



HEEL AND TOE ONLINE

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

My Walker of the Week this time around goes to New Zealander **Alana Barber** who bettered Gabrielle Gorst's NZ 20km roadwalk record of 1:35:59 (set in Dunedin in March 2003) on Sunday in Adelaide in the Australian 20km championships. The big improver in the field, she walked a conservative first half of 47:40, before negative splitting the second half, storming past Stephanie Stigwood and Kelly Ruddick and finishing in fourth place just a few seconds behind Rachel Tallent with a time of **1:35:07**. Her second 10km was faster than any of the other women in the field and her final time was a PB by nearly 4 minutes. This definitely puts her in contention for this year's World Champs as part of the New Zealand team.

Since arriving in Australia for our Falls Creek camp in late December, Alana has done a string of PBs and this race sees her take a big step up world rankings. It is hard to believe that when she was last in Australia in 2010, she walked 1:58:58 in this same race in Hobart, finishing 5th in the U23 20km event and third New Zealander. A lot has happened in 5 years!



Alana storms home on Sunday in Adelaide (photo Terry Swan)

WHAT'S COMING UP

Next weekend sees the Victorian Open T&F Championships at Lakeside Stadium at Albert Park with the 5000m walks on Sunday:

- Open Women 5000m Walk 12:30PM Sunday
- Open Men 5000m Walk 1PM Sunday

Don't forget to regularly check the AV calendar (<http://athsvic.org.au/events/calendar>) for details of upcoming championships:

- **Vic Knockout Final** Sat 7 Mar 2015 Entries now closed
- **Vic Masters T&F Champs** 14-15 Mar 2015 Entries close Sunday 11 March

ATHLETICS AUSTRALIA'S LITTLE SECRET

It was a big surprise to many of us when the *Athletics North Queensland* facebook page posted a news item on Friday advising that entries for the 2015 Oceania T&F Championships closed in two days time with Athletics Australia and giving a link to the following Athletics Australia page: <http://athletics.com.au/High-Performance/Able-Bodied/Team-Information/Oceania-Championships>

We would not even have known then if not for the vigilance of one of the Queensland walk enthusiasts who posted it to the *Racewalkers across Australia* facebook page. Further analysis showed that the post on the AA site had been created only very recently and the ANQ post had been created only on the Friday itself.

So that's it, is it? Has Athletics Australia quietly posted such an important piece of news on its website with 2 days to go and expected us all to somehow know about it. Well, let's see how successful that strategy was:

- Simon Baker (chair of the Athletics Australia Walks Committee) didn't know.
- David Smith (president of RWA) didn't know.
- I didn't know and I try to be on top of everything walking related in Australia.

The selection document itself is dated 10th February (only 2 weeks ago) but that was presumably when it was ticked off, not when it was released. That seems to have only happened in Friday from what I can see. What AA should have done, given the urgent and short timeframe, was to

- Put out a special AA Coaches newsletter
- Put out a special AA High Performance newsletter
- Post to the AA Facebook page
- and put out an AA Press Releases (on home page of AA website)

As far as I have been able to ascertain, none of the above was done.

I emailed AA on Monday (the first chance to do so in business hours) and the reply was very short, devoid of detail and did not even address the issues around timeliness of posting and communication to key stakeholders. It simply pointed to the online selection policy link above which we already knew about.

At a time when there are TWO separate inquiries into Athletics Australia and its culture and performance, AA continues to perform incredibly poorly in my books and seems to have complete disregard for us, their key stakeholders. I am reminded of the Circumlocution Office in Charles Dickens' book *Little Dorrit*!

AUSTRALIAN 20KM CHAMPIONSHIPS, ADELAIDE PARKLANDS, ADELAIDE, SUNDAY 22 FEBRUARY

The annual Australian Summer 20km roadwalk championships left Hobart after a very successful 5 year stint and returned to Adelaide this year but what a day to return – Saturday saw a temperature of 40°C and the same was forecast for Sunday after an overnight low of 26°C. The 7AM start time for the 20km meant that at least the event was not contested in the extreme heat of the day but conditions were still less than ideal.

With pre-race co-favourite Dane Bird-Smith a surprise late scratching in the men's 20km championship, the pressure was off **Jared Tallent** and he quickly went out to a commanding lead, completing the first 2km lap in 8:25, some 25 secs clear of a chasing group led by **Chris Erickson**, **Rhydian Cowley** and NZ Champion **Quentin Rew**. Chris and Quentin then upped the ante and started the chase but it was never to be as Jared continued to extend his lead throughout the race. When Rhydian dropped off the chasing group around the 9km mark, the first 3 places looked settled and so it was. After a first half of 41:44, Jared kept the pressure on in the hot conditions, crossing the finish line to win in 1:24:05. Quentin broke away from Chris around the 14km mark to take second in 1:25:22, while Chris came home strongly for third in 1:25:42. It was then a fair way back to Rhydian in 1:28:06, followed by Adam Rutter with 1:31:00.

The women's championship was a closer affair with 2012 Olympian **Beki Smith** leading from the start but shadowed by a pack which included the other main contenders in **Steph Stigwood**, **Rachel Tallent** and **Tanya Holliday**, with **Kelly Ruddick** not far behind. By 10km, it was Rachel, Beki and Tanya in control with 46:23, with Kelly and Steph further back. Beki briefly took the lead at 15km but was soon reeled back in again, with Tanya showing all her experience to take the win in 1:34:05 ahead of Beki with 1:34:35 and Rachel with 1:35:03. The big improver in the field was NZ champion **Alana Barber**. Walking a conservative first half of 47:40, she negative split the second half, passing Steph and Kelly and finishing just behind Rachel with 1:35:07. This definitely puts her in contention for this year's World Champs as part of the New Zealand team. As some additional info re Alana's performance, her second 10km was faster than any of the other women and her time bettered Gabrielle Gorst's NZ record of 1:35:59, set in Dunedin in March 2003.

The shorter races commenced a little later, with the Junior 10km invitational walks scheduled at 8AM and the U18 5km invitational walks scheduled at 9AM. The standout performances came from 16 year old NSW walker **Tyler Jones** who took out the men's U20 10km in 44:08, his second World Youth qualifier, and 15 year old Victorian walker **Kyle Swan** who came tantalisingly close to the 44:16 World Youth standard with a big PB time of 44:20. The boys swapped the lead through the race before Tyler was able to make his winning break towards the finish.

Men 20km Road Walk Australian Championship

1.	Jared Tallent	SA	1:24:05
2.	Quentin Rew	NZL	1:25:22
3.	Chris Erickson	VIC	1:25:42
4.	Rhydian Cowley	VIC	1:28:06
5.	Adam Rutter	NSW	1:31:00
6.	Jay Felton	NSW	DQ
7.	Joel Zhi Xuan Koh	SIN	DQ

Women 20km Road Walk Australian Championship

1.	Tanya Holliday	SA	1:34:05	
2.	Beki Smith	NSW	1:34:35	
3.	Rachel Tallent	VIC	1:35:03	
4.	Alana Barber	NZL	1:35:07	PB 3:54
5.	Kelly Ruddick	VIC	1:36:17	
6.	Stephanie Stigwood	TAS	1:37:19	PB 0:20
7.	Kirsty Klein	NSW	1:41:59	PB 0:18
8.	Nicole Fagan	NSW	DNF	
9.	Mari Olsson	SWE	DNF	

Men 10km Road Walk U20 Invitation

1.	Tyler Jones	NSW	44:08	PB 0:05
2.	Kyle Swan	VIC	44:20	PB 2:30
3.	Adam Garganis	VIC	46:18	
4.	Carl Gibbons	NSW	47:08	PB 0:24
5.	Emmet Braiser	VIC	47:17	
6.	Ross Darlow	VIC	49:43	

Women 10km Road Walk U20 Invitation

1.	Danielle Walsh	SA	53:32	PB 0:45
2.	Stephanie George	VIC	53:40	
3.	Anna Cross	SA	54:56	
4.	Jasmine Dighton	NSW	1:00:30	
5.	Samantha Findlay	SA	1:05:35	

Men 5km Road Walk U18 Invitation

1.	Jake Vidler	SA	26:30	
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Women 5km Road Walk U18 Invitation

1.	Rhiannon Lovegrove	SA	27:23	
2.	Bethany Cross	SA	29:02	
3.	Sarah Damin	VIC	29:33	

Now that the IAAF World Championship selection trials have been completed, I expect the highlighted athletes to be selected for Beijing but don't quote me on this one – this is just my unofficial view based on their 2014/2015 best performances and their places in the trials. Dane and Jared will be selected in the men's 20km event, given their sub 1:21:00 performances, and Chris Erickson is likely to pick up the third spot given that he was the second Australian to finish in the official trial and given that he clearly ranks third on times. In the women's 20km, Tanya clinches her spot by winning the trial but the other 3 spots are not so clearcut, with Kelly second on times but finishing behind Beki and Rachel in the trial. We will have to wait on the selectors for that one. The 50km is clearcut with Jared and Chris both comfortably under the 3:51:00 automatic standard – this means that they can now put their hats into the ring for the 20km/50km doubles if they so desire. However it turns out, we are likely to have a strong and experienced team in Beijing come August.

20km Men: 1:25:00 /1:21:00	Dane Bird-Smith	1:20:27	IAAF WWC, Taicang, CHN	03/05/2014
	Jared Tallent	1:20:55	Lugano, SWI	16/03/2014
	Chris Erickson	1:22:19	IAAF Challenge, Nomi, JAP	16/03/2014
	Rhydian Cowley	1:23:58	IAAF WWC, Taicang, CHN	03/05/2014
	Adam Rutter	1:24:44	IAAF WWC, Taicang, CHN	03/05/2014
20km Women: 1:36:00 /1:30:00	Tanya Holliday	1:32:26	IAAF WWC, Taicang, CHN	03/05/2014
	Kelly Ruddick	1:34:00	IAAF WWC, Taicang, CHN	03/05/2014
	Beki Smith	1:34:45	AA 20km, Adelaide, AUS	22/02/2015
	Rachel Tallent	1:35:03	AA 20km, Adelaide, AUS	22/02/2014
50km Men: 4:06:00 /3:51:00	Jared Tallent	3:42:48	IAAF WWC, Taicang, CHN	03/05/2014
	Chris Erickson	3:49:33	IAAF WWC, Taicang, CHN	03/05/2014



Jared Tallent, Ross Darlow, Tyler Jones, Emmet Brasier, Adam Garganis and Kyle Swan



Quentin Rew, Rhydian Cowley, Chris Erickson, Adam Rutter, Beki Smith, Stephanie Stigwood, Rachel Tallent, Tanya Holliday and Nicole Fagan



Australian and Oceania podiums – Quentin Rew, Chris Erickson, Jared Tallent, Rhydian Cowley, Beki Smith, Tanya Holliday and Rachel Tallent

SAMA TRACK WALKS, ASA STADIUM, MILE END, ADELAIDE, WEDNESDAY 18 FEBRUARY

Thanks to Colin Hainsworth for his weekly report from the South Australian Masters in Adelaide. Warm evening and big fields.

1500m Yacht Handicap		Actual	Clock Time		
1.	Victoria Upton	7:56	11:15		
2.	Georgia Norman	10:08	11:26		
3.	Kitara Upton	9:08	11:51		
4.	Adrian Upton	10:06	11:57		
5.	Seth Upton	10:15	12:06		
6.	Margaret McIntosh	12:17	12:17	W62	57.59%
7.	Marie Maxted	9:03	12:18	W54	72.38%
8.	Rhiannon Lovegrove	7:20	12:20		
9.	Jill Rogers	12:09	12:22	W70	63.97%
10.	Sarah Damin	7:34	12:26		
11.	Leigh Smith	11:02	12:29	M79	73.77%
12.	Chloe Upton	9:13	12:38		
13.	John Hore	10:27	12:38	M66	65.94%
14.	Roger Lowe	11:18	12:39	M71	64.66%
15.	Colin Trengove	11:41	12:41	M77	67.69%
16.	George White	8:21	12:42	M69	85.42%
17.	David Robertson	12:35	12:43	M81	66.67%
18.	Margaret Trengove	10:49	12:45	W71	72.82%
19.	Graham Harrison	11:01	13:07	M71	66.33%

3000m Yacht Handicap		Actual	Clock Time		
1.	Helen Suridge	21:08	24:32	W63	70.36%
2.	Leigh Smith	22:17	24:47	M79	74.58%
3.	Jill Rogers	24:40	24:47	W70	65.97%
4.	Marie Maxted	19:26	25:04	W54	69.61%
5.	Colin Hainsworth	24:05	25:06	M85	75.98%
6.	Gil McIntosh	21:01	25:13	M64	65.39%
7.	Margaret Trengove	22:21	25:17	W71	73.85%
8.	Margaret McIntosh	25:21	25:21	W62	57.98%
9.	Colin Trengove	23:16	25:24	M77	69.37%
10.	Roger Lowe	23:38	25:29	M71	63.05%
11.	Edna Bates	25:52	25:52	W62	56.82%
12.	George White	17:15	25:57	M69	84.31%
13.	John Leydon	18:25	26:07	M53	67.12%
14.	Jan Layng	23:36	26:13	W66	65.36%
15.	Graham Harrison	22:42	27:03	M71	65.65%
16.	Paul Boyce	27:17	27:17	M78	60.02%

ACT WALKERS CLUB TRACK WALKS, AIS TRACK, BRUCE, THURSDAY 19 FEBRUARY

Thanks to Robin Whyte for his weekly results from Canberra.

3000m Walk

1.	Tom Hunt	17:05
2.	Kate Black	18:05
3.	Ewen Thompson	20:05
4.	Bryan Thomas	21:01
5.	Rod Gilchrist	21:01
6.	Barbara Eddowes	21:08
7.	Ruth Baussmann	21:23
8.	Jennifer Gilchrist	21:51
9.	Doug Fitzgerald	22:39
10.	Sue Archer	23:17
11.	Sheryl Greathead	23:53
12.	Margaret McSpadden	24:14
13.	Val Chesterton	24:49
14.	Jack Thackray	28:17

1000m Walk

1.	Harry Baker	06:44
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AV ZONE VS ZONE FINAL, LAKESIDE STADIUM, ALBERT PARK, SATURDAY 21 FEBRUARY

Saturday was a super hot day in Melbourne and a big effort for those officials and athletes labouring at the Athletics Victoria Zone vs Zone Final at Lakeside Stadium. Fields were small in the walks, with results as shown below.

3000m Walk Men

1.	Hawksworth, Danny	Athletics Essendon	14:12.77
2.	Wellington, Shea	Keilor St Be	14:18.03
3.	Gillies Smith, Michael	Bendigo Harr	16:03.10
4.	Keirl, Bernie	Diamond Valley AC	16:07.03
5.	Kondogonis, John	Keilor St Be	17:03.05
6.	Feain, Gerard	Keilor St Be	17:58.22
7.	Hutton, Philip	Glenhuntly AC	20:29.47
8.	Keighery, Peter	Keilor St Be x	21:18.99
	Morrison, John	Sandringham AC	DNF
	Kennedy, Paul	Keilor St Be	DQ

3000m Walk Women

1.	McInnes, Simone	Glenhuntly AC	16:24.66
2.	Campbell, Caitlin	Athletics Essendon	18:16.62
3.	Elms, Donna-Marie	Preston AC	19:20.66
4.	Feain, Madeleine	Keilor St Be	19:44.76
5.	Close, Linda	Williamstown AC	20:04.83
6.	Shaw, Robyn	Western Athl	20:14.05
7.	Campbell, Rebecca	Athletics Essendon	20:44.78
8.	Walburg, Kirsten	Doncaster AC	20:49.72
9.	Hodgart, Janice	Western Athl	23:48.66
10.	Cashin, Brenda	Western Athl	24:56.46

Mixed 1500m Walk

1.	Langford, Taylor	W	Diamond Valley AC	8:00.89
2.	Feain, Lachlan	M	Keilor St Be	8:03.59

LITTLE ATHLETICS VICTORIA REGION T&F CHAMPIONSHIPS, SATURDAY 21 FEBRUARY

Last weekend saw the Victorian Little Athletics Region T&F Championships. This annual event sees the best athletes from each region vying for spots in the State Final which will be held in April. I don't normally report on Region results as there are literally hundreds of young walkers in action across the State. But I couldn't resist this photo, taken at the Knox Athletics track (Melbourne) on Saturday where the youngsters were competing in the Eastern Metropolitan Region Championships. The photo shows the Knox Club walkers who are part of the squad coached by Frances Attard and Alan Johnson, who are also pictured at the right in the back row. It's not everyone from the squad which also includes Waverley walkers Charlotte and Angus Hay and Lilydale walker Lee Taylor, amongst others. Most of the Walkers in the photo all qualified to compete in the State Finals. Well done everyone!



LAVic Knox Walkers – Fran's Squad (photo Mark O'Mahony)

WA STRIVE INTERCLUB, WA ATHLETICS STADIUM, PERTH, FRIDAY 20 FEBRUARY

Declan Tingay continued his fine form in Perth, recording 22:07.6 for the 5000m walk in Interclub last Friday.

Mixed 5000m Walk

1.	Tingay, Declan	M99	AWA	22:07.6
2.	Pivac, Emily	W00	AWA	26:56.2
3.	Lowe, Daniel	M75	MAWA	32:59.1
4.	Ruane, Tiahna	W01	WTC	DNF

ATHLETICS ACT T&F CHAMPIONSHIPS, AIS TRACK, CANBERRA, 20-22 FEBRUARY

I've no idea what happened here. These champs were supposed to be last weekend but there is absolutely nothing in the way of results anywhere.

QUEENSLAND ATHLETICS CANCELLED DUE TO CYCLONE!

While walkers in Adelaide and Melbourne competed in sweltering conditions last weekend, Queensland battened down the hatches as a huge tropical cyclone swept in from the east. This caused the Queensland Junior T&F Championships to be postponed. They will now be conducted from 26 February to 1 March. The QA Club Championship Final will be modified and incorporated within the Queensland Junior Championships.

And if that was not enough, a second big tropical cyclone struck Northern Territory at the same time. Talk about Australia being a land of extremes!

NSW MASTERS T&F CHAMPIONSHIPS, SOPAC, SYDNEY, 21-22 FEBRUARY

The NSW Masters T&F Championships were held last weekend in Sydney. Best performance probably by Ian Jessurun and Jim Seymon.

5000m Masters Women

W35	1	Heinecke, Kayleen	36	Campbelltown	40:02.27
W45	1	Brown, Suzanne	49	U.T.S. North	33:48.18
W55	1	Stallard, Trish	57	Wallsend Rsl	41:23.22
W65	1	Brown, Judy	65	Nsw Masters	41:41.05
W70	1	Purcell, Joan	73	Nepean Distr	36:48.40

5000m Masters Men

M45	1	Jessurun, Ian	47	Nsw Masters	26:36.07
	-	Kistle, David	45	St. George D	DQ
M55	1	Osborne, Robert	59	Nepean Distr	30:22.27
	2	Pomplun, Bill	55	Nowra Athlet	37:46.85
M60	1	Bennett, Rodney	60	Sydney Strid	36:11.06
	2	West, John	64	Nsw Masters	38:01.08
M65	1	Connors, Robert	67	U.T.S. North	40:28.46
M70	1	White, Baden	70	Independent	42:54.79
M75	1	Seymon, Jim	77	U.T.S. North	34:09.34
	2	Biggs, Kevin	76	Nsw Masters	38:37.63

MIDLAND COUNTIES AA 2ND INDOORS OPEN MEET, BIRMINGHAM, 22 FEBRUARY 2015

mark Wall reports on the Midlands Counties Indoors meet held at the Barclaycard Stadium in Birmingham on Sunday.

This event is the penultimate race in the UKA Winter walks challenge and culminates next weekend at the Molly Barnett Meeting at Warwick University, Coventry on March 1st. Tom Partington, son of multiple Commonwealth Games representative Steve Partington, followed a solid week's training at the Leeds Beckett University training camp to come away with a solid win ahead of Veteran Mark Williams. Third place went to former UKA 50km champion, Marie Jackson. Both she and Tom were part of a solid Manx representation. In the U/13 & 15 1000m, Ben Allen carried on where he left off in the EA title at Sheffield by winning ahead of Manx walker Stephen Waddington. Third and first girl home was Ellen Vahey, who was having her last walk in the UK for the foreseeable future as her family set off for another sojourn in Canberra as her parents are academics at ANU.

Under 13 & Under 15 1000m

1.	Ben Allen	Leicester	WC	U15	4:50.76
2.	Stephen Waddington		Manx Harriers	U15	5:01.53
3.	Ellen Vahey (F)		Stratford upon Avon	U13	5:14.42
4.	Archie walter		Manx Harriers	U13	5:21.99
5.	Leah Goddard (F)		Northern (IoM)	U13	5:46.17
6.	Alice Bellando (F)		Manx Harriers	U13	5:49.85

Open, Veterans, and other ages 3000m

1.	Tom Partington		Manx Harriers	U/17	13:46.09
2.	Mark Williams		Tamworth	V50	14:57.38
3.	Marie Jackson (F)		Manx Harriers	V50	16:35.79
4.	Roger Michell		Blackheath& Bromley	V65	16:50.36
5.	Peter Boszko		Birchfield	V65	17:04.79
6.	John Constandinou		Birchfield	V40	17:40.16
7.	Danielle Oates		Manx Harriers	U20	DNF
8.	Ed Walter		Manx Harriers	V35	DQ

2015 ERWL RACE 2, QEII, ENFIELD, ENGLAND. SATURDAY 21 FEBRUARY

Thanks to Ron Wallwork for the results of the latest Essex Race Walking League races at Enfield last Saturday. In cold bitter conditions GB junior international Cameron Corbishley made an impressive debut in the Enfield Race Walking League, winning comfortably, well clear of Fransisco Reis who was featured in the 19th Feb edition of Athletics Weekly. Suzanne Beardsmore c1094 and Stuart Bennett c858 pushed each other all the way for the honour of being the first Centurion to finish and finished dead-heating.

5 Miles Men

© = Centurion, *=pb

1.	Cameron Corbishley	Medway AC	38.37	U20
2.	Fransisco Reis	Ilford AC	39.32	M50
3.	Fabian Deuter	Hillingdon AC	42.08	M35
4.	Trevor Jones	Steyning AC	42.23	M55
5.	Steve Allen	Barnet DAC	44.20	M55
6.	Malcolm Martin	Surrey WC	44.27	M55
7.	John Ralph	Enfield HAC	47.26	M55
8.	Stuart Bennett ©	Ilford AC	48.54	M55
9.	John Hall	Belgrave H	50.04	M65
10.	Amos Seddon	Enfield HAC	51.37	M70

11.	Ron Penfold	Steyning AC	51.54	M70
12.	Shaun Lightman	Surrey WC	52.07	M70
13.	Michael Harran	Surrey WC	53.21	M75
14.	Ken Bobbett	Hillingdon AC	53.44	M70
15.	Brian Boggenpoel	Ilford AC	54.53	M55
16.	Ron Powell	Enfield HAC	55.31	M75
17.	Andrew Cox	Hillingdon A	57.11	M60
18.	David Hoben	Surrey WC	57.59	M60
19.	Stephen Cartwright	Colchester	64.02	M55
20.	Jon May	Enfield HAC	64.25	M60
21.	David Ainsworth ©	Ilford AC	67.04	M65

5 Miles Women

1.	Penelope Cummings	Aldershot FD	46.03	W35
2.	Suz Beardsmore©	Abingdon AC *	48.54	W40
3.	Helen Middleton	Enfield HAC	50.36	W50
4.	Cath Duhig ©	Ryston R)	52.22	W60
5.	Anne Jones	Steyning AC)	52.57	W60
6.	Fiona Bishop	Woking AC	53.32	W55
7.	Jo Miles	Hillingdon AC	55.07	W55
8.	Angela Martin	Surrey WC	56.23	W50
9.	Jenny Middleton	Hillingdon AC	60.05	W40
10.	Kathy Crilley ©	Surrey WC	60.19	W65

4 Miles

1.	Roz McKenzie	Abingdon AC	43.41	W50
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3 Miles

1.	Dave Stevens	Steyning AC	35.17	M75
2.	Ken Livermore ©	Enfield HAC	42.54	M80

2 Miles

1.	Noel Blatchford	Abingdon AC	22.35	W65
2.	Bernie Hercock	Cambridge H	32.30	M75



**Left: midfield action: Anne Jones, Ron Penfold, Roz McKenzie, Brian Boggenpoel, Michael Harran and Shaun Lightman
Right: Cameron Corbishley and Fransisco Reis set the pace**

CANADIAN INDOOR CHAMPIONSHIPS, MONTREAL, 20-22 FEBRUARY

The Canadian Indoor champs were held last weekend at the Claude-Robillard Sports Facility in Montreal and they saw great walks by Evan Dunfee (19:23.44, Inaki Gomez (19:46.40) and Rachel Seaman (12:33.03).

Men 5000m Walk Indoor

1.	Dunfee, Evan	90	Racewalk West	19:23.44
2.	Gomez, Inaki	88	Racewalk West	19:46.40
3.	Adamowicz, Marek	96	Rive-Sud	21:39.09
	Thorne, Benjamin	93	Racewalk West	DQ

Men 3000m Walk Indoor

1.	Béchar, Yvan	62	Indépendant	14:57.50
2.	Ruest, Jocelyn	80	Fleur de Lys	15:17.86
3.	Côté, Donald	82	Gatineau	15:30.71

Men 3000m Walk Junior

1.	Adamowicz, Marek	96	Rive-Sud	12:46.61
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Women 3000m Walk Indoor

1.	Seaman, Rachel	86	Peterborough	12:33.03
2.	Markle Lamontagne, Joanne	82	Bytown Walkers	16:18.75
3.	Zahab, Sarah	77	Bytown Walkers	16:30.84
4.	Cormier, Annie	72	Bytown Walkers	17:45.25
5.	Begin, Nicole	59	Kilomâtres	17:54.93
6.	Archibald, Sandy	59	Bytown Walkers	17:56.33

Women 3000m Walk Junior

1.	Campeau, Emilie	00	Lanaudière-O	17:15.30
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Women 3000m Walk Youth

1.	Scott, Chloé	99	Gatineau	18:30.45
2.	Guénard, Danika	98	Gatineau	18:35.22

BELARUSSIAN INDOOR T&F CHAMPIONSHIPS, MOGILYOV, BELARUS, 20-21 FEBRUARY
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Now to Belarussia for the first of many European Indoor Championships last weekend. Only small fields but good quality with winning times of 4:40.0 and 45:59.6.

Men 10,000m Race Walk Indoor

1.	Aleksandr LIAKHOVICH	BLR	89	40:40.0
2.	Dmitriy DZIUBIN	BLR	90	40:56.5
3.	Dzianis SIMANOVICH	BLR	87	41:09.1
4.	Yauheni ZALESSKI	BLR	93	42:10.3
5.	Pavel YEROKHOV	BLR	82	43:03.6
6.	Uladzimir BURUNDUKOU	BLR	90	44:57.6
	Dmitriy LUKYANCHUK	BLR	97	DNF

Women 10,000m Race Walk Indoor

1.	Darya BALKUNETS	BLR	93	45:59.6
2.	Viktoryia RASHCHUPKINA	BLR	95	46:33.2
3.	Nadezhda DOROZHUK	BLR	90	47:41.3
4.	Anastasiya RODZKINA	BLR	94	47:54.5
5.	Yuliya BALKOVSKAYA	BLR	96	50:15.4
6.	Alesia CHEMBROVICH	BLR	94	51:28.8
7.	Veranika CHMARYKAVA	BLR	95	53:54.9
8.	Marina MAVU	BLR	96	56:49.4

FINNISH INDOOR T&F CHAMPIONSHIPS, TAMPERE, FINLAND, 21-22 FEBRUARY

The Finish indoor champs were won by Veli-Matti Partenan (19:32.4) and 18 year old Henrika Parviainen (13:52.4).

Men 5000m Race Walk Indoor

1.	Veli-Matti PARTANEN	FIN	91	19:32.4
2.	Jarkko KINNUNEN	FIN	84	20:12.0
3.	Aleksi OJALA	FIN	92	20:28.0
4.	Timo VILJANEN	FIN	77	22:04.5
5.	Elmo KOIVUNEN	FIN	94	22:49.3
	Matias KORPELA	FIN	89	DQ

Women 3000m Race Walk Indoor

1.	Henrika PARVIAINEN	FIN	97	13:52.4
2.	Mikaela LÖFBACKA	FIN	90	14:01.1
3.	Enni NURMI	FIN	98	14:11.7
4.	Hele HAAPANIEMI	FIN	93	14:15.8
5.	Tiia KUIKKA	FIN	94	14:19.9
6.	Elisa NEUVONEN	FIN	91	14:28.4
7.	Sini JUSSILA	FIN	95	14:39.3

FRENCH INDOOR T&F CHAMPIONSHIPS, AUBIÈRE, FRANCE, 21-22 FEBRUARY

Emmanuel Tardi was the chief judge in Aubière for the French Indoor Championship walks. A bit of gloss was taken off the men's walk with Yohann Diniz training in South Africa, Kevin Campion just back from Guadeloupe and hence not racing, and Bertrand Moulinet skipping the meet to focus on the upcoming 20km events in March. In their absence, Antonin Boyez won the title for the 7th time in the last 9 years in a good time of 19:59.3 (but a fair way off his 2003 PB of 19:06). In the women's race, Emilie Menuet led the whole way to win easily with 13:02.9.

Men 5000m Race Walk Indoor

1.	Antonin BOYEZ	FRA	84	19:59.3
2.	Guillaume DUJOUR	FRA	78	20:37.0
3.	Xavier LE COZ	FRA	79	21:00.8
4.	Simon HURAUULT	FRA	92	21:07.7
5.	Sebastien DELAUNAY	FRA	74	21:44.4
6.	Fabian FESSELIER	FRA	94	22:02.1
7.	Adria GALIN	ESP	93	22:04.6
8.	Maxime LECAPLAIN	FRA	94	22:07.3
9.	Damien MOLMY	FRA	88	22:35.3
10.	Axel MUTTER	FRA	96	22:53.4
	Hugo ANDRIEU	FRA	92	DQ

Women 3000m Race Walk Indoor

1.	Emilie MENUET	FRA	91	13:02.9
2.	Ines PASTORINO	FRA	92	13:29.2
3.	Amandine MARCOU	FRA	92	13:58.3
4.	Enora TREBAUL	FRA	94	14:12.7
5.	Sandra DUPONT	FRA	72	14:18.0
6.	Chloe BOUCHET-LIOU	FRA	94	14:19.6
7.	Amelie BOURHIS	FRA	92	14:31.0
8.	Caroline GUILLARD	FRA	71	14:32.3
9.	Aurelie MACABEY	FRA	81	14:32.5
10.	Agnes ROBERT	FRA	89	14:37.0
11.	Myriam BEGEL	FRA	95	14:40.2
	Corinne BAUDOIN	FRA	80	DQ



Women's podium – French Indoor Championships (photo from Emmanuel Tardi)

And talking of France, next week sees their National 24 Hour Championships at Bourges and the fields are huge. Snapshot on the next page. It is great to see English ultra legend Sandra Brown in the women's field. She will be hard to beat.

CHAMPIONNATS NATIONAUX DE GRAND FOND

LISTE DES ENGAGÉS

HOMMES					HOMMES			
N°	Nom	Prénom	Club	Pays	N°	Nom	Prénom	Club
2	ARNAULT	Jacques	Neuilly-sur-Marne A	FRA	52	MACKINTOSH	Tony	Isle of Man Veterans AC
3	BIET	Christophe	J3 Sports Amilly	FRA	53	MAUDUIT	Christian	NL
4	BOCUZE	Daniel	FAC Andrezieux	FRA	54	OUTREQUIN	Florian	RCPH Dockers Le Havre
5	BONNOTTE	Rémi	Dijon UC	FRA	55	PICOT	Gérard	Pass Running
6	BOVIN	Laurent	AM St Thibault des Vignes	FRA	56	PIERRE	Patrick	MontaubantHandisport
7	BUNEL	Pascal	Neuilly-sur-Marne A	FRA	57	SADET	François	NL
8	DANDOY	Jérémy	CM Roubaix	FRA	58	TITLEY	Andrew	Isle of Man Veterans AC
9	ECHE	Dominique	Nice Côte d'Azur A	FRA	FEMMES			
10	ELIEZER	Jocelyn	AC Bouillante	FRA	71	ARNAULT	Françoise	Neuilly-Sur-Marne A
11	GEORGELIN	Serge	Bruz Athlétisme	FRA	72	BERTHAULT-KORZHYK	Annie	AS Culturelle Francophone
12	GUILLEMANT	Franck	CM Roubaix	FRA	73	BIZARD	Claudie	Thiais AC
13	HASSEVELDE	Sébastien	CLL Armentières	FRA	74	BIZARD-PLANCHOT	Emilie	Thiais AC
14	JEAN-JACQUES	Rosale	AC Bouillante	FRA	75	DUBOIS DENGHIEN	Catherine	Essonne Athletic
15	KIEFFER	Pascal	AJ Monmoreau	FRA	76	FABRE	Françoise	Courir à Beaucaire
16	LAILLER	Patrick	ASPTT Tours	FRA	77	LABYLLE	Maggy	AC Bouillante
17	LASSALLE	Emmanuel	Athletic Vosges EC	FRA	78	LANDRU	Noëlle	AS Corbeil-Essonnes
18	LETESSIER	Gilles	PLM Conflans	FRA	79	MAISON	Sylvie	Strasbourg AA
19	LETOURNEAU	Florian	Ac Château-Thierry	FRA	80	NAVARRO	Martine	Athlé 11
20	LINARD	Benoit	EM Bourges	FRA	81	QUINQUETON	Bernadette	AM St Thibault des Vignes
21	LOUGRADA	Saadi	CM Roubaix	FRA	82	SALOMEZ	Bénédicte	Neuilly-Sur-Marne A
22	MASSON	Pascal	Essonne Athletic	FRA	83	SONNOIS	Martine	RC Haut Jora Morez
23	MAUNY	Claude	Neuilly-sur-Marne A	FRA	84	VIGNAUD	Annette	ASPTT Périgueux
24	OLIVARES	Mathieu	Neuilly-sur-Marne A	FRA	91	BROWN	Sandra	Surrey Walking Club
25	PECOURT	Jean-Michel	US Caron	FRA	92	CRILLEY	Kathy	Surrey Walking Club
26	PERAMIN	Willy	AC Bouillante	FRA	93	DAVID	Christine	NL
27	RASSAIND	André	EA Centre Isère	FRA	94	LAWRIE	Karen	Isle of Man Veterans AC
28	RAULET	Christophe	GA Meusien	FRA	95	MASLOVA	Tatiana	Baltique Star St Pétersbourg
29	REGY	David	SPN Vernon	FRA	ETAPES			
30	SPIESER	Jean-Paul	Athletic Vosges EC	FRA	101	CHABIN	Frédéric	Essonne Athletic
31	THEVENIN	Pascal	Marne et Gondoire A	FRA	102	DEHU	Gérard	NL
32	THIBAUX	Philippe	CA Agéen	FRA	103	HARTMANN	Emmanuel	GA Meusien
33	THIRIOT	Louis	ASM Bar-le-Duc	FRA	104	JACQUEMIN	Mickaël	Dijon
34	THOUMELIN	Laurent	Athlétisme Sarthe Loir 72	FRA	105	LABARRE	Bertrand	CS Provins Athlétisme
35	WALLAËYS	Jean	EA Romans Bourg de Péage	FRA	106	PICHAULT	Laurent	AS Fleury-les Aubrais Saran
41	FORESTIERI	Alexandre	Lois / UST Courir à St Tropez	FRA	107	PICHON	Jean	AM St Thibault des Vignes
42	GILLES	Philippe	Lois / USM Montargis	FRA	108	SEYNAEVE	Serge	CM Roubaix
43	AUVILLE	Daniel	UFOLEP	FRA	109	VARAIN	Cédric	AC Château-Thierry
44	BIEBUYCK	Pascal	ATH AC	BEL				
45	BLANCHOUIN	Gaston	NL	FRA	111	ANXIONNAT	Claudine	Athletic Vosges EC
46	CHAUVITEAU	Daniel	NL	FRA	112	BERTHIER	Valérie	US Berry Athlétisme
47	GRASSI	Alain	Pass Running	FRA	113	PANNIER	Josiane	Havre AC
48	KONDRATENKO	Aleksei	Dinamo St Petersburg	RUS				
49	LABORIE	Christophe	NL	FRA				
50	LACROIX	Jean-Louis	NL	FRA				
51	LHOEST	Daniel	NL	BEL				

HUNGARIAN INDOOR T&F CHAMPIONSHIPS, BUDAPEST, HUNGARY, 21-22 FEBRUARY

Maté HeleBrandt won the men's title at the Hungarian Indoor Champs in an excellent 19:26.24, with 19-year-old Bence Venyercsán setting a new Hungarian Junior record with 20:10.49. The women's 3000m was won by 19-year-old Rita Récei on 13:10.47.

Men 5000m Race Walk Indoor

1.	Máté HELEBRANDT	HUN	89	19:26.2
2.	Bence VENYERCSÁN	HUN	96	20:10.5
3.	Soma KOVÁCS	HUN	97	24:46.4

Women 3000m Race Walk Indoor

1.	Rita RÉCEI	HUN	96	13:10.5
2.	Barbara KOVÁCS	HUN	93	13:18.4
3.	Villo HAÁLA	HUN	93	14:01.1
4.	Anna SÜDI	HUN	97	14:50.5
5.	Patricia BÓCZ	HUN	98	15:07.3
6.	Brigitta MATALIN	HUN	87	15:16.2
7.	Viktória BENCZIK	HUN	97	15:21.1
8.	Laura Petronella KOMORÓCZY	HUN	99	15:22.6
9.	Petra RÉCSEI	HUN	90	15:32.0
10.	Dóra RICHTER	HUN	98	15:33.9

ESTONIAN INDOOR T&F CHAMPIONSHIPS, TALLINN, ESTONIA, 21-22 FEBRUARY

And to Estonia where Lauri Lelumees and Angela Mandel won their respective titles.

Men 5000m Race Walk Indoor

1.	Lauri LELUMEEs	EST	78	22:18.62
2.	Margus LUIK	EST	80	22:36.75
3.	Ruslan SERGATŠJOV	EST	00	24:26.48
4.	Igor JAKOVLEV	EST	96	26:01.38

5.	Kirill TITOV	EST	98	32.23,08
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Women 3000m Race Walk Indoor

1.	Angela MANDEL	EST	00	15.45,04
2.	Anna TIPUKINA	EST	96	15.48,61
3.	Anastasija SKATSKO	EST	01	16.43,40
4.	Anna KUKANKOVA	EST	90	17.54,63
5.	Julia PALMOVA	EST	00	18.28,06
6.	Lika MITROFANOVA	EST	99	18.30,02
7.	Anneli ARU	EST	75	18.37,67
8.	Kristiina KÖSTER	EST	99	18.50,50
9.	Margarita KOZLOVA	EST	96	19.30,76
10.	Regina KÄNDLA	EST	96	20.01,05
11.	Violetta SEIN	EST	00	20.47,85

POLISH INDOOR T&F CHAMPIONSHIPS, TORUN, POLAND, 21-22 FEBRUARY

Great walking in Poland on Sunday. In the women's 3000m, Agnieszka Szwarnóg won with 12:34.7 after chasing Justyna Swierczynska for the first 2000m. Swierczynska hung on well for second with 12:44.1 ahead of 19 year old Katarzyna Zdziebło whose time of 12:55.68 was a national junior record. In a great show of depth, 9 women broke 14 minutes. In the men's 5000m, Dawid Tomala won with 19:25.4 after chasing and catching Rafał Augustyn who finished just over 1 sec behind with 19:26.9. Lukasz Nowak also easily broke the 20 minute barrier with his third place time of 19:34.9.

Men 5000m Race Walk Indoor

1.	Dawid TOMALA	POL	89	19:25.4
2.	Rafał AUGUSTYN	POL	84	19:26.9
3.	Lukasz NOWAK	POL	88	19:34.9
4.	Rafał SIKORA	POL	87	20:00.3
5.	Lukasz BIELECKI	POL	94	22:06.9

Women 3000m Race Walk Indoor

1.	Agnieszka SZWARNÓG	POL	86	12:34.7
2.	Justyna ŚWIERCZYNSKA	POL	87	12:44.1
3.	Katarzyna ZDZIEBŁO	POL	96	12:55.7
4.	Katarzyna GOLBA	POL	89	13:02.5
5.	Monika KAPERKA	POL	90	13:17.7
6.	Ioanna BEMOWSKA	POL	94	13:41.3
7.	Agnieszka ELLWARD	POL	89	13:42.5
8.	Beata HEPPNER	POL	92	13:43.0
9.	Angelika AUGUSTYN	POL	96	13:50.3
10.	Monika NAWROCKA	POL	90	14:02.4

IRISH INDOOR T&F CHAMPIONSHIPS, ATHLONE, IRELAND, 21-22 FEBRUARY

To Ireland where Alex Wright was the standout walker with 19:52.4 for the 5000m indoors.

Men 5000m Race Walk Indoor

1.	Alex WRIGHT	IRL	90	19:52.4
2.	Brendan BOYCE	IRL	86	20:33.6
3.	Luke HICKEY	IRL	94	21:01.4
4.	Evan LYNCH	IRL	95	21:02.0

Women 3000m Race Walk Indoor

1.	Veronica BURKE	IRL	96	14:40.9
2.	Siobhann NASH	IRL	97	14:47.3
3.	Lauren WHELAN	GBR	93	15:01.5
4.	Brenda GANNON	IRL		15:19.0
5.	Claire KENNEDY	IRL	97	15:31.6
6.	Orlaith DELAHUNT	IRL	98	15:33.7

ITALIAN INDOOR T&F CHAMPIONSHIPS, PADOVA, ITALY 21-22 FEBRUARY

Great walking by Leonardo Dei Tos (19:16.3) and Antonello Palmisano (12:05.7) in winning the Italian Indoor titles.

Men 5000m Race Walk Indoor

1.	Leonardo DEI TOS	ITA	92	19:16.3
2.	Massimo STANO	ITA	92	19:22.6

3.	Federico TONTODONATI	ITA	89	19:26.9
4.	Marco DE LUCA	ITA	81	19:29.5
5.	Vito DI BARI	ITA	90	20:05.5
6.	Alessandro MALTONI	ITA	93	20:30.0
7.	Ruggero D'ASCANIO	ITA	84	21:46.3
	Daniele TODISCO	ITA	95	DQ
	Tommaso ROMAGNOLI	ITA	91	DQ
	Mirko DOLCI	ITA	85	DQ

Women 3000m Race Walk Indoor

1.	Antonella PALMISANO	ITA	91	12:05.7
2.	Valentina TRAPLETTI	ITA	85	12:35.6
3.	Nicole COLOMBI	ITA	95	13:54.0
4.	Elena POLI	ITA	93	14:05.1
5.	Cindy PORCU	ITA	97	14:31.5
6.	Gladys MORETTI	ITA	91	14:32.0
7.	Eleonora DONÈ	ITA	92	14:45.7
	Sibilla DI VINCENZO	ITA	83	DQ
	Federica CURIAZZI	ITA	92	DQ
	Mariavittoria BECCHETTI	ITA	94	DQ

LITHUANIAN INDOOR T&F CHAMPIONSHIPS, KLAIPEDA, LITHUANIA, 20-21 FEBRUARY

And finally to Lithuania where Marius Ziukas 19:14.8 and Zivile Vaiciukeviciute 13:21.4 won their Indoor titles.

Men 5000m Race Walk Indoor

1.	Marius ZIUKAS	LTU	85	19:14.8
2.	Marius SAVELSKIS	LTU	94	19:29.7
3.	Genadiy KOZLOVSKIY	LTU	91	19:42.1
4.	Tomas PAGIRYS	LTU	96	22:04.9
5.	Martynas JARUSEVICIUS	LTU	96	22:11.1
6.	Daumantas LIUTINSKIS	LTU	99	22:12.7
7.	Normantas PETRISA	LTU	94	DQ

Women 3000m Race Walk Indoor

1.	Zivile VAICIUKEVICIUTE	LTU	96	13:21.4
2.	Inga MASTIANICA	LTU	89	13:45.9
3.	Monika VAICIUKEVICIUTE	LTU	96	14:03.9
4.	Austeja KAVALIAUSKAITE	LTU	0	14:51.5
5.	Sandra VASAUSKIENE	LTU	90	15:23.7
6.	Egle JUOCYTE	LTU	93	15:30.4
7.	Rita ANDREJEVA	LTU	91	16:12.7
8.	Ausrine KUZMICKAITE	LTU	98	16:17.6
9.	Ieva SUKEVICIUTE	LTU	96	16:19.2
10.	Akvile GULBINAITE	LTU	98	16:27.1
11.	Gintare CERNEVICIUTE	LTU	95	16:59.2
12.	Gabriele CERNIUTE	LTU	97	17:18.6
13.	Juste BILEVICIUTE	LTU	99	DQ

OUT AND ABOUT

- RWA Secretary Owen Hunt advises that there will be a **2015 Australian Race Walking Series**. You can read all about it at <http://www.athletics.com.au/Portals/56/Competition/Documents/2015/2015%20Australian%20Race%20Walking%20Series.pdf>.
- New Zealand walker Jared Free clocked his second fastest 3000m track time with 13:16.02 in winning the Athletics Auckland Junior 3000m Walk Championship at the AUT Millenium Stadium last weekend. The Open 3000m walk title went to Mike Parker in 14:39.05.
- The Slovakian racewalk team are in the midst of a 4 week altitude camp in Johannesburg, South Africa. There is a nice article on the Slovak Aths website (<http://atletikasvk.sk/>) - scroll down a fair way on the home page to find it. It is a good sized squad - walkers Gáliková, Czaková, Kucmín, Spevák, Tóth, Majdán, Tistan and Morvay along with marathon runner Katarína Beresová. SA walks coach Carl Meyer has been the main organizer at the SA end and, by the sounds of things, we can expect some quality performances once they hit the track and start to race.
- Just across the border from Slovakia to the Czech Republic where Anezka Drahotová competed last weekend in the 3000m steeple in their Indoor T&F Champs. She had apparently being after their European Indoors qualifying time of 9:20 but

failed, coming second in 9:41. So this may mean that it's back to the walking shoes for her now for the rest of the season. You can see a video of the steeple (she is number 62) at <https://www.youtube.com/watch?v=DGGF-1z2syY>.

- Russia has reappointed scandal-hit athletics coach Valentin Maslakov to a senior position less than a month after he resigned amid the ongoing Russian doping scandals. Maslakov had served as head coach of the Russian national team from 2007 until last month, when he stepped down shortly after doping bans were handed to three of Russia's Olympic champion race-walkers. In almost his last act in office, outgoing Russian Athletics President Valentin Balakhnichev announced that Maslakov has been appointed to the senior coach for sprinting, a position one rank below his old job. What a joke - jobs for the boys once again. See http://www.nzherald.co.nz/athletics/news/article.cfm?c_id=19&objectid=11403586&ref=rss
- Nice article in the Melbourne Age newspaper profiling Jared Tallent after his win this weekend in the Australian 20km walk championship in Adelaide. And a continuance of the ongoing discussion on the Russian drugs saga. See <http://www.theage.com.au/sport/athletics/jared-tallent-wins-20km-walk-now-for-drug-cheats-in-beijing-20150222-13lj23.html>

THIS WEEK'S NEWS FROM OMARCHADOR AND MARCIADALMONDO

As usual, lots of great reports from both these news aggregators. First to omarchador which had 11 press releases.

- Mon 23 Feb - Antonella Palmisano the standout in the Italian Indoors Walks
<http://omarchador.blogspot.pt/2015/02/antonella-palmisano-destacou-se-nos.html>
- Mon 23 Feb - Sérgio Vieira and Vera Santos best in the first round of the Portuguese Teams Indoor Champs
<http://omarchador.blogspot.pt/2015/02/sergio-vieira-e-vera-santos-os-melhores.html>
- Sun 22 Feb - Spanish Athletics Statistics book published
<http://omarchador.blogspot.pt/2015/02/espanha-ja-tem-o-livro-dos-recordistas.html>
- Sat 21 Feb - Preview of first round of the Portuguese Teams Indoor Champs
<http://omarchador.blogspot.pt/2015/02/clubes-disputam-i-e-ii-divisoes-de.html>
- Fri 20 Feb - British Indoor Champs in Sheffield
<http://omarchador.blogspot.pt/2015/02/campeonatos-britanicos-de-pista-coberta.html>
- Fri 20 Feb - Lithuanian walker Kristina Saltanovic celebrates her 40th birthday
<http://omarchador.blogspot.pt/2015/02/kristina-saltanovic-em-dia-festivo.html>
- Thu 19 Feb - Quarteira to host 1st edition of the Iberian Masters Walking Championships
<http://omarchador.blogspot.pt/2015/02/quarteira-recebe-torneio-iberico-de.html>
- Thu 19 Feb - Dutch Masters Indoor Champs results
<http://omarchador.blogspot.pt/2015/02/campeonatos-indoor-masters-da-holanda.html>
- Thur 19 Feb - Greek walker Alexandros Papamihail sets new National Indoor record of 19:11.7
<http://omarchador.blogspot.pt/2015/02/alexandros-papamihail-bate-recorde-da.html>
- Wed 18 Feb - Guatamalan Roadwalk Championship results
<http://omarchador.blogspot.pt/2015/02/erick-barrondo-e-maritza-poncio.html>
- Tues 17 Feb - Takahashi sets new Japanese 20km roadwalk record in Kobe
<http://omarchador.blogspot.pt/2015/02/takahashi-com-recorde-japones-dos-20-km.html>

and to marciadalmondo which had 9 press releases

- Tue 24 Feb - Italian team announced for ITA-GER-FRA match
http://www.marciadalmondo.com/ita/dettagli_news.aspx?id=2020
- Mon 23 Feb - Results of Portuguese Club Championships in Pompal
http://www.marciadalmondo.com/ita/dettagli_news.aspx?id=2019
- Mon 23 Feb - Results of French Indoor Champs
http://www.marciadalmondo.com/ita/dettagli_news.aspx?id=2018
- Sun 22 Feb - Results of Canadian Indoor Champs
http://www.marciadalmondo.com/ita/dettagli_news.aspx?id=2017
- Sun 22 Feb - Results of Australian Roadwalk Champs

http://www.marciadalmondo.com/ita/dettagli_news.aspx?id=2016

- Sat 21 Feb - Results of Italian Indoor Champs
http://www.marciadalmondo.com/ita/dettagli_news.aspx?id=2015
- Thu 19 Feb - Italian Racewalk coaching seminar to be held this weekend at Padua
http://www.marciadalmondo.com/ita/dettagli_news.aspx?id=2014
- Wed 18 Feb - Results of Guatamalan Roadwalk Champs
http://www.marciadalmondo.com/ita/dettagli_news.aspx?id=2013
- Tue 17 Feb - Preview of Italian Indoor Champs
http://www.marciadalmondo.com/ita/dettagli_news.aspx?id=2012

VALE GEOFF PETERS: 1927 - 2015

It is my sad duty to advise readers of the death overnight of South Australian racewalking identity Geoff Peters.

Geoff, aged 88, and his wife Pat were both actively involved in athletics for over 60 years. Geoff started walking in 1942 when aged 15 and was, until his retirement a few years ago, the longest serving registered athlete and official in South Australia – a massive 66 years. Similarly, Pat was the longest serving of the women's officials – an equally impressive 64 years. Their involvement commenced well before the amalgamation of the men's and women's associations and well back before the 1956 Olympics.

Geoff competed in a multitude of events over the years, initially in the throwing and walking competitions and the popular handicap mile runs at Adelaide Oval during breaks in the football matches. Like most men of his age, his sporting career was interrupted by the Second World War and he enlisted and served out his time like everyone else.

Once the War had finished, he returned to civilian life and restarted his stalled athletics career. He was Club Captain for many years at Western Districts and won the State hammer throw in 1950. He eventually moved to distance and endurance events, running a marathon in 1956 and taking part in the Western Districts 1959 Adelaide to Port Pirie Relay event. He had success in the walks over a long period, one of his many medals being runner up in the State 50km walk in 1966.

In 1980, Jack achieved what he regarded as his greatest achievement, becoming Australian Centurion number 20 with a one hundred miles time of 23:34:10 on the old Adelaide Harriers cinders track in Adelaide.



Geoff wins bronze in the 1987 South Australian 5000m track walk championship. From left to right: Don Dohnt (starter), Col Hainsworth (2nd), Don Cox (1st) and Geoff (3rd)

You can check out his centurion profile at <http://www.vrwc.org.au/tim-archive/articles/wa-geoff-peters.pdf>

To Pat and the family, we pass on our heartfelt sympathies.

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.

2014/2015 Australian/Victorian Key Dates

Mar 11-15, 2015	Australian Junior T&F Championships, Sydney, NSW
Mar 14-15, 2015	2015 Victorian Masters (AV and VMA combined) T&F Championships, Tom Kelly Reserve, Doncaster
Mar 26-29, 2015	Australian Open T&F Championships, Brisbane, QLD (10,000m Walks)
May 8-10, 2015	Oceania Area Championships (walks included), Cairns, QLD
Sun Aug 30, 2015	Australian Roadwalk Championships, Middle Park, VIC
Oct 3-10, 2015	Australian Masters Games, Adelaide, SA
Nov 21-29, 2015	Pacific Schools Games, Adelaide, SA

2015 IAAF Race Walking Challenge Dates

Mar 7, 2015	Circuito Internacional de Marcha Chihuahua 2015	Chihuahua, MEXICO
Mar 15, 2015	Asian 20km Race Walking Championships	Nomi, JAPAN
Mar 21, 2015	Dudinska Paldesjatka (D-50-km)	Dudince, SLOVAK REPUBLIC
Apr 11-12, 2015	African Race Walking Championships	Maurice, MAURITIUS
Apr 18, 2015	24 th Grande Prémio Internacional de Rio Maior em Marcha Atlética	Rio Maior, PORTUGAL
May 1, 2015	2015 IAAF Race Walking Challenge	Taicang, CHINA
May 9-10, 2015	Pan American Race Walking Cup	Arica, CHILE
May 17, 2015	11 th European Cup Race Walking	Murcia, SPAIN
Jun 6, 2015	XXIX Gran Premio Cantones de La Coruña	La Coruña, SPAIN
Aug 22-30, 2015	15 th IAAF World Championships	Beijing, CHINA

Other Top Races in 2015

Mar 15, 2015	Lugano Trophy - Memorial Mario Albisetti	Lugano, SWITZERLAND
Apr 11, 2015	International Racwalk Competition	Podebrady, CZECH REPUBLIC
Apr 19, 2015	46 th International Racewalk Meet	Naumburg, GERMANY

Looking further forward

July 3-14, 2015	28 th Summer Universiade, Gwanju, South Korea
July 15-19, 2015	9 th World Youth T&F Championships, Cali, Colombia
Aug 22-30, 2015	15 th IAAF World Championships in Athletics, Beijing, China. See http://www.iaafbeijing2015.com
July/Aug 2015	20 th World Masters T&F Champs Stadia, Lyon, France
Aug 15-16, 2015	104th Centurions 100 Miles qualifying walk , Castletown, Isle of Man See http://www.isleofman100milewalk.co.uk/index.html
May 2016	27 th IAAF World Race Walking Team Championships, Cheboksary, Russia
July 19-24, 2016	16 th World Junior T&F Championships, Kazan, Russia
Oct 26 -Nov 6, 2016	21 st World Masters T&F Champs Stadia, Perth, Australia. See http://www.perth2016.com
Aug 2016	31 st Olympic Games, Rio de Janeiro, Brazil. See http://www.rio2016.org.br/en/Default.aspx
July 2017	10 th World Youth T&F Championships, Niarobi, Kenya
July 2017	29 th Summer Universiade, Taipei, Taiwan
August 5-13, 2017	16 th IAAF World Championships in Athletics, London, UK
May 2018	28 th IAAF World Race Walking Team Championships, Cheboksary, Russia
July 2018	16 th World Junior T&F Championships, ?
Apr 4-15, 2018	Commonwealth Games, Gold Coast, Queensland (racewalks on the program). See http://www.gc2018.com
2019	17 th IAAF World Championships in Athletics, Doha, Qatar
July 2019	11 th World Youth T&F Championships, ?
July 2019	30 th Summer Universiade, Brasilia, Brazil
July 2020	32 nd Olympic Games, Tokyo

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