



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2016/2017 Number 39
27 June 2017



VRWC Preferred Supplier of Shoes, clothes and sporting accessories.

Address: RUNNERS WORLD, 598 High Street, East Kew, Victoria (Melways 45 G4)
Telephone: 03 9817 3503
Hours: Monday to Friday: 9:30am to 5:30pm
Saturday: 9:00am to 3:00pm
Website: <http://www.runnersworld.com.au>
Facebook: <http://www.facebook.com/pages/Runners-World/235649459888840>

WALKER OF THE WEEK

My walker of the week is 18 year old Western Australia walker **Declan Tingay**. Last Sunday, walking in a WARWC road event in Perth, he completed an inaugural 20km in a time of **1:30:23**. This is a pretty impressive first up effort, especially as Declan was completely on his own, as the only competitor in the longer distance event.

Declan is one of a number of walkers, all aged 19 or less, who have put very good 20km times on the board in the last 12 months or so. Others include 19 year old Adam Garganis (1:27:27) and 19 year old Tyler Jones (1:27:12). I am excited by our current depth in both junior men and junior women. It omens well for the future.

Well done Declan! Lots more still to come.



Declan in action at Fawkner Park last December

WHAT'S COMING UP

Next Saturday sees VRWC walkers back at Middle Park for more winter roadwalks. Remember we prefer you to pre-enter if possible via our online panels at <http://vrwc.org.au/wp1/>.

Saturday 1st July 2017, Middle Park			
VRWC EVENTS and Coaching session: Entries close for all events at 1.45pm sharp.			
1.20pm	Coaching session (30 minutes) by Club Coach		
2.15pm	12km	Points Race	Open
2.15pm	10km	Points Race	Open
2.15pm	5km	Points Race	Open
2.30pm	3km	Points Race	Open
2.30pm	1.5km	Points Race	Open

The **Oceania Area Championships** kick off in Suva, Fiji, tomorrow (Wednesday 28th June), and will run until Saturday. Overall, more than 20 nations will descend on Fiji for the four days of athletics competition. Australia will be represented by two teams, Australia and Regional Australia. Lots more info on the championship website at <https://athletics-oceania.com/oceania-athletics-area-championships-2017/>.

- Thursday 29th June, 5PM 5000m Walk U18 Men /Women and 5000m Walk Open Men
- Saturday 1st June, 7:30AM 10,000m Walk Open Men

Rhiannan Lovegrove (SA) and **Mackayla Davison** (VIC) are competing in the U18 Women's division, **Ryan Thomson** (NSW) and **Connor Frew** (ACT) are competing in the U18 Men division and **Pramesh Prasad** (VIC) is competing in the Open Men Division. Pramesh will of course be competing for his native Fiji.

AV, VMA VRWC CHAMPIONSHIPS, MIDDLE PARK, SUNDAY 25 JUNE

It was freezing for competitors, officials, judges and spectators at Middle Park on Sunday morning, but nearly all entrants turned up to race, ensuring our largest field so far this winter, 63 walkers in total.

The 20km races were the first events to get underway at 9AM. Championships included the Victorian 20km Championships, the Victorian Masters 20km Championships and the VRWC Open Men 20km Championship (for the Alf Robinson Trophy). The men's race was won by Rio Olympian **Rhydian Cowley** (1:28:53), ahead of 2016 World Junior representative **Adam Garganis** (1:32:26) and **Simon Evans** (1:59:44). The women's 20km saw New Zealand visitor **Roseanne Robinson** first to finish (1:47:28), while the Victorian Championship medals went to **Sarah Brennan** (1:56:17), **Sandra Geisler** (2:01:24) and **Carolyn Rosenbrock** (2:14:23).

Open Men 20 km, 9AM				AV	VMA	VRWC
1.	Cowley, Rhydian	GHY	1:28:53	1		1
2.	Garganis, Adam	COL	1:32:26	2		2
3.	Evans, Simon	BOH	1:59:44	3	M55/1	3
4.	O'Neill, Terry	GPA	2:04:56	4	M60/1	4
5.	Keirl, Bernie		2:08:36		M50/1	
6.	Van Dongen, Rupert	MEN	2:13:16	5	M40/1	5
7.	Harvey, Michael	AWA	2:16:48	6		
8.	Hess, Albin	IND	2:24:04	7	M55/2	6
	Kozica, Jason		DNS			DNS
	Prowse, Frank		DQ		M65/DQ	
	Blackwood, Mark	KNA	DQ	DQ	M40/DQ	DQ
	Moritz, Paul		DQ		M55/DQ	DQ



AV medallists Adam Garganis, Rhydian Cowley and Simon Evans (photos Terry Swan)

Open Women 20 km, 9AM				AV	VMA	VRWC
1.	Robinson, Roseanne	NZL	1:47:28	1		
2.	Brennan, Sarah	BYC	1:56:17	Vic 1	W40/1	
3.	Geisler, Sandra	RWD	2:01:24	Vic 2		
4.	Rosenbrock, Carolyn	ANW	2:14:23	Vic 3	W55/1	

5.	O'Neill, Karyn	GPA	2:23:13	Vic 4	W60/1	
6.	Elms, Donna-Marie	PTN	2:27:28	Vic 5	W55/2	
	Tindal, Pam		DNF			DNF
	McInnes, Simone		DNF			DNF
	Muldoon, Wendy		DNF			DNF
	Ruddick, Kelly	BHA	DNF	DNF	W40/DNF	



AV 20km placegetters Rozie Robinson (NZ), Sarah Brennan, Sandra Geisler and Carolyn Rosenbrock (photos Terry Swan)

AV Schools Roadwalk Championships were held for U14 to U20 age groups. Lots of good walks but the pick had to be **Kyle Swan** (10km 45:52), **Rebecca Henderson** (5km, 24:23), **Will Thompson** (3km 14:16) and **Alanna Peart** (3km 14:48).

10km Under 20 AV Mens Schools Championship

1.	Kyle Swan	Melbourne High	45:52
----	-----------	----------------	-------

10km Under 20 AV Womens Schools Championship

	Ellen Dowie	Ballarat & Clarendon College	DNS
--	-------------	------------------------------	-----

5km Under 18 AV Girls School Championship

1.	Rebecca Henderson	Berwick SC	24:23	
2.	Jemma Peart	Ballarat High	24:40	PB 0:12
3.	Jasmin Hass	Ringwood SC	28:18	PB 0:23
4.	Kathleen O'Mahony	Mater Christi College	30:49	
	Charlotte Hay	Brentwood SC	DNS	

5km Under 18 AV Girls School Championship

1.	Angus Hay	Brentwood SC	30:43	Eq. PB
----	-----------	--------------	-------	--------

3km Under 16 AV Boys Schools Championship

1.	Will Thompson	Balcombe Grammar	14:16
2.	Corey Dickson	Tintern Gramma	15:17
3.	Heath Beveridge	Overnewton Anglican	18:05
	Angus Hay	Brentwood SC	DNS

3km Under 16 AV Girls Schools Championship

1.	Alanna Peart	Ballarat High	14:48
2.	Chloe Karagiorgos	Wantirna College	15:25
3.	Amika Nelson	Clonard College	16:47
4.	Holly Cocking	Luther College	16:57
5.	Charli Walker		20:12
	Charlotte Hay	Brentwood SC	DNS

3km Under 14 AV Boys Schools Championship

1.	Fraser Saunder	Ballarat Grammar	16:50	
2.	Eden Morgan	Belgrave Heights Christian Sch	17:00	PB
3.	Owen Costin	Christian College	18:10	PB 0:24
4.	Scott Peart	Block Hill PS	18:28	
	Keelan Perry	Marian	DQ	

3km Under 14 AV Girls Schools Championship

1.	Kaylah Heikkila-Dubowik	Drysdale PS	19:17	
----	-------------------------	-------------	-------	--



AV Schools winners Kyle Swan, Will Thompson, Rebecca Henderson and Alanna Peart (photos Terry Swan)

Our youngest walkers were able to contest VRWC U12 2.5km and U10 1.5km Club Championships.

2.5km Under 12 VRWC Championship

1.	Gemma Lillie	15:54
2.	Zoe Pandey	17:57
	Kaylah Heikkila-Dubowik	DNS
1.	Sebastian Weickhardt	17:23
	Scott Peart	DQ

1.5km Under 10 VRWC Championship

1.	Alannah Upson	08:54
2.	Madison Vaughin	08:55
3.	Ella Cunningham	10:14
1.	Lucas Kent	09:03
2.	Hamish Blackwood	09:05
3.	Remy Pandey	10:09

The final events were VRWC 5km Open and 2km Open roadwalks for any extra walkers who wanted a hitout on the day.

5km Open

1.	David Smyth	29:07
2.	Ralph Bennett	31:10
3.	Bob Gardiner	36:07

2km Open

1.	Alannah Dingli	13:21
2.	Isabella Dingli	13:45
3.	Merilyn Thompson	14:42
4.	Margaret Beaumont	17:59
5.	Christopher Kent	15:43

Thanks to all our officials, judges and helpers. It was indeed cold! Apologies if I have missed anyone.

Officials,	Mark Donahoo, Bob Gardiner, Tim Erickson, Mark Donahoo, Karyn O'Neill, Simon Baker, Scott Nelson
Judges:	Kathleen Marsh (C), Mark O'Mahony, Paul Nunn, Ebony Whiley, Shane Dickson, David Long, Josh Savage, Stuart Cooper, Peter Vysma (DQ Board, Bike), Gordon Loughnan (DQ Board)
Canteen:	Kate Suich
Drinks Table:	Claire Garganis, David Smyth
Photos:	Terry Swan (see http://www.vrwc.org.au/piwigo/index.php?/category/1)
Chip Timing:	Ralph Bennett (see http://vrwc.org.au/wp1/race-splits-laps/)

Finally, Runners World Kew proprietor Neil Ryan was on hand to present the VRWC Runners World Summer Season award to Simone McInnes. To read more about Neil's very generous club sponsorship, see <http://www.vrwc.org.au/vrwcrunners-world.shtml>. And remember to use Runners World Kew (<http://www.runnersworld.com.au/>) for all your sporting purchases.



Neil Ryan with Simone McInnes on Sunday (photo Terry Swan)

Updated points Competition results (Style Award, Handicap and Actual Times) are to be found at <http://www.vrwc.org.au/vrwcpointscmps.shtml>.

ACTRWC ROADWALKS, MOLONGLO REACH, CANBERRA, SATURDAY 24 JUNE

Thanks to Robin Whyte for his weekly report from Canberra. Fastest time to **Mitchell Baker** (47:42 for 10km).

10km Walk

1.	Mitchell Baker	47:42
2.	Brendon Reading	47:54
3.	Matt Griggs	54:09
4.	Ann Staunton-Jugovic	58:40
5.	Greg Durr	1:02:37
6.	Bob Parker	1:14:02
7.	Monika Short	1:14:03
8.	Rod Gilchrist	1:16:38
9.	Jayden Elphick	1:27:51
10.	Geoff Barker	1:28:01
11.	Phil Essam	1:33:49
	Kate Black	DNF
	Connor Frew	DNF

1km Walk

1.	Kiefer Brennan	06:32
2.	Georgia Frew	07:11
3.	Imogen Gardiner	07:34

5km Walk

1.	Hannah Manning	28:22
2.	Robin Whyte	31:45
3.	Sidney Shaw	34:48
4.	Derek Robinson	35:50
5.	Miriam McCarthy	35:52
6.	Jane Bates	37:10
7.	Rosemary Parker	38:07
8.	Jennifer Gilchrist	39:02
9.	Terry Munro	40:20
10.	Elke McAnulty	40:20
11.	David Mackenzie	41:37
12.	Val Chesterton	43:31
13.	Raine Thompson	48:30

3km Walk

1.	Laura Burns	16:32
2.	Pierce Brennan	19:21
3.	Ella Baker	21:59

SARWC ROADWALKS, PEACOCK RD, ADELAIDE, SATURDAY 24 JUNE

Thanks to Bob Cruise for this week's results from Adelaide. Good walk by **Darren Bown** (47:47), **Samantha Findlay** (51:30) and **Tristan Camilleri** (25:01).

10 Km Walk

1.	Darren Bown	47:47
2.	Samantha Findlay	51:30
3.	Gloria Holliday	63:44
4.	John Leydon	66:49
5.	Bill Starr	77:27
	Jim Hoare	DNF

3 Km Walk

1.	Victoria Upton	16:14
2.	Chloe Upton	17:07
3.	Kitarni Upton	18:02
	Alix Harlington	DNF
	Keira Ross	DNF

5 Km Walk

1.	Tristan Camilleri	25:01
2.	Olivia Phillips	37:47
	Mathew Bruniges	DNF

2 Km Walk

1.	Elli Pusonjic	11:34
2.	Seth Upton	11:34
3.	Alleesha Vidler	13:41

1 Km Walk

1.	Ayeisha Wallace	6:12
2.	Natalie Bruniges	8:43

SAMA ROADWALKS, BURBRIDGE ROAD, ADELAIDE, SATURDAY 24 JUNE

Thanks to Colin Hainsworth for the latest results from the South Australian Masters in Adelaide. Races followed by AGM. Hilly course. Calm, sunny arvo.

4km Turkey Handicap

1.	George White	22:54	M72	89.06%	
2.	Gill McIntosh	26:51	M66	70.68%	
3.	Marie Maxted	27:21	W57	69.12%	2 nd
4.	Geraldine Smith	29:04	W67	73.20%	3 rd
5.	Graham Harrison	29:52	M73	69.17%	
6.	Helen Suridge	30:05	W66	69.80%	1 st
7.	Jan Layng	30:39	W68	70.37%	
8.	Rodger Barber	30:41	M79	73.26%	
9.	Margaret McIntosh	32:34	W64	62.86%	
10.	Jill Rogers	34:27	W72	66.34%	
11.	Colin Hainsworth	34:49	M87	73.76%	
12.	David Robertson	36:36	M83	65.42%	
13.	Jeff Kennett	38:35	M67	49.75%	

WARWC ROADWALKS, WILSON, PERTH, SUNDAY 25 JUNE

Thanks to Terry Jones for the latest results from Perth. Great inaugural 20km (1:30:23) for 18 year old **Declan Tingay**.

20km Walk

1.	Declan Tingay	90.23 Inaugural
----	---------------	-----------------

1.5km Walk

1.	Kristine Wells	9.28
2.	Amber Richards	9.32
3.	Xavier Bernard	9.55
4.	Kaytee Bogaers	10.42

LANSW & ANSW ROADWALK CHAMPIONSHIPS, PENRITH LAKES, SYDNEY, SUNDAY 18 JUNE

Back a week for what must be the biggest meet of the NSW walking year, with the older Athletics NSW walkers sharing the stage with the younger Little Athletics NSW walkers – a total of 134 walkers by my count! Absolutely phenomenal.

Men 20km Race Walk Open

1.	Felton, Jay	22	U.T.S. North	1:36:18
2.	Gibbons, Carl	21	Westlakes At	1:36:41

Women 15km Race Walk Open

1.	Barendregt, Amanda	21	Nepean Distr	1:30:38
2.	Dighton, Jasmine	21	Asics Wests	1:38:32

Men 55-64 5km Walk Masters

1.	Osborne, Robert	61	Nepean Distr	32:10
2.	McDonald., Anthony	55	Nsw Masters	36:27

Men 65+ 5km Walk Masters

1.	Williams, Dennis	68	Hills Distri	33:00
2.	West, John	66	Nsw Masters	33:17
3.	Seymon, Jim	79	U.T.S. North	33:49
4.	White, Baden	72	Nsw Masters	38:42

Women 35-44 5km Walk Masters

1.	Webb, Cheryl	40	Blacktown Ci	24:48
----	--------------	----	--------------	-------

Women 45-54 5km Walk Masters

1.	Weekes, Anne	54	Sutherland D	29:32
2.	Parker, Carmel	51	U.T.S. North	34:02
3.	Nilon, Nicole	45	Sutherland D	34:56

Women 65+ 5km Walk Masters

1.	Purcell, Joan	75	Nepean Distr	36:46
2.	Kenyon, Judith	77	Nsw Masters	40:03
3.	Brown, Judy	67	Nsw Masters	44:54

Men 10km Race Walk U20

1.	Richardson, Dylan	17	Mingara Athl	48:01
2.	Bedford, Kyle	17	Nepean Distr	50:41
3.	Thomson, Ryan	17	Nepean Distr	51:05
4.	Barendregt, Travi	17	Nepean Distr	62:21

Women 10km Race Walk U20

1.	O'Neill, Molly	17	Adamstown Ne	59:52
2.	Hardy, Renee	14	Asics Wests	64:17
3.	Crichton, Sophie	17	Asics Wests	68:53

Boys U15 3km Walk

1.	Kemp, Joel	14	Mingara Athl	15:33
----	------------	----	--------------	-------

Boys U16 3km Walk

1.	McGinniskin, Jack	15	Mingara Athl	14:48
2.	Blaskett, Hayden	15	Sydney Strid	15:20
3.	Barendregt, Logan	15	Nepean Distr	22:17

Boys U17 3km Walk

1.	Tebbutt, Oscar	16	Gosford Athl	13:27
2.	Dwyer-Hall, Blake	16	Blacktown Ci	15:10

Girls U15 3km Walk

1.	Pitcher, Allannah	14	Mingara Athl	14:12
2.	Blanch, Emma	14	St. George D	15:01
3.	Dagher, Sophia	14	Westfields A	17:06
4.	Martin, Brooke	14	Nepean Distr	19:19
5.	Bulman (Lee), Dana	14	Riverstone	21:31

Girls U16 3km Walk

1.	Parker, Hannah	15	Randwick Bot	17:20
2.	Robertson, Brittany	15	St. George D	17:38
3.	Bell, Bridget	15	Kurrajong Bilpin	17:54

Girls U17 3km Walk

1.	Brown, Samantha	16	Ryde Athleti	15:23
2.	Mison, Hannah	16	Koorringal -W	16:00
3.	Pengilley, Teegan	16	Bankstown Sp	16:04
4.	Lee, Janaya	16	Riverstone	16:37
5.	Bulman (Lee), Davina	16	Riverstone	18:00

6.	Walker, Amy Marie	16	Wyong Athlet	18:43
----	-------------------	----	--------------	-------

Boys U14 2km Walk

1.	Dickson, Adam	13	Hills Distri	10:15
2.	Lubke, Matthew	13	Balmain Athl	10:37
3.	Walter, Samuel	12	Sydney Pacif	11:00
4.	Pyda, Raven	13	Westfields A	11:09
5.	Pospischil, Brendan	12	Winston Hills	11:29
6.	Bulman (Lee), Shaqiulle	12	Riverstone	11:38
7.	Barnes, Rhys	13	Illawarra Bl	13:11
8.	Hardy, Aiden	12	Asics Wests	14:21

Girls U14 2km Walk

1.	Mcmillen, Elizabeth	13	Sydney Pacif	9:29
2.	Thomas, Emma	12	Parramatta C	9:56
3.	DeCelis, Ellie	13	Illawong and	10:20
4.	Thomson, Olivia	13	Randwick Bot	10:42
5.	Farrell, Isabella	12	Prestons Robins	11:31
6.	Walters, Chia	12	Sutherland D	11:52
7.	Thomson, Jada	13	Nepean Distr	11:54
8.	McNair, Lily-Jean	13	Bankstown Sp	12:18
9.	Bulman (Lee), Paige	13	Riverstone	12:28
10.	Kolts, Hayley	13	Illawarra Bl	12:34
11.	Deagan, Rhianni	12	Nepean Distr	12:38
12.	Grebert, Arienna	13	Cherrybrook	12:41
13.	Varga-Strike, Zsofia	12	Hills Distri	13:27
14.	Adra, Amani	13	Bankstown Sp	13:42
15.	Challinor, Emily	12	Port Hacking	19:10

Boys 1.5km Walk U11

1.	Banks, Harry	11	Balmain Athl	7:42
2.	Payne, Brodie	11	Winston Hills	8:00
3.	Murphy, Liam	11	Glenbrook At	8:33
4.	Bell, Darcy	11	Kurrajong Bilpin	8:34
5.	Reckerman, Xandar	11	Girraween At	9:30
6.	Schmidt, Zachary	11	Balmain Athl	9:55
7.	Mauger, Connor	11	Winston Hills	10:19
8.	Chen, Joshua	11	Balmain Athl	12:50

Girls 1.5km Walk U11

1.	Dunne, Izabella	11	Gosford Athl	7:05
2.	Krklinski, Chloe	11	Parramatta C	8:03
3.	Munroe, Ella	11	Hills Distri	8:10
4.	Nilon, Isabelle	11	Nth Rocks Ca	8:22
5.	Torrens, Chelsey	11	Winston Hills	8:23
6.	Stojanovic, Marisa	11	Liverpool	9:10
7.	Tarbotton, Charlotte	11	Campbelltown	9:29
8.	Grebert, Kaiya	11	Cherrybrook	9:32
9.	Byatt, Laelia	11	Girraween At	9:56
10.	Neale, Jacinta	11	Prestons Robins	9:59
11.	Stevens, Dominique	11	Balmain Athl	10:03
12.	Stevens, Maddie	11	Balmain Athl	10:05
13.	Murphy, Ellen	11	Balmain Athl	10:17
14.	Webber, Kailey	11	Winston Hills	10:33
15.	Gauci, Alyssa	11	Emu Plains	10:34
16.	Crocker, Amelia	11	Port Hacking	10:47
17.	Howle, Grace	11	Eschol Park	11:14

Boys 1.2km Walk U10

1.	Elliott, Peter	10	Quakers Hill	5:53
2.	Walter, Matthew	10	Ku-Ring-Gai	6:04
3.	Scholle, Felix	10	Ku-Ring-Gai	6:37
4.	Ashby, Myles	10	Gosford Athl	6:50
5.	Bezuidenhout, Ajay	10	Dapto	7:20
6.	Pospischil, Aidan	10	Winston Hills	7:27
7.	Busst, Riley	10	Jamison	7:47

Girls 1.2km Walk U10

1.	Stanley, Jayda	10	Balmain Athl	6:47
2.	Wong, Jasmine	10	Winston Hills	6:51
3.	Torrens, Samantha	10	Winston Hills	7:30
4.	Lucas, Ruby	10	Macquarie Hu	7:32
5.	Newberry, Brooke	10	Armidale Ath	7:44
6.	Harris, Charlotte	10	Girraween At	8:03
7.	Challinor, Sarah	10	Port Hacking	8:13
8.	Matthias, Emma	10	Emu Plains	8:13
9.	Blanch, Hayley	10	Port Hacking	8:16
10.	Clayton, Bianca	10	Port Hacking	8:17
11.	Tuyau, Matilda	10	Winston Hills	8:38
12.	Henderson, Abeni	10	Girraween At	8:59
13.	Khouiss, Isabella	10	Girraween At	10:03

Boys 1.2km Walk U9

1.	Muir, Alex	9	Nepean Distr	6:55
2.	Mauger, Harrison	9	Winston Hills	7:07
3.	Varga-Strike, Thomas	9	Quakers Hill	7:08
4.	Pryke, Lachlan	9	Cranebrook	7:36
5.	Ryan, Dylan	9	Jamison	8:19

Girls 1.2km Walk U9 Female

1.	Pitcher, Sienna	9	Gosford Athl	6:26
2.	Beck, Grace	9	Ku-Ring-Gai	6:30
3.	Lamb, Chloe	9	Manly Warringah	6:40
4.	Woods, Zoe	9	Ku-Ring-Gai	6:53
5.	Vella, Isabella	9	Nepean Distr	7:07
6.	Bektas, Abbey	9	Nepean Distr	7:08
7.	Bektas, Jessey	9	Nepean Distr	7:24
8.	Ryan, Georgia	9	Lake Illawarra	7:55
9.	Stewart, Annabelle	9	Ku-Ring-Gai	7:56
10.	Francis, Anika	9	Girraween At	7:58
11.	Baker, Adelayde	9	Kings Langley	8:06
12.	Grebert, Aaliyah	9	Cherrybrook	8:11
13.	Howle, Isabella	9	Eschol Park	8:13
14.	Tarbotton, Rosanna	9	Campbelltown	8:13
15.	Bennett, Kaylah	9	Cherrybrook	8:52
16.	Cannon, Kollah-Jade	9	Cherrybrook	9:07
17.	Giffney, Claire	9	Kings Langley	10:05

NSWRWC ROADWALKS, JAMISONTOWN, SATURDAY 3 JUNE

And going back a further 2 weeks for completeness.

Open 10km Walk

1.	Tyler Jones	43.39
2.	Carl Gibbons	46.14
3.	Amanda Barendregt	55.15
4.	Travis Barendregt	59.32
5.	Anne Weekes	60.26

Open 8km Walk

1.	Kyle Bedford	38.57
2.	Ryan Thomson	40.18
3.	Cheryl Webb	40.22
4.	Allanah Pitcher	40.34
5.	Jasmyn McDonald	44.24
6.	Jasmine Dighton	47.30
7.	Tegan Pengilley	48.00
8.	Janaya Lee	51.05
9.	Joan Purcell	58.49

Open 4km Walk

1.	Hayden Blaskett	21.23
2.	Renee Hardy	21.56

U16 2km Walk

1.	Elizabeth McMillan	9.57
2.	Emma Thomas	10.10
3.	Chloe Krklinski	11.09
4.	Isabel Nilon	11.36
5.	Shaq Lee	11.45
6.	Bridget Bell	12.03
7.	Brendan Pospischil	12.17
8.	Rhianni Deagan	12.21
9.	Brodie Douglas	12.51
10.	Aiden Hardy	14.10
11.	Emily Challinor	16.38

U12 1.5km Walk

1.	Milly Boughton	8.02
2.	Chloe Lamb	8.56
3.	Darcy Bell	9.45
4.	Amelia Crocker	12.34

U10 0.5km Walk

1.	Christopher Nilon	3.00
2.	Charli Deagan	3.52

3.	Molly O'Neill	22.28	3.	Cara Lee	3.55
4.	Brittany Robertson	23.41			
5.	Brooke Martin	23.56			
6.	Hanna Parker	24.01			
7.	Davina Lee	24.58			
8.	Nicolle Challinor	27.10			
9.	Carmel Parker	27.11			
10.	Nicole Nilon	28.12			
11.	Judy Brown	36.06			
	Jada Thomson	DNF			

SARWC 'GUESS YOUR TIMES' WALKS, ADELAIDE PARKLANDS, ADELAIDE, SATURDAY 17 JUNE

Another catchup, this time from South Australia. Thanks to Peter Crump for sending it on. Great to see **Claire Tallent** having her first walk in a while, and only a month of so after the birth of young Harvey Sebastian.

5km			Actual	Guess	Result
	1.	Claire Tallent	24:16	24:30	0:14 up
	2.	Samantha Findlay	24:44	25:03	0:19 up
	3.	Peter Crump	28:35	27:42	0:53 down
	4.	Trevor Mayhew	33:29	34:00	0:31 up
	5.	John Leydon	32:06	31:30	0:36 down
	6.	Gloria Holliday	31:00	31:40	0:40 up
	7.	Greg Metha	32:10	31:30	0:40 down
	8.	Mathew Bruniges	30:42	26:56	3:46 down
		Tristan Camilleri	DNF		
3km					
	1.	Alix Harlington	15:41	15:30	0:11 down
	2.	Kristie Goznic	14:56	14:34	0:22 down
2km					
	1.	Kiera Ross	10:42	10:30	0:12 down
1km					
	1.	Eli Pusonjic	5:32	5:16	0:16 down
	2.	Aleesha Vidler	6:34	7:00	0:26 up

BRITISH GRAND PRIX OF RACE WALKING, LEEDS, ENGLAND, SUNDAY 25 JUNE

My report is taken from <http://www.athleticsweekly.com/event-reports/tom-bosworth-beats-callum-wilkinson-to-uk-20km-race-walk-title-62873#6dEcVU9dLm4qAy4d.99>.

Roundhay Park in Leeds witnessed an historic day as four British race walkers secured selection for the IAAF World Championships, Ian Richards reports. **Tom Bosworth** and **Gemma Bridge** took the grand prix titles and the British and English titles, with Bridge clocking a huge personal best of 92:33 to go No.2 on the UK all-time rankings for the women's 20km. Only Jo Atkinson has ever walked faster, while the runner-up, **Alana Barber** of New Zealand, just missed her own national record with 92:38. Behind them **Bethan Davies** stormed to a Welsh record of 93:04, the third fastest time ever by a British athlete. **Erica Kelly** won the battle for the bronze medal in the British Championships and silver in the England Championships as she took nearly six minutes off her previous best to clock 1:41:27, which moves her to No.4 in the UK list for 2017 and No.11 on the UK-all time rankings. Most importantly it was inside the Isle of Man qualifying time for the 2018 Commonwealth Games.

Bridge said: "I am not sure where that performance came from. To win against this field is incredible and I am happy to secure my selection for London and to have four of us secure selection today is incredible! Getting a PB was the icing on the cake, it is going to be one awesome summer!"

In the men's 20km, Leeds-based duo **Tom Bosworth** and **Callum Wilkinson** went to the front from the start on their home turf and soon established a lead ahead of **Dominic King** and Greek **Zacharias Tsamoudakis**. The pair passed 10km in 43:50 and wound up the pace in the second half, walking together until the last 100m when, in a sprint finish, Bosworth took the victory by one second in 84:58 as they both secured their places on the team for London. Behind them Tsamoudakis pulled away in the second half to clock a PB of 85:31 ahead of King, who clocked a PB of 86:08, which ranks him fourth in the UK in 2017 and moves him to No.19 on the UK all-time list just above his twin brother Daniel who was disqualified in the second half.

Bosworth said: "It was fantastic to take the victory and to secure my selection for London. I can now focus on performing to the best of my ability in London on The Mall. It was great that the Leeds public got behind me today." Wilkinson, the world junior champion, said: "This year has been such an amazing set of performances and I am elated to secure my selection to line up on The Mall on August 13 in front of a home crowd."

In the junior men's 10km, **Tom Partington** produced a big PB of 45:10 to move to second on the UK under-20 rankings for 2017. In the women's 10km **Ana Garcia** clocked 51:53 to move to the top of the UK under-17 rankings and to No.3 on the UK under-17 all-time lists.

Men 20km Race Walk

1.	Tom BOSWORTH	GBR	90	1:24:58
2.	Callum WILKINSON	GBR	97	1:24:59
3.	Zacharias TSAMOUDAKIS	GRE	96	1:25:31
4.	Dominic KING	GBR	83	1:26:08
5.	Cian MCMENAMON	IRL	91	1:29:10
6.	Jerome CAPRICE	MRI	83	1:34:38
7.	Damian BLOCKI	POL	89	1:34:39
8.	Francisco REIS	POR	60	1:44:33
9.	Andrew MILLER	GBR	69	1:46:16
10.	Adrian EDWARDS	GBR	56	1:59:45
11.	John CONSTANDINOU	CYP	72	2:05:30
	Jonathan HOBBS	GBR	93	DQ
	Sean PENDER	IRL		DQ
	Daniel KING	GBR	83	DQ
	Tony BELL	GBR	63	DQ
	Guy THOMAS	GBR	97	DQ

Women 20km Race Walk

1.	Gemma BRIDGE	GBR	93	1:32:33
2.	Alana BARBER	NZL	87	1:32:38
3.	Bethan DAVIES	GBR	90	1:33:04
4.	Erika KELLY	GBR		1:41:27
5.	Heather LEWIS	GBR	93	1:42:29
6.	Veronica BURKE	IRL	96	1:46:04
7.	Natalie FOURIE	RSA	82	1:46:25
8.	Hannah HUNTER	GBR		1:47:29
	Anett TORMA	HUN	84	DNF
	Natalie MYERS	GBR	91	DNF
	Andrea KOVÁCS	HUN	80	DNF

Men 10km Race Walk

1.	Fredrik RØTNES	NOR	96	43:57
2.	Tom PARTINGTON	GBR	99	45:10
	Christopher SNOOK	GBR	00	DNF

Women 10km Race Walk

1.	Agnese PASTARE	LAT	88	48:53
2.	Kate VEALE	IRL	94	51:23
3.	Ana GARCIA	GBR	01	51:53
4.	Emma PRENDIVILLE	IRL	93	52:07
	Agata KOWALSKA	POL	98	DNF

Men 5km Race Walk

1.	Allen BENJAMIN	GBR	01	26:54
----	----------------	-----	----	-------

Women 5km Race Walk

1.	Ester MONTANER NOVELLON	ESP	91	25:51
2.	Laura ACHURCH	GBR	01	30:47
3.	Emma ACHURCH	GBR	97	30:58

Mark Easton was there with camera and has a link to his usual great photo gallery <http://markeaston.zenfolio.com/f368462109>.



Tom Partington, Callum Wilkinson, Tom Bosworth and Dominic King (photos Mark Easton)



Gemma Bridge, Alana Barber and Bethan Davies (photos Mark Easton)

Mark Wall has put together a Commonwealth Women's 20km ranking list (2017 performances only):

1.	Regan Lambie	AUS	1:29:58	Adelaide (AUS)	19.02.2017
2.	Bekki Smith	AUS	1:31:23	Adelaide (AUS)	19.02.2017
3.	Alana Barber	NZL	1:32:23	Adelaide (AUS)	19.02.2017
4.	Gemma Bridge	ENG	1:32:33	Leeds (GBR)	25.06.2017
5.	Bethan Davies	WAL	1:33:04	Leeds (GBR)	19.02.2017
6.	Khushbir Kaur	IND	1:34:01	Taicang (CHN)	15.04.2017
7.	Grace Njue	KEN	1:34:15	Nairobi (KEN)	10.05.2017
8.	Anél Oosthuizen	RSA	1:34:49	Podébrady (CZE)	08.04.2017
9.	Jessica Ching Siu Nga	HKG	1:35:13	Békéscsaba (HUN)	30.04.2017
10.	Rachel Tallent	AUS	1:36:26	La Coruna	03.06.2017
11.	Heather Lewis	WAL	1:37:39	Lugano (SUI)	19.03.2017
12.	Priyanka Goswami	IND	1:37:42	Nomi (JPN)	19.03.2017
13.	Jessica Pickles	AUS	1:37:56	Adelaide (AUS)	19.02.2017
14.	Shanti Kumari	IND	1:38:39	New Delhi (IND)	18.02.2017

The men's list would read just as strongly, both from depth and quality, when you look at the men from Australia, Great Britain, South Africa, New Zealand, India, Canada, etc, etc.

The 2018 Commonwealth Games will see our strongest ever walks fields for both men and women.

BMAF 5K RACE WALK, HORWICH, ENGLAND, SUNDAY 18 JUNE 2017

And staying in England and going back a week for a British Masters Athletics Federation 5km roadwalk in Horwich.

5km Walk Masters Women

1.	Sinead McConnell	W45	Finn Valley AC	28:32
2.	Carolyn Dyall	W35	Nuneaton	28:50
3.	Penelope Cummings	W40	AFD/HHH	29:02
4.	Ann Wheeler	W60	Nuneaton	30:44
5.	Julie Bellfield	W45	Halesowen	30:48
6.	Fiona Bishop	W55	Woking AC	32:07
7.	Lynn Bellfield	W50	Halesowen	33:17
8.	Irene Pike	W65	Lancs.	33:50
9.	Anne Gormley	W50	Donorc AC	35:57
10.	Andrea Lennon	W75	Lancs.	42:10

5km Walk Masters Men

1.	Mark Williams	M50	Birchfield	26:05
2.	Patrick Murphy	M55	Castleisland	26:23
3.	Adrian Edwards	M55	Lancs.	28:03
4.	Bill McFadden	M55	Scotia	28:12
5.	Peter Boszko	M65	Birchfield	28:23
6.	Tony Malone	M65	Lancs.	29:29
7.	Roger Michell	M65	Surrey WC.	29:32
8.	John Constandinou	M40	Birchfield	29:49
9.	Sean McMullin	M70	Mullinger Harriers	30:37
10.	Peter Crahan	M60	Lancs.	32:20
11.	an Torode	M60	South West Vets	33:22
12.	Stuart Edgar	M45	Dudley and Stourbrige H.	33:23
13.	Simon Pugh	M55	Northern Masters AC	33:27
14.	Joe Hardy	M70	Lancs.	33:35
15.	John Crahan	M65	Lancs.	33:36
16.	Ian Hilditch	M75	Lancs.	34:37
17.	Sean Pender	M60	Enfield and Haringey	35:13
18.	Phil McCullagh	M60	Lancs.	36:30
19.	Norbert Will	M80	Northern Ireland M.	37:51
20.	John Payn	M80	Lancs.	39:59
21.	Edwin Grocock	M90	Sheffield	44:48

USA OPEN AND JUNIOR OUTDOOR T&F CHAMPIONSHIPS, SACRAMANTO, CA, 22-25 JUNE

USA Open and Junior T&F Championships also on offer last weekend in Sacramento, California. The U20 10,000m track walks on the Saturday morning saw wins to **Cameron Haught** (47:32.90) and **Taylor Ewert** (51:12.42). The Open 20,000m Track Walks were held on Sunday morning, with wins to **Emmanuel Corvera** (1:26.43.04) and **Maria Michta-Coffey** (1:33:19.61).

Junior Men 10,000m Walk, Saturday 24 June, 7:30AM

1.	Cameron Haught	Southwest Ohio TC	47:32.90
2.	Juan Moscoso	Central Florida Gliders	49:26.22
3.	Eduardo Uria	South Texas Walking	51:41.05
4.	Spencer Dunn	Unattached	52:27.14
5.	Giovanni Cisneros	Elgin Sharks	52:49.73
6.	Jordan Crawford	E-1 TC	53:01.38

Junior Women 10,000m Walk, Saturday 24 June, 7:31AM

1.	Taylor Ewert	Southwest Ohio TC	51:12.42
2.	Lauren Harris	Walk USA	52:47.84
3.	Nayeli Cisneros	Elgin Sharks	53:01.48
4.	Kayla Allen	Unattached	53:09.16
5.	Kayla Torres	Walk USA	53:58.29
6.	Maegan Allen	New England Walkers	55:06.31
7.	Sydney Sirois	Unattached	55:50.51
8.	Kayla Shapiro	Walk USA	56:41.78
9.	Victoria Heiser-Whatley	Warriors TC	57:02.78

10.	Jessica Heiser-Whatley	Warriors TC	57:18.68
11.	Rithika Vatturi	Mission Valley T&F	1:01:14.70

Men 20,000m Racewalk, Sunday 9:45AM

1.	Emmanuel Corvera	NYAC	1:26:43.04
2.	Nick Christie	San Diego Pole Vault	1:26:49.10
3.	John Nunn	U.S. Army	1:27:06.82
4.	Matthew Forgues	Unattached	1:32:30.27
5.	Alexander Bellavance	Unattached	1:32:39.35
6.	Anthony Joseph Gruttadauro	Shore AC	1:34:07.55
7.	Anthony Peters	St. Ambrose	1:35:01.82
8.	Matthew De Witt	Parkside AC	1:38:42.03
9.	Joel Pfahler	Unattached	1:41:41.33
10.	Ian Whatley	Warriors TC	1:50:06.48
	Dave Talcott	Shore Ac	DNF
	John Cody Risch	Q Elite	DQ

Women 20,000m Racewalk, Sunday 9:45AM

1.	Maria Michta-Coffey	Oiselle / Walk USA	1:33:19.61
2.	Miranda Melville	Skechers Perfor / NYAC	1:36:59.09
3.	Robyn Stevens	Skechers Perfo/Wolfpack	1:38:34.54
4.	Katie Burnett	Unattached	1:38:39.60
5.	Erin Taylor-Talcott	Shore AC	1:42:48.24
6.	Molly Josephs	Walk USA	1:43:10.87
7.	Melissa Moeller	Unattached	1:45:02.62
8.	Anali Cisneros	Judson College	1:46:51.80
9.	Amberly Melendez	Unattached	1:48:13.40
10.	Katie Smith	Pegasus AC	1:57:35.46
	Teresa Vaill	Pegasus Ac	DNF
	Stephanie Casey	Unattached	DQ
	Chelsea Conway	Shore AC	DQ

CZECH U20/U18 T&F CHAMPIONSHIPS, JABLONEC NAD NISOU , CZECH REPUBLIS, 24-25 JUNE

Just the winners from the Czech U18/U20 T&F Championships.

Men 10,000m Race Walk

1.	Vojtech LIBNAR	CZE	99	48:53.52
----	----------------	-----	----	----------

Women 10,000m Race Walk

1.	Veronika JANOŠÍKOVÁ	CZE	98	57:39.25
----	---------------------	-----	----	----------

SOUTH AMERICAN T&F CHAMPIONSHIPS, ASUNCIÓN, PARAGUAY, 23-25 JUNE

Wins to Ecuadorians **Mauricio Arteaga** (1:24:40.0) and **Paola Viviana Perez Saquipay** (1:32:26.0) in the 20,000m track walks in the South American T&F Championships in Paraguay.

Men 20,000m Race Walk

1.	Mauricio ARTEAGA	ECU	88	1:24:40.0
2.	Jhon Alexander CASTAÑEDA	COL	92	1:25:04.5
3.	Cesar Augusto RODRIGUEZ	PER	97	1:25:58.3
4.	Juan Manuel CANO	ARG	87	1:26:45.1
5.	Marco Antonio RODRIGUEZ	BOL	94	1:27:53.9
6.	Yassir CABRERA	PAN	88	1:31:10.2
	Pablo RODRIGUEZ	BOL	97	DNF
	Luis CAMPOS	PER	95	DQ
	Oscar Joel VILLAVICENCIO	ECU	93	DQ
	Moacir ZIMMERMANN	BRA	83	DQ
	Richard VARGAS	VEN	94	DNF

Women 20,000m Race Walk

1.	Paola Viviana PEREZ SAQUIPAY	ECU	89	1:32:26.0
2.	Ángela CASTRO	BOL	93	1:32:35.2
3.	Johana ORDÓNEZ	ECU	87	1:38:13.3
4.	Odeth GHUANCA	BOL	97	1:41:27.0
5.	Milanggela Francesca ROSALES	VEN	87	1:43:34.3

MARCIADALMONDO AND OMARCHADOR ROUNDUP

Marciadalmondo has 4 press releases this week

- Sun 25 Jun - Tom Bosworth and Gemma bridge winners in 2017 British Grand Prix
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2834
- Sat 24 Jun - Results of U18 Spanish Championships in Getafe, Spain
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2833
- Thu 22 Jun - Dmytrenko and Myronchuk win in Sumy, Ukraine
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2832
- Wed 21 Jun - Ukrainian walker Olena (Yelena) Shumkina drugs ban
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2831

and Omarchador has 13 press releases

- Sun 25 Jun - Rúben Santos and Joana Pontes win Portuguese U18 track champs
<http://omarchador.blogspot.com.au/2017/06/joana-pontes-e-ruben-santos-vencem.html>
- Sun 25 Jun - results of 3000m track walk at Anhalt 2017 meet in Dessau-Roßlau, Germany
<http://omarchador.blogspot.com.au/2017/06/a-marcha-no-meeting-de-atletismo-anhalt.html>
- Sat 24 Jun - city of Abrantes to host Portuguese U18 T&F Champs this weekend
<http://omarchador.blogspot.com.au/2017/06/abrantes-volta-receber-os-nacionais-de.html>
- Fri 23 Jun - Portuguese women's team upgraded to bronze from 2011 European Racewalking Cup
<http://omarchador.blogspot.com.au/2017/06/portugal-pode-atingir-o-podio-nos-20-km.html>
- Fri 23 Jun - Another case of doping: Olena Shumkina
<http://omarchador.blogspot.com.au/2017/06/mais-um-caso-de-dopagem-olena-shumkina.html>
- Thu 22 Jun - Results of Italian University Championships in Catania
<http://omarchador.blogspot.com.au/2017/06/campeonatos-universitarios-italianos-em.html>
- Thu 22 Jun - Dmitrenko and Mironchuk with 20km Ukrainian titles in Sumy
<http://omarchador.blogspot.com.au/2017/06/dmitrenko-e-mironchuk-com-titulos.html>
- Wed 21 Jun - Maria Guadalupe González Romero wins Mexican 20km championship
<http://omarchador.blogspot.com.au/2017/06/guadalupe-gonzalez-domina-20-km-dos.html>
- Wed 12 Jun - Eder Sánchez wins Mexican 20km championship
<http://omarchador.blogspot.com.au/2017/06/eder-sanchez-vence-campeonatos.html>
- Tue 20 Jun - Results of Spanish Federations Championship in Ciudad Real
<http://omarchador.blogspot.com.au/2017/06/campeonato-de-espanha-por-federacoes.html>
- Tue 20 Jun - Buziak and Brzozowski win Polish championships in Nowa Deba
<http://omarchador.blogspot.com.au/2017/06/buziak-e-brzozowski-vencem-campeonatos.html>
- Mon 19 Jun - Birthday of former Portuguese walker José Pinto
<http://omarchador.blogspot.com.au/2017/06/jose-pinto-em-dia-de-aniversario.html>
- Mon 19 Jun - Lebogang Shange wins walk at PTS meeting in Šamorín
<http://omarchador.blogspot.com.au/2017/06/lebogang-shange-vence-marcha-no-meeting.html>

OUT AND ABOUT

- World Para Powerlifting and World Para Swimming have warned athletes competing at this year's World Championships in Mexico City about the dangers of consuming contaminated meat. There are reports clenbuterol, a substance banned by the World Anti-Doping Agency (WADA), is being used to increase growth in Mexican livestock, including cattle, lamb, poultry and swine, and could therefore be accidentally eaten by competing athletes. See <http://www.insidethegames.biz/articles/1051798/contaminated-meat-warning-for-para-athletes-competing-at-mexico-2017-world-championships>.

- Russia has banned three athletes for four years each as a result of retested samples taken at the 2008 Olympics. Anastasiya Kapachinskaya, Inga Abitova and Denis Alekseyev tested positive for banned substance Turinabol. Kapachinskaya claimed silver in the women's 4x400m relay, while Alekseyev took bronze in the men's 4x400m. In addition, Kapachinskaya tested positive for stanozolol and her retested sample from the 2011 World Athletics Championships in Daegu also came back positive. Abitova, who came sixth in the women's 10,000m in Beijing, was the only one of the trio whose offence did not see medals reallocated. State-sponsored doping - I think so! See <http://www.bbc.com/sport/athletics/40358220>.
- Profile on **Rachel Tallent**: <http://www.canberratimes.com.au/sport/act-sport/rachel-tallent-makes-world-championships-after-injury-plagued-year-20170621-gwvc15.html>.
- British Athletics has announced a 54 strong team which will head to Bydgoszcz, Poland for the European Under-23 Championships to be held between 13-16 July 2017. **Cameron Corbishley** is the only walker named, and will contest the Men's 20km. See <http://www.britishathletics.org.uk/news-and-features/team-of-54-set-to-represent-british-athletics-in-the-european-under-23-championships/>.
- Both the credibility of Spanish sport and its judicial system have been damaged by the Operation Puerto case which has dragged on for ten years. Enrique Gomez Bastida, the lead investigator in Operation Puerto, believes there is only one way to reveal the names of Dr. Eufemiano Fuentes' clients – an independent commission supported by both WADA and Spain. See <http://honestsport.com/2017/06/18/seeking-satisfactory-end-operacion-puerto/>.
- Kenya names 3 walkers in its World Championship team: **Samuel Gathimba**, **Simon Wachira** and **Grace Wanjiru**. See <http://www.nation.co.ke/sports/athletics/Kenya-names-team-for-world-Championships/1100-3985648-of8hqdz/index.html>.
- The IOC sought to inject youth and improve gender diversity into the 2020 Tokyo Olympics by adding events, while keeping the total number of invited athletes the same. In addition to the five new sports added (baseball/softball, karate, skateboarding, sport climbing and surfing), the IOC announced the addition of 15 new events to existing sports. And yet, to keep to a limit of 11,090 total athletes at the 2020 Tokyo Olympics, cuts had to be made and the biggest losers are wrestling with 56 cuts, weightlifting with 64 and athletics with 105 cuts. See <https://theolympians.co/2017/06/24/new-events-for-the-2020-olympics-part-5-weightlifting-and-track-bending-under-the-weight-of-doping-issues-are-the-biggest-losers/>.
- Russian Deputy Prime Minister Vitaly Mutko has rubbished a 'Mail on Sunday' report alleging that Russia's entire football squad for the 2014 World Cup were under investigation by world football's governing body, FIFA, for doping. Nick Harris of The Mail on Sunday wrote that 23 players of Russia's 2014 World Cup squad were being monitored by FIFA to identify if the squad were part of Russia's vast state-sponsored doping programme. Don't know about you but it sounds plausible, given Russia's history. And who would ever believe anything the infamous Mukto would say! See <http://www.independent.ie/sport/soccer/international-soccer/russian-deputy-prime-minister-mutko-rubbishes-report-of-doping-investigation-into-russian-football-team-35863699.html>.
- Rio Olympic 50km fourth place walker **Evan Dunfee** competed last weekend in the Scotiabank Vancouver Half-Marathon, walking it in 1:29:52 and cracking the top-100 in the sold-out field of more than 4,250 participants. Not a formal racewalk but a great indication of form. Evan will be one to watch in the 2017 IAAF World Championships 50km in London. That is really moving! See <http://runningmagazine.ca/evan-dunfee-2017-scotiabank-vancouver-half-marathon/>.
- An attempt by **Anel Oosthuizen** on the South African women's 10km walk record came up short at the weekend, but the Rio Olympian is patiently biding her time. She jetted into Cape Town for a quick visit in an attempt to break an 18-year old South African mark (1999 Susan Vermeulen 45:05) at the WP Grand Prix walking event at the Youngsfield military base in the southern suburbs. Crisp and calm conditions made a record attempt viable, but Oosthuizen stopped her clock on 47:09 and had no excuses. See <http://allafrica.com/stories/201706260788.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

Aug 6 (Sun), 2017	Victorian Roadwalk Championships (including Victorian 30km Championship), Middle Park, Melbourne
Aug 6 (Sun), 2017	AMA 20km Roadwalk Championships, Adelaide, SA
Aug 27 (Sun), 2017	Australian Roadwalk Championships, Woolongong, NSW
Sept 10 (Sun), 2017	Victorian 50km Championship, Middle Park, Melbourne

2016/2017 International Dates

Jun 29 – Jul 1, 2017	Oceania Area Championships, Suva, Fiji
July 12-16, 2017	10 th World Youth T&F Championships, Nairobi, Kenya – THIS IS THE FINAL EDITION
August 4-13, 2017	16 th IAAF World Championships in Athletics, London, UK. See http://www.london2017athletics.com/ On Sunday 13 August, all 3 racewalks will be staged on The Mall, St James Park, London
9 Aug (Wed), 2017	2017 1,3,5 Mile Friendship Walks, London (for all those at the world champs)
August 19-30, 2017	29 th Summer Universiade, Taipei, Taiwan

Sept 9, 2017 8th Race Walking Day in Veenendaal (Dutch Sprint Triathlon), Veenendaal, NED
Sept 24-17, 2017 Around Lake Taihu 4 Day multi day walks race, CHN

2017 Remaining IAAF Racewalk Challenge Series

August 5-13, 2017 16th IAAF World Championships in Athletics, London, UK.

Looking Further Ahead

Jan 20-27, 2018 Oceania Masters Athletics Championships, Dunedin, New Zealand See www.mastersathleticsoceania.com
Apr 4-15, 2018 XXI Commonwealth Games, Gold Coast, QLD (20km roadwalks). See <http://www.gc2018.com>
Men's and Women's 20km walk, Currumbin Beachfront, Sunday 8 April
May 5-6, 2018 28th IAAF World Race Walking Team Championships, Taicang, China
July 2018 16th World Junior T&F Championships, Tampere, Finland
Sept 2018 22nd World Masters Athletics T&F Championships, Malaga, Spain
Sept 28 – Oct 6, 2019 17th IAAF World Championships in Athletics, Doha, Qatar
July 2019 30th Summer Universiade, Brasilia, Brazil
2019 World Masters Indoors T&F Championships, Torun, Poland
July 24 – Aug 9, 2020 32nd Olympic Games, Tokyo
July 20 – Aug 1, 2020 23rd World Masters T&F Championships, Toronto, Canada
Aug 2021 18th IAAF World Championships in Athletics, Eugene, USA
July 18-30, 2022 XXII Commonwealth Games, TBA
On 13th March 2017, Durban announced that it would not host the Games, due to financial constraints.

Tim Erickson, 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>)