



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2017/2018 Number 08
21 November 2017



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WALKER OF THE WEEK

Will Thompson celebrated his 15th birthday on Saturday in the best possible way, with a PB of **13:36.3** in the AV Shield 3000m walk at Yarra Ranges, Melbourne. It is yet another PB for Will, who has been bettering his times regularly all year. He had such a good winter season, he won our VRWC Runners World Kew Winter Season award for our best male U20 Walker, and his good form continues unabated. Well done Will!



Will leads Hayden Walmsley in AV Shield at Nunawading a few weeks ago

WHAT'S COMING UP

- **AV Shield** continues next **Sunday 26 November** with Round 6. Walks will be contested at all 3 country venues (Bendigo, Ballarat and Geelong) as well as at the metropolitan Aberfeldie Track where 5000m walks are on offer. Remember that online entries will close with AV tomorrow (Wednesday 22nd November).
- Convener Diane Lowden wishes to advise that the venue for the **AA Racewalk Judging Seminar** on **Saturday 2nd December** in Melbourne has been changed to Board Room @ MSAC, MSAC Facility, Albert Park. See <http://www.rwa.org.au/wp/event/race-walking-judging-seminar/> for more details.
- Entries have been open for some time now for the **Australian 50km Championship** meet, scheduled for Fawkner Park in Melbourne on **Sunday 3rd 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 27th November. Enter at <https://50kmraceawak.eventdesq.com/>.

And talking of Fawkner Park, VRWC supplies equipment and does setup and pulldown for Athletics Australia. **So a call for any energetic helpers who can come to Fawkner Park from either 6-7AM on that day, for per-event setup, or from 12-1PM on that day, for post-event pulldown. Just email me and I will add you to the list.**

AV SHIELD ROUND 6, AROUND VICTORIA, SATURDAY 18 NOVEMBER

Athletics Victoria Shield continued last Saturday with Round 5 contested.

AV Shield Round 5, Yarra Ranges, Saturday 18 November

Kye Swan (13:16.9) and **Simone McInnes** (PB 13:33.3) were the winners at Yarra Ranges in suburban Melbourne. **Will Thompson** also walked excellently for a PB 13:36.3 and first season walker **Claire Samanna** recorded an excellent 17:03.4.

3000mWalk

1.	Swan, Kyle	M	ATHLETICS NU	13:16.9	
2.	Blackwood, Mark	M	KNOX ATHLETIC CLUB	13:32.4	
3.	McInnes, Simone	W	GLENHUNTLY A	13:33.3	PB 0:05
4.	Thompson, Will	M	CASEY CARDIN	13:36.3	PB 0:02
5.	Szirom, Megan	W	FRANKSTON AT	14:28.5	
6.	Dickson, Corey	M	KNOX ATHLETIC CLUB	15:15.4	
7.	Karagiorgos, Chloe	W	KNOX ATHLETIC CLUB	15:23.1	
8.	Hay, Charlotte	W	KNOX ATHLETIC CLUB	15:33.9	
9.	Geisler, Sandra	W	RINGWOOD ATH	16:29.0	
10.	Evans, Simon	M	BOX HILL ATH	16:48.4	
11.	Hay, Angus	M	KNOX ATHLETIC CLUB	16:52.4	
12.	Muldoon, Wendy	W	ATHLETICS NU	16:59.6	
13.	Samanna, Claire	W	COLLINGWOOD	17:03.4	
14.	Smyth, David	M	COLLINGWOOD	17:12.5	
15.	Taylor, Lucas	M	YARRA RANGES	18:04.8	
16.	Bennett, Ralph	M	GLENHUNTLY A	18:08.3	
17.	Briet, Brianna	W	CASEY CARDIN	18:10.5	
18.	O'Mahony, Kathleen	W	KNOX ATHLETIC CLUB	18:12.9	
19.	Carr, Heather	W	GLENHUNTLY A	18:23.9	
20.	Rosenbrock, Carol	W	ATHLETICS NU	18:28.9	
21.	Hunter, Pia	W	BOX HILL ATH	18:38.4	
22.	Dunstone, Phillip	M	WESTERN ATHLETICS	18:42.6	
23.	Reid, Ross	M	COLLINGWOOD	18:52.6	
24.	Riddoch, Clyde	M	ATHLETICS WAVERLEY	19:58.2	
25.	Dickenson, Russel	M	VICTORIAN MA	20:27.0	
26.	Doran, Anthony	M	GLENHUNTLY A	20:37.2	
27.	Steed, Gwen	W	GLENHUNTLY A	20:57.0	
28.	Barrow, Geoff	M	MENTONE ATHL	20:58.7	
29.	Taylor, Lee	W	YARRA RANGES	21:26.3	
	Sommers, David	M	ATHLETICS NU	DQ	
	Handasyde, Ian	M	OLD SCOTCH C	DQ	

AV Shield Round 5, Llanberris Reserve, Ballarat, Saturday 18 November

Alanna Peart was the fastest in a small walks field at Ballarat, recording a good 9:39.54 in their 2000m walk.

2000m walk

1.	Peart, Alanna	W	BALLARAT YCW	9:39.54	
2.	McLennan, Stephen	M	WENDOUREE AT	13:20.70	
	Perry, Keelan	M	BALLARAT YCW	DQ	

AV Shield Round 5, Landy Field, Geelong, Saturday 18 November

Alas, no times recorded in Geelong -not sure what happened there.

3000mWalk

1.	Davison, Mackayla	W	CORIO ATHLETIC CLUB	NT	
2.	Heikkila-Dubowik, Kaylah	W	CORIO ATHLETIC CLUB	NT	
3.	Elms, Donna-Marie	W	PRESTON ATHL	NT	
4.	Walker, Charli	W	BELLARINE AT	NT	
5.	Cashin, Brenda	W	WESTERN ATHLETICS	NT	
6.	Hodgart, Janice	W	WESTERN ATHLETICS	NT	

AV Shield Round 5, La Trobe University Track, Bendigo, Saturday 18 November

And finally to Bendigo where Barb Bryant was the best of the walkers with 18:01.05.

3000m Walk

1.	Barbara Bryant	W63	EAGLEHAWK	18:01.05
2.	Ebony Whiley	W22	EAGLEHAWK	19:21.04
3.	John Carter	M67	SOUTH BENDIGO	22:35.25
4.	Christopher Timew	M43	SOUTH BENDIGO	22:57.57

1500m Walk

1.	Wendy Ennor	W60	EAGLEHAWK	12:11.90
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ACTRWC ROADWALKS, LENNOX GARDENS, CANBERRA, SUNDAY 12 NOVEMBER

The second summer road walk for the ACT Racewalkers Club in Canberra saw 20 walkers turn out for the early start and a nice walk in perfect conditions at Lennox Gardens. Young guns **Tim Fraser** and **Mitchell Baker** battled out the 10km, finishing only 2 secs apart with 46:43 and 46:45 respectively.

5km Roadwalk

1.	Hannah Manning	28:16
2.	Derek Robinson	36:02
3.	Miriam McCarthy	37:14
4.	Rosemary Parker	38:19
5.	Doug Fitzgerald	43:41
6.	Geoff Barker	46:24
7.	Phil Essam	51:42

10km Roadwalk

1.	Tim Fraser	46:43
2.	Mitchell Baker	46:45
3.	Connor Frew	47:54
4.	Matt Griggs	49:34
5.	Callum Burns	52:33
6.	Greg Durr	59:38
7.	Anne Staunton	59:38
8.	Robin Whyte	1:05:58
9.	Bob Parker	1:14:59

2.5km Roadwalk

1.	Laura Burns	13:08
2.	Jane Bates	17:57
3.	Ella Baker	18:19
4.	Val Chesterton	23:12

BENDIGO WALKERS CLUB ROADWALKS, ROSALIND PARK, BENDIGO, WEDNESDAY 15 NOVEMBER

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

The Bendigo Walkers Club's annual 60 minute and 30 minute races were held in Rosalind Park on Wednesday evening. The handicap winner of the 60 minute race was **Bill Lotherington** with a new 80+ Club record, with **Ebony Whiley** 2nd and **John Carter** 3rd. The 30 minute event was won by **Sheridan Commons**, with **Norm West** 2nd and **Barb Bryant** 3rd.

30 Minutes Walks

1.	Sheridan Commons	4.083 km
2.	Norm West	3.688 km
3.	Barb Bryant	4.857 km
4.	Caitlyn Curtis	3.279 km
5.	Carissa Brook	4.547 km
6.	Jayden Day	4.377 km

60 Minutes Walk

1.	Bill Lotherington	8.052 km
2.	Ebony Whiley	8.800 km
3.	John Carter	7.632 km
4.	Peter Curtis	5.600 km

SAMA TRACK WALKS, SAATHLETICS STADIUM, MILE END, ADELAIDE, WEDNESDAY 15 NOVEMBER

Thanks to Colin Hainsworth for the latest results from the South Australian Masters in Adelaide. Colin commented: cool, damp evening.

1500m Walk

1.	George White	08:39	M72	85.54%
2.	Helen Suridge	10:45	W66	68.81%
3.	Gil McIntosh	09:43	M67	71.72%
4.	Roger Lowe	12:10	M74	62.40%
5.	Margaret McIntosh	12:15	W64	59.02%
6.	Edna Bates	12:59	W64	55.68%
7.	James Hoare	10:56	M71	66.83%

2000m Walk

1.	Gil McIntosh	13:37	M67	66.17%
2.	Helen Suridge	14:44	W66	65.95%
3.	Margaret McIntosh	16:33	W64	57.32%
4.	George White	11:50	M72	80.86%

5.	Roger Lowe	17:24	M74	56.43%
6.	James Hoare	15:18	M71	61.76%
7.	Edna Bates	17:36	W64	53.90%

ACTRWC TRACK WALKS, WODEN PARK, CANBERRA, THURSDAY 16 NOVEMBER

ACTRWC were back in action again on Thursday evening with track walks at Woden Park. **Tom Hunt** was the best with 9:41 for the 2000m.

2000m Walk

1.	Tom Hunt	9:41
2.	Laura Burns	10:06
3.	Peter Baker	10:52
4.	Kate Black	11:15
5.	Helena Bialecki	12:26
6.	Robin Whyte	12:33
7.	Ruth Baussmann	14:49
8.	Lorna England	15:48
9.	Sheryl Greathead	16:09
10.	Margaret McSpadden	16:14
11.	Robert Kennelly	16:14
12.	Val Chesterton	17:09
13.	Geoff Barker	17:17
14.	helley Hua	17:42
15.	Nikki Phelps	17:43

800m Walk

1.	Dale Moore	07:26
2.	Shane Kelly	07:26

ATHLETICS WA INTERCLUB, WA ATHLETICS TRACK, PERTH, FRIDAY 17 NOVEMBER

To Perth last Friday evening when **Ben Reid** won the 3000m walk with 14:23.4.

3000m Walk

1.	Reid, Benjamin	M	Athletics WA	14:23.4
2.	Griffin, Alexandra	W	Athletics WA	15:08.1
3.	Mortimore, Brooke	W	Athletics WA	15:40.7
4.	Millard, Thomas	M	Rockingham D	16:16.6
5.	Pringle, Ashleigh	W	Athletics WA	17:12.3
6.	Ireland, Hannah	W	Rockingham D	17:20.7
7.	Gough, Ebony	W	Joondalup At	18:30.3
8.	Gough, Tyla	W	Joondalup At	19:23.2
9.	Jonker, Byron	M	Rockingham D	DQ

QMA T&F MEET, QSAC, BRISBANE, SATURDAY 18 NOVEMBER

Not many masters walkers in action in Brisbane last Saturday.

5000m Walk

1.	Peter Bennett	M62	Brisbane	27:52.87	80.46%
2.	Noela McKinven	W75	Brisbane	40:30.19	75.35%

ATHLETICS TASMANIA SHIELD, DOMAIN ATHLETICS TRACK, HOBART, SATURDAY 18 NOVEMBER

William Robertson was best in Hobart with 15:16.97 for 3000m.

3000m Walk

1.	William Robertson	Old Virgilians	15:16.97
2.	Anna Blackwell	Old Virgilians	16:08.27
3.	Elizabeth Leitch	Tasmanian Masters	20:22.31
4.	Ron Foster	Tasmanian Masters	20:05.38
5.	David Moore	Tasmanian Masters	22:57.76
	Bayley Cambell	Old Virgilians	DNF

ATHLETICS SA INTERCLUB, SA ATHLETICS TRACK, MILE END, ADELAIDE, SATURDAY 18 NOVEMBER

A good turnout as usual in Adelaide for the South Australian Interclub competition, with wins to **Kim Mottrom** (13:00.98) and **Samantha Findlay** (14:30.86).

3000m Walk

1.	Kim Mottrom	ADELAIDE HAR	13:00.98
2.	Toby Wilks	PEMBROKE	14:24.50
3.	Samantha Findlay	SOUTHERN	14:30.86
4.	Olivia Sandery	PEMBROKE	14:47.37
5.	Victoria Upton	SOUTHERN	15:17.92
6.	Bethany Cross	PEMBROKE	15:45.42
7.	Kiera Ross	PEMBROKE	15:51.43
8.	Kitarni Upton	SOUTHERN	16:32.51
9.	Liam Killick	PEMBROKE	17:14.28
10.	Peter Crump	SAINTS	17:15.04
11.	Chloe Upton	SOUTHERN	17:28.81
12.	Elli Pusonjic	ENFIELD HARR	17:28.87
13.	Mia Wilks	PEMBROKE	18:52.59
14.	Hayden Howard	PEMBROKE	19:04.40
15.	Greg Metha	HILLS DISTRI	19:14.78
16.	Ryan Rivett	PEMBROKE	21:02.52
17.	Meshach Begg	SAINTS	21:21.15
18.	James Hoare	PORT ADELAID	22:17.74
	Alix Harlington	NORTHERN DIS	DNF

11TH MEMORIAL VILLAPLANA, MANRESA, SPAIN, SUNDAY 19 NOVEMBER

One of two big meets this weekend in Spain and well reported by http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2976. Manresa, a small Spanish town of less than 100,000 inhabitants, located in the heart of Catalonia, hosted the eleventh edition of Memorial Eric Villaplana on Sunday. The race, honoring the great Catalan walker, took place on the Passeig Pere III with 5km distances for both men and women. There were also 3km races for younger categories and masters.

Men 5km Race Walk

1.	Kevin CERRO	ESP	98	22:09
2.	Mario VIÑAS	ESP	96	22:53
3.	Jose Manuel GARCÍA GOMEZ	ESP	73	23:01
4.	David PUEYO	ESP	73	23:20
5.	Gabriel BALLESTER TATARET	ESP	99	23:26
6.	Ferran CAMPINS PITART	ESP	00	23:52
7.	Sergi TORNER CABOT	ESP	00	23:54
8.	Antonio LEAL MEMBRIVE	ESP	00	24:18
9.	Francesco RODRIGUEZ	ESP	75	24:19
10.	Mario BASSAS GARRITY	ESP	01	24:20
11.	Antonio REDONDO	ESP	76	24:43

Women 5km Race Walk

1.	Maria JUAREZ GALLARDO	ESP	93	23:39
2.	Mariona GARCÍA	ESP	00	24:42
3.	Mireia URRUTIA	ESP	00	25:43
4.	Gemma MORA	ESP	00	26:07
5.	Silvia GONZALEZ	ESP	92	26:40
6.	Georgina RUIZ	ESP	99	27:05
7.	Olga MONTANE, ROVIRA	ESP	99	27:08
8.	Angels MASSANA	ESP	00	27:11
9.	Carne ROBLES RUS	ESP	71	27:26
10.	Iria TEIJEIRO GAMEZ	ESP	02	27:40

Men 3km Race Walk

1.	Nil CASAS DUATIS	ESP	04	15:13
2.	Pau CALATAYUD MUNOZ	ESP	05	16:24
3.	Alejandro ACEDO MARIN	ESP	03	15:31

Women 3km Race Walk

1.	Noa RODRIGUEZ IZQUIERDO	ESP	03	16:05
2.	Griselda SERRET MENENDEZ	ESP	05	16:09

3.	Aina URRUTIA HERRERA	ESP	04	16:34
4.	Jana LLORET SELLABONA	ESP	05	16:44
5.	Laura GIMENEZ PLANNELL	ESP	03	16:53
6.	Erika DURO ROMERA	ESP	05	16:56
7.	Berta VILA ROVIRA	ESP	05	17:03
8.	Carla GARCIA SERRANO	ESP	04	17:16
9.	Claudia SANCHEZ	ESP	06	17:21
10.	Berta COMAS CAPDEFERRO	ESP	04	17:37
11.	Marta OBRADORS BARO	ESP	03	17:44
12.	Carla ROSELL CAVA	ESP	05	17:49
13.	Gala MARTINEZ MERINO	ESP	04	17:46
14.	Nerea TORRES CALIZ	ESP	05	17:53
15.	Lucia TEJERO ORTEGA	ESP	04	17:55

SURREY WALKING CLUB 5KM CHRISTMAS CUP, TONBRIDGE, ENGLAND, SATURDAY 18 NOVEMBER

Surrey Walking Club Secretary Peter Hannell reports on their latest race.

This historic SWC event for the Christmas Handicap Cup over 5km was attended by 5 Surrey men plus 7 visitors. However of more significance was the 3km for the Area's young hopefuls, bringing with some others, the total to 23 starters. More than half of the total was under 20 years old with judging at the highest standard but no disqualifications. The temperature was far from benign especially for the officials and many accompanying parents. The first two home in the main race were outstanding, particularly the Portuguese winner **Francisco Reis** whose 23:33 performance as he lapped the field was extremely impressive for a 57 year-old. In second place was SWC's **Malcolm Martin**, just coming back to full fitness, with a sub 27 minute time and another improvement. Naturally it was no surprise that he won the Cup for the handicap with **Shaun Lightman** and **Paul Gaston** filling the frame. There was another improvement for Shaun coming back from a long layoff just in front of young **Jacqueline Benson** and less than a minute behind fellow SWC Paul Gaston – an old rival.

Men 5km

1.	F.Reis	TVH	M55	23:33.3
2.	M.Martin	Sy WC	M60	26:51.3
3.	P.Gaston	Sy WC	M70	32:24.1
4.	S.Lightman	Sy WC	M70	33:01.5
5.	C.Flint	Sy WC	M70	33:15.6
6.	R.Penfold	Steyn	M75	33:18.5
7.	D.Hoben	Sy WC	M65	35:59.4

Women 5km

1.	P.Cummings	AFD	W40	28:03.8
2.	A.Ingram	Lewes	W55	31:52.9
3.	G.Legon	Bexley	W55	34:34.5

Women U20 5km

1.	A.Jennings	AFD	U20W	27:05.6
2.	J.Benson	Ashf	U20W	33:02.4

Men 3km

1.	C.Edwards	Sy WC	M65	21:29.1
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Women U20 3km

1.	E.Payton_	White Lewes	U20W	17:21.6
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Girls U15 3km

1.	K.Stringer	M&M	U15G	17:47.3
2.	D.Nova	Ashf	U15G	18:01.3
3.	C.Wallis	AFD	U15G	18:26.6

Mixed Girls & Boys 1km

1.	L.Burr	Ton	U11B	6:06.5
2.	E.Cooper	Ashf	U13G	7:37.7

OUT AND ABOUT

- George White, President of the SA Masters Athletics, has confirmed that the Australian Masters 20km Roadwalk Championships for 2018 will be in Adelaide on Sunday August 5th.
- Russian two-time weightlifting world champion and Olympic bronze medallist Ruslan Albegov has been provisionally suspended in a doping investigation. Albegov has been charged with violating an anti-doping rule referring to the "use or attempted use by an athlete of a prohibited substance or a prohibited method." The super heavyweight is the only remaining Russian Olympic medallist from the 2012 London Games after the other five medal winners were later disqualified for doping. See <http://www.sbs.com.au/news/article/2017/11/14/russian-weightlifter-suspended-doping>.
- InsideTheGames columnist Nick Butler explains why the IOC decision on Russian doping is becoming more complicated than Brexit. A great summary article on the current state of play. See <https://www.insidethegames.biz/articles/1057883/nick-butler-ioc-decision-on-russian-doping-is-becoming-more-complicated-than-brexit>.
- Former WADA head David Howman describes sport as being in "a state of chaos" and believes fans are continuing to be duped when it comes to integrity. The barrister headed WADA for 13 years and believes the modern environment is no less corrupt than in 1998, the year WADA was formed out of the morass that saw the Festina cycling team expelled from the Tour de France for transporting performance-enhancing drugs across borders. See http://www.nzherald.co.nz/sport/news/article.cfm?c_id=4&objectid=11944088.
- What we are now witnessing in the field of doping is an unprecedented drama in the world of sports mirroring the drama we see in the world of international politics. And the big question is: what to do with Russia? A very good summary of where we are at. See http://www.playthegame.org/news/news-articles/2017/0376_the-russian-drama/.
- WADA maintained its suspension of Russia last Thursday, increasing the possibility of a ban from February's Winter Olympics in Pyeongchang. WADA's Foundation Board, meeting in Seoul, came to the decision after the agency's Compliance Review Committee recommended that Russia's anti-doping body, RUSADA, "should not be reinstated". See <https://www.supersport.com/athletics/article.aspx?Id=4177034>.
- An anti-doping investigation is ongoing against Russian curler Ekaterina Galkina for submitting "disappearing positive" samples shortly before the Sochi 2014 Winter Olympics, it has been revealed. Part of the Russian strategy - when their athletes test positive, make the tests disappear. See <https://www.insidethegames.biz/articles/1057927/russian-curler-implicated-in-disappearing-positive-drug-tests-before-sochi-2014>.
- A 14-month investigation. Thirty-seven witness interviews. A significant hit on the UK Anti-Doping Agency budget. Yet still we are no closer to knowing whether the package delivered to Bradley Wiggins at the Critérium du Dauphiné in 2011 contained a legal decongestant or a banned drug. See <https://www.theguardian.com/sport/blog/2017/nov/15/jiffy-gate-ukad-investigation-sir-bradley-wiggins>.
- A top Russian Olympic official has said whistleblower Grigory Rodchenko should be executed. "Rodchenkov should be shot for lying, like Stalin would have done," said Leonid Tyagachev, who was the head of Russia's Olympic Committee from 2001 to 2010 and remains its honorary president. He made the remarks in an interview with a Russian radio station. See https://www.theguardian.com/sport/2017/nov/17/russian-olympic-official-says-doping-whistleblower-should-be-executed?CMP=share_btn_tw.
- The IOC has refused to address the comments made by the 71-year-old. They instead merely confirmed that a decision on Russia's participation at next year's Winter Olympic Games in Pyeongchang would be made on December 5, the first of a three-day Executive Board meeting in Lausanne. See <https://www.insidethegames.biz/articles/1058036/honorary-roc-president-claims-rodchenkov-should-be-shot-for-revealing-untruths-about-doping-scheme-in-russia>.

MARCIADALMONDO AND OMARCHADOR ROUNDUP

Marciadalmondo has 4 press releases this week

- Mon 20 Nov - Mar Juarez Gallardo and Kevin Cerro Gudino win 11th Memorial Villaplana in Manresa, Spain http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2976
- Sat 18 Nov - Laura Garcia-Caro and Diego Garcia win Espada Toledana in Toledo, Spain http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2975
- Wed 15 Nov - Colombia hosts the XVIII edition of Bolivarian Games http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2974

- Tue 14 Nov - Women fight for gender equality in 50km
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2973

and Omarchador has 11 press releases this week

- Mon 20 Nov- Spain announces inaugural women's 50km championship, to be held on February 25
<http://omarchador.blogspot.com.co/2017/11/espaha-anunciou-campeonato-de-50-km.html>
- Mon 20 Nov - Espadas Toledanas wins to Diego García and Laura García-Caro
<http://omarchador.blogspot.com.co/2017/11/espadas-toledanas-para-diego-garcia-e.html>
- Sun 19 Nov - Results of La Voie Sacrée 2017 (Verdun to Bar-le Duc)
http://omarchador.blogspot.com.co/2017/11/la-voie-sacree-2017-verdun-bar-le-duc_19.html
- Sat 18 Nov - IAAF launches World Rankings for Doha-2019 and Tokyo-2020
<http://omarchador.blogspot.com.co/2017/11/iaaf-lanca-world-rankings-para-doha.html>
- Sat 18 Nov - Alvaiázere, Portugal, to host Légua de Marcha this Saturday
<http://omarchador.blogspot.com.co/2017/11/grande-premio-de-alvaiazerelegua-de.html>
- Fri 17 Nov - 3 walkers on latest IAAF doping violation list
<http://omarchador.blogspot.com.co/2017/11/mais-marchadores-em-lista-de.html>
- Thu 16 Nov - Results of Enfield 7 at Lee Valley, London
<http://omarchador.blogspot.com.co/2017/11/enfield-open-7-em-lee-valley-resultados.html>
- Wed 15 Nov - Results of South American Masters 10km walks in Chile
<http://omarchador.blogspot.com.co/2017/11/sul-americanos-master-no-chile.html>
- Tue 14 Nov - Éider Arévalo the leading walking figure in the Bolivarian Games
<http://omarchador.blogspot.com.co/2017/11/eider-arevalo-figura-de-destaque-nos.html>
- Mon 13 Nov - A "surprise" photographer at the Galinheiras March Grand Prix
<http://omarchador.blogspot.com.co/2017/11/a-hearty-nomad-no-gpremio-de-marcha-das.html>
- Mon 13 Nov-Leo Romero and Kristina Saltanovic win at the Galinheiras GP in Portugal
<http://omarchador.blogspot.com.co/2017/11/leo-romero-e-kristina-saltanovic.html>

AUSTRALIAN SELECTION CRITERIA: XXI COMMONWEALTH GAMES, GOLD COAST, 4-15 APRIL 2018

Athletics Australia released the 2018 Commonwealth Games Selection Criteria document a few weeks ago See <http://www.athletics.com.au/High-Performance/Able-Bodied/Team-Information/Commonwealth-Games>.

Qualifying standards for the 20km walks have been set at **1:24:00** (men) and **1:36:00** (women). The qualification period for the 20km walks will extend from 1 July 2016 to 11 February 2018, when the official trial will be held in conjunction with the Australian 20km Roadwalk Championships in Adelaide. The selection criteria are different to past Commonwealth Games as now all participating countries must abide by an overall athlete quota. AA can only nominate athletes up to the maximum able-bodied athlete quota allocation awarded by the CGA. As of August 2017, AA's able-bodied athlete quota allocation is yet to be confirmed by CGA, but CGA has indicated the range will be between 72 and 87 athletes.

20km Women (1:36:00) as of 31 October 2017

Regan Lamble	V	Adelaide, AUS	19-Feb-17	1:29:58
Lamble		Rio de Janeiro, BRA	19-Aug-16	1:30.28
Beki Smith	A	Adelaide, AUS	19-Feb-17	1:31:23
Lamble		London, GBR	13-Aug-17	1:31:30
Smith		Melbourne, AUS	11-Dec-16	1:33.54
Lamble		Wuzhong, CHN	25-Sep-16	1:34.21
Tanya Holliday	S	Rio de Janeiro, BRA	19-Aug-16	1:34.22
Claire Tallent	S	Suzhou, CHN	24-Sep-17	1:35.01
Smith		London, GBR	13-Aug-17	1:35.31

20km Men (1:34:00) as of 31 October 2017

Dane Bird-Smith	Q	London, GBR	13-Aug-17	1:19:28
Bird-Smith		Rio de Janeiro, BRA	12-Aug-16	1:19.37
Bird-Smith		Adelaide, AUS	19-Feb-17	1:19:37
Rhydian Cowley	V	Adelaide, AUS	19-Feb-17	1:22:09
Cowley		Rio de Janeiro, BRA	12-Aug-16	1:23.30

AUSTRALIAN SELECTION CRITERIA: IAAF WORLD RACEWALK TEAM CHAMPIONSHIPS, MAY 5-6 MAY, 2018

Athletics Australia released the Selection Criteria for the 2018 IAAF World Racewalking Teams Championships last Thursday. It is almost identical to the 2015 World Cup Selection Policy except for the addition of the women's 50km, which is a new event, and one additional rule re wildcard entries in the men's 50km. See <http://athletics.com.au/High-Performance/Able-Bodied/Team-Information/World-Race-Walk-Cup> for further details. Salient points read as follows

- AA will select up to 5 walkers for each of the 50km men, 50km women, 20km men, 20km women and up to 3 walkers for each of the 10km Junior men and 10km Junior women.
- AA recommends that junior walkers do either the World Junior championships or the World Racewalking Cup but not both. A special exemption is required from AA to do both events.
- The selection trials are

50km men/women	Sunday 3 Dec 2017, Fawkner Park, Melbourne
All other events	Sunday 11 February 2018, Adelaide, SA
- The qualifying periods are

50km men/women	1 December 2016 till 3 December 2017
20km events	1 August 2017 till 11 February 2018
10km events	1 August 2017 till 11 February 2018
- The qualifying standards are

50km men	4:06:00
50km women	No standard published
20km men	1:28:00
20km women	1:36:00
10km Junior men	46:30
10km Junior women	50:00
- Any athlete who finished in the top 24 at the 2017 IAAF World Championships will be automatically selected subject to compliance with clause 4 and the athlete nominating for that event. This means Dane Bird-Smith and Regan Lamble (20km).
- Any athlete who won a medal at the 2016 IAAF World Race Walk Team Championships will be automatically selected, subject to compliance with clause 4 (excluding clause 4.7) and the athlete having nominated for that event. This means Jared Tallent (50km).
- The first two eligible athletes (excluding any athlete selected above) in each selection trial will be automatically selected in the team provided that the athlete has nominated for selection and has achieved the performance standard. Further selections may be made at the discretion of the selectors. This discretion is absolute and it need not be exercised.
- With regard to the women's 50km, A.A. will not set a qualification standard due to the infancy of the event at the International level. To be considered for selection, an athlete must have either completed a 50km under conditions that satisfy the IAAF and A.A. for qualification purposes within the qualification period and must have demonstrated previous senior international competitiveness in the 20km event. The first two eligible athletes in the selection trial will be automatically selected subject to compliance with the above and the athlete having nominated for that event. Further selections may be made at the discretion of the selectors. This discretion is absolute and it need not be exercised.
- Performances must be achieved during an official competition organised in conformity with IAAF Rules. Performances must be achieved during competitions organised or authorised by the IAAF, its Area Associations or its National Member Federations. Results achieved at university or school competitions must be certified by Athletics Australia or the National Federation of the country in which the competition was organised. *Effectively, this means that you must ensure that you must make AA aware of any qualification attempts and ensure that your race has the proper count of officials, judges and that it is on a certified course.*
- Participating athletes, selected according to the terms of this policy, may be required to cover some costs relating to their travel and participation at the event, in addition to any assistance provided by the IAAF and the local organising committee. Junior athletes in particular should anticipate a levy. As a guide the levy will be approximately \$1,500.

It is early days yet with only a very small number of qualifying races on the boards, but current qualifiers are as follows:

20km Men (1:28:00)	Dane Bird-Smith	Q	1:19:28	London	13/08/2017
	Michael Hosking	V	1:25:13	Wollongong	27/08/2017
	Tyler Jones	N	1:27:07	Wollongong	27/08/2017
	Brendon Reading	A	1:27:13	Wollongong	27/08/2017
20km Women (1:36:00)	Regan Lamble	V	1:31:30	London	13/08/2017
	Claire Tallent	S	1:35:01	Suzhou, China	24/09/2017
	Beki Smith	N	1:35:31	London	13/08/2017

50km Men	Jared Tallent	S	Wild Card		
50km Women	-				
10km Junior Men (46:30)	Declan Tingay Kyle Swan	W V	42:25 45:54	Suzhou, China Melbourne	25/09/2017 05/08/2017
10km Junior Women (50:00)	-				

DATES...DATES...DATES

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

Australian/Victorian Key Dates – 2017/2018 Summer Season

Dec 3 (Sun), 2017	Australian 50km Championship (and 20km and U20 10km events), Fawcner Park, Melbourne, VIC
Dec 8-10, 2017	Australian All Schools Championships, Adelaide, SA
Jan 13 (Sat), 2018	Australian 10,000m Track Walk Champs, Canberra, ACT. See https://10000mwalk.eventdesq.com/
Jan 26-28, 2018	AV Country Championships, Ballarat, VIC
Feb 11 (Sun), 2018	Australian 20km Road Walking Championships, Adelaide, SA
Feb 15-18, 2018	Australian Athletics Championships & Nomination Trials, Gold Coast, QLD (no walks)
Feb 23-25, 2018	AV Junior & Para Championships, Lakeside Stadium, Melbourne, VIC
Mar 2-4, 2018	AV Open & Para Championships, Lakeside Stadium, Melbourne, VIC
Mar 14-18, 2018	Australian Junior Athletics Championships, Sydney, NSW
Mar 24-25, 2018	AV Masters Championships, Doncaster/Nunawading, VIC
Apr 1 (Sun), 2018	Easter Sunday
Apr 4-11, 2018	Commonwealth Games, Gold Coast, QLD
Apr 21-22, 2018	Australian Centurions 24 Hour Qualifying Race, Harold Stevens Athletics Track, Coburg, VIC
Apr 28-29, 2018	Australian Little Athletics Championships, Gold Coast, QLD
Apr 26-29, 2018	Australian Masters T&F Championships, Perth, WA. See http://www.mastersathleticswa.org/perth2018/
June 10 (Sun), 2018	Lake Burley Griffin Carnival, Stromlo Forest Park, Canberra, ACT
Aug 5 (Sun), 2018	Australian Masters 20km Championships, Adelaide, SA
Aug 26 (Sun), 2018	Australian Roadwalk Championships, Sunshine Coast, QLD (TBC)

International Dates – 2018 and onwards

Jan 1 (Mon), 2018	Hong Kong Championships – 20km, 50km, 6 Hours
Jan 20-27, 2018	Oceania Masters Athletics Championships, Dunedin, New Zealand See www.mastersathleticsoceania.com
Jan 28, 2018	USA 50km Championships, San Diego, California
Mar 11 (Sun), 2018	Lugano International Racewalks, Lugano, Switzerland (20km)
Mar 24 (Sat), 2018	Dudince International Racewalks, Dudince, Slovakia (20km and 50km for men and women)
Apr 4-15, 2018	XXI Commonwealth Games, Gold Coast, QLD (20km roadwalks). See http://www.gc2018.com
May 5-6, 2018	Men's and Women's 20km walk, Currumbin Beachfront, Sunday 8 April
July 7-12, 2018	European Athletics Championships, Berlin, GER
July 10-15, 2018	16 th World Junior T&F Championships, Tampere, Finland
Sept 4-16, 2018	22 nd 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 th Summer Universiade, Naples Italy
Sept 28 – Oct 6, 2019	17 th IAAF World Championships in Athletics, Doha, Qatar
July 24 – Aug 9, 2020	32 nd Olympic Games, Tokyo
July 20 – Aug 1, 2020	23 rd World Masters T&F Championships, Toronto, Canada
Aug 6-15, 2021 (TBC)	18 th IAAF World Championships in Athletics, Eugene, USA
July 18-30, 2022	XXII Commonwealth Games, TBA

On 13th March 2017, Durban announced that it would not host the Games, due to financial constraints.

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