



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2017/2018 Number 19
6 February 2018



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WALKERS OF THE WEEK

My Walkers of the Week this time around are Knox Athletics Club youngsters **Charlotte Hay** and **Will Thompson**. Competing in the Victorian 5000m Walk Teams Championships at Mentone last Wednesday evening, 14 year old Charlotte came third against her older rivals in a 1 minute PB time of **25:50**. Competing in the associated VRWC 5000m walk, 15 year old Will won with a 48 second PB of **23:27**. Two talented young walkers on the improve!



Charlotte and Will in action last Wednesday evening (photos Terry Swan)

WHAT'S COMING UP

The next big fixture on the local front after that will be the **AV Shield Final** at Lakeside Stadium on **Saturday 10th February**. This features 2000m Walks for those clubs which have progressed.

- Next **Sunday 11th February** also sees the **2018 Australian 20km Summer Roadwalk Championships** in Adelaide. Entries have now closed. The timetable reads as follows

7:00am Australian 20km Race Walking Championships
8:00am Oceania Under 20 10km Race Walking Championships
8:00am Invitational Under 18 5km Race Walks

Most of the international walkers who have been trainin in Australia this summer will contest the 20km races so some exciting times are expected. The meet also acts as the Australian Commonwealth Games and World Racewalking Team Championships trials. Nice preview article at <https://www.iaaf.org/news/preview/race-walking-challenge-2018>. Athletics Australia has now released the start lists which read as shown below. I have added known PBs.

Open Men 20km Racewalk			Open Women 20km Racewalk		
Rafal Augustyn	Poland	1:20:53 (2012)	Alana Barber	New Zealand	1:32:23 (2017)
Dane Bird-Smith	QLD	1:19:28 (2017)	Sibon Fuzzard	VIC	N/A
Damien Blocki	Poland	1:21:29 (2017)	Emily Hamilton	VIC	N/A
Artur Brzozowski	Poland	1:20:33 (2017)	Regan Lamble	VIC	1:29:33 (2016)
Edward Araya Cortes	Chile	1:26:06 (2017)	Simone McInnes	VIC	1:40:26 (2017)
Yerko Araya Cortes	Chile	1:21:26 (2016)	Jemima Montag	VIC	1:34:18 (2017)
Evan Dunfee	Canada	1:20:13 (2014)	Christina Papadopoulos	QLD	1:43:47 (2017)
Rafal Fedaczyski	Poland	1:20:18 (2014)	Jessica Pickles	QLD	1:37:56 (2017)
Adam Garganis	VIC	1:27:27 (2017)	Kelly Ruddick	VIC	1:33:15 (2013)
Carl Gibbons	NSW	1:32:47 (2017)	Beki Smith	NSW	1:29:49 (2016)
Anders Hansson	Sweden	1:26:10 (2017)	Clara Smith	QLD	1:37:06 (2017)
Michael Hosking	VIC	1:24:42 (2016)	Claire Tallent	SA	1:28:53 (2012)
Jakub Jelonek	Poland	1:21:05 (2012)	Rachel Tallent	ACT	1:31:33 (2016)
Tyler Jones	NSW	1:26:44 (2017)	Brigita Virbalyte-Dimšienė	Lithuania	1:30:15 (2011)
Perseus Karlstrom	Sweden	1:19:11 (2016)	Wei Leng Joey Yap	SA	N/A
Jason Kozica	VIC	1:38:57 (2017)			
Rod Ladgrove	SA	N/A	U20 Women 10km Roadwalk		
Marius Liukas	Lithuania	1:21:27 (2017)	Anna Cross	SA	51:50 (2015)
Pramesh Prasad	VIC	1:45:02 (2017)	Bethany Cross	SA	58:37 (2017)
Brendon Reading	ACT	1:24:37 (2017)	Katie Hayward	QLD	45:51 (2017)
Quentin Rew	New Zealand	1:21:12 (2017)	Rebecca Henderson	VIC	49:55 (2016)
Edmund Sim	Singapore	1:36:01 (2012)	Philippa Huse	VIC	49:30 (2016)
Tadas Suskevicius	Lithuania	1:23:29 (2008)	Jemma Peart	VIC	51:56 (2017)
Jared Tallent	SA	1:19:15 (2010)	Teegan Pengilley	NSW	63:40 (2017)
Toru Yamamoto	Japan	1:24:32 (2017)	Alice Randall	TAS	53:10 (2017)
U20 Men 10km Roadwalk			U18 Men 5km Invitation Walk		
Mitchell Baker	ACT	45:38 (2018)	Mathew Bruniges	SA	26:29 (2017)
Tristan Camilleri	SA	49:48 (2017)	Joe Cross	SA	23:24 (2017)
Timothy Fraser	ACT	46:43 (2017)			
Connor Frew	ACT	46:46 (2017)	U18 Women 5km Invitation Walk		
Alix Harlington	SA	52:14 (2015)	Olivia Sandery	SA	25:15 (2017)
Dylan Richardson	NSW	46:05 (2017)			
Kyle Swan	VIC	42:47 (2017)			
Ryan Thomson	NSW	49:54 (2017)			
Declan Tingay	WA	41:08 (2018)			

- Go forward a further week and we have our last VRWC races for the summer, held jointly with the Victorian Masters Association at Mentone. Entries on the day or earlier via our VRWC online entry panels.

Sun 18th February 2017, VRWC Track Races, VMA 5000m c'ships, Mentone

Venue: Mentone athletic Track, Dolomore Reserve, Queen Street, Mentone

8.30am	5000m VMA Championship	Masters Women
9.15am	5000m VMA Championship	Masters Men
10.00am	5000m and 3000m	VRWC Open
10.30am	1500m	VRWC Open

- Looking even further ahead, there are a lot more walk opportunities for Victorian walkers before the summer finishes.
 - Feb 23-25, 2018 Victorian Junior T&F Championships, Melbourne
 - Mar 2-4, 2018 Victorian Open T&F Championships, Melbourne
 - Mar 10-11, 2018 LAVIC T&F Championships, Melbourne
 - Mar 14-18, 2018 Australian Junior T&F Championships, Sydney
 - Mar 24-25, 2018 Victorian Masters T&F Championships, Doncaster
- Finally, if you are interested in a trip to New Zealand with a difference, the **NZ T&F Championships** will be held in **Hamilton** from **9-11 March**, with 3000m on the track on 9th March and a 20km on the road on 11th March.

VICTORIAN 5000M TRACK WALK TEAMS CHAMPIONSHIPS, MENTONE, WEDNESDAY 31 JANUARY

The Victorian 5000m Track Walk Teams Championships were contested in almost perfect conditions last Wednesday evening at the Dolomore Track in Mentone. The annual event was well supported, with 3 men's teams (KNA, MEN and VMA) and 2 women's teams (KNA and SAN) and all teams finished the required 3 walkers.

The men's competition was won by Knox Athletics Club, with **Mark Blackwood** (23:22), **Corey Dickson** (24:20) and **Angus Hay** (32:31) showing the way. Corey, in particular, walked excellently, recording a 23 second PB. A special mention also to 15 year old **Nikolaj Djordjevic** who walked an excellent 26:55 in his first outing over the distance.

AV 5000m Team Walk Men

1.	Mark Blackwood	KNA	23:22	10	
2.	Corey Dickson	KNA	24:20	8	PB 0:23
3.	Nikolaj Djordjevic	MEN	26:55	7	First one
4.	Rupert Van Dongen	MEN	29:41	6	
5.	Angus Hay	KNA	32:31	5	
6.	Clyde Riddoch	VMA	33:22	4	
7.	Russ Dickenson	VMA	33:32	3	
8.	Julian Boland	MEN	34:05	2	First one
9.	Albin Hess	VMA	34:07	1	
	Geoff Barrow	MEN	DQ	-	

AV Teams Placings

1.	KNA	23	Mark Blackwood, Corey Dickson, Angus Hay
2.	MEN	15	Nikolaj Djordjevic, Rupert van Dongen, Julian Boland
3.	VMA	8	Clyde Riddoch, Russ Dickenson, Albin Hess

The women's competition saw another win to Knox, making it two out of two for the night. The young team of 14 year old **Charlotte Hay** (a big PB of 25:50), 15 year old **Jasmin Hass** (28:47) and 16 year old **Kathleen O'Mahony** (32:30) showed that age is no barrier in such events. Fastest time went to **Rebecca Henderson** of Mentone (23:47) but alas she was their sole representative. Big PBs to **Isabella Dingli** (34:50) and **Alannah Dingli** (35:05) helped their Sandringham club to second place.

AV 5000m Team Walk Women

1.	Rebecca Henderson	MEN	23:47	-	
2.	Philippa Huse	SAN	24:21	7	
3.	Charlotte Hay	KNA	25:50	5	PB 1:00
4.	Jasmin Hass	KNA	28:47	4	
5.	Kathleen O'Mahony	KNA	32:30	3	
6.	Isabella Dingli	SAN	34:50	2	PB 0:41
7.	Alannah Dingli	SAN	35:05	1	PB 0:55
8.	Gwen Steed	GHY	35:10	-	
9.	Sandra Howorth	GHY	39:13		

AV Teams Placings

1.	KNA	12	Charlotte Hay, Jasmin Hass, Kathleen O'Mahony
2.	SAN	10	Philippa Huse, Isabella Dingli, Alannah Dingli

Two VRWC track races completed the fixture. Special mentions to **Will Thompson** (a big PB of 23:27), **Pramesh Prasad** (first in the 1500m and second in the 5000m) and **Kevin Cassidy** (a very impressive time for someone who is more likely to be seen doing long distance ocean swims nowadays).

VRWC 1500m Walk

1.	Pramesh Prasad	VRWC	07:01
2.	Darcey Roberts	VRWC	08:55
3.	Eliza Thompson	VRWC	09:06
4.	Emily Smith	VRWC	09:08
5.	Merilyn Thompson	VRWC	10:44
6.	Beverly Hugo	VRWC	12:42
7.	Pam Mews	VRWC	17:39
	Ian Beaumont	VRWC	DQ
	Margaret Beaumont	VRWC	DQ

VRWC 5000m Walk

1.	Will Thompson	VRWC	23:27	PB 0:48
2.	Pramesh Prasad	VRWC	24:15	
3.	Kevin Cassidy	VRWC	26:33	
4.	Mark Donahoo	VRWC	27:25	
5.	David Smyth	VRWC	28:16	
6.	Claire Samanna	VRWC	28:50	
7.	Terry O'Neill	VRWC	30:51	
8.	Karyn O'Neill	VRWC	34:18	

Thanks as always to our many officials and helpers. Apologies to anyone I missed.

Officials: Mark Donahoo, Ralph Bennett, Tim Erickson, Terry Swan

Judges: Peter Vysma (Chief), Brenda Felton, Stuart Cooper, Mark O'Mahony, Shane Dickson, Gordon Loughnan, David Cash, Michael Bodey (Recorder)

Photos: Terry Swan – see <http://www.vrwc.org.au/piwigo/index.php?/category/457>

Recorders: Thanks to our many helpers!

And more great photos from Irina Semenova at

https://photos.google.com/share/AF1QipP2EljCPB6a0C6hwF1QwXxPcCOY3bVyvNyK8O11fl3n-zz_IPc8PdgkPtc24E9hWA?key=MTkycF10ekJqWHPUZThyeHIBR3VHVzg1Ukd3Q2h3



Corey Dickson, Nikolaj Djordjevic, Kevin Cassidy and Mark Thomas



Charlotte Hay, Rebecca Henderson, Philippa Huse and Jasmin Hass (photos Terry Swan)



Men's podium – Nicolaj Djordjevic, Rupert van Dongen, Julian Boland, Corey Dickson, Mark Blackwood, Angus Hay, Albin Hess, Russ Dickenson and Clyde Riddoch



Women's podium: Alannah and Isabella Dinglo, Philippa Huse, Jasmin Hass, Charlotte Hay and Kathleen O'Mahony

SAMA TRACK WALKS, SA ATHLETICS STADIUM, MILE END, ADELAIDE, WEDNESDAY 31 JANUARY

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

1000m Walk

1.	Paula Morrissy	09:51		
2.	Mark Worthing	05:23	M55	74.29%
3.	Brian Witty	07:28	M67	60.48%
4.	Peter Crump	05:21	M57	76.15%
5.	Margaret McIntosh	08:05	W65	58.72%
6.	David Robertson	08:21	M84	68.20%
7.	Jan Layng	07:30	W69	66.29%
8.	Jack Russell	05:42	M65	77.48%
9.	Graham Harrison	07:31	M74	65.44%
10.	Gil McIntosh	06:31	M67	69.30%
11.	Helen Suridge	07:11	W66	66.82%
12.	Scott Hart	08:04		
13.	James Hoare	08:13	M71	57.62%

3000m Walk

1.	Ross Hill-Brown	23:40	M63	57.46%
2.	Peter Crump	17:27	M57	73.43%
3.	Graham Harrison	22:51	M74	67.78%

4.	Jack Russell	19:03	M65	72.93%
5.	Gil McIntosh	20:39	M67	68.80%
6.	Jan Layng	23:12	W69	69.17%
7.	Dave Fallon	23:44	M65	58.54%
8.	Helen Suridge	22:33	W66	68.41%
9.	David Robertson	26:06	M84	68.92%
10.	Edna Bates	26:54	W65	56.63%
11.	Scott Hart	26:05		
12.	Margaret McIntosh	25:03	W65	60.81%
13.	James Hoare	23:15	M71	64.09%

BENDIGO WALKERS CLUB ROADWALKS, ROSALIND PARK, BENDIGO, WEDNESDAY 31 JANUARY

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

The Bendigo Walkers Club held 1.5km and 3km sealed handicap events in Rosalind Park on Wednesday evening. In the 1.5km, **Caitlyn Curtis** claimed her first win for the year with **Sheridan Commons** 2nd and **Amber Fox** in 3rd place. The 3km event was won by **Norm West** with **Bill Lotherington** in 2nd place and **Barb Bryant** 3rd.

1.5km Handicap

1.	Caitlyn Curtis	12.30
2.	Sheridan Commons	10.46
3.	Amber Fox	11.45

3km Handicap

1.	Norm West	24.30
2.	Bill Lotherington	21.54
3.	Barb Bryant	17.42
4.	John Carter	22.27
E5.	Peter Curtis	17.31
E5.	Annette Curtis	21.26

ACTRWC TRACK WALKS, WODEN ATHLETICS TRACK, WODEN, THURSDAY 1 FEBRUARY

Thanks to Robin Whyte of the latest results from Canberra. Fast 5000m times to **Connor Frew** (22:06) and **Mitchell Baker** (22:37).

5000m Walk

1.	Connor Frew	22:06
2.	Mitchell Baker	22:37
3.	Callum Burns	24:09
4.	Hannah Manning	27:40

3000m Handicap

1.	Bryan Thomas	21:22
2.	Rod Gilchrist	22:18
3.	Lorna England	24:10
4.	Robin Whyte	19:17
5.	Sidney Shaw	19:04
6.	Val Chesterton	26:16
7.	Laura Burns	15:57
8.	Peter Baker	17:03
9.	Kate Black	18:22

1000m Walk

1.	Andrew Camp-Liddiard	6:20
2.	Georgia Frew	6:51
3.	Steve Karvelas	7:55
4.	Jennifer Gilchrist	9:07

ATHLETICS NSW OPEN AND U23 T&F CHAMPIONSHIPS, SOPAC, SYDNEY, 2-4 FEBRUARY

T&F championships were contested in three Australian States last weekend. First to NSW where 19 year old **Tyler Jones** (21:16.79) and 14 year old **Allanah Pitcher** (24:08.10) won the Open 5000m walks. Very young fields and lots of PBs. Impressive!

5000m Walk Men, Saturday 3 February

1.	Tyler Jones	20	Mingara Athl	21:16.79	
2.	Carl Gibbons	22	Westlakes At	22:12.88	
3.	Dylan Richardson	18	Mingara Athl	22:17.60	PB 0:03
4.	Oscar Tebbutt	17	Gosford Athl	22:28.89	PB 0:23
5.	Jack McGinniskin	16	Mingara Athl	23:24.68	PB 0:54
6.	Ryan Thomson	18	Nepean Distr	23:29.33	
7.	Kyle Bedford	18	Nepean Distr	24:48.24	
8.	Travis Barendregt	18	Nepean Distr	25:33.72	

5000m Walk Women, Saturday 3 February

1.	Allanah Pitcher	15	Mingara Athl	24:08.10	PB 0:25
2.	Emma Blanch	15	St. George D	24:50.00	PB 0:31
3.	Hannah Bolton	15	Mingara Athl	25:53.95	
4.	Teegan Pengilley	17	Bankstown Sp	26:52.80	PB 0:25
5.	Janaya Lee	17	Nepean Distr	28:58.21	PB 0:46
6.	Elise Brennan	16	U.T.S. North	30:17.34	
7.	Lily Johnston	16	Asics Wests	31:19.78	

ATHLETICS SA T&F CHAMPIONSHIPS, SA ATHLETICS STADIUM, MILE END, ADELAIDE, 2-4 FEBRUARY

South Australia also held its annual T&F Titles for both Open and Underage athletes. The shorter distance walks kicked off proceedings on Friday evening, with **Claire Tallent** (22:40.19) and **Kim Mottrom** (23:06.31) winning the Open titles. Special mentions to the **Anna, Bethany and Joe Cross** who won two golds and a silver between them – a talented family!

Open 5000m Walk

1.	Claire Tallent		EH	22:40.19	
2.	Samantha Findlay		SAC	26:23.52	
1.	Kim Mottrom		AH	23:06.31	

U20 5000m Walk

1.	Anna Cross		PEM	24:39.71	PB 0:36
2.	Bethany Cross		PEM	27:56.84	
3.	Rhiannon Lovegrove		PA	28:37.06	
1.	Tristan Camilleri		CD	23:34.03	

U18 5000m Walk

1.	Mathew Bruniges		SAC	27:54.78	
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U17 5000m Walk

1.	Chloe Upton		SAC	32:01.37	
1.	Joe Cross		PEM	24:05.94	

50+ 5000 Walk

1.	Peter Crump		SAIN	30:08.11	
2.	Greg Metha		HILL	33:30.18	
3.	James Hoare		PA	37:01.86	

U16 3000m Walk

1.	Olivia Sandery		PEM	15:12.39	
2.	Victoria Upton		SAC	15:49.59	
1.	Liam Killick		PEM	19:37.30	

U15 3000m Walk

1.	Mia Wilks		PEM	18:54.72	
1.	Ryan Rivett		PEM	21:09.39	

U14 3000m Walk

1.	Kiera Ross		PEM	16:23.52	
2.	Kitarni Upton		SAC	16:51.81	
3.	Elli Pusonjic		EH	18:50.86	
1.	Toby Wilks		PEM	14:51.96	

Sunday morning saw more walks, with the Open, Masters and U20 10,000m championships contested. Again, Open wins to **Claire Tallent** (48:08.76) and **Kim Mottrom** (56:48.78) and U20 wins to **Rhiannon Lovegrove** (1:03:10.61) and **Tristan Camilleri** (53:18.56).

10,000m Walk Men, Sunday 4 February

1.	Claire Tallent	Open	EH	48:08.76
2.	Samantha Findlay	Open	SAC	58:38.65
3.	Rhiannon Lovegrove	U20	PA	1:03:10.61

10,000m Walk Women, Sunday 4 February

1.	Kim Mottrom	Open	AH	56:48.78
2.	Tristan Camilleri	U20	CD	53:18.56
3.	Alix Harlington	U20	ND	57:46.05
4.	Peter Crump	50+	SAIN	1:02:47.50
5.	James Hoare	50+	PA	1:17:36.61



Claire Tallent with son Harvey on Sunday after winning the SA 10,000m walk championship (photo Jared Tallent)

95TH QUEENSLAND OPEN AND U23 T&F CHAMPIONSHIPS, QSAF, BRISBANE, 204 FEBRUARY

I would normally be reporting on Open 5000m or Open 10,000m walks in conjunction with Queensland Open T&F championships but this year no walks were scheduled. Instead, the 10,000m U20 track walk at the Queensland Junior T&F Championships in 3 weeks time will be an Open/U20 combined championship from what I hear. Further the 5000m and 3000m walks for the younger age groups will be contested together, meaning that younger walkers no longer have the chance to do both events. And on top of that, QA has only included walks in one of its interclub days this summer. Talk about being left out in the cold.

ATHLETICS WA INTERCLUB, WA ATHLETICS STADIUM, PERTH, THURSDAY 1 FEBRUARY

To Western Australia for their latest round of Interclub, with a close finish between 15 year old **Cooper Anderton** (24:18.1) and 16 year old **Ben Reid** (24:28.8).

5000m Walk

1.	Anderton, Cooper	02	Bunbury	24:28.1h	PB 1:18
2.	Reid, Benjamin	01	Athletics WA	24:28.8h	

ATHLETICS TASMANIA INTERCLUB, DOMAIN ATHLETICS TRACK, HOBART, SATURDAY 3 FEBRUARY

And finally, to Hobart to complete the Australian roundup, with 15 year old **Bayley Campbell** winning with 16:02.17. Alas no meaningful time recorded in the results for Elizabeth Leitch.

3000m Walk

1.	Bayley Campbell	Old Virgilians	16:02.17
2.	Ron Foster	Tasmanian Masters	21:07.87
3.	David Moore	Tasmanian Masters	24:11.77
4.	Elizabeth Leitch	Tasmanian Masters	?

PORTUGUESE ROADWALK CHAMPIONSHIPS, QUARTEIRA, PORTUGAL, SUNDAY 4 FEBRUARY

Last Sunday saw the Portuguese roadwalk championships in the city of Quarteira. Held on a 1km circuit, the meet featured Open/U23 20km, U20 10km and U18 10km (boys) / 5km (girls) races, as well as the various masters categories. Lots of reporting on the web:

Marciadalmondo report and photos at http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3061

Omachador report at <http://omachador.blogspot.com.au/2018/02/ines-henriques-e-joao-vieira-sagram-se.html>.

"Ana Cabecinha" Youth Tournament at <http://omachador.blogspot.com.au/2018/02/os-mais-jovens-no-torneio-machador.html>

Veterans Results at <http://omachador.blogspot.com.au/2018/02/os-veteranos-nos-campeonatos-nacionais.html>

The women's 20km saw yet another victory for 50km World Champion and record holder **Ines Henriques**, her time of 1:30:08 being her best for some time. Teammate **Ana Cabecinha** was second with 1:30:59 and Lithuanian **Kristina Saltanovic** was third across the line with 1:36:29. The men's 20km saw yet another title to the ageless **Joao Vieira** (1:25:44), ahead of **Miguel Carvalho** (1:26:45) and **Miguel Rodrigues** (1:29:31). Wins in the junior races to **Paulo Martins** (U20 Men 46:26), **Maria Bernardo** (U20 Women 49:56), **Joao Bernardo** (U18 Boys 48:56) and **Catarina Santos** (U18 Girls 25:33).

Full results at http://www.marciadalmondo.com/admin/pdf/risultati/04022018763180310_RESULTADOS_PROVISORIOS.pdf. See also <https://www.record.pt/modalidades/atletismo/detalhe/ines-henriques-conquista-quinto-titulo-nacional-nos-20-km-marcha.html>.

20km Open Men

1.	João Vieira	76	V40	SCP	1:25:44
2.	Miguel Carvalho	94	Sen	SLB	1:26:45
3.	Miguel Rodrigues	96	S23	SLB	1:29:31
4.	Rui Coelho	94	Sen	CAS	1:31:01
5.	Pedro Isidro	85	Sen	SLB	1:32:57
6.	Hélder Santos	96	S23	LMA-L	1:33:30
7.	Cristiano António	88	Sen	JV	1:34:47
8.	Vítor Cabral	98	S23	CFOD	1:40:34
9.	Cláudio Cotrim	96	S23	CPA-S	1:41:56
10.	Amaro Teixeira	89	Sen	CAS	1:47:34
11.	Luís Bidarra	71	V45	CAS	1:53:23
12.	Marco Amaral	93	Sen		DQ
13.	André Antunes	97	S23	JIV	DQ
14.	Sérgio Vieira	76	V40	SLB	DQ

20km Open Women

1.	Inês Henriques	80	V35	CNRM	1:30:08
2.	Ana Cabecinha	84	Sen	COP	1:30:59
3.	Kristina Saltanovic	75	V40	LTU JV	1:36:29
4.	Edna Barros	96	S23	COP	1:37:05
5.	Mara Ribeiro	95	Sen	SLB	1:40:19
6.	Nádia Cancela	93	Sen	GRECAS	1:41:07
7.	Carolina Costa	98	S23	COP	1:43:24
8.	Laura Leal	96	S23	COP	1:45:25
9.	Vitória Oliveira	92	Sen	SCP	1:46:46
10.	Mariana Mota	95	Sen	SLB	1:49:40
11.	Andreia Sousa	98	S23	MAC	1:53:58
12.	Ana Leonor	98	S23	CDRR	1:59:45
13.	Felicidade Rosa	79	V35	CAG	2:08:15
14.	Maria Fátima Costa	71	V45	CAG	2:10:58
15.	Maria Mendes	51	V65	CAG	2:11:24
16.	Mariana Patrão	92	Sen	CAM-VC	2:25:19
17.	Fátima Pereira	95	Sen	CAM-VC	2:25:19
18.	Jéssica Diamantino	97	S23	ACDSJS	2:40:48

20km U23 Men

1.	Miguel Rodrigues	96	S23	SLB	1:29:31
2.	Hélder Santos	96	S23	LMA-L	1:33:30
3.	Vítor Cabral	98	S23	CFOD	1:40:34
4.	Cláudio Cotrim	96	S23	CPA-S	1:41:56

20km U23 Women

1.	Edna Barros	96	S23	COP	1:37:05
2.	Carolina Costa	98	S23	COP	1:43:24
3.	Laura Leal	96	S23	COP	1:45:25
4.	Andreia Sousa	98	S23	MAC	1:53:58

5.	Ana Leonor	98	S23	CDRR	1:59:45
6.	Jéssica Diamantino	97	S23	ACDSJS	2:40:48



Inês Henriques finishing, along with the men's and women's podiums – photos marciadalmondo.com

10km U20 Men

1.	Paulo Martins	99	Jun	SCP	46:26
2.	Rúben Santos	00	Jun	CFOD	47:25
3.	Daniel Gouveia	00	Jun	CAS	47:39
4.	Ricardo Bernardino	99	Jun	SCP	49:40
5.	Sidney Santos	99	Jun	STP SCP	54:25
6.	Diogo Santos	00	Jun	CPC	54:36
	Diogo Peixoto	99	Jun	MAC	DQ

10km U20 Women

1.	Maria Bernardo	99	Jun	COP	49:56
2.	Joana Pontes	00	Jun	GACV	50:38
3.	Inês Reis	99	Jun	SCP	54:21
4.	Ednice Barros	99	Jun	COP	59:40
5.	Andreia Reis	99	Jun	JOMA	59:53
6.	Ângela Carvalho	00	Jun	CNRM	1:01:46
7.	Bruna Colónia	99	Jun	COP	1:01:47
8.	Fatoumata Diallo	00	Jun	COP	1:03:46
9.	Joana Matos	00	Jun	NSLF	1:05:25
10.	Sara Neto	00	Jun	CATUNES	1:11:16
11.	Ana Guerreiro	99	Jun	CATUNES	1:17:20
12.	Daniela Mendes	00	Jun	CATUNES	1:17:24

10km U18 Men

1.	João Bernardo	01	Juv	PCC	48:56
2.	João Pinel	01	Juv	CABB	54:17
3.	Diogo Batista	02	Juv	COP	56:32
4.	Rafael Ferreira	02	Juv	CATUNES	1:00:20
5.	José Baião	02	Juv	CATUNES	1:02:44
	Artur Baran	01	Juv	CATUNES	DQ
	Cássio Pereira	02	Juv	CATUNES	DQ

5km U18 Women

1.	Catarina Santos	01	Juv	SCP	25:33
2.	Bruna Marques	02	Juv	CFOD	26:20
3.	Ana Catarina Mestre	02	Juv	COP	26:56
4.	Sofia Marques	02	Juv	COP	27:13
5.	Mariana Lopes	02	Juv	NPCAD	27:28
6.	Raquel Pimentel	01	Juv	CFOD	27:49
7.	Juliana Veríssimo	02	Juv	CAT	28:32

8.	Catarina Costa	02	Juv	GACV	29:19
9.	Margarida Sá	02	Juv	CCDLF	29:30
10.	Filipa Diamantino	02	Juv	ACDSJS	29:45
11.	Hirondina Casal	01	Juv	CNRM	29:50
12.	Joana Silva	01	Juv	ESCMOV	30:04
13.	Ana Vicente	01	Juv	COP	31:11
14.	Raquel Coelho	02	Juv	CATUNES	37:32

MILLROSE GAMES, NB ARMORY TRACK, NEW YORK CITY, SATURDAY 3 FEBRUARY

The 111th NYRR Millrose Games were held last Saturday at The Armory's New Balance T&F Centre in New York. The meet featured the USATF Mile Racewalk Championships which saw wins to **Maria Michta-Coffey** (6:35.77) and **Nick Christie** (6:00.37). Good to see Ireland's **Kate Veale** coming second in the women's walk with 6:44.17. And a good article on third placed woman **Taylor Ewert** - <http://ny.milesplit.com/articles/232371>.

1 Mile Walk Women

1.	Maria Michta-Coffey	Oiselle/Walk USA	6:35.77
2.	Kate Veale	West Waterford AC (IRE)	6:44.17
3.	Taylor Ewert	Southwest Ohio Track Club	6:45.68
4.	Lauren Harris	Marist College	6:52.55
5.	Katie Burnett	USA	7:06.15
6.	Melissa Moeller	USA	7:10.06
7.	Chelsea Conway	Shore AC	7:23.70
8.	Katie Miale	Marist College	7:29.33
9.	Kayla Shapiro	Walk USA	7:39.46
10.	Katie Michta	Walk USA	7:43.71

1 Mile Walk Men

1.	Nick Christie	USA	6:00.37
2.	Emmanuel Covera	NYAC	6:06.33
3.	Marek Adamowicz	Athletisme Rive-Sud	6:18.16
4.	Cody Risch	Q Elite Track Club	6:20.01
5.	Sam Elmi	Cornerstone University	6:47.02
6.	Dave Swarts	Pegasus AC	6:56.65
7.	Rich Luettchau	Shore AC	6:58.16
8.	Jason Rabie	Cornerstone University	7:18.19
9.	Yvan Bechard	Quebec Canada	7:21.02
10.	Jacob Benson	Cornerstone University	7:21.76
	Michael Mannozi	Shore AC	DQ

Talking of the 1 Mile distance, I did a bit of research last year on the Women's 1 Mile Walk Record progression – you can read it at <http://www.vrwc.org.au/tim-archive/articles/1%20Mile%20Women%20World%20Record%20Progression.pdf>.

On a related front, read my article on the 1500m Walk at <http://www.vrwc.org.au/tim-archive/articles/1500m%20rankings.pdf>.

ISLE OF MAN WINTER RACEWALK LEAGUE, NSC, DOUGLAS, SUNDAY 4 FEBRUARY

Thanks to Steve Taylor for posting the results of round 4 of the Isle of Man Winter Racewalking League which is a series of five rounds which run through the winter months at various Island locations. The League is aimed at race walkers of all levels, though with it being handicapped, it tends to favour those who are improving round by round. Great to see **Erika Kelly** setting a PB (48:17) as she prepares for the Commonwealth Games later this year. Fastest time was by **Tom Partington** (45:26) who will be in action in the Muller Games on February 25th (this is an indoor race and will be live on TV).

Senior 10km Handicap

1	James Bassett	58:18
2	Voirey Earnshaw-Cain	67:59
3	Adam Cowin	47:53
4	Erika Kelly	48:17
5	Mark Kneen	68:18
6	Angie Robinson	70:04
7	Adam Killip	56:27
8	Stewart Jones	58:18
9	Hannah Hunter	53:55
10	Paul Sayle	61:29
11	Gordon Erskine	72:54
12	James Quirk	54:48

=13	Ray Beattie	61:41
=13	Tony Edwards	58:30
15	Gianni Epifani	47:57
16	Dermott O'Toole	70:16
17	Tom Partington	45:26
18	Dick Callin	65:02
19	May Hooper	72:41
20	Ian Callister	65:36
21	Nicola Raven	65:44
22	Colin Moore	67:25
23	Louise Hollings	66:03
24	Chrissie Lewis	78:01
25	Rob Wright	71:37
26	John Cannell	78:49
27	Haydn Kenna	79:21

Senior 5km Handicap

=1	Louise Cowell	33:04
=1	Richard Sille	32:19
=1	Norman McKibbin	43:45
=1	Henry da Silva	46:43
=1	Ron Ronan	43:47
=1	Joan McKibbin	41:11
=1	Steve McKibbin	34:27
=1	Caroline Wright	39:26
9	Sharon Cain	31:04
10	Sarah Goldsmith	42:56
11	Lalaghe Earnshaw-Cain	36:07
12	Carolanne Hanley	51:32

Junior 3km

1	Abbie Edwards	U15	19:09
2	Mia Dunwell	U15	20:12

Junior 2km

1	Daniel Bassett	U13B	14:13
2	Dominic Dunwell	U13B	14:45
=3	Alex Nicoll	U13G	15:37
=3	Orla Goddard	U13G	15:37

Junior 1km

1	Conor Bassett	U13B	8:03
2	Aalin Heavey	5	10:07
3	Harrison Sille	4	10:13

LONDON OPEN WALKS \ SRWA CHAMPIONSHIPS, DONKEY LANE, ENFIELD, SUNDAY 4 FEBRUARY

I was hoping to get these results in time for the newsletter but, alas, nothing posted yet. But I can point English readers to Mark Easton's high quality photo gallery: <http://markeaston.zenfolio.com/f862241862>.

IRISH LIFE HEALTH JUNIOR & U23 CHAMPIONSHIPS, ATHLONE, IRELAND, SUNDAY 28 JANUARY

To Ireland and back a week for their U20 and U23 Indoor T&F Championships, which included 3000m and 5000m walks.

3000m U20 Women

1.	O'CONNOR Orla	00	WD04	13:53.13
2.	O'CONNOR Niamh	00	KE06	14:38.56
3.	GLENNON Sarah	01	WH01	15:00.52
4.	GLENNON Rachel	98	WH01	15:23.54
5.	O'CONNOR Anna	00	WD04	15:50.04
6.	HEERY Ruth	00	WD04	16:23.95
7.	BOURKE Anna	00	KE06	16:55.56
8.	CASEY Rachel	00	WW19	17:56.62

3000m U23 Women

1.	BURKE Veronica	96	GY17	14:12.49
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2. HENEGHAN Ashling 95 MO05 15:38.17

5000m U20 Men

1. CARROLL Andrew 99 KE06 23:15.16
2. MCINERNEY Adam 99 KE24 24:48.38

5000m U23 Men

1. DUNPHY Nicholas 95 KK04 24:46.78

AAI INDOOR GAMES, NATIONAL INDOOR ARENA, DUBLIN, SUNDAY 4 FEBRUARY

Now jump forward a week for the AAI Indoor Games in Dublin, Ireland, for a couple more 3000m Walks.

3000m Indoor Walk Women

1. TOUHEY Georgina 75 Tullamore Harriers A.C. 16:02.37
2. O'CONNOR Maggie'helen 72 St. Joseph's A.C. 16:10.77
3. LAWLOR Brid 59 St. Joseph's A.C. 20:44.83

3000m Indoor Walk Men

1. O DOMHNAILL Brian 77 Finn Valley A.C. 14:27.19
2. DUNPHY Nicholas 95 Kilkenny City Harriers A.C. 15:01.16
3. LAWLOR John Joe 65 St. Joseph's A.C. 17:53.44
4. LYNE Bob 67 Crusaders A.C. 19:05.40

ANDALUSIA ROAD WALK CHAMPIONSHIPS, ALGECIRAS, SPAIN, SATURDAY 3 FEBRUARY

Thanks to marciadalmondo (see http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3059) for the results of the Andalusia 10km Road Walk Championships in Spain. The meet also included 35km and 20km races, along with lots of underage championships, right down to 1km.

The 35km women's race saw only 1 competitor in **Ainhoa Pinedo Gonzalez** and she finished in 2:53.43, an average of 4:58/km and a pace that omens well for her 50km debut later this year. The fastest time in the 20km went to **Julia Takacs** with 1:33:36. The 10km championships went to **Luis Alberto Amezcua Balboa** (41:04) and **Mirna Sucely Ortiz Flores** (46:03). The men's 10km was a high quality affair, with 60 on the start line, including a number of internationals. **Alex Wright** (IRL) finished second with 41:08 while third place went to **Erick Barrondo** (GUA) with 41:26.

Full results at http://www.marciadalmondo.com/admin/pdf/risultati/03022018987Algeciras_2018feb3.pdf.

35km Walk

1. PINEDO GONZALEZ AINHOA SENF 2:53:43

20km Walk Open

1. TAKACS NYERGES JULIA SENF 1:33:36
2. ROMERO IRIAS (E)JOSE LEONIDAS SENM 1:37:34
3. RODRIGUEZ MARTIN PABLO SENM 1:37:45
4. PEREZ OSORIO LUIS MANUEL SENM 1:41:39
5. MARTIN AMAT JUAN FRANCISCO PROMM 1:59:32

10km Open Walk (first 30 of 60)

1. AMEZCUA BALBOA LUIS ALBERTO SENM 41:04
2. WRIGHT ALEX SENM 41:08
3. BARRONDO GARCÍA ERICK BERNABE SENM 41:26
4. MICHAEL MC MANAMON CIAN SENM 41:33
5. PEREZ RUBIO JOSE MANUEL JUNM 41:53
6. ORTIZ FLORES MIRNA SUCELU PROMF 46:03
7. PEREZ GARCIA MARIA PROMF 46:27
8. DANTA DURAN ALVARO PROMM 47:09
9. PERIAÑEZ GARCIA MIGUEL M55M 47:44
10. NARANJO MURILLO JOSE MANUEL JUVM 48:22
11. HIDALGO RODRIGUEZ JOSE LUIS JUVM 48:40
12. CAMAÑO MESA ANTONIO M35M 49:38
13. FERNANDEZ ORTIZ MANUEL LEON PROMM 49:38
14. CAÑAS VILLAFRANCA, JAIME SENM 49:51
15. MARTIN JIMENEZ RAFAEL M45M 49:58
16. GARCIA REQUENA JAVIER JUNM 51:03
17. JIMENEZ RODRIGUEZ-WILLIAMS CARLOS JUNM 51:58
18. PEREZ CORTES ADRIAN JUVM 52:15

19.	GARCIA REQUENA FRANCISCO	JUNM	52:23
20.	LOPEZ SANCHEZ ADRIAN	SENM	52:24
21.	GARCÍA MARTÍNEZ ALEJANDRO	JUVM	52:25
22.	RUIZ ASENCIO MANUEL JESUS	M45M	52:34
23.	RODRIGUEZ HERNANDEZ SOFÍA	JUVF	52:47
24.	GARCIA CABELLO ANTONIO JESUS	JUNM	53:06
25.	RUIZ CAÑETE MACARENA	SENF	53:48
26.	PULGARIN CARDENO ANA	JUVF	54:27
27.	BAÑASCO GUILLEN ALEJANDRO	JUVM	54:38
28.	ORATA MORENO MARIA TERESA	JUVF	54:42
29.	RODRIGUEZ JIMENEZ JOSE MANUEL	M40M	55:10
30.	SANABRIA SANCHEZ LAURA	JUNF	56:38

5km Walk (first 10 of 37)

1.	RODRIGUEZ ROJAS PABLO	CADM	23:59
2.	SOTO EGEA JUAN FRANCISCO	CADM	24:33
3.	MARTIN HUMANES JAVIER	CADM	26:16
4.	ROJAS ESCAMILLA ESTEBAN	CADM	26:17
5.	MONTILLA MEDINA ANTONIO JESUS	CADM	26:19
6.	PEREZ OSORIO DAVID	CADM	26:31
7.	MONTES MORALES ROCIO	CADF	27:57
8.	COLLADO LAGAR JORGE	CADM	28:13
9.	PRO GONZALEZ CRISTINA	CADF	28:25
10.	CEBADA ALMAGRO DANIEL	CADM	28:35

49TH UGO FRIGERIO TROPHY, GENOA, ITALY, SUNDAY 4 FEBRUARY

Thanks to Marciadalmondo (see http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3060) for their report on the first stage of the Frigerio Trophy in Genoa on Sunday, held in rainy and cold conditions. The meet grew in prestige with the participation of the Italian based Chinese racewalking squad who were rounding out their winter training in San Lorenzo al Mare with this meet. The all important 10km races were both won by Chinese squad walkers.

In the men's 10km, the Chinese walkers went straight to the front and it was then race over. **Jin Xiangqian** looked to have it won until the last 1000m when Olympic silver medallist **Cai Zelin** started to catch him. Alas, Zelin was eventually flagged down by the chief judge 30m before the finishing line and taken out. That meant final placings for Jin Xiangqian (40:50), **Wang Qin** (41:33) and **Wang Rui** (41:38). Fourth place, and first of the Italians, was **Stefano Chiesa** (41:43).

The women's 10km race saw victory go to Chinese/Tibetan walker **Qieyang Shenjie** (silver in the 2012 Olympics) who led from start to finish. She was pushed early by fellow Chinese **Lu Xiuzhi** (bronze in Rio) but she fell off the pace before the half way mark was reached. Their final times were 44:54 and 46:05. Third place went to Italian **Nicole Colombi** who managed to overcome **Yang Shuqing** (CHN) who had collected the 50km bronze in London last year.

10km Men

1.	JIN Xiangqian	1997	CHINA	40:50
2.	WANG Qin	1994	CHINA	41:33
3.	WANG Rui	1996	CHINA	41:38
4.	CHIESA Stefano	1996	ATL. CENTO TORRI PAVIA	41:43
5.	GONG Hao	2000	CHINA	43:31
6.	MICHELETTI Juriy	1998	ATL. BERGAMO 1959 ORIOCENTER	46:05
7.	MELI Mikias	2000	ATL. BERGAMO 1959 ORIOCENTER	48:34
8.	BRAGGIO Mattia	2000	GRUPPO CITTA' DI GENOVA	48:42
9.	LAMMENDOLA Gianluca	1983	ATL. BERGAMO 1959 ORIOCENTER	50:35
10.	BRUSACA' Guglielmo	1999	ASD ATLETICA SPEZIA DUFERCO	51:33
11.	ACRAMI Nicolo'	2000	ATL. MARIANO COMENSE	51:54
12.	CARIELLO Matteo	2000	ATLETICA ARCOBALENO SAVONA	59:01
13.	BRAGGIO Alessandro	1969	ATLETICA CERIALE SAN GIORGIO	1:01:38
	CAI Zelin	1991	CHINA	DQ
	ZHANG Jun	1998	CHINA	DNF

10km Women

1.	QIEYANG Shenjie	1990	CHINA	44:54
2.	LU Xiuzhi	1993	CHINA	46:05
3.	COLOMBI Nicole	1995	ATL. BRESCIA 1950 ISPA GROUP	48:42
4.	YANG Shuqing	1996	CHINA	49:46
5.	ANSALDI Martina	1996	ATL. BRESCIA 1950 ISPA GROUP	51:39
6.	FORESTI Beatrice	1998	ATL. BERGAMO 1959 ORIOCENTER	52:47
7.	PIROLA Laura	2000	ATL. BERGAMO 1959 ORIOCENTER	53:08

8.	RUGGERI Giulia	1997	O.S.A. SARONNO LIB.	57:23
9.	MOTTURA Bianca	1966	A.S.D. ATL. FOSSANO '75	1:01:16
10.	COMBA Giuseppina MA Zhenxia	1957 1998	A.S.D. ATL. FOSSANO '75 CHINA	1:02:19 DNF

FRENCH NATIONAL CHAMPIONSHIPS U23/U20/U18, LYON, SATURDAY 3 FEBRUARY

Thanks as always to our European correspondent Emmanuel Tardi for the results of the French National Championships for Cadet (U18), Junior (U20) and Espoir (U23) divisions in Lyon on Saturday afternoon. The meet also included the "Nationale" Championship for senior walkers who are ranked 13 to 24 in the yearly ranking lists. Walkers ranked 1 to 12 will compete in the main national Championship in two weeks time. The numbers of competitors and the overall standard were both very good. Fastest time in the men's 5000m walks went to **Gabriel Bordier** (20:07.14) while the fastest time in the women's 3000m walks went to **Eloise Terrec** (14:05.86).

Winners were as follows:

U18	PERRICHON Julia	14:35:11	DUC Matteo	22:10:41
U20	LEFRESNE Manon	14:33:87	KUSTER David	20:24:80
U23	TERREC Eloise	14:05:86	BORDIER Gabriel	20:07:14
Nationale	DELHORS Maud	14:09:73	GUINAUDEAU Keny	21:09:83

Full results are:

U18 Women 3000m Walk

1.	PERRICHON Julia	CAF/01	Grenoble Uc	14:35:11
2.	MOUTARD Camille	CAF/01	Athle 21	14:38:55
3.	MOLIST Lucille	CAF/01	Ea Gillonnay-la Cotte	15:14:84
4.	RIES Clementine	CAF/02	Aj Blois-onzain	15:22:52
5.	LAMOUREUX Felicia	CAF/01	Efs Reims A.	15:25:33
6.	STEY Pauline	CAF/01	Rohan Athletisme	15:26:68
7.	BIRE-HESLOUIS Maelle	CAF/02	Stade Saint-lo	15:28:60
8.	BODIN Alexia	CAF/01	Cas Renwez	15:40:02
9.	TERREC Maelle	CAF/01	Ac Roche-sur-yon	15:40:91
10.	FORNES Marie	CAF/01	Efs Reims A.	15:45:46
11.	WINTREBERT Pauline	CAF/01	Vafa	15:45:82
12.	GOURLET Romane	CAF/01	Stade Brestois	15:51:21
13.	VINCENT Ines	CAF/02	Haute Tarentaise	16:02:00
14.	DUTOT Camille	CAF/02	Ea Du Plateau Est	16:52:55
	PREVOST Emmie	CAF/01	As Marck	DQ

U20 Women 3000m Walk

1.	LEFRESNE Manon	JUF/00	La Vigilante Fougères	14:33:87
2.	MANARESI Marion	JUF/00	Ac Romorantin	14:57:12
3.	LEBRETON Gwennan	JUF/99	Ta Rennes	14:58:08
4.	DUCLOS Adele	JUF/00	Us Champagne-sur-seine	15:04:84
5.	DUTOT Auriane	JUF/00	Ea Du Plateau Est	15:33:33
6.	BODIN Kassandra	JUF/00	Aj Blois-onzain	15:39:50
7.	THEOLIER Lily	JUF/00	Ea Romans-bourg De Peage	15:43:55
8.	TORREZ Emeline	JUF/00	Ac Cauffry-liancourt	15:57:88
9.	ROTTIER Marine	JUF/00	La Postillonne Longjumeau	16:05:03
10.	MADIES Pauline	JUF/99	Ca Valence	16:07:08
11.	GASNIER Kathleen	JUF/00	Cote De Jade Athlé	16:35:15
12.	HAUCHARD Aline	JUF/00	Ea Du Plateau Est	16:41:42
13.	JUMEAU Celia	JUF/00	Bonneval Athlé	16:57:03
14.	MAXENCE Mathilde	JUF/99	Athletic Club Salonais	17:17:18
15.	PEDROT Mylene	JUF/00	Al Rostrenen	17:22:06
16.	PICARD Axelle	JUF/99	St Max Essey Club	17:28:51

U23 Women 3000m Walk

1.	TERREC Eloise	ESF/98	Ac Roche-sur-yon	14:05:86
2.	AURRIERE Camille	ESF/98	Us St Berthevin	14:31:72
3.	LEBRETON Maelenn	ESF/97	Ta Rennes	14:39:14
4.	CELLARD Loanie	ESF/98	Carquefou Ac	14:40:82
5.	CASALE Maeva	ESF/97	Ca Balma	14:51:65
6.	OSMONT Caroline	ESF/96	As Turlaville	15:01:77
7.	BILLA Jeanne	ESF/96	As Caluire Et Cuire	15:18:15
8.	RIGOLET Marie	ESF/98	Racing Club Haut-jura Morez	15:31:51

9.	PESLERBE Bertille	ESF/98	Ea Pays De Broceliande	15:44:64
10.	LIARD Laura	ESF/96	Athletisme Le Bourget Drancy	15:56:43
11.	MIALDEA Eva	ESF/97	Us Talence	16:01:20
12.	CORMIER Chloe	ESF/98	As Fleury Les Aubrais Saran	16:10:77

"Nationale" Championship Women 3000m Walk

1.	DELHORS Maud	SEF/83	Ac Villeneuve D:asc	14:09:73
2.	RETOUT Anne-gaelle	SEF/80	Amiens Uc	14:12:44
3.	GHAZEL Tahani (TUN)	SEF/93	Ta Rennes	14:13:46
4.	BRUNET Elisabeth	SEF/86	Tarbes Pyrenees Athletisme	14:15:73
5.	CERANTOLA Laury	SEF/92	Sa Merignac	14:22:09
6.	CHAMPALOU Lucie	SEF/90	Athletic Trois Tours	14:24:92
7.	NAZE Cecile	SEF/95	Mouy Atac	14:37:60
8.	DEMON Sonia	VEF/72	Efs Reims A.	14:55:90
9.	LETERTRE Marine	SEF/91	Ac Cesson	15:02:26
10.	CARTIER Melissa	SEF/82	Amiens Uc	15:02:88
11.	UDIN Servane	SEF/88	Ea Pays De Broceliande	15:25:07
12.	GIRAULT Marie	SEF/88	Ea Cergy Pontoise Athletisme	15:25:87

U18 Men 5000m Walk

1.	DUC Matteo	CAM/01	Haute Tarentaise	22:10:41
2.	MADELINE-DEGY Martin	CAM/01	Ecla Albi	23:28:67
3.	BLANDEAU Victor	CAM/02	Us Saintes Athletis	23:58:14
4.	BREAUD Gaetan	CAM/01	Entente Nimes Athletisme	24:14:28
5.	DURAND Dimitri	CAM/02	Paris Uc	24:18:14
6.	DREVILLE Lucas	CAM/02	Beauvais Oise Union Club	24:38:51
7.	HOGEDE Cedric	CAM/02	As Marck	25:14:91
8.	HUE Aymeric	CAM/01	Ec Orleans Cercle Jules Ferry	25:35:33
9.	VAILLANT Valentin	CAM/01	J3 Sports Amilly	25:52:96
10.	PETER Florian	CAM/02	Ca Ambilly	25:55:04
11.	FINORE Marius	CAM/01	Sa Merignac	26:57:07
12.	OSMONT Corentin	CAM/02	As Tourlaville	26:57:56
13.	DURAND Esteban	CAM/02	Paris Uc	27:46:38
14.	RAYNAUD Kerrian	CAM/02	Stade Mont De Marsan	28:20:79
15.	WROBLEWSKI Matthieu	CAM/02	Us Talence	28:35:29
16.	REVERDY Simon	CAM/02	Ac St-brevin	28:35:63

U20 Men 5000m Walk

1.	KUSTER David	JUM/99	Csl Neuf-brisach	20:24:80
2.	BOURNIER Justin	JUM/99	Dole Ac	21:52:75
3.	HAMIDI Hamza (TUN)	JUM/99	Spn Vernon	22:21:68
4.	GOGNIES Ryan	JUM/00	Efs Reims A.	22:28:11
5.	CHAUMETTE Valentin	JUM/00	Froissy Athletic Club	23:06:96
6.	ROBICHON Alexis	JUM/00	Ac Roche-sur-yon	23:19:60
7.	LEBON Hugo	JUM/99	As Fleury Les Aubrais Saran	23:44:48
8.	HAGUE Anthony	JUM/99	Stade Brestois	24:21:76
9.	SAINT-MARC Adrien	JUM/00	Us Bazas	24:24:28
10.	GRELLIER Hugo	JUM/99	Ac Roche-sur-yon	24:26:22
11.	LEBRETON Killian	JUM/00	Ta Rennes	24:31:56
12.	RENOLLET Quentin	JUM/00	Charleville Mezieres Athletisme	24:52:92
13.	MARON Thibault	JUM/00	Ca Balma	25:40:84
14.	CHABLAT Valentin	JUM/00	Ac La Chapelle/erdre	25:42:08
15.	BESSONIER Raphael	JUM/00	Aj Blois-onzain	25:52:24
16.	BARRIERE Loic	JUM/00	Bergerac Athletique Club	27:25:22

U23 Men 5000m Walk

1.	BORDIER Gabriel	ESM/97	Us St Berthevin	20:07:14
2.	BLANCHETEAU Jean	ESM/96	Athle Bourgogne Sud	20:24:24
3.	MAYER Florian	ESM/96	Sg La Wantzenau	21:43:44
4.	BAZZO BORTOT Simon	ESM/96	As Raismes	22:08:61
5.	LE MEUR Steven	ESM/98	Us Bannalec	22:26:90
6.	HALOUA BOUKHRIS Zineddine (ESP)	ESM/98	Union Perpignan	22:53:79
7.	FREMONDIERE Antoine	ESM/96	Caps	23:17:44
8.	ADAM Dorian	ESM/97	Bordeaux Athle	23:53:86
9.	PI Max	ESM/98	Val-de-reuil Ac	24:19:47
10.	LOLEKO MBOYO Harouna (COD)	ESM/96	Amiens Uc	24:41:33
11.	BRACHET Thomas	ESM/98	Afa Feyzin-venissieux	24:59:74
	SOUABER Yanis	ESM/96	Amiens Uc	DQ

"Nationale" Championship Men 5000m Walk

1. GUINAUDEAU Keny	SEM/93	Ac Roche-sur-yon	21:09:83
2. LEAUTE Benjamin	SEM/88	Asptt Lille	21:56:41
3. DESJARDINS Florian	SEM/94	Asptt Rouen	22:02:92
4. VALLEE Kyrian	SEM/94	Ca Balma	22:29:55
5. VANOOSTHUYSE Jean-franck	SEM/79	Us Talence	22:39:16
6. RICHARD Dorian	SEM/91	Acj Nerac	23:02:71
7. BONNEAU Philippe	VEM/65	Antony Athletisme 92	23:20:55
8. HADULA Ludovic	SEM/87	Charleville Mezieres Athletisme	23:35:31
9. BONTEMPS Sebastien	SEM/90	Gien Athle Marathon	23:40:79
10. VAN HILLE Dominique	VEM/77	Nice Cote D:azur Athletisme	24:17:98
11. GALIN PONS Adria (ESP)	SEM/93	Ca Balma	24:44:16
12. MASSE Florian	SEM/95	Us Tourcoing	24:58:39



Left: U23 Men : Blancheteau, Bordier and Maye



Right: U20 Men : Bournier, Kuster, Gognies and Hamidi



Left: Nationale Women : Retout, Delhors, Brunet and Ghazel



Right: Nationale Men : Leaute and Guinaudeau

LES 8 HEURES DE CHARLY-SUR-MARNE, CHARLY-SUR-MARNE, FRANCE, SUNDAY 4 FEBRUARY

Emmanuel Tardi was in Charly-sur-Marne, about 100km east of Paris, on Sunday for the first ultra walk classic for the year. The temperature was around 0°C for the 8am start and stay very cold for the entire day, along with a very cold wind. The opening lap was 1.075km, followed by laps of 2.575km, enabling a 50km time on the 20th lap. The field was big with 75 starters (57 men, 9 women and 9 teams).

In the men's event, **Daniel Foudjem** led the race for 50km before slowing. Daniel was in the Cameroon team in the Naumburg World Cup (91st in 1:36:44) and in La Coruna (53rd in 5:05:51). **Maxime Faiteau**, a young walker, then took the lead and keep it to the end of the event, eventually winning by over 2km with a distance of 73.175km. In the women's event it was a tough battle for the lead, with the top three finishing within a 2:25 margin, with **Emilie Bizard Planchot** first, reaching the end of lap 24 (62.875km) in 7:59:57. As for Emmanuel, he kept warm with a stroll in the ancilliary 10km which started at 10AM.

8 Hour Walk Men

1.	FAITEAU Maxime	Entente Poitiers Athle 86	28	73.175 km	07:52:29	9.292 km/h	SEH	1
2.	FOUDJEM GANNO Daniel	Bordeaux Athle	27	70.600 km	07:48:05	9.050 km/h	VEH	1
3.	GILLES Philippe	Usm Montargis	27	70.600 km	07:49:58	9.013 km/h	VEH	2
4.	MOREL Philippe	Ac Chateau Thierry	27	70.600 km	07:51:03	8.993 km/h	VEH	3
5.	VANDERCOILDEN David	Cm Roubaix	27	70.600 km	07:53:33	8.945 km/h	VEH	4
6.	VARAIN Cedric	Ac Chateau Thierry	26	68.025 km	07:49:50	8.687 km/h	SEH	2
7.	LASSALLE Emmanuel	Cm Roubaix	26	68.025 km	8:03:21	8.444 km/h	SEH	3
8.	MALFONDET Alain	NI Paris	26	68.025 km	8:04:36	8.422 km/h	VEH	5
9.	ARNAULT Jacques	Neuilly Sur Marne Athletisme	25	65.450 km	7:45:45	8.432 km/h	VEH	6
10.	LABARRE Bertrand	Cs Provins Athletisme	25	65.450 km	7:50:32	8.346 km/h	VEH	7
11.	PELLERIN Alain	Rc Epernay	25	65.450 km	7:50:56	8.339 km/h	VEH	8
12.	JACQUEMIN Mickael	Athletic Vosges Entente Clubs	25	65.450 km	7:58:25	8.208 km/h	SEH	4
13.	COULOMBEL Pierre	Cm Roubaix	24	62.875 km	7:45:42	8.101 km/h	VEH	9
14.	BOUFFLERT Eric	G.a.b.s	24	62.875 km	7:49:12	8.040 km/h	VEH	10
15.	GIRAUDEAU Denis	Union Laique Athletique De Cor	24	62.875 km	7:50:20	8.021 km/h	VEH	11
16.	LEIJTENS Frans	Rotterdam Wv	24	62.875 km	7:51:14	8.006 km/h	VEH	12
17.	THEVENIN Pascal	Marne Et Gondoire Athletisme	24	62.875 km	7:51:28	8.002 km/h	VEH	13
18.	TOUTAIN Eric	As Culturelle Francophone	24	62.875 km	7:54:14	7.955 km/h	VEH	14
19.	LETESSIER Gilles	Plm Conflans	24	62.875 km	7:54:14	7.955 km/h	VEH	15
20.	HIERNARD Alain	NI Afd 02	24	62.875 km	7:55:25	7.935 km/h	VEH	16
21.	GRADOS Stephane	Cm Roubaix	24	62.875 km	8:00:29	7.851 km/h	VEH	17
22.	DIEN Daniel	Neuilly Sur Marne Athletisme	24	62.875 km	8:06:20	7.757 km/h	VEH	18
23.	BALLAND Johann	Athletic Vosges Entente Clubs	23	60.300 km	7:45:59	7.764 km/h	VEH	19
24.	BRUNEAUX Jean-claude	Coulommiers Brie Athletisme	23	60.300 km	7:51:30	7.673 km/h	VEH	20
25.	DELANGE Dominique	Aj Auxerre Section Marathon	23	60.300 km	7:53:00	7.649 km/h	VEH	21
26.	BUISSON Dominique	Saint-brice Athletisme	23	60.300 km	7:54:53	7.619 km/h	VEH	22
27.	HELLER Denis	Ref Issy Avia	23	60.300 km	7:58:42	7.558 km/h	VEH	23
28.	PIOT Cedric	NI Crepy-en-valois	23	60.300 km	7:58:44	7.557 km/h	SEH	5
29.	PAPI Luca	NI Waa Running	23	60.300 km	7:58:44	7.557 km/h	SEH	6
30.	CHATILLON Dominique	NI Fublaines	23	60.300 km	7:59:06	7.552 km/h	VEH	24
31.	SEYNAEVE Serge	Cm Roubaix	23	60.300 km	8:00:29	7.530 km/h	VEH	25
32.	MICHELOT Remi	Es Thaon	23	60.300 km	8:01:30	7.514 km/h	VEH	26
33.	BOVIN Laurent	A Marcheurs St Thibault Des V	23	60.300 km	8:07:06	7.428 km/h	VEH	27
34.	CHAUVITEAU Daniel	NI Jouy-sur-morin	22	57.725 km	7:45:09	7.446 km/h	VEH	28
35.	HUART Gilles	Asptt Besancon	22	57.725 km	7:46:36	7.423 km/h	VEH	29
36.	MOUGENOT Patrick	Marne Et Gondoire Athletisme	22	57.725 km	7:51:28	7.346 km/h	VEH	30
37.	THEVENIN Hugues	NI Torey	22	57.725 km	8:01:09	7.198 km/h	VEH	31
38.	FILLIEUX Christian	Caf Belgique	22	57.725 km	8:06:37	7.118 km/h	VEH	32
39.	DALOZ Robert	Neuilly Sur Marne Athletisme	21	55.150 km	7:55:21	6.961 km/h	VEH	33
40.	FARAGO Bela	Ecla Albi	20	52.575 km	7:45:34	6.776 km/h	VEH	34
41.	GARCIA Ludovic	NI Free Runners 93	20	52.575 km	7:45:36	6.775 km/h	VEH	35
42.	BORDIER Daniel	Ac Chateau Thierry	20	52.575 km	7:57:31	6.606 km/h	VEH	36
43.	HAGHEBAERT Eric	Ac Chateau Thierry	20	52.575 km	8:06:44	6.481 km/h	VEH	37
44.	EMONIERE Philippe	Cosm Arcueil	19	50.000 km	7:52:59	6.343 km/h	VEH	38
45.	KESSELMARK Patrick	NI Mareuil-les-meaux	18	47.425 km	7:56:30	5.972 km/h	VEH	39
46.	NICOLAS Alain	NI	18	47.425 km	8:07:09	5.841 km/h	VEH	40
47.	ESTEVEES Jean-marc	NI Chierry	18	47.425 km	8:07:10	5.841 km/h	VEH	41
48.	GLASER Jean-bernard	Neuilly Sur Marne Athletisme	18	47.425 km	8:10:15	5.804 km/h	VEH	42
49.	LEMOINE Daniel	NI Domont	17	44.850 km	7:45:13	5.784 km/h	VEH	43
50.	SAUNEUF Lola	Marne Et Gondoire Athletisme	17	44.850 km	7:45:42	5.778 km/h	VEH	7
51.	MAES Marcel	NI Montlignon 95	9	24.250 km	7:54:21	3.067 km/h	VEH	47
52.	LETOURNEAU Florian	Ac Chateau Thierry	16	42.275 km	4:22:31	9.662 km/h	SEH	7
53.	GEORGELIN Serge	Bruz Athletisme	15	39.700 km	4:47:42	8.279 km/h	VEH	44

54.	JORDANA Alexis	Blagnac Sc	15	39.700 km	5:07:10	7.755 km/h	VEH	45
55.	LACROIX Jean-louis	Ac Chateau Thierry	12	31.975 km	4:12:38	7.594 km/h	VEH	46
56.	LOUGRADA Saadi	Cm Roubaix	5	13.950 km	1:41:36	8.238 km/h	VEH	48
57.	DEPARDAY Fabien	NI Acdf 78	3	8.800 km	0:58:36	9.010 km/h	VEH	49

8 Hours Walk Women

1.	BIZARD PLANCHOT Emilie	Neuilly Sur Marne Athletisme	24	62.875 km	7:59:57	7.860 km/h	SEF	1
2.	BARBIER Florence	NI Plaisance Du Touch 31	24	62.875 km	8:01:20	7.838 km/h	VEF	1
3.	DAVID Christine	CO Les Ulis	24	62.875 km	8:02:22	7.821 km/h	VEF	2
4.	BIZARD Claudie	Thiais Ac	23	60.300 km	7:51:40	7.671 km/h	VEF	3
5.	ANXIONNAT Claudine	Athletic Vosges Entente Clubs	23	60.300 km	8:02:00	7.506 km/h	VEF	4
6.	RODIER Nicole	Efs Reims A.	22	57.725 km	8:02:32	7.178 km/h	VEF	5
7.	ARNAULT Francoise	Neuilly Sur Marne Athletisme	22	57.725 km	8:05:36	7.132 km/h	VEF	6
8.	REGARDEBAS Audrey	NI Antony 92	19	50.000 km	7:48:34	6.403 km/h	SEF	2
9.	SAUNEUF Lola	Marne Et Gondoire Athletisme	17	44.850 km	7:45:42	5.778 km/h	VEF	7

10km Walk

1.	DA SILVA CARVALHO LEITE Thomas	Coulommiers BA		54:09	SEH	1
2.	Marie Frederic			57:40	VEH	1
3.	BRASTEL Adeline	Efs Reims A.		57:41	VEF	1
4.	CHRISMONT Gilles Pascal	Marne Et Gondoire Athletisme		1:00:33	VEH	2
5.	NICOLAS Zoe	Efs Reims A.		1:01:29	CAF	1
6.	ROPERs Adele	Pays De Colmar Athletisme		1:04:24	SEF	1
7.	BIEBUYCK Pascal			1:05:55	VEH	3
8.	LANGLOIS Chloe			1:06:54	ESF	1
9.	DUCRUET Nadia	Ac Chateau Thierry		1:13:15	VEF	2
10.	MALLET Martine	NI Afd02		1:17:30	VEF	3
11.	JOBERT Jacqueline	NI Afd02		1:18:24	VEF	4
12.	MAURICE Fabienne	Ac Chateau Thierry		1:20:15	VEF	5
13.	ANTHONY Michel	NI Etampes		1:20:35	VEH	4
14.	MOINEAU Isabelle	Ac Chateau Thierry		1:20:35	VEF	6
15.	TARDI Emmanuel	La Postillonne Longjumeau		1:23:12	VEH	5
16.	MALLET Christian	NI Afd02		1:26:42	VEH	6
17.	DANHIEZ Florence	NI Afd02		1:26:42	VEF	7



Maxime Faiteau, Daniel Foudjem and Philippe Gilles



Emilie Bizard Planchot, Florence Barbier and Christine David (photos Emmanuel Tardi)

MARCIADALMONDO AND OMARCHADOR ROUNDUP

Marciadalmondo has 10 press releases this week

- Tue 6 Feb - Kobe will still host the Japanese 20km road walk championships on Sun 18 Feb
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3063
- Mon 5 Feb - Antalya (TUR): Very good result of Meryem Bekmez
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3062
- Sun 4 Feb - Ines Henriques and Joao Vieira win Portuguese 20km championships
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3061
- Sun 4 Feb - Jin Xiangqian (CHN) in men and Qieyang Shenije (CHN) win in Genoa, Italy
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3060
- Sat 3 Feb - Ainhoa Pinedo, Julia Takacs and Luis Alberto Amezcua win Andalucia champs in Algeciras, Spain
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3059
- Sat 3 Feb - Results of Italian U23 and U20 Indoor Championships in Ancona
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3058
- Fri 2 Feb - Agnese Pastare and Ruslan Smolonskis win 2018 Latvian Indoor Championship walks in Riga
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3057
- Wed 31 Jan - Evan Dunfee and Simone McInnes win the AACT Championship walks in Canberra
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3056
- Wed 31 Jan - Preview of the Italian Indoor U23 and U20 Championships in Ancona this coming weekend
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3055
- Tue 30 Jan - Focus on U23 walker Annalisa Russo (ITA)
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3054

and Omarchador has a whopping 16 press releases

- Mon 5 Feb - Results of the "Ana Cabecinha" National Youth Tournament in Quarteira, Portugal
<http://omarchador.blogspot.com.au/2018/02/os-mais-jovens-no-torneio-marchador.html>
- Mon 5 Feb - Veterans Results from Portuguese National Championships in Quarteira
<http://omarchador.blogspot.com.au/2018/02/os-veteranos-nos-campeonatos-nacionais.html>

- Mon 5 Feb - Inês Henriques and João Vieira win Portuguese 20km championships
<http://omarchador.blogspot.com.au/2018/02/ines-henriques-e-joao-vieira-sagram-se.html>
- Sun 4 Feb - Young Ukrainian walker cops 4 years drugs ban
<http://omarchador.blogspot.com.au/2018/02/jovem-marchador-ucraniano-nas-malhas-do.html>
- Sun 4 Feb - Results of Irish U20/U23 indoor championship walks
<http://omarchador.blogspot.com.au/2018/02/campeonatos-da-irlanda-sub-23-e-sub-20.html>
- Sat 3 Feb - Preview of Portuguese walk championships this weekend in Quarteira
<http://omarchador.blogspot.com.au/2018/02/campeonatos-nacionais-de-marcha-20-km.html>
- Sat 3 Feb - Results of indoor track meet in Findlay, USA
<http://omarchador.blogspot.com.au/2018/02/meeting-findlay-classic-nos-eu-america.html>
- Fri 2 Feb - Spanish results - Jumilla,
<http://omarchador.blogspot.com.au/2018/02/jumilla-foi-palco-da-iv-copa-levante-de.html>
- Fri 2 Feb - Portuguese walker Catarina Godinho celebrates her 29th birthday
<http://omarchador.blogspot.com.au/2018/02/catarina-godinho-em-dia-de-aniversario.html>
- Thu 1 Feb - Results of Latvian Indoor Championship walks
<http://omarchador.blogspot.com.au/2018/02/campeonatos-de-pista-coberta-da-letonia.html>
- Thu 1 Feb - results of Ukrainian Indoor Team Championship walks
<http://omarchador.blogspot.com.au/2018/02/campeonatos-de-equipas-da-ucrania-em.html>
- Tue 31 Jan - Portugues walker Ana Cláudia Conceição celebrates her 29th birthday
<http://omarchador.blogspot.com.au/2018/01/ana-claudia-conceicao-em-dia-de.html>
- Tue 31 Jan - Giorgio Rubino sets world class 35km time in Italian Club Championships
<http://omarchador.blogspot.com.au/2018/01/giorgio-rubino-com-marca-de-classe.html>
- Tue 31 Jan - Declan Tingay on the verge of the Australian U20 5000m track walk record
<http://omarchador.blogspot.com.au/2018/01/declan-tingay-beira-de-recorde-sub-20.html>
- Mon 30 Jan - The return of Matej Tóth in Bratislava
<http://omarchador.blogspot.com.au/2018/01/o-regresso-de-matej-toth-em-bratislava.html>
- Mon 30 Jan - Ana Cabecinha stands out in the Algarve Regional Championships in Portugal
<http://omarchador.blogspot.com.au/2018/01/ana-cabecinha-destaca-se-nos-regionais.html>

OUT AND ABOUT

First to the good news stories.

- South Africa has released the names of those athletes who will represent it at the 2018 Commonwealth Games - and it includes walkers **Lebogang Shange** and **Wayne Snyman**. See <http://allafrica.com/stories/201801300812.html>. Bad luck for **Anel Oosthuizen** who also deserved a berth. Team quotas have claimed a victim here.
- **Yohann Diniz** is one of three French athletes pre-selected for the Berlin 2018 European Athletics Championships from 7-12 August. Diniz, who turned 40 on 1 January, will be bidding for his fourth successive 50km race walk title in the German capital this summer when Berlin stages the inaugural multi-sport European Championships with co-hosts Glasgow. See <http://www.european-athletics.org/news/article=diniz-targeting-fourth-european-50km-race-walk-title-berlin/index.html?cid=rss>.
- Congratulations to VRWC member **Quentin Rew** and to former VRWC member **Alana Barber** who have today been named in the New Zealand Athletics Team to contest the 2018 Commonwealth Games in Queensland. Well deserved. See http://www.nzherald.co.nz/athletics/news/article.cfm?c_id=19&objectid=11986907&ref=rss.
- You can read Quentin's thoughts on his Commonwealth Games selection and on the Commonwealth Games quota system in his latest blog: <https://morethanracewalking.blogspot.com.au/2018/02/commonwealth-games.html>.
- What event group has been Australia's most successful over the last two decades? Hurdles...jumps... have been strong, but the answer is race walking. In the competitive world of global athletics where over 200 countries contest an Olympics or world championships, where Australia is held to a few medals at each championship, it is astounding to consider Australia

has won 11 medals over the last 13 years. Nice article on the Athletics Australia website: <http://www.athletics.com.au/News/australias-great-recent-race-walking-history>

- **John Constandinou** has posted the latest edition of English magazine The Race Walking Record (RWR868 Jan 2018), with all the latest news and information for race walkers. It's been posted to the Race Walking Facebook group at <https://www.facebook.com/groups/139423539480219>.
- The Tokyo Organising Committee of the Olympic and Paralympic Games announced on Saturday that the IOC Executive Board has approved the venues for the Tokyo 2020 race walking events. The Imperial Palace Garden, comprising traditional landscaped Japanese gardens and surrounded by historic buildings, will serve as the venue for race walking competition. The central Tokyo park is one of Tokyo's most famous landmarks and tourist attractions. Tokyo 2020 hopes that as well as wowing athletes and spectators during the events themselves, the inclusion of such iconic venues will help inspire the public to take up sporting activities after the Games. See <https://www.iaaf.org/news/amp/news/tokyo-2020-race-walking-venues-approved>.

And one sad story

- I just tried to log onto All-Athletics.com and find a banner page advising it has been now decommissioned. I am sad as this was one of my main sources of results and up to date news items. The press release indicates it has now been absorbed into the IAAF. While that may be fine for ranking purposes, both of other these important services seem to have disappeared. All we now seem to have is ranking lists on the IAAF website. Will there be any ongoing publication of race results, like with All-Athletics.com?

And now to the seedier side of sport, an ongoing story that never seems to get any better. First some sensational news on the reliability and security of drugs sample bottles.

- **Hajo Seppelt** has delivered again with another superb ARD video *The Sample Bottles Story*. It's a two part special. First they show how easy it still is to get banned drugs from doctors in western Europe. Then they investigate both the old and the new supposedly tamper proof bottles in which urine samples are stored. And guess what - they show how you can open and then seamlessly reseal them. See <http://www.sportschau.de/doping/video-doping-top-secret---olympic-conspiracy-part-two-102.html>.
- The IOC has admitted it is "very concerned" after WADA revealed it was conducting an investigation into potential integrity issues with the newly-introduced sample bottles. WADA said new-generation BEREK-KIT Geneva security bottles, made by Berlinger, could potentially be opened if a sample is frozen. Of course, this press release has only happened since Seppelt's results were showed to them. After not responding to Seppelt, their belated press release came out the day before the doco was going to air. Talk about proactive - not! See <https://www.insidethegames.biz/articles/1060813/ioc-urge-wada-to-ensure-anti-doping-at-pyeongchang-2018-is-credible-and-reliable-amid-potential-integrity-issues-with-sample-bottles>.
- WADA is obviously panicking over this new bottles issue. It has now put out a press release that recommends the use of the earlier 2016 bottle model for use in Pyeongchang - although this model has also been shown by ARD to be subject to successful forgery. It costs 14 US-Cents to buy a replacement 2016 model bottle and transfer the contents of one of these bottles seamlessly to a new replacement bottle. See the WADA press release at <https://www.wada-ama.org/en/media/news/2018-01/wada-update-regarding-new-generation-bereg-kit-geneva-security-bottles>.

And keeping with Hajo Seppelt's ongoing investigative reporting

- You can now read the full December 2017 interview with Grigory Rodchenkov, conducted by Andrea Schültke and Hajo Seppelt. See http://www.deutschlandfunk.de/df-sportgesprach-with-grigory-rodchenkov-russia-is-still.892.de.html?dram:article_id=409519.
- Yet another bombshell. On Sunday evening, Seppelt released yet another explosive video investigation. In late 2017, ARD was forwarded a huge database of more than 10,000 blood tests from nearly two thousand winter sports stars. Analysis exposes the extraordinary prevalence of abnormal values amongst cross-country skiing medallists at the Olympics and World Championships. Natural causes for this are very unlikely, experts conclude. Overall, 46% of all cross-country skiing medals at the Olympic Games and World Championships between 2001 and 2017 were won by athletes with abnormal blood values. This amounts to a total of 313 medals cast under suspicion. According to experts, there is only a one in a hundred chance that an athlete would have an abnormal value for reasons other than doping. See <http://www.sportschau.de/doping/skilanglauf-manipulationsverdacht-englisch-100.html>.

And in other drugs and corruption related news

- The IAAF Ethics Committee is in Kenya to carry out more investigations and hearings before issuing a final verdict on three suspended former Athletics Kenya officials Okeyo, Kinyua and Mwangi. "They are focusing mainly on the alleged doping and financial scandals involving the officials." See <https://www.nation.co.ke/sports/athletics/IAAF-probe-team-in-Kenya/1100-4285186-sej2jq/index.html>.

- In a huge turnaround, The Court of Arbitration for Sport last Thursday lifted life bans on 28 of the 43 Russians accused of doping at the 2014 Sochi Winter Olympics, meaning some could still compete at this month's Pyeongchang Games. Sport's top court ruled there was "insufficient" evidence that the athletes had benefited from a system of state-sponsored doping at the last Winter Games, hosted by Russia in Sochi. CAS said in its judgement: "In 28 cases, the evidence collected was found to be insufficient to establish that an anti-doping rule violation (ADRV) was committed by the athletes concerned." Meanwhile CAS lifted the life bans of another 11 Russians, but barred them from competing at the Pyeongchang Olympics that start on February 9. See <https://www.nation.co.ke/sports/athletics/Sports-court-lifts-life-bans-of-28-Russians-accused-of-doping/1100-4287536-jcww8jz/index.html>.
- The lawyer for doping whistleblower Grigory Rodchenkov told AFP the decision by sport's top court CAS on Thursday to lift the life bans on the 28 Russians "emboldens cheaters". See <https://www.nation.co.ke/sports/athletics/1100-4287372-mly194z/index.html>.
- Meanwhile, President Vladimir Putin has ordered the government to organise a sports competition for Russian athletes banned from the upcoming Winter Games in Pyeongchang over a doping scandal, his spokesman said Wednesday. Winning athletes would receive compensation equal to what Moscow normally awards Olympic medallists. See <https://www.nation.co.ke/sports/athletics/Russia-to-create-sports-competition-for-banned-Olympic-athletes/1100-4286454-yhpbp/index.html>.
- United States prosecutors have issued grand jury subpoenas in a far-reaching investigation of international sports corruption, seeking new information about some of the biggest sports organizations in the world — including FIFA, the IOC and the United States Olympic Committee — as well as the people who have successfully lobbied to host top global competitions. The Justice Department is exploring possible racketeering, money laundering and fraud charges related to two track and field world championship events and the business executives who have consulted on bids for various other elite competitions, according to one of the subpoenas, which was obtained by The New York Times. This could be huge! See <https://www.nytimes.com/2018/01/31/sports/fifa-ioc-usoc-iaaf.html>.
- 18 year old Ukrainian walker **Dmytro Harnyk** has been given a 4 years suspension (up to 10-04-2021) after a positive test for the anabolic steroid Oxandrolone at the Ukrainiab U20 national championships in February 2017. See <http://omarchador.blogspot.com.au/2018/02/jovem-marchador-ucraniano-nas-malhas-do.html>.

50KM TIMES SO FAR THIS YEAR

Thanks to **Paul De Meester** for the following 2018 50km ranking lists. The year is barely a month old and we are not even into the main road season yet, but we already have a healthy number of men AND women with times on the board. Add to that the many walkers doing 35km races in the last couple of weeks and the discipline does indeed look healthy. I hope the IAAF Race Walk Committee take heed of this. Do they still exist? It is a long time since anything has been heard from this reclusive and recidivist anti-walking group.

Women's 50km Performances 2018

1.	Mariela Sanchez Teran	MEX	4:46:12	Santee	1/20/18
2.	Katie Burnett	USA	4:47:50	Santee	1/20/18
3.	Makri Angeliki	GRE	4:56:00	Marathon	1/14/18
4.	Erin Taylor-Talcott	USA	4:59:16	Santee	1/20/18
5.	Anett Torma	HUN	4:59:55	Santee	1/20/18
6.	Andreopoulou Nikolitsa	GRE	5:05:39	Marathon	1/14/18
7.	Sandra Silva	POR	5:08:13	Porto de Mos	1/07/18
8.	Teresa Vaill	USA	5:29:29	Santee	1/20/18
9.	Kourkoutsaki Efstathia	GRE	5:34:21	Marathon	1/14/18
10.	Korkou Zoe	GRE	5:34:29	Marathon	1/14/18
11.	Susan Brooke	CAN	5:42:54	Santee	1/20/18
12.	Billie Kwok	HKG	6:14:05	Hong Kong	1/01/18
13.	Wendy Choi	HKG	6:24:17	Hong Kong	1/01/18
14.	Linda Fung	HKG	6:28:33	Hong Kong	1/01/18
15.	Darlene Backlund	USA	7:09:44	Santee	1/20/18
16.	Jamie Fiddler	USA	7:22:47	Santee	1/20/18

Men's 50km Performances 2018

1.	Nick Christie	USA	4:09:32	Santee	1/20/18
2.	Pedro Isidro	POR	4:11:25	Porto de Mos	1/07/18
3.	Matthew Forgues	USA	4:23:28	Santee	1/20/18
4.	Ntentopoulos Konstantinos	GRE	4:24:57	Marathon	1/14/18
5.	Tsiordas Dimitris	GRE	4:26:36	Marathon	1/14/18
6.	Stamelos Kostas	GRE	4:35:18	Marathon	1/14/18
7.	Cristiano Antonio	POR	4:39:56	Porto de Mos	1/07/18
8.	Luis Silva	POR	4:44:11	Porto de Mos	1/07/18
9.	Jonathan Hobbs	GBR	4:45:05	Porto de Mos	1/07/18

10.	Anthony Joseph Gruttadauro	USA	4:45:15	Santee	1/20/18
11.	Pablo Gomez	USA	4:56:19	Santee	1/20/18
12.	Henrique Santos	POR	4:57:29	Porto de Mos	1/07/18
13.	Dave Talcott	USA	5:28:40	Santee	1/20/18
14.	Peter James Back	SGP	5:54:26	Hong Kong	1/01/18
15.	Steve Harper	USA	5:57:12	Santee	1/20/18
16.	Walker Wong	HKG	6:03:50	Hong Kong	1/01/18
17.	Adrian Zamudio	USA	6:28:14	Santee	1/20/18
18.	Chan Wai-on	HKG	6:39:01	Hong Kong	1/01/18
19.	Paul Terbrack	USA	7:02:04	Santee	1/20/18

AUSTRALIAN HONOURS

Many past and present walkers and their families gathered at Simon Baker's place to on Sunday to help him celebrate his 60th birthday, along with his OAM. The photo below shows most of walkers the past and present (some had gone home by then unfortunately), with the vast majority coached at one time or another by Simon - can you pick everyone?



Duane Cousins, Rhydian Cowley, Kylie Irshad, James Burren, Brent Vallance, Brad Simpson, Michael Harvey, Charlotte Hay, David Smyth, Regan Lamble, Amelia Finnigan, Jess Rothwell, Amy Burren, Sarah Burren, Simon Baker, Simone McInnes, Jemima Montag, Tim Erickson, Philippa Huse, Jasmine Irshad, and Alison Baker

UPDATED AUSTRALIAN HONOURS LIST

Last week when announcing Simon Baker's Order of Australia award, I did a brainstorm of those Australians I knew with that or similar honours. I missed a couple of the recipients in Wayne Fletcher (TAS) and Frank McGuire (VIC). I have now rectified that and documented them at <http://www.vrwc.org.au/vrwc-australian-honours.shtml> for completeness. The list reads as follows

Date	Name	State	Honour	Citation
14-Jun-1975	Mabel Robinson	VIC	MBE	Sport

31-Dec-198	Frank McGuire	VIC	BEM	Athletics
26-Jan-1992	Denis Wilson	ACT	OAM	For Service to Athletics
26-Jan-1998	Marion Patterson	VIC	OAM	For Service to Athletics in particular Race Walking, Through the Victorian Women's Amateur Athletic Association and Athletics Australia
11-Jun-2012	Wayne Fletcher	TAS	OAM	For service to the sport of athletics
26-Jan-2014	Tim Erickson	VIC	OAM	For services to race walking
13-Jun-2016	Jared Tallent	SA	OAM	For service to sport as a gold medallist at the 2012 London Olympic Games
26-Jan-2018	Simon Baker	VIC	OAM	For service to athletics, particularly to racewalking

COMMONWEALTH RANKING LISTS – 20KM RACEWALK

Thanks to Mark Wall who has posted the 2017/2018 Commonwealth 20km racewalk ranking lists. Those already selected by their countries for the Commonwealth Games are shown with a SEL status. We can expect changes to this list after Sunday's Australian/Oceania 20km Championships in Adelaide.

20km Walk Men Commonwealth Rankings

1.	1:19:18	Lebogang SHANGE	01-Aug-90	RSA	London (GBR)	13-Aug-17 SEL
2.	1:19:28	Dane Alex BIRD-SMITH	15-Jul-92	AUS	London (GBR)	13-Aug-17
3.	1:20:58	Tom BOSWORTH	17-Jan-90	ENG	Rio Maior (POR)	01-Apr-17 SEL
4.	1:20:59	Irfan KOLOTHUM THODI	08-Feb-90	IND	Nomi (JPN)	19-Mar-17
5.	1:21:06	Wayne SNYMAN	08-Mar-85	RSA	Cape Town (RSA)	05-Aug-17 SEL
6.	1:21:12	Quentin REW	16-Jul-84	NZL	Adelaide (AUS)	19-Feb-17
7.	1:21:16	Benjamin THORNE	19-Mar-93	CAN	Lima (PER)	13-May-17 SEL
8.	1:21:22	Evan DUNFEE	28-Sep-90	CAN	Adelaide (AUS)	19-Feb-17 SEL
9.	1:21:38	Devender SINGH	05-Dec-83	IND	Nomi (JPN)	19-Mar-17
10.	1:22:09	Rhydian COWLEY	04-Jan-91	AUS	Adelaide (AUS)	19-Feb-17
11.	1:22:17	Callum WILKINSON	14-Mar-97	ENG	Podebrady (CZE)	21-May-17 SEL
12.	1:22:52	Samuel Ileri GATHIMBA	26-Oct-87	KEN	London (GBR)	13-Aug-17
13.	1:22:57	K. GANAPATHI	29-Jun-89	IND	New Delhi (IND)	18-Feb-17
14.	1:23:58	Manish SINGH	05-May-91	IND	Taicang (CHN)	15-Apr-17
15.	1:24:18	Jai BHAGWAN		IND	New Delhi (IND)	18-Feb-17
16.	1:24:35	EKANATH TURAMBH	08-Jan-98	IND	New Delhi (IND)	18-Feb-17
17.	1:24:37	Brendon READING	26-Jan-89	AUS	Adelaide (AUS)	19-Feb-17
18.	1:24:53	Sunil KRISHAN	28-Nov-97	IND	Nomi (JPN)	19-Mar-17
19.	1:26:00	Cameron CORBISHLEY	31-Mar-97	ENG	Podebrady (CZE)	08-Apr-17
20.	1:26:08	Dominic KING	30-May-83	ENG	Leeds (GBR)	25-Jun-17
21.	1:26:09	Eknath Shambaji TURAMBEKAR	08-Jan-98	IND	Nomi (JPN)	19-Mar-17
22.	1:26:44	Tyler JONES	08-Apr-98	AUS	Melbourne (AUS)	17-Dec-17
23.	1:27:04	Mathieu BILODEAU	27-Nov-83	CAN	Adelaide (AUS)	19-Feb-17
24.	1:27:17	Marek ADAMOWICZ	19-Sep-96	CAN	Ottawa (CAN)	09-Jul-17
25.	1:27:27	Adam GARGANIS	18-Sep-97	AUS	Adelaide (AUS)	19-Feb-17
26.	1:27:31	. GOURAV		IND	New Delhi (IND)	18-Feb-17
27.	1:27:44	Sandeep KUMAR	01-May-86	IND	Patiala (IND)	03-Jun-17
28.	1:27:52	Choon Sieng LO	16-Nov-85	MAS	Nomi (JPN)	19-Mar-17
29.	1:28:16	Carl GIBBONS	19-Jun-96	AUS	Melbourne (AUS)	17-Dec-17
30.	1:28:29	Chandan SINGH	08-Jun-87	IND	Patiala (IND)	03-Jun-17
31.	1:28:37	Sizwe NDEBELE	01-Jan-94	RSA	Potchefstroom (RSA)	22-Apr-17
32.	1:28:38	Guy THOMAS	01-Jul-97	WAL	La Coruna (ESP)	03-Jun-17
33.	1:28:51	Jitendra SINGH	20-Mar-84	IND	Patiala (IND)	03-Jun-17
34.	1:29:10	Daniel KING	30-May-83	ENG	La Coruna (ESP)	03-Jun-17
35.	1:29:11	Baljinder SINGH	18-Sep-86	IND	Patiala (IND)	03-Jun-17
36.	1:29:31	GURPREET SINGH	20-Oct-93	IND	New Delhi (IND)	18-Feb-17
37.	1:29:38	Surinder SINGH	04-Jul-88	IND	Patiala (IND)	03-Jun-17
38.	1:30:09	G.S. CHANDIKA		SRI	New Delhi (IND)	18-Feb-17
39.	1:30:47	Mohd Khairul HARITH HARUN	02-Mar-92	MAS	Nomi (JPN)	19-Mar-17
40.	1:31:01	I.S. DUNUKARA		SRI	Nomi (JPN)	19-Mar-17
41.	1:32:01	Jared TALLENT	17-Oct-84	AUS	Ciudad Juárez (MEX)	12-Mar-17
42.	1:36:53	Edmund Chye SOON	24-Sep-83	SGP	Nomi (JPN)	19-Mar-17

20km Walk Women Commonwealth Rankings

1.	1:29:58	Regan LAMBLE	14-Oct-91	AUS	Adelaide (AUS)	19-Feb-17
2.	1:31:23	Beki SMITH	25-Nov-86	AUS	Adelaide (AUS)	19-Feb-17

3.	1:32:23	Alana BARBER	08-Jul-87	NZL	Adelaide (AUS)	19-Feb-17 SEL
4.	1:32:33	Gemma BRIDGE	17-May-93	ENG	Leeds (GBR)	25-Jun-17 SEL
5.	1:33:04	Bethan DAVIES	07-Nov-90	WAL	Leeds (GBR)	25-Jun-17 SEL
6.	1:33:59	Claire TALLENT	06-Jul-81	AUS	Melbourne (AUS)	17-Dec-17
7.	1:34:01	Khushbir KAUR	09-Jul-93	IND	Taicang (CHN)	15-Apr-17
8.	1:34:15	Grace Wanjiru NJUE	10-Jan-79	KEN	Nairobi (KEN)	10-May-17
9.	1:34:18	Jemima MONTAG	15-Feb-98	AUS	Melbourne (AUS)	17-Dec-17
10.	1:34:49	Anel OOSTHUIZEN	22-Apr-95	RSA	Podebrady (CZE)	08-Apr-17
11.	1:36:26	Rachel TALLENT	20-Feb-93	AUS	La Coruna (ESP)	03-Jun-17
12.	1:37:06	Clara SMITH	09-Mar-98	AUS	Melbourne (AUS)	17-Dec-17
13.	1:37:39	Heather LEWIS	25-Oct-93	WAL	Lugano (SUI)	19-Mar-17 SEL
14.	1:37:42	Priyanka DUBEY	10-Mar-96	IND	Nomi (JPN)	19-Mar-17
15.	1:37:56	Jessica PICKLES	09-Feb-94	AUS	Adelaide (AUS)	19-Feb-17
16.	1:38:38	Shanti KUMARI	15-Aug-94	IND	New Delhi (IND)	18-Feb-17
17.	1:38:51	Rani YADAV	31-Jul-90	IND	New Delhi (IND)	18-Feb-17
18.	1:41:27	Erika KELLY		IOM	Leeds (GBR)	25-Jun-17 SEL
19.	1:47:32	KALHARI MADIRIK	22-May-91	SRI	New Delhi (IND)	18-Feb-17

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

Feb 10 (Sat), 2018	AV Shield Final (P1), Lakeside Stadium – 2000m Walk
Feb 11 (Sun), 2018	Australian 20km Road Walking Championships, Adelaide, SA
Feb 15-18, 2018	Australian Athletics Championships & Nomination Trials, Gold Coast, QLD (no walks)
Feb 18 (Sun), 2018	VMA 5000m Walk Champs, VRWC Races, Dolomore Reserve, Queen St, Mentone
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 11-13, 2018	Little Athletics Victoria T&F Championships, Lakeside Stadium, Albert Park, 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 4-15, 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 http://www.mastersathleticswa.org/perth2018/
June 10 (Sun), 2018	Lake Burley Griffin Carnival, Stromlo Forest Park, Canberra, ACT
Aug 5 (Sun), 2018	Australian Masters 20km Championships, Adelaide, SA
Aug 26 (Sun), 2018	Australian Roadwalk Championships, Sunshine Coast, QLD (TBC)

2018 IAAF Racewalking Challenge Events

Feb 11 (Sun), 2018	Cat C	Australian/Oceania Racewalk Championships, Adelaide, SA, AUS
Feb 24-25, 2018	Cat B	Memorial Jerzy Hausleber, Monterrey, MEX
Mar 10-11, 2018	Cat C	South American Racewalk Championships, Sucna, ECU
Apr 7, 2018	Cat B	27 th 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
Sept 23-26, 2018	Cat B	Around Taihu International Race Walking 2018, Wuzhong, CHN

International Dates – 2018 and onwards

Mar 9-11, 2018		NZ T&F Championships, Hamilton, NZL (5000m and 20km)
Mar 11 (Sun), 2018		Lugano International Racewalks, Lugano, Switzerland (20km)
Mar 24 (Sat), 2018		Dudince International Racewalks, Dudince, Slovakia (20km and 50km for men and women)
Mar 30 (Sat), 2018		International Racewalks, Oloumoc, CZE
Apr 4-15, 2018		XXI Commonwealth Games , Gold Coast, QLD (20km roadwalks). See http://www.gc2018.com
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		28th IAAF World Race Walking Team Championships , Taicang, China
Jun 9 (Sat), 2018		International Racewalk Meet, Simnas, Lithuania
July 10-15, 2018		16th World Junior T&F Championships , Tampere, Finland
Aug 7-12, 2018		European Athletics Championships , Berlin, Germany
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
Aug 30-Sep 7, 2019 **20th Oceania Masters T&F Championships**, Mackay, Queensland, AUS
Sept 28 – Oct 6, 2019 **17th IAAF World Championships in Athletics**, Doha, Qatar

May, 2020 **29th IAAF World Race Walking Team Championships**, Minsk, Belarrus
July 24 – Aug 9, 2020 **32nd Olympic Games**, Tokyo
July 20 – Aug 1, 2020 **23rd World Masters T&F Championships**, Toronto, Canada
Aug 6-15, 2021 (TBC) **18th IAAF World Championships in Athletics**, Eugene, USA
July 18-30, 2022 **XXII Commonwealth Games**, Birmingham, GBR.

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