



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2017/2018 Number 04
24 October 2017



VRWC Preferred Supplier of Shoes, clothes and sporting accessories.

Address: RUNNERS WORLD, 598 High Street, East Kew, Victoria (Melways 45 G4)
Telephone: 03 9817 3503
Hours: Monday to Friday: 9:30am to 5:30pm
Saturday: 9:00am to 3:00pm
Website: <http://www.runnersworld.com.au>
Facebook: <http://www.facebook.com/pages/Runners-World/235649459888840>

WALKER OF THE WEEK

For the third time in the last 7 weeks, **Gwen Steed** is my pick as Walker of the Week. Walking in the AV Shield competition last Saturday at Nunawading, she recorded a 3000m time of **20:04.5**, bettering her own pending W75 World Record by some 20 secs. There seems no end to Gwen's record breaking form. She just gets faster each time she fronts for a race!



Gwen in action last Wednesday evening at Clifton Hill (photo Terry Swan)

WHAT'S COMING UP

- Next **Saturday 28th October**, **AV Shield Round 4** will be contested. Alas, walks are only to be held in the 3 country venues. Remember, if you are intending to walk in one of the country venues, you must enter online with AV by tomorrow (Wednesday) and then you must check in on the day at least 1 hour before your scheduled event.
 - AV Shield Round 4, La Trobe Uni Aths Track, Bendigo (Program 1) - ?
 - AV Shield Round 4, Llanberris Reserve, Ballarat (Program 1) - 3000m Walk
 - AV Shield Round 4, John Landy Athletic Field, Geelong (Program 1) – 3000m Walk
- Next **Sunday 29th October** sees our first **VRWC road races** for the summer season, with events as follows at **Middle Park**. Note there will be **partial road closures** on Aughtie Drive due to a cycling event. However, it looks like the Canterbury Rd access into the bowling club car park will be unaffected.

Sun 29th October 2017, VRWC Road Races, Middle Park

8.00am	20km, 15km, 10km	Open
9.00am	5km, 3km	Open
9.30am	2km, 1km	Open

- For metropolitan walkers, your **Round 4 walks (3000m and 5000m)** will be held at the **George Knott Athletics Track** in Clifton Hill on the evening of **Wednesday 1st November**. If you are intending to walk there, entries can be made on the night. No pre-entry is necessary.

Wed 1 st November 2017, AV / VRWC Track Races, Clifton Hill		
Venue: George Knott Athletic Field, 143 Heidelberg Rd, Clifton Hill		
6.30pm	VRWC 10,000m,	Open
7.00pm	AV 5000m, AV 3000m	Open
7.30pm	VRWC 1500m	Open

- The following weekend, on 3-5 November, the **Victorian Schools T&F Championships** will be held at Lakeside Stadium in Albert Park. Good luck to all our young walkers. Entries were still open as of today but must close soon – <https://members.athsvic.org.au/events/>.

AV/VRWC TRACK WALKS, GEORGE KNOTT ATHLETICS TRACK, CLIFTON HILL, WEDNESDAY 18 OCTOBER

Round 2 of the AV Shield competition was completed last Wednesday evening, with 5000m and 3000m walks on offer as part of the VRWC meet at the George Knott Athletics Track in Clifton Hill. A good turnout of 44 walkers ensured lots of good racing on a warm Melbourne evening.

The 10,000m walk was first up at 6:30PM, with **Quentin Rew** taking fastest time with 44:33, ahead of junior walkers **Jemima Montag**, **Kyle Swan** and **Bec Henderson**. The 5000m and 3000m walks kicked off at 7PM, with **Adam Garganis** well in control in the 5000m and doing a fine 21:33.6 ahead of **Jason Kozica** (23:29.4). **Stuart Kollmorgen** was quickest in the 3000m with 15:16, ahead of **William Dynes** (15:40). And it was great to see former Australian representative **Frank Bertei** (2002 and 2004 World Cups) walking stylishly in the 5000m (25:55.2).

VRWC 10,000m Walk

1.	Rew, Quentin	M	VRWC	44:33
2.	Montag, Jemima	W	VRWC	48:56
3.	Swan, Kyle	M	VRWC	49:42
4.	Henderson, Rebecca	W	VRWC	53:09
	Howorth, Sandra	W	VRWC	DQ

AV 5000m Walk

1.	Garganis, Adam	M	COLLINGWOOD	21:33.6
2.	Kozica, Jason	M	ST KEVIN'S A	23:29.4
3.	Prasad, Pramesh	M	COLLINGWOOD	24:20.2
4.	Bertei, Frank	W	INVITATIONAL	25:55.2
5.	Jamieson, Andrew	M	OLD SCOTCH C	28:57.8
6.	Van Dongen, Ruper	M	MENTONE ATHL	30:20.5
7.	Samanna, Claire	W	COLLINGWOOD	32:14.9
8.	Elms, Donna-Marie	W	PRESTON ATHL	34:27.3
9.	Barrow, Geoff	M	MENTONE ATHL	35:25.3

AV 3000m Walk

1.	Dynes, William	M	DIAMOND VALL	15:40.0
2.	Beveridge, Heath	M	WESTERN ATHLETICS	16:06.7
3.	Geisler, Sandra	W	RINGWOOD ATH	16:11.9
4.	Hay, Charlotte	W	KNOX ATHLETIC CLUB	16:20.6
5.	Donahoo, Mark	M	ATHLETICS ESSENDON	16:24.5
6.	Smyth, David	M	COLLINGWOOD	16:31.1
7.	Feain, Lachlan	M	KEILOR ST BE	16:59.5
8.	Keirl, Bernie	M	DIAMOND VALL	17:39.1
9.	Rosenbrock, Carol	W	ATHLETICS NU	18:06.7
10.	hay, Angus	M	KNOX ATHLETIC CLUB	18:14.0
11.	Dunstone, Phillip	M	WESTERN ATHLETICS	18:21.2
12.	Anderson, Brian	M	ATHLETICS ESSENDON	18:48.3
13.	Carr, Heather	W	GLENHUNTLY A	18:53.3
14.	Briet, Brianna	W	CASEY CARDIN	19:11.1
15.	Imbriano, Joel	M	ST KEVIN'S A	19:32.9
16.	Murfett, Grant	M	VICTORIAN MA	20:01.0
17.	Riddoch, Clyde	M	ATHLETICS WAVERLEY	20:04.4
18.	Dickenson, Russel	M	VICTORIAN MA	20:22.7
19.	McGougan, Tracy	W	KEILOR ST BE	20:25.9
20.	Steed, Gwen	W	GLENHUNTLY A	20:29.9
21.	Hodgart, Janice	W	WESTERN ATHLETICS	20:31.0

22.	Gardiner, Robert	M	COLLINGWOOD	22:26.3
23.	Parker, Fabienne	W	BRUNSWICK AT	23:52.3
24.	Cashin, Brenda	W	WESTERN ATHLETICS	23:53.7
25.	Sofianos, Gerald	M	ST KEVIN'S A	24:07.2
26.	Rickard, Tess	W	BRUNSWICK AT	24:42.7
	Rickard, Ian	M	BRUNSWICK AT	DNF

VRWC 5000m Walk

1.	Tindal, Pam	W	VRWC	28:07
2.	Feain, Gerard	M	VRWC	32:40

VRWC 3000m Walk

1.	Kollmorgen, Stuart	M	VRWC	15:16
----	--------------------	---	------	-------

Thanks to all our officials and helpers and judges.

Terry Swan has his usual great event photos at <https://www.facebook.com/media/set/?set=oa.10155705569613911>



Frank Bertei, Adam Garganis, Stuart Kollmorgen and Rebecca Henderson (photos Terry Swan)



Quentin Rew, Pramesh Prasad, Jason Kozica, Kyle Swan and Jemima Montag (photos Terry Swan)

ATHLETICS VICTORIA SHIELD COMPETITION ROUND 3, SATURDAY 21 OCTOBER

There were 57 walkers in action across Victoria in Round 3 of the Athletics Victoria Shield competition last Saturday.

AV Shield Round 3, Bill Sewart Aths Track, Nunawading

We saw a big crowd of walkers in action at Nunawading, in what could only be described as perfect walking conditions. **Mark Blackwood** won the 3000m with 13:32.2, ahead of 14 year olds **Will Thompson** (PB 13:38.2) and **Nikola Mandic** (B 13:40.9). **Simone McInnes** was fastest of the women with an impressive 13:45.7. Special mention to **Gwen Steed** who bettered her pending W75 3000m record by a further 20 secs, her time on this occasion being 20:04.5. **Charlotte Hay** was the standout in the 1500m walk, with 7:27.9.

3000m Walk

1.	Blackwood, Mark	M	KNOX ATHLETIC CLUB	13:32.2	
2.	Thompson, Will	M	CASEY CARDIN	13:38.2	PB 0:22
3.	Mandic, Nikola	M	CASEY CARDIN	13:40.9	PB 0:08
4.	McInnes, Simone	W	GLENHUNTLY A	13:45.7	
5.	Prasad, Pramesh	M	COLLINGWOOD	14:03.3	
6.	Bird, Kyle	M	MORNINGTON P	14:59.6	
7.	Geisler, Sandra	W	RINGWOOD ATH	15:51.3	
8.	Galbraith, Jordan	M	DIAMOND VALL	16:04.4	PB 0:27
9.	Muldoon, Wendy	W	ATHLETICS NU	16:46.6	
10.	Smyth, David	M	COLLINGWOOD	17:04.6	
11.	Cocking, Holly	W	ATHLETICS NU	17:09.7	
12.	Erickson, Tim	M	COBURG HARRI	17:12.9	
13.	Van Dongen, Rupert	M	MENTONE ATHL	17:13.9	
14.	Osmand, Kym	W	VICTORIAN MA	17:36.6	
15.	Rosenbrock, Carol	W	ATHLETICS NU	17:46.3	
16.	Bennett, Ralph	M	GLENHUNTLY A	18:06.4	
17.	Reid, Ross	M	COLLINGWOOD	18:18.5	
18.	Carr, Heather	W	GLENHUNTLY A	18:26.8	
19.	Elms, Donna-Marie	W	PRESTON ATHL	18:30.9	
20.	Powierski, Rebeka	W	ATHLETICS NU	18:33.9	
21.	Riddoch, Clyde	M	ATHLETICS WAVERLEY	19:23.6	
22.	Beaumont, Hamish	M	MELBOURNE UN	19:30.6	
23.	McCann, Adam	M	ATHLETICS NU	19:37.5	
24.	Dickenson, Russel	M	VICTORIAN MA	19:40.9	
25.	McLennan, Laura	W	DONCASTER AT	19:56.2	
26.	Steed, Gwen	W	GLENHUNTLY A	20:04.5	W75 World Record
27.	Barrow, Geoff	M	MENTONE ATHL	20:11.4	
28.	Doran, Anthony	M	GLENHUNTLY A	20:39.3	
29.	Dingli, Isabella	W	SANDRINGHAM	20:40.5	
30.	Taylor, Lee	W	YARRA RANGES	20:42.3	
31.	Bowden, Kuniko	W	MENTONE ATHL	21:02.1	
32.	Thompson, Merilyn	W	CASEY CARDIN	22:38.7	
33.	Molnar, Joanne	W	ATHLETICS WAVERLEY	25:18.6	
34.	Worsnop, Christop	M	OLD XAVERIAN	25:48.4	
	Keirl, Bernie	M	DIAMOND VALL	DQ	

1500m Walk

1.	Hay, Charlotte	W	KNOX ATHLETIC CLUB	7:27.9
2.	Briet, Brianna	W	CASEY CARDIN	8:08.3
3.	hay, Angus	M	KNOX ATHLETIC CLUB	8:17.4
4.	McLennan, Liam	M	DONCASTER AT	8:37.4
5.	Imbriano, Joel	M	ST KEVIN'S A	8:40.1
6.	urnbull, Riley	M	RINGWOOD ATH	9:08.9
7.	Dingli, Alannah	W	SANDRINGHAM	9:34.4

The 3 country venues were also in action, with best results from **Jemma Peart** (PB 8:56.63) , **Scott Nelson** (9:35.49), **Heath Beveridge** (PB 9:59.83) and **Arnika Nelson** (PB 10:00.34).

AV Shield Round 3, La Trobe Uni Aths Track, Bendigo

5000m Walk

1.	Barbara Bryant	W63	EAGLEHAWK	30:36.46
	Peter Curtis	M23	SOUTH BENDIGO	DNF

2000m Walk

1.	Harry Roberts	M12	UNATTACHED X	13:17.56
2.	Leah Cripps	W43	BENDIGO UNIVERSITY	14:14.42
3.	John Watson	M67	BENDIGO HARRIERS	15:41.97
4.	Wendy Ennor	W60	EAGLEHAWK	16:46.83

AV Shield Round 3, Llanberris Reserve, Ballarat**2000m Walk**

1.	Peart, Jemma	W	BALLARAT YCW	8:56.63	PB 0:27
----	--------------	---	--------------	---------	---------

AV Shield Round 3, John Landy Athletic Field, Geelong**2000m Walk**

1.	Nelson, Scott	M	WYNDHAM TRAC	9:35.49	
2.	Beveridge, Heath	M	WESTERN ATHLETICS	9:59.83	PB 0:27
3.	Nelson, Arnika	W	WYNDHAM TRAC	10:00.34	PB 0:11
4.	Leamer, Jordyn	W	CORIO ATHLETIC CLUB	11:53.79	
5.	Mirarchi, Nichola	M	CORIO ATHLETIC CLUB	12:17.86	
6.	Hodgart, Janice	W	WESTERN ATHLETICS	13:06.64	
7.	Walker, Charli	W	BELLARINE AT	13:08.46	
8.	Heikkila-Dubowik,	W	CORIO ATHLETIC CLUB	13:22.38	

STATE SECONDARY SCHOOLS T&F CHAMPIONSHIPS, ALBERT PARK, MONDAY 23 OCTOBER

The annual State Secondary Schools T&F Championships usually produce very competitive walks and this year was no exception. Walk of the meet to **Rebecca Henderson** who won the Senior Girls 1500m in a meet record of 6:27.79 (just under Kellie Wapshott's 1995 record time of 6:28.50). Wins also to **Alanna Peart** (6:51.66), **Nikola Mandic** (7:12.48) and **Kyle Swan** (6:26.77). Full results at <http://www.ssv.vic.edu.au/state/Documents/state%20secondary%20track%20and%20field%20results%202017.pdf>.

Girls 12-15 Years 1500m Walk

Record: 6:39.80 Kelly Wapshott Fairhills 1995

1.	Alanna Peart	Ballarat HS	6:51.66	PB 0:02
2.	Chloe Karagiorgos	Wantirna C	7:09.13	
3.	Jasmine Hass	Ringwood SC	7:23.70	
4.	Hayley Woolfe	Berwick SC	7:55.96	
5.	Brianna De La Saussaye	Berwick SC	7:57.95	
6.	Charlotte Holmes	St Helena SC	8:00.26	
7.	Carissa Brook	Catholic College Bendigo	8:11.67	
8.	grace young	Northcote HS	8:24.08	
9.	Amaliya Taylor	Bellarine SC	8:26.83	
10.	Anika Jones	Ballarat HS	8:50.39	
11.	Jessie Tolson	Maryborough Education C.	9:47.99	
12.	Clio Waldegrave	Knig Wodonga Myc	10:21.85	

Boys 12-15 Years 1500m Walk

Record: 5:58:20 Nathan Brill Rosebud 2011

1.	Nikola Mandic	Nossal SC	7:12.48
2.	Angus Hay	Brentwood SC	7:53.68
3.	Geromi Tucker	Mullauna SC	8:24.52
4.	Brady Ferguson	Grovedale C	8:35.25
5.	lorne waldron	Greensborough C	8:53.01
6.	Jayden Day	Crusoe College	9:00.97
7.	Michael Pupko	McKinnon SC	9:08.03
8.	Jack Warelow	North Geelong SC	9:27.67
9.	patrick Reichenbach	Montmorency SC	10:19.64
	Keelan Perry	Marian College Ararat	DQ

Girls 16-20 Years 1500m Walk

Record: 6:28.50 Kellie Wapshott Fairhills 1998

1.	Rebecca Henderson	Berwick SC	6:27.79	Record, PB 0:17
2.	Bree Ferguson	Grovedale C	8:22.58	
3.	Jessica Lillie	Rowville SC	8:46.33	
4.	Lee Taylor	Lilydale HS	9:53.16	
	Isabella Deutsch	Melbourne GC	DNF	
	Jemma Peart	Ballarat HS	DQ	
	Sophia Tozsa	Fitzroy HS	DQ	

Boys 16-20 Years 1500m Walk

Record: 5:38.80 Dion Russell Balwyn 1992

1.	Kyle Swan	Melbourne HS	6:26.77
2.	Hayden Walmsley	Rowville SC	7:00.71
3.	Brenton O'Brien	Wanganui Park SC	7:59.87
4.	Tim O'Brien	Norwood SC	8:15.81
5.	Sam Kristensen	McKinnon SC	10:36.68
	Noah Shute	Fitzroy HS	DQ

SAMA TRACK WALKS, SA ATHLETICS STADIUM, MILE END, ADELAIDE, WEDNESDAY 18 OCTOBER

Thanks to Colin Hainsworth for this week's results from the South Australian Masters in Adelaide. **George White** (M72) was the pick of the walkers with 8:01 (1500m) and 18:00 (3000m).

1000m Handicap

1.	Ross Hill-Brown	07:54	M62	54.16%
2.	Margaret McIntosh	08:01	W64	58.58%
3.	George White	05:30	M72	87.17%
4.	Valmai Padget	07:44	W73	67.67%
5.	Gil McIntosh	06:21	M67	71.12%
6.	David Robertson	08:26	M84	67.53%
7.	Graham Harrison	07:28	M74	65.88%
8.	Marie Maxted	05:45	W57	76.26%
9.	Roger Lowe	07:54	M74	62.27%

3000m Handicap

1.	Valmai Padget	24:11	W73	70.31%
2.	Graham Harrison	22:43	M74	68.18%
3.	Gil McIntosh	20:34	M67	69.08%
4.	Margaret McIntosh	25:12	W64	59.72%
5.	George White	18:00	M72	83.83%
6.	Marie Maxted	20:58	W57	66.43%
7.	Colin Hainsworth	28:03	M87	67.6%
8.	Ross Hill-Brown	24:08	M62	55.76%

QMA T&F MEET, QSAC, BRISBANE, WEDNESDAY 18 OCTOBER

One result from Queensland this week.

10,000m Walk

1.	Ignacio Jimenez	M52	Brisbane	51:12.17	82.34%
2.	Peter Bennett	M61	SC & Nthn	57:54.57	79.55%
3.	Noela McKinven	W75	Brisbane	1:25:32.86	76.05%

ACTRWC TRACK WALKS, WODEN ATHLETICS TRACK, WODEN, ACT, THURSDAY 19 OCTOBER

Thanks to Robin Whyte for the latest results from Canberra. **Tim Fraser** (6:05) and **Mitchell Baker** (6:09) were in great form.

1500m Walk

1.	Tim Fraser	6:05
2.	Mitchell Baker	6:09
3.	Callum Burns	6:31
4.	Hannah Manning	7:25
5.	Laura Burns	7:26
6.	Ann Staunton-Jugovic	7:52
7.	Robin Whyte	9:32
8.	Harry Baker	9:58
9.	Ella Baker	9:59
10.	Bryan Thomas	10:28
11.	Ruth Baussmann	10:46
12.	Doug Fitzgerald	11:29
13.	Bob Banens	11:48
14.	Margaret McSpadden	12:37
15.	Robert Kennelly	12:55

AACT SUMMER SERIES & SCHOOLS KNOCKOUT, AIS ATHLETICS TRACK, CANBERRA, FRIDAY 20 OCTOBER**3000m Walk**

1.	Elizabeth Henderson	NCG	11:00.0
----	---------------------	-----	---------

1500m Walk

1.	Elizabeth Henderson	NCG	7:43.6
----	---------------------	-----	--------

ATHLETICS TASMANIA INTERCLUB, DOMAIN ATHLETICS TRACK, HOBART, SATURDAY 21 OCTOBER**5000m Walk**

1.	Bayley Campbell	Old Virgilians	26:54.50
2.	Anna Blackwell	Old Virgilians	28:27.23
3.	Ron Foster	Tasmanian Masters	33:06.32
	Randall Old	Virgilians	DNF

SA ALL SCHOOLS T&F CHAMPIONSHIPS, AIS ATHLETICS TRACK, ADELAIDE, 21-22 OCTOBER

To Adelaide for the South Australian All Schools T&F Championships last weekend, with the U14 and U16 3000m walks on Saturday and the U18 5000 walks on Sunday. Best walk by **Joe Cross** (3000m 14:06.32).

U14 Girls 3000m Walk

1.	Kiera Ross	BELA	15:43.98
2.	Kitarni Upton	REYN	16:49.99
3.	Eliza Pelham	BURN	17:21.10

U14 Boys 3000m Walk

1.	Hayden Howard	MERC	20:09.13
2.	Ryan Rivett	GOPS	22:09.54

U16 Girls 3000m Walk

1.	Victoria Upton	SOUT	15:05.51
2.	Olivia Sandery	MERC	16:36.98
3.	Chloe Upton	SOUT	17:18.12
4.	Mia Wilks	PEMB	18:40.95

U16 Boys 3000m Walk

1.	Joe Cross	PEMB	14:06.32
2.	Liam Killick	MARR	16:54.20
3.	Lachlan Bellen	TATA	17:06.60

U18 Girls 5000m Walk

1.	Bethany Cross	SPG	27:14.00
2.	Rhiannon Lovegrove	SALI	28:56.00
3.	Chloe Upton	SOUT	30:32.00

U18 Boys 5000m Walk

1.	Tristan Camilleri	SHC	25:38.00
2.	Alix Harlington*	ST C	27:05.00
3.	Mathew Bruniges	WIRR	29:30.00
4.	Adrian Upton	SOUT	33:23.00

16TH AUSTRALIAN MASTER GAMES, BURNIE, TASMANIA, 21-28 OCTOBER.

The 16th Australian Masters Games (<http://www.australianmastersgames.com/>) is now underway in Burnie, Tasmania, and will run from 21st to 28th October. It is a multi sports games with thousands of our older sports persons in attendance. There are 3 racewalks – 1500m, 3000m and 5000m, with the 3000m walks first up yesterday. You can follow all the athletics action at the live results website at <http://liveresults.tasathletics.org.au/>.

3000m Walks, Monday 23 October

The highlight of the 3000m walks was the performance of NSW walker **Heather Lee**. Competing in the W90 division, she set a W90 world record with her time of 24:56.97. Great article at <http://athletics.com.au/News/world-record-breaker-at-90>. Overall, only a small field but some good performances, apart from Heather.

W45	1	Adams, Diana	W49	Queensland	17:10.29	
W55	1	Weekes, Anne	W55	New South Wales	17:19.34	
	2	Brazendale, Cindy	W59	Tasmania	22:14.52	
	3	Halls, Kerry	W59	Queensland	22:47.44	
W60	1	Payne, Jennifer	W61	Victoria	18:15.88	
W65	1	Leitch, Mary	W68	Victoria	29:35.61	
W75	1	Hall, Penny	W77	Victoria	24:09.89	
W90	1	Lee, Heather	W90	New South Wales	24:56.97	W90 WR
M40	1	Prasad, Pramesh	M43	Victoria	15:07.04	
	2	Ahern, Stephen	M42	Tasmania	17:45.04	
M50	1	McKinnon, Christo	M52	Victoria	20:16.79	
	-	Kaleb, Raphael	M50	Victoria	DQ	
M55	1	Snow, Gary	M58	New South Wales	22:47.65	
M60	1	Wyatt, Peter	M60	Victoria	22:47.52	
M65	1	Prowse, Frank	M65	Victoria	20:13.71	
M70	1	Cockerill, Tom	M72	New Zealand	22:07.91	
	2	Horton, Brian	M70	Tasmania	24:16.43	
M75	1	Barber, Rodger	M79	South Australia	22:58.61	



Record breaker Heather Lee in Burnie yesterday (photo <http://athletics.com.au/News/world-record-breaker-at-90>)

The 5000m walks will be contested today (Tuesday) while the 1500m walks are on Thursday. - reports to follow next week.

USATF OPEN AND MASTERS 30KM CHAMPIONSHIPS, HAUPPAUGE, NY, SUNDAY 22 OCTOBER

The USATF Open and Masters 30km roadwalk championships were held last Sunday in Hauppauge, NY. Ecuadorian walkers **Paola Peres** (a superb 2:24:33) and **Daniel Pintado** (2:12:57) won overall, with the USA titles going to **Erin Taylor-Talcott** (2:59:34, only weeks after a hip operation) and **Nick Christie** (2:21:49). There were also Open 50km, 20km and 10km events on offer. Alas, only one 50km walker, with the win going to **Samir Sabadin** of Brazil with 4:58:00. 20km wins to Ecuadorian **Maritza Guaman** (1:36:17) and **Nick Christie** (1:31:04). I assume that must have been an intermediate 20km time for Nick? Well reported in http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2953.

USATF 30km Championship Women

	Paola Peres	Ecuador	27	2:24:33
	Elianay Pereira	BRAZIL	33	2:42:52
1.	Erin Taylor-Talcott	Shore AC	39	2:59:34
2.	Dorit Attias	WalkUSA	56	4:16:22
	Sherry Watts	CANADA	64	DNF
	Kay Carmines	So. Cal. TC	71	DNF

USATF 30km Championship Men

	Daniel Pintado	Ecuador	22	2:12:57
	Claudio Villanueva	Ecuador	29	2:16:20
1.	Nick Christie	Unattached	26	2:21:49
2.	AJ Gruttadauro	Shore AC	20	2:27:32
3.	John Cody Risch	Q Elite	27	2:29:53
	Allan Segura Medina	COSTA RICA	36	2:48:47
	Samir Sabadin	BRAZIL	36	2:50:04
4.	John Soucheck	Shore AC	52	3:03:47
	Johnny Lizano Montero	COSTA RICA	23	3:04:30
5.	Dave McGovern	World Class	52	3:13:17
6.	Bruce Logan	Park RW	53	3:44:02
7.	Barry Blake	Shore AC	63	3:49:50
	Mauricio Arteaga	Ecuador		DNF
	Vyacheslav	Troskin Park RW		DNF
	Steven Pecinovsky	World Class		DNF

50km Men

1.	Samir Sabadin	Brazil	36	4:58:00
----	---------------	--------	----	---------

20km Women

1.	Maritza Guaman	Ecuador	29	1:36:17
2.	Dalia Oliveras-Claudio	PUERTO RICO	19	1:42:06
3.	Elianay Pereira	BRAZIL	33	1:42:17
4.	Erin Taylor-Talcott	Shore AC	39	1:56:23
5.	Katharine Miale	Marist	20	1:57:17
6.	Kayla Shapiro	WalkUSA	19	2:08:07
7.	Maria Garcia		19	2:12:33
8.	Pansuleta Geer	Shore AC	71	2:47:25
	Chelsea Conway	Shore AC		DNF

20km Men

1.	Nick Christie		26	1:31:04
2.	Andres Fallas Navaro	COSTA RICA	24	1:36:49
3.	Dave McGovern	World Class	52	1:57:56
4.	Edward O'Rourke Iii	New England	56	1:59:38
5.	Dave Talcott	Shore AC	57	2:01:51
6.	Barry Blake	Shore AC	63	2:21:34
	Steven Pecinovsky	World Class	63	DNF
	Michael Korol	World Class	59	DNF

10km Open

1.	Glenda Morejon	Ecuador	17	45:16
----	----------------	---------	----	-------

5km Open

1.	David Hurtado	Ecuador	18	19:29
----	---------------	---------	----	-------

NZ LONG COURSE CHAMPIONSHIPS, TIMARU. NEW ZEALAND, SUNDAY 22 OCTOBER

The NZ Long Course Championships, held on Sunday in Caroline Bay, Timaru, but unfortunately no starters in the 50km. Eight competitors in total faced the starter, two in the U18 championship, **Alex Brown** of Dunedin winning in 59:02 from **Bradyn Popow** of Palmerston North 1:04:03. In the senior women's 20km **Rozie Robinson** withdrew at 15km with breathing problems and in the masters women's 20km **Terri Grimmett** was disqualified. The others who competed were in non-championship events; **Jonathon Lord** 20km 1:54:42, **Alice Ritchie** 5km 30:13, **Kate Ritchie** 2km 15:05 and **Meg Ritchie** 1km 7:36.

U18 Men 10km Championship

1.	Alex Brown	59:02
2.	Bradyn Popow	1:04:03

Open and Masters Women 20km Championship

	Rozie Robinson	DNF
	Terri Grimmett	DQ

20km Non-Championship Walk

1.	Jonathon Lord	1:54:42
----	---------------	---------

5km Non-Championship Walk	
1. Alice Ritche	30:13
2km Non-Championship Walk	
1. Kate Ritchie	15:05
1km Non-Championship Walk	
1. Meg Ritchie	7:36



Bradyn Popow Terri Grimm Alice Kate and Meg Ritchie Rozie Robinson, Alex Brown and Jonathon Lord (photo John Hinton)

UKRAINIAN 50KM CHAMPIONSHIPS, IVANO-FRANKIVSK, UKRAINE, 14-15 OCTOBER

Back a week for the Ukrainian 50km championships which were held as part of their traditional 2 day racewalking meet in Ivano-Frankivsk. Overall, the meet saw around 150 walkers from Ukraine, Serbia, Greece, Portugal, Latvia, Belarus and Moldova.

Day one, which included the Open 20km races, as well as a variety of underage races over shorter distances, was well reported in <http://omarchador.blogspot.com.au/2017/10/o-1-dia-em-ivano-frankivsk-ucrania.html>. To summarise

Wins in the Open 20km races to **Viktor Shumik** (U20 1.28.44) and **Viktoryia Rashchupkina** (U23 1.37.59). 10km male U23/U20/U18 wins to **Oleh Svystun** (42.33), **Yeoryios Tzatzimakis** (Greece 42.21), and **Mikita Kaliada** (Belarus 44.01). Female U23/U20/U18 wins to **Tamara Havrylyuk** (47.46), **Anafasiia Vaitsi** (Greece 51: 43) and **Kiriaki Filtisakou** (Greece 24.18).

Day 2 was dedicated to the 50km and is reported in <http://omarchador.blogspot.com.au/2017/10/os-50-km-no-2-dia-de-ivano-frankivsk.html>. The event was well supported, with 20 walkers (13 men and 7 women) lined up for the 9AM start.

First to the women's 50km, where **Khrystyna Yudkina**, from Ivano-Frankivsk, took charge after 36 km and went on to win with an excellent **4.32.14** (splits of 55.00, 53.17, 53.31, 53.32 and 56.54). **Kseniya Radko** (4:34:49) and **Vasylyna Vitovshchyk** (4:37.55) also broke the 4:40 mark, while fourth placed Serbian **Duřica Topic** (4.41.55) was not far behind.

In the men's race, the national title was won by **Andriy Hrechkovskyy** with 4.01.14 (very even splits of 2.00.43 and 2.00.30). **Ihor Saharuk** (4.01.58) was just 45 secs behind in second, while third went to **Valeriy Litanyuk** (4.03.55).

50km men

1.	Andriy HRECHKOVSKIY	UKR	93	4:01:14
2.	Ihor SAKHARUK	UKR	88	4:01:58
3.	Valeriy LITANYUK	UKR	94	4:03:55
4.	Volodymyr HONTZOVSKIY	UKR	91	4:10:59
5.	Anton RADKO	UKR	95	4:11:41
6.	Oleksiy SHELEST	UKR	73	4:17:38
7.	Serhiy SUSIK	UKR	88	4:25:52
8.	Denys UAROSLEVSKYY	UKR	96	5:59.47

50km Women

1.	Khrystyna YUDKINA	UKR	84	4:32:14
2.	Kseniya RADKO	UKR	94	4:34:49
3.	Vasylyna VITOVSHCHYK	UKR	90	4:37:55
4.	Dušica TOPIC	SRB	82	4:41:55
5.	Viktoriya PCHELINTSEVA	UKR	97	5:00:37
6.	Yuliya KUSHKA	UKR	97	5:45:38



Ukrainian 50km medallists Khrystyna Yudkina Kseniya Radko and Vasylyna Vitovshchik (photo www.marciadalmondo.com)

56TH ALL JAPAN 50KM CHAMPIONSHIP, TAKAHATA, JAPAN, SUNDAY 22 OCTOBER

Last Sunday saw the 56th edition of the All Japan Race Walking Championships in Takahata. Conditions were reported by marciadalmondo (http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2951) as good, with intermittent rain and a temperature around 15°-16°C. The main event, the 50km national championship, which was also the trial for the 2018 Asian Games in Jakarta, got underway right on 8AM.

After sharing the lead with **Yuki Ito** until the half way mark, the win went to relative newcomer **Hayato Katuki**. Born 1990, he has been racing the 50km for only 3 years and won in a PB time of 3:48:36. His four 50km finishes thus far make for impressive reading, with each faster than the one before.

25.10.2015	Takahata 50km Race Walk National Ch.	JPN	4.	3:59:03
23.10.2016	Takahata 50km Race Walk National Ch.	JPN	2.	3:53:41
16.04.2017	Wajima Japanese 50km Race Walking Ch.	JPN	3.	3:49:49
22.10.2017	Takahata 50km Race Walk National Ch.	JPN	1.	3:48:36

Ito hung on to finish second with a PB 3:56:34 while third place went to **Shuuto Gotoh** with 4:01:32. Of the 30 walkers who started, 27 finished.

Victory to **Kaori Kawazoe** (1:34:26) in the women's 20km, ahead of **Yuki Yoshizumi** (1:36:11) and **Yukiko Mizoguchi** (1:36:15). 27 of the 28 walkers finished. Victory to **Kouki Ikeda** (1:20:48) in the men's 20km, ahead of **Tomohiro Noda** (1:20:54) and **Shou Sakazaki** (1:23:26). In the U20 10km events, victories to **Tatsuhito Nagayama** (43:39) and **Sayori Matumoto** (48:29).

50km Men

1.	Hayato KATSUKI	JPN	90	3:48:36
2.	Yuki ITO	JPN	92	3:56:34
3.	Shuto GOTO	JPN	94	4:01:32
4.	Ryosuke KAWAGISHI	JPN	96	4:10:40
5.	Takeshi NAKAGAWA	JPN	95	4:14:38
6.	Kosuke SHIOIRI	JPN	97	4:14:59
7.	Seiya WATANABE	JPN	88	4:16:46
8.	Takane SATO	JPN	93	4:17:19
9.	Toru YAMAMOTO	JPN	90	4:18:47
10.	Takeshi OKUMA	JPN	83	4:23:36
11.	Yasumitsu SARAI	JPN		4:23:53

12.	Takahito OTSUBO	JPN	85	4:28:03
13.	Naoya MATSUO	JPN		4:32:05
14.	Katsuya KIMURA	JPN	96	4:33:58
15.	Itaru AOYAGI	JPN	95	4:34:48
16.	Ryota KUROKI	JPN		4:36:31
17.	Tatsuya TANAKA	JPN	90	4:37:14
18.	Hideaki MIYAJIMA	JPN		4:39:46
19.	Hiroyasu TANIGUCHI	JPN	95	4:41:04
20.	Tetsuya OKUNO	JPN	96	4:41:24
21.	Taiga TAKIZAWA	JPN	98	4:44:18
22.	Hiroaki TAKEDA	JPN		4:44:59
23.	Nakagami KAZUYA	JPN		4:47:53
24.	Masahiro YAMAGUCHI	JPN		4:49:04
25.	Kouhei KOWAKI	JPN	96	4:49:24
26.	Kenji YONEDA	JPN		4:53:12
27.	Arata SAITO	JPN		4:54:06
	Ryota WAKABAYASHI	JPN		DQ
	So YOSHIDA	JPN		DNF

Men 20km

1.	Kouki IKEDA	JPN		1:20:48
2.	Tomohiro NODA	JPN	95	1:20:54
3.	Sho SAKAZAKI	JPN		1:23:26
4.	Takahasi KAZUKI	JPN	96	1:24:34
5.	Hironari TOMATSU	JPN	93	1:25:06
6.	Masaya ISHIKAWA	JPN		1:25:25
7.	Dairaku KYOUHEI	JPN	96	1:25:34
8.	Tekuto TERADA	JPN	97	1:26:12
9.	Kouta YAMADA	JPN	94	1:26:28
10.	Ryutaro YAMAMOTO	JPN	98	1:26:29
11.	Yuhsuke NAKA	JPN	98	1:26:52
12.	Yuya SUGANAMI	JPN	95	1:27:06
13.	Satoshi MIURA	JPN	96	1:27:21
14.	Hayato SAKAKIBARA	JPN		1:27:30
15.	Yamato NAKAJIMA	JPN		1:27:44
16.	Ryouta TAKAHASI	JPN		1:28:00
17.	Suzuki TAKUMI	JPN		1:28:08
18.	Yuji OKAHATA	JPN		1:28:17
19.	Yuki KURUMISAWA	JPN	95	1:28:23
20.	Yutaro MURAYAMA	JPN		1:28:49
21.	Hideto NAGAHARA	JPN	97	1:29:08
22.	Riku SHIOYA	JPN		1:29:13
23.	Toshiki UEDA	JPN	98	1:29:20
24.	Man Kit CHIN	HKG	91	1:29:41
25.	Ueda TAKAHIRO	JPN		1:29:44
26.	Yuto OSHIMA	JPN	95	1:29:54
27.	Yuto YANAGISAWA	JPN		1:29:59
28.	Naoto HATSUKARI	JPN		1:31:06
29.	Kawata ATUTO	JPN		1:31:28
30.	Katsuji SUZUKI	JPN		1:31:33

Women 20km

1.	Kaori KAWAZOE	JPN	95	1:34:26
2.	Yuki YOSHIKUNI	JPN	97	1:36:11
3.	Mizoguchi YUKIHO	JPN	97	1:36:15
4.	Serena SONODA	JPN	98	1:37:07
5.	Ai MICHIGUCHI	JPN	88	1:39:04
6.	Shione HONMA	JPN	98	1:39:53
7.	Miyabi KURIHARA	JPN		1:41:06
8.	Nanako NORIMOTO	JPN	99	1:42:00
9.	Chiaki YAMATO	JPN	90	1:42:06
10.	Sae MATSUMOTO	JPN	93	1:43:31
11.	Chisa TODOKORO	JPN	98	1:44:19
12.	Nami KUMAGAI	JPN	96	1:45:04
13.	Sakiha OZAWA	JPN	97	1:45:38
14.	Yokoyama HIRORI	JPN		1:46:02
15.	Chihiro TAKENAKA	JPN		1:46:04
16.	Saiko HAGIWARA	JPN	97	1:46:15

17.	Chiho TAHIRA	JPN		1:47:28
18.	wata NAO	JPN		1:47:56
19.	Kaede YAGIWARA	JPN	96	1:48:38
20.	Yurika OMURA	JPN	96	1:49:25
21.	Sakiko TUBOI	JPN		1:53:10
22.	Megumi MAKITA	JPN		1:54:24
23.	Risa FUJINO	JPN		1:54:27
24.	Soka HASHIKAMI	JPN		1:55:26
25.	Fujita YOSHIKO	JPN		1:59:10
26.	Mie SHINODA	JPN		1:59:12
27.	Hana SHIRAI	JPN		1:59:28
	Chiaki ASADA	JPN	91	DQ

10km U20 Men

1.	Tatsuhiko NAGAYAMA	JAP		43:39
2.	Hyogo GOTO	JAP		45:04
3.	Hiroumi MIDORIKAWA	JAP		45:31
4.	Rintaro YOKOYAMA	JAP		46:32
5.	Toma MIURA	JAP		46:53
6.	Kentarou SHIBATA	JAP		47:12
7.	Seito SUZAKI	JAP		47:30
8.	Tatuaki KAWANO	JAP		48:56

10km U20 Women

1.	Sayori MATUMOTO	JAP		48:29
2.	Keiko ADACHI KAC	JAP		48:49
3.	Riho FUKAMIZU	JAP		49:20
4.	Nanako OTANI	JAP		49:21
5.	Fuka YAJIMA	JAP		50:23
6.	Chiho ASAMIZU	JAP		50:48
7.	Nao TAKENAKA	JAP		51:16
8.	Hikari YOKOYAMA	JAP		52:41



Hayato Katuki and Yuki Ito lead in the Japanese 50km championship (photo www.marciadalmondo.com)

CHALLENGE DES LIGUES, SARAN, FRANCE, SUNDAY 22 OCTOBER

Thanks to Emmanuel Tardi for the results of the Challenge des Ligues youth inter-province meet in Saran, 100km south of Paris, on Sunday. All events were time based, with the races following each other continuously, from 8AM until 3:30PM. Overall, there were 235 starters in 13 different races – wow, that is impressive! Pit lane rules was used in all races. The best result was for junior **David Kuster** who walked 14.242km in one hour. Emmanuel has also sent some pictures of winners, in races where he was not judging. Thanks so much Emmanuel! Below are the top five in each division. Full results at <http://bases.athle.com/asp.net/liste.aspx?frmbase=resultats&frmcode=1&frmspace=0&frmcompetition=197656> .

10 Minutes Walk / BEF 48 finishers – 2 races

1.	PETIT Camille	BEF/05	Efs Reims	1 971 m
2.	FAUCON Thais	BEF/04	Stade Saint-lo	1 937 m
3.	PARMENTIER Tess	BEF/04	Ems Athletisme	1 905 m
4.	MEYER Maylisse	BEF/04	Charleville Mezieres Athlet	1 862 m
5.	MILLE Agathe	BEF/04	Cas Renwez	1 862 m

20 Minutes Walk / MIF 34 finishers – 2 races

1.	VINCENT Ines	MIF/02	Haute Tarentaise	3 834 m
2.	GOGNIES Lou	MIF/03	Efs Reims	3 794 m
3.	RIES Clementine	MIF/02	Aj Blois-onzain	3 740 m
4.	LEFRERE Celina	MIF/02	As Marck	3 738 m
5.	DUCHENE Laurine	MIF/02	Macadam St Vitois	3 669 m

30 Minutes Walk / CAF 35 finishers – 2 races

1.	LEFRESNE Manon	CAF/00	La Vigilante Fougères	5 977 m
2.	ALI Sarah	CAF/01	Vineuil Sports	5 976 m
3.	LAMOUREUX Felicia	CAF/01	Efs Reims	5 964 m
4.	TERREC Maelle	CAF/01	Ac Roche-sur-yon	5 727 m
5.	MOUTARD Camille	CAF/01	Athle 21	5 725 m

1 Hour Walk / JUF 16 finishers

1.	TERREC Eloise	JUF/98	Ac Roche-sur-yon	12 034 m
2.	CELLARD Loanic	JUF/98	Carquefou Ac	11 122 m
3.	LACROIX Sarah	JUF/98	Evian Off Course	10 822 m
4.	LEBRETON Gwennan	JUF/99	Ta Rennes	10 680 m
5.	AMIMOUR Alicia	JUF/99	Haute Tarentaise	10 679 m

1 Hour Walk / ESF 12 finishers

1.	BERETTA Clemence	ESF/97	Athle Vosges Pays Bruyères	12 307 m
2.	NAZE Cecile	ESF/95	Mouy Atac	11 630 m
3.	CASALE Maeva	ESF/97	Ca Balma	11 377 m
4.	BILLA Jeanne	ESF/96	As Caluire Et Cuire	11 193 m
5.	OSMONT Caroline	ESF/96	As Tourlaville	11 083 m

10 Minutes Walk / BEM 22 finishers

1.	DURAND Sven	BEM/04	Paris Uc	2 019 m
2.	FELLAH Clement	BEM/04	Us Valenciennes Athletisme	1 934 m
3.	GAUDRE Martin	BEM/04	Herbauges Athle 44	1 927 m
4.	VAN BUUREN Erwann	BEM/04	Vga Compiègne	1 859 m
5.	CHARBONNIER Theo	BEM/04	Us Bannalec	1 858 m

30 Minutes Walk / MIM 29 finishers

1.	DREVILLE Lucas	MIM/02	Beauvais Oise Union Club	6 231 m
2.	DURAND Dimitri	MIM/02	Paris Uc	6 044 m
3.	PETER Florian	MIM/02	Ca Ambilly	5 951 m
4.	LANDRAS Adrien	MIM/03	Ca Balma	5 931 m
5.	GIMENEZ Mathys	MIM/03	Es Bruges	5 747 m

45 Minutes Walk / CAM 17 finishers

1.	CHAUMETTE Valentin	CAM/00	Froissy Athletic	9 824 m
2.	DUC Matteo	CAM/01	Haute Tarentaise	9 579 m
3.	ROBICHON Alexis	CAM/00	Ac Roche-sur-yon	9 562 m
4.	MADELINE-DEGY Martin	CAM/01	Ecla Albi	9 409 m
5.	SAINT-MARC Adrien	CAM/00	Us Bazas	8 925 m

1 Hour Walk / JUM 11 finishers

1.	KUSTER David	JUM/99	Csl Neuf-brisach	14 242 m
2.	BOURNIER Justin	JUM/99	Dole Ac	13 898 m
3.	LE MEUR Steven	JUM/98	Us Bannalec	12 682 m
4.	HALOUA BOUKHRIS Zineddine (ESP)	JUM/98	Union Perpignan	12 569 m
5.	GRELLIER Hugo	JUM/99	Ac Roche-sur-yon	12 487 m

1 Hour Walk / ESM 11 finishers

1.	MUTTER Axel	ESM/96	Ac Roche-sur-yon	13 271 m
2.	MAYER Florian	ESM/96	Sg La Wantzenau	13 191 m
3.	BAZZO BORTOT Simon	ESM/96	As Raismes	13 027 m
4.	MARTIN Come	ESM/95	Annecy Haute Savoie	12 450 m



Valentin Chaumette, Manon Lefresne, Sarah Ali and Felicia Lamoureux



Justin Bournier, David Kuster, Ines Vincent and Lou Gognie (photos Emmanuel Tardi)

SOUTH AFRICAN 50KM CHAMPIONSHIPS, GEORGE, SOUTH AFRICA, SATURDAY 21 OCTOBER

And now to South Africa for yet another 50km walk, this time the South African 50km championship, which was held in the city of George, along with an Interprovincial competition with 30km, 20km, 10km, 5km, 3km, and 1km distances.

The great performances of two women are highlighted in <http://www.theathlete.co.za/2017/10/21/amazing-93-year-old-breaks-world-record/>. Here is now it reads:

History was made by two pioneering race walkers on Saturday, with resurgent athlete **Natalie le Roux** and 93-year-old **Cecily Rootenberg** breaking new ground with national and world records, respectively, at the ASA National 50km and Interprovincial Race Walking Championships in George.

Le Roux, a former elite walker who returned to the sport three years ago after taking a seven-year break to concentrate on work and family, capped her comeback with an impressive solo victory in the women's 50km event. With the ultra-distance

discipline being the newest championship race introduced by the IAAF, Le Roux took huge strides for SA women's walkers by breaking the five-hour barrier and chopping more than 20 minutes off the national record to win the race in 4:54:33. The KwaZulu-Natal Athletics representative was the only woman to take up the challenge by competing in the long-distance race, securing the SA title.

"The IAAF has opened up the 50km for women, so I wanted to see how it felt and give it a go," Le Roux said. "The plan was to try and go under five hours. The next plan will be to go closer to four-and-a-half hours, but it was a long distance and it's my first race, so I'm really proud of myself and excited to try it again."

Rootenberg, competing for Central Gauteng Athletics (CGA), was equally impressive with her leaning style of walking. She became the first woman in the 90-95 age group to complete an official 20km walking race, taking the interprovincial grandmasters' crown in 3:53:41. Rootenberg was set to apply to the World Masters Athletics organisation to have her performance recognised as a global record.



Natalie le Roux and Cecily Rootenberg in action on Saturday (photos <http://www.theathlete.co.za>)

I was so impressed with the number of competitors in each event, especially in the 20km, 10km and 5km events. The future of racewalking looks good for South Africa. Main results follow. Full results at <http://athletics.org.za/wp-content/uploads/2017/10/ASA-Race-Walking-Champs-Results.xlsx>.

50km Championship

1.	Mthunzi Mnisi	AGN	28	4:36:40	
2.	Pheagane Jeuffr Manamela	CGA	28	4:46:40	
3.	Natalie Le Roux (F)	KZN	35	4:54:33	National Record
4.	Thembile Qhanqiso	KZN	50	5:06:57	

20km Men

1.	Sizwe Ndebele	AGN	23	1:28:07
2.	Mthembi Chauque	AFS	24	1:29:06
3.	Tumisang Pule	AGN	20	1:37:06
4.	Nkosinathi Nmcokazi	CGA	25	1:46:37
5.	Dannyboy Sehemo	AGN	20	1:53:06
6.	Mani Jonguxolo	EPA	23	1:57:16
7.	Chris Britz	AGN	53	1:57:54
8.	Jaap Willemse	AGN	61	2:02:52
9.	Simon Railo	AGN	57	2:05:07
10.	Alain Nemeti	CGA	56	2:05:08
11.	Adam Papier	WPA	55	2:05:48
12.	Blessing Kawai	CGA	49	2:06:21
13.	Danie Labuschagne	AGN	62	2:08:15
14.	Johannes Mashigo	CGA	42	2:10:34
15.	David Ingram	CGA	56	2:10:56
16.	Spencer Jurgen	WPA	77	2:15:55
17.	Stephen Msimango	CGA	54	2:16:56
18.	Kgethisi Benjam Mohlakane	CGA	62	2:22:07

20km Women

1.	Zelda Schultz	AGN	25	1:51:38	
2.	Nthatsi Mokhele	CGA	24	1:59:06	
3.	Elmarie Bezuidenhout	EPA	35	2:00:07	
4.	Assalina Nyathi	CGA	47	2:02:06	
5.	Fundiswa Sandi	WPA	36	2:08:11	
6.	Rhoda Van Staden	AGN	36	2:09:50	
7.	Lucia Willemse	AGN	63	2:12:07	
8.	Pamela James	WPA	60	2:15:02	
9.	Elsa Meyer	AGN	71	2:15:59	
10.	Frieda Blignaut	WPA	67	2:16:32	
11.	Loritha Jacobs	CGA	65	2:16:32	
12.	Tinkie Nortmann	AGN	57	2:19:51	
13.	Erdine Burger	WPA	60	2:20:53	
14.	Anna Starkey	CGA	56	2:23:38	
15.	Joy Sutherland	WPA	57	2:24:39	
16.	Linah Nkosi	CGA	53	2:27:58	
17.	Leta Dos Santos	EPA	53	2:28:01	
18.	Michelle Harding	CGA	53	2:35:05	
19.	Whitney Matsheba	AGN	20	2:36:05	
20.	Elmarie Bienenfell	CGA	47	2:37:44	
21.	Cecily Rootenberg	CGA	92	3:53:41	W90 World Record

10km Men (first 20 of 37 finishers)

1.	Elwich Van Wyk	ASWD	18	48:05	
2.	Kamohelo Polile	CGA	18	48:32	
3.	Xolani Vusi Hlongwane	CGA	19	49:34	
4.	Francois Jacobs	BOL	17	49:51	
5.	Bradley Carelse	ASWD	18	50:39	
6.	Sylvester Kalane	AGN	17	50:41	
7.	Antonio Farmer	ASWD	16	51:44	
8.	Vincent Nhlapo	AGN	16	52:09	
9.	Mzwakhe Kobue	AGN	36	52:27	
10.	Lebeauf Von Benecke	CGA	52	52:52	
11.	Kgosi Ngake	CGA	5	53:16	
12.	Wentsley Merkuur	WPA	17	53:56	
13.	Jan Bester	AGN	58	54:35	
14.	Jabulani Benzane	CGA	19	55:36	
15.	Carl Meyer	CGA	60	56:01	
16.	Karabo Molefe	CGA	34	56:36	
17.	Maxwell Brown	ASWD	19	57:40	
18.	Joseph Appel	AGN	47	59:15	
19.	Johan Van Zyl	WPA	68	1:01:02	
20.	Wayne Scott	CGA	53	1:01:02	

10km Women (first 20 of 31 finishers)

1.	Lesley Van Buuren	CGA	55	57:06	
2.	Lisa Patterson	CGA	35	59:19	
3.	Palesa Mshebe	CGA	19	1:01:16	
4.	Winnie Koekemoer	AGN	67	1:02:46	
5.	Carlyn Adams	WPA	55	1:05:07	
6.	Bronwyn Lendrum	CGA	44	1:05:09	
7.	Jeanine Le Febour	KZNA	52	1:05:17	
8.	Avril Coats	CGA	60	1:06:48	
9.	Julie Gower	CGA	52	1:07:20	
10.	Celeste Ruck	AGN	52	1:07:42	
11.	Liezel Van Wyk	ASWD	19	1:08:19	
12.	Gail Williams	WPA	59	1:08:22	
13.	Jos Els	EPA	65	1:08:52	
14.	Hendricka Pearson	WPA	68	1:09:20	
15.	Esihle Gebe	AGN	19	1:10:02	
16.	Wendy Josephs	WPA	68	1:10:25	
17.	Theresa Van der Merwe	CGA	48	1:10:36	
18.	Hildegard Vey	WPA	76	1:10:52	
19.	Carol-Ann Aver	WPA	71	1:12:20	
20.	Lauren Krog	CGA	48	1:12:22	

5km (first 5 of 24 finishers)

1.	Bheki Mnyamane	AGN	15	25:06
2.	Petrus Van Aarde	ACNW	14	25:19
3.	Ondela Alex Nyivana	CGA	14	25:50
4.	Durando Aweries	ASWD	14	25:57
5.	Sifiso Mtebe	CGA	15	27:20

3km (first 5 of 21 finishers)

1.	Eugene Noordman	ASWD	12	16:29
2.	Shaun-dre Webb	ASWD	12	16:32
3.	Msizi Mlondi Nyembe	CGA	11	16:32
4.	Raymondre Samson	ASWD	12	17:15
5.	Henry Isaacs	ASWD	13	17:28

1km (first 5 of 11 finishers)

1.	Ashton Grootboom	ASWD	9	5:25
2.	Xaveiria Tekana	ASWD	10	5:26
3.	Chikuru Squire	ASWD	9	5:48
4.	Hilliny Witbooi	ASWD	10	6:00
5.	Keysha Swartz	ASWD	9	6:04

AFRICAN CENTURION 2017, ROBBEN ISLAND, CAPE TOWN, SOUTH AFRICA, 21-22 OCTOBER

And staying in South Africa, the second annual African Centurions 100 Mile Walk qualifier proved just as successful as last year's event which saw an inaugural 19 qualifiers. This year's 100 mile walk was held in the same venue, namely Robben Island, Cape Town. The first lap took in 6.8 miles (11km) of Robben Island's incredible scenery, including a sweeping stretch of wild Atlantic coastline. Thereafter, walkers settled into a 4.4-mile (7km) loop that wound through the forested ground and the village housing those who work on the island. Overall, 22 laps were required to complete the 100 miles. Ten walkers were up to the task, led by Isle of Man walkers **Robbie Callister** (2:33:44) and **Andrew Titley** (21:51:24). The 2 IOM finishers were joined by 5 Belgians, 2 South Africans and one Dutch walker. Husband and wife team **Rudi Schoors** 22:57:08 and **Caroline Mestdagh** (22:47:06) each completed their 6th centurion badge, joining Jill Green in that elite group and only 1 badge behind the great Sandra Brown who leads the pack with all 7 possible badges. South Africans **Hilton Murray** (22:58:17) and **Erika Gibson** (22:53:51) got special cheers as they crossed the finish line, becoming local African Centurions. Overall, badges AC20-29 were awarded.

A special note for Australian readers – it was great to see Australian **Geoff Hain** in action. Geoff, who has 5 centurion badges to his credit, returned after some 10 years away from the sport, finishing 10th with 117.5 km.

Rob Robertson has updated his multiple-centurions list at <http://www.walk100miles24hours.com/wp-content/uploads/2017/10/Multi-Centurions-1.pdf>.

For more info, check out <http://africancenturion.com/>. Lots of photos at Photos: <https://www.facebook.com/AfricanCenturionWalk/>.

100 Miles Walk Men

1.	Robbie Callister	IOM/GBR	160.1 km	20:33:40	AC20
2.	Andrew Titley	IOM/GBR	160.1 km	21:51:24	AC21
3.	Kim Janssens	BEL	160.1 km	22:11:52	AC22
4.	Luc Soetewey	BEL	160.1 km	22:22:34	AC23
5.	Rudy Schoors	BEL	160.1 km	22:47:08	AC25
6.	Hilton Murray	RSA	160.1 km	22:58:17	AC26
7.	Nour Addine Ayyoub	BEL	160.1 km	23:44:00	AC28
8.	Thomas Joseph Reyneke	RSA	160.1 km	23:45:55	AC29
9.	David Walker	IOM/GBR	117.5 km	14:42:06	
10.	Geoff Hain	AUS	117.5 km	21:43:56	
11.	Michael Mortley	RSA	110.4 km	21:07:00	
12.	Nathan Sassman	RSA	110.4 km	23:21:37	
13.	Stewart Jones	GBR	103.3 km	15:08:37	
14.	Gerrit Riezebos	NED	89.1 km	12:23:05	
15.	Johannes Hermanus	RSA	89.1 km	23:58:14	
16.	Nicolaas Laubscher	RSA	53.6 km	22:30:19	
17.	Thabiso Nkone	RSA	53.6 km	23:46:36	
18.	Evan Hughes	RSA	46.5 km	6:26:27	

100 Miles Walk Women

1.	Caroline Mestdagh	BEL	160.1 km	22:47:06	AC24
2.	Corina Riezebos-Rijploeg	NED	160.1 km	23:33:37	AC27
3.	Erika Gibson	RSA	124.6 km	22:53:51	
4.	Lee Den Hond	RSA	117.5 km	22:57:26	

5.	Suzannah Corkill	IOM/GBR	110.4 km	17:35:51
6.	Carla Burger	RSA	89.1 km	14:18:41
7.	Allison Horton	RSA	53.6 km	20:41:51
8.	Kathleen Lynch	RSA	53.6 km	23:59:36
9.	Esme Van Deventer	RSA	39.4 km	19:55:57
10.	Aletta Riezebos	NED	32.3 km	6:21:17

Additionally, 4 two-person relay teams and 46 four-person relay teams also completed 100 miles withing the required 24 hours. Now that is impressive. Check out the full results set at http://africancenturion.com/?page_id=696.



Hilton Murray, Rudi Schoors and Caroline Mestdagh, Andrew Titley and Luc Soetewey



Corina Riezebos-Rijploeg, Kim Janssens, Nour Addine Ayyoub and Robbie Callister (photos www.facebook.com)

24 HEURES D'ALBI, ALBI, FRANCE, 21-22 OCTOBER

The 100 Mile walk in Cape Town was not the only long event on offer last weekend. The French city of Albi, some 500m south of Paris, held its annual 24 Hour race which was well supported, with 50 finishers in the 24H run and 7 finishers in the 24H walk. The race was held around the local stadium on a 1.1km lap. Start time was 10AM on Saturday. See website <http://www.albi24h.fr> for more details.

24 Hour Walk

1.	BOYER Michel		V4M/47	151.571 km
2.	MARTY Patrick	Us Carmaux	V2M/65	130.391 km
3.	PIERRE Patrick	Cercle Ath Castelsarrasinois	V3M/48	128.434 km
4.	BOUILLON Philippe		V2M/58	111.154 km
5.	BEN Roger	Umf	V4M/45	107.643 km
6.	OUF Patrick		V2M/58	75.441 km
7.	PORTES Philippe		V2M/67	75.267 km
	KIEFFER Pascal	AJ Montmoreau	V2M/61	63.077 km

OUT AND ABOUT

- BBC Sport imagines what life would be like if we could all hire a record-breaking race walker like **Tom Bosworth** to get stuff done. Fantastic little video. See <http://www.bbc.com/sport/athletics/41637101>.
- Try keeping up with Welsh No.1 **Bethan Davies** who can walk 5km in 21 minutes (her current British record). Owen Morgan met up with her as she strides towards April's Commonwealth Games in Australia. See <http://www.dai-sport.com/meet-bethan-davies-woman-walks-faster-runners-run/>.
- It was announced last Wednesday by the Russian Athletics Federation that race walker **Alexey Bartsaykin** and shot putter Maxim Sidorov have been banned for four years and one year respectively for violating anti-doping rules. Further, coach Valery Volkov has also been given a four-year suspension after he was found to have persuaded an unnamed female athlete to breach anti-doping regulations. See <https://www.insidethegames.biz/articles/1056702/russian-athletes-bartsaykin-and-sidorov-banned-for-violating-anti-doping-rules>.

Bartsaykin has been caught out via biological passport abnormalities and his disqualification starts on July 4, 2017. However, all his results have been canceled from September 9, 2012, and that means that his fourth place finish in the 2014 World Cup 50km is now annulled, moving Australian **Chris Erickson** from 10th to 9th and Kiwi **Quentin Rew** from 12th to 11th. Discussed further in http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2949.

- Another great drugs expose video by German ARD journalist **Hajo Seppelt** - All medals won by Chinese athletes in the 1980s and 1990s should be withdrawn, demands Xue Yinxian. The doctor knows sport in China from the inside, and reports systematic doping. See <http://www.sportschau.de/doping/doping-chinesische-aerztin-fluechtet-102.html>.
- WADA seems to be taking this claim seriously and its independent Intelligence and Investigations (I&I) team is to initiate an investigative process in order to collect and analyze available information in coordination with external partners. See their statement at <https://www.wada-ama.org/en/media/news/2017-10/wada-statement-on-german-television-documentary-alleging-systematic-doping-in>.
- Russia wanted to use state security agents from the former KGB to attempt to influence key international figures in the anti-doping movement and prevent their systematic drug taking from being exposed. An extraordinary memo drawn up in January 2015 by whistleblower Grigory Rodchenkov, previously the head of Moscow's anti-doping laboratory and a key figure orchestrating doping in Russia, but who is now in FBI witness protection in the US, reveals the huge concerns Russian authorities had that they were about to be exposed as serial cheats by reports commissioned by WADA. See <http://www.dailymail.co.uk/sport/doping/article-4699856/IOC-did-not-want-drug-samples-retested-avoid-scandals.html>.

MARCIADALMONDO AND OMARCHADOR ROUNDUP

Marciadalmondo has 8 press releases this week

- Mon 23 Oct - Daniel Pintado (ECU) and Paola Peres (ECU) win USATF 30km championships in Hauppauge
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2953
- Sun 22 Oct - Japan leads world in 50km discipline
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2952
- Sun 22 Oct - Hayato Katuki wins All-Japan 50km in Takahata
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2951
- Fri 20 Oct - Victories of Venyercsan (HUN) and Renic (CRO) in Pecs, Hungary
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2950
- Thu 18 Oct - Four years ban to Russian walker Alexei Bartsaykin
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2949
- Thu 18 Oct - Good results for 50km women in Ukrainian championship in Ivano-Frankivsk

http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2948

- Wed 17 Oct - Preview of AI-Japan 50km, to be held on Sun 22 Oct in Takahata
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2947
- Wed 17 Oct - Past 50km Olympians gather at German champs in Gleina
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2946

and Omarchador has 12 press releases this week

- Mon 23 Oct - Ikeda and Kawazoe win 20 km races in Takahata, Japan
<http://omarchador.blogspot.com.au/2017/10/ikeda-e-kawazoe-triunfaram-nos-20-km-de.html>
- Mon 23 Oct - Hayato Katuki wins 50km in Takahata
<http://omarchador.blogspot.com.au/2017/10/hayato-katuki-venceu-50-km-de-takahata.html>
- Sun 22 Oct - Results of the 17th Student Olympiad in Santa Catarina, Brazil
<http://omarchador.blogspot.com.au/2017/10/a-marcha-atletica-na-olimpiada.html>
- Saat 21 Oct - Results of last weekend's Queensland All Schools walks in Brisbane
<http://omarchador.blogspot.com.au/2017/10/campeonatos-escolares-de-queensland.html>
- Sat 21 Oct - Preview of 56th All-Japan 50km Championships walk this Sunday
<http://omarchador.blogspot.com.au/2017/10/56os-campeonatos-do-japao-de-50-km.html>
- Fri Oct 20 - Results of the IAADS European Athletics Championships in Gaia
<http://omarchador.blogspot.com.au/2017/10/campeonato-da-europa-de-atletismo-iaads.html>
- Fri 20 Oct - Ines Henriques at the European Athletics Association Gala
<http://omarchador.blogspot.com.au/2017/10/ines-henriques-na-gala-da-associacao.html>
- Thu 19 Oct - Bence Venyercsán and Ivana Renic win in Pécs
<http://omarchador.blogspot.com.au/2017/10/bence-venyercsan-e-ivana-renic-vencem.html>
- Wed 18 Oct - Doping: 4-year suspension for Aleksey Bartsaykin
<http://omarchador.blogspot.com.au/2017/10/doping-suspensao-por-4-anos-para.html>
- Wed 18 Oct - Ukrainian 50km championships in Ivano-Frankivsk
<http://omarchador.blogspot.com.au/2017/10/os-50-km-no-2-dia-de-ivano-frankivsk.html>
- Wed 18 Oct - Results of Day 1 of the Ukrainian 50km championships in Ivano-Frankivsk
<http://omarchador.blogspot.com.au/2017/10/o-1-dia-em-ivano-frankivsk-ucrania.html>
- Tue 17 Oct - Results of the Italian Open 50km and U18 10km championships
<http://omarchador.blogspot.com.au/2017/10/campeonatos-de-italia-de-50-km-e-10-km.html>

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

October 21-28, 2017	Australian Masters Games – Burnie, Tasmania. See http://www.australianmastersgames.com/
Nov 3-5, 2017	AV All Schools State Track & Field Championships, Lakeside Stadium, Melbourne, VIC
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 26-28, 2018	AV Country Championships, Ballarat, VIC
Feb 11 (Sun), 2018	Australian 20km Race Walking Championships, Adelaide, SA
Feb 15-18, 2018	Australian Athletics Championships & Nomination Trials, Gold Coast, QLD (10,000m 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 26 (Sun), 2018 Australian Roadwalk Championships, Sunshine Coast, QLD (TBC)

International Dates – 2018 and onwards

Jan 20-27, 2018 Oceania Masters Athletics Championships, Dunedin, New Zealand See www.mastersathleticsoceania.com
Apr 4-15, 2018 XXI Commonwealth Games, Gold Coast, QLD (20km roadwalks). See <http://www.gc2018.com>
Men's and Women's 20km walk, Currumbin Beachfront, Sunday 8 April
May 5-6, 2018 28th IAAF World Race Walking Team Championships, Taicang, China
July 10-15, 2018 16th World Junior T&F Championships, Tampere, Finland
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

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.

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