



HEEL AND TOE ONLINE

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

My Walker of the Week this week is a tie between three walkers who set Adelaide alight last Sunday morning in the Australian/Oceania 20km Roadwalk Championship. Here they are



- 33 year old NSW walker **Beki Smith** was superb, laying down the gauntlet in the second half of the race and striding to a victory time of **1:31:23**. After missing out on her second Olympics in 2016 in somewhat controversial circumstances, she bounced back the following year, making the 2017 IAAF World Championships team. I watched her training in Canberra over the summer at the Supernova camp in Canberra and she was in great form, taking the opportunity to win the Australian 10,000m Walk Championship in mid January. She has now clinched her first Commonwealth Games and her third World Race Walking Championships berths. Now walking at the height of her form and showing that it is possible to mix elite athletics with motherhood and family. A wonderful role model and a wonderful walker. Nice article at <http://www.athletics.com.au/News/smith-bird-smith-win-2018-australian-20km-race-walk-championships>.
- 19 year old Victorian walker **Jemima Montag** walked to a superb second place with a huge PB **1:31:29**. Always near the front, she forced the pace mid race and was only 3 seconds behind Beki at the finish. In December, she set a new Australian U20 record of 1:34:18 at Fawkner Park. She has now improved that time by a further 2:52. And she does not turn 20 until this coming Thursday! Between Fawkner Park and Adelaide, she trained in Canberra at the Supernova Study, benefiting immensely from 6 weeks of hard training. While there, she took bronze in the Australian 10,000m walk championship in a PB 46:18.42. On Sunday, she walked 10km splits of 46:15 and 45:11 – that means she broke her 10km PB in the first half of the race and then went even faster in the second half. She has now clinched her first Commonwealth Games and her second World Race Walking Championships berths. Great article at <http://www.athletics.com.au/News/commonwealth-games-berth-an-early-birthday-present-for-montag>.

- 36 year old **Claire Tallent** has amazed us all with her strong return to competition since giving birth to son Harvey in June 2017. She won this 20km championship in 2010, 2011 and 2012, then retired after the 2012 Olympic Games. Her return to international competition in the 2017 IAAF World Championships was impressive, finishing the 20km in 1:37:05 only 2 months after having Harvey. She improved to 1:33:59 to take second in the Fawkner Park 20km in December. Unable to attend the Supernova Study camp due to family and work commitments, she made a quick trip to Canberra in mid January, winning silver in the Australian 10,000m Championship with 46:06:59. Now she has taken bronze in the Australian 20km championship with a wonderful **1:31:30**, almost certainly clinching her second Commonwealth Games berth and definitely clinching her fifth World Race Walking Championships berth. What makes her performance even more astonishing is the fact that she was hit by a car while training two weeks ago and was not certain of even racing. Read this and more at <http://www.adelaidenow.com.au/sport/commonwealth-games/athletics/racewalker-claire-tallent-qualifies-for-commonwealth-games-even-though-she-was-just-hit-by-a-car/news-story/e5fc1566b2d01536f7a6a0316f13c2d9>

Did you know that we have the top four ranking female walkers in the Commonwealth, all within a few seconds of each other.

Beki Smith	A	1:31:23	Adelaide	11/02/2018
Jemima Montag	V	1:31:26	Adelaide	11/02/2018
Claire Tallent	S	1:31:29	Adelaide	11/02/2018
Regan Lamble	V	1:31:30	London	31/08/2017

Alas, 4 into 3 won't go, so one of these girls will miss out on the Commonwealth Games in Queensland in 2 months time. With their performances in the trial, Beki, Jemima and Claire look likely to get the selectors' nod.

WHAT'S COMING UP

- Next Sunday sees 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 further ahead, there are 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.

2018 AUSTRALIAN 20KM SUMMER ROADWALK CHAMPIONSHIPS, ADELAIDE, SUNDAY 11 FEBRUARY

The Australian Summer Open and U20 Roadwalk Championships were held in the North Adelaide Gardens in inner Adelaide on Sunday morning, the fourth year in a row that this venue has hosted this meet. The meet also included Oceania Open 20km and U20 10km roadwalk championships, along with the Australian Commonwealth Games and IAAF World Race Walking Teams Championships trials. It also marked the final activity in the AIS based Supernova Study camp and saw a large contingent of international walkers in action. So all in all, the stage was set for a wonderful morning of racing.

The first races to get underway were the men's and women's 20km championships, starting at 7AM in perfect conditions – overcast, still and with a temperature around 15C.

Oceania/Australian Men 20km Roadwalk Open Championship

The men's 20km saw the main contenders **Evan Dunfee** (CAN), **Dane Bird-Smith** (AUS), **Perseus Karlstrom** (SWE), **Yerko Cortes** (CHI), **Marius Liukas** (LTU) and **Quentin Rew** (NZL) all part of a large lead group that passed through the first 2km lap in a sedate 8:22. One surprise walker in the group was **Michael Hosking** (AUS) who looked to be setting himself up for a great walk.

The leaders remained in close formation for the next few laps, various walkers talking their turns in front. The decisive move came at 9km as Evan and Perseus broke clear. The chasing group soon fragmented as the laps quickly dropped to around 8 minutes. The

half way mark was passed in 40:39, with the two leaders gradually stretching their lead. The race complexion quickly changed at 11km as Evan was forced to stop with a hamstring niggle, leaving Perseus out in front, followed by Marius, then Yerko, then Quentin.

By the 17km mark, Marius had caught Perseus and the race looked set for an exciting finish. And that is how it panned out, with Persy winning the final sprint by the narrowest of margins, the times being recorded as 1:20:30 and 1:20:31. Yerko was third with 1:21:31, ahead of Quentin who took first in the Oceania championship. Defending champion Dane Bird-Smith was well off the pace, struggling badly with a heavy cold. To his credit, he fought it out to the end, finishing fifth with 1:22:18 to take the Australian title. Michael Hosking was next to finish with a huge PB of 1:23:10, almost certainly ensuring an Australian Commonwealth Games berth alongside Bird-Smith. **Rhydian Cowley (VIC)** was the next Australian to finish, with 1:24:54, and will have to wait on the selectors re the possible third Commonwealth Games spot. **Adam Garganis (AUS)** was the next Australian to finish, with a big PB (1:26:20), and he looks to have sewn up a World Cup berth with his effort. And a special mention for Victorian **Jason Kozica** for a huge PB walk of 1:33:54. So there will be a number of Australian walkers waiting expectantly for the team announcements which should be in the next few weeks.

Full results at <http://www.athletics.com.au/Portals/56/2018%2020km%20race%20walk%20results.pdf>

Photos: <https://www.dropbox.com/sh/fe0zmx8c0bitxsq/AACv5XdVVnZUSLmAeW8tzhaXa?dl=0>

More photos: https://web.facebook.com/simon.baker.7946281/media_set?set=a.10156167885903033.1073741838.770758032

1.	Perseus Karlstrom	Sweden	1:20:30	
2.	Marius Liukas	Lithuania	1:20:31	PB 0:56
3.	Yerko Cortes	Chile	1:21:31	
4.	Quentin Rew	NZ	1:21:55	
5.	Dane Bird-Smith	Qld	1:22:18	
6.	Michael Hosking	Vic	1:23:10	PB 1:32
7.	Rafal Augustyn	Poland	1:23:53	
8.	Rafal Fedaczyski	Poland	1:24:23	
9.	Damien Blocki	Poland	1:24:41	
10.	Rhydian Cowley	Vic	1:24:54	
11.	Anders Hansson	Sweden	1:25:51	PB 0:19
12.	Tadas Suskevicius	Lithuania	1:26:09	
13.	Adam Garganis	Vic	1:26:20	PB 1:07
14.	Edward Cortes	Chile	1:26:41	
15.	Jakub Jelonek	Poland	1:27:19	
16.	Brendon Reading	Act	1:27:29	
17.	Artur Brzozwski	Poland	1:28:07	
18.	Carl Gibbons	Nsw	1:32:07	PB 0:40
19.	Toru Yamamoto	Japan	1:32:30	
20.	Jason Kozica	Vic	1:33:54	PB 5:03
	Tyler Jones	Nsw	DNF	
	Evan Dunfee	Canada	DNF	
	Edmund Sim	Singapore	DQ	
	Pramesh Prasad	Vic	DNF	



The men's and women's 20km championships get underway in Adelaide at 7AM on Sunday morning



Perseus Karlstrom, Marius Liukas, Yerko Cortes and Quentin Rew



Dane Bird-Smith, Michael Hosking, Rhydian Cowley and Adam Garganis

Oceania/Australian Women 20km Roadwalk Open Championship

The women's 20km race saw a couple slow opening laps, with **Claire Tallent** (AUS) and **Jemima Montag** (AUS) leading a large group through the 4km mark with 18:44. It was not until around the 8km mark that the pace started to pick up and, by the time the 10km mark was reached in 46:15, the leading group had been reduced to three, with **Beki Smith** (AUS), Claire and Jemima in control. By 14km, Claire had dropped off and it seemed a battle between Beki and Jemima. Positions remained unchanged until the 17km mark when Beki was able to force a break which stretched out to around 40m at the 18km mark. Yet there was little between the three at the finish, Beki first (1:31:23), Jemima second (PB 1:31:26) and Claire third (1:31:29), all coming home strongly with big negative splits. **Alana Barber** (NZL) finished a strong fourth with a PB 1:32:19 (breaking her own NZ record) ahead of **Regan Lamble** (1:33:40), **Brigitia Virbalyte-Dimšiene** (1:33:54) and **Rachel Tallent** (1:35:18). **Jess Pickles** walked superbly to take 8th place with 1:37:13, alas outside the World Race Walking Championship standard of 1:36:00 but still a good PB. 44 year old **Kelly Ruddick** was next with 1:37:13, a great comeback after a few quiet years. PBs also to **Christina Papadopoulou** (1:38:54) and **Simone McInnes** (1:39:17). All this omens well for the future.

With regard to the Commonwealth Games, the first 3 women would now seem to be in the box seat. As for the men, it will be an anxious wait for everyone.

1.	Beki Smith	Nsw	1:31:23	
2.	Jemima Montag	Vic	1:31:26	PB 2:52
3.	Claire Tallent	SA	1:31:29	
4.	Alana Barber	NZ	1:32:19	PB 0:04, NZ Record
5.	Regan Lambie	Vic	1:33:40	
6.	Brigita Virbalyte-Dimšiene	Lithuania	1:33:54	
7.	Rachel Tallent	Act	1:35:18	
8.	Jessica Pickles	Qld	1:37:13	PB 0:43
9.	Kelly Ruddick	Vic	1:37:24	
10.	Christina Papadopoulos	Qld	1:38:54	PB 4:53
11.	Simone McInnes	Vic	1:39:17	PB 1:09
12.	Rozie Robinson	NZ	1:51:51	
13.	Emily Hamilton	Vic	1:55:29	Inaugural
	Clara Smith	Qld	DNF	
	Sibon Fuzzard	Vic	DNF	



Jemima Montag, Beki Smith, Claire Tallent and Alana Barber

The Oceania U20 10km championships, which doubled as the Australian U20 World Team Championships trials, got underway at 8AM. With qualifying standards set at 46:30 (Men) and 50:00 (women), up to 3 World Teams Championships spots were on offer for each event. With the first 4 in both the men's and women's races under the team standards, we now look likely to send full teams. With the Australian Selection Criteria specifying automatic selections for the first two, **Declan Tingay** (42:37), **Kyle Swan** (PB 42:40), **Katie Hayward** 45:57) and **Rebecca Henderson** (PB 49:02) are now on the team. The final two spots look likely to go **Mitchell Baker** (45:53) and **Anna Cross** (PB 49:11). but that may change, depending on who gets berths for the 2018 World Junior Championships later this year. The high number of PBs in these two events omens well for the future.

Oceania Men 10km Roadwalk Under 20 Championship

1.	Declan Tingay	WA	42:37	
2.	Kyle Swan	Vic	42:40	PB 0:07
3.	Mitchell Baker	Act	45:53	
4.	Dylan Richardson	Nsw	45:56	PB 0:09
5.	Connor Frew	Act	46:16	PB 0:30
6.	Timothy Fraser	Act	46:20	PB 0:23
7.	Tristan Camilleri	SA	46:40	PB 3:08
8.	Callum Burns	Act	49:54	PB 1:01
9.	Alix Harlington	SA	51:47	PB 0:27
10.	Ryan Thomson	Nsw	54:21	

Oceania Women 10km Roadwalk Under 20 Championship

1.	Katie Hayward	Qld	45:57	
2.	Rebecca Henderson	Vic	49:02	PB 0:53
3.	Anna Cross	SA	49:11	PB 2:39
4.	Philippa Huse	Vic	49:57	
5.	Alice Randall	Tas	51:05	PB 2:05

6.	Teegan Pengilley	Nsw	56:59	PB 6:41
7.	Bethany Cross	SA	58:55	
	Jemma Peart	Vic	DNF	

The final events were invitational U18 5km, but fields were small and restricted to local South Australian walkers. Special mention to 15 year old **Joe Cross** with the fastest time of 23:11.

Men 5km Roadwalk Under 18 Invitation

1.	Joe Cross	SA	23:11	PB 0:13
2.	Mathew Bruniges	SA	26:39	

Women 5km Roadwalk Under 18 Invitation

1.	Olivia Sandery	SA	26:44	
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Declan Tingay, Kyle Swan, Katie Hayward (with Dylan Richardson) and Rebecca Henderson



Podiums – Open Women, U20 Men and U20 Women



Australian and Oceania podiums for the men



Overall first 3 placings

IAAF RACE WALKING WORLD TEAM CHAMPIONSHIPS QUALIFIERS

Since the Australian qualifying period for the 2018 IAAF World Team Championships started on 1st August 2017, a significant number of our walkers have posted qualifying times in acceptable competitions. Consequently, when the Australian team is announced shortly, it may well see full teams for the Open 20km and U20 10km races. Alas, our 50km credentials are sadly lacking at the moment. It was not too long ago (in the heady days of the AIS scholarship program) that we had up to 6 A qualifiers in the 50km. Anyway, here is how it reads at the moment:

20km Men (1:28:00)

Dane Bird-Smith	Q	1:19:28	London	13/08/2017
<i>Dane Bird-Smith</i>	<i>Q</i>	<i>1:22:18</i>	Adelaide	11/02/2018
Michael Hosking	V	1:23:10	Adelaide	11/02/2018
Rhydian Cowley	V	1:24:54	Adelaide	11/02/2018
<i>Michael Hosking</i>	<i>V</i>	<i>1:25:13</i>	Wollongong	27/08/2017
Adam Garganis	V	1:26:20	Adelaide	11/02/2018
Tyler Jones	N	1:26:44	Melbourne	17/12/2017
<i>Tyler Jones</i>	<i>N</i>	<i>1:27:07</i>	Wollongong	27/08/2017
Brendon Reading	A	1:27:13	Wollongong	27/08/2017
<i>Brendon Reading</i>	<i>A</i>	<i>1:27:29</i>	Adelaide	11/02/2018

20km Women (1:36:00)	Beki Smith	A	1:31:23	Adelaide	11/02/2018
	Jemima Montag	V	1:31:26	Adelaide	11/02/2018
	Claire Tallent	S	1:31:29	Adelaide	11/02/2018
	Regan Lambie	V	1:31:30	London	13/08/2017
	<i>Regan Lambie</i>	<i>V</i>	<i>1:33:40</i>	<i>Adelaide</i>	<i>11/02/2018</i>
	<i>Claire Tallent</i>	<i>S</i>	<i>1:33:59</i>	<i>Melbourne</i>	<i>17/12/2017</i>
	<i>Jemima Montag</i>	<i>V</i>	<i>1:34:18</i>	<i>Melbourne</i>	<i>17/12/2017</i>
	<i>Claire Tallent</i>	<i>S</i>	<i>1:35:01</i>	<i>Suzhou, China</i>	<i>24/09/2017</i>
	<i>Regan Lambie</i>	<i>V</i>	<i>1:35:04</i>	<i>Melbourne</i>	<i>17/12/2017</i>
	Rachel Tallent	A	1:35:18	Adelaide	11/02/2018
<i>Beki Smith</i>	<i>N</i>	<i>1:35:31</i>	<i>London</i>	<i>13/08/2017</i>	
50km Men	Jared Tallent	S	Wild Card		
50km Women	-				
10km Junior Men (46:30)	Declan Tingay	W	41:07.88	Canberra	14/01/2018
	<i>Declan Tingay</i>	<i>W</i>	<i>42:02</i>	<i>Melbourne</i>	<i>17/12/2017</i>
	<i>Declan Tingay</i>	<i>W</i>	<i>42:25</i>	<i>Suzhou, China</i>	<i>25/09/2017</i>
	<i>Declan Tingay</i>	<i>W</i>	<i>42:37</i>	<i>Adelaide</i>	<i>11/02/2018</i>
	Kyle Swan	V	42:40	Adelaide	11/02/2018
	<i>Kyle Swan</i>	<i>V</i>	<i>44:58</i>	<i>Melbourne</i>	<i>17/12/2017</i>
	Mitchell Baker	Q	45:47.73	Canberra	14/01/2018
	<i>Mitchell Baker</i>	<i>A</i>	<i>45:53</i>	<i>Adelaide</i>	<i>11/02/2018</i>
	<i>Kyle Swan</i>	<i>V</i>	<i>45:54</i>	<i>Melbourne</i>	<i>05/08/2017</i>
	Dylan Richardson	N	45:56	Adelaide	11/02/2018
	<i>Dylan Richardson</i>	<i>N</i>	<i>46:05</i>	<i>Melbourne</i>	<i>17/12/2017</i>
	Oscar Tebbutt	N	46:09.92	Canberra	14/01/2018
	Connor Frew	A	46:16	Adelaide	11/02/2018
	<i>Dylan Richardson</i>	<i>N</i>	<i>46:18.95</i>	<i>Canberra</i>	<i>14/01/2018</i>
<i>Kyle Swan</i>	<i>V</i>	<i>46:19.91</i>	<i>Canberra</i>	<i>14/01/2018</i>	
Tim Fraser	A	46:20	Adelaide	11/02/2018	
10km Junior Women (50:00)	Katie Hayward	Q	45:57	Adelaide	11/02/2018
	<i>Katie Hayward</i>	<i>Q</i>	<i>47:05.36</i>	<i>Canberra</i>	<i>14/01/2018</i>
	Rebecca Henderson	V	49:02	Adelaide	11/02/2018
	Anna Cross	S	49:11	Adelaide	11/02/2018
	Philippa Huse	V	49:57	Adelaide	11/02/2018

MAIN CONTENDERS -COMMONWEALTH GAMES 20KM

Mark Wall has updated his unofficial Commonwealth Ranking lists, excluding those who have not been selected and restricting the list to a maximum of 4 walkers from each country. Here is the short list of the main contenders.

1:31:23	Beki SMITH	AUS	Adelaide (AUS)	11-Feb-18
1:31:26	Jemima MONTAG	AUS	Adelaide(AUS)	11-Feb-18
1:31:29	Claire TALLENT	AUS	Adelaide (AUS)	11-Feb-18
1:31:30	Regan LAMBLE	AUS	London(GBR)	13-Aug-17
1:32:19	Alana BARBER	NZL	Adelaide (AUS)	19-Feb-17
1:32:33	Gemma BRIDGE	ENG	Leeds (GBR)	25-Jun-17
1:33:04	Bethan DAVIES	WAL	Leeds (GBR)	25-Jun-17
1:34:01	Khushbir KAUR	IND	Taicang (CHN)	15-Apr-17
1:34:15	Grace Wanjiru NJUE	KEN	Nairobi (KEN)	10-May-17
1:37:39	Heather LEWIS	WAL	Lugano (SUI)	19-Mar-17
1:37:42	Priyanka DUBEY	IND	Nomi (JPN)	19-Mar-17
1:38:38	Shanti KUMARI	IND	New Delhi (IND)	18-Feb-17
1:38:51	Rani YADAV	IND	New Delhi (IND)	18-Feb-17
1:41:27	Erika KELLY	IOM	Leeds (GBR)	25-Jun-17
1:19:18	Lebogang SHANGE	RSA	London (GBR)	13-Aug-17
1:19:28	Dane Alex BIRD-SMITH	AUS	London (GBR)	13-Aug-17
1:20:58	Tom BOSWORTH	ENG	Rio Maior (POR)	01-Apr-17
1:20:59	Irfan KOLOTHUM THODI	IND	Nomi (JPN)	19-Mar-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

1:21:38	Devender SINGH	IND	Nomi (JPN)	19-Mar-17
1:22:17	Callum WILKINSON	ENG	Podebrady (CZE)	21-May-17
1:22:52	Samuel Ileri GATHIMBA	KEN	London (GBR)	13-Aug-17
1:22:57	K. GANAPATHI	IND	New Delhi (IND)	18-Feb-17
1:23:00	Evan DUNFEE	CAN	Juarez (MEX)	19-Feb-17
1:23:10	Michael HOSKING	AUS	Adelaide (AUS)	11-Feb-18
1:23:58	Manish SINGH	IND	Taicang (CHN)	15-Apr-17
1:24:54	Rhydian COWLEY	AUS	Adelaide (AUS)	11-Feb-18

AV SHIELD FINAL, LAKESIDE STADIUM, ALBERT PARK, SATURDAY 10 FEBRUARY

The AV Shield competition concluded last Saturday with the Shield Final, contested at Lakeside Stadium in Albert Park. With the top clubs from each division in each region competing for the title of Top Team, 78 walkers in total contested four separate graded 2000m races. Pretty impressive! Overall, the fastest walkers contested the first of the 4 races, with **Mark Blackwood** (8:40.5) and **Arnika Nelson** (10:02.1) fastest male and female.

2000m Walk Section 1

1.	Blackwood, Mark	M	KNOX ATHLETICS	8:40.5
2.	Nelson, Scott	M	WYNDHAM TRAC	9:26.9
3.	Dynes, William	M	DIAMOND VALLEY	9:51.2
4.	Galbraith, Jordan	M	DIAMOND VALLEY	9:58.1
5.	Beveridge, Heath	M	WESTERN ATHLETICS	10:02.1
6.	Nelson, Arnika	W	WYNDHAM TRAC	10:02.3
7.	Donahoo, Mark	M	ATHLETICS ESSENDON	10:08.2
8.	Geisler, Sandra	W	RINGWOOD	10:10.7
9.	Imbriano, Joel	M	ST. KEVIN'S	10:38.4
10.	Van Dongen, Rupert	M	MENTONE ATHL	10:40.9
11.	Samanna, Claire	W	COLLINGWOOD	10:45.5
12.	Muldoon, Wendy	W	ATHLETICS NU	10:50.3
13.	Taylor, Lucas	M	YARRA RANGES	10:56.4
14.	Evans, Simon	M	BOX HILL ATH	10:58.2
15.	Keirl, Bernie	M	DIAMOND VALLEY	11:05.3
16.	Curtis, Peter	M	BENDIGO REGION	11:31.6
17.	Feain, Madeleine	W	KEILOR ST BERNARDS	11:42.6
18.	Payne, Jennifer	W	BENDIGO REGION	11:44.1
	Feain, Lachlan	M	KEILOR ST BERNARDS	DQ

2000m Walk Section 2

1.	Hawkins, Trenton	M	PRESTON	10:21.1
2.	Kennedy, Paul	M	KEILOR ST BERNARDS	11:09.4
3.	Rosenbrock, Carol	W	ATHLETICS NU	11:14.3
4.	Hunter, Pia	W	BOX HILL ATH	11:23.3
5.	Bryant, Barbara	W	BENDIGO REGION	11:30.2
6.	Carr, Heather	W	GLENHUNTLY	11:44.4
7.	Bennett, Ralph	M	GLENHUNTLY	11:52.5
8.	Beaumont, Hamish	M	MELBOURNE UN	11:54.3
9.	McLennan, Liam	M	DONCASTER AT	11:55.6
10.	Heikkila-Dubowik, K	W	GEELONG REGION	11:57.1
11.	Elms, Donna - Marie	W	PRESTON	12:16.5
12.	Knox, Duncan	M	ATHLETICS ESSENDON	12:18.1
13.	Hess, Albin	M	VICTORIAN MA	12:18.5
14.	McCann, Adam	M	ATHLETICS NU	12:41.7
15.	Dickenson, Russel	M	VICTORIAN MA	12:43.5
16.	Kondogonis, John	M	KEILOR ST BERNARDS	?
	Kennedy, Thomas	M	KEILOR ST BERNARDS	DQ
	Imbriano, Glen	M	ST. KEVIN'S	DQ
	Sommers, David	M	ATHLETICS NU	DQ

2000m Walk Section 3

1.	Briet, Brianna	W	CASEY CARDIN	11:04.4
2.	Walker, Charli	W	GEELONG REGION	12:01.2
3.	Lazar, Dennis	M	DIAMOND VALLEY	12:12.4
4.	Dunstone, Phillip	M	WESTERN ATHLETICS	12:29.5
5.	Dingli, Alannah	W	SANDRINGHAM	12:42.6
6.	Dingli, Isabella	W	SANDRINGHAM	13:08.9
7.	Little, Cassie	W	GLENHUNTLY	13:11.3
8.	Turnbull, Riley	M	RINGWOOD	13:13.2

9.	Benke, Geza	M	OLD MELBURNIANS	13:17.5
10.	Bowden, Kuniko	W	MENTONE ATHL	13:18.5
11.	Holohan, Bernadette	W	SANDRINGHAM	13:19.6
12.	Doran, Anthony	M	GLENHUNTLY	13:21.2
13.	Barrow, Geoff	M	MENTONE ATHL	13:32.2
14.	Hodgart, Janice	W	WESTERN ATHLETICS	13:50.1
15.	McGoughan, Tracy	W	KEILOR ST BERNARDS	13:57.4
16.	Steed, Gwen	W	GLENHUNTLY	14:16.6
17.	Ireland, Mark	M	BRUNSWICK	15:46.9
18.	Ross, Anna	W	GLENHUNTLY	15:47.2
	Andrews, Sienna	W	ATHLETICS ESSENDON	DQ

2000m Walk Section 4

1.	Newman, Abigail	W	GLENHUNTLY	13:23.4
2.	Bridgewater, Edie	W	PRESTON	13:47.5
3.	Papadopoulos, Sarah	W	DIAMOND VALLEY	14:03.1
4.	Marston, Janice	W	ATHLETICS WAVERLEY	14:07.2
5.	Margiolis, Joanna	W	ATHLETICS ESSENDON	14:35.8
6.	Lewis, Leandar	M	WYNDHAM TRAC	14:53.5
7.	Glover, Thomas	M	WESTERN ATHLETICS	14:57.5
8.	Mackie, Em	W	GLENHUNTLY	15:19.7
9.	Cashin, Brenda	W	WESTERN ATHLETICS	15:44.0
10.	Molnar, Joanne	W	ATHLETICS WAVERLEY	15:49.7
11.	Rickard, Tess	W	BRUNSWICK	16:03.7
12.	Ireland, Olive	W	BRUNSWICK	16:28.1
13.	O'Brien, Allyson	W	MELBOURNE UN	18:04.3
14.	Campbell, Donna	W	PRESTON	18:11.8
15.	Thomas, Timothy	M	MELBOURNE UN	18:21.5
16.	Hardiman, Melissa	W	ATHLETICS ESSENDON	19:29.4
	Mayston, Robert	M	BOX HILL ATH	DQ
	Stern, Steven	M	GLENHUNTLY	DQ
	Kennedy, William	M	KEILOR ST BERNARDS	DQ
	Knox, Christian	M	ATHLETICS ESSENDON	DQ
	Hodgens, Ben	M	GLENHUNTLY	DQ

Thanks to Gerard Feain for the following photos.



Arnika Nelson, William Dynes, Trenton Hawkins, Scott Nelson, Mark Blackwood, Lachlan Feain and Heath Beveridge

SAMA TRACK WALKS, SA ATHLETICS STADIUM, MILE END, ADELAIDE, WEDNESDAY 7 FEBRUARY

Thanks to Colin Hainsworth for the latest results from the South Australian Masters in Adelaide. He commented: hot evening, 39.7C!

1500m Walk

1.	Mark Worthing	08:12	M55	75.26%
2.	Anton Visser	09:25	M52	63.83%
3.	Rina Visser	10:43	W51	59.56%
4.	Helen Suridge	10:59	W66	67.35%
5.	Graham Harrison	11:22	M74	66.80%
6.	Roger Lowe	11:55	M74	63.71%

2000m Walk

1.	Graham Harrison	15:12	M74	64.60%
2.	Dave Fallon	15:42	M65	56.12%
3.	Helen Suridge	15:50	W66	61.37%

QMA 10,000M WALK CHAMPIONSHIPS, SAF, BRISBANE, WEDNESDAY 7 FEBRUARY

To Brisbane for the Queensland Masters 10,000m Walk Championships last Wednesday.

10,000m Walks

M40	1	Mark Carlile	M44	Brisbane	1:16:19.54	51.00%
M45	1	Dean Nipperess	M46	GC & Sthrn	58:53.47	68.73%
M50	1	Ignacio Jimenez	M52	Brisbane	49:25.76	85.30%
M60	1	Peter Bennett	M62	Brisbane	57:55.61	79.52%
M75	1	Patrick Sela	M78	GC & Sthrn	1:21:29.72	67.51%
W75	1	Noela McKinven	W75	Brisbane	1:24:05.38	77.37%

ACTRWC TRACK WALKS, WODEN ATHLETICS TRACK, WODEN, THURSDAY 8 FEBRUARY

Thanks to Robin Whyte for the latest results from Canberra. Fastest time to **Mitchell Baker** (8:27).

2000m Walk

1.	Mitchell Baker	8:27
2.	Callum Burns	9:31
3.	Hannah Manning	10:30
4.	Laura Burns	10:30
5.	Sidney Shaw	12:26
6.	Robin Whyte	12:46
7.	Bryan Thomas	14:02
8.	Ruth Baussmann	14:30
9.	Lorna England	15:47
10.	Sheryl Greathead	15:48
11.	Margaret McSpadden	15:48
12.	Robert Kennelly	16:59
13.	Val Chesterton	17:48

800m Walk

1.	Ella Baker	4:55
2.	Harry Baker	5:11
3.	Carmen Carlon	9:50

ATHLETICS TASMANIA INTERCLUB, DOMAIN ATHLETICS TRACK, HOBART, SATURDAY 10 FEBRUARY

To Tasmania and a huge 5000m PB for 14 year old **William Robertson** (24:38.38). Very impressive.

5000m Walk

1.	William Robertson	Old Virgilians	24:38.38
2.	Ron Foster	Tasmanian Masters	33:48.20
3.	Elizabeth Leitch	Tasmanian Masters	33:51.89

QMA T&F MEET, SAF, BRISBANE, SATURDAY 10 FEBRUARY

To Brisbane last Saturday for more Queensland Masters track walking.

3000m Walk

1.	Ignacio Jimenez	M52	Brisbane	14:19.49	84.10%
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2.	Mark Carlile	M44	Brisbane	22:13.32	49.98%
3.	Patrick Sela	M78	GC & Sthrn	23:45.92	66.05%
4.	Noela McKinven	W75	Brisbane	24:19.55	72.13%

NSW JUNIOR T&F CHAMPIONSHIPS, SOPAC, SYDNEY, 9-11 FEBRUARY

To Sydney for the NSW Junior T&F Championships. Results taken from http://www.nswathletics.info/liveresults/2018/nsw_juniors/. I am not sure if they are complete as they seem to be missing U16 Boys, U15 Girls and U14 Girls. That is unlikely as NSW is a very strong walks State. I note the presence of Japanese walkers in the U20 divisions, with wins to **Hiroto Jusho** (20:15.14) and **Nanako Fujii** (23:07.58). Best of the local performances to **Oscar Tebbutt** (U18 5000m 22:25.15), **Allanah Pitcher** (U16 3000m 13:58.88) and **Emma Blanch** (U16 3000m 14:47.98).

U20 Women 5000m Walk

1.	Nanako Fujii	19	Japan	23:07.58
2.	Akane Tamaki	18	Japan	24:27.10
3.	Chelsea Goodhew	19	Westlakes At	26:41.33
4.	Jasmyn McDonald	19	Parramatta C	28:13.93
5.	Molly O'Neill	18	Adamstown Ne	28:41.29
6.	Amy Henry	18	St. George D	30:44.52

U20 Men 5000m Walk

1.	Hiroto Jusho	18	Japan	20:15.14
2.	Masaru Suzuki	18	Japan	22:04.61
3.	Travis Barendregt	18	Nepean Distr	25:18.53
	Kyle Bedford	18	Nepean Distr	DQ

U18 Girls 5000m Walk

1.	Hannah Mison	17	Koorringal -W	27:49.24
2.	Janaya Lee	17	Nepean Distr	28:58.74
3.	Amy Walker	17	Mingara Athl	29:09.32

U18 Boys 5000m Walk

1.	Oscar Tebbutt	17	Gosford Athl	22:25.15
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U17 Girls 5000M Walk

1.	Bridget Bell	16	Asics Wests	28:54.52
2.	Elise Brennan	16	U.T.S. North	29:32.00
3.	Brittany Robertso	16	St. George D	30:02.68
4.	Hannah Parker	16	Randwick Bot	30:48.58
5.	Lily Johnston	16	Asics Wests	31:33.41

U17 Boys 5000m Walk

1.	Jack McGinniskin	16	Mingara Athl	23:49.80
2.	Hayden Blaskett	16	Sydney Strid	25:59.03
3.	Jake Attwell	16	Illawarra Bl	28:08.39

U16 Girls 3000m Walk

1.	Allanah Pitcher	15	Mingara Athl	13:58.88
2.	Emma Blanch	15	St. George D	14:47.98
3.	Hannah Bolton	15	Mingara Athl	15:03.67
4.	Sophia Dagher	15	Westfields A	17:02.80
5.	Renee Hardy	15	Asics Wests	17:05.32
6.	Ella Robertson	15	Mingara Athl	18:17.87

U15 Boys 3000m

1.	Raven Pyda	14	Westfields A	17:16.60
2.	Archie Tebbutt	14	Gosford Athl	17:42.60

U14 Boys 3000m

1.	Oliver Santo	13	St. George D	19:27.22
2.	Shaqiulle Bulman	13	Nepean Distr	19:40.77

FRENCH MASTERS T&F CHAMPIONSHIPS, NANTES, FRANCE, 9-11 FEBRUARY

Thanks to Emmanuel Tardi for results and photos from the French Masters T&F Championships in Nantes. The walks were spread over the full 3 days of the meet, with the older age groups on Friday, the middle age groups on Saturday and the younger on Sunday. The usual very high standard. But just imagine if Johann Diniz had been there competing in the men's M40 division!

Overall fastest times to **Melissa Cartier** (W35 14:48.39) and **Sebastien Delauney** (M40 21:45.66).

Masters 3000m Walk Championships Women

W35	1	CARTIER Melissa	F35F/82	Amiens Uc	14:48:39
	2	GARROUTY Lydia	F35F/80	Ca Perigueux	15:07:49
	3	BRASTEL Adeline	F35F/78	Efs Reims A.	16:22:60
W40	1	RABOT Anne-laure	F40F/73	Vineuil Sports	15:07:74
	2	BRUSSEAU Gwladys	F40F/74	Ec Orleans CJF	16:37:48
	3	VINCENT Anais	F40F/78	Ao Nivernaise	17:02:22
W45	1	DEMON Sonia	F45F/72	Efs Reims A.	15:00:75
	2	BRAY Violaine	F45F/71	Ea Saint Malo	15:36:37
	3	PIEUX Ghislaine	F45F/71	Ua Sens	15:56:33
W50	1	SEVELLEC Sylvie	F50F/64	Ac Cesson	15:04:69
	2	FIACK Catherine	F50F/64	E Sportive Thionville-yutz	15:37:25
	3	QUENEHERVE Anne-catherine	F50F/66	Grand Angouleme Athletisme	16:04:37
W60	1	MONMESSIN Marie-astrid	F60F/56	Es Thaon	15:53:16
	2	LEMONNIER Dominique	F60F/56	Marne Et Gondoire Athletisme	18:22:73
	3	MAGGIORE Yvonne	F60F/55	Martigues Sports Athle	20:02:97
W65	1	BROCHOT Edith	F65F/52	Tarbes Pyrenees Athletisme	18:29:04
	2	REPUSSARD Isabelle	F65F/52	Lyon Athletisme	18:38:41
	3	ANXIONNAT Claudine	F65F/51	Avec Pays De Bruyères	19:49:14
W70	1	BERNIER Jeanine	F70F/46	J3 Sports Amilly	20:26:23
	2	LOYER Suzanne	F70F/47	Stade Clermontois	21:25:05
	3	SAUNEUF Lola	F70F/46	Marne Et Gondoire Athletisme	22:48:37
W75	1	SIMEON Elisabeth	F75F/42	Paris Uc	21:49:09

Masters 5000m Walk Championships Men

M35	1	VANOOSTHUYSE Jean-franck	M35M/79	Us Talence	22:33:12
	2	PICARD Nicolas	M35M/80	As Tourlaville	24:16:58
	3	SAINT MAXENT Cedric	M35M/81	C Billy Montigny	29:04:16
M40	1	DELAUNAY Sebastien	M40M/74	Ca Du Pays Saumurois	21:45:66
	2	POIROUT Stephane	M40M/76	Entente Des Mauges	22:30:84
	3	DELECOLLE Sebastien	M40M/77	Us Athletiques De Lievin	23:48:35
M45	1	LATELLA Didier	M45M/68	Gap Hautes Alpes Athletisme	23:19:23
	2	SWAIEH Meftah	M45M/72	U.s.o Mondeville	23:36:22
	3	PICHON Nicolas	M45M/70	Es Segre Haut Anjou	24:13:71
M50	1	LE BONNIEC Philippe	M50M/66	Elan Girondais Athletisme	24:28:36
	2	LELANDAIS Jacques	M50M/68	As Cherbourg	24:38:20
	3	GRENET Bruno	M50M/65	Usm Gagny	25:48:60
M55	1	MENOU Didier	M55M/61	Ac Romorantin	24:47:12
	2	GAUZE Francis	M55M/62	Fc Oloron	25:53:13
	3	GAUFFRE Yves	M55M/58	Athletic Club Montpellier	26:57:84
M60	1	LE MAGUERESSE Loic	M60M/57	Herbauges Athle 44	27:08:42
	2	BABOIN Michel	M60M/56	Lma Meung-sur-loire	27:20:78
	3	COLOMAR Patrick	M60M/53	Us Bazas	28:30:06
M65	1	BROCHOT Patrice	M65M/51	Tarbes Pyrenees Athletisme	26:36:48
	2	MANDIN Alain	M65M/51	Entente Sevre	28:07:94
	3	LECLAIR Jean	M65M/51	Stade Nantais Ac	28:42:37
M70	1	RABATEL Fernand	M70M/46	Ea Gillonnay-la Cot	29:34:94
	2	HAFNER Bernard	M70M/46	Lyon Athletisme	30:31:72
	3	DELAYRE Bernard	M70M/47	C.c. Taverny Athletisme	31:58:60
M75	1	COURTEJAIRE Pierre	M75M/42	Ua Versailles	37:10:71
	2	FRANCOISE Daniel	M75M/42	E. Royan St Georges	43:03:03
M80	1	WERMUTH Jean-pierre	M80M/34	Association Endurance Run	43:02:43
	2	MILLARD Claude	M80M/36	As Libourne	43:37:86



Women's podiums – W45 and W65



Men's podiums – M35, M60 and M65

2018 GREEK INDOOR T&F CHAMPIONSHIPS, ATHENS 10-11 FEBRUARY

Thanks to Zoe Gkini for the results of the Greek Indoor T&F Championships in the Athens suburb of Palaio Faliro last weekend. The walks were held on Saturday, with women contesting 3000m and men racing over 5000m. In the women's race, **Panagiota Tsinopoulou** won for the third year in a row with a very good 13:03.78. In the men's race, **Alexandros Papamichail** won for the fifth year in a row with a fast 19:52.44. Zoe commented: "Although all the walkers are in the middle of their preparation (for this reason we haven't many participants), they tried their best, especially the young race walkers who are the future of the sport."

3000m Track Walk Women

1.	TSINOPOULOU, PANAGIOTA	28	VELOS P.FALIRO	13:03.78
2.	FIASKA, OLGA	17	ATHLOKINISI MITILINI	13:54.72
3.	FILTISAKOU, KIRIAKI	18	EL. VENIZELOS	13:56.25
4.	VAITSI, ATHANASIA	20	ILISSOS ATHINON	13:57.91
5.	MPANIA, ANASTASIA	20	PAO THERSIPOS	14:29.95
6.	SEFERIADI, MARIA	17	OLYMPIAS PATRA	14:36.55
7.	STAMPOULI, ELPIDA-MARIA	16	AO ARISVEAOS	14:44.38
8.	KOURKOUTSAKI, EFSTATHIA	20	ILISSOS ATHINON	15:21.17

9.	SALMA, EFTATHIA	18	ERMIS ILION	15:35.79
10.	KORKOU, ZOE	22	ILISSOS ATHINON	15:45.63
11.	VAITSI, EVANGELIA	24	ILISSOS ATHINON	16:13.91
12.	ASTERIOU, MARIA	29	TRITON CHALKIDA	17:06.55

5000m Track Walk Men

1.	PAPAMICHAIL, ALEXANDROS	30	AO MYCONOS	19:52.44
2.	TZATZIMAKIS, GEORGIOS	19	EL. VENIZELOS	20:56.64
3.	VAITSIS, IOANNIS	23	ILISSOS ATHINON	21:40.50
4.	CHARALAMPOPOULOS, ANTOANIOS	21	PAO THERSIPOS	24:32.67
5.	TSITOGLOU, ISAIAS	55	AO PEFKIS	25:21.38

During the national championships, the Greek Federation SEGAS held their annual athletics awards ceremony, with a special award given to the women's U20 racewalk team (D. Mpochori, S. Alikamioti and A. Vaitisi) who won the silver medal in the 2017 European Race Walking Cup 2017 in Potebrady.



U20 Women – special SEGAS award for their bronze in the 2017 European Race Walking Cup U20 10km

USATF 2018 CONNECTICUT INDOOR CHAMPIONSHIPS, NEW HAVEN, CONNECTICUT, SUNDAY 4 FEBRUARY

To the Floyd Little Athletic Complex in New Haven Connecticut, where **Nick Christie** (11:50.06) and **Katie Burnett** (13:33.45) won over 3000m.

Men 3000m Walk

1.	Christie, Nick	26	Unattached	11:50.06
2.	Corvera, Emmanuel	24	NYAC	12:02.56
3.	Mannozi, Michael	31	Shore AC	14:17.57
4.	Vayo, Bill	53	Park Racewal	17:28.75
5.	Brochin, Jim	64	Ct Racewalke	21:37.99
6.	Davis, Gus	80	Ct Racewalke	25:11.37

Women 3000m Walk

1.	Burnett, Katie	29	Unattached	13:33.45
2.	Percival, Ann	59	Ct Racewalke	18:57.79

Men 1600m Walk

1.	Blake, Barry	63	Shore AC	9:44.34
2.	Mitra, Prasenjit	46	Unattached	12:12.23

Women 1600m Walk

1.	Vayo, Lucy	16	Park Racewal	8:55.83
2.	Mitra, Priya	14	Nittany Trac	9:50.02
3.	Lyovess, Stephanie	63	Ct Racewalke	10:21.81

PORTUGUESE INDOOR CHAMPIONSHIPS, POMBAL, PORTUGAL, 10-11 FEBRUARY

Well reported by marciadalmondo (see http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3069) and by omarchador see <http://omarchador.blogspot.com.au/2018/02/ana-cabecinha-e-joao-vieira-somam.html>). The walks were held on the first day of the Portuguese Indoor T&F Championships in Pombal. Victory in the men's 5000m to the evergreen **Joao Vieira** (19:33.41) just ahead of **Miguel Carvalho** (PB 19:44.10) and **Miguel Rodrigues** (PB 20:49.85). Victory in the women's 3000m to **Ana Cabecinha** (12:39.39) ahead of **Edna Barros** (12:48.51) and **Mara Ribeiro** (13:07.19). For Cabecinha, it was her 8th win but for the 41 year old Vieira, it was his 18th win – a feat unlikely to be matched!

5000m Men Indoor

1.	João Vieira	SPORTING C P	1976	19:33.41
2.	Miguel Carvalho	S L BENFICA	1994	19:44.10
3.	Miguel Rodrigues	S L BENFICA	1996	20:49.85
4.	Pedro Santos	MARATONA VILA CHÂ	1986	21:26.62
5.	Paulo Martins	SPORTING C P	1999	21:29.79
6.	Amaro Teixeira	C ATLETISMO DE SEIA	1989	21:49.46
7.	Cristiano António	JUV VIDIGALENSE	1988	22:00.16
8.	Rúben Santos	C F OLIVEIRA DOURO	2000	22:02.53
9.	Daniel Gouveia	C ATLETISMO DE SEIA	2000	22:32.37
10.	Luís Silva	LEIRIA MARCHA ATLÉTI	1970	22:36.49
11.	Cláudio Cotrim	CASA POVO ALCANENA	1996	22:44.95
12.	Vítor Cabral	C F OLIVEIRA DOURO	1998	23:23.83
13.	Ricardo Bernardino	SPORTING C P	1999	23:27.99

3000m Women Indoor

1.	Ana Cabecinha	C ORIENTAL PECHÃO	1984	12:39.39
2.	Edna Barros	C ORIENTAL PECHÃO	1996	12:48.51
3.	Mara Ribeiro	S L BENFICA	1995	13:07.19
4.	Vitória Oliveira	SPORTING C P	1992	13:15.41
5.	Nádia Cancela	GRECAS - VAGOS	1993	13:21.62
6.	Laura Leal	C ORIENTAL PECHÃO	1996	13:27.01
7.	Mariana Mota	S L BENFICA	1995	13:39.18
8.	Inês Reis	SPORTING C P	1999	13:58.91
9.	Joana Pontes	G A CASAIS DO VENTO	2000	14:06.87
10.	Alexandra Lamas	A C R SRA DESTERRO	1972	14:32.65

LONDON OPEN WALKS, ENFIELD, ENGLAND, SUNDAY 4 FEBRUARY

I could not find the results of this meet for last week's newsletter but it has since been published by omarchador (see <http://omarchador.blogspot.com.au/2018/02/london-open-walks-2018-em-enfield.html>) so I am able to bring things up to date for our English readers.

The Loughton Athletic Club and the RWA Southern Area hosted the London Open Walks competition at the Queen Elizabeth Park in Enfield (London area) on Sunday 4th February, with the main events being 10km for men and 5km for women. In the men's 10km, U20 walker **Chris Snook** was first with 47:14, ahead of **Luc Legon** (47.58) and **Jonathan Hobbs** (49.54). In the women's 5km, victory to English based Lithuanian Olympian **Neringa Aidietyte** won (25.28), ahead of **Maddy Shott** (26.28) and **Abigail Jennings** (26.58).

10km Men

1.	Chris Snook, U-20	Aldershot, Farnham & District	47.14
2.	Luc Legon	Cambridge H.	47.58
3.	Jonathan Hobbs	Ashford AC	49.54
4.	Graham Chapman	Headington RRC	56.47
5.	John Hall	Belgrave H.	61.20
6.	Stuart Bennett	Iford AC	64.22
7.	John Borgars	Loughton AC	67.21
8.	Shaun Lightman	Surrey WC	69.11
9.	Arthur Thomson	Enfield & Haringey AC	72.26
10.	Chris Flint	Surrey WC	72.30
	Oliver Hopkins, U-20	Lewes AC)	DQ
	Peter Hannell	Surrey WC	DQ
	Daniel Mckerlich, U-20	Cardiff AAC)	DQ

5km Women

1.	Neringa Aidietyte	Iford AC	25.28
2.	Maddy Shott	Belgrave H.	26.28

3.	Abigail Jennings, U-20	Aldershot, Farnham & District	26.58
4.	Isabelle Bridge, U-17	Blackheath & Bromley AC	28.30
5.	Lucy Lewis Ward, U-17	Cambridge H.	29.34
6.	Melanie Peddle	Loughton AC	29.37
7.	Helen Middleton	Enfield & Haringey AC	29.47
8.	Hanna Hopper, U-17	Cambridge H.	31.18
9.	Maureen Noel	Belgrave H.	31.27
10.	Jacqueline Benson	Ashford AC	31.29
11.	Sue Davies	Aldershot, Farnham & District	31.42
12.	Fiona Bishop	Woking AC	33.00
13.	Leslie Hall	Ashford AC	33.04
14.	Janite Bentley-Pearson	Ilford AC	34.40
15.	Rachel Lawless	Ilford AC	37.15
16.	Anne Seurfield	Ilford AC	37.36

MARCIADALMONDO AND OMARCHADOR ROUNDUP

Marciadalmondo has 8 press releases this week

- Mon 12 Feb - Focus on Lithuanian walker Marius Ziukas and his performance in Adelaide
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3072
- Sun 11 Feb - Tsinopoulou Panagiota and Papamichail Alexander win Greek Indoor Walk Championships
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3071
- Sun 11 Feb - Victories of Perseus Karlstrom (SWE) and Beki Smith (AUS) win in Adelaide
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3070
- Sat 10 Feb - Joao Vieira and Ana Cabecinha win Portuguese Indoor Champs in Pombal
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3069
- Sat 10 Feb - Results of Italian U18 Indoor Championships in Ancona
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3068
- Thu 8 Feb - Christie and Maria Michta-Coffey win Millrose Games walks
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3066
- Tue 6 Feb - Results of French Indoor Championships
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3065
- Tue 6 Feb - Preview of Australian 20km Championships in Adelaide
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3064

and Omarchador has a whopping 16 press releases

- Tue 13 Feb - Results of Indoor Meet walks in Erfurt, Germany
<http://omarchador.blogspot.com.au/2018/02/meeting-indoor-em-erfurt-alemanha.html>
- Mon 12 Feb - Suzuki suspended for six months for fraud
<http://omarchador.blogspot.com.au/2018/02/suzuki-com-suspensao-de-seis-meses-por.html>
- Mon 12 Feb - 17 year old Pedro Dias wins National Youth Marchender Tournament in Portugal
<http://omarchador.blogspot.com.au/2018/02/pedro-dias-revelacao-nos-nacionais-de.html>
- Mon 12 Feb - Perseus Karlstrom and Beki Smith win in Adelaide
<http://omarchador.blogspot.com.au/2018/02/perseus-karlstrom-e-beki-smith-vencem.html>
- Sun 11 Feb - Ana Cabecinha and João Vieira win Portuguese indoor track titles
<http://omarchador.blogspot.com.au/2018/02/ana-cabecinha-e-joao-vieira-somam.html>
- Sun 11 Feb - Results of Italian U20 Indoor Champs
<http://omarchador.blogspot.com.au/2018/02/italia-campeonatos-de-sub-20-indoor.html>
- Sat 10 Feb - Preview of the Portuguese Indoor Champs in Pombal this weekend
<http://omarchador.blogspot.com.au/2018/02/pombal-sede-dos-campeonatos-de-portugal.html>
- Sat 10 Feb - Preview of Australian 20km Champs meet in Adelaide

<http://omarchador.blogspot.com.au/2018/02/campeonatos-em-adelaide-australia.html>

- Fri 9 Feb - Results of Italian U23 Indoor Champs
<http://omarchador.blogspot.com.au/2018/02/italia-campeonatos-de-sub-23-indoor.html>
- Fri 9 Feb - Results of French U23/U20/U18 Indoor Champs
<http://omarchador.blogspot.com.au/2018/02/campeonatos-de-franca-indoor-sub-23-sub.html>
- Thu 8 Feb - Results of London Open Walks in Enfield
<http://omarchador.blogspot.com.au/2018/02/london-open-walks-2018-em-enfield.html>
- Thu 8 Feb - IAAF announces full details for 2018 IAAF Race Walk Challenge
<http://omarchador.blogspot.com.au/2018/02/iaaf-regulamenta-challenge-mundial-de.html>
- Wed 7 Feb - Michta-Coffey and Christie Win Millrose Games
<http://omarchador.blogspot.com.au/2018/02/michta-coffey-e-christie-vencem.html>
- Wed 7 Feb - Ainhoa Pinedo post a best Spanish mark for 35km in Algeciras
<http://omarchador.blogspot.com.au/2018/02/ainhoa-pinedo-bate-melhor-marca.html>
- Tue 6 Feb - Gardens of the Imperial Palace to host racewalks in 2020 Olympics in Tokyo
<http://omarchador.blogspot.com.au/2018/02/jardins-do-palacio-imperial-acolhem.html>
- Tue 6 Feb - Results of roadwalks in Antalya, Turkey
<http://omarchador.blogspot.com.au/2018/02/provas-de-qualificacao-em-antalya.html>

OUT AND ABOUT

- 82 year old VRWC former president and current RWA patron **Harry Summers** has announced his retirement from racewalking, some 63 years since his first race. He has had to take the advice of his doctors and step back from competing, given the wear and tear of such a long and illustrious career. You can read more about Harry's exploits at <http://www.vrwc.org.au/tim-archive/articles/wv-harry-summers.pdf>. Have a hot chocolate on us Harry!
- Want to learn a bit more about the studies undertaken in Canberra each summer as part of the Supernova Program - see <https://thewalrus.ca/the-food-science-behind-endurance/>.
- Australia's most decorated male athlete, 2012 Olympic gold medallist **Jared Tallent**, has been forced out of the Gold Coast Commonwealth Games due to a hamstring injury. See <https://www.theaustralian.com.au/sport/olympics/walker-jared-tallent-out-of-games/news-story/3acb15d24a6d8975ac9c6c063e917536>.
- The IAAF has now published the rules/regulations for the 2018 IAAF Race Walking Challenge which opened with the Aust 20km meet in Adelaide. See <https://media.aws.iaaf.org/competitioninfo/8671bea4-0f89-45aa-a153-7c051302eaed.pdf>.
- US 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 USOC — 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 T&F 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. See <https://www.nytimes.com/2018/01/31/sports/fifa-ioc-usoc-iaaf.html>.
- A site worth bookmarking for future reference: <https://antidopingworld.wordpress.com/>
- Anyone who thinks that the 2018 Winter Olympics is clean is a mug. The use of asthma medicines in winter Olympic sports is a complete joke. The Norwegian team medicine list documents 1800 doses of Symbicort, 1200 doses of Atrovent, 1200 doses of Alvesco, 360 doses of Ventoline and 1200 doses of Airomir. In total, there are over 6000 doses of asthma medicine in the Norwegian medicine storage in Pyeongchang. Two of the listed drugs are prohibited by the International Doping Agency (WADA) regulations. They should only be used if life and health are at risk. Six of the medicines in the Norwegian doctor's offerings require medical exemption (TUE) for use in competitive terms. Shades of Team Sky's use of TUEs. See <https://antidopingworld.wordpress.com/2018/02/07/in-total-there-are-over-6000-doses-of-asthma-medicine-in-the-norwegian-medicine-bag-in-pyeongchang/>.
- A strong statement by Irish Government ministers last Thursday, condemning CAS for clearing Russian Winter Olympics athletes – <http://www.dttas.ie/press-releases/2018/statement-anti-doping-minsters>.
- ASADA last Friday acknowledged the decision of Athletics Australia to impose a nine month ban on distance runner Cassie Fien for the presence and use of a prohibited substance, as the result of ingesting a supplement contaminated with the prohibited drug Higenamine. Although athletes are solely responsible for all substances in their bodies, Ms Fien's sanction

was reduced to nine months on the basis of her degree of fault and the fact that the supplement, 'Liporush', was a contaminated product. ASADA has issued a number of warnings about Higenamine and supplements more broadly, including advice that up to 1 in 5 Australian supplements contain prohibited substances, often not listed on labels. The moral of the story for serious athletes - DON'T TAKE SUPPLEMENTS! See <https://www.asada.gov.au/news/athletics-athlete-cassie-fien-receives-sanction>.

- 20 km racewalk men's world record holder **Yusuke Suzuki** has been suspended for 6 months by JAAF for fraudulent expense claims. See <https://japanrunningnews.blogspot.com.au/2018/02/20-km-racewalk-world-record-holder.html>.
- Final CAS decision: Appeals from 47 Russians dismissed. No participation in Pyeongchang. Hours before the Winter Olympics Opening Ceremony, the worst case scenario was avoided: that athletes who (with high probability) benefited from doping system compete at the Games. It's an explosive report from CAS. The highest global jurisdiction in sports law has called the RUS system literally "a state-sponsored doping scheme". Eventually! After years, it has been called for what it actually was. Long overdue. See http://www.tas-cas.org/fileadmin/user_upload/Award_OG_18-02.pdf.

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 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 Remaining IAAF Racewalking Challenge Events

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 8 (Fri), 2018	44 th International Racewalking Festival, Alytus, Lithuania
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, Belaruss

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

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