



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2016/2017 Number 26
28 March 2017



VRWC Preferred Supplier of Shoes, clothes and sporting accessories.

Address: RUNNERS WORLD, 598 High Street, East Kew, Victoria (Melways 45 G4)
Telephone: 03 9817 3503
Hours: Monday to Friday: 9:30am to 5:30pm
Saturday: 9:00am to 3:00pm
Website: <http://www.runnersworld.com.au>
Facebook: <http://www.facebook.com/pages/Runners-World/235649459888840>

WALKER OF THE WEEK

My Walker of the Week this time around is M70 maestro **Andrew Jamieson**. He has been untouchable in the World Masters Indoor Championships in Daegu, South Korea, this last week. First he won the M70 3000m indoors walk by nearly 1 minute with 16:24.18. Then he backed up last Friday with a 4 minute win in the **M70 10km** with **55:14**.

And as an added bonus, he was presented with his World Masters Athletics 2016 Male Athlete of the Year award in a black tie affair while in Daegu.



Andrew in action in the 10km roadwalk in Daegu (photo Emmanuel Tardi)

WHAT'S COMING UP

- The **2017 Australian Open and Underage Athletics Championships** in Sydney continue throughout this week, with the following walks still to be contested.

Friday 31 st March	U15/U16 3000m Walks, Open 10,000m Walks
Sunday 2 nd April	U14 3000m Walks

- Internationally, the action continues with more huge races. Key dates as shown below.

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

We have only 8 days to go until entries close on Wednesday 5th April so don't delay.



The 2015 Castlemaine NAB 5km – Stuart Kollmorgen, Kelly Ruddick, Adam Garganis, Jemima Montag and Rhydian Cowley

AV PRE-NATIONALS DEPARTURE MEET, TOM KELLY ATHLETICS TRACK, DONCASTER, SAT 18 MARCH

Firstly back a week for a 3000m walk at Doncaster in suburban Melbourne. Masters walker **Pramesh Prasad** was in PB form with 13:53.0.

Mixed 3000m Walk Open

1.	Prasad, Pramesh	M74	Collingwood	13:53.0	PB 0:23
2.	Dickson, Corey	M02	Knox Athletic Club	14:59.2	
3.	Cross, Anna	W99	South Australia	15:30.6	
4.	Van Dongen, Rupert	M74	Mentone Athl	17:31.7	

SAMA T&F CHAMPIONSHIPS DAY 1, SA ATHLETICS STADIUM, MILE END, ADELAIDE, WED 22 MARCH

Thanks to Colin Hainsworth for the latest results from the South Australian Masters in Adelaide. **Kim Mottrom** was fastest in both events (6:45 and 12:54) while **George White** was the best from an Age Graded perspective (M71 8:30 and 17:31). Well done to all the State Championship medallists.

1500m Walk

Valmai Padget	12:13	W72	65.35%	1
Jill Rogers	12:42	W72	62.87%	2
Jan Layng	11:27	W68	66.18%	1
Margaret McIntosh	12:05	W64	59.83%	1

3000m Walk

Jill Rogers	25:46	W72	65.01%	1
Jan Layng	23:10	W68	68.34%	1
Margaret McIntosh	24:55	W64	60.40%	1
Edna Bates	26:13	W64	57.40%	2

Edna Bates	12:42	W64	56.93%	2	Marie Maxted	17:23	W56	79.33%	1
David Robertson	12:25	M83	69.72%	1	David Robertson	25:24	M83	69.66%	1
Rodger Barber	11:12	M79	72.68%	1	Rodger Barber	22:47	M79	72.95%	1
George White	08:30	M71	85.97%	1	George White	17:31	M71	85.07%	1
James Hoare	10:42	M70	67.47%	2	James Hoare	20:47	M70	70.82%	2
Roger Lowe	12:18	M73	60.93%	3	Roger Lowe	24:22	M73	62.73%	3
Kevin Finn	09:13	M65	73.94%	1	Kevin Finn	18:57	M65	73.31%	1
Gil McIntosh	09:39	M66	71.40%	2	Gil McIntosh	20:34	M66	68.30%	2
Jack Russell	08:17	M64	81.39%	1	Dave Fallon	23:06	M64	59.49%	1
Peter Crump	08:14	M56	75.64%	1	Peter Crump	17:49	M56	71.26%	1
Richard Everson	07:09	M53	84.80%	1	John Leydon	18:48	M55	66.93%	2
Kim Mottrom (F/T)	06:45	M32	76.95%	1	Richard Everson	15:17	M53	80.88%	1
					Mark Worthing	18:33	M54	67.23%	2
					Kim Mottrom 9F/T)	12:54	M32	82.22%	1

BENDIGO WALKER CLUB ROADWALKS, ROSALIND PARK, BENDIGO, WEDNESDAY 22 MARCH

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

The Bendigo Walkers Club held a 2km handicap event in Rosalind Park on Wednesday evening, with **Ebony Whiley** producing a strong finish to secure a fine victory, with **Annette Curtis** taking 2nd place and **Amber Fox** claiming 3rd and also being awarded the style award for her excellent technique. Zahra Hayes took fastest time honours and Jennie Payne, Annette Curtis and Amber Fox produced personal best performances.

2km Handicap Walk

1.	Ebony Whiley	11.15
2.	Annette Curtis	13.16
3.	Amber Fox	14.42
4.	Madison Hill	11.40
5.	Maddison Vaughan	13.24
6.	Charlotte Murphy	12.15
7.	Jasmine Murphy	13.17
8.	Barb Bryant	11.35
9.	Norm West	15.46
10.	Jennie Payne	12.08
11.	Zahra Hayes (F/T)	10.14
12.	Oscar Fox	13.17
13.	John Carter	14.41
14.	Geoff Major	17.05

QMA 10,000M WALK CHAMPIONSHIPS, QSAC, BRISBANE, WEDNESDAY 22 MARCH

To Queensland for a couple of Masters walks, firstly on Wednesday in Brisbane and then on Sunday on the Gold Coast.

10,000m Walk

M50	1	Ignacio Jimenez	M51	Brisbane	51:40.47	81.59%
M60	1	Peter Bennett	M61	Brisbane	55:52.05	82.45%
W70	1	Noela McKinven	W74	Brisbane	1:24:01.44	71.02%

QMA GOLD COAST & SOUTHERN REGIONAL CHAMPS, GRIFFITH UNI, GOLD COAST, SUNDAY 26 MARCH

1500m Walk

M60	1	Bruce O'Connor	M63	Brisbane	11:53.92	54.37%
W60	1	Robyn Wales	W64	GC & Sthrn	13:48.61	50.17%
W85	1	Christiane Dauphinet	W85	Brisbane	12:35.04	78.68%

5000m Walk

W45	1	Nyle Sunderland	W49	GC & Sthrn	29:11.87	73.25%
M50	1	Paul Lindenberg	M54	GC & Sthrn	31:39.33	64.77%
W55	1	Debbie Lindenberg	W55	GC & Sthrn	39:21.77	59.47%
M80	1	George Megas	M80	GC & Sthrn	41:15.14	69.73%

VMA AND AV MASTERS T&F CHAMPIONSHIPS, TOM KELLY RESERVE, DONCASTER, 25-26 MARCH

The Victorian Masters T&F Championships last weekend saw 3000m walks on Saturday and 1500m walks on Sunday. Good numbers overall with some impressive times. Age grades over 80% are in bold.

The 3000m walks saw fastest times to **Kelly Ruddick** (13:39.58) and **Pramesh Prasad** (14:01.62) while the 3000m walks saw fastest times for **Megan Szirom** (6:55.45) and **Pramesh Prasad** (6:42.08).

3000m Walks, Saturday 25 March

W35-39	1	Szirom, Megan	W39	FRANKSTON AT	14:16.03	81.96%
	2	Geisler, Sandra	W39	RINGWOOD ATH	16:40.40	70.13%
W40-44	1	Ruddick, Kelly	W43	BALLARAT HAR	13:39.58	88.10%
	2	Rothery, Christy	W40	VICTORIAN MA	19:44.83	60.94%
	3	Mclennan, Laura	W40	DONCASTER AT	21:00.42	57.29%
W45-49	1	Laufer, Michelle	W47	COLLINGWOOD	15:56.71	78.53%
W55-59	1	Tindal, Pam	W57	VICTORIAN MA	16:14.91	84.05%
	2	Elms, Donna-Marie	W55	PRESTON ATHL	18:06.56	75.41%
	3	Rosenbrock, Caroly	W55	ATHLETICS NU	18:27.55	73.98%
W60-64	1	Thompson, Alison	W64	VICTORIAN MA	18:56.12	75.91%
W70-74	1	Steed, Gwen	W74	GLENHUNTLY A	20:18.33	80.14%
W75-79	1	Hugo, Beverly	W77	VICTORIAN MA	24:54.80	70.42%
W80-84	1	Mews, Pamela	W82	VICTORIAN MA	37:40.59	50.78%
M40-44	1	Prasad, Pramesh	M42	COLLINGWOOD	14:01.62	79.18%
	2	Van Dongen, Rupert	M42	MENTONE ATHL	18:03.87	61.48%
M45-49	1	Smyth, David	M47	COLLINGWOOD	15:43.62	73.49%
M50-54	1	Keirl, Bernie	M53	DIAMOND VALL	16:53.07	71.35%
M55-59	1	Moritz, Paul	M57	VICTORIAN MA	19:14.77	65.37%
	2	Murphy, Stephen	M56	ATHS ESSENDON	19:29.22	64.57%
	3	Hess, Albin	M57	VICTORIAN MA	20:24.49	61.65%
M60-64	1	Riddoch, Clyde	M63	ATHS WAVERLEY	19:19.78	68.22%
	2	Handasyde, Ian	M63	OLD SCOTCH C	19:45.14	66.76%
M65-69	1	Prowse, Frank	M65	DONCASTER AT	19:54.91	69.76%
	2	Barrow, Geoff	M68	MENTONE ATHL	20:12.10	68.77%
M70-74	1	Hallo, John	M74	VICTORIAN MA	23:00.04	63.99%
	-	Dickenson, Russ	M71	VICTORIAN MA	DNF	
M75-79	1	Wicks, Barrie	M76	VICTORIAN MA	27:25.29	57.25%
	-	Ilgoutz, Gunther	M78	VICTORIAN MA	DQ	
M80-84	1	Gardiner, Robert	M81	COLLINGWOOD	20:34.97	81.98%
	-	Silcock-Delaney, C	M84	VICTORIAN MA	DQ	
	-	Stobbe, Dirk	M80	VICTORIAN MA	DQ	
	-	Lotherington, Will	M83	VICTORIAN MA	DQ	

1500m Walks, Sunday 26 March

W35-39	1	Szirom, Megan	W39	FRANKSTON AT	6:55.45	81.89%
	2	Geisler, Sandra	W39	RINGWOOD ATH	7:25.56	76.35%
W40-44	1	Mclennan, Laura	W40	DONCASTER AT	9:46.38	59.71%
	2	Draper, Andrea	W40	VICTORIAN MA	12:07.46	48.13%
W45-49	1	Laufer, Michelle	W47	COLLINGWOOD	7:33.22	80.38%
W50-54	1	Archer, Karen	W54	VICTORIAN MA	11:31.68	54.90%
W55-59	1	Tindal, Pam	W57	VICTORIAN MA	7:50.49	84.27%
	2	Elms, Donna-Marie	W55	PRESTON ATHL	8:33.70	77.18%
	3	Rosenbrock, Caroly	W55	ATHLETICS NU	8:51.30	74.62%
W60-64	1	Thompson, Alison	W64	VICTORIAN MA	8:46.97	78.89%
W70-74	1	Steed, Gwen	W74	GLENHUNTLY A	9:57.25	78.09%
	-	Farrell, Judy	W72	VICTORIAN MA	DQ	
W75-79	1	Hugo, Beverly	W77	VICTORIAN MA	12:02.17	69.25%
W80-84	1	Mews, Pamela	W82	VICTORIAN MA	16:27.90	54.83%
M40-44	1	Prasad, Pramesh	M42	COLLINGWOOD	6:42.08	81.25%
	2	Van Dongen, Rupert	M42	MENTONE ATHL	8:46.10	62.10%
M45-49	1	Smyth, David	M47	COLLINGWOOD	7:13.13	78.51%
M50-54	1	Keirl, Bernie	M53	DIAMOND VALL	7:49.11	75.57%
M55-59	1	Moritz, Paul	M57	VICTORIAN MA	9:16.36	66.55%
	-	Hess, Albin	M57	VICTORIAN MA	DQ	
M60-64	1	Riddoch, Clyde	M63	ATHS WAVERLEY	9:00.21	71.86%

	2	Handasyde, Ian	M63	OLD SCOTCH C	9:42.60	66.63%
	3	Rickard, Ian	M61	BRUNSWICK AT	13:25.42	48.20%
M65-69	1	Prowse, Frank	M65	DONCASTER AT	10:57.33	62.20%
M75-79	1	Ilgoutz, Gunther	M78	VICTORIAN MA	10:00.61	76.87%
	2	Wicks, Barrie	M76	VICTORIAN MA	12:35.50	61.11%
M80-84	1	Silcock-Delaney, C	M84	VICTORIAN MA	12:34.77	65.67%
	-	Stobbe, Dirk	M80	VICTORIAN MA	DQ	
	-	Lotherington, Bill	M83	VICTORIAN MA	DQ	

Alas no photos. I was away for the weekend so could not attend.

AUSTRALIAN OPEN AND JUNIOR T&F CHAMPS, SOPAC, SYDNEY, NSW, 26 MAR - 2 APRIL 2017

The combined Australian Open and Junior T&F Championships kicked off last Friday in Sydney. The first events on offer were the U20 10,000m walks, held on Friday evening. Wins to **Declan Tingay** (PB 42:09.52) and **Clara Smith** (49:17.99). The men's race was a beauty with **Kyle Swan** second in 43:21.42 and both **Luke McCutcheon** (44:25.04) and **Jamie McCutcheon** (46:38.72) doing PBs.

Men 10000m Race Walk U20, 7:45PM, Friday 26 March

1.	Tingay, Declan	99	WA	42:09.52	PB 0:11
2.	Swan, Kyle	99	VIC	43:21.42	
3.	McCutcheon, Luke	98	QLD	44:25.04	PB 0:07
4.	McCutcheon, Jamie	99	QLD	46:38.72	PB 1:01
	Walmsley, Reese	98	VIC	DQ	

Women 10000m Race Walk U20, 7:45PM, Friday 26 March

1.	Smith, Clara	98	QLD	49:17.99
2.	Huse, Philippa	99	VIC	50:58.59
3.	McDonald, Jasmyn	99	NSW	53:19.07
4.	Cross, Anna	99	SA	54:09.42
5.	Francis, Lucy	99	NSW	56:44.79
6.	Goodhew, Chelsea	99	NSW	57:41.61



Philippa Huse, Kyle Swan, Declan Tingay and Luke McCutcheon

The U17 and U18 5000m titles were contested yesterday morning, with wins to **Alice Randall** (25:08.91), **Rebecca Henderson** (24:05.73), **Connor Frew** (22:40.56) and **Trisan Camilleri** (23:34.16).

Women 5000m Race Walk U18, Monday 27 March, 9:20AM

1.	Randall, Alice	00	TAS	25:08.91
2.	Hunt, Gabby	00	ACT	25:45.18
3.	Lovegrove, Rhiannon	00	SA	26:37.93

4.	O'Neill, Molly	00	NSW	27:38.69
5.	Cross, Bethany	00	SA	28:19.15
6.	Davison, Mackayla	00	VIC	28:57.54
7.	Noonan, Emily	00	VIC	32:42.28

Women 5000m Race Walk U17, Monday 27 March, 9:20AM

1.	Henderson, Rebecca	01	VIC	24:05.73
2.	Pitcher, Allannah	03	NSW	24:47.00
3.	Peart, Jemma	01	VIC	25:58.97
4.	Bolton, Hannah	03	NSW	26:35.83
5.	Blackwell, Anna	01	TAS	26:57.40
6.	Brown, Samantha	01	NSW	27:53.61
7.	Pengilley, Teegan	01	NSW	28:21.46
8.	Henderson, Elizabeth	01	ACT	28:41.21
9.	Lee, Janaya	01	NSW	32:53.75
	Parker, Hannah	02	NSW	DQ

Men 5000m Race Walk U18, Monday 27 March, 10:20AM

1.	Frew, Connor	00	ACT	22:40.56
2.	Richardson, Dylan	00	NSW	23:18.77
3.	Thomson, Ryan	00	NSW	24:45.64
4.	Fraser, Timothy	00	ACT	25:09.24
5.	Burns, Callum	00	ACT	25:34.09
6.	Bedford, Kyle	00	NSW	26:50.26
7.	Barendregt, Travis	00	NSW	28:13.13
8.	Haig, Callum	00	QLD	29:49.06

Men 5000m Race Walk U17, Monday 27 March, 10:20AM

1.	Camilleri, Tristan	01	SA	23:34.16
2.	Baker, Mitchell	01	ACT	23:41.26
3.	Tebbutt, Oscar	01	NSW	23:51.57
4.	Reid, Benjamin	01	WA	24:36.66
5.	Walmsley, Hayden	01	VIC	26:02.24
6.	McGinniskin, Jack	02	NSW	26:20.99
7.	Blaskett, Hayden	02	NSW	27:16.82
8.	Bruniges, Mathew	01	SA	28:11.17
9.	McLean, Sean	01	QLD	29:50.74



U17 Podium – Allannah Pitcher, Rebecca Henderson and Jemma Peart

The remaining walks later in the championships as shown below

Friday 31 st March	U15/U16 3000m Walks, Open 10,000m Walks
Sunday 2 nd April	U14 3000m Walks

EUROPEAN ATHLETICS WALKS MEET, DUDINCE, SLOVAKIA, SATURDAY 25 MARCH

Always a big meet and badged as a European Race Walking Permit Meet, the Dudinská Pätdesiatka lived up to expectations once again, with the blue riband 50km events attracting a stong starting list of 34 men and 2 women.

Norwegian walker **Håvard Haukenes** of Norway (7th in the Rio Olympic 50km last year) added his name to the illustrious list of winners in the Dudince 50km, with a time of 3.43.40 (nearly three minutes faster than his Rio time of 3.46.33). He was a few seconds behind Finnish walker **Aleksi Ojala** at the half way mark but stormed home to win with 10km splits of 45.33, 44.57, 44.32, 44.11 and 44.27. Last year's winner **Rafal Augustyn** finished second with 3.44.42 while third place went to Mexican Pedro **Daniel Gomez** with 3.48.04. Overall, Poland placed 3 athletes in the top 5 (2nd, 4th and 5th) and Mexico had 3 top 10 walkers (3rd, 7th and 9th). The associated 50km national titles wene to Rafal Augustyn (Poland), **Dávid Tokodi** (Hungary, 4.09.15) and **Tomáš Hlavenka** (Czech Republic, 4.37.16). Also of note was the Hungarian National Record of 2:38:28 by **Bence Venyercsán**.

For the first time, a women's 50km was officially included, with victory going to Polish walker **Agnieszka Ellward** (4.52.56 on debut). See 50km video at <https://www.youtube.com/watch?v=WSr7Th4Vzz0>.

Men 50km Race Walk

1.	Håvard HAUKENES	NOR	90	3:43:40
2.	Rafal AUGUSTYN	POL	84	3:44:42
3.	Pedro Daniel GÓMEZ	MEX	90	3:48:04
4.	Adrian BLOCKI	POL	90	3:48:39
5.	Rafal FEDACZYNSKI	POL	80	3:48:56
6.	Veli-Matti PARTANEN	FIN	91	3:49:00
7.	Julio Cesar SALAZAR	MEX	93	3:52:30
8.	Damian BLOCKI	POL	89	3:53:01
9.	Isaac PALMA OLIVARES	MEX	90	3:57:32
10.	Tadas SUSKEVICIUS	LTU	85	3:58:44
11.	Jarkko KINNUNEN	FIN	84	3:58:55
12.	Chil-Sung PARK	KOR	82	3:59:50
13.	Dominic KING	GBR	83	4:04:16
14.	Artur MASTIANICA	LTU	92	4:04:55
15.	Dávid TOKODI	HUN	91	4:09:15
16.	Dušan MAJDAN	SVK	87	4:10:40
17.	Bruno ERENT	CRO	90	4:13:01
18.	Kil-Dong KANG	KOR	92	4:24:31
19.	Tomáš HLAVENKA	CZE	77	4:37:16
20.	Peter TICHÝ	SVK	93	4:53:27
21.	István CSABA	HUN	59	6:06:03
	Aleksi OJALA	FIN	92	DNF
	Remo KARLSTRÖM	SWE	88	DNF
	Joao VIEIRA	POR	76	DNF
	Dawid TOMALA	POL	89	DNF
	Lukasz NOWAK	POL	88	DNF
	Grzegorz GRINHOLC	POL	77	DNF
	Miklós SRP	HUN	93	DQ
	Martin TIŠTAN	SVK	92	DQ
	Zdenek SIMON	CZE	60	DNF
	David ŠNAJDR	CZE	71	DNF
	Giovanni RENO	ITA	91	DNF
	Eemeli KIISKI	FIN	91	DNF
	Fabian FESSELIER	FRA	94	DNF

Women 50km Race Walk

1.	Agnieszka ELLWARD	POL	89	4:52:56
2.	Andrea TÓTH	HUN	71	6:18:36

Hungarian U23 35km Race Walking Ch

1.	Bence VENYERCSÁN	HUN	96	2:38:28
----	------------------	-----	----	---------

The 20km events, which started at 2PM after the 50km had finished, saw wins to Lithuania, with **Genadij Kozlovskij** (1:24:48) and **Živilė Vaiciukevičiūtė** (1:33:23) taking the honours.

The U20 10km events went to **Vojtech Libnar** (Czech Republic, 46.38) and **Daphne Dimanopulosz** (Hungary, 50.28) while the U18 titles went to **Bálint Sárossi** (Hungary, 44.57) and **Austėja Kavaliauskaite** (Lithuania, 24.54).

Men 20km Race Walk

1.	Genadiy KOZLOVSKIY	LTU	91	1:24:48
2.	Milan RÍZEK	SVK	78	1:27:54
3.	Sándor RÁCZ	HUN	86	1:28:28
4.	Dominik CERNÝ	SVK	97	1:29:49
5.	Soma KOVÁCS	HUN	97	1:31:15
6.	Kamil KOMAROWSKI	POL	95	1:31:39
7.	Adrian KLONOWSKI	POL	97	1:32:30
	Tomasz BAGDÁNY	HUN	95	DNF
	Donát BURGER	HUN	97	DQ
	Kacper KOSECKI	POL	97	DQ
	Jose Leonidas ROMERO IRIAS	ESP	83	DNF
	Serkan DOGAN	TUR	92	DNF

Women 20km Race Walk

1.	Živile VAICIUKEVICIUTE	LTU	96	1:33:23
2.	Monika VAICIUKEVICIUTE	LTU	96	1:35:29
3.	Mária CZÁKOVÁ	SVK	88	1:36:28
4.	Rita RÉCSEI	HUN	96	1:37:23
5.	Barbara KOVÁCS	HUN	93	1:38:45
6.	Ivana RENIC	CRO	96	1:54:36
7.	Jana GOLISOVÁ	SVK	92	1:56:13
	Ioanna BEMOWSKA	POL	94	DNF
	Eszter SZARKA	HUN	85	DNF
	Lucia CUBANOVÁ	SVK	95	DQ
	Annelies SARRAZIN	BEL	81	DNF

U20 Men 10km Race Walk

1.	Vojtech LIBNAR	CZE	99	46:38
2.	Jurica STANKO	CRO	99	52:33

U20 Women 10km Race Walk

1.	Daphne DIMANOPULOSZ	HUN	99	50:28
2.	Ema HACUNDOVÁ	SVK	99	51:49
3.	Kludia ŽÁRSKA	SVK	99	51:54
4.	Veronika JANOŠÍKOVÁ	CZE	98	53:45
5.	Laura KOMORÓCZY	HUN	99	55:35
6.	Dóra CSÖRGO	HUN	01	56:03
7.	Katalin TÓTH	HUN	02	61:16
8.	Kata TATAY	HUN	99	62:22

U18 Men 10km Race Walk

1.	Bálint SÁROSSI	HUN	00	44:57
2.	Lubomir KUBIŠ	SVK	01	46:16
3.	Bruno ROŽMAN	CRO	01	47:30
4.	Norbert TÓTH	HUN	01	49:02
5.	Dávid VARGA	HUN	01	49:29
6.	Arminas RUDENKA	LTU		49:37
7.	Arnoldas LIUTINSKIS	LTU		53:09
8.	Alan HAMZIC	SVK	00	53:17
9.	Balázs NYERGES	HUN	01	61:33

U18 Women 5km Race Walk

1.	Austeja KAVALIAUSKAITE	LTU	00	24:54
2.	Anna HORNYÁK	HUN	00	26:20
3.	Eli PEVEC	CRO	01	26:41
4.	Hana BURZALOVÁ	SVK	00	28:07
5.	Sabina BOCKOVÁ	CZE		28:25

U16 Men 3km Race Walk

1.	Patrik NEMCOK	SVK		15:10
2.	Hugo ZELENÁK	SVK		15:46
3.	Levente GONDA	HUN	03	15:56
4.	Leon BÁNK	HUN	03	17:03
5.	Bálint SZENTMARJAI	HUN	03	17:04

U16 Women 3km Race Walk

1.	Tiziana SPILLER	HUN	03	16:18
2.	Karin DEVALDOVÁ	SVK	03	16:35
3.	Anežka KRESTIANKOVÁ	SVK		17:07
4.	Jana ZIKMUNDOVÁ	CZE		17:12
5.	Bernadett RÉPÁSI	HUN	02	17:16
6.	Dorottya TAMÁS	HUN	03	17:26
7.	Elizabet KOCSI	HUN	02	17:31
8.	Antónia PRIBLULOVÁ	SVK		18:10
9.	Klára ZEMKOVÁ	SVK		18:20
10.	Boglárka MOLNÁR	HUN	03	18:37
11.	Demetria BENKE	HUN	02	19:48
12.	Jázmin KOLMER	HUN	04	20:57

WORLD MASTERS ATHLETICS INDOOR CHAMPIONSHIPS, DAEGU, SOUTH KOREA, 18-29 MARCH 2017

The 2017 World Masters Indoor T&F Championships in South Korea (<http://www.daegu2017.or.kr/eng/>) have now been completed. The second of the walks, the 10km roadwalk, was contested last Friday 24th March and saw 4 heats in total

9AM	All the women
10:45AM	Men 55-89
12:30PM	Men 50-54 (75 entries including 65 Koreans!)
2PM	Men 35-49

Emmanuel Tardi tells me that the weather was fresh in the morning (around 10°C) but good for walking, with a 2km loop being used. Although lots of Koreans started, only a few one finished the races. Sadly most were disqualified or stopped the race after one or two laps. Others were not allowed to start because they fronted up to race in trousers rather than shorts.

Well done to our Australian medallists – for Heather and Joan and Andrew, it was a case of two races and two individual golds

W50	1	Weekes, Anne	W54	Australia	1:00:11
W65	1	Carr, Heather	W67	Australia	59:39
W75	1	Purcell, Joan	W75	Australia	1:15:16
	3	Schickert, Lynne	W75	Australia	1:20:59
M70	1	Jamieson, Andrew	M70	Australia	55:14

Once again, **Heather Carr** (59:39) was amongst the top women and was one of only 6 to better the hour. **Jacqueline Wilson** bettered her own NZ W70 record with 1:02:52. The W40 division saw a big battle between **Olga Cabrera Ysas** (51:59) and **Susan Randall** (52:09) and the Spaniard was not able to make her winning break until the final kilometre. The Australian team of Heather Carr, Joan Purcell and Lynne Schickert also won the W65 Teams Gold.

In the men's events, fastest time overall went to M45 winner **Normunds Ivzans** (45:20). M65 winner **Luis Jose Lopez Camarena** put in another superb walk with 50:21. **Andrew Jamieson** was just as good in the M70 with 55:14. I was also impressed with the time of M80 winner **Alexis Jordana** (1:06:58). One of the most fiercely contested divisions was the M55 where it was not until the second half of the race that **Sergio Gutierrez Brenes** (48:31) could finally clear out from **De los Angeles Escal** (49:12).

10km Roadwalks, Friday 24 March

W40	1	Cabrera Ysas, Olga	W43	Spain	51:49
	2	Randall, Susan	W42	United States	52:09
	3	Borovickova, Lenka	W44	Czech Republic	58:05
	4	Guitron Rodríguez, María	W43	Mexico	1:03:28
	5	Lafargue, Isabelle	W44	France	1:05:18
	6	Huang, Li-Ling	W44	Chinese Taipei	1:07:15
	7	Chan, Yee Hung	W41	Hong Kong, China	1:10:42
W45	1	Alcaire Ernst, Myriam Cl	W48	Spain	59:36
	2	Acuna, Jenny	W47	Venezuela	1:01:57
	3	Rogale, Aija	W48	Latvia	1:03:54
	4	Fu, Chun Ying	W48	Hong Kong, China	1:12:39
	5	Cheung, Mei Yi	W49	Hong Kong, China	1:13:58
W50	1	Weekes, Anne	W54	Australia	1:00:11
	2	Noell Guardiola, Angels	W54	Spain	1:01:21
	3	Pongin, Catherine	W53	France	1:06:16
	4	Gormley, Anne	W53	Ireland	1:09:46
	5	Ng, Chui Yi	W52	Hong Kong, China	1:11:42
	6	Seah, Serene	W52	Singapore	1:12:10
	7	Patel Utkar, Kowsula Kau	W52	Singapore	1:12:42

W55	8	Tse, Siu Yin	W54	Hong Kong, China	1:13:56
	1	Garcia Frontons, Carmen	W56	Spain	59:19
	2	Kwan, Siu Yin	W59	Hong Kong, China	1:00:21
	3	Scheepers, Celeste	W57	South Africa	1:06:38
	4	Fung, Siu Mei	W58	Hong Kong, China	1:10:51
	5	Ramalingam, Komathi	W55	Singapore	1:11:01
	6	Lee, Min Yee Michelle	W55	Hong Kong, China	1:16:59
W60	7	Wan, Po Ngan Esther	W59	Hong Kong, China	1:31:06
	1	Marcenco, Natalia	W62	Italy	1:00:55
	2	Knoetze, Magaretha M	W61	South Africa	1:02:48
	3	Alvarez Ordas, Aurora	W64	Spain	1:04:48
	4	Adan, Pilar	W64	Spain	1:11:32
	5	Wong, Shui Fong	W61	Hong Kong, China	1:17:21
	6	Chow, Oi Ha	W63	Hong Kong, China	1:18:24
W65	7	Campos Bernal, Esperanza	W60	Mexico	1:27:29
	8	Garcia Morales, Ma De Je	W61	Mexico	1:39:15
	1	Carr, Heather	W67	Australia	59:39
	2	Briz, Maria Josefa	W65	Spain	1:02:15
	3	Anxionnat, Claudine	W65	France	1:06:08
	4	Lau, Fung Ling	W68	Hong Kong, China	1:13:59
	5	Rodriguez Gonzalez, Glor	W69	Mexico	1:15:44
W70	6	Kwok, Yuk Yin	W67	Hong Kong, China	1:21:40
	1	Wilson, Jacqueline	W71	New Zealand	1:02:52
	2	Frale, Kathleen	W71	United States	1:06:38
W75	3	Klink, Ursula	W72	Germany	1:08:41
	4	de Coppet, Brigita	W70	Latvia	1:18:44
	1	Purcell, Joan	W75	Australia	1:15:16
	2	Herrendoerfer, Ursula	W76	Germany	1:15:43
	3	Schickert, Lynne	W75	Australia	1:20:59
M35	1	Sugimoto, Akihiro	M35	Japan	46:18
	2	Castro Mateo, Víctor Man	M36	Spain	46:57
	3	Scafuro, Francesco	M39	Italy	48:14
	4	Sapunov, Igor	M38	Italy	49:15
	5	De Lello, Gennaro	M38	Italy	54:41
M40	1	Piñera Alvarez, Rubén	M41	Spain	46:36
	2	Sanchez Carmona, Alonso	M42	Mexico	47:15
	3	Swaich, Meftah	M44	France	48:12
	4	Gianmauro, Pirino	M44	Italy	50:03
	5	Croci, Ernesto	M43	Italy	50:24
	6	Rodriguez Jimenez, Jose	M41	Spain	51:07
	7	Lapins, Ivars	M42	Latvia	51:33
	8	Shigematsu, Kiyotaka	M40	Japan	52:19
	9	Cross, Greg	M43	New Zealand	54:28
	10	Goobinnaan, Suresh Kumar	M44	Malaysia	56:37
M45	11	Fu, Chi Wing Jason	M42	Hong Kong, China	1:02:06
	12	Lee, Dong Su	M44	Korea	1:13:41
	1	Ivzans, Normunds	M45	Latvia	45:20
	2	Svensson, Christer	M47	Sweden	48:09
	3	Caliskan, Hakan	M48	Turkey	51:44
	4	Da Costa, Jerry Edson	M47	Brazil	54:41
	5	Kropik, Franz	M49	Austria	57:45
M50	6	Sanchez Guindo, Faustino	M46	Spain	59:16
	7	Lee, Taehee	M46	Korea	1:11:25
	1	Periañez García, Miguel	M54	Spain	46:51
	2	Arena, Walter Salvatore	M52	Italy	47:26
	3	Xu, Jianping	M51	Canada	49:31
	4	Gauze, Francis	M54	France	52:38
	5	Yoshida, Seiichi	M50	Japan	1:02:57
	6	R, Subramaniam	M53	Singapore	1:09:32
	7	Subramanian, Rajanathan	M53	Singapore	1:11:09
	8	Tardi, Emmanuel	M50	France	1:14:02
	9	Kim, Yongkwang	M53	Korea	1:15:19
M55	10	Kwon, Daechoul	M50	Korea	1:21:26
	11	Lee, Youngseak	M51	Korea	1:21:42
	1	Gutierrez Brenes, Sergio	M55	Costa Rica	48:31
	2	De los Angeles Escal, Gu	M56	Mexico	49:12

	3	Murphy, Patrick	M56	Ireland	52:18
	4	Abadias Palacin, Luis	M57	Spain	53:16
	5	Evans, Simon	M56	Australia	54:13
	6	Kwita, Zbigniew	M57	Poland	56:39
	6	Malecki, Waldemar	M59	Poland	56:39
	8	Vilarrasa Castillo, Andr	M56	Spain	57:12
	9	Liu, Hak Ming	M57	Hong Kong, China	1:03:52
	10	Lau, Leong Wa	M55	Hong Kong, China	1:06:05
M60	1	Luniewski, Mirosław	M60	Poland	53:38
	2	Laflamme, Denis	M63	Canada	55:54
	3	Ruzzier, Fabio	M64	Slovenia	56:31
	4	Harasinski, Ryszard	M60	Poland	59:41
	5	McPherson, Scott	M60	United States	1:06:30
	6	Cheung, Kam Cheung	M63	Hong Kong, China	1:09:27
	7	Yeh, Ming-Chao	M61	Chinese Taipei	1:13:05
	8	Segui, Santiago	M63	Spain	1:20:03
M65	1	Lopez Camarena, Jose Lui	M67	Mexico	50:21
	2	Richards, Ian	M68	Great Britain	52:13
	3	Boszko, Peter	M67	Great Britain	57:10
	4	Michell, Roger	M69	Great Britain	59:27
	5	Adam, Petr	M66	Czech Republic	1:00:22
	6	Delayre, Bernard	M69	France	1:02:36
	7	Siegele, Johann	M68	Austria	1:04:08
	8	Flamant, Claude	M67	France	1:04:36
M70	1	Jamieson, Andrew	M70	Australia	55:14
	2	McMullin, John	M71	Ireland	59:17
	3	Frable, Norman	M71	United States	1:01:28
	4	Bjoersvik, Arvid	M73	Norway	1:06:25
	5	Lillefosse, Arthur	M72	Norway	1:11:04
	6	Purves, Bill	M73	Hong Kong, China	1:12:29
	7	Hummer, Joseph	M70	Luxembourg	1:18:19
	8	Arumugam, Kannan	M70	Singapore	1:22:27
M75	1	Yonezawa, Kiyohiko	M77	Japan	1:09:00
	2	de Coppet, Alexis	M78	Switzerland	1:14:38
M80	1	Jordana, Alexis	M80	France	1:06:58
	2	Panaseiko, Mykola	M82	Ukraine	1:11:58
M85	1	Pushkin, Ivan	M87	Ukraine	1:16:00



Andrew Jamieson, Simon Evans, Lynne Schickert, Anne Weekes, Heather Carr and Joan Purcell (photos Emmanuel Tardi)



Anne Weekes, Joan Purcell, Jacqueline Wilson and Heather Carr



Jose Luis Lopez Camarena (M65), Alexis Jordana (M80), Normunds Ivzans (M45) and Sergio Gutierrez Brenes (M55)

ITALIAN ROADWALK CHAMPIONSHIPS, CASSINO, ITALY, SUNDAY 26 MARCH

Excellently reported by marciadalmondo (see <http://www.fidal.it/risultati/2017/COD6040/Index.htm>).

More than 450 walkers gathered in Cassino for the Italian Roadwalk Championships on Sunday. The men's 20km was a tightly fought affair, given the number of good 20km walkers in the field. **Federico Tontodonati**, **Marco de Luca** and **Francesco Fortunato** led out and it was those three who eventually fought out the medals. Fortunato was first across the finish line in a PB 1:22:04, followed by Tontodonati (1:22:53), de Luca (1:23:08), **Giorgio Rubino** (1:23:27), **Leonardo Tos** (1:23:35) and **Gianluca Picchiottino** (PB 1:23:46), the first 6 all under the World Champs qualifying standard of 1:24:00.

The women's 20km saw an easy victory for **Valentina Trapletti** (1:33:45) ahead of **Nicole Colombi** (1:38:26) and **Sibilla Di Vincenzo** (1:38:32).

The U20 20km titles went to **Giacomo Brandi** (1:30:57) and **Annalisa Russo** (1:44:41) while the U18 10km titles went to **Davide Finocchietti** (44:38) and **Alessia Mastronicola** (52:09).

Full results at <http://www.marciadalmondo.com/admin/pdf/risultati/27032017585Cassino2017.pdf>.

20km Men

1.	FORTUNATO Francesco	1994	SM	G.A. FIAMME GIALLE	1h22:04
2.	TONTODONATI Federico	1989	SM	C.S. AERONAUTICA MILITARE	1h22:53
3.	DE LUCA Marco	1981	SM35	G.A. FIAMME GIALLE	1h23:08
4.	RUBINO Giorgio	1986	SM	G.A. FIAMME GIALLE	1h23:27
5.	DEI TOS Leonardo	1992	SM	ATHLETIC CLUB 96 ALPERIA	1h23:35
6.	PICCHIOTTINO Gianluca	1996	PM	TL LIBERTAS RUNNERS LIVORNO	1h23:46
7.	AGRUSTI Andrea	1995	PM	GUERRIERI DEL PAVONE	1h24:09
8.	ANTONELLI Michele	1994	SM	ATL. RECANATI	1h25:07
9.	CAPORASO Teodorico	1987	SM	ASS. SPORTIVA E CULTURALE ORIO	1h25:22
10.	CHIESA Stefano	1996	PM	ATL. CENTO TORRI PAVIA	1h25:48
11.	DESSI Lorenzo	1989	SM	G.A. FIAMME GIALLE	1h27:10
12.	MINI Vito	1994	SM	G.S. FIAMME ORO PADOVA	1h27:30
13.	ANGELINI Gregorio	1996	PM	ALTERATLETICA LOCOROTONDO	1h27:37
14.	ZAUPA Alberto	1995	PM	ATLETICA SCHIO	1h29:06
15.	MANSUTTI Stefano	1995	PM	A.S.D. INTESATLETICA	1h29:23
16.	VONA Flavio	1984	SM	ATL.BIOTEKNA MARCON	1h30:48
17.	MONTOLEONE Luca	1990	SM	A.S.D. FRANCESCO FRANCIA	1h31:46
18.	GRILLO Ettore	1997	PM	TLETICA FIRENZE MARATHON S.S.	1h33:02
19.	COPPINI Niccolò'	1997	PM	TLETICA FIRENZE MARATHON S.S.	1h37:08
20.	COZZA Cesare	1997	PM	A.S. LA FRATELLANZA 1874	1h38:51
21.	VERDE Vincenzo	1982	SM35	ASD ENTERPRISE SPORT & SERVICE	1h39:57
22.	SCORDO Giuseppe	1994	SM	ICARO UNIPOLSAI FONDIARIA RC	1h40:55
23.	PATIERNO Anthony	1995	PM	ASD ATLETICA SPEZIA DUFERCO	1h41:06
24.	CAPOGROSSI Luca	1996	PM	ATL. RECANATI	1h41:33
25.	QUACQUARELLI Giuseppe	1993	SM	AMATORI ATL. ACQUAVIVA	1h43:51
26.	D'ORLANDO Antonio	1971	SM45	ASD ATLETICA SPEZIA DUFERCO	1h44:10
27.	LOPETUSO Antonio	1958	SM55	AMATORI ATL. ACQUAVIVA	1h44:41
28.	BOLDRINI Federico	1988	SM	ATL. RECANATI	1h45:04
29.	GUGLIELMI Giacomo	1994	SM	TLETICA LIVORNO	1h46:16
30.	DE CEGLIA Domenico	1978	SM35	AMATORI ATL. ACQUAVIVA	1h46:21
31.	GALLO Rosario	1958	SM55	A.S.D.PROFORM ME ROAD RUNNERS	1h46:52
32.	CARTONI Bernardo	1969	SM45	A.S.D. KRONOS ROMA	1h47:11
33.	SAPONARO Giuseppe	1969	SM45	TL BRUGNERA PN FRIULINTAGLI	1h49:45

20km Women

1.	TRAPLETTI Valentina	1985	SF	C.S. ESERCITO	1h33:45
2.	COLOMBI Nicole	1995	PF	ATL. BRESCIA 1950	1h38:26
3.	DI VINCENZO Sibilla	1983	SF	BRACCO ATLETICA	1h38:32
4.	GABELLONE Tatyana	1984	SF	ALTERATLETICA LOCOROTONDO	1h39:02
5.	SANSONI Adelaide	1982	SF35	U.S. QUERCIA TRENTINGRANA	1h40:25
6.	CIABINI Giada Francesca	1997	PF	TOSCANA ATL.EMPOLI NISSAN	1h41:37
7.	VITIELLO Sara	1996	PF	G.S.SELF ATL. MONTANARI GRUZZA	1h41:55
8.	BARCELLA Lidia	1997	PF	BRACCO ATLETICA	1h44:59
9.	GRAFEO Sascia	1992	SF	ATL. LIBERTAS ARCS CUS PERUGIA	1h46:04
10.	ANSALDI Martina	1996	PF	A.S.D. ATL. FOSSANO '75	1h48:05
11.	MORETTI Gladys	1991	SF	ATL. BERGAMO 1959 ORIOCENTER	1h48:22
12.	MARTINOZZI Elena	1987	SF	ATLETICA ESTENSE	1h49:46
13.	PRANDINI Sara	1996	PF	C.U.S. TORINO	1h54:02
14.	DI MARIA Desiree	1987	SF	A.S. DIL. CATANIA 2000	1h55:25
15.	SBERNARDORI Elena	1991	SF	ATL. BRESCIA 1950	1h55:30
16.	PASCAL Gina Ionela	1996	PF	ATL. LIBERTAS ARCS CUS PERUGIA	1h57:20
17.	RUGGERI Giulia	1997	PF	O.S.A. SARONNO LIB.	1h57:35
18.	MARCHIORI Maura	1959	SF55	U.S. QUERCIA TRENTINGRANA	2h02:40
19.	MARCHESI Cristiana	1997	PF	ATL. BERGAMO 1959 ORIOCENTER	2h03:29

U20 Men 20km (those under 100 minutes)

1.	BRANDI Giacomo	1998	JM	SPORT ATL. FERMO	1h30:57
2.	CHIRIVI' Diego	1999	JM	C.U.S. TORINO	1h33:06
3.	CICALO' Stefano	1998	JM	ATL VALERIA	1h34:05
4.	GALLO Matteo	1999	JM	A.S.D. ATLETICA DON MILANI	1h34:13
5.	FANELLI Nicolas	1999	JM	ATL. AMATORI CISTERNINO	1h34:39

6.	BARATTINI Fabio	1999	JM	TLETICA LIVORNO	1h35:42
7.	PANTERA Giuseppe	1998	JM	FIAMME GIALLE G. SIMONI	1h36:19
8.	TRAPASSO Attilio	1998	JM	C.S. GIOVANILE CZ LIDO	1h37:43
9.	ROMANZI Emanuele	1999	JM	FIAMME GIALLE G. SIMONI	1h38:04
10.	D'ANDREA Stefano	1999	JM	POLISPORTIVA TETHYS CHIETI	1h38:31
11.	ALBERGA Alfonso	1999	JM	AMATORI ATL. ACQUAVIVA	1h38:52

U20 Women 20km (first 10)

1.	RUSSO Annalisa	1998	JF	ASD POL. ASTRO 2000 BENEVENTO	1h44:10
2.	MIRABELLO Angelica	1999	JF	FIAMME GIALLE G. SIMONI	1h45:43
3.	MIRABELLO Anthea	1999	JF	FIAMME GIALLE G. SIMONI	1h46:43
4.	DISABATO Valeria	1999	JF	ATLETICA 2005	1h47:27
5.	FORESTI Beatrice	1998	JF	ATL. BERGAMO 1959 ORIOCENTER	1h49:00
6.	PUSCEDDU Chiara	1999	JF	ATLETICA SELARGIUS	1h50:31
7.	DAVEY Molly Jade	1998	JF	G.S.SELF ATL. MONTANARI GRUZZA	1h51:39
8.	ORLANDI Virginia	1998	JF	ATL. BRESCIA 1950	1h53:46
9.	BOCCHINO Francesca	1999	JF	A.S.D. ACSI ITALIA ATLETICA	1h54:49
10.	PATERNICO' Annachiara	1998	JF	ASSINDUSTRIA SPORT PADOVA	1h55:48

24 HEURES DE CHATEAU THIERRY, CHATEAU THIERRY, FRANCE, 25-26 MARCH

Thanks to Emmanuel Tardi for sending me the results of the latest French ultra distance walking classis. **Eddy Roze** led for the first half of the event but stopped after 12 hours. At that point, **Mathieu Olivares** and **Florian Letourneau** walked took over, walking together for some time before Olivares eventually broke clear to win with a very impressive 196.229km. **Tatiana Maslova** won the women's race with 169.028km. **Philippe Gilles** won the associated 2 x 6 Hours Walk (two separate walks, with a rest between) with 105.982km.

24 Heures de Château-Thierry

1.	OLIVARES Mathieu	Neuilly Sur Marne Athletisme	196.229 km	24:00:00	8.176 km/h
2.	LETOURNEAU Florian	Ac Chateau Thierry	192.579 km	24:00:00	8.024 km/h
3.	VARAIN Cedric	Ac Chateau Thierry	187.878 km	24:00:00	7.828 km/h
4.	GEORGELIN Serge	Bruz Athletisme	172.028 km	24:00:00	7.168 km/h
5.	LOUGRADA Saadi	Cm Roubaix	170.953 km	24:00:00	7.123 km/h
6.	VANDENDAUL Daniel	CABW	169.677 km	24:00:00	7.070 km/h
7.	MASLOVA Tatiana (F)	Saint-Petersbourg	169.028 km	24:00:00	7.043 km/h
8.	MAISON Sylvie (F)	Strasbourg Agglomeration Athle	166.453 km	24:00:00	6.936 km/h
9.	GRADOS Stephane	Cm Roubaix	166.028 km	24:00:00	6.918 km/h
10.	FORESTIERI Alexandre	Ust Courir A Saint Tropez	162.378 km	24:00:00	6.766 km/h
11.	DAVID Christine (F)	Essonne Athletic	160.453 km	24:00:00	6.686 km/h
12.	HIERNARD Alain		154.252 km	24:00:00	6.427 km/h
13.	POUTINSEVA Irina(F)	Saint-Petersbourg	152.953 km	24:00:00	6.373 km/h
14.	BIZARD Claudie (F)	Thiais Ac	147.378 km	24:00:00	6.141 km/h
15.	BOVIN Laurent	A Marcheurs St Thibault Des Vi	145.252 km	24:00:00	6.052 km/h
16.	RASSAIND Andre	Ea Centre Isere	119.752 km	24:00:00	4.990 km/h
17.	ARNAULT Jacques	Neuilly Sur Marne Athletisme	117.378 km	24:00:00	4.891 km/h
18.	LABARRE Bertrand	Cs Provins Athletisme	133.500 km	19:52:47	6.715 km/h
19.	TILL Jacques		109.500 km	15:09:29	7.224 km/h
20.	ROZE Eddy	Amiens Uc	108.000 km	13:31:50	7.982 km/h
21.	LABORIE Christophe	Essonne Athletic	83.953 km	24:00:00	3.498 km/h
22.	KESSELMARK Patrick		75.000 km	15:43:47	4.768 km/h
23.	CHAUVITEAU Daniel		24.000 km	03:08:37	7.635 km/h

2 x 6 Hours

1.	GILLES Philippe	Usm Montargis	105.982 km
2.	MOREL Philippe	Ac Chateau Thierry	101.253 km
3.	BIEBUYCK Pascal		97.919 km
4.	LANGLOIS Patrick	Marne Et Gondoire Athletisme	94.994 km
5.	THEVENIN Pascal	Marne Et Gondoire Athletisme	93.908 km
6.	JACQUEMIN Mickael		92.683 km
7.	MOUGENOT Patrick	Marne Et Gondoire Athletisme	89.462 km
8.	SEYNAEVE Serge	Cm Roubaix	88.390 km
9.	BALLAND Johann		87.194 km
10.	DAUMERIE Cedric	Ac St-Sauveur	84.961 km
11.	RODIER Nicole (F)	Efs Reims A.	83.750 km
12.	BORDIER Daniel	Ac Chateau Thierry	80.274 km
13.	HAGHEBAERT Eric	Ac Chateau Thierry	75.734 km

14. EMONIERE Philippe Cosm Arcueil 68.113 km
 15. QUINQUETON Bernadette (F) A Marcheurs St Thibault Des Vi 65.418 km



Men's podium at Chateau Thierry (photo Emmanuel Tardi)

SPEED SERIES T&F MEET, GERMISTON, SOUTH AFRICA, WEDNESDAY 22 MARCH

To South Africa where **Lebogang Shange** won over 3000m in a fast 11:20.06.

Men 3000m Race Walk

1.	Lebogang SHANGE	RSA	90	11:20.06
2.	Sizwe NDEBELE	RSA		12:10.61
3.	Mzwakhe MAVUNDLA	RSA		12:25.66
4.	Tumisang PULE	RSA		13:13.99

ACHILLES CUP, BURNABY, CANADA, SATURDAY 25 MARCH

And to Canada for some very fast walking by **Ben Thorne** – 5000m in 18:49.86.

Men 5000m Race Walk

1.	Benjamin THORNE	CAN	93	18:49.86
2.	Alger LIANG	CAN	82	21:50.27
3.	Caleb CHENG	CAN	95	22:47.90
4.	Erik THIES	CAN	97	23:09.83
5.	Nathan DOWNEY	USA		23:13.89
6.	Colis CHENG	CAN		23:20.52
7.	Kenny HO	CAN		23:54.22

2017 NEW YORK RACE WALKS, DEWITT CLINTON HIGH SCHOOL, BRONX, NY, SUNDAY 26 MARCH

Finally to New York for track walks in the Bronx.

5000m High School Girls Race Walk

1.	Lauren Harris	17	Walk USA	26:02.72
2.	Amelia Cuomo	18	Brewster HS	26:36.03
3.	Kayla Torres	18	Walk USA	26:49.03
4.	Tara Mandel	17	Foundation Track Clb	27:39.26
5.	Samantha Piezzo	17	Walk USA	28:14.77
6.	Chelsea Benedict	16	Walk USA	28:16.47
7.	Anna Arrigo	16	Walk USA	28:20.89
8.	Sophie Riegel	16	Hewlett HS	28:22.17

9.	Margaret Atwood	16	Walk USA	28:25.01
10.	Sofia Khalek	16	Farmingdale	28:48.33
11.	Jessica Levine	18	Sachem North	28:59.09
12.	Kelsey Jordan	18	Walk USA	30:28.00
13.	Tessa Lytle	15	NJ Striders	30:56.41
14.	Ariana Cagnina	18	Sachem North	30:56.55
15.	Kelly Wei	17	Bronx Science	31:25.02
16.	Natalie Ehlers	15	Westhampton Beach HS	31:53.98
17.	Nicole Destio	16	Sachem North	31:58.23
18.	Alysa Chen	16	Bronx Science	32:46.35
19.	Sarah Mack	15	Bronx Science	32:54.59
20.	AmenaKhatun	15	Bronx Science	39:33.30

5000m Youth, Open & Masters Race Walk

1.	Emerson Hernandez	M28	Fleet Feet Albany	22:09.00
2.	Meaghan Podlaski	F19	Fleet feet Albany	24:33.40
3.	Maria Michta-Coffey	F30	Oiselle/Walk USA	26:37.10
4.	Alex Price	M35	Walk USA	26:51.62
5.	Kristi Licursi	F17	Marist College	27:21.10
6.	John Soucheck	M51	Shore AC	27:36.12
7.	Brian Baccaglioni	M17	NanuetTrackClb	27:49.91
8.	Maria Garcia	F18	ParkRacewalkers USA	28:10.60
9.	Nikolas Toocheck	M14	N/A	28:32.99
10.	VyacheslavTroshkin	M68	ParkRacewalkers USA	28:49.62
11.	Bill Vayo	M52	ParkRacewalkers USA	29:02.39
12.	Bruce Logan	M52	ParkRacewalkers USA	29:17.80
13.	Maryanne Daniel	F58	ConnecticutRacewalkers	29:51.91
14.	Elizabeth Pasquale	F64	ParkRacewalkers USA	33:16.87
15.	Ellen O'Shaughnessy	F56	ParkRacewalkers USA	36:17.15
16.	Regina McCarthy	F46	ParkRacewalkers USA	38:13.66
17.	Alaxi Sangeap	M55	ParkRacewalkers US	38:15.59

1500m Developmental Race Walk

1.	Divah Johnson	F18	Arlington HS	09:26.7
2.	Jodi-Kay Ormsby	F12	VO2Max	09:34.4
3.	Princess Poku	F15	DeWitt Clinton HS	10:07.1
4.	Natalie Meyer	F12	PPYRC	10:15.7
5.	Tiara Jackson	F10	VO2Max	10:25.7
6.	Messiah Jean	F13	VO2Max	10:37.5
7.	Adonijah Washington	F10	VO2Max	11:27.4

MARCIADALMONDO AND OMARCHADOR ROUNDUP

Marciadalmondo had 3 press releases this week

- Sun 26 Mar - Francesco Fortunato and Valentina Trapletti win Italian Championships in Cassino
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2752
- Sat 25 Mar - Results and report from Dudince 50km meet
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2751
- Thu 23 Mar - Preview of Italian roadwalk championships in Cassino
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2750

and Omarchador had 19 press releases

- Mon 27 Mar – Results of Spanish Regional Championships in Cáceres
<http://omarchador.blogspot.com.au/2017/03/caceres-recebeu-campeonatos-de-pista-da.html>
- Mon 27 Mar – Lithuanians dominate 20km events in Dudince
<http://omarchador.blogspot.com.au/2017/03/lituanos-dominaram-20-km-em-dudince.html>
- Mon 27 Mar - Haukenes and Ellward win 50 km in Dudince
<http://omarchador.blogspot.com.au/2017/03/haukenes-e-ellward-vencem-50-km-de.html>

- Sun 26 Mar - Preview of next weekend's meet in Rio Maior
<http://omarchador.blogspot.com.au/2017/03/26-edicao-do-grande-premio.html>
- Sun 26 Mar - Results of last weekend's Gran Premi de Marxa "Ciutat de Gavà" in Spain
<http://omarchador.blogspot.com.au/2017/03/gava-realizou-1-grande-premio-de-marcha.html>
- Sat 25 Mar - Results of Serbian racewalk championships in Belgrade
<http://omarchador.blogspot.com.au/2017/03/campeonatos-de-marcha-atletica-da.html>
- Sat 25 Mar - Preview of this weekend's Italian Roadwalk Championships in Cassino
<http://omarchador.blogspot.com.au/2017/03/italia-leva-efeito-este-domingo-os.html>
- Sat 25 Mar - Results of Men's 10km walks from WMA Indoor Champs in Daegu
<http://omarchador.blogspot.com.au/2017/03/wmaci-daegu-10-km-masculinos-resultados.html>
- Fri 24 Mar - Preview of this weekend's Dudinská pätdesiatka 2017 in Dudince, Slovakia
<http://omarchador.blogspot.com.au/2017/03/dudinska-patdesiatka-2017-este-sabado.html>
- Fri 24 Mar - Results of Women's 10km walks from WMA Indoor Champs in Daegu
<http://omarchador.blogspot.com.au/2017/03/wmaci-daegu-10-km-femininos-resultados.html>
- Fri 24 Mar - Portuguese 20km and 50km champs not on IAAF World Champs qualifying list
<http://omarchador.blogspot.com.au/2017/03/50-km-de-porto-de-mos-e-20-km-de-sao.html>
- Fri 24 Mar - Deraldo Ferreira Oppa elected by acclamation as president of the Catarinense Athletics Federation, Brazil
<http://omarchador.blogspot.com.au/2017/03/federacao-catarinense-de-atletismo-com.html>
- Thu 23 Mar - Results of National Winter Criteria in Algeria - alas 400m short!
<http://omarchador.blogspot.com.au/2017/03/criterio-nacional-de-inverno-hammani.html>
- Thu 23 Mar - Judges for WMA Indoor Champs in Daegu
<http://omarchador.blogspot.com.au/2017/03/os-juizes-nos-mundiais-de-veteranos-de.html>
- Thu 23 Mar - Results of Portuguese Indoor Masters Champs in Pombal
<http://omarchador.blogspot.com.au/2017/03/significativos-atrasos-marcam-nacionais.html>
- Wed 22 Mar - Results of walks at NZ T&F Championships in Wellington
<http://omarchador.blogspot.com.au/2017/03/as-mulheres-mandaram-nos-campeonatos-em-22.html>
- Wed 22 Mar - Virbalyte and Wright win in Lugano
<http://omarchador.blogspot.com.au/2017/03/em-lugano-virbalyte-convence-e-wright.html>
- Tue 21 Mar - Chihuahua youngsters stand out at the Monterrey U20 walks
<http://omarchador.blogspot.com.au/2017/03/jovens-de-chihuahua-em-destaque-nas.html>
- Tue 21 Mar - Kim Hyun-Sub and Wang Na win 20km Asian Championships in Nomi
<http://omarchador.blogspot.com.au/2017/03/kim-hyun-sub-e-wang-na-em-destaque-nos.html>

OUT AND ABOUT

- Five minutes with New Zealand walker and record holder **Alana Barber**
http://www.nzherald.co.nz/athletics/news/article.cfm?c_id=19&objectid=11825147&ref=rss
- WADA has failed to update its Prohibited Association List to include the names of a number of key Russian officials implicated in its investigations into Russian doping, which may make it difficult for sanctions to be levied against sporting bodies that associate with them, which is prohibited by the World Anti-Doping Code. The inclusion of key Russian officials on the List was one of the key recommendations of its first Independent Commission Report, authored by WADA's Founding President, Dick Pound. The recommendation was: 'That WADA add the names of Grigory Rodchenkov and Sergei Portugalov and coaches Viktor Mikhailovich Chegin, Vladimir Kazarin, Aleksey Melnikov and Valdimir Mokhnev, to its Prohibited Association List'. The latest version of the Prohibited Association List (PDF below), published on 11 November 2016 – a year after the Independent Commission Report – only features race-walking coach Viktor Chegin, who has been banned for life. See <http://www.sportsintegrityinitiative.com/wada-fails-update-prohibited-association-list-include-russians/>.

- Frankie Fredericks has temporarily stepped down from his role as a member of the IAAF Council. The IOC Ethics Commission is looking into payments a company linked to the four-time Olympic silver medallist received three days before Rio de Janeiro was awarded the 2016 Olympic and Paralympic Games in 2009. Fredericks, who was replaced as the chairman of the IOC Evaluation Commission by Patrick Baumann, has also been implicated after receiving funds from Papa Diack during the same period. See <http://www.insidethegames.biz/articles/1048549/fredericks-temporarily-stands-down-from-iaaf-council-role-amid-ethics-probe>.
- Sadly it's an all too common story - Three athletes who believe they were cheated out of Olympic medals in the long jump event at Athens 2004 are calling for an investigation into the result to be launched after Russian competitors swept the podium. According to the Brisbane-based Courier Mail, Australia's Bronwyn Thompson, Britain's Jade Johnson and India's Anju Bobby-George, who finished fourth, fifth and sixth respectively in the Greek capital, have urged their National Federations to support their case before they consider approaching the International Association of Athletics Federations (IAAF) and the International Olympic Committee (IOC). All three Russians who claimed a medal in the event - Tatyana Lebedeva, Irina Meleshina and Tatyana Kotova - have since failed drugs tests. See <http://www.insidethegames.biz/articles/1048558/three-athletes-call-for-investigation-into-athens-2004-long-jump-result>.
- Nice IAAF article on Australian bronze medalist **Dane Bird-Smith** – <https://www.iaaf.org/news/series/dane-bird-smith-australia-20km-race-walk>.
- Learn how to racewalk - Welsh TV interviews **Bethan Davies** – <https://www.youtube.com/watch?v=z7yRGVwJUB8>.

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

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	51 st LBG Racewalking Carnival, Stomlo Forest Park, Canberra, ACT
Aug 6 (Sun), 2017	AMA 20km Roadwalk Championships, Adelaide, SA
Aug 27 (Sun), 2017	Australian Roadwalk Championships, Woolongong, NSW

2016/2017 International Dates

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/
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	10 th World Youth T&F Championships, Niarobi, Kenya – THIS IS THE FINAL EDITION
August 5-13, 2017	16 th IAAF World Championships in Athletics, London, UK. See http://www.london2017athletics.com/ .
August 19-30, 2017	29 th Summer Universiade, Taipei, Taiwan
Sept 9, 2017	8 th 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

Apr 1, 2017	26 th 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	16 th 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	28 th IAAF World Race Walking Team Championships, Taicang, China
July 2018	16 th World Junior T&F Championships, Tampere, Finland
Sept 2018	22 nd World Masters Athletics T&F Championships, Malaga, Spain
Sept 28 – Oct 6, 2019	17 th IAAF World Championships in Athletics, Doha, Qatar
July 2019	30 th Summer Universiade, Brasilia, Brazil
2019	World Masters Indoors T&F Championships, Torun, Poland
July 24 – Aug 9, 2020	32 nd Olympic Games, Tokyo
July 20 – Aug 1, 2020	23 rd 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

Tim Erickson, Secretary, VRWC, terick@melbpc.org.au Home: 03 93235978 Mob: 0412 257 496
Copies of recent newsletters are kept on the VRWC website (<http://www.vrwc.org.au>)