



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
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VRWC RUNNERS WORLD WINTER SEASON AWARDS



Early in 2009, Neil Ryan of Runners World Kew approached VRWC with an offer of some club sponsorship. While we had our Points and Handicap awards, the awards were not necessarily won by our BEST walkers as they were influenced by participation rates. So, after various discussions, it was decided to institute Runners World Winter and Summer Season Awards.

Eight years later, Neil is still sponsoring the club and giving our better walkers the chance for some well deserved recognition and support. I am very pleased to announce our 2017 Winter Season winners

- | | |
|-----------------------|--------------------------|
| Open Female Winner: | Gwen Steed |
| Open Male Winner: | Adam Garganis |
| Junior Female Winner: | Rebecca Henderson |
| Junior Male Winner: | Will Thompson |



Gwen, Adam, Rebecca and Will in action at Middle Park during the 2017 winter season (photos Terry Swan)

Here is a brief rundown of why they won

- **Adam Garganis** was the dominant VRWC male walker across the winter season. He won the Men's U20 Handicap and Fastest Times awards. He also won the club's Style Award competition by a significant margin. He won silvers in the Victorian 10km, 15km and 20km roadwalk championships and gold in the Victorian 30km roadwalk championship in an outstanding 2:17:24 (at 19 years of age). He competed most weeks and always at a high level. An excellent role model for the younger walkers.
- 14 year old **Will Thompson** also had a very successful winter season, winning golds in the AV Country U18 5km, the AV Schools U16 3km and the Victorian U16 5km roadwalk championships. He raced most weeks and did PB after PB as the season progressed. By season's end, his best times stood at 41:05 (8km), 24:37 (5km), 13:38 (3km) and 9:19 (2km).
- Incredibly **Gwen Steed** has broken 9 VRWC walking records since turning 75 in July. The 2km record she has broken twice, the 3km record she has broken four times (and two of these were World Records), the 10km record she has broken twice and the 5km record she has broken on the one occasion. In other words, Gwen has broken records almost every time she has raced since turning 75! It was all part of what was a great season for Gwen, who also came away with the W70 honours at the Australian Masters Athletic Championships held in June in Darwin, winning the 1500m track walk, the 5000m track walk and the 10km road walk.
- 16 year old **Rebecca Henderson** has gone from strength to strength throughout the winter season. A multi talented athlete who excels in walking, triathlon and swimming, she won the Victorian U20 10km roadwalk title, the Australian U18 5km roadwalk title and placed third in the Victorian Open 15km roadwalk championship in a new club record time of 1:18:52. Now one of our top Australian junior walkers and still only 16.

The presentations will be made at our VRWC Summer Season Championships on Sunday 12th November at Middle Park. Will and Rebecca will each receive \$500 vouchers for sporting goods from Runners World Kew. Adam and Gwen will each receive the \$500 vouchers as well as \$500 in cash.

You can read more about this award at <http://www.vrwc.org.au/vrwcrunners-world.shtml>.

Thanks to Neil for his very generous ongoing support. For all your sporting needs, Neil is the man to help. Check out his Runners World Kew shop at 598 High Street, East Kew (<http://www.runnersworld.com.au/>).

WHAT'S COMING UP

- Tomorrow evening sees further AV Shield Round 4 walks at the George Knott Athletics Track in Clifton Hill. This is a joint VRWC/AV meet. We look set for 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. We struggled with insufficient lapscorers 2 weeks ago.**

Entries can be made on the night – it is not necessary to register beforehand. The program reads as follows

Wed 1st November 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 weekend sees the **Victorian Schools T&F Championships** at Lakeside Stadium in Albert Park. Good luck to all our young walkers.

ATHLETICS VICTORIA SHIELD COMPETITION ROUND 4, SATURDAY 28 OCTOBER

No AV Shield walks in the Melbourne metro regions last weekend, but the walkers were in action in the 3 country venues in Ballarat, Bendigo and Geelong. Best efforts by **Jemma and Alanna Peart** in Ballarat.

AV Shield Round 4, Llanberris Reserve, Ballarat

3000m Walk

1.	Jemma Peart	BYC	14:35.42
2.	Alanna Peart	BYC	15:11.72
3.	Stephen McLennan	WEN	20:16.99

1500m

1.	Keelan Perry	BYC	10:49.12
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AV Shield Round 4, La Trobe Uni Athletics Track, Bendigo

3000m Walk

1.	BARBARA BRYANT	EAG	18:03.03
2.	ANNETTE CURTIS	SBE	21:34.78

1500m Walk

1.	LEAH CRIPPS	BEU	9:49.06
2.	ANDREA SMITH	BEU	10:33.04
3.	WENDY ENNOR	EAG	12:16.96

AV Shield Round 4, John Landy Athletics Field, Geelong

1500m Walk

1.	Kaylah Heikkila-Dubowik	COR	9:14.94
2.	Charli Walker	BEL	9:18.42

VRWC ROADWALKS, MIDDLE PARK, SUNDAY 29 OCTOBER

Our first VRWC roadwalks for the summer were held at our headquarters at Middle Park on Sunday morning, in pleasant sunny conditions, but with a wind that gradually strengthened during the morning. Good to see 31 walkers in action. A number of our top walkers were there but for training sessions rather than flat out races. Excellent 15km by **Mark Blackwood** (1:15:20). 3km PBs by **Dee Holohan** (19:45) and **Alannah Dingli** (20:35).

VRWC 20km Walk

1.	Quentin Rew	Open	1:35:34
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VRWC 15km Walk

1.	Mark Blackwood	M40-59	1:15:20
2.	Kyle Swan	Open	1:19:23
3.	Jason Kozica	Open	1:19:24
4.	Albin Hess	M40-59	1:42:09

VRWC 10km Walk

1.	Jemima Montag	Open	51:22
1.	Adam Garganis	Open	47:30
2.	Pramesh Prasad	M40-59	49:25
3.	David Smyth	M40-59	1:01:44
4.	Mark Donahoo	M40-59	1:03:23
5.	Ross Reid	M60+	1:05:27

VRWC 5km Walk

1.	Charlotte Hay	U14	28:04
2.	Paige De Lisen	Open	30:24
3.	Kathleen O'Mahony	Open	31:40
4.	Donna-Marie Elms	M40-59	32:43
5.	Heather Carr	M60+	33:31
6.	Karyn O'Neill	M60+	33:49
7.	Gwen Steed	M60+	35:52
1.	Will Thompson	Open	25:06
2.	Heath Beveridge	Open	30:59

VRWC 3km Walk

1.	Dee Holohan	M40-59	19:45	PB 0:18
2.	Alannah Dingli	Open	20:35	PB 0:12
3.	Isabella Dingli	Open	21:17	
4.	Merilyn Thompson	M40-59	23:12	
5.	Sandra Howorth	M40-59	23:35	
1.	Corey Dickson	Open	15:20	
2.	Luke Epps	U12	16:33	
3.	Simon Evans	M40-59	16:55	
4.	Angus Hay	U14	19:10	
5.	Sebastian Weickhardt	U12	20:34	First one

VRWC 2km Walk

1. Beverly Hugo

M60+

16:41

Thanks as always to our officials, helpers and judges. Apologies if I have missed anyone

Officials: Ralph Bennett, Tim Erickson, Mark Donahoo, Terry Swan

Judges: Peter Vysma (chief), Stuart Cooper, Mark O'Mahony, Shane Dickson

Canteen: Donna Elms

Photos: Terry Swan (see <http://www.vrwc.org.au/piwigo/index.php?category/446>).



The start of the 5km and 3km walks



Luke Epps, Sebastian Weickhardt, Quentin Rew, Adam Garganis, Pramesh Prasad and Jemima Montag



David Smyth, Alannah Dingli, Dee Holohan and Mark Blackwood (all photos Terry Swan)

SAMA TRACK WALKS, SA ATHLETICS STADIUM, MILE END, ADELAIDE, WEDNESDAY 25 OCTOBER

Thanks to Colin Hainsworth for the latest results from the South Australian Masters in Adelaide. Colin commented: Good to see **Leigh Smith** back after a long lay-off from injuries.

1500m Walk

1.	George White	08:52	M72	83.45%
2.	Jack Russell	09:14	M65	73.81%
3.	Gil McIntosh	10:04	M67	69.23%
4.	James Hoare	10:58	M71	66.63%
5.	Graham Harrison	11:19	M74	67.09%
6.	Valmai Padget	11:32	W73	70.19%
7.	Roger Lowe	12:09	M74	62.49%
8.	Margaret McIntosh	12:18	W64	58.78%
9.	David Robertson	12:19	M84	71.45%
10.	Leigh Smith	12:28	M82	68.35%

2000m Walk

1.	George White	11:51	M72	80.74%
2.	Jack Russell	12:58	M65	67.95%
3.	Gil McIntosh	13:55	M67	64.74%
4.	James Hoare	14:16	M71	66.23%
5.	Graham Harrison	15:01	M74	65.39%
6.	Valmai Padget	15:15	W73	70.01%
7.	Ross Hill-Brown	15:52	M62	53.79%
8.	Roger Lowe	16:16	M74	60.36%
9.	Margaret McIntosh	16:19	W64	58.14%
10.	David Robertson	17:24	M84	65.48%
11.	Leigh Smith	17:25	M82	63.33%

ATHLETICS TASMANIA INTERCLUB, DOMAIN ATHLETICS TRACK, HOBART, SATURDAY 28 OCTOBER

To Hobart where youngster **Bayley Campbell** walked a 30 sec PB with his 3000m time of 14:23.06.

3000m Walk

1.	Bayley Campbell	OVA	14:23.06	PB 0:30
2.	William Robertson	OVA	15:26.63	
3.	Ron Foster	TMA	19:30.87	
4.	Elizabeth Leitch	TMA	19:46.38	
	Alice Randall	OVA	DNF	

AACT SUMMER SERIES, WODEN PARK, WODEN, SATURDAY 28 OCTOBER

Quite a few walkers in action in the ACT summer competition in Canberra, with lots of good times.

5000m Walk

1.	Connor Frew	SCT	23:07.3
2.	Mitchell Baker	NCG	23:25.9
3.	Timothy Fraser	SCT	23:57.0
4.	Hannah Manning	NCG	28:33.2
5.	Greg Durr	Act Masters	29:14.1
6.	Robin Whyte	Act Masters	32:30.6

3000m Walk

1.	Gwyllym Young	SCT	13:57.4	PB 0:13
2.	Tom Hunt	NCG	15:02.9	
3.	Laura Burns	NCG	16:09.6	
4.	Sidney Shaw	Non Financial	18:56.2	

1500m Walk

1.	Andrew Camp-Liddiard	Ginninderra	9:33.2
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ATHLETICS SA INTERCLUB, SA ATHLETICS TRACK, MILE END, ADELAIDE, SATURDAY 28 OCTOBER

To Adelaide, where **Kim Mottrom** led with an excellent 22:22.15.

5000m Walk

1.	Kim Mottrom	AH	22:22.15
2.	Tristan Camilleri	CD	23:58.94
3.	Kristie Goznik	PA	25:19.55
4.	Samantha Findlay	SAC	26:12.44
5.	Olivia Sandery	PEM	26:14.45
6.	Victoria Upton	SAC	26:18.22
7.	Bethany Cross	PEM	26:51.37
8.	Chloe Upton	SAC	30:17.81
9.	Greg Metha	HILL	32:48.87
10.	James Hoare	PA	37:07.52
11.	Alix Harlington	ND	DNF

1500m Walk

1.	Toby Wilks	PEM	7:24.92
2.	Kitarni Upton	SAC	7:41.81
3.	Elli Pusionjic	EH	8:21.75
4.	Mia Wilks	PEM	8:46.58
5.	Meshach Begg	SAIN	9:58.19
6.	Ryan Rivett	PEM	9:54.89

5KM TEST EVENT, CURRUMBIN, QUEENSLAND, SUNDAY 29 OCTOBER

To the Gold Coast where a special walks meet was held to test the course to be used in next year's Commonwealth Games. There had been some discussion of the walks course and, by the look of the following newspaper item, the CG organizers are willing to make changes to improve the course. See <http://www.goldcoastbulletin.com.au/sport/commonwealth-games/organiser-to-tweak-games-course-over-very-dangerous-concerns/news-story/dbc049bf6ba61847cfedf1ea9641c332>

5km Walk

1.	Dane BIRD-SMITH	QLD	92	22:11
2.	Kris HAYWARD	QLD		24:28
1.	Claire TALLENT	SA	81	22:28
2.	Clara SMITH	QLD	98	22:41
3.	Jessica PICKLES	QLD	94	23:59
4.	Christina PAPADOPOULOU	QLD	96	24:03
5.	Caitlin HANNIGAN	QLD	02	24:37
6.	Camryn NOVINETZ	QLD		26:48
7.	Jayda ANDERSON	QLD		27:26
8.	Gabriella HILL	QLD		27:48

9.	Anika CLARKE	QLD	28:00
10.	Diana ADAMS	QLD	28:31

16TH AUSTRALIAN MASTER GAMES, BURNIE, TASMANIA, 21-28 OCTOBER.

The 16th Australian Masters Games (<http://www.australianmastersgames.com/>) in Burnie have now completed. In last week's newsletter, I reported on the 3000m walks. To complete proceedings, here are the results of the 5000m and 1500m walks. Overall, **Pamesh Prasad** was the standout walker.

5000m Walks, Tuesday 24 October

W45	1	Adams, Diana	W49	Queensland	29:15.53
W55	1	Weekes, Anne	W55	New South Wales	29:10.05
	2	Halls, Kerry	W59	Queensland	38:18.60
	3	Brazendale, Cindy	W59	Tasmania	40:23.92
W60	1	Payne, Jennifer	W61	Victoria	31:14.42
W65	1	Leitch, Mary	W68	Victoria	49:01.00
W75	1	Hall, Penny	W77	Victoria	40:59.01
W90	1	Lee, Heather	W90	New South Wales	42:36.49
M40	1	Prasad, Pamesh	M43	Victoria	25:08.17
	2	Ahern, Stephen	M42	Tasmania	30:15.86
M50	1	McKinnon, Christopher	M52	Victoria	38:32.01
M55	1	Snow, Gary	M58	New South Wales	39:30.67
M65	1	Prowse, Frank	M65	Victoria	35:11.06
M70	1	Cockerill, Tom	M72	New Zealand	37:30.50
	2	Horton, Brian	M70	Tasmania	42:52.06
M75	1	Barber, Rodger	M79	South Australia	39:03.66
M80	1	Steyne, Clifton	M81	New South Wales	44:13.00

1500m Walks, Thursday 26 October

W35	1	Tomlinson, Jessica	W39	Tasmania	11:10.32
W45	1	Adams, Diana	W49	Queensland	8:42.33
W55	1	Weekes, Anne	W55	New South Wales	8:12.99
	2	Engeler, Deborah	W55	New South Wales	11:32.50
W60	1	Payne, Jennifer	W61	Victoria	9:11.16
W65	1	Leitch, Mary	W68	Victoria	13:53.90
W75	1	Hall, Penny	W77	Victoria	11:41.19
W90	1	Lee, Heather	W90	New South Wales	12:11.34
M40	1	Prasad, Pamesh	M43	Victoria	7:04.76
	2	Ahern, Stephen	M42	Tasmania	8:19.57
M50	1	McKinnon, Christo	M52	Victoria	10:06.63
M55	1	Snow, Gary	M58	New South Wales	10:30.40
	2	Moore, David	M59	Tasmania	10:44.98
M60	1	Prowse, Frank	M65	Victoria	9:40.88
M70	1	Cockerill, Tom	M72	New Zealand	10:44.72
	2	Webster, Bruce	M70	Victoria	11:07.36
	3	Horton, Brian	M70	Tasmania	11:08.21
	4	Fletcher, Wayne	M70	Tasmania	11:25.56
M75	1	Barber, Rodger	M79	South Australia	11:04.44

WA STATE ALL SCHOOLS CHAMPIONSHIPS, WA ATHLETICS STADIUM, PERTH 27-29 OCTOBER

Good times by **Cooper Anderton** (13:40.44) and **Ben Reid** (24:18.27) in Perth.

U16 1500m Walk, Friday 27 October

1.	Ireland, Hannah	03	ROCKINGHAM D	16:14.01
2.	Morales, Richelle	03	ATHLETICS WA	16:27.51
3.	Pringle, Ashleigh	02	ATHLETICS WA	18:17.51
	Gough, Ebony	03	JOONDALUP AT	DQ
	Holland, Amy	03	ATHLETICS WA	DQ
1.	Anderton, Cooper	02	BUNBURY	14:40.44
	Davies, Owen	03	UNIVERSITY O	DQ

U14 3000m Walk, Friday 27 October

1.	Griffin, Alexandra	05	ATHLETICS WA	15:26.41
2.	Mortimore, Brooke	05	ATHLETICS WA	15:51.80
3.	Andritsos, Sienna	04	WEST TRACK	17:00.63

U18 5000m Walk, Sunday 29 October

1.	Gough, Tyla	01	JOONDALUP AT	32:10.72
	Morales, Richelle	03	ATHLETICS WA	DQ
1.	Reid, Benjamin	01	ATHLETICS WA	24:18.27
2.	Millard, Thomas	01	ROCKINGHAM D	27:38.70
3.	Murphy, Patrick	00	ATHLETICS WA	28:47.44

WARWC ROADWALKS, SHELLEY, PERTH, SUNDAY 22 OCTOBER

Finally, back a week for for the latest roadwalk results from the Western Australian Racewalking Club in Perth. Thanks to Tony Jones.

10km Walk

1.	Declan Tingay	49.39
2.	Ben Reid	55.53

3km Walk

1.	Karyn Tolardo	17.47
2.	Sienna Andritsos	18.17
3.	Amy Holland	18.48
4.	Xavier Bernard	20.39
5.	Alessia Andritsos	20.55
6.	Byron Jonker	21.04
7.	Lesley Romeo	24.53

1.5km Walk

1.	Amber Richards	9.32
2.	Xavier Bernard	10.51

FRENCH 100KM ROADWALK CHAMPIONSHIPS, CORCIEUX, FRANCE, SUNDAY 29 OCTOBER

Emmanuel Tardi was in Corcieux, in eastern France, on Sunday for the French 100km National Championships. It was a long day with the 100km (time limit 14 hours) starting at midnight, ancillary 50km races (time limit 6 hours) starting at 8AM and ancillary 20km races (time limit 3 hours) starting at 11AM. The races were held on a 1km lap in the central city area and Emmanuel was chief judge. He reports as follows

12 walkers were on the 100km start line at midnight but unfortunately the weather was very very bad, with very strong winds and cold rain staying for the entire race. **Cedric Varain** led from start to finish, winning with a time of 11:30:48. **David Vandercoilden** was close behind was unfortunately disqualified after 63km. The minor placings were decided with a sprint in the final km, with **Rene Serrano** (12:54:06) finishing just ahead of **Mickael Jacquemin** (12:56:11).

In the men's 50km, the 3 walkers started fast, with the first 5km covered in 25:40. But the weather eventually took its toll with two retiring and the only finisher **Raymond Fauqueue** slowing as the race progressed. The women's 50km saw a very healthy field of 6 walkers, with the youngest **Morgane Ausello** (born in 1992) eventually winning. She started carefully in 4th place but walked very evenly, eventually taking the lead around the 20km mark. At the 42km mark, we heard her coach saying "you can go now" and she then sped off, finishing in a time of 5:32:04, after a strong negative split. It 's a pity the weather was so bad. She can probably reach the 5 hour mark very soon.

Newspaper article and photos: <http://www.vosgesmatin.fr/sport/2017/10/29/championnats-de-france-des-100-km-marche>
Emmanue's photos: <https://photos.app.goo.gl/IJHayVVADVHW3zhd2>

100km French National Championship

1.	VARAIN Cedric	Ac Chateau Thierry	SEM/80	11:30:48
2.	SERRANO Rene	La Foulee D'annemasse	VEM/66	12:54:06
3.	JACQUEMIN Mickael	Athle Vosges Pays	SEM/83	12:56:11
4.	MICHELOT Remi	Es Thaon	VEM/75	13:46:35
5.	GRADOS Stephane	Cm Roubaix	VEM/76	14:02:07
6.	HASSEVELDE Sebastien	Touquet Opale Athletisme	VEM/77	DNF (96km in 14:04:41)
7.	HAFNER Bernard	Lyon Athletisme	VEM/46	DNF
8.	TOURNOIS Pascal	Asm Bar-le-duc	VEM/54	DNF

9.	VAN HILLE Dominique	Nice Cote D'azur Athletis	VEM/77	DNF
10.	DANDOY Jeremy	Cm Roubaix	SEM/80	DNF
11.	FAITEAU Maxime	Entente Poitiers Athle 86	SEM/90	DNF
	VANDERCOILDEN David	Cm Roubaix	VEM/69	DQ

50km Women

1.	AUSELLO Morgane	Nice Cote D'azur Athletis	SEF/92	5:32:04
2.	CARDEILLAC Elisabeth	Stadoceste Tarbes	VEF/69	5:45:03
3.	JOFFROY Raphaelle	Bassin Mortagne	VEF/72	5:53:55
4.	ROPERS Adele	Cca Rouffach	SEF/80	6:00:09
	MAISON Sylvie	Ill Bruche A Lingolsheim	VEF/73	DNF
	ANXIONNAT Claudine	Avec Pays De Bruyère	VEF/51	DNF

50km Men

1.	LEAUTE Benjamin	Lille Metropole	SEM/88	4:37:22
	ANDRIEU Hugo	Uavh Aubagne	SEM/92	DNF
	BLANCHETEAU Jean	Athle Bourgogne Sud	ESM/96	DNF

20km Women

1.	DEMON Sonia	Efs Reims	VEF/72	1:56:26
2.	BUAUD Elise	Athletisme Metz Metro	SEF/89	2:04:00
3.	FAUQUEUR DUDA Corinne	Us Dunkerque	VEF/64	2:18:58

20km Men

1.	FAUQUEUR Raymond	Us Dunkerque	VEM/57	2:15:00
2.	SCHWING Martin	Rc Epernay	SEM/89	2:28:49
3.	CHAMAGNE Daniel	Asm Bar-le-duc	VEM/41	2:56:41
	DURAND-PICHARD David	Athletisme Metz Metro	VEM/72	DNF



Benjamin Leaute, Sonia Demon, Cedric Varain and Mogane Ausello (photos from Emmanuel Tardi)

BRAZILIAN U23 T&F CHAMPIONSHIPS, PORTO ALEGRE, BRAZIL, 28-29 OCTOBER

The Brazilian U23 T&F 20,000m track walks were in Porto Alegre last weekend were well reported by marciadalmondo (see http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2960).

Men 20,000m Race Walk

1.	Jardel Jeronimo DOS SANTOS	BRA	99	1:48:24.4
2.	Paulo Cesar Bestel Blum	BRA	99	1.53.03.7
3.	Luan Ricardo de Sales Santos	BRA	96	1.54.50.3
4.	Guilherme Ferreira Gois	BRA	96	2.07.06.9

Women 20,000m Race Walk

1.	Carolina FONTOURA	BRA	96	1:51:03.4
2.	Thaiz PEREIRA	BRA	97	1:59:03.4

ECUADORIAN T&F, QUITO, ECUADOR, 28-29 OCTOBER

I am not sure if these were actually the Ecuadorian T&F Championships or not, but 10,000m track walk wins to **David Hurdado** and **Pamela Jaramillo**.

Men 10,000m Race Walk

1.	David HURTADO	ECU	99	43:11.71
2.	David VELASQUEZ	ECU	94	43:25.61
3.	Javier MENA	ECU	98	44:32.01
4.	Jonathan Javier AMORES CARUA	ECU	98	45:56.80
5.	Antonio GILSON	ECU	99	47:36.82

Women's 10,000m Race Walk

1.	Pamela JARAMILLO	ECU	98	57:23.65
2.	Tania SINGAUCHO	ECU		59:41.65

OUT AND ABOUT

- Racewalking Australia President **Bob Cruise** has published another RWA newsletter (RWA Newsletter #3, November edition). Like the two previous two that he has produced since taking over the Presidency earlier this year, it is full of useful information for Australian members. You can download it from <http://www.rwa.org.au/wp/>.
- The draft program for the 2018 Australian T&F Championships does not at this stage contain any reference to Open 10,000m walks. Is this an oversight or is it a deliberate decision by Athletics Australia to remove these championships from the program? There has certainly been no discussion with the racewalking community so this comes completely unexpectedly. RWA President Bob Cruise has written to Athletics Australia CEO Darren Gocher and is awaiting a response. Fingers crossed.
- England has named a 75-strong athletics team for the Gold Coast 2018 Commonwealth Games. See <http://www.athleticsweekly.com/news/england-75-strong-commonwealth-games-athletics-team-69505>. Three walkers are included in the team

20km walk: **Tom Bosworth, Callum Wilkinson**

20km walk: **Gemma Bridge**

Scotland is unlikely to make any team announcements before December, while Wales is due to name its team on January 22 and Northern Ireland announces its athletes on January 2.

- WADA has come under fire for taking five years to begin investigating allegations of systematic doping in China that were first made by a whistleblower in 2012. In our last newsletter, I reported that Chinese doctor Xue Yinxian had told the German broadcaster ARD that more than 10,000 Chinese athletes had used banned substances during the 1980s and 90s, including every medal winner in every major championships – claims that WADA has now referred to its intelligence unit for scrutiny. However, WADA's critics have pointed out that Xue, whose elite roles included chief medical supervisor for the Chinese gymnastics team, made similar claims in an interview to the Sydney Morning Herald in 2012. See <https://www.theguardian.com/sport/2017/oct/23/wada-china-doping-allegations-xue-yinxian>.
- Paula Radcliffe has criticised WADA for not following up on the initial 2012 allegations of systematic doping in China and claimed the statute of limitations should be scrapped completely to prevent countries cheating. Wang Junxia, the 3000 metres and 10,000m world record holder, also seemingly admitted to doping in a letter which emerged in China early last year. Radcliffe ran against Wang as a teenager in the 3,000m at the 1993 IAAF World Championships in Stuttgart. Wang led home a Chinese one-two-three in the race in which Radcliffe finished seventh. See <https://www.insidethegames.biz/articles/1057052/exclusive-radcliffe-calls-for-end-to-statute-of-limitations-after-china-doping-claims>.
- Russia continues to refuse to accept the findings of the McLaren Report, which produced evidence of an institutionalised doping scheme present at several major events, including the 2014 Winter Olympics in Sochi. Yet RUSADA chief executive Yuri Ganus has claimed the body has "fulfilled all the necessary criteria" to regain compliance with WADA. It's all about them applying pressure for full participation in the 2018 Winter Olympics. Pathetic. See <https://www.insidethegames.biz/articles/1057036/rusada-claim-all-wada-reinstatement-requirements-fulfilled-despite-refusal-to-accept-mclaren-report>.

- The number of voices lining up to criticise the IOC's response to the Sochi situation continues to rise. Recently it was the Canadian Olympic Committee. Now it is Paul Radcliff who says the IOC's credibility has been badly damaged by the organisation's continued failure to properly address the Russian doping scandal. Radcliffe accused the IOC of "failing to protect clean athletes" and admitted she would be "extremely" frustrated if she was an athlete preparing to compete at next year's Winter Olympics in Pyeongchang amid continued uncertainty over Russian participation at the Games. See <https://www.insidethegames.biz/articles/1057040/exclusive-radcliffe-claims-credibility-of-ioc-badly-damaged-by-response-to-russian-doping-scandal>.
- Reigning European 5000m champion Ilias Fifi was arrested in Barcelona on Wednesday as part of a doping probe. Fifi, born in Morocco but who has represented Spain since 2015, was arrested at his home on Wednesday morning in Santa Coloma de Gramenet on the outskirts of the Catalan capital. I think we will soon hear a lot more about this. See <http://www.nation.co.ke/sports/athletics/European-5000m-champion-Ilias-Fifi-arrested-in-doping-raid/1100-4155556-rankim/index.html>.
- Commonwealth Games 200m bronze medallist Jason Livermore has been given a two-year ban for doping, Jamaica's Independent Disciplinary Panel said on Friday. See <https://www.supersport.com/athletics/article.aspx?Id=4163484>.

MARCIALMONDO AND OMARCHADOR ROUNDUP

Marcialmondo has 7 press releases this week

- Mon 30 Oct - Results of Brazilian U23 Championships in Porto Alegre
http://www.marcialmondo.com/eng/dettagli_news.aspx?id=2960
- Sun 29 Oct - 2017 world ranking lists for male and female 50km, 20km and 10,000m track
http://www.marcialmondo.com/eng/dettagli_news.aspx?id=2959
- Fri 27 Oct - Interview with international racewalking judge Jean Pierre Dahm
http://www.marcialmondo.com/eng/dettagli_news.aspx?id=2958
- Sat 28 Oct - marcialmondo publishes its top five 50km men for 2017
http://www.marcialmondo.com/eng/dettagli_news.aspx?id=2957
- Fri 27 Oct - marcialmondo publishes its top five 20km men for 2017
http://www.marcialmondo.com/eng/dettagli_news.aspx?id=2956
- Thu 26 Oct - marcialmondo publishes its top five women for 2017
http://www.marcialmondo.com/eng/dettagli_news.aspx?id=2955
- Wed 25 Oct - David Kuster and Clemence Beretta win one hour race walks in Saran, France
http://www.marcialmondo.com/eng/dettagli_news.aspx?id=2954

and Omarchador has 11 press releases this week

- Mon 30 Oct - Pedro Isidro and Kristina Saltanovic win walks in Loures
<http://omarchador.blogspot.com.au/2017/10/pedro-isidro-e-kristina-saltanovic.html>
- Sun 29 Oct - Results of Brazilian University Games in Goiânia
<http://omarchador.blogspot.com.au/2017/10/jogos-universitarios-brasileiros.html>
- Sat 27 Oct - Lithuanian walking coach Viktoras Meskauskas recognized at the European Athletics Association's Gala
<http://omarchador.blogspot.com.au/2017/10/viktoras-meskauskas-distinguido-na.html>
- Sat 27 Oct - Portuguese walker Sérgio Vieira will be honored in this weekend's meet in Loures
<http://omarchador.blogspot.com.au/2017/10/sergio-vieira-vai-ser-homenageado-em.html>
- Sat 27 Oct - 154 walkers sign up for tomorrow's meet in Loures, Portugal
<http://omarchador.blogspot.com.au/2017/10/santo-antonio-dos-cavaleirosloures.html>
- Sat 27 Oct - Results of walks in 90th annual Asian Sports Festival in Chungbuk, South Korea
<http://omarchador.blogspot.com.au/2017/10/festival-do-desporto-na-coreia-do-sul.html>
- Thu 26 Oct - Results of walks at Australian Masters Games in Tasmania
<http://omarchador.blogspot.com.au/2017/10/jogos-masters-australianos-tasmania.html>
- Thu 26 Oct - Natalie le Roux and Mthunzi Mnisi become South Africa's 50km champions
<http://omarchador.blogspot.com.au/2017/10/natalie-le-roux-e-mthunzi-mnisi-sagram.html>

- Wed 25 Oct - Results of USA 30km Championships in Hauppauge, NY
<http://omarchador.blogspot.com.au/2017/10/campeonatos-de-30-km-dos-eu-em.html>
- Tue 24 Oct - NSW Masters walker Heather Lee hits sets W90 3000m walk world record
<http://omarchador.blogspot.com.au/2017/10/heather-lee-bate-recordes-do-mundo-w90.html>
- Tue 24 oct - Kuster and Beretta win the 1 hour walks in Saran, France
<http://omarchador.blogspot.com.au/2017/10/kuster-e-beretta-vencedores-da-1-hora.html>

WOMEN'S 50KM RANKING LIST FOR 2017



Thanks to Marcialalmondo for the 2017 World Ranking lists for the various racewalking distances. This year, a new ranking category has been added – the women's 50km. Now that the event has international status and is being included in the major championships (no thanks to the IAAF Racewalking Committee), the number and quality of performances is already improving. Portugal's Ines Henriques lead the list with her World Record performance of 4:05:56. Here is the list compliments of mercialalmondo (see http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2959).

1.	4:05:56	Ines HENRIQUES	80	POR	London (GBR)	13.08.2017
2.	4:08:58	Hang YIN	97	CHN	London (GBR)	13.08.2017
3.	4:15:42	Mayra PÉREZ	88	GUA	Owego (USA)	09.09.2017
4.	4:20:49	Shuqing YANG	96	CHN	London (GBR)	13.08.2017
5.	4:21:51	Katie BURNETT	88	USA	London (GBR)	13.08.2017
6.	4:29:33	Erin TAYLOR-TALCOTT	78	USA	Santee (USA)	28.01.2017
7.	4:32:14	Shanshan JIANG	97	CHN	Huangshan (CHN)	05.03.2017
8.	4:32:14	Khrystyna YUDKINA	84	UKR	Ivano-Frankivsk (UKR)	15.10.2017
9.	4:34:49	Kseniya RADKO	94	UKR	Ivano-Frankivsk (UKR)	15.10.2017
10.	4:36:40	Lixue WANG	96	CHN	Huangshan (CHN)	05.03.2017
11.	4:37:55	Vasylyna V?TOVSHCHYK	90	UKR	Ivano-Frankivsk (UKR)	15.10.2017
12.	4:38:48	Dan WANG	95	CHN	Huangshan (CHN)	05.03.2017
13.	4:39:28	Nair DA ROSA	80	BRA	Lima (PER)	13.05.2017
14.	4:40:02	Caihong TANG	96	CHN	Zhengzhou (CHN)	22.05.2017
15.	4:41:55	Dušica TOPIC	82	SRB	Ivano-Frankivsk (UKR)	15.10.2017
16.	4:41:57	Agnieszka ELLWARD	89	POL	Gleina (GER)	14.10.2017
17.	4:42:27	Qiuye LI	93	CHN	Xi'an (CHN)	18.06.2017
18.	4:44:01	Huimin ZHAO	93	CHN	Xi'an (CHN)	18.06.2017
19.	4:48:26	Maria Dolores MARCOS VALERO	79	ESP	Naumburg (GER)	23.04.2017
20.	4:49:45	Jocy CABALLERO	93	PER	Lima (PER)	13.05.2017
21.	4:54:12	Susan RANDALL	74	USA	Santee (USA)	28.01.2017
22.	4:54:20	Lingyu MA	95	CHN	Xi'an (CHN)	18.06.2017

23.	4:54:33	Natalie LE ROUX		RSA	Georgetown (RSA)	21.10.2017
24.	4:59:12	Chunyan ZHU	92	CHN	Zhengzhou (CHN)	22.05.2017
25.	4:59:14	Runfeng GUO	95	CHN	Xi'an (CHN)	18.06.2017
26.	5:00:37	Viktoriya PCHELINTSEVA	97	UKR	Ivano-Frankivsk (UKR)	15.10.2017
27.	5:09:01	Chunxiu ZHANG	97	CHN	Xi'an (CHN)	18.06.2017
28.	5:10:51	Teresa VAILL	62	USA	Santee (USA)	28.01.2017
29.	5:14:19	Stephanie CASEY	83	USA	Santee (USA)	28.01.2017
30.	5:16:46	Robyn STEVENS	83	USA	Santee (USA)	28.01.2017
31.	5:18:42	Leydi PALOMINO		PER	Lima (PER)	13.05.2017
32.	5:30:11	Anne VAN ANDEL	90	NED	Tilburg (NED)	01.10.2017

There are lots more 50km championship opportunities for women in the near future, culminating in the inaugural IAAF World Race Walking Teams Championship 50km for women in Taicang, China, in early May.

- We have our own inaugural Australian women's 50km championship on 3rd December 2017 in Melbourne.
- The 2018 USATF women's 50km championship will be held in Santee, California, on Sunday 28th January.
- The early part of 2018 will see national 50km championships for women being held in a number of other countries.
- A number of the 2018 IAAF Challenge Events (eg Dudince, Mexico) will now include women's 50km races.

All in all, 2018 promises to be an exciting year for the women's 50km.

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

Nov 3-5, 2017	Victorian All Schools T&F 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 13th March 2017, Durban announced that it would not host the Games, due to financial constraints.

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