



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2014/2015 Number 46
18 August 2015



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WALKER OF THE WEEK

An amazing 49 walkers completed the requisite 100 miles distance in the annual English Centurions 24 Hour walk, held last weekend in Douglas on the Isle of Man. And Ballarat based Australian Centurion **John Kilmartin** (C 67) was amongst them.

He qualified as a centurion in Australia in April with a fine 100 mile walk time of 21:11:56. He walked a similarly powerful race in Douglas last weekend, well back early (down towards 30th place) and then storming through the field to finish **7th overall with 21:26:48**. It was a dream come true for John who had targeted this walk earlier this year. He had been putting in a lot of long walking through the bitterly cold Ballarat winter and it all paid off with a superb performance that certainly deserves to be Walker of the Week.

In October, he is travelling to Auckland to walk in the New Zealand Centurions qualifying event – when (no if's about it!) he finishes that one, he will have done 3 hundreds in one year, a mighty feat.



John in action in last weekend's IOM 24 Hour walk

WHAT'S COMING UP

- Next Saturday sees us back at Middle Park for more VRWC races.

Saturday 22nd August 2015, Middle Park			
VRWC EVENTS: Beat Your Season Best time. Prizes for all winners.			
2.15pm	12km	Beat Your Season Best Time	Open
2.15pm	10km	Beat Your Season Best Time	Open
2.15pm	5km	Beat Your Season Best Time	Open
2.30pm	3km	Beat Your Season Best Time	Open
2.30pm	1.5km	Beat Your Season Best Time	Open

The idea is a simple one - the winners are the walkers in each race to beat their season best time by the largest margin. It's our last Prizes day for the season so come along and try your luck.

AUSTRALIAN ROADWALK CHAMPIONSHIPS, MIDDLE PARK, SUNDAY 30 AUGUST

Entries have now closed for the **2015 Australian Road Walking Championships** which will be held at Middle Park (Melbourne) on Sunday 30 August. We have 127 official entries and we have an Open non-championship 5km and Racewalking Victoria U10 1km championships as well so the final count will probably creep towards the 150 mark.

I have been forwarded the final entry list by Athletics Australia and have forwarded it to RWA secretary Owen Hunt so that he can send it out to all our RWA clubs for vetting and for handicap times. In the meanwhile, I have posted it to our VRWC LOC page at <http://www.vrwc.org.au/2015AustRoadwalkChamps.shtml>.

Direct link for provisional entry list at <http://www.vrwc.org.au/documents/RWA2015Entries18.8.15.pdf>. Email me if any questions.

IAAF CHAMPIONSHIPS, BEIJING, CHINA, 22-30 AUGUST



The 2015 IAAF World Championships (official website <http://www.iaaf.org/competitions/iaaf-world-championships>) kick off this coming Saturday and I am getting excited. I actually fly out for Beijing on Friday 21st and will be there for all 3 racewalks

- 20km men Sun 23 Aug, 8:30AM (Beijing time – 10:30AM Melbourne time)
- 20km women Fri 29 Aug, 8:30AM (Beijing time – 10:30AM Melbourne time)
- 50km Sat 29 Aug, 7:30AM (Beijing time – 9:30AM Melbourne time)

For Australian based readers, there are two viewing options

- An IAAF World Championships 1 hour highlights package will be broadcast on Australian TV station SBS2 at 5:30pm each evening from August 23-31
- Eurosport is doing a major coverage and hopefully there will be direct feeds of all 3 walks via these links

20km men: http://au.eurosport.com/athletics/world-championships/2015/20km-walk-men_mtc763846/live.shtml
20km women: http://au.eurosport.com/athletics/world-championships/2015/20km-walk-women_mtc763905/live.shtml
50km men: http://au.eurosport.com/athletics/world-championships/2015/50km-walk-men_mtc763813/live.shtml

A few more interesting links:

- Provisional Entry Lists: <http://www.iaaf.org/news/iaaf-news/iaaf-world-championships-beijing-2015-provisi>
- Article on Aust walker Beki Smith: <http://athletics.com.au/News/beijing-2015-beki>
- Chen and Liu lead China's team: <http://www.iaaf.org/news/news/chen-liu-china-beijing-2015>

VRWC ROADWALKS, MIDDLE PARK, SATURDAY 15 AUGUST

A beautiful sunny winter afternoon greeted the 35 walkers who turned out for our annual VRWC Intervals race day. The idea is to complete as many 2km intervals as you can, with the intervals kicking off every 17 minutes. The faster you do them, the more rest you have between the reps. It was great to see 11 people finish all 5 reps and the racing was very competitive. **Adam Garganis**, **Reese Walmsley** and **Jason Kozica** lead from the front and seemed to enjoy the challenge. Special mentions to 11 year old **Josh Jensen**, 12 year old **Charlotte Hay** and 13 year old **Kathleen O'Mahony** who each completed all 5 intervals.

5x2km Intervals Walk	2km	4km	6km	8km	10km	Total
1. Adam Garganis	09:18	09:12	08:38	10:23	10:22	47:53
2. Reese Walmsley	09:27	09:46	09:52	10:23	10:22	49:50
3. Jason Kozica	11:32	09:34	09:10	10:23	10:22	51:01
4. Wendy Muldoon	11:01	11:07	11:09	11:15	12:33	57:05
5. Pam Tindal	11:01	11:07	11:09	11:15	12:33	57:05
6. Josh Jensen	11:52	11:58	11:56	10:21	11:23	57:30
7. Kathleen O'Mahony	11:52	11:58	11:56	11:28	12:17	59:31

8.	Charlotte Hay	11:52	11:58	12:10	12:31	12:48	1:01:19
9.	Alison Thompson	13:27	13:28	13:38	13:56	14:12	1:08:41
10.	Geoff Barrow	13:58	13:54	14:23	14:35	15:37	1:12:27
	Bernie Keirl	11:10	11:07	11:19	11:26	12:33	DQ

4x2km Intervals Walk		2km	4km	6km	8km	Total
1.	Hayden Walmsley	10:40	10:42	10:51	11:24	43:37
2.	Corey Dickson	10:38	10:01	12:21	12:31	45:31
3.	Donna Elms	11:42	11:55	11:53	12:24	47:54
4.	Bob Gardiner	12:30	12:35	12:50	13:32	51:27

3x2km Intervals Walk		2km	4km	6km	Total
1.	James Christmass	09:21	09:43	09:52	28:56
2.	Nikola Mandic	09:50	10:03	10:31	30:24
3.	Will Thompson	10:01	10:35	11:05	31:41
4.	Ruby Paten	11:26	12:15	12:25	36:06
5.	Russ Dickenson	12:26	12:59	12:27	37:52
6.	Heath Beveridge	11:47	12:35	13:58	38:20
7.	Gwen Steed	12:40	12:47	13:13	38:40
8.	Emily Swan	12:38	13:34	13:38	39:50
9.	Anthony Doran	13:08	13:34	14:43	41:25
10.	Barrie Wicks	15:35	15:53	16:11	47:39

2x2km Intervals Walk		2km	4km	Total
1.	Madison Clark	10:43	10:37	21:20
2.	John Morrison	15:05	15:12	30:17

We had 2km and 4km walks for those who did not want to do the intervals race. **Tayla-Paige Billington** walked strongly to win the 4km with 19:55. We also welcomed Finnish ex-walker **Anu Russunen**, in Australia for a short while for work, who walked strongly to record 11:43 for the 2km. She told us it was her first walk for many many years!

4km Walk	
1.	Tayla-Paige Billington 19:55
2.	Paige De Lisen 22:14
3.	Paul Kennedy 23:02
4.	Jessica Lillie 25:22

2km Walk	
1.	Anu Russunen 11:43
2.	Angus Hay 14:54

Thanks to Terry Swan for the following photos. Many more at <http://www.vrwc.org.au/coppermine/thumbnails.php?album=53>.



Jason Kozica, Adam Garganis, Josh Jensen, Reese Walmsley, Pam Tindal, Bernie Keirl, Wendy Muldoon and Kathleen O'Mahony



Hayden Walmsley, Emily Swan, Charlotte Hay and Corey Dickson



Ruby Paten, Madison Clark, Paul Kennedy and Geoff Barrow (all photos Terry Swan)

Thanks as usual to our officials and judges who keep the show on the road every week.

Officials: Tim Erickson, Harry Summers, Kyle Swan, Damien Elms, Jason Elms, Bob Gardiner

Judges: Peter Vysma (Chief), David Cash, Lloyd Nichols, Michael Bodey, Diane Lowden

Canteen: Barb Gardiner, Wendy Cooper

Photos: Terry Swan (see <http://www.vrwc.org.au/coppermine/thumbnails.php?album=53>)

ACTRWC ROADWALKS, LENNOX GARDENS, CANBERRA, SATURDAY 15 AUGUST

Thanks to Robin Whyte for this week's results from the ACT Walkers Club in Canberra. A good turnout of nearly 30 walkers for their winter season club championships at Lennox Gardens saw 20km wins to Brendon Reading (1:41:21) and Jill Hosking (1:43:02). Other good performances by Connor Frew (24:50), Callum Burns (25:03) and Mitchell Baker (25:05) in the 5km.

20km Championship

- | | |
|--------------------|---------|
| 1. Brendon Reading | 1:41:21 |
| 2. Jillian Hosking | 1:43:02 |

5km Championship

- | | |
|-----------------|-------|
| 1. Connor Frew | 24:50 |
| 2. Callum Burns | 25:03 |

3.	Ann Staunton-Jugovic	2:06:28
4.	Robin Whyte	2:10:55
5.	Mick Saunders	2:35:53
6.	Val Chesterton	2:57:52

10km Championship

1.	Ally Durr	55:10
2.	Zoe Hunt	55:32
3.	Pat Fisher	1:34:31

3km Championship

1.	Spencer Burns	16:05
2.	Katie Alley	18:28
3.	Ellen Vahey	18:32
4.	Nola de Chazal	36:31

1.5km Championship

1.	Laura Burns	08:13
2.	Georgia Frew	13:09

3.	Mitchell Baker	25:05
4.	Gabby Hunt	25:47
5.	Kate Black	30:56
6.	Helena Bialecki	31:10
7.	Dylan Eddowes	31:15
8.	Greg Durr	35:22
9.	Barbara Eddowes	35:30
10.	Jane Bates	35:30
11.	Marilyn Banfield	37:16
12.	Jennifer Gilchrist	38:25
13.	Terry Munro	40:19
14.	David Mackenzie	40:28
15.	Jack Thackray	45:21
16.	Helen Munro	47:58
17.	Raine Thompson	55:33

NSWRWC ROADWALKS, CHIPPING NORTON, NSW, SATURDAY 15 AUGUST

Thanks to Frank Overton for this week's results from Sydney. Very fast walking by Jay Felton (44:17) and Carl Gibbons (46:54). Other good performances from Dylan Richardson (39:31), Kyle Bedford (18:53) and Hayden Blaskett (15:04).

Long Division 10km

1.	Jay Felton	44.17
2.	Carl Gibbons	46.54
3.	Cheryl Webb	50.29
4.	Ian Jessurun	54.26
5.	Jasmyn McDonald	54.45
6.	Bryony Beasley	67.15

Medium Division 8km

1.	Dylan Richardson	39.31
2.	Samantha Brown	45.47
3.	Raquel Roukos	49.14
4.	Travis Barendregt	51.48
5.	Judy Brown	67.02
	Brendan Hyde	DNF

Short Division 4km

1.	Kyle Bedford	18.53
2.	Tiffany Saker	22.32
3.	Nicole Challinor	27.45

Under 10 0.5km

1.	Amelia Croker	3.54
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Under 16 3km

1.	Hayden Blaskett	15.04
2.	Renee Hardy	15.50
3.	Hayley Mills	17.02
4.	Lachlan Becroft	18.46
5.	Brittany Robertson	18.49
6.	Catherine Young	19.44
7.	Brodie Douglas	20.18
8.	Janaya Lee	20.52
9.	Dana Lee	22.26
10.	Logan Barendregt	25.22

Under 12 1.5km

1.	Ryan Vesper	8.08
2.	Ellie Degglis	8.35
3.	Jessica Rocchetto	9.08
4.	Isabelle Nilon	9.34
5.	Stacie Becroft	9.47
6.	Aiden Hardy	10.19
7.	Natasha Fairhall	10.22
8.	Paige Nash	10.34
9.	Isabella Hollins	11.10
10.	Shaqiulle Lee	11.13
11.	Ella Becroft	12.44

SAMA ROADWALKS, OAKLANDS PARK, ADELAIDE, SATURDAY 15 AUGUST

Thanks to Colin Hanisworth for the latest South Australian Masters walks from Adelaide.

8km Handicap

1.	Valmai Padget	1:05:22	W71	72.82%
2.	Raelene Schild	0:59:04	W50	62.03%
3.	Jeff Kennett	1:14:49	M65	51.51%
4.	Doug Smart	1:04:41	M72	64.81%
5.	Jill Rogers	1:09:58	W70	66.96%
6.	Rodger Barber	1:00:42	M77	74.03%
7.	Graham Harrison	0:59:59	M72	69.89%
8.	David Robertson	1:06:13	M82	73.43%
9.	Marie Maxted	0:53:28	W55	72.07%

4km Handicap

1.	Helen Suridge	0:28:57	W64	70.71%
2.	Edna Bates	0:34:52	W62	57.30%
3.	Roger Lowe	0:33:00	M72	61.80%

BALLARAT RACEWALKING CLUB ROADWALKS, LAKE WENDOUREE, BALLARAT, SUNDAY 16 AUGUST

Thanks to Sarah Brennan for the latest race results from Ballarat. Sarah reported:

It was a surprisingly mild morning in Ballarat for the 2015 Jared Tallent 1500m Handicap. Young Rex Brennan and James Pendred started from scratch. Showing no mercy and taking advantage of a kind handicap, Rex's Mum, Sarah, passed the youngsters in the final km to claim the trophy. Rex managed to hold off a fast-finishing Ross Darlow, whose impressive time of 6:28 was the fastest for the day. Three dead heats rounded up the rest of the placings.

Jared Tallent 1500m Handicap

1.	Sarah Brennan (V)	7:52	PB 0:03
2.	Rex Brennan (7)	11:07	First one
3.	Ross Darlow (16)	6:28	
E4.	James Pendred (12)	11:19	First one
E4.	Kasey Bishop (12)	8:26	
E5.	Jessika Bridges (13)	9:25	
E5.	Daryl Biggin (V)	9:15	
E6.	Kayla Bridges (10)	10:44	
E6.	Mia Darlow (9)	10:44	



Left: Sarah with Peter and Kathy Tallent



Right: All the BRWC walkers on Sunday

SARWC GUESS YOUR TIME RACES, PEACOCK RD, ADELAIDE, SATURDAY 15 AUGUST

SARWC were back in action in Adelaide last Saturday with their annual "Guess Your Time" races. Results below.

10km Open/35+/U20	Race Time	Estimated Time	
1. Peter Crump	57:41	57:42	M 35+
2. Alix Harlington	53:52	53:06	M U18

5km U16/U18	Race Time	Estimated Time	
1. Samantha Findlay	29:28	29:15	F U20
2. Tristan Camilleri	27:31	28:00	M U16
3. Jake Vidler	26:21	25:30	M U16
4. Justin Hill	24:27	23:20	M Open
5. Sarah Damin	27:57	29:35	F U16
6. Maddy Wallace	36:43	38:28	F U12
7. Danielle Walsh	27:41	24:51	F U20

3km U14		Race Time	Estimated Time	
1.	Chloe Upton	18:19	18:18	F U14
2.	Ayeisha Wallace	18:31	18:30	F U16
3.	Jay Goode	15:32	15:30	M U16
4.	Aleesha Vidler	20:13	20:22	F U14
5.	Victoria Upton	17:35	17:55	F U14
6.	Royrie Upton	19:37	19:10	M Open
7.	Adrian Upton	21:24	21:59	M U14

1km U10		Race Time	Estimated Time	
1.	Seth Upton	07:12	06:34	M U10
2.	Kitarni Upton	06:02	05:20	F U12

20TH WORLD MASTERS T&F CHAMPS STADIA, LYON, FRANCE, AUG 4-16, 2015

The 21st World Masters T&F Championships (see www.lyon2015.com) continued this week in Lyon, France, with the 20km roadwalks being contested on Friday at Parilly Park.

10km Roadwalk Women, Parilly Park, Monday 10 August

First back to last Monday and the results of the women's 10km which were eventually posted after my newsletter had gone to press. As mentioned in last week's newsletter, it was a very strong event for our Australian women with golds to **Lorna Lauchlan (W85)**, **Heather Carr (W65)** and **Lyn Ventris (W55)** and a bronze to **Joan Purcell (W70)** as well as W55 team silver (Lyn Ventris, Barb Bryant and Karyn O'Neill) and W70 team bronze (Joan Purcell, Lyn Schickert and Margaret Beaumont). For the complete results, check out <http://rhone-alpes.athle.com/asp.net/espaces.html/html.aspx?id=31704>. Here are the results of our Aussie walkers as well as the first 10 overall. Plenty of photos at <https://picasaweb.google.com/113493053302679203574/Lyon201510kmMarcheW5064?feat=directlink>.

W35 10km Road Walk

1.	Marcos Valero, Mar	W35	Spain	49:20
2.	Silva, Sandra	W39	Portugal	50:25
3.	Taylor-Talcott, Er	W37	United State	52:03
4.	Kovács, Andrea	W35	Austria	52:04
5.	Fores Torres, Iren	W37	Spain	54:32
6.	Rech, Edilaine Vid	W39	Brazil	58:04
7.	Viljoen, Ronel	W37	South Africa	59:39
8.	Higuera, Evangelin	W36	Mexico	1:00:39
9.	Grinholc, Iwona	W39	Poland	1:00:52
10.	Markgraf, Yvonne	W39	Germany	1:02:08

W40 10km Road Walk

1.	Schenker, Bianca	W40	Germany	50:26
2.	Guillard, Caroline	W44	France	50:46
3.	Lamas, Alexandra	W43	Portugal	52:01
4.	Gao, Hongmiao	W41	China (Peopl	52:14
5.	Jouan, Christèle	W40	France	52:23
6.	Sukharyna, Nadiya	W40	Ukraine	52:45
7.	Schröter, Brit	W40	Germany	52:50
8.	Barre, Christelle	W43	France	54:38
9.	Hörl, Nicole	W43	Germany	55:04
10.	Borovicková, Lenka	W42	Czech Repub	55:04

W45 10km Road Walk

1.	Smith, Corinne	W48	New Zealand	54:23
2.	Boban, Valérie	W47	France	55:18
3.	Donaldson, Katie	W46	Great Britai	55:47
4.	Chretien, Nathalie	W49	France	56:25
5.	Cinca, Elena	W45	Italy	56:41
6.	Hogrell, Ellinor	W46	Sweden	56:47
7.	Martin Piñuela, Ca	W48	Spain	56:48
8.	Bodorkós, Tamásné	W47	Hungary	56:51
9.	Fromentin, Nathali	W45	France	57:46
10.	Primas, Barbara	W49	Germany	57:46

W50 10km Road Walk

1.	Van Buuren, Lesley	W53	South Africa	54:12
2.	Le Mouroux, Annick	W50	France	54:37

3.	Sevellec, Sylvie	W50	France	54:59
4.	Kokorina, Irina	W50	Russia	56:38
5.	Bagur Triay, Esmer	W50	Brazil	58:39
6.	Patti, Mirella	W53	Italy	59:20
7.	Ruiz-Ayucar Seifer	W51	Spain	1:00:08
8.	Brooke, Susan	W50	Canada	1:00:24
9.	Cadoux, Monique	W54	France	1:00:54
10.	Ciantar, Dominique	W54	Italy	1:01:20

W55 10km Road Walk

1.	Ventris, Lynette	W58	Australia	53:27
2.	Monmessin, Marie A	W59	France	54:22
3.	Ricciutelli, Danie	W58	Italy	58:11
4.	Cochereau, Véroniq	W55	France	1:00:05
5.	Peláez Cardona, Ro	W58	Colombia	1:00:27
6.	Formiconi, Maria P	W59	Italy	1:01:56
7.	Milliet, Hélène	W58	France	1:02:52
8.	Malochet, Dominiqu	W58	France	1:02:57
9.	Wheeler, Ann	W59	Great Britai	1:04:23
10.	Kirchesch, Ilona	W56	Germany	1:04:38

W60 10km Road Walk

1.	Vignat, Janine	W60	France	57:09
2.	Flipsen, Johanna	W60	Canada	57:13
3.	Nell, Barbara	W60	South Africa	57:18
4.	Bryant, Barb	W60	Australia	58:43
5.	Kozell, Kris	W62	Canada	1:00:52
6.	Mendes, Maria Orle	W63	Portugal	1:01:00
7.	Debernard, Chantal	W61	France	1:01:25
8.	Marcenco, Natalia	W60	Italy	1:02:34
9.	Patten, Nancy	W60	Canada	1:03:05
10.	Bonvarlet, Liliane	W61	France	1:03:14
21	O'Neill, Karyn	W60	Australia	1:07:28

W65 10km Road Walk

1.	Carr, Heather	W65	Australia	1:00:02
2.	Martino, Marianne	W65	United State	1:00:59
3.	Koekemoer, Winnie	W65	South Africa	1:02:36
4.	Blatchford, Noel	W67	Great Britai	1:06:53
5.	Del Pinto, Rita	W66	Italy	1:08:43
6.	Geer, Panseluta	W68	United State	1:08:57
7.	Trushkina, Vera	W65	Russia	1:09:02
8.	Baret, Simone	W65	France	1:09:37
9.	McGuire, Doris	W66	United State	1:11:46
10.	Bernier, Janine	W68	France	1:11:54
27.	Mison, Michele	W67	Australia	1:26:36

W70 10km Road Walk

1.	Maeder, Heidi	W71	Switzerland	1:05:42
2.	Klink, Ursula	W71	Germany	1:09:58
3.	Purcell, Joan	W74	Australia	1:13:31
4.	Theunissen, Gisela	W73	Germany	1:13:49
5.	Juarez, Lynne	W74	United State	1:13:51
6.	Nagell-Dahl, Halld	W73	Norway	1:15:20
7.	Hults, Sandra	W73	United State	1:15:42
8.	Grinberte, Vera	W74	Latvia	1:16:29
9.	Herrendoerfer, Urs	W74	Germany	1:16:37
10.	Stromberg, Ann	W73	United State	1:16:59
12.	Schickert, Lynne	W73	Australia	1:21:15

W75 10km Road Walk

1.	Dräger, Helga	W75	Germany	1:16:35
2.	Sinkovec, Rita	W75	United State	1:17:13
3.	Aleksyeyeva, Lyusy	W78	Ukraine	1:17:33
4.	Ortiz Trapala, Ana	W77	Mexico	1:19:25
5.	Chase, Jacqueline	W75	United State	1:21:50
6.	Vecchi, Maria	W75	Italy	1:22:05
7.	Capps, Shirley	W79	United State	1:26:12

8.	Hernández Jabre, S	W75	Chile	1:28:38
9.	Beaumont, Margaret	W77	Australia	1:32:54

W80 10km Road Walk

1.	Horne, Jean	W82	Canada	1:18:38
2.	Leclerc, Denise	W81	France	1:20:38
3.	Anritter, Erna	W80	Germany	1:27:35
4.	Aviles Sanchez, Ju	W80	Mexico	1:30:51
5.	Moremen, Grace	W84	United State	1:32:53

W85 10km Road Walk

1.	Lauchlan, Lorna	W85	Australia	1:25:50
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The 20km walks were held last Friday in 4 heats. Emmanuel Tardi was there with his trusty camera and has published galleries

- M55-64: <https://picasaweb.google.com/113493053302679203574/Lyon201520kmM5564?authuser=0&feat=directlink>
- M65-94: <https://picasaweb.google.com/113493053302679203574/Lyon201520kmM6594?authuser=0&feat=directlink>
- W35-84: <https://picasaweb.google.com/113493053302679203574/Lyon201520kmW?authuser=0&feat=directlink>

Women's 20km Walk, 8AM, Friday 14 August

The 8AM start meant that the weather was still cool and a little fresh for the women's 20km, although the humidity was relatively high after overnight rain. With only one heat, a very large field were in action on the tree shaded course. Spanish walker Valero (W35) easily won with 1:44:49. A quick look at the various divisions show that there were no close races – all the wins were clearcut. Australian women won 4 individual medals with golds to **Heather Carr (W60, 2:06:09)**, **Lyn Ventris (W55, 1:53:56)**, silver to **Barb Bryant (W60, 2:02:28)** and bronze to **Joan Purcell (W70 2:31:24)**. Other Australians in action included **Karyn O'Neill (W60)**, **Michele Mison (W65)** and **Lynne Schickert (W70)**. **Margaret Beaumont (W75)** did not compete as she was still recovering from a nasty fall. The W55 team of Lyn Ventris, Barbara Bryant and Heather Carr also took a **team gold medal** to complete what has been a fantastic championship for them all. Here are the results of our Aussie walkers as well as the first 10 overall. For the complete results, check out <http://rhone-alpes.athle.com/asp.net/espaces.html/html.aspx?id=31704>.

W35 20km Road Walk

1.	Marcos Valero, Mar	W35	Spain	1:44:49
2.	Silva, Sandra	W39	Portugal	1:46:20
3.	Kovács, Andrea	W35	Austria	1:50:47
4.	Zucconi, Tatiana	W37	Italy	1:55:11
5.	Rech, Edilaine Vid	W39	Brazil	2:00:52
6.	Ropers, Adèle	W35	France	2:10:07
7.	Viljoen, Ronel	W37	South Africa	2:10:26
8.	Markgraf, Yvonne	W39	Germany	2:11:41
9.	Higuera, Evangelin	W36	Mexico	2:12:28
10.	Chia, Lu-Hsin	W38	Chinese Taipei	2:31:29

W40 20km Road Walk

1.	Guillard, Caroline	W44	France	1:47:45
2.	Jouan, Christèle	W40	France	1:49:27
3.	Lamas, Alexandra	W43	Portugal	1:50:07
4.	Schröter, Brit	W40	Germany	1:50:49
5.	Michel, Natacha	W40	France	1:55:30
6.	Aurizzi, Melania	W44	Italy	1:56:18
7.	Hammond, Nardene	W43	Canada	1:57:00
8.	Borovicková, Lenka	W42	Czech Repub	2:01:43
9.	Lupercio Luevano,	W42	Mexico	2:03:23
10.	El Shimi, Monia	W44	France	2:06:52

W45 20km Road Walk

1.	Smith, Corinne	W48	New Zealand	1:53:17
2.	Boban, Valérie	W47	France	1:55:34
3.	Martin Piñuela, Ca	W48	Spain	1:59:30
4.	Sillito, Rebecca	W47	Canada	2:02:00
5.	Mombelli, Roberta	W47	Italy	2:02:25
6.	Bodorkós, Tamásné	W47	Hungary	2:05:11
7.	Robinet, Marie-Hél	W47	France	2:10:40
8.	Acuna, Jenny	W45	Venezuela	2:10:44
9.	Halloy, Nathalie	W48	France	2:11:52
10.	Rogale, Aija	W46	Latvia	2:16:16

W50 20km Road Walk

1.	Van Buuren, Lesley	W53	South Africa	1:51:14
2.	Le Mouroux, Annick	W50	France	1:52:51
3.	Kokorina, Irina	W50	Russia	1:56:48
4.	Bagur Triay, Esmer	W50	Brazil	1:59:43
5.	Nicolas, Myriam	W51	Belgium	2:01:03
6.	Sevellec, Sylvie	W50	France	2:02:00
7.	Brooke, Susan	W50	Canada	2:02:13
8.	Ruiz-Ayucar Seifer	W51	Spain	2:05:22
9.	Menesson, Nicole	W50	France	2:06:38
10.	Regnier, Sylvie	W52	France	2:07:03

W55 20km Road Walk

1.	Ventris, Lynette	W58	Australia	1:53:56
2.	Laville, Francoise	W59	France	1:58:44
3.	Ricciutelli, Danie	W58	Italy	2:04:27
4.	Cornet, Therese	W57	France	2:07:42
5.	Comba, Giuseppina	W58	Italy	2:09:06
6.	Beaulier, Marie-Fr	W57	France	2:13:54
7.	Kirchesch, Ilona	W56	Germany	2:14:46
8.	Berthon, Corinne	W57	France	2:14:46
9.	Wheeler, Ann	W59	Great Britai	2:16:13
10.	Howard, Judy	W58	Great Britai	2:17:56

W60 20km Road Walk

1.	Flipsen, Johanna	W60	Canada	1:59:37
2.	Bryant, Barb	W60	Australia	2:02:28
3.	Repussard, Isabell	W62	France	2:04:44
4.	Guzman-Juarez, Est	W62	Mexico	2:10:52
5.	Bonvarlet, Liliane	W61	France	2:13:38
6.	Lemogne, Jocelyne	W61	France	2:13:54
7.	Marcenco, Natalia	W60	Italy	2:14:35
8.	Briz, Maria Jose	W64	Spain	2:15:14
9.	Mears, Susan	W60	United State	2:17:18
10.	Green, Donna	W62	United State	2:17:55
11.	O'Neill, Karyn	W60	Australia	2:18:30

W65 20km Road Walk

1.	Carr, Heather	W65	Australia	2:06:09
2.	Martino, Marianne	W65	United State	2:07:40
3.	Koekemoer, Winnie	W65	South Africa	2:09:02
4.	Blatchford, Noel	W67	Great Britai	2:17:43
5.	Geer, Panseluta	W68	United State	2:24:02
6.	Graham, Donna	W65	United State	2:25:04
7.	McGuire, Doris	W66	United State	2:28:34
8.	Trushkina, Vera	W65	Russia	2:28:51
9.	De Coppet, Brigita	W69	Switzerland	2:29:19
10.	Backlund, Darlene	W69	United State	2:30:29
18.	Mison, Michele	W67	Australia	2:52:25

W70 20km Road Walk

1.	Maeder, Heidi	W71	Switzerland	2:14:49
2.	Klink, Ursula	W71	Germany	2:20:28
3.	Purcell, Joan	W74	Australia	2:31:24
4.	Theunissen, Gisela	W73	Germany	2:36:43
5.	Hults, Sandra	W73	United State	2:38:21
6.	Grinberte, Vera	W74	Latvia	2:39:48
7.	Herrendoerfer, Urs	W74	Germany	2:40:51
8.	Schickert, Lynne	W73	Australia	2:49:50
9.	Bruce, Velta	W71	Latvia	2:57:07

W75 20km Road Walk

1.	Dräger, Helga	W75	Germany	2:40:51
	Beaumont, Margaret	W77	Australia	DNS



Lyn Ventris, Heather Carr, Joan Purcell and Barb Bryant (photos Emmanuel Tardi)

Men's 20km Walks, Friday 14 August

The men were split into 3 heats: M65+ raced at 11AM, M35-54 raced at 2PM and M55-64 raced at 5PM. So overall, it was a full day's walk racing.

The first heat, for M65+, benefited from the 11AM start with temperatures in the low twenties and conditions comfortable. Fast starts by M65 walkers Jo Lopez Camarena (MEX), **Andrew Jamieson** (AUS) and **Ian Richards** (GBR) but Jamieson and Richards were both disqualified around the 15km mark, leaving Camarena to take an easy 4 minute victory. Overall, there were many casualties in this race, the judges being very enthusiastic. The M70 race saw Australians **George White** and **Ralph Bennett** lead out but Ralph eventually slowed, finishing fourth. In the M75 division, **Patrick Sela** did not finish, pulling out early in the race and **Ian Beaumont** was a DNS.

M65 20km Road Walk

1.	Lopez Camarena, Jo	M65	Mexico	1:53:21
2.	Formentin, Etorin	M68	Italy	1:57:23
3.	Rabatel, Fernand	M69	France	2:05:14
4.	Boszko, Peter	M66	Great Britai	2:05:56
5.	Mildenberger, Robe	M65	Germany	2:07:38
6.	Siegele, Johann	M66	Austria	2:08:46
7.	Smith, Andrew	M65	United State	2:09:22
8.	Orehovs, Vladimirs	M66	Latvia	2:09:24
9.	Dooley, Thomas	M69	United State	2:10:59
10.	Delayre, Bernard	M67	France	2:12:48
	Jamieson, Andrew	M69	Australia	DQ

M70 20km Road Walk

1.	White, George	M70	Australia	2:08:02
2.	Bobbett, Kenneth	M71	Great Britai	2:11:01
3.	Klopfer, Goetz	M73	United State	2:11:31
4.	Bennett, Ralph	M73	Australia	2:13:25
5.	Lerme, Raitis	M72	Latvia	2:15:27
6.	Giese, Wolf-Dieter	M72	Germany	2:21:27
7.	Faundez, Heriberto	M71	Chile	2:22:03
8.	Gonsiorovský, Zden	M73	Czech Repub	2:23:13
9.	Marek, Stanislav	M72	Czech Repub	2:27:10
10.	Vincent, Jacques	M70	France	2:33:30

M75 20km Road Walk

1.	Palmar, Ants	M75	Estonia	2:09:42
2.	Kansky, Vladimir	M75	Czech Repub	2:14:07
3.	Shillabeer, Edmund	M76	Great Britai	2:14:35
4.	Fernández Contrera	M76	Mexico	2:30:22
5.	De Coppet, Alexis	M76	Switzerland	2:38:09

6.	Mikulis, Gunars Ja	M77	Latvia	2:50:00
	Sela, Patrick	M75	Australia	DNF
	Beaumont, Ian	M79	Australia	DNS

M80 20km Road Walk

1.	Menafro, Vincenzo	M80	Italy	2:28:09
2.	Will, Norbert	M80	Great Britai	2:37:08
3.	Acosta, Carlos	M81	United State	2:40:49

M85 20km Road Walk

1.	Pushkin, Ivan	M85	Ukraine	2:34:49
2.	Moremen, William	M87	United State	2:51:15

The next heat, featuring the M35-54 walkers, started at 2PM and it was much hotter by there. Spaniard Toro Lopez led early but was eventually disqualified, leaving a leading pack of between 10 and 15 walkers. Eventually it came down to a battle between M40 walkers Soto, Delaunay and Borsch, with Borsch winning out with 1:40:14. **Stuart Kollmorgen (M45)** walked well, but finished outside the medals. It's been hard to get this particular set of results!

M35 20km Road Walk

1.	Pumacuro, Edison	M39	Italy	1:40:14
2.	Poirout, Stephane	M39	France	1:40:28
3.	Correia, Manuel Da Silva	M36	Portugal	1:40:44
4.	Grzegorz Grinholc	M38	Poland	1:44:21
5.	Julio Carmona Gordillo	M37	Spain	1:45:25
6.	Igor Sapunov	M37	Italy	1:50:13
7.	Andris Alksnis	M38	Latvia	1:50:55
8.	Jose Manuel Jimenez	M39	Spain	1:53:30
9.	Sebastien Eichholtzer	M39	France	1:57:05
10.	Jean-Frank Vanoosthuysse	M36	France	2:02:26

M40 20km Road Walk

1.	Borsch, Steffen	M42	Germany	1:37:08
2.	Soto Maldonado, Etiel	M42	Mexico	1:37:10
3.	Delaunay, Sebastien	M40	France	1:38:44
4.	Normunds Ivzans	M43	Latvia	1:39:13
5.	Andrei Pupyshev	M43	Russia	1:44:54
6.	Alonso Sanchez Carmona	M41	Mexico	1:45:35
7.	Horacio Reyes Olvera	M40	Mexico	1:46:26
8.	Vyacheslav Degtyarenko	M44	Russia	1:46:30
9.	Cyrille Leblond	M42	France	1:47:32
10.	Eddy Rozé		France	1:49:07

M45 20km Road Walk

1.	Ramon, Fabrice	M45	France	1:42:30
2.	Meyer, Steffen	M49	Germany	1:46:20
3.	Nicolas, Florent	M48	France	1:48:39
4.	Alain Dequin		France	1:51:41
5.	René Serrano	M49	France	1:54:50
6.	Stuart Kollmorgen	M46	Australia	1:55:27
7.	Didier Mahe	M46	France	1:58:35
8.	Jose Perales		Spain	1:58:59
9.	Albero Vargas Mendoza	M47	Colombia	2:00:45
10.	Mario Fernandez Revilla	M46	Spain	2:18:13
11.	Emmanuel Tardi	M48	France	2:30:00

M50 20km Road Walk

1.	Bonneau, Philippe	M50	France	1:43:40
2.	Gutierrez Brenes, Sergio	M54	Costa Rica	1:44:10
3.	Mashkevich, Anton	M52	Belarus	1:45:59
4.	Antonio González		Spain	1:47:33
5.	Jose Muñoz Belmonte	M54	Spain	1:49:15
6.	Cristiano Zanolli		Italy	1:52:11
7.	Josef Smola		Czech Repub	1:52:44
8.	Francis Gauze		France	1:56:45
9.	Roman Brzezowsky		Austria	1:57:10
10.	Frederic Marie		France	1:59:30

The final heat, which started at 5PM, saw the M55-64 walkers in action. Overall, French walker Patrice Brochot (M60) took fastest time with 1:46:48 ahead of Uwe Schröter (M55) with 1:47:22. Australians **Colin Heywood (M60, 3rd, 1:48:47)** and **Mark Donahoo (M55, 7th 1:57:14)** both walked excellently. **Simon Evans (M55)** was a DNS due to illness and unfortunately **Terry O'Neill (M55)** was disqualified.

M55 20km Road Walk

1.	Schröter, Uwe	M55	Germany	1:47:22
2.	Luniewski, Mirosław	M58	Poland	1:50:49
3.	Caldarelli, Gabriele	M56	Italy	1:51:51
4.	Chartier, Thierry	M55	France	1:52:31
5.	Bonvarlet, Patrick	M55	France	1:55:30
6.	Allen, Steve	M59	Great Britain	1:56:35
7.	Donahoo, Mark	M57	Australia	1:57:14
8.	Abadias Palacin, Luis	M55	Spain	1:58:00
9.	Hauger, Georg	M58	Germany	1:59:32
10.	Ruata Martín, Angel Octa	M58	Spain	2:00:36
	Evans, Simon	M55	Australia	DNS
	O'Neill, Terry	M59	Australia	DQ

M60 20km Road Walk

1.	Brochot, Patrice	M64	France	1:46:48
2.	Guebey, Dominique	M63	France	1:48:05
3.	Heywood, Colin	M61	Australia	1:48:47
4.	Melo, Ignacio	M62	Spain	1:52:49
5.	Shipitsyn, Anatolii	M61	Russia	1:54:33
6.	Prieler, Helmut	M60	Germany	1:55:51
7.	Schaeffer, Udo	M64	Germany	1:59:59
8.	Martin, Malcolm	M60	Great Britain	2:02:04
9.	Lyzhin, Sergey	M60	Russia	2:02:27
10.	Bano, Jean-Michel	M60	France	2:07:38



Colin Heywood, Mark Donahoo, Ralph Bennett, George White and German walker Steffan Borsch

Dave Talcott has very kindly published the Age Graded comparisons for road races and I have extracted the relative rankings of all those walkers who scored 80% or above. Thanks Dave!

10km Men

	Country	Age	Actual	AG %	AG Time	
1.	Patrice Brochot	France	64	50:08	91.03%	40:51
2.	Andrew Jamieson	Australia	69	52:35	91.01%	40:51
3.	Philippe Bonneau	France	50	46:58	89.77%	41:25
4.	Miguel Perianez	Spain	52	47:07	89.77%	41:25
5.	Ettorin Formentin	Italy	68	53:00	89.43%	41:35
6.	Romolo Pelliccia	Italy	78	1:01:18	89.33%	41:37

7.	Jo Lopez Camarena	Mexico	65	51:47	88.96%	41:48
8.	Ignacio Melo	Spain	62	50:24	88.90%	41:50
9.	Dominique Guebey	France	63	51:11	88.34%	42:05
10.	Normunds Ivzans	Latvia	43	45:17	87.98%	42:16
11.	Steffen Borsch	Germany	42	44:59	87.88%	42:19
12.	Leonar Toro Lopez	Spain	48	47:21	87.57%	42:28
13.	David Swarts	USA	50	48:34	86.81%	42:50
14.	Fabrice Ramon	France	45	46:38	86.79%	42:51
15.	Adol Garcia Marin	Spain	52	48:46	86.73%	42:52
16.	Sebastie Delaunay	France	40	45:23	85.77%	43:21
17.	Brenes Gutierrez	Costa Rica	54	49:29	85.74%	43:22
18.	Anatoli Shipitsybn	Russia	61	51:51	85.63%	43:25
19.	Steffen Meyer	Germany	49	48:55	85.46%	43:31
20.	Ian Richards	Great Britain	67	54:57	85.43%	43:31
21.	Gregory Leclercq	France	40	45:35	85.40%	43:32
22.	Francisco Reis	Great Britain	54	49:44	85.31%	43:35
23.	Ants Palmar	Estonia	75	1:01:09	85.29%	43:36
24.	Vladimir Kansky	Czech Republic	75	1:01:32	84.76%	43:52
25.	Andrei Pupyshev	Russia	43	47:11	84.44%	44:02
26.	Ralph Bennett	Australia	73	59:54	84.40%	44:03
27.	Stephane Poirout	France	39	45:50	84.29%	44:07
28.	Jo Munoz Belmonte	Spain	54	50:26	84.13%	44:12
29.	Surgey Systerov	Russia	57	51:15	84.07%	44:14
30.	Ivan Pushkin	Ukraine	85	1:13:52	84.05%	44:14
31.	Sebastien Biche	France	42	47:08	83.87%	44:20
32.	Et Soto Maldonado	Mexico	42	47:10	83.81%	44:22
33.	Colin Heywood	Australia	61	53:06	83.62%	44:28
34.	Vyach Degtyarenko	Russia	44	48:04	83.54%	44:31
35.	Gilardo Pineda	Mexico	68	56:45	83.52%	44:31
36.	Rodrigo Dominguez	Spain	38	46:00	83.33%	44:37
37.	Christopher Hobbs	Great Britain	60	52:52	83.24%	44:40
38.	Mark Donahoo	Australia	57	52:01	82.83%	44:53
39.	Manuel Da Correia	Portugal	36	45:38	82.72%	44:57
40.	William Moremen	USA	87	1:18:06	82.67%	44:59
41.	Florent Nicholas	France	48	50:16	82.48%	45:05
42.	Zigurds Irbe	Latvia	79	1:07:35	82.40%	45:08
43.	Mykola Panaseiko	Ukraine	80	1:08:46	82.38%	45:08
44.	Yvan Bechard	Canada	53	51:36	82.10%	45:18
45.	Klaus Dietsche	Germany	53	51:37	82.07%	45:18
46.	Stuart Kollmorgen	Australia	46	49:43	82.06%	45:19
47.	Viljo Hyvola	Finland	86	1:17:13	81.98%	45:21
48.	Philippe Weber	France	44	49:01	81.92%	45:23
49.	Didier Mahe	France	46	49:51	81.84%	45:26
50.	George White	Australia	70	59:16	81.54%	45:36
51.	Hora Reyes Olvera	Mexico	40	47:45	81.52%	45:37
52.	Mirosła Lujniewski	Poland	58	53:15	81.48%	45:38
53.	A Sanchez Carmona	Mexico	41	48:13	81.36%	45:42
54.	Gerard Guetat	France	52	52:04	81.23%	45:46
55.	Steve Allen	Great Britain	59	53:53	81.09%	45:51
56.	Mikhail A. Kiselev	Russia	59	53:56	81.01%	45:54
57.	Miroslav Fliegl	Czech Republic	60	54:21	80.96%	45:56
58.	Fernand Rabatel	France	69	59:07	80.95%	45:56
59.	Dave Talcott	USA	55	52:35	80.82%	46:01
60.	Edmund Shillabeer	Great Britain	76	1:05:37	80.77%	46:02
61.	Peter Schumm	Germany	72	1:01:51	80.50%	46:11
62.	Udo Schaeffer	Germany	64	56:52	80.25%	46:20
63.	Vincenzo Menafrò	Italy	80	1:10:45	80.07%	46:26
64.	Helmut Prieler	Germany	60	54:58	80.06%	46:27
65.	Al Vargas Mendoza	Colombia	47	51:24	80.01%	46:28

Women's 10km

		Country	Age	Actual	AG %	AG Time
1.	Lynette Ventris	Australia	58	53:27	94.84%	43:18
2.	Marie Monmessin	France	59	54:22	94.36%	43:31
3.	Janine Vignat	France	60	57:09	90.88%	45:11
4.	Johanna Flipsen	Canada	60	57:13	90.77%	45:14
5.	Barbara Nell	South Africa	60	57:18	90.64%	45:18
6.	Heather Carr	Australia	65	1:00:02	90.28%	49:29
7.	Lorna Lauchlan	Australia	85	1:25:50	88.95%	46:10

8.	Marianne Martino	USA	65	1:00:59	88.88%	46:12
9.	Lesley Van Buuren	South Africa	53	54:12	88.47%	46:25
10.	Barb Bryant	Australia	60	58:43	88.45%	46:26
11.	Jean Horne	Canada	82	1:18:38	87.57%	46:54
12.	Maria Orle Mendes	Portugal	63	1:01:00	87.33%	47:01
13.	Heidi Maeder	Switzerland	71	1:05:42	87.32%	47:02
14.	Danie Ricciutelli	Italy	58	58:11	87.13%	47:08
15.	Caroline Guillard	France	44	50:46	86.80%	47:19
16.	Kris Kozell	Canada	62	1:00:52	86.78%	47:19
17.	Winnie Koepemoer	South Africa	65	1:02:36	86.58%	47:26
18.	Chantal Debernard	France	61	1:01:25	85.28%	48:09
19.	Annick Le Mouroux	France	50	54:37	85.03%	48:18
20.	Bianca Schenker	Germany	40	50:26	84.60%	48:33
21.	Sylvie Sevellec	France	50	54:59	84.46%	48:37
22.	Sandra Silva	Portugal	39	50:25	83.99%	48:54
23.	Alexandra Lamas	Portugal	43	52:01	83.99%	48:54
24.	Corrine Smith	New Zealand	48	54:23	83.93%	58:56
25.	Cardona Pelaez	Colombia	58	1:00:27	83.86%	48:58
26.	Hongmiao Gao	China	41	51:32	83.44%	49:13
27.	Mar Marcos Valero	Spain	35	49:20	83.28%	49:19
28.	Est Guzman-Juarez	Mexico	62	1:03:35	83.07%	49:26
29.	Natalia Marcenco	Italy	60	1:02:34	83.01%	49:28
30.	Teresa Chiozza	Canada	64	1:04:50	82.88%	49:33
31.	Maria Formiconi	Italy	59	1:01:56	82.83%	49:35
32.	Liliane Bonvarlet	France	61	1:03:14	82.83%	49:35
33.	Denise Leclerc	France	81	1:20:38	82.69%	49:40
34.	Noel Blatchford	Great Britain	67	1:06:53	82.47%	49:48
35.	Nancy Patten	Canada	60	1:03:05	82.33%	49:53
36.	Irina Kokorina	Russia	50	56:38	82.00%	50:05
37.	Ursula Klink	Germany	71	1:09:58	82.00%	50:05
38.	Valerie Boban	France	47	55:18	81.79%	50:12
39.	Nathalie Chretien	France	49	56:25	81.55%	50:21
40.	Veroniq Cochereau	France	55	1:00:05	81.53%	50:22
41.	Christele Jouan	France	40	52:23	81.45%	50:25
42.	Maria Jose Briz	Spain	64	1:06:00	81.41%	50:27
43.	Joan Plurcell	Australia	74	1:13:31	81.06%	50:40
44.	Jocelyne Lemogne	France	61	1:04:38	81.03%	50:40
45.	Lyusy Aleksyeyeva	Ukraine	78	1:17:33	81.03%	50:41
46.	Edith Brochot	France	63	1:05:45	81.02%	50:41
47.	Donna Green	USA	62	1:05:13	80.99%	50:42
48.	Lp Ming Cheng	Hong Kong	60	1:04:10	80.94%	50:44
49.	Nadiya Sukharyna	Ukraine	40	52:45	80.88%	50:46
50.	Brit Schroter	Germany	40	52:50	80.76%	50:51
51.	Panseluta Geer	USA	68	1:08:57	80.72%	50:53
52.	Lynne Juarez	USA	74	1:13:51	80.70%	50:53
53.	Helene Milliet	France	58	1:02:52	80.64%	50:56
54.	Mirella Patti	Italy	53	59:29	80.62%	50:56
55.	Dominiqu Malochet	France	58	1:02:57	80.53%	51:00
56.	Claudin Anxionnat	France	64	1:06:49	80.42%	51:04
57.	Ca Martin Pinuela	Spain	48	56:48	80.36%	51:06
58.	Katie Donaldson	Great Britain	46	55:47	80.29%	51:09
59.	Anne de Thy	Canada	61	1:05:15	80.27%	51:10
60.	Erin Taylor-Talcott	USA	37	52:03	80.12%	51:15

Women's 20km

		Country	Age	Actual	AG %	AG Time
1.	Lynette Ventris	Australia	58	1:53:56	93.46%	1:30:59
2.	Johanna Flipsen	Canada	60	1:59:37	91.37%	1:33:04
3.	Francoise Laville	France	59	1:58:44	90.85%	1:33:36
4.	Heather Carr	Australia	65	2:06:09	90.48%	1:33:59
5.	Lesley Van Buuren	South Africa	53	1:51:14	90.16%	1:34:19
6.	Heidi Maeder	Switzerland	71	2:14:49	89.86%	1:34:38
7.	Marianne Martino	USA	65	2:07:40	89.40%	1:35:07
8.	Barb Bryant	Australia	60	2:02:28	89.25%	1:35:17
9.	Isabell Repussard	France	62	2:04:44	89.14%	1:35:24
10.	Winnhie Koepemoer	South Africa	65	2:09:02	88.46%	1:36:08
11.	Ursula Klink	Germany	71	2:20:28	86.25%	1:38:46
12.	Annick Le Mouroux	France	50	1:52:51	85.70%	1:39:13
13.	Danie Ricciutelli	Italy	58	2:04:27	85.56%	1:39:23

14.	Caroline Guillard	France	44	1:47:45	84.96%	1:40:05
15.	Est Guzman-Juarez	Mexico	62	2:10:52	84.96%	1:40:05
16.	Noel Blatchford	Great Britain	67	2:17:43	84.37%	1:40:47
17.	Corrine Smith	New Zealand	48	1:53:17	83.94%	1:41:18
18.	Maria Jose Briz	Spain	64	2:15:14	83.66%	1:41:38
19.	Joan Plurcell	Australia	74	2:31:24	83.63%	1:41:41
20.	Irina Kokorina	Russia	50	1:56:48	82.81%	1:42:41
21.	Liliane Bonvarlet	France	61	2:13:38	82.49%	1:43:05
22.	Guisseppina Comba	Italy	58	2:09:06	82.48%	1:43:06
23.	Sandra Silva	Portugal	39	1:46:20	82.46%	1:43:07
24.	Alexandra Lamas	Portugal	43	1:50:07	82.39%	1:43:13
25.	Therese Cornet	France	57	2:07:42	82.34%	1:43:16
26.	Jocelyne Lemogne	France	61	2:13:54	82.32%	1:43:17
27.	Valerie Boban	France	47	1:55:34	81.48%	1:44:21
28.	Panseluta Geer	USA	68	2:24:02	81.41%	1:44:27
29.	Natalia Marcenco	Italy	60	2:14:35	81.21%	1:44:42
30.	Mar Marcos Valero	Spain	35	1:44:49	81.16%	1:44:46
31.	Claudin Anxionnat	France	64	2:19:49	80.92%	1:45:05
32.	Esmer Bagur Triay	Brazil	50	1:59:43	80.79%	1:45:15
33.	Christele Jouan	France	40	1:49:27	80.72%	1:45:21
34.	Myriam Njicholas	Belgium	51	2:01:03	80.72%	1:45:20
35.	Donna Green	USA	62	2:17:55	80.62%	1:45:29

20km Men		Country	Age	Actual	AG %	AG Time
1.	Patrice Brochot	France	64	1:46:48	88.30%	1:27:30
2.	Dominique Guebey	France	63	1:48:05	86.62%	1:29:12
3.	Colin Heywood	Australia	61	1:48:47	84.84%	1:31:05
4.	Steffen Borsch	Germany	42	1:37:08	84.22%	1:31:44
5.	Et Soto Maldonado	Mexico	42	1:37:10	84.20%	1:31:46
6.	Philippe Bonneau	France	50	1:43:40	83.98%	1:32:00
7.	Brenes Gutierrez	Costa Rica	54	1:44:10	83.92%	1:32:04
8.	Ivan Pushkin	Ukraine	85	2:34:49	83.73%	1:32:17
9.	Jo Lopez Camarena	Mexico	65	1:53:21	83.40%	1:32:12
10.	Normunds Ivzans	Latvia	43	1:39:13	83.08%	1:33:00
11.	Ants Palmar	Estonia	75	2:09:42	82.96%	1:33:08
12.	Ettorin Formentin	Italy	68	1:57:23	82.74%	1:33:23
13.	Ignacio Melo	Spain	62	1:52:49	82.39%	1:33:47
14.	Anton Mashkevich	Belarus	52	1:45:59	82.31%	1:33:52
15.	Sebastie Delaunay	France	40	1:38:44	81.92%	1:34:19
16.	Fabrice Ramon	France	45	1:42:30	81.66%	1:34:37
17.	Uwe Schroter	Germany	55	1:47:22	81.50%	1:34:48
18.	Edmund Shillabeer	Great Britain	76	2:14:35	81.44%	1:34:53
19.	Steffen Meyer	Germany	49	1:46:20	81.22%	1:35:08
20.	Antonio Gonzalez	Spain	53	1:47:33	81.20%	1:35:10
21.	Mirosła Lujniewski	Poland	58	1:50:49	80.97%	1:35:25
22.	Anatoli Shipitsybn	Russia	61	1:54:33	80.57%	1:35:54
23.	Vladimir Kansky	Czech Republic	75	2:14:07	80.23%	1:36:19
24.	Jo Munoz Belmonte	Spain	54	1:49:15	80.01%	1:36:34

FOCUS ON STUART KOLLMORGEN

Finally, a special mention to Australian M45 walker **Stuart Kollmorgen**. His three WMA walks were very good but only tell part of the story

- Thurs 6th Aug M45 5000m 3rd 24:21.61
- Sun 9th Aug M45 10km 4th 49:43
- Fri 14th Aug M45 20km 6th 1:55:27

In between he competed in the Euro Games in Stockholm (see results at <http://www.trackandfield.se/resultat/2015/150808eg.htm>).

- On Fri 7th Aug, he ran the 400m in 65.40 in the M40-49 heats, was 5th in the 1500m in 5:00.56 and was 5th in the hammer in 12.79.
- On Sat 8th Aug, he was the overall winner in the 5000m race walk in 24:22.55, was 8th in the M40-49 400m in 66.64 and 10th in the M40-49 in shot put in 6.31.

Well done Stuart on a big week's work!

ENGLISH CENTURIONS 24 HOUR WALK, ISLE OF MAN, 15-16 AUGUST



For those of us in the ultra walking world, last weekend's long awaited **Tower Insurance Isle of Man Open 100 Mile Race Walk**, held in **Castleton** on the **Isle of Man**, lived up to all expectations. The main event got underway at 2PM on Saturday at Castletown Civic Centre, with competitors striving to complete 50 laps of the 2 mile course around the streets and roads of the town. It was a flat course with a good walking surface and stunning scenery and the weather was kind so all was in place for a great event, and so it proved.

First to some links

- Main webpage: <http://www.isleofman100milewalk.co.uk/index.html>
- Facebook page: <https://www.facebook.com/groups/550275208327422/>
- IOM results: <http://my5.raceresult.com/41512/?lang=Eng>
- Photos: <http://isleofman.in/100> and https://www.facebook.com/fiona.shaw.7121/media_set?set=a.10153546415597603.1073741875.763187602&type=3

And now onto the final result: An amazing 49 walkers completed the 100 miles within the required 24 hours – and 32 of them were new English Centurions, the highest number in recent years. And Ballarat based Australian Centurion **John Kilmartin** (C 67) was amongst them.

John qualified as a centurion in Australia in April with a fine 100 mile walk time of 21:11:56. He walked a similarly powerful race in Douglas last weekend, well back early (down towards 30th place) and then storming through the field to finish **7th overall with 21:26:48**. It was a dream come true for John who had targeted this walk earlier this year. He had been putting in a lot of long walking through the bitterly cold Ballarat winter and it all paid off with a superb performance that certainly deserves to be Walker of the Week. John also received the Castletown Commissioners award for the first overseas competitor to finish.

Overall, Isle of Man walkers filled the first 5 positions. **Vinny Lynch** won by over an hour with the excellent time of 19:14:21 ahead of **Michael Bonney** 20:17:32 and **Janette Morgan** 20:23:11. In fact, the first 3 women were all in the top 6 with Janette third overall, **Karen Chiarello** 5th overall with 20:36:14 and the amazing **Sandra Brown** 6th overall with 20:57:26. It was an international affair with walkers from Belgium, Netherlands, USA, South Africa and Australia joining the local IOM and Great Britain walkers.

100 Miles Walk

1.	Vinny Lynch	Isle of Man	50 laps	19:14:21	Veteran Men 50-59	1
2.	Michael Bonney	Isle of Man	50	20:17:32	Veteran Men 50-59	2
3.	Janette Morgan (F)	Isle of Man	50	20:23:11	Veteran Women 50-59	1
4.	Andrew Titley	Isle of Man	50	20:23:11	Veteran Men 50-59	3
5.	Karen Chiarello (F)	Isle of Man	50	20:36:14	Veteran Women 50-59	2
6.	Sandra Brown (F)	Surrey Walk Club	50	20:57:26	Veteran Women 60-69	1
7.	John Kilmartin	Australia	50	21:26:48	Veteran Men 60-69	1
8.	Robert Currey	Isle of Man	50	21:39:46	Veteran Men 50-59	4
9.	Chris Van Cauwenberghe	Belgium	50	21:44:51	Veteran Men 50-59	5
10.	Richard Brown	Surrey Walk Club	50	21:45:23	Veteran Men 60-69	2
11.	James Quirk	Isle of Man	50	22:03:54	Veteran Men 40-49	1
12.	Rudy Schoors	Belgium	50	22:10:50	Veteran Men 50-59	6
13.	Julian Thomas	Isle of Man	50	22:17:10	Veteran Men 50-59	7
14.	Jack Bertrums	Netherlands	50	22:18:14	Veteran Men 50-59	8
15.	Rick Liesting	Netherlands	50	22:18:14	Senior Men	1
16.	Frank van Der Gulik	Netherlands	50	22:18:15	Senior Men	2
17.	Anne van Andel (F)	Netherlands	50	22:21:01	Senior Women	1
18.	Jayne Farquhar	Isle of Man	50	22:25:37	Veteran Women 40-49	1
19.	Kersten Mosig	South Africa	50	22:28:24	Veteran Men 40-49	2
20.	Chris Cale	Isle of Man	50	22:28:52	Veteran Men 40-49	3
21.	Richard Highfield	Isle of Man	50	22:29:22	Senior Men	3

22.	Luc Dekeirsschieter	Belgium	50	22:34:27	Veteran Men 50-59	9
23.	Peter Asselman	Belgium	50	22:34:28	Senior Men	4
24.	Suzannah Corkill	Isle of Man	50	22:38:36	Veteran Women 40-49	2
25.	Philip Vermeulen	Isle of Man	50	22:38:36	Veteran Men 50-59	10
26.	Christopher Burn	Isle of Man	50	22:39:34	Veteran Men 40-49	4
27.	Richard Leigh	Isle of Man	50	22:41:27	Veteran Men 40-49	5
28.	Andrew Dawson	Isle of Man	50	22:42:32	Veteran Men 40-49	6
29.	Frans Leijtens	Netherlands	50	22:47:47	Senior Men	5
30.	Jef Glassee	Belgium	50	22:49:01	Veteran Men 50-59	11
31.	Mathijs Timmermans	Netherlands	50	22:55:45	Veteran Men 50-59	12
32.	Martin Payne	Isle of Man	50	22:59:14	Veteran Men 50-59	13
33.	Bas Andel	Netherlands	50	23:05:38	Veteran Men 60-69	3
34.	Louise Smith	Isle of Man	50	23:05:38	Senior Women	2
35.	Dick Callin	Isle of Man	50	23:13:31	Veteran Men 50-59	14
36.	Karen Lawrie	Isle of Man	50	23:20:48	Veteran Women 40-49	3
37.	Tony Mackintosh	Isle of Man	50	23:20:48	Veteran Men 40-49	7
38.	Maureen Moffatt	Isle of Man	50	23:26:09	Veteran Women 40-49	4
39.	Bart Van Bael	Belgium	50	23:27:39	Veteran Men 40-49	8
40.	Peter Miller	Isle of Man	50	23:38:28	Veteran Men 40-49	9
41.	Sandra de Graaff	Netherlands	50	23:42:23	Veteran Women 40-49	5
42.	Robert De Wolf	Belgium	50	23:43:15	Veteran Men 60-69	4
43.	Alan Teare	Isle of Man	50	23:43:37	Veteran Men 50-59	15
44.	Albertus van Ginkel	Netherlands	50	23:45:18	Veteran Men 50-59	16
45.	Megan Thomas	Isle of Man	50	23:47:57	Senior Women	3
46.	Hattie Thomas	Isle of Man	50	23:47:58	Senior Women	4
47.	Louise Thomas	Isle of Man	50	23:47:58	Veteran Women 40-49	6
48.	Ed Walter	Isle of Man	50	23:48:01	Veteran Men 40-49	10
49.	Community Challenge	Great Britain	50	23:58:52	Senior Men	6
50.	Christopher Flint	Isle of Man	47	23:43:50	Veteran Men 70+	1
51.	Robbie Stockton	Isle of Man	44	23:33:17	Veteran Men 60-69	5
52.	Ap van Gelderen	Netherlands	41	19:24:11	Veteran Men 50-59	17
53.	Alison Kenyon	Isle of Man	40	18:50:31	Veteran Women 40-49	7
54.	Louise Hollings	Isle of Man	35	18:11:53	Senior Women	5
55.	Paul Salisbury	Isle of Man	32	16:38:15	Senior Men	7
56.	Kate Mc Dade	Isle of Man	31	15:17:27	Veteran Women 50-59	3
57.	Norman Johnson	Isle of Man	30	14:08:13	Veteran Men 70+	2
58.	David Walker	Isle of Man	29	10:41:41	Veteran Men 40-49	11
59.	Sailash Shah	Isle of Man	29	14:50:05	Veteran Men 50-59	18
60.	Lynn McCoubrey	Isle of Man	28	13:16:56	Veteran Women 50-59	4
61.	Carol McCoubrey	Isle of Man	28	13:16:59	Veteran Women 50-59	5
62.	Adam Cubbon	Isle of Man	28	13:30:05	Senior Men	8
63.	Stewart Jones	Isle of Man	27	12:14:21	Veteran Men 40-49	12
64.	Lee Johnson	Isle of Man	26	12:06:38	Senior Men	9
65.	Bernie Ball	Isle of Man	26	12:06:39	Senior Women	6
66.	Stuart Gibson	Isle of Man	25	11:02:36	Veteran Men 40-49	13
67.	David Gomberg	United States	25	11:15:59	Veteran Men 40-49	14
68.	Sharon E Cain	Isle of Man	25	11:52:55	Veteran Women 40-49	8
69.	Mark Stephen Byrne	Isle of Man	25	12:09:38	Veteran Men 50-59	19
70.	Haydn Kenna	Isle of Man	25	12:22:52	Veteran Men 50-59	20
71.	Erin Taylor Talcott	United States	23	10:40:03	Senior Women	7
72.	Emma Nation	Isle of Man	22	11:15:42	Senior Women	8
73.	Ray Beattie	Isle of Man	21	9:11:26	Veteran Men 50-59	21
74.	Mark Whear	Isle of Man	21	9:15:15	Veteran Men 40-49	15
75.	Richard Kok	Netherlands	21	9:25:15	Veteran Men 40-49	16
76.	Michael Crook	Isle of Man	21	10:09:34	Veteran Men 50-59	22
77.	Dave Talcott	United States	20	8:24:00	Veteran Men 50-59	23
78.	David Chambers	Isle of Man	20	8:50:38	Veteran Men 50-59	24
79.	John C Ryder	Isle of Man	20	9:23:43	Veteran Men 60-69	6
80.	Mark Gerhard	Isle of Man	20	9:44:24	Senior Men	10
81.	Richard Gerrard	Isle of Man	19	6:28:16	Veteran Men 40-49	17
82.	J.M.J. Van Der Helm	Netherlands	19	8:46:12	Veteran Men 60-69	7
83.	Simon Cox	Isle of Man	18	7:57:02	Veteran Men 60-69	8
84.	Brian Wade	Isle of Man	18	7:59:26	Veteran Men 40-49	18
85.	Werner Alberts	Isle of Man	18	8:03:06	Veteran Men 40-49	19
86.	Barbara Watt	Isle of Man	17	8:29:52	Senior Women	9
87.	Sandra Halpin	Isle of Man	13	6:06:35	Veteran Women 40-49	9
88.	Roy Brook	Isle of Man	13	6:06:37	Veteran Men 50-59	25
89.	Ashley Convery	Isle of Man	12	5:39:07	Senior Men	11

90.	Paul Phillips	Isle of Man	12	5:48:53	Veteran Men 60-69	9
91.	Philip Cannon	Isle of Man	12	6:07:24	Senior Men	12
92.	Donna Cooper	Isle of Man	12	6:07:45	Veteran Women 40-49	10
93.	Ramsey Richardson	Isle of Man	10	4:55:18	Veteran Men 40-49	20



The 4 leading women - Jeanette Morgan, Karen Chiarello, Sandra Brown and Anne Van Anandel



Winner Vinny Lynch, Australian rep John Kilmartin and our European correspondent Emmanuel Tardi

The 20 Mile walk started at 8AM on Sunday morning and also attracted a good field. Rob Tersteeg of the Netherlands won by a huge margin with 2:47:17 while our intrepid correspondent Emmanuel Tardi finished in 25th place.

20 Miles Walk

1.	Rob Tersteeg	Netherlands	10	2:47:17	Senior Men	1
2.	Samuel Fletcher	Isle of Man	10	3:27:26	Senior Men	2
3.	Richard Wild	Isle of Man	10	3:27:26	Veteran Men 40-49	1
4.	Brian Kelly	Isle of Man	10	3:33:23	Veteran Men 50-59	1
5.	Keith Green	Isle of Man	10	3:54:52	Veteran Men 50-59	2
6.	Colin Stephen Moore	Isle of Man	10	4:07:20	Veteran Men 50-59	3
7.	Danielle Oates	Isle of Man	10	4:07:39	Senior Women	1
8.	Rebecca Greatbatch	Isle of Man	10	4:10:27	Senior Women	2

9.	Nick Wallinger	Isle of Man	10	4:10:31	Veteran Men 40-49	2
10.	Erika Kelly	Isle of Man	10	4:11:36	Senior Women	3
11.	Dermot O'Toole	Isle of Man	10	4:13:42	Veteran Men 60-69	1
12.	Tom Stockwell	Great Britain	10	4:15:50	Senior Men	3
13.	Pauline Clague	Isle of Man	10	4:21:39	Veteran Women 40-49	1
14.	Richard Ashton	Isle of Man	10	4:23:31	Veteran Men 40-49	3
15.	Maureen Cox	Isle of Man	10	4:24:02	Veteran Women 60-69	1
16.	Mick Holgate	Isle of Man	10	4:24:02	Veteran Men 70+	1
17.	Andrew Baxendale	Isle of Man	10	4:25:02	Veteran Men 40-49	4
18.	Laura Robinson	Isle of Man	10	4:25:08	Senior Women	4
19.	Dale Farquhar	Isle of Man	10	4:25:38	Senior Men	4
20.	Riaan Hodgson	Isle of Man	10	4:27:24	Veteran Men 40-49	5
21.	Hazel Fergusson	Isle of Man	10	4:31:26	Veteran Women 40-49	2
22.	Maura Kelly	Isle of Man	10	4:32:20	Veteran Women 40-49	3
23.	Jane Arzt	Isle of Man	10	4:32:33	Veteran Women 40-49	4
24.	Tony Arzt	Isle of Man	10	4:32:33	Veteran Men 50-59	4
25.	Tardi Emmanuel	France	10	4:35:02	Veteran Men 40-49	6
26.	Michael Ward	Isle of Man	10	4:39:08	Senior Men	5
27.	Oliver Miles	Great Britain	10	4:39:15	Senior Men	6
28.	Natasha Cain	Isle of Man	10	4:42:07	Senior Women	5
29.	Sean Weir	Isle of Man	10	4:46:51	Veteran Men 40-49	7
30.	Ben Davis	Isle of Man	10	4:53:19	Senior Men	7
31.	Amy Cochrane	Isle of Man	10	4:53:31	Senior Women	6
32.	Sally Lee	Isle of Man	10	4:53:31	Senior Women	6
33.	Phil Hatton	Isle of Man	10	4:54:15	Senior Men	8
34.	Sarah Stuart	Isle of Man	10	4:57:21	Veteran Women 40-49	5
35.	David Butterworth	Isle of Man	10	4:59:14	Veteran Men 50-59	5
36.	Julie Fletcher	Isle of Man	10	5:06:28	Veteran Women 40-49	6
37.	Stephen Fletcher	Isle of Man	10	5:06:28	Veteran Men 40-49	8
38.	Rebecca Hands	Isle of Man	10	5:17:02	Senior Women	8
39.	Chris Long	Isle of Man	10	5:24:31	Senior Men	9
40.	Benny Peczek	Isle of Man	10	5:24:31	Senior Men	9

FINNISH U23 & U20 T&F CHAMPIONSHIPS, LAHTI, FINLAND, 15-16 AUGUST

Not much else to report in the way of overseas races this week. With the World Champs starting in a few days time, it's all quiet on the eastern front! Just some results from Finland at this stage.

Men U23 10,000m Walk

1.	Elmo KOIVUNEN	FIN	94	44:11.70
2.	Markus KYRÖLÄ	FIN	95	46:37.29

Men U20 10,000m Walk

1.	Artturi OILA	FIN	96	48:46.62
2.	Rasmus LANG	FIN	97	49:05.34
3.	Hugo LEPPÄSYRJÄ	FIN	97	50:52.34

Women U23 5000m Walk

1.	Hele HAAPANIEMI	FIN	93	24:16.49
2.	Tiia KUIKKA	FIN	94	24:47.85
3.	Sini JUSSILA	FIN	95	25:12.12
4.	Venla LAIHO	FIN	95	26:05.49
5.	Amanda ÅSTRÖM	FIN	95	27:54.49

Women U20 5000m Walk

1.	Vera RAUHALA	FIN	97	25:35.33
2.	Hanna WESTERLUND	FIN	97	26:17.92
3.	Elina HEIKKINEN	FIN	97	27:12.08

BITS AND PIECES

- Race Walkers' Association of Malaysia announced last week that the **MKH Kajang 12 Hour International Walk 2015** will be held on the weekend of 12-13 December 2015 in the city of Kajang, just outside Kuala Lumpur. It's an overnight walk with an 8PM start on the Saturday evening. Registrations are now open at www.themarathonshop.com.my.

- With the 2015 IAAF World Championships now only days away, Athletics Australia looks back on the successes of the Australian Flame in the Luzhniki Stadium two years ago. See <https://www.youtube.com/watch?v=Ocq4DrCfq0>.
- Among the 25 athletes that the Czech Republic are sending to the IAAF World Championships in Beijing, **Anezka Drahotova** is the youngest. She is just 20 but her record speaks for itself. Nice article at <http://www.european-athletics.org/news/article=drahotova-the-mood-for-podium/index.html?cid=rss>.
- Spain will be represented by 39 athletes at the IAAF World Championships, Beijing 2015. Of those 39 athletes, seven were late additions through the IAAF's invitation by ranking process, in which the top-ranked unqualified athletes are invited to compete at the championships in order to fill each event's quota. The men's team captain is **Jesus Angel Garcia**, the 1993 world 50km race walk champion. What a legend! Jesus Angel Garcia, 45, will be competing in his 12th consecutive World Championships in Beijing (a record 12th). The team reads as follows

20km race walk: Diego Garcia, Miguel Angel Lopez, Alvaro Martin
 50km race walk: Francisco Arcilla, Jesus Angel Garcia, Benjamin Sanchez
 20km race walk: Laura Garcia-Caro, Raquel Gonzalez, Maria Jose Poves

See <http://www.iaaf.org/news/news/world-championships-2015-spanish-team>.

- Three Australians have been added to WC team using the same IAAF roll-down process - national record holder Ryan Gregson in the men's 1500m, Heidi See in the women's 1500m and James Nipperess in the 3000m steeplechase.

MARCIADALMONDO AND OMARCHADOR ROUNDUP

A quiet week this time around for Marciadalmondo with only 2 press releases

- Mon 17 Aug - tribute to the astounding Spanish 50km walker Jesus Garcia
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2182
- Sun 16 Aug - another soap opera twist - additional Russian walkers named in World Chsms start lists
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2180

The omarchador blog continued on with 8 press releases – again, lots of good reading material.

- Mon 17 Aug - The IAAF has confirmed the A and B races for the 2016 IAAF Racewalk Challenge Series
<http://omarchador.blogspot.com.au/2015/08/definidas-datas-para-o-challenge-iaaf.html>
- Mon 17 Aug - Results for men's 20km from WMA Champs in Lyon
<http://omarchador.blogspot.com.au/2015/08/wmac-lyon-20-km-masc-m35-m40-m45-m50.html>
- Sun 16 Aug - M55+ 20km results from WMA Champs in Lyon
<http://omarchador.blogspot.com.au/2015/08/wmac-lyon-20-km-masc-m55-resultados.html>
- Sat 15 Aug - Women's 20km walk results from WMA champs in Lyon
<http://omarchador.blogspot.com.au/2015/08/wmac-lyon-20-km-femininos-resultados.html>
- Fri 14 Aug - Spanish 50km set for 28 Feb 2016
<http://omarchador.blogspot.com.au/2015/08/wmac-lyon-20-km-femininos-resultados.html>
- Thu 13 Aug - walk results from Indian Ocean Islands Games
<http://omarchador.blogspot.com.au/2015/08/atletas-de-reuniao-e-madagascar-vencem.html>
- Wed 12 Aug - Portuguese walkers for 2015 World Champs
<http://omarchador.blogspot.com.au/2015/08/marchadores-portugueses-nos-mundiais-de.html>
- Tues 11 Aug - Results of women's 10km walks at WMA Champs in Lyon
<http://omarchador.blogspot.com.au/2015/08/wmac-lyon-10-km-femininos-resultados.html>

#BANCHEGIN

I mentioned in last week's newsletter that the IAAF had released a statement that a 'significant' number of 'major' names in world athletics would this week be confirmed as historic dopers and be stripped of medals won as long ago as 2005. The IAAF released further details last Tuesday (just after the newsletter had gone out). See http://www.nzherald.co.nz/athletics/news/article.cfm?c_id=19&objectid=11495711&ref=rss. Here's a brief summary:

- The IAAF announced Tuesday that 28 athletes had been caught in retests of their doping samples from the 2005 and 2007 world championships. The IAAF did not name any of the 28 athletes, who produced 32 positive findings in tests from these 2 major events. The IAAF said none of the athletes will be competing in the upcoming world championships in Beijing, which begin Aug. 22. "A large majority of the 28 are retired, some are athletes who have already been sanctioned, and only very few remain active in sport," the IAAF said. If athletes are found guilty of doping violations, the IAAF said it "will correct the record books and re-allocate medals as necessary."

This has led to further discussion of the way that the IAAF has handled this whole process

- Michael Ashenden, one of the two Australian drug-testing scientists who analyzed the blood samples for ARD and The Sunday Times, wrote an open letter to Coe on Wednesday saying the IAAF should implement a "no-start rule" to keep athletes out of competition for a certain period of time if their blood values are deemed to be too high.
- Kip Keino, Kenya National Olympic Committee president and winner of Olympic gold in the 1968 and 1972 Olympics, joined in the discussion. "Why should WADA (World Anti-Doping Agency) and IAAF sanction athletes for doping issues taken in 2005 and 2007 now? Surely, can't a way be found where decisions are taken immediately after tests are done as was the case with (Canadian) Ben Johnson in 1988 (Olympics)?"
See <http://www.sbs.com.au/news/article/2015/08/12/kenyan-great-keino-says-doping-cases-taking-too-long>

It's all a matter of timing and it's all wrong for the IAAF at the moment.

- No sooner had the dust started to settle from the above info release when different revelations were forthcoming. According to the Sunday Times, the IAAF has suppressed the publication of a report showing that a third of athletes at the 2011 World Championships had confessed to doping. The IAAF allegedly stopped the study from being published and prevented its authors from speaking about it, according to the Sunday Times. The IAAF has naturally refuted this vigorously. See <http://www.independent.co.uk/sport/general/athletics/world-championships-2015-doping-report-claims-put-world-athletics-body-on-the-back-foot-10458247.html>
- A further article today seemed to confirm the IAAF blocking. The lead author of the report, Rolf Ulrich, told The Sunday Times he had been barred from discussing it. "The IAAF is blocking it," he said. "I think they are stakeholders with Wada and just blocked the whole thing."
See <http://www.iol.co.za/sport/athletics/athletics-reels-from-latest-revelations-1.1901076#.VdJbNvmqqko>.
- This article nicely summarises the annus horribilis currently being endured by the IAAF and what it has to do to regain the front foot and take some face saving initiatives. <http://www.theguardian.com/sport/blog/2015/aug/16/iaaf-president-athletics-sebastian-coe-sergey-bubka-drugs>.

And here is a very revealing interview with BALCO founder Victor Conte in which he postulates about high profile coverups in the 1988 and 1992 Olympic period. It just keeps coming!

<http://www.japantimes.co.jp/sports/2015/08/11/more-sports/contes-says-coverup-protected-big-stars-seoul-games/#.Vc3jMPmqkko>

And more - it has been reported by the Russian Press that **another 6 walkers from Chegin's Saransk centre had EPO found in their doping samples in July** (ie last month). Apparently this has been reported by the German magazine Sportschau, owned TV channel ARD. When does it stop! See <http://ru.euronews.com/newswires/3056619-newswire> and <http://www.sportschau.de/doping/geheimsache-doping-102.html>

Finally, although the Russian team announced last week had only one walker in it, the names of 3 racewalkers coached by Viktor Chegin are in the Beijing start lists. The three athletes are Aleksandr Ivanov, 2013 IAAF 30km world champion, Andrey Krivov, 29yo with a PB of 1h18'24" (2012) and Svetlana Vasilyeva, third in this year's European Cup in Murcia. Talk about moving chairs. See <http://www.trackarena.com/21145/news-three-racewalkers-coached-by-chegin-join-the-russian-team-for-beijing>. We will have to wait and see who actually turns up on race day. It does not inspire confidence in the whole process.

A POTTED HISTORY OF THE IAAF WORLD CHAMPIONSHIPS WALKS

Prestigious athletics publication Athletics Weekly has published a short summary of the IAAF World Championship walks - see <http://www.athleticsweekly.com/iaaf-world-championships/world-championships-mens-and-womens-walks-31236/#Pm8bq3CF11dQA48z.99>

Officially the first world walks champion was **Veniamin Soldatenko**, who won the 50km in Malmo after the event was controversially omitted from the 1976 Olympics.

The inaugural men's 20km champion, in Helsinki in 1983, was Mexican **Ernesto Canto**, who produced a 19:32 final 5km. **Ronald Weigel** won the 50km comfortably, though he was ordered to do another lap of the track at the finish, even though he had already completed 50km. Weigel was second in Rome in 1987, but East Germany retained the title as his team-mate **Hartwig Gauder** won with a quick 42:23 final 10km. His 3:43:08 was the fifth fastest ever time despite sweltering conditions.

The women had their inaugural walk in Italy where **Irina Strakhova** had halves of 23:21 and 20:51 to win gold. In the 20km, Olympic champion **Maurizio Damilano** used the same accelerating tactics and delighted the home crowd with a 22-second victory.

Damilano repeated the tactics in Tokyo in 1991, but had three-time world indoor champion Mikhail Shchennikov with him in the stadium, but the Soviet surged a lap too early and the Italian won by nine seconds. The Soviets fared better in the 50km, where 97% humidity caused 12 dropouts. Aleksandr Potashov and **Andrey Perlov** deliberately crossed the line together, but the photofinish gave it to the former by 0.01 of a second with Gauder third. The Soviets also won the women's 10km through **Alina Ivanova**. Finland's Sari Essayah finished third, after a 19th in 1987, but in Stuttgart in 1993 she gained a narrow victory. The 20km title stayed in Europe as **Valenti Massana** won a race that saw four of the first nine at 17km disqualified and Spain completed a winning double in Germany as **Jesus Garcia** won the 50km event by 80 metres from Valentin Kononen.

In Gothenburg in 1995, Finland's **Kononen** moved up a place and received great support. Italian Giovanni Perricelli finished second and his nation did even better in the 20km as **Michele Didoni** beat defending champion Massana. They also won silver in the women's event, though gold went to Russia's **Irina Stankina**, who at 18 years and 135 days became the youngest champion in any event. It was fast as there were quickest ever place times from third to fifteenth.

The road 10km was never contested again, but a track 10,000m walk was held for the only time at Athens 1997. It was won by **Annarita Sidoti**, who was only originally selected as a reserve for the Italian team. In the 20km, **Daniel Garcia**, who had been disqualified in the last 250 metres while contesting the lead in 1995 and also in 1993, won but was aided by Ilya Markov being disqualified while holding a clear lead. In the 50km, the title went to Olympic champion **Robert Korzeniowski**, who had been disqualified in 1993 and was third in 1995.

In Seville in 1999, the Pole was disqualified and the clear winner was seemingly Russian German Skurygin. However, he was later relieved of his title due to a doping infringement and gold retroactively went to Italian **Ivano Brugnetti**, who had been only 13th at halfway. In the 20km, former world junior champion **Ilya Markov** became the first Russian to win any world title since the Soviet Union break-up. China dominated the women's walk with a 1-2 led by **Liu Hongyu**. Kerry Saxby-Junna, who had been second in 1987, took the bronze for Australia.

Russia took the 2001 title in Edmonton with world record-holder **Olimpiada Ivanova** an easy winner by more than a minute. The Russians did even better in the men's 20km as led a clean sweep with Markov just two seconds back. However, they were medal less in the 50km though as **Korzeniowski** regained his title with 1993 champion Garcia second.

Having won four global titles already, the Pole saved his most memorable race until Paris in 2003 when he won in a world record 3:36:03 from Skurygin. The women's 20km was won by 1996 Olympic champion **Yelena Nikolayeva**, who won at her seventh attempt from Ireland's Gillian O'Sullivan. Ecuador's **Jefferson Perez**, who had been second in Seville after a 33rd and 18th in previous championships won the men's 20km in a world record 1:17:21, which earned him an extra \$100,000. His last 10km was just 38:11.

Perez easily defended his title in Helsinki in 2005, winning by more than a minute. **Ivanova** regained the women's title in Finland and, though her time wasn't a PB, the IAAF gave her a world record bonus as her previous best was before they ratified walk records and she won \$160,000 with her win bonus. Russia also took the 50km title with **Sergey Kirdyapkin** a clear winner from his teammate Aleksey Voyevodin. Alex Schwazer was third – as in Osaka in 2007 where Australia won their first walks title through. It was business as usual, though in the men's 20km, as **Perez** won his third title, while **Olga Kaniskina** led a Russian 1-2 in the women's event.

Kaniskina won the 2008 Olympics and then easily retained her title in Berlin in 2009 with Ireland's Olive Loughnane second. The men's 50km saw Kirdyapkin regain his title with an easy win. Garcia won bronze in his ninth championships. Viktor Chegin was the coach to all three champions in Germany as Valeriy Borchin, who had collapsed in Osaka, won the 20km with ease.

Borchin was also dominant in Daegu in 2011 and Russia also won the 50km through Sergey Bakulin after early leader Yohann Diniz was disqualified. Kaniskina maintained the dominance by winning her third consecutive title in the women's walk. It was no surprise in Moscow when Russia again dominated. Olympic champion Elena Lashmanova led a 1-2 while they also won the men's 20km title through Aleksandr Ivanov. The 50km, though, went to a different nation as **Robert Heffernan** delighted Irish supporters with a clear victory.

Men's 20km walk		Points (8 for 1st etc)
1983 Ernesto Canto (MEX)	1:20:49	1 RUS 93
1987 Maurizio Damilano (ITA)	1:20:45	2 ESP 80
1991 Maurizio Damilano (ITA)	1:19:37	3 ITA 61
1993 Valenti Massana (ESP)	1:22:31	4 MEX 43
1995 Michele Didoni (ITA)	1:19:59	5 CHN 38
1997 Daniel Garcia (MEX)	1:21:43	6 ECU 32
1999 Ilya Markov (RUS)	1:23:34	7 URS 24
2001 Roman Rasskazov (RUS)	1:20:31	8 BLR 22
2003 Jefferson Perez (ECU)	1:17:21	9 TCH 20
2005 Jefferson Perez (ECU)	1:18:35	10 AUS 16
2007 Jefferson Perez (ECU)	1:22:20	

2009 Valeriy Borchin (RUS)	1:18:41
2011 Valeriy Borchin (RUS)	1:19:56
2013 Aleksandr Ivanov (RUS)	1:20:58

Men's 50km walk		Points (8 for 1st etc)	
1976 Veniamin Soldatenko (URS)	3:54:40	1 RUS	90
1983 Ronald Weigel (GDR)	3:43:08	2 ESP	57
1987 Hartwig Gauder (GDR)	3:40:53	3 GER	53
1991 Aleksandr Potashov(URS)	3:53:09	4 ITA	50
1993 Jesus Garcia (ESP)	3:41:41	5 POL	47
1995 Valentin Kononen (FIN)	3:43:42	6 URS	44
1997 Robert Korzeniowski (POL)	3:44:46	7 MEX	42
1999 Ivano Brugnetti (ITA)	3:47:54	8 FIN	30
2001 Robert Korzeniowski (POL)	3:42:08	9 AUS	29
2003 Robert Korzeniowski (POL)	3:36:03	10 NOR	18
2005 Sergey Kirdyapkin (RUS)	3:38:08		
2007 Nathan Deakes (AUS)	3:43:53		
2009 Sergey Kirdyapkin (RUS)	3:38:35		
2011 Sergey Bakulin (RUS)	3:41:24		
2013 Robert Heffernan (IRL)	3:37:56		

Women's walk		Points (8 for 1st etc)	
10km		1 RUS	107
1987 Irina Strakhova (URS)	44:12	2 ITA	65
1991 Alina Ivanova (RUS)	42:57	3 CHN	60
1993 Sari Essayah (FIN)	42:59	4 BLR	33
1995 Irina Stankina (RUS)	42:13	5 ESP	32
10,000m track		6 POR	27
1997 Annarita Sidoti (ITA)	42:55.49	7 URS	25
20km		8= FIN	19
1999 Liu Hongyu (CHN)	1:30:50	8= AUS	19
2001 Olimpiada Ivanova (RUS)	1:27:48	10 IRL	14
2003 Yelena Nikolayeva (RUS)	1:26:52		
2005 Olimpiada Ivanova (RUS)	1:25:41		
2007 Olga Kaniskina (RUS)	1:30:09		
2009 Olga Kaniskina (RUS)	1:28:09		
2011 Olga Kaniskina (RUS)	1:29:42		
2013 Elena Lashmanova (RUS)	1:27:08		

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.

2015/2016 Australian/Victorian Key Dates

Sun Aug 30, 2015	Australian Roadwalk Championships, Middle Park, VIC
Sun Sept 13, 2015	Vic 50km Championship, Middle Park, VIC
Oct 3-10, 2015	Australian Masters Games, Adelaide, SA
Sun Dec 13, 2015	Australian 50km Championship, Fawkner Park, VIC
Sun Feb 21, 2016	Australian Summer 20km Championships, Adelaide, SA

2015 International Key Dates

Aug 22-30, 2015	15 th IAAF World Championships in Athletics, Beijing, China. See http://www.iaafbeijing2015.com/en/
Sun Sept 13, 2015	MTR Hong Kong Racewalking Carnival (http://www.hkaaa.com), Hong Kong, HK
Sept 26-29, 2015	Around Taihu Multi-day Race Walking Challenge 2015, Taihu, CHINA
dec 12-13, 2015	MKH Kajang 12 Hour International Walk, Kajang, Malaysia. See www.themarathonshop.com.my

May 7-8, 2016	27 th IAAF World Race Walking Team Championships, Cheboksary, Russia
July 19-24, 2016	16 th World Junior T&F Championships, Kazan, Russia
Oct 26 -Nov 6, 2016	21 st World Masters T&F Champs Stadia, Perth, Australia. See http://www.perth2016.com
Aug 5-21, 2016	31 st Olympic Games, Rio de Janeiro, Brazil. See http://www.rio2016.com/en
July 12-16, 2017	10 th World Youth T&F Championships, Niarobi, Kenya
August 5-13, 2017	16 th IAAF World Championships in Athletics, London, UK
August 19-30, 2017	29 th Summer Universiade, Taipei, Taiwan
May 2018	28 th IAAF World Race Walking Team Championships, Cheboksary, Russia
July 2018	16 th World Junior T&F Championships, ?

Apr 4-15, 2018	Commonwealth Games, Gold Coast, Queensland (racewalks on the program). See http://www.gc2018.com
2019	17 th IAAF World Championships in Athletics, Doha, Qatar
July 2019	11 th World Youth T&F Championships, ?
July 2019	30 th Summer Universiade, Brasilia, Brazil
July 2020	32 nd Olympic Games, Tokyo
Aug 2021	18 th IAAF World Championships in Athletics, Eugene, USA

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