



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2016/2017 Number 09
29 November 2016



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WALKER OF THE WEEK

My Walkers of the Week this time around are young VRWC members **Philippa Huse and Rebecca Henderson**. 17 year old Philippa and 16 year old Rebecca both did big 10km PBs last Sunday morning at Middle Park in Melbourne when racing in our VRWC summer roadwalk championships. Philippa's time of **49:30** was a 1:40 PB and Rebecca's time of **49:55** was a 3:03 PB. Both girls have had great winter seasons this year and they are carrying that form into the summer.



Philippa Huse and Rebecca Henderson in action on Sunday (photos Terry Swan)

This takes to 11 the number of Australian women who have bettered 50 minutes for the 10km walk so far this year.

1.	Beki Smith	SW	43:48	NSW	03/04/2016
2.	Tanya Holliday	SW	44:33	SA	03/04/2016
3.	Regan Lamble	SW	44:48	VIC	26/09/2016
4.	Zoe Hunt	U20W	46:29	ACT	21/02/2016
5.	Clara Smith	U18W	46:42	QLD	21/02/2016
6.	Tayla-Paige Billington	U20W	47:25	NSW	21/02/2016
7.	Kelly Ruddick	W40	47:30	VIC	17/01/2016
8.	Jessica Pickles	U23W	48:49	QLD	03/04/2016
9.	Jemima Montag	U18W	49:24	VIC	21/02/2016
10.	Philippa Huse	U18W	49:30	VIC	27/11/2016
11.	Rebecca Henderson	U18W	49:55	VIC	27/11/2016

WHAT'S COMING UP

- **AV Shield** continues this coming **Saturday 3rd December** with **Round 7** contested at various venues around Victoria. 3000m and 1500m walks are to be contested. The only exception is Ballarat who are contesting round 7 tonight.
 - Ballarat Zone Round 7, Llanberris Reserve, Ballarat, Tuesday 29 November
 - Blue Zone Round 7, Ballam Park Athletics Track, Frankston, Saturday 3 December
 - Yellow Zone Round 7, VU Sporting Complex, Wyndham, Saturday 3 December
 - Red Zone Round 7, Bill Sewart Athletics Track, East Burwood, Saturday 3 December
 - White Zone Round 7, Morrison Reserve, Mt Evelyn, Saturday 3 December
 - Geelong Zone Round 7, Landy Field, Geelong, Saturday 3 December
 - Bendigo Zone Round 7, La Trobe University Track, Bendigo, Saturday 3 December
- The **Australian Schools T&F Championships** are also to be held this weekend in Canberra (**2-4 December**). Entry lists are online at <http://www.athletics.com.au/Portals/56/2016%20AS%20Entries.pdf>. The walks are all to be held on Friday
 - 5:30PM U16 3000m Walk, Boys/Girls
 - 6:40PM U14 3000m Walk, Boys/Girls
 - 8:10PM U18 5000m Walk, Boys/Girls
- Then a week later we have the **Australian 50km roadwalk championship** meet at Fawkner Park in Melbourne on **Sunday 11th December**.
- An ongoing reminder that registrations are still open for our annual **VRWC Falls Creek Summer Racewalk Camp**. It will run from Friday 30th December 2016 to Thursday 12th January 2017. See <http://www.vrwc.org.au/vrwc-falls-creek.shtml> for further details. Week 1 is now full but there are places left for week 2.
- Also a reminder that our new VRWC financial year started on 1st October so memberships renewals are now due – see membership form and renewal instructions at <http://www.vrwc.org.au/VRWCMembershipApplication.shtml>.

VRWC SUMMER ROADWALK CHAMPIONSHIPS, MIDDLE PARK, SUNDAY 27 NOVEMBER

Perfect weather greeted walkers on Sunday morning for our annual VRWC summer roadwalk championships at Middle Park. The 20km walkers started first at 8:30AM, with Rio Olympian **Quentin Rew** timing his long training session to reach the start line just in time for the gun. He went on to win the Open Men's Club Championship with a comfortable 1:32:52, ahead of **Adam Garganis** and **Pramesh Prasad**.

20km Open Men VRWC Championship - Gus Theobald Trophy

1.	Quentin Rew	1:32:52
2.	Adam Garganis	1:38:45
3.	Pramesh Prasad	1:48:48
4.	Simon Evans	1:57:24

The 10km walkers started at 9:30AM and, although the field was small overall, it was of a high quality. Rio Olympian **Rhydian Cowley** led throughout to win with 43:19, ahead of **Kyle Swan** 48:03 and **Stuart Kollmorgen** 49:02. But their fine performance were perhaps overshadowed by 17 year old **Philippa Huse** and 16 year old **Rebecca Henderson** who walked inspired races to both break 50 mins with PB times of 49:30 and 49:55. Further back, **Heather Carr** walked her usual solid race to win our Masters Women club championship which is named after her!

10km Masters Women VRWC Championship - Heather Carr Trophy

1.	Heather Carr	1:02:14
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10km Open

1.	Rhydian Cowley	43:19	
2.	Kyle Swan	47:03	
3.	Stuart Kollmorgen	49:02	
4.	Philippa Huse	49:30	PB 1:40
5.	Rebecca Henderson	49:55	PB 3:03
6.	Mark Donahoo	DNF	
7.	Jason Kozica	DNF	

Our 5km and 3km walkers started at 10:30AM, with **Reese Walmsley** leading out to win with 24:40. Well done to our club championship winners Reese, **Charlotte Hay** and **Corey Dickson**.

5km U20 VRWC Championship

- | | | |
|----|-----------------|-------|
| 1. | Reese Walmsley | 24:40 |
| 2. | Hayden Walmsley | 25:53 |

5km Open

- | | | |
|----|---------------|-------|
| 1. | Anthony Doran | 35:35 |
| 2. | Celia Johnson | 37:07 |

3km U15 VRWC Championship

- | | | |
|----|-------------------|-------|
| 1. | Charlotte Hay | 18:07 |
| 2. | Kathleen O'Mahony | 19:00 |

- | | | |
|----|-----------------|-------|
| 1. | Corey Dickson | 14:39 |
| 2. | Heath Beveridge | 17:40 |
| 3. | Angus Hay | 19:30 |

3km Open

- | | | |
|----|----------------|-------|
| 1. | Jason Kozica | 15:23 |
| 2. | Donna Elms | 17:39 |
| 3. | Gwen Steed | 20:24 |
| 4. | Sandra Howorth | 21:58 |
| 5. | Pam Mews | 30:57 |

Finally, our younger walkers contested 1.5km club championships, with **Kaylah Heikkila-Dubowik, Luke Epps** and **Hamish Blackwood** all winning gold.

1.5km U12 VRWC Championship

- | | | |
|----|-------------------------|------|
| 1. | Kaylah Heikkila-Dubowik | 8:23 |
|----|-------------------------|------|

- | | | |
|----|-------------|------|
| 1. | Luke Epps | 8:14 |
| 2. | Scott Peart | 8:27 |

1.5km U9 VRWC Championship

- | | | | |
|----|------------------|------|---------|
| 1. | Hamish Blackwood | 8:42 | PB 0:01 |
|----|------------------|------|---------|

Thanks as always to our judges, officials and helpers. Sorry if I have missed anyone – you are all appreciated!

Officials: Tim Erickson, Mark Donahoo, Ralph Bennett, Damien Elms, Jason Elms, Simon Evans, Kathy Huse

Judges: Stuart Cooper (chief), Peter Vysma, Stuart Cooper

Canteen: Wendy Cooper

Photos: Terry Swan (see <http://www.vrwc.org.au/coppermine/thumbnails.php?album=94>)



Kyle Swan, Quentin Rew, Rhydian Cowley and Stuart Kollmorgen in action (photos Terry Swan)



Luke Epps, Kaylah Heillika-Dubowik, Corey Dickson and Hamish Blackwood (photos Terry Swan)



Reese Walmsley, Philippa Huse, Rebecca Henderson, Pramesh Prasad and Adam Garganis (photos Terry Swan)

BENDIGO WALKERS CLUB ROAD WALKS, ROSALIND PARK, BENDIGO, WEDNESDAY 23 NOVEMBER

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

On Wednesday evening the Bendigo Walkers Club held 1.5km and 3km handicap events in Rosalind Park. In the 1.5km, sisters Charlotte and Jasmine Murphy had a tight battle with 11 year old Charlotte overhauling her 9 year old sister Jasmine in the last 10 metres to secure her second victory of the Season. The improving Amber Fox held off backmarker Carissa Brook to take 3rd place. Club Personal best's in this event produced by Carissa Brook, Amber Fox and Caitlyn Tozer. In the 3km event, backmarker Zahra Hayes walked at a consistent pace throughout the event and sprinted to the front with 100m to go and came away with a strong victory. Annette Curtis and Jennie Payne again produced excellent performances to take 2nd and 3rd respectively, with all 3 placegetters securing Club PBs.

1.5km Walk Handicap

- | | | |
|----|------------------|------|
| 1. | Charlotte Murphy | 8.55 |
| 2. | Jasmine Murphy | 9.35 |

3km Walk Handicap

- | | | |
|----|----------------|-------|
| 1. | Zahra Hayes | 14.23 |
| 2. | Annette Curtis | 19.42 |

3.	Amber Fox	11.07	3.	Jennie Payne	18.05
4.	Carissa Brook	7.53	4.	Peter Curtis	16.54
5.	Sheridan Commons	10.25	5.	Norm West	23.52
6.	Caitlyn Tozer	11.30	6.	Barb Bryant	17.02
7.	Madison Hill	8.29	7.	John Carter	22.28
8.	Ebony Whiley	8.21	8.	Geoff Major	26.50

SAMA TRACK WALKS, SA ATHLETICS STADIUM, MILE END, ADELAIDE, WEDNESDAY 23 NOVEMBER

Thanks to Colin Hainsworth for the latest results from the South Australian Walkers in Adelaide. Colin commented: A few walkers not back on the track yet after Perth. A very good double by **Kristie Goznik** (6:50 for 1500m and 9:20 for 2000m).

1500m Walk

1.	Richard Moyle	11:05	M60	58.37%
2.	Gil McIntosh	09:27	M66	72.92%
3.	Rhiannon Lovegrove	07:18		
4.	Margaret McIntosh	12:39	W63	56.53%
5.	Graham Harrison	10:53	M73	68.86%
6.	Roger Lowe	11:50	M73	63.33%
7.	Marie Maxted	08:23	W56	79.53%
8.	Kristie Goznik (F/T)	06:50		
9.	Leigh Smith	11:28	M81	73.16%
10.	Gloria Holliday	08:59	W56	74.22%
11.	James Hoare	11:02	M70	65.43%

2000m Walk

1.	Dave Fallon	15:56	M64	54.70%
2.	Margaret McIntosh	15:58	W63	58.73%
3.	James Hoare	13:44	M70	67.96%
4.	Richard Moyle	14:39	M60	57.09%
5.	Rhiannon Lovegrove	10:07		
6.	Gil McIntosh	12:50	M66	69.42%
7.	Kristie Goznik (F/T)	09:20		
8.	Leigh Smith	15:29	M81	70.12%
9.	Roger Lowe	15:42	M73	61.73%
10.	Gloria Holliday	12:33	W56	69.47%
11.	Graham Harrison	14:40	M73	66.08%
12.	Marie Maxted	13:15	W56	65.80%

ACT WALKERS CLUB TRACK WALKS, WODEN PARK, CANBERRA, THURSDAY 24 NOVEMBER

Thanks to Robin Whyte for the latest results from Canberra. Rio Olympian **Brendon Reading** was fastest in the 3000m with 12:16. Pbs to **Connor Frew** (13:08), **Mitchell Baker** (13:46) and **Tim Fraser** (13:52).

3000m Walk

1.	Brendon Reading	12:16		
2.	Connor Frew	13:08	PB 0:19	
3.	Mitchell Baker	13:46	eq PB	
4.	Tim Fraser	13:52	PB 0:39	
5.	Callum Burns	14:15		
6.	Gabby Hunt	14:45		
7.	Gwyllym Young	14:53		
8.	Laura Burns	16:04		
9.	Hannah Manning	16:07		
10.	Helena Bialecki	19:01		
11.	Bryan Thomas	21:14		
12.	Rod Gilchrist	21:54		
13.	Ruth Baussmann	22:01		
14.	Sheryl Greatehead	24:33		
15.	Margaret McSpadden	24:37		

1000m Walk

1.	Tom Hunt	04:52
2.	Sebastian Young	06:03
3.	Ella Baker	06:32
4.	Georgia Frew	07:14
5.	Val Chesterton	08:32

2016 NSW RELAY CHAMPIONSHIPS, BLACKTOWN INTERNATIONAL SPORTSPARK, BLACKTOWN, 26-27 NOV

Racewalk relays are always included in the annual NSW Relay Championships and it was once again the case this time around. With 13 walk teams in total, that makes for an overall 52 walkers, each walking 1500m. Unfortunately the results only list clubs but do not list the individual competitors so I can't hone in on particular walkers. Suffice it to say, the Gosford men were easily fastest with an overall 25:29.43.

Men 4x1500m Relay Race Walk Open

1.	Central Coast 'A'	25:29.43
2.	Newcastle Region 'A'	28:05.10
3.	Nepean District Athletic Club 'A'	29:24.08
4.	U.T.S. Northern Suburbs Athlet 'A'	29:30.46

Men 4x1500m Relay Race Walk U14

1.	Central Coast 'A'	31:44.52
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- | | | |
|----|------------------------------------|----------|
| 2. | Asics Wests Track & Field Club 'B' | 40:22.13 |
| 3. | Asics Wests Track & Field Club 'A' | 47:29.60 |

Women 4x1500m Relay Race Walk Open

- | | | |
|----|------------------------------------|----------|
| 1. | U.T.S. Northern Suburbs Athlet 'A' | 40:12.30 |
|----|------------------------------------|----------|

Women 4x1500m Relay Race Walk U18

- | | | |
|----|------------------------------------|----------|
| 1. | St. George District Athletic C 'A' | 31:34.54 |
| 2. | Asics Wests Track & Field Club 'A' | 42:25.34 |

Women 4x1500m Relay Race Walk U14

- | | | |
|----|------------------------------------|----------|
| 1. | Mingara Athletics Club Inc. 'A' | 29:32.26 |
| 2. | Asics Wests Track & Field Club 'A' | 34:13.82 |
| 3. | Nepean District Athletic Club 'A' | 40:19.65 |

QUEENSLAND MASTERS T&F MEET, QSAC, BRISBANE, SATURDAY 26 NOVEMBER

Only 2 walkers in action in the Queensland Masters T&F meet in Brisbane on Saturday.

1500m Walk

- | | | | | | |
|----|----------------|-----|-----------|---------|--------|
| 1. | Dean Nipperess | M45 | GC & Sthm | 6:32.90 | 86.55% |
| 2. | Peter Bennett | M61 | Brisbane | 8:30.79 | 76.00% |

3000m Walk

- | | | | | | |
|----|----------------|-----|-----------|----------|--------|
| 1. | Dean Nipperess | M45 | GC & Sthm | 14:33.60 | 79.38% |
| 2. | Peter Bennett | M61 | Brisbane | 17:31.84 | 75.23% |

JOANNA STONE SHIELD, UQ ATHLETICS CENTRE, BRISBANE, SATURDAY 26 NOVEMBER

The younger Queensland walkers were also in action on Saturday, with the **McCutcheons** taking fastest times overall. Not necessarily sure of previous PBs for many of the walkers but it was certainly a day out for many of them with lots of bests.

5000m Walk

- | | | | | | |
|----|------------------|----|-----------------|----------|---------|
| 1. | McCutcheon, Luke | 18 | Qeii Track Club | 22:14.40 | PB 0:02 |
|----|------------------|----|-----------------|----------|---------|

3000m Walk

- | | | | | | |
|----|--------------------|----|---------------------|----------|---------|
| 1. | McCutcheon, Jamie | 17 | Qeii Track Club | 13:40.57 | PB |
| 2. | McCutcheon, Nelson | 14 | Qeii Track Club | 13:41.77 | PB 0:01 |
| 3. | Clarke, Anika | 11 | Queensland R | 15:35.30 | PB |
| 4. | Clarke, Ethan | 15 | Queensland R | 15:35.88 | PB |
| 5. | Smith, Clancy | 16 | Noosa Athletics | 16:14.14 | |
| 6. | Haig, Callum | 16 | Uni of the S | 17:03.03 | |
| 7. | Hargreaves, Josii | 13 | Jimboomba Athletics | 17:51.91 | |
| 8. | Ofield, Mackenzie | 12 | Uni of the S | 17:52.13 | |

ATHLETICS TASMANIA INTERCLUB, DOMAIN ATHLETICS TRACK, HOBART, SATURDAY 26 NOVEMBER

Great walking by 14 year old **Bayley Campbell** in Hobart – 6:51.05 for 1500m walk.

1500m Walk

- | | | | | |
|----|-----------------|-----|----------|----|
| 1. | Bayley Campbell | OVA | 6:51.05 | PB |
| 2. | Anna Blackwell | OVA | 7:19.37 | |
| 3. | Ron Foster | NS | 9:20.47 | |
| 4. | Wayne Fletcher | NS | 12:38.22 | |

ASA INTERCLUB, SA ATHLETICS STADIUM, MILE END, ADELAIDE, SATURDAY 19 NOVEMBER

Two weeks of Athletics South Australia interclub competition to catch up on this week. First to Saturday 19th November when 1500m and 5000m walks were contested.

1500 Metre Walk

- | | | | |
|----|----------------|----------|---------|
| 1. | Jake Vidler | SOUTHERN | 7:14.35 |
| 2. | Victoria Upton | SOUTHERN | 7:14.45 |

3.	Kitarni Upton	SOUTHERN	8:06.17
4.	Kiera Ross	PEMBROKE	8:12.71
5.	Aleesha Vidler	SOUTHERN	9:55.10

5000m Walk

1.	Rhiannon Lovegrove	PORT ADELAIDE	25:55.12
2.	Samantha Findlay	SOUTHERN	26:26.48
3.	Peter Crump	SAINTS	29:22.97
4.	Mathew Bruniges	SOUTHERN	29:23.76
5.	Anna Cross	PEMBROKE	29:30.17
6.	Chloe Upton	SOUTHERN	30:51.97
7.	Cherie Rothery	HILLS DISTRICT	34:09.67
8.	James Hoare	PORT ADELAIDE	36:18.67
	Alix Harlington	NORTHERN DISTRICTS	DNF
	Jayden Goode	NORTHERN DISTRICTS	DNF
	Mia Wilks	PEMBROKE	DNF
	Olivia Sandery	PEMBROKE	DNF
	Tristan Camilleri	COASTAL DISTRICTS	DQ

ASA INTERCLUB, SA ATHLETICS STADIUM, MILE END, ADELAIDE, SATURDAY 26 NOVEMBER

Then to last Saturday when 3000m and 1500m walks were on the program.

3000m Walk

1.	Alix Harlington	NORTHERN DIS	14:47.21
2.	Samantha Findlay	SOUTHERN	15:03.72
3.	Jayden Goode	NORTHERN DIS	15:29.24
4.	Victoria Upton	SOUTHERN	15:36.85
5.	Anna Cross	PEMBROKE	15:50.19
6.	Danielle Walsh	PORT ADELAIDE	16:31.18
7.	Mathew Bruniges	SOUTHERN	16:33.08
8.	Olivia Sandery	PEMBROKE	16:55.01
9.	Chloe Upton	SOUTHERN	17:12.81
10.	Kitarni Upton	SOUTHERN	17:18.05
11.	Mia Wilks	PEMBROKE	17:48.42
12.	Talisha Skein	TEA TREE GUL	18:10.22
13.	Greg Metha	HILLS DISTRI	19:27.15
14.	James Hoare	PORT ADELAIDE	21:26.32
	Joe Cross	PEMBROKE	DQ
	Tristan Camilleri	COASTAL DIST	DQ

1500m Walk

1.	Jake Vidler	SOUTHERN	7:18.07
2.	Aleesha Vidler	SOUTHERN	9:52.29
3.	Bethany Cross	PEMBROKE	7:30.68

WESTERN AUSTRALIAN ROUNDUP

Thanks to Terry Jones for a roundup of outstanding results from Perth, Western Australia

WA All Schools T&F Champs, WAAS, Perth, 14-16 Nov

Girls 3000m Race Walk U14

1.	Ireland, Hannah	17:12.8
2.	Ralston, Kate	17:57.7
3.	Morales, Richelle	19:14.0
4.	D'Alton, Kayla	24:44.1

Boys 3000m Race Walk U14

1.	Davies, Owen	26:53.1
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Girls 3000m Race Walk U16

1.	Gallagher, Caitlin	19:47.6
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WARWC Roadwalks, Wilson, Perth, Sunday 20 Nov

10km Walk

1.	Andrew Duncan	57.00
2.	Hayley Jackson	62.40
3.	Isabella Tolardo	69.20

5km Walk

1.	Declan Tingay	23.51
2.	Ben Reid	27.11
3.	Karyn Tolardo	30.44
4.	Wendy Farrow	33.32
5.	John Smith	43.04

Boys 3000m Race Walk U16

1.	Reid, Benjamin	14:52.2
2.	Anderton, Cooper	15:24.7
3.	Millard, Thomas	16:56.2

Girls 5000m Race Walk U18

1.	Jackson, Hayley	28:58.7
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Boys 5000m Race Walk U18

1.	Reid, Benjamin	25:58.3
2.	Mann, Bradley	28:59.8
3.	Millard, Thomas	30:40.6

3km Walk

1.	Alexandra Griffin	16.29
2.	Lesley Romeo	25.45

1.5km Walk

1.	Declan Tingay	6.28
2.	Brooke Mortimore	8.10
3.	Korbin Maskell	8.44
4.	Casey Mortimore	8.56
5.	Myka Richards	9.13
6.	Kaytee Bogaers	10.39
7.	Amber Richards	10.47

AWA Interclub, WAAS, Perth, Friday 25 November**5000m Walk**

1.	Jackson, Hayley	28:46.83
2.	Millard, Thomas	29:43.98
3.	Tolardo, Isabella	30:30.15

ATHLETICS AUCKLAND T&F MEET, MT SMART STADIUM, AUCKLAND, 26 NOVEMBER 2016

Saw a brief short in the weekly NZ T&F competition summary email to say that **Alana Barber** had won the 3000m walk at Mt Smart Stadium in Auckland on Saturday with a fast 13:25.54. Alana holds the New Zealand allcomers and resident record with 13:10.73. **Erin Talcott** was second with an American Masters 35-39 age group record of 13:56.72 and NZ U20 walker **Laura Langley** was third with 14:41.44.

ENFIELD LEAGUE 10KM WALK, HILLINGDON, ENGLAND, SATURDAY 26 NOVEMBER

Thanks to Ron Wallwork for the results of the latest Enfield League walks in London last Saturday.

There was definitely an 'end of season' feel to this, the final ERWL fixture of 2016. The weather was dry, sunny, but chilly which combined to make good conditions for the 29 walkers who made the journey to West London. The young Portuguese walker **Helder Santos** simply walked away from the rest of the field, which was headed by another 35 years older Portuguese walker **Fransisco Reis**, who was having his second race since being afflicted by an acute muscle injury back in the summer. **Melanie Peddle** put almost a minute between herself and Centurion **Cath Duhig** in the ladies race. Like third placer **Maureen Noe**, she probably felt the chill after their recent stay in Australia for the World Masters championships.

5 Miles Men © = Centurion

1.	Helder Santos	T.V.H. Portugal	45.08	M20
2.	Fransisco Reis	SVAC	52.29	M55
3.	Sebastian Parris	Ilford AC	57.39	SM
4.	Malcolm Martin	Surrey WC	57.54	M55
5.	Colin Vesty ©	Leicester WC	59.37	M50
6.	Mark Culshaw	Belgrave H	60.36	M45
7.	John Hall	Belgrave H	63.19	M65
8.	Kevin Pedley	Aldershot FD	63.27	M60
9.	Arthur Thomson	Enfield HAC	64.44	M80
10.	10. Robert Batchelor	WW Runners	66.13	M45
11.	11. Dan Maskell	Surrey WC	66.18	M65
12.	12. Andrew Cox	Hillingdon AC	67.05	M60
13.	13. Chris Flint ©	Surrey WC	67.21	M65
14.	14. Mark Byrne ©	Redcar RWC	69.24	M55
15.	15. David Delaney	Surrey WC	70.53	M70
16.	16. John Borgars ©	Loughton AC	71.33	M70
17.	17. David Hoben	Surrey WC	72.13	M60
18.	18. Peter Cassidy	Loughton AC	75.23	M75
19.	19. Bob Dobson ©	IlfordAC	78.10	M70
20.	20. Dave Ainsworth ©	IlfordAC	87.51	M65

5 Miles Women

1.	Melanie Peddle	LoughtonAC	62.49	W45
2.	Cath Duhig ©	Ryston R	63.40	W60
3.	Maureen Noel	Belgrave H	64.42	W50

4.	Joyce Crawford	EMAC	66.18	W45
5.	Anne Jones	Steyning AC	67.01	W60
6.	Angela Martin	Surrey WC	68.24	W50
7.	Jo Miles	Hillingdon AC	68.28	W60

5km Walk

1.	Artur Domingos	T.V.H Portugal	33.42	U20
2.	Ken Livermore ©	Enfield HAC	44.41	M80

Mark Easton has his usual collection of great snaps – see <http://markeaston.zenfolio.com/p1011902971>



Helder Santos, Francisco Reis, Cath Duhig and Melanie Peddle (photos Mark Easton)

T&F MEET, CUENCA, ECUADOR, 19-20 NOVEMBER

Not many other results to report internationally this week. Track walks from Ecuador saw **Brain Pintado** (42:58.94) and **Paola Perez Saquipay** (23:23.30) win.

Men 10,000m Race Walk

1.	Brian Daniel PINTADO	ECU	95	42:58.94
2.	David VELASQUEZ	ECU	94	43:38.65
3.	Oscar Joel VILLAVICENCIO	ECU	93	44:03.19
4.	Rolando SAQUIPAY	ECU	79	44:44.30
5.	Claudio Paulino VILLANUEVA FLORES	ECU	88	45:35.31
6.	Antonio GILSON	ECU	99	45:53.42
7.	Oscar CÁRDENAS	ECU		47:00.21
8.	Kevin Andres FAREZ OCHOA	ECU	00	48:18.20

Women 5000m Race Walk

1.	Paola Viviana PEREZ SAQUIPAY	ECU	89	23:23.30
2.	Karla JARAMILLO	ECU	97	23:32.51
3.	Johana ORDÓNEZ	ECU	87	24:32.45
4.	Paula Milena TORRES SARANGO	ECU	00	24:51.63
5.	Nathaly LEON	ECU	98	25:04.48
6.	Brigitte GONZALEZ	ECU	95	25:16.69
7.	Valeria Adriana VELAZQUEZ	ECU	89	26:21.23

T&F MEET, BOGOTÁ, COLOMBIA, 18-20 NOVEMBER

Finally some brief track walk results from Colombia

Men 10,000m Race Walk

1. Juan David JIMENEZ COL 99 47:15.18

Women 5000m Race Walk

1. Laura Cristina MOJICA CHALARCA COL 00 26:08.41

MARCIADALMONDO AND OMARCHADOR ROUNDUP

Marciadalamondo had 9 press releases this week

- Tue 29 Nov - U18 Men and Women 10,000m Walk World Rankings 2016
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2620
- Mon 28 Nov - U20 Men and Women 10,000m Walk World Rankings 2016
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2619
- Sun 27 Nov - U23 Men and Women 20km Walk World Rankings 2016
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2618
- Fri 25 Nov - Ramakrishnan Gandhi, coach of Indian Race Walking Team, passes away after a massive heart attack
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2617
- Sat 26 Nov - 50km World Ranking list for 2016 - all those under 3:50:00
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2616
- Fri 25 Nov - Women 20km World Ranking list for 2016 - all those under 1:30:00
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2615
- Thu 24 Nov - Men 20km World Ranking list for 2016 - all those under 1:20:30
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2614
- Wed 23 Nov - Swizz walker Marie Polli announces retirement
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2613
- Tue 22 Nov - Proceedings from the 3rd European Conference 2016 on Race Walking in Leeds
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2612

and Omarchador had 10 press releases.

- Mon 28 Nov - Proceedings from the 3rd European Conference 2016 on Race Walking in Leeds
<http://omarchador.blogspot.com.au/2016/11/apresentacoes-da-conferencia-europeia.html>
- Sat 26 Nov - Results of Treloar Shield in Sydney
<http://omarchador.blogspot.com.au/2016/11/treloar-shield-em-moore-park-sydney.html>
- Fri 25 Nov - Indian national racewalking coach Ramakrishnan Gandhi dies
<http://omarchador.blogspot.com.au/2016/11/faleceu-ramakrishnan-gandhi-treinador.html>
- Thu 24 Nov - Swizz walker Marie Polli announces retirement
<http://omarchador.blogspot.com.au/2016/11/marie-polli-suica-anuncia-o-adeus.html>
- Wed 23 Nov - Results of indoor walks meet in Ryahallen, Sweden
<http://omarchador.blogspot.com.au/2016/11/torneio-de-pista-coberta-em-ryahallen.html>
- Wed 23 Nov - Celebrating 25 years of Portuguese racewalk judge training
<http://omarchador.blogspot.com.au/2016/11/25-anos-de-formacao-de-juizes-de-marcha.html>
- Tue 22 Nov - Discussing the Portuguese 50km championship timing
<http://omarchador.blogspot.com.au/2016/11/50-km-deriva-no-calendario-fpa-2016-2017.html>
- Tue 22 Nov - Results of Spanish walks meet in Toledo
<http://omarchador.blogspot.com.au/2016/11/mejor-marca-sub23-para-diego-garcia-en.html>
- Mon 21 Nov - 6 months till the European Walks Cup in Podebrady
<http://omarchador.blogspot.com.au/2016/11/mejor-marca-sub23-para-diego-garcia-en.html>

OUT AND ABOUT

- A reintroduction of the controversial Osaka Rule, banning athletes convicted of serious doping offences from competing at the next Olympic Games, has been proposed by the IOC to be part of the World Anti-Doping Code. IOC Athletes' Commission vice-chair Tony Estanguet called for athletes who have served suspensions longer than six months to be excluded from the next edition of the Olympics. It was introduced by the IOC in 2007 during the IAAF World Championship in Osaka - hence the name. It was, however, successfully challenged by the United States Olympic Committee (USOC) in 2011 on behalf of Beijing 2008 400 metres champion LaShawn Merritt at the Court of Arbitration for Sport. See <http://www.insidethegames.biz/articles/1043920/ioc-propose-reintroducing-controversial-osaka-rule-to-keep-drug-cheats-out-of-olympics>.
- A doping cover-up dubbed the "total protection project" shielded Russian medal winners at the 2012 London Olympics, allowing them to compete when they should have been banned, according to emails seized by French prosecutors. The emails published Friday by French newspaper Le Monde and German broadcaster ARD suggest the scale of suspected wrongdoing involving Russian track and field and officials who were then at the IAAF, the sport's global governing body, may have been broader than previously thought. See <http://www.sbs.com.au/news/article/2016/11/26/total-protection-shielded-russian-cheats>.
- Here is the original article from ARD: <http://www.sportschau.de/weitere/leichtathletik/leichtathletik-korruption-schutzgeld-russland-englische-version-100.html>. As usual, it's German journalist **Hajo Seppelt** leading the investigation. If anyone deserves an IAAF/WADA/IOC medal, it is him! And surprise, surprise, Russian walkers Valeriy Borchin, Olga Kaniskina, Vladimir Kanaikin are Sergey Kiryapkin are in the thick of the revelations.
- Hajo Seppelt has now released a 22 minute expose which details the latest explosive findings from the joint investigation. The evidence seems extensive and conclusive. And 4 Russian walkers/drugs cheats are right in the thick of it – **Kanaikin, Kaniskina, Borchin** and **Kirdiapkin**. This is a must-watch video – <http://www.sportschau.de/doping/video-doping---top-secret-the-protection-racket-100.html>.

3RD EUROPEAN ATHLETICS RACE WALK CONFERENCE, LEEDS, 11-13 NOVEMBER

Mark Wall reports on the 3rd European Athletics Race Walk Conference which was held in Leeds, England, a couple of weeks ago.

I had the good fortune to attend the third European Athletics Race walk Conference, part of the Summit Series, at Leeds Beckett University, on the 11th to 13th of November. As an Associate member of the England Athletics National Coach Development program and in my role as a coach to a number of senior athletes, I found it an invaluable experience.

In a 'information' packed 2-3 days, this year the keynote speakers were Giovanni Perricelli and Gerry Dragomir. Gianni is coach to, amongst others, Eleonora Giorgi, and had significant success himself at world level himself (2nd in the 1995 World Championships 50km). Gerry, of Racewalk West, Vancouver, spoke of his success in building this project from the ground up and discussed the success of Evan Dunfee, Ben Thorne and Inaki Gomez at world and Olympic level.

The weekend included the traditional lecture based information sessions but also practical demonstrations and discussions.

Dr Brian Hanley was able to present some of his broad research in the discipline and provide insight into the current PhD level Biomechanics project focussed on race walking.

Colleagues at the university also presented on areas such as the work done to get Tom Bosworth from a junior to 6th in the Olympic 20km, nutrition, anti-doping education and the practises of 'Serial Winning Coaches'. Martin Rush, Head of Coaching & Development, England Athletics, spoke on the National Coach Development program, its rationale and its success.

The Friday evening meal and the main conference dinner gave attendees the opportunity to network and discuss as well as enjoy the company of each other.

Delegates attended from across Europe and it is hoped that the fourth conference will be as successful as the first three. A thank you to Drs' Andi Drake, Brian Hanley and Ian Richards for their efforts and to England Athletics for the funding opportunity for a group on the NCDP to attend.

Also discussed by omarchador at <http://omarchador.blogspot.com.au/2016/11/apresentacoes-da-conferencia-europeia.html> and by marciadalmondo at http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2612. Resources from the conference can be found at: <https://onedrive.live.com/?authkey=%21AAaPSQXtOj6HQks&id=25E70B25586D590%21181&cid=025E70B25586D590>. Lots of interesting reading here!

VRWC RUNNERS WORLD AND ATHLETICS VICTORIA WINTER SEASON PRESENTATIONS

Last Sunday at Middle Park saw a number of presentations that were held in conjunction with our VRWC summer championships.

Firstly, Runners World Kew proprietor Neil Ryan was on hand to present cheques and vouchers to the 4 winners of the **Runners World Winter Season Awards**. Neil has been our major club sponsor since 2009 and we thank him for his very generous ongoing support. You can read more about the awards at <http://www.vrwc.org.au/vrwcrunners-world.shtml>. Make sure you use Runners World Kew for all your sporting needs (<http://www.runnersworld.com.au/>).



Runners World Award winners Philippa Huse, Simone McInnes, Pramesh Prasad and Adam Garganis with Neil Ryan

We also presented the 4 AV winter season perpetual trophies – details as follows

- | | | |
|-----------------------|---|---------------------------|
| • NORM GOBLE TROPHY | Most points earned in Mens AV Championships | Adam Garganis |
| • BETTY NEWMAN TROPHY | Womens Walking Team Champions | Glenhuntly Athletics Club |
| • MAVIS REDMAN TROPHY | Best Under 16 Girl Walker | Zahra Hayes |
| • TOM DAINTRY TROPHY | Best Under 14 Girl Walker | Alanna Peart |

Zahra could not make it but the other winners were all able to attend to collect certificate, medal and perpetual trophy



AV Trophy winner Simone McInnes and Heather Carr (Glenhuntly), Adam Garganis and Alanna Peart with VRWC president Stuart Cooper (photos Terry Swan)

ATHLETICS AUSTRALIA SELECTION POLICY ANNOUNCED – 2017 IAAF WORLD CHAMPIONSHIPS

Athletics Australia has now released it's selection policy for the 2017 IAAF World Championships which will be held in London in August next year (see <http://www.athletics.com.au/High-Performance/Able-Bodied/Team-Information/World-Championships>). There are no surprises there – it very closely mirrors previous documents. They have gone with the IAAF standards which are

- 20km Men 1:24:00 Qualification period from 1 Jan 2016 to 4 June 2017
- 20km Women 1:36:00 Qualification period from 1 Jan 2016 to 4 June 2017
- 50km 4:06:00 Qualification period from 1 Jan 2016 to 21 May 2017

Up to 3 walkers can be selected in each event if the walkers meet the criteria. Hopefully our walkers can respond and we can have full walks teams once again, just as we did in Rio. As always, read the document for further details.

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.

2016/2017 Australian/Victorian Key Dates

Dec 2-4, 2016	Australian Schools T&F Championships, Canberra, ACT
Dec 11 (Sun), 2016	Australian 50km Championship, Fawkner Park, Melbourne, VIC
Jan 26-28, 2017	Victorian Country Track & Field Championships, Casey Fields, Casey, VIC
Feb 19 (Sun), 2017	Australian 20km Summer Roadwalk Championships, Adelaide, SA
Feb 24-26, 2017	Victorian Junior and Open Track & Field Championships (Weekend 1), Albert Park, VIC
Mar 3-5, 2017	Victorian Junior and Open Track & Field Championships (Weekend 2), Albert Park, VIC
Mar 7, 2017	Coburg 6 Hour Run/Walk Championships, Coburg, VIC
Mar 25-26, 2017	Victorian Masters Championships, Doncaster, VIC
Mar 26 - Apr 2, 2017	Australian Open and Junior T&F Champs, SOPAC, Sydney, NSW
Apr 22-23, 2017	Australian Centurions 24 Hour Championships, Coburg, VIC
Jun 9-12, 2017	Australian Masters T&F Championships, Darwin, NT. See http://ntmastersathletics.com.au/
Jun 11, 2017	51 st LBG Racewalking Carnival, Canberra, ACT

2016/2017 International Dates

Nov 9-13, 2-16	Pan Pacific Masters Games, Gold Coast, QLD. See http://mastersgames.com.au/ppmg/
Mar 18-29, 2017	World Masters Athletics Indoor Championships, Daegu South Korea
Mar 19, 2017	Memorial Mario Albisetti (elite 20km), Lugano, Switzerland
Mar 25, 2017	European Athletics Walks Meet, Dudince, Slovakia
April 8, 2017	Podebrady Race Walk Meet, CZE. See http://www.podebrady-walking.cz/en/
April 21-30, 2017	World Masters Games 2017, Auckland, NZ. See www.worldmastersgames2017.co.nz
April 23, 2017	Naumburg Racewalking Carnival, GER
May 21, 2017	European Race Walking Cup, Podebrady, CZE
June 9, 2017	European Athletics Walks Meet, Altyus, LTU
July 12-16, 2017	10 th World Youth T&F Championships, Niarobi, Kenya – THIS IS THE FINAL EDITION
August 5-13, 2017	16 th IAAF World Championships in Athletics, London, UK. See http://www.london2017athletics.com/ .
August 19-30, 2017	29 th Summer Universiade, Taipei, Taiwan

Looking Further Ahead

Apr 4-15, 2018	XXI Commonwealth Games, Gold Coast, QLD (20km roadwalks). See http://www.gc2018.com
May 2018	28 th IAAF World Race Walking Team Championships, TBA (it has been taken away from Cheboksary)
July 2018	16 th World Junior T&F Championships, Tampere, Finland
TBA, 2018	22 nd World Masters Athletics T&F Championships, Malaga, Spain
2019	17 th IAAF World Championships in Athletics, Doha, Qatar
July 2019	30 th Summer Universiade, Brasilia, Brazil
2019	World Masters Indoors T&F Championships, Torun, Poland
July 2020	32 nd Olympic Games, Tokyo
2012	23 rd World Masters T&F Championships, Toronto, Canada
Aug 2021	18 th IAAF World Championships in Athletics, Eugene, USA
July 18-30, 2022	XXII Commonwealth Games, Durban, South Africa

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