



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2017/2018 Number 15
9 January 2018



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WHAT'S COMING UP

- There are only 2 rounds of Athletics Victoria Shield to go. The first Shield walk races are those for Round 12 metropolitan and they will be held in conjunction with the VRWC track meet tomorrow evening at the Mentone Track. The timetable reads as shown below. Entries can be made on the night.

Table with 3 columns: Time, Distance, Status. Row 1: 6.40pm, 1500m, Open. Row 2: 7.00pm, AV 5000m, AV 3000m, Open.

- Round 11 will be held next weekend, with metropolitan walks at Lakeside Stadium Friday evening and country walks will be held at Bendigo, Ballarat and Geelong on Saturday afternoon. Pre-entries close on Thursday, with online entries via AV website. As always, check out the AV website for the latest details and timetables.

- With regard to who walks what distances at AV Shield, David Armstrong has clarified it all as follows

Table with 2 columns: Age Group, Distances. Row 1: U14/U16, do either 1500m or 2000m. Row 2: 40+, do either 2000m or 3000m. Row 3: U16/18/U20/Open, do 2000m, 3000m or 5000m.

- Overall, the next month or so looks like this for Victorian walkers

Table with 2 columns: Date, Event. Rows include Jan 10 (Wed), 2018 AV/VRWC Track Races; Jan 12 (Fri), 2018 AV Shield Round 11; Jan 20 (Sat), 2018 AV Shield Round 12; Jan 21 (Sun), 2018 VRWC Road Races; Jan 26-28, 2018 Victorian Country T&F Championships; Jan 31 (Wed), 2018 AV Teams 5000m Championships; Feb 10 (Sat), 2018 AV Shield Final.

- The 2018 Australian 10,000m Race Walk Championships will be held at the AIS track in Canberra on this coming Sunday 14th January. Unofficially I have heard that the women's 10,000m race is on at 8AM and the men's 10,000m race is on at 9:25AM. Still waiting to see the entry lists and some sort of official timetable. I believe that there are also 3000m/5000m walks on at 11:30AM but know nothing more. The lack of timely information is very frustrating with the championships only 5 days away.

With that being said, the 10,000m races are going to be absolutely fantastic, with over 20 international walkers in Canberra for a study/camp and all entered. Nearly all of our better walkers have also entered. To have held these races in conjunction with the National T&F Champs in the week following the National 20km in Adelaide would have been a disaster. I can't personally understand how anyone could seriously espouse this position. Well done Athletics Australia.

ATHLETICS VICTORIA SHIELD, ROUND 10, SUNDAY 7 JANUARY

Athletics Victoria Shield competition was due to restart for the new year last Saturday but a horrendously hot day saw all sport cancelled throughout Victoria. AV managed to get the Shield competition rescheduled to Sunday afternoon but numbers were down, due to the late change, due to the school holidays when many families are away from home and due to the fact that most of our better walkers are currently in Canberra for the AIS study/camps.

### AV Shield Round 11, Lakeside Stadium, Albert Park, Sunday 7 January

The metropolitan walks which has been scheduled for the Aberfeldie track on Saturday, were moved to Albert Park on Sunday. Unfortunately, due to an issue with the operation of the printer stopwatch, no official times were available. For walkers in the 3000m walk who had a lapscorer, that time could be used. For walkers in the 1500m walk, there are no lapscorers so no times are available for them. Here is how it looks:

#### 3000m Walk

1.	Blackwood, Mark	M	KNOX ATHLETIC CLUB	13:16.0h
2.	Prasad, Pramesh	M	COLLINGWOOD	14:29.0h
3.	Hawkins, Trenton	M	PRESTON ATHL	15:59.0h
4.	Feain, Lachlan	M	KEILOR ST BE	16:02.0h
5.	Donahoo, Mark	M	ATHLETICS ESSENDON	16:09.0h
6.	Hay, Charlotte	W	KNOX ATHLETIC CLUB	16:35.0h
7.	Feain, Madeleine	W	KEILOR ST BE	17:53.0h
8.	Carr, Heather	W	GLENHUNTLY A	18:05.0h
9.	Bennett, Ralph	M	GLENHUNTLY A	18:18.0h
10.	Elms, Donna-Marie	W	PRESTON ATHL	18:45.0h
11.	Knox, Duncan	M	ATHLETICS ESSENDON	18:51.0h
12.	Riddoch, Clyde	M	ATHLETICS WAVERLEY	19:01.0h
13.	Hess, Albin	M	VICTORIAN MA	19:30.0h
14.	Lewis, Leandar	M	WYNDHAM TRAC	19:49.0h
15.	Hodgart, Janice	W	WESTERN ATHLETICS	21:12.0h
16.	Steed, Gwen	W	GLENHUNTLY A	21:36.0h
17.	Haritos, Victoria	W	COBURG HARRI	23:19.0h
18.	Papadopoulos, Sar	W	DIAMOND VALL	23:21.0h
19.	Margiolis, Joanna	W	ATHLETICS ESSENDON	24:15.0h
20.	Rickard, Ian	M	BRUNSWICK AT	27:06.0h
21.	Campbell, Donna	W	PRESTON ATHL	28:00.0h
	Van Dongen, Ruper	M	MENTONE ATHL	NT
	Bowden, Kuniko	W	MENTONE ATHL	NT
	Imbriano, Joel	M	ST KEVIN'S A	DQ
	Kennedy, Paul	M	KEILOR ST BE	DQ
	Thomas, Timothy	M	MELBOURNE UN	DQ

#### 1500m Walk

1.	Dingli, Isabella	W	SANDRINGHAM	NT
2.	lover, Thomas	M	WESTERN ATHLETICS	NT
3.	Dingli, Alannah	W	SANDRINGHAM	NT
4.	Newman, Bella	W	GLENHUNTLY A	NT
5.	Mackie, Emily	W	GLENHUNTLY A	NT
6.	Hay, Angus	M	KNOX ATHLETIC CLUB	NT
7.	Weickhardt, Sebas	M	WYNDHAM TRAC	NT
8.	Briet, Brianna	W	CASEY CARDIN	NT
9.	Wakim, Marcus	M	UNATTACHED	NT
10.	Newman, Abigail	W	GLENHUNTLY A	NT
	Imbriano, Glen	M	ST KEVIN'S A	DQ
	Knox, Christian	M	ATHLETICS ESSENDON	DQ

### AV Shield Round 11, Llanberris Reserve, Ballarat, Sunday 7 January

It was great to see former Australian international **Kelly Ruddick** back on the track in Ballarat and recording a good 13:39.52.

#### 3000m Walk

1.	Ruddick, Kelly	W	BALLARAT HAR	13:39.52
2.	Ireland, Roslyn	W	BRUNSWICK AT	22:40.87
3.	Ireland, Olive	W	BRUNSWICK AT	25:15.91
4.	Lukies, Nicolas	M	MELBOURNE UN	28:16.12

#### 1500m Walk

1.	Perry, Keelan	M	BALLARAT YCW	10:18.19
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### AV Shield Round 11, La Trobe University Track, Bendigo, Sunday 7 January

To Bendigo where **Barb Bryant** was the pick of the walkers with her 1500m time of 8:38.42.

#### 3000m Walk

1.	Jennifer Payne	W61	SOUTH BENDIGO	19:10.95
2.	Annette Curtis	W61	SOUTH BENDIGO	21:31.97
	Peter Curtis	M23	SOUTH BENDIGO	DNF

**1500m Walk**

1.	Barbara Bryant	W63	EAGLEHAWK	8:38.42
2.	Maddison Vaughan	W11	UNATTACHED	9:16.90
3.	Ebony Whiley	W22	EAGLEHAWK	9:32.97
4.	Annette Major	W55	EAGLEHAWK	10:08.28

**AV Shield Round 11, Landy Field, Geelong, Sunday 7 January**

And finally to Geelong where **Mackayla Davison** and **Kayla Heikkila-Dubowik** took line honours.

**3000m Walk**

1.	Davison, Mackayla	W	CORIO ATHLETIC CLUB	17:03.86
2.	Walker, Charli	W	BELLARINE AT	20:48.61

**1500m Walk**

1.	Heikkila-Dubowik, Ka	W	CORIO ATHLETIC CLUB	9:17.92
2.	Payne, Matthew	M	BELLARINE AT	13:24.04

**SAMA TRACK WALKS, SA ATHLETICS STADIUM, MILE END, ADELAIDE, WEDNESDAY 3 JANUARY**

Thanks to Colin Hainsworth for this week's results from the South Australian Masters in Adelaide. Colin commented: about 25c, breezy at times.

**1 Mile Walk**

1.	Peter Crump	09:06	M57	74.28%
2.	Gil McIntosh	10:28	M67	71.61%
3.	James Hoare	11:42	M71	67.17%
4.	Trevor Mayhew	11:46	M71	66.79%
5.	Marie Maxted	12:07	W57	59.68%
6.	Jan Layng	12:10	W69	67.83%
7.	Graham Harrison	12:42	M74	64.30%
8.	Margaret McIntosh	13:18	W65	59.11%
9.	David Robertson	13:37	M84	69.52%

**3000m Walk**

1.	Peter Crump	18:31	M57	69.20%
2.	Marie Maxted	19:54	W57	69.99%
3.	Gil McIntosh	20:36	M67	68.97%
4.	James Hoare	22:14	M71	67.02%
5.	Trevor Mayhew	22:25	M71	66.48%
6.	Graham Harrison	23:26	M74	66.09%
7.	Dave Fallon	24:33	M65	56.59%
8.	Margaret McIntosh	24:40	W65	61.76%
9.	David Robertson	26:22	M84	68.23%
10.	Edna Bates	26:28	W65	57.56%
11.	Colin Hainsworth	26:50	M88	71.97%

**ATHLETICS WA INTERCLUB, WA ATHLETICS TRACK, PERTH, FRIDAY 5 JANUARY**

**Ben Reid** won the 3000m walk on Friday evening in Perth.

**3000m Walk**

1.	Reid, Benjamin	M	Athletics WA	15:06.9h
2.	Griffin, Alexandra	W	Athletics WA	15:39.2h
3.	Morales, Richelle	W	Athletics WA	18:02.0h
4.	Pringle, Ashleigh	W	Athletics WA	18:18.1h
5.	Wickham, Sebastian	M	Rockingham D	18:23.3h
	Jonker, Byron	M	Rockingham D	DQ
	Maskiell, Korbin	M	Athletics WA	DQ

**ATHLETICS TASMANIA INTERCLUB, DOMAIN ATHLETICS TRACK, HOBART, SATURDAY 6 JANUARY**

And finally to Hobart where **Elizabeth Leitch** was the pick of the 3000mwalkers.

**3000m Walk**

1.	Elizabeth Leitch	W	Tasmanian Masters	20:27.26
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2.	Ron Foster	M	Tasmanian Masters	20:22.13
3.	Wayne Fletcher	M	Northern Sub	25:38.76

### THE FIRST WALK MEET, HONG KONG MONDAY 1 JANUARY

When I reported in last week's newsletter on the **Hong Kong 50km Roadwalk Meet**, I was only able to give the unofficial results of the 50km races. I can now reproduce the full set of official results.

#### 50km Men

1.	Peter James Back	5:54:26
2.	Walker Wong	6:03:50
3.	Chan Wai-on	6:39:01
	Paul F DeMeester	DNF

#### 50km Women

1.	Billie Kwok	6:14:05
2.	Wendy Choi	6:24:17
3.	Linda Fung	6:28:33
	Irene Tai	DNF
	Edith Leung	DNF

#### 6 Hour Walk Men

1.	Cheung Man-tai	5:53:00	43 km
2.	Sam Liu	5:51:56	42 km
3.	Thomas Kwok	5:51:57	41 km
4.	Raymond Cho	5:58:06	40 km
5.	Bill Purves	5:58:31	37 km
6.	Alex Sze	5:52:32	33 km

#### 6 Hour Walk Women

1.	Daisy Ng	5:59:36	44 km
2.	Beatrix Cheung	5:59:16	43 km
3.	Angel Chung	5:55:19	40 km
4.	Evan Wong	5:56:03	40 km
5.	Bonnie Lau	5:54:08	40 km
6.	Ada Leung	5:54:31	37 km
7.	Miu Chow	5:53:27	36 km
8.	Monita Leung	5:52:36	35 km
9.	Suki Wong	5:55:27	38 km
10.	Wong Ka Wah	5:54:41	33 km
11.	Shirley Chan	5:56:20	37 km
12.	Florence Wu	5:59:15	32 km
13.	Winnie Tang	5:51:10	31 km
14.	Tracy Lo	5:51:19	32 km
15.	Rosanna Lau	5:54:50	27 km
16.	Fiona Cheung	2:18:46	17 km

#### 20km Men

1.	Chin Man Kit	1:46:49
2.	Mark Yong Leong	2:06:31
3.	Daniel Cheung	2:14:55
4.	Lam Man-biu	2:28:17
5.	Eddie Wong	2:33:50
6.	Bruce Lee	2:40:10
7.	Liu Wun-tsun	2:44:13

#### 20km Women

1.	Catherine Kwan	2:16:53
2.	Helen Suen	2:23:00
3.	Iris Mok	2:33:32
4.	Rebecca Lau	2:36:57
5.	Alice Lam	2:52:11

#### 10km U20 Men

1.	Sia Jun Wei	0:52:42
2.	On Zenfeng Jeremiah	0:55:40
3.	Eric Tsang	0:56:23
4.	Tommy Chan	1:03:26

#### 10km U20 Women

1.	Wu Xinyao	1:04:04
2.	Chen Litong	1:11:30
3.	Chua Min	1:11:31

#### Girls 5km

1.	Tew Zhi Xuan	31:49
2.	Maelen Back	46:49

### PORTUGUESE 50M AND 35KM CHAMPIONSHIPS,, PORTO DE MÓS SUNDAY 7 JANUARY

**Inês Henriques** and **João Vieira** were crowned Portuguese 35km Champions last Sunday in Porto de Mós.

Henriques, the 50km world record holder, completed the distance in 2:45:51, taking almost 5 minutes off her current Portuguese record which she established in this same race last year. **Mara Ribeiro** finished in second position with 3:02:29, a time which qualifies her for the IAAF Race Walking World Teams Championships 50km, while **Sandra Silva** completed the women's 35km podium with a time of 3:28:21. Sandra Silva went on to with the 50km championship with 5:08:13.

Vieira was the first to cross the finish line in the men's 35km, his time of 2:38:18 taking 22 seconds off his own national best, set in 2017. **Miguel Carvalho** took second with 2:41:36 and **Miguel Rodrigues** rounded out the podium with 2:43:39, all 3 qualifying for the IAAF Race Walking World Teams Championships 50km. In the men's 50km championship, **Pedro Isidro** won with 4:11:25, followed by **Cristiano António** with 4:39:56 and **Luís Silva** 4:44:11.

In the U20 women's 10km, **Joana Pontes** won with 50:27, also qualifying for the IAAF Race Walking World Teams Championships, while **Paulo Martins** won the Men's U20 10km with 45:45, just 45 secs outside the World Team Champs qualifying time.

Nice article at <http://www.european-athletics.org/news/article=henriques-course-improve-her-world-50km-race-walk-record-2018/>.

**35km Women**

1.	Inês Henriques	POR	CNRM	V35	01-05-80	2:45:51
2.	Mara Ribeiro	POR	SLB	Sen	11-05-95	3:02:29
3.	Maria Dolores Marcos	ESP	ESP	V35	18-08-79	3:10:14
4.	Sandra Silva	POR	CFOD	V40	21-09-75	3:28:21

**35km Men**

1.	João Vieira	POR	SCP	V40	20-02-76	2:38:18
2.	Miguel Carvalho	POR	SLB	Sen	02-09-94	2:41:36
3.	Miguel Rodrigues	POR	SLB	S23	01-11-96	2:43:39
4.	Pedro Isidro	POR	SLB	Sen	17-07-85	2:49:37
5.	Rui Coelho	POR	CAS	Sen	26-09-94	2:57:15
6.	Pedro Martins	POR	CAS	V45	12-01-68	3:02:26
7.	Cristiano António	POR	JV	Sen	15-10-88	3:04:53
8.	Vítor Cabral	POR	CFOD	S23	01-05-98	3:12:16
9.	Luís Silva	POR	LMA-L	V45	26-08-70	3:14:36
10.	Jonathan Hobbs	GBR	GBR	Sen	17-05-93	3:14:42
11.	Manuel Marques	POR	CFOD	V35	04-09-78	3:18:05
12.	Henrique Santos	POR	GDD	V50	27-05-65	3:23:29
13.	Luís Sousa	POR	SUOV	V40	16-04-74	3:26:43
14.	Luís Bidarra	POR	CAS	V45	05-04-71	3:29:10
15.	Hélder Santos	POR	LMA-L	S23	07-03-96	DQ
	Amaro Teixeira	POR	CAS	Sen	08-07-89	DNF
	Ricardo Santos	POR	GDPCD	V40	22-02-75	DNF
	Marco Amaral	POR	JIV	Sen	16-07-93	DNF
	Sérgio Vieira	POR	SLB	V40	20-02-76	DNF

**50km Women**

1.	Sandra Silva	POR	CFOD	V40	21-09-75	5:08:13
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**50km Men**

1.	Pedro Isidro	POR	SLB	Sen	17-07-85	4:11:25
2.	Cristiano António	POR	JV	Sen	15-10-88	4:39:56
3.	Luís Silva	POR	LMA-L	V45	26-08-70	4:44:11
4.	Jonathan Hobbs	GBR	GBR	Sen	17-05-93	4:45:05
5.	Henrique Santos	POR	GDD	V50	27-05-65	4:57:29
	Amaro Teixeira	POR	CAS	Sen	08-07-89	DNF
	Ricardo Santos	POR	GDPCD	V40	22-02-75	DNF
	Marco Amaral	POR	JIV	Sen	16-07-93	DNF
	Pedro Santos	POR	MCVC	Sen	25-04-86	DNF

**20km Women**

1.	Andreia Sousa	POR	MAC	S23	01-12-98	1:58:03
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**15km Women**

1.	Mariana Mota	POR	SLB	Sen	27-05-95	1:16:22
	Vitória Oliveira	POR	SCP	Sen	30-08-92	DNF

**15km Men**

	André Antunes	POR	CBF	S23	03-02-97	DQ
	Francisco Serra	POR	CCDLF	S23	15-09-98	DNF
	Pedro Miguel Santos	POR	CCSJM	Sen	15-11-92	DNF

**10km U20 Women**

1.	Joana Pontes	POR	GACV	Jun	22-03-00	50:27
2.	Ângela Carvalho	POR	CNRM	Jun	06-06-00	56:40
3.	Joana Matos	POR	NSLF	Jun	23-10-00	1:01:52
	Inês Reis	POR	SCP	Jun	17-07-99	DNF

**10km U20 Men**

1.	Paulo Martins	POR	SCP	Jun	15-01-99	45:45
2.	Rúben Santos	POR	CFOD	Jun	05-06-00	46:07
3.	Daniel Gouveia	POR	CAS	Jun	30-07-00	49:28

**5kmU18 Women**

1.	Catarina Costa	POR	GACV	Juv	24-12-02	29:14
2.	Margarida Sá	POR	CCDLF	Juv	17-08-02	30:10
3.	Hirondina Casal	POR	CNRM	Juv	02-02-01	31:18

4.	Beatriz Simões	POR	ASCV	Juv	09-06-01	32:12
5.	Andreia Ribeiro	POR	CFOD	V35	28-01-80	32:50

#### 5km U18 Men

1.	João Bernardo	POR	PCC	Juv	14-11-01	24:20
2.	Hélder Ribeiro	POR	CFOD	V40	09-09-76	30:29
3.	José Oliveira	POR	SFUAB	V60	26-07-57	35:32



*Inês Henriques and João Vieira in action last Sunday in Porto de Mós (photos <http://omarchador.blogspot.com.au/>)*

#### ENGLAND ATHLETICS INDOOR RACE WALKING CHAMPIONSHIPS, SHEFFIELD, SUNDAY 7 JANUARY

Thanks to Mark Wall for his report from the first of the major English indoor walking races, which were held in conjunction with the English Senior & Under 20 Combined Events Champs in Sheffield last Sunday.

The England Athletics Indoor Championships (along with guests) was conducted on Sunday 7<sup>th</sup> January at the EIS Indoor facility at Sheffield.

The Senior women's race saw three Commonwealth Games athletes toe the line. The England Selection, **Gemma Bridge**, **Erika Kelly**, one of only two athletes selected by the Isle of Man and **Bethan Davies** of Wales (the Principality is yet to announce their team but she remains a probable selection. Bethan was well inside the UK record toward the conclusion of the race when she disqualified, having lapped the entire field and still going away. This left Gemma Bridge a comfortable winner with Erika Kelly breaking the IoM record in second. Erika will be basing herself in Leeds for the coming weeks in preparation for the Gold Coast. The Leeds based Polish Junior International, **Agata Kowalska**, almost charged her down but had to settle for third athlete home. Agata is studying Journalism at Leeds Beckett and is thriving in the atmosphere there. **Ana Garcia** (born May 2001) had been targeted for a far better time however despite hurting herself in warm-up she was still able to secure the bronze medal. She is now aiming for the European Under 18 Titles later in the year (24:30 UKA qualifying time but the team has a limit of 33 athletes with an expectation those selected are top 8 prospects).

The Men's race was smaller than one would hope but the exciting prospect was that the field in its entirety were all under 21 at the present moment. With Tom Bosworth away training with other UKA funded athletes in South Africa, the reigning World Junior Champion, **Callum Wilkinson** lapped the entire field to record an Indoor personal best. He too will be on the Gold Coast so he is preparing well. Leeds training partner **Cameron Corbishley** had another business-like performance. He should be in China with the British team for the World Teams event and then will be aspiring for the European Championships later in the year in Berlin. **Tom Partington** continues to progress and deserved his 3<sup>rd</sup> place. Tom is also



Leeds based and is the son of multiple Commonwealth Games representatives Steve and Cal Partington but is now making a name for himself in his own right.

### 3000m Walk Indoors Women

1.	Gemma BRIDGE	Senior Women	Oxford City AC	13:40.03
2.	Erika KELLY	Senior Women	Northern (Isle of Man) AC	14:01.64
3.	Agath KOWALSKA	Senior Women	POLAND	14:06.61
4.	ANA GARCIA	U20 Women	City of Sheffield & Dearne	14:53.50
5.	Sophie LEWIS WARD	U20 Women	Cambridge Harriers	15:30.71
6.	Megan SRATTON-THOMAS	U20 Women	Swansea Harriers	15:58.35
7.	Emily GHOSE	U20 Women	Tonbridge AC	16:50.01
8.	Lucy LEWIS WARD	U17 Women	Cambridge Harriers	17:10.93
9.	Pagen SPOONER	U20 Women	Hyde Park Harriers	18:24.93
	Bethan DAVIES	Senior Women	Cardiff AAC	DQ

### 3000m Walk Indoors Men

1.	Callum WILKINSON	U23 Men	Enfield & Haringey A C	11:30.77
2.	Cameron CORBISHLEY	U23 Men	Medway & Maidstone AC	12:24.99
3.	Tom PARTINGTON	U20 Men	Manx Harriers	12:55.61
4.	Luc LEGON	U23 Men	Bexley AC	13:05.66
5.	Benjamin ALLEN	U20 Men	Leicester Walking Club	16:19.42

### 1000m U15 Mixed Walk

1.	Owen BRADSHAW	U15 Boys	City of Sheffield & Dearne	5:09.84
2.	Abigail SMITH	U15 Girls	Blackheath & Bromley Har	5:21.16
3.	Faris ALKHAMESI	U15 Boys	Nuneaton Harriers	5:35.70
	Lara MACCOLL	U15 Girls	City of Sheffield & Dearne	DQ



Podiums from Sheffield (photos [www.omarchardor.com](http://www.omarchardor.com))

## NORMANDY REGIONAL INDOOR CHAMPIONSHIPS, VAL DE REUIL, FRANCE, SATURDAY 6 JANUARY

Thanks to Emmanuel Tardi for his first report for the year, with indoor regional walks in Val de Reuil where **Kevin Champion** produced a time of 19:40.44.

### 5000m Walk Indoors Men

1.	CAMPION Kevin	SEM/88	Afa Feyzin-venissieux	19:40:44
2.	PICARD Nicolas	SEM/80	As Tourlaville	24:26:60
3.	TASSIGNY Virgile	VEM/70	Havre Ac	24:45:28
4.	BOCQUET Jerome	SEM/85	Havre Ac	25:00:60
5.	COIS Steeve	SEM/89	Asc Le Havre	25:34:68
6.	AVICE Manuel	SEM/80	Ac Barentin	27:03:30
7.	BECQUERELLE Maxime	SEM/92	Stade Dieppois	27:29:06
8.	BEGIN Edouard	SEM/80	Spn Vernon	29:38:23
9.	BEGIN Jean-pierre	VEM/53	Spn Vernon	30:59:09
10.	ANDRIEUX Frederic	VEM/63	Ac Mortagne	31:58:54

### 3000m Walk Indoors Women

1.	SEVELLEC Sylvie	VEF/64	Ac Cesson	15:21:74
2.	HAUCHARD Aline	JUF/00	Ea Du Plateau Est	15:34:84
3.	DUTOT Auriane	JUF/00	Ea Du Plateau Est	15:37:93

4.	DUTOT Camille	CAF/02	Ea Du Plateau Est	16:37:58
5.	BLANDIN Helene	SEF/85	Stade Sottevillais 76	17:31:72
6.	ANDRE Marianne	CAF/01	Ac Mortagne	17:57:36
7.	MENSAH Dalhia	CAF/01	Spn Vernon	17:58:68
8.	LABBE Lea	CAF/02	Ac Barentin	18:15:22
9.	DUPAS Anais	CAF/02	Spn Vernon	18:19:78
10.	AMBLARD Victoria	SEF/80	Evreux Ac	18:21:02
11.	ALDEBERT Sophie	VEF/67	Entente Aube	18:34:07
12.	DENISSELLE Vanessa	SEF/84	Val-de-reuil Ac	19:27:27
13.	BLANCHARD Jessica	SEF/85	Les Andelys	19:42:05
14.	ESTHER Stephanie	VEF/77	Ea Louviers	20:24:10
15.	LEFEBVRE Claire	JUF/00	Ac Barentin	20:50:76
16.	MONTAGNA Ingrid	VEF/76	Ac Barentin	21:15:85



*Kevin Campion wins in Val de Reuil (photo from Emmanuel Tardi)*

#### OUT AND ABOUT

- The Isle of Man has announced a 32 strong team for the 2018 Commonwealth Games and it includes race walker **Erika Kelly**.
- Since 2009, the city of Santee in California has hosted the USATF 50km Race Walk Championship six times. Two of those championships have doubled as U.S. Olympic trials. This year the championship will be a qualifying race for the IAAF Race Walking Team Championships set for May in China and will start at 7:30AM on 20<sup>th</sup> January. See <http://www.sandiegouniontribune.com/communities/east-county/sd-se-santee-racewalk-20180102-story.html>.
- The latest edition of the English magazine *Race Walking Record* (Issue 687, December 2017) has been published. It should hopefully appear on website <http://www.racewalkingassociation.com/RWR.asp> soon.
- A team quota of 111 has been announced to represent Australia in athletics at the Gold Coast 2018 Commonwealth Games. This will be the biggest team since the last home games in Melbourne in 2006. See <http://athletics.com.au/News/gold-coast-2018-athletics-team-quota-confirmed>.
- Dr **Brian Hanley** of Leeds Beckett University has just announced a new article on race walking drills published in *New Studies in Athletics*. see <https://www.facebook.com/photo.php?fbid=10100502781600672>. Brian advises that the article is not yet available from the IAAF website, so if you'd like a copy please let him know.

#### MARCIADALMONDO AND OMARCHADOR ROUNDUP

Marciadalmondo has 6 press releases this week

- Mon 8 Jan - Callum Wilkinson and Gemma Bridge win English indoor walks in Sheffield [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3030](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3030)
- Sun 7 Jan - Ines Henriques wins Portuguese 35km in Porto de mos with the new national record
- [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3029](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3029)



- Fri 5 Jan - Preview of Portuguese 50km and 35km Championships this weekend in Porto de Mos  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3028](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3028)
- Thu 4 Jan - Reviewing the walking year region by region  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3027](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3027)
- Wed 3 Jan - Results of the New Year's day wakk races in Aichi, Japan  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3026](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3026)
- Tue 2 Jan - Results of New Year'ws day races (including 50km) in Hong Kong  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3025](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3025)

and Omarchador has 9 press releases

- Sun 8 Jan - João Vieira and Inês Henriques win Portuguese 35km titles  
<http://omarchador.blogspot.com.au/2018/01/joao-vieira-e-ines-henriques-repetem.html>
- Sun 8 Jan - Pedro Isidro and Sandra Silva win Portuguese 50km titles  
<http://omarchador.blogspot.com.au/2018/01/pedro-isidro-e-sandra-silva-sao.html>
- Sun 7 Jan - Preview of the Portuguese 50km and 35km championships (women)  
<http://omarchador.blogspot.com.au/2018/01/os-35-km-e-50-km-marcha-femininos-dos.html>
- Sat 6 Jan - Preview of the Portuguese 50km and 35km championships (men)  
<http://omarchador.blogspot.com.au/2018/01/os-35-km-e-50-km-masculinos-dos.html>
- Sat 6 Jan - Eduard Zabuzhenko and Alina Tsviliy win Vladimir Golubnichy Trophy in Ukraine  
<http://omarchador.blogspot.com.au/2018/01/eduard-zabuzhenko-e-alina-tsviliy.html>
- Sat 6 Jan - Preview of this weekend's Portuguese 35km and 50km championships  
<http://omarchador.blogspot.com.au/2018/01/campeonatos-de-portugal-de-35-e-50-km.html>
- Thu 4 Jan - Melville and Gruttadauro win US indoor track championships  
<http://omarchador.blogspot.com.au/2018/01/melville-e-gruttadauro-vencem.html>
- Wed 3 Jan - Results of Hong Kong 50km meet  
<http://omarchador.blogspot.com.au/2018/01/hong-kong-abre-2018-com-provas-de-50-km.html>
- Tue 2 Jan - Matsunaga and Kumagai stand out at Japan's New Year Festival  
<http://omarchador.blogspot.com.au/2018/01/matsunaga-e-kumagai-destacaram-se-no.html>

#### LATEST AIS STUDY CAMP GETS UNDERWAY

I am currently in Canberra helping out with the latest AIS based training camp which will go for a 4-5 week period leading up to the National 20km in Adelaide in early February. The camp is funded by a sports science study grant, in a similar way to the last two years, and is being run under the direction of Dr Louise Burke of the AIS.

Like the last two camps, this one studies the effects of diet on performance and training, and it brings together a large number of top overseas walkers along with many of our top senior and underage Australian walkers. Up to twenty of the men are funded as part of the study. Our top juniors are funded as part of the Junior Development plan. The rest of the Australian and overseas walkers are self funded and have made the necessary financial sacrifice to come to Canberra to train and be part of the group. The benefits that they will get from this intensive camp environment are incalculable.

I can't guarantee I have captured everyone but here goes – apologies to anyone I have missed – the group is huge

Study participants: Jorge Ruiz (COL), Yerko Cortes (CHI), Anders Hansson (SWE), Manuel Soto (COL), Jose Montana (COL), Perseus Karlstrom (SWE), Isaac Palma (MEX), Toro Yamamoto (JAP), Marius Ziukas (LTU), Eider Aravelo (COL), Rafal Augustyn (POL), Edward Cortes (CHI), Rafal Fedaczynski (POL), Jacub Jelonek (POL), Damian Blocki (POL), Artur Brzozowski (POL), Tadas Suskevicius (LTU), Ever Palma (MEX), Adam Garganis (AUS)

Australian women: Jess Pickles, Philippa Huse, Simone McInnes, Jemima Montag, Regan Lamble, Beki Smith, Rachel Tallent

Australian men: Mitchell Baker, Connor Frew, Kyle Swan, Brendon Reading, Declan Tingay

Overseas women: Brigita Virbalyte (LTU), Alana Barber (NZL), Natlaie Myers (ENG)

Other Overseas men: Remo Karlstrom (SWE), Quentin Rew (NZL), Evan Dunfee (CAN), along with a group of 5 of the top Japanese walkers including Isamu Fujisawa and Hirooki Arai.

Everyone is here except for the Colombians who are still waiting for their Visas to be granted. Very frustrating for them but hopefully they will soon be here.

Walkers have already had lots of testing and prodding and pinpricking and some big sessions in the heat and are now on their special diets - and it's still only week one. You can get some feel for the camp if you have a browse through the posts in the camp facebook group – <https://www.facebook.com/groups/872318649520235/permalink/872323956186371/>.

And special kudos to main study coordinator **Dr Louise Burke**, along with **Dr Meg Ross**, the other key researcher who is coordinating a heat study looking at different pre-cooling interventions that could be used at future hot weather championships. And a special shout for camp coordinator **Brent Vallance**. As usual, it is Brent who has brought all the walkers together and done all the hard yards to get everyone here.

I look forward to reporting further in next week's newsletter.

### INDIAN RANKING LISTS FOR 2017

Thanks to Mark Wall for pushing out the Indian 2017 20km ranking lists. They are strong and indicate that India will be a force to be reckoned with in the Commonwealth Games in April.

#### 20 Km Walk Women

1.	1:34:01	Khushbir Kaur	09.07.1993	RWC Taicang, CHN	15-Apr-2017
2.	1:37:42	Priyanka Goswami	10.03.1996	ARW Nomi City, JPN	19-Mar-2017
3.	1:38:39	Shanti Kumari	15.08.1994	NRW New Delhi	18-Feb-2017
4.	1:38:52	Rani Yadav	31.07.1990	NRW New Delhi	18-Feb-2017
5.	1:40:02	Karamjit Kaur	05.02.1991	FedCup Patiala	2-Jun-2017
6.	1:41:04	Soumya B	20.04.1990	FedCup Patiala	2-Jun-2017
7.	1:42:58.	2 Deepmala Devi L	03.07.1982	Int-Rly Tiruchirapalli	17-Aug-2017
8.	1:43:39	Ravina	21.05.1997	ONAC Chennai	28-Sep-2017
9.	1:43:50	Aruna Devi L	10.06.1977	ONAC Chennai	28-Sep-2017
10.	1:48:18	Vandana Kumari	21.09.1997	ONAC Chennai	28-Sep-2017
11.	1:49:17	Sumedha Yadav	07.10.1991	NRW New Delhi	18-Feb-2017
12.	1:49:43.	Mary Margaret K	18.01.1996	KerSC Thiruvananthapuram	28-Jun-2017

#### 20 Km Walk Men

1.	1:20:59	Irfan K T	08.02.1990	ARW Nomi City, JPN	19-Mar-2017
2.	1:21:38	Devender Singh	05.12.1983	Nomi City, JPN	19-Mar-2017
3.	1:22:58	Ganapathi K	29.06.1989	NRW New Delhi	18-Feb-2017
4.	1:23:58	Manish Singh Rawat	05.05.1991	Taicang, CHN	15-Apr-2017
5.	1:24:19	Jai Bhagwan	26.04.1987	NRW New Delhi	18-Feb-2017
6.	1:24:36	Ekanath T	08.01.1998	NRW New Delhi	18-Feb-2017
7.	1:24:53	Sunil Rathee	28.11.1997	Open Nomi City, JPN	19-Mar-2017
8.	1:26:10.	Sandeep Kumar Sangwan	16.12.1986	Int-Ser Jalahalli	23-Aug-2017
9.	1:26:43	Kulwant Singh		Police Dehradun	27-Dec-2017
10.	1:27:04.	Jitendra Singh Rathore	20.03.1989	ISAC Mangalagiri	16-Jul-2017
11.	1:27:32	Gaurav Kumar	08.12.1995	NRW New Delhi	18-Feb-2017
12.	1:28:28.	Ankit Kumar	16.06.1992	Int-Ser Jalahalli	23-Aug-2017
13.	1:28:29	Chandan Singh	08.06.1987	FedCup Patiala	3-Jun-2017
14.	1:29:11	Baljinder Singh	18.09.1986	FedCup Patiala	3-Jun-2017
15.	1:29:24.	Vikash Singh	06.07.1996	Int-Ser Jalahalli	23-Aug-2017
16.	1:29:32	Gurpreet Singh	20.10.1993	NRW New Delhi	18-Feb-2017
17.	1:29:38	Surinder Singh	07.04.1988	FedCup Patiala	3-Jun-2017
18.	1:30:10	Neeraj Singh Rathi	15.08.1994	ONAC Chennai	27-Sep-2017
19.	1:30:31	Joshi Sagar	18.06.1987	FedCup Patiala	3-Jun-2017
20.	1:31:01	Mahender Kumar Meena		Police Dehradun	27-Dec-2017

#### 50 Km Walk

1.	3:56:00	Sandeep Kumar	01.05.1986	NRW New Delhi	18-Feb-2017
2.	4:02:12	Jitender Singh Rathore	20.03.1989	NRW New Delhi	18-Feb-2017
3.	4:04:19	Chandan Singh	08.06.1987	NRW New Delhi	18-Feb-2017
4.	4:07:10	Maniram Patel	16.09.1991	NRW New Delhi	18-Feb-2017
5.	4:09:40	Dhamen Singh S	15.10.1989	NRW New Delhi	18-Feb-2017
6.	4:11:51	Sachin Kumar	25.05.1994	NRW New Delhi	18-Feb-2017
7.	4:13:23	Jyoti Teotia	16.06.1986	NRW New Delhi	18-Feb-2017
8.	4:15:00	Sagar Joshi	18.06.1987	NRW New Delhi	18-Feb-2017
9.	4:15:20	Pawan Kumar	24.12.1996	NRW New Delhi	18-Feb-2017
10.	4:17:51	Krishna Bind	12.10.1993	NRW New Delhi	18-Feb-2017
11.	4:20:58	Abbal Singh Rana	14.03.1990	Int-Ser Jalahalli	24-Aug-2017

12.	4:23:32	Meetei L B	01.02.1988	NRW New Delhi	18-Feb-2017
13.	4:23:57	Juned Khan	10.05.1999	NRW New Delhi	18-Feb-2017
14.	4:31:33	Anjani Kumar	17.07.1993	NRW New Delhi	18-Feb-2017
15.	4:33:12	Vikky Boruah	20.10.1994	NRW New Delhi	18-Feb-2017

### 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 10 (Wed), 2018	AV/VRWC Track Races, Dolomore Reserve, Queen St, Mentone
Jan 12 (Fri), 2018	AV Shield Round 11 – 3000m/1500m walks at Lakeside Stadium (twilight)
Jan 14 (Sun) 2018	<b>Australian 10,000m Track Walk Champs, Canberra, ACT.</b> See <a href="https://10000mwalk.eventdesq.com/">https://10000mwalk.eventdesq.com/</a>
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, Dolomore Reserve, Queen St, Mentone
Feb 10 (Sat), 2018	AV Shield Final (P1), Lakeside Stadium – 2000m Walk
Feb 11 (Sun), 2018	<b>Australian 20km Road Walking Championships, Adelaide, SA</b>
Feb 15-18, 2018	Australian Athletics Championships & Nomination Trials, Gold Coast, QLD (no walks)
Feb 18 (Sun), 2018	VMA 5000m Walk Champs, VRWC Races, Dolomore Reserve, Queen St, Mentone
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	<b>Australian Junior Athletics Championships, Sydney, NSW</b>
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 <a href="http://www.mastersathleticswa.org/perth2018/">http://www.mastersathleticswa.org/perth2018/</a>
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
Sep 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 <a href="http://www.mastersathleticsoceania.com">www.mastersathleticsoceania.com</a>
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	<b>XXI Commonwealth Games</b> , Gold Coast, QLD (20km roadwalks). See <a href="http://www.gc2018.com">http://www.gc2018.com</a> Men's and Women's 20km walk, Currumbin Beachfront, Sunday 8 April
May 5-6, 2018	<b>28<sup>th</sup> IAAF World Race Walking Team Championships</b> , Taicang, China
July 10-15, 2018	<b>16<sup>th</sup> World Junior T&amp;F Championships</b> , Tampere, Finland
Aug 7-12, 2018	<b>European Athletics Championships</b> , Berlin, Germany
Sept 4-16, 2018	<b>22<sup>nd</sup> World Masters Athletics T&amp;F Championships</b> , Malaga, Spain
Mar 24-30, 2019	<b>World Masters Indoors T&amp;F Championships</b> , Torun, Poland
July 3-14, 2019	<b>30<sup>th</sup> Summer Universiade</b> , Naples Italy
Sept 28 – Oct 6, 2019	<b>17<sup>th</sup> IAAF World Championships in Athletics</b> , Doha, Qatar
May, 2020	<b>29<sup>th</sup> IAAF World Race Walking Team Championships</b> , Minsk, Belarrus
July 24 – Aug 9, 2020	<b>32<sup>nd</sup> Olympic Games</b> , Tokyo
July 20 – Aug 1, 2020	<b>23<sup>rd</sup> World Masters T&amp;F Championships</b> , Toronto, Canada
Aug 6-15, 2021 (TBC)	<b>18<sup>th</sup> IAAF World Championships in Athletics</b> , Eugene, USA
July 18-30, 2022	<b>XXII Commonwealth Games</b> , TBA On 13 <sup>th</sup> 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>)