



HEEL AND TOE ONLINE

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

Australian representative racewalker **Chris Erickson** has announced his retirement from international competition (this probably comes as no real surprise to anyone, given he has not competed since the Rio Olympics, just over 12 months ago). What better way to recognise Chris's wonderful career than by awarding him my **Walker of the Week**.

At 35 years of age, Chris has been competing with distinction on the international stage since his first Australian vest in 2004. Since then, he has represented Australia at 3 Olympics, 2 Commonwealth Games, 6 IAAF Racewalking World Cups and 4 IAAF World Championships.

| | | | | | |
|------|-----------------------|----------------|-------|------------------|---------|
| 2004 | Racewalking World Cup | Naumburg | 50 km | 31 st | 4:14:16 |
| 2006 | Commonwealth Games | Melbourne | 50 km | 3 rd | 3:58:22 |
| 2006 | Racewalking World Cup | La Coruna | 50 km | 26 th | 3:59:20 |
| 2007 | IAAF World Champs | Osaka | 50 km | 24 th | 4:13:00 |
| 2008 | Racewalking World Cup | Cheboksary | 20 km | 30 th | 1:22:55 |
| 2008 | Olympic Games | Beijing | 20 km | DQ | |
| 2009 | IAAF World Champs | Berlin | 50km | DNS | |
| 2010 | Racewalking World Cup | Mexico | 50km | 15 th | 4:03:56 |
| 2010 | Commonwealth Games | Delhi | 20km | 8 th | 1:28:35 |
| 2012 | Racewalking World Cup | Saransk | 20km | 18 th | 1:22:20 |
| 2012 | Olympic Games | London | 20km | 38 th | 1:24:19 |
| 2013 | IAAF World Champs | Moscow | 50km | 16 th | 3:49:41 |
| 2014 | Racewalking World Cup | Taicang | 50km | 10 th | 3:49:33 |
| 2015 | IAAF World Champs | Beijing | 20km | 32 nd | 1:25:15 |
| 2015 | IAAF World Champs | Beijing | 50km | 13 th | 3:51:26 |
| 2016 | Olympic Games | Rio de Janeiro | 50km | 10 th | 3:48:32 |



Chris competing in the Rio Olympic Games 50km

Although Chris started Little Athletics in the Under 6 Age Group, it was not until 1996 that he started to train specifically for racewalking, with immediate success. Personal Bests are an accepted measure of improvement and the following chart shows Chris's improvement year by year in the various distances over which he has raced. Rarely do you see such continuous improvement over such a long period.

| Year | Age | 1500m | 3000m | 5000m | 10,000m | 15km | 20km | 30km | 20 Miles | 50km |
|------|-----|--------|------------|------------|---------|---------|---------|---------|----------|---------|
| 1996 | 14 | 6:47 * | 14:49 * | | | | | | | |
| 1997 | 15 | 6:38 * | 13:32 * | 23:52 * | | | | | | |
| 1998 | 16 | 6:16 * | 13:29 * | 23:09 * | 48:36 * | 1:19:01 | | | | |
| 1999 | 17 | 6:14 * | 13:18 * | 22:20 * | 47:32 * | 1:15:04 | 1:40:58 | | | |
| 2000 | 18 | | | | 47:03 * | 1:11:17 | | | | |
| 2001 | 19 | | 13:06 * | | | | | | | |
| 2002 | 20 | | 12:55 * | 22:12 * | 46:27 | 1:10:32 | 1:34:31 | 2:38:36 | 2:44:37 | |
| 2003 | 21 | | 12:27 * | 21:30 * | 45:02 * | | | 2:27:04 | 2:43:58 | 4:19:48 |
| 2004 | 22 | | | | | 1:08:34 | 1:31:33 | 2:23:54 | 2:37:07 | 4:14:16 |
| 2005 | 23 | 5:50 * | 11:55 * | 20:00 * | 43:46 | 1:06:09 | 1:28:22 | 2:15:04 | 2:27:04 | 4:03:42 |
| 2006 | 24 | | | | 42:37 * | 1:04:39 | 1:26:34 | 2:15:00 | | 3:58:22 |
| 2007 | 25 | | 11:39 * | 19:40.27 * | 42:22 | 1:03:36 | 1:24:58 | 2:13:52 | 2:24:18 | |
| 2008 | 26 | 5:45 * | 11:36.6 * | 19:32.64 * | 41:14 | 1:01:55 | 1:22:55 | | | 3:55:25 |
| 2009 | 27 | 5:36 * | 11:32.98 * | 19:25.98 * | 41:09 | | 1:22:53 | 2:12:34 | 2:22:47 | |
| 2010 | 28 | | | | 38:59 | | | 2:09:29 | | |
| 2011 | 29 | | | 19:24.98 * | | | | | | 3:51:57 |
| 2012 | 30 | | 11:28.83 * | | | | 1:22:20 | | | |
| 2013 | 31 | | | | | | | | 2:21:12 | 3:49:41 |
| 2014 | 32 | | | | | 1:01:44 | 1:22:19 | | | 3:49:33 |
| 2015 | 33 | | | 19:23.72 * | | 1:01:09 | 1:22:08 | | | |
| 2016 | 34 | | | | | | | | 2:19:51 | 3:48:40 |

Chris exhibited a number of personal strengths that were evident throughout his athletics career

- He was disqualified only 3 times in his entire walking career, whether at Club, Interclub, State, National or International level; this is indicative of a very safe technique.
- He rarely retired from a race during the 20 years in which he seriously competed. Even on occasions when he was not feeling 100%, he completed the distance.
- He was very consistent in his training and showed an ongoing ability to prioritise his training schedule to fit in with the many demands on his time.
- He always showed considerable race maturity and the confidence in his own ability to 'walk his own race', not being drawn into a fast early pace or mid race heroics.

Taken together, these attributes indicate an ideal temperament for long distance walking.

His PBs read impressively. Personally, I think his strongest PB is that for 10km, done in the 2010 IAAF Challenge Final in China.

| | | | |
|----------|----------|------------|------------------------|
| 1500 m | 5:36 | 28/02/2009 | Sydney |
| 3000 m | 11:28.83 | 18/02/2012 | Sydney |
| 5000 m | 19:24.95 | 18/11/2011 | Melbourne |
| 10 km | 38:59 | 18/09/2010 | Beijing, China |
| 20 km | 1:22:08 | 15/03/2015 | Nomi, Japan |
| 30 km | 2:09:29 | 08/08/2010 | Melbourne |
| 20 Miles | 2:19:51 | 12/06/2016 | Canberra |
| 50 km | 3:48:40 | 19/08/2016 | Rio de Janeiro, Brazil |

To read more about Chris's career, check out <http://www.vrwc.org.au/tim-archive/articles/wv-chris-erickson.pdf>.

ALL IN THE FAMILY: IAAF SHOULD NOT LET IOC DICTATE ITS COMPETITION PROGRAM

Thanks to **Paul DeMeester** for his latest racewalking update. He has been busy since he left Melbourne a week ago, having flown straight to Lima, Peru, where the IOC was meeting. Over to Paul!

Lima, Peru – 17 September 2017. I have spent this past week in Lima where the International Olympic Committee (IOC) met for its 131st Session. No race walk decisions were on the schedule, the IOC Executive Board having confirmed the 2020 Olympic program at its June meeting in Lausanne. The 2020 schedule includes the men's 50km but without a counterpart for women. My visit to Lima was an opportunity to discuss race walking with several IOC members in light of

the year's 50km controversies, starting with the April London IAAF Council meeting when the longer distance was on the chopping block.

The Olympic Threat to Race Walking

Conclusion: the 50K is not out of the woods yet. Worse, there are forces within Olympic circles opposed to race walking altogether. Others want to limit Olympic race walking to just one distance. The Olympic opposition is nothing new. The 50km was left out of the 1976 Games and race walking received a bad review after the 2000 Sydney judging controversy. Funny, though, that the same opponents do not call for gymnastics or figure skating events to be deleted after judging controversies or scandals in those sports, or to do away with basketball, a sport that elevates the tactical use of violence (assault and battery) through its rules, euphemistically calling them "fouls."

Race walking is fortunate to have one of its own, Finland's Sari Essayah, as a member of the IOC since 2016. Essayah competed in the first women's world championship race walk event in 1987, won the world 10km title in 1993 after earning bronze in 1991 and took part in two Olympic 10kms (1992 – 4th; and 1996 – 16th). She won European 10km gold before a home crowd in 1994. Not only has Essayah walked the walk, but she was a witness to previous Olympic doubts cast against race walking as a longtime member of the IAAF Race Walk Committee (1998-2015). Essayah was very responsive when I contacted her in Lima. She confirmed that the Olympic threat is real and wants to proceed cautiously.

Olympic Movement is Undemocratic and Unaccountable

My review of the Olympic structure may well explain Essayah's legitimate caution. The IOC is one of the most unaccountable, self-perpetuating decision-making bodies known to law. Ever since Baron de Coubertin handpicked IOC members in 1894, the IOC has been selecting its own members. To become a member these days requires one to be vetted by the IOC's own Election Commission, then be proposed as a candidate by the IOC's Executive Board, an action that is usually tantamount to being elected by the full Committee, unless the Executive Board decides to stage an election battle with more than one candidate for a position. Once "elected," IOC members must take an oath swearing allegiance to the decisions of the IOC, which decisions they shall not consider as "subject to appeal." (Olympic Charter, rule 16 (1.3).) Another Charter provision (rule 16(1.4)) requires that IOC members "represent and promote the interests of the IOC." It is therefore more accurate to state that IOC members are "co-opted", rather than state that they are "elected." A closed shop, in other words. Add to that the IOC's deal with Switzerland (where the IOC is based) to recognize the IOC's legal personality as well as to give it tax-free status and you get the picture.

The consequences flowing from this structure are predictable. First, there is no accountability. Contrast the IOC structure with that of the International Association of Athletics Federations (IAAF). The IAAF consists of 214 member federations. The IAAF Constitution demands that the national governing bodies of the member federations are democratically elected. (IAAF Const., art. 5(1).) The member federations select delegates to the IAAF Congress which is the highest authority within the IAAF. (IAAF Const., art. 6(1).) The Congress elects the IAAF's officers and Council members. Those officers and councilors thus have constituents consisting of member federations. In the end, IAAF officials and Council members are accountable to those who placed them in those positions. Incumbent Council members are prohibited from voting in the Congress. (IAAF Const., art. 6(15).) The contrast could not be clearer: a democratic IAAF versus an undemocratic IOC.

IOC power is held at the top. Fall from favor and one may not be included in the list for re-election (IOC terms last eight years). Displease the powers that be and miss out on interesting commission assignments. On top of the heap sits the IOC President, a "volunteer" who receives an annual U.S. \$242,000 allowance and resides in a suite at the Lausanne Palace Hotel. The current President, Thomas Bach of Germany, is further entitled to a daily per diem of \$900 when on Olympic business, including on travel days. Bach, wisely, forgoes this extra money. Not that he would have any need for it. His travel is paid for. Of course, he travels in fine style. I have not been around so much advance work and sizeable security detachment since I worked on a U.S. presidential campaign back in 1983-84. Check out the IOC website: Bach is constantly on the move, meeting with Prime Ministers here, Presidents there etc. You would think he was the United Nations (UN) Secretary General. Before I forget, did I mention that the IOC has Permanent Observer status at the UN General Assembly. The "decisions" – if you can call them that – coming out of Lima indeed resemble world politics. Before the Session even began, a deal had been cut giving the Games to Paris for 2024 and Los Angeles for 2028. This pre-arranged deal cut short an IOC vote on the 2024 host city between these two cities, and with it any chance for IOC members to develop outside income (or "bribes" as the law would call it, a not uncommon occurrence at the highest levels of world sports bodies when it comes to the awarding of host city status). The politics of that were obvious. Who in the world would vote for a U.S. host city when it is theoretically possible for Donald Trump to still be in the White House when the summer of 2024 rolls around. Equally unsurprising was the absence of any IOC Session talk to exclude Russia from the Winter Games in South Korea next February. Given the tension on the Korean Peninsula, the Olympic folks want the Russian and Chinese delegations to be as large as possible, as insurance against any military action by North Korea while the Games are in progress.

Besides the political dynamic, there's the business side of the IOC. Broadcast revenues from Rio alone brought in U.S. \$4.1 billion. The 2016 Games netted some U.S. \$9.3 billion in marketing revenues. One would be forgiven for thinking that the real problem with race walking is its money footprint, or rather its absence. Race walking does not even bring in gate money, as it is one of the few free events at any major sports competition.

Athletics Underrepresented within the IOC

Another problem facing race walking is the underrepresentation of athletics within the IOC. Granted, race walking is at its full statistical strength within the IOC. There were 199 race walkers in Rio, 1 % of all competitors at the last Summer and Winter Games combined (a total of 14,110). IOC Member Essayah is one of exactly one hundred IOC members. One suspects, though, that her selection to the IOC is not necessarily based on her race walk background but rather due to her political strengths. Essayah has been elected to the European and Finnish Parliaments (she currently serves in the latter), is the leader of her political party and has previously run for the Finnish presidency. Race walking will need all of her political skills to defend itself.

Athletics in general does not fare as well. Even though more than 16 % of all Summer and Winter Games participants practice our sport, only 10 % of the IOC membership consist of 'athletics'-affiliated members. Even though there were the same number (almost that is, 200 versus 199) of equestrian Games participants as there were race walkers, 8 % of the IOC membership belong to the equestrian group, an eight-fold size case of overrepresentation. Last I checked, the ones doing the work in that sport – the horses, or more accurately the work horses – were not represented at all. Rowers constituted 3.9 % of Games participants but enjoy 6 % IOC representation. Of the 15 IOC Executive Board members, only one, former Olympic pole vault champion Sergey Bubka, has an athletics background (he also serves as the Senior IAAF Vice President).

Fair to say, not too many adherents of badminton, or table tennis, or volleyball, or surfing (a new Olympic sport), or synchronized swimming, or skeet shooting will give a hoot about race walking. That leaves us with only one organization with the political power to protect our events: the IAAF. Recent controversies have called into question whether it has the political will to stick up for us.

The Athletics Family: the IAAF Needs to Protect its Own

Race walking is not alone in having been nominated for elimination by some within the Olympic Movement. The triple jump, the 200m and the 10,000m have also been mentioned at one time or another. Olympic folks are eager to expand the number of sports at any given Summer Games but without increasing the total number of competitors (aim is for 10,500). Additional sports mean more revenue for the IOC but increasing the number of participants strains the ability of local organizers to put on the Games. Hence, the need for cuts among existing sports.

What should the IAAF do in light of these Olympic realities and pressures? This brings to mind the vote faced by the governing body of the Amateur Athletic Association in England a little over a decade after its 1880 founding. A proposal had been made to eliminate the hammer throw from the athletic competition program. The vote in the 1890s was close, 16 to 12. But the hammer throw survived, which is a good thing.

We don't have to be hammer throwers to support the event. Same for the pole vault, the triple jump or the 400m hurdles. Or race walking. As members of the athletics family, we should all support one another. When an outside force – such as the IOC – threatens one of our events, we should all rise together and protect all of our events. We are not back in the 1890s when one part of the family tried to cut the throats of other family members. Our competition program is stable now that women finally achieved parity at the 2017 London Worlds when they were admitted into the 50km race walk event. Kudos to the IAAF for that.

If the IOC Executive Board were to force the IAAF to reduce its Olympic footprint, the IAAF should reduce the number of athletes per event, as opposed to cutting events. We can all live with only 50 runners in the men's 100m as opposed to 60. Fifty female race walkers in the 20km instead of 70 is better than losing a single athletics event, be it race walking or any other event.

Why should the IAAF even consider changing its own World Championships competition program – as was the suggestion back in April with respect to race walking – just because of what the IOC may want. Even if the Olympics were to cut the 50km, or the 20km, or both, that is no reason for the World Championships to be conducted without either event. The IAAF should have the backbone to tell the IOC that "this" – everything included – is our competition program and we're sticking by it. After all, the IAAF has more power than it realizes. What would the Olympics (and its attendant revenue stream) be without athletics? If the Olympics tell any part of athletics to take a hike, the IAAF should be the ones walking out, en masse.

Unrealistic? Not really, if one looks at how the Olympic model is floundering. Sure, revenues have continued to grow to fatten IOC coffers. But look what the IOC leaves behind once the Games are over. Rio is a case in point. Many of the Olympic venues look like desolate areas of devastation and decay. One exception: the walks venues from both the London and Rio Olympics are in daily use with lots of pedestrians and traffic. The only activities related to the 2016 Olympics still going on in Brazil appear to be the criminal investigations against organizing officials by local prosecutors. The fact that no more than one city at a time seems to want to bid to host the Games anymore, or even to host the IOC Session, spells trouble for the Olympic format. Just this past week, former UN Secretary General Ban Ki-moon was brought in as the new Olympics ethics chair. His first remit: the emerging vote-buying scandal involving former IOC member and Rio organizing committee head, Carlos Nuzman. The Washington Post reported this week that a Brazilian lawyer warned then-IOC President Jacques Rogge eight years ago about Nuzman's financial misconduct. Rogge's staff acknowledged receipt

of the warnings: “We have duly taken note of your concerns.” Apparently not. Let’s see whether Ban Ki-moon discovers whether IOC stands for “International Olympic Corruption.”

Not that the IAAF has clean hands in this matter. What the heck is Nuzman doing on our IAAF Ethics Board? Does the IAAF really need this level of corruption expertise on the board? Don’t think so.

In any event, the recent success of the London World Championships and the myriad problems besetting the Olympic Movement may indicate that the IAAF has the better business model and governance structure. There is nothing wrong with the IAAF’s accountability or its rules. All the IAAF needs to do is to stick up for its own events and push back against the IOC. The Olympic Movement has no business telling the IAAF about athletics. With one exception! The Olympic folks have a point about the lack of gender equality in the 50km race walk event.

Removing that gender imbalance stain will help the IAAF push back against any future Olympic attempts at deleting the 50km altogether. Having seven women walk the 50 in London proved successful. The only world record of the Championships was set in their race. Whatever differences that may have existed within the race walk community about the various 50km issues that arose earlier this year should be set aside. Let the IAAF announce now that the 2018 World Race Walking Team Championships in Taicang will feature a women’s 50km event with the same open participation standards as exist for the men (up to five athletes per member federation and no qualification standard). The IAAF should announce this as soon as possible so that women walkers may opt for the 50km event and have an opportunity to prepare adequately. IAAF President Sebastian Coe, IAAF Competition Director Paul Hardy and the members of the Race Walk Committee should then be afforded all the credit for making this come true.

A strong 50km for both genders at all major IAAF meets would go a long ways towards strengthening the IAAF arguments against any IOC encroachments against our discipline. As part of the athletics family, we’re all in this together. Occasionally, we add events, like the mixed relay, but we don’t subtract. The IAAF should stick up for the 50K against the IOC. The IAAF did precisely that in 1976, when the 50K temporarily disappeared from the Summer Games. The IAAF responded by organizing its first ever world championships; the only event was the 50km race walk (your very own Heel and Toe editor Tim Erickson was one of the participants). A full-fledged World Championships grew out of that starting in 1983. Time will tell whether the Olympics survive or not. But whatever happens, the IAAF should support all of its events as part of our own competition program and insist the IOC does the same.

I rest my case.



Paul burns the midnight oil in Lima

A BIT OF BACKGROUND ON THE WOMEN’S 50KM

I have been involved in a lot of conversations about the future of the 50km discipline during this year, many of them with medallists from Games past. One of those medallists (a gold one in fact) emailed me after last week’s comments from Jane Saville. He commented as follows:

From your reply what really concerns me is the complete lack of transparency about the ins and out of how we reached the point of our sport left facing extinction. Surely an agenda was made prior to the meetings earlier this year and minutes/notes were taken of these meetings? There would have also been proper plans/discussions/exchanges involving the committee to reach the point of having a meeting seemingly signing the sports seeming death warrant?

There appears to be a cabal who are not, I believe, working for the benefit and expansion of our sport but whose actions have almost willingly allowed our sport to be left facing oblivion.

The answer is of course YES. Meetings were held, minutes were distributed internally and decisions were made, all behind closed doors. In next week's newsletter, I will be outlining what I know of this process, with the names of the IAAF Racewalking Committee people who spearheaded it.

WHAT'S COMING UP

- It's pretty quiet on the local front now with Australian walking in recess between the winter and summer seasons. But some Australians will be in action on **24-27 September** in the **2017 Around Taihu Multi-day International Race Walking Competition** in China. See <https://www.facebook.com/events/1225502784238644>. Oceania walkers in action will include **Quentin Rew, Declan Tingay, Clara Smith** and **Dane Bird-Smith**. Could be some others as well. Good luck everyone. Good summary of racing courses at http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2909.
- The **VRWC 2017/2018 Summer Season fixture** has now been finalised and is reproduced below, as well as on the club website (<http://www.vrwc.org.au/vrwcs18.shtml>). The first races will be held on Wednesday 18th October.

Whilst the AV Shield competition has removed a few racewalk opportunities, VRWC has negotiated with AV to hold specialist racewalk meets to make up the shortfall. AV has confirmed that these events will be fully sanctioned and will count as national and state records/qualifiers. These VRWC/AV events will also allow walkers to gain valuable AV Shield points for their clubs. VRWC has also included a 10000m track walk in its summer program as a further enhancement. **The AV/VRWC joint walks are shown in yellow.**

VRWC SUMMER SEASON 2017/2018

Wed 18 October 2017, VRWC Track Races, Clifton Hill

Venue: George Knott Athletic Field, 143 Heidelberg Rd, Clifton Hill

| | | |
|--------|--------------------|------|
| 6.30pm | 10,000m, | Open |
| 7.00pm | AV 5000m, AV 3000m | Open |
| 7.30pm | 1500m | Open |

Sun 29 October 2017, VRWC Road Races, Middle Park

| | | |
|--------|------------------|------|
| 8.00am | 20km, 15km, 10km | Open |
| 9.00am | 5km, 3km | Open |
| 9.30am | 2km, 1km | Open |

Wed 1 November 2017, VRWC Track Races, Clifton Hill

Venue: George Knott Athletic Field, 143 Heidelberg Rd, Clifton Hill

| | | |
|--------|--------------------|------|
| 6.30pm | 10,000m, | Open |
| 7.00pm | AV 5000m, AV 3000m | Open |
| 7.30pm | 1500m | Open |

Sun 12 November 2017, VRWC Summer Championships and AGM, Middle Park

| | | |
|---------|-----------------------------------|----------------|
| 8:00am | 20km Gus Theobald Memorial Trophy | Open Men |
| | 20km | Open Women |
| 8.30am | 10km Heather Carr Trophy | Masters Women |
| | 10km | Open |
| 9.30am | 1.5km VRWC Championship | Under 12 B & G |
| | 1.5km VRWC Championship | Under 9 B & G |
| 9.45am | 5km VRWC Championship | Under 20 M & W |
| | 5km & 3km | Open |
| | 3km VRWC Championship | Under 15 B & G |
| 10.30am | Presentations | |
| 11.00am | Annual General Meeting | |

Sun 3 December 2017, Fawkner Park, Melbourne

Australian 50km Championship

Wed 10 January 2018, VRWC Track Races, Mentone

Venue: Mentone Athletic Track, Dolomore Reserve, Queen Street, Mentone

| | | |
|--------|--------------------|------|
| 6.40pm | 1500m | Open |
| 7.00pm | AV 5000m, AV 3000m | Open |

Sun 21 January 2018, VRWC Road Races, Middle Park

| | | |
|--------|------------------|------|
| 8.00am | 20km, 15km, 10km | Open |
| 9.00am | 5km, 3km | Open |
| 9.30am | 2km, 1km | Open |

Wed 31 January 2018, AV 5km Teams Championship & race, VRWC Walk, Mentone

Venue: Mentone Athletic Track, Dolomore Reserve, Queen Street, Mentone

| | | |
|--------|---|------|
| 6.40pm | 1500m | Open |
| 7.00pm | AV 5000m Teams championship and AV race | Open |

*** Rules for AV Teams Championships:**

1. A Male Team will consist of 3 or more male walkers currently registered with the same AV Club or Country Region. A Female Team will consist of 3 or more female walkers currently registered with the same AV Club or Country Region. Mixed teams are not possible.
2. The first 3 walkers to finish will be designated as the first finishing team for that club.
3. The next 3 walkers to finish for that club will be designated as their second team and so on.
4. All team members must be aged 12 years or older on the day. Scoring of Teams Points will be in line with the AV Cross Country scoring system.
5. All entries must be completed on the proper entry form as issued by Athletics Victoria.

Sun 11 February 2018, Adelaide

Australian 20km Summer Roadwalk Championships Meet

Sun 18 February 2017, VRWC Track Races, VMA 5000m Championships, Mentone

Venue: Mentone Athletic Track, Dolomore Reserve, Queen Street, Mentone

| | | |
|---------|------------------------|---------------|
| 8.30am | 5000m VMA Championship | Masters Women |
| 9.15am | 5000m VMA Championship | Masters Men |
| 10.00am | 5000m and 3000m | VRWC Open |
| 10.30am | 1500m | VRWC Open |

ACTRWC ROADWALKS, TUGGERANONG, ACT, SATURDAY 16 SEPTEMBER

I picked this one up from the ACTRWC website. Last Saturday saw their final race for the winter season and consisted of a Turkey Handicap, with everyone starting at different times and over different distances (2km and 7km).

Mixed Distance Turkey Handicap

| | | | |
|-----|------------------|---------|-----|
| 1. | Ella Baker | 13.46 | 2km |
| 2. | Georgia Frew | 14.03 | 2km |
| 3. | Mick Saunders | 51.11 | 7km |
| 4. | Connor Frew | 33.19 | 7km |
| 5. | Tim Fraser | 33.17 | 7km |
| 6. | Miriam McCarthy | 50.99 | 7km |
| 7. | Imogen Gardiner | 15.15 | 2km |
| 8. | Bryan Thomas | 51.55 | 7km |
| 9. | Mitchell Baker | 33.49 | 7km |
| 10. | Greg Durr | 40.10 | 7km |
| 11. | Callum Burns | 36.30 | 7km |
| 12. | Pierce Brennan | 14.18 | 2km |
| 13. | Jayden Elphick | 50.03 | 7km |
| 14. | Raine Thompson | 1.09.19 | 7km |
| 15. | Jennie Gilchrist | 1.09.19 | 7km |

BRWC MARY LORENSINI 3KM HANDICAP, LAKE WENDOUREE, BALLARAT SUNDAY 17 SEPTEMBER

It was perfect racewalking conditions for the small group of Ballarat Racewalkers Club competitors on Sunday at the Mary Lorensini 3km handicap race. **Jorja Tallent** took the lead off scratch with the rest of the pack trying to catch her. With a sneaky look over her shoulder Jorja could hear **Kylie Howe** closing in, as well as the fast finishing **Jemma Peart**. Jorja held on to win in 23:21 with Jemma just catching Kylie on the line. Fastest time Jemma Peart in 14:27.

Mary Lorensini 3km Handicap

| | | | |
|----|---------------|-------|-----------|
| 1. | Jorja Tallent | 23:21 | |
| 2. | Jemma Peart | 14:27 | |
| 3. | Kylie Howe | 19:54 | First One |
| 4. | Alanna Peart | 15:00 | |
| 5. | Scott Peart | 19:44 | |



Jorja Tallent with the Mary Lorensini trophy (photo Kerrie Peart)

8TH RACE WALKING DAY IN VEENENDAAL , VEENENDAAL, NEDERLAND, SATURDAY 9 SEPTEMBER

Alas, **Frank van Ravensberg's** report on the annual The annual Dutch Sprint Triathlon did not reach me until just after I had dispatched last week's newsletter. I reproduce it here for completeness. Read it in conjunction with the results publishes last week – see <http://www.vrwc.org.au/newsletters/heelandtoe-2017-num50.pdf>.

KATE VEALE WINS 8TH SPRINT TRIATHLON IN RACE WALKING IN VEENENDAAL

There were a lot of rainshowers in Veenendaal on September 9th, but the walkers didn't mind at all. It was really record weather with loads of personal bests as a result. **Kate Veale** went for her second victory in the 8th International Sprint Triathlon, after she won in 2012. However, this year her results were a lot better than 5 years ago and only two men could beat her. In the 2000m the former World Youth champion smashed the race record, when she finished in 8.58,03. In the 3000m, she walked 13.50,89. Finally, her fastest race was the 1000m (4.18,66). **Anne van Andel** made a strong impression too. The Dutch 20km record holder finished second in the general classification and she became the all time best female Dutch walker on 1000m (4.25,91) and 2000m (9.46,73). The old best performances were 4.35 (1984) and 9.50 (1980). **Liesbet De Smet** was a third former winner on the podium, she walked a personal best on the 1000m (5.08,02). De Smet had entered for the 7th time in 8 editions.

At the men's race **Rick Liesting** showed that he is still in a very good shape. After winning three European Master titles in Arhus and his first national 20km title, he walked an amazing 3000m in Veenendaal. With 12.17,81 he broke the national M40 record by more than a minute and he also broke Miroslav Uradnik's race record from 2013. Liesting decided not to walk on the other two distances, so the victory went to **Rob Tersteeg** who won the 1000m (4.04,24) and the 2000m (8.49,01). Tersteeg also won in 2015, now he's preparing for the national championship 50 km (in 3 weeks time in Tilburg). **Remco de Bruin** finished in second position, as he did last year. He had to walk faster than he did in 2016 to beat Kate Veale, who finished just behind him (3 times). **Wilfried van Bremen** completed the podium. **Boguslaw Seidel** walked a Polish M65 record (3000 m in 15.39,40) and took the 4th place. The local favorite **Colin Versteeg** finished 5th after a three year competition break.

There were 31 walkers from 5 countries. **Bauke te Nijenhuis** was the oldest competitor, the 81 year old walked a Dutch record M80 on the 3000m (20.38,46). The youngest competitor was 3 year old **Marit van Bremen**, who walked 1000m inside 10 minutes (average speed over 6 km/hour). She stole the show by laughing all the time and really enjoying all the attention that she got. Sometimes the walkers and the jury had to hide for the rain, but in the end everyone could be happy about the results. The top 10 men and the top 5 women set 45 results, of which 34 were the best they ever walked in Veenendaal. For each participant there was a diploma, a keychain and the traditional mug with a print of the walking crocodile. Besides there were prizes for, amongst others, the best walking style (won by Kate Veale and Loes van Bremen), fighting spirit and the best team.

Well done to Frank on another great day's racing. I recommend this annual event to everyone.

GERMAN RACE WALKING CHAMPIONSHIPS, DIEZ, GERMANY, SATURDAY 16 SEPTEMBER

The men's German 10,000m trackwalk championship in Diez last Saturday produced an unexpected result, with 25 year old **Hagen Pohle** winning ahead of the more favoured **Christopher Linke**, who had taken the title for the last 4 years (2013-2016). 17th in the London 20km last month, Pohle accelerated away at the 6000m mark, eventually winning by 100m in a PB 39:39.4, ahead of Linke with 40:10.08. Bronze was won by **Nils Brembach** with 40:29.91. Special mention to M40 masters champion **Steffen Bosch** who finished 6th with 45:57.91.

The women's 5000m title went to European U20 silver medallist **Teresa Zurek**, who won comfortably with 23:43.16, ahead of W40 walker **Bianca Schenker** with 24:41.85. Good article at <https://www.leichtathletik.de/news/news/galerie/hagen-pohle-kassiert-dm-titel-vor-seriensieger-christopher-linke/>.

Men 10,000m Race Walk

| | | | | |
|----|-------------------|-----|----|----------|
| 1. | Hagen POHLE | GER | 92 | 39:39.45 |
| 2. | Christopher LINKE | GER | 88 | 40:10.08 |
| 3. | Nils BREMBACH | GER | 93 | 40:29.91 |
| 4. | Karl JUNGHANSS | GER | 96 | 41:51.24 |
| 5. | Andreas JANKER | GER | 83 | 44:11.14 |
| 6. | Steffen BORSCH | GER | 73 | 45:57.91 |

Women 5000m Race Walk

| | | | | |
|----|-----------------|-----|----|----------|
| 1. | Teresa ZUREK | GER | 98 | 23:43.16 |
| 2. | Bianca SCHENKER | GER | 74 | 24:41.85 |
| 3. | Julia RICHTER | GER | 99 | 24:55.02 |
| 4. | Brit SCHRÖTER | GER | 74 | 25:55.60 |
| 5. | Nicole HÖRL | GER | 71 | 27:41.92 |
| 6. | Linda BETTO | GER | 77 | 27:47.96 |



Hagen Pohle wins in Diez on Saturday (photo <https://www.leichtathletik.de>)

NORDIC INTERNATIONAL WALKING MATCH, SÄTRA IP, STOCKHOLM, SWEDEN, SUNDAY 17 SEPTEMBER

The annual Nordic Racewalking Match, contested on Sunday in the Sättra IP stadium in Stockholm, saw a comprehensive victory to Finland, with 7 golds from the 8 races contested. In fact, 13 of Finland's 16 walkers recorded PBs. The final scores saw Finland on 78 points, Sweden on 18 and Norway on 14. The men's 20,000m and 10,000m walks were first up, with **Ato Ibáñez** winning with 1:28:42.77, ahead of team mate **Andres Hansson** with 1:29:01.69. Then it was time for the women's 10,000m walk, won by **Elise Neuvonen** with 47:33.34. The contest ended with the women's 5000m which saw a great battle between **Lauri Juokas** and **Aatu Komulainen**, Juokas eventually winning with 23.29.15 ahead of Komulainen with 23.42.11. Thanks to Birger Falt for the info and results (see <http://www.gang.se>).

20,000m Men

| | | | | |
|----|-------------------|------|-----|------------|
| 1. | Ato Ibáñez | 1985 | SWE | 1.28.42,77 |
| 2. | Anders Hansson | 1992 | SWE | 1.29.01,68 |
| 3. | Elmo Koivunen | 1994 | FIN | 1.34.07,86 |
| 4. | Timo Viljanen | 1977 | FIN | 1.39.16,50 |
| 5. | Christer Svensson | 1969 | SWE | 1.39.58,81 |

20,000m U23 Men

| | | | | |
|----|------------------|------|-----|------------|
| 1. | Jaakko Määttänen | 1999 | FIN | 1.41.32,03 |
| 2. | Hugo Leppäsyvä | 1997 | FIN | DNS |

10,000m U20 Men

| | | | | |
|----|------------|------|-----|----------|
| 1. | Joni Hava | 1999 | FIN | 45.52,24 |
| 2. | Jere Niemi | 1998 | FIN | DNS |

10,000m Women

| | | | | |
|----|------------------------------|------|-----|------------|
| 1. | Elisa Neuvonen | 2001 | FIN | 47.33,34 |
| 2. | Monica Svensson | 1978 | SWE | 48.08,48 |
| 3. | Tiia Kuikka | 1994 | FIN | 49.12,18 |
| 4. | Hele Haapaniemi | 1993 | FIN | 49.52,30 |
| 5. | Ellinor Hogrell | 1968 | SWE | 1.08.02,28 |
| 6. | Celeste Scheepers (pit lane) | 1960 | RSA | 1.06.35,98 |

10,000m U23 Women

| | | | | |
|----|---------------------|------|-----|------------|
| 1. | Venla Laiho | 1995 | FIN | 50.26,11 |
| 2. | Elina Heikkinen | 1997 | FIN | 51.47,46 |
| 3. | Hanna Westerland | 1997 | FIN | 54.02,45 |
| 4. | Fride Möller Flatin | 1997 | NOR | 1.00.35,56 |
| 5. | Julia Ibrahim | 1996 | SWE | DNS |

5000m U18 Women

| | | | | |
|----|-----------------|------|-----|----------|
| 1. | Lauri Joukas | 2001 | FIN | 23.29,15 |
| 2. | Aatu Komulainen | 2000 | FIN | 23.42,11 |

5000m U20 Women

| | | | | |
|----|-------------------------|------|-----|----------|
| 1. | Anniina Kivimäki | 1999 | FIN | 25.36,84 |
| 2. | Josefin Greiff | 1998 | NOR | 27.21,20 |
| 3. | Lycke Karlsson | 1998 | FIN | 27.29,24 |
| | Ellen Nordqvist Sjöblom | 1999 | NOR | DNS |

5000m U18 Women

| | | | | |
|----|-------------------|------|-----|----------|
| 1. | Sara Niittyviita | 2001 | FIN | 26.17,35 |
| 2. | Lisa Måren Löseth | 2001 | NOR | 26.52,30 |
| 3. | Netta Tuusjärvi | 2000 | FIN | 28.01,43 |



20km placegetters Anders Hansson, Ato Ibanez and Elmo Koivunen



The victorious Finnish walking team

ZAGREB CROATIAN CLUB CHAMPIONSHIPS, ZAGREB, CROATIA, 16-17 SEPTEMBER

More European Club Championships, this time in Croatia.

Women's 5000m Race Walk

| | | | | |
|----|-------------|-----|----|----------|
| 1. | Ivana RENIC | CRO | 96 | 26:40.09 |
| 2. | Eli PEVEC | CRO | 01 | 26:46.97 |

52ND NIJMEGEN-ROTTERDAM (160KM), NIJMEGAN, NED, 16-17 SEPTEMBER

Last weekend saw one of the big and very popular ultra distance events of the European year, the annual Nijmegen to Rotterdam walk (see <http://www.rotterdamsewandelsportvereniging.nl/index.php?page=nijmegen-rotterdam-160-km>). It got underway on Saturday morning, with 82 walkers setting out from the Nijmeegse Kronenburg Park, hoping to complete the 160km walk to Rotterdam. Almost all were successful, with 80 of them finishing about 29 hours later in the Kralingsebos in Rotterdam.

This event is not a race. Rather, it is a group walk, with the leaders travelling at a pace of 7km/hr. Regular cafe stops are scheduled every 20km, when the group reforms and then off they go again. A meal stop is scheduled at the 60km mark. This leads to a wonderful sense of comradeship, with everyone helping everyone else. It is indeed a wonderful concept.

Amongst the 80 finishers was 80 year old **Jaap Visser** (the oldest finisher ever in this event). To recognize his performance, organisers arranged for him to walk at the front and carry the RWV flag as the field entered Rotterdam. There was loud applause for Jaap and the other walkers as they arrived at the Langepad athletics track.

It takes a huge workforce to put on something like this - there were 35 names on the staff list! As might be expected in such a long endeavour, the weather varied, with the sunny start giving way eventually giving way to rain, followed by a cold night (5°C), before a pleasant Sunday morning for the final legs.

Well done to all the finishers. I have not seen the final listing yet but you can figure it out from the start list at https://formulieren.rotterdamsewandelsportvereniging.nl/deelnemers_NR. The walk included a number of our European based Australian Centurions - **Bertus van Ginkel**, **Sandra de Graaff**, **Sandra Brown** and **Sue Clements**, as well as ultra walking legend **Annie van der Meer**.



80 year old Jaap Visser carries the RWV flag as the entrants approach the finish of the Nijmegen to Rotterdam 160km walk

ROUBAIX 28 HOUR WALK, ROUBAIX, FRANCE, 16-17 SEPTEMBER

The last of the big European ultra distance races for the year was held last weekend, with the annual 28 Heures de Roubaix taking place in the French city of that name. Our intrepid European correspondent **Emmanuel Tardi** was there covering the action and taking photos. What would we do without Emmanuel! Here is his report:

Saturday and Sunday saw the traditional 28 Heures de Roubaix in the north of France. The start was 11AM on Saturday with the finish at 3PM on Sunday. There was some rain in the first 5 hours but after that, the weather was sunny. After 2 years at the velodrome, the race returned to Parc Barbieux, in the center of the city, with a 2.804km loop.

When I arrived at 5pm on Saturday, Hungarian Olympian **Zoltan Czukor** was the leader, in front of Frenchman **Eddy Roze**. Roze stopped at 7pm. At around that time, Czukor, who was well in front, eventually received 3 red cards and was stopped for 10 minutes. At that time, he was more than 2 laps in front of Russian **Dmitry Ossipov**. In the night hours, Czukor retired, relinquishing the lead to Ossipov. French walker **David Vandercoiden** come back and caught and passed Ossipov toward the end of the night. But his lead was short lived as Ossipov caught and passed him an hour later, going on to win with a distance of 229.395km, not far ahead of Vandercoiden, who finished second with 228.667km. Local walker **Yves-Michel Kerlau** looked set for third place but the last 4 hours was very, very hard for him, and Belgian walker **Guido Vermeir** passed him to take third with 215.908km. The women's event saw only only 5 starters, with Russian walks **Tatiana Maslova** and **Irina Poutinseva** leading the way,, the win eventually going to Maslova with 209.261km.

For the record, Ossipov is literally unbeatable at the moment. In early June, he won his sixth Paris-Alsace classic and how he has won a hard Roubaix, albeit by only a small margin. Emmanuel has taken lots of photos, some of which I reproduce below. Check them all out at https://www.facebook.com/emmanuel.tardi/media_set?set=a.10212505585668799.1073741927.1657411914&type=3.

Special mentions to New Zealander **Richard McChesney** who finished 11th with 201.338km and to **Kathy Crilley** who led her women's team to third place (and first female team) in the 24 Hour relay, with a distance of 179.456km.

Next week, Emmanuel will be in Owego, NY, for the USA Centurion race. Boy, he gets around! Safe travelling Emmanuel.

28 Heures de Roubaix

| | | | | | |
|-----|------------------------|----------------------------------|------------|-----|----|
| 1. | OSSIPOV Dmitriy | Rus - Individuel St Petersburg | 229.395 km | TCH | 1 |
| 2. | VANDERCOILDEN David | Fra - CM Roubaix | 228.667 km | TCH | 2 |
| 3. | VERMEIR Guido | Bel - R.C Gent | 215.908 km | TCH | 3 |
| 4. | KERLAU Yves-Michel | Fra - CM Roubaix | 211.581 km | TCH | 4 |
| 5. | MASLOVA Tatiana (F) | Rus - Baltic -Star St Petersburg | 209.261 km | TCF | 1 |
| 6. | VAN CAUWERBERGHE Chris | Bel - R.C Gent | 208.126 km | TCH | 5 |
| 7. | KONDRATENKO Aleksey | Rus - Individuel St Petersburg | 206.412 km | TCH | 6 |
| 8. | VARAIN Cedric | Fra - A.C Chateau-Thierry | 205.365 km | TCH | 7 |
| 9. | POUTINTSEVA Irina (F) | Rus - Individuelle St Petersburg | 202.897 km | TCF | 2 |
| 10. | MASSON Pascal | Fra - CM Roubaix | 202.498 km | TCH | 8 |
| 11. | MC CHESNEY Richard | Nzl - Hutt-Valley Harriers | 201.388 km | TCH | 9 |
| 12. | TURAU Anatoli | Blr - Individuel Minsk | 190.488 km | TCH | 10 |

| | | | | | |
|-----|-------------------------|----------------------------------|------------|-----|----|
| 13. | LYKYANOV Sergey | Rus - Individuel St Petersburg | 186.844 km | TCH | 11 |
| 14. | YVERT Louis | Fra - CM Roubaix | 186.231 km | TCH | 12 |
| 15. | LOUGRADA Saadi | Fra - CM Roubaix | 184.740 km | TCH | 13 |
| 16. | KOROTKOV Alexander | Rus - Dinamo Spb | 182.301 km | TCH | 14 |
| 17. | KAZANTSEV Vladimir | Blr - Individuel Minsk | 178.461 km | TCH | 15 |
| 18. | SEYNAEVE Serge | Bel - CM Roubaix | 176.140 km | TCH | 16 |
| 19. | STRUNC Pierre | Fra - CM Roubaix | 173.287 km | TCH | 17 |
| 20. | TARASEVICH Alexander | Blr - Individuel Minsk | 172.853 km | TCH | 18 |
| 21. | MIROSHNICHENKO Vera (F) | Rus - Dinamo Spb | 170.406 km | TCF | 3 |
| 22. | KONING Johan | Ned - S.V.L.A.T Amsterdam | 165.356 km | TCH | 19 |
| 23. | CZUKOR Zoltan | Hun - Kar Aszork-St Komlo | 163.305 km | TCH | 20 |
| 24. | DE MARCILLAC Bertrand | Fra - C.A Montreuil | 162.707 km | TCH | 21 |
| 25. | BRUNET Roger | Sui - C.A Fribourg | 162.706 km | TCH | 22 |
| 26. | HASSEVELDE Sebastien | Fra - Touquet-Opale-Athle | 157.095 km | TCH | 23 |
| 27. | EMONIERE Philippe | Fra - C.O.S.M Arcueil | 156.402 km | TCH | 24 |
| 28. | LETOURNEAU Florian | Fra - A.C Chateau-Thierry | 143.677 km | TCH | 25 |
| 29. | GRADOS Stephane | Fra - CM Roubaix | 139.636 km | TCH | 27 |
| 30. | PRUCKNER Jaroslaw | Cze - AC Mlada Boleslav | 139.447 km | TCH | 26 |
| 31. | OLIVARES Mathieu | Fra - Neuilly-sur-Marne Athle | 135.265 km | TCH | 27 |
| 32. | HAUSMANN Martina (F) | Ger - L.G Wurzburg | 135.230 km | TCF | 4 |
| 33. | RASSAIND Andre | Fra - A.L Voiron | 134.838 km | TCH | 28 |
| 34. | AUVRE Alain | Fra - C-O Eu-Bresle | 113.327 km | TCH | 29 |
| 35. | MARIOLU Michael | Bel - R.A.C Louvierois | 106.552 km | TCH | 30 |
| 36. | BEARDSMORE Suzanne (F) | Gbr - Aldershot-Farnhannand | 92.532 km | TCF | 5 |
| 37. | LOUKKAD Karim | Fra - CM Roubaix | 17.497 km | TCH | 31 |
| | COULOMBEL Pierre | Fra - CM Roubaix | 117.768 km | TCH | |
| | BOVIN Laurent | Fra - A.M St Thibault des Vignes | 103.748 km | TCH | |
| | VANDENDAUL Daniel | Bel - C.A.B.W | 92.532 km | TCH | |
| | MACHAL Francis | Fra - CM Roubaix | 86.924 km | TCH | |
| | DANDOY Jeremy | Fra - CM Roubaix | 78.512 km | TCH | |
| | FAUQUEUR Raymond | Fra - Elan 59 Dunkerque | 72.904 km | TCH | |
| | ROZE Eddy | Fra - Amiens U.C | 70.100 km | TCH | |
| | ALEXANDRE Alain | Bel - | 64.492 km | TCH | |
| | LACROIX Jean-Louis | Fra - A.C Chateau-Thierry | 50.472 km | TCH | |
| | BIEBUYCK Pascal | Bel - AC Ath | 44.864 km | TCH | |

24 Hour Walk Relay

| | | | |
|----|-----------------------------|------------------------------------|------------|
| 1. | LA CH'TI BREIZH | DEPREZ C - LE GUEN S - LE GUEN C | 182.150 km |
| 2. | KLY TEAM | KERCRET J - KERCRET P - PAGIES H | 182.149 km |
| 3. | THE LIGHTENING LADIES (F) | CRILLEY K - GRIMSEY N - CRAWFORD J | 179.456 km |
| 4. | LES TROIS SOEURS DALTON (F) | ANXIONNAT C - MORVAN N - PANNIER J | 179.253 km |
| 5. | LES FILLES DU 24 (F) | QUINTON R - NAUMOWICZ V - DUBOIS C | 151.281 km |



Dmitry Ossipov, David Vandercoiden and Guido Vermeir



Tatiana Maslova, Irina Poutinseva and Vera Miroshnichenko



The podiums (all photos by Emmanuel Tardi)

RAMSAY BAKERY END TO END WALK, ISLE OF MAN, SUNDAY 17 SEPTEMBER

You just can't beat the Isle of Man for their enthusiastic approach to sport. Their walkers were at it again last weekend with the annual Ramsay Bakery End to End Walk (see <http://www.endtoendwalk.org>), a racewalk over a distance of 40 miles, from the top of the island to the bottom, walking through the lovely quiet roads from the north down the west coast to the south.

Richard Gerrard won in the excellent time of 6:38:20, a head of **Adam Killip** (7:05:08) and **David Walker** (7:08:52). **Karen Lawrie** was the first lady (and sixth overall) with 7:36:52. The first 40 placings are reproduced below. Overall, 112 walkers completed the entire 40 miles from end to end, a further 8 made it to Dalby [27.70 miles], a further 44 made it to Peel [22.16 miles] and a further 11 made it to The Cronk (20k) [12.43 miles], making for a grand total of 175 starters. Now that is impressive.

| | | | | | |
|-----|-----------------|---------------|-------------|----|---------|
| 1. | Richard Gerrard | Manx Harriers | Men 45-49 | -- | 6:38:20 |
| 2. | Adam Killip | | Senior Men | -- | 7:05:08 |
| 3. | David Walker | Manx Harriers | Men 45-49 | -- | 7:08:52 |
| 4. | James Quirk | Manx Harriers | Men 45-49 | 1 | 7:12:35 |
| 5. | Michael Bonney | | Men 55-59 | 1 | 7:24:05 |
| 6. | Karen Lawrie | Iom vets | Women 40-44 | -- | 7:36:52 |
| 7. | Chris Burn | | Men 40-44 | 1 | 7:40:06 |
| 8. | Stewart Jones | Manx Harriers | Men 45-49 | 2 | 7:41:30 |
| 9. | Brian Kelly | IOMVAC | Men 50-54 | 1 | 7:44:22 |
| 10. | Stephen Corkill | | Men 40-44 | 2 | 7:46:09 |

| | | | | | |
|-----|-------------------|-----------------------|--------------|----|---------|
| 11. | Bernie Johnson | | Women 35-39 | -- | 7:48:11 |
| 12. | Ewa Kowalewska | | Women 35-39 | -- | 7:51:02 |
| 13. | Kevin Pulman | | Senior Men | 1 | 7:53:39 |
| 14. | Lee Johnson | | Men 40-44 | 3 | 7:53:41 |
| 15. | Kenny Valerga | None | Men 50-54 | 2 | 8:04:13 |
| 16. | Sophie Dvorakova | | Senior Women | 1 | 8:10:20 |
| 17. | Maria Klepaczek | | Women 35-39 | 1 | 8:12:33 |
| 18. | Alan Teare | Peel Mountain Bikers | Men 50-54 | 3 | 8:13:26 |
| 19. | Stephanie Quayle | | Women 50-54 | 1 | 8:19:24 |
| 20. | Viv Avery | | Women 40-44 | 1 | 8:19:58 |
| 21. | Russell Walker | | Men 55-59 | 2 | 8:20:56 |
| 22. | Tony Holgate | | Men 60-64 | 1 | 8:27:05 |
| 23. | Nicola Raven | | Women 55-59 | 1 | 8:28:03 |
| 24. | Robbie Lambie | Western Athletic Club | Men 60-64 | 2 | 8:29:09 |
| 25. | Jessica Kitchin | | Women 35-39 | 2 | 8:33:02 |
| 26. | David Chambers | | Men 55-59 | 3 | 8:33:37 |
| 27. | Trevor Newton | | Men 60-64 | 3 | 8:35:45 |
| 28. | Michael Crook | WESTERN AC | Men 50-54 | 4 | 8:39:32 |
| 29. | Tristan Shields | | Senior Men | 2 | 8:43:46 |
| 30. | Helen Squires | | Senior Women | 2 | 8:43:46 |
| 31. | Steven Parker | | Men 55-59 | 4 | 8:45:56 |
| 32. | Keith Littleworth | | Men 35-39 | 1 | 8:46:03 |
| 33. | Jayne Simpson | | Women 55-59 | 2 | 8:47:16 |
| 34. | David Williams | | Senior Men | 3 | 8:48:08 |
| 35. | Robert Wright | | Men 65-69 | 1 | 8:49:21 |
| 36. | Jenny Smith | | Women 45-49 | 1 | 8:49:32 |
| 37. | Colin Crennell | | Men 55-59 | 5 | 8:51:52 |
| 38. | Nick Wallinger | IOMVAC | Men 45-49 | 3 | 8:55:06 |
| 39. | Andrew Payne | | Senior Men | 4 | 8:55:58 |
| 40. | Greg Nation | | Men 40-44 | 4 | 8:56:20 |

AUSTRALIA ANNOUNCES SELECTION POLICY FOR 2018 WORLD JUNIOR CHAMPIONSHIPS

Athletics Australia has published the selection policy for the 2018 IAAF World U20 Championships which will be held in Tampere, Finland, from 10-15 July 2018. Read it at http://athletics.com.au/Portals/56/High%20Performance/Documents/WU20/2018%20IAAF%20World%20U20%20Championships%20-%20Published%2014_9_17.pdf. A brief summary follows:

- Only athletes born in 1999, 2000 and 2001 can be entered.
- A maximum of two athletes can be selected in each event.
- The qualifying standards for the 10,000m walks are **43:07.00** (men) and **48:11.70** (women).
- The selection trials will be held at the Australian U20 Championships on 2-4 March 2018 in Melbourne.
- The winner of the walk trial will be an automatic selection provided he/she has attained the AA qualifying standard at least once during the AA Qualifying period. Any second selection is at the selectors' discretion.
- The AA qualifying period extends from 1 October 2017 to 18 March 2018.
- Any athlete selected in the Athletics Australia team for the IAAF 2018 World Race Walking Cup is ineligible for selection in Athletics Australia's team for the 2018 World Junior Track and Field Championships unless that athlete has been granted exemption in writing by the AA High Performance Manager.
- There are only a small number of nominated opportunities for walkers to attain the qualifying standard. Any other walk competitions organised as qualifying opportunities must meet the specific requirements of the IAAF and must be sanctioned by Athletics Australia. All requests in relation to walk qualifying opportunities must be directed to the Athletics Australia Competitions Manager.
- Both road and track walk performances are acceptable for qualifying purposes.
- Performances in mixed walk events will be accepted.

Qualifying standards have become tougher as the world standard has increased, year by year.

| | | | | |
|------|----------|-------|----------|---------|
| 2010 | 44:05 | (men) | 49:25 | (women) |
| 2012 | 44:05 | (men) | 49:25 | (women) |
| 2014 | 43:44 | (men) | 49:40 | (women) |
| 2016 | 43:35.5 | (men) | 48:21.3 | (women) |
| 2018 | 43:07.00 | (men) | 48:11.70 | (women) |

We have a number of walkers, both male and female, who look to be well in the mix. The summer should be an interesting one from an U20 perspective.

OUT AND ABOUT

- Walkers are to the fore in the nominations for European Athlete of the Year. **Inês Henriques** and **Antonella Palmisano** are among the top 10 female nominees and **Yohann Diniz** is amongst the top 10 male nominees. Those elected will be unveiled at a gala in Vilnius (Lithuania) on 14 October but before, on 26 September, a list of only three finalists from each sector will be revealed. See https://revistaatletismo.com/ines-henriques-entre-as-10-nomeadas-para-votacao-de-atleta-europeia-do-ano/?utm_source=dlvr.it&utm_medium=facebook. **IAAF Racewalking Committee take note - two 50km walkers are in the list!**
- Well done to VRWC walker **Rebecca Henderson** who won the bronze medal at the Victorian Open Short Course State Championships 1500m swim at the Melbourne Sports and Aquatic Centre in Albert Park last weekend. Talk about multi talented – walking, swimming (pool and open water) and triathlon.
- Nice article on VRWC walker **Kyle Swan** who attended the Athletics Australia U19 Talent Squad Camp at the AIS in Canberra last weekend. See <http://athletics.com.au/News/from-the-classroom-to-canberra-for-kyle-swan>.
- Amongst my many books is one titled 'The Man Who Cycled The World' by **Mark Beaumont**. Published in 2009, it documents his record breaking cycle around the world - 18,297 miles in 194 days. Since then, the record has been progressively lowered and stood, until now, at 123 days. Today, Mark reached Paris, marking the end of an amazing global ride, covering the 18,000 odd miles in an amazing 78 days - that comes out at around 230 miles per day for 78 days. He had aimed to complete the journey in 80 days, emulating the French writer Jules Verne, but broke his own target by 2 days. Now this is a record that I think will take some beating. See <https://www.theguardian.com/uk-news/2017/sep/18/around-the-world-in-78-days-british-cyclist-mark-beaumont-completes-record-breaking-ride>.
- International Cycling Union (UCI) Presidential candidate David Lappartient has renewed his call for corticosteroids and tramadol to be completely banned prior to next week's Congress in Bergen, Norway. It's all to do with the murky world of Therapeutic Use Exemptions (TUE) that came to light with cycling teams like Team Sky and riders like Bradley Wiggins. See <https://www.insidethegames.biz/articles/1055328/lappartient-renews-call-for-banning-of-corticosteroids-and-tramadol-prior-to-uci-congress>.
- It's finally official. The IOC, meeting in Lima last week, has officially confirmed Paris as host city of the 2024 Games, with Los Angeles performing the same role in 2028. See <http://www.athleticsweekly.com/uncategorized/paris-and-la-to-host-2024-and-2028-olympics-68854#BPR55wzqej4TDUJI.99>.
- WADA, which produced mountainous evidence of Russia's doping scheme, has agreed to clear 95 of the first 96 Russian athletes whose cases have been reviewed, according to an internal report circulated among the organization's executives in recent days. Richard McLaren, the investigator who spent much of the last two years deconstructing Russia's schemes and identifying about 1,000 implicated athletes, indicated that many cases would be hard to prosecute given Russia's lack of cooperation in providing lab data, and its practice of destroying tainted urine samples that would be plainly incriminating. Still, sports officials charged with building cases against the 95 athletes in question appear to have never followed up on certain leads. Most notably, none requested interviews with the whistle-blower Dr. Grigory Rodchenkov — Russia's former antidoping lab chief now living in the United States, whose tell-all account prompted Mr. McLaren's inquiry report — raising questions about their willingness to discipline a major sports power. It all smells pretty fishy to me. See <https://mobile.nytimes.com/2017/09/12/sports/olympics/russian-doping-wada.html?referer=https://news.google.de/>.
- Seventeen national anti-doping organisations have demanded that Russia is banned from the 2018 Winter Olympics. Less than five months before the start of the Pyeongchang Games, the group said the IOC "refusal to hold Russia accountable for one of the biggest scandals in sports history... imperils clean athletes and the future of the Olympic movement". The Nados, which includes the UK and US anti-doping agencies, said the country must be punished "for proven corruption of the Sochi 2014 Games and continuing failure in its obligations to clean sport". See <http://www.bbc.com/sport/winter-sports/41266286>. USASA even published the full details of the meeting decision, with its own endorsement, on its website. See <https://www.usada.org/doping-crisis-threatens-2018-winter-olympic-games/>.
- This demand from the NADOs to ban Russia from Pyeongchang 2018 has been criticised by senior officials at the IOC and WADA. Sadly, it is widely expected that Russia will escape a total ban and could instead be sanctioned with a fine. See <https://www.insidethegames.biz/articles/1055410/ioc-and-wada-hit-back-after-nados-call-for-russia-to-be-banned-from-pyeongchang-2018>.
- It's not easy to get hold of Ángel Hernández, the legendary Mexican chemist who for a decade provided illicit performance-enhancing drugs to numerous athletes, including, he claims, all eight 100 metres finalists at the Beijing Olympics. It took the writer of this revealing article just over a year of trying. The FBI also struggled. The story goes that when they eventually caught up with him in 2005 he had been holed up in a hotel room in Texas, living under an assumed name for two years. Presented with numerous incriminating wire-tapped telephone conversations and bank statements as part of the investigation that eventually sent three-time Olympic gold medallist Marion Jones to prison, Hernández became a state witness in return for avoiding chokey. Now professing to be out of 'the game', he talks frankly about how easy it is to beat the system. See <http://en.omriyat.com/american-athletics/no-longer-dope-athletes-but>.

MARCIALMONDO AND OMARCHADOR ROUNDUP

Marciadalamondo has 2 press releases this week on which I can report

- Thu 14 Sep - Toshikazu Yamanishi and Rena Goto win intercollegiate walks in Japan
http://www.marciadalamondo.com/eng/dettagli_news.aspx?id=2910
- Wed 13 Sep - Preview of 2017 edition of the "Four Days of Around Taihu" race
http://www.marciadalamondo.com/eng/dettagli_news.aspx?id=2909

and Omarchador has 7 press releases on which I can report

- Mon 18 Sep - Finland dominates Nordic Walk Championships
<http://omarchador.blogspot.com.au/2017/09/dominio-finlandes-nos-campeonatos.html>
- Sat 16 Sep - Drahotová and Gdula win Czech Club Championship walks in Plzen
<http://omarchador.blogspot.com.au/2017/09/drahotova-e-gdula-vencem-marcha-nos.html>
- Fri 15 Sep - Kate Veale wins 8th Sprint Walk Triathlon in Veenendaal
<http://omarchador.blogspot.com.au/2017/09/kate-veale-vence-8-triatlo-de-sprint-em.html>
- thu 14 Sep - Yohann Diniz returns to the track in France
<http://omarchador.blogspot.com.au/2017/09/yohann-diniz-voltou-atividade-na-festa.html>
- Wed 13 Sep - Federico Tontodonati wins track walk in Città di Chivasso meet
<http://omarchador.blogspot.com.au/2017/09/meeting-citta-di-chivasso-resultados.html>
- Wed 13 Sep - Guatemalan walker Mayra Herrera sets new NACAC 50km women's record in USA
<http://omarchador.blogspot.com.au/2017/09/mayra-herrera-com-recorde-de-50-km-da.html>
- Tue 12 Sep - Results of British 50km and Manx 20km walks
<http://omarchador.blogspot.com.au/2017/09/campeonatos-britanicos-de-50-km-e-manx.html>

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.

Australian/Victorian Key Dates – 2017/2018 Summer Season

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|--------------------|--|
| Oct 7 (Sat), 2017 | AV Shield Competition starts, around Victoria |
| oct 17 (Wed), 2017 | VRWC Summer Season starts, George Knott Athletic Track, Clifton Hill, VIC |
| Nov 3-5, 2017 | AV All Schools State Track & Field Championships, Lakeside Stadium, Melbourne, VIC |
| Dec 3 (Sun), 2017 | Australian 50km Championship (and 20km and U20 10km events), Fawcner Park, Melbourne, VIC |
| Dec 8-10, 2017 | Australian All Schools Championships, Adelaide, SA |
| Jan 26-28, 2018 | AV Country Championships, Ballarat, VIC |
| Feb 11 (Sun), 2018 | Australian 20km Race Walking Championships, Adelaide, SA |
| Feb 15-18, 2018 | Australian Athletics Championships & Nomination Trials, Gold Coast, QLD (10,000m Walks) |
| Feb 23-25, 2018 | AV Junior & Para Championships, Lakeside Stadium, Melbourne, VIC |
| Mar 2-4, 2018 | AV Open & Para Championships, Lakeside Stadium, Melbourne, VIC |
| Mar 14-18, 2018 | Australian Junior Athletics Championships, Sydney, NSW |
| Mar 24-25, 2018 | AV Masters Championships, Doncaster/Nunawading, VIC |
| Apr 1 (Sun), 2018 | Easter Sunday |
| Apr 4-11, 2018 | Commonwealth Games, Gold Coast, QLD |
| Apr 21-22, 2018 | Australian Centurions 24 Hour Qualifying Race, Harold Stevens Athletics Track, Coburg, VIC |
| Apr 28-29, 2018 | Australian Little Athletics Championships, Gold Coast, QLD |
| Apr 26-29, 2018 | Australina Masters T&F Championships, Perth, WA |

International Dates - 2017

Sept 24-27, 2017 Around Lake Taihu 4 Day Race, CHN. See <https://www.facebook.com/events/1225502784238644>.

International Dates – 2018 and onwards

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|------------------|--|
| 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 10-15, 2018 | 16 th World Junior T&F Championships, Tampere, Finland |
| Sept 4-16, 2018 | 22 nd World Masters Athletics T&F Championships, Malaga, Spain |

Mar 24-30, 2019 World Masters Indoors T&F Championships, Torun, Poland
July 3-14, 2019 30th Summer Universiade, Naples Italy
Sept 28 – Oct 6, 2019 17th IAAF World Championships in Athletics, Doha, Qatar

July 24 – Aug 9, 2020 32nd Olympic Games, Tokyo
July 20 – Aug 1, 2020 23rd World Masters T&F Championships, Toronto, Canada
Aug 6-15, 2021 (TBC) 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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Copies of recent newsletters are kept on the VRWC website (<http://www.vrwc.org.au>)