



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2017/2018 Number 02
10 October 2017



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WALKER OF THE WEEK

The walk of the day at the AV Shield competition at Nunawading was that of 75 year old **Gwen Steed**, whose 3000m time of **20:23.8** broke the W75 World Record, currently held by M Gordon of Sweden (2000 20:41.0). It was of course also an Australian and Victorian record. Gwen had the necessary 3 watches to record her finish time and we had a full complement of judges so all looks in order. Well done Gwen! That definitely deserves **Walker of the Week**.

Since turning 75 in July, Gwen has set new VRWC club records for 2km, 3km, 5km and 10km roadwalks. Now that we are into the track season, the record breaking continues. As a matter of interest, Gwen has been setting masters records for many years now but this is her first World Record. It was worth the wait!



Gwen in action at Nunawading on Saturday (photo Stuart Cooper)

WHAT'S COMING UP

- **Athletics Victoria Shield** competition continues this coming weekend but there are no racewalks on offer in either of the metropolitan venues. However, there are 3000m walks in the program at Geelong and at Ballarat so you could get your weekly dose of competition if you wanted to incorporate a nice drive in the country on Saturday afternoon! There is also an additional Round 2 racewalk next Wednesday evening (Wednesday 18th October) at the George Knott Athletics Track in Clifton Hill. Note entries for this meet can be made on the night – it is not necessary to register beforehand. The program reads as follows

Wed 18th October 2017, AV and VRWC Track Races, Clifton Hill		
Venue: George Knott Athletic Field, 143 Heidelberg Rd, Clifton Hill		
6.30pm	VRWC 10,000m,	Open
7.00pm	AV 5000m, AV 3000m	Open
7.30pm	VRWC 1500m	Open

- Looking further forward, the **Australian Masters Games** (<http://www.australianmastersgames.com/>) will be held in Burnie, Tasmania, from October 21-28, 2017. There are 3 walks – 1500m, 3000m and 5000m – and start lists have been published at http://www.australianmastersgames.com/_uploads/res/35_12522.PDF. Good luck everyone!

WOMEN'S 50KM OFFICIALLY ADDED TO 2018 IAAF WORLD RACEWALKING TEAM CHAMPIONSHIPS

We have been waiting for a while but it happened last week, with the IAAF finally confirming that a separate women's 50km Championship would be on offer in the 2018 IAAF Racewalking World Cup, to be contested in early May in Taicang, China. Some people urged us not to fight for a women's 50km in the 2017 London World Championships but to just go for Taicang. We said – stuff it, we want both! And that is how it has turned out. Thanks especially to USA Attorney At Law **Paul deMeester** who spearheaded the legal campaign. See <https://www.iaaf.org/competitions/iaaf-world-race-walking-team-championships/iaaf-world-race-walking-team-championships-6264/timetable/byday>.

TIMETABLE BY DAY
IAAF WORLD RACE WALKING TEAM CHAMPIONSHIPS
 TAICANG, PR OF CHINA 05 MAY 2018 - 06 MAY 2018

SELECT A CHAMPIONSHIP: 2018 Taicang PR. OF CHINA

BY DAY | BY DISCIPLINE

TIMETABLE-BY-DAY IAAF WORLD RACE WALKING TEAM CHAMPIONSHIPS

DAY 1 05 MAY		DAY 2 06 MAY	
MORNING SESSION			
LOCAL TIME	SEX	EVENT	ROUND
08:00	M	50 Kilometres Race Walk	Final
08:00	W	50 Kilometres Race Walk	Final
AFTERNOON SESSION			
LOCAL TIME	SEX	EVENT	ROUND
15:30	M	10 Kilometres Race Walk	Final
16:30	W	20 Kilometres Race Walk	Final

Both men's and women's 50km championships are set to start together at 8AM on Saturday 5th May. Further, since the first of the afternoon events are not scheduled until 3:30PM, there is no finish time constraint and hence hopefully no unrealistic cutoff time for the women. If the IAAF RW Committee wants to do something constructive for a change, they could ensure that the women are not disadvantaged in this way in 2018. But don't hold your breath on getting help from that quarter!

The IAAF does not set qualifying standards for the World Teams Championships, preferring to leave it to each country to set its own standards. In 2016, Australia set standards of 1:28:00 (men's 20km), 1:36:00 (women's 20km), 46:30 (U20 men 10km) and 50:00 (U20 women 10km). Australia did not set qualifying standards for the 50km, preferring to leave its options open and see who did what.

Athletics Australia is now aware of the new women's event and will reflect this in its 2018 World Teams Championship selection policy which I expect to be released very shortly.

Athletics Australia is also going to add an inaugural women's Australian 50km Championship to its Fawkner Park meet in Melbourne on Sunday 3rd December. They have arranged with Melbourne City Council for an additional 30 minutes leeway so that a cutoff of 5:30:00 can be put into play, rather than the 5:00:00 that has been in effect up till now. Again, I expect AA to formally announce this and open entries very soon.

Athletics Australia is also looking to add the women's 50km to its Australian Record suite. So stay tuned for some big announcements in the next week or so!

Other countries will now be scheduling national 50km championships for women. In turn, regional championships will also add this event. One of the first cab off the rank may well be the European Athletics Championships which are scheduled for August 2018. Let's hope so.

And for any women looking for an IAAF level 50km race walk early in 2018, USATF will host an international women's 50km walk at the USA 50km National Championships on January 20, 2018. It's all happening folks!

REMINDER OF FORTHCOMING ATHLETICS AUSTRALIA JUDGING SEMINAR

Athletics Australia, in conjunction with RWA, are holding their annual **Race Walking Judging Seminar** on **Saturday 2nd December 2017** in Melbourne. This is the day before the AA 50km Championship meet at Fawkner Park. Newcomers to IAAF level III, all are welcome.

Time: 9:00 am - 12:00 pm
Cost: Free
Venue: The Blackman, 452 St Kilda Rd, Melbourne, Vic 3004
Presenters: Zoe Eastwood-Bryson (IAAF Level III)
Bob Cruise (former IAAF level III)
Registration: Register with Di Lowden dilowden@virginbroadband.com.au
Date: December 2, 2017



JOIN THE BALLARAT WALKERS FOR RUN/WALK BALLARAT



Ballarat Racewalking Club has been in discussions with Run Ballarat and we have now included the racewalkers as part of the event. Last year it was exciting to see the wheel chair athletes included at the start of the event, now the racewalkers. If any of the Melbourne walkers would like an early morning 12km or 6km walk, you are welcome to join us. We have entered a team 'Team Sawall Walkers' in honour of our great Ballarat Walker Willi Sawall. Willi will be at the start to send off our walkers on both the 6km & 12km. Both distances circle Lake Wendouree, with the 12km including a trip down Sturt Street (unfortunately including a hill in Mair Street). Start time 7.30am – 12km; 6km 8.30am. Join Sarah Brennan, Kelly Ruddick, the Peart's, Perry's, Howe's and Saunders in the Walk/Run.

To join our team follow the link <https://www.eventbrite.com/teams/team-sawall-walkers/1972921>.

Kind regards
Kerrie Peart
Ballarat Racewalking Club

ATHLETICS VICTORIA SHIELD COMPETITION ROUND 1, SATURDAY 7 OCTOBER

Athletics Victoria Shield kicked off on Saturday with racewalks included in the T&F program at the Nunawading track, along with the country zones at Geelong, Ballarat and Bendigo. Conditions were good and some 70 walkers in total dusted off the cobwebs.

AV Shield Round 1, Bill Sewart Athletics Track, Nunawading

With only 1 metropolitan venue hosting walks, the Nunawading fields were strong, with athletes travelling from across the metro regions to contest the 3000m and 1500m walks. The sign-in registration was strictly enforced so a few walkers missed out on their race. So beware for future rounds – register with AV during the week and then sign-in an hour before your Saturday walk time.

The walk of the day was that of 75 year old **Gwen Steed**, whose 3000m time of 20:23.8 broke the W75 World Record, currently held by M Gordon on Sweden (2000 20:41.0). It was of course also an Australian and Victorian record. Gwen had the necessary 3 watches to record her finish time and we had a full complement of judges so all looks in order. Well done Gwen!

With regard to the day's racing, **Adam Garganis** led the first heat from the gun and was an easy winner with a PB 12:18.9. **Rebecca Henderson** also showed great early season form, with the fastest women's time of 13:37.1. Others to walk fast included **Mark Blackwood** (13:37.1), **Pramesh Prasad** (14:11.3) and **Reese Walmsley** (14:18.5). It's a shame that **Will Thompson** (14:13.2), **Hayden Walmsley** (14:27.4) and **Chloe Karagiorgos** (15:30.3) were not in heat one as they also walked fast. Hopefully the gradings will get a little better with subsequent rounds.

And special mentions to unstoppable 81 year old former Olympian **Bob Gardiner** (22:20) who is celebrating his 65th year of T&F competition, along with Masters champion **Heather Carr** ((18:53.6) who had her first walking race since having a hip replacement earlier in the year. Quality!

There was a great battle in the 1500m with **Jasmine Hass** (7:22.3), **Charlotte Hay** (7:23.2) and **Hayley Woolfe** (7:23.4) all within a second of each other. I can see some pretty good battles here as the season progresses.

Note that a number of times are wrongly allocated in the first heat of the 3000m walk. I have indicated the ones of which I am aware. There may be others as well.

3000m Walk, Section 1

1.	Garganis, Adam	M	COLLINGWOOD	12:18.9	PB 0:04
2.	Blackwood, Mark	M	KNOX ATHLETIC CLUB	13:37.1	
3.	Henderson, Rebecca	W	MENTONE ATHL	13:57.8	PB 0:04
4.	Prasad, Pramesh	M	COLLINGWOOD	14:11.3	
5.	Walmsley, Reese	M	KNOX ATHLETIC CLUB	14:18.5	
6.	Geisler, Sandra	W	RINGWOOD ATH	16:08.4	
7.	Muldoon, Wendy	W	ATHLETICS NU	16:43.4	
8.	Van Dongen, Rupert	M	MENTONE ATHL	17:13.8 → 17:28.0	
9.	Cocking, Holly	W	ATHLETICS NU	17:28.0 → 17:32.4	
10.	Erickson, Tim	M	COBURG HARRI	17:32.4 → 17:33.6	
11.	Bennett, Ralph	M	GLENHUNTLY A	17:33.6 → 18:29.9	
12.	Elms, Donna-Marie	W	PRESTON ATHL	18:29.9 → 18:45.8	
13.	Carr, Heather	W	GLENHUNTLY A	18:45.8 → 18:53.6	
14.	Dickenson, Russell	M	VICTORIAN MA	18:53.6 → ?	
15.	McLennan, Laura	W	DONCASTER AT	19:57.2 → ?	
16.	Steed, Gwen	W	GLENHUNTLY A	20:23.8	WR
	Simpson, Bradley	M	ATHLETICS NU	DQ	

3000m Walk, Section 2

1.	Thompson, Will	M	CASEY CARDIN	14:13.2
2.	Walmsley, Hayden	M	KNOX ATHLETIC CLUB	14:27.4

3.	Karagiorgos, Chloe	W	KNOX ATHLETIC CLUB	15:30.3
4.	Taylor, Lucas	M	YARRA RANGES	16:21.6
5.	Evans, Simon	M	BOX HILL ATH	16:24.8
6.	Donahoo, Mark	M	ATHLETICS ESSENDON	16:27.2
7.	Bird, Kyle	M	UNATTACHED	16:29.3
8.	Hay, Angus	M	KNOX ATHLETIC CLUB	17:05.9
9.	Keirl, Bernie	M	DIAMOND VALL	17:28.5
10.	Knight, Cassie	W	BOX HILL ATH	18:02.8
11.	Reid, Ross	M	COLLINGWOOD	18:27.5
12.	Power, Rebekah	W	UNATTACHED	18:52.9
13.	Dunstone, Phillip	M	WESTERN ATHLETICS	19:15.5
14.	Little, Cassie	W	GLENHUNTLY A	19:17.1
15.	Handasyde, Ian	M	OLD SCOTCH C	19:35.4
16.	Riddoch, Clyde	M	ATHLETICS WAVERLEY	19:48.3
17.	Holohan, Bernadette	W	SANDRINGHAM	20:16.8
18.	Barrow, Geoff	M	MENTONE ATHL	20:20.7
19.	Taylor, Lee	W	YARRA RANGES	20:23.3
20.	Dingli, Isabella	W	SANDRINGHAM	20:52.0
21.	Marston, Janice	W	ATHLETICS WAVERLEY	21:32.4
22.	Gardiner, Robert	M	COLLINGWOOD	22:20.2
23.	Thompson, Marilyn	W	CASEY CARDIN	23:00.3
24.	Cashin, Brenda	W	WESTERN ATHLETICS	24:28.3
	Sofianos, Gerald	M	ST KEVIN'S A	DQ
	Jamieson, Andrew	M	OLD SCOTCH C	DQ

1500m Walk

1.	Hass, Jasmine	W	UNATTACHED	7:22.3	PB 0:03
2.	Hay, Charlotte	W	KNOX ATHLETIC CLUB	7:23.2	
3.	Woolfe, Hayley	W	CASEY CARDIN	7:23.4	
4.	O'Mahony, Kathleen	W	UNATTACHED	8:19.5	
5.	Imbriano, Joel	M	ST KEVIN'S A	8:23.2	
6.	McLennan, Liam	M	DONCASTER AT	8:32.2	
7.	Louey, Grace	W	KNOX ATHLETIC CLUB	8:40.1	
8.	Hewitson, Camden	M	YARRA RANGES	9:15.9	



Adam Garganis, Rebecca Henderson, Jasmin Hass and Mark Blackwood (photos Stu Cooper)



Bob Gardiner, Hayden Walmsley, Will Thompson, Chloe Karagiorgos and Hayden Walmsley (photos Tim Erickson)



Bernie Keirl, Simon Evans, Marilyn Thompson and Clyde Riddoch

I have uploaded my photos from Heat 2 of the 3000m walk to <http://www.vrwc.org.au/piwigo/index.php?category/444>. Enjoy!

AV Shield Round 1, Landy Field, Geelong

To Geelong where **Scott Nelson** tested himself out over 5000m and youngsters **Heath Beveridge** (big PB 15:30.13), **Mackayla Davison** (16:00.82) and **Arnika Nelson** (16:37.16) all walked well in the 3000m.

5000m Walk

1.	Nelson, Scott	M	WYNDHAM TRAC	27:36.01
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3000m Walk

1.	Beveridge, Heath	M	WESTERN ATHLETICS	15:30.13	PB 0:37
2.	Davison, Mackayla	W	CORIO ATHLETIC CLUB	16:00.82	
3.	Nelson, Arnika	W	WYNDHAM TRAC	16:37.16	
4.	Heikkila-Dubowik, Kayla	W	CORIO ATHLETIC CLUB	20:08.93	
5.	Hodgart, Janice	W	WESTERN ATHLETICS	21:48.40	

AV Shield Round 1, Bendigo Region, La Trobe Athletics Track, Bendigo

To Bendigo where **Emily Noonan** (18:14.52) and **Brenton O'Brien** (8:19.25) were fastest.

3000m Walk

1.	NOONAN, EMILY	W17	COLLINGWOOD	18:14.52
2.	PAYNE, JENNIFER	W61	SOUTH BENDIGO	18:32.50
3.	CURTIS, ANNETTE	W61	SOUTH BENDIGO	21:09.32
4.	BROWELL, LEIGH	M43	SOUTH BENDIGO	21:15.50
5.	WATSON, JOHN	M67	BENDIGO HARRIERS	22:56.08
	MAJOR, GEOFFREY	M81	EAGLEHAWK	DNF
	CARTER, JOHN	M67	UNATTACHED X	DNF

1500m Walk

1.	O'BRIEN, BRENTON	M16	UNATTACHED X	8:19.25
2.	NOONAN, CLAIRE	W13	COLLINGWOOD	9:46.67
3.	ENNOR, WENDY	W60	EAGLEHAWK	11:57.32

AV Shield Round 1, Ballarat Region, Llanberris Athletics Track, Ballarat

And finally to Ballarat where **Jemma Peart** stormed around the 2000m in a PB 9:09.92.

2000m Walk

1.	Peart, Jemma	W	BALLARAT YCW	9:09.92	PB 0:14
2.	McLennan, Stephen	M	WENDOUREE AT	13:26.06	
3.	Ireland, Mark	M	BRUNSWICK AT	14:11.10	
4.	Ireland, Roslyn	W	BRUNSWICK AT	14:11.64	

TRELOAR SHIELD ROUND 1, E.S. MARKS FIELD, SYDNEY, SATURDAY 7 OCTOBER

A good turnout for the first round of the Treloar Shield in Sydney, with **Dylan Richardson** (12:57.70) and **Alannah Pitcher** (14:03.39) the standouts.

5000m Walk

1.	Thomson, Ryan	17	Nepean Distr	24:57.66
2.	Barendregt, Amanda	21	Nepean Distr	27:54.03
3.	Pengilley, Teegan	16	Bankstown Sp	28:02.38

3000m Walk

1.	Richardson, Dylan	17	Mingara Athl	12:57.70	PB 0:11
2.	Pitcher, Allannah	14	Mingara Athl	14:03.39	PB 0:04
3.	Blanch, Emma	14	St. George D	14:12.29	
4.	Blaskett, Hayden	15	Sydney Strid	14:13.80	PB 0:19
5.	Kemp, Joel	14	Mingara Athl	14:59.08	
6.	Mcmillen, Elizabeth	13	Sydney Pacif	15:04.17	
7.	Barendregt, Travis	17	Unattached	15:11.10	
8.	Jessep, Tom	13	Trinity Athl	16:07.88	
9.	Vesper, Ryan	12	Mingara Athl	16:35.69	
10.	Thomson, Olivia	13	Sydney Pacif	17:02.93	
11.	Weekes, Anne	55	Sutherland D	17:17.18	
12.	Parker, Hannah	15	Randwick Bot	17:31.34	
13.	Davis, George	14	Ryde Athleti	17:43.51	
14.	Thomson, Jada	13	Nepean Distr	17:43.85	
15.	Crichton, Sophie	17	Asics Wests	18:03.55	
16.	Barrett, Doug	65	U.T.S. North	20:28.41	
17.	McNair, Lily-Jean	13	Bankstown Sp	21:59.21	

1500m Walk

1.	Dunne, Izabella	12	Mingara Athl	7:40.31
2.	Holmes, Keeley	12	Sydney Strid	7:49.07
3.	McLoughlin, Chloe	13	Mingara Athl	7:52.93
4.	Pitcher, Sienna	10	Mingara Athl	8:36.35
5.	Watts, Sofia	11	Asics Wests	9:00.36

ATHLETICS SA OPEN DAY, SA ATHLETICS STADIUM, MILE END, ADELAIDE, SATURDAY 7 OCTOBER

Kim Mottrom (13:11.64) and **Tristan Camilleri** (13:26.38) were the standouts in the opening round of the South Australian summer track season in Adelaide.

3000m Walk

1.	Kim Mottrom	ADELAIDE HARRIERS	13:11.64	
2.	Tristan Camilleri	COASTAL DISTRICTS	13:26.38	PB 0:04
3.	Toby Wilks	PEMBROKE	14:28.52	
4.	Samantha Findlay	SOUTHERN	15:33.11	
5.	Olivia Sandery	PEMBROKE	15:39.04	
6.	Alix Harlington	NORTHERN DISTRICTS	15:45.66	
7.	Mathew Bruniges	SOUTHERN	15:55.64	
8.	Kiera Ross	PEMBROKE	16:00.83	
9.	Rhiannon Lovegrove	PORT ADELAIDE	16:57.53	
10.	George White	MASTERS	17:56.22	
11.	Greg Metha	HILLS DISTRICT	19:15.69	
12.	Mia Wilks	PEMBROKE	20:03.01	
13.	James Hoare	PORT ADELAIDE	21:58.52	

1500m Walk

1.	Eliza Pelham	PEMBROKE	8:27.14
2.	Elli Pusonjic	ENFIELD HARRIERS	9:13.28
3.	Aleesha Vidler	SOUTHERN	9:55.81
4.	Abigail Young	UNA	11:12.45
	Cherie Rothery	HILLS DISTRICT	DNF

ST THIBAUT DE VIGNES, 24H WALK, ST THIBAUT DE VIGNES, FRA, OCT 7-8, 2017

Emmanuel Tardi had his usual big weekend, spending Saturday afternoon at the St Thibault de Vignes 24 Hours Walking race (see below) and then Sunday at Lisses (see further below) for some shorter distance races.

First to St Thibault de Vignes, which is one of 5 qualifying opportunities (there were supposed to be six qualifiers but the first one was cancelled) for next year's Paris-Alsace classic

- Les 28 heures de Roubaix 16-17 Sept 2017
- Les 24 heures de Saint-Thibault-des-Vignes 7-8 October 2017
- Les 24 heures de Bourges March 2018
- Les 24 heures de Château-Thierry March 2018
- Les 24 heures de Dijon April 2018

The event was held on a cycle path in the local park in St Thibault de Vignes, a city some 32km east of Paris. The first lap was 2.043km, followed by laps of 2.226km (to allow for an exact number of laps at the 100 km mark), before dropping down to a smaller 1.223km lap for the last hour. The weather was cloudy with some rain, dropping to 0°C overnight.

The men's race was very competitive, with the lead changing. As usual, **Eddy Roze** led out before stopping at the 7 hour mark. This left Belgian **Daniel Lhoest** in the lead but he was forced to stop at 3AM with back issues. From there, local walker **Patrick Langlois** took over the lead, but he was forced out at 6AM with his own issues. Thus **Saadi Lougrada** looked to have victory in his grasp, entering the last hour some 3km ahead of **Pascal Thevenin**. But nothing is certain in such races, as Lougrada slowed and slowed and slowed, while Thevenin walked faster and faster and faster. When the final gun sounded, nobody knew which of the two had won, and it was not until 30 minutes later that the judges had finished the measurements and announced that Thevenin won the race by 285m from Lougrada.

In the women's race, it was more straightforward, with **Christine David** leading the whole way to finish fifth overall with a distance of 151.680km.

See Guy Destre's photos at <https://photos.app.goo.gl/Ee8Js3ZPCFDAZDmJ3> and <https://photos.app.goo.gl/XvVILMX5csvPqX3d2>. In the secone album, you can see the anguishing last lap of Saadi Lougrada.

24 heures de Saint-Thibault-des-Vignes 2017

1.	THEVENIN Pascal	Marne Et Gondoire Athletisme	171.810 km	24:00:00	VEH	1
2.	LOUGRADA Saadi	Cm Roubaix	171.525 km	24:00:00	VEH	2
3.	LACROIX Jean-louis	Ac Chateau Thierry	167.697 km	24:00:00	VEH	3
4.	HIERNARD Alain	Afd Chateau-thierry	160.854 km	24:00:00	VEH	4
5.	DAVID Christine	Essonne Athletic	151.680 km	24:00:00	VEF	1
6.	SONNOIS Martine	Racing Club Haut-jura Morez	150.281 km	24:00:00	VEF	2

7.	BALLAND Johann	Athletic Vosges Entente Clubs*	147.563 km	24:00:00	SEH	1
8.	BIZARD Claudie	Thiais Ac	144.811 km	24:00:00	VEF	3
9.	ALEXANDRE Alain	Rfc Liege - Bel	141.396 km	24:00:00	VEH	5
10.	RASSAIND Andre	Ea Centre Isere	124.104 km	24:00:00	VEH	7
11.	MOUGENOT Patrick	Marne Et Gondoire Athletisme	123.705 km	24:00:00	VEH	8
12.	BRUNEAUX Jean-claude		111.416 km	24:00:00	VEH	10
13.	BERTHAULT-KORZHYK Annie	Indre Ac	110.480 km	24:00:00	VEF	4
14.	ARNAULT Francoise	Neuilly Sur Marne Athletisme	109.501 km	24:00:00	VEF	5
15.	ARNAULT Jacques	Neuilly Sur Marne Athletisme	109.501 km	24:00:00	VEH	11
	LANGLOIS Patrick	Marne Et Gondoire Athletisme	133.395 km	17:26:28	VEH	6
	OLIVARES Mathieu	Neuilly Sur Marne Athletisme	117.811 km	15:42:43	VEH	9
	LETOURNEAU Florian	Ac Chateau Thierry	117.811 km	15:51:07	SEH	2
	LHOEST Daniel	Athlé Waremmes - Bel	108.906 km	13:15:50	VEH	12
	LABARRE Bertrand	Cs Provins Athletisme	102.227 km	14:45:53	VEH	13
	THEVENIN Hugues	Marne Et Gondoire	79.963 km	11:55:57	VEH	14
	KESSELMARK Patrick	Mareuil-les-meaux	75.511 km	15:06:48	VEH	15
	BELUTAUD Jeanne-marie	Puteaux	68.832 km	14:13:27	VEF	6
	ROZE Eddy	Amiens Uc	66.605 km	07:50:18	VEH	16
	GILLARD Lydia	Aubercy	64.379 km	10:31:12	VEF	7
	GEORGELIN Serge	Bruz Athletisme	57.700 km	07:26:30	VEH	17
	MASSON Pascal	Cm Roubaix	51.021 km	06:53:02	VEH	18
	GIROD Urbain	Cm Monthey - Sui	26.531 km	03:06:40	VEH	19

6 heures de Saint-Thibault-des-Vignes

1.	RAULET Christophe	Ligny-en-barrois	52.744 km	06:00:00	VEH	1
2.	VARAIN Cedric	Ac Chateau Thierry	51.772 km	06:00:00	SEH	1
3.	JACQUEMIN Mickael	Athletic Vosges Entente Clubs	49.723 km	06:00:00	SEH	2
4.	TOUTAIN Eric	As Culturelle Francophone	48.217 km	06:00:00	VEH	2
5.	ANXIONNAT Claudine	Athletic Vosges Entente Clubs	45.924 km	06:00:00	VEF	1
6.	DIEN Daniel	Neuilly Sur Marne Athletisme	45.155 km	06:00:00	VEH	3
7.	SALOMEZ Benedicte	Neuilly Sur Marne Athletisme	43.652 km	06:00:00	VEF	2
8.	PANNIER Josiane	Havre Ac	43.652 km	06:00:00	VEF	3
9.	HAGHEBAERT Eric	Ac Chateau Thierry	40.883 km	06:00:00	VEH	4
10.	MORVAN Nicole	Neuilly Sur Marne Athletisme	32.645 km	06:00:00	VEF	4



*Left: Saadi Lougrada strides out confidently early in the race
Middle and Right: Lougrada struggles to the finish line as Pascal Thevenin closes in on and then passes him
Photos Emmanuel Tardi and Guy Destre*

RACE WALK MEETING, LISSES, FRANCE, SUNDAY 8 OCTOBER

And to finish my reporting of Emmanuel Tardi's weekend, he was in Lisses, some 30km south of Paris, on Sunday for the 3rd edition of the Lisses Roadwalk meet, which he organises. There were 40 starters for the 9:30AM start, with a choice of 10km and 20km roadwalk on offer. With a flat course, a 1.6667km loop in a quiet industrial area and with cloudy but clear weather, it was all set for some good racing.

There were no surprises in the 20km races, with favourites **Stéphane Poirout** and **Séverine Lanoue** leading from start to finish. The 20km also saw the comeback for 71 year old masters walker **Jean-Paul Masselin** who walked an impressive 1:58:06. In the 10km events, **Marine Quennehen** (winner of the Francophone Games last July) was on schedule for a win before being disqualified at the 8km mark, ensuring victories to **Adele Duclos** and **Arthur Bergeal**.

10km Men

1.	Bergeal Arthur	53:06
2.	Marie Frederic	56:44
3.	Duclos Eddy	58:24
4.	Stefanelly David	59:10
5.	Christment Pascal	59:17
6.	Labrousse Stephane	1:01:22
7.	Victor Etienne	1:02:00
8.	Labrousse Michel	1:03:15
9.	Lamirault Philippe	1:07:04
10.	Buisson Dominique	1:07:32
11.	Leroux Jean-Paul	1:13:41
12.	Courtejaire Pierre	1:14:45
13.	Porta Jean-Luc	1:18:28

20km Men

1.	Poirout Stéphane	47:05	1:35:40
2.	Van Hille Dominique	51:56	1:44:41
3.	Bocquet Jérôme	53:58	1:46:48
4.	Courage Frederic	53:02	1:47:29
5.	Auger Alexis	57:57	1:56:29
6.	Brou Florent	57:13	1:56:45
7.	Masselin J-Paul	59:44	1:58:06
8.	Vergnaud Serge	1:02:02	1:59:19
9.	Lemogne Loic	1:01:28	2:03:31
10.	Degryse J-Claude	1:04:02	2:09:22
11.	Dahm Florent	1:01:08	2:09:23
12.	Vergnolle Laurent	1:07:48	2:21:13

10km Women

1.	Duclos Adèle	56:46
2.	Pieux Ghislaine	59:17
3.	Torrez Emeline	59:57
4.	Belin Lucie	1:02:05
5.	Lemonnier Dominique	1:03:06
6.	Galmiche Catherine	1:05:42
7.	Rigault Clotilde	1:07:38
8.	Lemogne Jocelyne	1:09:19
9.	Dafniet Romane	1:19:26
10.	Sauneuf Lola	1:33:22
	Quennehen Marine	DQ

20km Women

1.	Lanoue Séverine	53:59	1:49:53
2.	Godefroy Delphine	58:31	1:57:33
3.	Laville Françoise	59:19	2:01:05



Séverine Lanoue, Adèle Duclos, Arthur Bergeal and Stéphane Poirout (photos Emmanuel Tardi)

12 / 24 / 48 HEURES DE ROYAN, ROYAN, FRANCE, 6-8 OCTOBER 2017

Amazingly, the ultra walk in St Thibault des Vignes was only one of two such events in France last weekend. If you fancied a trip to the French seaside, then the seaside resort city of Royan was just the place to be, as their annual 48 Hour / 24 Hour / 12 Hour ultra distance run/walk event was played out (see <http://100km.iroyan.com/>). There were good numbers in the walk divisions, with the 48 Hour walk being won by last year's second placed **Dominique Delange** (281.533km). The 24 Hour walk was won by **Gerard Duran** with 169.333km (that's over 100 miles for us centurion oriented persons). Sadly, the French do not acknowledge the significance of the 100 mile mark (160.934km) and do not have their own centurion chapter. Thus the performances of people like Gerard do not get their full recognition. The 12 Hour walk was won by **Alain Bougnard** with 88.185km.

48 Hour Walk

1.	DELANGE DOMINIQUE	AJA MARATHON AUXERRE	281.533 km	47:58:09
2.	PINEAU LAURENT	HAUTE SAINTONGE ATHL	258.433 km	47:58:06
3.	BAUDET Michel		235.333 km	47:55:38
4.	BETAÏLLE ROGER	STADE Français	224.333 km	47:51:58
5.	HAUSMANN MARTINA		200.133 km	47:50:24
6.	SOUÏLLE JEAN-PIERRE		166.033 km	47:50:15
7.	PIERRE PATRICK	CA CASTELSARRASIN	161.633 km	47:57:37

24 Hour Walk

1.	DURAND GERARD	CPM MARANS	169.333 km	23:55:33
2.	PILLET Frederic		136.333 km	23:50:16
3.	LEDUC CHRISTINE	ACB ST BREVIN	134.133 km	23:59:33
4.	DICHARRY Martine		123.133 km	23:55:27
5.	BEN ROGER		112.133 km	23:59:01
6.	PUYRAUD ROSE-MARIE		111.033 km	23:55:27
7.	HERMAN CLAUDE	LA CARACOLE	106.633 km	23:41:08
8.	DELAHAYE Dominique	ASCHR Rochefort	106.633 km	23:55:05
9.	BAUP JEAN-RENE		101.133 km	23:59:29
10.	ARNAUD Romuald		100.033 km	21:52:21
11.	DEGOULANGE Thierry		100.033 km	22:32:47
12.	VEILLET CLAUDE		95.633 km	23:44:54

12 Hour Walk

1.	BOUGNAUD ALAIN		88.185 km	11:58:10
2.	SUAU Michel		83.717 km	11:53:26
3.	RIVOAL CLAUDE		82.600 km	11:58:10
4.	COURRAUD BRIGITTE		81.483 km	11:59:10
5.	COURRAUD JOEL		81.483 km	11:59:10
6.	CAILLAUD FRANCK		79.249 km	11:54:34
7.	DRUGEON Jany Pierre		71.430 km	11:58:01
8.	FRANCOISE DANIEL	ET ROYAN ST GEORGES	66.962 km	11:25:12
9.	JADEAU CHRISTELLE	BIGORRE RUNNING 65	58.026 km	11:52:24
10.	COSSON MARYSE		58.026 km	11:53:09
11.	GAVARD MICHEL		54.675 km	11:26:54
12.	GRISEY MICHELINE		52.441 km	11:25:16
13.	ALLART BEATRICE ASCORI		50.207 km	11:59:23
14.	FRANCOISE FLORENCE		44.622 km	11:26:51
15.	TOULEMONDE GILBERT		42.388 km	11:26:52
16.	RENNESSON JEAN-CLAUDE		41.271 km	11:26:25

SRI CHINMOY NZ 24 HOUR CHAMPIONSHIPS, AUCKLAND, NZ, OCT 7-8, 2017

And keeping with the ultra walking theme, last weekend also saw the annual New Zealand Centurions qualifying race, held in Auckland in conjunction with the Sri Chinmoy New Zealand 24 Hour Championships.

There were 8 entrants in the 24 Hour walk, 5 from the Netherlands (**Antoine Hunting** M45, **Arie Kandelaars** M50, **Marco Bloemerts** M50, **Gertrude Achterberg** F45 and **Trudy Geldhof** F45), one from America (**Rob Roberston** M50), one from Australia (**John Kilmartin** M65) and one from New Zealand (**Damien Wood** M40). All made it to the start line except for Australian John Kilmartin.

First the nuts and bolts. The race started at 9AM on Saturday morning, with the final gun sounding at 9AM on Sunday morning, exactly 24 hours later. The weather was perhaps typical for this race - fine for the first 9 hours, followed by wind and steady rain for much of the remaining 15 hours. Overall, conditions were certainly bad enough to cost the 24 hour runners and walkers some significant distance.

New Zealand Centurions secretary **Philip Sharp** was in attendance for the full 24 hours and has brought me up to speed on how it all unfolded.

The early pace was sensible, with the leading walkers heading out at a conservative 3 minute per lap schedule (that equates to 8km/hr). The first to drop out was Antoine Hunting (who has 4 centurion badges to his credit) who was forced out after 8 hours with shin soreness in his left leg. Trudy Geldhof was the next to call it quits, stopping at the 8.5 hour mark, once she realised her pace was not sufficient to reach the 100 mile mark within the required 24 hours.

Rob Robertson, who already has 5 of the 6 possible centurion badges (Australian, UK, USA, South African and Continental) was out for his sixth, but was in trouble soon after the half way mark, and was forced to stop for a long time with hypothermia. He eventually retired at the 21 hour mark.

While all this drama was going on around them, dutch walkers Marco Bloemerts, Gertrude Achterberg and Arie Kandelaars soldiered on, all eventually reaching the 100 mile mark and earning their New Zealand Centurion badges. Marco (who was a double centurion already) was the first, becoming NZC22 with a time around 22:45. Gertrude (who already had SA, English and Continental badges), was next to reach the milestone, taking NZC23 badge with a time around 23:28. Arie was final qualifier (NZC24), with a time around 23:35.

Full results at <http://my6.raceresult.com/83079/RRPublish/pdf.php?name=Presenter%2FAnnouncer%7CLeaderboard>. Walking results are as follows:

Sri Chinmoy 24-Hour Race - Men

6	Marco Bloemerts	M50-54	Soest NED	423	169.331 km	23:58:52.8	NZC22
8	Arie Kandelaars	M50-54	Deurne NED	404	161.600 km	23:50:07.9	NZC24
9	Rob Robertson	M50-54	Burneyville USA	332	132.800 km	21:27:12.3	
11	Damien Wood	M40-44	Wanganui NZL	289	115.625 km	23:59:50.5	
13	Antoine Hunting	M45-49	Braamt NED	146	58.400 km	8:02:04.0	
	John Kilmartin	M65-69	Haddon AUS	0	DNS		

Sri Chinmoy 24-Hour Race - Women

3	Gertrude Achterberg	F45-49	Zwartsluis NED	404	161.600 km	23:50:07.0	NZC23
7	Trudy Geldhof	F50-54	Roermond NED	146	58.400 km	8:28:13.5	



Left: right to left Gertrude Achterberg, Arie Kandelaars, Marco Bloemerts, Antione Hunting and Damien Wood

Centre: Rob Robertson looked good early before succumbing to the conditions

Right: Arie Kandelaars reaches the 100 mile mark to become New Zealand Centurion number 24 (photos Philip Sharp and Rob Robertson)

Rob Robertson did post a very honest appraisal of the race. It says lots about the toughness of the event.

WOW what a race in Auckland. I have been VERY lucky to have done five Centurion races. Well, now I have seen the other side of a Centurion race. The side where you have to swallow your pride and bale. One challenge in any long race is figuring splits in your head. I knew I needed 3:55 splits to make centurion the last six hours. When I crossed the mat with a 4:10 lap, I knew I didn't have a 3:40 in me. You can't play that game for five hours. I pulled the plug. Where did I go wrong? Training was good. Slept each night before the race. Mentally tough. I have experience. It was not my day. It was an honor to watch

my Dutch Friends Marco, Arie and Gertrude walk a tough race. It rained for 14 hours, almost half that time sideways due to the wind. They earned their New Zealand Centurion badges. Congratulations! So sad to watch Antoine, Trudy and Damien struggle like me.

After I threw in the towel, to say I was in a bad way is an gross understatement. I had mild hypothermia. Thanks to Phillip Sharp who saved me a trip to the hospital. Thanks to my wife Brenda who feed me porridge like I was a little baby violently shaking on the floor. My granddaughter is going to love that photo. Back at our B&B now. Can't sleep. Can't eat. Whats next? Think I will take up ping pong.

72ND NATIONAL SPORTS FESTIVAL, MATSUYAMA, JAPAN, 8-9 OCTOBER 2017

The 72nd Japanese National Sports Festival was held on Sunday and Monday in Matsuyama, Japan.

10,000m track walk men, Sunday 9 October, 1:45PM

The men's 10,000m track walks were held on Sunday, with a temperature ranging from 19°C to 22°C, but with a high humidity rate (around 80%). Once again a brilliant victory to **Eiki Takahashi** with a fast 39:19:53. Takahashi has a PB of 38:01.5 (Nagasaki 2015). Well reported by marciadalmondo (see http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2935).

1.	Takahashi Eiki	92	39:19.53
2.	Kobayashi Kai	93	40:18.81
3.	Yamanishi Toshikazu	96	40:58.20
4.	Kawano Masatora	98	41:01.38
5.	Matsunaga Daisuke	95	41:42.04
6.	Fujisawa Isamu	87	41:44.13
7.	Oikawa Fumitaka	95	42:08.76
8.	Hiwada Takahiro	95	42:49.95
9.	Hamada Yasushifutoshi	94	43:23.10
10.	Okuma Takeshi	83	43:51.34
11.	Suganami Yuya	95	44:41.49
12.	Nakajima Yamato	98	45:31.06
13.	Hika Taigo	96	47:07.14
14.	Watanabe Ala	99	47:30.61
15.	Kohei Toyama	98	49:39.65
16.	Takada Hayabusato	97	DQ
17.	Ka Yamashita	96	DQ

The second day of the meet saw the Women's 5000m (Open and U20), along with the U20 Men's 5000m. Again, well reported by marciadalmondo (see http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2937).

5000m track walk U20 Men, Monday 9 October, 12:50PM

The U20 Men's 5000m saw a good win to **Hiroto Jusho** (20:11.72) ahead of **Tomoki Furukawa** (20:23.05) and **Yu Takeuchi** (20:46.61).

1.	Hiroto JUSYO	00	20:11.72
2.	Tomoki FURUKAWA	99	20:23.05
3.	Yu TAKEUCHI	99	20:46.61
4.	Tomohiro SUZUKI	99	20:47.75
5.	Tatsukito NAGAYAMA	99	21:04.78
6.	Subaru ISHIDA	99	21:06.54
7.	Nomura NARUKI	00	21:10.64
8.	Hyogo GOTO	99	21:15.89
9.	Masaru SUZUKI	00	21:43.29
10.	Fumiya HYODOU	99	21:47.26
11.	Kiichi TAKIGUCHI	00	21:55.20
12.	Eiji SUZUKI	00	22:02.11
13.	Motofumi SUZUKI	99	22:04.55
14.	Ryousuke KIKUCHI	99	22:07.64
15.	Hiroumi MIDORIKAWA	00	22:20.04
16.	Taiki KONDOU	99	22:37.90
17.	Takumi KITAMURA	00	23:37.07

5000m track walk Open and U20 Women, Monday 9 October, 3:20PM

The last of the walks to be contested was the 5,000m track walk for Open and U20 women. It was a high quality race, with PBs to the first three finishers. Victory went to **Nanako Fujii** (21:33.44) with a new Japanese U20 national record. Second place went to **Kaori Kawazoe** (22:21:15) ahead of **Yukiko Mizoguchi** (22:25.61).

1.	Nanako FUJII		21:33.44
2.	Kaori KAWAZOE	95	22:21.14

3.	Mizoguchi YUKIHO	97	22:25.61
4.	Rena GOTO	95	22:30.45
5.	Yuki YOSHIZUMI	97	22:37.85
6.	Nami KUMAGAI	96	22:39.67
7.	Chisa TODOKORO	98	22:52.72
8.	Yumi YOSHIDA	99	22:56.49
9.	Serena SONODA	98	23:14.84
10.	Sayori MATSUMOTO	97	23:22.30
11.	Akane TAMAKI	00	23:23.83
12.	Mihayu IRIE	99	23:32.93
13.	Nozomi YAGI	94	23:33.81
14.	Narumi ASANO	99	23:57.89
15.	Nanako NORIMOTO	99	23:59.54
16.	Nodoka KIMURA	00	24:55.92
	Ai MURAKAMI	00	DQ
	Sae MATSUMOTO	93	DQ

LÅNG-SM, ESKILSTUNA, SWEDEN, SATURDAY 7 JUNE

I obtained the results of these Swedish roadwalk championships from Birger Fält's excellent Swedish Racewalking website. Full splits and race report at <http://www.gang.se/tavlingsgang/tavlingsnyheter/guldtillmonicaochperseuspalang-smuppdaterat810k121.10/>. Overall, open titles to **Perseus Karlström** (4:20:42) and **Monica Svensson** (1:39:20). Special mention to **Christer Svensson** who completed the USA 100 Mile walk only 2 weeks ago and was back in action, winning silver in the 50km (5:26:22). Nice article on Perseus in the local Swedish press: <https://www.ekuriren.se/sport/magont-och-forkylning-stoppade-inte-perseus/>.

50km Walk

1.	Perseus Karlström	90	Eskilstuna FI	4.20.42
2.	Christer Svensson	69	Växjö AIS	5.26.22
	Ato Ibáñez	85	Eskilstuna FI	DNF
	Fredrik Sandmer	94	SK Svängen	DNF

20km Walk Women

1.	Monica Svensson	78	Växjö AIS	1.39.20
2.	Jennifer Ibrahim	95	GK Steget	2.23.05
	Celeste Scheepers	60	Växjö AIS	DNF

20km Walk Masters Men M35-69

1.	Christer Svensson	69	Växjö AIS	1.59.15
2.	Bengt Bengtsson	61	GK Steget	2.08.09
3.	Anders Björkman	56	Äppelbo AIK	2.04.40

10km Walk Masters Men M70+

1.	Ingvar Nilsson	33	Växjö AIS	1.25.26
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10km Walk Masters Women

1.	Monica Svensson	78	Växjö AIS	49.55
2.	Celeste Scheepers	60	Växjö AIS	1.06.05

OUT AND ABOUT

- Athletics Australia has renewed its partnership with School Sport Australia for the 2018 Australian Cross Country Championships which will now be held on the 25th August 2018 in the Sunshine Coast, Queensland. That means that the 2018 Australian Roadwalk Championships should be held on Sunday 26 August on the Sunshine Coast. See <http://athletics.com.au/News/athletics-australia-partners-with-school-sport-australia>.
- The **Race Walking Record** is the official monthly magazine of the Race Walking Association, and has been published monthly for over 75 years. The first issue was in November 1941. View the latest issue (Sept 2017 number 863) at <http://www.racewalkingassociation.com/RWR.asp>.
- The deadline for bids to host the 2022 Commonwealth Games has been extended after Birmingham's application was judged to be "not fully compliant". Birmingham was the only bidder before the original 30 September deadline. See <http://www.bbc.com/sport/41525305>.
- Quotas will be in place for the 2018 Commonwealth Games on the Gold Coast, meaning it is very tough to make the NZ team. NZ athletes are probably hoping that this initiative, if it comes to fruition, may result in greater numbers. See http://www.nzherald.co.nz/athletics/news/article.cfm?c_id=19&objectid=11930704&ref=rss.

- Nice youtube video interview with Isle of Man walker and hopeful Commonwealth Games rep **Erika Kelly** – see <https://www.youtube.com/watch?v=jQSFvDsLa-A&feature=youtu.be>.
- Canadian masters walker **Yvan Bechard** is the Canadian Masters Athlete of the Month for the month of September. He recently set his 5th Canadian Masters record of 2017 with a 10K road walk time of 51:00 (M55). Well done Yvan. See <http://canadianmasters.ca/cma-news/canadian-masters-athlete-of-the-month-september-6/>.
- Good news for 2016 Olympic 50km champion **Matej Toth**. The Slovak Athletic Federation (SAZ) investigative committee has ruled in his favour after an extensive investigation. The decision, however, is not final as it will now be inspected by the Athletics Integrity Unit. Moreover, if the IAAF or WADA disagree with Tóth's explanation, they can challenge it at the Court of Arbitration for Sport in Lausanne, Switzerland. See <https://spectator.sme.sk/c/20665006/olympic-medal-winner-did-not-dope.html>. Fully explained in http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2933.
- The reality behind the glitzy new stadiums in Qatar that will be on show in the 2019 IAAF World Athletics Championships and the 2022 FIFA World Cup. See <http://www.independent.co.uk/sport/football/international/world-cup-2022-qatars-workers-slaves-building-mausoleums-stadiums-modern-slavery-kafala-a7980816.html>.
- The organizer of the 2016 Summer Games in Rio de Janeiro, Carlos Arthur Nuzman, has been arrested on suspicion of the purchase of votes in the Olympic Games. The 75-year-old, who is president of the National Olympic Committee of Brazil, is also accused of money laundering and belonging to a criminal organization. The arrest took place on Thursday in his house in the district Leblon in Rio. See <https://www.theguardian.com/world/2017/oct/05/brazilian-police-arrest-olympics-chief-carlos-arthur-nuzman-bribery-investigation>.
- A quick followup on the above press release with The IOC on Friday provisionally suspending Brazil's national Olympic body over the alleged involvement of its head Carlos Nuzman in a vote-buying scandal. The IOC also suspended Nuzman from all his positions, stripped him of his honorary membership and removed him from the coordination committee for the 2020 Tokyo Olympics. See <http://www.nation.co.ke/sports/athletics/IOC-suspends-Brazilian-national-Olympic-body/1100-4128440-epd5mf/index.html>.
- 2017 Reebok CrossFit Games podium finisher Ricky Garard has been stripped of his third-place title after testing positive for banned performance-enhancing substances in a sample taken after this year's final event. Additionally, CrossFit has disqualified two other athletes. See <https://games.crossfit.com/article/ricky-garard-disqualified>.
- American Bryan Fogel, director of the documentary film **Icarus** (superb doco available on Netflix), told Reuters that IOC president Thomas Bach had "*betrayed clean athletes the world over by his failure to act decisively*" and that the World Anti-Doping Agency (WADA) was "*crippled by its mandate with no ability to take action*". See <http://www.sbs.com.au/news/article/2017/10/06/ioc-denial-over-drugs-says-icarus-film-director>.
- London Olympic high jump champion Anna Chicherova had her appeal against a doping ban that saw her stripped of Games bronze from Beijing rejected on Friday by the Court of Arbitration for Sport. Russian Elena Slesarenko originally came fourth with Vita Palamar of Ukraine fifth but those two have also been stripped of their results and banned for doping after their re-tested samples came up positive. It meant that American Chaunte Howard, originally sixth, was promoted to third. See <https://www.supersport.com/athletics/article.aspx?Id=4147344>.

MARCIADALMONDO AND OMARCHADOR ROUNDUP

Marciadalmondo has 9 press releases this week

- Mon 9 Oct - Nanako Fujii wins women's 5000m walk in 72nd National Sports Festival in Matsuyama, Japan http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2937
- Sat 7 Oct - Hungary win U16 CRO - CZE - HUN - SVK - SLO match http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2936
- Sun 8 Oct - Eiki Takahashi wins 10,000m walk in 72nd National Sports Festival in Matsuyama, Japan http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2935
- Sat 7 Oct - Angela Di Fabio and Emiliano Brigante win Italian Championships U16 walks in Cles http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2934
- Fri 6 Oct - Matej Toth cleared by Slovak Athletic Federation (SAZ) http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2933
- Thu 5 Oct - Fabian Bernabé (FRA) and Ainhoa Pinedo (ESP) win 33rd Trofeo de Marcha Villa del Neria in Spain http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2932

- Thu 5 Oct - Sandra Damilano updates the marciadalmondo Athletes Section for the top Italian walkers.
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2931
- Wed 4 Oct - Preview of this weekend's Italian U16 Championship walks in Cles
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2930
- Tue 3 Oct - Pit Lane Rule is now for all categories, but with changes in penalty times
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2929

and Omarchador has 12 press releases this week

- Mon 9 Oct – Results of French racewalk meet in Lisses
<http://omarchador.blogspot.com.au/2017/10/meeting-de-marcha-em-lisses-franca.html>
- Mon 9 Oct – Discussing Robert Heffernan's 2016 autobiography
<http://omarchador.blogspot.com.au/2017/10/robert-heffernan-em-autobiografia.html>
- Sun 8 Oct - Hungary win U16 CRO - CZE - HUN - SVK - SLO match
<http://omarchador.blogspot.com.au/2017/10/jovens-hungaros-vencem-marcha-no-cro.html>
- Sun 8 Oct - Results of 33rd Trofeo de Marcha Villa del Neria in Spain
<http://omarchador.blogspot.com.au/2017/10/villa-de-nerja-disputou-trofeu-de.html>
- Sat 7 Oct - Luis Henry Campos and Jessica Hanco win Peruvian 20km championships
<http://omarchador.blogspot.com.au/2017/10/copa-nacional-de-atletismo-peru.html>
- Sat 7 Oct - Results of walks in Banská Bystrica, Slovakia
<http://omarchador.blogspot.com.au/2017/10/evento-de-marcha-em-banska-bystrica.html>
- Fri 6 Oct - Results of French walk meet in Chalon-sur-Saône
<http://omarchador.blogspot.com.au/2017/10/marcha-atletica-em-chalon-sur-saone.html>
- Fri 6 Oct - Jesús Tadeu Vega and Valeria Ortuño win inaugural 10km walks in Coatzacoalcos, Mexico
<http://omarchador.blogspot.com.au/2017/10/circuito-de-marcha-coatza-2017-e.html>
- Thu 5 Oct - First Rio Maior Grand Prix was 26 years ago
<http://omarchador.blogspot.com.au/2017/10/1-grande-premio-de-rio-maior-foi-ha-26.html>
- Thu 5 Oct - Women's 50km now included in 2018 World Racewalking Teams Championships
<http://omarchador.blogspot.com.au/2017/10/50-km-femininos-no-campeonato-do-mundo.html>
- Wed 4 Oct - Italians dominate international walks meet in Chiasso, Switzerland
<http://omarchador.blogspot.com.au/2017/10/dominio-italiano-na-jornada.html>
- Tue 3 Oct - Results of Brazilian U16 Championships in Fortaleza
<http://omarchador.blogspot.com.au/2017/10/campeonato-brasileiro-sub-16-em.html>

DATES...DATES...DATES

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

Australian/Victorian Key Dates – 2017/2018 Summer Season

Oct 18 (Wed), 2017	VRWC Summer Season starts, George Knott Athletic Track, Clifton Hill, VIC
October 21-28, 2017	Australian Masters Games – Burnie, Tasmania. See http://www.australianmastersgames.com/
Nov 3-5, 2017	AV All Schools State Track & Field Championships, Lakeside Stadium, Melbourne, VIC
Dec 3 (Sun), 2017	Australian 50km Championship (and 20km and U20 10km events), Fawkner Park, Melbourne, VIC
Dec 8-10, 2017	Australian All Schools Championships, Adelaide, SA
Jan 26-28, 2018	AV Country Championships, Ballarat, VIC
Feb 11 (Sun), 2018	Australian 20km Race Walking Championships, Adelaide, SA
Feb 15-18, 2018	Australian Athletics Championships & Nomination Trials, Gold Coast, QLD (10,000m Walks)
Feb 23-25, 2018	AV Junior & Para Championships, Lakeside Stadium, Melbourne, VIC
Mar 2-4, 2018	AV Open & Para Championships, Lakeside Stadium, Melbourne, VIC
Mar 14-18, 2018	Australian Junior Athletics Championships, Sydney, NSW
Mar 24-25, 2018	AV Masters Championships, Doncaster/Nunawading, VIC
Apr 1 (Sun), 2018	Easter Sunday
Apr 4-11, 2018	Commonwealth Games, Gold Coast, QLD
Apr 21-22, 2018	Australian Centurions 24 Hour Qualifying Race, Harold Stevens Athletics Track, Coburg, VIC

Apr 28-29, 2018 Australian Little Athletics Championships, Gold Coast, QLD
Apr 26-29, 2018 Australian Masters T&F Championships, Perth, WA
June 10 (Sun), 2018 Lake Burley Griffin Carnival, Stromlo Forest Park, Canberra, ACT
Aug 26 (Sun), 2018 Australian Roadwalk Championships, Sunshine Coast, QLD (TBC)

International Dates – 2018 and onwards

Jan 20-27, 2018 Oceania Masters Athletics Championships, Dunedin, New Zealand See www.mastersathleticsoceania.com
Apr 4-15, 2018 XXI Commonwealth Games, Gold Coast, QLD (20km roadwalks). See <http://www.gc2018.com>
Men's and Women's 20km walk, Currumbin Beachfront, Sunday 8 April
May 5-6, 2018 28th IAAF World Race Walking Team Championships, Taicang, China
July 10-15, 2018 16th World Junior T&F Championships, Tampere, Finland
Sept 4-16, 2018 22nd World Masters Athletics T&F Championships, Malaga, Spain

Mar 24-30, 2019 World Masters Indoors T&F Championships, Torun, Poland
July 3-14, 2019 30th Summer Universiade, Naples Italy
Sept 28 – Oct 6, 2019 17th IAAF World Championships in Athletics, Doha, Qatar

July 24 – Aug 9, 2020 32nd Olympic Games, Tokyo
July 20 – Aug 1, 2020 23rd World Masters T&F Championships, Toronto, Canada
Aug 6-15, 2021 (TBC) 18th IAAF World Championships in Athletics, Eugene, USA
July 18-30, 2022 XXII Commonwealth Games, TBA
On 13th March 2017, Durban announced that it would not host the Games, due to financial constraints.

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