



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2016/2017 Number 24
14 March 2017



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WALKER OF THE WEEK

My Walker of the Week this time around is 14 year old Melbourne walker **Nikola Mandic**. Nikola won the Little Athletics Victoria U14 1500m walk at their annual T&F Championships last weekend in a huge PB of **6:14.48**. This was in fact only 1 second outside Troy Sundstrom's 1995 Little Athletics U14 Australian Record of 6.13.4. What a walk!

Nikola has been in great form all summer, after spending last winter absent from the sport. He won the Australian Schools T&F Championships U14 3000m in Canberra in December (PB 14:43), won the Victorian Country T&F Championships U16 3000m in January (PB 14:01) and won the Victorian T&F Championships U15 3000m a week ago (PB 13:56.10). He continues to go from strength to strength, Doing PBs on just about every occasion. And well done to coach **Elke Raselli** who is doing a great job helping him develop.



Nikola at Lakeside Stadium in Melbourne last weekend (photos Jelena Mandic)

WHAT'S COMING UP

- Next weekend also sees the **State Little Athletics T&F Championships** for **ACT, NSW, QLD, SA and WA**. Talk about a feast of racing on the local Australian front.
- The **2017 World Masters Athletics Indoor Championships** are also upon us and will be held in Daegu, South Korea, from Mar 18-29, 2017. I think some Australians may be competing.
- Jump forward a week and the action continues with the **Victorian Masters Championships** which will be held at Doncaster next weekend (25-26 March). Good luck to all our Victorian masters walkers.

- Sunday 26 March also marks the start of the week long **2017 Australian Open and Underage Athletics Championships** (<http://athletics.com.au/Compete/Events/2017-australian-athletics-championships-5>) in Sydney. The draft timetable reads as shown below, but may well change between now and when the championships start, so don't take it as gospel at this stage!

| | |
|-------------------------------|---|
| Sunday 26 th March | U20 10,000m Walks |
| Monday 27 th March | U17/U18 5000m Walks |
| Friday 31 st March | U15/U16 3000m Walks, Open 10,000m Walks |
| Sunday 2 nd April | U14 3000m Walks |

- Internationally, the next few weeks leading up to Easter see some huge races. Key dates as shown below.

| | |
|---------------|--|
| Mar 19, 2017 | International Walks Meet, Monterrey, Mexico |
| Mar 19, 2017 | Memorial Mario Albisetti (elite 20km), Lugano, Switzerland |
| Mar 19, 2017 | Asian 20km Racewalking Championships, Nomi, Japan |
| Mar 25, 2017 | European Athletics Walks Meet, Dudince, Slovakia |
| Apr 1, 2017 | 26 th Grand Prix de Rio Maior, Rio Maior, Portugal |
| April 8, 2017 | Podebrady Race Walk Meet, CZE. See http://www.podebrady-walking.cz/en/ |

IT'S TIME FOR THE 2017 CASTLEMAINE NAB 500, SUNDAY 9 APRIL

A reminder that the clock is ticking for our **Castlemaine NAB 500** meet in **Castlemaine** which will be held on **Sunday 9th April**. Remember we have some big prize money on offer so check out our web page at <http://www.vrwc.org.au/vrwc-CastlemaineNAB500.shtml> and enter via the online panel there.

| | |
|-------------------------------|-----------------------|
| Castlemaine NAB 500 5km Walk: | \$1,000, \$200, \$100 |
| 50+ 3km: | \$200, \$100, \$50 |
| U18 3km: | \$200, \$100, \$50 |
| U12 1km Boys | \$80, \$40, \$20 |
| U12 1km Girls | \$80, \$40, \$20 |

And why not finish your weekend off after the morning's races by staying for a BBQ or checking out the massive annual Castlemaine swap meet - see <http://castlemaine.vic.lions.org.au/swapmeetinfo>.



2015 Castlemaine NAB 500 winners Rhydian Cowley and Kelly Ruddick

SAMA TRACK WALKS, SA ATHLETICS STADIUM, MILE END, ADELAIDE, WEDNESDAY 8 MARCH

Thanks to Colin Hainsworth for his weekly results from the South Australian Masters in Adelaide. Colin commented: Pleasant evening – good turnout. George White led the way with two performances in the 80%+ age graded tables (M71 1500m 8:52 and 2000m 11:47).

1500m Yacht Handicap

| | | | | |
|-----|-------------------|-------|-----|---------------|
| 1. | James Hoare | 10:22 | M70 | 69.64% |
| 2. | Valmai Padget | 11:47 | W72 | 67.76% |
| 3. | Margaret McIntosh | 11:50 | W64 | 61.10% |
| 4. | David Robertson | 12:06 | M83 | 71.54% |
| 5. | Kevin Finn | 9:29 | M65 | 71.86% |
| 6. | Richard Everson | 7:08 | M53 | 85.00% |
| 7. | Gil McIntosh | 9:26 | M66 | 73.04% |
| 8. | Mark Worthing | 8:31 | M54 | 71.82% |
| 9. | Helen Suridge | 10:48 | W66 | 68.49% |
| 10. | Jill Rogers | 12:49 | W72 | 62.29% |
| 11. | Peter Crump | 8:16 | M56 | 75.34% |
| 12. | Jan Layng | 11:29 | W68 | 65.99% |
| 13. | Leigh Smith | 11:40 | M81 | 71.91% |
| 14. | George White | 8:52 | M71 | 82.41% |
| 15. | Rodger Barber | 11:12 | M78 | 71.62% |
| 16. | Roger Lowe | 12:21 | M73 | 60.68% |
| 17. | Marie Maxted | 9:34 | W56 | 69.69% |
| 18. | Kim Mottrom (F/T) | 7:57 | M32 | 65.34% |

2000m Yacht Handicap

| | | | | |
|-----|-----------------------|-------|-----|---------------|
| 1. | Mia Wilks | 11:49 | | |
| 2. | Kiera Ross | 10:48 | | |
| 3. | Jack Russell | 11:27 | M64 | 76.12% |
| 4. | Rodger Barber | 14:46 | M78 | 70.29% |
| 5. | James Hoare | 13:49 | M70 | 67.55% |
| 6. | Dave Fallon | 15:37 | M64 | 55.81% |
| 7. | Richard Everson (F/T) | 10:11 | M53 | 76.98% |
| 8. | Margaret McIntosh | 16:02 | W64 | 59.17% |
| 9. | Kevin Finn | 12:32 | M65 | 70.30% |
| 10. | Peter Crump | 11:30 | M56 | 70.01% |
| 11. | George White | 11:47 | M71 | 80.19% |
| 12. | Jan Layng | 15:31 | W68 | 64.21% |
| 13. | Leigh Smith | 15:51 | M81 | 68.50% |
| 14. | Helen Suridge | 14:45 | W66 | 65.87% |
| 15. | David Robertson | 16:27 | M83 | 68.14% |
| 16. | Gil McIntosh | 13:21 | M66 | 66.73% |
| 17. | Roger Lowe | 16:07 | M73 | 60.13% |
| 18. | Linda Whitelaw | 16:48 | W63 | 55.82% |
| 19. | Marie Maxted | 12:51 | W56 | 67.85% |
| 20. | Jill Rogers | 16:57 | W72 | 62.08% |
| 21. | Valmai Padget | 17:14 | W72 | 61.06% |

BENDIGO WALKERS CLUB ROADWALKS, ROSALIND PARK, BENDIGO, WEDNESDAY 9 MARCH

Thanks to Paul Rance for his weekly report from Bendigo, in country Victoria.

On Wednesday evening the Bendigo Walkers Club held 0.8km and 4km sealed handicap events. In the 800m, the club's younger walkers tuned up for the weekend's State Little Athletics Championships with **Charlotte Murphy** claiming victory over **Carissa Brook** in 2nd place and fastest time, with **Oscar Fox** 3rd. **Bill Lotherington** raced strongly in the 4km event to take a strong win with **Madison Hill** 2nd and **Barb Bryant** taking 3rd place and **Zahra Hayes** securing the fastest time award.

0.8km Handicap Walk

| | | |
|----|------------------|------|
| 1. | Charlotte Murphy | 4.34 |
| 2. | Carissa Brook | 4.02 |
| 3. | Oscar Fox | 4.43 |
| 4. | Caitlyn Curtis | 5.55 |
| 5. | Amber Fox | 5.48 |
| 6. | Peter Curtis | 4.03 |
| 7. | Jasmine Murphy | 5.33 |

4km Handicap Walk

| | | |
|----|-------------------|-------|
| 1. | Bill Lotherington | 28.32 |
| 2. | Madison Hill | 25.28 |
| 3. | Barb Bryant | 24.52 |
| 4. | Annette Curtis | 29.12 |
| 5. | Jennie Payne | 25.44 |
| 6. | John Carter | 30.08 |
| 7. | Zahra Hayes | 21.42 |

ACT WALKERS CLUB TRACK WALKS, WODEN, ACT, THURSDAY 9 MARCH

Thanks to Robin Whyte for his weekly report from Canberra. Fastest 1500m time to youngster **Connor Frew** (6:07).

1500m Handicap Walk

| | | | |
|-------------------------|-------|------------------------|-------|
| 1. Sebastian Young | 8:43 | 14. Connor Frew (F/T) | 6:07 |
| 2. Andrew Camp-Liddiard | 8:38 | 15. Lorna England | 11:57 |
| 3. Kate Black | 8:30 | 16. Ewen Thompson | 9:15 |
| 4. Gwyllym Young | 6:40 | 17. Robin Whyte | 9:12 |
| 5. Geoff Barker | 10:44 | 18. Tim Fraser | 6:31 |
| 6. Ella Baker | 9:30 | 19. Georgia Frew | 10:59 |
| 7. Gabby Hunt | 6:50 | 20. Margaret McSpadden | 12:00 |
| 8. Peter Baker | 7:53 | 21. Sheryl Greathead | 11:45 |
| 9. Doug Fitzgerald | 10:55 | 22. Bryan Thomas | 10:33 |
| 10. Mitchell Baker | 6:26 | 23. Phil Essam | 12:43 |
| 11. Sidney Shaw | 8:38 | 24. Harry Baker | 10:18 |
| 12. Pierce Brennan | 9:20 | 25. Caroline Campbell | 10:57 |
| 13. Anna Vahey | 10:47 | 26. YY Liu | 14:21 |

WA INTERCLUB, WA ATHLETICS TRACK, PERTH, FRIDAY 10 MARCH

Only 2 in the race but what a superb walk by 18 year old **Declan Tingay** – a 3 sec PB of 20:08.1 for the 5000m distance. Declan is certainly the in-form U20 walker at the moment and I am excitedly awaiting his walk in the Australian T&F Championships.

5000m Walk

| | | | | |
|-------------------|-----|--------------|---------|---------|
| 1. Tingay, Declan | M99 | Athletics WA | 20:08.1 | PB 0:03 |
| 2. Reid, Benjamin | M01 | Athletics WA | 24:44.1 | |

NSW ALL-COMERS MEET, SOPAC, SYDNEY, SATURDAY 11 MARCH

To Sydney for a NSW All-Comers meet. Good PB walk by **Ryan Thomson** (13:53.66 for 3000m).

5000m Walk

| | | | |
|-----------------------|----|-----------------|----------|
| 1. Barendregt, Amanda | 21 | Nepean District | 27:48.39 |
| 2. Barendregt, Travis | 17 | Nepean District | 28:48.89 |

3000m Walk

| | | | | |
|------------------------|----|---------------------|----------|----------|
| 1. Thomson, Ryan | 17 | Nepean District | 13:53.66 | PB 0:016 |
| 2. Webb, Cheryl | 41 | Barker Colle | 14:34.73 | |
| 3. McDonald, Jasmyn | 18 | Parramatta C | 14:48.57 | |
| 4. Blaskett, Hayden | 15 | Sydney Striders | 15:38.15 | |
| 5. Brown, Samantha | 16 | Parramatta C | 15:49.42 | |
| 6. Dagher, Sophia | 14 | Westfields A | 15:56.05 | |
| 7. Parker, Hannah | 15 | Randwick Bot | 17:43.46 | |
| 8. Robertson, Brittany | 15 | St. George District | 18:15.01 | |

1500m Walk

| | | | |
|-------------------------|----|---------------------|---------|
| 1. Mcmillen, Elizabeth | 13 | Sydney Pacific | 7:03.33 |
| 2. Santo, Oliver | 12 | St. George District | 7:36.93 |
| 3. Thomas, Emma | 12 | Parramatta C | 7:40.54 |
| 4. McMillen, Abbey | 16 | Sydney Pacific | 8:27.59 |
| 5. Schofield, Catherine | 12 | Nepean District | 8:35.46 |
| 6. Weekes, Anne | 55 | Sutherland | 8:35.59 |
| 7. Purcell, Cameron | 11 | Blue Mountai | 9:38.23 |
| 8. Brown, Ainslie | 15 | U.T.S. Norths | 8:48.45 |
| 9. Thomson, Jada | 13 | Nepean District | 8:49.15 |
| 10. Deagan, Rhianni | 12 | Nepean District | 9:45.54 |

LAVIC T&F CHAMPIONSHIPS, LAKESIDE STADIUM, ALBERT PARK, 11-12 MARCH

The Little Athletics Victoria T&F Championships last weekend at Albert Park saw huge numbers of our best Little Athletes competing in age groups ranging from U9 to U15. The track walk fields were big and there were lots of great performances, spearheaded by **Nikola Mandic** (U14 1500m Championship Record 6:14.48 - this was in fact only 1 second outside Troy

Sundstrom's 1995 Little Athletics U14 Australian Record of 6.13.4), **Luke Epps** U10 1100m 5:30.08), **Caitlin Charles** (U11 1100m), 5:35.56, **Joel Prys** (U11 1100m 5:24.81), **Liam Hutchins** (U9 700m 3:37.83) and **Teah Smith** (U9 700m 3:37.17). Far too many PBs to list so well done to everyone and to all the coaches, in particular **Frances Attard** and **Elke Raselli** who coached quite a few of the medalling walkers between them.

And of course there are lots of personal milestones for the walkers in such championships. For Ballarat walker **Alanna Peart**, who won the U14 Girls 1500m with a time of 6:53.78, it was her 6th win in a row (she has won each year from U9 700m onwards). A further win next year would give her consecutive wins in all 7 age groups. That is something we rarely see.

Boys U9 700m Walk

| | | | |
|-----|-------------------|-------------------|---------|
| 1. | Liam Hutchins | Knox | 3:37.83 |
| 2. | Hamish Blackwood | Knox | 3:44.78 |
| 3. | Remy Pandey | Nunawading | 4:02.37 |
| 4. | Tom Duncan | Traralgon | 4:07.75 |
| 5. | Ethan Nash | Diamond Vall | 4:23.35 |
| 6. | William Charles | Corio | 4:23.75 |
| 7. | Cullen Anderson | Cranbourne | 4:23.96 |
| 8. | Robert McDowell | Croydon | 4:33.13 |
| 9. | Campbell Lavender | Coburg | 4:46.00 |
| 10. | Samuel Rumpff | Maryborough | 4:50.01 |
| 11. | Lucas Kent | Sth Melb District | 4:57.19 |
| 12. | Jameson Ciappara | Brimbank | 5:21.95 |
| 13. | Tyler Duell | Wonthaggi | 5:23.44 |
| 14. | Thomas Merry | Whittlesea City | 5:23.69 |
| 15. | Eamon Austin | Bendigo | DQ |
| 16. | Benjamin Campbell | Diamond Vall | DQ |

Girls U9 700m Walk

| | | | |
|-----|--------------------|-----------------|---------|
| 1. | Teah Smith | Knox | 3:37.17 |
| 2. | Ashleigh Perkins | Pakenham | 3:38.98 |
| 3. | Amy Woolfe | Casey | 3:52.94 |
| 4. | Scarlett Adams | Whittlesea City | 3:55.09 |
| 5. | Madison Gillett | Corio | 4:03.05 |
| 6. | Alyssa Chapman | Knox | 4:08.84 |
| 7. | Tallulah Dunn | Geelong | 4:12.91 |
| 8. | Ella Duncan | Brimbank | 4:16.44 |
| 9. | Jorja Tallent | Ballarat | 4:23.72 |
| 10. | Georgia Courtis | Cranbourne | 4:24.99 |
| 11. | Mia Rayson | Corio | 4:26.57 |
| 12. | Taihlar-Jo Kampf | Whittlesea City | 4:28.65 |
| 13. | Elsa Leonard | Knox | 4:31.16 |
| 14. | Samantha Port | Nunawading | 4:31.65 |
| 15. | Madeleine McGregor | Box Hill | 4:40.68 |
| 16. | Rose Scanlon | Croydon | 4:52.47 |
| 17. | Koorina Spriggs | Hume | 4:58.29 |
| 18. | Elysia Dalton | Warragul | DQ |

Boys U10 1100m Walk

| | | | |
|-----|--------------------|------------------|---------|
| 1. | Luke Epps | Knox | 5:30.08 |
| 2. | Zachary Matters | Box Hill | 5:44.79 |
| 3. | Jake Tsigros | Whittlesea City | 5:56.36 |
| 4. | Archie Terlich | Wonthaggi | 6:06.76 |
| 5. | Ben Frewin | Caulfield | 6:07.82 |
| 6. | Brodie Tallent | Ballarat | 6:23.29 |
| 7. | Thomas Coombs | Ringwood | 6:30.32 |
| 8. | Dylan Marriott | Diamond Valley | 6:40.45 |
| 9. | Jaspa Adam | Frankston | 6:45.35 |
| 10. | Phillip Benton | Caulfield | 6:54.53 |
| 11. | Eamon Hill-Goodear | Geelong | 6:54.79 |
| 12. | Lachlan Rumley | Whittlesea City | 7:00.79 |
| 13. | Kobe de Run | Diamond Vall | 7:07.73 |
| 14. | Thomas Rose | Westernport | 7:14.19 |
| 15. | Thomas Farrell | Caulfield | 7:26.26 |
| 16. | Kaiden Roewer | Casey | 7:27.12 |
| 17. | Oscar Brown | Brimbank | 7:28.20 |
| 18. | Marcus Carelli | Preston-Res'voir | 7:33.41 |
| 19. | Brock Hamilton | Traralgon | 7:43.73 |
| 20. | Gurbir Singh | Whittlesea City | DQ |

Girls U10 1100m Walk

| | | | |
|-----|----------------------|------------------|----------|
| 1. | Alannah Upson | Seaford | 6:10.54 |
| 2. | Riannah Tatlock | Geelong | 6:11.44 |
| 3. | Michaela Payne | Geelong | 6:26.31 |
| 4. | Jasmine Murphy | Bendigo | 6:28.50 |
| 5. | Maddison Vaughan | Kilmore | 6:29.83 |
| 6. | Sarah Dickson | Geelong | 6:33.40 |
| 7. | Maddison Nash | Diamond Vall | 6:43.81 |
| 8. | Scarlett Wheeler | Yarra Ranges | 6:45.67 |
| 9. | Jaylen Mangion | Brimbank | 6:46.90 |
| 10. | Soha Abdelrahim | Casey | 7:00.36 |
| 11. | Amber Fox | Bendigo | 7:17.46 |
| 12. | Courtney Campbell | Bendigo | 7:21.50 |
| 13. | Zara Osborn | Preston-Res'voir | 7:22.89 |
| 14. | Nellie Sadler | Samperdown | 7:23.34 |
| 15. | Brianna Mastin | Sunbury | 7:23.57 |
| 16. | Isabel Koster | Mentone | 7:30.05 |
| 17. | Meredith Holden | Box Hill | 7:34.91 |
| 18. | Erin Taylor | Croydon | 7:40.31 |
| 19. | Ella Cunningham | Cranbourne | 7:43.50 |
| 20. | Keely Freestone | Cranbourne | 7:43.77 |
| 21. | Amelia Vernal | Coburg | 8:00.94 |
| 22. | Amelia Davidson | Diamond Vall | 8:03.80 |
| 23. | Isabel Falconer-Boag | Nunawading | 10:05.93 |
| 24. | Tayla Corbett | Frankston | DQ |

Boys U11 1100m Walk

| | | | |
|-----|----------------------|-------------|---------|
| 1. | Joel Prys | Knox | 5:24.81 |
| 2. | Stefan Mandic | Casey | 5:43.23 |
| 3. | Noah Burns | Geelong | 5:47.59 |
| 4. | Eden Morgan | Knox | 5:50.52 |
| 5. | Marcus Wakim | Collingwood | 6:00.25 |
| 6. | Sebastian Weickhardt | Werribee | 6:03.41 |
| 7. | Scott Peart | Ballarat | 6:03.94 |
| 8. | Liam McLennan | Doncaster | 6:09.86 |
| 9. | Justin Xuereb | Mentone | 6:14.24 |
| 10. | Xavier Scanlon | Croydon | 6:24.84 |
| 11. | Shannon Delaney | Seaford | 6:25.21 |

Girls U11 1100m Walk

| | | | |
|-----|------------------|--------------|---------|
| 1. | Caitlin Charles | Corio | 5:35.56 |
| 2. | Zarah Smith | Knox | 5:39.50 |
| 3. | Molly Holmes | Diamond Vall | 6:03.82 |
| 4. | Charlee Dickson | Diamond Vall | 6:11.58 |
| 5. | Charlotte Murphy | Bendigo | 6:14.50 |
| 6. | Arlia Whitehead | Traralgon | 6:23.56 |
| 7. | Chloe Colbert | Casey | 6:26.33 |
| 8. | Lucy Marescuk | Geelong | 6:30.64 |
| 9. | Abby Trezise | Westernport | 6:31.76 |
| 10. | Emma Starick | Box Hill | 6:32.93 |
| 11. | Hannah Brady | Geelong | 6:33.89 |

| | | | | | |
|----------------------|-----------------|---------|-----------------------|---------------|---------|
| 12. Toby Hearst | Caulfield | 6:28.37 | 12. Aria Wesson | Knox | 6:34.41 |
| 13. Oscar Fox | Bendigo | 6:29.43 | 13. Emily Smith | Seaford | 6:49.64 |
| 14. Zayne Adams | Whittlesea City | 6:35.17 | 14. Alessia Cavicchia | Ringwood | 6:55.80 |
| 15. Ethan Hellstrom | Diamond Vall | 6:41.86 | 15. Ella Sadler | Camperdown | 6:59.62 |
| 16. Jason Clappers | Cranbourne | 6:55.53 | 16. Olivia Moutia | Coburg | 7:01.62 |
| 17. Samuel Abolencia | Diamond Vall | 6:55.96 | 17. Amy Jones | Collingwood | 7:05.45 |
| 18. Corey Leamer | Corio | 6:57.28 | 18. Tara Ward | Knox | 7:07.68 |
| 19. Alex Tolson | Maryborough | 7:02.15 | 19. Phoebe Lonsdale | Bendigo | 7:11.40 |
| 20. Tommy Lomagno | Mentone | 7:03.77 | 20. Eden Mc Keown | Sth Peninsula | 7:21.40 |
| 21. Kyle Taylor | Keilor | 7:25.04 | 21. Taliah Black | Frankston | 7:25.92 |
| 22. Noah Menzies | Frankston | 8:02.04 | 22. Isabelle Walker | Geelong | 7:38.01 |
| 23. Chase Murphy | Dandenong | DQ | 23. Kayli Bartleet | Brighton | DQ |
| 24. Jett Bruton | Shepparton | DQ | | | |

Boys U12 1500m Walk

| | | |
|----------------------|-----------------|----------|
| 1. Liam O'Rourke | Knox | 8:07.36 |
| 2. Luke Ward | Knox | 8:09.69 |
| 3. Simon Battagello | Nunawading | 8:13.52 |
| 4. Fletcher Hughes | Geelong | 8:46.73 |
| 5. Nikita Djordjevic | Mentone | 8:50.27 |
| 6. Nicolas Bannan | Whittlesea City | 10:16.25 |
| 7. Taj de Run | Diamond Vall | 10:40.58 |
| 8. Ryan Hansen | Corio | DQ |

Girls U12 1500m Walk

| | | |
|----------------------------|------------------|---------|
| 1. Kaylah Heikkila Dubowik | Geelong | 8:14.77 |
| 2. Elise Carbery | Knox | 8:22.12 |
| 3. Gemma Lillie | Knox | 8:29.88 |
| 4. Adasha Boxer | Corio | 8:39.32 |
| 5. Ella Rayson | Corio | 8:45.80 |
| 6. Edie Bridgewater | Preston-Res'voir | 9:01.53 |
| 7. Naomi Nicola | Diamond Vall | 9:03.90 |
| 8. Alana Chapman | Whittlesea City | 9:12.43 |
| 9. Abigail McCulloch | Wonthaggi | 9:22.67 |
| 10. Catherine Dynes | Diamond Vall | 9:25.86 |
| 11. Zoe Pandey | Nunawading | 9:45.64 |
| 12. Emma Dalglish | Frankston | 9:50.58 |
| 13. Amali Malone | Geelong | 9:52.29 |
| 14. Kayla Bridges | Ballarat | DNF |
| 15. Lily Petterwood | Geelong | DQ |

Boys U13 1500m Walk

| | | |
|---------------------|-----------|----------|
| 1. Fraser Saunder | Ballarat | 7:47.70 |
| 2. Angus Hay | Knox | 7:51.41 |
| 3. Owen Costin | Geelong | 8:01.15 |
| 4. Oliver Armstrong | Geelong | 8:58.23 |
| 5. Tyson Lambrick | Dandenong | 10:15.03 |
| 6. Tyson Moffat | Sunbury | 10:17.40 |
| 7. Keelan Perry | Ararat | DQ |
| 8. Elijah Roewer | Casey | DQ |

Girls U13 1500m Walk

| | | |
|-------------------------|-----------------|----------|
| 1. Charlotte Hay | Knox | 7:07.12 |
| 2. Hayley Woolfe | Casey | 7:23.08 |
| 3. Jasmine Colbert | Casey | 7:37.18 |
| 4. Brianna Briet | Cranbourne | 7:51.05 |
| 5. Grace Louey | Knox | 7:54.15 |
| 6. Charlotte Holmes | Diamond Vall | 7:59.07 |
| 7. Tara Robinson | Corio | 8:01.26 |
| 8. Erica Brown Yamada | Box Hill | 8:01.97 |
| 9. Grace Young | Collingwood | 8:03.34 |
| 10. Jordyn Leamer | Corio | 8:09.35 |
| 11. Neeve Bakker-Graham | Geelong | 8:16.15 |
| 12. Claire Noonan | Yarra Ranges | 8:22.46 |
| 13. Tess Bartlett | Sherbrooke | 8:57.90 |
| 14. Brooke Palmer | Knox | 8:58.72 |
| 15. Charlotte Gibbs | Brighton | 9:10.19 |
| 16. Eliza Thompson | Frankston | 9:12.73 |
| 17. Jade Chitty | Werribee | 9:15.66 |
| 18. Kayla Trezise | Westernport | 9:37.26 |
| 19. Mia Strudley | Yarra Ranges | 9:40.95 |
| 20. Kelsea Bannan | Whittlesea City | 10:24.22 |

Boys U14 1500m Walk

| | | |
|-----------------------|-----------------|---------|
| 1. Nikola Mandic | Casey | 6:14.48 |
| 2. Will Thompson | Frankston | 6:44.06 |
| 3. Nikolaj Djordjevic | Mentone | 6:56.06 |
| 4. Bede Collis | Diamond Vall | 7:33.13 |
| 5. Heath Beveridge | Brimbank | 7:44.19 |
| 6. Riley Turnbull | Knox | 9:00.38 |
| 7. Luke Phillips | Croydon | 9:02.15 |
| 8. Jayden Day | Whittlesea City | 9:03.28 |
| 9. Alex Hayes | Seaford | 9:18.71 |
| 10. William Pendred | Ballarat | DQ |

Girls U14 1500m Walk

| | | |
|--------------------|--------------|---------|
| 1. Alanna Peart | Ballarat | 6:53.78 |
| 2. Arnika Nelson | Corio | 7:13.38 |
| 3. Amaliya Taylor | Geelong | 7:44.60 |
| 4. Carissa Brook | Bendigo | 7:50.91 |
| 5. Mia Ward | Knox | 8:38.44 |
| 6. Libby Riviere | Geelong | 8:39.45 |
| 7. Charli Walker | Geelong | 8:41.74 |
| 8. Jess Fitzgerald | Dandenong | 9:42.24 |
| 9. Zoe Ford | Yarra Ranges | 9:54.20 |

Boys U15 1500m Walk

| | | |
|------------------|--------------|---------|
| 1. William Dynes | Diamond Vall | 6:48.63 |
| 2. Corey Dickson | Knox | 6:56.36 |

Girls U15 1500m Walk

| | | |
|----------------------|------------|---------|
| 1. Chloe Karagiorgos | Knox | 6:57.98 |
| 2. Jasmin Hass | Sherbrooke | 7:25.40 |

| | | | | | | | |
|----|----------------|------------|---------|-----|-------------------|-----------------|----------|
| 3. | Joseph Rickard | Mornington | 8:01.24 | 3. | Kathleen O'Mahony | Knox | 7:34.89 |
| 4. | Joshua Cooper | Corio | DNF | 4. | Holly Cocking | Nunawading | 7:43.71 |
| | | | | 5. | Bianca Morrow | Cranbourne | 8:16.52 |
| | | | | 6. | Rebekah Powierski | Nunawading | 8:46.57 |
| | | | | 7. | Jessie Tolson | Maryborough | 8:47.76 |
| | | | | 8. | Sophie Coughlin | Casey | 8:49.93 |
| | | | | 9. | Tara Matheson | Casey | 9:08.79 |
| | | | | 10. | Frances Collis | Diamond Vall | 9:21.47 |
| | | | | 11. | Chantal Klep | Knox | 9:41.08 |
| | | | | 12. | Isabella Dingli | Mentone | 9:41.98 |
| | | | | 13. | Gabrielle Sims | Whittlesea City | 10:46.89 |

Thanks to Shane Dickson for his photos at <https://www.facebook.com/media/set/?set=oa.1418222361530262> and to Kerrie Peart for her photos as well. A short selection here:



Hamish Blackwood (U9), Liam Hutchins (U9), Luke Epps (U10) and Charlotte Hay (U13) - photos Shane Dickson



*Left: Corey Dickson and William Dynes (U15) – Photo Shane Dickson
Centre: U14 Boys medallists Will Thompson, Nikola Mandic and Nikolaj Djordjevic – Photo Kerrie Peart
Right: U14 Girls Podium: Arnika Nelson, Alanna Peart and Amaliya Taylor – photo Kerrie Peart*



The young walkers from the Ballarat Little Athletics Centre also did well in the LAVic titles – photo Kerrie Peart

SAMA TRACK WALKS, SA ATHLETICS STADIUM, MILE END, ADELAIDE SUNDAY 12 MARCH

To Adelaide where the South Australian Masters had a 10,000m track walk on Sunday morning. Fastest time to **Peter Crump** (1:00:47).

10,000m Walk

| | | | | |
|----|-------------------|---------|-----|--------|
| 1. | Margaret McIntosh | 1:26:02 | W64 | 63.43% |
| 1. | Marie Maxted | 1:06:32 | W56 | 74.24% |
| 1. | Leigh Smith | 1:22:43 | M81 | 72.96% |
| 2. | David Robertson | 1:25:58 | M83 | 72.66% |
| 1. | Rodger Barber | 1:18:38 | M78 | 73.14% |
| 1. | James Hoare | 1:14:20 | M70 | 69.24% |
| 2. | Roger Lowe | 1:23:22 | M73 | 64.19% |
| 1. | Kevin Finn | 1:06:56 | M65 | 72.49% |
| 2. | Gil McIntosh | 1:08:27 | M66 | 71.69% |
| 1. | Peter Crump (F/T) | 1:00:47 | M56 | 73.01% |

QMA T&F MEET, SQAC, BRISBANE, SUNDAY 12 MARCH

Not many Queensland Masters in action in Brisbane on Sunday.

5000m Walk

| | | | | | |
|----|-----------------|-----|----------|----------|--------|
| 1. | Ignacio Jimenez | M51 | Brisbane | 25:00.47 | 81.99% |
| 2. | Peter Bennett | M61 | Brisbane | 26:14.61 | 85.48% |
| 3. | Noela McKinven | W74 | Brisbane | 40:14.83 | 70.02% |

AACT SUMMER SERIES T&F MEET, AIS ATHLETICS TRACK, BRUCE, SUNDAY 12 MARCH

And to complete my Australian roundup, the results of the Athletics ACT Summer Series 3000m walk in Canberra.

3000m Walk

| | | | |
|----|----------------------|--------------|---------|
| 1. | Hosking, Simon | South Canber | 15:21.2 |
| 2. | Manning, Hannah | North Canber | 16:05.5 |
| 3. | Henderson, Elizabeth | North Canber | 18:03.9 |

INTERNATIONAL WALKS MEET, CIUDAD JAUREZ, MEXICO, SUNDAY 12 MARCH

The 2017 IAAF Race Walking Challenge continued last Sunday with the first of two Mexican stages, that of Ciudad Juarez. The meet featured elite 20km walks for men and women and the races had both a strong Mexican and international mixture.

Good race report and photos at http://www.marciadalmundo.com/eng/dettagli_news.aspx?id=2741. IAAF correspondent Javier Clavelo Robinson has also put out its own comprehensive report at <https://www.iaaf.org/news/report/gonzalez-wins-ciudad-juarez-20km>.

In the women's 20km, 2016 Olympic silver medallist and defending champion **Maria Guadalupe Gonzalez** (MEX) went in as favourite and did not disappoint, leading the whole way and finishing in 1:28:59 (10km in 46:03). Second place went to South American record holder **Erica de Sena** (BRA) with 1:30:49, ahead of **Ana Cabecinha** (POR) with 1:31:47 and new 50km world record holder **Ines Henriques** (POR) with 1:32:34.

"I achieved my goal and things turned out my way. It is a fast course and the weather conditions helped me walk faster than expected. I will continue my preparation plan for the World Championships. We all want to get there in top form," said Gonzalez, who will compete again at the Pan American Race Walking Cup in Lima, Peru, May 13-14.

In the men's 20km walk, the pace was slow early with 23 walkers still in contention at the 8km mark. At that stage **Omar Pineda** (MEX) made his move, reaching the half way mark in 41:54, some 10 secs ahead of the chase pack which was led by **Eider Arevalo** (COL), **Andres Chocho** (ECU), **Evan Dunfee** (CAN) and **Horacio Nava** (MEX). It was not until 17km that Arevalo was able to bridge the gap to Pineda. Arevalo then pulled clear, going on to cross the finish line first in 1:22:29, 9 seconds clear of Pineda and denying Mexico a second win.

Arevalo has been undefeated in Mexico. He claimed the junior gold at the 2010 World Cup and won as a senior in 2014, both in Chihuahua, four hours south of Ciudad Juarez. "I felt great throughout the event and increased the tempo with four kilometres to the finish line. I managed to overtake the Mexican (Pineda) in the last kilometre. I started my season on a good note and it showed me I am on the right path. The main goal is the World Championships in London," said Arevalo, who gave himself a birthday present after turning 24 three days earlier.

Third place saw a very interesting battle between 50km specialists Chocho and **Horacio Nava** (MEX). Throughout the last lap, the two had walked almost shoulder to shoulder and it was only in the dying stages of the race that the Ecuadorian could break away, finishing third with 1:22:47, two seconds clear of Nava.

The host country swept all medals in the junior 10km race. **Andres Eduardo Oliva** dominated the men's field in 41:21, followed by **Gustavo Israel Solis** (41:33) and **Federico Gonzalez** (42:38). **Alegna Aryday Gonzalez** was first among the girls in 45:25, ahead of **Vivian Lizbeth Castillo** (45:40) and **Iliana Mercedes Garcia** (47:22). A family 2km walk drew around 700 participants.

A total of 168 athletes from 18 countries competed in Ciudad Juarez. Many of these competitors will travel to Monterrey, also in Mexico, for the third stop of the Challenge next Sunday. In addition to the junior 10km and elite 20km, the 50km will be contested.

The New Zealanders performed well (**Quentin Rew** 14th with 1:25:30 and **Alana Barber** 9th 1:34:56) but the Australians struggled (**Beki Smith** 12th 1:37:51 and DNFs to **Jared Tallent** and **Regan Lamble**).

Women 20km Race Walk

| | | | | |
|-----|---------------------------------|------------|-----------|----------------|
| 1. | Maria Guadalupe GONZALEZ ROMERO | MEX | 89 | 1:28:59 |
| 2. | Erica ROCHA DE SENA | BRA | 85 | 1:30:49 |
| 3. | Ana CABECINHA | POR | 84 | 1:31:47 |
| 4. | Ines HENRIQUES | POR | 80 | 1:32:34 |
| 5. | Sandra Lorena ARENAS | COL | 93 | 1:32:52 |
| 6. | Ángela CASTRO | BOL | 93 | 1:33:12 |
| 7. | María SÁNCHEZ GÓMEZ | MEX | 77 | 1:33:28 |
| 8. | Maritza Rafaela PONCIO | GUA | 94 | 1:34:26 |
| 9. | Alana BARBER | NZL | 87 | 1:34:56 |
| 10. | Ilse GUERRERO | MEX | 93 | 1:35:35 |
| 11. | Valeria ORTUÑO | MEX | 98 | 1:35:47 |
| 12. | Beki SMITH | AUS | 86 | 1:37:51 |
| 13. | Lizbeth SILVA | MEX | 89 | 1:38:08 |
| 14. | Andrea MARTINEZ | MEX | 88 | 1:39:00 |
| 15. | Mariela SANCHEZ TERAN | MEX | 91 | 1:41:25 |
| 16. | Jamy FRANCO NUNEZ | GUA | 91 | 1:41:35 |
| 17. | Yesenia MIRANDA | ESA | 94 | 1:41:39 |
| 18. | Nadia Lizeth GONZALEZ MONJARREZ | MEX | | 1:42:05 |
| 19. | Katie BURNETT | USA | 88 | 1:42:53 |
| 20. | Rebeca Pamela ENRIQUEZ PIGEON | MEX | | 1:43:50 |
| 21. | Loira ALVAREZ | MEX | | 1:44:44 |

| | | | | |
|-----|--------------------------------|------------|-----------|------------|
| 22. | Odeth GHUANCA | BOL | 97 | 1:46:29 |
| 23. | Diana VELAZQUEZ | MEX | | 1:46:59 |
| 24. | Diana MIRANDA ARAGON | MEX | | 1:48:50 |
| 25. | Anita RICO | CHI | 85 | 1:50:47 |
| 26. | Edna Paulina QUINTANILLA AVILA | MEX | | 1:53:41 |
| 27. | Ilena OCAMPO | CRC | 88 | 2:00:03 |
| 28. | Fabiola COVARRUBIAS | MEX | | 2:04:59 |
| | Regan LAMBLE | AUS | 91 | DNF |
| | Sandra NEVAREZ | MEX | 93 | DQ |
| | Viktória MADARÁSZ | HUN | 85 | DNF |

Men 20km Race Walk

| | | | | |
|-----|-------------------------------|------------|-----------|----------------|
| 1. | Eider AREVALO | COL | 93 | 1:22:29 |
| 2. | Omar PINEDA | MEX | 94 | 1:22:38 |
| 3. | Andres CHOCHO | ECU | 83 | 1:22:47 |
| 4. | Horació NAVA | MEX | 82 | 1:22:50 |
| 5. | Jorge Alejandro MARTINEZ BAEZ | MEX | 90 | 1:22:59 |
| 6. | Evan DUNFEE | CAN | 90 | 1:23:00 |
| 7. | José Luis DOCTOR | MEX | 96 | 1:23:36 |
| 8. | Eder SÁNCHEZ | MEX | 86 | 1:24:15 |
| 9. | Ricardo ORTIZ | MEX | 95 | 1:24:41 |
| 10. | Ever PALMA OLIVARES | MEX | 92 | 1:24:45 |
| 11. | Carlos SÁNCHEZ CANTERA | MEX | | 1:24:50 |
| 12. | Armando MERINO PEREZ | MEX | 89 | 1:24:58 |
| 13. | Brandon SEGURA | MEX | | 1:25:26 |
| 14. | Quentin REW | NZL | 84 | 1:25:30 |
| 15. | Gregorio AJCAM | GUA | 93 | 1:25:36 |
| 16. | Perseus KARLSTRÖM | SWE | 90 | 1:25:54 |
| 17. | Eduardo Daniel TINOCO | MEX | | 1:25:55 |
| 18. | Federico TONTODONATI | ITA | 89 | 1:26:01 |
| 19. | Jürgen Everhard GRAVE CHAVEZ | GUA | 96 | 1:26:04 |
| 20. | Noel CHAMA | MEX | 97 | 1:26:31 |
| 21. | Caio Oliveira DE SENA BONFIM | BRA | 91 | 1:26:47 |
| 22. | Jesus Tadeo VEGA | MEX | 94 | 1:26:50 |
| 23. | José Alejandro BARRONDO | GUA | 96 | 1:27:16 |
| 24. | Virgilio GALINDO | MEX | 94 | 1:27:22 |
| 25. | Mauricio ARTEAGA | ECU | 88 | 1:27:56 |
| 26. | Ato IBANEZ | SWE | 85 | 1:27:59 |
| 27. | Anders HANSSON | SWE | 92 | 1:29:08 |
| 28. | Jorge ESTRADA | MEX | 95 | 1:29:08 |
| 29. | Diego FLORES HINOJOSA | MEX | 87 | 1:29:10 |
| 30. | Ronal Rey QUISPE MISME | BOL | 89 | 1:29:15 |
| 31. | Gabriel MENDOZA GALLEGOS | MEX | | 1:29:21 |
| 32. | Mathieu BILODEAU | CAN | 88 | 1:30:00 |
| 33. | Yereman SALAZAR | VEN | 78 | 1:30:19 |
| 34. | Luis Alfonso LÓPEZ MENJIVAR | ESA | 94 | 1:30:48 |
| 35. | Deiby Cordero ZUNIGA | CRC | 92 | 1:30:52 |
| 36. | Cristian David BERDEJA | MEX | 81 | 1:31:17 |
| 37. | Pablo RODRIGUEZ | BOL | 97 | 1:32:01 |
| 38. | Jared TALLENT | AUS | 84 | 1:32:01 |
| 39. | Carlos MEJIA | MEX | | 1:32:41 |
| 40. | Nick CHRISTIE | USA | 91 | 1:32:52 |
| 41. | Marc MUNDELL | RSA | 83 | 1:33:49 |
| 42. | Alfredo RODRIGUEZ CATANO | MEX | | 1:34:54 |
| 43. | Remo KARLSTRÖM | SWE | 88 | 1:36:58 |
| 44. | Manuel Angel LOPEZ | MEX | | 1:38:49 |
| 45. | Diego SOLIS | MEX | | 1:38:55 |
| 46. | José OLIVARES | MEX | | 1:39:08 |
| 47. | Agustin TRUJILLO | MEX | | 1:39:43 |
| 48. | Lauro TOVAR | MEX | | 2:09:24 |
| | Pablo ROSARIO | PUR | | DNF |
| | Yerko ARAYA | CHI | 86 | DNF |
| | Sándor RÁCZ | HUN | 86 | DNF |

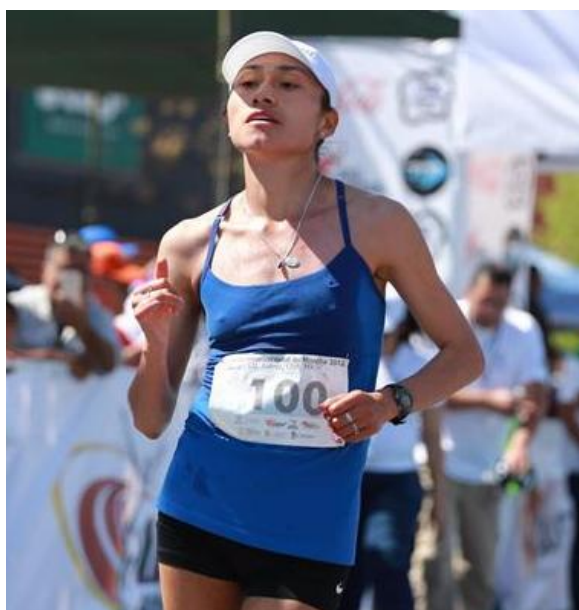
U20 Women 10km

| | | | | |
|----|------------------------------------|-----|--|-------|
| 1. | Alegna Aryday González Muñoz | MEX | | 45.25 |
| 2. | Vivian Lizbeth Castillo Villamares | MEX | | 45.40 |

| | | | |
|----|----------------------------------|-----|---------|
| 3. | Iliana Mercedes García Lormendez | MEX | 47.22 |
| 4. | Maria Alejandra Chaparro Salinas | COL | 49.00 |
| 5. | Cerati Carrillo Meza | MEX | 1.03.15 |

U20 Men 10km

| | | | |
|-----|----------------------------------|-----|-------|
| 1. | Andres Eduardo Olivas Nuñez | MEX | 41.21 |
| 2. | Gustavo Israel Solis Avendaño | MEX | 41.33 |
| 3. | Federico Gonzalez Gonzalez | MEX | 42.38 |
| 4. | Angel De Jesus Colunga Rodriguez | MEX | 44.04 |
| 5. | Jefferson Daniel Segura Zepeda | MEX | 44.06 |
| 6. | Carlos Emiliano Mercenario Arsof | MEX | 44.42 |
| 7. | Victor Manuel Vega Ortiz | MEX | 44.58 |
| 8. | Darwin Omar Coarita Quispe | BOL | 45.43 |
| 9. | Jan Banda Valdez | MEX | 45.50 |
| 10. | Gerson Otoniel Navas Jimenez | ESA | 45.53 |
| 11. | Victor Abraham Sanchez Romero | MEX | 46.14 |
| 12. | Saul Mena Gomez | MEX | 50.02 |
| 13. | Armando Amarillas Bustillos | MEX | 57.01 |



Maria Guadalupe Gonzalez and Eider AREVALO win in Mexico on Sunday (photos www.iaaf.org)

FRENCH ROADWALK CHAMPIONSHIPS, LA ROCHE SUR YON, FRANCE, SUNDAY 12 MARCH

Emmanuel Tardi was at the French Roadwalk championships which were held last Sunday in La Roche sur Yon, about 450km SW of Paris. It was a big day with National Open and Masters Championships on offer for 20km men and women and 50km men. The meet also featured ancilliary events for U20 10km men and women and 50km women.

Unfortunately, no women started in the 50km but the men's 50km saw a big field of 17 get underway at 8AM on the 1km road course. With no clear favourite, Fabian Fesselier, Maxime Lecaplain, Florian Mayer and **Hugo Andrieu** led together for the first 25km before Andrieu broke free, going on to win by nearly 15 minutes with 4:06:42.

In the men's 20km, **Yohann Diniz** led for the first 7km but was then forced to stop, in pain from a broken rib. This opened the door for **Kevin Campion** who went on to win easily with 1:21:08, a clear qualifier for the London World Champs.

In the women's 20km, **Emilie Menuet** and Tunisian **Chahinez Nasri** led out from the gun. After 5km it was Menuet alone in front, eventually winning comfortably with her own World Champs qualifier of 1:32:00.

Results: <http://bases.athle.com/asp.net/liste.aspx?frmbase=resultats&frmcode=1&frmespace=0&frmcompetition=197663> and <http://bases.athle.com/asp.net/liste.aspx?frmbase=resultats&frmcode=1&frmespace=0&frmcompetition=202403>.

Emmanuel's photos: https://www.facebook.com/emmanuel.tardi/media_set?set=a.10210805110637986.1073741914.1657411914.

Other photos:

<https://photos.google.com/share/AF1QipOwkC2lxgw3JTmAnr0PUe6XrxELBgxGRvFEaADkS6QsErehpBDxCMjnGU2t1G4klQ?key=UXFiVGhtcmp0V3B4UUvmUHdyU0IDWjhEeljhVdR>.

20km Open and Masters Men

| | | | | |
|-----|----------------------|--------------------------------|--------|---------|
| 1. | CAMPION Kevin | Afa Feyzin-venissieux | SEM/88 | 1:21:08 |
| | AMEZCUA Luis alberto | ESP | SEM/ | 1:21:51 |
| 2. | QUINION Aurelien | Entente Franconville Cesame Va | SEM/93 | 1:24:49 |
| 3. | BLANCHETEAU Jean | Athle Bourgogne Sud | ESM/96 | 1:24:49 |
| 4. | BERNABE Fabien | Sco Ste-marguerite Marseille* | ESM/95 | 1:24:51 |
| 5. | BOYEZ Antonin | Doubs Sud Athletisme* | SEM/84 | 1:25:17 |
| 6. | BORDIER Gabriel | Us St Berthevin | ESM/97 | 1:26:46 |
| | CAPRICE Erick | MRI | SEM/83 | 1:28:49 |
| 7. | MOLMY Damien | Ca Montreuil 93 | SEM/88 | 1:29:33 |
| | OTHMANI Khaled | TUN | SEM/89 | 1:32:14 |
| 8. | DESJARDINS Florian | Rouen Maromme Mont Saint A | SEM/94 | 1:32:42 |
| 9. | MUTTER Axel | Ac Roche-sur-yon * | ESM/96 | 1:33:47 |
| 10. | DELAUNAY Sebastien | Ca Du Pays Saumurois * | VEM/74 | 1:34:15 |
| 11. | RAMON Fabrice | Entente Poitiers Athle 86 | VEM/70 | 1:34:48 |
| 12. | POIROUT Stephane | Entente Des Mauges* | VEM/76 | 1:36:27 |
| 13. | HADULA Ludovic | Stadoceste Tarbes | SEM/87 | 1:36:32 |
| 14. | BOUTRAIS Andy | Stade Sottevillais 76* | SEM/91 | 1:36:36 |
| 15. | CHENU Joffrey | Clil Armentieres | SEM/82 | 1:39:21 |
| 16. | PICHON Nicolas | Es Segre Haut Anjou * | VEM/70 | 1:39:33 |
| 17. | POTIER Nicolas | Athle Pays De Fougères * | SEM/89 | 1:40:05 |
| 18. | CHENU Remy | Clil Armentieres | SEM/85 | 1:40:45 |
| 19. | ADAM Dorian | Bordeaux Athle* | ESM/97 | 1:42:18 |
| 20. | AUGER Alexis | Ga Noisy Le Grand | SEM/88 | 1:42:51 |
| 21. | VALLEE Kyrian | Sa Toulouse Uc | SEM/94 | 1:43:34 |
| 22. | LEBLOND Cyrille | Rouen Maromme Mont Saint A | VEM/73 | 1:44:37 |
| 23. | DURAND-PICHARD David | Athletisme Metz Metropole* | VEM/72 | 1:46:01 |
| 24. | ROUSSIASSE Lucas | Entente Angevine Athletisme* | ESM/97 | 1:46:09 |
| 25. | LEGENTIL Cyril | Dynamic Aulnay Club | SEM/86 | 1:46:44 |
| 26. | LEGENTIL Marc | Dynamic Aulnay Club | SEM/84 | 1:47:12 |
| 27. | DE NEVE Nicolas | Athletisme Chamalieres | SEM/93 | 1:47:53 |
| 28. | BROCHOT Patrice | Tarbes Pyrenees Athletisme | VEM/51 | 1:48:02 |
| 29. | ROCHARD Benoit | Ac Roche-sur-yon * | VEM/69 | 1:48:21 |
| 30. | DAHM Florent | Ca Montreuil 93 | SEM/87 | 1:49:29 |
| 31. | LE MAGUERESSE Loic | Nantes Metropole Athletisme* | VEM/57 | 1:51:51 |
| 32. | SEGEAT Benjamin | Athle Pays De Fougères * | ESM/97 | 1:53:10 |
| 33. | DAMBRINE Benoit | Yonne Ac* | ESM/95 | 1:53:39 |

20km Open and Masters Women

| | | | | |
|-----|-------------------------|--------------------------------|--------|---------|
| 1. | MENUET Emilie | Aj Blois-onzain | SEF/91 | 1:32:00 |
| | NASRI Chahineze | TUN | ESF/96 | 1:34:52 |
| 2. | QUENNEHEN Marine | Ca Montreuil 93 | SEF/91 | 1:38:12 |
| 3. | BERETTA Clemence | Athletic Vosges Entente Clubs* | ESF/97 | 1:38:23 |
| 4. | BAUDOIN Corinne | Montpellier Athletic Mediterra | SEF/80 | 1:38:36 |
| 5. | AUFFRET Lucie | Entente Franconville Cesame Va | SEF/88 | 1:38:47 |
| 6. | MARCOU Amandine | Sa Merignac | SEF/92 | 1:40:15 |
| 7. | NAZE Cecile | Mouy Atac | ESF/95 | 1:44:37 |
| 8. | BARRITAUULT Lucie | Athletic Trois Tours* | SEF/90 | 1:45:07 |
| 9. | RUHARD DELHORS Maud | Villeneuve D Ascq Fretin Athle | SEF/83 | 1:46:24 |
| 10. | CERANTOLA Laury | Sa Merignac | SEF/92 | 1:46:52 |
| 11. | CHAPILLON Roseline | Ca Balma | VEF/68 | 1:49:44 |
| 12. | UDIN Servane | Ea Pays De Broceliande | SEF/88 | 1:50:41 |
| 13. | SAOU Virginie | Dijon Uc* | SEF/82 | 1:50:52 |
| 14. | CASALE Maeva | Ca Balma | ESF/97 | 1:51:10 |
| 15. | DEMON Sonia | Efs Reims A. * | VEF/72 | 1:51:20 |
| 16. | BARRE Christelle | Racing Club Nantais * | VEF/72 | 1:54:01 |
| 17. | LE NAY Roseline | Athle Pays De Fougères * | ESF/96 | 1:54:52 |
| 18. | RAMIREZ GOMEZ Alejandra | Alsace Nord Athletisme* | VEF/76 | 1:54:57 |
| 19. | LETERTRE Marine | Ea Cessonaise* | SEF/91 | 1:55:17 |
| 20. | BRUNET Elisabeth | Tarbes Pyrenees Athletisme | SEF/86 | 1:55:35 |
| 21. | AUSELLO Morgane | Nice Cote D:azur Athletisme * | SEF/92 | 1:55:42 |
| 22. | BILLA Jeanne | As Caluire Et Cuire | ESF/96 | 1:56:12 |
| 23. | OSMONT Caroline | As Tourlaville | ESF/96 | 1:58:03 |

| | | | | |
|-----|---------------------------|--------------------------------|--------|---------|
| 24. | MIALDEA Eva | Correze Athle* | ESF/97 | 1:58:31 |
| 25. | KACEM Rahil | Nice Cote D:azur Athletisme * | SEF/79 | 1:59:31 |
| 26. | DAOULAS Roxanne | Tregueux Athletisme | SEF/94 | 1:59:40 |
| 27. | THIBAUDEAU Anne-charlotte | Us St Berthevin | SEF/93 | 2:00:21 |
| 28. | LEBRETON Maelenn | Haute Bretagne Athletisme * | ESF/97 | 2:00:39 |
| 29. | SEVELLEC Sylvie | Ea Cessonaise* | VEF/64 | 2:00:44 |
| 30. | VIDALINC Celia | Clermont Athletisme Auvergne * | ESF/96 | 2:01:51 |
| 31. | LAVILLE Francoise | Marne Et Gondoire Athletisme | VEF/56 | 2:02:04 |
| 32. | CORNET Therese | Asvel Villeurbanne* | VEF/58 | 2:02:29 |
| 33. | MARQUIS Cecile | Rcf Issy Avia | VEF/71 | 2:04:15 |
| 34. | JEAN Sandra | Tarbes Pyrenees Athletisme | VEF/73 | 2:04:43 |
| 35. | SCHOTT Tiphaine | Cs Saint-louis (als) | SEF/87 | 2:08:43 |
| 36. | BARRITAUULT Lea | Athletic Trois Tours* | ESF/96 | 2:10:19 |
| 37. | MARCOTTI Adele | Athletic Club Salonais * | ESF/97 | 2:10:25 |
| 38. | LANGLOIS Cloe | Dynamic Aulnay Club | ESF/97 | 2:12:05 |

50km Open Men

| | | | | |
|-----|---------------------|--------------------------------|--------|---------|
| 1. | ANDRIEU Hugo | Uavh Aubagne* | SEM/92 | 4h06:42 |
| 2. | LECAPLAIN Maxime | Ea Mondeville Herouville* | SEM/94 | 4h21:40 |
| 3. | MAYER Florian | Alsace Nord Athletisme* | ESM/96 | 4h25:34 |
| 4. | LEAUTE Benjamin | Villeneuve D Ascq Fretin Athle | SEM/88 | 4h39:54 |
| 5. | FAITEAU Maxime | Entente Poitiers Athle 86 | SEM/90 | 4h46:20 |
| 6. | ERARD Christophe | Asm Bar-le-duc | VEM/70 | 4h58:40 |
| 7. | BOLLINGER Vincent | Dynamic Aulnay Club | SEM/84 | 5h04:37 |
| 8. | VAN HILLE Dominique | Nice Cote D:azur Athletisme * | VEM/77 | 5h06:14 |
| 9. | BERGEAL Arthur | Elan 91 (palaiseau)* | SEM/84 | 5h20:05 |
| 10. | BECQUERELLE Maxime | Stade Dieppois | SEM/92 | 5h20:53 |
| 11. | HUGON Dimitri | Stadoceste Tarbes | VEM/68 | 5h28:44 |
| 12. | MASSE Gregory | Villeneuve D Ascq Fretin Athle | VEM/72 | 5h41:46 |

U20 Women 10km

| | | | | |
|-----|---------------------------|--------------------------------|--------|---------|
| 1. | AURRIERE Camille | Us St Berthevin | JUF/98 | 49:28 |
| 2. | TERREC Eloise | Ac Roche-sur-yon * | JUF/98 | 50:55 |
| 3. | LACROIX Sarah | Evian Off Course | JUF/98 | 52:18 |
| 4. | LEFRESNE Manon | Athle Pays De Fougères * | CAF/00 | 52:26 |
| 5. | HFEF Amel (Tun) | Ca Balma | JUF/98 | 52:49 |
| 6. | TERREC Maelle | Ac Roche-sur-yon * | CAF/01 | 53:27 |
| 7. | PESLERBE Bertille | Ea Pays De Broceliande | JUF/98 | 55:24 |
| 8. | BODIN Kassandra | Aj Blois-onzain | CAF/00 | 55:32 |
| 9. | TORREZ Emeline | Ac Cauffry-liancourt-rant-laig | CAF/00 | 55:36 |
| 10. | LEBRETON Gwennan | Haute Bretagne Athletisme * | JUF/99 | 55:57 |
| 11. | RIGOLET Marie | Racing Club Haut-jura Morez | JUF/98 | 56:01 |
| 12. | DOUMENJOU LARROQUE Clarys | Entente Bassin Athletisme* | JUF/98 | 56:08 |
| 13. | CHAINTRON Lea | Aj Blois-onzain | JUF/99 | 56:53 |
| 14. | CORMIER Chloe | As Fleury Les Aubrais Saran At | JUF/98 | 58:23 |
| 15. | MAXENCE Mathilde | Athletic Club Salonais * | JUF/99 | 1:03:27 |

U20 Men 10km

| | | | | |
|-----|------------------------|--------------------------------|--------|-------|
| 1. | KUSTER David | Pays De Colmar Athletisme* | JUM/99 | 41:53 |
| 2. | BOURNIER Justin | Dole Ac | JUM/99 | 45:21 |
| 3. | GOGNIES Ryan | Efs Reims A. * | CAM/00 | 46:05 |
| 4. | CHAUMETTE Valentin | Beauvais Oise Union Club* | CAM/00 | 46:21 |
| 5. | HFEF Mohamed ali (Tun) | Ca Balma | JUM/99 | 47:35 |
| 6. | HERICIER Hugo | Havre Ac | JUM/98 | 47:39 |
| 7. | LE MEUR Steven | Cep Lorient | JUM/98 | 48:03 |
| 8. | LEBON Hugo | As Fleury Les Aubrais Saran At | JUM/99 | 48:38 |
| 9. | ROBICHON Alexis | Ac Roche-sur-yon * | CAM/00 | 49:19 |
| 10. | DUC Matteo | As Aix-les-bains* | CAM/01 | 49:37 |
| 11. | HAGUE Anthony | Stade Brestois * | JUM/99 | 50:04 |
| 12. | BLAID Leandre | Ac Roche-sur-yon * | JUM/99 | 50:50 |
| 13. | CHABLAT Valentin | Nantes Metropole Athletisme* | CAM/00 | 51:29 |
| 14. | GRELLIER Hugo | Ac Roche-sur-yon * | JUM/99 | 52:11 |
| 15. | MARON Thibault | Ecla Albi* | CAM/00 | 53:56 |
| 16. | RENOLLET Quentin | Charleville Mezieres Athletism | CAM/00 | 55:29 |
| 17. | BESSONIER Raphael | Aj Blois-onzain | CAM/00 | 55:30 |



Camille Auriere, Johann Diniz, Kevin Campion, Hugo Andrieu, Emilie Menuet and David Kuster (photos Emmanuel Tardi)

2017 ERWL FILE MILES WALK, DONKEY LANE, ENFIELD, SATURDAY 11 MARCH

Thanks to Ron Wallwork for the results of race 3 in the Essex Race Walking League in London.

The lowest turnout of the year so far was probably due to a goodly number of Leaguers saving themselves for the BMAF indoor championships at LVAC the following day. In exceedingly mild conditions, double Olympian **Neringa Aidiecyte** demolished the field and looked very impressive doing it. **Helen Middleton** and **Maureen Noel** set season pb's.

5 Miles Walk Men © = Centurion - *=pb

| | | | | |
|-----|------------------|---------------|-------|-----|
| 1. | Jim Ball | Steyning AC | 43.49 | M50 |
| 2. | Sebastian Parris | Ilford AC | 48.12 | SM |
| 3. | Stuart Bennett © | Ilford AC | 48.32 | M55 |
| 4. | Gary Smith © | Enfield HAC | 50.01 | M60 |
| 5. | John Ralph | Enfield HAC | 50.33 | M60 |
| 6. | Ken Bobbett | Hillingdon AC | 52.27 | M70 |
| 7. | John Borgars © | Loughton AC | 52.54 | M70 |
| 8. | Chris Flint © | Surrey WC | 53.54 | M70 |
| 9. | Andrew Cox | Hillingdon AC | 53.55 | M60 |
| 10. | Dan Maskell | Surrey WC | 54.16 | M65 |
| 11. | Arthur Thomson | Enfield HAC | 55.24 | M80 |
| 12. | Dave Hoben | Surrey WC | 57.30 | M60 |
| 13. | David Delaney | Surrey WC | 61.20 | M70 |
| 14. | Mick Barnbrook © | Ilford AC | 63.37 | M70 |
| 15. | Dave Ainsworth © | Ilford AC | 67.13 | M65 |
| 16. | Mark Culshaw | Belgrave H | DNF | M50 |

5 Miles Walk Women

| | | | | |
|----|-------------------|---------------|-------|-----|
| 1. | Neringa Aidiecyte | Ilford AC | 40.48 | W30 |
| 2. | Helen Middleton | Enfield HAC | 49.01 | W50 |
| 3. | Maureen Noel | Belgrave H | 50.10 | W50 |
| 4. | Fiona Bishop | Woking AC | 53.57 | W55 |
| 5. | Jo Miles | Hillingdon AC | 56.28 | W60 |
| 6. | Geraldine Legon | Bexley AC | 57.17 | W55 |

3 Miles Walk

| | | | | |
|----|---------------|-------------|-------|-----|
| 1. | Peter Hannell | Surrey WC | 33.34 | M70 |
| 2. | Sean Pender© | Enfield HAC | 36.38 | M60 |

2 Miles Walk

| | | | | |
|----|----------------|-----------|-------|-----|
| 1. | Shaun Lightman | Surrey WC | 22.12 | M70 |
|----|----------------|-----------|-------|-----|

UKRAINIAN WINTER RACE WALKING CHAMPIONSHIPS, IVANO-FRANKIVSK, UKRAINE, 11-12 MARCH

The annual Ukrainian Winter Racewalk Championships, held in Ivano-Frankivsk, last weekend, showcased the depth of walking in that country. Saturday saw the Open Men's 20km, along with the U20 and U18 Championships. **Nazar Kovalenko** won the men's 20km after he led the whole way (10km split in 41:50). Second placed **Ivan Losev** was also under the London World Champs qualifying standard with 1:23:24. With the first 12 all under 90 minutes, a good show of depth.

Men 20km Race Walk - 11.03.2017

| | | | | |
|-----|----------------------|-----|----|---------|
| 1. | Nazar KOVALENKO | UKR | 89 | 1:22:57 |
| 2. | Ivan LOSEV | UKR | 86 | 1:23:24 |
| 3. | Oleksiy KAZANIN | UKR | 82 | 1:24:03 |
| 4. | Serhiy BUDZA | UKR | 84 | 1:24:50 |
| 5. | Andriy HRECHKOVSKIY | UKR | 93 | 1:25:10 |
| 6. | Andriy KOVENKO | UKR | 73 | 1:25:28 |
| 7. | Ruslan DMYTRENKO | UKR | 86 | 1:26:39 |
| 8. | Dmytro SOBCHUK | UKR | 95 | 1:27:30 |
| 9. | Raivo SAULGRIEZIS | LAT | 94 | 1:27:39 |
| 10. | Kyrylo ANDRUSHCHENKO | UKR | 93 | 1:28:52 |
| 11. | Ihor SAKHARUK | UKR | 88 | 1:29:17 |
| 12. | Andrey VODVUD | UKR | 96 | 1:29:20 |
| 13. | Oleksandr ZHOLOB | UKR | 97 | 1:30:06 |
| 14. | Andriy RAZHON | UKR | 96 | 1:31:46 |
| 15. | Oleh SVYSTUN | UKR | 97 | 1:32:45 |
| 16. | Vitaliy KOSTYUK | UKR | 96 | 1:35:24 |
| 17. | Serhiy SUSIK | UKR | 88 | 1:35:30 |

U20 Men 10km Race Walk - 11.03.2017

| | | | | |
|-----|--------------------|-----|----|-------|
| 1. | Viktor SHUMIK | UKR | 98 | 42:49 |
| 2. | Eduard ZABUZHENKO | UKR | 98 | 45:16 |
| 3. | Viktor KONONENKO | UKR | 99 | 45:17 |
| 4. | Dmytro HARNYK | UKR | 98 | 45:41 |
| 5. | Andriy SYNYUK | UKR | 99 | 46:11 |
| 6. | Andriy MARCHUK | UKR | 98 | 46:46 |
| 7. | Illya BILYK | UKR | 99 | 46:55 |
| 8. | Andriy KRASNOVSKYY | UKR | 98 | 47:04 |
| 9. | Anton KRAVCHENKO | UKR | 99 | 47:37 |
| 10. | Nazar SAVKO | UKR | 99 | 48:03 |

U20 Women 10km Race Walk - 11.03.2017

| | | | | |
|----|-------------------|-----|----|-------|
| 1. | DARYA KHUSAINOVA | UKR | 98 | 50:03 |
| 2. | Ksenia BYELOVA | UKR | 98 | 52:07 |
| 3. | Iryna CHERNUKHA | UKR | 98 | 52:37 |
| 4. | Yuliya KOTIK | UKR | 99 | 54:01 |
| 5. | Yana FARINA | UKR | 99 | 54:33 |
| 6. | Diana DANILYUK | UKR | 98 | 55:19 |
| 7. | Anna-mariya BIBA | UKR | 99 | 57:55 |
| 8. | Viktoriya TURCHYN | UKR | 99 | 59:19 |

U18 Men 10km Race Walk - 11.03.2017

| | | | | |
|----|--------------------|-----|----|-------|
| 1. | Dmytro MEDVEDCHUK | UKR | 00 | 46:47 |
| 2. | Vladyslav BIRYUKOV | UKR | 00 | 47:51 |
| 3. | Ihor POLYAK | UKR | 00 | 48:39 |
| 4. | Ihor HONCHARENKO | UKR | 00 | 49:46 |

U18 Women 5km Race Walk - 11.03.2017

| | | | | |
|----|------------------------|-----|----|-------|
| 1. | Alina TKACH | UKR | 01 | 25:36 |
| 2. | Viktoriya DMYTRIV | UKR | 00 | 26:17 |
| 3. | Anastasiya LUKASHEVYCH | UKR | 01 | 26:39 |

Sunday saw the men's 35km and the women's 20km. The 35km was won by **Ihor Hlavan** with 2:31.40, with **Ivan Benzeruk** not far behind with 2:32:23. The women's 20km was won by **Nadiya Borovska** with 1:31:44, ahead of **Irena Kashia** (1:33:49) and **Olena Mizernyuk** (1:35:25), all 3 under the London World Championship qualifying standard.

Men 35km Race Walk - 12.03.2017

| | | | | |
|----|---------------|-----|----|---------|
| 1. | Ihor HLAVAN | UKR | 90 | 2:31:40 |
| 2. | Ivan BANZERUK | UKR | 90 | 2:32:23 |

| | | | | |
|----|-----------------------|-----|----|---------|
| 3. | Maryan ZAKALNYTSKY | UKR | 94 | 2:34:56 |
| 4. | Valeriy L?TANYUK | UKR | 94 | 2:35:35 |
| 5. | Volodymyr HONTZOVSKIY | UKR | 91 | 2:54:31 |
| 6. | Nazariy STEPANYUK | UKR | 94 | 3:09:15 |

Women 20km Race Walk - 12.03.2017

| | | | | |
|-----|------------------------|-----|----|---------|
| 1. | Nadiya BOROVSKA | UKR | 81 | 1:31:44 |
| 2. | Inna KASHINA | UKR | 91 | 1:33:49 |
| 3. | Olena MIZERNYUK | UKR | 95 | 1:35:25 |
| 4. | Valentyna MYRONCHUK | UKR | 94 | 1:36:17 |
| 5. | Tamara STASYUK | UKR | 95 | 1:36:48 |
| 6. | Alina TSVILYI | UKR | 94 | 1:37:06 |
| 7. | Khrystyna YUDKINA | UKR | 84 | 1:37:21 |
| 8. | Kseniya RADKO | UKR | 94 | 1:37:53 |
| 9. | Rusalina POVOROZNYUK | UKR | 95 | 1:38:19 |
| 10. | Yelena SHEVCHUK | UKR | 86 | 1:38:24 |
| 11. | Mariya FILYUK | UKR | 95 | 1:39:26 |
| 12. | Oleksandra OLYANOVSKA | UKR | 94 | 1:40:13 |
| 13. | Yuliya BALYM | UKR | 97 | 1:40:44 |
| 14. | Nataliya KONTSEVICH | UKR | 84 | 1:41:59 |
| 15. | Marianna GONCHAROVA | UKR | 86 | 1:44:44 |
| 16. | Anna BABINCHUK | UKR | 96 | 1:44:51 |
| 17. | Oksana KULAHINA | UKR | 97 | 1:47:58 |
| 18. | Olha HARNYK | UKR | 96 | 1:49:45 |
| 19. | Olha HRYTSAK | UKR | 93 | 1:51:01 |
| 20. | Viktoriya PCHELINTSEVA | UKR | 97 | 1:51:05 |
| 21. | Yuliya KUSHKA | UKR | 97 | 1:52:47 |
| 22. | Kristina POVOROZNYUK | UKR | 97 | 1:55:36 |

TROFEO DORDONI 30KM, SCARNAFIGI, ITALY, SUNDAY 12 MARCH

Some of Sandr Damilano's key Chinese charges took to the roads for their first 2017 hitouts last Sunday morning in the Italian city of Scarnafigi in a low key race meet dedicated to Giuseppe "Pino" Dordoni. The report in marciadalmondo includes comments from Sandro (see http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2742) and it is interesting to note what he has to say about 2016 Olympic champion Wang Zhen who obviously has a long way to go before getting back to peak fitness.

35km Walk

| | | | | |
|----|-----------------|------|-----|---------|
| 1. | YU Wei | 1987 | CHN | 2:12:37 |
| 2. | CIVILETTI Laura | 1992 | ITA | 3:21:41 |

15km Walk

| | | | | |
|----|--------------------|------|-----|---------|
| 1. | CHIRIVI' Diego | 1999 | ITA | 1:09:46 |
| 2. | WANG Zhen | 1991 | CHN | 1:15:03 |
| 3. | MINCHIANTE Michele | 1965 | ITA | 1:30:49 |
| 4. | SALVI Giancarlo | 1943 | ITA | 1:51:54 |

7.5km Walk (first 15)

| | | | | |
|-----|-------------------------|------|-----|-------|
| 1. | YU Wei | 1987 | CHN | 33:41 |
| 2. | CHIRIVI' Diego | 1999 | ITA | 35:07 |
| 3. | WANG Zhen | 1991 | CHN | 35:27 |
| 4. | GIULIANI Giorgio | 2000 | ITA | 35:34 |
| 5. | ROSSO Goele | 1997 | ITA | 37:41 |
| 6. | ANSALDI Martina | 1996 | ITA | 39:11 |
| 7. | AINA Fabio | 1966 | ITA | 40:02 |
| 8. | DE MASIS Michele | 1956 | ITA | 40:18 |
| 9. | MONGE CUNIGLIA Alessand | 2000 | ITA | 40:42 |
| 10. | BURDESE Sofia | 1994 | ITA | 41:07 |
| 11. | FORTUNATO Vincenzo | 1957 | ITA | 41:13 |
| 12. | GONELLA Luigi | 1956 | ITA | 41:22 |
| 13. | CRESPO Elodie | 1986 | ITA | 41:30 |
| 14. | PIO Alberto | 1952 | ITA | 42:21 |
| 15. | FISSORE Paolo Diego | 1955 | ITA | 43:12 |

GERMAN MASTERS INDOOR T&F CHAMPIONSHIPS, ERFURT, GERMANY, SUNDAY 5 MARCH

Back a week to Germany for some fast walking by **Christopher Linke** (19:08.82) and **Nils Brembach** (19:16.67). The occasion was the German Masters Indoor Championships in Erfurt, when Open invitational races were held for men (5000m) and women (3000m). Full Masters results at <http://omarchador.blogspot.com.au/2017/03/veteranos-e-nao-so-na-pista-coberta-de.html>,

Men's 5000m Race Walk indoor

| | | | | |
|----|-------------------|-----|----|----------|
| 1. | Christopher LINKE | GER | 88 | 19:08.82 |
| 2. | Nils BREMBACH | GER | 93 | 19:16.67 |
| 3. | Karl JUNGHANSS | GER | 96 | 19:53.44 |
| 4. | Steffen BORSCH | GER | 73 | 22:07.79 |

Women 3000m Race Walk indoor

| | | | | |
|----|-----------------|-----|----|----------|
| 1. | Teresa ZUREK | GER | 98 | 13:15.10 |
| 2. | Julia RICHTER | GER | 99 | 13:40.78 |
| 3. | Julia HENZE | GER | 98 | 14:31.50 |
| 4. | Kathrin SCHULZE | AUT | 81 | 15:12.63 |

VENEZUELAN RACE WALKING CHAMPIONSHIPS, MERIDA, VENEZUELA, SATURDAY 4 MARCH

And finally, also a week ago for the Venezuelan walk championships in Merida.

Men 20km Race Walk

| | | | | |
|----|-------------------------------|-----|----|---------|
| 1. | Jefferson Jesús CHACÓN GARCÍA | VEN | 97 | 1:25:15 |
| 2. | Clender ROSALES | VEN | 88 | 1:25:37 |
| 3. | Thomas SILVEIRA | VEN | 90 | 1:36:03 |
| 4. | Francisco ZAPATA | VEN | 93 | 1:40:53 |
| 5. | Elvis CUBA | VEN | 96 | 1:42:23 |
| 6. | Edgar BORDONES | VEN | 94 | 1:43:12 |

Men 35km Race Walk

| | | | | |
|----|-----------------|-----|----|---------|
| 1. | Yereman SALAZAR | VEN | 78 | 2:49:32 |
| 2. | Carlos CEDEÑO | VEN | 94 | 3:02:44 |

Women 20km Race Walk

| | | | | |
|----|------------------------------|-----|----|---------|
| 1. | Milanggela Francesca ROSALES | VEN | 87 | 1:37:29 |
| 2. | Cheskaya ROSALES | VEN | 96 | 1:51:47 |
| 3. | Eliana DAVILA | VEN | 93 | 1:52:29 |
| 4. | Li BENTANCOURT | VEN | 97 | 1:57:39 |

Women's 5km Race Walk

| | | | | |
|----|---------------|-----|----|-------|
| 1. | Maria BARRERA | VEN | 01 | 26:39 |
|----|---------------|-----|----|-------|

Women's 10km Race Walk

| | | | | |
|----|-------------|-----|----|-------|
| 1. | Maria BRITO | VEN | 98 | 56:41 |
|----|-------------|-----|----|-------|

U18 Women 5km Race Walk

| | | | | |
|----|---------------|-----|----|-------|
| 1. | Maria BARRERA | VEN | 01 | 26:39 |
|----|---------------|-----|----|-------|

U20 Women 10km Race Walk

| | | | | |
|----|-------------|-----|----|-------|
| 1. | Maria BRITO | VEN | 98 | 56:41 |
|----|-------------|-----|----|-------|

MARCIADALMONDO AND OMARCHADOR ROUNDUP

Marciadalmondo had 9 press releases this week

- Mon 13 Mar – First race results for Chinese in Scarnafigi, Italy
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2742
- Mon 13 Mar - Eider Arevalo and Maria Guadalupe Gonzalez win in Ciudad Juarez (MEX)
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2741
- Sun 12 Mar - Kevin Champion and Emilie Menuet win in La Roche sur Yon (FRA)
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2740

- Sun 12 Mar - Kovalenko (20km), Hlavan (35km) and Borovska (20km) win Ukranian championships in Ivano-Frankivsk
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2739
- Sat 11 Mar - Preview of this weekend's French walk championships in La Roche-sur-Yon
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2738
- Fri 10 Mar - Olympic champion Wang Zhen will return to racing this weekend in Scarnafigi, Italy
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2737
- Thu 9 Mar - Results of Peruvian championships in Lima
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2736
- Wed 8 Mar - Christopher Linke and Teresa Zurek win in Erfurt, Germany
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2735
- Tue 7 Mar - Tom Bosworth and Bethan Davies win Molly Barnett walks in Coventry
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2734

and Omarchador had 18 press releases

- Mon 13 Mar - Mexicans Alegna González and Andres Olivas shine in the U20 walks in Ciudad Juárez
<http://omarchador.blogspot.com.au/2017/03/mexicanos-alegna-gonzalez-e-andres.html>
- Mon 13 Mar - Arévalo triumphs in Ciudad Juárez. Pineda and Chocho on the podium
<http://omarchador.blogspot.com.au/2017/03/arevalo-triunfa-em-ciudad-juarez-pineda.html>
- Mon 13 Mar - Guadalupe González wins and Ana Cabecinha steps up to the podium in Mexico
<http://omarchador.blogspot.com.au/2017/03/guadalupe-gonzalez-vence-e-ana.html>
- Sun 12 Mar - Leonardo Dei Tos and Valentina Trapletti win 5km road walks last weekend in Castegnato, Italy
<http://omarchador.blogspot.com.au/2017/03/dei-tos-e-trapletti-vencem-segunda.html>
- Sun 12 Mar - German Masters Indoor T&F Champ walks in Erfurt
<http://omarchador.blogspot.com.au/2017/03/veteranos-e-nao-so-na-pista-coberta-de.html>
- Sat 11 Mar - Ana Ramos and Pedro Isidro win European INAS championships for people with intellectual disabilities
<http://omarchador.blogspot.com.au/2017/03/ana-ramos-e-pedro-isidro-revalidam.html>
- Sat 11 Mar - Tom Bosworth and Bethan Davies win in Coventry
<http://omarchador.blogspot.com.au/2017/03/tom-bosworth-e-bethan-davies-evidenciam.html>
- Sat 11 Mar - Preview of tomorrow's French walk champs in La Roche-sur-Yon
<http://omarchador.blogspot.com.au/2017/03/campeonatos-de-franca-de-marcha-no.html>
- Fri 10 Mar - Preview of next leg of IAAF Challenge Series in Ciudad Juárez, Mexico
<http://omarchador.blogspot.com.au/2017/03/ciudad-juarez-recebe-este-domingo-etapa.html>
- Fri 10 Mar - Milángela Rosales and Jefferson Chacón win Venezuelan walk champs last weekend
<http://omarchador.blogspot.com.au/2017/03/milangela-rosales-e-jefferson-chacon-em.html>
- Thu 9 Mar - European Indoor INAS Championships return to Prague
<http://omarchador.blogspot.com.au/2017/03/campeonatos-da-europa-de-pista-coberta.html>
- Thu 9 Mar - José Ignacio Díaz (50 km) and Lidia Sánchez-Puebla (20 km) win Spanish Championships in El Hierro
<http://omarchador.blogspot.com.au/2017/03/triunfos-de-jose-ignacio-diaz-50-km-e.html>
- Thu 9 Mar - López, Castañeda and Galviz stand out in Colombian championships
<http://omarchador.blogspot.com.au/2017/03/lopez-castaneda-e-galviz-destacam-se.html>
- Wed 8 Mar - Results of GER vs FRA vs ITA U20 meet in Halle
<http://omarchador.blogspot.com.au/2017/03/alemanha-franca-e-italia-disputaram.html>
- Wed 8 Mar - Portugal will not be going to the final World Youth Championships in Nairobi this year
<http://omarchador.blogspot.com.au/2017/03/portugal-ausente-do-mundial-de-jovens.html>

- Wed 8 Mar - Results of Portuguese Masters Championships in São João da Madeira
<http://omarchador.blogspot.com.au/2017/03/os-veteranos-nos-nacionais-de-marcha-em.html>
- Wed 8 Mar - Results of Peruvian Walk Championships in Lima
<http://omarchador.blogspot.com.au/2017/03/campeonatos-de-marcha-atletica-do-peru.html>
- Tue 7 Mar - Results of Chinese 50km championships and Walks Grand Prix in Huangshan
<http://omarchador.blogspot.com.au/2017/03/campeonatos-da-china-de-50-km-marcha-e.html>

OUT AND ABOUT

- WADA is considering a blanket ban on the controversial drug used by Bradley Wiggins before his Tour de France victory. Director general Olivier Niggli said the organisation had decided to act because the current system – which allows athletes to use powerful corticosteroids freely out of competition and during competition with a therapeutic use exemption (TUE) certificate – was unsatisfactory and open to abuse. Wiggins has come under sustained fire after the Russian hackers Fancy Bears revealed he was given three TUEs for triamcinolone injections before the 2011 and 2012 Tour as well as the 2013 Giro d'Italia. He has claimed they were for a pollen allergy but triamcinolone – also known as Kenacort – can rapidly reduce an athlete's weight while maintaining their power. Last year David Millar, who was banned in 2004 for doping offences, claimed that if he took Kenacort, 1.5-2kgs would drop off in a week and he would feel stronger. See <https://www.theguardian.com/sport/2017/mar/08/wada-ban-controversial-drug-bradley-wiggins>.
- Of course, Team Sky aren't the only ones reported to be using powerful pain killers and all sorts of other dubious medical items. USA National Football League teams violated federal laws governing prescription drugs, disregarded guidance from the Drug Enforcement Administration on how to store, track, transport and distribute controlled substances, and plied their players with powerful painkillers and anti-inflammatories each season, according to sealed court documents contained in a federal lawsuit filed by former players. See <http://www.athleticbusiness.com/drugs-alcohol/court-filings-describe-nfl-s-painkiller-problems.html?eid=162250984&bid=1689852>.
- This from last Thursday. A search to find a new city to host the 2022 Commonwealth Games is set to be launched here this weekend with Durban expected to be stripped of the event after a last-ditch attempt to save it failed. The Commonwealth Games Federation (CGF) are set to reluctantly accept that the South African city will not be able to stage an event it was awarded in September 2015. The CGF's ruling Executive Board will hear a presentation from President Louise Martin and chief executive David Grevemberg, who will admit that they have been unable to obtain the necessary financial guarantees from the South African Government. See <http://www.insidethegames.biz/articles/1047938/durban-set-to-be-stripped-of-2022-commonwealth-games-after-late-rescue-effort-fails>.
- And it came to pass as expected, with David Grevemberg, chief executive of the Commonwealth Games Federation, saying yesterday that Durban did not meet the criteria set by his organisation, and the search for a new host city had already begun. Durban had been awarded the Games in September 2015 and was due to be the first African city to host the event, which was first held in 1930. Liverpool and Birmingham have expressed interest in staging the 2022 edition and a new host city may be announced before the end of the year. See <http://www.bbc.com/sport/commonwealth-games/39256432> and <http://www.independent.co.uk/sport/general/athletics/2022-commonwealth-games-liverpool-a7627411.html>.
- World soccer's governing body, FIFA, has barred Russia's deputy prime minister, Vitaly Mutko, from seeking re-election to his position as a top executive of the organization. Mr. Mutko, Russia's former sports minister who was implicated in the nation's doping scandal, failed an eligibility check conducted by FIFA's review committee. He will leave his position as a FIFA council member in the spring, the organization said, just as preparations for the 2018 World Cup in Russia intensify. Mutko was identified as having personally directed staff to cover up the drug violation of at least one soccer player. See https://mobile.nytimes.com/2017/03/10/sports/soccer/fifa-russia-vitaly-mutko.html?_r=0&referer=https://www.google.com/.
- French prosecutors investigating whether bribery was involved in the award of the 2021 world athletics championships to the U.S. city of Eugene are also looking into several other host city decisions. The inquiry, one of a group of French probes into cash-for-votes allegations surrounding the award of sporting events around the world, is looking at decisions by the IAAF to give their blue riband event to Doha (2019), London (2017), Beijing (2015) and Moscow (2013), the source told Reuters. Other investigations already under way include two into the Olympic Games held at Rio de Janeiro in 2016 and due in Tokyo in 2020. See <http://mobile.reuters.com/article/idUSKBN16H2BZ>.
- Russian doctor Sergei Portugalov has been banned for life by the Court of Arbitration for Sport (CAS). In a statement released on Monday (March 13), the CAS said there was "clear evidence" that Portugalov had violated IAAF anti-doping and medical rules. See <http://www.athleticsweekly.com/news/russian-doctor-sergei-portugalov-handed-life-ban-by-cas-58733#mOrvbvZ3gWIaC2hB.99>.
- New Balance, the athletic footwear and apparel company, picked up **Evan Dunfee** and fellow Canadian race walkers **Ben Thorne** and **Inaki Gomez** after Asics opted not to re-sign the athletes after Rio. New Balance reached out to help within hours after The Canadian Press published a story about Dunfee's lack of a shoe deal. The partnership came just in time for

Sunday's Race Walking Challenge in Ciudad Juarez, Mexico, where Dunfee finished sixth in the 20-kilometre event. See <http://www.cbc.ca/sports/olympics/summer/trackandfield/evan-dunfee-shoe-deal-new-balance-1.4022740>.

- England Athletics has named its race walk teams named for events in the Lugano Trophy on March 19 in Lugano, Switzerland, and EAA Permit Meet on March 25 in Dudince, Slovakia.

Lugano: Open 20km: **Tom Bosworth, Callum Wilkinson, Cameron Corbishley and Gemma Bridge**
U20 10km: **Chris Snook, Tom Partington and Molly Davey**
Dudince: Open 50km: **Dominic King**

See <http://www.all-athletics.com/en-us/2017-03-13/england-race-walk-teams-named-events-switzerland-and-slovakia>.

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.

2016/2017 Australian/Victorian Key Dates

Mar 25-26, 2017 Victorian Masters Championships, Doncaster, VIC
Mar 26 - Apr 2, 2017 Australian Open and Junior T&F Champs, SOPAC, Sydney, NSW. Draft timetable:
Sunday 26th March U20 10,000m Walks
Monday 27th March U17/U18 5000m Walks
Friday 31st March U15/U16 3000m Walks, Open 10,000m Walks
Sunday 2nd April U14 3000m Walks
Apr 9 (Sun), 2017 Castlemaine NAB 500, Castlemaine Botanical Gardens, Castlemaine, VIC
Apr 22-23, 2017 Australian Centurions 24 Hour Walk Championships, Coburg, VIC
Jun 9-12, 2017 Australian Masters T&F Championships, Darwin, NT. See <http://ntmastersathletics.com.au/>
Jun 11 (Sun), 2017 51st LBG Racewalking Carnival, Stomlo Forest Park, Canberra, ACT
Aug 6 (Sun), 2017 AMA 20km Roadwalk Championships, Adelaide, SA

2016/2017 International Dates

Mar 18-29, 2017 World Masters Athletics Indoor Championships, Daegu South Korea
Mar 19, 2017 International Walks Meet, Monterrey, Mexico
Mar 19, 2017 Memorial Mario Albisetti (elite 20km), Lugano, Switzerland
Mar 19, 2017 Asian 20km Racewalking Championships, Nomi, Japan
Mar 25, 2017 European Athletics Walks Meet, Dudince, Slovakia
Apr 1, 2017 26th Grand Prix de Rio Maior, Rio Maior, Portugal
April 8, 2017 Podebrady Race Walk Meet, CZE. See <http://www.podebrady-walking.cz/en/>
Apr 15, 2017 EASTER WEEKEND
Apr 15, 2017 IAAF Racewalking Challenge event, Taicang, China
April 21-30, 2017 World Masters Games 2017, Auckland, NZ. See www.worldmastersgames2017.co.nz
April 23, 2017 Naumburg Racewalking Carnival, GER
May 21, 2017 European Race Walking Cup, Podebrady, CZE
June 3, 2017 XXXI Gran Premio Cantones de La Coruna, Spain
June 9, 2017 European Athletics Walks Meet, Altyus, LTU
Jun 29 - Jul 1, 2017 Oceania Area Championships, Suva, Fiji
July 12-16, 2017 10th World Youth T&F Championships, Niarobi, Kenya – THIS IS THE FINAL EDITION
August 5-13, 2017 16th IAAF World Championships in Athletics, London, UK. See <http://www.london2017athletics.com/>.
August 19-30, 2017 29th Summer Universiade, Taipei, Taiwan
Sept 9, 2017 8th Race Walking Day in Veenendaal (Dutch Sprint Triathlon), Veenendaal, NED
Sept 24-17, 2017 Around Lake Taihu 4 Day multi day walks race, CHN

2017 Remaining IAAF Racewalk Challenge Series

Mar 12, 2017 International Walks Meet, Ciudad Juarez, Mexico (20km)
Mar 19, 2017 International Walks Meet, Monterrey, Mexico (20km, 50km)
Apr 1, 2017 26th Grand Prix de Rio Maior, Rio Maior, Portugal
Apr 15, 2017 IAAF Racewalking Challenge event, Taicang, China
June 3, 2017 XXXI Gran Premio Cantones de La Coruna, Spain
August 5-13, 2017 16th IAAF World Championships in Athletics, London, UK.

Looking Further Ahead

Apr 4-15, 2018 XXI Commonwealth Games, Gold Coast, QLD (20km roadwalks). See <http://www.gc2018.com>
May 2018 28th IAAF World Race Walking Team Championships, Taicang, China
July 2018 16th World Junior T&F Championships, Tampere, Finland
Sept 2018 22nd World Masters Athletics T&F Championships, Malaga, Spain
Sept 28 – Oct 6, 2019 17th IAAF World Championships in Athletics, Doha, Qatar
July 2019 30th Summer Universiade, Brasilia, Brazil

2019 World Masters Indoors T&F Championships, Torun, Poland
July 24 – Aug 9, 2020 32nd Olympic Games, Tokyo
July 20 – Aug 1, 2020 23rd World Masters T&F Championships, Toronto, Canada
Aug 2021 18th IAAF World Championships in Athletics, Eugene, USA
July 18-30, 2022 XXII Commonwealth Games, Durban, South Africa

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