



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
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WALKER OF THE WEEK

The Olympics are now done and dusted for another 4 years and our Australian walkers have done superbly, with all 8 finishing their events and four top-10 performances. The team were ably led by Jared Tallent (2nd in 50km), Dane Bird-Smith (PB 3rd in 20km), Regan Lambie (9th in 20km) and Chris Erickson (PB 10th in 50km). And add in the performances of Melbourne based NZ walkers (and VRWC members) Quentin Rew and Alana Barber and you have a very impressive set of results.

Table with 8 columns: Race, Rank, Name, Country, Age, Time, Points, Medal. Rows include 20km Men, 50km Men, and 20km Women.

But my Walker of the Week has to go to Jared Tallent who won his 4th Olympic medal with yet another superb walk in the 50km, his third 50km medal from three successive Olympics.



Jared Tallent – 50km medals in 3 successive Olympics (photo Athletics Australia)

Jared's international record now shows 4 golds (Commonwealth, World Cup and Olympics), 4 silvers (World Cup, Olympics and World Champs) and 5 bronzes (Commonwealth, World Cup, Olympics and World Champs), confirming him as one of the all time world greats in our discipline.

2006	Commonwealth Games	Melbourne	20 km	3 rd	1:23:32
2008	Olympic Games	Beijing	20 km	3 rd	1:19:42
			50 km	2 nd	3:39:27
2009	IAAF World Champs	Berlin	20km	5 th	1:20:27
			50km	6 th	3:44:50
2010	World Racewalking Cup Commonwealth Games	Chihuahua Delhi	50km	3 rd	3:54:55
			20km	1 st	1:22:18
2011	IAAF World Champs	Daegu	50km	2 nd	3:43:36
2012	World Racewalking Cup Olympic Games	Saransk London	50km	1 st	3:40:32
			20km	7 th	1:20:02
2013	IAAF World Champs World Racewalking Cup	Moscow Taicang	50km	1 st	3:36:53 (OR)
			50km	3 rd	3:40:03
2014	World Racewalking Cup	Taicang	50km	3 rd	3:42:48
2015	IAAF World Champs	Beijing	50km	2 nd	3:42:17
2016	World Racewalking Cup Olympic Games	Rome Rio	50km	1 st	3:42:36
			50km	2 nd	3:41:16

Australian newspaper reporter Nicole Jeffery summed up Jared's performance very nicely later in the day (see <http://www.theaustralian.com.au/sport/rio-olympics/rio-olympics-2016-jared-tallent-wins-silver-in-50km-mens-walk-race/news-story/18523d4ccc4e133f6b8eefd81fa68cef>).

If there was justice in sport, Jared Tallent would have crossed the finish line first in the 50km walk at the Rio Olympics this morning. But for the third consecutive Olympics, the 31-year-old Australian was the second man to finish the longest event in track and field, and he was clearly gutted.

Tallent took the lead after 40km and looked the winner until 2km to go, when Slovakia's reigning world champion Matej Toth overtook him and went on to claim the Olympic crown. Tallent said he was desperate to get the gold medal but had made his move too early.

"I really wanted it, I thought I had it," he said, his voice trembling. "I probably got a bit too excited. I was feeling really good, I was patient throughout the race and just when I needed to be a little bit more patient, I went for it and took off at 40km. "I really thought I had it but I ran out of legs with about 4km to go. I saw Matej coming and I was trying to do everything to hold on. I really wanted to get to that finish line in first place today. I gave it everything but I just had nothing left."

Toth crossed the finish line in 3:40.58, 18 seconds ahead of Tallent. Japan's Hirooki Arai finished eight seconds behind with 3:41:2, with Canada's Evan Dunfee fourth with 3:41.38.

Later the Slovakian said he believed Tallent had made the winning move at 40km. "When he pushed on, I didn't believe I could win the gold medal because he looked very strong, very light, very fast," Toth said. "I thought: 'He deserves it and he will be a great Olympic champion'.

But when Tallent began to fall off his pace, Toth sensed the opportunity. He said he felt for the Australian when he caught him eight kilometres later. "It was not very easy for me (to pass him) but everyone wants to be the winner."

Four years after he was denied the honour by a Russian drug cheat, Tallent thought he finally had the chance to walk across the finish line first at the Olympic Games. But he said it was like "a bear jumping on your back" when he lost his legs in the final few kilometres. "You are pushing as hard as you can but you are just slowing down. I was just dropping time and Matej was getting closer and closer. It was a real mental battle in those last few laps. I thought the Japanese and Evan, my training buddy, were going to catch me. The last 500m was a real struggle. It was just real grit and determination because I didn't want to miss out on the podium."

He still becomes Australia's most decorated male athlete with four medals, one gold, two silvers and one bronze and the first Australian man to win medals at three successive Olympics.

Australian head coach Craig Hilliard said a hamstring niggle that forced Tallent to back off his training for a week in the lead-up to Rio may have cost him the gold. "He hasn't had a perfect preparation and it was reflected in the last 4km," Hilliard said. "I just would have loved him to have his moment in the sun, which he so richly deserves."

The Australian team captain has spent most of the last decade campaigning against doping in his sport and has been a victim of it throughout his career. The man who beat him to the 2008 Olympic gold medal, Alex Schwazer, has been banned

twice for doping since, and the initial 2012 winner Sergey Kiryapkin, was eventually stripped of the title this year. Tallent only received the 2012 gold medal two months ago in a ceremony in Melbourne.

"I'm proud of the way I performed, three Olympics in a row I've been able to perform in this event and it would have meant so much to hold on and get the gold here," he said. "I wanted to be Olympic champion for more than a few months, but I just couldn't do it. I tried to do everything I could to win but my legs were shot and I just couldn't hold on."

Both Toth and Tallent believe this race was the cleanest 50km walk race at the Olympics for decades, after the Russian team was ousted for repeated doping breaches. "I didn't have to worry about any cheats in the race to spoil the party for clean athletes," Tallent said. "We're going to have a clean podium again and I will be proud to stand up with those other blokes. It's very different to London, there's no suspicions this time around."

Australia had two finishers in the top ten, with Chris Erickson recording his best major championship result in tenth. Erickson too, said he was delighted that the shadow of doping had been lifted from his sport. "That changed the whole dynamic and opened it up for people like myself to come through," he said. "We got a clean podium this time around, like we did at the world championships last year, and we haven't been able to say that for a long time in this sport."

WHAT'S COMING UP

- Next Saturday sees VRWC walkers back at Middle Park for another round of winter season roadwalking. Remember that we prefer you to pre-enter via our online entry panel at <http://vrwc.org.au/wp1/race-entries-2/>.

Saturday 27th August 2016, Middle Park

VRWC EVENTS: Entries close for all events at 1.45pm sharp

2.15pm	8km	Open
2.15pm	6km	Open
2.15pm	4km	Open
2.30pm	2km	Open
2.30pm	1km	Open

- And the **Australian Masters 20km Roadwalk Championships** will be held in **Adelaide** on **Sunday 28 August**. Good luck to all our Masters walkers.
- I am sure that everyone knows that the **21st World Masters T&F Championships** are to be held in **Perth** from **26th October to 6th November 2016**. This is a wonderful opportunity for our Australian masters walkers to compete on the world stage in an official world championships so I am a bit surprised to see small Australian representations in some of the age group walks (current competitor listings are available at <http://www.perth2016.com/the-event/list-of-entrants/>). But entries do not close until for another 2 days (entries close Thursday 25th) so you still have a chance to get your entry in. See the event website <http://www.perth2016.com/the-event/list-of-entrants/>.

OLYMPIC UPDATE

The Rio Olympics are now completed and I am back home sitting with the fire on as I put the finishing touches to this week's newsletter. The Rio organizers did a great job, despite the odds, and are to be congratulated. There were negatives if you want to focus on that but there were lots of highs and positives if you want to focus on that. All 3 walks were superb races and exciting (and hopefully clean!) and I am so pleased I could be there in person to cheer everyone from the sidelines.

As usual, Jeff Salvage produced great photo stories at <http://racewalk.com/PhotoStory2016Olympics/OlympicCoverage.php>. And see the huge walks gallery at <http://www.zimbio.com/pictures/wOABtVWjCX/Athletics+Race+Walk+Olympics+Day+14/browse>.

Men's 50km Race Walk, Friday 19 August, 8AM

Conditions were very tough for the 80 50km walkers, as evidenced by the fact that only 49 of them finished. It was already 22C at race start time (8AM) with direct sun and high humidity. From then on, the temperature quickly rose and must have been in the high twenties by the time the race finished. But that is temperature in the shade - out on the bitumen course, you can probably add a further 10C to make it very tough. I got quite sunburnt as a spectator and I saw a few photos of competitors post-event, showing very burnt backs.

Jon Mulkeen reported for the IAAF (see <https://www.iaaf.org/news/report/rio-2016-olympic-games-men-50km-race-walk1>)

One is the world record-holder, the other is the world champion. But aside from being two of the best race walkers on the planet, **Yohann Diniz** and **Matej Toth** are two very different athletes. While Diniz raced away at the start of the men's 50km

race walk, Toth played a more patient game and waited until the last 10 minutes of the race before taking the lead. He went on to win in 3:40:58, earning the Slovak Republic's first Olympic medal in athletics.

Diniz waited just a matter of minutes before shooting into the lead on the two-kilometre loop around the streets of Pontal. He went through 5km in a steady 22:10 with a lead of 28 seconds over Toth and defending Olympic champion **Jared Tallent**. Diniz's lead was 30 seconds at 10km and, after a 21:40 5km segment, he reached 15km in 1:05:58, by which point he was 53 seconds ahead of his nearest challengers. His lead continued to grow. It was 1:23 at 20km and 1:40 at half way. But with Toth and Canadian record-holder **Evan Dunfee** pushing the pace behind, the chase pack of nine athletes started to make up ground on Diniz.

Disaster then struck for Diniz. Struggling with stomach problems, and possibly exhaustion, he stopped at about the 32km point. When Dunfee, who by this point had edged ahead of the chase pack, came past Diniz, the Frenchman started racing again. The pair walked together for the best part of a circuit before Dunfee began to pull clear. The Pan-American 20km race walk champion continued to lead through 35km in 2:34:39 and was looking strong. Or much stronger than Diniz, at least. Diniz eventually dropped back to join five other men in the chase pack: Toth, Tallent, Japan's **Hirooki Arai**, China's **Yu Wei** and Ireland's 2013 world champion **Robert Heffernan**. Diniz then dramatically fell to the ground, but was back in racing a few moments later.

Dunfee opened up a significant lead, but Toth and Tallent rejoined him before the 40km point, Tallent taking the split in 2:56:54. Within the space of 10 minutes, Tallent had a 12-second lead over Toth and Arai, while Dunfee started to slip back. At 45km, passed in 3:18:47, Tallent was 22 seconds ahead of Toth and was looking comfortable. Toth, meanwhile, was digging hard and appeared to be struggling. But looks can be deceptive.

Toth pulled clear of Arai and then began to close on Tallent. Despite Tallent's composure and Toth's strain, the world champion was closing on the Australian. With the clock at 3:31:45, Toth went past Tallent. The look on Tallent's face – showing perhaps his first real sign of strain up to that point – said it all.

Drama was unfolding behind, too. Dunfee had slipped to fourth but was gaining on world bronze medallist Arai. The Canadian dug in and went past Arai with just a couple of minutes to go. Arai responded, but collided with Dunfee, forcing him to lose momentum and fall back to fourth.

Toth's two-second lead over Tallent at the start of the final circuit grew to 18 seconds by the end, and he crossed the line in 3:40:58 to take his second global title in as many years. After the final turn, it looked as though Arai and even Dunfee would catch Tallent before the line. But the Australian gritted his teeth and held on to silver in a season's best of 3:41:16.

"When Jared pushed the pace, I didn't think I could get gold," said Toth. "He looked very strong, fast and light. The difference at one point was 22 seconds, which I thought was too much to make up. "When he pushed pace at 40km, I told myself that he deserves it, and that he will be a great Olympic champion. Behind him, I was just trying to achieve everything that I wanted to do.

"After 44km, I saw he was slowing down, so I tried to push. At that point I maybe wasn't pushing to win, but I just wanted to get all of my energy from my heart and my head into the race. It was only in the last 4km that I thought I could do it. It was one of the hardest 50km races in my career; the conditions were even tougher than in Beijing last year," added Toth. "It wasn't easy for me, but everyone wants to win."

Tallent, although disappointed to miss out on gold, was gracious in defeat. "When I went into the lead, I really thought that this was going to be my moment to cross the line first and become Olympic champion," he said. "But I just didn't have it at the end. I'm pleased for Matej, though. He's a great guy and trains really hard."

Behind the leading two, Arai crossed the line in third place in 3:41:24 with Dunfee close behind in a national record of 3:41:38. Canadian coaching staff asked for a review of the video, at which point the referee decided that an infraction had taken place. Arai was initially disqualified for obstructing Dunfee, but the decision was later reversed after a protest from Japan.

Yu was the top Chinese finisher, taking fifth place in 3:43:00. Heffernan placed sixth in 3:43:55, while Norway's **Havard Haukenes** finished strongly to take seventh in a PB of 3:46:33. Despite all of the dramas during the race, Diniz managed to finish in a respectable 3:46:43 in eighth, while **Caio Bonfim** gave the home crowd something to cheer for, setting a Brazilian record of 3:47:02 in ninth place. Australia's **Chris Erickson**, with a PB of 3:48:40, rounded out the top 10. **Jesus Angel Garcia**, making his seventh Olympic appearance, finished 20th in 3:54:29. Fellow Spaniard and world 20km race walk champion Miguel Angel Lopez failed to finish.

And now to the results:

1.	Matej TÓTH	SVK	83	3:40:58	
2.	Jared TALLENT	AUS	84	3:41:16	
3.	Hiroki ARAI	JPN	88	3:41:24	
4.	Evan DUNFEE	CAN	90	3:41:38	PB, NR

5.	Wei YU	CHN	87	3:43:00	
6.	Robert HEFFERNAN	IRL	78	3:43:55	
7.	Håvard HAUKENES	NOR	90	3:46:33	PB
8.	Yohann DINIZ	FRA	78	3:46:43	
9.	Caio Oliveira DE SENA BONFIM	BRA	91	3:47:02	PB
10.	Chris ERICKSON	AUS	81	3:48:40	PB
11.	Zhendong WANG	CHN	91	3:48:50	
12.	Quentin REW	NZL	84	3:49:32	
13.	Horació NAVA	MEX	82	3:50:53	
14.	Takayuki TANII	JPN	83	3:51:00	
15.	Adrian BLOCKI	POL	90	3:51:31	
16.	Omar ZEPEDA	MEX	77	3:51:35	
17.	Jorge RUIZ	COL	89	3:51:42	PB
18.	Serhiy BUDZA	UKR	84	3:53:22	
19.	Brendan BOYCE	IRL	86	3:53:59	
20.	Jesús Ángel GARCÍA	ESP	69	3:54:29	
21.	Marco DE LUCA	ITA	81	3:54:40	
22.	Rafał AUGUSTYN	POL	84	3:55:01	
23.	Jarkko KINNUNEN	FIN	84	3:55:43	
24.	Rafał FEDACZYNSKI	POL	80	3:55:51	
25.	José LEYVER	MEX	85	3:56:07	
26.	Dušan MAJDAN	SVK	87	3:58:25	
27.	Koichiro MORIOKA	JPN	85	3:58:59	
28.	Alexandros PAPAMIKHAIL	GRE	88	3:59:21	
29.	Jonathan RIEKMANN	BRA	87	4:01:52	
30.	Ronal Rey QUISPE MISME	BOL	89	4:02:00	
31.	Narcis Stefan MIHAILA	ROU	87	4:02:46	
32.	Pedro ISIDRO	POR	85	4:03:42	
33.	Tadas SUSKEVICIUS	LTU	85	4:04:10	
34.	Rolando SAQUIPAY	ECU	79	4:07:29	
35.	Sandeep KUMAR	IND	86	4:07:55	
36.	Miguel CARVALHO	POR	94	4:08:16	PB
37.	Arnis RUMBENIEKS	LAT	88	4:08:28	
38.	Marc MUNDELL	RSA	83	4:11:03	
39.	Ivan BANZERUK	UKR	90	4:11:51	
40.	Brendon READING	AUS	89	4:13:02	
41.	Mario ALFONSO BRAN	GUA	89	4:15:14	
42.	Vladimir SAVANOVIC	SRB	85	4:15:53	
43.	John NUNN	USA	78	4:16:12	
44.	Bence VENYERCSÁN	HUN	96	4:19:15	
45.	Claudio Paulino VILLANUEVA FLORES	ECU	88	4:19:33	
46.	Nenad FILIPOVIC	SRB	78	4:25:41	
47.	Yucheng HAN	CHN	78	4:32:35	
48.	Pavel Chihuan CAMAYO	PER	86	4:32:37	
49.	Predrag FILIPOVIC	SRB	78	4:39:48	
	Hyun-Sub KIM	KOR	85	DNF	
	Ivan TROTSKIY	BLR	76	DNF	
	Ihor HLAVAN	UKR	90	DNF	
	Miguel Angel LOPEZ	ESP	88	DNF	
	Carl DOHMANN	GER	90	DNF	
	Hagen POHLE	GER	92	DNF	
	Matteo GIUPPONI	ITA	88	DNF	
	Mathieu BILODEAU	CAN	88	DNF	
	Artur MASTIANICA	LTU	92	DNF	
	José MONTANA	COL	92	DNF	
	Alex WRIGHT	IRL	90	DNF	
	José Ignacio DÍAZ	ESP	79	DNF	
	Marius COCIORAN	ROU	83	DNF	
	Sándor RÁCZ	HUN	86	DNF	
	Luis CAMPOS	PER	95	DNF	
	Mario José DOS SANTOS	BRA	79	DNF	
	Veli-Matti PARTANEN	FIN	91	DNF	
	Yereman SALAZAR	VEN	78	DNF	
	Joao VIEIRA	POR	76	DNF	
	Edward ARAYA	CHI	86	DQ	
	Teodorico CAPORASO	ITA	87	DQ	
	Andres CHOCHO	ECU	83	DQ	

Lukas GDULA	CZE	91	DQ
Dominic KING	GBR	83	DQ
Luis Alfonso LÓPEZ MENJIVAR	ESA	94	DQ
Aleksi OJALA	FIN	92	DQ
Chil-Sung PARK	KOR	82	DQ
Jaime Daniel QUIYUCH	GUA	80	DQ
James RENDÓN	COL	85	DQ
Miklós SRP	HUN	93	DQ
Martin TIŠTAN	SVK	92	DQ



Underway for the 50km walkers, with the main players on the front line



Fighting out the medals – Matej Toth, Jared Tallent, Hiroki Akai and Evan Dunfee (photos Jeff Salvage)



Johann Diniz and Quentin Rew in action

For our 3 Australian walkers, it was a case of job completed.

- For **Jared Tallent**, it was his fourth Olympic medal over 3 Olympics (1 gold, 2 silvers and a bronze) and he is Australia's most decorated Olympic T&F athlete ever. Yet another superb performance and one that was so close to gold! His second placed time of **3:41:16** was his best for a few years now and, considering he lost most of the previous month to a hamstring injury, it was his usual superb walk against the odds. Lived up to his badge as team captain.
- While Jared was always in the lead group, **Chris Erickson** started slowly and was 31st out of the 80 starters at the 5km mark. From then on, he gradually reeled in those in front of him and worked his way up to 9th by the 40km mark. From then on, he was passed by only 1 fast finishing walker and eventually took 10th place in a 53 sec PB time of **3:48:40**. To give you some idea of the even nature of his walk, his two 25km splits were 1:54:07 and 1:54:33. Now walking that sort of race in torrid conditions is very impressive. Lived up to his badge as distance team captain.
- While it was a third Olympics for Jared and Chris, it was an Olympic debut for **Brendon Reading** and, while his 40th place finish in **4:13:02** was a lot slower than he had hoped, he kept his focus on the job at all times and never faltered. You learn so much from the hard walks and you come back better for the effort. I am sure Brendon will be keen to continue the task in 2021 in Tokyo!



Jared Tallent (with Matej Toth), Chris Erickson and Brendon Reading (photos Jeff Salvage and Michael Reading)

And what of the battle for third between Hiroki Akai and Evan Dunfee. First Evan led, then Hiroki caught and passed him. Then Evan passed him. Then Hiroki passed and shouldered him, causing Evan to finally break and lose his momentum. To his credit, Evan got back into stride, eventually finishing 4th. It is nicely captured by the cameras at <https://www.instagram.com/p/BJS6CWODiAW/>. Canada protested, the protest was upheld, Akai was disqualified and Evan was awarded bronze. Then Japan protested and the decision was reversed on a technicality – from what I hear, the original protest was not made within the required 30 minute window. For his part, Evan accepted the final decision with grace and maturity: <http://athletics.ca/statement-evan-dunfee-todays-50km-race-walk/#sthash.QmdI0GaY.O0ROEZxh.dpbs>. Reported nicely in Canadian news: <http://news.nationalpost.com/sports/rio-2016/for-evan-dunfee-the-race-walk-performance-of-his-life-is-what-matters-not-a-medal-earned-through-appeals> And the pair posed together at the closing ceremony.



And finally, NZ rep **Quentin Rew** recovered well after his DQ in the 20km, walking strongly to finish 12th in a time of 1:49:32, just outside his PB.

And now some additional 50km links to round out the report

- What better way to celebrate the Olympic 50km walk than with your own watercolour painting. Aussie artist Greig Leach captured many of the Olympic's big moments with his paintings (see <http://theartofcycling.blogspot.com.au/>). The collection included Jared Tallent (<http://theartofcycling.blogspot.com.au/2016/08/rio-olympics-out-for-quick-walk.html>.) and Matej Toth (<http://theartofcycling.blogspot.com.au/2016/08/rio-olympics-walking-home.html>).



- IAAF article on winner Matej Toth: <https://www.iaaf.org/news/feature/matej-toth-race-walk-rio-2016>
- Johann Diniz interviewed re his collapse and then eventual finish: <http://www.news.com.au/sport/olympics/yohann-diniz-questions-logic-behind-decisions-at-rio-olympics/news-story/3de5dd18c77341f8770833ace383d2b5>
- Some great 50km photos from the Huffington Post: http://www.huffingtonpost.com/entry/race-walking-olympics-photos_us_57b74074e4b03d5136883220
- More great 50km photos from Michael Reading: <https://www.youtube.com/watch?v=-9mpOqrWGpY>
- Jared Tallent pays tribute to his old coach **Daryl Biggin** who made the trip to Rio to watch him race. Well done to Daryl who has produced so many Ballarat walkers, including Jared and Rachel. See <https://www.youtube.com/watch?v=-9mpOqrWGpY>.

Women's 20km Race Walk, Friday 19 August, 2:30PM

What a difference a few hours can make. While the morning conditions were very tough for the men's 50km, a cool breeze came through right at the end of that race and continued into the as the hours progressed and they all stayed around for what turned out to be an extraordinary race finish, with the top contenders finishing with laps splits that just got faster and faster! Winner Liu Hong's race stats tell the story

Lap times: 9:15, 18:28, 27:27, 36:25, 45:24, 54:11, 1:03:02, 1:11:44, 1:20:24, 1:28:35
 Lap splits: 9:15, 9:13, 8:59, 8:58, 8:59, 8:47, 8:51, 8:42, 8:40, 8:11

Jon Mulkeen reported for the IAAF (see <https://www.iaaf.org/news/report/rio-2016-olympic-games-women-20km-race-walk1>)

Due in no small part to the high temperatures in the early afternoon in Pontal, it took a while for the real racing to begin. A large pack went through 4km in 18:28, but it had reduced to 15 women by 6km, which was reached in 36:25. Most of the main medal contenders were in that pack, including world champion **Liu Hong**, world silver medallist **Lu Xiuzhi**, World Race Walking Team Championships winner **Maria Guadalupe Gonzalez**, Italy's **Eleonora Giorgi** and Brazil's **Erica de Sena**.

The lead pack, led by Liu and Gonzalez, went through the half-way point in a relatively modest 45:24. It soon became clear that the main protagonists wouldn't let the second half be as slow as the first. As was the case at last year's IAAF World Championships and this year's IAAF World Race Walking Team Championships, Italy's Eleonora Giorgi was disqualified for loss of contact. The national record-holder had to abandon her hopes of an Olympic medal just after the 12km point.

The leaders, meanwhile, were cranking up the pace. With each of the three previous two-kilometre laps being covered just within nine minutes, the sixth one was covered in 8:47. After Giorgi stepped off the road, it left just five women at the front: Liu, Lu, Gonzalez, De Sena, and Italy's **Antonella Palmisano**. China's 2012 Olympic silver medallist **Qieyang Shenjie** regained contact with the leaders and took them through 14km in 1:03:01 before throwing in a lap of 8:42 – the quickest of the race up until that point. With Liu on one shoulder and Lu on the other, Gonzalez then pushed pace and they managed to drop Palmisano. Qieyang was the next to fall back, leaving just three women out in front.

Liu and Gonzalez increased the tempo once more, and it was eventually enough to break Lu as she resigned herself to third place. It was only in the final 40 metres that Liu dug in and strode clear of Gonzalez, winning in 1:28:35 to take her third global title after covering the final two-kilometre circuit in 8:11. Gonzalez finished second in 1:28:37. Mexico has previously won nine Olympic medals in men's race-walking events, but this is their first in a women's race-walking event. Lu took bronze in 1:28:42, while Palmisano passed a tiring Qieyang in the closing stages to finish fourth in a season's best of 1:29:03, improving one place on her finish from last year's World Championships.

For the fifth global championships in a row, **Ana Cabecinha** made it into the top eight. The Portuguese race walker finished sixth in 1:29:23. Brazilian hope **Erica de Sena** was seventh in 1:29:29, one place lower than her position in Beijing last year. Competing in her fourth Olympics, Italy's 2008 Olympic bronze medallist **Elisa Rigaud**, now 36, finished 11th in 1:31:04.

And now to the results

1.	Hong LIU	CHN	87	1:28:35	
2.	Maria Guadalupe GONZALEZ ROMERO	MEX	89	1:28:37	
3.	Xiuzhi LU	CHN	93	1:28:42	
4.	Antonella PALMISANO	ITA	91	1:29:03	SB
5.	Shenjie QIEYANG	CHN	90	1:29:04	
6.	Ana CABECINHA	POR	84	1:29:23	
7.	Erica ROCHA DE SENA	BRA	85	1:29:29	
8.	Beatriz PASCUAL	ESP	82	1:30:24	
9.	Regan LAMBLE	AUS	91	1:30:28	

10.	Anežka DRAHOTOVÁ	CZE	95	1:30:43	
11.	Elisa RIGAUDDO	ITA	80	1:31:04	
12.	Ines HENRIQUES	POR	80	1:31:28	
13.	Emilie MENUET	FRA	91	1:32:04	
14.	Kimberly GARCÍA LEÓN	PER	93	1:32:09	
15.	Antigoni DRISBIOTI	GRE	84	1:32:32	
16.	Kumiko OKADA	JPN	91	1:32:42	
17.	Anastasiya YATSEVICH	BLR	85	1:32:53	SB
18.	Ángela CASTRO	BOL	93	1:32:54	
19.	Nadiya BOROVSKA	UKR	81	1:33:01	
20.	Raquel GONZALEZ	ESP	89	1:33:03	
21.	Inna KASHINA	UKR	91	1:33:15	
22.	Maria MICHTA	USA	86	1:33:36	
23.	María SÁNCHEZ GÓMEZ	MEX	77	1:33:44	
24.	Paola Viviana PEREZ SAQUIPAY	ECU	89	1:33:53	
25.	Viktória MADARÁSZ	HUN	85	1:33:59	
26.	Tanya HOLLIDAY	AUS	88	1:34:22	
27.	Magaly BONILLA	ECU	92	1:34:54	
28.	Paulina BUZIAK	POL	86	1:35:01	
29.	Brigita VIRBALYTE-DIMSIENE	LTU	85	1:35:11	
30.	Mirna Sucely ORTIZ FLORES	GUA	87	1:35:11	
31.	Wendy CORNEJO	BOL	93	1:35:17	
32.	Sandra Lorena ARENAS	COL	93	1:35:40	
33.	Júlia TAKÁCS	ESP	89	1:35:45	
34.	Miranda MELVILLE	USA	89	1:35:48	
35.	Alana BARBER	NZL	87	1:35:55	
36.	Maritza GUAMÁN	ECU	88	1:35:56	
37.	Daniela CARDOSO	POR	91	1:36:13	
38.	Yescida CARRILLO	COL	93	1:36:28	
39.	Yong-Eun JEON	KOR	88	1:36:31	
40.	Rachel TALLENT	AUS	93	1:37:08	
41.	Alejandra ORTEGA	MEX	94	1:37:33	
42.	Grace Wanjiru NJUE	KEN	79	1:37:49	
43.	Stefany CORONADO	BOL	96	1:37:56	
44.	Agnieszka SZWARNOG	POL	86	1:38:01	
45.	Andreea ARSINE	ROU	88	1:38:16	
46.	Valentyna MYRONCHUK	UKR	94	1:38:20	
47.	Panayota TSINOPOULOU	GRE	90	1:38:24	
48.	Mária CZÁKOVÁ	SVK	88	1:38:29	
49.	Cisiane Dutra LOPEZ	BRA	83	1:38:35	
50.	Ana RODEAN	ROU	84	1:38:42	
51.	Jessica HANCCO	PER	95	1:39:08	
52.	Maritza Rafaela PONCIO	GUA	94	1:40:09	
53.	Agnese PASTARE	LAT	88	1:40:15	
54.	Khushbir KAUR	IND	93	1:40:33	
55.	Mária GÁLIKOVÁ	SVK	80	1:40:35	
56.	Živilė VAICIUKEVICIUTE	LTU	96	1:41:28	
57.	Claudia IOVAN-STEF	ROU	78	1:41:47	
58.	Barbara KOVÁCS	HUN	93	1:42:11	
59.	Rita RÉCSEI	HUN	96	1:42:41	
60.	Chahinez NASRI	TUN	96	1:42:57	
61.	Askale TIKSA	ETH	94	1:44:15	
62.	Diana AYDOSSOVA	KAZ	95	1:44:49	
63.	Anel OOSTHUIZEN	RSA	95	1:45:06	
	Yehualye BELETE MITIKU	ETH	98	DQ	
	Jeong-Eun LEE	KOR	94	DQ	
	Mayra PÉREZ	GUA	88	DQ	
	Da-Seul LEE	KOR	96	DQ	
	Eleonora Anna GIORGI	ITA	89	DQ	
	Polina REPINA	KAZ	90	DQ	
	Neringa AIDIETYTE	LTU	83	DNF	
	Sapana SAPANA	IND	88	DNF	
	Sandra Viviana GALVIS	COL	86	DNF	
	Yesenia MIRANDA	ESA	94	DNF	
	Agnieszka DYGACZ	POL	85	DNF	



The final 5 before the fireworks erupted and then it was a final two fighting out the finish (photos Jeff Salvage)

Our Australian reps all walked well and finished the race.

- In the 2012 Olympics in London, **Regan Lamble** finished 17th in 1:30:03. This time around, she has done even better to finish 9th with a time of 1:30:28. She was in the lead group for the first half of the race and held on well once the fireworks started, holding her position as others fell by the wayside. Nice article at <http://rio2016.olympics.com.au/news/lamble-walks-her-way-into-top-10>.
- Tanya Holliday** suffered 2 red cards early and had to concentrate on her walking for the rest of the race, perhaps costing her some time and a few placings. As it was, she performed admirably for her first Olympics, finishing 26th with 1:34:22.
- Rachel Tallent** came into the Games under an injury cloud so her main aim was to finish and that she did, working through the pain to finish 40th with 1:37:08. it's all explained in <http://www.smh.com.au/sport/olympics/rio-2016/olympics-athletics/rachel-tallent-breaks-down-after-finishing-rio-womens-20km-walk-in-agony-20160819-gqx59j.html>.
- And NZ champion **Alana Barber** also gave her usual 110% to finish 35th with 1:35:55. I always knew it was going to be hard for Alana to reproduce her form from earlier in the year as she had to chase race after race to satisfy the NZ selectors and nail her place in the team. It is nearly impossible to come back up after that sort of pressurised preparation.



Regan Lamble, Tanya Holliday, Rachel Tallent and Alana Barber walking in Rio

Some bits and pieces

- For Australian walking, these Olympics have proved fertile ground with 4 walkers scoring in the top 10 (Dane Bird-Smith 3rd in the men's 20km, Jared 2nd and Chris 10th in the men's 50km and Regan Lamble 9th in the women's 20km). Just as importantly, the medals by Jared and Dane were our only T&F medals. So walkers rock!
- The Olympic walks saw lots of Commonwealth walkers from counties as diverse as Australia, New Zealand, Great Britain, South Africa, Canada, India and Kenya. And some of the walkers got together to make that very point.



Commonwealth nation walkers Quentin Rew, Chris Erickson, Brendon Reading, Evan Dunfee, Jared Tallent, Ben Throne and Inaki Gomez

And finally some videos of the action, Note you will need a VPN if you are in Australia as the media is blocked for us.

- Olympic racewalk competitors explain the toll their sport takes on their bodies and why it's just as grueling a task as running a marathon.: <http://www.nbcolympics.com/video/olympic-race-walking-all-about-mind-over-body>
- China's Zhen Wang won the 20km race walk, the first men's track and field medal event in Rio <http://www.nbcolympics.com/video/zhen-wang-wins-20km-race-walk>
- Matej Toth bests Jared Tallent for 50km race walking gold <http://www.nbcolympics.com/video/matej-toth-bests-jared-tallent-50km-race-walking-gold>
- China's Liu Hong just beat out Mexico's Maria Gonzalez to win the 20km race walking gold medal in Rio <http://www.nbcolympics.com/video/20km-race-walking-gold-medal-chinas-liu-hong>

VRWC ROADWALKS, MIDDLE PARK, SATURDAY 20 AUGUST

VRWC hosted its annual '**Beat Your Season Best Time**' competition at Middle Park on Saturday, with prizes going to those who beat their season best by the most. It was only a small turnout, given the national roadwalks in Canberra on Sunday, the 31 walkers who contested this annual fixture certainly produced some good racing. Peter Vysma tells me it was a cold and windy afternoon but luckily the rain held off. Congratulations to **Luke Epps** for his 3km time of 17:20 which was a new **U10 club record**.

12km Open **BSBT Placings**

- | | | |
|--------------------|---------|---|
| 1. Aaron McDonough | 1:03:16 | |
| 2. Gerard Feain | 1:17:32 | 1 |

10km Open **BSBT Placings**

- | | | |
|--------------------|---------|---|
| 1. Philippa Huse | 0:52:42 | 1 |
| 2. Alison Thompson | 1:06:02 | 2 |

Bob Gardiner DNF

5km Open			BSBT Placings
1.	Michelle Laufer	0:26:13	5
2.	Amanda Heard	0:27:56	
3.	Heather Carr	0:28:51	6
4.	Donna Elms	0:29:30	7
5.	Madeleine Feain	0:31:27	3
6.	Robyn Shaw	0:32:55	8
7.	Gwen Steed	0:33:19	2
8.	Celia Johnson	0:36:10	1
9.	Margaret Beaumont	0:42:59	4
10.	Susan Wood	0:43:54	
1.	James Christmass	0:24:10	2
2.	Pramesh Prasad	0:25:03	4
3.	Mark Donahoo	0:27:27	
4.	Heath Beveridge	0:31:51	1
5.	Geoff Barrow	0:34:33	3
6.	Ian Beaumont	0:43:34	
	Ralph Bennett	DNF	

3km Open			BSBT Placings
1.	Holly Cocking	0:18:33	1
2.	Dee Holohan	0:20:03	
1.	Angus Hay	0:18:36	1
2.	Luke Epps	0:17:20	U10 club record
3.	Joel Prys	0:18:22	

1.5km Open			BSBT Placings
1.	Elise Carbery	0:09:31	2
2.	Beverly Hugo	0:11:42	3
3.	Pam Mews	0:14:19	1
4.	Alex Poore	0:14:11	

Thanks as usual to our many judges, officials and helpers. Apologies if we have missed you.

Judges: Peter Vysma (Chief), Gordon Loughnan, Stuart Cooper, Lloyd Nichols

Officials: Danien Elms, Ian Laurie, Mark Donahoo, Bob Gardiner, Ralph Bennett, Harry Summers

Canteen: Wendy Cooper

Finally, a special mention to 2 of our young walkers **Corey Dickson** and **Angus Hay** who have been regular helpers in setting up before and cleaning up after our club events each week. Thanks boys – magnificent effort!

I noted in last week's newsletter that the VRWC Winter Season Points competitions had now been completed and I published the final results at <http://www.vrwc.org.au/documents/2016%20Winter%20-%20Handicap%20Points.pdf>. Mark Donahoo tells me that the Handicap competition results were incorrect so I have replaced the old copy with a corrected one. Check it out at the above link.

AUSTRALIAN ROADWALK CHAMPIONSHIPS, MT STROMLO, CANBERRA, ACT, SUNDAY 21 AUGUST

Last Sunday saw the annual Australian Roadwalk Championships at Mt Stromlo Forst Park in Canberra. I could not be there but I hear it was a very cold morning. Victorian team manager Terry Swan was roadside and has published his usual great selection of photos from the meet – see <http://www.vrwc.org.au/coppermine/thumbnails.php?album=87>. The basic results have been published on the Athletics Australia website (see <http://results.athletics.org.au/results/2016/aarw/>) and I reproduce them below but they are pretty sparse and do not include club or state designations, nor do they show the results of the various teams races opr the additional invitational walks but they do at least give us a chance to review what happened.

Well done to all the new Australian champions, including our 4 Victorians

• Adam Garganis	AA Open 20km Walk	1:34:23
• Zahra Hayes	AA U16 Girls 3im	24:46
• Kyle Swan	AA U18 Men 10km	45:44
• Simone McInnes	RWA Open 10km Women	50:45

AA Open Men 20km

1.	Garganis, Adam	1:34:23
2.	Gibbons, Carl	1:40:49
3.	Patterson, Adam	1:57:35
4.	Griggs, Matt	1:58:16

AA Open Women 20km

No starters

RWA Open and Masters Women 10km

1.	McInnes, Simone	50:45
2.	Webb, Cheryl	55:56
3.	Tolardo, Karyn	1:00:39
4.	Black, Kate	1:01:25
5.	Weekes, Anne	1:01:44
6.	D'Agnone-Doyle, Gabrielle	1:04:06
7.	Bott, Kirsten	1:06:03
8.	Wells, Janne	1:08:44
9.	Brown, Judy	1:29:59
	Challinor, Nicollee	DQ
	Staunton-Jugovic, Ann	DQ
	Nilon, Nicole	DQ

AA U20 Men 10km

1.	Jones, Tyler	44:44
2.	McCutcheon, Luke	46:17
3.	Mylonas, Adam	56:29

AA U20 Women 10km

1.	Hunt, Zoe	50:49
2.	Hamilton, Emily	56:29
3.	Findlay, Samantha	58:36
4.	Tolardo, Isabella	1:01:01

AA U18 Men 10km

1.	Swan, Kyle	45:44
2.	McCutcheon, Jamie	48:00
3.	Frew, Connor	48:32
4.	Richardson, Dylan	49:53
5.	Fraser, Tim	50:08
6.	Thomson, Ryan	53:48
7.	Burns, Callum	54:36
8.	Barendregt, Travis	1:04:22
	Bedford, Kyle	DQ

AA U18 Women 5km

1.	Randall, Alice	25:04
2.	Hunt, Gabby	25:29
3.	Cross, Bethany	27:01
4.	Goodhew, Chelsea	27:41
5.	O'Neill, Molly	28:42
6.	Jackson, Hayley	29:06
7.	Davison, Mackayla	29:34
8.	Hill, Madison	29:35
	McDonald, Jasmyn	DQ

AA U16 Boys 5km

1.	Tebbutt, Oscar	24:01
2.	Cross, Joe	24:26
3.	Baker, Mitchell	24:39
4.	Camilleri, Tristan	25:13
5.	Walmsley, Hayden	25:17
6.	Reid, Benjamin	26:05
7.	Young, Gwyllym	26:18
8.	Campbell, Bayley	26:36
9.	Blaskett, Hayden	27:04

AA U14 Boys 3km

1.	Jessep, Tom	15:03
2.	Wearne, Jonathan	15:12
3.	Daly, Dylan	16:43
4.	Kemp, Joel	16:55
	Robertson, William	DQ

AA U16 Girls 5km

1.	Hayes, Zahra	24:46
2.	Henderson, Rebecca	25:38
3.	Brown, Samantha	26:23
4.	Hannigan, Caitlin	26:39
5.	Henderson, Elizabeth	28:50
6.	Manning, Hannah	29:00
7.	Lee, Janaya	29:43
8.	Robertson, Brittany	30:27
9.	Alley, Katherine	30:57
10.	Pearson, Jade	31:30
11.	O'Mahony, Kathleen	31:38
12.	Bulman, Davina	36:36

AA U14 Girls 3km

1.	Pitcher, Allanah	14:34
2.	Blanch, Emma	14:59
3.	Peart, Alanna	15:11
4.	Schofield, Amelia	15:34
5.	McMillen, Elizabeth	15:42
6.	Hay, Charlotte	16:19
7.	Mills, Haley	16:52
8.	Hardy, Renee	16:58
9.	Vesper, Danielle	17:06
10.	McLoughlin, Chloe	17:26
11.	Heikkila-Dubowik, Kaylah	18:31
12.	Deans, Chloe	18:40
13.	DeCelis, Ellie	18:59
14.	Vahey, Ellen	19:06
15.	Shaw, Sidney	19:18
16.	Thomson, Jada	19:40
17.	Bott, Jaime	19:53
18.	Bulman, Dana	20:08
19.	Bulman, Paige	21:56
	Burns, Laura	DQ

RWA U12 Boys 2km

1.	Hunt, Tom	10:05
2.	Vesper, Ryan	10:45
3.	Bottle, Will	11:00
4.	Deans, Jesse	11:23
5.	Bell, Darcy	12:44
6.	Baker, Harrison	12:47
	Camp-Liddiard, Andrew	DQ
	Bulman, Shaquille	DQ

RWA U12 Girls 2km

1.	Griffin, Alexandra	9:51
2.	Clarke, Anika	10:39
3.	Dunne, Izabella	11:02
4.	Thomas, Emma	11:06
5.	Talbot, Bonnie	11:14
6.	Wells, Kristine	12:04
7.	Cunningham, Breanna	12:17
8.	Anderson, Bianca	12:23
9.	Brady, Korey	12:39
10.	Nilon, Isabelle	12:41
11.	Deagan, Rhianni	12:52
12.	Baker, Ella	12:54

10. Burns, Spencer	28:01	Mortimore, Brooke	DQ
11. McGinniskin, Jack	28:02	Petterwood, Demi	DQ



Victorian winners Adam Garganis, Zahra Hayes, Kyle Swan and Simone McInnes (photos Terry Swan)

SAMA WALKS REPORT, BONYTHON PARK, ADELAIDE, SUNDAY 21 AUGUST

Thanks to Colin Hainsworth for his weekly report from the South Australian Masters in Adelaide. He explains that the fixture in this case was SAMA half marathon championship (mainly for runners) and a number of walkers were encouraged to make up relay teams to do the full marathon distance. Others walked one or two laps of the 4 lap course. The weather was cold but sunny.

21.1km Walk

1.	Graham Harrison	2:45:41	M73
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21.1km Relay (walkers)

1.	Team 3	Edna Bates	46:15	W63
		David Bates	34:00	M64 (runner)
		Jill Rogers	46:15	W71
		Jan Layng	40:06	W67
2.	Team 4	Rodger Barber	41:31	M78
		David Robertson	44:45	M83
		Linda Whitelaw	38:56	W62 (runner)
		Harry Hayford	43:23	M64

10.56km Walk

1.	Raelene Schild	1:23:40	W51
2.	Marie Maxted	1:12:45	W56
3.	Jeff Kennett	1:52:35	M66
4.	Colin Hainsworth	1:32:18	M86

5.28km Walk

1.	David Padget	1:03:54	M84
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ATHLETICS ENGLAND MANCHESTER INTERNATIONAL, MANCHESTER, ENGLAND, WEDNESDAY 17 AUGUST

Thanks to Mark Wall for the results of the inaugural Manchester International Meet, held last Wednesday. Mark reported:

In a new major innovation, a Home Countries International has been instituted, the idea being that the four Home Countries (England, Wales, Scotland and Northern Ireland) would select and reward the winner of their national titles rather than picking sometimes more favoured athletes. Additional teams included UK U20 team, UK Combined Armed Services and Combined British Athletics League/UK Women's Athletics League Team.

England won the match comfortably with some high class performances. I spoke to a wide range of athletes who were keen to see this as an annual fixture. Well done to England Athletics and especially Manchester Council who poured in significant money. All placegetters received medals and flowers. Each English athlete had a personalised vest and shirt with their name and that of the fixture.

The walk kicked off the meeting and set the tone. **Callum Wilkinson** took an early lead and never relinquished it to top off a season of breakthroughs. He led home his two Rome team mates **Guy Thomas** and **Cameron Corbishley**. Guy came out on top this time after spending most of the year being ranked No.3 of the trio. It was a strong tussle with Cameron. Each ends their junior career this season. Guy has now declared for Wales (he will be eligible April 2017), so the Commonwealth Games selections look promising.

Bethan Davies and **Gemma Bridge** has a real battle with Bethan moving away for the win. This was a 27-28 second PB for Gemma so she is making big advances with each race. **Tatyana Gabbellone** in her usual storming race pushed on for a third place which was well deserved. Whilst it was listed as a mixed race, the 3 to women staged what was effectively a separate race as the lead men were quickly away and clear and the remaining men off the pace of the top women.

Full meet results at <http://www.englandathletics.org/library-media/documents/2016%20England-Manchester%20International%20Results.pdf>. Full walk race video footage at <http://www.runjumpthrow.com/videos/19741>.

Mixed 3000m walk

1.	Callum WILKINSON	GB Juniors	U20	11:49.9
2.	Guy THOMAS	Tonbridge	U20	12:08.1
3.	Cameron CORBISHLEY	Medway & Maidstone	U20	12:19.2
4.	Dan KING	England		12:24.1
5.	Bethan DAVIES	Wales		13:04.3
6.	Gemma BRIDGE	England		13:17.9
7.	Tatyana GABELLONE	Italy		13:23.8
8.	Tom PARTINGTON	Manx Harriers	U17	13:37.7
9.	Emma ACHURCH	GB Juniors	U20	14:02.8
10.	Jonathan HOBBS	Ashford AC		14:19.0
11.	Mark WILLIAMS	Tamworth AC	M50	14:29.3
12.	Erika KELLY	Northern	U23	14:40.3
13.	Ester MONTANER	Hyde Park Harriers (Spain)		15:08.9
14.	Ana GARCIA	Sheffield & Dearne	U17	15:10.5
15.	Brenda GANNON	Hyde Park Harriers (Ireland)	W40	15:34.8
16.	Benjamin ALLEN	Leicester WC		15:53.2
17.	Natalie MYERS	Sheffield & Dearne		15:55.7
18.	Pagen SPOONER	Wetherby Runners	U15	16:14.7
19.	Penelope CUMMINGS	BAL/UKWL	W40	17:03.3



A nice touch – personalised English vests for the Team England representatives (photo Mark Wall)

25TH ANNUAL WEINACKER CUP, FORT GRATIOT TOWNSHIP, MICHIGAN, SUNDAY 21 AUGUST

Michael Mannozi was the standout walker in the annual Michigan vs. Ontario Race Walking Match which was held last weekend in Michigan. Michigan won with 24 points ahead of Ontario with 21 points.

Men 10km Walk

1.	Micheal Mannozi	ON	46:52
2.	Zbigniew Sadlej	MI	48:10
3.	David Swarts	MI	48:50
4.	Jianping Xu	ON	51:42
5.	John Gardham	ON	1:02:53
6.	Patrick King	ON	1:06:52
7.	Dan Smith	MI	1:09:09

Women 10km Walk

1.	Erika Shaver	MI	55:23
2.	Katie Smith	MI	1:01:20
3.	Kris Kozell	ON	1:03:26
4.	Annie Cormier	ON	1:04:16
5.	Sandy Archibald	ON	1:06:50
6.	Anne Fischer	ON	1:08:14
7.	Carman Farrell	ON	1:09:50
8.	Christine Allen	MI	1:26:49

RACEWALKING STAMPS UPDATE

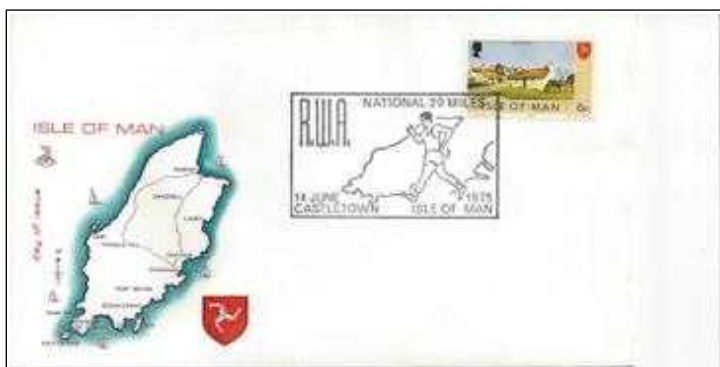
Thanks to Alex Wijsman for information on further racewalking related philatelic items that he has uncovered.



2013 - Mozambique

First to the African country of Mozambique which released a set of 5 stamps on 25th November 2013 to celebrate the IAAF World Athletics Championships in Moscow.

The release featured 4 stamps highlighting sprints, high jump, pole vault and hurdles as well as a separate sheetlet featuring the 50km walk event.



1975 – Isle of Man

The second item is a customised postmark advertising the RWA National 20 Miles walk which was held in the Isle of Man in 1975. This is one of a number of such postmarks from the Isle of Man about our sport. Others were released in 1983 and 1985.

See <http://www.vrwc.org.au/vrwcpostmarks.shtml> and <http://www.vrwc.org.au/vrwcstamps.shtml> for the full listing of all the racewalking related philatelic items we have found so far. The list is now extensive.

MARCIADALMONDO AND OMARCHADOR ROUNDUP

Marciadalmondo had 6 press releases this week.

- Mon 22 Aug - Matej Toth reflects on his Olympic 50km win
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2547
- Sun 21 Aug - Marchiadalmondo congratulates Evan Dunfee on his sportsmanship
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2546
- Fri 19 Aug - Olympic 20km women - race report
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2545
- Fri 19 Aug - Olympic 50km - race report
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2544
- Thu 18 Aug - Start lists for Olympic 50km and women's 20km walks
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2543
- Tue 16 Aug - Marciadalmondo profiles Australia's Dane Bird-Smith
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2541

Omarchador had 8 press releases this week.

- Mon 22 Aug - Engagement caps successful Olympic campaign for Italian walker Antonella Parmisano
<http://omarchador.blogspot.com.au/2016/08/antonella-palmisano-pedida-em-casamento.html>
- Sun 21 Aug - Jeff Salvage does it again with his Olympic photo stories
<http://omarchador.blogspot.com.au/2016/08/jeff-salvage-divulga-belas-imagens-da.html>
- Sat 20 Aug - Liu Hong the new Olympic 20km women's champion'
<http://omarchador.blogspot.com.au/2016/08/hong-liu-nova-campea-olimpica-de-20-km.html>
- Fri 19 Aug - Matej Toth wins thrilling Olympic 50km
<http://omarchador.blogspot.com.au/2016/08/toth-ganha-emocionantes-50-km-olimpicos.html>
- Fri 19 Aug - Start list for women's Olympic 20km walk
<http://omarchador.blogspot.com.au/2016/08/rio-2016-20-km-femininos-lista-de.html>
- Fri 19 Aug - Start list for men's Olympic 50km
<http://omarchador.blogspot.com.au/2016/08/rio-2016-50-km-lista-de-partida.html>
- Wed 17 Aug - Profile of Olympic 20km champion Wang Zhen
<http://omarchador.blogspot.com.au/2016/08/campeao-olimpico-zhen-wang-perfil.html>
- Tue 16 Aug - Russian walker Sergey Lykhanov walks from St Petersburg to Rio in 492 days
<http://omarchador.blogspot.com.au/2016/08/marcha-de-492-dias-leva-sergey-lukyanov.html>

OUT AND ABOUT

- Details for this year's **MTR Hong Kong 10km racewalk** have been announced on the HKAAA website - see http://www.hkaaa.com/en/comp_details.php?id=78. The date is set for Sunday 23rd October 2016.
- **Ulli Kamm** has been looking after the **USA Centurion walkers website** for over 20 years now but last week he passed the baton to USA Centurion walker **Rob Robertson**. Rob isn't now busy setting up the new website at <http://www.unitedstatescenturionwalkers.com>. Well done Rob and thanks Ulli for all your years of work.
- The historical spa town of **Podebrady** in the Czech Republic will host the 2017 edition of the biennial **European Race Walking Cup** on **21 May**. The previous edition of the European Race Walking Cup was held in 2015 in Murcia, Spain, and it was local hero Miguel Angel Lopez who triumphed in the 20km as a prelude to his victory at the Beijing 2015 IAAF World Championships later in the season. Podebrady also hosts the famous annual 'Podebrady Walking Race', a European Athletics Race Walking Permit Meeting as part of the Czech and Slovak Championship, being held next year on 9 April

2017. It will serve as a general rehearsal for the European Race Walking Cup where all of the continent's best race walkers and teams will be present to test themselves ahead of the London 2017 IAAF World Championships. See <http://www.european-athletics.org/competitions/european-race-walking-cup/news/article=podebrady-host-2017-european-race-walking-cup/?cid=rss>.

- It was only fitting that racewalk legend **Jesus Angel Garcia** carried the Spanish flag at the Closing Ceremony of the Olympic Games – it was his 7th Olympic 50km appearance. He has also competed in 12 World Athletics Championships, winning a gold (Stuttgart, Germany, in 1993) and three silvers (Athens in 1997, Edmonton, Canada in 2001 and Berlin in 2009). He has also won two medals in European Athletics Championships (in Göteborg, Sweden in 2006 and in Munich, Germany in 2002) and came fifth in the one in Barcelona in 2010. He not only holds the record for the Spanish sportsman who has competed in the most Olympics, but also the global record for taking part in the most World Athletics Championships.



Garcia in action in the 50km in Rio, where he came 20th in a time of 3:54:29

- A fantastic article by Rio Olympic rowing gold medallist Kim Brennan who carried the Australian flag in the closing ceremony. She mounts a vigorous defence of the Olympic spirit and the sacrifices made by our Olympians. She also picks **Jared Tallent** as her hero from the Games. See <http://www.smh.com.au/sport/olympics/rio-2016/rio-olympics-2016-sport-a-nation-builder-in-a-time-when-national-boundaries-are-being-eroded-20160820-gqxexj.html>.
- The biggest news from the latest IAAF Council in Rio last weekend concerns **the IAAF World Youth Championships which will be cancelled from the international calendar starting from 2018**. The final edition will be next year in Nairobi, Kenya. IAAF President Sebastian Coe commented on the decision in positive way: "We decided it's not the best pathway for those athletes at that stage of their career". This is a strong message from the IAAF against the early specialization. See <http://www.trackarena.com/33919/world-youth-championships-cancelled-starting-from-2018-latest-iaaf-council-in-rio-decided>.
- In other decisions made at the conference, Cheboksary (Russia) will **not** host the 2018 World Race Walking Team Championship. The new venue will be assigned before the end of December 2016.

THE ANNUAL VRWC FALLS CREEK CAMP IS ON AGAIN THIS SUMMER!

Simon and Tim are pleased to announce that the VRWC Falls Creek racewalk training camp is on again this summer. This will be our seventh annual camp and indications are that places will be highly sought, with a lot of our top underage walkers from across Australia, along with some of our senior walkers, indicating their interest in attending.

The camp will run for 2 weeks, from Friday 30th December 2016 to Thursday 12th January 2017. These dates ensure that we finish a day before the Athletics Australia U19 camp which commences on Friday 13th January.

Camp registrations will open soon but book the dates into the calendar now. Read more about the camp at <http://www.vrwc.org.au/vrwc-fallscreek.shtml>.

Tuesday 16 August

- German sports writer and anti-drugs crusader Hajo Seppelt has released a further video entitled “Doping in Weightlifting”. It hones in on the Kazakhstan weightlifting team at the Rio Olympics and points out the drugs tainted nature of the sport in that country and its coaching staff. Unfortunately only in German but worth a listen if your German is up to it. See : http://rio.sportschau.de/rio2016/videos_audios/Olympia-Rio-Doping-Gewichtheben-Kasachstan,olympia5710.html

Wednesday 17 August

- After their mail account had been hacked, Russian whistleblowers Vitaliy und Yuliya Stepanov have had to change their whereabouts. In a conference call they talk to ARD doping expert Hajo Seppelt. See http://rio.sportschau.de/rio2016/videos_audios/Exklusiv-Interview-mit-Vitaly-und-Yulia-Stepanov,olympia6094.html.
- Russia was ordered last Tuesday to return its gold medals from the 2008 Beijing Olympics 4x100m women's relay after Yulia Chermoshanskaya tested positive for steroid use in a re-analysis of her sample. The IOC requested the IAAF to modify the results of the event and to consider any further action. Chermoshanskaya, who finished eighth in the individual 200m in Beijing, tested positive for several anabolic steroids, including stanozolol. Belgium finished second in the race and Nigeria won bronze and will now be upgraded. See <http://www.supersport.com/athletics/article.aspx?Id=3662734>.
- Athletes who used performance-enhancing drugs in their glory years are warning Russian athletes and others around the world that the price of doping is just too high. Former East German sportspeople spoke to Australian TV program Foreign Correspondent about their doping past. See <http://www.abc.net.au/news/2016-08-16/athletes-with-doping-past-tell-russia-not-worth-it/7722080>.

Thursday 18 August

- Russia's athletes stand out as the number one in doping infractions. But the T&F teams of Turkey, Belarus and Ukraine also stand out from the crowd in terms of the numbers. While it is not surprising to see the old Soviet era countries top the list, Turkey has also recently been added to the list of those countries who make up the shame list. See <http://www.br.de/nachrichten/olympia-leichtathletik-dopingfaelle-100.html>.
- IOC board member Patrick Hickey has stepped down after being arrested by police in Rio over alleged illegal ticket sales. Hickey, who is also president of the Olympic Council of Ireland (OCI), was arrested on Wednesday at his hotel. Local reports said Mr Hickey was charged with ticket touting, forming a cartel and illicit marketing. His arrest comes after police last week detained a director of international sports hospitality company THG Sports, Kevin Mallon, and a translator employed by the company. It's alleged they could have made 10 million reais (\$A4 million) from buying tickets and reselling them at a higher price. A Brazilian judge on Monday also ordered the arrest of four more THG Sports executives on accusations of fraudulent ticket sales at the Olympics. See http://www.skynews.com.au/news/top-stories/2016/08/18/olympic-official-arrested-over-ticket-scandal.html?ref=BP_RSS_top-stories_4_olympic-official-arrested-over-ticket-scandal_180816#sthash.hAEoMqeY.dpuf.
- Anti-doping at the Rio Olympics was branded the “worst” ever at a Games on Wednesday night after the process of sample collection was compromised by a wave of no-shows and walkouts by volunteers and testers, as well as a series of security lapses. Telegraph Sport has learnt that efforts to keep the first Olympics since the Russian doping scandal clean are in danger of being wrecked by the organisational chaos to engulf the Games in Brazil. The integrity of the entire process was under threat due to major staff shortages, with barely half the volunteers recruited to help run the event reporting for duty and several doping control officers drafted in from overseas walking out after being pushed to breaking point trying to fill the void. Organisers also admitted that unauthorised individuals had gained access to restricted areas during the drug-testing process. See <http://www.telegraph.co.uk/olympics/2016/08/17/rio-2016-olympics-anti-doping-branded-worst-in-games-history/>.
- An interesting take on the current IOC methodology of storing drugs tests which are then used to disqualify sports persons years later. "Imagine watching the Super Bowl and wondering if the team hoisting the Lombardi Trophy will have it taken away from them in the next 10 years? Or the Masters' green jacket? Or that golden Wimbledon plate? Imagine if every sporting event we consume came with the caveat that, a decade later, these results could be invalid if it was found that someone 'roided up and tried to beat the system, thanks to a retesting of blood samples a decade later? Welcome to the Olympics! See <http://sports.yahoo.com/news/why-iocs-olympic-doping-retesting-crusade-is-pointless-165418025.html>.
- Kyrgyzstan weightlifter Izzat Artykov has become the first athlete to be stripped of a Rio 2016 Olympic medal for doping after a positive test for strychnine. The 22-year-old had shown little form before this year but claimed the Asian title in Tashkent in April before lifting a total of 339kg to claim Olympic bronze in the under 69 kilograms competition. See <http://www.insidethegames.biz/articles/1040751/kyrgyzstan-weightlifter-becomes-first-athlete-stripped-of-rio-2016-medal-for-doping>.

Friday 19 August

- Russia have been stripped of another Olympic medal from Beijing 2008 after an athlete was sanctioned for doping. Anastasiya Kapachinskaya was part of the 4x400m relay team that won silver. But the IOC stripped the Russians of their medals after Kapachinskaya's retested samples were found to contain banned anabolic steroids. This comes on top of last Tuesday when Russia lost their 4x100m women's relay gold from 2008 following a ban for Yulia Chermoshanskaya. The IOC also sanctioned two other Russian athletes on Friday after they tested positive for anabolic steroids. Alexander Pogorelov, who came fourth in the decathlon in Beijing, and Ivan Yushkov, who finished 10th in the shot put, had their results annulled. See <http://www.bbc.com/sport/athletics/37135870>.
- Indian wrestler Narsingh Yadav was handed a four-year doping ban on Thursday after the World Anti-Doping Agency won its appeal against his earlier exoneration. An Indian anti-doping disciplinary panel had ruled earlier this month that the freestyle wrestler was a victim of "sabotage", and cleared him to compete in Rio. Yadav had said his supplements and water had been sabotaged and lodged a police complaint against a junior wrestler, accusing him of contaminating his food at the Sports Authority of India training centre in Sonapat. WADA filed an urgent application before CAS to challenge the decision of NADA India to exonerate Yadav following two positive doping tests in June and July. "The CAS Panel did not accept the argument of the athlete that he was the victim of sabotage and noted that there was no evidence that he bore no fault, nor that the anti-doping rule violation was not intentional," CAS said, announcing a four-year period of ineligibility. See <http://www.sbs.com.au/news/article/2016/08/19/indian-wrestler-yadav-given-four-year-doping-ban-after-wada-appeal>.

Sunday 21 August.

- Russian Evgeniia Kolodko has been stripped of her shot put silver medal from the London 2012 Olympics after testing positive for banned substances dehydrochloromethyltestosterone (turinabol) and ipamorelinin according to the IOC. Kolodko had been moved up to silver after Belarussian Nadezhda Ostapchuk was disqualified and stripped of her gold medal following a positive doping test at the time. See <http://www.sbs.com.au/news/article/2016/08/21/russian-kolodko-stripped-london-games-shot-put-silver>.
- A Mongolian weightlifter has been disqualified from the Rio Olympics on the last day of the Games, sport's highest court says. Chagnaadorj Usukhbayar, 19, who competed in the 56kg category but did not finish, tested positive for testosterone. He is the seventh athlete to test positive for drugs during the Olympics in Brazil. See <https://au.news.yahoo.com/thewest/sport/a/32402337/mongolian-lifter-positive-for-testosterone/#page1>.

VRWC CLUB RECORD UPDATE

3 new VRWC club record applications to acknowledge in this week's newsletters – well done all!

Joel Prys	U0 Boys 3km Road Walk	17:20	VRWC Roadwalks, Middle Park	20/08/2016
Heather Carr	W65 5km Road Walk	28:46	VRWC Roadwalks, Middle Park	13/08/2016
Sarah Brennan	W35/W40 30km Road Walk	2:58:36	AV 30km Championship, Middle Park	07/08/2016

Full club record listing to be found at <http://www.vrwc.org.au/vrwc-records.shtml>.

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.

2016 International Key Dates

- Sun 23 Oct, 2016 2016 Hong Kong MTR Racewalking Carnival, Hong Kong (10km)
See http://www.hkaaa.com/en/comp_details.php?id=78
- Oct 26 -Nov 6, 2016 21st World Masters T&F Champs Stadia, Perth, Australia. See <http://www.perth2016.com>
Online entries close August 25th. No late entries accepted.

2016/2017 Australian/Victorian Key Dates

- 30 Dec – 12 Jan Annual VRWC walks camp at Falls Creek. See <http://www.vrwc.org.au/vrwc-falls creek.shtml>
- 26 Mar - 2 Apr Australian Open and Junior T&F Champs, venue TBA

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
- May 21, 2017 European Race Walking Cup, Podebrady, CZE
- June 9-12, 2017 Australian Masters T&F Championships, Darwin
- July 12-16, 2017 10th World Youth T&F Championships, Nairobi, Kenya
- August 5-13, 2017 16th IAAF World Championships in Athletics, London, UK. See <http://www.london2017athletics.com/>.
- 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	28 th IAAF World Race Walking Team Championships, TBA (It probably won't be Cheboksary now)
July 2018	16 th World Junior T&F Championships, Tampere, Finland
TBA, 2018	22 nd World Masters Athletics T&F Championships, Malaga, Spain
2019	17 th IAAF World Championships in Athletics, Doha, Qatar
July 2019	11 th World Youth T&F Championships, ?
July 2019	30 th Summer Universiade, Brasilia, Brazil
July 2020	32 nd Olympic Games, Tokyo
Aug 2021	18 th IAAF World Championships in Athletics, Eugene, USA
July 18-30, 2022	XXII Commonwealth Games, Durban, South Africa

Tim Erickson, Secretary, VRWC, terick@melbpc.org.au Home: 03 93235978 Mob: 0412 257 496
Copies of recent newsletters are kept on the VRWC website (<http://www.vrwc.org.au>)