



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
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WALKER OF THE WEEK

I am sure you have all heard about and read the IAAF Press Release of Sunday 23rd July, advising that the entry criteria for women to compete in this year's World Championship 50km in London has been relaxed from 4:06 to 4:30. If you haven't read it yet, check it out at <https://www.iaaf.org/competitions/iaaf-world-championships/news/world-championships-london-2017-women-50km-wa>

I could explain it all myself but why invent the wheel when marciadalmondo has explained it so succinctly – see their excellent analysis of what it all means at http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2859.

I will talk a little more at the end of this 'Walker of the Week' section. But for now, the announcement leads me directly to my Walker of the Week – USA Attorney at Law and racewalker **Paul DeMeester**. Paul first came to the rescue of the 50km in April 2017 when he successfully lobbied the IAAF Executive and swayed their vote in our favour, ensuring a unanimous confirmation to retain the 50km as at Olympic discipline.

Since then, he has continued to lobby the IAAF to overturn their gender bias against women in the 50km discipline. Just imagine the scenario he saw – Women could compete in the World Championship 50km in London if they achieved the men's qualifying standard of 4:06:00, a time two minutes faster than the women's current World Record. It has taken over 2 months of hard work (all unpaid and without any personal vested interest) to gradually make the IAAF see the error of their ways. Now in late July, we finally have the IAAF doing what they should have done months ago. The timing is dreadful but the outcome is superb.



US Attorney Paul DeMeester in his more familiar legal role – he is also an aspiring 50km walker

I interviewed Mr DeMeester yesterday to get further clarification on this major announcement. Let's cut to the chase.

There has been speculation as to why the IAAF made the last minute change. Was it legal action? *Heel & Toe* uncovered a clue in a letter shared by a USATF (U.S. athletics governing body) source that shows a 26 June request by U.S. race walker Erin Taylor-Talcott through her lawyer, our Walker of the Week Paul DeMeester, asking USATF for help "in bringing a legal challenge against the IAAF in the Court of Arbitration for Sport." (See <http://www.vrwc.org.au/documents/2017-06-26%20P%20DM%20-%20Request%20for%20Declaration.pdf>.)

Heel & Toe interviewed DeMeester who confirmed the letter's authenticity. Asked by *Heel & Toe* if he did bring a case before the Court of Arbitration for Sport on behalf of his client Erin Taylor-Talcott, DeMeester neither confirmed nor denied that he had done so, pointing to the Court's rules requiring confidentiality of any proceedings.

DeMeester acknowledged having been in communication with IAAF officials since May about including women 50km walkers in London. "I'm glad some of my recommendations have been implemented. But we've got a ways to go," said the veteran San Francisco lawyer who has 75 jury trials under his belt, many of them murder cases.

[See <http://vrwc.org.au/documents/2017-05-21%20-%20Proposal%20to%20IAAF.pdf> and <http://vrwc.org.au/documents/2017-06-07%20-%20Response%20to%20IAAF%20Director%20Paul%20Hardy.pdf>]

DeMeester called his client Erin Taylor-Talcott "a courageous pioneer." He pointed out that Erin shattered glass ceilings in the 50km event at the 2012 U.S. Olympic Trials, at the 2016 IAAF World Race Walking Team Championships, by having been entered to be at the London start line on 13 August, and in guaranteeing equal prize money for women walkers in the U.S. DeMeester stated that it is a sad comment about athletics officials that each of these accomplishments were obtained only with a lawyer in tow. DeMeester succeeded famed New York sports lawyer Jeffrey Kessler (think NFL quarterback Tom Brady and Oscar Pistorius) in representing Taylor-Talcott.

Heel & Toe asked DeMeester about IAAF President Sebastian Coe's comments in the 23 July press release announcing the addition of women to the 50km London race in which Coe was quoted as saying:

Therefore, to ensure the long-term credibility of the World Championships, we will follow the recommendation of the Race Walking Committee and assess the development of the event to determine whether there are sufficient numbers of athletes and countries legitimately interested.

DeMeester noted that he is a long-time fan of Seb Coe, going back to DeMeester's college days at an American College in West London in the late seventies and early eighties when DeMeester watched Coe train in Richmond Park and was glued to the telly watching Coe's epic track battles with Steve Ovett and Joaquin Cruz. "Lord Coe is a man of astonishing accomplishments, including his Olympic golds, his Parliamentary career and putting together a terrific 2012 Olympics." DeMeester added that he appreciates the comments Coe made when Erin Taylor-Talcott was allowed into the 2016 Rome race, when Coe acknowledged her entry as "one of the last important steps to ensure equal competition opportunities for men and women at IAAF competitions." (See 11 April 2016 IAAF press release - <http://vrwc.org.au/documents/IAAF%20Press%20Release%2011%20April%202016.pdf>.)

DeMeester wants to help Coe be the IAAF President with the legacy of eradicating the last vestiges of gender discrimination in athletics. "The IAAF's own Constitution and the Olympic Charter to which the IAAF has subjected itself, both require gender equality," said the Californian. He continued: "The solution is simple: conduct a full-fledged women's 50km with a reasonable entry standard that takes account of the performance difference between male and female athletes (i.e., marathon entry standards are 18.70 % apart; translated that would make for a 4:52:00 women's 50km entry standard), and without a gender discriminating Time Limit upon commencing the last lap (such as the one that will be in force in London at the 4:17:00 mark)."

DeMeester sees the women's 50km as the only savior of the 50K at the Olympics. "We just went through a big scare about that last April at the IAAF Council meeting. I will be eternally grateful to Lord Coe for having helped save the Olympic 50 for 2020," said the San Francisco attorney. "But the IOC won't be patient forever: either the Olympic 50K stops being sexist or it's gone as violative of the Olympic Charter," warned DeMeester.

DeMeester is optimistic about the differences Coe can bring about. "Look, gender discrimination in athletics existed long before Lord Coe became President. When he took office, he was saddled with some staff who harbor ill will towards race walking and who want to thwart the women's 50K in order to cut the walk program down in size," cautioned DeMeester. "I well understand the politics of it," explained DeMeester, who worked for a decade in U.S. politics at the presidential and congressional levels prior to starting his law practice. In 2000, DeMeester was one of the lawyers involved in the Gore vs. Bush Florida electoral fight.

DeMeester will be in London to help collect evidence of gender discrimination in the 50km race walk event to aid him in any future legal challenges. DeMeester differed with Coe as to Coe's 23 July quote as to who will be assessing the event for the future. "It won't be the Race Walk Committee. Gender discrimination is often rooted out only because of the intervention of the courts. I'm afraid it's not going to be any different with the 50K," said Erin Taylor-Talcott's lawyer. He concluded the interview by restating the basic constitutional issue: "The IAAF has committed itself to gender equality. That means the IAAF must conduct a women's 50km race walk event. It does not matter if only one woman shows up or 65 of them. The tragedy here is that we don't have 65 of them in London precisely because the IAAF has historically discriminated against them by excluding women from the 50K. Last year Erin was alone in the Rome race. In London, she'll have some company. I won't put my legal pen down until the women's 50K is the marquee race walk event at Worlds and Olympics."

If you wanted any further confirmation of Paul's huge contribution here, just check out what racewalking legend Elliott Denham had to say: <http://www.runblogrun.com/2017/07/take-it-from-erin-taylor-talcott-major-thanks-to-demeester-for-coming-of-womens-world-50k.html>.

And now onto my own thoughts.

I have been amazed at the negative response this decision has caused in some circles. I can't believe that anyone would not see this as a step forward. In 2016, we had one woman competing in the World Cup, as a result of a legal case. In 2017, we will have five women competing in the World Championships, presumably once again as the result of a legal case (well, that is what the collateral info suggests). But we have gone one step further this year – we have written confirmation from the IAAF that this is a gender equality issue that has guided them in this decision. This statement has been a long time in coming and it may be the one thing that ends up saving the 50km internationally.

One would have expected this sort of campaign to be spearheaded by the IAAF Racewalking Committee. Sadly, the opposite is true. This group of people were the ones who tried to get the 50km removed from the international arena and who tried to get the 20km replaced by a half marathon. Their other great idea was to add a 4x5000m walk relay (excuse me while I laugh loudly). And as we all know, it was all done behind a shroud of secrecy and would have worked if their recommendations had not been leaked 2 weeks before the IAAF Council were to vote.

The IAAF Racewalking Committee does not want to see the 50km on the international agenda. They want to see women walking 50km even less. They will do whatever it takes to make sure our campaign is not successful. It will be up to us to ensure that our campaign succeeds, not theirs. The RW Committee is now irrelevant and should be ignored. They no longer have any mandate to represent us.

This is what we need to see in 2018

- A properly constituted Women's 50km Championship at the 2018 IAAF Race Walking Teams Championships
- A sensible qualifying standard for the women (Mr DeMeester has suggested 4:52:00)
- A timely announcement of the above information, to allow women to train and qualify for these Games

We are now one step closer to that outcome.

In the meanwhile, a reminder for our British walkers that the UKA 50km Championships (men and women) are to be held on the Isle of Man on Sunday 3rd September.

WHAT'S COMING UP

- Next Saturday sees us back at Middle Park for the next round of the VRWC winter season. Races as shown below. Note club coach Mark Donahoo is running a 30 minute coaching session on 'How to train and race better', starting at 1:20PM

Saturday 29th July 2017, Middle Park

VRWC EVENTS and 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 AV entry panel for the **Victorian 30km Roadwalk Championship** and **AV Underage Roadwalk Championships** on **Sunday 6th August** is now online at <http://athsvic.org.au/event/av-30km-walks-championships/>.
- Michelle James from Athletics Australia advises that the **Australian Roadwalk Championships** course is along the bike path on Squires Way opposite the **Wollongong University** (Innovation Campus). Online entries are currently being taken via the A.A. online entry panel <https://winterwalks2017.eventdesq.com/>. The championships will be held on **Sunday 27th August**. Entries close Monday 21st August at 9:00pm.
- It is now only 3 weeks until the **Australian Masters 20km Roadwalk Championships** in Adelaide on **Sunday 6th August**. Entries close on Saturday 31st July. Further information at <http://www.samastersathletics.org.au/ama20kwalk2017/>.
- RWA Secretary Terry Swan advises that the **2017 Australian 50km championship** will be held at **Fawkner Park** in Melbourne on **Sunday 3rd December**. This meet also includes elite Open 20km and U20 10km events and is always a big meet. Quentin Rew has also posted in the RWNZ facebook page that the 20km races at this meet will be the **official trials for the NZ 2018 Commonwealth Games team**. Fantastic stuff.
- Athletics Australia, in conjunction with RWA, are holding their annual **Race Walking Judging Seminar** on **Saturday 2nd December 2017** in Melbourne. This is the day before the AA 50km Championship meet at Fawkner Park See <http://www.rwa.org.au/wp/event/race-walking-judging-seminar/>.

ONCE WERE WALKERS, SECOND EDITION

A reminder that I will have copies of my new book on sale again next Saturday at Middle Park – cost \$20. Quite a few were sold last Saturday so don't miss out. Once this lot is all gone, you will need to order your copy online via <http://www.lulu.com/shop/tim-erickson/once-were-walkers/paperback/product-23258461.html>.

And what better photo to advertise than the following one which shows our European correspondent **Emmanuel Tardi** with the first edition (2005) and the second edition (2017).



ATHLETICS AUSTRALIA CONFIRMS WALKS TEAM FOR WORLD CHAMPIONS

Athletics Australia has confirmed the 48 athletes who will don the green and gold to compete at the London 2017 IAAF World Championships, commencing 4 August 2017. The team includes 6 walkers:

20km Men: **Dane Bird-Smith (QLD), Rhydian Cowley (VIC)**
50km: **Jared Tallent (SA)**
20km Women: **Regan Lamble (VIC), Beki Smith (NSW), Claire Tallent (SA)**

There are two changes to the names published previously

- Claire Tallent replaces Rachel Tallent (VIC) who has been forced to withdraw with injury.
- Chris Erickson (VIC) has withdrawn from the team for personal reasons.

We wish our 6 walkers all the best for what is going to be a wonderful championships.

VRWC ROADWALKS, MIDDLE PARK, SATURDAY 22 JULY

Conditions were tough for the 50 walkers who fronted for the VRWC and VMA races at Middle Park last Saturday, with gale force winds and cold wintery conditions in evidence. To their credit, everyone knuckled down to the job at hand and a good afternoon of racing ensued.

The main events on offer were the annual Victorian Masters 10km Roadwalk Championships, with a good field of 23 walkers in attendance. Fastest times overall to **Mark Blackwood** (M40 50:10) and **Sandra Geisler** (W35 57:09). At the other end of the age scales, **Gwen Steed** (W75 1:15:15) and **Bob Gardiner** (M80 1:15:24) also walked excellently.

VMA 10km Championship

1.	Sandra Geisler	F35 - 39	57:09
1.	Wendy Muldoon	F45 - 49	1:02:09
1.	Pam Tindal	F55 - 59	57:57
1.	Carolyn Rosenbrock	F55 - 59	1:03:16
	Donna-Marie Elms	F55 - 59	DNF
1.	Alison Thompson	F60 - 64	1:04:54

2.	Karyn O'Neill	F60 - 64	1:09:04
1.	Gwen Steed	F75 - 79	1:15:15
1.	Mark Blackwood	M40 - 44	50:10
2.	Pramesh Prasad	M40 - 44	50:37
	David Smyth	M45 - 49	DNF
1.	Bernie Keirl	M50 - 54	1:02:09
1.	Simon Evans	M55 - 59	58:56
1.	Paul Moritz	M55 - 59	1:07:22
2.	Albin Hess	M55 - 59	1:12:55
1.	Terry O'Neill	M60 - 64	1:02:58
2.	Clyde Riddoch	M60 - 64	1:22:16
1.	Geoff Barrow	M65 - 69	1:12:53
	Frank Prouse	M65 - 69	DNF
1.	Russ Dickenson	M70 - 74	1:08:00
	Ralph Bennett	M75 - 79	DNF
	Gunther Ilgoutz	M75 - 79	DNF
1.	Bob Gardiner	M80 - 84	1:15:24

A variety of distances were on offer for the other VRWC walkers, with the Racewalking Australia Postal Challenge being conducted in Victoria this weekend. Once our VRWC results are combined with any performances from Ballarat and Bendigo, we should have a strong overall result to submit. **Rhydian Cowley** (42:26) had a final hitout before leaving later this week for the the World Champs (good luck Rhydian!). It was good to see some PBs in the conditions – **Madeleine Feain**, **Kathleen O'Mahony**, **Chloe Karagiorgos** and **Will Thompson**. And finally, well done to **Isabella Dingli** who walked her first 5km and to **Lachlan Feain** who returned after a long outage for back surgery.

VRWC 10km

1.	Rhydian Cowley	Open	42:26	
2.	Adam Garganis	U20	47:45	
3.	Madeleine Feain	U20	1:03:22	PB 0:25

VRWC 8km

1.	Kathleen O'Mahony	U18	49:15	PB 0:19
	Hayden Walmsley	U18	DNF	

VRWC 5km

1.	Chloe Karagiorgos	U16	27:15	PB 0:58
2.	Jasmin Hass	Open	28:04	
3.	Paige De Lisen	Open	28:22	
4.	Isabella Dingli	U16	37:54	First one
1.	Will Thompson	U16	24:41	PB 0:20
2.	Corey Dickson	U16	25:06	
3.	Gerard Feain	Open	33:16	
4.	Barrie Wicks	Open	42:31	

VRWC 3km

1.	Grace Louey	U14	18:49
2.	Gemma Lillie	U14	20:17
1.	Heath Beveridge	U14	16:53
2.	Angus Hay	U14	17:09

VRWC 2km

1.	Charlotte Hay	Open	11:58
2.	Kaylah Heikkila-Dubowik	U14	12:24
3.	Alannah Dingli	Open	14:08
4.	Merilyn Thompson	Open	14:43
1.	Luke Epps	U12	10:32
2.	Eden Morgan	U12	10:58
3.	Lachlan Feain	Open	11:48
4.	Sebastian Weickhardt	U12	13:41

VRWC 1.5km

1.	Liam Hutchins	U10	08:15
2.	Hamish Blackwood	U10	09:06

Thanks as always to our many officials, judges and helpers. Apologies if I have missed anyone.

Officials: Mark Donahoo, Tim Erickson, Ralph Bennett, Michelle Walmsley, Ian Laurie, Paul van Koppen

Judges: Josh Savage (chief), Mark O'Mahony, Gordon Loughlan, Diane Lowden, Shane Dickson, Brenda Felton, Suzanne Callaway, Peter Vysma (bike and DQ board)

Canteen: Barb Gardiner, Kate Suich, Wendy Cooper, Eija Heikkila

Photos: Simon Baker (<http://www.vrwc.org.au/piwigo/index.php?/category/437>)

Lapslits: Ralph Bennett (<http://vrwc.org.au/wp1/race-splits-laps/>)



Bob Gardiner, Mark Blackwood, Sandra Geisler, Chloe Karagiorgos (photos Simon Baker)



Rhydian Cowley, Will Thompson, Gwen Steed, Madeleine Feain and Kathleen O'Mahony



Some of the VMA masters walks at Middle Park on Saturday

ACTRWC ROADWALKS, WESTON PARK, CANBERRA, SATURDAY 22 JULY

Thanks to Robin Whyte for the latest results from Canberra. Rio Olympian **Brendon Reading** was fastest with 44:31 for the 10km. Other good times from **Connor Frew** (38:22) and **Tim Fraser** (38:51) in the 8km.

10km Walk

1.	Brendon Reading	44:31
2.	Ann Staunton-Jugovic	56:49
3.	Greg Durr	56:51
4.	Robin Whyte	1:03:43
5.	Bryan Thomas	1:12:02
6.	Bob Parker	1:14:08
7.	Monika Short	1:14:08
8.	Doug Fitzgerald	1:26:11
9.	Val Chesterton	1:30:20

3km Walk

1.	Laura Burns	15:52
2.	Kai Jeong-Reuss	19:05
3.	Pierce Brennan	19:20
4.	Sidney Shaw	20:00

1.5km Walk

1.	Jayden Elphick	10:06
2.	Ella Baker	10:10
3.	Georgia Frew	10:43
4.	Imogen Gardiner	11:00

8km Walk

1.	Connor Frew	38:22
2.	Tim Fraser	38:51
3.	Callum Burns	42:28
4.	Rod Gilchrist	1:01:34

And from last week

1km Walk

1.	Samantha Manning	10:35
2.	Phillipa Hargrave	10:36
3.	Val Chesterton	10:37
4.	Sarah Frew	10:37

5km Walk

1.	Gabby Hunt	26:21
2.	Hannah Manning	26:59
3.	Kate Black	30:35
4.	Helena Bialecki	32:50
5.	Jennifer Gilchrist	37:23
6.	Rosemary Parker	37:56
7.	Raine Thompson	47:54

SAMA ROADWALKS, FELIXSTOW, ADELAIDE, SATURDAY 22 JULY

Thanks to Colin Hainsworth for the latest results from the South Australian Masters. Cool sunny arvo, hilly course.

8km Walk

1.	Marie Maxted	53:53	W57	73.11%
2.	Graham Harrison	1:01:46	M73	68.77%
3.	George White	49:09	M72	85.29%
4.	Gil McIntosh	55:49	M67	70.62%
5.	David Robertson	1:09:32	M84	72.41%
6.	Colin Hainsworth	1:15:52	M87	70.17%

4km Walk

1.	Helen Suridge	29:06	W66	72.16%
2.	Dave Fallon	29:31	M64	62.90%
3.	Jan Layng	30:16	W68	71.26%
4.	Jeff Kennett	38:02	M67	50.47%
5.	Margaret McIntosh	33:12	W64	61.66%
6.	Jill Rogers	35:34	W72	64.26%
7.	Edna Bates	36:00	W64	56.86%

SARWC ROADWALKS, ADELAIDE PARKLANDS, ADELAIDE, SATURDAY 22 JULY

Thanks to Peter Crump for the results of the SARWC RWA Postal Challenge in Adelaide. Good walk by **Kim Mottrom** (51:39) a few weeks after completing his marathon run. Good 8km time from **Tristan Camilleri** (38:53) and good 3km time from **Toby Wilks** (14:44).

10km Walk

1.	Kim Mottrom	51:39
2.	Samantha Findlay	53:14
3.	Peter Crump	58:54
4.	John Leydon	1:08:47
5.	Bill Starr	1:14:51
6.	James Hoare	1:16:56

3km Walk

1.	Toby Wilks	14:44
2.	Alix Harlington	15:31

2km Walk

1.	Danielle Walsh	10:29
2.	Eli Pusionjic	11:46
3.	Zayden Kamish	12:12
4.	Aleesha Vidler	13:47
5.	Hannah Wilks	13:50
6.	Tarique Kamish	17:36

8km Walk

1.	Tristan Camilleri	38:53
2.	Greg Metha	52:04

5km Walk

1.	Mathew Bruniges	29:04
2.	Olivia Phillips	36:40

1.5km Walk

1.	Katie DeRuvo	9:31
2.	Oliver Pusionjic	12:29
3.	Zahra Kamish	14:29

WARWC ROADWALKS, WILSON, SUNDAY 23 JULY

Thanks to Terry Jones for the results of the WARWC RWA Interstate Challenge Walks last weekend. **Declan Tingay** was fastest with 43:55 for the 10km.

Masters 10km

1.	Karyn Tolardo	61.23
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U14 3km

1.	Brooke Mortimore	17.31
2.	Kristine Wells	21.05

U20 10km

1.	Declan Tingay	43.55
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U12 Girls 2km

1.	Amber Richards	12.56
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U18 8km

1.	Ben Reid	43.34
2.	Thomas Millard	51.26

U10 1.5km

1.	Kaytee Bogaers	9.41
2.	Layla Dabala	10.35
3.	Gracie Dabala	11.00

U16 5km

1.	Amy Holland	31.43
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BALLARAT RWC - DARYL BIGGIN & SHARON SCHNYDER FOUNDERS CUP, BALLARAT, SUNDAY 23 JULY

Thanks to Kerrie Peart for the latest results from Ballarat Race Walking Club, in country Victoria. Kerrie reported:

A small but keen group of walkers braced the chilly but sunny conditions in Sunday's Founders Cup named after the founders Daryl Biggin & Sharon Schnyder. Under a sealed handicap start, it was **Jemma Peart** leading out from the front recording the fastest time of the day finishing in 14:39. However it was **James Pendred** in 21.09 who came out on top after handicaps were calculated, with **Alanna Peart** coming in 3rd. We also welcomed back **Kobie Somerfield** after a 4 year absence due to study in Melbourne, and a new member **Charli Walker** for her 1st time racing with the club.

Presidents Cup 3km Handicap

1.	James Pendred	21:09
2.	Jemma Peart	14:39
3.	Alanna Peart	15:19

4.	Fraser Saunder	17:07
5.	Kobie Somerfield	19:40
6.	Charli Walker	20:53 (First one)

2km Walk

1.	Scott Peart	12:34
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Daryl Biggin & Sharon Schnyder Winner James Pendred with Daryl Biggin (photo Kerrie Peart)

NSW LONG WALK CHAMPIONSHIPS, CHIPPING NORTON, SUNDAY 23 JULY

The NSW Long Walk Championships last weekend in Sydney saw some fine performances. **Jay Felton** (2:25:35) and **Carl Gibbon** (2:25:37 had a great battle in the Open 30km. Great first up 20km (1:38:30) by 16 year old **Dylan Richardson**. Fast U18 8km to **Oscar Tebbutt** (37:23) and fast U16 5km times to **Jack McGinniskin** (28:18) and **Allanah Pitcher** (24:39).

30km Men

1.	Felton, Jay	22	U.T.S. Northern Suburbs A	2:25:35
2.	Gibbons, Carl	21	Westlakes Athletic Club I	2:25:37

20km Women

1.	Webb, Cheryl	41	Blacktown City Athletics	1:53:51
2.	Dighton, Jasmine	21	Asics Wests Track & Field	2:04:02
3.	Weekes, Anne	55	Sutherland District Athle	2:04:24
4.	Barendregt, Amanda	21	Nepean District Athletic	2:08:57

15km Masters

1.	1 McDonald, Anthony	56	Nsw Masters	1:18:12
2.	1 Williams, Dennis	69	Hills Distri	1:06:01

U20 Men 20km

1.	Richardson, Dylan	17	Mingara Athletics Club In	1:38:30
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U20 Women 15km

1.	McDonald, Jasmyn	18	Parramatta City Track & F	1:27:08
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U18 8km

1.	Tebbutt, Oscar	16	Gosford Athletics Inc.	37:23
2.	Thomson, Ryan	17	Nepean District Athletic	40:49
3.	Bedford, Kyle	17	Nepean District Athletic	41:38
1.	Lee, Janaya	16	Nepean District Athletic	45:59
2.	Pengilley, Teegan	16	Bankstown Sports Athletic	49:32
3.	Walker, Amy Marie	16	Wyong Athletics Centre In	55:16

U16 5km

1.	McGinniskin, Jack	15	Mingara Athletics Club In	24:18
2.	Blaskett, Hayden	15	Sydney Striders Road Runn	25:02
3.	Kemp, Joel	14	Mingara Athletics Club In	26:54
4.	Vesper, Ryan	12	Mingara Athletics Club In	30:26
5.	Pospischil, Brendan	12	Hills District Athletics	32:11
1.	Pitcher, Allanah	14	Mingara Athletics Club In	24:39
2.	Blanch, Emma	14	St. George District Athle	25:01
3.	Dunne, Izabella	12	Mingara Athletics Club In	27:29
4.	Thomas, Emma	12	Parramatta City Track & F	28:44
5.	Dagher, Sophia	14	Westfields Athletics Club	29:47
6.	Robertson, Brittany	15	St. George District Athle	29:54
7.	McLoughlin, Chloe	13	Gosford Athletics Inc.	30:56
8.	Thomson, Jada	13	Nepean District Athletic	33:15
9.	Walters, Chia	12	Sutherland District Athle	34:37
10.	Cunningham, Breanna	12	Campbelltown Collegians	36:17

U12 2km

1.	Boughton, Milly	11	Randwick Botany Harriers	11:42
2.	Pitcher, Sienna	10	Mingara Athletics Club In	11:50

EUROPEAN U20 T&F CHAMPIONSHIPS, GROSSETO, ITALY, 20-23 JULY

Surprisingly slow times in the European U20 T&F Championship walks last week. Both events won by Russians competing as Authorized Neutral Athletes (ANA). See discussion of the events at http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2860 and http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2855.

Men 10,000m Race Walk

1.	Sergey SHIROBOKOV	ANA	99	43:21.29
2.	Jose Manuel PEREZ	ESP	99	44:17.23
3.	Eduard ZABUZHENKO	UKR	98	44:22.16
4.	Giacomo BRANDI	ITA	98	44:38.81
5.	David KUSTER	FRA	99	44:51.82
6.	Riccardo ORSONI	ITA	00	45:10.82
7.	Abdülaziz DANIS	TUR	99	45:26.17
8.	Georgios TZATZIMÁKIS	GRE	99	45:30.16
9.	Leo KÖPP	GER	98	46:15.79
10.	Davide MARCHESI	ITA	99	47:39.38
11.	Abdulselam IMUK	TUR	99	48:19.64
12.	Bálint SÁROSSI	HUN	00	48:25.65
13.	Stefan Cristian MANGU	ROU	99	49:02.01
14.	Justin BOURNIER	FRA	99	49:17.04
	Lukasz NIEDZIALEK	POL	00	DQ
	Viktor SHUMIK	UKR	98	DQ

Women 10,000m Race Walk

1.	Yana SMERDOVA	ANA	98	47:19.69
2.	Teresa ZUREK	GER	98	47:33.20
3.	Meryem BEKMEZ	TUR	00	48:33.88
4.	Marina PEÑA	ESP	99	48:34.21
5.	Irene MONTEJO	ESP	98	49:02.62
6.	Julia RICHTER	GER	99	49:06.03
7.	Antia CHAMOSA	ESP	99	49:08.52
8.	Eloise TERREC	FRA	98	49:19.26
9.	Valeria DISABATO	ITA	99	49:26.81
10.	Sofia ALIKANIOTI	GRE	98	49:43.68
11.	Carolina COSTA	POR	98	50:29.74
12.	Annalisa RUSSO	ITA	98	50:39.96
13.	Ema HACUNDOVÁ	SVK	99	50:47.31
14.	Camille AURRIERE	FRA	98	50:51.30
15.	Anthea MIRABELLO	ITA	99	51:12.89
16.	Athanasia VAÍTSI	GRE	98	51:33.30
17.	Inês REIS	POR	99	52:15.00
18.	Niamh O'CONNOR	IRL	00	53:36.84
19.	Kludia ŽÁRSKA	SVK	99	54:30.71
20.	Secil AKPINAR	TUR	99	54:44.61

Kiriaki FILTISIKOU	GRE	00	DQ
Ayse TEKDAL	TUR	99	DQ

POLISH T&F CHAMPIONSHIOPS, BIALYSTOK, POLAND, 21-23 JULY

The 93rd Polish Championships took place last weekend in Bialystok. **Paulina Buziak** (22:20.99) won the women's 5000m walk ahead of **Katarzyna Golba** (22:33.55) and **Agnieszka Ellward** (23:12.05). Mexican walker **Eder Sanchez** (40:05.52) won the men's 10,000m walk ahead of **Artur Brzozowski** (40:17.91), **Jakub Jelonek** (41:10.22) and **Damian Blocki** (41:41.39).

Women 5000m Race Walk

1.	Paulina BUZIAK	POL	86	22:20.99
2.	Katarzyna GOLBA	POL	89	22:33.55
3.	Agnieszka ELLWARD	POL	89	23:12.05
4.	Katarzyna ZDZIEBLO	POL	96	23:23.97
5.	Ioanna BEMOWSKA	POL	94	23:31.69
6.	Agata KOWALSKA	POL	98	24:16.66
7.	Agata PIEKARZ	POL	01	25:36.70

Men 10,000m Race Walk

1.	Eder SANCHEZ	86	MEX	40:05.52
2.	Artur BRZOZOWSKI	85	POL	40:17.91
3.	Jakub JELONEK	85	POL	41:10.22
4.	Damian BLOCKI	89	POL	41:41.39
5.	Rafal SIKORA	87	POL	42:10.31



Jakub Jelonek, Eder Sanchez and Artur Brzozowski (photo Eder Sanchez)

ESTONIAN T&F CHAMPIONSHIPS, TALLINN, ESTONIA, 22-23 JULY

Wins to **Ruslan Sergatsjov** (46:27.58) and **Ekaterina Mirotvortseva** (51:46.11) in the Estonian T&F Championship walks.

Men 10,000m Race Walk

1.	Ruslan SERGATŠJOV	EST	00	46:27.58
2.	Virgo ADUSOO	EST	85	48:20.66
3.	Lauri LELUMES	EST	78	50:21.72

Women 10,000m Race Walk

1.	Ekaterina MIROTVORTSEVA	EST	02	51:46.11
2.	Anna TIPUKINA	EST	96	53:52.45
3.	Angela MANDEL	EST	00	57:09.55
4.	Lada ROSLJAKOVA	EST	98	59:27.42

IRISH T&F CHAMPIONSHIPS, TULLAMORE, IRELAND, 22-23 JULY

Kate Veale continues her comeback and won the women's 5000m walk at the Irish t&F Championships in Tullamore (23:22.15).

Women 5000m Race Walk

1.	Kate VEALE	IRL	94	23:22.15
2.	Emma PRENDIVILLE	IRL	93	24:54.99
3.	Veronica BURKE	IRL	96	25:27.97
4.	Orlaith DELAHUNT	IRL	98	27:21.12
	Maeve CURLEY	IRL	92	DQ

Men 10,000m Walk

1.	MOONEY Joseph	IRL		53:12.69
2.	PRENDIVILLE Niall	IRL		53:43.79
3.	DUNPHY Nicholas	IRL		57:51.79
	WRIGHT Alex	IRL		DQ
	DEEGAN Gerard	IRL		DQ

ATHLETIC LEAGUE MEET, ŠAMORÍN, SLOVAK REPUBLIC, SATURDAY 22 JULY

5000m walk wins to **Klaudia Zarska** (24:43) and **Milan Rizek** (20:34) in Samorin, Slovakia, last Saturday.

Women 5000m Race Walk

1.	Klaudia ŽÁRSKA	SVK	99	24:43
2.	Lucia CUBANOVÁ	SVK	95	25:03
3.	Hana BURZALOVÁ	SVK	00	28:06
4.	Dominika HUBKOVÁ	SVK	01	31:36

Men 5000m Walk

1.	Milan RÍZEK	SVK	78	20:34
2.	Miroslav ÚRADNÍK	SVK	96	20:44
3.	Dušan MAJDAN	SVK	87	21:51
4.	Michal MORVAY	SVK	96	21:57
5.	Lubomír KUBIŠ	SVK	01	22:43
6.	Zdeno MEDERA	SVK	75	24:15
7.	Peter TICHÝ	SVK	69	24:26
8.	Alan HAMZIC	SVK	00	24:59
9.	Ondrej MALÍK	SVK	61	27:29
10.	Eduard STRAKA	SVK	46	34:04

PORTUGUESE CLUB CHAMPIONSHIPS DIVISION 1, LEIRIA, PORTUGAL, 22-23 JULY

40 year old **Joao Vieira** continues to walk superbly, winning the men's 5000m walk at the Portuguese Club Championships last weekend with 19:54.67. Winner of the women's 3000m was Maria **Ribeiro** (13:38.18).

Men 5000m Race Walk

1.	Joao VIEIRA	POR	76	19:54.67
2.	Miguel CARVALHO	POR	94	20:28.26
3.	Rui COELHO	POR	94	20:56.30
4.	António PEREIRA	POR	75	22:23.82
5.	Augusto CARDOSO	POR	70	22:38.74
6.	Pedro SANTOS	POR	92	22:49.20

Women 3000m Race Walk

1.	Mara RIBEIRO	POR	95	13:38.18
2.	Vitória OLIVEIRA	POR	92	14:07.22
3.	Nadia CANCELA	POR	93	14:56.84

97TH SPANISH ATHLETICS CHAMPIONSHIPS, BARCELONA, SPAIN, 22-23 JULY

The 97th Spanish Athletics Championships were held last weekend at Montjuic's Municipale Stadium, Barcelona. Well reported in http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2861. **Julia Takacs** won the women's 10,000m with 44:24.69. The men's 10,000m saw a great battle, with **Alvaro Martin** (39:47.17) taking the win ahead of **Luis Alberto Amezcua** (39:50.88) and **Miguel Angel Lopez** (40:15.07).

10,000m Women

1.	TAKACS Julia	ESP	89	44:36.63
2.	SANCHEZ-puebla Lidia	ESP	96	46:13.79
3.	CANO Amanda	ESP	94	46:26.21
4.	LARIOS Maria	ESP	92	46:57.72
5.	JUAREZ Mar	ESP	93	47:16.71
6.	CABRE Andrea	ESP	88	50:23.76
7.	SILLERO Marina	ESP	98	52:28.00
8.	SANCHEZ Melisa	ESP	96	52:36.46
9.	CHILLON Mar	ESP	96	52:43.39
10.	CARRION Angela	ESP	98	54:17.25
	MARCOS Maria	ESP	79	DQ
	PEREZ Maria	ESP	96	DQ
	POLO Maria Del Pinar	ESP	93	DQ

10,000m Men

1.	MARTIN Alvaro	ESP	94	439:47.1
2.	AMEZCUA Luis Alberto	ESP	92	39:50.88
3.	LOPEZ Miguel Angel	ESP	88	40:15.07
4.	PAJUELO Ivan	ESP	93	41:53.34
5.	CORCHETE Luis Manuel	ESP	84	42:29.37
6.	DIAZ Jose Ignacio	ESP	79	42:59.63
7.	ARCILLA Francisco	ESP	84	43:18.19
8.	LOPEZ Ivan	ESP	97	43:30.08
9.	BERMUDEZ Manuel	ESP	97	43:42.61
10.	SILLERO Mario	ESP	90	45:22.77
11.	CERRO Kevin	ESP	98	45:31.68
	DURAN Francisco Jose	ESP	93	DNF
	CHAMOSA Danie	ESP	97	DQ
	JIMENO Daniel	ESP	00	DQ
	TUR Marc	ESP	94	DQ

XIX PANAMERICAN U20 T&F CHAMPIONSHIPS, TRUJILLO, PERU, 21-23 JULY

Wins to **Alegna Gonzalez** (44:43.89) and **Alexander Hurta** (40:37.64) in the PanAmerican U20 T&F Championship walks in Peru last weekend.

10,000m Women

1.	Alegna A Gonzalez	18	Mexico	44:43.89
2.	Maria F Montoya M	19	Colombia	45:52.92
3.	Evelyn C Inga Hua	19	Peru	47:18.71
4.	Vivian L Castillo	19	Mexico	48:26.40
5.	Leyde J Guerra Mu	19	Peru	48:50.82
6.	Taylor Ewert	16	United States	50:01.00
7.	Yasuri B Palacios	18	Guatemala	50:05.67
8.	Paula M Torres Sa	17	Ecuador	50:33.57
9.	Arely E Morales H	19	Guatemala	50:35.07
10.	Brenda Palma Fern	17	Argentina	50:48.75
11.	Nayeli Cisneros	19	United States	53:36.15
12.	Anastacia Sanzana	19	Chile	53:55.62

10,000m Men

1.	Alexander D Hurta	18	Ecuador	40:37.64
2.	Andres E Olivas N	19	Mexico	40:45.31
3.	Jhonathan J Amore	19	Ecuador	42:03.53
4.	Gustavo I Solis A	19	Mexico	42:10.46
5.	Cesar A Herrera C	18	Colombia	42:31.78
6.	Arnold Riveros Su	19	Peru	46:58.84
7.	Cameron Haught	19	United States	47:44.72
	Eduardo Uria	18	United States	DQ
	Alger Liang	19	Canada	DQ
	Jose C Mamani Flo	19	Peru	DQ

4 HEURES DE LA MAILLERAYE, FRANCE, 22 JULY 2017

Last Saturday, Emmanuel Tardi was in La Mailleraye, a small village on the banks of the Seine some 150km west of Paris, where the local walking team had organised a racewalking event over the rarely contested distance of 4 hours. There was also an ancillary event of 10km for shorter distance walkers. Both races started at 2PM and were held over a 1.685km loop, with a long hill to climb (500m) and a corresponding hard downhill. It was the 7th time that this race had been organized and it was a great success, with 75 starters

There were no surprise in the 4 Hour event, with three times French 100km champion **Eddy Roze** winning the race. He was challenged during the first hour by **Tony Macre** and **Alain Dequin** but he soon cleared away. In the women's event, **Corinne Fauqueur** walked with her husband and won easily . In the 10km, victory went to Polish walker **Anna Pomysz**.

4 Hours Walk (first 30)

1.	ROZE Eddy	UC Amiens	25 laps	42.125 km
2.	DEQUIN Alain	ULACQ Fouesnant	23 laps	38.755 km
3.	BUNEL Dominique	Neuilly-sur-Marne	23 laps	38.755 km
4.	MACRE Tony	Mouy ATAC	22 laps	37.070 km
5.	LABARRE Bertrand	CS Provins	21 laps	35.385 km
6.	FAUQUEUR Raymond	Elan 59	21 laps	35.385 km
7.	FAUQUEUR Corinne	Elan 59	21 laps	35.385 km
8.	THOUMELIN Laurent	ASL72	21 laps	35.385 km
9.	BOUFFARD Philippe	SGD	21 laps	35.385 km
10.	BEGIN Edouard	SPN Vernon	20 laps	33.700 km
11.	GRASSI Alain	TEAM TDA	20 laps	33.700 km
12.	MOUGENOT Patrick	MEGA	20 laps	33.700 km
13.	GIRAUDEAU Denis	ULA QUIMPER	18 laps	33.700 km
14.	STEINVILLE Nathalie	ASF Villejuif	20 laps	33.700 km
15.	GICQUEL Bernard	PLM Conflans	20 laps	33.700 km
16.	BEGIN Jean Pierre	SPN Vernon	20 laps	33.700 km
17.	BOUFFLERT Eric	GA Basse seine	20 laps	33.700 km
18.	BOVIN Laurent	Saint thibault des vignes	20 laps	33.700 km
19.	ADELIN Frederique	SGD	20 laps	33.700 km
20.	PANNIER Josiane	Havre AC	20 laps	33.700 km
21.	BALLAND Johann	Poussay Vosges	20 laps	33.700 km
22.	DEJEAN Alain	running club stephanais	20 laps	33.700 km
23.	LACROIX Jean Louis	ACCT	19 laps	32.015 km
24.	FILLIEUX Christian (BEL)	CAF	19 laps	32.015 km
25.	STEUUX Laurence	Mouy ATAC	19 laps	32.015 km
26.	HELLER Denis	RCF Issy avia	19 laps	32.015 km
27.	CRENET Philippe		18 laps	30.330 km
28.	HONORE Michel	CMM	18 laps	30.330 km
29.	BIERRE Franck		18 laps	30.330 km
30.	BESNARD Jean luc	AC Veules	18 laps	30.330 km

10km Walk (first 20)

1.	POSMYSZ Anna(POL)	USNSPA Nemours	58:50
2.	BEGIN Maxence	SPN Vernon	59:38
3.	PICAULT Laurent	AS Saran athle	59:45
4.	LABORY Gerard	ULA QUIMPER	1:04:48
5.	AMBLARD Victoria	AEC Evreux	1:05:12
6.	CAVELIER Jacques	Montivillers	1:06:07
7.	LESVEN Jose	AYA	1:12:30
8.	D'HENRY Georges	AJ Bastia	1:13:05
9.	TARDI Emmanuel	LP Longjumeau	1:15:00
10.	DENOUN Richard	Colombes	1:17:49
11.	MAUNY Claude	Neuilly sur marne Athle	1:19:01
12.	AUTHOUART Claude	AYA	1:19:50
13.	LEFEVRE Sylvie	SGD	1:20:18
14.	LEGRAIN Evelyne	ASF Villejuif	1:22:56
15.	LEFEUVRE J-Claude	running club stephanais	1:29:32
16.	BERNAGE claudine	CMM	1:29:32
17.	LECOMTE J-Pierre		1:29:58
18.	LEFEVRE Olivier	SGD	1:32:20
19.	RIQUET Severine	CMM	1:32:46
20.	FEREY Sylvie	CMM	1:33:48



Eddy Rozé, Alain Dequin, Corinne Fauqueur, Josiane Pannier and Anna Posmysz (photos Emmanuel Tardi)

MARCIADALMONDO AND OMARCHADOR ROUNDUP

Marciadalmondo has 9 press releases this week

- Tue 25 Jul - Open letter of an Italian coach to Marcia dal Mondo
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2863
- Mon 24 Jul - Amazing news from India re 50km walkers
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2862
- Sun 23 Jun - Julia Takacs and Alvaro Martin win Spanish Championships in Barcelona
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2861
- Sat 22 Jul - Results of European U20 Men's 10,000m walk Championship
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2860
- Sat 22 Jul - IAAF announces revised women's 50km standard for 2017 World Champs
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2859
- Fri 21 Jul - Results of Polish track Championships in Bialystok
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2858
- Wed 19 Jul - Preview of this weekend's Spanish T&F Championship walks
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2857
- Fri 21 Jul - 50 years ago today, Giuseppe "Pino" Dordoni won the 50km in the Helsinki Olympic Games
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2856
- Thu 20 Jul - results of European U20 Women's 10,000m walk Championship
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2855

and Omarchador has 8 press releases

- Tue 25 Jul - - Results of Portuguese Club Championship Divison 3 walks
<http://omarchador.blogspot.com.au/2017/07/iii-divisao-triunfos-de-marchadores-de.html>
- Mon 24 Jul - - Results of Portuguese Club Championship Divison 2 walks
<http://omarchador.blogspot.com.au/2017/07/ii-divisao-destacam-se-os.html>
- Sun 23 Jul - Results of Portuguese Club Championship Divison1 walks
<http://omarchador.blogspot.com.au/2017/07/i-divisao-sporting-e-benfica-repartem.html>
- Sat 22 Jul - Results of European men's U20 walk at Grossetto

<http://omarchador.blogspot.com.au/2017/07/sergey-shirobokov-campeao-esperado-nos.html>

- Fri 21 Jul - Preview of this weekend's Portuguese Club Championship walks
<http://omarchador.blogspot.com.au/2017/07/leiria-acolhe-este-fim-de-semana-os.html>
- Fri 21 Jul - Preview of European men's U20 walk at Grossetto
<http://omarchador.blogspot.com.au/2017/07/russo-neutro-shirobokov-lidera-juniores.html>
- Thu 20 Jul - Results of European women's U20 walk at Grossetto
<http://omarchador.blogspot.com.au/2017/07/yana-smerdova-campea-europeia-de.html>
- Wed 19 Jul - Portuguese judges for this weekend's European U20 Championships
<http://omarchador.blogspot.com.au/2017/07/juizes-portugueses-nomeados-para-os.html>

OUT AND ABOUT

- At the end of May, cycling professional Matija Kvasina was still celebrating his victory of a stage race in Luxembourg. Now the Croatian has temporarily been suspended after testing positive to Molidustat. This drug simulates erythropoietin (EPO) production by the body, which boosts the transport of oxygen in the blood and thus increases the athlete's stamina. At the same time, it also inhibits the formation of the enzyme HIF-PH, which regulates the release of EPO. The drug is actually supposed to be used to treat people with kidney disorders suffering from anaemia – but it is still in the trial phase and not yet available on the market. The current finding shows that the time gap between the use of new substances by fraudsters and its detectability through doping analyses has been reduced. I suppose that is meant to be a positive. I look at it from the other side of the coin - a drug cheat finding out about and then sourcing an experimental drug that it is not even on the counter for regular usage yet. Very worrying. See <http://www.sportschau.de/weitere/radsport/doping-molidustat-engl100.html>.
- Great article on USA walker **Maria Michta-Coffey**. See <http://www.runnersworld.com/world-championships/race-walking-101-two-time-olympian-schools-us-on-her-misunderstood-event>.
- The Self-Transcendence 3100 Mile Race (<https://3100.srichinmoyraces.org/#event-second-section>) is known as 'The Mount Everest of ultramarathons' and is the longest certified footrace in the world. In order to meet the overall goal of 3100 miles in 52 days, entrants must log an average of 59.6 miles per day. The runners/walkers begin at 6am each day and run for extended periods, taking breaks as needed. If they want to, they can continue as late as 12 midnight when the course closes for the night. The 2017 event is underway at the moment, the 21st held thus far, and runs from 18th June until 8th August. It takes everyone place on a route which takes them repeatedly around the same block in Queens, New York. Great article on entrant **Yolanda Holder** - <https://www.nytimes.com/2017/07/20/nyregion/yolanda-holder-walking-diva-3100-mile-race.html?emc=eta1>. For the record, Yolanda is coming 5th out of 12 (3rd of the 6 women) and has covered 1921.3km in 33 days.
- Wow, this one is shocking for the Indian 50km walkers. To summarise, Their 3 racewalkers who qualified for the London World Championships at their National Racewalking Championship in New Delhi in February are not eligible for selection as the course was certified by a course measurer who didn't hold the appropriate IAAF AIMS certification. So **Sandeep Kumar** (3:55.59), **Jitender Singh** (4:02.11) and **Chandan Singh** (4:04.18) now miss out. See <http://www.newindianexpress.com/sport/other/2017/jul/20/afi-gaffe-with-official-means-its-walkover-in-50km-1631032.html>.
- **Lebogang Shange** is the only walker named in the South African 24 strong team for the 2017 World Championships in London. The team announcement has been a controversial one - see <http://www.iol.co.za/sport/athletics/confusion-over-asa-team-sa-announcement-10425497>.
- There can be no guarantees of a drug-free World Championships next month because "people will always seek to cheat", according to IAAF President Sebastian Coe. While he insists anti-doping efforts have improved massively, he feels it is almost impossible to stamp out cheating completely. See <http://www.independent.co.uk/sport/general/athletics/lord-coe-i-cant-guarantee-drug-free-world-championships-a7855841.html>.

IAAF TOP WOMEN – 50KM RANKING LIST

In last week's newsletter, I published Paul DeMeester's listing of all the walkers who have completed 50km during 2016 and 2017, I received feedback on a number of omissions. Once they were added, the list went up to 405 walkers, 47 of whom were women. The updated list can now be seen at my newsletter archived copy at <http://www.vrwc.org.au/newsletters/heelandtoe-2017-num42.pdf>.

The IAAF has since published a list of all women who have bettered 4:40 for the 50km so I reproduce that list here. Not sure how complete it is but here goes: See <https://www.iaaf.org/records/toplists/race-walks/50-kilometres-race-walk/outdoor/women/senior>.

1	4:08:26	Inês HENRIQUES	01 MAY 1980	POR	1	Porto de Mós	15 JAN 2017
2	4:10:59	Monica SVENSSON	26 DEC 1978	SWE	1	Scanzorosciate	21 OCT 2007
3	4:12:16	Elena GINKO	30 JUL 1976	BLR	1	Scanzorosciate	17 OCT 2004
4	4:16:27	Jolanta DUKURE	20 SEP 1979	LAT	1	Paralepa	09 SEP 2006
5	4:22:22	Hang YIN	07 FEB 1997	CHN	1	Huangshan	05 MAR 2017
6	4:25:22	Brigita VIRBALYTĖ-DIMSIENĖ	01 FEB 1985	LTU	1	Villa di Serio	17 OCT 2010
7	4:26:37	Kathleen BURNETT	07 OCT 1988	USA	1	Santee, CA	28 JAN 2017
8	4:27:24	Shuqing YANG	30 AUG 1996	CHN	2	Huangshan	05 MAR 2017
9	4:28:13	Evaggelía XINOÚ	22 NOV 1981	GRE	2	Scanzorosciate	17 OCT 2004
10	4:28:53	Neringa AIDIETYTE	5 JUN 1983	LTU	1	Ivano-Frankivsk	01 OCT 2006
11	4:29:33	Erin TALCOTT	21 MAY 1978	USA	2	Santee, CA	28 JAN 2017
12	4:29:56	Natalia BRUNIKO	23 FEB 1973	ITA	2	Scanzorosciate	27 OCT 2002
13	4:32:14	Shanshan JIANG	28 FEB 1997	CHN	3	Huangshan	05 MAR 2017
14	4:32:36	Lyudmila YEGOROVA-SHELEST	4 OCT 1974	UKR	1	Scanzorosciate	18 OCT 2009
15	4:34:01	Kang ZHOU	24 DEC 1989	CHN	1	Huangshan	06 MAR 2016
16	4:35:51	Annalisa POTENZA	10 FEB 1981	ITA	1	Scanzorosciate	18 OCT 2009
17	4:36:40	Lixue WANG	15 DEC 1996	CHN	4	Huangshan	05 MAR 2017
18	4:38:48	Dan WANG	11 JAN 1995	CHN	5	Huangshan	05 MAR 2017
19	4:39:09	Kseniya RADKO	18 AUG 1994	UKR	1	Ivano-Frankivsk	16 OCT 2016
20	4:39:28	Nair DA ROSA	22 MAR 1980	BRA	1	Lima	14 MAY 2017
21	4:39:39	Susan ARMENTA	19 SEP 1973	USA	1	Chula Vista, CA	17 FEB 200

Once the women's 50km is really added as a standalone championship, you can expect to see this list take a real beating. All we have to do it provide the women with opportunity.

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

Aug 6 (Sun), 2017	Victorian Roadwalk Championships (including Victorian 30km Championship), Middle Park, Melbourne
Aug 6 (Sun), 2017	AMA 20km Roadwalk Championships, Adelaide, SA
Aug 27 (Sun), 2017	Australian Roadwalk Championships, Woolongong, NSW
Sept 10 (Sun), 2017	Victorian 50km Championship, Middle Park, Melbourne, VIC
Dec 3 (Sun), 2017	Australian 50km Championship (and 20km and U20 10km events), Fawkner Park, Melbourne, VIC

2016/2017 International Dates

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
9 Aug (Wed), 2017	2017 1,3,5 Mile Friendship Walks, London (for all those at the world champs)
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

Looking Further Ahead

Jan 20-27, 2018	Oceania Masters Athletics Championships, Dunedin, New Zealand See www.mastersathleticsoceania.com
Apr 4-15, 2018	XXI Commonwealth Games, Gold Coast, QLD (20km roadwalks). See http://www.gc2018.com Men's and Women's 20km walk, Currumbin Beachfront, Sunday 8 April
May 5-6, 2018	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, Naples Italy
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, TBA On 13 th March 2017, Durban announced that it would not host the Games, due to financial constraints.

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