



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2015/2016 Number 33
17 May 2016



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WALKER OF THE WEEK

My Walker of the Week this time around goes to 13 year old Melbourne walker **Corey Dickson** who finished 4th in the Victorian Open 15km Roadwalk Championship at Middle Park on Sunday morning in a time of 1:24:33. This was Corey's first attempt over such a long distance and it set inaugural U14 and U15 club records and even broke the U16 club record. Now that is impressive.

Corey already holds the U13/U14 10km club records (53:56) as well as a whole swag of other ones. How about these ones – U10 2km in 10:02 and U13 2km in 9:12. He is one talented young walker!



Corey in action on Sunday morning at Middle Park

IAAF RACE WALKING WORLD TEAMS CHAMPIONSHIPS, ROME, MAY 7-8, 2016

A few final bits and pieces to finish off last week's report from the IAAF World Race Walking Teams Championships. Firstly, the teams rankings are in and Australia finished 5th in the World overall from a teams perspective behind China, Italy, Mexico and Spain – see the full listing at <http://www.iaaf.org/competitions/iaaf-world-race-walking-team-championships/iaaf-world-race-walking-team-championships-5658/placingtable> . Here are the first 10 countries by rankings.

RANK	COUNTRY	GOLD	SILVER	BRONZE	FOURTH	FIFTH	SIXTH	SEVENTH	EIGHTH	POINTS
1	CHINA	7	2	1	1	0	2	0	1	88
2	ITALY	2	0	0	3	2	1	0	1	43
3	MEXICO	1	2	2	0	1	1	0	0	41
4	SPAIN	0	1	2	0	1	3	0	0	32
5	AUSTRALIA	0	2	1	1	0	0	1	0	27
6	UKRAINE	0	1	1	0	1	0	2	0	21
7	ECUADOR	0	0	1	1	0	1	1	1	17
8	PERU	0	1	0	0	1	1	1	0	16

9	CANADA	0	1	0	0	1	0	1	0	13
10	COLOMBIA	0	0	1	0	1	0	1	0	12

And check out the IAAF World Race Walking Teams Championships Facts and Figures handbook for a complete history of this World Championship event. See <http://media.aws.iaaf.org/competitioninfo/a8122872-03aa-4647-9a6f-951efdda6c6d.pdf>.

And finally Emmanuel Tardi's photos: <https://plus.google.com/u/0/photos/114298325582846831610/albums/6281666112189181521>.

WHAT'S COMING UP

- Our next **VRWC winter season races** will be held at our Middle Park headquarters in Melbourne next Saturday afternoon. All VRWC events can be entered on the day or more preferably via our online system at <http://vrwc.org.au/wp1/race-entries-2/>. By entering during the week, you avoid queueing in a potentially long line on race day as you are already in the system and all you then need to do is pay your \$5 and confirm your attendance.

Saturday 21st May 2016, Middle Park			
VRWC EVENTS: Entries close for all events at 1.45pm sharp.			
2.15pm	12km	Points Race	Open
2.15pm	10km	Points Race	Open
2.15pm	5km	Points Race	Open
2.30pm	3km	Points Race	Open
2.30pm	1.5km	Points Race	Open

- A reminder that **entries close this Sunday 22nd May for the 50th Lake Burley Griffin Racewalk Carnival, to be held in Canberra on Sunday 12th June.** You can download the entry form from <http://www.actwalkers.com.au/wp-content/uploads/2016/04/2016-Entry-Form.doc>. Once you have filled it in, you send it to your racewalking club secretary, along with your entry fee. For Victorians, that means the following:
 - VRWC members can hand in their forms and pay on Saturday at Middle Park or can post their forms to our club secretary Terry Swan, c/o G.P.O. Box 5192, Melbourne, Victoria, 3001. Payment can to be made by cheque or cash or by direct credit to our VRWC CBA Account. Mark 'LBG' and your name in the Reference field for online payments.
Name: Victorian Racewalking Club
BSB: 063143
Acct Num: 00800455
 - Ballarat Walkers Club members direct their entries to club secretary Kerrie Peart
 - Bendigo Walkers Club members direct their entries to club President Paul Rance

See all the latest LBG info at <http://www.actwalkers.com.au/lbg-racewalking-carnival/>.

- The next big international racewalk meet will be held this Sunday in Naumburg in Germany and there are some Aussies in action – **Nathan Brill** and **Jared Tallent** are in the 20km as are **Zoe Hunt** and **Claire Tallent**. Good luck everyone. See further details, including full entry lists, at <http://www.racewalking-naumburg.de/6.html>.

2016 OCEANIA MELANESIAN REGIONAL CHAMPIONSHIPS, SUVA, FIJI

Athletics Australia is now calling for nominations for the **2016 Oceania Melanesian Regional Championships** which will be held in Suva, Fiji from the 7-9 July, 2016. Key dates are as follows

Wednesday 11 May:	Nominations Open
Sunday 22 May:	Team Nominations Close
Tuesday 24 May:	Team Selected
Thursday 7 July:	Competition Day One

The walk events on offer are

U18	5000m track walk and 10000m track walk
Open	5000m track walk and 10000m track walk

Further information, along with a selection policy, are available at <http://www.qldathletics.org.au/Teams/2016-Oceania-Melanesian-Regional-Championships-Suva-Fiji>.

VRWC AND AV CHAMPIONSHIPS, MIDDLE PARK, SUNDAY 15 MAY

Perfect conditions greeted the walkers on Sunday for the latest round of VRWC competition at Middle Park. Apart from our own races, the club also hosted the Victorian 15km roadwalk championships. Unfortunately, being only 1 week after the World Teams Championships in Rome, a number of our top walkers were absent but we did have a quorum in each event. Congratulations to our new Victorian champions **Megan Szirom** and **Adam Garganis**. For Adam, who only arrived back from Rome a couple of days ago, it was a tough ask and he was quite exhausted at the end. Special mentions to **Pramesh Prasad** who took silver in the men's event in his first season with us and to **Corey Dickson** who came 4th with a time of 1:24:28, and he's still only 13 years old!

Victorian 15 km Championship Women

1.	Megan Szirom	FKN	1:19:46
2.	Sarah Brennan	BYC	1:25:22
3.	Heather Carr	GHY	1:34:12
4.	Donna Elms	PTN	1:35:54
5.	Sandra Geisler	RWD	DNF

Victorian 15 km Championship Men

1.	Adam Garganis	COL	1:17:55
2.	Pramesh Prasad	VMA	1:23:34
3.	Simon Evans	BOH	1:23:50
4.	Corey Dickson	KNA	1:24:33
5.	Aaron McDonough	PTN	1:25:13
	Kyle Swan	ANW	DNF

We also hosted our first VRWC club championships for the winter with Megan and Adam taking golds there as well. Special mention to **Donna Elms** who continued her recent great form with another big PB.

VRWC Women 15km Walk Club Championship - Elsie Jacobson Trophy

1.	Megan Szirom	1:19:46	
2.	Sarah Brennan	1:25:22	
3.	Pam Tindal	1:30:23	
4.	Wendy Muldoon	1:33:02	
5.	Heather Carr	1:34:12	
6.	Donna Elms	1:35:54	PB 4:30
7.	Carolyn Rosenbrock	1:39:11	
8.	Sandra Howorth	1:57:44	
	Sandra Geisler	DNF	

VRWC U20 Men 15km Club Championship

1.	Adam Garganis	1:17:55	
2.	Corey Dickson	1:24:28	First one



Adam Garganis, Pramesh Prasad, Simon Evans and Corey Dickson



Megan Szirom, Sarah Brennan and Heather Carr

Apart from the above championships, we scheduled our normal range of events, with good fields across the board. Lots of walkers upped their distances for the day – always good to see – and we have lots of PBs, as shown below. Special mentions to **Rebecca Henderson, Kathleen O'Mahony, Hayden Walmsley, Charlotte Hay, Jasmin Hass, Holly Cocking, Kaylah Heikkila-Dubowik, Heath Beveridge, Angus Hay, Kirsty McInnes, Glenyse Brain and Sue Wood**

VRWC Open Men 15km

1.	Adam Garganis	1:17:55	
2.	Pramesh Prasad	1:23:34	First one
3.	Simon Evans	1:23:50	
4.	Corey Dickson	1:24:33	
5.	Aaron McDonough	1:25:13	
6.	David Smyth	1:29:59	
7.	Gerard Feain	1:32:43	
	Kyle Swan	DNF	
	Reese Walmsley	DNF	
	James Christmass	DNF	

VRWC 10km Walk

1.	Simone McInnes	51:21	
2.	Rebecca Henderson	52:58	PB 0:46
3.	Emily Hamilton	58:47	
4.	Kathleen O'Mahony	1:05:14	First one
5.	Robyn Shaw	1:10:31	
6.	Margaret Beaumont	1:33:01	
1.	Hayden Walmsley	53:43	PB 7:03
2.	Andrew Jamieson	57:40	
3.	Duncan Knox	1:06:43	
4.	Ian Beaumont *	1:28:24	
	Russ Dickenson	DNF	

VRWC 5km Walk

1.	Charlotte Hay	29:15	PB 0:28
2.	Jasmin Hass	29:40	PB 1:30
3.	Cassandra Knight	29:53	
4.	Gwen Steed	35:33	
1.	Ralph Bennett	29:50	
2.	David Armstrong	30:39	

VRWC 3km Walk

1.	Zahra Hayes	14:36	
2.	Natalie Laurie	16:10	
3.	Holly Cocking	17:56	PB 0:34
4.	Gemma Lillie	19:47	
5.	Kaylah Heikkila-Dubowik	20:13	First one
1.	Heath Beveridge	18:18	PB 0:12
2.	Angus Hay	19:21	PB 0:29
3.	Geoff Barrow	23:20	

VRWC 1.5km Walk

1.	Kirsty McInnes	10:54	First time walker
2.	Elise Carbury	11:01	
3.	Glenyse Brain *	12:28	First one
4.	Sue Wood *	12:34	First one
5.	Pam Mews	16:31	
1.	Hamish Blackwood	8:43	

Thanks as usual to the many people who keep the show on the road every week. Apologies if I missed anyone. You are all most appreciated.

Signin/Setup: Ralph Bennett, Damien Elms, Michael Bodey, Mark O'Mahony, Stuart Cooper, Peter Vysma
Lapscoreing: Tim Erickson, Ian Laurie, Natalie Laurie, Russ Dickenson, Simon Baker
Judges: Brenda Felton (chief), Kathleen Marsh, Peter Vysma, Gordon Loughnan, Stuart Cooper, Josh Savage
 Shane Dickson,, Ebony Whiley, Michael Bodey (DQ board), Terry Swan (bike)
Race Bike: Jim Leppik
Canteen: Wendy Cooper
Photos: Terry Swan – see <http://www.vrwc.org.au/coppermine/thumbnails.php?album=71>.

BENDIGO WALKERS CLUB ROADWALKS, ROSALIND PARK, WEDNESDAY 11 MAY

Thanks to Paul Rance for his weekly report from Bendigo. Paul reported:

The 1.6km saw Amber Fox win her 3rd race in succession as she held off her older brother Oscar to secure a strong victory, while the consistent Sheridan Commons was close in 3rd place as she walked a personal best as did Amber Fox and Caitlyn Tozer. John Carter scored his first win of the Year in the 4.8km as he raced to a comfortable victory, with Ebony Whiley producing her best performance of the Season to take 2nd, with Annette Curtis 3rd with a personal best just in front of Jennie Payne. Peter Curtis also walked a personal best and broke his age group Club record. Other Club records were secured by Ebony Whiley, Zahra Hayes and Bill Lotherington.

4.8km Walk Handicap

1.	John Carter	34.45
2.	Ebony Whiley	27.03
3.	Annette Curtis	35.19
4.	Jennie Payne	29.39
5.	Bill Lotherington	34.07
6.	Norm West	39.35
7.	Zahra Hayes	24.24
8.	Barb Bryant	27.52
9.	Peter Curtis	28.06
10.	Madison Hill	28.46

1.6km Walk Handicap

1.	Amber Fox	12.27
2.	Oscar Fox	10.55
3.	Sheridan Commons	10.56
4.	Caitlyn Tozer	12.54

ACT WALKERS CLUB ROADWALKS, BLACK MOUNTAIN PENINSULA, CANBERRA, SATURDAY 14 MAY

Thanks to Robin Whyte for the latest results from Canberra.

17km Walk

1.	Ally Durr	1:34:08
2.	Callum Burns	1:47:25
3.	Robin Whyte	1:53:52
4.	Greg Durr	1:59:51
5.	Bryan Thomas	2:05:09
6.	Derek Robinson	2:06:16

3km Walk

1.	Katie Alley	17:57
2.	Hannah Manning	18:38
3.	Ellen Vahey	19:29
4.	Charlie Durr	20:07
5.	Robyn Saunders	22:31
6.	Cilla Chapman	26:40

7.	Bob Parker	2:11:15
8.	Geoff Barker	2:17:57
9.	Phil Essam	2:52:40
10.	Val Chesterton	2:52:41

7.	Bob Chapman	30:26
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5km Walk

1.	Mitchell Baker	26:52
2.	Spencer Burns	30:13
3.	Mick Saunders	34:03
4.	Rosemary Parker	37:23
5.	Marilyn Banfield	37:33
6.	Jack Thackray	45:34
7.	Belinda Essam	47:48
8.	Raine Thompson	47:49

1km Walk

1.	Sidney Shaw	06:08
2.	Harry Baker	07:00
3.	Ella Baker	07:12
4.	Anna Vahey	07:55

SARWC ROAD WALKS, PEACOCK RD, STH PARKLANDS, ADELAIDE, SATURDAY 14 MAY

SARWC returned to their usual venue of Peacock Road in the South Adelaide Parklands on Saturday for more club races.

3km Walk

1.	Jay Goode	MU18	15:32
2.	Chloe Upton	FU16	17:22
3.	Victoria Upton	FU14	17:28
4.	Cherie Rothery	F35+	18:56
5.	Mathew Bruniges	MU16	19:06
6.	Adrian Upton	MU14	20:14
7.	Aleesha Vidler	FU14	21:53

15km Walk

1.	Peter Crump	M35+	1:29:52
2.	Royrie Upton	MOpen	1:33:59
3.	John Leydon	M35+	1:36:36
4.	Gloria Holliday	F35+	1:38:38
5.	Bill Starr	M35+	1:50:12

2km Walk

1.	Kitarni Upton	FU12	11:33
2.	Seth Upton	MU12	11:40
3.	Talisha Skein	FU14	12:48
4.	Paige Psaila	FU14	12:48
5.	Ayeisha Wallace	FU16	13:04
6.	Maddy Wallace	FU14	13:26
7.	Kerry Goode	F35+	13:43

8km Walk

1.	Samantha Findlay	FU20	47:35
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5km Walk

1.	Jake Vidler	MU18	25:07
2.	Rhiannon Lovegrove	FU18	26:11
3.	Bethany Cross	FU18	27:23
4.	Louisa Mitchell	F35+	30:36

SAMA ROAD WALKS, PEACOCK RD, STH PARKLANDS, ADELAIDE, SATURDAY 14 MAY

Thanks to Colin Hainsworth for the latest results from the South Australian Masters who were also at Peacock Rd in Adelaide on Saturday. Colin commented: Warm, mainly sunny arvo. Good walking weather.

10km Walk

1.	Marie Maxted	1:07:21	W56	73.34%
2.	Kevin Finn	1:08:25	M64	70.15%
3.	Gil McIntosh	1:12:51	M65	66.61%
4.	Graham Harrison	1:14:09	M72	71.21%
5.	Rodger Barber	1:16:27	M78	75.23%
6.	Raelene Schild	1:19:49	W51	58.69%
7.	Colin Hainsworth	1:24:31	M86	78.12%

6km Walk

1.	Jack Russell	39:11	M64	72.24%
2.	Roger Lowe	49:53	M73	63.19%
3.	Margaret McIntosh	50:58	W63	61.14%
4.	Edna Bates	53:45	W63	57.98%
5.	Fleur Woodhouse	56:05	W38	43.83%

4km Walk

1.	Jill Rogers	35:14	W71	63.90%
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WARWC ROAD WALKS, WILSON, PERTH, SUNDAY 15 MAY

Thanks to Mike Reid for the latest results from the Western Australian Race Walking Club in Perth.

5km Walk

1.	Emily Pivac	28.32
2.	Holly Hughes	32.08
3.	Amy Holland	32.36
4.	Tom Lenane	32.51
5.	Robyn Hughes	39.27
6.	Sylvia Byers	40.12

2km Walk

1.	Amber Richards	13.38
2.	Myka Richards	15.42

QRWC ROAD WALKS, LOGAN RIVER PARKLAND, BRISBANE, SUNDAY 15 MAY

The action was in the 10km walk in Brisbane on Sunday with great PBs to Jamie McCutcheon (47:59) and Erika Woodward (57:45).

10km Walk

1.	Jamie McCutcheon	47.59	PB 0:35
2.	Peter Bennett	52.26	
3.	Katya Martin	55.33	
4.	Erika Woodward	57.45	PB 0:28
5.	Paul Lindenberg	64.45	
6.	Kay Shaw	66.41	
7.	Patrick Sela	74.37	
8.	Noela McKinven	82.38	

2km Walk

1.	Anika Clarke	11.36
2.	Scarlett Schofield	12.47
3.	Korey Brady	15.48
4.	Sharyn Wearne	17.37

1km Walk

1.	Lyla Williams	5.55
2.	Ella Muir	6.13
3.	Makenna Clarke	7.48
4.	Luke Heylen	7.49
5.	Charlotte Brady	9.13
6.	Liam Heylen	9.32

5km Walk

1.	Jamison Stovin	25.21
2.	Callum Haig	32.37
3.	Bridie Mulcaster	33.46
4.	Isabella Schofield	35.49
5.	Debbie Lindenberg	35.49

3km Walk

1.	Nelson McCutcheon	15.19
2.	Amelia Schofield	16.20
3.	Jonathan Wearne	17.15
4.	Jade Pearson	18.21
5.	Kirra Stonehouse	24.07

CONTINENTAL CENTURIONS 24 HOUR WALK, SCHIEDAM, NEDERLANDS, 14-15 MAY

The Continental Centurions are one of 6 Centurion organizations who recognize walkers who can complete 100 miles (160.938km) within 24 Hours in an organized walking competition. See <http://www.centurions.org.au/centworl.shtml> for more details.

The Continental Centurions hold one qualifying event each year. It is always in the Netherlands and it swaps between the cities of Schiedam and Weert. This year it was Schiedam's turn as it held its "Walking Weekend" in and around the Beatrix Park. As usual, it was a world wide affair with some 200 walkers from Holland, England, the Isle of Man, Belgium, Spain, Australia, New Zealand, South Africa, France and Denmark contesting standards from 50km right up to 24 Hours. The weather was poor with biting, cold winds and intermittent rain so many of the photos show the walkers rugged up in multiple layers. But it takes more than that to stop an ultra distance walker and the results were absolutely fantastic. And check out Frans Leijtens' fantastic photos at <http://myalbum.com/album/THaD3JMbmYry>. Highlights were many. Some of the main ones are listed

- 33 walkers reached the 100 mile mark, including 23 inaugural Continental Centurions (C428-CC450).
- Local Victorian walkers **Sharon and Justin Scholz** competed together as usual, passing the 100 mile mark in 21:45:13 to become CC436 and CC437. This is their fourth centurion badge each (they are also Australian, NZ and USA centurions). They are also top ultra runners. Talk about a talented couple.

- Another local Victorian (and he's a VRWC member as well!) **John Kilmartin** also finished the hundred to become CC440 with a 100 mile time of 23:05:24. This is John's third badge – he is also an Australian and English centurion.
- NZ walker **Richard McChesney** broke the NZ 100 miles record with a time of 20:58:27 (CC432) and went on to complete 183.587km in the full 24 Hours for another NZ record.
- The amazing English walker **Sandra Brown** (now 67 years of age) completed the 100 miles in a time of 21:07:28, but for once she did not win the women's section, coming second to Isle of Man walker **Janette Morgan** who recorded 20:36:56 to become CC431. For Sandra, it was her 171st 100 mile+ performance and her third 24 Hour finish so far this year. It was also her 13th Continental Centurion finish. What an amazing record.
- Isle of Man walkers also filled the first 3 positions in the men's event, with **Vinny Lynch** (CC428 18:48:36), **Michael Bonney** (C429 19:52:45) and **Robbie Callister** (CC 430 20:16:10) all becoming first time Continental Centurions.
- 80-year **Bauke te Nijenhuis** shattered the M80 50km world record of 6:56:37, his time of 6:41:31 taking some 15 mins off the standard.

And now onto the finer details:

24 Hour Walk

1.	Richard McChesney	Hutt Vally	68	183.587 km	24.05.18
2.	Frank van der Gulik	LAT	77	181.605 km	24.01.41
3.	Sandra Brown (W)	Surrey WC	49	177.669 km	24.06.16
4.	Gino Masto	WT Beveren	63	168.806 km	24.04.39
5.	Adrie Zoon	RWV	55	165.861 km	24.07.36
6.	Sharon Scholz (W)	AUS	76	164.870 km	22.25.50
7.	Vinny Lynch	IoMVAC	61	160.934 km	18.48.36
8.	Michael Bonney		61	160.934 km	19.52.45
9.	Robbie Callister	IOM Vets	55	160.934 km	20.16.10
10.	Jantinus Meints	RWV	58	160.934 km	20.28.12
11.	Janette Morgan (W)	IOMVAC	62	160.934 km	20.36.56
12.	Remy van den Brand	OLAT	75	160.934 km	21.15.01
13.	Wilma Driessen (W)	WS'78	66	160.934 km	21.18.46
14.	Luc Van de Velde	Wetteren	63	160.934 km	21.40.58
15.	David Vandercoilden	CM Roubaix	69	160.934 km	21.42.18
16.	Jacques Till	WACO	61	160.934 km	21.42.58
17.	Justin Scholz	AUS	74	160.934 km	21.45.13
18.	Bernie Johnson		82	160.934 km	22.28.33
19.	Frans Leijts	RWV	76	160.934 km	22.37.38
20.	Werner Alberts	OMAC	70	160.934 km	22.50.50
21.	John Kilmartin	AUS	51	160.934 km	23.05.24
22.	Tony Mackintosh	IOM Vets	71	160.934 km	23.06.08
23.	Karen Lawrie (W)		73	160.934 km	23.06.08
24.	Peter Miller		74	160.934 km	23.08.27
25.	Adrie Ros		62	160.934 km	23.17.21
26.	Adrie Romijn	DAK	50	160.934 km	23.20.20
27.	Jos Van de Wyngaert	Witsoonest.	83	160.934 km	23.22.58
28.	Eric Geudens	WSV IVAS	57	160.934 km	23.23.18
29.	Sven Verbruggen		67	160.934 km	23.24.30
30.	Andrew Titley	Isle of Man	65	160.934 km	23.33.43
31.	Martin Vos	RWV	69	160.934 km	23.35.42
32.	Karen Marie Brogger (W)	Walking DK	72	160.934 km	23.39.25
33.	Dwight de Kluijver	KWBN	76	160.934 km	23.42.32
34.	Sarah Lightman (W)	Leicester	70	149.126 km	22.19.12
35.	Frans de Roo	Dortse Vier	57	149.126 km	23.44.58
36.	Hans Pranger	OLAT	43	141.254 km	24.01.39
37.	Gustaaf Salu	WSV IVAS	62	137.318 km	19.36.40
38.	Chris van Cauwenberghe	Florastap.	64	133.382 km	18.06.53
39.	Joop Keetman	LAT	44	133.382 km	24.02.58
40.	Hanny Klumpkens (W)	OLAT	49	132.419 km	24.01.51
41.	Marry Heuvelman-Goudriaan (W)	RWV	43	132.419 km	24.01.51
42.	Simon Cox	Isle of Man	48	129.446 km	20.00.10
43.	Wim van Cappelle	OLAT	55	125.510 km	18.26.51
44.	Sandra Irene de Graaff (W)	RWV/OLAT	67	125.510 km	24.01.08
45.	Bertus van Ginkel	RWV	61	125.510 km	24.01.08
46.	Victoria Barnes (W)	Surrey WC	86	122.565 km	24.06.16
47.	Rene Wakkee	RWV	65	121.574 km	20.48.17

48.	Iлона Klinkendon (W)	RWV	63	113.702 km	14.40.27
49.	Richard Boosten	WSV KM	61	113.702 km	15.51.16
50.	Gertrude Achterberg (W)	KNWB	70	113.702 km	16.25.55
51.	Con Bollmann	RWV	44	113.702 km	17.54.40
52.	Ernie Dorre	KWBN	47	109.766 km	15.45.54
53.	Jack Bertrums	RWV	63	109.766 km	15.50.55
54.	Jan Meijer	RWV	62	109.766 km	15.59.47
55.	Hein Sanders	RWV	64	109.766 km	16.22.29
56.	Appie Bos	FLAL/LAT	55	109.766 km	17.01.40
57.	Jannie Bos (W)	FLAL/LAT	55	109.766 km	17.02.13
58.	Jan Dinnissen	OLAT	55	109.766 km	17.41.42
59.	Christian Fernandez	--	--	109.766 km	18.18.34
60.	Kathy Crilley (W)	Surrey WC	47	108.803 km	24.03.35
61.	Arie Kandelaars	OLAT	64	107.812 km	24.03.06
62.	David Vos	OLAT	--	107.812 km	24.03.06
63.	Arie Klootwijk	RWV	45	105.830 km	14.55.57
64.	Marcel Simons		65	105.830 km	15.39.20
65.	Josef Glassee	Wikevorster	64	105.830 km	17.01.05
66.	Peter van den Brink	OLAT	64	105.830 km	17.55.39
67.	Carla Lukken (W)	RWV	68	105.830 km	22.49.55
68.	Anita de Roo-van Hoof (W)	Dortse Vier	60	105.830 km	22.51.55
69.	Jurgen Mol	wsv Mol	74	105.830 km	23.09.33
70.	Willy Vermeulen	RWV	48	101.894 km	18.24.31
71.	Dirk Donders	OLAT	79	101.894 km	19.39.26
72.	Tony Vazques Baluenga	LTUC	75	97.958 km	13.34.10
73.	Eddie de Leeuw	Eurodax BEL	69	90.086 km	12.51.55
74.	Suzannah Corkill (W)		72	86.150 km	12.27.38
75.	Lee Corkill		77	86.150 km	14.48.08
76.	Sailash Shah	Lancashire	64	86.150 km	14.52.31
77.	Boetje Huliselan	OLAT	55	82.214 km	10.20.48
78.	Ap van Gelderen	Pr. Marijke	59	78.278 km	10.43.30
79.	Daniel Lhoest	La Caracote	59	70.406 km	08.33.14
80.	Xabi Casillas Carcia	LTUC	74	70.406 km	09.39.17
81.	Gerda Stoevelaar-Engelkes (W)	LAT	55	66.470 km	09.30.35
82.	Paul Heskes	RWV	58	54.662 km	10.58.20
83.	Peter Asselman	AC Lebbecke	80	34.982 km	10.55.58

100 Miles Walk – Continental Centurion Qualifier (23 new CC badges awarded *)

1.	Vinny Lynch	IoMVAC	61	160.934 km	18.48.36	428 *
2.	Michael Bonney	IoM	61	160.934 km	19.52.45	429 *
3.	Robbie Callister	IOM Vets	55	160.934 km	20.16.10	430 *
4.	Jantinus Meints	RWV	58	160.934 km	20.28.12	388
5.	Janette Morgan (W)	IOMVAC	62	160.934 km	20.36.56	431 *
6.	Frank van der Gulik	LAT	77	160.934 km	20.46.52	343
7.	Richard McChesney	Hutt Vally	68	160.934 km	20.58.27	432 *
8.	Sandra Brown (W)	Surrey WC	49	160.934 km	21.08.28	131
9.	Remy van den Brand	OLAT	75	160.934 km	21.15.01	433 *
10.	Wilma Driessen (W)	WS'78	66	160.934 km	21.18.46	364
11.	Luc Van de Velde	Wetteren	63	160.934 km	21.40.58	434 *
12.	David Vandercoilden	CM Roubaix	69	160.934 km	21.42.18	435 *
13.	Jacques Till	WACO	61	160.934 km	21.42.58	427
14.	Sharon Scholz (W)	AUS	76	160.934 km	21.45.13	436 *
15.	Justin Scholz	AUS	74	160.934 km	21.45.13	437 *
16.	Bernie Johnson		82	160.934 km	22.28.33	438 *
17.	Frans Leijtens	RWV	76	160.934 km	22.37.38	256
18.	Gino Masto	WT Beveren	63	160.934 km	22.50.48	412
19.	Werner Alberts	OMAC	70	160.934 km	22.50.50	439 *
20.	John Kilmartin	AUS	51	160.934 km	23.05.24	440 *
21.	Tony Mackintosh	IOM Vets	71	160.934 km	23.06.08	441 *
22.	Karen Lawrie (W)		73	160.934 km	23.06.08	442 *
23.	Peter Miller		74	160.934 km	23.08.27	443 *
24.	Adrie Ros		62	160.934 km	23.17.21	416
25.	Adrie Romijn	DAK	50	160.934 km	23.20.20	444 *
26.	Adrie Zoon	RWV	55	160.934 km	23.22.09	305
27.	Jos Van de Wyngaert	Witsoonest.	83	160.934 km	23.22.58	445 *
28.	Eric Geudens	WSV IVAS	57	160.934 km	23.23.18	446 *
29.	Sven Verbruggen		67	160.934 km	23.24.30	447 *

30.	Andrew Titley	Isle of Man	65	160.934 km	23.33.43	333
31.	Martin Vos	RWV	69	160.934 km	23.35.42	448 *
32.	Karen Marie Brogger (W)	Walking DK	72	160.934 km	23.39.25	449 *
33.	Dwight de Kluijver	KWBN	76	160.934 km	23.42.32	450 *

100km Walk

1.	Caroline Mestdagh (W)	GAC	65	100.000 km	13.28.35	
2.	Jeanette van Boerdonk (W)	OLAT	67	100.000 km	15.40.24	

50 Miles Kennedyvriend (13 new Kennedyvriend badges awarded *)

1.	Steward Jones	Manx Harr.	71	80.467 km	09.47.18	434 *
2.	Gerard Heunks	RWV	--	80.467 km	09.48.18	325
3.	Willem Ruiter	WS'78	62	80.467 km	10.32.54	435 *
4.	Nico Gerpot	RWV	65	80.467 km	10.53.49	436 *
5.	Danny Velthuisen	KWBN	92	80.467 km	10.54.40	437 *
6.	Jajo Wit	LAT	51	80.467 km	10.59.21	383
7.	Peter Duijst	WS'78	79	80.467 km	11.07.36	438 *
8.	Corina Riezebos (W)	RWV	65	80.467 km	11.21.32	439 *
9.	David Gerrits		68	80.467 km	11.24.41	440 *
10.	Jeroen van den Bos		68	80.467 km	11.31.28	441 *
11.	Ronald Cuijlits	WS'78	65	80.467 km	11.36.02	336
12.	Larissa Droogendijk (W)	RWV	72	80.467 km	11.36.05	442 *
13.	Arjan Lukken	RWV	67	80.467 km	11.36.05	443 *
14.	Bunyamin Karasu	KWBN	70	80.467 km	11.47.00	444 *
15.	Cora Spruit (W)	WS'78	86	80.467 km	11.55.07	445 *
16.	Herwin Weststrate	LAAC Twente	84	80.467 km	11.55.12	382
17.	Evert de Graaff	KNBLO	55	80.467 km	11.55.12	446 *
18.	Aaf Peters-de Rijk (W)	SV de LAT	53	80.467 km	12.02.33	355
19.	Piet van der Kroft	RWV	44	80.467 km	12.18.15	261
20.	Rageni Goeptar-Sewnarain	WS'78	60	80.467 km	12.47.57	
21.	Denise Bras (W)	KWBN	77	80.467 km	13.01.20	
22.	Chris Lauwen		52	80.467 km	13.06.18	
23.	Wil Ubben	WVL Limburg	41	80.467 km	13.15.17	310
24.	Maarten Suidman	Gouden Kr.	65	80.467 km	14.12.03	358
25.	Jack Jaspers		70	80.467 km	14.21.29	
26.	Ludo van Wyngaert		61	80.467 km	14.34.39	376
27.	Martin van Schooten		66	80.467 km	15.28.46	

50km Walk

1.	Matthew Haddock	Manx Harrie	81	50.000 km	05.44.02	
2.	Anne van Andel (W)	DAK	90	50.000 km	05.55.07	Nederlands Record
3.	Patrick Demaerschalk	SMAC	55	50.000 km	06.09.30	
4.	Christophe Gontier	ACLO	76	50.000 km	06.19.01	
5.	Bas van Andel	DAK	54	50.000 km	06.21.43	
6.	Ilonka van Bemmelen-van der Bas	RWV	72	50.000 km	06.39.24	Nederlands Record
7.	Bauke ten Nijenhuis	RWV	35	50.000 km	06.41.31	M80 World Record
8.	Ron Kuipers	HPSV	83	50.000 km	06.56.06	
9.	David Hoben	Surrey WC	52	50.000 km	07.16.02	
10.	Dirkjan Langerak		52	50.000 km	07.30.44	
11.	Jac van Caulil		49	50.000 km	07.41.15	
12.	Lex Meeusen	WSV KLU	79	50.000 km	08.02.31	
13.	Enrico Vermeer	DST	70	50.000 km	08.18.16	
14.	Michael Klaasse		81	50.000 km	08.32.40	
15.	Joke Valk (W)		49	50.000 km	08.49.56	
16.	Frans Valk		--	50.000 km	08.49.56	
17.	Claire van Hekken (W)		75	50.000 km	09.01.50	
18.	Patricia Boosten (W)		--	50.000 km	09.01.50	
19.	Marco van Vliet		68	50.000 km	09.20.01	
20.	Joke Barendrecht (W)	Papendrecht	62	50.000 km	09.35.44	
21.	Wilco vd Goes		71	50.000 km	09.35.44	
22.	Medy Reumer (W)		70	50.000 km	09.35.44	

And now to some photos. Firstly, we had 9 Australian Centurions at the event – **Bertus van Ginkel** (BEL, C70), **Sandra de Graaff** (BEL, C69), **Gerrit de Jong** (NED, C40), **Caroline Mestdagh** (BEL, C56), **Justin Scholz** (AUS, C61), **Sharon Scholz** (AUS, C63), **Rudy Schoors** (BEL, C55), **Sandra Brown** (GBR, C36) and **John Kilmartin** (AUS, C67).



For the record, Sandra, Sharon, Justin and John all completed 100 miles, Caroline won the 100km walk, Bertus and Sandra who were fresh from the hundreds in Australia last month were content to stroll through to 125.510km, Rudy was looking after a whole bevy of Belgian walkers and Gerrit was hard at work as one of the administrators.



Sandra Brown, Justin and Sharon Scholz and John Kilmartin in action at Schiedam



Sharon, Justin and John celebrate as they pass the 100 mile mark and clock up another centurion badge

SLOVAKIAN ROUNDUP

Last weekend was a big one for walkers in the Slovak Republic, with high profile walks carnivals in Borsky Mikulas on Saturday and Hlohovec on Sunday. This is an annual double header fixture and is always well supported but this year the main drawcard was absent, with 2015 World 50km champion Matej Toth still out with his shin injury and currently on a training camp in the High Tatras (a mountain range along the border of northern Slovakia), along with Martin Tišťan. But with Olympians **Mária Gáliková**, **Anton Kucmín** and **Dušan Majdán** all racing, the fields still had plenty of quality.

47th Borsky Mikulas Walks Meet, Borsky Mikulas, Slovakia, Saturday 14 May

While the main feature was an elite 10km walk for men and women, this meet also included an international U20 competition as well as Masters and younger age group categories so there were lots of walkers from other European countries (especially in the Masters divisions). As expected, Gáliková won the women's 10km in a PB 45:01 and Kucmín won the men's 10km with 42:08 ahead of Dušan with 43:39. In other races Dominik Černý (Slovakia, 44:20) and Krasimirovová (Bulgaria 57:53) won the U20 10km while Lubomír Kubiš (Slovakia 24:03) and Ema Hacundová (Slovakia, 25:58) won the Youth category 5km. Full results at <http://atletikasvk.sk/Content/results/2016/5/VYS915.pdf>.

10km Women

1.	Gáliková Mária	1980	VŠC Dukla Banská Bystrica	SVK	45:01
2.	Czaková Mária	1988	VŠC Dukla Banská Bystrica	SVK	46:52
3.	Hornáková Monika	1995	VŠC Dukla Banská Bystrica	SVK	50:25
4.	Renic Ivana	1996	AK Agram Zagreb	CRO	53:25
5.	Golisová Jana	1992	VŠC Dukla Banská Bystrica	SVK	57:52

10km Men

1.	Kucmín Anton	1984	VŠC Dukla Banská Bystrica	SVK	42:08
2.	Majdán Dušan	1987	VŠC Dukla Banská Bystrica	SVK	43:39
3.	Úradník Miroslav	1996	VŠC Dukla Banská Bystrica	SVK	44:06
4.	Rízek Milan	1978	AŠK Skalica	SVK	44:54
5.	Medera Zdeno	1975	AK Spartak Dubnica nad Váhom	SVK	50:26
6.	Malík Ondrej	1961	AO SláviaTU Bratislava	SVK	57:03
	Morvay Michal	1996	AC Stavbár Nitra	SVK	DQ

19th Hlohovec Walks Meet, Hlohovec, Slovakia, Sunday 15 May

Favourites Anton Kucmín (20:41) and Maria Gáliková (42:06) made it double victories for the weekend, easily winning the centre-piece 5km walks in the 19th annual international walks meet in Hlohovec on Sunday. U20 walker Úradník Miroslav walked a PB of 21:05 to take third place in the men's division. Full results at <http://atletikasvk.sk/Content/results/2016/5/VYS905.pdf>.

5km Women

1.	Gáliková Mária	1980	VŠC Dukla Banská Bystrica	SVK	22:06
2.	Czaková Mária	1988	VŠC Dukla Banská Bystrica	SVK	22:45

3.	Hornáková Monika	1995	VŠC Dukla Banská Bystrica	SVK	23:56
4.	Golisová Jana	1992	VŠC Dukla Banská Bystrica	SVK	28:07

5km Men

1.	Kucmín Anton	1984	VŠC Dukla Banská Bystrica	SVK	20:41
2.	Majdán Dušan	1987	VŠC Dukla Banská Bystrica	SVK	20:51
3.	Úradník Miroslav	1996	VŠC Dukla Banská Bystrica	SVK	21:05
4.	Rízek Milan	1978	AŠK Skalica	SVK	21:53
5.	Medera Zdeno	1975	AK Spartak Dubnica nad Váhom	SVK	23:55

And talking of World 50km champions **Matej Toth**, he is interviewed on the Slovakian Athletics website <http://atletikasvk.sk/>. I can't give you a direct link but you will find it if you click on 'Articles' and start scrolling down. The interview is dated Thursday 12th May and he is still at an altitude camp in the Tatra mountains in northern Slovakia at that stage. He is back in training but not yet fully loaded and definitely not racing any time in the immediate future. He discusses his plans leading up to Rio.

17TH IBERO-AMERICAN GAMES, RÍO DE JANEIRO, BRAZIL, 14-16 MAY

The Ibero-American Championships in Athletics is a biennial athletics competition for athletes representing Ibero-American countries which means nearly all of Central and South America as well as a number of other Spanish-speaking or Portuguese-speaking countries in Africa, along with Portugal and Spain. This time around, it was held in Rio and Brazilian walkers Caio Bonfim and Erica Sena won the track walks.

20,000m Walk Men

1.	Caio Bonfim	BRA	91	1:26:40.7
2.	Juan Manuel Cano	ARG	87	1:27:27.7
3.	José Alessandro Bagio	BRA	81	1:28:02.1
	Moacir Zimmermann	BRA	83	DQ

10,000m Walk Women

1.	SENA Erica	BRA	85	45:01.32
2.	PEREZ Maria	ESP	96	45:31.83
3.	CARDOSO Daniela	POR	91	46:03.44
4.	BARBOSA Liliane	BRA	89	49:42.42

HUNGARIAN TEAM CHAMPIONSHIPS, HUNGARY, 14-15 MAY

The Hungarian Team Championships were held in the cities of Szekszard and Debrecen last weekend, with the men's 10,000m walks won by Tomasz Bagdany and Bence Venyercsan and the women's walks going to Viktoria Madarasz and Rita Rescei.

Men 10,000m Race Walk - Szekszárd

1.	Tomasz BAGDÁNY	HUN	95	42:59.07
2.	Sándor RÁCZ	HUN	86	45:05.48
3.	Donát BURGER	HUN	97	45:56.76
4.	Bálint SÁROSSI	HUN	00	47:20.55
5.	Zoltán CZUKOR	HUN	62	51:38.20
6.	Péter DANI	HUN	00	58:26.25
7.	András DANI	HUN	00	1:01:33.91

Women 10,000m Race Walk - Szekszárd

1.	Viktória MADARÁSZ	HUN	85	47:23.61
2.	Anna SÜDI	HUN	97	57:25.62
3.	Zsófia VÁSÁRHELYI	HUN	91	1:03:34.69
4.	Krisztina TAKÁCSNÉ BONDOR	HUN	79	1:03:51.00

Men 10,000m Race Walk - Debrecen

1.	Bence VENYERCSÁN	HUN	96	42:09.94
2.	Miklós SRP	HUN	93	43:43.97
3.	Soma KOVÁCS	HUN	97	44:20.06
4.	Dávid TOKODI	HUN	91	45:25.08
5.	László VENYERCSÁN	HUN	71	51:45.09
6.	József VARGA	HUN	75	56:54.48
7.	Szabolcs TRESCSIK	HUN	76	57:01.84
8.	István CSABA	HUN	59	57:50.39

Women 10,000m Race Walk - Debrecen

1.	Rita RÉCSEI	HUN	96	49:23.59
2.	Daphne DIMANOPULOSZ	HUN	99	51:37.88
3.	Eszter SZARKA	HUN	85	54:55.51
4.	Brigitta MATALIN	HUN	87	55:16.44
5.	Mariann VECSEY	HUN	88	1:02:25.27
6.	Boglárka KISS	HUN	91	1:05:11.93
7.	Emma SZILÁGYI	HUN	00	1:10:25.84

CZECH CLUB CHAMPIONSHIPS, PLZEN, CZECH REPUBLIC, SATURDAY 14 MAY

And Czech club championships as well with Lukas Gdula and Lucie Pelantova winning the walks.

Men 5000m Race Walk

1.	Lukas GDULA	CZE	91	20:48.87
2.	Pavel SCHROM	CZE	91	21:26.83
3.	Karel KETNER	CZE	90	21:43.00
4.	Vít HLAVÁČ	CZE	97	21:51.52

Women 5000m Race Walk

1.	Lucie PELANTOVÁ	CZE	86	22:01.76
2.	Hana HERBEROVÁ	CZE	81	24:48.23
3.	Veronika KUBENKOVA	CZE	98	25:54.52
4.	Lenka BOROVIČKOVÁ	CZE	73	26:56.20

SPANISH UNIVERSITY T&F CHAMPIONSHIPS, MURCIA, SPAIN, 14-15 MAY

And to Spain for the Spanish University T&F Championships in Murcia.

Men 10,000m Race Walk

1.	Miguel Angel LOPEZ	ESP	88	40:25.86
2.	Manuel BERMÚDEZ	ESP	97	43:01.20
3.	Mario VIÑAS	ESP	96	43:37.31
4.	Daniel CHAMOSA	ESP	97	44:35.51
5.	Nil RODES	ESP	96	45:50.42

Women 5000m Race Walk

1.	Raquel GONZALEZ	ESP	89	21:40.76
2.	Amanda CANO	ESP	94	23:45.23
3.	Andrea CABRE CARCELLER	ESP	88	24:12.50
4.	Maria del Pinar POLO ROMERO	ESP	93	25:25.04
5.	Angela RUIZ	ESP	97	25:50.66
6.	Marta TEJEDOR	ESP	97	26:15.35
7.	Laura SANCHIDRIAN	ESP	94	26:34.81
8.	Laura JIMENEZ ELIPE	ESP	91	26:38.00
9.	Sara AMMOUR	ESP	97	26:39.53
10.	Carla SANTA ELENA	ESP	96	26:48.52

WALKS TRACK MEET, SALA, SWEDEN, SATURDAY 14 MAY

Birger Falt reported that there were 26 starters in the track meet at Sala in Sweden last Saturday. Conditions were tough (very cold at 4C with wind and light rain towards the end, Ato Ibáñez won the men's 5000m walk with 19.43,3. Full results at http://www.gang.se/ImageVaultFiles/id_119117/cf_78/Resultat_Arostrampen_2016.PDF.

5000m Walk Men

1.	Ato Ibanez	Eskilstuna FIF	19.43,3
2.	Christer Svensson	Växjö AIS	24.20,5
3.	Fredrik Sandmer	SK Svängen	25.17,9
4.	Anders Wahlström	Södra Ölands GK	26.03,0
5.	Anders Borlund	Södra Ölands GK	29.07,5

OUT AND ABOUT

- Now I know nothing more about this so will just quote it as it reads in the Herald Sun, one of the two Melbourne daily newspapers. See <http://www.heraldsun.com.au/news/victoria/campaign-launched-to-have-aussie-olympic-hero-jared-tallent-awarded-gold-medal-at-mcg/news-story/6eae7a41ce6bd6bc8bb83ba5ea77fe93>. Trust Collingwood Football Club president Eddie McGuire to want to be a part of the show!

*A PUSH to have Aussie Olympic hero **Jared Tallent** — robbed of his London gold by a Russian drug cheat — awarded his medal at a packed MCG has been launched. The Herald Sun is mounting a campaign to have the Ballarat walking champ awarded his belated gold medal at our very-own Olympic home. Tallent is set to finally receive his honour for his heroic efforts in the 50km walk at London 2012 Olympics when he finished behind Russian drug cheat Sergey Kiryapkin, who has been stripped of the medal. The Australian Olympic Committee only offered him a modest medal ceremony at Melbourne's Treasury buildings on June 17 because of concerns about existing sponsorship boards at the MCG. But Collingwood president Eddie McGuire said Tallent should receive his gold medal at the MCG, possibly during the Pies Queen's Birthday game against Melbourne on June 13. "Jared receiving his medal before a full MCG or Olympic Park stadium would be very fitting," McGuire said.*

- 2016 Australian Olympic 20km walker **Rachel Tallent** was interviewed by SBS Television last week and I saw it on their evening news show. You can now catch it at <http://www.sbs.com.au/news/article/2016/05/09/road-rio-race-walker-rachel-tallent-continues-familys-olympic-tradition>.
- After Rome's success, Canada's male racewalking trio look towards Rio. See <http://www.iaaf.org/competitions/iaaf-world-race-walking-team-championships/iaaf-world-race-walking-team-championships-5658/news/feature/men/20-kilometres-race-walk>
- Mexican racewalker **Maria Guadalupe Gonzalez**, the 20km silver medallist at the IAAF World Race Walking Team Championships Rome 2016 was forced to abandon hopes of boxing at the first Olympics to include women in 2012, and look for another route to fame and sporting glory. Read about her rise in the world of racewalking. See <http://www.iaaf.org/news/feature/maria-guadalupe-gonzalez-race-walk-mexico>.
- **Evan Dunfee** talks about the performance of the Canadian men's team in the World Race Walking Teams Championships – <http://www.richmond-news.com/opinion/columnists/road-to-rio-column-race-result-is-no-joking-matter-1.2254401>.
- While most Melbourne based walkers were at Middle Park on Sunday morning, three of our elite walkers were amongst over 6000 competitors in The Great Ocean Road Marathon Festival in SW Victoria. **Chris Erickson** and **Quentin Rew** chose the 45km distance from Lorne to Apollo Bay, Chris finishing 38th in 3:30:50 and Quentin finishing 48th in 3:34:19. **Alana Barber** chose the 22.5km halfway distance and finished 651st in 2:00:42. It is a hilly and tough course and steady headwinds in the second half made for tough going. And as if that wasn't hard enough, Quentin and Alana had only just returned from Rome a couple of days before. Festival report at <http://www.geelongadvertiser.com.au/sport/local-sport/great-ocean-road-marathon-julian-spence-and-kirstin-bull-win-again/news-story/35798b85866addf1982dc452b64cf38e>.
- I don't know about you but the Rio Games are shaping up just like Athens 2000 as far as I can see. In Greece, they were trying to finish their landscaping around the main stadium as the Games started. Rio sounds similarly unprepared. A new subway line in Rio - billed as one of the major legacy projects of this year's Olympics - will only open four days before the Games begin. The extension to Metro Linha 4, which is due to link the main Rio 2016 Games hub at Barra de Tijuca with the city centre, will open on August 1, state transportation secretary Rodrigo Vieira confirmed. With the Opening Ceremony taking place on August 5, this leaves little margin for error in case of any problems. See <http://www.insidethegames.biz/articles/1037469/rio-2016-subway-to-open-just-four-days-before-olympics>.

MARCIADALMONDO AND OMARCHADOR ROUNDUP

9 new press releases for Marciadalmondo this week

- Mon 16 May - Erica de Sena wins women's 20km walk at Iberoamerican Championships http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2441
- Sun 15 May - Caio Bonfim wins men's 20km walk Ibero-American Championships http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2440
- Sat 14 May - Start lists for Iberoamerican Championships http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2439
- Fri 13 May - Ethiopian women compete in women's 20km at World Teams Championships http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2438

- Thu 12 May - Colombia Olympic walk selections will be hard fought
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2437
- Thu 12 May - Erin Talcott talks about her 50km walk at the World Teams Championships
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2436
- Wed 11 May - The main contenders for the Olympic women's 20km walk
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2435
- Wed 11 May - Focus on Mexican walker Maria Guadalupe Gonzalez Romero
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2433
- Tue 10 May - Mark Wall reflects on the World Teams Championships organization
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2432

The omarchador blog was active with 7 news releases this time around

- Mon 16 May - Erica de Sena wins women's 20km walk at Iberoamerican Championships
<http://omarchador.blogspot.com.au/2016/05/erica-sena-vence-ibero-americanos.html>
- Sun 15 may - Caio Bonfim wins Ibero-American Games 20km walk
<http://omarchador.blogspot.com.au/2016/05/caio-bonfim-sagra-se-campeao-pan.html>
- Sat 14 May - Spanish walks team announced for Rio
<http://omarchador.blogspot.com.au/2016/05/marchadores-espanhois-para-os-jogos.html>
- Fri 13 May - Ethiopian walkers compete at World Teams Championships
<http://omarchador.blogspot.com.au/2016/05/etiopia-no-campeonato-mundial-de-nacoes.html>
- Thu 12 May - Results of Portuguese University walks in Leiria
<http://omarchador.blogspot.com.au/2016/05/camp-nac-universitariofadu-de-pista-em.html>
- Wed 11 May - China supreme in teams calculations at World Teams Championships
<http://omarchador.blogspot.com.au/2016/05/china-supremacia-no-campeonato-mundial.html>
- Tue 10 May - Previewing Ibero-American Games walks
<http://omarchador.blogspot.com.au/2016/05/daniela-cardoso-nos-ibero-americanos.html>

RACEWALKING VICTORIA LBG TEAM TAKES SHAPE

It's early days yet and we will get lots more entries this weekend, but I just wanted to post the current Racewalking Victoria entries for the LBG carnival. Numbers are building nicely. Once we add in everyone else, we will be very strong indeed

	EVENT	TIME	NAMES
1	OPEN 20 MILES	08:00 AM	COWLEY, Rhydian ERICKSON, Chris HOWORTH, Sandra (V) KNOX, Duncan (V) McDONOUGH, Aaron (V) O'NEILL, Karyn (V) O'NEILL, Terry (V)
2	FITNESS 20 MILES	08:00 AM	
3	M/W AACT 30 KM	08:00 AM	COWLEY, Rhydian ERICKSON, Chris HOWORTH, Sandra O'NEILL, Karyn O'NEILL, Terry
4	W OPEN VET 10M	08:00 AM	CARR, Heather (V) McINNES, Simone TALLENT, Rachel WOODWARD, Erika (V)
5	M OPEN VET 10M	08:00 AM	ARMSTRONG, David (V) GARDINER, Bob (V) GARGANIS, Adam KOLLMORGEN, Stuart (V)

	EVENT	TIME	NAMES
			MORITZ, Paul (V) MOTTROM, Kim REID, Ross (V) SUMMERS, Harry (V)
6	FITNESS 10M	08:00 AM	
7	FITNESS 5M	09:00 AM	
8	MEN U20 10 KM	10:30 AM	
9	AACT MEN U20 10KM	10:30 AM	
10	OPEN 10 KM	10:30 AM	MOTTROM, Kim
11	WOMEN U20 10KM	10:30 AM	HUSE, Philippa O'MAHONY, Kathleen
12	BOYS U10 1 KM	11:40 AM	BLACKWOOD, Hamish TALLENT, Brodie
13	GIRLS U10 1 KM	11:40 AM	KARAGIORGOS, Chelsea TALLENT, Jorja
14	BOYS U12 2 KM	11:50 AM	BLACKWOOD, Hamish KARAGIORGOS, Harrison
15	GIRLS U12 2KM	12:10PM	CARBERRY, Elise HEIKKILA-DUBOWIK, Kayla LILLIE, Gemma
16	BOYS U14 2 KM	12:30 PM	BEVERIDGE, Heath HAY, Angus
17	GIRLS U14 2KM	12:50 PM	HAY, Charlotte HEIKKILA-DUBOWIK, Kayla LILLIE, Gemma
18	BOYS U16 3 KM	1:10 PM	BEVERIDGE, Heath HAY, Angus
19	GIRLS U16 3 KM	01:35 PM	HASS, Jasmin HAY, Charlotte HEIKKILA-DUBOWIK, Kayla KARAGIORGOS, Chloe O'MAHONY, Kathleen HAYES, Zahra
20	BOYS U18 5 KM	2:00 PM	BEVERIDGE, Heath HAY, Angus
21	GIRLS U18 5 KM	2:00 PM	HASS, Jasmin HAY, Charlotte KARAGIORGOS, Chloe LILLIE, Jessica O'MAHONY, Kathleen
22	WOMEN 5 KM	2:40 PM	HASS, Jasmin HAY, Charlotte HUSE, Philippa KARAGIORGOS, Chloe O'MAHONY, Kathleen WHILEY, Ebony TALLENT, Rachel

VRWC RUNNER'S WORLD SUMMER SEASON AWARD WINNERS NOW FINALISED

Neil Ryan of Runners World Kew approached VRWC early in the 2009 winter season with an offer of some club sponsorship. While we have our Points and Handicap awards, the awards are not necessarily won by our BEST walkers as they are influenced by participation rates. So, after various discussions, it was decided to institute Runners World Winter and Summer Season Awards for our 'best' athletes. The sponsorship has been going ever since and Neil continues to support the club, along with lots of other T&F groups. The committee has now completed voting and I can announce our winners for last summer. They are **Adam Garganis** and **Tayla-Paige Billington**.

Our top two juniors and our current Australian U20 champions, they have only just returned from successful walks in the U20 10km roadwalks World Teams Championships in Rome. In a couple of months time, they will be off overseas again as part of our team to the World Junior Championships in Poland, where they will contest the 10,000m track walks. Neil is giving them each \$500 in cash and \$500 in goods from his Runners World Kew store. That will hopefully go a little way towards helping them with what is a huge year. The formal presentation will take place on Saturday 28th May at our next big raceday presentations at Middle Park.

We thank Neil for his ongoing support and recommend that all club members should return the favour and shop at Runners World Kew for all their sporting needs. You can see more about our Runners World Kew awards at <http://www.vrwc.org.au/vrwcrunners-world.shtml>.



Adam and Tayla in action in Rome earlier this month (photos Terry Swan)

#BANRUSSIA

Tuesday 10 May

- It only took a couple of days. As talked about in last week's newsletter, the CBS 60 Minutes broadcast of Sunday 8th May was quickly picked up by WADA which is now seeking to access the taped conversations about alleged Russian drug-taking and cover-ups at the Sochi 2014 Winter Olympics. See <http://www.insidethegames.biz/articles/1037315/wada-request-sochi-2014-doping-tapes>. Of course, he has been feeding them information since 2010 and for years they did absolutely nothing – but at least now they are finally being proactive. See also <http://www.bbc.com/sport/36261668>.

Thursday 12 May

- Australia's Jared Tallent has come out with both guns blasing, criticising the decision by the IAAF to allow Italy's Alex Schwazer - who was returning from a three-and-a half year doping ban – to compete at the World Race Walking Team Championships. See <http://www.insidethegames.biz/articles/1037369/olympic-champion-tallent-blasts-iaaf-after-schwazers-winning-return-from-drugs-ban>.
- On behalf of the clean athletes of the world, the Canadian Centre for Ethics in Sport (CCES) today renewed its call for the IAAF and the IOC to stand firm on the suspension of the Russian Athletics Federation from international competition and its ban from the Rio Games this summer. At WADA Board meeting this week, it was reported that while improvements have occurred, the changes required in Russia to redress the concerns described in the independent commission report last November have not been achieved. See <http://cces.ca/news/cces-calls-russian-athletics-athletes-be-banned-2016-olympic-games>.
- This next item is related to the one noted above for Tuesday 10 May and comes from a subsequent interview with one of the persons mentioned in that expose. Grigory Rodchenkov, the former head of Russia's anti-doping laboratory has alleged that dozens of Russian athletes including at least 15 medalists at the 2014 Winter Olympics were part of an extensive state-run doping program, the New York Times reported on Thursday. Fearing for his safety and now living at a secret location in Los Angeles, he told the Times he developed a three-drug cocktail of banned performance-enhancing substances that was mixed with alcohol and given to dozens of athletes in one of most elaborate doping plots in sports history. Tainted urine samples were replaced with clean ones collected months before, Rodchenkov said, with samples passed through a hole in a lab wall at night, aided by only a single dim lamp. See <http://www.supersport.com/athletics/article.aspx?Id=3525484>. **THIS IS POTENTIALLY HUGE AND IS PERHAPS THE FINAL NAIL IN RUSSIA'S RIO COFFIN.**
- Lord Coe has called on national athletics federations to be brave enough to stop picking former drugs cheats for the Olympics and other major events. The IAAF President urged member associations to do more to prevent the likes of Justin

Gatlin and Tyson Gay representing their countries in future. And I think we can add Alex Schwazer and the Italian Athletics Federation into that mix as well. See <http://www.telegraph.co.uk/athletics/2016/05/12/lord-coe-federations-must-show-courage-and-stop-picking-drugs-ch/>.

- Kenyan athletes and the country's chief doping investigator have slammed as "too drastic" WADA's decision Thursday to declare the African nation in breach of the global body's code. René Bouchard, Chairman of Wada's compliance review committee (CRC), unanimously recommended that Kenya's drug testing agency be declared "non-compliant with immediate effect", a decision that could lead to the country's athletes being barred from the Olympics. This was despite Kenyan president Uhuru Kenyatta signing a new anti-doping law on April 22, which it had been hoped would satisfy Wada and clear the way to compete in the Rio de Janeiro Games in August. According to WADA, the compliance review committee cited issues with Kenya's new legislation which it says is not in line with the WADA code. See <http://www.iol.co.za/sport/athletics/wada-recommends-kenya-declared-non-compliant-2021076>. Kenya must now amend the legislation if it hopes to avoid exclusion from Rio.

Friday 13 May

- Britain's anti-doping agency was last night seriously considering ending its controversial deal to test Russian athletes in the build-up to the Olympics in a move that may kill off any prospect of the country appearing in Rio. Telegraph Sport has learnt that UK Anti-Doping could sever its ties with Russia in the wake of fresh revelations to have engulfed it in the past week, including news the agency has encountered major obstacles carrying out its own role there. Ukad had only accepted a World Anti-Doping Agency request to oversee Russia's anti-doping programme to try to ensure drugs cheats were not able to evade detection before Rio following the suspension of the Russian Anti-Doping Agency for covering up positive drugs tests. But Ukad officials have become increasingly frustrated in their efforts to weed out Russian cheats, in some cases being asked to give 30 days' notice of a test, defeating the object of no-notification testing. See <http://www.telegraph.co.uk/athletics/2016/05/13/russias-olympic-lifeline-under-threat-with-britain-ready-to-end/>.
- Its another pathetic copout by the IAAF which has announced it does not yet plan to investigate whether drug test samples were compromised at its 2013 world championships in Moscow. The championships took place six months before the Winter Olympics in Sochi. The director at the time of the Russian anti-doping laboratory was Grigory Rodchenkov. According to interviews Rodchenkov gave to The New York Times, he swapped tainted urine samples for clean ones to cover up mass doping by Russian athletes. IAAF spokesman Chris Turner tells The Associated Press his organization will wait for the outcome of a World Anti-Doping Agency investigation into Rodchenkov's allegations before deciding whether to launch its own inquiry into the 2013 worlds. See http://hosted.ap.org/dynamic/stories/O/OLY_OLYMPICS_THE_LATEST?SITE=AP&SECTION=HOME&TEMPLATE=DEFAULT&CTIME=2016-05-13-09-37-38.

Saturday 14 May

- When WADA forwarded its Code to be included in Kenyan laws it expected just that without any additions or deletions. But someone in the Anti-Doping Agency of Kenya (ADAK), which was preparing the bill to be discussed in Parliament, made significant changes to the wording to water down key requirements. This is why the anti-doping bill which was recently passed by the Kenyan Parliament has been rejected by WADA. Boy, these blokes must be complete idiots! See the details of the changes at <http://www.nation.co.ke/sports/athletics/Doping-menace-has-grown-as-officials-bury-heads-in-the-sand/-/1100/3203860/-/445dju/-/index.html>.
- I think Russia is finally starting to get worried about missing Rio. The country's Sports Minister Vitaly Mutko has changed his tune, now saying that Russia is "very sorry" and "ashamed" of cheating athletes who were not caught by its anti-doping systems, but pleading that not lifting the ban for the 2016 Rio Olympics would be "unfair and disproportionate" and that clean athletes should not be punished. I'm sorry Vitaly but I'm not convinced. See <http://www.bbc.com/sport/athletics/36295481>.
- Singapore's Corrupt Practices Investigation Bureau (CPIB) is assisting French investigators assessing possible fraud surrounding Tokyo's successful bid for the 2020 Summer Olympic and Paralympic Games. They are investigating transfers totalling \$2 million (£1.3 million/€1.7 million) made in 2013 to a Singapore-based account owned company Black Tidings, allegedly used by the disgraced Diack family. See <http://www.insidethegames.biz/articles/1037455/anti-corruption-arm-of-singapore-government-assisting-french-investigation-into-tokyo-2020-payments>.

Monday 16 May

- While a disgraced Russian drug user has rightfully been forced to hand over his gold medal to Australia's Jared Tallent, the shameless cheat who beat Raelene Boyle recently got admitted to her national hall of fame. Welcome to the shady, crazy, corrupt world of Olympic drug taking. See <http://www.couriermail.com.au/sport/olympics-2016/ioc-may-have-awarded-walker-jared-tallent-gold-but-they-still-havent-tried-to-write-wrongs-of-doping-programs-of-previous-eras-writes-robert-craddock/news-story/30e1c27f086dfc86fd4577642c7cd1d9>.

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 June 12, 2016 50th Lake Burley Griffin Walks Carnival, Canberra, ACT
Sun Aug 20, 2016 Australian Masters 20km Roadwalk Championships, Adelaide, SA
Sun Aug 20, 2015 Australian Roadwalk Championships, Canberra, ACT

2016 International Key Dates

July 19-24, 2016 16th World Junior T&F Championships, Bydgoszcz, POL
Aug 5-21, 2016 31st Olympic Games, Rio de Janeiro, Brazil. See <http://www.rio2016.com/en>
Oct 26 -Nov 6, 2016 21st World Masters T&F Champs Stadia, Perth, Australia. See <http://www.perth2016.com>

2016 IAAF Challenge Series (remaining events)

Sat May 28, 2016 La Coruna, Spain
Jun 22-26, 2016 Durban, South Africa (African Championships)
August 12-21, 2016 Olympic Games, Rio de Janeiro, Brazil

2016 European Meets

Sun May 22, 2016 47th International Racewalking Naumburg, Germany - see <http://www.racewalking-naumburg.de/6.html>
Sat June 10, 2016 42nd International Race Walking Festival, LTU
Sept 10, 2016 Voronovo Cup, Voronovo, RUS (I assume this depends on whether Russia is back in the IAAF fold by then)

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