



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
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WHAT'S COMING UP

This Saturday sees the first VRWC winter season races at our home base in Middle Park (Melbourne) and club president Stuart Cooper has asked me to include this call for helpers in the newsletter. So here it is to lead things off. If you can help, just turn up on any weekend competition at Middle Park and see Stuart for a job.

VICTORIAN RACE WALKING CLUB

HELP WANTED

at
OFFICIAL TABLES

Hey everyone!

With the 2017 Winter Season about to get underway at Middle Park, we want to ensure that all bases are covered, thus ensuring that our program runs as smoothly as possible.

In particular, we need **VOLUNTEERS** to assist at the official tables on race days. The tasks (mainly lap scoring and time recording) are not difficult and can be learned easily.



NOTE: The more people who put their hands up, the **EASIER** it will be to spread the jobs around so that the same volunteers are not called upon week after week.

It takes many hands to make a successful Club like ours stay successful. **YOUR ASSISTANCE** will be most appreciated and invaluable in helping our athletes gain the maximum benefit from their racing.



And now onto the rest of the news! Lots coming up in the next few weeks. Local highlights:

- The first VRWC winter season races at our headquarters at Middle Park will be held on **Saturday 29th April**. Races will then be held weekly until mid September. See the full season fixture at <http://www.vrwc.org.au/vrwcw17.shtml>. Pre-enter if possible at <http://vrwc.org.au/wp1/>. Then you save time on raceday and only have to pay your race fee in a shorter queue.

Saturday 29th April 2017, Middle Park			
VRWC Events, Entries close for all events at 1.45pm sharp			
2.15pm	12km	Points Race	Open
2.15pm	10km	Points Race	Open
2.15pm	5km	Points Race	Open
2.30pm	3km	Points Race	Open
2.30pm	1.5km	Points Race	Open

- The **2017 World Masters Games** kicked off in Auckland, NZ, last Friday. The Games will run from **21-30 April** and will feature 3 walks. I checked out the entry lists – small fields but some Australian walkers in action.
 - Tuesday 25 April 1500m Walks (in evening)
 - Wednesday 26 April 3000m Walks
 - Friday 28 April 5000m Walks

Full results at <http://www.worldmastersgames2017.co.nz/the-sports/schedules-and-results/athletics/track-field/>

- The **Victorian 15km Roadwalk Championship** is the first of the Victorian roadwalk championships for the winter and will be held on **Sunday 14th May**. Entries can now be completed online via the AV website – <http://athsvic.org.au/event/av-15km-walks-championships/>.
- ACTRWC has now posted the LBG entry form and info sheet on its website at <http://www.actwalkers.com.au/lbg-racewalking-carnival-2017-the-tradition-continues/>. Remember you give your completed entry to your walking club secretary. All entries must go through your local walking club. Do not send entries directly to the Canberra organizers.

GENDER EQUALITY AND THE 50KM RACEWALK

A final few comments on the 50km racewalk and gender equality. By happy coincidence, last week marked a momentous occasion in women's sport when, 50 years ago, Kathrine Switzer became the first lady to complete the Boston marathon. Nowadays, we realise that women are just as capable as men over the longer distance events. How ironic that the IAAF seek equality by removing the 50km walk event rather than giving women the opportunity to fully participate.

With that being said, it is timely to reproduce what was a fantastic article which was published via facebook last Tuesday by website <http://www.amightygirl.com/>. Check it out for yourself at <https://www.facebook.com/amightygirl/posts/1315869225116054:0>.



When Kathrine Switzer first ran the Boston Marathon in 1967, a race official tried to physically remove her from the route after he discovered that she was female. Today, 50 years later, the now 70-year-old Switzer has successfully completed the marathon once again -- this time running it in 4 hours, 44 minutes at the head of a team of over 100 women! Switzer was a 20-year-old college student at Syracuse University in 1967 when she registered for the race using her initials, K.V. Switzer. Not realizing that she was a woman, who were barred from participating in the Boston Marathon for over 70 years, race officials issued her an entry number.

During the race, marathon official Jock Semple ran up to her yelling "Get the hell out of my race and give me those numbers!" When he grabbed Switzer and attempted to rip off her race number, other runners, including Switzer's coach Arnie Briggs and her boyfriend Tom Miller, blocked Semple and she was able to complete the marathon. Dramatic photographs of the incident and the story of Switzer's participation in the marathon made global headlines. Switzer's record-setting run as the Boston Marathon's first registered female runner came one year after the historic run of Bobbi Gibb, who disguised herself and snuck in to run the marathon in 1966.

After the marathon, Switzer became deeply engaged in efforts to increase girls' and women's access to sports and she and other women runners finally convinced the Boston Athletic Association to drop their discriminatory policies and allow women to participate in 1972. Today, nearly half of Boston Marathon entrants are female. Switzer also helped lead the drive for the inclusion of a women's marathon in the Olympic Games -- a victory which was achieved at long last with the first women's marathon at the 1984 Summer Olympics in Los Angeles.

Today, on the 50th anniversary of her historic run, Switzer ran with a team from her nonprofit organization, 261 Fearless, named for her original bib number. As part of the team commitment, today's participants aimed to raise \$1 million for the nonprofit to fund non-competitive running clubs, train coaches, and provide a communications platform for women runners in the U.S. and across the globe. Reflecting on the tremendous progress in women's running over the past five decades -- women now participate in more running events than men in the U.S., with women making up 57% of finishers in U.S. races last year -- Switzer says, "If young women today take for granted the fact that they can compete like men in the sport of running, that's fantastic. That's what we wanted when we began working for acceptance."

To learn more about Kathrine Switzer's running organization for women, 261 Fearless, visit <http://www.261fearless.org/>

For an excellent book about her inspiring story, we highly recommend her autobiography, "Marathon Woman: Running the Race to Revolutionize Women's Sports," which you can find at <http://amzn.to/1o1607x>

For a fascinating book about 22 pioneering women runners, including Switzer, check out "First Ladies of Running: 22 Inspiring Profiles of the Rebels, Rule Breakers, and Visionaries Who Changed the Sport Forever," at <http://amzn.to/1Vbcljj>

To introduce children and teens to trailblazing women role models in all fields from sports to science to the arts, visit A Mighty Girl's "Role Model" book section at <http://amgrl.co/110x0ld>

For several Mighty Girl stories that celebrate the joy of running, we recommend "The Quickest Kid in Clarksville" for ages 4 to 8 (<http://www.amightygirl.com/the-quickest-kid-in-clarksville>), the bilingual picture book "We Are Girls Who Love to Run / Somos Chicas Y a Nosotras Nos Encanta Correr" for ages 4 to 8 (<http://www.amightygirl.com/we-are-girls-who-love-to-run>) and "The Running Dream" for ages 12 and up (<http://www.amightygirl.com/the-running-dream>).

And, for a fantastic t-shirt that speaks to the fact that strength has nothing to do with gender, check out the "I'm not strong for a girl. I'm just strong." t-shirt for both kids and adults at <http://www.amightygirl.com/strong-t-shirt>.

AUSTRALIAN LITTLE ATHLETICS T&F CHAMPIONSHIPS, SOPAC, 22-23 APRIL

The 2017 Australian Little Athletics Championships were held last weekend at the Sydney Olympic Park Athletic Centre in Sydney. The meet concentrates on the U13 division and includes 1500m walks for boys and girls in that age group. Well done to walk winners **Tom Jessep** (6:44.84) and **Victoria Upton** (6:48.06). But you have to ask what was going on when you see a National Level race in which 10 of the 28 competitors (36%) are disqualified. Not sure what the story was there!

Boys U13 1500m Walk

1.	Tom Jessep	New South Wales	6:44.84
2.	William Robertson	Tasmania	6:55.18
3.	Johnathan Wearne	Queensland	6:55.60
4.	Sebastian Tanner	ACT	7:52.72
5.	Liam Killick	South Australia	7:52.74
6.	Lachlan Gallagher	Western Australia	8:23.38
7.	Mitchell Bostock	Western Australia	9:06.70
8.	James Lemon	ACT	9:32.70
9.	Jackson Wallace	Victoria	11:07.28
10.	Lachlan Semmler	Tasmania	11:27.65

Adrian Upton	South Australia	DQ
Sam Flockart	Victoria	DQ
Antonio Seremet	Queensland	DQ
Luke Boyes	New South Wales	DQ

Girls U13 1500m Walk

1.	Victoria Upton	South Australia	6:48.06
2.	Camryn Novinetz	Queensland	7:01.32
3.	Sienna Andritsos	Western Australia	8:00.56
4.	Maddison Gray	Western Australia	8:16.79
5.	Sophie Rogic	ACT	8:42.96
6.	Eve Gardner New	South Wales	8:59.70
7.	Georgia Burns	Victoria	9:12.57
8.	Nakeisha Brimble	New South Wales	10:17.78
	Talia Atkinson	Tasmania	DQ
	Jesica Draper	Queensland	DQ
	Charlotte Hay	Victoria	DQ
	Kalani Aston	South Australia	DQ
	Chloe Essex	Tasmania	DQ
	Laura Burns	ACT	DQ

SAMA ROAD WALKS, WEST BEACH, ADELAIDE, SATURDAY 22 APRIL

Thanks to Colin Hainsworth for the results from the opening round of the South Australian Masters winter walking season. Colin commented: West Beach walk along sea front, beaut arvo.

10km Walk

1.	David Robertson	1:27:05	M83	71.73%
2.	Graham Harrison	1:19:04	M73	67.69%

5km Walk

1.	Marie Maxted	34:45	W56	68.07%
2.	Trevor Mayhew	36:58	M70	67.76%
3.	Edna Bates	43:34	W64	59.55%
4.	Rodger Barber	38:20	M79	73.90%
5.	Roger Lowe	41:46	M74	63.13%
6.	Dave Fallon	39:21	M64	59.41%
7.	Helen Suridge	38:16	W66	69.59%
8.	Valmai Padget	41:58	W72	69.23%
9.	Kristine Freeman	42:42	W56	55.39%
10.	Jeff Kennett	48:34	M66	49.20%

COBURG 24 HOUR CARNIVAL, HAROLD STEVENS ATHLETICS TRACK, COBURG, 22-23 APRIL

As usual for this particular weekend, I was ensconced at the Harold Stevens Track in the Melbourne suburb of Coburg for the annual Coburg 24 Hour Track Carnival. Apart from being the event organiser, I was also wearing my Australian Centurions hat, given that this was also our official Australian Centurions qualifying race for 2017.

A total of 38 athletes (27 runners and 11 walkers) toed the line for the 10AM Saturday start. While the main aim for the better runners is to achieve 200km, the ultimate aim for the walkers is to achieve 100 miles (160.934km) and qualify as a centurion. Now 100 miles equates to 402+ laps of the 400m track so is no mean feat, even for the better walkers.

Conditions certainly varied. Saturday afternoon saw sunny and warm conditions before a change came through, dumping a huge downpour of rain on the track in the last evening. From then on, intermittent rain made conditions tricky. And to add to the fun, the mist rolled in overnight from the Merri Creek, blanketing track and competitors in a dense fog. So it was certainly not boring!

Full results at <http://www.coburg24hr.org/24hr/wp-content/uploads/2017/04/2017-24H-Final-Results.pdf>.

The 24 Hour Walk saw wins to **Dawn Parris** (137.805km) and **Ivo Majetic** (160.934km). Ivo was the only walker to reach the 100 mile mark, achieved in a time of 21:30:55, to become Australian Centurion number 71. Satisfied with this outcome, he then retired from the race. **Louis Commins** and **John Timms** both walked for the full 24 hour period to take second and third in the men's division with 130.088km and 119.306km. All other competitors seemed happy to stop at the 100km mark, if they got that far. Special mention to first time ultra walker **Colin Heywood** who walked 100.773km in just under 14 hours before stopping. Colin is better known as one of our top master racewalkers – he won two golds and one silver at the 2016 World Masters Championships in Perth.

24 Hour Walk Women

1.	Dawn Parris	64	VIC	137.805 km
2.	Kate Sanderson	41	VIC	100.358 km
3.	Lorraine Billett	71	SA	92.105 km

24 Hour Walk Men

1.	Ivo Majetic	48	USA	160.934 km
2.	Louis Commins	67	VIC	130.088 km
3.	John Timms	74	VIC	119.306 km
4.	Colin Heywood	62	NT	100.773 km
5.	Robin Whyte	75	NSW	100.773 km
6.	Terry O'Neill	61	VIC	100.358 km
7.	John Kilmartin	65	VIC	51.423 km
8.	Ken Carter	64	VIC	15.616 km

The walk also co-hosted the Racewalking Australia 100km walk championships, with wins also going to Ivo and Dawn.

RWA 100km Walk Championship Men

1.	Ivo Majetic	USA	12:06:56
2.	Terry O'Neill	VIC	13:03:04
3.	Colin Heywood	NT	13:53:28

RWA 100km Walk Championship Women

1.	Dawn Parris	VIC	15:55:31
2.	Kate Sanderson	VIC	21:11:47

Australian Centurion Walk Qualifiers

C71	Ivo Majetic	USA	100 Miles Walk	21:30:55
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Finally, a number of masters walking records were set as follows by **Lorraine Billett (W70)**, **Robin Whyte (M75)** and **Ivo Majetic (M45)**

Provisional Records

Lorraine Billett	50 Miles	W70 All-Comers/Residential	18:42:40
Lorraine Billett	24 Hours	W70 All-Comers/Residential	92.105 km
Robin Whyte	50 Miles	M75 All-Comers/Residential	10:55:16
Robin Whyte	12 Hours	M75 All-Comers/Residential	85.997 km
Ivo Majetic	100 km	M45 All-Comers	12:06:56
Ivo Majetic	6 Hours	M45 All-Comers	52.914 km
Ivo Majetic	12 Hours	M45 All-Comers	99.170 km



Ivo Majetic, Louis Commins, Robyn Whyte and John Timms (photos Tim Erickson)



Dawn Parris, Kate Sanderson, Lorraine Billett and Colin Heywood

BALLARAT RACEWALKING CLUB ROADWALKS, LAKE WENDOUREE, BALLARAT, SUNDAY 23 APRIL

Thanks to Kerrie Peart for the latest results from the Ballarat Race Walking Club in country Victoria. She reported

The North Ballarat Gardens was the backdrop for the latest edition of the BRWC President’s Cup, held on Sunday over 3km. Numbers were down, but the racing was keen, with only 15 seconds separating the first four competitors. Shining through on the day in 1st place was Alanna Peart, closely followed by older sister Jemma, and Fraser Saunder in 3rd position, with the ever improving Keelan Perry walking another great race finishing in forth place hot on their heels.

President’s Cup 3km Handicap

- | | | |
|----|----------------|-----------------|
| 1. | Alanna Peart | 15:10 |
| 2. | Jemma Peart | 15:02 |
| 3. | Fraser Saunder | 16:53 |
| 4. | Keelan Perry | 21:50 (PB 0:01) |
| 5. | James Pendred | 21:36 |
| 6. | Sarah Breenan | 18:03 |
| 7. | Scott Peart | 20:45 |



BRWC President’s Cup winner Alanna Peart last Sunday (photo Kerry Peart)

SARWC ROAD WALKS, ADELAIDE PARKLANDS, ADELAIDE, SATURDAY 22 APRIL

Thanks to Peter Crump for last Saturday's South Australian Race Walking Club results. Best effort had to be that of **Kim Mottrom** with his 6km time of 27:12.

3km Walk

1. Toby Wilks	15:06
2. Alix Harlington	15:34
3. Kitarni Upton	18:20
4. Mia Wilks	18:23
5. Mathew Bruniges	18:26
6. Troy Hooker	21:54

1.5km Walk

1. Jake Vidler	8:11
2. Kiera Ross	8:26
3. Hannah Wilks	9:08
4. Aleesha Vidler	10:31
5. Edward Upton	11:18
6. Seth Upton	11:21
7. Sam Wilks	11:23
8. Xavier Upton	12:37
9. Natalie Bruniges	14:36
10. Zahra Kamish	14:38

12km Walk

1. Darren Bown	59:48
2. Peter Crump	1:11:47
3. Royrie Upton	1:19:48
4. John Leydon	1:20:42
5. Cherie Rothery	1:27:29
6. James Hoare	1:30:02
7. Bill Starr	1:34:12
Kristie Goznik	DNF

6km Walk

1. Kim Mottrom	27:12
2. Samantha Findlay	30:22
3. Rhiannon Lovegrove	34:31
4. Olivia Phillips	46:47
Chloe Upton	DNF
Tristan Camilleri	DNF

NSWRWC ROADWALKS, CHIPPING NORTON, NSW, SATURDAY 15 APRIL

I'm normally a week behind with NSWRWC results as I have to wait until they are posted on their club website. Anyway, the NSWRWC winter season roadwalks continued last week in Chipping Norton. 40 walkers in action, with best performances by **Carl Gibbons** (10km 49:07) and **Dylan Richardson** (10km 49:18).

Open 10km

1. Carl Gibbons	49.07
2. Dylan Richardson	49.18
3. Amanda Barendregt	58.08
4. Travis Barendregt	60.50
5. Anne Weekes	65.30

Open 8km

1. Ryan Thomson	41.24
2. Kyle Bedford	47.30
3. Teegan Pengilley	48.10
4. Janaya Lee	53.47
5. Joan Purcell	61.21
Jasmyn McDonald	DNF

Open 4km

1. Joel Kemp	23.01
2. Renee Hardy	23.31
3. Jayda Thomson	24.52
4. Brooke Martin	25.24
5. Hannah Parker	26.11
6. Davina Lee	27.15
7. Carmen Parker	28.09
8. Nicolle Challinor	30.03
9. Nicole Nilon	30.04
10. Antoinette Woodward	30.17

U16 3km

1. Ellie DeCellis	18.35
2. Chloe Krklinski	18.55
3. Isabelle Nilon	19.20
4. Shaquille Lee	19.21
5. Rhianni Deagan	19.55
6. Chia Walters	19.40
7. Brodie Douglas	20.44
8. Aiden Hardy	26.24
9. Emily Challinor	29.09
10. Zofia Varga Strike	DNF

U12 1.5km

1. Peter Elliott	7.58
2. Milly Boughton	8.23
3. Thomas Varga Strike	10.49
4. Sarah Challinor	12.18
5. Amelia Crocker	14.05

U10 1km

1. Christopher Nilon	6.14
2. Dylan Ryan	6.48
3. Charli Deagan	8.38
Cara Lee	DNF

SARWC ROAD WALKS, ADELAIDE PARKLANDS, ADELAIDE, SATURDAY 15 APRIL

And back a week to the South Australian Racewalking Club winter season opening round on Saturday 15th April. Once again, **Kim Mottrom** looked the pick of the performers with a 5km time of 23:18.

5km Walk

1.	Kim Mottrom	23:18
2.	Bethany Cross	27:22
3.	Alix Harlington	29:01
4.	Peter Crump	29:24
5.	Chloe Upton	31:19
6.	Royrie Upton	31:29
7.	Lachlan Wilkinson	31:32
8.	John Leydon	31:40
9.	Gloria Holliday	32:46
10.	Cherie Rothery	33:55
11.	James Hoare	36:26
12.	Bill Starr	38:43
13.	Tristan Camilleri	DNF

2km Walk

1.	Victoria Upton	10:20
2.	Liam Killick	11:08
3.	Kitarni Upton	11:21
4.	Adrian Upton	11:45
5.	Aleesha Vidler	14:03

1km Walk

1.	Hayley Goode	5:22
2.	Edward Upton	6:17
3.	Samuel Killick	6:41
4.	Xavier Upton	8:51
5.	Tarique Kamish	8:51
6.	Natalie Bruniges	9:05
7.	Zahra Kamish	9:09
8.	Kai Ramrage	11:09

3km Walk

1.	Jay Goode	15:10
2.	Mathew Bruniges	17:50
3.	Seth Upton	19:34
4.	Zayden Kamish	21:24
5.	Olivia Phillips	21:25
6.	Jake Vidler	DNF



Kim Mottrom leads out in the 5km walk



*Tristan Camilleri and Jay Goode
Photos compliments of Cherie Rothery*



Bill Starr and James Hoare

SOUTH AFRICAN T&F CHAMPIONSHIPS, POTCHEFSTROOM, SOUTH AFRICA, 21-22 APRIL

The South African Open T&F Championships were held last weekend in the city of Potchefstroom and included 20km walks which were won by **Wayne Snyman** (1:25:51) and **Anel Oosthuizen** (1:38:53).

Men 20km Race Walk

1.	Wayne SNYMAN	RSA	85	1:25:51
2.	Sizwe NDEBELE	RSA		1:28:37
3.	Mzwakhe MAVUNDLA	RSA		1:32:45
4.	Tumisang PULE	RSA		1:33:55

5.	Aaron MAHLANGU	RSA		1:34:15
6.	Mthunzi MNISI	RSA		1:38:25

Women 20km Race Walk

1.	Anel OOSTHUIZEN	RSA	95	1:38:53
2.	Natalie LE ROUX	RSA		1:46:14
3.	Zelda SCHULTZ	RSA		1:51:59
4.	Milandre STAFFORD	RSA		1:56:53
5.	Althea POTGIETER	RSA		1:58:18
6.	Nthatsi MOKHELE	RSA	92	1:58:52

WALKS AND MIDDLE DISTANCE NIGHT, MILAN, ITALY, THURSDAY 20 APRIL

Back to last Thursday for 3000m track walks in Milan, won by **Leonardo Dei Tos** (11:45.44) and **Sibilla Di Vincenzo** (13:17.74).

Men 3000m Race Walk

1.	Leonardo DEI TOS	ITA	92	11:45.44
2.	Stefano CHIESA	ITA	96	11:53.95
3.	Davide MARCHESI	ITA	99	12:45.28
4.	Juriy MICHELETTI	ITA	98	13:10.85
5.	Segundo Edison PUMACURO GUALOTUNA	ITA	76	13:17.10
6.	Gianluca LAMMENDOLA	ITA	83	13:32.99

Women 3000m Race Walk

1.	Sibilla DI VINCENZO	ITA	83	13:17.74
2.	Gladys MORETTI	ITA	91	14:50.59
3.	Beatrice FORESTI	ITA	98	14:59.85
4.	Francesca CORTELEZZI	ITA	99	15:30.88
5.	Camilla CRIVELLARO	ITA	00	16:19.40
6.	Andrea Noemi PARMA	ITA	98	16:23.68

NAUMBURG RACEWALKING CARNIVAL, NAUMBURG, GERMANY, SUNDAY 23 APRIL

The annual Naumburg Classic, held last Sunday over a 1km out and back course in the German city of Naumburg, saw fresh temperatures, a warm sun early and hail in the last few kms - at least it didn't snow! It's hard deciding how to present the results, given that the results for the international 20km and 50km races are listed separately from those of the German Championships.

The men's 20km saw **Christopher Linke** (GER) and **Nils Brembach** (GER) sharing the lead before Linke broke away in the second last lap, going on to win his fourth German 20km championship with a time of 1:20:26, ahead of Brembach (PB 1:20:43), **Karl Junghanns** (1:22:08) and **Hagen Pohle** (1:22:29).

Julia Takacs (ESP) won the women's 20km with 1:30:14 but the German championship went to **Emilia Lehmeier** with 1:36:20, ahead of **Saskia Feige** (1:37:14) and **Kathrin Schulze** (1:48:43). The 50km event saw only 8 walkers at the start (7 men and 1 woman: three Mexicans, 2 Spanish, 2 Italians and 1 Swiss). **Maria Dolores Marcos Valero** (ESP) won the women's race with a Spanish record time of 4:48:26. In the men's event, only the three Mexicans finished the race, with **José Leyver Ojeda** (3:45:09) ahead of **Luis Amauri Bustamante** (3:48:45) and **Cristian David Berdeja** (4:07:47).

In the U20 races, victories went to favorites **Teresa Zurek** (45:09) and **Leo Köpp** (42:28).

With all that said, let's go. Here are the results of the international races

50km Walk Men

1.	José LEYVER	MEX	85	3:45:09
2.	Luis BUSTAMANTE	MEX	84	3:48:45
3.	Cristian David BERDEJA	MEX	81	4:07:47
4.	Stefano MANSUTTI	ITA	95	DNF
	Francisco Jose DURAN	ESP	93	DQ
	Alex FLOREZ	SUI	71	DNF
	Lorenzo DESSI	ITA	89	DNF

50km Walk Women

1.	Maria Dolores MARCOS VALERO	ESP	79	4:48:26
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20km Walk Open Women

1.	Júlia TAKÁCS	ESP	89	1:30:14
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2.	Lizbeth SILVA	MEX	89	1:34:25
3.	Erin TAYLOR-TALCOTT	USA	78	1:41:39
4.	Vasylyna V?TOVSHCHYK	UKR	90	1:43:22
5.	Anne VAN ANDEL	NED	90	1:54:52
6.	Annelies SARRAZIN	BEL	81	1:56:51

20km Walk Open Men

1.	Mohamed Fetah MEDDOUR	ALG	90	1:28:10
2.	Jose Leonidas ROMERO IRIAS	HON	83	1:31:51
3.	Rick LIESTING	NED	77	1:32:53

And here are the results of the German Championships

20km Walk Open Men – German Championship

1.	Christopher LINKE	GER	88	1:20:26
2.	Nils BREMBACH	GER	93	1:20:43
3.	Karl JUNGHANSS	GER	96	1:22:08
4.	Hagen POHLE	GER	92	1:22:29
5.	Nathaniel SEILER	GER	96	1:22:48
6.	Carl DOHMANN	GER	90	1:23:14
7.	Jonathan HILBERT	GER	95	1:23:48
8.	Andreas JANKER	GER	83	1:27:45
9.	Francesco-Marco TOMMASINO	GER	93	1:41:56
10.	Hermann-Josef STEFES	GER	85	1:42:44
11.	Steffen MEYER	GER	66	1:44:56
12.	Denis FRANKE	GER	69	1:45:25
13.	Steffen BORSCH	GER	73	1:45:48
14.	Marius RICHTER	GER	98	1:49:13
15.	Nichan DAIMER	GER	67	1:51:04
16.	Joachim MAIER	GER	70	1:57:43

20km Walk Open Women – German Championship

1.	Emilia LEHMEYER	GER	97	1:36:20
2.	Saskia FEIGE	GER	97	1:37:14
3.	Kathrin SCHULZE	AUT	81	1:48:43
4.	Pauline BARZ	GER	98	1:50:48

20km Walk U23 Women – German Championship

1.	Lehmeyer Emilia	GER	1997	1:36:20
2.	Feige Saskia	GER	1997	1:37:14
3.	Barz Pauline	GER	1998	1:50:48

20km Walk U23 Men – German Championship

1.	Junghannß Karl	GER	1996	1:22:08
2.	Seiler Nathaniel	GER	1996	1:22:48
3.	Hilbert Jonathan	GER	1995	1:23:48
4.	Richter Marius	GER	1998	1:49:13

20km Walk Masters – German Championships

M30	1.	Janker Andreas LG	Röthenbach/Pegnitz	1983	1:27:45
	2.	Romero Leo	Hondura	1983	1:31:51
	3.	Stefes Hermann-Josef	Mönchengladbacher LG	1985	1:42:44
M40	1.	Listing Rick	Niederlande	1977	1:32:53
	2.	Borsch Steffen	SV Halle	1973	1:45:48
	3.	Fern Thorsten	TV Groß-Gerau	1975	1:56:23
M45	1.	Franke Denis	TV Bühlertal	1969	1:45:25
	2.	Maier Joachim	SV Breitenbrunn	1970	1:57:43
M50	1.	Meyer Steffen	SV Breitenbrunn	1966	1:44:56
	2.	Daimer Nischan	SV Breitenbrunn	1967	1:51:04
	3.	Werner Stefan	LG Vogtland	1964	2:02:13
M55	1.	Münster Udo	ART Düsseldorf	1961	2:10:20
	2.	Nißl Stefan	TV Ludweiler	1959	2:13:19
M60	1.	Hauger Georg	TV Bühlertal	1957	2:01:49
	2.	Tolle Uwe	Polizei SV Berlin	1955	2:09:50
	3.	Schaller Werner	TV Groß-Gerau	1957	2:11:27
	4.	Evertz Günter	Polizei SV Berlin	1957	2:16:56
	DQ	Holtslag Han	Niederlande	1957	DQ

M65	1.	Berzl Josef	Gehsportverein Regensburg	1952	2:07:19
	2.	Mildenberger Robert	LAZ Obernburg-Miltenberg	1950	2:10:27
	3.	Kiepert Horst	MBB-SG Augsburg	1951	2:12:55
	4.	Hammer Wolfgang	Gehsportverein Regensburg	1951	2:29:46
	DNF	Affeln Bernd	ASV Erfurt	1950	DNF
M70	1.	Dr. Lorscheider Rainer	TV Ludweiler	1947	2:05:55
	2.	Maier Felix	SV Breitenbrunn	1943	2:16:47
	DQ	Maichin Richard	Alemannia Aachen	1946	DQ
	DQ	Hölters Bernd	Polizei SV Berlin	1946	DQ
M75	1.	Schumm Peter	Alemannia Aachen	1942	2:11:12
	2.	Höhne Christoph	TV Fürstenwalde	1941	2:17:00
M80	1.	Flassnöcker Holger	TG Harkort Wetter	1937	2:38:56
	DQ	Daske Alfred	PSG Calw	1935	DQ
W35	1.	Taylor-Talcott Erin	USA	1978	1:41:39
	2.	Schulze Kathrin	ASV Erfurt	1981	1:48:43
	3.	van Aniel Anne	Niederlande	1981	1:54:52
	4.	Sarrazin Annelies	Belgien	1981	1:56:51
W45	1.	Maier Andrea	SV Breitenbrunn	1969	2:19:51
W50	1.	Müller Monika	TV Groß-Gerau	1964	2:22:05
W55	1.	Fuchs Marion	Alemannia Aachen	1960	2:13:05
	2.	Patrzalek Brigitte	TV Groß-Gerau	1958	2:22:05
W70	1.	Neidel Heidrun	TSG Leihgestern	1947	2:37:44
	2.	Molter Margarete	TV Groß-Gerau	1947	2:47:42
	DNF	Klink Ursula	TV Groß-Gerau	1944	DNF
W75	1.	Dräger Helga	LG Esslingen	1939	2:52:05
	DQ	Theunissen Gisela	TB Gaggenau	1942	DQ
	DNF	Herrendoerfer Ursula	Polizei SV Berlin	1940	DNF



Nils Brembach Hagen Pohle Christopher Linke and Julia Takacs

(photos from https://www.facebook.com/pg/RWPic/photos/?tab=album&album_id=1422148464495224)

Photos at https://www.facebook.com/pg/RWPic/photos/?tab=album&album_id=1422148464495224.

Report and photos at http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2775

German report at <http://www.leichtathletik.de/news/news/detail/christopher-linke-siegt-und-fuchrt-nils-brembach-zur-wm-norm/>

RACE WALKING ASSOCIATION INTER-AREA MATCH, LEE VALLEY, LONDON, SATURDAY 22 APRIL

A big day of racing last Saturday at Lee Valley in London for the Race Walking Association Inter-area match. Best performances to **Callum Wilkinson** (5000m 19:57.8) and **Cameron Corbishley** (5000m 20:10.7). Mark Easton has his usual excellent event photo gallery at <http://markeaston.zenfolio.com/f325870549>.

Open 5000m Walk Men

1.	Callum Wilkinson	U23	Enfield & Haringey/Leeds Beckett Uni	19:57.8
2.	Cameron Corbishley	U23	Medway & Maidstone	20:10.7
3.	Luc Legon	U23	Bexley/Cambridge H	24:12.8
4.	Mark Williams	V50	Tamworth/Midland Masters	26:19.4
5.	Peter Boszko	V65	Birchfield H/Midland Masters	28:20.0

Open 5000m Walk Women

1.	Emma Achurch	U23	Leicester WC	27:02.5
2.	Penelope Cummings	V40	Herne Hill/Aldershot, Farnham & D.	29:03.7
3.	Helen Middleton	V50	Enfield & Haringey/Eastern Masters	30:23.7
4.	Sarah Trundley	V45	Nuneaton	31:09.6

U20 5000m Walk Men

1.	Timothy Snook	U20	Aldershot, Farnham & District/Leeds	23:10.1
2.	Ollie Hopkins	U20	Lewes	25:35.7
3.	Jordan Price	U20	Brecon	27:42.9
	Daniel McKerlich	U20	Cardiff	DQ

U20 5000m Walk Women

1.	Emily Ghose	U20	Tonbridge	27:21.1
2.	Megan Stratton-Thomas	U20	Swansea	27:38.3
3.	Abigail Jennings	U20	Aldershot, Farnham & District	28:06.5

U17 5000m Walk Men

1.	George Wilkinson	U17	Enfield & Haringey	27:58.2
2.	Benjamin Allen	U17	Leicester WC	28:43.1

U17 5000m Walk Women

1.	Lucy Lewis Ward	U17	Cambridge H	27:51.0
2.	Isabelle Bridge	U17	Blackheath & Bromley	28:07.6
3.	Pagen Spooner	U17	Wetherby	33:06.7

U15 3000m Walk Boys

1.	Alex Macheath	U15	Cambridge H	15:43.3
2.	Jack Childs	U15	Medway & Maidstone	16:00.2
3.	Faris Alkhamesi	U15	Nuneaton	17:02.0
4.	Nicholas Hart	U15	Aldershot, Farnham & District	17:08.8
5.	Kai Cundey	U15	Sheffield & Dearne	18:20.7

U15 3000m Walk Girls

1.	Lois Carty	U15	Aldershot, Farnham & District	17:11.0
2.	Izzy Elliott	U15	Aldershot, Farnham & District	18:07.8
3.	Lara MacColl	U15	Sheffield & Dearne	19:21.6
4.	Hannah Hopper	U15	Cambridge H	19:47.1

U13 2000m Walk Boys

1.	Henry Rugg	U13	Enfield & Haringey	15:06.7
	Owen Bradshaw	U13	Sheffield & Dearne	DQ

U13 2000m Walk Girls

1.	Devina Nova	U13	Ashford AC	11:50.1
2.	Abigail Smith	U13	Blackheath & Bromley	11:53.5
3.	Katie Stringer	U13	Medway & Maidstone	12:23.0
4.	Lucy Walker	U13	Sheffield & Dearne	12:37.9
5.	Caitlin Casey	U13	Birchfield H	12:44.0
6.	Molly McKerlich	U13	Cardiff	13:38.4
7.	Elizabeth Rose Pap	U13	Nuneaton	14:11.9

U13 1000m Walk

1.	Luca Cundey	U11	Intake School, Sheffield	05:58.0
2.	Christian Hopper	U13	Cambridge H	06:12.4
3.	Imogen Walker	U11	Greenhill School, Sheffield	06:21.1
4.	Hannah Atkinson	U13	Cambridge H	06:27.4
5.	Lewis Burr	U11	Tonbridge	06:35.9
6.	Kenton Jennings	U13	Aldershot, Farnham & District	06:39.2

ITALIAN CLUB CHAMPIONSHIPS, ITALY, SUNDAY 23 APRIL

Thanks to Marciadalmondo (see http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2774) for this information.

Last Sunday saw the Italian Club Championships for racewalking, held in Bovisio Masciago (northern Italy), Orvieto (central Italy) and Acquaviva delle Fonti (southern Italy). Each of the 3 meets featured Open and U20 10,000m for men and women, U18 10,000m for men and U18 5000m for women.

Orvieto was the strongest of the 3 meets, with Francesco Fortunato, Marco de Luca, Gianluca Picchiottino and Michele Antonelli featuring in the men's 10,000m walk and Antonella Palmisano, Maria Vittoria Becchetti and Eleonora Dominici featuring in the women's 10,000m walk. Both events were held concurrently, with the women in lane 4 and the men in lane 1.

Antonella Palmisano won the women's race with a new Italian record of **41:57.29**. An amazing walk, she was only one second shy of Russian walker Nadezda Ryashkina's 1990 world record of 41:56.24. She was a long way ahead of **Diana Cacciotti** (46:37.05) and **Mariavittoria Becchetti** (48:11:32). **Francesco Fortunato** won the men's race in a new PB of 39:44.14. he had to work hard to hold out **Gianluca Picchiottino** (2nd in a PB of 39:49.26) and **Marco De Luca** (3rd with 40:54.26).

There were also excellent walks in Bovisio Masciago by **Leonardo Dei Tos** (40:21.50) and **Massimo Stano** (40:24.60).

I won't post all the results as it would take pages. To check them for yourselves, see

Orvieto: http://www.marciadalmondo.com/admin/pdf/risultati/23042017943Orvieto_cds_2017.pdf

Bovisio Masciago: <http://www.marciadalmondo.com/admin/pdf/risultati/23042017344Bovisio2017.pdf>

Acquaviva delle Fonti: http://www.marciadalmondo.com/admin/pdf/risultati/23042017545Acquaviva_cds_2017.pdf



Antonella Palmisano walks to a new Italian record of 41:57.29 (photo Stefano De Vito)

MALAYSIAN CHAMPIONSHIPS, LUMUT, MALAYSIA, 15-16 APRIL

Back a week for the results of the 20,000m track walks at the Malaysian T&F Championships in the coastal city of Lumut. It is always hot in Malaysia so times are effected.

Men 20,000m Race Walk

1.	Lo Choon SIENG	MAS	85	1:34:30.18
2.	Mohd Khairul HARITH HARUN	MAS	92	1:38:58.26
3.	Mior MUHAMMAD AMERUL SAHAK	MAS	97	1:39:54.49
4.	Mohd Nor AZUAN NOR	MAS		1:48:51.27

Women 10,000m Race Walk

1.	Elena GOH LING WING	MAS	96	51:42.42
2.	Yufang YUAN	MAS	76	54:57.43
3.	Nurul Alyahaziqah KAMARUZAMAN	MAS	01	55:44.60

48TH BORSKÝ MIKULÁŠ RACEWALK MEET, BORSKÝ MIKULÁŠ, SLOVAK REPUBLIC, SATURDAY 23 APRIL

Thanks to **Rudolf Skrucany** for the good oil on the following two meets, both held in the Slovak Republic last weekend.

Matej Toth was back in action on Saturday in the 48th annual Borský Mikuláš Racewalk meet in the city of that name. For the past 3 editions, the meet has featured an Open 10km walk but this year it returned to the 20km distance which was contested on a 1km loop in the inner city. The meet doubled as the national roadwalk championships for the Senior 20km and U20 10km distances.

Conditions were cold with heavy rain from start to finish so times were accordingly down on expectations but Toth was untroubled to win his 9th national 20km title with 1:24:28. When interviewed after the race, Toth said he was comfortable on that pace and was happy with his first hitout since Rio. Placegetters **Milan Rizek** (1:27:23) and **Dominik Cerny** (1:27:41) both did PBs and have now qualified for next month's European Cup in Podebrady. Fellow Slovak Olympian **Mária Czaková** won her fourth national 20km title when she finished first in the women's 20km with 1:40:38.

Most of the walkers will double up this weekend and race over 5km in the Slovak city of Hlohovec in what is a traditional double header. Toth, however, has other duties at an athletics conference in a different city so he will not be starting on Sunday.

Reported as usual by marciadalmondo (see http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2776). Full results at <http://atletikasvk.sk/Content/results/2017/4/VYS1162.pdf>. Major ones shown below.

20km Men

1.	TÓTH Matej	1983	SVK	1:24:38
2.	RIZEK Milan	1978	SVK	1:27:23
3.	CERNÝ Dominik	1997	SVK	1:27:41
4.	MAJDÁN Dušan	1987	SVK	1:27:55
5.	SMOLONSKIS Ruslans	1996	LAT	1:29:55
6.	ÚRADNÍK Miroslav	1996	SVK	1:32:00
7.	ERENT Bruno	1990	CRO	1:37:18
8.	KOVANDA Jirí	1946	CZE	2:25:12
	GIORDANO Manuel	1995	ITA	DQ
	MEDERA Zdeno	1975	SVK	DNF

20km Women

1.	CZAKOVÁ Mária	1988	SVK	1:40:38
2.	STOYANOVA SIMEONOVA Radosveta	1993	BUL	1:41:27
3.	CUBANOVÁ Lucia	1995	SVK	1:46:16
4.	RENIC Ivana	1996	CRO	1:46:36
5.	GOLISOVÁ Jana	1992	SVK	1:59:09

U20 10km Men

1.	LIBNAR Vojtech	1999	CZE	45:53
2.	KUBIŠ Lubomír	2001	SVK	46:31
3.	KOVÁČ Daniel	2001	SVK	47:41
4.	STANKO Jurica	1999	CRO	50:36
5.	HAMZIC Alan	2000	SVK	52:04
6.	JOHANÍK Pavol	1999	SVK	1:05:54

U20 10km Women

1.	HACUNDOVÁ Ema	1999	SVK	50:07
2.	ŽÁRSKÁ Klaudia	1999	SVK	50:12
3.	DANAILOVA KRASIMIROV Gabriela	1999	BUL	54:42
4.	JANOŠÍKOVÁ Veronika	1998	CZE	55:40
5.	BURZALOVÁ Hana	2000	SVK	58:25

Masters 5km Men

1.	HLAVENKA Tomáš	1977	CZE	22:47
2.	MALÍK Peter	1969	SVK	25:31
3.	PENOLAZZI Claudio	1955	ITA	29:16
4.	HERMAN Zbynek	1969	CZE	26:55
5.	MALÍK Ondrej	1961	SVK	28:32
6.	BADURA Jozef	1955	SVK	30:38
7.	STRAKA Edurard	1946	SVK	33:41
8.	ZÁHONCÍK Ján	1965	SVK	28:03
9.	FORTUNATI Pierangelo	1950	ITA	32:18
10.	MAREK Stanislav	1942	CZE	35:28
11.	DUŠÍK Michal	1975	CZE	28:47

Masters 5km Women

1.	MÁLKOVÁ Anna	1963	CZE	29:26
2.	SKAROUPKOVÁ Ivana	1974	CZE	29:56
3.	PASTIERIKOVÁ Alexandra	1979	SVK	29:08
4.	CERNÁ Dana	1973	SVK	32:35
5.	TIŠTANOVÁ Zuzana	1970	SVK	34:10



Toth wins in wet conditions in Borský Mikuláš (photo http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2776)

20TH ANNUAL INTERNATIONAL WALKS MEET, HLOHOVEC, SLOVAK REPUBLIC, SUNDAY 23 APRIL

Following Saturday's races in Borský Mikuláš, the Slovakian walkers were back in action in Hlohovec the following day as part of their traditional double header. This time it was a lot easier with 5km roadwalks to be contested. Open 5km wins to **Dominik Cerný** (23:18) and **Mária Czaková** (23:43), while the Veterans category races went to **Peter Malík** (25:55) and **Alexandra Pastieriková** (28:27). Absentees included Matej Toth and Anton Kucmín, winner of four of the last five editions (2012, 2013, 2014, 2016).

Full results at <http://atletikasvk.sk/Content/results/2017/4/VYS1163.pdf>. Major 5km results are

Open Men 5km

1.	Cerný Dominik	1997	SVK	23:18
2.	Medera Zdeno	1975	SVK	24:09
3.	Giordano Manuel	1995	ITA	24:36

Open Women 5km

1.	Czaková Mária	1988	SVK	23:43
2.	Radosveta Simeonova	1993	BUL	24:05
3.	Žárska Klaudia	1999	SVK	24:25

Masters Men 5km

1.	Malík Peter	1969	SVK	25:55
2.	Malík Ondrej	1961	SVK	27:27
3.	Záhoncík Ján	1965	SVK	27:57
4.	Badura Jozef	1955	SVK	30:54
5.	Penolazzi Claudio	1955	ITA	31:13
6.	Fortunati Pierangelo	1950	ITA	32:32
7.	Straka Eduard	1946	SVK	33:56
8.	Marek Stanislav	1942	CZE	34:57
9.	Kovanda Jan	1946	CZE	36:17

Masters Women 5km

1.	Pastieriková Alexandra	1979	SVK	28:27
2.	Málková Anna	1963	CZE	28:42
3.	Škaroupková Ivana	1974	CZE	29:44
4.	Cerná Dana	1973	SVK	32:59

5.	Lukáčová Janetta	1975	SVK	33:12
6.	Tišťanová Zuzana	1970	SVK	34:28
7.	Vargová Anna	1953	SVK	34:49

24 HEURES DE DIJON, DIJON, FRANCE, 22-23 APRIL

Le Ronde de Ducs, the final 24 Hour qualifying walk for the 2017 Paris-Alsace classic was held last weekend on the campus of the University of Burgundy in the French city of Dijon. The lap was a 2.5km road loop with start and finish in an indoor stadium. Although **Christophe Erard** led early, it was Belgian walker **Daniel Lhoest** who came through to win with a good 188.62km. **Martine Sonnois** won the women's race with 159.278km. The annual event also included a number of ancillary events including 2 x 6 Hour, 6 Hour, 6 Hour Relay and 24 Hour Relay.

Full final results at <http://bases.athle.com/asp.net/liste.aspx?frmbase=resultats&frmmode=1&frmespace=0&frmcompetition=202165>.
Plenty of photos at <https://www.facebook.com/larondedesducs/photos/rpp.225024727670350/797402727099211>.

24 Hours Walk Men

1.	LHOEST Daniel (Bel)	VEM/59	Waco	188.622 km
2.	ERARD Christophe	VEM/70	Asm Bar-le-duc	174.593 km
3.	KERLAU Yves-michel	VEM/61	Cm Roubaix	171.123 km
4.	DIEN Daniel	VEM/50	Neuilly Sur Marne Athletisme	161.409 km
5.	HUART Gilles	VEM/60	Asptt Besancon	147.085 km
6.	TABOURET Guy	VEM/57	Us Toul Athletisme	140.035 km
7.	EMONIERE Philippe	VEM/61	Cosm Arcueil	124.542 km
8.	RASSAIND Andre	VEM/37	Ea Centre Iserre*	121.413 km
9.	GLASER Jean-bernard	VEM/38	Neuilly Sur Marne Athletisme	116.589 km
10.	PRUCKNER Jaroslav (Cze)	VEM/54	Sk Bradelec	108.936 km
11.	LACROIX Jean-louis	VEM/62	Ac Chateau Thierry	103.829 km
	LANGLOIS Patrick	VEM/56	Marne Et Gondoire Athletisme	DNF
	GIROD Urbain (Sui)	VEM/63	C M Monthey	DNF

24 Hours Walk Women

1.	SONNOIS Martine	VEF/59	Racing Club Haut-jura Morez	159.278 km
2.	RODIER Nicole	VEF/48	Efs Reims A. *	154.970 km
3.	ARNAULT Françoise	VEF/48	Neuilly Sur Marne Athletisme	148.667 km

6 Hours Walk

1.	OLIVARES Mathieu	VEM/76	Neuilly Sur Marne Athletisme	52.499 km
2.	LABARRE Bertrand	VEM/57	Cs Provins Athletisme	52.003 km
3.	KLEIN Eric	SEM/81	Saint Claude	47.377 km
4.	BIZARD PLANCHOT Emilie	SEF/85	Thiais	47.346 km
5.	GUENEAU Jean-claude	VEM/69	Dijon Uc*	47.250 km
6.	ANXIONNAT Claudine	VEF/51	Athletic Vosges Entente Clubs*	46.067 km
7.	LESCURE Frederic	VEM/61	Louvres	45.326 km
8.	TOURIGNY Jean luc	VEM/58	St Apollinaire	44.853 km
9.	LACHIA Francine	VEF/56	Flavignerot	44.788 km
10.	PENKALLA Marie	VEF/64	Longecourt	41.071 km
11.	LEMOINE Daniel	VEM/53	Domont	37.854 km
12.	LETOURNEAU Aurore	SEF/90	Rc Epernay	34.389 km
	POTY Alain (Bel)	VEM/69	Gosselies	DNF

2 x 6 Hours Walk

1.	VARAIN Cedric	SEM/80	Ac Chateau Thierry	106.464 km
2.	LETOURNEAU Florian	SEM/88	Ac Chateau Thierry	106.464 km
3.	GEORGELIN Serge	VEM/68	Bruz Athletisme	102.624 km
4.	BIEBUYCK Pascal (Bel)	VEM/		101.858 km
5.	DELANGUE Dominique	VEM/57	Aj Auxerre Section Marathon	93.924 km
6.	PORTANTE Frederic (Bel)	VEM/		89.761 km
7.	SALOMEZ Benedicte	VEF/62	Neuilly Sur Marne Athletisme	88.797 km
8.	BIZARD Claudie	VEF/59	Thiais Ac	88.797 km
9.	OULBANI Jean-claude	VEM/54	Entente De Haute Alsace*	86.044 km
10.	MOUGENOT Patrick	VEM/63	Marne Et Gondoire Athletisme	85.988 km
11.	LESCURE THANRON Elisabeth	VEF/57	Montillot	83.036 km
12.	MORENO Antoine	VEM/52	As Par Athle	78.978 km
13.	MERCIER Jean-pierre	VEM/70	Pays De Colmar Athletisme*	71.424 km
	THANRON Bernard	VEM/51	Montillot	DNF



Winner Daniel Lhoest passed the refreshment table in the indoor hall

INTERNATIONAL RACE WALKING MEET, ZANIEMYSLM, POLAND, SATURDAY 22 APRIL

To Poland last Saturday for a walks meet. All local Polish walkers by the look of things.

Men 20 km walk

1.	Rafal Sikora	POL	87	1:26:35
2.	Rafal Fedaczynski	POL	80	1:27:01
3.	Adrian Klonowski	POL	97	1:29:47
4.	Kamil Komarowski	POL	95	1:30:14

Women 20 km walk

1.	Paulina Buziak	POL	86	1:35:44
2.	Olga Niedzialek	POL	97	1:38:57
3.	Joanna Bemowska	POL	94	1:39:54
4.	Kinga Majchrowicz	POL	95	1:49:52

U20 10 km walk

1.	Zuzanna Drygalska	POL	99	49:12
2.	Martyna Rzetelna	POL	98	53:37
3.	Nikola Chodecka	POL	98	54:01
4.	Patrycja Olejnik	POL		55:04
5.	Sonia Glomb	POL	98	55:12
6.	Katarzyna Krupka	POL		55:15

1ST CRITERION OF RACE WALKING, GIEN, FRANCE, SUNDAY 23 APRIL

Emmanuel Tardi was in Gien, 120km south of Paris, for a new meet last Sunday, with the local athletics club organising an inaugural walks carnival. Emmanuel had been intending to compete in the 10km event but, with a shortage of judges due to the French elections, he had to forgo his race and judge instead. The meet saw a promising 32 walkers, with the 10km wins going to **Sebastien Bontemps** 48:08 and **Virginie Saou** 51:33.

10km Walk

1.	BONTEMPS Sebastien	SEM/90	Gien Athle Marathon	48:08
2.	CLOSSAIS Jerome	VEM/74	Ac Romorantin	48:52
3.	MENOU Didier	VEM/61	Ac Romorantin	50:35
4.	SAOU Virginie	SEF/82	Dijon Uc	51:33
5.	BABOIN Michel	VEM/56	Lma Meung-sur-loire	55:40
6.	JACQUIN Gilles	VEM/61	Indre Ac	1:01:12
7.	VAUGON Chrystele	VEF/71	Reveil Sportif De St Cyr/loire	1:03:21
8.	PETIT Christophe	VEM/61	Saint Pierre-montlouis Athle	1:03:23

9.	RUBLON Olivier	VEM/65	Gien Athle Marathon	1:03:49
10.	POITRENAUX Jean-marie	VEM/55	Vierzon-vignoux-foecy Athle	1:03:58
11.	CHESNEL Marie	VEF/62	Athle Chartres Luce Asptt Main	1:04:12
12.	BRUCH Jean-frederic	VEM/59	Athle Chartres Luce Asptt Main	1:05:06
13.	PHILIPPET Thierry	VEM/62	Athle Chartres Luce Asptt Main	1:07:05
14.	BEAULIER Marie-france	VEF/57	J3 Sports Amilly	1:08:49
15.	BERNIER Jeanine	VEF/46	J3 Sports Amilly	1:10:18
16.	BEGUIN Nathalie	VEF/67	Vierzon-vignoux-foecy Athle	1:15:05
17.	BERNARD Jocelyne	VEF/53	Athle Chartres Luce Asptt Main	1:18:30

5km Walk

1.	ALAMICHEL Didier	VEM/59	Athle Chartres Luce Asptt Main	25:44
2.	VAILLANT Valentin	CAM/01	Usm Montargis	25:57
3.	HUE Aymeric	CAM/01	Ec Orleans Cercle Jules Ferry	26:47
4.	PICAULT Laurent	VEM/70	Lma Meung-sur-loire	30:31
5.	GRAVELET Marie	SEF/79	Gien Athle Marathon	31:44
6.	AUCLER Clement	CAM/01	Indre Ac	33:15
7.	THOMAS FRANZ Michel	VEM/51	Saint Pierre-montlouis Athle	36:04

3km Walk

1.	BEDU Dominique	VEF/66	Gien Athle Marathon	19:45
2.	TARDI Emmanuel	VEM/67	LP Longjumeau	21:43
3.	GAUVIN Gerard	VEM/62	Gien Athle Marathon	22:39

2km Walk

1.	VAILLANT Justin	BEM/05	Usm Montargis	12:46
2.	LE CADRE Theo	BEM/05	Union Sportive D Avord	13:48
3.	CHENUET Quentin	BEM/05	Gien Athle Marathon	14:20
4.	CAMMAL Noah	BEM/05	Gien Athle Marathon	14:45
5.	PERCHER Manon	BEF/04	Gien Athle Marathon	14:54



Sebastien Bontemps and Virginie Saou (photos Emmanuel Tardi)

USATF NATIONAL MASTERS 20K RACE WALK CHAMPIONSHIPS, WHITING, NJ, SATURDAY 22 APRIL

To Whiting, New Jersey, for the USA Masters 20km walk championships. hosted by The Freehold Area Running Club and held at the Harry Wright Lake. Conditions - 54°F, drizzle with no wind.

20km Masters Race Walk

1.	Dave Talcott	M57	Shore AC	1:45:04
2.	Amberly Melendez	F19	UNA	1:47:11
3.	John Soucheck	M51	Shore AC	1:54:01

4.	Ed O'Rourke	M55	New Eng: Walkers	1:58:47
5.	Vyacheslav Troskin	M68	Park R/Wers	2:04:51
6.	Bruce Logan	M52	Park R/Wers	2:11:59
7.	Leon Jasionowski	M72	Pegasus TC	2:12:47
8.	Andrew Smith	M67	Pegasus TC	2:17:31
9.	Dorit Attias	F55	Walk USA	2:22:15
10.	John Morrison	M68	Potomac Valley TC	2:40:27
11.	Kay Carmines	F71	So Cal TC	2:41:36
	Robert Keating	M70	New Eng: Walkers	DQ

Developmental 5km Walk

1.	Mekiyah Earnest	F11	Chester Cheetahs	35:25
2.	Gillian Schonenberg	F13	UNA	35:27
3.	Pansuluta Geer	F70	Shore AC	35:50
4.	John Fredericks	M69	Freehold Area RC	36:17

GRAND PRIX CIUDAD DE LIMA, LIMA, PERU, SUNDAY 23 APRIL

Finally to Peru for 10,000m track walks. Good standard in the men's walk with a win to **Cesar Augusto Rodriguez** (41:58.59)

Men 10,000m Race Walk

1.	Cesar Augusto RODRIGUEZ	PER	97	41:58.59
2.	Yassir CABRERA	PAN	88	42:03.55
3.	Pavel Chihuan CAMAYO	PER	86	42:44.93
4.	Jose Carlos MAMANI	PER	98	44:17.37
5.	Arnold RIVEROS	PER	98	47:28.80
6.	Erick CARHUALLANQUI	PER	01	49:31.58
7.	Hilmar DIAZ	PER	00	50:01.94

Women 10,000m Race Walk

1.	Jessica HANCCO	PER	95	50:14.60
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MARCIADALMONDO AND OMARCHADOR ROUNDUP

Marciadalmondo had 6 press releases this week

- Tue 25 April - Results of Belarus Race Walking Cup in Gomel, Belarus
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2777
- Mon 24 Apr - Matej Toth and Maria Czakova win in Borsky Mikulas, Slovak Republic
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2776
- Sun 23 Apr - Christopher Linke and Julia Takacs win 20km races in Naumburg
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2775
- Sun 23 Apr - Antonella Palmisano sets Italian 10,000m track walk record of 41:57.29
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2774
- Sat 22 Apr - Preview of Naumburg Carnival this weekend
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2773
- Fri 21 Apr - IAAF RW Committee chair Maurizio Damilano interviewed
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2772

and Omarchador had 8 press releases

- Tue 25 Apr - Results of Belarus Race Walking Cup in Gomel, Belarus
<http://omarchador.blogspot.com.au/2017/04/taca-de-marcha-da-bielorrussia-em-gomel.html>
- Mon 24 Apr - Italian walker Antonella Palmisano only 1 sec outside the 10,000m track walk world record
<http://omarchador.blogspot.com.au/2017/04/antonella-palmisano-um-segundo-do.html>
- Sun 23 Apr - Preview of World Masters Games in New Zealand
<http://omarchador.blogspot.com.au/2017/04/jogos-mundiais-de-veteranos-em-auckland.html>

- Sat 22 Apr - Luso to host Portuguese Race Walking Cup meet this weekend
<http://omarchador.blogspot.com.au/2017/04/luso-recebe-taca-de-portugal-de-marcha.html>
- Sat 22 Apr - Preview of Naumburg racewalks meet
<http://omarchador.blogspot.com.au/2017/04/grande-premio-de-naumburg-realiza-se.html>
- Fri 21 Apr - Results of last weekend's Ecuadorian racewalk championships
<http://omarchador.blogspot.com.au/2017/04/ecuador-com-resultados-de-elevado-nivel.html>
- Wed 19 Apr - Podebrady prepares to host the European Racewalking Cup on 21 May
<http://omarchador.blogspot.com.au/2017/04/podebrady-em-preparativos-para-taca-da.html>
- Tue 18 Apr - Results of the Villa de Zuera Athletics Grand Prix in Spain
<http://omarchador.blogspot.com.au/2017/04/villa-de-zuera-disputou-grande-premio.html>

OUT AND ABOUT

- **Tom Bosworth** continues his youtube based *Tom Walks TV* videos, with two ones so far this year, following him as he prepares for and races in the various early season races. See https://www.youtube.com/watch?v=6IlziA-K_aQ and <https://www.youtube.com/watch?v=YKqBH5ZAvY8>
- Five Russian athletes have been given two-year doping bans for offenses at the 2012 Olympics and 2013 track and field world championships, the All-Russian Athletics Federation said last Wednesday. The five include Antonina Krivoschapka, who won silver with the Russian 4x400 relay team at the Olympics, and Yevgenia Kolodko, who was the 2012 Olympic shot put silver medalist. There are also bans for pole vaulter Dmitry Starodubtsev, discus thrower Vera Ganeyeva and Hammer thrower Anna Bulgakova. All five had tested positive for the banned steroid turinabol, which the former Moscow laboratory director Grigory Rodchenkov has said he gave to Russian athletes as part of a steroid cocktail in a wide-ranging doping operation. See http://www.nzherald.co.nz/athletics/news/article.cfm?c_id=19&objectid=11841385&ref=rss.
- A former UK Athletics doctor who injected four-time Olympic champion Mo Farah with a controversial supplement has admitted to British Members of Parliament last week that he failed to make a proper recording of the treatment. Farah the Olympic 5,000 and 10,000m champion at London 2012 and Rio 2016, received an injection of L-carnitine before racing in the 2014 London Marathon. Dr Robin Chakraverty, now lead performance doctor of the England men's football team, said the substance was provided to aid the runner's performance but that the amount was comfortably within the levels permitted by WADA. Chakraverty said he administered 13.5 millilitres of L-carnitine, of which injections of more than 50ml within a six-hour time frame are prohibited. But of course we don't know and will probably never really know how much was given and whether it was within the legal limits. See <http://www.insidethegames.biz/articles/1049393/doctor-questioned-by-mps-over-sir-mo-farah-injections-admits-they-were-not-recorded-properly>. T&F is now being compared to Cycling in the way it functions – see <http://www.independent.co.uk/sport/general/athletics/doping-inquiry-athletics-dems-investigation-british-cycling-a7692421.html>.
- Cycling continues to be a dirty sport. Team Elkov-Author Cycling faces a possible suspension from competition after two of its riders were handed four year doping bans. It comes after failed drugs tests incurred by Czech riders Jan Kovar and Michal Brazda. They were each found to have taken banned steroids stanozolol and clenbuterol following an out-of-competition drugs test on November 12. See <http://www.insidethegames.biz/articles/1049385/czech-based-cycling-team-facing-ban-after-two-doping-failures>.
- A Russian state medical agency says it has found new and improved alternatives to meldonium, the banned substance for which tennis star Maria Sharapova tested positive. Federal Medical-Biological Agency head Vladimir Uiba says Russia has found "several drugs which are not banned and work significantly better than meldonium," in comments carried by Russian news agencies. Uiba didn't name the new drugs and it wasn't immediately clear whether they are already being used by top Russian athletes. Uiba's agency is tasked with providing medical support to Russian national teams in many sports. See <http://www.sbs.com.au/news/article/2017/04/20/russia-boasts-meldonium-replacements>.
- Excellent tribute on the Manx Harriers website to the late **Murray Lambden** who passed away suddenly last week – see <http://www.manxharriers.com/2017/04/20/murray-lambden-a-tribute/>
- 16 year old Queensland walking sensation **Katie Hayward** was recently featured on Gold Coast TV news. Nice shots of her in action, as well as interviews with her and her coach Steve Langley. See <https://www.facebook.com/9NewsGoldCoast/videos/10154419342456723/>
- Britain's Kelly Sotherton is set to be upgraded to Beijing 2008 Olympic heptathlon bronze following the disqualification of Russia's Tatyana Chernova from the event. On Monday, the IOC announced that reanalysis of Chernova's samples from the Beijing 2008 Games had resulted in a positive test for the banned substance turinabol. Sotherton had already been promoted by one position after the disqualification of Ukraine's Lyudmila Blonska. IOC also announced that Russian sprinter Maksim Dyldin has been disqualified from the London 2012 Olympic Games after reanalysis of his samples from the event also resulted in a positive test for turinabol. Dyldin formed part of the Russian 4x400m relay team which finished

fifth at London 2012 and as a result the team has been disqualified. See <http://www.athleticsweekly.com/news/tatyana-chernova-set-to-be-stripped-of-beijing-2008-olympic-bronze-60301#gS1gKDXrVQy0OSOI.99>

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 29 (Sat), 2017	VRWC winter season races at Middle Park, Melbourne
May 14 (Sun), 2017	Victorian 15km Roadwalk Championships, Middle Park, Melbourne
May 27 (Sun), 2017	Victorian Country Roadwalk Championships and Victorian 10km Championship, Middle Park, Melbourne
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
June 25 (Sun), 2017	Victorian 20km Roadwalk Championships, Middle Park, Melbourne
Aug 6 (Sun), 2017	Victorian Roadwalk Championships (including Victorian 30km Championship), Middle Park, Melbourne
Aug 6 (Sun), 2017	AMA 20km Roadwalk Championships, Adelaide, SA
Aug 27 (Sun), 2017	Australian Roadwalk Championships, Woolongong, NSW
Sept 10 (Sun), 2017	Victorian 50km Championship, Middle Park, Melbourne

2016/2017 International Dates

April 21-30, 2017	World Masters Games 2017, Auckland, NZ. See www.worldmastersgames2017.co.nz
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 4-13, 2017	16 th IAAF World Championships in Athletics, London, UK. See http://www.london2017athletics.com/ On Sunday 13 August, all 3 racewalks will be staged on The Mall, St James Park, London
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

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 Men's and Women's 20km walk, Currumbin Beachfront, Sunday 8 April
May 5-6, 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	18 th IAAF World Championships in Athletics, Eugene, USA
July 18-30, 2022	XXII Commonwealth Games, TBA On 13 th March 2017, Durban announced that it would not host the Games, due to financial constraints.

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