



## HEEL AND TOE ONLINE

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

For the second time in 3 weeks, Queensland walker **Katie Hayward** is my Walker of the Week. On Sunday morning in Brisbane, she won the Queensland All Schools U18 5000m walk in a huge PB of **21:39.03**.

Katie, who only turned 16 three months ago, leads the U18 World Rankings and looks set for a wonderful walk in the 2017 World Youth Champs if she can keep this sort of momentum going. Consider her 5000m walks over the last few months:

22:55	Qld Roadwalk	2016/05/29
23:05.45	Gold Coast Down Under T&F Champs	2016/07/07
23:27	Aths Qld U18 5km Championship	2016/07/31
22:18.74	South Coast T&F Trials	2016/09/06
22:23.87	Gold Coast PB Meet	2016/10/09
21:39.03	Queensland All Schools Championships	2016/10/23

This latest performance easily betters Natalie Saville's Australian U18 5000m walk record of 22:11.33 (Sydney, 1995/03/02) and is only 5 secs outside Natalie's Australian U20 5000m walk record of 21:34.23 (Melbourne, 1997/03/01). And she has 3 more years in which to attack that U20 record. The sky's the limit with Katie!



**Katie Hayward after her record breaking walk on Sunday in Brisbane (photo Robyn Wales)**

## WHAT'S COMING UP

- **Athletics Victoria Shield** continues next **Saturday 29 October** with Round 4 competitions at all 7 regions. As per the AV website, venues for this week are as shown below. Walks this week are 2000m.
  - Blue Zone Round 4, Knox Park Reserve, Scoresby
  - Yellow Zone Round 4, VU Athletics Track, Wyndham
  - Red Zone Round 4, Tom Kelly Athletics Track, Doncaster
  - White Zone Round 4, Bill Sewart Athletics Track, East Burwood
  - Ballarat Zone Round 4, Llanberris Reserve, Ballarat
  - Geelong Zone Round 4, Landy Field, Geelong
  - Bendigo Zone Round 4, 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 following weekend sees the **Victorian All Schools Track and Field Championships** from **4-6 November**. Entries have now closed. Good luck to all the competitors.
- The **21<sup>st</sup> World Masters T&F Champs** starts tomorrow in **Perth** (see <http://www.perth2016.com>) and will run from **26<sup>th</sup> October until 6<sup>th</sup> November**. Full entry list at <http://www.perth2016.com/the-event/list-of-entrants/>. Apart from our Australian entrants, there are big numbers from overseas, including nearly 300 British masters athletes. Most of the action will take place in the main stadium at Mount Claremont which was opened in 2009 and has recently been resurfaced by Mondo. Cross country and road walks will take place at Perry Lakes Reserve while the marathon is along the banks of the Swan River. 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

- A further reminder that registrations are now open for our annual **VRWC Falls Creek Summer Racewalk Camp**. It will run from Friday 30<sup>th</sup> December 2016 to Thursday 12<sup>th</sup> 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.
- A reminder that our **VRWC Summer season** is now underway – fixture at <http://www.vrwc.org.au/vrwc17.shtml>. Our next two race days are only a few weeks away
  - Wed 16 November Track Races at the Collingwood Harriers Track, Clifton Hill
  - Sun 27 November VRWC AGM and Summer Roadwalks Champs at Middle Park
- Also a reminder that our new VRWC financial year started on 1<sup>st</sup> October so memberships renewals are now due – see membership form and renewal instructions at <http://www.vrwc.org.au/VRWCMembershipApplication.shtml>.

## AV SHIELD ROUND 2, AROUND VICTORIA, SATURDAY 15 OCTOBER

Two final results set to finish reporting on Round 2 with the Geelong and Blue zones now online.

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

First to Cranbourne East where **Pramesh Prasad** was in great form with a PB 5000m time of 24:45.1. Excellent times also by **Philippa Huse** (25:15.4) and **Megan Szirom** (25:18.1) and well done to young **Nikola Mandic** who won the 3000m with 15:52.1.

#### 5000m Walk

1.	Prasad, Pramesh	M74	UNATTACHED	24:45.1	PB 0:17
2.	Huse, Philippa	W99	SANDRINGHAM ATHL	25:15.4	
3.	Szirom, Megan	W77	FRANKSTON ATHLET	25:18.1	
4.	Osmand, Kym	W82	OAKLEIGH ATHLETI	32:18.8	
5.	Lillie, Jessica	W99	KNOX ATHLETIC CLUB	33:13.7	
6.	Van Dongen, Rupert	M74	MENTONE ATHLETIC	34:11.1	
7.	Barrow, Geoff	M49	MENTONE ATHLETIC	36:36.6	

#### 3000m Walk

1.	Mandic, Nikola	M03	CASEY CARDINIA A	15:52.1
2.	Thompson, Will	M02	CASEY CARDINIA A	16:55.3
3.	Dickson, Corey	M02	KNOX ATHLETIC CLUB	17:25.6

4.	Hass, Jasmin	W02	KNOX ATHLETIC CLUB	17:36.3
5.	O'Mahony, Kathleen	W02	KNOX ATHLETIC CLUB	18:13.0
6.	Louey, Grace	W03	KNOX ATHLETIC CLUB	18:55.1
7.	Steed, Gwen	W42	GLENHUNTLY ATHLE	20:31.9
8.	Doran, Anthony	M52	GLENHUNTLY ATHLE	21:55.7

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

And to Geelong where we only had 2 walkers in action in Mackayla Davison and Kayla Heikkila-Dubowik.

##### 5000m Walk

1.	Davison, Mackayla	W00	CORIO ATHLETIC CLUB	31:38.42
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##### 3000m Walk

1.	Heikkila-Dubowik, Kaylah	W05	CORIO ATHLETIC CLUB	20:51.94
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And now to Round 3 from last Saturday, a series of race meets held against the backdrop of severe weather – high winds and very squally wet conditions.

#### AV Shield Round 3, Blue Zone vs Red Zone, Ballan Park, Frankston, Saturday 22 October

Alas, the Shield competition at Frankston did not go ahead as the weather forecast was enough to pre-empt cancellation.

#### AV Shield Round 3, Yellow Zone vs White Zone, Moonee Valley Athletics Track, Aberfeldie, Saturday 22 October

The Shield meet did go ahead at Aberfeldie and the walks were completed but the meet was eventually cancelled just after the women's 800m and around the time the 200m was starting. In the recording tents at the finish line, the rain was horizontal and the officials were having trouble with the tent, the wind, the computers and the water. I think they all deserve medals for persevering up to that stage.

As it was a Zone vs Zone competition, we had larger fields overall, with Nunawading walkers **Kyle Swan** (13:21.0) and **Brad Simpson** (13:33.1) leading them home in the 3000m. **Scott Nelson** continued his improvement and was next home with 15:24.6. Special mention to **Cassie Knight** who did her best time in quite a few years with 15:46.4. In the 1500m, **Arnika Nelson** was well ahead with a fast 7:38.7.

##### 3000m Walk

1.	Swan, Kyle	M	ATHLETICS NUNAWA	13:21.0
2.	Simpson, Bradley	M	ATHLETICS NUNAWA	13:33.1
3.	Nelson, Scott	M	WYNDHAM TRACK AN	15:24.6
4.	Donahoo, Mark	M	ATHLETICS ESSENDON	15:32.7
5.	Knight, Cassandra	W	BOX HILL ATHLETI	15:46.4
6.	Taylor, Lucas	M	YARRA RANGES ATH	16:30.2
7.	Feain, Madeleine	W	KEILOR ST BERNAR	18:33.5
8.	Knox, Duncan	M	ATHLETICS ESSENDON	19:02.6
9.	Beaumont, Hamish	M	MELBOURNE UNIVER	19:17.8
10.	Dunstone, Phillip	M	WESTERN ATHLETICS	19:21.4
11.	Dickenson, Russell	M	VICTORIAN MASTER	19:25.5
12.	McGoughan, Tracy	W	KEILOR ST BERNAR	19:44.0
13.	McCann, Adam	M	ATHLETICS NUNAWA	20:15.2
14.	Abfalter, Maria	W	KEILOR ST BERNAR	20:23.9
15.	Hodgart, Janice	W	WESTERN ATHLETICS	20:30.4
16.	Benke, Geza	M	OLD MELBURNIANS	20:36.2
17.	Lewis, Leandar	M	WYNDHAM TRACK AN	21:19.3
18.	Spiteri, Kelly	W	COBURG HARRIERS	21:35.6
19.	Rebbechi, Grace	W	COBURG HARRIERS	21:43.2
20.	Meager, Sharron	W	BOX HILL ATHLETI	22:42.3
21.	Ireland, Roslyn	W	BRUNSWICK ATHLET	22:50.3
22.	Ireland, Mark	M	BRUNSWICK ATHLET	23:42.4
23.	Margiolis, Joanna	W	ATHLETICS ESSENDON	23:51.2
24.	Kunig, Krystal	W	KEILOR ST BERNAR	24:18.4
25.	Ireland, Olive	W	BRUNSWICK ATHLET	25:44.7
26.	Cashin, Brenda	W	WESTERN ATHLETICS	26:05.5
	Kennedy, Paul	M	KEILOR ST BERNAR	DQ

##### 1500m Walk

1.	Nelson, Arnika	W	WYNDHAM TRACK AN	7:38.7
2.	Imbriano, Joel	M	ST KEVINS ATHLET	10:21.8
3.	Kennedy, Thomas	M	KEILOR ST BERNAR	11:39.7

Thanks to Gerard Feain for photos from Aberfeldie



Mark Donahoo (3984) leads the field out at Aberfeldie (photos Gerard Feain)



Lucas Taylor, Brad Simpson, Kyle Swan, Russ Dickenson, Arnika Nelson and Cassie Knight in action at Aberfeldie

**AV Shield Round 3, Bendigo Zone, La Trobe University Track, Bendigo, Saturday 22 October**

Zahra Hayes was the best in Bendigo with 15:06.21.

**3000m Walk**

1.	Zahra Hayes	W15	SOUTH BENDIGO	15:06.21
2.	Amanda Heard	W21	EAGLEHAWK	16:14.91
3.	Barbara Bryant	W62	EAGLEHAWK	17:04.33
4.	Madison Hill	W16	SOUTH BENDIGO	17:36.38
5.	Annette Curtis	W60	SOUTH BENDIGO	21:31.39

**1500m Walk**

1.	Kyle Webb	M15	BENDIGO HARRIERS	11:11.62
2.	Christine Stanley	W36	BENDIGO HARRIERS	14:53.85

No results as yet from Ballarat and Geelong so I am not sure if the competitions went ahead for those venues. You can keep checking at <http://athsvic.org.au/events/competitions/avcompetitions/av-shield/> to see if anything pops up.

#### AV Shield Round 3, Ballarat Zone, Llanberris Reserve, Ballarat, Saturday 22 October

#### AV Shield Round 3, Geelong Zone, Landy Field, Geelong, Saturday 22 October

### BENDIGO WALKERS CLUB ROAD WALKS, ROSALIND PARK, BENDIGO, WEDNESDAY 19 OCTOBER

And to complete our Victorian report, back a few days to Bendigo in country Victoria where Paul Rance reported:

In the 1.6km Walk, **Caitlyn Tozer** scored an excellent victory with a PB effort, with youngster **Charlotte Murphy** 2<sup>nd</sup> and **Carissa Brook** taking 3<sup>rd</sup> place and fastest time, while **Amber Fox** was close up in 4<sup>th</sup> place, also with a personal best. The 4.8km saw **John Carter** secure a solid victory, with **Jennie Payne** 2<sup>nd</sup> in a personal best and **Norm West** in 3<sup>rd</sup> place, while **Annette Curtis** also recorded a PB and **Barb Bryant** took 6 seconds off her Club record. **Zahra Hayes** took the fastest competitor award.

#### 1.6km Walk

1.	Caitlyn Tozer	12.05
2.	Charlotte Murphy	10.05
3.	Carissa Brook	8.43
4.	Amber Fox	11.53
5.	Sheridan Commons	11.48
6.	Jasmine Murphy	11.21
7.	Peter Curtis	9.16

#### 4.8km Walk

1.	John Carter	35.46
2.	Jennie Payne	29.28
3.	Norm West	39.57
4.	Barb Bryant	27.34
5.	Annette Curtis	34.01
6.	Geoff Major	42.27
7.	Zahra Hayes	26.22

### SAMA TRACK WALKS, SA STADIUM, MILE END, ADELAIDE, WEDNESDAY 19 OCTOBER

And now to look at the rest of the results from around Australia. Thanks to Colin Hainsworth for his weekly report from the South Australian Masters in Adelaide. Colin commented: Not there myself but a good turn-out. An especially good time by an improving **Marie Maxted**. Should do well in Perth.

Thanks Colin and good luck to him and all our other Masters walkers in Perth this week in the World Masters Championships. As usual, **Kim Mottrom** was well out in front with 6:07 (1500m) and 8:35 (2000m) and **Kristie Goznik** was not far behind with 6:37 and 9:18.

#### 1500m Walk

1.	Kim Mottrom	06:07	M32	84.92%
2.	Kristie Goznik	06:37		
3.	Rhiannon Lovegrove	07:30		
4.	Peter Crump	07:52	M56	79.17%
5.	Marie Maxted	08:06	W56	82.31%
6.	Jack Russell	08:27	M64	79.78%
7.	Cherie Rothery	08:57	W46	68.40%
8.	Gil McIntosh	09:28	M66	72.79%
9.	Kerry Goode	09:42	W41	60.63%
10.	James Hoare	10:49	M70	66.74%
11.	Graham Harrison	10:49	M73	69.28%
12.	Jan Layng	11:11	W68	67.76%
13.	Leigh Smith	11:42	M81	71.70%
14.	Roger Lowe	11:43	M73	63.96%
15.	Margaret McIntosh	12:12	W63	58.61%
16.	Edna Bates	12:50	W63	55.72%
17.	Jill Rogers	12:52	W71	61.22%

#### 2000m Walk

1.	Kim Mottrom	08:35	M32	78.3%
2.	Kristie Goznik	09:18		
3.	Rhiannon Lovegrove	10:15		
4.	Peter Crump	10:38	M56	75.72%
5.	Jack Russell	11:49	M64	73.76%
6.	Gil McIntosh	12:53	M66	69.15%
7.	Cherie Rothery	12:54	W46	61.96%
8.	James Hoare	14:13	M70	65.65%
9.	Graham Harrison	14:32	M73	66.68%
10.	Jan Layng	15:19	W68	65.05%
11.	Leigh Smith	15:34	M81	69.74%
12.	Roger Lowe	15:59	M73	60.63%
13.	Margaret McIntosh	16:31	W63	56.78%
14.	Jill Rogers	17:26	W71	59.50%
15.	Edna Bates	17:38	W63	53.18%

### QUEENSLAND MASTERS ROUNDUP

#### QMA Track Meet, QSAC, Brisbane, Wednesday 19 October

First to Brisbane last Wednesday where Den Nipperess was the best over 10,000m with 51:11.97.

#### 5000m Walk

1.	Dean Nipperess	M45	GC & Sthrn	51:11.97	79.06%
2.	Peter Bennett	M60	Brisbane	52:14.64	88.17%



3.	Patrick Sela	M77	GC & Sthrn	1:17:15.0h	71.22%
4.	Noela McKinven	W74	Brisbane	1:24:19.43	70.77%

### QMA Track Meet, Griffith University, Gold Coast, Sunday 23 October

Then to the Gold Coast where Paul and Debbie Lindenberg raced over 3000m.

#### 3000m Walk

1.	Paul Lindenberg	M54	GC & Sthrn	18:06.29	66.54%
2.	Debbie Lindenberg	W55	GC & Sthrn	22:37.10	60.38%

### ACT WALKERS CLUB TRACK WALKS, WODEN ATHLETICS PARK, WODEN, THURSDAY 20 OCTOBER

Thanks to Robin Whyte for the latest results from Canberra. Good times in the 5000m with **Brendon Reading** (21:41), **Connor Frew** (PB 22:25) and **Tim Fraser** (23:39) all under 24 minutes.

#### 3000m Handicap

1.	Lorna England	25:52
2.	Sheryl Greadhead	24:32
3.	Margaret McSpadden	25:17
4.	Hannah Manning	16:21
5.	Peter Baker	17:19
6.	Bryan Thomas	21:00
7.	Laura Burns (F/T)	16:16
8.	Robin Whyte	18:43
9.	Val Chesterton	26:07
10.	Ruth Baussmann	22:13
11.	Mick Saunders	20:41
12.	Ella Baker	25:20
	Spencer Burns	DNF

#### 5000m Walk

1.	Brendon Reading	21:41	
2.	Connor Frew	22:25	PB 0:49
3.	Tim Fraser	23:39	
4.	Mitchell Baker	24:14	
5.	Matt Griggs	24:23	PB
6.	Callum Burns	24:39	PB 0:14
7.	Gabby Hunt	25:38	

#### 1000m Walk

1.	Georgia Frew	07:13
2.	Andrew Camp-Liddiard	08:20
3.	Gina Etienne	09:04

### QUEENSLAND SCHOOL SPORT T&F CHAMPIONSHIPS, QSAC, BRISBANE, 20-23 OCTOBER

And back to Brisbane over the weekend for the annual Queensland School Sport T&F Championships, open to all secondary school students and featuring U14 3000, U16 3000m and U18 5000m walks. As mentioned on page 1, **Katie Hayward** was the outstanding walker with a new Australian U18 5000m record of 21:39.03. The U16 Boys 3000m saw very strong walks by **Jamison Stovin** (PB 14:06.31) and **Nelson McCutcheon** (PB 14:18.01). Good walks also by the other winners in **Amelia Schofield** (15:49.28), **Caitlin Hannigan** (14:53.36) and **Jamie McCutcheon** (24:46.30).

#### U14 Girls 3000m

1.	Amelia Schofield	SC	15:49.28
2.	Camryn Novinetz	MW	17:35.72
3.	Jade McNamara	WB	20:26.94
	Larissa Vickers	DD	DQ

#### U16 Girls 3000m

1.	Caitlin Hannigan	SC	14:53.36
2.	Breeanna Betzold	MW	15:16.07
3.	Tenyka Chapman	SC	16:04.90
4.	Milla Rowbotham	MW	17:02.00
5.	Jessica Grech	CA	20:25.33
6.	Amelia Wales	SC	21:10.61
	Isabella Schofield	SC	DQ

#### U18 Girls 5000m

1.	Katie Hayward	SC	21:39.03	PB 0:39
2.	Clancy Smith	SU	30:30.84	
3.	Georgia Langford	MW	36:39.65	
	Tiffany Hammans	SC	DQ	
	Bridie Mulcaster	SC	DQ	

#### U16 Boys 3000m

1.	Jamison Stovin	SC	14:06.31	PB 0:12
2.	Nelson McCutcheon	ME	14:18.01	PB 0:31
3.	Ethan Clarke	ME	16:42.03	
4.	Justice Kennedy	MW	20:10.23	
	Ryan Stewart	MW	DQ	
	Ben Jeffrey	ME	DQ	

#### U18 Boys 5000m

1.	Jamie McCutcheon	ME	24:46.30
2.	Callum Haig	SU	29:43.29



**Left: Robyn Wales' squad were all in action on the weekend  
Right: Coach Steve Langley with gun walkers Katie Hayward and Jamison Stovin**

**ANSW ALLCOMERS, HENSLEY ATHLETICS FIELD, SYDNEY, FRIDAY 21 OCTOBER**

NSW walkers had the chance for an early season hitout with an All-Comers met at the Hensley Athletics Field in Sydney.

**3000m Walk**

1.	Pengilly, Teegan	15	Athletics Nsw	16:30.17
2.	Parker, Hannah	14	Randwick Bot	16:42.13
3.	Thomson, Olivia	12	Randwick Bot	17:02.85
4.	Bennett, Rodney	62	Sydney Strid	19:22.22

**1500m Walk**

1.	Zeppel, Melanie	45	Sydney Strid	12:21.11
2.	Schwebel, Ron	65	Sydney Strid	DQ

**ATHLETICS SA ALL SCHOOLS T&F CHAMPS, SA ATHLETICS STADIUM, MILE END, ADELAIDE, 22-23 OCT**

The South Australian All-Schools Championships last weekend, with the U14 and U16 3000m walks on Saturday and the U18 5000m walks on Sunday. Pick of the walkers had to be **Joe Cross** (14:39.73 for 3000m).

**U14 Girls 3000m, Saturday 22 October**

1.	Victoria Upton	Southern Vales Christian Colle	16:10.80
2.	Olivia Sandery	Mercedes College	16:55.25
3.	Mia Wilks	Linden Park	18:49.19
4.	Olivia Phillips	Craigmore High School	19:43.88
5.	Eloise Sulicich	Glenelg PS	20:13.62

**U14 Boys 3000m, Saturday 22 October**

1.	Adrian Upton	Reynella PS	18:44.09
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**U16 Girls 3000m, Saturday 22 October**

1.	Chloe Upton	Southern Vales Christian Colle	17:37.08
2.	Talisha Skein	Kings Baptist Grammar School	18:46.49
3.	Aleesha Vidler	Reynella PS	20:08.42

**U16 Boys 3000m, Saturday 22 October**

1.	Joe Cross	Pembroke High School	14:39.73
2.	Tristan Camilleri	Sacred Heart College	15:30.43
3.	Mathew Bruniges	Wirreanda Secondary School	16:55.67

**U18 Girls 5000m, Sunday 23 October**

1.	Rhiannon Lovegrove	Salisbury High	26:12.57
2.	Bethany Cross	Saint Peters	26:54.43
3.	Anna Cross	Saint Peters	27:23.03
4.	Chloe Upton	Southern Vales Christian Colle	29:01.79

**U18 Boys 5000m, Sunday 23 October**

1.	Alix Harlington	St Columba College	25:43.16
2.	Jayden Goode	Trinity College	26:02.52
3.	Mathew Bruniges	Wirreanda Secondary School	28:52.65

**ATHLETICS SA CLUB DAY, SA ATHLETIC STADIUM, MILE, SATURDAY 15 OCTOBER**

And staying in Adelaide and going back a week to an Athletics SA Club Day which had 3000m and 1500m walks.

**3000m Walk**

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

**1500m Walk**

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

**TASMANIAN ROUNDUP**

And finally to complete the Australian roundup, the first couple of weeks of summer season competition from Tasmania.

**Athletics Tasmania Interclub Round 1, Domain Athletics Track, Hobart, Saturday 8 October****3000m Walk**

1.	Ron Foster	NS	18:29.53
2.	Elizabeth Leitch	ES	18:30.96
3.	Bayley Campbell	OVA	16:19.09

**Athletics Tasmania Interclub Round 2, Domain Athletics Track, Hobart, Sunday 16 October****1500m Walk**

1.	Alice Randall	OVA	7:02.64
2.	Anna Blackwell	OVA	8:02.74
3.	William Robertson	OVA	8:35.59
4.	Kirsten Bott	TMA	8:44.41
5.	Ron Foster	NS	8:57.38
6.	Elizabeth Leitch	ES	9:06.55
7.	David Moore	NS	11:18.45

**INAUGURAL AFRICAN CENTURIONS 24 HOUR WALK, ROBBEN ISLAND, SOUTH AFRICA, 22-23 OCT 2016**

The inaugural African Centurions 24 Hour Walk, held last weekend on Robben Island, Cape Town, South Africa, was a huge success with Centurion badges being awarded to all walkers who reached the 100 mile mark. A large number of finishers was expected, given the presence of 18 existing centurions - Sandra Brown (who had already gathered all 6 available badges), triple centurions Rob Robertson, John Kilmartin, Frans Leijten and Antoine Hunting, double centurions Robbie Callister, Pete Miller and Janette Morgan



and single badge centurions Nour Addine Ayyoub, Suzannah Corkill, Richard Gerrard, James Quirk, Philip Vermeulen, Marco Bloemerts, Remy van den Brand, Vinny Lynch, Werner Alberts and Chris Cale – as part of a large field of talented walkers. And I should mention that the field included 11 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. Now that is impressive.

The race was held around Robben Island, the infamous penal colony where Nelson Mandela spent 18 of his 27 years of incarceration under the old SA regime. After an initial 11km lap, walkers completed 21 laps of 7km and then a final 3km lap to make up the required 161km (100 miles).

Manx walkers **Richard Gerard** (19:42:21) and **Dave Walker** (20:31:29) took the top two places ahead of South African walker **Kersten Mosig** (20:37:46). Further Manx walkers filled the next 3 positions in the men's race with **James Quirk** (21:36:33), **Pete Miller** (21:44:29) and **Chris Gale** (22:11:01). USA centurion **Rob Robertson**, who walked in our Coburg 24 Hour earlier this year, was amongst the finishers and wrote it all up with a fantastic blog – see link below. Alas, Australian centurion **John Kilmartin** suffered bad blisters and was forced to retire.

In the women's race, Manx walker **Janette Morgan** (20:56:47) finished ahead of English legend **Sandra Brown** (22:22:14) and South African **Jackie Goosen** (23:35:19).

Sandra now becomes the only person in the world to have achieved all 7 Centurion badges – English, Continental, Australian, American, Malaysian, New Zealand and now South African. And at age 67, she shows no signs of slowing, having now completed 8 events of 100 miles or further this year, taking her grand total to an astonishing 176. And Rob Robertson, Frans Leijtens and Antoine Hunting each added an additional centurion badge to their collection to make 4 each.

Some links before I go to the results:

Event website: <http://www.africancenturion.com/>

Rob Robertson's race report: <http://www.walk100miles24hours.com/2016/10/23/the-inaugural-african-centurion-qualifier/>

Event facebook page with plenty of photos: <https://www.facebook.com/AfricanCenturionWalk/?fref=ts>

Race results: <https://results.entryninja.com/results/class/23061>

And now to the results. I have unofficially added Centurion designations to the 19 walkers who completed the entire course within the allowable 24 hours. I am not sure what the organisers decided to do regarding South African Sandi Fundiswa who finished in just over 24 hours. All will no doubt be revealed over the next few days.

100 Miles Men				100 Miles Women					
		Laps	Total Time			Laps	Total Time		
1.	Richard Gerrard	22	19:42:01	<b>C1</b>	1.	Janette Morgan	22	20:56:47	<b>C4</b>
2.	David Walker	22	20:31:29	<b>C2</b>	2.	Sandra Brown	22	22:22:14	<b>C9</b>
3.	Kersten Mosig (SA)	22	20:37:46	<b>C3</b>	3.	Jackie Goosen	22	23:35:19	<b>C16</b>
4.	James Quirk	22	21:36:33	<b>C5</b>	4.	Achterberg Gertrude	22	23:42:50	<b>C17</b>
5.	Peter Miller	22	21:44:29	<b>C6</b>	5.	Fundiswa Sandi	22	24:07:41	
6.	Chris Cale	22	22:11:01	<b>C7</b>	6.	Suzannah Corkill	19	21:54:34	
7.	Vicus Van Der Merwe	22	22:14:14	<b>C8</b>	7.	Erika Gibson	16	22:15:49	
8.	Johan Lotz	22	22:29:58	<b>C10</b>	8.	Frieda Blignaut	14	18:45:54	
9.	Rob Robertson	22	22:??	<b>C11</b>	9.	Martha Pretorius	13	13:49:36	
10.	Remy van den Brand	22	22:39:59	<b>C12</b>	10.	Saray Khumalo	12	21:16:09	
11.	Bloemerts Marco	22	22:46:27	<b>C13</b>	11.	Véronique Bayle-orban	11	23:26:26	
12.	Antoine Hunting	22	23:21:20	<b>C14</b>	12.	Anna-Marié Cameron	9	21:12:26	
13.	Frans Leijtens	22	23:21:22	<b>C15</b>	13.	Faieza Desai	7	20:22:09	
14.	Dave Ingram	22	23:44:27	<b>C18</b>	14.	Suad Abrahams	6	09:26:19	
15.	Arie Kandelaars	22	23:52:00	<b>C19</b>	15.	Soraya Manie	6	22:41:07	
16.	Thomas Joseph Reyneke	17	17:23:55						
17.	Vinny Lynch	15	14:54:54						
18.	Nour Addine Ayyoub	14	15:00:34						
19.	John Kilmartin	12	17:32:55						
20.	Nathan Sassman	12	23:06:37						
21.	Brian Marshall	11	12:28:43						
22.	Werner Alberts	11	24:01:10						
23.	Robbie Callister	9	09:14:27						
24.	Bertie Cloete	9	12:36:56						
25.	Johnny Evans	8	08:22:23						
26.	Julian Ohlson	8	08:29:56						
27.	Achmat Jackson	8	10:29:18						
28.	Fuad Jacobs	8	10:43:40						
29.	Hans H.L Joythe	7	06:59:38						
30.	Godfrey Ndimande	7	15:01:28						

31. Lourens Roodt	6	05:14:45
32. Elton September	6	18:37:38
33. Philip Vermeulen	5	04:32:26
34. Jacques Niemand	5	05:37:49



**Richard Gerrard, Dave Walker, Kersten Mosig and Rob Robertson**



**Janette Morgan, Sandra Brown and winning relay team *The Wildebees***

Add to the mix the presence of 20 teams of 4 walkers, all of whom completed the 100 mile distance, and you have a hugely successful event.

100 Miles Teams		Laps	Total Time
1.	Wildebees	22	19:35:52
2.	Thew Awesome Foursome	22	19:51:27
3.	Lions	22	21:05:47
4.	Standard Bank Parish Legends	22	21:05:59
5.	SoSeSiMi	22	21:09:44
6.	Steel Magnolias	22	21:14:02
7.	Susie and the Banshees	22	21:26:30

8.	Pretoria Strollers	22	21:44:53
9.	standard bankib	22	21:53:30
10.	Harg	22	21:59:50
11.	Death at the End	22	22:12:41
12.	Cheetas	22	22:25:38
13.	Rhinos	22	22:30:01
14.	Standard Bank CIB Cape Town	22	22:33:08
15.	Gauteng Smilers	22	22:34:58
16.	Standard Bank Financial Institutions Grp	22	22:56:58
17.	Team Shosholoza	22	23:02:04
18.	Team Abbeyfield	22	23:19:56
19.	Team 1	21	21:43:00
20.	MFM 92.6	15	20:00:55

### 55<sup>TH</sup> ALL-JAPAN 50KM MEET, TAKAHATA, JAPAN, SUNDAY 23 OCTOBER

The last big Japanese walks meet for the year took place on Sunday in Takahata, with 37 walkers contesting the All-Japan 50km race and hundreds of walkers contesting the other events. The 50km was first to kick off at 8AM and was held over a fast 2km course. Rio bronze medallist **Hirooki Arai** was a non-starter, having secured his place for next year's London World Champs with his Olympic walk, so that left the way open for first timer **Kai Kobayashi** to take the win in an excellent 3:42:08. He is an excellent 20km walker with a PB of 1:19:12, set in Nomi last year, but he has now booked his trip to London as a 50km walker if he so desires. Second place went to **Hayato Katsuki** with a PB 3:53:41 while third place went to **Takashi Okuma** with 3:59:30. The third place in the 2017 World Championship 50km team will go to the winner of the Japanese 50km championships next April. Full results of the 50km, including all lapsplits, at <http://www.town.takahata.yamagata.jp/014/2016-1024-1507.pdf>.

The men's 20km was won by **Eiki Takahashi** (1:21:08), ahead of **Toshikazu Yamanishi** (1:22:14) and **Fumitaka Oikawa** (1:22:55). Overall, 97 started and 81 finished! The women's 20km was won by **Chiaki Asada** (1:34:07), ahead of **Rena Goto** (1:35:27) and **Ai Michiguchi** (1:36:44). Overall, 24 of the 26 starters finished.

Full results of all ancillary races at <http://www.town.takahata.yamagata.jp/014/2016-1024-1509.pdf>.

#### 50km Men (first 10 of 26 finishers, 6 DNF, 5 DQ)

1.	Kai KOBAYASHI	3:42:08
2.	Hayato KATSUKI	3:53:41
3.	Takashi OKUMA	3:59:30
4.	Satoshi MARUO	4:02:36
5.	Yuki YAMAZAKI	4:05:43
6.	Shuto GOTO	4:05:50
7.	Yuki ITO	4:06:26
8.	Hideaki MIYAJIM	4:15:20
9.	Takane SATO	4:15:46
10.	Ryota SHIOJIMA	4:18:36

#### 20km Men (first 15 of 81 finishers, 6 DNF, 10 DQ)

1.	Eiki TAKAHASHI	1:21:08
2.	Toshikazu YAMANISHI	1:22:14
3.	Fumitaka OIKAWA	1:22:55
4.	Kota YAMADA	1:23:02
5.	Kazuki TAKAHASHI	1:23:21
6.	Yuya SUGANAM	1:26:13
7.	Ryosuke KAWA	1:26:26
8.	Seiya WATANAOS	1:26:32
9.	Shunta SAITO	1:26:50
10.	Kyohei DAIRAK	1:26:56
11.	Kosuke TANEOE	1:27:04
12.	Hisato KOBAYM	1:27:18
13.	Akito MOCHIDA	1:28:09
14.	Yuki KURUMISA	1:28:12
15.	Riku SHIOYA	1:28:23

#### 20km Women (first 15 of 24 starters, 2 DQ)

1.	Chiaki ASADA	1:34:07
2.	Rena GOTO	1:35:27
3.	Ai MICHIGUCHI	1:36:44
4.	Kaori KAWAZOE	1:37:04
5.	Mizuka TAKAYA	1:37:14



6.	Chiaki YAMATO	1:37:31
7.	Yukiho MIZOGU	1:38:17
8.	Nami KUMAGAI	1:38:55
9.	Serena SO NOD	1:40:16
10.	Sae MATSUMO	1:41:18
11.	Tomoka SUGIYA	1:42:41
12.	Yuki YOSHIZUMI	1:43:42
13.	Sakiha OZAWA	1:45:08
14.	Sayori MATSUM	1:45:48
15.	Kaede YAGIWAR	1:46:12

## 2016 HONG KONG MTR RACEWALKING CARNIVAL, HONG KONG, SUNDAY 23<sup>RD</sup> OCTOBER

I had hoped to have the results of this meet for today's newsletter but nothing in sight as yet. Next week hopefully!

## OUT AND ABOUT

- The IOC last Tuesday stripped Russian weightlifter Ahti Aukhadov of the silver medal he won at the 2012 London Games after a re-test of samples tested positive for the prohibited substances Dehydrochloromethyltestosterone (turinabol) and Drostanolone. The 23-year-old finished second in the men's 85kg weightlifting event. Yet another Russian bites the dust. See <https://au.news.yahoo.com/thewest/sport/a/32939771/ioc-strips-russian-weightlifter-of-london-silver/#page1>.
- Russian Sport continues to lurch from one disaster to another. Russian Sports Minister Vitaly Mutko has been promoted, despite allegations of state-sponsored doping during his time in office. State media said President Vladimir Putin had approved Mr Mutko's promotion to deputy prime minister for sport, tourism and youth politics. Amongst many other things, Mutko was accused by WADA of ordering the cover-up of a failed drug test. He was denied accreditation to the Rio Olympics in August. I can't see Russia coming in from the cold any time soon with this sort of thing going on. See <http://www.bbc.com/news/world-europe-37705310>.
- An exciting lineup of speakers for the European Race Walking Conference 2016 which will be staged at Leeds Beckett University, Headingley, Leeds, from 11-13 November as part of the European Athletics Coaching Summit Series. See <http://www.englandathletics.org/england-athletics-news/speakers-announced-and-bookings-open-for-the-european-race-walking-conference>.
- Great to see **Tom Bosworth** getting such good publicity for racewalking at last weekend's Great South Run. The two-day event started on Saturday morning with the 5km run which included a race within a race as Britain's leading race walker Tom Bosworth had challenged runners to cover the distance faster than he could walk it. "I think the challenge to run faster than I walk is a great one. No one has any idea how fast race walkers can go and when they hear my British 5km record, some are stunned." See <http://www.european-athletics.org/athletics-community/runners/news/article=can-you-run-faster-than-britain-fastest-walker.html?cid=rss>. For the record, Tom finished 41<sup>st</sup> with 20:10.
- It's been a long time coming but on 3<sup>rd</sup> November 2016 at 700pm **Robert Heffernan** will be presented with his London 2012 Olympic Bronze Medal in the Concert Hall, City Hall, Cork. The event will be hosted by the Lord Mayor of Cork Cllr Des Cahill and the medal will be presented by Acting President of the Olympic Council of Ireland William O'Brien. It will be a tremendous occasion for Olympic Sport in Ireland and on the night it will be a truly Olympic Occasion in Rob's home city of Cork. See <http://www.olympics.ie/sports/athletics/15391-olympic-medal-presentation-for-rob-heffernan.html>.
- 50km Olympic and World Champion **Matej Toth** underwent surgery last Tuesday morning on the tibia tendon in his left leg. Matej had decided to wait until the end of the season before the surgery to correct the problem that has bothered him for the entire 2016 year. Despite the operation, he looking to 2017 where he expects to defend his world title in London. See <http://atleticanotizie.myblog.it/2016/10/22/il-campione-olimpico-marcia-matej-toth-operato-al-tendine-della-gamba-sinistra/> and <http://atletikasvk.sk/Articles/Detail?ArticleId=5448>.
- IAAF President Sebastian Coe says his organisation faces an uphill battle in getting back the trust of the public. I'd say that is a case of stating the obvious! See <http://www.abc.net.au/news/2016-10-23/lord-coe-admits-iaaf-faces-uphill-battle-to-regain-public-trust/7958054?section=sport>.
- England Athletics has released its selection policy for the 2018 Commonwealth Games nice and early - see <http://www.englandathletics.org/england-athletics-news/gold-coast-2018-commonwealth-games-selection-policy>. Walk qualifying standards have been set at **1:25:00** (men's 20km) and **1:37:00** (women's 20km). Indeed, the fact that there are 20km walks was confirmed today when the T&F events were published on the CG2018 website - see <https://www.gc2018.com/sport/athletics>. Here in Australia, we are still waiting for the 2017 selection policies to be released so don't hold your breath for 2018 Commonwealth Games selection policies any time soon!

- Russia has dismissed a deputy sports minister at the heart of the doping scandal that led to its T&F athletes being banned from the Rio Olympics, the government says. Yury Nagornykh was named as a key player in an investigation into state-sponsored doping by the World Anti-Doping Agency (WADA) published weeks before the 2016 games. The report said Nagornykh was routinely informed about positive doping tests and decided "who would benefit from a cover-up and who would not". See <http://www.sbs.com.au/news/article/2016/10/25/russia-fires-deputy-sports-minister>.
- Last Sunday, 50km walker **Chris Erickson** was one of 3 Athletics Essendon Rio Olympians (Chris Erickson 50km walk, Linden Hall 1500m and Liad Adams marathon) recognised by the addition of a new plaque to their Olympians Honour Board at the Moonee Valley Athletics Track in Aberfeldie. How's this for a statistic what would be hard to match – Athletics Essendon has been able to boast an Olympic walker in 8 of the last 9 Olympics – **Andrew Jachno** 1984-1992, **Dion Russell** 1996-2000) and **Chris** (2008-2016). Further, Athletics Essendon is on a run of 14, with one or more club members in each and every Olympic team since 1964. Wow, that will take some beating!



**Chris Erickson and Linden Hall are honoured for their Rio Olympic representations**

- The IOC has hired Russian doping whistleblower Vitaly Stepanov as a consultant and is helping his runner wife Yuliya, a spokesman said on Monday. The Stepanovs were instrumental in exposing doping in Russian sport that led to the country being banned from international athletics while dozens of competitors were barred from the Rio Olympics this year. They are now in hiding in the United States but an IOC spokesman confirmed a report by the insidethegames.com website that IOC president Thomas Bach had met them. See <http://www.supersport.com/athletics/article.aspx?Id=3758084>. Now that is some good news for a change. I don't think that the IAAF has ever agreed to even meet with them but I may be wrong there.
- The IAAF's Ethics Board has backed Sebastian Coe after the president of athletics' governing body denied discussing rumours that Qatari officials had been paying bribes in a bid to secure hosting rights for the 2017 world championships. The Board said on Monday it had found no evidence of bribery attempts or that International Association of Athletics Federations President (IAAF) Coe had been aware or or discussed them. It would not be opening a formal investigation into the process, which ended with London being selected as host city, he said. Now I think that is a pathetic outcome - it does at least deserve to come under public scrutiny given the goings on within the IAAF over the last few years. Ever heard of transparency, guys? See <http://www.sbs.com.au/news/article/2016/10/25/coe-cleared-qatari-bribes-inquiry>.

#### MARCIADALMONDO AND OMARCHADOR ROUNDUP

Marciadalmondo had 7 press releases this week

- Tue 25 Oct - Italian walker Marco de Luca changes coaches to Giovanni De Benedictis  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2593](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2593)



- Mon 24 Oct – Results of other events from All Japan 50km Championship meet  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2593](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2593) +
- Sun 23 Oct - Kai Kobayashi wins the 55<sup>th</sup> edition of the All Japan 50km Championships  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2591](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2591)
- Sat 22 Oct - Japanese race walking judges seminar at Takahata  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2590](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2590)
- Fri 21 Oct - Erick Barrondo and Mirna Ortiz will move to Spain to be coached by Francisco Fernandez  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2589](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2589)
- Wed 19 Oct - Hong Kong will host first racewalking event of 2017 as usual  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2588](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2588)
- Tue 18 Oct - Erica de Sena interviews Andres Chocho  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2587](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2587)

and Omarchador had 14 press releases.

- Mon 24 Oct – Results of Brazilian U16 Club Championships  
<http://omarchador.blogspot.com.au/2016/10/campeonato-brasileiro-sub-16-com-boa.html>
- Mon 24 Oct - Portuguese officials Joaquim Graça and Helena Carvalho to officiate in WMA champs in Perth  
<http://omarchador.blogspot.com.au/2016/10/joaquim-graca-vai-atuar-nos-campeonatos.html>
- Sun 23 Oct - Kristina Saltanovic and Pedro Isidro win Portuguese season opening races in Loures  
<http://omarchador.blogspot.com.au/2016/10/kristina-saltanovic-e-pedro-isidro-com.html>
- Sun 23 Oct - Portuguese walker Maria Orlete Mendes to compete in WMA champs in Perth  
<http://omarchador.blogspot.com.au/2016/10/orlete-mendes-nos-mundiais-masters-em.html>
- Sat 22 Oct - Matej Toth's coach Matej Spišiak receives coaching award from European Athletics Association  
[http://omarchador.blogspot.com.au/2016/10/spisiak-distinguido-pela-associao\\_22.html](http://omarchador.blogspot.com.au/2016/10/spisiak-distinguido-pela-associao_22.html)
- Sat 22 Oct - Preview of 55<sup>th</sup> All-Japan 50km championships  
<http://omarchador.blogspot.com.au/2016/10/55os-campeonatos-do-japao-de-50-km.html>
- Fri 21 Oct - Almost 300 walkers registered for walks season opener in Loures, Portugal  
<http://omarchador.blogspot.com.au/2016/10/quase-tres-centenas-de-atletas.html>
- Fri 22 Oct - Results of the 45<sup>th</sup> Serafino Orlini Trophy meet in Grottammare, Italy  
<http://omarchador.blogspot.com.au/2016/10/45-trofeu-serafino-orlini-grottammare.html>
- Thu 20 Oct - Portuguese judge Jose Dias reflects on the Rio Olympics  
<http://omarchador.blogspot.com.au/2016/10/a-experiencia-de-um-juiz-de-marcha-nos.html>
- Thu 20 Oct - Marchesi and Mirabello win Italian U18 walk titles in Grottammare  
<http://omarchador.blogspot.com.au/2016/10/marchesi-e-anthea-mirabello-com-titulos.html>
- Wed 19 Oct - Portuguese walks coach Paulo Murta receives coaching award from European Athletics Association  
<http://omarchador.blogspot.com.au/2016/10/associacao-europeia-de-atletismo.html>
- Wed 19 Oct - Results of Spanish U16 Club Championships  
<http://omarchador.blogspot.com.au/2016/10/campeonato-de-espanha-de-clubes-para.html>
- Tue 18 Oct - Results of 50km meet in 50 km from Ivano-Frankivsk, Ukraine  
<http://omarchador.blogspot.com.au/2016/10/jovens-em-evidencia-nos-50-km-de-ivano.html>
- Tue 18 Oct - Results of international walks meets in Pecs, Hungary  
<http://omarchador.blogspot.com.au/2016/10/meeting-internacional-marcz-robert-em.html>

## DATES...DATES...DATES

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

### 2016/2017 Australian/Victorian Key Dates

Oct 29 (Sat), 2016	AV Shield (Round 4), 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. See <a href="http://ntmastersathletics.com.au/">http://ntmastersathletics.com.au/</a>
Jun 11, 2017	51 <sup>st</sup> LBG Racewalking Carnival, Canberra, ACT

### 2016/2017 International Dates

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

### Looking Further Ahead

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

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