



HEEL AND TOE ONLINE

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

We had 3 walkers setting new VRWC club records last weekend – Margaret Beaumont (W80) in Adelaide and Gwen Steed (W75) and Darcey Roberts (Girls U11) in Melbourne. You can read about their fine performances later in the newsletter.

Now any one of them could have been my Walker of the Week, but I have decided to give the final accolade to 76 year old VRWC walker **Gwen Steed**. Walking at Middle Park on Saturday, she powered through the 10km roadwalk in **1:12:59**, to break her own VRWC W75 record. That comes in at a hefty 90.84% on the age graded tables. She is now just outside Sylvia Machin's Victorian W75 record of 1:12:54 and Lorna Thompson's Australian W75 record of 1:12:49. Next time!

Gwen has been steadily breaking all our VRWC W75 records since achieving that age milestone last year. This is her 13th record breaking walk in the last 12 months. Now that is impressive.

You can read Heather Carr's fantastic 2014 profile of Gwen at <http://www.vrwc.org.au/tim-archive/articles/footprints%20-%20GWEN%20STEED.pdf>.



Gwen in action at Middle Park on Saturday (photo Terry Swan)

WHAT'S COMING UP

- Next Saturday sees another round of the VRWC winter season at Middle Park, with points races on offer as shown below. It is our last Points race for the winter. Entries for the various VRWC races can be done on the day or, more preferably, via our online panel at <http://vrwc.org.au/wp1/race-entries-2/>.

Saturday 11th August 2018, Middle Park		
VRWC EVENTS: Entries close for all events at 1.45pm sharp.		
Last points race for the season.		
2.15pm	8km Points Race	Open
2.15pm	6km Points Race	Open
2.15pm	4km Points Race	Open
2.30pm	2km Points Race	Open
2.30pm	1km Points Race	Open


- The VRWC Committee has asked me to draw walkers' attention to a new event on our winter season fixture, namely the **VRWC Relays** on Saturday 1st September. The idea is that teams of 4 walkers will race in handicap format over a total distance of 10km, with splits as follows: 3km, 1km, 2km and 4km. To allow us time to sort out teams, entries for this relay must be submitted by Saturday 25th August. We are still putting the final details together so entries will open next week.

It sounds like an exciting concept so I urge everyone to participate. I hear prizes are on offer for the winners. The timetable is shown below. Note this is also our Winter Season Presentations Day.

Saturday 1st September 2018, Middle Park		
VRWC Relays: entries close Saturday 25th August.		
For the individual events, entries close at 1.45pm sharp		
2.15pm	10km Relay event (teams of 4 walkers)	Open
2.30pm	4km Scratch Race	Open
2.30pm	1km Scratch Race	Open
3.30pm	VRWC Winter Season presentations	

Relay rules:

- Teams will be picked by the handicapper randomly.
- Teams will start on their combined handicap time
- Entries for the event close Saturday 25th August
- Teams will consist of 4 walkers: 3km (anyone), 1km (walkers younger than 12 or older masters), 2km (walkers 12 years or older), 4km (open or masters walkers)



- There was a bit of a hiccup on the Athletics Australia entry panel for the **Australian Roadwalk championships**, to be held on **Sunday 26th August** on the Sunshine Coast in Queensland. Entries were supposed to close at 5PM on Monday 6th August but they closed in Friday evening. The panel was re-activated on Monday morning to allow any final entries and will now remain open till this **Friday 10th August at 5PM**. Enter at <https://winterwalks.eventdesq.com/>.
- Athletics Australia has announced two further key 2018/2019 Summer Season dates. The Australian/Oceania 20km Championship meet will be held in Adelaide at an earlier time than previously. It is now scheduled for Sunday 3rd February. I am not sure why it has been brought forward and whether any discussion was held with the walks community. Also, the Australian 10,000m track walk championships are now back with the Australian T&F Championships which will be held in Sydney at the end of March. I know a few people were concerned this year when the 10,000m walk champs were moved to Canberra in January. They can relax now – that was always going to be a once off move which I completely supported.

Feb 3 (Sun), 2019 Australian/Oceania 20km Championships, Adelaide, SA
 Mar 30 – Apr 7, 2019 Australian Athletics Championships, Sydney (10,000m track walk championships)

- Finally, Commonwealth Games gold medallist and VRWC member **Jemima Montag** has asked me to put this little advertisement in the newsletter this week. Sure can, Jemima. Here it is.

Last season I did some walks coaching for Caulfield Little Athletics, but I won't have the time to do it again this time around. Would it be possible to pop this little advertisement into your newsletter, so that young racewalkers in Victoria who may be interested in earning a bit of money and helping the little athletes develop could have an opportunity to do so. The contact details for the lady who is in charge of the little athletics centre are in the ad that she's written:

*Walks coach wanted to coach athletes aged 7 to 16 during the pre-season (August/September) & summer (October to March) 2018/19 Little Athletics season at Duncan Mackinnon Reserve, Murrumbidgee. For more information contact **Mary Harper** Training Co-ordinator, Caulfield Little Athletics m.harper5@optusnet.com.au*

THE EUROPEAN CHAMPIONSHIPS KICK OFF TODAY

- Today sees the start of the highly anticipated **European Athletics Championships** in Berlin, which will run for 6 days, from 7th to 12th August (see <https://www.berlin2018.info/en/>). The walks are scheduled as follows (with the qualifying standards also shown)

Tue 7 Aug	8:35AM	50km Walk Men	4:08:00
	8:35AM	50km Walk Women	4:50:00 (or 1:39:00 for 20km)
Sat 11 Aug	9:05AM	20km Walk Women	1:37:00
	10:55AM	20km Walk Men	1:25:00

The 50km walks kick proceedings off on day 1. The forecast is for 35C so it is going to be a war of attrition, with the last start. A 6AM start would have been better. It will be in the mid thirties by the time they finish in the early afternoon. But who could have guessed at the time that Europe was going to experience a summer like this one!

Entry lists have now been published for all the European Championships events - see [http://www.european-athletics.org/mm/Document/EventsMeetings/General/01/28/47/53/ECH2018-FinalEntriesListforWebsite\(2\)_English.pdf](http://www.european-athletics.org/mm/Document/EventsMeetings/General/01/28/47/53/ECH2018-FinalEntriesListforWebsite(2)_English.pdf). The breakdown of walkers per country can be seen at <http://www.gang.se/tavlingsgang/tavlingsnyheter/em-uttagnagangare>. Spain (13), Ukraine (12), Italy (11), Germany (9) and Poland (8) have the most walkers.

Field sizes in the walks are as shown below.

20km Men	31	20km Women	34
50km Men	37	50km Women	20

It is great to see a strong high quality field in the inaugural women's 50km championship. 20 walkers is wonderful. Here they are

50km Women (PB and SB shown)

BLR	Darazhuk Nadzeya	23/01/1990	4:18:31	4:18:31
BLR	Yatsevich Nastassia	18/01/1985	4:18:00	4:18:00
CRO	Renic Ivana	21/08/1996	4:46:27	4:46:27
ESP	Juárez Mar	27/09/1993	4:30:30	4:30:30
ESP	Pinedo Ainhoa	17/02/1983	4:18:56	4:18:56
ESP	Takács Julia	29/06/1989	4:13:04	4:13:04
FIN	Kuikka Tiia	30/11/1994	4:32:43	4:32:43
FRA	Champalou Lucie	29/04/1990	4:48:08	4:48:08
HUN	Torma Anett	02/04/1984	4:59:55	4:59:55
ITA	Becchetti Mariavittoria	12/12/1994	4:40:15	4:40:15
ITA	Colombi Nicole	29/12/1995		
POL	Bemowska Joanna	27/06/1994	4:43:48	4:43:48
POL	Ellward Agnieszka	26/03/1989	4:32:47	4:32:47
POR	Henriques Inês	01/05/1980	4:05:56	
SRB	Topic Dušica	11/01/1982	4:41:55	
SVK	Czaková Mária	02/10/1988	4:14:25	4:14:25
TUR	Mutlu Semiha	15/03/1987		
UKR	Tsviliy Alina	18/09/1994	4:28:49	4:28:49
UKR	Vitovshchik Vasylyna	30/04/1990	4:24:08	4:24:08
UKR	Yudkina Khrystyna	04/12/1984	4:22:15	4:22:15

Attention IAAF Race Walking Committee - the 50km is not dead. It is alive and kicking.

2020 OLYMPIC NEWS

With just on two years to go until the athletics action gets underway in the Japanese capital, the IAAF has published the qualification system for the Olympic Games Tokyo 2020. It's a new concept which was approved at the IAAF Council meeting in Buenos Aires last week and includes details of the entry numbers for each discipline and the qualification timeline. See the announcement at <https://www.iaaf.org/competitions/olympic-games/news/olympic-games-tokyo-2020-qualification-system>. There is a link in the article which lets you download your own copy of the document.

Athletes can qualify in one of two ways:

- By virtue of their IAAF world ranking position at the end of the qualification period (see last week's newsletter for this info) or by
- Achieving the entry standard within the qualification period (entry standards have not been released yet)

As previously announced, quotas will be in place for each event. For the walks, they are set as follows

20km Race Walk Men (60)

20km Race Walk Women (60)

50km Race Walk Men (60)

The Tokyo timetable has also been published: <https://tokyo2020.org/en/games/sport/olympic-schedule/>. Walks are as follows

20km Men	Friday 31 July 2020
20km Women	Friday 7 August 2020
50km Men	Saturday 8 August 2020

Sadly, the women's 50km is not yet in the mix, even though the IAAF has officially welcomed the women's 50km walk into its IAAF World Championships and into its IAAF World Race Walking Team Championships schedules. It's even in this year's European Championships, as well as gaining a foothold in most of the area championships.

Now that the announcement has finally been made, it's time to start the process of reversing this latest instance of gender discrimination. The IAAF is not exactly a role model here! The process has already kicked off with the President of the South American Athletics Federation writing to Seb Coe to express his concern. The letter follows



What we really need now is for the IAAF Race Walking Committee to come to the fore and support the racewalking community's desire to retain and build the 50km instead of the IAAF agenda of mixed walk relays and half marathon walks.

AV ROADWALKS, MIDDLE PARK, SATURDAY 4 AUGUST 2018

It was cold and windy at Middle Park on Saturday but we still had a good turnout, with 52 walkers contesting a variety of distances. Well done to **Darcey Roberts** for a new U11 3km club record (15:44) and to **Gwen Steed** for a new W75 10km club record (1:12:59 90.8% age graded). Good walks also by **Mark Blackwood**, **Albin Hess**, **Madeleine Feain**, **Holly Cocking**, **Hamish Blackwood**, **Allanah** and **Isabella Dingli**, **Emily Smith** and **Sophie Blackwood**, and a great battle between **Luke Epps** and **Liam Hutchins**.

VRWC 12km Walk

1.	Pramesh Prasad	1:01:21	PB 2:13
2.	Alison Thompson	1:16:04	First one in quite some time!
3.	Albin Hess	1:19:39	PB 2:12

VRWC 10km Walk

1.	Mark Blackwood	48:42	Best since he returned to walking
2.	Ralph Bennett	1:02:41	
3.	Andrew Jamieson	1:02:51	
4.	Madeleine Feain	1:03:08	PB 0:14
5.	Donna-Marie Elms	1:03:58	
6.	Karyn O'Neill	1:09:35	
7.	Gwen Steed	1:12:59	W75 Club Record
8.	Corey Dickson	DNF	5km in 24:05

VRWC 5km Walk

1.	Kyle Swan	23:30	
2.	Charlotte Hay	26:15	
3.	Holly Cocking	28:25	PB 0:12
4.	Paige De Lisen	28:33	
5.	Geoff Barrow	35:29	
6.	Steve Haverly	44:20	
7.	Barrie Wicks	44:20	

VRWC 3km Walk

1.	Darcey Roberts	15:44	PB 1:32, VRWC U11 record
2.	Hamish Blackwood	17:43	First one
3.	Kathleen O'Mahony	17:55	
4.	Grace Louey	18:14	
5.	Kaylah Heikkila-Dubowik	18:58	
6.	Emily Smith	19:00	PB 1:03
7.	Charli Walker	19:14	
8.	Allanah Dingli	19:17	PB 0:56
9.	Isabella Dingli	20:16	PB 0:03
10.	Jan Morrey	22:58	
11.	Bruce Conboy	24:40	
12.	Beverly Hugo	25:19	

VRWC 1.5km Walk

1.	Luke Epps	7:45	PB 0:01
2.	Liam Hutchins	7:48	PB 0:02
3.	Angus Hay	8:48	
4.	Sebastian Weickhardt	9:06	
5.	Gemma Lillie	9:21	
6.	Zahlia Heikkila-Dubowik	9:27	PB 0:07
7.	Ella Cunningham	9:56	PB 0:02
8.	Ela Uzun	10:27	
9.	Aiden Smith	11:02	
10.	Sophie Blackwood	11:35	First one for year so big PB by 5:17
11.	Tayesha Heikkila-Dubowik	12:22	
12.	Havana Ali	12:33	

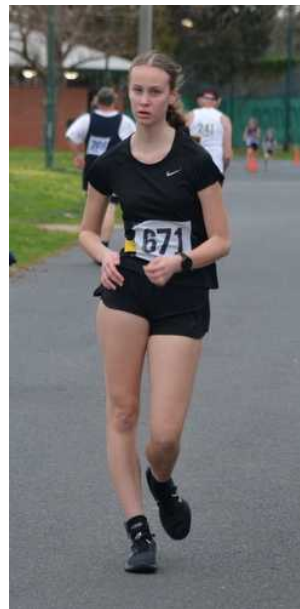
Thanks as always to our big team. Apologies if I have missed anyone out.

Setup: Shane Dickson, Mark Roberts, Tim Erickson, Stuart Cooper, Terry O'Neill, Peter Vysma
Entries: Ralph Bennett, Karyn O'Neill
Lapscoreers: Tim Erickson, Mark Roberts, Frances Attart, Donna Dickson
Judges: Peter Vysma (chief), Stuart Cooper, Shane Dickson, Terry O'Neill
Photos: Terry Swan (<http://www.vrwc.org.au/piwigo/index.php?category/481>)
Canteen: Wendy Cooper

The best stylists this week, as judged by the judges, were **Corey Dickson, Kyle Swan and Paige De Lisen**. Overall, Corey and Paige lead the Style Award competition and their leads look unassailable See <http://www.vrwc.org.au/vrwcpointscomps.shtml>.



Madeleine Feain, Gwen Steed, Albin Hess and Darcey Roberts



Luke Epps, Liam Hutchins, Isabella Dingli, Alannah Dingli and Emily Smith



Left: Great walks by Sophie Blackwood, Hamish Blackwood and Mark Blackwood (collage by Amy Blackwood)
Right: PB to Holly Cocking

ACTRWC ROADWALKS, STAGE 88, CANBERRA, SATURDAY 4 AUGUST

Thanks to Robin Whyte for this week's results from Canberra. Excellent walks by **Mitchell Baker, Connor Frew** and **Tim Fraser**.

11.6km Walk

1.	Mitchell Baker	53:22
2.	Connor Frew	53:57
3.	Tim Fraser	54:00
4.	Greg Durr	1:11:12
5.	Robin Whyte	1:17:59
6.	Bob Parker	1:30:32
7.	Val Chesterton	1:49:46

5.8km Walk

1.	Hannah Manning	30:40
2.	Laura Burns	34:22
3.	Kate Black	37:14
4.	Miriam McCarthy	39:27
5.	Rosemary Parker	44:05
6.	Pat Fisher	57:36
7.	Raine Thompson	57:59
	Sidney Shaw	DNF
	Fran Black	DNF

1.9km Walk

1.	Owen Toyne	10:31
2.	Andrew Camp-Liddiard	11:03
3.	Helena Bialecki	12:19
4.	Ella Baker	12:48
5.	Helen Toyne	15:32
6.	David Mackenzie	17:22
7.	Jack Thackray	17:22

TRWC ROADWALKS, WENTWORTH PARK, HOBART, SATURDAY 4 AUGUST

Thanks to Wayne Fletcher for this week's results from Tasmania. He commented: a fine warm day, only 400m from home.

8km Walk

1.	Steve Ahern	56.32
2.	Wayne Fletcher	63.43

3km Walk

1.	Will Robertson	14.37
2.	Anna Blackwell	16.05
3.	Chloe Ahern	18.11

5km Walk

1.	Eugene Gerlach	32.53
2.	Dave Moore	41.19
3.	Ron Foster	42.07

And thanks to Wayne for these photos from the previous weekend's State Roadwalk titles in Tunbridge.



Macie Petterwood, Demmi Petterwood, Will Robertson and Bryce Lawes



All the walkers from the Tasmanian Roadwalks Champs (photos from Wayne Fletcher)

AMA 20KM ROADWALK CHAMPIONSHIPS, PEACOCK ROAD, ADELAIDE, SUNDAY 5 AUGUST

Thanks to Colin Hainsworth for the results of the AMA and SAMA 20km Championship walks in Adelaide last Sunday. Colin comments: Weather not as bad as forecast, which was just as well for the competitors! Still cold though.

Congratulations to VRWC walker **Margaret Beaumont** who set a new Australian W80 record with her time of 3:17:34. The highest age graded performance was by **Colin Heywood** (M60 1:54:18).

20km 20km Roadwalk Championship					
W80	1	Margaret Beaumont	VIC	3:17:34	78.82%
W55	1	Marie Maxted	SA	2:24:06	71.03%
M80	1	Rodger Barber	SA	2:42:49	75.15%
	2	Ian Beaumont	VIC	3:17:35	61.92%
M75	1	Bryan Thomas	ACT	2:27:15	76.65%
	2	Gunther Ilgoutz	VIC	2:30:51	74.82%
M70	1	George White	SA	2:12:55	79.25%
M65	1	Frank Prowse	VIC	2:20:35	70.59%
	2	Viddy Jermacans	SA	2:42:05	61.23%
M60	1	Colin Heywood	NT	1:54:18	82.48%

	2	Ross HillBrown	SA	3:01:44	51.87%
M55	1	Kevin Cassidy	VIC	1:53:38	79.36%
	2	Paul Moritz	VIC	2:25:56	61.80%

20km Club Walk

W53	1	Raelene Schild	SAMA	2:39:13	62.83%
M75	1	Graham Harrison	SAMA	2:36:38	72.06%



AMA 20km team winners Kevin Cassidy, Paul Moritz and Frank Prowse of VMA (photo from Paul Moritz)

QUEENSLAND ROADWALK CHAMPIONSHIPS, MURARRIE, BRISBANE, SUNDAY 5 AUGUST

To Brisbane for the Queensland Roadwalk Championships. Robyn Wales reported: It was 27C today!! I think winter has finished so you might like to warn people who are coming to Lake Kawana.

U10 1km Championship

1.	Flynn Callaghan	5:46
2.	Blake Zirbel	7:15
1.	Makenna Clarke	5:37
2.	Siaan Fisher	5:58
3.	Charlotte Brady	6:44

U12 2km Championship

1.	Myles Callaghan	11:10
2.	Jacob Petrovic	14:54
1.	Lyla Williams	11:00
2.	Rebecca Teahan	11:16
3.	Lily Goulding	13:41

U14 3km Championship

1.	Sam McCure	16:41
2.	Alex Bradley	16:55
3.	Seth Wasson	18:35
	Kai Norton	DQ
1.	Jayda Anderson	14:58
2.	Ashanti heap	15:34
3.	Anika Clarke	16:05
4.	Amber Norton	16:44
5.	Scarlett Scofield	18:20
6.	Korey Brady	18:37

U16 5km Championship

1.	Jonathan Wearne	25.22
1.	Mackenzie Ofield	29.55
	Amelia Scofield	33.17

U18 5km Championship

1.	Caitlin Hannigan	25.13
2.	Jasmine Rose McRoberts	34.37
3.	Isabella Scofield	39.45
1.	Nelson McCutcheon	49.18
2.	Jayden Lyttle	1:08.11

Open 20km Championship

1.	Ignacio Jimenez	1:41.00
2.	Peter Bennett	2:02.11
1.	Jessica Pickles	1:58.26
2.	Nyle Sunderland	2:05.45

Masters 34 - 54 Men 10km Championship

1.	Ignacio Jimenez	49.09
2.	Argenis Guevara	59.54

Masters 55+ 10km Men Championship

1.	Peter Bennett	1:00.23
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7.	Torryn Fisher	18:43	Masters 55+ 5km Women Championship	
8.	Sabrina Guse	18:46	1. Noela McKinven	41.48
9.	Summer Millard	20:14		



*Left: Lyla Williams wins the U12 Girls 2km on Sunday in Murarrie
Right: Group shot (photos from Crystal Goulding)*

21ST AFRICAN SENIOR CHAMPIONSHIPS, ASABA, NIGERIA, 1-5 AUGUST

The 2018 African Senior Athletics Championships descended into chaos with countries such as Tanzania pulling out of the games over what they say was poor organization and a lack of communication from organizers. The games kicked off on Wednesday but many of the athletes were still hundreds of miles away from the venue, stranded at the Murtala Muhammad International airport in Lagos. The Kenyan team had arrived in Lagos on Monday afternoon but did not leave for Asaba, where the games are being held in southeast Nigeria, until Wednesday. Some of the athletes say they faced visa issues and others were forced to camp at the airport because there were no connecting flights.

The walks are well reported in <http://omarchador.blogspot.com/2018/08/gathimba-e-beletew-sagram-se-campeoes.html>.

Samuel Gathimba, the bronze medalist from the 2018 Commonwealth Games in Queensland, won the men's 20km championship, thus defending his 2016 African championship win (1:25:14). He was 11 secs clear of **Lebogang Shange** of South Africa. Third place went to Tunisian **Hassanina Sebei** in the same time as Shange – it must have been a hard fought race, with only 11 secs between the first 3.

Yanjaleye Beletewmitiku of Ethiopia won the women's walk by a big margin from **Grace Wanjiru** of Kenya. Wanjiru had come in as favourite and had been expected to retain her title, but finished more than 3 minutes behind the winner. Beletewmitiku won the bronze medal in the 2016 IAAF World U20 Championships 10,000m walk, held in the Polish city of Bydgoszcz, so came into the race with good credentials and produced the required big walk on the day.

Men 20km Race Walk

1.	Samuel Gathimba	KEN	1:25.14
2.	Lebogang Shange	RSA	1:25.25
3.	Hassanina Sebei	TUN	1:25.25
4.	Simon Wachira	KEN	1:27.58
5.	Wayne Shyyman	RSA	1:28.16
6.	Mohamed Ameer	ALG	1:28.38
7.	TAdilo Getu Melis	ETH	1:30.11
8.	Mohamed Saleh	EGY	1:31.18
9.	Erick Jerome Caprice	MRI	1:33.28
10.	Biara Alem Chekol	ETH	1:39.11
11.	Fatoyinbo Genga	NGR	1:41.49
12.	Lawal Oluwaseyi	NGR	1:42.49
13.	Herve Nzossie	CMR	1:45.32
14.	Hichem Medeber	ALG	1:50.04

Women 20km Race Walk

1.	Yanjaleye Beletewmitiku	ETH	1.31.46
2.	Grace Wanjiru	KEN	1.35.05
3.	Chahimez Nasr i	TUN	1.37.20
4.	Olude Fadekemi	NGR	1.41.16
5.	Aynalem Eshetu Sheferawe	ETH	1.42.40
6.	Beza Birhanu Zegeve	ETH	1.46.40
7.	Zelda Schultz	RSA	1.48.36

23RD CENTRAL AMERICAN AND CARIBBEAN GAMES, BARRANQUILLA, COLOMBIA, 20 JULY - 3 AUGUST

The 23rd Central American and Caribbean Games have now been completed in Barranquilla, Colombia. Held every 4 years, the 2018 staging was a huge affair with almost 6000 athletes from 37 countries participating in 40 sports.

Due to the tropical conditions, the men's 50km walk opened proceedings at 6AM on Wednesday 1st August while the men's 20km started at 7AM on Thursday 2nd August. **Controversially, the women's 50km walk was not included, even though it is now proudly centre stage in most other international competitions.** In a further blow to female walkers, the 4 entries in the women's 20km was deemed to be below the minimum 5 required so that event was withdrawn. That meant that 2018 Race Walking World Teams Championship winner Maria Guadalupe González was not able to participate.

50km Walk Men, Wednesday 1 August, 6AM

32 year old Mexican **Jose Leyver Ojeda** won the men's 50km race walk win in very hot and humid conditions, with his wife and two daughters supporting him during the 50 lap loop course along the Malecon in Barranquilla.

1.	Jose Leyver Ojeda Blas	1985	Mexico	4.02.45
2.	Jorge Armando Ruiz Fajardo	1989	Colombia	4.05.28
3.	Jose Leonardo Montaña Arevalo	1992	Colombia	4.08.10
4.	Bernardo Uriel Barrondo Garcia	1993	Guatemala	4.24.20
5.	José María Raymundo Cox	1993	Guatemala	4.37.45
	Jose Leonidas Romero Irias	1983	Honduras	DNF
	Omar Zepeda de Leon	1977	Mexico	DNF

20km Walk Men, Thursday 2 August, 7AM

20km world champion **Eider Arevalo** took the men's 20km gold as expected on another very hot morning, the first Colombian to win the event for 12 years, when his countryman and 2011 World champion Luis Lopez took gold, also on home soil, in Cartagena in 2006. "This is special to compete at home with my mom and girlfriend watching. There is a special motivation to be here. To have my mom, my girlfriend and friends supporting is amazing," said Arevalo, who improved from silver in 2014. For the first time in 42 years, Mexico was out of the medals, with Andrés Olivás in fourth place (1.28.12).

1.	Eider Orlando Arevalo Truque	1993	Colombia	1.26.42
2.	Manuel Esteban Soto Ruiz	1994	Colombia	1.26.59
3.	Erick Bernabé Barrondo García	1991	Guatemala	1.27.17
4.	Andres Eduardo Olivás Nuñez	1998	Mexico	1.28.12
5.	Yassir Ameth Cabrera Lopez	1988	Panamá	1.28.56
6.	Carlos Sanchez Cantera	1985	Mexico	1.32.54
7.	José Alejandro Barrondo Xuc	1996	Guatemala	1.34.04
8.	Jose Israel Melendez Cintron	1995	Puerto Rico	1.34.24
9.	Richard Egrey Vargas	1994	Venezuela	1.36.14

The 24th edition of the Games has scheduled for Panama in 2020.

OUT AND ABOUT

- **Ines Henriques** is tipped to win the women's 50km at this week's European Champs. See <http://www.european-athletics.org/competitions/european-athletics-championships/news/article=toth-and-henriques-tipped-the-50km-race-walk-moen-and-mazuronak-favoured-the-marathon/>
- Good luck to VRWC member **Stuart Kollmorgen** who will be competing in the racewalk at the 10th Gay Games in Paris this week (see <https://www.paris2018.com/>). Held every 4 years, this multi sport event includes over 10,000 participants in 36 sports. Good luck Stuart!
- Noel Carmody has released the latest English Race Walking Record (number 874, July 2018). You can download it at <http://www.racewalkingassociation.com/Newsletters/RWR874.pdf>.
- Australian marathon great and former AIS director Rob de Castella has slammed the new direction of the Australian Institute of Sport (AIS), declaring the once proud sporting hub is dead and lamenting the end of an era at the Canberra

campus. "It's like shuffling deck chairs on the Titanic. It's just a shell of what it was at the AIS. The 'new' AIS has no athletes, no coaches, and no residential program. It makes it a sham. What was once great, the envy of the world and the dreams of Aussie sports kids, coaches and support staff, is now gone, never to return." See <https://www.smh.com.au/sport/the-ais-is-dead-it-s-a-sham-robert-de-castella-fears-for-future-20180730-p4zuec.html>.

- The bleed from the AIS continues. Gymnastics, one of the eight foundation sports at the campus, is now leaving the AIS, citing a decaying facility as the main reason from walking away. See <https://www.smh.com.au/sport/gymnastics-australia-to-leave-ais-after-35-years-on-canberra-campus-20180726-p4ztpj.html>.
- The Russian Athletics Federation was notified last Friday that the IAAF Doping Review Board has decided to revoke the Authorised Neutral Athlete (ANA) status granted to high jumper **Danil Lysenko**. This was as a result of his failure to provide whereabouts information as required under the IAAF Anti-Doping Rules and Regulations and to make himself available for out-of-competition testing by the AIU. Lysenko is accordingly not eligible to compete at the 2018 European Athletics Championships to be held in Berlin this week. I say you don't hide unless you have something to hide! Pathetic. No one from Russia should be allowed to compete internationally in athletics until the whole sorry mess is cleaned up. See <https://antidopingworld.wordpress.com/2018/08/03/authorised-neutral-athlete-status-of-danil-lysenko-revoked/>.
- Kenya continues to lead the way in producing drugs cheats, alongside their Russian counterparts. The doping axe has once again fallen on 2006 Commonwealth games 10,000m gold medalist **Lucy Wangui Kabuu** who tested positive for narcotic morphine in April this year at the EA7 Emporio Armani Milano Marathon. All I can say is – the water is looking a little murky! See <https://antidopingworld.wordpress.com/2018/08/04/lucy-kabuu-ken-fails-doping-test-at-milano-marathon/>.
- German TV's ARD has come up with yet another drugs related expose, this time putting the sport of competitive swimming under the microscope. As Hajo Seppelt explains, while the Europe's greatest swimmers gather in Glasgow, there are doubts whether we can be so trusting of the competition's fairness. Some athletes will compete, that have not been subject to unannounced doping tests in the lead up to the championships. The International Swimming Federation is staging its fight against doping more as a potential alibi rather than a foe. See <https://ecs.sportschau.de/ecs2018/nachrichten/Doping-Swimming-under-Suspicion,europeanchampionships180.html>.

MARCIADALMONDO AND OMARCHADOR ROUNDUP

There are 4 press releases for us from Marciadalmondo this week

- Sun 6 Aug - Italian walker Eleonora Giorgi is in doubt for Berlin and fellow Italian Nicole Colombi has withdrawn. http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3252
- Wed 1 Aug - Eider Arevalo (COL) wins 20km and Jose Leyver Ojeda (MEX) wins 50 km in the the Central American and Caribbean Games http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3251
- Tue 31 Jul - The way to Berlin 2018: 50km men http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3250
- Mon 30 Jul - Ukrainian walker Igor Glavan suspended for anomalies in his biological passport http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3249

and omarchador has 17 press releases

- Tue 7 Aug - Gathimba and Beletew become African 20km walk champions <http://omarchador.blogspot.com/2018/08/gathimba-e-beletew-sagram-se-campeoes.html>
- Mon 6 Aug - Berlin-2018: Women's 50 km, starting list <http://omarchador.blogspot.com/2018/08/berlim-2018-50-km-femininos-lista-de.html>
- Mon 6 Aug - Berlin-2018: 50km for men, starting list <http://omarchador.blogspot.com/2018/08/berlim-2018-50-km-masculinos-lista-de.html>
- Mon 6 Aug - Berlin hosts the European Athletics Championships <http://omarchador.blogspot.com/2018/08/berlim-recebe-os-campeonatos-europeus.html>
- Sun 5 Aug - Results of the 2nd round of the London Inter Club Challenge <http://omarchador.blogspot.com/2018/08/a-marcha-na-2-ronda-do-london-inter.html>
- Sun 5 Aug - New rules for access to the 2020 Olympic Games <http://omarchador.blogspot.com/2018/08/novas-regras-de-acesso-aos-jogos.html>
- Sat 4 Aug - Results of the League of Walking Clubs in Çorum, Turkey

<http://omarchador.blogspot.com/2018/08/liga-de-clubes-de-marcha-em-corum.html>

- Sat 4 Aug - Results of the USA Veterans Championships in Spokane, WA
<http://omarchador.blogspot.com/2018/08/campeonatos-de-veteranos-dos-e-u.html>
- Fri 3 Aug - Kate Veale wins women's walk at the Irish Track Championships
<http://omarchador.blogspot.com/2018/08/kate-veale-em-evidencia-nos-campeonatos.html>
- Fri 3 Aug - Nairobi (Kenya) to host 2020 IAAF World U20 Championships
<http://omarchador.blogspot.com/2018/08/nairobi-kenia-recebera-em-2020-os.html>
- Thu 2 Aug - Cláudio Richardson and Paula Silva win walks in the North-Northeast Trophy (Brazil)
<http://omarchador.blogspot.com/2018/08/claudio-richardson-e-paula-silva-em.html>
- Thu 2 Aug - Mexican Jose Leyver triumphs in the 50km in Barranquilla
<http://omarchador.blogspot.com/2018/08/mexicano-jose-leyver-triunfa-nos-50-km.html>
- Wed 1 Aug - Colombian Éider Arévalo wins gold in the men's 20km in Barranquilla
<http://omarchador.blogspot.com/2018/08/colombiano-eider-arevalo-com-ouro-nos.html>
- Wed 1 Aug - Nigeria hosts the African Championships
<http://omarchador.blogspot.com/2018/08/nigeria-vai-acolher-os-campeonatos-de.html>
- Tue 31 Jul - No women's walks in Central American and Caribbean Games
<http://omarchador.blogspot.com/2018/07/jogos-de-barranquilla-sem-marcha.html>
- Tue 31 Jul - Preview of the Central American and Caribbean Games in Barranquilla
<http://omarchador.blogspot.com/2018/07/jogos-centro-americanos-e-do-caribe-em.html>
- Tue 31 Jul - Portuguese 20km selections for European Champs in Berlin
<http://omarchador.blogspot.com/2018/07/berlim-2018-selecao-de-portugal-de-20.html>

VRWC CLUB RECORDS

Our VRWC club records have taken a hiding this winter season. The latest 3 done last weekend (by Margaret Beaumont, Gwen Steed and Darcey Roberts) take the count to 23, with Darcey Roberts (8), Margaret Beaumont (5) and Kelly Ruddick (5) leading the way. Here they are.

Darcey Roberts	W	U11-U13 Girls 1.5km Road Walk	7:37	VRWC Races, Middle Park	12/05/2018
Kelly Ruddick	W	W45 10km Road Walk	49:59	VRWC Races, Middle Park	12/05/2018
Kelly Ruddick	W	W45 15km Road Walk	1:14:27	VRWC Races, Middle Park	12/05/2018
Margaret Beaumont	W	W80 5000m Track Walk	46:14.0	VMA 5000m C'ship, Mentone	18/02/2018
Margaret Beaumont	W	W80 5km Road Walk	46:07	VRWC Races, Middle Park	12/05/2018
Darcey Roberts	W	U11 Girls 2km Road Walk	10:20	VRWC Races, Middle Park	19/05/2018
Kelly Ruddick	W	W45 10km Road Walk	48:36	Victorian 10km Walk, Middle Park	27/05/2018
Darcey Roberts	W	U11-U12 Girls 1km Road Walk	4:49	VRWC Races, Middle Park	02/06/2018
Darcey Roberts	W	U11 Girls 2km Road Walk	9:58	LBG Carnival, Canberra	10/06/2018
Darcey Roberts	W	U11-U12 Girls 5km Road Walk	29:19	LBG Carnival, Canberra	10/06/2018
Daniel Walters	M	M35 15km Road Walk	1:11:36	VMA 20km C'ship, Middle Park	24/06/2018
Margaret Beaumont	W	W80 3km Road Walk	27:10	VRWC Races, Middle Park	30/06/2018
Darcey Roberts	W	U11-U13 Girls 1.5km Road Walk	7:24	VRWC Races, Middle Park	30/06/2018
Darcey Roberts	W	U11 Girls 2km Road Walk	9:53	VRWC Races, Middle Park	14/07/2018
Margaret Beaumont	W	W80 10km Road Walk	1:35:05	VRWC Races, Middle Park	14/07/2018
Kelly Ruddick	W	W45 10km Road Walk	47:30	VMA 10km Champs, Middle Park	14/07/2018
Kelly Ruddick	W	W45 30km Road Walk	2:37:36	AV 30km C'ship, Middle Park	29/07/2018
Tracy Feiner	W	W40 30km Road Walk	2:54:21	AV 30km C'ship, Middle Park	29/07/2018
Alanna Peart	W	U15 5km Road Walk	23:39	AV U16 5km C'ship, Middle Park	29/07/2018
Ela Uzun	W	U9 2km Road Walk	13:35	VRWC Races, Middle Park	29/07/2018
Gwen Steed	W	W75 10km Road Walk	1:12:59	VRWC 10km Walk, Middle Park	04/08/2018
Darcey Roberts	W	U11 Girls 3km Road Walk	15:44	VRWC 3km Walk Middle Park	04/08/2018
Margaret Beaumont	W	W80 20km Road Walk	3:17:34	AMA 30km C'ship, Adelaide	05/08/2018

You know, there are still plenty of our club record categories that are still blank so why don't you check them out at <http://www.vrwc.org.au/vrwc-records.shtml> and see if you qualify.

OFF TO MALAGA!

Great article by Victorian Masters Assn newsletter editor Russ Dickenson in the latest issue of the VMA newsletter on three of our top Masters walker – see <https://vicmastersaths.org.au/wp-content/uploads/2018/07/FOOTPRINTS-AUGUST-2018.pdf>.

Over the last 25 years, Australia has dominated racewalking at the World Championships. We have had many World Champions and World Record holders. The names roll on...Murray Dickinson, Mark Donahoo, Ralph Bennett, Colin Heywood, Brenda Riley, Gwen Steed, Kelly Ruddick, most of them Victorians, but there are 3 Aussies who can lay claim to being the best ever Masters walkers - **Lyn Ventris** of WA and Victorians **Andrew Jamieson** and **Heather Carr**.



Lyn Ventris, Andrew Jamieson and Heather Carr

These three have owned their age groups and repeatedly set world records along the way.

Yet each of them have their own challenges coming up to this year's World Championships in Malaga, Spain.

- **Lyn Ventris**

A most incredible walker and twice winner of the WMA Athlete of the year. In the 20km at the Sacramento Worlds in 2011, and at 54 years of age, Lyn beat the nearest female (of any age !!) home by 9 minutes and was only beaten home by 4 men !!! This is also regardless of age. More incredibly, Lyn and hubby John run a business in Bunbury and Lyn trains alone and has virtually no competitive racing.

After struggling with hamstring problems for over three years and exhausting all forms of treatment with no success, the only option for Lyn was surgery to re-attach a partially torn and much damaged hamstring tendon. The surgery in November 2013 was tough and the rehabilitation long and frustrating. It took twelve months of intense work with physios just to get back into training.

I should say that Lyn has always trained like an elite 25 year old and she is back to that now.

She missed the 2013 Worlds in Brazil but returned to win the treble of walks in Lyon in 2015. She struggled again at her home Worlds in Perth the next year but now I hear she is training hard again and hopeful of doing well in Malaga.

- **Heather Carr**

Then there's Heather Carr, or as I like to call her, "Mrs. Unbeatable". Heather has dominated her age groups for many years, winning consecutively at Perth (2016), Lyon (2015), Porto Alegre (2013) and Sacramento (2011). and previously at San Sebastian (2005), Puerto Rico (2003), Brisbane (2001), Durban (1997). Throw in some World Indoor Championships that she has cleaned up in as well.

Immediately after the Perth Worlds, Heather had a hip replacement and it only seemed a fairly short time until she was back competing in AV Shield and walking well, and to me, didn't seem to be much slower. Malaga, however, will be a real challenge as there are some pretty impressive ladies racing against her.

Care to bet against her ?? Not me !!

- **Andrew Jamieson**

To my mind the best Male Masters Walker of all time is Andrew Jamieson. Few would disagree. Andrew has gone from age group to age group setting World Records and is a regular winner of World Championships.

Andrew debuted at the Durban and Gateshead Championships, winning minor medals but still not training hard due to his commitments as a Surgeon. By Brisbane 2001 he announced himself with a brilliant 20km win. He went on to win the 3 walks at each of the next 4 Championships - San Sebastian, Riccione, Lahti and Sacramento.

In Porto Alegre, he was pipped in the 5000m in a W.R. time but came back to win the 10km and 20km easily. He had problems in Lyon, winning only a silver. He bounced back in Perth with 3 Golds but has really struggled since with back, glute and hamstring issues similar to that suffered by Lyn Ventris. I've seen Andrew walk in recent weeks and he is quite handicapped and unable to stretch out at all. He is going to Malaga but may not be able to compete. Let's hope he can get over his injuries.

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 – 2018

Aug 26 (Sun), 2018	Australian Roadwalk Championships, Lake Kawana, Sunshine Coast, QLD
Oct 5-6, 2018	AV Shield commences (Round 1 at various venues)
Oct 13-20, 2018	Alice Springs Masters Games - www.alicespringmastersgames.com.au/
Nov 2-11, 2018	Pan Pacific Masters Games, Gold Coast - https://mastersgames.com.au/ppmg/
Nov 2-4, 2018	2018 Victorian All Schools Track & Field Championships, Albert Park
Dec 2 (Sun), 2018	Australian 50km Championships Meet, Fawkner Park, VIC
Dec 7-9, 2018	Australian All Schools T&F Championships, Cairns, QLD

Australian/Victorian Key Dates – 2019

Jan 26-28, 2019	Victorian Country T&F Championships, Bendigo
Feb 3 (Sun), 2019	Australian/Oceania 20km Championships, Adelaide, SA
Mar 1-3, 2019	Victorian T&F Championships, Weekend 1, Albert Park
Mar 8-10, 2019	Victorian T&F Championships, Weekend 2, Albert Park
Mar 16-17, 2019	Victorian Masters T&F Championships, Albert Park
Mar 30 – Apr 7, 2019	Australian Athletics Championships, Sydney (10,000m track walk championships)
Apr 13-14, 2019	Coburg 24 Hour Carnival, Coburg, VIC
Apr 26-29, 2019	Australian Masters T&F Championships, Albert Park

International Dates – 2018 and onwards

Aug 7-12, 2018	European Athletics Championships , Berlin, Germany
Sept 4-16, 2018	22nd World Masters Athletics T&F Championships , Malaga, Spain
Sept 23-26, 2018	Around Taihu International Race Walking 2018, Wuzhong, CHN (IAAF RW Challenge Cat B)
Mar 24-30, 2019	World Masters Indoors T&F Championships , Torun, Poland
July 3-14, 2019	30th Summer Universiade , Naples Italy
Aug 30-Sep 7, 2019	20th Oceania Masters T&F Championships , Mackay, Queensland, AUS
Sept 28 – Oct 6, 2019	17th IAAF World Championships in Athletics , Doha, Qatar
May, 2020	29th IAAF World Race Walking Team Championships , Minsk, Belarus
July 17-20, 2020	18th IAAF World U20 T&F Championships , Nairobi, Kenya
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 , Birmingham, GBR.

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