



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2016/2017 Number 45
8 August 2017



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WALKER OF THE WEEK

I can't go past 19 year old **Adam Garganis** this time around for my Walker of the Week. Competing on Sunday in the Victorian 30km roadwalk championship at Middle Park, he won in a 6+ minute PB time of **2:17:24**. His splits show how evenly he raced: 46:08, 45:07, 46:09. As an added bonus. His time broke Michael Harvey's U20 30km club record, set way back in 1982, by 5 minutes.



Adam in action winning the Victorian 30km championship on Sunday (photo Terry Swan)

After second placings to Rhydian Cowley in this year's Victorian 10km, 15km and 20km championships, he has finally won gold in the 30km. He won this same championship last year so he has defended his title in the best possible way. The performance also sees him enter our Australian 30km all-time ranking list at number 23.

Rank	Time	Name	State	DOB	Place	Location	Date	Age
1	2:05:06	Nathan Deakes	V	17/08/1977	1	Hobart	28/08/2006	29
2	2:05:15	Jared Tallent	V	17/10/1984	1	Melbourne	07/06/2009	24
3	2:05:59	David Smith	V	24/07/1955	1	Canberra	10/05/1986	30
4	2:06:39	Simon Baker	V	06/02/1958	1	Melbourne	07/05/1989	31
5	2:07:53	Nick A'Hern	N	06/01/1969	1	Victoria	25/08/1994	25
6	2:08:01	Willi Sawall	V	07/11/1941	1	Melbourne	16/05/1982	40
7	2:09:09	Andrew Jachno	V	13/04/1962	2	Auckland	02/02/1990	27
8	2:09:29	Chris Erickson	V	01/12/1981	2	Melbourne	08/08/2010	28
9	2:09:35	Duane Cousins	V	13/07/1973	1	Melbourne	16/08/1998	25
10	2:10:02	Dion Russell	V	08/08/1975	1	Melbourne	06/08/2000	24
11	2:13:34	Dominic McGrath	V	04/06/1972	2	Melbourne	16/08/1998	26
12	2:13:47	Darren Bown	S	30/06/1974	1	Melbourne	04/08/2002	28
13	2:14:40	Adam Rutter	N	24/12/1986	2	Canberra	08/06/2008	21
14	2:14:54	Paul Copeland	V	25/04/1967	3	Melbourne	29/10/1989	22
15	2:15:40	Craig Brill	V	10/11/1967	2	Melbourne	21/04/1991	23

16	2:15:47	Tim Erickson	V	23/11/1950	2	Melbourne	18/05/1980	29
17	2:15:51	Luke Adams	N	22/10/1976	10	Beijing, Olympic 50 km split	22/08/2008	31
18	2:15:52	Mark Donahoo	V	27/05/1958	3	Gold Coast	24/04/1994	35
19	2:16:07	Liam Murphy	S	05/06/1979	2	Melbourne	06/08/2000	21
20	2:16:36	Dariusz Wojcik	V	24/09/1959	3	Melbourne	21/04/1991	31
21	2:17:00	Tom Barnes	V	22/09/1982	1	Melbourne	27/07/2008	25
22	2:17:17	Troy Sundstrom	N	30/05/1981	1	Hobart	03/09/2001	20
23	2:17:24	Adam Garganis	V	18/09/1997	1	Melbourne	06/08/2017	19
24	2:17:32	Ian Rayson	N	04/02/1988	3	Canberra	06/07/2015	27

MORE ON THE WOMEN'S 50KM

I have seen lots of uniformed comments (most of it negative) about the women's 50km. Here are some of the worst of them:

- Six of the seven women who are racing are failed 20km walkers, women not good enough to make the standard at the 20K.
- With the women having to start their last lap at 4:17, that means there could be women who aren't allowed to finish but still get a place (read: prize money).
- It's not fair. If other women walkers had known that there was going to be women's 50km, they would've attempted it.
- Who cares if there's a women's 50km?

It is made even worse when some of these comments come from people on the IAAF Race Walking Committee. I have seen 3 comments from different RW Committee members which say just this. I might even get around to embarrassing the persons concerned by actually publishing them some time. But in the meanwhile, **Erin Taylor-Talcott** has summed it all up perfectly in this superb rebuttal piece at <http://erintaylortalcott.blogspot.co.uk/2017/08/womens-50k-at-world-champs-numbers.html?m=1>. You must read this informed opinion piece from one of the walkers who will contest the 50km in London.

I will simply reproduce the end paragraphs from the document. Well done Erin. I will be cheering you all on in London.

The next time you're thinking of complaining about or looking down on what's happening with the women's 50K, stop and ask yourself:

- What have I done to help?
- What have I done to improve my sport?
- Have I told any of the women on the start list good luck?
- Have I reached out to other women and ask if they're interested in trying a 50K?
- Have I started training for a 50K?
- Have I decided to put on a 50K that will give women the chance to get a time in?
- Have I spoken with my federation to help?
- Have I written letters?

No matter if you're male or female, active or retired, there is something on that list of that you can do. I can check off every single one of those boxes. If everyone who reads this took two of those things and did them then we would see change. Stop complaining and start doing. Help things get better, for the women and for the men who would like to keep their event.



Erin and Chris Erickson with me at the 2014 World Walking Cup in Saransk, when she was part of the USA women's 20km team

KEEPING THE PRESSURE UP ON THE WOMEN'S 50KM

I have been chatting a lot lately with Paul DeMeester and he in turn has been chatting with our London women 50km walkers. In an effort to raise awareness about the women's 50km and to keep the forward momentum going, Paul has organised a press conference for this Friday afternoon and is busy distributing information to all the media outlets and papers. We are letting our readers know about it at this stage so that all are aware of what is going on.

Here is the press release (in part) that Paul is distributing. Wish us luck!

50/50

**ENDING GENDER DISCRIMINATION IN LORD COE'S IAAF
CORRECTING THE IAAF'S FLAWED REASONING ON
GENDER DISCRIMINATION
THE FUTURE: TAICANG, DOHA, TOKYO AND BEYOND**

MEDIA PRESENTATION & PRESS CONFERENCE, 11 AUGUST 2017 @ 3 p.m.
- Open Only to *Bona Fide* Media & Invited Guests -

By: PAUL F. DeMEESTER, Attorney at Law, San Francisco, USA
Represented U.S. Team Members Erin Taylor-Talcott & Susan Randall who
will both participate in the 2017 London World Championships
Women's 50km Race Walk Event

&

TIM ERICKSON, OAM, Melbourne, Australia
Member, Australian Athletics Team 50km Race Walk: 1976 IAAF World
Championships; 1979 and 1983 World Cups
Best Performances: 1:27:12 - 20km Race Walk (1980)
4:03:17 - 50km Race Walk (1973)
Bronze Medalist, Commonwealth Games 30km Race Walk 1978
Publisher, *Heel and Toe Online*
Author, *Once Were Walkers* (2005 and 2017)

LOCATION: Oak Room & Lounge @ Le Méridien Piccadilly Hotel
21 Piccadilly
London, England W1J 0BH

CONTACT: PAUL F. DeMEESTER; +1.415.305.7280 (mobile)
E-mail: paulfdemeester@msn.com

TOPIC: Paul & Tim will discuss the IAAF's gender discrimination against
women 50km race walkers; the flawed reasoning behind the IAAF's
gender bias; and what the IAAF needs to do in order to comply with
the requirements of gender equality that apply to the IAAF but which
it has chosen to ignore.

WHAT'S COMING UP

- Next Saturday sees the final VRWC Winter Points Competition races for the season. The season continues on for another month, but with non-points races on offer. For the rest of the season, check out <http://vrwc.org.au/vrwcw17.shtml>. As always, we prefer you to pre-enter at <http://vrwc.org.au/wp1/race-entries-2/>.

Saturday 12th August 2017 Middle Park			
VRWC EVENTS: Entries close for all events at 1.45pm sharp.			
2.15pm	8km	Points Races	Open
2.15pm	6km	Points Races	Open
2.15pm	4km	Points Races	Open
2.30pm	2km	Points Races	Open
2.30pm	1km	Points Races	Open

Club President Stuart Cooper has asked me to include a special call for helpers for next Sunday. Here is what Stu has to say

RACES ON SATURDAY 12 AUGUST – Help needed!

Next Saturday is our final Points fixture for the season. As many of our officials will be absent, we will need as many helping hands as possible to ensure the events run smoothly.

Since neither Ralph Bennet nor Mark Donahoo will be present, we will not be using the electronic timing system. We therefore need several timekeepers, using stopwatches, to record times and count laps. Also required are:

- helpers to set up the course and assist with packing away at the finish,
- helpers to take race entries. This will require being available at least 30 mins before the cut-off time at 1.45pm.

Want to help with one of these tasks, but not sure you can do the job? Never fear, there will be guidance available.

If you are able to assist with any of these important duties, please contact Club President Stu Cooper at stuwalks@yahoo.com.au.

Many thanks,
Stu Cooper

- Online entries are currently being taken for **Australian Roadwalk Championships in Woollongong on Sunday 27th August**. See the A.A. online entry panel at <https://winterwalks2017.eventdesq.com/>. Entries close Monday 21st August at 9:00pm.
- Athletics Australia, in conjunction with RWA, are holding their annual **Race Walking Judging Seminar on Saturday 2nd December 2017** in Melbourne. This is the day before the AA 50km Championship meet at Fawkner Park See <http://www.rwa.org.au/wp/event/race-walking-judging-seminar/>.
- The **16th IAAF World T&F Championships** are now underway in London and will run from 4-13 August. Lots of great info at the event website <http://www.london2017athletics.com/> Lots more info at <http://www.iaafworldchampionships.com>. All 3 racewalks will be held on Sunday 13th August on The Mall, St James Park, the flat fast 2km lap starting at Admiralty Arch and progressing along The Mall to the Palace and back.

Read all about the London World Championships walks at <https://www.iaafworldchampionships.com/racewalks>. Racewalk Championship times on Sunday August 13th are

- Men and Womens 50km: 07:45 (4:45PM AEST)
- Women 20km: 12:20 (9:20PM AEST)
- Men 20km: 14:20 (11:20PM AEST)
- Medal Ceremonies From 16:00 (1AM, AEST)

Race Walks have replaced the marathon as the premier distance event on the last day of the T&F World Championships.

VICTORIAN ROADWALK CHAMPIONSHIPS, MIDDLE PARK, SATURDAY 5 AUGUST

Antarctic conditions were forecast for south eastern Australia on the weekend, with Melbourne expected to receive a huge burst of freezing rain and gale force winds on Saturday evening and Sunday morning. As the Victorian roadwalking championships were scheduled for Sunday morning at Middle Park, there must have been a number of apprehensive walkers and officials and judges. Luckily, the weather was not as windy as forecast. It was still very cold and there was the odd shower but the rain only set in as proceedings finished and pickup was underway.

19 year old Collingwood Harriers walker **Adam Garganis** defended his 2016 Victorian 30km title with an emphatic win, his time of 2:17:24 a PB by more than 6 minutes and one of the fastest times ever done by an Australian U20 walker. Second place went to teammate **Pramesh Prasad** in his first ever attempt at the distance, while third place went to perennial medallist **Simon Evans** of Box Hill. In the associated VRWC 3 Hour Walk, **Karyn O'Neill** won with 25.977 km.

AV 30km Walk

1.	Adam Garganis	COL	46:08	1:31:15	2:17:24	PB 6:15
2.	Pramesh Prasad	COL	53:25	1:49:51	2:51:34	First one
3.	Simon Evans	BOH	1:01:52	2:06:20	3:16:47	
	Terry O'Neill	GPA	DQ			
	Albin Hess	VMA	DNF			

VRWC 3 Hour Walk

1.	Karyn O'Neill	25.977 km
2.	Albin Hess	24.873 km
3.	Margaret Beaumont	18.195 km
4.	Ian Beaumont	18.112 km

AV Underage Roadwalk Championships were contested for the U14 to U20 age groups. Best performances by **Kyle Swan, Rebecca Henderson** and **Will Thompson**. And a special to **Corey Dickson** who walked with his arm in plaster. Big efforts all!

AV U20 10km Championship

1.	Rebecca Henderson	MEN	51:39
1.	Kyle Swan	ANW	45:54

AV U18 5km Championship

1.	Jemma Peart	BYC	26:25
2.	Kathleen O'Mahony	KNA	29:34

AV U16 5km Championship

1.	Chloe Karagiorgos	KNA	26:51	PB 0:25
2.	Jasmin Hass	KNA	27:30	PB 0:34
3.	Alanna Peart	BYC	27:56	
4.	Grace Louey	KNA	32:25	
1.	Will Thompson	CCA	24:37	PB 0:04
2.	Corey Dickson	KNA	26:11	
3.	Angus Hay	KNA	30:25	PB 0:18
	Heath Beveridge	WES	DNS	

AV U14 3km Championship

1.	Kaylah Heikkila-Dubowik	COR	20:01
1.	Fraser Saunder	BYC	16:35
2.	Owen Costin	CHI	20:58
	Eden Morgan	KNA	DQ
	Keelan Perry	BYC	DNS



Adam Garganis, Pramesh Prasad, Simon Evans and Kyle Swan (photos Terry Swan)



Will Thompson, Rebecca Henderson, Fraser Saunder and Kaylah Heikkila-Dubowik



Chloe Karagiorgos, Allannah Peart, Corey Dickson, Jemma Peart and Jasmin Hass

Finally, we had number of VRWC Club Championship, along with some open races.

VRWC U10 2km Club Championship

1. Sebastian Weickhardt 13:27

VRWC U10 2km Club Championship

1. Ella Cunningham 14:34
1. Liam Hutchins 11:08
2. Hamish Blackwood 12:59

VRWC Open 10km Women Championship – Mabel Robinson Trophy

1. Rebecca Henderson 51:39
2. Sandra Geisler 57:06
3. Wendy Muldoon 59:41

VRWC Open 5km

1.	Simone McInnes	25:04	
2.	Donna-Marie Elms	32:08	
3.	Isabella Dingli	35:51	PB 2:03
4.	Alannah Dingli	36:00	First one
5.	Ralph Bennett	36:00	
	Reese Walmsley	DNF	

VRWC Open 2km

1.	Charlotte Hay	11:06
2.	Merilyn Thompson	14:24

Thanks to Peter Vysma for the following listing of officials, helpers and judges. Sorry if we missed anyone.

Officials: Bob Gardiner, Ian Laurie, Terry O'Neill, Wendy Cooper, Mark Donahoo, Terry Swan (referee), Ralph Bennett
Judges: Suzanne Callaway (C), Joshua Savage, Kathleen Marsh, Shane Dickson, Gordon Loughnan, Paul Nunn, David Long, Mark O'Mahoney, Stu Cooper, Peter Vysma (DQ)

Canteen: Kate Suich, Wendy Cooper

Photos: Terry Swan (see <http://www.vrwc.org.au/piwigo/index.php?category/439/start-75>)

Special mention for Carolyn Rosenbrock who did a magnificent job sweeping the course near the construction site and the Parks Victoria depot.

SARWC ROADWALKS, ADELAIDE PARKLANDS, ADELAIDE, SATURDAY 5 AUGUST

Thanks to Peter Crump for his weekly roundup from Adelaide. Good times by **Kim Mottrom** and **Samantha Findlay** over the 8km distance, **Tristan Camilleri** over 6km, **Joe Cross** and **Olivia Sandery** over 4km and by **Toby Wilks** and **Kiera Ross** over 2km.

8km Walk

1.	Kim Mottrom	37:54
2.	Darren Bown	39:28
3.	Samantha Findlay	41:31
4.	Peter Crump	46:58
5.	Greg Metha	51:42
6.	John Leydon	52:28
7.	James Hoare	62:38

6km Walk

1.	Tristan Camilleri	28:12
2.	Rhiannon Lovegrove	33:05
3.	Mathew Bruniges	33:24
4.	Bethany Cross	34:04
5.	Chloe Upton	38:30

4km Walk

1.	Joe Cross	18:58
2.	Olivia Sandery	19:55
3.	Victoria Upton	22:34
4.	Kitarni Upton	23:49
5.	Zayden Kamish	25:00
6.	Seth Upton	25:06
7.	Adrian Upton	26:00

2km Walk

1.	Toby Wilks	9:19
2.	Alix Harlington	10:00
3.	Kiera Ross	10:06
4.	Eli Pusojnic	11:24
5.	Mia Wilks	11:34
6.	Edward Upton	13:20
7.	Hannah Wilks	13:20
8.	Tarique Kamish	17:13
9.	Xavier Upton	17:14
10.	Zahra Kamish	17:15

AMA AND SAMA 20KM ROADWALK CHAMPIONSHIPS, PEACOCK ROAD, ADELAIDE, SUNDAY 6 AUGUST

Thanks to Colin Hainsworth for the latest results from the South Australian Masters in Adelaide. This was a combined race which included the Australian Masters and the South Australian Masters Roadwalk Championships.

AMA and SAMA 20km Masters Championships

1.	Marie Maxted	SA	2:30:05	W57	68.20%
1.	George White	SA	2:09:03	M72	81.63%
1.	Neil Hayford	SA	3:12:49	M65	51.47%
1.	Colin Heywood	NT	1:59:19	M63	79.01%
1.	Peter Crump	SA	2:03:26	M56	73.06%
2.	Paul Moritz	VIC	2:23:58	M58	62.64%
1.	Andrew Duncan	WA	1:45:43	M52	81.86%

ACTRWC ROADWALKS, STAGE 88, CANBERRA, SATURDAY 5 AUGUST

Thanks to Robin Whyte for this week's results from Canberra. Good 12km walk by **Matt Grigg** (59:03).

12km Walk

1.	Matt Griggs	59:03
2.	Robin Whyte	1:18:47
3.	Bryan Thomas	1:27:15
4.	Bob Parker	1:33:41
5.	Doug Fitzgerald	1:36:49
6.	Val Chesterton	1:50:39
	Monika Short	DNF
	Geoff Barker	DNF

6km Walk

1.	Connor Frew	28:48
2.	Mitchell Baker	29:50
3.	Callum Burns	30:39
4.	Gabby Hunt	31:12
5.	Kate Black	37:58
6.	Helena Bialecki	40:37
7.	Rosemary Parker	46:14
	Gwyllym Young	DNF
	Simon Hosking	DNF

2km Walk

1.	Sebastian Young	13:46
2.	Georgia Frew	14:10
3.	Imogen Gardiner	14:59
	Andrew Camp-Liddiard	DNF

3km Walk

1.	Jayden Elphick	19:32
2.	David Mackenzie	25:45

NSWRWC ROADWALKS, SUTHERLAND DAC OPEN DAY, OATLEY, SATURDAY 29 JULY 2017

Back a week to catch up with the NSWRWC results from the Sutherland Open Day at Oatley.

Open 8km Walk

1.	Amanda Barendregt	46.59
2.	Travis Barendregt	48.50
3.	Anne Weeks	49.24

Open 6km Walk

1.	Ryan Thomson	30.47
2.	Janaya Lee	35.31
3.	Brendan Hyde	56.43
	Teagan Pengilly	DNF

Open 3km Walk

1.	Hayden Blaskett (INV)	14.32
2.	Jasmine Dighton (INV)	15.25
3.	Renee Hardy	17.16
4.	Hannah Parker	17.17
5.	Brittany Robertson	17.55
6.	Amy Henry (INV)	18.25
7.	Davina Lee	18.59
8.	Carmel Parker	19.16
9.	Jada Thomson	19.20
10.	Nicolle Challinor	19.44
11.	Nicole Nilon	19.53
12.	Lily-Jean McNair (INV)	21.32
13.	Judy Brown	25.46
14.	Joan Purcell (INV)	25.46

U16 2km

1.	Emma Blanch	9.20
2.	Elizabeth McMillan	9.28
3.	Elizabeth McMillan	9.28
4.	Emma Thomas	10.13
5.	Olivia Thomson	10.14
6.	Milly Boughton (INV)	10.14
7.	Isabelle Nilon	11.26
8.	Shaqiulle Lee	11.28
9.	Ellie DeCellis	11.34
10.	Brendan Pospischil	11.41
11.	Chia Walters Walters	12.21
12.	Brodie Douglas	12.27
13.	Aiden Hardy	15.21
14.	Emily Challinor	16.29

U12 1km

1.	Milly Boughton	5.39
2.	Thomas Varga-Strike	6.10
3.	Sarah Challinor	7.11
4.	Amelia Crocker	8.12

U10 1km

1.	Christopher Nilon	6.26
2.	Cara Lee	8.23

EUROPEAN MASTERS CHAMPIONSHIPS, AARHUS, DENMARK, 27 JULY – 8 AUGUST
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The European Masters T&F Championships in Aarhus, Denmark, last week (see <http://www.emacs2017.com/>) featured 5000m track walks and 20km/10km roadwalks.

The 500m track walks were first up on Monday 31st July, with 150 men and 105 women on the walks entry list. As Ian Richards explained in a facebook post: As so often happens at masters championships the walks took place at a secondary stadium because almost every 5 year age group had its own race, with racing lasting all day. The first race was at 8.45am and the last started at 7.15pm. The difference on this occasion was that there were a number of long jump competitions and throws taking place during the day, bringing in more spectators to create a much better atmosphere. It was a cloudy/sunny day with a fair wind which had a slowing effect but not too severe.

The results do not show the DQs or DNFs. I did note, however, that there were significant numbers of DQs.

Men 5000m walk, Monday 31 July

M35	1	CASTRO MATEO Victor	1980	ESP	22:58.4
	2	VANOOSTHUYSE Jean-franc	1979	FRA	23:28.2
	3	CAMANO MESA Antonio	1980	ESP	23:45.0

	4	SAPUNOV Igor	1978	ITA	23:53.2
	5	O DOMHNAILL Brian	1977	IRL	24:58.1
	6	PICARD Nicolas	1980	FRA	25:09.9
	7	WILD Andreas	1982	GER	25:36.4
	8	FRITZSCH Benjamin	1980	GER	35:50.1
M40	1	LIESTING Rick	1977	NED	21:27.1
	2	PEREIRA Antonio	1975	POR	21:49.6
	3	BORSCH Steffen	1973	GER	21:54.4
	4	NEDVIDEK Martin	1975	CZE	23:09.8
	5	GRINHOLC Grzegorz	1977	POL	23:54.1
	6	RODRIGUEZ JIMENEZ Jose	1975	ESP	26:01.1
	7	SLEZIONA Adam	1973	POL	28:51.8
	8	STEFANELLY David	1976	FRA	30:52.4
M45	1	IVZANS Normunds	1971	LAT	23:31.9
	2	SVENSSON Christer	1969	SWE	24:19.9
	3	DURAND PICHARD David	1972	FRA	24:31.6
	4	SAPONARO Giuseppe	1969	ITA	24:57.7
	5	KRISTIANSEN Torben Bogo	1972	DEN	27:04.7
	6	MAIER Joachim	1970	GER	27:19.0
	7	FERNANDEZ REVILLA Mario	1968	ESP	29:58.3
M50	1	CARVAJAL ORTEGA Miguel	1965	ESP	22:31.4
	2	TORO LOPEZ Leonardo	1967	ESP	22:32.4
	3	PERIANEZ GARCIA Miguel	1962	ESP	22:34.2
	4	DE BRUIN Remco	1964	NED	23:47.9
	5	SMOLA Josef	1964	CZE	23:51.9
	6	BREIDE Madars	1964	LAT	27:25.8
	7	WERNER Stefan	1964	GER	27:35.6
	8	RITZENHOFF Andreas	1967	GER	27:53.4
	9	GARCIA VEGA Jose Maria	1964	ESP	28:07.9
	10	PAPST Ronald	1962	GER	28:25.8
	11	VAVASSEUR Gilles	1965	FRA	28:48.7
	12	HENNECART Laurent	1963	FRA	29:03.7
	13	GNAUCK Dick	1963	GER	29:57.9
	14	VELANDO CASTAN Claudio	1964	ESP	30:46.5
	15	ROBERTS Alan	1964	GBR	36:21.2
	16	TARDI Emmanuel	1967	FRA	38:50.7
M55	1	REIS Francisco	1960	POR	23:51.0
	2	SEMENOVICH Leonid	1962	BLR	24:57.3
	3	NASO Andrea	1960	ITA	25:21.0
	4	MUNOZ BELMONTE Jose	1961	ESP	26:25.2
	5	BONVARLET Patrick	1960	FRA	26:39.9
	6	KWITA Zbigniew	1959	POL	26:57.8
	7	KAENEN Hub	1959	NED	27:35.7
	8	PEKKARINEN Kauko	1959	FIN	27:49.9
	9	CSABA Istvan	1959	HUN	30:13.6
	10	JENSEN Peer A	1957	DEN	30:37.7
M60	1	PRIELER Helmut	1955	GER	26:38.0
	2	LUNIEWSKI Mirosław	1957	POL	26:46.4
	3	HAUGER Georg	1957	GER	27:14.8
	4	KALAT Josef	1955	CZE	28:15.6
	5	MARTIN Malcolm	1955	GBR	29:57.5
	6	HULISELAN Boetje	1955	NED	30:09.0
	7	RAO Salvatore Damiano	1957	HUN	30:18.8
	8	HARASINSKI Ryszard	1956	POL	31:06.5
	9	EVERTZ Guenter	1957	GER	31:27.5
	10	SIMON Jaques	1956	FRA	32:42.3
	11	TORODE Ian	1956	GBR	33:07.0
	12	DRIJVERS Hans	1955	NED	33:20.7
	13	BROT Daniel	1953	SUI	36:05.1
M65	1	BROCHOT Patrice	1951	FRA	26:05.6
	2	RICHARDS Ian	1948	GBR	26:26.4
	3	SEIDEL Bogusław	1949	POL	27:13.6
	4	BOSZKO Peter	1949	GBR	27:34.5
	5	SCHAEFFER Udo	1950	GER	27:42.2
	6	SIEGENFUHR Daniel	1950	FRA	28:37.8
	7	JANOUSEK Jiri	1951	CZE	29:12.3
	8	MICHELL Roger	1948	GBR	29:15.3
	9	SHEREMET Viktor	1952	UKR	29:47.5

	10	ABOLINS Harijs	1948	LAT	30:12.6
	11	NIESTELBERGER Ludwig	1948	AUT	30:17.6
	12	ADAM Petr	1950	CZE	31:21.7
	13	PIN Jean Pierre	1949	FRA	31:54.0
	14	COLOMBO Rene	1950	LUX	31:55.5
	15	CAVEDAGNI Marco	1951	ITA	32:15.8
	16	FORTUNATI Pier Angelo	1950	ITA	32:34.4
	17	KIEPERT Horst	1951	GER	32:43.7
	18	SIEGELE Johann	1948	AUT	33:01.6
	19	ROLSTAD Jan Arvid	1950	NOR	33:07.2
	20	AFFELN Bernd	1950	GER	34:56.6
	21	GERSTENBERGER Viktor	1951	GER	36:14.6
M70	1	FORMENTIN Ettore	1947	ITA	27:45.5
	2	RABATEL Fernand	1946	FRA	29:39.6
	3	MCMULLIN John	1946	IRL	29:56.9
	4	SPIGSETH Torkjell	1944	NOR	31:37.4
	5	BORGARS John	1946	GBR	31:40.2
	6	HOELTERS Bernd Ocker	1946	GER	31:50.1
	7	MAIER Felix	1943	GER	31:52.8
	8	GIESE Wolf-dieter	1943	GER	31:54.9
	9	BJORSVIK Arvid Johannes	1943	NOR	32:58.9
	10	LERME Raitis	1942	LAT	33:45.1
	11	BALODIS Guntis	1946	LAT	33:57.5
	12	MAREK Stanislav	1942	CZE	34:48.8
	13	VUCENS Bronislavs	1943	LAT	35:13.8
	14	FISCHER Rolf	1946	GER	35:18.1
	15	LILLEFOSSE Arthur	1944	NOR	35:54.5
	16	KJELLGREN Leif	1946	SWE	36:28.0
	17	BELLEVEGUE Louis	1946	FRA	37:08.1
	18	MUSCAS Paolo	1947	ITA	37:48.2
	19	JENSEN Ole David	1943	DEN	38:30.0
M75	1	KANSKY Vladimir	1940	CZE	32:25.8
	2	HOEHNE Christoph	1941	GER	32:46.2
	3	VALONEN Martti	1940	FIN	34:31.4
	4	DE COPPET Alexis	1938	SUI	34:55.0
	5	RUBENIS Gunars	1938	LAT	35:39.0
	6	ANDREOTTI Piergiorgio	1940	ITA	37:13.6
	7	LERSCH Heiko	1939	GER	37:50.2
M80	1	PELLICCIA Romolo	1936	ITA	31:43.6
	2	JORDANA Alexis	1937	FRA	33:14.2
	3	FIEDLER Heinz	1935	GER	36:39.3
	4	VACIETIS Andrejs	1935	LAT	37:01.6
	5	WILL Norbert	1935	GBR	37:10.3
	6	MARIOTTI Enrico	1934	ITA	37:33.3
	7	KNAERINGER Frank	1936	GER	39:43.6
	8	PERUZZO Albertino	1934	ITA	40:19.5
	9	MERLE Claude	1936	FRA	40:32.2
	10	MILLARD Claude	1936	FRA	44:42.8
M85	1	PUSHKIN Ivan	1930	UKR	37:34.9
M90	1	CIESIELSKI Guenter	1926	GER	41:04.4 (ER)

Women 5000m Walk, Monday 31 July

W35	1	ZUCCONI Tatiana	1977	ITA	25:45.4
	2	SCHULZE Kathrin	1981	AUT	26:16.2
	3	SARRAZIN Annelies	1981	BEL	26:55.8
	4	BENZI Micaela	1982	ITA	28:11.2
	5	PASTIERIKOVA Alexandra	1979	SVK	28:22.7
	6	DYALL Carolyn	1977	GBR	28:35.2
	7	MARIYA Angelova	1980	BUL	29:16.3
	8	NETOLICKA Martina	1982	CZE	29:24.4
	9	DE SMET Liesbet	1982	BEL	29:45.7
	10	SIRANTE Gunita	1980	LAT	29:48.6
	11	BONNESS Yvonne	1978	GER	29:53.0
	12	NEDVIDKOVA Pavla	1982	CZE	29:56.6
	13	DUSKOVA Nadezda	1980	CZE	30:10.5
W40	1	PEDETTI Valeria	1973	ITA	24:10.4
	2	SILVA Sandra	1975	POR	24:37.5
	3	SCHROETER Brit	1974	GER	24:43.4

	4	DEMON Sonia	1972	FRA	25:47.1
	5	CABRERA Olga	1974	ESP	26:14.3
	6	BOROVICKOVA Lenka	1973	CZE	28:09.1
	7	PALANDRI Simona	1976	ITA	28:09.7
	8	ROYER Vanessa	1972	FRA	30:43.9
	9	ORMANE Vita	1977	LAT	31:43.4
	10	CAMANO MESA Maria Nieve	1976	ESP	32:20.8
	11	MACEDO Ana	1972	POR	33:07.4
	12	KLAPROTH Birgit	1973	DEN	37:05.2
W45	1	LAMAS Alexandra	1972	POR	26:01.0
	2	CINCA Elena	1970	ITA	26:26.3
	3	HOERL Nicole	1971	GER	26:43.3
	4	BODORKOS-HORVATH Katali	1967	HUN	26:56.2
	5	BOBAN Valerie	1968	FRA	27:16.7
	6	AURIZZI Melania	1970	ITA	28:02.0
	7	SLEZIONA Katarzyna	1970	POL	28:28.4
	8	STASCH Katrin	1970	GER	29:11.5
	9	SIRMA Inese	1969	LAT	29:41.0
	10	PEDDLE Melanie	1968	GBR	29:43.6
	11	REINOVA Miloslava	1968	CZE	29:56.9
	12	KOIVUNEN Ursula	1969	FIN	30:02.0
	13	ILDEFONSO GONZALEZ Soni	1968	ESP	31:35.0
	14	BACKA Irita	1972	LAT	32:35.4
	15	MAIER Andrea	1969	GER	32:56.4
W50	1	SEVELLEC Sylvie	1964	FRA	27:00.0
	2	PRIMAS Barbara	1965	GER	27:27.8
	3	LUCAFERRO Manuela	1963	ITA	27:32.5
	4	GUERRERO MONTES Isabel	1963	ESP	29:50.3
	5	RUIZ-AYUCAR SEIFERT Isa	1964	ESP	29:58.9
	6	SUOMINEN Minna	1965	FIN	30:29.1
	7	FORSGREN OTTOSSON Diana	1965	SWE	30:29.6
	8	POKLAR Andreja	1966	SLO	30:39.6
	9	MENDES Teresa	1964	POR	33:09.8
	10	MUELLER Monika	1964	GER	33:31.0
	11	MARTIN Angela	1964	GBR	34:22.4
	12	GORMLEY Anne	1963	IRL	34:24.8
W55	1	DEMARTIS Peppina	1960	ITA	27:22.0
	2	MERTANEN Maija-liisa	1960	FIN	30:16.3
	3	KOEHLER Antje	1961	GER	31:43.8
	4	BEAULIER Marie-france	1957	FRA	32:01.9
	5	PATRZALEK Brigitte	1958	GER	32:49.2
	6	SAULITE Dace	1959	LAT	34:08.0
	7	SIREN Tarja	1958	FIN	43:06.4
W60	1	MONMESSIN Marie Astrid	1956	FRA	26:57.7
	2	RICCIUTELLI Daniela	1956	ITA	27:35.4
	3	MARCENCO Natalia	1954	ITA	29:43.3
	4	COMBA Giuseppina	1957	ITA	31:18.2
	5	BONVARLET Liliane	1953	FRA	31:26.4
	6	ZURAVLOVA Rita	1953	LAT	32:19.0
	7	GERHARD Marianne	1953	GER	32:58.5
	8	KOZLOVA Halyna	1956	UKR	33:30.7
	9	FARROW Linda	1955	GBR	35:54.3
	10	BAKKER Anita	1954	NED	35:54.3
	11	MINCANE Anta	1953	LAT	37:17.8
	12	HLUSHKO Liubov	1954	UKR	37:44.4
W65	1	MENDES Maria Orlete	1951	POR	29:04.1
	2	BROCHOT Edith	1952	FRA	31:07.1
	3	BRIZ Maria Josefa	1951	ESP	31:23.6
	4	GROLIG Dorothea	1951	AUT	31:47.6
	5	ALVAREZ ORDAS Placida A	1952	ESP	31:49.8
	6	ANXIONNAT Claudine	1951	FRA	32:48.3
	7	BLUMA Lidija	1951	LAT	33:49.7
	8	BUHOLCE Gunta	1950	LAT	36:13.6
	9	MOLTER Margarete	1947	GER	38:39.7
W70	1	TYSHKO Antonina	1947	UKR	33:35.3
	2	KLINK Ursula	1944	GER	34:36.8
	3	BERNIER Janine	1946	FRA	34:46.7
	4	KIVISTO Hannele	1943	FIN	35:24.3

	5	LOYER Suzanne	1947	FRA	35:29.5
	6	DE COPPET Brigita	1946	LAT	38:46.5
	7	LIEPA Inta	1945	LAT	39:24.0
	8	BRUCE Velta	1944	LAT	43:52.9
W75	1	THEUNISSEN Gisela	1941	GER	37:53.7
	2	GRINBERTE Vera	1940	LAT	38:04.6
	3	DRAEGER Helga	1939	GER	38:07.3
	4	LEBIEDIEVA Larysa	1940	UKR	42:08.1
W80	1	ALEKSYEYEVA Lyusya	1937	UKR	42:05.2
W90	1	PAGU Elena	1926	ROU	45:52.2

The men's 20km roadwalks and the women's 10km roadwalks were held on Thursday 3rd August. I present the results in order of time rather than in age group order. It is a relatively simple exercise to scan down to extract age group order if you so desire.

Men 20km Walk, Thursday 3 August

1.	LIESTING Rick	1977	M40	NED	1:31:04
2.	PEREIRA Antonio	1975	M40	POR	1:33:32
3.	PINERA ALVAREZ Ruben	1975	M40	ESP	1:34:56
4.	HLAVENKA Tomas	1977	M40	CZE	1:35:55
5.	TORO LOPEZ Leonardo	1967	M50	ESP	1:36:09
6.	CARVAJAL ORTEGA Miguel	1965	M50	ESP	1:36:30
7.	GRINHOLC Grzegorz	1977	M40	POL	1:37:31
8.	IVZANS Normunds	1971	M45	LAT	1:37:48
9.	BONNEAU Philippe	1965	M50	FRA	1:37:55
10.	BORSCH Steffen (I)	1973	M40	GER	1:38:23
11.	NEDVIDEK Martin	1975	M40	CZE	1:38:35
12.	PERIANEZ GARCIA Miguel	1962	M50	ESP	1:39:05
13.	CASTRO MATEO Victor	1980	M35	ESP	1:39:38
14.	CAMANO MESA Antonio	1980	M35	ESP	1:42:00
15.	DE BRUIN Remco (I)	1964	M50	NED	1:42:51
16.	SVENSSON Christer	1969	M45	SWE	1:43:00
17.	VANOOSTHUYSE Jean-franc	1979	M35	FRA	1:43:26
18.	REIS Francisco	1960	M55	POR	1:43:29
19.	SAPUNOV Igor	1978	M35	ITA	1:44:43
20.	SWAIEH Meftah (I)	1972	M45	FRA	1:46:35
21.	SAPONARO Giuseppe	1969	M45	ITA	1:47:06
22.	SCHROETER Uwe (I)	1959	M55	GER	1:47:15
23.	DURAND PICHARD David (I)	1972	M45	FRA	1:47:22
24.	O DOMHNAILL Brian	1977	M35	IRL	1:47:34
25.	PIRINO Gian Mauro	1972	M45	ITA	1:47:55
26.	GONZALEZ ARRABAL Antoni (I)	1962	M55	ESP	1:48:55
27.	BROCHOT Patrice	1951	M65	FRA	1:49:10
28.	PERALES TORRENTE Jose	1970	M45	ESP	1:50:02
29.	RICHARDS Ian	1948	M65	GBR	1:50:52
30.	DE LELLO Gennaro	1979	M35	ITA	1:51:36
31.	RODRIGUEZ JIMENEZ Jose	1975	M40	ESP	1:51:53
32.	BRZEWOWSKY Roman (I)	1964	M50	AUT	1:52:02
33.	MUNOZ BELMONTE Jose	1961	M55	ESP	1:53:01
34.	HIRSCHMUGL Dietmar	1968	M45	AUT	1:53:03
35.	LUNIEWSKI Mirosław (I)	1957	M60	POL	1:53:52
36.	BONVARLET Patrick (I)	1960	M55	FRA	1:54:15
37.	PANICO Vincenzo	1951	M65	FRA	1:54:20
38.	PRIELER Helmut	1955	M60	GER	1:54:34
39.	GEBAUER Martin	1978	M35	GER	1:55:16
40.	CALDARELLI Gabriele (I)	1959	M55	ITA	1:56:45
41.	MAIER Joachim (I)	1970	M45	GER	1:56:56
42.	BOSZKO Peter	1949	M65	GBR	1:57:55
43.	LEBONNIEC Philippe	1966	M50	FRA	1:58:12
44.	KWITA Zbigniew	1959	M55	POL	1:58:50
45.	KRISTIANSEN Torben Bogo	1972	M45	DEN	1:58:55
46.	WERNER Stefan	1964	M50	GER	1:59:04
47.	HAUGER Georg	1957	M60	GER	1:59:07
48.	KALAT Josef	1955	M60	CZE	1:59:24
49.	FORMENTIN Ettore	1947	M70	ITA	2:00:05
50.	KROPIK Franz	1968	M45	AUT	2:00:30
51.	KAENEN Hub (I)	1959	M55	NED	2:00:48
52.	SCHAEFFER Udo	1950	M65	GER	2:01:27
53.	SIEGENFUHR Daniel	1950	M65	FRA	2:02:54

54.	PEKKARINEN Kauko	1959	M55	FIN	2:03:21
55.	RABATEL Fernand (I)	1946	M70	FRA	2:03:30
56.	MARTIN Malcolm	1955	M60	GBR	2:03:50
57.	DRIJVERS Hans	1955	M60	NED	2:04:55
58.	BREIDE Madars (I)	1964	M50	LAT	2:04:56
59.	MALECKI Waldemar	1958	M55	POL	2:05:23
60.	STEFANELLY David	1976	M40	FRA	2:05:26
61.	PAPST Ronald	1962	M50	GER	2:05:40
62.	MICHELL Roger	1948	M65	GBR	2:05:46
63.	RAO Salvatore Damiano	1957	M60	HUN	2:06:44
64.	HARASINSKI Ryszard	1956	M60	POL	2:06:52
65.	MINCHIANTE Michele (I)	1965	M50	ITA	2:07:25
66.	JANOUSEK Jiri (I)	1951	M65	CZE	2:07:47
67.	CSABA Istvan	1959	M55	HUN	2:08:16
68.	NIESTELBERGER Ludwig	1948	M65	AUT	2:08:34
69.	SHEREMET Viktor	1952	M65	UKR	2:08:45
70.	FERNANDEZ REVILLA Mario	1968	M45	ESP	2:09:12
71.	MCMULLIN John	1946	M70	IRL	2:09:36
72.	TOLLE Uwe	1955	M60	GER	2:09:40
73.	COLOMBO Rene	1950	M65	LUX	2:09:54
74.	ABOLINS Harijs (I)	1948	M65	LAT	2:10:24
75.	VELANDO CASTAN Claudio	1964	M50	ESP	2:10:26
76.	PIASER Roberto	1948	M65	ITA	2:10:30
77.	PELLICCIA Romolo (I)	1936	M80	ITA	2:10:30
78.	SCHUMM Peter	1942	M70	GER	2:10:55
79.	HULISELAN Boetje	1955	M60	NED	2:11:20
80.	HOELTERS Bernd Ocker	1946	M70	GER	2:11:54
81.	SANCHEZ GUINDO Faustino	1971	M45	ESP	2:12:19
82.	HOLTSLAG Han	1957	M60	NED	2:12:49
83.	KAISER Andrei	1981	M35	ROU	2:13:25
84.	MAICHIN Richard	1946	M70	GER	2:13:29
85.	DEGRYSE Jean Claude	1974	M40	FRA	2:13:38
86.	KIEPERT Horst	1951	M65	GER	2:14:03
87.	MORETTI Gabriele	1955	M60	ITA	2:14:26
88.	VENTURI DEGLI ESPOSTI F	1957	M60	ITA	2:14:33
89.	MAIER Felix	1943	M70	GER	2:14:54
90.	LABROUSSE Michel	1954	M60	FRA	2:15:14
91.	BORGARS John (I)	1946	M70	GBR	2:15:14
92.	ADAM Petr (I)	1950	M65	CZE	2:15:22
93.	GIESE Wolf-dieter	1943	M70	GER	2:15:29
94.	PIN Jean Pierre	1949	M65	FRA	2:15:44
95.	SPIGSETH Torkjell	1944	M70	NOR	2:16:19
96.	HOEHNE Christoph (I)	1941	M75	GER	2:16:55
97.	ANGELINI Mario	1946	M70	ITA	2:18:27
98.	BJORSVIK Arvid Johannes	1943	M70	NOR	2:18:42
99.	BENDTSEN Aksel Viktor	1958	M55	DEN	2:18:49
100.	FORTUNATI Pier Angelo	1950	M65	ITA	2:18:52
101.	LERME Raitis	1942	M70	LAT	2:18:55
102.	SIMON Jaques	1956	M60	FRA	2:19:50
103.	FLAMANT Claude	1949	M65	FRA	2:21:09
104.	TORODE Ian	1956	M60	GBR	2:21:44
105.	MAREK Stanislav	1942	M70	CZE	2:22:32
106.	KANSKY Vladimir	1940	M75	CZE	2:22:47
107.	ROLSTAD Jan Arvid	1950	M65	NOR	2:23:34
108.	JORDANA Alexis	1937	M80	FRA	2:23:38
109.	VUCENS Bronislavs	1943	M70	LAT	2:24:02
110.	BALODIS Guntis	1946	M70	LAT	2:24:18
111.	FISCHER Rolf	1946	M70	GER	2:25:20
112.	VALONEN Martti (I)	1940	M75	FIN	2:25:59
113.	SCHAPER Wolfgang	1944	M70	GER	2:29:58
114.	LILLEFOSSE Arthur	1944	M70	NOR	2:30:06
115.	BROT Daniel	1953	M60	SUI	2:30:23
116.	WILL Norbert	1935	M80	GBR	2:33:15
117.	FIEDLER Heinz	1935	M80	GER	2:33:40
118.	PUSHKIN Ivan	1930	M85	UKR	2:38:12
119.	MUSCAS Paolo	1947	M70	ITA	2:38:12
120.	TARDI Emmanuel	1967	M50	FRA	2:38:46
121.	DOSTALIK Vaclav	1940	M75	CZE	2:40:04

122.	VACIETIS Andrejs	1935	M80	LAT	2:45:48
123.	TAMMINEN Matti (I)	1928	M85	FIN	3:09:01
124.	WERMUTH Jean Pierre	1934	M80	FRA	3:11:59
125.	MILLARD Claude	1936	M80	FRA	3:12:04

Women 10km Walk, Thursday 3 August

1.	PEDETTI Valeria	1973	W40	ITA	49:52
2.	SILVA Sandra	1975	W40	POR	50:11
3.	ZUCCONI Tatiana	1977	W35	ITA	51:30
4.	SCHROETER Brit (I)	1974	W40	GER	52:02
5.	LAMAS Alexandra (I)	1972	W45	POR	52:27
6.	SCHULZE Kathrin	1981	W35	AUT	52:44
7.	DEMON Sonia	1972	W40	FRA	52:47
8.	CINCA Elena	1970	W45	ITA	53:06
9.	CABRERA Olga	1974	W40	ESP	53:34
10.	BODORKOS-HORVATH Katali	1967	W45	HUN	54:06
11.	SARRAZIN Annelies	1981	W35	BEL	54:32
12.	MONMESSIN Marie Astrid (I)	1956	W60	FRA	54:50 (ER)
13.	SEVELLEC Sylvie	1964	W50	FRA	55:17
14.	BOBAN Valerie (I)	1968	W45	FRA	55:50
15.	MARTIN PINUELA Carmen	1966	W50	ESP	56:28
16.	DEMARTIS Peppina (I)	1960	W55	ITA	56:42
17.	LUCAFERRO Manuela (I)	1963	W50	ITA	56:42
18.	AURIZZI Melania	1970	W45	ITA	57:31
19.	PRIMAS Barbara (I)	1965	W50	GER	57:33
20.	BENZI Micaela	1982	W35	ITA	57:40
21.	BOROVICKOVA Lenka	1973	W40	CZE	57:49
22.	HOERL Nicole	1971	W45	GER	58:09
23.	MARIYA Angelova	1980	W35	BUL	58:14
24.	PALANDRI Simona	1976	W40	ITA	58:29
25.	NETOLICKA Martina	1982	W35	CZE	58:55
26.	JACKSON Marie	1960	W55	GBR	59:02
27.	SLEZIONA Katarzyna	1970	W45	POL	59:22
28.	MENDES Maria Orlete (I)	1951	W65	POR	59:25
29.	STASCH Katrin	1970	W45	GER	59:43
30.	DYALL Carolyn	1977	W35	GBR	59:46
31.	DE SMET Liesbet	1982	W35	BEL	59:54
32.	NEDVIDKOVA Pavla	1982	W35	CZE	1:00:03
33.	BONNESS Yvonne	1978	W35	GER	1:00:32
34.	MERTANEN Maija-liisa (I)	1960	W55	FIN	1:00:33
35.	KOIVUNEN Ursula	1969	W45	FIN	1:00:37
36.	RUIZ-AYUCAR SEIFERT Isa	1964	W50	ESP	1:00:53
37.	GUERRERO MONTES Isabel	1963	W50	ESP	1:01:03
38.	SIRMA Inese	1969	W45	LAT	1:01:16
39.	MARCENCO Natalia	1954	W60	ITA	1:01:26
40.	DUSKOVA Nadezda	1980	W35	CZE	1:01:36
41.	PEDDLE Melanie (I)	1968	W45	GBR	1:01:40
42.	COMBA Giuseppina	1957	W60	ITA	1:01:43
43.	POKLAR Andreja	1966	W50	SLO	1:01:56
44.	SIRANTE Gunita	1980	W35	LAT	1:02:03
45.	BROCHOT Edith	1952	W65	FRA	1:02:09
46.	REINOVA Miloslava (I)	1968	W45	CZE	1:02:21
47.	BONVARLET Liliane (I)	1953	W60	FRA	1:02:41
48.	SUOMINEN Minna (I)	1965	W50	FIN	1:03:09
49.	ROYER Vanessa	1972	W40	FRA	1:03:24
50.	BRIZ Maria Josefa (I)	1951	W65	ESP	1:03:43
51.	ALVAREZ ORDAS Placida A	1952	W65	ESP	1:03:59
52.	BACKA Irita	1972	W45	LAT	1:04:40
53.	KOEHLER Antje	1961	W55	GER	1:04:48
54.	BEAULIER Marie-france	1957	W55	FRA	1:04:59
55.	BERTHON Corinne	1957	W55	FRA	1:05:23
56.	ILDEFONSO GONZALEZ Soni	1968	W45	ESP	1:05:39
57.	ROGALE Aija	1968	W45	LAT	1:05:41
58.	GROLIG Dorothea	1951	W65	AUT	1:05:44
59.	ZURAVLOVA Rita (I)	1953	W60	LAT	1:05:51
60.	MACEDO Ana (I)	1972	W40	POR	1:05:53
61.	KROKAVECZ Gabriella (I)	1965	W50	HUN	1:06:03
62.	TYSHKO Antonina	1947	W70	UKR	1:06:10

63.	ANXIONNAT Claudine	1951	W65	FRA	1:06:11
64.	HETENYI Nora	1970	W45	HUN	1:06:14
65.	MAIER Andrea	1969	W45	GER	1:06:25
66.	CAMANO MESA Maria Nieve	1976	W40	ESP	1:06:33
67.	WHEELER Ann (I)	1955	W60	GBR	1:07:03
68.	GERHARD Marianne (I)	1953	W60	GER	1:07:10
69.	SCHEEPERS Celeste (FC)	1960	W55	RSA	1:07:08
70.	PATRZALEK Brigitte	1958	W55	GER	1:07:12
71.	MENDES Teresa	1964	W50	POR	1:07:24
72.	ORMANE Vita (I)	1977	W40	LAT	1:07:37
73.	KOZLOVA Halyna	1956	W60	UKR	1:08:03
74.	MUELLER Monika	1964	W50	GER	1:08:36
75.	MARTIN Angela (I)	1964	W50	GBR	1:08:53
76.	SAULITE Dace	1959	W55	LAT	1:09:00
77.	BERNIER Janine (I)	1946	W70	FRA	1:09:06
78.	KLINK Ursula (I)	1944	W70	GER	1:09:09
79.	OGER Muriel (I)	1964	W50	BEL	1:11:13
80.	GORMLEY Anne	1963	W50	IRL	1:12:28
81.	BISHOP Fiona Jane	1959	W55	GBR	1:12:29
82.	LOYER Suzanne (I)	1947	W70	FRA	1:12:31
83.	FARROW Linda	1955	W60	GBR	1:13:13
84.	PASQUALONI Simonetta (I)	1952	W65	ITA	1:13:14
85.	KLAPROTH Birgit	1973	W40	DEN	1:13:47
86.	BAKKER Anita	1954	W60	NED	1:13:48
87.	MEINLSCHMIDT Regina	1949	W65	GER	1:14:06
88.	THEUNISSEN Gisela	1941	W75	GER	1:15:46
89.	WINTEROVA Alena (I)	1949	W65	CZE	1:15:54
90.	MINCANE Anta (I)	1953	W60	LAT	1:16:24
91.	HLUSHKO Liubov	1954	W60	UKR	1:16:29
92.	NEIDEL Heidrun	1947	W65	GER	1:16:43
93.	GRINBERTE Vera (I)	1940	W75	LAT	1:16:55
94.	DE COPPET Brigita	1946	W70	LAT	1:17:41
95.	MOLTER Margarete	1947	W65	GER	1:17:44
96.	LIEPA Inta	1945	W70	LAT	1:19:29
97.	DRAEGER Helga	1939	W75	GER	1:19:32
98.	STENVALL Tiina (I)	1967	W45	FIN	1:19:40
99.	LEBIEDIEVA Larysa (I)	1940	W75	UKR	1:22:31
100.	ALEKSYEYEVA Lyusya (I)	1937	W80	UKR	1:23:33
101.	ANTRITTER Erna	1935	W80	GER	1:32:01
102.	PAGU Elena	1926	W90	ROU	1:32:25 (WR)
103.	BRUCE Velta	1944	W70	LAT	1:32:48

Thanks to Emmanuel Tardi for his photos of the various age group winners. A selection are included:



Tatiana Zucconi (W35), Alexandra Lamas (W45), Valeria Pedetti (W40) and Sylvie Sevellec (W50) (photos Emmanuel Tardi)



Marie Astrid Monmessin (W60), Peppina Demartis (W60), Teresa Mendes W65) and Elena Pagu (W90)



Victor Castro Mateo (M35), Rick Liesting (M40), Normunds Ivzans (M45) and Miguel Carvajal Ortega (M50)



Patrice Brochot (M65), Helmut Prieler (M60), Ettorino Formentin (M70) and Francisco Reis (M55)



Vladimir Kansky (M75), Guenter Ciecieski (M90), Ivan Pushkin (M85) and Romolo Pelliccia (M80)

2017 ENGLISH CENTURIONS 24H QUALIFIER, BURY ST EDMONDS, ENGLAND, 5-6 AUGUST

Last weekend saw the 94th annual English Centurions 100 Mile qualifying walk, held this time around in the city of Bury St Edmonds. The concept is a simple one – walk 100 miles within 24 hours to earn membership of this exclusive group – but the execution is something else indeed. With a 2 mile lap, it meant walkers had to complete 50 laps to earn a finish. Start time was midday on Saturday and events on offer included 100 Miles, 50 Miles and 20 Miles.

First to the 100 Miles bare bones - 43 entries, 41 starters, 23 finishers and 15 new centurions (C1173-C1187). That makes it a great success in my book. I hear the course was a little demanding, with a few uneven bits and a hill to be negotiated each lap, but hey, you have to make it tough enough to challenge these sorts of walkers. Well done to the Positive Steps Events team, especially Sue Clements and Kevin Marshall, who ticked all the boxes with a well organized event, and well done to all the support staff and crews who keep the walkers at it for the full 24 hours.

Event websites <https://www.facebook.com/events/990973581012094/> and <http://www.centurions1911.org.uk/bury-st-edmunds-2017.html>. Full results at <https://goo.gl/gZ7VYn> and full lap times for all competitors at <https://goo.gl/EJtaix>

Now to the nitty gritty. The heavens opened just before the start, with the rain continuing on and off for the first 5 hours before clearing. First place went to Belgian walker **Guido Vermeir** with 20:39:36, followed by Australian Centurions **Justin and Sharon Scholz**, who walked together the whole way and crossed the finish line together in 21:04:54. The amazing **Sandra Brown**, at 67 years of age, finished 6th overall and 2nd woman with 21:44:16.

There are few interesting stats with these front walkers. For Sandra, it was her 50th world-wide Centurion finish and her 31st UK Centurions finish to add to those completed elsewhere in the world. She continues to set records that will never be challenged. Justin and Sharon earned their fifth centurion badges (to go with their Australian, Continental, US and NZ badges. They now join a very select group of 7 walkers with this honour. The only walkers ahead of them are Sandra Brown (all 7 possible badges) and Jill Green (6 badges).

Nice video of Justin and Sharon finishing at <https://www.facebook.com/linda.mcdermot.3/videos/10156623260899968/>.

SA based centurion Rob Robertson has updated his list of all those multiple-badge centurions. It is indeed an impressive document. See <http://www.walk100miles24hours.com/wp-content/uploads/2017/08/Multi-Centurions-1.pdf>

100 Miles Walk

1.	Guido Vermeir	1958	M55-59	Belgium	50	20:39:35,36	C1099
2.	Justin Scholz	1974	M40-44	Australia	50	21:04:53,19	C1173
3.	Sharon Scholz	1976	F40-44	Australia	50	21:04:53,65	C1174
4.	Peter Asselman	1980	M35-39	Belgium	50	21:11:07,24	C1148
5.	James Bassett	1976	M40-44	Isle of Man	50	21:24:38,69	C1175
6.	Sandra Brown	1949	F65-69	United Kingdom	50	21:44:15,24	C 735
7.	Frank van Der Gulik	1977	M40-44	Netherlands	50	21:56:14,55	C1022
8.	Chris Van Cauwenberghe	1964	M50-54	Belgium	50	22:19:25,96	C1139
9.	Jack Bertrums	1963	M50-54	Netherlands	50	22:20:42,47	C1142
10.	Hardeep Minhas	1958	M55-59	United Kingdom	50	22:37:59,60	C1776
11.	Richard Brown	1946	M70+	United Kingdom	50	22:48:54,45	C 760
12.	Gustaaf Salu	1949	M65-69	Belgium	50	23:01:40,07	C1177
13.	Adrie Ros	1962	M55-59	Netherlands	50	23:05:02,52	C1178
14.	Gabriel Farmer	1957	M60-64	United Kingdom	50	23:08:56,01	C1179
15.	Martin Vos	1969	M45-49	Netherlands	50	23:13:34,95	C1180
16.	Hein Sanders	1964	M50-54	Netherlands	50	23:17:59,62	C1181
17.	Martin Fisher	1962	M55-59	United Kingdom	50	23:31:11,65	C 788
18.	Jean-Baptiste Bernard	1962	M55-59	France	50	23:42:22,37	C1182
19.	Joyce Crawford	1967	F50-54	United Kingdom	50	23:33:48,58	C1183
20.	Jos van de Wyngaert	1983	M30-34	Belgium	50	23:48:31,79	C1184
21.	Arie Kandelaars	1964	M50-54	Netherlands	50	23:49:27,16	C1185
22.	Gertrude Achterberg	1970	F45-49	Netherlands	50	23:49:28,24	C1186
23.	Larissa Droogendijk	1972	F45-49	Netherlands	50	23:52:38,56	C1187
	Marco Bloemerts	1965	M50-54	Netherlands	47	21:44:01,81	
	George Smolinski	1952	M65-69	United Kingdom	45	23:27:29,51	
	Colin Vesty	1965	M50-54	United Kingdom	42	19:20:10,76	C1167
	Christopher Flint	1944	M70+	United Kingdom	42	23:50:42,74	C 849
	Martin Payne	1960	M55-59	United Kingdom	36	16:47:50,68	
	Claire Law	1973	F40-44	United Kingdom	36	17:29:33,93	
	Jonathan Petty	1959	M55-59	United Kingdom	34	15:22:55,39	
	Jaap Visser	1937	M70+	Netherlands	32	16:33:39,82	C 944
	Jannie Bos	1955	F60-64	Netherlands	27	12:22:34,03	
	Sailash Shah	1964	M50-54	United Kingdom	26	14:08:29,02	
	Dick Stoevelaar	1957	M60-64	Netherlands	25	10:34:21,16	
	Albert Bos	1947	M70+	Netherlands	24	11:16:57,38	
	Trudy Geldhof	1967	F50-54	Netherlands	21	9:54:28,36	
	Arjan Lukken	1967	M50-54	Netherlands	20	8:43:47,40	
	Frans Leijtens	1976	M40-44	Netherlands	18	8:43:51,38	C 949
	Gerda Stoevelaar-Engelkes	1955	F60-64	Netherlands	16	7:22:15,36	
	Adrian Walker	1963	M50-54	United Kingdom	15	7:06:20,24	
	Haydn Kenna	1960	M55-59	Isle of Man	9	4:17:00,46	

Key trophies were awarded as follows

Hew Neilson trophy	C1173	Justin Scholtz
Bristol Trophy	C 735	Sandra Brown
Hammond Trophy	C1099	Guido Vermeir
Brian Scrivens Cup	C1174	Sharon Scholtz
Chas Shelly Trophy	C 735	Sandra Brown
Eddie McNeir Trophy	C 760	Richard Brown
Bill King Memorial Trophy	C1184	Jos van de Wyngaert



Justin and Sharon Scholz on their way to their fifth centurion badges

OUT AND ABOUT

- The latest edition of the British Race Walking Record (RWR Issue 862) has now hit the presses. Should be available soon on the RWA website at <http://www.racewalkingassociation.com/RWR.asp>.
- The athletics statistics handbook for the IAAF World Championships London 2017 is now available to access from the IAAF website as an online ebook. See <https://www.iaaf.org/news/iaaf-news/iaaf-world-championships-london-2017-statisti>.
- **Rhydian Cowley** is featured in on the Racewalking Australia website in the leadup to his London walk – <http://www.rwa.org.au/wp/2017/08/02/featured-athlete/>.
- And **Rachel Tallent** has now been added to the RWA interview list. See <http://www.rwa.org.au/wp/2017/08/05/rachel-tallent/>. Well done Terry Swan.
- Boy, some people are just plain hypocrites. The IAAF RW Committee Chairman is mealy-mouthing about the women's 50km event in London when we all know that he wants to get rid of the 50km full stop and actually tried to do so earlier this year. Talk about trying to rewrite history See <http://www.insidethegames.biz/index.php/articles/1053605/iaaf-seeking-greater-quality-in-womens-50km-race-walk-before-olympic-consideration>.
- German sports reporter **Hajo Seppelt** (leading a joint investigation between the Guardian, the German broadcaster ARD and Holland Media Combination) has produced yet another fantastic piece of investigative journalism. The blurb for the video reads as follows: For decades now, african runners have dominated long-distance track and field athletics – at the major marathons, the Olympic Games, and World championships. And now even the European championships, for many of the runners have changed nationalities. They now run for Turkey, for example, or Azerbaijan. African athletes who hire themselves out this way are lured time and again by false promises, are cheated of their prize money, housed under questionable conditions, and doping often comes into play. The profiteers are sports managers, mostly from Europe, who fatten their wallets at the expense of the athletes. See <http://www.sportschau.de/doping/video-the-big-money-run---african-athletes-on-sale-100.html>.
- The IAAF has reacted immediately, with President Sebastian Coe saying he is deeply concerned by the revelations and urging the IAAF's Athletics Integrity Unit to investigate the issue as soon as possible. See <https://www.theguardian.com/sport/2017/aug/04/sebastian-coe-human-trafficking-athletics-iaaf-integrity-unit>.
- And a further press release the next day by the Guardian, a further chapter in its joint investigation with the German broadcaster ARD and Holland Media Combination, showing how easy it is to obtain doping products in Ethiopia, and the prevailing sense of disorganisation at the Ethiopian anti-doping agency, which is charged with testing athletes. A hugely successful Ethiopian athlete is also caught on undercover film, seeking a new doping programme and admitting to having taken performance-enhancing drugs before claiming one of her biggest titles. See <https://www.theguardian.com/sport/2017/aug/04/doping-hotspot-ethiopia-drug-testing-epo>.

- WADA has insisted that the Russian government must allow access to the urine samples stored at the Moscow laboratory before RUSADA can be deemed compliant with the World Anti-Doping Code. The reinstatement of RUSADA was also specified as one of the conditions that must be met before the IAAF can reinstate the Russian Athletics Federation to international competition. The condition was one of 12 outlined by WADA in a Roadmap last week. See <http://www.sportsintegrityinitiative.com/wada-tells-russia-allow-access-moscow-laboratory-urine-samples>.
- **Chris Snook and Erika Kelly** will compete as part of the English team in the 3000m walk in the Manchester International on Wednesday 16 August. See <http://www.englandathletics.org/england-athletics-news/england-team-for-manchester-international-announced>.
- Two leading Ukrainian athletes have been charged with anti-doping rule violations on the eve of the 2017 World Athletics Championships in London. Olesya Povkh and Olha Zemlyak have both been provisionally suspended by the Athletics Integrity Unit. See <http://www.independent.co.uk/sport/general/athletics/world-athletics-championships-2017-drug-test-fail-positive-doping-olesya-povkh-olha-zemlyak-banned-a7876291.html>.

ONCE WERE WALKERS, SECOND EDITION

I continue my travels around the UK and will not be back on deck locally in Melbourne until the end of August. But you can still order your own copy of my new racewalking book *Once Were Walkers, 2nd Edition* online at <http://www.lulu.com/shop/tim-erickson/once-were-walkers/paperback/product-23258461.html>.



Simon Baker reads the new book.

Simon is of course a former World Race Walking Cup 50km dual medallist (1989 gold, 1991 silver) as well as a Commonwealth Games 30km walk gold medallist (1986). You can read more about him at <http://www.vrwc.org.au/tim-archive/articles/wv-simon-baker.pdf>. Of course, to read the full story, you will need to buy the book.

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.

Australian/Victorian Key Dates - 2016 Winter Season

Aug 27 (Sun), 2017 Australian Roadwalk Championships, Woolongong, NSW
 Sept 10 (Sun), 2017 Victorian 50km Championship, Middle Park, Melbourne, VIC

Australian/Victorian Key Dates - 2016/2017 Summer Season

Nov 3-5, 2017 AV All Schools State Track & Field Championships, Lakeside Stadium
 Dec 3 (Sun), 2017 **Australian 50km Championship** (and 20km and U20 10km events), Fawkner Park, Melbourne, VIC
 Dec 8-10, 2017 Australian All Schools Championships, Adelaide
 Jan 26-28, 2018 AV Country Championships, Ballarat
 Feb 11, 2018 **Australian 20km Race Walking Championships, Adelaide**
 Feb 15-18, 2018 Australian Athletics Championships & Nomination Trials, Gold Coast (10,000m Walks)

Feb 23-25, 2018 AV Junior & Para Championships, Lakeside Stadium
 Mar 2-4, 2018 AV Open & Para Championships, Lakeside Stadium
 Mar 14-18, 2018 Australian Junior Athletics Championships, Sydney
 Mar 24-25, 2018 AV Masters Championships, Doncaster/Nunawading
 Apr 2 (Sun), 2018 Easter Sunday
 Apr 4-11, 2018 Commonwealth Games, Gold Coast, QLD
 Apr 28-29, 2018 Australian Little Athletics Championships, Gold Coast

International Dates - 2017

August 4-13, 2017 16th 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
 9 Aug (Wed), 2017 2017 1,3,5 Mile Friendship Walks, London (for all those at the world champs)
 August 19-30, 2017 29th Summer Universiade, Taipei, Taiwan
 Sept 9, 2017 8th Race Walking Day in Veenendaal (Dutch Sprint Triathlon), Veenendaal, NED
 Sept 24-17, 2017 Around Lake Taihu 4 Day multi day walks race, CHN

International Dates – 2018 and onwards

Jan 20-27, 2018 Oceania Masters Athletics Championships, Dunedin, New Zealand See www.mastersathleticsoceania.com
 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 28th IAAF World Race Walking Team Championships, Taicang, China
 July 2018 16th World Junior T&F Championships, Tampere, Finland
 Sept 2018 22nd World Masters Athletics T&F Championships, Malaga, Spain
 Sept 28 – Oct 6, 2019 17th IAAF World Championships in Athletics, Doha, Qatar
 July 2019 30th Summer Universiade, Naples Italy
 2019 World Masters Indoors T&F Championships, Torun, Poland
 July 24 – Aug 9, 2020 32nd Olympic Games, Tokyo
 July 20 – Aug 1, 2020 23rd World Masters T&F Championships, Toronto, Canada
 Aug 2021 18th IAAF World Championships in Athletics, Eugene, USA
 July 18-30, 2022 XXII Commonwealth Games, TBA
 On 13th 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>)