



## HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club  
2014/2015 Number 48  
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### WALKER OF THE WEEK

There are no surprises this time around as **Jared Tallent** takes my Walker of the Week. He walked a superb race to finish 2<sup>nd</sup> in the IAAF World Championship 50km in Beijing on Saturday morning. Walking under clear skies and hot conditions, his final time of **3:42:17** saw him earn yet another top placed medal. He now has 3 Olympic medals (2 silver and 1 bronze), 3 World Championship medals (2 bronze and 1 silver), 2 Commonwealth Games medals (1 gold and 1 bronze) and 3 World Cup medals (2 bronze and 1 silver). Further, he has medalled in the last 8 major international meets in which he has competed, an amazing record.

2010	World Racewalking Cup	Chihuahua	50km	3 <sup>rd</sup>	3:54:55
2010	Commonwealth Games	Delhi	20km	1 <sup>st</sup>	1:22:18
2011	IAAF World Champs	Daegu	50km	3 <sup>rd</sup>	3:43:36
2012	World Racewalking Cup	Saransk	50km	2 <sup>nd</sup> *	3:40:32
2012	Olympic Games	London	50km	2 <sup>nd</sup>	3:36:53
2013	IAAF World Champs	Moscow	50km	3 <sup>rd</sup>	3:40:03
2014	World Racewalking Cup	Taicang	50km	3 <sup>rd</sup>	3:42:48
2015	IAAF World Champs	Beijing	50km	2 <sup>nd</sup>	3:42:17



Jared Tallent celebrates his 50km medal with fellow medallists Matej Toth and Takayuki Tanii (photo [www.iaaf.org](http://www.iaaf.org))

### WHAT'S COMING UP

Most of our other Australian walking clubs have now finished their winter season but we have 2 further VRWC racing days at Middle Park. Nest Saturday sees our Winter Season Presentation day, with timetable as follows

Saturday 5 <sup>th</sup> September 2014, Middle Park		
VRWC EVENTS: Entries close for all events at 1.50pm sharp		
2.15pm	8km	Open
2.15pm	6km	Open
2.30pm	4km	Open

2.40pm	2km	Open
2.40pm	1km	Open
3.15pm	VRWC Winter Season presentations	

Then the following Sunday sees our long course championships which will be held alongside the Victorian 50km Championship. You must enter the AV championship via the Athletics Victoria website. All other events may be entered on the day.

<b>Sunday 13<sup>th</sup> September 2015, Middle Park</b>			
<b>AV, RWA &amp; VRWC EVENTS</b>			
7.30am	50km	AV Championship - Jared Tallent Trophy	Open *
	50km	RWA Championship	Open Women
	35km	VRWC Championship – Ray Smith Trophy	Open *
	6 Hours	Walk	Open
10.00am	20km		Open
11.00am	10km		Open

All VRWC entrants in the 50km and 6 Hour events are automatically entered in the VRWC 35km club championship. It is also possible to enter this event as a standalone event. The Victorian 50km and VRWC 35km are Open events, meaning they are open to men and women.

### IAAF CHAMPIONSHIPS, BEIJING, CHINA, 22-30 AUGUST



The 2015 IAAF World Championships (official website <http://www.iaaf.org/competitions/iaaf-world-championships>) finished off on Sunday after a fantastic 9 days of racing. I continue my report on the walking events.

First, an addendum to last week's newsletter where I reported that Indian racewalker Baljinder Singh had finished 12<sup>th</sup>. It turns out that he was directed back into the stadium with one lap still to go so his finishing status has now been changed to DNF. That means that everyone who finished below him is shifted up one place. That has been amended in the file copy of the newsletter – see <http://www.vrwc.org.au/newsletters/heelandtoe-2015-num47.pdf>.

And now onto the final two walk reports.

#### **20km Walk Women, Friday 28 August, 8:30AM**

The walks program continued with the women's 20km last Friday morning. Like the men's 20km race the previous Sunday, the early start had little effect and the race was started in clear sunny conditions with the early morning heat making conditions tough right from the start.

Rather than reinvent the wheel, I will reproduce the excellent report by Phil Minshull on the IAAF website (see <http://www.iaaf.org/competitions/iaaf-world-championships/news/beijing-2015-20km-race-walk>

At the fifth time of asking, and after three trips to the podium in Berlin, Daegu and Moscow to pick up bronze or silver medals, world record holder **Liu Hong** fulfilled her status as the favourite and finally struck gold in Beijing. In doing so she has assured herself iconic status as the first Chinese winner at the IAAF World Championships, Beijing 2015. Her winning time of 1:27:45 was more than three minutes outside her world record of 1:24:38 but Friday's race was always about winning not a fast time, and the prevailing temperature of between 25 degrees Celsius (at the start) and 28 degrees also mitigated against any superlatives, although the humidity stayed mercifully reasonable at about 45 per cent.

Li won by 0.26 on the photo-finish from her compatriot and former Asian record holder **Lu Xiuzhi**, the latter given the same time on the results sheet as the winner with both times rounded up to the nearest second, for the closest finish in IAAF World Championships history; but there seemed little doubt about the winner from about 300 metres out when Lu seemed to mentally concede the contest.

In what was expected to be an open race for the bronze medal, with the two Chinese walkers the prohibitive favourites for gold and silver, it was Ukraine's 2014 European silver medallist **Lyudmyla Olyanovska** who came through to take a delighted third place in 1:28:13.

The race quickly developed a noticeable pattern with Liu and Li going straight to the front from the gun and being initially shadowed by the tall Czech walker **Anezka Drahotova**. However, Drahotova started to drift away slightly from just after four kilometres and the 2014 world junior champion and European bronze medallist then had a mildly traumatic next five kilometres in which she was passed by four walkers before regaining her composure and finishing eighth, the same position she had finished in Moscow two years ago. Liu and Lu, swapping the lead around although it was the latter doing slightly more of the work, went through 5km in 22:24 and 10km in 44:19.

By the halfway point, they had 29 seconds to spare over a pack of four consisting of Olyanovska, Italy's **Elisa Riguado** and **Elenora Giorgi**, and Brazil's **Erica de Sena**. The Chinese pair passed 15km in 1:06:24, working together to maintain their lead although the gap started to close slightly from 14km onwards as Olyanovska started to surge and make her bid for the podium. With just 5km to go, Olyanovska was just 21 seconds behind Liu and Lu, with Giorgi and Riguado now walking in single file behind the Ukrainian, and De Sena having dropped away at around 12 kilometres.

The 16<sup>th</sup> kilometre was crucial for Olyanovska as she put in a spurt and closed the gap further on Liu and Lu, with Giorgi and Riguado – already with three warnings by 15km, and Giorgi having picked up three yellow cards between 10km and 15km – soon to be disqualified. However, the Chinese soon realised the danger and put in an extra effort in the 17<sup>th</sup> and 18<sup>th</sup> kilometre and it was beyond Olyanovska to continue her challenge for a higher place on the podium.

Behind the three medallists, Portugal's two-time IberoAmerican champion **Ana Cabecinha** came through strongly over the second half of the race, having been ninth at halfway, to take fourth in 1:29:29: her best ever result at a global championship. Antonella Palmisano restored a modicum of pride to Italian walking after the three cards shown to her compatriots by finishing fifth in 1:29:34 to complete the quintet of finishers under one and a half hours: while De Sena held her form after going through a bad patch between 13 and 15 kilometres and was sixth in 1:30:06.

It was a mixed bag for the 3 Australian walkers. **Kelly Ruddick**, the oldest walker in the field at age 42, did not make it to the start line. After a very promising week training in Japan in some pretty tough heat, she moved to Beijing with the team, only to then spend 4 days in bed on medication for vertigo from an inner ear infection. The team doctor eventually recommended that she not race (as she could hardly stand anyway, this was the only decision that could be taken). A devastating end for what should have been a career highlight for Kelly. 2012 Olympian **Beki Smith** also had her championship dreams shattered, incurring a DQ mid race while walking strongly and making her way up through the field. So it was left to 22 year old **Rachel Tallent** as our sole finisher (34<sup>th</sup> in 1:36:27). Rachel was on PB pace early on but suffered in the last 5km in particular and fell back in the heat.

Of the Commonwealth walkers, Canadian **Rachel Seaman** came 13<sup>th</sup> with 1:31:39 and New Zealander **Alana Barber** came 18<sup>th</sup> in a PB and new National Record time of 1:33:20.

1.	Hong LIU	CHN	87	1:27:45	
2.	Xiuzhi LU	CHN	93	1:27:45	
3.	Lyudmila OLYANOVSKA	UKR	93	1:28:13	
4.	Ana CABECINHA	POR	84	1:29:29	
5.	Antonella PALMISANO	ITA	91	1:29:34	
6.	Erica ROCHA DE SENA	BRA	85	1:30:06	
7.	Brigita VIRBALYTE-DIMSIENE	LTU	85	1:30:20	
8.	Anežka DRAHOTOVÁ	CZE	95	1:30:32	
9.	Alejandra ORTEGA	MEX	94	1:31:04	PB
10.	María José POVES	ESP	78	1:31:06	
11.	Nadiya BOROVSKA	UKR	81	1:31:18	
12.	Mirna Sucely ORTIZ FLORES	GUA	87	1:31:32	
13.	Rachel SEAMAN	CAN	86	1:31:39	
14.	Raquel GONZALEZ	ESP	89	1:32:00	
15.	Viktória MADARÁSZ	HUN	85	1:32:01	
16.	Paola Viviana PEREZ SAQUIPAY	ECU	89	1:32:12	
17.	Jingjing NIE	CHN	88	1:32:40	
18.	Alana BARBER	NZL	87	1:33:20	PB
19.	Sandra Lorena ARENAS	COL	93	1:33:24	
20.	Maria MICHTA	USA	86	1:33:24	
21.	Vera SANTOS	POR	81	1:34:01	
22.	Wendy CORNEJO	BOL	93	1:34:12	PB
23.	Ines HENRIQUES	POR	80	1:34:47	
24.	Claudia IOVAN-STEF	ROU	78	1:34:51	
25.	Kumiko OKADA	JPN	91	1:34:56	
26.	Miranda MELVILLE	USA	89	1:35:19	
27.	Yong-Eun JEON	KOR	88	1:35:48	
28.	Maritza Rafaela PONCIO	GUA	94	1:35:53	
29.	Cisiane Dutra LOPEZ	BRA	83	1:36:06	
30.	Mária CZÁKOVÁ	SVK	88	1:36:08	
31.	Emilie MENUET	FRA	91	1:36:17	
32.	Laura GARCÍA-CARO	ESP	95	1:36:22	
33.	Laura POLLI	SUI	83	1:36:26	

34. <b>Rachel TALLENT</b>	<b>AUS</b>	<b>93</b>	<b>1:36:27</b>
35. Jeong-Eun LEE	KOR	94	1:36:52
36. Lucie PELANTOVÁ	CZE	86	1:38:34
37. Khushbir KAUR	IND	93	1:38:53
38. Agnieszka DYGACZ	POL	85	1:39:06
39. Mayra PÉREZ	GUA	88	1:39:23
40. Marie POLLI	SUI	80	1:39:49
41. Mária GÁLIKOVÁ	SVK	80	1:40:06
42. Yelena SHUMKINA	UKR	88	1:41:30
Claudia VALDERRAMA IBANEZ	BOL	83	DQ
Neringa AIDIETYTE	LTU	83	DQ
Elisa RIGAUDO	ITA	80	DQ
<b>Beki SMITH</b>	<b>AUS</b>	<b>86</b>	<b>DQ</b>
Sapana SAPANA	IND	88	DQ
Eleonora Anna GIORGI	ITA	89	DQ
Kimberly GARCÍA LEÓN	PER	93	DNF



Medallists Liu, Lu and Olyanovska (photos [www.iaaf.org](http://www.iaaf.org))



Beki Smith, Alana Barber and Rachel Tallent in action ([www.iaaf.org](http://www.iaaf.org))



### **50km Walk Men, Saturday 29 August, 7:30AM**

The 50km race start at 7:30AM on Saturday morning was a godsend as it ensured that the first half of the race was completed in semi shade and slightly cooler conditions. The second half was a torrid affair but 50km walkers are a pretty tough lot and everyone seemed to tough it out pretty well.

My writeup is copied from Len Johnson's IAAF report (see <http://www.iaaf.org/news/report/beijing-2015-men-50km-race-walk>)

Presumably **Matej Toth** shook hands with some of his fellows before the start of the 50km road walk on Saturday morning. It would be some time before he would see any of them again. Toth led the walk virtually from gun to tape. The world leader this year, he became the best in the world, too, with a victory in 3:40:32. It was the first ever world championships gold medal for Slovakia, which competed up to the third IAAF World Championships in 1991 as part of Czechoslovakia. More importantly, it was the first gold medal to Matej, who finished second behind Yohann Diniz in the Frenchman's world record outing at the European Championships in Zurich last year. Seventh in the London 2012 Olympic Games 50km, he was fifth in Moscow two years ago. His biggest win had been the 2010 IAAF World Race Walking Cup 50km.

**Jared Tallent** acquired yet another minor medal in finishing second in 3:42:17. It was the first world championships silver for the hyper-consistent Australian to go with bronze medals in Daegu in 2011 and Moscow two years ago. He also has silver medals from the past two Olympic Games so has taken a medal at the major global championship 50km events five times in succession.

Japan's **Takayuki Tanii** won the back-and-forth battle with teammate **Hirooki Arai** and Ireland's defending champion **Robert Heffernan** to take the bronze medal in 3:42:55. Each of them looked to have a medal in their keeping at different times in the latter stages of the race.

There were also personal bests – rare in the warm conditions – from Chinese pair of **Zhang Lin** and **Yu Wei** in sixth and seventh places, respectively. The 21-year-old Zhang improved from 3:47:11 to 3:44:39 and is clearly a name to note for the future. Yu trimmed 1:46 off his previous best.

But the day truly belonged to the winner. Toth, 32, was eight seconds in front after 5km, almost half-a-minute up after 10km and a full minute by halfway. Tallent led a short-lived attempt to reel him in after 15km, but no-one else went with him and he soon returned to the chase pack. Toth just kept going away. His fastest 5km of the race was from 35 to 40km and he then continued at pretty well that pace to the finish. The only things that seemed to be troubling Toth had nothing to do with his rivals. Three times he donned a cap and twice he changed his mind and removed it again. He then had a pitstop just after 30km, losing some 22 seconds from a lead that had now grown beyond the minute. His response, a 4:17 kilometre, his fastest of the race. He lapped teammate Martin Tistan just before halfway and the pair had a brief chat. Otherwise, Toth proceeded in splendid isolation, though he had time to engage in some animated exchanges with supporters in the crowd as he neared the finish.

Heffernan came into the race with little form to his name this year. He was fourth to Toth in the IAAF Race Walking Challenge 50km event in Dudince in March when Toth walked the year's fastest time on home soil. But the Irishman turned in a spirited title defence. Along with Tallent, he did most of the work in the chasing pack and he remained in contention for the silver and then bronze medal almost to the end.

As mentioned above, **Jared Tallent** lived up to his status as one of the best ever, winning a world championship silver medal to go with the two bronze he won in the same event at Daegu 2011 and Moscow 2013. "It was brutal out there today, but I am very happy with the result. Matej was always going to be very hard to beat, he walked 3:34 earlier in the year. I've trained with him, I know hard he works so when he went away early I didn't want to chase too hard because, I guess, I didn't want to blow up and fade. I had a very strong last ten kilometres. I was hoping he might struggle a bit and I could close the gap but it wasn't to be. I'm stoked. To come back to the Bird's Nest and walk away with another silver is pretty good. It's not the gold that I wanted, but I'm proud of the result that I have."

**Chris Erickson**, the second of the Australian walkers, held together well, sitting around 15<sup>th</sup> for most of the race and improving to a final position of 13<sup>th</sup> with a time of **3:51:26**. This is less than 2 mins outside his PB and goes a long way to confirming his spot for the 2016 Olympics in Rio. "I was tenth at the walking cup, but the world championships is another level. I was 16<sup>th</sup> in Moscow so I have improved on that and I hung tough in that last 10 kilometres, having a bit of a race with the Chinese athlete, and it was great to come past him in the last lap," Erickson said.

Overall, 4 Commonwealth walkers made the top 20 – Jared Tallent 2<sup>nd</sup>, New Zealander **Quentin Rew** 10<sup>th</sup> in a new National Record and PB time of 3:48:48, Canadian **Evan Dunfee** in 12<sup>th</sup> with a big PB of 3:49:56, and Chris Erickson 13<sup>th</sup>.

And finally, what more can you say about **Jesus Angel Garcia** of Spain, the world champion in Stuttgart in 1993 and three times a medallist since. In his 12<sup>th</sup> consecutive IAAF World Championship 50km event (a longevity record that is unlikely to be ever matched), he finished ninth in 3:46:43. Now 45, the Spaniard is the oldest man competing in these championships and he has said that he has no intention of hanging up his racing flats, so potentially could be the oldest competitor ever in IAAF World Championships history if he is on the start line in London in two years' time.

As an aside, Jack Mortland has commented that, to put Garcia's performance at age 45 in perspective: At the recent World Masters Championships in Lyon, the M45 10 Km was won in 46:38. In doing his 3:46:43, Garcia, age 45, walked successive 10 km splits in 46:16, 46:21, 44:55, 45:08, and 45:03.

Evan Dunfee tweeted: Every year since I was 2 years old Garcia has walked a 50km faster than 3:48:24. Every single year. For 23 years.

1.	Matej TÓTH	SVK	83	3:40:32	
2.	<b>Jared TALLENT</b>	<b>AUS</b>	<b>84</b>	<b>3:42:17</b>	
3.	Takayuki TANII	JPN	83	3:42:55	
4.	Hiroki ARAI	JPN	88	3:43:44	
5.	Robert HEFFERNAN	IRL	78	3:44:17	
6.	Lin ZHANG	CHN	93	3:44:39	PB
7.	Wei YU	CHN	87	3:45:21	PB
8.	Andres CHOCHO	ECU	83	3:46:00	PB
9.	Jesús Ángel GARCÍA	ESP	69	3:46:43	
10.	Quentin REW	NZL	84	3:48:48	PB, NR
11.	Adrian BLOCKI	POL	90	3:49:11	PB
12.	Evan DUNFEE	CAN	90	3:49:56	PB
13.	<b>Chris ERICKSON</b>	<b>AUS</b>	<b>81</b>	<b>3:51:26</b>	
14.	Qianlong WU	CHN	90	3:51:35	
15.	Ivan BANZERUK	UKR	90	3:52:15	
16.	Marco DE LUCA	ITA	81	3:53:02	
17.	Matteo GIUPPONI	ITA	88	3:53:23	
18.	Veli-Matti PARTANEN	FIN	91	3:54:28	
19.	Serhiy BUDZA	UKR	84	3:55:10	
20.	Luis Fernando LÓPEZ	COL	79	3:55:43	PB
21.	Pedro ISIDRO	POR	85	3:55:44	PB
22.	Tadas SUSKEVICIUS	LTU	85	3:56:27	
23.	Chil-Sung PARK	KOR	82	3:56:42	
24.	Håvard HAUKENES	NOR	90	3:56:50	PB
25.	Teodorico CAPORASO	ITA	87	3:56:58	
26.	Sandeep KUMAR	IND	86	3:57:03	
27.	Manish SINGH	IND	91	3:57:11	PB
28.	Rafal AUGUSTYN	POL	84	3:57:30	
29.	Jaime Daniel QUIYUCH	GUA	80	3:57:41	
30.	Dušan MAJDAN	SVK	87	3:58:57	
31.	Mathieu BILODEAU	CAN	88	4:01:35	
32.	Jarkko KINNUNEN	FIN	84	4:02:07	
33.	Marc MUNDELL	RSA	83	4:02:41	
34.	Yuki YAMAZAKI	JPN	84	4:03:54	
35.	Francisco ARCILLA	ESP	84	4:07:23	
36.	Luis Angel SANCHEZ	GUA	93	4:09:26	
37.	John NUNN	USA	78	4:09:44	
38.	Arnis RUMBENIEKS	LAT	88	4:28:55	
	Lukasz NOWAK	POL	88	DQ	
	Brendan BOYCE	IRL	86	DQ	
	Erick Bernabé BARRONDO	GUA	91	DQ	
	Lukas GDULA	CZE	91	DQ	
	Ihor HLAVAN	UKR	90	DQ	
	Martin TIŠTAN	SVK	92	DQ	
	Anders HANSSON	SWE	92	DNF	
	Marius COCIORAN	ROU	83	DNF	
	Ato IBANEZ	SWE	85	DNF	
	Aleksi OJALA	FIN	92	DNF	
	Benjamín SÁNCHEZ	ESP	85	DNF	
	Carl DOHMANN	GER	90	DNF	
	Alexandros PAPAMIKHAIL	GRE	88	DNF	
	Mario José DOS SANTOS	BRA	79	DNF	
	Alex WRIGHT	IRL	90	DNF	



Medallists Matej Toth and Jared Tallent ([www.iaaf.org](http://www.iaaf.org))



Jesus Garcia with South African Marc Mundell, Quentin Rew and Chris Erickson

**AUSTRALIAN ROADWALK CHAMPIONSHIPS, MIDDLE PARK, SUNDAY 30 AUGUST**

The 2015 Australian Roadwalk championships were held on Sunday at Middle Park in Melbourne. As I couldn't be there, I will take the report posted by VRWC president Stuart Cooper

A cold but luckily rain-free morning saw some excellent racing as walkers from every state descended on the VRWC's race circuit to contest the national titles, as well as the second and final leg of the Brennan Shield points competition (the first having been held in Canberra in June.) Racewalking Victoria emerged as convincing winners of the Shield, ahead of New South Wales RWC. However, the real interest, as always, lay in individual efforts on the road and the stories they told.

A highlight of these stories has to be the re-emergence of **Regan Lamble**, after a layoff of something like two years. To produce a 1:32 on no racing base whatsoever shows just how talented and valuable to the sport she is – that we're glad she's back is a no-brainer. Another highlight was the joint performance of the young **Cross family (Joe, Anna and Bethany)** from SA. Two golds and a 4th place is a wonderful return, and we hope they – and all of our young competitors from all states – keep enjoying the sport and remain in it into adulthood.

Well done to all our winners: **Ian and Regan (20km)**, **Cheryl, Carl, Tayla-Paige, and Kyle S (10km)**, **Anna, Kyle B and Gabby (5km)**, **Joe and Allanah (3km)**, and **Alexandra and Josh (2km)**. Well done also to our placegetters, handicap winners and successful teams. And well done to all who made both short and long journeys to Middle Park and gave it

everything. Whether your efforts delighted or disgusted you, produced PB's or PW's, were done under injury clouds or in recovery from sickness, were beset by stitches, blisters or ominous little marks on the DQ board, you all helped create a great atmosphere and made all the preparations worthwhile.

Thanks to all the coaches, officials, food caterers, volunteers helpers and, of course, Athletics Australia and the VRWC for their organization and hard work. Thanks also to the Middle Park Bowling Club for the use of their dining room for the presentations. We wish all our interstate guests a safe trip home and further success and enjoyment in our wonderful sport.

I will just acknowledge specifically a few of the many great results from the meet

- **Regan Lamble** - 1<sup>st</sup> Open Women 20km in 1:32:51, a wonderful comeback walk
- **Ian Rayson** - 1<sup>st</sup> Open Men 20km in 1:25:46, his usual solid walk
- **Nathan Brill** - 3<sup>rd</sup> Open Men 20km in 1:31:36, a first ever 20km for the 19 year old
- **Tayla-Paige Billington** - 1<sup>st</sup> U20 Women 10km in 49:32
- **Kyle Swan** - 1<sup>st</sup> U18 Men 10km in 45:10
- **Josh Jenson** - 1<sup>st</sup> U12 Boys 2km in 10:04
- **Alexandra Griffin** - 1<sup>st</sup> U12 Girls 2km in 9:57
- **Joe Cross** - 1<sup>st</sup> U14 Boys 3km in 14:17
- **Kyle Bedford, Dylan Richardson and Connor Frew** – first 3 in the U16 5km, all with the same time of 24:27
- **Gabby Hunt** - 1<sup>st</sup> U16 Girls 5km in 25:06

And now to the results which are also posted to <http://www.vrwc.org.au/RWA-Results/2015RWACHampionshipsMelbourne.pdf>.

#### EVENT 1: OPEN MEN 20KM

1.	Ian Rayson	1:25:46	REGAL	NSW
2.	Rhydian Cowley	1:27:16	RWV	VIC
3.	Nathan Brill	1:31:36	RWV	VIC
4.	Jay Felton	1:32:07	NSWRWC	NSW
5.	Justin Hill	1:40:38	SARWC	SA
6.	Dale Hennighan	1:41:29	WARWC	WA
7.	Jason Kozica	1:56:48	RWV	VIC
	Andrew Jamieson	DNF	RWV	VIC
	David Smyth	DNF	RWV	VIC
	Paul Moritz	DNF	RWV	VIC

#### HANDICAP

1.	Jay Felton	NSWRWC
2.	Dale Hennighan	WARWC
3.	Justin Hill	SARWC

#### TEAMS

1.	RWV1	7	Rhydian Cowley, Nathan Brill, Jason Kozica
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#### EVENT 2: OPEN WOMEN 20KM

1.	Regan Lamble	1:32:51	RWV	VIC
2.	Kristie Goznic	1:42:11	SARWC	SA
3.	Stephanie Stigwood	1:43:58	TARWC	TAS

#### EVENT 3: OPEN WOMEN 10KM

1.	Cheryl Webb	51:41	NSWRWC	NSW
2.	Simon McInnes	54:17	RWV	VIC
3.	Pam Tindal	55:17	RWV	VIC
4.	Wendy Muldoon	58:35	RWV	VIC
5.	Carolyn Rosenbrock	59:19	RWV	VIC
6.	Donna-Marie Elms	1:04:09	RWV	VIC
7.	Robyn Shaw	1:06:49	RWV	VIC
8.	Bree-Anna Hennighan	1:08:07	WARWC	WA

#### MASTERS

1.	Cheryl Webb	51:41	NSWRWC	NSW
2.	Pam Tindal	55:17	RWV	VIC
3.	Wendy Muldoon	58:35	RWV	VIC
4.	Carolyn Rosenbrock	59:19	RWV	VIC
5.	Donna-Marie Elms	1:04:09	RWV	VIC
6.	Robyn Shaw	1:06:49	RWV	VIC

#### HANDICAP

1.	Robyn Shaw	RWV
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2. Carolyn Rosenbrock RWV
3. Donna-Marie Elms RWV

#### TEAMS

1. RWV1 16 Simon McInnes, Pam Tindal, Wendy Muldoon
2. RWV2 6 Carolyn Rosenbrock, Donna-Marie Elms, Robyn Shaw

#### EVENT 4: U20 MEN 10KM

1. Carl Gibbons 45:19 NSWRC NSW
2. Adam Garganis 45:39 RWV VIC
3. Lucas Taylor 59:37 RWV VIC

#### EVENT 5: U20 WOMEN 10KM

1. Tayla-Paige Billington 49:32 RWV VIC
2. Danielle Walsh 50:13 SARWC SA
3. Zoe Hunt 50:21 ACTW ACT
4. Jasmin McDonald 52:52 NSWRC NSW
5. Bryony Beasley 1:01:23 NSWRC NSW

#### HANDICAP

1. Jasmin McDonald NSWRC
2. Bryony Beasley NSWRC

#### EVENT 6: U18 MEN 10KM

1. Kyle Swan 45:10 RWV VIC
2. Declan Tingay 46:48 WARWC WA
3. Alix Harlington 52:40 SARWC SA
- Reese Walmsley DQ RWV VIC

#### EVENT 7: U12 BOYS 2KM

1. Joshua Jensen 10:04 RWV VIC
2. Tom Jessep 10:20 NSWRC NSW
3. Will Bottle 10:20 TARWC TAS
4. Archie Tebbutt 11:01 NSWRC NSW
5. Joel Prys 11:10 RWV VIC
6. Ryan Vesper 12:23 NSWRC NSW
7. Harrison Karagiorgos 12:54 RWV VIC

#### HANDICAP

1. Archie Tebbutt NSWRC
2. Joel Prys RWV
3. Harrison Karagiorgos RWV

#### TEAMS

1. NSWRC1 11 Tom Jessep, Archie Tebbutt, Ryan Vesper
2. RWV1 11 Joshua Jensen, Joel Prys, Harrison Karagiorgos

#### EVENT 8: U12 GIRLS 2KM

1. Alexandra Griffin 9:57 WARWC WA
2. Laura Burns 10:14 ACTW ACT
3. Mackenzie Ofield 10:56 QRWC QLD
4. Claire Noonan 11:15 RWV VIC
5. Brianna Briet 11:53 RWV VIC
6. Chloe McLoughlin 12:06 NSWRC NSW
7. Gemma Lillie 12:12 RWV VIC
8. Bianca Anderson 12:38 TARWC TAS
9. Jasmine Excell 12:54 TARWC TAS
10. Stacie Becroft 13:20 NSWRC NSW
11. Kayla Bridges 13:43 RWV VIC
- Elise Carbery DQ RWV VIC

#### HANDICAP

1. Chloe McLoughlin NSWRC
2. Stacie Becroft NSWRC
3. Jasmine Excell TARWC

#### TEAMS

1. RWV1 7 Claire Noonan, Brianna Briet, Gemma Lillie

**EVENT 9: U14 BOYS 3KM**

1.	Joe Cross	14:17	SARWC	SA
2.	Corey Dickson	14:25	RWV	VIC
3.	Nikola Mandic	14:28	RWV	VIC
4.	Will Thompson	14:53	RWV	VIC
5.	Jonathan Wearne	15:20	QRWC	QLD
6.	Hayden Blaskett	15:20	NSWRWC	NSW
7.	Spencer Burns	15:20	ACTW	ACT
8.	Bayley Campbell	17:08	TARWC	TAS
9.	Lachlan Becroft	17:20	NSWRWC	NSW
10.	Heath Beveridge	18:30	RWV	VIC

**HANDICAP**

1.	Lachlan Becroft	NSWRWC
2.	Jonathan Wearne	QRWC
3.	Hayden Blaskett	NSWRWC

**TEAMS**

1.	RWV1	7	Corey Dickson, Nikola Mandic, Will Thompson
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**EVENT 10: U14 GIRLS 3KM**

1.	Allanah Pitcher	15:26	NSWRWC	NSW
2.	Amelia Schofield	15:41	QRWC	QLD
3.	Alana Peart	15:51	RWV	VIC
4.	Kathleen O'Mahony	16:22	RWV	VIC
5.	Chloe Karagiorgos	16:34	RWV	VIC
6.	Ruby Paten	17:03	RWV	VIC
7.	Katherine Alley	17:36	ACTW	ACT
8.	Danielle Vesper	18:44	NSWRWC	NSW
9.	Jessika Bridges	19:40	RWV	VIC
10.	Aleesha Vidler	19:48	SARWC	SA

**HANDICAP**

1.	Aleesha Vidler	SARWC
2.	Ruby Paten	RWV
3.	Katherine Alley	ACTW

**TEAMS**

1.	RWV1	7	Alana Peart, Kathleen O'Mahony, Chloe Karagiorgos
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**EVENT 11: U16 BOYS 5KM**

1.	Kyle Bedford	24:27	NSWRWC	NSW
2.	Dylan Richardson	24:27	NSWRWC	NSW
3.	Connor Frew	24:27	ACTW	ACT
4.	Mitchell Baker	24:51	ACTW	ACT
5.	Callum Burns	25:15	ACTW	ACT
6.	Jake Vidler	25:24	SARWC	SA
7.	Oscar Tebbutt	25:33	NSWRWC	NSW
8.	Tristan Camilleri	26:39	SARWC	SA
9.	Travis Barendregt	26:39	NSWRWC	NSW
10.	Benjamin Reid	26:48	WARWC	WA
11.	Hayden Walmsley	27:45	RWV	VIC
12.	Donald Catallo	28:08	NSWRWC	NSW
13.	Spencer Burns	29:31	ACTW	ACT
14.	Joseph Rickard	33:26	RWV	VIC
15.	Callum Haig	33:27	QRWC	QLD
16.	Angus Hay	35:42	RWV	VIC

**HANDICAP**

1.	Travis Barendregt	NSWRWC
2.	Donald Catallo	NSWRWC
3.	Angus Hay	RWV

**TEAMS**

1.	NSWRWC1	22	Kyle Bedford, Dylan Richardson, Oscar Tebbutt
2.	ACTW1	18	Connor Frew, Mitchell Baker, Callum Burns
3.	RWV1	6	Hayden Walmsley, Joseph Rickard, Angus Hay

**EVENT 12: U16 GIRLS 5KM**

1.	Gabby Hunt	25:06	ACTW	ACT
2.	Zahra Hayes	25:16	RWV	VIC
3.	Jemma Peart	25:42	RWV	VIC
4.	Bethany Cross	26:00	SARWC	SA
5.	Emily Pivac	26:22	WARWC	WA
6.	Tenyka Chapman	26:24	QRWC	QLD
7.	Samantha Brown	26:41	NSWRWC	NSW
8.	Alice Randall	26:42	TARWC	TAS
9.	Rebecca Henderson	27:42	RWV	VIC
10.	Emily Noonan	30:23	RWV	VIC
11.	Arabella Phillips	30:47	TARWC	TAS
12.	Jade Pearson	30:51	QRWC	QLD
13.	Anna Blackwell	31:09	TARWC	TAS
14.	Amelia Schofield	32:37	QRWC	QLD
15.	Lee Taylor	35:32	RWV	VIC
16.	Rhiannon Lovegrove	44:13	SARWC	SA
17.	Sarah Damin	45:13	SARWC	SA

**HANDICAP**

1.	Emily Noonan	F	RWV
2.	Jade Pearson	F	QRWC
3.	Tenyka Chapman	F	QRWC

**TEAMS**

1.	RWV1	31	Zahra Hayes, Jemma Peart, Rebecca Henderson
2.	TARWC1	18	Alice Randall, Arabella Phillips, Anna Blackwell
3.	QRWC1	17	Tenyka Chapman, Jade Pearson, Amelia Schofield
4.	SARWC1	13	Bethany Cross, Rhiannon Lovegrove, Sarah Damin

**EVENT 13: U18 WOMEN 5KM**

1.	Anna Cross	25:15	SARWC	SA
2.	Rhiannon Lovegrove	25:34	SARWC	SA
3.	Chelsea Goodhew	26:45	NSWRWC	NSW
4.	Sarah Damin	28:20	SARWC	SA
5.	Hayley Jackson	28:53	WARWC	WA
6.	Brodie Richardson	29:33	RWV	VIC
7.	Jessica Lillie	30:58	RWV	VIC
8.	Charlotte Hay	32:38	RWV	VIC

**HANDICAP**

1.	Hayley Jackson	WARWC
2.	Jessica Lillie	RWV
3.	Brodie Richardson	RWV

**TEAMS**

1.	SARWC1	16	Anna Cross, Rhiannon Lovegrove, Sarah Damin
2.	RWV1	6	Brodie Richardson, Jessica Lillie, Charlotte Hay

**EVENT 15: RWV U10 GIRLS 1KM CHAMPIONSHIP**

1.	Bonnie Talbot	05:37	TRWC
2.	Chelsea Karagiorgos	06:38	RWV
3.	Ella Becroft	07:23	NSWRWC

**EVENT 16: RWV U10 BOYS 1KM CHAMPIONSHIP**

1.	Ryan Vesper	05:27	NSWRWC
2.	Harrison Baker	05:44	ACTRWC
3.	Lewis Rickard	05:55	RWV
4.	Scott Peart	06:00	RWV
5.	Felix Tebbutt	06:18	NSWRWC

**EVENT 17: OPEN 5KM NON-CHAMPIONSHIP**

1.	Kisten Bott	33:23	TRWC
2.	Barrie Wicks	39:44	RWV
3.	David Moore	40:15	TRWC
4.	Jane Guy	42:19	TRWC

**BRENNEN SHIELD POINTS**

Club	Tot Pts	M20K	W10K	MU12	WU12	MU14	WU14	MU16	WU16	WU18
RWV	593	70	70	65	70	70	70	51	67	60
NSWRWC	132			65				67		
SARWC	119								49	70
ACTW	63						63			
TARWC	54								54	
QRWC	53								53	

**BRENNEN POINTS - FINAL SCORES**

1.	RWV	964 + 593	1557
2.	NSWRWC	1043 + 132	1175
3.	SARWC	685 + 119	804
4.	ACTRWC	277 + 63	340
5.	QRWC	79 + 53	132
6.	TARWC	0 + 54	54



**Regan Lamble, Nathan Brill, Rhydian Cowley, Ian Rayson and Tayla-Paige Billington**



**Carl Gibbons, Adam Garganis, Declan Tingay, Kyle Swan, Josh Jensen, Alexandra Griffin and Joe Cross**





**Dylan Richardson, Connor Frew, Kyle Bedford and Gabby Hunt**

You can see lots more photos at <http://www.vrwc.org.au/coppermine/thumbnails.php?album=55>.

**SAMA MASTERS CHAMPIONSHIPS, PEACOCK ROAD, SOUTH PARKLANDS, ADELAIDE, SATURDAY 29 AUGUST**

Thanks to Colin Hainsworth for his usual weekly report from the South Australian Master in Adelaide where they contested the SAMA 20km Championship along with 10km and 6km supporting walks.

**20km SAMA Championship**

1.	Marie Maxted	2:16:05	W55	75.22%	
1.	Raelene Schild	2:31:55	W50	63.73%	
1.	Colin Hainsworth	2:52:42	M85	77.87%	New record
1.	Leigh Smith	2:39:43	M80	76.60%	
1.	George White	2:03:07	M70	85.56%	New record.
2.	Graham Harrison	2:37:59	M72	68.46%	
1.	Kevin Finn	2:15:29	M63	71.70%	
1.	Peter Crump	2:03:07	M54	72.64%	

**10km Walk**

1.	David Robertson	1:28:48	M82		
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**6km Walk**

1.	Geoff Byham	0:39:24	M69	75.17%	
2.	Roger Lowe	0:48:08	M72	64.86%	
3.	Doug Smart	0:47:48	M72	64.68%	
4.	Valmai Padget	0:48:45	W71	71.95%	

**30km Walk**

1.	George White	3:14:05	M70		
2.	Peter Crump	3:14:05	M54		

**FINNISH U17/U18 T&F CHAMPIONSHIPS, KALAJOKI, FINLAND, 21-23 AUGUST**

I do have a few other results to report from overseas this week. First to Finland for their U17/U18 T&F Championships.

**Men U17 5000m Race Walk**

1.	Joni HAVA	FIN	99	24:42.9
2.	Jaakko MÄÄTTÄNEN	FIN	99	25:40.5

**Women U17 5000m Race Walk**

1.	Riina PERKIÖ	FIN	99	26:16.4
2.	Katri GAURIOFF	FIN	99	26:55.0

3. Anniina KIVIMÄKI FIN 99 29:36.3

**Men U18 5000m Race Walk**

1. Jere NIEMI FIN 98 25:29.5

**Women U18 5000m Race Walk**

1. Enni NURMI FIN 98 24:49.0

**HUNGARIAN REGIONAL JUNIOR T&F CHAMPIONSHIPS, BUDAPEST, 29-30 AUGUST**

**Men U20 5000m Race Walk - 30.08.2015**

1. Bence VENYERCSÁN HUN 96 21:53.94  
2. Soma KOVÁCS HUN 97 22:54.93

**Women U18 5000m Race Walk - 30.08.2015**

1. Patricia BÓCZ HUN 98 28:10.22  
2. Laura KOMORÓCZY HUN 99 28:11.86

**Women U20 5000m Race Walk - 30.08.2015**

1. Rita RÉCSEI HUN 96 24:22.45

**ERWL RACE 7, LICC 5KM, ALLIANZ PARK, LONDON, SATURDAY 29 AUGUST**

Thanks to Ron Wallwork for the latest ERWL walk results from London. Ron commented: One more walker turned out than at the last race four weeks previously and at least four walkers posted better times than they did in that race and for Jo Miles it was her best time since 2012. Three under 15's walked, two having their first race and all three showed potential.

**5km Men**

1. Steve Allen Barnet & D 27.47 M55  
2. John Hall Belgrave H 27.54 M65  
3. John Ralph Enfield HAC 28.45 M55  
4. Gary Smith © Enfield HAC 30.03 M55  
5. Amos Seddon Enfield HAC 30.48 M70  
6. Shaun Lightman Surrey WC 30.53 M70  
7. Arthur Thomson Enfield HAC 31.20 M75  
8. Dan Maskell Surrey WC 31.28 M65  
9. David Kates © Ilford AC 31.34 M65  
10. John Borgars Loughton AC 32.19 M65  
11. Brian Boggenpoel Ilford AC 33.30 M55  
12. Russell Vroobel Hillingdon AC 33.35 M55  
13. Ron Powell Enfield HAC 35.00 M75  
14. Tony Wilkinson unattached 35.55 M50  
15. Mick Barnbrook © Ilford AC 38.21 M70  
16. Jon May Enfield HAC 40.33 M60  
17. Dave Ainsworth © Ilford AC 41.42 M65  
18. Eddie Trotter Ilford AC 46.24 M65  
19. Mark Culshaw Belgrave H DNF M45

**5km Women**

1. Grazina Narviliene Belgrave H 26.18 W40  
2. Maureen Noel Belgrave H 30.30 W50  
3. Helen Middleton Enfield HAC 31.24 W50  
4. Lynn Jones Enfield HAC \* 32.41 W50  
5. Jo Miles Hillingdon AC 33.39 W60

**3km Walk**

1. Isabelle Bridge Blackheath & B 19.54 U15  
2. Bernie Hercock Enfield HAC 29.12 M60

**1km Walk**

1. George Wilkinson Enfield HAC 5.52 U15  
2. Ethan Kitteridge Blackheath & B 6.08 U13

Judges: Michael Croft, Sean Pender, Ron Wallwork  
Officials: LICC, Pam Ficken, Carl Lawton

**ENGLAND ATHLETICS U17 & U15 CHAMPIONSHIPS, BEDFORD STADIUM, BEDFORD, 29-30 AUGUST**

Thanks to Mark Wall for these results. Mark commented: Comprehensive wins to Chris Snook and Megan Stratton-Thomas in the U/17 races. Ana Garcia was the class act in the U/15 Girls whilst Ben Allen won unopposed. It was an overcast day. All the events were held as one race.

**5KM WALK U17 Women**

1.	Megan STRATTON-THOMAS	Swansea Harriers	28:18.9
2.	Emily GHOSE	Tonbridge AC	29:05.5
3.	Amy PHIPPS	Neath Harriers	29:29.0

**5KM WALK U17 Men**

1.	Christopher SNOOK	Aldershot Farnham & Dist AC	23:13.6
2.	Gearoid MCMAHON	Shannon AC - Ireland	24:34.1
3.	Jordan PRICE	Brecon AC	28:26.5
4.	Oliver HOPKINS	Lewes AC	29:06.0

**3KM WALK U15 Girls**

1.	Ana GARCIA	City of Sheffield AC	14:58.0
2.	Evie BUTCHER	Cambridge Harriers	16:22.5
3.	Alana ZEIDLER	City of Sheffield AC	17:19.0
4.	Lucy LEWIS WARD	Cambridge Harriers	17:40.7
5.	Beatrice FURY	Medway & Maidstone AC	18:16.5
6.	Mollie DAINTON	Llanelli AC	18:27.8

**3KM WALK U15 Boys**

1.	Benjamin ALLEN	Leicester Walking Club	16:11.0
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**COVENTRY GODIVA CLASSIC OPEN, COVENTRY, 22-23 AUGUST**

And now back a week for the Coventry Godiva Classic where Cameron Corbishley was a clear victor in a mixed field in the 3000m, whilst Ben Allen took the 2000m.

**3000m Walk**

1.	Molly Meleady-Hanley	U13	W	Sheffield & Dearne	12:21.2
2.	Kyle Isaac Smith	U13	M	Nuneaton	14:24.5

**5000m Walk**

1.	Cameron Corbishley	PB	U20	M	Medway & Maidstone	12:23.0
2.	Mark Williams		V50	M	Tamworth/Midland Masters	14:23.8
3.	Emma Achurch		U20	W	Leicester WC	15:11.3
4.	Ester Montana		SEN	W	Hyde Park Harriers/Leeds Beckett Uni/Spain	16:00.8
5.	Jordan Price		U17	M	Brecon	16:53.9
6.	Martin Slevin		V50	M	Coventry/Police	18:48.5
7.	Chris Smith	SB	V55	M	Leicester/Leicester WC	25:08.1
	Creighton Connolly		SEN	M	Manchester Uni/Canada	DQ
	Richard Taylor		U23	M	Great Yarmouth/Loughborough Students	DQ

**SEYCHELLES 24 HOUR WALKING RACE, SEYSHELLES, 26-29 AUGUST**

Australian ultra distance specialist Peter Bennett was in action again last week in quite an unusual race in the Republic of Seychelles, an archipelago of 115 islands in the Indian Ocean, some 1500km east of mainland Southeast Africa. The third time it has been held, this 24 Hour walking race is held over 4 consecutive days, with 6 hours of walking each time around. Peter takes up the story from there:

The 3rd edition of the Seychelles 24 hours of race walking consisted of four races of 6 hours duration on consecutive days. Being near the equator, the conditions were hot as expected especially with the races starting at 11am each day. The challenge for walkers was to ensure hydration levels were maintained and that you covered yourself in enough sunscreen to prevent being burnt to a crisp. Pacing yourself each day to try to achieve the most kilometres possible but to still be able to race the next day was a priority. With only 18 hours from the end of one leg to the start time of the next leg making sure you got enough food, drink and rest in that time was essential. That did not prevent having some social time with other walkers.

The Race Venues were as follows

- The first leg at held at the Berjaya Resort Hotel at the beach resort of Beau Vallon which is 11km from Victoria, the capital of the Seychelles. The race was on a circuit starting from a fountain in front of the hotel reception.
- The second leg was held in the grounds of the University of the Seychelles at the beach township of Anse Royale.
- The third leg was held on the roads through the Ile Perseverance housing project near Victoria. The estate is on an artificial island created by reclaiming areas of the shallow coral reefs close to Victoria. This was a very testing day with no shade at all for the duration of the race.
- The fourth leg was in the streets of the main town of Victoria starting at the Victoria Clocktower which has remained virtually unchanged for 100 years . Early on it was a challenge to dodge tourists and locals doing the Saturday morning shopping but everything closed down at midday and we had the streets to ourselves after that.

For the record, Peter won the men's race with 200.565km, well ahead of the rest of the field. Unfortunately, I don't have the women's results at this stage.

1.	Peter Bennett	Australia	200.565 km
2.	Jacques Till	Belgium	185.515 km
3.	Anna Barra	Seychelles	169.820 km
4.	Renick Belize	Seychelles	136.680 km
5.	Jean-Pierre Andriamahatana	Madagascar	136.330 km
6.	Florisse Ernesta	Seychelles	126.800 km
7.	Mathias Ballin	France	113.415 km
8.	Jean-Jacques Dargent	France	101.970 km
9.	Shane Songoire	Seychelles	100.755 km
10.	Lalatiana Rasolojaona	Madagascar	86.990 km



**Peter Bennett (number 1) in action in the Seychelles last week**

#### MARCIADALMONDO AND OMARCHADOR ROUNDUP

Marciadalmondo was busy this week with 7 press releases on which I can report

- Mon 31 Aug - unfortunate claims of bias from an Italian newspaper  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2196](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2196)
- Sat 29 Aug - Report on the IAAF World Championships 50km  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2194](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2194)
- Fri 28 Aug - Start list for the IAAF World Championships 50km  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2193](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2193)
- Fri 28 Aug - Report on the IAAF World Championships women's 20km  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2192](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2192)
- Thu 27 Aug - Start list for the IAAF World Championships women's 20km



[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2191](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2191)

- Thu 27 Aug - Obituary for former IAAF Racewalk Committee member Vyacheslav Krasnov  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2190](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2190)
- Tue 25 Aug - Profile of IAAF 20km bronze medallist Ben Thorne  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2189](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2189)

The omarchador blog also had a busy week with 11 news releases

- Mon 31 Aug - a discussion of Portuguese 50km championship options for 2015  
<http://omarchador.blogspot.com.au/2015/08/da-analogia-ao-escandalo-os-50-km.html>
- Sun 30 Aug - Results of USA vs Canada Junior Racewalking match  
<http://omarchador.blogspot.com.au/2015/08/eu-america-vence-canada-em-encontro-sub.html>
- Sat 29 Aug - Report on IAAF World Championship 50km  
<http://omarchador.blogspot.com.au/2015/08/toth-campeao-mundial-de-50-km-e-isidro.html>
- Fri 28 Aug - Profile of Spanish 50km specialist Jesus Garcia  
<http://omarchador.blogspot.com.au/2015/08/garcia-bragado-vai-ser-recordista-de.html>
- Fri 28 Aug - Russian walker Yargunkin withdraws from IAAF 50km due to EPO testing  
<http://omarchador.blogspot.com.au/2015/08/afinal-nem-yargunkin-compete-nos.html>
- Fri 28 Aug - Start list for IAAF 50km  
<http://omarchador.blogspot.com.au/2015/08/50-km-masculinos-lista-de-saida-pequim.html>
- Fri 28 Aug - Report on IAAF World Championship 20km Women  
<http://omarchador.blogspot.com.au/2015/08/hong-liu-campea-mundial-dos-20-km.html>
- Thu 27 Aug - Start list for IAAF World Championship 20km Women  
<http://omarchador.blogspot.com.au/2015/08/20-km-femininos-lista-de-saida-pequim.html>
- Thu 27 Aug - Obituary for former IAAF Racewalk Committee member Vyacheslav Krasnov  
<http://omarchador.blogspot.com.au/2015/08/vyacheslav-krasnov-1950-2015.html>
- Wed 27 Aug - Profile of Portuguese women to contest the IAAF 20km women  
<http://omarchador.blogspot.com.au/2015/08/marcha-feminina-portuguesa-gera.html>
- Tue 25 Aug - Profile of 6th placed Brazilian Caio Bonfim from the IAAF 20km  
<http://omarchador.blogspot.com.au/2015/08/um-bom-fim-para-caio-em-pequim.html>

#### 2015 IAAF RACE WALK CHALLENGE SERIES FINALISED

The 2015 IAAF Race Walk Challenge was completed with the World Championships with Matej Toth and Hong Liu winning their respective divisions and pocketing the US\$25,000 first prizes on offer. Jared Tallent was the best placed Australian with 6th place, ahead of Dane Bird-Smith 8th and Rachel Tallent 12th. See <http://www.iaaf.org/competitions/iaaf-race-walking-challenge> for the full results. The first 12 in each division are

##### 2015 IAAF Challenge Results - Men

1.	Matej TÓTH	Slovak Republic SVK	3	29
2.	Miguel Ángel LÓPEZ	Spain ESP	3	25
3.	Ding CHEN	Pr Of China CHN	3	24
4.	Andrés CHOCHO	Ecuador ECU	4	24
5.	Caio BONFIM	Brazil BRA	4	18
6.	Jared TALLENT	Australia AUS	5	16
7.	Eider ARÉVALO	Colombia COL	3	16
8.	Dane BIRD-SMITH	Australia AUS	3	15
9.	Eder SÁNCHEZ	Mexico MEX	3	14
10.	Zelin CAI	Pr Of China CHN	3	14
11.	Quentin REW	New Zealand NZL	4	13
12.	Igor GLAVAN	Ukraine UKR	4	13

##### 2015 IAAF Challenge Results - Women

1.	Hong LIU	Pr Of China CHN	3	40
2.	Eleonora GIORGI	Italy ITA	3	27

3.	Erica DE SENA	Brazil BRA	5	25
4.	Ana CABECINHA	Portugal POR	5	22
5.	Lyudmyla OLYANOVSKA	Ukraine UKR	3	18
6.	Inês HENRIQUES	Portugal POR	5	17
7.	Anežka DRAHOTOVÁ	Czech Republic CZE	3	12
8.	Alejandra ORTEGA	Mexico MEX	3	11
9.	Kimberly GARCÍA	Peru PER	3	10
10.	Viktória MADARÁSZ	Hungary HUN	5	10
11.	Neringa AIDIETYTE	Lithuania LTU	3	10
12.	Rachel TALLENT	Australia AUS	4	8

## #BANCHEGIN

Readers will know from the last few newsletters that all but one of the Russian walks team were withdrawn in the leadup to the IAAF World Championships (the rumour is that most of them had failed EPO drugs tests in surprise out of season tests sprung upon them in Russia). Russia only sent one walker this time around, 50km entrant Aleksandr Yargunkin, and it was announced the day before the 50km race that he had now failed an EPO test and had been hastily withdrawn from the 50km race the night before it was due to start. There is quite an informative article at <http://www.elmundo.es/deportes/2015/08/28/55e04e7d46163fa0158b4576.html>.

This led to a lot of discussion. This tweet sums up the feelings that were on show.

"The only 'clean' Russian racewalker will not be traveling to Beijing due to doping". (He tested positive for EPO.) This is really stunning. (Not that he was caught doping, but that the Russians actually thought they had a clean racewalker...)

It also led to a very interesting photo of the now empty Russian feeding table at the 50km race. The accompanying tweet says it all:

The only clean thing about the Russian walking team #Beijing2015



To their credit, many of the top international walkers have been at the forefront of criticism of the Russians and this was evident at the 50km press conference in Beijing, well reported as usual by the NZ Herald: Extracts below are taken from [http://www.nzherald.co.nz/athletics/news/article.cfm?c\\_id=19&objectid=11504963&ref=rss](http://www.nzherald.co.nz/athletics/news/article.cfm?c_id=19&objectid=11504963&ref=rss)

"First time in a long time in the 50K we've had a clean podium," Tallent said after finishing behind gold medalist Matej Toth of Slovakia. "I'll be pretty happy standing on the podium (today) with those two guys. It's a good day for the sport."

"I'm sure that today was much cleaner than with the Russians," Toth said. "It's great for athletics and walking (that) they are not here."

Tallent, who also has two bronze medals from previous world championships, had even harsher words for his Russian competitors: "They're a disgrace. Their whole federation is a disgrace."

Both men said they planned to boycott the IAAF World Race Walking Cup in Russia next year "one of the most important events for race walkers and a key competition in the run-up to the 2016 Olympics in Rio de Janeiro.

Tallent and Australian teammate Chris Erickson, who finished in 13<sup>th</sup> place, said many other race walkers were likely to join them.

"It's a really big shame that the IAAF, even with all these problems, have still pushed ahead with having the event there. It's really disrespectful to all the clean athletes," Tallent said. "Why would any clean athlete want to go and compete in Russia at a World Cup?"

With the Russian walkers missing, this meet saw the first fully clean walks for many years and hopefully marks the end of what has been a very grubby period of Russian cheating that has unfairly blackened the sport. A number of the walkers got together after their walks and made their point clear – wearing #banchegein tshirts, they modified the honour wall from the 2008 Olympics to take out the winner of the 20km walk, convicted Russian drugs cheat Valeriy Borchin.



### 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 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

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](http://www.themarathonshop.com.my)

#### 2016 International Key Dates

May 7-8, 2016 27<sup>th</sup> IAAF World Race Walking Team Championships, Cheboksary, Russia  
 July 19-24, 2016 16<sup>th</sup> World Junior T&F Championships, Kazan, Russia  
 Oct 26 -Nov 6, 2016 21<sup>st</sup> World Masters T&F Champs Stadia, Perth, Australia. See <http://www.perth2016.com>  
 Aug 5-21, 2016 31<sup>st</sup> Olympic Games, Rio de Janeiro, Brazil. See <http://www.rio2016.com/en>

#### 2016 IAAF Challenge Series (so far)

Sat March 12, 2016 Chihuahua, Mexico  
 Sat March 19, 2016 Dudince, Slovakia  
 Sat April 9, 2016 Rio Maior, Portugal  
 Sat April 23, 2016 Taicang, China  
 May 7-8, 2016 World Cup, Cheboksary, Russia  
 Sat May 28, 2016 La Coruna, Spain  
 August 12-21, 2016 Olympic Games, Rio de Janeiro, Brazil

#### Looking Further Forward

July 12-16, 2017 10<sup>th</sup> World Youth T&F Championships, Niarobi, Kenya  
 August 5-13, 2017 16<sup>th</sup> IAAF World Championships in Athletics, London, UK  
 August 19-30, 2017 29<sup>th</sup> Summer Universiade, Taipei, Taiwan  
 May 2018 28<sup>th</sup> IAAF World Race Walking Team Championships, Cheboksary, Russia  
 July 2018 16<sup>th</sup> 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<sup>th</sup> IAAF World Championships in Athletics, Doha, Qatar  
 July 2019 11<sup>th</sup> World Youth T&F Championships, ?

July 2019                    30<sup>th</sup> Summer Universiade, Brasilia, Brazil  
July 2020                    32<sup>nd</sup> Olympic Games, Tokyo  
Aug 2021                    18<sup>th</sup> IAAF World Championships in Athletics, Eugene, USA

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