



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2015/2016 Number 04
27 October 2015



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WALKER OF THE WEEK

My Walker of the Week this time around goes to current Australian 20km walk champion **Regan Lamble**. Racing in the Japanese city of Takahata last weekend, she finished 2nd in the women's 20km, held as part of the Japanese 50km Championship meet. The meet was certified as an Olympic qualifying opportunity so that means that Regan's time of **1:32:36** is an all important second Olympic qualifier.

As a 20 year old AIS scholarship holder, she came 17th at the 2012 Summer Olympic 20km walk in a PB 1:30:03 and looked to have the world at her feet. But then it all crumbled around her as the AIS walks program was terminated and she, along with the other scholarship walkers, were thrown out in the cold. Pottering around the edges of the sport for the past few years, she surged back into contention with a win in August in the Australian roadwalks with **1:32:51** and has backed that up with another fine walk last Sunday.



Regan wins the Australian 20km championship in Melbourne in August 2015 in 1:32:51

AWHAT'S COMING UP

Athletics Victoria Shield competition continues next **Saturday 31st October** with Zone vs Zone comps and 2000m walks on offer. The AV handbook shows things as follows (always check with your club in case of any last minute changes).

- Sat 31 Oct 2015 AV Shield Round 3 (Blue Zone vs White Zone, Program 2), Casey Fields
- Sat 31 Oct 2015 AV Shield Round 3 (Yellow Zone vs Red Zone, Program 2), Williamstown
- Sat 31 Oct 2015 AV Shield Round 3 (Program 2), Ballarat Zone, Ballarat
- Sat 31 Oct 2015 AV Shield Round 3 (Program 2), Geelong Zone, Geelong
- Sat 31 Oct 2015 AV Shield Round 3 (Program 2), Bendigo Zone, Bendigo

The **Victorian All-Schools T&F Championships** are to be contested the following weekend on **6-8 November** but entries closed yesterday. I hope you got your entry in on time!

AV SHIELD ROUND 2, SATURDAY 24 OCTOBER

Athletics Victorian Shield continued last Saturday with all 7 regions in action across Victoria. With 3000m and 1500m track walks on offer, there were plenty of walkers in action overall on what was a warm and clear spring afternoon. A total of 105 walkers contested the walks and there were some great performances as usual.

AV Shield Round 2 (Program 1), Blue Zone, Frankston, Sat 24 Oct 2015

Rhydian Cowley was fastest overall amongst the 7 venues with his time of 11:45.1, finishing nearly 2 minutes ahead of Reese Walmsley at Frankston while Philippa Huse was the fastest of the women at Frankston with 15:25.2. It was good to see Emily Hamilton back in action after a season off with injury. Welcome back Emily! Nikola Mandic 6:49.6 and Bec Henderson 7:06.5 also walked fast in the 1500m.

3000m Walk

1.	Cowley, Rhydian	M24	GLENHUNTLY AC	11:45.1
2.	Walmsley, Reese	M17	KNOX AC	14:34.6
3.	Huse, Philippa	W16	SANDRINGHAM AC	15:25.2
4.	Hamilton, Emily	W17	KNOX AC	16:28.1
5.	Carr, Heather	W66	GLENHUNTLY AC	17:11.1
6.	Bennett, Ralph	M74	GLENHUNTLY AC	17:46.4
7.	Baker, Simon	M57	OAKLEIGH AC	18:14.7
8.	Higham, Cassie	W31	GLENHUNTLY AC	18:28.1
9.	Lillie, Jessica	W16	KNOX AC	18:55.1
10.	Van Dongen, Rupert	M41	CASEY CARDIN	19:04.7
11.	Doran, Anthony	M63	GLENHUNTLY AC	19:31.7
12.	Steed, Gwen	W73	GLENHUNTLY AC	19:57.6
13.	Pelgrim, Annette	W61	KNOX AC	21:06.4
14.	Morrison, John	M76	SANDRINGHAM AC	23:19.1
15.	Bryan, Jeanne	W73	MENTONE AC	25:55.4
	O'Mahony, Mark	M48	KNOX AC	DQ

1500m Walk

1.	Mandic, Nikola	M12	CASEY CARDIN	6:49.6
2.	Henderson, Rebecca	W14	CASEY CARDIN	7:06.5
3.	Dickson, Corey	M13	KNOX AC	7:27.2
4.	Walmsley, Hayden	M14	KNOX AC	7:30.2
5.	Thompson, Will	M13	CASEY CARDIN	7:36.3
6.	Karagiorgos, Chloe	W13	KNOX AC	7:37.2
7.	O'Mahony, Kathleen	W13	KNOX AC	8:09.9
8.	Hay, Charlotte	W12	KNOX AC	8:13.3
9.	Briet, Brianna	W10	UNATTACHED	8:45.0

AV Shield Round 2 (Program 1), Red Zone, Doncaster, Sat 24 Oct 2015

Adam Garganis 13:20.78 and Eliza Clarke 13:57.78 were fastest at Doncaster. Emmet Brasier was also walking quickly with his time of 13:58.74.

3000m Walk

1.	Garganis, Adam	M18	COLLINGWOOD	13:20.78
2.	Clarke, Eliza	W15	DIAMOND VALLEY	13:57.78
3.	Brasier, Emmet	M17	DIAMOND VALLEY	13:58.74
4.	Taylor, Michael	M15	DIAMOND VALLEY	15:03.04
5.	McDonough, Aaron	M43	PRESTON AC	15:43.05
6.	Smyth, David	M46	COLLINGWOOD	16:12.46
7.	Laufer, Michelle	W46	COLLINGWOOD	16:18.13
8.	Hawkins, Trenton	M36	PRESTON AC	17:18.95
9.	Keirl, Bernie	M52	DIAMOND VALLEY	17:58.99
10.	Elms, Donna-Marie	W54	PRESTON AC	18:24.94
11.	Walshe, Kerry	W53	DIAMOND VALLEY	18:31.15
12.	Lazar, Dennis	M59	DIAMOND VALLEY	20:23.24
13.	Garganis, Clare	W45	COLLINGWOOD	21:25.54
14.	O'Connell, Sharon	W49	DONCASTER AC	27:33.84
15.	Campbell, Donna	W45	PRESTON AC	29:56.70
	Sharpe, Sarah	W46	UNATTACHED	DQ

1500m Walk

1.	Antypas, Magdelene	W15	DIAMOND VALLEY	8:01.83
2.	Clarke, Georgia	W13	DIAMOND VALLEY	8:06.17
3.	Caldwell, Abbey	W14	DONCASTER AC	11:37.91

4.	Rudston-Brown, Caitlyn	W14	WHITTLESEA CITY	11:44.19
	O'Connell, Joanna	W14	DONCASTER AC	DQ

AV Shield Round 2 (Program 1), White Zone, Yarra Ranges, Sat 24 Oct 2015

Kyle Swan 13:17.0 and Tayla-Paige Billington 14:26.8 were the best at the Yarra Ranges track. It's just a shame that our fastest walkers are spread around the various venues and don't get too many chances, apart from championships, to race each other. Hopefully we will see some good matchups in next Saturday's Zone vs Zone competitions.

3000m Walk

1.	Swan, Kyle	M16	ATHLETICS NU	13:17.0
2.	Billington, Tayla-Paige	W18	ATHLETICS NU	14:26.8
3.	Kozica, Jason	M28	ST KEVINS AC	15:01.0
4.	Evans, Simon	M55	BOX HILL AC	15:42.3
5.	Tindal, Pam	W56	VICTORIAN MA	15:47.2
6.	Geisler, Sandra	W38	RINGWOOD AC	16:05.4
7.	Patterson, Adam	M43	ATHLETICS NU	16:18.4
8.	Muldoon, Wendy	W44	ATHLETICS NU	16:43.2
9.	Rosenbrock, Caroly	W53	ATHLETICS NU	16:52.5
10.	Taylor, Lucas	M19	YARRA RANGES	17:14.8
11.	Riddoch, Clyde	M62	ATHLETICS WAV	17:53.0
12.	Hunter, Pia	W49	BOX HILL AC	18:02.4
13.	Dickenson, Russell	M70	SOUTH COAST	19:23.0
14.	Benke, Geza	M59	OLD MELBURNI	20:24.0
15.	McCann, Adam	M39	ATHLETICS NU	21:04.4
16.	Worsnop, Christoph	M58	OLD XAVERIANS AC	22:43.7
17.	Williams, Steven	M56	MALVERN HARR	26:07.1
	Phoenix, Zeb	M59	OLD SCOTCH C	DQ

1500m Walk

1.	Taylor, Lee	W14	YARRA RANGES	9:54.1
2.	Clark, Madison	W12	INVITES	8:01.0
3.	Paten, Ruby	W12	INVITES	8:05.5

AV Shield Round 2 (Program 1), Yellow Zone, Aberfeldie, Sat 24 Oct 2015

Part time walker Danny Hawksworth won at Aberfeldie with 15:54.9, with Julia Irons the fastest of the women with 19:11.8. Good to see 12 year old Heath Beveridge winning the 1500m with 8:18.0.

3000m Walk

1.	Hawksworth, Danny	ESS	MOP	15:54.9
2.	Feain, Lachlan	KSB	MU18	16:46.6
3.	Kennedy, Paul	KSB	MOP	16:50.5
4.	Knox, Duncan	ESS	M40+	18:29.0
5.	Irons, Julia	KSB	FU18	19:11.8
6.	Feain, Madeleine	KSB	FU18	19:25.8
7.	Abfalter, Maria	KSB	F40+	19:54.8
8.	Murphy, Stephen	ESS	M40+	20:10.2
9.	McGoughan, Tracy	KSB	F40+	20:22.9
10.	Spiteri, Kelly	COB	FOP	20:32.9
11.	Dunstone, Phillip	WES	MOP	20:37.5
12.	Hodgart, Janice	WES	F40+	21:31.0
13.	Ireland, Roslyn	BWK	FOP	21:57.1
14.	Hamer, Brian	WES	M40+	23:03.0
15.	Gunn, Nicole	KSB	FOP	23:45.0
16.	Cashin, Brenda	WES	W40+	23:54.2
17.	Lamb, Heather	BWK	FOP	25:00.2
18.	Szuhai-Andrews. Jenny-Rose	BWK	FOP	25:08.7
19.	Rickard, Ian	BWK	MOP	26:05.9

1500m Walk

1.	Beveridge, Heath	WES	MU14	8:18.0
2.	Glover, Jackson	WES	MU16	9:45.0
3.	Glover, Thomas	WES	MU14	10:10.0
4.	Rankin, Bailey	WES	MU14	10:40.0
	Muscat, Brandon	WES	MU14	DQ

Finally to our three country venues, where small fields contested the walks. Fastest overall times to James Christmass 13:51.81, Ross Darlow 14:16.16 and Zahra Hayes 15:14.19.

AV Shield Round 2 (Program 1), Ballarat Zone, Ballarat, Sat 24 Oct 2015

3000m Walk

1.	Darlow, Ross	M17	EUREKAATHLE	14:16.16
2.	Brennan, Sarah	W39	BALLARAT YCW	16:51.32
3.	Dowie, Ellen	W16	EUREKAATHLE	20:29.06
4.	Ruddick, Kevin	M65	BALLARAT HAR	21:37.90

AV Shield Round 2 (Program 1), Geelong Zone, Geelong, Sat 24 Oct 2015

3000m Walk

1.	Christmass, James	M48	CORIO	13:51.81
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1500m Walk

1.	Robinson, Tara	W12	CORIO	9:16.61
2.	Walker, Charli	W12	UNA	9:21.55

AV Shield Round 2 (Program 1), Bendigo Zone, Bendigo, Sat 24 Oct 2015

3000m Walk

1.	Hayes, Zahra	WU16	SBE	15:14.19
2.	Payne, Jennifer	W40+	SBE	19:52.40
3.	Curtis, Annette	W40+	SBE	22:41.54
4.	Browell, Leigh	M40	SBE	23:35.30
5.	Watson, John	M40	BGO	24:05.51
	Whiley, Ebony	WOP	EAG	DNF

VRWC ROADWALKS, MIDDLE PARK, SUNDAY 25 OCTOBER

The VRWC Summer Season kicked off on Sunday morning with road walks at our headquarters at Middle Park. Due to an unexpected event near our racing course, we could not use our full 2km loop so had to restrict walkers to the bottom 1km section of the course – still flat and traffic free but with a few more turns overall. Conditions were good early on but the wind picked up during the morning so the later events were a bit tougher for walkers.

Although we only had 22 walkers in attendance, the list included internationals **Rhydian Cowley, Chris Erickson and Quentin Rew** who strolled the 20km event as part of their long Sunday morning training session – a nice easy 1:39:19! Internationals **Kelly Ruddick, Kyle Swan and Jemima Montag** were also racing in shorter distance events to round out a pretty elite mix of entrants. Most of those in action had walked the day before in the AV Shield comps. **Jason Kozica, Andrew Jamieson and Danny Hawksworth** also finished the 20km distance in what were good efforts. **Adam Garganis** clocked in with 1:15:11 for 15km while Kelly Ruddick 48:19 and Kyle Swan 49:44 were the fastest over 10km.

VRWC 20km

E1.	Rhydian Cowley	1:39:19
E1.	Chris Erickson	1:39:19
E1.	Quentin Rew	1:39:19
4.	Jason Kozica	1:48:57
5.	Andrew Jamieson	1:49:38
6.	Danny Hawksworth	1:55:46

VRWC 15km

1.	Adam Garganis	1:15:11
	Jemima Montag	DNF

VRWC 10km

1.	Kelly Ruddick	48:19
2.	Kyle Swan	49:44
3.	James Christmass	55:00
4.	Simon Evans	57:07
5.	David Smyth	58:46
6.	Heather Carr	1:04:22

VRWC 5km

1.	Reese Walmsley	26:36
2.	Philippa Huse	27:32

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|----|------------------|-------|
| 3. | Hayden Walmsley | 28:47 |
| 4. | Donna-Marie Elms | 32:11 |
| 5. | Anthony Doran | 37:30 |

VRWC 3km

- | | | |
|----|-------------------|-------|
| 1. | Charlotte Hay | 17:30 |
| 2. | Margaret Beaumont | 26:16 |
| 3. | Ian Beaumont | 26:29 |

Terry Swan has posted photos from the meet – <http://www.vrwc.org.au/coppermine/thumbnails.php?album=58>. Thanks Terry!



Rhydian Cowley, Chris Erickson, Quentin Rew, David Smyth and Heather Carr



Danny Hawksworth, James Christmass, Kelly Ruddick, Kyle Swan and Adam Garganis



Philippa Huse, Tony Doran, Donna Elms, Margaret and Ian Beaumnt, Hayden Walmsley, Charlotte Hay and Reese Walmsley

SCHOOL SPORT VICTORIA T&F CHAMPIONSHIPS, LAKESIDE STADIUM, ALBERT PARK, TUES 20 OCT

The School Sport Victoria (it used to be called the Victorian State Secondary Schools Sports Assn) T&F Championships took place in hot conditions last Tuesday at Lakeside Stadium in Albert Park. Judy Mason commented: *Just sending an extra thank you to the judges who officiated - Susan Taylor, Brenda Felton, Terry Knappe, Terry Swan and Peter Luke. Thanks everyone who has helped at various locations for Zone events. It was great to have so much support for our events.*

The Boys Open 1500m walk provided the highlight with **Emmet Brasier** 5:58.05 holding out **Adam Garganis** 6:02.32 and **Kyle Swan** 6:20.72, all 3 boys doing PBs. The other point of interest was provided in the Girls U16 1500m where **Bec Henderson** 6:59.72 turned the tables on **Zahra Hayes** 7:04.48 and **Jemma Peart** 7:26.38 and took a good win. **Emily Swan** 8:02.84 and **Nikola Mandic** 7:08.87 provided the other wins on what was a good day of racing.

Girls 12-15 1500m Track Walk

1.	Bec Henderson	Berwick SC	6:59.72
2.	Zahra Hayes	Rochester SC	7:04.48
3.	Jemma Peart	Ballarat HS	7:26.38
4.	Chloe Karagiorgos	Wantirna C	7:58.84
5.	Matilda Hill	Ballarat HS	9:47.58
6.	Jessie Tolson	Maryborough	9:53.16
7.	Madeline Chandler	Geelong HS	10:12.21
8.	Lucinda Derrett	Viewbank C	10:35.76
	Larni Wallaca	Diamond Valley C	DQ
	Bree Ferguson	Grovedale C	DQ

Girls 16-20 1500m Track Walk

1.	Emily Swan	John Monash	8:02.84
2.	Karla Bulte	Casey Grammar	8:36.37
3.	Jessica Lillie	Rowville SC	8:43.69
4.	Rebecca Campbell	Copperfield C	9:11.50
5.	Anika Jones	Ballarat HS	9:39.11
6.	Olivia Cameron	Northcote HS	11:37.51
	Shania Ritchie	Newcomb SC	DNF
	Marley Bernsten	Mentone Girls SC	DQ
	Annie Vasili	Melbourne GC	DQ

Boys 12-15 1500m Track Walk

1.	Nikola Mandic	Fountain Gate SC	7:08.87
2.	Tim O'Brien	Norwood SC	7:54.63
3.	Joseph Rickard	Mornington SC	8:08.46
4.	Sam Candotti	Buckley Park C	8:49.55

5.	Ethan Wright	Viewbank C	9:30.55
6.	Julian Rayner	Irymple SC	9:58.90
7.	Liam Homewood	Diamond Valley C	10:40.99
	Hayden Walmsley	Rowville SC	DQ

Boys 16-20 1500m Track Walk

1.	Emmet Brasier	Viewbank C	5:58.05	PB 0:08
2.	Adam Garganis	Thornbury HS	6:01.32	PB 0:06
3.	Kyle Swan	Melbourne HS	6:20.72	PB 0:22
4.	Ross Darlow	Ballarat HS	6:34.22	
5.	Reese Walmsley	Rowville SC	6:44.36	Eq PB
6.	Jordan Galbraith	Norwood SC	7:34.68	
7.	Jackson Creed	Brauer C	10:38.88	
	Duncan Mackie	Belmont HS	DQ	
	Cody McNicol Davidson	Mt Erin SC	DQ	
	Jordan Meloury-Mason	Shepparton HS	DQ	



Jemma Peart, Rebecca Henderson and Zahra Hayes last Tuesday at the SSV T&F Championships in Melbourne

BENDIGO WALKERS CLUB ROADWALKS, ROSALIND PARK, BENDIGO, WEDNESDAY 21 OCTOBER

Thanks to Paul Rance for the latest walk results from Bendigo in country Victoria. He comments: The Bendigo Walkers Club held 1600m and 3200m sealed handicap events in Rosalind Park last Wednesday evening. Winners on the night were Oscar Fox and Zahra Hayes and they both produced excellent efforts in their respective events. First Year walker Oscar Fox won the 1.6km with Peter Curtis finishing 2nd and recording the fastest time with Caitlyn Tozer 3rd. Zahra Hayes broke her own Club U16 record in the 3.2km event as she took 1st in the handicap and also fastest time honours with Annette Curtis 2nd and Barb Bryant 3rd.

1.5km Handicap

1.	Oscar Fox	10.48
2.	Peter Curtis	8.24
3.	Caitlyn Tozer	14.38
4.	Amber Fox	13.07

3.2km Handicap

1.	Zahra Hayes	16.03
2.	Annette Curtis	23.45
3.	Barb Bryant	18.08
4.	John Carter	22.37
5.	Jennie Payne	21.42

SAMA TRACK WALKS, ASA STADIUM, ADELAIDE, WEDNESDAY 21 OCTOBER

Thanks to Colin Hainsworth for the results of the South Australian Masters in Adelaide in their first summer season races. Most walkers did two races – an 800m walk followed by either a 5000m or a 3000m walk.

5000m Walk

1.	George White	28:30	M70	87.89%
2.	Marie Maxted	31:23	W55	74.59%
3.	Geoff Byham	31:59	M69	77.37%
4.	Geraldine Smith	33:12	W65	79.16%
5.	Bill Starr	36:54	M73	70.52%
6.	Rodger Barber	37:20	M77	73.66%
7.	Leigh Smith	37:47	M80	76.13%
8.	Roger Lowe	38:21	M72	66.98%
9.	Doug Smart	38:38	M72	66.49%

800m Walk

1.	Jake Vidler	3:35	
2.	Rhiannon Lovegrove	3:46	
3.	George White	4:20	M70
4.	Marie Maxted	4:34	W55
5.	Gil McIntosh	5:00	M65
6.	Julia Lycett	5:01	W51
7.	Rodger Barber	5:40	M77
8.	Roger Lowe	5:45	M72
9.	Leigh Smith	5:46	M80
10.	Doug Smart	5:56	M72
11.	Valmai Padget	5:58	W71
12.	Harry Hayford	6:10	M63
13.	Margaret McIntosh	6:19	W62
14.	Jill Rogers	6:25	W70
15.	Edna Bates	6:42	W62

3000m Walk

1.	John Hore	22:29	M67	63.19%
2.	Valmai Padget	23:53	W71	69.11%
3.	Margaret McIntosh	24:39	W62	59.63%
4.	Jill Rogers	24:55	W70	65.31%
5.	Edna Bates	26:18	W62	55.89%

ACT WALKERS CLUB TRACK WALKS, AIS TRACK, BELCONNEN, ACT, THURSDAY 22 OCTOBER

Thanks to Robin Whyte for the latest results from Canberra.

3km Handicap

1.	Ellen Vahey	18:56
2.	Peter Baker	16:46
3.	Jennifer Gilchrist	21:52
4.	Rod Gilchrist	21:33
5.	Laura Burns	16:38
6.	Sheryl Greathead	24:28
7.	Carmen Carlon	29:18
8.	Bryan Thomas	20:26
9.	Doug Fitzgerald	23:01
10.	Robin Whyte	18:47
11.	Matt Griggs	19:00
12.	Margaret McSpadden	25:00
	Geoff Barker	DNF

5km Walk

1.	Zoe Hunt	25:17
2.	Connor Frew	25:46
3.	Gabby Hunt	25:54
4.	Callum Burns	25:58
5.	Tim Fraser	27:07

1km Walk

1.	Tom Hunt	05:03
2.	Caroline Campbell	07:36
3.	Georgia Frew	08:36
4.	Terrill Strahan	10:25

AACT 2015-16 SUMMER SERIES, AIS TRACK, BRUCE, SATURDAY 24 OCTOBER

And keeping to Canberra for their Summer Series last Saturday where Zoe Hunt and Gabby Hunt looked like they had a good tussle.

3000m Walk

1.	Zoe Hunt	NCG	WU20	14:31.2
2.	Gabby Hunt	NCG	WU16	14:36.6
3.	Callum Burns	NCG	MU16	15:51.0
4.	Laura Burns	NCG	WU14	17:16.8
5.	Matthew Griggs	Weston Creek	MOP	18:28.5

NSW TRELOAR SHIELD ROUND 2, NARRABEEN, NSW, SATURDAY 24 OCTOBER

The NSW Interclub walks got underway at Narrabeen last Saturday, with 39 walkers in attendance. Best efforts perhaps to Jay Felton 20:00.3 and Jordan Glover 14:51.1.

5000m Walk Walk

1.	Felton, Jay	M20	U.T.S. North	24:00.3
2.	Webb, Cheryl	W39	Blacktown Ci	24:43.4
3.	Kerr, Aidan	M17	Sydney Pacif	24:58.0
4.	Francis, Lucy	W16	Athletics Nsw	27:20.5
5.	Thomson, Ryan	M15	Nepean Distr	27:24.5

6.	Millican, Hayden	M15	Sydney Pacif	27:56.9
7.	Dighton, Jasmine	W19	Asics Wests	28:42.6
8.	Catallo, Donald	M15	St. George D	29:05.1
	Beasley, Bryony	W18	Nepean Distr	DQ

3000m Walk

1.	Glover, Jordan	M16	Hills Distri	14:51.1
2.	Blaskett, Hayden	M13	Sydney Strid	15:07.2
3.	Barendregt, Travis	M15	Nepean Distr	15:25.5
4.	Roukos, Raquel	W15	Nepean Distr	15:51.6
5.	Hardy, Renee	W12	Asics Wests	16:58.8
6.	Parker, Hannah	W13	Randwick Bot	17:29.2
7.	Henry, Amy	W15	St. George D	17:41.7
8.	Bolton, Hannah	W12	Mingara Athl	17:59.1
9.	Lee, Janaya	W14	Nepean Distr	18:08.0
10.	Thomson, Jada	W11	Nepean Distr	18:33.4
11.	Walter, James	M12	Sydney Pacif	18:56.0
12.	Mather, Greg	M50	Nepean Distr	20:27.3

1500m Walk

1.	Carrothers, Dion	M12	Sydney Pacif	7:55.9
2.	Thomson, Olivia	W11	Randwick Bot	8:30.3
3.	Johnston, Lily	W13	Sydney Unive	8:52.4
4.	Scholle, Felix	M9	Asics Wests	9:07.8
5.	Brown, Ainslie	W13	U.T.S. North	9:12.7
6.	Scholle, Saskia	W12	Sydney Unive	9:18.7
7.	Silver, Prudence	W12	Sydney Pacif	9:59.3
8.	Hardy, Aiden	M10	Asics Wests	10:48.9

SA ALL SCHOOLS T&F CHAMPIONSHIPS, SA ATHLETICS STADIUM, MILE END, 24-25 OCTOBER

The kids were in action in Adelaide with the annual South Australian All Schools T&F Championships. Best efforts probably by Rhiannon Lovegrove (U18 5000m 25:51.92 and U16 3000m 14:58.94) and Joe Cross (14:31.47 for U14 3000m).

Girls 5000m Walk U18

1.	Rhiannon Lovegrove	00	Salisbury Hi	25:51.92
2.	Anna Cross	99	St Peters Girls	27:59.02
3.	Samantha Findlay U20	97	Woodcroft College	30:27.91
4.	Chloe Upton	02	South Vales	31:58.21

Boys 5000m Walk U18

1.	Alix Harlington	99	St Columba College	27:59.02
2.	Jake Vidler	00	Cardijn College	31:58.21

Boys 3000m Walk U16

1.	Jayden Goode	00	Trinity College	15:17.54
2.	Jake Vidler	00	Cardijn College	15:28.75
3.	Tristan Camilleri	01	Sacred Heart	16:10.32
4.	Mathew Bruniges	01	Wirreanda Secondary	18:11.49

Girls 3000m Walk U16

1.	Rhiannon Lovegrove	00	Salisbury Hi	14:58.94
2.	Ayeisha Wallace	01	Michael Girl	19:30.07

Boys 3000m Walk U14

1.	Joe Cross	02	Pembroke School	14:31.47
2.	Adrian Upton	03	Aldinga Prim	18:57.99
3.	Julian Rayner	02	Irymple Seco	18:59.39

Girls 3000m Walk U14

1.	Victoria Upton	03	South Vales	16:57.00
2.	Chloe Upton	02	South Vales	18:11.41
3.	Talisha Skein	03	Kings Baptis	18:46.65

QUEENSLAND SCHOOL SPORT T&F CHAMPIONSHIPS, QSAC, BRISBANE, 22-25 OCTOBER

Thanks to Robyn Wales for the following results and report from the Queensland School Sport T&F Championship walks last Saturday in Brisbane. She commented that the weather was cool with a slight breeze and it threatened rain but held off. A great day for racing. It was exciting to see so many groups of athletes and coaches at the warm up track ready for what was looking like a great afternoon of racing. In both the 1500m and 3000m the girls were first across the line.

13 years 1500m Girls

Caitlin Hannigan, following instructions, led out comfortably to finish strongly with plenty in the tank and win her first Qld All Schools title. Behind Caitlin, Breanna Betzold was walking the race of her life trying to stay in touch with the leaders and tiring only slightly to finish 2nd in a huge pb. In 3rd place was Brooklyn Utber (recently relocated from Victoria to the Gold Coast) followed by Kirra Stonehouse who managed to pull one out of the bag much to her parents' delight for a 50 second pb. This was a great race to witness with a good sized field and several enquiring about training so let's hope we see more of these great athletes. No dq's in this race!!!

1.	Caitlin Hannigan	7:17.86	PB
2.	Breanna Betzold	7:31.69	PB
3.	Brooklyn Utber	8:13.14	PB
4.	Kirra Stonehouse	8:33.37	PB
5.	Phoebe Balmforth	8:34.98	
6.	Isabella Schofield	8:37.25	
7.	Emily Kitching	9:00.47	
8.	Amy Sims	9:04.94	
9.	Amelia Wales	9:32.21	
10.	Chloe Day	9:35.72	
11.	Alexandria Gall	10:21.02	

13 years 1500m Boys

Nelson McCutcheon took off from the gun and led all the way to finish in a new pb and his first Qld All Schools Title. Behind Nelson were 4 aspiring young walkers each chasing the 2nd spot in the Qld team. Kobe Hinton, who had reluctantly entered the race, found his "racing heart on the day" to finish 2nd in a PB and book his trip to Melbourne. The next 3 finishers also managed Pbs, making an exciting finish for all to see.

1.	Nelson McCutcheon	7:26.60	PB
2.	Kobe Hinton	8:11.92	PB
3.	Ryan Stewart	8:13.82	PB
4.	Ben Jeffrey	8:15.37	PB
5.	Justice Kennedy	8:17.28	PB

14 – 15 years 3000m Girls

Katie Hayward was unstoppable in this race, leading all the way and finishing with a new record after breaking Clara Smith's previous time. Tenyka Chapman, over a year younger than Katie, finished next in a new PB and oh so close to breaking the elusive 15 minutes. The most exciting tussle of the day eventuated in this race with Jade Pearson and Clancy Smith swapping places throughout while Bridie Mulcaster, at one stage 100m behind, started closing in on the gap with 700m to go and actually drawing into 3rd place in the last 100m when Jade found something extra in the tank and managed to pull away close to the line and finish 2 seconds in front. The 3rd team member for Melbourne is now in the selectors' hands due to the strange allocation that there must be 2 from the older age group and only 1 (which would be Tenyka) from the younger age group. Newcomer to training, Milla Rowbotham walking her 2nd ever 3000m showed promise of things to come with her 6th place and another PB. Jessica Gresch from Mackay was the other girl to PB in this race.

1.	Katie Hayward	13:46.59	Record
2.	Tenyka Chapman	15:02.82	PB
3.	Jade Pearson	17:29.25	PB
4.	Bridie Mulcaster	17:31.42	PB
5.	Clancy Smith	17:38.04	PB
6.	Milla Rowbotham	18:47.37	PB
7.	Chloe Treurnich	19:44.71	
8.	Riley Sims	19:45.41	
9.	Jessica Gresch	21:11.99	PB
	S Hillier	DQ	

14 – 15 3000m Boys

Jamison Stovin walked a very controlled race to finish close to his PB and showed great determination. He was followed in by a much improved Mitchell Mellor with Etan Clarke also walking a PB for 3rd Callum Haig finished 4th just off his pb.

1.	Jamison Stovin	14:28.49	
2.	Mitchell Mellor	15:41.80	PB

- | | | | |
|----|--------------|----------|----|
| 3. | Ethan Clarke | 16:19.83 | PB |
| 4. | Callum Haig | 17:32.89 | |

16 – 17 5000m Boys

This was held in conjunction with the 3000m as there were only two competitors. Luke and Jamie McCutcheon finished off a great family day with Luke just leading his brother in who scored a new PB much to his delight.

- | | | | |
|----|------------------|----------|----|
| 1. | Luke McCutcheon | 24:47.66 | |
| 2. | Jamie McCutcheon | 24:49.73 | PB |

A special mention to the team from Cleveland High School who had 5 competitors finishing with 2 gold (Luke and Nelson), 1 silver (Jamie), 1 bronze (Ethan) and a 4th place (Kirra). Not since the early 1990's and the heady days at Ferny Grove has a school had such representation.



Left: Robyn Wales' newest grandson, Joshua who came to cheer his big sister, Amelia

Right: Royn's training squad: Amelia Wales, Bridie Mulcaster, Isabella Schofield, Tenyka Chapman, Caitlin Hannigan, Kirra Stonehouse and Kobe Hinton



Luke, Nelson and Jamie McCutcheon with mum Pam and dad Tony - All 3 boys placed first in their respective age groups in the walks and all 3 have qualified for the National All Schools Championships being held in Melbourne in December. 2015 is the only year that all 3 brothers are in High School together. What an awesome way to end the year!

ATHLETICS TASMANIA INTERCLUB, THE DOMAIN, HOBART, THURSDAY 22 OCTOBER

Our Tasmanian walkers were also in action in Hobart, with Alice Randall the fastest over 1500m with 7:05.05.

1500m Walk

1.	Alice Randall	OVA	W	7:05.05
2.	Bayley Campbell	OVA	M	7:20.90
3.	Ron Foster	TMA	M	8:59.14
4.	Elizabeth Leitch	ES	W	8:59.55
5.	Kirsten Bott	OVA	W	10:07.92
6.	Jaime Bott	OVA	W	10:27.56
7.	David Moore	NS	M	10:52.05

JAPANESE 50KM CHAMPIONSHIP, TAKAHATA, SUNDAY 25 OCTOBER

The Japanese 50km Championship meet last Sunday in Takahata, a city located 500 km north of Tokyo, was a huge affair with hundreds of walkers contesting distances from 3km through to the classic 50km. The main event was the official Rio Olympic qualifier so saw a good field of 30 starters, of whom 16 made the finish line. Conditions were cold and windy with the temperature 10.6C when the 50km started and 12.7C at the finish, even though it had been much warmer the day before. Winner Koichiro Morioka was well under the Rio qualifying standard of 3:44:27 so has booked his trip but placegetters Tomofumi Kanno (3:54:24) and Takuya Yoshida (3:54:55) will have to wait on the selectors.

The men's 20km was an amazingly strong event with 97 starters and 81 finishers. It was won by Satoshi Maruo in 1:20:57, ahead of Tomohiro Noda 1:21:05 and Eiki Takahashi 1:22:34. But consider that the first 21 finishers bettered 1:30:00 and 63 finishers bettered 1:40:00. That is unbelievable for one single country to have that sort of global depth. The women's 20km saw Ai Michiguchi win with 1:32:34, just 2 seconds ahead of Australian **Regan Lamble** with 1:32:36. The remainder of the Japanese podium saw Masumi Fuchise 1:35:04 and Rena Goto 1:35:25. Well reported by http://www.marciadalmondo.com/eng/dettaqli_news.aspx?id=2250. Alas, Regan does not show in the official results as yet but will presumably be added at some stage!

50km Men

1.	Koichiro MORIOKA	3:44:27
2.	Tomofumi KANNO	3:54:24
3.	Takuya YOSHIDA	3:54:55
4.	Hayato KATSUKI	3:59:03
5.	Shuto GOTO	3:59:23
6.	Donyon KIMU	4:07:23
7.	Takafumi HIGUMA NWS	4:15:11
8.	Toru YAMAMOTO	4:28:19
9.	Hideaki MIYAJIMA NWS	4:34:06
10.	Yuki KOBAYASHI ICT	4:39:47
11.	Arata SAITO NWS	4:41:40
12.	Tetsuya OKUNO	4:42:17
13.	Yuta INAYOSHI	4:48:36
14.	Keita MANBO	5:01:01
15.	Kazuya ONISHI	5:06:20
16.	Takuya TAKAHASHI	5:08:49
	Toshiki KOSEKI	DNF
	Kento TABUSE	DNF
	Yuki YAMAZAKI	DNF
	Yuta KOTOBUKI	DNF
	Takeshi OKUMA JR	DNF
	Takahito OTSUBO A.C	DNF
	Tatsuya ABIKO	DQ
	Yuki ITO	DNF
	Soichiro YOSHINAGA	DNF
	Yuki MURAI	DNF
	Takuma TOYAMA	DNF
	Kohei YAMAMOTO	DNF
	Masahiro YAMAGUCH	DQ
	Hironori ITATSU	DQ

20km Men

1.	Satoshi MARUO	1:20:57
2.	Tomohiro NODA	1:21:05
3.	Eiki TAKAHASHI	1:22:34
4.	Kai KOBAYASHI	1:22:55
5.	Fumitaka OIKAWA	1:23:01
6.	Seiya WATANABE	1:24:39
7.	Kota YAMADA	1:24:50
8.	Yuya SUGANAMI	1:24:52
9.	Naotaka INOUE	1:26:48
10.	Ryota SHIOJIMA	1:27:00
11.	Kyohei DAIRAKU	1:27:08
12.	Kohei KOWAKI	1:27:09
13.	Yuki KURUMISAWA	1:27:32
14.	Takahiro HIWADA	1:27:54
15.	Kazuki TAKAHASHI	1:28:16
16.	Ryosuke KAWAGISHI	1:28:31
17.	Yuzuru NAKAO	1:28:46
18.	Yasumitsu SARAI	1:28:48
19.	Hatsuyu KOU	1:28:54
20.	Takaki YASUDA	1:29:06
21.	Junichi FUJIWARA	1:29:50
22.	Gai SAITO	1:30:10
23.	Takahiro UEDA	1:30:10
24.	Takeshi NAKAGAWA	1:30:34
25.	Kenta OKADA	1:31:42
26.	Kotaro AMAKAWA	1:31:56
27.	Yuto YANAGISAWA	1:31:56
28.	Satoshi MIURA	1:32:04
29.	Kenji MUNESHIGE	1:32:08
30.	Naoki SHIMADA	1:32:31
31.	Yuichi YARITA	1:33:11
32.	Daisuke SUZUKI	1:33:39
33.	Jyunya HIRATA	1:33:49
34.	Katsuhiko NISHIGUCH	1:33:53
35.	Taiyo ONUMA	1:34:07
36.	Hisato KOBAYASHI	1:34:24

20km Women

1.	Ai MICHIGUCHI	1:32:34
2.	Masumi FUCHISE	1:35:04
3.	Rena GOTO	1:35:25
4.	Kaori KAWAZOE	1:36:36

5.	Nami KUMAGAI	1:37:07	37.	Takumi NAGASAWA	1:34:28
6.	Chiaki ASADA DNP	1:38:48	38.	Ryota TAKAHASHI	1:34:34
7.	Chiaki YAMATO	1:40:21	39.	Kazuaki SASAKI	1:34:59
8.	Serena SONODA	1:41:39	40.	Kosuke SHIOIRI	1:35:14
9.	Rei INOUE	1:42:25	41.	Keisuke AWANO	1:35:15
10.	Nozomi YAGI	1:44:39	42.	Yuta DAITO	1:36:22
11.	Sae MATSUMOTO	1:44:50	43.	Hiromu MATSUMURA	1:36:34
12.	Hisano MIURA	1:47:38	44.	Taichi IKUNO	1:37:14
13.	Megumi NAKANO	1:48:38	45.	Fumitaka UNO	1:37:20
14.	Yukino RYOUGEN	1:50:08	46.	Kazuaki ICHIKAWA	1:37:33
15.	Chiho TAHIRA	1:51:11	47.	Hiroaki TAKEDA	1:37:49
16.	Yurika OMURA	1:51:58	48.	Yusaku SHIRIINASHI	1:37:50
17.	Yuka SAKURAI	1:55:54	49.	Itaru AOYAGI	1:37:58
18.	Reira TUSHIMA	1:57:14	50.	Yohei NANNO	1:38:13
19.	Yuriko NITTA	1:59:23	51.	Masatsugu HOMAN	1:38:20
20.	Erika MIYAZAKI	2:03:41	52.	Jyunichi HIRANE	1:38:29
	Yuki TOMIZAWA	DQ	53.	Kosuke KAZAMA	1:38:33

10km Junior Men

1.	Syunta SAITO	0:42:36	56.	Toshifumi KANZAWA	1:38:40
2.	Masatora KAWANO	0:42:54	57.	Daichi KIDO	1:39:07
3.	Atsuto KAWATA	0:45:01	58.	Kenya TOMITSUKA	1:39:09
4.	Hikaru SATO	0:46:14	59.	Syun HORIE	1:39:10
5.	Kouki SASAKI	0:46:19	60.	Yuto HIWATARI	1:39:15
6.	Hiroto HAYASHI	0:46:21	61.	Katsuya ENDO	1:39:24
7.	Makito SHIROMOTO	0:47:09	62.	Hiroyasu TANIGUCHI	1:39:28
8.	Masataka MIYASHITA	0:47:48	63.	Akira MACHISHAKU	1:39:43
9.	Riku NISHINO	0:48:06	64.	Naoki HOSOKAWA	1:42:08
10.	Daichi SIRAKAWA	0:48:21	65.	Yohei TAKENAKA	1:42:23
11.	Terumasa NAKAMUR	0:48:52	66.	Ryota WAKABAYAS	1:42:34
12.	Ittusei KUMAZAWA	0:49:56	67.	Ryo INOUE	1:43:32
13.	Tsuyoshi SHIMANUKI	0:51:30	68.	Takumi KAMATANI	1:43:48
14.	Jyunya KANBARA	0:51:47	69.	Tettusyu INOMATA	1:43:59
15.	Taichi HIRASAWA	0:51:48	70.	Daiki TAKEI	1:44:05
16.	Yuhei ASANO	0:52:07	71.	Ryuichi SAITO	1:46:00
17.	Naoya KATO	0:53:12	72.	Mitsuya AKINO	1:46:40
18.	Shusuke NISHIMAGI	0:54:27	73.	Norihiro TAKAHASHI	1:46:47
19.	Tomohisa TANEICHI	0:54:31	74.	Satoshi OYA	1:47:03
20.	Kentaro SHIBATA	0:55:50	75.	Reo YAMACHI	1:47:19
21.	Ryo TAKIGUCHI	0:58:37	76.	Masaki MORIKAWA	1:47:23
22.	Takumu TANAKA	0:58:37	77.	Takane SATO	1:47:54
23.	Yuya TANAKA	1:00:05	78.	Yuya SAKURAI	1:48:12
24.	Takahiro NAKAGAWA	1:03:25	79.	Ryuko NAKAMURA	1:49:09
25.	Jyunichiro YAKUWA	1:03:35	80.	Shuto SATO	1:53:04
			81.	Wataru MORI	1:54:28

10km Junior Women

1.	Sayori MATSUMOTO	0:49:14		Hitoshi WARITA	DNF
2.	Riho FUKAMIZU	0:49:29		Masahiro SANPE	DQ
3.	Yuki YOSHIZUMI	0:49:35		Yu MIKAMI	DQ
4.	Hikari TAKESONO	0:51:08		Yuto OSHIMA	DQ
5.	Kaede YAGIWARA	0:51:23		Takumi ARIJI	DQ
6.	Yuka FUJIMOTO PUMA RC	0:51:42		Ryo OGASAWARA	DQ
7.	Miyu ONO	0:52:53		Takashi MURAKAMI	DNF
8.	Sakiko Tsubohira	0:53:17		Tenta KAWASHIMA	DNF
9.	Mie SHINODA	0:54:33		Katsuya KIMURA	DNF
10.	Misaki TAKANO	0:55:28		Hiroki MAKITANI	DNF
11.	Yuhu KURIHARA	0:55:44		Masaru IKINAGA	DQ
12.	Megumi MAKITA	0:56:12		Takumi SAITO	DNF
13.	Satomi GONSYO	0:56:18		Tsuyoshi TASAKA	DQ
14.	Shoko UENOYAMA	1:00:55		Takuma KANEKO	DQ
15.	Aika KAWAHARA	1:05:02		Takayuki KOBAYASHI	DQ
16.	Eriko SAITO DNF	DNF		Takashi MATSUMUR	DQ

19TH NOCTURNO IVANO-FRANKIVSK, IVANO FRANKIVSK, UKRAINE, 17-18 OCTOBER

Andriy Greczkovskiyy won the Ukrainian 50km Championship as part of the International Cup organized in the 19th Nocturno Ivano-Frankivsk meet on the weekend of 17-18 October in Ivano-Frankivsk. Thanks to omarchador for their report and for the race results reproduced below (see <http://omarchador.blogspot.com.au/2015/10/andriy-greczkovskiyy-sub-23-venge-50-km.html>).

As this will be the city hosting the 2016 European Racewalking Cup, it gave organisers a chance to test out the championship course. A major hiccup was narrowly avoided when one of the international judges could not officiate due to sickness. Luckily a replacement was found in time so that the 50km championship could still count as an official Olympic qualifying opportunity. And with the first 6 walkers in the 50km all bettering the Olympic standard of 4:03, it all worked out ok. Overall, quite a few of the best Ukrainians like Lyudmyla Olyanovska and Ihor Hlavan were missing, having had long and hard seasons. Apart from the 50km and 10km events reported below, shorter walks were also contested for the younger and masters age groups, with walkers from Belarus and Moldova also competing.

50km Open/U23 Men

1.	Andriy Greczkovskiyy	1993	3.53.53	sub-23
2.	Igor Saharuk	1988	3.55.34	
3.	Maryan Zakalnicky	1994	3.57.18	sub-23
4.	Volodimir Goncovskiy	1991	3.57.56	
5.	Oleksandr Venglovskiy	1985	4.00.57	
6.	Oleksiy Shelest	1973	4.02.33	
7.	Oleksiy Bilorus	1992	4.04.45	
8.	Oleksandr Romanenko	1981	4.12.37	
9.	Sergiy Klimencuk	1995	4.18.58	sub-23
10.	Dmitro Sobczuk	1995	4.23.04	sub-23
11.	Anton Radko	1995	4.26.38	sub-23
12.	Valeriy Litaniuk	1994	4.31.00	sub-23
13.	Nazariy Stepaniuk	1994	4.42.31	sub-23
	Oleksiy Kazanin	1982	DNF	
	Sergiy Susik	1993	DNF	

10km U23/U20/U18 Men

1.	Kirilo Andrushchenko	1993	43.38	sub-23
2.	Eduard Zabuzhenko	1998	44.46	sub-18
3.	Sergiy Svitliczny	1994	44.53	sub-23
4.	Nikita Koliada (BLR)	2000	44.59	sub-18
5.	Dmitro Lukjanczuk (BLR)	1997	45.11	sub-20
6.	Volodimir Micik	1997	46.04	sub-20
7.	Andriy Vodvud	1996	46.24	sub-20
8.	Oleksandr Andrusik	1995	47.00	sub-23
9.	Dmitro Garnik	1998	47.01	sub-18
10.	Michailo Shevczuk	1993	48.32	sub-23
11.	Andriy Sindiuk	1999	48.48	sub-18
12.	Oleg Svistun	1997	49.27	sub-20
13.	Nazar Savkiv	1999	50.13	sub-18
14.	Stepan Pasiczny	1998	50.24	sub-18
15.	Volodimir Tkaczenko	1997	50.26	sub-20
16.	Evgen Semenov	1997	51.12	sub-20
17.	Kostiantin Gole	1999	51.36	sub-18
18.	Oleg Yaremko	1999	51.44	sub-18
19.	Andriy Krasnovskiy	1998	52.39	sub-18
20.	Anton Kravczenko	1999	55.35	sub-18
21.	Oleg Dzion	1999	55.45	sub-18
22.	Andriy Mikriukov (MDA)	1999	56.21	sub-18
23.	Andriy Andrijczuk	1998	59.08	sub-18
	Mikola Moroz	1998	DNF	sub-18

10km Open/U23/U20 Women

1.	Valentina Mironczuk	1994	47.19	sub-23
2.	Ganna Suslik	1996	47.34	sub-20
3.	Kseniya Radko	1994	48.19	sub-23
4.	Viktoriya Ferenc	1993	48.23	sub-23
5.	Olena Mizerniuk	1995	48.38	sub-23
6.	Oleksandra Olianovska	1994	49.33	sub-23
7.	Maria Filiuk	1995	49.56	sub-23
8.	Anna Babinczuk	1996	50.22	sub-20
9.	Natalya Koncevicz	1984	51.49	

10.	Kristina Povorozniuk	1997	51.51	sub-20
11.	Oksana Kulagina	1997	52.24	sub-20
12.	Yulia Balim	1997	53.45	sub-20
13.	Nadia Boyko	1992	54.15	
14.	Olga Zdrok	1996	54.51	sub-20
15.	Natalia Golota	1997	56.43	sub-20
16.	Olga Gricak	1993	56.53	sub-23
17.	Tamara Stasiuk	1995	57.35	sub-23
18.	Yulia Sologub	1997	60.24	sub-20
19.	Valentina Ivanicka	1996	61.23	sub-20
	Galina Yakovczuk	1992	DNF	
	Rusalina Povorozniuk	1995	DNF	

96TH NATIONAL FESTIVAL OF SOUTH KOREA, GANGNEUNG, SOUTH KOREA, 18-21 OCTOBER

The National Festival of South Korea, organized by the South Korean Olympic Committee, is the largest sports annual event on offer in that country with about 20,000 athletes from 16 cities and provinces competing in around 40 sports. The Open 20km and U20 10km walks were of a high standard and in both 20km championships the finishes were very exciting. In the men's event, Hyunsub Kim (1:23:53) finished just in front of Daeho Kim (1:23:55) with Byeongkwang Choe (1:24:02) third and Younjun Byun (1:24:05) fourth. In the women's event, Yeongeun Jeon (1:32:00) finished 1 second ahead of Seasbyeol Weon (1:32:01) with Jeongeun Lee (1:33:30) third. Thanks to omarchador (<http://omarchador.blogspot.com.au/2015/10/96-festival-nacional-da-coreia-do-sul.html>) for race reports and results below.

10km U20 Men

1.	Hyunmyoung Joo	41.54
2.	Yunhaw Song	42.42
3.	Jaewi Choi	43.45
4.	Kyungmin La	44.30
5.	Hwan-Hee Kim	45.05
6.	Jaeyoung Kim	46.28
7.	Kyungjin La	48.09
8.	Minsu Kwon	48.48
9.	Seonghyun Bong	49.53
10.	Chaewhan Lim	49.55
11.	Gunwoo Park	50.04
12.	Juho Kim	53.06
13.	Insu Han	57.38

10km U20 Women

1.	Ha-Yeong Han	50.34
2.	Leehyeon Kim	50.51
3.	Chaehyeon Kim	51.13
4.	Yourim Lim	51.26
5.	Bo Ram Lee	52.51
6.	Jiyoun Seo	53.50
7.	Dayoung Jeon	55.25
8.	Sunhwa Lee	57.59
9.	Chaerin Han	58.51
10.	0Sol Lee	1.01.25
11.	1Bin Son	1.02.15
12.	2Min-Jung Kim	1.04.06

20km Open Men

1.	Hyunsub Kim	1.23.53
2.	Daeho Kim	1.23.55
3.	Byeongkwang Choe	1.24.02
4.	Younjun Byun	1.24.05
5.	Chilsung Park	1.27.03
6.	Sehan Oh	1.28.25
7.	Byeongho Choe	1.29.10
8.	Donghyon Klm	1.33.37
9.	Kildong Kang	1.39.45
10.	Nakhyun Kim	1.40.01

20km Open Women

1.	Yeongeun Jeon	1.32.00
2.	Seasbyeol Weon	1.32.01
3.	Jeongeun Lee	1.33.30
4.	Minjt Kim	1.43.08
5.	Yeujin Kim	1.51.20
6.	Boram Lee	2.10.04
7.	Heajung Sim	2.26.57

FRENCH 100KM WALK CHAMPIONSHIPS, CORCIEUX, FRANCE, SUNDAY 25 OCTOBER

Emmanuel Tardiwas in Corcieux (400km in the east of Paris) for the French National 100km Championships last weekend. Alas, only a few walkers were on the start line at 5am – perhaps it was due to the very tough cutoff time of 11:30:00 for 99km. The race was contested over a 1km lap and Fabien Lombard lead from start to finish. Mathieu Olivares was with him until the 25km mark and Christophe Erard held on until 51km but from then on, he was on his own, going on to win the title for the second time (the first was in 1997) ahead of Mathieu Olivares and Pascal Tournois (his 13th time in top 3 since 1985). Sadly, no women contested the women's 50km event. Emmanuel was one of the judges but did manage to get a few pictures – thanks mate.

1.	LOMBARD Fabien	ASM Bar le Duc	100 km	10:47:11	9.271 km/h	VEH	1
2.	OLIVARES Mathieu	Neuilly sur MarneAthletisme	100 km	11:00:28	9.084 km/h	SEH	1
3.	TOURNOIS Pascal	ASM Bar le Duc	100 km	11:06:42	9.000 km/h	VEH	2
4.	ERARD Christophe	ASM Bar le Duc	100 km	11:14:15	8.899 km/h	VEH	3

5.	BUNEL Pascal	Neuilly sur Marne athletisme	97 km	11:37:03	8.349 km/h	VEH	4
6.	BANO Jean Michel	Ajs la Garde	95 km	11:30:58	8.249 km/h	VEH	5
7.	MICHELOT Remi	Es Thaon	93 km	11:35:41	8.021 km/h	VEH	6
8.	DIEN Daniel	Neuilly sur Marne athletisme	92 km	11:31:51	7.979 km/h	VEH	7
9.	BRUNEAUX Jean Claude	Coulommiers	79 km	11:32:11	6.848 km/h	VEH	8
10.	HAUMESSER Marc	Villeneuve d'Ascq Fretin Ath	61 km	06:53:04	8.861 km/h	VEH	9
11.	HOUOT Valery	Athletic Vosges Entente Clubs	24 km	02:43:01	8.833 km/h	SEH	2
12.	FAUQUEUR Raymond	Entente Littoral Athletisme 59	16 km	01:57:03	8.202 km/h	VEH	10



Fabien Lombard, Christophe Erard, Mathieu Olivares and Pascal Tournois (photos Emmanuel Tardi)

USA 30KM ROADWALK CHAMPIONSHIPS, VALLEY COTTAGE, NY, SUNDAY 25 OCTOBER

The 2015 USATF Open & Masters 30km Roadwalk and the USA Junior20 km roadwalk championship were contested in Valley Cottage, NY, last Sunday. Wins in the 30km championships to **Michael Mannozi** (2:31:13) and **Erin Taylor-Talcott** (2:44:57) and a win in the Junior Men's 20km to **A.J. Gruttadauro** with **1:55:06**. And a special mention to Sydney walker Steven Washburn who took second place in the USA Men's 30km in 3:32:16. Unofficial results below – a couple of NT (no time) still to be sorted out. Nice recap from Erin Taylor-Talcott at <http://erintaylortalcott.blogspot.com.au/2015/10/30k-nationals-recap.html>. Lots of photos at <https://www.facebook.com/USATF30KRacewalk> and <https://www.facebook.com/sharon.ennisgruttadauro>.

USATF 30km Championship Men

	Luis M. Colon (Guest)	Proceres, Puerto Rico	2:18:49	*Guest, National Record
1.	Michael Mannozi	Shore A.C.	2:31:13	1st overall
2.	Steven Washburn	Unattached	2:32:16	
3.	Matthew De Witt	Parkside, A.C.	2:42:15	1st Master, 1st 35-39
4.	Dave Talcott	Shore A.C.	2:45:52	1st 55-59
5.	John Soucheck	Shore A.C.	2:53:37	1st 50-54
6.	Dan O'Brien	Pegasus A. C.	3:12:06	2nd 50-54
7.	Vince Peters	Chicago Walkers	3:19:13	1st 60-64
8.	David Swarts	Pegasus A.C.	3:21:56	3rd 50-54
9.	Tom Quattrocchi	Shore A.C.	3:23:50	2nd 60-64
10.	Bill Vayo	Park Racewalkers, USA	3:22:35	
	Yacheslav Troshkin (Guest)	Russia	3:25:44	
11.	Bruce Logan	Park Racewalkers, USA	3:33:53	
12.	Leon Jasonowski	Pegasus A.C	3:34:14	1st 70-74
13.	Barry Blake	Shore A.C.	3:47:48	3rd 60-64
14.	John Morrison	Potomac Valley T.C.	3:54:28	1st 65-69
15.	Jim Carmines	Southern California T.C.	3:37:12	3rd 55-59
	Nick Accardo III	Louisiana Athletics	DQ	
	Omar Nash	SW Ohio Track Club	DQ	

USATF 30km Championship Women

1.	Erin Taylor-Talcott	Shore A.C.	2:44:57	1st female, 1st Master, 1st 35-39
2.	Susan Randal	Shore A.C.	2:48:03	1st 40-44

3.	Loretta McGovern	World Class Racewalking	2:58:55	2nd 35-39
4.	Katie Smith	Pegasus A.C.	3:11:45	
5.	Kay Carmines	Southern California T.C.	3:54:29	1st 65-69
	Teresa Vaill	Unattached	DNF	

US Junior Men's 20km

1.	A.J. Gruttaduaro	Shore A.C.	1:55:06	
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International 50km

1.	Claudio Paulino Villanueva Flores	Ecuador	4:02:14	Olympic Qualifier
2.	Dave Talcott	Shore A.C.	4:49:08	1st USA
	Xavier Moreno	CruzEcuador	DQ	

Men's International 20km

1.	Mauricio Arteaga	Ecuador	1:22:37	Olympic Qualifier
2.	Bryan Daniel Pintado Alvarez	Ecuador	1:23:35	Olympic Qualifier
3.	Jordy Rafael Jiminez Arrobo	Ecuador	1:24:26	
4.	Rolando Saquipay	Ecuador	1:25:43	
5.	Jesu's Luna Rubio	Mexico	1:25:52	
6.	Jonathan Wilfrido Caceres Cabrera	Ecuador	1:28:34	
7.	David Velasquez Caiza	Ecuador	1:29:52	
8.	Lui's Jose Solis Rosales	Mexico	1:31:27	
9.	Allan Segura	Costa Rica	1:32:29	
10.	Pablo Rosario Santos	Puerto Rico	1:35:05	
11.	Jonathan Hallman	USA	1:36:12	1st USA
12.	Paul Demeester	USA	2:11:48	2nd USA
	Israel Aymar Celi	Ecuador	NT	

Women's International 20km

1.	Cisiane Lopes	Brazil	1:34:21	Olympic Qualifier
2.	Magaly Beatriz Bonilla	Ecuador	1:35:08	
3.	Maritza Jeaneth Guama'n Maza	Ecuador	1:36:02	
4.	Erin Gray	USA	1:40:34	1st USA, Olympic Trials Qualifier
5.	Yadira Guama'n	Ecuador	1:45:21	
6.	Karla Johanna Jaramillo Navarette	Ecuador	1:45:36	
7.	Liliane Barbarosa	Brazi	1:46:35	
8.	Melissa Moeller	USA	1:47:22	2nd USA, Olympic Trials Qualifier
9.	Katherine Neuhoff	USA	1:57:06	3rd USA
10.	Irmayr Col'o'n Martinez	Puerto Rico	2:00:21	
	Elianey Santana da Silva Perei Barbosa	Brazil	DNF	
	Chelsea Conway	USA	DNF	

Men's 10km

1.	Andre's Chocho	Ecuador	41:15	
2.	Jose' Melendez Cintro'n	Puerto Rico	42:27	National Record
3.	Xavier Mena	Ecuador	44:09	
4.	Wilfredo Sotomayor	Puerto Rico	50:04	

Women's 10km

1.	Erica Sena	Brazil	46:26	
2.	Eugenia Gandoy	Spain	57:00	
3.	Melissa Endy	Westfield Area Y Flyers	1:00:20	
4.	Georgenette Sotomayor	Puerto Rico	1:02:20	
5.	Danika Guenard	Canada	1:02:53	
	Amy Petrocelli	Walk USA	NT	

AROUND THE TRAPS

- Congratulations to Japanese walks coach **Satoshi Yanagisawa** and his wife on the arrival of their first child, daughter Maino, born on Saturday 24th October and weighing in with a healthy 3.096kg. Satoshi was a member of VRWC when he was in Australia coaching at the AIS with head walks coach Brent Vallance in 2011/2012.
- A nice interview with 2013 IAAF World 50km champion Robert Heffernan - <http://spikes.iaaf.org/post/robert-heffernans-words-of-wisdom>

- A great youtube video which features the 1956 Olympic 50km and Norm Reid who won it in NZ colours. See <https://www.facebook.com/nzolympicteam/videos/10153038980735213/?fref=nf>
- Congratulations to former ACT walker **Harry Bates**, along with driving partner John McCarthy, who took second in the 4WD division of the Scouts Rally in South Australia last weekend. Driving a Super 2000 Toyota Corolla in a series of 3 races in the hills outside Adelaide, they finished only 11 points behind the experienced team of Marcus and Scott Welkam. Having burst onto the season at the National Capital Rally earlier this year, where he claimed third outright on only his third ever rally, Harry continues to follow in the footsteps of his illustrious car racing father Neal Bates. Nice pre-event article at <http://us7.campaign-archive1.com/?u=e857ee4a79c24973e56d0bd69&id=175c593140>. Results at http://www.rallyresults.com.au/arc/2015/SA/Final_4WD.pdf
- USA Centurion walker **Rob Robertson** was in action last weekend, walking in the 12 Hour event at the *24 The Hard Way* race in Bluff Creek Park, Oklahoma City, OK. For the record he completed an excellent 58 miles. What was even more exciting was to hear that USA Centurion walker **Ivo Majetic** walked in the 24 Hour division, finishing with a distance of 108 miles. It was his first race in some 15 years and came on top of only 2 1/2 months training. Both excellent efforts. More info at event website <http://friendsofmultisport.com/event/24-the-hard-way>.
- And talking of longer walks, VRWC ultra specialist **Michelle Thompson** walked the 100km Ned Kelly Chase in Wangaratta last weekend, finishing in hot conditions in the excellent time of **12:24.14**. VRWC member **John Kilmartin** was also in action but stopped after 50km covered in 6:29:08.
- New Zealand walker **Jared Free** continues his great form. In June, he won the NZ Open 15km roadwalk with 1:11:34. In July, he walked a 10km PB of 47:25 in the Harry Kerr Centennial Relay. In Sept, he improved his 10km PB to 47:29 in the NA Road Championships. Two weeks ago, he walked the Waitakere Half Marathon in a time of 1:43:54. Then last Saturday, he had his first race of the summer season at an Athletics Auckland meet at Mt Smart Stadium, recording a 27 second PB of **12:43.57** in the 3000m walk.



Jared Free in action in Auckland last Sunday

MARCIADALMONDO AND OMARCHADOR ROUNDUP

Marcialmondo saw 3 press releases this week

- Results of Japanese 50km Championship meet. http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2250
- Results of the 10,000m walks in the inaugural Chinese Youth Games, held last weekend in Fuzhou http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2249
- Tues 20 Oct – Training for junior racewalkers by David Smith Part 6 http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2248

The omarchador blog was also active with 8 news releases

- Mon 26 Oct – results of Portuguese waks festival in Loures
<http://omarchador.blogspot.pt/2015/10/marcha-arranca-epoca-em-loures.html>
- Sun 25 Oct - Results of Memorial Róbert Marcz meet in Pecs, Hungary, last weekend
<http://omarchador.blogspot.com.au/2015/10/venyercsan-sub-20-evidencia-se-nos-20.html>
- Sat 24 Oct - Portuguese walker Pedro Isidro to be honoured locally
<http://omarchador.blogspot.com.au/2015/10/pedro-isidro-vai-ser-homenageado.html>
- Fri 23 Oct - Portuguese walkers to race this weekend in Légua de Marcha Atlética de Santo António dos Cavaleiros
<http://omarchador.blogspot.com.au/2015/10/legua-de-marcha-de-santo-antonio-dos.html>
- Tue 22 Oct – Results of the South Korean National Roadwalk Championships
<http://omarchador.blogspot.com.au/2015/10/96-festival-nacional-da-coreia-do-sul.html>
- Tue 22 Oct – Japanese Roadwalk champs to be held this weekend in Takahata
<http://omarchador.blogspot.com.au/2015/10/54os-campeonatos-do-japao-em-takahata.html>
- Wed 21 Oct – Italian Youth Championships in Grottammare
<http://omarchador.blogspot.com.au/2015/10/grottammare-da-titulos-italianos-de.html>
- Tues 20 Oct - Andriy Greczkovskiy wins Ukrainian 50 km in Ivano-Frankivsk
<http://omarchador.blogspot.com.au/2015/10/andriy-greczkovskiy-sub-23-vence-50-km.html>

FOCUS ON MATEJ TOTH

The Slovakian Federation website <http://atletikasvk.sk/> gives us some insight into how 2015 IAAF 50km world champion will prepare for next year's Olympics. Salient points as follows

- 3 two week blocks in the hypoxic chamber in home base Banska Bystrica - 1 each in November, December and January
- 11 days training in warmer conditions on Canary island in mid January
- Slovak indoor championships at the end of January
- Altitude training in South Africa for the whole of February
- Four 20km races targetted - Lugano, Dudince, Podebrady and either China or La Coruna
- 2 weeks high altitude training in High Tatras in June, going from there to Livogno in Italy, sleeping at 2200m and training 350m lower
- Fly to Brasil approx 2 weeks before the 50km race to a training camp in Juiz de Fora, 180km from Rio
- Enter the Olympic Village 2-3 days before he is due to race

ATHLETICS AUSTRALIA JUDGING SEMINAR, MELBOURNE, SATURDAY 12 DECEMBER

Athletics Australia will hold a walk judge seminar on the Saturday prior to the 2015 Australian 50km Race Walking Championships in Melbourne. Details as follows:

- Date: Saturday 12th December (9:30AM start)
- Venue: Blackman Art Series Hotel, 452 St Kilda Rd, Melbourne 3000
- Expressions of interest close: 25th November (no late forms will be accepted)

I have uploaded the flyer to <http://www.vrwc.org.au/documents/2015%20AA%20Walk%20Seminar%20Form.pdf>. Check this link out for more info or if you wish to register.

And talking of A.A. Walk Judge Training, they are gradually putting education courses online. Check this one out for L2 Walks Judging: <http://athletics.com.au/Portals/56/Competition/Officials/education/AAOES%20Level%202-Walks.pdf>

PARENT CHILD COMBINATIONS IN AUSTRALIAN RACEWALKING

This week I continue my exploration of the four parent/child combinations who have won the same or similar Australian racewalk championships

- **Bert Gardiner** (Aust 7 Miles) and **Bob Gardiner** (Aust 2 Miles, 3000m, 20km and 50km)
- **Tim Erickson** (Aust 50km) and **Chris Erickson** (Aust 20km and Aust 50km)
- **Dave Smith** (Aust 3000m, 5000m and 20km) and **Dane Bird-Smith** (Aust 10,000m and 20km)
- **Jenni Jones-Billington** (Aust 10km) and **Tayla-Paige Billington** (Aust Junior 10km and 10,000m)

So far, I have published short articles on Bert and Bob Gardiner, Jenni Jones-Billington and Tayla-Paige Billington. I'm going on hold this week as I have run out of time. I will continue next week.

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 Dec 13, 2015 Australian 50km Championship, Fawkner Park, VIC
 Sun Feb 21, 2016 Australian Summer 20km Championships, Adelaide, SA
 Apr 16-19, 2016 Australian Masters T&F Championships, Adelaide, SA

2015 International Key Dates

Dec 12-13, 2015 MKH Kajang 12 Hour International Walk, Kajang, Malaysia. See www.themarathonshop.com.my

2016 International Key Dates

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

Mar 18-25, 2017 World Masters Athletics Indoor Championships, Daegu South Korea
 April 21-30, 2017 World Masters Games 2017, Auckland, NZ. See www.worldmastersgames2017.co.nz
 July 12-16, 2017 10th World Youth T&F Championships, Nairobi, Kenya
 August 5-13, 2017 16th IAAF World Championships in Athletics, London, UK
 August 19-30, 2017 29th Summer Universiade, Taipei, Taiwan
 Apr 4-15, 2018 XXI Commonwealth Games, Gold Coast, QLD (racewalks on the program). See <http://www.gc2018.com>
 May 2018 28th IAAF World Race Walking Team Championships, Cheboksary, Russia
 July 2018 16th World Junior T&F Championships, ?
 TBA, 2018 22nd World Masters Athletics T&F Championships, Malaga, Spain
 2019 17th IAAF World Championships in Athletics, Doha, Qatar
 July 2019 11th World Youth T&F Championships, ?
 July 2019 30th Summer Universiade, Brasilia, Brazil
 July 2020 32nd Olympic Games, Tokyo
 Aug 2021 18th IAAF World Championships in Athletics, Eugene, USA
 July 18-30, 2022 XXII Commonwealth Games, Durban, South Africa

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