



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
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WALKER OF THE WEEK

There were plenty of big performances at last weekend's Australian Roadwalk Championships in Queensland, but my Walker of the Week is going to zoom in on the Racewalking Victoria walkers who snapped up medals. Here they are:

AA/RWA Open Women 20km	1.	Tallent, Rachel	RWV	1:36:27
RWA Open 10km Women	1.	Woodward, Erika	RWV	1:00:25
RWA Masters 10km Women	1.	Woodward, Erika	RWV	1:00:25
AA/RWA U16 Girls 5km	1.	Peart, Alanna	RWV	24:26
RWA U12 Girls 2km	1.	Roberts, Darcey	RWV	10:03
AA/RWA U18 Women 5km	2.	Peart, Jemma	RWV	25:45
AA/RWA U16 Boys 5km	3.	Beveridge, Heath	RWV	25:02 PB 0:25
AA/RWA U18 Women 5km Teams	1.	RWV (Jemma Peart, Charlotte Hay, Kaylah Heikkila-Dubowik)		

There were lots of excellent walks amongst that list but my Walker Of The Week goes to the one RWV medallist who managed a PB in the wet conditions, and that was 15 year old **Heath Beveridge**, whose third place in the U16 Boys 5km championship beat his previous best by 25 seconds.

Heath has had a fantastic year, literally improving in every walk. He won the Victoria U16 3000m and U18 5000m track walks way back in February, picked up a bronze in the Australian U16 3000m track championship in March and has now medalled again in the Australian U16 5km road championship. His PBs are very consistent: 9:57 for 2000m, 14:59 for 3km and now 25:02 for 5km.

Well done on a great season, Heath.



Heath in action on the Sunshine Coast last Sunday (photo Shane Dickson)

WHAT'S COMING UP

- Next Saturday, VRWC will hold a new event on our winter season fixture, namely the **VRWC Relays**. We have 10 teams of 4 walkers who will contest this inaugural race, with walkers walking legs of 3km, 2km, 2km and 4km. Handicapper Mark Donahoo has selected teams to make the competition as even as possible. All teams are within a couple of minutes of each other so if everyone walks to their expected handicap times, we can expect a close finish.

Team	Start Time	1 st Leg 3km Open	2 nd Leg 1km Open	3 rd Leg 2km U18	4 th Leg 4km Open
Team 1	00:03	Steve Haverly	Kaylah Heikkila-Dubowik	Liam Hutchins	Kyle Swan
Team 2	00:07	Jason Kozica	Addison Paulke	Hamish Blackwood	Geoff Barrow
Team 3	00:19	Alannah Upson	Havana Ali	Angus Hay	Heath Beveridge
Team 4	01:16	Charlotte Hay	Sophie Blackwood	Darcey Roberts	Karyn O'Neill
Team 5	01:36	Kathleen O'Mahony	Charli Walker	Sebastian Weickhardt	Carolyn Rosenbrook
Team 6	01:46	Donna Elms	Zahlia Heikkila-Dubowik	Alannah Dingli	Paige De Lisen
Team 7	01:55	Holly Cocking	Pam Mews	Emily Smith	Philippa Huse
Team 8	02:14	Albin Hess	Bev Hugo	Isabella Dingli	Corey Dickson
Team 9	02:22	Paul Kennedy	Tayasha Heikkila	Aiden Smith	Mark Blackwood
Team 10	02:39	Luke Epps	Ela Uzun	Tamisha Upson	Pramesh Prasad

Of course, there will still be club scratch races (4km and 1km) at 2:30PM for those who just want a simple walk.

Saturday 1st September 2018 Middle Park

VRWC Relay event: For the individual event, entries close at 1.45pm sharp

2.15pm	Relay event (teams of 4 walkers)	Open
2.30pm	4km	Open
2.30pm	1km	Open
3.30pm	VRWC Winter Season presentations	

- The following Sunday sees our final walks day for the winter, and it is a big one, with the Victorian 50km championship, a RWA 50km championship for women and our VRWC 35km club championship, as well as a 6 Hours Walk and 20km and 10km walks. Entries for the AV 50km are via the Athletics Victoria website at <http://athsvic.org.au/event/2018-av-50km-walks-championships/> (entries for this event close Thursday 6th Sept). Entries for the RWA 50km or the VRWC 35km are via our online panel at <http://vrwc.org.au/wp1/> (entries for these two events close on Friday 7th Sept). Other events can be entered on the day but can also be made via our VRWC online entry panel.

Sunday 9th September 2018 Middle Park

7.30am	50km AV Championship - Jared Tallent Trophy	Open *
	50km RWA Championship	Open Women*
	35km VRWC Championship – Ray Smith Trophy	Open *
	6 Hours Walk	Open
10.00am	20km	Open
11.00am	10km	Open

All VRWC entrants in the 50km and 6 Hour events are automatically entered in the VRWC 35km club championship.

It is also possible to enter this event as a standalone event.

The Victorian 50km and VRWC 35km are Open events, meaning they are open to men and women.

* These events require pre-entry.

- After that, we can all have a good rest until the AV Shield competition starts on Saturday 6th October.
- Good luck to all our walkers competing in the 22nd World Masters Athletics Championships in Malaga, Spain – **Gwen Steed, Russ Dickenson, Heather Carr, Ralph Bennett, Andrew Jamieson** and **Sandra Howorth**. Commiserations to **Kevin Cassidy** and **Mark Donahoo** who were intending to go before unforeseen circumstances forced them to cancel their trip.

Check out the championships website at https://malaga2018.com/GO/eng_index.htm.

The championships run from 4th to 16th September. The walks are spread across the program as follows

Days 4-6	5000m Track Walks
Day 10	10km Road Walks
Day 14	20km Road Walks

THE BERLIN EURO 50K - EVEN BETTER THAN I THOUGHT

By Paul F. DeMeester

Two issues back, in my Euro 50K race report, I gave the impression that Croatian walker Bruno Erent was pacing his female compatriot Ivana Renic after lapping her. I made that assumption while watching the race and wrote it up that way. Did I assume as much because it makes sense for the one who laps the other to set the pace? Or was my assumption gender based? Probably a bit of each; I admit I may display a subtle bias now and then. The dynamic between the two was far more nuanced than the impression I gave in that report. My apologies to Ivana and Bruno. Permit me to try again.

Erent lapped Renic in his 9th lap (2km each). Erent marched past his colleague and kept putting distance between himself and Renic. Just over half-way, his advantage over her had grown to one lap plus 4:47. The gap remained that way for the next 10km, even though both had slowed down some. After Renic passed her 32km mark, she lost the company of Joanna Bemowska (Poland). On her own now, Renic picked up the pace vis-à-vis Erent, making up as much as 1:16 on one lap (her 22nd lap). When Erent had less than three laps to go, Renic unlapped herself. Erent then picked up his pace and was able to keep up with Renic. But it was Renic who was setting the pace. On his last lap, Erent was able to improve his race position by one spot, as the two Croatians were catching Jarkko Kinnunen (Finland), a regular sub-four performer, who was having a bad day at the office. Energized as such, and with his finish in sight, Erent was able to cross the line 11 seconds before Renic, who then entered her bell lap.

Did I miss all that even though I was actually watching the race in Berlin? You bet. It just shows how much there was going on when men and women of world class caliber contest a joint 50K. I paid more attention to the respective race leads than to what was going on further back. So many races within the race were going on that it was impossible to keep up with all of it. Which goes to show you how exciting the joint 50K race concept really is. After getting feedback from some European friends, I studied the time logs again to create a more accurate picture. Hats off to Croatia, a country of only 4.3 million people but one that managed to field an entry in both the men's and women's 50K. What a great sporting nation, and that's without mentioning anything about the World Cup.

For more on Bruno and Ivana's Berlin 50K, check out this five-minute video of their Euro Day at the Races: <https://www.youtube.com/watch?v=VclAWgeEyTU>.



Croatians Bruno Erent and Ivana Renic in action during the Berlin Euro 50K

AUSTRALIAN ROADWALK CHAMPIONSHIPS, LAKE KAWANA, QLD, SUNDAY 26 AUGUST

The Australian Roadwalk Championships were held last Sunday in Lake Kawana, on the Sunshine Coast in Queensland. They say it is beautiful one day and beautiful the next in Queensland, but it rained on the parade on this occasion, with the walkers having to contend with wet and miserable conditions. It took a while for entries to build over the last month of so, but eventually 95 walkers turned out to race in the various events, a reasonable number for this meet. AA Race reports at <http://athletics.com.au/News/wet-weather-sees-jones-and-tallent-win-the-2018-australian-race-walking-championships> and <http://athletics.com.au/News/juniors-strong-on-and-off-road>.

Well done to our small Racewalking Victoria squad, who won 5 golds (**Rachel Tallent, Erika Woodward, Alanna Peart and Darcy Roberts**) one silver (**Jemma Peart**) and one bronze (**Heath Beveridge**) in the individual events as well as teams gold in the U18 Girls 5km (**Jemma Peart, Charlotte Hay, Kaylah Heikkila-Dubowik**).

AA/RWA Open Women 20km	1.	Tallent, Rachel	RWV	1:36:27	
RWA Open 10km Women	1.	Woodward, Erika	RWV	1:00:25	
RWA Masters 10km Women	1.	Woodward, Erika	RWV	1:00:25	
AA/RWA U16 Girls 5km	1.	Peart, Alanna	RWV	24:26	
RWA U12 Girls 2km	1.	Roberts, Darcey	RWV	10:03	
AA/RWA U18 Women 5km	2.	Peart, Jemma	RWV	25:45	
AA/RWA U16 Boys 5km	3.	Beveridge, Heath	RWV	25:02	PB 0:25
AA/RWA U18 Women 5km Teams	1.	Jemma Peart, Charlotte Hay, Kaylah Heikkila-Dubowik			

The wet and cool conditions seemed to slow times, with only a smattering of PBs amongst the races. I have picked out a few of the more obvious ones but have not gone through person by person. The 20km titles went to NSW Australian rep **Tyler Jones** (1:33:02) and Victorian Olympic rep **Rachel Tallent** (1:36:37). It was also great to see Commonwealth Games gold medallist **Dane Bird-Smith** having a walk in the invitation 5km (19:23) and then staying around to chat with everyone. Results follow as per the AA website. I do not have the teams results and the RWA handicap results as yet so they will have to wait for next week. Special mention to Tasmanian walker **Will Robertson** who won the U16 5km in a 24 sec PB time of 23:14.

AA/RWA Men 20km Road Walk

1.	Jones, Tyler	Nsw	1:33:02	
2.	Gibbons, Carl	Nsw	1:37:41	
3.	Duncan, Andrew	WA	1:39:58	
4.	Jimenez Solis, Ignacio	Qld	1:40:14	
5.	Fraser, Timothy	Act	1:43:53	First time
6.	Frew, Connor	Act	1:44:32	
7.	Barendregt, Travis	Nsw	1:55:47	
8.	Patterson, Adam	Vic	2:02:27	
9.	Bennett, Peter	Qld	2:03:04	
	Mccutcheon, Luke	Qld	DNF	

AA Women 20km Road Walk

1.	Tallent, Rachel	Vic	1:36:27	
2.	Pickles, Jessica	Qld	1:47:15	
3.	Dighton, Jasmine	Nsw	1:58:20	

RWA Women 10km Road Walk

1.	Barendregt, Amanda	INV	1:00:06	
2.	Woodward, Erika	RWV	1:00:25	1 st RWA
3.	McKinven, Noela	QRWC	1:28:08	2 nd RWA

AA/RWA Men 10km Road Walk U20

1.	Mann, Bradley	WA	52:24	
	Bedford, Kyle	Nsw	DQ	

AA/RWA Women 10km Road Walk U20

1.	Hayward, Katie	Qld	49:37	
2.	Randall, Alice	Tas	50:39	
3.	Goodhew, Chelsea	Nsw	55:06	
4.	Wang, Eaine	Nsw	59:18	
5.	O'Neill, Molly	Nsw	1:04:38	

AA/RWA Men 10km Road Walk U18

1.	Baker, Mitchell	Act	46:36	
2.	McCutcheon, Nelson	Qld	46:54	
3.	Reid, Benjamin	WA	48:03	
4.	McGinniskin, Jack	Nsw	49:15	
5.	Dickson, Corey	Vic	49:57	
6.	Blaskett, Hayden	Nsw	54:13	

AA/RWA Women 5km Road Walk U18

1.	Hannigan, Caitlin	Qld	24:40	
2.	Peart, Jemma	Vic	25:45	
3.	Blackwell, Anna	Tas	26:20	
4.	Bell, Bridget	Nsw	26:49	
5.	Hay, Charlotte	Vic	27:07	
6.	Mison, Hannah	Nsw	28:35	
7.	Lee, Janaya	Nsw	29:10	
8.	Heikkila-Dubowik, Kaylah	Vic	32:17	PB 1:04
9.	Hamann, Charlotte	Qld	32:21	
10.	McRoberts, Jasmine-Rose	Qld	33:38	

11.	Schofield, Isabella	Qld	37:17	
AA/RWA Boys 5km Road Walk U16				
1.	Robertson, William	Tas	23:14	PB 0:24
2.	Hayward, Kris	Qld	23:54	PB 0:34
3.	Beveridge, Heath	Vic	25:02	PB 0:35'
4.	Wearne, Jonathan	Qld	26:01	
AA/RWA Girls 5km Road Walk U16				
1.	Peart, Alanna	Vic	24:26	
2.	Sandery, Olivia	SA	24:48	
3.	Pitcher, Allanah	Nsw	24:58	
4.	Blanch, Emma	Nsw	26:28	
5.	Ofield, Mackenzie	Qld	28:54	
6.	Bolton, Hannah	Nsw	29:04	
7.	McLoughlin, Chloe	Nsw	29:52	
8.	Schofield, Amelia	Qld	31:20	
AA/RWA Boys 3km Road Walk U14				
1.	Norton, Kai	Qld	15:30	
2.	Bradley, Alex	Qld	15:42	
3.	McCure, Sam	Qld	16:18	
4.	Bell, Darcy	Nsw	17:46	
5.	Bannister, Jack	Qld	20:30	
AA/RWA Girls 3km Road Walk U14				
1.	Griffin, Alexandra	WA	14:18	PB 0:03
2.	Anderson, Jayda	Qld	14:30	
3.	Clarke, Anika	Qld	15:02	
4.	Heap, Ashanti	Qld	15:09	
5.	Ross, Kiera	SA	15:16	
6.	Boughton, Milly	Nsw	15:18	
7.	Thomas, Emma	Nsw	15:27	
8.	Norton, Amber	Qld	16:08	
9.	Mortimore, Brooke	WA	16:49	
10.	Ahern, Chloe	Tas	16:55	
11.	Brady, Korey	Qld	17:40	
12.	Schofield, Scarlett	Qld	17:42	
13.	Millard, Summer	Qld	18:58	
14.	Petterwood, Demi	Tas	19:32	
15.	Fisher, Torryn	Qld	19:48	
16.	Tofful, Amber	Qld	20:28	
RWA Boys 2km Road Walk U12				
1.	Callaghan, Myles	QRWC	10:26	
2.	Bernard, Xavier	WARWC	10:50	
3.	Capps, Charlie	QRWC	10:59	
4.	Blackwood, Hamish	RWV	11:00	
5.	Morgan, Oliver	TRWC	12:45	
6.	Ryan, Dylan	NSWRWC	14:29	
	Peart, Scott	RWV	DQ	
RWA Girls 2km Road Walk U12				
1.	Roberts, Darcey	RWV	10:03	
2.	Pitcher, Sienna	NSWRWC	10:15	
3.	Williams, Lyla	QRWC	10:31	
4.	Teahen, Rebecca	QRWC	10:37	
5.	Flahey, Natasha	NSWRWC	11:25	
6.	Goulding, Lily	QRWC	13:26	
7.	Petterwood, Macie	TRWC	14:23	
	Mortimore, Casey	WARWC	DQ	
Invitation Boys 1km Road Walk U10				
1.	Callaghan, Flynn	Qld	5:40	
Invitation Girls 1km Road Walk U10				
1.	Clarke, Makenna	Qld	5:27	
2.	Heikkila-Dubank, Zahlia	RWV	5:35	PB 0:19
3.	Capps, Chelsea	Qld	5:46	

4.	Fisher, Siaan	Qld	5:52
Invitation Men 5km Road Walk Open			
1.	Bird Smith, Dane	Qld	19:23
	Ahern, Stephen	Tas	DQ

Shane Dickson was busy with the camera and has sent me nearly 500 photos which I have uploaded to our photo gallery at <http://www.vrwc.org.au/piwigo/index.php?category/485>. Thanks Shane! Enjoy everyone.



Corey Dickson, Erika Woodward, Rachel Tallent and Heath Beveridge



Alanna Peart, Jemma Peart, Darcey Roberts and Hamish Blackwood



Will Robertson, Zahlia Heikkila-Dubowik, Charlotte Hay and Kaylah Heikkila-Dubowik



Teams winners Kaylah Heikkila-Dubowik, Charlotte Hay and Gemma Peart

Scott Peart



The Racewalk Victoria Team (all photos Shane Dickson)

VRWC ROADWALKS, MIDDLE PARK, SATURDAY 25 AUGUST

Melbourne put on good weather for our latest VRWC roadwalks at Middle Park on Saturday, with sunny conditions, albeit a cold breeze. With a number of walkers and their families on the Sunshine Coast for the National Roadwalk Champs, numbers were down, but we still had 29 walkers in attendance. Well done to 12 year old **Emily Smith** who walked her first 5km (33:13). Well done to our young walkers in the 3km and 1.5km, many of whom recorded PBs – **Riannah and Heath Tatlock, Alannah and Isabella Dingli, Ela Uzun, Havana Ali** and **Aiden Smith**.

It was also the final hitout for Masters walkers **Ralph Bennett, Sandra Howorth, Gwen Steed, Andrew Jamiesoni** and **Russ Dickenson** before heading off to the World Masters Championships in Spain.

VRWC 12km Walk

1.	Alison Thompson	1:15:21
2.	Donna-Marie Elms	1:18:34
3.	Karyn O'Neill	1:25:38

VRWC 10km Walk

1.	Ralph Bennett	1:02:47
2.	Carolyn Rosenbrock	1:06:35
3.	Sandra Howorth	1:18:48
	Russ Dickenson	DNF

VRWC 5km Walk

1.	Kyle Swan	22:40	
2.	Jason Kozica	23:21	
3.	Holly Cocking	28:47	
4.	Andrew Jamieson	29:57	
5.	Madeleine Feain	30:44	
6.	Emily Smith	33:13	First one
E7.	Barrie Wicks	45:16	
E7.	Steven Haverly	45:16	

VRWC 3km Walk

1.	Luke Epps	16:31	
2.	Grace Louey	18:04	
3.	Riannah Tatlock	18:57	PB 0:19
4.	Alannah Dingli	19:13	PB 0:04
5.	Isabella Dingli	19:40	PB 0:36
6.	Gwen Steed	22:01	
7.	Jan Morrey	23:08	
8.	Bruce Conboy	24:18	

VRWC 1.5km Walk

1.	Sebastian Weickhardt	09:06	
2.	Ela Uzun	09:23	PB 0:59
3.	Aiden Smith	10:25	PB 0:34
4.	Havana Ali	10:30	PB 0:05
5.	Heath Tatlock	15:11	
6.	Pam Mews	15:49	

Thanks as always to our judges, officials and helpers. Apologies if I have missed anyone.

Registration: Mark Donahoo, Ralph Bennett
Setup: Stuart Cooper, Tim Erickson, Terry O'Neill, Lachlan Feain
Judges: Kathleen Marsh (Chief), Terry O'Neill, Stuart Cooper, Frances Attard
Lapscore: Tim Erickson, Mark Donahoo
Canteen: Kate Suich, Wendy Cooper
Photos: Terry Swan (see <http://www.vrwc.org.au/piwigo/index.php?category/484>)
Videos: Gerard Feain

Gerard Feain has produced another little video from our races of Saturday 18th August so I have added it to our VRWC Youtube archive at <http://www.vrwc.org.au/vrwcvideos.shtml>. Thanks Gerard! Check the video out at <https://youtu.be/ziA9Pj7YU3M>.



Ela Uzun, Isabella and Alannah Dingli, Aiden Smith and Havana Ali (photos Terry Swan)



Donna-Marie Elms, Emily Smith, Carolyn Rosenbrock, Riannah Tatlock and Heath Tatlock

ACTRWC ROADWALKS, MOLONGLO REACH, CANBERRA, SATURDAY 25 AUGUST

Thanks to Robin Whyte for this week's results from Canberra. Like us, small numbers with their younger walkers at the National Roadwalk Champs.

4km Walk

- | | | |
|----|----------------|-------|
| 1. | Hannah Manning | 20:46 |
| 2. | Jack Thackray | 35:52 |

2km Walk

- | | | |
|----|------------|-------|
| 1. | Owen Toyne | 10:52 |
|----|------------|-------|

8km Walk

- | | | |
|----|--------------|---------|
| 1. | Greg Durr | 47:17 |
| 2. | Robin Whyte | 52:50 |
| 3. | Bob Parker | 1:01:33 |
| 4. | Helen Toyne | 1:09:36 |
| 5. | Geoff Barker | 1:11:22 |

TASMANIAN ROADWALKS, BRIGHTON (PONTVILLE COURSE), HOBART, SATURDAY 18 AUGUST

Apologies to our Tasmanian Masters walkers. I was sent a great photo of them at their Tasmanian Masters Championships in Hobart on Saturday 18th August. Better late than never!



Wayne Fletcher, Steve Ahern and David Moore looking good at the recent Tasmanian Masters Roadwalk Championships!

SARWC ROADWALKS, ADELAIDE PARKLANDS, ADELAIDE, SATURDAY 25 AUGUST

Thanks to Peter Crump for the last 2 weeks of results from the South Australian Race Walking Club in Adelaide.

Adelaide Parklands, Saturday 18 August

10km Walk

1.	Kim Mottrom	46:54
2.	Mathew Bruniges	53:50
3.	Kristie Goznik	53:52
	Greg Metha	DNF
	James Hoare	DNF

5km Walk

1.	Mia Wilks	31:45
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3km Walk

1.	Toby Wilks	13:38
2.	Olivia Sandery	13:52
3.	Danielle Walsh	16:50
4.	Zayden Kamish	20:18

2km Walk

1.	Sebastian Richards	12:20
2.	Sam Wilks	12:34
3.	Katie DeRuvo	13:19
4.	Tarique Kamish	14:27
5.	Zahra Kamish	17:50

Adelaide Parklands, Saturday 25 August

5km Walk

1.	Kim Mottrom	22:51
2.	Greg Metha	30:11

3km Walk

1.	Mathew Bruniges	15:23
2.	Zayden Kamish	17:38
3.	Liz Downs	23:34

2km Walk

1.	Danielle Walsh	11:24
2.	Aleesha Vidler	12:14
3.	Tarique Kamish	14:21

1km Walk

1.	Jake Vidler	5:06
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SAMA ROADWALKS, WEST BEACH, ADELAIDE, SATURDAY 25 AUGUST

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

10km Yacht Handicap

1.	David Robertson	1:25:24	M85	75.85%
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2.	Gil McIntosh	1:12:37	M68	69.17%
3.	Marie Maxted	1:09:30	W58	72.73%

10km Club Yacht Handicap

1.	Kevin Finn	1:07:46	M66	72.42%
2.	Raelene Schild	1:18:39	W53	60.80%
3.	Rodger Barber	1:19:03	M80	75.09%
4.	Graham Harrison	1:17:54	M75	70.63%
5.	Roger Lowe	1:24:54	M75	64.81%

5km Yacht Handicap

1.	Ross Hill-Brown	42:51	M63	53.98%
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5km Club Yacht Handicap

1.	Cathie Hore	45:44	W67	59.02%
2.	Linda Whitelaw	40:31	W64	64.03%
3.	Margaret McIntosh	42:09	W65	62.35%

2.5km Yacht Handicap

1.	Jill Rogers	23:16	W73	
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XVIII THE IBERO-AMERICAN CHAMPIONSHIPS, TRUJILLO, PERU, 24-26 AUGUST

The Ibero-American Championships in Athletics is a biennial athletics competition for athletes representing Ibero-American countries as well as a number of other Spanish or Portuguese speaking countries in Africa. The first such games was held in Barcelona in 1983 and the 18th was held in Trujillo in Peru last weekend, with 18 countries in attendance. The track walks were held at the Estadio Chan Chan in Trujillo.

10,000m Women, Saturday 25th August, 8AM

The women's race looked a very interesting one on paper, with the top 4 all close on times.

- **Julia Takacs** (ESP), recent bronze medalist at the European Championships 50km and third in the IAAF 50km Ranking behind Ines Henriques (POR) and Hang Yin (CHN), is the holder of the Iberoamerican record with a time of 43:10.85.
- **Glenda Morejon** (ECU), the young Ecuadorian star who comes of her recent bronze of the U20 World Championships in Tampere.
- **Kimberly Garcia** (PER), winner last year at the IAAF Challenge in Rio Maior.
- **Sandra Arenas** (COL), fifth at the World Championships in London 2017, and with wins this year in the IAAF Challenge at Dudince and in the Colombia Cup at Pitalito.

Well reported in http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3264. Takacs was obviously still tired from her recent 50km and soon dropped off the leaders. It was left to Sandra Arenas to walk to a huge winning time of 42:02.99, a new IberoAmerican and a new South American Area record. National records to second placed Kimberly Garcia (42:56.97) and Glenda Morejon (44:12.75). Overall, a small field but very high quality.

1.	Sandra Lorena Arenas Campuzano	1993	COL	42:02.99	IR, Area Record
2.	Kimberly García León	1993	PER	42:56.97	NR
3.	Glenda Estefanía Morejón	2000	ECU	44:12.75	NR
4.	Maritza Jeaneth Guamán Maza	1998	ECU	44:13.19	
5.	Magaly Bonilla Solis	1992	ECU B	44:53.65	
6.	Julia Takacs Nyerges	1989	ESP	45:15.69	
7.	Mary Luz Andia Aratoipe	2000	PER B	47:41.09	

20,000m Walk Men, Sunday 26 August, 8AM

Thanks to marciadalmondo (http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3266) for the results and report from men's 20,000m track walk. With **Mauricio Arteaga** (ECU), **David Hurtado** (ECU) and **Yerko Araya** (CHI) all spending time in Pit Lane, the win went to Mauricio Sanchez (1:22:18.6).

1.	Mauricio José Arteaga Sanchez	1988	ECU	1:22:18.16	
2.	César Rodríguez Dinurga	1997	PER	1:23:22.96	
3.	Juan Manuel Cano	1987	ARG	1:24:07.00	
4.	Yerko Araya Cortés	1986	CHI	1:25:07.20	
5.	Paolo Yurivilca Calderón	1996	PER	1:25:17.23	
6.	Ronald Rey Quispe Misme	1988	BOL	1:29:10.20	
	Luis Henry Campos Cruz	1995	PER B	DNF	
	David Hurtado Espinoza	1999	ECU	DQ	
	Jose Carlos Mamani Flores	1998	PER B	DQ	

SWEDISH T&F CHAMPIONSHIPS, ESKILSTUNA, 25-26 AUGUST

It was a big double in Sweden last weekend, with track championships on the Saturday and longer road championships on the Sunday in Eskilstuna. Good reports on the Swedish racewalking site <http://www.gang.se/>.

First to Saturday, with the women's 5000m and the men's 10,000m track races starting together. As expected, **Monica Svensson** won the women's title with 24.46.64, ahead of **Siw Karlström** whose time of 25.41.20 was a W60 world best. The men's race saw **Ato Ibanez** lead early, until caught and passed by his brother **Perseus Karlström**. Perseus went on to win with 42:39.89 while Ato held on for second with 43:36.97, while bronze went to **Anders Hansson** with 44.49.40. **Remo Karlström** came fourth in a PB 47.19.46.

5000m Walk Women

1.	Monika Svensson	78	Växjö AIS	24:46.64
2.	Siw Karlström	57	Eskilstuna FI	25:41.20
3.	Helena Sandmer	92	SK Svängen	28:28.67
4.	Ellinor Hogrell	68	Enhörna IF	29:07.08
5.	Julia Ibrahim	96	GK Steget	29:53.45
6.	Kerstin B Malm	52	Mälärhöjdens IK	32:22.27

10,000m Walk Men

1.	Perseus Karlström	90	Eskilstuna FI	42:39.89
2.	Ato Alm Ibanez	85	Eskilstuna FI	43:36.97
3.	Anders Hansson	92	SK Svängen	44:49.40
4.	Remo Karlström	88	Eskilstuna FI	47:19.46
5.	Christer Svensson	69	Växjö AIS	52:35.43
6.	Fredrik Sandmer	94	SK Svängen	52:49.76

The road races took place on Sunday in Rothoffsparken, with a shared start at 11AM. 11.00. **Monica Svensson** won the women's 10km with 51.10 and **Perseus Karlström** also scored a double with his 20km winning time of 1:26:45, but not till after surviving a strong challenge from **Ato Ibáñez** (1:27:28). **Christer Svensson** was the first of the masters walkers, completing his 29th straight finish in this event.

10km Women

1.	Monika Svensson	1978	Växjö AIS	51.10
2.	Helena Sandmer	1992	SK Svängen	59.39
3.	Celeste Sheepers	1960	Växjö AIS	1.06.18

20km Men

1.	Perseus Karlström	1990	Eskilstuna Friidrott	44.14	1.26.45
2.	Ato Alm Ibáñez	1985	Eskilstuna Friidrott	44.14	1.27.28
3.	Anders Hansson	1992	SK Svängen	46.27	1.32.35
4.	Remo Karlström	1988	Eskilstuna Friidrott	48.46	1.37.48
5.	Christer Svensson	1969	Växjö AIS	56.04	1.52.05
6.	Anders Wahlström	1966	Södra Ölands GK	59.12	2.06.16
7.	Anders Björkman	1956	IK Jarl	1.04.28	2.15.58
	Fredrik Sandmer	1994	SK Svängen		DNF

3km Youth

1.	Raoul Schultheiss	2005	Tibro AIF	21.10
2.	Ludvig Karlsson Larsson	2002	Eskilstuna Friidrott	19.02

ENGLAND ATHLETICS U/17 AND U/15 AGE GROUP AND DISABILITY CHAMPS, BEDFORD, 26-26 AUGUST

Thanks to Mark Wall for the results and Simone McInnes for the race report (hello Simone!) from the England Athletics U/17 and U/15 Age Group and Disability Championships last weekend in Bedford.

The England Athletics U/17 and U/15 Age Group and Disability Championships were held in Bedford over the weekend, in overcast and fairly wet conditions. In the walks events, small numbers saw the U/15 and U/17 males and females race together over 3000m and 5000m respectively.

The early stages of the Boys U17 5000m race were dominated by **George Wilkinson** and **Oisín Lane**, who opened a substantial gap on the rest of the field. Just after the 1000m mark, Oisín took up the lead and broke away from George. Looking unchallenged for the title, Oisín was pulled off the track after receiving three red cards from the judges with just over one lap to go. George finished off the race strongly and crossed the line first in 24:21.86, ahead of **Matthew Crane** and **Nicholas Hart**.

In the Girls U17 5000m, **Jennifer Fidgeon** walked very well to finish over three minutes ahead of her nearest rival, in a time of 27:47.75. **Lucy Lewis-Ward** came in second, with club mate **Hannah Hopper** taking out the bronze.

With only 2 starters in the Boys U15 3000m walk, **Matthew Glennon** crossed the line first to win the title in (15:31.19). The Girls U15 3000m saw **Ava Ross** walk alongside U17 5000m winner **Jennifer Fidgeon** for much of the race, before pulling away on her bell lap and finishing in 16:22.59. Behind her, **Abigail Smith** and **Hannah Atkinson** walked well to claim the silver and bronze medals respectively.

5000m Walk U17 Girls

1.	Jennifer FIDGEON	Mullingar Harriers (IRE)	27:47.75
2.	Lucy LEWIS-WARD	Cambridge Harriers	30:51.47
3.	Hannah HOPPER	Cambridge Harriers	31:57.83

5000m Walk U17 Boys

1.	George WILKINSON	Enfield & Haringey A C	24:21.86
2.	Matthew CRANE	Bexley AC	25:49.98
3.	Nicholas HART	Aldershot Farnham & District AC	26:37.28
	Oisín LANE	Mullingar Harriers (IRE)	DQ

3000m WALK U15 Girls

1.	Ava ROSS	Glaslough Harriers (IRE)	16:22.59
2.	Abigail SMITH	Blackheath & Bromley Harriers AC	17:28.11
3.	Hannah ATKINSON	Cambridge Harriers	18:49.43

3000m Walk U15 Boys

1.	Matthew GLENNON	Mullingar Harriers (IRE)	15:31.19
	Alex MACHEATH	Cambridge Harriers	DQ

MEET "PUCHAR OBRONCÓW POCZTY POLSKIEJ", GDANSK, POLAND, SATURDAY 25 AUGUST

The 53rd annual Puchar Obronców Poczty Polskiej racewalk festival in Gdansk, Poland, last weekend hosted the Polish U23 and U20 20km roadwalk Championships, as well as the usual 10km Open roadwalks. Thanks to marciadalmondo for the report and results (see http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3265).

Brigita Virbalyte-Dimsiene (LTU) was in superb form in the women's 10km, winning with 43:01 (not far outside her PB of 42:43). She was well ahead of second placed **Mariya Filyuk** (UKR) who walked a PB 46:2, while third place went to fellow Polish walker **Agnieszka Ellward** (POL) with 48:04. The men's 10km saw a strong win to Poland's **Dawid Tomala** (41:47), ahead of Ukrainian **Ihor Sakharuk** (41:52) and fellow Pole **Jakub Jelonek** (42:08).

The U23 national titles went to **Adrian Klonowski** (1:36:09) and **Katarzyna Zdziebło** (1:43:42) while the U20 20km wins went to **Paulius Juozaitis** (1:41:34) and **Marcelina Drozdek** (2:11:51).

10km Open Men

1.	TOMALA Dawid	1989	POL	41:47
2.	SAKHARUK Ihor	1988	UKR	41:52
3.	JELONEK Jakub	1985	POL	42:08
4.	SIKORA Rafał	1987	POL	42:46
5.	NIEDZIALEK Lukasz	2000	POL	43:24
6.	BRUNDUKOU Uladzimir	1990	BLR	44:54
7.	GRINHOLC Grzegorz	1977	POL	47:27
8.	SCHIEDEL Arkadiusz	2000	POL	47:45

10km Open Women

1.	VIRBALYTE Brigita	1985	LTU	43:01
2.	FILYUK Mariya	1995	UKR	46:22
3.	ELLWARD Agnieszka	1989	POL	48:04
4.	DARAZHUK Nadzeya	1990	BLR	48:46
5.	KAPERNA Monika	1990	POL	49:15
6.	KAVALIAUSKAITE Austeja	2000	POL	51:29
7.	LOREK Antonina	1995	POL	51:43

20km U23 National Championship Men

1.	KLONOWSKI Adrian	1997	POL	1:36:09
2.	CYNGOT Jacek	1996	POL	1:44:01
3.	NIEDZIALEK Tomasz	1996	POL	1:44:14
4.	GOLAWSKI Robert	1998	POL	1:44:47
5.	BARANOWSKI Michal	1998	POL	1:45:32

6.	KLAWIKOWSKI Damian	1996	POL	1:46:59
7.	TARA Sebastian	1997	POL	2:28:22

20km U23 National Championship Women

1.	ZDZIEBLO Katarzyna	1996	POL	1:43:42
2.	CETNARSKA Malgorzata	1998	POL	1:50:21
3.	AUGUSTYN Angelika	1996	POL	1:52:02
4.	KALINA Natalia	1996	POL	2:01:01
5.	JACHER Malgorzata	1997	POL	2:09:55
6.	LICKIEWICZ Izabela	1997	POL	2:10:01
7.	PRZESTRZELSKA Kornelia	1998	POL	2:11:34

20km U20 National Championship Men

1.	JUOZAITIS Paulius	2000	LTU	1:41:34
2.	NICPON Kacper	1999	POL	1:46:36
3.	MACIAG Krzysztof	1999	POL	1:51:47
4.	KLIMEK Mateusz	1999	POL	1:56:44

20km U20 National Championship Women

1.	ZEMBIK Michalina	2000	POL	2:05:35
2.	DROZDEK Marcelina	2000	POL	2:11:51
3.	GORCZYNSKA Marta	2000	POL	2:18:41

DANISH TRACK WALK CHAMPIONSHIPS, BALLERUP, DENMARK, SUNDAY 19 AUGUST 2018

Going back a week, when Andreas Nielson (50:28.4) and Helle Jensen (35:17.4) won the Danish track championship walks at the Ballerup Athletics Stadium.

10,000m Men

1.	Andreas W. Nielsen	Aarhus 1900	50:28.4
2.	Thomas Christensen	Phønix	57:10.8
3.	Peer Jensen	Phønix	63:18.7

5000m Women

1.	Helle Jensen	Ballerup AK	35:17.4
2.	Birgit Klaproth	Phønix	37:22.1

FINNISH TRACK WALK CHAMPOINSHIPS, LAPPEENRANTA, FINLAND, WEDNESDAY 23 AUGUST

And now back to last Wednesday for the Finnish wlk championships and thanks to omarchador for the results and report (see <http://omarchador.blogspot.com/2018/08/partanen-e-haapaniemi-vencem-em.html>).

Aku Partanen bounced back from his 50km DNF in Berlin to win the men's 5000m walk comfortably with a fast 18:59.83, ahead of **Aleksi Ojala** (PB 20.10.98, and **Elmo Koivunen** (21.02.16). In the women's 3000m walk, **Hele Haapaniemi** won with a PB 13.15.16, ahead of **Elisa Neuvonen** (PB 13.23.85) and **Enni Nurmi** (13.29.57).

5000m Men

1.	Veli-Matti Partanen	LappUM	18:59.83
2.	Aleksi	Ojala UrjU	19:52.20
3.	Elmo Koivunen	EsboIF	21:02.16
4.	Joni Hava	KU-58	21:09.13
5.	Jaakko Määttänen	KeskiUYU	21:53.79

3000m Women

1.	Hele Haapaniemi	EspTa	13:15.16
2.	Elisa Neuvonen	LappUM	13:23.85
3.	Enni Nurmi	EspTa	13:29.57
4.	Tiia Kuikka	LappUM	13:34.52
5.	Venla Laiho	LaitJy	13:36.27
6.	Oksana Yankova	LänsiUU	15:43.14
7.	Peppi Ahponen	PyhäS	15:48.18
8.	Essi Urpalainen	ImU	19:01.13

24 HEURES DE WADELINCOURT, WADELINCOURT, BELGIUM, 25-26 AUGUST

Emmanuel Tardi as in Wadelincourt in Belgium last weekend for the 4th edition of the annual 24 Heures de Wadelincourt. This was the first of the qualifying races for next year's Paris Alsace Classic and saw very good fields in all divisions.

The race got underway at 1PM on Saturday, with walkers completing an initial lap of 1.608km, then settling into longer laps of 3.514km, thus enabling a 100km mark everyone (the carnival was hosting the Belgian 100km walk championship). The lap included a steep short climb in the middle. Emmanuel reeports.

Wadelincourt is a very pleasant event because you don't walk in a city. You are in the countryside and the spectators include cows horses and sheep. This year, climatic conditions were perfect. The first part of the race was led by **Emmanuel Lassalle** until he stopped after 6 hours (he had come just for a long training walk). The lead then swapped to **Philippe Morel** and **Guido Vermeir** who were contesting the 100km champinoship. Once they stopped, **Jean-Marie Rouault** took over the lead position, holding this until race end at 1PM on Sunday,. His final distance of 196.002km was very impressive. Second went to **Philippe Morel** with 188.219km while third went to **Daniel Vandenaal** with 182.351km. In the women's 54 hour walk, **Karine Zeimer** led all the way, winning with 172.231km, ahead of **Emilie Bizard** with 169.629km.

Ancilliary events included 2x6 Hours (1-7PM on Sat, followed by 7AM-1PM on Sun) and a 6 Hour walk on Sunday morning.

24 Hours Men

1.	Jean-Marie Rouault	ASC Francophone	196.002	24:00:00	8.167 km/h
2.	Philippe Morel		188.219	24:00:00	7.842 km/h
3.	Daniel Vandendaal	CABW	182.351	24:00:00	7.598 km/h
4.	Saadi Lougrada	CM Roubaix	181.294	24:00:00	7.554 km/h
5.	Alexandre Forestieri	Courir a St-Tropez	173.109	24:00:00	7.213 km/h
6.	Daniel Duboscq	La Roche Blanche	168.572	24:00:00	7.024 km/h
7.	Alain Pellerin	AC Chateau-thierry	165.735	24:00:00	6.906 km/h
8.	Bertrand Labarre	CS Provins	153.779	24:00:00	6.407 km/h
9.	Mathieu Olivares	Neuilly-sur-Marne	144.650	24:00:00	6.027 km/h
10.	Daniel L Hoest	Wareme	132.331	24:00:00	5.514 km/h
11.	Christian Fillieux	Saint-Sauveur	127.599	24:00:00	5.317 km/h
12.	Olivier Sakesyn		122.245	24:00:00	5.094 km/h
13.	Alain Alexandre	REF Liege	117.570	24:00:00	4.899 km/h
14.	Patrick Kesselmark	Mareuil-les-Meaux	113.889	24:00:00	4.745 km/h
15.	Andre Rassaind	EA Centre-Isere	109.492	24:00:00	4.562 km/h
16.	Jeremy Dandoy	CM Roubaix	101.575	24:00:00	4.232 km/h
17.	Guido Vermeir	RC Gent	100.000	24:00:00	4.167 km/h
18.	Emmanuel Lassalle	CM Roubaix	61.346	06:40:52	9.182 km/h
19.	Peter Asselman	AC Lebbecke	61.346	07:52:55	7.783 km/h
20.	Cedric Varain	AC Chateau-Thierry	36.748	04:37:37	7.942 km/h

24 Hours Women

1.	Karine Zeimer	AO Nivernaise	172.231	24:00:00	7.176 km/h
2.	Emilie Bizard	Neuilly-sur-Marne	169.629	24:00:00	7.068 km/h
3.	Nathalie Steinville	ASF Villejuif	151.287	24:00:00	6.304 km/h
4.	Annie Berthault-Korzhyk		100.993	24:00:00	4.208 km/h

100 km

1.	Philippe Morel		100.000	11:44:53
2.	Jean-Marie Rouault	ASC Francophone	100.000	11:46:51
3.	Guido Vermeir	RC Gent	100.000	11:52:54
4.	Saadi Lougrada	CM Roubaix	100.000	12:35:45
5.	Daniel Vandendaal	CABW	100.000	12:37:48
6.	Alexandre Forestieri	Courir a St-Tropez	100.000	12:44:40
7.	Daniel L Hoest	Wareme	100.000	12:54:40
8.	Daniel Duboscq	La Roche Blanche	100.000	13:17:15
9.	Karine Zeimer (F)	AO Nivernaise	100.000	13:21:04
10.	Alain Pellerin	AC Chateau-thierry	100.000	13:41:41
11.	Emilie Bizard-Planchot (F)	Neuilly-sur-Marne	100.000	13:47:14
12.	Mathieu Olivares	Neuilly-sur-Marne	100.000	13:47:28

2x6 Hours

1.	Pflieger Erik	Newfeel	101.614	12:03:48
2.	Marechal Pascal	AC Chateau-Thierry	99.691	12:00:19
3.	Bar-le-Duc	Penkalla M - Penkalla A	91.713	12:01:54
4.	Guillot Mickael	Pargny-sur-Saulx	90.431	12:02:27
5.	Mougenot Patrick	MEGA	85.635	12:02:24

6 Hours

1.	Malochet Dominique (F) Playe Christophe	Cheminots Le Havre	47.937 43.141	06:02:31 06:00:09	7.934 km/h 7.187 km/h
2.	Hanton Isabelle (F) Dumenil Valerie (F)	Vertigo	41.218 40.909	06:03:25 06:02:11	6.805 km/h 6.777 km/h
3.	Pruckner Jaroslav Vercaigne Martine	Mlada Boleslav	40.262 38.345	06:06:37 06:05:35	6.589 km/h 6.293 km/h
4.	Stradiot Ludovic Tardi Emmanuel	Basecles LP Longjumeau	36.113 34.190	06:04:24 06:00:20	5.946 km/h 5.693 km/h



Jean-Marie Rouault, Daniel Vandendaul, Guido Vermeir and Philippe Morel (photos Emmanuel Tardi)



Karine Zeimer, Emilie Bizard and Nathalie Steinville

6 JOURS DE FRANCE, PRIVAS, FRANCE, 19-25 AUGUST

I reported in last week's newsletter on the gruelling 6 Day ultra distance walk (see <http://www.6jours-de-france.fr/>) that was currently underway in Privas, France, and in which English Centurion walkers **Richard McChesney (NZL)**, **Karen Lawrie (IOM)**, **Kathy Crilley (ENG)** and **Tony Mackintosh (IOM)** were competing.

Soon after my report, wild weather kicked and the race had to be put on hold. Thunder, lightning, heavy rain and hail assailed the race, flooding the track and partially destroying the timing tent. The organisers had to stop the race for 2h30 as the computers could no longer record the chips. When the race was eventually resumed, the lap length was reduced to 640m for 24 hours, before the full loop could be resumed.

The race was finally stopped after 146hr 30mins instead of the usual 144 hours. The extra 2hr30 was allowed to make up for the time off the track during the storm.

Final victory for the men went to **Patrick Cailleaux** with 608.283km, ahead of **Philippe Clement** (608.283km) and **Christophe Biet** (601.863km), while **Claudie Bizard** was the first of the women with 564.642km. **Richard McChesney** lead for the first couple of days but suffered badly from blisters on the mostly dirt track and spent a lot of time off the track in the second half. To his credit, he soldiered on, finishing 4th with 565.283km. **Kathy Crilley** broke the W70-74 6 Day world best with 350.343km and **Karen Lawrie** broke the W40-44 6 Day world best with 463.803km.

6 Jours de France Walk Division

1.	CAILLEAUX, Patrick	M	FRA	608.283 km	144:37:37
2.	CLEMENT, Philippe	M	FRA	608.283 km	144:37:39
3.	BIET, Christophe	M	FRA	601.863 km	144:37:39
4.	MC CHESNEY, Richard	M	NZL	565.283 km	144:37:39
5.	BIZARD, Claudie	F	FRA	564.643 km	144:37:39
6.	ARITA, Seigi	M	SWI	558.883 km	144:37:39
7.	MACKINTOSH, Tony	M	IOM	505.663 km	144:37:37
8.	LE MANER, Serge	M	FRA	498.563 km	144:37:36
9.	LAWRIE, Karen	F	IOM	463.803 km	144:37:37
10.	ARNAULT, Jacques	M	FRA	458.463 km	144:37:39
11.	LINARD, Benoit	M	FRA	443.543 km	144:37:33
12.	SALOMEZ, Benedicte	F	FRA	400.923 km	144:37:39
13.	LESCURE-THANRON, Elisabeth	F	FRA	393.043 km	144:37:39
14.	BEN, Roger	M	FRA	388.423 km	144:37:39
15.	ARNAULT, Francoise	F	FRA	386.603 km	144:37:39
16.	LESCURE, Frederic	M	FRA	385.963 km	144:37:39
17.	PIERRE, Patrick	M	FRA	374.283 km	144:37:39
18.	ESTATOF, Bernard	M	FRA	356.483 km	144:37:39
19.	DECLOCQUEMENT, Jose	M	FRA	354.503 km	144:37:38
20.	CRILLEY, Kathy	F	GBR	350.343 km	144:37:38
21.	HAUSMANN, Martina	F	GER	327.803 km	94:54:25
22.	SOUILLE, Jean-pierre	M	FRA	262.363 km	144:37:39
23.	THANRON, Bernard	M	FRA	254.203 km	144:37:39
24.	BURGER, Alain	M	FRA	142.403 km	144:37:39



*Karen Lawrie, Francoise Arnault, Elisabeth Lescure-Thanron, Claudie Bizard, Patrick Cailleaux and Philippe Clément
Photos from Emmanuel Tardi*

2019 PARIS ALSACE CLASSIC ANNOUNCED FOR 5-8 JUNE 2019

The 2019 Paris Alsace Classic has been confirmed for 5-8 June 2019 (see <https://www.facebook.com/marchemythiqueorganisation>). It comes in the usual 3 flavours but, in a major change, men and women can enter in any of the 3 races.

- La Mythique: 430km in 3 stages (10+360+60)
- La Vosg enne: 305km in 4 stages (10+35+200+60)
- La Noc enne: 230km in 3 stages (10+160+60)

The qualifying races have been set as follows

- 24 Heures de Wadelincourt, Belgium 25-26 August 2018
- 28 Heures de Roubaix, France 15-16 September 2018
- 24 Heures de Bourges, France 23-24 February 2019
- 24 Heures de Chateau-Thierry, France 16-17 March 2019
- Marche du Grand Est 6-8 April 2019
- 24 Heures de Dijon 20-21 April 2019

With two additional ancilliary events listed

- 8 Heures d'Etampes-Sur-Marne 25 November 2018
- 8 Heures de Charly-Sur-Marne 3 February 2019

OUT AND ABOUT

- The 2019 UK Centurion qualifier has now been confirmed for the weekend of 18-19 August in Castletown, Isle of Man.
- Kipyegon Bett, 20y, Kenya's world 800 meters bronze medalist from London 2017, has tested positive for banned blood booster Erythropoietin (EPO), Athletics Kenya (AK) officials said on Friday 24. August. He is the fifth Kenyan based tested positive this year. See <https://antidopingworld.wordpress.com/2018/08/27/world-800m-bronze-medallist-kipyegon-bett-ken-tests-positive-for-epo/>.

MARCIADALMONDO AND OMARCHADOR ROUNDUP

There are 5 press release for us from Marciadalmondo this week

- Sun 26 Aug - Trujillo (PER): Mauricio Arteaga (ECU) wins the Ibero-American Championships http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3266
- Sat 25 Aug - Danzica (POL): Great result of Brigita Virbalyte-Dimsiene http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3265
- Sat 25 Aug - Trujillo (PER): Sandra Arenas (COL) wins the Ibero-American Championships http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3264
- Thu 23 Aug - Preview of this weekend's Iberoamerican Championships in Trujillo (PER) http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3263
- Tue 21 Aug - Byrkjelo (NOR): Haukenes and Helgeim win Norwegian championships http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3262

and omarchador has 8 press releases

- Mon 27 Aug - Judges from the Ibero-American Games in Trujillo, Peru http://omarchador.blogspot.com/2018/08/a-equipa-de-juizes-de-marcha-nos-jogos_27.html
- Mon 27 Aug - Mauricio Arteaga wins Ibero-American title in Trujillo <http://omarchador.blogspot.com/2018/08/mauricio-arteaga-obtem-titulo-ibero.html>
- Sun 26 Aug - Lorena Arenas, champion in Trujillo with South American record <http://omarchador.blogspot.com/2018/08/lorena-arenas-campea-em-trujillo-com.html>
- Sat 25 Aug - Partanen and Haapaniemi win Finnish track walk champs in Lappeenranta <http://omarchador.blogspot.com/2018/08/partanen-e-haapaniemi-vencem-em.html>

- Fri 24 Aug - Results of the Irish Veterans' Day in Tullamore
<http://omarchador.blogspot.com/2018/08/o-dia-dos-veteranos-irlandeses-em.html>
- Thu 23 Aug - Preview of the IberoAmerican Games in Peru, starting tomorrow
<http://omarchador.blogspot.com/2018/08/iberoamericanos-de-atletismo-amanha-em.html>
- Wed 22 Aug - Results of the Swiss Cup walk between Massongex and Les Giettes
<http://omarchador.blogspot.com/2018/08/campeonato-da-suica-em-subida-massongex.html>
- Tue 21 Aug - Suzhou (China) hosts the IAAF World Challenge Final
<http://omarchador.blogspot.com/2018/08/suzhou-china-recebe-final-do-challenge.html>

FROM THE ARCHIVES – THE 1968 OLYMPIC 50KM WALK

Yesterday Frank Clark forwarded me this fantastic photo taken shortly after the start of the 1968 Olympic 50km walk in Mexico City. One of the best I have seen. Thanks so much Frank.



1968 Olympic 50km Walk

PAUL NIHILL MBE

Thanks to Paul Nihill for his scrutiny of the draft version of this short biography and for his amendments and suggestions. Paul wishes to dedicate the article in memory of his mother.

Consider England's racewalking dominance in the early 1960s.

- 1960 Don Thompson wins the 1960 Olympic 50km and Stan Vickers finishes 3rd in the Olympic 20km.
- 1961 Ken Matthews wins the inaugural 1961 Lugano Cup 20km and George Williams is third, while Don Thompson takes silver in the 50km. GBR wins the teams event.
- 1962 Ken Matthews wins the European Championships 20km and Don Thompson takes bronze in the 50km.
- 1963 Ken Matthews wins and Paul Nihill is second in the 1963 Lugano Cup 20km and Ray Middleton takes silver in the 50km. GBR wins the team event, with three 20km walkers finishing in the top 6 and three 50km walkers finishing in the top 6.
- 1964 Ken Matthews wins the Olympic 20km and Paul Nihill takes silver in Olympic 50km.

I have written previously on Don Thompson¹ and Ken Matthews². It is now time to zoom in on the third of these outstanding walkers, namely Paul Nihill.

Less spirited in style than Thompson, less machine like than Matthews, Nihill brought to British walking an astonishing versatility and resilience that now sees him regarded as perhaps their greatest ever walker.

He enjoyed an outstanding, record-breaking career. Between 1967 and 1970, he won 85 of his 86 walking races, his only defeat coming in the Olympic 50km at the 1968 Mexico City Olympics, when in the thin air of the high altitude, he pushed himself to a standstill, collapsing within a few miles of the finish. Nihill then concentrated on the 20km distance, becoming European champion in 1969, winning a European bronze medal in 1971 and setting a world record in 1972. His career included 4 Olympic Games (1964, 1968, 1972 and 1976), the first male British athlete ever to achieve this feat.



Paul Nihill pictured at speed in the 1971 AAA 10,000m (photo ED Lacey)³

The starting place for any article on Paul Nihill is the wonderful 2006 extended audio interview recorded as part of the British Library Sound Archive⁴. It is just over 3 hours in length and I listened to it all as part of the process of writing this document.

And now onto the facts and figures.

For most sporting stars, their life makes for easy reading. They generally come from a stable family background and have lots of support as they progress through the ranks. Nothing could be further from the truth in the case of Paul Nihill.

Vincent Paul Nihill was born 5th Sept 1939, 2 days after the outbreak of WWII.

Nihill's early life was tumultuous. He was placed in an orphanage in Chelmsford at 2 years of age as his family disintegrated around him. He was eventually reunited with his mother in Croydon but family life continued to be fraught with difficulties. His family was poor and they struggled for money. Further, he had a poor but stable relationship with his stepfather and spent much time roaming throughout London rather than being at home.

Eventually, at 9 years of age, he was sent back into care in a Catholic convent school in Littlehampton. Although only there for 6 months, he suffered physical and psychological abuse, an experience that he admits left him scarred for life. His mother fought in the courts to regain custody and he was returned to her on his 10th birthday. Finally some normality returned to his life.

He was sent to the Woodside School in Addiscombe, Croydon, and it was there that he discovered his love for sport. He joined the local boys club and boxed and ran and played football and cricket. Slightly built, he boxed at 6st 7lbs as a 14 year old (he was a late developer and did his growing once he left school at age 15).

He loved boxing more than athletics but he could see that he was better at athletics. For a while he combined the two sports competitively but eventually running took over. A critical point was reached when the boys club coach encouraged him to move to cross country from the sprints. He instantly took to it.

1 See <http://www.vrwc.org.au/tim-archive/articles/wo-don-thompson.pdf>

2 See <http://www.vrwc.org.au/tim-archive/articles/wo-ken-matthews.pdf>

3 The Official Centenary History of the AAA by Peter Lovesey p 143

4 See <https://sounds.bl.uk/Oral-history/Sport/021M-C0790X0037XX-0100V0>

His school career was all too short and he left, aged 15. His first job was as an office boy in a wholesale grocery, where he stayed for 18 months. It was during this time that he had his first racewalk. He was just 17 when he saw an athletics club advertisement in the paper which read "Can you walk 5 miles in an hour?" He duly participated, coming second to famous London to Brighton runner Charlie Busby (Blackheath Harriers), then aged 48. From then on, he was mixing running and boxing and walking.

While his sporting endeavours were flourishing, not much else was. In fact, he was pushed out of home at age 17, after further friction with his stepfather. Finding himself now homeless and with no support network of friends or family, he joined the Army as a regular. It was a decision based on sheer desperation. Alas, he could not cope with the army way of life and ran away within a week. Although he had signed on for 7 years, he was allowed to officially leave after only forty days, after taking an overdose of tablets. He had attempted to kill himself as a means of release from his army commitment. This was an indication of his precarious mental health at that time.

In 1958, he found lodgings in South Norwood and finally settled, staying there for the next 7 to 8 years, sourcing a job with Corona, a soft drinks firm, and eventually marrying and fathering a family of three children, Tony, Clare and Vincent.

He had a lot of knee trouble in his late teens and in 1959, aged 19, the doctors identified a chipped bone within the knee. Eventually he had his patella removed, a serious operation that took many months to recover. He found he could no longer box or run without pain, so walking now took precedence. Within 4 years he was an international walker.

He joined the Surrey Walking Club and threw himself into training. He was a loner who trained morning and night, with long walks thrown in on the weekend, covering many miles a week.

Tall (at 1.8m) and lean (a light framed 66kg), he was a versatile all rounder with an abundance of speed and stamina. Equally good at both track and road, he eventually excelled and set records in all distances from 1 Mile (6m 17s) to 50km.

Over the years, he worked for a number of big companies, including GEC, British Rail and Lloyds Bank. He was generally well supported by these companies and granted additional time to train and take time off for major races. But for now that's all further down the track.

By February 1961, he was mentioned in the Race Walking Record for his 2nd place in the Southern "Garnett" 10 Miles Championship at Brighton (81:13) behind Surrey teammate Maurice Fullager.

A year later, in March 1962, he had started to make his mark nationally, taking 4th in the London Counties 10 Miler (77:17) and 5th place in the 10 Miles National Championship (79:09), one place behind Don Thompson and one place ahead of Ray Middleton. He followed this up with third in the 20 Miles National Championship (2:46:13) behind Matthews and Thompson. He then went into longer distance mode with 9th in the National 50km (4:51:32 and a Surrey Walking Club teams win), 4th in the Birmingham Outer Circle 25 Miler (3:48:44) and 9th in the Hastings to Brighton 38 Miler (6:13:32). The only race he did not seem to do was the London to Brighton! His season finished with appearances in the various 7 Mile classics, gaining places in them all. Ken Matthews was still the dominant walker but Nihill was now one of the young hopefuls nipping at his heels.

If 1962 was a promise of things to come, 1963 saw the fulfilment of that promise. Consider his major races for that year, leading up to his first Lugano Trophy appearance in October:

Feb: 1st in the London Counties 10 Miles Championship (75:07) and the Counties 10 Miles Championship (74:10)
Mar: 2nd to Ken Matthews in the National 10 Miles Championship (73:20 to 73:34)
Apr: 1st in the Metropolitan W.C. Open 20 km (1:32:09)
May: 1st in the National 20 Miles Championship (2:39:43)
June: 4th in the National 50km (4:26:06), followed a week later by 1st in the Southern Area AAA 2 Miles Walk (13:43.6)
Aug: 2nd to Italian Abdon Pamich in the London Vidarians 25 Miler (3:23:00)
Sept: 3rd in the France vs GB 20km match (1:35:04), followed a week later by 1st in the Highgate Harriers One Hour Walk (8m 462 yd)

He was disappointed when he was not invited to walk with Matthews in the 1963 Milan 30km but amends were made when he was named as part of the British team to contest the Lugano Trophy in Varese, Italy. That weekend of 12-13 October 1963 now stands as perhaps the greatest weekend in British racewalking history, with the British team surpassing all expectations in this, the second Lugano Trophy meet. Every member of the team finished in the first 6: Middleton 2nd, Wallwork 5th and Fogg 6th in the 50km and Matthews 1st, Nihill 2nd and Edgington 6th in the 20km. The 20km results showed a close race, but one in which Matthews was not really challenged for gold and Nihill was not really challenged for silver.

1963 Lugano Trophy 20km, Varese, Italy, 13th October

1.	Ken Matthews	GBR	1:30:11
2.	Paul Nihill	GBR	1:33:19
3.	Antál Kiss	HUN	1:33:38

1964 now loomed large as the Olympic year and Nihill weighted his options. If he contested the Olympic 20km, the best he could do was second. No one was going to beat Ken Matthews! So he chose to contest the Olympic 50km. Don Thompson was in the twilight of his career and Nihill was now beating him regularly. The 50km landscape certainly looked clearer. He got to work.

He was second in the National 10 Miles (72:03) in March, won the Metropolitan W.C. 20km (91:39) in April, won the R.W.A 20 Miler (2:40:13) in May and won the National 50km in June (4:17:10).

It was no surprise when he was named as the British number 1 walker in their Olympic 50km team. He was clearly amongst the Olympic favourites and was broadly picked to medal behind the clear favourite, Italian Abdon Pamich.

Race conditions on the day were perfect from Nihill's perspective. The hot and humid Tokyo summer conditions gave way to a wet and cool day, just like home! Pamich lead early with Agapov (Russia) but broke clear at the 15km mark. Soon he was joined by Nihill and Hohne (Germany). The German quickly fell back and it was left to Pamich and Nihill to fight it out. Near the 38km mark, Pamich was forced to stop with stomach problems but Nihill's time in the lead was short and, by 40km, Pamich was 4 secs in front. Nihill chased the Italian through the final 10km but could not bridge the gap, eventually finishing 19 seconds behind in second place.

Both Pamich and Nihill had broken the current world record. Further, the first 12 to finish had bettered the current Olympic record. Retrospectively, Nihill regarded his 1964 Olympic silver medal as his greatest ever performance.

1964 Olympic 50km Walk, Tokyo, Japan, 1st July

- | | | | |
|----|-------------------|-----|-----------|
| 1. | Abdon Pamich | ITA | 4:11:12.4 |
| 2. | Paul Nihill | GBR | 4:11:31.2 |
| 3. | Ingvar Pettersson | SWE | 4:14:17.4 |



Paul Nihill (right) relishes the wet conditions in the 1964 Olympic 50km championship (photo Getty Images)

1965 saw Nihill continue on his winning ways, taking golds in the AAA 2 miles and 7 miles championships, along with wins in the RWA 10 miles and 20 miles and 20km.

1966 continued in much the same mode, but all was not right. Eventually, trying to find a balance between his career as an athlete, his ongoing financial problems and the pressures of a young family, it became too much and he suffered a serious breakdown in health. He was forced to take time off work, he stopped racing and he withdrew from life in general.

The buildup to this was hidden from the public and it was a surprise to the local walking community when the following was published in the September 1966 issue of the Race Walking Record (No 288).

PAUL NIHILL RETIRES

During the month of August, Paul Nihill, the Olympic 50km silver medallist, announced his retirement from racewalking. This announcement came after Paul had been selected to represent Gt. Britain over 20 kms at the European Games. Despite Paul's reported annoyance with the selectors, R.W.A. officials and walkers in general, we find it difficult to understand why he should choose to retire a couple of weeks before the Games. Generally, selected competitors retire afterwards. During 1965, he set standards which future walkers will find extremely difficult to equal, never mind surpass, when he won all the major A.A.A and R.W.A. National titles except the 50km.

Not exactly a sympathetic hearing!

He continued to train as much as he could but it was some time before he could face the starter's gun again. Yet, by 1968 he was back as the foremost British walker, winning all the major championships from 7 miles to 50km. His time the R.W.A 10 Miler in April (72:28) indicated he was getting back into top form.

Again, he had to decide whether to nominate for the 1968 Olympic 20km or 50km as he had clearly qualified for both. He eventually chose the longer distance as he thought it would be the safer option in the high altitude of Mexico City. The discussions had centred on the dangers in particular in the middle distance events.

Yet it proved to be the wrong decision, as the Olympic 50km was walked in oppressive heat, and heat was the one thing that Nihill at that time found difficult.

He led the Olympic 50km field out of the stadium, confident in his preparation and feeling he was ready to win. Just as in 1964, the race developed into a two person duel, with him alone in the lead with Christoph Hohne (East Germany) by the half way mark. But things quickly fell apart soon after, with Nihill falling back and eventually collapsing around the 45km mark, while in 11th place. It was Nihill's only defeat for the year.

Writing in the Race Walking Record, Ken Best said "*It was unfortunate that this greatest of all sporting events was marred by controversy over altitude.*"

Nihill bounced back in 1969 in the best possible way, winning the first 3 British championships, passing the landmark of 50 consecutive wins in England, setting UK records at 5000m (20:14.2) and 3000m (11:51.2) and setting five other records at championship level.



*1969 Sward Trophy Meet at the Crystal Palace in London – Paul Nihill wins the men's track walk
(photo mediastore warehouse)*

He was rewarded with vests for two upcoming international meets. The first of the two was held in Brno on the morning of July 6th in humid conditions, over 16 laps of a concrete circuit. Nihill broke clear on the seventh lap, going on to win by over 4 minutes.

Czechoslovakia v Great Britain, Brno, Czechoslovakia, 6th July 1969

1.	Paul Nihill	GBR	91:22.2
2.	Peter Fullager	GBR	95:30.6
3.	Alexander Bilek	CZE	97:20.6

The second meet was a three way contest in Los Angeles 2 weeks later. This was the race he regarded as his greatest ever non-championship performance, defeating Olympic 20km champion Vladimir Golubnichy and Olympic bronze medallist Nikolai Smaga, both representing the USSR.

USA v COMMONWEALTH v USSR, Los Angeles, USA, 19th July 1969

1.	Paul Nihill	GBR	91:49.8
2.	Vladimir Golubnichy	USSR	92:11.0
3.	Ron Laird	USA	92:27.0
4.	Nikolai Smaga	USA	92:51.4
5.	Frank Clark	AUS	93:14.6
6.	Robert Kitchen	USA	98:02.4

It was no real surprise when he backed up with a win in the European Championships 20km in Athens in September.

1969 European Championships, Athens, Greece, 24th September 1971

1.	Paul Nihill	GBR	1:30:48
2.	Leonida Caraiosifoglu	ROM	1:31:06
3.	Nikolay Smaga	USSR	1:31:20

Ominously, Russians finished in 3rd and 7th places and East Germans finished in 4th and 5th places in this race. This period marked the start of the modern doping era and the high placings from these two countries sent an ominous warning.

He was a worthy recipient of the 1969 UK athlete of the year.

1970 was another spectacular year for Nihill, achieving world bests at 3000m and 10 miles and winning national titles at 3km, 20km, 20 miles and 50km. But awful news awaited him. His wife had contracted hepatitis and, even though he took all precautions, he too came down with the disease. It was shattering. He had been the firm favourite for the 1970 Commonwealth Games which were to be contested in Edinburgh in July. He now had to bypass the opportunity.

Retrospectively, he felt he was never the quite the same walker afterwards. But he did gradually recover and was well enough to join the team for the 1970 Lugano Trophy meet in Eschborn, Germany, later that year. There he finished a lowly (by his standards) 15th place with 1:33:10, the second of the British walkers, behind Ron Wallwork, who was 10th with 1:31:36.

By late 1971, he was back on song and was named in the team for the 1971 European Championships, contesting the 20km in Helsinki. His 3rd place finish was a personal best 1:27:43.8 and broke Ken Matthews' British record. Of the first 8 placings, Nihill (3rd) and Embleton (6th) were the only non Eastern Bloc walkers.

European Championships, Helsinki, Finland, 10th August 1971

1.	Nikolay Smaga	USSR	1:27:20.2
2.	Gerhard Sperling	East Ger	1:27:29.0
3.	Paul Nihill	GBR	1:27:34.8

In the leadup to the 1972 Olympics, Nihill was chasing both 20km and 50km performances, perhaps eyeing the double at the Olympics.

He travelled to East Germany, for the 1972 May Day (1st May) walk meet in Berlin, choosing the 50km option. After leading at half way with a very fast 2:00:43, he looked set for a very quick time. Yet 500m later, he blew, struggling to finish the 20 lap course in 6th place with 4:30:12, after taking 66 minutes for the last 10km. As the Race Walking Record reported: "*Even Paul Nihill is human and can take a hammering*".

Two weeks later, he won the R.W.A. National 20km championship in a convincing 88:45, a superb 5 minute win on a tough course. This locked in his Olympic 20km spot.

Two months later, he raced his fastest ever 20km on the Isle of Man, winning with a World Record time of 1:24:50, breaking the two month old record of 1:25:19, held by Gennadiy Agapov of Russia. This World Record would stand for 4 years until bettered by Daniel Bautista in 1976. It would stand as the British record until 1983 when Steve Barry bettered it with 1:22:51.

20km World Record Progression ⁵

1:25:19	Gennadiy Agapov	URS	1972-05-07	Berlin, Germany
1:24:50	Paul Nihill	GBR	1972-07-30	Isle of Man
1:23:40	Daniel Bautista	MEX	1976-05-30	Bydgoszcz, Poland

He was duly named for the 20km / 50k double for the Munich Olympics, and went into the 20km race as the current World Record holder and clear favourite. But it was not to be. While leading around the half way mark, he experienced severe thigh pain and could only limp home for 6th place with 1:28:44.

5 See https://en.wikipedia.org/wiki/Men%27s_20_kilometres_walk_world_record_progression



*1972 Olympic 20km - Bernd Kannenberg, Nikolay Smaga, Peter Frenkel, Paul Nihill and Vladimir Golubnichy
(picture Getty Images)*

The team doctors worked furiously on his leg during the 4 day break before the 50km but had only limited success. He finished 9th in the 50km with 4:14:09. His legs felt heavy and he had obviously not recovered from the 20km race.

Two days later on 5th September 1972, on his 33rd birthday, the Munich Olympic Games terrorist attack took place.

Nihill retired in early 1973, citing a lack of incentive after Munich for his decision. He swapped over to road running, with just the occasional local walk. As far as he was concerned, he had retired from international standard sport.

Late in 1975, he had second thoughts. It might be nice after all to become the first British male athlete to compete at four Olympic Games (an achievement not equalled until Daley Thompson in 1988).

At 35 years of age, he still had enough speed in his legs to win the AAA 3000m title. He backed up with third in the 1976 National 20km in 1:31:38, thus gaining selection for the Montreal Olympic Games 20km, where he finished 30th in 1:36:40.4.



Paul Nihill trains in the 1976 Olympic Village with Australian Ross Hayward

But that was definitely the final roll of the dice for him. This time, it would be a permanent retirement. And he stayed true to his word.

In 1976, he was awarded an MBE for services to sport. With this recognition, he joined Don Thompson and Ken Matthews who had both already received MBEs.

The most versatile of British walkers, Nihill won 27 AAA and many more RWA championship titles between 1963 and 1975. His AAA championship wins included

AAA 10 Miles Road:	4 golds
AAA 20km Road:	6 golds
AAA 2 Miles / 3 km Track:	4 golds
AAA 20 Miles Road:	6 golds
AAA 50km Road:	3 golds
AAA 7 Miles / 10 km Track:	4 golds

In the period from 1956 to 1975, Nihill did 574 races, of which he won 358, was second in 53 and third in 43. In Britain, he won 96 races consecutively from 1967 to 1971. In international races, he had 51 consecutive wins.

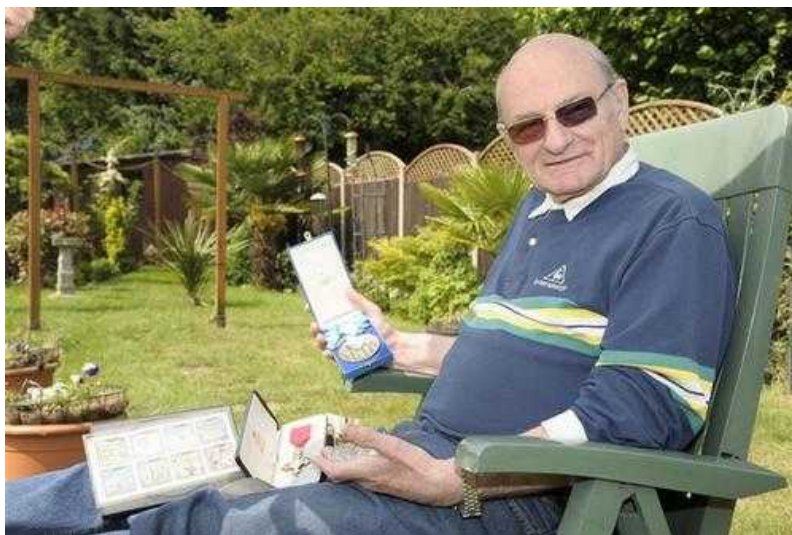
Nihill's punishing training sessions were the stuff of legend, like those of his contemporary and fellow Olympian Don Thompson. In the early 1960s, he trained under the eye of former Belgrave Harriers international George Williams. Williams encouraged him to perform sprint repetitions. Writing in the Race Walking Record 35 years later, Nihill said:

On several occasions we did sixty sprints and thereafter a hard road session up and down hills. One thing I always credit the sprints with was giving me my rhythm, something I did not have prior to meeting up with George. He also introduced me to drinking but that's another story. Later in my racewalking life, when attempting not too serious comebacks, I always prepared by doing "George Williams 100s", plus road work of course. We not only did 100s but 200s, 300s, 400s and 800s, all with little rest between them. If they weren't beneficial, I would not have done them.

Nihill continued to move in racewalking circles after his retirement, doing the occasional race and serving a term as President of the Race Walking Association. He has also continued his association with his first love boxing, holding many positions over a longer period of time.

As well as his various sporting interests, he used to present a midweek show on BBC Radio Medway on 50's rock 'n' roll music – of which he is an expert and has a huge collection.

In 2013, he finally announced that he had had his last walking race. It was time to hang up the shoes for good after a career spanning 65 years.⁶



Paul Nihill shows off some of his large memorabilia collection on the occasion of his official retirement in 2013
(Photo <https://www.kentonline.co.uk>)

In 2016, Nihill was honoured to have a road in Addiscombe named after him. It was only fitting that the road-naming ceremony took place on the day on which the 50 km walk was taking place at the 2016 Olympics in Rio de Janeiro.

I did like the comment by the Inside Croydon reporter:

*Sadly, we believe that the developers have missed a trick, by opting to call the road Nihill Place. Nihill Walk would have been much more fitting.*⁷

⁶ See <https://www.kentonline.co.uk/medway/news/olympic-ace-decides-to-call-2617/>

⁷ See <https://insidecroydon.com/2016/08/18/olympic-medallist-nihill-to-be-honoured-in-addiscombe/>



A review of his major meet placings shows the quality of his walking, over an extended period.

12-10-1963	2 nd IAAF Lugano Cup	Varese, ITALY	2 nd	20km	1:33:18
01-07-1964	18 th Olympic Games	Tokyo, JAPAN	2 nd	50km	4:11:31
01-07-1968	19 th Olympic Games	Mexico City, MEXICO	DNF	50km	-
24-09-1969	9 th European Championships	Athens, GREECE	1 st	20km	1:30:48
10-10-1970	5 th IAAF Lugano Cup	Eschborn, GERMANY	15 th	20km	1:33:10
10-08-1971	10 th European Championships	Helsinki, FINLAND	3 rd	20km	1:27:34
31-08-1972	20 th Olympic Games	Munich, GERMANY	6 th	20km	1:28:44
03-09-1972	20 th Olympic Games	Munich, GERMANY	9 th	50km	4:14:09
23-07-1976	21 st Olympic Games	Montreal, CANADA	30 th	20km	1:36:40

His personal bests of **11:51.2** (3000m), **20:14.2** (5000m) **1:24:50** (20km) and **4-11:31** (50km) have stood the test of time and remain competitive in this modern era.

Now 78 years of age, he lives in Kent.

Additional References:

- The Official Centenary History of the AAA by Peter Lovesey, 1979
- Unbroken Contact: One Hundred Years of Walking With Surrey Walking Club, Edited by Sandra Brown, 1999
- British Olympic Association Official Report of the Olympic Games 1964
- British Olympic Association Official Report of the Olympic Games 1968
- British Olympic Association Official Report of the Olympic Games 1972
- RaceWalking Record Archive at <http://www.racewalkuk.com/Archive/Archives.asp>

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

Sept 9 (Sun), 2018	Victorian 50km Roadwalk Championship, Middle Park, VIC
Oct 5-6, 2018	AV Shield commences (Round 1 at various venues)
Oct 13-20, 2018	Alice Springs Masters Games - www.alicespringmastersgames.com.au/
Nov 2-11, 2018	Pan Pacific Masters Games, Gold Coast - https://mastersgames.com.au/ppmg/
Nov 2-4, 2018	2018 Victorian All Schools Track & Field Championships, Albert Park
Dec 2 (Sun), 2018	Australian 50km Championships Meet, Fawkner Park, VIC
Dec 7-9, 2018	Australian All Schools T&F Championships, Cairns, QLD

Australian/Victorian Key Dates – 2019

Jan 26-28, 2019	Victorian Country T&F Championships, Bendigo
Feb 3 (Sun), 2019	Australian/Oceania 20km Championships, Adelaide, SA
Mar 1-3, 2019	Victorian T&F Championships, Weekend 1, Albert Park
Mar 8-10, 2019	Victorian T&F Championships, Weekend 2, Albert Park

Mar 16-17, 2019 Victorian Masters T&F Championships, Albert Park
Mar 30 – Apr 7, 2019 Australian Athletics Championships, Sydney (10,000m track walk championships)
Apr 13-14, 2019 Coburg 24 Hour Carnival, Coburg, VIC
Apr 26-29, 2019 Australian Masters T&F Championships, Albert Park

International Dates – 2018 and onwards

Sept 4-16, 2018 **22nd World Masters Athletics T&F Championships**, Malaga, Spain
Sep 24-26, 2018 Around Taihu International Race Walking 2018, Wuzhong, CHN (IAAF RW Challenge Cat B)
See <http://www.wzdrs.com/>.

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, Belarus
July 17-20, 2020 **18th IAAF World U20 T&F Championships**, Nairobi, Kenya
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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