



HEEL AND TOE ONLINE

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ANOTHER YEAR DONE AND DUSTED

As our VRWC financial year comes to a close, I can report another action packed year of newsletters, with 52 in total. In fact, I checked my archives and found I have only missed one weekly issue in the last 11 years. That was in 2016 when I was in the darkest Amazon jungle on a tour.

I start this issue by acknowledging all those people who regularly feed results to me. On the Australian front, thanks to Kerrie Peart and Paul Rance (VIC), Colin Hainsworth and Peter Crump (SA), Robin Whyte (ACT), Terry Jones (WA) and Robyn Wales (QLD). Internationally, thanks to Emmanuel Tardi (FRA), Mark Wall, Mark Easton and Ron Wallwork (GBR) and the many others who let me know the latest news and let me use their photos. Apologies if I missed anyone. The old brain cells sometimes get a bit overworked!

And of course it would be indeed remiss of me if I did not acknowledge the mighty efforts of US Attorney at Law Paul DeMeester who vigilantly defends the 50km against internal IAAF forces (sadly, some from within the walks community itself) and is such a champion of the women's 50km.

I am also indebted to the writers behind http://www.marciadalmondo.com/ and http://omarchador.blogspot.com.au/ for the many results and race reports that they regularly produce. In our own way, we all work to ensure that you, the reader, have the latest racewalking news in a timely manner.

That said, here we go again with this week's issue!

WHAT'S COMING UP

- We can now all have a good rest until the AV Shield competition starts on Saturday 6th October. The AV programs and summer fixtures are now out at http://athsvic.org.au/events/competitions/avcompetitions/av-shield/. Round 1 starts with 2000m and 5000m track walks.
The VRWC Summer Season fixture is also now online at http://www.vrwc.org.au/vrwcs19.shtml. Note 3 track walks at Mentone and 3 road walks at Middle Park. Dates are as follows:
Wed 17 October 2018 VRWC Track Races Mentone
Sun 28 October 2018 VRWC Road Races Middle Park
Sun 18 November 2018 VRWC Summer Championships and AGM Middle Park
Sun 20 January 2019 VRWC Road Races Middle Park
Wed 13 February 2019 AV 5000m Teams Championship & VRWC Track Walks Mentone
Sun 17 February 2019 VMA 5000m Championships & VRWC Track Races Mentone

UNISPORT NATIONALS DIVISION L, GOLD COAST, 22-27 SEPTEMBER

The Australian University Games has changed a lot over the last few years and is now called the UniSport Nationals and comprises two events, The UniSport Nationals Division 1 and 2. Division 2 was held on the Gold Coast a few months ago and Division 1 is currently underway at the same Griffith University venues on the Gold Coast. In 2018, the athletics championships are being held in conjunction with UniSport Nationals Division 1 and the men's and women's 5000m walks are scheduled for 6PM today, Tuesday 25th September (ie this evening). Alas, no walks fields published as yet but I heard that Gemima Montag is walking. If so, she will go in as the clear favourite in the women's event. I will be reporting on the results in next week's newsletter. See more at https://www.unisport.com.au/.

50KM THE WINNER IN 2019 IAAF WORLD CHAMPIONSHIP SELECTION CRITERIA MODIFICATION

The IAAF released an update to its 2019 Doha World Championship Qualification Documentation last Tuesday. See <https://media.aws.iaaf.org/competitioninfo/791203d1-be0e-4047-8a42-1b33994d000c.pdf>. Most of it is unchanged from the last feed earlier this year, but there is one major difference, with **the quota for the combined men's and women's 50km field increased from 60 to 80 and now designated as 50 men and 30 women**. This is a major move forward and an acknowledgement by the IAAF that they had their figures incorrect with their first draft. This is a much more realistic number of walkers, male and female.

For the walks, the relevant sections read

- Qualification period for walks extends from 7 March 2018 to midnight 6 September 2019.
- Walkers can qualify in one of three ways:
 - Be among the best ranked athletes at the end of the qualification period as per the IAAF World Rankings
 - By achieving the Entry Standard within the qualification period
 - By Wild Card (eg as reigning World Champion, etc)
- Each event has been set a target quota. For the walks, the target participation levels are
 - 20km Race Walk 60M + 60W (separate events)
 - 50km Race Walk 50M + 30W (combined event)
- Entry Standards are set for the sole purpose of qualifying athletes with exceptional performances unable to qualify through the IAAF World Rankings pathway and will be determined by the IAAF on 1 November 2018.
- Performances can only be achieved in suitably ratified events. For walks, this means
 - Performances for qualifying purposes may only be achieved on a course measured by an IAAF/AIMS Grade "A" or "B" International Road Race Course Measurer with the measurement certificate established no more than 5 years before the date of the race.
 - A minimum of 3 International or Area Race Walking Judges must be on duty.
 - For International Competitions or at National Competitions, Member Federations concerned must submit a specific application to the IAAF (Application Form available from the IAAF) before the race is conducted.

For those who want to understand where this new ranking system is coming from, here is the timeline

- 3 Nov 2017
The IAAF announces it will implement a new IAAF world rankings system as a qualification mechanism to drive the sport's annual competition system. This system has been purchased from All-Athletics.com. This new ranking system will be used to determine places for the 2019 World Champs in Doha and for the 2020 Olympics in Tokyo. See press release at <https://www.iaaf.org/news/press-release/iaaf-official-world-rankings>.
- 5-6 Mar 2018
At the Birmingham IAAF Council meeting held on 5-6 March 2018, the target numbers for the 2019 Doha World Championships events are announced. The meeting confirms quotas of 60 for each of the 20km walks but only 60 for the combined men's and women's 50km. The meeting also discusses the new ranking system. Document <https://www.iaaf.org/download/downloadresultinfo?filename=6e463607-2bee-44b1-ab50-b08a18da0e46.pdf&urlSlug=iaaf-world-championships-doha-2019-qualificat> is published.
- 30 Mar 2018
The IAAF announces the official opening of its new statistics and rankings services, which will be available via a draft website at <https://worldrankings-staging.aws.iaaf.org/home>. This site is now being used. You can drill down and view the current 20km and 50km rankings lists here. See announcement at http://www.athletics.org.tw/Upload/Web_Page/14-IAAF-Statistics%20and%20World%20Rankings.pdf.
- 31 July 2018
The IAAF publishes the qualification system for the Olympic Games Tokyo 2020. The Walks qualification period will extend from 1 January 2019 to 29 June 2020 and will be based on the new ranking system. Men's and women's 20km and men's 50km are confirmed. Alas, no women's 50km is included at this stage. See press release at <https://www.iaaf.org/competitions/olympic-games/news/olympic-games-tokyo-2020-qualification-system>.
- 18 Sep 2018
The IAAF releases an update to its 2019 Doha World Championship Qualification Document of March 2018, with news of an increase of the quota for the 2019 World Championship combined 50km field from 60 to 80 (50 men and 30 women). See <https://media.aws.iaaf.org/competitioninfo/791203d1-be0e-4047-8a42-1b33994d000c.pdf>.
- 1 Nov 2018
The IAAF is expected to release 2019 IAAF World Championship qualification standards at this time. These will be used, along with the new ranking system, to allocate World Championship places in all events.

AROUND LAKE TAIHU 3 DAY RACE, WUZHONG, CHINA, 24-24 SEPTEMBER

The annual Lake Taihu 3 Day Walks Carnival is underway once again in China - see more at <http://www.wzdrs.com/>, and as usual, it has attracted the cream of the world's walkers. This year there are only 3 stages rather than 4. They are

Stage 1	Monday 24 Sept	20km	Lake Taihu Holiday Resort
Stage 2	Tuesday 25 Sept	12km	Taihu New Town
Stage 3	Wednesday 26 Sept	12km	Mudu

The 3 day event will also feature as the final round of the 2018 IAAF Racewalk Challenge, so even more money on offer apart from the lucrative event prize money. See <https://www.iaaf.org/competitions/iaaf-race-walking-challenge/standings/2018/men> for the current standings in that competition prior to the Lake Taihu meet.

Very interesting IAAF preview article at <https://www.iaaf.org/news/preview/around-taihu-race-walk-2018>.

This is the sixth edition of this event, which has been held every year since 2013. Australia's **Dane Bird-Smith**, who finished 2nd in 2014 and 2015 and who won overall in 2016 and 2017, will go in once again as one of the favourites. Australians **Kyle Swan, Tyler Jones, Dylan Richardson, Carl Gibbons and Claire Tallent** will also be competing, as will New Zealanders **Quentin Rew** and **Alanna Barber**.

Thanks to marciadalmondo (http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3291) and to omarchador (<http://omarchador.blogspot.com/2018/09/lebogang-shange-e-yingliu-wang-vencem.html>) for their very prompt reports of Day One's 20km walks on Monday. It was a fairly hot and humid day with the temperature around 28C as the walkers worked their way through the 10km out and back course.

Men's 20km Race Walk (Day 1)

The 20km Men's walk saw a huge field of around 200 walkers (once the Chinese juniors were added in) clear out with the gun. Victory to **Lebogang Shange** (RSA) with 1:23:20, ahead of **Eider Arevalo** (COL) with 1:23:23 and **Isaac Antunio Livgares** (MEX) with 1:23:54. Well done to **Dane Bird-Smith** who finished fifth with 1:25:13.

1.	Lebogang Shange	RSA	1:23:20	LATIN
2.	Eider Arevalo	COL	1:23:23	PERRIT
3.	ISAAC ANTUNIO P LIVGARES	MEX	1:23:54	ALDEN
4.	WANG Kaihua	CHN	1:25:11	CHN-1
5.	Dane Bird-Smith	AUS	1:25:13	BEEF
6.	LOSEV IVAN	UKR	1:25:18	ALTAY
7.	Wayne Snyman	RSA	1:25:26	PERRIT
8.	Caio Bonfim	BRA	1:25:33	LATIN
9.	Perseus Karlstrom	SWE	1:25:50	LATIN
10.	JIN Xiangqian	CHN	1:25:52	CHN-1
11.	Evan Dunfee	CAN	1:26:09	PERRIT
12.	SUN Song	CHN	1:26:09	CHN-2
13.	ZHONG Heng	CHN-SHD	1:26:16	CHN-S
14.	mauricio	ECU	1:26:33	TACOS
15.	YIN Jiaying	CHN	1:26:43	CHN-2
16.	XU Hao	CHN-MON	1:26:50	
17.	Tom Bosworth	GBR	1:26:58	BEEF
18.	XIN Chaoyang	CHN-SHD	1:27:18	
19.	ZHANG Jun	CHN	1:27:21	CHN-2
20.	BIAN Tongda	CHN	1:27:33	CHN-2
21.	Yohanis Algaw	ETH	1:27:56	
22.	ZHOU Yangjun	CHN-SHD	1:28:12	CHN-S
23.	CHEN Rui	CHN	1:28:27	CHN-2
24.	CASTANEDA ANGULO JHON	COL	1:28:28	TACOS
25.	CAO Wenlong	CHN-SHD	1:28:40	CHN-S
26.	Vasiliy Mizinov	ANA	1:28:47	MKS
27.	Kazanin Oleksiy	UKR	1:28:47	MKS
28.	SONG Huazhang	CHN-YNN	1:29:04	
29.	CHA Jinhong	CHN-YNN	1:29:04	CHN-Y
30.	ZHANG Jiayu	CHN-YNN	1:29:22	CHN-Y
31.	Liakhovich	BLR	1:29:23	ALTAY
32.	Havard Haukenes.	NOR	1:30:09	ALDEN
33.	Jose Alessandro Bernardo Bagio	BRA	1:30:23	TIAGO
34.	SHEIKO GEORGIY	KAZ	1:30:32	ALTAY
35.	ZHU Guowen	CHN-YNN	1:31:09	CHN-Y
36.	Yerko Araya	CHI	1:31:12	PERRIT
37.	ZHA Xiyangben	CHN-QGH	1:31:15	CHN-Q

38.	CENG Qingcun	CHN-SHD	1:31:28	CHN-S
39.	Federico Tontodonati	ITA	1:31:37	ALDEN
40.	SHUTO GOTO	JPN	1:31:38	JPN
41.	LO CHOON SIENG	MAS	1:31:50	MAS
42.	Anders Hansson	SWE	1:31:53	ALDEN
43.	KAZUKI TAKAHASHI	JPN	1:32:10	JPN
44.	JELONEK JAKUB	POL	1:32:23	POLISH
45.	Dziubin Dzmityr	BLR	1:32:31	ALTAY
46.	HUANG Jun	CHN-JGX	1:32:55	CHN-JG
47.	Christopher Linke	GER	1:32:55	BEEF
48.	GAO Yingchao	CHN	1:32:59	CHN-1
49.	DONG Guozhu	CHN-QGH	1:33:00	CHN-Q
50.	Ato Ibanez	SWE	1:33:28	ALDEN
51.	Callum Wilkinson	GBR	1:33:43	BEEF
52.	NICK CHRISTIE	USA	1:33:58	TACOS
53.	Ever Jaír Palma Olivares	MEX	1:34:00	TACOS
54.	LI Guodong	CHN-QGH	1:34:01	CHN-Q
55.	LI Kewen	CHN-GZH	1:34:09	
56.	YANG Kai	CHN-JSU	1:34:11	CHN-JS
57.	NIU Wenchao	CHN	1:34:12	CHN-1
58.	ZHU Xiaoqiang	CHN-YNN	1:34:14	CHN-Y
59.	HU Tao	CHN-JGX	1:34:51	CHN-JG
60.	LIU Zhi	CHN-YNN	1:34:59	CHN-Y
61.	Sakharuk Ihor	UKR	1:35:06	MKS
62.	YIN Jun	CHN-YNN	1:35:32	
63.	Moacir Zimmermann	BRA	1:35:56	TIAGO
64.	Rafal SIKORA	POL	1:36:04	POLISH
65.	Tyler Jones	AUS	1:36:29	TOOHE
66.	TANG Yifan	CHN-JSU	1:36:40	CHN-JS
67.	HUANG Haofeng	CHN-JSU	1:36:41	CHN-JS
68.	Ryutaro Yamamoto	JPN	1:36:47	JPN
69.	NING Peng	CHN-JGX	1:37:05	CHN-JG
70.	Tadas Suskevicius	LTU	1:38:20	TACOS
71.	ZHANG Saiyi	CHN-JGX	1:38:33	CHN-JG
72.	Lucas Gomes de Souza Mazzo	BRA	1:38:45	TIAGO
73.	ZHOU Hongrui	CHN-QGH	1:39:37	CHN-Q
74.	FANG Yinxin	CHN-QGH	1:39:46	CHN-Q
75.	WANG Sen	CHN-JSU	1:40:08	CHN-JS
76.	LI Peng	CHN-HNN	1:40:56	CHN-H
77.	Carl Gibbons	AUS	1:40:57	TOOHE
78.	HUANG Weikang	CHN-HNN	1:41:42	CHN-H
79.	LIU Xu	CHN-LNG	1:42:18	
80.	MUHAMMAD KHAIRIL B HARUIW	MAS	1:42:42	MAS
81.	BRZOZOWSKI ARTUR	POL	1:43:16	POLISH
82.	Kyle Swan	AUS	1:43:47	TOOHE
83.	SUO Nannaojie	CHN-QGH	1:44:19	CHN-Q
84.	LI Jihuan	CHN-QGH	1:44:31	CHN-Q
85.	GUO Kuizhijia	CHN-QGH	1:45:01	CHN-Q
86.	SUN Chaofan	CHN-HNN	1:46:01	CHN-H
87.	WANG Yifan	CHN-HNN	1:49:58	CHN-H
88.	Dylan Richardson	AUS	1:50:37	TOOHE
89.	ZHENG Ke	CHN-SHD	1:55:28	CHN-S
90.	BAI Junyang	CHN-HNN	1:56:32	CHN-H
91.	Suresh Kumar	MAS	2:05:12	MAS
92.	Max Batista Goncalves dos Sant	BRA	DNF	BRA
93.	Tiago do Nascimento Fonseca	BRA	DNF	TIAGO
94.	Andrés Chocho	ECU	DNF	LATIN
95.	Edward Araya	CHI	DNF	
96.	LIU Yong	CHN-JGX	DNF	CHN-JG
97.	Quentin Rew	NZL	DQ	PERRIT
98.	YAN Luqiang	CHN-JSU	DQ	CHN-JS

The team standings show Latin Power slightly ahead of Perritos with the Chinese teams both a long way back.

1.	Latin Power (Bonfim, Chocho, Shange, Karlstrom)	4:14:43
2.	Perritos (Arevalo, Dunfee, Snyman, Rew, Araya)	4:14:58
3.	China 2 (Bian, Chen, Sun, Yin, Zhang)	4:20:13
4.	China-SHD (Cao, Ceng, Zheng, Zhong, Zhou)	4:23:08

Women's 20km Race Walk (Day 1)

A smaller field for the women's race. Victory to **Wang Yingliu** (CHN) with 1:29:55, ahead of **Li Maocuo** (COL) with 1:30:15 and **Sandra Lorena Arenas** (COL) with 1:31:44. Australian 50km bronze medallist **Claire Tallent** walked well to finish 12th.

1.	WANG Yingliu	CHN	1:29:55	CHN
2.	Li Maocuo	CHN	1:30:15	CHN
3.	LORENA ARENAS	COL	1:31:44	LATINA
4.	KASHYNA INNA	UKR	1:31:57	VICTOR
5.	QIEYANG Shijie	CHN	1:33:02	CHN
6.	Nadiya BOROVSKA	UKR	1:33:22	VICTOR
7.	Brigita Virbalyte	LTU	1:34:17	VICTOR
8.	LIANG Rui	CHN	1:35:20	CHN
9.	Yehualey Beletew	ETH	1:35:33	LATINA
10.	Erica Rocha de Sena	BRA	1:36:37	LATINA
11.	MA Faying	CHN-QGH	1:38:17	CHN-Q
12.	Claire Tallent	AUS	1:39:00	PACIFI
13.	SU Wenxiu	CHN	1:39:03	CHN
14.	GESANG Zuoma	CHN	1:39:53	CHN
15.	YUDKINA KHRYSTYNA	UKR	1:40:09	VICTOR
16.	QIJI Zhuoma	CHN	1:40:15	CHN
17.	LIAO Wenqing	CHN-JGX	1:42:08	CHN-JG
18.	KATIE BURNETT	USA	1:43:03	PACIFI
19.	DUAN Dandan	CHN	1:44:40	CHN
20.	Alana Barber	NZL	1:44:49	PACIFI
21.	WANG Lixue	CHN-GZH	1:45:15	CHN-G
22.	JIANG Shanshan	CHN-GZH	1:46:31	CHN-G
23.	ZHOU Tao	CHN-JGX	1:47:47	CHN-JG
24.	ZHONG Yuan	CHN-JGX	1:48:17	CHN-JG
25.	Elianay Pereira	BRA	1:48:48	LATINA
26.	ZHAO Tongmin	CHN-GZH	1:52:56	CHN-G
27.	ZHOU Yumei	CHN-SCH	1:54:19	
28.	YANG Fuyao	CHN-SCH	1:55:29	
29.	DENG Yujie	CHN-JGX	1:55:46	CHN-JG
30.	Nair da Rosa	BRA	1:57:24	LATINA
31.	XIONG Cuihong	CHN-QGH	2:01:43	CHN-Q
32.	CHANG Xiangkun	CHN-QGH	2:04:26	CHN-Q
33.	TANG Caihong	CHN-GZH	DNF	CHN-G
34.	XU Jiangqi	CHN-JGX	DNF	CHN-JG
35.	Ma Zhenxia	CHN	DNF	CHN
36.	WANG Na	CHN	DNF	CHN

The women's teams race looked like it is already won before it even started, with the Chinese Number 1 team including Olympic silver medallist **Qieyang Shijie**, a 1:25:16 performer who is currently leading the IAAF Race Walking Challenge standings with 34 points, Asian Games champion **Wang Na** women's 50km world record holder **Liang Rui**, world U18 and U20 champion **Ma Zhenxia** as well as **Wang Yingliu**, a 1:28:15 performer with a season's best of 1:28:37.

Sure enough, they lead by just over a minute from Team Victory after the first day.

1.	China 1 (Liang, Ma, Qieyang, Wang Yingliu, Wang Na)	4:38:17
2.	Victory (Virbalyte, Kashina, Borovska, Yudkina)	4:39:36
3.	Latinas (Beletew, Pereira, de Sena, da Rosa, Arenas)	4:43:54
4.	CHN 2 (Duan, Gesang, Li Maocuo, Here, Su)	4:49:11

ERWL 1 HOUR MEET, LEE VALLEY ATHLETICS CENTRE, LONDON, SATURDAY 22 SEPTEMBER

Thanks to Ron Wallwork for the latest results from the Enfield Race Walking League. He reports

Thank you for supporting yesterday's event, especially the officials for whom the conditions were very testing; rain and paper don't mix well. It was good to see so many walkers in action. The next race is a five miles on the road at the same venue on 13th October at 1pm. If you have qualified for a new badge, it will be presented at the next race.

1 Hour Walk Men

1.	George Wilkinson	U17	EHAC	11.971 km
2.	David Annetts	M50	N.Herts RR	11.835 km
3.	David Crane	M40	Surrey WC	11.040 km
4.	Mark Culshaw	M50	Ilford AC	10.001 km

5.	Stephano Zannaru	M45	Belgrave H	9.590 km
6.	John Ralph	M60	EHAC	9.441 km
7.	Dan McKerlick T20	U20	Cardiff AC	9.297 km
8.	Andrew Cox	W65	Hillingdon AC	9.172 km
9.	Steve Allen	M60	Barnett	9.136 km
10.	David Kates ©	M65	Ilford AC	9.017 km
11.	Dan Maskell	M70	Surrey WC	8.967 km
12.	Steve Cartwright	M60	Tol/Tend AC	8.781 km
13.	Sean Pender ©	M60	EHAC	8.656 km
14.	Tom Casserley	M75	EHAC	8.650 km
15.	Michael Harran	M80	Surrey WC	8.591 km
16.	Arthur Thomson	M80	EHAC	8.558 km
17.	Chris Flint ©	M70	Surrey WC	8.547 km
18.	John Borgars ©	M70	Loughton	8.522 km
19.	Shaun Lightman	M70	Surrey WC	8.470 km
20.	Gary Smith ©	M60	EHAC	8.336 km
21.	Peter Hannell	M75	Surrey WC	8.276 km
22.	Bob Dobson ©	M75	Ilford AC	8.271 km
23.	Amos Seddon	M75	EHAC	8.236 km
24.	David Hoben	M65	Surrey WC	8.168 km
25.	Francisco Reis	M55	Thames VH	DNF

1 Hour Walk Women

1.	Helen Middleton	W55	EHAC	10.084 km
2.	Penelope Cummings	W40	AFD	10.076 km
3.	Melanie Peddle	W45	LoughtonAC	9.833 km
4.	Emma Dyros	W40	Ilford AC	9.475 km
5.	Maureen Noel	W59	Belgrave H	9.300 km
6.	Leah Williams	SW	Southend AC	9.275 km
7.	Fiona Bishop	W55	EHAC	8.800 km
8.	Rachel Lawless	W55	Ilford AC	8.790 km
9.	Geraldine Legon	W55	Bexley	8.583 km
10.	Lesley Morris	W55	Ilford AC	8.540 km
11.	Sue Clements ©	W60	Cambs/col	7.877 km

Essex Championship Women

1. Melanie Peddle
2. Emma Dyros
3. Leah Williams

Essex Championship Men

1. David Kates
2. Steve Cartwright
3. Bob Dobson

Mark Easton was there with his camera – see his photo gallery at <https://markeaston.zenfolio.com/p134182200>.



Helen Middleton, David Annetts and George Wilkinson (photos Mark Easton)

9TH INTERNATIONAL SPRINT TRIATHLON IN RACE WALKING, NEDERLANDS, SATURDAY 22 SEPTEMBER

Thanks to Frank van Ravensberg for the results of the 9th International Sprint Triathlon in Race Walking, held last Saturday in the Dutch city of Hilversum. Frank reported:

This year the event was held in Hilversum because of renewal work on the track in Veenendaal. This year we had 24 participants from the Netherlands, Belgium, Germany, Poland, Ireland and Slovakia.

It becomes almost a tradition that the weather is cool and that the walkers have to cope with sun, clouds and showers. This time this was also the case. Just before the first race start, the first shower came through, but by the time the first 3000m was being held, the sun was back. In the end the conditions didn't prevent the athletes to perform well.

This year **Miroslav Úradník** from Slovakia and **Kate Veale** from Ireland were the big favourites the Benelux Challenge Cup and they showed an excellent level of competitive race walking. Miroslav set race records for 3000m (11.50,08) and 1500m (5.47,06). These performances were also the best ever in the Netherlands (previous bests were 11.59 and 5.53,5). He also ended with the lowest total points ever in the Sprintdriekamp (693, which means an average speed of 3.51 per 1000m). Kate set a new race record for 3000m (12.56,98). That performance was also the best ever in the Netherlands (previous best was 13.19). For both Miroslav and Kate, this was their third victory in the Sprintdriekamp. Miroslav won in 2013, 2014 and 2018. Kate won in 2012, 2017 and 2018.

From the Dutch walkers, **Rick Liesting** made the best impression. The new M40 20km world champion walked personal bests for 1000m (3.51,55) and for 1500m (6.12,27) and, with these performances, he set two M35 race records.

First to the various race heats, followed by the final placings

3000m Heat 1

1.	Henk Plasman	17.24,47
2.	Han Holtslag	17.43,50
3.	Jan Nieuwenhuysen	18.28,12
4.	Boetje Huliselan	18.30,80
5.	Benjamin Fritzsich	19.11,44
6.	Loes van Bremen	19.52,54
7.	Joost van der Plicht	19.57,32
8.	Sandra Maas	20.09,54
9.	Jeroen Gerritse	20.30,62
10.	Aad van Leeuwen	20.40,03
11.	Bauke te Nijenhuis	21.53,52
12.	Marit van Bremen	10.17,79 (1000m)

3000m Heat 2

1.	Miroslav Úradník	11.50,08
2.	Rick Liesting	12.34,50
3.	Kate Veale	12.56,98
4.	Remco de Bruin	13.46,78
5.	Paul Jansen	14.19,18
6.	Wilfried van Bremen	15.04,40
7.	Anne van Anandel	15.12,46
8.	Boguslaw Seidel	15.32,10
9.	Richard Christian Wiltsch	16.04,54
10.	Liesbet De Smet	17.30,64

1000m Heat 1

1.	Henk Plasman	5.25,13
2.	Han Holtslag	5.44,23
3.	Benjamin Fritzsich	5.54,85
4.	Loes van Bremen	5.59,02
5.	Boetje Huliselan	5.59,91
6.	Joost van der Plicht	6.37,65
7.	Aad van Leeuwen	6.41,67
8.	Jeroen Gerritse	6.47,50
9.	Richard de Bruin	7.03,79
10.	Bauke te Nijenhuis	7.11,50
11.	Robbin de Bruin	9.48,46
12.	Marit van Bremen	3.59,35 (400m)

1000m Heat 2

1.	Miroslav Úradník	3.44,97
2.	Rick Liesting	3.51,55
3.	Kate Veale	4.09,97
4.	Remco de Bruin	4.17,41
5.	Paul Jansen	4.34,69
6.	Anne van Anandel	4.41,05
7.	Wilfried van Bremen	4.51,11
8.	Boguslaw Seidel	4.53,45
9.	Richard Christian Wiltsch	4.54,21
10.	Liesbet De Smet	5.40,86

1500m Heat 1

1.	Henk Plasman	8.30,74
2.	Han Holtslag	8.52,28
3.	Benjamin Fritzsich	9.08,00
4.	Boetje Huliselan	9.10,19
5.	Joost van der Plicht	9.55,82
6.	Jeroen Gerritse	9.56,49
7.	Loes van Bremen	10.52,28
8.	Bauke te Nijenhuis	11.09,97
9.	Robbin de Bruin	14.23,89
	Richard de Bruin	DNF

1500m Heat 2

1.	Miroslav Úradník	5.47,06
2.	Rick Liesting	6.12,27
3.	Kate Veale	6.23,42
4.	Remco de Bruin	6.50,52
5.	Paul Jansen	7.03,00
6.	Anne van Anandel	7.27,71
7.	Wilfried van Bremen	7.30,73
8.	Boguslaw Seidel	7.49,68
9.	Richard Christian Wiltsch	8.16,23
10.	Liesbet De Smet	8.44,97

Final Placing Men

1.	Miroslav Úradník	SVK	VŠC Dukla Banská Bystrica	1996	MU23/MSen	693
2.	Rick Liesting	NED	Daventria	1977	M40	731
3.	Remco de Bruin	NED	SV de LAT	1964	M50	806
4.	Paul Jansen	NED	DAK	1973	M45	842
5.	Wilfried van Bremen	NED	RWV	1987	MSen	893
6.	Boguslaw Seidel	POL		1949	M65	917
7.	Richard Christian Wiltch	GER	SG Neukirchen-Hülchrath	1964	M50	946
8.	Henk Plasman	NED	Gen.Michaelis	1957	M60	1013
9.	Han Holtslag	NED	DAK	1957	M60	1053
10.	Boetje Huliselan	NED	OLAT	1955	M60	1096
11.	Benjamin Fritzsich	GER	LG Olympia Dortmund	1980	M35	1103
12.	Joost van der Plicht	NED	Atletico '73	1948	M70	1193
13.	Jeroen Gerritse	NED	GAC Hilversum		fitness walker	1215
14.	Bauke te Nijenhuis	NED	RWV	1935	M80	1315
15.	Aad van Leeuwen	NED	AV NOP	1949	M65	815 (2 races)
16.	Jan Nieuwenhuysen	NED	RWV	1964	fitness walker	369 (1 race)

Final Placings Women

1.	Kate Veale	IRL	West Waterford AC	1994	VSen	764
2.	Anne van Andel	NED	DAK	1990	VSen	883
3.	Liesbet De Smet	BEL	DUFF	1982	V35	1041
4.	Loes van Bremen	NED	RWV	1986	VSen	1191
5.	Sandra Maas	NED	RWV	1985	VSen	403 (1 race)

Final Placings Youth

1.	Robbin de Bruin	NED		2011	MJpc/U8	1165
2.	Marit van Bremen	NED	RWV	2013	VMpc/U8	1216
3.	Richard de Bruin	NED		2008	MJpA/U12	423 (1 race)



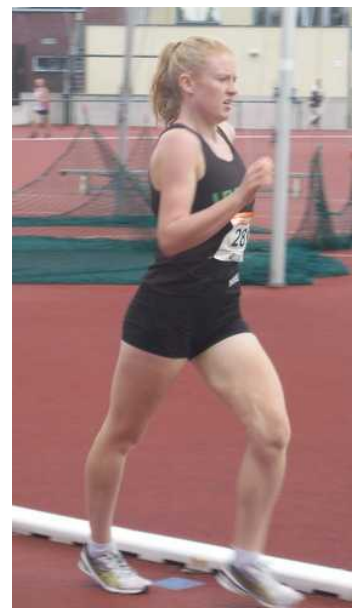
1500m Heat 2 gets underway - Kate Veale in black in middle, Miroslav Úradník on right



1500m Heat 1 gets underway



82 year old Bauke te Nijenhuis and 4 year old Marit van Bremen, the oldest and youngest competitors



Overall winners Kate Veale and Miroslav Úradník (all photos Frank van Ravensberg)

AUTUMN 20KM CRITÉRIUM, NEUILLY-SUR-MARNE, FRANCE, SUNDAY 23 SEPTEMBER

Thanks to Emmanuel Tardi for the results of the annual autumnal 20km criterium held in the Parisian suburb of Neuilly-sur-Marne. He tells me that the weather was fresh and rainy and that each lap was 1km long and included 400m on the track and a narrow turning point at the other end. **Aurelien Quinion** won the men's section easily in a good training hitout before his first 50km mid-October in Germany. **Marine Quennehen** won the women's section after leading the first part of the race with **Laura Duquenne**.

1. QUINION Aurelien	SEM/93	Entente Franconville Cesame	1:31:16
2. PICARD Nicolas	SEM/80	As Tourlaville	1:51:54
3. QUENNEHEN Marine	SEF/91	Ca Montreuil 93	1:52:34
4. DELECOLLE Sebastien	VEM/77	Us Athletiques De Lievin	1:53:40
5. DE BONTIN Vincent	SEM/88	Ea Le Creusot	1:53:58
6. DUQUESNE Laura	SEF/90	Ea Le Creusot	1:55:19
7. BEURIER Jocelyn	SEM/85	Athle 78	2:04:58
8. OLIVARES Mathieu	VEM/76	Neuilly Sur Marne Athletisme	2:06:58
9. TINTIN Ronald	SEM/79	Ao Charenton	2:07:33

10. TOUTAIN Eric	VEM/63	Usm Gagny	2:08:20
11. BOLLINGER Vincent	SEM/84	Dynamic Aulnay Club	2:08:58
12. LEGENTIL Cyril	SEM/86	Dynamic Aulnay Club	2:10:23
13. MONMOUTON Delphine	VEF/73	Athle 78	2:17:35
14. LANGLOIS Cloe	ESF/97	Dynamic Aulnay Club	2:23:43
15. LEMOGNE Jocelyne	VEF/54	C.c. Taverny Athletisme	2:24:27
16. GALMICHE Catherine	VEF/57	Cag Arnouville Gonesse Villier	2:24:49
17. STEINVILLE Nathalie	VEF/64	Asfi Villejuif	2:25:10
18. BIZARD Claudie	VEF/59	Thiais Ac	2:29:30
19. THOULE Floriane	SEF/95	Dynamic Aulnay Club	2:30:53



Marine Quennehen, Laura Duquenne and Aurelien Quinion (photos from Emmanuel Tardi)

Emmanuel wasn't there as he was in the Madrid suburb of Alcobendas at a European racewalking judging seminar, along with 41 other judges from around Europe. Exam results will be published at the end of November. Good luck everyone!



European judges at lat weekend's European racewalking judging seminar in Alcobendas (photo Emmanuel Tardi)

ENGLISH SCHOOLS COMBINED EVENTS & RACE WALKING CHAMPIONSHIPS, BEDFORD, 15-16 SEPTEMBER

Back a week for the English Schools Combined Events & Race Walking Championships in Bedford.

3000W U15 Boys

1.	Alex Macheath	Cambridge H	15:50.2
2.	Owen Bradshaw	Sheffield & Dearne	17:28.1
3.	Faris Alkhamesi	Nuneaton	17:54.0
4.	Will Hatch	Somerset Schs	18:17.2
	Will Holter-Hovind	Somerset Schs	DQ

3000W U17 Girls

1.	Isabelle Bridge	Blackheath & Bromley	16:30.2
2.	Alice Bellando	Manx	17:25.3
3.	Beatrice Fury	Medway & Maidstone	18:01.8
4.	Hannah Hopper	Cambridge H	18:24.0
5.	Millie Morris	Medway & Maidstone	18:24.9
6.	Molly Meleady-Hanley	Sheffield & Dearne	18:50.8
7.	Keira Heavey	Northern (Isle of Man)	19:05.2

3000W U15 Girls

1.	Lois Carty	Aldershot, Farnham & District	16:39.7
2.	Abigail Smith	Blackheath & Bromley	17:23.7
3.	Katie Stringer	Medway & Maidstone	17:27.6
4.	Mia Dunwell	Northern (Isle of Man)	18:45.2
5.	Charlotte Wallis	Aldershot, Farnham & District	18:50.7
6.	Abbie Edwards	Manx	18:52.2
7.	Hannah Atkinson	Cambridge H	18:57.5
8.	Lucy Walker	Sheffield & Dearne	19:11.5
	Grace Whittingham	Ashford AC	DQ

5000W U20 Men

1.	Christopher Snook	Aldershot, Farnham & District	23:01.2
2.	Matthew Crane	Bexley	26:32.3
3.	Nicholas Hart	Aldershot, Farnham & District	27:56.2
	George Wilkinson	Enfield & Haringey	DQ
	Ollie Hopkins	Lewes	DQ

5000W U20 Women

1.	Abigail Jennings	Aldershot, Farnham & District	25:57.7
2.	Pagen Spooner	Hyde Park Harriers	28:35.4
3.	Eva Payton-White	Lewes	30:22.8
4.	Jacqueline Benson	Ashford AC	30:56.1

SWEDISH ROADWALK RESULTS, VÄXJÖ, SWEDEN, SUNDAY 23 SEPTEMBER

Thanks to <http://www.gang.se> for the results of these Swedish walks last Sunday. I don't think they were championships. Wins to **Monica Svensson** (1:04;10) and **Fredrik Svensson** (1.57.31).

10km Women

1.	Monica Svensson	Växjö AIS	1.04.10
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20km Men

1.	Fredrik Svensson	Växjö AIS	1.57.31
2.	Christer Svensson	Växjö AIS	1.58.42
3.	Ulf-Peter Sjöholm	Växjö AIS	2.08.43

5km Junior

1.	Thage Davidsson	GK Blixten	33.41
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OUT AND ABOUT

- I must report some health issues for a couple of our VRWC stalwarts. Former Australian 50km rep **Duncan Knox** has had a small heart attack and is currently in the Royal Melbourne Hospital (but with a good prognosis) – I am going in later today to see him. VRWC life member **Marlaine Stanway** is in Casey Hospital while coordination and balance issues are investigated. We wish Dunc and Marlaine speedy recoveries and want to let them know we are thinking about them.
- Birmingham city council is facing stark warnings that hosting the 2022 Commonwealth Games could bankrupt the city due to the perilous nature of its finances. An audit report has revealed an £84m hole in its budget at a time when vast sums of its emergency reserves have been spent. The athletes' village and swimming complex have yet to be built along with new Metro tram lines and bus systems. Millions of pounds are also needed to upgrade the city's Alexander athletic stadium to a 50,000 capacity. See https://www.theguardian.com/society/2018/sep/16/commonwealth-games-2022-could-bankrupt-birmingham?CMP=Share_iOSApp_Other.
- Greg Blood's latest wikipedia article is titled "Australian Coach Awards 1990-2000". Another great piece of history. See https://en.wikipedia.org/wiki/Australian_Coach_Awards
- While athletics left the AIS in 2013 (much to my disappointment), Gymnastics Australia (GA) has just announced it will continue to base its National Training Centre at the AIS campus in Canberra until at least the Tokyo 2020 Olympic Games. Good on them! See http://www.gymnastics.org.au/Ga/Posts/News_Articles/2018/09_Sep/GA_to_remain_at_AIS.aspx.
- I reported in last week's newsletter on the softening of requirements by the IAAF to bring Russia back from its drugs fuelled ban. There was ongoing condemnation from the wider athletics community. Yet the WADA Executive Committee defied the outcry by comfortably voting 9-2 last Thursday in favour of the reinstatement of the Russian Anti-Doping Agency (RUSADA) at a meeting in the Seychelles. The decision to rubber-stamp the recommendation from the Compliance Review Committee (CRC) is a bitter blow for clean sport. It is thought there was one abstention. WADA vice-president Linda Helleland and New Zealand representative Clayton Cosgrove were the only two to vote against the motion. It brings an end to RUSADA's three-year suspension, first initiated in November 2015 following allegations on state-sponsored doping in Russian athletics. See <https://www.insidethegames.biz/articles/1070175/rusada-reinstated-by-wada-executive-committee>.

This has led to recriminations across the board. Some follow

- Canadian walker Evan Dunfee says, "This is a sad day for clean sport, bringing the very notion into disrepute." See <https://runningmagazine.ca/the-scene/canadian-athlete-calls-the-wada-decision-a-sad-day-for-clean-sport/>
- WADA has failed to protect the integrity of sport by reinstating Russia and the decision "casts a dark shadow over the credibility" of the organisation, vice-president Linda Helleland has admitted. See <https://www.insidethegames.biz/articles/1070186/wada-has-failed-clean-athletes-by-lifting-russian-ban-own-vice-president-claims>.
- Russia have been warned by the IAAF and International Paralympic Committee (IPC) not to expect their bans by those organisations to be automatically lifted following the decision by WADA to lift their suspension on the country. See <https://www.insidethegames.biz/articles/1070192/russia-warned-by-iaaf-and-ipc-bans-will-not-automatically-be-lifted-following-wada-decision-to-make-them-compliant>. See the IAAF announcement at <https://www.iaaf.org/news/press-release/iaaf-statement-wada-reinstatement-rusada>.
- The NZ Sports Minister and NZ 50km walker Quentin have also responded with their own condemnation. See <https://www.newshub.co.nz/home/sport/2018/09/athletes-anti-doping-authorities-aghast-at-russia-s-return-from-ban.html>

MARCIADALMONDO AND OMARCHADOR ROUNDUP

There are 5 press release for us from Marciadalmondo this week

- Mon 24 Sep - Victories of Leobogang Shange (RSA) and Wang Yingliu in the first stage of the Lake Taihu Race http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3291
- Sat 22 Sep - Pavia (ITA): Victories of Stefano Chiesa and Martina Ansaldi http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3290
- Sat 22 Sep - Mottola - Antonella Palmisano and Lorenzo Dessì were married today http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3289
- Fri 21 Sep - Preview of the national final of the U23 Clubs Championships in Pavia (ITA) http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3288

- Thu 20 Sep - Ravne (SLO): results of Slovenian Cub Championships
http://www.marcialmondo.com/eng/dettagli_news.aspx?id=3287

and omarchador has 10 press releases

- Mon 24 Sep - Lebogang Shange and Yingliu Wang win the IAAF World Challenge Final in China
<http://omarchador.blogspot.com/2018/09/lebogang-shange-e-yingliu-wang-vencem.html>
- Sun 23 Sep - Yoko Eichel (USA) wins W70 walks at Asia Pacific Masters Games in Penang, Malaysia
<http://omarchador.blogspot.com/2018/09/yoko-eichel-marchadora-w70-em-penang.html>
- Sun 23 Sep - Results of Slovenian Club Championship walks at Ravne na Koroškem
<http://omarchador.blogspot.com/2018/09/torneio-de-marcha-da-eslovenia-em-ravne.html>
- Sat 22 Sep - Results of the Slovakian U16 Championships in Trnava
<http://omarchador.blogspot.com/2018/09/campeonatos-da-eslovaquia-sub-16-em.html>
- Fri 21 Sep - Portuguese 50km champion Sandra Silva celebrates her 43rd birthday
<http://omarchador.blogspot.com/2018/09/sandra-silva-em-dia-de-aniversario.html>
- Fri 21 Sep - Results of the Croatian Athletics Cup in Zagreb
<http://omarchador.blogspot.com/2018/09/taca-da-croacia-de-atletismo-em-zagreb.html>
- Thu 20 Sep - Young Portuguese walker Azucena Patricia killed when hit by car during festival
<http://omarchador.blogspot.com/2018/09/acucena-patricia-tchuda-vitima-de.html>
- Thu 20 Sep - European Racewalk Judging seminar to be held at Alcobendas
<http://omarchador.blogspot.com/2018/09/associacao-europeia-reune-juizes-de.html>
- Wed 19 Sep - Preview of this weekend's Sprint Triathlon in Race Walking in Hilversum, Netherlands
<http://omarchador.blogspot.com/2018/09/triatlo-de-sprint-em-marcha-atletica.html>
- Tue 18 Sep - Results of the 1500m walks at the Asia Pacific Masters Games in Penang, Malaysia
<http://omarchador.blogspot.com/2018/09/jogos-asia-pacifico-penang-1500-m.html>

TOM PAYNE – WALKER AND MUSICIAN EXTRAORDINAIRE

Time for another delving into racewalking history! The name of **Tom Payne** has perhaps been forgotten by all but the most enthusiastic of walking historians but his is a story that deserves retelling.

Luckily, two self published booklets have survived

- [Thirty Years of Walking: Tom Payne](#)
Published by the South Shields Harriers and Walking Club, June 1936
- [Tom Payne The World-Famous Musician-Athlete](#)
Phosferine advertising brochure, 1920

as well as some archival race footage. I have drawn on these various sources to paint a picture of this wonderful walker.

Tom Payne was a giant of the road, winning the English classics for over 30 years, but he was far from a giant in stature, standing only 5 ft. 4 in. and weighing a measly 8 stone. Long before Don Thompson became known as the ‘mighty mouse’, Payne was known as the ‘mighty atom’.

Nature did not bless me with either undue length of body or length of limb (rather the contrary), nor strength out of the ordinary; yet, by hard, continuous training and Phosferine,¹ whereby I retained my fitness, I was able to overcome and defeat opponents who were much better gifted than me as regards build and strength.²

Born in South Shields in NE England in 1882, this pint-size dynamo was not an early starter to walking. In fact, his early years were spent learning the intricacies of the violin. Securing a post in the orchestra of a Newcastle theatre as a young man, it seemed his career as a musician was set to dominate his life.³

1 Phosferine became the nerve tonic of choice for British servicemen in the South African Wars and in WWI. See later in this article for a discussion of this tonic.

2 See [Tom Payne The World-Famous Musician-Athlete](#)

It was while he was working as a musician in the Newcastle district of Byker that he began walking the 14 miles from his home in South Shields as a way of saving money. At that time, an annual 24 Miles walking race called the Spencer Cup was put on each year by the South Shields Recreation Committee and he was persuaded to enter in 1906, aged 24. Payne finished second, an outstanding performance for a novice.

With his interest roused, he walked a number of other shorter distance local races that year, finishing in the top three every time. At this time, Payne joined the South Shields Harriers and Walking Club, eventually becoming their chairman and patron in later years.

When he returned to compete in the Spencer Cup the following year, he won easily in a new course record of 3:37:12, beating the 50 Miles track champion Jack Butler, who had been prevailed upon to come to South Shields as a special attraction for the walk.

Success quickly followed upon success, and the next few years saw Payne reach the pinnacle of fame as a walker.

On September 11-12, 1908, the first 24 hour track walking race of the 20th century was held at the White City Stadium in London, with Payne among the starters. This memorable event saw Tommy Hammond create a new track record for 100 miles of 18 hours 4 minutes 10 seconds. He set up many other records and eventually reached 131 miles 580 yards within the 24 hours. Payne finished sixth with 108 miles 733 yards. When the Centurions were eventually formed in 1911, such performances were retrospectively recognized and he was awarded Centurion Badge number 18.

Another track race was held the following year (10-11 September 1909) at the same venue and this time, Payne showed how much he had improved in the intervening 12 months. He won in a much improved 127 miles 542 yards (204.9 km).⁴ 24 others, 21 of them for the first time, also walked in excess of 100 miles. The popularity of long distance walking, it seems, had taken a hold on the walkers of the day, certainly on the track anyway. But Payne's performance had an extra element to it in that he walked the entire 127 miles without stopping. His father kept him going throughout with a special mixture of raw eggs mixed with tea, and milk, honey, non-alcoholic wines, beef tea, rice and soaked biscuits. It was recognised as a world record for non-stop walking. It is still recognised today as a club record for South Shields Harriers.⁵ On his return to South Shields, he was given a hero's welcome, with a victory parade around the town.

Just as impressive was his walk at the Middlesex Walking Club's 12 Hour Race at the Stamford Bridge Ground on June 4th, 1910, when he walked to a superb 72 miles and 33 yards (117.5 km). It was another World Record, this time for 12 Hours Walking. The Sporting Life for June 6th reported: "*Finished as strong as he started, after breaking records from 51 miles upwards...the conqueror of one of the finest walking races on record.*"⁶



Tom Payne (number 7) is dwarfed by his rivals as they line up at the start of the Middlesex 12 Hour Race in 1910

He was awarded the Amateur Athletics Association Gold Record Medal for this performance.

3 Apart from his prowess as an athlete, Payne gained fame as a solo violinist. His specialty instrument was the Stroh violin, an expensive and relatively rare instrument favoured for playing on gramophone records, due to its amplification capabilities. He owned a quartet of these – two violins, a viola and a violoncello.

4 Payne's 100 Mile split was 18:08:55, only 4 minutes behind Hammond's World Best of 18:04:10, set the year before.

5 See <http://www.southshieldsharriers.co.uk/about-records.php>

6 See [Thirty Years of Walking: Tom Payne](#)

Road records for nearly every important walk in the country were mown down like chaff before the wind by the relentless machine-like-pedestrian from Tyneside.

In this period, he won the Manchester to Blackpool Classic 3 years in a row (1909 48¼ miles 7:43:53, 1910 52½ miles 8:37:05, 1911 52½ miles 9:08:55), the London to Brighton (1911 52 miles 8:20:05) and the famous Bradford Walk, raced over the Yorkshire Moors each Whit Monday (1911 40 ½ miles 6:56:27).



Tom Payne wins the 3rd of his 6 wins in the Manchester to Blackpool Classic in 1911

He also won the 1911 British R.W.A. 20 Miles Championship in a record time of 2:50:30, a time 3 minutes faster than the previous best time for that event, and a performance described by *Health & Strength* as “the greatest road walking race of modern times”.⁷



The diminutive figure of Tom Payne winning the A.A.A. 20 Miles Championship in 1911

It was not as if he had an easy time of it, having to compete regularly against the likes of Jack Butler, Edgar Horton, Bill Brown and the great Tommy Hammond.

His career from 1906 to 1912 saw wonderful performances over all distances, from the shortest 1 Mile walk to the classic 24 Hour walk. He was indeed a versatile athlete. Sadly, his chance for further glory was cut short by the First World War, which saw all the classics and championships put on hold indefinitely.

7 Ibid p15

He eventually returned to racing in 1917, aged 35. He had lost 5 years and was now old enough to be called a veteran. But he seemed to have lost little if anything of his previous form.

He won the Manchester to Blackpool two further times (1919 8:18:07, 1920 8:41:17) to take his grand total of wins to 5. He won the London to Brighton two further times (1919 8:38:23, 1920 8:21:58) to take his tally to 3 wins. He won the Bradford Walk (now raced over 32¼ miles) five more times to take his tally to 6 wins (1917 5:24:17, 1918 5:22:05, 1919 a record 5:09:45, 1920 5:30:11 and 1921 5:14:11).

I need to say a bit more about the Brighton walks post-war. The first post-war London to Brighton Classic (52 miles) was staged in 1919, with Surrey Walking Club presenting the magnificent "Victory Cup" to the winner. It was of course won by Tom Payne, with 8:38:23. He won the event again the following year, but in a much faster time of 8:21:58, breaking the course records for every mile from Croydon (5 Miles) to Handcross (33 Miles) before falling behind Ross's 1909 overall course record.

The London to Brighton and Back (103 miles) was not staged post-war until 1921, and it was a tough task for the 12 starters, with heat wave conditions in effect. Only 3 finished the race, the other 9 retiring along the way. Tom Payne was amongst the retirees, being forced to stop at the 62 mile mark.

There are three wonderful newsreel videos of Tom Payne in action in 1920 and 1921, approaching 40 years of age but still winning the classics. These are as follows

- **Tom Paynes Wins 1920 London - Brighton Walk (issued 30/09/1920)**
"In 8hrs. 21m. 33 2/5 secs. Tom Payne wins Surrey Walking Club's Race over famous course - in splendid style".
<https://www.britishpathe.com/video/tom-paynes-wins-london-brighton-walk/query/walk>
- **Tom Payne Wins 1920 Manchester Walk (issued 30/09/1920)**
"Tom Payne (who recently won London-Brighton Walk) leads all the way and wins easily for the sixth time".
<https://www.britishpathe.com/video/tom-payne-wins-manchester-walk/query/tom+payne>
- **Tom Payne's fine feat - Glasgow to Paisley 1921 (issued 07/11/1921)**
<https://www.britishpathe.com/video/wonderful-walker-tom-payne/query/walk>

His last recorded race of this post-war period was early in 1921, after which he was forced to hang up his walking shoes. Tebbs Lloyd Johnson, writing in 1976, explained why

A musician by calling and a very fine violinist, he devised a stage act in which he burst through a large screen depicting the finish line at Brighton Aquarium dressed in a singlet and shorts and proceeded to give his violin repertoire. This performance was considered by the AAA to infringe the amateur laws and he was suspended but around 1931, he applied for re-instatement and was once again accepted into the amateur ranks when I became acquainted with him and grew to like and respect him very much. I raced against him many times in the early and mid 1930s.⁸

When he retied his racing shoes in 1931, he was approaching 50 years of age. The racewalking scene had then changed radically by then, with the pace being set by Tommy Green, Harold Whitlock and Tebbs Lloyd Johnson, all destined to subsequently represent Great Britain as Olympians.

Yet, excel once more he did, rarely finishing outside the first 3 in races across England, against the best walkers and against walkers typically 20-30 years younger than him. I will simply cherry pick a few performances to illustrate

- February 10th 1932, South Shields Harriers and Walking Club Championship 10 ½ Miles
1st in a championship record of 1:22:10
- March 28th 1932, Sunderland to Darlington Walk, 31 ½ Miles
2nd in 4:54:50 behind 1932 Olympic 50km champion Tommy Green
- June 25th, 1932, English National 50km Championship, Leicester
4th (second Englishman) 4:48:30
- August 1st, 1932, Hastings to Brighton 37 Miles
2nd (5:59:27) to Harold Whitlock, both walkers breaking Tommy Green's race record of 6:00:35
- May 21st, 1934, Northern Counties 50km Championship, Bradford
1st 4:56:22
- June 1st, 1936, Bradford Whitsuntide Walk 32¼ miles
1st 5:08:48, a minute faster than his previous record for the course

8 See <http://files.northernracewalking.com/200030813-5c7945f756/AN%20%20ECHO%20%20FROM%20%20THE%20%20PAST.pdf>

On Saturday 27th June, 1936, South Shields Harriers organised a “Jubilee Walk” of 24 Miles, to celebrate Payne’s 30 years of competitive walking. The race, which took place over the same course (with slight variations) upon which he made his debut in 1906, saw him win by just over 2 minutes with a time of 3:37:18. The photo below shows him (far left) still looking fit and pencil thin.



Amazingly, he kept racing until he was 77 years of age, when he entered his last competition, a 10 mile walk. He died, aged 84, in 1968.

And now onto a few other bits and pieces of interest to the overall story

An Echo From The Past (1934)
By T. Lloyd Johnson

This article, by 1948 Olympic 50km bronze medallist Tebbs Lloyd Johnson, concerns his race with Tom Payne in the Easter Monday 32 Miles Sunderland to Darlington 32 Miles Walk. See <http://files.northernracewalking.com/200030813-5e7945f756/AN%20%20ECHO%20%20FROM%20%20THE%20%20PAST.pdf>

“Comparisons are odious” so they say, and, I am not really going to make any but I think it is a good thing to occasionally turn back the clock and air some of the ideas and performances of the old time greats of our sport.

What prompts me to write is an excellent article by Julian Hopkins in the October 1976 issue of the Record on feeding before and during racing, an article that makes very good sense and is line with modern thinking and technology on the subject but, it does recall to my mind, the theories and practices of that great little Northern walker and erstwhile friend of mine, the late Tommy Payne. The name may not ring many bells among today’s heel and toe men and, perhaps very few officials either but, in his day, which was a pretty long one, Tommy was right at the top.

Standing only some 5ft3ins in height and very slightly built, he had the most amazing stamina.

He won the RWA 20 Miles Championship in 1911 in 2h50m30s over a very tough course and the equally tough Bradford Walk in 1911, 1917-18-19-20 and 21 - I am not giving his times for these races because he did a faster time in the same race in 1934, when finishing second to myself over the same course. He won the London to Brighton in 1911, 1919 and 1920 and the Manchester to Blackpool in 1909-10-11 and 1919 and 1920. He also walked 127 miles in 24 hours.

A musician by calling and a very fine violinist, he devised a stage act in which he burst through a large screen depicting the finish line at Brighton Aquarium dressed in a singlet and shorts and proceeded to give his violin repertoire.

This performance was considered by the AAA to infringe the amateur laws and he was suspended but around 1931, he applied for re-instatement and was once again accepted into the amateur ranks when I became acquainted with him and grew to like and respect him very much. I raced against him many times in the early and mid 1930s.

Now I have given something of the history of Tommy Payne, I come to the point of my story. Tommy had a theory which he expounded to me many times, that digesting food takes energy, energy that may be needed during a race, he had it all worked out - at least to his own satisfaction, how many calories were needed for how much effort and how long the effects

should last and he claimed that there should be no diminution of strength for at least 24 hours and put forth many arguments and instances to support his views.

I could never reconcile myself to his way of thinking but in 1934 (incidentally my best year ever) I reversed the usual build up from short distances through the mediums and working up to the distances and started the season off in March with the "Bishops" 20 Miles in Birmingham and, on the invitation of Tommy Payne, entered the 32 Miles Sunderland to Darlington on Easter Monday and stayed with Tommy at his South Shields home over the weekend and I was able to witness for myself, his theories being put into practice. He took a carefully prepared meal at 6pm on the Sunday evening and did not have another thing until after the race the following day with the exception of one cup of tea while I had my breakfast.

Came the race and I was very confident that, early in the year though it was, I could comfortably stroll this with effort to spare, Tommy was around 50 years of age at this time and although he had given Tommy Green quite a race the previous year over this, his home course, I had easily beaten him on our previous encounters, also his unorthodox ideas did nothing to lessen my confidence.

I started quite comfortably but the rest of the field let me go out in front, I kept going easily and the first report from my attendant was that Tommy was lying second a couple of minutes adrift; going through Durham I was still two minutes ahead, another five miles and I was, yes - two minutes in front and so on, every check up was the same so I quickened my pace but the gap was still the same; twenty miles and still the little so and so was there. I began to get annoyed and really got stuck in and did draw away - at last I thought that I had him beaten but I had gone too soon and my lead dwindled, three minutes, two minutes, one and, just entering the outskirts of Darlington, that persistent little devil passed me and could do nothing about it.

I am not going to make any excuses by saying that I was not fit for the distance so early in the year, it was the same for both of us but, here I was, 34 years old in my prime, with three National Championships under my belt already - Tommy was around 50 - I had followed my usual well tried methods of feeding and refreshment - Tommy had I know, no sustaining food for at least 15 hours and no drinks or stimulants at all during the race, yet he had the greater staying power

Phosferine, the wonder nerve tonic

Way back on page 1 of this article, Tom Payne credited "*hard, continuous training and Phosferine*" as the two reasons for his walking success.

Phosferine became the nerve tonic of choice for British servicemen in the South African Wars and in the First World War. It was deemed to ward off many an impending nervous breakdown. But its claims were much more widespread than that – it was touted as a digestive, as a performance enhancer, as a general health restorative, and a proven remedy for everything from influenza to sciatica. Nowadays, you can still purchase it in tablet form but its many claims have been questioned by modern medicine.

Whatever, the claims and counterclaims, you can't argue with Tom Payne's record, which speaks for itself.



A typical advertisement of the period for Phosferine

In 2016, Lancashire Walking Club posted an article on the Manchester to Blackpool Trophy won by Tom Payne in 1910. See <https://lancswalkingclub.com/2016/01/02/putting-our-best-foot-forward-tom-payne-shows-the-way/>

The Shields Gazette reported on a 2009 exhibition at South Shields Museum to celebrate Walking Champion Tom Payne. See <http://www.shieldsgazette.com/lifestyle/nostalgia/tom-payne-world-walking-champion-1-1244608>.



Tom Payne with some of his many prizes from the various classics

Tim Erickson
Monday 24 September 2018

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

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 – 2019 and onwards

Mar 24-30, 2019 **8th 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

Mar 2021 **9th World Masters Indoor T&F Championships**, Edmonton, Canada
Aug 6-15, 2021 (TBC) **18th IAAF World Championships in Athletics**, Eugene, USA

July 18-30, 2022 **XXII Commonwealth Games**, Birmingham, GBR.
Aug 7-17, 2022 **24th World Masters T&F Championships**, Gothenburg Sweden

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