



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2017/2018 Number 41
10 July 2018



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WALKER OF THE WEEK

My Walker of the Week this time around is 19 year old **Paige De Lisen**. This week, she caught the judges' attention in our VRWC roadwalks at Middle Park, scoring 11 points in our VRWC Style Award competition. Last week, she also scooped the pool with 17 points. She was our winter season Style Award competition winner last year, and she now has what looks like an unassailable lead in this year's competition.

Paige first joined the club in 2007 as an U9 competitor. It is wonderful to see her still enjoying the sport and still improving 11 years later. Well done Paige!



Paige walking at Middle Park on Saturday

WHAT'S COMING UP

- Next Saturday is one of our big fixtures for the winter season, with the **Victorian Masters 10km roadwalking championships**, as well as the **Racewalking Australia Postal Challenge**. First to the fixture for the day

Saturday 14th, July 2018 Middle Park, RWA Postal Challenge

Entries close for all events at 1.45pm sharp

2.15pm	10km	VMA Championship	Masters Men
2.15pm	10km	VMA Championship	Masters Women
2.15pm	10km	RWA Challenge	Open Men/Women
2.15pm	10km	RWA Challenge	Masters Men/Women
2.15pm	10km	RWA Challenge	Under 20 Men/Women
2.15pm	8km	RWA Challenge	Under 18 Men/Women

2.15pm	5km	RWA Challenge	Under 16 Boys/Girls
2.15pm	5km	Non championship walk	Open
2.30pm	3km	RWA Challenge	Under 14 Boys/Girls
2.30pm	2km	RWA Challenge	Under 12 Boys/Girls
2.30pm	2km	Non championship walk	Open
2.40pm	1.5km	RWA Challenge	Under 10 Boys/Girls

Some explanation is needed on the Racewalking Australia Postal Challenge for new members. This is a Racewalking Australia club versus club competition. The points from the fastest competitor from each club in each race will be added and the club with the lowest points declared the winner. If a club fails to have a competitor finish in any category, that club will be awarded the same points as the highest scoring competitor. Master athletes will not be scored on their time but their age grading so all Master athletes must submit their age at entry time. So we need all hands on deck, to ensure we have all age groups covered Remember to pre-enter if you can at <http://vrwc.org.au/wp1/race-entries-2/>. Entries can still be made on the day before 1:45PM.

- A reminder that the our **Twilight Trivia is also scheduled for next Saturday**, starting at 4:30PM. I see quite a few names now on the sheet in our clubrooms. We hope to see lots of our regulars at that will be our first such social activity for some years now. I will be going. See http://www.vrwc.org.au/documents/Twilight_Trivia_July14.jpg.

Victorian Race Walking Club



(re-scheduled from May)

Saturday 14 July, after the VMA Masters and Interstate Challenge races
4.30 (heads down by 5.00) to 7.00pm

at the Middle Park Bowling Club

\$15 per head, \$30 per family. BYO snacks and nibbles.
Drinks available at the Bowling Club bar. Tea and coffee provided.

Make up tables of 6-10 for some after-race entertainment including:
Quiz questions * Games * Music * Prizes * Take-no-prisoners competitiveness * Socialising and Laughs!

**** Come and support our Club and our sport in this vital fundraiser.
Friends and quiz tragics welcome!**

**** Please pre-book by Saturday 7 July**, to assist us with our planning. Tickets can be pre-booked:

- at the check-in table on race days, or
- by contacting Stu Cooper at stuwalks@yahoo.com.au to confirm your attendance. (If you choose this method, you can pay at the Club or by direct transfer at any Commonwealth bank -
BSB: 063-143
Acc: 008 00455
Reference: **(Your surname)Trivia** (Remember that bit so that we can identify you.)

***This is our first major fundraiser for some years, so come along,
have some fun and help make it a success!***

- The **Australian Roadwalk Championships**, incorporating the 2nd RWA Carnival, will be held on **Sunday 26th August** in **Kawanna Waters, Sunshine Coast, Queensland**. This is a combined meet between Athletics Australia and RWA, with AA medals for individual places and RWA medals for winning teams, along with RWA Handicap trophies (just like in the LBG carnival in Canberra). All entries must be made via the AA online panel at <https://winterwalks.eventdesq.com/>. Note **entries close on Monday 6th August at 5pm**. Cost \$30 per event. We have been told that accommodation is scarce as the Sunshine Coast Ironman is also on the same day. So get yourself organized quickly if you are intending to go.
- The **IAAF World Junior Championships** will be held in Tampere, Finland, from 10-15 July. Our 3 Australian reps **Declan Tingay, Kyle Swan** and **Katie Hayward** have already flown out and are now in Finland doing their final preparations. They will race in the U20 10,000m walks on **Saturday 14 July**. Good luck to everyone! Follow all the IAAF WJC news at <https://www.iaaf.org/competitions/iaaf-world-u20-championships/iaaf-world-u20-championships-tampere-2018-6082>.

See Athletics Australia team reviews at <http://www.athletics.com.au/News/iaaf-world-u20-mens-track-previews> and <http://athletics.com.au/News/iaaf-world-u20-womens-track-previews-tampere-2018>.

VRWC ROADWALKS, MIDDLE PARK, SATURDAY 7 JULY 2018

The forecast for Melbourne on Saturday was for cold, wet and windy conditions but it did not put off those 38 hardy walkers who descended on Middle Park for the latest round of our VRWC winter season. They say that fortune favours the brave and this proved to be the case, with the rain stopping just before the start and with conditions staying reasonable, if windy, for the duration of the racing.

It was a prizes day, with the pick of the table for the person in each division who did best against their projected handicap. So the results this week are presented in terms of handicap placings. Well done to those walkers who did PBs in the windy conditions. Well done also to our handicap winners **Albin Hess, Karyn O'Neill, Steve Haverly, Madeleine Feain, Ian Beaumont, Kathleen O'Mahony, Eliza Thompson, Hamish Blackwood** and **Havana Ali**. Apologies to Kathleen – we had the calculations wrong so missed out on recognizing here in the awards. We will fix that next week.

8km Walk

1.	Albin Hess	53:12	
2.	Will Thompson	40:17	PB 0:48
3.	Pramesh Prasad	39:59	
4.	Kevin Cassidy	41:27	PB 1:41
	Corey Dickson	DNF	
1.	Karyn O'Neill	55:28	

6km Walk

1.	Steve Haverly	53:51	First time over the distance
2.	Ralph Bennett	39:15	
3.	Mark Blackwood	29:03	
	Heath Beveridge	DNF	
1.	Madeleine Feain	36:52	
2.	Paige De Lisen	34:06	
3.	Donna-Marie Elms	39:15	

4km Walk

1.	Ian Beaumont	36:26	
2.	Angus Hay	24:32	
	Barrie Wicks	DQ	
1.	Kathleen O'Mahony	23:43	
2.	Gwen Steed	28:26	
3.	Charlotte Hay	20:41	
4.	Margaret Beaumont	36:53	

2km Walk

1.	Eliza Thompson	12:54	PB 0:17
2.	Isabella Dingli	13:31	
3.	Darcey Roberts	10:03	
4.	Kaylah Heikkila-Dubowik	11:57	
5.	Zahlia Heikkila-Dubowik	13:34	PB 0:35
6.	Riannah Tatlock	13:01	
7.	Merilyn Thompson	14:07	
8.	Charli Walker	12:41	

1.	Hamish Blackwood	10:56	PB 0:27
2.	Liam Hutchins	10:45	PB 0:04
3.	Aiden Smith	15:28	
4.	Luke Epps	10:36	

1km Walk

Sebastian Weickhardt DQ

1.	Havana Ali	07:25	
2.	Ela Uzun	06:36	PB 0:24
3.	Pam Mews	10:04	
4.	Sophie Blackwood	07:24	
5.	Tayasha Heikkila-Dubowik	07:44	PB 0:22



Handicap winners Eliza Thompson, Kathleen O'Mahony, Karyn O'Neill, Madeleine Feain and Havana Ali



Handicap winners Albin Hess, Hamish Blackwood, Steve Haverly and Ian Beaumont

Thanks as always to our judges, officials, helpers and parents. Apologies if I have missed any key players from my weekly list.

Officials: Mark Donahoo, Ralph Bennett, Mark Roberts, Tim Erickson
Judges: Peter Vysma (chief), Stuart Cooper, Shane Dickson, Terry O'Neill

Canteen: Wendy Cooper, Eija Heikkila, Kate Suich
Photos: Tim Erickson (see <http://www.vrwc.org.au/piwigo/index.php?category/476>).

Our points competitions continued on Saturday, with Actual Times, Handicap and Style Award points all awarded. I have updated the points page at <http://www.vrwc.org.au/vrwcpointscomps.shtml>. **Paige De Lisen** had another spectacular day in the Style Award competition (11 points overall) and now has a clear lead.

TRWC ROADWALKS, WENTWORTH PARK, HOBART, SATURDAY 7 JULY

Thanks to Wayne Fletcher for this week's results from Tasmania. Wayne commented: Cold 6C, with a wind blowing off the Mountain and River. Good 5km times by **Will Robertson** (24:07) and **Alice Randall** (24:37).

5km Walk

1.	Will Robertson	24.07
2.	Alice Randall	24.37
3.	Anna Blackwell	27.17
4.	Eugene Gerlach	31.33
5.	Chloe Ahern	33.15
6.	David Moore	40.20

8km Walk

1.	Steve Ahern	51.33
2.	Wayne Fletcher	64.16



Anna Blackwell, Will Robertson, Steve and Chloe Ahern (photos from Wayne Fletcher)



Wayne Fletcher, Alice Randall and David Moore

QRWC ROADWALKS, KALINGA PARK, BRISBANE, SUNDAY 8 JULY

Thanks to Robyn Wales for this week's results from Queensland.

A Grade 10km

1.	Jessica Pickles	F	52.21
2.	Ignacio Jimenez	M	53.41
3.	Noela McKinven	F	1.23.51

D Grade 2km

1.	Lyla Williams	F	11.29
2.	Kamara Stewart	F	13.52
3.	Robyn Wales	F	17.43

E Grade 2km

1.	Myles Callaghan	M	10.44
2.	Charlie Capps	M	12.03
3.	Lily Goulding	F	14.20

F Grade 1km

1.	Makenna Clarke	F	5.49
2.	Chelsea Capps	F	6.01
3.	Siaan Fisher	F	6.11

B Grade 5km

1.	Mackenzie Ofield	F	27.54
2.	Jayden Lyttle	M	29.22
3.	Di Adams	F	30.52
4.	Amelia Schofield	F	33.54
5.	Alec Lyttle	M	34.09
6.	P. Sela	M	41.30

C Grade 3km

1.	Anika Clarke	F	16.04
2.	Ashanti Heap	F	16.14
3.	Sam McCure	M	16.26
4.	Kai Norton	M	18.10
5.	Amber Norton	F	18.16
E6.	Torryn Fisher	F	19.04
E6.	Scarlett Schofield	F	19.04
E6.	Ethan Clarke	M	19.04
9.	Jasmine McRoberts	F	20.29
10.	Bella Schofield	F	20.42
11.	Amber Tofful	F	22.48
12.	Phoebe Chadwick	F	24.45

WARWC ROADWALKS, SHELLEY, PERTH, SUNDAY 8 JULY

Thanks to Terry Jones for the latest results from Western Australia. Good walks by M50 **Andrew Duncan** (16km 1:21:17) and **Ben Reid** (8km 39:41).

16km Handicap

1.	Andrew Duncan	1:21.17
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8km Handicap

1.	Ben Reid	39.41
2.	Wendy Farrow	52.50
3.	Brad Mann	43.16
4.	Cooper Anderton	45.00

1.5km Handicap

1.	Layla Dabala	9.38
2.	Jasmine Williams	9.15
3.	Kaytee Bogaers	8.22
4.	Gracie Dabala	8.40
5.	Ashlyn Spence	8.25
6.	Amber Richards	9.20
7.	Xavier Bernard	8.52

SARWC KING OF THE MOUNTAIN WALKS, BELAIR NATIONAL PARK, ADELAIDE, SATURDAY 7 JULY

Thanks to Peter Crump for this week's results from SARWC in Adelaide. He explains: Results from Saturday for our King of the Mountain, a testing 5.1 km course with nasty gradient 2/3 in, taken twice by seniors. Less strenuous for the younger walkers, but still a challenging gradual rise over 3.5 and 2.1km.

Good to see **Kim Mottrom** back walking this week and last week.

10.2km (2 x 5.1km) Walk

1.	Kim Mottrom	29:11	59:33
2.	Alix Harlington	33:48	1:08:44
3.	Royrie Upton	35:52	1:12:42

2.1km Walk

1.	Sam Wilks	12:57
2.	Hannah Wilks	13:54
3.	Sebastian Richards	13:59
4.	Jake Vidler	14:25
5.	Aleesha Vidler	15:20
6.	Edward Upton	15:50
7.	Xavier Upton	16:01
8.	Tarique Kamish	18:20

5.1km Walk

1.	Tristan Camilleri	29:35
2.	Victoria Upton	33:11
3.	Rhiannon Lovegrove	37:05
4.	Chloe Upton	39:27
5.	Adrian Upton	40:01

3.5km Walk

1.	Toby Wilks	18:41
2.	Kiera Ross	20:41
3.	Kitarni Upton	22:01
4.	Mia Wilks	22:21
5.	Zayden Kamish	23:25

SAMA TRACK WALKS, SA ATHLETICS STADIUM, MILE END, ADELAIDE, SUNDAY 8 JUNE

Thanks to Colin Hainsworth for this week's results from the South Australian Masters in Adelaide. He commented: Cool, partly cloudy arvo.

1.5km Walk

1.	George White	09:27	M73	79.30%
2.	Helen Suridge	09:33	W67	78.39%
3.	Liz Downs	09:36	W62	73.69%

1.5km Club Walk

1.	Rodger Barber	10:59	M80	75.22%
2.	Graham Harrison	10:59	M74	69.13%
3.	Roger Lowe	11:42	M75	65.77%
4.	Neil Hayford	12:00	M66	57.42%
5.	Gill White	13:01	W69	58.95%
6.	Cathie Hore	13:08	W67	57.00%

3km Walk

1.	Jan Layng	22:51	W69	70.23%
2.	Julie Hayford	23:27	W61	61.98%
3.	Ross Hill-Brown	23:47	M63	57.18%
4.	Colin Hainsworth	27:40	M88	69.81%

3km Club Walk

1.	Rodger Barber	22:21	M80	75.49%
2.	Roger Lowe	25:28	M75	61.64%
3.	Neil Hayford	25:32	M66	55.01%
4.	Edna Bates	27:41	W65	55.03%
5.	Cathie Hore	27:43	W67	56.37%

5km Walk

1.	Richard Everson	27:14	M54	77.92%
2.	George White	31:20	M73	83.05%

5km Club Walk

1.	Graham Harrison	38:49	M74	67.93%
2.	Gill White	43:14	W69	64.22%
3.	David Robertson	43:27	M84	70.69%

NSWRWC ROADWALKS, OATLEY, NSW, SATURDAY 30 JUNE

Finally, back a week for the NSWRWC results from Saturday 30th June, now that they have been made available on their website.

Long Division 8km Walk

1.	Travis Barendregt	42.44
2.	Bridgett Bell	46.15
3.	Anne Weekes	47.41

Medium Division 6km Walk

1.	Jasmine Dighton	33.08
2.	Teeghan Pengilly	35.34
3.	Hannah Parker	36.43
4.	Joan Purcell	49.43

Short Division 3km Walk

1.	Emma Thomas	16.17
2.	Brittany Robertson	19.02
3.	Carmel Parker	19.04
4.	Nicolle Challinor	19.36
5.	Nicole Nilon	20.27
6.	Brodie Douglas	20.57

U16 Division 2km Walk

1.	Brendan Pospischil	11.15
2.	Chelsey Torrens	11.43
3.	Isabelle Nilon	11.50
4.	Chia Walters	12.00
5.	Kailey Webber	12.30
6.	Zsofia Varga-Strike	12.45
7.	Amelia Crocker	17.01

U12 1km Walk

1.	Samantha Torrens	5.28
2.	Thomas Varga-Strike	5.42
3.	Aiden Pospischil	6.10
4.	Dylan Ryan	6.11

U10 0.5km Walk

1.	Aiden Walters	3.23
2.	Christopher Nilon	4.37

U18 Girls 5000m Walk Championship, 8:25PM, Thursday 5 July

Excellently reported by marciadalmondo (see http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3231).

Belarusian **Hanna Zubkova** was the favorite in the girls' 5000m U18 European Championships and she did not surprise, celebrating her seventeenth birthday with a win. She led pretty much from start to finish, others trying to go with her but soon falling back. Of the 24 starters, only one DQ, with **Emily Machugh** (IRL) disqualified after touching the inside of the kerb (Rule 163.4b). It does not happen so often and the Irish girl will be the only athlete not to finish the race. Zubkova's winning time of 22:45:47 was a 5 sec PB and saw her 54 seconds clear of the field. With **Evin Demir** (TUR) forced to stop for 30 seconds in the Penalty Area in the final lap, second place went to **Olga Fiaska** (GRE) with 23:39.12, while a surprise bronze to **Simona Bertini** (ITA) with 24:18.80.

And didn't Zubkova look good. Check out her finishing technique in https://www.youtube.com/watch?v=iV1qXfdSs_Y.

1.	Hanna Zubkova	BLR	22:45.5
2.	Ólga Fiáska	GRE	23:39.1
3.	Simona Bertini	ITA	24:18.8
4.	Evin Demir	TUR	24:27.2
5.	Ana Pulgarin	ESP	24:35.6
6.	María Seferiádi	GRE	24:40.9
7.	Dana Marozava	BLR	24:57.5
8.	Daryna Kasyan	UKR	24:59.9
9.	Julia Perrichon	FRA	25:07.7
10.	Martina Casiraghi	ITA	25:28.2
11.	Eli Pevec	CRO	25:33.2
12.	Sarah Glennon	IRL	25:36.7
13.	Ayse Kiliç	TUR	25:45.8
14.	Camille Moutard	FRA	25:49.9
15.	Dóra Csörgö	HUN	25:50.0
16.	Alina Tkach	UKR	25:53.0
17.	Jekaterina Mirotvortseva	EST	25:56.7
18.	Agata Piekarz	POL	26:12.6
19.	Alžbeta Ragasová	SVK	26:27.3
20.	Iria Rivas	ESP	26:45.2
21.	Petra Zahorán	HUN	26:59.8
22.	Adrija Meškauskaite	LTU	27:07.6
23.	Siri Gamst Glittenberg	NOR	27:29.3
24.	Emily MacHugh	IRL	DQ

U18 Boys 10,000m Walk Championship, 6:40PM, Friday 6 July

Again, excellently reported by marciadalmondo (http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3233).

Italians **Davide Finocchietti** and **Aldo Andrei** went into the race as favourites, but nothing is assured in such championship races. 20 boys toed the line for the 6:40PM start. The pace was conservative from the start (2000m split times of 9:17.63, 18:28.70, 27:28.92 and 36:32.96), so it was not surprising to see a group of 6 still in contention at the 8000m mark. At this stage, Finocchietti gradually applied pressure and the contenders started to drop off, one by one. There was still not much between the top walkers at the end but it was the Italians Finocchietti (45:01.33) and Andrei (45:03.50) who crossed the finish line first, ahead of **Matteo Duc** (FRA) with 45:03.69. Unfortunately for him, Duc received his third red card late in the race so had a 1 minute penalty applied. That meant that third place was awarded to **Ozgur Topsakal** (TUR) with 45:09.22.

1.	Davide Finocchietti	ITA	45:01.3
2.	Aldo Andrei	ITA	45:03.5
3.	Özgür Topsakal	TUR	45:09.2
4.	Lubomír Kubiš	SVK	45:30.6
5.	Anthimos Kelepouris	GRE	45:50.2
6.	Paul McGrath	ESP	46:03.2
7.	Mattéo Duc	FRA	46:03.7
8.	Yuriy Zamryha	UKR	46:04.0
9.	Daniel Kovác	SVK	46:16.4
10.	Johannes Frenzl	GER	46:20.3
11.	Jakob Johannes Schmidt	GER	46:44.9
12.	Pedro Conesa	ESP	46:45.3
13.	Oisín Lane	IRL	47:00.1
14.	Mustafa Tekdal	TUR	47:22.6
15.	Norbert Tóth	HUN	48:37.4
16.	Joao Bernardo	POR	49:39.9
17.	Oleksandr Mytsyk	UKR	49:51.6

18. Ion-Adrian Dumitru	ROU	50:17.5
19. Dávid Varga	HUN	52:06.5
20. Anton Bildziuha	BLR	DNF

FRENCH T&F CHAMPIONSHIPS, ALBI, FRANCE, 7-8 JULY

Emmanuel Tardi was in Albi, 700km south of Paris, for the French Athletics Championship last weekend. 5000m track walks were held on Saturday, with the men at 3:45PM and the women at 4:50PM. The temperature was very hot but times were still good. In the men's event, with Diniz, Campion, Kuster and Quinion all absentees, **Gabriel Bordier** had an easy win with 19:38.19. In the women's walk, **Emilie Menuet** led the race for the first half, before **Clemence Beretta** sped off to win with 22:05.25. Lots of photos at https://photos.google.com/share/AF1QipPWhAI_IE3AkB6ShZJuNCF7iG7Pv15_TW_nVD6hHsu2hgAMdyf6_uRo6719vrQhdw?key=MkIERE5XQV82LTBmSGxSTS1kR0FnQThMazBsWmxn

5000m Men, Saturday 7 July, 3:45PM

1. BORDIER Gabriel	ESM/97	Us St Berthevin	19:38:19
2. GUINAUDEAU Keny	SEM/93	Ac Roche-sur-yon	20:41:88
3. BOYEZ Antonin	SEM/84	Dsa - Doubs Sud Athletisme	21:24:17
4. VALLEE Kyrian	SEM/94	Ca Balma	22:03:79
5. BAZZO BORTOT Simon	ESM/96	As Raismes	22:19:18
6. DELAUNAY Sebastien	VEM/74	Ca Du Pays Saumurois	22:20:06
7. HADULA Ludovic	SEM/87	Charleville Mezieres	23:13:81
8. MARTIN Come	SEM/95	Annecy Haute Savoie	23:41:11

5000m Women, Saturday 7 July, 4:50PM

1. BERETTA Clemence	ESF/97	Athle Vosges Pays de Bruyères	22:05:25
2. MENUET Emilie	SEF/91	Aj Blois-onzain	22:36:24
3. QUENNEHEN Marine	SEF/91	Ca Montreuil 93	22:49:97
4. TERREC Eloise	ESF/98	Ac Roche-sur-yon	23:02:03
5. MARCOU Amandine	SEF/92	Sa Merignac	23:44:47
6. DELHORS Maud	SEF/83	Ac Villeneuve D:ascq	24:28:39
7. BOURHIS Amelie	SEF/92	Larmor Estran Athlé	24:45:70
8. CELLARD Loanie	ESF/98	Carquefou Ac	25:03:88
9. CASALE Maeva	ESF/97	Ca Balma	25:33:33
10. CHAMPALOU Lucie	SEF/90	Athletic Trois Tours	25:37:18
11. BILLA Jeanne	ESF/96	As Caluire Et Cuire	25:43:19
12. CHAPILLON Roseline	VEF/68	Ca Balma	25:44:60
13. MANAI Amani (TUN)	SEF/95	U.s.o Mondeville	25:52:74
14. CERANTOLA Laury	SEF/92	Sa Merignac	25:53:33
15. BRUNET Elisabeth	SEF/86	Tarbes Pyrenees Athletisme	25:56:09
16. JOUAN Christele	VEF/75	Asptt Rouen	25:56:50



Clemence Beretta, Emilie Menuet, Gabriel Bordier and Keny Guinaudeau (photos Emmanuel Tardi)

2018 CANADIAN T&F CHAMPIONSHIPS, OTTAWA 3-8 JULY

The track walks kicked off Day 1 of the Canadian T&F Championships at the Terry Fox Athletic Facility in Ottawa last Sunday morning. All 4 walks were held together, starting at 7:45AM. As expected, **Evan Dunfee** (1:27:11.67) won the men's 20,000m walk (easing back into racing after a few training niggles) ahead of **Mathieu Bilodeau** (1:27:34.05) and **Ben Thorne** (1:29:25.85). Alas, no senior women.

20,000m Walk Men

1.	Dunfee, Evan	90	RACEWALK WEST	1:27:11.67
2.	Bilodeau, Mathieu	83	RACEWALK WEST	1:27:34.05
3.	Thorne, Benjamin	93	RACEWALK WEST	1:29:25.85
4.	Adamowicz, Marek	96	Rive-Sud	1:32:45.09
5.	Liang, Alger	98	BC Unattached	1:38:24.98
6.	Cheng, Caleb	95	RACEWALK WEST	1:40:11.14
7.	Cheng, Colis	97	BC Unattached	1:40:35.94
8.	Béchar, Yvan	62	QC Unattached	1:49:06.64
9.	Talcott, Dave	60	Unattached	1:53:25.70

20,000m Walk Women

No starters

10,000m Walk U20 Men

1.	Hoyer, Keenan	00	SK Unattached	52:27.93
	Ho, Kenny	99	BC Unattached	DNF

10,000m Walk U20 Women

1.	McCarthy, Audrey	02	PETERBOROUGH	1:00:29.08
2.	Jean, Élisabeth	00	Spartiates CVM	1:00:43.27
	Simard, Élisabeth	00	Mille Pays-d	DNF

HOKUREN DISTANCE CHALLENGE, HOKKAIDO, JAPAN, 4-7 JULY

The multi day "Hokuren Distance Challenge" took place last week on the island of Hokkaido, Japan. This huge 4 day program includes middle-distance runs, long-distance runs and race walks.

The first day included 5000m track walks at the municipal stadium of Abashiri, and the times were impressive. I take these results from the marciadalmondo report at http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3229.

5000m Men

Daisuke Matsunaga continued his superb 2018 form, winning the men's race in a 3 sec PB time of 18:37.84. Consider his 10,000m track PB time of 38:40.22 and his 20km PB of 1:17:46 and you have some idea of the quality of his walking.

1.	Daisuke Matsunaga	JAP	18:37.84	PB
2.	Masatora Kawano	JPN	18:51.86	PB
3.	Kouki Ikeda	JPN	19:24.13	PB
4.	Tomohiro Noda	JPN	19:27.10	PB

5000m Women (6 finishers)

Ai Michiguchi won the women's 5000m with 22:06.60

1.	Ai Michiguchi	JPN	22:06.60	
2.	Kaori Kawazoe	JPN	22:12.72	PB
3.	Chiaki Asada	JPN	22:17.34	
4.	Ching Sui Nga	HKG	22:57.77	
5.	Yuzumi Yuki	JPN	22:22.29	
6.	Mamoru Kurimoto	JPN	23:27.29	

The second walks day was scheduled for Saturday at the Kitamo Toryo Sports Park in Kitama, where 10,000m track walks were on offer. Once again, my report it taken from marciadalmondo (see http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3234).

10,000m Walk Men (11 starters, 8 finishers)

Daisuke Matsunaga made it a double in the men's race, setting a Japanese track walk record of 37:58.08.

1.	Daisuke Matsunaga	JPN	37:58.08	NR, PB
2.	Kouki Ikeda	JPN	38:40.04	PB
3.	Masatora Kawano	JPN	38:50.37	PB

4. Fumitaka Oikawa JPN 39:01.20 PB

10,000m Walk Women (5 starters)

Ai Michiguchi also completed her own double, winning the women's race with 45:28.72.

1.	Ai Michiguchi	JPN	45:28.72	
2.	Ching Siu Nga	HKG	45:46.93	PB
3.	Kaori Kawazoe	JPN	46:44.24	



A new Japanese record to Daisuke Matsunaga (photo www.marciadalmondo.com)

PORTUGUESE T&F CHAMPIONSHIPS, LEIRIA, PORTUGAL, 7-8 JULY

The Portuguese T&F Championships, held in Leiria last weekend, included 10,000m walks for men and women, held on Saturday evening. Reports and photos at http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3235.

Men 10,000m Walk

42 year old **Joao Vieira** (POR) broke away in the second half of the men's race to win the Portuguese title with 41:54.2. Amazingly, it was his 18th win in this championship race. Of the 8 starters, all finished.

1.	Joao Vieira	SCP	41:54.2
2.	Miguel Carvalho	SLB	42:07.4
3.	Pedro Isidro	SLB	42:10.8
4.	Rui Coelho	CAS	42:54.9
5.	Rúben Santos	CFOD	46:18.7
6.	Cristiano António	JV	46:59.6
7.	Vítor Cabral	CFOD	48:25.5
8.	Claudio Cotrim	CPA-S	53:30.4

Women 10,000m Walk

It was a weekend for older winners, with 38 year old **Ines Henriques** also breaking clear in the second half of the women's race, to win with a PB 43:19 (although she boasts a better road time of 43:09, set in Beijing in 2010). It was her fifth title win in this championship. Title holder **Ana Cabecinha** was second with 43:51.8, but managed to keep her championship record of 43:08.18, set in 2008. Henriques will now travel to Puerto Navacerrada for her final preparation for the European 50km Championship. She is certainly in 50km record breaking form.

1.	Inês Henriques	CNRM	43:19.3
2.	Ana Cabecinha	COP	43:51.8
3.	Edna Barros	COP	47:13.8
4.	Carolina Costa	COP	47:26.6
5.	Mara Ribeiro	SLB	47:26.7
6.	Laura Leal	COP	47:43.1
7.	Vitória Oliveira	SCP	48:03.9
8.	Nadia Cancela	GRECAS	48:52.0
9.	Andreia Sousa	MAC	52:18.4



Ines Henriques in PB form in the leadup to the European Championship 50km race

CHINESE PROVINCIAL CLUB CHAMPIONSHIPS, CINFENG, 7-8 JULY

The second round of the Chinese Championships for Provincial Clubs was held last weekend in Chinfeng, in the province of Inner Mongolia. The meet is well reported by both marciadalmondo (http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3228) and omarchador (<http://omarchador.blogspot.com/2018/07/campeonatos-chineses-de-clubes-em.html>). The fields were typically big, with 383 walkers in total contesting a variety of events. Although conditions were far from ideal, with temperatures around 25C and humidity around 75%, there were still some good performances

Alas, with the results still in Chinese, a full listing is impossible. But the first main places in each of the main events are reproduced, compliments of marciadalmondo.

20km men, Saturday 7 July

1.	Yin Jianxing	CHN	1:23:51.
2.	Pen Chen	CHN	1:24:24
3.	Lu Xiatong	CHN	1:24:56
4.	Sun Song	CHN	1:25:00
5.	Zeng Qingcun	CHN	1:25:11
6.	Zhou Yangjun	CHN	1:25:49
7.	Wang Kaihua	CHN	1:25:55
8.	Zheng Zhen	CHN	1:26:31

20km women, Saturday 7 July

1.	Yang Liujing	CHN	1:34:25
2.	Wang Yingliu	CHN	1:35:09
3.	Qiji Zhuoma	CHN	1:35:25
4.	Yin Hang	CHN	1:37:47
5.	Tang Caihong	CHN	1:39:02
6.	Yang Yuyao	CHN	1:39:45

50km men, Sunday 8 July

1.	Luo Dongpo	CHN	4:01:18
2.	Wang Hao	CHN	4:02:01
3.	Wang Chao	CHN	4:03:14
4.	Xiong Denghua	CHN	4:03:53
5.	Niu Wenbin	CHN	4:06:46
6.	Zhang Mingkai	CHN	4:07:40
7.	Bian Tongda	CHN	4:08:20
8.	Zeng Qingsheng	CHN	4:10:57

50km women, Sunday 8 July

1.	Li Maucou	CHN	4:13:04
2.	Bai Tiantian	CHN	4:32:47
3.	Li Qiu	CHN	4:34:16
4.	Xiao Han	CHN	4:43:48
5.	Jiang Pengqin	CHN	4:45:51
6.	Yang Shuqin	CHN	4:53:02

In particular, it is great to see 6 of the 7 starters completing the newly branded women's 50km, with **Li Maucou** winning with an excellent 4:13:04. This all helps us ensure that the 50km remains an international event, post 2020.



Li Maucou wins the women's 50km walk in China last Sunday (photo marciadalmondo)

U18 and U20 events were also contested, with marciadalmondo reporting the winners as follows

U18 10km Men	Cui Lihong	CHN	41:53
U18 10k Women	Ma Li	CHN	46:51
U20 10km Men	Li Yuan	CHN	41:53
U20 10km Women	Cai Yishun	CHN	44:00

CATALAN T&F CHAMPIONSHIPS, BARCELONA, SUNDAY 1 JULY

Catalonia, always a Spanish racewalking stronghold, holds its own Athletics Championships, with the 2018 edition scheduling the 5000m track walks on Sunday 1st July.

5000m Track Walk Men

There is no stopping 48 year old **Jesus Angel Garcia Bragado** who won the men's title with an impressive 20:41.12. If you consider his PB of 19:49.79, he has not exactly slowed with the years. Second place went to 19 year old **Cesar Alberto Herrera Cortez** (COL), who chased Garcia all the way, finishing in a PB 20:45:51.1 The Catalan minor medals went to **Kevin Cerro Gudino** (21:58.02) and **Marc Guerrero Plaza** (22.13.88).

1.	Jesus Angel Garcia Bragado	ISS – L'Hospitalet1	1969	20:41.12
2.	Cesar Alberto Herrera Cortez	COL	1999	20:45.51
3.	Kevin Cerro Gudiño	Cornellà At.	1998	21:58.02
4.	Marc Guerrero Plaza	ISS – L'Hospitalet	1995	22:13.88
5.	Mario Viñas Picazo	AA Catalunya	1996	22:48.98
6.	Francesc Rodriguez Martinez	UGE Badalona	1975	23:46.74
7.	David Pueyo Ministral	CA Montornes	1973	23:50.00
8.	Antonio Leal Membrive	CA Canovelles	2000	25:36.12
9.	Ignasi Melo Valls	UA Rubí	1952	25:58.45

5000m Track Walk Women

Raquel Gonzalez Campos was a clear winner, in an excellent 21:18.22. This is a good comeback after a number of years battling injuries. Second place to **Beatriz Pascual Rodriguez** who, after a year's absence, has returned to the Spanish national stage with a good 21:58.12. Third place to **Mar Juarez Gallardo** (ESP) in a PB 22:31.13.

1.	Raquel Gonzalez Campos	FC Barcelona	1989	21:18.22
2.	Beatriz Pascual Rodriguez	Valencia Esports	1982	21:58.12
3.	Mar Juarez Gallardo	Avinent Manresa	1993	22:31.13
4.	Mariona Garcia Rovira	FC Barcelona	2000	24:20.19
5.	Mireia Urrutia Herrera	CA Canaletes	2000	24:35.79
6.	Gemma Mora Martinez	CA Sant Just	2000	24:43.12
7.	Alicia Castejon Latras	CA Canaletes	1999	26:55.81
8.	Alexia Palomero Donadeu	AA Catalunya	2002	26:55.82
9.	Ainhoa Martinez Luceño	UA Terrassa	2001	27:18.15
10.	Mariona Martinez Valero	AA Catalunya	1995	30:04.00



Jesus Garcia wins the Catalan 5000m championship once again – at 48 years of age!

OUT AND ABOUT

- Most sports contend with doping issues but it's professional cycling that seems to have made the biggest mess out of them. That's once again the situation for the sport with the news last Monday that Chris Froome had been cleared in his doping case. Froome's case appears to be a massive departure from the process that every other salbutamol case in the last decade has gone through. And, based on evidence that the authorities won't disclose, it is also apparently a unicorn: a one-off exception that doesn't touch the foundations of the salbutamol test regime. In summary, it stinks! See <https://www.outsideonline.com/2324216/uci-just-broke-anti-doping>.
- Sadly, WADA has gone along for the ride, announcing it will not appeal UCI Froome decision. The leadership of WADA has shown itself once again to be lacking in what is required to beat drugs in sport. It's a joke. See <https://www.wada-ama.org/en/media/news/2018-07/wada-will-not-appeal-uci-decision-in-christopher-froome-case>.
- The response from the sporting world has been brutally honest. For instance, take this article which says that Anti-Doping is now DEAD. <https://www.independent.ie/sport/other-sports/cycling/mourning-the-death-of-antidoping-37091856.html>
- FIFA does not allow anyone to peek behind the curtains when it comes to doping control. Testing, transport, sample analysis – FIFA do everything themselves. In Russia, FIFA is letting no one have a look behind the scenes. There is neither supervision by external nor independent experts. Criticism towards this practice is becoming increasingly louder as demonstrated by the former WADA president Richard Pound. "What it tells me is that football has not changed its approach to doping. Which is essentially denial. And there is no willingness to take whatever steps are necessary to ensure that football is clean as possible". See <https://www.sportschau.de/doping/dopingkontrollen-englisch-100.html>.

2018 SWEDISH FOTRALLY, SWEDEN, FROM FRIDAY 29 JUNE FOR AS LONG AS IT TAKES!

I reported in last week's newsletter on the annual Fotrally in Sweden. At that stage, **Richard Andersson** and **Agne Truss**, both of Sweden, were still fighting it out after 75 hours!

After 87 hours and 48 minutes, the winner was decided when officials forced Agne to retire, worried that her condition had deteriorated too much to continue. That left Richard as the final walker, repeating his 2017 win. They had both bettered the previous record of 87 hours and 45 minutes and had each walked a total distance of 439km! Richard chose to stop then as well. I suppose when you have won and set a new record, you can be excused for resting on your laurels!



Richard in action in the final days – still looking fresh after over 400km of walking

MOONLIGHTING IN THE GLENGOLDIES

We are used to seeing **Diane Lowden** in her racewalk judge role at Middle Park but her alter-ego is hard at work on a second career.

PENSIONER BAND WILL ROCK YOU

Josh Fagan

A GROUP of Ferntree Gully retirees are showing no signs of tiring from the rock and roll lifestyle.

The residents from Glengollan Village, aged from their late 70s to 92, have been donning cut-off vests, chains and wild wigs for a series of concerts.

Their music group, called the Glengoldies, formed eight years ago and they have gained a reputation for playing wildly popular shows at other retirement homes.

Group member Di Martin, 79, said their recent show was in front of 75 friends and family.

The group of 15 regular members, led by Vicki Knights, perform a mix of songs including Queen, Village People, The Beatles and others.

Mrs Martin said it was a lot of fun getting on stage and offered health benefits, by keeping them active.

"It's a lot of enjoyment and a lot of friendship," she said. "Some people are a bit nervous to start with but we really enjoy it."

"You get up and sing and you forget your troubles."

Mrs Martin said they were planning more concerts for later in the year.

Mavis Bottomless, Diane Lowden, Diane Martin and Maureen White of the Glengoldies.

The Glengoldies - Knox Leader Newspaper; 18th June 2018

MARCIADALMONDO AND OMARCHADOR ROUNDUP

There are 8 press releases for us from Marciadalmondo this week

- Mon 9 Jul - Leiria (POR): Joao Vieira and Ines Henriques Champions of Portugal
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3235
- Sun 8 Jul - Kitami (JPN): Fast Japanese times in men's 10,000m track walk
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3234
- Fri 6 Jul - Davide Finocchietti (ITA) wins U18 World Championship 10,000m in Gyor, Hungary
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3233
- Sat 7 Jul - Website outage from Saturday 6 July 2018 to Thursday 19 July 2018
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3232
- Thu 5 Jul - Hanna Zubkova (BLR) wins U18 World Championship 5000m in Gyor, Hungary
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3231
- Wed 4 Jul - Jesus Angel Garcia Bragado and Raquel Gonzalez Campos win Catalan championships in Barcelona
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3230
- Wed 4 Jun - Daisuke Matsunaga does superb 5000m track walk in Abashiri (JPN)
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3229
- Tue 3 Jul - Chinfeng (CHN): good results in U20, U18 and 50km women
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3228

and omarchador has 19 press releases

- Tue 10 Jul - Preview of IAAF World Junnior Championships which start today
<http://omarchador.blogspot.com/2018/07/campeonatos-mundiais-de-atletismo-sub.html>
- Mon 9 Jul - Inês Henriques and João Vieira, 2018 track champions of Portugal
<http://omarchador.blogspot.com/2018/07/ines-henriques-e-joao-vieira-campeoes.html>
- Mon 9 Jul - Chinese club championships in Chifeng
<http://omarchador.blogspot.com/2018/07/campeonatos-chineses-de-clubes-em.html>
- Sun 8 Jul - Iván López and Chahinez Nasri win in Casablanca
<http://omarchador.blogspot.com/2018/07/ivan-lopez-e-chahinez-nasri-vitoriosos.html>
- Sun 8 Jul - Results of the 53rd Spanish Masters Championships in Vitoria-Gasteiz
<http://omarchador.blogspot.com/2018/07/campeonatos-individuais-de-espanha-de.html>
- Sat 7 Jul - Leiria hosts the Portuguese T&F Championships this weekend
<http://omarchador.blogspot.com/2018/07/leiria-recebe-os-campeonatos-de.html>
- Sat 7 Jul - Preview of Spanish Youth Meet in Madrid this weekend
<http://omarchador.blogspot.com/2018/07/meeting-jovem-lisboa-madrid-hoje-no.html>
- Fri 6 Jul - Óscar Patín and María Belén Villalva win South American U18 walks in Cuenca
<http://omarchador.blogspot.com/2018/07/oscar-patin-e-maria-belen-villalva.html>
- Fri 6 Jul - Davide Finocchietti (ITA) wins European U18 Championship walk in Gyor
<http://omarchador.blogspot.com/2018/07/davide-finocchietti-de-italia-campeao.html>
- Thu 5 Jul - IAAF ratifies Rui Liang's world record (50km women)
<http://omarchador.blogspot.com/2018/07/iaaf-ratifica-recorde-mundial-de-rui.html>
- Thu 5 Jul - Start list for men's 10,000m walk at the European U18 Champs in Gyor, Hungary
<http://omarchador.blogspot.com/2018/07/10000-m-masculinos-lista-de-saida-sub.html>
- Thu 5 Jul - Hanna Zubkova (BLR) wins European U18 Championship walk in Gyor
<http://omarchador.blogspot.com/2018/07/hanna-zubkova-da-bielorrussia-com-ouro.html>
- Wed 4 Jul - Yohann Diniz withdraws from the European Championship in Berlin

<http://omarchador.blogspot.com/2018/07/yohann-diniz-de-fora-do-europeu-de.html>

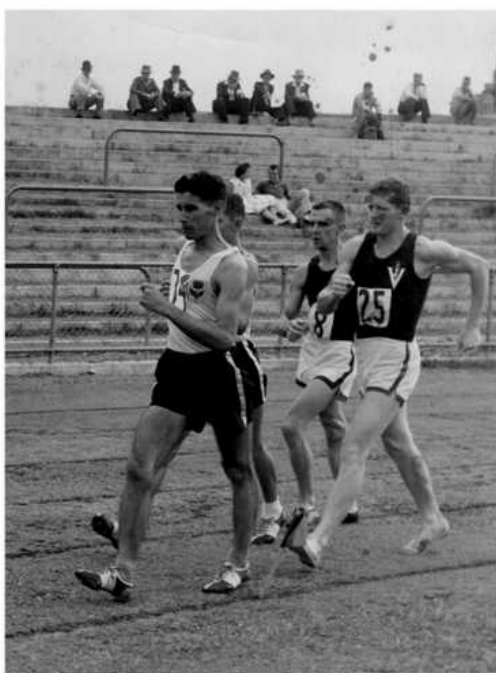
- Wed 4 Jul - Start list for women's 5000m walk at the European U18 Champs in Gyor, Hungary
<http://omarchador.blogspot.com/2018/07/5000-m-femininos-lista-de-saida-sub-18.html>
- Wed 4 Jul - Portuguese walk judges to officiate in European U18 Champs in Gyor, Hungary
<http://omarchador.blogspot.com/2018/07/oficiais-portugueses-nos-europeus-de.html>
- Wed 4 Jul - Raquel González and Jesús Ángel García win Catalonia walk championships
<http://omarchador.blogspot.com/2018/07/raquel-gonzalez-e-jesus-angel-garcia.html>
- Tue 3 Jul - Portuguese walkers selected for the IAAF U20 World Championships in Tampere
<http://omarchador.blogspot.com/2018/07/marchadoras-portuguesas-nos-mundiais-de.html>
- Tue 3 Jul - Gyor to host the U18 European Championships
<http://omarchador.blogspot.com/2018/07/gyor-recebe-os-campeonatos-da-europa.html>
- Tue 3 Jul - Results of the Portuguese Masters Track Championships in Lisbon
<http://omarchador.blogspot.com/2018/07/campeonato-nacional-de-pista-veteranos.html>

LBG CARNIVAL RESULTS ARCHIVE NOW COMPLETED

I have now completed typing up and uploading the results for all 52 Lake Burley Griffin Carnivals (1967-2018). You can check them out at <http://www.vrwc.org.au/rwa-results.shtml>. This has only been possible because of the work done over many years by the late great Peter Waddell.

From 1969 onwards, Peter produced a racewalking newsletter which incorporated difficult to obtain race results within Australia and overseas. This information, and his occasional witty and provocatively 'stirring' comments, guaranteed its readership among groups of isolated walkers scattered around Australia. The newsletter was printed and posted mostly at his own expense. It was originally printed on the old Canberra telex machines and he eventually transitioned to the internet and moved into the world of email for his newsletter. But Peter, for all his technical skills, was never able to fully master the computer and his email newsletter was always an amusing mixture of cuts and pastes and apologies for being late due to the latest computer problem!

Most of the results from 1971 to the early nineties have been sourced from Peter's newsletter archives. Without his dedication, many of these results may have been lost. To read more about this great contributor to Australian walking, see <http://centurions.org.au/centprofiles/VALE%20Peter%20Waddell%202002.pdf>.



This photo, from the 1961 Australian T&F Championship 2 Miles Track Walk at Lang Park in Sydney, shows **Peter Waddell, Frank Clark (obscured), Bob Gardiner** and **Harry Summers**. Bob won with 14:40.2, ahead of Frank Clark (14:44.8) and Peter Waddell (14:45.2) with Harry in fourth place. Note the short spikes for walking on the grass track!

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 – 2018

Jul 14 (Sat), 2018 VRWC Twilight Trivia, 4:30PM at Middle Park (after our race day)
Aug 5 (Sun), 2018 Australian Masters 20km Championships, Adelaide, SA
Aug 26 (Sun), 2018 Australian Roadwalk Championships, Lake Kawana, Sunshine Coast, QLD
Dec 2 (Sun), 2018 Australian 50km Championships Meet, Fawkner Park, VIC

2018 Remaining IAAF Racewalking Challenge Events

Sep 23-26, 2018 Cat B Around Taihu International Race Walking 2018, Wuzhong, CHN

International Dates – 2018 and onwards

July 10-15, 2018 **16th World Junior T&F Championships**, Tampere, Finland
Aug 7-12, 2018 **European Athletics Championships**, Berlin, Germany
Sept 4-16, 2018 **22nd World Masters Athletics T&F Championships**, Malaga, Spain

Mar 24-30, 2019 **World Masters Indoors T&F Championships**, Torun, Poland
July 3-14, 2019 **30th Summer Universiade**, Naples Italy
Aug 30-Sep 7, 2019 **20th Oceania Masters T&F Championships**, Mackay, Queensland, AUS
Sept 28 – Oct 6, 2019 **17th IAAF World Championships in Athletics**, Doha, Qatar

May, 2020 **29th IAAF World Race Walking Team Championships**, Minsk, Belaruss
July 24 – Aug 9, 2020 **32nd Olympic Games**, Tokyo
July 20 – Aug 1, 2020 **23rd World Masters T&F Championships**, Toronto, Canada
Aug 6-15, 2021 (TBC) **18th IAAF World Championships in Athletics**, Eugene, USA
July 18-30, 2022 **XXII Commonwealth Games**, Birmingham, GBR.

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