



## HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club  
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### WOMEN FIGHT FOR GENDER EQUALITY IN THE 2018 EUROPEAN ATHLETICS CHAMPIONSHIPS

While the 2018 European Athletics Championships, which are scheduled for July in Berlin, have 20km walks for men and women and a 50km walk for men, the published timetable does not show a 50km for women. This is very disappointing considering that the women's 50km championship was included in the 2017 IAAF World Championships and is scheduled for the 2018 World Race Walking Teams Championships, and considering that the current world champion and world record holder is European athlete Inês Henriques.

I am pleased to report that European walkers Inês Henriques (POR) and María Dolores Marcos Valero (ESP) have, via their attorney Paul DeMeester, filed a case with the European Athletics Association Court (EAA Court).

This claim is quite different to the previous two which were able to be directed to the impartial and independent Court of Arbitration in Sport. In this case, the claim has been lodged with the EAA Court which is neither impartial nor independent. The EAA Council appoints the Chairperson and the Members of the EAA Court - hardly a hands off approach. How can the EAA Court be impartial in a case such as this wherein the EAA is the Respondent, that is to say a party to the legal action? We can only hope for the best.

The brief, which runs to 37 pages, is a very comprehensive document which lays out the claimants' case in full detail and argues that the EAA is in breach of its own constitution, the IAAF Constitution, the Olympic Charter, the United Nations Charter and Swiss Law in not giving women equal representation in these championships.

Gender discrimination is the central issue here, just as it was in the 2016 World Race Walking Teams Championships and in the 2017 IAAF World Athletics Championships.

Just as women's 50km championships were eventually added to both those championships, we hope for the same outcome this time around.

Well done to Inês and Maria for daring to stand up for their rights and thanks to Paul for once more lending his considerable legal expertise to fight for justice.

### WALKER OF THE WEEK

My Walker of the Week this time around is Masters champion **Heather Carr**, who last Sunday added **VRWC Life Membership** to the long list of her many achievements and recognitions.

Heather joined our club in 1987 and has been a member of the club continuously since then (30 years in total). During that time, she has had many roles within the club and has been a member of the club committee since 2001.

She has also been a wonderful role model to our younger walkers, and has won so many of our top club trophies and awards. But it is her performances at the various World Veterans/Masters championships which stand out even more - a total of 35 individual gold and 7 individual silver medals. Said another way, she has won medals in every one of her 20 appearances at the World Masters Championships. Additionally, she had the honour of being Australian team flag bearer at the 1997 (Durban) and 2013 (Porto Allegre) World Veterans championships.

She has also dominated the Australian and Oceania Masters championships for just as long, rarely if ever losing a race, and amassing an almost unbelievable competitive record.

She has consistently set new World, Australian and Victorian Masters records from the W40 division onwards. When I reviewed the list in January 2015, it stood at 4 World, 9 Australian and 23 Victorian records. It has grown since then!

In 2015, she was inducted into the Australian Masters Athletics Hall of Fame, a recognition well deserved.

Heather ticks all the boxes - a consummate competitor over many years, an inspirational role model for us all and an unstinting worker for the club. Indeed, her Life Membership nomination was overdue.



*Heather with VRWC President Stuart Cooper on the occasion of her life membership last Sunday (photo Terry Swan)*

#### WHAT'S COMING UP

- **AV Shield** continues next **Saturday 18 November** with Round 5. See the AV website for more details and to enter. Remember that entries close tomorrow. Yarra Ranges is playing host to the metropolitan walkers with a 3000m walk. Walks will also be on offer at the Geelong, Ballarat and Bendigo venues.
- Convener Diane Lowden wishes to advise that the venue for the AA Racewalk Judging Seminar on Saturday 2<sup>nd</sup> December in Melbourne has been changed to **Board Room @ MSAC, MSAC Facility, Albert Park**. See <http://www.rwa.org.au/wp/event/race-walking-judging-seminar/> for more details.
- Entries have been open for some time now for the **Australian 50km Championship meet**, scheduled for Fawkner Park in Melbourne on **Sunday 3<sup>rd</sup> December**. Lots of entries so far, including most of our top walkers. The meet will also include the inaugural Australian women's 50km championship, with Claire Tallent the favourite. **Entries close on Monday 27<sup>th</sup> November**. Enter at <https://50kmraceawak.eventdesq.com/>.

#### VRWC ROAD CHAMPIONSHIPS, MIDDLE PARK, SUNDAY 12 NOVEMBER

Last Sunday morning saw the VRWC summer roadwalk championships at Middle Park in Melbourne. I am told that conditions were good, with overcast cool weather. Thanks to Mark Donahoo for the results -I am still in Colombia so working in remote mode! Well done to club champions **Rhydian Cowley, Karyn O'Neill, Rebecca Henderson, Corey Dickson, Charlotte Hay, Luke Epps** and **Hamish Blackwood**. Well done also to the following for PB efforts: **Claire Samanna** (10 km 1:00:45), **Will Thompson** (5km 24:11), **Eliza Thompson** (3km 22:39) and **Alannah Dingli** (3km 20:13).

##### **20km Open Men VRWC Championship - Gus Theobald Trophy**

1.	Rhydian Cowley	1:30:31
2.	Adam Garganis	1:36:52
3.	Bernie Keirl	DNF

##### **10km Masters Women VRWC Championship - Heather Carr Trophy**

1.	Karyn O'Neill	1:09:27
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##### **5km U20 VRWC Championship**

1.	Rebecca Henderson	24:53
2.	Jasmin Hass	28:27
3.	Kathleen O'Mahony	31:32

1.	Corey Dickson	30:12
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##### **3km U15 VRWC Championship**

1.	Charlotte Hay	15:11
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2.	Alannah Dingli	20:13	PB 0:22
3.	Isabella Dingli	20:56	
1.	Luke Epps	15:39	
2.	Heath Beveridge	15:51	
3.	Angus Hay	19:04	

#### 1.5km U12 VRWC Championship

1.	Hamish Blackwood	08:27	
2.	Sebastian Weickhardt	09:18	

We also had a number of non-championships walks, with results as shown below.

#### 10km Open

1.	Simone McInnes	51:14	
2.	Mark Donahoo	58:41	
3.	David Smyth	1:00:13	
4.	Claire Samanna	1:00:45	PB 4:37

#### 5km Open

1.	Mark Blackwood	23:42	
2.	Will Thompson	24:11	PB 0:26
3.	Adam Patterson	30:01	
4.	Ralph Bennett	33:03	
5.	Gerard Feain	33:06	

#### 3km Open

1.	Lachlan Feain	15:59	
2.	Simon Evans	16:38	
3.	Heather Carr	19:03	
4.	Gwen Steed	20:38	
5.	Eliza Thompson	22:39	PB 0:11
6.	Meryllyn Thompson	22:44	
7.	Margaret Beaumont	27:24	
8.	Ian Beaumont	27:26	

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

**Judges:** Peter Vysma (Chief), Gordon Loughnan, Stu Cooper, Terry O'Neill, Shane Dickson

**Officials:** Mark O'Mahony, Margaret Huis, Mark Donahoo, Terry Swan, Ralph Bennett, Simon Baker, Karyn O'Neill

**Canteen:** Wendy Cooper, Kate Suich

**Photos:** Terry Swan (See <https://www.facebook.com/photo.php?fbid=10214252589489458&set=oa.10155769735168911>)



*Rhydian Cowley, Hamish Blackwood, Karyn O'Neill and Corey Dickson (all photos Terry Swan)*



*Claire Samanna, Will Thompson, Luke Epps, Charlotte Hay and Rebecca Henderson*

The meet was followed by the VRWC AGM and by the Runners World Kew Winter Season Awards. Although Runners World Kew proprietor **Neil Ryan** could not be present, we thank him for his continuing very generous support of the club. For all your sports shopping needs, visit Neil at <http://www.runnersworld.com.au>.



*Runners World Kew Winter Season Award winners: Will Thompson, Rebecca Henderson, Gwen Steed and Adam Garganis*

**SAMA TRACK WALKS, SA ATHLETICS STADIUM, MILE END, ADELAIDE, WEDNESDAY 8 NOVEMBER**

Thanks to Colin Hainsworth for his weekly report from the South Australia Masters in Adelaide. Colin commented: Scratch walks at SA Stadium. Warm evening.

**1000m Walk**

1. Kim Mottrom	03:58	M33	85.10%
2. Peter Crump	05:21	M57	76.15%
3. George White	05:32	M72	<b>86.65%</b>
4. Marie Maxted	05:44	W57	76.49%
5. Gil McIntosh	06:30	M67	69.48%
6. Jan Layng	07:32	W69	65.99%
7. Margaret McIntosh	07:56	W64	59.19%
8. Roger Lowe	08:01	M74	61.36%

**3000m Walk**

1.	Peter Crump	17:10	M57	74.64%
2.	George White	17:20	M72	<b>87.06%</b>
3.	Gil McIntosh	21:10	M67	67.12%
4.	Jan Layng	23:22	W69	68.68%
5.	Ross Hill-Brown	23:54	M62	56.31%
6.	Margaret McIntosh	24:51	W64	60.56%
7.	Edna Bates	25:43	W64	58.52%
8.	Colin Hainsworth	26:18	M87	72.10%
	Marie Maxted	DNF		

**ACTRWC TRACK WALKS, WODEN PARK, CANBERRA, THURSDAY 9 NOVEMBER**

Thanks to Robin Whyte for the latest results from Canberra. Good 10km walks by **Mitchell Baker** (48:15) and **Connor Frew** (48:24).

**10,000m Track Walk Championship**

1.	Mitchell Baker	48:15
2.	Connor Frew	48:24
3.	Tim Fraser	51:08
4.	Ann Staunton-Jugovic	59:06
5.	Greg Durr	1:01:35
6.	Robin Whyte	1:05:48
7.	Bryan Thomas	1:12:38
8.	Val Chesterton	1:28:31

**3000m Walk**

1.	Tom Hunt	14:37
2.	Hannah Manning	16:08
3.	Laura Burns	16:23
4.	Rod Gilchrist	22:37
5.	Robert Kennelly	25:33
6.	Nikki Phelps	27:25
7.	Fran Harris	28:34

**5000m Walk**

1.	Kate Black	30:10
2.	Helena Bialecki	32:56
3.	Sidney Shaw	34:11
4.	Lorna England	42:36

**1200m Walk**

1.	Harry Baker	07:34
2.	Ella Baker	07:35
3.	Georgia Frew	07:57

**CATHY FREEMAN SHIELD, QSAC, BRISBANE, SATURDAY 11 NOVEMBER**

The girls were to the fore in Brisbane last Saturday with **Katie Hayward** storming home in the 3000m with 12:46.34 and **Jess Pickles** performing likewise in the 5000m with 22:41.64. Others to walk fast included **Nelson McCutcheon**, **Kris Hayward**, **Jayda Anderson** and **Caitlin Hannigan**.

**3000m Walk**

1.	Hayward, Katie	17	GCC	12:46.34
2.	McCutcheon, Nelson	15	Qeii Track Club	13:22.63
3.	Hayward, Kris	13	GCC	14:07.69
4.	Anderson, Jayda	12	GCC	15:01.17
5.	Clarke, Anika	12	Redlands	16:20.89
6.	Stewart, Ryan	15	Ipswich & District	16:29.08
7.	McCure, Sam	11	Gold Coast Victory	16:33.74

**5000m Walk**

1.	Pickles, Jessica	23	UNQ	22:41.64
2.	Hannigan, Caitlin	15	Gold Coast Victory	24:23.71

**ACT ATHLETICS INTERCLUB, AIS ATHLETICS TRACK, BRUCE, ACT, SATURDAY 11 NOVEMBER**

Only a couple of walkers in action in the ACT Athletics interclub at the AIS. Most walkers seem to prefer the Thurs night ACTRWC competition.

**3000m Walk**

1.	Laura Burns	NCG	16:01.3
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**1500m Walk**

1.	Pierce Brennan	Woden Athlet	9:26.0
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**ATHLETICS SA INTERCLUB, SA ATHLETICS TRACK, MILE END, ADELAIDE, SATURDAY 11 NOVEMBER**

**Kim Mottrom** was in charge as usual in Adelaide with 24:10.20 in the 5000m.

**1500m Walk**

1.	Kiera Ross	PEMBROKE	7:29.57
2.	Eliza Pelham	PEMBROKE	8:12.91
3.	Mia Wilks	PEMBROKE	8:43.80
4.	Ryan Rivett	PEMBROKE	10:12.00

**5000m Walk**

1.	Kim Mottrom	ADELAIDE HAR	24:10.20
2.	Samantha Findlay	SOUTHERN S	26:06.23
3.	Bethany Cross	PEMBROKE	29:03.85
4.	Greg Metha	HILLS DISTRI	35:35.84
	Toby Wilks	PEMBROKE	DNF
	Olivia Sandery	PEMBROKE	DNF

**TRELOAR SHIELD, SOPAC, SYDNEY, SATURDAY 11 NOVEMBER**

To Sydney for the latest round of the NSW Summer Season Shield competition, with 3000m and 1500m walks on offer. **Ryan Thompson** was fastest overall in the 3000m with 14:15.21 and a win in the 1500m to masters walker **Anne Weekes** with 8:20.78.

**3000m Walk**

1.	Thomson, Ryan	M17	Nepean Distr	14:15.21
2.	Blaskett, Hayden	M15	Sydney Strid	14:40.41
3.	Dighton, Jasmine	W21	Unattached	15:33.20
4.	Mcmillen, Elizabeth	W13	Sydney Pacif	15:57.54
5.	Pengilley, Teegan	W16	Bankstown Sp	15:57.95
6.	Thomson, Olivia	W13	Sydney Pacif	16:08.64
7.	Lee, Janaya	W16	Nepean Distr	16:29.11
8.	Holmes, Keeley	W12	Sydney Strid	16:48.75
9.	Pyda, Raven	M13	Westfields A	17:39.16
10.	Hickson, Alannah	W12	Unattached	17:44.60
11.	Thomson, Jada	W13	Nepean Distr	17:44.97
12.	Henry, Amy	W17	Unattached	19:09.40
13.	Weekes, Anne	W55	Sutherland D X	18:21.63
14.	Brown, Suzanne	W52	U.T.S. North X	22:44.26

**1500m Walk**

1.	Weekes, Anne	W55	Sutherland D	8:20.78
2.	Cullen, Victoria	W15	Cherrybrook	9:09.45
3.	Lee, Paige	W13	Nepean Distr	9:14.56
4.	Bulman, Shaquille	W12	Nepean Distr	9:14.57
5.	Brown, Suzanne	W52	U.T.S. North	10:44.94

**QMA T&F MEET, SAF, BRISBANE, SATURDAY 11 NOVEMBER**

Finally, to Brisbane for a Masters meet on Saturday

**1 Mile Walk**

1.	Camryn Novinetz	W14	Visitor	7:45.80	77.72%
2.	Peter Bennett	M62	Brisbane	8:39.34	80.38%
3.	Jodie Craswell	W49	Brisbane	10:03.57	64.84%
4.	Noela McKinven	W75	Brisbane	15:41.80	57.14%
5.	Russell Grigg	M90	Brisbane	15:44.37	66.96%

**3000m Walk**

1.	Camryn Novinetz	W14	Visitor	15:09.57	76.41%
2.	Peter Bennett	M62	Brisbane	16:26.95	80.17%
3.	Bridget Sullivan	W13	Visitor	17:22.68	66.66%
4.	Noela McKinven	W75	Brisbane	24:07.28	72.74%
	Ronald Smith	M83	Independent	DNF	

**GOLD COAST MASTERS T&F, GRIFFITH UNIVERSITY, GOLD COAST, SUNDAY 12 NOVEMBER**

And another one on Sunday.

**3000m Walk**

1.	Paul Lindenberg	M55	GC & Sthrn	17:55.45	70.20%
2.	Nyle Sunderland	W50	GC & Sthrn	18:41.26	69.84%
3.	Kay Shaw	W58	GC & Sthrn	19:32.47	69.88%
4.	Debbie Lindenberg	W56	GC & Sthrn	21:24.01	63.81%
5.	Patrick Sela	M78	GC & Sthrn	23:22.53	67.15%

**91<sup>ST</sup> ENFIELD OPEN 7 MILES, LVAC, ENFIELD, SATURDAY 11 NOVEMBER**

Thanks to Ron Wallwork for the results of the latest Enfield Race Walking League race: the Enfield Open 7 Miles Championship. Ron Reported:

**Jonathon Hobbs** added his name to the impressive list of Enfield Open winners that stretches back to 1920. On that list is **Fransisco Reis** (1987) who was the only walker who challenged the winner on this occasion. **Grazina Narviliene** walked well to win the ladies race, but the attention was on **Helen Middleton** who finished 2<sup>nd</sup> and in doing so made history by becoming the first woman to win the Enfield League since it's inception in 1998. **Mark Culshaw** currently suffering from shin-splints made a valiant effort to deprive Helen of the title, but has the consolation of being the men's winner of the 2017 series.

Conditions were dry but very cold and following a period of silence to honour the fallen on Remembrance Day, the 44 walkers were sent on their way by Bill Sutherland the 1970 Commonwealth bronze medalist, and it wasn't long before **Callum Wilkinson** was clear of the field and although he crossed the line first, he had fallen foul of the judges. **George Wilkinson** continues to impress. Twelve Centurions were in action, the highest placed bring **Martin Fisher**.

Although Enfield and the Surrey Walking Club were equal on points the promoting club emerged team winners by virtue of the club's fourth scorer.

**Men's 7 miles**

1.	Jonathan Hobbs	Ashford AC	55.46	SM
2.	Fransisco Reis	Thames Valley H	56.24	M55
3.	David Crane	Surrey WC	57.52	M35
4.	George Wilkinson	Enfield H AC	62.15	U17
5.	Graham Chapman	Headington RR	62.51	M50
6.	Malcolm Martin	Surrey WC	63.11	M60
7.	Trevor Jones	Steyning AC	64.23	M60
8.	Mark Culshaw	Ilford AC	66.07	M50
9.	Martin Fisher ©	Redcar RWC	68.13	M55
10.	Stuart Bennett ©	Ilford AC	72.21	M55
11.	David Kates ©	Ilford AC	73.02	M65
12.	John Borgars ©	Loughton AC	73.03	M70
13.	Glyn Jones	Cov.Godiva AC	73.26	M70
14.	Dan Maskell	Surrey WC	73.52	M65
15.	Amos Seddon	Enfield H AC	75.37	M75
16.	Steve Cartwright	Colchester	76.48	M55
17.	Arthur Thomson	Enfield H AC	77.12	M80
18.	Mark Byrne ©	Redcar RWC	77.53	M55
19.	Chris Flint ©	Surrey WC	77.56	M70
20.	Michael Harran	Surrey WC	81.06	M75
21.	David Hoben	Surrey WC	81.54	M60
22.	Tom Casserley	Enfield H AC	82.09	M70
23.	Peter Cassidy	Loughton AC	83.12	M75
24.	Shaun Lightman	Surrey WC	83.17	M70
25.	Tony Wilkinson	unattached	83.27	M55
26.	Steve Kemp ©	EMAC	83.29	M55
27.	Dave Ainsworth©	Ilford AC	99.50	M65
28.	Mick Barnbrook ©	Ilford AC	99.50	M70
	Callum Wilkinson	Enfield H AC	DQ	

**Women's 7 miles**

1.	Grazina Narviliene	Cobra RC & Tri0	67.01	W40
2.	Helen Middleton	Enfield H AC	69.18	W55
3.	Maureen Noel	Belgrave H	69.58	W50

4.	Melanie Peddle	Loughton AC	70.00	W45
5.	Noel Blatchford	Abingdon AC	72.24	W65
6.	Joyce Crawford ©	Enfield H AC	73.45	W50
7.	Fiona Bishop	Woking AC	74.43	W55
8.	Tessa Killingbeck	City of Norwich	76.54	SW
9.	Kim Howard ©	Southend AC	83.29	W60
10.	Sue Clements ©	Cambs & Col	84.02	W60
11.	Geraldine Legon	Bexley	85.36	W55

#### Teams

1.	EHAC	56 pts	G.Wilkinson, H.Middleton, J.Crawford, ASeddon
2.	Surrey WC	56 pts	D.Crane, M.Martin, D.Maskell, C.Flint
3.	Ilford AC	76 pts	M,Culshaw, S.Bennett, D.Kates, D.Ainsworth

#### 5 miles Walk

1.	Anne Jones	Steyning AC	53.27	W50
2.	Jo Miles	Hillingdon AC	56.34	W60

#### 3 miles Walk

1.	Ken Livermore ©	Enfield H AC	44.09	M80
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#### 1 mile Walk

1.	Peter Hannell	Surrey WC		M70
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*The field gets underway in Enfield last Saturday (photo Ron Wallwork's report)*

### FRENCH RACES – SATURDAY 11 NOVEMBER

November 11<sup>th</sup> is a non working day in France because it marks the end of the First World War. Consequently, two racewalking meets have been organized at this date for a long time.

#### **38<sup>th</sup> Grand Prix de la Voie Sacrée, Verdun to Bar le Duc, France, Saturday 11 November**

The first, the Grand Prix de la Voie Sacrée, is an 55.1km long race between Verdun and Bar le Duc. The race has been held each year since 1980. In even years, it goes from Bar le Duc to Verdun and in odd years, it goes from Verdun to Bar le Duc. The road used is a memorial road. It was on this road that soldiers went to the famous Battle of Verdun in 1916. A memorial with a soldier's helmet on it is stationed at each kilometre part. See [http://fr.wikipedia.org/wiki/Voie\\_sacr%C3%A9e\\_%28Verdun%29](http://fr.wikipedia.org/wiki/Voie_sacr%C3%A9e_%28Verdun%29).

There were only 13 starters this year, a very small number for this walk. At the 9AM start, the temperature was around 9°C which should have been good, but rain throughout the day, along with thunder and lightning, meant the walkers were soaked and refrigerated.

After sharing the lead with Swedish walker **Christer Svensson** for the first 20km, French walker **Gérard Guétat** cleared out on his own, going on to win with a time of 5:57:19. Everybody was noted as finishing the race but lots of walkers were stopped before the finish line, as police mandated a cutoff of 7 hours. The only woman who started, **Nicole Rodier**, was ranked with 45.5km.

The ancillary 21.5km walk was won by **Bogdan Morawski**. Speical note for **Robert Schouckens**, the winner of the 1977 Paris-Strasbourg, who finished the race at age 89.

#### **Verdun - Bar le Duc, 55.1km**

1.	Gérard Guétat	Troyes Olympique Sports	5:57:19
2.	Florian Letourneau	AC Château-Thierry	6:00:20



3.	Christer Svensson	Vaxjo-Suède	6:01:44
4.	Mathieu Olivares	Neuilly-sur-Marne Athlétisme	6:15:19
5.	Christophe Raulet	GA Meusien	6:24:18
6.	Bertrand Labarre	CS Provins	6:35:29
7.	Vincent Peter	SA Verdun	7:00:14
8.	Emmanuel Hartmann	ASPTT Bar le duc	7:08:27 – 51.0km
9.	Guy Tabouret	US Toul	7:09:33 – 49.0km
10.	Jean-Claude Bruneaux	Coulommiers BA	7:06:44 – 46.5km
11.	Gérard Picot	Aulnay-sous-Bois	7:12:39 – 45.5km
12.	Nicole Rodier (F)	EFS Reims	7:12:39 – 45.5km
13.	Patrice Palthies	Pass Running	7:09:34 – 47.5km

#### **Erize la petite - Bar le Duc, 21.5km**

1.	Bogdan Morawski	ASPTT Bar le duc	2:15:26
2.	Adeline Brastel (F)	EFS Reims	2:15:31
3.	Eric Toutain	ASC Francophone	2:21:29
4.	Pascal Tournois	ASM Bar le duc	2:23:54
5.	Patrick Mougenot	Marne et Gondoire Athlétisme	2:25:01
6.	Mohamed Boumaza	ASC Francophone	2:27:46
7.	Pascale D:Hondt (F)	ASPTT Bar le duc	2:34:00
8.	Florence Pierre (F)	ASPTT Bar le duc	2:35:39
9.	Patrick Weber	ASM Bar le duc	2:38:07
10.	Marie Penkalla (F)	NL-Loncourt en plaine	2:43:21
11.	Fernando Rocha	NL-Mirecourt	2:44:46
12.	André Frison	NL-Wissembourg	2:45:31
13.	Christophe Guery	ASM Bar le duc	2:45:58
14.	Corinne Lagabe (F)	ASPTT Bar le duc	2:50:15
15.	Daniel Bordier	AC Château-Thierry	2:51:38
16.	Martin Schwing	RC Epernay	2:54:05
17.	Jean-Marie Rouault	ASC Francophone	2:54:10
18.	Leon-Yves Bohain	ASC Francophone	2:54:10
19.	Isabelle Cereda (F)	ASM Bar le duc	2:59:06
20.	Michel Thomas	NL-Bar le duc	3:11:29
21.	Pierre Merveille	NL-Herlies	3:19:12
22.	Daniel Chamagne	ASM Bar le duc	3:26:55
23.	Annick Tallandier (F)	ASM Bar le duc	3:30:03
24.	Franck Husson	ASM Bar le duc	3:30:10
25.	Robert Schouckens	ACLO La Louvière - Bel	3:55:19
	Charles Bucas	ASC Francophone	DNF

#### **Montée du Mont Ste Odile, Klingenthal, France, Saturday 11 November**

The second race is shorter - only 8.5km - but very hard. The goal is to climb to the summit of Mont Sainte-Odile, a peak of the Vosges Mountains in Alsace, France. The race starts at Klingenthal (280m altitude) at 9:30AM and finishes at the convent of Mont-Sainte-Odile (750m altitude). The first 2 kilometers are not too bad but, after that, there is a consistent slope of around 7% to the summit. It is the oldest racewalking event in France (the first edition was held in 1935) and the best time of 46:27 was set in in 2004. This year, more than 100 walkers started the race, with the temperature a cold 5°C and with heavy rain. The winner was 21 year old **Florian Mayer** who won for the fourth time in row

#### **Montée du Mont Ste Odile, 8.5km**

1.	MAYER Florian	ESM/96	Ana/sgw	48:58
2.	STAHL Denis	V2M/68	Agathe 1 Souffle 1 Vie	56:26
3.	CLAUSS Daniel	V3M/55	Ana/sgw	57:58
4.	BOCH Thomas	V1M/78	Ana/ras	58:53
5.	CHABIN Frederic	V2M/65	Colmar	59:43
6.	UHLRICH Paul	V3M/54	Club Vosgien Wasselonne	1:00:25
7.	SCHATZ Marie-christine	V2F/65	Agathe 1 Souffle 1 Vie	1:00:42
8.	BOHIC Jean-paul	V1M/72	Agathe 1 Souffle 1 Vie	1:01:44
9.	KESSLER Sylvain	V3M/55	Lingolsheim	1:03:36
10.	SEIPEL Hans-georg (Ger)	VEM/58	S.c.onsbach	1:06:14
11.	BOCH Edouard	V3M/49	Trailers De La Rose	1:06:20
12.	FIX Gilbert	V3M/51	Traenheim	1:06:31
13.	ACKER Marie	ESF/97	Ana/sgw	1:06:53
14.	SITTER Chantal	V2F/67	Ana/fch	1:07:14
15.	GASSER Yves	VEM/53	Dorlisheim	1:07:15
16.	FAUSSER Francis	VEM/52	Obernai	1:07:37
17.	DATIN Robert	V3M/57	Ana/fcjab	1:08:30
18.	GAUDIN Michel	V3M/52	Agathe 1 Souffle 1 Vie	1:09:49

19. WIMMER Maria	V3F/57	Agathe 1 Souffle 1 Vie	1:09:50
20. MISCHLER Claudine	V3F/50	Ana/sgw	1:10:01
21. HERT Marius	VEM/46	Epfig	1:10:26
22. BLANCK Jean-claude	VEM/53	Strasbourg	1:10:48
23. KARCHER Bernard	VEM/64	Amicale Cycliste Thann	1:10:57
24. ROHMER Marc	VEM/73	Wurth France	1:11:13
25. GLAPIN Philippe	V2M/61	Seltz	1:11:54
26. OTT Christophe	V2M/66	S2a/asptts	1:11:55
27. ANXIONNAT Claudine	V3F/51	Vosges Avec/bruyeres	1:13:03
28. COLAS Florence	V1F/74	Strasbourg	1:14:38
29. SCHAEFFER Muriel	V1F/74	Ana/sgw	1:16:56
30. DOBERNECKER Maria (Ger)	VEF/53	S.c.onsbach	1:17:09



*The walkers at the start of the 38<sup>th</sup> Grand Prix de la Voie Sacrée (photos Emmanuel Tardi)*



*Left: Grand Prix de la Voie Sacrée winner Gérard Guétat    Right: Montée du Mont Ste Odile winner Florian Mayer*

**CHALLENGE MARIO GATTI, PACÉ, FRANCE, SUNDAY 12 NOVEMBER**

**Emmanuel Tardi** was in Pacé, Brittany, on Sunday morning for the traditional Challenge Mario Gatti racewalk meet There might have been only local walkers but there were more than 100 in total, with some strong performers amongst them. 10,000m walk wins to **Hedi Teraoui** (Tunisia) with 42:07.5 and **Manon Lefresne** with 52:00.3. Special mention to masters superstar **Jean-Paul Masselin** who produced a very strong 57:15.6 at age 71. Wow!

**10000m Men**

1.	TERAOUI Hedi (TUN)	SEM/89	Ta Rennes	42:07.5
2.	HAGUE Anthony	JUM/99	Stade Brestois	49:25.2
3.	LE MEUR Steven	ESM/98	Us Bannalec	49:29.9
4.	LEBRETON Killian	JUM/00	Ta Rennes	53:37.4
5.	ROBIDOU Philippe	VEM/59	La Vigilante Fougères	53:49.2
6.	DEQUIN Alain	VEM/66	Ula Cornouaille	54:20.0
7.	POTIER Nicolas	SEM/89	Al Saint-marc	54:28.0
8.	SEGEAT Benjamin	ESM/97	La Vigilante Fougères	55:26.9
9.	MASSELIN Jean-paul	VEM/46	Granville Ac	57:15.6
10.	TURETTE Didier	VEM/67	Entente Athletique Saint Malo	58:06.8
11.	LE GARGASSON Patrick	VEM/64	Uaca Saint Brieuc	1:01:01.2
12.	ECHELARD Brandon	JUM/00	Ta Rennes	1:01:47.5
13.	CHARBONNIER Nicolas	VEM/78	Us Bannalec	1:02:38.9
14.	LABORY Gerard	VEM/56	Ula Cornouaille	1:03:26.9
15.	LEYGOUTE Pascal	VEM/56	Uaca Saint Brieuc	1:03:55.1
16.	TOULGOAT Jean-paul	VEM/56	Us Bannalec	1:05:32.5
17.	DRONIOU David	VEM/76	Combours Athletisme	1:06:03.1

**10000m Women**

1.	LEFRESNE Manon	JUF/00	La Vigilante Fougères	52:00.3
2.	BRAY Violaine	VEF/71	Entente Athletique Saint Malo	54:19.9
3.	GODEFROY Delphine	SEF/87	Granville Ac	57:11.1
4.	MARGAN Claire	VEF/69	Ac Haute Vilaine	1:05:25.6
5.	DANILO Florence	VEF/63	Athle Du Pays De Redon	1:05:46.5
6.	BOURHIS Amelie	SEF/92	Larmor Estran Athlet	DNF



*Manon Lefresne and Hedi Teraoui (photos Emmanuel Tardi)*

Placings in the 3000m and 2000m walks were as follows

**3000m Women**

1.	LEBRETON Maelenn	ESF/97	Ta Rennes	15:12.1
2.	LETERTRE Marine	SEF/91	Ac Cesson	15:20.1
3.	PESLERBE Bertille	ESF/98	Ea Pays De Broceliande	15:36.6
4.	PEDROT Mylene	JUF/00	Al Rostrenen	17:47.9

5.	LISSILLOUR Sarah	CAF/02	Lannion Athletisme	17:57.8
6.	LAFORGE Manon	CAF/01	Lannion Athletisme	18:00.9
7.	DESNOT Valerie	VEF/62	Uaca Saint Brieuc	18:06.6
8.	GUILLO Arzheleann	ESF/97	Stade Rennais Athletisme	18:46.2
9.	RIBARDIERE Marianne	VEF/73	Uaca Saint Brieuc	19:55.2
10.	PRUNIER Christelle	VEF/71	Us Bannalec	20:04.7

#### 20000m Men

1.	POTIER Nicolas	SEM/89	Al Saint-marc	1:47:32.0
2.	DEQUIN Alain	VEM/66	Ula Cornouaille	1:50:31.2

### OUT AND ABOUT

- In last week's newsletter, I reported on the Victorian All Schools T&F Championships, in which **Rebecca Henderson** had won the U18 5000m walk on the Friday evening in a very good time of 23:47.7. Bec also won the U18 5000m run in the same meet on the Sunday, the first athlete to achieve this double as far as I am aware. She also finished 2<sup>nd</sup> in the first qualification race for the Australian junior team to go to the International Triathlon Union World Championships 2 weeks before. and won her age group 5km open water swim in Penrith last week. Talk about a multi talented athlete!
- Bill Purves** advises that Hong Kong will be holding its 20km roadwalk championships on Sunday 3<sup>rd</sup> December. Full judging will be in place and the weather is likely to be good. Information and entry forms are available at [https://hkaaa.com/en/comp\\_details.php?id=105](https://hkaaa.com/en/comp_details.php?id=105).
- USA has released its qualifying standards for the 2018 World Race Walking Teams Championships, to be contested in Taicang, China, in early May next year. They read as follows
  - 20km Men: **1:32:00**
  - 5km Men: **4:35:00**
  - 20km Women: **1:43:30**
  - 50km Women: **5:05:00**
  - U20 Men 10km: **48:30**
  - U20 Women 10km: **53:15**
- Nice article to **Claire and Jared Tallent**, in the leadup to the 2018 Commonwealth Games, in which they are both hoping to compete. See <https://www.gc2018.com/article/plenty-tallent-set-gc2018?sf165645980=1>.

The Russian drugs saga is really hotting up at the moment.

- The decision as to whether Russia will be allowed to compete in the 2018 Winter Olympics is expected to be made on Dec. 5, when the IOC executive meets. Will the country be banned completely, will there be selective penalties or will it all be swept away. Only time will tell. It is unclear which, if any, option the IOC leadership favors at this point. See <https://www.nytimes.com/2017/11/06/sports/olympics/russia-doping-winter-olympics.html>.
- WADA's view is pretty clearcut on this one, with WADA director general Olivier Niggli clearly stating last Friday that Russia's refusal to accept responsibility for widespread state-sponsored doping uncovered in the McLaren report could prevent its competitors taking part in the 2018 Winter Olympics. See <https://uk.reuters.com/article/uk-sport-doping-wada-russia-interview/interview-russian-refusal-to-admit-doping-could-block-olympic-path-wada-idUKKBN1DA2ZZ>.
- The Daily Mail also reports that Russia is on the brink of a ban from the 2018 Winter Olympics after whistle-blower Grigory Rodchenkov provided fresh damning evidence of state-sponsored doping to the IOC. See <http://www.dailymail.co.uk/sport/othersports/article-5073537/Russia-brink-total-2018-Winter-Olympic-ban.html>.
- According to German TV investigative reporter Hajo Seppelt the WADA will rule the Russian Anti-Doping-Agency Not-Code-Compliant, meaning it doesn't fulfil the requirements due to Russia denying the state-run doping program and refuse access to sealed samples. The ruling could lead to a Russian exclusion from the Olympic Winter Games, pressure is now on IOC. See his latest video at <http://www.sportschau.de/doping/video-seppelt-wada-will-call-russian-anti-doping-agency-not-code-compliant-100.html>.
- Russian President Vladimir Putin has claimed that the ongoing institutional doping investigations into his country are being "stoked" by USA-led opponents in order to increase discontent before Presidential elections due in March. A internal Russian report published last week admitted that athletes took a "cocktail" of banned steroids before the 2014 Winter Olympic Games but attempted to pin the blame solely on ex-Moscow Laboratory Director Grigory Rodchenkov - who has since moved become a whistleblower in the US - rather than anybody else. More of the same pathetic denial. Presumably they have never heard of Victor Chegin either! see <https://www.insidethegames.biz/articles/1057712/putin-claims-russian-doping-scandal-in-a-us-led-attempt-to-influence-presidential-elections>.

- It's all part of their campaign. At the same time, 2 anonymous Russian athletes have admitted taking banned performance-enhancing substances given to them by Rodchenkov, the scientist who says he orchestrated a massive state-sponsored doping programme before the 2014 Sochi Winter Olympics. It's all called looking for a scapegoat. See <https://www.theguardian.com/sport/2017/nov/09/russian-athletes-admit-taking-banned-substances-grigory-rodchenkov-2014-winter-olympics>.
- Of course, their campaign to get Rodchenkov back to Russia appears doomed to failure, given that Rodchenkov is currently in a USA witness protection programme and given that Russia and the US have no extradition treaty. See <https://www.insidethegames.biz/articles/1057664/internal-russian-investigation-blames-rodchenkov-for-doping-scandal-but-ioc-honorary-member-calls-for-ban>.
- And the following could be a real game changer. WADA announced last Friday it had obtained a digital trove of information that could greatly expand revelations about Russia's state-sponsored doping program. The agency said that its investigations department had been in possession since late October of an electronic file that was long considered a final piece of the puzzle revealing the contours of the doping system. The file is said to contain "all testing data" from January 2012 to August 2015 — thousands of drug screenings run on Russian athletes. "This evidence could be another mother lode and potentially open a new dimension to the gravity of the fraud perpetrated by the Russia doping conspiracy," Travis T. Tygart, the USAA chief executive, said last Friday. "Clean athletes expect and deserve justice and the whole truth being brought to light." The database, which the Russian authorities were unwilling to share with antidoping investigators, arrived through a whistle-blower, according to two people with direct knowledge of the situation who spoke on the condition of anonymity. See [https://mobile.nytimes.com/2017/11/10/sports/olympics/russia-doping-winter-olympics.html?\\_r=0&referer=https://t.co/OcY63d91Jw?amp=1](https://mobile.nytimes.com/2017/11/10/sports/olympics/russia-doping-winter-olympics.html?_r=0&referer=https://t.co/OcY63d91Jw?amp=1).
- WADA has since said it is finalizing the forensic analysis of the enormous backup file and is expected to provide more information at its executive committee and foundation board meetings in Seoul on Nov. 15-16. See <https://beta.theglobeandmail.com/news/world/world-anti-doping-agency-says-it-has-database-proving-widespread-russian-doping/article36921578/>
- In in the run-up to Russia's presidential election which is to be held in March 2018, we know that Putin is holding fast to his version of reality, in which Russia is an innocent victim in all this, but Russian presidential hopeful Ksenia Sobchak has taken the opposite stance, calling for the resignation of top Russian officials she says are responsible. In particular, she has urged Deputy Prime Minister Vitaly Mutko to step down, calling the former sports minister a "urine-cheating functionary." See <https://www.rferl.org/a/sobchak-calls-on-russian-sport-officials-mutko-resign-over-doping-scandal/28847866.html>. I like it!

And in other matters of interest

- Olympic marathon champion Jemima Sumgong has been handed a four-year ban by Kenya's anti-doping agency (ADAK) after testing positive for the banned blood-booster erythropoietin (EPO), officials said last Tuesday. Her four-year ban has been backdated to April 3. See <https://www.supersport.com/athletics/article.aspx?Id=4171364>.
- Four-time Olympic silver medallist Frankie Fredericks has been suspended by the IOC after being charged with money laundering and corruption. Fredericks, 50, was charged by the French authorities last week. He was accused of accepting a bribe of \$299,300 (£230,000) from the son of ex-IAAF president Lamine Diack when Rio won the vote to host the 2016 Olympics. See <http://www.bbc.com/sport/athletics/41907076>.
- Maxim Vylegzhanin, a three-time silver medallist at the 2014 winter Olympics, has been handed a life ban from future Games by the International Olympic Committee (IOC), alongside three other cross-country skiers, as part of the latest sanctions concerning Russian doping offences at the event. The IOC Disciplinary Commission has confirmed that he will be disqualified from his events at Sochi 2014, alongside Yuliia Ivanova, Alexey Petukhov, and Evgenia Shapovalova. The latter three athletes did not win medals, but Vylegzhanin claimed silver in 50km freestyle, 4 x 10km relay and the team event. See <https://www.sportbusiness.com/sport-news/sochi-2014-medallist-vylegzhanin-among-latest-russian-athletes-banned-ioc>.

#### MARCIADALMONDO AND OMARCHADOR ROUNDUP

Marciadalmondo has 6 press releases this week

- Sun 12 Nov -Results of Argentinian U23 wali championships in Rosario  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2972](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2972)
- Fri 10 Nov - Spanish coach Daniel Jacinto Garzon Jimenez discusses loss of contact in different age groups  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2971](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2971)
- Thu 9 Nov -Portuguese Olympic Committee honours Jorge Miguel and Ines Henriques  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2970](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2970)

- Wed 8 Nov - Spanish coach José Antonio Carrillo's presentation from last weekend's Madrid walks seminar [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2969](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2969)
- Tue 7 Nov - Spanish coach Antonio Amigo discusses the bent knee problem in walking [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2968](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2968)
- Tue 7 Nov - Italy vs. World: difference in speed in the three Olympic specialties [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2967](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2967)

and Omarchador has 7 press releases this week

- Sun 12 Nov - results of Argentine U23 championships in Rosario <http://omarchador.blogspot.com.co/2017/11/campeonato-argentino-de-sub-23-em.html>
- Sun 12 Nov - Jorge Miguel and Inês Henriques honoured by Portuguese Olympic Committee <http://omarchador.blogspot.com.co/2017/11/jorge-miguel-e-ines-henriques-foram.html>
- St Nov 11 - 24th edition today of the Galinheiras Grand Prix in Pereira, Portugal <http://omarchador.blogspot.com.co/2017/11/grande-premio-das-galinheiras-hoje-na.html>
- Fri Nov 10 - Results of 5000m walks in the South American Masters Athletics Championships in Chile <http://omarchador.blogspot.com.co/2017/11/sul-americanos-de-atletismo-master-no.html>
- Thu 9 Nov - Inês Henriques honored in Rio Maior <http://omarchador.blogspot.com.co/2017/11/ines-henriques-homenageada-em-rio-maior.html>
- Wed 8 Nov - Italy names its first 6 walkers for the 2018 World Race Walking Teams Championships <http://omarchador.blogspot.com.co/2017/11/italia-apresenta-marchadores-para-o.html>
- Tue 7 Nov - Marine Quennehen the standout walker in Nogent-sur-Marne, France <http://omarchador.blogspot.com.co/2017/11/marine-quennehen-destacou-se-em-nogent.html>

## TRAINING SAFELY

Hailey from Northcote High School in Melbourne, checked out our VRWC website during the week and noticed that, although we had lots of great information on it, we have nothing on running (or in our case walking) safely. She directed me to website <https://www.dietspotlight.com/benefits-of-running/> which contains a very good discussion of the key factors in safely training. Here is an extract of the key points (replace the word running with walking)

### Healthy and Safe Running: A Detailed Guide

By Summer Banks on Oct 25, 2017

<https://www.dietspotlight.com/benefits-of-running/>

While running may seem very safe, there are still some things to keep in mind. Always follow safety rules and guidelines for your specific area. Any good running program starts with running safety.

#### **Tell Someone**

Before you head out on the road or trail running, tell someone. Inform them of your running routes, how long you're running and your running location. How long are you running and your running map.

#### **Face Traffic**

If you're road running, you'll want to face traffic. You'll see oncoming cars easier than when you're facing the opposite direction.

#### **Wear Bright Colors**

Your running gear should include wearing bright colors. Even when running during the day, it's a must to wear brightly colored clothing. If you're into night running, wear reflective materials and use a headlamp, handheld light or shoe lights to make it easier for others to see you.

#### **Carry ID and a Phone**

Carry an ID, cell phone and emergency contact information with you when you run.

#### **Be Aware at All Times**

Be aware of any vehicles or dangers around you when running. Don't assume everyone sees you.

**Follow the Rules**

If you run on multi-use trails or anywhere outside of regular roads, make sure you follow the rules. Some trails have strict rules, while others are not so strict. It's best to make sure you follow all of the rules of the area to ensure safety.

Thanks Hailey....great suggestion

### DATES...DATES...DATES

As usual, I finish with a list of upcoming events on the local, national and international fronts. Let me know of any errors/omissions.

#### Australian/Victorian Key Dates – 2017/2018 Summer Season

Dec 3 (Sun), 2017	<b>Australian 50km Championship</b> (and 20km and U20 10km events), <b>Fawkner Park, Melbourne, VIC</b>
Dec 8-10, 2017	Australian All Schools Championships, Adelaide, SA
Jan 13 (Sat), 2018	<b>Australian 10,000m Track Walk Champs</b> , Canberra, ACT. See <a href="https://10000mwalk.eventdesq.com/">https://10000mwalk.eventdesq.com/</a>
Jan 26-28, 2018	AV Country Championships, Ballarat, VIC
Feb 11 (Sun), 2018	<b>Australian 20km Road Walking Championships, Adelaide, SA</b>
Feb 15-18, 2018	Australian Athletics Championships & Nomination Trials, Gold Coast, QLD (no walks)
Feb 23-25, 2018	AV Junior & Para Championships, Lakeside Stadium, Melbourne, VIC
Mar 2-4, 2018	AV Open & Para Championships, Lakeside Stadium, Melbourne, VIC
Mar 14-18, 2018	Australian Junior Athletics Championships, Sydney, NSW
Mar 24-25, 2018	AV Masters Championships, Doncaster/Nunawading, VIC
Apr 1 (Sun), 2018	Easter Sunday
Apr 4-11, 2018	Commonwealth Games, Gold Coast, QLD
Apr 21-22, 2018	Australian Centurions 24 Hour Qualifying Race, Harold Stevens Athletics Track, Coburg, VIC
Apr 28-29, 2018	Australian Little Athletics Championships, Gold Coast, QLD
Apr 26-29, 2018	Australian Masters T&F Championships, Perth, WA. See <a href="http://www.mastersathleticswa.org/perth2018/">http://www.mastersathleticswa.org/perth2018/</a>
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 1 (Mon), 2018	Hong Kong Championships – 20km, 50km, 6 Hours
Jan 20-27, 2018	Oceania Masters Athletics Championships, Dunedin, New Zealand See <a href="http://www.mastersathleticsoceania.com">www.mastersathleticsoceania.com</a>
Jan 28, 2018	USA 50km Championships, San Diego, California
Mar 11 (Sun), 2018	Lugano International Racewalks, Lugano, Switzerland (20km)
Mar 24 (Sat), 2018	Dudince International Racewalks, Dudince, Slovakia (20km and 50km for men and women)
Apr 4-15, 2018	XXI Commonwealth Games, Gold Coast, QLD (20km roadwalks). See <a href="http://www.gc2018.com">http://www.gc2018.com</a>
May 5-6, 2018	Men's and Women's 20km walk, Currumbin Beachfront, Sunday 8 April
July 10-15, 2018	28 <sup>th</sup> IAAF World Race Walking Team Championships, Taicang, China
Sept 4-16, 2018	16 <sup>th</sup> World Junior T&F Championships, Tampere, Finland
	22 <sup>nd</sup> World Masters Athletics T&F Championships, Malaga, Spain
Mar 24-30, 2019	World Masters Indoors T&F Championships, Torun, Poland
July 3-14, 2019	30 <sup>th</sup> Summer Universiade, Naples Italy
Sept 28 – Oct 6, 2019	17 <sup>th</sup> IAAF World Championships in Athletics, Doha, Qatar
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 6-15, 2021 (TBC)	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>)