



## HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club  
2016/2017 Number 08  
22 November 2016



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### WALKER OF THE WEEK

My walker of the Week is 42 year old Melbourne athlete **Pramesh Prasad**. Pramesh had a few walks as a youngster but gave it away after a short exploration of the sport. This year, he decided to come back to athletics and the results have been very quick in coming.

Pramesh had his first competitive walk in March 2016, winning the M40 division of the Victorian Masters 5000m track walk in 30:21. Since then, he has raced literally every week, amassing 36 finishes so far for the year, and improving week by week. He won 3 golds in the Australian Masters Championships in Adelaide in April, took second in the Victorian 15km roadwalk championship in May, finished the 10 Miles walk at the LBG Carnival in Canberra in June, won his division in the VMA 20km roadwalk later that same month, won silver in the Victorian 30km roadwalk championship in August, won the M40 division in the AMA 20km roadwalk championship in Adelaide a few weeks later, competed in the World Masters Championships in Perth in October (taking 4<sup>th</sup>, 5<sup>th</sup> and 10<sup>th</sup> placings in the walks) and then won 3 golds in the Pan Pacific Masters Games in Queensland only last week. Now that reads pretty impressively for a first season in the sport.

Competing last Wednesday in a VRWC track 5000m race at Clifton Hill, he produced yet another PB with his time of **23:54**. And the year isn't finished yet! Well done Pramesh.

You can check out all Pramesh's races and PBs at <http://www.racewalkaustralia.com/AthleteDetails.asp?id=10644>.



**Pramesh competing at Middle Park last month**

## WHAT'S COMING UP

- No AV Shield this weekend but we do have our **VRWC AGM and Summer Roadwalks Championships** at Middle Park this coming Sunday. You can enter online at <http://vrwc.org.au/wp1/> - online entries close at 8PM on Friday evening. You can of course enter on the day but we prefer pre-entry if possible. Timetable reads as follows

Sun 27 November 2016, VRWC Summer Championships and AGM, Middle Park		
8:30am	20km Gus Theobald Memorial Trophy	Open Men
	20km	Open Women
9.30am	10km Heather Carr Trophy	Masters Women
	10km	Open
10.30am	5km VRWC Championship	Under 20 M & W
	5km & 3km	Open
	3km VRWC Championship	Under 15 B & G
10.45am	1.5km VRWC Championship	Under 12 B & G
	1.5km VRWC Championship	Under 9 B & G
11:40pm	Presentations	
12:00pm	Annual General Meeting	

- An ongoing 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. Week 1 is now full but there are places left for week 2.
- 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>.
- Entries are open for the **Australian 50km Championship Meet** to be held at Fawcner Park on **Sunday 11<sup>th</sup> Dec**. See [https://sitedesq.sportstg.com/meetsregform/index.cfm?fuseaction=display\\_main&MeetID=1591&orgid=887](https://sitedesq.sportstg.com/meetsregform/index.cfm?fuseaction=display_main&MeetID=1591&orgid=887). Entry fee is \$30.00. **Entries close at 5:00pm on Monday 28<sup>th</sup> November 2016**. Timetable reads as follows

7.00am	Australian 50km Road Walk Championship
8.00am	20km Walk: Men and Women
9:00am	10km Walk: U20 Men and Women
10:00am	5km Walk: U18 Men and Women

- Looking further ahead, the **2017 Australian Summer 20km Roadwalk Championships** are to be held in the North Parklands (War Memorial Drive), Adelaide, on **Sunday 19<sup>th</sup> February**. As this is the opening weekend of the Adelaide Fringe Festival, accommodation may be snapped up quickly. If you are intending to go, it might be wise to book soon.

## VRWC TRACK RACES, CLIFTON HILL, WEDNESDAY 16 NOVEMBER 2016

Perfect evening conditions greeted walkers at the George Knott Athletics Track in Clifton Hill last Wednesday for the latest VRWC summer season races. The 3000m and 5000m walks kicked off at 6:30PM, with **Adam Garganis** and **Kyle Swan** walking side by side in an exciting exhibition. It was eventually Adam who kicked clear to win by 4 seconds, 21:56 to 22:00. Behind them, **Pramesh Prasad**, **Simone McInnes** and **Rebecca Henderson** also had a great tussle, with Pramesh and Simone getting away in the last stages to set PBs of 23:54 and 23:55. The 1500m walk at 7:15PM saw **Rhydian Cowley** walk very fast to win with 5:33.1, only 4 secs outside his PB of 5:29. **Jason Kozica** and Adam battled it out for second with Jason just getting the nod, both walkers recording 6:07.9.

### 5000m Walk

1.	Garganis, Adam	21:56	
2.	Swan, Kyle	22:00	
3.	Prasad, Pramesh	23:54	PB 0:25
4.	McInnes, Simone	23:55	PB 0:12
5.	Henderson, Rebecca	24:07	
6.	Walmsley, Reese	25:37	
7.	Donahoo, Mark	26:16	
	Moritz, Paul	DNF	

### 3000m Walk

1.	Dickson, Corey	15:44
2.	Dickenson, Russ	19:20
3.	Gardiner, Bob	20:05

### 1500m Walk

1.	Cowley, Rhydian	5:33.1	
2.	Kozica, Jason	6:07.9	PB 0:09
3.	Garganis, Adam	6:07.9	
4.	Swan, Kyle	6:23.5	
5.	Dickson, Cory	7:17.5	

Thanks to our judges and helpers – appreciated as always.

**Judges:** Peter Vysma, Stuart Cooper, Shane Dickson, Judy Mason

**Photos:** Terry Swan (see <http://www.vrwc.org.au/coppermine/thumbnails.php?album=93>)

**Admin:** Tim Erickson, Simon Baker, Wayne Henderson



**Pramesh Prasad, Kyle Swan, Adam Garganis and Corey Dickson**



**Rhydian Cowley, Simone McInnes, Jason Kozica and Rebecca Henderson (photos Terry Swan)**

**SAMA TRACK WALKS, SA STADIUM, MILE END, ADELAIDE, WEDNESDAY 16 NOVEMBER**

Thanks to Colin Hainsworth for the weekly results from the South Australian Masters in Adelaide - warm evening.

**3000m Walk**

1.	Rhiannon Lovegrove	15:37		
2.	Gloria Holliday	18:57	W56	72.77%
3.	Gil McIntosh	19:36	M66	71.67%
4.	Cherie Rothery	19:39	W46	64.25%
5.	James Hoare	21:17	M70	69.15%
6.	Bill Starr	22:57	M74	67.48%
7.	Jan Layng	23:06	W68	68.54%
8.	Leigh Smith	23:35	M81	72.65%
9.	Roger Lowe	23:38	M73	64.68%
10.	Margaret McIntosh	24:36	W63	60.45%
11.	Dave Fallon	24:48	M64	55.41%
12.	Colin Hainsworth	26:28	M86	70.36%
13.	Edna Bates	26:35	W63	55.94%

**1000m Walk**

1.	Marie Maxted	5:27	W56	79.75%
2.	Gloria Holliday	5:53	W56	73.87%
3.	Gil McIntosh	6:09	M66	72.61%
4.	Preben Kohler	6:30		
5.	James Hoare	7:00	M70	66.83%
6.	Helen Suridge	7:05	W65	67.01%
7.	Jan Layng	7:18	W68	67.29%
8.	Roger Lowe	7:29	M73	64.88%
9.	Leigh Smith	7:30	M81	72.41%
10.	Margaret McIntosh	7:54	W63	58.83%
11.	Jill Rogers	8:29	W72	60.87%

**ACT WALKERS CLUB TRACK WALKS, AIS ATHLETICS TRACK, BRUCE, ACT, THURSDAY 17 NOVEMBER**

Thanks to Robin Whyte for his weekly report from Canberra. Rio Olympian **Brendon Reading** was fastest with 8:02 for the 2000m.

**2000m Handicap**

1.	Gwyllym Young	9:41
2.	Matt Griggs	8:51
3.	Margaret McSpadden	15:59
4.	Tim Fraser	8:44
5.	Callum Burns	9:12
6.	Brendon Reading (F/T)	8:02
7.	Tom Hunt	10:12
8.	Peter Baker	10:50
9.	Jennifer Gilchrist	14:41
10.	Hannah Manning	10:32
11.	Ella Baker	14:12
12.	Gabby Hunt	9:43
13.	Sheryl Greathead	16:07
14.	Spencer Burns	10:37
15.	Mitchell Baker	9:32
16.	Sidney Shaw	12:11
17.	Rod Gilchrist	14:47
18.	Ruth Baussmann	14:18
19.	Elizabeth Henderson	10:56
20.	Bryan Thomas	14:06
21.	Kate Black	12:13

**800m Walk**

1.	Sebastian Young	5:16
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**BENDIGO WALKERS CLUB ROAD WALKS, ROSALIND PARK, BENDIGO, WEDNESDAY 16 NOVEMBER**

Thanks to Paul Rance for the latest results from Bendigo, in country Victoria. Paul reported

On Wednesday evening, Bendigo Walkers Club held their annual 30 minutes and 60 minutes walk events in Rosalind Park. Club records on the night were achieved in the 60 minute walk by Carissa Brook, easily breaking the Club under 14 girls record which had stood for 22 years, while Geoff Major set a new 80+ Men's 60 minute record. In the 30 minutes, Bill Lotherington set a new 80+ Men's mark. The 30 minute event had the most competitors and Zahra Hayes covered the most distance and missed the 20 year old Club under 16 record by just 10 metres. In the handicap, Norm West scored an excellent victory with Bill Lotherington 2<sup>nd</sup> and Sheridan Commons in 3<sup>rd</sup> place. The 60 minute walk saw Carissa Brook claim victory in the handicap and also covered the most distance with Geoff Major 2<sup>nd</sup> and John Carter in 3<sup>rd</sup> place.

**30 Minutes Walk**

1.	Norm West	3.777km
2.	Bill Lotherington	4.220km
3.	Sheridan Commons	3.805km
4.	Jennie Payne	4.679km

**60 Minutes Walk**

1.	Carissa Brook	9.737km
2.	Geoff Major	6.394km
3.	John Carter	7.425km
4.	Ebony Whiley	9.085km

5.	Barb Bryant	5.128km
6.	Charlotte Murphy	4.303km
7.	Annette Curtis	4.279km
8.	Caitlyn Tozer	3.555km
9.	Zahra Hayes	5.731km
10.	Amber Fox	3.563km
11.	Jasmine Murphy	3.892km
12.	Peter Curtis	4.853km
13.	Thomas Fox	1.600km

#### AV SHIELD ROUND 6, 19-20 NOVEMBER

AV Shield continued last weekend with the 3 country zones in action on Saturday afternoon and the 4 metro zones in action on Sunday afternoon. 5000m and 3000m walks were contested in Round 6. Over 80 walkers were in action overall. It was very hot on Sunday so the walkers had to work hard in the 30C+ conditions.

#### **Bendigo Zone Round 6, La Trobe University Track, Bendigo, Saturday 19 November**

**Ebony Whiley** (31:50.39) and **Zahra Hayes** (15:14.16) were fastest in Bendigo.

##### **5000m Walk**

1.	Ebony Whiley	W21	EAGLEHAWK	31:50.39
2.	Leigh Browell	M42	SOUTH BENDIGO	36:46.25

##### **3000m Walk**

1.	Zahra Hayes	W15	SOUTH BENDIGO	15:14.16
2.	Barbara Bryant	W62	EAGLEHAWK	17:17.30
3.	Brenton O'Brien	M15	UNATTACHED X	18:19.03
4.	Madison Hill	W16	SOUTH BENDIGO	18:58.38
5.	John Watson	M66	BENDIGO HARRIERS	24:07.17

#### **Geelong Zone Round 6, Landy Field, Geelong, Saturday 19 November**

Small fields also in Geelong, where **Mackayla Davison** (dodgy time in AV results) and **Kaylah Heikkila-Dubowik** won.

##### **5000m Walk**

1.	Davison, Mackayla	W01	CORIO ATHLETIC CLUB	?
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##### **3000m Walk**

1.	Heikkila-Dubowik, Kaylah	W05	CORIO ATHLETIC CLUB	18:13.26
2.	Leamer, Jordyn	W05	CORIO ATHLETIC CLUB	18:23.37

#### **Ballarat Zone Round 6, Llanberris Reserve, Ballarat, Saturday 19 November**

Results have been posted for the Ballarat zone but no results are listed for walks so presumably no starters.

#### **Red Zone and White Zone, Round 6, Tom Kelly Athletics Track, Doncaster, Sunday 20 November**

With the red and white zones both competing at Doncaster, it meant a combined walks field. **Kyle Swan** (22:07.9) and **Adam Garganis** (23:02.9) led the field home in the 5000m while **William Dynes** (16:41.1) was quickest in the 3000m.

##### **5000m Walk**

1.	Swan, Kyle	M15	ATHLETICS NU	22:07.9
2.	Garganis, Adam	M18	COLLINGWOOD	23:02.9
3.	Kozica, Jason	M28	ST KEVIN'S A	23:49.5
4.	Brasier, Emmet	M16	DIAMOND VALL	23:54.4
5.	Simpson, Bradley	M23	ATHLETICS NU	23:56.8
6.	Mcdonough, Aaron	M43	PRESTON ATHL	26:28.4
7.	Jamieson, Andrew	M69	OLD SCOTCH C	27:09.9
8.	Hawkins, Trenton	M37	PRESTON ATHL	27:39.2
9.	Evans, Simon	M56	BOX HILL ATH	28:04.8
10.	Muldoon, Wendy	W43	ATHLETICS NU	29:35.8
11.	Geisler, Sandra	W39	RINGWOOD ATH	30:22.4
12.	Rosenbrock, Carolyn	W52	ATHLETICS NU	30:47.3
13.	Collis, Lauren	W16	DIAMOND VALL	33:10.2
14.	Elms, Donna-Marie	W55	PRESTON ATHL	33:42.6
15.	Collis, Hugh	M16	DIAMOND VALL	33:52.8
16.	McCann, Adam	M39	ATHLETICS NU	37:02.0

17.	Rosa, Evie	W17	COLLINGWOOD	39:56.1
18.	Campbell, Donna	W45	PRESTON ATHL	48:40.8

### 3000m Walk

1.	Dynes, William	M13	DIAMOND VALL	16:41.1
2.	Smyth, David	M47	COLLINGWOOD	17:47.4
3.	Egginton, Andrew	M55	BOX HILL ATH	18:53.4
4.	Reid, Ross	M62	COLLINGWOOD	19:04.9
5.	Dickenson, Russell	M70	VICTORIAN MA	19:42.2
6.	Noonan, Claire	W12	COLLINGWOOD	19:57.9
7.	Riddoch, Clyde	M61	ATHS WAVERLEY	20:24.2
8.	Young, grace	W13	UNATTACHED	21:10.7
9.	Gardiner, Robert	M79	COLLINGWOOD	21:13.6
10.	Quinn, Karen	W52	DIAMOND VALL	21:20.7
11.	McLennan, Liam	M10	DONCASTER AT	21:21.6
12.	McLennan, Laura	W38	DONCASTER AT	22:19.6
13.	Sofianos, Gerald	M67	ST KEVIN'S A	23:32.4
	Compton-Robins, Lee	M42	DIAMOND VALL	DQ
	Keirl, Bernie	M52	DIAMOND VALL	DQ

### Blue Zone Round 6, Casey Fields, Cranbourne East, Sunday 20 November

To Cranbourne East where **Rhydian Cowley** (21:39.5) and **Philippa Huse** (24:56.4) were fastest in the 5000m and **Nikola Mandic** (14:54.1) took line honours in the 3000m.

### 5000m Walk

1.	Cowley, Rhydian	M	GLENHUNTLY ATHLE	21:39.5
2.	Huse, Philippa	W	SANDRINGHAM ATHL	24:56.4
3.	Szirom, Megan	W	FRANKSTON ATHLET	27:46.4
4.	Hamilton, Emily	W	KNOX ATHLETIC CLUB	32:32.3
5.	Van Dongen, Rupert	M	MENTONE ATHLETIC	35:52.3
6.	Barrow, Geoff	M	MENTONE ATHLETIC	36:05.2
7.	hess, albin	M	UNATTACHED	38:50.2
	Walmsley, Reese	M	KNOX ATHLETIC CLUB	DNF
	Lillie, Jessica	W	KNOX ATHLETIC CLUB	DNF

### 3000m Walk

1.	Mandic, Nikola	M	CASEY CARDINIA A	14:54.1
2.	Dickson, Corey	M	KNOX ATHLETIC CLUB	16:01.0
3.	Thompson, Will	M	CASEY CARDINIA A	16:16.0
4.	Karagiorgos, Chloe	W	KNOX ATHLETIC CLUB	16:29.7
5.	Carr, Heather	W	GLENHUNTLY ATHLE	17:26.8
6.	O'Mahony, Kathleen	W	KNOX ATHLETIC CLUB	18:23.7
7.	Steed, Gwen	W	GLENHUNTLY ATHLE	20:26.8
8.	dingli, isabella	W	UNATTACHED	22:52.6
9.	Murphy, Christopher	M	GLENHUNTLY ATHLE	25:32.9
	Zeleznikow, John	M	GLENHUNTLY ATHLE	DQ

### Yellow Zone Round 6, Newport Athletics Facility, Williamstown, Sunday 20 November

Some interesting results at Williamstown, with NZ Rio Olympian **Quentin Rew** (20:53.9) making a guest appearance and leading the 5000m field home. 19 year old **Shae Wellington** had his first walk for the summer, storming around the track in a PB time of 22:50.5. Australian Rio Olympian **Regan Lamble** was also in action and was the fastest of the women with 23:24.6. WMA medallist **Mark Donahoo** was quickest in the 3000m, recording 15:39.3. Overall, the seaside weather was a bit more pleasant than the other venues, with the temperatures around 25C and a bayside breeze. **Scott Nelson** raced but his names is not in the results. Obviously a hiccup there.

### 5000m Walk

1.	Rew, Quentin	M	UNATTACHED	20:53.9	
2.	Wellington, Shea	M	KEILOR ST BERNAR	22:50.5	PB 0:22
3.	Lamble, Regan	W	MELBOURNE UNIVER	23:24.6	
4.	Cashin, Brenda	W	WESTERN ATHLETICS	23:35.4	
5.	Duncan, Michaela	W	YARRA RANGES ATH	25:55.0	
6.	Feain, Madeleine	W	KEILOR ST BERNAR	33:33.8	
7.	Lewis, Leandar	M	WYNDHAM TRACK AN	36:31.3	
8.	Spiteri, Kelly	W	COBURG HARRIERS	37:28.2	
9.	Ireland, Roslyn	W	BRUNSWICK ATHLET	37:35.7	
10.	Crook, Madison	W	ATHLETICS ESSENDON	39:19.7	
	Beaumont, Hamish	M	MELBOURNE UNIVER	DQ	



**3000m Walk**

1.	Donahoo, Mark	M	ATHLETICS ESSENDON	15:39.3	
2.	Beveridge, Heath	M	WESTERN ATHLETICS	16:43.5	PB 0:19
3.	Kennedy, Paul	M	KEILOR ST BERNAR	17:02.5	
4.	Kondogonis, John	M	KEILOR ST BERNAR	17:19.1	
5.	Dunstone, Phillip	M	WESTERN ATHLETICS	17:53.1	
6.	Knox, Duncan	M	ATHLETICS ESSENDON	18:23.2	
7.	Anderson, Brian	M	ATHLETICS ESSENDON	18:23.8	
8.	McGoughan, Tracy	W	KEILOR ST BERNAR	19:50.9	
9.	Shaw, Robyn	W	WESTERN ATHLETICS	20:07.8	
10.	Hodgart, Janice	W	WESTERN ATHLETICS	21:01.2	
11.	Cashin, Brenda	W	WESTERN ATHLETICS	23:35.6	



**Left: The walkers get underway at Williamstown**

**Right: Regan Lamble and Quentin Rew**



**Heath Beveridge, Tracy McGoughan, Shae Wellington, John Kondogonis, Brian Anderson and Duncan Knox  
(photos Gerard Feain)**

**ATHLETICS TASMANIA INTERCLUB, DOMAIN ATHLETICS TRACK, HOBART, SATURDAY 20 NOVEMBER**

As usual, **Alice Randall** was fastest in Hobart.

**3000m Walk**

1.	Alice Randall	OVA	14:57.96
2.	Anna Blackwell	OVA	16:10.94
3.	Elizabeth Leitch	ES	19:15.00
4.	Ron Foster	NS	19:23.00

**ATHLETICS NSW TRELOAR SHIELD 4, ES MARKS FIELD, SYDNEY, SATURDAY 19 NOVEMBER**

There were 37 walkers in action at the E.S. Marks Field in Sydney last Saturday and there were some great performances. The young men produced some great times in the 5000m, led home by **Tyler Jones** (20:57.00) and **Carl Gibbons** (22:01.63). Special mention to 16 year old **Dylan Richardson** for his big PB of 22:47.66. In the 3000m, **Ryan Thomson** (14:09.30) and **Alannah Pitcher** (14:07.74) both produced PBs.

**5000m Walk**

1.	Jones, Tyler	M18	Mingara Athl	20:57.00	
2.	Gibbons, Carl	M20	Westlakes At	22:01.63	PB 0:01
3.	Felton, Jay	M21	U.T.S. North	22:09.75	
4.	Richardson, Dylan	M16	Mingara Athl	22:47.66	PB 0:31
5.	Webb, Cheryl	W40	Blacktown Ci	25:20.62	

**3000m Walk**

1.	Thomson, Ryan	M16	Nepean Distr	14:09.30	PB 0:30
2.	Blaskett, Hayden	M14	Sydney Strid	14:53.56	
3.	McGinniskin, Jack	M14	Edgeworth an	15:11.18	PB 1:16
4.	Kemp, Joel	M13	Mingara Athl	15:48.00	
5.	Vesper, Ryan	M11	Mingara Athl	16:02.23	
6.	Davis, George	M13	Ryde Athleti	17:56.80	
7.	White, Baden	M72	Nsw Masters	22:42.54	
8.	Hyde, Brendon	M71	Sydney Unive	22:56.89	
	Carrothers, Dion	M13	Sydney Pacif	DNF	
1.	Pitcher, Allana	W13	Mingara Athl	14:07.74	PB 0:27
2.	Blanch, Emma	W13	St. George D	14:52.82	PB 0:04
3.	Goodhew, Chelsea	W17	Westlakes At	14:59.27	
4.	Bolton, Hannah	W13	Mingara Athl	15:23.29	
5.	Dunne, Izabella	W11	Mingara Athl	16:08.05	
6.	Vesper, Danielle	W13	Mingara Athl	16:20.41	
7.	Thomson, Olivia	W12	Randwick Bot	16:59.12	
8.	McLoughlin, Chloe	W12	Gosford Athl	17:02.02	
9.	Parker, Hannah	W14	Randwick Bot	17:40.27	
10.	Cunningham, Breanna	W11	Campbelltown	17:57.55	
11.	Thomson, Jada	W12	Nepean Distr	18:29.45	
12.	de Vries, Liz	W53	Nsw Masters	25:31.69	
13.	Lee, Heather	W90	Nsw Masters	25:34.18	
	McMillen, Abbey	W15	Sydney Pacif	DNF	

**1500m Walk**

1.	Pengilley, Teegan	W15	Bankstown Sp	7:45.49
2.	Steele, Imogen	W13	U.T.S. North	7:52.50
3.	Johnston, Lily	W14	Asics Wests	8:03.45
4.	Deagan, Rhianni	W11	Nepean Distr	8:51.48
5.	McNair, Lily-Jean	W12	Bankstown Sp	9:39.02
6.	Lovell, Sarah	W9	Asics Wests	11:24.80
7.	Lovell, Louise	W9	Asics Wests	11:48.86
8.	de Vries, Liz	W53	Nsw Masters	12:04.38
9.	Lee, Heather	W90	Nsw Masters	12:09.10



**QMA T&F MEET, GRIFFITH UNI, GOLD COAST, SUNDAY 20 NOVEMBER**

It looked like Patrick Sela was the only walker in action in the Queensland Masters meet on the Gold Coast.

**5000m Walk**

1.	Patrick Sela	M77	GC & Sthrn	39:54.83	66.98%
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**INDOOR MEET, RYAHALLEN BORAS, SWEDEN, SATURDAY 19 NOVEMBER**

And now overseas. Fast indoor walking by **Perseus Karlström** (19:50.0) and **Ato Ibáñez** (20:18.0) in the men's 5000m in Boras, Sweden. **Lizbeth Silvia Miranda** from Mexico won the women's 5000m walk with 23:59.0 in the same meet.

**5000m Walk Indoors**

1.	Perseus Karlström	Eskilstuna FIF	19:50.0
2.	Ato Ibáñez	Eskilstuna FIF	20:18.0
3.	Anders Hansson	SK Svängen	20:53.0
4.	Remo Karlström	Eskilstuna FIF	22:34.0

1.	Lizbeth Silvia Miranda	Mexico	23:59.0
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**3000m Walk. Indoors**

1.	Anders Hansson	SK Svängen	12:29.0
2.	Fredrik Sandmer	SK Svängen	15:17.0
3.	Per-Åke Lindkvist	BF Billingen VK	22:01.0

1.	Helena Sandmer	SK Svängen	17:15.0
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**32<sup>ND</sup> NATIONAL JUNIOR CHAMPIONSHIPS OF INDIA, COIMBATORE, INDIA, 10-14 NOVEMBER**

The 32<sup>nd</sup> National Junior Championships of India were held a week ago at the Nehru Stadium in Coimbatore, with walks for U16, U18 and U20 divisions. The first 5 places from each race are reproduced.

Full results at <http://www.marciadalmondo.com/admin/pdf/risultati/20112016545Coimbatore2016.pdf>.

**U20 Men 10,000m Walk**

1.	EKNATH TURAMBEKAR	08/01/98	PUNJAB	43:16.58
2.	HARDEEP .	22/09/98	HARYANA	43:26.74
3.	BHAGWAN SINGH RAWAL	05/01/97	UTTARAKHAND	43:28.44
4.	JYOT BUMRAH	14/09/98	PUNJAB	43:30.30
5.	SUNIL .	28/11/97	HARYANA	44:08.89

**U20 Women 10,000m Walk**

1.	RAVINA .	21/05/97	HARYANA	52:27.33
2.	VANDNA .	21/09/97	KARNATAKA	53:17.56
3.	BANDANA PATEL	16/08/98	UTTAR PRADESH	54:26.84
4.	JASPAL KAUR .	08/02/98	CHHATTISGARH	56:19.45
5.	NISHA G .	06/03/98	KERALA	59:30.55

**U18 Men 10,000m Walk**

1.	AMANJOT SINGH	13/03/99	PUNJAB	44:57.30
2.	NAVEEN ....	30/12/98	HARYANA	46:11.50
3.	ABHIJITH V K .	27/11/99	KERALA	46:13.70
4.	LALIT SINGH BISHT	30/06/00	UTTARAKHAND	46:21.50
5.	JUNED .	10/05/99	HARYANA	46:25.00

**U18 Women 5000m Walk**

1.	SREEJA C K .	10/07/00	KERALA	26:21.80
2.	SUVARNA KAPSE	15/08/99	MAHARASTRA	26:32.72
3.	PUSHPA .	02/05/99	HARYANA	26:42.72
4.	ARCHNA .	25/05/99	PUNJAB	27:36.98
5.	AAKRITI .	02/04/00	GUJRAT	27:37.00

**U16 Boys 5000m Walk**

1.	SURAJ PANWAR	02/04/01	UTTARAKHAND	22:37.37
2.	MUKESH KUMAR .	10/08/01	UTTARAKHAND	22:48.06

3.	MUHAMMED AFSHAN A M	12/01/01	KERALA	23:03.73
4.	NISANTH D K .	07/10/01	KERALA	23:29.89
5.	VISHVENDRA SINGH	10/07/02	ASSAM	23:42.11

#### U16 Girls 5000m Walk

1.	GURPREET KAUR..	17/01/01	PUNJAB	15:18.33
2.	SHANI POULOSE	18/10/01	KERALA	15:40.59
3.	RUPALI .	06/07/02	UTTAR PRADESH	15:42.43
4.	ARATHI R .	21/05/01	KERALA	16:06.80
5.	JYOTI..	01/11/02	HARYANA	16:21.99

### SOUTH AMERICAN U18 CHAMPIONSHIPS, CONCORDIA, ARGENTINA, 12-13 NOVEMBER

And also from the previous weekend when the South-American U18 Championships were held in Concordia, Argentina. Thanks to marciadalmondo for the results (see [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2609](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2609)).

#### U18 Women 5000m Walk, Saturday 12 November

Unfortunately due to an error in lapcounting, the distance covered by the girls was only 4600m rather than the required 5000m. The jury decided not to publish any times but only show the 4600m placings. The first place was awarded to Ecuadorian Glenda Morejon Quinoez who has a personal best of 24:43.34.

1.	Quinoez Glenda Morejon	30/5/2000	ECU	
2.	Andia Maryluz	9/10/2000	PER	
3.	Chalarca Mojica Laura Cristina	20/6/2000	COL	
4.	Revelo Ruiz Kimberly	1/1/2000	ECU	
5.	Villafuerte Emily	10/1/2000	PER	
6.	Palma Fernandez Brenda	1/4/2000	ARG	
7.	Saucedo Agustina	19/3/2000	ARG	
8.	Tovar Paola	30/11/1999	VEN	
	Chaparro Salinas Maria Alejandra	12/12/1999	COL	DNF
	Tatiana de Morais Pereira	29/3/2000	BRA	DQ
	Real Camila	2/11/2001	ARG	FP
	Scalise Fiorella	3/3/2001	ARG	FP

#### U18 Men 10,000m Walk, Sunday 13 November

Victory went to David Alexander Hurtado Espinosa of Ecuador with a new personal best of 43:16.07.

1.	Hurtado Espinosa David Alexander	21/4/1999	ECU	43.16.07
2.	Merchan Sarmiento Sebastian Felipe	26/4/2000	COL	43.48.63
3.	Melillan Yhojan	31/7/1999	CHI	45.08.47
4.	Oscuhuaman Micky	30/11/1999	PER	45.11.71
5.	Paulo Cesar Bestel Blum	28/8/1999	BRA	45.29.64
6.	Diaz Hilmar	2/1/2000	PER	47.04.45
7.	Guantay Pablo Agustin	9/8/1999	ARG	54.34.42
	Herrera Cortes Cesar Alberto	27/1/1999	COL	DQ
	Campos Juan	16/12/2000	ARG	DQ

### MARCIALALMONDO AND OMARCHADOR ROUNDUP

Marciadalmondo had 6 press releases this week

- Sun 20 Nov - Results of 32<sup>nd</sup> Indian U20 Championships in Coimbatore  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2611](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2611)
- Sat 19 Nov - Diego Garcia and Maria Perez win XXIX Espada Toledana 5km walks in Toledo, Spain  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2610](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2610)
- Fri 18 Nov - Hurtado (ECU) and Morejon (ECU) win South American U18 championships in Concordia, Argentina  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2609](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2609)
- Wed 17 Nov - Former walker Juan Manuel Molina awarded bronze medal of the Royal Sports Order of Merit in Spain  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2608](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2608)
- Wed 17 Nov - Italian walker Giorgio Rubino swaps coaches to Giovanni De Benedictis  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2607](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2607)

- Mon 15 Nov - Pointer to IAAF article on Olympic 50km champion Matej Toth  
[http://www.marcialmondo.com/eng/dettagli\\_news.aspx?id=2606](http://www.marcialmondo.com/eng/dettagli_news.aspx?id=2606)

and Omarchador had 10 press releases.

- Sun 20 Nov - Western Australian walker Declan Tingay does great 3000m walk in Perth  
<http://omarchador.blogspot.com.au/2016/11/declan-tingay-outro-jovem-australiano.html>
- Sat 19 Nov - Results of Indian Junior T&F Championship walks in Coimbatore  
<http://omarchador.blogspot.com.au/2016/11/campeonatos-da-india-de-sub-20-18-e-16.html>
- Fri 18 Nov - Portuguese racewalk judges national panel for the next 4 years to be announced tomorrow  
<http://omarchador.blogspot.com.au/2016/11/certificacao-de-juizes-de-marcha-para-o.html>
- Fri 18 Nov - Walks course announced for 2017 IAAF World Champs in London  
<http://omarchador.blogspot.com.au/2016/11/mundiais-de-londres-encerram-com.html>
- Thu 17 Nov - 600 walkers in Race Walking Festival in Manaus, Portugul  
<http://omarchador.blogspot.com.au/2016/11/600-marcham-em-manaus.html>
- Thu 17 Nov - Emma Achurch and Dominic King win Enfield 7 Miles walks in London  
<http://omarchador.blogspot.com.au/2016/11/emma-achurch-e-dominic-king-vitoriosos.html>
- Wed 16 Nov - Former walker Juan Manuel Molina awarded bronze medal of the Royal Sports Order of Merit in Spain  
<http://omarchador.blogspot.com.au/2016/11/governo-espanhol-distingue-ex-marchador.html>
- Wed 16 Nov - Results of La Voie Sacrée in France  
<http://omarchador.blogspot.com.au/2016/11/la-voie-sacree-2016-de-bar-le-duc.html>
- Tue 15 Nov - Erin Talcott-Taylor wins NZ 50km in Timaru  
<http://omarchador.blogspot.com.au/2016/11/erin-taylor-talcott-vence-50-km-em.html>
- Tue 15 Nov - Hurtado (ECU) wins South American U18 championships in Concordia, Argentina  
<http://omarchador.blogspot.com.au/2016/11/david-hurtado-equador-destaca-se-nos.html>

#### OUT AND ABOUT

- The organizers have announced the marathon and walks courses for the 2017 IAAF World Championships in London. Sunday August 13 will see a ‘Festival of Race Walks’ staged at The Mall on a 2km loop between Buckingham Palace and Admiralty Arch – hence it’s a slightly different walks course to that used in London 2012 – see interactive course map at <http://www.london2017athletics.com/iaafworldchampionships/racewalks>. Race walk medals will also be presented on The Mall. See announcement at <http://www.athleticsweekly.com/featured/london-2017-iconic-marathon-race-walk-routes-53647#ALuqW48WKoz5wsBw.99>

The timetable for the walks reads as follows

8:00	50km
12:45	20km Women
14:45	20km Men

Both men and women are eligible to participate in the 50km event, athletes provided they achieve the qualifying standard which has been set at 4:06:00. Emmanuel Tardi forwarded a women’s 50km all-time ranking list to me some years ago and the world best then stood at 4:10:59. I don’t imagine it has changed in the last few years so it is unlikely we will see any female 50km walkers in London. For completeness, the top 10 all-time read as follows

4h10.59	WR Monica SVENSSON	SWE/261278	SCANZOROSCIATE	21.10.2007
4h12.16	WR Elena GINKO	BLR/300776	SCANZOROSCIATE	17.10.2004
4h16.27	Jolanta DUKURE	LET/200979	PARALEPA	09.09.2006
4h25.21	Brigita VIRBALYTE	LIT/010285	SCANZOROSCIATE	17.10.2010
4h28.13	Evaggelia XINOU	GRE/221181	SCANZOROSCIATE	17.10.2004
4h28.53	Aydiete NERINGA	LIT/050683	IVANO FRANKIVSK	01.10.2006
4h29.56	Natalia BRUNIKO	ITA/230273	SCANZOROSCIATE	27.10.2002
4h32.36	Lyudmila SHELEST/YEGOROVA	UKR/041074	SCANZOROSCIATE	18.10.2009
4h33.22	Erin TAYLOR TALCOTT	USA/210578	SANTEE	22.01.2012
4h35.51	Anna Lisa POTENZA	ITA/100281	SCANZOROSCIATE	18.10.2009

- Great article on Spikes website on Canadian walk star **Evan Dunfee** – [https://spikes.iaaf.org/post/evan-dunfee-running-race-walker?utm\\_content=buffer85a16&utm\\_medium=social&utm\\_source=twitter.com&utm\\_campaign=buffer](https://spikes.iaaf.org/post/evan-dunfee-running-race-walker?utm_content=buffer85a16&utm_medium=social&utm_source=twitter.com&utm_campaign=buffer).
- The International Olympic Committee has stripped 10 athletes of medals from the 2008 Olympics after banned substances were found during retests of samples. The athletes, nine of whom come from former Soviet Union nations, all tested positive for various steroids. Six more athletes who did not win medals in 2008 were also disqualified. The affected sports were weightlifting, wrestling and T&F. See <http://www.bbc.com/sport/olympics/38017277>
- And yesterday, a further 12 athletes from the 2012 London Olympics were banned as a result of further retests from that Olympics. Interestingly, they are just about all from Eastern Europe or Russia and from weightlifting and T&F – why are we not surprised! See <http://www.bbc.com/sport/olympics/38056811>.
- Russia's top Olympic official said his country has cleaned up its sports doping problem and should be allowed to return to all international competitions. That has to be the joke of the week! See <http://www.supersport.com/athletics/article.aspx?Id=3786324>.
- A WADA progress update on the Russian Anti-Doping Agency's (RUSADA) bid for re-compliance was held in Glasgow last weekend and as usual the Russians were still crying crocodile tears and saying 'no State sponsored doping here'. But that may all change soon with the release of the second part of the McLaren report set for December 9 - the day after the conclusion of a three-day IOC Executive Board meeting in Lausanne. It is expected to be released during a press conference in London. WADA deputy director general Rob Koehler had earlier outlined several problems and obstacles the anti-doping body are still facing in Russia in a presentation to the Foundation Board. Koehler revealed that they still had "limited access" to closed cities in Russia, military facilities where many athletes train. He also announced the Moscow Laboratory, one of the facilities at the centre of the Russian doping scandal, is still "sealed off" and, as a result, they are unable to gain access to the samples which are stored there. See <http://www.insidethegames.biz/articles/1043901/smironov-denies-state-sponsored-doping-in-russia-as-wada-reveal-date-for-second-part-of-mclaren-report>.
- The failure of Russia to comply with WADA requirements is discussed at depth in this Times article, with lots of examples. See [http://www.nytimes.com/2016/11/21/sports/olympics/russia-doping-wada.html?ref=collection%2Fsectioncollection%2Fsports&\\_r=1](http://www.nytimes.com/2016/11/21/sports/olympics/russia-doping-wada.html?ref=collection%2Fsectioncollection%2Fsports&_r=1). A long way to go here when you are still on the starting line and facing the wrong direction!
- Victorian racewalker **Michael Gillies Smith** is set to arrive at Parliament House in Canberra at midday tomorrow after his 700km walk from Chewton in central Victoria. He has been carrying in his backpack a piece of legislation requiring the Australian government to gain parliamentary approval before going to war. Well done Michael - you have completed what many of dream of doing but are too timid to start. Follow his trip at <http://positivestep.info/>.

#### 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

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

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 18-29, 2017	World Masters Athletics Indoor Championships, Daegu South Korea
Mar 19, 2017	Memorial Mario Albisetti (elite 20km), Lugano, Switzerland
Mar 25, 2017	European Athletics Walks Meet, Dudince, Slovakia
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
June 9, 2017	European Athletics Walks Meet, Altyus, LTU
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 (20km roadwalks). See <http://www.gc2018.com>  
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  
2019 World Masters Indoors T&F Championships, Torun, Poland  
July 2020 32<sup>nd</sup> Olympic Games, Tokyo  
2012 23<sup>rd</sup> World Masters T&F Championships, Toronto, Canada  
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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