



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
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EUROPEAN CHAMPIONSHIPS TO INCLUDE WOMEN'S 50KM CHAMPIONSHIP

It's now official, with the European Athletics Federation announcing last Thursday that it will now include the women's 50km in the 2018 European Championships. The press release is simple and to the point

Following its successful introduction at a major championship this summer at the IAAF World Championships London 2017, the women's 50km race walk has been added to the competition programme for the Berlin 2018 European Athletics Championships. The event will take place on the opening day of the Championships, Tuesday 7 August, and the women will start with the men in the very first event of the six-day championship.

This means two major 50km championships for women in 2018 - the IAAF World Race Walking Team Championships 50km on May 5 in Taicang, China, and the Europeans Championships 50km on August 7 in Berlin. European 50km Championship entry standards have now been set – prospective female entrants need to walk 4:50.00 or better in a 50km race or 1:39.00 or better in a 20km race.

In London, Portugal's **Ines Henriques** won the inaugural world 50km race walk title in a world record 4:05:56 and she has indicated her ambition next summer is to bid for a continental title in the same event in the German capital. She posted in facebook as follows

*Hello friends, I am very happy for the official confirmation of the introduction of the 50 km of women's March at the 2018. European Athletics Championships in Berlin.
I have to thank my American Lawyer Paul DeMeester for the fundamental help and also the European Athletics Association for considering our request and introducing the competition.
My main goals for the year 2018 are the World Teams Championships on 5 May in China and the European Championship on 7 August in Berlin, I know will be tough and that I have a lot of work ahead of me and I need to manage the effort very well and take care of my body so that it responds in the best way. But it's great to be there to fight.
Next Sunday, December 17th at 9 am, I'm going to make my first 20 km competition at the 3rd Racewalk Challenge in Leiria.
I want to record 1h34m, with the aim of preparing for the National 35km Walk Championship on 7 January at Porto de Mós.
At the national 35 km, I aim to beat the national record of 2H50' 09 " and walk at a rate close to 4H to 50 km, to see how my body responds, To see if in May in the World Team Championships I can risk more.
Kisses
Inez Henriques*

If you think it was a relatively simple process to get the women's 50km added to the European Champs, think again. US Attorney at Law **Paul DeMeester** has shared with us the various documents and correspondences that led to this outcome. Unlike CAS documents, they are not governed by privacy so can be reproduced in the public arena. Here is how it all panned out.

- <http://vrwc.org.au/documents/2017-11-10%20Henriques%20%26%20Marcos%20Valero%20v.%20EAA.pdf>
Initial claim to European Athletics Court, made by Paul on behalf of Ines Henriques and Maria Delores Marcos Valero.
- <http://vrwc.org.au/documents/2017-11-21%20Request%20for%20Stay%20of%20Proceedings.pdf>
Formal request to the court for a delay in proceedings to allow EAA to add the women's 50km and amend their rules accordingly. This followed a very positive response from EAA.
- http://vrwc.org.au/documents/2017-11-28%20EAA%20COURT_decision_1.pdf
An official stay of proceedings is granted by the Court until Dec 15th.
- http://vrwc.org.au/documents/2017-12-12%20Letter%20Mr.%20DeMeester_50km%20RW%20Women_12122017.pdf
Confirmation from EAA that they have added the women's 50km, along with details of amended Timetable, amended Entry Standards and amended Competition Regulations.
- <http://vrwc.org.au/documents/2017-12-14%20Request%20for%20Dismissal%20IH%20%26%20MDMV%20v.%20EAA.pdf>
Request from Paul to the court for lifting of stay of proceedings, dismissal of claim and termination of proceedings.

Thanks to Paul for his ongoing work in getting rid of gender discrimination in our sport of racewalking. Final words to Paul:

“I thank European Athletics President Svein Arne Hansen for his leadership in adding the women’s 50km race walk event to the 2018 Berlin European Athletics Championships. European Athletics also published the amendments to the regulations, so that the 50km race walk is duly recognized as a regular women’s event. Unfortunately, the IAAF never incorporated the London 2017 Worlds addition of the women’s 50km in their published version of the regulations (which still list the event as a Mixed Event). The IAAF should correct that before Doha 2019. I also thank my clients Inês Henriques and Maria Dolores Marcos Valero for vindicating their legal rights. Without their legal case, Berlin 2018 would not have seen a women’s 50K.”

It’s an ongoing battle but we are ticking off the successes. The hope is now for large fields of women in Taicang and Berlin.

Those people like the IAAF Racewalking Committee who want to get rid of the 50km might like to read the article at https://www.rtp.pt/noticias/outras-modalidades/dez-temas-que-marcarem-o-ano-2017-no-desporto_d1046748. In it, Ines Henriques’ 50km World Championship win is marked as one of the top 10 Portuguese sporting achievements of 2017.

WALKERS OF THE WEEK

My Walkers of the Week are **Perseus Karlstrom** and **Jemima Montag**. They were my picks as the two outstanding performers from the Australian 50km Championship meet at Fawkner Park on Sunday. You can read all about it later in the newsletter, but just to summarise for this section.

- 27 year old Swedish walker Perseus Karlstrom was the sole starter in the Australian 50km Championship and walked to an 8 minute PB time of **3:44:35**, bettering the 29 year old Swedish record time of 3:44:49 into the bargain. It was a masterful performance, with a big negative split and a huge last lap. He has had a big year with a bronze medal in the European Racewalking Cup in Podebrady (1:20:40), a win in the first stage of the Lake Taihu 4 Day Rally and a series of other great walks. Check out http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3009.
- 19 year old Jemima took third place in the women’s invitational 20km walk, recording an inaugural time of **1:34:18**. This performance should be recognized as an inaugural Australian Women’s U20 20km record. It is also an all important qualifier for the Commonwealth Games and for the IAAF Race Walking World Teams Championships.



Interestingly, Jemima’s time is not the fastest time done by a 19 year old Australian woman, but the record requirement of age as of 31st December means that her time qualifies as the U20 record, whereas the previous faster times of Jess Rothwell and Regan Lambie did not. It does illustrate the rather clunky way in which the age rules work. Don’t get me started on that one! Age on the Day remains the only fair way to measure records.

For the record, here are the top 20km performances by women aged under 20 (on the day).

Time	Name	State	DOB	Place	Venue	Date	Age
1:30:25	Jessica Rothwell	VIC	18/06/1989	2	Melbourne	07/03/2009	19 Years and 267 days
1:31:39	Regan Lambie	VIC	14/10/1991	11	Taicang	22/04/2011	19 Years and 195 days
1:33:38	Regan Lambie	VIC	14/10/1991	15	Oaegu	31/08/2011	19 Years and 326 days
1:34:18	Jemima Montag	VIC	15/02/1998	3	Melbourne	17/12/2017	19 Years and 310 days
1:35:08	Regan Lambie	VIC	14/10/1991	2	Hobart	19/02/2011	19 Years and 133 days
1:36:40	Regan Lambie	VIC	14/10/1991	2	Melbourne	12/12/2010	19 Years and 64 days
1:37:06	Clara Smith	QLD	09/03/1998	5	Melbourne	17/12/2017	19 Years and 288 days
1:37:34	Jessica Rothwell	VIC	18/06/1989	1	Canberra	27/01/2008	18 Years and 227 days
1:39:03	Jo Strangman	ACT	17/11/1975	1	Sydney	05/08/1995	19 Years and 266 days
1:39:44	Clara Smith	QLD	09/03/1998	21	Suzhou, China	24/09/2017	19 Years and 204 days

And for completeness, here are the U20 men's ranking lists, based on 'Age as of 31 December'.

Time	Name	State	DOB	Place	Venue	Date
1:24:46	Adam Rutter	NSW	24/12/1986	3	Sydney	06/03/2005
1:25:02	Troy Sundstrom	NSW	30/04/1981	7	Melbourne	19/03/1999
1:26:27	Nathan Deakes	VIC	17/08/1977	1	Melbourne	01/09/1996
1:26:34	Steve Beecroft	VIC	14/03/1971	5	Melbourne	15/12/1990
1:26:38	Dane Bird-Smith	QLD	15/07/1992	2	Melbourne	11/12/2011
1:26:44	Tyler Jones	NSW	08/04/1998	2	Melbourne	18/12/2017
1:26:50	Sean Fitzsimons	WA	15/01/1992	3	Melbourne	11/12/2011
1:27:18	Dion Russell	VIC	08/05/1975	1	Melbourne	12/07/1992
1:28:10	Declan Tingay	WA	06/02/1999	1	Wollongong	27/08/2017
1:28:46	Michael McCagh	WA	16/04/1986	7	Sydney	06/03/2005
1:29:21	Rohan Best	TAS	24/02/1973	1	Hobart	04/08/1990
1:29:24	Jesse Osborne	QLD	21/01/1995	6	Hobart	24/02/2013
1:29:38	Nick A'Hern	NSW	06/01/1969	7	Richmond	09/04/1988
1:29:50	Paul Copeland	VIC	25/04/1967	3	Hawkesbury	14/12/1986

Thanks to Brent Vallance for these two lists.

WHAT'S COMING UP

Our walkers can now enjoy a well earned Christmas break. In early January, the action will restart, with the following Victorian based races on the agenda.

Jan 6 (Sat), 2018	AV Shield Round 10 – 3000m/1500m walks at Aberfeldie
Jan 10 (Wed), 2018	AV/VRWC Track Races, Clifton Hill, Mentone
Jan 12 (Fri), 2018	AV Shield Round 11 – 3000m/1500m walks at Lakeside Stadium (twilight)
Jan 14 (Sun) 2018	Australian 10,000m Track Walk Champs, Canberra, ACT
Jan 20 (Sat), 2018	AV Shield Round 12: (P1 & P2) – no walks as far as I know at this stage
Jan 21 (Sun), 2018	VRWC Road Races, Middle Park
Jan 26-28, 2018	Victorian Country T&F Championships, Ballarat
Jan 31 (Wed), 2018	AV Teams 5000m Championships & VRWC races, Mentone
Feb 10 (Sat), 2018	AV Shield Final (P1), Lakeside Stadium – 2000m Walk

2018 IAAF RACEWALK CHALLENGE SERIES MEETS ANNOUNCED

Thanks to omarchador (<http://omarchador.blogspot.com.au/2017/12/iaaf-challenge-2018-inicia-se-em.html>) for letting us know that the IAAF has set the dates for the Category A and B meets in the 2018 IAAF Racewalk Challenge.

Feb 24-25, 2018	Cat B	Memorial Jerzy Hausleber, Monterrey, MEXICO
Apr 7, 2018	Cat B	27 th Grande Prémio Internacional de Rio Maior em Marcha Atlética, Rio Maior, PORTUGAL
May 5-6, 2018	Cat A	IAAF World Race Walking Team Championships, Taicang, CHINA
May 26, 2018	Cat B	XXXII Gran Premio Cantones de La Coruña, La Coruña, SPAIN
Sep 23-26, 2018	Cat B	Around Taihu International Race Walking 2018, Wuzhong, CHINA

The Challenge should also include continental championships and cups (category C).

See <https://www.iaaf.org/competitions/iaaf-race-walking-challenge/calendar/2018> for more details as they are announced.

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

What a difference a fortnight can make. The Australian 50km championship meet, initially scheduled two weeks ago, had to be cancelled due to catastrophic weather forecasts. Fast forward 14 days and competitors were treated to an overnight low of 17°C and an expected maximum temperature of 26°C, not too bad for Melbourne in summer and definitely a vast improvement!

Sadly, the two week postponement cause havoc from a numbers perspective, with only 28 of the original 52 entrants, along with one new entrant, actually making it to the start line. The 50km was most effected, with the original fields of 4 men and 1 woman reduced to a single male walker, **Perseus Karlström** of Sweden. He must have felt a bit lonely during the first hour before the 20km walkers joined him on the fast flat 2km circuit in Fawkner Park.

While attention was at times taken by the 20km, U20 10km and U18 5km races going on around him, Perseus maintained focus on his own performance, and what a performance it was, with his final time of 3:44:35 bettering the Swedish Record timer of 3:44:49 (Bo Gustafsson, 1988) and improving his own 2013 PB by an amazing 8 minutes and 8 seconds. The 10km splits from the race tell

the story of his race: 45:38, 45:04, 44:49, 44:29 and 44:35. It was a masterful performance. Sadly, it will not be a new Swedish record as the race did not have the minimum 3 starters required. But it is now only a matter of time until the record falls to Perseus.

For New Zealanders **Quentin Rew** and **Alana Barber**, the 20km races were of special significance, being the official New Zealand Commonwealth Games trials. Their winning times of 1:22:17 and 1:33:36 can only enhance their prospects of selection – both wins were definitive.

For his part, Quentin led the men's race from start to finish, with splits of 41:22 and 40:55. The chasing duo of **Tyler Jones** and **Rhydian Cowley** gradually lost ground but were both still walking strongly. Sadly for Rhydian, he collapsed around the 15km mark and was forced to retire, leaving Tyler on his own, to eventually take second with a PB 1:26:44, ahead of **Adam Garganis** with 1:28:16.

If the men's race was clear cut, the women's race was anything but, with **Claire Tallent** building a short lead over a chasing group of **Alana Barber**, **Jemima Montag**, **Regan Lamble** and **Clara Smith**. When Claire was forced stop at around the 11km mark, the race quickly changed, with Alana and Jemima soon breaking clear and Claire chasing, while Regan and Clara were dropping back. Claire soon caught and passed Jemima but could not catch Alana who was still going away at the end. Claire's second place time of 1:33:59 was a solid performance, while Jemima's inaugural 20km time of 1:34:18. This performance should be recognized as an inaugural Australian U20 20km record. Regan was next to finish with 1:35:04, meaning the first 4 girls had all bettered the Commonwealth Games and World Race Walking Teams Championship standard of 1:36:00.

The standout walker in the U20 10km was Western Australian **Declan Tingay**, with a 7 sec PB time of 42:02. The other underage winners also walked well, with **Philippa Huse** 51:08. **Will Thompson** 24:29 and **Alanna Peart** 24:54. Special mentions to 16 year old **Jemma Peart** who completed her first ever 10km with an excellent 51:56 and to her 14 year old sister Alanna for her 5km PB of 24:54. Both girls medalled at the Australian Schools championships last weekend and doubled again on Sunday for more good walks.

athsvicTV's **David Armstrong** has done it again, producing a high quality video highlights production from yesterday's Australian 50km Championship meet at Fawkner Park in Melbourne. The action captures the Australian 50km Walk Championship, plus associated 20km, 10k and 5km non-championship events, along with interviews with winners Perseus Karlstrom, Quentin Rew and Alana Barber. See <https://www.youtube.com/watch?v=C1ajLcSKfn4>.

50km Men Australian Championship, 7AM

1.	Karlström, Perseus	90	SWE	45:38	1:30:42	2:15:31	3:00:00	3:44:35	PB 8:08
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20km Men, 8AM

1.	Rew, Quentin	84	NZL	41:22	1:22:17				
2.	Jones, Tyler	98	NSW	43:45	1:26:44	PB 0:23			
3.	Garganis, Adam	97	VIC	44:13	1:28:16				
4.	Carl Gibbons	96	NSW	46:05	1:34:16				
5.	Kozica, Jason	87	VIC	47:35	1:38:57	PB 7:35			
6.	Prasad, Pramesh	74	VIC	49:59	1:45:02	PB 0:18			
	Cowley, Rhydian	91	VIC	43:45	DNF				
	McCutcheon, Luke	98	QLD	46:05	DNF				
	Hess, Albin	60	VIC		DQ				
	Jamieson, Andrew	46	VIC		DQ				
	Blackwood, Mark	77	VIC		DQ				

20km Women, 8AM

1.	Barber, Alana	87	NZL	47:07	1:33:36				
2.	Tallent, Claire	81	SA	46:57	1:33:59				
3.	Montag, Jemima	98	VIC	47:08	1:34:18	First one, Aust U20 record?			
4.	Lamble, Regan	91	VIC	47:05	1:35:04				
5.	Smith, Clara	98	QLD	47:10	1:37:06	PB 2:38			
6.	McInnes, Simone	91	VIC	50:01	1:42:01				
7.	Papadopoulos, Christina	96	QLD	50:53	1:43:47	PB 2:15			

U20 10km Men, 9AM

1.	Tingay, Declan	99	WA	42:02	PB 0:07				
2.	Swan, Kyle	99	VIC	44:58					
3.	Richardson, Dylan	00	NSW	46:05	PB 0:27				
	Bedford, Kyle	00	NSW		DNF				

U20 10km Women, 9AM

1.	Huse, Philippa	99	VIC	51:08					
2.	Peart, Jemma	01	VIC	51:56	First one				
	Randall, Alice	00	TAS		DNF				

U18 5km Men, 10AM

1.	Thompson, Will	02	VIC	24:29					
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2. Dickson, Corey 02 VIC 25:35

U18 5km Women, 10AM

- 1. Peart, Alanna 03 VIC 24:54 PB 0:40
- 2. Hass, Jasmin 02 VIC 26:33 PB 0:57
- 3. Hay, Charlotte 03 VIC 26:50 PB 0:40

Once again, Fawkner Park proved fertile grounds for fast times, with the shaded course the perfect antidote for the Melbourne sun. Special thanks to all the VRWC members who helped with setup and pulldown – Ian Laurie, Shane Dickson, Terry Swan, Peter Vysma, Stu Cooper, Terry and Karyn O’Neill – and to the AA officials and others who rolled up the sleeves and ensured a successful meet.

That is the last major race for the year in Australia, but many of the Fawkner Park competitors, along with a number of international walkers, will be coming together early in the new year in Canberra where a major walks camp and study will be held at the AIS. The Australian 20km championship, to be held in Adelaide on Sunday 11th February, will be highly anticipated.

I have huge numbers of photos that I am going to upload to our VRWC galleries at <http://www.vrwc.org.au/piwigo>. Just give me a few hours and then check later today. Thanks to Shane Dickson, Natalie Myers and Kerrie Peart for the camera snapping.



Perseus Karlstro, Chris Erickson (feed station) and Quentin Rew



Tyler Jones, Rhydian Cowley, Adam Garganis and Alanna Barber



Claire Tallent, Jemima Montag, Regan Lamble and Declan Tingay



Jemma Peart, Jemima Montag, Jasmin Hass, Corey Dickson, Alanna Peart, Will Thompson and Charlotte Hay

AV SHIELD ROUND 9, SATURDAY 16 DECEMBER

I forgot to mention in last week's newsletter that **Gwen Steed's** 2000m AV Shield walk time at Casey Fields (13:42.9) set new W75 Australian, Victorian and VRWC records. There seems no stopping Gwen at the moment as she rewrites the W75 records book.

AV Shield Round 9, Meadowglen Athletics Track, Epping, Saturday 16 December

Meadowglen was the track for this week's metropolitan walks in AV Shield Round 9. Although the top walkers were resting up for the next day's Fawkner Park meet, there were still a healthy 38 walkers in attendance. **Chloe Karagiorgos** and **Heath Beveridge** were the overall winners with 15:39.7 and 7:27.0 respectively. Special mentions for **Claire Samanna** (16L20.3) and **Rupert van Dongen** (17:03.8) for their 3000m PBs.

3000m Walk

1.	Karagiorgos, Chloe	W	KNOX ATHLETIC CLUB	15:39.7	
2.	Hawkins, Trenton	M	PRESTON ATHL	15:54.0	
3.	Dynes, William	M	DIAMOND VALL	16:20.0	
4.	Geisler, Sandra	W	RINGWOOD ATH	16:20.0	
5.	Samanna, Claire	W	COLLINGWOOD	16:20.3	PB 1:58

6.	Feain, Lachlan	M	KEILOR ST BE	16:22.9	
7.	Donahoo, Mark	M	ATHLETICS ESSENDON	16:29.5	
8.	Evans, Simon	M	BOX HILL ATH	16:44.6	
9.	Myers, Natalie	W	ENGLAND	16:46.7	
10.	Kennedy, Paul	M	KEILOR ST BE	16:54.5	
11.	Van Dongen, Rupert	M	MENTONE ATHL	17:03.8	PB 0:10
12.	Keirl, Bernie	M	DIAMOND VALL	17:24.5	
13.	Erickson, Tim	M	COBURG HARRI	17:42.0	
14.	Feain, Madeleine	W	KEILOR ST BE	17:51.5	
15.	Rosenbrock, Carol	W	ATHLETICS NU	18:05.6	
16.	Walshe, Kerry	W	KEILOR ST BE	18:25.0	
17.	Hay, Angus	M	KNOX ATHLETIC CLUB	18:40.3	
18.	Beaumont, Hamish	M	MELBOURNE UN	18:43.6	
19.	Knox, Duncan	M	ATHLETICS ESSENDON	18:58.0	
20.	Carr, Heather	W	GLENHUNTLY A	19:05.3	
21.	Riddoch, Clyde	M	ATHLETICS WAVERLEY	19:14.6	
22.	Lazar, Dennis	M	DIAMOND VALL	19:22.8	
23.	Elms, Donna-Marie	W	PRESTON ATHL	19:53.5	
24.	Dickenson, Russel	M	VICTORIAN MA	19:56.5	
25.	Hodgart, Janice	W	WESTERN ATHLETICS	20:46.6	
26.	Barrow, Geoff	M	MENTONE ATHL	20:50.2	
27.	Steed, Gwen	W	GLENHUNTLY A	21:01.4	
28.	Dunstone, Phillip	M	WESTERN ATHLETICS	21:25.4	
29.	Anderson, Brian	M	ATHLETICS ESSENDON	21:26.3	
30.	Benke, Geza	M	OLD MELBURNI	21:27.0	
31.	Lamb, Heather	W	BRUNSWICK AT	26:56.9	
32.	Campbell, Donna	W	PRESTON ATHL	28:42.3	
	Thomas, Timothy	M	MELBOURNE UN	DQ	

1500m Walk

1.	Beveridge, Heath	M	WESTERN ATHLETICS	7:27.0	
2.	Briet, Brianna	W	CASEY CARDIN	8:11.6	
3.	Turnbull, Riley	M	RINGWOOD ATH	9:12.3	
4.	Bridgewater, Edie	W	PRESTON ATHL	10:01.5	
5.	Kennedy, Thomas	M	KEILOR ST BE	11:14.1	
	Kennedy, William	M	KEILOR ST BE	DQ	

AV Shield Round 9, LaTrobe Athletics Track, Bendigo, Saturday 16 December

To Bendigo where 7 walkers were in action.

3000m Walk

1.	Peter Curtis	M23	SOUTH BENDIGO	17:19.89	
2.	Barbara Bryant	W63	EAGLEHAWK	17:41.73	
3.	Annette Curtis	W61	SOUTH BENDIGO	21:10.15	
4.	John Watson	M67	BENDIGO HARRIERS	25:22.89	

1500m Walk

1.	Claire Noonan	W13	COLLINGWOOD	8:58.20	
2.	Jennifer Payne	W61	SOUTH BENDIGO	9:08.31	
3.	Wendy Ennor	W60	EAGLEHAWK	12:22.20	

AV Shield Round 9, Landy Field, Geelong, Saturday 16 December

And finally to Geelong where 2016 Rio Olympian **Chris Erickson** scored a few more club points with a win in the 2000m walk (9:15.84) ahead of NZ Olympic walker **Scott Nelson** (9:30.15). Do we call this a battle of Olympic proportions?

2000m Walk

1.	Erickson, Chris	M	ATHLETICS ESSENDON	9:15.84	
2.	Nelson, Scott	M	WYNDHAM TRAC	9:30.15	
3.	Nelson, Arnika	W	WYNDHAM TRAC	10:22.52	
4.	Imbriano, Joel	M	ST KEVIN'S A	10:24.49	
5.	Weickhardt, Sebas	M	WYNDHAM TRAC	12:52.51	
6.	Walker, Charli	W	BELLARINE AT	12:52.89	
7.	Lewis, Leandar	M	WYNDHAM TRAC	15:32.42	

SAMA TRACK WALKS, SA ATHLETICS TRACK, MILE END, ADELAIDE, WEDNESDAY 13 DECEMBER

And now to our roundup of other results from around Australia. Thanks to Colin Hainsworth for the latest results from the South Australian Masters in Adelaide. He commented: Hot day 39C (42C out our way) but cooled down to a humid 28C by 7PM.

800m Handicap Walk

1.	Peter Crump	04:16	M57
2.	Marie Maxted	04:33	W57
3.	Julia Lycett	04:58	W53
4.	James Hoare	05:46	M71
5.	Graham Harrison	06:07	M74
6.	Roger Lowe	06:25	M74

5000m Handicap Walk

1.	James Hoare	37:07	M71	68.32%
2.	Marie Maxted	34:11	W57	69.93%
3.	Colin Hainsworth	46:21	M87	69.93%
4.	Graham Harrison	40:15	M74	65.51%

3000m Handicap Walk

1.	Dave Fallon	21:17	M65	65.27%
2.	Edna Bates	26:36	W65	57.27%
3.	Peter Crump	17:29	M57	73.29%
4.	Roger Lowe	26:04	M74	59.41%

ACTRWC TRACK WALKS, WODEN PARK, WODEN, THURSDAY 14 DECEMBER

Thanks to Robin Whyte for the latest results from Canberra. Good win to younster **Mitchell Baker**.

2000m Turkey Handicap

1.	Mitchell Baker	8:32
2.	Tim Fraser	8:47
3.	Callum Burns	8:59
4.	Laura Burns	10:34
5.	Robin Whyte	12:27
6.	Spencer Burns	13:27
7.	Geoff Barker	16:14
8.	Lorna England	16:24
9.	Robert Kennelly	16:48

WA 10,000M WALK CHAMPIONSHIPS, WA ATHLETICS STADIUM, PERTH, THURSDAY 14 DECEMBER

Only a few walkers in the Western Australian 10,000m track walk championship, with the two fastest walkers in Ben Reid and Declan Tingay being disqualified. That left **Bradley Mann** to take fastest time with 57:02.22.

10,000m Walk Championship Women

1.	McCagh, Melissa	87	Bayswater Aths	57:16.16
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10,000m Walk Championship Men

1.	Mann, Bradley	99	Ridgewood At	57:02.22
2.	Millard, Tom	05	Melville Roa	57:07.53
	Reid, Benjamin	01	Athletics WA	DQ
	Tingay, Declan	99	Athletics WA	DQ

QMA TRACK WALKS, SAF, BRISBANE, SATURDAY 16 DECEMBER

Small fields these days in the Queensland Masters races in Brisbane.

5000m Walk

1.	Ignacio Jimenez	M52	Brisbane	24:59.77	82.03%
2.	Peter Bennett	M62	Brisbane	28:49.37	77.83%
3.	Noela McKinven	W75	Brisbane	40:40.38	75.04%

TRELOAR SHIELD, SOPAC, SYDNEY, SATURDAY 16 DECEMBER

NSW walkers were back in action with a further round of the Treloar Shield on Saturday. Best performance by **Ryan Thompson**.

5000m Walk

1.	Bell, Bridget	W	Athletics Nsw	30:26.21
2.	Parker, Hannah	W	Randwick Bot	32:01.77
3.	Brennan, Elise	W	U.T.S. North	32:14.84

3000m Walk

1.	Thomson, Ryan	M	Nepean Distr	14:57.15
2.	Webb, Cheryl	W	Blacktown Ci	16:03.18
3.	Leerberg, Martin	M	U.T.S. North	16:06.17
4.	Boughton, Milly	W	Randwick Bot	16:12.61
5.	Thomson, Olivia	W	Sydney Pacif	16:50.92
6.	Davis, George	M	Ryde Athleti	18:24.01
7.	Thomson, Jada	W	Nepean Distr	18:55.14
8.	Hardy, Renee	W	Asics Wests	19:18.80
9.	Parker, Carmel	W	U.T.S. North	20:33.63
10.	Deagan, Rhianni	W	Nepean Distr	21:23.79

1500m Walk

1.	Mcmillen, Elizabeth	W	Sydney Pacif	7:38.08
2.	Martin, Brooke	W	Nepean Distr	8:47.67
3.	Bell, Darcy	M	Asics Wests	8:55.80
4.	Watts, Sofia	W	Asics Wests	9:01.70
5.	Scholle, Felix	M	Asics Wests	9:34.99
6.	Olbrich, Chelsea	W	Hills Distri	9:35.89
7.	Murray, Peter	M	St. George D	10:16.83
8.	McIntosh, Lachlan	M	Unattached	11:30.48
9.	Mason, Robert	M	Asics Wests	14:33.50

TASMANIAN INTERCLUB, DOMAIN ATHLETICS TRACK, HOBART, SATURDAY 16 DECEMBER

A very close finish in the 1000m handicap in Hobart Interclub on Saturday with only 30m separating first and last. Now that's what I call good handicapping. Special well done to **Wayne Fletcher** also competed in 6 other events on the day.

1000m Handicap

1.	Bayley Campbell	4.10
2.	Anna Blackwell	4.35
3.	Ron Foster	6.20
4.	Elizabeth Leitch	6.25
5.	David Moore	6.59
6.	Wayne Fletcher	7.19

AACT SUMMER SERIES MEET, AIS ATHLETICS TRACK, CANBERRA, SUNDAY 17 DECEMBER

Most Canberra walkers choose the ACTRWC midweek races but, just for completeness, we had one walker in the AACT Summer Series walk last Sunday.

1500m Walk

1.	Pierce Brennan	Woden Athlet	9:20.84
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WARWC ROUNDUP

Finally a catchup for December's Western Australian Racewalking Club races in Perth.

WARWC Roadwalks, Wilson, Sunday 3 December**10km Walk**

1.	Ben Reid	54.41
2.	Andrew Duncan	55.08

WARWC Roadwalks, Wilson, Sunday 10 December**10km Walk**

1.	Declan Tingay	50.19
2.	Wendy Farrow	73.54

5km Walk

1.	Karyn Tolardo	35.00
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1.5km Walk

1.	Waynje Byram	8.46
2.	Xavier Bernard	9.25

5km Walk

1.	Ben Reid	26.17
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1.5km Walk

1.	Xavier Bernard	10.06
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That should be it for Australia for December. I don't expect any further races before the new year.

AUSTRALIAN ALL SCHOOLS FINAL PHOTO

One final photo from the Australian All Schools T&F Championships in Adelaide, which were reported in last week's newsletter. The morning after the racewalks, a lot of the young walkers met for a training session. Here they are! Great to see everyone working together.



All Schools walkers in Adelaide (photo Bob Cruise)

CHALLENGE DE LEIRIA EM MARCHA ATLÉTICA, LEIRIA, PORTUGAL, SUNDAY 17 DECEMBER

Portugal hosted two big racewalking meets last weekend, with Portuguese district championships in Baixa da Banheira on Saturday and in Leiria on Sunday.

Victory to 50km world champion and world record holder **Inês Henriques** in the 3rd Leiria Racewalk Challenge, finishing the women's 20km race in a fast 1:32:38. She was a long way ahead of **Mara Ribeiro** (1.39.49) and **Sandra Silva** (1.50.48). The men's 20km win went to **Miguel Rodrigues** (1.28.23), ahead of **Miguel Carvalho** (1.31.08), and **Hélder Santos** (1.31.13). See article at <https://www.iaaf.org/competitions/iaaf-race-walking-challenge/calendar/2018>. Lots of other events as well. Full results at [http://www.adal.pt/pdf/2017-2018/resultados/merged%20\(5\).pdf](http://www.adal.pt/pdf/2017-2018/resultados/merged%20(5).pdf).

20km Mixed

1.	Miguel Rodrigues	SL Benfica	Sen M	1:28:23
2.	Miguel Carvalho	SL Benfica	Sen M	1:31:08
3.	Helder Santos	LMAC	Sen M	1:31:13
4.	Inês Henriques	Clube Natação Rio Maior	Master F	1:32:38
5.	Amaro Teixeira	Centro Atletismo Seia	Sen M	1:32:39
6.	Cristiano António	Juventude Vidigalense	Sen M	1:32:41
7.	Pedro Santos	Maratona Clube Vila Chã	Sen M	1:33:04
8.	Vítor Cabral	Atletismo CF Oliveira Douro	Sen M	1:39:43
9.	António Pereira	SC Braga	Sen M	1:39:44
10.	Mara Ribeiro	SL Benfica	Sen F	1:39:49
11.	Luis Silva	LMAC	Master M	1:43:17

12.	Sidney Santos	SC Portugal	Jun M	1:44:12
13.	Luís Bidarra	Centro Atletismo Seia	Master M	1:45:15
14.	Manuel Marques	Atletismo CF Oliveira Douro	Sen M	1:48:36
15.	Henriques Santos	GD Diana	Master M	1:50:05
16.	Sandra Silva	Atletismo CF Oliveira Douro	Sen F	1:50:48
17.	Marco Amaral	CDC Juv. Ilha Verde	Sen M	1:51:46

10km Men and Women (first 20)

1.	Miguel Rodrigues	SL Benfica	Sen M	44:43
2.	Helder Santos	LMAC	Sen M	45:39
3.	Miguel Carvalho	SL Benfica	Sen M	45:39
4.	Amaro Teixeira	Centro Atletismo Seia	Sen M	46:54
5.	Inês Henriques	Clube Natação Rio Maior	Master F	46:55
6.	Paulo Martins	SC Portugal	Jun M	47:15
7.	Cristiano António	Juventude Vidigalense	Sen M	47:15
8.	Pedro Santos	Maratona Clube Vila Chã	Sen M	47:15
9.	João Martins	CA Ferreira Zêzere	Sen M	47:18
10.	Cláudio Cotrim	Casa Povo Alcanena	Sen M	47:27
11.	Vitória Oliveira	SC Portugal	Sen F	49:36
12.	António Pereira	SC Braga	Sen M	49:54
13.	Vítor Cabral	Atletismo CF Oliveira Douro	Sen M	49:56
14.	Mara Ribeiro	SL Benfica	Sen F	50:01
15.	Sidney Santos	SC Portugal	Jun M	51:47
16.	Luís Bidarra	Centro Atletismo Seia	Master M	51:47
17.	Inês Reis	SC Portugal	Jun F	51:54
18.	Luis Silva	LMAC	Master M	52:12
19.	Manuel Marques	Atletismo CF Oliveira Douro	Sen M	53:57
20.	Marco Amaral	CDC Juv. Ilha Verde	Sen M	55:05

10km Junior Men and Women

1.	Daniel Gouveia	Centro Atletismo Seia	Jun M	47:26
2.	Ruben Santos	Atletismo CF Oliveira Douro	Jun M	47:47
3.	Joana Pontes	GA Casais do Vento	Jun F	51:16



Inês Henriques (centre) leads the walkers from the gun in the Leiria 20km walk on Sunday (photo <http://www.marciadalmondo.com>)

I will leave readers to check out the results from the other big Portuguese weekend walks meet at Baixa da Banheira . Overall wins to **Pedro Isidro** and **Mariana Mota**. See <http://omarchador.blogspot.com.au/2017/12/pedro-isidro-e-mariana-mota-foram-os.html>.

RACE WALKING MEET, GETAFE, SPAIN, SUNDAY 17 DECEMBER

Last Sunday saw the 19th Trofeo de Marcha Asociacion Deportiva Cerro de Buenavista in the Spanish city of Getafe. The meet, which featured the classic road distances of 10km and 5km, also hosted the Spanish Masters Roadwalk Championships, as well as competitions over minor distances. As usual, big numbers raced.

Marcialdomondo points out that over the last month, Spain has hosted a whole series of top quality racewalking meets

Nov. 18, 2017: Toledo - XXX Espada Toledana
Nov. 19, 2017: Manresa - XI Memorial Enric Villapiana
Nov. 25, 2017: Lugo - XXIX Campeonato de Galicia de Marcha de Invierno
Nov. 26, 2017: Murcia - Campeonato de Marcha de Promocion
Dec. 10, 2017: Guadix - Campeonato de Espagna de Marcha Atletica de Promocion
Dec. 10, 2017: Guadix - XXXII G.P. de Marcha Atlética Ciudad de Guadix - XIII Memorial Manuel Alcalde
Dec. 17, 2017: Getafe - XIX Trofeo de Marcha Asociación Deportiva Cerro de Buenavista

It is no wonder that Spain continues to be a racewalking powerhouse. The country provides huge opportunities for its walkers.

And now onto the results which are well reported in http://www.marcialdomondo.com/eng/dettagli_news.aspx?id=3011. Lots of good photos are found at <https://www.flickr.com/photos/115916189@N03/albums/72157690473073254>.

The favourites dominated the medals as expected. In the men's 10km, victory went to **Alvaro Martin** (41:19) ahead of **Diego Garcia** (41:54) and **José Ignacio Diaz** (41:59). In the women's 10km, victory went to **Laura Garcia-Caro** (45:00) ahead of **Lidia Sanchez-Puebla** (45:16) and **Lluna Capdevila** (48:58).

Open and U20 Men 10km Race Walk

1.	Álvaro MARTÍN	ESP	94	41:19
2.	Diego GARCÍA	ESP	96	41:54
3.	José Ignacio DÍAZ	ESP	79	41:59
4.	Pablo OLIVA	ESP	96	43:00
5.	Mario SILLERO	ESP	90	43:45
6.	Jesus ABAD	ESP	98	44:13
7.	William Israel AYMAR CELI	ECU	95	44:52
8.	Álvaro CALDERON TORNERO	ESP	00	45:21
9.	Jose MESTRE	ESP	01	46:41
10.	Alvaro LOPEZ NUNEZ	ESP	99	47:07
11.	Fernando MONTEJO GARCES	ESP	02	48:54
12.	Ignacio VILLEGAS DE MIGUEL	ESP	01	49:05
13.	Álvaro DURAN DANTA	ESP	97	49:33
14.	Ivan MERINO MARTINEZ	ESP	01	51:14
15.	Álvaro GUZMAN RINCON	ESP	01	52:21
16.	Miguel TATO RIVAS	ESP	00	52:39
17.	Daniel DE LUCAS CHANQUET	ESP	02	52:42
18.	Pablo SANZ RILLO	ESP	02	52:58
19.	Victor GARCIA FRANCES	ESP	01	53:29
20.	Sergio ABAD ZORZO	ESP	00	55:36

Open and U20 Women 10km Race Walk

1.	Laura GARCÍA-CARO	ESP	95	45:00
2.	Lidia SANCHEZ-PUEBLA	ESP	96	45:16
3.	Lluna CAPDEVILA	ESP	98	48:58
4.	María del Pinar POLO ROMERO	ESP	93	50:25
5.	Angela RUIZ	ESP	97	50:51
6.	Marina SILLERO	ESP	98	51:06
7.	Alicia LUMBRERAS	ESP	02	53:20
8.	Elena DÍAZ	ESP	85	53:37
9.	María Moya DEL CAMPO	ESP	02	53:51
10.	Alicia SÁNCHEZ	ESP	00	54:13
11.	Blanca MICO LAMBIES	ESP	01	54:21
12.	Ana GUAITA	ESP	01	54:30
13.	Carmen HERNÁNDEZ	ESP	69	58:03
14.	Lucia CORRAL	ESP	97	58:16
15.	Marta SÁNCHEZ	ESP	02	58:34
16.	María FERNANDEZ RATERO	ESP	96	59:30
17.	Zaira ZAFRA OROSA	ESP	01	60:52

U18 Men 5km Race Walk

1.	Pablo Pastor MARÍN	ESP	03	24:06
2.	Francisco TORNOS	ESP	03	25:47

U18 Women 5km Race Walk

1.	Maidier ETXEBERRIA LIZARBE	ESP	03	27:25
2.	Alba ESPAÑA CANO	ESP	03	27:39
3.	Africa PEREZ PIOAGA	ESP	04	27:47

4.	Candela LOPEZ-OSA	ESP	04	28:07
5.	Nerea PARREO DIEZ	ESP	04	28:19

U14 Men 3km Race Walk

1.	Asier DÍAZ DE DIEGO	ESP	05	15:47
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U14 Women 3km Race Walk

1.	Angela CASANOVA PERIS	ESP	05	16:36
2.	Nuria LUMBRERAS GONZÁLEZ	ESP	05	16:43
3.	Marta NARANJO LOZANO	ESP	06	16:56
4.	Lydia BALLESTEROS GARROTE	ESP	05	17:18
5.	Rocio VEGA RODRIGUEZ	ESP	06	17:32
6.	Elvira HERREROS BENEDICTO	ESP	05	17:40

HONG KONG NATIONAL RACE WALKING CHAMPIONSHIPS, HONG KONG, SUNDAY 17 DECEMBER

Last Sunday saw the Hong Kong national 20km road walk championships. It is the best time of the year for such events in Hong Kong, with the day providing good weather - a max of 16°C with humidity ranging from 45% to 70%. Numbers were quite good for HK, with 7 senior women and 4 senior men, along with 18 masters women and 15 masters men. As usual, the U20 championships were also held. Overall victories to **Edward Tse Chung Hung** (1:40:50) and **Jessica Ching Sia Nga** (1:43:25). Well reported by marciadalmondo (http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3010).

Full results at http://www.marciadalmondo.com/admin/pdf/risultati/18122017451HongKong2017_Dec17.pdf

Men 20km Race Walk

1.	TSE, Edward CHUN HUNG	1:40:50
2.	GREGOIRE, PETER JOHN	2:02:23
3.	KO TAI CHIU	2:03:46
4.	FUNG, Raymond FOR YAU	2:05:57
5.	FU, Jason CHI WING	2:09:09
6.	LIU, Sam HAK MING	2:12:09
7.	CHAN PAK CHEONG	2:12:18
8.	HUNG, Eric LING TAK	2:20:26
9.	KWOK, Thomas CHUN WAI	2:29:04
10.	BILL PURVES	2:39:17
11.	LEE CHI KO	2:41:30
	WONG, Eddie SIU KEUNG	DQ

Women 20km Race Walk

1.	CHING, Jessica SIU NGA	1:43:25
2.	WONG, Luna SZE WAI	2:09:33
3.	LEUNG, Edith YUK YIN	2:11:46
4.	MOK, Iris SAU YI	2:35:19
	CHAN TSZ CHING	DNF

U20 Men 20km Race Walk

1.	SIU MAN SHUN	1:48:36
	CHIN MAN KIT	DQ

U20 Women 20km Race Walk

1.	LAU HAIYING	1:58:29
2.	NG SAU MAN	2:02:03
3.	KWAN, Catherine SIU YIN	2:12:50
4.	SUEN, Helen WAI HA	2:16:00
5.	SIU, Elaine WING SHEUNG	2:17:57
6.	LAU SAU HAN	2:19:49
7.	TAI, Irene SAU KING	2:20:43
8.	LAM SUK LAN	2:21:27
9.	FUNG, Linda SIU MEI	2:23:15
10.	NG, Daisy CHUI YI	2:26:56
11.	LI, Rita CHUI FUN	2:27:54
12.	LAI HUNG LIN	2:30:33
13.	LAU, Bonnie YUK KING	2:42:25
	WONG, Suki YUET CHUN	DQ

3RD WINTER INDOOR T&F MEET, NOGENT SUR OISE, FRANCE, SUNDAY 17 DECEMBER

David Kuster was back in action on Sunday in the French city of Nogent-sur-Oise (100km north of Paris). Winning the Men's 5000m indoor walk, he broke his own French U20 record (which had stood at 20:00.8) with a very fast **19:48.59**. Thanks as always to Emmanuel Tardi for this info. Nice article at <http://www.trackandlife.fr/nouveau-record-de-france-pour-david-kuster/>

5000m Walk Men

1.	KUSTER David	JUM/99	Csl Neuf-brisach	19:48.60
2.	GOGNIES Ryan	JUM/00	Efs Reims A.	22:11.52
3.	CHAUMETTE Valentin	JUM/00	Froissy AC	23:10.48
4.	DREVILLE Lucas	CAM/02	Beauvais OUC	24:56.14
5.	CYS Jeremy	VEM/78	Ac Chateau Thierry	25:57.90
6.	KERJEAN Loick	JUM/00	Vga Compiegne	26:30.26
7.	MARIE Frederic	VEM/61	As Mantes	27:40.83
8.	MACRE Tony	VEM/77	Mouy Atac	28:25.03
9.	PLATEAUX Alban	CAM/01	Ac Chateau Thierry	29:27.73
10.	HELIN Rene	VEM/45	ACD Margny	33:12.56

3000m Walk Women

1.	NAZE Cecile	SEF/95	Mouy Atac	14:35.60
2.	TORREZ Emeline	JUF/00	Ac Cauffry-liancourt	15:57.83
3.	KERJEAN Sonia	VEF/71	Vga Compiegne	16:28.51
4.	DEMAREST Lucie	CAF/01	Vga Compiegne	17:09.65
5.	STEUX Laurence	VEF/63	Mouy Atac	17:33.19
6.	CASTAGNA Livia	CAF/02	ES Viry Chatillon	17:39.38
7.	MUREDDU Morgane	CAF/01	Mouy Atac	18:33.97
8.	PLOUY Justine	JUF/00	Vga Compiegne	20:18.04
9.	DUCRUET Nadia	VEF/64	Ac Chateau Thierry	20:25.20
10.	CRETTE Clara	CAF/01	Ac Chateau Thierry	20:58.42

OUT AND ABOUT

- Ines Henriques, the 50km world champion and record holder, continues to be in the news for all the right reasons. ESPN has produced a sporting documentary on her and it will be released this week on one of Latin America's main channels, namely ESPN Woman. Check out <https://www.facebook.com/ines.henriques.7771/videos/10216026129468666/> for a sneak preview.
- The following article summarises where things seem to be at with regard to the 'electronic shoe' that is supposed to save racewalking. But where are the testing results? Who are the elite walkers who have been tested? In which races has testing been done? Lots of questions and no answers. Alas, that is unfortunately typical of the IAAF Racewalking Committee. Some things never change. See <https://www.lavozdegalicia.es/noticia/deportes/2017/09/24/ojo-halcon-marcha/00031506268691253209519.htm>.
- The IOC has banned six Russian female ice hockey players from the Olympics for life over doping allegations linked to the 2014 Sochi Games, the ruling body said last Tuesday. The decision came a week after the IOC banned Russia from next year's Pyeongchang Winter Olympics for what it called "unprecedented systematic manipulation" of the anti-doping system. The IOC decision increased the number of Russian athletes banned for life from the Olympics over alleged doping violations at the Sochi Games to more than 30. See <https://www.sbs.com.au/news/ioc-bans-six-russian-female-ice-hockey-players-for-life-over-doping>.
- Interesting, is it not, that so many asthmatics decide to pursue one of the world's extreme sports. It is clearly the condition du jour for the stars of Team Sky. First Bradley Wiggins explains his pattern of Therapeutic Use Exemptions by saying that he has lived with asthma since he was a teenager, and now Chris Froome, who has used an inhaler for years, is found to have double the legal amount of salbutamol in his body. A test during this year's Vuelta has shown Froome to have twice the legal level salbutamol. Team Sky's explanation: Their No.1 rider needed extra salbutamol after the Vuelta climb to the summit of Los Machucos, a highly irregular ascent with gradients as steep as 26 per cent. On that day, Vincenzo Nibali, one of Froome's chief rivals, gained 42 seconds uphill. The next day, the day of Froome's abnormal test result, Nibali lost 21 seconds uphill. It all stinks to me. That is why I no longer follow cycling in any form. See <http://www.theage.com.au/sport/cycling/cycling-has-again-set-fire-to-its-own-image-20171214-h04epp.html>.
- Dr. Rodchenkov's footnotes also reveal the extraordinary level of planning that went into Russia's State doping system... More on Viktor Chegin below. It does raise the question: Was there any such thing as a clean Russian racewalker?

⁶ <http://www.nytimes.com/2008/08/01/sports/olympics/01doping.html>

⁷ <http://www.dailymail.co.uk/sport/olympics/article-1041882/Top-Olympic-official-accuses-Russian-athletes-systematic-planned-doping.html>

⁸ For example, in May 2008 during the IAAF World Cup in Cheboksary, we tested Chegin's race walkers and found all 18 had taken EPO. All 18 positives were misreported as negative in the Moscow Lab. Dr. Gabriel Dollè, from the IAAF, had ordered me to send these urine samples to the Lausanne laboratory, but sending samples abroad was legally prohibited. Dollè thus sent a doping-control officer to Moscow. Tiring of Chegin, I decided to help the officer find race walkers for surprise testing. He collected 5 samples and, with my help, smuggled them back to Lausanne. Not surprisingly, all five were found dirty for EPO. Dollè later demanded that we sequester 58 urine samples from Chegin's race walkers and send them to Lausanne. Later, Dollè said I could destroy these samples.

- Biathlon Canada will not be competing in IBU Cup and World Cup events in Russia scheduled for March in protest of the state-sponsored doping scandal in the country. In a statement released on Friday, the organization, says that Russia's biathlon federation should not be permitted to host the events in the wake of the IOC's decision to ban the country from participating in the upcoming Olympics in Pyeongchang. See <http://www.cbc.ca/sports/olympics/winter/biathlon/biathlon-canada-russia-boycott-1.4452191>.
- FIFA has confirmed it has received new information from WADA about Russian footballers implicated in a database obtained from the Moscow Laboratory. Last month, FIFA secretary general Fatma Samoura insisted there is not widespread doping in Russian football amid fresh allegations about players from the 2018 World Cup host nation. Now it seems the entire Russian team from the 2014 FIFA World Cup in Brazil are implicated in the McLaren Report and are being investigated. See <https://www.insidethegames.biz/articles/1059174/fifa-promises-appropriate-sanctions-if-required-after-receiving-wada-data-on-russian-footballers#.WjTBId21DI8.twitter>.
- If you thought that things were going to calm down now on the drugs front, you were wrong. The International Swimming Federation (FINA) and International Volleyball Federation (FIVB) have become the latest bodies to confirm they have received new information from WADA about Russian athletes implicated in a database obtained from the Moscow Laboratory. It comes after the names of around 300 Russian athletes were given to International Federations by WADA in Lausanne last Thursday. All of the athletes are thought to have tested positive before being awarded negative results between April 2012 and September 2015. See <https://www.insidethegames.biz/articles/1059208/fina-and-fivb-the-latest-international-federations-to-confirm-receipt-of-wada-data-on-russian-athletes>.
- European silver medallist Monica-Suneta Csengeri of Romania is one of six weightlifters to have been confirmed as returning an Adverse Analytical Finding (AAF) by the sport's world governing body, with the list also including athletes from banned nations Russia and Ukraine. See <https://www.insidethegames.biz/articles/1059212/european-silver-medallist-csengeri-among-six-weightlifters-to-fail-doping-tests-with-russian-and-two-ukrainians-also-on-list>.
- New Zealand may be heading for its own drugs scandal, with more than 80 athletes across a range of sports and at varying levels expected to have their cases heard after more than 100 registered athletes are alleged to have tried to purchase illegal steroids. More than 40 per cent of those are understood to be rugby players. See http://www.nzherald.co.nz/sport/news/article.cfm?c_id=4&objectid=11960483.

MARCIADALMONDO AND OMARCHADOR ROUNDUP

Marciadalmondo has 7 press releases this week

- Tue 19 Dec - Results of Hong Kong 20km road walk Championships
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3010
- Sun 17 Dec - Perseus Karlstrom sets new Swedish 50km record
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3009
- Sun 17 Dec - Report on Australian 50km Championship meet at Fawkner Park
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3008
- Fri 16 Dec - This weekend's focus will be on Melbourne (AUS) and Getafe (ESP)
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3007
- Wed 14 Dec - European Athletics has officially added 50km women to Berlin 2018
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3006

- Tue 13 Dec - Alex Wight and Veronica Burke win 20km championships in Dublin
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3005
- Tue 13 Dec - Antonio Amigo Alvarez (ESP) talks Race Walking Technique
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3004

and Omarchador has 12 press releases this week

- Mon 18 Dec - Pedro Isidro and Mariana Mota win in Baixa da Banheira, Portugal
<http://omarchador.blogspot.com.au/2017/12/pedro-isidro-e-mariana-mota-foram-os.html>
- Sun 17 Dec - Bethan Davies wins Christmas Classic, Cardiff
<http://omarchador.blogspot.com.au/2017/12/bethan-davies-abriu-epoca-no-christmas.html>
- Sat 16 Dec - Baixa da Banheira and Leiria host Portuguese district championships
<http://omarchador.blogspot.com.au/2017/12/baixa-da-banheira-e-leiria-acolhem.html>
- Fri 15 Dec - Results of Australian Schools Championships in Adelaide
<http://omarchador.blogspot.com.au/2017/12/grande-vitalidade-nos-campeonatos.html>
- Fri 15 Dec - 2018 IAAF Racewalking Challenge kicks off in Monterrey, Mexico
<http://omarchador.blogspot.com.au/2017/12/iaaf-challenge-2018-inicia-se-em.html>
- Thu 14 Dec - Iván Pajuelo and María Pérez win in Guadix, Spain
<http://omarchador.blogspot.com.au/2017/12/marcha-de-guadix-com-vitorias-de-ivan.html>
- Thu 14 Dec - Guadix hosts the Spanish Winter Promotion Championship
<http://omarchador.blogspot.com.au/2017/12/guadix-foi-palco-do-campeonato-de.html>
- Wed 13 Dec - Birthday of Portuguese walker Augusto Cardoso
<http://omarchador.blogspot.com.au/2017/12/augusto-cardoso-em-dia-de-aniversario.html>
- Wed 13 Dec - 2018 European Champs to host women's 50km in Berlin
<http://omarchador.blogspot.com.au/2017/12/berlim-2018-com-50-km-femininos.html>
- Wed 13 Dec - Veronica Burke and Alex Wright win Irish 20km championships
<http://omarchador.blogspot.com.au/2017/12/irlandeses-veronica-burke-e-alex-wright.html>
- Tue 12 Dec - Edna Barros the standout walker in Lagoa, Portugal
<http://omarchador.blogspot.com.au/2017/12/edna-barros-destaca-se-em-lagoa-algarve.html>
- Tue 12 Dec - Guatemalans dominate Central American walk championships
<http://omarchador.blogspot.com.au/2017/12/guatemaltecos-dominam-na-marcha-dos.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

Jan 6 (Sat), 2018	AV Shield Round 10 – 3000m/1500m walks at Aberfeldie
Jan 10 (Wed), 2018	AV/VRWC Track Races, Clifton Hill, Mentone
Jan 12 (Fri), 2018	AV Shield Round 11 – 3000m/1500m walks at Lakeside Stadium (twilight)
Jan 14 (Sun) 2018	Australian 10,000m Track Walk Champs, Canberra, ACT. See https://10000mwalk.eventdesq.com/
Jan 20 (Sat), 2018	AV Shield Round 12: (P1 & P2) – no walks as far as I know at this stage
Jan 21 (Sun), 2018	VRWC Road Races, Middle Park
Jan 26-28, 2018`	Victorian Country T&F Championships, Ballarat
Jan 31 (Wed), 2018	AV Teams 5000m Championships & VRWC races, Mentone
Feb 10 (Sat), 2018	AV Shield Final (P1), Lakeside Stadium – 2000m Walk
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)

2018 IAAF Racewalking Challenge Events

Feb 24-25, 2018	Cat B	Memorial Jerzy Hausleber, Monterrey, MEX
Apr 7, 2018	Cat B	27th Grande Prémio Internacional de Rio Maior em Marcha Atlética, Rio Maior, POR
May 5-6, 2018	Cat A	IAAF World Race Walking Team Championships, Taicang, CHN
May 26, 2018	Cat B	XXXII Gran Premio Cantones de La Coruña, La Coruña, ESP
Sept 23-26, 2018	Cat B	Around Taihu International Race Walking 2018, Wuzhong, CHN

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 20 (Sat), 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, Belaruss
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>)