



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
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THIS WEEK'S NEWSLETTER COMES TO YOU FROM BOGOTA

This week's newsletter comes to you from the rarefied atmosphere of Bogota in Colombia, where I am spending 3 weeks looking after some of our walkers and making the most of a wonderful chance to train alongside the Colombians who are amongst the best walkers in the world. To cut it short, I am there as coach support for Regan Lambie who is one of Australia's few number one ranked Commonwealth T&F athletes. The trip has been funded by AA High Performance and I am very pleased that Quentin Rew and Jemima Montag have organized their own trip over to join us here in Bogota at the main Colombian Sports Institute. Three weeks of training at 2650m is just about perfect for an altitude camp and we are all excited to have this opportunity. Of course, in my case it's providing support while the others do the hard yakka - a perfectly balanced trip from my perspective!

This is the first step towards Australia and Colombia forging a closer relationship that will hopefully see further reciprocal walking stays in the future. For starters, a number of the Colombian walkers are coming over for the Supernova camp at the AIS in January 2018.

WALKER OF THE WEEK

My **Walker of the Week** this time around is Gold Coast walker **Katie Hayward** who stormed home to win the 1500m walk at the University of Queensland Track Classic in Brisbane last Thursday evening. Her time of **5:49.93** was only just over 1 sec outside her Australian best time of 5:48.34, recorded at the same meet last year. That time last year was in fact the second fastest ever by a woman and was only 1 sec outside the world best, held by held by Kjersti Tysse-Plätzer of Norway..

This time around, she has just about equalled that performance. Aged only 17, Katie has recorded some magnificent times recently, including 21:39.03 (5000m) and 45:51.09 (10,000m).

She was denied her chance to vie for gold in the 2017 World Youth Championships in Kenya when Australia decided not to send a team. This was a huge letdown for Katie but she has bounced back and looks set to take all before her over the next few years.

Well done to Katie and to her coach Steve Langley.

WHAT'S COMING UP

- No AV Shield walks this coming weekend, due to the Victorian Relay Championships. But we do have our **VRWC Summer Roadwalk Championships and AGM** at Middle Park on Sunday. Entries can be taken on the day but we prefer re-entry via our online registration page at <http://vrwc.org.au/wpl/>. **Note that, due to the City2Sea fun run in the Albert Park area, road access might be more difficult than usual so give yourself plenty of time.** Fixture reads as follows

Sun 12 th November 2017, VRWC Summer Championships and AGM, Middle Park		
8:00am	20km Gus Theobald Memorial Trophy	Open Men
	20km	Open Women
8.30am	10km Heather Carr Trophy	Masters Women
	10km	Open
9.30am	1.5km VRWC Championship	Under 12 B & G
	1.5km VRWC Championship	Under 9 B & G
9.45am	5km VRWC Championship	Under 20 M & W
	5km & 3km	Open
	3km VRWC Championship	Under 15 B & G
10.30am	Presentations	
11.00am	Annual General Meeting	

- AV Shield continues the following weekend (Saturday 18 November) with Round 5. More in next week's newsletter.
- The **2018 Australian 10,000m Track Walk Championships** are to be held in **Canberra** on **Saturday 13th January**, rather than at the Australian T&F Championships in mid February. I think this is a good decision by Athletics Australia. If these walks had been held at the Australian T&F Championships, they would have been on less than a week after the Oceania/Australian 20km championships in Adelaide and hence fields would have been small and the event obviously diminished. By holding it in Canberra in mid January, good fields are guaranteed, given the Supernova Camp that will be on at the AIS at that time. Well done on good thinking, Athletics Australia. Entries at <https://10000mwalk.eventdesq.com/>.
- Convener Diane Lowden wishes to advise that the venue for the AA Racewalk Judging Seminar on Saturday 2nd December in Melbourne has been changed to **Board Room @ MSAC, MSAC Facility, Albert Park**

AV AND VRWC TRACK RACES, CLIFTON HILL, WEDNESDAY 1 NOVEMBER

AV Shield Round 4 completed with 5000m and 3000m walks at the George Knott Athletics Track in Clifton Hill last Wednesday evening. Conditions were perfect for the 7PM start and **Rhydian Cowley** led from start to finish to record an excellent 5000m time of 19:55.9. PBs to **Madeleine Feain** and **Claire Samanna** and lots of good walks overall.

AV 5000m Walk

1.	Cowley, Rhydian	M	GLENHUNTLY A	19:55.9	
2.	Garganis, Adam	M	COLLINGWOOD	23:03.1	
3.	Kozica, Jason	M	ST KEVIN'S A	23:03.5	
4.	Henderson, Rebecca	W	MENTONE ATHL	23:47.7	
5.	Feain, Madeleine	W	KEILOR ST BE	29:52.7	PB 1:13
6.	Van Dongen, Rupert	M	MENTONE ATHL	29:55.5	
7.	Samanna, Claire	W	COLLINGWOOD	30:18.1	PB 1:56

AV 3000m Walk

1.	Dynes, William	M	DIAMOND VALL	15:26.8	
2.	Beveridge, Heath	M	WESTERN ATHLETICS	15:44.0	
3.	Geisler, Sandra	W	RINGWOOD ATH	15:57.4	
4.	Donahoo, Mark	M	ATHLETICS ESSENDON	16:02.1	
5.	Smyth, David	M	COLLINGWOOD	16:17.3	
6.	Evans, Simon	M	BOX HILL ATH	16:38.8	
7.	Keirl, Bernie	M	DIAMOND VALL	17:12.4	
8.	Rosenbrock, Carol	W	ATHLETICS NU	17:26.3	
9.	Bennett, Ralph	M	GLENHUNTLY A	17:59.9	
10.	Carr, Heather	W	GLENHUNTLY A	18:25.8	
11.	Elms, Donna-Marie	W	PRESTON ATHL	18:56.1	
12.	Dunstone, Phillip	M	WESTERN ATHLETICS	19:26.8	
13.	Riddoch, Clyde	M	ATHLETICS WAVERLEY	19:42.2	
14.	Dickenson, Russel	M	VICTORIAN MA	19:50.3	
15.	Cashin, Brenda	W	WESTERN ATHLETICS	22:57.1	
16.	Howorth, Sandra	W	GLENHUNTLY A	23:42.1	
17.	Anderson, Brian	M	ATHLETICS ESSENDON	DQ	

VRWC 3000m Walk

1.	Young, Grace	F	COLLINGWOOD-LA	17:20.1	
2.	Feain, Madeleine	F	VRWC	17:39.9	PB 0:40
3.	Bird, Kyle	M	MORNINGTON PENINS	15:22.3	

VRWC 1500m Walk

1.	Young, Mikaila	F	COLLONGWOOD-LA	07:43.4	
2.	Briet, Brianna	F	CASEY CARDINIA	07:41.5	

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

Judges: Peter Vysma (chief), Stuart Cooper, Shane Dickson, Judy Mason

Officials: Mark Donahoo, Tim Erickson, Ralph Bennett, Bob Hallett, Brendan Ferrari, Lavinia Petrie

Lapscoreers: many!

1500M CLASSIC, UQ ATHLETIC CENTRE, BRISBANE, THURSDAY 2 NOVEMBER

The annual 1500m Track Classic in Brisbane last Thursday evening included 1500m walks for men and women, with lots of fast times and Pbs being recorded by the participants. 17 year old **Katie Hayward** led from the front with an excellent 5:49.93, just short of her Australian best of 5:48.34, done in the same meet last year.

1500m Walk Women

1.	Hayward, Katie	17	GCC	5:49.93	
2.	Smith, Clara	19	UNQ	6:09.74	PB 0:13
3.	Pickles, Jessica	23	UNQ	6:19.35	
4.	Papadopoulos, Christina	21	UNQ	6:25.75	PB 0:13
5.	Hannigan, Caitlin	15	Gold Coast Victory	6:33.38	PB 0:15
6.	Novinetz, Camryn	14	Ipswich & District	6:54.31	
7.	Anderson, Jayda	12	GCC	7:01.13	
8.	Clarke, Anika	12	Redlands	7:15.99	
9.	Schofield, Amelia	14	Gold Coast Victory	7:39.27	
10.	Gannon, Brenda	43	QMA	7:51.78	
11.	Schofield, Scarlett	11	Gold Coast Victory	8:53.24	
12.	Schofield, Isabella	15	Gold Coast Victory	9:01.36	
13.	Hoban, Jessica	14	SAS	9:07.08	

1500m Walk Men

1.	Mccutcheon, Luke	19	Qeii Track Club	5:54.28	PB 0:18
2.	McCutcheon, Nelson	15	Qeii Track Club	6:16.18	eq PB
3.	Hayward, Kris	13	GCC	6:28.14	PB 0:42
4.	Stewart, Ryan	15	Ipswich & District	7:48.53	
5.	McCure, Sam	11	Gold Coast Victory	7:49.23	

VICTORIAN SCHOOLS T&F CHAMPIONSHIPS, LAKESIDE STADIUM, ALBERT PARK, 3-5 NOVEMBER

Last weekend saw the Victorian Schools T&F Championships at Lakeside Stadium in Albert Park. Walk events ranged from U14 3000m to U20 5000m. Best performances by **Kyle Swan** (U20 5000m 21:59.51), **Rebecca Henderson** (U18 5000m 23:55.22), **Will Thompson** (U16 3000m 13:46:11) and **Nikola Mandic** (U15 3000m 13:35.30). Well done to all the medallists and coaches.

Men 5000m Walk U20

1.	Swan, Kyle	99	Melbourne Hi	21:59.51	
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Women 5000m Walk U18

1.	Henderson, Rebecca	01	Berwick Seco	23:55.22	
2.	Davison, Mackayla	00	Saint Ignati	27:17.68	

Women 5000m Walk U17

1.	Peart, Jemma	01	Ballarat Hig	25:06.96	
2.	O'Mahony, Kathleen	02	Mater Christ	30:26.02	

Men 5000m Walk U17

1.	Walmsley, Hayden	01	Rowville Sec	24:56.43	
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Men 3000m Walk U16

1.	Thompson, Will	02	Balcombe Gra	13:46.11	
2.	Dynes, William	02	Parade Colle	14:32.59	PB 0:28
3.	Dickson, Corey	02	Tintern Gram	14:36.64	

Women 3000m Walk U16

1.	Karagiorgos, Chloe	02	Wantirna College	14:55.54	eq PB
2.	Hay, Charlotte	03	Brentwood Se	15:23.28	
3.	Hass, Jasmin	02	Ringwood Sec	15:51.91	
4.	Cocking, Holly	02	Luther College	16:26.47	PB:12
5.	Dingli, Isabella	02	Killester College	20:55.60	

Men 3000m Walk U15

1.	Mandic, Nikola	03	Nossal High School	13:35.30	PB 0:05
2.	Beveridge, Heath	03	Overnewton A	15:46.89	
3.	Collis, Bede	03	Parade Colle	17:17.64	
4.	Hay, Angus	03	Brentwood Se	17:37.23	

Women 3000m Walk U15

1.	Peart, Alanna	03	Ballarat Hig	14:37.31	PB 0:09
2.	Woolfe, Hayley	03	Berwick Seco	15:12.85	PB 0:52
3.	Nelson, Arnika	03	Clonard College	15:59.48	
4.	Holmes, Charlotte	03	St Helena Se	17:42.40	
5.	Louey, Grace	03	Avila College	18:02.88	
6.	Leamer, Jordyn	03	Sacred Heart	18:41.82	

7.	Dingli, Alannah	03	Killester College	20:20.33
	Cirianni, Erica	03	Loyola College	DNF

Men 3000m Walk U14

1.	Saunders, Fraser	04	Ballarat Gra	15:51.40
2.	Epps, Luke	06	Rowville Pri	16:12.56
3.	Weickhardt, Sebastian	06	Seabrook Pri	18:33.76
4.	Costin, Owen	04	Christian Co	18:35.34
	Perry, Keelan	04	Marian Colle	DQ

Women 3000m Walk U14

1.	Briet, Brianna	04	Berwick Seco	17:25.78
2.	Heikkila-Dubowik, Kaylah	05	Drysdale Pri	19:06.40



Left: Coach Frances Attard with her large group of medalling walkers, Centre: U16 Boys Podium, Right: U17 Girls Podium



Podiums – U14 Boys, U15 Boys and U15 Girls (photos Kerrie Peart and Shane Dickson)

SAMA TRACK WALKS, SA ATHLETICS STADIUM, MILE END, ADELAIDE, WEDNESDAY 1 NOVEMBER

Thanks to Colin Hainsworth for the latest results from the South Australian Masters in Adelaide. Colin commented: Cool/cold evening. Fastest time by **Kim Mottrom** (22:15 for 5000m). Highest age graded performance by **George White** (M72 5000m 30:02 85.53%).

800m Walk

1.	Peter Crump	04:11	M57
2.	George White	04:26	M72
3.	Marie Maxted	04:26	W57
4.	Jack Russell	04:40	M65
5.	James Hoare	05:36	M71
6.	Helen Suridge	05:39	W66
7.	Valmai Padget	05:58	W73
8.	Roger Lowe	06:25	M74
9.	David Robertson	06:26	M84
10.	Leigh Smith	06:28	M82

5000m Walk

1.	Colin Hainsworth	45:19	M87	71.52%
2.	Kim Mottrom	22:15	M33	81.56%
3.	George White	30:02	M72	85.53%
4.	Ross Hill-Brown	39:33	M62	57.88%
5.	James Hoare	37:10	M71	68.23%

3000m Walk

1.	David Robertson	25:06	M84	71.67%
2.	Helen Suridge	22:26	W66	68.76%
3.	Marie Maxted	20:40	W57	67.39%
4.	Peter Crump	17:22	M57	73.78%
5.	Edna Bates	26:59	W64	55.77%
6.	Roger Lowe	25:44	M74	60.18%
7.	Leigh Smith	26:08	M82	66.62%
8.	Valmai Padget	24:58	W73	68.11%

ACTRWC TRACK WALKS, WODEN PARK, WODEN, THURSDAY 2 NOVEMBER

Thanks to Robin Whyte for the latest results from Canberra. Fastest times to **Mitchell Baker** (8:16) and **Callum Burns** (8:51).

2000m Handicap Walk

1.	Harry Baker	13:10
2.	Peter Baker	10:49
3.	Ella Baker	13:21
4.	Ruth Baussmann	14:09
5.	Tom Hunt	9:41
6.	Mitchell Baker	8:16
7.	Callum Burns	8:51
8.	Laura Burns	10:03
9.	Sidney Shaw	12:16
10.	Hannah Manning	10:09
11.	Robert Kennelly	16:54
12.	Ann Staunton-Jugovic	10:42
13.	Sheryl Greathead	16:06
14.	Robin Whyte	12:34
15.	Val Chesterton	16:40
16.	Consie Larmour	17:17
17.	Lorna England	16:06
18.	Kate Black	11:47
19.	Margaret McSpadden	16:49
20.	Doug Fitzgerald	15:19
21.	Geoff Barker	16:28
22.	Venessa Lamb	17:29
23.	Judy Jamieson	17:30
	Bryan Thomas	DQ

ATHLETICS WA INTERCLUB, WA ATHLETICS CENTRE, PERTH, FRIDAY 3 NOVEMBER

Declan Tingay was well in front in the 5000m walk in Perth last Friday evening, winning with 20:38.4.

5000m Walk

1.	Tingay, Declan	M99	Athletics WA	20:38.4
2.	Reid, Benjamin	M01	Athletics WA	25:54.0
3.	Anderton, Cooper	M02	Bunbur	26:54.6
4.	Mann, Bradley	M99	Ridgewood At	DNF

AACT SUMMER SERIES MEET, AIS ATHLETICS TRACK, BELCONNEN, ACT, SATURDAY 4 NOVEMBER

Only 1 walker in action in Canberra interclub last Saturday.

1500m Walk

1.	Pierce Brennan	Woden Athlet	9:12.7
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ATHLETICS TASMANIA INTERCLUB, DOMAIN ATHLETICS TRACK, HOBART, SATURDAY 4 NOVEMBER

6 walkers in action in Hobart for the Tasmanian Interclub competition last Saturday.

1000m Walk

1.	Bayley Campbell	Old Virgilians	6:55.62
2.	William Robertson	Old Virgilians	6:55.63
3.	Wayne Fletcher	Northern Sub	7:11.11
4.	David Moore	Tasmanian Masters	7:12.89
5.	Ron Foster	Tasmanian Masters	7:19.24
6.	Elizabeth Leitch	Tasmanian Masters	7:25.92

NSW STATE RELAY CHAMPIONSHIPS, SOPAC, SYDNEY, 4-5 NOVEMBER

The annual NSW State Relay Championships are unique in our Australian context, with 4x1500m relay teams representing their clubs in both run and walk competitions in U14, U18 and Open divisions. Unfortunately, the results just give the club names but not the names of the individual walkers. **Central Coast** dominated the male walk divisions with wins in all 3 divisions and a new record in the U18 men (25:29.40). St George District A Club U18 team recorded the fastest time of 31:15.07 in the female walk competition.

Men 4x1500m Walk Relay U14

1.	Central Coast Athletics	04	Central Coast	32:40.48
2.	Asics Wests Track & Club	00	Asics Wests	38:49.86

Men 4x1500m Walk Relay U18

1.	Central Coast. Club	00	Central Coast	25:29.40 (Meet record)
2.	Asics Wests Track & Club	00	Asics Wests	37:23.71

Men 4x1500m Walk Relay Open

1.	Central Coast Club	90	Central Coast	25:39.79
2.	Nepean District Athl Clu	92	Nepean Distr	25:48.94
3.	A - U.T.S. Northern Club	92	U.T.S. North	28:55.76
	B - U.T.S. Northern Club	92	U.T.S. North	DQ

Women 4x1500m Walk Relay U14

1.	B - Asics Wests Trac Clu	04	Asics Wests	35:24.69
2.	Nepean District Athl Clu	00	Nepean Distr	41:03.78
3.	A - Asics Wests Trac Clu	04	Asics Wests	41:15.82

Women 4x1500m Walk Relay U18

1.	St George District A Clu	00	St George Distri	31:15.07
2.	Asics Wests Track & Club	00	Asics Wests	32:38.55
3.	Mingara Athletics Cl Clu	00	Mingara Athletic	32:41.86
4.	Nepean District Athl Clu	00	Nepean Distr	37:58.71

Women 4x1500m Walk Relay Open

1.	Campbelltown Collegi Clu	92	Campbelltown	35:47.82
2.	U.T.S. Northern Subu Clu	92	U.T.S. North	38:10.37

ATHLETICS SA INTERCLUB, SA ATHLETICS TRACK, MILE END, ADELAIDE, SATURDAY 4 NOVEMBER

Good walks as usual in Adelaide, with **Kim Mottrom** leading the way with a 3000m time of 12:41.38.

3000m Walk

1.	Kim Mottrom	MOpen	ADELAIDE HAR	12:41.38
2.	Tristan Camilleri	MU18	COASTAL DIST	13:36.85
3.	Joe Cross	MU16	PEMBROKE	13:45.41
4.	Samantha Findlay	WOpen	SOUTHERN	14:30.59
5.	Alix Harlington	MOpen	NORTHERN DIS	14:30.89
6.	Toby Wilks	MU14	PEMBROKE	14:52.83
7.	Kiera Ross	WU14	PEMBROKE	16:02.33
8.	Elli Pusionjc	WU14	ENFIELD HARR	17:09.17
9.	Peter Crump	M35+	SAINTS	17:20.02
10.	Mia Wilks	WU18	PEMBROKE	18:33.92
11.	Hayden Howard	MU14	PEMBROKE	19:35.65
12.	Meshach Begg	MU16	SAINTS	20:57.50
13.	James Hoare	M35+	PORT ADELAID	22:10.19

1500m Walk

1.	Ryan Rivett	MU14	PEMBROKE	10:09.67
2.	Liam Killick	MU16	PEMBROKE	7:54.86

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

Last week, I reported on the special walks meet which was held to test the course to be used in next year's Commonwealth Games. The results that I could source were incomplete. Thanks to Robyn Wales for forwarding to me the full results set. Republished this week for completeness. Robyn advised that Jared and Claire Tallent were wonderful ambassadors for the sport, happily posing for photos and signing autographs.

5km Walk

1.	Dane BIRD-SMITH	QLD	22:11
2.	Kris HAYWARD	QLD	24:28
3.	BENNETT Peter	QLD	28.13
4.	McCURE Sam	QLD	29.40
5.	WEARNE Jonathan	QLD	30.19
6.	LINDENBERG Paul	QLD	30.26
7.	CLARKE Ethan	QLD	31.31
1.	Claire TALLENT	SA	22:28
2.	Clara SMITH	QLD	22:41
3.	Jessica PICKLES	QLD	23:59
4.	Christina PAPADOPOULOU	QLD	24:03
5.	Caitlin HANNIGAN	QLD	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
11.	GANNON Brenda	QLD	29.00
12.	SCHOFIELD Amelia	QLD	29.59
13.	SUNDERLAND Nyle	QLD	30.36
14.	SULLIVAN Bridie	QLD	30.47
15.	SHAW Kay	QLD	32.56
16.	HAMANN Charlotte	QLD	33.24

CARPATHIAN CUP, UZHGOROD, UKRAINE, SUNDAY 29 NOVEMBER

A good report in marciadalmondo (http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2962) on the Carpathian Cup which was held a week ago in Uzhgorod in the Ukraine. There were teams from nine regions of Ukraine, along with foreign athletes from Latvia and Hungary. In addition to the 10km Open walks, there were also lots of shorter distance races for the younger age groups. Unfortunately, the day saw almost continuous rain but the racing was still of a good standard.

Khrystyna Yudkina (UKR) won the women's 10km in a PB 45:55, ahead of **Yelena Shevchuck** (UKR) with 48:56 and **Marianna Goncharova** (UKR) with 49:37. The men's 10km was won by **Valeriy Litanyuk** (UKR) in a PB 42:38, ahead of **Raivo Saulgrieziz** (LAT) with 43:01 and **Kyrylo Andrushchenko** (UKR) with 43:29.

Men 10km Race Walk

Valeriy LITANYUK	UKR	94	42:38
Rayvo SAUSLHRIEZIS	UKR	94	43:01
Kyrylo ANDRUSHCHENKO	UKR	93	43:29
Volodymyr HONTZOVSKIY	UKR	91	DNF

Women 10km Race Walk

Khrystyna YUDKINA	UKR	84	45:55
Yelena SHEVCHUK	UKR	86	48:56
Marianna GONCHAROVA	UKR	86	49:37
Olha HRYTSAK	UKR	93	54:23

Men U23 10km Race Walk

Oleh PADUS	UKR	95	46:47
FEDKIV VOLODYMYR	UKR	97	47:46

Women U23 10km Race Walk

Iryna KOVAL	UKR	96	51:56
Mariya SHVED	UKR	96	52:05
Hanna SUSLYK	UKR	96	52:17
Viktoriya PCHELINTSEVA	UKR	97	53:11
Yevheniya HALTSOVA	UKR	95	55:46
Yuliya SOLOHUB	UKR	97	58:44
Mariya HUDACHOK	UKR	96	58:54

Men U20 10km Race Walk

Illya BILYK	UKR	99	46:43
Stepan PASICHNYY	UKR	98	47:43
Nazar SAVKO	UKR	99	47:47
Oleh DZ'ON	UKR	99	55:37

Women U20 10km Race Walk

Dariya KHUSAYNOVA	UKR	98	51:01
Diana DANILYUK	UKR	98	55:44
Viktoriya TURCHYN	UKR	99	60:00
Viktoriya ZINCHENKO	UKR	99	60:25

Girls U18 5km Race Walk

Yurii ZAMRYHA	UKR	01	21:16
Ihor POLYAK	UKR	00	23:39
Oleksandr KARPYSHYNETS	UKR	01	24:57

Boys U16 3km Race Walk

Oleksandr MYTSYK	UKR	02	14:10
Maksym NECHYPORENKO	UKR	03	14:37
SUSLOV PAVLO	UKR	02	14:42
Andriy KORKH	UKR	02	15:19

Girls U16 2km Race Walk

YAAN LEFT	UKR	03	10:38
Sofia DYACHENKO	UKR	02	10:58
Nataliya LEVANDOVSKA	UKR	02	11:38

Boys U14 2km Race Walk

Sándor BABUS	HUN	04	9:46
Yaroslav MELEKHOV	UKR	04	10:27
Maximilian SZÁLKA	HUN	04	10:30
Oleksandr KOKHANSKY	UKR	05	10:41

Girls U14 2km Race Walk

Viktoriya PAVLUKH	UKR	05	10:39
Oleksandra LEFTER	UKR	04	10:42
Daria GOLOMOSOVA	UKR	04	10:59
Oleksandra FRANKIV	UKR	04	11:08

Lyuba HUBANOVA	UKR	05	11:19
Solomiya TARNAVSKA	UKR	04	12:13

CHILEAN UNIVERSITY T&F CHAMPIONSHIPS, TALCA, CHILE, 30-31 NOVEMBER

Wins to **Fabrizio Quiroz** (46:54) and **Anastasia Sanzana** (53:32) in the Chilean University Championships in Talca.

Men 10,000m Race Walk

1.	Fabrizio Mitch SALAS QUIROZ	CHI	97	46:54.27
2.	Antonio BELTRÁN	CHI	98	47:13.94
3.	Ditter KING	CHI	95	49:58.54

Women 10,000m Race Walk

1.	Anastasia SANZANA	CHI	98	53:32.30
2.	Daniela PARRA	CHI	98	56:34.43

T&F MEET, AUCKLAND, NEW ZEALAND, SATURDAY 4 NOVEMBER

Good 3000m walk time by NZ international **Alana Barber** in Auckland on Saturday.

3000m Walk

1.	Alana BARBER	NZL	87	13:16.21
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ARGENTINIAN U23 T&F CHAMPIONSHIPS, SANTA FÉ, ARGENTINIA, 4-5 NOVEMBER

Men 10,000m Race Walk

1.	Jonathan Juan ACEVEDO	ARG	97	45:52.22
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Women 10,000m Race Walk

1.	Brenda PALMA FERNANDEZ	ARG	00	53:58.62
2.	Fiorella SCALISE	ARG	01	54:48.51
3.	Maria MAJDA	ARG	00	59:30.68

RACEWALK MEET, NOGENT-SUR-MARNE, FRANCE, SUNDAY 5 NOVEMBER

Emmanuel Tardi was chief judge in Nogent-sur-Marne, a southern suburb of Paris, last Sunday morning for the 3rd edition of their annual road walking meet. The weather was cold for judges and officials but good for the walkers who could choose between 20km and 10km. The 1km course was a demanding one with lots of turns, a hill to climb and some roots to cross but it did not deter the 42 enthusiastic starters.

Dominique Van Hill led from the start, followed by **Jean-Baptiste Sureau**, **Sébastien Delecolle**, **Marine Quennehen** and **Maxime Cottevieille**. Sureau, who is a decathlete (5500pts) won the 10km with 51:50, a good effort. Van Hill held on to win the men's 20km with 1:43:40 but the walk of the day came from Marine Quennehen who walked with team mate Maxime Cottevieille for the first half (10km 53:30) before storming home with a second half split of 48:07, to win overall with 1:41:38. The women's 10km was won by **Marine Rottier** with 58:37

10km Men

1.	Sureau Jean-Baptiste	51.50
2.	Boyer Nicolas	54.52
3.	Marie Frederic	58.33
4.	Christment Pascal	58.36
5.	Marie Franck	1:04.51
6.	Woehrle Thierry	1:09.42
7.	Montigny Patrick	1:28.13
	Tillier Ludovic	DQ

10km Women

1.	Rottier Marine	58.37
2.	Laville Françoise	59.36
3.	Lacaze Mathilde	1:00.13
4.	Lemonnier Dominique	1:02.00
5.	Duquesne Corinne	1:04.35
6.	Rigault Clotilde	1:06.57

20km Men

1.	Van Hille Dominique	1:43.44
2.	Delecolle Sébastien	1:44.43
3.	Cottevieille Maxime	1:48.05
4.	Denoncin David	1:55.12
5.	Olivares Mathieu	1:55.45
6.	Dahm Florent	2:04.24
7.	Stefanelly David	2:06.38
8.	Courtejaire Pierre	2:37.27
	Victor Etienne	DNF
	Auger Alexis	DNF

20km Women

1.	Quennehen Marine	1:41.38
2.	Lanoué Séverine	1:49.38
3.	Vaugon Chrystelle	2:13.10
4.	Steinvillie Nathalie	2:13.27

7.	Dore Sophie	1:09.35	5.	Galmiche Catherine	2:14.03
8.	Aissani Dalila	1:11.12	6.	Salomez Benedicte	2:25.43
9.	Beguïn Nathalie	1:12.36	7.	Bizard Claudie	2:25.43
10.	Lourenco Anabella	1:12.40	8.	De Sousa Marie-Lise	2:30.37
11.	Marmet Marie-Anne	1:14.53			
12.	Potonne Françoise	1:16.55			
13.	Sauneuf Lola	1:28.13			
14.	Tillier Marie	1:56.00			
	Lemogne Jocelyne	DNF			



Marine Quennehen, Jean-Baptiste Sureau, Marine Rottier and Dominique Van Hille (photos Emmanuel Tardi)

STEYNING 10KM, STEYNING, ENGLAND, SATURDAY 14 NOVEMBER

Peter Hannell reports that this race was due to be held two weeks ago but, like other events on the Sussex Coast, was postponed due to storms. This had some impact on numbers and the Steyning AC were pleased to have a dozen starters on a day with ideal conditions for racing – cool and a little damp but not raining. The clear winner by 3 minutes was the home club's **Ian Richards**, a world class walker for his age group even now at the top end of that group.

Steyning 10km Walk Men

1.	I.Richards	Steyn	M65	55:24
2.	J.Ball	Steyn	M50	58:10
3.	S.AllenB	Barn	M60	1:04:56
4.	P.Gaston	Sy WC	M70	1:06:20
5.	J.Killick	Steyn	M70	1:06:22
6.	S.Maidment	Steyn	M65	1:08:45
7.	D.Hoben	Sy WC	M65	1:13:45
8.	P.Hannell	Sy WC	M75	1:14:08
9.	M.Ford_Dunn	Steyn	M70	1:18:13

Steyning 10km Walk Men

1.	A.Jones	Steyn	W60	1:07:46
2.	L.Claridge	Steyn	W45	1:11:53
3.	K.Crilley	Sy WC	W70	1:16:23

OUT AND ABOUT

- World 50km race walk champion **Johann Diniz** talks about the long journey he has undertaken for his discipline to be taken seriously in France and beyond. See <https://www.iaaf.org/news/series/yohann-diniz-france-race-walking>.

- The Athletics New Zealand Rules Committee has put out a proposal to modify the Athletics New Zealand Competition Regulations. Amongst the items of interest is this one

A proposal from Race Walking NZ to discontinue the requirement to use a Pit Lane for National Championships.

Is it part of a kick back against this rule? I know there has been push back from within the Australian racewalking community against the Pit Lane, from both walkers and walk officials.

- I was emailed the latest copy of the British based Race Walking Record (number 465) a few days ago. I expect it to appear on the RWR web page soon - <http://www.racewalkingassociation.com/RWR.asp>.
- Several ideas, including the use of GPS technology to track athletes and a radical proposal for convicted drugs cheats to be barred from the medals podium, prize money and setting records, have been put forward following an anti-doping symposium in Switzerland. See <https://www.insidethegames.biz/articles/1057325/gps-technology-among-radical-ideas-to-improve-anti-doping-made-at-inado-symposium>.
- New Zealand cyclist Karl Murray faces "a significant ban from all sport" after committing a second doping violation. The Sports Tribunal of New Zealand revealed that Murray tested positive for the anabolic agent clenbuterol at the Tour of Northland on March 18. It comes after Murray received a two-year ban for his first anti-doping rule violation (ADRV) in New Caledonia back in 2014, following a positive test for nandrolone and testosterone. Clenbuterol, which is prohibited both in and out of competition, is favoured by athletes who wish to be lean or have lower body fat, without bulking up. See <https://www.stuff.co.nz/sport/other-sports/98404842/kiwi-cyclist-karl-murray-faces-significant-ban-after-second-doping-violation>.
- Meldonium was by far the most common substance to result in an adverse analytical finding during 2016, as per this analysis of WADA 2016 Anti-Doping Testing. See <http://www.sportsintegrityinitiative.com/wada-2016-test-figures-p3-meldonium-common-aaf/>.
- WADA vice-president Linda Helleland has called for an "open and transparent" discussion on the Russian doping scandal and the response to the McLaren Report at the organisation's crucial Foundation Board meeting in Seoul later this month. Honestly, how long do we have to wait for this to be sorted! See <https://www.insidethegames.biz/articles/1057356/exclusive-wada-vice-president-warns-russian-crisis-needs-to-be-discussed-properly-at-foundation-board-meeting>.
- The IAAF is to introduce a world rankings system in 2018 The introduction of the rankings in partnership with All Athletics, announced last Friday, is part of a sweeping reform package that was voted in by the IAAF last December. The points system for each event along with other details related to the rankings will be finalised in the first quarter of 2018, meaning the new system can be applied for qualification into the 2019 World Championships and the 2020 Olympics. See <https://www.supersport.com/athletics/article.aspx?Id=4168674>.
- Athletics Kenya has stepped up the fight against doping, proposing life bans for athletes caught using prohibited performance enhancing substances. See <http://www.nation.co.ke/sports/athletics/Life-bans-for-drug-cheats-proposed/1100-4167398-771wjd/index.html>.
- Along similar lines, the Institute of National Anti-Doping Organizations (iNADO) says athletes who return after doping bans should be barred from medal podiums and from earning prize money.. Apparently, the idea emerged at a recent conference of 37 agencies plus athletes, including Olympic medalists and world champions. The group says former dopers who become eligible for competitions should "never again be permitted to stand on the podium, to receive prize money, and to hold national and world records." The group says "it is the loss of medals, and the honor of being on the podium, that hurts most when doping robs clean athletes." See <https://apnews.com/dd2f2f1ca5dd40519c92e1f0637983ef>.

MARCIADALMONDO AND OMARCHADOR ROUNDUP

Marciadalmondo has 7 press releases this week

- Tue 7 Nov - Speed trends in elite women's walking
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2966
- Mon 6 Nov - Speed trends in elite men's walking
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2965
- Mon 6 Nov - China leads world rankings in Men's U23 50km walk
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2964
- Sun 5 Nov - China leads world rankings in Women's U23 20km walk
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2963

- Sat 4 Nov - Japan leads world rankings in Men's U23 20km walk
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2962
- Thu 2 Nov - Results of Carpathian Cup in Uzhgorod (UKR)
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2961

and Omarchador has 7 press releases this week

- Mon 6 Nov - Tunisians win Arab U18 championships in Radès
<http://omarchador.blogspot.com.co/2017/11/tunisinos-vencem-campeonatos-arabes-sub.html>
- Sun 5 Nov - Caio Bonfim is on the front cover of Brazilian Confederation of Athletics magazine PODIUM
http://omarchador.blogspot.com.co/2017/11/caio-bonfim-e-capa-da-podium_5.html
- Sat 4 Nov - Change of club for key Portuguese walkers
<http://omarchador.blogspot.com.co/2017/11/transferencias-de-marchadores-para.html>
- Fri 3 Nov - Yudkina and Litaniuk win in Uzhgorod, Ukraine
http://omarchador.blogspot.com.co/2017/11/yudkina-e-litaniuk-ganham-em-uzhgorod_3.html
- Thu 2 Nov - Results of Walking Festival in Zagarolo, Italy
<http://omarchador.blogspot.com.co/2017/11/festa-da-marcha-em-zagarolo-italia.html>
- Wed 1 Nov - Results of Chilean University Championships in Maule
<http://omarchador.blogspot.com.co/2017/11/final-nacional-ldes-2017-em-maule-chile.html>
- Tue 31 Oct - Results of Brazilian U23 Championship walks in Porto Alegre
<http://omarchador.blogspot.com.co/2017/10/porto-alegre-recebeu-o-campeonato.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 – 2017/2018 Summer Season

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 13 (Sat), 2018	Australian 10,000m Track Walk Champs , Canberra, ACT. See https://10000mwalk.eventdesq.com/
Jan 26-28, 2018	AV Country Championships, Ballarat, VIC
Feb 11 (Sun), 2018	Australian 20km Road Walking Championships, Adelaide, SA
Feb 15-18, 2018	Australian Athletics Championships & Nomination Trials, Gold Coast, QLD (no 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 1 (Mon), 2018	Hong Kong Championships – 20km, 50km, 6 Hours
Jan 20-27, 2018	Oceania Masters Athletics Championships, Dunedin, New Zealand See www.mastersathleticsoceania.com
Jan 28, 2018	USA 50km Championships, San Diego, California
Mar 11 (Sun), 2018	Lugano International Racewalks, Lugano, Switzerland (20km)
Mar 24 (Sat), 2018	Dudince International Racewalks, Dudince, Slovakia (20km and 50km for men and women)
Apr 4-15, 2018	XXI Commonwealth Games, Gold Coast, QLD (20km roadwalks). See http://www.gc2018.com
May 5-6, 2018	Men's and Women's 20km walk, Currumbin Beachfront, Sunday 8 April
July 10-15, 2018	28 th IAAF World Race Walking Team Championships, Taicang, China
Sept 4-16, 2018	16 th World Junior T&F Championships, Tampere, Finland
	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 32nd Olympic Games, Tokyo
July 20 – Aug 1, 2020 23rd World Masters T&F Championships, Toronto, Canada
Aug 6-15, 2021 (TBC) 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.

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