



## HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club  
2018/2019 Number 47  
Tuesday 20 July 2019



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### WALKER OF THE WEEK

Back in 2012, Gwen Steed turned 70 years of age and set about creating a new standard with regard to our VRWC W70 club records. In 2017, she turned 75 and now done the same job on our W75 club records. Alas, records never last forever, and Gwen has now lost the first of her W70 records to fellow club member **Heather Carr**. Heather turned 70 last Tuesday. Four days later, she broke Gwen's W70 VRWC 2km club record with a superb time of **11:42**. Gwen had held the record with a time of 12:11.

I am sure the new age group added her extra zest to Heather's stride on Saturday, and she stormed through the race with a big season best. I expect to see further W70 records soon. What make Heather's performance even more amazing is that in May 2018, she has a full hip replacement and stood out for 4 months before she could return to some slow walking. What an amazing journey! Well done Heather - you are our Walker of the Week.



Heather Carr in action at Middle Park on Saturday (photo Terry Swan)

### WHAT'S COMING UP

- Next Saturday sees us back at Middle Park for our next round of VRWC winter season roadwalks. You can either enter on the day or, more preferably, enter online via our online portal at <http://vrwc.org.au/wp1/>.

<b>Saturday 24<sup>th</sup> August 2019, Middle Park</b>		
VRWC Events: Entries close for all events at 1.45pm sharp		
2.15pm	12km	Open
2.15pm	10km	Open
2.15pm	5km	Open
2.30pm	3km	Open
2.30pm	1.5km	Open

- The following Saturday 31<sup>st</sup> August will see our annual VRWC Relay Race Day. It was very exciting last year and we hope for a similar outcome this year. First to an explanation:

## VRWC Relay Race

will be held on  
**Saturday 31<sup>st</sup> August.**

\* **Entries close** on Saturday 24<sup>th</sup> August.  
Entries will be taken at the table on Saturday 17<sup>th</sup> or 24<sup>th</sup> August

\* If entering outside of Saturday in person, then entries must be made on the VRWC race entry page.

**Relay rules:**

- Teams will be picked by the handicapper randomly.
- Teams will start on their combined handicap time
- Teams will consist of 4 walkers:
  - 3km all age group,
  - 1km all age group,
  - 2km junior walker U18,
  - 4km senior walker open or masters.

***Don't miss out – enter now!***

You must pre-enter by next Saturday. Entries are via our online entry panel at <http://vrwc.org.au/wp1/>.

The race schedule for the day included 4km and 1km scratch races for those who just want a fitness hitout. Entries for the 4kms and 1km scratch races can be done on the day. Note it's also our winter season presentation day. More on that in next week's newsletter.

<b>Saturday 31<sup>st</sup> August 2019, Middle Park</b>		
2.15pm	Relay event ( teams of 4 walkers)	Open
2.30pm	4km	Open
2.30pm	1km	Open
3.30pm	VRWC Winter Season presentations	

- Another reminder that entries are now open for the **2019 Australian Roadwalk Championships** in **Adelaide** on **Sunday 8<sup>th</sup> September** (see <https://www.athletics.com.au/events/40660/>). **Entries close on Friday 30<sup>th</sup> August** which is less than 2 weeks away. Note that age for all AA and all RWA events is AA Age (ie age on 31<sup>st</sup> December 2019). We have 48 confirmed entries already – see <https://2019winterwalkingchampionships.eventdesq.com/org/confirmed>

This is a combined carnival, co-hosted by Athletics Australia and Racewalking Australia, so you don't have to be a member of one of the AA member associations to compete. The championships are open to all members of RWA (meaning all Victorians who are members of VRWC, Ballarat, Bendigo or Geelong Walkers Clubs. Events on offer are

MEN	AA/RWA Open 20km (including Masters 20km RWA Championship event)
	AA/RWA U20 10km
	AA/RWA U18 10km
	AA/RWA U16 5km
	AA/RWA U14 3km
	RWA U12 2km
WOMEN	AA Open 20km
	RWA Open 10km (including Masters 10km RWA Championships event)
	AA/RWA U20 10k
	AA/RWA U18 5km
	AA/RWA U16 5km
	AA/RWA U14 3km
	RWA U12 2km

## Australian Winter Race Walking Championships

08/09/2019

War Memorial Drive, Adelaide SA



**Date:** Sunday 8<sup>th</sup> September, 2019

**Venue:** Adelaide, SA (War Memorial Drive, near Park 10)

**Distances:** 20km, 10km, 5km, 3km, 2km

**Individual Championship:** Yes

**Teams Championship:** Yes

**Entry Procedure:** Enter via AA website.

Entries close 30th August, 2019.

### VRWC ROADWALKS, MIDDLE PARK, SATURDAY 17 AUGUST

Saturday afternoon saw our annual VRWC “Beat Your Season Best” (BSB) races. The idea is quite simple – you choose a distance over which you have raced during the winter. The walker in each race who beats his or her SB by the largest amount wins a prize. Of course, if you walk a PB, you put yourself into contention, and we had lots of PBs recorded in the perfect sunny conditions.

**Rhydian Cowley** led from the front as usual, recording a fast 34:19 for his 8km Walk. Special mention also to Heather Carr who celebrated her 70<sup>th</sup> birthday last week with a new W70 club record for the 2km (a very fast 11:42). Well done to our BSB winners Rhydian, **Holly Cocking**, **Kyle Swan**, **Karyn O’Neill**, **Heath Beveridge**, **Donna-Marie Elms**, **Aiden Smith**, **Zahlia Heikkila-Dubowik** and **Heath Tatlock**.

<b>8km Walk</b>		<b>BSB Placings</b>	
1.	Rhydian Cowley	34:19	1
<b>6km Walk</b>		<b>BSB Placings</b>	
1.	Holly Cocking	33:15	1 PB 0:55
1.	Kyle Swan	26:54	1
2.	Corey Dickson	27:35	2
<b>4km Walk</b>		<b>BSB Placings</b>	
1.	Madeleine Feain	22:15	4 PB 0:43
2.	Emily Smith	22:35	2 PB 1:10
3.	Grace Louey	23:10	7
4.	Dee Holohan	25:05	5 PB 0:41
5.	Marnie Grace	25:48	3 PB 0:49
6.	Mietta Morgan	25:55	8
7.	Carolyn Rosenbrock	26:35	
8.	Karyn O’Neill	27:29	1
9.	Gwen Steed	27:43	6
	Kathleen O’Mahony	DNF	3km in 19:19
1.	Jason Kozica	18:05	PB 0:46
2.	Mark Blackwood	18:14	4
3.	Heath Beveridge	19:28	1 PB 0:35
4.	Liam Hutchins	21:34	2 PB 0:24
5.	Angus Hay	21:45	3 PB 0:19
6.	Mark Donahoo	25:22	
7.	Geoff Barrow	28:55	5



**2km Walk**

- |    |                         |       |
|----|-------------------------|-------|
| 1. | Kaylah Heikkila-Dubowik | 10:48 |
| 2. | Ariana Pashutina        | 11:03 |
| 3. | Riannah Tatlock         | 11:34 |
| 4. | Donna-Marie Elms        | 11:36 |
| 5. | Heather Carr            | 11:42 |
| 6. | Glennis McPherson       | 14:00 |

- |    |                  |       |
|----|------------------|-------|
| 1. | Hamish Blackwood | 10:52 |
| 2. | Ralph Bennett    | 12:38 |
| 3. | Aiden Smith      | 13:11 |

**1km Walk**

- |    |                         |      |
|----|-------------------------|------|
| 1. | Ela Uzun                | 5:26 |
| 2. | Zahlia Heikkila-Dubowik | 5:41 |
| 3. | Havana Ali              | 6:19 |
- 
- |    |               |      |
|----|---------------|------|
| 1. | Heath Tatlock | 8:33 |
|----|---------------|------|

**BSB Placings**

- |   |                 |
|---|-----------------|
| 4 | PB 0:17         |
| 2 | PB 0:22         |
| 1 |                 |
| 3 | W70 Club Record |
| 5 |                 |
| 2 | Eq PB           |
| 1 | PB 0:18         |

**BSB Placings**

- |   |
|---|
| 2 |
| 1 |
| 3 |
| 1 |



*Rhydian Cowley, Kyle Swan, Holly Cocking and Karyn O'Neill (photos Terry Swan)*



*Heath Tatlock, Heath Beveridge, Zahlia Heikkila-Dubowik, Aiden Smith and Havana Ali (photos Terry Swan)*

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

**Officials:** Mark Donahoo, Bill Carr, Tim Erickson, Ian Laurie, Donna Dickson, Kylie Hutchins, Cheryl Beveridge  
**Judges:** Peter Vysma (chief), Stuart Cooper, Shane Dickson, Kathleen Marsh, Mark O'Mahony  
**Canteen:** Wendy Cooper, Kate Suich  
**Prizes setup:** Donna-Marie Elms, Stuart Cooper, Eija Heikkila  
**Photos:** Terry Swan (see <http://www.vrwc.org.au/piwigo/index.php?%2Fcategory%2F546>)

#### SARWC ROADWALKS, ADELAIDE PARKLANDS, ADELAIDE, SATURDAY 17 AUGUST

Thanks to **Kim Mottrom** for this week's results from Adelaide. Good conditions from what I hear. Great walks from Kim (36:47) and **Tristan Camilleri** (37:59).

##### 8km Walk

1.	Kim Mottrom	36:47
2.	Tristan Camilleri	37:59
3.	Alix Harlington	40:51
4.	Peter Crump	49:46
5.	Greg Metha	51:54
	Bill Starr	DNF

##### 5km Walk

1.	Olivia Sandery	24:45
2.	Kiera Ross	25:29
3.	Liz Downs	38:38

##### 3km Walk

1.	Katie DeRuvo	17:49
2.	Zayden Kamish	19:34
3.	Cooper Rech	21:10

##### 2km Walk

1.	Tarique Kamish	14:29
2.	Zahra Kamish	15:03

##### 1km Walk

1.	Maliha Kamish	7:51
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#### ACTRWC ROADWALKS, DICKSON, CANBERRA, SATURDAY 17 AUGUST

Thanks to Val Chesterton for this week's results from Canberra. Good walks by **Gwyllym Young** (48:06), **Mitchell Baker** (49:12) and **Kodi Clarkson** (9:58).

Lots of photos at <https://www.facebook.com/ACTWalkers/photos/pcb.2560307754034866/2560306427368332/?type=3&theater>.

##### 10km Walk

1.	Gwyllym Young	48:06
2.	Mitchell Baker	49:12
3.	Tim Fraser	55:06
4.	Miriam McCarthy	1:07:45
5.	Robin Whyte	1:09:51
6.	Jane Bates	1:14:01
7.	Bryan Thomas	1:14:13
8.	Bob Parker	1:15:49
9.	Mick Saunders	1:18:54
10.	Monika Short	1:21:43
11.	Val Chesterton	1:25:13
12.	Phil Essam	1:32:40

##### 4km Walk

1.	Peter Baker	23:52
2.	Rosemary Parker	29:20
3.	Jennifer Gilchrist	31:30
4.	Robyn Saunders	34:14
5.	Jack Thackray	35:46

##### 2km Walk

1.	Kodi Clarkson	09:58
2.	Ella Baker	13:58
3.	Jaki Fraser	20:17

#### TWRC ROADWALKS, PONTVILLE, HOBART, SATURDAY 17 AUGUST

Thanks to Dave Moore for this week's results from Tasmania. He reports:

Brilliant sunshine for today's walk at Pontville. Numbers were slightly down due to some of our athletes dealing with minor, but pesky injuries. Good Walks today from **Steve Ahern**, **William Robertson**, **Will Bottle** and **Wayne Fletcher**.

##### 8km Walk

1.	William Robertson	38.56
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##### 3km Walk

1.	Will Bottle	15.44
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##### 1km Walk

1.	Oliver Morgan	5.52
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##### 5km Walk

1.	Steve Ahern	29.55
2.	Eugene Gerlach	34.35
3.	Wayne Fletcher	38.25
4.	Dave Moore	42.43
	Anna Blackwell	DNF

**SAMA ROADWALKS, WEST TERRACE, ADELAIDE, SATURDAY 17 AUGUST**

Thanks to Colin Hainsworth for this week's results from the South Australian Masters in Adelaide. He commented: Cool but mostly sunny arvo. Good to see Graham Harrison out again after his recent heart problems.

**10km Walk**

1.	GEORGE WHITE	1:00:26	M74	<b>89.77%</b>
2.	MARIE MAXTED	1:12:13	W59	70.84%
3.	GIL MCINTOSH	1:12:14	M69	70.37%

**10km Club Walk**

1.	BRIAN WITTY	1:17:13	M69	65.83%
2.	RAELENE SCHILD	1:19:54	W54	60.48%
3.	RODGER BARBER	1:21:38	M81	73.93%
4.	ROGER LOWE	1:26:45	M76	64.34%
5.	DAVID ROBERTSON	1:31:51	M86	71.88%

**5km Walk**

1.	HELEN SURIDGE	40:26	W68	67.70%
2.	JAN LAYNG	40:29	W70	69.61%

**5km Club Walk**

1.	DAVE FALLON	39:31	M66	60.47%
2.	MARGARET MCINTOSH	41:21	W66	64.40%
3.	KRISTINE FREEMAN	44:03	W59	55.47%
4.	JOHN HORE	44:11	M70	56.69%
5.	GRAHAM HARRISON	45:29	M76	59.60%

**2.5km Walk**

1.	Colin HAINSWORTH	25:39		
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**VMA WINTER INTER-VENUE TRACK CHALLENGE, DONCASTER, SUNDAY 18 AUGUST**

The Victorian Masters annual Inter-Venue Track Challenge was held last Sunday at the Tom Kelly Athletics Track in Doncaster. Among the events on offer were 800m and 1600m walks, with a number of VRWC walkers in action, including **Heather Carr, Andrew Jamieson, Donna Marie Elms, Kylie Irshad, Kevin Cassidy, Tony Doran, Terry and Karyn O'Neill**. Luckily the rain held off!

**800m Walk**

W70	1	Heather Carr	W70	GE	6th	4:24.3
W60	1	Karyn O'Neill	W64	GE	13th	5:14.7
	2	Arlene D'Monte	W60	Casey	15th	5:50.4
W55	1	Donna-Marie Elms	W58	Cob	4th	4:14.8
W50	1	Angela Edwards	W53	Croy	18th	6:47.2
W45	1	Kylie Irshad	W47	Casey	2nd	3:59.7
	2	Susan Short	W45	Ment	11th	5:03.4
	3	Leisa Hunt	W47	GE	12th	5:10.2
W40	1	Laura McLennan	W43	Donc	5th	4:21.2
	2	Hsien Chiam	W48	Casey	14th	5:26.3
M70	1	Andrew Jamieson	M73	Donc	3rd	4:13.6
M65	1	Frank Prowse	M67	Donc	8th	4:26.8
M60	1	Paul Olsson	M62	Casey	17th	6:00.6
	2	Terry O'Neill	M63	GE	10th	4:56.7
	3	Christopher Worsnop	M61	EB	16th	5:54.2
	4	David Armstrong	M63	Donc	9th	4:48.7
M55	1	Mark Cant	M57	GE	7th	4:24.6
	2	Kevin Cassidy	M59	Ment	1st	3:35.0
M45	1	Shaun Wright	M49	Donc	19th	6:48.4

**1600m Walk**

W70	1	Heather Carr	W70	GE	6th	9:22.6
W60	1	Karyn O'Neill	W64	GE	12th	10:38.5
	2	Arlene D'Monte	W60	Casey	15th	12:18.5
W55	1	Donna-Marie Elms	W58	Cob	5th	9:17.1
W45	1	Kylie Irshad	W47	Casey	3rd	8:27.0
W40	1	Laura McLennan	W43	Donc	9th	10:00.8

M70	1	Andrew Jamieson	M73	Donc	4th	8:36.2
M65	1	Frank Prowse	M67	Donc	7th	9:24.4
M60	1	Christopher Worsnop	M61	EB	14th	12:18.0
	2	Terry O'Neill	M63	GE	10th	10:07.0
	3	David Armstrong	M63	Donc	11th	10:17.8
M55	1	Tony Doran	M67	GE	13th	10:53.0
	2	Kevin Cassidy	M59	Ment	1st	7:37.4
M50	1	Mark Cant	M57	GE	8th	9:38.8
M45	1	David Smyth	M49	Invite	2nd	8:25.3



*The walkers get underway at Doncaster in the 800m walk on Sunday (photo Laura McClennan facebook)*

#### QRWC CHAMPIONSHIPS, LOGAN RIVER PARKLANDS, BRISBANE, SUNDAY 18 AUGUST

The QRWC club championships on Sunday saw **Myles Callaghan** breaking the 29 year old club record in the U12 Boys 1.5km with a time of 7:28.

##### Open 10km

1.	Ignacio Jimenez	48.17
2.	Peter Bennett	56.55
3.	Patrick Sela	80.05

1.	Brenda Gannon	58.37
2.	Nyle Sunderland	59.44
3.	Noela McKinven	84.09

##### U20 8km

1.	Charlotte Hamann	48.10
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##### U18 6km

1.	Nelson McCutcheon	28.37
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1.	Jasmine Rose McRoberts	39.38
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##### U16 4km

1.	Kai Norton	24.13
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1.	Jayda Anderson	20.01
2.	Summer Millard	25.04
3.	Korey Brody	25.25
4.	Sophie Porter	25.40
5.	Torryn Fisher	28.23

##### U14 2km Boys

1.	Alex Bradley	10.48
2.	Jack Bannister	12.08

##### U14 2km Girls

1.	Amber Norton	9.56
2.	Tamika Gee	10.04
3.	Anika Clarke	10.26
4.	Ashanti Heap	10.50
5.	Phoebe Chadwick	16.02

##### U12 1.5km

1.	Myles Callaghan	7.28
2.	Korbyn Bricknell-Hewllt	11.46

1.	Lyla Williams	7.44
2.	Makenna Clarke	8.20
3.	Milly Sharpe	8.32
4.	Lily Goulding	8.43
5.	Caterina Davey	9.17
6.	Aleesha Heap	9.33
7.	Charlotte Brady	10.39

##### U10 0.75km

1.	Flynn Callaghan	4.03
2.	Knox Anderson	4.43
3.	Blake Gee	5.12

1.	Siaan Fisher	4.14
1.	Isabella Gee	4.14
3.	Lucie Goulding	4.44



**WARWC ROADWALKS, SHELLEY, PERTH, SUNDAY 18 AUGUST**

Thanks to Terry Jones for the latest results from Western Australia.

**16km Handicap**

1.	Wendy Farrow	1:49:16
2.	Andrew Duncan	1:30:07
	Karyn Tolardo	DNF

**5km Handicap**

1.	Brad Mann	27.16
2.	Ben Reid	26.27

**10km Handicap**

1.	Declan Tingay	53.08
	Brad Mann	DNF

**3km Handicap**

1.	Xavier Bernard	16.39
2.	Glenis Duncan	28.21

**BRWC GRAEME NICHOLLS LAP OF THE LAKE & JASTEC 1.5KM HANDICAP, BALLARAT, SUNDAY 18 AUGUST**

Thanks to Kerrie Peart for her report of Sunday's Ballarat Race Walking Races.

This week we held our annual dual club races of *the Graeme Nicholls 6km Lap of the Lake* and the *1.5km Jastec Handicap*. We were privileged to have both Graeme's wife Robyn and his his sister Alison travel up to attend the race in Graeme's honour. We even managed to have minimal wind and no rain during the race. It was great to see Alison enjoy her scenic walk around her old stomping ground of the Lake, and be reminded of the chilly winds off the lake.

All walkers took off for their lap of the lake, with **Alanna Peart** taking the lead of the race and finishing with the fastest time of 27:42, with **Fraser Saunder** close behind in 29:56 (1:14 PB). On handicaps **Kaylah Heikkla-Dubowik** was the winner in her first 6km race, finishing in 37:21, with Fraser & **Sarah Brennan** taking out 2<sup>nd</sup> and 3<sup>rd</sup> place respectively.

Our small group of juniors contested the 1.5km Jastec Handicap, with all starting off in a group. **Scott Peart** took the lead and finished with an 11sec PB in 8:29, followed by **Jorja Tallent** and **Charlotte McDonell**.

**Graeme Nicholls 6km Lap of the Lake Handicap**

1.	Kaylah Heikkla-Dubowik	17:53	(First One
2.	Fraser Saunder	29:56	(PB 1:14
3.	Sarah Brennan	34:44	
4.	Alanna Peart	29:42	
5.	Jemma Peart	31:46	New U20 BRWC record

**1. Jastec 1.5km Handicap**

1.	Scott Peart	8:29	PB 0:11
3.	Jorja Tallent	10:44	
4.	Charlotte McDonell	11:00	First one



*Kaylah, Sarah, Alannah, Alison, Robyn, Jemma, Scott, Scott, Jorja and Charlotte on Sunday*





*Left: They're off in the Graeme Nicholls 6km Lap of the Lake  
Right: Handicap winner Kaylah Heikkila-Dubowik with Alison and Robyn*



*Left: They're off in the Jaytec 1.5km Handicap  
Right: Handicap winner Scott Peart with Alison and Robyn (all photos Kerrie Peart)*

**BRWC PRESIDENT'S CUP 3KM HANDICAP, LAKE WENDOUREE, BALLARAT, SUNDAY 4 AUGUST**

Thanks to Kerrie Peart for the results of the Ballarat Race Walking Club President's Cup, held a couple of weeks ago in the North Gardens at Lake Wendouree. She reports:

Our small group of walkers were keen to hit out for the Presidents Cup. Working in a staggered start, our back markers were focused on chasing down the scratch starters. **Charlotte MacDonell** started off strongly, with **Scott Peart** chasing her down in the closing part of race to win in his equal PB time of 17:53. **Fraser Saunder** was powering home strongly, not able to catch the front markers, but finishing with the fastest time of the race in 14:37. Joining us were two new walkers, **Memphis** and **Lexey** from Maryborough giving racewalking a try with an initial 1km, then continuing on for another 1km. We hope to see the girls joining us for another race.

**President's Cup 3km Handicap**

- |    |                     |       |          |
|----|---------------------|-------|----------|
| 1. | Scott Peart         | 17:53 | Equal PB |
| 2. | Charlotte MacDonell | 22:13 |          |

3.	Fraser Saunder	14:37
4.	Alanna Peart	17:12
5.	Jemma Peart	17:22 New U20 BRWC record

### 2km Walk

1.	Memphis	16:41 First time
2.	Lexey	17:21 First time



*Winner Scott Peart with presenter Ruby Saunders (photos Kerrie Peart)*

## NSWRWC ROADWALKS, OATLEY, NSW, SATURDAY 10 AUGUST

Back a week for the final race results from the NSWRWC winter season in Sydney.

### Medium Division 6km

1.	Hannah Parker	35.36
2.	Bridget Bell (INV)	40.46
	Anne Weekes	DNF

### Short Division 3km

1.	Milly Boughton	15.33
2.	Jayda Stanley (INV)	15.49
3.	Emma Thomas	15.59
4.	Chloe Krklinski	16.41
5.	Ellie DeCelis	17.03
6.	Brendan Pospischil	17.11
7.	Nicolle Challinor	21.35

### U10 Division 0.5km

1.	Alannah Webber	3.05
2.	Nakya Stanley	3.13
3.	Jake Ryan	4.45

### U16 Division 2km

1.	Milly Boughton (INV)	10.20
2.	Jayda tanley	10.36
3.	Samantha Torrens	10.54
4.	Thomas Muir	11.20
5.	Isabelle Nilon	11.24
6.	Chelsey Torrens	12.12
7.	Aidan Pospischil	12.39
8.	Zsofia Varga-Strike	12.45
9.	Jessey Bektas	13.57
10.	Amelia Crocker	14 38

### U12 Division 1km

1.	Rudi Blackley	5.17
2.	Thomas Varga-Strike	5.19
3.	Matilda Webb	5.28
4.	Christopher Nilon	5 58
5.	Dylan Ryan	6.14

## GERMAN 10,000M WALK CHAMPIONSHIPS, BEESKOW, GERMANY, SATURDAY 17 AUGUST

The German Open and U23 Track Walk Championships were held as usual with the Masters Track Walk Championships last Sunday. The men's 10,000m walk saw a strong win to **Christopher Linke** in his second fastest ever time of 38:57.94. It was his 16<sup>th</sup> German title overall, an impressive performance. With the first 3 men all under 40 minutes (**Hagen Pohle** second with 39:37.59 and **Nils Brembach** third with 39:50.04), it omens well for the health of the sport in that country. Linke, Pohle and Brembach will all represent Germany in the 20km in Doha.



In the women's 5000m walk, **Teresa Zurek** won both the Open and U23 titles with a PB 22:08.89.

Well reported by marciadalmondo at [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3564](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3564). Good article with further photos at <https://www.leichtathletik.de/news/news/galerie/dm-gold-und-top-zeit-christopher-linke-tankt-selbstvertrauen-fuer-doha/>. Full suite of masters walk results at <https://www.dlv-xml.de/Storage/EventFiles/19L0000000405101/2993033.htm#W1Manner>. Very impressive depth and quality as usual for the German Masters.

#### 10,000m Senior Men

1.	Linke, Christopher	1988	SC Potsdam	38:57.94
2.	Pohle, Hagen	1992	SC Potsdam	39:37.59
3.	Brembach, Nils	1993	SC Potsdam	39:50.04
4.	Janker, Andreas	1983	LG Röhrenbach.	44:48.71
5.	Tommasino, Francesco-Marco	1993	LG Nord Berlin	46:30.75
6.	Borsch, Steffen	1973	SV Halle e.V.	47:28.25
	Hilbert, Jonathan	1995	LG Ohra Energie	DNF
	Junghannß, Karl	1996	LAC Erfurt	DQ

#### 10,000m U23 Men

1.	Köpp, Leo	1998	LG Nord Berlin	43:48.24
2.	Reumann, Marcin	1999	LG Nord Berlin	51:31.52

#### 5000m Senior Women

1.	Zurek, Teresa	1998	SC Potsdam	22:08.89
2.	Schenker, Bianca	1974	LG Vogtland	24:40.19

#### 5000m U23 Women

1.	Zurek, Teresa	1998	SC Potsdam	22:08.89
2.	Schusters, Katrin	1997	Alemannia Aachen	29:14.55



*Christopher Linke (25) in action in the German 10,000m track walk championship (photo facebook Christopher Linke)*

### MANCHESTER INTERNATIONAL MEET, MANCHESTER, WEDNESDAY 14 AUGUST

The Manchester International T&F meet, held on Wednesday 14<sup>th</sup> August, included a combined 3000m track walk for men and women. With a number of the other top walkers absent (Callum Wilkinson competing in Ireland and Tom Bosworth recovering from injury) and with a number of other walkers choosing to bypass the meet for other lesser comps (a disappointment given this is obviously a chance to showcase our sport), **Erika Kelly** and **Cameron Corbishley** were untroubled in winning, with Cameron setting a new meet record. You can see a full live stream of the walk at <https://www.runjumpthrow.com/videos/38003/>.

Mark Wall added some additional details as follows...thanks Mark

The evening was a damp one with the meeting paused at one stage due to torrential rain. During the walk it was humid, but the showers had temporarily paused. It was again pleasing to see a field where the oldest athletes are still in their mid-thirties. Cameron set off with intent and was rewarded with a new meeting record, His 50km preparations for Doha are clearly on

track. Jasmine received three red cards which saw her spend 30 seconds in the penalty zone with the subsequent fourth report came in during the penultimate lap. Tom saw his cards come in during the race, so his disqualification was more direct.

#### 3000m Walk Men

1.	CAMERON CORBISHLEY	All Stars	11:44.98	MEET RECORD
2.	LUC LEGON	BAL/UKWL	13:02.27	
3.	MATTHEW CRANE	GB Juniors	13:33.84	
	TOM PARTINGTON	England	DQ	

#### 3000m Walk Women

1.	ERIKA KELLY	England	13:52.36	
2.	PAGEN SPOONER	GB Juniors	14:46.77	PB
3.	NATALIE MYERS	BAL/UKWL	15:22.72	
	JASMINE NICHOLLS	All Stars	DQ	

### BAM CORK CITY SPORTS 2019, CORK, IRELAND, WEDNESDAY 14 AUGUST

**Callum Wilkinson** was in action on the same night in Cork, Ireland, and he was in great form, holding out top Irish walkers **Alex Wright** and **Brendon Boyce** to win the 3000m walk with 10:59.00.

#### 3000m Walk Men

1.	Wilkinson, Callum	Great Britain	10:59.00	
2.	Wright, Alex	Ireland	11:06.28	
3.	Boyce, Brendan	Ireland	11:17.84	
4.	McManamon, Cian	Ireland	11:58.61	
5.	Kenny, David	Ireland	12:25.04	

### 31<sup>ST</sup> ANNUAL USA VS CANADA JUNIOR RACEWALK MATCH, PHILADELPHIA, USA, SATURDAY 17 AUGUST

**Tyler Wilson** (CAN) and **Taylor Ewart** (USA) won their respective walks in the annual USA vs Canada Junior Racewalk match last Saturday. Overall, the USA men beat the Canadian men in the Men Teams competition, 12 points to 10 points, while the Canadian women beat the USA women 14 points to 8 points.

#### USA vs Canada Men 10K Racewalk

1.	Tyler Wilson	Canada Surrey, BC	CAN	49:42
2.	Jordan Crawford	USA Douglasville, GA	USA	50:25
3.	Jacob Lawson	USA Chester Springs, PA	USA	50:36
4.	Samuel Allen	USA Woolwich Twp., NJ	USA	50:46
5.	Daniel Soliven	Canada Vancouver, BC	CAN	51:04
6.	Johnny Tse	Canada Vancouver, BC	CAN	53:21
7.	Alexis Cote	Canada Levis, QC	CAN	54:01
8.	Sean Glaze	USA Springfield, OH	USA	55:25
9.	Paine Gronemeyer	USA Guest Arlington, VA	USA	66:04

#### USA vs Canada Women 5K Racewalk

1.	Taylor Ewart	USA Guest Beaver Creek, OH	USA	23:25
2.	Joan Lu	Canada Burnaby, BC	CAN	25:34
3.	Grace Endy	USA Westfield, NJ	USA	25:39
4.	Cassidy Cardle	Canada Langley, BC	CAN	26:08
5.	Elisa Jean	Canada Longueuil, QC	CAN	26:38
6.	Anne St-Amand	Canada La Pocatiere, QC	CAN	26:49
7.	Olivia Lundman	Canada Lantzville, BC	CAN	27:00
8.	Chloe Engin	USA Fairport, NY	USA	28:13
9.	Rithika Vatturi	USA Union City, CA	USA	29:24
10.	Natalie Ehlers	USA Quogue, NY	USA	29:48

There were a number of invitation walks also scheduled, with a good number of US walkers participating.

#### Invitational 3K Racewalk

1.	Michael Thomas	Weston, MA	USA	15:30
2.	Brenna Thomas	Weston, MA	USA	18:29
3.	Brendan Souza	Fair Lawn, NJ	USA	19:00
4.	Diya Jain	Princeton Junction, NJ	USA	20:08
5.	Magalie Frechette	Arlington, MA	USA	20:09
6.	Maya Judice	Dayton, ME	USA	22:59
7.	Ellie Judice	Dayton, ME	USA	23:45



	Kathleen Judice	Dayton, ME	USA	DNF
<b>Invitational 5K Racewalk</b>				
1.	Lucas Judice	Dayton, ME	USA	27:19
2.	Christopher Renn	Fair Lawn, NJ	USA	27:54
3.	Maryanne Daniel	Clinton, CT	USA	29:37
4.	Lawrence Usher Jr.	Decatur, GA	USA	29:55
5.	Mia Sisilli	Monroe, NY	USA	29:56
<b>Invitational 10K Racewalk</b>				
1.	Barry Blake	Edgewater, NJ	USA	66:58
	Tim Chelius	Northfield, NJ	USA	DNF

#### 2019 ENGLISH CENTURIONS 100 MILES WALK, CASTLETOWN, ISLE OF MAN, 17-18 AUGUST

The English Centurions 100 Mile qualifying walk in Castletown last weekend (see <http://www.isleofman100milewalk.co.uk/>) was a huge success, with 27 walkers completing the full distance, 16 of them first timers (**C1196-C1211**). The annual race, which was held over a 1 mile loop in the Isle of Man capital city, was a huge logistics exercise and the local organisers did a superb job, as usual.

Dutch walker **Rob Tersteeg** led the whole way and was never challenged, winning with a very good time of 19:47:15. **Andrew Titley** and **Paul Sayle** were next early on, followed by **Peter Asselman**, but it was Asselman who held together the best of the three, taking second place with 20:24:24, ahead of Titley with 20:59:54 and Sayle, who was the first of the new centurions, with 21:15:42.

**Bernie Johnson** and **Sandra Brown** had a great battle in the women's race, with Bernie taking first place after a close fought race-long contest. Less than 3 minutes separated them at the finish, with Bernie 22:39:51 and Sandra 22:42:39. Bernie walked the whole way with her husband **Lee Johnson**, who crossed the line with her, hand in hand, thus claiming his first centurion badge. **Claire Bass** was third in the womens race with 23:13:24.

For 70 year old ultra legend Sandra Brown, it was her 8<sup>th</sup> hundred this year and her 205<sup>th</sup> overall, extending her tally year by year to a tally that will probably never be challenged. See <http://centurions.org.au/documents/Sandra%20Brown%20Ultra%20record%20-%20year%20by%20year.pdf>.

Full results, with all vital splits, etc, can be found at <https://my3.raceresult.com/112940/participants?lang=en>.

There are two great videos of husband and wife team Bernie and Lee Johnson finishing, along with the finishes of Sandra and Claire. See <https://www.facebook.com/manxathletics/videos/2229167467210186/> and <https://www.facebook.com/manxathletics/videos/488216652008559/>.

US Centurion secretary Rob Robertson advises that of the 16 new British Centurions, 6 (**Edwin van Wijngaarden, Peter Duijst, Claire Law -Bass, Adrie Romijn, Dick Stoevelaar** and **Wilko Koster**) joined the Multiple Centurion Badge list while **Corina Riezebos-Rijploeg** moved up to 3 centurion badges. There are 7 badges in total to be earned – only Sandra Brown has them all. Rob has updated his full multiple-badge listing at <https://www.walk100miles24hours.com/wp-content/uploads/2019/08/Multi-Centurions-1.pdf>

#### **Tower Insurance Isle of Man 100 mile Open Race Walk**

1.	Rob Tersteeg	64	Rotterdamse Wandelsport Vereniging	NED	100	19:47:15	
2.	Peter Asselman	4	ACL	BEL	100	20:24:24	
3.	Andrew Titley	66	IOM Vets	IOM	100	20:59:54	
4.	Paul Sayle	59		IOM	100	21:15:42	<b>C1196</b>
5.	Edwin van Wijngaarden	69		NED	100	21:30:41	<b>C1197</b>
6.	Colin Vesty	70	Leicester Walking Club	UK	100	21:47:42	
7.	Graham Jackson	36	northern masters ac	UK	100	21:48:21	<b>C1198</b>
8.	Frank van der Gulik	67	De LAT	NED	100	22:09:11	
9.	Bernie Johnson (W)	37	IOMVAC	IOM	100	22:39:51	
10.	Lee Johnson	38	IOMVAC	IOM	100	22:39:51	<b>C1199</b>
11.	Sandra Brown (W)	9	Surrey Walking Club	UK	100	22:42:39	
12.	Peter Duijst	19	Rotterdamse Wandelsport Vereniging	NED	100	22:43:53	<b>C1200</b>
13.	Martin Vos	71	Rotterdamse Wandelsport Vereniging	NED	100	22:55:29	
14.	Andrew Dent	17		UK	100	23:01:09	<b>C1201</b>
15.	Claire Bass (W)	6	Ely Runners	UK	100	23:13:24	<b>C1202</b>
16.	Frans Leijtens	45	Rotterdamse Wandelsport Vereniging	NED	100	23:20:30	
17.	Corina Riezebos-Rijploeg (W)	57	Rotterdamse Wandelsport Vereniging	NED	100	23:35:12	<b>C1203</b>
18.	Mathijs Timmermans	65	KWBN	NED	100	23:39:11	
19.	Sophie Dvorakova (W)	20		IOM	100	23:45:43	<b>C1204</b>
20.	Mark Hempsall	33		IOM	100	23:45:43	<b>C1205</b>
21.	May Hooper (W)	35	Manx Harriers	IOM	100	23:47:59	<b>C1206</b>
22.	Courtenay Heading	32	IOMVAC	IOM	100	23:51:14	<b>C1207</b>

23.	Adrie Romijn (W)	58		NED	100	23:52:20	<b>C1208</b>
24.	Stephanie Burton (W)	11		IOM	100	23:53:28	
25.	Alison Kenyon (W)	41		IOM	100	23:53:29	<b>C1209</b>
26.	Dick Stoevelaar	63	Rotterdamse Wandelsport Vereniging	NED	100	23:54:03	<b>C1210</b>
27.	Wilko Koster	44	Rotterdamse Wandelsport Vereniging	NED	100	23:54:58	<b>C1211</b>
	Gabriel Farmer	24		IOM	90	23:50:53	
	Stewart Jones	39	Manx Harriers	IOM	85	20:22:20	
	Martin Fisher	26	Readcar Racewalking Club	UK	85	23:32:25	
	Nicola Raven (W)	56	Manx Harriers	IOM	84	20:35:24	
	Sharon Cain (W)	12	Manx Harriers	IOM	80	20:12:04	
	Edmund Shillabeer	61	Ilford AC	UK	68	20:01:33	
	Christopher Flint	27	Surrey Walking Club	UK	66	23:32:26	
	Raymond Harris	31		IOM	62	14:26:21	
	Sandra De Graaff (W)	16	Rotterdamse Wandelsport Vereniging	NED	62	14:51:03	
	Cristian Fernandez	25	Rotterdamse Wandelsport Vereniging	NED	60	14:14:06	
	Kathryn Prince (W)	55		IOM	60	14:26:05	
	Kellie Hands (W)	30		IOM	60	14:43:02	
	Adrian Edwards	21	Lancashire Walking Club	UK	59	13:09:52	
	Mark Lund	48		IOM	58	13:34:57	
	Louise Hollings (W)	34	Manx Harriers	IOM	58	14:02:33	
	Sailash Shah	60	Lancashire Walking Club	UK	53	14:08:34	
	Richard Brown	8	Surrey Walking Club	UK	51	12:35:03	
	Don Arthurs	3		UK	50	12:00:34	
	Annie Donnelly (W)	18		IOM	48	12:36:50	
	Sue Clements (W)	14	Cambridge & Coleridge	UK	47	11:18:04	
	George Smolinski	62	Leicester Walking Club	UK	46	10:49:38	
	Arjan Lukken	47	Rotterdamse Wandelsport Vereniging	NED	45	10:32:03	
	Arjan Bogerd	7	Rotterdamse Wandelsport Vereniging	NED	42	9:59:23	
	Andy Green	29	Manx Harriers	IOM	39	7:55:35	
	Michael Corlett	15		IOM	36	11:50:20	
	David Walker	72	Manx Harriers	UK	35	6:47:36	
	Russell Walker	73		IOM	33	7:50:25	
	Voirrey Earnshaw Cain (W)	13	Manx Harriers	IOM	33	8:16:49	
	Hans J van der Helm	68	KWBN	NED	23	5:17:28	
	Maik Eijdem	23	OLAT	NED	23	5:20:56	
	Barbara Watt (W)	74		IOM	18	4:15:39	
	Alan Mcculloch	50		IOM	14	3:00:44	



*Andrew Tilley, Peter Asselman and Rob Tersteeg*





*Bernie Johnston, Sandra Brown and Claire Bass (photos Emmanuel Tardi)*



*Left: Rob Tersteeg crosses the finish line to win the English Centurions 100 Mile Walk  
Right: Emmanuel Tardi with fellow French 20 mile walker Claudine Anxionnat*

The 20 mile walk was won by **Ian Richards**, ahead of **Simon Gawne** and **Tony McIntosh**. The IOM walkers were to the fore. And our intrepid reporter **Emmanuel Tardi** also completed the 20 miler (well done, Emmanuel).

**Tower Insurance Isle of Man 20 mile Open Race Walk**

1.	Ian Richards	231	Steyning AC	UK	20	3:19:15
2.	Simon Gawne	212		IOM	20	3:27:54
3.	Tony Mackintosh	225	IOM Vets	IOM	20	3:30:22
4.	Christopher James Burn	204		IOM	20	3:36:05
5.	Hardeep Minhas	226	Leicestershire	UK	20	3:38:09
6.	Michael Readshaw	230		IOM	20	3:39:07
7.	Steve Kemp	222	EMAC	UK	20	3:45:29
8.	Ray Beattie	203		IOM	20	3:49:39
9.	Michelle Turner (W)	234	Northern AC IOM	IOM	20	3:51:17
10.	Lorna Gleave (W)	213		IOM	20	3:55:16
11.	Keith Green	215	Manx Harriers	IOM	20	3:56:35
12.	Jayne Farquhar (W)	209	Manx Harriers	IOM	20	3:59:50
13.	Michael Shipsides	232		IOM	20	4:01:33
14.	Elizabeth Corran (W)	206	Manx Harriers	IOM	20	4:07:10
15.	Andy Baxendale	202	IOMVAC	IOM	20	4:07:46
16.	Colin Moore	227	IOMVAC	IOM	20	4:12:36

17.	David Hoben	218	Surrey Walking Club	UK	20	4:23:42
18.	Claudine Anxionnat (W)	201	AVEC pays de bruyeres	FRA	20	4:31:44
19.	Maureen Cox (W)	207		IOM	20	4:36:56
20.	Dermot O'Toole	229		IOM	20	4:44:46
21.	Anne Dudley (W)	208		IOM	20	4:44:47
22.	Mick Holgate	219	Manx harries	IOM	20	4:48:49
23.	Veronica Leijtens (W)	224	RWV	NED	20	4:50:31
24.	Rebecca Hands (W)	217		IOM	20	4:54:19
25.	Christine Corlett (W)	205		IOM	20	5:03:35
26.	Emmanuel Tardi	233	La Postillonne Longjumeau	FRA	20	5:08:14
	Rebecca Greatbatch (W)	214	Manx Harriers	IOM	9	2:11:59

The following Centurion perpetual trophies given awarded

<b>The Ko van der Kwaak Cup</b> (winning team - Britain vs Netherlands)	Netherlands
<b>Bristol 'Unicorn' Trophy</b> (1 <sup>st</sup> female existing Centurion)	Bernie Johnson
<b>Hammond Trophy</b> (1 <sup>st</sup> male existing Centurion)	Rob Tersteeg
<b>C.145 Hew Neilson Trophy</b> (1 <sup>st</sup> new Centurion)	Paul Sayle
<b>Bill King Memorial Trophy</b> (youngest competitor to finish)	Sophie Dvorakova
<b>Eddy McNeir Trophy</b> (first male finisher aged 65 or over)	N/A
<b>Chas. Shelley Trophy</b> (first female finisher aged 65 or over)	Sandra Brown
<b>Sunday Dispatch Trophy</b> (Open winning team)	Rotterdamse Wandelsport Vereniging

Further awards were made by the The Race Walking Association. The Wilkinson sword and the Cockerel Trophy went to UK race winners and RWA championship medals were awarded to the first three individuals and to the first three teams.

<b>The Wilkinson Sword</b> (first male finisher)	Andrew Titley
<b>The Cockerel trophy</b> (first female finisher),	Bernie Johnson
<b>Tom Reynolds Shield</b> (winning men's team)	Isle of Man Veteran Athletics Club
New Trophy (winning women's team)	No team finished
<b>Ken Smith Memorial Trophy</b> (the most meritorious performance on the day)	Graham Jackson

The British Masters Athletic Federation Long Distance Championships were held in conjunction with the 20 miles, with winners as follows

W45	1	Michelle Turner	IOMVAC
W50	1	Jayne Farquhar	IOMVAC
W60	1	Elizabeth Corran	IOMVAC
M45	1	Tony Mackintosh	IOMVAC
M55	1	Steve Kemp	EMAC
M60	1	Hardeep Minhas	Leicestershire
M60	2	Colin Moore	IOMVAC
M70	1	Ian Richards	VAC

#### REPORTING IN FROM ST MORITZ

**Jemima Montag** is among a large contingent of walkers currently training in St Moritz, Switzerland, as part of their preparation for the 2019 IAAF World Athletics Championships in Doha. She is there with New Zealand representatives **Quentin Rew** and **Alana Barber**, along with some other walkers we know well in Australia, due to their summer visits – **Evan Dunfee** (CAN), **Perseus Karlstrom** (SWE), **Marius Ziukas** and **Brigita Virbalyte-Simsiene** (LTU), amongst many others. Super coach **Brent Vallance** is there overseeing the walkers so they are in good hands indeed. VRWC walker **Simone McInnes** has joined the group, and will benefit from her training stint with such an elite group.

St Moritz is at 1800m altitude and has wonderful training circuits so is an ideal environment for the walkers. Jemima has promised us an article next week, but here are some photos this week to whet the appetite.





*The top of Passo Del Bernina (2334m) – Jemima Montag, Evan Dunfee, Perseus Karlstom and Marius Ziukas*



*Perseus Karlstrom, Alana Barber, Evan Dunfee, Simone McInnes and Jemima Montag training alongside the lake*



*Quentin Rew trains against the truly breathtaking background of St Moritz*



*Alana, Jemima, Simone, Perseus and Evan once again*

### MARCIADALMONDO ROUNDUP

marciadalmondo has 5 press releases for us this week.

- Sun 18 Aug - Beeskow (GER): Linke and Zurek win German Track Championships  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3564](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3564)
- Sat 17 Aug - Manchester (GBR): Cameron Corbishley and Erika Kelly win track walks at Manchester International  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3563](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3563)
- Thu 15 Aug - Cork (IRL): Callum Wilkinson (10:59.00) wins 3000m track walk at Cork Meeting  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3562](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3562)
- Wed 14 Aug - Qujing (CHN): Victories of Niu Wenchao and Yang Jiayu  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3561](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3561)
- Tue 13 Aug - ASug - Brian Hanley, Catherine B. Tucker and Athanassios Bissas - latest research paper  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3560](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3560)

I also point readers to this interesting omarchador press release this week

- Wed 14 Aug - Normunds Ivzans excels at the Baltic Veterans Championships (Vilnius)  
<http://omarchador.blogspot.com/2019/08/normunds-ivzans-destaca-se-nos.html>

### OUT AND ABOUT

- There are some excellent walks coaching articles on the surreywalking club website: <http://www.surreywalkingclub.org.uk/>. Well worth a bookmark and a read. Check out “*Developing Race Walking Technique by Andi Drake*” for starters.
  - Strength Training for Race Walkers by Julian Hopkins
  - Train hard with limited time by Julian Hopkins
  - Strategy and tactics of racing by Julian Hopkins
  - Predicting race times for Race Walkers by Julian Hopkins
  - Train like a Mexican by Julian Hopkins
  - The Three Laws of Training by Julian Hopkins
  - Types of Training by Julian Hopkins
  - Developing Race Walking Technique by Andi Drake
  - Physiological variables related to 20 km by Andi Drake
  - Italian Race Walking Training Methods by Andi Drake
  - An Observational Study on the Perceptive and Physiological Variables During a 10000m Race Walking Competition

- And on it goes. Five Russian weightlifters have been provisionally suspended by the International Weightlifting Federation (IWF) based on evidence uncovered in the McLaren Report and retrieved from the Moscow Laboratory. See <https://www.insidethegames.biz/articles/1083420/iwf-provisional-suspension-five-russians>.
- And within days of that announcement, 7 further doping suspensions have been announced for Russian weightlifting, making it 12 in total. Former European champions Diana Mstieva and Rinat Kireev are among the new group. And there is no certainty that there won't be more suspensions. See <https://www.dailymail.co.uk/wires/reuters/article-7366389/Doping-Seven-Russian-weightlifters-banned.html>
- One of the world's leading anti-doping figures says those responsible for the system that drove Mack Horton to stage his dramatic podium protest at swimming's World Championships should be ashamed. Travis Tygart, the head of the American anti-doping agency USADA, said he felt great sympathy for athletes like Horton and Scotsman Duncan Scott, who followed suit just a few nights later when he refused to have his photo taken - or shake hands with Chinese swimmer Sun Yang. See <https://www.smh.com.au/sport/shame-on-us-tygart-says-anti-doping-system-failed-horton-20190819-p52ij5.html>.
- Tygart has also been active with his views on the ongoing sporting supplements saga, saying the rules have failed to keep pace with science and that not every athlete who tests positive as the result of a contaminated supplement deserves to spend four years out of their sport. Tygart, who was a key figure in the investigations into BALCO and cyclist Lance Armstrong, believes blanket bans for otherwise clean athletes who find themselves returning inadvertent low-level positives should be dealt with on a case-by-case basis, not a "gotcha" style of policing that hands out hardline sanctions more suitable for systematic doping. I couldn't agree more! It is stupid and unfair. See <https://www.smh.com.au/sport/in-sarm-s-way-why-usada-has-altered-its-stance-on-shayna-jack-substance-20190817-p52i2p.html>.

#### MORE ON OUR RWA PERPETUAL TROPHIES

I promise this is my last article on our various Racewalking Australia perpetual trophies. This week it's a significant masters 20 mile teams award from the annual Lake Burley Griffin Carnival in Canberra.

#### **LBG CARNIVAL MASTERS TEAM TROPHY 20 MILES (DUNCAN KNOX TROPHY)**

This LBG Carnival perpetual trophy, initially called *The LBG Veterans Teams Trophy*, was donated by the SAWC and the Veterans Club of SA and was first awarded in 1975. It is a beautiful silver ice bucket, which is now kept in the VRWC trophy cabinet at the club headquarters at Middle Park.



In 2008, the trophy was rebadged as *The Duncan Knox Trophy*, to recognise the contribution of Duncan who, at that time, had 28 finishes to his name in the 20 Mile event and had been a huge supporter of Federation events over the previous 25 years. This was seen as a fitting recognition for a consummate Team athlete.

A newly labelled perpetual shield was created and is now used to recognise the winning masters team in the LBG 20 Miles / 30km walk.

The winning teams since its inception in 1975 include many well known names from years past (see below). Sadly, there have been a number of occasions in recent years when no masters team has finished the race. We need to rectify that!

1975	VRWC	Michael Porter	Bill Ford	Tom Daintry
1976	VRWC	Tom Daintry	Michael Porter	Ralph Field
1977	VRWC	Ken Hall	Claude Martin	Ralph Field
1978	VRWC	Ken Hall	Claude Martin	Harry Jones
1979	VRWC	Harry Summers	Ken Hall	Claude Martin
1980	NSWRWC	John Smith	Bob Mee	Peter Waddell
1981	VRWC	Harry Summers	Claude Martin	Shiela Miller
1982	VRWC	Willi Sawall	Harry Summers	Marlaine Stanway
1983	NSWRWC	John Smith	Logan Irwin	Ron Whitham
1984	VRWC	Harry Summers	Bruce Dudon	Theo Orr
1985	VRWC	Willi Sawall	Clarrie Jack	Bruce Dudon
1986	VRWC	Willi Sawall	Harry Summers	Clarrie Jack
1987	ACT	Dave Thomson	Robin Whyte	Bob Chapman
1988	ACT	Robin Whyte	Dave Thomson	Trevor Volger
1989	NSWRWC	Keith Law	John Smith	Chris Stratford
1990	ACT	Bob Mee	Robin Whyte	Trevor Volger
1991	NSWRWC	Keith Knox	Keith Law	Chris Stratford
1992	NSWRWC	Chris Stratford	John Smith	Keith Law
1993	NSWRWC	Keith Law	Mick Mulligan	Frank Overton
1994	NSWRWC	Keith Knox	Keith Law	Mick Mulligan
1995	NSWRWC	Keith Knox	Keith Law	Frank Overton
1996	ACT	John Stenhouse	Robin Whyte	John Griggs
1997	-			
1998	VRWC	Simon Baker	Mark Donahoo	Brian Glover
1999	VRWC	Duncan Knox	Peter Vysma	Harry Summers
2000	NSWRWC	Keith Knox	Bob Osborne	
2001	ACT	Robin Whyte	Lachlan Wilkinson	Bob Chapman
2002	VRWC	Andrew Jamieson	Mark Donahoo	Duncan Knox
2003	-			
2004	-			
2005	-			
2006	-			
2007	-			
2008	QRWC	Ignatio Jimenez	Peter Bennett	Andrew Ludwig
2009	ACTRWC	Colin Heywood	Robin Whyte	Val Chesterton
2010	ACTRWC	Colin Heywood	Robin Whyte	Val Chesterton
2011	VRWC	Stuart Kollmorgen	Michelle Thompson	Karyn O'Neill
2012	RWV	Simon Evans	Terry O'Neill	Duncan Knox
2013	-			
2014	RWV	Aaron McDonough	Terry O'Neill	Karyn O'Neill
2015	-			
2016	QRWC	Peter Bennett	Argenis Guevara	Dean Nipperess
2017	QRWC	Ignatio Jimenez	Peter Bennett	Argenis Guevara
2018	-			
2019	-			

I have uploaded document *AFRWC TROPHIES.pdf* to webpage <http://www.vrwc.org.au/rwa-results.shtml> . It contains details of and all past winners of the following subset of significant RWA trophies.

1923 - THE GLOVER SHIELD  
 1930 - THE ALEXANDER CUP  
 1954 - A. E. ROBINSON SHIELD  
 1960 - LORNA CARRINGTON CUP  
 1964 - THE JUBILEE SHIELD / NATHAN DEAKES TROPHY  
 1970 - THE H. C. CAMPBELL SHIELD  
 1970 - NIGEL CREW TROPHY  
 1972 - CLAUDE KNIGHT MEMORIAL TROPHY  
 1974 - GOBLE TROPHY  
 1975 – 20 MILES VETERANS TEAM TROPHY / DUNCAN KNOX TROPHY  
 1982 - THE BRENNEN SHIELD  
 1983 - THE JACOBSON TROPHY  
 2004 - STATE CHALLENGE SHIELD



## 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 – 2019/2020

Sept 8 (Sun), 2019	Australian Roadwalk Championships, Adelaide, SA See <a href="https://www.athletics.com.au/events/40660/">https://www.athletics.com.au/events/40660/</a>
Sept 15 (Sun), 2019	Victorian 50km Championships, Middle Park, VIC
Oct 5 (Sat), 2019	AV Shield commences with Round 1 (tentative date)
Oct 26-27, 2019	AV All Schools T&F Championships Weekend 1, Doncaster
Nov 2-3, 2019	AV All Schools T&F Championships Weekend 2, Doncaster
Dec 1, 2019	Australian 50km Championships, Fawkner Park, Melbourne (Open 20km, U20 10km and U18 5km also)
Dec 6-8, 2019	Australian All Schools T&F Championships, Perth
Jan 25-27, 2020	Victorian Country T&F Championships, Geelong
Feb 9 (Sun), 2020	Australian 20km Roadwalk Championships, Adelaide
Feb 28 – Mar 1, 2020	Victorian Junior and Open T&F Championships Weekend 1, Lakeside Stadium, Albert Park
Mar 6-8, 2020	Victorian Junior and Open T&F Championships Weekend 2, Lakeside Stadium, Albert Park
Mar 21-29, 2020	Australian Open and Junior T&F Championships, Sydney
Apr 10-13, 2020	Australian Masters T&F Championships, Brisbane, QLD. See <a href="http://www.brisbane2020nationals.com.au/">http://www.brisbane2020nationals.com.au/</a>
Apr 18-19, 2020	Australian Little Athletics T&F Championships, Canberra

### 2019 IAAF Race Walking Challenge Series (remaining race meets)

Sept 28 - Oct 6, 2019	IAAF World Athletics Championships, Doha, Qatar
Oct 20-22, 2019	Around Taihu International Race Walking 2019, Suzhou, China

### International Dates – 2019 and onwards

Aug 30-Sep 7, 2019	<b>20<sup>th</sup> Oceania Masters T&amp;F Championships</b> , Mackay, Queensland, AUS
Sep 6-7, 2019	China National Race Walking Champs, Leshan, CHN (20 and 50km M/W)
Sept 28 – Oct 6, 2019	<b>17<sup>th</sup> IAAF World Championships in Athletics</b> , Doha, Qatar
Oct 20-22, 2019	Around Taihu International Race Walking 2019, Suzhou, China
May, 2-3, 2020	<b>29<sup>th</sup> IAAF World Race Walking Team Championships</b> , Minsk, Belarus
July 17-20, 2020	<b>18<sup>th</sup> IAAF World U20 T&amp;F Championships</b> , Nairobi, Kenya
July 24 – Aug 9, 2020	<b>32<sup>nd</sup> Olympic Games</b> , Tokyo
July 20 – Aug 1, 2020	<b>23<sup>rd</sup> World Masters T&amp;F Championships</b> , Toronto, Canada
Mar 2021	<b>9<sup>th</sup> World Masters Indoor T&amp;F Championships</b> , Edmonton, Canada
Aug 8-19, 2021	<b>World University Summer Games</b> , Chengdu, China
Aug 6-15, 2021 (TBC)	<b>18<sup>th</sup> IAAF World Championships in Athletics</b> , Eugene, USA
July 27 - Aug 7, 2022	<b>XXII Commonwealth Games</b> , Birmingham, GBR.
Aug 7-17, 2022	<b>24<sup>th</sup> World Masters T&amp;F Championships</b> , Gothenburg Sweden
Aug 2021 (TBC)	<b>19<sup>th</sup> IAAF World Championships in Athletics</b> , Budapest, Hungary

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