



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
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Tuesday 3 September 2019



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WALKER OF THE WEEK

My Walkers of the Week are **Holly Cocking, Glennis McPherson, Maddison Nash** and **Corey Dickson**, the winning team from Saturday's annual VRWC Road Relays at Middle Park in Melbourne.



Holly leads the team off, then changes to Glennis who in turn changes to Maddison



Maddison then changes to Corey who brings the team home (photos Terry Swan)

They were the final team to get underway and all walked superbly. Even so, they were still in second last place when Corey took over for the final 4km but he responded to the challenge, walking a PB time of 17:23 for the final 4km leg and passing all the other teams to stride to victory by nearly 1 minute. Here's how it panned out for them

Holly Cocking	First leg - 3km	15:53	PB 0:08
Glennis McPherson	Second leg - 1km	06:36	SB
Maddison Nash	Third leg - 2km	11:20	PB 0:10
Corey Dickson	Final leg - 4km	17:23	PB 0:59

Holly, Maddison and Corey all did PBs, while Glennis walked her best race for the reason (you don't do PBs as a W70 walker!).

Well done everyone- it was a great race to watch!

WHAT'S COMING UP

- **THERE ARE NO RACES AT MIDDLE PARK NEXT SATURDAY. WE HAVE A WEEK OFF, WHILE THE NATIONAL ROADWALKS ARE ON IN ADELAIDE.**
- This coming **Sunday 8th September** sees the **2019 Australian Roadwalk Championships** in **Adelaide** (checkout <https://www.athletics.com.au/events/40660/>). Here is the breakdown from the AA website (Victorians are shown in bold). There are 95 entries in total. I am pleased to see that Victorian walkers have put together 4 teams (Open Women, Open Men, U18 Girls and U14 Boys).

Open Women 20km Walk

Barendregt, Amanda	NSW
Woods, Claire	SA
Feiner, Tracy	VIC
McInnes, Simone	VIC

Open Women 10km Walk

Bell, Bridget	NSW
O'Neill, Molly	NSW
Walker, Amy	NSW
Wang, Elaine	NSW
Hamann, Charlotte	QLD
McKinven, Noela	QLD
Millard, Summer	QLD
Goznik, Kristie	SA
Peart, Jemma	VIC
Tolardo, Karyn	WA

U20 Girls 10km Walk

Pitcher, Allannah	NSW
Rowbotham, Milla	QLD
Blackwell, Anna	TAS

U18 Girls 5km Walk

Bolton, Hannah	NSW
Parker, Hannah	NSW
McRoberts, Jasmine-Rose	QLD
Sandery, Olivia	SA
Hay, Charlotte	VIC
Peart, Alanna	VIC
Roberts, Darcey	VIC

U16 Girls 5km Walk

Duguid, India	NSW
McLoughlin, Chloe	NSW
Brady, Korey	QLD
Millard, Summer	QLD
Ross, Kiera	SA
Upton, Kitarni	SA
Wilks, Mia	SA

U14 Girls 3km Walk

Boughton, Milly	NSW
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Open Men 20km Walk

Reading, Brendon	ACT
Barendregt, Travis	NSW
Gibbons, Carl	NSW
Jones, Tyler	NSW
Richardson, Dylan	NSW
Jimenez Solis, Ignacio	QLD
Harlington, Alix	SA
Mottrom, Kim	SA
Upton, Royrie	SA
Cowley, Rhydian	VIC
Garganis, Adam	VIC
Swan, Kyle	VIC
Mann, Bradley	WA

U20 Boys 10km Walk

Baker, Mitchell	ACT
Bedford, Kyle	NSW
Bruniges, Mathew	SA
Camilleri, Tristan	SA
Reid, Benjamin	WA

U18 Boys 10km Walk

Young, Gwyllym	ACT
McGinniskin, Jack	NSW
Robertson, William	TAS
Dickson, Corey	VIC

U16 Boys 5km Walk

McCure, Lachlan	QLD
Wilks, Toby	SA
Bottle, Will	TAS
Saunders, Fraser	VIC

U14 Boys 3km Walk

Toyne, Owen	ACT
Bell, Darcy	NSW
Horton, Jai	NSW
Bannister, Jack	QLD
McCure, Sam	QLD
Kamish, Zayden	SA
Rech, Cooper	SA
Morgan, Oliver	TAS

Crocker, Amelia	NSW	Hutchins, Liam	VIC
Pitcher, Sienna	NSW	Peart, Scott	VIC
Gee, Tamika	QLD	Weickhardt, Sebastian	VIC
Heap, Ashanti	QLD	Bernard, Xavier	WA
Braithwaite, Daisy	SA		
DeRuvo, Katie	SA	U12 Boys 2km Walk	
Pusonjic, Elli	SA	Clarkson, Kodi	ACT
Wilks, Hannah	SA	Horton, Jaxson	NSW
Ahern, Chloe	TAS	Kamish, Tarique	SA
Roberts, Darcey	VIC	Richards, Sebastian	SA
Lawrence, Lataya	WA	Wilks, Sam	SA
Mortimore, Casey	WA	Hutchins, Liam	VIC
		Wood, Riley	WA
U12 Girls 2km Walk			
Blackley, Rudi	NSW		
Heap, Aliesha	QLD		
Camilleri, Arabella	SA		
Kamish, Zahra	SA		
Rech, Matilda	SA		
Bogaers, Kaytee	WA		

- The following **Sunday 15th September** sees us back at Middle Park for the final round of the VRWC winter season which includes the **AV 50km Championship** and the **VRWC 35km Club Championship**. Note that you must enter the AV 50km via the AV website members portal (<https://members.athsvic.org.au/SignIn?ReturnUrl=%2fprofile%2f>). I expect entries to close on Thursday 12th September. Walkers intending to walk in the VRWC 35km Championship and 6 Hour Open Walk must also pre-enter via our VRWC online portal at <http://vrwc.org.au/wp1/> (35km and 6H entries close on Sat 14th Sept).

All VRWC entrants in the 50km and 6 Hour events are automatically entered in the VRWC 35km club championship. It is also possible to enter this event as a standalone event.

Sunday 15th September 2019, Middle Park			
7.30am	50km	AV Championship - Jared Tallent Trophy	Open *
	35km	VRWC Championship – Ray Smith Trophy	Open *
	6 Hours	Walk	Open
10.00am	20km		Open
11.00am	10km		Open
* The Victorian 50km and VRWC 35km are Open events, meaning they are open to men and women.			

And what better way to celebrate the 50km walk than with a poem. This beauty was written by Ernie Sharp and published in the Ontario Track Monthly of November 1967 (thanks to Glennis McPherson for passing it on).

THE 50 KILO WALK

The walker's life is one of strife
 His fate is filled with woe
 He must not bound and leave the ground
 He has to heel and toe.
 The leg's thrust back is quite a knack
 The judges wish to see
 At rapid pace he snaps it straight
 And locks well back the knee.

You'll hear of pain – of stress and strain
 When athletes chance to meet
 Of marathons by hardy sons
 In blazing humid heat.
 But here's a race that's hard to face
 Of which I'd like to talk
 A lengthy grind that Hell designed
 The 50 Kilo walk.

'Neath leaden skies to earn a prize
 We strode off on our way
 With heavy clouds like gloomy shrouds
 Surrounding us all day.
 Again we heard the warning word

Before they let us go
 “Walk fairly please and lock your knees
 You have to heel and toe”.

My hopes were high. The miles went by
 The leaders flew ahead
 Then thunder rolled, my heart went cold
 My optimism fled.
 The pace was fast, I hoped I'd last
 I fought a western breeze
 And heeled and toed along the road.
 With care I locked my knees.

The gloomy shrouds of blackened clouds
 Released their heavy load.
 With might and main, through driving rain
 Determinedly I strode
 And splashed with force along the course
 So wet, I seemed to freeze
 While judges spy with eagle eye
 To see I locked my knees.

As spirits dropped, the downpour stopped
 My hopes rose as before
 The gloom was gone. I pounded on
 But fate had more in store
 For down came hail as sharp as nail
 That stung like angry bees
 But no-one cared, for judges stared
 To see I locked my knees.

My strength was low, my legs were slow
 I drove them on and on
 Through wind and rain, through stabbing pain
 Until my strength was gone.
 The finish came, completely lame
 I felt my muscles seize.
 A judge's word I faintly heard
 “Good man! You locked your knees.”

VRWC ROADWALKS, MIDDLE PARK, SATURDAY 31 AUGUST

Our annual club road relays were held on Saturday at Middle Park and they proved to be a great success, with 8 teams of 4 walkers contesting legs of 3km, 1km, 2km and 4km. Club handicapper Mark Donahoo picked the teams to try to make the competition as close as possible, with most teams starting off within a couple of minutes of each other.

Team 7 (**Holly Cocking, Glennis McPherson, Maddison Nash and Corey Dickson**) were the winners, so had picks of the prizes table. They were the final team to get underway and were still in second last place when Corey took over for the final 4km. He walked an inspired leg, recording a big PB time of 17:23 and passing all the other final leg walkers to lead his team to victory by just under 1 minute. We also welcomed Spanish walker **Christian Curopus** who had his first walk with us. Welcome Christian! Further, it was great to see **Will Thompson** back having a walk after a significant break.

Lots of our younger walkers did big PBs so the relay format really brought out the best in everyone. Results are in order of finishing.

	Team	Start	3km Open	1km Open	2km Junior U18	4km Senior	Finish
1.	Team 7	7:58	Holly Cocking	Glennis McPherson	Maddison Nash	Corey Dickson	59:10
2.	Team 8	7:50	Grace Louey	Terry O'Neill	Kathleen O'Mahony	Mark Blackwood	1:00:07
3.	Team 1	6:03	Christian Curopus	Ela Uzun	Darcey Roberts	Sandra Geisler	1:00:38
4.	Team 3	0:45	Charlotte Hay	Will Thompson	Geoff Barrow	Marnie Grace	1:01:00
5.	Team 6	1:01	Karyn O'Neill	Havana Ali	Bob Gardiner	Kyle Swan	1:01:43
6.	Team 2	3:15	Luke Epps	Aiden Smith	Liam Hutchins	Albin Hess	1:01:55
7.	Team 5	4:37	Angus Hay	Merilyn Thompson	Sebastian Weickhardt *	Madeleine Feain	1:02:21
8.	Team 4	4:31	Emily Smith	Mark Donahoo	Max Davidson	Paul Kennedy *	1:03:52

* 1 minute additional time penalty for red cards

Here is the breakdown leg by leg.

Team	1 st Leg (3km)	Time		2 nd Leg (1km)	Time	
Team 7	Holly Cocking	15:53	PB 0:08	Glennis McPherson	06:36	
Team 8	Grace Louey	16:49	PB 0:11	Terry O'Neill	06:15	
Team 1	Christian Curopus	16:47	First walk with us	Ela Uzun	05:27	
Team 3	Charlotte Hay	15:24		Will Thompson	04:28	
Team 6	Karyn O'Neill	20:37		Havana Ali	06:24	
Team 2	Luke Epps	16:57		Aiden Smith	06:50	
Team 5	Angus Hay	16:28		Merilyn Thompson	06:32	
Team 4	Emily Smith	16:51		Mark Donahoo	05:58	
Team	3 rd Leg (2km)	Time		4 th Leg (4km)	Time	
Team 7	Maddison Nash	11:20	PB 0:10	Corey Dickson	17:23	PB 0:59
Team 8	Kathleen O'Mahony	10:47		Mark Blackwood	18:26	
Team 1	Darcey Roberts	10:00		Sandra Geisler	22:21	
Team 3	Geoff Barrow	14:08		Marnie Grace	26:15	
Team 6	Bob Gardiner	14:59		Kyle Swan	18:42	
Team 2	Liam Hutchins	10:27		Albin Hess	24:26	PB 0:14
Team 5	Sebastian Weickhardt	11:46 + 1:00		Madeleine Feain	22:58	
Team 4	Max Davidson	11:23	Inaugural	Paul Kennedy	25:09 + 1:00	

We also had a few walkers who chose the 4km and 1km open walks.

VRWC Open 4km Walk

1. Gerard Feain 24:32
2. Ralph Bennett 26:24
3. Steven Haverly 39:32

VRWC 1km Walk

1. Cody Wapshott 06:48

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

- Judges:** Peter Vysma (Chief), Stuart Cooper, Charlotte Holmes, Kathleen Marsh, Shane Dickson
Officials: Tim Erickson, Mark Donahoo, Ian Laurie, Donna Dickson, Cheryl Beveridge, Kylie Hutchins, Darlene Swan
Canteen: Wendy Cooper, Kate Suich
Photos: Terry Swan (see <http://www.vrwc.org.au/piwigo/index.php?%2Fcategory%2F548>)
Videos: Gerard Feain



Albin Hess, Bob Gardiner, Christian Curopus and Darcey Roberts



Ela Uzun (what a technique shot!), Will Thompson, Liam Hutchins and Sandra Geisler



*Left: Winning team Maddison Nash, Holly Cocking, Corey Dickson and Glennis McPherson
Right: Keiko Bowyer Style Award Trophy winners Grace Louey and Kyle Swan*

Our races were followed by our Winter Season Presentations, followed by a BBQ, so it was a big day indeed. To see the full list of winter season trophy and award winners, check out <http://www.vrwc.org.au/documents/2019%20Trophy%20Winners%20-%20winter%20season%20V1.pdf>. If you weren't there to pick up your trophy in person, see us when you are next at Middle Park.

With only one round of our winter season to go (our Victorian 50km championship day), today marked the end of the season for many of our walking families. Well done everyone on a great winter season. Have a good rest and see you next season.

A special note re a number of the winners from our VRWC Fathers Day Raffle which was drawn as part of our winter season presentations on Saturday afternoon. The following people can collect their prizes next time they are at Middle Park. Thanks to Donna-Marie Elms who did a lot of the work to set this all up. The various hampers look superb. Thanks Donna!

- | | |
|------------------------------|--------------------------------|
| 1 st prize hamper | Zahlia Heikkila-Dubowik |
| 2 nd prize hamper | Marg Beaumont |
| 3 rd prize hamper | Simon Baker |
| 4 th prize hamper | Carolyn Rosenbrock |
| 5 th prize hamper | Havana Ali |
| 6 th prize hamper | Donna-Marie Elms |
| 7 th prize hamper | Heather Carr |

20TH OCEANIA MASTERS T&F CHAMPIONSHIPS, MACKAY, QUEENSLAND, 30 AUGUST TO 7 SEPTEMBER

The **20th Oceania Masters T&F Championships** are underway in Mackay, Queensland, and will go until Saturday 7th September. See more at <http://www.athleticsnorthqld.org.au/Oceania-Masters-Athletics-Championships-2019>. Progressive results can be seen at http://liveresults.qldathletics.org.au/oceania/2019/2019_OAMA_Championships/index.htm.

The 10km roadwalks were held on Sunday morning, with the VRWC walkers (shown in bold) all performing well. In fact, **Alison Thompson** (W66, 1:00:09, 92.00%) and **Heather Carr** (W70, 1:06:00.00, 90.42%) were the overall standouts.

M50	1	Argenis Guevara	M51	AUS	58:21.20	72.25%
M55	1	Kevin Cassidy	M59	AUS	55:26.40	79.34%
	2	Simon Evans	M59	AUS	58:13.20	75.56%
M60	1	Paul Moritz	M60	AUS	1:10:55.30	64.95%
M65	1	Peter Fox	M65	NZL	1:00:01.60	80.84%
	2	Eric Kemsley	M68	NZL	1:00:38.00	80.03%
	3	Frank Prowse	M67	AUS	1:14:51.80	64.82%
M70	1	George White	M74	AUS	1:02:03.00	82.94%
	2	Geoff Iremonger	M72	NZL	1:14:57.40	68.66%
	3	Russ Dickenson	M73	AUS	1:16:52.60	66.94%
	4	Jim Kerse	M70	NZL	1:21:53.30	62.85%
M75	1	Bryan Thomas	M78	AUS	1:13:30.00	74.86%
	2	Stephen James Bark	M76	AUS	1:24:35.20	65.05%
M80	-	Peter Sheaf	M83	NZL	DQ	
	-	John Hines	M83	NZL	DQ	
W35	1	Dash Newington	W35	GBR	1:16:29.00	54.05%
W40	1	Vicky Jones	W40	NZL	1:18:15.90	54.36%
W50	1	Nyle Sunderland	W52	NZL	58:53.80	78.77%
W55	1	Anne Weekes	W57	AUS	1:05:10.70	74.95%
	2	Donna-Marie Elms	W58	AUS	1:09:11.50	70.60%
	3	Carolyn Rosenbrock	W57	AUS	1:09:18.70	70.48%
W65	1	Alison Thompson	W66	AUS	1:00:09.05	92.00%
	2	Barb Bryant	W65	AUS	1:02:10.30	89.01%
W70	1	Heather Carr	W70	AUS	1:06:00.00	90.42%
	2	Jacqueline Wilson	W73	NZL	1:07:03.50	88.99%
W75	1	Gwen Steed	W77	AUS	1:13:46.70	88.19%
	2	Daphne Jones	W78	NZL	1:16:58.70	84.52%
	3	Sylvia Machin	W78	AUS	1:20:31.50	80.80%

The remaining walks are scheduled as follows

- 5000m Track Walks Tuesday 3 September (today!)
- 3000m Track Walks Friday 6 September

ACTRWC ROADWALKS, WESTON PARK, CANBERRA, SATURDAY 31 AUGUST

Thanks to Val Chesterton for this week's results from Canberra. **Gwyllym Young** was the standout with 35:50 in the 8km walk. **Kodi Clarkson** was also in good form with 9:27 for 2km.

8km Walk

1.	Geoff Barker	1:06:14
2.	Phil Essam	1:08:10
3.	Monika Short	1:03:17
4.	Gwyllym Young (F/T)	35:50
5.	Miriam McCarthy	54:08
6.	Robin Whyte	55:38
7.	Val Chesterton	1:10:19

4km Walk

1.	Jack Thackray	35:11
2.	Fran Black	37:01
3.	Kate Black	24:21
4.	Jennifer Gilchrist	30:43
5.	Hannah Manning (F/T)	23:05
6.	Mick Saunders	33:16
7.	Owen Toyne	24:41

2km Walk

1.	David Mackenzie	19:35
2.	Sebastian Young	10:48
3.	Kodi Clarkson (F/T)	09:27
4.	Helen Toyne	16:17
5.	Eloise Smith	13:52

SARWC ROADWALKS, ADELAIDE PARKLANDS, ADELAIDE, SATURDAY 31 AUGUST

Thanks to Kim Mottrom for this week's results from Adelaide. He commented: *Lovely day here for the last race of our season before federation next week. Huge participation with our AGM and presentation held after.*

1 Hour Walk

1.	Kim Mottrom	12,775m
2.	Tristan Camilleri	12,284m
3.	Kristie Goznik	10,623m
4.	Royrie Upton	9,482m
5.	Peter Crump	9,397m
6.	Greg Metha	9,214m
7.	Bill Starr	7,028m
8.	Alix Harlington	6,000m

15 Minutes Walk

1.	Toby Wilks	3,192m
2.	Sam Wilks	2,871m
3.	Daisy Braithwaite	2,750m
4.	Danielle Walsh	2,687m
5.	Seb Richards	2,682m
6.	Casey Mortimore (WA)	2,657m
7.	Jake Vidler	2,458m
8.	Cooper Rech	2,159m
9.	Matilda Rech	2,000m
10.	Laura Morgan	1,878m
11.	Maliha Kamish	1,750m
12.	Xavier Upton	1,484m
13.	Edward Upton	1,484m
14.	Hallie Morgan	1,000m

30 Minutes Walk

1.	Olivia Sandery	5,712m
2.	Kiera Ross	5,386m
3.	Mathew Bruniges	5,192m
4.	Kitarni Upton	5,045m
5.	Mia Wilks	4,841m
6.	Katie DeRuvo	4,838m
7.	Chloe Upton	4,458m
8.	Seth Upton	4,372m
9.	Zayden Kamish	4,372m
10.	Tarique Kamish	4,144m
11.	Liz Downs	4,000m
12.	Zahra Kamish	3,868m

SAMA ROADWALKS, BONYTHON PARK, ADELAIDE, SATURDAY 31 AUGUST

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

12KM WALK

1.	MARIE MAXTED	1:25:18	W59	72.95%
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12KM CLUB WALK

1.	KEVIN FINN	1:23:14	M67	72.15%
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6KM WALK

1.	JACK RUSSELL	0:38:26	M67	76.15%
2.	RODGER BARBER	0:47:27	M81	74.66%
3.	COLIN HAINSWORTH	1:02:51	M89	65.09%

6KM CLUB WALK

1.	DAVE FALLON	0:49:23	M67	59.27%
2.	ROGER LOWE	0:50:53	M76	64.55%
3.	MARGARET MCINTOSH	0:51:32	W66	62.91%
4.	EDNA BATES	0:56:00	W66	57.89%
5.	CATHIE HORE	0:56:01	W68	59.52%

9KM CLUB WALK

1.	GIL MCINTOSH	1:04:08	M69	
2.	DAVID ROBERTSON	1:17:16	M86	
3.	GRAHAM HARRISON	1:18:34	M76	

TRWC ROADWALKS, WENTWORTH PARK, HOBART, SATURDAY 31 AUGUST

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

Today's walks at Wentworth Park, held in mild but breezy conditions, included TRWC Club events along with the Tasmanian Masters 5km Road Walk Championships. In the club events there were some solid performances from **Oliver Morgan**, **Will Bottle** and **William Robertson** who were doing some fine tuning in the lead up to next week's Nationals in Adelaide. We also welcomed **Tapay** for his first walk with our Heel and Toe Brigade.

5km Walk

1.	Will Bottle	26.28
2.	Steve Ahern	29.24
3.	Elizabeth Leitch	33.36
4.	Eugene Gerlach	34.19
5.	Ron Foster	36.52
6.	Wayne Fletcher	37.07
7.	Tapay	38.48 (first time)
8.	Dave Moore	42.32

8km Walk

1.	William Robertson	39.53
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2km Walk

1.	Oliver Morgan	11.29
2.	Gabby Hay	13.59



They're off and racing in Hobart



Wayne Fletcher works hard ...



But fails to catch Ron Foster



Our correspondent Dave Moore in action (photos Paul Leitch)

WARWC ROADWALKS, SHELLEY, PERTH, SUNDAY 1 OCTOBER

Thanks to Terry Jones for this week's results from Western Australia. He writes: *The first day of spring today was like winter. Although events started in fine but overcast weather, a meteorological low soon descended on us with winter-like weather of strong blustery cold winds and plenty of rain.*

16km Handicap

1.	Wendy Farrow	1:49:46
	Andrew Duncan	DNF (14K 1:17:08)
	Declan Tingay	DNF (14K 1:15:35)

5km Handicap

1.	Brad Mann	26.34
2.	Ben Reid	26.34
	Riley Wood	DNF (2K 11.06)

3km Handicap

1.	Kaytee Bogaers	17.46
2.	Glenis Duncan	27.07
3.	John Ronan	15.18
4.	Lataya Lawrence	16.53
5.	Ashlyn Spence	17.21
6.	Xavier Bernard	16.52

10km Handicap

1.	Karen Tolardo	59.32
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CHIASO IN MARCIA, CHIASO, SWITZERLAND, SUNDAY 1 SEPTEMBER
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The 15th edition of the "Chiasso in Marcia" was held last Sunday morning in Chiasso, Switzerland. The 1km course was deemed by some reporters to be a slow one, with an undulating lap and occasional sections of slippery stone slabs but it did not seem to make much difference to the 20km winners who both recorded excellent times. Numbers were relatively small (only 30 walkers at the start) but it was still a high quality field with lots of internationals, including some of the strong Chinese squad and a number of walkers who had come down from their altitude camp at St Moritz for the day.

The women's race was dominated by Chinese/Tibetan walker **Qieyang Shenjie** who stopped the watches in the excellent time of 1:26:51 (22:00, 21:37, 21:43 and 21:32). The minor medals went to Australian **Jemima Montag** (1:34:16) and Italian **Valentina Trapletti** (1:35:33). Jemima had travelled down from the altitude camp in St Moritz for the day to compete, her main target being a negative split race (which she did). And she picked up a nice little earner of 3000 euros for her second place.

In the men's race, victory went to Italian **Stefano Chiesa** with 1:21:54, beating the more favoured Chinese **Cai Zelin** and **Wang Qin**. Wang Qin took second with 1:24:23 while Cai Zelin retired at 12km after incurring 2 red cards. That opened the door for Italian **Leonardo Dei Tos** to take the bronze with 1:26:41.

Well reported as usual at http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3580.

Also, I found a couple of small facebook photo galleries from the races:

<https://www.facebook.com/lugano.racewalking/photos/pcb.2398625976887027/2398625070220451/?type=3&theater>

<https://www.facebook.com/lugano.racewalking/photos/a.1255429957873307/2398568123559479/?type=3&theater>

20km Women

1.	Shenjie Qieyang	CHN	1990	1:26:51
2.	Jemima Montag	AUS	1988	1:34:16
3.	Valentina Trapletti	ITA	1985	1:35:23
4.	Alana Barber	NZL	1987	1:37:43
5.	Bethan Davies	GBR	1990	1:38:06
6.	Martina Ansaldo	ITA	1996	1:44:38
7.	Erin Taylor-Talcott	USA	1978	1:49:54
	Lidia Barcella	ITA	1997	DNF
	Dora Brière	SUI	1959	DNF

20km Men

1.	Stefano Chiesa	ITA	1996	1:21:54
2.	Qin Wang	CHN	1994	1:24:23
3.	Leonardo Dei Tos	ITA	1992	1:26:41
4.	Evan Dunfee	CAN	1990	1:27:24
5.	Andrea Agrusti	ITA	1995	1:27:31
6.	Quentin Rew	NZL	1984	1:27:39
7.	Damian Blocki	POL	1989	1:28:48
8.	Daniele Breda	ITA	2002	1:33:39
	Zelin Cai	CHN	1991	DNF

10km Women

1.	Alessia Zapparoli	ITA	1988	49:28
2.	Viviana Valsecchi	ITA	1992	55:55
3.	Vittoria Di Dato	ITA	2003	56:11

10km Men

1.	Amos Vittori	ITA	2003	55:15
2.	Riccardo Scotti	ITA	1967	56:48
3.	Stefano Giani	ITA	1954	1:06:30
4.	Marco Monetti	ITA	1949	1:08:40

5.	Pierangelo Fortunati	ITA	1950	1:09:54
	Waldo Ponzio	SUI	1944	DNF
	Roby Ponzio	SUI	1947	DNF

3km U16 & U14

1.	Alessia Vittori	ITA	2007	18:09
2.	Sofia Delsoglio	ITA	2006	19:07

Thanks to Jemima who has forwarded to us some great shots of their little St Moritz group in Chiasso



*Left: Down from St Moritz: Damian Blocki(POL), Evan Dunfee (CAN), Brent Vallance (AUS), Quentin Rew (NZL), Jemima Montag (AUS) and Alana Barber (NZL)
Right: Jemima with coach Brent*



*Left: The women's podium: Jemima Montag, Qieyang Shenjie and Valentina Trapletti
Right: Jemima with Evan – I hope this was after the race!*

ATHLETICS CANTERBURY ROAD WALK CHAMPIONSHIPS SATURDAY 31 AUGUST

To New Zealand for the Athletics Canterbury Roadwalks last Saturday. Best effort by **Courtney Ruske**.

GIRLS U16 2K WALK

1.	Kobi Maslin	University	12.01
2.	Madeline Thomas	Timaru	12.42
3.	Molly O'Reilly	Selwyn	13.08
4.	Fern Winikerei	New Brighton/Olympic	16.08

WOMEN U18 5K WALK

1.	Courtney Hillyer	New Brighton/Olympic	31.00
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MEN U18 5K WALK

1.	Jonah Crop	Coms	30.57
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SENIOR WOMEN 10K WALK

1.	Courtney Ruske	Ch-Ch/Avon	55.22
2.	Rozie Robinson	New Brighton/Olympic	59.00

The next big New Zealand walks meet will be the Athletics NZ race walking championships Bruce Pulman Park, Takanini South Auckland, on Sunday 15th September.

ENGLAND ATHLETICS U15 & U17 T&F CHAMPIONSHIPS, BEDFORD, ENGLAND, SUNDAY 1 SEPTEMBER

Thanks to Mark Wall for the results of the England Athletics U15 & U17 T&F Championships at Bedford International Stadium last Sunday.

5000m WALK U17 GIRLS

1.	Ava ROSS	Glaslough Harriers AC (IRE)	27:56.51
2.	Hannah HOPPER	Cambridge Harriers	30:11.52
3.	Millie MORRIS	Ashford AC	30:33.61
	Lois CARTY	Aldershot Farnham & District	DQ (Rule163.3b)

5000m WALK U17 BOYS

1.	Nicholas HART	Aldershot Farnham & District	27:41.40
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3000m WALK U15 GIRLS

1.	Mia DUNWELL	Northern (Isle of Man) AC	16:29.68
2.	Abby HUGHES	Taunton AC	16:51.45
3.	Abigail SMITH	Blackheath & Bromley Harriers AC	17:05.02
4.	Gracie GRIFFITHS	Pembrokeshire Harriers	17:22.79
5.	Charlotte WALLIS	Aldershot Farnham & District	18:15.89
6.	Hannah ATKINSON	Cambridge Harriers	19:14.22

3000m WALK U15 BOYS

1.	Christian HOPPER	Cambridge Harriers	15:07.31
2.	Eddy PURSER	City Of Portsmouth AC	18:02.20

WORLD TRANSPLANT GAMES, GATESHEAD INTERNATIONAL STADIUM, GATESHEAD, 17-23 AUGUST

Thanks to Mark Wall for passing on the men's walk results from the World Transplant Games in England. In last week's newsletter, I reported on the women's walks. This week completes the report.

The standout walk was from Hungarian **Laszlo Venyercsan** who won the M40-49 walk with a brisk 25.43.34. He was also the standout walker in the last Transplant Games 2 years ago in Malaga, Spain. At that time, this article was published about him: <https://atletika.hu/hu/bizottsagi-hirek/venyercsan-laszlo-13-vilagbajnoki-cim-kilenc-vilagcsucs>. He received his first kidney transplant when he was a child and needed a further kidney transplant in 2007.

Mark said of the race:

Friday 23rd saw quite hot conditions 22C+. Many if not most walk as you may expect to see in a 100 mile if not just a brisk stroll. Some spend more time waving to the crowd (including at least one Australian).

M18-39 5000m Walk

1.	Fanaei Morteza	Iran	31.42.85
2.	Hemati Meysam	Iran	32.36.09
3.	Colman David	Australia	33.19.11
4.	Cullen Jose Maria	Argentina	39.14.72

M30-39 5000m Walk

1.	Brett Ryan	Great Britain & NI	32.40.93
2.	Khalifeh Mousa	Iran	33.35.17
3.	Moabeng Lebohng	South Africa	35.44.72
4.	NAIR VISHNU S	India	40.05.67
5.	Kreutzer Fabian	Germany	40.13.52
6.	NG Kin Pun	Hong Kong	56.18.9

M40-49 5000m Walk

1.	Venyercsan Laszlo	Hungary	25.43.34
2.	Keohane Mike	Ireland	29.42.30
3.	Howard David	Australia	31.36.79
4.	BEL Ludovic	France	34.07.02
5.	Gasperin Miha	Slovenia	28.14.72
6.	Lang Maximilian	Austria	40.07.09
7.	RATTAN PARVEEN KUMAR	India	40.09.81
8.	Ramiro Carmona Fernando	Mexico	42.21.74

M50-59 5000m Walk

1.	PANIO ANGELO	Italy	35.01.39
2.	Struckhof Ralf	Germany	35.29.52
3.	Whelan Steve	Great Britain & NI	37.57.97
4.	Nakostenko Alexey	Russia	38.07.48
5.	Luokkanen Reino	Finland	42.00.64
6.	Wong Yim Wah	Hong Kong	43.50.14
7.	KONSTANTINO ALKIVIADIS	Greece	43.54.39
8.	Turner Paul	Australia	44.27.63
	RIZOULIS DIMITRIOS	Greece	DQ
	LEONTOPOULOS ILIAS	Greece	DQ

M60-69 5000m Walk

1.	Giorgi Arduino	Italy	34.59.15
2.	Maluleke Frans	South Africa	35.09.03
3.	Mould John	Great Britain & NI	35.10.74
4.	CAPPONI PEDRO	Argentina	35.31.92
5.	Laszlo Antal	Canada	36.55.67
6.	Cuenca Daniel	Argentina	38.15.64
7.	Miranda sergio	Uruguay	38.40.06
8.	Marciniak Andrzej	Poland	39.48.99
9.	granados-cabezas vicente	Spain	39.57.97
10.	Grall Franz	Austria	41.36.73
11.	Provencher Yvan	Canada	41.59.86
12.	Rosenbaum Gary	USA	44.14.58
13.	De Dianous Serge	France	46.10.84
14.	SVARNAS CHRISTOS	Greece	46.17.44
	PEREZ JUAN JOSE	Spain	DNF
	Lau Siu Hing	Hong Kong	DQ

M70-79 5000m Walk

1.	Sohlo Esko	Finland	41.06.64
2.	Brien Jim	USA	42.49.00
3.	Wright Terry	Great Britain & NI	43.49.52
4.	Retallack Richard	USA	45.00.08

12TH AFRICAN GAMES, RABAT, MOROCCO, 19-31 AUGUST

The 12th African Games have just wrapped up, having been held over the last 2 weeks in Rabat, Morocco. The 20km roadwalks were held on Wednesday 28th August at the Moulay Abdellah Sport Complex, the women starting at 7:33AM and the men at 7:48AM. Well reported in http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3572 .

The women's walk saw a strong performance by Kenya, with **Emily Wamusyi Ngii** (1:34:41) and **Grace Wanjiru Njue** (1:34:57) taking gold and silver ahead of Ethiopian **Yehualeye Beletew Mitiku** (1:35:21). The men's 20km race also saw a Kenya-Ethiopia battle, with **Samuel Kireri Gathimba** of Kenya (1:22:48) just edging out Ethiopian **Yohanis Algaw Wale** (1:22:50), with South African **Wayne Snyman** (1:23:58) taking bronze.

20km Walk Women

1.	NGII Emily Wamusyi	KEN	1:34:41
2.	NJUE Grace Wanjiru	KEN	1:34:57
3.	MITIKU Yehualeye Beletew	ETH	1:35:21
4.	NASRI Chahinez	TUN	1:36:28
5.	AZZI Souad	ALG	1:38:48
6.	GETAHUN Mare Betwe	ETH	1:41:00
7.	OLUDE Fadekemi Florence	NGR	1:41:21
8.	SHEFRAWE Aynalem Eshetu	ETH	1:44:41
9.	IBRAHIM Amira	EGY	1:50:54

20km Walk Men

1.	GATHIMBA Samuel Kireri	KEN	1:22:48
2.	WALE Yohanis Algaw	ETH	1:22:50
3.	SNYMAN Wayne	RSA	1:23:38
4.	WACHIRA Simon Muriithi	KEN	1:24:40
5.	SALEH Mohamed	EGY	1:29:42
6.	MELIS Tadilo Getu	ETH	1:29:57
7.	OTHMAN Allouch	MOR	1:30:08
8.	CHEKOL Birara Alem	ETH	1:34:50
9.	CAPRICE Erick Jerome	MRI	1:36:27

SPANISH ATHLETICS CHAMPIONSHIPS, LA NUCIA, SPAIN, 31 AUGUST - 1 SEPTEMBER

The 10,000m track walks in the Spanish Athletics Championships were held in La Nucia, near Alacante, on Saturday 31st August. as usual, my report it borrowed from marciadalmondo (see http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3579 and http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3577).

The men's championship saw a group of 4 lead out - **Alvaro Martin**, **Miguel Angel Lopez**, **Diego Garcia** and **Marc Tur** - passing the 5000m half way mark in 19:33.27. As the race progressed, it was Martin who forged the slightest of leads over Lopez. With the last 1000m covered in 3:53.48, Martin held on to win the 2019 title with 39:33.38, less than 2 seconds ahead of Lopez (39:35.03), with Tur (41:55.24) some 2 minutes in arrears for third. Special mention to 49 year old **Jesus Angel Garcia** who finished 7th with 43:33.43. Amazingly, he will turn 50 next month!

10,000m Walk Men

1.	Alvaro MARTIN	CAICS	18/6/1994	39:33.38
2.	Miguel Angel LOPEZ	LLBMU	3/7/1988	39:35.03
3.	Marc TUR	PEÑIB	30/11/1994	41:55.24
4.	Diego GARCIA	ADMM	19/1/1996	42:31.21
5.	Jose Ignacio DIAZ	FCBB	22/11/1979	42:40.92
6.	Mario SILLERO	RSOSS	12/3/1990	43:24.00
7.	Jesus Angel GARCIA	HOSB	17/10/1969	43:33.43
8.	Jaime CAÑAS	SGPPO	18/2/1990	44:27.97
9.	David REYES	TEITF	19/3/1993	44:59.23
10.	Marc GUERRERO	HOSB	25/9/1995	49:37.39

The women's 10,000m walk saw a great battle between **Raquel Gonzalez** and **Maria Perez**. Nothing separated them for the first 7000m, before Perez inched away, creating a lead of around 10m by the 8000m mark. From then on, it was all Perez as she stormed home to win with 43:52.08, nearly a minute ahead of Gonzalez who took silver with 44:44.32, well ahead of bronze medalist **Laura Garcia-Caro** (46:48.09).

10,000m Women

	Maria PEREZ	VCFV	43:52.08
	Raquel GONZALEZ	FCBB	44:44.32
	Laura GARCIA-CARO	LEPH	46:48.09
	Lidia SANCHEZ-PUEBLA	CAICS	48:40.39
	Ainhoa PINEDO	ADMM	50:13.14
	Andrea CABRE	CAICS	50:30.83
	Marina SILLERO	IANSA	50:54.27
	Mar CHILLON	CAFPO	53:31.97
	Irene FORES	CASV	53:43.50
	Angela CARRION	JUMMU	54:48.66

Veronica ESPINO
Sofia RODRIGUEZ

CAIMA 58:00.77
GUAGR 59:36.24

SOUTHEND-ON-SEA OPEN 1 MILE WALK, GARON PARK TRACK,SOUTHEN-ON-SEA, MONDAY 26 AUGUST

We have a bit of a British flavour to this week's newsletter with 4 additional events from there. I start with Dave Ainsworth's report from the Southend-on-Sea 1 Mile walk held on Monday 26th August.

Held in mid-morning on the hottest August Bank Holiday since records began, the field was down on previous years when usually around 20 appear. Ilford AC provided half the finishers. **Melanie Peddle** repeated her feat of 2017 by leading home the entire field. Much applause was given by a large crowd to young **Ruby Muffett** on her race walking debut and to last finisher **Gordon Franklin** who is aged 84! **Dave Ainsworth**, recently out of hospital and out of athletics since June 2018, returned to extend his competitive span into another decade (his 70s). Among spectators was Ilford AC's **Steve Allen**, who as well as bringing back a trophy he'd won a year ago, also announced his retirement from athletics. Informed commentary was provided by former Southend-on-Sea AC race walker **June Cork**. This meeting is one of the County's best supported with 343 entries taken in total. Awards were presented by international cross-country runner Adam Hickey.

Southend-on-Sea 1 Mile Walk

1.	Melanie Peddle	Loughton AC	8:52.8
2.	Stuart Bennett	Ilford AC	9:45.9
3.	Linda Mountford	Castle Point Joggers	9:46.0
4.	Rachel Lawless	Ilford AC	9:50.0
5.	Keith Palmer	Southend-on-sea AC	10:41.9
6.	Lesley Morris	Ilford AC	10:45.1
7.	Ruby Muffett (U15)	Southend-on-Sea AC	11:08.8
8.	Alan O'Rawe	Ilford AC	11:18.2
9.	Anne Scurfield	Ilford AC	11:29.0
10.	John Brock	Southend-on-Sea AC	11:49.1
11.	Val Mountford	Unattached	12:55.1
12.	Dave Ainsworth	Ilford AC	13:35.6
13.	Eddie Trotter	Ilford AC	14:43.7
14.	Gordon Franklin	Southend-on-Sea AC	14:59.6

George Woods Trophy (1st Essex resident Centurion): Stuart Bennett.

2019 ERWL RACE 9, ENFIELD LEAGUE RACE 9 5KM. ALLIANZ STADIUM, COPTHALL, SATURDAY 31 AUGUST

Now to Saturday when 26 walkers turned out for the latest Enfield Race Walking League (ERWL) race over 5km at the Allianz Park track in Copthall, London. **George Wilkinson** (23:22.29) won ahead of **Dave Annetts** (24:07.10) and **Maddy Shott** (24:56.83).

5km Walk

1.	George Wilkinson	U20	EHAC	23:22.29
2.	Dave Annetts	M50	North Herts RR	24:07.10
3.	Maddy Shott (W)	SW	Belgrave H	24:56.83
4.	Francisco Reis	M55	Surrey WC	26:05.41
5.	Jacqueline Benson (W)	U20	Ashford AC	28:58.70
6.	Chris Hobbs	M60	Ashford AC	29:05.41
7.	Steve Uttley	M60	Ilford AC	29:08.48
8.	Melanie Peddle (W)	W50	Loughton AC	29:09.70
9.	Malcom Martin	M60	Surrey WC	29:32.30
10.	Graham Chapman	M60	Headington RR	29:59.52
11.	Martin Fisher ©	M50	Redcar RWC	30:32.45
12.	Simon Morgan	M50	Ilford AC	32:13.65
13.	Stuart Bennett ©	M60	Ilford AC	31:22.51
14.	Helen Middleton (W)	W55	EHAC	31:25.95
15.	Grace Whittingham (W)	U17	Ashford AC	31:29.36
16.	John Ralph	M60	EHAC	31:49.27
17.	Maureen Noel (W)	W60	Belgrave H	32:27.17
18.	Sue Barnett (W)	W65	EHAC	32:39.88
19.	Noel Blatchford (W)	W70	Abingdon AC	33:17.96
20.	Alicia Drenda (W)	W35	Belgrave H	33:20.69
21.	Tom Casserley	M80	EHAC	34:39.00
22.	Steve Whelan	M55	Headington RR	37:10.09

3km Walk

1.	Carla Fo	U13	Blackh/Brom	18:55.06
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2.	Jonathan Ellerton	U15	Blackh/Brom	19:18.65
3.	Peter Hannell	M75	Surrey WC	22:54.22
4.	Bob Dobson	M75	Ilford AC	23:16.27

VAC 5 MILES SUMMER LEAGUE RACE 6, BATTERSEA PARK, LONDON, TUESDAY 27 AUGUST

Staying in London where the Veterans Athletics Club (England) staged its fifth and final fixture of the season at Battersea Park on the evening of Tuesday 27 August, with large numbers of runners (and lesser numbers of walkers) threading their way through the busy crowds on a hot humid evening. Full results at <http://www.vetsac.org.uk/Results-2019.html>.

The 5 mile walking race was convincingly won by **Dave Annetts**, with a season best of 38:11, while **Maureen Noel** was the fastest of the women with 54:20.

1.	David Annetts	M50	N Herts RR	38:11
2.	Mark Culshaw	M50	Belgrave/EMAC	49:27
3.	Maureen Noel	W55	Belgrave	54:20
4.	Dan Maskell	M70	Surrey WC	54:50
5.	Alicia Drenda	W35	Belgrave	55:53
6.	Tom Casserley	M80	Enfield	57:07
7.	Paul King	M65	Belgrave	57:42
8.	David Hoben	M65	Surrey WC	60:13
9.	Peter Hannell	M75	Surrey WC	DNF
10.	Richard Alleyne	M65	Unattached	DNF



Dave Annetts and Maureen Noel in action at Battersea Park last week (photos <http://www.vetsac.org.uk>)

GUERNSEY CHURCH TO CHURCH, GUERNSEY, SUNDAY 1 SEPTEMBER

Finally to Guernsey for the annual Church to Church walk which took place last Sunday, starting at Havelet Bay, South Esplanade at 9AM, winding past all the Guernsey Parish churches in a large 19.4 mile loop and eventually finishing back at the South Esplanade, St Peter Port. A fixture in Guernsey's sporting calendar since 1936, the walk is open to all, from race walkers to those that just want to complete the course within the time limit of 5 hours 30 minutes.

The event was well reported in <https://churchtochurch.wordpress.com/>. **Stuart Le Noury** walked to his fourth overall win in 3:20:14, on a hot morning. **Donna Allan** finished in second place overall, her time of 3.25.18 only 8 seconds down on the Island best set by Jenny Elliott back in 1984. And a special mention to the last man to finish, namely 80 year old **Ed Shillabeer**. Ed has won this event four times with a best of 2.40.58 but continues to return to walk on one of his favourite courses. Then he was straight to the airport to return home to be at work tomorrow morning. A race walking legend.

Guernsey Church to Church

1.	Stuart Le Noury	Sarnia WC	M	3.20.14
2.	Donna Allan	Sarnia WC	W40	3.25.18

3.	Jim Ball	Steining AC	M55	3.42.58
4.	Rob Elliott	Sarnia WC	M60	3.49.04
5.	Stephen Cartwright	Colchester & Tendring AC	M60	4.00.55
6.	David Hoben	Surrey WC	M65	4.10.08
7.	Ed Shillabeer	Ilford AC	M80	4.45.42
8.	Phil Lockwood	Sarnia WC	M45	DNF
9.	Colin Bradley	Unattached	M60	DNF

Victory Cup First Channel Islander Men:	Stuart Le Noury
Star Trophy First Channel Islander Women:	Donna Allan
Jenny Elliott Salver:	Donna Allan
CJ Robins Veterans Tankard, first 40-49 years:	Donna Allan
Healthspan Supervets Tankard, first 50- 59 years:	Jim Ball
Winning Ways Trophy, first 60-69 years:	Rob Elliott
Ilford Ac Vets trophy, first over 70 years:	Ed Shillabeer
Fletchersports Team Shield:	Sarnia Walking Club

The full Guernsey race is preceded on the Friday by a short warm up 3km road walk, in which most of the competitors and some other local walkers take part. Almost a dozen walkers started it this year, with Stuart Le Noury (16:03) winning ahead of Donna Allan (17:08) and Jim Ball (17:48).

THREE NEW USA CENTURIONS AT THE DOME, MILWAUKEE

As the last week has progressed, I have been following the *Six Days in the Dome Redux Foot Race* which started on Sunday 25th August at The Dome in Milwaukee and finished on Sunday 1st September (see www.run6days.com). USA Centurion secretary Rob Robertson reported in last week with the doings from the first day, which saw 5 walkers in the large field of 66 entrants.

What a weekend. I was invited as a Centurion judge for the first 24 hours of Six Days in the Dome, Milwaukee. A six day race. To qualify as a Centurion the walkers had to walk 100 miles in the first 24 hours. Who besides six badge Centurion Australian Justin Scholz would want to do that. We had five walkers. United States Centurion C34 **Mario Escobedo**, United States Centurion C48 **Ivo Majetic**. Multi World walking Record Holder **Yolanda Holder**. Multi day walker **Anthony Culpepper**, Long distance walker and almost Centurion **Bob Davidson**.

So here we all are inside a giant ice rink. A three lane track around all of it. Constant 55 degrees. It was obvious that three of my walkers wanted to copy Justin Scholz at EMU. Ivo, Anthony and Yolanda. Anthony was a pleasant surprise. Spends his days in the Colorado Rocky Mountains checking trees. Thin air and mountain hiking is good Centurion training. Ivo had stomach problems but vowed to gut out his hundred. Yolanda had one of those late hard up and down races. One hour you are on top. The next hour you think you are not going to make it. An emotional roller coaster. The result. Three hundred mile finishers.

NEW Centurion C93	Anthony Culpepper	22:11:56
Centurion C48	Ivo Majetic	22:57:01
NEW Centurion C94	Yolanda Holder	23:51:32



Yolanda Holder (left) and Anthony Culpepper (right) walking with Ivo Majetic



New U.S. Centurions Yolanda Holder and Anthony Culpepper (photos Rob Robertson)

Since then, the race has ticked off the remaining 5 days before winding up on Sunday. The big news is that all 5 walkers continued for the full duration, finishing as shown below. I must point out that Bob Davidson's achievement is something special – 330km (200 miles) only 6 months after a full knee replacement.

6 Day Race, The Dome, Milwaukee (walkers)

14.	Yolanda Holder	USA	665.182 km
28.	Anthony Culpepper	USA	537.467 km
35.	Mario Escobedo	USA	485.583 km
38.	Ivo Majetic	USA	483.809 km
52.	Bob Davidson	USA	330.817 km

Full results at <https://my7.raceresult.com/134293/>

MARCIADALMONDO ROUNDUP

marciadalmondo has 12 press releases for us this week.

- Mon 2 Sept - Yekaterina Medvedeva Ryzhova (RUS): 8 years suspension for anomalies in biological passport http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3581
- Sun 1 Sept - Chasso (SUI): Great mark of Qieyang Shenije (1:26:51) and victory of Stefano Chiesa (1:21:54) http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3580
- Sun 1 Sept - La Nucia, Alicante (ESP): Maria Perez wins the Spanish Championship in 43:52.08 http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3579
- Sun 1 Sept - Spanish walker Beatriz Pascual retires http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3578
- Sun 31 Aug - La Nucia, Alicante (ESP): Alvaro Martin wins the Spanish Championship in 39:33.38 http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3577
- Fri 30 Aug - Radom (POL): Dawid Tomala and Katarzyna Zdziebło Polish champions http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3576
- Fri 30 Aug - Igor Glavan (UKR) returns to walking after 2 year ban http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3575
- Thu 29 Aug - Preview of 15th edition of Chiasso 20km walks http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3574

- Thu 29 Aug - Preview of Spanish 10,000m Track Walk Championships in La Nucia
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3573
- Wed 28 Aug -Rabat (MAR): Emily Wamusyi Ngii and Samuel Kireri Gathimba win 12th African Games walks
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3572
- Tue 27 Aug - Minsk (BLR): victories of Salih Korkmaz (TUR) and Victoriya Rashchupkina
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3571
- Mon 26 Aug - Stockholm (SWE): Karlstrom wins the 2019 Finnkampen with a world-class time (38:03.95)
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3570

OUT AND ABOUT

- The IAAF has imposed an 8 year suspension on Russian walker **Ekaterina Medvedeva**, the Athletics Integrity Unit (AIU) announced in a note on Wednesday 30th August. According to the AIU, the suspension against the 25-year-old Russian athlete was imposed due to "Use of a prohibited substance or a prohibited method" and entered into force on March 27, 2019. A probe against Medvedeva was launched in February 2019. Its eight-year suspension enters into force on March 27, 2019 and all results achieved by the athlete between January 31, 2018 and March 27, 2019 will be canceled. In 2013, Medvedeva was suspended for two years for doping abuse. The walker returned to the sport after her suspension period expired on 12 June 2015. See <https://atleticanotizie.myblog.it/2019/08/30/doping-super-squalifica-di-8-anni-per-la-marciatrice-russa-medvedeva/>.
- Athletics Canada announced today the 49 athletes who have been selected to represent Canada at the 2019 IAAF World Championships taking place in Doha, Qatar, from Sept. 27 to Oct. 6. The team includes walkers **Mathieu Bilodeau** (50km), **Evan Dunfee** (20km and 50km) and **Rachel Seaman** (20km). See <https://athletics.ca/athletics-canada-names-2019-iaaf-world-championships-team/>.

AV SHIELD SUMMER COMPETITION TAKES SHAPE

News for our Victorian walkers: AV Shield is changing for the 2019/2020 summer season. It is now to be known as the **Athletics Victoria Shield League (AVSL)** and will be a virtual scoring ladder platform that combines performances from U14 up to 40+ in both male and female. AV affiliated Clubs will now compete as one entity so performances achieved by all members will be accumulated and contribute towards each club's overall performance. The AVSL will have an automatic promotion and relegation platform, with playoffs taking place on the final round of competition to determine promotion and relegation.

AVSL is approaching fast with Round 1 set to commence on Saturday 5 October.

Rounds and Venues

Round 1:	Saturday 5 October	Yellow Venue – Aberfeldie Program 1	White Venue – Nunawading Program 2
Round 2:	Saturday 12 October	Blue Venue – Casey Fields Program 1	Red Venue – Doncaster Program 2
Round 3:	Saturday 19 October	Yellow Venue – Aberfeldie Program 1	White Venue – Yarra Ranges Program 2
Round 4:	Saturday 9 November	Blue Venue – Knox Program 1	Red Venue – Doncaster Program 2
Round 5:	Saturday 16 November	Yellow Venue – Aberfeldie Program 1	White Venue – Nunawading Program 2
Round 6:	Saturday 30 November	Blue Venue – Casey Fields Program 1	Red Venue – Meadowglen Program 2
Round 7:	Friday 13 December	Red Venue – Doncaster Twilight Nitro	Blue Venue – Duncan McKinnon Twilight Nitro
Round 8:	Saturday 21 December	White Venue – Box Hill Program 1	Yellow Venue – Werribee Program 2
Round 9:	Saturday 11 January 2020	Red Venue – Meadowglen Program 1	Blue Venue – Frankston Program 2
Round 10:	Saturday 18 January 2020	White Venue – Ringwood Program 1	Yellow Venue – Keilor Park Program 2
Round 11:	Saturday 1 February 2020	Red Venue – Doncaster Program 1	Blue Venue – Knox Program 2
Round 12:	Saturday 8 February 2020	White Venue – Box Hill Program 1	Yellow Venue – Aberfeldie Program 2
Round 13:	Saturday 22 February 2020	AVSL Playoffs – Venue TBC	

Note that Venues are still subject to change due to availability and suitability

Now we just need to know

- whether all the AVSL rounds will have walks
- at which of the two metro venues will walks be scheduled each round
- what the walk distances will be.

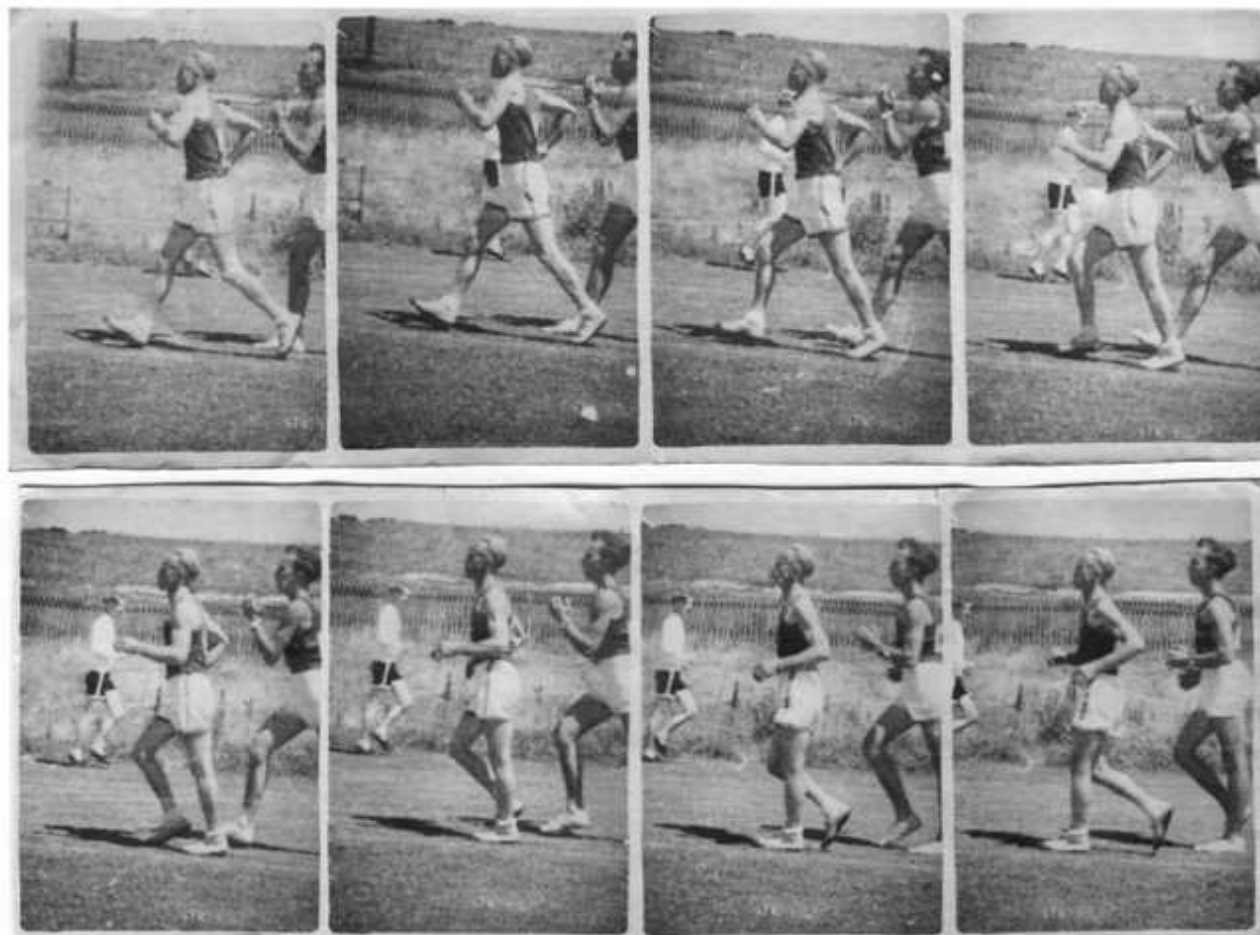
I assume the 3 country venues (Ballarat, Bendigo and Geelong) will also be scheduled each round, but also in the new format.

We wait for further info.

FROM THE VAULT

Thanks to VRWC walker Glennis McPherson for these action shots of her uncle **Jim Jack**, who competed for St. Stephens Harriers in Victoria from the 1930s through to the 1960s. Jim also coached and was awarded Life Membership of his club for his many years of service. St Stephens Harriers is one of our oldest clubs, formed in 1908 and still going strong (see <https://ststephensharriers.com/>).

Great straight leg technique. Not much as really changed over the years with regard to a sound technique. Thanks Glennis!



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 https://www.athletics.com.au/events/40660/
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 http://www.brisbane2020nationals.com.au/
Apr 18-19, 2020	Australian Little Athletics T&F Championships, Canberra

2019 IAAF Race Walking Challenge Series (remaining race meets)

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

International Dates – 2019 and onwards

Aug 30-Sep 7, 2019 **20th Oceania Masters T&F Championships**, Mackay, Queensland, AUS
Sep 6-7, 2019 China National Race Walking Champs, Leshan, CHN (20 and 50km M/W)
Sep 15, 2019 (Sun) NZ Road Walk Championships, Auckland (IAAF Category B Permit walk TBC)
Sept 28 – Oct 6, 2019 **17th IAAF World Championships in Athletics**, Doha, Qatar
Oct 20-22, 2019 Around Taihu International Race Walking 2019, Suzhou, China

May, 2-3, 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 8-19, 2021 **World University Summer Games**, Chengdu, China
Aug 6-15, 2021 (TBC) **18th IAAF World Championships in Athletics**, Eugene, USA

July 27 - Aug 7, 2022 **XXII Commonwealth Games**, Birmingham, GBR.
Aug 7-17, 2022 **24th World Masters T&F Championships**, Gothenburg Sweden

Aug 2021 (TBC) **19th IAAF World Championships in Athletics**, Budapest, Hungary

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