



## HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club  
2016/2017 Number 34  
23 May 2017



**VRWC Preferred Supplier of Shoes, clothes and sporting accessories.**

*Address: RUNNERS WORLD, 598 High Street, East Kew, Victoria (Melways 45 G4)*  
*Telephone: 03 9817 3503*  
*Hours: Monday to Friday: 9:30am to 5:30pm*  
*Saturday: 9:00am to 3:00pm*  
*Website: <http://www.runnersworld.com.au>*  
*Facebook: <http://www.facebook.com/pages/Runners-World/235649459888840>*

### WALKER OF THE WEEK

My Walker of the Week this time around is 30 year old St Kevins Athletics Club and VRWC member **Jason Kozica**. This is the first time that Jason has won this award and indicates just how well he walked on Saturday. Competing in the 5km roadwalk, he stormed home with a winning time of **22:30** and looked superb the whole way.

Jason first came down to VRWC in May 2009, having run with St Kevins up till that stage. He had no technique whatsoever and was all arms and legs, walking the 4km club race in 27:43. He has come a long way since then!

He has been in great form lately, coming 4<sup>th</sup> in the Victorian 5000m track championship in March in a PB 22:19, quickly followed by another big PB of 45:39 in the Australian 10,000m track championship. Two weeks ago he placed 3<sup>rd</sup> in the Victorian 15km roadwalk championship in a PB 1:14:27.

Well done Jason. Keep up the good work!



*Jason in action at Middle Park on Saturday (photo Terry Swan)*

### WHAT'S COMING UP

- Next Saturday, the **Victorian 10km Roadwalk Championship**, along with the **Victorian Country Roadwalk Championships**, are to be held at Middle Park. Pre-entry is required for all AV events – see their online portal at <http://athsvic.org.au/event/av-10km-av-country-walks-championships/>. Entries for the VRWC non-championship 10km & 5km events close at 1.45pm on the day. Entries for the VRWC 2km non-championship event close at 2.30pm on the day. Of course, VRWC entries can be preferably done now via our own online panel at <http://vrwc.org.au/wp1/>.

Saturday 27 <sup>th</sup> May 2017, Middle Park			
2.15pm	10km	AV Championship	Open, 40+, 50+ Men
		Winner of the Open Men's event is awarded the C.H. [Bert] Gardiner Medal	
2.15pm	10km	AV Country Championship	Open Men
2.15pm	10km	AV Championship	Open, 40+, 50+ Women
2.15pm	10km	AV Country Championship	Open Women
2.15pm	10km	Non championship	Open
2.30pm	5km	AV Country Championship	U20 Men/Women
2.30pm	5km	VRWC Championship	U20 Men/Women
2.30pm	5km	AV Country Championship	U18 Men/Women
2.30pm	5km	VRWC Championship	U18 Men/Women
2.30pm	5km	Non championship	Open
3.00pm	3km	AV Country Championship	U16 Boys/Girls
3.00pm	3km	VRWC Championship	U16 Boys/Girls
3.00pm	3km	AV Country Championship	U14 Boys/Girls
3.00pm	3km	VRWC Championship	U14 Boys/Girls
3.10pm	1km	Racewalking Victoria / VRWC Championship	U10 Boys/Girls
3.20pm	2km	Racewalking Victoria / VRWC Championship	U12 Boys/Girls
3.20pm	2km	Non championship	Open

### VRWC ROAD RACES, MIDDLE PARK, SATURDAY 20 MAY

Conditions were good for the 46 walkers who contested the various distances at Middle Park on Saturday - cool and sunny but with a freshening wind.

As usual, **Quentin Rew** went to the front, winning the 12km in a fast 54:57 (after a long Saturday morning training session). But he did not have it all his own way, with **Jason Kozica** storming home in the 5km and passing Quentin in the last km to record 22:30. **Mark Blackwood** wiped away the years to win the 10km with an impressive 51:04 while daughter **Sophie Blackwood** (our youngest competitor) walked a special 1km invitational race with 9:50. And at the other end of the age scale, our oldest competitors **Pam Mews** (aged 82) and **Harry Summers** and **Bob Gardiner** (both aged 81) all walked excellently.

12km Walk				Handicap
1.	Donna-Marie Elms	40-59	1:21:49	2
2.	Karyn O'Neill	60+	1:27:38	1
1.	Quentin Rew	Open	54:57	2
2.	Terry O'Neill	60+	1:15:58	1
10km Walk				Handicap
1.	Philippa Huse	U18	52:22	1
2.	Alison Thompson	60+	1:08:56	2
1.	Mark Blackwood	Open	51:04	-
2.	Albin Hess	40-59	1:06:37	1
	Bob Gardiner	60+	DNF	
5km Walk				Handicap
1.	Jasmin Hass	U16	29:12	2
2.	Kathleen O'Mahony	U16	31:20	1
1.	Jason Kozica	Open	22:30	-
2.	Pramesh Prasad	40-59	24:49	1
3.	Scott Nelson	40-59	27:23	-
4.	Heath Beveridge	U14	29:14	1
5.	Aaron McDonough	40-59	29:28	5
6.	Bernie Keirl	40-59	30:19	4
7.	Russ Dickenson	60+	33:16	3
				PB 1:34
3km Walk				Handicap
1.	Charlotte Hay	U14	15:57	1
2.	Arnika Nelson	U14	17:20	6
3.	Holly Cocking	U16	17:35	2
4.	Heather Carr	60+	17:52	3
5.	Marlene Gourlay	60+	18:22	5
6.	Brianna Briet	U14	18:39	-
7.	Gemma Lillie	U12	19:57	4

8.	Gwen Steed	60+	20:46	7	
9.	Alannah Dingli	U14	21:35	-	Inaugural
10.	Isabella Dingli	U16	21:59	-	
1.	Nikolaj Djordjevic	U14	15:42	-	
2.	Luke Epps	U10	17:14	1	
3.	Angus Hay	U14	17:49	2	
4.	Ralph Bennett	60+	18:45	5	
5.	Anthony Barrett	60+	20:15	4	
6.	Harry Summers	60+	24:01	3	
7.	John Morrison	60+	24:37	6	
8.	Barrie Wicks	60+	27:03	7	

#### 1.5km Walk

				Handicap
1.	Maddison Vaughan	U10	9:56	-
2.	Ella Cunningham	U10	11:40	1
3.	Pam Mews	60+	15:56	1
1.	Liam Hutchins	U10	8:23	1
2.	Eden Morgan	U12	8:50	-
3.	Hamish Blackwood	U10	9:02	3
4.	Nikita Djordjevic	U12	9:26	5
5.	Lucas Kent	U10	9:50	2
6.	Christopher Kent	40-59	12:17	4

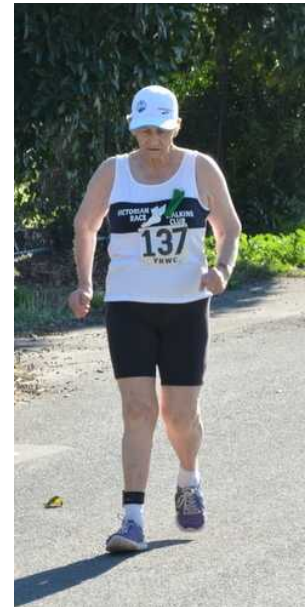
#### 1km Invitation Walk

1.	Sophie Blackwood	U10	9:50	-	First walk with us
----	------------------	-----	------	---	--------------------

Thanks to all our judges, helpers and officials. Apologies if I missed anyone.

**Officials:** Mark Donahoo, Simon Baker, Cathy Huse, Ralph Bennett, Bill Carr, Tim Erickson  
**Course Sweeping:** John Morrison, Bill Carr, Heather Carr  
**Judges:** Peter Vysma (Chief), Stuart Cooper, Michael Bodey, Gordon Loughnan, Brenda Felton, Kathleen Marsh  
**Canteen:** Wendy Cooper, Kate Suich  
**Photos:** Terry Swan (<http://www.vrwc.org.au/piwigo/index.php?category/428>)  
**Race Splits:** Ralph Bennett (<http://vrwc.org.au/wp1/race-splits-laps/>)

See <http://www.vrwc.org.au/vrwcpointscmps.shtml> for the updated Handicap and Actual Points and Style Award points



*Jason Kozica, Harry Summers, Bob Gardiner and Pam Mews (all photos by Terry Swan)*





*Laim Hutchins, Maddison Vaughan, Nikita Djordjevic and Nikolaj Djordjevic*



*Sophie Blackwood, Isabella Dinli, alannah Dingli and Heath Beveridge*

**ACTRWC ROADWALKS, BLACK MOUNTAIN, CANBERRA, SATURDAY 20 MAY**

Thanks to Robin Whyte for the latest results from Canberra. Rio Olympian **Brendon Reading** was the fastest with 23:17 for 5km. Looked like a good race in the 17km between **Connor Frew** and **Mitchell Baker**.

**5km Walk**

1.	Brendon Reading	23:17
2.	Hannah Manning	26:59
3.	Peter Baker	29:55
4.	Kate Black	31:44
5.	Jane Bates	36:52
6.	Rod Gilchrist	38:05
7.	Jennifer Gilchrist	39:11
8.	David Mackenzie	40:18
9.	Terry Munro	42:50

**17km Walk**

1.	Connor Frew	1:29:41
2.	Mitchell Baker	1:29:58
3.	Tim Fraser	1:32:33
4.	Matt Griggs	1:35:52
5.	Callum Burns	1:36:11
6.	Gabby Hunt	1:36:55
7.	Greg Durr	1:49:05
8.	Ann Staunton-Jugovic	1:49:13
9.	Robin Whyte	1:51:37
10.	Mick Saunders	2:05:05

<b>3km Walk</b>		11. Monika Short	2:08:28
1. Laura Burns	16:16	12. Geoff Barker	2:21:45
2. Ella Baker	22:22	13. Jayden Elphick	2:23:22
<b>1km Walk</b>		14. Val Chesterton	2:35:30
1. Harry Baker	6:32	15. Phil Essam	2:35:30
2. Georgia Frew	6:57		
3. Imogen Gardiner	7:24		

**ASA STATE CHAMPIONSHIPS, LADELAIDE PARKLANDS, ADELAIDE, SATURDAY 20 MAY**

Thanks to Peter Crump for the latest results from Adelaide. Fastest performance to **Kim Mottrom** (10km 5:44). Well done to the new State champions.

**SA Open and Masters 20km Championship**

1. Peter Crump	1:59:50
2. Cherie Rothery	2:26:09
3. James Hoare	2:34:37

**SARWC 5km Walk**

1. Mathew Bruniges	28:23
2. Chloe Upton	30:18
3. Gloria Holliday	32:13
4. Greg Metha	32:19
Alix Harlington	DNF

**SA U20 10km Championship**

1. Tristan Camilleri	51:19
2. Rhiannon Lovegrove	56:09
3. Jay Goode	56:55

**SARWC 3km Walk**

1. Kiera Ross	16:10
2. Victoria Upton	16:11
3. Kitarni Upton	17:52
4. Mia Wilks	18:24
5. Adrian Upton	20:38
Toby Wilks	DQ

**SA U16 5km Championship**

1. Joe Cross	24:05
2. Chloe Upton	30:18

**SARWC 20km Walk**

1. Bill Starr	2:35:35
---------------	---------

**SARWC 2km Walk**

1. Elli Pusonjic	11:29
2. Seth Upton	11:53
3. Hannah Wilks	12:32
4. Aleesha Vidler	13:36
5. Edward Upton	18:58

**SARWC 10km Walk**

1. Kim Mottrom	45:44
2. Samantha Findlay	51:30
3. Royrie Upton	1:04:52

**SARWC 1km Walk**

1. Sam Wilks	6:45
2. Natalie Bruniges	8:53
3. Xavier Upton	9:12

**SAMA ROADWALKS, OAKDEN PARK, ADELAIDE, SATURDAY 20 MAY**

Thanks to Colin Hainsworth for the latest results from the South Australian Masters in Adelaide. As usual, **George White** scored the highest age graded percentage (84.36% for M71 8km time of 49:03).

**8km Handicap**

1. George White	49:03	M71	<b>84.36%</b>
2. Rodger Barber	1:01:51	M79	74.89%
3. David Robertson	1:10:21	M83	70.32%
4. Graham Harrison	1:02:47	M73	67.66%
5. Raelene Schild	1:04:32	W52	57.89%
6. Harry Hayford	1:09:34	M64	54.80%
7. Marie Maxted	56:27	W57	69.78%

**4km Handicap**

1. Helen Suridge	29:21	W66	71.54%
2. Valmai Padget	33:13	W73	69.88%
3. Dave Fallon	30:54	M64	60.09%
4. Edna Bates	35:30	W64	57.66%
5. Roger Lowe	34:11	M74	61.24%
6. David Padget	43:54	M85	56.43%
7. Geraldine Smith	28:45	W67	74.00%
8. Kristine Freeman	36:10	W56	51.73%

**WARWC ROADWALKS, WILSON, PERTH, SUNDAY 21 MAY**

Thanks to Terry Jones for this week's results from the Western Australian Racewalking Club in Perth. Very fast 12km time of 56:20 for **Declan Tingay**.

**12km Walk**

1. Declan Tingay 56.20

**10km Walk**

1. Ben Reid 56.52

**5km Walk**

1. Kristine Wells 39.37

**2km Handicap**

1. Amber Richards 12.25  
 2. Xavier Bernard 12.07  
 3. Kaytee Bogaers 13.30  
 4. Amy Holland 12.10

**BENITA VAN RAAPORST MEMORIAL 3KM HANDICAP, NORTH GARDENS, BALLARAT, SUNDAY 21 MAY**

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

We had the pleasure of Benita Van Raaphorst's family attending Benita's Memorial 3km Handicap race held this Sunday. Front marker Jorja Tallent led the way before older brother Brodie took the lead half way through, and went on to record a very strong win and PB. Keelan Perry also posting an impressive 0:53 PB. Alanna Peart walking the fastest time of 15:35.

**Benita Van Raaporst Memorial 3km Handicap**

1. Brodie Tallent 18:44 (PB 1:18)  
 2. Keelan Perry 20:57 (PB 0:53)  
 3. Fraser Saunder 16:42  
 4. James Pendred 21:27  
 5. Alanna Peart 15:35  
 6. Jorja Tallent 23:34



*Winner Brodie Tallent with Paula and Bec ( Van Raaphorst)*

**BENDIGO WALKERS CLUB ROADWALKS, LAKE NEANGAR, BENDIGO, SUNDAY 21 MAY**

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

The Bendigo Walkers Club held 1.6km and 8km events at Lake Neanger in foggy, but fine, still conditions on Sunday morning. In the 1.6km event, 10 year old **Maddison Vaughan** secured her first Club win with a strong performance, with Club Masters athletes **Norm West** and **Annette Curtis** taking 2<sup>nd</sup> and 3<sup>rd</sup> placings respectively and Peter Curtis claiming fastest time honours. The 8km race saw **Barb Bryant** take 1<sup>st</sup> and fastest, with **Annette Major** 2<sup>nd</sup> and **Geoff Major** in 3<sup>rd</sup> place.

**1.6km Handicap**

1.	Maddison Vaughan	10.40
2.	Norm West	12.37
3.	Annette Curtis	10.51
4.	Jennie Payne	10.03
E5.	Sheridan Commons	11.54
E5.	Peter Curtis	9.19
7.	Caitlyn Curtis	13.31
8.	Ebony Whiley	9.47

**8km Handicap**

1.	Barb Bryant	49.48
2.	Annette Major	53.37
3.	Geoff Major	1.12.39
4.	Bill Lotherington	1.04.32

<b>KEVIN STONE MEMORIAL NEPEAN OPEN, JAMISONTOWN, NSW, SATURDAY 13 MAY</b>
--

Finally, back a week for the Kevin Stone Memorial meet at Jamisontown for NSWRC. A very healthy total of 48 walkers. Good 10km walks by **Kyle Bedford** (49:40) and **Ryan Thomson** (49:54).

**U16 2km**

1.	Emma Thomas	9.45
2.	Olivia Thomson	11.05
3.	Chloe Krklinski	11.10
4.	Isabelle Nilon	11.54
5.	Brendan Pospichil	12.06
6.	Bridget Bell	12.07
7.	Shaqiulle Lee	12.13
8.	Rhianni Deagan	12.18
9.	Chia Walters	12.28
10.	Brodie Douglas Douglas	12.35
11.	Zsofia Varga-Strike	13.47
12.	Aiden Hardy	14.43
13.	Emily Challinor	18.03
	Milly Boughton	DQ

**U12 1km**

1.	Milly Boughton	5.02
2.	Peter Elliott	5.07
3.	Chloe Lamb	5.53
4.	Darcy Bell	6.07
5.	Thomas Varga-Strike	6.37
6.	Sarah Challinor	6.58
7.	Amelia Crocker	7.18

**U10 0.5km**

1.	Christopher Nilon	2.49
2.	Thomas Varga-Strike	2.57
3.	Dylan Ryan	3.03
4.	Charli Deagan	4.06
5.	Cara Lee	4.33

**Open 12km**

1.	Travis Barendregt	75.08
2.	Amanda Barendregt	75.17
3.	Anne Weekes	76.34

**Open 10km**

1.	Kyle Bedford	49.40
2.	Ryan Thomson	49.54
3.	Hayden Blaskett	58.21
4.	Jasmine Dighton	63.55
5.	Janaya Lee	65.59
6.	Joan Purcell	75.45
	Jasmyn McDonald	DQ

**Open 5km**

1.	Allanah Pitcher	25.12
2.	Samantha Brown	27.34
3.	Molly O'Neill	28.45
4.	Renee Hardy	29.12
5.	Ryan Vesper	31.06
6.	Brittany Robertson	31.16
7.	Brooke Martin	31.42
8.	Davina Lee	33.27
9.	Jada Thomson	35.07
10.	Nicolle Challinor	36.20
11.	Nicole Nilon	36.21
12.	Antoinette Woodward	38.22

<b>EUROPEAN RACE WALKING CUP, PODEBRADY, CZE, SUNDAY 21 MAY</b>
---

The latest IAAF Race Walking Challenge race saw Europe's finest return to Podebrady, Czech Republic, on Sunday for the second time in just over a month. This time it pitted all the top walkers against each other in the 12<sup>th</sup> edition of the European Race Walking Cup. My race reports are taken from the European Athletics website report at <http://www.european-athletics.org/news/article=palmisano-link-and-banzeruk-take-the-honours-podebrady/index.html?cid=rss>.

See the Irish RTE website report on the performance of the bronze medal team of **Alex Wright**, **Robert Heffernan** and **Cian McManamon** (<https://www.rte.ie/sport/athletics/2017/0521/876859-walkers/>) and see also Paul Warburton's IAAF race report at <https://www.iaaf.org/news/report/palmisano-podebrady-race-walk>.

Full results at <https://www.podebrady2017.com/files/05-2017/20km-women3.pdf>. Photos are compliments of Mark Easton.

**Senior women's 20km**

The seemingly foregone conclusion that **Antonella Palmisano** would dominate in Podebrady proved sound. Dominate she did. In the lead almost from the gun, the Italian piled it on and at halfway she was already 27 seconds ahead of a chasing group of four.

For the Rio 2016 Olympic Games fourth-place finisher, this was her first senior title after first coming to prominence at the 2010 IAAF World Cup when she came out of the blue to lift the U20 title in Mexico. Easy to spot thanks to wearing long blue compression socks, the 25-year-old was lapping backmarkers before the fourth 1km lap, and after missing the 27-year-old 10km world record by a

single second last month, she must be considered a medal contender at the IAAF World Championships in London this coming August.

Her personal best of 1:27:51 was also in danger coming up to the last 50 metres but she darted over to the side of the course, clutched at a supporter's Italian flag with 'Forza Antonella' on it, dropped it, picked it up and strolled to the line to finishing in 1:27:57, missing her best by six seconds. Palmisano looked surprised when told she had missed out on a personal best time but quickly recovered to say it was "unimportant." "What mattered," she added, "was having the flag in my hand to win my first major senior race."

A long way behind, with Palmisano hitting the halfway mark in 44:23, Portugal looked strong with both **Ana Cabecinha** and **Ines Henriques** in contention for medals as the quartet of chasers passed 10km in 44:50. However, the latter's dream was dashed just shy of the 15km mark when she incurred the judges' displeasure and was shown the dreaded red disc. This left Cabecinha and race surprise **Laura Garcia-Caro** from Spain in the frame for silver and bronze. The Portuguese walker dug on vast reserves and experience to edge ahead and take second in 1:29:44 with Garcia-Caro third in 1:29:57 but the Spaniard stood on the top of the podium a little later as she lead home Spain to team gold with all three of their scorers inside the top 10.

1.	Antonella PALMISANO	ITA	91	1:27:57
2.	Ana CABECINHA	POR	84	1:29:44
3.	Laura GARCÍA-CARO	ESP	95	1:29:57
4.	Inna KASHINA	UKR	91	1:30:11
5.	Nadiya BOROVSKA	UKR	81	1:30:26
6.	Maria PEREZ	ESP	96	1:30:52
7.	Valentina TRAPLETTI	ITA	85	1:30:58
8.	Brigita VIRBALYTE-DIMSIENE	LTU	85	1:31:32
9.	Lidia SANCHEZ-PUEBLA	ESP	96	1:32:09
10.	Emilie MENUET	FRA	91	1:32:32
11.	Živile VAICIUKEVICIUTE	LTU	96	1:32:42
12.	Barbara KOVÁCS	HUN	93	1:33:43
13.	Viktoryia RASHCHUPKINA	BLR	95	1:33:46
14.	Gemma BRIDGE	GBR	93	1:34:24
15.	Despina ZAPOUNIDOU	GRE	85	1:34:26
16.	Emilia LEHMEYER	GER	97	1:34:31
17.	Monika VAICIUKEVICIUTE	LTU	96	1:34:57
18.	Mara RIBEIRO	POR	95	1:35:45
19.	Elisa NEUVONEN	FIN	91	1:35:48
20.	Paulina BUZIAK	POL	86	1:35:50
21.	Amanda CANO	ESP	94	1:35:53
22.	Bethan DAVIES	GBR	90	1:36:04
23.	Ana Veronica RODEAN	ROU	84	1:36:06
24.	Rita RÉCSEI	HUN	96	1:36:57
25.	Marine QUENNEHEN	FRA	91	1:37:17
26.	Nicole COLOMBI	ITA	95	1:37:26
27.	Nadzeja DARAZHUK	BLR	90	1:37:50
28.	Olena MIZERNYUK	UKR	95	1:38:26
29.	Corinne BAUDOIN	FRA	80	1:38:53
30.	Kristina SALTANOVIC	LTU	75	1:38:58
31.	Dušica TOPIC	SRB	82	1:39:14
32.	Laura POLLI	SUI	83	1:39:57
33.	Ioanna BEMOWSKA	POL	94	1:40:17
34.	Mihaela ACATRINEI	ROU	95	1:40:47
35.	Valentyna MYRONCHUK	UKR	94	1:40:55
36.	Olga NIEDZIALEK	POL	97	1:41:30
37.	Nastassia RODZKINA	BLR	94	1:42:24
38.	Agnese PASTARE	LAT	88	1:43:38
39.	Heather LEWIS	GBR	93	1:44:41
40.	Anett TORMA	HUN	84	1:47:31
41.	Mihaela PUSCASU	ROU	95	1:51:52
42.	Anna TIPUKINA	EST	96	1:58:45
43.	Andrea SCHEIBL	AUT	84	2:12:18
	Clemence BERETTA	FRA	97	DNF
	Katarzyna GOLBA	POL	89	DNF
	Panayota TSINOPOULOU	GRE	90	DNF
	Kathrin SCHULZE	AUT	81	DNF
	Lena UNGERBÖCK	AUT	97	DQ
	Lucia CUBANOVÁ	SVK	95	DQ
	Ines HENRIQUES	POR	80	DQ
	Sibilla DI VINCENZO	ITA	83	DQ
	Antigoni DRISBIOTI	GRE	84	DNF





*Antonella Palmisano led the whole way to a comprehensive win (photos Mark Easton)*

### Senior men's 20km

**Christopher Linke** just loves Podebrady. Three first places and a second on this course in the last two years suggests the German finds this circuit a home from home. The only problem the 1.90m-tall walker encountered en route to gold was ducking under a sponsor's sign every lap, which was otherwise too high for everyone else to reach.

No one got close to the 28-year-old once he broke away eight kilometres into the race and he prised open the gap to form a chasm before winning in 1:19:28. "I have one of the best coaches in the world in Ronald Weigel (former world champion). It is a great motivation and there is a saying which says that when you train with the best you learn to win. I love it here in Podebrady even though it has been a hard year. After 10k, I went at my own pace and I really enjoyed it. I truly feel this is my time to shine."

Behind him, the race for the other two places on the podium became a drawn out affair between France's **Kevin Campion**, back to form, reigning world and European champion **Miguel Angel Lopez** and **Perseus Karlstrom** from Sweden. After a disappointing and injury-marred 2016, Lopez injected the speed needed to get away from his pursuers at 17 kilometres to claim the silver in 1:20:21. The chief judge's disqualification disc decided bronze when Campion was removed with a third warning, handing the bronze to the Swede in 1:20:40. Great Britain's high-rated **Tom Bosworth** struggled to ignore a hip injury, but fourth in 1:21:21 was a decent return as he builds for the world championships on home soil in a few months' time. Like in the women's 20km, Spain took the team title with Linke's win helping Germany get the silver medals.

1.	Christopher LINKE	GER	88	1:19:28
2.	Miguel Angel LOPEZ	ESP	88	1:20:21
3.	Perseus KARLSTRÖM	SWE	90	1:20:40
4.	Tom BOSWORTH	GBR	90	1:21:21
5.	Marius ZIUKAS	LTU	85	1:21:38
6.	Alex WRIGHT	IRL	90	1:21:48
7.	Diego GARCIA	ESP	96	1:21:56
8.	Giorgio RUBINO	ITA	86	1:22:05
9.	Artur BRZOZOWSKI	POL	85	1:22:14
10.	Callum WILKINSON	GBR	97	1:22:17
11.	Dmitriy DZIUBIN	BLR	90	1:22:21
12.	Sergey SHIROBOKOV	ANA	99	1:22:21
13.	Robert HEFFERNAN	IRL	78	1:22:40
14.	Joao VIEIRA	POR	76	1:22:42
15.	Aleksandr LIAKHOVICH	BLR	89	1:23:00
16.	Nils BREMBACH	GER	93	1:23:04
17.	Ivan LOSEV	UKR	86	1:23:13
18.	Hagen POHLE	GER	92	1:23:24
19.	Serhiy BUDZA	UKR	84	1:23:26
20.	Damian BLOCKI	POL	89	1:23:28
21.	Manuel BERMÚDEZ	ESP	97	1:23:30
22.	Miguel CARVALHO	POR	94	1:23:31
23.	Jakub JELONEK	POL	85	1:23:45
24.	Aurelien QUINION	FRA	93	1:23:47
25.	Alexandros PAPAMIKHAIL	GRE	88	1:23:53

26.	Cian MCMENAMON	IRL	91	1:24:03
27.	Jonathan HILBERT	GER	95	1:24:43
28.	Francesco FORTUNATO	ITA	94	1:24:49
29.	Marco DE LUCA	ITA	81	1:25:02
30.	Salih KORKMAZ	TUR	97	1:25:24
31.	Alvaro MARTIN	ESP	94	1:25:53
32.	Rafał SIKORA	POL	87	1:25:55
33.	Yauheni ZALESKI	BLR	93	1:26:12
34.	Genadiy KOZLOVSKIY	LTU	91	1:26:40
35.	Mert ATLI	TUR	93	1:26:49
36.	Cameron CORBISHLEY	GBR	97	1:27:26
37.	Alex FLOREZ	SUI	71	1:27:35
38.	Milan RÍZEK	SVK	78	1:28:05
39.	Bence VENYERCSÁN	HUN	96	1:28:14
40.	Serkan DOGAN	TUR	92	1:28:38
41.	Miroslav ÚRADNÍK	SVK	96	1:28:43
42.	Andrei GAFITA	ROU	96	1:28:43
43.	Ruslans SMOLONSKIS	LAT	96	1:28:59
44.	Andriy KOVENKO	UKR	73	1:29:00
45.	Elmo KOIVUNEN	FIN	94	1:29:02
46.	Raivo SAULGRIEZIS	LAT	94	1:29:10
47.	Dominic KING	GBR	83	1:29:28
48.	Jean BLANCHETEAU	FRA	96	1:30:04
49.	Fredrik RÖTNES	NOR	96	1:30:59
50.	Marius COCIORAN	ROU	83	1:31:22
51.	Oleksiy KAZANIN	UKR	82	1:31:34
52.	Tomasz BAGDÁNY	HUN	95	1:32:50
53.	Ersin TACIR	TUR	85	1:33:09
54.	Edgars GJACS	LAT	93	1:33:47
55.	Soma KOVÁCS	HUN	97	1:33:55
56.	Sándor RÁ CZ	HUN	86	1:34:30
57.	Aigars COCIEKŠ	LAT	74	1:39:16
58.	Virgo ADUSOO	EST	85	1:43:40
59.	Lauri LELUMES	EST	78	1:47:26
	Vít HLAVÁČ	CZE	97	DNF
	Leonardo DEI TOS	ITA	92	DNF
	Fabian BERNABE	FRA	95	DNF
	Narcis Stefan MIHAILA	ROU	87	DNF
	Tadas SUSKEVICIUS	LTU	85	DNF
	Dušan MAJDAN	SVK	87	DNF
	Kevin CAMPION	FRA	88	DQ
	Håvard HAUKENES	NOR	90	DQ
	Veli-Matti PARTANEN	FIN	91	DQ



Left: English walkers Tom Bosworth and Callum Wilkinson in the lead pack early (winner Christopher Linke far left)  
Right: Linke wins with a time of 1:19:28

### Senior Men 50km

The long race went to form with **Ivan Banzeruk** playing the waiting game and then striking at 38km to establish what was to become an unassailable lead. The Ukrainian came into the race with a 3:44:49 best and, in the end, his pedigree paid off as he won in 3:48:15. By holding back, the 27-year-old finished strongest while team-mate **Ihor Hlavan** upped the pace in the closing stages to take a deserved silver medal 23 seconds in arrears of his compatriot.

Bronze went to an Italian, but not the one who led the race for 23 kilometres. **Michele Antonelli** was close to four minutes behind early leader **Teodorico Caporaso** – who went through 20km in 1:33:00 and at one point has nearly a two-minute advantage over the rest of the field – but came through, despite two cards against him before the halfway point, to take third place in a personal best of 3:49:07. Banzeruk and Hlavan were followed home by their compatriot **Maryan Zakolnytsky** in sixth place to give Ukraine the team title with Italy in second place and Spain third.

1.	Ivan BANZERUK	UKR	90	3:48:15
2.	Ihor HLAVAN	UKR	90	3:48:38
3.	Michele ANTONELLI	ITA	94	3:49:07
4.	Brendan BOYCE	IRL	86	3:49:49
5.	Teodorico CAPORASO	ITA	87	3:52:14
6.	Maryan ZAKALNYTSKY	UKR	94	3:53:50
7.	Nathaniel SEILER	GER	96	3:55:13
8.	Pedro ISIDRO	POR	85	3:56:38
9.	Francisco ARCILLA	ESP	84	3:56:39
10.	Ivan PAJUELO	ESP	93	3:56:47
11.	Andrea AUGRUSTI	ITA	95	3:58:08
12.	Andriy HRECHKOVSKIY	UKR	93	3:58:35
13.	Anders HANSSON	SWE	92	3:58:42
14.	Federico TONTODONATI	ITA	89	4:00:39
15.	Luis CORCHETE	ESP	84	4:01:39
16.	Artur MASTIANICA	LTU	92	4:01:56
17.	Florin Alin STIRBU	ROU	92	4:03:36
18.	Karl JUNGHANSS	GER	96	4:07:23
19.	Lukas GDULA	CZE	91	4:13:40
20.	Dávid TOKODI	HUN	91	4:14:41
21.	Carl DOHMANN	GER	90	4:17:19
22.	Bruno ERENT	CRO	90	4:19:22
23.	Remo KARLSTRÖM	SWE	88	4:32:42
	Ato IBANEZ	SWE	85	DQ
	Damien MOLMY	FRA	88	DNF
	Benjamín SÁNCHEZ	ESP	85	DNF
	Miklós SRP	HUN	93	DQ
	Aleksi OJALA	FIN	92	DQ



50km lead group (winner second from left in front line)



Winner Ivan Banzeruk



### U20 men's 10km

**Leo Kopp** proved that success in April's annual race walking extravaganza in Podebrady was no flash in the pan. The German, 19 on Tuesday, awarded himself an early birthday gift with a second personal best around the park course and in much the same way as he posted his first at the European Athletics Permit Meeting. Biding his time after a group of four had gone through 5km in 20:43, Kopp streaked ahead in the last two kilometres to come home in 41:08, finishing 11 seconds ahead of **Mikita Kiliada** from Belarus. Poland's **Lukasz Niedzialek** was third in 41:28, all three men on the podium and seven of the top eight achieving personal bests. Belarus just edged out France for the team gold medals, with Ukraine taking third.

1.	Leo KÖPP	GER	98	41:08
2.	Mikita KALIADA	BLR	00	41:19
3.	Lukasz NIEDZIALEK	POL	00	41:28
4.	Viktor SHUMIK	UKR	98	41:38
5.	David KUSTER	FRA	99	42:02
6.	Justin BOURNIER	FRA	99	42:14
7.	Stanislav KUZMICH	BLR	98	42:18
8.	Abdulselem IMUK	TUR	99	42:25
9.	Giacomo BRANDI	ITA	98	42:46
10.	Eduard ZABUZHENKO	UKR	98	42:47
11.	Jose Manuel PEREZ	ESP	99	42:58
12.	Riccardo ORSONI	ITA	00	43:15
13.	Abdülaziz DANIS	TUR	99	44:08
14.	Viktor KONONENKO	UKR	99	44:10
15.	Bálint SÁROSSI	HUN	00	44:13
16.	Johannes FRENZL	GER	01	44:15
17.	Pedro CONESA	ESP	01	44:17
18.	Stefan Cristian MANGU	ROU	99	44:18
19.	Christopher SNOOK	GBR	00	44:23
20.	Jan STRAMKA	GER	00	44:33
21.	Natanael ROTARU	ROU	99	44:41
22.	Ryan GOGNIES	FRA	00	44:53
23.	Daniel JIMENO	ESP	00	45:08
24.	Robert GOLAWSKI	POL	98	45:19
25.	Umut TEMEL	TUR	01	45:27
26.	Vojtech LIBNAR	CZE	99	45:28
27.	Lubomir KUBIŠ	SVK	01	46:05
28.	Joni HAVA	FIN	99	46:51
29.	Dávid VARGA	HUN	01	47:45
30.	Ruslan SERGATŠJOV	EST	00	47:50
31.	Paulius JUOZAITIS	LTU	00	48:24
32.	Davide FINOCCHIETTI	ITA	01	48:27
33.	Daniel KOVÁČ	SVK	01	48:32
34.	Norbert TÓTH	HUN	01	48:34
35.	Arminas RUDENKA	LTU	01	49:38
36.	Rodrigo MARQUES	POR	99	50:11
37.	Nathan BONZON	SUI	00	50:59
	Michal WIATER	POL	99	DNF

### U20 women's 10km

Russia's **Yana Smerdova**, racing as an Authorised Neutral Athlete, won with 46:39. Behind her, Germany's **Teresa Zurek** was hoping to repeat her April win in Podebrady while Turkey's **Meryem Bekmez** was just hoping to get to the finish this time. Bekmez, still only 16 and the European U18 champion last year, had recorded a 5km personal best in the previous race but was then disqualified after crossing the line. The Turk had an eye on the board in this race too after picking up one card but the 16 was able to outsprint Zurek over the last 100 metres to claim a deserved silver in 46:48 with the German three seconds further back. In the final race of the day, Spain took its third team title in Podebrady with Greece second and Germany third.

1.	Yana SMERDOVA	ANA	98	46:39
2.	Meryem BEKMEZ	TUR	00	46:48
3.	Teresa ZUREK	GER	98	46:51
4.	Marina PEÑA	ESP	99	48:02
5.	Sofia ALIKANIOTI	GRE	98	48:16
6.	Irene MONTEJO	ESP	98	48:35
7.	Dimitra BOCHORI	GRE	98	48:45
8.	Inês REIS	POR	99	48:48
9.	Antia CHAMOSA	ESP	99	48:52
10.	Carolina COSTA	POR	98	49:15
11.	Julia RICHTER	GER	99	49:38
12.	Eloise TERREC	FRA	98	49:43
13.	Darya KHUSAYINOVA	UKR	98	50:03

14.	Annalisa RUSSO	ITA	98	50:33
15.	Zuzanna DRYGALSKA	POL	99	50:37
16.	Austėja KAVALIAUSKAITE	LTU	00	50:47
17.	Athanasía VAÍTSI	GRE	98	50:59
18.	Enni NURMI	FIN	98	51:00
19.	Ayse TEKDAL	TUR	99	51:27
20.	Julia HENZE	GER	98	51:38
21.	Orla O'CONNOR	IRL	00	51:39
22.	Daphne DIMANOPULOSZ	HUN	99	51:50
23.	Ksenia BYELOVA	UKR	98	51:52
24.	Anthea MIRABELLO	ITA	99	51:56
25.	Iryna CHERNUKHA	UKR	98	52:25
26.	Malgorzata CETNARSKA	POL	98	53:11
27.	Niamh O'CONNOR	IRL	00	53:29
28.	Andra Elena BOTEZ	ROU	00	53:29
29.	Kludia ŽÁRSKA	SVK	99	53:32
30.	Angelica MIRABELLO	ITA	99	54:01
31.	Molly Jade DAVEY	GBR	98	54:02
32.	Dóra CSÖRGO	HUN	01	54:56
33.	Ema HACUNDOVÁ	SVK	99	55:24
34.	Laura KOMORÓCZY	HUN	99	57:53
35.	Angela MANDEL	EST	00	59:44
	Agata KOWALSKA	POL	98	DNF
	Camille AURIERE	FRA	98	DNF



*U20 winner Leo Kopp along with GBR walkers Chris Snook and Molly Davey*

And a special mention for the GBR team who did finished, with quite a few PBs thrown in for good measure

Open Women 20km	14.	Gemma BRIDGE	GBR	93	1:34:24
	22.	Bethan DAVIES	GBR	90	1:36:04
	39.	Heather LEWIS	GBR	93	1:44:41
Open Men 20km	4.	Tom BOSWORTH	GBR	90	1:21:21
	10.	Callum WILKINSON	GBR	97	1:22:17
	36.	Cameron CORBISHLEY	GBR	97	1:27:26
	47.	Dominic KING	GBR	83	1:29:28
U20 Men 10km	19.	Christopher SNOOK	GBR	00	44:23
U20 Women 10km	31.	Molly Jade DAVEY	GBR	98	54:02





*The GBR 20km Men's team – Tom Bosworth, Callum Wilkinson, Cameron Corbishley and Dom King*



*GBR 20km women's team Gemma Bridge, Bethan Davies and Heather Lewis (all photos Mark Easton)*

**CHINESE NATIONAL RACE WALKING GRAND PRIX, ZHENGZHOU, CHINA, 21 - 22 MAY**

The Chinese National Race Walking Grand Prix, held last weekend in Zhengzhou, saw the usual huge fields. Main performances below. First 30 men all under 1:30:00!

**Open Men 20km (94 starters, 73 finishers)**

1.	Wang Qin	CHN	8 May 94	1:24:20
2.	Jin Xiangqian	CHN	18 Mar 97	1:24:44
3.	Wang Kaihua	CHN	16 Feb 94	1:24:52
4.	Xu Faguang	CHN	17 May 87	1:25:31
5.	Yin Jiaying	CHN	16 Mar 94	1:25:56
6.	Wang Libo	CHN	9 Feb 97	1:26:01
7.	Li Shijia	CHN	14 Jan 92	1:26:07
8.	Yang Liang	CHN	25 Apr 93	1:26:33
9.	Han Yucheng	CHN	16 Dec 78	1:27:01
10.	Ma Youshan	CHN	21 Sep 95	1:27:17
11.	Li Guodong	CHN	17 Dec 92	1:27:24
12.	Wei Xubao	CHN	1 Feb 93	1:27:28
13.	Xie Sichao	CHN	28 Feb 93	1:27:32
14.	Wu Qianlong	CHN	30 Jan 90	1:27:51
15.	Zhao Ziyang	CHN	29 Jul 91	1:28:05
16.	Lu Xiaotong	CHN	24 Jul 97	1:28:05
17.	Jie Jinzhu	CHN	25 Jul 95	1:28:09
18.	Geng Yudong	CHN	13 Jun 94	1:28:11
19.	Gao Wenkui	CHN	28 Jul 95	1:28:17
20.	Liu Jian	CHN	19 May 95	1:28:18
21.	Liu Xu	CHN	11 Dec 94	1:28:32
22.	Yang Hu	CHN	10 Sep 96	1:28:36
23.	Yuan Zisheng	CHN	16 Dec 97	1:28:37
24.	Zhang Wanxin	CHN	25 Oct 96	1:28:39
25.	Sun Chenggang	CHN	11 Mar 91	1:28:57
26.	Li Jichao	CHN	10 May 96	1:29:08
27.	Cha Jinhong	CHN	27 May 97	1:29:16
28.	Wang Gang	CHN	2 Apr 91	1:29:21
29.	Ma Haijun	CHN	24 Nov 92	1:29:29
30.	Luo Yadong	CHN	15 Jan 92	1:29:47
31.	Wanma Caidan	CHN	5 Jan 96	1:30:04
32.	Zhu Guowen	CHN	20 Aug 97	1:30:29
33.	Ma Chaolong	CHN	12 Jan 97	1:30:35
34.	Peng Chen	CHN	8 Jul 97	1:30:38
35.	Lo Choon Sieng	MAS	16 Nov 85	1:31:21
36.	Li Jinguo	CHN	4 May 95	1:31:27
37.	Yang Yingyi	CHN	9 Feb 95	1:31:52
38.	Huang Jun	CHN	12 Oct 97	1:31:52
39.	Liu Jianmin	CHN	9 Mar 88	1:32:01
40.	You Tao	CHN	19 Jul 97	1:32:09
41.	Men Fuqiang	CHN	22 Jun 92	1:32:20
42.	Hu Tao	CHN	23 Dec 97	1:33:00
43.	Ning Peng	CHN	15 Dec 97	1:33:19
44.	Gu Cunming	CHN	25 Sep 96	1:33:32
45.	Zhang Zhi	CHN	22 Jul 94	1:34:13
46.	Dai Jianxing	CHN	11 Aug 96	1:34:19
47.	He Yongqiang	CHN	27 Nov 93	1:34:20
48.	Xiong Denghua	CHN	29 May 95	1:34:46
49.	Xu Jie	CHN	1 Jan 93	1:34:51

**Open Women 20km (52 starters, 36 finishers)**

1.	Yang Jiayu	CHN	18 Feb 96	1:32:09
2.	Ni Yuanyuan	CHN	6 Apr 95	1:32:33
3.	Hou Yongbo	CHN	15 Sep 94	1:32:55
4.	Liang Rui	CHN	18 Jun 94	1:33:05
5.	Gao Ni	CHN	14 Sep 91	1:33:38
6.	Yang Peili	CHN	7 Aug 94	1:33:56
7.	Yin Hang	CHN	7 Feb 97	1:34:34
8.	Li Leilei	CHN	18 Aug 89	1:35:52
9.	Xie Lijuan	CHN	14 May 93	1:36:42
10.	Duan Dandan	CHN	23 May 95	1:36:43

11.	Zhou Kang	CHN	24 Dec 89	1:36:45
12.	Lu Xiuzhi	CHN	26 Oct 93	1:36:51
13.	Ma Faying	CHN	30 Aug 93	1:37:55
14.	Chen Zhen	CHN	3 Nov 94	1:38:16
15.	Zhang Lifang	CHN	6 Dec 97	1:39:31
16.	Gao Shan	CHN	8 Apr 95	1:40:03
17.	Yang Mingxia	CHN	13 Jan 90	1:40:31
18.	Li Qiuye	CHN	2 Dec 93	1:41:31
19.	Tong Lingling	CHN	25 Jan 92	1:41:41
20.	Ding Huiqin	CHN	5 Feb 90	1:41:44

**U20 men 10km ( 47 starters, 37 finishers)**

1.	Xu Hao	CHN	6 Feb 99	42:17
2.	Cao Wenlong	CHN	4 Mar 98	42:22
3.	Zhang Jun	CHN	20 Jul 98	42:41
4.	Du Yucheng	CHN	17 Mar 99	42:50
5.	Bai Liga	CHN	21 Jan 98	42:51
6.	Yu Yongcai	CHN	23 May 98	42:56
7.	Li Jihuan	CHN	24 Feb 98	43:02
8.	Gong Fanglong	CHN	12 Jul 98	43:04
9.	Li Yuan	CHN	10 Oct 99	43:10
10.	Guo Shuqi	CHN	26 Aug 98	43:11
11.	Guo Kuizhijia	CHN	20 Nov 99	43:18
12.	Gao Yingchao	CHN	18 Jan 98	43:23
13.	Wu Peng	CHN	23 Dec 98	43:24
14.	Shi Xiukun	CHN	24 Jun 99	43:26
15.	Wu Bing	CHN	8 Jul 98	43:28
16.	Dong Xiaomin	CHN	6 Jun 98	43:29
17.	Han Baoqiang	CHN	27 Feb 99	43:44
18.	Ge Yu	CHN	26 Dec 99	43:46
19.	Zhou Xiaojun	CHN	9 Sep 99	43:52
20.	Wang Nan an	CHN	18 Nov 98	44:20
21.	Zhang Chenchen	CHN	18 Dec 99	44:26
22.	Li Jian	CHN	25 Jul 99	44:45
23.	Liu Shun	CHN	1 Oct 98	44:50
24.	Li Wenbing	CHN	24 Sep 99	44:50
25.	Wang Chaochao	CHN	1 Sep 99	44:56
26.	Wang Zhiming	CHN	24 Feb 99	45:18
27.	Su Wensheng	CHN	9 Jan 99	45:36
28.	Tian Huijie	CHN	9 May 98	45:51
29.	Han Jinyu	CHN	7 Dec 98	45:52
30.	Ci Wangduoji	CHN	14 Dec 99	46:08

**U20 Women 10km (37 starters, 32 finishers)**

1.	Wang Qiong	CHN	1 Jan 98	46:58
2.	Qiji Zhuoma	CHN	27 May 98	46:58
3.	Xiao Han	CHN	12 Nov 98	47:52
4.	Su Wenxiu	CHN	28 Jun 98	48:01
5.	Ni Jie	CHN	11 Jul 99	48:37
6.	Bai Tiantian	CHN	14 Aug 98	49:13
7.	Hu Lanlan	CHN	3 Jan 99	49:25
8.	Xue Ke	CHN	14 Mar 98	49:32
9.	Chang Xiangkun	CHN	6 Jun 98	49:37
10.	Guo Nuo	CHN	22 Jun 99	50:17

**U18 Men 10km (17 starters, 14 finishers)**

1.	Zhang Jiayu	CHN	4 Jan 00	43:56
2.	Yin Jun	CHN	16 Mar 00	44:41
3.	Xing Xiaolong	CHN	30 Aug 00	45:21
4.	Gao Xianglong	CHN		45:36
5.	Zhu Xiaoqiang	CHN	21 Apr 00	45:48
6.	Hu Yunjiang	CHN	4 Feb 00	45:54
7.	Luo Guoqing	CHN	28 Jan 00	46:42
8.	Qiong Da	CHN	6 Mar 00	46:55
9.	Chen Weihao	CHN	25 Sep 01	46:59
10.	Hu Gen	CHN	16 Jun 01	47:07
11.	Dang Cunwen	CHN	7 Jan 00	47:16
12.	Ciwang Yixi	CHN	8 Jun 00	47:35

13.	Li Haiping	CHN	5 Feb 00	47:39
-----	------------	-----	----------	-------

**U18 Women 10km**

1.	Ma Li	CHN	15 Jan 00	46:34
2.	Wu Quanming	CHN	99	48:01
3.	Xi Ricuo	CHN	9 Aug 01	48:39
4.	Zhang Yanna	CHN	7 Oct 01	51:01
5.	Han Xiaying	CHN	2 Apr 00	52:15
6.	Pengmao Chuoma	CHN		52:35
7.	Sun Rongrong	CHN	12 Aug 00	53:29
8.	Zhaxi Danzhen	CHN	3 Jan 01	54:35
9.	Liu Xingsi	CHN	7 May 00	54:53
10.	Hu Zhen	CHN	30 May 01	55:14

**SPANISH CLUB CHAMPIONSHIPS, SPAIN, 20 MAY**

The top Spanish walkers might all have been at the European Cup in Podebrady, but the Spanish Club Championships continued, being held in a number of cities around the country. 5000m walks were contested for men and women, with results as shown below.

**Men 5000m Race Walk, Andújar**

1.	Juan Antonio PORRAS	ESP	72	22:22.79
----	---------------------	-----	----	----------

**Women 5000m Race Walk, Manresa**

1.	Maria JUAREZ GALLARDO	ESP	93	23:17.31
2.	Mariona GARCIA	ESP	00	24:58.18
3.	Samanta MULLONI MARTINEZ	ESP	90	25:33.42
4.	Rocio CARBIA	ESP	93	26:08.73
5.	Eva NAVARRO MUNOZ	ESP	99	26:47.23

**Men 5000m Race Walk, Pamplona**

1.	David REYES	ESP	93	21:35.12
2.	Daniel Goni BALLESTEROS	ESP	96	21:50.43
3.	Eloy HORNERO GALLENTE	ESP	00	21:58.35
4.	Marcos CINTRON	ESP	96	22:17.81
5.	Endor RODRIGUEZ PERERA	ESP	87	22:27.21
6.	Miguel CARVAJAL	ESP	65	22:50.14

**Women 5000m Race Walk, Pamplona**

1.	Júlia TAKÁCS	ESP	89	21:54.48
2.	Andrea CABRE CARCELLER	ESP	88	24:25.40
3.	Marina SILLERO	ESP	98	25:24.82
4.	Maria del Pinar POLO ROMERO	ESP	93	25:33.32
5.	Raquel LEON ASENSIO	ESP	91	26:44.73

**Women 5000m Race Walk, San Sebastián**

1.	Ainhoa PINEDO	ESP	83	21:56.55
2.	Maria LARIOS LOPEZ	ESP	92	22:29.12
3.	María José GUARDIOLA	ESP	76	24:19.03
4.	Angela RUIZ	ESP	97	24:46.93

**Men 5000m Race Walk, Soria**

1.	Francisco Jose DURAN	ESP	93	21:02.0h
2.	Mario SILLERO	ESP	90	21:08.0h
3.	Luis Manuel PEREZ	ESP	92	22:14.0h
4.	William Israel AYMAR CELI	ECU	95	22:26.0h

**Men 5000m Race Walk, Zagorzoza**

1.	Ivan LOPEZ	ESP	97	21:23.61
----	------------	-----	----	----------

## MARCIADALMONDO AND OMARCHADOR ROUNDUP

Marciadalmondo has 6 press releases this week

- Sun 21 May - Antonella Palmisano and Christopher Linke win the 20km races in Podebrady  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2804](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2804)
- Sun 21 May - Leo Kopp and Yana Smerdova win the 10km U20 walks in Podebrady  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2803](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2803)
- Sat 20 May - Ivan Banzeruk (UKR) wins 50km in Podebrady  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2802](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2802)
- Fri 19 May - Interview with Pan American winner Claudio Paulino Villanueva (ECU)  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2801](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2801)
- Wed 17 May - Focus on 50km men in the European Race Walking Cup  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2800](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2800)
- Tue 16 May - Focus on 20km men in the European Race Walking Cup  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2799](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2799)

and Omarchador has 15 press releases

- Mon 22 May - Results of U20 10km walks in Podebrady  
<http://omarchador.blogspot.com.au/2017/05/smerdova-e-espanha-impoem-se-nas.html>
- Mon 22 May - Parmisano wins women's 20km in Podebrady  
<http://omarchador.blogspot.com.au/2017/05/palmisano-insuperavel-nos-20-km.html>
- Sun 21 May - Linke wins man's 20km in Podebrady  
<http://omarchador.blogspot.com.au/2017/05/christopher-linke-vence-20-km-de.html>
- Sun 21 May - Ivan Banzeruk and Ukraine win 50km in Podebrady  
<http://omarchador.blogspot.com.au/2017/05/ivan-banzeruk-e-ucrania-vencem-50-km-de.html>
- Sun 21 May - Leo Köpp wins junior men's 10km in Podebrady  
<http://omarchador.blogspot.com.au/2017/05/leo-kopp-vence-juniores-na-taca-da.html>
- Sat 20 May - Podebrady races will be live on the internet  
<http://omarchador.blogspot.com.au/2017/05/taca-da-europa-de-podebrady-em-directo.html>
- Sat 20 May - A look back at how Portugal performed in the 2015 European Race Walking Cup  
[http://omarchador.blogspot.com.au/2017/05/portugal-nas-tacas-da-europa-de-marcha\\_20.html](http://omarchador.blogspot.com.au/2017/05/portugal-nas-tacas-da-europa-de-marcha_20.html)
- Fri 19 May - A look back at how Portugal performed in the 2013 European Race Walking Cup  
[http://omarchador.blogspot.com.au/2017/05/portugal-nas-tacas-da-europa-de-marcha\\_19.html](http://omarchador.blogspot.com.au/2017/05/portugal-nas-tacas-da-europa-de-marcha_19.html)
- Fri 19 May - Judging panel for Podebrady  
<http://omarchador.blogspot.com.au/2017/05/oficiais-para-taca-da-europa-de.html>
- Thu 18 May - A look back at how Portugal performed in the 2011 European Race Walking Cup  
[http://omarchador.blogspot.com.au/2017/05/portugal-nas-tacas-da-europa-de-marcha\\_18.html](http://omarchador.blogspot.com.au/2017/05/portugal-nas-tacas-da-europa-de-marcha_18.html)
- Thu 18 May - 226 athletes from 26 countries will compete in Podebrady  
<http://omarchador.blogspot.com.au/2017/05/226-atletas-de-26-paises-na-taca-da.html>
- Wed 17 May - A look back at how Portugal performed in the 2009 European Race Walking Cup  
[http://omarchador.blogspot.com.au/2017/05/portugal-nas-tacas-da-europa-de-marcha\\_5.html](http://omarchador.blogspot.com.au/2017/05/portugal-nas-tacas-da-europa-de-marcha_5.html)
- Wed 17 May - David Hurtado and Alegna González win Pan American U20 walks  
<http://omarchador.blogspot.com.au/2017/05/david-hurtado-e-alegna-gonzalez-os.html>
- Tue 16 May - A look back at how Portugal performed in the 2007 European Race Walking Cup  
[http://omarchador.blogspot.com.au/2017/05/portugal-nas-tacas-da-europa-de-marcha\\_16.html](http://omarchador.blogspot.com.au/2017/05/portugal-nas-tacas-da-europa-de-marcha_16.html)
- Tue 16 May - Nair da Rosa wins Pan-American women's 50km  
<http://omarchador.blogspot.com.au/2017/05/nair-da-rosa-campea-pan-americana-nos.html>



## BRENT VALLANCE TAKES OVER AS A.A. JUNIOR RACEWALK COACH

Congratulations to **Brent Vallance** on his appointment as Australian National Junior Coach (NJC) Walks. Brent held this position between 2006 and 2012 when it was known as the National Youth event coach (NYEC). During this timeframe, he was also our AIS Chief Walks Coach and the Senior Event Coach for walk. At one time or another he has coached just about every one of our top walkers – Nathan Deakes, Jared Tallent, Chris Erickson, Adam Rutter, Jess Rothwell, Beki Smith, Rachel Tallent, Regan Lamble, Tanya Holliday – the list goes on and on. He has also been Australian Coach of the Year on a number of occasions. We are so lucky to have him living here in Melbourne and coaching on the local front since the AIS Scholarship program was shut down after the 2012 Olympics.

The NJC role has been taken on by some good people over the years:

2006	Robbie Bolton
2006 - 2012	Brent Vallance
2013 - 2016	Megan Szirom
2016	Daniel Coleman

and I am excited to see Brent taking up the mantle once again.

It is a relatively open ended job which covers the Under 17 Development Squad and the U19 Talent Squad. It does have specific tasks such as putting on and coordinating camps, liaising with targeted walkers and their parents and coaches, identifying prospective squad members, attending the various championships, presenting at coaching courses and liaising with the A.A. National Junior HP Coaching Co-ordinator Paul Pearce.

But it involves more than just the bare bones designated tasks and it requires someone with knowledge of our discipline, mixed with people skills and enthusiasm. And no one fits that bill better than Brent. Brent was an Australian international walker, with vests in the 1995 and 1997 World Walking Cups, the 1997 World University Games and the 1998 Commonwealth Games before a major hamstring injury ended his career. Rather than just walking away from the sport, he continues to contribute.

When he was in his previous role as NYEC, all U19 squad members were automatically included into fully funded 21-28 day camps at the AIS or Thredbo in 2009, 2010, 2011 and 2012. I attended most of these summer camps as a helper and know just how energetically and enthusiastically Brent works.

The following camps are organised for 2017

U19 Squad Camp 1 (AIS):	11-14 May	Personal coaches to attend 12 (evening) - 14 May
U19 Squad Camp 2 (AIS):	14-17 September	Personal coaches to attend 15 (evening) - 17 November
U17 Squad Camp:	16-19 November	Personal coaches invited to attend 17 (evening) - 19 November



*Brent on overseas duties with squad members Quentin Rew, Chris Erickson and Regan Lamble*

## U19 SQUAD CAMP, AIS, 11-14 MAY

And Brent is at work already in his new job. On the weekend of 11-14, he coordinated the first of the two 2017 camps for the 4 members of our U19 Squad and their coaches at the AIS. The squad members are **Declan Tingay (WA)**, **Kyle Swan (VIC)**, **Philippa Huse (VIC)** and **Katie Hayward (QLD)**. Thanks to Philippa Huse for these photos.



*Squad members Katie Hayward, Philippa Huse, Declan Tingay and Kyle Swan with Rio international Rachel Tallent*



*Training in Canberra on the U19 camp – Philippa, Kyle, Katie and Declan (photos from Philippa Huse)*

## OUT AND ABOUT

- French Open organizers deny Maria Sharapova a chance to play in the tournament later this month, saying “there cannot be a wildcard for the return from doping”. Sharapova was given wildcards to enter tournaments in Stuttgart, Madrid and Rome since her return last month. Some fans and fellow players are not happy that she is receiving them into the main draw, which allows her to bypass qualifying. Essentially, she is getting the same treatment as a player returning from a long-term injury. See [http://aroundtherings.com/site/A\\_60161/Title\\_No-French-Open-For-Maria-Sharapova/292/Articles](http://aroundtherings.com/site/A_60161/Title_No-French-Open-For-Maria-Sharapova/292/Articles).
- USA Olympic silver medallist Chris Creveling will miss next year's Winter Games in Pyeongchang after he was banned for four years by USADA. Creveling, part of the American speed skating team which won 5,000 metres relay silver at Sochi

2014, tested positive for performance-enhancer clomiphene. The 30-year-old failed for the drug in an out-of-competition test conducted on October 18 last year. See <http://www.insidethegames.biz/articles/1050399/olympic-silver-medallist-creveling-given-four-year-doping-ban>.

- French 50km world record holder **Yohann Diniz** looks like being out for a while with fractured ribs after a car accident. See <http://atleticanotizie.myblog.it/2017/05/16/marcia-incidente-per-yohann-diniz-a-rischio-la-stagione/>.
- Yelena Isinbayeva will be forced to stand down from her position as chair of the Russian Anti-Doping Agency (RUSADA) on May 31 as part of criteria laid out by the World Anti-Doping Agency (WADA). The removal of the double Olympic pole vault champion and world record holder from her position is a key requirement outlined by WADA in order for RUSADA to be allowed to resume testing. She has been a vocal critic of all Russian doping problems and has repeatedly criticised the IAAF decision to suspend the country from international competition in the wake of the Independent Commission in November 2015. The 34-year-old was first appointed to the position in December. WADA subsequently questioned the decision as they did not believe she was the appropriate person to lead the organisation's recovery from being declared non-compliant. See <http://www.insidethegames.biz/articles/1050505/isinbayeva-to-be-removed-as-rusada-chair-on-may-31>.
- Last June the International Weightlifting Federation's (IWF) Executive Board voted unanimously to suspend for a year all countries who had three or more positives in the retesting of samples from the Beijing 2008 and London 2012 Olympic Games. The numbers worked out like this: Kazakhstan (10 positive retests), Belarus (?), Russia (10), Azerbaijan (5), Armenia (4), Turkey (3), Ukraine (3), China (3) and Moldova (3). Letters have been sent to all nine and the severity of their punishment may depend on their reaction – instituting reforms, for example, or simply remaining in denial of any wrongdoing. Half of the 98 positives in the IOC-led retesting came from weightlifters. Now that is a fair dinkum response! See <http://www.insidethegames.biz/articles/1050568/exclusive-further-delays-for-weightlifting-drugs-ban-verdicts>.
- VRWC walker **Pramesh Prasad** is striving to earn a spot in the Fiji team which will contest the 20km walk at next year's Commonwealth Games in Queensland. He has opened a crowd funding site to raise funds to help him in his campaign. A very worthy cause – see <https://www.gofundme.com/road-to-commonwealth-games-2018>

#### NEW VRWC POLO TOPS

VRWC Club Secretary Terry Swan is organising an order for new club polo tops. If we have enough interest to satisfy a minimum order size of 20 units, he can proceed. Price is expected to be \$50 to \$55. If you would like to put your name on the list (no sizes needed yet, this is just an expression of interest), just email Terry at [secretary@vrwc.org.au](mailto:secretary@vrwc.org.au).



#### 50KM WORLD RECORD HOLDER INÊS HENRIQUES HONOURED

Portuguese walker Inês Henriques, who recently set the inaugural women's 50km world record in Porto de Mós, has been awarded Athlete of the Year by the Portuguese Association of Sports Journalists (CNID). She was accompanied by her coach, Jorge Miguel. See <http://www.ammamagazine.com/noticias-diversos/36766-ines-henriques-chega-a-lisboa-na-manha-desta-segunda-feira-para-receber-premio-cnid>.

Even if our own unelected IAAF RW Committee sees no future in the 50km and does nothing to defend it, journalists recognize it and are prepared to honour one of its number. So much for the argument that it is too long and boring and that the media doesn't like it.





**A NEW PARAGUAY RACEWALK STAMP COMES TO LIGHT – OR DOES IT?**

During the week I came across what looked like a 1985 Paraguay stamp featuring Mexican walker Raul Gonzales. But was it a real stamp – I had noticed it did not have a monetary denomination on it.



I ran it past our expert Alex Wijsman who explained it as follows

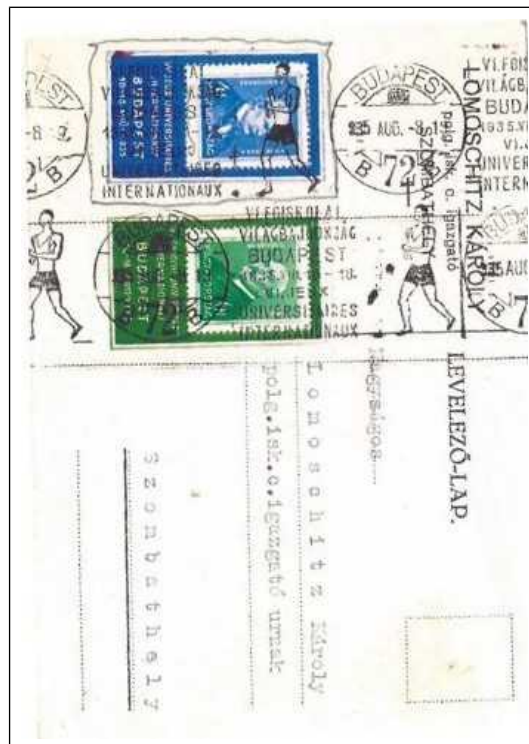
In 1985, Paraguay issued a sheet with 5 stamps featuring 1984 Olympic Gymnastics gold medalist **Mary Lou Retton**. The sheet also featured pictures of 4 other gold medalists from those Games - **Claudia Losch** (West Germany, women's shotput), **Raul Gonzales** (Mexico, 50km walk), **Peter Seisenbacher** (Austria, Judo Middleweight) and **Joaquim Cruz** (Brazil, 800m run). The last four are not stamps as they do not have a denomination. Israel also often issued stamps together with pictures in this same way. They are still very collectable philatelic items.

For the record, Gonzalez set an Olympic record winning the 50-kilometer event at 3:47:26.

And here is the sheetlet



It's not just stamps that can get the dedicated collector a bit confused. Have a look at this postmark from the University Games 1935 at Budapest. Is certainly looks like a racewalker, doesn't it.





Web page <http://www.gbrathletics.com/ic/wsg.htm> shows the medalists in all T&F events contested in the University Games between 1923 and 1957. Only one walk result is listed, for 1957. I also found wikipedia pages listing all the medallists for the 1923, 1924, 1930 and 1935 Games and walks were not contested in any of them. See list of events in 1935 Games at [https://en.wikipedia.org/wiki/1935\\_International\\_University\\_Games](https://en.wikipedia.org/wiki/1935_International_University_Games). So the available evidence seems to suggest that the walk did not come into the Uni Games until 1957. Hence what we have here is a dodgy image of a very ungainly runner.

## 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 27 (Sat), 2017	Victorian Country Roadwalk Championships and Victorian 10km Championship, Middle Park, Melbourne
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 (Sun), 2017	51 <sup>st</sup> 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

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 <sup>th</sup> World Youth T&F Championships, Niarobi, Kenya – THIS IS THE FINAL EDITION
August 4-13, 2017	16 <sup>th</sup> IAAF World Championships in Athletics, London, UK. See <a href="http://www.london2017athletics.com/">http://www.london2017athletics.com/</a> On Sunday 13 August, all 3 racewalks will be staged on The Mall, St James Park, London
9 Aug (Wed), 2017	2017 1,3,5 Mile Friendship Walks, London (for all those at the world champs)
August 19-30, 2017	29 <sup>th</sup> Summer Universiade, Taipei, Taiwan
Sept 9, 2017	8 <sup>th</sup> 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 <sup>th</sup> IAAF World Championships in Athletics, London, UK.

### Looking Further Ahead

Jan 20-27, 2018	Oceania Masters Athletics Championships, Dunedin, New Zealand See <a href="http://www.mastersathleticsoceania.com">www.mastersathleticsoceania.com</a>
Apr 4-15, 2018	XXI Commonwealth Games, Gold Coast, QLD (20km roadwalks). See <a href="http://www.gc2018.com">http://www.gc2018.com</a> Men's and Women's 20km walk, Currumbin Beachfront, Sunday 8 April
May 5-6, 2018	28 <sup>th</sup> IAAF World Race Walking Team Championships, Taicang, China
July 2018	16 <sup>th</sup> World Junior T&F Championships, Tampere, Finland
Sept 2018	22 <sup>nd</sup> World Masters Athletics T&F Championships, Malaga, Spain
Sept 28 – Oct 6, 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 24 – Aug 9, 2020	32 <sup>nd</sup> Olympic Games, Tokyo
July 20 – Aug 1, 2020	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, TBA On 13 <sup>th</sup> March 2017, Durban announced that it would not host the Games, due to financial constraints.

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>)