQ	
	-	Vos, Rose-Marie	W53	New Zealand	DQ	
W55	1	Kichnbrand, Fras	W55	South Africa	17:25.47	78.37%
	2	Archibald, Sandra	W58	Canada	19:00.32	71.86%
	3	Hutton, Julianne	W55	New Zealand	20:17.60	67.29%
	4	Cheechoo, Rachael	W59	Canada	22:16.10	61.33%
	5	Maybee, Mary-Ellen	W56	Canada	22:51.36	59.75%
	-	Love, Bonnie	W58	Canada	DQ	
	-	Grimmett, Teresa	W59	New Zealand	DQ	
	-	D Souza, Tereza Th	W56	India	DQ	
W60	1	Dominguez epouse A	W63	New Caledonia	19:06.75	75.20%
	2	Clark, Wendy	W63	United States of	19:07.61	75.15%
	3	Hancock, Elizabeth	W64	United States of	26:05.28	55.09%
	4	Diver, Mary	W63	United States of	27:20.82	52.56%
	5	O'Hara, Marilyn	W60	New Zealand	29:08.44	49.32%
	-	Avilova, Vera	W64	Russia	DQ	
	-	Hamilton, Marianne	W64	United States of	DQ	
W65	1	Carr, Heather	W67	Australia	17:44.64	85.85%
	2	Yasawa, Miyoko	W65	Japan	18:59.29	80.22%
	3	Wright, Sharon M.	W67	Canada	20:52.52	72.97%
	4	Tella, Lalitha	W67	Canada	21:43.06	70.14%
W70	1	Wilson, Jacqueline	W71	New Zealand	18:53.35	86.15%

	2	Eichel, Yoko	W70	United States of	19:17.93	84.32%
	3	Frable, Kathleen	W71	United States of	20:20.50	80.00%
	4	Barber, Shirley	W70	New Zealand	22:31.42	72.25%
	-	Mienie, Dawn	W71	New Zealand	DQ	
W75	1	Jones, Daphne	W75	New Zealand	21:40.18	80.97%
	-	Kolesnikova, Alla	W75	Russia	DQ	
W90	1	Lee, Heather	W90	Australia	26:52.70	88.56%
M35	1	dr.Bognar, Casba	M36	Hungary	24:38.72	43.58%
	-	Shetty, Shivananda	M39	India	DQ	
M40	1	Prasad, Pramesh	M43	Australia	13:45.40	80.74%
	2	Gauna, Enzo Dario	M42	Argentina	24:24.75	45.50%
M45	1	Degtyarenko, Viach	M46	Russia	13:33.59	85.24%
	2	Svensson, Axel Chr	M47	Sweden	13:45.54	84.00%
	3	Da Costa, Jerry Ed	M47	Brazil	14:41.50	78.67%
	4	Hohaia, Lyndon	M49	New Zealand	14:58.26	77.20%
	-	Laporte, Jocelyn	M49	France	DQ	
M50	1	Swarts, David	M51	United States of	13:36.33	88.55%
	2	Xu, Jianping	M51	Canada	14:35.39	82.58%
	3	Baker, Peter	M53	Australia	16:47.02	71.78%
M55	1	Systerov, Sergei	M59	Russia	13:55.84	90.32%
	2	Mukhtasarov, Rashi	M58	Russia	14:52.62	84.57%
	3	Samay, Mikhail	M55	Kazakhstan	15:34.02	80.83%
	4	Kaenen, Hubertus	M57	Netherlands	15:58.19	78.79%
	5	Aunan, Tommy	M58	United States of	17:21.19	72.51%
	6	Storms, John	M57	Canada	17:21.26	72.50%
	7	Blanchard, Michael	M55	United States of	18:11.32	69.18%
	8	Worsnop, Chris	M59	Australia	26:00.47	48.38%
M60	1	Parker, Michael	M64	New Zealand	14:59.18	88.00%
	2	Lyshin, Sergey	M62	Russia	16:11.24	81.47%
	3	Fox, Peter	M62	New Zealand	16:53.02	78.11%
	4	Wesseling, John	M61	New Zealand	18:32.32	71.14%
M65	1	Charrois, Henry	M65	Canada	16:00.31	86.80%
	2	Aitmukhametov, Nar	M65	Russia	16:11.90	85.77%
	3	Murashev, Sergei	M68	Russia	17:12.61	80.72%
	4	Kovar, Rostislav	M66	Czech Republic	19:35.21	70.93%
M70	1	McMullin, John Jos	M71	Ireland	17:20.91	84.84%
	2	Frable, Norman	M71	United States of	17:45.70	82.87%
	3	Kok, Thomas	M71	Malaysia	18:13.05	80.79%
	4	Payne, Alexander	M72	New Zealand	21:11.51	69.45%
	5	Hyde, Brendon	M72	Australia	25:33.10	57.60%
	-	Lamb, Terence	M71	New Zealand DQ		
	-	Park, Donald	M70	New Zealand DQ		
	-	Thakur, Prabhakar	M71	India DQ		
M75	1	Onuchin, Anatolli	M76	Russia	21:21.95	73.47%
	2	Andreotti, Pier Gi	M76	Italy	21:43.48	72.26%
	-	Mitusina, Miroslav	M78	United States of	DQ	
M80	1	Poisner, Alan	M82	United States of	20:54.41	80.71%
	2	Tsukrov, Semen	M81	Russia	23:06.89	73.00%
	3	Hippola, Upali	M81	Canada	25:52.40	65.21%
	-	Johnson, Ronald	M84	New Zealand	DQ	
M85	-	Matich, Mate	M85	New Zealand	DQ	

5000m Walk, Friday 28 April

W35	1	Jones, Victoria	W38	New Zealand	38:56.39	51.29%
W40	1	Lecharrois, Elyse	W44	Canada	38:40.80	53.14%
	2	Irvine, Carroll	W41	New Zealand	38:57.01	52.77%
W45	1	Adams, Diana	W49	New Zealand	29:08.28	73.40%
	2	Wildsmith, Larissa	W49	New Zealand	33:20.14	64.16%
	3	Chisholm, Sharon	W46	Canada	37:44.64	56.66%
	-	Kelsen, Meridy	W49	New Zealand	DQ	
W50	1	Smith, Corinne	W50	New Zealand	27:23.14	81.48%
	2	Koroina, Irina	W52	Russia	28:57.27	77.06%
	3	Staunton-Jugovic, Ann	W53	Australia	30:19.25	73.59%
	4	Weekes, Anne	W54	Australia	30:52.73	72.26%
	5	Palmer, Ginger Arm	W54	United States of	37:06.93	60.12%

	6	Nesti, Deborah	W52	New Zealand	41:50.57	53.33%
	-	Vaughan-Jones, Gil	W54	Australia	DNF	
W55	1	Kichenbrand, Franc	W55	South Africa	29:51.90	78.38%
	2	Archibald, Sandra	W58	Canada	32:27.69	72.11%
	3	Hutton, Julianne	W55	New Zealand	35:54.51	65.19%
	4	Love, Bonnie	W58	Canada	37:48.69	61.91%
	5	Cheechoo, Rachael	W59	Canada	38:30.47	60.79%
	6	Maybee, Mary-Ellen	W56	Canada	38:44.24	60.43%
	-	Shedova, Halyna	W56	Ukraine	DQ	
	-	Grimmett, Teresa	W59	New Zealand	DQ	
	-	D Souza, Tereza Th	W56	India	DQ	
W60	1	Clark, Wendy	W63	United States of	33:03.10	74.77%
	2	Dominguez epouse A	W63	New Caledonia	33:18.60	74.19%
	3	Hamilton, Marianne	W64	United States of	35:10.46	70.26%
	4	Hancock, Elizabeth	W64	United States of	44:54.13	55.04%
	-	Ryianina, Irina	W62	Russia	DQ	
	-	Diver, Mary	W63	United States of	DQ	
	-	O'Hara, Marilyn	W60	New Zealand	DQ	
	-	Cummings, Irene	W64	New Zealand	DQ	
	-	Avilova, Vera	W64	Russia	DQ	
W65	1	Carr, Heather	W67	Australia	30:22.71	86.51%
	2	Yasawa, Miyoko	W65	Japan	31:55.44	82.32%
	3	Wright, Sharon M.	W67	Canada	35:20.57	74.36%
	4	Tella, Lalitha	W67	Canada	36:50.41	71.33%
W70	1	Wilson, Jacqueline	W71	New Zealand	32:26.32	86.88%
	2	Eichel, Yoko	W70	United States of	32:46.99	85.96%
	3	Frable, Kathleen	W71	United States of	33:26.60	84.27%
	4	Barber, Shirley	W70	New Zealand	38:02.19	74.09%
	-	Mienie, Dawn	W71	New Zealand	DQ	
W75	1	Jones, Daphne	W75	New Zealand	36:27.57	83.71%
W90	1	Lee, Heather	W90	Australia	45:57.13	92.01%
M30	-	Singh, Gurmeet	M32	India	DQ	
M35	1	dr.Bognar, Casba	M36	Hungary	42:18.88	43.25%
M40	1	Prasad, Pramesh	M43	Australia	24:57.30	75.78%
M45	1	Svensson, Axel Chr	M47	Sweden	23:42.05	83.02%
	2	Degtyarenko, Viach	M46	Russia	23:52.72	82.40%
	3	Da Costa, Jerry Ed	M47	Brazil	26:13.12	75.04%
	4	Hohaia, Lyndon	M49	New Zealand	26:27.35	74.37%
	-	Kumara, M.H.S.Sir	M47	Sri Lanka	DNF	
	-	Laporte, Jocelyn	M49	France	DQ	
M50	1	Swarts, David	M51	United States of	23:20.40	87.85%
	2	Xu, Jianping	M51	Canada	25:05.29	81.73%
	3	Baker, Peter	M53	Australia	29:33.21	69.38%
	-	Barjare, Mahendra	M50	India	DNF	
M55	1	Systerov, Sergei	M59	Russia	23:57.44	89.35%
	2	Mukhtasarov, Rashi	M58	Russia	25:40.63	83.37%
	3	Samay, Mikhail	M55	Kazakhstan	26:52.69	79.64%
	4	Kaenen, Hubertus	M57	Netherlands	28:12.33	75.89%
	5	Storms, John	M57	Canada	28:56.08	73.98%
	6	Sankpal, Mahipati	M57	India	29:48.76	71.80%
	7	Aunan, Tommy	M58	United States of	30:26.74	70.31%
	8	Blanchard, Michael	M55	United States of	30:41.03	69.76%
	9	Worsnop, Chris	M59	Australia	45:51.82	46.67%
M60	1	Parker, Michael	M64	New Zealand	25:53.68	86.63%
	2	Lyshin, Sergey	M62	Russia	27:54.49	80.38%
	3	Fox, Peter	M62	New Zealand	28:57.76	77.45%
	-	Wesseling, John	M61	New Zealand	DQ	
M65	1	Murashev, Sergei	M68	Russia	29:29.30	80.14%
	2	Kovar, Rostislav	M66	Czech Republic	32:28.64	72.76%
	3	Binter, Karel	M65	Czech Republic	35:36.59	66.36%
	4	Pierce, John	M68	United States of	37:28.42	63.06%
M70	1	McMullin, John Jos	M71	Ireland	29:47.47	84.08%
	2	Kok, Thomas	M71	Malaysia	31:39.19	79.13%
	3	Payne, Alexander	M72	New Zealand	36:59.55	67.71%
	-	Park, Donald	M70	New Zealand	DQ	
	-	Samjiskar, Mahadev	M73	India	DQ	

	-	Lamb, Terence	M71	New Zealand	DQ	
M75	1	Andreotti, Pier Gi	M76	Italy	36:31.93	73.18%
	2	Onuchin, Anatolli	M76	Russia	38:57.85	68.61%
	-	Popell, Steven	M78	United States of	DQ	
	-	Beck, Ian	M79	New Zealand	DQ	
	-	Mitusina, Miroslav	M78	United States of	DQ	
M80	1	Tsukrov, Semen	M81	Russia	37:56.60	75.81%
	-	Hippola, Upali	M81	Canada	DQ	
M85	-	Matich, Mate	M85	New Zealand	DQ	

VRWC ROAD RACES, MIDDLE PARK, SATURDAY 29 APRIL

The first Melbourne based road races for the winter were well supported, with 48 walkers in attendance. After a week of heavy rain, the clouds cleared a couple of days ago and conditions were good for our Saturday afternoon 2:15PM start time. With the Grand Prix Motor Race cleanup still underway, we restricted ourselves to a 1km loop. We expect to have our normal 2km course back in action in the next 1-2 weeks.

It was great to see so many new walkers registering for club membership. Special welcome to new members **Ella Cunningham**, **Lucas Kent** and **Isabella Dingli** who all had their first official walks with us. We also welcomed back **Mark Blackwood**, having his first walk with us for many years. It was also good to see part timer **Kevin Cassidy** back dusting off his walking shoes. And a special mention to **Chris Kent** who joined his son Lucas Kent in the 1.5km walk. Add to that the fact that we had 3 of our Rio Olympians present in **Rhydian Cowley**, **Regan Lamble** and **Quentin Rew**, as well as two of our Australian Junior reps in **Adam Garganis** and **Kyle Swan**.

Now onto our race reports. Four walkers tested themselves out over the 12km distance, with Quentin Rew (53:56) and Adam Garganis (57:06) leading the way. **Philippa Huse** (52:27) and **Rebecca Henderson** (53:06) led the 10km walkers home ahead of **David Smyth** (56:05). **Reese Walmsley** was first home in the 5km, ahead of **Corey Dickson**, who excelled with a PB 24:43. **Kevin Cassidy** was fastest in the 3km but special mentions to **Luke Epps** (16:50) and **Angus Hay** (16:59) who had a great battle and walked very stylishly, both recording PBs. Finally **Liam Hutchins** (8:26) and **Kayla Heikkila-Dubowik** (9:10) led the 1.5km walkers home.

As this was the first round of our winter season points competitions, Mark Donahoo has published the VRWC Actual Times and Handicaps progressive points. Find out more about our points competitions and see the points thus far at <http://www.vrwc.org.au/vrwcpointscomps.shtml>.

Open 12km Walk

1.	Donna-Marie Elms	M40+	1:24:00	
1.	Quentin Rew	Open	53:56	
2.	Adam Garganis	Open	57:06	
3.	Kyle Swan	Open	0:58:59	

Open 10km Walk

1.	Philippa Huse	Open	52:27	
2.	Rebecca Henderson	U16	53:06	
3.	Jasmin Hass	U16	1:02:46	
4.	Madeleine Feain	Open	1:04:44	PB 0:29
1.	David Smyth	M40+	56:05	
2.	Ross Reid	M60+	1:02:50	
3.	Russ Dickenson	M60+	1:07:29	
4.	Gunther Ilgoutz	M60+	1:14:11	
	Andrew Jamieson	M60+	DNF	

Open 5km Walk

1.	Sandra Geisler	Open	28:20	
2.	Cassandra Knight	Open	29:03	
3.	Kathleen O'Mahony	U16	31:07	
4.	Carolyn Rosenbrock	M40+	31:42	
5.	Gwen Steed	M60+	34:45	
1.	Reese Walmsley	Open	24:18	
2.	Corey Dickson	U16	24:43	PB 0:17
3.	Mark Blackwood	M40+	25:13	First walk in many years!
4.	Hayden Walmsley	U18	26:20	
5.	Connor McShanag	Open	28:43	

6.	Bernie Keirl	M40+	29:09	
7.	Heath Beveridge	U14	30:50	PB 1:01
8.	Albin Hess	M40+	33:30	PB 0:38
9.	Bob Gardiner	M60+	34:31	
10.	Anthony Barrett	M40+	34:37	
11.	Geoff Barrow	M60+	35:44	

Open 3km Walk

1.	Holly Cocking	U16	17:42	
2.	Heather Carr	M60+	18:05	
3.	Grace Louey	U14	18:49	
4.	Gemma Lillie	U12	20:00	
5.	Beverly Hugo	M60+	24:16	
1.	Kevin Cassidy	M40+	16:47	
2.	Luke Epps	U10	16:50	PB 0:33
3.	Angus Hay	U14	16:59	PB 0:23
4.	John Morrison	M60+	24:11	

Open 1.5km Walk

1.	Kaylah Heikkila-Dubowik	U12	09:10	
2.	Isabella Dingli	U16	10:37	First time with us
3.	Ella Cunningham	U10	12:11	First time with us
4.	Pam Mews	M 60+	16:28	
1.	Liam Hutchins	U10	08:26	
2.	Hamish Blackwood	U10	09:16	
3.	Justin Xuereb	U12	09:56	
4.	Lucas Kent	U10	11:25	
5.	Gerard Feain	M40+	11:26	
6.	Christopher Kent	M40+	12:49	First time with us

As always, thanks to all our judges, officials and helpers. I have probably missed a few names so apologies. Big team effort.

Judges: Peter Vysma (C), Gordon Loughnan, Michael Bodey, Stuart Cooper, Terry O'Neill

Officials: Ian Laurie, Mark Donahoo, Bill Carr, Karyn O'Neill, Kathy Huse, Tim Erickson, Michelle Walmsley

Photos: Terry Swan

Canteen: Wendy Cooper, Kate Suich

As usual, Terry Swan recorded the action with his camera – check out <http://www.vrwc.org.au/piwigo/index.php?category/425>. A superb collection as usual. Thanks Terry.



Quentin Rew, Philippa Huse, Rebecca Henderson and Adam Garganis



Corey Dickson, Angus Hay, Luke Epps and Liam Hutchins



Isabella Dingley, Ella Cunningham, Lucas Kent and Chris Kent (all photos by Terry Swan)

ACTRWC ROAD WALKS, LAKE TUGGERANONG, SATURDAY 22 APRIL

A couple of weeks of ACTRWC results to catch up with. Firstly, back a week to Tuggeranong for their club races of 22nd Apri.

10km Walk

1. Tim Fraser
2. Callum Burns
3. Gabby Hunt
4. Greg Durr
5. Mick Saunders
6. Monika Short
7. Bryan Thomas
- Doug Fitzgerald

- 53:28
- 53:32
- 55:10
- 1:00:02
- 1:11:44
- 1:14:58
- 1:15:51
- DNF

4km Walk

1. Gwyllym Young
2. Kate Black
3. Helena Bialecki
4. Terry Munro
5. David Mackenzie
6. Cilla Chapman
7. Raine Thompson
8. Helen Munro

- 19:51
- 24:44
- 25:58
- 32:24
- 33:21
- 34:35
- 37:29
- 37:36

2km Walk

1.	Andrew Camp-Liddiard	11:54
2.	Pierce Brennan	12:05
3.	Sebastian Young	12:54
4.	Robyn Saunders	15:45
5.	Bob Chapman	18:49

1km Walk

1.	Kiefer Brennan	06:00
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ACTRWC ROAD WALKS, ACACIA RIDGE, SATURDAY 29 APRIL

And now onto last Saturday's walks at Acacia Ridge in Canberra. 29 walkers in action – that is a good turnout.

12km Walk

1.	Mitchell Baker	1:01:42
2.	Connor Frew	1:02:06
3.	Tim Fraser	1:02:16
4.	Callum Burns	1:05:30
5.	Greg Durr	1:14:27
6.	Mick Saunders	1:26:35
7.	Doug Fitzgerald	1:35:25
8.	Geoff Barker	1:38:28
9.	Phil Essam	1:44:46
10.	Val Chesterton	1:44:56
11.	Jayden Elphick	1:55:43

6km Walk

1.	Brendon Reading	31:42
2.	Derek Robinson	42:42
3.	David Mackenzie	50:08
4.	Belinda Essam	56:06

3km Walk

1.	Laura Burns	15:38
2.	Hannah Manning	16:25
3.	Pierce Brennan	20:27
4.	Ella Baker	21:09
5.	Cilla Chapman	26:04
6.	Bob Chapman	28:05
7.	Raine Thompson	28:50

1km Walk

1.	Tom Hunt	05:05
2.	Spencer Burns	05:22
3.	Andrew Camp-Liddiard	05:55
4.	Kiefer Brennan	06:07
5.	Georgia Frew	07:01
6.	Phillipa Hargrave	08:29
7.	Irene McMaster	11:20

BENDIGO WALKERS CLUB ROADWALKS, LAKE NEANGAR, BENDIGO, SUNDAY 30 APRIL

Thanks to Paul Rance for the latest report from Bendigo, in country Victoria.

The Bendigo Walkers Club commenced their Winter race walking programme at Lake Neanger on Sunday morning, with 1km and 3.2km sealed handicap events being held. In the 1km race the Murphy sisters claimed the top 2 positions with **Jasmine Murphy** taking the sealed handicap victory by 1 second over her older sister **Charlotte**, both athletes producing PB efforts. **Oscar Fox** claimed 3rd place and Charlotte Murphy took fastest time just in front of **Peter Curtis**. In the 3.2km event, **Annette Major** secured a strong victory with **Zahra Hayes** 2nd and fastest time and with **Geoff Major** and **Annette Curtis** finishing equal 3rd.

3.2km Walk

1.	Annette Major	20.24
2.	Zahra Hayes	16.27
E3.	Annette Curtis	22.14
E3.	Geoff Major	27.29
5.	Paul Rance	16.51
6.	Bill Lotherington	22.41
7.	Barb Bryant	19.48
E8.	Jennie Payne	20.57
E8.	Norm West	26.12
	Ebony Whiley	DNF

1km Walk

1.	Jasmine Murphy	6.16
2.	Charlotte Murphy	5.47
3.	Oscar Fox	5.59
4.	Caitlyn Curtis	7.54
5.	Peter Curtis	5.48

SARWC ROADWALKS, ADELAIDE PARKLANDS, ADELAIDE, SATURDAY 29 APRIL

To Adelaide for their walks last Saturday. 29 walkers also in action there, with good performances by **Joe Cross** (5km 24:37), **Kim Mottrom** (3km 12:43) and **Toby Wilks** (3km 14:50).

3km

1.	Kim Mottrom	12:43
2.	Toby Wilks	14:50
3.	Olivia Sandery	15:19

15km

1.	Peter Crump	1:28:19
2.	John leydon	1:42:58
3.	Bill Starr	1:55:27

4.	Kiera Ross	16:41	4.	Royrie Upton	1:36:17
5.	Kitarni Upton	17:08		James Hoare	DNF
6.	Mia Wilks	18:23			
7.	Mathew Bruniges	18:46	8km		
8.	louisa Mitchell	18:50	1.	Samantha Findlay	41:00
			2.	Tristan Camilleri	41:05
2km			5km		
1.	Hannah Wilks	12:03	1.	Joe Cross	24:37
2.	Aleesha Vidler	13:56	2.	Alix Harlington	26:44
3.	Edward Upton	17:40	3.	Gloria Holliday	31:09
1km			4.	Cherie Rothery	31:14
1.	Katie Derubo	6:24	5.	Trevor Mayhew	34:24
2.	Ayeisha Wallace	6:30	6.	Greg Metha	34:56
3.	Xavier Upton	8:05	7.	Olivia Phillips	37:40
4.	Natalie Bruniges	9:26			

I also read a press release from the South Australian Little Athletics Assn, advising that racewalking has been introduced to their winter season program and will run alongside Cross Country. The meets and championship will be delivered by Little Athletics SA, in conjunction with the South Australian Race Walkers Club (SARWC). See <http://salaa.org.au/Championship-Events/winter-race-walking-program>. Great initiative!

NSWRWC ROAD WALKS, CHIPPING NORTON, SYDNEY, SATURDAY 22 APRIL

Finally, back a week for NSWRWC to complete the Australian reporting. 42 walkers were in action in Chipping Norton in Sydney, with **Carl Gibbons** the standout with his 10km time of 47:50.

Open 15km			U16 2km Walk		
1.	Amanda Barendregt	1.30.38	1.	Emma Thomas	10.40
2.	Travis Barendregt	1.43.41	2.	Chloe Krklinski	11.33
Open 10km Walk			3.	Ellie DeCellis	11.54
1.	Carl Gibbons	47.50	4.	Brendan Pospischil	12.09
2.	Jasmyn McDonald	55.58	5.	Isabelle Nilon	12.25
3.	Samantha Brown	59.25	6.	Shaqiulle Lee	12.30
4.	Jasmine Dighton	1.03.22	7.	Rhianni Deagan	12.39
5.	Teegan Pengilley	1.03.40	8.	Brodie Douglas	13.06
6.	Janaya Lee	1.08.20	9.	Zsofia Varga-Strike	13.38
7.	Joan Purcell	1.15.59	10.	Milly Boughton	DNF
	Kyle Bedford	DNF	11.	Aiden Hardy	DNF
	Hannah Bolton	DNF	U2 1km Walk		
	Molly O'Neill	DNF	1.	Milly Boughton	5.24
	Luke McCutcheon	DNF	2.	Chloe Lamb	5.43
Open 5km Walk			3.	Sienna Pitcher	6.21
1.	Renee Hardy	29.28	4.	Thomas Varga-Strike	6.28
2.	Jayda Thomson	32.53	5.	Amelia Crocker	8.31
3.	Brooke Martin	33.30	U10 0.5km Walk		
4.	Davina Lee	33.37	1.	Christopher Nilon	2.52
5.	Amy Walker	34.54	2.	Dylan Ryan	3.10
6.	Nicole Nilon	36.07	3.	Charli Deagan	4.08
7.	Antoinette Woodward	37.25	4.	Cara Lee	4.12
8.	Judy Brown	46.49			
9.	Brittany Robertson	DNF			

123RD ANNUAL PENN RELAYS, FRANKLIN FIELD, PHILADELPHIA, PENNSYLVANIA, 27-29 APRIL

The Penn Relays is the oldest and largest track and field competition in the United States, hosted annually since April 21, 1895 by the University of Pennsylvania at Franklin Field in Philadelphia, Pennsylvania. The meet features a number of racewalks, the main two being the men's Olympic Development 10,000m walk (won by **Alex Bellavance** with 45:30.27) and the women's Olympic Development 5000m walk (won by **Maria Michta** with 22:49.82). Results for the other walks are also shown. Full results of the 3 day meet are found at <http://pennrelaysonline.com/Results/schedule.aspx>. Lots of photos on Jeff Salvage's RaceWalkClinic facebook page – see <https://www.facebook.com/RaceWalkClinic/>.

2017 Olympic Development 10,000m Walk Men

1.	Alexander BELLAVANCE	USA		45:30.27
2.	Jan MOREU	PUR		45:41.00
3.	Luis ESPADA	PUR		46:11.47
4.	Richard LUETTCHAU	USA	84	46:15.69
	Jorge CRUZ	PUR	98	DQ
	Emerson HERNANDEZ	ESA	88	DNF

2017 Olympic Development 5000m Walk Women

1.	Maria MICHTA	USA	86	22:49.82
2.	Rachelle DE ORBETTA	PUR	00	23:43.55
3.	Anali CISNEROS	USA	97	24:12.67
4.	Charmaine DE ORBETA	PUR		25:06.20
5.	Katie MICHTA	USA	96	25:34.92
6.	Kristi LICURSI	USA		26:31.20
7.	Holly LINDOE	USA		28:16.78

Junior Men 10,000m Walk

1.	Jadon Davis	unattached		57:33.25
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Junior Women 5000m Walk

1.	Kayla Allen	Maine Race Walkers		26:45.34
2.	Kayla Shapiro	Mansfield University		27:35.54
3.	Nayeli Cisneros	Elgin Sharks		27:44.83
4.	Maria Garcia	Park Racewalkers		28:39.61
5.	Zoi Betties	unattached		29:02.76

High School Girls 5000m Walk

1.	Lauren Harris	Farmingville, NY		24:17.06
2.	Amelia Cuomo	Brewster, NY		25:39.69
3.	Kayla Torres	West Sayville, NY		26:06.26
4.	Sophie Riegel	Hewlett, NY		26:57.57
5.	Tara Mandel	Farmingdale, NY		27:30.30
6.	Margaret Atwood	Farmingville, NY		27:31.65
7.	Kelsey Jordan	Westhampton Beach, NY		28:05.95
8.	Chelsea Benedict	SFarmingville, NY		28:18.37
9.	Anna Arrigo	Farmingville, NY		28:31.05
10.	Jessica Levine	Lake Ronkonkoma, NY		28:44.75
11.	Sofia Khalek	Farmingdale, NY		29:22.73
12.	Samantha Piezzo	Farmingville, NY		30:18.44
13.	Genna Baldassarre	Grand Island, NY		30:32.31



Maria Michta and Alex Bellavance win the 2017 Penn Relay walks (photos Jeff Salvage)

BA/RWA/CAU 10KM AND YAG CHAMPIONSHIPS, COVENTRY, SATURDAY 29 APRIL

It was a big day of racewalking last Saturday at the Warwick University in Coventry, with the British Athletics and Race Walking Association National 10km Championships held alongside the RWA Younger Age Group Championships, CAU Inter-Counties 10km Championships & Welsh Athletics Young Age Group Championships. Phew, that was a lot to say in one sentence!

Due to repairs, the usual course was amended so the competitors were faced with three 180 degree and two 90 degree turns every lap. This took its toll with some competitors but there were still plenty of good performances.

There were a number of the top women missing from the 10km but it made no difference to Isle of Man walker **Erika Kelly** who recorded a huge PB time of 48.54 to win the UKA 10km championship. Her time puts her up to 2nd on the IOM all time list for 10km and therefore ahead of such notable walkers as Carolyn Brown, Michelle Turner and Karen Kneale. The Senior Men's 10km race was a high quality affair, even with the absence of Tom Bosworth who is training at altitude in a UKA Camp in Flagstaff, Arizona. **Callum Wilkinson** (41:03) eventually broke away from **Cameron Corbishley** (41:55) and **Dom King** (43:08) to take the win. **Ana Garcia** was the best of the junior walkers, winning the U17 5km easily with 24:51. Good to see so many walkers competing, especially when compared with the sparsity of competitors only a few years ago.

Open Men 10km

1.	Callum Wilkinson	U23M	Enfield & Haringey AC	41:03
2.	Cameron Corbishley	U23M	Medway & Maidstone AC	41:55
3.	Dominic King	SM	Colchester Harriers AC	43:08
4.	Daniel King	SM	Colchester Harriers AC	44:57
5.	Christopher Snook	U20M	Aldershot Farnham & Dist. AC	46:23
6.	Tom Partington	U20M	Manx Harriers	46:40
7.	Luc Legon	U23M	Cambridge Harriers	49:34
8.	Joe Mooney	U20M	Adamstown Athletic Club (IRL)	49:46
9.	Andrew Carroll	U20M	Celbridge Athletic Club (IRL)	49:46
10.	Timothy Snook	U20M	Aldershot Farnham & Dist. AC	50:13
11.	Francisco Reis	M55	Thames Valley Harriers	50:38
12.	Andrew Miller	M45	Wolverhampton & Bilson AC	53:26
13.	Oliver Hopkins	U20M	Lewes Athletic Club	54:26
14.	Mark Williams	M50	Tamworth Athletic Club	55:44
15.	Jordan Price	U20M	Brecon Athletic Club	56:42
16.	Graham Chapman	M60	Headington Road Runners	57:32
17.	Steve Arnold	M50	Nuneaton Harriers	57:52
18.	Matthew Phipps	U20M	Neath Harriers	61:14
19.	Steve Allen	M60	Barnet & District AC	61:58
20.	Anthony Bell	M50	Lancashire Walking Club	63:00
21.	John Constandinou	M45	Birchfield Harriers	66:05
22.	Shaun Lightman	M70	Surrey Walking Club	67:40
23.	Christopher Flint	M70	Surrey Walking Club	69:16
24.	Sean Pender	M60	Enfield & Haringey AC	73:43
25.	David Fall	M70	Birchfield Harriers	74:51
26.	Julian Barnett	M55	Birchfield Harriers	84:22
	Malcolm Martin	M60	Surrey Walking Club	DNF
	Daniel Mckerlich	U20M	Cardiff Amateur Athletic Club	DQ
	John Borgars	M70	Loughton Athletic Club	DQ
	Adam Cowin	SM	Manx Harriers	DQ
	Guy Thomas	U23M	Tonbridge Athletic Club	DQ

Open Women 10km

1.	Erika Kelly	SW	Northern (Isle of Man) AC	48:54
2.	Niamh O'Connor	U20W	Celbridge Athletic Club (IRL)	50:26
3.	Emily Ghose	U20W	Tonbridge Athletic Club	56:53
4.	Abigail Jennings	U20W	Aldershot Farnham & Dist. AC	58:30
5.	Megan Stratton-Thomas	U20W	Swansea Harriers	58:58
6.	Penelope Cummings	W40	Aldershot Farnham & Dist. AC	59:42
7.	Helen Middleton	W50	Enfield & Haringey AC	62:10
8.	Melanie Peddle	W45	Loughton Athletic Club	62:22
9.	Sue Davies	W50	Aldershot Farnham & Dist. AC	63:05
10.	Rebecca Greatbatch	U23W	Manx Harriers	63:25
11.	Amy Phipps	U20W	Neath Harriers	63:32
12.	Angela Martin	W50	Surrey Walking Club	68:31
13.	Ann Wheeler	W60	Leicester Walking Club	69:56
14.	Joanne Outtrim	W40	Cambridge & Coleridge AC	75:22
	Sarah Glennon	U20W	Mullingar Harriers (IRL)	DNF

U17 Men 5km

1.	Benjamin Allen	U17M	Leicester Walking Club	28:02
2.	George Wilkinson	U17M	Enfield & Haringey AC	28:18

U17 Women 5km

1.	Ana Garcia	U17W	City of Sheffield & Dearne AC	24:51
2.	Lucy Lewis Ward	U17W	Cambridge Harriers	28:03
3.	Isabelle Bridge	U17W	Blackheath & Bromley HAC	29:03
4.	Alice Bellando	U17W	Manx Harriers	29:29
5.	Laura Achurch	U17W	Leicester Walking Club	30:38
6.	Pagen Spooner	U17W	Wetherby Runners AC	31:53
7.	Mollie Dainton	U17W	Llanelli Athletic Club	32:27
8.	Jacqueline Benson	U17W	Ashford Athletic Club	33:46

U15 Boys 3km

1.	Alex Macheath	U15B	Cambridge Harriers	15:15
2.	Jack Childs	U15B	Medway & Maidstone AC	16:21
3.	Faris Alkhamesi	U15B	Nuneaton Harriers	17:11
4.	Kai Cundey	U15B	City of Sheffield & Dearne AC	17:37
5.	Kyle Isaac Smith	U15B	Nuneaton Harriers	21:18

U15 Girls 3km

1.	Lois Carty	U15G	Aldershot Farnham & Dist. AC	17:20
2.	Molly Meleady-Hanley	U15G	City of Sheffield & Dearne AC	18:05
3.	Lara MacColl	U15G	City of Sheffield & Dearne AC	18:45
4.	Hannah Hopper	U15G	Cambridge Harriers	19:48

U13 Boys 2km

1.	Owen Bradshaw	U13B	City of Sheffield & Dearne AC	11:18
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U13 Girls 2km

1.	Abigail Smith	U13G	Blackheath & Bromley HAC	11:32
2.	Katie Stringer	U13G	Medway & Maidstone AC	11:35
3.	Charlotte Wallis	U13G	Aldershot Farnham & Dist. AC	12:14
4.	Lucy Walker	U13G	Meadowhead School	13:11
5.	Molly Mckerlich	U13G	Cardiff Amateur Athletic Club	13:51
6.	Abigail Lysek	U13G	Dudley & Stourbridge Harriers	14:05
7.	Nia Bailey-Jones	U13G	Swansea Harriers	14:21
8.	Elizabeth Pap	U13G	Nuneaton Harriers	DNF

Mark Easton was there with camera and has produced his usual high quality photo gallery from the carnival – see photos https://www.facebook.com/erikakelly?hc_ref=NEWSFEED&fref=nf. Thanks to Mark for the following shots



The start of the 10km championships – a big combined field of men and women (photo Mark Easton)



Cameron Corbishley, Dom King, Calalum Wilkinson, Ana Garcia and Erika Kelly (photos Mark Easton)

HUNGARIAN 20KM CHAMPIONSHIPS, BÉKÉSCSABA, HUNGARY, SUNDAY 30 APRIL

The Hungarian Senior 20km and Youth Racewalk Championships were held on Sunday in Békéscsaba, a city in the south-east of Hungary. As expected, the 20km victories went to **Mate Helebrandt** (1:23:11) and **Viktoria Madarasz** (1:31:39), in generally good conditions. For Helebrandt, it was his ninth victory since his first in 2008. For Madarasz, it was her eighth victory in this championship since her first in 2009.

Minor places in the men's event went to **Bence Venyercsan** (PB 1:25:29 and U23 title) and **Mikols Domonkos Srp** (PB 1:26:38). For the women, the minor medals went to **Rita Recsei** (PB 1:34:43 and U23 title) and **Anett Torma** (PB 1:35:28). And sitting between Recsei and Torma was Hong Kong walker **Jessica Sia Nga Ching** (PB and HK national record of 1:35:15).

The junior walkers contested the unusual championship distance of 15km, with the sole win going to **Daphne Dinanopoulos** (1:17:21), while the U18 wins went to **Balint Sarossi** (15km 1:07:10) and **Maria Kornyak** (10km 53:05).

Lots of good photos in the marciadalmondo report at http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2780.

Open Men 20km Race Walk

1.	Máté HELEBRANDT	HUN	89	1:23:11
2.	Bence VENYERCSÁN	HUN	96	1:25:29
3.	Miklós SRP	HUN	93	1:26:38
4.	Sándor RÁCZ	HUN	86	1:27:07
5.	Tomasz BAGDÁNY	HUN	95	1:28:02
6.	Andrei GAFITA	ROU	96	1:28:42
7.	Soma KOVÁCS	HUN	97	1:29:55
8.	Dávid TOKODI	HUN	91	1:30:41
9.	Donát BURGER	HUN	97	1:41:22
10.	Zsolt MARINKA	HUN	87	1:54:12
11.	Ferenc PAPP	HUN	81	1:59:36
12.	András FÁBIÁN	HUN	86	2:00:21
13.	István CSABA	HUN	59	2:11:22

Open Women 20km Race Walk

1.	Viktória MADARÁSZ	HUN	85	1:31:39
2.	Rita RÉCSEI	HUN	96	1:34:43
3.	Siu Nga CHING	HKG	87	1:35:13
4.	Anett TORMA	HUN	84	1:35:28
5.	Barbara KOVÁCS	HUN	93	1:37:55
6.	Mihaela ACATRINEI	ROU	95	1:42:40
7.	Brigitta MATALIN	HUN	87	1:56:02
8.	Tamásné BODORKÓS	HUN	67	1:58:16
9.	Andrea TÓTH	HUN	71	2:08:48



Annet Torma and Jessica Sia Nga Ching – PBs in the Hungarian 20km championships (photo Annet Torma facebook)

U20 Women 15km Race Walk

1.	Daphne DIMANOPULOSZ	HUN	99	1:17:21
2.	Laura KOMORÓCZY	HUN	99	1:24:37
3.	Kata TATAY	HUN	99	1:37:59

U18 Men 15km Race Walk

1.	Bálint SÁROSSI	HUN	00	1:07:10
2.	Norbert TÓTH	HUN	01	1:10:54
3.	Dávid VARGA	HUN	01	1:13:50
4.	Vencel GÁL	HUN	01	1:16:04
5.	Balázs NYERGES	HUN	01	1:26:47
6.	Benjamin SOLTÉSZ	HUN	00	1:43:30
	Dániel HORVÁTH	HUN	00	DQ

U18 Women 10km Race Walk

1.	Anna HORNYÁK	HUN	00	53:05
2.	Dóra CSÖRGO	HUN	01	53:13
3.	Emma SZILÁGYI	HUN	00	71:12

U16 Men 8km Race Walk

1.	Máté VARGA	HUN	02	39:28
2.	Leon BÁNK	HUN	03	44:55
3.	Levente GONDA	HUN	03	44:57
4.	Bálint SZENTMARJAI	HUN	03	45:09
5.	Barnabás VERES	HUN	02	46:56

U16 Women 5km Race Walk

1.	Petra ZAHORÁN	HUN	02	26:51
2.	Tiziana SPILLER	HUN	03	27:53
3.	Katalin TÓTH	HUN	02	28:36
4.	Dorottya TAMÁS	HUN	03	29:10
5.	Bernadett RÉPÁSI	HUN	02	29:12
6.	Elizabet KOCSI	HUN	02	29:26
7.	Boglárka MOLNÁR	HUN	03	30:55
8.	Viktória DOMBI	HUN	02	32:05
9.	Demetria BENKE	HUN	02	33:55

U14 Boys 5km Race Walk

1.	Márton JAKAB	HUN	04	35:04
2.	Levente VÉGVÁRI	HUN	04	39:04

U14 Girls 5km Race Walk

1.	Babett MÉSZÁROS	HUN	04	31:58
2.	Lara PAULCSIK	HUN	04	32:51
3.	Gréta HÓBOR	HUN	04	33:03
4.	Réka SZÜCS	HUN	04	33:55
5.	Jázmin KOLMER	HUN	04	34:25
6.	Anikó ORAVECZ	HUN	04	34:59

U13 Boys 2km Race Walk

1.	Bernát KOCSIS	HUN	05	10:12
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U13 Girls 2km Race Walk

1.	Zsófia BOJTOR	HUN	05	15:59
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SPANISH CLUB CHAMPIONSHIPS, VARIOUS CITIES, SPAIN, SATURDAY 29 APRIL

Lats Saturday saw the first day of "La Liga Atletismo", the 2017 Spanish Club Championships. Meets are run in different cities, with each match including four men's teams and four women's teams, making 16 male and 16 female teams in total. Teams are allocated points as a result of their performances on the first day. After the second day (May 20th), the first eight teams will compete for the Spanish Champion title and the remaining 8 teams will compete for the minor placings. All races were held over 5000m, with venues as follows:

Meeting A: men in Zaragoza and women in San Sebastian

Meeting B: both men and women in Barcelona

Meeting C: men in Alcobendas and women in Castellon

Meeting D: men in Elche and women in Alcobendas

The leading men's times were **Daniel Chamosa Dacasa** (20:41.62), **Jose Manuel Perez Rubio** (20:44.85) and **Ivan Lopez Perez** (20:45.49). The leading women's times were **Ainhoa Pinedo Gonzalez** (22:32.93), **Maria Larios Lopez** (22:51.17) and **Antia Chamosa Dacasa** (23:40.64). Well reported in http://www.marciadalmundo.com/eng/dettagli_news.aspx?id=2781.

Men 5000m Race Walk, Zaragoza

1.	Francisco Jose DURAN	ESP	93	21:03.32
2.	Mario SILLERO	ESP	90	21:18.91
3.	Eloy HORNERO GALLEN	ESP	00	22:30.37
4.	Miguel CARVAJAL	ESP	65	22:37.85

Women's 5000m Race Walk, San Sebastián

1.	Mar CHILLON	ESP	96	24:06.45
2.	María José GUARDIOLA	ESP	76	24:32.70
3.	Samanta MULLONI MARTINEZ	ESP	90	25:42.00
4.	María del Pinar POLO ROMERO	ESP	93	26:09.09
5.	Blanca MICO LAMBIES	ESP	01	26:44.75

Men 5000m Race Walk, Barcelona

1.	Nil RODES	ESP	96	21:46.51
2.	Marc GUERRERO	ESP	95	22:22.60
3.	Daniel Goni BALLESTEROS	ESP	96	22:39.51

Women 5000m Race Walk, Barcelona

1.	Mariona GARCIA	ESP	00	23:52.69
2.	Mariona MARTINEZ	ESP	95	26:46.83
3.	Teresa DE JESUS	ESP	69	26:55.14

Men 5000m Race Walk, Alcobendas

1.	Diego GARCIA	ESP	96	22:01.92
2.	Juan Antonio PORRAS	ESP	72	22:11.04
3.	Marcos CINTRON	ESP	96	22:17.22
4.	Jesus ABAD	ESP	98	22:19.24
5.	Roberto RODRIGUEZ	ESP	69	22:48.52

Women 5000m Race Walk, Castellón

1.	María JUAREZ GALLARDO	ESP	93	23:51.28
2.	Lluna CAPDEVILA	ESP	98	23:56.96
3.	Andrea CABRE CARCELLER	ESP	88	23:59.94
4.	Angela RUIZ	ESP	97	24:53.50

5.	Ana CORTES	ESP	78	25:03.90
6.	Laura JIMENEZ ELIPE	ESP	91	25:14.56
7.	Eva NAVARRO MUNOZ	ESP	99	26:59.63

Men 5000m Race Walk, Elche

1.	Daniel CHAMOSA	ESP	97	20:41.62
2.	Jose Manuel PEREZ	ESP	99	20:44.85
3.	Ivan LOPEZ	ESP	97	20:45.69
4.	Luis Manuel PEREZ	ESP	92	21:03.93
5.	David REYES	ESP	93	21:29.42
6.	Endor RODRIGUEZ PERERA	ESP	87	22:34.24
7.	Javier GARCIA REQUENA	ESP	00	22:39.39

Women 5000m Race Walk, Alcobendas

1.	Ainhoa PINEDO	ESP	83	22:32.93
2.	Maria LARIOS LOPEZ	ESP	92	22:51.17
3.	Antia CHAMOSA	ESP	99	23:40.64
4.	Raquel LEON ASENSIO	ESP	91	26:05.52
5.	Irene RODRIGUEZ	ESP	02	26:06.53

29/04/17 - DEPARTEMENTAUX DE MARCHE, VENISSIEUX, FRANCE, SATURDAY 29 ARIL 2017

Thanks to Emmanuel Tardi for the results of this meet in the Lyon suburb of Venissieux.

5000m Walk Men

1.	MUTTER Axel	Ac Roche-sur-yon	ESM/96	21:10.76
2.	MARTIN Come	Annecy Haute Savoie	ESM/95	22:44.74
3.	BRACHET Thomas	Afa Feyzin-venissieux	JUM/98	23:19.83
4.	NEISSE Eric	Asul Bron	M50M/64	24:50.92
5.	GUEBEY Dominique	Asul Bron	M60M/52	26:36.34
6.	FERRATON Thierry	Athletic Club Tassin	M45M/71	26:53.71
7.	PEREZ Javier (ESP)	Asul Bron	M35M/80	27:10.74

5000m Walk Women

1.	DUPONT Sandra	Stade Clermontois	F40F/72	24:59.10
2.	BILLA Jeanne	As Caluire Et Cuire	ESF/96	25:30.16
3.	MANIKION Prisca (MAU)	A Sud Ardeche Drome	SEF/	25:57.60
4.	SINA Laurence	Esl - S/I Pl Pierre Benite	F45F/69	26:55.76
5.	CALEYRON Muriel	Afa Feyzin-venissieux	SEF/84	29:26.50
6.	REGNIER Sylvie	Athletisme Chatillon	F50F/62	30:10.43



Sandra Dupont, Martin Comb and Axel Mutter (photos Emmanuel Tardi)

MARCIADALMONDO AND OMARCHADOR ROUNDUP

Marciadalmondo had 4 press releases this week

- Mon 1 May - Results of the first day of the Spanish Club Championships
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2781
- Sun 30 Apr - Mate Helebrandt and Viktoria Madarasz win Hungarian 20km titles
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2780
- Fri 28 Apr - Portuguese walks team announced for European Cup in Podebrady
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2779
- Wed 26 Apr - Update on the comings and goings of the top Chinese racewalkers
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2778

and Omarchador had 14 press releases

- Mon 1 May - Inês Henriques is 37 years old today
<http://omarchador.blogspot.com.au/2017/05/ines-henriques-faz-hoje-anos.html>
- Mon 1 May - Laura Polli and Quentin Macabrey win Swiss walk championships
<http://omarchador.blogspot.com.au/2017/05/laura-polli-e-quentin-macabrey-sao-os.html>
- Sun 30 Apr - Results of 5000m walks at World Masters Games in Auckland
<http://omarchador.blogspot.com.au/2017/04/5000-m-marcha-nos-jogos-mundiais-de.html>
- Sat 29 Apr - Ana Cabecinha is 33 years old today
<http://omarchador.blogspot.com.au/2017/04/ana-cabecinha-faz-hoje-33-anos.html>
- Sat 29 Apr - Oosthuizen and Snyman win South African titles in Potchefstroom
<http://omarchador.blogspot.com.au/2017/04/oosthuizen-e-snyman-com-titulos-sul.html>
- Fri 28 Apr - Results of Lima Grand Prix, Perus
<http://omarchador.blogspot.com.au/2017/04/grande-premio-cidade-de-lima-no-peru.html>
- Fri 28 Apr - Portuguese selections for the European Walks Cup in Podebrady
<http://omarchador.blogspot.com.au/2017/04/selecao-de-portugal-para-taca-da-europa.html>
- Thu 27 Apr - Results of 3000m walks at World Masters Games in Auckland
<http://omarchador.blogspot.com.au/2017/04/3000-m-marcha-em-auckland-jogos.html>
- Thu 27 Apr - Results of the 1500m walks at World Masters Games in Auckland
<http://omarchador.blogspot.com.au/2017/04/1500-m-marcha-nos-jogos-mundiais-de.html>
- Thu 27 Apr - Pechão and Seia win Portuguese Walks Cup in Luso
<http://omarchador.blogspot.com.au/2017/04/pechao-e-seia-vencem-taca-de-portugal.html>
- Thu 27 Apr - Tunisians stand out in African Walks Cup
<http://omarchador.blogspot.com.au/2017/04/tunisinos-em-destaque-no-challenge.html>
- Wed 26 Apr - Matej Toth returns to competition in Borsky Mikulas
<http://omarchador.blogspot.com.au/2017/04/matej-toth-regressa-competicao-em.html>
- Wed 26 Apr - Jose Leyver Ojeda and Maria Dolores Marcos the standouts in the Naumburg 50km
<http://omarchador.blogspot.com.au/2017/04/jose-leyver-ojeda-e-maria-dolores.html>
- Tue 25 Apr - Linke, Brembach and Takacs the standouts in the Naumburg 20km
<http://omarchador.blogspot.com.au/2017/04/linke-brembach-e-takacs-os-destaques.html>

OUT AND ABOUT

First, some selection news from various upcoming meets

- Athletics Canada has named five athletes to the team that will compete at the 2017 Pan American Race Walking Cup in Lima, Peru, on May 13-14. See <http://athletics.ca/trio-of-olympians-to-lead-canada-at-the-2017-pan-american-race-walking-cup/#sthash.lhTCHiEe.dpuf>
 - 20km Walk: **Benjamin Thorne, Evan Dunfee and Marek Adamowicz,**
 - 50km Walk: **Mathieu Bilodeau**
 - U20 10km Walk: **Alger Liang**

The official website for the 2017 Pan American Race Walking Cup is <http://www.athleticsnacac.org/per-copa-panamericana-de-marcha-2017/>.
- Robert Heffernan will lead a strong team of 50km race walkers to the IAAF World Championships in London. See <http://www.athleticsireland.ie/news/walks-and-marathon-selections-for-london-2017>.
 - 50km Walk: **Alex Wright, Brendan Boyce, Robert Heffernan**
- The Portuguese team for this month's European Racewalking Cup in Podebrady is a good one - see http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2779.
 - 20km Women: **Ana Cabecinha, Inês Henriques, Mara Ribeiro - SL Benfica**
 - 20km Men: **João Vieira, Miguel Carvalho**
 - 50km Men: **Pedro Isidro**
 - U20 10km Women: **Carolina Costa, Inês Reis**
 - U20 10km Men: **Rodrigo Marques**
- With 100 days to go until the IAAF World Championships London 2017, British Athletics has today confirmed its selections for the men's and women's marathon and the men's 50km race walk. **Dominic King** becomes the first 50km race walker in 22 years to represent Britain at a World Championships. See <https://www.iaaf.org/news/news/world-championships-london-2017-british-team>.

And now, more general news

- More photos and commentary from the big meet in Naumburg a week ago. See <https://www.aheartynomad.com/2017/04/25/naumburg-racewalking-2017-warmup-and-groups/>
- European Athletics website article on **Matej Toth** and his first hitout (a win in the Slovakian 20km championship) since his 50km Rio win. See <http://www.european-athletics.org/news/article=toth-makes-winning-comeback-the-road-podebrady/index.html?cid=rss>.
- Audio interview with USA triple Olympic walker **John Nunn** on race walking, earning respect, Russian doping and growing the sport. See <https://soundcloud.com/user-713795263/john-nunn-citius-mag-podcast>.
- With 100 days to go until the IAAF World Championships London 2017, the local organising committee has announced that for the first time ever at a World Championships, coaches of medal-winning athletes will also receive medals. The medals, gifted to successful athletes once they return from their ceremony, will be for them to hand to their coach or significant advisor in recognition of the unique and valued working relationship between athlete and coach. Nice! See <https://www.iaaf.org/competitions/iaaf-world-championships/news/world-championships-london-2017-coach-medals>.
- **Christopher Linke**, who walked a 20km personal best of 1:18:59 in Podebrady a few weeks ago, will be eyeing individual success as he returns to one of the biggest events on the calendar. Podebrady, to the east of Prague in the Czech Republic, is the setting for this year's European Race Walking Cup in mid May. Good profile article on Linke. See <http://www.european-athletics.org/news/article=linke-will-the-one-catch-podebrady-1281131/index.html?cid=rss>.
- Paris has been confirmed as the host city for the 2020 European Athletics Championships, European Athletics confirmed on Friday. See <https://www.supersport.com/athletics/article.aspx?Id=3974174>. It was also confirmed at the meeting that the 2019 European U23 Championships awarded to Gävle and the U20 Championships awarded to Borås (Sweden). It is the first time that two European Championships have been awarded to the same country in the same year.

And finally, the scourge of doping continues to produce headlines every week, so much of it Russian.

- The IAAF has stripped Russia of its women's 4x400 metres relay gold medal from the Moscow 2013 World Championships, following the decision to hand a two-year suspension to team member Antonina Krivoschapka last

Wednesday. Krivoshapka has also been stripped of the individual 400m bronze medal she won at the champs. She was one of 5 Russian athletes to be handed two-year suspensions after pleading guilty in doping cases involving the 2012 Olympic Games and the 2013 World Championships. The quintet also includes shot putter Yevgenia Kolodko, hammer thrower Anna Bulgakova, discus thrower Vera Ganeyeva and pole vaulter Dmitry Starodubtsev. All five failed retests for banned anabolic steroid turinabol. New techniques provided by former Moscow Laboratory director Grigory Rodchenkov, who has since defected to the US, can detect steroids in the body for far longer. See <http://www.insidethegames.biz/articles/1049703/iaaf-strips-russia-of-2013-world-championship-gold-in-womens-4x400m-relay>.

- London Marathon chief executive Nick Bitel has vowed not to give up on their pursuit of Liliya Shobukhova for prize and appearance money the Russian has been ordered to return after she was banned for drugs. See <http://www.insidethegames.biz/articles/1049613/london-marathon-still-pursuing-shobukhova-for-return-of-prize-money-but-admit-no-guarantee-they-will-succeed>.
- Two more Russians out for recent doping failures. Russian middle-distance runner Yekaterina Sharmina has been banned until 2022 after receiving a second doping sanction in the last six months. RUSADA says Sharmina was handed a new four-year ban after testing positive for an unspecified substance. Yekaterina Doseikina was given a two-year ban. Doseikina represented Russia in the 3,000-meter steeplechase at the 2015 world championships. The Russian anti-doping agency says she broke "whereabouts" rules obliging athletes to make themselves available for out-of-competition doping tests. See http://www.nzherald.co.nz/athletics/news/article.cfm?c_id=19&objectid=11847581&ref=rss.
- We can blame the Russians and East Germans for this one. European Athletics will forward a report to the IAAF proposes that world and European records should only be recognised if the performance is achieved at an approved event where high standards of officiating and technical equipment can be guaranteed. Fruther, many of the current records could disappear. The council also recommended that a performance should be wiped from record books if the athlete had committed a "doping or integrity violation, even if it does not directly impact the record performance". See <http://www.bbc.com/sport/athletics/39774233> and <http://www.european-athletics.org/news/article=european-athletics-endorses-record-revolution-plan/index.html>.

FOCUS ON NEW RWA PRESIDENT BOB CRUISE

I have just been advised that South Australian based coach/judge/administrator **Bob Cruise** has taken over as the President of Racewalking Australia, as a result of David Smith moving onto other challenges. I am very excited to hear that Bob is taking on this key role. His proven administrative and people skills, his enthusiasm for and deep knowledge of our sport of racewalking and his long term commitment to the sport all point to a move in the right direction. Welcome to your new role Bob...may you have many years at the helm.

For those who don't know Bob that well, here is my indepth profile.



Bob Cruise was playing football at Macdonald Reserve in Coburg on a Sunday afternoon in 1952 with some friends when he was approached by a man asking if he would be interested in playing with the Paramount Football Club, based at Merylston (North Coburg). The man was Neville Sillitoe. Neville was touring the football grounds around Coburg looking for recruits for his football team.

Bob joined the club (going on to win the Northern Districts Under 14 Best and Fairest) and it was during this time that Neville suggested he take up athletics. This he did, joining Coburg Harriers for the 1953-54 season where he was initially coached by well known club identity George Price. Bob remembers him as tough and it is probably fair to say he did not always do as instructed.

Coincidentally, it was also Neville Sillitoe who, in 1945, had approached a young Ray Smith and invited him to try out for Coburg Harriers. In a happy twist of fate, Ray became an international judge once he retired as a racewalker and he then guided Bob Cruise into the world of racewalk judging many years later.

The 1954 Annual Report of Coburg Harriers said:

'ROBERT CRUISE'. 14 Years: 3rd in Victoria Under 17 Hop Step and Jump. Finalist in Under 17 220 yards championship. Robert has been one of the most consistent of our junior athletes and was able to compete in nearly all events on the programme. He often scored the best performance of the day in the broad jump, discus, hop step and jump and the 100 yards. As Robert has years to run in the Under 17 division he has a headlong start over the other lads. Third in the Under 17 Broad Jump.

Bob was a multi-talented youngster. While attending Coburg Technical School, he won the Technical Schools Interschool Athletics Carnival Under 14 75 yard sprint and came equal first in the High Jump. He was also involved with some success in competitive football and cricket.

Coburg Technical School was not sufficiently developed to provide a third form (year 9) so Bob enrolled at Preston Technical School. The Preston Technical School Magazine of 1955 has him listed as a School Prefect, as well as a member of the school football, cricket, swimming and athletics teams. He was also a member of the Airforce training Corp (the Airforce cadets).

His athletics performances as a 15 year old were pretty good: 100 yards in 10.6 secs, Long Jump approximately 6.40m and 220 yards in 24.2 secs. These may not mean much by today's standards but they were more significant then when running on grass tracks and jumping on poorly maintained run ups.

In the mid 1950's, he began playing cricket with Coburg Cricket Club and continued, albeit spasmodically, for many years playing at all levels. The 1972 Annual General Report of the Coburg Cricket Club lists him as winner of the Third Eleven Batting average and in 1974/75 winning the Club X1 batting average. Bob always regarded himself as a better bowler.

Returning to Melbourne in the early 1970's after a stint teaching mathematics in Victorian country technical schools, he became increasingly involved in Little Athletics due to his children's involvement. His eldest son Dean began competing around 1970 when 8 years old so Bob joined the Coburg Little Athletics Club.

He hoped that Dean would develop as a sprinter but Dean wanted to try race walking. After a lacklustre first few efforts, it clicked and Dean won the Centre 800m walk championship. It was then that Bob decided he needed to find out more about racewalking if he was to be able to help him in the future. With a budding future 'star', he was hooked.

I remember Dean well as a young lean red haired walker with a very good turn of speed. He still holds a number of Coburg Harriers club records: U16 3000m walk (14:19 1977), U17 1500m walk (6:31 1979), U18 1500m walk (6:25.3 1980), U19/U20/Open 1500m walk (6:05 1981) and U19/U20/Open 3000m walk (12:44.8 1981). Alas, like so many talented young athletes, he went to work post-school and found it just too hard to juggle his many commitments. Walking was the one that suffered as he left our sport.

Throughout the seventies, Bob was prominent as an administrator in the Victorian Little Athletics scene. In 1974-1976 and again in 1979-1980, he was President of Coburg Little Athletics Centre. He also served terms as Competition Director, Treasurer and Secretary. He also served as Chairman of the Northern Metropolitan Little Athletics Region (2 years) and Chairman of the Victorian Little Athletics Race Walking Committee (6 years). Fittingly, he was eventually awarded a Life Membership of Coburg Little Athletics Centre in 1977.

As Dean moved from Little Athletics to Seniors (Little Athletics ceased after U12 at that stage) Bob became involved as a judge at seniors (Ray Smith was his mentor) and, following the walks, he usually sat on the surrounds of the track watching his son participate in other events. Watching the competitors in the throwing events, he decided to have a go himself. He quickly became a good thrower and still holds the Coburg Harriers M35 records for javelin, discus, shot put and hammer throw (1976/1977).

He began coaching and judging whilst with Coburg Little Athletics Centre and continued both later when with Coburg Harriers.

In the early 1980s Bob moved to Alice Springs and was immediately engulfed in coaching and administration. He also coached any event where a child had an interest, including race walking. Whilst in Alice Springs, he became coach of the Territory Team for the National Little Athletics Championships in Melbourne in 1987, where NT walkers won three of the six walking medals on offer.

A career move to Mildura in Victoria in 1987 saw Bob once again involved with the local athletic community. It was here that his training group became 20 or more and where he was able to 'produce' numerous underage Victorian champions in events ranging from horizontal jumps to throws to walks. Whilst in Mildura he was awarded the Northern Mallee Sports Coach of the Year on three occasions, in 1995, 1997 and 1998.

Following retirement from his position as Chief Executive Officer/Director of Sunraysia Institute of TAFE, he moved to Adelaide where he has since resided.

From the late seventies, Bob was prominent on the Australian circuit as a racewalking judge, travelling to all the major national championships, normally at his own cost, and gaining valuable experience and knowledge. His efforts were rewarded in 1982 when he gained a place on the IAAF International Panel of Walk Judges. He maintained his spot in this elite group until his eventual retirement in 2014.

As an international race walking judge, he officiated at 2 Olympic Games (2000 and 2004), five Commonwealth Games (1982, 1990, 1998, 2002 and 2006), two World Race Walking Cups (1999 and 2006), one World Junior Championships (1994) and one World Youth Championship (2003). And of course he got guernseys in many other international meets around the world.

He went one step further in 1996 when he became a member of the IAAF Race Walking Committee, a position he held until 2004.

Bob has been active as a coach for over 50 years, an amazing feat! Starting with Little Athletics, he has coached many State and National underage champions as well as a number of athletes who have represented Australia at World Youth Olympics, World Juniors and World Race Walking Cup competitions. Additionally he has acted as a technique advisor to a number of senior Australian representatives.



Bob takes some of his walkers through a video analysis (via ipad) of their performances, following a club event

He has also been heavily involved in coach and judge education and remains the 'go-to man' for the many Australian and Oceania racewalk judging seminars. A member of the Australian Track and Field Coaches Association for over 30 years and a Level 4 Athletics Australian Accredited Coach, he is still in high demand in his 'retirement'.

As if this level of contribution was not enough, Bob has done stints as a National and State Selector and as a member of the Athletics Australia Racewalking Committee.

While many of us might dream of a quiet retirement, Bob has continued his active involvement on many fronts since his move to Adelaide. He even put in a stint as Chief Executive Officer of Athletics SA. In recent years, as his judging career has come to a close, he has increased the size of his coaching squad and now looks after a large group of young South Australian walkers.

From a professional perspective, Bob has done it all, with stints as a successful senior manager, a lecturer, a Chief Executive and a Principal in the higher education sector, an engineer, a small business owner, a business consultant, the manager of a theatre restaurant, a Child Care Centre, a motel and restaurant and even an automotive business. His experience embraces both large and small business, profit and non-profit, government and non-government.



Bob with medal winners at South Australian Little Athletics Championships Circa 2013

Bob's awards are many and varied

- Life Member, Coburg Little Athletics Centre (1976/77)
- Coach of the Year, Mallee Sports Assembly (1995,1997 & 1998)
- Reconciliation Award, On behalf of Sunraysia Institute of TAFE (circa 1992)
- Member, Who's Who in American Universities and Colleges (1991)
- Australian Sports Medal (2000)
- Life Member, Athletics Australia (2008)
- Merit Award, Oceania Athletic Association (2014)
- Civic Award, City of West Torrens (2015)
- Life Member, Athletics SA (2016)

His academic qualifications are enough to make the eyes water: Ph.D. (1992), M.Ed. (1987), B.Ed. (1976), B.Sc. (1972), Diploma of Mech. Eng. (1963) and a Trained Technical Teachers Certificate (1963). They show a life spent learning.

Most of us are pleased if we gain prominence in one field. Bob's contribution on so many fronts, in widely varying sporting, academic and professional fields, mark him as a prolific high achiever. And he's also a racewalk supporter and enthusiast. What more can you ask.

Thanks Bob for your many years contributing to our sport of racewalking. May you have many more!

ATHLETICS AUSTRALIA RELEASES 2018 COMMONWEALTH GAMES QUALIFICATION INFORMATION

Although AA is still to finalise its 2018 Commonwealth Games Selection criteria, it released an interim document last Friday, giving guidance for all those seeking places on the team. You can read it in full at <http://athletics.com.au/Portals/56/Competition/Entry%20Standards/GC2018%20Nomination%20Principles.pdf>.

What is perhaps different in this case is the quota that will be placed on AA by Commonwealth Games Australia. AA will nominate the maximum number of athletes possible, with the athlete quota allocation as a final ceiling. The size of this quota is as yet unknown.

While A and B standards have been set in most events, the 20km walks and the marathon have single qualification standards. The 20km walk standards are set at **1:24:00 (men)** and **1:36:00 (women)**. The qualification period for walks started on 1st July 2016. The selection trial for the walks has not yet been announced.

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

May 14 (Sun), 2017	Victorian 15km Roadwalk Championships, Middle Park, Melbourne
May 27 (Sun), 2017	Victorian Country Roadwalk Championships and Victorian 10km Championship, Middle Park, Melbourne
Jun 9-12, 2017	Australian Masters T&F Championships, Darwin, NT. See http://ntmastersathletics.com.au/
Jun 11 (Sun), 2017	51 st LBG Racewalking Carnival, Stomlo Forest Park, Canberra, ACT
June 25 (Sun), 2017	Victorian 20km Roadwalk Championships, Middle Park, Melbourne
Aug 6 (Sun), 2017	Victorian Roadwalk Championships (including Victorian 30km Championship), Middle Park, Melbourne
Aug 6 (Sun), 2017	AMA 20km Roadwalk Championships, Adelaide, SA
Aug 27 (Sun), 2017	Australian Roadwalk Championships, Woolongong, NSW
Sept 10 (Sun), 2017	Victorian 50km Championship, Middle Park, Melbourne

2016/2017 International Dates

May 13-14, 2017	Pan American Race Walking Cup, Lima. See http://www.athleticsnacac.org/per-copa-panamericana-de-marcha-2017/
May 21, 2017	European Race Walking Cup, Podebrady, CZE
June 3, 2017	XXXI Gran Premio Cantones de La Coruna, Spain
June 9, 2017	European Athletics Walks Meet, Altyus, LTU
Jun 29 – Jul 1, 2017	Oceania Area Championships, Suva, Fiji
July 12-16, 2017	10 th World Youth T&F Championships, Niarobi, Kenya – THIS IS THE FINAL EDITION
August 4-13, 2017	16 th IAAF World Championships in Athletics, London, UK. See http://www.london2017athletics.com/ On Sunday 13 August, all 3 racewalks will be staged on The Mall, St James Park, London
August 19-30, 2017	29 th Summer Universiade, Taipei, Taiwan
Sept 9, 2017	8 th Race Walking Day in Veenendaal (Dutch Sprint Triathlon), Veenendaal, NED
Sept 24-17, 2017	Around Lake Taihu 4 Day multi day walks race, CHN

2017 Remaining IAAF Racewalk Challenge Series

June 3, 2017	XXXI Gran Premio Cantones de La Coruna, Spain
August 5-13, 2017	16 th IAAF World Championships in Athletics, London, UK.

Looking Further Ahead

Apr 4-15, 2018	XXI Commonwealth Games, Gold Coast, QLD (20km roadwalks). See http://www.gc2018.com Men's and Women's 20km walk, Currumbin Beachfront, Sunday 8 April
May 5-6, 2018	28 th IAAF World Race Walking Team Championships, Taicang, China
July 2018	16 th World Junior T&F Championships, Tampere, Finland
Sept 2018	22 nd World Masters Athletics T&F Championships, Malaga, Spain
Sept 28 – Oct 6, 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 24 – Aug 9, 2020	32 nd Olympic Games, Tokyo
July 20 – Aug 1, 2020	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, TBA On 13 th March 2017, Durban announced that it would not host the Games, due to financial constraints.

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Copies of recent newsletters are kept on the VRWC website (<http://www.vrwc.org.au>)