



## HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club  
2016/2017 Number 49  
5 September 2017



**VRWC Preferred Supplier of Shoes, clothes and sporting accessories.**

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### WHAT'S COMING UP

- Next 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/wp1/>. 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.

#### Sunday 10<sup>th</sup> September 2017, Middle Park AV, RWA & VRWC EVENTS.

|         |         |  |            |
|---------|---------|--|------------|
| 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 2 SEPTEMBER

It was nice to finally get a warmer day for the 37 walkers who competed last Saturday in our VRWC winter roadwalks at Middle Park. With our two Rio Olympians **Rhydian Cowley** and **Quentin Rew** in action, along with **Kyle Swan** and **Jemima Montag**, it was a case of the big guns out for a stroll in the park. They all led from the front, as expected. Well done also to **Alanna Peart** (first ever 8km with 41:25) and **Paige de Lisen** (8km PB of 46:21) who both tackled the longest distance on offer. Congratulations to **Gwen Steed** who recorded a club W75 3km record of 20:49. This betters the record she set a few weeks ago. The races were followed by our VRWC winter season presentations, a big event that was very well attended.

Lots of photos of the presentations by Terry Swan – check them out at <http://www.vrwc.org.au/piwigo/index.php?/category/442>.

#### 8km Walk

|    |                 |       |       |           |
|----|-----------------|-------|-------|-----------|
| 1. | Alanna Peart    | U14   | 41:25 | First one |
| 2. | Paige De Lisen  | U18   | 46:21 | PB 1:28   |
| 3. | Alison Thompson | 60+   | 49:38 |           |
| 1. | Quentin Rew     | Open  | 35:42 |           |
| 2. | Bernie Keirl    | 40-59 | 48:41 |           |
| 3. | Albin Hess      | 40-59 | 52:59 |           |

#### 6km Walk

|    |                |       |       |  |
|----|----------------|-------|-------|--|
| 1. | Karyn O'Neill  | 60+   | 41:07 |  |
| 1. | Rhydian Cowley | Open  | 26:48 |  |
| 2. | Kyle Swan      | Open  | 27:27 |  |
| 3. | Pramesh Prasad | 40-59 | 29:34 |  |
| 4. | Gerard Feain   | 40-59 | 38:24 |  |

#### 4km Walk

|    |                   |       |       |
|----|-------------------|-------|-------|
| 1. | Jemima Montag     | Open  | 18:29 |
| 2. | Jasmin Hass       | U18   | 21:48 |
| 3. | Holly Cocking     | U16   | 23:03 |
| 4. | Kathleen O'Mahony | U16   | 23:30 |
| 5. | Donna-Marie Elms  | 40-59 | 26:09 |
| 6. | Gwen Steed        | 60+   | 27:54 |
| 7. | Alannah Dingli    | U14   | 28:40 |
| 8. | Isabella Dingli   | U16   | 29:10 |

W75 3km Club Record 20:49

|    |                 |       |       |
|----|-----------------|-------|-------|
| 1. | Mark Blackwood  | 40-59 | 19:26 |
| 2. | Reese Walmsley  | Open  | 19:53 |
| 3. | Hayden Walmsley | U18   | 19:55 |
| 4. | Luke Epps       | U12   | 23:01 |

#### 2km Walk

|    |                  |       |       |
|----|------------------|-------|-------|
| 1. | Charlotte Hay    | U14   | 10:14 |
| 2. | Madeleine Feain  | Open  | 11:24 |
| 3. | Grace Louey      | U14   | 11:46 |
| 4. | Gemma Lillie     | U14   | 12:29 |
| 5. | Dee Holohan      | 40-59 | 13:18 |
| 6. | Merilyn Thompson | 40-59 | 15:00 |
| 7. | Pam Mews         | 60+   | 20:02 |

|    |               |     |       |
|----|---------------|-----|-------|
| 1. | Will Thompson | U16 | 09:37 |
| 2. | Angus Hay     | U14 | 10:51 |
| 3. | Liam Hutchins | U10 | 10:56 |

#### 1km Walk

|    |                  |     |       |
|----|------------------|-----|-------|
| 1. | Ella Cunningham  | U12 | 07:03 |
| 2. | Sophie Blackwood | U10 | 10:58 |

|    |                      |     |       |
|----|----------------------|-----|-------|
| 1. | Hamish Blackwood     | U10 | 05:26 |
| 2. | Sebastian Weickhardt | U12 | 06:01 |

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

**Officials:** Karyn O'Neill, Heather Carr, Bill Carr, Ian Laurie, Mark Donahoo, Ralph Bennett, Tim Erickson

**Judges:** Peter Vysma (Chief), Terry O'Neill, Mark O'Mahoney, Stuart Cooper, Michael Bodey

**Canteen:** Wendy Cooper, Kate Suich, Eija Heikkila

**Photos:** Terry Swan (<http://www.vrwc.org.au/piwigo/index.php?category/442>)

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



*Rhydian Cowley, Kyle Swan, Quentin Rew, Alanna Peart and Jemima Montag (photos Terry Swan)*



*Hayden Walmsley, Reese Walmsley, Bernie Keirl, Paige de Lisen and Donna Elms*



*Holly Cocking, Luke Epps, Kathleen O'Mahony, Marilyn Thompson, Sophie Blackwood and Pam Mews (youngest and oldest!)*



*U10 Presentations – Sophie Blackwood, Ella Cunningham, Hamish Blackwood, Laim Hutchins, Luke Epps and Lucas Kent*

**ACTRWC ROADWALKS, WESTON PARK, CANBERRA, SATURDAY 2 SEPTEMBER**

Thanks to Robin Whyte for his weekly report from Canberra.

**8km Handicap**

|    |                 |             |
|----|-----------------|-------------|
| 1. | Val Chesterton  | 1:10:07     |
| 2. | Doug Fitzgerald | 1:01:44     |
| 3. | Geoff Barker    | 1:05:34     |
| 4. | Robin Whyte     | 52:01       |
| 5. | Bryan Thomas    | 57:57       |
| 6. | Greg Durr       | 46:30 (F/T) |
| 7. | Mick Saunders   | 55:50       |

**2km Handicap**

|    |                      |             |
|----|----------------------|-------------|
| 1. | Jayden Elphick       | 11:15 (F/T) |
| 2. | Kai Jeong-Reuss      | 12:30       |
| 3. | Robyn Saunders       | 15:38       |
| 4. | Andrew Camp-Liddiard | 12:59       |
| 5. | Phil Essam           | 21:58       |

**4km Handicap**

|    |                    |             |
|----|--------------------|-------------|
| 1. | David Mackenzie    | 33:32       |
| 2. | Hannah Manning     | 21:35       |
| 3. | Helena Bialecki    | 26:15       |
| 4. | Derek Robinson     | 27:11       |
| 5. | Connor Frew        | 19:20 (F/T) |
| 6. | Tim Fraser         | 19:24       |
| 7. | Raine Thompson     | 37:52       |
| 8. | Mitchell Baker     | 20:10       |
| 9. | Jennifer Gilchrist | 34:03       |

**1km Handicap**

|    |              |       |
|----|--------------|-------|
| 1. | Georgia Frew | 06:40 |
|----|--------------|-------|

**SAMA ROADWALKS, KINGSTON TERRACE, NORTH ADELAIDE, SATURDAY 2 SEPTEMBER**

Thanks to Colin Hainsworth for the latest results from the South Australian Masters in Adelaide. Warm, overcast arternoon.

**8km Yacht Handicap**

|    |                 |         |     |        |
|----|-----------------|---------|-----|--------|
| 1. | David Robertson | 1:09:06 | M84 | 72.86% |
| 2. | Rodger Barber   | 1:03:36 | M79 | 72.83% |
| 3. | Gil McIntosh    | 56:27   | M67 | 69.83% |
| 4. | Marie Maxted    | 56:09   | W57 | 70.16% |

**4km Yacht Handicap**

|    |                   |       |     |        |
|----|-------------------|-------|-----|--------|
| 1. | Colin Hainsworth  | 41:14 | M87 | 62.28% |
| 2. | Dave Fallon       | 30:00 | M65 | 62.57% |
| 3. | Valmai Padget     | 33:47 | W73 | 68.71% |
| 4. | Charlie Jarman    | 28:59 | M65 | 64.76% |
| 5. | Edna Bates        | 35:37 | W64 | 57.47% |
| 6. | Raelene Schild    | 31:45 | W52 | 56.70% |
| 7. | Jan Layng         | 31:12 | W68 | 69.13% |
| 8. | Margaret McIntosh | 34:02 | W64 | 60.15% |

**MANX 20KM & BRITISH 50KM ROADWALK CHAMPIONSHIPS, ISLE OF MAN, SUNDAY 3 SEPTEMBER**

Conditions were pretty horrendous on Sunday at Douglas for the Isle of Man 20km and British 50km championships, but you can't keep a keen bunch of walkers away just because of some unseasonal weather. And **Paul deMeester** was there and has sent me a report and photos. Thanks Paul!

**BRITISH WOMEN WALKERS PROVIDED THEIR 50KM NATIONAL CHAMPIONSHIP ON THE ISLE OF MAN**

The Isle of Man, an island in the Irish Sea between Ireland and northern England has a strong long-distance race walk tradition, even though it has but 85,000 inhabitants. The legendary Parish Walk, an 85-mile race, traces its roots to 1852 and had over 1,100 participants in its most recent edition last June. The annual End to End 40-mile race is held in less than two weeks.

With that history, a 50km race may well be classified locally as a sprint race. One of the local athletics clubs, the Manx Harriers, were able to organize the 50km British Nationals on short notice. Given the recent ascendancy of women 50km walkers onto the world stage, the race also served as the inaugural British Women's 50km national championship.

Even though the weather disappointed – rendering the race more suitable for the Winter League Series – the race did not. Shortly after the joint start, a trio consisting of **Dale Farquhar**, **Adam Cowin** and **Richard Gerrard** formed the lead pack in the men's race, followed closely by **Matt Haddock**. Among the women, Dale's better half **Jayne Farquhar** took an early lead, never to look back, in the process passing her ailing hubby Dale further into the race.

Cowin eventually assumed the lead in solo fashion. Haddock, nursing a nagging foot injury, stepped aside after 8km. Gerrard faced the red paddle shortly thereafter. Before the race was half-way, Cowin had slowed markedly and eventually

stepped off course. From then on, the race belonged to **Dave Walker**. **Adrian Edwards** was close by, but with about 12km to go, he had to yield second to **James Quirk**. Early leader Dale Farquhar was the first to miss out on an individual medal.

On the women's side, Jayne Farquhar built up her lead to exactly a lap (1km) over second placed **Louise Hollings**. The two of them walked together until near the end of the race, when Hollings unlapped herself and stayed a bit in front of the eventual race winner. What was amazing about the women's race was that all four starters finished, with 20-year old **Rebecca Greatbatch** signaling future promise and **Sharon Cain** persisting despite severe muscle issues, addressed during two race breaks with leg massages. Sharon hung in there, though, and completed her race.

Among the spectators was Hannah Hunter, who walked a 1:47:29 over 20km last June. She is eager to tackle the 50km, as she likes endurance racing. Expect her in the mix soon. Don't be surprised if she dons British team colors now that women 50K-ers are finally getting opportunities at the longer distance.

Also spectating were two of the 50km event's top performers, Poland's **Damian Blocki** (3:51:12 PB) and Britain's **Dominic King** (3:55:48 PB). Both had a unique perspective, being on the same course at the same time as the 50K racers while contesting the 20km event. Dom King won that race but Blocki was purposefully slower than his recent PB of 1:21:29 set last month during the World Championships at the London Mall.

Blocki was pacing New Zealand's **Alana Barber**, who was aiming to post a 1:32:00 result to impress her nation's qualifying powers for a spot on her national Commonwealth Games Team. New Zealand is one of those countries in which meeting the Olympic, Worlds or Commonwealth entry standards is virtually meaningless as the national federations impose much more stringent entry standards of their own. It was a shame to see Alana on the sidelines of the 2017 World Championships 20km race when she should have been in it, having comfortably met the IAAF qualifying standard with minutes to spare. If she were a U.S. citizen, she would not have to worry. U.S. athletes who beat the IAAF entry standard during the qualifying period and finish in the top three (or five for the World Team Championships) at the Trials race, are selected for the national team for the Olympics or Worlds. If New Zealand, Sweden and South Africa, among others, would adopt the U.S. non-subjective approach, our sport would be much encouraged as more walkers would have something to aim for.

The rain and wind on the back portion of the course probably prevented Barber from achieving her aim, falling 3:50 short of her goal. But she was impressive, nevertheless, and did not seek any excuses. Equally impressive was **Erika Kelly**, clocking her second sub-1:42 performance this year. The 25-year old has improved by twenty minutes over 20km since her April 2016 performance at Hillingdon. Tackling the distance for the first time was 20-year **Tom Partington**, who posted a 1:41:27 benchmark that he will be probably beat soon.

Speaking of youth, it was a delight to watch teenagers **Alice Bellando** and **Abbie Edwards** as well as sisters **Grayse and Lillie Fletcher**, respectively seven and five years young, put on a collective technique clinic in the support races. The little ones stole hearts with their upbeat attitude and race craft. Too bad no IAAF headquarters officials were on hand to see these four youngsters. Watching the future of our sport in action would have turned the powers that be into instant supporters of women's race walking.

Paul F. DeMeester  
September 4, 2017  
Douglas, Isle of Man

#### British Athletics and Race Walking Association 50km Championships

|    |                                |      |                   |         |
|----|--------------------------------|------|-------------------|---------|
| 1. | David Walker                   | 1971 | Manx Harriers     | 5:29:12 |
| 2. | James Quirk                    | 1972 | Manx Harriers     | 5:37:20 |
| 3. | Adrian Edwards                 | 1962 | Lancashire W.C.   | 5:42:45 |
| 4. | <b>Jayne Farquhar (1W)</b>     | 1969 | Manx Harriers     | 6:01:31 |
| 5. | Dale Farquhar                  | 1980 | Manx Harriers     | 6:04:58 |
| 6. | Stewart Jones                  | 1971 | Manx Harriers     | 6:05:50 |
| 7. | <b>Louise Hollings (2W)</b>    | 1979 | Isle of Man Vets. | 6:08:21 |
| 8. | <b>Rebecca Greatbatch (3W)</b> | 1997 | Manx Harriers     | 6:24:55 |
| 9. | <b>Sharon Cain (4W)</b>        | 1969 | Western A.C.      | 6:32:39 |
|    | Mark Byrne                     | 1960 | Redcar R.W.C.     | DNF     |
|    | Adam Cowin                     | 1994 | Manx Harriers     | DNF     |
|    | Matthew Haddock                | 1981 | Manx Harriers     | DNF     |
|    | Richard Gerrard                | 1972 | Manx Harriers     | DQ      |

#### Manx 20km Championship

|    |                    |      |                     |         |
|----|--------------------|------|---------------------|---------|
| 1. | Dominic King       | 1983 | Colchester Harriers | 1:29:36 |
| 2. | Alana Barber (1W)  | 1987 | New Zealand         | 1:35:50 |
| 3. | Damian Blocki      | 1989 | Poland              | 1:35:50 |
| 4. | Tom Partington     | 1999 | Manx Harriers       | 1:41:27 |
| 5. | Erika Kelly (2W)   | 1992 | Northern A.C.       | 1:41:52 |
| 6. | Francisco Reis     | 1960 | Thames Valley Har.  | 1:45:42 |
| 7. | Gianni Epifani     | 1971 | Manx Harriers       | 1:47:48 |
| 8. | Natalie Myers (3W) | 1991 | Sheffield & Dearne  | 2:01:37 |

|     |                     |      |                     |         |
|-----|---------------------|------|---------------------|---------|
| 9.  | Malcolm Martin      | 1955 | Surrey Walking Cl.  | 2:03:06 |
| 10. | Bernie Johnson (4W) | 1982 | Isle of Man Vets    | 2:16:27 |
| 11. | Nicola Raven (5W)   | 1962 | Manx Harriers       | 2:17:58 |
| 12. | Maura Kelly (6W)    | 1967 | Northern A.C.       | 2:26:48 |
| 13. | Angela Martin (7W)  | 1964 | Surrey Walking Cl.  | 2:31:25 |
|     | Daniel King         | 1983 | Colchester Harriers | DQ      |
|     | Guy Thomas          | 1997 | Tonbridge AC        | DQ      |

**3km Support Race**

|    |                |      |               |       |
|----|----------------|------|---------------|-------|
| 1. | Alice Bellando | u17w | Manx Harriers | 17:18 |
| 2. | Abbie Edwards  | u15g | Manx Harriers | 20:30 |

**1km Support Race**

|    |                 |     |     |       |
|----|-----------------|-----|-----|-------|
| 1. | Grayse Fletcher | u9g | u/a | 07:55 |
| 2. | Lillie Fletcher | u7g | u/a | 10:55 |



*Damian Blocki walking with Alana Barber*



*Early Leaders Dale Farquhar, Adam Cowin and Richard Gerrard*



*Erika Kelly*



*Left: 50km Leader Jayne Farquhar facing her pursuers on course*



*Centre: The Future is Here the start of the support races*



*Right: Lillie Fletcher Leading the Women's 50K (OK I'm kidding)*

The 13<sup>th</sup> Chinese National Games are currently underway in Tianjin and Luoyang, Henan in September 2017. It is a huge event, with a total of 341 events in 31 sports will be held at the games, over 10,000m athletes in total, representing 38 delegations, including a People's Liberation Army. The two racewalks were held on Sunday 3 September. Well reported by Vincent Wu for the IAAF at <https://www.iaaf.org/news/report/chinese-national-games-2017-yang-xie>.

### 20km Walk Women, Sunday 3 September

World champion **Yang Jiayu** proved her victory in London three weeks ago was not just a flash in the pan, as she withstood challenges from **Qieyang Shijie** in the last kilometre to win the 20km race walk at the Chinese National Games in Tianjin on Sunday. The 21-year-old clocked 1:28:29 to win the gold medal, four seconds ahead of Qieyang, the 2012 Olympic silver medallist. **Li Leilei** from Tianjin clocked 1:34:37 to grab the bronze medal in front of a jubilant local crowd.

“Winning at the World Championships was a big boost of confidence for me and these two titles will encourage me to train even harder in the future,” said Yang, who trimmed 17 seconds off her personal best to claim the world title in London in 1:26:18. “But once I stepped off the podium, it was a brand new start for me,” she added. “My next goals will be the 2019 World Championships as well as the Olympic Games in Tokyo.”

In spite of the absence of world record-holder and Olympic champion Liu Hong, who is currently pregnant, the women's 20km race walk was still a high-quality race. A fast lead group, including Yang, Qieyang, 2015 world silver medallist Lyu Xiuzhi, and Wang Na, who finished eighth at the World Championships last month, paced the race in the early stages.

Wang was disqualified before halfway. Defending champion Lyu, who was disqualified last month in London in the home straight with a chance of podium finish at her fingertips, was once again sent out by the referee with five kilometres to go. Yang and Qieyang then led side by side until the last kilometre before the in-from Yang pulled away in style for the win.

|     |                  |     |           |         |
|-----|------------------|-----|-----------|---------|
| 1.  | Yang Jiayu       | CHN | 18 Feb 96 | 1:28:29 |
| 2.  | Qieyang Shenjie  | CHN | 11 Nov 90 | 1:28:33 |
| 3.  | li Leilei        | CHN | 18 Aug 89 | 1:34:37 |
| 4.  | MaoYanxue        | CHN | 15 Feb 94 | 1:35:16 |
| 5.  | WangYingliu      | CHN | 1 Mar 92  | 1:35:44 |
| 6.  | Xiao Xianghua    | CHN | 19Feb97   | 1:36:13 |
| 7.  | MaoYanqiu        | CHN | 7 Oct 96  | 1:36:32 |
| 8.  | MaYiming         | CHN | 10Sep97   | 1:37:18 |
| 9.  | ZhaoWenli        | CHN | 11 Dec 96 | 1:37:49 |
| 10. | Chen Minjing     | CHN | 23 Oct 96 | 1:38:16 |
| 11. | YePeiling        | CHN | 1 Apr 97  | 1:39:22 |
| 12. | YanPeirong       | CHN | 26Sep99   | 1:39:29 |
| 13. | Xia Kaili        | CHN | 16 Mar 96 | 1:42:21 |
| 14. | WangYiquan       | CHN | 22Jun 97  | 1:44:05 |
| 15. | YangZixing       | CHN | 7Mar99    | 1:44:07 |
| 16. | Yang Qingqucuo   | CHN | 13Jan 97  | 1:46:14 |
| 17. | GanMingzhu       | CHN | 12 Apr 99 | 1:47:21 |
| 18. | Zhang Chunxiu    | CHN | 2May97    | 1:49:18 |
| 19. | Cheng Shuangyuan | CHN | 8 Feb 99  | 1:50:33 |
| 20. | Malingyu         | CHN | 6Jan 95   | 1:51:14 |
|     | Lu Xiuzhi        | CHN | 26 Oct 93 | DQ      |
|     | Wang Qian        | CHN | 27 Oct 94 | DNF     |
|     | Ding Huiqin      | CHN | 5 Feb 90  | DQ      |
|     | Chang Yanling    | CHN | 20Jun 98  | DNF     |
|     | WangNa           | CHN | 29May95   | DQ      |
|     | Caixiang Zhuoma  | CHN | 2Jun 96   | DNF     |
|     | NiJie            | CHN | 11)u199   | DQ      |
|     | Chen Chen        | CHN | 25 Aug 95 | DQ      |
|     | Qiang Baqunzong  | CHN | 15 Aug 98 | DQ      |
|     | Zhang lifang     | CHN | 6 Dec 97  | DNF     |

### 20km Walk Men, Sunday 3 September

In the men's 20km race walk, world leader **Wang Kaihua** clocked 1:20:52 to take the victory. **Bian Tongda** finished second in 1:21:01 and the bronze medal went to **Chen Rui** who hit home with a 1:21:59 clocking. **Chen Ding**, the 2012 Olympic champion, settled for fifth place in a season's best of 1:23:02, while Olympic silver medallist **Cai Zelin** was disqualified after 18 kilometres. Olympic champion **Wang Zhen** chose to skip the competition.

“I just want to prove myself with this gold medal,” said the seventh-place finisher from the World Championships in London, who was in flying form earlier this year and set a PB of 1:17:54 in March to sit on top of the 2017 world list. “Four years ago I missed the National Games due to injuries,” said the 23-year-old. “This time I have given it all out.”

|     |               |     |           |         |
|-----|---------------|-----|-----------|---------|
| 1.  | Wang Kaihua   | CHN | 16 Feb 94 | 1:20:52 |
| 2.  | BianTongda    | CHN | 1Apr91    | 1:21:01 |
| 3.  | Chen Rui      | CHN | 11 Aug 96 | 1:21:59 |
| 4.  | WangQin       | CHN | 8May94    | 1:22:36 |
| 5.  | Chen Ding     | CHN | 5 Aug 92  | 1:23:02 |
| 6.  | YangUang      | CHN | 25Apr93   | 1:23:29 |
| 7.  | MaHaijun      | CHN | 24 Nov 92 | 1:23:31 |
| 8.  | Zeng Qingcun  | CHN | 3Apr95    | 1:23:50 |
| 9.  | GaoWenkui     | CHN | 28Jul95   | 1:24:43 |
| 10. | WeiXubao      | CHN | 1Feb93    | 1:25:58 |
| 11. | Han Jijiang   | CHN | 20Jul93   | 1:26:05 |
| 12. | SuXianzhen    | CHN | 26 Feb 95 | 1:26:49 |
| 13. | Bai Uga       | CHN | 21Jan 98  | 1:27:01 |
| 14. | Zhang Rongjin | CHN | 24 Apr 96 | 1:27:40 |
| 15. | Li Jichao     | CHN | 10 May 96 | 1:28:19 |
| 16. | Wanma Caidan  | CHN | 5Jan 96   | 1:29:16 |
| 17. | GengYudong    | CHN | 13Jun94   | 1:29:23 |
| 18. | YaoBiao       | CHN | 15 Apr 96 | 1:29:47 |
| 19. | ChaJinhong    | CHN | 27 May 97 | 1:30:15 |
| 20. | Zhang Jiayu   | CHN | 28 Sep 97 | 1:31:20 |
| 21. | TongAnqi      | CHN | 29Sep92   | 1:31:31 |
| 22. | Ci Wangduoji  | CHN | 14 Dec 99 | 1:31:52 |
| 23. | TianXu        | CHN | 31Jan 96  | 1:32:16 |
| 24. | GaSang        | CHN | 9 Jun97   | 1:34:07 |
| 25. | Peng Liang    | CHN | 4 Apr 96  | 1:34:19 |
| 26. | Pei Pengfei   | CHN | 28 May 98 | 1:34:39 |
| 27. | FengJun       | CHN | 21 Oct 98 | 1:35:04 |
| 28. | Huang Cheng   | CHN | 8May97    | 1:36:01 |
| 29. | Men Fuqlang   | CHN | 22Jun92   | 1:38:32 |
|     | LiXiaobin     | CHN | 10 Oct 99 | DQ      |
|     | CaiZelin      | CHN | 11Apr91   | DQ      |
|     | Dong Guozhu   | CHN | 2 Aug 92  | DQ      |
|     | Zhang Hang    | CHN | 28 Oct 91 | DNF     |
|     | BaiXuejin     | CHN | 6Jun 87   | DQ      |
|     | Wang Sen      | CHN | 11Jan99   | DNF     |
|     | Zhao Saichao  | CHN | 25Jun97   | DQ      |
|     | BenYahao      | CHN | 20 Apr 97 | DQ      |
|     | LuoYadong     | CHN | 15 Jan 92 | DQ      |
|     | XuJie         | CHN | 1Jan 93   | DQ      |

U20 10km walks also contested – full results and photos in [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2903](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2903). Reda more at [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2901](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2901). The Chinese National Games 50km walks will be contested on Friday 7<sup>th</sup> September.

#### ATHLETICS NZ ROADWALK CHAMPIONSHIPS, CHRISTCHURCH, SATURDAY 2 SEPTEMBER

David Lonsdale reports on the NZ Roadwalk Championships which we held last Sunday in Christchurch

I must be getting old. I thought a few of our walkers were very brave racing with no thermal tops in the coldest part of the day last Saturday. At 6C with a southerly wind and showers, walking fast and finishing as quick as possible was a good idea which a few tried to do. Unfortunately the judges were out there for the duration. But despite the weather it was a good set of races.

With five and ten kilometre races combined, Jamie Shaw set a fast pace early but was caught and passed by Jonathon Lord. Laura Langley closed on Jonathon for a while. In the Women U18, the competition between Alice Ritchie and Laura Kehely was interesting but never really close. Both set good times in the conditions. Congratulations to the competitors and thanks to the Canterbury officials for organising the event.

The Sin Bin was in operation but it was not managed very well. A shortage of experienced officials hampered its use and resulted in one walker being directed into the Bin when she only had two red cards and one who should have been who missed out. Both walkers had their finishing times adjusted so there was no permanent damage. But making sweaty athletes stand in the Bin on a bitterly cold day in a strong southerly wind without any blanket! Not a good idea.

|             |   |                  |                     |         |   |                |            |       |
|-------------|---|------------------|---------------------|---------|---|----------------|------------|-------|
| Women U18   | 1 | Alice Ritchie    | Canterbury          | 30:25   | 2 | Laura Kehely   | Taranaki   | 30:49 |
| Men U18     | 1 | Alexander Brown  | Otago               | 27:18   |   |                |            |       |
| Men U20     | 1 | Jamie Shaw       | Tasman              | 24:49   | 2 | Daniel Chai    | Auckland   | 33:08 |
| Women       | 1 | Laura Langley    | Hawkes Bay Gisborne | 50:25   | 2 | Rozie Robinson | Canterbury | 53:05 |
| Women 45-49 | 1 | Arlene Wong-Tung | Wellington Scott    | 1:13:54 |   |                |            |       |



|             |   |                   |                  |         |   |                              |
|-------------|---|-------------------|------------------|---------|---|------------------------------|
| Women 55-59 | 1 | Terri Grimmer     | Wellington       | 1:08:27 |   |                              |
| Women 70-74 | 1 | Jacqueline Wilson | Trentham United  | 1:06:19 |   |                              |
| Women 75-99 | - | Daphne Jones      | Wellington Scott | DQ      |   |                              |
| Men 21      | 1 | Jonathon Lord     | Canterbury       | 49:03   | 2 | Lyndon Hohaia Auckland 55:50 |
| Men 45-49   | 1 | David Smyth       | International    | 1:04:56 |   |                              |
| Men 55-59   | 1 | Rodney Gillum     | Taranaki         | 1:02:44 |   |                              |



Front row: David Smyth, Jacqueline Wilson, Rozie Robinson, Jonathon Lord, Lyndon Hohaia, Daniel Chai, Alex Browne Jamie Shaw  
Back row: Laura Langley, Rod Gillum, Alice Ritchie, Laura Kehely, Terri Grimmer, Arlene Wong-Tung, Daphne Jones

#### FINNKAMPEN 2017, OLYMPIC STADIUM, STOCKHOLM, 2-3 SEPTEMBER

Finnkampen, is a yearly athletics international competition held since 1925 between Finland and Sweden. This year it was held on the weekend of 2-3 September in Stockholm, with the 2 walks being held together on Saturday. Finland took the honours in the walks with 25 points to Sweden's 19 (its sixth win in a row) but Sweden ultimately dominated both senior team competitions, winning the men's contest with 216 points to Finland's 188, and the women's contest with 232.5 points to Finland's 177.5.

In the men's race, **Perseus Karlström** was the favorite to win his fifth straight victory in the men's 10,000m walk and he was soon in front and on record pace. With splits of 19:32 and 19:25, he stopped the clock in a new Swedish record of 38:57.45, beating Stefan Johansson's 1995 time of 39:02.1. **Jarkko Kinnunen** took second in his tenth Finnkamp (40:43.56) and **Anders Hansson** came through to finish third with 42:47.86.

**Elisa Neuvonen**, who was second last year, won the women's 5000m with a PB 22:51.75 ahead of **Tiia Kuikka** (PB 23:21.83) and Monica Svensson (15<sup>th</sup> Finnkampen 23:40.71) **Siw Karlström** came fifth, beating Heather Carr's W60 World Record with her time of 25:56.35. Article at <http://www.expressen.se/sport/fridrott/siv-60-slog-nytt-varldsrekord-i-gang>. Siw, who is now 60 years old and the mother of Perseus, was the 1986 European 10km race walk bronze medallist so has pretty good credentials!

Good report and photos in [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2902](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2902).

#### 10km Walk Men (SWE - FIN 12 - 10)

|    |                     |     |          |       |
|----|---------------------|-----|----------|-------|
| 1. | Perseus Karlström   | SWE | 38:57.45 | MR NR |
| 2. | Jarkko Kinnunen     | FIN | 40:43.56 |       |
| 3. | Anders Hansson      | SWE | 42:47.86 |       |
| 4. | Aleksi Ojala        | FIN | 43:15.11 |       |
| 5. | Veli-Matti Partanen | FIN | 45:33.49 |       |
| 6. | Christer Svensson   | SWE | 48:03.15 |       |

**5km Walk Women (SWE - FIN 7 - 15)**

|    |                 |     |          |
|----|-----------------|-----|----------|
| 1. | Elisa Neuvonen  | FIN | 22:51.75 |
| 2. | Tiia Kuikka     | FIN | 23:21.83 |
| 3. | Monica Svensson | SWE | 23:40.71 |
| 4. | Venla Laiho     | FIN | 24:09.38 |
| 5. | Siw Karlström   | SWE | 25:56.35 |
| 6. | Julia Ibrahim   | SWE | 29:34.67 |



*Lrft: Perseus celebrates his new Swedish 10,000m Walk record  
Right: Perseus is congratulated by his mother Siw*

|   |
|---|
| <b>SLOVAK CLUB CHAMPIONSHIPS, TRNAVA, SLOVAKIA, TUESDAY 29 AUGUST</b> |
|---|

Great walk by **Maria Czakova** (PB 22:04.00) in the the fourth and final meet of the Slovak Club Championships last Tuesday evening. **Dusan Majdan** won the men's 5000m walk with 21:13.32.

**Men 5000m Race Walk**

|    |                 |     |    |          |
|----|-----------------|-----|----|----------|
| 1. | Dušan MAJDAN    | SVK | 87 | 21:13.32 |
| 2. | Michal MORVAY   | SVK | 96 | 22:41.73 |
| 3. | Lubomir KUBIŠ   | SVK | 01 | 23:13.00 |
| 4. | Zdeno MEDERA    | SVK | 75 | 23:59.99 |
| 5. | Alan HAMZIC     | SVK | 00 | 24:59.16 |
| 6. | Peter TICHÝ     | SVK | 69 | 25:22.31 |
|    | Daniel KOVÁČ    | SVK | 01 | DQ       |
|    | Milan RÍZEK     | SVK | 78 | DQ       |
|    | Alexandr MALYSA | CZE | 97 | DNF      |

**Women 5000m Race Walk**

|    |                  |     |    |          |
|----|------------------|-----|----|----------|
| 1. | Mária CZÁKOVÁ    | SVK | 88 | 22:04.00 |
| 2. | Monika HORNÁKOVÁ | SVK | 95 | 24:43.52 |
| 3. | Ema HACUNDOVÁ    | SVK | 99 | 25:09.43 |
| 4. | Klaudia ŽÁRSKA   | SVK | 99 | 26:16.69 |
|    | Lucia CUBANOVÁ   | SVK | 95 | DNF      |
|    | Sabina BOCKOVÁ   | CZE | 01 | DNF      |

|   |
|---|
| <b>HUNGARIAN SUPER LEAGUE, BUDAPEST, HUNGARY, 2-3 SEPTEMBER</b> |
|---|

**Viktoria Madarasz** was the standout walker in the Hungarian Super League 10,000m walk last Saturday, setting a new Hungarian record with her time of 42:56,74.

**Men's 10,000m Race Walk**

|    |                  |     |    |          |
|----|------------------|-----|----|----------|
| 1. | Bence VENYERCSÁN | HUN | 96 | 42:19.91 |
| 2. | Dávid TOKODI     | HUN | 91 | 43:56.80 |

|    |                |     |    |          |
|----|----------------|-----|----|----------|
| 3. | Miklós SRP     | HUN | 93 | 44:50.67 |
| 4. | Soma KOVÁCS    | HUN | 97 | 45:00.59 |
| 5. | Tomasz BAGDÁNY | HUN | 95 | 45:20.74 |
| 6. | Donát BURGER   | HUN | 97 | 47:25.62 |
| 7. | Dávid VARGA    | HUN | 01 | 51:22.38 |
| 8. | Vencel GÁL     | HUN | 01 | 52:10.57 |

#### Women's 10,000m Race Walk

|    |                   |     |    |          |
|----|-------------------|-----|----|----------|
| 1. | Viktória MADARÁSZ | HUN | 85 | 42:56.74 |
| 2. | Barbara KOVÁCS    | HUN | 93 | 47:18.36 |
| 3. | Rita RÉCSEI       | HUN | 96 | 49:14.59 |
| 4. | Dóra CSÖRGO       | HUN | 01 | 54:27.10 |
| 5. | Tamásné BODORKÓS  | HUN | 67 | 54:31.70 |
|    | Anett TORMA       | HUN | 84 | DQ       |
|    | Kata TATAY        | HUN | 99 | DQ       |

#### Men's U16 5000m Race Walk

|    |                    |     |    |          |
|----|--------------------|-----|----|----------|
| 1. | Máté VARGA         | HUN | 02 | 23:48.65 |
| 2. | Sándor BABUS       | HUN | 04 | 25:10.26 |
| 3. | Tamás KONCZVALD    | HUN | 04 | 27:30.35 |
| 4. | Bálint SZENTMARJAI | HUN | 03 | 27:41.76 |
| 5. | Leon BÁNK          | HUN | 03 | 28:43.68 |
|    | Levente GONDA      | HUN | 03 | DQ       |

#### Women's U16 3000m Race Walk

|    |                  |     |    |          |
|----|------------------|-----|----|----------|
| 1. | Petra ZAHORÁN    | HUN | 02 | 15:31.09 |
| 2. | Tiziana SPILLER  | HUN | 03 | 15:47.63 |
| 3. | Katalin TÓTH     | HUN | 02 | 16:16.64 |
| 4. | Orsolya EGYED    | HUN | 02 | 17:38.43 |
| 5. | Elizabet KOCSI   | HUN | 02 | 17:55.38 |
| 6. | Bernadett RÉPÁSI | HUN | 02 | 18:08.18 |
| 7. | Boglárka MOLNÁR  | HUN | 03 | 18:09.29 |
| 8. | Dorottya TAMÁS   | HUN | 03 | 18:19.76 |



*Viktoria Madarasz sets a new Hungarian 10,000m track walk record last weekend*

#### OUT AND ABOUT

- RWA President **Bob Cruise** has put his second RWA newsletter since taking over the reins in May. Download it and read at <http://www.rwa.org.au/wp/news-and-downloads/rwa-news-letters-2017/>.
- The Commonwealth Games Organizing Committee has now announced certain key positions in readiness for next April's 2018 Commonwealth Games in Queensland. See full list at <http://athletics.com.au/Portals/56/2018%20Commonwealth%20Games%20Officials%20Appointments%20docx.pdf>.

- Congratulations to our international race walking judges, **Zoe Eastwood-Bryson** (Chief Judge) and **Kirsten Crocker** (Assistant Chief Judge), on their appointments to the Commonwealth Games Race Walking Judging Panel. The rest of the judging panel reads as follows: **Daniel Michaud (CAN)**, **Steve Taylor (IOM)**, **Khoo Chong Beng (MAS)**, **Govindaraju (SIN)**, **Joseph Ochieng (KEN)**, **Kathryn Fraser (NZL)**
- It is also pleasing to note that a number of others who have/are involved in race walking have also been appointed. Congratulations to **Suzanne Callaway**, **Ellen and Denis Coker**, **Rosemary Coleman**, **Diane Lowden**, **Carmen Sims**, **Lisa Colquhoun**, **Marion Buchanan** and **Lorraine Morgan** on their appointments. My apologies if I have missed anyone.
- A drugstore in Ethiopia that was selling banned substances to athletes across the road from the country's main track stadium has been shut down pending an investigation, anti-doping authorities said Tuesday. Ethiopia's Anti-Doping Office confirmed that the pharmacy was offering the blood-boosting substance EPO after a preliminary investigation. Of course, the Ethiopian Athletics Federation initially dismissed the allegations by The Guardian and ARD as "vague and unsubstantiated." It is fair to say that they have not yet come to grips with the huge drugs problems in Ethiopia. See [http://www.nzherald.co.nz/athletics/news/article.cfm?c\\_id=19&objectid=11913650&ref=rss](http://www.nzherald.co.nz/athletics/news/article.cfm?c_id=19&objectid=11913650&ref=rss). It also gets the treatment from German Sports channel ARD who first broke the story – see <http://www.sportschau.de/doping/geheimsache-doping-english-version-100.html>.
- London 20km walk bronze medallist **Kai Kobayashi** tests himself out against a mascot riding a bike. See [https://twitter.com/ptv\\_lite/status/902822166206365696](https://twitter.com/ptv_lite/status/902822166206365696). Of course it's not as good as the classic Jefferson Perez vs Samurais - see <https://www.youtube.com/watch?v=zP7umBNRxnw>.
- Athletics Australia and the Australian Track and Field Coaches Association (ATFCA) last week signed a memorandum of understanding that aims to bring that esteemed coaching organization in from the cold. I don't like to be critical but it is hard to understand what AA was up to when it effectively tried to kill off ATFCA some years ago. There is an old saying "if it ain't broke, don't try to fix it". Happily AA has finally seen the light. See <http://athletics.com.au/News/aa-atfca-sign-mou>.
- Last Tuesday, the results of a WADA commissioned study were finally published - over 30 percent of athletes who competed at the 2011 world championships admitted to having used banned substances in the past. The study's release had been delayed for years as the researchers wrangled with the World Anti-Doping Agency (WADA) and the international association of athletics federations (IAAF) over how it was to be published, researchers said. News published, it confirms that only a small percentage of drugs cheats are ever caught. With modern drug evasion techniques like micro dosing, the figures are probably not all that different nowadays. See <http://en.omriyadat.com/european-athletics/report-level-drug-athletics>. WADA experts are now going to meet to study the findings (6 years later!). See [http://www.nzherald.co.nz/athletics/news/article.cfm?c\\_id=19&objectid=11914248&ref=rss](http://www.nzherald.co.nz/athletics/news/article.cfm?c_id=19&objectid=11914248&ref=rss).
- The fight against drugs in sport goes on. A study led by researchers from Macquarie University has unveiled another way to detect whether a person has taken human growth hormone (GH), by tracking protein levels. See [https://www.clearinghouseforsport.gov.au/\\_data/assets/pdf\\_file/0010/774028/242U1500.PDF](https://www.clearinghouseforsport.gov.au/_data/assets/pdf_file/0010/774028/242U1500.PDF).

#### MARCIALMONDO AND OMARCHADOR ROUNDUP

Marcialmondo has 8 press releases this week

- Mon 4 Sep - Chinese National Games teams wins to Henan (women) e Shandong (men)  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2903](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2903)
- Sat 2 Sep - Perseus Karlstrom sets new Swedish 10,000m record in Finnkampen  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2902](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2902)
- Sun 3 Sep - Yang Jiayu and Wang Kaihua win 20km walks in Chinese National Games  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2901](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2901)
- Fri 1 Sep - Preview of Chinese National Games in Tianjin  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2900](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2900)
- Thu 31 Aug - Russian walker Svetlana Vasilyeva gets four year banned for biological passport abnormality  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2899](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2899)
- Thu 31 Aug - Antonella Palmisano and Francesco Fortunato to race in Trieste on September 10  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2898](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2898)
- Wed 30 Aug - 30 years since the IAAF World Championships in Rome  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2897](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2897)
- Tue 29 Aug - Toshikazu Yamanishi wins World University Games four years after winning World Youth

[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2896](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2896)

and Omarchador has 13 press releases

- Mon 4 Sep - Henan Province women's team wins Chinese National Games in Tianjin  
<http://omarchador.blogspot.com.au/2017/09/provincia-de-henan-vence-coletivamente.html>
- Mon 4 Sep - Karlström and Neuvonen victorious at Finnkampen 2017  
<http://omarchador.blogspot.com.au/2017/09/karlstrom-e-neuvonen-vitoriosos-no.html>
- Sun 3 Sep - Kaihua Wang triumphs over 20km in Tianjin  
<http://omarchador.blogspot.com.au/2017/09/kaihua-wang-triunfa-nos-20-km.html>
- Sun 3 Sep - Jiayu Yang wins 20km in China National Games  
<http://omarchador.blogspot.com.au/2017/09/jiayu-yang-vence-20-km-dos-jogos.html>
- Sun 3 Sep - Results of English U17 and U15 Championship walks  
<http://omarchador.blogspot.com.au/2017/09/resultados-da-marcha-nos-campeonatos.html>
- Sat 2 Sep - Haukenes and Helgheim win Norwegian titles in Sandnes  
<http://omarchador.blogspot.com.au/2017/09/haukenes-e-helgheim-com-titulos.html>
- Sat 2 Sep - China's National Games kick off in Tianjin  
<http://omarchador.blogspot.com.au/2017/09/jogos-nacionais-da-china-arrancam-em.html>
- Fri 1 Sep - Liesting wins Dutch 20 km in Tilburg  
<http://omarchador.blogspot.com.au/2017/09/liesting-sagrou-se-campeao-da-holanda.html>
- Fri 1 Sep - Results of final round of Slovak Club Championships  
<http://omarchador.blogspot.com.au/2017/09/a-marcha-na-liga-de-clubes-de-atletismo.html>
- Thu 31 Aug - Results of U18 and U23 National Games walks in Ecuador  
<http://omarchador.blogspot.com.au/2017/08/jogos-desportivos-nacionais-do-equador.html>
- Thu 31 Aug - Michael Hosking and Claire Tallent win Australian 20 Championships in Wollongong  
<http://omarchador.blogspot.com.au/2017/08/michael-hosking-e-claire-tallent-venchem.html>
- Wed 30 Aug - Russian walker Doping: Svetlana Vasilyeva punished with 4 years ban  
<http://omarchador.blogspot.com.au/2017/08/doping-svetlana-vasilyeva-punida-com-4.html>
- Tue 29 Aug - Sikora and Virbalyte win 10km walks at the Gdansk March Festival  
<http://omarchador.blogspot.com.au/2017/08/sikora-e-virbalyte-venchem-10-km-no.html>

#### MORE ON DRUGS IN SPORTS

Western Australian walker Daniel Lowe responds to last week's article on sporting supplements, and adds further information. Thanks Daniel!

I read with interest your article regarding the risks associated with taking supplements.

I've been meaning to write to you in the hope that you could also issue a warning on the dangers of social media advertising in relation to SARMs (Selective Androgen Receptor Modulators). Lately I've been seeing advertisements in my Facebook news feed promoting SARMs. I didn't know what they were until I did a bit of my own research online. It didn't take long for me to become alarmed by what I learned.

SARMs are promoted as having the benefits of steroids or prohormones without the side effects (which is untrue). One of the products being sold under the SARMs banner that caught my attention is the "fat burner" known as GW501516 or "Cardarine". It's also known as Endurobol. If that rings alarm bells, it's probably because it's the same substance that Russian, Elena Lashmanova, tested positive to and was subsequently banned for taking. Or it could be because WADA took the rare and unprecedented step in 2013 of warning cheats about the dangers associated with using GW501516. You can read WADA's alert here.

From what I can gather, GlaxoSmithKline abandoned research into GW501516 as a developmental drug during pre-clinical trials in 2007 when it was found to cause cancer to develop rapidly in several organs in rodents. Those promoting these products would have you believe that the rodents were administered outrageously high doses, well above what is recommended for humans but this is misleading. One of the reasons rodents are used in medical testing is because their genetic, biological and behaviour characteristics closely resemble those of humans, and many symptoms of human conditions

can be replicated in mice and rats. However, rodents eliminate drugs from their bodies much faster than humans, so they have to receive higher doses to see the same effects. Frankly, if a pharmaceutical giant like GSK abandoned research into the drug, that should say something as far as I'm concerned.

Other SARMs are targeted towards bodybuilders and the like. From what little research has been done on SARMs, they are known to suppress natural testosterone production, adversely affect the endocrine system and, like GW501516, there's evidence they can increase the risk of cancer too.

If you can believe it, there are Australian suppliers of these so-called "supplements". Despite the advertising and marketing obviously targeting athletes or anyone with an interest in health and fitness, you will find disclaimers on their websites stating that the products are for research purposes only and not for human use. My posts on one supplier's Facebook page warning athletes about the fact their products are banned by WADA were promptly deleted, showing how little they care about the welfare of the people who might buy their products.

If a weekend masters warrior like me can be targeted by social media advertising in this manner, I'm sure others are likely being targeted by these ads on social media too.

I would just like to reinforce the message you have already delivered. Take supplements at your own risk and do your homework before you consider taking anything!

Kind regards  
Daniel Lowe

### 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), Fawcner 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.

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