



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2016/2017 Number 38
20 June 2017



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WALKER OF THE WEEK

40 year old VRWC walker **Mark Blackwood** is my Walker of the Week this time around. Walking in our VRWC 'Guess Your Time' races, he predicted he would walk 18:50 for the 4km roadwalk and he was spot on, walking a time of **18:49**.

Mark has come back to the club and is racing alongside son Hamish and daughter Sophie after a break of nearly 20 years. He had his comeback race with us on 29th April, recording 25:13 for 5km, and he has been improving week by week since then. But more recent members may not know that Mark was one of our top junior walkers in the 1990s. I rummaged through my records and found a number of National and State medals that he won in Open and Underage competition between 1992 and 1998, when he retired.

1992	Australian U16 1500m	1	6.26.04
1992	Victorian U18 8km	3	37.11
1994	Australian U18 3000m	2	12:42.76
1994	Australian U18 8km	1	38:10
1995	Victorian Open 15km	2	1.08.44
1996	Australian U20 20km	2	1:29:51
1996	Victorian Open 15km	1	1.09.39
1997	Victorian Open 15km	2	1.06.44
1998	Victorian Open 5000m	2	21:25

His performances for 3000m (**12:00.0**, 1997, aged 19) and 20km (**1:29:51**, 1996 aged 18) still rank in our all-time lists.

Welcome back Mark and well done on your performances thus far.



Mark walking in VRWC competition last Saturday (photo Terry Swan)

WHAT'S COMING UP

Next Sunday sees more Victorian championships, with the Victorian 20km Roadwalk Championships, the Victorian Schools Roadwalk Championships, the VMA 20km Roadwalk Championships and VRWC U10/U12 Championships on offer – it is indeed a case of something for everyone. Entries to the AV and AV Schools Championships must be made via the AV website (<http://athsvic.org.au/event/av-20km-schools-walks-championships/>). Note that AV entries close on Thursday 22 June. Entries to VMA and VRWC events can be done on the day but we ask that you do it via the VRWC pre-entry panel at <http://vrwc.org.au/wp1/> if possible, to ease congestion at the entry table on the day.

Sunday 25th June 2017, Middle Park			
VRWC & VMA EVENTS: Entries close for all events at 45 minutes before the event.			
8.30am	20km	AV Championship	Open Men
8.30am	20km	VRWC Championship - Alf Robinson Trophy	Open Men
8.30am	20km	VMA Championships	Masters Men
8.30am	20km	AV Championship	Open Women
8.30am	20km	VMA Championships	Masters Women
8.30am	20km	Non- championship	Open
9.15am	10km	AV Schools Championship	Under 20 Men/Women
9.30am	3km	AV Schools Championship	Under 16 Boys/Girls
9.30am	3km	AV Schools Championship	Under 14 Boys/Girls
9.50am	5km	AV Schools Championship	Under 18 Men/Women
9.50am	5km	Non- championship	Open
10.00am	2km	Non- championship	Open
10.15am	1.5km	VRWC Championship	Under 10 Boys/Girls
10.25am	2.5km	VRWC Championship	Under 12 Boys/Girls
11.00pm		Presentations	

VRWC ROADWALKS, MIDDLE PARK, SATURDAY 17 JUNE

The annual 'Guess Your Time' races saw some very astute time estimates from our VRWC walkers on Saturday. Those closest to their predicted times were able to choose from the prizes table after the races – and there were some pretty good prizes on offer. Conditions were perfect – cool, windless and sunny – and quite a few of our Canberra walkers were out again after their efforts last weekend at the LBG Carnival.

Mark Blackwood was best, only 1 second away from his predicted time in the 4km. In the women's 1km, the results were close with **Pam Mews** (5 secs), **Sophie Blackwood** (6 secs) and **Kaylah Heikkila-Dubowik** (7 secs) all so close. And we welcomed Old Scotch walker **Ian Handasyde** for his first walk with the club for many years.

8km Open		Actual Time	Gussed time	Diff time	Diff place	Hcp place
1.	Karyn O'Neill	55:46	55:00	0:46	1	1
2.	Terry O'Neill	49:12	49:00	0:12	1	1
3.	Albin Hess	56:43	56:00	0:43	2	2
	Pramesh Prasad		DQ			

6km Open		Actual Time	Gussed time	Diff time	Diff place	Hcp place
1.	Mackayla Davison	33:58	33:15	0:43	1	1
2.	Donna-Marie Elms	37:26	35:50	1:36	2	2
	Ralph Bennett	DNF				

4km Open		Actual Time	Gussed time	Diff time	Diff place	Hcp place
1.	Arnika Nelson	22:32	21:40	0:52	5	3
2.	Paige De Lisen	22:48	22:00	0:48	4	6
3.	Kathleen O'Mahony	23:22	23:17	0:05	1	2
4.	Charlotte Hay	24:16	22:00	2:16	7	7
5.	Alison Thompson	24:27	25:50	1:23	6	1
6.	Grace Louey	25:19	24:50	0:29	3	5
7.	Isabella Dingli	29:23	28:55	0:28	2	4
	Alannah Dingli	DNF				
1.	Mark Blackwood	18:49	18:50	0:01	1	3
2.	Heath Beveridge	22:54	24:30	1:36	3	1
3.	Ian Handasyde	27:11	23:30	3:41	4	
4.	Barrie Wicks	34:17	34:00	0:17	2	2
	Bruce Conboy	DNF				

2km Open		Actual Time	Guessed time	Diff time	Diff place	Hcp place
1.	Brianna Briet	11:26	11:05	0:21	2	1
2.	Gemma Lillie	12:29	12:10	0:19	1	2
3.	Alannah Upson	13:28	12:37	0:51	3	3 First one
4.	Gwen Steed	15:04	13:41	1:23	4	4
1.	Luke Epps	10:38	10:30	0:08	1	1 PB 0:06
2.	Angus Hay	11:09	10:50	0:19	2	2
3.	Jim Crawford	21:57	20:30	1:27	3	3

1km Open		Actual Time	Guessed time	Diff time	Diff place	Hcp place
1.	Kaylah Heikkila-Dubowik	05:57	05:50	0:07	3	3
2.	Ella Cunningham	06:45				1
3.	Sophie Blackwood	10:06	10:00	0:06	2	2
4.	Pam Mews	10:15	10:10	0:05	1	4
1.	Hamish Blackwood	05:38	05:30	0:08	1	2
2.	Lucas Kent	06:30	06:14	0:16	3	3
3.	Christopher Kent	06:45	06:59	0:14	2	1



VRWC prize winners Gemma Lillie, Terry O'Neill, Hamish Blakwood and Karyn O'Neill



VRWC prize winners Pam Mews, Mackayla Davison, Luke Epps and Kathleen O'Mahony (photos Terry Swan)

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

Officials: Mark Donahoo, Ralph Bennett, Tim Erickson, Cassie Knight, Michael Bodey

Judges: Peter Vysma (chief), Kathleen Marsh, Mark O'Mahony, Stuart Cooper, Shane Dickson, Michael Bodey

Canteen: Kate Suich, Wendy Cooper, Eija Heikkila

Photos: Terry Swan (see <http://www.vrwc.org.au/piwigo/index.php?category/432>)

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

After the latest round of our points competitions, the progressive points for the Handicap, Style Award and Actual Times competitions can be viewed at <http://www.vrwc.org.au/vrwcpointscomps.shtml>.

51ST LAKE BURLEY GRIFFIN CARNIVAL, STROMLO PARK, CANBERRA, SUNDAY 11 JUNE

One final photo from the LBG Carnival in Canberra on the long weekend – the Racewalking Victoria team, taken at the presentations on the Sunday evening. And a good looking lot if I say so myself! Photo compliments of Frances Attard – thanks Fran!



ACTRWC ROADWALKS, LAKE TUGGERANONG, CANBERRA, SATURDAY 17 JUNE

Thanks to Robin Whyte for the latest results from Canberra. Fast 7km walks by **Mitchell Baker** (32:59) and **Connor Frew** (33:09).

7km Walk

1.	Mitchell Baker	32:59
2.	Connor Frew	33:09
3.	Robin Whyte	45:28
4.	Bryan Thomas	49:45
5.	Derek Robinson	50:00
6.	Monika Short	52:23
7.	Jennifer Gilchrist	54:15
8.	Bob Parker	54:16
9.	Rod Gilchrist	54:21
10.	Rosemary Parker	55:25
11.	Val Chesterton	1:09:40
12.	David Mackenzie	1:09:40
13.	Raine Thompson	1:11:06
	Callum Burns	DNF

2km Walk

1.	Laura Burns	10:24
2.	Pierce Brennan	12:40
3.	Ella Baker	13:35
4.	Kiefer Brennan	14:03
5.	Phillipa Hargrave	19:29
6.	Sarah Frew	19:29
7.	Trudie Hargrave	19:29

1km Walk

1.	Georgia Frew	07:16
2.	Imogen Gardiner	07:28

SAMA ROADWALKS, KINGSTON TERRACE, NORTH ADELAIDE, SATURDAY 17 JUNE

Thanks to Colin Hainsworth for his weekly report from the South Australian Masters in Adelaide. Good weather, hilly course.

8km Yacht Handicap

1.	Roger Lowe	1:06:45	M74	64.50%
2.	David Robertson	1:08:27	M83	72.27%
3.	Richard Moyle	1:01:00	M61	60.57%
4.	Graham Harrison	1:02:10	M73	68.33%
5.	Harry Hayford	1:09:54	M64	54.54%
6.	Marie Maxted	0:56:55	W57	69.21%

4km Yacht Handicap

1.	Dave Fallon	0:30:46	M64	60.35%
2.	Jill Rogers	0:35:31	W72	64.35%
3.	Rodger Barber	0:30:30	M79	73.70%
4.	Edna Bates	0:35:19	W64	57.96%
5.	Geraldine Smith	0:28:37	W67	74.35%
6.	Jan Layng	0:31:08	W68	69.28%
7.	Colin Hainsworth	0:35:55	M87	71.50%
8.	Helen Suridge	0:31:22	W66	66.94%
9.	Jeff Kennett	0:38:53	M67	49.37%

GOLD COAST ROADWALK CHAMPIONSHIPS, MUDGEERABA, QUEENSLAND, SUNDAY 18 JUNE

Thanks to Robyn Wales for the results from the Gold Coast Championships in Queensland. Robyn commented: Perfect Qld weather of 25C after raining all week. All races were age on the day but as 2 boys who should have been in the U12 only walked 1km, they each received a medal for what they did rather than disadvantage them or the boy who walked the correct distance!

Best performances by **Luke McCutcheon** (U20 5km 12:14), **Nelson McCutcheon** (U16 3km 13:20), **Jayda Anderson** (U12 2km 9:50), **Lyla Williams** (U10 1km 5:18) and **Makenna Clarke** (U8 0.5km 3:12).

Open 10km

1.	Iggy Jimimnez	56:12
2.	Peter Bennett	57:56
3.	Paul Lindenberg	63:40
1.	Brenda Gannon	57:46
2.	Nyle Sunderland	62:23
3.	Kay Shaw	68:10
4.	Noela McKinven	82:18

U12 2km

1.	Sam McCure	11.24
2.	Jordan Manteit	12.15
1.	Jayda Anderson	9.50
2.	Anika Clarke	11.02
3.	Ashanti Heap	11.32
4.	Scarlett Schofield	13.14

U20 5km

1.	Luke McCutcheon	21.14
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U12 1km

1.	Charlie Capps	5.31
2.	Torino Manteit	6.09

U18 5km

1.	Bridie Mulcaster	32.33
2.	Jade Pearson	32.37

U10 1km

1.	Liam Heylen	6.59
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U16 3km

1.	Nelson McCutcheon	13.20
2.	Ryan Stewart	16.56

1.	Lyla Williams	5.18
2.	Kamari Stewart	5.49
3.	Alisha Heap	5.58
4.	Lily Goulding	6.16

1.	Amelia Schofield	18.14
2.	Zoe Jenner	18.25
3.	Isabella Schofield	19.27
4.	Charlotte Hamann,	19:34
5.	Jasmine Rose McRoberts	21.08

U8 0.5km

1.	Makenna Clarke	3.12
2.	Melina Scott	3.20

U14 2km

1.	Lachlan McCure	11.14
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1.	Gabriella Hill	10.02
2.	Imogen Scott	13.59



Walkers in action in the Gold Coast Roadwalk Championships on Sunday morning (photo Robyn Wales)

NQSF STUDENT GAMES AND ALL COMERS CHAMPS, TOWNSVILLE, 17-18 JUNE

Thanks also to Robyn Wales for the link to the results of the North Queensland Sports Foundation (NQSF) Student Games and All-Comers Championships, held last weekend at the Townsville Sports Reserve. Robyn explained:

No fancy times but this is a huge meet catering for athletes from 4yrs to Masters so it's great that walks are included. Feedback is very positive from this meet with several current Australian team members attending so if anyone ever wants to escape a cold winter down South this meet is on every year.

Girls 800m Walk 10yrs

1.	Abby Benson	10	Southern Cro	5:44.84
2.	Violet Algie	10	St Brendans	5:50.56
3.	Lily-Marie Audas-Gray	10	Belgian Gard	5:54.02
4.	Anke Sadie	10	Annandale Ch	6:01.07
5.	Lillee Algie	10	St Brendans	6:22.47
6.	Narelle Selkrig	10	Queens Beach	6:30.29

Boys 800m Walk 10yrs

1.	Lincoln Thicker	10	Queens Beach	7:23.12
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Girls 1500m Walk 11yrs

1.	Sophie Parker	11	St Francis C	13:14.95
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Boys 1500m Walk 11yrs

1.	Nathan Stevens	11	Kelso State	10:03.61
2.	Jarrold Cook	11	Bowen High S	13:14.24

Girls 1500m Walk 12yrs

1.	Chloe Thicker	12	Bowen High S	15:26.82
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Girls 1500m Walk 13yrs

1.	Riley DE Rooy	13	Pimlico Stat	10:05.92
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Girls 3000m Walk 14yrs

1.	Taylah Graham	14	Woree High S	20:20.72
2.	Hailey Muir	14	Bowen High S	23:03.97

WARWC ROADWALKS, SHELLEY, PERTH, SATURDAY 17 JUNE

Thanks to Mike Reid for the latest results from Perth.

10km Walk

1.	Ben Reid	55.33
2.	Karyn Tolardo	63.21

Peter Back DNF (39.49 – 6K)

5km Walk

1. Wendy Farrow 33.36
2. John Smith 43.08

3km Walk

1. Amy Holland 19.37
2. Kristine Wells 20.08
3. Xavier Bernard 20.35
4. Lesley Romeo 24.57

1.5km Walk

1. Brooke Mortimore 8.05
2. Amber Richards 9.51
3. Gracie Dabala 11.18
4. Layla Dabala 11.22

VRWC POLO SHIRTS

VRWC Club Secretary Terry Swan has asked me to put out a second notice regarding the new club polo tops he can order. So far, he has 15 expressions of interest but he needs 20 before he can proceed. Price is expected to be \$50 to \$55. If you would like to put your name on the list (no sizes needed yet, this is just an expression of interest), just email Terry at secretary@vrwc.org.au.



P-T-S ATHLETICS MEET, SAMORIN, SLOVAKIA, SATURDAY 17 JUNE

A big annual T&F meet in Samorin, Slovakia, with a 3000m walk which was won by South African **Lebogang Shange** (11:14.49).

Men 3000m walk

1.	Lebogang SHANGE	RSA	90	11:14.49
2.	Ivan LOSEV	UKR	86	11:27.46
3.	Milan RÍZEK	SVK	78	11:37.87
4.	Miroslav ÚRADNÍK	SVK	96	11:44.75
5.	Dominik CERNÝ	SVK	97	11:56.52
6.	Michal MORVAY	SVK	96	12:16.35
7.	Vít HLAVÁČ	CZE	97	12:30.63
8.	Vojtech LIBNAR	CZE	99	12:43.95
	Milan ZEKOVIC	SRB	95	DNF

T&F MEET, DESSAU ANHALT, GERMANY, FRIDAY 16 JUNE

To Dessau in Germany for another couple of 3000m track races, won by **Nils Brembach** (11:12.45) and **Teresa Zurek** (12:32.07).

Men 3000m Race Walk

1.	Nils BREMBACH	GER	93	11:12.45
2.	Karl JUNGHANSS	GER	96	11:26.42
3.	Jonathan HILBERT	GER	95	11:32.17
4.	Hagen POHLE	GER	92	11:35.88
5.	Niklas RICHTER	GER	99	12:24.62
6.	Johannes FRENZL	GER	01	12:37.01
7.	Jakob Johannes SCHMIDT	GER	01	12:50.98
8.	Steffen BORSCH	GER	73	12:54.64
9.	Otto JUNGHANSS	GER	00	13:56.03

Women 3000m Race Walk

1.	Teresa ZUREK	GER	98	12:32.07
2.	Saskia FEIGE	GER	97	13:01.82
3.	Emilia LEHMEYER	GER	97	13:27.61
4.	Julia RICHTER	GER	99	13:38.79
5.	Josephine GRANDI	GER	00	14:39.69

XIII IBEROAMERICAN T&F MEET, HUELVA, SPAIN, WEDNESDAY 14 JUNE

Two of Spain's top women were in action in the 3000m walk in the XIII Iberoamerican Meet in Huelva in Spain last Wednesday. **Laura Garcia-Caro** led the whole way (splits of 4:06.26, 3:57.06 and 4:12.78) to win with a 2017 world leading time of 12:16.10. Both goals have been achieved. Well reported by http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2824. Garcia-Caro was third in the women's 20km in the recent European Racewalking Cup in Podebrady.

Women 3000m Race Walk

1.	Laura GARCÍA-CARO	ESP	95	12:16.10
2.	Ainhoa PINEDO	ESP	83	12:36.83
3.	Irene GARCÉS	ESP	98	14:07.59
4.	Laura SANABRIA SANCHEZ	ESP	00	15:17.44
5.	Eva SANABRIA	ESP	04	15:54.77
6.	Laura VIDAL LOPEZ	ESP	02	16:26.09
7.	Sara SANTILLANA	ESP	02	16:26.21
8.	Monica PEREZ LUNA	ESP	00	18:32.69

JÓZEF ZYLEWICZ MEMORIAL, GDANSK, POLAND, WEDNESDAY 14 JUNE

I only have the walk winners from the Jozef Zylewicz Memorial in Gdansk, Poland.

Men 5000m Race Walk

1.	Arkadiusz SCHIEDEL	POL	00	22:51.69
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Women 5000m Race Walk

1.	Agnieszka ELLWARD	POL	89	22:53.16
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NATIONAL T&F MEET, BLOIS, FRANCE, SATURDAY 17 JUNE

Chahinez Nasri of Tunisia stopped the clock at 21:23.85, a new personal best and an African record, at the National T&F meet in Blois, France, last Saturday. She previously held the record with 21:49:27, set in this same meet last year. Second placed French walker **Emilie Menuet** set a new French national record with her time of 21:26.05. Well reported by marciadalmondo in http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2829

Women 5000m Race Walk

1.	Chahinez NASRI	TUN	96	21:23.85
2.	Emilie MENUET	FRA	91	21:26.05
3.	Marine QUENNEHEN	FRA	91	22:50.68
4.	Amandine MARCOU	FRA	92	23:22.38
5.	Eloise TERREC	FRA	98	23:32.26
6.	Camille AURRIERE	FRA	98	24:02.44
7.	Sarah ALI	FRA	01	24:23.42

8.	Manon LEFRESNE	FRA	00	24:31.81
9.	Marie BOUDESSEUL	FRA	90	24:56.14
10.	Cecile NAZE	FRA	95	25:11.42
11.	Jeanne BILLA	FRA	96	26:25.23
12.	Adele DUCLOS	FRA	00	26:54.03

HUNGARIAN U20 T&F CHAMPIONSHIPS, BUDAPEST, HUNGARY, 17-18 JUNE

Women 10,000m Race Walk

1.	Daphne DIMANOPULOSZ	HUN	99	59:47.34
2.	Kata TATAY	HUN	99	1:05:32.16

T&F MEET, CHOLETM FRANCE, 17-18 JUNE

Men 5000m Race Walk

1.	Gabriel BORDIER	FRA	97	20:17.66
2.	Axel MUTTER	FRA	96	21:26.52
3.	Stephane POIROUT	FRA	76	22:42.40

Women 5000m Race Walk

1.	Camille AURRIERE	FRA	98	24:46.47
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ITALIAN UNIVERSITY T&F CHAMPIONSHIPS, CATANIA, ITALY, 16-17 JUNE

Men 5000m Race Walk

1.	Gregorio ANGELINI	ITA	96	20:22.88
2.	Alberto ZAUPA	ITA	95	22:55.34

Women 5000m Race Walk

1.	Mariavittoria BECCHETTI	ITA	94	23:20.56
2.	Lisa CANI	ITA	96	24:57.87
3.	Martina ANSALDI	ITA	96	25:12.75
	Sascia GRAFEO	ITA	92	DQ

CAMPEONATO DE FEDERACIONES AUTONÓMICAS, CIUDAD REAL, SPAIN, SATURDAY 17 JUNE

Fast walking by **Alvaro Martin** (19:19.80) and **Lidia Sanchez-Puebla** (21:41.89) in Ciudad Real, Spain.

Men 5000m Race Walk

1.	Alvaro MARTIN	ESP	94	19:19.80
2.	Diego GARCIA	ESP	96	19:35.59
3.	Marc TUR	ESP	94	19:52.04
4.	Manuel BERMÚDEZ	ESP	97	20:35.86
5.	Daniel CHAMOSA	ESP	97	20:54.31
6.	Francisco ARCILLA	ESP	84	21:00.10
7.	Luis CORCHETE	ESP	84	21:13.25
8.	Kevin CERRO	ESP	98	21:44.25
9.	Jose Manuel PEREZ	ESP	99	21:52.07
10.	Daniel Goni BALLESTEROS	ESP	96	21:59.53
11.	Daniel JIMENO	ESP	00	22:31.60
12.	Victor Manuel CASTRO	ESP	80	22:51.43

Women 5000m Race Walk

1.	Lidia SANCHEZ-PUEBLA	ESP	96	21:41.89
2.	Maria LARIOS LOPEZ	ESP	92	22:12.03
3.	Ainhoa PINEDO	ESP	83	22:24.81
4.	Amanda CANO	ESP	94	22:29.05
5.	Maria JUAREZ GALLARDO	ESP	93	23:51.58
6.	Antia CHAMOSA	ESP	99	23:58.66
7.	Lluna CAPDEVILA	ESP	98	24:05.91
8.	Virginia MARTIN	ESP	00	25:17.44
9.	Angela RUIZ	ESP	97	25:36.85

ENGLISH U20/U23 T&F CHAMPIONSHIPS, BEDFORD, 17-18 JUNE

Thanks to **Mark Wall** for his report on the English U20 and U23 T&F Walks at Bedford last weekend.

The England U23 and U20 T&F Championships were held in hot conditions of 30°C plus at Bedford. The meeting served as a trial for the European Championships for the two age groups. The U23 Championship at International level is of course 20km so next week's 20km championship will have a greater bearing. In small fields, 3 disqualifications and a DNF has an impact on the results. The significant disqualification was 2016 World Junior champion and European Cup star, Callum Wilkinson. He started fast and passed through 10km under 12 minutes, having already having two reds on the board. Unfortunately the third arrived after half way 25 minutes into the event. Cameron Corbishley took his opportunities to win the event in under 42 minutes. For varying reasons, none of the leading U0 or U23 women attended.

U20 Men

1.	SNOOK Chris	Aldershot Farnham & Dist AC	46:19.0
2.	PARTINGTON Tom	Manx Harriers	47:41.1
3.	SNOOK Tim	Aldershot Farnham & Dist AC	DNF
4.	HOPKINS Oliver	Lewes AC	DQ

U23 Men

1.	CORBISHLEY Cameron	Medway & Maidstone AC	41:37.4
2.	LEGON Luc	Bexley AC	49:47.8
3.	WILKINSON Callum	Enfield & Haringey AC	DQ
4.	THOMAS Guy	Tonbridge AC	DQ



Luc Legon and Cameron Corbishley at Bedford

Next weekend sees the British Athletics 20km Championships and World Championships trials in Roundhay Park, Leeds.

ITALIAN U18 T&F CHAMPIONSHIPS, RIETI, ITALY, 16-18 JUNE

The Italian U18 T&F Championship track walks were held last weekend in Rieti. In the boys' walk, which was held on Friday evening, **Davide Finocchietti** won easily with 45:40.11, ahead of **Giorgio Giuliani** 46:57.42 and **Aldo Andrei** 47:54.89. The girls' race, which was held on Saturday evening, saw **Alessia Mastronicola** win with 24:47.22, ahead of **Ida Mastrangelo** 25:13.45 and **Andrada Lavinia Lacatus** 25:38.75. Well reported by http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2826

Men 10,000m Race Walk

1.	Davide FINOCCHIETTI	ITA	01	45:40.11
2.	Giorgio GIULIANI	ITA	00	46:57.42
3.	Aldo ANDREI	ITA	01	47:54.89
4.	Alessandro PERRONE	ITA	00	48:00.15
5.	Andrea COSI	ITA	01	48:51.41
6.	Andrea NAPPI	ITA	00	48:56.10
7.	Leonardo CIREGIA	ITA	00	49:09.17

8.	Ettore BERTOLINI	ITA	00	49:57.18
9.	Mikias MELI	ITA	00	50:22.92
10.	Francesco CECERE	ITA	00	50:48.19
11.	Pasquale VICENTI	ITA	00	50:48.54
12.	Mattia BRAGGIO	ITA	00	50:48.62
13.	Giulio SCOLI	ITA	01	51:20.24
14.	Costantino DARIO	ITA	01	51:27.94
15.	Arcangelo VICENTI	ITA	00	53:24.49
16.	Ettore CERCIELLO	ITA	00	55:25.81

Women 5000m Race Walk

1.	Alessia MASTRONICOLA	ITA	00	24:47.22
2.	Ida MASTRANGELO	ITA	01	25:13.45
3.	Andrada Lavinia LACATUS	ITA	00	25:38.76
4.	Simona BERTINI	ITA	01	25:41.15
5.	Alessandra LENTINI	ITA	00	25:43.40
6.	Sara BUGLISI	ITA	01	25:44.92
7.	Camilla CRIVELLARO	ITA	00	26:10.48
8.	Alice OBLACH	ITA	00	26:17.86
9.	Emma FERRETTI	ITA	01	26:37.39
10.	Vittoria GIORDANI	ITA	00	26:48.61
11.	Ginevra PERINI	ITA	01	27:07.33
12.	Laura PIROLA	ITA	00	27:13.69
13.	Valentina MANSUTTI	ITA	00	27:41.88
14.	Chiara TOMMASI MAVAR	ITA	00	27:52.17
15.	Giulia MICONI	ITA	00	27:57.03
16.	Federica CHIESA	ITA	01	28:12.00

MEXICAN ROADWALK CHAMPIONSHIPS, MONTERREY, MEXICO, FRIDAY 16-18 JUNE

The much anticipated Mexican 20km roadwalk championships were held last weekend in Monterrey. With the first 3 in each event to be selected for the Mexican World Championships team (depending on times), there was a lot riding on the men's and women's races.

20km Women

The women's 20km, which was held on Friday, saw **María Guadalupe González** win with 1:33:27 ahead of **María Guadalupe Sánchez** with 1:35:11. These two have now been selected for the World Championships in London, as their times were under the Mexican standard of 1:34:00. Third was **Ilse Guerrero** at 1:35:37 but her time was not fast enough for selection. Good article at http://www.fmaa.mx/ver_noticia.php?id_noticia=1152.

1.	Gonzalez R., Ma. Guadalupe	89	Estado DE Mexico	1:33:26.74
2.	Sanchez M., Ma. Guadalupe	85	Nuevo Leon	1:35:10.11
3.	Guerrero R., Ilse A.	93	Zacatecas	1:35:36.49
4.	Martinez R., Andrea	88	Ciudad DE Mexico	1:39:06.74
5.	Franco N., Jamy A.	91	Guatemala	1:40:42.94
6.	Enriquez P., Rebeca P.	97	Estado DE Mexico	1:42:06.34
7.	Ortuño M., Valeria	98	Ciudad DE Mexico	1:42:20.72
8.	Caballero, Yanelli	89	Estado DE Mexico	1:43:35.86
9.	Silva M., Lizbeth	89	Ciudad DE Mexico	1:45:21.87
10.	Sanchez T., Mariela	91	Ciudad DE Mexico	1:47:11.60
11.	Gonzalez H., Gabriela	91	Nuevo Leon	1:49:23.17
12.	Gonzalez M., Nadia	97	Estado DE Mexico	1:49:59.32
13.	Quintanilla A., Edna P.	96	Chihuahua	2:00:04.80
	Alvarez E., Loira	95	Estado DE Mexico	DNF
	Nevarez P., Sandra A.	93	Chihuahua	DNF
	Morales C., Erika J.	86	Estado DE Mexico	DNF

20km Men

The men's 20 km, which was held on Saturday, was a cut-throat affair, with 14 qualified walkers in contention for the 3 World Championship spots. **Eder Sanchez** turned back the clock to win with 1:22:48, ahead of **Pedro Daniel Gomez** with 1:22:47 and **Jesus Vega** with 1:23:13. Alas, **Jose Luis Doctor**, who was the fastest Mexican this year with 1:21:55, came fourth in 1:24:19 so misses out. **Perseus Karlström**, currently training in Mexico, interrupted his training camp to come in fifth with 1:24:42. Good article at http://www.fmaa.mx/ver_noticia.php?id_noticia=1154

1.	Sanchez T., Eder H.	86	Estado DE Mexico	1:22:27.61
2.	Gomez C., Pedro D.	90	Chihuahua	1:22:47.91
3.	Vega O., Jesus T.	94	Estado DE Mexico	1:23:12.85

4.	Doctor M., Jose L.	96	Estado DE Mexico	1:24:18.89
5.	Enrique K., Perseus P.	90	Sweden (SWE)	1:24:41.27
6.	Palma O., Ever J.	92	Michoacan	1:24:44.05
7.	Gonzalez C., Erwin G.	94	Ciudad DE Mexico	1:25:20.80
8.	Salazar E., Julio C.	93	Chihuahua	1:25:59.27
9.	Merino P., Armando	89	Ciudad DE Mexico	1:27:18.15
10.	Sanchez C., Carlos	85	Estado DE Mexico	1:28:29.81
11.	Berdeja V., David C.	81	Estado DE Mexico	1:29:21.45
12.	Gonzalez A., Luis R.	95	Chihuahua	1:29:35.11
13.	Zepeda DE L., Omar	77	Estado DE Mexico	1:30:33.49
14.	Martinez B., Jorge A.	90	Tlaxcala	1:30:44.50
15.	Segura Z., Brandon B.	96	Estado DE Mexico	1:30:45.32
16.	Galindo A., Virgilio	94	Ciudad DE Mexico	1:32:01.90
17.	Flores H., Diego	87	Estado DE Mexico	1:32:05.23
18.	Bustamante F., Luis A.	85	Estado DE Mexico	1:33:38.09
	Ortiz R., Ricardo	95	Nuevo Leon	DNF
	Chama A., Noe A.	97	Estado DE Mexico	DNF
	Palma O., Isaac A.	90	Michoacan	DNF
	Tinoco S., Eduardo D.	95	Ciudad DE Mexico	DQ

The 50km team was also named – the selection criteria stated that the spots would be taken by the fastest times done in the qualifying period which started on 1st January 2016 and finished on Sunday, the required standard being a tough 3:51:00. The 50km team consists of **Omar Zepeda** (3:45:28), **Horacio Nava** (3:47:44), and **José Blas Ojeda Leyver** (3:50:40).

POLISH 20M ROADWALK CHAMPIONSHIPS, NOWA DEBA, POLAND, SUNDAY 18 JUNE

The Polish 20km racewalk championships are well reported at http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2828.

The women's 20km saw an easy win to **Paulina Buziak** (1:38:41), with the minor medals going to **Katarzyna Golba** (1:38:41) and **Agnieszka Ellward** (1:39:39). All three of these walkers have previously obtained the standard set by the Polish Federation for participating in the 2017 World Championships in London so should now be selected.

The men's 20km saw first and second places go to the two favourites - **Artur Brzozowski** with a season's best of 1:21:16 and **Damian Blocki** with a season's best of 1:21:52. They were considerably slower this time around, Brzozowski winning with 1:23:55 and Blocki second with 1:24:00. Third place went to **Rafal Fedaczynski** with 1:24:11

20km Men

1.	BRZOWSKI Artur	85-03-29	AZS-AWF Katowice SL	1:23.55
2.	BLOCKI Damian	89-04-28	MKL Szczecin ZP	1:24.00
3.	FEDACZYNSKI Rafal	80-12-03	AZS UMCS Lublin LU	1:24.11
4.	AUGUSTYN Rafal	84-05-14	LKS Stal Mielec PK	1:24.33
5.	SIKORA Rafal	87-02-17	KS AZS AWF Kraków MA	1:26.14
6.	TOMALA Dawid	89-08-27	AZS-AWF Katowice SL	1:28.08
7.	GDULA Lukas	91-01-01	CZECH REPUBLIC	1:33.02
8.	CYNGOT Jacek	96-06-09	UKS Olimp Kozienice MZ	1:34.47
9.	KOMAROWSKI Kamil	95-03-21	MKS Juwenia Bialystok PD	1:35.05
	NOWAK Lukasz	88-12-18	OS AZS Poznan WP	DQ
	JELONEK Jakub	85-07-07	KS AZS AWF Kraków MA	DQ
	CHOJECKI Daniel	95-01-24	WLKS Nowe Iganie MZ	DQ
	KLONOWSKI Adrian	97-01-08	LKS Vectra Wloclawek KP	DNF
	BLOCKI Adrian	90-04-11	AZS-AWF Katowice SL	DNF

20km Women

1.	BUZIAK Paulina	86-12-16	LKS Stal Mielec PK	1:36.08
2.	GOLBA Katarzyna	89-12-21	AZS-AWF Katowice SL	1:38.41
3.	ELLWARD Agnieszka	89-03-26	WKS Flota Gdynia PM	1:39.39
4.	BEMOWSKA Joanna	94-06-27	AZS UMCS Lublin LU	1:44.35
5.	MAJCHROWICZ Kinga	95-11-10	CWKS Resovia Rzeszów PK	1:51.39
6.	AUGUSTYN Angelika	96-01-15	UKS Olimp Kozienice MZ	1:54.42
	NIEDZIALEK Olga	97-06-30	WLKS Nowe Iganie MZ	DNF

Full results, including 10km and 5km, at <http://www.marciadalmondo.com/admin/pdf/risultati/19062017639nowa-deba-2017-20-km.pdf>.

USA NEW BALANCE HIGH SCHOOL T&F CHAMPIONSHIPS, GREENSBORO, NORTH CAROLINA, 16-18 JUNE

A large field of over 20 walkers contested the women's 3000m race at the USA High School T&F Championships. The race was won by **Taylor Ewert** whose time of 14:24.68 was both a PB and a new freshman high school record. The much smaller men's field, which started 30 seconds after the women, was won by **Steven Smith** with 13:49.09.

Race video at http://www.nbnationalsout.com/eprofile.php?event_id=3689&do=videos&video_id=212491.

Article at <http://oh.milesplit.com/articles/214846/beavercreeks-taylor-ewert-3000m-race-walk-performance-spotlight>.

Women 3,000m Race Walk

1.	Taylor EWERT	20	Beavercreek, OH	14:24.63
2.	Audrey FOX	18	New Rochelle, NY	15:04.99
3.	Margaret ATWOOD	18	Holtsville, NY	15:10.83
4.	Chelsea BENEDICT	18	Farmingville, NY	15:15.56
5.	Tara MANDEL	17	Farmingdale, NY	15:17.59
6.	Kayla TORRES	17	Sayville, NY	15:18.41
7.	Jessica HEISER-WHATLEY	18	Greer, SC	15:36.20
8.	Sophie RIEGEL	19	Hewlett, NY	15:45.08
9.	Victoria HEISER-WHATLEY	18	Greer, SC	15:48.80
10.	Genna BALDASSARRE	17	Grand Island, NY	15:54.48
11.	Erika VARADY	19	Huntington, NY	16:03.19
12.	Keily RIVAS	19	Huntington Station, NY	16:11.91
13.	Sofia KHALEK	18	Farmingdale, NY	16:27.89
14.	Anna ARRIGO	18	Farmingville, NY	16:36.73
15.	Emma MASON	17	Painted Post, NY	16:38.08
16.	Ziqi GUO	18	New York City, NY	16:40.27
17.	Zoi BETTIES	20	Fredericksburg, MD	16:43.73
18.	Natalie EHLERS	19	Quogue, NY	16:56.78
19.	Brooke VAN SLYKE	17	Amherst, NY	16:57.74
20.	Rebecca FERGUSON	17	Moriches, NY	17:58.40
21.	Kelsey JORDAN	17	Westhampton, NY	DNF

Men 3,000m Race Walk

1.	Steven SMITH	17	South Portland, ME	13:49.09
2.	Brian BACCAGLINI	17	Nanuet, NY	14:59.93
3.	Jordan CRAWFORD	18	Douglasville, GA	15:07.20
4.	Jadon DAVIS	19	Baltimore, MD	15:50.38
5.	Thoreau KILBOURNE	18	Asheville, NC	19:05.87



Photo Credit - Nolan Jez

Taylor Ewert wins at Greensboro (photo Nolan Jez)

2017 PARISH WALK, ISLE OF MAN, 17I-8 JUNE

The annual Parish Walk on the Isle of Man is the biggest walk of the year for the island and one of historical significance, having been held since 1923. The aim is always the same – to walk through every parish on the Isle of Man, a total distance of 85 miles. Originally, walkers had to touch the door of each of the seventeen parish churches, but nowadays electronic timing chips are worn. A time limit of 24 hours is given, and there are cut-off times for reaching each stage. Event website at <http://www.parishwalk.com/>

The Manx Telecom 2017 Parish Walk started after a minute’s applause in memory of race stalwart Murray Lambden. The eagerly anticipated race was then set underway by Marie Lambden. Last year’s winner **Richard Gerrard** led early and looked set for a repeat victory. However, he was caught by **Liam Parker** by the time they reached Patrick Church (30.5 miles). By the time they reached Kirk Michael Church (39 miles), Parker had broken clear. Gerrard eventually retired at Bride Church (52.5 miles), ensuring that the win went to Parker with a final time of 15:36:59. If winning the ladies category wasn’t enough, **Karen Chiarello** took second overall place with 15:53:44, taking nearly 5 minutes off Janice Quirk’s 2009 record of 15:58:35.

Manx Telecom 2017 Parish Walk (first 50 places)

1.	Liam Parker	M	15:36:59
2.	Karen Chiarello	LV35	15:53:44
3.	Adam Killip	M	16:58:26
4.	Karen Lawrie	LV35	17:48:50
5.	James Quirk	MV40	17:52:03
6.	Pete Miller	MV40	17:58:00
7.	Alan Cowin	MV40	18:05:12
8.	Kevin Edwards	M	18:14:39
9.	Andrew Dawson	MV40	18:22:02
E10.	Sue Biggart	LV35	18:22:45
E10.	Chris Cale	MV40	18:22:45
12.	Tony Edwards	MV40	18:24:18
13.	Ray Pitts	MV40	18:27:21
14.	Michael Osborne	M	18:56:21
15.	Gabriel Farmer	MV40	18:58:13
16.	Maureen Moffatt	LV35	19:18:25
E17.	Stephanie Quayle	LV35	19:28:57
E17.	Courtenay Heading	MV40	19:28:57
E19.	Jayne Farquhar	LV35	19:29:16
E19.	Aaron Kneale	M	19:29:16
21.	Tony Holgate	MV40	19:34:44
22.	Robin Crellin	MV40	19:46:38
23.	Silvia Moschen	LV35	20:26:11
24.	Glenn Faragher	M	20:28:55
25.	Nicola Raven	LV35	20:30:36
26.	Steve Pevsner	MV40	20:35:54
27.	Bernadette Devlin	LV35	20:39:05
28.	John Struthers	MV40	20:40:57
E29.	Michael Lyall	MV40	20:41:55
E29.	Andrew Dixon	MV40	20:41:55
31.	Samuel Cannell	M	20:44:37
E32.	Steven Parker	MV40	20:52:12
E32.	Suzy Parker	L	20:52:12
E34.	Hattie Thomas	L	20:54:54
E34.	Megan Thomas	L	20:54:54
E36.	Andrew Titley	MV40	20:55:19
E36.	Lucy Titley	L	20:55:19
38.	Alan Teare	MV40	20:57:32
39.	Gareth Brolly	MV40	21:00:03
40.	Kathryn Prince	LV35	21:03:54
E41.	Heather Melvin	LV35	21:19:44
E41.	Lawrence Dyer	MV40	21:19:44
E41.	Tom Melvin	MV40	21:19:44
44.	Abigail Neill	L	21:20:29
45.	Greg Nation	MV40	21:20:35
46.	Claire Jackson	LV35	21:25:20
47.	Richard Strivens	M	21:28:42
48.	Steve Corkill	MV40	21:33:53
49.	Janna Kelly	LV35	21:37:41
50.	James Corkish	MV40	21:40:36



Liam Parker and Karen Chiarello cross the finish line in first and second place (photos <http://www.parishwalk.com/>)

MARCIADALMONDO AND OMARCHADOR ROUNDUP

Marciadalmondo has 9 press releases this week

- Tue 20 Jun - Updated European U20 10km lists
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2830
- Mon 19 June - results of French National Meet at Blois
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2829
- Sun 18 Jun - Paulina Buziak and Artur Brzozowski win Polish 20km Championships
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2828
- Sat 17 Jun - Eder Sanchez wins Mexican 20km championship
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2827
- Fri 16 Jun - Davide Finocchietti and Alessia Mastronicola win Italian U18 Championship walks
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2826
- Fri 16 Jun - Updated European U23 20km lists
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2825
- Wed 14 Jun - Laura Garcia-Caro wins Iberoamerican 3000m walk in Huelva, Spain
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2824
- Wed 14 Jun - Preview of Italian U18 T&F Champs this coming weekend in Rieti
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2823
- Tue 13 Jun - Erica de Sena and Caio Bonfim win Brasil Trophy in San Bernardo do Campo
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2822

and Omarchador has 9 press releases

- Sun 18 Jun - French and Tunisian records in 5000m walk in Blois, France
<http://omarchador.blogspot.com.au/2017/06/meeting-de-blois-rende-records.html>
- Sun 18 Jun - Results of Italian U23/U20 champs in Florence (from the previous weekend)
<http://omarchador.blogspot.com.au/2017/06/campeonatos-italianos-de-sub-20-e-sub.html>
- Sat 17 Jun - British Milers Club 3000m walk produces fast times (from the previous weekend)
<http://omarchador.blogspot.com.au/2017/06/meeting-do-bmc-com-expressivos.html>

- Sat 17 Jun - Vote for Maria Orlete in Mogadouro Senior Athlete of the Year competition <http://omarchador.blogspot.com.au/2017/06/gala-do-desporto-de-mogadouro-vamos.html>
- Fri 16 Jun - Bethan Davies wins Welsh walk title <http://omarchador.blogspot.com.au/2017/06/bethan-davies-renova-titulo-gales.html>
- Thu 15 Jun - Results of the President's Cup in Valmiera, Latvia <http://omarchador.blogspot.com.au/2017/06/taca-do-presidente-em-valmiera-letonia.html>
- Thu 15 Jun - Laura García-Caro walks 12:16.10 for 3000m in Huelva, Spain <http://omarchador.blogspot.com.au/2017/06/laura-garcia-caro-com-121610-em-huelva.html>
- Wed 14 Jun - Results of Swiss track walk championships in Monthey <http://omarchador.blogspot.com.au/2017/06/monthey-acolheu-campeonatos-suicos-de.html>
- Wed 14 Jun - Results of Ile de France walks meet <http://omarchador.blogspot.com.au/2017/06/campeonatos-de-marcha-da-ilha-de-franca.html>

OUT AND ABOUT

- **Rachel Tallent** (VIC) has been added to Team Australia for the IAAF World Championships, joining **Beki Smith** (NSW) and **Regan Lamble** (VIC). Her confirmation in the women's 20km walk ensures a full quota of green and gold starters on the picturesque surrounds of 'the Mall' on Sunday 13 August. Rachel is the younger sister of four-time Olympic medallist Jared Tallent. Her selection ensures a third consecutive start representing Australia at an Olympics or world championships after her debut in Beijing 2015. See <http://athletics.com.au/News/tallent-heads-to-london-as-griffith-impresses>.



Rachel competes in the 2016 Olympic 20km in Rio

- Ukrainian race walker Olena Shumkina, who has competed at the Olympics and world championships, has been banned for doping. The Ukrainian Athletics Federation says it gave Shumkina a ban of 3 years after blood data in her biological passport raised suspicions of drug use. Shumkina also had her results since May 2011 annulled, including her performances from three world championships and the 2012 Olympics. Before switching allegiance to Ukraine in 2010, Shumkina was a junior prodigy for Russia and trained under coach Viktor Chegin, who has since been banned for life for doping offenses. Do I need to say anymore. **Chegin's legacy continues!** See <http://www.wcti12.com/sports/ukrainian-race-walker-olena-shumkina-banned-for-doping/539465788>.
- The final costs of staging the Rio Olympics are now coming to light, as well as facility reuse plans. See <http://www.insidethegames.biz/articles/1051553/cost-of-rio-2016-olympics-rises-to-132-billion-35-billion-over-budget>.
- The 2018 Canadian Commonwealth Games T&F selection document has now been published. Qualifying times are not quantified. Rather, it will be Commonwealth rankings that sorts out who gets in the team. See <http://athletics.ca/wp-content/uploads/2017/06/2018-Commonwealth-Games-Selection-Criteria-FINAL.pdf>

- More than 200 blood bags at the centre of the Operation Puerto drugs scandal were passed to WADA and the International Cycling Union (UCI) last July. It followed the Madrid court's long-awaited decision to transfer the contents of the blood, plasma and red blood cells to anti-doping authorities. Now it turns out that athletes implicated in the scandal are unlikely to be named after the Provincial Court of Madrid ruled that blood bags could only be used to identify those with open cases. Pathetic! See <http://www.insidethegames.biz/articles/1051683/operation-puerto-athletes-unlikely-to-be-named-after-spanish-court-ruling>.

CHRISTOPH HÖHNE, BERND KANNENBERG AND THE STORY OF TWO OLYMPIC 50KM CHAMPIONSHIPS

Time for another article on the proud history of the 50km racewalk, a discipline that sadly the IAAF Racewalking Committee tried to kill under a cloak of secrecy earlier this year.

The 1968 Olympics, Mexico City

The 1968 Olympic Games arguably remain the most controversial of all time. Commercialism first became an issue in the form of sponsorship and the wearing of branded running shoes (Nike and Adidas). The Black Power movement was beginning to find a voice. The Warsaw Bloc countries had invaded Czechoslovakia. The Mexican government had brutally put down riots over the poor living conditions of the impoverished population. And finally the altitude of Mexico City (7,347 feet above sea level) was the main topic of discussion for months before the Games. Many sports commentators were predicting deaths in the endurance events and much attention was focussed on the marathon and long walks.

But if there were concerns about the altitude, it did not deter the athletes and good fields of 33 and 36 walkers contested the two racewalks.

Having “blown up” in 1964, East German **Christoph Höhne** was determined to rectify his Tokyo mistake. He had won the 1965 and 1967 Lugano Cup 50km events, was the holder of the official world track record (4:10:51.8, Potsdam, 16/05/1965) and held the fastest ever official road time of 4:03:14. He looked unbeatable on paper and he was to be unbeatable on the road.

The weather was hot - a maximum temperature of 85°F - and the bitumen road surface reflected heat like an oven top. Höhne, **Paul Nihill** and **Gennadiy Agapov** led out from the gun, with Nihill holding a two second advantage at 20km. Agapov had begun to fall back by 25km and Nihill went in the next 5km, both men eventually overcome by the heat and altitude. Höhne's margin at 30km was 1:53, by 40km it was 4:58 and was a whopping 10:03.4 by the finish, the largest margin in Olympic history. Hungarian **Antal Kiss** paced himself sensibly, and was able to hold off the unheralded USA walker **Larry Young**, who scythed through the field in the last 20km. The podium times: 4:20:13, 4:30:17 and 4:31:55

50km Walk, Mexico City, 17 Oct 1968 (Competitors: 36; Countries: 19)

1.	Christoph Höhne	GDR	4:20:13.6
2.	Antal Kiss	HUN	4:30:17.0
3.	Larry Young	USA	4:31:55.4
4.	Peter Selzer	GDR	4:33:09.8
5.	Stig-Erik Lindberg	SWE	4:34:05.0
6.	Vittorio Visini	ITA	4:36:33.2
7.	Bryan Eley	GBR	4:37:32.2
8.	José Pedraza	MEX	4:37:51.4



Höhne wins in Mexico City in 1968

The 1972 Olympics, Munich

On September 5 1972, the Olympics finally lost the battle to dissociate itself from the pernicious influence of world politics on sport when Palestinian guerrillas invaded the Israeli team headquarters, taking hostages and killing two team members. In a clumsy attempt to rescue the hostages, 5 Arabs and 11 Israelis were killed. But for all that, the Games went on and the athletes contested their chosen events.

These Games saw East and West Germany win both walks. In fact, in the 20km event, it was only Golubnichiy who stopped an East German clean sweep of the medals. The East German sports machine had been born and was now bearing the first fruits of its ruthlessly scientific sports development program. This program would continue to produce champions up until the fall of the Berlin Wall in 1990.

The winner in the 50km walk was expected to be one of defending champion **Christoph Höhne**, fellow East German **Peter Selzer** and Russian **Veniamin Soldatenko**. In the 1969 European Championships, Höhne had won and Soldatenko had taken third. In the 1970 Lugano Cup, Höhne won and Soldatenko improved to second. In the 1971 European Championships, Soldatenko won in 4:02:22 and Höhne was second. Then on September 20, 1971, in a USSR vs GDR 50km road walk, Soldatenko, with a world best of 3:59:17.8 narrowly beat Peter Selzer who recorded 3:59:21. The 4 hour barrier had finally been broken.

Yet the winner did not come from this elite trio. West German **Bernd Kannenberg**, a stocky 30 year old, had been, up till then, an aspiring 20km walker with a best international performance of 9th in the 1971 European championships. Inauspiciously, he had failed to finish in the just completed Olympic 20km event. Yet he led at every checkpoint in the Olympic 50km race and, by the 35km mark, only Kannenberg and Soldatenko were left. Soldatenko was slow in taking his refreshments at the 35km feeding station so Kannenberg decided to pick up the pace. Soldatenko, worried because he had already received a warning, was unable to respond. Both walkers easily beat Soldatenko's 'official' road world best time of 3:59:17 and Kannenberg became an instant German hero.

The win was not totally surprising as Kannenberg had been credited with a 3:52:45 road performance shortly before the Games. There had been general scepticism about the performance but his Olympic victory lends credence to it.



Bernd Kannenberg powers down the finishing straight to win the 1972 Olympic 50km – one of the most well known walking photos of all time.

Larry Young repeated his bronze medal of Mexico City with the best time ever by an American. Kannenberg's winning time was the third-best ever, and Soldatenko's was the number five mark of all-time. The one major disappointment was Christoph Höhne. The defending champion had a rare off-day, finishing 14th in 4:20:44.

But was there more to Höhne's 14th place than meets the eye. It seems the answer is a resounding YES. The story goes that an anonymous phone call to the East German officials claimed that Höhne was going to defect during the 50km walk. Late on the night before the 50km, Höhne was disturbed by a knock on his door. It was the STASI and they methodically searched his room and interviewed him for an extended period of time. What chance he had of any sort of sleep was gone. His performance in the 50km was that of an exhausted man, both physically and psychologically.

The rumour mill was active. Had the phone call been a West German ploy? There was certainly no love lost between the diametrically opposed cousins and it did open the door for Kannenberg by taking out one of his main rivals. We will never know but it makes for interesting speculation.

50km Walk, Munich, 3 Sep 1972, (Competitors: 36; Countries: 18)

1.	Bernd Kannenberg	FRG	3:56:11.6
2.	Veniamin Soldatenko	URS	3:58:24.0
3.	Larry Young	USA	4:00:46.0
4.	Otto Bartsch	URS	4:01:35.4
5.	Peter Selzer	GDR	4:04:05.4
6.	Gerhard Weidner	FRG	4:06:26.0
7.	Vittorio Visini	ITA	4:08:31.4
8.	Gabriel Hernández	MEX	4:12:09.0

Höhne was by no means finished. He bounced back in the 1973 Lugano Cup, held in Lugano in Switzerland. In a superb 50km race, he fought out the finish with Kannenberg and the Ukrainian Otto Bartsch who had been fourth in Munich. They were all well clear of Soldatenko in fourth place.

1973 Lugano Cup 50km, Lugano, 13 October 1973 (Competitors: 35)

1.	Bernd Kannenberg	FRG	3:56:51
2.	Otto Bartsch	URS	3:57:11
3.	Christoph Höhne	GDR	3:57:26
4.	Veniamin Soldatenko	URS	4:01:34
5.	Gerhard Weidner	FRG	4:01:59
6.	Peter Selzer	GDR	4:02:11
7.	Sergey Bondarenko	URS	4:07:52
8.	Winfried Skotnicki	GDR	4:08:30

He went two place better in the 1974 European Championship 50km in Rome, beating Bartsch to win the title, with Soldatenko back in 5th place and Kannenberg even further back in 9th place (Kannenberg had already come second to Golubnichiy in 20km earlier in the meet).

1974 European Championships 50km, Rome

1.	Christoph Höhne	GDR	3:59:05.6
2.	Otto Bartsch	URS	4:02:38.8
3.	Peter Selzer	GDR	4:04:28.4
4.	Vittorio Visini	ITA	4:05:43.6
5.	Veniamin Soldatenko	URS	4:09:31.6
6.	Winfried Skotnicki	GDR	4:10:19.0
7.	Gerhard Weidner	FRG	4:10:52.4
8.	Heinrich Schubert	FRG	4:16:05.0
9.	Bernhard Kannenberg	FRG	4:21:47.8
10.	Domenico Carpentieri	ITA	4:22:42.6



The big 4 in the 1974 European Cup 50km – Soldatenko, Kannenberg, Bartsch and Höhne

In a black segment of Olympic walking history, the 50km event was dropped from the 1976 Olympic Games, one of a number of events targeted in a move to reduce the size of what was seen as a bloated monster. What became of the main contenders?

- Bartsch dropped down to 20km, contesting that distance in the 1975 World Cup (4th in 1:27:35) and in the 1976 Olympics (13th in 1:31:12). Unfortunately he could not achieve the same heights in the 20km as in the 50km. With the 50km reinstated for the 1980 Olympics, he swapped back to that distance, coming 4th in the 1978 European Championships (3:57:23) and 15th in the 1979 World Cup (3:53:32). But although he was in career best form, he was now the 4th Russian behind a new younger faster breed of walker, all capable of breaking 3:50:00. He retired after his final 1979 50km race.
- Kannenberg also turned his back on the 50km event and geared his training towards the 20km event, establishing three world records and one world best track performance in quick succession in 1974. Firstly he set new marks for the 2 hours (27,137 mtrs.) and 30,000m (2:12:58.0) in Kassel on May 11. Then he set new marks for the 20,000m (1:24:45.0) and 1 hour (14,233 mtrs.) in Hamburg on May 25. Then in hot conditions in Rome, he was narrowly beaten by Golbunichiy in the European 20km Championship. In the 1975 Lugano Cup, he was again second in a major Championship 20km event in 1:26:20, this time behind Stadtmuller of East Germany. In November 1975, Kannenberg walked his last 50km event, a track race in Nerviana in Italy. There he set a World Record of 3:56:51.4. This was the first time 4 hours had been beaten on the track. Another first for the West German. He went into the 1976 Olympic 20km as a clear favourite but failed to finish. He did not race again in international competition.
- After his Olympic silver in 1972, Soldatenko had stepped back into his studies at Alma Ata and his results in the next couple of years had been modest. He recorded 4:01:33 in 1973 and 4:01:54 in 1974, the latter gaining him 8th place on the world list which was led by Holne with 3:52:52.8. But in 1975, he bounced back with a vengeance, winning again at the Spartakiad and leading the world list with 3:56:39. Come 1976 and 42 walkers turned up in Malmö for a special once-off IAAF 50km World Championship (to replace the lost Olympic race). It was Soldatenko who won in a personal best time of 3:54:40. None of the others from the big 4 competed.

With the IOC doing an about face and reinstating the 50km event in the 1980 Olympics, Soldatenko continued to compete internationally for a further two years after 1976, gaining 4th place in the 50km event in the 1977 Lugano Cup (4:08:20) and 2nd place in the 50km event at the 1978 European Championships (3:55:12) but then his name disappears from the results lists. His time had come and gone and the world standard continued to improve. The three Russians in the 1979 World Cup 50km event were all under 3:50 – Dorovski 3rd in 3:45:51, Fursov 5th in 3:46:55 and Melnik 6th in 3:49:31 – and even his old rival Bartsch was relegated to 15th place with his time of 3:53:32.

- Höhne was in career best form in 1974, winning the European Championship with 34:59:05 and leading the world list 3:52:52.8. But with the 50km now off the books internationally, he too retired.

The big 4 were now their thirties – Soldatenko born 1939, Höhne born 1941, Kannenberg born 1942 and Bartsch born 1943. Theoretically, they should now have been at their peaks with regard to the 50km. One can only guess at the mighty battle which would have ensued if the event had remained an Olympic event and they had faced the starter's gun shoulder to shoulder in Montreal in 1976.

This has been principally a story about Christoph Höhne. I finish with a couple of statistical sets.

First, his Yearly Bests in the 50km discipline show a steady improvement throughout his career, with his last few years his best ever in terms of times

1962:	4:28:14.6
1963:	4:10:46.8
1964:	4:12:49.2
1965:	4:03:14.0
1966:	4:17:55.6
1967:	4:02:43.4
1968:	4:06:23.4
1969:	4:05:19.0
1970:	4:04:35.2
1971:	3:59:09.5
1972:	3:57:44.4
1973:	3:57:25.2
1974:	3:52:52.8

Second, a review of the major races during his long international career reads just as impressively

1964	Olympic Games	Tokyo, Japan	6 th	50km
1965	World Cup	Pescara, Italy	1 st	50km
1967	World Cup	Bad Saarow, RDA	1 st	50km
1968	Olympic Games	Mexico City, Mexico	1 st	50km
1969	European Championship	Athens, Greece	1 st	50km
1970	World Cup	Eschborn, Germany	1 st	50km
1971	European Championship	Helsinki, Finland	2 nd	50km
1972	Olympic Games	Munich, Germany	14 th	50km

1973	World Cup	Lugano, Switzerland	3 rd	50km
1974	European Championship	Roma, Italy	1 st	50km

His 14th place in 1972 stands out as the one failure in an otherwise flawless career. Food for thought!

But Höhne's story does not finish there, as he attended a 1968 Olympic reunion of sorts in Perth, Australia, during the 2016 World Masters Championships, competing once again alongside Americans Goetz Klopfer (M70) and Tom Dooley (M70) and Australian Bob Gardiner (M80). For the record, Christoph won all 3 golds in the M75 division (5000m, 10km and 20km), showing the same determination and talent that marked his former career.



*Left: Höhne won 3 M75 golds in the 2016 World Masters Championships in Perth, Australia
Right: 1968 Olympians Christoph Höhne (GDR), Goetz Klopfer (USA), Tom Dooley (USA) and Bob Gardiner (AUS)*

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

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

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	29 th Summer Universiade, Taipei, Taiwan
Sept 9, 2017	8 th 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	16 th IAAF World Championships in Athletics, London, UK.
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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	28 th 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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