



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2018/2019 Number 44
Tuesday 30 July 2019



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CRUNCH TIME FOR THE WOMEN'S OLYMPIC 50KM

SAVE THE RACE WALKING

We want racewalking
20Km and 50Km
#SAVETHERACEWALKING

HOPE!

29 & 30 July 2019

CAS 2019/A/6225 Inês Henriques et al. v. International Olympic Committee (IOC) & IAAF

CAS 2019/A/6274 Inês Henriques et al. v. International Olympic Committee (IOC)

Stefano La Sorda has it spot on with the above graphic. It's crunch time for the women's Olympic 50km. USA attorney at Law **Paul F. DeMeester** is spending yesterday and today at the Court of Arbitration in Sport arguing the case for the inclusion of the women's 50km walk in the 2020 Olympics. We can't report on proceedings but we can say that Paul was spotted in the Lausanne Palace Hotel on Sunday with **Ines Henriques, Ainhoa Pinedo González, Claire Woods** and **Erin Taylor-Talcott**. Good luck everyone!



WALKER OF THE WEEK

My Walker of the Week this time is an easy pick – 28 year old **Rhydian Cowley** powered through to an inaugural win in the Victorian 30km Roadwalk Championship with a huge time of **2:10:33**. The splits tell the story: 44:47, 43:38, 42:08. Yes, that's right – he got faster and faster as the race progressed, storming home with lots in reserve. I can hardly wait to see Rhydian attack his first 50km. With a 20km PB of 1:20:19, done in March this year in Nomi, Japan, he has the speed. Now he has shown that he also has the endurance necessary to become an all rounder at the elite level.

Coached by **Brent Vallance** in Melbourne, Rhydian is showing what hard work, mixed with sound advice, can achieve.



Left: Rhydian in action on Sunday



Right: Rhydian discusses the race with Brent

For the record, Rhydian's inaugural 30km time slots him in at number 11 in my Australian all-time ranking list. I just keep getting pushed further down by all these young speedsters!

Rank	Time	Name	State	DOB	Place	Location	Date	Age
1	2:05:06	Nathan Deakes	V	17/08/1977	1	Hobart	28/08/2006	29
2	2:05:15	Jared Tallent	V	17/10/1984	1	Melbourne	07/06/2009	24
3	2:05:59	David Smith	V	24/07/1955	1	Canberra	10/05/1986	30
4	2:06:39	Simon Baker	V	06/02/1958	1	Melbourne	07/05/1989	31
5	2:07:53	Nick A'Hern	N	06/01/1969	1	Victoria	25/08/1994	25
6	2:08:01	Willi Sawall	V	07/11/1941	1	Melbourne	16/05/1982	40
7	2:09:09	Andrew Jachno	V	13/04/1962	2	Auckland	02/02/1990	27
8	2:09:29	Chris Erickson	V	01/12/1981	2	Melbourne	08/08/2010	28
9	2:09:35	Duane Cousins	V	13/07/1973	1	Melbourne	16/08/1998	25
10	2:10:02	Dion Russell	V	08/08/1975	1	Melbourne	06/08/2000	24
11	2:10:33	Rhydian Cowley	V	04/01/1991	1	Melbourne	28/08/2019	28
12	2:13:34	Dominic McGrath	V	04/06/1972	2	Melbourne	16/08/1998	26
13	2:13:47	Darren Bown	S	30/06/1974	1	Melbourne	04/08/2002	28
14	2:14:40	Adam Rutter	N	24/12/1986	2	Canberra	08/06/2008	21
15	2:14:54	Paul Copeland	V	25/04/1967	3	Melbourne	29/10/1989	22
16	2:15:40	Craig Brill	V	10/11/1967	2	Melbourne	21/04/1991	23
17	2:15:47	Tim Erickson	V	23/11/1950	2	Melbourne	18/05/1980	29
18	2:15:51	Luke Adams	N	22/10/1976	10	Beijing, Olympic 50 km split	22/08/2008	31
19	2:15:52	Mark Donahoo	V	27/05/1958	3	Gold Coast	24/04/1994	35
20	2:16:07	Liam Murphy	S	05/06/1979	2	Melbourne	06/08/2000	21

WHAT'S COMING UP

- Next Saturday sees us back at Middle Park for our next round of VRWC winter season roadwalks. You can either enter on the day or, more preferably, enter online via our online portal at <http://vrwc.org.au/wp1/>.

Saturday 3rd August 2019 Middle Park			
VRWC Events: Entries close for all events at 1.45pm sharp.			
2.15pm	12km	Points Race	Open
2.15pm	10km	Points Race	Open
2.15pm	5km	Points Race	Open
2.30pm	3km	Points Race	Open
2.30pm	1.5km	Points Race	Open

- The following Sunday 11th August sees our Masters walkers gathering in Adelaide for the Australian Masters 20km Roadwalk Championships. Entries close next Sunday 4th August so get your entry in asap. See more at <http://www.australianmastersathletics.org.au/events/event/ama-20k-roadwalk-championships-2019/>.
- Entries are now open for the **2019 Australian Roadwalk Championships** in Adelaide on **Sunday 8th September** (see <https://www.athletics.com.au/events/40660/>). Entries close on Friday 30th August so you have just over 4 weeks to complete your entry. Note that age for the AA/RWA events is AA Age (ie age on 31st December 2019). I think that Age for the pure RWA events is 'Age on the Day'.

Australian Winter Race Walking Championships

📅 08/09/2019
📍 War Memorial Drive, Adelaide SA



Date: Sunday 8th September, 2019
Venue: Adelaide, SA (War Memorial Drive, near Park 10)
Distances: 20km, 10km, 5km, 3km, 2km
Individual Championship: Yes
Teams Championship: Yes
Entry Procedure: Enter via AA website.
 Entries close 30th August, 2019.

This is a combined carnival, co-hosted by Athletics Australia and Racewalking Australia, so you don't have to be a member of one of the AA member associations to compete. The championships are open to all members of RWA (meaning all Victorians who are members of VRWC, Ballarat, Bendigo or Geelong Walkers Clubs. Events on offer are

MEN	AA/RWA Open 20km (including Masters 20km RWA Championship event) AA/RWA U20 10km AA/RWA U18 10km AA/RWA U16 5km AA/RWA U14 3km RWA U12 2km
WOMEN	AA Open 20km RWA Open 10km (including Masters 10km RWA Championships event) AA/RWA U20 10k AA/RWA U18 5km AA/RWA U16 5km AA/RWA U14 3km RWA U12 2km

AV AND VRWC CHAMPIONSHIPS, MIDDLE PARK, SUNDAY 28 JULY

Sunday morning was sunny, still and cool, making conditions perfect for the 51 walkers in attendance at the Victorian and VRWC Road Championships at Middle Park.

The first races to get underway were the 30km, 20km and 3 Hour walks, and it was 2016 Olympian **Rhydian Cowley** who provided the highlight, storming through to a huge debut finish time of 2:10:33 (10km splits of 44:47, 43:38 and 42:08). This rockets him to 11th on our Australian all-time listing for 30km and puts him in elite company indeed. For second placed **Kyle Swan**, it was also a debut performance (2:37:29), as was also the case for **Jason Kozica**, who finished equal third with **Adam Garganis** with 2:43:39. It is great to see our younger walkers attacking the longer distances. **Tracy Feiner** was the sole finished in the women's 30km, and she improved over 5 minutes on her 2018 time with 2:49:20. Kelly Ruddick had lead early, going through the 20km mark a little over a minute ahead of Tracy. Alas, Kelly retired at that stage, unfortunately not feeling very well.

Victorian 30km Men Championship

1.	Cowley, Rhydian	GHY	44:47	1:28:25	2:10:33	Debut
2.	Swan, Kyle	ANW	49:16	1:37:58	2:37:29	Debut
3.	Garganis, Adam	COL	52:08	1:47:46	2:43:39	
4.	Kozica, Jason	STK	54:29	1:47:51	2:43:39	Debut

Victorian 30km Women Championship

1.	Feiner, Tracy	KNA	54:38	1:50:50	2:49:20	PB 5:21
	Ruddick, Kelly	BHA	54:28	1:49:34	DNF	



Rhydian Cowley, Tracy Feiner, Jason Kozica, Kelly Ruddick, Adam Garganis and Kyle Swan in action (photos Tim Erickson)

The Victorian Underage Roadwalk Championships were also contested. High quality 10km walks by **Rebecca Henderson** (PB 48:54), **Heath Beveridge** (PB 51:58), **Jemma Peart** (52:21) and **Corey Dickson** (48:33).

And well done to our other winners who included **Alanna Peart** 23:12), **Fraser Saunder** (24:36), **Kaylah Heikkila-Dubowik** (31:14), **Joel Imbriano** (15:59) and **Darcey Roberts** (16:07). Special mentions also to **Sebastian Weickhardt** (17:17), **Liam Hutchins** (16:09) and **Emily Smith** (16:17) on big PBs.

Victorian U14 Girls 3 km Championship

1.	Roberts, Darcey	KNA	16:07	
2.	Smith, Emily	KNA	16:17	PB 0:24

Victorian U20 Girls 10 km Championship

1.	Henderson, Rebecca	MEN	48:54	PB 0:07
2.	Peart, Jemma	BYC	52:21	
3.	O'Mahony, Kathleen	KNA	1:07:27	

Victorian U18 Boys 10 km Championship

1.	Dickson, Corey	KNA	48:33	
2.	Beveridge, Heath	WES	51:58	PB 7:08
	Hay, Angus	KNA	DQ	

Victorian U18 Girls 5 km Championship

1.	Peart, Alanna	BYC	23:12	PB 0:27
2.	Hay, Charlotte	KNA	26:12	
3.	Cocking, Holly	ANW	28:25	
4.	Louey, Grace	KNA	29:40	

Victorian U16 Boys 5 km Championship

1.	Saunder, Fraser	BYC	24:36	PB 0:20
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Victorian U16 Girls 5 km Championship

1.	Heikkila-Dubowik, Kaylah	COR	31:14	
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Victorian U14 Boys 3 km Championship

1.	Imbriano, Joel	STK	15:59	
2.	Hutchins, Liam	KNA	16:09	PB 0:05
3.	Weickhardt, Sebastian	KSB	17:17	PB 0:19
4.	Peart, Scott	BYC	18:11	

Victorian U14 Girls 3 km Championship

1.	Roberts, Darcey	KNA	16:07	
2.	Smith, Emily	KNA	16:17	PB 0:24
3.	Tatlock, Riannah	BEL	18:57	

We also contested VRWC club championships for Open Women and for U10 and U12 boys and girls. Special mention to **Maddison Nash** (huge PB of 11:30).

VRWC 10km Championship Open Women - Mabel Robinson Trophy

1.	Geisler, Sandra	57:59	
2.	Samanna, Claire	58:58	PB 0:53
3.	Carr, Heather	1:05:51	

VRWC U12 2km Club Championship

1.	Nash, Ethan	12:32	
2.	Smith, Aiden	13:29	PB 0:12
1.	Nash, Maddison	11:30	PB 0:25
2.	Heikkila-Dubowik, Zahlia	13:03	

VRWC U10 2km Club Championship

1.	Wapshott, Cody	16:55	First 2km walk
2.	Tatlock, Heath	18:14	PB 1:41
1.	Uzun, Ela	11:44	
2.	Ali, Havana	13:31	
3.	MacDonell, Charlotte	14:50	First 2km walk



Heath Beveridge, Jemma Peart, Rebecca Henderson, Joel Imbriano and Corey Dickson



Kaylah Heikkila-Dubowik, Fraser Saunder, Darcy Roberts and Alanna Peart (photos Tim Erickson)

Finally, we had a number of VRWC non championship races for everyone else. Special mentions to **Madeleine Feain** (who not only bettered her 20km PB by just over a minute, but did PBs for 5km, 10km and 15km along the way), **Albin Hess** (big 3 Hour PB of 26.271km), **Kevin Cassidy** (PB 25:08) and **Dee Holohan** (PB 32:04).

VRWC Open 3 Hour Walk

- | | | |
|----|-------------|-----------|
| 1. | Hess, Albin | 26.271 km |
|----|-------------|-----------|

VRWC Open 20km Walk

- | | | | | |
|----|------------------|---------|---------|-----------------------------------|
| 1. | Feain, Madeleine | 59:34 | 1:59:53 | PBs for 5km, 10km, 15km and 20km! |
| 2. | O'Neill, Karyn | 1:13:11 | 2:30:25 | |
| | Irshad, Kylie | 1:07:11 | DNF | (16km in 1:47:12) |

VRWC Open 10km Walk

- | | | |
|----|---------------|---------|
| 1. | Feain, Gerard | 1:02:46 |
|----|---------------|---------|

VRWC Open 5km Walk

- | | | | |
|----|----------------|-------|---------|
| 1. | Cassidy, Kevin | 25:08 | PB 0:19 |
| 2. | Holohan, Dee | 32:04 | PB 0:42 |
| 3. | Elms, Donna | 32:40 | |
| 4. | Steed, Gwen | 35:51 | |
| | Barrow, Geoff | DQ | |

VRWC Open 2km Walk

- | | | | |
|----|--------------------|-------|---------|
| 1. | Chitty, Jade | 12:17 | PB 1:14 |
| 2. | McPherson, Glennis | 14:10 | |
| | Beaumont, Ian | DQ | |
| | Beaumont, Margaret | DQ | |

Thanks as always to our many helpers, officials and judges. Apologies to anyone I have missed.

Officials: Bill Carr, Ralph Bennett, Tim Erickson, Donna Dickson, Cheryl Beveridge, Simon Baker

Judges: Kathleen Marsh (Chief), Brenda Felton, Stuart Cooper, David Cash, Gordon Loughnan, Mark O'Mahony, Terry O'Neill, Shane Dickson, Peter Vysma (Bike/Board)

Canteen: Cooper, Wendy

Photos: Tim Erickson (see <http://www.vrwc.org.au/piwigo/index.php?category/543>)

Gerard Feain had his camera in action on Saturday 20th July at our annual VRWC Intervals Day and we have published the action to youtube – check it out at <https://youtu.be/8UAo9R7ayr4>. Well done Gerard!

You can check out all our walking videos at <http://www.vrwc.org.au/vrwcvideos.shtml>.

ACTRWC ROADWALKS, WESTON PARK, CANBERRA, SATURDAY 27 JULY

Thanks to Val Chesterton for this week's results from Canberra. Great walks by **Mitchell Baker**, **Gwyllym Young** and **Kodi Clarkson**.

10km Walk

1.	Mitchell Baker	45:41
2.	Greg Durr	1:07:22
3.	Robin Whyte	1:10:51
4.	Val Chesterton	1:27:39

8km Walk

1.	Gwyllym Young	38:59
2.	Hannah Manning	47:15
3.	Monika Short	1:06:30

5km Walk

1.	Miriam McCarthy	33:32
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3km Walk

1.	Owen Toyne	15:23
2.	Sebastian Young	17:50

2km Walk

1.	Kodi Clarkson	09:24
2.	Georgia Frew	12:55
3.	Jack Thackray	17:35

SARWC ROADWALKS, ADELAIDE PARKLANDS, ADELAIDE, SATURDAY 27 JULY

Thanks to Kim Mottrom for this week's results from South Australia. He comments: Great conditions for our races today though with big PB's for **Alix Harlington** (51:41), **Olivia Sandery** (52:37), **Toby Wilks** (23:05), **Mathew Bruniges** (23:15) and **Kiera Ross** (24:50)

10km Walk

1.	Alix Harlington	51:41
2.	Olivia Sandery	52:37
3.	Peter Crump	1:02:39

3km Walk

1.	Sebastian Richards	16:56
2.	Hannah Wilks	18:19
3.	Mia Wilks	18:19
4.	Katie DeRuvo	19:22

2km Walk

1.	Sam Wilks	11:14
2.	Cooper Rech	13:16
3.	Matilda Rech	16:22

5km Walk

1.	Toby Wilks	23:05
2.	Mathew Bruniges	23:15
3.	Kristie Goznik	24:50
4.	Kiera Ross	24:50
5.	Richard Everson	25:09
6.	Danielle Walsh	28:44
7.	Liz Downs	38:18

ATHLETICS TASMANIA ALL SCHOOLS ROAD WALK CHAMPIONSHIPS, TUNBRIDGE, SATURDAY 27 JULY

Thanks to Dave Moore for the results and report from the Tasmanian Roadwalk Championships last Saturday.

Conditions at Tunbridge were almost ideal (if a little cool) for some good racing and walking for the second of our winter Road Walk Championships. First up were our 40+ men in the 5k. As was expected **Steve Ahern** took the Gold for third year in a row by a comfortable margin. Whilst **Eugene Gerlach** had a firm grip on the Silver medal early on in the race, the battle for Bronze between **Ron Foster** and **Wayne Fletcher** was a different story. Ron and Wayne went toe for toe for 4km and it was only in the last kilometre that Ron dug in deep to put Wayne behind him and secure the Bronze.

Our other races perhaps didn't have the same drama of a tight contest but still provided plenty of good walking. Both **Macie Peterwood** and **Gabby Hay** won their respective age groups and did so with solid PBs, while **Chloe Ahern** won her U14 event over **Sheridan Hay** (competing in her first 2km and first ever Walk Championship) and then backed up some 5 minutes later, winning the 3km Under 16 event. The Boys U14 event pitted the tall, long striding stylist **Oliver Morgan** against the compact, quicker striding of **Kaden Eastly**, with Kaden eventually prevailing to take out the Gold. In the U16 event **Will Bottle** showed great concentration on his technique and was rewarded with a gold medal and a handsome PB. Rounding off the days events were the U20 Women's 5km which was won by **Anna Blackwell** in a comfortable performance and the Open Men's 10km won by **William Robertson**. William provided the best performance of the day with a quality walk to smash his previous 10k PB by over two minutes and go under the 48 minute mark. Well done Will!

Our Club also had a welcome visit from Race Walking Australia President **Bob Cruise**. Bob gave a seminar to our Walkers on the Friday night before the Championships, acted as a Walk Judge for our races and presented medallions to our Champions and placegetters. Bob also attended our Sunday morning training session and gave some very thoughtful

comment and advice to our Walkers and coaches. We thank you for your time Bob, and many of us look forward catching up with you at the Nationals and Second Federation Road Walk events in Adelaide in September.

U11 1.5km Girls

- 1. Macie Petterwood 10.19 PB

U12 1.5km Girls

- 1. Gabby Hay 9.47 PB

U14 2km Girls

- 1. Chloe Ahern 11.21
- 2. Sheridan Hay 17.11

U14 2km Boys

- 1. Kaden Eastly 11.17
- 2. Oliver Morgan 11.49

U16 3km Women

- 1. Chloe Ahern 19.04

U16 3km Men

- 1. Will Bottle 15.34 PB

U20 5km Women

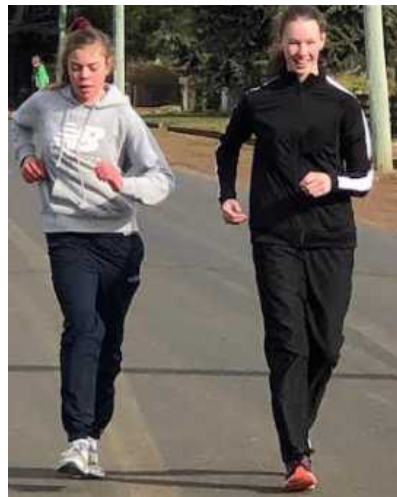
- 1. Anna Blackwell 27.20

Open 10km Men

- 1. William Robertson 47.57 PB

Over 40 5km Men

- 1. Steve Ahern 30.18
- 2. Eugene Gerlach 34.27
- 3. Ron Foster 36.01
- 4. Wayne Fletcher 37.29
- 5. Dave Moore 42.53



Macie Peterwood and Gabby Hay, Sheridan Hay and Chloe Ahern warming up and Kaden Eastly



Will Bottle and Will Robertson (photos Rosemary Coleman)

SAMA ROADWALKS, FELIXSTOWE, ADELAIDE, SATURDAY 27 JULY

Thanks to Colin Hainsworth for this week's results from the South Australian Masters in Adelaide. Cool, calm arvo with sunny periods.

I must mention **Colin Hainsworth** (M89) and **David Robertson** (M86) who are still going strong and racing each week. What an inspiration for us youngsters!

8km Walk - Yacht Handicap

1.	GEORGE WHITE	49:57	M74	86.20%
2.	GREGORY METH	51:47	M54	66.86%
3.	GIL MCINTOSH	55:31	M65	72.71%
4.	MARIE MAXTED	55:32	W59	72.59%

8km Club Walk - Yacht Handicap

1.	BRIAN WITTY	59:40	M68	66.84%
2.	DAVID ROBERTSON	1:09:27	M86	75.20%
3.	CATHIE HORE	1:11:46	W68	63.31%

4km Walk - Yacht Handicap

1.	HELEN SURIDGE	31:43	W68	68.00%
2.	COLIN HAINSWORTH	40:07	M89	66.49%

4km Club Walk - Yacht Handicap

1.	DAVE FALLON	31:13	M66	60.80%
2.	ROGER LOWE	33:24	M76	64.43%
3.	GILLIAN WHITE	34:33	W70	64.21%

NSW LONG WALKS CHAMPIONSHIPS, ANGLE PARK, CHIPPING NORTON, SUNDAY 28 JULY

Last Sunday saw the NSW Long Course Roadwalk Championships at Chipping Norton. The longest event on offer was the men's 30km and it was won by 19 year old **Dylan Richardson** with a PB time of 2:36:04, 26 secs faster than his 4th place walk in the LBG 30km in June. **Carl Gibbons**, who had come a close 2nd in the LBG 30km, struggled with flu like symptoms and had to retire at 21.5km, when trailing Dylan by around 6 minutes. Masters walker **Anne Weekes** won the women's 20km with 2:13:06. For those who may not realise, Anne represented Australia (as Anne Ryan) in the 1981 and 1983 IAAF Race Walking World Cups.

Jack McGinniskin won the U20 men's 20km with 1:38:27, his first effort over this distance and a great first up performance by the 17 year old. **Molly O'Neill** won the U20 women's 15km in a 3 minute PB time of 1:30:09. Full results are shown below.

30km Open Men

1.	Richardson, Dylan	19	Mingara Athletics Club Inc.	2:36:04
	Gibbons, Carl	23	Westlakes Athletic Club Inc.	DNF

15km Masters Men

	Seymon, Jim	82	U.T.S. Northern Suburbs Athlet	DQ
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20km Open Women

1.	Weekes, Anne	57	Illawong Revesby Workers Athle	2:13:06
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20km U20 Men

1.	McGinniskin, Jack	17	Mingara Athletics Club Inc.	1:38:27
2.	Bedford, Kyle	19	Nepean District Athletic Club	1:48:24
3.	Barendregt, Travis	19	Nepean District Athletic Club	2:01:50

15km U20 Women

1.	O'Neill, Molly	19	Adamstown New Lambton Athletic	1:30:09
2.	Pengilley, Teegan	18	Bankstown Sports Senior Athlet	1:36:37
3.	Walker, Amy	18	Mingara Athletics Club Inc.	1:39:17

8km U18 Girls

1.	Pitcher, Allanah	16	Mingara Athletics Club Inc.	44:01
2.	Bolton, Hannah	16	Mingara Athletics Club Inc.	44:38
3.	Bell, Bridget	17	Asics Wests Track & Field Club	46:19
4.	Parker, Hannah	17	Randwick Botany Harriers Athle	47:18

5km U16 Boys

1.	Pyda, Raven	15	Westfields Athletics Club Inc.	26:33
2.	Byatt, Joel	12	Girraween Athletics Club	29:10
3.	Pospischil, Brendan	14	Winston Hills Athletics	30:10
4.	Horton, Jai	13	Westfields Athletics Club Inc.	32:04
	Pospischil, Aidan	12	Winston Hills Athletics	DQ

5km U16 Girls

1.	Duguid, India	14	Mingara Athletics Club Inc.	27:26
2.	Thomas, Emma	14	Parramatta City Track & Field	27:43
3.	Stanley, Jayda	13	Randwick Botany Harriers Athle	28:14
4.	McLoughlin, Chloe	15	Mingara Athletics Club Inc.	28:30
5.	DeCelis, Ellie	15	Illawong Revesby Workers Athle	29:00
6.	Pitcher, Sienna	12	Mingara Athletics Club Inc.	29:06
7.	Krklinski, Chloe	13	Parramatta City Track & Field	30:04
8.	Hickson, Alannah	14	Asics Wests Track & Field Club	30:11
9.	Torrens, Samantha	12	Winston Hills Athletics	30:32
10.	Nilon, Isabelle	14	Parramatta City Track & Field	32:07
11.	Torrens, Chelsey	14	Winston Hills Athletics	33:32
12.	Cassilles, Ciara	12	Westfields Athletics Club Inc.	33:33
13.	Varga-Strike, Zsafia	14	Independant Athlete	33:47

2km U12 Boys

1.	Varga-Strike, Thomas	11	Independant Athlete	12:03
2.	Bryan, Jack	9	Girraween Athletics Club	16:21

2km U12 Girls

1.	Flahey, Natasha	10	Cherrybrook Senior & Little At	11:54
2.	Hearnden, Emma	10	Macquarie Hunter Athletics Inc	12:29
3.	Corvalan, Laura	11	Girraween Athletics Club Inc.	12:40
4.	Bryan, Ruby	10	Girraween Athletics Club	12:41

NSWRWC ROADWALKS, CHIPPING NORTON, SATURDAY 20 JULY

And finally, back a week for the results of the NSWRWC roadwalks from Sydney. Best effort by **Jack McGinniskin** (38:34 8km).

Long Division 10km

1.	Travis Barendregt	55.20
2.	Antoinette Woodward	69.49

Medium Division 8km

1.	Jack McGinniskin (INV)	38.34
2.	Kyle Bedford	39.53
3.	Hannah Bolton	45.20
4.	Allanah Pitcher	46.21
5.	Hannah Parker	50.22
6.	Anne Weekes	52.12

Short Division 4km

1.	Milly Boughton	21.54
2.	Bridget Bell (INV)	22.01
3.	Emma Thomas	22.42
4.	Chloe Krklinski	23.18
5.	Sienna Pitcher	23.19
6.	Nicolle Challinor	28.04
7.	Carmel Parker	28.05

U10 500m

1.	Nakya Stanley	3.50
2.	Zoe Zantiotis	4.34

U16 2km

1.	Jayda Stanley	10.20
2.	Chloe Lamb	10.35
3.	Samantha Torrens	11.07
4.	Alex Muir	11.32
5.	Isabelle Nilon	11.43
6.	Zoe Woods	11.45
7.	Jessey Bektas	12.10
8.	Abbey Bektas	12.23
9.	Chelsey Torrens	12.29
10.	Zsafia Varga-Strike	12.41
11.	Amelia Crocker	15.01

U12 1.5km

1.	Thomas Varga-Strike	7.57
2.	Kiara Stanley	8.02
3.	Natasha Flahey	8.16
4.	Matilda Webb	8.21
5.	Christopher Nilon	9.23
6.	Brayden Thompson	12.11

2019 USATF OUTDOOR CHAMPIONSHIPS, DES MOINES, IA, 25-28 JULY

The Men's and Women's 10,000m track walks at the USATF T&F Championships were held at 7AM on Sunday morning, with wins to **Katie Burnett** (PB 46:12.45) and **Nick Christie** (41:56.6).

10,000m Walk Women

1.	Katie Burnett	Harrier TC	46:12.45
2.	Miranda Melville	New York Athletic Club	46:49.90
3.	Robyn Stevens	Salming/Wolfpack Running Club	47:22.54
4.	Anali Cisneros	Judson College, Elgin IL	50:33.63
5.	Stephanie Casey	Unattached	50:59.85
6.	Lydia McGranahan	Unattached	51:45.24
7.	Celina Lepe	Unattached	52:36.62
8.	Jennifer Lopez	Unattached	53:28.27
9.	Kayla Shapiro	Marist	53:46.02
10.	Janelle Branch	Unattached	54:27.40
11.	Chelsea Conway	Shore Athletic Club	54:58.77
12.	Katie Miale	Marist	56:35.72

10,000m Walk Men

1.	Nick Christie	Unattached	41:56.60
2.	Emmanuel Corvera	New York Athletic Club	43:10.87
3.	John Cody Risch	Q Elite	43:36.43
4.	Anthony Peters	nattached	45:53.41
5.	Steven Smith	Unattached	47:11.86
6.	Samuel Allen	Unattached	47:47.30
7.	Joel Pfahler	Unattached	48:54.99
8.	David Swarts	Pegasus A.C.	51:26.90
9.	Bricyn Healey	Olivet Nazarene University	52:30.12
10.	Jonathan Andersen	Cedar RapidsTC	59:11.32

EUROPEAN YOUTH OLYMPIC FESTIVAL, BAKU, AZERBAIJAN, 21-27 JULY

In last week's newsletter, I reported on the U18 Men's 10,000m walk from the European Youth Olympic Festival in Baku. This week, I can complete the meet report with the results of the U18 Women's 5000m walk which was held on Friday 26th July. Estonian walker **Jekaterina Mirotvortseva** went in as a clear favourite and did not disappoint, leading the race right from the start, and winning comfortably with a new national record of 22:26.01. **Lizaveta Hryshkevich** (BLR) took silver 23: 33.23, ahead of **Alicia Lumberas** (ESP) with 23:43.04. Well reported in http://www.marciadalmundo.com/eng/dettagli_news.aspx?id=3547,

1.	MIROTVORTSEVA Jekaterina	EST	17 NOV 2002	22:26.01
2.	HRYSHKEVICH Lizaveta	BLR	25 JAN 2003	23:33.23
3.	LUMBRERAS Alicia	ESP	05 AUG 2002	23:43.04
4.	GLITTENBERG Siri	NOR	10 SEP 2002	24:09.03
5.	BIRE-HESLOUIS Maele	FRA	17 DEC 2002	24:17.62
6.	FRENZL Mathilde	GER	18 FEB 2003	24:25.80
7.	CASIRAGHI Martina	ITA	27 APR 2002	24:36.86
8.	VEIKKOLA Heta	FIN	23 MAY 2003	24:43.59
9.	ORNELAS Adriana	POR	12 MAR 2002	24:56.44
10.	ZAHORAN Petra	HUN	18 JAN 2002	25:15.36
11.	DAILIDONYTE Toma	LTU	23 FEB 2003	25:33.44
12.	MACHUGH Emily	IRL	09 SEP 2002	26:26.05
13.	RAGASOVA Alzbeta	SVK	06 APR 2002	27:12.48

FRENCH 10KM ROADWALK CHAMPIONSHIPS, ST ETIENNE, FRANCE, SUNDAY 28 JULY

Thanks to Emmanuel Tardi for this report. He was not there as he was on the plane back from Baku, where he had been judging the walks in the European Youth Olympic Festival. Gosh, Emmanuel certainly has a busy lifestyle!

Sunday saw the French National Championship in St Etienne, 500km south of Paris. This year, the French Federation decided to open the race to more walkers (16 max in 2018 , around 40 this year. The race took place on a 1k lap near the athletic stadium of the city, the women starting at 9:10AM and the men at 10AM, in rainy conditions. The men's race saw a battle between **Kevin Campion** and **Gabriel Bordier**, with Campion breaking clear after 8km. Both men walked under 40 minutes and both produced PBs (39:44 for Campion and 39:53 for Bordier). The women's race saw **Clemence Beretta** and **Chahineze Nasri** (Tunisia) together for the first 5km, before Nasri slowed, allowing Beretta to win with 47:33. Brief video from the women's race at <https://www.facebook.com/FFAthletisme/videos/388653355120587/?t=20>.

French 10km Walk Championship Women

1.	BERETTA Clemence	ESF/97	Athle Vosges Pays	47:33
2.	NASRI Chahineze (TUN)	SEF/96	Ca Balma	49:27
3.	CERANTOLA Laury	SEF/92	Sa Merignac	49:39
4.	CASALE Maeva	ESF/97	Ca Balma	50:26
5.	MANARESI Marion	JUF/00	Ac Romorantin	51:04
6.	MOLIST Lucille	JUF/01	Ea Gillonnay-la Cote	51:15
7.	BOURHIS Amelie	SEF/92	Larmor Estran Athletisme	51:48
8.	ORTIZ Mylene	VEF/79	Us Tourcoing	52:05
9.	RAMIREZ GOMEZ Alejandra	VEF/76	Ana - S/l Sg La Wantzenau	52:27
10.	CHAMPALOU Lucie	SEF/90	Athletic Trois Tours	52:33
11.	NAZE Cecile	SEF/95	Mouy Atac	52:50
12.	UDIN Servane	SEF/88	Ea Pays De Broceliande	52:53
13.	AURRIERE Camille	ESF/98	Us St Berthevin	52:58
14.	CHAPILLON Roseline	VEF/68	Ca Balma	53:01
15.	PESLERBE Bertille	ESF/98	Ea Pays De Broceliande	53:05
16.	CORMIER Chloe	ESF/98	Saran Loiret Athletic Club	53:08
17.	JOUAN Christele	VEF/75	R2ma - S/l Asptt Rouen	53:39
18.	CELLARD Loanie	ESF/98	Carquefou Ac	54:04
19.	POUILLY Caroline	SEF/82	Rc Lens Athletisme	54:27
20.	BUAUD Elise	SEF/89	Athletisme Metz Metropole	54:33
21.	PICARD Axelle	ESF/99	Nam - S/l St Max Essey Club At	54:44
22.	DEMON Sonia	VEF/72	Efs Reims A.	55:01
23.	LAURENS Emilie	CAF/03	Ea Gillonnay-la Cote	55:21
24.	GIRAULT Marie	SEF/88	Ea Cergy Pontoise Athletisme	56:06
25.	SINA Laurence	VEF/69	Pierre Benite Athletisme	56:13
26.	SEVELLEC Sylvie	VEF/64	Ac Cesson	56:24
27.	VIDALINC Celia	SEF/96	Stade Clermontois	56:33
28.	BRASTEL Adeline	VEF/78	Efs Reims A. *	56:36
29.	AUSELLO Morgane	SEF/92	Nice Cote D:azur Athletisme	56:38
30.	GUILLARD Caroline	VEF/71	Saran Loiret Athletic Club	56:40
31.	GODEFROY Delphine	SEF/87	Granville Ac	56:49
32.	THOURET Lucie	SEF/93	Fc Sochaux Montbeliard	56:54
33.	EICHHOLTZER Sandrine	VEF/77	Alsace Nord Athletisme	57:00
34.	BOBAN Valerie	VEF/68	Athle Vosges Pays	57:10
35.	LANOUE Severine	SEF/85	Avia Club Athletisme	58:44
36.	FRANCHIN Celia	SEF/87	Paris Uc	59:31
37.	AMBLARD Victoria	SEF/80	Evreux Ac	1:00:55
38.	KRICH Rahil	VEF/79	Nice Cote D:azur Athletisme	1:01:43
39.	FLORENTIN Catherine	VEF/67	Athle Vosges Pays	1:02:00
40.	RIGOLET Marie	ESF/98	Racing Club Haut-jura Morez	1:02:10
41.	ROPERS Adele	SEF/80	Cca Rouffach	1:04:33
42.	STEINVILLE Nathalie	VEF/64	Asfi Villejuif	1:05:40
	DAOULAS Roxanne	SEF/94	Tregueux Langueux Athletisme	DNF

French 10km Walk Championship Men

1.	CAMPION Kevin	SEM/88	Afa Feyzin-venissieux	39:44
2.	BORDIER Gabriel	ESM/97	Us St Berthevin	39:53
3.	DRISSI Raouf (TUN)	SEM/95	Sca 2000 Evry	43:00
4.	QUINION Aurelien	SEM/93	Ac St Gratien-sannois	43:26
5.	VALLEE Kyrian	SEM/94	Ca Balma	44:24
6.	FESSELIER Fabian	SEM/94	Caen Athletic Club	44:32
7.	BOURNIER Justin	ESM/99	Dole Ac	44:42
8.	MARTIN Come	SEM/95	Annecy Haute Savoie A.	45:46
9.	BOUTRAIS Andy	SEM/91	Stade Sottevillais 76	46:01
10.	LECAPLAIN Maxime	SEM/94	U.s.o Mondeville	46:25
11.	LEBON Hugo	ESM/99	Saran Loiret Athletic Club	46:32
12.	DELAUNAY Sebastien	VEM/74	Ca Du Pays Saumurois	46:45
13.	HADULA Ludovic	SEM/87	Charleville Mezieres Athletism	46:45
14.	PETER Florian	CAM/02	Ca Ambilly	46:51
15.	HUE Aymeric	JUM/01	Ec Orleans Cjf	46:55
16.	BAZZO BORTOT Symon	SEM/96	As Raismes	47:20
17.	GLOAGUEN Thomas	SEM/96	A Six Fours	47:21
18.	BERCHEBRU Benoit	SEM/84	Ca Montreuil 93	48:00
19.	FREMONDIERE Antoine	SEM/96	Ca Du Pays Saumurois	48:05
20.	PICARD Nicolas	SEM/80	As Tourlaville	48:43
21.	MASSE Florian	SEM/95	Us Tourcoing	49:13
22.	BICHE Sebastien	VEM/73	Avia Club Athletisme	49:32

23. ROUSSIASSE Lucas	ESM/97	Entente Angevine Athletisme	49:44
24. DURAND-PICHARD David	VEM/72	Athletisme Metz Metropole	49:45
25. LEGENTIL Laurent	SEM/88	Dynamic Aulnay Club	49:52
26. VAN HILLE Dominique	VEM/77	Nice Cote D'azur Athletisme	49:59
27. BONNEAU Philippe	VEM/65	Antony Athletisme	50:06
28. LEAUTE Benjamin	SEM/88	Asptt Lille Metropole	50:24
29. DE NEVE Nicolas	SEM/93	Athletisme Chamalieres	50:33
30. DUMAIRE Thomas	SEM/90	Ca Montreuil 93	50:42
31. BONTEMPS Sebastien	SEM/90	Gien Athle Marathon	50:43
32. SWAIEH Meftah	VEM/72	U.s.o Mondeville	50:46
33. DELECOLLE Sebastien	VEM/77	Us Athletiques De Lievin	51:15
34. BOLLINGER Vincent	SEM/84	Dynamic Aulnay Club	51:47
35. DE BONTIN Vincent	SEM/88	Ea Le Creusot	51:56
36. AVICE Manuel	SEM/80	Ac Barentin	52:43
37. ERARD Christophe	VEM/70	Asm Bar-le-duc	54:02
38. SEGEAT Benjamin	ESM/97	Aix Athle Provence	54:31
39. GRENET Bruno	VEM/65	Usm Gagny	54:52
BRANLE-BRANICKI Richard	VEM/67	Al Voiron	DNF
GUINAUDEAU Keny	SEM/93	Ac Roche-sur-yon	DNF



Start of the women's championship racewalk



Gabriel Bordier and Kevin Campion



The women's podium (photos from Emmanuel Tardi)

ITALIAN ATHLETICS CHAMPIONSHIPS, BRESSANONE, ITALY, 26-28 JULY

Thanks to marciadalmondo (http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3546) for the results of the 10km walks, held on Sunday morning as part of the Italian Athletics Championships in Bressanone. On a rainy morning, the walkers competed on a 1km course (500m out and back) in the city center of Bressanone.

The men's race was held first, with a 9:30AM start. From the marciadalmondo report, the judges were in fine form, with quite a few red cards being administered. This perhaps changed the complexion of the race, with some of the walkers having to temper their enthusiasm to ensure they got through. Victory to **Gianluca Picchiottino** in 41:21, ahead of **Giorgio Rubino** (41:53) and **Leonardo Dei Tos** (42:00).

The women's 10km walk got underway at 10:30AM, with **Eleonora Anna Giorgi** and **Nicole Colombi** immediately taking the lead, ahead of **Lidia Barcella**. And that is how the final places were allocated, with victory to Giorgi (45:29), followed by Colombi (45:43) and Barcella (48:53).

10km Men

1.	PICCHIOTTINO Gianluca	1996	G.A. FIAMME GIALLE	41:21
2.	RUBINO Giorgio (I)	1986	G.A. FIAMME GIALLE	41:53
3.	DEI TOS Leonardo	1992	ATHLETIC CLUB 96 ALPERIA	42:00
4.	BRANDI Giacomo	1998	SPORT ATL. FERMO	42:10
5.	ANGELINI Gregorio	1996	ALTERATLETICA LOCOROTON	42:37
6.	VONA Flavio	1984	ATL.BIOTEKNA MARCON	43:10
7.	DE LUCA Marco (I)	1981	G.A. FIAMME GIALLE	43:36
8.	COSI Andrea	2001	ATLETICA FIRENZE MARATHON	43:58
9.	COPPINI Niccolo'	1997	ATLETICA FIRENZE MARATHON	45:28
10.	MONTOLEONE Luca	1990	S.E.F. VIRTUS EMILSIDER BO	45:58
11.	BRAGGIO Mattia	2000	GRUPPO CITTA' DI GENOVA	46:00
12.	GUELI Giorgio	2001	ATLETICA CANAVESANA	46:55
	GRILLO Ettore	1997	ATLETICA FIRENZE MARATHON	DQ
	BRIGANTE Emiliano	2003	TRIESTE ATLETICA	DQ
	MICHELETTI Juriy	1998	ATL. BERGAMO 1959 ORIOCEN	DQ
	ANTONELLI Michele	1994	C.S. AERONAUTICA MILITARE	DQ

10km Women

1.	GIORGI Eleonora Anna (I)	1989	G.S. FIAMME AZZURRE	45:29
2.	COLOMBI Nicole	1995	ATL. BRESCIA 1950 ISPA GROUP	45:43
3.	BARCELLA Lidia	1997	BRACCO ATLETICA	47:35
4.	CURIAZZI Federica	1992	ATL. BERGAMO 1959 ORIOCEN	48:53
5.	ZAPPAROLI Alessia	1988	C.U.S. BOLOGNA A.S.D.	49:02
6.	ANSALDI Martina	1996	ATL. BRESCIA 1950 ISPA GROUP	49:44
7.	GATTI Camilla	2001	A.ATL. FABRIANO	50:06
8.	VITIELLO Sara	1996	G.S.SELF ATL. MONTANARI GRU	50:12
9.	BERTINI Simona	2001	A.S.D. FRANCESCO FRANZIA	50:39
10.	SANSONI Adelaide	1982	U.S. QUERCIA TRENTINGRANA	50:44
11.	GALLI Ilaria Camilla	1987	ATLETICA FIRENZE MARATHON	50:59
12.	MIRABELLO Anthea	1999	CUS CASSINO	51:13
13.	LA DELFA Rosetta	1977	UNIONE GIOVANE BIELLA	51:22
14.	FORESTI Beatrice	1998	ATL. BERGAMO 1959 ORIOCEN	51:34
15.	BRAY Elisabetta	1998	C.U.S. TORINO	51:56
16.	CRIVELLARO Camilla	2000	CUS PRO PATRIA MILANO	52:43
17.	VERTERAMO Chiara	1999	C.U.S. TORINO	52:53
18.	CORMACI Silvia	1994	ASD ATLETICA PRATO	53:07
19.	CANI Lisa	1996	A.S. LA FRATELLANZA 1874	53:33
20.	PISANO Arianna	1998	ATLETICA ARCOBALENO SAVO	53:43
21.	TERZI Linda	1998	G.S.SELF ATL. MONTANARI GRU	53:55
22.	GRAFEO Sascia	1992	ATL. ARCS CUS PERUGIA	54:09
23.	DI MARIA Desiree	1987	A.S.D. C.U.S. CATANIA	54:45
24.	TITONE Alessia	2002	S.A.F.ATLETICA PIEMONTE A.S.D	56:50
25.	PERULLO Sara	1999	ATLETICA LIVORNO	57:49

CANADIAN T&F CHAMPIONSHIPS, CLAUDE-ROBILLARD SPORT FACILITY, MONTREAL, 25-28 JULY

The Open and U20 walks were held at 7:30AM on Sunday, at the start of the final day of the Canadian Athletic Championships in Montreal. In the men's 20km walk, **Evan Dunfee** easily won his 8th Canadian career title with a time of 1:24.22, while **Rachel Seaman** won the women's title with 1:41:39.

20km Walk Men

1.	Dunfee, Evan	90	RACEWALK WEST	1:24:22
2.	Bilodeau, Mathieu	83	RUNNING ROOM ALB	1:32:44
3.	Liang, Alger	98	RACEWALK WEST	1:37:24
4.	Ho, Kenny	99	RACEWALK WEST	1:47:46
5.	Ruest, Jocelyn	80	Les Vainqueurs	1:51:09
	Béchar, Yvan	62	Les Vainqueurs	DNF
	Xu, Jianping	65	Dundas Valley TC	DQ
	Charrois, Henry	51	EDM RW CLUB	DQ

20km Walk Women

1.	Seaman, Rachel	86	Peterborough Legion	1:41:39
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U20 10m Walk Men

1.	Côté, Alexis	03	C. A. Uni Laval	1:00:55
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U20 10km Walk Women

1.	Lu, Joean	00	RACEWALK WEST	52:39
2.	St-Amand, Anne	01	C. A. Uni Laval	54:18
3.	Jean, Élisabeth	00	Les Vainqueurs	55:13
4.	Houde, Juliette	02	Les Vainqueurs	59:52
5.	McCarthy, Audrey	02	Peterborough Legion	1:00:36
6.	Meade, Ora	02	Peterborough Legion	1:03:01

2019 ERWL RACE 8, TRACK 5/3KM ALLIANZ PARK, LONDON, SATURDAY 27 JULY

Thanks to Ron Wallwork for the latest results from the Enfield Race Walking League in London. He reports:

League Leaders **George Wilkinson**, who scored his second 5km victory for the season, and **Jaqueline Benson**, who was the second woman to cross the line, strengthened their positions, whilst a special mention is warranted for young **Jonathan Ellerton** who sliced a huge 4.51 from the time he posted on his 3km debut in April. Also setting PBs were **Maddy Shott**, **Emma Dyos** and **Silvana Alves**. The League was pleased to welcome overseas visitors in the form of **Vincenzo Panico** and **Sergio Alumbo**. Thank you to the LICC for incorporating the fixture in its programme and the officials who gave freely of their time and expense. A full result (listing times to 100th of a second) can be found on the 'Power of 10' website.

5km Walk (©=Centurion)

1.	George Wilkinson	U20	EHAC	23.58
2.	Maddy Shott (W)	SW	Belgrave H	24.04
3.	Stefano Zennaro	M45	Belgrave H	26.57
4.	Vincenzo Panico	M65	BSC France	27.02
5.	Francisco Reis	M55	Surrey WC	28.01
6.	Jacqueline Benson (W)	U20	Ashford AC	28.01
7.	Millie Morris (W)	U17	Ashford AC	28.14
8.	Emma Dyos (W)	W40	Ilford AC	28.35
9.	Melanie Peddle (W)	W50	Loughton AC	29.00
10.	Silvana Alves (W)	W45	Barnet DAC	29.11
11.	Grace Whittingham (W)	U17	Ashford AC	29.32
12.	Steve Uttley	M60	Ilford AC	29.33
13.	Graham Chapman	M65	Headington RR	29.57
14.	Steve Allen	M60	Barnet DAC	30.51
15.	Helen Middleton (W)	W55	EHAC	31.04
16.	Simon Morgan	M50	Ilford AC	31.57
17.	Maureen Noel (W)	W55	Belgrave H	32.15
18.	Noel Blatchford (W)	W70	Abingdon AC	32.34
19.	Sue Barnett (W)	W65	EHAC	33.19
20.	David Kates ©	M70	Ilford AC	33.36
21.	John Borgars ©	M70	Loughton AC	33.47
22.	Alicia Drenda (W)	W35	Belgrave H	34.02
23.	Malcolm Blackwood	M65	Trent Park	34.18
24.	Steve Cartwright	M60	Col/Tending	34.30
25.	David Hoben	M65	Surrey WC	35.43
26.	Arthur Thomson	M80	EHAC	38.33
	Sergio Alumbo	U17	Italy	DNF

3km Walk

1.	Jonathan Ellerton	U15	B & Bromley	20.27
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OUT AND ABOUT

- **Brian Hanley** of Leeds Beckett University, Leeds, recently made a presentation to the European College of Sport Science conference, held in Prague in July 2019. Copies of this presentation are available for free download from https://www.researchgate.net/publication/334647282_Changes_in_contact_and_flight_times_with_increased_speed_during_overground_and_treadmill_race_walking. It makes for fascinating reading, given the IAAF push for an electronic way to measure flight time for racewalkers in major competitions.
- A very balanced review of the current furore circling around Chinese swimmer Sun Yang - see <https://theconversation.com/swimmer-protests-at-the-world-championships-renew-calls-for-urgent-anti-doping-reforms-120848>.

MARCIADALMONDO ROUNDUP

marciadalmondo has 5 press releases for us this week.

- Sat 27 Jul - Baku (AZE): Jekaterina Mirotvortseva (EST) wins 5.000m track walk at Eyof
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3547
- Sun 28 Jul - Bressanone, Brixen (ITA): Gianluca Picchiottino and Eleonora Anna Giorgi are the new Italian Champions
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3546
- Thu 25 Jul - Preview of Italian Championships at Bressanone
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3545
- Wed 24 Jul - San José de Costarica (CRC): Glenda Morejon (ECU) and Cesar Cordova (MEX) win Pan-Am U20 champs
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3544
- Tue 23 Jul- Gavle and Boras (SWE): Turkey on the roof of Europe
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3543

I also point readers to some additional omarchador press releases on other events of interesting

- Mon 29 Jul - João Vieira Vitória Oliveira record fastest times in Portuguese Division 1 Club Finals at Leiria
<http://omarchador.blogspot.com/2019/07/sporting-cp-com-triunfos-na-marcha-da-i.html>
- Sun 28 Jul - Souad Azzi and Mohamed Ameer win 20km walks in Algerian Championships
<http://omarchador.blogspot.com/2019/07/souad-azzi-e-mohamed-ameur-vencem-20-km.html>
- Sat 27 Jul- Pan American Games are underway in Lima, Peru
<http://omarchador.blogspot.com/2019/07/jogos-pan-americanos-iniciam-se-em-lima.html>

KEVIN CASSIDY – A MASTER OF MANY SPORTS

You might think you know Kevin Cassidy from meeting him or from racing against him at our VRWC races at Middle Park or at the various Masters meets around the traps. This article will let everyone know that there is a lot more to Kevin than you might have thought possible.

Let's start with the basics. Kevin was born on 13th August 1960, so is about to celebrate his 59th birthday. He has been racing with us at VRWC since January 2018 and has progressed steadily over that short timeframe. Now, as an M55 walker, he has PBs of 7:09 (1500m), 15:20 (3000m), 25:08 (5km), 52:37 (10km) and 1:47:34 (20km). He is also the current Victorian (1500m, 3000m and 10km) and Australian (5000m, 10km and 20km) Masters M55 walks champion.

As an aside here, Kevin had been intending to compete in his first World Masters Championships in Malaga, Spain, in September 2018 but had to pull the plug at the last minute after contracting a severe case of shingles. He was waylaid for some months and was not able to return to competition until his eyesight had returned sufficiently to expose himself to the full sunshine of a bright Melbourne day. Luckily, he has now fully recovered, although his eyesight is still not 100%.

But what did Kevin do in the many years leading up to 2018. Did he come from a background of former sports? The answer a definite YES, in capital letters!

A student of Coburg High School, Kevin was a proud northern suburbs boy. In fact, my mother was Vice Principal of Coburg HS when Kevin was there and he remembers her with fondness. How's that for a connection!

He won the Combined Schools Sports track run for Coburg HS and decided to join Coburg Harriers in 1976, aged 16, focusing on 800m and 1500m. He spent the next 10 years honing his running skills. He also umpired (Australian Rules Football) from 1980 onwards and actually did two reserve games on the MCG.

He also reminds me that he even did a summer season of walking (1978/1979) when he was 18 years old, walking in Interclub and competing on a few occasions in the midweek VAWC club races at our old clubrooms at the northern end of Albert Park Lake.



Kevin in action at Middle Park in June 2018

In 1983, the ultra running scene exploded into the Australian media spotlight, compliments of the Sydney to Melbourne Westfield classic¹ and its inaugural winner Cliff Young.² One of the 1984 Westfield qualifying runs was held at the Coburg Shopping Centre and Kevin volunteered as one of the lapscorers. He was intrigued by this new discipline and keen to have a go himself.

After some months preparing with long training runs, his first ultra was in the 1985 100km Track Classic, put on by the Coburg Harriers at their track. Naturally, he completed the full distance. Thus began what was a long term love affair with one of the toughest sports of all.

I spent 30 years of my life as a runner, 20 of them involved tackling Ultramarathon races both here and overseas before age and injury wore my body down.

Kevin's real love was the trail ultra and he competed with distinction in many tough overseas trail runs, mainly in America. He was also a pretty slick ultra track runner, with a 24 Hour track PB of 187km and with good times in the shorter track ultra distances of 50 Miles and 100km.

Perhaps the one tick missing from his ultra list might have been a finish in the Sydney to Melbourne Westfield classic. Although the course sometimes varied, it was always around 1000km and participation required big money sponsorship, with support vans and staff sufficient to cover the 6-8 day event duration. Kevin gives a fascinating insight into this in the following article: <http://www.coolrunning.com.au/ultra/1991001.shtml>. He tried unsuccessfully in 1989 and was building up for another attempt in 1992 when the event was abruptly cancelled.

Kevin was a foundation member of AURA when it formed in 1985 and he quickly immersed himself in the new organisation, being one of its most enthusiastic contributors for many years. He was eventually awarded with AURA Life Membership in 2006, a fitting recognition for one of their hardest workers.

In 2000, Kevin took over as the race director of the Percy Cerutti Frankston to Portsea 55km race, Australia's oldest and quirkiest ultra. First held in 1973, it retraces the footsteps of the many famous athletes from the 50's and 60's who pounded the road to Portsea under Percy Cerutti's coaching. The award for finishing is a block of chocolate, yet the race manages to attract a stong field every year and has now been held 46 times. Check out Kevin's race advertisement for the 2009 edition to get a feel for the race: <http://www.coolrunning.com.au/forums/index.php?showtopic=13909>. 19 year later, he is still going strong as race director.

Kevin was also the editor of the quarterly AURA magazine *Ultramag* from 2000 to 2009. Under his editorship, this grew into a large and widely circulated magazine which I have always enjoyed reading. He was also a regular contributor to running mags such as *Run For Your Life*, reporting on the ultra running scene.

1 See https://en.wikipedia.org/wiki/Sydney_to_Melbourne_Ultramarathon

2 See [https://en.wikipedia.org/wiki/Cliff_Young_\(athlete\)](https://en.wikipedia.org/wiki/Cliff_Young_(athlete))

Kevin was known as a walking encyclopaedia on all things ultrarunning and was, whenever possible, our guest presenter at the Coburg 24 Hour Carnival. His knowledge of the runners and their feats never ceased to amaze.



*Left: Kevin leads fellow ultra unner Klaus Schnibbe in the 1986 Sri Shinmoy 24 Hour Run in Adelaide
Right: Kevin competing in the 1997 US 100 Miler in the Sierra Mountains in California*

But all things come to an end, especially after nearly 20 years in such a demanding sport as ultra running. Finally, somewhere around 2005, Kevin realised that his running days were finished.

Looking for a new challenge post running, Kevin decided to explore another side of ultra distance sport. He had always been a bit of a swimmer so took the first tentative steps out of the pool. He had competed in the 1998 *Point Lonsdale Swim* (1.8km) and had finished it. It was now time to build on that tentative start. Always at the back of his mind was the English Channel!

My initial knowledge of the English Channel goes back to my teenage years when we would get oodles of media coverage about the great Des Renford's battles with the channel in the 70's. February 2003 was when I got to meet an English Channel swimmer in person (Paul McGuire) and peruse all his photos and memorabilia. Given that my running days seemed to be rapidly grinding to a halt and I was dabbling in the summer bay swims around Melbourne, it struck me instantly as a challenge I should undertake at some stage.

By sheer chance, he linked up with the *Black Rock Icebergers*³ (who boast five channel swimmers amongst them) and the metamorphosis was under way. Having only ever swum in heated pools (27C) and Port Phillip Bay during summer (21C) wrapped up in a wetsuit, his first challenge was to adapt to cold water.

The pursuit of long swimming events then took him all over Australia. Harbour Bridge to Manly, Perth to Rottnest, Townsville to Magnetic Island and the Lake Burley Griffin 9km all became regular favourites but the one thing they had in common was the warm water.....much warmer than the English Channel

On and on piled the body fat as he came to terms with the fact that he needed much more body insulation if he was to swim the English Channel.

The fattening up process has been interesting to say the least. My best running was done at 65 kilograms and I was around 70 when the channel became a serious prospect. The best advice was that I would essentially need to get up to at least 84!! Make no bones about it, all the eating was fun until I stagnated at 81 kilograms some six weeks prior to my channel swim. This was where the fun stopped. Cramming in family sized pizzas followed by two litres of ice cream is not a pleasant feeling at all. Bloated is barely half a description. Regardless, I hit my 84 kilogram target with two weeks to go. Sadly, my favourite running shirts no longer fit and a pair of "fat jeans" that I bought a while back knowing I would grow into them have promptly been grown out of!!

It was at this time that he was interviewed about his English Channel preparation – it makes for an interesting read – see <https://albysswimmersprofile.blogspot.com/2008/07/swimmers-profile-no-9-kevin-cassidy.html>.

And how did his 2009 Channel attempt go? The drama of his swim must be read to be fully appreciated. The days of waiting in Dover for favourable conditions, the wind that whipped up after 6 hours of swimming and turned the flat water into a big swell and

3 See <https://www.black-ice.com.au/>

finally being nearly to France when the tide turned, pushing him away from the coast and extending his crossing time to an exhausting 16 hours. But finish it he did. Rather than say any more, I urge you to read his wonderful race report at <http://www.vrwc.org.au/tim-archive/articles/wv-kevin-cassidy-2009-channel-report.pdf>.

He was the 59th Australian to complete this most iconic of long distance swims.



Photos from Kevin's successful English Channel Swim – Swimming, drinking and finally finished!

Over the following years, Kevin has completed many more of the ultra swim classics.

In 2017, with his Manhattan Swim, he completed *The Triple Crown of Open Water Swimming*⁴, a marathon swimming challenge which consists of the following three historically important swims:

- English Channel - 21 miles between England and France.
- Catalina Channel - 20 miles between Santa Catalina Island and the California mainland.
- Swim Around Manhattan - 28.5 mile circumnavigation of Manhattan Island, New York City

He became the 16th and oldest Australian to complete this feat.

Here is his profile from the LongSwimsDB website⁵

Date	Swim	Route	Km	Age	Time/Place
2008 Feb 16	Rottneest Channel Swim	Cottesloe Beach to Rottneest Island	19.7	47	08:14:15 (108/140)
2009 Feb 21	Rottneest Channel Swim	Cottesloe Beach to Rottneest Island	19.7	48-49	09:09:06 (124/156)
2009 Aug 18	English Channel (CSPF)	England to France	33.2	49	16:00:00
2011 Jul 31	Magnetic Island to Townsville	Picnic Bay to Strand Beach	8	50-51	02:42:52 (35/60)
2012 Jul 29	Magnetic Island to Townsville	Picnic Bay to Strand Beach	8	51-52	02:34:18 (42/64)
2013 May 19	South Head Roughwater	Bondi Beach to Watson's Bay	10	52-53	03:10:00 (24/49)
2015 Aug 29	BLDSA Windermere	Fellfoot to Waterhead	16.9	55	06:54:59 (9/17)
2016 Jul 31	Magnetic Island to Townsville	Picnic Bay to Strand Beach	8	55-56	02:43:22 (19/38)
2016 Aug 29	Catalina Channel	Catalina Island to Mainland	32.3	56	13:59:45
2017 Feb 20	Cook Strait	South Island to North Island	23	56-57	09:07:34
2017 Aug 19	20 Bridges Manhattan Swim	Manhattan circumnavigation (CCW)	45.9	57	07:43:25 (6/11)

4 See <https://db.marathonswimmers.org/triple-crown/>

5 See Kevin's long distance swim profile at <https://db.marathonswimmers.org/p/kevin-cassidy/>

Of all his swims, he regards his 2017 *Cook Strait Swim*⁶, which crosses the Cook Strait from New Zealand's South Island to the North Island, as his toughest.

Cook Strait is 26km in a straight line...although I covered a lot more distance thanks to the strong tide. The main challenge at Cook Strait is that it's such a volatile body of water and the tides only offer a very short window of opportunity to reach the finish.



February 2017 – greased up and ready to swim the Cook Strait

He eventually retired from the LongSwim scene after his Manhattan swim in August 2017. Maintaining the required additional body weight was pushing up his cholesterol count and Kevin realised the possible long term health implications.

When you see the new lean and mean Kevin racewalking at Middle Park or on the track, it is hard to believe that only 2 years ago he was a much heavier ultra distance swimmer. What a difference a couple of years can make!

During this last 30 years of ultra distance running and swimming, Kevin has held down a full time job with the Melbourne Fire Brigade. He joined MFB in September 1988 and retired only last year, after finally earning his 30 Year Service Medal. During his time on the job, he spent time in just about every metropolitan fire station and fought some of Melbourne's biggest fires. In this context, he remembers battling the big 1990's fire at the Visyboard recycling plant in Coolaroo, an inferno which took 9 days to put out.⁷

During his time with MFB, he was a regular competitor in the Police and Emergency Services Games. Every 5 years, he would embark on a brief training regime, whip himself into walking shape, and contest the track walk. And of course, he would normally win!

So what is next for this man of action? Now freed of the burden of full time work, perhaps it is time for another ultra challenge? All I will say is that, when I suggested the 50km racewalk or the 100 Mile ultra walk, he didn't say no immediately. Time will tell!

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 – 2019/2020

- Aug 11 (Sun), 2019 AMA 20km National Championships, Adelaide, SA
See <http://www.australianmastersathletics.org.au/events/event/ama-20k-roadwalk-championships-2019/>
- Sept 8 (Sun), 2019 Australian Roadwalk Championships, Adelaide, SA
See <https://www.athletics.com.au/events/40660/>
- Dec 1 (Sun), 2019 Australian 50km Championship meet, Fawkner Park Melbourne (TBC)
- Dec 6-8, 2019 Australian All Schools Championships, WA Athletics Stadium, Perth

⁶ See <http://cookstraitswim.org.nz/>

⁷ In recent years, we have seen more fires like that one, including a major 2010 incident at the same plant and more recent recycling depot fires in suburban Melbourne in 2016, 2017, 2018 and 2019. Add in the current issue with flammable building cladding, and being a fireman is becoming an ever more dangerous job.

Mar 22-29,2020 Australian Athletics Championships, SOPAC, Sydney
Apr 10-13, 2020 Australian Masters T&F Championships, Brisbane, QLD. See <http://www.brisbane2020nationals.com.au>

2019 IAAF Race Walking Challenge Series (remaining race meets)

Sep 27 - Oct 6, 2019 IAAF World Athletics Championships, Doha, Qatar
Oct 20-22, 2019 Around Taihu International Race Walking 2019, Suzhou, China

International Dates – 2019 and onwards

Jul 26-Aug 11, 2019 Pan American Games, Lima, PER (50km and 20km)
Aug 30-Sep 7, 2019 **20th Oceania Masters T&F Championships**, Mackay, Queensland, AUS
Sep 6-7, 2019 China National Race Walking Champs, Leshan, CHN (20 and 50km M/W)
Sept 28 – Oct 6, 2019 **17th IAAF World Championships in Athletics**, Doha, Qatar
Oct 20-22, 2019 Around Taihu International Race Walking 2019, Suzhou, China

May, 2020 **29th IAAF World Race Walking Team Championships**, Minsk, Belarus
July 17-20, 2020 **18th IAAF World U20 T&F Championships**, Nairobi, Kenya
July 24 – Aug 9, 2020 **32nd Olympic Games**, Tokyo
July 20 – Aug 1, 2020 **23rd World Masters T&F Championships**, Toronto, Canada

Mar 2021 **9th World Masters Indoor T&F Championships**, Edmonton, Canada
Aug 6-15, 2021 (TBC) **18th IAAF World Championships in Athletics**, Eugene, USA

July 18-30, 2022 **XXII Commonwealth Games**, Birmingham, GBR.
Aug 7-17, 2022 **24th World Masters T&F Championships**, Gothenburg Sweden

Aug 2021 (TBC) **19th IAAF World Championships in Athletics**, Budapest, Hungary

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