



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
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A QUICK ANNOUNCEMENT

This week's newsletter is coming out early (Sunday afternoon) as I fly out on Monday morning for China and the 2018 IAAF Race Walking World Cup. Whatever news is missed, I will catch up with in next week's issue.

Just as this week's newsletter is early, next week's may be delayed a day, as I will be travelling back from China on the Monday/Tuesday. So don't worry if next week's newsletter does not appear in your in-tray next Tuesday.

WALKER OF THE WEEK

My Walker of the Week this time around is 61 year old Western Australian masters walker **Lyn Ventris**. After suffering a severe hamstring injury in 2012 and eventually opting for major surgery, it has been a very long road to recovery. She did not return to racing until 2015 but recurring injuries since then postponed her return to her World Record breaking form for which she was renowned.

Finally, in the Australian Masters Championships in Perth last Friday, she scorched around the track in the women's 5000m walk, her time of **25:41.58** bettering the **W60 World Record** by an amazing 28 seconds. Lyn currently holds 11 Masters World Records ranging over the W45, W50 and W55 age groups. With her first W60 age group, she has announced her return to the world stage in the best possible way. Congratulations and well done Lyn. It has been a long battle but you never gave up.



Lyn in action in Perth and savouring the moment post event (photos John Ventris and Graeme Dahl)

WHAT'S COMING UP

Our VRWC winter season continues next Saturday at Middle Park. Enter on the day or, more preferably, pre-enter via <http://vrwc.org.au/wp1/race-entries-2/>. See the full season fixture at <http://www.vrwc.org.au/vrwcw18.shtml>.

Saturday 5th May 2018, Middle Park

VRWC EVENTS & Coaching session: Entries close for all events at 1.45pm sharp

1.20pm	Coaching session (30 minutes) by Club Coach	
2.15pm	12km Points Race	Open
2.15pm	10km Points Race	Open
2.15pm	5km Points Race	Open
2.30pm	3km Points Race	Open
2.30pm	1.5km Points Race	Open

The following Saturday afternoon (Saturday 12th May) sees our first medals day at Middle Park, with the **Victorian Open 15km Roadwalk Championships** to be contested. Remember you must enter Victorian Championship races with Athletics Victoria and you must be a current AV member – see entry link at <http://athsvic.org.au/event/2018-av-15km-walks-championships/>.

Following the races on Saturday 12th May, our **VRWC TWILIGHT TRIVIA** will be held at the Middle Park Bowling Club, starting at 4:30PM. I'll be there! See more details at <http://www.vrwc.org.au/documents/Trivia%20Night%20advert%20.pdf>.



On-line entries for the **2018 Lake Burley Griffin Walking Carnival (Sunday 10 June)** are now open and may be accessed via link <https://www.registernow.com.au/secure/Register.aspx?E=29858>. ACTRWC advise that there has also been a change to the fee structure, with there being no fees cap. This has implications for those families who enter their walkers for multiple events. RWA events are \$35 per event, AACT \$20 & Fitness Walk \$20. Note also that to enter more than one event you will have to “enter another registration” where some registration details will have to be entered again.

TIME FOR OUR ANNUAL RACEWALKING VICTORIA UNIFORM ORDER

All Racewalking Victoria walkers must wear official RWV uniform in the LBG Carnival in Canberra in June. We sold quite a few RWV singlets and crop tops on Saturday at Middle Park. They will be on sale again next Saturday.

I am also organizing an order for crop tops, bike shorts and RWV hoodies in case the sizings currently in stock are not your size. **We need to finalise our order by Saturday 5 May so next Saturday is your last chance to order if you want the items for the LBG Carnival in June.** I will add a few extra items to the order in case your sizing guess is not quite right. It's all online – you place your order for hoodies or crop tops or bike shorts at <http://vrwc.org.au/wp1/rvw-uniforms/>. You don't need to order singlets as we have plenty of them on stock at our clubrooms.



2018 IAAF WORLD RACE WALKING TEAM CHAMPIONSHIPS

With the World Race Walking Team Championships scheduled for next week in Taicang, China, here are some snippets that have hit the presses in the last few days

- While **Jared Tallent** won't be racing at the IAAF World Race Walking Team Championships in China next week, he will be stepping atop of the podium twice! The IAAF will present his Gold medals from the 2012 and 2016 editions of these Championships. He finally receives these rewards after so many years!
- Commonwealth Games 20km silver medalist **Tom Bosworth** stayed on in Brisbane after the Commonwealth Games, training with teammate **Callum Wilkinson**. He has produced another one of his video packages, showcasing the sights of Brisbane and letting us see a little of his training. See <https://www.youtube.com/watch?v=ajx5ISDcV4g>. Tom and Callum will be looking for more big performances in next week's World Team Championships in Taicang.
- A wonderful IAAF article by Paul Warburton on women's 50km world champion and world record holder **Ines Henriques**. Well worth a read - it is inspirational stuff. See <https://www.iaaf.org/news/feature/ines-henriques-50km-race-walk>.
- So how does a walker spend his or her final weeks preparing for the World Race Walking Team Championships. If you are 17 year old **Rebecca Henderson**, it means triathlons! Last Thursday, Bec, who was Victorian team captain, finished 8th in the National Triathlon Championships for Senior Girls in Sydney. One of the nation's top underage triathletes as well as an outstanding long distance swimmer, she has just so many strings to her bow. Oh yes, she also has a 10km walk PB of 49:02.
- Commonwealth Games silver medallist **Alana Barber** is interviewed by Athletics New Zealand. See <http://www.athletics.org.nz/News/hard-training-and-naps-pay-dividends-for-barber>.
- And the final timetable, with Australian representatives – Taicang is 2 hours behind Melbourne time.

Saturday 5 May	08:00	50km Senior Men	No Australian entrants
	08:00	50km Senior Women	Claire Tallent
	15:30	10km U20 Men	Dane Bird-Smith, Michael Hosking, Rhydian Cowley, Adam Garganis, Brendon Reading
Sunday 6 May	16:30	20km Senior Women	Beki Smith, Jemima Montag, Rachel Tallent
	09:00	10km U20 Women	Katie Hayward, Rebecca Henderson, Phillipa Huse
	10:10	20km Senior Men	Declan Tingay, Kyle Swan, Mitchell Baker

- There are two official websites
 - IAAF website: <https://www.iaaf.org/competitions/iaaf-world-race-walking-team-championships>
 - Chinese LOC website: <http://www.taicang2018.org.cn/index.php?m=content&c=index&a=lists&catid=42>

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

VRWC ROAD WALKS, MIDDLE PARK, SATURDAY 28 APRIL

Our winter season opening races at Middle Park were very well supported, with 53 walkers. Given that a lot of our Masters walkers were in Perth for the Australian Masters Championships, it would have been even more. Conditions were perfect, with a still mild autumn day, and walkers contested 8km, 6km, 4km, 2km and 1km events.

Welcome to first timers **Liam O'Rourke, Aiden Smith, Harli Lennon, Ela Uzun, Tamisha Upson, Havana Ali and Heath Tatlock**. It is great to see a big influx of young walkers. We hope you have a most enjoyable season with us. It was also great to see **Adam Garganis** and Phillipa Huse having a final hitout before they head off to China on Monday to represent Australia in the IAAF Race Walking World Team Championships.

Special mentions to some walkers who stood out with excellent performances – **Charlotte Hay** (20:41), **Corey Dickson** (18:52), **Heath Beveridge** (21:10.4), **Darcey Roberts** (11:05) and **Luke Epps** (10:35).

VRWC 8km Walk

1.	Madeleine Feain	Open	50:18.7
2.	Donna-Marie Elms	M40-59	52:53.9
	Paige De Lisen	Open	DNF
1.	Ross Reid	M60+	50:18.8
2.	Gerard Feain	M40-59	50:42.2
	Adam Garganis	Open	DNF
	Paul Moritz	M40-59	DNF

VRWC 6km Walk

1.	Philippa Huse	Open	28:58.5	
2.	Claire Samanna	Open	36:10.6	

1.	Mark Blackwood	M40-59	28:41.4	
2.	Russ Dickenson	M60+	42:50.9	

VRWC 4km Walk

1.	Charlotte Hay	U14	20:41.6	PB 1:15
2.	Sandra Geisler	Open	21:43.8	
3.	Jasmin Hass	U18	22:32.3	
4.	Wendy Muldoon	M40-59	22:33.6	
5.	Holly Cocking	U16	23:34.0	PB 0:22
6.	Cassandra Knight	Open	23:52.2	
7.	Carolyn Rosenbrock	M40-59	23:54.4	
8.	Brianna Briet	U14	24:31.5	First time over this distance
9.	Isabella Dingli	U16	28:48.9	PB 0:18
10.	Gwen Steed	M60+	30:03.1	
11.	Margaret Beaumont	M60+	37:32.0	

1.	Corey Dickson	U16	18:52.7	PB 1:48
2.	Heath Beveridge	U16	21:10.4	PB 3:30
3.	Lachlan Feain	U18	22:09.4	
4.	Paul Kennedy	M60+	22:23.2	
5.	Ralph Bennett	M60+	24:39.8	
6.	Angus Hay	U14	24:39.8	
7.	Albin Hess	M40-59	25:36.9	
8.	Anthony Barrett	M60+	27:10.3	
9.	Geoff Barrow	M60+	27:35.6	
10.	Ian Beaumont	M60+	36:50.8	

VRWC 2km Walk

1.	Darcy Roberts	U12	11:05.0	First time over this distance
2.	Emily Smith	U12	12:59.6	First time over this distance
3.	Alannah Upson	U12	13:08.6	First time over this distance
4.	Alannah Dingli	U16	13:19.4	
5.	Gemma Lillie	U14	13:22.4	
6.	Beverly Hugo	M60+	16:30.2	

1.	Luke Epps	U12	10:35.6	
2.	Marcus Wakim	U12	11:14.4	PB
3.	Liam Hutchins	U10	11:20.1	
4.	Liam O'Rourke	U14	11:57.6	First race with VRWC
5.	Hamish Blackwood	U10	12:25.6	
6.	Martin Hass	M40-59	15:07.1	
7.	Aiden Smith	U12	16:27.0	First race with VRWC

VRWC 1km Walk

1.	Harli Lennon	U10	6:54.8	First race with VRWC
2.	Sophie Blackwood	U10	7:21.6	PB 2:29
3.	Ela Uzun	U10	7:22.8	First race with VRWC
4.	Tamisha Upson	U10	7:37.4	First race with VRWC
5.	Jan Morrey	U16	7:49.3	
6.	Havana Ali	U10	7:57.5	First race with VRWC
1.	Sebastian Weickhardt	U12	5:25.0	PB 0:36
2.	Heath Tatlock	U18	8:54.4	First race with VRWC

Thanks to our many officials and helpers and judges. Apologies if I missed anyone. It was a big team effort.

Officials: Martk Donahoo, Ralph Bennett, Tim Erickson, Terry Swan, Darlene Swan, Bob Gardiner, Ian Laurie, Simon Baker

Judges: Peter Vysma (Chief), Gordon Loughnan, Michael Bodey, Shane Dickson, Stuart Cooper, David Cash

Canteen: Kate Suich, Wendy Cooper, Donna Elms

Photos: Terry Swan (see <https://www.facebook.com/media/set/?set=oa.10156215951523911>)



(c) Victorian Race Walk



(c) Victorian Race Walk



(c) Victorian Race Walk



Charlotte Hay, Corey Dickson, Heath Beveridge, Darcey Roberts, Ela Uzum and Sophie Blackwood



Aiden Smith, Harli Lennon, Havana Ali and Heath Tatlock



Tamisha Upson, Liam O'Rourke, Sebastian Weickhardt and Marcus Wakim (all photos Terry Swan)

SARWC ROADWALKS, ADELAIDE PARKLANDS, ADELAIDE, SATURDAY 28 APRIL

Thanks to Peter Crump for this weekend's results from the South Australian Racewalking Club in Adelaide. Best efforts by **Tristan Camilleri** (39:59) and **Toby Wilks** (9:44).

8km Walk

1.	Tristan Camilleri	39:59
2.	Rhiannon Lovegrove	46:49
3.	Mathew Bruniges	48:01

5km Walk

1.	Joe Cross	23:20
2.	James Hoare	39:12

3km Walk

1.	Danielle Walsh	16:53
2.	Mia Wilks	17:07
3.	Elli Pusonjic	18:00
4.	Peter Crump	18:00
5.	Zayden Kamish	20:04
6.	Liz Downs	23:26

2km Walk

1.	Toby Wilks	9:44
2.	Katie DeRuvo	11:40
3.	Hannah Wilks	11:42
4.	Sebastian Richards	13:27
5.	Sam Wilks	14:33
6.	Tarique Kamish	18:07
7.	Zahra Kamish	20:11

1km Walk

1.	Pam Morutto	10:25
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AUSTRALIAN LITTLE ATHLETICS CHAMPIONSHIPS, RUNAWAY BAY, GOLD COAST, 28-29 APRIL

The 2018 Australian Little Athletics Championships were held on the weekend at Runaway Bay Sports Super Centre on the Gold Coast. The meet concentrates on the U13 division and includes 1500m walks for boys and girls in that age group. Field sizes are limited in all events, walks included, as each State has a strict quota of athletes overall. Up to two athletes can be selected per State per gender in the walks but not all are necessarily walkers. It may be that a good runner may double and be entered in to the walk as well as in the run. This was certainly the case for Victoria where only 1 of the 4 reps was a specialist walker. Queensland won both walks, compliments of **Jayda Anderson** (6:42.31) and **Kris Hayward** (6:32.43), Both are coached by Steve Langley so well done Steve! It was also great to have Commonwealth Games 20km walk silver medallist Tom Bosworth presenting the medals.

U13 Girls 1500m Walk

1.	Jayda ANDERSON	QLD	6:42.31
2.	Alexandra GRIFFIN	WA	6:52.96
3.	Kiera ROSS	SA	6:58.77
4.	Kitarni UPTON	SA	7:17.25
5.	Brooke MORTIMORE	WA	7:31.24
6.	Sabrina GUSE	QLD	7:35.94
7.	Olivia NICHOLS	TAS	7:37.75
8.	Amalia PATTERSON	NSW	7:49.01

9.	Bianca ANDERSON	TAS	8:00.24
10.	Sidney SHAW	ACT	8:08.56
11.	Erin DUNCAN	ACT	9:26.26
12.	Brianna WORSFORD	NSW	9:37.42
	Kaylah HEIKKILA-DUBOWIK	VIC	DQ
	Niamh TABIT	VIC	DQ

Boys U13 1500m Walk

1.	Kris HAYWARD	QLD	6:32.43
2.	Harry DUNDON	NSW	6:44.10
3.	Kai NORTON	QLD	6:53.70
4.	Tom HUNT	ACT	7:02.14
5.	Bryce LAWES	TAS	7:13.58
6.	Kyle HUSSEY	WA	7:46.19
7.	Simon BATTAGELLO	VIC	7:58.51
8.	Danny RILEY	ACT	8:22.56
9.	Wolfgang COTRA-NEMESI	VIC	9:08.42
10.	Zade KRETSCHMER	SA	9:08.66
	Alistair CARLSON	WA	DQ
	Hayden HOWARD	SA	DQ
	Joshua HEWITT	NSW	DQ
	Will BOTTLE	TAS	DQ



From left: Kris Hayward, male medallists, Jayda Anderson (photos Robyn Wales) – sorry but very low res photos

AMA CHAMPIONSHIPS, WA ATHLETICS STADIUM, FLOREAT, PERTH, 26-29 APRIL 2018

The Australian Masters T&F Championships are being contested at the moment in Perth, and it is the usual huge meet with athletes from all over Australia and the wider Oceania area (see <http://www.mastersathleticswa.org/perth2018/>).

The 5000m track walks were contested in Friday and the 10km road walks were held this morning at 9AM. Unfortunately, the results are very slow to come up, so I can only report at this stage on the track walks.

W30-94 5000m Walk, 7:30AM, Thursday 26 April

The women's 5000m track walk saw World Masters Records to **Lyn Ventris** (W60 25:41.58 96.19%) and **Heather Lee** (W90 41:04.87 102.92%). It is very rare to see an age graded performance of greater than 100 points. Special mention also to **Heather Carr** (W65 31:44.33 82.80%). And well done to the other Victorian medalists **Jennie Payne**, **Karyn O'Neill** and **Pam Mews**.

1.	Lyn Ventris	W61	MAWA	25:41.58	96.19%
2.	Melissa Lewis	W30	MAWA	27:43.60	71.35%
3.	Karyn Tolardo	W52	MAWA	29:43.32	75.07%
4.	Anne Weekes	W55	NSWMA	31:21.37	74.66%
5.	Heather Carr	W68	VMA	31:44.33	82.80%

6.	Jennie Payne	W61	VMA	32:17.87	76.52%
7.	Wendy Farrow	W50	MAWA	32:49.25	67.99%
8.	kellie sadler	W43	MAWA	33:23.89	61.54%
9.	Karyn O'Neill	W63	VMA	34:14.46	72.18%
10.	Cheryl-Lee Dean	W53	MAWA	34:58.46	63.80%
11.	Luella Jenkins	W76	MAWA	38:41.26	78.89%
12.	Trish Stallard	W60	NSWMA	38:48.33	63.69%
13.	Lynne Schickert	W76	MAWA	39:27.26	77.36%
14.	Lorna England	W58	ACTMA	39:51.74	58.73%
15.	Heather Lee	W91	NSWMA	41:04.87	102.92%
16.	Joan Purcell	W76	QMA	41:12.68	74.06%
17.	Nicole Simmonds	W40	NT	46:39.02	44.06%
18.	Regina Crouch	W49	MAWA	48:33.20	44.05%
19.	Pam Mews	W83	VMA	59:50.0h	55.93%

M40-89 5000m Walk, 8:30AM, Thursday 26 April

The men's 5000m walks also saw lots of good performances. Well done to Victorian medalists **Pramesh Prasad, Kevin Cassidy, Andrew Jamieson, Terry O'Neill** and **Colin Silcock-Delaney**.

1.	Andrew Duncan	M52	MAWA	23:52.32	85.89%
2.	Pramesh Prasad	M44	VMA	26:19.61	71.83%
3.	Kevin Cassidy	M57	VMA	26:36.25	80.46%
4.	Andrew Jamieson	M71	VMA	30:31.48	82.06%
5.	Wayne Byram	M46	MAWA	30:46.85	63.92%
6.	Victor Munoz	M63	MAWA	31:32.90	71.11%
7.	Robin Whyte	M76	ACTMA	31:40.69	84.39%
8.	Terry O'Neill	M62	VMA	32:41.34	68.63%
9.	Dennis Williams	M69	NSWMA	33:19.48	70.91%
10.	Jim Seymon	M80	NSWMA	33:40.54	85.41%
11.	jason kell	M42	MAWA	33:59.15	55.64%
12.	Haydn Gawne	M70	MAWA	34:10.39	73.30%
13.	john mcdonagh	M70	MAWA	34:10.41	73.30%
14.	Bryan Thomas	M76	ACTMA	35:35.09	75.13%
15.	Daniel Lowe	M42	MAWA	35:35.64	53.13%
16.	Doug Barrett	M65	NSWMA	37:14.43	63.46%
17.	Allen Whitley	M66	MAWA	40:23.09	58.52%
18.	Geoff Lont	M65	VMA	40:23.47	58.51%
19.	Stephen Barker	M74	VMA	41:36.23	60.21%
20.	Colin Silcock-Delaney	M85	VMA	45:00.84	69.44%
	Garry Hastie	M56	MAWA	DNF	
	Ignacio Jimenez	M53	QMA	DNF	

Graeme Dahl has published lots of photos from the first two days of competition: www.flickr.com/photos/56785857@N08/albums



Heather Carr, Lyn Ventris, Jennie Payne and Heather Lee



Andrew Jamieson, Terry O'Neill and Kevin Cassidy

Masters 10km Road Walks, 9AM, Sunday 28 April

Alas, no results at the moment but I do have a photo from Terry O'Neill with the Victorian medalists from the 10km races this morning. Well done everyone.



*Victorian medalists from the 10km walks: Pramesh Prasad, Terry O'Neill, Andrew Jamieson, Colin Silcock-Delaney
Jennie Payne, Heather Carr; Karyn O'Neill and Kevin Cassidy*

NSWRWC ROADWALKS, CHIPPING NORTON, SYDNEY, SATURDAY 21 APRIL

Going back a week for the NSWRC roadwalks at Chipping Norton. It was pointed out to me at Middle Park yesterday that NSWRC must be very good at arithmetic, having Long Division and Short Division walks, as well as a newly invented Medium Division walk! A big meet with 43 walkers.

U16 2km

1.	Brendan Pospischil	11.06
2.	Ellie DeCelis	11.09
3.	Chloe Krklinski	11.32
4.	Shaq Bulman	11.39
5.	Catherine Schofield	11.47
6.	Chia Walters	12.31
7.	Kayla Wong	13.27
8.	Thomas Muir	12.42
9.	Zsofia Varga-Strike	12.44
10.	Jasmine Wong	12.40
11.	Paige Lee	14.00
12.	Emily Challinor	18.14
13.	Amelia Crocker	18.53
	Isabelle Nilon	DNF

U12 1km

1.	Thomas Varga-Strike	5.12
2.	Alex Muir	5.15
3.	Jessey Bektan	5.36
4.	Abbey Bektan	5.29
5.	Ellia Modenson	5.50
6.	Wanda Skvotas	6.10
7.	Dylan Ryan	6.32
8.	Sarah Challinor	6.36

U10 0.5m

1.	Christopher Nilon	2.55
2.	Cara Lee	3.57
3.	Aiden Walters	4.23
4.	Luke Challinor	5.11

Long Division 12km

1.	Travis Barendregt	67.11
2.	Anne Weekes	78.25
3.	Janaya Lee	79.55

Medium Division 10km

1.	Ryan Thomson	53.34
2.	Hayden Blaskett	54.49
3.	Hannah Bolton	60.06
4.	Elaine Wang	63.58

Short Division 5km

1.	Kyle Bedford	25.43
2.	Emma Thomas	28.25
3.	Hannah Parker	33.06
4.	Jada Thomson	33.41
5.	Carmel Parker	33.43
6.	Brooke Martin	35.02
7.	Brodie Douglas	37.05
8.	Nicole Nilon	37.19
9.	Nicolle Challinor	37.20
10.	Joan Purcell	41.28

QRWC ROADWALKS, LOGAN RIVER PARKLANDS, BRISBANE, SUNDAY 22 APRIL

Going back a week, thanks to Robyn Wales for these results from the Queensland Race Walking club. She commented

We actually had 51 walkers although a couple of the mothers weren't included in the results. We certainly smashed all recent Attendance records. Dane came along with his medal and spent ages signing autographs and being photographed. Super quick times to **Katie Hayward** (21:55) and her younger brother **Kris Hayward** (9:11).

A Grade 10km

1.	Iggy Jimenez	M	53.45
2.	Jessica Pickles	W	57.14
3.	Peter Bennett	M	58.45
4.	Argenis Guevara	M	60.39
5.	Di Adams	W	63.20
6.	Nyle Sunderland	W	65.02
7.	Kay Shaw	W	71.52
8.	Mark Carlile	M	75.31

Women 8km

1.	Caitlin Hannigan	W	42.00
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B Grade 5km

1.	Katie Hayward	W	21.55
2.	Nelson McCutcheon	M	23.35
3.	Brad Aiton	M	26.33
4.	Mackenzie Ofield	W	30.27
5.	Amelia Schofield	W	32.41

D Grade 2km

1.	Kris Hayward	M	9.11
2.	Scarlett Schofield	W	13.01
3.	Ethan Clarke	M	13.19
4.	Isabella Schofield	W	13.43
5.	Phoebe Chadwick	W	17.19
6.	Robyn Wales	W	19.07

E Grade 2km

1.	Myles Callaghan	M	11.07
2.	Lyla Williams	W	11.33
3.	Charlie Capps	M	11.36
4.	Alex Bradley	M	11.38
5.	Tamika Gee	W	12.29
6.	Alejandra Hannouf	W	13.04
7.	Kamara Stewart	W	13.14
8.	Jacob Petrovic	M	14.52
9.	Charlotte Brady	W	15.04
10.	Stephanie McCure	W	17.40

6.	Charlotte Hamann	W	34.13			
7.	Jade Pearson	W	35.08	F Grade 1km		
8.	Patrick Sela	M	39.26	1.	Makenna Clarke	W 6.10
9.	Noela McKinven	W	40.46	2.	Flynn Callaghan	M 6.11
				3.	Chelsea Capps	W 6.23
				4.	Siaan Fisher	W 6.52
				5.	Isabella Gee	W 8.08
C Grade 3km						
1.	Sam McCure	M	16.58			
2.	Anika Clarke	W	16.55			
3.	Ashanti Heap	W	17.10			
4.	Kai Norton	M	18.39			
5.	Ryan Stewart	M	18.48			
6.	Torryn Fisher	W	19.37			
7.	Amber Norton	W	20.38			
8.	Korey Brady	W	20.52			
9.	Sophie Porter	W	21.27			
10.	Jasmine McRoberts	W	21.44			

PENN RELAYS, PHILADELPHIA, PENNSYLVANIA, USA, 26-28 APRIL

The Penn Relays is the oldest and largest T&F competition in the United States, hosted annually since April 21, 1895 by the University of Pennsylvania at Franklin Field in Philadelphia. 5000m track walks are among the events on offer, and the walk numbers were big in 2018. Fastest times to Open walkers **Anthony Peters** (21:10.48) and **Maria Michta-Coffey** (21:48.09). Special mention to sophomore **Taylor Taylor** who smashed the School Girls 5000m walk record by more than 20 seconds.

Olympic Development Men's 5000m Walk

1.	Anthony Peters	St. Ambrose	21:10.48
2.	Emilio Mancha	St. Ambrose	23:12.43

Olympic Development Women's 5000m Walk

1.	Maria Michta-Coffey	Oiselle/Walk USA	21:48.09
2.	Anali Cisneros	Judson	24:11.81
3.	Katharine Newhoff	Walk USA	25:10.95
4.	Meaghan Podlaski	RPI	25:34.75
5.	Jenny Lopez	St. Ambrose	25:53.80
6.	Katherine Miale	Marist	25:56.81
7.	Nayeli Cisneros	Judson	26:21.35
8.	Natalie Cohen	Fleet Feet Racing	29:19.52

Masters Men 5000m Walk

	Eric Swanson	Unattached	DQ
	Lubin Hernandez Palomino	Potomac Valley TC	DQ
	Bill Vayo	Park Racewalkers	DNF
	Vyacheslav Troshkin	Park Racewalkers	DNF

Masters Women 5000m Walk

	Rasheeda Moncada	Park Racewalkers	DNF
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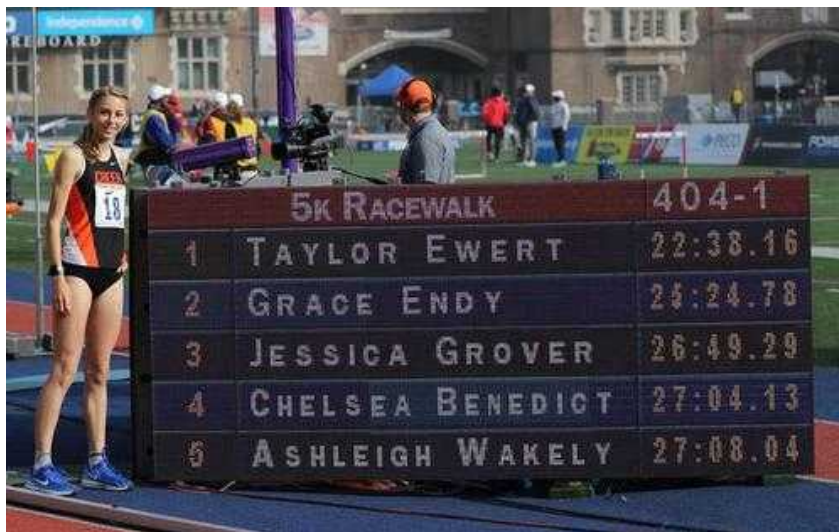
U20 Men 5000m Walk

1.	Carson Johnson	Unattached	25:30.19
2.	Jadon Davis	Unattached	26:05.73
3.	Jacob Lawson	Unattached	26:17.96
4.	Samuel Allen	Unattached	27:27.28
	Paul Koizumi	Westfield Flyers	DNF

High School Girls 5000m Walk

1.	Taylor Ewert	Beavercreek	22:38.16
2.	Grace Endy	Westfield	25:24.78
3.	Jessica Grover	HHH East	26:49.29
4.	Chelsea Benedict	Sachem East	27:04.13
5.	Ashleigh Wakely	Massapequa	27:08.04
6.	Margaret Atwood	Sachem East	27:36.50
7.	Natalie Ehlers	Westhampton Beach	27:41.26
8.	Nicole Arenth	Huntington	27:41.56
9.	Audrey Fox	New Rochelle	27:43.65
10.	Keily Rivas	Huntington	28:00.12
11.	Gia Giudice	Sachem North	28:08.02

12. Sarah Son	East Meadow	28:17.31
13. Emily Porti	East Islip	28:41.64
14. Amanda Harnos	Sachem East	29:17.99
Gillian Schonenberg	Clarkstown North	DNF
Anna Arrigo	Sachem East	DNF
Hayley DiCarlo	Sachem East	DNF
Erica Varady	Huntington	DNF



Taylor Ewing in action in the Penn relays on the weekend

OUT AND ABOUT

- The IAAF last week issued new Eligibility Regulations for Female Classification (Athlete with Differences of Sexual Development) for events from 400m to the mile, including 400m, hurdles races, 800m, 1500m, one mile races and combined events over the same distances. This has big implications for athletes like Caster Semenya whose career will suddenly get a lot harder now. See the announcement at <https://www.runnerstribe.com/latest-news/iaaf-introduces-new-eligibility-regulations-for-female-classification/>. See further clarification at <http://www.athleticsweekly.com/news/new-iaaf-rules-on-female-classification-96238>.
- It was announced yesterday that Ukrainian international **Ruslan Dmytrenko** has pulled out of the IAAF World Race Walking Team Championships. Apparently, he has received a letter from WADA advising him of an abnormal biological passport reading. Although not yet a guilty verdict, it does raise serious questions about him and he has taken the correct course of action. If true, he stands to lose a lot, depending on how far back it goes. His results include gold in the 2014 World Team Championships and silvers in the 2012 World Team Championships and the 2013 World University Games. Stay tuned! See http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3158.
- It was announced recently that 7 Russian walkers would be allowed to compete as Neutral Athletes in the IAAF World Race Walking Team Championships in Taicang. The list of names read as follows

Olga Yeliseyeva
Yuliya Lipanova*
Yana Smerdova
Klavdiia Afanaseva*
Vasilij Mizinov
Sergei Shirobokov*
Sergey Sharipov*

The walkers with *s against their name deserve closer attention as they are part of a photo, taken recently in Karakol, Kyrgyzstan. This city is where disgraced Russian walks coach Viktor Chegin lives, and where RUSADA alleges that "athletes from the Russian national walking team" have been working with Chegin who is banned for life. See more at <https://apnews.com/amp/efc1665dbb564b53a07200be376cfc21>.

This is not the first time that it has been alleged that Russian walkers have been continuing to work with Chegin. German sports documentary company ARD produced a video expose in 2016 purporting to show Chegin hidden in a van while coaching athletes in a closed Russian city. Should any Russians be allowed to compete in Taicang? I say get them all out while this is investigated.

Here is the photo of the Russian walks team training in Karakol, current home of Chegin.



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 – 2018

May 5 (Sat), 2018	VRWC Winter Season Rasces, Middle Park, VIC
May 12 (Sat), 2018	VRWC Twilight Trivia, Middle Park, VIC. See http://www.vrwc.org.au/documents/Trivia%20Night%20advert%20.pdf
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 (venue to be confirmed)

2018 Remaining IAAF Racewalking Challenge Events

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

Apr 28 (Sat), 2018	International Walks Meet and Mikenas Memorial, Birstonas, LTU
May 5-6, 2018	28th IAAF World Race Walking Team Championships , Taicang. See http://www.taicang2018.org.cn/ .
May 9-11, 2018	Melanesian Regional Championships, Port Vila, Vanuatu (AA team - U18 walks)
Jun 8 (Fri), 2018	44 th International Racewalking Festival, Alytus, Lithuania
Jun 9 (Sat), 2018	International Racewalk Meet, Simnas, Lithuania
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
Aug 30-Sep 7, 2019	20th Oceania Masters T&F Championships , Mackay, Queensland, AUS
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 , Birmingham, GBR.

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