



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2016/2017 Number 46
15 August 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 this time around takes little guessing. It goes, of course, to **Ines Henriques** who smashed her own world record by more than two minutes to win the inaugural women's 50 kilometre race walk at the World Championships on Sunday. The 37-year-old crossed the finishing line at The Mall in **4:05:56**, obliterating her previous best of 4:08:26 which she set in January after the IAAF ratified conditions for a women's 50km record. Henriques dominated the race to win her first major global title, and the first race walking title to go to a Portuguese woman.



Henriques celebrates after winning the inaugural women's 50km in London on Sunday

They IAAF belatedly and begrudgingly introduced the women's 50km to the programme in July after clearly losing the argument over gender equality.

This is but the start of the process to give women equal opportunity over the 50km distance. The next major walks championship is the 2018 World Racewalking Teams Championships in Taicang China. The IAAF Council met in London on 31st July and approved the programme for World Team Championships next year. It reads as follows:

Saturday, May 5, 2018	08:00	50 km
	15.30	10 km men under 20
	16.30	20 km women
Sunday, May 6, 2018	09.00	10 km women under 20
	10:10	20km men

Note you don't see 50km for men and 50km for women separately mentioned, even though this timetable was published a week after they lost the argument for these championships. What is going on here? The answer is obvious – they will not give an inch in this argument.

This is why Paul deMeester and I held our press conference last Friday in London, to lay out our own case for ending gender discrimination. It was attended by a number of journalists and other interested parties and has gained some interest from the media –

see for instance <http://www.insidethegames.biz/articles/1053999/iaaf-face-more-threats-of-legal-action-as-tokyo-2020-set-as-next-target-for-womens-50km-walk>.

You can read the full extended version of Paul's press conference at <http://vrwc.org.au/50kmwomen.shtml>. If you scroll to the bottom, you will see the extended pdf document. It makes for explosive reading and shows the 50km enmity by such people as the IAAF Race Walking Committee's Jane Saville and Tim Berrett. Rather than working with us, the RW Committee continues to work, behind closed doors, to kill the 50km. As such, they will do whatever it takes to stop 50km women getting their day in the sun. They realise that while the event remains a men's only domain, they have a stronger argument for its removal.

Finally, a word of support from **Erin Talcott**. It was Erin who forced the IAAF to open up the 2016 World Cup to allow women to compete. Once again, she was the one who challenged the IAAF over the World Championship 50km. It must have been a bitter sweet victory for her as she was disqualified in the race itself. I have been amazed that some people have accused Erin of all sorts of things, simply because she has been the spokesperson and driving force in this issue of gender inequality. I expected it of the Racewalking Committee but I did not expect it from other well credentialed people within the racewalking community.

This is a victory for the 50km women but the war is not over yet. We will only succeed here if we all work together.

WHAT'S COMING UP

- Next Saturday, Victorian walkers will be back at Middle Park for our annual “Beat Your Season Best time” raceday. The concept is a simple one - the winners are the walkers in each race to beat their season best time by the largest margin. Prizes will be on offer for all 10 winners. And remember, we prefer you to pre-enter via <http://vrwc.org.au/wp1/>.

Saturday 19th August 2017, Middle Park

VRWC EVENTS: Beat Your Season Best time. Entries close for all events at 1.45pm sharp.

Prizes will be awarded to the winning, male and female for each race.

The winners are the walkers in each race to beat their season best time by the largest margin.

2.15pm	12km	Beat Your Season Best Time	Open
2.15pm	10km	Beat Your Season Best Time	Open
2.15pm	5km	Beat Your Season Best Time	Open
2.30pm	3km	Beat Your Season Best Time	Open
2.30pm	1.5km	Beat Your Season Best Time	Open

- The **29th Summer Universiade** starts later this week in Taipei, Taiwan. Extending from **19-30 August**, it is a hugely prestigious meet which takes place every second year. And we will have Australian 20km walker **Jess Pickles** in action.
- Online entries are currently being taken for **Australian Roadwalk Championships** in **Woollongong** on **Sunday 27th August**. See the A.A. online entry panel at <https://winterwalks2017.eventdesq.com/>. Entries close Monday 21st August at 9:00pm.
- Athletics Australia, in conjunction with RWA, are holding their annual **Race Walking Judging Seminar** on **Saturday 2nd December 2017** in Melbourne. This is the day before the AA 50km Championship meet at Fawkner Park See <http://www.rwa.org.au/wp/event/race-walking-judging-seminar/>.

VICTORIAN ROADWALKS, MIDDLE PARK, SATURDAY 12 AUGUST

The final round of the VRWC Winter Season Points Competition was held last Saturday at Middle Park. **Pramesh Prasad** (8km 39:43) and **Rebecca Henderson** (6km 29:12) led the walkers out with the fastest times. Not many there overall as the season draws to a close. I hear that the weather was not too bad. Alas, club photographer Terry Swan was away so no photos this time around.

8km Walk

1.	Pramesh Prasad	39:43	1
2.	Albin Hess	54:52	2

H'Cap Place

1.	Paige De Lisen	48:03	
2.	Alison Thompson	52:08	1

6km Walk

1.	Gerard Feain	38:07	1
1.	Rebecca Henderson	29:12	1
2.	Madeleine Feain	37:18	2
3.	Donna-Marie Elms	38:06	3

H'Cap Place

4km Walk			H'Cap Place		
1.	Jasmin Hass	22:23	3		
2.	Holly Cocking	23:10	4		
3.	Kathleen O'Mahony	23:29	1		
4.	Gwen Steed	28:34	5		
5.	Isabella Dingli	29:15	2		
1.	Corey Dickson	20:51	3		
2.	Angus Hay	24:24	1		
3.	Barrie Wicks	34:29	1		

2km Walk			H'Cap Place		
1.	Luke Epps	10:25	1		
2.	Sebastian Weickhardt	13:27	1		
3.	Chris Kent	15:48	3		
1.	Charlotte Hay	10:22	1		
2.	Kaylah Heikkila-Dubowik	12:26	2		
3.	Beverly Hugo	16:46	3		

1km Walk			H'Cap Place		
1.	Liam Hutchins	05:19	1		
2.	Lucas Kent	07:36	2		
1.	Pam Mews	09:13	1		

Thanks to Peter Vysma for the following listing of officials, helpers and judges. Sorry if we missed anyone.

Officials: Mark Donahoo, Bill Carr, Heather Carr, Martin Hass, Donna Dickson
Judges: Peter Vysma (C), Gordon Loughnan, Kathleen Marsh, Michael Bodey, Stuart Cooper, Mark O'Mahony, Shane Dickson
Canteen: Wendy Cooper, Eija Heikkila

The VRWC Winter Season Points Competitions (Handicaps, Actual Times and Style Awards) have now been finalised and can be viewed at <http://vrwc.org.au/vrwcpointscomps.shtml>.

SARWC ROADWALKS, ADELAIDE PARKLANDS, ADELAIDE, SUNDAY 13 AUGUST

Thanks to Peter Crump for the latest results from Adelaide. Peter explains:

Weekend results, incorporating ASA State Championships over 10km for open women, 8km for Under 18 Men and Women and 3 km for Under 14 Boys and Girls (no takers for Open Men 30km). Limited entries for ASA events saw **Samantha Findlay** victorious in the Womens state 10km, **Tristan Camilleri** in a good time for the Under 18 Men's 8km, **Rhiannon Lovegrove** in the Under 18 Womens 8km and **Mia Wilks** in the Under 14 Girls 3km. All other participants were in SARWC support events. Another good time from **Kim Mottrom**.

ASA 10km Walk Championship

1.	Samantha Findlay	54:58
2.	Peter Crump	59:56
3.	Greg Metha	1:04:35
4.	John Leydon	1:06:29
5.	Bill Starr	1:16:48

ASA U18 8km Walk Championship

1.	Tristan Camilleri	37:48
2.	Rhiannon Lovegrove	47:05

5km Walk

1.	Kim Mottrom	23:44
----	-------------	-------

3km Walk

1.	Alix Harlington	15:24
2.	Kiera Ross	15:48
3.	Victoria Upton	15:52
4.	Mia Wilks	17:53
5.	Zayden Kamish	19:50

2km Walk

1.	Danielle Walsh	10:28
2.	Kitarni Upton	10:28
3.	Chloe Upton	11:16
4.	Eli Pusojnic	11:32
5.	Seth Upton	12:50
6.	Katie DeRuvo	12:52
7.	Hannah Wilks	14:43
8.	Edward Upton	15:53

1km Walk

1.	Adrian Upton	6:34
2.	Tarique Kamish	8:06
3.	Zahra Kamish	8:57
4.	Xavier Upton	10:09

SAMA ROADWALKS, BONYTHON PARK ADELAIDE, SATURDY 13 AUGUST

Thanks to Colin Hainsworth for the latest results from the South Australian Masters in Adelaide. Colin commented: Cool, sunny arvo.

12km Walk

1.	Marie Maxted	1:22:30	W57	73.63%
2.	Gil McIntosh	1:24:38	M67	70.96%
3.	Graham Harrison	1:35:21	M74	68.88%
4.	David Robertson	1:46:36	M84	72.38%

6km Walk

1.	Kristine Freeman	0:49:44	W57	58.40%
2.	Colin Hainsworth	0:54:47	M87	71.82%
3.	Jill Rogers	0:53:35	W72	66.11%
4.	Edna Bates	0:54:04	W64	58.39%
5.	Helen Suridge	0:44:55	W66	72.17%
6.	Rodger Barber	0:47:05	M79	72.92%
7.	Jeff Kennett	0:58:37	M67	49.93%
8.	Margaret McIntosh	0:50:53	W64	62.04%
9.	Dave Fallon	0:48:08	M64	58.81%
10.	David Padget	1:10:56	M85	53.46%

3km Walk

1.	Valmai Padget	0:26:19	W73	64.61%
----	---------------	---------	-----	--------

ACTRWC ROADWALKS, LAKE TUGGERANONG, CANBERRA, SATURDAY 12 AUGUST

Thanks to Robin Whyte for this week's results from Canberra. Fast 7km walks by **Brendon Reading, Connor Frew and Mitchell Baker**.

7km Walk

1.	Brendon Reading	33:24
2.	Connor Frew	33:25
3.	Mitchell Baker	33:46
4.	Callum Burns	36:51
5.	Gabby Hunt	37:44
6.	Kate Black	45:11
7.	Miriam McCarthy	49:12
8.	Derek Robinson	49:34
9.	Mick Saunders	49:53
10.	Bryan Thomas	50:56
11.	Bob Parker	51:47
12.	Rod Gilchrist	53:37
13.	Doug Fitzgerald	56:13
14.	Geoff Barker	59:57
15.	Robyn Saunders	1:06:35
16.	Val Chesterton	1:06:35
17.	David Mackenzie	1:06:35

2km Walk

1.	Hannah Manning	10:42
2.	Sidney Shaw	11:48
3.	Kai Jeong-Reuss	12:53
4.	Harry Baker	14:01
5.	Ella Baker	14:05
6.	Georgia Frew	14:16

WARWC CHAMPIONSHIPS, WILSON, PERTH, SUNDAY 13 AUGUST

Thanks to Terry Jones for this week's results from Western Australia. **Declan Tingay** fastest with 48:19 for 10km.

Open Men 20km

1.	Andrew Duncan	1:48.30
----	---------------	---------

U20 Men 10km

1.	Declan Tingay	48.19
	Bradley Mann	DNF

Masters 5km

1.	Karyn Tolardo	29.56
2.	Janne Wells	37.23

U14 3km

1.	Kristine Wells	22.03
----	----------------	-------

U12 2km

1.	Amber Richards	12.42
----	----------------	-------

U10 1.5km

1.	Kaytee Bogaers	9.46
2.	Layla Dabala	10.01
3.	Gracie Dabala	10.24

1. Wayne Byram	34.29	1. Xavier Bernard	8.59
2. John Smith	45.41		

U18 10km

1. Ben Reid	52.27
2. Thomas Millard	64.59

WA ROADWALK CHAMPIONSHIPS, SHELLEY, PERTH, SUNDAY 6 AUGUST

And thanks to Terry Jones for the results from the Western Australian Roadwalk Championships a week ago in Perth. Just missed last week's newsletter so in this week for completeness. Another quality walk from **Declan Tingay** (20km 1:29:18).

WA Open Men 20km Walk

1. Declan Tingay	1:29.18
------------------	---------

WA Open Women 20km Walk

1. Karyn Tollardo	2:11.33
-------------------	---------

WA U20 Men 10km Walk

1. Bradley Mann	57.16
-----------------	-------

WA U18 Men 10km Walk

1. Ben Reid	53.33
2. Thomas Millard	60.40

WA U16 Men 5km Walk

1. Cooper Anderton	26.59
--------------------	-------

WA U16 Women 5km Walk

1. Amy Holland	32.32
----------------	-------

WA U14 Women 3km Walk

1. Alexandra Griffin	15.43
2. Kristine Wells	20.26

WARWC 2km Open Walk

1. Xavier Bernard	12.56
2. Kaytee Bogaers	13.26
3. Layla DABAL	14.05
4. Gracie Dabala	14.41

NSWRWC CLUB CHAMPIONSHIPS, CHIPPING NORTON, NSW, SATURDAY 5 AUGUST

Finally, also from a week ago, the NSWRWC Club Championships from Chipping Norton.

U16 3km Walk

1. Elizabeth McMillan	15.37
2. Emma Thomas	16.20
3. Olivia Thomson	16.36
4. Ellie DeCellis	17.22
5. Chloe Krklinski	17.32
6. Brendan Pospischil	17.54
7. Isabelle Nilon	18.04
8. Chia Walters	18.14
9. Shaq Lee	18.25
10. Rhianni Deagan	19.02
11. Aiden Hardy	22.29

U12 1.5km Walk

1. Milly Boughton	7.35
2. Peter Elliott	7.37
3. Sienna Pitcher	8.51
4. Amelia Crocker	12.24

U10 0.5km Walk

1. Christopher Nilon	3.00
2. Dylan Ryan	3.01
3. Charli Deagan	3.43
4. Cara Lee	3.43

Open 10km Walk

1. Amanda Barendregt	56.50
2. Travis Barendregt	59.40
3. Anne Weeks	61.58

Open 8km Walk

1. Kyle Bedford	38.33
2. Ryan Thomson	38.43
3. Janaya Lee	51.16
Allannah Pitcher	39.26
Jasmine Dighton	44.38
Joan Purcell	DNF

Open 4km Walk

Molly O'Neill	22.40
1. Renee Hardy	22.48
2. Brittany Robertson	23.37
3. Hannah Parker	24.19
4. Brooke Martin	24.42
5. Jada Thomson	24.45
6. Davina Lee	26.06
7. Carmen Parker	26.17
8. Nicole Nilon	27.16
9. Nicolle Challinor	27.16
10. Judy Brown	34.2

It has been an exciting week in London as the 2017 World T&F Championships (<http://www.london2017athletics.com/>) unfolded. I hope you had a good TV coverage in Australia. It has been spot on here in London.

On Sunday 13th August, all 4 racewalks were staged on The Mall, St James Park, over a flat and fast 2km loop (see course interactive map at <https://www.iaafworldchampionships.com/racewalks>). Crowds were good and the weather was perfect.

50km Men, 7:45AM

The men's and women's 50km walks were first up, being held concurrently, with a start time of 7:45AM. Unfortunately, a late withdrawal by Australia's Jared Tallent (see <http://www.sbs.com.au/news/article/2017/08/08/australias-tallent-out-50km-walk-hamstring-injury>) was a big disappointment for Australians. With Chris Erickson withdrawing a couple of months ago, it meant no Aussies in the race for the first time in living memory!

But absentees were soon forgotten as World Champion Johann Diniz of France strode to the front (as he did in Rio last year) and made the race his own. It take my report from that of Paul Warburton (<https://www.iaaf.org/news/report/world-champs-london-2017-men-50km-race-walk>)

Finally at the sixth attempt, **Yohann Diniz** became world champion on the same course that left him leaning on a tree in despair five years ago at the 2012 Olympics. This time the Frenchman needed no support as he led from gun to tape to lap nearly the entire field, and almost certainly bringing an illustrious career to a close.

As he basked in the Sunday sunshine, Diniz also became the oldest ever winner of the event; his 40th birthday awaits him on the first day of 2018. But he showed no signs of the fatigue and failure that ruined all previous attempts. In fact, this was reminiscent of his world record at the 2014 European Championships where he also dominated with aplomb. However, that race in Zurich brought cool, damp conditions. This time, the London temperature at the end was closer to 23C by the time Diniz broke the line for a championship record and the second-fastest time in history. He might have been closer to that world mark had he not high-fived supporters over the last kilometre that served as a virtual lap of glory. He spent as much time first making a scarf out of the tricolour thrown at him as anything else, before brandishing it above his head as he strolled over the winning line.

Diniz's massive margin of victory over Japan's **Harooki Arai** was as near as makes no difference an entire circuit of The Mall course – again, the biggest time gap in World Championships history. The bronze went to Arai's teammate **Kai Kobayashi** after the pair broke away from the rest shortly after 36km and helped each other to medals.

It was a familiar scenario, with the chasing group of seven already three minutes behind at 30km. It was at this time that the chasing pack was starting to come apart. Arai and Kobayashi made a telling bid and **Evan Dunfee** was unable to respond to trail the pair by 27 seconds at 40 kilometres, while surprise showing **Claudio Villanueva** from Ecuador was six seconds behind the Canadian.

The fast-finishing **Igor Glavin** was as low as 13th by halfway, but the Ukrainian timed his effort well to pass all but the first three and claim fourth. Japan's great day was extended to **Satoshi Maruo**, who not only got welcomed by his be-medalled friends, but claimed fifth and a personal best. The unsung hero of the day turned out to be **Máté Helebrand**. The Hungarian's sixth place was a national record that knocked all but an eye-opening 10 minutes off his previous best.

Another to storm home was NZ's **Quentin Rew** who finished 12th with 3:46:29, a 2 min PB and a time that finally bettered Craig Barrett's national record. Some other articles are

- <http://www.athleticsweekly.com/event-reports/yohann-diniz-dominates-50km-race-walk-in-london-67599>
- <https://www.supersport.com/athletics/article.aspx?Id=4098634>
- <https://www.iol.co.za/sport/athletics/race-walker-diniz-becomes-oldest-world-champion-at-39-10771727>

1.	Yohann DINIZ	FRA	78	3:33:12	
2.	Hiroki ARAI	JPN	88	3:41:17	
3.	Kai KOBAYASHI	JPN	93	3:41:19	
4.	Ihor HLAVAN	UKR	90	3:41:42	
5.	Satoshi MARUO	JPN	91	3:43:03	
6.	Máté HELEBRANDT	HUN	89	3:43:56	NR
7.	Rafał AUGUSTYN	POL	84	3:44:18	
8.	Robert HEFFERNAN	IRL	78	3:44:41	
9.	Marco DE LUCA	ITA	81	3:45:02	
10.	Carl DOHMANN	GER	90	3:45:21	
11.	Joao VIEIRA	POR	76	3:45:28	
12.	Quentin REW	NZL	84	3:46:29	NR
13.	Karl JUNGHANSS	GER	96	3:47:01	
14.	Aleksi OJALA	FIN	92	3:47:20	
15.	Evan DUNFEE	CAN	90	3:47:36	

16.	Horació NAVA	MEX	82	3:47:53
17.	José Ignacio DÍAZ	ESP	79	3:48:08
18.	Claudio Paulino VILLANUEVA FLORES	ECU	88	3:49:27
19.	Ivan BANZERUK	UKR	90	3:49:49
20.	Jorge RUIZ	COL	89	3:50:37
21.	José LEYVER	MEX	85	3:51:17
22.	Rafał FEDACZYNSKI	POL	80	3:52:11
23.	Jarkko KINNUNEN	FIN	84	3:55:44
24.	Adrian BLOCKI	POL	90	3:55:49
25.	Mathieu BILODEAU	CAN	88	3:56:54
26.	Francisco ARCILLA	ESP	84	3:57:27
27.	Maryan ZAKALNYTSKYI	UKR	94	3:57:29
28.	Anders HANSSON	SWE	92	3:58:00
29.	Chil-Sung PARK	KOR	82	3:59:46
30.	Wenbin NIU	CHN	91	4:01:35
31.	Narcis Stefan MIHAILA	ROU	87	4:02:27
32.	Pedro ISIDRO	POR	85	4:02:30
33.	Ronal Rey QUISPE MISME	BOL	89	4:08:22
	Edward ARAYA	CHI	86	DQ
	Andres CHOCHO	ECU	83	DQ
	Alex FLOREZ	SUI	71	DQ
	Håvard HAUKENES	NOR	90	DQ
	Dominic KING	GBR	83	DQ
	Veli-Matti PARTANEN	FIN	91	DQ
	Florin Alin STIRBU	ROU	92	DQ
	Qianlong WU	CHN	90	DQ
	Omar ZEPEDA	MEX	77	DQ
	Michele ANTONELLI	ITA	94	DNF
	Luis Fernando LÓPEZ	COL	79	DNF
	Dušan MAJDAN	SVK	87	DNF
	Artur MASTIANICA	LTU	92	DNF
	Ivan PAJUELO	ESP	93	DNF
	Wei YU	CHN	87	DNF



Johann Diniz celebrates victory on the Mall in London

50km Women, 7:45AM

This was the big one as far as I was concerned – the very first official 50km world championship for women. The crowd was fantastically supportive, as was the trackside commentary. It will be hard for the IAAF to stop this event kicking on now. As usual, my report is taken from Paul Warburton (<https://www.iaaf.org/news/report/world-champs-london-2017-women-50km-race-walk>).

Ines Henriques breezed home to become the first women's world 50km race walk champion – and at the same time pocketed a handsome \$160,000 for her win and world record* of 4:05:56.

The Portuguese took the plunge into the longer distance in January to set the initial mark of 4:08:26, but easily reset that by more than two minutes to take gold from China's **Yin Hang** on a hot Sunday morning as the seven women rubbed shoulders with the men's race that took place at the same time.

Rewind to May and the European Cup in Podebrady, and Henriques was in tears after being disqualified at 20 kilometres. This time it was all beams and smiles as she took the finishing line, and after this win, there will surely be others making the switch up in distance as all four finishers earned excellent prize money. In the case of Yin and teammate **Yang Shuqing**, it was also silver and bronze in that order. The only other race walker to make it to the end was **Kathleen Burnett** from the USA who set an area record, as well as claiming \$15,000 for fourth and beating the time limit.

On their ground-breaking performance, the leading women started out at a decent lick with Henriques partnered by Yin at about 4:10:00 pace, with four others already more than a minute behind by eight kilometres. Fate then dealt a savage blow on the race walker who did more than any other to get an equal footing with the men. **Erin Talcott-Taylor** championed the cause for inclusion at the long event, but was brought to a halt at 10 kilometres when the dreaded red disc of disqualification was brandished at her.

At the sharp end, the two leaders were a kilometre ahead of the rest ahead by halfway gained in 2:02:18 and on for a rewrite of the previous best mark. Henriques looked the more comfortable as the toil told on the bobbing head of Yin, and a gap slowly but surely started to appear. At 30 kilometres it was only four seconds, but over the next 20 minutes it extended beyond 40, and as a race, the Portuguese had it sewn up.

She eventually crossed the line a comfortable winner in 4:05:56 while Yin set an Asian record of 4:08:58 in second place. Yang took bronze with a PB of 4:20:49 while USA's Kate Burnett set a North American record of 4:21:51 in fourth. The remainder was something of a procession, but spare a thought for Brazil's **Nair Da Rosa** who missed the cut-off point deemed to be 4:17:00 going into the last two-kilometre loop and had to step off the road.

Next time, it's almost certain seven women will be five times that number with the medals and prize money on offer.

A couple more good articles at

- https://elpais.com/deportes/2017/08/13/actualidad/1502619519_295276.html
- <https://www.supersport.com/athletics/article.aspx?Id=4098644>

1.	Ines HENRIQUES	POR	80	4:05:56	WR, AR
2.	Hang YIN	CHN	97	4:08:58	AR
3.	Shuqing YANG	CHN	96	4:20:49	
4.	Katie BURNETT	USA	88	4:21:51	AR
5.	Susan RANDALL	USA	74	DNF	
6.	Nair DA ROSA	BRA	80	DNF	
	Erin TAYLOR-TALCOTT	USA	78	DQ	



A historic win for Ines Henriques in the inaugural women's 50km championship

20km Walk Women, 12:20PM

As usual, my report is taken from that of Paul Warburton (<https://www.iaaf.org/news/report/womens-20km-race-walk-2017-world-championship>)

A dramatic last 100 metres saw leader **Lyu Xiuzhi** disqualified, leaving Chinese team-mate **Yang Jiayu** to take gold in the women's 20km race walk. The chief judge's red card was flashed in front of Lyu with seconds left, but it was so quick, and caught in the moment, she made for the line regardless only to discover her finish had already been recorded.

A cracking race came down to just four when the afterburners were lit at 16km, and the order of medals was still undecided with the line in sight. Lyu and Yan put the hammer down to forge a tiny gap between them and **Maria Guadalupe González**, but the Mexican is made of strong stuff as demonstrated winning a silver at the 2016 Olympics and gold at last year's IAAF Walking Team Challenge. Even with the pain etched on her face, González strove to get level with Yang and Lyu until the judge's intervention decided the order of things.

Italy's **Antonella Palmisano** was dropped with two kilometres to go, but alone to the line, she found to her joyous surprise a bronze medal awaited her. **Erica de Sena** from Brazil had the race of her life to claim fourth and a South American area record after hanging on to the leaders for all but the last three kilometres. **Sandra Arenas** furthered the continent's cause by snatching a Colombian national record for fifth. **Ana Cabecinha** from Portugal was a fine sixth with **Kimberly Garcia** from emerging Peru claiming a Peruvian national record for seventh.

From the gun, a large group of 20 formed at the front with Palmisano nudging just ahead of Gonzales and Lyu towing the rest to 22:22 at five kilometres. It was a lot faster than last year's Olympic Games when it was also hot. And unsurprisingly, it told shortly after sixkm when that score of competitors became a mere 10 vying for the medals. Right at the back, neutral athlete **Klavdiia Afanaseva** was straining to hang on as the elastic binding all started to stretch. But it was clear where the medals were going with the rest of the field trailing by more than 50 metres.

Halfway saw the clock stopped at 44:10 for the leaders, but Cabecinha and Afanaseva had dropped off by a vital few yards. Peru's Kimberley Garcia was next to suffer, and by 12 kilometres the lead group was cut to six, with Palmisano and Gonzales joined de Sena Arenas and the Chinese pair. Arenas was unable to respond to a shift up though the gears that brought 1:05:33 for 15 kilometres, and when all was laid on the line, it became a terrific sprint to further excite a large crowd spread all along The Mall.

In the end, gold went to the same country that it did in 2015, only this time it was a new success for China to champion. Yang had already recorded sub 1:27:00 in 2017 to underline her pedigree, and although the dynasty that was former champion Liu Hong appears over, the production line from a major walking force just keeps on turning out the goods.

There is a footnote for all new mothers wondering if they should get back into sport. Less than two months after giving birth to her first child, a delighted **Claire Tallent** was out on The Mall recording 1:33:05 for 43rd, amazing given the circumstances. At the finish, she went over to husband Jared, former Olympic and world champion but forced out of these Championships with a hamstring injury, and collected baby Harvey to show off to the TV cameras and spectators on the course. It seems there are other prizes worth having besides medals and money.

Of the 3 Australians, **Regan Lamble** finished best, with 22nd place (1:31:30), ahead of **Beki Smith** (38th 1:35:31) and **Claire Tallent** (43rd, 1:37:05). A couple more articles at

- <https://www.supersport.com/athletics/article.aspx?Id=4098664>
- <http://www.dailymail.co.uk/news/article-4786858/Athlete-celebrates-finishing-race-weeks-giving-birth.html>

1.	Jiayu YANG	CHN	96	1:26:18	
2.	María Guadalupe GONZÁLEZ ROMERO	MEX	89	1:26:19	
3.	Antonella PALMISANO	ITA	91	1:26:36	
4.	Erica ROCHA DE SENA	BRA	85	1:26:59	AR
5.	Sandra Lorena ARENAS	COL	93	1:28:10	
6.	Ana CABECINHA	POR	84	1:28:57	
7.	Kimberly GARCÍA LEÓN	PER	93	1:29:13	
8.	Na WANG	CHN	95	1:29:26	
9.	Laura GARCÍA-CARO	ESP	95	1:29:29	
10.	Maria PEREZ	ESP	96	1:29:37	
11.	Mirna Sucely ORTÍZ FLORES	GUA	87	1:30:01	
12.	Viktória MADARÁSZ	HUN	85	1:30:05	
13.	Paola Viviana PÉREZ SAQUIPAY	ECU	89	1:30:09	
14.	Eleonora Anna GIORGI	ITA	89	1:30:34	
15.	Valentina TRAPLETTI	ITA	85	1:30:35	
16.	Brigita VIRBALYTE-DIMSIENE	LTU	85	1:30:45	
17.	Sandra Viviana GALVIS	COL	86	1:31:13	
18.	Kumiko OKADA	JPN	91	1:31:19	
19.	Živile VAICIUKEVICIUTE	LTU	96	1:31:23	
20.	Inna KASHINA	UKR	91	1:31:24	

21.	Ainhoa PINEDO	ESP	83	1:31:28
22.	Regan LAMBLE	AUS	91	1:31:30
23.	Ángela CASTRO	BOL	93	1:31:34
24.	Antigoni DRISBIOTI	GRE	84	1:32:03
25.	Maria MICHTA-COFFEY	USA	86	1:32:14
26.	Anastasiya YATSEVICH	BLR	85	1:32:22
27.	Barbara KOVÁCS	HUN	93	1:32:44
28.	Maritza GUAMÁN	ECU	88	1:33:06
29.	Bethan DAVIES	GBR	90	1:33:10
30.	Yeongeun JEON	KOR	88	1:33:29
31.	Andreea ARSINE	ROU	88	1:33:46
32.	Valentyna MYRONCHUK	UKR	94	1:33:59
33.	Miranda MELVILLE	USA	89	1:34:47
34.	Ana Veronica RODEAN	ROU	84	1:34:50
35.	Siu Nga CHING	HKG	87	1:35:04
36.	Mária CZÁKOVÁ	SVK	88	1:35:11
37.	Grace Wanjiru NJUE	KEN	79	1:35:22
38.	Beki SMITH	AUS	86	1:35:31
39.	Chahinez NASRI	TUN	96	1:35:45
40.	Gemma BRIDGE	GBR	93	1:36:04
41.	Johana ORDÓNEZ	ECU	87	1:36:27
42.	Khushbir KAUR	IND	93	1:36:41
43.	Claire TALLENT	AUS	81	1:37:05
44.	Yehualyc BELETEW	ETH	98	1:37:55
45.	Monika VAICIUKEVICIUTE	LTU	96	1:38:08
46.	Milángela Francesca ROSALES	VEN	87	1:38:08
47.	Diana AYDOSSOVA	KAZ	95	1:38:16
48.	Da-Seul LEE	KOR	96	1:38:54
49.	Laura POLLI	SUI	83	1:39:05
50.	Polina REPINA	KAZ	90	1:39:56
51.	Rita RÉCSEI	HUN	96	1:40:26
52.	Regina RYKOVA	KAZ	91	1:41:59
	Klavdiya AFANASYEVA	ANA	96	DQ
	Nadiya BOROVSKA	UKR	81	DQ
	Yeseida CARRILLO	COL	93	DQ
	Xiuzhi LU	CHN	93	DQ
	Agnese PASTARE	LAT	88	DQ
	María Guadalupe SÁNCHEZ	MEX	95	DQ
	Anežka DRAHOTOVÁ	CZE	95	DNF
	Despina ZAPOUNIDOU	GRE	85	DNF



Yang Jiayu takes victory ahead of Maria Guadalupe González in the women's 20km



Claire Tallent with son Harvey, 3 months done the track

20m Walk Men, 2:20PM

The men's 20km was the last of the events to be contested in what was billed as the Festival of Walks. From my own perspective, I thought the single day format was very successful and I would love to see it continue in future championships.

My report is that of Paul Warburton (<https://www.iaaf.org/news/report/mens-20km-race-walk-world-championships-londo>)

All good things come to those who work and wait as **Eider Arevalo** discovered in the 20km race walk. On the last lap, the gold medallist took one last look at Buckingham Palace on The Mall before deciding who was going to wear the crown. A last-lap sprint saw the Colombian crevice a gap to neutral **Sergei Shirobokov**, and when Arevalo thought himself clear, celebrated with his national flag passed to him by a fan, albeit keeping one eye on the Russian finishing just two seconds back.

Arevalo came to prominence as the junior winner of the IAAF World Walking Cup in 2010, and followed it up with a global junior crown two years later in Barcelona. There has been plenty of South American area success since then for the 24-year-old, but seventh in Beijing two years ago was the best mustered at a senior level until now.

His 1:18:53 finish was remarkable not just for the area record that came with it, but in heat that seemed a lot more intense than the listed 22 degrees celsius. Behind the pair, Brazil's **Ciao Bonfim** rallied to deny **Lebogang Shange** a brave bronze. Bonfim halved his sixth place finish at Beijing 2015, but cut in two in different way was the poor South African right behind. He came like a train to move up from 20th at halfway and 23 seconds in arrears, and then went through the field like a dose of salts to take the lead briefly before settling back for a final duel with Shirobokov and Arevalo. As it turned out, the move was a gear too many for Shange, and when the leading pair turned up the heat, Shange's face suggested he was struggling. Bonfim came back past him, but at least Shange rewrote his own national record to 1:19:18 - 48 seconds better, and 40 places better than a disappointing Olympics last year.

Someone who harboured hopes of a medal was Germany's **Christopher Linke**. But after a sizzling year where he won twice in the Czech Republic, the German suffered in the heat for fifth, and this time it was disappointment also for **Dane Bird-Smith** whose breakthrough bronze at the 2016 Olympics was still slower than his 1:19:28 personal best here for sixth.

Soon after the 10km mark, the large group quickly became a small one as the pace ramped up. Arevalo, Shirobokov, Japan's **Isamu Fujisawa**, Arevalo, Linke, Bird-Smith, China's **Kaihua Wang**, and Spain's **Álvaro Martín** forged ahead. But then the race really took off with Arevalo defying the list of favourites to win a first gold for Colombia at the Championships to go with Catherine Ibañeta's silver medal in the women's triple jump.

There were actually five medal ceremonies in the Mall to complete a great day in the heart of London. Right at the end, the 2009 World Championship 20kms was re-awarded to China's Wang Hao in first, Eder Sánchez from Mexico, second, and Italy's Giorgio Rubino, who made it to the podium eight years after the race after Russia's Valeriy Borchin was stripped of the title.

Australia's only other competitor, **Rhydian Cowley**, finished 56th with 1:30:40.

Other articles at

- <https://www.supersport.com/athletics/article.aspx?Id=4098814>
- <http://www.athleticsireland.ie/news/heffernan-crowns-great-career-with-top-8-in-london/>
- <http://www.sbs.com.au/news/article/2017/08/14/bird-smith-finishes-sixth-20km-walk>

1.	Eider AREVALO	COL	93	1:18:53	AR
2.	Sergey SHIROBOKOV	ANA	99	1:18:55	
3.	Caio Oliveira DE SENA BONFIM	BRA	91	1:19:04	
4.	Lebogang SHANGE	RSA	90	1:19:18	
5.	Christopher LINKE	GER	88	1:19:21	
6.	Dane Alex BIRD-SMITH	AUS	92	1:19:28	
7.	Kaihua WANG	CHN	94	1:19:30	
8.	Alvaro MARTIN	ESP	94	1:19:41	
9.	Luis Alberto AMEZCUA	ESP	92	1:19:46	
10.	Miguel Angel LOPEZ	ESP	88	1:19:57	
11.	Isamu FUJISAWA	JPN	87	1:20:04	
12.	Artur BRZOZOWSKI	POL	85	1:20:33	
13.	Diego GARCIA	ESP	96	1:20:34	
14.	Eiki TAKAHASHI	JPN	92	1:20:36	
15.	Nils BREMBACH	GER	93	1:20:42	
16.	Giorgio RUBINO	ITA	86	1:20:47	
17.	Hagen POHLE	GER	92	1:20:53	
18.	Brian Daniel PINTADO	ECU	95	1:21:17	
19.	Xiangqian JIN	CHN	97	1:21:24	
20.	Damian BLOCKI	POL	89	1:21:29	
21.	Erick Bernabé BARRONDO	GUA	91	1:21:34	
22.	Aleksandr LIAKHOVICH	BLR	89	1:21:39	
23.	Irfan KOLOTHUM THODI	IND	90	1:21:40	
24.	Kevin CAMPION	FRA	88	1:21:46	
25.	Francesco FORTUNATO	ITA	94	1:22:01	
26.	Hyun-Sub KIM	KOR	85	1:22:08	
27.	Ruslan DMYTRENKO	UKR	86	1:22:26	
28.	Mauricio ARTEAGA	ECU	88	1:22:28	
29.	Marius ZIUKAS	LTU	85	1:22:38	
30.	Samuel Ileri GATHIMBA	KEN	87	1:22:52	
31.	Byung-Kwang CHOE	KOR	91	1:22:54	
32.	Ivan LOSEV	UKR	86	1:23:03	
33.	Cesar Augusto RODRIGUEZ	PER	97	1:23:05	
34.	Rui WANG	CHN	96	1:23:09	
35.	Jesús Tadeo VEGA	MEX	94	1:23:10	
36.	Georgiy SHEIKO	KAZ	89	1:23:11	
37.	Perseus KARLSTRÖM	SWE	90	1:23:36	
38.	Daisuke MATSUNAGA	JPN	95	1:23:39	
39.	Yerko ARAYA	CHI	86	1:23:46	
40.	José Alejandro BARRONDO	GUA	96	1:23:47	
41.	Callum WILKINSON	GBR	97	1:23:54	
42.	Alexandros PAPAMICHAIL	GRE	88	1:23:56	
43.	Pedro Daniel GÓMEZ	MEX	90	1:24:11	
44.	Ato IBÁÑEZ	SWE	85	1:24:23	
45.	Ersin TACIR	TUR	85	1:24:43	
46.	Juan Manuel CANO	ARG	87	1:24:49	
47.	Manuel Esteban SOTO	COL	94	1:24:56	
48.	Matteo GIUPPONI	ITA	88	1:25:20	
49.	Dmitriy DZIUBIN	BLR	90	1:25:41	
50.	Devender SINGH	IND	83	1:25:47	
51.	Benjamin THORNE	CAN	93	1:26:56	
52.	Jose Maria RAYMUNDO	GUA	93	1:27:09	
53.	Jakub JELONEK	POL	85	1:27:43	
54.	K. GANAPATHI	IND	89	1:28:32	
55.	Serhiy BUDZA	UKR	84	1:29:25	
56.	Rhydian COWLEY	AUS	91	1:30:40	
57.	Dae-Ho KIM	KOR	88	1:30:41	
58.	Mert ATLI	TUR	93	1:31:26	
	Tom BOSWORTH	GBR	90	DQ	
	Richard VARGAS	VEN	94	DQ	
	Alex WRIGHT	IRL	90	DQ	
	Salih KORKMAZ	TUR	97	DNF	

Eder SÁNCHEZ	MEX	86	DNF
Simon WACHIRA	KEN	84	DNF



Eider Arevalo wins the men's 20km walk on the Mall

Finally, I don't have time to do my usual listing of all the recent marciadalmondo and omarchador postings, as I am busy travelling in England at the moment. But I must give the links to the four marciadalmondo World Champs walks

- Mon 14 Aug - Men's 20km, World Championships, London
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2884
- Mon 14 Aug - Women's 20km, World Championships, London
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2883
- Sun 13 Aug - Women's 50km, World Championships, London
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2882
- Sun 13 Aug - Men's 50km, World Championships, London
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2881
- Photo album by Giancarlo Colombo: http://www.marciadalmondo.com/ita/album_fotografico.aspx?id=142

FRIENDSHIP WALKS, ENFIELD, ENGLAND, WEDNESDAY 9 AUGUST

Last Wednesday saw Ron Wallwork's Enfield League Friendship Walks at the QEII Stadium in Enfield. As in 2012, Ron put on this special walk to celebrate the Championships and to welcome any overseas walking enthusiasts. Events on offer included 5 Miles, 3 Miles and 1 Mile. Grey skies, persistent rain and waterlogged conditions couldn't dampen the atmosphere of this event, and we were all treated to a luncheon back in the stadium, post event. Well done to Ron on another superb initiative.

Overseas walkers included **Dave and Erin Talcott** and me. We also welcomed **Elliott Denham** from USA. It was great to catch up with so many people I know from years past.

Men's 5 Miles Walk

1.	Dave Talcott	USA	40.13	M55
2.	George Wilkinson	Enfield H AC	45.31	U17
3.	Mark Culshaw	Ilford AC	47.16	M50
4.	John Constandinou	Birchfield H	49.51	M40
5.	Tim Erickson ©	Australia	50.02	M65
6.	Ken Bobbett	Hillingdon AC	50.18	M70
7.	Anthony Bell	Lancashire WC	50.51	M50
8.	John Ralph	Enfield H AC	51.03	M60
9.	Steve Allen	Barnet & D AC	51.32	M60
10.	John Borgars ©	Loughton AC	51.34	M70
11.	Glyn Jones	Coventry Godiva	52.52	M70

12.	Andrew Cox	Hillingdon AC	54.03	M60
13.	David Annetts	N.Herts RR	54.55	M50
14.	Steve Cartwright	Colchester	56.02	M55
15.	Peter Hannell	Surrey WC	56.16	M70
16.	Gary Smith ©	Enfield H AC	56.29	M60
17.	Sean Pender ©	Enfield H AC	56.58	M60
18.	Mark Byrne ©	Redcar RWC	57.13	M55
19.	David Hoben	Surrey WC	59.14	M60
20.	John Brock	Southend AC	61.12	M65
21.	Peter Cassidy	Loughton AC	61.18	M75
22.	Tony Wilkinson	Unattached	61.41	M55
23.	Paul Forshaw	FERC	63.03	M60
24.	Michael Harran	Surrey WC	65.21	M75

Women's 5 Miles Walk

1.	Erin Taylor-Talcott ©	USA	40.07	W35
2.	Helen Middleton	Enfield H AC	48.25	W50
3.	Fiona Bishop	Woking AC	52.10	W55
4.	Noel Blatchford	Abingdon AC	55.28	W65
5.	Kim Howard	Southend AC	58.00	W60
6.	Frans Fernandez	Loughton AC	61.37	W65
7.	Sue Clements ©	Cambs/Col	62.05	W60

3 Miles Walk

1.	Norma Grimsey	Enfield H AC	35.12	W60
2.	Cathy Crilley ©	Surrey WC	37.21	W65
3.	Michael Croft	Ilford AC	37.47	M55
4.	Mick Barnbrook©	Ilford AC	38.18	M75
5.	Bill Sutherland©	Highgate H	39.15	M70
6.	Dave Ainsworth©	Ilford AC	40.33	M65
7.	Ken Livermore ©	Enfield HAC	44.05	M80

1 Mile Walk

1.	Abigail Smith	Blackheah & Brom	9.25	U13
2.	Amos Seddon	Enfield H AC	11.20	W75
3.	Geraldine Legon	Bexley	11.29	W55

POLISH RACEWALKS (GDANSK CUP), GDANSK, POLAND, SATURDAY 5 AUGUST

Never much else on internationally when the World Champs are on. Found this one from the previous week in Poland – obviously U18.

10,000m Walk Men

1.	Lukasz NIEDZIALEK	00	WLKS Nowe Iganie(MZ)	49:07.81
2.	Arkadiusz SCHIEDEL	00	MLKS Nadwislanin Chelmno(KP)	51:59.59
3.	Tomasz STRZESZEWSKI	01	AZS-AWF Gorzów(LB)	52:07.26

5000m Walk Women

1.	Agata PIEKARZ	01	MKS Hermes Gryfino(ZP)	25:32.45
2.	Julia MADRA	00	LKS Stal Mielec(PK)	25:45.18
3.	Wiktoria RAS	00	LKS Stal Mielec(PK)	26:33.96

YOLANDA HOLDER FINISHES THE MOUNT EVEREST OF ULTRAMARATONS.

I reported some weeks ago on progress in the annual Self-Transcendence 3100 Mile Race (<https://3100.srichinmoyraces.org/#event-second-section>) then being held in New York. Known as 'The Mount Everest of ultramarathons' and the longest certified footrace in the world, entrants have the daunting task of completing 3100 miles in 52 days (meaning they must log an average of 59.6 miles per day or better). The runners/walkers begin at 6am each day and run for extended periods, taking breaks as needed. If they want to, they can continue as late as 12 midnight when the course closes for the night. It takes place on a route which takes everyone repeatedly covering the same block in Queens, New York.

The 2017 event, the 21st held thus far, ran from 18th June until 8th August and has now been completed. Here is how it panned out for Yolanda

On day 51 the pedestrienne **Yolanda Holder** became a legend, walking the entire 3100 miles and finishing fifth overall in **51 days+17:00:13**. She became the oldest woman to finish the 3100 mile race, and only the second American woman to complete this difficult race. She is the first pure walker to attempt the distance. She has now set many age-group women's best marks for daily totals, as well as miles and kms.



Yolanda Holder finishes her epic 3100 mile walk in just over 51 days (photo www.facebook.com)

OUT AND ABOUT

- 'Intersex' athletes will learn next month whether they will be forced to take drugs to suppress their testosterone levels, amid an ongoing row which could tarnish the World Championships in London.. Next month the CAS is expected to rule on new evidence presented by the IAAF showing that high testosterone levels could shave about 2.5 seconds of an athlete's time. There is typically less than two seconds between runners in 800m heats. See http://www.nzherald.co.nz/athletics/news/article.cfm?c_id=19&objectid=11903023&ref=rss.
- Shegin's legacy continues for the Saransk based Russian walkers, with Andrei Krivov set to be stripped of the 20km race walk gold medal he won at the 2011 Universiade in Shenzhen after he was given a three-year doping ban by the Court of Arbitration for Sport. The 31-year-old has been suspended from April 2016 and the results he achieved between May 20 in 2011 and July 6 in 2013 have been erased. Krivov, 37th in the 20km at London 2012, is also likely to lose his silver medal he sealed at the World Race Walking Cup in Saransk in Russia prior to the Olympic Games. See <http://www.insidethegames.biz/articles/1053924/russian-race-walker-set-to-be-stripped-of-2011-universiade-gold-for-doping>.
- **Quentin Rew** is the latest of the walkers to be interviewed by Terry Swan as part of his Racewalking Australia features – see <http://www.rwa.org.au/wp/2017/08/09/quentin-rew-nz/>.
- After his fantastic 50km walk in London this week, Irish walker **Robert Heffernan** has announced his retirement from the sport. See <http://www.irishexaminer.com/breakingnews/sport/rob-heffernan-announces-retirement-i-miss-things-with-my-kids-its-a-hard-life-801851.html>
- A crowdfunding campaign has been set-up to provide financial support to Grigory Rodchenkov, the former head of the Moscow Laboratory who has since turned whistleblower and helped allege an institutional doping regime in Russia. Rodchenkov, the principal character in the Icarus film currently being shown on Netflix, left Moscow for an unspecified location in the United States last year.. See <http://www.insidethegames.biz/articles/1054107/crowdfunding-campaign-set-up-to-support-whistleblower-at-centre-of-russian-doping-scandal>.
- South African walker **Lebogang Shange** is getting lots of positive publicity after his wonderful fourth place in the World Championship 20km on Sunday. See <https://www.supersport.com/athletics/article.aspx?Id=4099704> and <http://allafrica.com/stories/201708140735.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.

Australian/Victorian Key Dates - 2016 Winter Season

Aug 27 (Sun), 2017 Australian Roadwalk Championships, Woolongong, NSW
Sept 10 (Sun), 2017 Victorian 50km Championship, Middle Park, Melbourne, VIC

Australian/Victorian Key Dates - 2016/2017 Summer Season

Nov 3-5, 2017 AV All Schools State Track & Field Championships, Lakeside Stadium
Dec 3 (Sun), 2017 **Australian 50km Championship** (and 20km and U20 10km events), Fawkner Park, Melbourne, VIC
Dec 8-10, 2017 Australian All Schools Championships, Adelaide
Jan 26-28, 2018 AV Country Championships, Ballarat
Feb 11, 2018 **Australian 20km Race Walking Championships, Adelaide**
Feb 15-18, 2018 Australian Athletics Championships & Nomination Trials, Gold Coast (10,000m Walks)
Feb 23-25, 2018 AV Junior & Para Championships, Lakeside Stadium
Mar 2-4, 2018 AV Open & Para Championships, Lakeside Stadium
Mar 14-18, 2018 Australian Junior Athletics Championships, Sydney
Mar 24-25, 2018 AV Masters Championships, Doncaster/Nunawading
Apr 2 (Sun), 2018 Easter Sunday
Apr 4-11, 2018 Commonwealth Games, Gold Coast, QLD
Apr 28-29, 2018 Australian Little Athletics Championships, Gold Coast

International Dates - 2017

August 19-30, 2017 29th 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

International Dates – 2018 and onwards

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, Naples Italy
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>)