



HEEL AND TOE ONLINE

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

My Walker of the Week this time around goes jointly to VRWC walkers **Jason Kozica** and **Simone McInnes**. Walking in the Athletics Victoria Shield 5000m races at the Aberfeldie track last Sunday, their PB times of **22:13.8** and **23:08.4** respectively indicate their current good form. Each has previously won the Walker of the Week and both are continuing to improve week by week. Well done Jason and Simone!



WHAT'S COMING UP

- **AV Shield** continues next **Saturday 2 December** with Round 7 but walks seem to be off the agenda for the metropolitan walkers due to the AA racewalk judging seminar on that day in Melbourne. With most walk judges in attendance at this alternate event, AV has decided to reschedule the Round 7 walks and put them on later in the season, probably with either Round 10 or 12. Geelong held its Round 7 competition last weekend so nothing on at Geelong either. So the only possibility for walks might be Ballarat or Bendigo. Check the AV website to confirm.
- Convener Diane Lowden wishes to advise that the venue for the **AA Racewalk Judging Seminar** on **Saturday 2nd December** in Melbourne has been changed to Board Room @ MSAC, MSAC Facility, Albert Park. See <http://www.rwa.org.au/wp/event/race-walking-judging-seminar/> for more details.
- Entries have now closed for the **Australian 50km Championship** meet, scheduled for Fawkner Park in Melbourne on **Sunday 3rd December**. The meet will also include the inaugural Australian women's 50km championship, with Claire Tallent the favourite.
- And talking of Fawkner Park, VRWC supplies equipment and does setup and pull-down for Athletics Australia. **So a call for any energetic helpers who can come to Fawkner Park from either 6-7AM on that day, for per-event setup, or from 12-1PM on that day, for post-event pull-down. Just email me and I will add you to the list.**

Here's how the current Fawkner Park entry list reads, with breakdown by event and my reckoning as to PB

50km Men

Blocki, Damian	89	Poland	3:47:16
Griggs, Matthew	78	ACT	4:36:14
Karlström, Perseus	90	Sweden	3:52:43
Reading, Brendon	89	ACT	3:55:03

20km Men

Blackwood, Mark	77	VIC	N/A
Cowley, Rhydian	91	VIC	1:22:07
Dutty, John	70	Algeria	
Felton, Jay	95	NSW	1:31:43
Garganis, Adam	97	VIC	1:27:27
Gibbons, Carl	96	NSW	1:32:47
Hess, Albin	60	VIC	2:24:04
Hosking, Michael	85	VIC	1:24:42
Jamieson, Andrew	46	VIC	1:35:55
Jones, Tyler	98	NSW	1:27:07
Kozica, Jason	87	VIC	1:46:32
Mccutcheon, Luke	98	QLD	1:31:52
Prasad, Pramesh	74	VIC	1:45:20
Rew, Quentin	84	New Zealand	1:21:12
Sim, Edmund	83	Singapore	1:36:01
van Dongen, Rupert	74	VIC	2:13:16

U20 10km Men

Bedford, Kyle	00	NSW	46:56
Burns, Callum	00	ACT	51:50
Frew, Connor	00	ACT	46:46
Richardson, Dylan	00	NSW	46:32
Swan, Kyle	99	VIC	42:47
Thomson, Ryan	00	NSW	49:54
Tingay, Declan	99	WA	42:09

U18 5km Men

Dickson, Corey	02	VIC	24:43
Thompson, Will	02	VIC	24:37

50km Women

Tallent, Claire	81	SA	N/A
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20km Women

Barber, Alana	87	New Zealand	1:32:23
Billington, Tayla-Paige	97	NSW	N/A
Lamble, Regan	99	VIC	1:29:33
Montag, Jemima	99	VIC	N/A
Papadopoulos, Christina	96	QLD	1:46:02
Pickles, Jessica	94	QLD	1:37:56
Robinson, Rozie	90	New Zealand	1:43:23
Ruddick, Kellie	73	VIC	1:33:15
Smith, Beki	86	ACT	1:29:49
Smith, Clara	98	QLD	1:39:44
Tallent, Rachel	93	VIC	1:31:33

U20 10km Women

Hamilton, Emily	98	VIC	51:03
Henderson, Rebecca	01	VIC	49:55
Huse, Philippa	99	VIC	49:30
Peart, Jemma	01	VIC	N/A
Pengilley, Teegan	01	NSW	1:03:40
Randall, Alice	00	TAS	53:10

U18 5km Women

Hamann Charlotte	01	QLD	N/A
Hass, Jasmin	02	VIC	27:30
Hass, Lisa	68	VIC	N/A
Hay, Charlotte	03	VIC	27:30
Peart, Alanna	03	VIC	25:34

HYPOXIA. RICE. SMELLY SOCKS. NAP.

You probably saw my comment a couple of newsletters ago that I was in Bogota, Colombia, along with Australasian walkers Regan Lamble, Jemima Montag and Quentin Rew. Our 3 week sojourn came to an end a few days ago and we returned to Melbourne after what had been a very interesting and satisfying 3 weeks. My thanks to Jemima who has written a wonderful report of our time there.

I once heard that having asthma feels like running up and down a staircase breathing through a straw. Our first day at 2600m of altitude wasn't too dissimilar. I remember thinking how ungrateful I'd been for the simple pleasure of having an abundance of oxygen back in Melbourne. My next thought was that I sounded like a familiar image- ahh that's the one: my dog splayed out on the floor, panting in the heat of summer. I relayed this thought in Spanish to my new-found training partners, Arabelly and Gorge who found it very amusing.

Observations from our first morning in Bogotá included the extremely high levels of security; a man with a gun every 50m, 4 locked doors to get through to reach the villa reception and lots of signing of documents. At least grandma can sleep peacefully now knowing that Colombia isn't as dangerous as 'Narcos' makes it out to be. A second observation: very kind locals. As I was bent over attempting to catch my breath and settle the nausea (a reality in the first few days for me), a cute 'abuela' rushed over to ask "¿señorita, está bien?". She seemed genuinely concerned for my wellbeing...the panting must've been quite pronounced...which only added to my worries about how hard a simple 8km walk was feeling. Observation number three was the startlingly different employment opportunities in Bogota in comparison to Australia. Tasks that we would see being performed by a machine were replaced with large numbers of people. Rubbish trucks replaced with people bending down to retrieve every abandoned wrapper. Lawn mowers replaced with a simple grass cutting regime where one person makes a large mound of cuttings, another funnels this into a plastic rubbish bag and a final party collects the bags of cut grass. Vending machines replaced with stall after stall of the same things: soft drink, 'tinto' (coffee), confectionary, empanadas and 'super perros' which we were relieved to find out were simply hot dogs, and not a spit roasted chihuahua. I guess there's lots of time to observe your surroundings and think during a long walk!

4 days it took. 4 days to feel that my lungs had stopped freaking out about this new height and started performing their simple, albeit incredibly useful job. However, I was in for another surprise when we hit the track for some speed. If I had some kind alter-ego speaking to me from within my head that day, she would've said "haha, I see you think you've mastered this training at altitude business, but alas, that was only the steady long walks. Now let's see how you cope with some real hypoxia." We were doing 1kms with the local squad of juniors. I expected my times to be slower than usual, but thought that on the very last rep I'd treat myself to a nice fast one. I thought "you know what? I'm not even going to check my watch! I'm just going to go as hard as I can through this rep and receive a nice surprise at the end." Game face on, pony tail tightened, trying to have a nice cadence and really bring it home. Moment of truth...and it was exactly the same as the previous reps! Confusion struck. This wouldn't normally happen at sea level! But an important lesson to learn- at altitude, I had to put in more effort each kilometre to maintain the same pace. Speeding up would be a whole new challenge.

As it happens, your energy requirements are even higher at altitude. Couple that with an increased training load and you've got one hungry caterpillar. We became very accustomed to the consistency of the meals. Rice, salad, soup, meat, repeat. Living in at the sporting residence where there are hundreds of athletes to cater for, they've got to keep it simple - and on the bright side, this did encourage us to venture out for a few lunches and dinners to spice things up a little.

This was a true highlight of the camp for me- being a tourist in our downtime. We joined a guided street art tour to learn about the underlying messages of each art work, from the effects of exploitation on the poor to influential political leaders and the beauty of biodiversity. We immersed ourselves in the local gastronomy, with highlights including the "patacón" banana chips, coconut rice, giant avocados (the size of one's head) and a local corn-beer called chichi. We reminded ourselves that it was lucky that we were getting through lots of kilometres during the week so that we could enjoy all of this local food! We toured the local museums and art galleries. Tim didn't like the look of the blank canvas which was meant to be 'thought provoking', but took a keen interest in the polystyrene emoji artwork, especially the "cat" (for millennials, this was the purple devil emoji). We caught the cable car up Mount Monserrate for panoramic Bogota views and bought some classic Colombian souvenirs for friends and family (sombremos, ponchos, some strange white...mugs). We befriended locals at the park each morning thanks to our noticeable Aussie accents when attempting some Spanish and my stash of fluffy kangaroos and koala toys to distribute. It stands true that the whole world thinks we keep emus as pets, but it's kind of funny to play along with that. We learnt that not all Colombian female bottoms are real when visiting the lingerie shop and having a good laugh at the padded underwear...our laughter was met with genuine confusion from locals. This cultural aspect of the 3 weeks really made the trip for me, because it enabled time to switch off from training and learn more about a different way of life, and simultaneously led to an increased ability to concentrate during a session, knowing that there was an afternoon of exploration ahead.

At the culmination of the 3 weeks, I'd befriended some local walkers who didn't speak a word of English. We supported each other through sessions, swapped uniforms and wished each other the best of luck for our respective upcoming trials. I'd learnt from two of my Australian/NZ walking inspirations and training partners, Regan and Quentin about their journeys as senior athletes and observed the day to day procedures that set them aside as elite performers. Finally, I'd gained an appreciation for how our sport unites people from completely different backgrounds, providing opportunities to forge friendships, train, race and live all over the world. The question of "why" we do our chosen sport crosses an athletes mind in varying frequencies throughout a month, a year, a decade. This is my reason.

As I sit on the plane and write this, I am very excited for my first breath of oxygen filled Australian air.

And what's a report without a few photos...here are some of mine to round things out.



*Left: The inevitable search for wifi!
Right: the view from our accommodation – across the sports fields to inner Bogota, with the hills in the background*



*Left: The spectacular view from Monserrate
Right: Plenty of choice when buying local produce and presents*



*Left: Sampling the many street food options
Right: Anyone for a book? A huge outdoor book market in the middle of the city*

AV SHIELD ROUND 6/7, AROUND VICTORIA, SUNDAY 26 NOVEMBER

Athletics Victoria Shield Round 6, Aberfeldie Athletics Track, Moonee Ponds, Sunday 26 November

The metropolitan venue for last weekend's AV Shield was Aberfeldie, with a healthy turnout of 46 walkers contesting the 5000m and 2000m walks. We were excited to see Swedish Olympian **Perseus Karlstrom** leading out in the 5000m with an impeccable style, walking mostly in lane 2 but still finishing with 19:33.1. Fellow Olympian **Rhydian Cowley** was also in fast mode, finishing next with 20:33.1. And special mentions to **Jason Kozica** (22:13.8) and **Simone McInnes** (23:08.4) for PBs. And in the 2000m, youngsters **Charlotte Hay** (9:52.6) and **Heath Beveridge** (9:57.1) also recorded excellent PBs.

5000m Walk

1.	Karlstrom, Perseus	M	SWEDEN	19:33.1	
2.	Cowley, Rhydian	M	GLENHUNTLY A	20:33.1	
3.	Kozica, Jason	M	ST KEVIN'S A	22:13.8	PB 0:06
4.	Swan, Kyle	M	ATHLETICS NU	22:56.9	
5.	McInnes, Simone	W	GLENHUNTLY A	23:08.4	PB 0:22
6.	Erickson, Chris	M	ATHLETICS ESSENDON	24:41.6	
7.	Nelson, Scott	M	WYNDHAM TRAC	26:33.1	
8.	Hawksworth, Danny	M	ATHLETICS ESSENDON	27:51.4	
9.	Evans, Simon	M	BOX HILL ATH	28:33.1	
10.	Hawkins, Trenton	M	PRESTON ATHL	28:43.7	

11.	Muldoon, Wendy	W	ATHLETICS NU	29:17.7	
12.	Van Dongen, Rupert	M	MENTONE ATHL	29:31.4	
13.	Feain, Madeleine	W	KEILOR ST BE	30:34.8	PB 0:31
14.	Bennett, Ralph	M	GLENHUNTLY A	30:59.2	
15.	Beaumont, Hamish	M	MELBOURNE UN	33:08.6	
16.	Dunstone, Phillip	M	WESTERN ATHLETICS	33:13.8	
17.	Benke, Geza	M	OLD MELBURNI	35:10.6	
	Jamieson, Andrew	M	OLD SCOTCH C	DQ	

2000m Walk

1.	Hay, Charlotte	W	KNOX ATHLETIC CLUB	9:52.6	PB 0:05
2.	Beveridge, Heath	M	WESTERN ATHLETICS	9:57.1	PB 0:02
3.	Geisler, Sandra	W	RINGWOOD ATH	10:15.5	
4.	Smyth, David	M	COLLINGWOOD	10:44.0	
5.	Nelson, Arnika	W	WYNDHAM TRAC	10:57.1	
6.	Keirl, Bernie	M	DIAMOND VALL	11:06.8	
7.	Hay, Angus	M	KNOX ATHLETIC CLUB	11:41.6	
8.	Carr, Heather	W	GLENHUNTLY A	11:49.7	
9.	McLennan, Liam	M	DONCASTER AT	11:53.0	
10.	Kennedy, Paul	M	KEILOR ST BE	11:59.3	
11.	Imbriano, Joel	M	ST KEVIN'S A	12:04.1	
12.	Elms, Donna-Marie	W	PRESTON ATHL	12:10.4	
13.	Kennedy, Thomas	M	KEILOR ST BE	12:11.4	
14.	Weickhardt, Sebastian	M	WYNDHAM TRAC	12:11.9	
15.	Knox, Duncan	M	ATHLETICS ESSENDON	12:20.1	
16.	Riddoch, Clyde	M	ATHLETICS WAVERLEY	12:22.9	
17.	Dickenson, Russ	M	VICTORIAN MA	12:31.1	
18.	Anderson, Brian	M	ATHLETICS ESSENDON	12:48.0	
19.	Holohan, Bernadet	W	SANDRINGHAM	12:49.1	
20.	Lazar, Dennis	M	DIAMOND VALL	12:52.6	
21.	McGoughan, Tracy	W	KEILOR ST BE	13:14.0	
22.	Doran, Anthony	M	GLENHUNTLY A	13:17.2	
23.	Bridgewater, Edie	W	PRESTON ATHL	13:25.0	
24.	Barrow, Geoff	M	MENTONE ATHL	13:25.6	
25.	Murphy, Stephen	M	ATHLETICS ESSENDON	13:50.7	
26.	Hodgart, Janice	W	WESTERN ATHLETICS	13:55.8	
27.	Rickard, Ian	M	BRUNSWICK AT	18:21.0	
28.	Stern, Steven	M	GLENHUNTLY A	19:33.1	



The start of the 5000m walk at Aberfeldie



Simone McInnes, Jason Kozica (obscured), Kyle Swan, Perseus Karlstrom and Rhydian Cowley



Andrew Jamieson, Danny Hawksworth, Chris Erickson, Paul Kennedy and David Smyth (photos Gerard Feain, Tim Erickson)

AV Shield Round 6, Llanberris Field, Ballarat, Sunday 26 November

Now to Ballarat where **Alanna Peart** walked a good 14:57.90 in the 3000m.

3000m walk

- | | | | |
|------------------|---|--------------|----------|
| 1. Peart, Alanna | W | BALLARAT YCW | 14:57.90 |
|------------------|---|--------------|----------|

1500m Walk

- | | | | |
|--------------------|---|------------|---------|
| 1. Saunder, Fraser | M | UNATTACHED | 7:43.00 |
|--------------------|---|------------|---------|

AV Shield Round 6, La Trobe University Track, Bendigo, Sunday 26 November

And finally to Bendigo where 3000m and 1500m were also walked.

3000m Walk

- | | | | |
|-------------------|-----|---------------|----------|
| 1. Peter Curtis | M23 | SOUTH BENDIGO | 17:39.85 |
| 2. Barbara Bryant | W63 | EAGLEHAWK | 18:00.41 |

1500m Walk

1.	Maddison Vaughan	W11	UNATTACHED X	9:38.28
2.	Wendy Ennor	W60	EAGLEHAWK	12:16.03

AV Shield Round 6, Landy Field, Geelong, Saturday 18 November

Geelong contested it's Round 6 competition the previous weekend, with results as shown below. Rio Olympian **Chris Erickson** had his first walk since the Olympics, getting some points for his Athletics Essendon club with a stroll in the 3000m.

3000m Walk

1.	Erickson, Chris	M	ATHLETICS ESSENDON	15:31.62
2.	Nelson, Scott	M	WYNDHAM TRAC	16:05.07
3.	Nelson, Arnika	W	WYNDHAM TRAC	16:50.53
4.	Elms, Donna-Marie	W	PRESTON ATHL	19:53.54
5.	Davison, Mackayla	W	CORIO ATHLETIC CLUB	DNF

1500m Walk

1.	Beveridge, Heath	M	WESTERN ATHLETICS	7:26.00
2.	Leamer, Jordyn	W	CORIO ATHLETIC CLUB	9:07.00
3.	Heikkila-Dubowik, Kaylah	W	CORIO ATHLETIC CLUB	9:42.00

BENDIGO WALKERS CLUB ROADWALKS, ROSALIND PARK, BENDIGO, WEDNESDAY 22 NOVEMBER

Thanks to Paul Rance for the latest results from Bendigo, in country Victoria. Paul reported:

The Bendigo Walkers Club held 1.5km and 3km handicap events on Wednesday evening with **Sheridan Commons** and **Peter Curtis** scoring excellent victories. Sheridan raced to a strong victory in the 1.5km, with her time of 10.12 just outside her personal best. **Caitlyn Curtis** took 2nd, with new walker **Jayden Day** in 3rd place and **Carissa Brook** taking fastest time honours. The 3km race saw backmarker Peter Curtis race past the entire field in the last 500m to score a fine victory, with **John Carter** 2nd and **Barb Bryant** taking 3rd place just ahead of **Bill Lotherington**.

3km Handicap Walk

1.	Peter Curtis	17.13
2.	John Carter	22.14
3.	Barb Bryant	17.49
4.	Bill Lotherington	21.58
5.	Norm West	24.30
6.	Jennie Payne	19.01

1.5km Handicap Walk

1.	Sheridan Commons	10.12
2.	Caitlyn Curtis	12.27
3.	Jayden Day	8.34
4.	Carissa Brook	8.27

ACTRWC TRACK WALKS, WODEN PARK, CANBERRA, THURSDAY 23 NOVEMBER

Thanks to Robin Whyte for the latest results from Canberra. **Mitchell Baker** was best with 23:06 for the 5000m.

3000m Handicap

1.	Sheryl Greatehead	24:09
2.	Jennifer Gilchrist	22:34
3.	Tom Hunt	14:40
4.	Lorna England	24:09
5.	Doug Fitzgerald	23:26
6.	Rod Gilchrist	22:23
7.	Helena Bialecki	19:13
8.	Sidney Shaw	18:58
9.	Ann Staunton-Jugovic	16:29
10.	Laura Burns	15:45
11.	Peter Baker	16:55
12.	Ruth Baussmann	22:03
13.	Hannah Manning	16:12
14.	Robin Whyte	19:22
15.	Margaret McSpadden	25:46
16.	Bryan Thomas	DQ

5000m Walk

1.	Mitchell Baker	23:06
2.	Connor Frew	23:19
3.	Callum Burns	23:50

1000m Walk

1.	Harry Baker	06:08
2.	Ella Baker	06:09
3.	Georgia Frew	06:51
4.	Kevin Chamberlain	07:21
5.	Nikki Phelps	08:09
6.	Fran Harris	08:56

ATHLETICS TASMANIA INTERCLUB, DOMAIN ATHLETICS TRACK, HOBART, SATURDAY 25 NOVEMBER

To Tasmania where **Alice Randall** was fastest with 25:21.27.

5000m Walk

1.	Alice Randall	Old Virgilians	25:21.27
2.	Bayley Campbell	Old Virgilians	29:57.08
3.	Stephen Ahern	Unattached	30:41.74
4.	Ron Foster Tasmanian	Masters	34:00.86
5.	Elizabeth Leitch	Tasmanian Masters	34:25.28
	Anna Blackwell	Old Virgilians	DNF
	William Robertson	Old Virgilians	DNF

ATHLETICS NSW TRELOAR SHIELD, SOPAC, SYDNEY, SATURDAY 25 NOVEMBER

A good turnout in Sydney for the latest round of their summer season track competition. Good to see **Tayla-Paige Billington** back in racing mode with 24:45.96 for the 5000m.

5000m Walk

1.	Billington, Tayla-Paige	W20	Bankstown Sp	24:45.96
2.	Thomson, Ryan	M17	Nepean Distr	26:45.49
3.	Johnston, Lily	W15	Asics Wests	33:34.55
	Bedford, Kyle	M17	Nepean Distr	DQ

3000m Walk

1.	Dighton, Jasmine	W21	Bankstown Sp	15:42.01
2.	Thomson, Olivia	W13	Sydney Pacif	16:16.84
3.	Santo, Oliver	M12	St. George D	16:54.20
4.	Pyda, Raven	M13	Westfields A	17:23.03
5.	Hickson, Alannah	W12	Asics Wests	17:27.30
6.	Robertson, Britta	W15	St. George D	18:02.64
7.	Thomson, Jada	W12	Nepean Distr	18:10.49
8.	Parker, Hannah	W15	Randwick Bot	18:53.90
9.	Deagan, Rhianni	W12	Nepean Distr	20:15.75
10.	Hyde, Brendon	M72	Sydney Unive	23:39.02
	Crichton, Sophie	W17	Asics Wests	DNF

1500m Walk

1.	Leerberg, Martin	M14	U.T.S. North	7:32.38
2.	Hardy, Renee	W14	Asics Wests	8:14.37
3.	Krklinski, Chloe	W11	Parramatta C	8:23.84
4.	Westcott, Mark	M13	Nepean Distr	8:39.01
5.	Olbrich, Chelsea	W11	Hills Distri	9:52.87
6.	Murray, Peter	M57	St. George D	10:37.51
	Batson, Jonathan	M17	Trinity Athl	DQ

ATHLETICS SA INTERCLUB, SA ATHLETICS TRACK, ADELAIDE, SATURDAY 25 NOVEMBER

Kim Mottrom (22:31.24) and **Joe Cross** (13:54.50) were fastest in Adelaide.

5000m Walk

1.	Kim Mottrom	AH	22:31.24
2.	Tristan Camilleri	CD	23:28.33
3.	Bethany Cross	PEM	27:36.90
4.	Chloe Upton	SAC	31:28.38
5.	Greg Metha	HILL	33:14.33
6.	James Hoare	PA	37:44.09

3000m Walk

1.	Joe Cross	PEM	13:54.50
2.	Olivia Sandery	PEM	15:00.82
3.	Victoria Upton	SAC	15:36.23
4.	Mia Wilks	PEM	18:40.08
5.	Ryan Rivett	PEM	20:51.84
	Toby Wilks	PEM	DNF

Alix Harlington	ND	DNF
Hayden Howard	PEM	DQ

1500m Walk

1.	Kitarni Upton	SAC	7:54.69
2.	Lachlan Bellen	FLIN	8:07.76
3.	Elli Pusionjic	EH	8:31.12

QMA T&F, QSAF, BRISBANE, SATURDAY 25 NOVEMBER

Now to Brisbane for the Queensland Masters. Youngster **Clara Smith** had a hitout with her older compatriots, taking fastest time with 13:00.74.

3000m Walk

1.	Clara Smith	W19	Brisbane	13:00.74	89.02%
2.	Ignacio Jimenez	M52	Brisbane	14:31.17	82.98%
3.	Bridget Sullivan	W13	Brisbane	16:19.00	76.86%
4.	Peter Bennett	M62	Brisbane	16:19.00	80.82%
5.	Ryan Stewart	M15	GC & Sthrn	17:42.88	64.32%
6.	Noela McKinven	W75	Brisbane	23:40.25	74.12%

1500m Walk

1.	Peter Bennett	M62	Brisbane	8:21.35	77.43%
2.	Russell Grigg	M90	Brisbane	15:36.26	62.78%
3.	Noela McKinven	W75	Brisbane	12:02.87	69.18%

WARWC ROUNDUP

And finally to Western Australia where WARWC had a couple of meets this month, on which I can report. **Declan Tingay** the standout as usual.

WARWC Roadwalks, Shelley, Perth, Sunday 12 November

15km Walk

1.	Declan Tingay	70.56
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10km Walk

1.	Ben Reid	55.04
2.	Andrew Duncan	57.05
3.	Wendy Farrow	73.24
4.	Karyn Tolardo	DNF

5km Walk

1.	Thomas Millard	36.38
2.	John Smith	47.53

3km Walk

1.	Janne Wells	22.40
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1.5km Walk

1.	Xavier Bernard	9.09
2.	Amber Richards	9.16
3.	Amy Holland	9.30
4.	Layla Dabala	10.17
5.	Kaytee Bogaers	10.43
6.	Gracie Dabala	12.38

WARWC Roadwalks, Wilson, Perth, Sunday 26 November

15km Walk

1.	Declan Tingay	74.36
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10km Walk

1.	Andrew Duncan	53.42
2.	Ben Reid	54.07

1.5km Walk

1.	Wayne Byram	8.51
2.	Xavier Bernard	8.57

LES 8 HEURES D'ETAMPES-SUR-MARNE, FRANCE, SUNDAY 26 NOVEMBER

Emmanuel Tardi was in Etampes sur Marne, 100km to the East of Paris, last Sunday for their usual 8 hours race. Last year, the race was cancelled because there were not enough racewalkers, but this year lots of people supported the event and came to compete in the streets of this small village. The lap was 2.5km in length and included a very hard hill, some 500m in length. Fifty walkers were on the start line at 8am and the weather was very cold (-2°C). It soon went from bad to worse, with hail falling about 30 minutes in

race, but after 2 hours, conditions cleared and competitors were able to enjoy a beautiful sunny winter day for the remainder of the race.

Eddy Roze led for the first four hours before **Florian Letourneau** took over. Eddy recovered and eventually caught Florian at the 7 hour mark, but final victory went to Florian who was able to clear out again with 30 minutes to go. The women's event was more straight forward, with **Adele Ropers** led from start to finish. The ancilliary 10km races were won by Dominique Van Hille and Evguenia Gutierrez.

Les 8 Heures d'Etampes-sur-Marne - Men

1.	LETOURNEAU Florian	Ac Chateau Thierry	72.500 km	7:50:03
2.	ROZE Eddy	Amiens Uc	72.500 km	7:56:19
3.	VARAIN Cedric	Ac Chateau Thierry	70.000 km	7:53:48
4.	GEORGELIN Serge	Bruz Athletisme	67.500 km	7:52:04
5.	LABARRE Bertrand	Cs Provins Athletisme	67.500 km	7:59:29
6.	DEPARDAY Fabien	Acdf-78	67.500 km	8:00:50
7.	BOUFFLERT Eric	G.a.Basse Seine	67.500 km	8:01:53
8.	PELLERIN Alain	Nl Avenay	67.500 km	8:04:24
9.	DELLANGE Dominique	Aj Auxerre Section Marathon	65.000 km	7:58:43
10.	TOURNOIS Pascal	Asm Bar-le-duc	65.000 km	8:03:26
11.	GRADOS Stephane	Cm Roubaix	62.500 km	7:47:48
12.	PAPI Luca	Waa Runiing	62.500 km	7:51:09
13.	GIRAUDEAU Denis	Ula Cornouaille	62.500 km	7:51:33
14.	THEVENIN Pascal	Marne Et Gondoire Athletisme	62.500 km	8:03:44
15.	DIEN Daniel	Neuilly Sur Marne Athletisme	60.000 km	7:46:47
16.	HARTMANN Emmanuel	Athle 55	60.000 km	7:49:37
17.	DANDOY Jeremy	Cm Roubaix	60.000 km	7:59:56
18.	LOZOUET Guy	Nl Corbreuses	60.000 km	8:00:39
19.	LACROIX Jean-louis	Ac Chateau Thierry	60.000 km	8:02:35
20.	FILLIEUX Christian	Caf-Belgique	60.000 km	8:04:09
21.	BOVIN Laurent	AM St Thibault Des Vignes	57.500 km	7:52:24
22.	BRUNEAUX Jean-claude	Coulommiers Brie Athletisme	57.500 km	7:53:27
23.	POTY Alain	Nl Belgique	55.000 km	7:54:44
24.	HAGHEBAERT Eric	Ac Chateau Thierry	55.000 km	8:05:10
25.	GRASSI Alain	Team Tda	50.000 km	6:13:00
26.	PICOT Gerard	Nl	50.000 km	7:45:19
27.	EMONIERE Philippe	Cosm Arcueil	50.000 km	7:52:09
28.	LEMOINE Daniel	Nl Domont	50.000 km	7:55:37
29.	THEVENIN Hugues	Nl Torcy	50.000 km	8:00:11
30.	GLASER Jean-bernard	Neuilly Sur Marne Athletisme	42.500 km	7:45:10
31.	BURLLOT Pascal	Spn Vernon	35.000 km	8:03:23
	KESSELMARK Patrick	Nl Mareuil-les-meaux	37.500 km	6:35:29
	MOREL Philippe	Nl Chalons	35.000 km	3:56:52
	TOUTAIN Eric	As Culturelle Francophone	32.500 km	3:49:19
	MOUGENOT Patrick	Marne Et Gondoire Athletisme	27.500 km	3:58:25
	TABOURET Guy	Us Toul Athletisme	25.000 km	3:42:43

Les 8 Heures d'Etampes-sur-Marne - Women

1.	ROPERES Adele	Pays De Colmar Athletisme	62.500 km	7:51:44
2.	BIZARD PLANCHOT Emilie	Neuilly Sur Marne Athletisme	62.500 km	7:59:48
3.	BIZARD Claudie	Thiais Ac	60.000 km	8:03:25
4.	RODIER Nicole	Efs Reims A.	55.000 km	7:57:37
5.	GILLARD Lydia	As Culturelle Francophone	52.500 km	7:56:23
6.	THEVENIN Margot	Nl Torcy	50.000 km	8:00:14
7.	BERTHAULT-KORZHYK Annie	Indre Ac	42.500 km	7:45:09

10km Walk

1.	VAN HILLE Dominique	Nice Cote d'Azur	51:28
2.	DA SILVA CARVALHO Thomas	Nl	54:05
3.	GUTIERREZ Evguenia (F)	Nl St-remy De La Vanne	1:07:14
4.	ANXIONNAT Claudine (F)	Athletic Vosges Entente	1:10:01
5.	TARDI Emmanuel	LP Longjumeau	1:16:09
6.	LOGEROT William	Nl Reims	1:16:35
7.	MALLET Martine (F)	Afd 02	1:17:43
8.	IBANEZ Marie-Lilliane (F)	Nl	1:23:06
9.	MALLET Christian	Afd 02	1:23:14
10.	KLEIN Patrick	Nl	1:28:08
11.	KLEIN Annie (F)	Nl	1:28:09
12.	HIERNARD Isabelle (F)	Nl	1:31:17



Florian Letourneau and Eddy Rose, Adele Ropers, Emilie Bizard Planchot and Dominique Van Hille (photos Emmanuel Tardi)

YORKSHIRE RWC WINTER LEAGUE RACE 3, DALTON, NORTH YORKS SUNDAY 26 NOVEMBER

Yorkshire RWC Secretary Trevor McDermot reports from North Yorkshire on their latest walks.

Sunday morning dawned cold, crispy and clear with a few icy patches on the race circuit of undulating, twisting country lanes that required coning off. Otherwise an interesting 5km route was clear and practically free of vehicle traffic. This small, scenic village nestled in upper Teesdale, was the venue of our first Soup & Roll League promotion nearly four years ago.

Eight different clubs were represented overall, 11 in each 5 and 10km tests, and eleven (precisely half of the walkers) were complete newcomers. A few usual stalwarts were absent. We were delighted to introduce the novel concept of Race Walking to members of the Catterick parkrun volunteer team, and to the Walker family from Sedgefield Harriers who were to eventually earn themselves three prizes to take home including a signed copy of Chris Maddocks' book.

Travelling an awfully long way to support the promotion (Crete is hardly next door) was the always impressive **Tony Taylor**. After some technical issues occasioned by an injury-hit year he visibly relaxed on his second lap to take the 10km (and league handicap win too) by a good margin from 100 Mile legend **Martin Fisher**. **Sharon Gayter** got the better of **Dennis Jackson** for 3rd, and was overjoyed to see husband **Bill Gayter** achieve 1st Novice place in his very first race walk.

In the 5km **Pat Evans** used her good experience of the course followed by venerable Winter League secretary **Alan Brooks** of the hosting club. In third was 14 year old **Abbie Walker** who, having began with homework in hand, and then strolled for a bit admiring the view, thought she might as well give the race some attention too. She was to finish in 37 mins barely out of breath, looking as if it was as much effort as putting the kettle on. One can only wonder at the potential.

All Novices were presented with certificates by ex-World Record holder **Marion Fawkes**. A free lunch of home-made vegetable soup and crusty rolls (that particular Northern delicacy of pie n' peas also on offer besides chicken drumsticks and a very popular curry brought by the irrepressible Atmaram) left little cleaning up. Our very entertaining parkrun friends from the Gurkha community completely dominated the presentation with their insistence on photos with everything and everybody, and gave a fantastic reminder that family participation and FUN should be keystones in everything. And the club gained another three new members.

The afternoon saw an EA officials Level 1 module in Race Walking in the village hall meeting room, under the control of top judge Ian Richards; those present were able to get some practical experience from the racing earlier.

So that was it. A 'taster' day with fresh air, RW book stall, nice food, an attractive venue, and responses at short notice from local community, Athletic clubs, parkrun brigade, England Athletics and different generations of age / family participation, in order to introduce Race Walking. Much could be done better but It was all privately sponsored and gives an idea of what might be achieved with support from official bodies. The talent is out there waiting.

10km Walk

1.	Tony Taylor	M	Lancashire WC	V70	55:26
2.	Martin Fisher	M	Redcar RWC	V55	58:17

3.	Sharon Garter	F	North York Moors AC	V50	65:16
4.	Dennis Jackson	M	York CIU	V70	66:19
5.	Russ Jackson	M	Yorkshire RWC	V70	68:04
6.	Bill Gayter	M	North York Moors AC / NOVICE	V50	73:45
7.	Mark Byrne	M	Redcar RWC	V55	74:48
8.	John Paddick	M	Quickstep Striders	V70	80:15
9.	Yam Gurung	M	Yorkshire RWC / NOVICE	V55	80:34
10.	Atmaram Dahal	M	Yorkshire RWC / NOVICE	V55	80:35
11.	Dave Jones	M	Redcar RWC	V65	84:46

5km Walk

1.	Pat Evans	F	Lancashire WC	V65	34:58
2.	Alan Brooks	M	Yorkshire RWC	V70	35:53
3.	Abbie Walker	F	Sedge field H / NOVICE	U15	37:14
4.	Marie Walker	F	Sedge field H / NOVICE	V45	39:52
5.	Judith Fisher	F	NOVICE	V50	41:49
6.	Kath Stewart	F	North Shields Poly / NOVICE	V70	43:29
7.	Ron Stewart	M	North Shield Poly	V75	43:29
8.	Jenny Walker	F	Sedgefield H / NOVICE	U15	48:37
9.	David Walker	M	Sedgefield H / NOVICE	V50	48:37
10.	Anita Dahal	F	NOVICE	V50	55:03
11.	Shova Gurung	F	NOVICE	V50	55:03

Lots of photos at <https://1drv.ms/f/s!ApN91MsHAQRi6hWFdeApppSbpZWe>.

OUT AND ABOUT

- Four Russian skeleton athletes, including Olympic champion Alexander Tretyakov, have been banned for life from the Olympics after being found guilty of doping at the 2014 Sochi Games, the IOC said last Wednesday. See <http://www.sbs.com.au/news/article/2017/11/23/ioc-bans-four-russian-skeleton-athletes-life-over-sochi-doping>.
- The United States has displaced Russia atop the overall medals standings for the 2014 Winter Games in Sochi, following these latest penalties. See <https://www.nytimes.com/2017/11/22/sports/olympics/russia-doping-sochi.html>.
- You've got to hand it to the Russians. They continue to plead innocence even with irrefutable damning evidence stacked against them. The IOC and anti-doping authorities are to blame for the Russian doping scandal that tarnished the 2014 Winter Olympics in Sochi, according to Deputy Prime Minister Vitaly Mutko. The IOC and the World Anti-Doping Authority (WADA) failed to supervise drug tests properly and Russia is innocent of any doping and should not be held responsible for what happened. What a joke! See <http://www.sbs.com.au/news/article/2017/11/23/international-authorities-blame-sochi-games-doping-scandal-russia>.
- The glitzy 2018 World Cup draw this week at the Kremlin will be overshadowed by shocking fresh allegations that Russian footballers — and the man in charge of organising the tournament there next year — were embroiled in state-supported doping. Whistleblower Grigory Rodchenkov has confirmed to Sportsmail, via his lawyer, that he has evidence that shows dozens of footballers, including Russian internationals, benefited from the state's scheme. See <http://www.dailymail.co.uk/sport/sportsnews/article-5117467/Russia-drug-cheats-set-cast-shadow-World-Cup-draw.html/> Five months after Sportsmail revealed Russia's entire 2014 World Cup squad were being investigated for possible drug offences, the paper discloses that:
 - World governing body FIFA have yet to contact Rodchenkov despite being in possession of his lawyer's contact details and knowing Rodchenkov wants to talk.
 - The head of Russia's World Cup organising committee, deputy prime minister Vitaly Mutko, was embroiled in the state-sponsored scheme.
- The ban on Russian track and field athletes from international competition has been maintained by the IAAF Council meeting in Monaco on Sunday. IAAF Council members agreed unanimously with the recommendation of the world governing body's Taskforce, which met a few days ago, that several important steps on the roadmap to reinstatement had still not been taken. The decision makes it unlikely that Russian track and field athletes will be reinstated in time for next year's IAAF World Indoor Championships in Birmingham. See <https://www.insidethegames.biz/articles/1058389/russians-in-doubt-for-birmingham-world-indoor-championships-as-iaaf-upholds-doping-suspension#.Whrc3aRQfUE.twitter>.
- World athletics governing body, IAAF, has announced Morocco's removal from their anti-doping watch list, with Kenya among four countries still under surveillance for running "non-compliant" systems in the fight against banned performance-enhancing substances. See <http://www.nation.co.ke/sports/athletics/Morocco-safe-Kenya-still-on-IAAF-anti-doping-watch-list/1100-4203760-ad3wn2z/index.html>.
- Last weekeend saw the two-day 212th IAAF Council meeting in Monaco and some interesting outcomes were announced.

- The Russian Athletics Federation (RusAF) is to remain suspended as an IAAF member, with some but not all of the reinstatement conditions having been met.
- Morocco is to be removed from the current anti-doping watch list of five countries, but Belarus, Ethiopia, Kenya and Ukraine remain on the list and a new set of requirements for these four federations will be prepared based upon their anti-doping activities in 2017.
- Nanjing in China will host the 2020 IAAF World Indoor Championships, while the 2020 IAAF World Half Marathon Championships will be held in the Polish port city of Gdynia. The 2020 IAAF World Race Walking Team Championships will take place in Minsk in Belarus.

See <http://www.athleticsweekly.com/news/iaaf-upholds-suspension-of-russia-announces-2020-event-host-cities-70428#duuAVKFivz40EQub.99>

- In more optimistic times, the news that Dr Michele Ferrari's appeal against a doping conviction was turned down by an Italian court this week would have felt like a superfluous postscript to a story whose denouement had been revealed years ago. Instead, the decision to uphold the verdict on the man who introduced Lance Armstrong to EPO seems like a footnote to a story that has simply moved on. The use of TUEs is the new blight on the sport - and last Sunday's hour-long BBC2 documentary, titled *Britain's Cycling Superheroes: What Price Success?*, presented a seemingly shallow justification for it all. The mystery of the contents of the notorious Jiffy bag couriered to Sky's Bradley Wiggins by an employee of British Cycling was not solved. The refusal of BC's Dr Richard Freeman to give evidence on that and other matters was not discussed. See <https://www.theguardian.com/sport/blog/2017/nov/24/use-of-teus-negate-sport-overcoming-exhaustion>.
- And if you want to watch the poor BBC documentary - <https://www.youtube.com/watch?v=5X4X0mrTRf0>.

MARCIADALMONDO AND OMARCHADOR ROUNDUP

Marciadalmondo has 5 press releases this week

- Mon 27 Nov - Minsk (BLR) will host the 2020 IAAF World Race Walking Team Championships http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2981
- Fri 24 Nov - Results of the Indian 33rd Junior, U18 and U16 Championships in Vijaywada http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2980
- Thu 23 Nov - Chinese Liu Hong gives birth to a daughter http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2979
- Wed 22 Nov - Results of the racewalks in the Bolivarian Games http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2978
- Wed 22 Nov - More info on the women's 50km walk and its growing momentum http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2977

and Omarchador has 10 press releases this week

- Mon 27 Nov - Minsk to host the 2020 IAAF Race Walking World Teams Championships <http://omarchador.blogspot.com.au/2017/11/minsk-acolhe-o-campeonato-do-mundo-de.html>
- Sun 26 Nov - Results of the Indian U18 and U16 Championships in Vijayawada <http://omarchador.blogspot.com.au/2017/11/india-campeonatos-de-sub-18-e-sub-16.html>
- Sat 25 Nov - Results of the Portugese meet at Alvaiazere <http://omarchador.blogspot.com.au/2017/11/alvaiazere-pela-18-vez-resultados.html>
- Sat 25 Nov - Results of the Indian U20 Championships in Vijayawada <http://omarchador.blogspot.com.au/2017/11/campeonatos-da-india-de-sub-20-em.html>
- Fri 24 Nov - Results of Argentinian U16 Championships <http://omarchador.blogspot.com.au/2017/11/campeonato-da-argentina-de-sub-16.html>
- Thu 23 Nov - Andrés Chocho scores repeat victory in the 50 km at the Bolivarian Games <http://omarchador.blogspot.com.au/2017/11/andres-chocho-repete-vitoria-nos-50-km.html>
- Wed 22 Nov - Esteban Soto wins 20km at the Bolivarian Games <http://omarchador.blogspot.com.au/2017/11/esteban-soto-vence-20-km-dos-jogos.html>
- Wed 22 Nov - Lorena Arenas wins the women's 20km gold medal at the Bolivarian Games <http://omarchador.blogspot.com.au/2017/11/lorena-arenas-ganha-medalha-de-ouro-nos.html>

- Tue 21 Nov - Results of the Enric Villaplana Memorial in Manresa, Spain
<http://omarchador.blogspot.com.au/2017/11/memorial-enric-villaplana-em-manresa.html>
- Tue 21 Nov - Preview of the walks at the Bolivarian Games in Colombia
<http://omarchador.blogspot.com.au/2017/11/jogos-bolivarianos-santa-marta.html>

MEASUREMENT OF FLIGHT TIME IN RACE WALKING



Dr Brian Hanley from Leeds University, a leading expert in the field of race walking biomechanics, was recently asked his opinion on how the proposed electronic shoe will effect times achieved by walkers. His full report follows. It makes for interesting reading and does raise the question – how much analysis has the IAAF done on this topic and what sort of flight phase are they going to allow? The devil's in the detail and at the moment we know NO details.

Measurement of Flight Time in Race Walking

We've recently tested world-class walkers in terms of what kinds of flight times occur with each speed and we only see no (loss of?) contact when they're walking at about 10 km/hr. At 11 km/hr it's about 10 milliseconds of flight for men and 18 milliseconds for women (women usually have more flight at any given speed). We've always used flight times above 40 milliseconds as a guide to what is 'visible' and most elite men can walk at 14-15 km/hr within this amount of flight. Women generally manage below 40 milliseconds at 13-14 km/hr. Of course, the best technical walkers have less flight time than those who aren't as good (even if they are at the same ability in terms of times and finishing positions). From a theoretical point of view I've calculated that most walkers could at best manage to only lose 1.3 km/hr if they managed no loss of contact but that would mean no leeway and would probably be physically impossible (given tiredness, excitement of competition, etc.). Even if they did have some threshold built into the shoe, I'm not sure how it could work in practice given the unreliable nature of technology.

Details of the study

The aim of our study was to measure the duration of loss of contact ('flight time') in elite-standard race walkers using different measuring devices. The force plates were considered the gold standard and the results measured using them are what are reported here. Seventeen international athletes took part in the study (10 men and seven women). The men had an average best time for 20 km of 1:23:06 (pace of 14.44 km/hr), and the women had an average best time for 20 km of 1:30:38 (13.33 km/hr). Of the 17 athletes, 14 had taken part in either the 2016 Olympic Games or the 2017 World Championships (the other three took part in other international competitions such as the World University Games).

The protocol used was similar to that published by De Angelis & Menchinelli in Italy in 1992. The athletes race walked down an indoor running track that had the three force plates located halfway along it. They walked at five pre-determined speeds, which were 10, 11, 12, 13 and 14 km/hr for women, and 11, 12, 13, 14 and 15 km/hr for men. The average flight times for each of these speeds are shown below:

Women	10 km/hr: -2 milliseconds (i.e., 2 milliseconds of double support / contact)
	11 km/hr: 18 milliseconds
	12 km/hr: 29 milliseconds
	13 km/hr: 38 milliseconds
	14 km/hr: 46 milliseconds
Men	11 km/hr: 11 milliseconds
	12 km/hr: 22 milliseconds
	13 km/hr: 32 milliseconds
	14 km/hr: 42 milliseconds
	15 km/hr: 40 milliseconds

The results were comparable to those reported by De Angelis & Menchinelli (1992) in that flight time increases with race walking speed, and men have less flight time than women at any given speed. Athletes tended to keep their flight times to

within 40-45 milliseconds even when moving at faster speeds as their techniques were often better at these more familiar paces.

Our results also showed that other devices that are frequently used to measure flight time can provide misleading results if adjustments are not made to the sensitivity of the device, particularly given the way race walkers move differently from runners (who are more commonly the target population).

IAAF WORLD RACE WALKING TEAM CHAMPIONSHIPS 2020

Minsk, the capital and largest city of Belarus, was last week awarded the right to host the 2020 IAAF World Race Walking Team Championships. This will be the first occasion that Belarus has ever staged an IAAF World Athletics Series event but it does have some form - Minsk staged this summer's European 10,000m Cup competition and holds an annual half marathon.

Sebastian Coe commented: "I'm pleased that we are taking our world athletics series to another country for the first time which will help the development and profile of athletics. The city centre course makes this an attractive event for spectators to follow and their plan to hold kids' race walking and an extreme mass race for adults, will assist the promotion by building a direct connection with the community."

See the announcement at <https://www.iaaf.org/news/press-release/gdynia-and-minsk-to-host-2020-world-athletics>.

It's a big turnaround for Belarus which in February was named as one of 5 countries "in critical care concerning their national anti-doping programmes." Nine months later and they have the right to host a major IAAF event.

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 – 2017/2018 Summer Season

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, SA
Jan 13 (Sat), 2018	Australian 10,000m Track Walk Champs, Canberra, ACT. See https://10000mwalk.eventdesq.com/
Jan 26-28, 2018	AV Country Championships, Ballarat, VIC
Feb 11 (Sun), 2018	Australian 20km Road Walking Championships, Adelaide, SA
Feb 15-18, 2018	Australian Athletics Championships & Nomination Trials, Gold Coast, QLD (no walks)
Feb 23-25, 2018	AV Junior & Para Championships, Lakeside Stadium, Melbourne, VIC
Mar 2-4, 2018	AV Open & Para Championships, Lakeside Stadium, Melbourne, VIC
Mar 14-18, 2018	Australian Junior Athletics Championships, Sydney, NSW
Mar 24-25, 2018	AV Masters Championships, Doncaster/Nunawading, VIC
Apr 1 (Sun), 2018	Easter Sunday
Apr 4-11, 2018	Commonwealth Games, Gold Coast, QLD
Apr 21-22, 2018	Australian Centurions 24 Hour Qualifying Race, Harold Stevens Athletics Track, Coburg, VIC
Apr 28-29, 2018	Australian Little Athletics Championships, Gold Coast, QLD
Apr 26-29, 2018	Australian Masters T&F Championships, Perth, WA. See http://www.mastersathleticswa.org/perth2018/
June 10 (Sun), 2018	Lake Burley Griffin Carnival, Stromlo Forest Park, Canberra, ACT
Aug 5 (Sun), 2018	Australian Masters 20km Championships, Adelaide, SA
Aug 26 (Sun), 2018	Australian Roadwalk Championships, Sunshine Coast, QLD (TBC)

International Dates – 2018 and onwards

Jan 1 (Mon), 2018	Hong Kong Championships – 20km, 50km, 6 Hours
Jan 20-27, 2018	Oceania Masters Athletics Championships, Dunedin, New Zealand See www.mastersathleticsoceania.com
Jan 28, 2018	USA 50km Championships, San Diego, California
Mar 11 (Sun), 2018	Lugano International Racewalks, Lugano, Switzerland (20km)
Mar 24 (Sat), 2018	Dudince International Racewalks, Dudince, Slovakia (20km and 50km for men and women)
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	28th IAAF World Race Walking Team Championships , Taicang, China
July 10-15, 2018	16th World Junior T&F Championships , Tampere, Finland
Aug 7-12, 2018	European Athletics Championships , Berlin, Germany
Sept 4-16, 2018	22nd World Masters Athletics T&F Championships , Malaga, Spain
Mar 24-30, 2019	World Masters Indoors T&F Championships , Torun, Poland
July 3-14, 2019	30th Summer Universiade , Naples Italy
Sept 28 – Oct 6, 2019	17th IAAF World Championships in Athletics , Doha, Qatar
May, 2020	29th IAAF World Race Walking Team Championships , Minsk, Belarrus
July 24 – Aug 9, 2020	32nd Olympic Games , Tokyo

July 20 – Aug 1, 2020 **23rd World Masters T&F Championships**, Toronto, Canada
Aug 6-15, 2021 (TBC) **18th IAAF World Championships in Athletics**, Eugene, USA
July 18-30, 2022 **XXII Commonwealth Games**, TBA

On 13th 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>)