



## HEEL AND TOE ONLINE

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### 50/50 - THE LEGAL CASE FOR A WOMEN'S 50K

Thanks to US Attorney at Law **Paul de Meester** for his masterful analysis of where we are currently situated with regard to the women's 50km and how the IAAF should proceed forward, after the successful inaugural women's 50km World Championship in London earlier this month. Thanks Paul!



*Paul de Meester with me in London on the occasion of the inaugural women's 50km World Championship*

During the time interval between my representations of two female U.S. athletes who were seeking to compete in the 2017 London World Championships 50km race walk event, I was reading David Martin's and Roger Gynn's *The Olympic Marathon*, which had an account of how the women's marathon was approved for the 1984 Los Angeles Olympic Games. Reading that history led me to a novel legal argument about why the women's 50km event is simply a 'must' at major competitions. My biggest surprise is that no one had thought of it before in order to demand inclusion of the women's 50km at the Worlds and Olympics. Heel and Toe publisher Tim Erickson and I unveiled this new approach at our London press conference two days prior to the 13 August 50km race on the Mall in London.

The marathon book referenced a rule in the Olympic Charter that was in effect in the early 1980s. The rule required that only events practiced by women in at least 35 countries and on three continents may be included in the Olympic program, and then only when the event had been contested at least twice in world or continental championships. Once I saw that, I realized that rule was along the lines of what IAAF officials are still advocating: that the women's 50km event had to grow on national and regional levels step-by-step before there could be any consideration of including it at the major competitions. But that rule - let's call it the 'numerical rule' - is an old rule.

Why refer to the rule as 'old'? Because the rule is long gone. When the Olympic Charter adopted gender equality in 2004, there was an obvious tension with the old rule. The Olympic Movement could not have it both ways: promise gender equality but at the same time not conduct an event for women that is available to male athletes without making the women jump through a number of procedural hoops. The International Olympic Committee wisely got rid of the old numerical rule in the next edition of the Olympic Charter (2007).

Getting rid of the old rule made sense but was not strictly necessary. Why? Because gender equality was enshrined as one of the Olympic Charter's constitutional values also known as the Fundamental Principles of Olympism. In the hierarchy of sports law, the gender equality provision is "higher ranking" and prevails when a lower ranking regulation (like the old numerical rule)

conflicts with it. Two Panels of the Court of Arbitration for Sport (CAS) have so held. (See *IRIFF v. FIFA*, CAS 2008/A/1708; and *USOC v. IOC*, CAS 2011/O/2422.) Even though CAS Panels are not strictly bound by legal precedent, they generally follow it. Thus, even if the Olympic officials had not removed the numerical rule from the Charter, the gender equality fundamental principle would have rendered it invalid.

But what does the Olympic Charter have to do with the International Association of Athletics Federations (IAAF), the 2018 Taicang World Race Walking Team Championships and the 2019 Doha World Championships? After all, the Tokyo Olympics are a long ways off. Good question! With two answers.

First, when the Olympic Movement adopted gender equality as one of its central tenets, so did the IAAF and the Principality of Monaco. The IAAF made gender equality one of its Objects, which are akin to the Olympic Fundamental Principles. Monaco law matters because the IAAF, in its own Constitution, subjects itself to Monaco law. The IAAF headquarters are in Monaco. In 2005, Monaco joined as a signatory to the United Nations Convention on the Elimination of all Forms of Discrimination against Women. The Convention specifically applies to sports and its definition of gender discrimination explicitly includes the exclusion of women.

Second, the Olympic Charter requires the IAAF to comply with the Charter provisions, including that on gender equality. Compliance is required every day of the week, year in, year out, not just for two weeks in August every four years.

So, without drifting into too much legalese, the IAAF is required by three sets of law (its own Constitution, the Olympic Charter and Monégasque law) to adhere to gender equality. What is the practical effect? Simply put, the old test to determine whether a women's event should be added to a major competition program (practiced in 35 countries on three continents and contested in at least two world or continental championships) has been invalidated since 2004 by the new requirement of gender equality.

The new analysis then goes as follows: Is the event organized for men at a major competition? If the answer is 'yes', then gender equality requires that the event also be staged for women. End of story. Women walkers are legally entitled to their 50km event at major competitions such as the IAAF World Race Walk Team Championships, the World Championships, the Olympics, and any IAAF Permit Meets offering a 50km.

What is mind-boggling is that women 50km walkers have had this right since 2004 and that recent pronouncements show that the IAAF still adheres to the old method of determining whether the women's 50km should be included at major competitions.

Will the IAAF continue to practice gender discrimination? Obviously, not having a women's 50km event is the most glaring example. But more subtle methods are just as egregious: requiring women to meet the men's entry standard (as was the case for London between April 8, 2016 and July 23, 2017); requiring women to compete with men for automatic entry slots and limited selection positions within a member federation's team (as was the case for Rome 2016); refusing to have separate men's and women's race classifications; and requiring women to meet a tougher (relative to men) Time Limit after 48km of racing on pain of being removed from the race.

What can one do if the IAAF continues to discriminate against women 50km race walkers by, for instance, committing any of the above-described violations with respect to next May's World Team Championships in Taicang, China?

One could simply file a procedure (lawsuit) with CAS, the Court of Arbitration for Sport in Lausanne, Switzerland. CAS has been dubbed the 'World Supreme Court of Sports'. Indeed, it is. The IAAF Constitution provides that all disputes arising under it are subject to an appeal to CAS. An issue of gender discrimination is therefore directly appealable to CAS.

Who can appeal may surprise you. CAS rules allow an appeal against a decision by the IAAF if the statutes of the IAAF so provide. As just discussed, a gender equality dispute involving the IAAF is appealable. The IAAF Constitution does not limit who may appeal a constitutional dispute. Regular rules disputes, on the other hand, are generally appealable by International-Level athletes only. Since gender equality involves all of us, an athlete could appeal but so could a fan for that matter. All of us are an aggrieved party when gender equality is violated. It is easy to see why Inês Henriques or Erin Taylor-Talcott may wish to appeal if left out at Taicang or Doha. But a fan of any female 50km race walker is also deprived of their right to gender equality when their favorite athlete is prevented from having the same 50km hopes and aspirations that a male athlete may harbor. A male 50km race walker is aggrieved when his event is threatened at the Olympics because of the event's lack of gender equality. Wouldn't be ironic if Tim Erickson and I are the successful appellants on a 50km gender equality claim before CAS? It could happen.

What's the likelihood of success before CAS? Internal IAAF e-mail correspondence, USATF correspondence and various press releases indicate the IAAF only allowed first five, then seven women walkers into the 2017 London World Championships 50km event as a result of two CAS procedures having been brought against it on the basis of gender discrimination.

The IAAF should redeem itself by immediately announcing a women's 50km event for Taicang next May, to allow the athletes to prepare properly. The IAAF has been bound by the dictates of gender equality since 2004. It's time for the IAAF to practice what it preaches. Women walkers deserve their 50K in Taicang and beyond.

Paul F. DeMeester, San Francisco

And just to finish off the topic of the women's 50km walk, a pointer to an excellent article on the need to change the narrative around women's sport. We have the magic of the 4 minute mile for men but what about setting some equivalent standards for women. Have a read at <https://www.outsideonline.com/2234521/we-must-change-narrative-around-womens-sports>.

How about this for a benchmark for women – the 4 Hour 50km barrier. Ines Henriques has walked two 50km events, recording times of 4:08 and 4:05. The first sub 4 hour for women can't be far away.

**TIM'S WALKER OF THE WEEK**

VRWC walker Gwen Steed turned 75 years of age in early July and she has wasted no time in setting a whole swathe of new VRWC W75 club records. The list reads as follows (so far)

W75 2km Road Walk	13:41	Middle Park	15/07/2017
W75 3km Road Walk	20:53	Middle Park	15/07/2017
W75 10km Road Walk	1:15:15	Middle Park	22/07/2017
W75 5km Road Walk	35:49	Middle Park	29/07/2017
W75 10km Road Walk	1:13:33	Middle Park	19/08/2017

Gwen also bettered her 2km and 3km record times last Saturday with even faster performances, but unfortunately we had only 3 judges on duty so can't accept them (we require a minimum of 4 judges before granting a club record).

W75 2km Road Walk	13:30	Middle Park	26/08/2017
W75 3km Road Walk	20:20	Middle Park	26/08/2017

To see our full club records listing, check out <http://www.vrwc.org.au/vrwc-records.shtml>.



*Gwen Steed in action at Middle Park on Saturday (photo Terry Swan)*

**WHAT'S COMING UP**

- Next Saturday, we have VRWC scratch races at Middle Park, along with our Winter Season Presentations.

<b>Saturday 2nd September 2017, Middle Park</b>		
<b>VRWC EVENTS: Entries close for all events at 1.45pm sharp</b>		
2.15pm	8km	Open
2.15pm	6km	Open
2.15pm	4km	Open
2.30pm	2km	Open
2.30pm	1km	Open
3.15pm	VRWC Winter Season presentations	

- On Sunday 10<sup>th</sup> September, we wind up proceedings with our long distance walks day. Entries for the Victorian 50km championship must be made with Athletics Victoria via their online portal at <http://athsvic.org.au/event/av-50km-walks-championships/>. The RWA women's 50km, the VRWC 35km and the VRWC 6 Hours Walk also require pre-entry via our VRWC online portal at <http://vrwc.org.au/wpl/>. Entries for the 20km and 10km can be made on the day but we still prefer that walkers use our VRWC online entry portal if they can. It makes it easier to plan the day. A couple of clarifications
  - All VRWC entrants in the 50km and 6 Hour events are automatically entered in the VRWC 35km club championship. It is also possible to enter this event as a standalone event.
  - The AV 50km and VRWC 35km are Open events, meaning they are open to men and women.

<b>Sunday 10<sup>th</sup> September 2017, Middle Park</b>			
<b>AV, RWA &amp; VRWC EVENTS.</b>			
7.30am	50km	AV Championship - Jared Tallent Trophy	Open
	50km	RWA Championship	Open Women
	35km	VRWC Championship – Ray Smith Trophy	Open
	6 Hours	Walk	Open
10.00am	20km		Open
11.00am	10km		Open

### VICTORIAN ROADWALKS, MIDDLE PARK, SATURDAY 26 AUGUST

Conditions were just about perfect on Saturday afternoon at Middle Park in inner Melbourne, as 32 walkers contested the latest VRWC winter season roadwalks. **Pramesh Prasad** (8m 40:33), **Will Thompson** (8km 41:05) and **Marley Berntsen** (4km 21:03) led the field out in the longer events, all finishing with good times. Well done also to **Paige De Lisen**, **Albin Hess**, **Charlotte Hay** and **Isabella Dingli** who all recorded PBs.

#### 8km Walk

1.	Paige De Lisen	Open	47:49	PB 0:14
2.	Alison Thompson	60+	49:50	
3.	Carolyn Rosenbrock	40-59	51:23	
4.	Karyn O'Neill	60+	54:57	
1.	Pramesh Prasad	40-59	40:33	
2.	Will Thompson	U16	41:05	PB 0:19
3.	Bernie Keirl	40-59	46:33	
4.	Albin Hess	40-59	51:51	PB 3:01

#### 6km Walk

1.	David Smyth	40-59	37:08	
2.	Russ Dickenson	60+	40:46	
3.	Geoff Barrow	60+	42:52	
	Ralph Bennett	60+	DNS	

#### 4km Walk

1.	Marley Berntsen	Open	21:03	First one
2.	Jasmin Hass	U18	22:45	
3.	Holly Cocking	U16	23:03	
4.	Kathleen O'Mahony	U16	24:09	
5.	Grace Louey	U14	25:16	
6.	Gwen Steed	60+	27:27	
7.	Alannah Dingli	U14	29:20	
1.	Bruce Conboy	60+	32:20	
2.	Barrie Wicks	60+	33:50	

#### 2km Walk

1.	Charlotte Hay	U14	09:59	Eq. PB
2.	Kaylah Heikkila-Dubowik	U14	12:12	
3.	Dee Holohan	40-59	13:04	
4.	Isabella Dingli	U16	13:34	PB 0:21
1.	Heath Beveridge	U16	10:39	
2.	Angus Hay	U14	10:56	
3.	Liam Hutchins	U10	11:01	

### 1km Walk

1.	Eliza Thompson	U14	06:59
2.	Merilyn Thompson	40-59	07:27
3.	Pam Mews	60+	09:46
1.	Sebastian Weickhardt	U12	06:01

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

**Officials:** Karyn O'Neill, Heather Carr, Simon Baker, Mark Donahoo, Terry Swan, Tim Erickson

**Judges:** Peter Vysma (Chief), Kathleen Marsh, Ralph Bennett

**Canteen:** Kate Suich, Eija Heikkila

**Photos:** Terry Swan (<http://www.vrwc.org.au/piwigo/index.php?category/441>)

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



*Charlotte Hay, Angus Hay, Kaylah Heikkila-Dubowik and Albin Hess*



*Will Thompson, Pramesh Prasad, Paige de Lisen and Marley Berntsen (photos Terry Swan)*

**2017 AUSTRALIAN ROADWALK CHAMPIONSHIPS, WOLLONGONG, NSW, SUNDAY 27 AUGUST**

The Australian Roadwalk Championships were held last Sunday morning in Wollongong, in rural NSW. From what I hear, conditions were sunny and still and the course was a fast one, so times were generally good.

The Open 20km championships saw wins to **Michael Hosking** (VIC 1:25:13) and **Claire Tallent** (SA 1:37:54). For Michael, it was his first race since March 2016 and marks a welcome return to competition. The men's 20km saw a lot of our junior walkers in action, with PBs to **Tyler Jones** (NSW 1:27:07) and **Declan Tingay** (WA 1:28:10) and an inaugural finish to **Luke McCutcheon** (QLD 1:31:52). With spots on offer for Commonwealth Games and World Racewalking Team Championships next year, these walkers are all putting up their hands with good early form. They can only improve from here.

Note these are the bare bones event results. For details of RWA Teams results and handicap placings, see the extended results set at <http://www.rwa.org.au/wp/2017/08/28/wollongong-full-results/>.

**AA/RWA Open Men 20km**

1.	Hosking, Michael	VIC	1:25:13	
2.	Jones, Tyler	NSW	1:27:07	PB 0:05
3.	Reading, Brendon	ACT	1:27:13	
4.	Tingay, Declan	WA	1:28:10	PB 1:08
5.	Mccutcheon, Luke	QLD	1:31:52	inaugural
6.	Griggs, Matthew	ACT	1:38:24	
7.	Duncan, Andrew	WA	1:42:09	PB 3:34
8.	Barendregt, Travis	NSW	2:13:55	inaugural
9.	Durr, Greg	ACT	2:16:09	
	Gibbons, Carl	NSW	DNF	

**AA Open Women 20km**

1.	Tallent, Claire	SA	1:37:54	
2.	Barendregt, Amanda	NSW	2:02:50	PB 6:07

**RWA Open Women 10km**

	Tallent, Claire *	SA	48:52	
1.	Findlay, Samantha	SA	55:31	
	Barendregt, Amanda *	NSW	59:31	
2.	Staunton-Jugovic, Ann	ACT	1:01:39	
3.	Weekes, Anne	NSW	1:02:33	
4.	Nilon, Nicole	NSW	1:14:37	
5.	Purcell, Joan	NSW	1:17:31	

The underage races also saw some good results. Well done in particular to our Victorian walkers **Rebecca Henderson** (1<sup>st</sup> U18 5km), **Alannah Peart** (3<sup>rd</sup> U16 3km) and **Jemma Peart** (3<sup>rd</sup> U18 5km).

**AA/RWA U20 Women 10km**

1.	Randall, Alice	TAS	53:10	PB 1:15
2.	McDonald, Jasmyn	NSW	1:00:48	

**AA/RWA U18 Men 10km**

1.	Frew, Connor	ACT	46:55	
2.	Richardson, Dylan	NSW	47:07	
3.	Baker, Mitchell	ACT	47:52	
4.	Tebbutt, Oscar	NSW	48:22	PB 1:00
5.	Fraser, Timothy	ACT	49:12	
6.	Reid, Benjamin	WA	51:10	PB 0:32
7.	Burns, Callum	ACT	52:48	
	Bedford, Kyle	NSW	DNF	
	Camilleri, Tristan	SA	DQ	

**AA/RWA U18 Women 5km**

1.	Henderson, Rebecca	VIC	24:19	
2.	Hunt, Gabby	ACT	24:31	PB 0:27
3.	Peart, Jemma	VIC	25:07	
4.	Blackwell, Anna	TAS	26:25	
5.	Cross, Bethany	SA	26:47	
6.	Pengilley, Teegan	NSW	29:02	
7.	Pearson, Jade	QLD	30:39	
8.	Lee, Janaya	NSW	30:49	
9.	O'Neill, Molly	NSW	31:05	

10.	Crichton, Sophie	NSW	33:20	
11.	Lee, Davina	NSW	35:51	
<b>AA/RWA U16 Boys 5km</b>				
1.	Cross, Joe	SA	24:02	
2.	Young, Gwyllym	ACT	24:11	PB 2:07
3.	Blaskett, Hayden	NSW	25:12	
4.	McGinniskin, Jack	NSW	26:01	
5.	Campbell, Bayley	TAS	26:50	
6.	Hosking, Simon	ACT	26:57	
7.	Robertson, William	TAS	27:32	
<b>AA/RWA U16 Girls 5km</b>				
1.	Pitcher, Allanah	NSW	24:34	
2.	Blanch, Emma	NSW	25:01	Eq PB
3.	Peart, Alanna	VIC	25:34	PB 2:00
4.	Sandery, Olivia	SA	26:19	
5.	Hill, Gabriella	QLD	27:40	
6.	Manning, Hannah	ACT	28:18	
7.	Schofield, Amelia	QLD	30:39	
8.	Robertson, Brittany	NSWS	31:31	
9.	Bell, Bridget	NSW	33:14	
	Schofield, Isabella	QLD	DQ	
<b>AA/RWA U14 Boys 3km</b>				
1.	Hunt, Tom	ACT	14:55	PB 0:10
2.	Wearne, Jonathan	QLD	15:51	
3.	McCure, Lachlan	QLD	16:04	
4.	Elphick, Jayden	ACT	17:46	
5.	Vesper, Ryan	NSW	17:48	
6.	Manteit, Jordan	QLD	18:02	
7.	Lee, Shaquille	NSW	18:08	
	Dickson, Adam	NSW	DQ	
<b>AA/RWA U14 Girls 3km</b>				
1.	McMillen, Elizabeth	NSW	14:53	Eq PB
2.	Burns, Laura	ACT	14:58	PB 0:09
3.	Anderson, Jayda	QLD	15:01	
4.	Clarke, Anika	QLD	15:05	
5.	Dunne, Izabella	NSW	15:33	
6.	Ross, Kiera	SA	15:39	
7.	Thomas, Emma	NSW	16:19	
8.	DeCelis, Ellie	NSW	17:16	
9.	Thomson, Olivia	NSW	17:37	
10.	Shaw, Sidney	ACT	17:56	
11.	Nilon, Isabelle	NSW	18:09	
12.	Thomson, Jade	NSW	19:09	
13.	Porter, Sophie	QLD	19:34	
14.	Petterwood, Demi	TAS	19:35	
15.	Brady, Korey	QLD	19:57	
16.	Varga-Strike, Zsafia	NSW	21:16	
<b>RWA U12 Boys 2km</b>				
1.	Elliott, Peter	NSW	10:19	
2.	McCure, Sam	QLD	10:32	
3.	Bernard, Xavier	WA	10:41	
4.	Bell, Darcy	NSW	12:03	
5.	Varga-Strike, Thomas	NSW	12:14	
6.	Nilon, Christopher	NSW	12:16	
7.	Camp-liddiard, Andrew	ACT	12:21	
8.	Young, Sebastian	ACT	12:29	
9.	Baker, Harrison	ACT	13:28	
10.	Ryan, Dylan	NSW	13:51	
11.	Pryke, Lachlan	NSW	15:05	
<b>RWA U12 Girls 2km</b>				
1.	Williams, Lyla	QLD	10:32	
2.	Heap, Ashanti	QLD	10:43	

3.	Boughton, Milly	NSW	10:57
4.	Pitcher, Sienna	NSW	11:18
5.	Schofield, Scarlett	QLD	11:23
6.	Pusonjic, Elli	SA	12:25
7.	Baker, Ella	ACT	12:48
8.	Frew, Georgia	ACT	13:37

**Invitational Open 5km**

1.	Black, Kate	ACT	29:53
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**Invitational U10 1km**

1.	Varga-Strike, Thomas	NSW	6:16
2.	Lee, Cara	NSW	8:26



*Left: U16 3km medallists Alanna Peart, Alannah Pitcher and Emma Blanch  
Right: U18 5km medallists Gabby Hunt, Rebecca Henderson and Jemma Peart (photos Kerrie Peart)*



*20km Winners Michael Hosking and Claire Tallent*



## TALKING 2018 WORLD CUP AND COMMONWEALTH GAMES

With the Open 20km races in Wollongong completed, it is timely to look towards 2018, when we have two major walking comps:

- Apr 4-15, 2018 XXI Commonwealth Games, Gold Coast, QLD (20km roadwalks)
- May 5-6, 2018 28<sup>th</sup> IAAF World Race Walking Team Championships, Taicang, China (50km, 20km 10km roadwalks)

Athletics Australia has already released its qualifying standards for the 2018 Commonwealth Games

- 20km Men **1:24:00**
- 20km Women **1:36:00**

We are still waiting for A.A. to release its qualifying standards for the World Race Walking Team Championships. For the 2016 World Cup, they set their standards as shown below.

- 50km No standard published
- 20km men **1:28:00**
- 20km women **1:36:00**
- 10km Junior men **46:30**
- 10km Junior women **50:00**

Hopefully, we will be officially able to add a women's 50km qualifying standard to the 2018 qualifying list when it is published.

I know a lot of our walkers will be targeting times in the Australian 50km meet at Fawkner Park, Melbourne, on Sunday 3<sup>rd</sup> December 2017. I also expect that AA will announce that the official trials will be held at the Australian Summer 20km Championship meet in Adelaide on Sunday 11<sup>th</sup> February 2018. That will be another opportunity to push your case for selection.

## ACTRWC ROADWALKS, MONONGLO REACH, CANBERRA, SATURDAY 26 AUGUST

Thanks to Robin Whyte for this week's results from Canberra. They had lots of walkers in Wollongong for the National Roadwalk champs so only a few walkers on deck at home.

### 8km Walk

1. Robin Whyte	54:20
2. Mick Saunders	55:36
3. Jane Bates	1:00:22
4. Geoff Barker	1:06:17
5. Val Chesterton	1:12:17
Derek Robinson	DNF

### 4km Walk

1. Miriam McCarthy	27:17
2. Terry Munro	33:49

### 2km Walk

1. Robyn Saunders	14:53
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## SAMA ROADWALKS, BONYTHON PARK, ADELAIDE, SUNDAY 27 AUGUST

Thanks to Colin Hainsworth for the latest results from the South Australia masters in Adelaide. Sunny but cold morning.

### 15km Walk

1. Peter Crump	1:32:12	M56	73.31%
2. Kevin Finn	1:46:47	M65	69.15%
3. Graham Harrison	1:59:12	M74	69.36%
4. Avril Hill	2:01:11	W69	75.29%

### 6km Walk

1. Elizabeth Neubauer	50:07	W65	63.82%
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### 3km Walk

1. Helen Suridge	20:16	W66	69.33%
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## SARWC ROADWALKS, ADELAIDE PARKLANDS, ADELAIDE, SATURDAY 26 AUGUST

Thanks to Peter Crump for this week's results from Adelaide. Small fields with lots of their walkers in Wollongong.

### 5km Walk

1. Kim Mottrom	22:45
2. Peter Crump	29:18
3. Greg Metha	30:55

### 2km Walk

1. Adrian Upton	11:33
2. Hannah Wilks	11:39
3. Sam Wilks	13:00

**3km Walk**

1.	Toby Wilks	14:49
2.	Victoria Upton	16:39
3.	Kitarni Upton	16:41
4.	Zayden Kamish	17:10
5.	Mia Wilks	18:11
6.	Chloe Upton	18:25
7.	Seth Upton	19:20

4. Katie DeRuvo 13:02

**1km Walk**

1.	Edward Upton	7:35
2.	Tarique Kamish	8:12
3.	Zahra Kamish	9:08
4.	Xavier Upton	10:03

**29<sup>TH</sup> SUMMER UNIVERSIADE, TAIPEI, TAIWAN, AUGUST 19-30, 2017**

The 20km walks in the Summer Universiade were both held last Saturday, with the women starting at 7AM and the men at 9AM. Conditions were horrendous, even for so early in the morning, with temperatures around 30C and very high humidity. Well reported in [http://www.marciadalmondo.com/eng/dettaqli\\_news.aspx?id=2894](http://www.marciadalmondo.com/eng/dettaqli_news.aspx?id=2894).

**Women 20km Race Walk, Saturday 26 August, 7AM**

Ukrainian **Inna Kashyna** (20<sup>th</sup> in London with 1:31:24) went into this race as the favourite, and that is the way it turned out, as she led from start to finish to win with 1:39:44, ahead of **Xin Zhang** of China with 1:41:18. The race for the other medal changed shortly after 12km when **Barbara Kovacs** (HUN) was disqualified while she was in third place. This left Kovacs' teammate **Rita Recsei** in third position, a place she held until the 17<sup>th</sup> km, when **Elisa Neuvonen** (FIN) passed her to take bronze with 1:42:50. Unfortunately, Australia's sole representative **Jess Pickles** was disqualified around the 13km mark. Bad luck Jess.

1.	Inna KASHINA	UKR	91	1:39:44
2.	Xin ZHANG	CHN	89	1:41:18
3.	Elisa NEUVONEN	FIN	91	1:42:50
4.	Rita RÉCSEI	HUN	96	1:43:46
5.	Mara RIBEIRO	POR	95	1:44:14
6.	Anel OOSTHUIZEN	RSA	95	1:44:41
7.	Alina TSVILYI	UKR	94	1:45:25
8.	Huimin ZHAO	CHN	93	1:45:48
9.	Valentyna MYRONCHUK	UKR	94	1:46:52
10.	Polina REPINA	KAZ	90	1:51:00
11.	Tamara HAVRYLYUK	UKR	95	1:51:21
12.	Chia-Feng CHANG	TPE	93	1:51:31
13.	Yan ZHANG	CHN	97	1:52:06
14.	Carolina MARINO	COL	94	1:53:39
15.	Ma. Elizabeth CAPIOSO	PHI	95	2:14:24
	Sandy KARAM	LIB	96	DNF
	Yiming MA	CHN	97	DNF
	Barbara KOVÁCS	HUN	93	DQ
	<b>Jessica PICKLES</b>	<b>AUS</b>	<b>94</b>	<b>DQ</b>
	Katja PONIKVAR	SLO	96	DQ
	Priyanka DUBEY	IND	96	DQ

**Men 20km Race Walk, Saturday 26 August, 9AM**

**Toshikazu Yamanishi**, the 2013 U18 World Youth Champion, delivered Japan its first gold medal of the Taipei 2017 Summer Universiade, covering the men's 20 km race walk in 1:27:30 to win by 50 seconds over Mexico's **Julio Salazar**. **Fumitaka Oikawa** took bronze in 1:30:11 to follow up on Japan's silver and bronze pair at the London World Championships and further establish Japan's position among the leaders of the sport. With Mexico 2<sup>nd</sup>, 4<sup>th</sup> and 5<sup>th</sup> and with Japan 1<sup>st</sup>, 3<sup>rd</sup> and 6<sup>th</sup>, it was a very close teams race, with Japan bettering Mexico by 1 point overall.

1.	Toshikazu YAMANISHI	JPN	96	1:27:30
2.	Julio Cesar SALAZAR	MEX	93	1:28:20
3.	Fumitaka OIKAWA	JPN	95	1:30:11
4.	Ever PALMA OLIVARES	MEX	92	1:30:23
5.	Isaac PALMA OLIVARES	MEX	90	1:30:31
6.	Ihor HLAVAN	UKR	90	1:30:39
7.	Tomohiro NODA	JPN	95	1:31:00
8.	Georgiy SHEIKO	KAZ	89	1:32:58
9.	Byung-Kwang CHOE	KOR	91	1:33:08
10.	Valeriy L?TANYUK	UKR	94	1:34:12
11.	Hyun-Myung JOO	KOR	97	1:34:28
12.	Kil-Dong KANG	KOR	92	1:34:49
13.	Cian MCMENAMON	IRL	91	1:35:06

14.	Dominik CERNY´	SVK	97	1:36:10
15.	Ivan BANZERUK	UKR	90	1:36:43
16.	Gabriel BORDIER	FRA	97	1:38:38
17.	Bence VENYERCSÁN	HUN	96	1:39:48
18.	Fujie ZHAO	CHN	93	1:40:14
19.	Andriy HRECHKOVSKIY	UKR	93	1:40:15
20.	Jijiang HAN	CHN	93	1:40:56
21.	Dexiang YAN	CHN	93	1:46:30
	Miroslav ÚRADNÍK	SVK	96	DNF
	Marius SAVELSKIS	LTU	94	DQ



Japan's Toshikazu Yaminishi wins the men's Universiade walk (photo [www.omarchador.com](http://www.omarchador.com))

#### ENGLAND ATHLETICS U17 & U15 CHAMPIONSHIPS, BEDFORD, 26-27 AUGUST

Thanks to Mark Wall for the results of the English U15/U17 T&F Championship walks in Bedford. Irish athletes were permitted to take medals in this meet and they did it in fine style, snatching two golds. **Oisín Lane** (IRE) seized the initiative from the gun in the U17 men's 5000m walk and was never headed, winning in 24:07.58. The women's title took longer to decide as **Sarah Glennon** (IRE) took a couple of kilometres (2km 9:55.8) to stamp her authority on the field, easing away over the final eight laps to record 26:02.66. The walk also featured an U15 boys 3000m event at the same time, won by **Alex Macheath** (Cambridge Harriers) in 16:43.64. The U15 girls race produced a great finish as **Hannah Hopper** (Cambridge Harriers) passed **Lois Carty** (Aldershot Farnham and District) with just a couple of laps to go, finishing with a huge PB in 18:01.77.

##### 5000m Walk U17 Women

1.	GLENNON Sarah	Mullingar Harriers AC (IRE)	26:02.66
2.	GARCIA Ana	City of Sheffield & Dearne AC	26:43.59
3.	FIDGEON Jennifer	Mullingar Harriers (IRE)	28:32.03
4.	BRIDGE Isabelle	Blackheath & Bromley Harriers AC	28:46.95
5.	LEWIS WARD Lucy	Cambridge Harriers	29:25.68
6.	SPOONER Pagen	Wetherby Runners AC	29:39.43

##### 5000m Walk U17 Men

1.	LANE Oisín	Mullingar Harriers AC (IRE)	24:07.58
2.	WILKINSON George	Enfield & Haringey A C	26:26.52
3.	CRANE Matthew	Bexley AC	27:54.96
4.	ALLEN Benjamin	Leicester Walking Club	28:56.36

##### 3000m Walk U15 Girls

1.	HOPPER Hannah	Cambridge Harriers	18:01.77
2.	CARTY Lois Aldershot	Farnham & District	18:40.13
3.	MELEADY-HANLEY Molly	City of Sheffield & Dearne AC	19:18.09

**3000m Walk U15 Boys**

1.	MACHEATH Alex	Cambridge Harriers	16:43.64
2.	HART Nicholas	Aldershot Farnham & District	17:03.37
	CHILDS Jack	Medway & Maidstone AC	DQ
	ALKHAMESI Faris	Nuneaton Harriers	DQ

<b>NORWEGIAN T&amp;F CHAMPIONSHIPS, SANDNES, NORWAY, 25-27 AUGUST</b>
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Wins to **Håvard Haukenes** (19:35.99) and **Merete Helgheim** (14:00.75) in the Norwegian T&F Championship walks in Sandnes.

**1. Men 5000m Race Walk**

2.	Håvard HAUKENES	NOR	90	19:35.99
3.	Fredrik RØTNES	NOR	96	21:44.82

**Women 3000m Race Walk**

1.	Merete HELGHEIM	NOR	80	14:00.75
2.	Josefin GREIFF	NOR	98	15:26.05
3.	Ellen NORDQVIST SJØBLOM	NOR	99	15:32.79
4.	Lisa MÅREN LØSETH	NOR	01	15:37.19
5.	Fride MØLLER FLATIN	NOR	97	16:13.47
6.	Siri GAMST GLITTENBERG	NOR	02	16:20.45

<b>52<sup>ND</sup> INTERNATIONAL RACEWALK FESTIVAL, GDANSK, POLAND, SATURDAY 26 AUGUST</b>
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The Polish U23 20km Racewalk Championships, along with non-championship Open walks, were held in Gdansk last Saturday. The international walks were held over 10km, while the U23 Polish Championships were contested over 20km.

The 10km races saw victories to **Rafał Sikora** (41:41) and Brigita Virbalyte (44:18) while the U23 Polish titles went to **Kacper Kosecki** (1:35:25) and **Katarzyna Zdziebło** (1:42:45). See [http://www.marciadalmondo.com/eng/dettaqli\\_news.aspx?id=2895](http://www.marciadalmondo.com/eng/dettaqli_news.aspx?id=2895).

**10km Open Men**

1.	SIKORA Rafał	87	KS AZS AWF Kraków (POL)	41:41
2.	KALESNIK Uladzimir	92	BELARUS (BLR)	41:53
3.	BŁOCKI Adrian	90	MAZS-AWF Katowice (POL)	43:36
4.	RZEŹNIK Krzysztof	93	M UKS Maraton (POL)	47:18

**10km Open Women**

1.	VIRBALYTE Brigita	85	LITHUANIA (LTU)	44:18
2.	YATSEVICH Nastassia	85	BELARUS (BLR)	45:58
3.	BUZIAK Paulina	86	LKS Stal Mielec (POL)	46:33
4.	GOLBA Katarzyna	89	AZS-AWF Katowice (POL)	47:28
5.	DARAZHUK Nadzeya	90	BELARUS (BLR)	48:41
6.	BEMOWSKA Joanna	94	AZS UMCS Lublin (POL)	48:56
7.	MAĐRA Julia	00	K-JM LKS Stal Mielec (POL)	53:30
8.	CHODECKA Nikola	98	K-Jun MKL Szczecin (POL)	56:20

**20km U23 Men**

1.	KOSECKI Kacper	97	KL Lechia Gdansk (POL)	1:35:25
2.	KLONOWSKI Adrian	97	LKS Vectra Wloclawek (POL)	1:36:19
3.	KOMAROWSKI Kamil	95	MKS Juvenia Bialystok (POL)	1:36:57
4.	CHOJECKI Daniel	95	WLKS Nowe Iganie (POL)	1:43:50
5.	CYNGOT Jacek	96	UKS Olimp Kozienice (POL)	1:46:23
6.	KLAWIKOWSKI Damian	96	RKS Rumia (POL)	1:50:19
7.	CZARTOSZEWSKI Szymon	96	WLKS Nowe Iganie (POL)	2:01:06
8.	WOJCIECHOWSKI Wiktor	95	UKS Orkan Środa Wlkp. (POL)	2:10:43

**20km U23 Women**

1.	ZDZIEBŁO Katarzyna	96	LKS Stal Mielec (POL)	1:42:45
2.	MAJCHROWICZ Kinga	95	CWKS Resovia Rzeszów (POL)	1:50:13
3.	AUGUSTYN Angelika	96	UKS Olimp Kozienice (POL)	1:52:57
4.	LOREK Antonina	95	KS AZS AWF Kraków (POL)	1:54:50
5.	JACHER Małgorzata	97	LKS Stal Mielec (POL)	2:07:30
6.	KALINA Natalia	96	GUKLA Bratkowice (POL)	2:08:41
7.	REMBOWICZ Sylwia	95	LKS Stal Mielec (POL)	2:19:09

**29<sup>TH</sup> SOUTHEAST ASIAN (SEA) GAMES, NATIONAL STADIUM, BUKIT JALIL, KUALA LUMPUR, 21-27 AUGUST**

Vietnam dethroned Thailand's athletics dominance in the 29<sup>th</sup> South East Asian Games in Kuala Lumpur last week, topping the medal table with a haul of 17 gold, 11 silver and six bronze. Thailand was in second overall with a 9-13-11 haul, just ahead of host country Malaysia that ended their campaign with best the accomplishment since 1999 (8-8-9).

The men's 20,000m track walk saw the first two finishers bettering the current Games record, with victory to **Hendro** with a new Indonesian track record of 1:32:11 silver bronze going to **Lo Choon Sieng** with a new Malaysian track walk record of 1:32:28. The women's 10,000m walk saw victory to **Elena Goh Ling Wing** (MAS, 52:21.50) ahead of **Bich Ha Phan Ti** (VIE, 52:27.78).

**20,000m Walk Men, Tuesday 22 August**

1.	HENDRO	INDONESIA	1:32:11	NGR
2.	LO CHOON SIENG	MALAYSIA	1:32:28	NGR
3.	M KHAIRIL HARITH H	MALAYSIA	1:34:04	
4.	NGUYEN THANH NGUNG	VIETNAM	1:36:39	
5.	VO XUAN VINH	VIETNAM	1:37:49	
6.	PYAE PHYO TUN	MYANMAR	1:44:21	
7.	KITTIPHONG CHONDUANG	THAILAND	1:46:15	
8.	SIM SOON CHYE, EDMUN	SINGAPORE	1:47:30	
9.	ARTID SRIWICHAI	THAILAND	1:48:26	

**10,000m Walk Women, Wednesday 23 August**

1.	ELENA GOH LING YIN	MALAYSIA	52:21.50
2.	PHAN THI BICH HA	VIETNAM	52:27.78
3.	T ASSAWAWONGCHAROEN	THAILAND	53:17.10
4.	N THI KHANH QUYEN	VIETNAM	54:28.00
5.	THAN THAN SOE	MYANMAR	55:28.94
	YUAN YU FANG	MALAYSIA	DNF



*Hendro wins the SEA Games 20,000m walk (photo [www.omarchador.com](http://www.omarchador.com))*

**DUTCH ROADWALK CHAMPIONSHIPS, TILBURG, NEDERLANDS, SUNDAY 27 AUGUST**

**Rick Liesting** won the Dutch 20km roadwalk championship in Tilburg on Sunday with a time of 1:33:00. Last man to finish, Bauke te Nijenhuis, set a new Netherlands M80 20km Record with his time of 2:28:51.

**20km Walk**

1.	Rick Liesting	77	OLAT NED	1:33:00
2.	Rob Tersteeg	76	RWV NED	1:41:41
3.	Remco de Bruin	64	SV de LAT NED	1:46:36
4.	Wilfried van Bremen	87	RWV NED	1:55:53
5.	Anne van Andel (F)	90	DAK NED	2:00:34
6.	Peter Van Hove	81	ACHL BEL	2:04:43
7.	Gerard Wildeman	62	DAK NED	2:05:13
8.	Theo Koenis	51	SV de LAT NED	2:12:25
9.	Udo Münster	61	ART Düsseldorf GER	2:13:29

10.	Boetje Huliselan	55	OLAT NED	2:14:10
11.	Han Holtslag	57	DAK NED	2:15:44
12.	Ton van Andel	58	RWV NED	2:18:45
13.	Hans van Wakeren	49	Unitas NED	2:23:31
14.	Bauke te Nijenhuis	35	RWV NED	2:28:51 M80 NED record
	Annelies Sarrazin (F)	81	FLAC BEL	DNF
	Joni van Loon	88	Daventria NED	DNF
	Hermann-Josef Stefes	85	LG Mönchengladbach GER	DNF

#### 10km Walk

1.	Paul Jansen	73	RWV NED	1:03:13
2.	Jenny Acuna (F)	69	Venezuela VEN	1:08:12
3.	Yvonne Grootswagers (F)	78	DAK NED	1:12:22

#### 5km Walk

1.	André van Slooten	78	RWV NED	26:17
2.	Liesbet DeSmet (F)	82	Duffel BEL	31:24
3.	Sandra Maas (F)	85	RWV NED	34:34
4.	Harry Bijnen	52	DAK NED	35:36
	Tristan Van Hove	03	ACHL BEL	DNF

#### 3km Walk

1.	Jasper Van Hove	06	ACHL BEL	22:41
2.	Bart Grootswagers	06	HvB NED	23:34
3.	Katrien Van Ammel (F)	82	ACHL BEL	27:17
4.	Jeanine van de Merwe (F)	79	Limburg NED	36:33
5.	Rodjer van de Merwe	81	Unitas NED	36:34

#### 1km Walk

1.	Marit van Bremen	13	RWV NED	10:50
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*Rick Liesting wins the Dutch 20km on Sunday (photo Gerrit Riezebos)*

### HUNGARIAN YOUTH LEAGUE, BUDAPEST, HUNGARY, 26-27 AUGUST

To Hungary for some underage walks.

#### Men 10,000m Race Walk

1.	Norbert TÓTH	HUN	01	52:52.49
2.	Dávid VARGA	HUN	01	55:15.43
3.	Balázs NYERGES	HUN	01	56:03.57
4.	Vencel GÁL	HUN	01	56:38.94

#### Women's 5000m Race Walk

1.	Dóra CSÖRGO	HUN	01	28:39.02
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## Women's 10,000m Race Walk

1. Kata TATAY

HUN

99

1:05:41.12

### OUT AND ABOUT

- The standings have now been finalised for the 2017 IAAF Race Walking Challenge. Congratulations to winners **Eider Aravelo (COL)** and **Erica de Sena (BRA)**.
  - Men: <https://www.iaaf.org/competitions/iaaf-race-walking-challenge/standings/2017/men>
  - Women: <https://www.iaaf.org/competitions/iaaf-race-walking-challenge/standings/2017/women>
- Nice article on the new NZ 50km record holder **Quentin Rew**. Quentin's time of 3:46:29 bettered Craig Barrett's record time of 3:48:04. <http://omarchador.blogspot.com.au/2017/08/quentin-rew-bateu-em-londres-o-recorde.html>.
- Three positive doping tests involving athletes not yet identified are being investigated in samples taken from the track and field world championships held in London this month. "None of the adverse findings relate to medalists," the IAAF's independent integrity unit said. The three cases emerged from 1,513 blood and urine samples collected and analyzed during the competition period. It means less than 0.2 percent of doping control samples were positive. See <http://en.omriyadat.com/european-athletics/positive-doping-track-worlds>.
- Congratulations to RWA President **Bob Cruise** who will be the second inductee into the Little Athletics Australia Roll of Excellence in the Volunteers Category. Bob's involvement in Little Athletics began in the early 1960's when he took his eldest son, Dean, to the Coburg Little Athletics Centre. Since then Bob has officiated as Race Walking Judge at Olympic, Commonwealth Games and World Championship level, held coaching roles at club and state level, is a Life Member of Athletics Australia and achieved a Merit Award from the Oceania Athletic Association.

### MARCIADALMONDO AND OMARCHADOR ROUNDUP

Marciadalmondo has 4 press releases this week

- Mon 27 Aug - Brigita Virbalyte-Dimsiene (LTU) and Rafal Sikora (POL) win international walks in Gdansk [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2895](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2895)
- Sun 26 Aug - Toshikazu Yamanishi (JPN) and Inna Kashyna (UKR) win the 29th University Games in Taipan [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2894](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2894)
- Wed 23 Aug - Results of Sea Games walks in Kuala Lumpur [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2893](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2893)
- Tue 22 Aug - Sandra Guadalupe Colin Gonzalez (MEX) discusses the psychology of racewalk judging [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2892](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2892)

and Omarchador has 9 press releases

- Sun 27 Aug - Results of USA vs Canada U20 racewalk meet <http://omarchador.blogspot.com.au/2017/08/eu-america-vs-canada-em-encontro-de.html>
- Sat 26 Aug - Toshikazu Yamanishi wins men's walk in Taipei <http://omarchador.blogspot.com.au/2017/08/toshikazu-yamanishi-vence-marcha.html>
- Sat 26 Aug - Inna Kashyna wins women's walk in Taipei <http://omarchador.blogspot.com.au/2017/08/inna-kashyna-vitoriosa-nas-universiadas.html>
- Fri 26 Aug - entry lists for World University Games walks <http://omarchador.blogspot.com.au/2017/08/20-km-femininos-e-masculinos-listas-de.html>
- Thu 24 Aug - Elena Goh (Malaysia) wins women's walk in SEA Games <http://omarchador.blogspot.com.au/2017/08/elena-goh-malasia-com-medalha-de-ouro.html>
- Thu 24 Aug - Hendro (Indonesia) wins men's walk in SEA Games <http://omarchador.blogspot.com.au/2017/08/hendro-indonesia-destaca-se-nos-sea.html>
- Wed 23 Aug - Racewalk Judges at the Universities of Taipei 2017 <http://omarchador.blogspot.com.au/2017/08/juizes-de-atletismo-nas-universiadas-de.html>

- Tue 22 Aug - Focus on Portuguese walker Mara Ribeiro who will compete in the World University Games <http://omarchador.blogspot.com.au/2017/08/mara-ribeiro-nas-universiadas-de-taipe.html>
- Mon 21 Aug - World University Games start in Taiwan <http://omarchador.blogspot.com.au/2017/08/arrancaram-as-universiadas-de-verao-em.html>

## YOU TAKE SUPPLEMENTS AT YOUR OWN RISK

ASADA published the following report on 8<sup>th</sup> August 2017 (see <https://www.asada.gov.au/news/athlete-warning-higenamine-supplements>). It has since been distributed further via the Athletics Australia coaching newsletter and has also been picked up by UKAD (see <http://www.sportsintegrityinitiative.com/ukad-issues-warning-regarding-higenamine-athletes/>). I republish it here as the area of inadvertent drug ingestion is one that should concern all athletes, parents and coaches.

### Athlete warning: Higenamine in supplements

In November 2016, ASADA published an athlete warning on the banned substance Higenamine, following a spike in the number of detections. Since then, six more Australian athletes have tested positive for Higenamine, bringing the total number of positives for that substance to 13 across nine different sports. So if you take supplements, your sporting career could be at risk too.

#### **About Higenamine**

Higenamine is a Beta-2 Agonist (these type of substances allow lungs to take in more oxygen) and is prohibited in- and out-of-competition. Today it is found in many popular supplements, including:

- OxyShred
- Alpha T2
- PES Amphetamine Advanced
- as well as a number of other products.

It is often described as 'natural', and has also been listed as an ingredient on supplement labels as:

- Nandina domestica
- Demethylcoclaurine
- Norcoclaurine
- Tinospora crispa
- Aconitum japonicum
- Gnetum Parvifolium
- Asarum heterotropoides

There are a number of things you can do to prevent a positive test.

#### **1. Don't take supplements.**

All supplements are risky, and none can guarantee 100% that they do not contain prohibited substances. Supplements can be accidentally cross contaminated by other substances made in the same factory, or can contain prohibited substances deliberately included by the manufacturer to ensure users get results, while failing to list the ingredient on labels.

Before you take any supplements, seek the advice of your doctor or sports dietician about whether you really need them, or whether changes to your diet or training program could get better results instead. Many studies suggest there is little evidence that athletes need supplements given a well-balanced diet.

#### **2. Choose a low-risk, tested supplement**

If you choose to take supplements, despite the risk, consider using one which has been tested by an independent auditing company. [Informed Sport](#) and [HASTA](#) both offer testing before the product hits the shelf, and Informed Sport lists all tested products on their website. These do not give you a 100% guarantee, but are less risky than other non-tested supplements.

#### **3. Check the ingredients**

DO NOT take a supplement if you do not know the ingredients. You can check some ingredients on [GlobalDro](#), but since ingredients can have more than 20 different names, not every version is listed. And, as above, not every ingredient is always listed.



#### 4. Follow the AIS guidelines

The [Australian Institute of Sport](#) issues guidelines to help categorise supplements by risk and efficacy. Their matrix can help you decide whether it is worthwhile taking a supplement, and how to reduce your risk.

#### 5. Educate yourself

Complete ASADA's [eLearning Level 1 Course](#), and stay up to date on new anti-doping issues with the [Level 2 Course](#).

Importantly, because of the manufacturing processes, the contents of supplements can vary from batch-to-batch and may contain prohibited substances in sport regardless of what is listed in the label. As such, ASADA cannot give any specific supplements the all clear. ASADA does not endorse any supplements.

### 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

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 (Sun), 2018 **Australian 20km Race Walking Championships, Adelaide**  
Feb 15-18, 2018 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, 2018 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

Sept 9, 2017 8<sup>th</sup> 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](http://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<sup>th</sup> IAAF World Race Walking Team Championships, Taicang, China  
July 2018 16<sup>th</sup> World Junior T&F Championships, Tampere, Finland  
Sept 2018 22<sup>nd</sup> World Masters Athletics T&F Championships, Malaga, Spain  
Sept 28 – Oct 6, 2019 17<sup>th</sup> IAAF World Championships in Athletics, Doha, Qatar  
July 2019 30<sup>th</sup> Summer Universiade, Naples Italy  
2019 World Masters Indoors T&F Championships, Torun, Poland  
July 24 – Aug 9, 2020 32<sup>nd</sup> Olympic Games, Tokyo  
July 20 – Aug 1, 2020 23<sup>rd</sup> World Masters T&F Championships, Toronto, Canada  
Aug 2021 18<sup>th</sup> IAAF World Championships in Athletics, Eugene, USA  
July 18-30, 2022 XXII Commonwealth Games, TBA  
On 13<sup>th</sup> March 2017, Durban announced that it would not host the Games, due to financial constraints.

Tim Erickson, [terick@melbpc.org.au](mailto:terick@melbpc.org.au) Home: 03 93235978 Mob: 0412 257 496  
Copies of recent newsletters are kept on the VRWC website (<http://www.vrwc.org.au>)