



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2016/2017 Number 44
1 August 2017



VRWC Preferred Supplier of Shoes, clothes and sporting accessories.

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A ROVING CORRESPONDENT

This week's newsletter is being sent to you from Thame in Oxfordshire. I arrived in London yesterday (Monday). It's now 4AM Tuesday morning and I am awake for the day, so I might as well put the finishing touches to the newsletter. I have still to sort out a roving internet connection so a few of the bits and pieces are not quite complete but I will push it out later this morning (English time) once I find a mobile hotspot!

And talking of England, this snippet of local cricket news is from the *Thame Gazette* newspaper – it could only be England!

The 1sts travel to struggling Great Brickhill this Saturday, the 2nds host leaders Minster Lovell 1sts at Church Meadow and the 3rds play Tiddington at Lord Bill's Upper School.

ANOTHER TWO WOMEN NOW ALLOWED TO COMPETE IN THE LONDON 50KM

Newsletter 43 celebrated the addition of five women into next month's IAAF World Championship 50km in London. I am now very pleased to report that two further women have been the right to compete in the London 50km.

The IAAF's own rules provide that an Area Champion, regardless of the time they post, is deemed to have achieved the entry standard. (IAAF Technical Regulation 103.3.3 and London 2017 Qualification System and Entry Standards.) **Susan Randall (USA)** and **Nair da Rosa (Brazil)** should have also been named for the London race, based on their North and South American Area Championships wins, but the IAAF did not accept their nominations by their countries.

No sooner had a case been lodged with CAS (by none other than Mr Paul DeMeester) than the IAAF immediately added the two women. So now there are 7 confirmed starters in the women's 50km in London in 2 weeks time. It's a good outcome and, regardless of how the women go, the momentum is now in place to build.



Susan Randall (right) with 50km winner Nair de Rosa of Brazil and Peruvian runner-up Yoci Caballero on the Pan American Race Walk Cup awards podium, May 14 in Lima, Peru

Entry lists have been published for the IAAF World Championships in London. The great news is that 6 of the 7 women are now shown on the 50km listing – see <https://media.aws.iaaf.org/competitioninfo/b9d1c352-1312-420b-8ef7-de4e223eb80c.pdf>. I am told that Susan Randall is not there at the moment simply because of the timing of the decision to add her. She will be added in the final entry list release. Good to see this subset in print

50 Kilometres Race Walk Women

Nair DA ROSA	BRA	22 Mar 80	4:39:28
Shuqing YANG	CHN	30 Aug 96	4:27:24
Hang YIN	CHN	7 Feb 97	4:22:22
Inês HENRIQUES	POR	1 May 80	4:08:26
Kathleen BURNETT	USA	7 Oct 88	4:26:37
Erin TALCOTT	USA	21 May 78	4:29:33
Susan RANDALL	USA	6 Sept 74	4:54:12

Once again, the IAAF Racewalking Committee has been left out in the cold. Where they COULD have been involved in this process and done something constructive for the walks community, their silence has been deafening once again.

The women's 50km is now starting to get a bit of media attention – see the insidethegames article on Susan Randall's inclusion: <http://www.insidethegames.biz/articles/1053469/american-allowed-to-compete-in-world-championships-50km-walk-after-claiming-gender-discrimination>.

WHAT'S COMING UP

- Next Sunday sees the **Victorian 30km Roadwalk Championship** and **AV Underage Roadwalk Championships** contested at Middle Park. Entry to the AV events at <http://athsvic.org.au/event/av-30km-walks-championships/>. Entry to VRWC events at <http://vrwc.org.au/wp1/race-entries-2/>. You can also enter on the day but this must be done no later than 45 minutes before your event start time. Timetable reads as follows

Sunday 6th August 2017, Middle Park

Pre-entry is required for AV races are with the AV office before the event

AV & VRWC CHAMPIONSHIPS & events: Entries close for all events at 45 minutes before the event

8.30am	30km	AV Championship	Open *
	3 Hours Walk		Open
8.30am	20km	Non championship event	Open
9.00am	10km	VRWC Championship - Mabel Robinson Trophy	Open Women
9.00am	10km	AV Championship	Under 20 Men
9.00am	10km	AV Championship	Under 20 Women
9.00am	10km	AV Championship	Under 18 Men
10.00am	3km	AV Championship	Under 14 Boys/Girls
10.20am	5km	AV Championship	Under 16 Boys/Girls
11.00am	5km	AV Championship	Under 18 Women
11.15am	5km		Open
11.15am	2km		Open
11.20am	2km	VRWC Championship	Under 10 Boys/Girls
11.20am	2km	VRWC Championship	Under 12 Boys/Girls
11:50am		Medal presentations at the conclusion of the events.	

* The Victorian 30km is an Open event, meaning it is open to both men and women.

- The **Australian Masters 20km Roadwalk Championships** will also be held next **Sunday 6th August**, in Adelaide. Further information at <http://www.samastersathletics.org.au/ama20kwalk2017/>. Entries have now closed.
- Online entries are currently being taken for **Australian Roadwalk Championships** in **Woolongong** on **Sunday 27th August**. See the A.A. online entry panel at <https://winterwalks2017.eventdesq.com/>. Entries close Monday 21st August at 9:00pm.
- 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/>.

KEY AV/AA SUMMER DATES

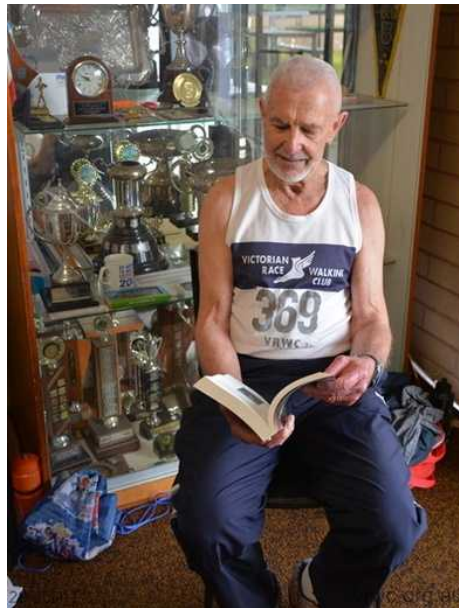
Athletics Australia and Athletics Victoria have now published their key 2017/2018 Summer Season dates. See press releases <http://athsvic.org.au/2017/generalnews/frontpage/2017-2018-track-field-fixtures/> and <http://www.athletics.com.au/News/gold-coast-and-sydney-to-welcome-australias-best-for-championships-of-2018>. Here is how it all pans out.

Nov 3-5, 2017	AV All Schools State Track & Field Championships, Lakeside Stadium
Dec 3 (Sun), 2017	Australian 50km Race Walking Championships, Fawkner Park
Dec 8-10, 2017	Australian All Schools Championships, Adelaide
Jan 26-28, 2018	AV Country Championships, Ballarat
Feb 11 (Sun), 2017	Australian 20km Race Walking Championships, Adelaide
Feb 15-18, 2017	Australian Athletics Championships & Nomination Trials, Gold Coast (10,000m Walks)
Feb 23-25, 2018	AV Junior & Para Championships, Lakeside Stadium
Mar 2-4, 2018	AV Open & Para Championships, Lakeside Stadium
Mar 14-18, 2017	Australian Junior Athletics Championships, Sydney
Mar 24-25, 2018	AV Masters Championships, Doncaster/Nunawading
Apr 2 (Sun), 2018	Easter Sunday
Apr 4-11, 2018	Commonwealth Games, Gold Coast, QLD
Apr 28-29, 2018	Australian Little Athletics Championships, Gold Coast

Note that the **2017 Australian 20km Summer Championships** are to be held in **Adelaide** on **Sunday 11th February**. Athletics Australia has not yet released its final Commonwealth Games selection criteria but the interim document (see <http://www.athletics.com.au/Portals/56/High%20Performance/Documents/CWG/2018/GC2018%20Nomination%20Principles.pdf>) confirms 20km racewalk entry standards of 1:24:00 (men) and 1:36:00 (women). The 20km Commonwealth Games trial date has not yet been confirmed but I assume it will be the Adelaide Championship race. Stay tuned.

ONCE WERE WALKERS, SECOND EDITION

I have now headed off to London for the 2017 World Championships and will not be back on deck locally in Melbourne until the end of August. But you can still order your own copy of my new racewalking book *Once Were Walkers, 2nd Edition* online at <http://www.lulu.com/shop/tim-erickson/once-were-walkers/paperback/product-23258461.html>.



Australian racewalking legend Bob Gardiner browses his copy of the new book at Middle Park last Saturday

81 year old **Bob Gardiner** has his own chapter in the book, documenting a fantastic international career which included representations in the 1968 and 1968 Olympics (he was also selected in the 1972 Olympics but had to withdraw with injury) along with a silver medal in the 1970 Commonwealth Games. Bob, who started racewalking in 1953 at age 17, has now been competing continuously for 64 years and is still going strong. On Saturday, he completed the VRWC 5km roadwalk at Middle Park.

You can read a synopsis of Bob's remarkable career at <http://www.vrwc.org.au/tim-archive/articles/vv-bob-gardiner.pdf>. You'll have to buy the book to read the full story!

VRWC ROADWALKS, MIDDLE PARK, SATURDAY 29 JULY

It was one of our windiest afternoons for a long time at Middle Park on Saturday so it was not surprising that so many of our walkers (we had 40 walkers in total) chose the 3km and 1.5km options. But a few hardy souls tested themselves out over the longer distances. **Adam Garganis** lead everyone through with a very comfortable looking 10km (47:53) while **Pramesh Prasad** was fastest over 12km with 1:06:08. We welcomed first time walker **Ros Lording** who walked in the 1.5km. We also welcomed back **Marley Berntsen** for her first walk in a few years and she did well, with 16:15 for the 3km.

12km Open

1.	Pramesh Prasad	40-59	1:06:08
2.	Terry O'Neill	60+	1:17:30
3.	Karyn O'Neill	60+	1:24:18
4.	Albin Hess	40-59	1:24:46

10km Open

1.	Adam Garganis	Open	47:53
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5km Walk

1.	Paige De Lisen	U18	29:10
2.	Madeleine Feain	Open	31:05
3.	Gwen Steed	U60+	35:49

1.	Mark Blackwood	Open	25:31
2.	Bernie Keirl	40-59	29:30
3.	Ralph Bennett	60+	31:43
4.	Heath Beveridge	U14	31:59
5.	Gerard Feain	40-59	32:54
6.	Geoff Barrow	60+	35:58
7.	Bob Gardiner	60+	37:24

3km Open

1.	Marley Berntsen	Open	16:15
2.	Jasmin Hass	U16	16:43
3.	Kathleen O'Mahony	U16	16:49
4.	Charlotte Hay	U14	16:54
5.	Holly Cocking	U16	17:14
6.	Grace Louey	U14	18:29
7.	Donna-Marie Elms	40-59	18:35
8.	Gemma Lillie	U12	20:15
9.	Alannah Dingli	U14	20:47
10.	Isabella Dingli	U16	21:06

1.	Angus Hay	U14	17:56
2.	Christopher Kent	40-59	24:12
3.	Bruce Conboy	60+	24:20

1.5km Walk

1.	Kaylah Heikkila-Dubowik	U12	08:58	
2.	Ros Lording	40-59	09:28	First time
3.	Zoe Pandey	U12	09:49	
4.	Ella Cunningham	U10	11:15	
5.	Beverly Hugo	60+	12:31	
6.	Pam Mews	60+	15:34	

1.	Luke Epps	U10	07:46
2.	Liam Hutchins	U10	08:15
3.	Hamish Blackwood	U10	08:52
4.	Remy Pandey	U10	09:26
5.	Sebastian Weickhardt	U12	09:43
6.	Lucas Kent	U10	10:53

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

Officials: Ian Laurie, Mark Donahoo, Simon Baker, Ralph Bennett, Tim Erickson

Setup: Bob Gardiner, Gerard Feain, Madeleine Feain, Tim Erickson, Stuart Cooper, Terry Swan, Peter Vysma, Ralph Bennett, Terry Swan

Judges: Peter Vysma (Chief), Gordon Loughnan, Kathleen Marsh, Stuart Cooper, Shane Dickson, Michael Bodey, Mark O'Mahony

Canteen: Eija Heikkila, Wendy Cooper, Kate Suich

Photos: Simon Baker (<http://www.vrwc.org.au/piwigo/index.php?category/438>)
Lapslits: Ralph Bennett (<http://vrwc.org.au/wp1/race-splits-laps/>)

With our Winter Season Points competitions just about completed (the one remaining round will be held on Saturday 12th August), **Adam Garganis** and **Paige De Lisen** lead the Style Award points. The placegetters in the Actual Times and Handicaps Points competitions are also firming now.

You can check out progressive scores in all of the comps at <http://www.vrwc.org.au/vrwcpointscomps.shtml>. Hopefully I will have completed the uploads by the time you read this!



Adam Garganis, Mark Blackwood, Gwen Steed, Grace Louey, Liam Hutchins and Holly Cocking (photos Terry Swan)



Lucas Kent, Terry O'Neill, Marley Berntsen, Ros Lording and Sebastian Weickhardt (photos Terry Swan)

ACTRWC ROADWALKS, CARILLON, CANBERRA, SATURDAY 29 JULY

Thanks to Robin Whyte for his weekly report from Canberra. Good 8km times by **Connor Frew** (39:13), **Mitchell Baker** (39:16) and current Australian 50km champion **Matt Griggs** (39:35). And I saw a post last week from Matt confirming he will defend his 50km title in December at Fawkner Park. Good to see!

4km Handicap

1.	Sidney Shaw	26:22
2.	Raine Thompson	36:21
3.	Helena Bialecki	25:42
4.	Simon Hosking	22:58
5.	Laura Burns (F/T)	22:17
6.	Derek Robinson	28:01
7.	David Mackenzie	33:46
8.	Rosemary Parker	29:56
9.	Terry Munro	33:51
10.	Fran Black	37:09

2km Handicap

1.	Jayden Elphick (F/T)	12:28
2.	Helen Munro	18:07
3.	Kai Jeong-Reuss	12:48
4.	Jack Thackray	19:26
5.	Andrew Camp-Liddiard	12:47
6.	Georgia Frew	13:51
7.	Imogen Gardiner	14:53

8km Handicap

1.	Callum Burns	41:00
2.	Miriam McCarthy	56:39
3.	Bob Parker	57:25
4.	Doug Fitzgerald	1:02:45
5.	Matt Griggs	39:35
6.	Kate Black	49:43
7.	Robin Whyte	50:57
8.	Connor Frew (F/T)	39:13
9.	Mitchell Baker	39:16
10.	Greg Durr	46:21
11.	Ann Staunton-Jugovic	46:54
12.	Val Chesterton	1:16:56

SARWC ROADWALKS, ADELAIDE PARKLANDS, ADELAIDE, SATURDAY 29 JULY

Thanks to Peter Crump for his weekly report from Adelaide. Good times from **Kim Mottrom** (24:02) and **Olivia Sandery** (25:15) over 5km and **Toby Wilks** (14:24) over 3km.

15km Walk

1.	Darren Bown	1:20:23
2.	Peter Crump	1:31:10
3.	James Hoare	1:55:22
4.	Bill Starr	1:56:28

8km Walk

1.	Rhiannon Lovegrove	47:30
2.	Greg Metha	51:13
3.	Tristan Camilleri	DNF

5km Walk

1.	Kim Mottrom	24:02
2.	Olivia Sandery	25:15
3.	Bethany Cross	27:00
4.	Victoria Upton	28:11
5.	Kitarni Upton	29:33
6.	Chloe Upton	31:07
7.	Trevor Mayhew	33:19
8.	Adrian Upton	38:38

3km Walk

1.	Toby Wilks	14:24
2.	Kiera Ross	15:16
3.	Mathew Bruniges	16:15
4.	Zayden Kamish	16:58
5.	Mia Wilks	18:26
6.	Seth Upton	18:55

2km Walk

1.	Hannah Wilks	12:42
2.	Katie DeRuvo	13:05
3.	Tarique Kamish	17:41
4.	Edward Upton	17:41

1km Walk

1.	Natalie Bruniges	8:52
2.	Zahra Kamish	8:52
3.	Xavier Upton	10:51

SAMA ROADWALKS, EAST TERRACE, ADELAIDE PARKLANDS, ADELAIDE, SATURDAY 29 JULY

Thanks to **Colin Hainsworth** for this week's results from the South Australian Masters in Adelaide - Warmish, blustery day. Rain threatening but held off during walks. It is great to see Colin (M87) and **David Robertson** (M84) walking each week.

10km Walk

1.	George White	1:01:49	M72	85.42%
2.	Marie Maxted	1:11:02	W57	70.34%
3.	Richard Moyle	1:18:53	M61	58.97%
4.	Graham Harrison	1:19:04	M74	68.61%
5.	David Robertson	1:27:29	M84	72.69%

5km Walk

1.	Geraldine Smith	0:35:59	W67	75.02%
2.	Dave Fallon	0:38:58	M64	59.99%
3.	Valmai Padget	0:42:39	W73	69.22%
4.	Edna Bates	0:45:21	W64	57.2%
5.	Jill Rogers	0:46:00	W72	63.16%

6.	Jeff Kennett	0:47:55	M67	50.44%
7.	Colin Hainsworth	0:45:30	M87	

WARWC ROADWALKS, SHELLEY, PERTH, SUNDAY 30 JULY

Thanks to Terry Jones for the latest results from Western Australia. Another fast 15km walk (1:08:38) by 18 year old **Declan Tingay**.

15Km Handicap

1.	Declan Tingay	68.38
2.	Andrew Duncan	79.07
3.	Ben Reid	85.25

10Km Handicap

1.	Karyn Tolardo	60.08
2.	Brad Mann	59.10

5Km Handicap

1.	Thomas Millard	29.36
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3Km Handicap

1.	Amy Holland	18.26
2.	Kristine Wells	21.52

BENDIGO WALKERS CLUB ROADWALKS ROUNDUP

Thanks to Paul Rance for the last couple of Bendigo Walkers Club meets, held in the Victorian country town of Bendigo. This is one of 4 active specialist racewalk clubs in Victoria.

BRWC Roadwalks, Lake Neangar, Sunday 23 July

2km Walk

1.	Oscar Fox	12.49
2.	Caitlyn Curtis	16.48
3.	Ebony Whiley	11.47
4.	Sheridan Commons	15.01

3km Walk

1.	Peter Curtis	17.24
2.	Jennie Payne	18.54
3.	Annette Curtis	21.37

BRWC Roadwalks, Lake Neangar, Sunday 30 July

2km Walk

1.	Sheridan Commons	14.33
2.	Caitlyn Curtis	17.44

4km Walk

1.	Annette Curtis	29.04
2.	Bill Lotherington	29.18
3.	Jennie Payne	25.42
4.	Peter Curtis	24.20
5.	Barb Bryant	25.38

NSWRWC ROADWALKS, TEMPE, SATURDAY 15 JULY

Back two weeks for these results from NSWRWC, just for completeness.

12km Open

1.	Amanda Barendregt	70.39
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8km Open

1.	Ryan Thomson	42.31
2.	Jasmyn McDonald	44.28
3.	Teeghan Pengilly	47.19
4.	Janaya Lee	47.58
5.	Bayden White	55.28
6.	Brendan Hyde (INV)	74.41

4km Open

1.	Hayden Blaskett (INV)	19.52
2.	Emma Blanch (INV)	21.16
3.	Renee Hardy	22.16
4.	Jasmine Dighton (INV)	23.02
5.	Brittany Robertson	24.02
6.	Brooke Martin	25.00
7.	Amy Henry (INV)	26.08

2km U16

1.	Elizabeth McMillan	9.33
2.	Olivia Thomson	10.38
3.	Ellie De Cellis	11.29
4.	Isabelle Nilon	11.31
5.	Rhianni Deagan	12.04
6.	Shaqiulle Lee	12.04
7.	Chia Walters	12.39
8.	Brodia Douglas	12.49
9.	Aiden Hardy	15.02

1.5km U12

1.	Milly Boughton	7.27
2.	Peter Elliott	7.50
3.	Amelia Crocker	13.06

0.5km U10

1.	Christopher Nilon	2.35
2.	Rudi Blackley	2.36

8.	Jada Thomson	26.27	3.	Dylan Ryan	3.19
9.	Davina Lee	27.39	4.	Cara Lee	4.15
10.	Nicolle Challinor	29.07			
11.	Nicole Nilon	29.08			

SAN DIEGO TRACK FESTIVAL, BALBOA STADIUM, SAN DIEGO, WEDNESDAY 26 JULY

Some pretty quick 1 Mile walk times by our American counterparts in San Diego last Wednesday. Overall wins to **Miranda Melville** (6:42.8) and **Nick Christie** (5:53.1). And not too bad a time for 45 year old **Tim Seaman** (6:26.2). Tongue in cheek name for the race - *The Tim Seaman Not Yet Memorial Racewalk Mile*.

Women 1 Mile Race Walk Open

1.	Melville, Miranda	Unattached	6:42.8
2.	Burnett, Katie	Unattached	6:55.0
3.	Lepe, Celina	Unattached	8:34.2

Men 1 Mile Race Walk Open

1.	Christie, Nick	University City High School- CA	5:53.1
2.	Corvera, Emmanuel	Unattached	6:01.7
3.	Bellavance, Alexander	Unattached	6:25.2
4.	Seaman, Tim	Unattached	6:26.2
5.	Corvera, Eduardo	Unattached	9:06.8
6.	Maize, Ryan	Unattached	9:41.8
7.	Freund, As	Unattached	9:41.9
8.	Suwara, Dylan	Unattached	10:07.4
9.	Macky, Connor	Unattached	10:11.5
10.	Wennerstrom, Stephen	Unattached	10:18.3



San Diego 1 Mile - Celina Lepe, Katie Burnett, Miranda Melville, Nick Christie, Tim Seaman, Rachel Seaman, Emmanuel Corvera and Alex Bellavance (photo Emmanuel Corvera)

USATF NATIONAL JUNIOR OLYMPIC CHAMPIONSHIPS, LAWRENCE, USA, 24-30 JULY

Staying in USA, the USATF National Junior Olympic T&F Championships were held over the last week in the city of Lawrence. Results below from the U15, U17 and U19 3000m track walks. E

U15 Girls 3000m Race Walk

1.	Grace ENDY	USA	16:14.69
2.	Shaiel JONES	USA	17:27.38
3.	Alanna RODRIGUEZ	USA	17:49.14
4.	Camryn CURTIS	USA	17:57.09

U17 Boys 3000m Race Walk

1.	Giovanni CISNEROS	USA		15:19.83
2.	Johan ESPINOZA	USA		15:52.14

U17 Girls 3000m Race Walk

1.	Jessica GROVER	USA		16:01.98
2.	Zoi BETTIES	USA		16:24.66
3.	Rithika VATTURI	USA	02	16:45.23
4.	Alessia CAIRA	USA		17:05.16
5.	Jazlynn PATRICK	USA		17:31.33
6.	Julie ORTEGA	USA	02	17:44.27

U19 Men 3000m Race Walk

1.	Jordan CRAWFORD	USA	00	15:16.39
2.	Logan ROBERTS	USA		15:47.25

U19 Women 3000m Race Walk

1.	Victoria HEISER-WHATLEY	USA	99	15:33.50
2.	Jessica HEISER-WHATLEY	USA	99	15:51.54
3.	Melissa ENDY	USA		16:58.84

USATF NATIONAL RACEWALKING CHAMPIONSHIPS, MANALAPAN NJ, SUNDAY 30 JULY
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And jumping to last Sunday's USATF 10,000m walk championships, held at Manalapan High School, New Jersey. Wins to **A.J. Gruttadauro** (45:27.34) and **Maria Michta-Coffey** (45:31.40).

Open Men 10000m Walk

1.	Anthony J. Gruttadauro	Shore AC		45:27.34
2.	Richard Luettchau	Shore AC		46:55.91.
3.	Dave Talcott	Shore AC		51:22:00
4.	John Soucheck	Shore AC		56:36.73.
5.	Yyascheslav Troshkin (guest)	Park Walkers USA		1:01:29.50
6.	Bruce Logan	Park Walkers USA		1:03:51.64
7.	Barry Blake	Shore AC		1:08:01.52
8.	Fred Linkhart	Freehold Area Running Club		1:09:39.15
9.	Dr. Patrick Bivona	Freehold Area Running Club		1:14:44.25
10.	Ronald Salvio	Freehold Area Running Club		1:14:45.38
11.	Ross Miano	Freehold Area Running Club		1:20:56.80

Open Women 10000m Walk

1.	Maria Michta-Coffey	Walk USA		45:31.40
2.	Meaghan Podlaski	Fleet Feet		55:03.95
3.	Kayla Torres	Walk USA		55:10:28
4.	Dorit Attias	Walk USA		1:10:37.33

Women's 5000m Walk

1.	Grace Endy	Westfield Flyers		27:21.39
2.	Melissa Endy	Westfield Flyers		28:30.07
3.	Maryanne Daniel	onnecticut Racewalkers		29:42.76

ENGLAND ATHLETICS SENIOR & UK CAU CHAMPIONSHIPS, BEDFORD, SUNDAY 30 JULY
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Thanks to Mark Wall for race results and report from the England Athletics/UK Counties Athletics Union (Inter-Counties) titles in Bedford last Sunday. The World Championship team was either abroad training or, in the case of Gemma Bridge, leaving for a Paris based team holding camp the next morning. Others who have competed internationally this season were either abroad, unavailable or injured. This opened up both races, and Erika Kelly and Chris Snook took full advantage of the opportunity.

In the women's 3000m walk, Isle of Man walker **Erika Kelly** (who has been one of the great improvers this year) won with 1:50.72, ahead of U20 walker **Emily Ghose** and masters competitors **Penelope Cummings** and **Wendy Kane**. As Erika did not enter the UKCAU title, it was medals all round.

The men's 3000m walk saw last year's winner **Dan King** disqualified, leaving the door open for 17 year old **Chris Snook** to claim the open title. Second place went to U20 walker **Tom Partington** and third to first year senior **Luc Legon**.

3000m Walk Women

1.	KELLY Erika	Northern (Isle of Man) AC	13:50.72
2.	GHOSE Emily	Tonbridge AC Kent	15:34.69
3.	CUMMINGS Penelope	Herne Hill Surrey	16:57.66
4.	KANE Wendy	Notts AC Nottinghamshire	18:25.24

3000m Walk Men

1.	SNOOK Chris	AFD Hampshire	12:42.73
2.	PARTINGTON Tom	Manx Harriers Lancashire	12:56.25
3.	LEGON Luc	Bexley AC Kent	13:14.34
4.	SNOOK Tim	AFD Hampshire	14:08.33
5.	HOBBS Jonathan	Ashford AC Kent	14:22.28
6.	HOPKINS Oliver	Lewes AC Sussex	15:17.20
7.	PRICE Jordan	Brecon AC East Wales	15:17.85
8.	KING Daniel	Colchester Harriers AC Essex	DQ
9.	PARRIS Sebastian	Ilford AC Essex	DQ

Mark Easton has published his usual great selection of CAU & AAA walks photos at <http://markeaston.zenfolio.com/f476235417>.

FRANCOPHONE GAMES, ABIDJAN, IVORY COAST, 23-27 JULY
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The annual Francophone Games, which were held a week ago in Abidjan, Ivory Coast, saw 20km walk wins to French walkers **Antonin Boyez (1:30:44)** and **Marine Quennehen (1:43:35)**.

Men 20km Race Walk

1.	Antonin BOYEZ	FRA	84	1:30:44
2.	Andrei GAFITA	ROU	96	1:35:12
3.	Jerome CAPRICE	MRI	83	1:39:06

Women 20km Race Walk

1.	Marine QUENNEHEN	FRA	91	1:45:35
2.	Amandine MARCOU	FRA	92	1:50:30
3.	Mihaela PUSCASU	ROU	95	1:53:45

T&F, VANTAA, FINLAND, 26-27 JULY

And finally, a few other race reports from around Europe.

Men 5000m Race Walk

1.	Joni HAVA	FIN	99	22:26.04
2.	Jere NIEMI	FIN	98	23:09.28

GRAN PREMIO MEZZOFONDO, TRENTO, ITALY, TUESDAY 25 JULY

Good 5000m walk time by **Stefano Chiesa (19:55.18)** in Trento, Italy, last Tuesday.

Men 5000m Race Walk

1.	Stefano CHIESA	ITA	96	19:55.18
2.	Aldo ANDREI	ITA	01	22:29.82
3.	Michele DISARO'	ITA	99	23:19.61
4.	Luca VERNESONI	ITA	99	23:59.69

Women 5000m Race Walk

1.	Nicole COLOMBI	ITA	95	23:33.43
2.	Martina ANSALDI	ITA	96	23:45.40
3.	Lidia BARCELLA	ITA	97	24:16.52
4.	Giulia IMBESI	ITA	96	25:29.52
5.	Beatrice ANDREOSE	ITA	98	26:33.19
1.	Corrin SACILOWSKI	USA		17:40.50

MARCIADALMONDO AND OMARCHADOR ROUNDUP

Marciadalmondo has 9 press releases this week

- Fri 28 Jul - Poland announces walks team for London World Champs
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2867
- Wed 26 Jul - Glenda Morejon of Ecuador, winner of the 2017 World Youth Champs, talks about her small financial support
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2866
- Mon 24 Jul - Alexander Hurtado (ECU) and Alegna González (MEX) win U20 Pan-American Championships
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2865
- Thu 27 Jul - Italy announces walks team for London World Champs
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2864

and Omarchador has 10 press releases

- Sat 29 Jul - Challenge de Marcha JC Urias, Guatamala City, Guatemala
<http://omarchador.blogspot.com.au/2017/07/i-challenge-de-marcha-jc-urias.html>
- Sat 29 Jul - Preview of underage meet in Madrid today
<http://omarchador.blogspot.com.au/2017/07/meeting-jovem-lisboa-madrid-com-provas.html>
- Fri 28 Jul - marciadalmondo discusses the addition of women to the London 50km
<http://omarchador.blogspot.com.au/2017/07/a-estranha-inclusao-dos-50-km-femininos.html>
- Fri 28 Jul - Results of the walks at the Polish T&F Champs in Bialystok
<http://omarchador.blogspot.com.au/2017/07/a-marcha-nos-campeonatos-polacos-de.html>
- Thu 27 Jul - Results of PanAm U20 walks
<http://omarchador.blogspot.com.au/2017/07/campeonatos-pan-americanos-sub-20-em.html>
- Thu 27 Jul - Portuguese walkers for London World Champs
<http://omarchador.blogspot.com.au/2017/07/decrecimo-da-marcha-portuguesa-nos.html>
- Wed 26 Jul - USA Masters walker banned for 4 years after drugs test alert
<http://omarchador.blogspot.com.au/2017/07/marchador-master-m60-com-4-anos-de.html>
- Wed 26 Jul - European Masters T&F Champs return to Aarhus, Denmark, this week
<http://omarchador.blogspot.com.au/2017/07/de-regresso-aarhus-para-os-europeus-de.html>
- Tues 25 Jul - Takacs and Martín win Spanish Championships in Barcelona
<http://omarchador.blogspot.com.au/2017/07/takacs-e-martin-vencem-campeonatos-de.html>

OUT AND ABOUT

- Four reigning world champions and eight 2016 Olympic individual gold medallists lead a squad of 132 athletes on the Team USATF roster for the IAAF World Championships in London this month. There will be 5 walkers competing, including 50km walkers **Katie Burnett**, **Erin Taylor-Talcott** and **Susan Randall**. Alas, no male walkers selected. See <https://www.iaaf.org/news/news/usa-iaaf-world-championships-london-2017>.
 - **Katie Burnett** 50K Race Walk
 - **Miranda Melville** 20K Race Walk
 - **Maria Michta-Coffey** 20K Race Walk
 - **Erin Taylor-Talcott** 50K Race Walk
 - **Susan Randall** 50K Race Walk
- Japan's walks team in London is a strong one: <http://japanrunningnews.blogspot.com.au/2017/07/complete-japanese-roster-for-london.html>
 - Women 20km Walk: **Kumiko Okada** (1:29:40)
 - Men 20km Walk: **Eiki Takahashi** (1:18:18), **Isamu Fujisawa** (1:18:23), **Daisuke Matsunaga** (1:18:53)
 - **Toshikazu Yamanishi** (1:19:03) (alternate)
 - 50km Walk: **Hirooki Arai** (3:40:20), **Kai Kobayashi** (3:42:08), **Satoshi Maruo** (3:49:17)

- Some other London World Championships team announcements have come out this week
 - Polish walks team: http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2867
 - Italian walks team: http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2864
 - Portuguese walks team: <http://omarchador.blogspot.com.au/2017/07/decrecimo-da-marcha-portuguesa-nos.html>
- Focus on Australian 20km walker **Dane Bird-Smith**, who is one of the favourites for a medal in London. See <http://athletics.com.au/News/bird-smith-set-to-swoop-in-london>.
- German champion **Christopher Linke** is also short odds to claim a medal in this month's IAAF World Championships 20km in London after something of a transformation. It looked for a long time like the 1m 90cm walker was more likely to succeed at the demanding 50km distance, but now he has transformed himself into one of the world's top 20km walkers. See <https://www.iaaf.org/news/feature/christopher-linke-race-walks-germany>.
- IAAF journalist **Paul Warburton** previews all 4 racewalks in the London World Champs
 - 20km Men Preview: <https://www.iaaf.org/competitions/iaaf-world-championships/iaaf-world-championships-london-2017-5151/news/preview/men/20-kilometres-race-walk>
 - 20km Women Preview: <https://www.iaaf.org/competitions/iaaf-world-championships/iaaf-world-championships-london-2017-5151/news/preview/women/20-kilometres-race-walk>
 - 50km Men Preview: <https://www.iaaf.org/competitions/iaaf-world-championships/iaaf-world-championships-london-2017-5151/news/preview/men/50-kilometres-race-walk>
 - 50km Women Preview: <https://www.iaaf.org/competitions/iaaf-world-championships/iaaf-world-championships-london-2017-5151/news/preview/women/50-kilometres-race-walk>
- Some great statistics from **David Tarbottom** regarding Australia's participation in the IAAF World Championships. With his 2017 appearance, Jared Tallent will become Australia's most prolific World Champs athlete, with his seventh consecutive appearance. This and many more racewalking related snippets at http://athletics.com.au/News/the-green-and-gold-take-on-the-world?utm_medium=email&utm_campaign=London%20Times%20-%20IAAF%20World%20Championships%20history%20%20stats&utm_content=London%20Times%20-%20IAAF%20World%20Championships%20history%20%20stats+CID_99f8dfa5701b006ce47019f2ed94e8ec.
- VRWC walker **Russ Dickenson** wears a number of hats, including that of the Victorian Masters newsletter editor. The August edition of the iconic *Footnotes* has just hit the press and is up to Russ's usual high standard. This month's edition includes an article on South Australian walker **Kim Motrrom** and his unsuccessful battle to have a very questionable 2015 drugs ban lifted. The great news is that Kim, having served the mandatory 2 year ban (plus a bit more) is back and racing as well as ever, on both walking and running fronts. Great investigate journalism Russ. And well done Kim on overcoming what can only be described as a very questionable process. See p14 - <http://vicmastersaths.us9.list-manage.com/track/click?u=8e5aef6460565aa8109c13ad7&id=255d775857&e=905dbd7db5>.
- NZ Olympic racewalker **Quentin Rew**'s take on the challenges facing the 50km discipline. As well crafted as ever. See <https://morethanracewalking.blogspot.com.au/2017/07/womens-50km.html?m=1>.
- Wall Street Journal video on how to walk, featuring USA walker **Richard Luettchau II**. See <http://on.wsj.com/2tMb5IR>.
- Los Angeles has formally announced its bid for the 2028 Olympic Games. That more or less means that Paris will get the nod for 2024. See <http://www.nation.co.ke/sports/athletics/Macron-hails--important-step--towards-Paris-hosting-2024/1100-4040596-x7hxprz/index.html>.
- Completely wrong! Nineteen Russian athletes were on Monday entered into the competition (as neutral athletes) being hosted from August 4-13 in London. Russia then announced that, even though the athletes set to compete as neutrals, they will be paid by the state despite not officially representing their country. I'm sorry but it sounds just like a Russian team to me! See <https://www.supersport.com/athletics/article.aspx?Id=4081244>.
- Russia has made progress in its fight against drug cheats, but still needs to admit it had a problem before it can be declared completely compliant, WADA president Craig Reedie told Reuters last Thursday. Both the IAAF and the International Paralympic Committee (IPC) still regard Russia as non-compliant. See http://asia.eurosport.com/athletics/athletics-russia-making-progress-but-still-needs-to-admit-doping-past-wada-president_sto6269023/story.shtml.
- This view was reinforced yesterday when the IAAF ruled that Russia had not made sufficient progress in its anti-doping fight to merit reinstatement. Hence it remains banned from international T&F competition for the time being. See <http://www.yesterdaynation.co.ke/sports/athletics/IAAF-upholds-Russia-ban/1100-4040322-a6ldt6z/index.html>.

RACEWALKING AUSTRALIA NEWS

Incoming Racewalking Australia president **Bob Cruise** has hit the ground running. His latest initiative is to re-institute the RWA President's newsletter and he has circulated an initial copy to the RWA clubs. It contains a number of concrete proposals for re-invigorating the sport in Australia. I'll check with RWA secretary **Terry Swan** and get a link for next week's newsletter.

I am very excited to see Bob and Terry taking such proactive roles. For his part, Terry has revamped the RWA website and facebook page and is putting lots of great information up there for everyone. The key links are:

RWA Website: <http://www.rwa.org.au/>

RWA Facebook: <https://www.facebook.com/Race-Walking-Australia-133790523867290>

And talking of Terry's initiatives, he has published the first of a series of short interviews with some of our Australian 2017 International Walkers. The first off the rank is Queensland walker **Jess Pickles** who will represent Australia in the 20km walk at the 29th Summer Universiade, Taipei, Taiwan, on 19-30 August. See that interview at <http://www.rwa.org.au/wp/2017/07/30/2017-summer-universiade-taipei-and-iaaf-world-champs-london>.



2017 International representative Jess Pickles (right) with Katie Hayward at the 2017 Australian T&F Champs in March

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 - 2016 Winter Season

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

Australian/Victorian Key Dates - 2016/2017 Summer Season

Nov 3-5, 2017 AV All Schools State Track & Field Championships, Lakeside Stadium
Dec 3 (Sun), 2017 **Australian 50km Championship** (and 20km and U20 10km events), Fawkner Park, Melbourne, VIC
Dec 8-10, 2017 Australian All Schools Championships, Adelaide
Jan 26-28, 2018 AV Country Championships, Ballarat
Feb 11, 2017 **Australian 20km Race Walking Championships, Adelaide**
Feb 15-18, 2017 Australian Athletics Championships & Nomination Trials, Gold Coast (10,000m Walks)
Feb 23-25, 2018 AV Junior & Para Championships, Lakeside Stadium
Mar 2-4, 2018 AV Open & Para Championships, Lakeside Stadium
Mar 14-18, 2017 Australian Junior Athletics Championships, Sydney
Mar 24-25, 2018 AV Masters Championships, Doncaster/Nunawading
Apr 2 (Sun), 2018 Easter Sunday
Apr 4-11, 2018 Commonwealth Games, Gold Coast, QLD
Apr 28-29, 2018 Australian Little Athletics Championships, Gold Coast

International Dates - 2017

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

International Dates – 2018 and onwards

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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Copies of recent newsletters are kept on the VRWC website (<http://www.vrwc.org.au>)