



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
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17 October 2017



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WALKER OF THE WEEK

There is a family in Brisbane which has made a habit out of walking fast. 19 year old Luke, 17 year old Jamie and 14 year old **Nelson McCutcheon** have been knocking out great times for some years now and this year has been no exception. Luke was my Walker of the Week way back in April 2015 and this time around, it is the turn of youngest brother Nelson to wear the weekly mantle of honour.

Competing in the Queensland All Schools T&F Championships on Sunday, he scored an excellent double, taking bronze in the U16 Boys Discus and then, later in the day, winning the U16 Boys 3000m track walk with a time of **12:23.00**, breaking Jesse Osborne's 2010 meet record of 13:29.00. Now bettering any of Jesse Osborne's records is no mean feat – Jesse's times and performances rank him as one of Australia's best ever underage walkers.

So well done to Nelson and congrats to his dad Tony who coaches all 3 boys, and a big well done to his mum Pamela who must cook herself to a standstill to keep those four fed!



Nelson McCutcheon on his way to victory in the 3000m walk in Brisbane on Sunday (photo Tony McCutcheon)

WHAT'S COMING UP

- **Athletics Victoria Shield** competition continues tomorrow night with the final Round 2 metropolitan walks on at Clifton Hill. This is a joint VRWC/AV meet. I suspect we will have a good turnout, especially for the AV 3000m and 5000m walks for which we will need lapscorers. **So a call out for any parents and others who have a bit of time and can help us for 30 mins tomorrow night. The more hands the easier it is.** Additionally, these AV/VRWC are fully sanctioned so if anyone is going for 10,000m walk qualifying times for Taicang World Cup and/or World Juniors next year, these meets will tick the boxes. Entries can be made on the night – it is not necessary to register beforehand.

The program reads as follows

Wed 18th October 2017, AV and VRWC Track Races, Clifton Hill

Venue: George Knott Athletic Field, 143 Heidelberg Rd, Clifton Hill

6.30pm VRWC 10,000m, Open

7.00pm AV 5000m, AV 3000m Open

7.30pm VRWC 1500m Open

- Next **Saturday 21st October, AV Shield Round 3** will be contested, with walks on offer at the following 4 venues. Remember, you must enter online with AV by tomorrow (Wednesday) and then you must check in on the day at least 1 hour before your scheduled event. It looks like another big turnout for Nunawading.
 - AV Shield Round 3, Bill Sewart Aths Track, Nunawading (Program 2) - 3000m and 1500m Walk
 - AV Shield Round 3, La Trobe Uni Aths Track, Bendigo (Program 2) - 3000m and 1500m Walk
 - AV Shield Round 3, Llanberris Reserve, Ballarat (Program 2) - 2000m Walk
 - AV Shield Round 3, John Landy Athletic Field, Geelong (Program 2) - 3000m and 1500m Walk
- Looking further forward, the **Australian Masters Games** (<http://www.australianmastersgames.com/>) will be held in Burnie, Tasmania, from October 21-28, 2017. There are 3 walks – 1500m, 3000m and 5000m – and start lists have been published at http://www.australianmastersgames.com/_uploads/res/35_12522.PDF. Good luck everyone!

INAUGURAL AUSTRALIAN WOMEN'S 50KM CHAMPIONSHIP

Athletics Australia has now opened online entries for the Australian 50km Championships meet at Fawcner Park in Melbourne on Sunday 3rd December - enter at <https://50kmraceawak.eventdesq.com/>. This meet is also hosting the NZ 20km Commonwealth Games trial for men and women. Draft timetable reads as follows

7:00AM	Men's Australian Open 50km Race Walk Championship
7:00AM	Women's Australian Open 50km Race Walk Championships
8:00AM	Men's Open Invitational 20km Race Walk
8:00AM	Women's Open Invitational 20km Race Walk
8:30AM	Men's Under 20 Invitational 10km Race Walk
8:30AM	Women's Under 20 Invitational 10km Race Walk
9:40AM	Men's Under 18 Invitational 5km Race Walk
9:40AM	Women's Under 18 Invitational 5km Race Walk

50km Men have a 5 hour time limit in which they are to complete the course.

50km Women have a 5 hour 30 min time limit in which they are to complete the course.

ATHLETICS VICTORIA SHIELD COMPETITION ROUND 1, SATURDAY 7 OCTOBER

Last weekend's AV Shield competition included walks in the three country venues, with results as shown below. Best effort by **Alanna Peart** of Ballarat (14:50.76 for 3000m). The round continues tomorrow night at Clifton Hill.

AV Shield Round 2, Geelong Region, Landy Field, Geelong**3000m Walk**

1.	Mackayla Davison	COR	16:22.81
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1500m Walk

1.	Charli Walker	BEL	9:19.61
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AV Shield Round 2, Ballarat Region, Llanberris Athletics Track, Ballarat**3000m Walk**

1.	Alanna Peart	BYC	14:50.76
2.	Stephen McLennan	WEN	20:20.74

1500m Walk

1.	Keelan Perry	BYC	10:06.34
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AV Shield Round 2, Bendigo Region, La Trobe University Athletics Track, Bendigo**3000m Walk**

1.	PETER CURTIS	SBE	17:47.31
2.	BARBARA BRYANT	EAG	18:09.97
3.	ANNETTE CURTIS	SBE	21:41.28

4. JOHN WATSON BGO 23:35.70

1500m Walk

1. LEAH CRIPPS BEU 10:22.32
2. WENDY ENNOR EAG 11:53.19
3. GEOFFREY MAJOR EAG 12:14.27

BRWC JARED TALLENT CUP 1.5KM HANDICAP, LAKE WENDOUREE, BALLART SUNDAY 15 OCTOBER

Thanks to Kerrie Peart for the results of the latest Ballarat Race Walking Club event in Ballarat, in country Victoria.

It is with great pleasure that we welcomed little Harvey Tallent for his first walk with the BRWC Club this Sunday, (with just a little help from his Mum Claire.) As with all the combatants, Harvey was keen to put his best foot forward from the get go, in the race named after his father – the Jared Tallent Cup. However he faced some stiff opposition with all walkers posting some very slick times over the quick 1500m course. Although racing under sealed handicap conditions, it was our new member **Charli Walker** who came out on top to take the chequered flag. Separated by only a few seconds, **Fraser Saunder** walked a new 0:10 PB of 7:37 for 2nd place, and **Jemma Peart** recording the fastest time of the day.

Jared Tallent Cup 1.5km Handicap

1. Charli Walker 9:05
2. Fraser Saunder 7:37 PB 0:10
3. Jemma Peart 6:41
4. Alanna Peart 6:57
5. Daryl Biggin 9:19
6. Keelan Perry 9:45
7. Brodie Tallent 10:14

1km Walk

1. Jorja Tallent 6:58
2. Isabelle Walker First walk



Left: Jared Tallent presents Jared Tallent Cup to winner Charli Walker

Right: Claire and Harvey Tallent step out on Sunday in Ballarat

SAMA TRACK WALKS, SA STADIUM, MILE END, ADELAIDE, THURSDAY 12 OCTOBER

Thanks to Colin Hainsworth for the results of the season opener for the South Australian Masters in Adelaide. **George White** was in superb early season form with his M72 5000m time of 29:24.

800m Walk

1.	Mark Worthing	M55	4:18
2.	George White	M72	4:19
3.	Marie Maxted	W57	4:38
4.	James Hoare	M71	5:37
5.	Graham Harrison	M74	5:54
6.	Ross Hill-Brown	M62	6:09
7.	Roger Lowe	M74	6:32

5000m Walk

1.	George White	M72	29:24	87.37%
2.	Marie Maxted	W57	34:32	69.22%
3.	Graham Harrison	M74	37:58	69.45%

3000m Walk

1.	John Leydon	M55	18:52	66.69%
2.	James Hoare	M71	21:21	69.80%
3.	Ross Hill-Brown	M62	24:28	55.00%
4.	Roger Lowe	M74	25:59	59.61%

ACTRWC TRACK WALKS, WODEN PARK, CANBERRA, THURSDAY 12 OCTOBER
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Thanks to Robin Whyte for the results of the season opener at Woden Park in Canberra last Thursday. **Tim Fraser** (12:54) and **Mitchell Baker** (12:54) crossed the line together, a good race by the looks of it.

3000m Walk

1.	Tim Fraser	12:54
2.	Mitchell Baker	12:54
3.	Connor Frew	13:02
4.	Hannah Manning	15:41
5.	Ann Staunton-Jugovic	16:24
6.	Kate Black	17:23
7.	Peter Baker	17:31
8.	Robin Whyte	19:21
9.	Bryan Thomas	21:00
10.	Ruth Baussmann	21:54
11.	Ella Baker	24:04
12.	Lorna England	24:51
13.	Val Chesterton	25:52
	Fran Harris	DNF
	Consie Larmour	DNF

1000m Walk

1.	Andrew Camp-Liddiard	05:59
2.	Harry Baker	06:45
3.	Georgia Frew	06:53
4.	Bob Banens	07:37
5.	Steve Karvelas	08:17
6.	She Hawke	09:46

NSW ALL SCHOOLS CHAMPIONSHIPS, SOPAC, SYDNEY, 12-15 OCTOBER
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45 walkers in action in last weekend's NSW All Schools T&F Championships in Sydney. Lots of good walks, with meet records to **Allanah Pitcher** (U15 3000m 14:09.89) and to **Mitchell Baker** (U17 5000m 22:24.53). Special mentions to **Oscar Tebbutt** (U17 5000m 22:51.52), **Joel Kemp** (U15 3000m 14:47.67), **Jack McGinniskin** (U16 3000m 14:17.92) and **Ryan Thompson** (U18 5000m 24:14.14).

Boys 5000m Walk 19 years

1.	Barendregt, Travis	17	Loyola Colle	26:16.62
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Girls 5000m Walk 17 years

1.	O'Neill, Molly	17	Lambton High	27:21.40
2.	Henry, Amy	17	Georges Rive	30:21.79
3.	Walker, Amy	16	North Lakes High	31:23.08
4.	Crichton, Sophie	17	Ravenswood G	31:46.56

Boys 5000m Walk 17 years

1.	Thomson, Ryan	17	Emmaus Catho	24:14.14
2.	Bedford, Kyle	17	Emmaus Catho	25:23.07

Girls 5000m Walk 16 years

1.	Pengilley, Teegan	16	Unattached	26:27.42
2.	Mison, Hannah	16	Wagga Wagga	26:54.84

3.	Manning, Hannah	15	Australian C	27:02.30
4.	Lee, Janaya	16	Arndell Angl	28:39.69
5.	Parker, Hannah	15	Monte Saint Angelo	31:05.73
Boys 5000m Walk 16 years				
1.	Baker, Mitchell	16	Australian C	22:24.53
2.	Tebbutt, Oscar	16	Henry Kendall High	22:51.52
3.	Dwyer-Hall, Blake	16	Doonside Tec	26:06.48
Girls 3000m Walk 15 years				
1.	Blanch, Emma	14	Caringbah High	14:42.29
2.	Bolton, Hannah	14	Narara Valley High	15:37.90
3.	Bell, Bridget	15	Hills Sports High	16:55.52
4.	Robertson, Brittany	15	St Patricks	18:07.63
5.	Rigney, Paige	15	St Peters Tuggerah	18:54.44
	Johnston, Lily	15	Turramurra High	DQ
Boys 3000m Walk 15 years				
1.	McGinniskin, Jack	15	West Wallsend High	14:17.92
2.	Blaskett, Hayden	15	Killarney He	14:45.72
3.	Smit, James	15	Pacific Hill	18:50.93
Girls 3000m Walk 14 years				
1.	Pitcher, Allannah	14	Terrigal High	14:09.89
2.	Hill, Gabriella	14	Unattached	15:41.36
3.	Tier, Paris	14	St Clares Waverley	16:12.67
4.	Dagher, Sophia	14	Westfields S	16:39.66
5.	Martin, Brooke	14	St Agnes Hig	17:39.61
6.	Hardy, Renee	14	Windsor High School	18:25.96
Boys 3000m Walk 14 years				
1.	Kemp, Joel	14	Berkley Vale High	14:47.67
2.	Leerberg, Martin	14	Killara High School	17:10.36
3.	Walter, James	14	Barker College	17:46.68
Girls 3000m Walk 13 years				
1.	Mcmillen, Elizabeth	13	Killarney He	15:33.63
2.	Thomson, Olivia	13	Mercy Cathol	16:17.19
3.	McLoughlin, Chloe	13	Central Coas	16:34.97
4.	Stanley, Casey	13	Peakhurst High	16:54.76
5.	DeCelis, Ellie	13	Aquinas College	17:44.59
6.	Thomson, Jada	13	Emmaus Catho	18:01.18
7.	Cunningham, Breanna	12	Ambarvale High	19:40.07
8.	Lee, Paige	13	Hawkesbury High	20:53.63
	McNair, Lily-Jean	13	East Hills G	DQ
Boys 3000m Walk 13 years				
1.	Jessep, Tom	13	Endeavour Sp	16:12.75
2.	Tebbutt, Archie	13	Henry Kendall High	17:00.47
3.	Pyda, Raven	13	Westfields S	17:39.26
4.	Daly, Dylan	13	Wadalba Community	18:16.33
5.	Pospischil, Brendan	12	Parramatta Marist	18:34.56
6.	Best, Harrison	13	St Josephs A	19:31.49

QUEENSLAND SCHOOLS T&F CHAMPIONSHIPS, QSAC, BRISBANE, 12-15 OCTOBER

The racewalks, which were held on the final morning of the Queensland Schools T&F Championships in Brisbane, saw record breaking performances by 17 year old **Katie Hayward** and 14 year old **Nelson McCutcheon**. Katie won the U18 Girls 5000m in 21:51.29, breaking Clara Smith's 2014 meet record of 23:09.00, while Nelson won the U16 Boys 3000m with 12:23.00, breaking Jesse Osborne's 2010 meet record of 13:29.00. Katie's young brother, 12 year old **Kris Hayward**, who also walked excellently, winning the U14 3000m with a huge PB of 14:07.18. Another to walker well was **Caitlin Hannigan** who won the U16 3000m with 14:01.09.

Women 13 Years 3000m Walk, Sunday 15 October

1.	Mackenzie Ofield	SUN	16:51.13
2.	Bridget Sullivan	MN	17:36.87

Women 14-15 Years 3000m Walk, Sunday 15 October

1.	Caitlin Hannigan	SC	14:01.09	PB 0:28
2.	Camryn Novinetz	MW	14:58.66	
3.	Amelia Schofield	SC	16:12.46	
4.	Breeanna Betzold	MW	17:20.18	
5.	Larissa Vickers	DD	18:17.49	
6.	Zoe Jenner	SC	18:18.43	

Women 16-17 Years 5000m Walk, Sunday 15 October

1.	Katie Hayward	SC	21:51.29	
2.	Milla Rowbotham	MW	30:11.67	
3.	Jade Pearson	MN	31:27.11	
	Bridie Mulcaster	SC	DQ	

Men 13 Years 3000m Walk, Sunday 15 October

1.	Kris Hayward	SC	14:07.18	PB 0:48
2.	Jonathon Wearne	ME	15:41.22	
	Lachlan McCure	SC	DQ	

Men 14-15 Years 3000m Walk, Sunday 15 October

1.	Nelson McCutcheon	ME	13:23.00	
2.	Ryan Stewart	MW	16:47.53	

ATHLETICS SA INTERCLUB, SA ATHLETIC STADIUM, MILE END,, ADELAIDE, SATURDAY 14 OCTOBER

Kim Mottrom was the standout in Adelaide on Saturday with his 3000m walk time of 13:14.83.

3000m Walk

1.	Kim Mottrom	ADELAIDE HAR	13:14.83	
2.	Toby Wilks	PEMBROKE	14:34.68	
3.	Alix Harlington	NORTHERN DIS	15:01.96	
4.	Bethany Cross	PEMBROKE	15:52.45	
5.	Mathew Bruniges	ATHLETICS SA	16:01.19	
6.	Kiera Ross	PEMBROKE	16:01.27	
7.	Elli Pusonjic	ENFIELD HARR	18:44.09	
8.	Mia Wilks	PEMBROKE	18:53.32	
9.	Greg Metha	HILLS DISTRI	18:53.82	
10.	James Hoare	PORT ADELAID	21:59.77	
	Rhiannon Lovegrove	PORT ADELAID	DNF	

1500m Walk

1.	Eliza Pelham	PEMBROKE	7:59.86	
2.	Aleesha Vidler	SOUTHERN	10:04.04	

ATHLETICS TASMANIA ROUNDUP, ATHLETICS TRACK, HOBART

To Hobart now for results from the first two weeks of summer competition. 13 year old **William Robertson** looks a real find and started with two big PBs (6:35.50 for 1500m and 14:59.67 for 3000m). 17 year old **Alice Randall** was just outside her 3000m PB with 14:18.50.

1500m Walk, Come and Try Day, Saturday 7 October

1.	William Robertson	Old Virgilians	6:35.50	
2.	Bayley Campbell	Old Virgilians	7:00.07	
3.	Anna Blackwell	Old Virgilians	7:03.59	
4.	Elizabeth Leitch	Sandy Bay Harriers	9:48.27	
5.	Wayne Fletcher	Northern Sub	11:22.63	
6.	Rebecca Mathers	Unattached	11:31.79	

3000m Walk, Interclub, Saturday 14 October

1.	Alice Randall	Old Virgilians	14:18.50	
2.	William Robertson	Old Virgilians	14:59.67	
3.	Ron Foster	Tasmanian Masters	19:27.23	
4.	Elizabeth Leitch	Tasmanian Masters	19:50.09	
	Anna Blackwell	Old Virgilians	DNF	
	Bayley Campbell	Old Virgilians	DNF	

ATHLETICS ACT SUMMER SERIES, AIS ATHLETICS TRACK, CANBERRA

And a roundup of results from the first two weeks of summer season racing in Canberra. Australian 50km champion **Matt Griggs** is in superb form with his 22:17.1.

5000m Walk, Saturday 7 October

1.	Griggs, Matthew	Weston Creek	22:17.1
2.	Fraser, Timothy	South Canber	23:29.8

1500m Walk, Saturday 7 October

1.	Proudfoot, Honey	Woden Athlet	8:39.3
2.	Camp-Liddiard, Andrew	Ginninderra	10:59.2

3000m Walk, Saturday 14 October

1.	Young, Gwyllym	South Canber	14:30.0
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ATHLETICS WA INTERCLUB, WA ATHLETICS TRACK, PERTH, SUNDAY 15 OCTOBER

Declan Tingay walked fast in Perth on Sunday, recording 12:45.7 for 3000m.

3000m Walk

1.	Tingay, Declan	M	Athletics WA	12:45.7
2.	Reid, Benjamin	M	Athletics WA	14:19.5
3.	Griffin, Alexandra	W	Athletics WA	15:59.9
4.	Ireland, Hannah	W	Rockingham D	17:37.5
5.	Andritsos, Sienna	W	West Track	17:46.3
6.	Gough, Tyla	W	Joondalup At	18:31.6
	Anderton, Cooper	M	Bunbury	DQ
	Gough, Ebony	W	Joondalup At	DQ

GOLD COAST MASTERS T&F, GRIFFITH UNIVERSITY, GOLD COAST, SUNDAY 15 OCTOBER

Only one walker in action in the Queensland Masters last weekend by the look of things.

3000m Walk

1.	Fred Turner	M76	Visitor	30:24.02
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ESSEX RACE WALKING LEAGUE RACE 9, LVAC, LONDON, SATUDAY 14 OCTOBER

Thanks to Ron Wallwork for the latest ERWL results from England. Great win by **Francisco Reis** with 39:29 for the 5 Miles men.

5 Miles Walk Men

1.	Francisco Reis	Thames Valley H	M55	39.29
2.	Sebastian Parris	Ilford AC	SM	43.22
3.	George Wilkinson	Enfield H AC	U17	43.37
4.	Graham Chapman	Headington AC	M60	45.02
5.	Malcolm Martin	Surrey WC	M60	45.10
6.	Jim Ball	Steyning AC	M55	45.33
7.	Mark Culshaw	Ilford AC	M50	48.19
8.	John Ralph	Enfield H AC	M60	51.25
9.	John Borgars ©	Loughton AC	M70	51.51
10.	David Kates ©	Ilford AC	M65	53.19
11.	Arthur Thomson	Enfield H AC	M80	53.42
12.	Steve Cartwright	Colchester	M55	54.57
13.	Chris Flint ©	Surrey WC	M70	54.57
14.	David Hoben	Surrey WC	M60	58.01
15.	Tom Casserley	Enfield H AC	M70	58.09
16.	Gary Smith ©	Enfield H AC	M60	59.05
17.	Peter Cassidy	Loughton AC	M75	60.03
18.	Tony Wilkinson	unattached	M55	64.58

5 Miles Walk Women

1.	Melanie Peddle	Loughton AC	W45	48.50
2.	Helen Middleton	Enfield H AC	W50	49.14

3.	Fiona Bishop	Woking AC	W55	51.58
4.	Noel Blatchford	Abingdon AC	W65	51.58
5.	Angela Marttin	Surrey WC	W65	54.05
6.	Anne Jones	Steyning AC	W60	54.16
7.	Frans Fernandez	Loughton ACR	W65	59 15

4 Miles Walk

1.	David Ainsworth ©	Ilford AC	M65	56.47
2.	Mick Barnbrook ©	Ilford AC	M70	56.47

3 Miles

Walk

1.	Shaun Lightman	Surrey WC	M70	37.55
2.	J.Miles	Hillingdon AC	W60	38.21

2 Miles Walk

1.	Ken Bobbett	Hillingdon AC	W60	20.23
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WALKING COMPETITION, PÉCS, HUNGARY, SATURDAY 14 OCTOBER

To Hungary for one of their international walking meets last Saturday. 10km wins to **Bence Venyercsán** (43:57) and **Ivana Renic** (50:40).

10km Men

1.	Venyercsán Bence Barnabás	1996	Bp. Honvéd SE	43:57
2.	Bagdány Tomasz	1995	TSC-Geotech	44:06
3.	Sárossi Bálint	2000	TSC-Geotech	44:51
4.	Tóth Norbert	2001	Hunyadi DSE	45:11
5.	Erent Bruno	1990	AK "Agram", Zagreb	45:47
6.	Kovács Soma	1997	MVSI	46:53
7.	Burger Donát	1997	TSC-Geotech	46:54
8.	Varga Máté Ferenc	2002	Hunyadi DSE	48:07
9.	Rožman Bruno	2001	AK "Agram", Zagreb	49:18
10.	Varga Dávid	2001	MVSI	49:58
11.	Gál Vencel Levente	2001	MVSI	51:11
12.	Stanko Jurica	1999	AK "Agram", Zagreb	51:35
13.	Horváth Dániel	2000	DSC-SI	51:55
14.	Nyerges Balázs István	2001	Hunyadi DSE	53:26
15.	Csaba István	1959	Bp. Honvéd SE	65:54
	Srp Miklós Domonkos	1993	Bp. Honvéd SE	DNF

10km Women

1.	Renic Ivana	1996	AK "Agram", Zagreb	50:40
2.	Récsei Rita	1996	Bp. Honvéd SE	51:46
3.	Rabné Récsei Petra	1990	Bp. Honvéd SE	53:47
4.	Komoróczy Laura Petronella	1999	Bp. Honvéd SE	58:49

46TH TROFEO SERAFINO ORLINI, GROTAMMARE, ITALY, SUNDAY 15 OCTOBER

As usual, well reported by marciadalmondo (http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2944), from which my report follows

The 46th Trofeo Serafino Orlini, which was held in the Italian city of Grottammare on Sunday, saw 6 walkers contest the blue riband 50km - 4 men (3 Italians and One Swedish) and 2 women (one Italian and one Spanish). Overall, the win went to **Stefano Chiesa** (ITA) with 4:16:01 ahead of **Luca Montoleone** (ITA) with 4:22:11. Sadly, they were the only finishers, the other 4 all retiring as the race progressed.

The men's 20km saw a good battle between **Federico Tontodonati** (ITA) and **Perseus Karlstrom** (SWE), who had won the Swedish 50km only a week previous. They are together for the first 10km walking shoulder to shoulder, before Perseus broke free, eventually going on to win by over 2 minutes in a time of 1:22:47. Tontodonati held on for second place (and first Italian) with 1:24:55. Third place went to fellow Italian **Marco De Luca** with 1:28:11

The women's 20km saw an easy win to the stylish **Valentina Trapletti** with 1:32:00, nearly 4 minutes ahead of fellow Italian **Nicole Colombi** with 1:35:55.

U20 20km, U18 10km and U16 3km races were also contested, with strong fields and good results. Full results at <http://www.marciadalmondo.com/admin/pdf/risultati/15102017905Grottammare2017.pdf>.

50km Men

1.	CHIESA Stefano	1996	ATL. CENTO TORRI PAVIA	4:16:01
2.	MONTOLEONE Luca	1990	A.S.D. FRANCESCO FRANZIA	4:22:11
	COPPINI Niccolo'	1997	ATLETICA FIRENZE MARATHON	DNF
	MINISTRAL David Pueyo (FC)	1973	ESP SPAIN	DNF
	ROMERO IRIAS Jose' Leon (FC)	1983	HON HONDURAS	DNF

50km Women

	CIVILETTI Laura	1992	ASD ENTERPRISE SPORT & SERV	DNF
	MARCOS VALERO Maria Dol	1979	ESP SPAIN	DNF

20km Men

	KARLSTROM Perseus (FC)	1990	SWE SWEDEN 1:22:47	
1.	TONTODONATI Federico	1989	C.S. AERONAUTICA MILITARE	1:24:55
2.	DE LUCA Marco	1981	G.A. FIAMME GIALLE	1:28:11
3.	COZZA Cesare	1997	A.S. LA FRATELLANZA 1874	1:30:46
4.	ZAUPA Alberto	1995	ATLETICA SCHIO	1:31:16
5.	MANSUTTI Stefano	1995	A.S.D. INTESATLETICA	1:31:57
6.	VONA Flavio	1984	ATL.BIOTEKNA MARCON	1:34:10
7.	GRILLO Ettore	1997	ATLETICA FIRENZE MARATHON	1:34:14
8.	INGLESE Giuseppe	1996	AMATORI ATL. ACQUAVIVA	1:36:01
9.	VERDE Vincenzo	1982	ASD ENTERPRISE SPORT & SERV	1:39:26
10.	SCORDO Giuseppe	1994	ICARO UNIPOLSAI FONDIARIA RC	1:41:45
11.	LOPETUSO Antonio	1958	AMATORI ATL. ACQUAVIVA	1:46:59
12.	BOLDRINI Federico	1988	ATL. RECANATI	1:47:54
13.	CAPOGROSSI Luca	1996	ATL. RECANATI	1:48:05
14.	QUACQUARELLI Giuseppe	1993	AMATORI ATL. ACQUAVIVA	1:49:07
15.	GUGLIELMI Giacomo	1994	ATLETICA LIVORNO	1:49:11
16.	ROMANELLI Andrea	1986	ATL. RECANATI	1:52:02

20km Women

1.	TRAPLETTI Valentina	1985	C.S. ESERCITO	1:32:00
2.	COLOMBI Nicole	1995	ATL. BRESCIA 1950	1:35:55
3.	ANSALDI Martina	1996	A.S.D. ATL. FOSSANO '75	1:39:32
4.	SANSONI Adelaide	1982	U.S. QUERCIA TRENTINGRANA	1:41:03
5.	GABELLONE Tatyana	1984	ALTERATLETICA LOCOROTONDO	1:41:35
6.	BARCELLA Lidia	1997	BRACCO ATLETICA	1:44:42
7.	STACH Marta	1995	ATL. BRESCIA 1950	1:47:47
8.	IMBESI Giulia	1996	GA ARISTIDE COIN VENEZIA 1949	1:49:33
9.	SBERNARDORI Elena	1991	ATL. BRESCIA 1950	2:04:06

20km Junior Men

1.	BRANDI Giacomo	1998	SPORT ATL. FERMO	1:30:17
2.	MARCHESI Davide	1999	ATL. RICCARDI MILANO 1946	1:35:57
3.	GALLO Matteo	1999	A.S.D. ATLETICA DON MILANI	1:36:56
4.	TRAPASSO Attilio	1998	C.S. GIOVANILE CZ LIDO	1:38:05
5.	DISARO' Michele	1999	G.S. FIAMME ORO PADOVA	1:40:19
6.	MICHELETTI Juriy	1998	ATL. BERGAMO 1959 ORIOCENT	1:40:45
7.	VITANGELI Giacomo	1998	ATLETICA FIRENZE MARATHON	1:41:48
8.	BARATTINI Fabio	1999	ATLETICA LIVORNO	1:42:06
9.	VERNESONI Luca	1999	ATLETICA TRENTO	1:42:33
10.	D'ANDREA Stefano	1999	POLISPORTIVA TETHYS CHIETI	1:42:46
11.	TOMASSELLI Leandro	1999	A.S.D. ATLETICA FUTURA ROMA	1:42:55
12.	VIMERCATI Federico	1999	ATL. CENTO TORRI PAVIA	1:46:53
13.	DOLFI Matteo	1998	ATLETICA FIRENZE MARATHON	1:48:09
14.	GROSSI Lorenzo	1998	ATLETICA LIVORNO	1:50:26
15.	BRUSACA' Guglielmo	1999	ASD ATLETICA SPEZIA DUFERCO	1:51:01
16.	FRANCHIN Marco	1999	ATL.BIOTEKNA MARCON	1:52:19

20km Junior Women

1.	FORESTI Beatrice	1998	ATL. BERGAMO 1959 ORIOCENT	1:53:48
2.	VULPIS Maria Teresa	1999	U.S. GIOVANI ATLETI BARI	1:56:34
3.	ANDREOSE Beatrice	1998	G.S. FIAMME ORO PADOVA	1:58:18
4.	SALIS Sara	1999	SHARDANA ASD	1:58:42
5.	TOMASELLO POMA Roberta	1998	ETNATLETICA SAN PIETRO CLAR	1:01:34
6.	NEVA Silvia	1999	ATLETICA GROSSETO BANCA TE	2:02:11

10km U18 Men (first 10)

1.	FINOCCHIETTI Davide	2001	ATL LIBERTAS RUNNERS LIVOR	45:59
2.	ORSONI Riccardo	2000	C.U.S. PARMA	46:39
3.	GIULIANI Giorgio	2000	C.U.S. TORINO	47:32
4.	MELI Mikias	2000	ATL. BERGAMO 1959 ORIOCEN	48:32
5.	COSI Andrea	2001	ATLETICA FIRENZE MARATHON	49:41
6.	SCOLI Giulio	2001	ATLETICA LIVORNO	49:48
7.	GRECO Carmine	2001	A.S.D. ATLETICA DON MILANI	50:10
8.	PERRONE Alessandro	2000	ASD NEOS MATERA	51:06
9.	ANDREI Aldo	2001	GS VALSUGANA TRENTO	51:19
10.	ANNOSCIA Leonardo	2000	ASD ATHLETIC ACADEMY BARI	51:52

10km U18 Women (first 10)

1.	MASTRANGELO Ida	2001	A.S.D. ATLETICA DON MILANI	51:20
2.	LACATUS Andrada Lavinia	2000	P.B.M. BOVISIO MASCIAGO	51:42
3.	BERTINI Simona	2001	A.S.D. FRANCESCO FRANZIA	52:11
4.	GIORDANI Vittoria	2000	U.S. QUERCIA TRENTINGRANA	52:57
5.	LENTINI Alessandra	2000	A.S.D. ATLETICA DON MILANI	53:13
6.	BUGLISI Sara	2001	SPORTCLUB MERANO	54:18
7.	CAPITANI Matilde	2000	ATLETICA GROSSETO BANCA TE	55:29
8.	PIROLA Laura	2000	ATL. BERGAMO 1959 ORIOCEN	56:19
9.	PICCINI Chiara	2001	ATLETICA GROSSETO BANCA TE	56:24
10.	PERINI Ginevra	2001	ATLETICA GROSSETO BANCA TE	56:37



Perseus Karlstrom in the lead in the 20km event in Grottammarte – photo www.marciadalmondo.com

NATIONAL CLUB CHAMPIONSHIPS - U20/U18, VENISSIEUX, FRANCE, SUNDAY 16 OCTOBER

To France for their U20/U18 National Club Championships, where the walks were won by **David Kuster** and **Gwennan Lebreton**.

5000m Walk

1.	KUSTER David	JUM/99	Pays De Colmar Athletisme	20:13.49
2.	DUC Matteo	CAM/01	As Aix-les-bains	23:18.23
3.	LEBRETON Killian	CAM/00	Haute Bretagne Athletisme	24:26.08
4.	MARON Thibault	CAM/00	Ca Balma	24:27.80
5.	BARGEAULT Nicolas	JUM/99	Lyon Athletisme	24:41.27
6.	HUE Aymeric	CAM/01	Ec Orleans Cercle Jules Ferry	26:15.25
7.	GUENEAU Antonin	JUM/98	Dijon Uc	27:46.70
8.	GHENO Antoine	CAM/00	Entente Athletique Grenoble	31:57.40
9.	GAULTIER Sylvain	CAM/01	Athletic Trois Tours	32:01.00
10.	DANIEL Cyril	CAM/00	Cs Bourgoin-jallieu	32:59.37
11.	DENAUX Victor	JUM/99	Sa Toulouse Uc	34:44.79
12.	CAPPAERT Edouard	CAM/01	Athletisme Metz Metropole	40:25.30
13.	RONVEL Armand	CAM/01	Lille Metropole Athletisme	43:09.76
	RENAUD Valentin	CAM/01	Clermont Athletisme Auvergne	DQ

3000m Walk

1.	LEBRETON Gwennan	JUF/99	Haute Bretagne Athletisme	15:29.94
2.	HFEF Amel (TUN)	JUF/98	Ca Balma	15:31.80
3.	AMIMOUR Alicia	JUF/99	As Aix-les-bains	15:32.59
4.	PERRICHON Julia	CAF/01	Entente Athletique Grenoble	15:38.92
5.	MOLIST Lucille	CAF/01	Cs Bourgoin-jallieu	15:44.22
6.	GRATIAN Zoe	CAF/00	Sa Toulouse Uc	17:31.90
7.	JARNIGON Clara	CAF/00	Bordeaux Athle	17:51.97
8.	RAVEL-URDICIAN Marie	CAF/01	Clermont Athletisme Auvergne	18:25.26
9.	TOULLIER Laure	CAF/00	Athletic Trois Tours	19:15.70
10.	ARPIN Claire	CAF/00	Lille Metropole Athletisme	19:48.86
11.	PRADEILLES Lea	CAF/01	Montbeliard Belfort Athletisme	20:34.47
12.	FERRY Laure	CAF/00	Ecla Albi	20:53.28
13.	GOMEZ Lou	CAF/00	Coquelicot 42	21:08.42
14.	ALLAMAN Lalye	CAF/00	Entente Sud Lyonnais	21:23.14

GERMAN 50KM CHAMPIONSHIPS, GLEINA, GERMANY, SATURDAY 14 OCTOBER

Apart from the 50km walks being contested in Grotttammare last weekend, the Germans were also in 50km mode, with their national championship contested on Saturday in the city of Gleina. The meet also included the German U23 30km national championship, along with a number of support races. Well reported by marciadalmondo (http://www.marciadalmondo.com/eng/detttagli_news.aspx?id=2945).

The 50m and 35km walkers started concurrently, 13 in total. The 30km walkers finished first of course, with the German title going to **Nathaniel Seiler** in a PB 2:20:22. Second place went to **Karl Jungannss** with 2:23:03 and third place went to **Jonathan Hilbert** with 2:23:07. The 50km walkers were then left to tough it out for a further 20km, with the title eventually going to **Nathaniel Seiler** with 4:00:44 (some 5 minutes outside his 2017 European Cup PB of 3:55:13) and the minor placings going to **Jonathan Hilbert** (4:05:49) and **David Tokodi** (4:17:12). 20km star **Hagen Pohle** pulled the plug at 38km, while jointly in the lead. **Agnieszka Ellward** of Poland produced a 10 minute PB of 4:41:58 (previous PB of 4:52:56 from Dudince 2017), a time which puts her in the 12th ranking spot in women's 50km for this year. It is great to see the women now attacking the 50km distance.

I hear that conditions were very windy and tough and this effected the times in the women's 20km, which was won by Hungarian **Anett Torma** (1:39:54), ahead of GBR walker **Heather Lewis** (1:40:06) and **German Teresa Zurek** (1:42:12).

<http://www.leichtathletik.de/news/news/detail/nathaniel-seiler-schnappt-sich-ersten-dm-titel-in-gleina/>

Full results at <https://www.dlv-xml.de/Storage/EventFiles/17L00000001605102/171511.pdf>.

50km

1.	SEILER, Nathaniel	M	TV Bühlertal	4:00:43.5
2.	HILBERT, Jonathan	M	LG Ohra Energie	4:05:48.3
3.	TOKODI, David	M	FTC Ungarn	4:17:11.3
4.	AGNIESZKA, Ellward	W	POLAND / WKS Flota Gdynia	4:41:57.8
5.	FRANKE, Denis	M	TV Bühlertal	5:04:47.8
	POHLE, Hagen	M	SC Potsdam	DNF
	PRIELER, Helmut	M	SpVgg Niederaichbach	DNF
	KING, Dominic	M	Coochester	DQ
	LEAUTE, BENJAMIN	M	Lille LMA (Frankreich)	DQ
	DITTRICH, Bianca Maria	W	sc im.puls erfurt	DQ

30km U23

1.	SEILER, Nathaniel	MU23	TV Bühlertal	2:20:22.0
2.	JUNGHANNß, Karl	MU23	LAC Erfurt	2:23:03.0
3.	HILBERT, Jonathan	MU23	LG Ohra Energie	2:23:07.0
	DOHMANN, Carl	M	SCL Baden-Baden	DNF

20km

1.	TORMA, Anett	W	Kaposvari AC, Ungarn	1:39:54.0
2.	LEWIS, Heather	W	GBR	1:40:05.5
3.	ZUREK, Teresa	WU20	SC Potsdam	1:42:11.4
4.	JUNGHANNß, Otto	MU18	Erfurter LAC	1:42:54.1
5.	STRAMKA, Jan	MU18	Erfurter LAC	1:52:20.0

10km Men (first 20)

1.	BORSCH, Steffen	M40	SV Halle e.V.	47:57.8
2.	FRENZL, Johannes	MU18	Hallesche Leichtathl.-Freunde	48:34.9
3.	SCHRÖTER, Uwe	M55	LG Vogtland	51:55.4
4.	MEYER, Steffen	M50	SV Breitenbrunn	54:29.3

5.	MAIER, Joachim	M45	SV Breitenbrunn	56:42.4
6.	KNOBLOCH, Christopher	MU20	LG Vogtland	57:15.6
7.	GAUS, Peter	M65	Alemannia Aachen	57:30.6
8.	HAUGER, Georg	M60	TV Bühlertal	58:06.5
9.	WILD, Andreas	M35	SV Einheit 1875 Worbis	58:46.0
10.	WERNER, Stefan	M50	LG Vogtland	59:02.4
11.	ALBRECHT, Jürgen	M60	Apoldaer LV 90	59:15.2
12.	KLAUS, Herbert	M55	TV Kaufbeuren	59:53.6
13.	PAPST, Ronald	M55	SV Einheit 1875 Worbis	1:00:36.1
14.	TOLLE, Uwe	M60	Polizei SV Berlin	1:02:42.0
15.	SCHIEKER, Jochen	M60	TSG 1845 Heilbronn	1:03:11.2
16.	KESSELRING, DR., Alfred	M65	TV Forst	1:03:27.1
17.	LORSCHIEDER, DR., Rainer	M70	TV Ludweiler	1:03:44.5
18.	NIBL, Stefan	M55	TV Ludweiler	1:04:24.9
19.	SCHUMM, Peter	M75	Alemannia Aachen	1:04:55.4
20.	SCHALLER, Werner	M60	TV Groß-Gerau	1:05:18.8

10km Women (first 20)

1.	FEIGE, Saskia	W	SC Potsdam	48:59.2
2.	RICHTER, Julia	WU20	SC Potsdam	51:40.8
3.	BEST, Nicole	W45	TV Groß-Gerau	54:30.3
4.	SCHRÖTER, Brit	W40	LG Vogtland	54:38.2
5.	HENZE, Julia	WU20	ASV Erfurt	57:05.5
6.	HÖRL, Nicole	W45	Diezer TSK Oranien	59:18.9
7.	STASCH, Katrin	W45	LG Vogtland	1:02:05.1
8.	UNTERHOLZNER, Maria	W45	TV Altötting	1:03:02.6
9.	BONNEß, Yvonne	W35	ASV Erfurt	1:06:19.4
10.	KÖHLER, Antje	W55	TV Bühlertal	1:07:42.6
11.	MARKGRAF, Yvonne	W40	LG Süd Berlin	1:07:50.9
12.	MAIER, Andrea	W45	SV Breitenbrunn	1:08:39.8
13.	EBEL, Roswitha	W50	LAC Langenhagen	1:09:47.2
14.	PATRZALEK, Brigitte	W55	TV Groß-Gerau	1:10:56.8
15.	KELLER, Jana	W40	Sportfreunde Neukieritzsch	1:11:25.2
16.	MÜLLER, Monika	W50	TV Groß-Gerau	1:12:34.2
17.	KLINK, Ursula	W70	TV Groß-Gerau	1:12:49.7
18.	KOMOLL, Birgit	W55	LAC Langenhagen	1:15:08.3
19.	DRÄGER, Helga	W75	LG Esslingen	1:19:41.4
20.	MOLTER, Margarete	W70	TV Groß-Gerau	1:19:47.7



Winners Nathaniel Seiler (50km), Agnieszka Ellward (50km) and Anett Torma (20km) – photos Philippe Pohle



*Also in attendance at the meet in Gleina, how's this for a who's who of walking - **Hans Reimann, Hartwig Gauder, Dieter Lindner, Peter Frenkel and Christoph Hohne** - how many Olympic medals here ! (photo Peter Frenkel)
Oh, you can also add in Ron Weigel who was there in his capacity as German national walks coach.*

OUT AND ABOUT

- A number of walkers were out in last weekend's Melbourne Marathon. RIO Olympian In a good leadup session for December's Fawcner Park 50km, **Brendon Reading** walked the Melbourne Marathon in a respectable 3.31, while U20 **Kyle Swan** ran a PB 35:10 in the 10km run.
- Superb youtube video of warmup exercises with Dr Pete Duggan and American Olympic race walker **Maria Michta**. Well worth a watch and a ponder. Gosh, I wish I could still do some of those. Alas, the ravages of age! See <https://www.youtube.com/watch?v=luKKU8nSZoM>.
- 37 year old **Inês Henriques** will defend her 50km world record when she races in the IAAF World Team Championships in Taicang next May. She acknowledges that competing against the Chinese women on their home turf will be a tough ask, but she is ready. See www.record.pt/modalidades/atletismo/detalhe/ines-henriques-quer-defender-recorde-na-china.html.
- The AMA Track and Field Championships Perth 2018 website is now live – <http://www.mastersathleticswa.org/perth2018/>.
- There has been some questions lately as to whether Richard McLaren's report into govt sponsored drug taking in Russia would stand up to scrutiny. Well, that question has been answered as the report was used to uphold a suspension against Russian triple jumper Anna Pyatykh. CAS upheld the view that she had used banned substances, based on records of secret drug testing in 2013. Documents leaked by former Moscow laboratory director Grigory Rodchenkov mentioned Pyatykh as part of a "washout" scheme, with unofficial internal testing finding four banned substances in the run-up to the 2013 track world championships in Moscow. The idea was that Russian athletes would be free to use banned substances ahead of the competition, then stop in time to test clean at the actual event while keeping the benefits of extra muscle power. The in-house "washout" tests -- forbidden under WADA rules -- were used to cover up doping by ensuring the athlete would appear clean later. See http://www.espn.com.au/olympics/story/_/id/20978520/court-arbitration-sport-uses-mclaren-report-uphold-russian-doping-case.

MARCIADALMONDO AND OMARCHADOR ROUNDUP

Marciadalmondo has 8 press releases this week

- Mon 16 Oct - Results of German 50km championship meet at Gleina
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2945
- Sun 15 Oct - Perseus Karlstrom wins 20km in Grottammare (ITA)
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2944
- Sun 15 Oct - 95th anniversary of first Spanish 50km Championships in Barcelona
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2943

- Sep 2017 - Sandro Damilano has started updating the female profile section of marciadalmondo http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2942
- Fri 13 Oct - Profile of Chinese female 50km walker Yang Shuqing http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2941
- Thu 12 Oct - Swedish walker Perseus Karstrom to race in Grottammare (ITA) http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2940
- Wed 11 Oct - Ecuador win both walks in 2nd South American Youth Games in Santiago, Chile http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2939
- Tue 10 Oct - Perseus Karlstrom wins Swedish 50km in Eskilstuna http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2938

and Omarchador has 9 press releases this week

- Mon 16 Oct - Seiler wins German 50km championship in Gleina <http://omarchador.blogspot.com.au/2017/10/seiler-sagra-se-campeao-da-alemanha-de.html>
- Sun 15 Oct - Results of the Spanish U16 Club Championships walks <http://omarchador.blogspot.com.au/2017/10/xiii-campeonato-de-espana-de-clubes.html>
- Sat 14 Oct - Results of last weekend's Italian U16 championship walks <http://omarchador.blogspot.com.au/2017/10/significativa-partecipacao-nos.html>
- Sat 14 Oct - Walks development meeting in Pabrade, Lithuania <http://omarchador.blogspot.com.au/2017/10/festa-de-marcha-em-pabrade-lituania.html>
- Fri 13 Oct - Results of the joint championships of Austrian and Croatian championships in Vienna last weekend <http://omarchador.blogspot.com.au/2017/10/viena-recebeu-os-campeonatos-conjuntos.html>
- Fri 13 Oct - Good results at the Japanese sports festival in Matsuyama last weekend <http://omarchador.blogspot.com.au/2017/10/bons-resultados-no-festival-do-desporto.html>
- Thu 12 Oct - Results of last weekend's Pyotr Pochynchuk meet in Grodno, Belarus <http://omarchador.blogspot.com.au/2017/10/pela-26-vez-marchar-em-grodno.html>
- Wed 11 Oct - Perseus Karlström and Monica Svensson win in Eskilstuna, Sweden <http://omarchador.blogspot.com.au/2017/10/perseus-karlstrom-e-monica-svensson.html>
- Tue 10 Oct - Ecuador dominates the South American Youth Games <http://omarchador.blogspot.com.au/2017/10/ecuador-domina-nos-jogos-sul-americanos.html>

FROM THE VAULTS – FRENCH 100KM CHAMPIONSHIP VIDEOS

Emmanuel Tardi has just uploaded three great archival videos from the 1994 and 1998 French 100km racewalking championships. The full results are in the Youtube description for each video. Suffice it at my end to simply quote the first few places in each event. Both were won in well under 10 hours, wonderful walking!

French 100km Racewalk Championship, Roubaix, 9 October 1994

- | | | |
|----|-----------------------|---------|
| 1. | Terraz Denis | 9:30:53 |
| 2. | Vladimir Boidatchenko | 9:35:04 |
| 3. | André Toussaint | 9:35:24 |
| 4. | Pascal Tournois | 9:40:19 |
| 5. | Pascal Kieffer | 9:55:40 |

<https://www.youtube.com/watch?v=xwpeqjZd6A>

<https://www.youtube.com/watch?v=U0C4nXsO5EE>

French 100km Racewalk Championship, Bourges, 10 October 1998

- | | | |
|----|------------------|----------|
| 1. | Pascal Kieffer | 9:13:28 |
| 2. | Fabien Lombard | 9:46:50 |
| 3. | Sylvain Tournois | 10:18:54 |

<https://www.youtube.com/watch?v=PgNE3WedEbg>

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 – 2017/2018 Summer Season

Oct 18 (Wed), 2017	VRWC Summer Season starts, George Knott Athletic Track, Clifton Hill, VIC
October 21-28, 2017	Australian Masters Games – Burnie, Tasmania. See http://www.australianmastersgames.com/
Nov 3-5, 2017	AV All Schools State Track & Field Championships, Lakeside Stadium, Melbourne, VIC
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, SA
Jan 26-28, 2018	AV Country Championships, Ballarat, VIC
Feb 11 (Sun), 2018	Australian 20km Race Walking Championships, Adelaide, SA
Feb 15-18, 2018	Australian Athletics Championships & Nomination Trials, Gold Coast, QLD (10,000m Walks)
Feb 23-25, 2018	AV Junior & Para Championships, Lakeside Stadium, Melbourne, VIC
Mar 2-4, 2018	AV Open & Para Championships, Lakeside Stadium, Melbourne, VIC
Mar 14-18, 2018	Australian Junior Athletics Championships, Sydney, NSW
Mar 24-25, 2018	AV Masters Championships, Doncaster/Nunawading, VIC
Apr 1 (Sun), 2018	Easter Sunday
Apr 4-11, 2018	Commonwealth Games, Gold Coast, QLD
Apr 21-22, 2018	Australian Centurions 24 Hour Qualifying Race, Harold Stevens Athletics Track, Coburg, VIC
Apr 28-29, 2018	Australian Little Athletics Championships, Gold Coast, QLD
Apr 26-29, 2018	Australian Masters T&F Championships, Perth, WA. See http://www.mastersathleticswa.org/perth2018/
June 10 (Sun), 2018	Lake Burley Griffin Carnival, Stromlo Forest Park, Canberra, ACT
Aug 26 (Sun), 2018	Australian Roadwalk Championships, Sunshine Coast, QLD (TBC)

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	28 th IAAF World Race Walking Team Championships, Taicang, China
July 10-15, 2018	16 th World Junior T&F Championships, Tampere, Finland
Sept 4-16, 2018	22 nd World Masters Athletics T&F Championships, Malaga, Spain
Mar 24-30, 2019	World Masters Indoors T&F Championships, Torun, Poland
July 3-14, 2019	30 th Summer Universiade, Naples Italy
Sept 28 – Oct 6, 2019	17 th IAAF World Championships in Athletics, Doha, Qatar
July 24 – Aug 9, 2020	32 nd Olympic Games, Tokyo
July 20 – Aug 1, 2020	23 rd World Masters T&F Championships, Toronto, Canada
Aug 6-15, 2021 (TBC)	18 th IAAF World Championships in Athletics, Eugene, USA
July 18-30, 2022	XXII Commonwealth Games, TBA On 13 th March 2017, Durban announced that it would not host the Games, due to financial constraints.

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