



HEEL AND TOE ONLINE

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

My Walker of the Week this time around is VRWC walker **Albin Hess**. Albin has been doing lots of PBs this winter season at Middle Park and he was on the way to another one on Saturday when competing in our 8km event. However, when fellow walker Cassie Knight badly twisted her ankle, he stopped and helped her back to the finish line, losing quite a bit of time before restarting his race and completing his remaining laps.

This is what sportsmanship is all about – putting the needs of others before your own aims or desires. Well done Albin, you have shown us what it is all about.



Albin walking at Middle Park on Saturday (photo Terry Swan)

WHAT'S COMING UP

There are no VRWC walking races at Middle Park next weekend as we will be competing at the annual **LBG Carnival** in Canberra. RWV entries at <http://www.vrwc.org.au/documents/2017%20LBG%20-%20RWV%20Entries%20-%20For%20Publication.pdf>.

Next weekend sees the **Australian Masters T&F Championships, Darwin, NT**. The Games kick off on Friday and run till Monday. Lots of our masters walkers are competing so good luck everyone. See <http://ntmastersathletics.com.au/>

Next Friday 9th June also sees the next of the **European Athletics Walks Meet in Altyus, Lithuania**. I will be reporting on it in next week's newsletter.

FOCUS ON THE 51ST LAKE BURLEY GRIFFIN CARNIVAL

And speaking of the Lake Burley Griffin Carnival, let's have a quick review of its history and the history of its central events, the 20 Mile and 10 Mile Championships.

Carnival History

The inaugural Canberra carnival was held on the Queens Birthday Long Weekend in June 1967 and it included only one event, an Open 20 Mile. On that occasion, there were 14 finishers in what was a small affair. The race began in heavy rain which added to the hazards of a dug up road and another section of wet tar all in the first three miles. Walkers covered the remaining distance with a liberal coating of tar on their legs and black shoes. Frank Clark and Peter McCullagh began fast and opened up a break over Bob Gardiner, Robin Whyte and Harry Summers. At the half way mark, McCullagh gained an advantage over Clark but incurred the displeasure of the judges, leaving Clark about six minutes in front of Whyte who was walking strongly and had a 2 minute break on Gardiner and Summers. Over the last 3 miles, the position changed with Gardiner and Summers making up a lot of ground to pass Whyte and get closer to Clark, but Clark had plenty in hand and went on to a good win.

1.	Frank Clark	NSW	2:54:57
2.	Harry Summers	VIC	2:57:11
3.	Bob Gardiner	VIC	2:57:12
4.	Robin Whyte	NSW	2:59:03
5.	Bob Steadman	VIC	3:07:59
6.	Murray Brown	VIC	3:10:36
7.	Les Wade	NSW	3:11:19
8.	Vic Townsend	NSW	3:12:12
9.	Geoff Laycock	VIC	3:14:10
10.	John Busst	VIC	3:34:13
11.	Gus Theobald	VIC	3:34:23
12.	J Connelly	NSW	3:35:03
13.	J Roberts	QLD	3:36:39
14.	Nigel Crew	ACT	3:50:25

Harry Summers and Robin Whyte will all be walking in next weekend's carnival, Harry in the 10 Mile event and Robin in the 20 Mile event. Now that's what I call longevity!

Very quickly a carnival built up around the 20 Mile championship and other events were added, including a 2 Mile championship for women. The Open Women's walk soon became the biggest event of the carnival and in 1978 it was changed to 5km. In 1989, an Open Women's 10 Mile event was added into the mix so that women now had the chance to compete over the classic 10 Mile or the shorter 5km distance. Men now also had the chance now to compete over the long 20 Mile or the shorter 10 Mile distance.

The carnival was backed by the Australian Federation of Race Walking Clubs (Racewalking Australia) and became its major yearly event. By the mid eighties the carnival boasted over 200 walkers and by 1999 it had grown to over 300. Since that time, it has dropped slightly from these heady numbers but it remains the biggest and most competitive walking carnival in Australia.

For me, the Open 20 Mile and Women's 10 Mile championships around the lake were the events which made this a unique carnival so I am going to zoom in on those 2 events for the purposes of this article. Alas, difficulties have forced the organizers to move away from Lake Burley Griffin to the Stomlo Forest Park, meaning that this year the 20M and 10M walkers will contest their events on a 1km loop rather than over the traditional tough hilly 10 Mile loop. But the tradition will continue.

The Women's 10 Mile Championship

This event went live in 1989 and is now in its 29th year. 10 Miles is not an international distance but the event continues to attract our top women. In fact, some of them do the double – walk the 10 Mile championship in the morning and then walk the 5km championship in the afternoon – now that's a tough ask.

The best ever time of 74:09 (Kerry Saxby-Junna in 2001) stood for many years. Jess Rothwell got close in 2009, recording 74:33 and Regan Lamble got even closer in 2011 with 74:26. It was finally beaten in 2012 by Tanya Holliday with a fine 73:16 and has since reduced it further to 72:58. Tanya also won the 5km walk in 2012 in a swift 21:45. She repeated the double again in 2013 and again in 2014 and 2016. The top 16 performances are all well under 80 minutes and the list reads as follows:

2016	Tanya Holliday	SA	72:58
2012	Tanya Holliday	SA	73:16
2016	Rachel Tallent	RWV	73:33
2001	Kerry Saxby-Junna	NSW	74:09
2011	Regan Lamble	RWV	74:26
2009	Jess Rothwell	VRWC	74:33
2014	Tanya Holliday	SA	74:52
2015	Beki Smith	NSW	75:12
1995	Jo Strangman	ACT	76:24
2000	Lisa Paolini	NSW	76:25

2007	Cheryl Webb	REG	76:33
2013	Rachel Tallent	RWV	76:45
2016	Kristie Goznic	SA	76:57
2011	Tanya Holliday	SA	77:23
1996	Simone Wolowiec	VRWC	77:39

The most prolific winners are Tanya Holliday with 5 wins (2011-2014, 2016) and Simone Wolowiec with 4 wins (1996-7, 2003-4).

Five women have managed to win the 10 Mile / 5km double and all recorded high quality performances.

2000	Lisa Paolini	76:25 / 22:55
2005	Cheryl Webb	78:10 / 22:40
2006	Michelle French	80:02 / 23:09
2008	Claire Tallent	78:02 / 23:00
2012	Tanya Holliday	73:16 / 21:45
2013	Tanya Holliday	74:03 / 23:07
2014	Tanya Holliday	74:52 / 22:07
2016	Tanya Holliday	72:58 / 21:27

The Open 20 Mile Championship

The 20 Mile event is as challenging an event as you can get but it regularly attracts between 30 and 50 walkers each year. The tough hilly course challenges the walkers, both international and club standard, and the cream of Australia's walkers have strived to win this prestigious event year after year. Indeed it is one of the most highly sought prizes in the Australian racewalking calendar.



The start of the 2014 LBG 20 Miles and 10 Miles walks (photo Terry Swan)

Willi Sawall was the undisputed king of the Canberra 20 miles for many years. His race record of 2:16:48, set in 1980, withstood all attacks until 2007 when Jared Tallent finally beat it with 2:15:43. In fact, Willi held the two fastest times overall until Jared's fantastic walk. This, combined with his 8 wins and 2 second placings, put him at the top of the pedestal. Those of us who were privileged to see Willi at his peak are not surprised at this. Jared Tallent has now beaten Willi's championship record and, with 9 wins himself, has surpassed his winning streak and is not yet finished. We watch expectantly.

Over the years, a number of women have conquered this demanding course, Kerry Saxby Junna setting a daunting standard of 2:41:43 in 2000, but in 2013 Regan Lambie blew that away with her finishing time of 2:32:17, a performance that saw her come third overall against the men. They, along with Megan Szirom (2:49:54) and Simone Wolowiec (2:55:14) are the only women to have bettered the 3 hour standard. Val Chesterton is the most prolific female competitor with 7 finishes to her credit, followed by Karyn O'Neill with 5 finishes, Ann Staunton with 4 finishes and Shiela Miller has 3 finishes.

In 1998, in 2009 and in 2011 we had 4 walkers under 2:30:00 and in 2010 we had a record 5 walkers under this mark. The top 10 performers on time are

1.	Jared Tallent	2009	VIC	2:14:57
2.	Willi Sawall	1980	VIC	2:16:48
3.	Luke Adams	2009	NSW	2:18:49
4.	Craig Barrett (NZ)	1998	NZ	2:19:37
5.	Chris Erickson	2016	VIC	2:19:51
6.	Quentin Rew (NZ)	2015	VIC	2:21:17
7.	Dion Russell	2000	VIC	2:21:35
8.	Nathan Deakes	1998/2011	VIC	2:21:50
9.	Ian Rayson	2013	NSW	2:22:00
10.	Nick A'Hern	1997	NSW	2:22:19

The top 10 ranking times illustrate Jared Tallent's domination - he has 4 of the top 10 times overall

1.	Jared Tallent	2009	VIC	2:14:57
2.	Jared Tallent	2007	VIC	2:15:43
3.	Willi Sawall	1980	VIC	2:16:48
4.	Jared Tallent	2012	VIC	2:18:00
5.	Willi Sawall	1982	VIC	2:18:18
6.	Luke Adams	2009	NSW	2:18:49
7.	Jared Tallent	2011	VIC	2:18:59
8.	Craig Barrett	1998	NZ	2:19:37
9.	Luke Adams	2011	NSW	2:19:46
10.	Chris Erickson	2016	VIC	2:19:51

Robin Whyte has started every 20 Mile event since its inception and has failed to finish on only 3 occasions – DNF in 1969 and DQs in 1982 and 2005. So he has 47 finishes (all are documented except for his performance in 1969 for which the results are incomplete). Bill Starr and Duncan Knox are next numerically with 36 and 31 finishes respectively. Since all 3 walkers are still regular competitors, their dominance of this list is expected to extend even further over the next few years.

And that's just two events from what will be a huge carnival next Sunday. I can hardly wait!

VRWC ROAD RACES, MIDDLE PARK, SATURDAY 3 JUNE

Conditions were perfect for the 52 walkers at Saturday's VRWC road races at Middle Park. The 8km walk saw fastest time to **Adam Garganis** (37:38), with high quality walks also by **Rebecca Henderson** (39:54) and **Philippa Huse** (40:32). **Will Thompson** (31:25) was fastest in the 6km and **Jemima Montag** (17:45) stormed through the 4km to win by just under a minute from the resurgent **Mark Blackwood** (18:35).

8 Km Open			H'cap	
1.	Henderson, Rebecca	39:54	4	
2.	Huse, Philippa	40:32	6	
3.	Elms, Donna-Marie	50:07	1	
4.	Feain, Madeleine	50:15	2	PB 0:18
5.	Thompson, Alison	51:34	3	
6.	O'Neill, Karyn	55:07	5	
1.	Garganis, Adam	37:38	2	
2.	O'Neill, Terry	48:21	1	
3.	Hess, Albin	56:27	3	
	Walmsley, Hayden	DNF		
6km Open			H'cap	
1.	Muldoon, Wendy	34:51	1	
2.	Rosenbrock, Carolyn	37:21	2	
1.	Thompson, Will	31:25	1	PB 1:13
2.	Keirl, Bernie	35:28	3	
3.	Dickenson, Russ	40:36	2	
4.	Barrow, Geoff	42:41	4	
4km Open			H'cap	
1.	Montag, Jemima	17:45		PB 0:42
2.	Hass, Jasmin	22:32	5	
3.	Cocking, Holly	22:56	2	PB 1:12

4.	Louey, Grace	24:18	3	
5.	Steed, Gwen	27:41	6	
6.	Dingli, Alannah	27:57	1	First one
7.	Dingli, Isabella	29:06	4	First one
1.	Blackwood, Mark	18:35	4	
2.	Prasad, Pramesh	18:57	3	
3.	McShanag, Connor	21:49	2	
4.	Bennett, Ralph	24:44	6	
5.	Morrison, John	31:57	5	
6.	Conboy, Bruce	32:04	4	
7.	Wicks, Barrie	35:35	7	



Rebecca Henderson, Will Thompson, Jemima Montag and Philippa Huse (photos Terry Swan)

We saw big fields in our 2km and 1km walks, with **Heath Beveridge** doing a big PB of 10:26 to win the 2km and **Liam Hutchins** (5:27) first to finish in the 1km. Special mention to first timers **Mietta Morgan** and **Sebastian Weickhardt** who also completed the 1km.

2km Open		H'cap		
1.	Hay, Charlotte	10:40	3	
2.	Carr, Heather	11:20	5	
3.	Gourley, Marlene	11:52	2	
4.	Lillie, Gemma	12:39	6	
5.	Vaughan, Maddison	12:47	1	
6.	Holohan, Dee	13:48	7	
7.	Thompson, Marilyn	14:54	4	
8.	Knight, Cassandra	DNF		
1.	Beveridge, Heath	10:26	1	PB 0:30
2.	Epps, Luke	10:41	3	
3.	Hay, Angus	10:56	4	PB 0:49
4.	Morgan, Eden	10:59		PB 0:19
5.	Blackwood, Hamish	11:41	4	
6.	Perry, Keelan	DQ		
1km Open		H'cap		
1.	Cunningham, Ella	06:43	1	
2.	Morgan, Miatta	06:51		First time with us
3.	Mews, Pam	09:57	2	
4.	Blackwood, Sophie	10:02	3	
1.	Hutchins, Liam	05:27	3	
2.	Weickhardt, Sebastian	06:12		First time with us

3.	Kent, Lucas	06:14	1	PB 0:06
4.	Kent, Christopher	07:05	2	PB 0:12



Start of the 2km and 1km walks on Saturday



Sophie Blackwood, Sebastian Lieckhardt, Mietta Morgan and Maddison Vaughan (photos Terry Swan)

Thanks to our officials and helpers and judges. Sorry if I have missed anyone.

Officials: Ralph Bennett, Tim Erickson, Ian Laurie, Karyn O'Neill, Bill Carr, Kathy Huse

Judges: Peter Vysma (Chief), Kathleen Marsh, Gordon Loughnan, Stuart Cooper

Canteen: Wendy Muldoon

Photos: Terry Swan (see <http://www.vrwc.org.au/piwigo/index.php?category/430>)

Lap Splits: Ralph Bennett (see <http://vrwc.org.au/wp1/race-splits-laps/>)

Handicap and Actual Times Points: Mark Donahoo (see <http://www.vrwc.org.au/vrwcpointscomps.shtml>)

ACTRWC ROADWALKS, LAKE TUGGERANONG, CANBERRA, SATURDAY 3 JUNE

Thanks to Robin Whyte for the latest results from Canberra. Great 7km battle between **Connor Frew** (32:53), **Mitchell Baker** (32:55) and **Tim Fraser** (32:58). Also good to see our 2016 Australian 50km champion **Matt Griggs** (34:40) getting his times down.

7km Walk

1.	Connor Frew	32:53
2.	Mitchell Baker	32:55
3.	Tim Fraser	32:58
4.	Matt Griggs	34:40
5.	Callum Burns	35:55
6.	Greg Durr	41:08
7.	Hannah Manning	41:54
8.	Peter Baker	46:04
9.	Kate Black	43:44
10.	Robin Whyte	44:57
11.	Mick Saunders	46:53
12.	Derek Robinson	49:23
13.	Bryan Thomas	50:45
14.	Monika Short	52:22
15.	Rod Gilchrist	54:32
16.	Geoff Barker	58:05
17.	Robyn Saunders	58:40
18.	Terry Munro	58:40
19.	Helen Munro	67:04

2km Walk

1.	Laura Burns	09:42
2.	Andrew Camp-Liddiard	11:05
3.	Pierce Brennan	11:55
4.	Sidney Shaw	11:58
5.	Ella Baker	13:07
6.	Jayden Elphick	13:09
7.	Kiefer Brennan	13:15
8.	Harry Baker	15:44
9.	Lilit Atoyan	15:50

1km Walk

1.	Georgia Frew	07:16
2.	Imogen Gardiner	07:18

SARWC ROADWALKS, ADELAIDE PARKLANDS, ADELAIDE, SATURDAY 3 JUNE

Thanks to Peter Crump for the latest results from Adelaide. **Joe Cross** (3km 13:59) contributes to impress, along with **Toby Wilks** (2km 9:38). **Kim Mottrom** (5km 21:52) had a good hit out before next weekend's Australian Masters T&F Championships in Darwin.

10km Walk

1.	Gloria Holliday	1:04:23
2.	John Leydon	1:05:30
3.	Cherie Rothery	1:12:29
4.	Bill Starr	1:16:15

5km Walk

1.	Kim Mottrom	21:52
2.	Tristan Camilleri	23:42
3.	Samantha Findlay	24:48
4.	Victoria Upton	29:09
5.	Royrie Upton	30:27
6.	Greg Metha	31:49
7.	Olivia Phillips	36:06

2km Walk

1.	Toby Wilks	9:38
2.	Seth Upton	11:18
3.	Elli Pusonjic	11:20
4.	Hannah Wilks	11:36
5.	Aleesha Vidler	13:27
6.	Edward Upton	17:22

3km Walk

1.	Joe Cross	13:59
2.	Alix Harlington	15:23
3.	Mathew Bruniges	15:42
4.	Kiera Ross	15:51
5.	Chloe Upton	16:23
6.	Kitarni Upton	17:08
7.	Mia Wilks	19:28

1km Walk

1.	Sam Wilks	5:49
2.	Katie DeRuvo	5:59
3.	Natalie Bruniges	8:26
4.	Ellie Bryson	8:34
5.	Xavier Upton	9:21

SAMA 10KM ROAD CHAMPIONSHIPS, PEACOCK ROAD, SOUTH PARKLANDS, ADELAIDE, SATURDAY 3 JUNE

Thanks to Colin Hainsworth for the latest results from the South Australian Masters in Adelaide. Colin commented: Sunny, mild afternoon. Fastest 10km Championship time to **Peter Crump** (57:22) and best Age Graded performance to **George White** (M72 1:01:47 85.46%).

10km Championship

Geraldine Smith	1:14:51	W67	76.10%	1 st
Avril Hill	1:19:34	W68	72.68%	2 nd
Margaret McIntosh	1:24:54	W64	64.28%	1 st
Marie Maxted	1:09:12	W57	72.20%	1 st
Raelene Schild	1:19:54	W52	59.23%	1 st

Colin Hainsworth	1:31:23	M87	73.67%	1 st
David Robertson	1:30:22	M83	69.12%	1 st
Rodger Barber	1:17:36	M79	75.28%	1 st
George White	1:01:47	M72	85.46%	1 st
Graham Harrison	1:16:56	M73	69.56%	2 nd
Gil McIntosh	1:10:05	M66	70.02%	1 st
Harry Hayford	1:26:22	M64	55.57%	1 st
Peter Crump	57:22	M56	77.36%	1 st

6km Support Walk

1. Dave Fallon	47:56	M64	59.05%
2. Edna Bates	52:47	W64	59.81%
3. Jill Rogers	54:47	W72	64.66%
4. Jeff Kennett	56:07	M66	51.57%
5. David Padget	1:04:11	M85	59.08%

WARWC ROADWALKS, WILSON, PERTH, SUNDAY 4 JUNE

Thanks to Terry Jones for the latest results from Western Australia. Fast 16km time to **Declan Tingay** (77:22).

16km Handicap

1. Declan Tingay	77.22
2. Andrew Duncan	86.04

2km Handicap

1. Hannah Watson	10.32
2. Layla Dalala	14.42
3. Gracie Delala	15.39
4. Kaytee Bogaers	13.20
5. Amber Richards	13.04

8km Handicap

1. Ben Reid	43.23
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4km Handicap

1. Thomas Millard	23.05
2. Lesley Romeo	33.43

NSWRWC ROADWALKS, WOY WOY, NSW, SATURDAY 27 MAY

And finally back a week for the NSWRWC roadwalks at Woy Woy. **Tyler Jones** (35:33) and **Carl Gibbons** (36:05) led the way in the 8km. Other good wlk by **Ryan Thomson** (29:13 6km), **Oscar Tebbutt** (29:29) and **Kyle Bedford** (29:33)

Open 8km Handicap

1. Tyler Jones	35.33
2. Carl Gibbons	36.05
3. Dylan Richardson	39.39
4. Amanda Barendregt	47.00
5. Travis Barendregt	48.13
6. Anne Weekes	51.03

Open 3km Handicap

1. Joel Kemp	16.09
2. Renee Hardy	16.40
3. Brooke Martin	18.28
4. Amy Walker	18.34
5. Jada Thomson	19.47
6. Nicolle Challinor	21.11
7. Nicole Nilon	21.16
8. Antoinette Woodward	21.58
9. Judy Brown	26.54

Open 6km Division

1. Ryan Thomson	29.13
2. Oscar Tebbutt	29.29
3. Kyle Bedford	29.33
4. Cheryl Webb	30.20
5. Alana Pitcher	30.50
6. Jack McGinniskin	31.42
7. Hayden Blaskett	33.56
8. Jasmyn McDonald	34.21
9. Molly O'Neill	35.43
10. Brittany Robertson	39.22
11. Joan Purcell	45.55

U16 2km

1. Elizabeth McMillan	16.03
2. Olivia Thomson	17.02
3. Chloe Krklinski	17.51
4. Isabel Nilon	18.53
5. Brendan Pospischil	19.25
6. Rhianni Deagan	19.48
7. Brodie Douglas	20.35
8. Aiden Hardy	26.43

U12 1km

1. Peter Elliott	5.09
2. Sienna Pitcher	5.53
3. Thomas Varga-Strike	6.29
4. Amelia Crocker	8.28

U10 0.5km

1. Christopher Nilon	6.41
2. Charli Deagan	8.50

My report is taken from that of Emeterio Valiente (see <https://www.iaaf.org/news/report/martin-de-sena-win-la-coruna-race-walk>).

Men 20km Race Walk

Reigning European U-23 silver medallist Álvaro Martín took an emphatic win at the XXXI Gran Premio Cantones de La Coruña 2017, the Spanish leg of this year's IAAF Race Walking Challenge. Racing in ideal conditions, Martín became the first Spanish victor since 2007 and proved his victory at the national championships over world champion Miguel Ángel López was no fluke.

From the start Martín dictated a sub-4:00/km rhythm which only the Japanese tandem of Daisuke Matsunaga and Eiki Takahashi could manage to sustain while López travelled six seconds in arrears. That trio went through the halfway point in 39:46 with a six-second advantage over the surprising Tunisian Hassanine Sbai, himself five seconds clear of Sweden's Perseus Karlström with López in sixth another two seconds adrift.

To the delight of the knowledgeable crowd assembled, Martín made a decisive move some 46 minutes into the race when a 3:54 split allowed him to build a sizeable gap on the Japanese pair who walked 10 seconds behind the local hero by the 14th kilometre, with Karlström being a threatening fourth and López already out of the podium picture.

Boosted by local supporters throughout Martín extended his lead in the closing stages while first Karlström and then Sbai overtook the fading pair of Matsunaga and Takahashi. Having secured the most remarkable victory of his career, Martín slowed down over the final hundred metres to send greetings to the fans. Despite that, the 2013 European Junior 10,000m bronze medallist managed the second sub-1:20 performance of his career, only bettered by the 1:19:36 time he set last year in Rome.

Karlström was second with a 1:20:20 season's best while Sbai got his fastest time for six years to finish 16 seconds outside his 1:20:19 PB set back in 2011. The Japanese duo had to settle for completing the top-five while López faltered over the second half to cross the finish line in 1:22:04 for 13th.

"I had a thorn on my side because I didn't perform well at the European Cup in Podebrady (he finished 31st) some three weeks ago so today's performance is an enormous confidence booster for the rest of the season," said Martín, who will turn 24 on 18 June. "I hope to be part of the Spanish team for London which will be announced next Tuesday. Once there, I don't rule out anything as I think the medals are wide open on this occasion: the Chinese have not performed fast yet, Germany's Christopher Linke will be dangerous, Miguel Ángel López will fight to retain his title. I look forward to competing there among the world's finest walkers."

Martín, who is coached by José Antonio Quintana at the High Performance Centre in Madrid, confirmed that he "slowed down in the final stages because I wanted to thank the support from the crowd. I didn't mind the time; athletics is about places above all, not about times."

1.	Alvaro MARTIN	ESP	94	1:19:57
2.	Perseus KARLSTRÖM	SWE	90	1:20:20
3.	Hassanine SBAI	TUN	84	1:20:35
4.	Daisuke MATSUNAGA	JPN	95	1:20:44
5.	Eiki TAKAHASHI	JPN	92	1:20:45
6.	Caio Oliveira DE SENA BONFIM	BRA	91	1:21:04
7.	Andres CHOCHO	ECU	83	1:21:16
8.	Kai KOBAYASHI	JPN	93	1:21:17
9.	Brian Daniel PINTADO	ECU	95	1:21:39
10.	Damian BLOCKI	POL	89	1:21:52
11.	Wei YU	CHN	87	1:21:52
12.	José Luis DOCTOR	MEX	96	1:21:55
13.	Miguel Angel LOPEZ	ESP	88	1:22:04
14.	Aurelien QUINION	FRA	93	1:22:29
15.	Massimo STANO	ITA	92	1:22:30
16.	Jose Maria RAYMUNDO COX	GUA	93	1:22:42
17.	Armando MERINO PEREZ	MEX	89	1:22:45
18.	Noel CHAMA	MEX	97	1:23:47
19.	Moacir ZIMMERMANN	BRA	83	1:23:57
20.	Lebogang SHANGE	RSA	90	1:24:29
21.	Francisco ARCILLA	ESP	84	1:24:31
22.	Luis CORCHETE	ESP	84	1:24:48
23.	Brandon SEGURA	MEX	96	1:25:29
24.	Håvard HAUKENES	NOR	90	1:25:30
25.	Hayato KATSUKI	JPN	90	1:25:37
26.	Alexander HURTADO	ECU		1:25:58
27.	Jose Israel MELENDEZ	PUR	95	1:26:34
28.	José Ignacio DÍAZ	ESP	79	1:26:41
29.	Diego GARCIA	ESP	96	1:26:41
30.	Miguel CARVALHO	POR	94	1:26:44

31. Miguel RODRIGUES	POR	96	1:26:49
32. Marc TUR	ESP	94	1:26:50
33. Ivan LOPEZ	ESP	97	1:27:01
34. Dominic KING	GBR	83	1:27:20
35. Rui COELHO	POR	94	1:27:48
36. Vito MINEI	ITA	94	1:28:01
37. Guy THOMAS	GBR	97	1:28:38
38. Hugo ANDRIEU	FRA	92	1:29:06
39. Daniel KING	GBR	83	1:29:10
40. Amaro TEXEIRA	POR	89	1:29:43
41. Daniel CHAMOSA	ESP	97	1:31:16
42. Javier MENA	ECU	98	1:31:34
43. Vitaliy TEREKHIN	KAZ	96	1:34:23
44. Come MARTIN	FRA	95	1:37:00
45. Marc GUERRERO	ESP	95	1:37:28
46. David DURAND-PICHARD	FRA	72	1:46:02
47. Emilio NOVAS	ESP	98	1:53:22
48. Oscar Joel VILLAVICENCIO	ECU	93	DQ
Richard VARGAS	VEN	94	DQ
Jan RAMIREZ	PUR	94	DQ
Toshikazu YAMANISHI	JPN	96	DNF
Takumi SAITO	JPN	93	DNF
Rui WANG	CHN	96	DNF
Juan Rubén PINERA	ESP	75	DNF
Pablo RODRIGUEZ MARTIN	ESP	86	DNF
Dorian ADAM	FRA	97	DNF
Marcos CINTRON	ESP	96	DNF
Joao MARTINS	POR	95	DNF
Roberto VIEIRO	ESP	00	DNF
Luis Alberto AMEZCUA	ESP	92	DNF
Luke ADAMS	AUS	76	DNF
Kevin CERRO	ESP	98	DNF
Eloy HORNERO GALLENTE	ESP	00	DNF
Luis ESPADA	PUR		DNF
Rafael SANCHEZ	ESP	88	DNF
Mario SILLERO	ESP	90	DNF
Mario VIÑAS	ESP	96	DNF
William Israel AYMAR CELI	ECU	95	DNF
Francisco Jose DURAN	ESP	93	DNF
Jose Leonidas ROMERO IRIAS	HON	83	DNF



Men's podium at La Coruna: Perseus Karlström, Álvaro Martín and Hassanine Sbai (photo Luis Gómez)

Women 20km Race Walk

The women's win went to Brazil's Erica Rocha de Sena, who stamped her authority from midway. The race opened at a steady 4:30/km pace and no fewer than seven athletes went through the 5km point in 22:36: Chinese pre-race favourite Wang Yingliu, Brazil's Erica Rocha de Sena, Portugal's Ines Henriques, Guatemala's Mirna Ortiz and the Spanish trio of Ainhoa Pinedo, Lidia Sánchez-Puebla and Julia Takacs,

Just before midway, Da Silva and Yingliu broke away from the rest of the pack and led by seven seconds clocking 44:54. The Brazilian began to step up the pace in the 13th kilometre and became the lone leader with the clock reading 58 minutes. By the 15km checkpoint De Sena was a comfortable leader after building an 18-second gap on the Chinese, herself 11 seconds clear of a triumvirate compounded by Henriques, Sánchez-Puebla and Pinedo.

The closing section witnessed how De Sena gradually strengthened her leadership while the relatively unheralded Pinedo (PB of 1:31:58) lowered bit by bit her disadvantage with Yingliu to finally catch and overtake her with some 1500 metres remaining.

At the tape, the Brazilian – a creditable seventh at the Rio Olympics last year - managed a season's best of 1:29:16 while Pinedo set a massive career best by over two minutes in 1:29:50, six seconds faster than Yingliu. Henriques was a distant fourth 1:28 behind the victor but still seven seconds ahead of Sánchez-Puebla, who completed the top-five.

Runner-up Pinedo spent two months in Canberra early this year in her build-up for this season and that experience paid off today with her best ever performance by far. Pinedo clocked well under the qualifying standard to compete at the IAAF World Championships London 2017 in August where she will contest her first major championships at the age of 34.

The women's event saw New Zealander **Alana Barber** come 15th with 1:35:37. She will now have to wait on the NZ selectors to see if her season best of 1:32:23, done in Adelaide in February, is good enough. They had told her that they required a time under 1:32:00. Talk about making it tough. Most countries, Australia included, have gone with the IAAF standard of 1:32:00.

Australia's **Rachel Tallent** was also in action, having her first 20km hitout since the Rio Olympics. And it looks like her injuries have now cleared up, given her time of 1:36:26.

1.	Erica ROCHA DE SENA	BRA	85	1:29:16
2.	Ainhoa PINEDO	ESP	83	1:29:50
3.	Yingliu WANG	CHN	92	1:29:56
4.	Ines HENRIQUES	POR	80	1:30:44
5.	Lidia SANCHEZ-PUEBLA	ESP	96	1:30:51
6.	Júlia TAKÁCS	ESP	89	1:31:06
7.	Mirna Sucely ORTIZ FLORES	GUA	87	1:32:24
8.	Maria LARIOS LOPEZ	ESP	92	1:32:31
9.	Zhenxia MA	CHN	98	1:33:16
10.	Maritza GUAMÁN	ECU	88	1:33:36
11.	Maritza Rafaela PONCIO	GUA	94	1:33:51
12.	Amanda CANO	ESP	94	1:34:53
13.	Diana CACCIOTTI	ITA	95	1:34:59
14.	Rena GOTO	JPN	95	1:35:09
15.	Alana BARBER	NZL	87	1:35:37
16.	Eleonora DOMINICI	ITA	96	1:35:41
17.	Lizbeth SILVA	MEX	89	1:35:59
18.	Rachel TALLENT	AUS	93	1:36:26
19.	Maria JUAREZ GALLARDO	ESP	93	1:36:28
20.	Sae MATSUMOTO	JPN	93	1:36:51
21.	Edna BARROS	POR	96	1:37:23
22.	Mayra PÉREZ	GUA	88	1:37:52
23.	Dana AYDOSSOVA	KAZ	95	1:37:54
24.	Magaly BONILLA	ECU	92	1:38:14
25.	Yanelli CABALLERO	MEX	93	1:39:13
26.	Maria Dolores MARCOS VALERO	ESP	79	1:39:47
27.	Chiaki ASADA	JPN	91	1:41:50
28.	Amandine MARCOU	FRA	92	1:42:26
29.	Mariana MOTA	POR	95	1:42:35
30.	Laura LEAL	POR	96	1:44:03
31.	Karla JARAMILLO	ECU	97	1:45:53
32.	Vera PORTELA	POR	95	1:50:09
33.	Carolina FONTOURA	BRA	96	1:51:57
34.	Macarena RUIZ CANETE	ESP	92	1:54:31
	Maria FERNANDEZ RATERO	ESP	96	DNF
	Irene MONTEJO	ESP	98	DNF
	Emilie MENUET	FRA	91	DNF
	Lluna CAPDEVILA	ESP	98	DNF
	Diana AYDOSSOVA	KAZ	95	DNF

Maria PEREZ	ESP	96	DNF
Raquel LEON ASENSIO	ESP	91	DNF



Women's podium at La Coruna: Ainhoa Pinedo, Erica Rocha de Sena and Wang Yingliu (photo Luis Gómez)

1km, 2km, 3km and 5km walks were also held as part of the VI Memorial Josefina Romero de Marcha Atletica. Large fields and some good times by the young walkers. See <http://www.atletismogalego.com/rjr030617.pdf>

GYALOGLÓ MAGYAR SZUPER LIGA, TATABÁNYA, HUNGARY, SATURDAY 3 JUNE

Our intrepid European Correspondant Emmanuel Tardi was in Tatabanya (50km north of Budapest) on Saturday for the Hungarian Racewalking Superleague. The races took place on a 1.286km loop in the small streets in the city. The upside was there were lots of trees to provide shade, helpful since temperatures were high (30-32°C°). The downside was that the asphalt was well used and rather rough.

Six of the seven Hungarian Rio Olympic racewalkers were on the start line at 9:30 - only Sandor Racz didn't start but he was there as a coach. In the men's 10km race, **Máté Helebrandt** and **Bence Venyercsan** led out early (5km in 20:28) but it was eventually Helebrandt who won out with 41:08. In the women's 10km race **Viktória Madaraz** won easily with 44:53 (5km in 22:02). Times were good considering the hot conditions. The Youth 5km saw wins to **Balint Sarossi** (21:31) and **Petra Zahoran** (27:17). And what of Emmanuel - he finished 7th in the Masters 3km with 21:40.

Men 10km Race Walk

1.	Máté HELEBRANDT	HUN	89	41:08
2.	Bence VENYERCSÁN	HUN	96	41:21
3.	Tomasz BAGDÁNY	HUN	95	41:38
4.	Miklós SRP	HUN	93	43:19
5.	Dávid TOKODI	HUN	91	44:21
6.	Soma KOVÁCS	HUN	97	45:48
7.	Donát BURGER	HUN	97	46:14
8.	Norbert TÓTH	HUN	01	46:49
9.	Lubomir KUBIŠ	SVK	01	48:57
10.	László VENYERCSÁN	HUN	71	51:35
11.	Jurica STANKO	CRO	99	54:48
12.	Salvatore RAO	ITA	57	59:50
13.	István CSABA	HUN	59	61:51

Women 10km Race Walk

1.	Viktória MADARÁSZ	HUN	85	44:53
2.	Barbara KOVÁCS	HUN	93	47:40
3.	Rita RÉCSEI	HUN	96	48:26
4.	Anett TORMA	HUN	84	51:26
5.	Ivana RENIC	CRO	96	52:08
6.	Daphne DIMANOPULOSZ	HUN	99	54:20
7.	Dóra CSÓRGO	HUN	01	56:02
8.	Tamásné BODORKÓS	HUN	67	57:05



Viktória Madaraz and women's podium



Maté Helebrandt and men's podium

Men 5km Race Walk

Final 1

1.	Bálint SÁROSSI	HUN	00	21:31
2.	Vencel GÁL	HUN	01	23:14
3.	Dávid VARGA	HUN	01	23:21
4.	Balázs NYERGES	HUN	01	28:51
5.	Benjamin SOLTÉSZ	HUN	00	30:46

Final 2

1.	Máté VARGA	HUN	02	24:44
2.	Sándor BABUS	HUN	04	25:58
3.	Leon BÁNK	HUN	03	27:04
4.	Levente GONDA	HUN	03	27:24
5.	Bálint SZENTMARJAI	HUN	03	28:13
6.	Tamás KONCZVALD	HUN	04	34:33
7.	Kresimir HARTL	CRO	02	DNF

Women 5km Race Walk

1.	Petra ZAHORÁN	HUN	02	27:17
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2.	Tiziana SPILLER	HUN	03	28:43
3.	Katalin TÓTH	HUN	02	29:28
4.	Elizabet KOCSI	HUN	02	30:10
5.	Bernadett RÉPÁSI	HUN	02	30:27
6.	Dorottya TAMÁS	HUN	03	30:32
7.	Orsolya EGYED	HUN	02	31:45
8.	Boglárka MOLNÁR	HUN	03	32:10
9.	Anikó ORAVECZ	HUN	04	34:38
10.	Jázmin KOLMER	HUN	04	35:50

3km Masters

1.	László VENYERCSAN	HUN	71	15.00
2.	Tamásné BODORKÓS	HUN	67	16.53
3.	István CSABA	HUN	59	17.23
4.	Salvatore Damiano RAO	HUN	57	17.42
5.	Nóra HETENYI	HUN	70	18.58
6.	Monika SCHWANTZER	AUT	56	20.23
7.	Emmanuel TARDI	FRA	67	21.40
8.	Urszula RADZIENWINSKA	AUT		22.34
	Monique STEINER	AUT		DNF

Boys 2km Race Walk

1.	Bernát KOCSIS	HUN	05	10:33
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Girls 2km Race Walk

1.	Kinga OKOS	HUN	05	12:38
2.	Eszter HADNAGY	HUN	05	12:53
3.	Zsófia BOJTOR	HUN	05	15:10

LITHUANIAN UNIVERSITY CHAMPIONSHIPS, KAUNAS, LITHUANIA, 2-3 MAY

Fast time in the women's 3000m walk at the Lithuanian University Championships in Kaunas. Haven't seen the men's results.

Women 3000m Race Walk

1.	Živile VAICIUKEVICIUTE	LTU	96	13:05.18
2.	Monika VAICIUKEVICIUTE	LTU	96	13:06.46
3.	Ieva ŠUKEVICIUTE	LTU	96	15:46.97
4.	Greta VAINAITE	LTU	96	15:57.82

SOUTH AMERICAN JUNIOR T&F CHAMPIONSHIPS, LEONORA, GUYANA, 3-4 JUNE

To Guyana for the South American Junior Championship 10,000m track walks.

Men 10,000m Race Walk

Jonathan Javier AMORES CARUA	ECU	98	45:34.90
Cesar Alberto HERRERA CORTEZ	COL	99	45:56.70
Matheus Gabriel DE LIZ CORREA	BRA	99	46:12.50
Hilmar DIAZ	PER	00	50:15.50

Women 10,000m Race Walk

Maria Fernanda MONTOYA MARIN	COL	98	48:22.40
Evelyn INGA	PER	98	48:33.10
Leyde GUERRA	PER	98	49:07.60
Brenda PALMA FERNANDEZ	ARG	00	53:53.90

MOULTON 5 MILES/ENFIELD LEAGUE 5 MILES, MOULTON, SATURDAY 3 JUNE

Thanks to Ron Wallwork for the results of Saturday's Moulton 5 Miles walk, held in Moulton, Northwich. As usual, Mark Easton has some great photos at <http://markeaston.zenfolio.com/p289086274>. Ron reported:

Blue skies, hot and sunny conditions made the testing out and back course even more strenuous for 54 starters in the annual Moulton Walks. One of the features of the event is the appearance every year of local people giving race walking a try and this year was no exception. The race was started by Centurion 899 Ian Garmston a co-founder of the event in 2002.

A number of the regular supporters of this event were seeking international qualifying times in La Corunia, Spain, so **Callum Wilkinson** was untroubled putting 10 minutes between himself and the rest of the field. The absences already referred to left the way open for novice **David Annetts** to make an impression, but the outstanding walk of the day was that of Callum's brother **George Wilkinson**, who only turned 15 at the end of April. **Helen Middleton** notched up her fifth victory in nine years, whilst **Fiona Bishop** just managed to hold off the improving Melanie Peddle. In action after several years were **George Nibre** (4.16.47 50km in 1980) and **Brian Armstrong**, a top performer for Ilford AC in the 1970/80's.

Men's 5 miles

1.	Callum Wilkinson	Enfield:AC	U23	35.22
2.	David Annetts	North Herts RR	M50	45.56
3.	George Wilkinson	Enfield:AC	U17	46.22
4.	Mark Culshaw	Ilford AC	M50	47.47
5.	Colin Vesty ©	Leics WC	M50	49.30
6.	John Ralph	Enfield:AC	M60	49.52
7.	Hardeep Minas	Leicsy WC	M55	50.33
8.	Steve Allen	Barnet & Dist	M60	51.00
9.	Ken Bobbett	Hillingdon AC	M70	51.05
10.	John Constandinou	Birchfield H	M40	51.15
11.	Steve Kemp ©	EMAC	M55	51.29
12.	Brian Armstrong	Ilford AC	M65	51.52
13.	Kevin Marshall ©	Ilford AC	M55	52.18
14.	George Nibre	Ilford AC	M60	52.18
15.	Glyn Jones	Coventry Godiva	M70	53.10
16.	John Hall	Belgrave H	M65	53.49
17.	John Borgars ©	Loughton AC	M70	54.15
18.	Jonathan Petty	unattached	M55	54.15
19.	Arthur Thomson	Enfield:AC	M80	54.25
20.	Russ Jackson	Yorks RWC	M70	54.31
21.	Chris Flint ©	Surrey WC	M70	54.31
22.	John McDonagh	Dalhan	M55	56.25
23.	Steve Carwright	Colchester	M55	57.04
24.	David Delaney	Surrey WC	M70	57.23
25.	David Hoben	Surrey WC	M60	58.05
26.	Bob Dobson ©	Ilford AC	M70	58.32
27.	Sean Pender ©	Enfield:AC	M60	58.57
28.	Malcolm Smith	Moulton	M70	59.41
29.	Paul Firmage	Ryston R	M70	60.53
30.	Phil Nutley	LDWA	M65	59.06
31.	Peter Crane	Surrey WC	M70	67.07
32.	Paul Forshaw	Unattached	M60	68.03
33.	Jon May	Enfield:AC	M60	68.45
34.	David Ainsworth©	Ilford AC	M65	72.02
35.	Ken Livermore ©	Enfield HAC	M80	74.27
36.	Dan Maskell	Surrey WC		DNF

Women's 5 miles

© = Centurion

1.	Helen Middleton	Enfield:AC	W50	49.11
2.	Fiona Bishop	Woking AC	W55	50.02
3.	Melanie Peddle	Loughton AC	W45	50.11
4.	Joyce Crawford	Red Lodge R	W50	51.58
5.	Maureen Noel	Belgrave H	W50	52.50
6.	Charlotte Hawes	Positive Steps	W55	58.47
7.	Sue Clements ©	Cambs/Col	W60	62.50
8.	Valerie Nutley	LDWA	W60	63.35
9.	Andrea Lorenz	unattached	W50	64.03
10.	Sue Mills	Moulton	W50	66.41
11.	Anna Crane	unattached	SW	67.05
12.	Rachel Webb	Moulton	W50	67.31
13.	Jennie Grimwood	Newmarket J	W60	71.53
14.	Anne Scriven	Moulton	W80	72.22
15.	Sue Smith	Ryston R	W55	74.17
16.	Viv Houghton	Moulton	W50	77.36

Junior 2km

1.	Jemma Lewis	Frinton	Gu13	8.05
1.	Anya Nibre	Frinton	Gu13	8.05

STATE QUALIFIER CHAMPIONSHIPS, SUFFOLK COUNTY, LONG ISLAND (SECTION XI), 2-3 JUNE

Good girls result from the New York State High School A.A. Qualifying Championships, held last weekend at the Port Jefferson High School on Long Island. Second column shows School year, not age! Very fast winning time by **Lauren Harris** (6:17.20).

Girls 1500m Walk

1.	Lauren Harris	12	Sachem East	6:17.20
2.	Margaret Atwood	11	Sachem East	6:46.89
3.	Jessica Grover	10	Hhh East	6:48.31
4.	Kelsey Jordan	12	Westhampton Beach	6:55.56
5.	Kayla Torres	12	Sayville	6:58.64
6.	Erika Varady	10	Huntington	7:01.99
7.	Keily Rivas	10	Huntington	7:02.97
8.	Ariana Cagnina	12	Sachem North	7:14.94
9.	Jessica Levine	12	Sachem North	7:15.38
10.	Chelsea Benedict	11	Sachem East	7:20.68
11.	Natalie Ehlers	10	Westhampton Beach	7:22.02
12.	Samantha Piezzo	11	Sachem East	7:25.73
13.	Gianna Levine	12	Hhh West	7:32.15
14.	Kianna Plummer	10	Connetquot	7:40.47
15.	Sophia Santos	12	Smithtown West	7:41.98
16.	Gia Giudice	9	Sachem North	7:48.42
	Hayley DiCarlo	11	Sachem East	DQ
	Rebecca Ferguson	12	William Floyd	DQ

PARIS-ALSACE CLASSIC, FRANCE, MAY 31-JUN 3, 2017

The biggest classic on the ultrawalking calendar was held last week, with the cream of the European long distance walkers contesting the annual Paris-Alsace race. The design of the event is nicely described at <http://www.centurions1911.org.uk/paris-alsace-2017.html>.

For the last few years, the Paris-Colmar/Alsace has developed into a stage race with a prologue, then a transfer to vehicles and drive to the start of the next stage. Apart from the prologue and final stage, the race for men and ladies are two distinct separate races. The 2017 race sees the usual prologue and then both races restart the next stage later in the evening at Chateau Thierry. Each competitor must have an official vehicle (inspected by the organisers) decorated with the competitor's name, sponsor banners and flashing lights.

Along the route are control points with a closing time. Just to complicate matters, the start of stages 2 and 3 are done in order of classification ie the lead man and woman go first and the rest follow depending how many minutes they completed the previous stage behind the winner, so a lot of hanging around. Of course, it also means that the slower walkers have less time to complete that section and they have to race very hard to meet the cut-off times. Sadly, a few don't make it each year. Timing and a good sat nav, are of the essence!

Here are the stages – note the 352.8km stage 2 for men and the 220.5km stage 3 for women. Tough stuff!

Prologue	Neuilly sur Marne to St Thibault des Vignes: 14.6km
Stage 2 (men)	Chateau Thierry to Epinal: 352.8 km (with compulsory 2 hour rest stop at Bar le Duc)
Stage 2 (women)	Chateau Thierry to Dormans: 24km
Stage 3 (women)	Vitry en Perthois to Epinal: 220.5km
Stage 4 (men and women)	Plainfaing to Ribeaupville: 57.3km
Total distance	424.7km Men 319.1km Women

This year's race for men went as expected, with 6 times winner **Dmitriy Osipov** reaching the finish line in 57:47:25, just under 2 hours ahead of French walker **Florian Letourneau** and a further 3+ hours ahead of fellow Frenchman **Yves-Michel Kerlau**. The women's race saw a fantastic race between 2015 winner **Tatiana Maslova** and 2016 winner **Irina Poutinseva**. This time it was Maslova who won with 43:24:31, not far ahead of Poutinseva with 43:57:32.

Men (424.7km)

1.	OSIPOV Dmitriy	Ind St-Petersbourg	424.725 km	57:47:25	7.349 km/h
2.	LETOURNEAU Florian	AC Château-Thierry	424.725 km	59:55:36	7.087 km/h
3.	KERLAU Yves-Michel	CM Roubaix	424.725 km	63:18:07	6.710 km/h
4.	GEORGELIN Serge	Bruz Athlétisme	424.725 km	64:09:08	6.621 km/h
5.	FORESTIERI Alexandre	UST Courir à St-Tropez	367.439 km	55:33:07	6.614 km/h
6.	OLIVARES Mathieu	Neuilly-sur-Marne	303.000 km	47:56:01	6.321 km/h
7.	MACKINTOSH Tony	Isle of Man Veterans AC	300.000 km	46:26:00	6.461 km/h
8.	BIEBUYCK Pascal	Ath AC	287.000 km	38:56:02	7.371 km/h

9.	VARAIN Cédric	AC Château-Thierry	260.000 km	37:56:01	6.854 km/h
10.	VANDENDAUL Daniel	CABW	247.000 km	35:57:01	6.871 km/h
11.	LACROIX Jean-Louis	AC Château-Thierry	204.000 km	29:32:00	6.907 km/h
12.	ROZE Eddy	Amiens UC	129.000 km	14:26:00	8.938 km/h

Women (319.1km)

1.	MASLOVA Tatania	Baltic Star St-Petersbourg	318.907 km	43:24:31	7.347 km/h
2.	POUTINSEVA Irina	Ind St-Petersbourg	318.907 km	43:57:32	7.255 km/h
3.	LABYLLE Maggy	AC Bouillante	318.907 km	47:38:15	6.694 km/h
4.	BIZARD Claudie	Thiais AC	318.907 km	51:30:59	6.190 km/h
5.	MAISON Sylvie	Strasbourg AA	261.622 km	39:28:54	6.626 km/h
6.	ARNAULT Françoise	Neuilly-sur-Marne	227.000 km	38:26:14	5.906 km/h
7.	SALOMEZ Bénédicte	Neuilly-sur-Marne	62.000 km	08:56:13	6.937 km/h

Osipov has now won 7 of the last 8 stagings, a wonderful record.

2009	Paris - Colmar	471.5km	OSIPOV, Dimitri	RUS	59h12m
2010	No Event Contested				
2011	Paris - Colmar	439 km	OSIPOV, Dimitri	RUS	56h 46m 11s
2012	Paris - Colmar	436 km	OSIPOV, Dimitri	RUS	55h 54m 26s
2013	Paris - Colmar	436 km	ROUALT, Jean-Marie	FRA	54h 17m 31s
2014	Paris - Colmar	426 km	OSIPOV, Dimitri	RUS	52h 45m 56s
2015	Paris - Ribeauville	427 km	OSIPOV, Dimitri	RUS	55h 19m 04s
2016	Paris - Ribeauville	425 km	OSIPOV, Dimitri	RUS	52h 08m 39s
2017	Paris - Ribeauville	425 km	OSIPOV, Dimitri	RUS	57h 45m 45s



Tatiana Maslova in action in this year's Paris-Alsace Classic (photo <http://epinalinfos.fr/>)

Official website at <http://www.marche-mythique.org/accueil.html>.

Results at <http://www.marche-mythique.fr/ledirect2017.html>

Osipov in action in this year's race: <https://www.facebook.com/ultrawalking/videos/1370979376281933/>

2017 CONTINENTAL CENTURIONS 24H QUALIFIER, WEERT, NEDERLANDS, JUNE 3-4, 2017

The annual Continental Centurion 24 Hour Walk (with associated and Kennedy Friend 50 Miles qualifying walk) was held last weekend in the Dutch city of Weert. Alas, I have been waiting for some results (website <https://www.olat.nl/iwe>) but nothing as yet.

I do know that American Centurion **Rob Robertson** scored his fifth centurion badge with his finish in Weert, but it was not easy, as his facebook comment explains:

Right at the start of the race I knew something was wrong. I was mentally and physically prepared. For some reason I did not feel right but was walking well. Then the top of both feet started to hurt. This spread to my right hip. Then both knees. Three demons rearing their ugly heads. I just walked thru the pain. Not to be deterred two more demons showed up. The paving stones on one stretch hurt the bottom of my feet. Then the most evil of them all my digestive track was not happy. All of this in

the first six hours. Was I going to be a Centurion and an exorcist? I stayed mentally strong and walked thru the pain. Finding some relief by eating different foods. Only to have each demon return many times later. Then came the overnight rain. Not heavy rain. Just a cool rain after a hot day and warm night. The next demon, wet socks. This one brought his ugly brother foot blisters. By stopping, changing socks, patching at mile 76 I was able to get another 14 miles. My sweet wife earned her pay this weekend. I needed a lot of help. Food, feet and encouragement. I kept her running, she got a blister. Thanks Bren. By mile 90 both of my feet were blistered. Toes and fore foot pads. Those uneven paving stones. With just 10 miles to go I just gritted my teeth and kept going.

After my first Centurion in 2015. I thought the more races I did the easier it would become. It has mentally. Physically these races are never easy. A hundred things can go wrong. At this race for me they all went wrong. Over and over again. I never felt like I would not be able to finish. Mentally I was above all of it. It all boils down to one simple question. How bad do you want it?

I finished my 100 miles in 22 hours 55 minutes 52 seconds. I stayed out and walked another 4 miles with a Friend for His first Centurion. I Became Continental Centurion C454.

FANS 24 HOUR TRACK CHAMPIONSHIPS, MINNEAPOLIS, MINNESOTA USA, JUNE 3-4, 2017

It was a big weekend around the world for ultra walking, with the Paris-Alsace Classic in France and the Continental Centurions 100 Miles qualifier in Weert. And that is not all – we also had the annual USA Centurions 100 Miles Qualifier which was run in conjunction with the FANS 24 Hour Track Championships in Minneapolis.

I hear that it was hot in Minneapolis and competitors found it very tough as a result. Alas, no one completed the 100 mile standard so no new USA Centurions from this event. There will be a second authorized USA Centurions qualifier in Owega, NY State, on 23-24 September, to be organized by Dave and Erin Talcott.

No results available yet but they should eventually appear on event website <http://www.fans24hour.org/index.html>.

USATF 5 KM RACE WALK CHAMPIONSHIPS, ALBANY, NY, SUNDAY 4 JUNE

The 2017 USA 5km Race Walk Championships for the men and women Junior, Open & Masters division were held as part of the 39th annual Freihofer's Run for Women at Corning Preserve on Albany's Riverfront.

Wins to **Emerson Hernandez** (El Salvador 21:24) and **Maria Michta-Coffey** (22:50). USA Open titles to **Cody Risch** (21:25) and **Maria**. USA Junior titles to **Nolan Allen** (27:28) and **Meagan Allen** (27:41).

USATF 5Km Roadwalk Championships, Open and Junior

1.	Hernandez, Emerson	M28	Fleet Feet Alban	21:24	
2.	Risch, John Cody	M26	Q Elite	21:25	
3.	Luetichau, Richard	M32	Shore AC	22:11	
4.	Gruttadauro, AJ	M19	Shore AC	22:26	
5.	Michta-Coffey, Maria	W30	Walk Usa	22:50	
6.	Swarts, David	M52	Pegasus AC	23:43	
7.	Talcott, Dave	M57	Shore AC	23:57	
8.	Taylor=Talcott, Erin	W39	Shore AC	24:37	
9.	Podlaski, Meaghan	W19	Unattached	26:39	
10.	Conway, Chelsea	W27	Shore AC	26:40	
11.	O'Rourke, Ed	M55	New England Walk	26:57	
12.	Price, Alexander	M35	Walk Usa	27:07	
13.	Allen, Nolan	M17	New England Walk	27:28	1st Junior M
14.	Soucheck, John	M51	Shore AC	27:38	
15.	Allen, Maegan	W18	New England Walk	27:41	1st Junior F
16.	Smith, Katie	W29	Pegasus AC	27:53	
17.	Shapiro, Kayla	W18	Unattached	28:25	2nd Junior F
18.	Baccaglioni, Brian	M17	Unattached	28:37	2nd Junior M
19.	Zoyhowski, Rachel	W23	Unattached	28:59	
20.	Nash, Omar	M43	Southwest Ohio T	29:21	
21.	Troshkin, Vyacheslav	M69	Park Racewalkers	29:27	
22.	Guenard, Danika	W18	Canada	29:28	
23.	Finn, Tom	M60	Unattached	30:12	
24.	Vayo, Bill	M52	Park Racewalkers	30:20	
25.	Frable, Norm	M71	So Cal TC	30:27	
26.	Jasionowski, Leon	M72	Pegasus AC	30:58	
27.	Lytte, Tessa	W15	New Jersey Strid	31:03	3rd Junior F
28.	Pintair, Olivia	W17	Fleet Feet Alban	31:05	
29.	Smith, Andrew	M67	Pegasus AC	31:13	

30.	Logan, Bruce	M52	Park Racewalkers	31:44
31.	Fox, Marty	M63	Unattached	31:48
32.	Vaitones, Valentina	W21	New England Walk	33:00
33.	Frable, Kathleen	W71	So Cal TC	34:23
34.	Geer, Panseluta	W70	Shore AC	36:18

USATF 5Km Roadwalk Championships, Masters

M40	1	Nash, Omar	M43	Southwest Ohio T	29:21
M50	1	Swarts, David	M52	Pegasus AC	23:43
	2	Soucheck, John	M51	Shore AC	27:38
	3	Vayo, Bill	M52	Park Racewalkers	30:20
	4	Logan, Bruce	M52	Park Racewalkers	31:44
M55	1	Talcott, Dave	M57	Shore AC	23:57
	2	O'Rourke, Ed	M55	New England Walk	26:57
M60	1	Finn, Tom	M60	Unattached	30:12
	2	Fox, Marty	M63	Unattached	31:48
M65	1	Smith, Andrew	M67	Pegasus AC	31:13
M70	1	Frable, Norm	M71	So Cal TC	30:27
	2	Jasionowski, Leon	M72	Pegasus AC	30:58
W70	1	Frable, Kathleen	W71	So Cal TC	34:23
	2	Geer, Panseluta	W79	Shore AC	36:18

MARCIADALMONDO AND OMARCHADOR ROUNDUP

Marciadalmondo has 4 press releases this week

- Mon 5 Jun – Ines Henriques wants to compete in the 50km in the London World Champs
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2813
- Sat 3 Jun - Erica de Sena (BRA) and Alvaro Martin (ESP) win in La Coruna
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2812
- Tue 30 May - Entry lists for La Coruna
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2811
- Fri 26 May - 2km Fit Walk to be added to La Coruna this year
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2810

and Omarchador has 10 press releases

- Mon 5 Jun - Results of walks in Portuguese Youth Olympic Tournament
<http://omarchador.blogspot.com.au/2017/06/porto-e-leiria-com-vitorias-individuais.html>
- Sun 4 Jun - Álvaro Martín beats Japanese in La Coruna
<http://omarchador.blogspot.com.au/2017/06/alvaro-martin-bateu-armada-japonesa-na.html>
- Sat 3 Jun - Érica de Sena wins in La Coruna
<http://omarchador.blogspot.com.au/2017/06/erica-de-sena-triunfa-na-corunha.html>
- Sat 3 Jun - 2km Fit Walk added to La Coruna program
<http://omarchador.blogspot.com.au/2017/06/i-marcha-para-todos-da-corunha.html>
- Fri 2 Jun - Lobogang Shange wins track walk in Palafrugell
<http://omarchador.blogspot.com.au/2017/06/a-marcha-no-meeting-internacional-de.html>
- Fri 2 Jun - Troféu Josefina Romero de Marcha Atlética - additional races in La Coruna
<http://omarchador.blogspot.com.au/2017/06/trofeu-josefina-romero-de-marcha.html>
- Thu 1 Jun - IAAF ratifies Inês Henriques' women's 50km world record
<http://omarchador.blogspot.com.au/2017/06/iaaf-ratifica-recorde-mundial-de-ines.html>
- Thu 1 Jun - Walks removed from Portuguese Young Olympic National Tournament
<http://omarchador.blogspot.com.au/2017/06/marcha-atletica-ausente-do-escalao-de.html>
- Wed 31 May - La Coruna preview
<http://omarchador.blogspot.com.au/2017/05/xxxi-gp-cantones-de-coruna-sergio.html>

- Tue 30 May - Russian walker Petr Trofimov hit with 4 year ban for doping infringement <http://omarchador.blogspot.com.au/2017/05/trofimov-com-4-anos-de-suspensao-por.html>

OUT AND ABOUT

- A doctor who has worked closely with Alberto Salazar, the coach of Mo Farah, has been accused of deliberately falsifying medical records before handing them to the USADA. See <https://www.theguardian.com/sport/2017/may/30/doctor-jeffrey-brown-salazar-accused-falsifying-records-usada>.
- The IAAF has rejected bids from 28 Russians to compete as neutral athletes and approved only three (but no walkers). See <http://www.sbs.com.au/news/article/2017/05/31/iaaf-rejects-28-russians-more-banned>.
- Ernst and Young partner Alexander Ivlev has been named acting chairman of the Russian Anti-Doping Agency (RUSADA) after Yelena Isinbayeva officially resigned from the role at a meeting today. The removal of the double Olympic pole vault champion and world record holder from her position is a key requirement outlined by WADA in order for RUSADA to be declared compliant. See <http://www.insidethegames.biz/articles/1050994/ivlev-named-acting-chairman-of-rusada-as-isinbayeva-officially-resigns>.
- Ukrainian 800m runner Nataliia Lupu (a world and European indoor medallist) has been handed an eight-year ban after a second anti-doping rule violation, the IAAF has announced. Read more at <http://www.athleticsweekly.com/news/nataliia-lupu-handed-eight-year-ban-61708#7hhJf7Btw0msO8Cc.99>.
- German walker **Christopher Linke** is one of the nominees for European Athlete of the Month for June. He won the 20km at the European Race Walking Cup in Podebrady in 1:19:28. See <http://www.european-athletics.org/news/article=voting-open-for-european-athlete-the-month-may-2017/index.html?cid=rss>.

IAN LAURIE HAS BEEN BUSY



VRWC official **Ian Laurie** has been busy over the last few months, working his way through the AA/RWA Roadwalk Championship results from the 1990's and typing them all out from the paper results sets. He has now completed the task and I am very pleased to point to the finished product at <http://www.vrwc.org.au/rwa-results.shtml>.

We now have online all the LBG and RWA Federation Carnivals from 1990 onwards, as well as the full results of the other RWA championships that are held each year.

Our next job is to start typing out the carnival results from 1981-1990. If anyone can help out, I can give them a results set and an excel proforma file to use for typing up. Just see me any Saturday at Middle Park or email me on terick@melbpc.org.au. As they say, many hands make light work.

POSTAGE STAMPS UPDATE

Thanks again to Alex Wijzman for some more info about a set of 1980 Olympic stamps released by the Central African Republic. We have already seen this set before. The stamps feature 6 Olympic disciplines - racewalk, 4x400m relay, 100m run, high jump, boxing and hurdles.



The racewalking stamp features Domingo Colin, Daniel Bautista and Peter Frenkel. The picture was taken from a photo of the three who were at the time contesting the 20km racewalk event at the 1976 Montreal Olympics. The other stamps also feature 1976 Olympic athletes.

But here's something I didn't know much about. This sheetlet was re-released in 1981 but was overprinted to document the winners of each of these events at the 1980 Olympics. The overprints read

50KM MARCHÉ
HARTWIG GAUDER - G.D.R.

4 X 400 M. DAMES - U.R.R.S

100M. COURSE HOMMES
ALLAN WELLS – G.B.R.

SAUT EN HAUTEUR DAMES
SARA SIMEONI - ITALIE

BOXE – 71KG
ARMANDO MARTINEZ – CUBA

100M. HAIES HOMMES
THOMAS MUNKELT - G.D.R.

There are two different colour overprints, one in red and one in gold. So that means that in total, there are 3 different scenarios for each stamp - plain, red overprint and yellow overprint. Here are the 3 different walks stamps.



AUSTRALIA AND THE WOMEN'S 50KM

Women officially entered the 50km world last week, with the IAAF finally recognizing the world record of 4:08:26, set by Portuguese walker Inez Henriques in January. The next battle is now to work for equality in major championships and ensure that women have the opportunity to compete over both 20km and 50km, like their male counterparts.

Australia has a very limited history of 50km walking for women. Let's have a look.

We all know that women were 'sheltered' from all longer events, due to the misconception that they would not be able to perform without damage to their delicate bodies. In Australia, women walkers were only allowed to compete over ridiculously short distances like 440 yards, 880 yards and 1 mile right up till the 1930's. Even when women were welcomed into the official racewalk championships, they started with 5km (the seventies), worked their way up to 10km (the eighties) and only transitioned to 20km in the nineties. It is only this year that we are starting to see a serious push to the 50km distance.

It was not until the 1970's that Australian women started to challenge the distance barriers and the first of those was **Lillian Harpur**. Lillian walked in South Australia from 1970 until 1983. I remember Lillian well as she held many Australian Titles over the shorter distances of 3000m and 5000m and was renowned for her fighting spirit and never-say-die attitude. Many times she staggered over the line in complete exhaustion - a trait that few of us can develop - the ability to push ourselves to the absolute limit. During the period from 1971 to 1976 she was pre-eminent and from 1976 onwards, she had many great battles with the up and coming Sue Cook. Overall in the 1970s she placed in national championships on 17 occasions and had 6 Australian Championship victories.

However, her greatest walks were over the longer distances, and were generally unacknowledged and unrecognised. Lillian came to Australia in 1970 from Ireland and in her very first season at the age of 22 and with a young baby, she completed the SA 50km event in **5:27:11**. This stood as the fastest 50km time by an Australian woman for many years. When I asked Lillian how she had done such a feat in her first season of racewalking, she acknowledged that she had a background of trekking in the dales of Ireland. The officials of that era in SA refused to acknowledge her long walks and never put her performances in the results. Thus the papers never record her performances and the official results never mention her. How tunnel-visioned many people were just a short while ago.

Lillian did not carry on with the distance events under such adverse circumstances, only completing the occasional one. What a shame! If she could walk so well over the 50 km distance in her first season, what could she have done if she had had the motivation to keep going. An indication her potential is to be seen in her 30km time of **2:47:13**, achieved on 23 Aug 1981 in the SA State Championship. She was in fact second overall to Peter Fullager and finished just ahead of George White. Now a 30km time of that is equivalent to breaking the 3 hour barrier for the 20 miles distance.

This remained the best until ACT walker **Lisa Wilson**, aged 36, walked a time of **5:23:08** in the WMA Non-Stadia Championships in Auckland, New Zealand, on 23 April 2004. It was one of those occasions when the 50km walk was included on the program.

That time was eventually beaten by Victorian walker **Michelle Thompson**, aged 42, who walked a time of **5:13:14** in the VRWC 50km Championship on 11 September 2011. That now stands as the best 50km time any any Australian.



Lillian Harpur (1983) and Michelle Thompson (Oct 2011)

So our 50km women remain well off the pace but only because it has never been a recognized event up till now. By way of comparison, consider the best times done by female walkers in the 20 Miles walk at the annual Lake Burley Griffin carnival in Canberra.

1.	Regan Lambie	VIC	2:32:17	2012
2.	Kerry Saxby-Junna	NSW	2:41:43	2000
3.	Megan Szirom	VIC	2:49:54	2009
4.	Simone Wolowiec	VIC	2:55:14	2000
5.	Celia Bertei	VIC	3:13:00	1994
6.	Shiela Miller	VIC	3:14:08	1981
7.	Ann Staunton	ACT	3:26:26	1993
8.	Marlaine Stanway	VIC	3:27:48	1982
9.	Michelle Thompson	VIC	3:29:14	2011
10.	Karyn O'Neill	VIC	3:46:59	2015

It is fair to say that if any of Regan, Kerry, Megan or Simone had done a 50km during their time, they would have been well under 5 hours.

The challenge now for Australia is to provide the opportunities for women to walk 50km and help them perform to their best in this most beautiful of events.

PROFILING QUENTIN REW

Time for an indepth profile, this time of New Zealand 50km specialist Quentin Rew. Quentin new lives and trains in Melbourne and is a member of the Victorian Race Walking Club. While he still represents his native NZ, he is enjoying his time in Melbourne and is a wonderful role model for our own walkers.

2011	IAAF World Champs	Daegu	50km	23 rd	4:08:46
2012	Olympic Games	London	50km	27 th	3:55:03
2013	IAAF World Champs	Moscow	50km	17 th	3:50:27
2014	Racewalking World Cup	Taicang	50km	12 th	3:50:22
2015	IAAF World Champs	Beijing	20km	17 th	1:22:18
2015	IAAF World Champs	Beijing	50km	10 th	3:48:48
2016	Racewalking World Cup	Rome	20km	26 th	1:21:54
2016	Olympic Games	Rio de Janeiro	20km	DQ	
2016	Olympic Games	Rio de Janeiro	50km	12 th	3:49:32
2017	IAAF World Champs	London	50km	TBA	

Quentin Rew was born 16th July 1984 in the New Zealand city of Wellington.

His early career was spent as a middle distance runner. His PBs indicate that he was a respectable runner but not a champion - 1:59 (800m), 3:57 (1500m), 15:29 (5000m), 32:01 (10,000m) and 1:13:20 (half marathon).

If you know anything about middle/long distance running you will guess from these stats that I occasionally won races, but none of national significance.

He swapped to racewalking at the end of 2008, aged 24. At that stage he had had an achilles injury for about 5 years, so it was time to give running away and look for something different.

Quentin's first forays into national level walking in 2009 were promising - 1st in the NZ 20km in March (**1:40:10**), 3rd in the Australian 20km in August (**1:33:22**) and 1st in the NZ 50km in October (**4:52:55**).

In 2010 he showed considerable improvement, sweeping the pool on the local front with wins in all 3 NZ racewalk championships: 3000m (**12:31.64**), 20km (**1:32:20**) and 50km (**4:25:19**). He also improved his 20km PB to **1:29:11** with an additional win in the Racewalking Auckland Championships.

He was invited by AIS walks coach Brent Vallance to their annual training camp, to be held in the NSW alpine village of Thredbo in January 2011. It was an eye opener. The speed and endurance of the internationals and the top Australians was on another level completely. It was an initiation by fire but everyone was supportive and it was a positive experience that left him wanting more.



January 2011 - Quentin (centre) is exhausted after a session of 5x2km at Thredbo. Brent Vallance at left and Blake Steele at right. A case of initiation by fire.

The impact was immediate, with golds and big PBs in the 2011 NZ 3000m championship (**11:51:59**) and the NZ 20km championship (**1:27:47**), both held in March.

April saw his first real international race when he participated in the IAAF Challenge event in Taicang, China, in late April. This proved to be a significant breakthrough, with a 50km finishing time of 4:06:57.

In early June, as a corollary to this performance, Quentin was named in his first NZ athletics team, to compete at the IAAF World T&F Championships in Daegu, South Korea. In only 2 years, he had forced his way into the top echelon of walkers.

His training leading into the World Championships was simple. He would get home from work, put his shoes on, leave the house, walk for quite a long time, then return. His initiation into team life come Daegu was anything but simple.

I was independent, requiring only my shoes and a stopwatch. After all, racewalking is a fundamentally simple sport. But try telling that to the 'support team' in Hong Kong. They asked what I needed for training. I said I needed to be pointed in the general direction of some flat-ish ground to walk on. What I ended up with was an army of helpers: waterboys, stopwatch-holders, gait-filmers, pace-analysers, the list goes on. Of course, my superstar team-mates didn't bat an eyelid at all the attention, because for them it was normal. For me it was baffling.

His Daegu result was a good one - 23rd in the 50km with a time of **4:08:46** - but not good enough. The New Zealand 2012 Olympic qualifying time had been set at 3:59:00.

Being based in Wellington, with time running out and with a paucity of legitimate 50km races globally, this qualification was not a straightforward matter. If he was going to accomplish that goal, it would take an all-or-nothing visit to the other side of the world, by himself, and into the unknown. He would go to Dudince.

But first things first. As in 2011, he spent January 2012 at Thredbo as part of the yearly AIS camp. But unlike 2011, this time around he was a much more competitive walker.

Then it was off to Hobart as part of the New Zealand team which would compete against the Australians for the Oceania Race Walking Trophy at their national 20km championship. His final time of **1:30:01** does not tell the full story - the race was held late on the Saturday afternoon in a record temperature of 38°C. Overall, only 12 of the 23 men finished and only 9 of the 16 women finished. Quentin finished 7th, a good effort under the circumstances.

Fast forward one month to March 2012 and he departed for Europe, on a mission as close to pass-or-fail as athletics ever gets.

*I had to walk 50km in under 3:59.00. Doing so would secure my place in the greatest show on Earth. Failure would mean, as George Gregan once said, four more years. I was only just in shape to do the time, so everything had to be pretty close to perfect. And, as it happened, it was. My final time of **3:58.48** didn't leave much room for error; but it didn't need to. If it was a pass-or-fail test, I passed. And if 12 seconds could ever be described as 'life changing' then I guess those were them.*

He was duly added to the New Zealand Olympic team and completed his final preparations with a four week stint in St Moritz before joining the NZ team in Cardiff for the final pre-London camp.



St Moritz and training with the Aussies - Brent Vallance on the bike and with Chris Erickson alongside

He had done five 50km races now and figured out that a top-16 placing in London would require a time of around 3:53:00, judging from past Olympic performances and the current crop of athletes. His PB was 3:58.48, so he had find an additional 6 minutes. He knew that he was in the best shape of his life, but starting the race too quickly could be disastrous.

As it transpired, that pace he set for himself had him dead last at 5km. Even worse, he had received 2 red cards by the 15km mark. From then on, he had to try to put all doubts aside, work his way up through the field and simply concentrate on walking as well as he could. The final result - 27th with 3:55:03.

All things considered, I don't think that I could have gone any faster on the day. I did not achieve my stated goal of a top-16 finish, but underpinning that goal was the desire to 'perform well at the Olympics' - and I can put my hand on heart and say I achieved that.



*Left: Quentin works his way up through the field in the London Olympic 50km
Right: Spent at the finish - nowhere to hide in a 50km walk!*

He now realized he needed a base nearer to the action so after the London Olympics, he moved to the northern English city of Leeds, where he worked as a physiotherapist and trained out of the UK Race Walking Centre at Leeds Metropolitan University.

The experience was a positive one and I felt I achieved my objectives there, which were to improve my speed in shorter races (3km-20km), and improve on my technical efficiency and economy.

The change in training was fuelled by a realization that all world-class 50km athletes are also excellent at 20km. As of 2012, his best 20km times were relatively slow, and he knew that to improve over long races he had to improve over shorter races. That was not a sudden revelation. Ever since he had first trained with international athletes more than two years previously, he had been acutely aware he was the black sheep (perhaps fitting for the sole Kiwi in the flock of walkers). Aside from having a different motherland, everyone he trained with trained fast. And raced fast. Despite what he thought to be a dangerous lack of mileage, his training partners were blitzing the world and walking times he could only dream of.

In the last few months of 2012, he was barely walking over 100km a week, but every time he walked out the door he went fast. Nothing over 5 minutes per km, and an overall average of around 4:45 per km.

Racing season proper started in February with the Ireland indoor champs, including a 5000m race walk where he finished in **19.52**, with a bit of gas still in the tank. A fortnight later it was a road 10km in **40.20**. Another fortnight later the distance doubled again with a 20km in Lugano, Switzerland, where he finished in a 5 minute PB with **1:22.56**. His early season racing finished with a win in the international 20km racewalk in Naumburg, Germany, and yet another 20km PB with **1:22:16**.

After another stint of altitude work at St Moritz, he fronted for the World Championships in Moscow, where he finished 17th in the 50km with a PB time of **3:50:27**.

With no Commonwealth Games walks scheduled for 2014, it was a relatively quiet year with only the World Racewalking Cup in May. His early season form was good - a win in the England and Wales Combined Events Championship 3000m indoor track walk in January (**11:17.66**) and a win in March in the Molly Barnett 10km walk in Coventry (a huge PB of **39:51**).

Surprisingly, he did not click for the 2014 IAAF World Racewalking Cup performance in Taicang. On paper it looked like a good result - 12th place and a new 50km PB of **3:50:22** - but he knew it could have been much better. The PB was by a mere 5 seconds.



2014 Racewalking World Cup in Taicang - Quentin races with Chris Erickson in the 50km - little separates these two walkers who have featured together in many races

As July 2014 drew to a close, so did his 2 year work permit and he was forced to consider his next move. He packed his bags and headed to America where he spent August and September high in the Rocky Mountains of Colorado. It was a great block of high-mileage, high-altitude training, but speed work took very much a back seat. Then it was off to China for the 4 day Lake Taihu Classic before heading to Australia for six-week training camp at the AIS in Canberra. There, he managed to push out another big training block, consistently around 200km per week, all at a good pace (averaging well under 5 minutes per km) and with the added challenge of living in the altitude house.

There was the chance of one final race for the year with the annual Athletics Australia 20km race at Fawcner Park in Melbourne in mid December. It was an exciting race as Quentin and Isamu Fujisawa (Japan) set out at a blistering pace, swapping the lead lap by lap until Isamu eventually broke away in the final 4km to win by 6 seconds with 1:22:05. Quentin was under pressure with two early red cards but he settled down and continued to shadow his rival all the way, never giving up hope of winning. His final time of **1:22:11** was a 5 sec PB and bettered his own NZ record.

Then finally home to New Zealand for some time with the family in Wellington. This break allowed him the opportunity to race over 3000m on the track in Wellington in late January. The result was a New Zealand record of **11:15.2**.

It was then time to pack his bags and head to Melbourne to setup a more permanent base. But hardly had he arrived in Melbourne and he was off to Adelaide for the Australian 20km championships (2nd to Jared Tallent in a slow 1:25:22 in very hot conditions), then off for further races in Texas and Mexico on successive weekends.

Since packing up his life from Leeds in July 2014, he had now been constantly on the move for 9 months. In those nine months his travels have taken me through Greece, Turkey, Rhode Island, Canada, Colorado, China, back to New Zealand, Australia, New Zealand again, Australia again, Texas and Mexico. Now in March 2015, he finally managed to unpack his suitcase in Melbourne.

He raced the first half of the VRWC winter season, winning the LBG 20 Miler in Canberra in June with an inaugural time of 2:21:17. Then it was off to St Moritz again for some more altitude work before the IAAF World Championships in Beijing.

His Moscow races were excellent - 17th in the 20km with **1:22:18** and 10th in the 50km in a **PB 3:48:48**. He had finally made the top 10 in a big international championship. Now it was time to plan towards the 2016 Olympics.

Suffice it to say 2016 did not begin as he had hoped.

My first two races, in Adelaide and Juarez, yielded a DQ and a DNF. The three week block of altitude in January was plagued with logistical problems. Three months of earnest effort to improve my technique did not yield the desired results. At one point, even the homeless guy living in a nook of the MCG started giving me sympathetic advice.

After his Juarez race in Mexico, it was yet another training camp, spending April at altitude in Flagstaff, Arizona.



The life of a professional athlete - on camp in Arizona in April 2016. Ben Thorne, Katie Burnett, Nick Christie, Rhydian Cowley, Evan Dunfee, Brendon Reading, Jared Tallent, Quentin Rew and Inaki Gomez

This did the trick and he bounced back in May with a great 20km race in the IAAF World Racewalking Team Championships in Rome - 26th in a PB of **1:21:54**, a new NZ record. It was a great meet for New Zealand with Alana Barber also excelling, recording 1:32:48 for her own NZ record.

Then it was back to Melbourne for some more races (2nd in the LBG 20 Miler with 2:21:26) before heading off to St Moritz once again to put the finishing touches to his Olympic prep.

His Rio results were a mixed bag. He was disqualified in the 20km walk but bounced back with a solid performance in sweltering conditions in the 50km - 12th with **3:49:32**. It was another top result but it did not come easily. He had lacked the sparkle of 2015.



Some of the Commonwealth walkers at the Rio Olympics - Quentin Rew, Chris Erickson, Brendon Reading, Evan Dunfee, Ben Thorne, Inaki Gomez and Jared Tallent

Any long term concerns were soon allayed. After a good break back in Melbourne, he headed to Canberra for a 6 week training camp at the AIS, spread over January and the early part of February. Then it was straight to Adelaide for the Australian 20km championships and 3rd place with a 20km PB of **1:21:12**.

No rest for the wicked! It was now straight onto the plane for Mexico, with a 20km race in Ciudad Juarez (14th in 1:25:30) and a 50km race in Monterey (3rd in **3:51:18**).

Now Quentin is back in Melbourne and preparing for the 2017 IAAF World Championships in London. The signs are promising. He is putting in the big miles and training fast and hard, yet looking fresh.

Quentin also has one final New Zealand record to take - the 50km time of 3:48.04, held by Craig Barrett. He has already taken Barrett's 3000m track and 20km road walk records and in Beijing he was just 44 seconds short in the 50km.

In finishing this article, I refer all readers to Quentin's blog at <http://morethanracewalking.blogspot.com.au/>. It makes for superb reading and gives further insight into a walker who thinks deeply on his sport and its place in the world of athletics.

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.

2016/2017 Australian/Victorian Key Dates

Jun 9-12, 2017	Australian Masters T&F Championships, Darwin, NT. See http://ntmastersathletics.com.au/
Jun 11 (Sun), 2017	51 st LBG Racewalking Carnival, Stomlo Forest Park, Canberra, ACT
June 25 (Sun), 2017	Victorian 20km Roadwalk Championships, Middle Park, Melbourne
Aug 6 (Sun), 2017	Victorian Roadwalk Championships (including Victorian 30km Championship), Middle Park, Melbourne
Aug 6 (Sun), 2017	AMA 20km Roadwalk Championships, Adelaide, SA
Aug 27 (Sun), 2017	Australian Roadwalk Championships, Woolongong, NSW
Sept 10 (Sun), 2017	Victorian 50km Championship, Middle Park, Melbourne

2016/2017 International Dates

June 9, 2017	European Athletics Walks Meet, Altyus, LTU
Jun 29 – Jul 1, 2017	Oceania Area Championships, Suva, Fiji
July 12-16, 2017	10 th World Youth T&F Championships, Nairobi, Kenya – THIS IS THE FINAL EDITION
August 4-13, 2017	16 th IAAF World Championships in Athletics, London, UK. See http://www.london2017athletics.com/ On Sunday 13 August, all 3 racewalks will be staged on The Mall, St James Park, London

9 Aug (Wed), 2017 2017 1,3,5 Mile Friendship Walks, London (for all those at the world champs)
 August 19-30, 2017 29th Summer Universiade, Taipei, Taiwan
 Sept 9, 2017 8th Race Walking Day in Veenendaal (Dutch Sprint Triathlon), Veenendaal, NED
 Sept 24-17, 2017 Around Lake Taihu 4 Day multi day walks race, CHN

2017 Remaining IAAF Racewalk Challenge Series

August 5-13, 2017 16th IAAF World Championships in Athletics, London, UK.

Looking Further Ahead

Jan 20-27, 2018 Oceania Masters Athletics Championships, Dunedin, New Zealand See www.mastersathleticsoceania.com
 Apr 4-15, 2018 XXI Commonwealth Games, Gold Coast, QLD (20km roadwalks). See <http://www.gc2018.com>
 Men's and Women's 20km walk, Currumbin Beachfront, Sunday 8 April
 May 5-6, 2018 28th IAAF World Race Walking Team Championships, Taicang, China
 July 2018 16th World Junior T&F Championships, Tampere, Finland
 Sept 2018 22nd World Masters Athletics T&F Championships, Malaga, Spain
 Sept 28 – Oct 6, 2019 17th IAAF World Championships in Athletics, Doha, Qatar
 July 2019 30th Summer Universiade, Brasilia, Brazil
 2019 World Masters Indoors T&F Championships, Torun, Poland
 July 24 – Aug 9, 2020 32nd Olympic Games, Tokyo
 July 20 – Aug 1, 2020 23rd World Masters T&F Championships, Toronto, Canada
 Aug 2021 18th IAAF World Championships in Athletics, Eugene, USA
 July 18-30, 2022 XXII Commonwealth Games, TBA
 On 13th March 2017, Durban announced that it would not host the Games, due to financial constraints.

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