



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
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5 December 2017



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WHAT'S COMING UP

- The **Australian All Schools T&F Championships** are to be held this weekend (Dec 8-10) in Adelaide. Good luck to all our walkers – stat lists at <http://www.athletics.com.au/Portals/56/2017%20all%20schools%20entry%20lists%20as%20of%204.12.17.pdf>. The track walks are all to be held on Friday afternoon/evening as follows

Fri 8 Dec	3:00 PM	3000m Walk Under 16 Boys
	3:20 PM	3000m Walk Under 16 Girls
	3:45 PM	3000m Walk Under 14 Girls
	3:45 PM	3000m Walk Under 14 Boys
	6:40 PM	5000m Walk Under 18 Girls
	6:40 PM	5000m Walk Under 18 Boys

- AV Shield** continues on Saturday 10 December with Round 8. The metropolitan walks (2000m and 5000m) will be held at **Casey Fields**. Walks should also be on offer in the country venues. Remember entries close with AV tomorrow (Wednesday).

AUSTRALIAN 50KM CHAMPIONSHIP MEET, FAWKNER PARK, MELBOURNE, SUNDAY 17 DECEMBER

The Australian 50km Championship meet, which was postponed last Sunday, has now been announced for **Sunday 17 December**, at the same venue of **Fawkner Park in Melbourne**. The timetable is the same as published previously so the action will kick off at 7AM with the 50km Australian Championships for men and women. The AA facebook announcement reads as follows

RESCHEDULED: The 2017 Australian 50km Race Walking Championships have been rescheduled to Sunday 17 December. The timetable will remain as is. All entries will be automatically rolled over to the new event date, however if you are unable to attend please email Athletics Australia for a refund of your entry fee.

As VRWC provides equipment and does setup and pulldown, we need some helpers for 6-7AM or for 12-1PM. I know some people had volunteered to help when it was to be last Sunday. Doing another call now for the new date.

BENDIGO WALKERS CLUB ROADWALKS, ROSALIND PARK, BENDIGO, WEDNESDAY 29 NOVEMBER

Thanks to Paul Rance for the latest report from Bendigo, in country Victoria.

On Wednesday evening the Bendigo Walkers Club held 0.8km and 2.4km sealed handicap events in Rosalind Park, with a small number of walkers competing. In the 0.8km, **Caitlyn Curtis** produced an excellent performance to record a strong victory with the inform **Sheridan Commons** in 2nd place and **Carissa Brook** 3rd, with **Bill Lotherington** setting a new Club 80+ record with his time of 5.52. The 2.4km saw Masters athlete **Barb Bryant** racing strongly as she scored a narrow victory over **Peter Curtis** while **John Carter** took 3rd place.

0.8km Walk

1.	Caitlyn Curtis	6.02
2.	Sheridan Commons	4.57
3.	Carissa Brook	4.13
4.	Bill Lotherington	5.52
5.	Jayden Day	4.56

2.4km Walk

1.	Barb Bryant	13.50
2.	Peter Curtis	13.45
3.	John Carter	17.56
4.	Jennie Payne	15.16

SAMA TRACK WALKS, SA ATHLETICS TRACK, MILE END, ADELAIDE, WEDNESDAY 29 NOVEMBER

Our regular South Australian Masters reporter Colin Hainsworth advises that he was not at the weekly SAMA T&F meet last Wednesday evening in Adelaide but he tells me it was super hot (39.6C at his place). Unfortunately, the meet was cancelled after a major health issue occurred. The following update has been posted by SA Masters Athletics Vice President David Bates.

George White suffered a massive heart attack at the track last night. Although I was not there due to work commitments, John Hore (one of our Committee and race organisers) relayed the following information (which I have annotated in places):

"We had to cancel the events this evening after George collapsed. He did a race walk and then started (ie. was the starter official) for a sprint event. He then collapsed and I believe he hit his head when he collapsed.

George was given immediate first aid by Shirley (our sports trainer) and (Dr) Roula (one of the athletes on the scene) and other nurses and first aiders. He wasn't really responding at all. The helpers gave him first aid and were advised by 000. The ambulance came after about 15 minutes and eventually with several defrib shocks got his pulse going but there wasn't much response from George. Gill (his wife) was very upset along with many of us. The ambulance people put him on a drip with adrenaline (I think) and took him off to RAH with Gill.

My wife, Edna and I both spoke to Gill later in the evening, and she told us that he was in ICU in an induced coma, and the doctors were concerned about whether he might have major consequences from the heart attack.

I am pleased to report that this morning Gill saw George, who had been roused from the coma, at the hospital, and he was acting in a characteristic 'George manner', without any apparent deficit in mental ability. He could not remember what happened at the track exactly, but otherwise seems OK. The doctors have no explanation for his heart attack, since he is such a healthy individual. So we anticipate that he will recover well from this incident.

We are keeping our club members informed about George's progress using our website (<http://www.samastersathletics.org.au/>)

Our thoughts are with George and Gill and are so relieved that he is recovering well.

1000m Walk

1.	Ross Hill-Brown	7:29	M62	57.17%
2.	Jan Layng	7:24	W69	67.18%
3.	Peter Crump	5:19	M57	76.63%
4.	George White	5:34	M72	86.13%
5.	Roger Lowe	8:05	M74	60.85%
6.	Marie Maxted	6:13	W57	70.54%

ACTRWC TRACK WALKS, WODEN PARK, WODEN, THURSDAY 30 NOVEMBER

Thanks to Robin Whyte for the latest results from Canberra. Super fast 1500m walk by Connor Frew (5:52).

1500m Handicap

1.	Connor Frew	5:52
2.	Callum Burns	6:22
3.	Ella Baker	9:29
4.	Peter Baker	7:49
5.	Ann Staunton-Jugovic	7:40
6.	Tom Hunt	7:02
7.	Hannah Manning	7:28
8.	Mitchell Baker	6:03
9.	Laura Burns	7:36
10.	Ruth Baussmann	10:33
11.	Judi Jamieson	13:06
12.	Helena Bialecki	9:27
13.	Rosemary Parker	10:48
14.	Lorna England	11:59
15.	Val Chesterton	12:31
16.	Robin Whyte	9:16
17.	Harry Baker	10:09
18.	Margaret McSpadden	12:20
19.	Bryan Thomas	10:16
20.	Georgia Frew	10:42
21.	Ewen Thompson	10:09
22.	Bob Parker	10:41

QMA TRACK WALKS, SAF, BRISBANE, SUNDAY 3 DECEMBER

Only 1 walker in action in the Queensland Masters meet in Brisbane.

5000m Walk

1.	Noela McKinven	W75	Brisbane	40:50.02	74.74%
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ATHLETICS WA INTERCLUB, WA ATHLETICS TRACK, PERTH, THURSDAY 30 NOVEMBER

Good 5000m walk by **Ben Reid** in Perth last Thursday evening.

5000m Walk

1.	Reid, Benjamin	M01	Athletics WA	25:12.90
2.	Anderton, Cooper	M02	Bunbury	25:46.50
3.	Mann, Bradley	M99	Ridgewood At	26:35.80
4.	Murphy, Patrick	M00	Athletics WA	26:59.60
5.	Morales, Richelle	W03	Athletics WA	30:36.00

ATHLETICS SA OPEN DAY, SA ATHLETICS STADIUM, MILE END, ADELAIDE, SATURDAY 2 DECEMBER

Good walks by **Kim Mottrom** (12:53.86) and **Tristan Camilleri** (13:03.80) last weekend.

3000m Walk

1.	Kim Mottrom	ADELAIDE HAR	12:53.86
2.	Tristan Camilleri	COASTAL DIST	13:03.80
3.	Alix Harlington	NORTHERN DIS	14:34.35
4.	Samantha Findlay	SOUTHERN S	14:48.17
5.	Bethany Cross	PEMBROKE	15:44.59
6.	Peter Crump	SAINTS	17:31.93
7.	Mia Wilks	PEMBROKE	18:23.57
8.	Greg Metha	HILLS DISTRI	18:28.89

1500m Walk

1.	Kiera Ross	PEMBROKE	7:38.45
2.	Meshach Begg	SAINTS	10:44.93

NSW CLUB AND COMBINED EVENT CHAMPIONSHIPS, SOPAC, SYDNEY, 2-3 DECEMBER

Lots of walkers in action in the NSW Club Championships last weekend in Sydney. Best walks by **Carl Gibbons** (22:17.85) and **Jack McGinniskin** (13:29.64).

5000m Walk

1.	Gibbons, Carl	M21	Athletics Nsw	22:17.85
2.	Richardson, Dylan	M17	Mingara Athl	23:45.76
3.	Bedford, Kyle	M17	Nepean Distr	24:55.50
4.	Bell, Bridget	W15	Asics Wests	31:23.96

3000m Walk

1.	McGinniskin, Jack	M15	Athletics Nsw	13:29.64
2.	Pitcher, Allanah	W14	Mingara Athl	14:10.12
3.	Kemp, Joel	M14	Mingara Athl	14:22.05
4.	Blanch, Emma	W14	St. George D	14:44.18
5.	Bolton, Hannah	W14	Mingara Athl	15:29.07
6.	Thomas, Emma	W12	Parramatta C	16:11.39
7.	Dagher, Sophia	W14	Westfields A	16:59.88
8.	Jessep, Tom	M13	Trinity Athl	17:10.03
9.	Boughton, Milly	W11	Randwick Bot	17:15.30
10.	Pyda, Raven	M13	Westfields A	18:00.05
11.	Parker, Hannah	W15	Randwick Bot	18:03.17
12.	Johnston, Lily	W15	Asics Wests	18:07.26
13.	Thomson, Jada	W13	Nepean Distr	19:38.59
14.	Parker, Carmel	W52	U.T.S. North	20:16.40
15.	Hyde, Brendon	M72	Sydney Uni	23:55.93

1500m Walk

1.	Holmes, Keeley	W12	Sydney Strid	7:54.01
2.	Boughton, Milly	W11	Randwick Bot	8:19.62
3.	Vesper, Ryan	M12	Mingara Athl	8:23.27
4.	Olbrich, Chelsea	W11	Hills Distri	8:38.03
5.	Pitcher, Sienna	W10	Mingara Athl	9:29.11

NZSS T&F & ROAD CHAMPIONSHIPS, HAWKES BAY REGIONAL SPORTS PARK, HASTINGS, 1-3 DECEMBER

To New Zealand to the Schools T&F Championships in Hastings. Wins to **Alex Brown** and **Alice Ritchie**.

Open Boys 3000m Walk

1.	Alex Brown	Kings High School	15:43.74
2.	Ryan Jones	Napier Boys High	17:38.03
3.	Bradyn Popow	Palmerston North	17:49.96
	Patrick McElwee	Sacred Heart Col	DQ

Open Girls 2000m Walk

1.	Alice Ritchie	Craighead Dioces	10:23.45
2.	Hannah Gilberd	Inglewood High S	11:00.79
3.	Laura Kehely	New Plymouth Gir	11:47.55
4.	Emma Kehely	New Plymouth Gir	14:38.88

1 MILE WALK INDOORS, MONDEVILLE, FRANCE, WEDNESDAY 29 NOVEMBER

The French indoor season kicked off last Wednesday evening in Mondeville (a suburb of Czaen, 250m west of Paris), with Emmanuel Tardi part of a small field for a 1 Mile walk. Now that's unusual for France. The win went to **Maxime Lecaplain** with 6:1.4.

1 Mile Walk Indoors

1.	LECAPLAIN Maxime	SEM/94	U.s.o Mondeville	6:51:44
2.	SWAIEH Meftah	VEM/72	U.s.o Mondeville	7:10:93
3.	OSMONT Caroline	ESF/96	As Tourlaville	7:59:24
4.	BELLANGER Stephane	VEM/61	Caen Athletic Club	9:06:88
5.	TARDI Emmanuel	VEM/67	La Postillonne Longjumeau	11:31:31



Emmanuel (centre) with the other walkers at the Mondeville Indoors T&F Meet last Wednesday

BALMA RACEWALKS, BALMA, FRANCE, SUNDAY 3 DECEMBER

Sunday morning saw a big track meet in Balma, a suburb of Toulouse, France, It was the last opportunity to qualify for the French national championships so 121 racewalkers were on the track, contesting a variety of distances. Best performance of the day to Tunisian Olympic walker **Chahinez Nasri** who won the women's 10,000m walk with 45:14.91. In the 20,000m walks, **Alexis**

Jordana beat the M80 French record with 2:21:08.86. Now that's impressive! It must have been cold judging by the scarves and hats and gloves in the photos at <https://photos.app.goo.gl/jJiDyokjJadB9H83>.

20,000m Men

1.	VALLEE Kyrian	Ca Balma	SEM/94	1:35:10.80
2.	BLANCHETEAU Jean	Athle Bourgogne Sud	ESM/96	1:35:11.03
3.	RICHARD Dorian	Acj Nerac	SEM/91	1:38:23.92
4.	GIORDANO Manuel (ITA)		ESM/	1:40:28.38
5.	COTTEVIEILLE Maxime	Ca Montreuil 93	SEM/90	1:45:32.22
6.	GIRAUD Baptiste	Cognac Ac	VEM/75	1:50:53.72
7.	JORDANA Alexis	Blagnac Sc	VEM/37	2:21:08.86

20,000m Women

1.	ORTIZ Mylene	Us Tourcoing	SEF/79	1:44:47.95
2.	CASALE Maeva	Ca Balma	ESF/97	1:47:25.74
3.	CHAPILLON Roseline	Ca Balma	VEF/68	1:49:35.61
4.	BRUNET Elisabeth	Tarbes Pyrenees A	SEF/86	1:53:13.05
5.	JEAN Sandra	Tarbes Pyrenees A	VEF/73	2:04:46.69
	AVEROUS Violaine	Ca Balma	SEF/85	DNF

10,000m Men

1.	SAINT-MARC Adrien	Us Bazas	JUM/00	50:29.07
2.	MARON Thibault	Ca Balma	JUM/00	50:47.11
3.	BROCHOT Patrice	Tarbes Pyrenees A	VEM/51	52:15.83
4.	DAGOSTIN Ludovic	Csm La Seyne	VEM/71	54:22.11
5.	GIORDANO Marco (ITA)		ESM/	55:42.92
6.	PANICO Vincenzo (ITA)	Blagnac Sc	VEM/51	56:22.24
7.	ARRAMOND Christian	Stadoceste Tarbes	VEM/57	1:00:06.00
8.	FARAGO Bela	Ecla Albi	VEM/48	1:02:49.56
9.	PERES Eric	Tarbes Pyrenees A	VEM/66	1:03:20.64
10.	LAFFON Yves	Athle 632	VEM/48	1:05:31.16
11.	JORDANA Alexis	Blagnac Sc	VEM/37	1:09:31.85

10,000m Women

1.	NASRI Chahineze (TUN)	Ca Balma	ESF/96	45:14.91
2.	MARCOU Amandine	Sa Merignac	SEF/92	47:45.69
3.	CERANTOLA Laury	Sa Merignac	SEF/92	52:23.59
4.	BRUNET Elisabeth	Tarbes Pyrenees A	SEF/86	58:43.19
5.	LANASPEZE Christel	Athle 632 Tour	VEF/70	1:01:05.32
6.	PERROGON Juliette	Sa Merignac	SEF/90	1:01:59.08
7.	GRATIAN Zoe	Sa Toulouse Uc	JUF/00	1:02:09.85
8.	DOUMERG Alexandra	Sa Toulouse Uc	SEF/93	1:05:12.53
9.	ROBINET Marie-helene	Ac Auch	VEF/67	1:05:14.84

5,000m Men

1.	GALIN PONS Adria (ESP)	Ca Balma	SEM/93	23:22.77
2.	HFEF Mohamed ali (TUN)	Ca Balma	JUM/99	23:44.76
3.	GAUFFRE Yves	Athletic Club Montp	VEM/58	24:52.83
4.	LANDRAS Adrien	Ca Balma	MIM/03	24:56.51
5.	COLOMAR Patrick	Us Bazas	VEM/53	28:39.68
6.	PRADINES Eric	Ecla Albi	SEM/79	29:41.43
7.	LASSUS Marc	Us Bazas	VEM/50	32:13.46
8.	TERRAS Francois	Stadoceste Tarbes	SEM/79	32:37.65
9.	SEN Gerard	Us Bazas	VEM/48	34:04.99
10.	GALIN CALVO Albert	Ca Balma	VEM/52	38:01.39

5,000m Women

1.	BROCHOT Edith	Tarbes Pyrenees A	VEF/52	30:32.23
2.	DELAUNAY Manon	Us Bazas	CAF/02	34:39.90
3.	MELOUK Leila	Blagnac Sc	VEF/74	35:02.21
4.	SEN Lucie	Us Bazas	VEF/50	35:44.27

3,000m Men

1.	MADÉLINE-DEGY Martin	Ecla Albi	CAM/01	13:03.08
2.	VIALLET Martin	Us Fronton Athl	MIM/03	16:47.51
3.	PRADINES Eric	Ecla Albi	SEM/79	16:50.76
4.	PENOLAZZI Claudio (ITA)		VEM/	17:36.85
5.	VISSEQ Adrien	Cpl Primaube	MIM/03	19:13.77
6.	BONNAFOUS Louis	Ac Auch	CAM/02	19:20.00
7.	LE BOZEC-MORLAES Mateo	Ca Balma	MIM/03	20:00.52

8.	AZEMA Ugo	Athle 632 Js	MIM/03	20:12.81
9.	AUSSARESSE Patrick	Ca Balma	VEM/61	20:29.15
10.	ANDREOTTI Piergiorgio (ITA)		VEM/	21:59.81

3,000m Women

1.	LATAPIE Myriam	Stadoceste Tarbes	VEF/74	17:47.55
2.	CHAMAYOU Clara	Castres Athle	CAF/01	18:08.98
3.	TOCON Armelle	Castres Athle	VEF/67	19:40.21
4.	LACAZE Sabine	Soues Omnisports	VEF/72	19:40.83
5.	LE STER Anne	Athle 632 Tour	SEF/83	20:03.63
6.	GRACIA Martine	Stadoceste Tarbes	VEF/63	20:17.80
7.	MARON Tiphaine	Ecla Albi	MIF/04	20:18.05
8.	COLOMB Lucie	Us Bazas	MIF/03	20:31.89
9.	THOMAS Pauline	Ac Auch	JUF/00	20:54.21
10.	COLOMAR Christine	Us Bazas	VEF/64	21:32.54
11.	TAURAN Isabelle	Ca Balma	VEF/64	21:40.10
12.	TALLET Dominique	Ca Balma	VEF/61	21:46.69
13.	LASSALLE Lucie	Athle 632 Js	MIF/04	21:51.04
14.	MENAA Naomi	Us Bazas	MIF/04	21:52.37
15.	LATASTE Ambre	Us Bazas	MIF/04	22:25.67
16.	AFLILLIH Manal	Us Bazas	MIF/04	22:27.74

2000m Boys

1.	BONNIOT-RAYNAUD Oscar	Ca Balma	BEM/05	13:45.00
2.	ALIBERT Guillem	Ca Balma	BEM/05	15:55.89
3.	BONDARENKO Lucas	Blagnac Sc	BEM/05	16:22.04

2000m Girls

1.	SAINT-MARC Alizee	Us Bazas	BEF/05	13:27.36
2.	KOCH Lucy-lou	Blagnac Sc	BEF/05	13:45.06
3.	ROUCH Astrid	Ca Balma	BEF/06	13:57.60
4.	GRANGE-SOPENA Elisa	Ca Balma	BEF/06	14:30.40
5.	MBUTU Divine			14:39.53
6.	LACAZE Lise	Soues Omnisports	BEF/05	15:02.24

1000m Boys

1.	ABRIAL Gael	Blagnac Sc	MIM/04	6:14.60
2.	DE ALMEIDA RIBEIRO Thomas	Blagnac Sc	BEM/06	6:37.08
3.	GUILBERT Remi	Blagnac Sc	BEM/06	6:47.26

1000m Girls

1.	CHOISET Rose	Ca Balma	BEF/05	6:30.79
2.	TEBOUL Salome	Ca Balma	BEF/05	6:32.98
3.	SERIEYS Ludivine	Ca Balma	BEF/06	6:58.37
4.	ESCOUBE Fanny	Ca Balma	BEF/06	7:12.64
5.	LE DIVENAH Mathilde	Blagnac Sc	BEF/06	7:14.61



Women's 20,000m podium in Balma - Roseline Chapillon, Mylene Ortiz and Maeva Casale

COUPE DE NOEL DIMANCHE, YVERDON LES BAINS, SWITZERLAND, SUNDAY 3 DECEMBER

Emmanuel Tardi was in Yverdon Les Bains, Switzerland, last Sunday for the annual Coupe de Noel. Races were held over a flat 1.111km lap, with the weather very cold (around 0°C) but no wind and a beautiful sun. The 10km saw easy victories for French junior **Justin Bournier** and for Austrian **Kathrin Schulze**. As usual, some walkers dressed in the full Christmas gear.

10km Men

1.	Justin Bournier	99	France	0.42:31
2.	Jean Marc Stark	72	Entente Brive Tulle Athie. Fr.	0.44:52
3.	Nathan Bonzon	00	CM Monthey	0.50:04
4.	Andre Cornet	59	Asvel Villeurbanne Fr.	0.53:31
5.	Patrick Bonvarlet	60	Decimes Mezyeu Athle.Fr.	0.54:15
6.	Gerard Perez		RCHJ Morez Fr.	0.56:51
7.	Abdelazouz Seffari		LAFa Feysin Venissieu Fr.	0.57:21
8.	Bernard Haffner	46	Lyon Athletique Fr.	0.58:59
9.	Regis Briere	68	Doubs Sud Athle.Pontarller Fr.	1.00:06
10.	Cedric Bouele	85	CADelemont	1.00:44
11.	Gavon Balharry	45	CM Cour Lausanne	1.01:20
12.	Claude Berner	63	CME La Poste	1.03:58
13.	Claude Greber	57	CME La Poste	1.10:17
14.	Daniel Brot	53	CM Yverdon	1.11:11
15.	Emmanuel Tardi	67	LP Longjumeau Fr.	1.15:38

10km Women

1.	Kathrin Schulze	81	IAC Pharmador A	0.52:15
2.	Tiphaine Schott	87	Club CSSL Alsace	0.56:19
3.	Therese Cornet	58	Asvel Villeurbanne Fr.	0.56:59
4.	Marie Rigolet	98	RCHJ Morez Fr.	0.57:40
5.	Dora Briere	59	CM Cour Lausanne	0.59:40
6.	Liliane Bonvarlet	53	IAFA Feysin Venissieu Fr.	1.04:09
7.	Beatrice Petetin	69	RCHJ Morez Fr.	1.07:07
8.	Helene Baptiste	50	CM Yverdon	1.13:08

Unjudged 10km Walk

1.	Christophe Amy	86	Yverdon	1.06:02
2.	Heidi Maeder	43	CM Cour Lausanne	1.07:40

Unjudged 5km Walk

1.	Corinne Henchoz	64	Morrens	0.31:33
2.	Isabelle Jean Mairet	67	Lausanne	0.40:08
3.	Gerald Boos	54	CM Yverdon	0.41:41
4.	Jean Daniel Wagniere	51	Rueyres	0.42:10
5.	Janine Martinez		CM Yverdon	0.46:25
6.	Madeleine Chevalley	52	CM Yverdon	0.55:10



Left: The start



Right: Kathrin Schulze



Left: Justin Bournier



Right: Emmanuel (right) gets into the Christmas spirit

JOURNÉE RÉGIONALE CA À MASTERS, REIMS, FRANCE, SUNDAY 3 DECEMBER

And back to France for a new French U20 Indoor 5000m track record to **David Kuster**, competing in a T&F meet in Reims on Sunday morning. Kuster, who was fifth in the U20 10km walk in this year's European Championships, continues to improve.

5000m Walk Men

1.	KUSTER David	Csl Neuf-brisach	JUM/99	20.00.8
2.	HADULA Ludovic	Charleville Mezieres Athletism	SEM/87	22.19.1
3.	GUETAT Gerard	Troyes Omnisports	VEM/62	24.25.1
4.	RENOLLET Quentin	Charleville Mezieres Athletism	JUM/00	24.49.1
5.	RISSELIN Xavier	Athletic Club Boul	VEM/73	27.46.7

3000m Walk Women

1.	DEMON Sonia	Efs Reims A.	VEF/72	14.50.19
2.	LAMOUREUX Felicia	Efs Reims A.	CAF/01	15.05.37
3.	BRASTEL Adeline	Efs Reims A.	VEF/78	16.16.05
4.	BODIN Alexia	Cas Renwez	CAF/01	16.22.09
5.	MILLE Angele	Cas Renwez	CAF/01	17.13.46
6.	NICOLAS Zoe	Efs Reims A.	CAF/02	17.13.55
7.	DUFOUR Justine	Charleville Mezieres Athletism	CAF/02	17.17.59
8.	CASTAGNA Livia	ES Viry Chatillon	CAF/02	17.37.00
9.	DESOIZE Lea	Charleville Mezieres Athletism	CAF/02	17.41.63
10.	LEONI Paloma	Charleville Mezieres Athletism	CAF/02	21.07.44

and there were even more French results for last weekend – talk about a Gallic flavour to the newsletter!

- In Rennes, **Jean-Paul Masselin** beat the French M70 Indoor 5000m walk record with a superb 26:42.83, in the 2nd annual *Manche du Challenge Mario Gatti*. An astonishing 111 walkers competed in 2000m, 3000m and 5000m walks. See <http://bases.athle.com/asp.net/liste.aspx?frmbase=resultats&frmmode=1&frmespace=0&frmcompetition=207694>
- In Lyon, their Regional Indoor Championships included U16 2000m and Open 3000m walks and also saw big walk fields. See <http://bases.athle.com/asp.net/liste.aspx?frmbase=resultats&frmmode=1&frmespace=0&frmcompetition=207391>.

OUT AND ABOUT

- I recently got pointed to website <http://www.alltime-athletics.com/> (T&F all-time Performance website) – It contains all-time ranking lists for the major walking distances. Very comprehensive and well worth bookmarking
- The English walking magazine *Race Walking Record* number 866 (November 2017) has just been released and should be available soon at <http://www.racewalkingassociation.com/RWR.asp>.

- Great IAAF profile piece on Italian walker **Antonella Palmisano**. See <https://www.iaaf.org/news/feature/antonella-palmisano-italy-race-walk>.
- The IOC has released the full decision from the Oswald Commission, which was chaired by Denis Oswald, in the case against Russian cross country skier Alexander Legkov. It agreed that Grigory Rodchenkov, the former Moscow lab director turned whistle blower, is a “truthful witness.” The decisions of the Oswald Commission come as the IOC is set to decide sanctions on Russia at its executive board meeting **today**. A separate commission chaired by Samuel Schmid is examining the system of doping and is expected to produce its report later this month. The pressure on Russia mounts. See <https://www.usatoday.com/story/sports/olympics/2017/11/27/ioc-commission-accepts-mclaren-findings-paves-way-sanctions-against-russia/899086001/>.
- See Oswald's full report at <https://stillmed.olympic.org/media/Document%20Library/OlympicOrg/IOC/Who-We-Are/Commissions/Disciplinary-Commission/2017/SML-006-Decision-Alexander-LEGKOV.pdf>.
- Last Friday, the IOC published 2 new decisions from the Oswald Commission Hearings, with Russian Cross Country Skiers Yulia Chekaleve and Anastasia Dotsenko, and Russian biathlete Olga Zaytseva sanctioned. See <https://www.olympic.org/news/ioc-sanctions-three-russian-athletes-as-part-of-oswald-commission-findings-2017-12-01>.
- For his own part, Grigory Rodchenkov kept a diary most of his life. His daily habit was to record where he went, whom he talked to and what he ate. At the top of each entry, he scrawled his blood pressure. Two of his hardback journals, each embossed with the calendar year and filled with handwritten notes from a Waterman pen, are now among the critical pieces of evidence that could result in Russia being absent from the next Olympic Games. The Russian noose ever tightens. See <https://www.nytimes.com/2017/11/28/sports/olympics/russia-doping.html?rref=collection%2Fsectioncollection%2Fsports>.
- FIFA at its best - FIFA defended Russia’s right to host the World Cup amid a series of doping scandals, saying last Tuesday that there is no sign of “widespread” drug use in Russian soccer. Obviously 155 suspicious samples (according to McLaren) are not enough for them. See <http://nationalpost.com/pm/sports-pmn/fifa-doping-not-widespread-in-russian-football>.
- Nice people those Russians. No more comment needed from me. See <http://fasterskier.com/fsarticle/czech-women-receive-news-olympic-medal-online-abuse-threats/>.
- Two more Russian athletes have been found guilty of doping following the retesting of their samples from the London 2012 Olympics. Yulia Gushchina was part of the women's 4x400m relay team that won silver, also placing 15th in the 400m event. Russia was stripped of that medal in February, following Antonina Krivoshepa's positive test. Anna Nazarova, who was fifth in the women's long jump in London, was also found to have returned a positive test. Will it never end? See <http://www.bbc.com/sport/athletics/42186420>.
- The decision about Russia’s participation in the Winter Olympics in South Korea is imminent, with an announcement expected today. New doping evidence increases the pressure on the IOC. Usual great video from Hajo Seppelt of German TV - <http://www.sportschau.de/doping/video-the-ioc-decides-about-russias-participation-in-the-olympic-games--100.html>.
- Whistleblower Vitaly Stepanov is one of the many voices putting out last minute calls for the IOC to ban Russia from the 2018 Games in Pyeongchang today because “the long, cold winter of doping continues to maintain its icy grip” in the country. See <http://www.bbc.com/sport/winter-sports/42201298>.
- Russian Deputy Prime Minister Vitaly Mutko has become the perfect metaphor for the country’s woes. See <https://www.insidethegames.biz/articles/1058639/liam-morgan-vitaly-sometimes-it-is-best-just-to-shut-up>.

MARCIALMONDO AND OMARCHADOR ROUNDUP

Marcialmondo has 8 press releases this week

- Mon 4 Dec - Australian 50km rescheduled to Sunday 17 December
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2989
- Tue 5 Dec - Sandra Damilano has completed his athlete profile updates on marciadalmondo
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2988
- Sat 2 Dec - Perseus Karstrom the first of four European athletes in the 2017 20,000m track walk world list
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2987
- Fri 1 Dec - Brian Hanley (GBR) invites walk enthusiasts to participate in his survey on judging in race walking
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2986
- Thu 30 Nov - Australian 50km championship postponed due to severe weather warnings
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2985

- Wed 29 Nov - Preview of this weekend's Australian 50km meet in Melbourne
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2984
- Tue 28 Nov - Chamosa Dacasa siblings win walks at XXIX Winter Championships of Galicia, Spain
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2983
- Mon 27 Nov - Brian Hanley (GBR): measurement of flight time in race walking
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2982

and Omarchador has 10 press releases this week

- Mon 4 Dec - Inês Reis and Amaro Teixeira win the 2017 edition of Celorico da Beira, Portugal
<http://omarchador.blogspot.com.au/2017/12/ines-reis-e-amaro-teixeira-vencem.html>
- Sun 3 Dec - Results of last weekend's walk championships in Eaubonne and Fronton, France
<http://omarchador.blogspot.com.au/2017/12/campeonatos-em-ebaubonne-e-fronton.html>
- Sat 2 Dec - Preview of today's 18th Racewalk Grand Prix in Celorico da Beira, Portugal
<http://omarchador.blogspot.com.au/2017/12/celorico-da-beira-realiza-18-grande.html>
- Fri 1 Dec - Australian 50km Championship cancelled due to severe weather warning
<http://omarchador.blogspot.com.au/2017/12/campeonatos-australianos-de-50-km-no.html>
- Thu 30 Nov - Former Portuguese 50km champion José Magalhães honored
<http://omarchador.blogspot.com.au/2017/11/jose-magalhaes-homenageado-nos-180-anos.html>
- Wed 29 Nov - Perseus Karlström wins Athletics Victoria Shield in Aberfeldie
<http://omarchador.blogspot.com.au/2017/11/perseus-karlstrom-vence-athletics.html>
- Tue 28 Nov - Chamosa siblings win Galicia Winter Walk Championships
<http://omarchador.blogspot.com.au/2017/11/irmaos-chamosa-vencem-campeonatos-da.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 8-10, 2017	Australian All Schools Championships, Adelaide, SA
Dec 17 (Sun), 2017	Australian 50km Championship meet , Fawkner Park, VIC
Jan 14 (Sun) 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 5 (Sun), 2018	Australian Masters 20km Championships, Adelaide, SA
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 Men's and Women's 20km walk, Currumbin Beachfront, Sunday 8 April
May 5-6, 2018	28th IAAF World Race Walking Team Championships , Taicang, China
July 10-15, 2018	16th World Junior T&F Championships , Tampere, Finland
Aug 7-12, 2018	European Athletics Championships , Berlin, Germany

Sept 4-16, 2018 **22nd World Masters Athletics T&F Championships**, Malaga, Spain

Mar 24-30, 2019 **World Masters Indoors T&F Championships**, Torun, Poland

July 3-14, 2019 **30th Summer Universiade**, Naples Italy

Sept 28 – Oct 6, 2019 **17th IAAF World Championships in Athletics**, Doha, Qatar

May, 2020 **29th IAAF World Race Walking Team Championships**, Minsk, Belarrus

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.

Tim Erickson, terick@melbpc.org.au Home: 03 93235978 Mob: 0412 257 496
 Copies of recent newsletters are kept on the VRWC website (<http://www.vrwc.org.au>)