



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2017/2018 Number 33
15 May 2018



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WALKER OF THE WEEK

My Walker of the Week is 10 year old **Darcey Roberts**. Walking on Saturday in the VRWC 1.5km Roadwalk at Middle Park, she recorded a PB time of **7:37**, breaking our VRWC U11 1.5km Roadwalk Record. Darcey only started athletics / race walking during the summer, but she has made great inroads in a very short time.

Representing the Knox Athletic club, she won the Victorian U14 3000m walk (18:29.88) in February's Victorian T&F Championships. The following month, she won the LAVic U11 1100m walk in a new Victorian Record of 5:30.23. Now into her first winter season, she looks ready to kick on with further big performances. Well done Darcey!



Darcey Roberts in action at Middle Park on Saturday (photo Terry Swan)

WHAT'S COMING UP

Next **Saturday 19th May** sees further VRWC roadwalks at Middle Park. Fixture reads as follows:

Saturday 19th May 2018 Middle Park		
VRWC EVENTS: Entries close for all events at 1.45pm sharp.		
2.15pm	8km Points Race	Open
2.15pm	6km Points Race	Open
2.15pm	4km Points Race	Open
2.30pm	2km Points Race	Open
2.30pm	1km Points Race	Open

For VRWC events, you can enter on the day or, more preferably, pre-enter at <http://vrwc.org.au/wp1/race-entries-2/>.

The following Sunday sees our next main medals day, with AV, AV Country and VRWC Championships on offer.

Sunday 27th May 2018 Middle Park		
AV & VRWC EVENTS: Online pre-entry is required for AV 10km & AV Country Champs.		
10.00am	10km AV Championship Winner of the Open Men's event is awarded the C.H. [Bert] Gardiner Medal	Open, 40+, 50+ Men
10.00am	10km AV Country Championship	Open Men
10.00am	10km AV Championship	Open, 40+, 50+ Women
10.00am	10km AV Country Championship	Open Women*
10.00am	10km Non championship	Open
10.30am	5km AV Country Championship	Under 20 Men/Women
10.30am	5km VRWC Championship	Under 20 Men/Women
10.30am	5km AV Country Championship	Under 18 Men/Women
10.30am	5km VRWC Championship	Under 18 Men/Women
10.30am	5km Non championship	Open
11.00am	3km AV Country Championship	Under 16 Boys/Girls
11.00am	3km VRWC Championship	Under 16 Boys/Girls
11.00am	3km AV Country Championship	Under 14 Boys/Girls
11.00am	3km VRWC Championship	Under 14 Boys/Girls
11.05am	1km VRWC Championship	Under 10 Boys/Girls
11.15am	2km VRWC Championship	Under 12 Boys/Girls
11.15am	2km Non championship	Open
11.30am	Presentations	

On-line entries for the **2018 Lake Burley Griffin Walking Carnival (Sunday 10 June)** are now open and may be accessed via link <https://www.registernow.com.au/secure/Register.aspx?E=29858>. ACTRWC advise that there has also been a change to the fee structure, with there being no fees cap. This has implications for those families who enter their walkers for multiple events. RWA events are \$35 per event, AACT \$20 & Fitness Walk \$20. Note also that to enter more than one event you will have to "enter another registration" where some registration details will have to be entered again.

Entries close on Friday 1st June. Paper entries are not possible. Online entry is the only option this year.

WOMEN'S 50KM WALK: THE PRELUDE

I am indebted to Taicang women's 50km bronze medalist **Claire Tallent** for this article, in which she ponders her first 50km walk and what led her to this point in her career.

I felt like my entire life had been leading up to Saturday 5 May 2018. For so many reasons.

I have always felt that women's sport is hard. As a young child, I was bullied and ostracized by other children and parents because I wanted to play football. I wanted to be like my big brothers, run around, kick the football. I couldn't see societal restraints that it was "something for the boys".

This notion was reinforced throughout my primary school years. My school uniform consisted of a dress in summer, long skirt in winter and netball skirt for PE. Physical activity, was actively discouraged. I was told that there was to be no cartwheels and no hanging off the monkey bars because people could see up my skirt.

These early experiences didn't deter my enthusiasm for sport participation. I loved it all. Every free moment I had would be spent shooting hoops, riding my bike around the block, hitting the tennis ball against the wall. Give me a sport and I would try it. My senior years of school I participated in every representative sport that was on offer. I loved it all and knew I wanted to go to the Olympics.

Even when my opportunity came to represent my country at the Olympic Games in the 20km walk, I still never thought that it was a perfect fit. I wasn't a "fast" race walker. In training, I always seemed to recover well. I could back up day after day. Distance came easy.

When I retired after London 2012 I moved into a new chapter of my sporting career, but was inevitably faced by the challenges I had already endured. I moved into coaching Jared and was continuously challenged by moving in on the "old boys club". Although I hold degrees in Sports Science and Education and had represented my country at the highest level, my coaching qualifications were challenged. My motivation was challenged, after all, I was "Jared's wife".

In the European summer of 2016, I found my groove. I challenged Jared that I would do every single kilometre with him in preparation for the Rio 50km walk. True to my word. I did. I jogged alongside Jared in every rep session, every afternoon session and every long walk. I carried his drink bottles and his feeding and provided motivation and encouragement.

Within one ten-day period Jared completed two 40km and one 45km walks. I jogged alongside him. Without any thought I jogged 42.2km (because I wanted to do a marathon and had never been that far), 45km and 40km. Others were astounded by my innate endurance.

A couple of months after giving birth to my son, Harvey, I found myself in a position to again represent Australia at the world championships. I was ecstatic. While I knew that my performance at the world championships would be far from the standard I would hope to achieve, I had something to prove. I was confronted during my pregnancy by misguided notions of what it was to be pregnant and doing what was “best for the baby”. I saw the world championships as an opportunity to show the strength of women.

During this period, the 50km walk for women was added to World Championships program. I had longed hoped that this day would come. I would have loved to have known a year earlier, just so I could have qualified.

I have always admired what the female walkers of the past had achieved. They were so patient. So many of the athletes competed for years without the opportunity to go to the Olympics. I was always embarrassed that female walkers didn’t get their chance until 1992.

The women’s 50km walk for me is a no-brainer. The 50km walk has been a men’s athletic event since the beginning of time. Women should be afforded the same opportunity.

I was excited to be selected to represent Australia at the World Walking Team Championships. But I was also immersed in fear. I felt that I had to validate my selection in the team, having not been able to show that I can compete over 50km.

I felt pressure that we, as female pioneers, had to “put on a good show”. For the event to continue to grow and be offered at future championships.

I felt the burden of all the female walkers of years past. Those who would have loved to race the distance but were not afforded the opportunity. Those who had successfully set high standards, progressed the event, and broke down barriers for future generations.

I had a personal fear of being able to race it well. I was not fearful of going the distance, and I wasn’t fearful of my projected pace. I was fearful of being able to combine them successfully. All I desired was to get to the finish line knowing that I couldn’t go a step further. That I had laid it all on the line. But, I had to be able to find the finish line first.

The race itself has been well documented. But new battles ensue. There is still not parity in funding support for this event. We are yet to be added to the Olympic schedule.

For the moment though, the World Walking Teams Championships Women’s 50km was a huge success. I look forward to watching on as the event grows and more barriers are broken down for women, across all sport in the future.



THE DEFINITION OF QUALITY: THE WOMEN'S 50K IN TAICANG

By Paul F. DeMeester

Thanks to **Paul DeMeester** for yet another incisive article on the women's 50km event. It nicely balances out Claire's article above. Two bookends to the women's 50km walk! Thanks Paul – excellently argued as always.

Some within IAAF circles at this month's World Race Walking Team Championships in Taicang decried the lack of a "quality field" in the women's 50K event. Do they have a point? Let's look at numbers first, semantics second.

For purposes of comparison, I have selected the marathon. The event was contested at the highest level championships exclusively by men until 1983, when the IAAF World Championships first included the women's marathon. A year onward, the Olympic Games followed suit. This provides us with two sets of data points about a year apart after the initial introduction of the women's event at world level. We compare data from the 1983-84 marathons with the first two women's 50K race walk events at world level, at the 2017 London World Championships and the recent 2018 Taicang World Race Walking Team Championships.

Even then, the comparison is overly generous to the marathon. The women runners contesting the 1983 Worlds marathon had three years notice of the existence of their race, after the IAAF Congress voted in 1980 to include the women's marathon. Moreover, the event was deemed to become a permanent fixture at the major championships. The women's 50K race walk event was added to the 2017 World Championships only three weeks before the race was to take place. Unlike the women's marathon, the IAAF only reluctantly added the event to resolve a legal challenge. Also, the IAAF let it be known that the London event was a one-time-only addition. There was no guarantee of its future permanency, an insecurity not confined to the women's 50K but also the men's. The three-year welcome versus the three-week reluctance and the lack of future event security definitely explains that only seven women walkers showed up in London 2017 versus 59 women marathon starters at the 1983 Worlds in Helsinki. But given that both the marathon and the 50K race walk are endurance events, their comparison is still appropriate, despite these caveats.

Three sets of data are examined: how much longer it took the women's event winner versus the men's winner to finish their particular race; how much longer it took the slowest finisher versus the winner to finish their particular race; and whether any world records were broken. In comparing men versus women, it must be borne in mind that the IAAF presented evidence in the Court of Arbitration for Sport (CAS) Dutee Chand case that the performance difference between top male and female athletes is on average 10 to 12%. This IAAF-acknowledged performance difference is amply demonstrated by the difference in the London 2017 entry standards for men and women, which for running events is at its smallest for the 100m at 11.3%, and widest at 18.7% for the marathon.

Table 1 - % that Women's Winning Time is Longer than Men's Winning Time

1983 Worlds Marathon	+13.8%
1984 Olympic Marathon	+12.0%
2017 Worlds 50K RW	+15.4%
2018 World Teams 50K RW	+ 9.0%

Table 2 - % that Slowest Finisher's Time is Longer than Winner's Time

1983 Worlds Men's Marathon	+40.8%
1983 Worlds Women's Marathon	+30.1%
1984 Olympic Men's Marathon	+33.2%
1984 Olympic Women's Marathon	+18.9%
2017 Worlds Men's 50K RW	+16.5%
2017 Worlds Women's 50K RW	+ 6.5% ***
2018 World Teams Men's 50K RW	+27.0%
2018 World Teams Women's 50K RW	+27.6%

Note (***) : At the 2017 London World Championships, two women 50K race walkers were stopped by officials for failing to meet the Time Limit of 4:17:00 at the commencement of the last 2km lap, a limit set well below the 4:30:00 women's entry standard but well above the men's 4:06:00 entry standard, a clear case of gender discrimination by the IAAF.

Table 3 - Were Any World Records Set?

1983 Worlds Men's Marathon	----
1983 Worlds Women's Marathon	----
1984 Olympic Men's Marathon	----
1984 Olympic Women's Marathon	----
2017 Worlds Men's 50K RW	----
2017 Worlds Women's 50K RW	WR 4:05:56 by Inês Henriques
2018 World Teams Men's 50K RW	----
2018 World Teams Women's 50K RW	WR 4:04:36 by Rui Liang

There is no need to restate these numeric findings before concluding that the women's 50K race walk is holding its own by any objective "quality" measure. In a time span of nine months, the number of 50K starters at a world-level event jumped from seven in London to 32 in Taicang, another positive sign of quality.

Which brings us to the semantic side of the argument. Merriam-Webster provides eight definitions of the term "quality." The one that applies to the term's use in sports defines "quality" as the "degree of excellence" or "superiority in kind." The three tables demonstrate that the women's 50K event suffers no quality deficits compared to the women's marathon when that event was first introduced at world level or compared to the men's 50K event since 2017. On the contrary, bearing in mind the definitions of the term, it must be said that the 2018 Taicang start list in the women's 50K is the embodiment of the high quality of the event.

We must constantly guard against cheap shot statements against women athletes that mask underlying gender discrimination. Some called Susan Randall's last place finish at Taicang an embarrassment to the sport. But the same was not said about Qingsheng Cen in the men's race, even though he finished over an hour behind the winner. He was allowed to have a "bad day." But women walkers aren't. Yet, Susan Randall's finish was only 10.5% over her PB of 4:42:34, whereas Ceng's was 14.9 % over his PB of 4:08:03. Double standard? Let's instead applaud the Taicang 50K women walkers and support their event in the future.

AV AND VRWC ROADWALK CHAMPIONSHIPS, MIDDLE PARK, SATURDAY 12 MAY

After dreadful weather on Friday, conditions cleared just in time for the AV and VRWC championship roadwalks at Middle Park on Saturday. It was still cold and windy with intermittent rain but it was better than perhaps expected, and the 50 competitors made the most of the window of opportunity.

The women's Victorian 15km roadwalk championship saw a win to **Kelly Ruddick**, ahead of **Carolyn Rosenbrock** and **Cassandra Knight**. Kelly celebrated her new W45 age group with a new Victorian W45 record of 1:14:27 (she also set a new Victorian W45 10km record of 49:59 along the way). Further, she won the VRWC Elsie Jacobson Trophy which was also contested.

The men's Victorian 15km roadwalk championship saw a win to **Adam Garganis**, ahead of **Jason Kozica** and **Michael Harvey**. However, Adam was not the fastest overall, that honour going to fellow Australian Representative **Kyle Swan**.

Victorian 15km Roadwalks

1.	Kelly Ruddick	BHA	1:14:27	VMA W45 Record
2.	Carolyn Rosenbrock	ANW	1:37:36	
3.	Cassandra Knight	BOH	1:39:37	PB 2:09
4.	Donna-Marie Elms	PTN	1:43:54	
1.	Adam Garganis	COL	1:11:36	
2.	Jason Kozica	STK	1:13:41	
3.	Michael Harvey	AWA	1:47:36	
	Mark Blackwood	KNA	DQ	

VRWC Open Women 15km Championship – Elsie Jacobson Trophy

1.	Kelly Ruddick	VRWC	1:14:27
2.	Wendy Muldoon	VRWC	1:33:40
3.	Carolyn Rosenbrock	VRWC	1:37:36
4.	Cassandra Knight	VRWC	1:39:37
5.	Donna-Marie Elms	VRWC	1:43:54
	Sandra Geisler	VRWC	DNF

VRWC U20 Men 15km Championship

1.	Kyle Swan	VRWC	1:08:22
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15km Walk Overall Results

1. Kelly Ruddick	BHA	1:14:27
2. Wendy Muldoon	VRWC	1:33:40
3. Carolyn Rosenbrock	ANW	1:37:36
4. Cassandra Knight	BOH	1:39:37
5. Donna-Marie Elms	PTN	1:43:54
Sandra Geisler	VRWC	DNF
1. Kyle Swan	VRWC	1:08:22
2. Adam Garganis	COL	1:11:36
3. Jason Kozica	STK	1:13:41
4. Michael Harvey	AWA	1:47:36
Mark Blackwood	KNA	DQ
Daniel Walters	VRWC	DNF



Daniel Walters, Adam Garganis, Jason Kozica and Michael Harvey in action on Saturday (photos Terry Swan)



Kelly Ruddick, Carolyn Rosenbrock and Cassandra Knight in action on Saturday (photos Terry Swan)

A number of VRWC roadwalks were also contested, with best performances from **Corey Dickson, Lachlan Feain, Charlotte Hay** and **Darcey Roberts**. In fact, 10 year old Darcey set new U11-U13 VRWC 1.5km Roadwalk Club Records with her time of 7:37. We also welcomed first time VRWC walker **Alyssa Chapman**.

10km Walk

1.	Karyn O'Neill	60+	1:10:36
1.	Gerard Feain	40-59	1:04:48

5km Walk

1.	Charlotte Hay	U14	25:53	
2.	Jasmin Hass	U18	28:09	
3.	Holly Cocking	U16	29:34	
4.	Kathleen O'Mahony	U16	30:13	
5.	Heather Carr	60+	31:03	
6.	Gwen Steed	60+	37:44	
7.	Margaret Beaumont	60+	46:07	
1.	Corey Dickson	U16	23:43	
2.	Pramesh Prasad	40-59	24:57	
3.	Heath Beveridge	U16	27:29	
4.	Luke Epps	U12	28:52	First one
5.	Bernie Keirl	40-59	29:06	
6.	Albin Hess	40-59	32:48	
7.	Geoff Barrow	60+	35:04	
8.	Ian Beaumont	60+	46:42	
9.	Anthony Doran	60+	47:42	

3km Walk

1.	Grace Louey	U14	18:54
E2.	Gemma Lillie	U14	20:30
E2.	Emily Smith	U12	20:30
1.	Lachlan Feain	U18	15:46
2.	Angus Hay	U14	17:10
3.	Marcus Wakim	U12	17:20
4.	Paul Kennedy	60+	17:31
5.	Liam O'Rourke	U14	17:49
6.	Martin Hass	Open	22:23
7.	Bruce Conboy	60+	24:13
8.	Steven Haverly	40-59	27:38

1.5km Walk

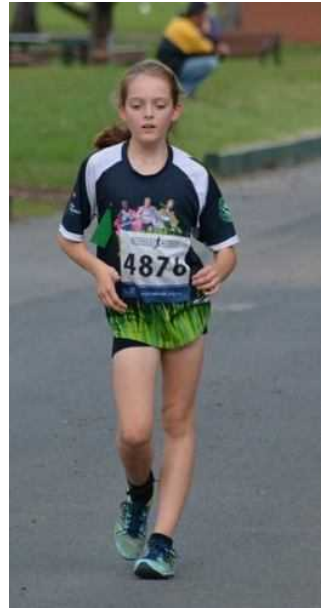
1.	Darcey Roberts	U12	7:32	VRWC Record U11-U13
2.	Alyssa Chapman	U10	9:28	First walk with VRWC
3.	Ela Uzun	U10	11:56	
4.	Jan Morrey	60+	12:08	
5.	Havana Ali	U10	13:46	
6.	Pam Mews	60+	17:34	
1.	Liam Hutchins	U10	8:14	
2.	Sebastian Weickhardt	U12	8:46	
3.	Hamish Blackwood	U10	9:00	

As mentioned above, there were 3 new VRWC club records set today as follows

Darcey Roberts	W	U11-U13 Girls 1.5km Road Walk	7:37	VRWC Races, Middle Park	12/05/2018
Kelly Ruddick	W	W45 10km Road Walk	49:59	VRWC Races, Middle Park	12/05/2018
Kelly Ruddick	W	W45 15km Road Walk	1:14:27	VRWC Races, Middle Park	12/05/2018

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

Officials: Mark Donahoo, Ralph Bennett, Terry Swan, Bob Gardiner, Tim Erickson, Bill Carr
Judges: Kathleen Marsh (C), Shane Dickson, David Cash, Josh Savage, Ebony Whiley, Brenda Felton, Paul Nunn, Gordon Loughnan, Peter Vysma (DQ), Michael Bodey (DQ)
Canteen: Kate Suich, Donna Elms, Gwen Steed
Photos: Terry Swan (see <https://www.facebook.com/photo.php?fbid=10215831554922607>)



Darcey Roberts, Alyssa Chapman, Charlotte Hay, Gemma Lillie and Emily Smith (photos Terry Swan)

VRWC POINTS COMPETITIONS GET UNDERWAY

Our winter season points competitions are now underway, with the first 3 rounds at Middle Park already completed. We have 3 points competitions

- Actual Times Competition Points awarded each week, based on your time
- Handicap Competition Points awarded each week, based on how your time compared to your handicap
- Style Award Competition Points awarded each week by our racewalking judges.

You can read all about how they work at <http://www.vrwc.org.au/vrwcpointscmps.shtml>.

The links on that page show the progressive points thus far. The Points competitions will continue next Saturday.

SAMA ROADWALKS, OAKLANDS PARK, ADELAIDE, SATURDAY 12 MAY

Thanks to Colin Hainsworth for the latest results from the South Australian Masters in Adelaide. Colin commented: Nice to see Jack Russell out again.

8km Yacht Handicap Walk

1.	Raelene Schild	1:03:48	W53	59.15%
2.	David Robertson	1:10:25	M84	71.50%
3.	Marie Maxted	55:24	W58	71.92%
4.	Jack Russell	57:25	M66	67.88%

8km Club Walk

1.	Neil Hayford	1:05:17	M65	59.04%
2.	Rodger Barber	1:03:13	M80	74.44%
3.	Valmai Padget	1:07:14	W73	73.18%

4km Yacht Handicap Walk

1.	Liz Downs	31:40	W62	63.09%
2.	Helen Suridge	30:46	W67	69.15%

4km Club Walk

1.	Roger Lowe	32:50	M75	64.63%
2.	Edna Bates	36:42	W65	56.48%
3.	Julie Hayford	32:54	W61	60.03%
4.	Dave Fallon	33:09	M65	56.62%

ACTRWC ROADWALKS, WESTON PARK, CANBERRA, SATURDAY 12 MAY

Thanks to Robin Whyte for this week's results from Canberra. Best walk from **Tim Fraser** (47:53 for 10km).

10km Walk

1.	Tim Fraser	47:53
2.	Hannah Manning	58:43
3.	Greg Durr	58:57
4.	Ann Staunton-Jugovic	59:23
5.	Robin Whyte	1:07:08
6.	Miriam McCarthy	1:10:06
7.	Bryan Thomas	1:13:08
8.	Bob Parker	1:15:34
9.	Doug Fitzgerald	1:25:03
10.	Val Chesterton	1:28:56
	Monika Short	DNF

4km Walk

1.	Laura Burns	22:43
2.	Sidney Shaw	24:14
3.	Kate Black	25:27
4.	Rosemary Parker	29:47
5.	David Mackenzie	33:15
6.	Jack Thackray	37:06
7.	Raine Thompson	38:00

2km walk

1.	Owen Toyne	11:20
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TRWC ROADWALKS, DOMAIN, HOBART, SUNDAY 13 MAY

Thanks to Wayne Fletcher for the latest results from Tasmania. He explained: A 5km Handicap was held in cool conditions on the Domain Loop where avoiding the she oak nuts was a challenge. **Steve Ahern** got under the handicaper's guard and was first across the line. However the next four were close, with back marker **Alice Randall** catching front marker **Wayne Fletcher** with 100m to go to finish second, and **Anna Blackwell** passing Wayne in the last few strides to finish third.

5km Handicap

1.	Steve Ahern	27.24
2.	Alice Randall	24.52
3.	Anna Blackwell	27.43
4.	Wayne Fletcher	40.25
5.	Ron Foster	34.22
6.	David Moore	49.30
7.	Bayley Campbell	28.18

2.5km Walk

1.	Will Robertson	12.46
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2km Walk

1.	Chloe Ahern	12.38
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Anna Blackwell in action on Saturday in Hobart (photo Wayne Fletcher)

SARWC ROADWALKS, ADELAIDE PARKLANDS, ADELAIDE, SATURDAY 12 MAY

Thanks to Peter Crump for the latest results from Adelaide. Best performance by **Joe Cross** (28:20 for 6km).

12km Walk

1.	Rhiannon Lovegrove	1:10:45
2.	Peter Crump	1:16:12

1.5km Walk

1.	Mia Wilks	8:22
2.	Hannah Wilks	8:50
3.	Jake Vidler	8:58

6km Walk					
1.	Joe Cross	28:20	4.	Sebastian Richards	10:05
2.	Olivia Sandery	31:40	5.	Tarique Kamish	12:53
	Tristan Camilleri	DNF	6.	Danielle Walsh	13:59
	Alix Harlington	DNF	7.	Zahra Kamish	14:14
	Mathew Bruniges	DNF	8.	Pam Morutto	15:35

3km Walk		
1.	Kiera Ross	16:05
2.	Zayden Kamish	21:53

WARWC ROUNDUP, PERTH

Thanks to Terry Jones for his roundup of the last couple of weeks from Perth, Western Australia. Great to see **Declan Tingay** back in action again on Sunday only a week after his Taicang walk.

WARWC Walks, Shelley, Sunday 13 May

10km Walk		
1.	Andrew Duncan	49.39
2.	Ben Reid	54.39
3.	Brad Mann	54.49
4.	Wendy Farrow	67.54

5km Walk		
1.	Declan Tingay	21.32
2.	Cooper Anderton	27.47
3.	Karyn Tolardo	32.20

1.5km Walk		
1.	Declan Tingay	6.03
2.	Lataya Lawrence	7.54
3.	Casey Mortimore	8.05
4.	Xavier Bernard	8.41
5.	Kaytee Bogares	8.42
6.	Luke Lawrence	8.44
7.	Amber Richards	9.14
8.	Jasmin Williams	9.37
9.	Gracie Dabala	10.23
10.	Layla Debala	11.21
11.	Emily Bogaers	11.42
12.	Lesley Romeo	11.49
	John Ronan	DQ

WARWC Walks, Wilson, Sunday 6 May

12km Walk		
1.	Ben Reid	68.21
2.	Brad Mann	69.27

4km Walk		
1.	Wendy Farrow	26.49
2.	John McDonagh	30.16

2km Walk		
1.	John Ronan	11.55
2.	Xavier Bernard	12.04
3.	Lataya Lawrence	12.05
4.	Kaytee Bogares	12.26
5.	Ashlyn Spence	12.29
6.	Luke Lawrence	12.30
7.	Amber Richards	13.21
8.	Jane Wells	13.51
9.	Jasmin Williams	14.58

6 HEURES DE NEUILLY-SUR-MARNE, FRANCE, SUNDAY 13 MAY

Emmanuel Tardi was in Neuilly-sur-Marne on Sunday for the annual 2 & 6 Hours walking races, the 6 Hour starting at 10AM and the 2 Hour starting at 2PM. The initial lap was 2.475km, followed by laps of length 2.075km. You could compete as an individual or as part of a team of two walkers. Significant rain and wind in the first two hours marred the start but did not deter the walkers.

Jacques Arnault from Neuilly-sur-Marne won the 6 Hour with 54.350km, while **Eric Toutain** won the 2 Hour with 21.150km. **Eddy Roze** and **Sébastien Delecolle** won the 6 Hour Relay with 62.650 km while **Marine Quennehen**, just one week after racing in the World Teams Championship in Taicang, was part of the winning team in the 2 Hour walk with **Florent Dahm**.

6 Hours Walk			
1.	Jacques Arnault	54.350 km	6:11:02
2.	Dominique Buisson	50.200 km	6:14:25
3.	Daniel Dien	46.050 km	6:06:35
4.	Claudie Bizard (F)	46.050 km	6:09:52
5.	Hugues Thevenin	43.975 km	6:06:33
6.	Pierre Caselli	43.975 km	6:14:40
7.	Lola Sauneuf (F)	35.675 km	6:00:27

2 Hours Walk			
1.	Eric Toutain	21.150 km	2:10:40

2.	Cédric Varain	21.150 km	2:11:31
3.	Ronald Tintin	19.075 km	2:00:41
4.	Albert Turllet	19.075 km	2:05:25
5.	Mohamed Boumaza	19.075 km	2:05:52
6.	J-Claude Bruneaux	19.075 km	2:09:06
7.	Gilles Corvenne	19.075 km	2:12:35
8.	Gilles Christment	17.000 km	2:00:28
9.	Christian Fillieux (BEL)	17.000 km	2:02:27
10.	Denis Heller	17.000 km	2:06:55
11.	Valérie Dumenil (F)	17.000 km	2:12:55
12.	Michel Anthony	14.925 km	2:00:50
13.	Philippe Emonière	14.925 km	2:02:02
14.	Ludmila Nityagovskaya (RUS, F)	14.925 km	2:09:20
15.	Patrick Montigny	12.850 km	2:00:14
16.	Emmanuel Tardi	12.850 km	2:00:19

6 Hours Relay

1.	Eddy Roze	Sébastien Delecalle	62.650 km	6:11:21
2.	Mathieu Olivares	Florian Letourneau	58.500 km	6:04:22
3.	Etienne Victor	Catherine Galmiche	56.425 km	6:13:06
4.	Laurent Passerel	Stéphane Le Louarn	50.200 km	6:05:57

2 Hours Relay

1.	Marine Quennehen	Florent Dahm	23.225 km	2:01:11
2.	Cloé Langlois	Vincent Bollinger	21.150 km	2:01:46
3.	Line Langlois	Hugo Javourez	19.075 km	2:04:13
4.	Josiane Pannier	Dominique Malochet	19.075 km	2:05:50

Lots of photos at <https://tinyurl.com/ycb2zro5>. Emmanuel has chosen a short selection for us.



Marine Quennehen, Florent Dahm, Jacques Arnault and Claudie Bizard in Neuilly-sur-Marne (photos Guy Destre)

KALMAR GÅNGTROFÉ, KALMAR, SWEDEN, THURSDAY 10 MAY

The 9th edition of the Kalmar Gangtrofé took place last Thursday in Sweden. The women's 5km was won by **Monica Svensson** (24.35) and the men's 10km was won by **Anders Hansson** (48.59). Results from <http://www.gang.se>.

10 km Walk

1.	Anders Hansson	92	SK Svängen	48.59
2.	Fredrik Svensson	73	Växjö AIS.	49.20
3.	Christer Svensson	69	Växjö AIS	52.49
4.	Anders Wahlström	66	S.a Ölands GK	57.14
5.	Ulf-Peter Sjöholm	65	Växjö AIS	59.02

6.	Thage Davidsson	47	GK Blixten	1.15.56
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5 km Walk

1.	Monica Svensson	78	Växjö AIS	24.35
2.	Helena Sandmer	92	SK Svängen	29.17

3 km Walk

1.	Peter Karlsson	62	Kalmar Gång 99	17.13
2.	Albin Lindblad	98	Kalmar Gång 99	21.32
3.	Fabian Lindblad	00	Kalmar Gång 99	23.43
4.	Leif Kjellgren	46	Äppelbo AIK	23.46

TRACK MEET, PERWEZ, BELGIUM, THURSDAY 10 MAY

Emmanuel Tardi celebrated the public holiday in France last Thursday by attending a small track meeting in the Belgian city of Perwez. He comments it was a beautiful day for the 12 walkers who lined up for the 3:30PM start.

5000m Track Walk

1.	VANCOLEN Pierre	CAD M	2002	CSDY	24:37.24
2.	SARRAZIN Annelies	W35	1981	FLAC	24:50.46
3.	VAN HOVE Peter	M35	1981	ACHL	27:41.58
4.	DUCARME Thomas (SCO)	JUN M	2001	CSDY	28:20.02
5.	NICOLAS Myriam	W50	1963	SMAC	28:31.35
6.	FALLAIS Perline	JUN F	1999	SMAC	29:36.46
7.	VAN HOVE tristan	CAD M	2003	ACHL	31:39.04
8.	PATER Jocelyne	W60	1954	ACLO	33:20.84
9.	FILLIEUX Christian	M60	1955	CAF	34:14.13
10.	OGER Muriel	W50	1964	SMAC	35:37.34
11.	TARDI emmanuel	M50	1967	NA	37:53.80
12.	VAN AMMEL Katrien	W35	1982	ACHL	42:58.18



Emmanuel (far left) gets underway in Perwez (photo Fabienne Nicolas)

PEDNOR 5 RACE WALK, PEDNOR, ENGLAND, MONDAY 7 MAY

The Pednor 5 was held on Monday 7th May in the Buckinghamshire town of Pednor. It included both run and walk divisions, and hosted the Buckinghamshire AA Race Walk Championships. Overall wins to **Sebastian Parris** (39:46) and **Helen Middleton** (49:41).

5 Miles Walk Men

1.	Sebastian Parris	Iford AC	39.46
2.	Neil Bates	Chiltern Harriers AC	44.54
3.	John Hall	Belgrave Harriers	Vet 65 50.13

4.	Stuart Bennett	Ilford AC	Vet 55	52.40
5.	Steven Uttley	Ilford AC	Vet 60	52.41
6.	Steve Alien	Barnet & District AC	Vet 60	52.59
7.	David Kates	Ilford AC	Vet 65	54.17
8.	John Borgars	Loughton AC	Vet 70	54.35
9.	John Ralph	Enfield & Harringey AC	Vet 60	54.45
10.	Stephen Cartwright	Colchester & Tendring AC	Vet 60	56.51
11.	Gary Smith	Enfield & Harringey AC	Vet 60	57.56
12.	Christopher Flint	Surrey Walking Club	Vet 70	59.04
13.	Tom Casserley	Enfield & Harringey AC	Vet 75	60.15
14.	Paul Richardson	Unattached	Vet 55	61.16
15.	Michael Harran	Surrey Walking Club	Vet 75	61.18
16.	Sean Pender	Enfield & Harringey AC	Vet 60	61.39
17.	Martyn Cartwright	Chiltern Harriers AC	Vet 75	65.13
18.	Trevor Brawn	Chiltern Harriers AC	Vet 65	66.44
19.	Terry Morris	Nuneaton Harriers	Vet 70	71.05
20.	Dan Cameron	Unattached	Vet 40	72.59
21.	Mike Morgan	Burnham Joggers	Vet 75	73.26
22.	Benjamin Garrett	Unattached	Under20	75.50
23.	John Constandinou	Birchfield Harriers	Vet 45	52:30 (started late)

5 Miles Walk Women

1.	Helen Middleton	Enfield & Harringey AC	Vet 55	49.41
2.	Melanie Peddle	Loughton AC	Vet 45	53.39
3.	Fiona Bishop	Enfield & Harringey AC	Vet 55	54.33
4.	Noel Blatchford	Abingdon AC	Vet 70	55.08
5.	Sarah Trundley	Nuneaton Harriers	Vet 45	56.16
6.	Elsbeth Attwood	Unattached	Vet 60	74.55
7.	Amanda Garrett	Unattached	Vet 45	75.50

PEDNOR 5 CHALLENGE

The Pednor 5 Challenge was decided by the combined times for competitors in both the Pednor 5 Road Run and Road Walk.

Women			Walk	Run	Total Time
1.	Fiona Bishop	WokingAC	54.33	47.57	102.30
Men			Walk	Run	Total Time
1.	Sebastian Parris	Ilford AC	39.46	31.34	71.20
2.	Neil Bates	Chiltern Harriers AC	44.54	37.02	81.56
3.	Paul Richardson	Unattached	61.16	51.49	113.05

USATF MASTERS 20KM RACE WALK CHAMPS, HARRY WRIGHT LAKE, WHITING, NJ, SATURDAY 5 MAY

The USATF Masters 20km Roadwalk Champs were held in Whiting on Saturday 5 May, along with the New Jersey Open and Masters Championships. Conditions were reported to be partly cloudy, with no wind and with temperatures around 65-70°F. See race report and photos at <http://omarchador.blogspot.com.au/2018/05/campeonatos-masters-de-20-km-marcha-dos.html>.

20km Walk

1.	David Swarts	M52	MI Pegasus	1:48:56
2.	Dave Talcott	M58	NY Shore AC	1:54:42
3.	Katherine Miale	F21	NY Marist	1:56:28
4.	Dan O'Brien	M53	MI Pegasus	1:58:36
5.	Dorit Attias	F56	NJ Walk USA	2:25:45
6.	Fred Linkhart	M65	NJ FARC	2:27:11
7.	Tim Chelius	M61	NJ Shore AC	2:28:29
	John Fredericks	M70	NJ FARC	DNF
	Kay Carmines	F72	PA So. Cal	DQ
	Alice Harrington	F71	FL SFRW	DQ

5km Walk

1.	Ross Miano	M69	NJ FARC	37:51
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5km Power Walk

1.	Patty Ferriola	F55	NJ FARC	33:38
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JAPAN SURGES TO THE TOP OF THE RACEWALKING WORLD

Japan has come from a promising racewalking nation to one of the world leaders in the last few years. For many years, their men have threatened, but in the last 4 years, that promise has been fulfilled.

It all started with Japanese 20km specialist **Yusuke Suzuki** who broke the 20km world record at the Asian Racewalk Championships in his home town of Nomi in May 2015, exactly one week after Yohann Diniz had set the previous mark. His time was an astounding 1:16:36. Suzuki had started the year by finishing second at his national championships, watching compatriot Eiki Takahashi break his national record. He had bounced back in the best possible way.

Three months later, it was **Takayuki Tani** who won the 50km bronze medal in the 2015 IAAF World Athletics Championships in Beijing. He was the first Japanese walker to win a medal at the World Champs with his time of 3:42:55.

Fast forward one year to Rio for another inspired race, with **Hirooki Arai** winning the bronze medal in the Rio Olympics 50km, with a PB 3:41:24.

Another year and further improvement, with the 50km walk in the 2017 IAAF World Championships in London seeing Japanese walkers take 2nd, 3rd and 5th place overall – **Hirooki Arai** 2nd 3:41:17, **Kai Kobayashi** 3rd 3:41:19 and **Satoshi Maruo** 5th 3:43:03.

But if that was impressive, it was all just window dressing for the 2018 World Race Walking Team Championships in Taicang where the Japanese dominated both the men's 20km and the men's 50km walks. The 50km was up first, with Japanese walkers occupying all 3 podium places and winning Team Gold as well - **Hirooki Arai** 1st with 3:44:25, **Hayato Katsuki** 2nd with 3:44:31 and **Satoshi Maruo** third with 3:44:52. Then it was the turn of the 20km men, with **Koki Ikeda** 1st with 1:21:13, **Toshikazu Yamanishi** 4th with 1:21:53 and **Isamu Fujisawa** 7th with 1:22:54 and another Teams Gold.

The Japanese women have so far been unable to match the excellence of the men but that may change soon, with **Nanako Fujii** taking 3rd in the U20 Women's 10km in Taicang with a time of 45:29.

One thing seems certain – the Japanese walkers are going to put on one hell of a show in Tokyo 2020.



The Japanese dominate the Taicang 50km earlier this month (photo by Yifan Ding/Getty Images for the IAAF)

VRWC RUNNERS WORLD SUMMER SEASON WINNERS

Neil Ryan of Runners World Kew approached VRWC early in the 2009 winter season with an offer of some club sponsorship. While we had our Points and Handicap awards, the awards were not necessarily won by our BEST walkers as they were influenced by participation rates. So, after various discussions, it was decided to institute Runners World Winter and Summer Season Awards. Nine years later, the awards are still going strong, thanks to Neil's generous ongoing sponsorship.

The Summer Season award gives our top male and our top female walker each a Runners World Kew \$500 gift voucher, along with a cheque from Neil for \$500 - a grand total of \$1000 per walker. The awards in years past have been given to very worthy recipients

Summer 2009/2010	Rhydian Cowley, Heather Carr
Summer 2010/2011	Nathan Brill, Heather Carr
Summer 2011/2012	Nathan Brill, Jemima Montag
Summer 2012/2013	Nathan Brill, Kelly Ruddick
Summer 2013/2014	Jesse Osborne, Kelly Ruddick
Summer 2014/2015	Kyle Swan, Jemima Montag
Summer 2015/2016	Adam Garganis, Tayla-Paige Billington
Summer 2016/2017	Pramesh Prasad, Simone McInnes

The VRWC committee has now voted and I am pleased to announce that the 2017/2018 Summer Season Awards have been won by **Kyle Swan** and **Jemima Montag**. Kyle and Jemima had wonderful summer seasons, doing PBs in most of their races and featuring in my Walker of the Week competitions. They are indeed worthy winners.

To see the full award criteria and to read the full list of Summer and Winter winners, check out <http://www.vrwc.org.au/vrwcrunners-world.shtml>.



Jemima wins the Commonwealth Games 20km in April



Kyle after his 10th place PB of 41:44 in the U20 Men's race in Taicang

We thank Neil for his wonderful support and we urge all our members to make Runners World Kew their shop of choice for all sporting goods apparel and footwear. See more at <http://www.runnersworld.com.au/>.

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 – 2018

June 10 (Sun), 2018 Lake Burley Griffin Carnival, Stromlo Forest Park, Canberra, ACT
Aug 5 (Sun), 2018 Australian Masters 20km Championships, Adelaide, SA
Aug 26 (Sun), 2018 Australian Roadwalk Championships, Sunshine Coast, QLD (venue to be confirmed)

2018 Remaining IAAF Racewalking Challenge Events

May 26, 2018 Cat B XXXII Gran Premio Cantones de La Coruña, La Coruña, ESP
Sep 23-26, 2018 Cat B Around Taihu International Race Walking 2018, Wuzhong, CHN

International Dates – 2018 and onwards

Jun 8 (Fri), 2018 44th International Racewalking Festival, Alytus, Lithuania
Jun 9 (Sat), 2018 International Racewalk Meet, Simnas, Lithuania
July 10-15, 2018 16th World Junior T&F Championships, Tampere, Finland
Aug 7-12, 2018 European Athletics Championships, Berlin, Germany
Sept 4-16, 2018 22nd 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
Aug 30-Sep 7, 2019 20th Oceania Masters T&F Championships, Mackay, Queensland, AUS
Sept 28 – Oct 6, 2019 17th IAAF World Championships in Athletics, Doha, Qatar

May, 2020 29th IAAF World Race Walking Team Championships, Minsk, Belarrus
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, Birmingham, GBR.

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Copies of recent newsletters are kept on the VRWC website (<http://www.vrwc.org.au>)