



HEEL AND TOE ONLINE

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

My walker of the week is Brisbane based Dane Bird-Smith who won the 3000m walk at the Queensland International Track Classic last Wednesday with a sparkling 10:56.66, only 2 secs outside his Australian best. It was yet another quality walk by the 25 year old who is one of the favourites for Commonwealth Games gold. Dane excels over all distances, with a PBs that make the eyes water

Table with 4 columns: Distance, Time, Location, Date. Rows include 1500m, 3000m, 5000m, 10,000m, and 20km.



Dane Bird-Smith leads Evan Dunfee in Brisbane last Wednesday evening (photo Athletics Australia)

WHAT'S COMING UP

- ACTRWC has now released full details for this year's LBG Carnival, to be held in Canberra on Sunday 10th June at the Stromls Forest Park. See http://www.actwalkers.com.au/lbg-racewalking-carnival/ for information sheet and entry form. But hold on - don't send the entry form into the ACTRWC organisers - it has to go to your local walking club secretary. VRWC/RWV will be distributing further info at the start of the winter season.
Next weekend sees more big international events
- Apr 7 (Sat), 2018 EAA Permit Racewalk Meet, Podebrady, CZE
- Apr 7, 2018 27th Grande Prémio Internacional de Rio Maior em Marcha Atlética, Rio Maior, POR
- Apr 8 (Sun), 2018 20km walks, XXI Commonwealth Games, Gold Coast, QLD

## XXI COMMONWEALTH GAMES PREVIEW

The XXI Commonwealth Games kicks off tomorrow, Wednesday 4<sup>th</sup> April, and will run for 12 days until 15<sup>th</sup> April, on the Gold Coast in Queensland. There are two racewalks on offer, both to be contested on the morning of Sunday 8<sup>th</sup> April, at the Currumbin Beachfront on the Gold Coast. My race previews follow

### 20km Walk Men, 7AM, Sunday 8 April

With Africans in the top 3 ranking positions for the first time ever, could we see a clean sweep for Kenya and South Africa in the men's 20km? The only uncertainty is that the two Kenyan times have been done in Kenya, whereas **Lebogang Shange's** time was done in last year's IAAF World Champs, under the scrutiny of a top IAAF panel. Add into the mix **Dane Bird-Smith** of Australia and **Tom Bosworth**, both of whom are all capable of well under 80 minutes on current form and you have a very strong top end. And don't discount Canadians **Ben Thorne** and **Evan Dunfee** and New Zealander **Quentin Rew!** My pick for the medals are Shange, Bosworth and Bird-Smith but I'm not even going to try to guess the order in which they will finish.

1:19:04	Samuel Ileri GATHIMBA	KEN	Nairobi (KEN)	17-Feb-18
1:19:06	Simon Murithi WACHIRA	KEN	Nairobi (KEN)	17-Feb-18
1:19:18	Lebogang SHANGE	RSA	London (GBR)	13-Aug-17
1:19:28	Dane BIRD-SMITH	AUS	London (GBR)	13-Aug-17
1:20:58	Tom BOSWORTH	ENG	Rio Maior (POR)	01-Apr-17
1:21:06	Wayne SNYMAN	RSA	Cape Town (RSA)	05-Aug-17
1:21:16	Benjamin THORNE	CAN	Lima (PER)	13-May-17
1:21:17	Quentin REW	NZL	Melbourne (AUS)	17-Dec-17
1:21:31	Irfan KOLOTHUM THODI	IND	New Delhi (IND)	17-Feb-18
1:21:32	Manish SINGH	IND	New Delhi (IND)	17-Feb-18
1:22:17	Callum WILKINSON	ENG	Podebrady (CZE)	21-May-17
1:23:00	Evan DUNFEE	CAN	Juarez (MEX)	19-Feb-17
1:23:10	Michael HOSKING	AUS	Adelaide (AUS)	11-Feb-18
1:24:54	Rhydian COWLEY	AUS	Adelaide (AUS)	11-Feb-18
1:28:49	Jerome CAPRICE	MRI	La Roche-sur-Yon (FRA)	12-Mar-17

### 20km Walk Women, 9:15AM, Sunday 8 April

The women's ranking list is more clearcut, with the top 4 women only separated by 6 secs and well clear of the rest. So the medals look to be between Australians **Beki Smith**, **Jemima Montag** and **Claire Tallent**, along with Indian **Baby Soumya**. However, Soumya's performances have all been done in India and her 20km time was done in the recent Indian Championships where footage showed the men having a good old run in their race, Note I am not casting any aspersions on Soumya. It is just a case of her having to reproduce that performance under a proper international judging panel. I hope she can! But with that being said, I am picking the 3 Aussies to fight out the medals. I am not going to try to forecast the eventual winner. If any of our women have a bad day, I am predicting that New Zealander **Alana Barber** and/or Wales's **Bethan Davies** could be the ones to come through for a medal.

1:31:23	Beki SMITH	AUS	Adelaide (AUS)	11-Feb-18
1:31:26	Jemima MONTAG	AUS	Melbourne (AUS)	11-Feb-18
1:31:29	Baby SOUMYA	IND	New Delhi (IND)	17-Feb-18
1:31:29	Claire TALLENT	AUS	Adelaide (AUS)	11-Feb-18
1:31:53	Bethan DAVIES	WAL	Lugano (SUI)	02-Mar-18
1:32:17	Khushbir KAUR	IND	New Delhi (IND)	17-Feb-18
1:32:19	Alana BARBER	NZL	Adelaide (AUS)	19-Feb-17
1:32:33	Gemma BRIDGE	ENG	Leeds (GBR)	25-Jun-17
1:37:39	Heather LEWIS	WAL	Lugano (SUI)	19-Mar-17
1:38:22	Grace Wanjiru NJUE	KEN	Nairobi (KEN)	17-Feb-18
1:41:27	Erika KELLY	IOM	Leeds (GBR)	25-Jun-17
1:42:13	Linda WAWERU	KEN	Nairobi (KEN)	17-Feb-18
1:44:52	Fadekemi OLUDE	NGR	Abuja (NGR)	16-Feb-18

To see profiles for each walker, checkout

- <https://results.gc2018.com/en/athletics/entries-by-event-women-s-20km-race-walk.htm>
- <https://results.gc2018.com/en/athletics/entries-by-event-men-s-20km-race-walk.htm>

Chief Judge	EASTWOOD-BRYSON Zoe	AUS
Assistant Chief Judge	CROCKER Kirsten	AUS
Race-Walking Judges	CHONG BENG Khoo	MAS
	FRASER Kathryn	NZL
	JOLA Moonkess	MRI
	GOVINDARAJU Sinnappan	SGP
	MICHAUD Daniel	CAN
	TAYLOR Steven	IOM

## HAPPY ANNIVERSARY!

It's a One Year Anniversary almost to the day. On Wednesday 5<sup>th</sup> April 2017, I became aware of an email, dated 30<sup>th</sup> March 2017, advising that on April 14<sup>th</sup> 2017, the IAAF Council would vote on drastic changes (proposed by the IAAF Race Walking Committee) to the Olympic and World Championship race walking distances which would ensure that

- The 50km event would be deleted in future World Cup/World Championship and Olympics
- The 20km event will be discontinued, to be replaced by half marathon distances in all the above competitions

and that this would take effect after the 2018 World Race Walking Teams Championships in May 2018.

The leaking of this news led to an immediate outpouring from the worldwide racewalking community, so much so that in a period of 8 days, almost 10,000 people had signaled their support for the 50km walk, via an online petition.

The ensuing 12 months has seen some huge victories

- The IAAF Council threw out the IAAF Race Walking Committee's recommendations in its meeting in mid April (after personal lobbying by USA Attorney at Law Paul DeMeester) and the 50km walk was given a reprieve from further review until after the 2020 Olympics. The IOC subsequently confirmed in June 2017 that 20km and 50km walks would be on the 2020 Olympic program.
- Paul DeMeester and I realised that the only way to secure the future of the 50km walk was to remove the gender imbalance and work towards the introduction of a women's 50km championship into future fixtures. To this end, Paul continued to lobby the IAAF to overturn their gender bias against women in the 50km discipline. The IAAF had announced that women could compete in the 2017 World Championships provided they achieved the men's qualifying standard of 4:06:00, a time two minutes faster than the women's current World Record. It took over a month of legal work and a case in the Court of Arbitration for Sport (CAS) by Paul to make the IAAF see the error of their ways. Eventually an IAAF Press Release, dated Sunday 23<sup>rd</sup> July 2017, announced that the entry criteria for women to compete in the 2017 World Championship 50km in London had been relaxed from 4:06 to 4:30. It was far too late to ensure a proper field size but was still a victory.
- In late July, the IAAF agreed to add 5 women into the inaugural 2017 World Championship 50km for women.
- Sadly, North American Area Champion Susan Randall had not been accepted into the field, in direct breach of the IAAF's own rules. A further legal challenge by Paul saw the IAAF back down, and Susan Randall (USA) and Nair da Rosa (BRA) were added to the field for the London race, based on their North and South American Area Championships wins. Thus a field of 7 women contested the inaugural IAAF Women's 50km World Championship in August 2017.
- In August 2017, Ines Henriques won the inaugural women's IAAF World Championships 50km walk at The Mall with a time of 4:05:56, bettering her previous World Record of 4:08:26. In fact, Ines's world record was the only one for the championships.
- Backtracking slightly, the IAAF Council had met in London on 31<sup>st</sup> July 2017 and approved the programme for the 2018 IAAF World Race Walking Team Championships but a women's 50km had not been included. All we had was a '50km' gender non-specific event, meaning women could compete but would not be eligible for their own medals. It was indeed a step backwards. After the successful inaugural women's 50K race in London, continued lobbying by the race walk community, and no doubt the enthusiasm of the Taicang 2018 organizers, the IAAF eventually confirmed that a separate women's 50km Championship would be on offer in the 2018 IAAF Race Walk Teams Championships.
- In the Fall of 2017, we became aware that the 2018 European Athletics Championships had included a 50km walk for men but no corresponding event for women. Paul was immediately in action, filing a case with the European Athletics Association Court (EAA Court) on behalf of European walkers Inês Henriques (POR) and María Dolores Marcos Valero (ESP). EAA asked for some time to address this issue, eventually announcing in mid December that a women's 50km had been added to the Championships.
- In the meanwhile, the momentum continued to build
  - The women's 50km Championship had been added to the various Area Championships.
  - The women's 50km Championship was being added by an ever increasing number of national federations.

None of these victories has been easy, with some requiring legal redress. And, as you will read below, the push for 50km recognition will need to continue with the 2019 IAAF World Athletics Championships in Doha.

It is time for the IAAF Race Walking Committee to come to the party and start overtly supporting the 50km event, both for men and women. The silence from this group has been deafening since their push to kill the 50km was overruled by the IAAF Executive a year ago. Just when are we going to see some positive support from this group?

And now read on....

## IS THE IAAF TRYING TO SQUEEZE THE WOMEN'S 50K OR WORSE?

By Tim Erickson & Paul F. DeMeester

At the recent Birmingham IAAF Council meeting in early March 2018, the target numbers for the 2019 Doha World Championships events were determined (expressed in numbers of athletes per event except for the relays, for which the numbers of teams are expressed):

100m (after Preliminary round for unqualified athletes)	56
200m	56
400m, 800m	48
1500m, 3000m SC	45
5000m	42
10000m	27
100mH, 110mH, 400mH	40
Field Events	32
Combined Events	24
Marathons	100
20km Race Walk	60
50km Race Walk (Men and Women combined)	60
Relays	16

First, the good news: the women's 50km race walk event is included. But notice the 50K is the only event that sets a target for both men and women combined, which target number is the same (60) as each separate men's and women's target in the 20K. In other words, the target in the 20K is 120 for men and women combined but only 60 for both genders in the 50K. An analysis of the number of entrants in all of the previous World Championships race walk events demonstrates that this low target number for both male and female 50K walkers lacks justification:

Year	50K Men	20K Men	50K Women	10K Women	20K Women
1976	42	-	-	-	-
1983	36	62	-	-	-
1987	37	42	-	35	-
1991	38	37	-	42	-
1993	46	48	-	53	-
1995	41	48	-	45	-
1997	42	49	-	41 (2 heats & 1 final)	-
1999	52	39	-	-	52
2001	48	37	-	-	42
2003	39	38	-	-	42
2005	44	43	-	-	47
2007	54	42	-	-	42
2009	48	49	-	-	48
2011	45	46	-	-	50
2013	61	64	-	-	62
2015	54	61	-	-	50
2017	48	64	7	-	61

### Our Findings:

1. When the exclusion of women walkers finally ended in 1987, their entry numbers for the 10km event (1987-1997) were on par with the men's entry numbers in the 20km event during those same five championships; the women's numbers exceeding the men's twice, while the men's numbers exceeded the women's thrice; during that same period, the average men's 20K entry number was 44.8; the average women's 10K entry number was 43.2.
2. In the last ten world championships, men and women have contested the 20K separately. Women athletes have enjoyed better entry numbers overall, with more women 20K walkers five times versus four times when more male 20K walkers were entered and one championship (2007) in which the numbers were equal. The average men's 20K entry rate for those 10 races was 48.3, the women's 49.6.
3. The women's entry numbers for the 10K and 20K are proof positive that women walkers will take the opportunity to shine internationally once their exclusion from those distances was lifted. In only the second world championships in which women walkers were admitted did the number of women entrants already exceed the men's number (42 to 37 in 1991) over their respective shorter distances.

4. The Men's 50K has enjoyed fields between 36 and 61 entrants, with an average of 51 entrants per race in the last five world championships (2009-2017). The Men's 20K entry field in the last five Worlds stands at 56.8; the comparable Women's 20K figure is 54.4.
5. Of the sixteen world championships in which both the men's 20km and 50km events were contested, the 50K field was bigger than the 20K field six times, with the 20K having the upper hand 10 times.
6. The Men's 50K has been conducted as a world championship event 17 times, with the first one also having served as the first ever IAAF World Athletics Championship, after the Olympics deleted the 1976 Montreal 50K. The average 50K entry field stands at 45.6, as opposed to 48.1 for the Men's 20K (16 races).
7. The 20K enjoys gender parity and will continue to do so at Doha with the target number of entries for each gender fixed at 60.
8. Evidence-based data show that the Men's 50K deserves an entry target number of 60 for Doha 2019.
9. The act of setting a combined men/women target number of 60 for the Doha 50K discriminates against the Women's 50K, as past history and the quality of the Men's 50K field justifies a target number of 60 for the men without combining it.
10. The IAAF has set the same entry target numbers for men and women in all events except the 50K. Gender equality, a constitutional IAAF imperative, requires the same for the 50K. It is therefore necessary that the combined target of 60 be split into two target numbers of 60 per gender.

If the IAAF does not wish to abide by the dictates of gender equality, it should delete that provision from its Constitution, divorce itself from the Olympic Movement, and move its headquarters to some place in the world that has not subjected itself to the U.N. Convention on the Elimination of All Forms of Discrimination against Women.

If that scenario seems unlikely, then why doesn't the IAAF start paying heed to the legal requirements it has bound itself to uphold.

The modern IAAF has gone out of its way to show the 50K the door. Last year, Olympic 50K gender inequality was used as the reason to cut the 50K from all major competition programs. It took two Court of Arbitration for Sport (CAS) lawsuits to admit the first seven women 50K walkers in the London 2017 World Championships. Even then, the London women's entry standard (4:30:00) and race Time Limit (4:17:00 at commencement of last 2km lap) still constituted gender discrimination.

**The IAAF Constitution requires that the 50K entry target be set at 60 for men and at 60 for women, in line with the parity that exists in all other events.** It would be the biggest encouragement for women race walkers to concentrate on the 50K, knowing their preparation would be meaningful. Having been excluded for so long, such opportunity would be well-deserved.

The only reasonable inference to be drawn from the IAAF's London reluctance and the newly released Doha target numbers is that the IAAF continues on its path of gender discrimination in the 50K event, with the eventual aim of eliminating the event altogether after Tokyo 2020.

A critical decision will be made in early 2021, when the IAAF Council will render its recommendation to the IOC for the 2024 Olympic athletics program. Cutting the 50K would constitute gender discrimination! How so? Simple, after enduring rightful criticism for not being gender equal, the IAAF would rather abolish the 50K than to afford women their 50K. That's the opposite of what's happened to every other IAAF event ever since 1928, when women were first allowed to compete in the athletics program of the Olympics (which the IAAF looks after).

It might just be fortuitous that the 2021 World Championships will be held in the U.S. state of Oregon where the IAAF will be subject to the full reach of U.S. legal jurisdiction, shortly after making that critical decision regarding the future of the 50K.

#### QUEENSLAND INTERNATIONAL TRACK CLASSIC, QSAC, NATHAN, BRISBANE, WEDNESDAY 28 MARCH

A small walks field in the Queensland International Track Classic, held last Wednesday in Brisbane, as a final leadup meet before the Commonwealth Games start next Sunday. **Dane Bird-Smith** dominated the men's 3000m walk with a time of 10:56.66, only 2 secs outside his Australian best. Similarly, **Beki Smith** was only 3 seconds outside her PB in winning the women's 3000m walk. They will go into the Commonwealth Games walks among the favourites. And well done to 15 year old **Nelson McCutcheon** (PB 12:51.68).

##### 3000m Walk Men

1.	Bird Smith, Dane	26	QLD	10:56.06	
2.	Dunfee, Evan	27	CANADA	11:28.41	
3.	McCutcheon, Nelson	16	QLD	12:51.68	PB 0:14

##### 3000m Walk Women

1.	Smith, Beki	32	NSW	12:48.70	
2.	Tallent, Claire	37	SA	13:20.39	
3.	Hannigan, Caitlin	16	QLD	14:17.23	

And some superb shots by Casey Sims!



*Dane Bird-Smith, Beki Smith, Claire Tallent and Evan Dunfee (photos Casey Sims)*

**BENDIGO WALKERS CLUB ROADWALKS, ROSALIND PARK, BENDIGO, WEDNESDAY 28 MARCH**

Thanks to Paul Rance for the latest results from Bendigo, in country Victoria. Handicap win to **Amber Fox**.

**2km Handicap**

1.	Amber Fox	14.46
2.	Caitlyn Curtis	16.07
3.	Norm West	15.45
E4.	Peter Curtis	10.26
E4.	Barb Bryant	11.26
E4.	Sheridan Commons	14.16
7.	Jennie Payne	12.26
8.	John Carter	15.09
9.	Annette Curtis	14.05

**SAMA TRACK WALKS, SA ATHLETICS STADIUM, MILE END, ADELAIDE, WEDNESDAY 28 MARCH**

Thanks to Colin Hainsworth for the latest results from the South Australian Masters in Adelaide.

**800m Walk**

1.	Marie Maxted	04:36	W57
2.	James Hoare	05:43	M71
3.	Valmai Padget	05:48	W73
4.	Scott Hart	06:04	
5.	Roger Lowe	06:04	M74
6.	Malcolm Tiggeman	06:07	M65
7.	David Robertson	06:23	M84
8.	Paula Morrissy	07:37	

**5000m Walk**

1.	David Robertson	41:40	M84	73.72%
2.	Marie Maxted	33:39	W57	71.04%
3.	James Hoare	36:25	M71	69.64%

**3000m Walk**

1.	Ross Hill-Brown	23:09	M63	58.74%
2.	Roger Lowe	24:28	M74	63.30%
3.	Jan Layng	22:48	W69	70.39%
4.	Kate White	24:48	W52	53.55%

### TIME FOR OUR ANNUAL RACEWALKING VICTORIA UNIFORM ORDER

All Racewalking Victoria walkers must wear official RWV uniform in the LBG Carnival in Canberra in June. I have contacted the uniforms manufacturers and confirmed that they need 5 weeks to complete uniforms orders. That means we need to finalise our order by **Saturday 5 May**. I will add a few extra items to the order in case your sizing guess is not quite right. It's all online – you place your order for hoodies or crop tops or bike shorts at <http://vrwc.org.au/wp/rwv-uniforms/>. You don't need to order singlets as we have plenty of them on stock at our clubrooms.



### 52<sup>ND</sup> OLOMUC INTERNATIONAL RACE WALK, OLOMUC, CZECH REPUBLIC, FRIDAY 30 MARCH

Not much to report from overseas, given the Easter break. But one big annual meet from Olomuc in the Czech Republic, where 10km open walks were held last Friday, along with youth competitions over shorter distances. Thanks to marciadalmondo for the results (see [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3132](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3132)).

#### 10km Men

A huge field of 61 men fronted for the Open 10km walk, with victory going to **David Tomala** (POL) with 40:22, ahead of **Rafal Sikora** (POL) with 41.52 and **Dominik Cerny** (SVK) with 43:11.

1.	Dawid Tomala	89	AZS AWF Katowice	40:22
2.	Rafal Sikora	87	AZS AWF Katowice	41:52
3.	Dominik Cerný	97	Banská Bystrica	43:11
4.	Lukáš Gdula	91	Hvezda Pardubice z.s.	43:31
5.	Vít Hlavác	97	A. C. TEPO Kladno	44:47
6.	Tomáš Hlavenka	77	AC Moravská Slavia Brno, sp...	45:46
7.	Lubomír Kubiš	01	AC TJ Slovácká Slavia Uh.Hr...	46:27
8.	Martin Nedvídek	75	AC Rumburk, z.s.	46:28
9.	Lukáš Pazdera	86	VSK Univerzita Brno	46:43
10.	Karel Ketner	90	SSK Vítkovice, z.s.	46:58
11.	Vojtech Libnar	99	SK Nové Mesto nad Metují	47:21
12.	Rostislav Kolár	87	SK Hranice, z.s.	47:21
13.	Alexandr Malysa	97	VSK Univerzita Brno	48:08
14.	Rostislav Rožnovský	00	SSK Vítkovice, z.s.	48:34
15.	Zdeno Medera	75	AC TJ Slovácká Slavia Uh.Hr...	48:56
16.	Roman Bílek	67	SSK Vítkovice, z.s.	49:10
17.	Josef Smola	64	SMOLA CHUZE Praha	50:17
18.	Anže Tesovnik	98	MASS Ljubljana	50:24
19.	Filip Hejkrlik	79	AC Pardubice	50:40
20.	Pavel Schrom	91	VSK Univerzita Brno	51:06
21.	David Šnajdr	71	SK Nové Mesto nad Metují	52:00
22.	Petr Dušek	01	AC Rumburk, z.s.	52:19
23.	Ludek Šolc	61	AC Mladá Boleslav z.s.	55:22
24.	Jan Zástava	00	SK Nové Mesto nad Metují	56:31
25.	Miroslav Fliegl	54	PSK Olymp Praha, z.s.	56:38
26.	Tomáš Gorner	81	Atletika Klatovy	56:56
27.	Zbynek Herman	69	TJ Lokomotiva Breclav	57:08
28.	Mykhaylo Hetsyanyn	00	TJ LIAZ Jablonec n/N., z.s.	57:08
29.	Karel Hevessy	98	A. C. TEPO Kladno	57:08
30.	Antonín Kozelka	85	TJ Sokol Hradec Králové	58:25

31.	Kryštof Schubert	99	SK Nové Mesto nad Metují	58:27
32.	Mykola Hetsyanyn	00	TJ LIAZ Jablonec n/N., z.s.	58:33
33.	Petr Jindra	71	PSK Olymp Praha, z.s.	58:47
34.	Jakub Zajíc	89	TJ Sokol Kolín-atletika	60:10
35.	Fabio Ruzzier	53	AK Koper	60:30
36.	Daniel Balicz	02	AC Mladá Boleslav z.s.	61:09
37.	Tomáš Vojtíšek	73	AC Moravská Slavia Brno, sp...	61:14
38.	Pavel Fišer	66	TJ Stodulky Praha, z.s.	62:41
39.	Jozef Badura	55	AC TRACK & FIELD Brno z.s.	62:44
40.	Jan Polášek	80	Atletický oddíl Slavia Haví...	63:20
41.	Petr Adam	50	SMOLA CHUZE Praha	63:39
42.	Jaromír Hloch	92	TJ Lokomotiva Breclav	63:50
43.	Jan Láznicka	83	SK Ctyri Dvory C. Budejovice	63:53
44.	Zdenek Simon	60	Univerzitní sportovní klub ...	64:43
45.	Petr Havránek	84	SK Hranice, z.s.	65:39
46.	Milan Zeibert	63	TJ Spartak Trebíč, spolek	66:23
47.	Vladimír Kánský	40	Spartak Praha 4	66:53
48.	Josef Nejezchleba	57	TJ Slezan Frýdek-Místek, z.s.	68:51
49.	Tomáš Kalina	85	SK Hranice, z.s.	70:56
50.	Roman Gazárek	68	AC TRACK & FIELD Brno z.s.	71:10
51.	Jirí Kovanda	46	TJ Lokomotiva Beroun z.s.	71:49
52.	Oliver Ernst	91	SK Ctyri Dvory C. Budejovice	72:20
53.	Tomáš Vymyslický	89	TJ Lokomotiva Breclav	72:58
54.	Lukáš Kraft	79	TRIATLET Karlovy Vary z.s.	74:20
55.	Petr Markusek	84	TRIATLET Karlovy Vary z.s.	75:41
56.	Stanislav Marek	42	TJ Spartak Trebíč, spolek	75:41
57.	Jan Zajíc	53	Hvezda Pardubice z.s.	76:23
	Artur Brzozowski	85	AZS AWF Katowice	DNF
	Jakub Jelonek	85	CKS Budowlani Czestochowa	DQ

#### 10km Women

**Anezka Drahotova** (CZE) was an easy victor with 44:53m ahead of **Monika Hornakova** (SVK) with 48:27 and **Klaudia Zarska** (SVK) with 49:07.

1.	Anezka Drahotová	95	Univerzitní sportovní klub ...	44:53
2.	Monika Hornáková	95	ŠK Dukla Banska Bystrica o.z.	48:27
3.	Klaudia Žárska	99	AK Spartak Dubnica	49:07
4.	Alena Kollegová	84	SSK Vítkovice, z.s.	54:28
5.	Lenka Borovicková	73	SMOLA CHUZE Praha	56:40
6.	Eva Canadi	00	AK Koper	57:46
7.	Veronika Janošiková	98	AK Šternberk z.s. (AKSTE)	58:31
8.	Martina Netolická	82	AC Slovan Liberec, z.s.	59:01
9.	Petra Jeníková	96	Spartak Praha 4	59:43
10.	Sabina Bocková	01	Atletický klub Hodonín,z.s.	60:04
11.	Nadežda Dušková	80	AC Rumburk, z.s.	60:46
12.	Adéla Johanová	99	SK Nové Mesto nad Metují (N...	61:33
13.	Karolína Jeníková	68	Spartak Praha 4	63:24
14.	Jaroslava Pokorová	72	AK ŠKODA Plzen	64:25
15.	Kaja Rugar	01	AK Radovljica	66:19
16.	Hana Svitáková	90	AK ŠKODA Plzen	67:42
17.	Leona Hanulíková	02	Orel Vyškov	69:11
18.	Anna Málková	63	Orel Vyškov	69:11
19.	Ivana Škaroupková	74	Orel Vyškov	71:14
	Katerina Maternová	98	SK Nové Mesto nad Metují	DNF

#### MARCHE DU GRAND EST, FRANCE, 31 MARCH - 1 APRIL

Thanks to Emmanuel Tardi for his report of a new point to point race in France that took place last Saturday and Sunday. It came in three varieties but unfortunately there were only a few starters. Hopefully the event will grow in future years.

#### La Grand Est, 178.3km between historic village of Domremy-la pucelle (the birthplace of Jeanne d'Arc) and Epinal

This was the longest option and you could complete it alone or as part of a team of 4. Alas, only 3 individual starters, including one runner, along with one team. The course consisted of an initial lap of 90km around Domremy, then 85km to reach Epinal, one of the cities on the Paris-Alsace course. The results were

1. Team "Athlé 55 " 21h53



- |    |                    |       |
|----|--------------------|-------|
| 2. | Emmanuel Lassalle  | 23h21 |
| 3. | Mickael Jacquemin  | 25h20 |
| 4. | Rémi Bled (runner) | 23h21 |

### La Maurice Chevallier 3 stages (50.9km + 46.7km + 20.6km)

The second option was a three stage race, with 6 starters in total. Mathieu Olivares won (despite 5 kilometres extra in the second stage due to a mistake). He walked 5h50 for the first stage and 6h06 for the second stage but the finishing times are have not been published yet.

1. Mathieu Olivares
2. Johann Balland
3. Damien Maldeme
4. Jean Paul Meteau
5. Claudine Anxionnat (women)
6. Emmanuel Demangeat

### La Vosgienne 3 stages (26.3km + 18.5km + 20.6km)

The third option was also a three stage race, but over shorter distances. Only 3 people completed the full race, but others did complete one or two of the stages, including some very fast walkers (Clemence Beretta 1h35'50/20km, Julia Perrichon 13'59/3km and Valentin Chaumette 46'/10km.

- |    |                        |              |
|----|------------------------|--------------|
| 1. | Daniel Siegenfuhr      | 2h53+2h13+?? |
| 2. | Raphaelle Joffroy      | 3h08+2h14+?? |
| 3. | Jean-Charles Thouvenel | 3h11+2h14+?? |

Emmanuel reported it was a great weekend, but it was disappointing that so few walkers entered. There was around 100 volunteers who worked for more than 30 hours without sleeping for only a few walkers.



*Mathieu Olivares, Daniel Siegenfuhr, Mickael Jacquemin and Emmanuel Lassalle (photos Emmanuel Tardi)*

## MARCIADALMONDO AND OMARCHADOR ROUNDUP

Marciadalmondo has 7 press releases this week

- Mon 2 Apr - Rio Maior (POR) - Preview of men's 20km race  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3133](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3133)
- Sat 31 Mar - Olomuc (CZE): Victories of Dawid Tomala and Anezka Drahotova  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3132](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3132)
- Fri 30 Mar - Dane Bird-Smith and Beki Smith win Brisbane International Track Classic walks  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3131](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3131)

- Thu 29 Mar - Rio Maior (POR) - Preview of women's 20km race  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3130](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3130)
- Wed 28 Mar - Results of the XI Centro-American race walk Championships in San Jose (CRC)  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3129](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3129)
- Tue 27 Mar - Japan's team for the IAAF World Team Championships in Taicang  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3128](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3128)
- Mon 26 Mar - Matej Toith (SVK) and Qieyang Shenjie (CHN) best walkers of March as per marciadalmondo  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3127](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3127)

and Omarchador had 7 press releases

- Mon 2 Apr - Drahotová and Tomala winners in Olomouc, Czech Republic  
<http://omarchador.blogspot.com.au/2018/04/drahotova-e-tomala-vitoriosos-em.html>
- Sun 1 Apr - Ecuador team for World Racewalk Team Championships features women's 50km team  
<http://omarchador.blogspot.com.au/2018/04/selecao-do-equador-com-equipa-nos-50-km.html>
- Sat 31 Mar - Dane Bird-Smith and Beki Smith win Queensland International Track Classic  
<http://omarchador.blogspot.com.au/2018/03/dane-bird-smith-e-beki-smith-vencem-no.html>
- Fri 30 Mar - Caio Bonfim awarded by the Brazilian Olympic Committee  
<http://omarchador.blogspot.com.au/2018/03/caio-bonfim-premiado-pelo-comite.html>
- Thu 29 Mar - Results of the Winter Criteria in El Oued, Algeria  
[http://omarchador.blogspot.com.au/2018/03/criterio-de-inverno-em-el-oued-argelia\\_29.html](http://omarchador.blogspot.com.au/2018/03/criterio-de-inverno-em-el-oued-argelia_29.html)
- Wed 28 Mar - Spain's selections for the IAAF World Team Championships  
<http://omarchador.blogspot.com.au/2018/03/selecao-de-espanha-para-os-mundiais-de.html>
- Tue 27 Mar - Walkers from Guatemala dominate at the Central American Championships  
<http://omarchador.blogspot.com.au/2018/03/blog-post.html>

#### OUT AND ABOUT

- Spiegel Online has published an interview with **Carl Dohmann**, 3 times German 50km champion and top ten finisher in the 2017 IAAF World Championships in London. See <http://www.spiegel.de/spiegel/unispiegel/sportart-gehen-deutscher-meister-carl-dohmann-im-interview-a-1195152.html>.
- **Tom Bosworth** (20km walk) and Anyika Onuora (400m) have been named co-captains of the Team England athletics squad for the Commonwealth Games 2018, Gold Coast. See <https://www.englishathletics.org/england-athletics-news/bosworth-and-onuora-named-team-england-co-captains-for-the-2018-commonwealth-games>.
- Great article on Australian Commonwealth Games walker **Claire Tallent** and her training one year one from the birth of baby Harvey. See <http://www.adelaidenow.com.au/sport/commonwealth-games/commonwealth-games-how-claire-tallent-walked-her-way-to-the-commonwealth-games-less-than-a-year-after-becoming-a-mum/news-story/2d1818c0ce1e81e589dbdaad3144a66e>.
- Momentum continues to build with the women's 50km. Ecuador will send a big team of 16 walkers to the IAAF World Race Walking Team Championships in Taicang next month, a team that includes 3 male and 3 female 50km walkers. 20km specialist **Paola Pérez** will debut in the women's 50km, alongside South American champion and record holder **Magaly Bonilla** (4:19:36) and South American silver medallist **Johana Ordóñez**, while **David Velázquez**, **Darwin Leon**, and **Claudio Villanueva** make up the men's 50km team. See more at <http://omarchador.blogspot.com.au/2018/04/selecao-do-equador-com-equipa-nos-50-km.html>.
- Apologies to Melbourne based VRWC walker **Heather Carr**. When I reported in last week's newsletter on the European Masters Championships in Madrid, I failed to notice that she had competed in the walks, taking third place in the W65 3000m track walk (18:33.53) and third in the W65 5km roadwalk (31:22). Well done Heather!
- Sadly, the war on drugs will never be won. As one door is shut, another door opens. The most recently opened door is that offered by peptides, strings of amino acids and the building blocks of proteins. We in Australia are aware of peptides as 2 of our football teams were caught out in 2013 with extensive club based programs. A long and comprehensive article at <https://mobile.nytimes.com/2018/03/26/sports/doping-thomas-mann-peptides.html?>

## SOUTH AFRICA ANNOUNCES TEAM FOR TAICANG

ASA has announced a team of 9 walkers to compete at the IAAF World Race Walking Team Championships in Taicang next month. There are teams in the Men's 20km and U20 Men's 10km as well as individual walkers in the Women's 20km and 50km events. To quote from the press release:

*To encourage female participation, ASA also selected the no.1 Senior women in the 20km division and the no.1 women in the 50km division, as both the women have potential to qualify for the 2020 Olympic Games. To further develop female participation in Race Walking, ASA will also be looking at the results of the 2018 ASA Youth and Junior Championships and should the results be favorable, ASA hope to add junior athletes to the mentioned team.*

Name	Gender	Cat.	Event	Prov.
Lebogang Shange	M	Senior	20km	CGA
Wayne Snyman	M	Senior	20km	AGN
Sizwe Ndebele	M	Senior	20km	AGN
Tebatso Mashinbyi	M	Senior	20km	CGA
Francois Jacobs	M	Junior	10km	BOLA
JacQues Heymans	M	Junior	10km	AFS
Antonio Farmer	M	Junior	10km	ASWD
Anel Oosthuizen	F	Senior	20km	ASWD
Natalie Le Roux	F	Senior	50km	KZNA
Nthato Gwadiso	M	Team Leader		
Chris Brits	M	Manager		

Well done to all those selected, especially to Anel Oosthuizen and **Natalie Le Roux**.

## 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

Apr 4-15, 2018	Commonwealth Games, Gold Coast, QLD 20km Walks are on Sun 8 April, Currumbin Beachfront, Gold Coast, 7AM onwards
Apr 21-22, 2018	Australian Centurions 24 Hour Qualifying Race, Harold Stevens Athletics Track, Coburg, VIC
Apr 28-29, 2018	Australian Little Athletics Championships, Gold Coast, QLD
Apr 26-29, 2018	Australian Masters T&F Championships, Perth, WA. See <a href="http://www.mastersathleticswa.org/perth2018/">http://www.mastersathleticswa.org/perth2018/</a>
June 10 (Sun), 2018	Lake Burley Griffin Carnival, Stromlo Forest Park, Canberra, ACT
Aug 5 (Sun), 2018	Australian Masters 20km Championships, Adelaide, SA
Aug 26 (Sun), 2018	Australian Roadwalk Championships, Sunshine Coast, QLD (TBC)

### 2018 Remaining IAAF Racewalking Challenge Events

Apr 7, 2018	Cat B	27 <sup>th</sup> Grande Prémio Internacional de Rio Maior em Marcha Atlética, Rio Maior, POR
May 5-6, 2018	Cat A	IAAF World Race Walking Team Championships, Taicang, CHN
May 26, 2018	Cat B	XXXII Gran Premio Cantones de La Coruña, La Coruña, ESP
Sep 23-26, 2018	Cat B	Around Taihu International Race Walking 2018, Wuzhong, CHN

### International Dates – 2018 and onwards

Apr 4-15, 2018	<b>XXI Commonwealth Games</b> , Gold Coast, QLD (20km roadwalks). See <a href="http://www.gc2018.com">http://www.gc2018.com</a>
Apr 7 (Sat), 2018	EAA Permit Racewalk Meet, Podebrady, CZE
Apr 14 (Sat), 2018	International Racewalk Meet, Naumburg, GER Men's and Women's 20km walk, Currumbin Beachfront, Sunday 8 April
Apr 28 (Sat), 2018	International Walks Meet and Mikenas Memorial, Birstonas, LTU
May 5-6, 2018	<b>28<sup>th</sup> IAAF World Race Walking Team Championships</b> , Taicang. See <a href="http://www.taicang2018.org.cn/">http://www.taicang2018.org.cn/</a> .
May 9-11, 2018	Melanesian Regional Championships, Port Vila, Vanuatu (AA team - U18 walks)
Jun 8 (Fri), 2018	44 <sup>th</sup> International Racewalking Festival, Alytus, Lithuania
Jun 9 (Sat), 2018	International Racewalk Meet, Simnas, Lithuania
July 10-15, 2018	<b>16<sup>th</sup> World Junior T&amp;F Championships</b> , Tampere, Finland
Aug 7-12, 2018	<b>European Athletics Championships</b> , Berlin, Germany
Sept 4-16, 2018	<b>22<sup>nd</sup> World Masters Athletics T&amp;F Championships</b> , Malaga, Spain
Mar 24-30, 2019	<b>World Masters Indoors T&amp;F Championships</b> , Torun, Poland
July 3-14, 2019	<b>30<sup>th</sup> Summer Universiade</b> , Naples Italy
Aug 30-Sep 7, 2019	<b>20<sup>th</sup> Oceania Masters T&amp;F Championships</b> , Mackay, Queensland, AUS

Sept 28 – Oct 6, 2019 **17<sup>th</sup> IAAF World Championships in Athletics**, Doha, Qatar

May, 2020 **29<sup>th</sup> IAAF World Race Walking Team Championships**, Minsk, Belarrus

July 24 – Aug 9, 2020 **32<sup>nd</sup> Olympic Games**, Tokyo

July 20 – Aug 1, 2020 **23<sup>rd</sup> World Masters T&F Championships**, Toronto, Canada

Aug 6-15, 2021 (TBC) **18<sup>th</sup> IAAF World Championships in Athletics**, Eugene, USA

July 18-30, 2022 **XXII Commonwealth Games**, Birmingham, GBR.

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