



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
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11 April 2017



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WALKER OF THE WEEK

My walkers of the week are Melbourne based VRWC competitors **Rhydian Cowley** and **Pramesh Prasad**. Competing in the annual Castlemaine NAB 500 meet on Sunday in the Victorian country town of Castlemaine, they gave it their all as they fought out second place in the 5km handicap walk. Rhydian was still 1 min 22 secs behind Pramesh at the bell, with 1.67km to go. Inch by inch, he bridged what looked an insurmountable gap. Terry Swan has captured the dying moments of the race – see for yourself how neither gave an inch as they raced for the line. Walking in its purest form! Well done to both – report later in the newsletter.



The sprint for the finishing line – Pramesh Prasad and Rhydian Cowley (photos Terry Swan)

WHAT'S COMING UP

That's pretty much it for the summer here in Australia. The only meet remaining is the **Australian Little Athletics T&F Championships (U13)** in Sydney on **22-23 April**.

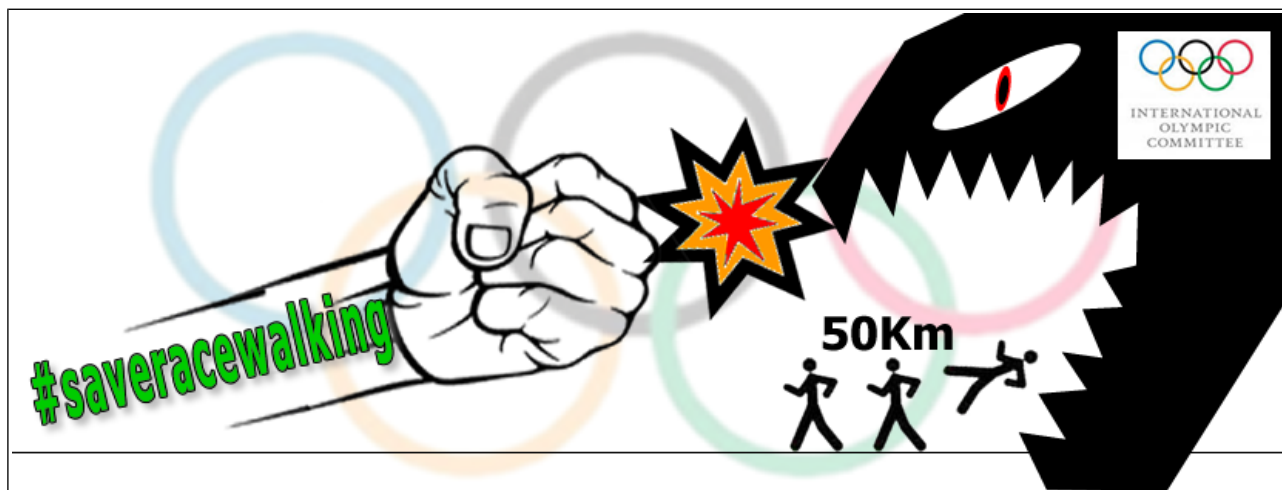
Internationally, we see another huge race on **Easter Saturday 15th April** with the next **IAAF Racewalking Challenge** event in **Taicang**, China. I have heard that the field will include Australians Brendon Reading and Rhydian Cowley as well as New Zealander Quentin Rew. Good luck boys!

TIME TO ORDER YOUR NEW RACEWALK VICTORIA UNIFORM

All Racewalking Victoria walkers must wear the RWV uniform in the LBG Carnival in Canberra in June. I have contacted the uniforms manufacturers and confirmed that they need 6 weeks to complete uniforms orders. That means we need to finalise our order by Thursday **20th April**. **So you have just over a week left to organise your order**. 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/rwv-uniforms/>. You don't need to order singlets as we have plenty of them on stock at our clubrooms.



THE IAAF RW COMMITTEE TRIES TO REMOVE 50KM RACEWALK FROM THE INTERNATIONAL PROGRAM



I'm starting this section with the image above, produced by Stefano Arcena <https://www.facebook.com/LaMarciaCom>.

You would have to be living in the bush under a log not to have heard about the IAAF Racewalking Committee's recommendation to decommission the 20km and 50km racewalks. Here is a timeline

Sat 25 Feb The IAAF RW Committee meeting, meeting in late February, voted YES to the following recommendations which were to be forwarded to the IAAF Council, effectively killing off the 50km as early as next year

The 50km event to be discontinued in future World Cup/World Championship and Olympics
The 20km event to be discontinued, to be replaced by half marathon distances in all the above competitions

- Wed 5 Apr This information was finally leaked to me nearly 6 weeks later and only 1 week before the IAAF Council were to vote to ratify these recommendations which they will assume to have been made after consultation with the RW community. This assumption is incorrect – there has been no consultation and it’s all a big secret.
- Wed 5 Apr I posted the info to facebook and twitter, hence setting off a flurry of world wide condemnation and anger.
- Wed 5 Apr World media outlets started to pick up on the story, even though it is as yet unvalidated. The first article to be published is this one: <http://www.irishtimes.com/sport/other-sports/50km-race-walk-could-be-removed-from-athletics-programme-1.3038020>. There have been lots of articles world wide since then. Here are some of them
- <http://www.adelaidenow.com.au/sport/more-sports/jared-tallents-dream-of-winning-a-fourth-olympic-medal-in-the-50km-walk-could-be-over/news-story/18267352ee3a5db65995f14566b776bf>
- <http://www.athleticsweekly.com/news/athletes-fans-show-support-50km-race-walk-59629>
- <http://www.donegalsporthub.com/brendan-boyce-lifes-work-ended-vote-rubber-stamp/>
- <http://www.ottocorsie.it/2017/04/08/tutti-in-marcia-contro-la-iaaf/>
- <http://www.insidethegames.biz/articles/1048976/exclusive-international-federations-reveal-new-events-proposed-for-tokyo-2020>
- <http://www.insidethegames.biz/articles/1049085/mixed-gender-race-walking-event-proposed-by-iaaf-for-world-championships-and-tokyo-2020>
- <http://www.lapresse.ca/le-soleil/sports/autres-sports/201704/08/01-5086868-la-marche-menacee-aux-jo.php>
- Thu 6 Apr A wide ranging group of top international walkers from around the world discussed what to do via their own closed facebook group. Chris Erickson acted on their behalf to set up a change.org petition - <https://www.change.org/p/ioc-iaaf-keep-the-50km-race-walk-in-the-olympics> – which has had great support. As of now, it has just on 8,000 signatures from over 50 countries and it continuing to grow. When the international athletes tried to contact the IAAF RW Committee members for confirmation, they were met by a wall of silence. The one or two members who did reply simply send out trite generalities that said nothing. The IAAF RW Committee and the IAAF would not comment in any official way.

Petitioning [International Olympic Committee](#) and [1 other](#)

Keep the 50km race walk in the Olympics

Chris Erickson Australia



IOC/ IAAF decision on the future of race walk within the Olympic Games and World Championships.

Sign this petition

6,955 supporters

545 needed to reach 7,500

First name

Last name

Email

Australia

Postal code

I'm signing because... (optional)

- Sat 8 Apr I was forced to put out a second facebook/twitter post to reconfirm the accuracy of the leak. This had to be done as the IAAF had replied to Athletics Australia to the effect that there were no plans to get rid of the 50km. My understanding is that this was incorrect info being fed to member Federations.
- Sun 9 Apr I was sent the minutes of the IAAF RW Committee meeting from 25th February. The minutes clearly showed that the original leak was accurate. See <http://www.vrwc.org.au/documents/RaceWalkingComRprt-Council-April2017.pdf>. The IAAF RW Committee and the wider IAAF still refused to answer emails.

- Mon 10 Apr The program for the IAAF Council meeting was sent to me. It confirmed that the IAAF Council will meet in London on 12-13 April. This is presumably when the future of the 50km racewalk (and of the 20km racewalk) will be decided.
- Mon 10 Apr The IAAF Communications office was finally forced by dint of pressure from the RW community to release an official response on the future of racewalking. Suffice it to say, I disagree with with the opinions and comments expressed therein. See <http://vrwc.org.au/documents/Situation%20regarding%20Race%20Walking%20and%20Tokyo%202020%20Olympic%20Games.pdf>.
- Mon 10 Apr Late on Monday evening, I was told that the IAAF RW Committee vote to kill off the 50km was almost unanimous - only 1 lone voice of opposition was heard from those present at the meeting. All 4 Olympic medallists on the committee voted YES.
- Mon 10 Apr A couple of great videos have been posted by Stefano Aracena to help the cause
- <https://www.youtube.com/watch?v=aSLq2j8qiQ>
<https://www.facebook.com/LaMarciaCom/videos/1287837371306229/>

So that's the state of play. The IAAF Racewalking Committee has let us down badly. They have operated behind closed doors to radically change the international racewalking scene, without any input from us, the wider racewalking community. Further, their actions have been hidden behind a shroud of secrecy. If this had not been leaked by a supporter within the IAAF family, the first we would have heard of it was when the minutes of this week's IAAF Council were published some time hence and we would then have become aware what was a fait-accompli. We would then have had no chance to get the decision reversed.

The IAAF RW Committe no longer has my vote of confidence. It is my opinion that those on the committee who voted YES should resign en-masse, so that new representatives, more aligned with the wider walking community, can be elected.

And what can be done in this one remaining day to save the 50km walk. It's simple - sign the petition and get all your friends to sign it at <https://www.change.org/p/ioc-iaaf-keep-the-50km-race-walk-in-the-olympics>.

CASTLEMAINE NAB 500, BOTANICAL GARDENS CASTLEMAINE, SUNDAY 9 APRIL

The Victorian Race Walking Club and Events in Nature combined to put on the third annual Castlemaine NAB 500 Walks Meet in Castlemaine, in country Victoria, last Sunday morning. Held in the beautiful surrounds of the Castlemaine Botanical Gardens and strongly supported by local Castlemaine business and local government, it again provided a unique opportunity for our walkers to compete for significant prize money.

While the previous two editions of this race were held in sunshine, this year we were unlucky enough to encounter one of the worst weekends seen in Victoria for some time. Thankfully the rain held off until just before our final event, the Castlemaine NAB 5km, but it then settled in for the rest of the day, with the race and the subsequent presentations and post-event cleanup, all done in very wet and cold conditions. Oh well, you can't have everything.

Being country based, the carnival drew mostly from the Ballarat, Bendigo and Geelong areas but also included a sprinkling of Melbourne based walkers. The format changed this year with the 3km and 5km raaces being handicap based, with the fastest walkers in each race heading off last and having to chase. It made for some very exciting races but, alas, despite the best intentions of the handicapper (me!), the outmarkers generally prevailed.

Well done to our winners **Mackayla Davison, Albin Hess, Scott Peart, Maddison Vaughan** and **Ebony Whiley**. Although all the races were exciting, the finish of the Open 5km had us all on the edge of our seats. Although Ebony Whiley, walking over a minute faster than recent form would indicate possible, had the win sewn up, the second place was up for grabs with **Pramesh Prasad, Adam Garganis** and **Rhydian Cowley** all in the mix. It came down to a final sprint for the line with Rhydian eating into Pramesh's lead with every stride but just failing by a couple of metres in overhauling him. What a race!

U18 3KM ROADWALK		EXPECTED	START TIME	ACTUAL TIME	
1.	Davison, Mackayla	16:30	06:30	16:11	
2.	Thompson, Eliza	23:00	00:00	22:50	First ever
3.	Saunder, Fraser	16:30	06:30	16:44	
4.	Thompson, Will	14:10	08:50	14:49	
5.	Peart, Alanna	14:56	08:04	15:38	
6.	Peart, Jemma	14:20	08:40	15:14	
	Hayes, Zahra	14:30	08:30	DNS	
50+ 3KM ROADWALK		EXPECTED	START TIME	ACTUAL TIME	
1.	Hess, Albin	20:30	02:30	19:28	PB 0:56
2.	Keirl, Bernie	17:00	06:00	17:01	
3.	Barrow, Geoff	20:10	02:50	20:21	

4.	Carr, Heather	17:05	05:55	17:30
5.	Lotherington, Bill	21:30	01:30	22:00
6.	Elms, Donna-Marie	17:50	05:10	18:27
7.	Bryant, Barb	17:10	05:50	17:56
8.	Knox, Duncan	18:30	04:30	19:30

U12 1KM BOYS

1.	Peart, Scott	05:31	PB 0:03
2.	Tallent, Brodie	05:35	PB 0:15
3.	Fox, Oscar	05:57	PB 0:01

U12 1KM GIRLS

1.	Vaughan, Maddison	06:14	PB
2.	Tallent, Jorja	06:46	PB 0:01
	Fox, Amber	DNS	
	Heikkila-Dubowik, Kaylah	DNS	

OPEN 5KM ROADWALK

		EXPECTED	START TIME	ACTUAL TIME
1.	Whiley, Ebony	31:30	00:00	30:07
2.	Prasad, Pramesh	24:07	07:23	23:59
3.	Cowley, Rhydian	20:15	11:15	20:08
4.	Garganis, Adam	21:20	10:10	21:50
	Hamilton, Emily	25:10	06:20	DNS

And now to the big list of thank you's.

- Thanks to Michael Smith for his superb local organization and efforts in pulling everything together.
- Thanks to the VRWC judges who came up and helped out judging.
- Thanks to everyone who helped with setup, event running and pulldown in the rain.
- Thanks to Harry Koponen of the Castlemaine NAB bank for his ongoing support and presence today.
- Thanks to the Mount Alexander Shire and Cr Bronwen Machin for their generous support, both financial and otherwise (and to the MAS garden staff for facilitating the use of the botanical gardens).
- Thanks to Peter and Gary Grant at the Castlemaine Bike Vault for his generous sponsorship.
- Thanks to Jeremy, Ian and Partners at McKenzie Davey Amcal Pharmacy for their generous sponsorship.

And finally, thanks to Terry Swan for his superb photo gallery at <http://www.vrwc.org.au/piwigo/index.php?category/424>.

See you all in Castlemaine next year.



Mackayla Davison, Ebony Whiley, Adam Garganis and Albin Hess (photos Terry Swan)



Maddison Vaughan, Scott Peart, Pramesh Prasad and Rhydian Cowley (photos Terry Swan)

ACTRWC TRACK WALKS, WODEN ATHLETICS TRACK, WODEN, THURSDAY 30 MARCH

One last summer season walk result from Robin Whyte for the ACT Racewalking Club in Canberra.

2000m Handicap

1.	Robert Kennelly	16:53
2.	Lorna England	15:34
3.	Mitchell Baker	9:14
4.	Sheryl Greathead	16:00
5.	Connor Frew (F/T)	8:56
6.	Ruth Baussmann	14:50
7.	Tim Fraser	9:36
8.	Jennifer Gilchrist	15:58

800m Walk

1.	Bob Chapman	8:06
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ACTRWC ROAD WALKS, MOLONGLO REACH, CANBERRA, SATURDAY 8 APRIL

And further thanks to Robin Whyte for last weekend's walk results from Canberra – it looks like their winter season roadwalks kicked off on Saturday. Good to see.

4km Walk

1.	Hannah Manning	21:45
2.	Laura Burns	22:08
3.	Peter Baker	22:11
4.	Kate Black	25:19
5.	Derek Robinson	28:51
6.	Rosemary Parker	31:27
7.	David Mackenzie	33:09

2km Walk

1.	Andrew Camp-Liddiard	12:33
2.	Pierce Brennan	12:47
3.	Ella Baker	14:11
4.	Robyn Saunders	16:05

1km Walk

1.	Harry Baker	6:03
2.	Lilit Atoyán	8:08
3.	Nola de Chazal	14:00

8km Walk

1.	Mitchell Baker	42:02
2.	Callum Burns	42:35
3.	Ann Staunton-Jugovic	46:49
4.	Greg Durr	46:55
5.	Robin Whyte	51:45
6.	Mick Saunders	57:10
7.	Bryan Thomas	58:36
8.	Bob Parker	59:05
9.	Monika Short	59:53
10.	Jane Bates	1:01:14
11.	Rod Gilchrist	1:03:33
12.	Doug Fitzgerald	1:05:07
13.	Val Chesterton	1:10:41
14.	Phil Essam	1:12:36
	Gabby Hunt	DNF
	Matt Griggs	DNF

SAMA TRACK WALKS, SA ATHLETICS STADIUM, MILE END, ADELAIDE, THURSDAY 6 APRIL

Thanks to Colin Hainsworth for the results from the final summer season races for the South Australian Masters in Adelaide. It was also their presentation evening. Colin commented: Quite warm evening. Excellent walks by **Marie Maxted** and **George White**. Back again at the start of the winter season. Colin.

600m Walk

1.	Marie Maxted	02:58	W56
2.	George White	03:24	M71
3.	Gil McIntosh	03:36	M66
4.	Preben Kohler	03:51	M40
5.	James Hoare	03:57	M70
6.	Mark Howson	04:01	M58
7.	Helen Suridge	04:06	W66
8.	Rodger Barber	04:11	M79
9.	Valmai Padget	04:19	W72
10.	Roger Lowe	04:24	M74
11.	Graham Harrison	04:34	M73
12.	Margaret McIntosh	04:35	W64
13.	Jill Rogers	04:53	W72
14.	David Robertson	04:55	M83

1 Mile Walk

1.	Mark Worthing	08:58	M54	73.36%
2.	Marie Maxted	09:00	W56	79.59%
3.	George White	09:08	M71	86.04%
4.	Gil McIntosh	10:32	M66	70.35%
5.	James Hoare	11:10	M70	69.52%
6.	Helen Suridge	11:30	W66	69.16%
7.	Rodger Barber	11:51	M79	73.88%
8.	Bill Starr	11:52	M74	68.81%
9.	Graham Harrison	12:26	M73	64.82%
10.	Roger Lowe	13:08	M74	62.17%
11.	Margaret McIntosh	13:11	W64	58.95%
12.	David Robertson	14:01	M83	66.44%

2016/17 TASMANIAN 10000M WALK CHAMPIONSHIP, DOMAIN ATHLETICS TRACK, HOBART, SUNDAY 9 APRIL

Thanks to Wayne Fletcher for the results of the Tasmanian 10,000m walk Championships. Cool day with intermittent rain. A very good inaugural 10,000m walks by 15 year old **Bayley Campbell**, 15 year old **Anna Blackwell** and 16 year old **Alice Randall**.

10,000m Walk Open Men

1.	Bayley Campbell	OVA	57:41.17	Inaugural
2.	Ron Foster	TMA	DQ	

10,000m Walk Open Women

1.	Alice Randall	OVA	54:25.58	Inaugural
2.	Anna Blackwell	OVA	58:30.36	
3.	Elizabeth Leitch	TMA	67:42.99	

WA MASTERS T&F CHAMPIONSHIPS, CANNINGTON, PERTH, 8-9 APRIL

Thanks to Daniew Lowe for the results of the the Masters Athletics WA State Championships which were held over the weekend at Ern Clark Athletic Centre in Cannington. Highlights included state records to **Garry Hastie** in the M55 1500m walk (7:24.21) and **Lynne Schickert** in the W75 3000m walk (23:23.52). The link to the results is <http://www.mastersathleticswa.org/system/wp-content/uploads/post/2017/main-weekend-results.pdf>.

3000m Walk

W45	1	Wendy Farrow	19:22.72
	2	Janne Wells	21:13.76
W50	1	Karyn Tolardo	17:15.43
W70	1	Luella Jenkins	23:14.94
W75	1	Lynne Schickert	23:23.52 (SR)
M40	1	Daniel Lowe	19:27.50
M55	1	Garry Hastie	15:39.65
M65	1	John Mcdonagh	21:17.17

5000m Walk

W45	1	Wendy Farrow	33:05.95
W50	1	Karyn Tolardo	29:37.73
W60	1	Su Lloyd	41:45.77
W75	1	Lynne Schickert	40:30.34
M40	1	Daniel Lowe	34:11.71
M45	1	Wayne Byram	36:30.06
M55	1	Garry Hastie	27:25.31
M65	1	John Mcdonagh	38:42.92
M70	-	Johan Hagedoorn	DQ

1500m Walk

W45	1	Wendy Farrow	9:15.89
	2	Janne Wells	9:34.95
W50	1	Karyn Tolardo	8:17.15
W60	1	Su Lloyd	13:24.7
W75	1	Lynne Schickert	11:34.9
M40	1	Daniel Lowe	9:29.88
M45	1	Wayne Byram	9:44.66
M55	1	Garry Hastie	7:24.21 (SR)
	2	John Dennehy	10:20.27
	-	Andrew Cuthbertson	DQ
M65	1	John Mcdonagh	10:23.41
	2	Harold Membrey	11:34.80
M70	1	Bruce Wilson	10:18.01

PODEBRADY RACE WALK MEET, PODEBRADY, CZECH REPUBLIC, SATURDAY 8 APRIL

Saturday saw the latest European Athletics racewalk permit meet (and Czech championships) in the Czech city of Podebrady (see <http://www.podebrady-walking.cz/en/>). As usual, Emmanuel Tardi was there and reported on what was a wonderful walking carnival, from both depth and quality perspectives. The course was a fast one, with a 1km rectangular loop in the city centre ensuring no severe turns to slow the walkers. It was also one of the last big meet opportunities before the European Cup which will be held in Podebrady on 21st May.

It was a big day for Colombia in the women's 20km with **Sandra Viviana Galvis** (COL) winning in a PB 1:30:00 ahead of **Yeseida Carrillo** (COL) in a PB 1:31:14. **Zivile Vaciukeviciute** (LTU) was third in her own PB of 1:31:40. The international teams competition was won by Lithuania (3) ahead of France (11), Poland (13), Hungary (15) and Finland (16).

The men's 20km winner **Christopher Linke** (GER) took the lead right from the start, along with **Kevin Campion** (FRA) and followed by **Wayne Snyman** (RSA). By the half way mark, Linke and Campion were still together in a split time of 40:20, 16 secs ahead of Snyman (RSA) in 40:36. Linke then put the hammer down with some very fast 1km splits, reaching the 15km mark on his own in 59:37 and going on to win with a new PB of 1:18:59. Campion held his spot to finish second in a PB of 1:20:28 while **Hagen Pohle** (GER) came home strongly to take third placed with 1:21:41 ahead of Snyman with 1:22:01. It was a bit of a breakthrough walk for Linke who was second in this race last year with a 1:19:19 PB and then followed it up with fifth at the Olympics in Rio with 1:20:00. He now looks to be taking the next step. **Lukas Gdula** won the Czech championship with 1:31:49. The international teams competition was won by France (3) ahead of Hungary (15), Sweden (21), Lithuania (25), the Czech Republic (25) and Switzerland (33). Finland, the UK, Ireland and Poland did not finish full teams so scored no points.

It was a very successful meet for the British squad with good performances from **Cameron Corbishley** (a 5 min PB and European U23 qualifying time of 1:26:00), **Gemma Bridge** (big 20km PB of 1:35:03), **Chris Snook** (U20 men 10km 44:45), **Tom Partington** (U20 men 10km 45:53), **Molly Davey** (U20 Women 10km 51:46), **Sophie Lewis Ward** (U20 women 10km 52:45) and **Ana Garcia** (1st in the U18 women 5km 24:34). 15 year old Ana is one of a number of young achievers now coming though in a resurgent GBR scene while Gemma is a relatively newbie to racewalking and this was only her 2nd 20km walk ever. She was on a running scholarship in the US until this time last year. She is now 4th all-time in the UK behind Jo Atkinson, Bethan Davies and Lisa Kehler. The England selection standard for the Gold coast is 97:00 and the World titles is 96:00 so she is on track for some serious team representations by the look of things. As an aside, both Ana and Gemma are coached by expat Aussie **Mark Wall** who was there as part of the GBR team management.

Lots of photos at <https://www.ahcartynomad.com/2017/04/10/podebrady-racewalking-2017-groups/> and at <http://photos.google.com/share/AF1QipO7X3-6X0rOHSHiVUpMdgdT70x0e121kCDCSuYxnoMBXmDeXmp8YhgUdjmkDeCbQ?key=UVBJYjBqcThfbTI4ODBJTUFjMmdoQWVFcFE3OHFn>. I hate long URLs!

Open Men 20km Race Walk

1.	Christopher LINKE	GER	88	1:18:59
2.	Kevin CAMPION	FRA	88	1:20:28
3.	Hagen POHLE	GER	92	1:21:41
4.	Wayne SNYMAN	RSA	85	1:22:01
5.	Karl JUNGHANSS	GER	96	1:22:40
6.	Jean BLANCHETEAU	FRA	96	1:22:59
7.	Robert HEFFERNAN	IRL	78	1:23:13
8.	Gabriel BORDIER	FRA	97	1:23:50
9.	Yassir CABRERA	PAN	88	1:24:49
10.	Hatem GHOULA	TUN	73	1:25:59
11.	Cameron CORBISHLEY	GBR	97	1:26:00
12.	Anders HANSSON	SWE	92	1:26:10
13.	Bence VENYERCSÁN	HUN	96	1:26:17
14.	Fabian BERNABE	FRA	95	1:26:42
15.	Genadiy KOZLOVSKIY	LTU	91	1:26:55
16.	Vitaliy TEREKHIN	KAZ	96	1:28:06
17.	Andreas JANKER	GER	83	1:28:36
18.	Tomasz BAGDÁNY	HUN	95	1:28:47
19.	Fredrik RØTNES	NOR	96	1:29:12
20.	Soma KOVÁCS	HUN	97	1:29:20
21.	Dávid TOKODI	HUN	91	1:29:46
22.	Michal MORVAY	SVK	96	1:29:50
23.	Kamil KOMAROWSKI	POL	95	1:30:29
24.	Lukas GDULA	CZE	91	1:31:49
25.	Khaled OTHMANI	TUN	89	1:32:37
26.	Vít HLAVÁČ	CZE	97	1:33:18
27.	Jose Leonidas ROMERO IRIAS	HON	83	1:33:57
28.	Elmo KOIVUNEN	FIN	94	1:34:20

29.	Alex FLOREZ	SUI	71	1:34:45
30.	Remo KARLSTRÖM	SWE	88	1:34:48
31.	Darius JEZEPCIKAS	LTU	80	1:35:53
32.	Karel KETNER	CZE	90	1:36:11
33.	Tomáš HLAVENKA	CZE	77	1:36:21
34.	Zamanbek BABABEK	KAZ	97	1:37:49
35.	Martin NEDVÍDEK	CZE	75	1:41:13
36.	Josef SMOLA	CZE	64	1:41:30
37.	Alexandr MALYSA	CZE	97	1:45:28
38.	Quentin MACABREY	FRA	94	1:45:47
	Lukáš PAZDERA	CZE	86	DNF
	Pavel SCHROM	CZE	91	DQ
	Guy THOMAS	GBR	97	DQ
	Anthony TOBIN	IRL	97	DQ
	Daniel CHOJECKI	POL	94	DQ
	David DURAND-PICHARD	FRA	72	DNF
	Anton KUCMÍN	SVK	84	DNF
	Antonin BOYEZ	FRA	84	DNF
	Aurelien QUINION	FRA	93	DNF
	Nils BREMBACH	GER	93	DNF
	Artturi OILA	FIN	96	DQ

Open Women 20km Race Walk

1.	Sandra Viviana GALVIS	COL	86	1:30:00
2.	Yeseida CARRILLO	COL	93	1:31:14
3.	Živile VAICIUKEVICIUTE	LTU	96	1:31:40
4.	Valeria ORTUÑO	MEX	98	1:31:48
5.	Monika VAICIUKEVICIUTE	LTU	96	1:32:39
6.	Anežka DRAHOTOVÁ	CZE	95	1:33:18
7.	Anel OOSTHUIZEN	RSA	95	1:34:49
8.	Emilia LEHMEYER	GER	97	1:34:58
9.	Katarzyna GOLBA	POL	89	1:34:59
10.	Gemma BRIDGE	GBR	93	1:35:03
11.	Marine QUENNEHEN	FRA	91	1:35:07
12.	Elisa NEUVONEN	FIN	91	1:35:09
13.	Rita RÉCSEI	HUN	96	1:35:50
14.	Amandine MARCOU	FRA	92	1:37:00
15.	Laura POLLI	SUI	83	1:37:10
16.	Corinne BAUDOIN	FRA	80	1:37:59
17.	Lucie AUFFRET	FRA	88	1:39:23
18.	Anett TORMA	HUN	84	1:39:24
19.	Ioanna BEMOWSKA	POL	94	1:40:37
20.	Saskia FEIGE	GER	97	1:41:30
21.	Bianca SCHENKER	GER	74	1:47:35
22.	Venla LAIHO	FIN	95	1:48:04
23.	Hana HERBEROVÁ	CZE	81	1:54:32
24.	Lenka BOROVIČKOVÁ	CZE	73	1:55:37
25.	Ieva ŠUKEVICIUTE	LTU	96	1:56:32
26.	Martina NETOLICKÁ	CZE	82	2:04:51
	Rebecca COLLINS	IRL	91	DQ
	Tiia KUIKKA	FIN	94	DNF
	Bianca Maria DITTRICH	GER	93	DNF
	Sibilla DI VINCENZO	ITA	83	DQ
	Barbara KOVÁCS	HUN	93	DQ

The U20 and U18 races were also big affairs, with impressive times in particular by the U20 winners **Leo Kopp** (GER 41:19) and **Teresa Zurek** (GER 45:53).

U20 Men 10km Race Walk

1.	Leo KÖPP	GER	98	41:19
2.	David KUSTER	FRA	99	41:31
3.	Lukasz NIEDZIALEK	POL	00	41:53
4.	Justin BOURNIER	FRA	99	43:03
5.	Abdulaziz DANIS	TUR	99	43:43
6.	Bálint SÁROSSI	HUN	00	43:45
7.	Christopher SNOOK	GBR	00	44:45
8.	Joni HAVA	FIN	99	45:44

9.	Johannes FRENZL	GER	01	45:44
10.	Jan STRAMKA	GER	00	45:50
11.	Daniel KOVAC	SVK		45:51
12.	Tom PARTINGTON	GBR	99	45:53
13.	Jakob Johannes SCHMIDT	GER	01	46:18
14.	Robert GOLAWSKI	POL	98	46:20
15.	Ryan GOGNIES	FRA	00	47:06
16.	Niklas RICHTER	GER	99	47:59
17.	Andrew CARROLL	IRL		48:50
18.	Jaakko MÄÄTTÄNEN	FIN	99	48:58
19.	Norbert TÓTH	HUN	01	48:59
20.	Otto JUNGHANNSS	GER	00	49:01
21.	Niclas BUDEK	GER	99	49:01
22.	Vojtech LIBNAR	CZE	99	49:10
23.	Arminas RUDENKA	LTU		49:14
24.	Dávid VARGA	HUN	01	49:27
25.	Paulius JUOZAITIS	LTU	00	50:19
26.	Vencel GÁL	HUN	01	50:24
27.	Nathan BONZON	SUI	00	50:50
28.	Joe MOONEY	IRL	98	51:20
29.	Arnoldas LIUTINSKIS	LTU		51:52
30.	Christopher KNOBLOCH	GER	99	56:55
	Robert ZUREK	GER	00	DQ

U20 Women 10km Race Walk

1.	Teresa ZUREK	GER	98	45:53
2.	Camille AURRIERE	FRA	98	48:36
3.	Enni NURMI	FIN	98	48:40
4.	Eloise TERREC	FRA	98	48:44
5.	Agata KOWALSKA	POL	98	49:41
6.	Julia RICHTER	GER	99	49:42
7.	Zuzanna DRYGALSKA	POL	99	49:43
8.	Julia HENZE	GER	98	49:50
9.	Austeja KAVALIAUSKAITE	LTU	00	50:15
10.	Ema HACUNDOVÁ	SVK	99	50:34
11.	Orla O'CONNOR	IRL	00	50:46
12.	Malgorzata CETNARSKA	POL	98	51:07
13.	Klaudia ŽÁRSKA	SVK	99	51:26
14.	Daphne DIMANOPULOSZ	HUN	99	51:42
15.	Molly Jade DAVEY	GBR	98	51:46
16.	Aušrine KUZMICKAITE	LTU	98	52:32
17.	Sophie LEWIS WARD	GBR	99	52:45
18.	Anna HORNYÁK	HUN	00	52:50
19.	Pauline BARZ	GER	98	52:52
20.	Sarah LACROIX	FRA	98	52:56
21.	Niamh O'CONNOR	IRL	00	53:36
22.	Anniina KIVIMÄKI	FIN	99	53:54
23.	Dovile BAŠINSKAITE	LTU	98	54:22
24.	Carolin KIRCHNER	GER	99	54:22
25.	Rachel GLENNON	IRL	98	54:45
26.	Josefin GREIFF	NOR	98	55:07
27.	Orlaith DELAHUNT	IRL	98	55:45
28.	Veronika JANOŠÍKOVÁ	CZE	98	55:59
29.	Karolina JAWORSKA	POL	99	56:25
30.	Hana SCHROMOVÁ	CZE	98	58:06
31.	Lisa MÅREN LØSETH	NOR	01	58:31
32.	Erika PONTAROLLO	ITA	98	59:12
33.	Lenka PANÝRKOVÁ	CZE	99	67:39
	Meryem BEKMEZ	TUR	00	DQ

U18 Men 5km Race Walk

1.	Alan HAMZIC	SVK	00	25:02
2.	Jan ŠVEJDA	CZE	01	26:37
3.	Mykhaylo HETSYANYN	CZE	00	26:42
4.	Hugo ZELENÁK	SVK	03	27:21
5.	Adam ZAJÍCEK	CZE	03	28:25
6.	Franz LEOPOLD	GER	00	29:53

U18 Women 5km Race Walk

1.	Ana GARCIA	GBR	01	24:34
2.	Sarah GLENNON	IRL		24:43
3.	Josephine GRANDI	GER	00	25:05
4.	Toma DAILIDONYTE	LTU	03	25:46
5.	Yasmin ULBRICH	GER	00	27:35
6.	Sina RIEDEL	GER	02	27:38
7.	Hana BURZALOVÁ	SVK	00	27:43
8.	Victoria WACHOWSKA	POL	00	27:51
9.	Urtė GUDZIKAITĖ	LTU	02	27:55
10.	Milla MAGIERA	GER	02	27:55
11.	Valentina ZALEVSKAYA	KAZ	00	28:27
12.	Lena RIEDEL	GER	02	28:30
13.	Jana ZIKMUNDOVÁ	CZE	02	28:35
14.	Kamila REMSAK	POL	00	28:45



Christopher Linke, Kevin Campion, Hagen Pohle and Cameron Corbisley (photos Emmanuel Tardi)



Sandra Viviana Galvis, Yeseida Carrillo and Zivile Vaciukeviciute (photos Emmanuel Tardi)



U20 podiums (photos Emmanuel Tardi)

BRAZILIAN U20 T&F CHAMPIONSHIPS, SÃO BERNARDO DO CAMPO, BRAZIL, 7-9 APRIL

To Brazil for the walk results from their U20 T&F Championships last weekend.

Men 10,000m Race Walk

- | | | | | |
|----|----------------------------------|-----|----|----------|
| 1. | Matheus Gabriel DE LIZ CORREA | BRA | 99 | 45:39.84 |
| 2. | Murilo Coutinho RIBEIRO DA SILVA | BRA | 00 | 47:24.07 |

Women 10,000m Race Walk

- | | | | | |
|----|------------------------|-----|----|----------|
| 1. | Amelia FORTUNATO | BRA | 01 | 56:28.76 |
| 2. | Elica DE OLIVEIRA | BRA | 00 | 57:12.97 |
| 3. | Laryssa Fernanda FROIS | BRA | 00 | 57:26.96 |
| 4. | Tatiana DE MORAIS | BRA | 00 | 57:37.00 |
| 5. | Thaynara SILVA DE LIMA | BRA | 98 | 57:47.46 |
| 6. | Rebeca BENIGNA | BRA | 99 | 59:40.06 |

GRAND PRIX SUDANMERICANO, CONCEPCIÓN, CHILE, FRIDAY 7 APRIL

Staying in South America for more walking results from Chile.

Men 10,000m Race Walk

- | | | | | |
|----|-----------------------------|-----|----|----------|
| 1. | Fabrizio Mitch SALAS QUIROZ | CHI | 97 | 46:19.65 |
| 2. | Antonio BELTRÁN | CHI | | 49:06.39 |

Women 10,000m Race Walk

- | | | | | |
|----|-------------------|-----|----|----------|
| 1. | Anastasia SANZANA | CHI | 98 | 53:50.93 |
| 2. | Daniela PARRA | CHI | 98 | 55:16.39 |

16TH BALKAN RACE WALK CHAMPIONSHIPS, FLORINA, GREECE, SUNDAY 9 APRIL

Thanks to marciadalmondo (see http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2762) for their report on Sunday's 16th edition of the Balkan Race Walk Championships. The race day was quite hot, and the temperature exceeding 25°C. All races were held on a 2km course in the industrial area of Florina, and the meet was well organized by the Greek Federation.

The men's 20km went to **Alexandros Papamichail** (GRE) with a time of 1:26:40, an easy walk considering his PB of 1:21:12 from the London Olympics in 2012. Second place went to **Salih Korkmz** (TUR) with 1:27.52. This was the first 20km walk for the young Turk who took bronze at the 2016 U20 World Championships in Bydgoszcz (40:45.53) last year. The bronze medal went to **Narcis Stefan Mihaila** (ROU) in 1:29:47, a PB for the 30 year old Romanian.

The hosts also took gold in the women's 20km with **Antigoni Drisbioti** (GRE) walking 1:34:00. She finished a long way ahead of second placed **Panayota Tsinopoulou** (GRE) with 1:39:32 while third place went to **Dusica Topic** (SRB) in 1:39:43.

The U20 10km Balkans titles went to **Abdulselam Imuk** (TUR 44:16) and **Alikanioti Sofia** (GRE 49:18) while the U18 titles went to Turkish walkers **Umut Temel** (45:17) and **Hader Dost** (24:48).

20km Open Men

1.	Alexandros PAPAMICHAIL	1988	GRE	1:26:40
2.	Salih KORKMAZ	1997	TUR	1:27:52
3.	Narcis Stefan MIHAILA	1987	ROU	1:29:47
4.	Marius Ioulian COCIORAN	1983	ROU	1:30:36
5.	Mustafa ÖZBEK	1997	TUR	1:32:32
	Bayran IZCIAK (AC)	1997	TUR	1:38:02
6.	Nikolay MINKOV	1996	BUL	1:53:14
	Zacharias TSAMOUDAKIS	1996	GRE	DQ

20km Open Women

1.	Antigoni DRISBIOTI	1984	GRE	1:34:00
2.	Panayota TSINOPOULOU	1990	GRE	1:39:32
3.	Dušica TOPIC	1982	SRB	1:39:43
4.	Mihaela Valentina PUSCASU	1995	ROU	1:41:13
5.	Radosveta SIMEONOVA	1993	BUL	1:43:07
6.	Jale BASAK	1997	TUR	1:44:04
7.	Danica GOGOV	1996	SRB	1:45:53
8.	Carmen Bianca MOLNAR	1996	ROU	1:47:21
9.	Stanislava PETROVA	1993	BUL	2:25:14
	Elif KOÇ	1993	TUR	DQ

10km U20 Men

1.	Abdulselam IMUK	1999	TUR	44:16
2.	Georgios TZATZIMÁKIS	1999	GRE	44:39
3.	Stefan Cristian MANGU	1999	ROU	45:34
4.	Natanael ROTARU	1999	ROU	47:48
5.	Sinan ASLAN	1998	TUR	49:57
6.	Anastasios STAMOS	2000	GRE	51:13
7.	Anze TESOVNIK	1998	SLO	54:44
8.	Dimitrije DEJKOVIC	1998	SRB	57:39
9.	Zlatomir RADEV	1998	BUL	58:38
10.	Radoslav SVIRECOV	2000	BUL	62:49

10km U20 Women

1.	Sofia ALIKANIOTI	1998	GRE	49:19
	Athanasía VAÍTSI (AC)	1998	GRE	50:13
2.	Dimitra BOCHORI	1998	GRE	50:19
3.	Meral KURT	1998	TUR	51:42
	Barime KELEMENI (AC)	1999	GRE	53:05
	Secil AKPINAR (AC)	1999	TUR	53:42
4.	Ionela Cerasela OLTEANU	1999	ROU	54:11
5.	Roxana PANTA	1999	ROU	54:59
6.	Gabriela KRASIMIROVA	1999	BUL	56:08
7.	Djansel MEHMED	1998	BUL	62:02
8.	Jovana MILOSAVLJEVIC	1998	SRB	65:06
	Ayse TEKDAL	1999	TUR	DQ

10km U18 boys

1.	Umut TEMEL	2001	TUR	45:17
2.	Selman ILHAN	2000	TUR	45:26
	Azat ERTAS (AC)	2000	TUR	46:38
3.	Anthimos KELEPOURIS	2001	GRE	48:12
4.	Themistoklis TSAROUCHAS	2000	GRE	49:10
5.	Ioan Adrian DUMITRU	2001	ROU	50:55
6.	Petru ROTARU	2001	ROU	52:13
7.	Dimitrije DELCEV	2002	SRB	55:13
8.	Kadir KADIR	2000	BUL	59:31
9.	Edis IHSAN	2000	BUL	60:48

5km U18 girls

1.	Kader DOST	2000	TUR	24:48
2.	Inci CICEK	2000	TUR	25:22
3.	Andra Elena BOTEZ	2000	ROU	25:29
4.	Diana Georgia ANGELESCU	2001	ROU	25:30
5.	Maria SEFERIADI	2001	GRE	25:41
6.	Olga FIASKA	2001	GRE	25:51

	Kiriaki FILTISAKOU (AC)	2002	GRE	26:34
7.	Marija PAPOVIC	2000	SRB	27:56
8.	Eva CANADI	2000	SLO	28:40
9.	Kristiana STEFANOVA	2000	BUL	32:24
10.	Kaja RUPAR	2001	SLO	32:38
11.	Victoria GERCHEVA	2000	BUL	33:57

MARCIADALMONDO AND OMARCHADOR ROUNDUP

Marciadalmondo had 5 press releases this week

- Mon 10 Apr – French walkers do well in Podebrady
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2763
- Sun 9 Apr - Results of the 16th Balkan Race Walk Championships in Florina, Greece
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2762
- Sat 8 Apr - Results of the EA Race Walking Permit Meeting in Podebrady
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2761
- Fri 7 Apr - Preview of the 2017 European Cup 50km to be held in Podebrady on May 21, 2017
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2760
- Thu 6 Apr - Preview of this weekends's Podebrady meet
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2759

and Omarchador had 11 press releases

- Mon 10 Apr – Another Russian walker goes down for doping – 8 year ban for Stanislav Emelyanov
<http://omarchador.blogspot.com.au/2017/04/novela-russa-do-doping-continua.html>
- Mon 10Apr - omarchador links to the petition to retain the 50km walk internationally
<http://omarchador.blogspot.com.au/2017/04/quase-sete-mil-assinam-peticao-pelos-50.html>
- Mon 10 Apr - IAAF council to meet this week to discuss the future of the 50km walk
<http://omarchador.blogspot.com.au/2017/04/aifa-discute-exclusao-dos-50-km-de.html>
- Sat 8 Apr - Results of the 13th Professor Ivo da Silva Walking Festival in Blumenau, Brazil
<http://omarchador.blogspot.com.au/2017/04/festival-de-marcha-atletica-professor.html>
- Fri 7 Apr - Preview of tomorrow's walks meet in Podebrady
<http://omarchador.blogspot.com.au/2017/04/podebrady-este-sabado-com-atletas-de-26.html>
- Fri 7 Apr- Results of walks festival in Olomouc, Czech Republic, last weekend
<http://omarchador.blogspot.com.au/2017/04/a-tradicao-da-marcha-em-olomouc.html>
- Thu 6 Apr - Results of last weekend's Australian racewalk championships in Vienna
<http://omarchador.blogspot.com.au/2017/04/campeonatos-de-marcha-da-austria-em.html>
- Wed 5 Apr - Damien Molmy and Cecile Naze win Challenge Facchetti in France
<http://omarchador.blogspot.com.au/2017/04/damien-molmy-e-cecile-naze-vencem.html>
- Wed 5 Apr - Inês Henriques honored by the Municipal Council of Rio Maior
<http://omarchador.blogspot.com.au/2017/04/ines-henriques-homenageada-pela-camara.html>
- Tue 4 Apr - Álvaro Martín wins Spanish 20km title
<http://omarchador.blogspot.com.au/2017/04/alvaro-martin-revalidou-titulo-espanhol.html>
- Mon 3 Apr - Results of U18 and masters walks at Rio Maior
<http://omarchador.blogspot.com.au/2017/04/jovens-e-veteranos-em-rio-maior.html>
- Mon 3 Apr - Results of U20 walks at Rio Maior
<http://omarchador.blogspot.com.au/2017/04/provas-extra-de-10-km-sub-20-em-rio.html>

OUT AND ABOUT

- WADA put out a press release last Monday, the day after German broadcaster ARD aired its latest doping investigative report “Doping – Top Secret”, to put its side of things re the clenbuterol findings on Jamaican sprinters at the 2008 Olympics. See <https://www.wada-ama.org/en/media/news/2017-04/wada-statement-on-ard-documentary>. I think there are still plenty of unanswered questions on this particular issue. Stay tuned.
- Russian group 'Fancy Bears' first hacked the WADA database on 13 September last year and began revealing athletes' confidential details and information regarding TUEs - which let athletes take prohibited substances if there is a medical need. The IAAF announced last Monday that it has now also been hacked by the 'Fancy Bears' group and fears that athletes' therapeutic use exemption (TUE) data has been compromised. Athletics' world governing body was notified last month but it is unaware whether information was stolen. Athletes who have applied for a TUE were contacted on Monday. See <http://www.iol.co.za/sport/athletics/hackers-target-iaaf-records-8477099>.
- **Michele Ferrari**, the medical mastermind behind the drugs fueled career of banned cyclist Lance Armstrong, has finally been criminally convicted of doping offenses and will serve 18 months in Jail. See <http://www.tageszeitung.it/2017/04/03/1-jahr-haft-fuer-gottlieb-taschler/>.
- WADA published its third annual Anti-Doping Rule Violations (ADRVs) last Monday. The Report illustrates doping offences committed in global sport during 2015. It highlights that there was a total of 1,929 ADRV's recorded in 2015, involving individuals from 122 nationalities and across 85 sports. See <https://www.wada-ama.org/en/media/news/2017-04/wada-publishes-2015-anti-doping-rule-violations-report>.
- A local award for former Dutch international **Kai Thomsen**, from his local city of Sdr. Omme. Hey, that was where I did my first ever international race in 1976. Happy memories! See <http://lyngposten.dk/landsbyprisen-til-kaj-thomsen>
- Welsh race walker **Bethan Davies** tells BBC Wales Sport why she believes her sport deserves more respect. See <http://www.bbc.com/sport/wales/39506929>
- Middle distance runner Ekaterina Poistogova was one of two Russian athletes and two coaches banned on Friday by the Court for Arbitration for Sport for breaching anti-doping rules. Poistogova, who won a bronze medal in the 800 meters at the 2012 London Olympics, was banned for two years for the use of a banned substance. The ban is backdated to August 2015, with her results from October 2014 nullified. Alexey Melnikov, the former senior coach of the Russian national athletics team, and Vladimir Kazarin, a Russian athletics coach, training short, middle and long-distance runners, both received life bans. The Swiss-based court also handed an eight-year ban to race walker **Stanislav Emelyanov** for his second doping offence. See <http://www.dailymail.co.uk/wires/reuters/article-4391512/Doping-CAS-bans-two-Russian-athletes-two-coaches-doping.html#ixzz4dbQODzQ3>.
- The IAAF says 2012 Olympic marathon champion Jemima Sumgong tested positive for banned substance EPO after failing an out-of-competition drugs test. It is the latest setback for Kenyan distance running. See <http://www.athleticsweekly.com/news/jemima-sumgong-fails-drugs-test-59669#MGMcmTTY1vxQL6Rq.99>.
- In the wake of the announcement that reigning Olympic and London Marathon champion Jemima Sumgong has tested positive for EPO in an out of competition test, marathon world record holder Paula Radcliffe says doping should be made a criminal offence. "The costs for those who cheat have to be made much greater," says Radcliffe. See <http://www.bbc.com/sport/athletics/39544930>.
- Last week, Hajo Seppelt of German Broadcaster ARD broke the story of clenbuterol findings in retested 2008 Olympic samples for Jamaican athletes. This week, he continues the investigation with another challenging video - see <http://www.sportschau.de/doping/video-clenbuterol---food-contamination-or-conscious-doping-100.html>. Seppelt's contribution has been and continues to be far and away the most visible of investigators in this dirty field. Talk about deserving a sports medal from the IAAF!
- And the clenbuterol saga does not finish there. One week on from ARD investigative report “Doping – Top Secret”, Polish canoeist Adam Seroczynski is contemplating taking action for damages against the IOC. When he was found guilty of clenbuterol doping at the 2008 Olympics, meat contamination was rejected as the cause and he was given a 2 year ban. Now the same result has been found in retesting other 2008 Olympic samples and the IOC is saying - it's ok. It's just contaminated meat! See <http://www.sportschau.de/doping/doping-seppelt-ioc-jamaika-english-100.html>.
- A superb video has been produced from the World Masters Indoors Championships, held in Daegu from 19-25 March. Nice to see some snippets of the walking in the 11 minute video. See <https://www.youtube.com/watch?v=AlAisiydyLk&app=desktop>.

2017 LAKE BURLEY GRIFFIN CARNIVAL – ENTRIES NOW OPEN

ACTRWC has now opened entries for this year's Lake Burley Griffin Carnival which will be held on Sunday 11th June in Canberra. As previously mentioned, the venue has been changed from Western Park to the Stromlo Forest Park. The informational sheet explains why this change has been forced on the local organisers

51st ANNUAL LAKE BURLEY GRIFFIN WALKING CARNIVAL Sunday 11 JUNE 2017 – STROMLO FOREST PARK CANBERRA

The ACT Race & Fitness Walking Club (ACT Walkers), on behalf of Racewalking Australia, invite your members and race walkers affiliated with a National Athletics Association to participate in this year's Annual Lake Burley Griffin Walking Carnival to be held on Sunday 11 June 2017.

This year the carnival will move from Weston Park to Stromlo Forest Park in an effort to streamline the carnival. All events will be conducted in one viewable location, Government demands will be reduced, and fewer volunteers required.

All events will be conducted on a 1 kilometre circuit on the cycling criterion track, affording the walkers a smooth surface with a minimal rise at one end, and spectators a view of the walkers for most of the course.

The tradition will continue – the 10 & 20 mile events - while unable to be conducted on a scenic course down towards the lake due to busy roads and indistinct directions on the cycle path, will also be held on the main circuit, as will the various Fitness Walks.

The fitness walks are open to all, but participants in the race walking events must be members of a club affiliated with Racewalking Australia or an overseas IAAF affiliated athletic club.

VRWC Club Secretary Terry Swan will have entry forms printed off and available at Middle Park on our first Melbourne based raceday on Saturday 29th April. I also expect the LOC to drop the forms into <http://www.actwalkers.com.au/lbg-racewalking-carnival-2017-the-tradition-continues/> any time soon.

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.

2016/2017 Australian/Victorian Key Dates

Apr 22-23, 2017	Australian Centurions 24 Hour Walk Championships, Coburg, VIC
Apr 22-23, 2017	Australian Little Athletics T&F Championships (U13), Sydney, NSW
Jun 9-12, 2017	Australian Masters T&F Championships, Darwin, NT. See http://ntmastersathletics.com.au/
Jun 11 (Sun), 2017	51 st LBG Racewalking Carnival, Stromlo Forest Park, Canberra, ACT
Aug 6 (Sun), 2017	AMA 20km Roadwalk Championships, Adelaide, SA
Aug 27 (Sun), 2017	Australian Roadwalk Championships, Woolongong, NSW

2016/2017 International Dates

Apr 15, 2017	EASTER WEEKEND
Apr 15, 2017	IAAF Racewalking Challenge event, Taicang, China
April 21-30, 2017	World Masters Games 2017, Auckland, NZ. See www.worldmastersgames2017.co.nz
April 23, 2017	Naumburg Racewalking Carnival, GER
May 21, 2017	European Race Walking Cup, Podebrady, CZE
June 3, 2017	XXXI Gran Premio Cantones de La Coruna, Spain
June 9, 2017	European Athletics Walks Meet, Altyus, LTU
Jun 29 – Jul 1, 2017	Oceania Area Championships, Suva, Fiji
July 12-16, 2017	10 th World Youth T&F Championships, Nairobi, Kenya – THIS IS THE FINAL EDITION
August 4-13, 2017	16 th IAAF World Championships in Athletics, London, UK. See http://www.london2017athletics.com/ On Sunday 13 August, all 3 racewalks will be staged on The Mall, St James Park, London
August 19-30, 2017	29 th Summer Universiade, Taipei, Taiwan
Sept 9, 2017	8 th Race Walking Day in Veenendaal (Dutch Sprint Triathlon), Veenendaal, NED
Sept 24-17, 2017	Around Lake Taihu 4 Day multi day walks race, CHN

2017 Remaining IAAF Racewalk Challenge Series

Apr 15, 2017	IAAF Racewalking Challenge event, Taicang, China
June 3, 2017	XXXI Gran Premio Cantones de La Coruna, Spain
August 5-13, 2017	16 th IAAF World Championships in Athletics, London, UK.

Looking Further Ahead

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 2018	28 th IAAF World Race Walking Team Championships, Taicang, China
July 2018	16 th World Junior T&F Championships, Tampere, Finland
Sept 2018	22 nd World Masters Athletics T&F Championships, Malaga, Spain
Sept 28 – Oct 6, 2019	17 th IAAF World Championships in Athletics, Doha, Qatar
July 2019	30 th Summer Universiade, Brasilia, Brazil
2019	World Masters Indoors T&F Championships, Torun, Poland
July 24 – Aug 9, 2020	32 nd Olympic Games, Tokyo
July 20 – Aug 1, 2020	23 rd World Masters T&F Championships, Toronto, Canada
Aug 2021	18 th IAAF World Championships in Athletics, Eugene, USA
July 18-30, 2022	XXII Commonwealth Games, Durban, South Africa

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