



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2016/2017 Number 03
18 October 2016



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WALKER OF THE WEEK

When 9 year old **Angus Hay** had his first walk with the Victorian Race Walking Club in April 2013, he recorded the rather inauspicious time of 8:56 for the U9 1km. When you look at Angus now, as a 12 year old, you would hardly recognize him as the same walker. He laboured through a series of disqualifications in that first season as he tried to master the technique and, to his credit, he was successful. During this last winter season, he has regularly broken his PBs week by week and is showing the benefits of hard work and determination. Yesterday he competed in the U16 1500m walk at the School Sport Victoria Schools Championships at Lakeside Stadium in Albert Park, coming 4th in a PB **8:32.43**. Well done Angus - you are my Walker of the Week.



Angus Hay – then (2009) and now (2016)

WHAT'S COMING UP

- **Athletics Victoria Shield** continues next **Saturday 22 October** with Zone vs Zone competitions for the 4 metropolitan regions. As per the AV website, venues for this week are as shown below. Walks this week are 3000m and 1500m.
 - Blue Zone vs Red Zone, Ballan Park, Frankston
 - Yellow Zone vs White Zone, Moonee Valley Athletics Track, Aberfeldie
 - Ballarat Zone, Llanberris Reserve, Ballarat
 - Geelong Zone, Landy Field, Geelong
 - Bendigo Zone, La Trobe University Track, Bendigo

It's a bit different this year in that competitors should now pre-enter events via the AV website. Victorian walkers can check out the full AV summer calendar at <http://athsvic.org.au/wp-content/uploads/Summer-Calendar-2016-17-3.pdf>.

- The **2016 Hong Kong MTR Racewalking Carnival** will be held on **Sunday 23rd October** in Hong Kong. Good luck to Aussies **Tyler Jones** and **Zoe Hunt**. See http://www.hkaaa.com/en/comp_details.php?id=78

- The inaugural **African Centurion 24 Hour Qualifying Walk** is to held on Robben Island in South Africa this coming weekend. We have a large field including an amazing eleven walkers from the Isle of Man - Suzannah Corkill, Janette Morgan, Chris Cale, Robbie Callister, Richard Gerrard, Vinny Lynch, Pete Miller, James Quirk, Dave Walker and adopted Manxies Werner Alberts and Philip Vermeulen. The entry list at <http://www.africancenturion.com/athletes.html> reads a bit like a Who's Who of centurion walking. Good luck to Australian centurion **John Kilmartin!**
- The **21st World Masters T&F Champs** start in just over one week's time in **Perth** (see <http://www.perth2016.com>) and will run from **26th October until 6th November**. Full entry list at <http://www.perth2016.com/the-event/list-of-entrants/>. Walks are scheduled on the following dates

Wed 26 October	5000m Walks Men
Thu 27 October	5000m Walks Women
Mon 31 October	10km Road Walks
Fri 4 November	20km Road Walks

- Looking further ahead, AA, AV and VRWC will be conducting a **Walk Judging Seminar on Saturday 10th December 2016 in Melbourne**. The Seminar is open to those interested in becoming Walk Judges and for existing Judges to upgrade. Details as follows

Venue:	Blackmans Hotel, St Kilda Rd, Melbourne
Date:	Saturday 10 th December, 2016
9.00am:	Registration
9.30am-12.00pm:	General seminar for level 1-3 with Bob Cruise and Zoe Eastwood-Bryson
12.00pm-1.00pm:	Lunch
1.00pm:	Exams (bring a laptop)
No late or on the day applications. Contact Diane Lowden for an application form (dilowden@virginbroadband.com.au)	
Registrations close with Diane on 25 th November 2016	

- A further reminder that registrations are now open for our annual **VRWC Falls Creek Summer Racewalk Camp**. It will run from Friday 30th December 2016 to Thursday 12th January 2017. See <http://www.vrwc.org.au/vrwc-falls-creek.shtml> for further details. We already have 13 of our 24 available places booked so don't leave it too much longer.

AV SHIELD ROUND 2, AROUND VICTORIA, SATURDAY 15 OCTOBER

One final results set to finish reporting on Round 1 with the Ballarat zone from Llanberris Reserve in Ballarat.

AV Shield Round 1, Ballarat Zone, Llanberris Reserve, Ballarat, Saturday 9 October

3000m Walk

1.	Dowie, Ellen	W99	EUREKA ATHLETIC	18:08.93
2.	McLennan, Phillip	M68	WENDOUREE ATHLET	19:23.24
3.	McLennan, Stephen	M64	WENDOUREE ATHLET	19:27.22

1500m Walk

1.	Peart, Alanna	W03	BALLARAT YCW HAR	7:30.00
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And now onto Round 2 which was held last Saturday in our 7 regions. The walk distances on offer were 5000m and 3000m walks and conditions were generally very windy but dry. Being longer distance walks, the number of walkers was down overall as expected.

AV Shield Round 2, Red Zone, Tom Kelly Reserve, Doncaster, Saturday 15 October

Doncaster saw the largest 5000m field with **Adam Garganis** in control with 23:20.0. Special mentions to masters walkers **James Christmass** (PB 23:32.4) and **Donna-Marie Elms** (PB 30:18.0) who are in fine form ahead of the World Masters in Perth. On the 3000m front, **Emmet Brasier** returned to walking mode after a quiet winter with a very good 13:46.3, ahead of **Michelle Laufer** 15:17.8.

5000m Walk

1.	Garganis, Adam	M19	COLLINGWOOD	23:20.0	
2.	Christmass, James	M49	INVITATIONAL	23:32.4	PB 0:12
3.	McDonough, Aaron	M44	PRESTON ATHL	25:07.6	
4.	Smyth, David	M47	COLLINGWOOD	28:03.1	
5.	Elms, Donna-Marie	W55	PRESTON ATHL	30:18.0	
6.	Hawkins, Trenton	M37	PRESTON ATHL	30:27.2	
7.	Brown, Tammarah	W17	RICHMOND HAR	46:56.1	
8.	Campbell, Donna	W46	PRESTON ATHL	48:01.9	
	McMahon, Dylan	M16	DIAMOND VALL	DQ	

3000m Walk

1.	Brasier, Emmet	M18	DIAMOND VALL	13:46.3
2.	Laufer, Michelle	W47	COLLINGWOOD	15:17.8
3.	Dynes, William	M14	DIAMOND VALL	17:23.0
4.	Keirl, Bernie	M53	DIAMOND VALL	18:08.5
5.	Reid, Ross	M62	COLLINGWOOD	18:14.4
6.	Lazar, Dennis	M60	DIAMOND VALL	19:44.4
7.	McLennan, Liam	M11	DONCASTER AT	21:43.9
8.	McLennan, Laura	W40	DONCASTER AT	21:56.9
9.	Brasier, Caitlin	W26	DIAMOND VALL	22:29.5
10.	Rudston-Brown, Caitlyn	W15	WHITTLESEA C	24:07.3

AV Shield Round 2, Yellow Zone, Newport Park Athletics Facility, Williamstown, Saturday 15 October

Former NZ Olympian **Scott Nelson** was the standout at Williamstown with 15:53.85 for the 3000m. U14 walker **Heath Beveridge** also walked excellently for a big PB of 17:02.28. And well done to **Madeleine Feain** who led the 5000m walkers home with 32:46.7.

5000m Walk

1.	Feain, Madeleine	W	KEILOR ST BERNAR	32:46.70
2.	Lewis, Leandar	M	WYNDHAM TRACK AN	38:50.50
3.	Kunig, Krystal	W	KEILOR ST BERNAR	40:03.60
4.	Margiolis, Joanna	W	ATHLETICS ESSENDON	42:40.70

3000m Walk

1.	Nelson, Scott	M	WYNDHAM TRACK AN	15:53.85
2.	Kennedy, Paul	M	KEILOR ST BERNAR	16:22.23
3.	Beveridge, Heath	M	WESTERN ATHLETICS	17:02.28
4.	Erickson, Tim	M	COBURG HARRIERS	17:54.13
5.	Knox, Duncan	M	ATHLETICS ESSENDON	18:54.71
6.	Abfalter, Maria	W	KEILOR ST BERNAR	19:02.13
7.	Anderson, Brian	M	ATHLETICS ESSENDON	19:05.80
8.	Dunstone, Phillip	M	WESTERN ATHLETICS	19:32.25
9.	Kapetanovic, Tania	W	KEILOR ST BERNAR	20:07.78
10.	McGoughan, Tracy	W	KEILOR ST BERNAR	20:27.71
11.	Hodgart, Janice	W	WESTERN ATHLETICS	21:44.02
12.	Cashin, Brenda	W	WESTERN ATHLETICS	24:28.97

PB 0:21

Thanks to Gerard Feain for some great photos.



Scott Nelson (left) and Heath Beveridge (right) in action in Williamstown last Saturday (photos Gerard Feain)

AV Shield Round 2, White Zone, Bill Sewart Athletics Track, East Burwood, Saturday 15 October

Much smaller than normal fields in the White Zone at East Burwood where **Jason Kozica** (26:11.4) and **Sandra Geisler** (27:49.7) were best in the 5000m and **Russ Dickenson** (18:47.6) and **Lee Taylor** (21:18.7) were best in the 3000m.

5000m Walk

1.	Kozica, Jason	M87	ST KEVINS ATHLET	26:11.4
2.	Evans, Simon	M60	BOX HILL ATHLETI	27:18.9
3.	Geisler, Sandra	W77	RINGWOOD ATHLETI	27:49.7
4.	Muldoon, Wendy	W71	ATHLETICS NUNAWA	28:26.4
5.	Knight, Cassandra	W94	BOX HILL ATHLETI	29:14.9
6.	Rosenbrock, Carolyn	W62	ATHLETICS NUNAWA	29:55.5
7.	McCann, Adam	M76	ATHLETICS NUNAWA	39:39.2

3000m Walk

1.	Dickenson, Russ	M45	VICTORIAN MASTER	18:47.6
2.	Taylor, Lee	W01	YARRA RANGES ATH	21:18.7
3.	Molnar, Joanne	W61	ATHLETICS WAVERLEY	23:37.8
4.	Meager, Sharron	W59	BOX HILL ATHLETI	25:30.7

AV Shield Round 2, Ballarat Zone, Llanberris Reserve, Ballarat, Saturday 15 October

Alas, only 1 walker in action in Ballarat according to the results, but well done to **Ellen Dowie** who was just 3 secs outside her PB.

5000m Walk

1.	Dowie, Ellen	W99	EUREKA ATHLETIC	31:21.67
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AV Shield Round 2, Bendigo Zone, La Trobe University Track, Bendigo, Saturday 16 October

Bendigo Walkers Club coach **Paul Rance** dusted off the racing shoes before the WMA champs in Perth with an impressive 28:52.85 in the 5000m while Zahra Hayes took out the 3000m with **15:31.11**.

5000m Walk

1.	Paul Rance	M58	UNATTACHED	28:52.85
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3000m Walk

1.	Zahra Hayes	W15	SOUTH BENDIGO	15:31.11
2.	Amanda Heard	W21	EAGLEHAWK	16:33.78
3.	Peter Curtis	M22	SOUTH BENDIGO	16:42.38
4.	Barbara Bryant	W62	EAGLEHAWK	17:26.32
5.	Madison Hill	W16	SOUTH BENDIGO	18:03.66
6.	John Carter	M66	SOUTH BENDIGO	22:10.87
7.	John Watson	M66	BENDIGO HARRIERS	23:14.51
	Ebony Whiley	W21	EAGLEHAWK	DNF

Alas, no results yet from Cranbourne or Geelong. Check later at <http://athsvic.org.au/events/competitions/avcompetitions/av-shield/>.

AV Shield Round 2, Blue Zone, Casey Fields, Cranbourne East, Saturday 15 October

AV Shield Round 2, Geelong Zone, Landy Field, Geelong, Saturday 15 October

BRWC JARED TALLENT 1.5KM HANDICAP, LAKE WENDOUREE, BALLARAT, SUNDAY 16 OCTOBER

Thanks to Kerrie Peart for the latest news from the Ballarat Race Walking Club in country Victoria. She reports:

It is not every day you get to say you raced against an Olympic Champion. It was certainly the case for our BRWC walkers this weekend, when racing royalty, aka **Jared Tallent**, came to try his luck at winning the race in his honour. However it was young **Jorja Tallent** who began strongly off scratch to show a clean pair of heels to hold off the field, taking 1st place in 10:46. The fast finishing **Scott Peart** and **Kayla Bridges** have continued to improve over the past few races, and both set new PB's when chasing down Jorja, finishing 2nd and 3rd respectively. **Fraser Saunder** and **James Pendred** also set new PB's.

With impeccable speed and style, Jared produced a great display of race walking to the crowd who had gathered to watch the star in action. Alas it was to no avail, as Jared was only able to pass his former mentor **Daryl Biggin** in the last stage of the race. It is to Jared's credit, he takes time out of his busy schedule to return to the BRWC (which he does regularly), sharing his medals with the crowd, and joining in the race and chatting to the kids, as well as attending Ballarat Little Athletics the day before. Jared is truly an inspiration to us all - young and old.

1.5km Jared Tallent Handicap

1.	Jorja Tallent	10:46	First one
2.	Scott Peart	8:51	PB 0.14
3.	Kayla Bridges	9:34	PB 0.02
4.	Fraser Saunder	8:12	PB 0.15
5.	Keelan Perry	10:23	
6.	James Pendred	9:54	PB 1.25
7.	Brodie Tallent	10:41	First one
8.	Mia Darlow	10:23	
9.	Alanna Peart	7:46	
10.	Jared Tallent	6:34	
11.	Daryl Biggin	9:44	



Jared with the BRWC group on Sunday morning and with handicap winner Jorja Tallent (photos Kerrie Peart)

SCHOOL SPORT VICTORIA SECONDARY T&F CHAMPIONSHIPS, ALBERT PARK, MONDAY 17 OCTOBER

The School Sport Victoria Secondary Schools Championships were held yesterday at Lakeside Stadium in Albert Park, with 1500m walks for U15 and U20. Well done to winners **Kyle Swan** (6:09.42), **Alanna Peart** (7:24.2), **Hayden Walmsley** (6:53.96) and **Bec Henderson** (approx 6:48).

Boys U16-20 1500m Walk

1.	Kyle Swan	17	Melbourne HS	6:09.42	PB 0:11
2.	Reese Walmsley	18	Rowville SC	6:36.81	PB 0:08
	Max Houlston	20	Oberon HS		DQ
	Emmett Braiser	18	Viewbank C		DQ
	Christopher McMahon	20	Oberon HS		DQ

Girls U16-20 1500m Walk

1.	Alanna Peart	13	Ballarat HS	7:24.02	
2.	Charlotte Hay	13	Brentwood SC	7:35.18	
3.	Bree Ferguson	16	Grovedale C	8:28.99	
4.	Taylor Lee	16	Glen Waverley SC	8:39.40	
5.	Camille Nightingale	16	Mordialloc C	12:30.18	
	Annie Vasili	17	Melbourne GC		DQ

Boys U12-15 1500m Walk

1.	Hayden Walmsley	15	Rowville SC	6:53.96	Eq PB
2.	Nikola Mandic	13	Fountain Gate SC	7:06.29	
3.	Joseph Rickard	15	Mornington SC	8:24.60	
4.	Angus Hay	13	Brentwood SC	8:32.43	PB 0:12
5.	Brenton O'Brien	15	Wanganui Park SC	8:39.19	

6.	Ethan Wright	15	Viewbank C	8:42.05
7.	Brady Ferguson	13	Grovedale C	9:45.18
	Tyler Davis	14	Ballarat HS	DQ
	Peter Panopoulos	13	Northcote HS	DQ

Girls U12-15 1500m Walk

1.	Bec Henderson	15	Berwick SC	6:48 (approx)
2.	Zahra Hayes	15	Rochester SC	7:09.37
3.	Chloe Karagiorgos	15	Wantirna C	7:18.17 PB 0:02
4.	Jasmin Hass	14	Ringwood SC	7:50.71 PB 0:19
5.	Carissa Brook	13	Catholic Coll Bendigo	8:00.34
6.	Jasmine Colbert	13	Berwick SC	8:13.36
7.	Anika Jones	14	Ballarat HS	8:30.27
8.	Charlotte Holmes	13	St Helena SC	8:36.64
9.	Amaliya Taylor	13	Bellarine SC	8:50.01
10.	Prue Crook	14	Buckley Park C	9:44.95
	Grace Young	13	Northcote HS	DQ



Rebecca Henderson, Kyle Swan, Reese and Hayden Walmsley, Chloe Karagiorgos and Zahra Hayes (photo Cathy Henderson)

BENDIGO WALKERS CLUB REPORT

Thanks to Paul Rance for the results and race reports for the last couple of walks in Bendigo, country Victoria.

Bendigo Walkers Club Road Walks, Lake Neangar, Bendigo, Wednesday 5 October

On Wednesday 5th October, the Bendigo Walkers Club's 2016 competition re-commenced after a short recess following the Winter Season, with 0.8km and 4km sealed handicap events being held. In the 0.8km event **Oscar Fox** scored a strong victory with his younger sister **Amber Fox** 2nd and **Caitlyn Tozer** 3rd, all 3 place getters producing personal best efforts.

The 4km race saw **Jennie Payne** produce a personal best to secure a narrow victory over **Annette Curtis**, also with a PB, with **Bill Lotherington** in 3rd place.

4km Handicap Walk

1.	Jennie Payne	24.49
2.	Annette Curtis	27.50
3.	Bill Lotherington	28.31
4.	Barb Bryant	23.15
5.	Paul Rance	22.18
6.	Norm West	33.26
7.	Zahra Hayes	21.19
8.	Geoff Major	35.21

0.8km Handicap Walk

1.	Oscar Fox	4.45
2.	Amber Fox	5.36
3.	Caitlyn Tozer	5.41
4.	Peter Curtis	3.45
5.	Sheridan Commons	5.10
6.	Ebony Whiley	4.02
7.	John Carter	5.52

Bendigo Walkers Club Track Walks, La Trobe University Track, Bendigo, Wednesday 12 October

1200m and 2400m handicap events were held last Wednesday 12th October. In the 1200m, current U9 State Little Athletics champion **Jasmine Murphy** raced to a strong victory, with **Amber Fox** in 2nd place with a PB and Jasmine's older sister **Charlotte Murphy** taking 3rd place and fastest time, while **Oscar Fox** and **Caitlyn Tozer** also produced personal bests to finish close up.

The 2400m saw the same two athletes from the previous week taking a 1 – 2 finish, with **Jennie Payne** showing excellent form leading into the World Masters Championships to win for the 2nd week in succession and **Annette Curtis** once again close up in 2nd place, both athletes producing PBs. **Peter Curtis** took 3rd place just in front of **Carissa Brook**, with Carissa also walking to a PB while **Zahra Hayes** took fastest time honours.

2400m Handicap Walk

1.	Jennie Payne	14.12
2.	Annette Curtis	14.46
3.	Peter Curtis	12.47
4.	Carissa Brook	13.18
5.	Barb Bryant	13.26
6.	Norm West	19.20
7.	Zahra Hayes	12.22
8.	Madison Hill	14.29
9.	John Carter	18.17
10.	Annette Major	16.19
11.	Geoff Major	21.52

1200m Handicap Walk

1.	Jasmine Murphy	7.27
2.	Amber Fox	8.13
3.	Charlotte Murphy	7.06
4.	Oscar Fox	7.09
5.	Sheridan Commons	8.04
6.	Caitlyn Tozer	8.44

SAMA TRACK WALKS SA ATHLETICS STADIUM, MILE END, ADELAIDE, WEDNESDAY 12 OCTOBER 2016

And now to other races from around Australia. Thanks to Colin Hainsworth for this week's results from the South Australian Masters in Adelaide - cool and calm conditions. Biggest effort of the night probably came from **Kim Mottrom** – 1000m walk in 4:03, 800m run in 2:34, 5000m run in 19:26 and finally a 3000m walk in 13:27. Not too shabby at all!

1000m Walk

1.	Marie Maxted	06:02	W56	72.04%
2.	Kerry Goode	06:40	W41	57.59%
3.	Cherie Rothery	06:32	W46	61.17%
4.	Peter Fullager	06:37	M73	73.38%
5.	David Robertson	08:42	M83	64.39%
6.	Graham Harrison	07:43	M73	62.92%
7.	Kim Mottrom	04:41	M32	71.81%
8.	Rhiannon Lovegrove	05:22		
9.	Harry Hayford	08:14	M64	53.07%

3000m Walk

1.	Marie Maxted	17:35	W56	78.42%
2.	Gil McIntosh	19:31	M66	71.97%
3.	Kim Mottrom	13:28	M32	78.76%
4.	Richard Moyle	22:52	M60	57.67%
5.	Dave Fallon	24:31	M64	56.05%
6.	Graham Harrison	21:38	M73	70.65%
7.	Rhiannon Lovegrove	15:54		
8.	Colin Hainsworth	24:53	M86	74.84%
9.	David Robertson	25:09	M83	70.35%
10.	Bill Starr	23:15	M74	66.61%

ACT WALKERS CLUB TRACK WALKS, AIS TRACK, BRUCE, THURSDAY 13 OCTOBER

Thanks to Robin Whyte for this week's results from the ACT Racewalking Club in Canberra. Good to see Rio Olympian **Brendon Reading** back in action with a fast 8:11 for the 2000m.

2000m Walk

1.	Brendon Reading	8:11
2.	Connor Frew	8:51
3.	Callum Burns	9:19
4.	Gabby Hunt	9:51
5.	Mitchell Baker	9:54
6.	Spencer Burns	10:24
7.	Laura Burns	10:24

1200m walk

1.	Sidney Shaw	06:48
2.	Harry Baker	08:21
3.	Wendy Kupkee	08:56

8.	Ann Staunton-Jugovic	10:35
9.	Hannah Manning	10:49
10.	Peter Baker	10:57
11.	Kate Black	11:48
12.	Robin Whyte	12:19
13.	Bryan Thomas	13:38
14.	Ruth Baussmann	14:23
15.	Ella Baker	14:26
16.	Rod Gilchrist	14:27
17.	Jennifer Gilchrist	14:51
18.	Sheryl Greathead	16:03
19.	Margaret McSpadden	16:44
20.	Val Chesterton	16:45
21.	Robert Kennelly	17:36
22.	Jo Klemke	19:15
23.	Gina Etienne	19:15

NSW ALL SCHOOLS CHAMPIONSHIPS, SOPAC, SYDNEY, 13-16 OCTOBER
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I counted 59 names in the results for last weekend's NSW All Schools Championships in Sydney. The U14, U15 and U16 3000m walks were first up on Friday evening, with fastest overall going to ACT's **Mitchell Baker** (U16 14:04.50) and **Alannah Pitcher** (U14 14:44.00).

Girls 3000m Walk 15 Years, Friday 14 October

1.	Bolton, Hannah	13	Narara Valley High	15:49.35
2.	McMillen, Abbey	15	Killarney He	16:26.85
3.	Lee, Janaya	15	Arndell Angl	16:33.76
4.	Pengilley, Teegan	15	Mt Saint Joseph	16:44.84
5.	Parker, Hannah	14	Monte Saint Angelo	17:09.96
6.	Jennings, Rose	15	South Sydney High	17:15.40
7.	Lee, Davina	15	Hawkesbury High	19:30.89
	Brennan, Elise	14	Internationa	DNF

Boys 3000m Walk 15 Years, Friday 14 October

1.	Baker, Mitchell	15	Australian C	14:04.50
2.	Tebbutt, Oscar	15	Henry Kendall High	14:47.78
3.	Dwyer-Hall, Blake	15	Doonside Tec	15:43.56
4.	McGinniskin, Jack	14	West Wallsend High	16:27.71
5.	Mavin, Harrison	15	Northern Bea	16:58.75

Girls 3000m Walk 14 Years, Friday 14 October

1.	Mills, Haley	13	Ple Sydney Croydon	16:24.01
2.	Robertson, Brittany	14	St Patricks	16:39.25
3.	Hardy, Renee	13	Windsor High School	17:08.09
4.	Johnston, Lily	14	Turramurra High	18:09.44
5.	McManus-Barrett, Caitlin	14	Sydney Girls	18:29.55
6.	Rigney, Paige	14	St Peters Tuggerah	19:01.52
7.	Blake, Tanisha	14	Gorokan High	21:21.21
	Vesper, Danielle	13	Berkley Vale High	DNF

Boys 3000m Walk 14 Years, Friday 14 October

1.	Blaskett, Hayden	14	Killarney He	15:44.73
2.	Smit, James	14	Pacific Hill	19:51.33

Girls 3000m Walk 13 Years, Friday 14 October

1.	Pitcher, Allanah	13	Terrigal High	14:44.99
2.	Blanch, Emma	13	Caringbah High	15:49.21
3.	Dagher, Sophia	13	Westfields S	16:51.95
4.	Hill, Gabriella	13	Home Schooling	17:08.22
5.	Stanley, Casey	12	Peakhurst High	17:26.03
6.	Thomson, Olivia	12	Mercy Cathol	17:49.15
7.	Martin, Brooke	13	St Agnes Hig	18:09.33
8.	Adra, Amani	12	East Hills G	19:21.39
9.	Scholle, Saskia	13	German Inter	19:58.88
10.	Lee, Dana	13	Hawkesbury High	19:59.06

11.	Lee, Paige	12	Hawkesbury High	20:59.08
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Boys 3000m Walk 13 Years, Friday 14 October

1.	Kemp, Joel	13	Berkley Vale High	15:05.13
2.	Leerberg, Martin	13	Killara High School	15:29.79
3.	Carrothers, Dion	13	Mater Maria	16:42.20
4.	Walter, James	13	Barker College	17:42.49
5.	Davis, George	13	Epping Boys High	18:33.92
6.	Beasley, Jarrod	13	Westfields S	18:48.71
7.	Tebbutt, Archie	12	Henry Kendall High	18:57.74
8.	Murphy, Sam	13	Newington College	19:18.16

The U20, U18 and U17 5000m walks were contested on Saturday, with ACT's **Connor Frew** (23:14.05) and **Chelsea Goodhew** (26:12.29) fastest overall.

Girls 5000m Walk 19 Years, Saturday 15 October

1.	Grujoski, Ally	17	Olsh Kensington	32:39.90
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Boys 5000m Walk 19 Years, Saturday 15 October

1.	Chung, Thomas	18	Trinity Grammar	41:26.72
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Girls 5000m Walk 17 Years, Saturday 15 October

1.	Goodhew, Chelsea	17	St Pauls Booragul	26:12.29
2.	McDonald, Jasmyn	17	Carlingford High	26:15.98
3.	Francis, Lucy	17	Pymble Ladie	27:10.86

Boys 5000m Walk 17 Years, Saturday 15 October

1.	Bedford, Kyle	16	Emmaus Catho	24:50.81
2.	Thomson, Ryan	16	Emmaus Catho	24:57.87
3.	Barendregt, Travis	16	St. Clare Ha	26:54.47
4.	McGinniskin, Cory	17	West Wallsend High	32:12.67

Girls 5000m Walk 16 Years, Saturday 15 October

1.	O'Neill, Molly	16	Lambton High	27:25.10
2.	Henry, Amy	16	Penshurst Gi	31:58.72
3.	Blake, Tanisha	14	Gorokan High	37:24.87

Boys 5000m Walk 16 Years, Saturday 15 October

1.	Frew, Connor	16	Australian C	23:14.05
2.	Richardson, Dylan	16	Kincumber High	23:56.30
3.	Fraser, Timothy	16	Australian C	24:23.45
4.	Burns, Callum	16	Australian C	24:53.08
	Nagle, Dylan	16	Pendle Hill High	DQ

ATHLETICS ACT SUMMER SERIES NO 2, AIS ATHLETICS TRACK, BRUCE, FRIDAY 14 OCTOBER 2016

With a number of the ACT walkers in Sydney last weekend for the NSW All Schools Champs, only 2 walkers in action on Friday evening in Canberra. Well done to **Matthew Griggs** on a big 3000m PB with 14:12.32.

3000m Walk

1.	Matthew Griggs	Weston Creek	14:12.32	PB 0:21
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1500m Walk

1.	Ellen Vahey	NCG	9:02.42
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WA STATE ALL SCHOOLS CHAMPIONSHIPS, WA ATHLETICS STADIUM, PERTH, 14-16 OCTOBER

The Western Australian All Schools Championships were also contested last weekend, with U14, U16 and U18 divisions on offer. Best efforts to **Declan Tingay** (5000m 24:20.61) and **Ben Reid** (U16 3000m 14:52.23 and U18 5000m 25:58.27).

Girls 3000m Walk U14

1.	Ireland, Hannah	03	ROCKINGHAM	17:12.80
2.	Ralston, Kate	04	ATHLETICS WA	17:57.73
3.	Morales, Richelle	03	ATHLETICS WA	19:14.02
4.	D'Alton, Kayla	03	RIDGEWOOD	24:44.06

Boys 3000m Walk U14

1.	Davies, Owen	03	UNIVERSITY OF WA	26:53.11
	Gallagher, Lachlan	04	RIDGEWOOD	DQ

Girls 3000m Walk U16

1.	Gallagher, Caitlin	02	RIDGEWOOD	19:47.65
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Boys 3000m Walk U16

1.	Reid, Benjamin	01	ATHLETICS WA	14:52.23
2.	Anderton, Cooper	02	BUNBURY	15:24.70
3.	Millard, Thomas	01	ROCKINGHAM	16:56.16

Girls 5000m Walk U18

1.	Jackson, Hayley	99	ATHLETICS WA	28:58.66
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Boys 5000m Walk U18

1.	Tingay, Declan	99	ATHLETICS WA	24:20.61
2.	Reid, Benjamin	01	ATHLETICS WA	25:58.27
3.	Mann, Bradley	99	RIDGEWOOD	28:59.85
4.	Millard, Thomas	01	ROCKINGHAM	30:40.61

ATHLETICS SA CLUB DAY, SA ATHLETICS STADIUM, MILE END, ADELAIDE, SATURDAY 15 OCTOBER

South Australian walkers started their Athletics SA season on Saturday with a Club Day at the Mile End stadium, wins going to **Tristan Camilleri** (14:53.52) and **Toby Wilks** (7:19.70).

3000m Walk

1.	Tristan Camilleri	M	COASTAL DISTRICTS	14:53.52
2.	Alix Harlington	M	NORTHERN DISTRICTS	15:15.88
3.	Jayden Goode	M	NORTHERN DISTRICTS	15:17.18
4.	Samantha Findlay	F	SOUTHERN	15:55.91
5.	Rhiannon Lovegrove	F	PORT ADELAIDE	16:00.75
6.	Bethany Cross	F	PEMBROKE	16:18.25
7.	Anna Cross	F	PEMBROKE	16:27.13
8.	Jake Vidler	M	SOUTHERN	17:10.30
9.	Mathew Bruniges	M	SOUTHERN	18:07.99
10.	Mia Wilks	F	UNA	19:38.47
11.	Talisha Skein	F	TEA TREE GULLY	20:55.52
12.	Eloise Sulicich	F	WESTERN DISTRICT	21:47.38

1500m Walk

1.	Toby Wilks	M	UNA	7:19.70
2.	Kiera Ross	F	ATHLETICS SA	8:44.57
3.	Hayley Goode	F	NORTHERN DISTRICTS	9:06.36
4.	Olivia Phillips	F	UNA	10:06.72
5.	aleesah vidler	F	SOUTHERN	10:19.83

QMA TRACK WALKS, QSAC, BRISBANE, SATURDAY 15 OCTOBER

Only a small walks field in the weekly Queensland Masters T&F meet in Brisbane last Saturday.

5000m Walk

1.	Peter Bennett	M60	Brisbane	25:15.33	88.82%
2.	Patrick Sela	M77	GC & Sthrn	37:10.44	71.92%
3.	Noela McKinven	W74	Brisbane	41:51.29	67.33%
	Russell Grigg	M89	Brisbane	DNF	
	Dean Nipperess	M45	GC & Sthrn	DNF	

SOUTH COAST 10-19 YRS T&F TRIALS, GOLD COAST CITY ATHLETIC TRACK, PARKWOOD, 6-7 SEPT 2016

When I reported on **Katie Hayward's** wonderful 5000m time of 22:23.87 in last week's newsletter, it was picked up by marciadalmondo who reported that it was in fact a time that put's 15 year old Katie at the number one spot in the World U18 ranking list (see <http://omarchador.blogspot.com.au/2016/10/katie-hayward-jovem-australiana-em.html>). But I have since found out that Katie did even faster the month before in the South Coast T&F Trials on the weekend of 6-7 September with a time of **22:18.74**. Wow!

Girls 13-15 3000m Walk

1.	Schofield, Amelia	13	SC 2150	15:06.57
2.	Hannigan, Caitlin	14	SC 5367	15:07.97
3.	Schofield, Isabella	14	SC 2150	18:24.59
4.	Wales, Amelia	14	SC 1745	DNF

Girls 16-17 5000m Walk

1.	Hayward, Katie	16	SC 5771	22:18.74
2.	Mulcaster, Bridie	16	SC 5378	30:27.11
3.	Hammans, Tiffany	17	SC 1759	31:52.92

3RD RÓBERT MÁRCZ INTERNATIONAL RACEWALK MEET, PÉCS, HUNGARY, SUNDAY 16 OCTOBER

Emmanuel Tardi was ain the Hungarian city of Pecs, 200km in the south of Budapest, for the 3rd staging of the Róbert Márcz International Racewalk Meet. It was well supported by the locals with three Hungarian olympian walkers were on the start line, including the organizer Miklos Srp. The lap was 1km long, a little longer than last year, when everybody walked in a shorter race, and the start of main event were at 11:00 in a rainy conditions.

In the men's race, **Tomasz Bagdany** led for the first half of the race before Olympian **Bence Venyercsan** caught him and went on to win in a time of 42:56. In the women's race, **Anett Torma** led for the first half before Olympian **Rita Recsei** broke away, going on to win with 48:50.

10km Women

1.	Bence VENYERCSAN	HUN	96	42:56
2.	Tomasz BAGDANY	HUN	95	43:35
3.	Balint SAROSI	HUN	00	43:56
4.	Miklos SRP	HUN	93	44:51
5.	Donat BURGER	HUN	97	46:50
6.	Bruno ROZMAN	SRB	01	49:07
7.	Laszlo VENYERCSAN	HUN	71	52:06
8.	István CSABA	HUN	59	61:20

10km Men

1.	Rita RECSEI	HUN	96	48:50
2.	Anett TORMA	HUN	84	49:33
3.	Eszter SZARKA	HUN	85	52:34

5km Men

1.	Daniel HORVATH	HUN	00	25:25
2.	Jurica STANKO	SRB	99	26:25
3.	Benjamin SOLTESZ	HUN	00	33:26
4.	Emmanuel TARDI	FRA	67	36:27

5km Women

1.	Daphne DIMANOPULOSZ	HUN	99	25:49
2.	Anna Mária HORNYAK	HUN	00	26:18
3.	Eli PEVEC	SRB	01	26:25
4.	Kata Tunde TATAI	HUN	99	28:29
5.	Bianka BALOGH	HUN	99	30:07
6.	Dora ELEK	HUN	98	30:52

3km Men

1.	Norbert TÓTH	HUN	01	13:37
2.	Máté VARGA	HUN	02	15:02
3.	Kresimimir HARTL	SRB	02	15:41
4.	Levente GONDA	HUN	03	16:09
5.	Leon BANK	HUN	03	16:35
6.	Bálint SZENTMARJAI	HUN	03	17:34

7.	Laszlo Adam PASZTOHY	HUN	03	20:17
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3km Women

1.	Kata SZÉKELY	HUN	02	16:26
2.	Tiziana SPILLER	HUN	03	16:44
3.	Katalin TÓTH	HUN	02	16:51
4.	Dóra CSÓRGO	HUN	01	17:15
5.	Klara KRENEK	SRB	01	17:22
6.	Bernadett REPASI	HUN	02	17:28
7.	Elizabet KOCSI	HUN	02	17:28
8.	Dorottya TAMÁS	HUN	03	17:52
9.	Demetria BENKE	HUN	02	18:17
10.	Viktória DOMBI	HUN	02	18:39
11.	Orsolya EGYED	HUN	02	18:54
12.	Boglarka MOLNAR	HUN	03	19:10
13.	Anna JEZSOVICZKI	HUN	02	19:18



Bence Venyercsan, Annet Torma and Rita Recsei (photos Emmanuel Tardi)

More of Emmanuel's photos at https://www.facebook.com/emmanuel.tardi/media_set?set=a.10209429466007730.1073741909.1657411914&type=3.

ITALIAN U18 ROADWALK CHAMPIONSHIPS, GROTTAMMARE, ITALY, SUNDAY 16 OCTOBER

The last leg of the Italian Clubs Championship of Road Walk, along with the 10km U18 Italian Roadwalk Championships, were held in Grottammare on Sunday. The U18 titles went to **Davide Marchesi** (45:20) and **Anthea Mirabello** (52:14). The Open 20km races went to **Gianluca Picchiottino** (1:29:17) and **Nicole Colombi** (1:38:32) while the U20 20km races went to **Attilio Trapasso** (1:34:30) and **Diana Cacciotti** (1:39:49). Well reported in http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2584.

Full results at <http://www.marciadalmondo.com/admin/pdf/risultati/16102016158Grottammare2016.pdf>. Huge numbers overall – racewalking is indeed healthy in Italy! This report is restricted to the first 10 in each division.

20km Open Men

1.	PICCHIOTTINO Gianluca	1996	ATL LIBERTAS RUNNERS LIVORNO	1h29:17
2.	RENO' Giovanni	1991	C.U.S. PARMA	1h30:57
3.	FORTUNATO Francesco	1994	ASD ENTERPRISE SPORT & SERVICE	1h37:46
4.	ZAUPA Alberto	1995	ATLETICA SCHIO	1h37:50
5.	VERDE Vincenzo	1982	ASD ENTERPRISE SPORT & SERVICE	1h38:02
6.	MONTOLEONE Luca	1990	A.S.D. FRANCESCO FRANZIA	1h38:29
7.	PATIERNO Anthony	1995	ASD SPECTEC DUFERCO CARISPEZIA	1h41:50
8.	CAPOGROSSI Luca	1996	G.S. AMLETO MONTI	1h44:02
9.	QUACQUARELLI Giuseppe	1993	AMATORI ATL. ACQUAVIVA	1h45:32
10.	ROMANELLI Andrea	1986	TOSCANA ATLETICA FUTURA	1h47:11

20km Open Women

1.	COLOMBI Nicole	1995	ATL. BRESCIA 1950	1h38:32
2.	CACCIOTTI Diana	1995	A.S.D. ACSI ITALIA ATLETICA	1h39:49
3.	SANSONI Adelaide	1982	U.S. QUERCIA TRENTINGRANA	1h42:33
4.	CANI Lisa	1996	A.S. LA FRATELLANZA 1874	1h47:41
5.	GRAFEO Sascia	1992	ATL. LIBERTAS ARCS CUS PERUGIA	1h47:52
6.	MORETTI Gladys	1991	ATL. BERGAMO 1959 CREBERG	1h49:27
7.	STACH Marta	1995	ATL. BRESCIA 1950	1h49:59
8.	IMBESI Giulia	1996	GA ARISTIDE COIN VENEZIA 1949	1h53:02
9.	SBERNARDORI Elena	1991	ATL. BRESCIA 1950	1h54:20
10.	CARACCIA Roberta	1990	ATL. BRESCIA 1950	2h02:24

20km U20 Men

1.	TRAPASSO Attilio	1998	C.S. GIOVANILE CZ LIDO	1h34:30
2.	CICALO' Stefano	1998	ATL VALERIA	1h35:00
3.	PANTERA Giuseppe	1998	FIAMME GIALLE G. SIMONI	1h36:10
4.	MOROTTI Marco	1997	ATL. RICCARDI MILANO 1946	1h37:03
5.	COZZA Cesare	1997	A.S. LA FRATELLANZA 1874	1h40:52
6.	VITANGELI Giacomo	1998	ATLETICA FIRENZE MARATHON S.S.	1h41:54
7.	COPPINI Niccolo'	1997	ATLETICA FIRENZE MARATHON S.S.	1h43:39
8.	GRILLO Ettore	1997	ATLETICA FIRENZE MARATHON S.S.	1h44:10
9.	MICHELETTI Juriy	1998	ATL. BERGAMO 1959 CREBERG	1h44:16
10.	MINTO Michele	1998	G.S.SELF ATL. MONTANARI GRUZZA	1h49:27

20km U20 Women

1.	CIABINI Giada Francesca	1997	TOSCANA ATL.EMPOLI NISSAN	1h42:51
2.	BARCELLA Lidia	1997	BRACCO ATLETICA	1h45:44
3.	RUSSO Annalisa	1998	A.S.D. ASTRO 2000 BN-AGROPOLI	1h48:16
4.	FORESTI Beatrice	1998	ATL. BERGAMO 1959 CREBERG	1h53:49
5.	ANDREOSE Beatrice	1998	G.S. FIAMME ORO PADOVA	1h59:26
6.	ROTA Alice	1998	ATL. BERGAMO 1959 CREBERG	1h59:31
7.	BUCCI Fabiana	1998	A.S.D.AMAT.ATLETICA SERAFINI	2h01:23
8.	ORLANDI Virginia	1998	ATL. BRESCIA 1950	2h03:49
9.	MARCHESI Cristiana	1997	ATL. BERGAMO 1959 CREBERG	2h03:54
10.	PARMA Andrea Noemi	1998	ATL. BERGAMO 1959 CREBERG	2h11:48

10km U18 Men – Italian Championship

1.	MARCHESI Davide	1999	ATL. RICCARDI MILANO 1946	45:20
2.	ALBERGA Alfonso	1999	AMATORI ATL. ACQUAVIVA	45:26
3.	FANELLI Nicolas	1999	ATL. AMATORI CISTERNINO	45:47
4.	CHIRIVI' Diego	1999	C.U.S. TORINO	46:02
5.	ORSONI Riccardo	2000	C.U.S. PARMA	46:27
6.	GIULIANI Giorgio	2000	C.U.S. TORINO	47:42
7.	MAGISTRI Luca	1999	FIAMME GIALLE G. SIMONI	48:21

8.	CECERE Francesco	2000	ATL. AMATORI CISTERNINO	48:27
9.	ROMANZI Emanuele	1999	FIAMME GIALLE G. SIMONI	49:27
10.	DISARO' Michele	1999	G.S. FIAMME ORO PADOVA	49:31

U18 10km Women – Italian Championship

1.	MIRABELLO Anthea	1999	FIAMME GIALLE G. SIMONI	52:14
2.	MIRABELLO Angelica	1999	FIAMME GIALLE G. SIMONI	52:25
3.	MASTRONICOLA Alessia	2000	ALTERATLETICA LOCOROTONDO	53:00
4.	LENTINI Alessandra	2000	A.S.D. ATLETICA DON MILANI	53:27
5.	CUNI Chiara	1999	ATL. BRESCIA 1950	53:33
6.	PINI Francesca Azzurra	1999	ASSI GIGLIO ROSSO FIRENZE	54:45
7.	DISABATO Valeria	1999	ASSI GIGLIO ROSSO FIRENZE	54:48
8.	GIORDANI Vittoria	2000	U.S. QUERCIA TRENTINGRANA	55:18
9.	BOSIO Samanta	2000	ASD INTERFLUMINA E' PIU' POMI'	55:19
10.	VERTERAMO Chiara	1999	C.U.S. TORINO	55:21

5km U16 Boys

1.	GRECO Carmine	2001	A.S.D. ATLETICA DON MILANI	25:13
2.	CAPODIFOGGIO Jacopo	2002	POLISPORTIVA TETHYS CHIETI	25:44
3.	LOCONSOLE Lorenzo	2002	FIAMMA OLIMPIA PALO	25:48
4.	CIARFAGLIA Rocco Luigi	2002	ECOSPORT SB. 2000 MONTE ASC	25:49
5.	CONCETTI Alberto	2001	ATL. SANGIORGESE R.ROCCHETTI	26:01
6.	DISARO Enrico	2002	G.S. FIAMME ORO PADOVA	26:15
7.	ROMANZI Francesco	2002	FIAMME GIALLE G. SIMONI	26:18
8.	RICCI Edoardo	2002	FIAMME GIALLE G. SIMONI	27:06
9.	FANTOZZI Francesco	2002	FIAMME GIALLE G. SIMONI	27:27
10.	CATENA Samuele	2001	FIAMME GIALLE G. SIMONI	27:41

4km U16 Girls

1.	DI FABIO Angela	2002	POLISPORTIVA TETHYS CHIETI	20:48
2.	BENEVIERI Angelica	2002	FIAMME GIALLE G. SIMONI	21:05
3.	PICCINI Chiara	2001	ATL.GROSSETO BANCA D .MAREMMA	21:06
4.	TAGLIENTE Cristina	2001	A.S.D. ATLETICA DON MILANI	21:09
5.	PERINI Ginevra	2001	ATL.GROSSETO BANCA D .MAREMMA	21:20
6.	MIGLIARDI Ilaria	2002	FIAMME GIALLE G. SIMONI	21:36
7.	DI GRAZIA Roberta	2002	ETNATLETICA SAN PIETRO CLARENZ	21:59
8.	BERTINI Simona	2001	A.S.D. FRANCESCO FRANZIA	22:10
9.	VINCI Veronica	2002	A.S.D. ATLETICA DON MILANI	22:20
10.	MATTA Sofia	2002	FIAMME GIALLE G. SIMONI	22:33

UKRAINIAN U23/U20/U18 ROAD CHAMPIONSHIPS, IVANO-FRANKIVSK, UKRAINE, 15-15 OCTOBER

Last weekend saw a big two days of racing in Ivano-Frankivsk in the Ukraine, with Saturday featuring U23 20km, U20 10km and U18 10km/5km championships and Sunday featuring U23 50km championships for men and women. Although the full results can be found at <http://www.marciadalmondo.com/admin/pdf/risultati/16102016732Ivano2016.pdf>, it's all Ukrainian to me. Luckily, marciadalmondo reported on the meet (see http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2583) so we do have English names for the main walkers and I have reproduced them below.

20km Men U23

1.	Serhiy Svitlychnyy	UKR	1994	1:27:38
2.	Dmitry Lukyanchuk	UKR	1997	1:30:56
3.	Oleg Padus	UKR	1995	1:50:32

20km Women U23

1.	Olena Mizernyuk	UKR	1995	1:34:59
2.	Marina Filyuk	UKR	1995	1:38:56
3.	Rusalina Povoroznyuk	UKR	1995	1:39:47

10km Men U20

1.	Victor Shutyak	UKR	1998	42:57
2.	Edward Zabuzhko	UKR	1998	43:06
3.	Oleg Svystun	UKR	1997	44:24

10km Women U20

1.	Povoroznyuk Kristina	UKR	1997	50:47
2.	Darya Khusainova	UKR	1998	52:22

3.	Irina Chernukha	UKR	1998	53:14
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10km Men U18

1.	Mykyta Kolyada	UKR	2000	44:00
2.	Viktor Kononenko	UKR	1999	46:18
3.	Synyuk Andriy	UKR	1999	47:45

5km Women U18

1.	Jana Farina	UKR	1999	26:00
2.	Yuliya Kotyk	UKR	2000	26:21
3.	Yevheniya Sychok	UKR	2000	26:30

50km Men U23 and U20

1.	Andriy Hrechkovskyy	UKR	1993	3:53:04
2.	Maryan Zakalnytskyy	UKR	1994	3:56:30
3.	Valeriy Litanyuk	UKR	1994	3:58:33

50km Women U23 e U20

1.	Kseniya Radko	UKR	1994	4:39:09
2.	Vasylina Vitovschyk	UKR	1990	4:44:35

SOUTH AFRICAN 50KM CHAMPIONSHIP MEET, YOUNGSFIELD MILITARY BASE, CAPE TOWN, SAT 8 OCT

The South African Men's 50km and Women's 30km national championships were held at the Youngsfield Military Base in Cape Town last Saturday alongside the Interprovincial Racewalking Championships.

With Marc Mundell not yet racing after his efforts in Rio, the 50km title went to 28 year old **Mtunzi Mnisi** with a 4 min PB time of 4:33:56 (he walked 4:38:01 in this event last year). In the women's 30km, **Yvonne Irmischer** was best with the time of 3:21:05, winning by only 4 secs from **Babongile Memela** with 3:21:09. The 20km walk winners were SA champion and Olympic rep **Lebogang Shange** (a very easy 1:30:58 for him!) and **Natalie Le Roux** (1:51:11). Lots of walkers overall.

Lots of veterans racing in the 5km and 10km age groups – check them out for yourself in the results link below.

Excellently reported at <http://omarchador.blogspot.com.au/2016/10/campeonatos-da-afrika-do-sul-de-50-km.html>.

Photos at <http://imagesa.photoshelter.com/index/G0000gAdxlaQ1rWl/I0000wegxVwwOeFY>.

Results: <http://www.athletics.org.za/Documents/Results/ASA50kmInterprovincialRaceWalkingChampionships2016-FinalResul.pdf>.

50km Open Men (National Championship)

1.	Mnisi Mtunzi	28	AGN	4:33:56
2.	Khanyile Nhlanhla	45	KZNA	4:48:15
3.	Qhanqiso Thembile	49	KZNA	4:49:24
4.	Manamela Jeuffry	27	CGA	5:13:33
	Hlongwa Wiseman	29	KZNA	DNF
	Sim Edmund	33	Singapore	DNF

30km Open Women (National Championship)

1.	Irmischer Yvonne	54	KZNA	3:21:05
2.	Memela Babongile	36	KZNA	3:21:09
3.	Everitt Cheryl	49	CGA	3:27:49

20km Open Men

1.	Shange Lebogang	26	CGA	1:30:58
2.	Chauque Mthembi	Sen	AFS	1:31:55
3.	Ndebele Sizwe	22	AGN	1:32:06
4.	Mavandla Mzwakhe	22	CGA	1:35:07
5.	Khwela Louis	23	CGA	1:44:27
6.	Plaatjies Siyanda	26	WPA	2:01:09
7.	Van Rooyen Johannes	Sen	ASWD	2:03:20

20km Open Women

1.	Le Roux Natalie	34	KZNA-I	1:51:11
2.	De Winnaar Udelle	20	CGA	2:05:18
3.	Mokhele Nthatisi	23	CGA	2:08:11
4.	Mazibuko Buyisiwe	20	CGA	2:08:44
5.	Klink Chanice	20	AGN	2:12:15

10km U20 Men

1.	Phule Thumisang	19	AGN	46:08
2.	Hlongwane Xolani Vusi	18	CGA	48:59
3.	Polile Kamahelo	18	CGA	49:51
4.	Benzane Jabulani	18	CGA	53:41
5.	Carelse Bradley	18	ASWD	54:27

10km U20 Women

1.	Koen Annetta	17	ACNW	57:25
2.	Msheba Palesa	16	AGN	62:19
3.	Matseba Whitney	19	AGN	76:35

10km U18 Boys (first 5)

1.	Francois Jacobs	16	BOL	48:21
2.	Hanru Colling	17	BOL	48:29
3.	Van Wyk Elwich	17	ASWD	48:41
4.	Molete Tumelo	17	CGA	54:39
5.	Farmer Antonio	15	ASWD	57:52

5km U18 Girls

1.	Noeline Rossouw	17	BOL	27:41
2.	Hilda Du Toit	16	BOL	27:45
3.	Lesejane Idah Koketso	16	CGA	33:34

5km U16 Boys (first 5)

1.	Ngake Kgosi	15	CGA	25:19
2.	Eckley Gerhard	15	WPA	26:10
3.	Ncacu Akhona	15	WPA	26:22
4.	Nhlapo Vincent	15	AGN	26:22
5.	Van Aarde Gert	14	ACNW	27:23

5km U16 Girls (first 5)

1.	Van Rensburg Nolene	15	ASWD	26:25
2.	Geldenhuis Moné	15	ASWD	27:33
3.	Msheba Dimakatso	15	AGN	30:19
4.	Eksteen Moesha	14	BOL	31:12
5.	Coetzee Yunisha	14	BOL	32:08

3km U14 Boys (first 5)

1.	Aweries Durando	13	ASWD	15:25
2.	Colling Juan	13	BOL	15:27
3.	Walters Tiaano	13	BOL	15:47
4.	Nyivana Ondela Alex	13	CGA	15:47
5.	Pieterse Charlton	13	WPA	16:53

3km U14 Girls (first 5)

1.	Webb Shane	12	ASWD	17:03
2.	Khola Keitumetse	13	CGA	17:24
3.	Toerien Nikita	12	WPA	17:27
4.	Booyesen Eleanor	12	ASWD	18:59
5.	Gertze Alvida	12	WPA	19:25

MEMORIAL "PYOTR POCHYNCHUK", GRODNO, BELARUS, SATURDAY 8 OCTOBER

Back a week to the border town of Grodno, Belarus, where local walkers competed alongside walkers from neighboring Lithuania and Poland in a meet commemorating the great Olympic medalist race walker Pyotr Pochynchuk (silver in 1980 Olympic 20km) who tragically died 1991, aged only 37. My report is taken from <http://omarchador.blogspot.com.au/2016/10/memorial-pyotr-pochynchuk-em-grodno.html>.

The races took place in the main square of the city under mild temperatures and sunny skies. The men's 20km was won by Belarussian Olympian **Aleksandr Liahovic** with 1:23:14, followed by Lithuanians **Genadij Kozlovskiy** with 1:24:05 and **Artur Mastianica** with 1:25:10, both personal bests. The women's 10km was won by Lithuanian **Monika Vaiciukeviciute** in a PB of 44.38 ahead of Belarussians **Anastasia Rarovskaja** 45.40 and **Viktorija Rasczupkina** 47.59. Other good performances from the U20 10km winner Dmitriy Lukjanchuk (42.10) and the U18 5km winner **Nikita Kolyada** (20:39). The veterans races saw lots of well known names from years past, such as **Evgueniy Misiulia**, **Viktor Ginko**, **Olga Kardapolceva** and **Bohdan Bulakovski** who competed in

the Moscow Games in 1980 alongside Pochynchuk. Overall the meet was attended by 151 walkers with the younger agegroups boasting the biggest fields. The main results follow.

20km Men

1.	Aleksandr Liahovic	1989	BLR	1.23.14
2.	Gennadiy Kozlovskiy	1991	LIT	1.24.05
3.	Artur Mastianica	1992	LIT	1.25.10
4.	Vladimir Kolesnik	1992	BLR	1.25.43
5.	Dmitriy Diubin	1990	BLR	1.33.29
6.	Kamil Komarovski	1995	POL	1.33.34
7.	Robert Golavski	1998	POL	1.34.43
	Daniel Choecki	1995	POL	DNF

10km Women

1.	Monika Vaiciukeviciute	1996	LIT	44.38
2.	Anastasia Rarovskaja	1996	BLR	45.40
3.	Viktoria Rashchupkina	1995	BLR	47.59
4.	Emilia Gzeziak	1998	POL	52.20

10km U20 Men

1.	Dmitriy Lukjanchuk	1997	BLR	42.19
2.	Stanislav Kuzmic	1998	BLR	46.19
3.	Jakub Kujavski	1999	POL	51.37

5km U20 Women

1.	Natalia Molchanova	1997	BLR	24.29
2.	Kornelia Pszestszelska	1998	POL	27.49
3.	Viktoria Elozo	1998	BLR	29.14

5km U18 Men

1.	Nikita Koliada	2000	BLR	20.39
2.	Ruslan Udodov	1999	BLR	21.05
3.	Aleksandr Kislaks	2000	BLR	22.27

3km U18 Women

1.	Olga Lukashevic	2000	BLR	14.32
2.	Ksenija Kudrec	1999	BLR	14.49
3.	Alesia Belegova	2000	BLR	15.06

97TH NATIONAL SPORTS FESTIVAL, ASAN, SOUTH KOREA, 9-12 OCTOBER

The 97th annual Korean National Sports Festival, which took place over 4 days a week ago in Asan, some 95km south of Seoul, saw around 20,000 athletes representing 16 cities and provinces and competing in 45 sports. The president of South Korea, Park Geun-Hye, who opened the Festival, said that sport plays a key role for the country's unity, believing that the positive mindset of its practitioners will help the country face the challenges that lie ahead. He added that the country can become a sports power and that the Olympic Winter Games in 2018, to be held in Pyeongchang, will be a success and an opportunity the country to show the world its culture and creativity.

The 20km walk events were won by the Olympians **Hyunsub Kim** (1:24:55) and **Yeongeun Jeon** (1:36:14) while the U20 10km walks were won by **Yunhaw Song** (41:29) and **Hayeong Han** (49:38).

20 km Walk Men, 11 October

1.	Kim Hyun-Sub	KOR	1985	1:24:55
2.	Choe Byeong-Kwang	KOR	1991	1:25:29
3.	Kim Nak-Hyun	KOR	1995	1:25:56
4.	Byun Young-Jun	KOR	1984	1:26:42
5.	Park Chil-Sung	KOR	1982	1:27:29
6.	Kim Dae-Ro	KOR	1988	1:27:32
7.	Joo Hyun-Myong	KOR	1997	1:27:43
8.	Kang Kil-Dong	KOR	1992	1:31:04
9.	Choi Byeong-Ho	KOR	1995	1:34:06

20 km Walk Women, 11 October

1.	Jeon Yang-Eun	KOR	1988	1:36:14
2.	Weon Aseas-Byeol	KOR	1990	1:39:25
3.	Kim Min-Jit	KOR	1997	1:42:32

4.	Lee Jeong-Eun	KOR	1994	1:46:21
5.	Lee Bo-Ram	KOR	1996	1:48:36
6.	Seo Ji-Youn	KOR		1:50:01
7.	Kim Yeo-Jin	KOR	1993	1:55:11

10km High School Walk (U20) Men

1.	SONG YUNHAW	KOR		41:29
2.	KIM MINGUE	KOR		41:30
3.	LM DONGMIN	KOR		42:29
4.	LA KYUNGMIN	KOR		42:59
5.	KIM YONGHWAN	KOR		43:50
6.	LIM CHAEWHAN	KOR		44:47
7.	KIM JAEYOUNG	KOR		45:19
8.	LA KYUNGJIN	KOR		46:06
9.	KWON MINSU	KOR		46:13
10.	KIM SUHONG	KOR		48:19
11.	HAM TAEGYEONG	KOR		49:38
12.	KIM GYUNGHOO	KOR		49:46
13.	KIM JUNSIK	KOR		50:20
14.	JEONG CHANYEOP	KOR		56:33

10km High School Walk (U20) Women

1.	HAN HA-YEONG	KOR		49:38
2.	KIM LEEHYEON	KOR		49:56
3.	JEON DAYOUNG	KOR		50:09
4.	KIM CHAEHYEON	KOR		50:28
5.	HAN CHAERIN	KOR		50:37
6.	CHEON MINJI	KOR		52:33
7.	JEONG UI-JI	KOR		53:36
8.	YOO DABIN	KOR		54:53
9.	KIM SEUNGHYE	KOR		59:01
10.	KIM NANA	KOR		1:02:55
11.	SON BIN	KOR		1:04:44

71ST KOKUTAI (NATIONAL SPORTS FESTIVAL), KITAKAMI, JAPAN, 7 - 11 OCTOBER

In last week's newsletter, I reported on the men's 10,000m walk at the National Sports Festival of Japan in Kitakami. The full results set has been published since then so here for completeness are the full results sets.

The standard was huge in the men's 10,000m track walk with **Eiki Takahashi** winning in 38:21.88, ahead of **Daisuke Matsunaga** (38:40.22) and **Kai Kobayashi** (39:49.18). The women's 5000m track walk also saw a superb winning time with **Kumiko Okada** recording 21:24.94. There was also an U19 Men's 5000m which was won by **Ryutaro Yamamoto** with 19:56.66.

10,000m walk Men, 9 October

1.	Eiki Takahashi	JPN	92	38:21.88
2.	Daisuke Matsunaga	JPN	95	38:40.22
3.	Kai Kobayashi	JPN	93	39:49.18
4.	Toshikazu Yamanishi	JPN	96	39:55.80
5.	Takayuki Tanii	JPN	83	40:30.98
6.	Kota Yamada	JPN	94	40:44.75
7.	Takeshi Okuma	JPN	83	40:45.98
8.	Yuya Suganami	JPN	95	40:47.65
9.	Yuki Ito	JPN	92	41:28.44
10.	Yuki Kurumisawa	JPN	95	41:39.13
11.	Koichiro Morioka	JPN	85	41:57.09
12.	Ryota Shiojima	JPN	94	42:01.11
13.	Takahiro Hiwada	JPN	95	42:18.09
14.	Kohei Kowaki	JPN	96	42:43.42
15.	Hayato Takata	JPN	97	43:16.78
16.	Shoshi Kai	JPN	88	43:39.70
17.	Takuto Terada	JPN	97	43:43.12
18.	Hideto Nakahara	JPN	97	43:47.80

5000m Walk Women, 10 October

1.	Kumiko Okada	JPN	91	21:24.94
2.	Nanako Fujii	JPN		22:14.52

3.	Mizuka Takayama	JPN	96	22:20.36
4.	Rena Goto	JPN	95	22:26.49
5.	Yukiho Mizoguchi	JPN	97	22:45.57
6.	Chisa Todokoro	JPN	98	22:47.69
7.	Yumi Yoshida	JPN	99	22:52.62
8.	Saori Nishimura	JPN	98	22:56.10
9.	Nami Kumagai	JPN	96	22:58.22
10.	Sayori Matsumoto	JPN	97	23:28.26
11.	Serena Sonoda	JPN	98	23:40.28
12.	Nanako Morimoto	JPN	99	23:41.13

5000m WalkU19 Men , 10 October

1.	Ryutaro Yamamoto	JPN	98	19:56.66
2.	Masatora Kawano	JPN	98	20:02.38
3.	Atsuto Kawada	JPN	98	20:27.46
4.	Katsuji Suzuki	JPN		20:33.49

The Japanese season will finish with the 55th All Japan Race Walking Carnival which will take place on Sunday 23rd October in Takahata. See preview at http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2577.

OUT AND ABOUT

- Russia's **Tatyana Lysenko** has been stripped of her 2012 Olympic gold medal in the hammer throw after the former world champion **tested positive for steroids** in re-tests of her sample, the International Olympic Committee (IOC) said last Tuesday. The double world champion, who now competes under the name Beloborodova, had already been banned by the IAAF for doping earlier this year. Lysenko, 33, also served a two-year ban from 2007-09 for using steroids, missing the 2008 Olympics, and now faces a lifetime suspension from the sport. See <http://www.supersport.com/athletics/article.aspx?Id=3740004>.
- Russian race walkers **Elmira Alembekova, Ivan Noskov, Mikhail Ryzhov, Vera Sokolova and Denis Strelkov** all tested positive to EPO in out of competition tests run by the IAAF in June 2015 in Saransk. It was announced last Thursday that they have lost their appeal to the Court of Arbitration for Sport (CAS) and have had **four year bans confirmed**. Alembekova won 20km European gold in 2014, Ryzhov claimed 50km silver at the 2013 World Championships, Noskov won 2014 European 50km bronze, Strelkov was a bronze medallist in the 20km walk at the European Championships two years ago, while Sokolova - the 2003 World Youth Champion - won the European Cup in May last year. Alas, most of them will get to keep those medals as those performances pre-date the drugs failure. Shame about that! See <http://www.all-athletics.com/en-us/2016-10-13/russian-doping-scandal-five-walkers-banned-using-epo>.
- Well done to 2016 World Race Walking Teams Championships walker **Kyle Swan** for his 35:19 10km run in last weekend's the Melbourne Marathon 10km - first in his age group and 27th overall in very windy and tough conditions.
- Bendigo Walkers Club walker **Michael Gillies Smith** is interviewed about his forthcoming walk from Chewton in Central Victoria to our nation's capital city Canberra to present legislation to our parliamentarians to prevent Australia going to war without parliamentary approval. See <http://www.abc.net.au/news/2016-10-11/man-walks-to-parliament-with-war-legislation/7923024>.
- **Jared Tallent** expresses an interest in helping in the fight against drugs in sport once his career ends – <http://www.thecourier.com.au/story/4230693/wada-involvement-on-vocal-tallents-radar/?cs=63>.
- Spectators at the Gold Coast 2018 Commonwealth Games will be able to watch four gold medal events live from the venue for free. The Organising Committee has revealed fans will not be charged at the road cycling, time trial, marathon and race walking events, which are all due be held on the Currumbin beachfront. See http://www.insidethegames.biz/articles/1042689/gold-coast-2018-make-four-commonwealth-games-medal-events-available-to-fans-for-free?utm_source=internal&utm_medium=vr&utm_campaign=tsb.
- Walks were prominently featured at the England Athletics Vounteer awards last weekend.
 - National Walks Coach **Andi Drake** won prestigious England Athletics Dave Sunderland award, named after the highly regarded endurance running coach who died of cancer early in 2014. This annual award is given to a coach who has shown commitment to self-development in coaching endurance athletes. Well deserved!
 - **Callum Wilkinson** was awarded the Ron Pickering Memorial Award for the U20 Age Group Athlete of the Year, the award also including a cash award.
 - **Tom Bosworth** was there in his capacity as an Olympian Ambassador and **Gemma Bridge** was an invited guest due to her selection for the Manchester International.

- **David Millett** from Marshall Milton Keynes AC, well known to many in the walks community, was awarded Coach of the Year.

Read all about it at <http://www.englandathletics.org/england-athletics-news/congratulations-to-our-2016-national-volunteer-award-winners>.



Andi receives his award at the England Athletics Awards (photo facebook)

- David Miller writes a telling piece in the New York Times on the TUEs. "As the Fancy Bears hack shows, the practice of obtaining T.U.E.s — ostensibly to treat disorders like asthma and allergies — is common among world-class athletes, not just in running and cycling, but in rowing, hockey, tennis and even golf. It is possible that all the T.U.E.s revealed in the WADA leak were for legitimate medical reasons, but the system is open to abuse." See http://www.nytimes.com/2016/10/16/opinion/sunday/how-to-get-away-with-doping.html?_r=2.
- Russia is by no means out of the woods itself on the drugs issue. International Ski Federation (FIS) President Gian-Franco Kasper has not ruled out cancelling all future events scheduled for Russia, pending the outcomes of the ongoing investigations into state-sponsored doping. See <http://www.insidethegames.biz/articles/1042740/fis-to-consider-stripping-russia-of-skiing-events-pending-outcomes-of-doping-investigations>.
- Finally, former WADA director general Harri Syväsalmi believes Norway's dominant skiing team are operating in a "grey area" following failed drugs tests by two of their leading cross country skiers. It seems to be a case of pushing the drugs envelope as far as possible to get enhanced performance yet just ski under the drugs testers' radar. See <http://www.insidethegames.biz/articles/1042732/norwegian-skiing-team-accused-of-operating-in-a-grey-area-by-former-wada-official>.

MARCIADALMONDO AND OMARCHADOR ROUNDUP

Marciadalamondo had 11 press releases this week

- Tue 18 Oct - Ana Cabecinha's coach Paulo Murta awarded the prestigious "Excellence in Coaching" award in Funchal. http://www.marciadalamondo.com/eng/dettagli_news.aspx?id=2586
- Mon 17 Oct - Andres Chocho interviews Erica de Sena http://www.marciadalamondo.com/eng/dettagli_news.aspx?id=2585
- Sun 16 Oct - 10km U18 victories to Davide Marchesi and Anthea Mirabello in Italian champs in Grottamare http://www.marciadalamondo.com/eng/dettagli_news.aspx?id=2584
- Sun 16 Oct - Results of Ukrainian U23 Road Championships in Ivano-Frankivsk http://www.marciadalamondo.com/eng/dettagli_news.aspx?id=2583
- Sat 15 Oct - Results of 97th Korean Sports Festival in Asan

http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2582

- Fri 14 Oct - Preview of last major walks meet of year in Grottammare, Italy, this weekend
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2581
- Fri 14 Oct - Final leg of 'Five Races Trophy' to be held in Trieste later this month in memory of Rodolfo Crasso
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2580
- Fri 14 Oct - Russian walkers Alembekova, Sokolova, Noskov, Ryzhov and Strelkov lose their CAS appeals, get 4 year bans
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2579
- Thu 13 Oct - History section of website updated with amended World Cup results as a result of Russian drugs bans
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2578
- Wed 12 Oct - Preview of 55th All Japan Race Walking Event which will take place on 23rd October in Takahata
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2577
- Mon 10 Oct - Results of Japanese National Sport Festival in Kokutai
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2576

and Omarchador had 13 press releases.

- Mon 17 Oct – 5 Russian walkers lose CAS appeals and start 4 year bans
<http://omarchador.blogspot.com.au/2016/10/mais-cinco-marchadores-russos-suspensos.html>
- Mon 17 Oct - Tatiana de Moraes and Paulo Cesar Bestel win Brazilian U18 championships
<http://omarchador.blogspot.com.au/2016/10/tatiana-de-morais-e-paulo-cesar-bestel.html>
- Sun 16 Oct - Australian walker Katie Hayward leads world U18 rankings with 5000m walk time of 22:23.87
<http://omarchador.blogspot.com.au/2016/10/katie-hayward-jovem-australiana-em.html>
- Sat 15 Oct - Results of 2000m/1000m walks in Amora, Portugal last weekend
<http://omarchador.blogspot.com.au/2016/10/marcha-integrrou-programa-da-seixaliada.html>
- Sat 15 Oct - Results of 71st Festival of Sport in Japan
<http://omarchador.blogspot.com.au/2016/10/japao-com-expressivos-resultados-no.html>
- Fri 14 Oct - Preview of Ukrainian walk championship sin Ivano-Frankivsk this weekend
<http://omarchador.blogspot.com.au/2016/10/ivano-frankivsk-recebe-os-campeonatos.html>
- Fri 14 Oct - Results of Memorial "Pyotr Pochynchuk" in Grodno, Belarus, last weekend
<http://omarchador.blogspot.com.au/2016/10/memorial-pyotr-pochynchuk-em-grodno.html>
- Thu 13 Oct - Results of 97th annual Sports Festival in South Korea last weekend
<http://omarchador.blogspot.com.au/2016/10/provas-de-marcha-na-festa-do-desporto.html>
- Thu 13 Oct - Results of Italian U16 championships in Cles
<http://omarchador.blogspot.com.au/2016/10/campeonatos-italianos-de-sub-16-em-cles.html>
- Wed 12 Oct - Results of South African 50km championship and Regional Championships last weekend
<http://omarchador.blogspot.com.au/2016/10/campeonatos-da-afrika-do-sul-de-50-km.html>
- Wed 12 Oct - Mannozi and Taylor-Talcott win USA 40km championships
<http://omarchador.blogspot.com.au/2016/10/mannozzi-e-taylor-talcott-vencem.html>
- Tue 11 Oct - Results of 2nd annual walks meet in Lesse, France
<http://omarchador.blogspot.com.au/2016/10/lisses-organizou-2-grande-premio-de.html>
- Tue 11 Oct - Walk results from Brazilian U18 North-NorthEast Trophy Meet in Natal
<http://omarchador.blogspot.com.au/2016/10/erivania-cruz-e-ryenn-matheus-os.html>

CORIO LITTLE ATHLETICS CELEBRATES 50 YEARS

Overseas readers of this newsletter may wonder about *Little Athletics*, as it features pretty regularly in the Australian results section.

Little Athletics is an Australian activity program that involves modified athletics events for children aged 5 to 15 (or 16 in ACT, NSW, Qld and SA). The concept was kicked off by Trevor Billingham, a young Australian athletics enthusiast from Geelong, Victoria, in 1964. By 1967, there were more than 35 Little Athletics clubs in Victoria, and the decision was made to start the Victorian Little Athletics Association (VLAA). Soon after the formation of the VLAA, other states expressed interest in Little Athletics. In February 1968, a year after the formation of the VLAA, Western Australia held its first Little Athletics meet at Perry Lakes Stadium. In 1972, the states of Victoria, New South Wales, Northern Territory and Western Australia became the founding members of The Australian Little Athletics Union (ALAU), which was formed in Perth. By 1974, Tasmania, Australian Capital Territory, South Australia and Queensland had all joined the ALAU. Lots more info at https://en.wikipedia.org/wiki/Little_Athletics.

As they say, the rest is history. Now Australia boasts a vibrant competition that sees well over 100,000 children competing each weekend across all our State and Territories. It has been a huge success story and nearly all our international athletes, walkers included, started their athletics careers as a young child in LA's.

And next Saturday, at Goldsworthy Reserve in Geelong, the Corio Little Athletics Centre will celebrate its 50th anniversary. And one of the stalwarts of that venue is **Harold Boddy**, former Corio and VRWC walker, long time walks coach and former Geelong Walkers Club President. Congratulations to Harold and the other people who drive our LA program. I did my years of service at the Fawknor and Coburg venues when our own sons were growing up and I have seen first hand what a wonderful concept it is.

More about Corio's anniversary at <http://www.geelongadvertiser.com.au/sport/local-sport/corio-little-athletics-centre-celebrates-50th-anniversary/news-story/b653401e059329e654fb72bb80fb644e>.



Seth Mccleish, Paul Turner, Molly Derbyshire, Sadie Derbyshire, Bob Pitcher, Olivia Lasky, Harold Boddy, Emily Wall and Kelvin Gray. Picture: Peter Ristevski (photo <http://www.geelongadvertiser.com.au/>)

VRWC RUNNERS WORLD KEW WINTER 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 have our Points and Handicap awards, the awards are not necessarily won by our BEST walkers as they are influenced by participation rates. So, after various discussions, it was decided to institute Runners World Winter and Summer Season Awards. You can read all about how the awards are administered and see past winners at <http://www.vrwc.org.au/vrwcrunners-world.shtml>.

The committee has finished voting on its short list of nominees and I have been advised that our Winter Season winners are

MEN SENIOR	Pramesh Prasad
WOMEN SENIOR	Simone McInnes
MEN JUNIOR	Adam Garganis
WOMEN JUNIOR	Phillipa Huse

Well done to all four club members. We hope to present you with your cheques and Runners World Kew vouchers on Sunday 27th November at our VRWC Summer Championships day at Middle Park.

We thank Neil for his ongoing support and recommend that all club members should return the favour and shop at Runners World Kew for all their sporting needs.



Pramesh, Simone, Adam and Philippa in action during the 2016 winter season

DATES...DATES...DATES

As usual, I finish with a list of upcoming events on the local, national and international fronts. Let me know of any errors/omissions.

2016/2017 Australian/Victorian Key Dates

Oct 22 (Sat), 2016	AV Shield (Round 3 – Zone vs Zone), Melbourne, VIC
Nov 4-8, 2016	Victorian Schools T&F Championships, Albert Park, VIC
Dec 2-4, 2016	Australian Schools T&F Championships, Canberra, ACT
Dec 11 (Sun), 2016	Australian 50km Championship, Fawkner Park, Melbourne, VIC
Jan 26-28, 2017	Victorian Country Track & Field Championships, Casey Fields, Casey, VIC
Feb 19 (Sun), 2017	Australian 20km Summer Roadwalk Championships, Adelaide, SA
Feb 24-26, 2017	Victorian Junior and Open Track & Field Championships (Weekend 1), Albert Park, VIC
Mar 3-5, 2017	Victorian Junior and Open Track & Field Championships (Weekend 2), Albert Park, VIC
Mar 7, 2017	Coburg 6 Hour Run/Walk Championships, Coburg, VIC
Mar 25-26, 2017	Victorian Masters Championships, Doncaster, VIC
Mar 26 - Apr 2, 2017	Australian Open and Junior T&F Champs, SOPAC, Sydney, NSW
Apr 22-23, 2017	Australian Centurions 24 Hour Championships, Coburg, VIC
Jun 9-12, 2017	Australian Masters T&F Championships, Darwin, NT
Jun 11, 2017	51 st LBG Racewalking Carnival, Canberra, ACT

2016/2017 International Dates

Sun 23 Oct, 2016	2016 Hong Kong MTR Racewalking Carnival, Hong Kong (10km) See http://www.hkaaa.com/en/comp_details.php?id=78
Oct 26 -Nov 6, 2016	21 st World Masters T&F Champs Stadia, Perth, Australia. See http://www.perth2016.com
Nov 9-13, 2-16	Pan Pacific Masters Games, Gold Coast, QLD. See http://mastersgames.com.au/ppmg/
Mar 18-25, 2017	World Masters Athletics Indoor Championships, Daegu South Korea
April 8, 2017	Podebrady Race Walk Meet, CZE. See http://www.podebrady-walking.cz/en/
April 21-30, 2017	World Masters Games 2017, Auckland, NZ. See www.worldmastersgames2017.co.nz
April 23, 2017	Naumburg Racewalking Carnival, GER
May 21, 2017	European Race Walking Cup, Podebrady, CZE
July 12-16, 2017	10 th World Youth T&F Championships, Niarobi, Kenya – THIS IS THE FINAL EDITION
August 5-13, 2017	16 th IAAF World Championships in Athletics, London, UK. See http://www.london2017athletics.com/ .
August 19-30, 2017	29 th Summer Universiade, Taipei, Taiwan

Looking Further Ahead

Apr 4-15, 2018	XXI Commonwealth Games, Gold Coast, QLD (racewalks on the program). See http://www.gc2018.com
May 2018	28 th IAAF World Race Walking Team Championships, TBA (It has been taken away from Cheboksary)
July 2018	16 th World Junior T&F Championships, Tampere, Finland
TBA, 2018	22 nd World Masters Athletics T&F Championships, Malaga, Spain
2019	17 th IAAF World Championships in Athletics, Doha, Qatar
July 2019	30 th Summer Universiade, Brasilia, Brazil
July 2020	32 nd Olympic Games, Tokyo
Aug 2021	18 th IAAF World Championships in Athletics, Eugene, USA
July 18-30, 2022	XXII Commonwealth Games, Durban, South Africa

Tim Erickson, Secretary, VRWC, terick@melbpc.org.au Home: 03 93235978 Mob: 0412 257 496
Copies of recent newsletters are kept on the VRWC website (<http://www.vrwc.org.au>)