



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2016/2017 Number 42
18 July 2017



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WALKER OF THE WEEK

13 year old Sydney walker **Allanah Pitcher** was my Walker of the Week two weeks ago for her superb 10km walk time of 51:31. Now she has gone even faster, walking **50:44** for the 10km distance in the NSW RWC meet of Saturday 8th July. Her time two weeks previously was the best ever by an Australian U14 girl. Now she has improved that by an additional 47 seconds! She just has to be this week's Walker of the Week.

I'll just reiterate what I said 2 weeks ago. Allanah took all before her nationally last year in the U13/U14 age group category and was in my 2016 Top Ten Women list. She is continuing on in 2017 right where she left off at the end of 2016 – from the front! She recently won the LBG Carnival U14 2km and U18 5km championships, and now has upped the ante with her fantastic 10km time. She is a truly exciting prospect.

Our young Australian women are very strong at the moment. My unofficial 2017 10km/10,000m ranking list looks like this:

1.	Regan Lamble	25	45:29	VIC	29/01/2017
2.	Katie Hayward	16	45:51	QLD	31/03/2017
3.	Rachel Tallent	24	46:24	VIC	31/03/2017
4.	Jessica Pickles	23	46:31	QLD	31/03/2017
5.	Jemima Montag	19	46:43	VIC	11/06/2017
6.	Simone McInnes	25	47:11	VIC	31/03/2017
7.	Clara Smith	26	47:48	QLD	19/02/2017
8.	Tayla-Paige Billington	20	48:32	NSW	31/03/2017
9.	Katya Martin	20	49:31	QLD	31/03/2017
10.	Philippa Huse	18	49:46	VIC	19/02/2017
11.	Allanah Pitcher	13	50:44	NSW	08/07/2017
12.	Rebecca Henderson	15	50:56	VIC	01/07/2017
13.	Emily Hamilton	19	51:03	VIC	31/03/2017
14.	Samantha Findlay	19	51:30	SA	24/06/2017
15.	Gabby Hunt	16	52:11	ACT	29/01/2017

WHAT'S COMING UP

- Next Saturday sees VRWC walkers back at Middle Park for our annual **Racewalking Australia Postal Challenge**. Our aim is to have at least one competitor in every age race, male and female. Ages for underage walkers are 'Age on the Day'. Age for Masters is 35+. We are also hosting the annual **Victorian Masters 10km championships**. All entries (VMA and VRWC) can be made via our VRWC online entry panel at <http://vrwc.org.au/wp1/race-entries-2/>. Although you can enter on the day, we prefer you to pre-enter so that we can plan.

Saturday 22 nd July 2017, Middle Park			
Racewalking Australia Postal Challenge event			
VMA, RWA & VRWC EVENTS: Entries close for all events at 1.45pm sharp			
2.15pm	10km	VMA Championship	Masters Men
2.15pm	10km	VMA Championship	Masters Women
2.15pm	10km	RWA Challenge	Open Men/Women
2.15pm	10km	RWA Challenge	Masters Men/Women
2.15pm	10km	RWA Challenge	Under 20 Men/Women
2.15pm	8km	RWA Challenge	Under 18 Men/Women
2.15pm	5km	RWA Challenge	Under 16 Boys/Girls
2.15pm	5km	Non championship event	Open
2.30pm	3km	RWA Challenge	Under 14 Boys/Girls

2.30pm	2km	RWA Challenge	Under 12 Boys/Girls
2.30pm	2km	Non championship event	Open
2.40pm	1.5km	RWA Challenge	Under 10 Boys/Girls

The Racewalking Australia Challenge is a Racewalking Australia club versus club competition. The points from the fastest competitor from each club in each race will be added and the club with the lowest points declared the winner. If a club fails to have a competitor finish in any category, that club will be awarded the same points as the highest scoring competitor. Master athletes will not be scored on their time but their age grading so all Master athletes should submit their age at entry time.

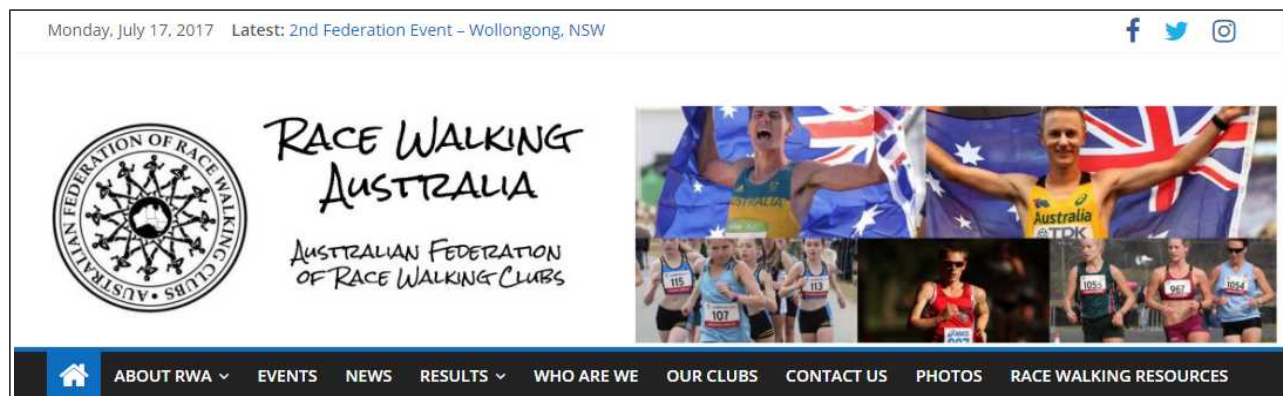
- The AV entry panel for the **Victorian 30km Roadwalk Championship** and **AV Underage Roadwalk Championships on Sunday 6th August** is now online at <http://athsvic.org.au/event/av-30km-walks-championships/>.
- Michelle James from Athletics Australia advises that the **Australian Roadwalk Championships** course is along the bike path on Squires Way opposite the **Wollongong University** (Innovation Campus). Online entries are currently being taken via the A.A. online entry panel <https://winterwalks2017.eventdesq.com/>. The championships will be held on **Sunday 27th August**. Entries close Monday 21st August at 9:00pm.
- It is now only 4 weeks until the **Australian Masters 20km Roadwalk Championships** in Adelaide on **Sunday 6th August**. Entries close on Saturday 31st July. Further information at <http://www.samastersathletics.org.au/ama20kwalk2017/>.
- RWA Secretary Terry Swan advises that the **2017 Australian 50km championship** will be held at **Fawkner Park** in Melbourne on **Sunday 3rd December**. This meet also includes elite Open 20km and U20 10km events and is always a big meet. Quentin Rew has also posted in the RWNZ facebook page that the 20km races at this meet will be the **official trials for the NZ 2018 Commonwealth Games team**. Fantastic stuff.

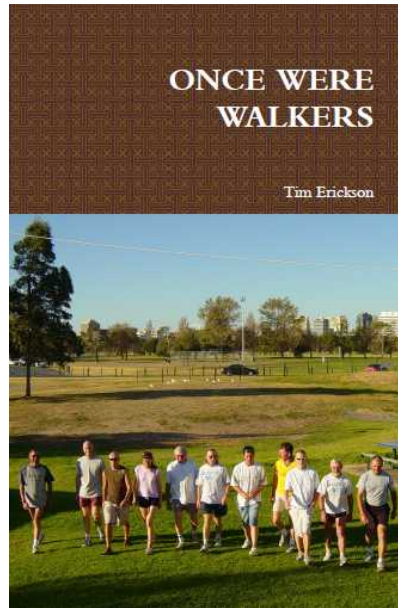
A MAJOR REMAKE FOR RACEWALKING AUSTRALIA

Welcome to Terry Swan and Shane Pearson who have taken on key roles with Racewalking Australia and who now join Bob Cruise and Andrew Mitchell on the Executive. The Committee of Management of RWA for 2017-2018 now consists of the following:

- | | |
|--------------------------|-----------------------------|
| President: | Bob Cruise (SARWC) |
| Secretary: | Terry Swan (RWV) |
| Vice President: | Shane Pearson (QRWC) |
| Treasurer: | Andrew Mitchell (NSWRWC) |
|
 | |
| Committee of Management: | Val Chesterton (ACTRWC) |
| | Heather Mitchell (NSWRWC) |
| | David Smith (QRWC) |
| | Mark Donahoo (RWV) |
| | Tim Erickson (Centurions) |
| | Rosemary Coleman (TRWC) |
| | Zoe Eastwood-Bryson (SARWC) |
| | TBA (WARWC) |

Thanks to Terry Swan who has also taken on the role as Racewalking Australia webmaster. Terry's first job has been to resurrect the RWA website after 2 years of inactivity. Check it out and bookmark it at <http://www.rwa.org.au/wp/>. He has also been busy resurrecting the RWA Facebook page after a similar period of neglect (last previous post July 2015). Make sure you follow it at <https://www.facebook.com/racewalkingaustralia/>.





I published my book *Once Were Walkers* way back in 2005. It included profiles of all Victorian based walkers who had represented Australia in major competitions like the World Cup, the Olympics, The University Games, The World Youth or the World Junior Championships, etc. It came in as follows

- 196 pages
- 80 photographs
- 43 biographies
- enough statistics to dazzle the most devoted statistician
- controversies and little known facts
- a bargain price of only \$15 (\$20 pp Australia)

A lot has happened in the 12 years since then so I have been working on my second edition. It's now completed and includes

- 452 pages
- hundreds of photographs
- 62 biographies
- even more statistics to dazzle the most devoted statistician
- even more controversies and little known facts
- a bargain price of only US\$13

The book is published via online publisher Lulu.com, based in USA. But the good news is that when you place your order, it is printed at a printer near you. Hence your book ends up being printed and posted locally, saving significantly on the overall cost.

The book retails at US\$13. At the time of writing, this equates to A\$20.35. Shipping costs A\$7.99. That makes a grand total of A\$28.34 for purchase and delivery in Australia. I expect a similar cost regardless of where you are in the world. Sometimes Lulu has discounts vouchers of between 10% and 30% on the print price. This can save you even more. Until July 20th, you can use code LULU15 to save 15% on the print cost so order now! The delivery time is 1-2 weeks, depending on what else is in the queue at your locally based printer. To order your own copy, simply browse to <http://www.lulu.com/shop/tim-erickson/once-were-walkers/paperback/product-23258461.html>, add a copy to your online basket and then continue to the checkout and pay by card or paypal.

I have purchased an initial 60 copies and hope to have them delivered in time to sell at our VRWC races on Saturday at Middle Park, sale price A\$20.

For the record, the book contains profiles for

William Murray:	1912	Frances Toohey:	1982	Chris Erickson:	2004-2016
George Knott:	1948	Roseanne Smith:	1982	Kelly Wapshott:	2006-2008
Don Keane:	1948-1952	Simon Baker:	1983-1996	Tom Barnes:	2007-2010
Ted Allsopp:	1952-1960	Duncan Knox:	1983	Regan Lamble:	2008-2017
Norm Read:	1956-1966	Paul Van Kopplen (Copeland):	1986-1997	Megan Szirom:	2008
Ray Smith:	1956	Craig Brill:	1986-1993	Rhydian Cowley:	2008-2017

Noel Freeman:	1960-1970	Gabrielle Blythe:	1986-1993	Jess Rothwell:	2008-2013
Bob Gardiner:	1960-1972	Mark Donahoo:	1987-1995	Rachel Tallent:	2010-2017
Ross Haywood:	1974-1976	Mark Dossetor:	1989	Beth Alexander:	2010
Willi Sawall:	1976-1987	Steve Beecroft:	1990-1993	Quentin Rew:	2011-2017
Tim Erickson:	1976-1983	Sharon Schnyder:	1991	Amy Burren:	2011
David Smith:	1979-1991	Kevin Lowden:	1991	Nathan Brill:	2012-2016
Lorraine Jachno:	1979-1991	Dion Russell:	1992-2000	Jemima Montag:	2014-2015
Sue Cook (Orr):	1979-1991	Duane Cousins:	1995-2008	Kelly Ruddick:	2014-2015
Sally Pierson:	1979-1985	Dominic McGrath:	1995-1999	Jesse Osborne:	2011-2014
John Sheard:	1979-1981	Wendy Muldoon:	1995-1999	Tayla-Paige Billington:	2014-2016
Michael Harvey:	1981-1999	Mark Thomas:	1995	Alana Barber:	2015-2016
Bill Dyer:	1981-1991	Nathan Deakes:	1996-2012	Kyle Swan:	2015-2016
Harry Summers:	1981-1985	Simone Wolowiec:	1997-2004	Adam Garganis:	2016
Andrew Jachno:	1982-1992	Jared Tallent:	2001-2017	Michael Hosking:	2016
Anne Miller:	1982	Frank Bertei:	2002-2004		

VRWC ROADWALKS, MIDDLE PARK, SATURDAY 15 JULY

We had perfect weather for our annual VRWC 2km Intervals raceday at Middle Park last Saturday – still, dry and with a nice dose of mid winter sun. The 36 walkers in attendance made the most of it, with 15 completing all five 2km reps on offer. The reps kicked off every 17 minutes – easy at first but getting tougher as time wore on!

Rhydian Cowley lead early with a 12:51 first 3km rep but stopped after only 2 reps, deciding not to push too hard on a tired day. That left young guns **Adam Garganis** and **Kyle Swan** to lead out, which they did in fine style, looking like they had a lot left in the tank at the end of the day. **Rebecca Henderson** and **Philippa Huse** led the women home on each rep and also looked strong. Special mentions to **Corey Dickson** (only 2 secs differential on his 5 laps), **Angus Hay** (did all 5 laps at 13 years of age), **Geoff Barrow** (rolling back the years and surprising himself with 5 laps), **Emily Hamilton**, **Cassie Knight**, **Will Thompson** (2km PB with 9:19 on his first lap) and 10 year old **Luke Epps** and 9 year old **Liam Hutchins** (both did 3 laps).

5x2km Intervals

1.	Adam Garganis	MU20	8:48	8:58	8:41	8:18	8:32	43:17
2.	Kyle Swan	MU18	8:49	9:00	8:44	8:31	8:34	43:38
3.	Mark Blackwood	MOpen	9:30	9:41	9:31	9:22	9:20	47:24
4.	Pramesh Prasad	M40-59	9:33	9:40	9:31	9:54	9:56	48:34
5.	Reese Walmsley	MU20	9:39	9:48	9:57	10:02	10:11	49:37
6.	Philippa Huse	FU18	9:57	9:54	9:55	10:03	9:59	49:48
7.	Rebecca Henderson	FU16	9:41	9:48	9:53	9:59	11:10	50:31
8.	Corey Dickson	MU16	10:16	10:18	10:18	10:18	10:16	51:26
9.	Emily Hamilton	FU20	9:53	10:20	9:54	11:06	11:18	52:31
	Bernie Keirl	M40-59	11:03	11:41	12:06	12:01	12:19	59:10 (DQ)
10.	Angus Hay	MU14	11:53	12:07	12:04	11:57	11:56	59:57
11.	David Smyth	M40-59	10:53	11:10	11:30	11:50	15:01	60:24
12.	Cassandra Knight	FOpen	12:40	12:28	13:17	12:27	15:01	65:53
	Albin Hess	M40-59	13:29	13:30	13:42	14:34	14:06	69:21 (DQ)
13.	Geoff Barrow	M60+	14:26	14:28	14:41	14:59	14:38	73:12
	Rhydian Cowley	MOpen	12:51 (3km)	8:44				DNF

4x2km Intervals

1.	Hayden Walmsley	MU16	10:07	10:09	10:13	10:47		41:16
2.	Ralph Bennett	M60+		12:13	12:06	11:59	12:02	48:20

3x2km Intervals

1.	Will Thompson	MU14	9:19	9:53	9:34			28:46
2.	Luke Epps	MU10	11:14	11:34	10:59			33:47
3.	Liam Hutchins	MU10	11:22	11:42	11:17			34:21
4.	Donna-Marie Elms	F40-59	11:58	12:13	12:43			36:54
5.	Grace Louey	FU14	12:30	13:03	13:17			38:50
	Russ Dickenson	M60+	12:59					DNF

We also had 4km and 2km scratch races for other walkers.

4km Open Walk

1.	Holly Cocking	U16	22:59
2.	Madeleine Feain	U20	24:49
3.	Kaylah Heikkila-Dubowik	U12	26:29
4.	Gwen Steed	60+	28:01

1. Gerard Feain 40-59 25:23
2. Bob Gardiner 60+ 28:42
3. Barrie Wicks 60+ 34:00

2km Open Walk

1. Brianna Briet U14 12:05
2. Isabella Dingli U16 13:56
3. Alannah Dingli U14 13:56
4. Marilyn Thompson 40-59 14:35

1. Hamish Blackwood U10 12:41



Philippa Huse, Kyle Swan, Adam Garganis and Rebecca Henderson (photos Terry Swan)



Cassie Knight, Emily Hamilton, Corey Dickson and Angus Hay



Luke Epps, Liam Hutchins, Geoff Barrow and Will Thompson

Thanks as always to all our officials and helpers and judges – my apologies if I have missed anyone.

- Officials:** Mark Donahoo, Ralph Bennett, Tim Erickson, Kathy and Alan Huse, Ian Laurie, Michelle Walmsley, Darlene Swan, Michael Bodey
- Judges:** Peter Vysma (Chief), Diane Lowden, Stuart Cooper, Gordon Loughnan, Kathleen Marsh, Shane Dickson, Michael Bodey
- Canteen:** Kate Suich, Wendy Cooper, Eija Heikkila
- Photos:** Terry Swan (<http://www.vrwc.org.au/piwigo/index.php?/category/436>)
- Lap Splits:** Ralph Bennett (<http://vrwc.org.au/wp1/race-splits-laps/>)

Our judges submitted Style Award points on Saturday - updated points at <http://www.vrwc.org.au/vrwcpointcomps.shtml>.

ACTRWC ROADWALKS, DIDDAMS CLOSE, CANBERRA, SATURDAY 15 JULY

Thanks to Robin Whyte for this week's results from Canberra. Fast 12km splits by **Brendon Reading** (57:25), **Connor Frew** (57:25) and **Tim Fraser** (58:30).

12km Walk

1.	Brendon Reading	57:25
2.	Connor Frew	57:25
3.	Tim Fraser	58:30
4.	Mitchell Baker	1:00:55
5.	Callum Burns	1:06:03
6.	Greg Durr	1:09:04
7.	Ann Staunton-Jugovic	1:10:26
8.	Robin Whyte	1:18:16
9.	Bob Parker	1:29:45
10.	Monika Short	1:29:46

2km Walk

1.	Andrew Camp-Liddiard	10:49
2.	Sidney Shaw	11:58
3.	Jayden Elphick	13:30
4.	Sebastian Young	13:31
5.	Harry Baker	13:52
6.	Ella Baker	13:58
7.	Georgia Frew	14:10

6km Walk

1.	Gwyllym Young	30:50
2.	Hannah Manning	34:13
3.	Derek Robinson	42:48
4.	Rod Gilchrist	44:47
5.	Rosemary Parker	45:01
6.	Jennifer Gilchrist	47:14
	David Mackenzie	DNF
	Simon Hosking	DNF

SARWC ROADWALKS, ADELAIDE PARKLANDS, ADELAIDE, SATURDAY 15 JULY

Thanks to Peter Crump for his weekly report from Adelaide, South Australia. Best effort by **Tristan Camilleri** (28:29 for 6km).

3km Walk

1. Kitarni Upton	17:38
2. Mia Wilks	20:34

12km Walk

1. Samantha Findlay	1:03:49
2. Peter Crump	1:10:12
James Hoare	DNF

1.5km Walk

1. Elli Pusionjic	8:14
2. Seth Upton	9:06
3. Aleesha Vidler	10:22
4. Zahra Kamish	10:34
5. Edward Upton	11:12
6. Zayden Kamish	13:57
7. Natalie Bruniges	15:07
8. Xavier Upton	15:08
9. Tarique Kamish	15:09

6km Walk

1. Tristan Camilleri	28:29
2. Rhiannon Lovegrove	33:35
3. Victoria Upton	34:29
4. Mathew Bruniges	34:34
5. Chloe Upton	39:10
6. Olivia Phillips	45:52

SAMA ROADWALKS, PEACOCK ROAD, SOUTH PARKLANDS, ADELAIDE, SUNDAY 16 JULY

Thanks to Colin Hainsworth for the latest results from the South Australian Masters in Adelaide. **George White** was the best as usual from an age graded perspective (M72 15km 1:33:20 86.18%).

15km Walk

1. Peter Crump	1:29:49	M56	75.25%
2. George White	1:33:20	M72	86.18%
3. Marie Maxted	1:44:24	W57	73.80%
4. Gil McIntosh	1:44:46	M66	71.29%
5. Graham Harrison	1:58:56	M73	68.56%
6. Raelene Schild	2:02:41	W52	59.34%

5km Walk

1. Geraldine Smith	0:36:03	W67	74.88%
2. Jan Layng	0:38:30	W68	71.10%
3. Helen Suridge	0:41:02	W66	64.90%
4. Valmai Padget	0:42:31	W73	69.44%
5. Elizabeth Neubauer	0:43:10	W65	60.88%
6. Jill Rogers	0:44:26	W72	65.39%

WRWC ROADWALKS, WILSON, PERTH, SUNDAY 16 JULY

Thanks to Mike Reid for the latest results from Perth, Western Australia. Another good 20km walk by 18 year old **Declan Tingay** (1:34:57).

4km Walk

1. Amy Holland	25.14
2. Marie Fitzsimons	25.45
3. Leslie Romeo	32.55

10km Walk

1. Declan Tingay	1:34.57
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2km Walk

1. Xavier Bernard	13.33
2. Amber Richards	13.44
3. Layla Dabala	14.56
4. Gracie Dabala	15.42

8km Walk

1. Ben Reid	45.14
2. Karyn Tolardo	50.03
3. Wendy Farrow	54.32

NWRWC ROADWALKS - RWA CHALLENGE, CHIPPING NORTON, SYDNEY, SATURDAY 8 JULY

NSWRWC held their annual Racewalking Australia Challenge a week ago in Sydney, and it looks like they had most of their age groups covered with good performances. Another superb 10km walk by 13 year old **Allanah Pitcher** (50:44). 38 walkers in total – they will be hard to beat judging on what I see here.

Open 10km

1.	Amanda Barendregt	56:40
1.	Kyle Bedford	49:26
2.	Carl Gibbons	50:19
3.	Jay Felton	50:47

Masters 10km

1.	Joan Purcell	1:16:00
2.	Anne Weekes	1:08:28

Under 20 10km

1.	Allanah Pitcher	50:44
2.	Jasmyn McDonald	1:00:45

1.	Dylan Richardson	49:40
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Under 18 8km

1.	Janaya Lee	49:21
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1.	Ryan Thomson	40:44
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Under 16 5km

1.	Hannah Bolton	29:26
2.	Janaya Lee	29:50
3.	Renee Hardy	30:25
4.	Brittany Robertson	31:15

1.	Joel Kemp	24:54
2.	Hayden Blaskett	25:34

Under 14 3km

1.	Elizabeth McMillen	15:10
2.	Emma Thomas	16:17
3.	Olivia Thomson	16:33
4.	Ellie DeCelis	17:39
5.	Chia Walters	18:23
6.	Brooke Martin	19:11
7.	Jada Thomson	19:12
8.	Brodie Douglas	20:16
9.	Zsafia Varga-Strike	21:28
10.	Emily Challinor	23:28

1.	Jack McGinniskin	16:36
2.	Shaquille Lee	18:08

Under 12 2km

1.	Milly Boughton	10:50
2.	Chloe Krklinski	11:38
3.	Isabelle Nilon	12:09
4.	Rhianni Deagan	12:49
5.	Sarah Challinor	16:31
6.	Amelia Crocker	17:36

1.	Aiden Hardy	15:20
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Under 10 1.5km

1.	Sienna Pitcher	09:04
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1.	Thomas Varga-Strike	09:44
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IAAF WORLD YOUTH CHAMPIONSHIPS, NAIROBI, KENYA, 12-16 JULY

It was on the morning of 18 July 1999 in Bydgoszcz, Poland, that the 10,000m men's competition for the 1st World Youth Athletics Championships took place at the Zdzislaw Krzyszkowiak Stadium in Bydgoszcz, Poland. Last Saturday, when Ecuador's Glenda Morejón won the women's 5000m walk in Nairobi, Kenya, the last of the World Youth walks finished, with the IAAF terminating the championships.

In the twenty walk championships held in the ten editions of the World Youth Championships, 13 were won by Russian athletes, who won another 13 minor place medals as well. Of course we now know that the Russian dominance was built on a steady diet of state sponsored doping. As such, none of their medals can be given much credence nowadays.

The final staging of these championships saw a number of powerhouse countries, including USA, GBR and AUS, opting not to send teams. This was a sad finale that took away opportunity from some talented walkers, including World leader Katie Hayward in the women's walk. On the other side of the coin, Russian walkers were back, although competing under the ANA code (Authorized Neutral Athlete) rather than under the more familiar RUS code.

U18 Men 10,000m Race Walk, Saturday 15 July

My report is taken from that of Jon Mulkeen for the IAAF (<https://www.iaaf.org/news/report/world-u18-nairobi-2017-boys-10000m-race-walk>).

The boys' 10,000m race walk was a historic race for several reasons. Not only did **Zhang Yao** win China's first world U18 title in this discipline, but **Dominic Ndigiti** earned Kenya's first global championships medal in a race walking event.

At the beginning, **Sanjay Kumar** seemed intent on making a similar piece of history for India and shot to the front, covering the first lap in 1:24 and the first 1000 metres in 3:44.76, well inside world U18 best pace. He was closely followed by Ndigiti and the pair had already built up a lead of 100 metres within the first kilometre. Thankfully the pace soon started to settle and they covered the second kilometre in a more sensible 4:05. The chase pack, led by Ethiopia's **Meseret Ayelign**, was still 22 seconds adrift, but they were operating at a more even tempo. The pace slipped further in the third kilometre as Kumar and Ndigiti covered that section in 4:13. **Salavat Ilkaev** and **Sergey Kozhevnikov**, competing as neutral athletes, and Yao made up ground on the lead pair after a 4:07 kilometre.

Sixteen minutes into the race, Kumar was called into the pit lane for two minutes after being shown three red cards for loss of contact. It meant that Ndigiti was left alone out in front and, having passed 4000m in 16:22.77, his lead was down to eight seconds. Within the space of two laps, Yao had closed the gap on Ndigiti and moved on to the Kenyan's shoulder with Ilkaev

close behind. At half way, passed in 20:35.58, a lead pack of five athletes had formed as Kozhevnikov and Guatemala's **Jose Ortiz** joined Ndigiti, Yao and Ilkaev.

The quintet strode together for three more kilometres before Yao darted to the front. He was followed by Ilkaev but had a comfortable lead and continued to pull away from his opponents. Yao was away and clear, while Ilkaev was safe in the silver medal position, but with two laps to go, Kozhevnikov moved alongside Ndigiti in the battle for bronze. Yao crossed the line in a world U18 leading 41:12.01 with Ilkaev taking silver in 41:24.17. Cheered on by an enthusiastic home crowd, Ndigiti doggedly held on to his position and made up a lot of ground on Ilkaev, eventually finishing third in 41:25.78. Kozhevnikov finished fourth in 41:26.65.

1.	Yao ZHANG	CHN	00	41:12.01
2.	Salavat ILKAYEV	ANA	00	41:24.17
3.	Dominic Samson NDIGITI	KEN	00	41:25.78
4.	Sergey KOZHEVNIKOV	ANA	01	41:26.65
5.	José ORTÍZ FLORES	GUA	00	42:07.47
6.	Lukasz NIEDZIALEK	POL	00	42:40.02
7.	Sebastian MERCHANT	COL	00	42:41.07
8.	Mikita KALIADA	BLR	00	43:17.46
9.	Carlos MERCENARIO	MEX	00	43:49.65
10.	Anderson CALLEJAS	COL	00	43:51.85
11.	Saul MENA	MEX	00	43:55.76
12.	Haifeng QIAN	CHN	00	43:57.13
13.	José Gilberto MENJIVAR AVILÉS	ESA	01	44:14.02
14.	Hilmar DIAZ	PER	00	44:30.56
15.	Selman ILHAN	TUR	00	45:33.70
16.	Kevin Andres FAREZ OCHOA	ECU	00	45:47.58
17.	Pavel OLKHOVIK	BLR	00	46:02.22
18.	Jan MOREU	PUR	01	46:38.16
19.	Azat ERTAS	TUR	00	46:40.96
20.	Darwin Omar COARITA QUISPE	BOL	00	46:58.05
21.	Lubomir KUBIŠ	SVK	01	47:03.32
22.	Mehdi ABIDI	ALG	00	47:12.56
23.	Ryan GOGNIES	FRA	00	47:16.04
24.	Abdelrahman TOLBA	EGY	00	47:25.41
25.	Johannes FRENZL	GER	01	47:31.73
26.	Yurii ZAMRYHA	UKR	01	50:23.48
27.	Armin SHAHMALEKI	IRI	00	53:15.46
	Meseret AYELIGN	ETH	00	DNF
	Minda LAGIDE	ETH	00	DNF
	Jan STRAMKA	GER	00	DNF
	Sanjay KUMAR	IND	01	DQ

U18 Women 5000m Race Walk, Saturday 15 July

My report is taken from that of Pawel Jackowski for the IAAF (<https://www.iaaf.org/news/report/world-u18-nairobi-2017-girls-5000m-race-walk>)

Glenda Morejon became only the second Ecuadorian to win a world U18 title when she took the win in the girls' 5000m race walk on Saturday morning in Nairobi. Morejon entered the competition as the fastest in the world, but with her lack of international experience, there might have been doubt as to whether she was the favourite. But her sensible tactical performance took her to a historic win in a time of 22:32.30. It was a close call, however, as the race was not decided until the final few metres. **Meryem Bekmez** of Turkey finished half a stride behind in 22:32.79 in what was the closest race walk finish in World U18 Championships history. Both gold and silver medallists won the first ever medals for their countries at any global championship in female race walking events. The bronze went to **Elvira Khasanova**, competing as neutral athlete. Khasanova was not far behind the top two, either, finishing in 22:35.72.

Kenya's **Lenah Nanjala** shot into the lead before the race walkers completed their first lap, but was soon caught by the pack. Nobody was willing to make an early move after that, and the leading group, featuring all the main favourites, continued at a steady pace. One kilometre was reached in 4:35.76 and two kilometres in 9:17.81, with more than a dozen athletes still together at that point. China's **Zhang Xiaole** was the first to inject more pace into the proceedings during the third kilometre, the result being the shrinking of the leading group to just five race walkers. Morejon assumed the pacing duties before the three-kilometre mark was reached, leading the small pack including Zhang, Bekmez and the two neutral athletes: Khasanova and **Ekaterina Gorshenina**.

The pace got progressively faster. After a third kilometre of 4:35, the fourth took just 4:24. First Gorshenina, then Zhang began to lose contact with the leaders. With three girls now comfortably ahead in the medal positions, only the order of the top three was still in doubt. The race went down to the wire. The three leaders were still together half a lap before the finish line. Khasanova was the first to let go on the curve. Morejon and Bekmez entered the home straight neck and neck, and it remained that way for the majority of the final 100 metres. It was only in the final 10 metres that Morejon finally pulled away

slightly, crossing the line in 22:32.30, with the final kilometre taking just 4:15. Bekmez followed just 0.49 seconds later, and Khasanova was only 3.42 in arrears.

1.	Glenda MOREJON	ECU	00	22:32.30
2.	Meryem BEKMEZ	TUR	00	22:32.79
3.	Elvira KHASANOVA	RUS	00	22:35.72
4.	Xiaole ZHANG	CHN	00	23:05.61
5.	Yekaterina GORSHENINA	ANA	01	23:05.77
6.	Mary Luz ANDIA	PER	00	23:39.64
7.	Laura Cristina MOJICA CHALARCA	COL	00	23:54.01
8.	Rachelle DE ORBETTA	PUR	00	23:55.37
9.	Xueying BAI	CHN	00	23:56.00
10.	Paula Milena TORRES SARANGO	ECU	00	24:15.31
11.	Anna ZUBKOVA	BLR	01	24:29.52
12.	Mariona GARCIA	ESP	00	24:42.55
13.	Yeny Valeria GONZALES GUZMAN	COL	01	24:44.98
14.	Lenah NANJALA	KEN	00	25:23.97
15.	Noelia VARGAS MENA	CRC	00	25:27.15
16.	Josephine GRANDI	GER	00	25:28.30
17.	Mare BETWE	ETH	00	25:31.68
18.	Karima GOUIDER	TUN	00	25:34.41
19.	Emily VILLAFUERTE	PER	00	25:37.71
20.	Manon LEFRESNE	FRA	00	25:43.33
21.	Brenda PALMA FERNANDEZ	ARG	00	25:51.64
22.	Austeja KAVALIAUSKAITE	LTU	00	26:10.66
23.	Sintayehu MASIRE	ETH	01	26:47.42
24.	Andra Elena BOTEZ	ROU	00	26:54.06
25.	Rihem BOUZID	TUN	00	27:18.78
	Kader DOST	TUR	00	DNF



Zhang and Morejon in action in the World Youth Championship walks (photos www.iaaf.org)

EUROPEAN U23 CHAMPIONSHIPS, BYDGOSZCZ, POLAND, 13-16 JULY

The European U23 20km walk championships were reported by http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2852.

Men 20km Race Walk, Sunday 16 July

After France's **Jean Blancheteau** led the lead group through the 10km mark in 41:53, it was Spanish walker **Diego Garcia** who laid his cards on the table, forcing the pace with **Salih Korkmaz** (TUR). He was soon alone at the front with lap splits of 8:10, 8:07 and 8:02. No surprises as pre-race favourite Garcia stormed home to win comfortably with 1:22:29. Second place went to **Karl Junghanns** (GER) with 1:22:52 and third place went to **Gabriel Bordier** (FRA) with 1:23:03, a new PB.

1.	Diego GARCIA	ESP	96	1:22:29
2.	Karl JUNGHANSS	GER	96	1:22:52
3.	Gabriel BORDIER	FRA	97	1:23:03
4.	Salih KORKMAZ	TUR	97	1:23:11
5.	Manuel BERMÚDEZ	ESP	97	1:23:12
6.	Jonathan HILBERT	GER	95	1:23:26

7.	Andrea AUGRUSTI	ITA	95	1:23:28
8.	Jean BLANCHETEAU	FRA	96	1:25:10
9.	Zacharias TSAMOUDAKIS	GRE	96	1:25:11
10.	Stefano CHIESA	ITA	96	1:25:21
11.	Miguel RODRIGUES	POR	96	1:26:05
12.	Bence VENYERCSÁN	HUN	96	1:26:20
13.	Gianluca PICCHIOTTINO	ITA	96	1:26:43
14.	Hélder DOS SANTOS	POR	96	1:27:00
15.	Anatoli HOMELEU	BLR	96	1:27:08
16.	Ruslans SMOLONSKIS	LAT	96	1:27:25
17.	Fredrik RØTNES	NOR	96	1:27:44
18.	Dominik CERNÝ	SVK	97	1:28:00
19.	Ivan LOPEZ	ESP	97	1:28:02
20.	Dmytro SOBCHUK	UKR	95	1:28:07
21.	Miroslav ÚRADNÍK	SVK	96	1:29:44
22.	Michal MORVAY	SVK	96	1:30:05
23.	Andrei GAFITA	ROU	96	1:32:41
24.	Soma KOVÁCS	HUN	97	1:33:50
	Fabian BERNABE	FRA	95	DNF
	Tomasz BAGDÁNY	HUN	95	DQ
	Dmitriy LUKYANCHUK	BLR	97	DQ
	Nathaniel SEILER	GER	96	DQ



Diego Garcia and Karl Junghanns celebrate their U23 medals in Poland

Women 20km Race Walk, Sunday 16 July

The women's 20km race saw leader **Maria Perez** (ESP) reach the 10km mark in 45:37. The race complexion soon changed with **Nicole Colombi** (ITA) and **Laura Garcia Caro** (ESP) out of the race with 3 red cards. By the time the 15km mark was reached, it was a race between two with Perez (ESP) now joined by authorized neutral athlete **Klavdiya Afanasyeva** (ANA). **Lidia Sanchez-Puebla** (ESP) soon joined them but her stay in the lead group was short, being quickly informed of her disqualification. Afanasyeva eventually broke away, going on to win with 1:31:15, ahead of Perez with 1:31:29 and **Zivilie Vaiciukeviciute** (LTU) with 1:23:03.

1.	Klavdiya AFANASYEVA	ANA	96	1:31:15
2.	Maria PEREZ	ESP	96	1:31:29
3.	Živilė VAICIUKEVICIUTE	LTU	96	1:32:21
4.	Viktoryia RASHCHUPKINA	BLR	95	1:33:16
5.	Eleonora DOMINICI	ITA	96	1:33:32
6.	Emilia LEHMEYER	GER	97	1:34:24
7.	Anežka DRAHOTOVÁ	CZE	95	1:34:51
8.	Diana CACCIOTTI	ITA	95	1:35:49
9.	Rita RÉCSEI	HUN	96	1:37:20
10.	Edna BARROS	POR	96	1:37:55
11.	Olga NIEDZIALEK	POL	97	1:39:03
12.	Mariya FILYUK	UKR	95	1:39:35
13.	Monika VAICIUKEVICIUTE	LTU	96	1:40:07
14.	Mara RIBEIRO	POR	95	1:40:47
15.	Saskia FEIGE	GER	97	1:41:12

16.	Tamara STASYUK	UKR	95	1:42:56
17.	Mihaela ACATRINEI	ROU	95	1:43:13
18.	Mariana MOTA	POR	95	1:45:59
19.	Monika HORNÁKOVÁ	SVK	95	1:48:12
20.	Danica GOGOVIĆ	SRB	96	1:49:02
21.	Ivana RENIC	CRO	96	1:49:46
22.	Lucia CUBANOVIĆ	SVK	95	1:52:26
23.	Jale BASAK	TUR	97	1:54:20
	Nicole COLOMBI	ITA	95	DQ
	Laura GARCÍA-CARO	ESP	95	DQ
	Mihaela PUSCASU	ROU	95	DQ
	Lidia SANCHEZ-PUEBLA	ESP	96	DQ



Silver medallist Maria Perez of Spain (photo Giancarlo Colombo)

FRENCH T&F CHAMPIONSHIPS, MARSEILLE, FRANCE, 14-16 JULY

The French T&F Championships in Marseille last weekend included 5000m track walks for men and women. The men's race was won by the favorite **Kevin Campion** with 19:42.14, ahead of Tunisian **Hedi Teraoui** (20:12.21) and **Antonin Boyez** (20:21.26). In the women's 5000m, pre-race favourite **Emilie Menuet** led early but was forced to stop just before the 3000m mark with leg pain. **Marine Quennehen** then over the lead but was then disqualified. This opened the way for **Amandine Marcou** to win with 23:38.55. Marcou will be in the French team next week for Francophonie Games in Ivory Coast .

Lots of race photos at https://photos.google.com/share/AF1QipOu3XsUL73Kxq-h_n-koelMwziNCqJUf2CAM-UppF5Xw6ai7taAqTB72yt2xzb12Q?key=V2k2S3JHQTBOOTM2aXZycXc1NnkyLUs3VHJuVzFB

Men 5000m Race Walk, Saturday 15 July

1.	Kevin CAMPION	FRA	88	19:42.14
2.	Hedi TERRAOUI	TUN	89	20:12.21
3.	Antonin BOYEZ	FRA	84	20:21.26
4.	Aurelien QUINION	FRA	93	21:03.81
5.	Hugo ANDRIEU	FRA	92	21:29.79
6.	Florian DESJARDINS	FRA	94	22:07.54
7.	Fabian FESSELIER	FRA	94	22:18.41
8.	Ludovic HADULA	FRA	87	22:18.99
9.	Sebastien DELAUNAY	FRA	74	22:19.75
10.	Kyrian VALLEE	FRA	94	22:25.68
11.	Benjamin LEAUTE	FRA	88	23:05.29
12.	Come MARTIN	FRA	95	23:14.74
13.	Joffrey CHENU	FRA	82	24:23.42
14.	Simon BAZZO BORTOT	FRA	96	25:04.45

Women 5000m Race Walk, Saturday 15 July

1.	Amandine MARCOU	FRA	92	23:38.55
2.	Amelie BOURHIS	FRA	92	24:47.38
3.	Lucie AUFFRET	FRA	88	25:00.61

4.	Maud DELHORS	FRA	83	25:02.83
5.	Lucia BARRITAUULT	FRA	90	25:14.55
6.	Roseline CHAPILLON	FRA	68	25:19.21
7.	Cecile NAZE	FRA	95	25:39.78
8.	Maeva CASALE	FRA	97	25:47.21
9.	Marine LETERTE	FRA	91	26:03.68
10.	Servane UDIN	FRA	88	26:13.15
11.	Laury CERANTOLA	FRA	92	26:24.05
12.	Christele JOUAN	FRA	75	26:29.10
13.	Morgane AUSELLO	FRA	92	27:34.12
14.	Virginia SAOU	FRA	82	27:57.73
	Emilie MENUET	FRA	91	DNF
	Marine QUENNEHEN	FRA	91	DQ

T&F MEET, KLADNO, CZECH REPUBLIC, SATURDAY 15 JULY

Men 3000m Race Walk

1.	Lukas GDULA	CZE	91	12:05.69
2.	Vít HLAVÁČ	CZE	97	12:21.12
3.	Martin NEDVÍDEK	CZE	75	12:47.79

MEMORIAL RENATO MARTELLI, LIVORNO, ITALY, SATURDAY 15 JULY

Men 5000m Race Walk

1.	Giacomo GUGLIELMI	ITA	94	23:41.38
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Women 5000m Race Walk

1.	Giulia PANCONI	ITA	97	25:59.59
2.	Sara PERULLO	ITA	99	26:35.27
3.	Chiara PICCINI	ITA	01	27:21.02
4.	Silvia NEVA	ITA	99	27:21.06
5.	Matilde CAPITANI	ITA	00	27:33.13
6.	Giulia ALBERTI	ITA	94	28:03.22
7.	Lisa FRANCESCHI	ITA	00	28:05.25

BMAF & MIDLAND 20KM CHAMPIONSHIP, WARWICK UNIVERSITY, COVENTRY, SUNDAY 9 JULY

Now to to England for the British Masters and Midland 20km Championship, held a week ago in Coventry. Fastest times to **Francisco Reis** (1:49:28) and **Hannah Hunter** (1:52:44).

20km Men

Francisco Reis	Thames Valley	1.49.28	M55	Gold
Mark Williams	Birchfield H	1.58.48	M50	Gold
Mark Culshaw	Ilford A.C	2.08.46	M50	Silver
Peter Boszko	Birchfield H	2.11.40	M65	Gold
John Borgars	Herts Phoenix	2.17.49	M70	Gold
John Constandinou	Birchfield H	2.17.56	M40	Gold
Paul Hawkins	Stratford on Avon AC	2.18.13	M60	Gold
David Crompton	Lancs W.C	2.20.06	M50	Bronze
David Manning	Birchfield H	2.21.41	M65	Silver
Colin Vesty	Leicester W.C	2.22.09		
Ian Torode	South West Vets	2.28.39	M60	Silver
Chris Flint	Surrey W.C	2.29.00	M70	Silver
Sean Pender	Enfield & H	2.30.09	M60	Bronze
Mark Byrne	Redcar RWC	2.38.14	M55	Silver
Norbert Will	N.I.M.A.A	2.45.16	M80	Gold
Ian Richards	Steyning A.C	DQ		
Daniel King	Colchester H	DNF		(10km - 48.25) (Guest)

20km Women

1.	Hannah Hunter	Manx Harriers	1.52.44	(Guest)
2.	Maureen Noel	Belgrave Harriers	2.16.51	W50 Gold
3.	Ann Wheeler	Nuneaton Harriers	2.24.45	W60 Gold
4.	Julie Bellfield	Halesowen A.C.	DNF	(10km - 64.07)
5.	Lynn Bellfield	Halesowen A.C.	DNF	(10km - 69.22)

VAC SUMMER LEAGUE 5 MILES, BATTERSEA, TUESDAY 11 JULY

To last Tuesday for the Veteran Athletics Club Summer League 5 Miles walk in London. It was a wet day which was at its heaviest during the race.

1.	Mark Culshaw	(Ilford)	M50	47:53
2.	Steve Bishop	(Stock Exchange)	M55	48:27
3.	John Hall	(Belgrave)	M65	51:16
4.	Maureen Noel	(Belgrave)	W50	52:31
5.	Peter Hannell	(Surrey WC)	M70	55:38
6.	Chris Flint	(Surrey WC)	M70	56:55
7.	Mick Harran	(Surrey WC)	M75	58:36
8.	David Hoben	(Surrey WC)	M60	59:39



Mark Colshaw (photo <http://www.vetsac.org.uk/Results-2017.html>)

2017 USATF NATIONAL MASTERS T&F CHAMPIONSHIPS, BATON ROUGE, LA, 13-16 JULY

The USATF Masters T&F Championships were held from 13-16 July at the Bernie Moore Stadium, Louisiana State University, Baton Rouge, LA. Good fields overall in the 5000m and 10,000m track walks.

5000m Walk, Friday 14 July

W40	1	Manns, DaBeth	W41	Tnt Internat	45:47.67
W45	1	Grayson, Kelley	W46	Raleigh Walk	40:56.65
W55	1	Duplicchain, Barba	W57	Unattached	29:49.20
	2	Latterman, Leslie	W59	Unattached	34:51.45
	3	Tonsits, Amy	W59	World Class	35:51.05
W60	1	Mullis Dubow, Tre	W63	Atlanta Trac	39:18.59
	-	Hinton, Dianna	W60	Atlanta Trac	DQ
W65	1	Swisher, Karen	W65	Heartland Ra	30:28.56
	2	Hopkins-Price, Pa	W67	Abe's Stride	42:38.71
W70	1	Frable, Kathleen	W71	So Cal Track	35:07.86
	2	Geer, Panseluta	W70	Shore Athlet	35:58.74
	3	Harrington, Alice	W71	South Florid	40:48.29
M35	1	Melichar, George	M38	Unattached	52:48.03
M45	1	Chasse, Craig	M47	Potomac Vall	33:11.82
	-	Nyhan, Sean	M49	Unattached	DQ
M50	1	Swarts, David	M52	Pegasus A.C.	24:11.50
	2	Ols, Joseph	M53	So Cal Track	38:33.27
M55	1	Sadlej, Zbigniew	M55	Pegasus A.C.	23:34.55
M60	1	Rusch, James	M60	Unattached	30:10.26
	2	Latterman, David	M61	Unattached	48:24.08
M65	1	Wiggins, Michael	M68	So Cal Track	29:38.82

	2	Smith, Andrew	M67	Pegasus A.C.	31:02.28
	3	Morrison, John	M68	Potomac Vall	37:40.07
M70	1	Frable, Norman	M71	So Cal Track	31:07.82
	2	Miller, Gerald	M74	Atlanta Trac	33:12.28
	3	Moore, Alan	M72	Atlanta Trac	35:48.40
	4	Dubow, Joel	M74	Atlanta Trac	38:31.96
M75	1	Gordon, David	M76	Unattached	36:01.11
	2	Veenstra, James	M79	Abe's Stride	36:13.59
	3	Zerbe, Richard	M78	Unattached	37:41.66
M80	1	Poisner, Alan	M82	Heartland Ra	36:48.73
	2	Askew, Jim	M81	Atlanta Trac	41:36.86

10,000m Walk, Sunday 16 July

W40	1	Manns, DaBeth	W41	Tnt Internat	1:34:33.26
W45	1	Grayson, Kelley	W46	Raleigh Walk	1:28:10.26
W55	1	Latterman, Leslie	W59	Unattached	1:10:00.03
	-	Tonsits, Amy	W59	World Class	DQ
W65	1	Swisher, Karen	W65	Heartland Ra	1:06:54.11
	2	Hopkins-Price, Pa	W67	Abe's Stride	1:28:09.87
W70	1	Frable, Kathleen	W71	So Cal Track	1:14:30.16
	2	Geer, Panseluta	W70	Shore Athlet	1:15:39.60
	3	Harrington, Alice	W71	South Florid	1:24:11.29
M45	1	Chasse, Craig	M47	Potomac Vall	1:09:53.56
M50	1	Swarts, David	M52	Pegasus A.C.	53:54.95
	2	Ols, Joseph	M53	So Cal Track	1:25:10.83
M55	1	Sadlej, Zbigniew	M55	Pegasus A.C.	50:19.61
M60	1	Rusch, James	M60	Unattached	1:03:55.13
M65	1	Wiggins, Michael	M68	So Cal Track	1:03:25.57
	2	Smith, Andrew	M67	Pegasus A.C.	1:05:42.09
	3	Morrison, John	M68	Potomac Vall	1:16:59.62
M70	1	Frable, Norman	M71	So Cal Track	1:09:54.78
	2	Miller, Gerald	M74	Atlanta Trac	1:13:24.32
	3	Moore, Alan	M72	Atlanta Trac	1:13:31.18
	4	Dubow, Joel	M74	Atlanta Trac	1:23:12.93
M75	1	Veenstra, James	M79	Abe's Stride	1:18:03.03
M80	1	Poisner, Alan	M82	Heartland Ra	1:18:19.91

MARCIADALMONDO AND OMARCHADOR ROUNDUP

Marciadalmondo has 5 press releases this week

- Tue 18 Jul - Entry lists for the European U20 Championships in Grosseto, Italy
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2854
- Mon 17 Jul - European U23 walk champs to Diego Garcia (ESP) and Klavdyia Afanasyeva (ANA)
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2852
- Sun 16 Jul - Focus on Zhang Yao of China, winner of the men's U18 World Youth Championship walk in Nairobi
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2851
- Sat 15 Jul - Zhang Yao (CHN) and Glenda Morejion (ECU) win World Youth walks in Nairobi
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2850
- Fri 14 Jul - A continuation of the discussion on judging and knee infractions
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2849

and Omarchador has 10 press releases

- Tue 18 Jul - Review of the history of the World Youth Championships
<http://omarchador.blogspot.com.au/2017/07/de-demkov-morejon-os-campeoes-mundiais.html>
- Mon 17 Jul - Focus on winner of women's walk at the World Youth Championships
<http://omarchador.blogspot.com.au/2017/07/klavdiya-afanasyeva-chegou-neutra-e.html>
- Sun 16 Jul - Diego Garcia wins European U23 Men's 20km in Bydgoszcz
<http://omarchador.blogspot.com.au/2017/07/diego-garcia-confirma-favoritismo-no.html>

- Sat 15 Jul - Glenda Morejón of Ecuador wins the final U18 Youth Championship walk
<http://omarchador.blogspot.com.au/2017/07/glenda-morejon-e-ultima-campea-mundial.html>
- Sat 15 Jul - Yao Zhang of China wins the Men's U18 Youth Championship walk
<http://omarchador.blogspot.com.au/2017/07/yao-zhan-vence-mundiais-de-sub-18-de.html>
- Fri 14 Jul - Augusto Cardoso and Sandra Silva win Portuguese Masters walk championships
<http://omarchador.blogspot.com.au/2017/07/augusto-cardoso-e-sandra-silva-vencem.html>
- Thu 13 Jul - International Judges at the U18 World Championships
<http://omarchador.blogspot.com.au/2017/07/juizes-internacionais-de-marcha-nos.html>
- Wed 12 Jul - 49 walkers from 19 countries to contest European U23 20km walks in Bydgoszcz
<http://omarchador.blogspot.com.au/2017/07/juizes-internacionais-de-marcha-nos.html>
- Tue 11 Jul - Nairobi to host the U18 World Youth Championships
<http://omarchador.blogspot.com.au/2017/07/nairobi-vai-receber-os-campeonatos.html>
- Tue 11 Jul - Tom Bosworth sets 1 Mile Walk world record in London Diamond League
<http://omarchador.blogspot.com.au/2017/07/bosworth-com-maximo-mundial-da-milha-em.html>

OUT AND ABOUT

- British Athletics has announced a team of 78 athletes to compete at the IAAF World Championships London 2017 from 4-13 August. The list includes 6 walkers. See more at <https://www.iaaf.org/news/news/world-championships-london-2017-british-team1>.
 - 20km race walk: **Tom Bosworth, Callum Wilkinson**
 - 50km race walk: **Dominic King**
 - 20km race walk: **Gemma Bridge, Bethan Davies**
- Sadly, Australian Olympic walker **Rachel Tallent** has just made the following announcement:

Unfortunately in the past week I have decided to withdraw from both the World Championship team and the World University Games team due to injury. I will be using this time to recover and prepare for next years Commonwealth Games where hopefully more of my family and friends can come watch!
- And, along similar lines, New Zealand Olympian **Alana Barber** had also make an announcement:

I am disappointed to announce that I have not been selected for this year's World Champs in London. The NZ A standard of 90:30 and B standard of 91:00 proved to be out of reach for me this season. Nonetheless this has been a successful year for me, the highlight being breaking my NZ 20km record in Adelaide withn 92:23. Also coming 2nd at the British Grand Prix of Race Walking and 6th in both IAAF Challenge races; Monterrey, Mexico and Taicang, China. Wishing all my fellow competitors best of luck in London. I'll be there cheering you all on!

To Rachel and Alana, our best wishes. You are both fantastic walkers and we hope to see you overcoming these hurdles and coming back better and faster.
- The IOC is poised to hand the 2024 and 2028 Summer Games to Paris and Los Angeles on Tuesday with a landmark double hosting deal set to be approved. See <http://www.nation.co.ke/sports/athletics/Paris-LA-both-poised-to-win-race-to-host-Games/1100-4009802-6vw0b4z/index.html>.
- The Russian Federal Government has approved the country's National Anti-Doping Plan (NADP), the country's Ministry of Sport announced today. The plan contains commitments to:
 - Education of athletes and protecting whistleblowers;
 - The creation of a database to inform athletes about whether the substances they are taking are prohibited, in Russian;
 - Possible legislative changes to force manufacturers to indicate when an ingredient is prohibited in sport;
 - Possible reclamation of 'state and non-state' money received by athletes and/or coaches found guilty of committing an anti-doping rule violation (ADRV);
 - Suspension of state accreditation for sporting federations found guilty of multiple ADRVs.

Time will tell if this is yet another false flag in a country that has been the centre of the organized doping for many years now. See <http://www.sportsintegrityinitiative.com/russian-federal-government-approves-national-anti-doping-plan/>.

- Great article on the new and improved detection methods for doping substances being developed developed at the Cologne Control Laboratory in Germany. See <http://www.sportschau.de/doping/doping-re-tests-olympic-games-english-version-100.html>.
- IAAF Council member Frank Fredericks has been provisionally suspended over a potential breach of the organisation's Code of Ethics. Michael Beloff, chairman of the IAAF Disciplinary Tribunal, imposed the suspension on the Namibian following an application made by the Athletics Integrity Unit (AIU). The investigation related to payments received by Fredericks' company, Yemi Limited, from a company owned and controlled by Papa Massata Diack. See <http://www.insidethegames.biz/articles/1052835/fredericks-provisionally-suspended-by-iaaf-over-potential-ethics-breach>.

LIFE GETS BETTER PAST FIFTY

I am indebted to USA Attorney at Law and 50km enthusiast **Paul deMeester** for the following wonderful statistical analysis of the number of men and women who have completed 50km races since 1st January 2016. Here is what Paul had to say. I will have my own thoughts at the end.

That's right; once you are past that finish line after a 50km race, you'll feel better already.

These courageous souls all walked a 50km Race Walk Event during 2016 and 2017 leading up to the upcoming World Championships. Some may have walked more than one. Only their fastest performance is included. When the location of the race is marked with a (B), that means that performance was judged to the British 'B' standard.

The list ranks walkers within their national member federation. Women walkers are separately noted by their ranking among women overall and among women within their national federation.

Please let us know if we omitted any 2016-2017 50km race results.

1.	Yohann Diniz	FRA-1	3:37:48	St. Sebastien-sur-Loire	3/13/16
2.	Matej Tóth	SVK-1	3:40:58	Rio de Janeiro	8/19/16
3.	Zhendong Wang	CHN-1	3:41:02	Huangshan	3/6/16
4.	Jared Tallent	AUS-1	3:41:16	Rio de Janeiro	8/19/16
5.	Hirooki Arai	JPN-1	3:41:24	Rio de Janeiro	8/19/16
6.	Evan Dunfee	CAN-1	3:41:38	Rio de Janeiro	8/19/16
7.	Kai Kobayashi	JPN-2	3:42:08	Takahata	10/23/16
8.	Yucheng Han	CHN-2	3:42:43	Huangshan	3/6/16
9.	Wei Yu	CHN-3	3:42:54	Huangshan	3/6/16
10.	Cristian Andrés Chocho	ECU-1	3:42:57	Ciudad Juarez	3/6/16
11.	Dementiy Cheparev	RUS-1	3:43:05	Cheboksary	6/10/17
12.	Rafal Augustyn	POL-1	3:43:22	Dudince	3/19/16
13.	Hang Zhang	CHN-4	3:43:31	Huangshan	3/6/16
14.	Håvard Haukenes	NOR-1	3:43:40	Dudince	3/25/17
15.	Robert Heffernan	IRL-1	3:43:55	Rio de Janeiro	8/19/16
16.	Ihor Hlavan	UKR-1	3:44:02	Roma	5/8/16
17.	Takayuki Tanii	JPN-3	3:44:12	Wajima	4/17/16
18tie.	Marco De Luca	ITA-1	3:44:47	Roma	5/8/16
18tie.	Denis Nizhegorodov	US-2	3:44:47	Cheboksary	6/27/16
20.	José Leyver Ojeda Blas	EX-1	3:45:09	Naumburg	4/23/17
21.	Omar Zepeda de León	EX-2	3:45:28	Ciudad Juarez	3/6/16
22.	Wenbin Niu	CHN-5	3:46:12	Huangshan	3/5/17
23.	Aleksi Ojala	FIN-1	3:46:25	Dudince	3/19/16
24.	Sergey Sharipov	RUS-3	3:46:51	Cheboksary	6/27/16
25.	Cao Oliveira de Sena Bonfim	BRA-1	3:47:02	Rio de Janeiro	8/19/16
26.	Adrian Blocki	POL-2	3:47:16	Dudince	3/19/16
27.	Horacio Nava Reza	MEX-3	3:47:44	Dudince	3/19/16
28.	Jian Liu	CHN-6	3:47:51	Huangshan	3/6/16
29.	Carl Dohmann	GER-1	3:47:57	Andernach	10/8/16
30.	Pedro Daniel Gómez Cruz	MEX-4	3:48:04	Dudince	3/25/17
31.	Faguang Xu	CHN-7	3:48:07	Huangshan	3/6/16
32.	Ivan Banzeruk	UKR-2	3:48:15	Podebrady	5/21/17
33.	Lin Zhang	CHN-8	3:48:23	Huangshan	3/6/16
34.	Teodorico Caporaso	ITA-2	3:48:29	Roma	5/8/16
35.	Alex Wright	IRL-2	3:48:31	Dudince	3/19/16
36.	Qianlong Wu	CHN-9	3:48:38	Huangshan	3/5/17
37.	Chris Erickson	AUS-2	3:48:40	Rio de Janeiro	8/19/16
38.	Tongda Bian	CHN-10	3:48:41	Huangshan	3/5/17
39.	Rafal Fedaczynski	POL-3	3:48:42	Dudince	3/19/16
40.	Luis Amauri Bustamante Franco	MEX-5	3:48:45	Naumburg	4/23/17

41.	Veli-Matti Partanen	FIN-2	3:49:00	Dudince	3/25/17
42.	João Vieira	POR-1	3:49:05	Dudince	3/19/16
43.	Michele Antonelli	ITA-3	3:49:07	Podebrady	5/21/17
44.	Satoshi Maruo	JPN-4	3:49:17	Wajima	4/16/17
45.	Quentin Rew	NZL-1	3:49:32	Rio de Janeiro	8/19/16
46tie.	Hayato Katuki	JPN-5	3:49:49	Wajima	4/16/17
46tie.	Brendan Boyce	IRL-3	3:49:49	Podebrady	5/21/17
48.	Qin Wang	CHN-11	3:50:16	Huangshan	3/6/16
49.	Dongpo Luo	CHN-12	3:50:38	Huangshan	3/5/17
50.	Jarkko Kinnunen	FIN-3	3:50:40	Dudince	3/19/16
51.	José Ignacio Díaz Velázquez	ESP-1	3:51:10	Roma	5/8/16
52.	Jorge Alejandro Martínez	MEX-6	3:51:11	Ciudad Juarez	3/6/16
53.	Rafal Sikora	POL-4	3:51:18	Dudince	3/19/16
54tie.	Claudio Paulino Villanueva Flores	ECU-2	3:51:35	Lima	5/14/17
54tie.	Luis Fernando López Eraso	COL-1	3:51:35	Lima	5/14/17
56.	Jorge Armando Ruiz Fajardo	COL-2	3:51:42	Rio de Janeiro	8/19/16
57.	Chil-Sung Park	KOR-1	3:52:26	Dudince	3/19/16
58.	Matteo Giupponi	ITA-4	3:52:27	Roma	5/8/16
59.	Julio César Salazar	MEX-7	3:52:30	Dudince	3/25/17
60.	Karl Junghannß	GER-2	3:52:46	Andernach	10/8/16
61.	José Leonardo Montaña Arevalo	COL-3	3:52:48	Ciudad Juarez	3/6/16
62.	Jaime Daniel Quiyuch Castañeda	GUA-1	3:53:01	Dudince	3/19/16
62.	Damian Blocki	POL-5	3:53:01	Dudince	3/25/17
64.	Andriy Hrechkovskyy	UKR-3	3:53:04	Ivano-Frankivsk	10/15/16
65.	Ivan Trotskiy	BLR-1	3:53:12	Dudince	3/19/16
66.	Serhiy Budza	UKR-4	3:53:22	Rio de Janeiro	8/19/16
67.	Maryan Zakolnytskyy	UKR-5	3:53:50	Podebrady	5/21/17
68.	Miguel Ángel López Nicolás	ESP-2	3:53:52	Motril	2/28/16
69.	Máté Helebrandt	HUN-1	3:53:54	Dudince	3/19/16
70.	Mathieu Bilodeau	CAN-2	3:53:56	St. Sebastien-sur-Loire	3/13/16
71.	Mikel Odriozola Domínguez	ESP-3	3:54:21	Motril	2/28/16
72tie.	Lukáš Gdula	CZE-1	3:54:29	Dudince	3/19/16
72tie.	Jesús Ángel García Bragado	ESP-4	3:54:29	Rio de Janeiro	8/19/16
73.	Jaime Rolando Saquipay Pañi	ECU-3	3:54:32	Roma	5/8/16
71.	Zhongkai Meng	CHN-13	3:54:35	Huangshan	3/5/17
72.	Francisco Arcilla Aller	ESP-5	3:55:06	Roma	5/8/16
73.	Nathaniel Seiler	GER-3	3:55:13	Podebrady	5/21/17
74.	Federico Tontodonati	ITA-5	3:55:17	Roma	5/8/16
75.	Jonathan Rieckmann	BRA-2	3:55:26	Dudince	3/19/16
76.	Dominic King	GBR-1	3:55:48	Andernach	10/8/16
77.	Sandeep Kumar	IND-1	3:56:00	New Delhi	2/18/17
78.	Marc Mundell	RSA-1	3:56:12	Dudince	3/19/16
79.	Andrea Agrusti	ITA-6	3:56:17	Andernach	10/8/16
80.	Pedro Isidro	POR-2	3:56:38	Podebrady	5/21/17
81.	Iván Pajuelo Paredes	ESP-6	3:56:47	Podebrady	5/21/17
82.	Miklós Srp	HUN-2	3:57:06	Dudince	3/19/16
83.	Ever Palma Olivares	MEX-8	3:57:32	Dudince	3/25/17
84.	Erick Barrondo	GUA-2	3:57:46	Salamá	3/12/17
85.	Dexian Yan	CHN-14	3:58:14	Huangshan	3/5/17
86.	Valeriy Litanyuk	UKR-6	3:58:33	Ivano-Frankivsk	10/15/16
87.	Dmytro Sobchuk	UKR-7	3:58:49	Ivano-Frankivsk	10/15/16
88.	Dušan Majdán	SVK-2	3:58:25	Rio de Janeiro	8/19/16
89.	Pavel Chihuán Camayo	PER-1	3:58:32	Dudince	3/19/16
90.	Min Cheng	CHN-15	3:58:38	Huangshan	3/6/16
91.	Anders Hansson	SWE-1	3:58:42	Podebrady	5/21/17
92.	Tadas Šuškevicius	LTU-1	3:58:44	Dudince	3/25/17
93.	Yuki Ito	JPN-6	3:58:53	Wajima	4/16/17
94.	Yerko Araya	CHI-1	3:58:54	Ciudad Juarez	3/6/16
95.	Koichiro Morioka	JPN-7	3:58:59	Rio de Janeiro	8/19/16
96.	Alexandros Papamichail	GRE-1	3:59:21	Rio de Janeiro	8/19/16
97.	Takeshi Okuma	JPN-8	3:59:30	Takahata	10/23/16
98.	Omar Daniel Sierra	COL-4	4:00:21	Ciudad Juarez	3/6/16
99tie.	Pablo Oliva Requena	ESP-7	4:00:31	Motril	2/28/16
99tie.	James Rendón	COL-5	4:00:31	Roma	5/8/16
100.	Martin Tištan	SVK-3	4:00:43	Dudince	3/19/16
101.	Yudong Geng	CHN-16	4:00:50	Huangshan	3/6/16
102.	Yadong Luo	CHN-17	4:01:00	Huangshan	3/5/17
103.	Hu Yang	CHN-18	4:01:04	Huangshan	3/5/17

104.	Hyun-Sub Kim	KOR-2	4:01:06	Dudince	3/19/16
105.	Sichao Xie	CHN-19	4:01:29	Huangshan	3/5/17
106.	Luis Manuel Corchete Martínez	ESP-8	4:01:39	Podebrady	5/21/17
107.	Liang Yang	CHN-20	4:01:47	Huangshan	3/5/17
108.	Artur Mastianica	LTU-2	4:01:56	Podebrady	5/21/17
109.	Luis López Menjivar	ESA-1	4:01:59	Ciudad Juarez	3/6/16
110.	Ronal Quispe Misme	BOL-1	4:02:00	Rio de Janeiro	8/19/16
111.	Hongzhen Fang	CHN-21	4:02:01	Huangshan	3/6/16
112.	Jitender Singh Rathore	IND-2	4:02:12	New Delhi	2/18/17
113.	Roman Yevstifeev	RUS-4	4:02:23	Cheboksary	6/10/17
114.	Bence Venyercsán	HUN-3	4:02:35	Dudince	3/19/16
115.	Alex Francisco Flórez	SUI-1	4:02:37	Dudince	3/19/16
116.	Narcis Stefan Mihaila	ROU-1	4:02:46	Rio de Janeiro	8/19/16
117.	Yereman Salazar	VEN-1	4:02:48	Roma	5/8/16
118.	Tengliang Li	CHN-22	4:03:01	Huangshan	3/6/16
119.	John Nunn	USA-1	4:03:21	Santee	2/21/16
120.	Florin Alin Stirbu	ROU-2	4:03:36	Podebrady	5/21/17
121.	Ihor Sakharuk	UKR-8	4:03:39	Ivano-Frankivsk	10/15/16
122.	Cristian David Berdeja Villavicencio	MEX-9	4:03:45	Monterrey	3/19/17
123.	Hao Wang	CHN-23	4:03:47	Huangshan	3/6/16
124tie.	Su Jiang	CHN-24	4:04:19	Huangshan	3/6/16
124tie.	Chandan Singh	IND-3	4:04:19	New Delhi	2/18/17
126tie.	Jonathan Cáceres Cabrera	ECU-4	4:04:29	Roma	5/8/16
126tie.	Tao You	CHN-25	4:04:29	Huangshan	3/5/17
128.	Rui Chen	CHN-26	4:04:36	Taicang	4/16/17
129.	Yingyi Yang	CHN-27	4:04:37	Huangshan	3/5/17
130.	Vladimir Saksin	RUS-5	4:04:42	Cheboksary	6/27/16
131.	Volodymyr Gontsovsky	UKR-9	4:04:48	Ivano-Frankivsk	10/15/16
132.	Tomofumi Kanno	JPN-9	4:04:58	Wajima	4/16/17
133.	Pavel Schrom	CZE-2	4:05:09	Dudince	3/19/16
134.	Alexey Terentyev	RUS-6	4:05:14	Cheboksary	6/10/17
135.	Arnis Rumbenieks	LAT-1	4:05:20	Dudince	3/19/16
136.	Isaac Palma Olivares	MEX-10	4:05:29	Monterrey	3/19/17
137.	Pavel Yarokhau	BLR-2	4:05:31	Dudince	3/19/16
138.	Mario Alfonso Bran Granillo	GUA-3	4:05:37	Ciudad Juarez	3/6/16
139.	Yuki Yamazaki	JPN-10	4:05:43	Takahata	10/23/16
140.	Shipeng Zhao	CHN-28	4:05:44	Huangshan	3/5/17
141.	Luis Henry Campos	PER-2	4:05:47	Roma	5/8/16
142.	Syuto Goto	JPN-11	4:05:50	Takahata	10/23/16
143.	Xing Zhong	CHN-29	4:06:30	Huangshan	3/5/17
144.	Perseus Karlström	SWE-2	4:06:33	Eskiltuna	10/1/16
145.	Hugo Andrieu	FRA-2	4:06:42	La Roche-sur-Yon	3/12/17
146.	Maniram Patel	IND-4	4:07:10	New Delhi	2/18/17
147.	Ferney Alexis Rojas Mesa	COL-6	4:07:13	Lima	5/14/17
148.	Basanta Bahadur Rana	IND-5	4:07:25	Jaipur	2/28/16
149.	Xuejing Hou	CHN-30	4:07:43	Huangshan	3/5/17
150.	Grzegorz Sudol	POL-6	4:07:53	Roma	5/8/16
151.	Qingwei Zhao	CHN-31	4:08:01	Huangshan	3/6/16
152.	Qingsheng Ceng	CHN-32	4:08:03	Huangshan	3/5/17
153.	Miguel Carvalho	POR-3	4:08:16	Rio de Janeiro	8/19/16
154.	Gregorio Angelini	ITA-7	4:08:22	Porto de Mós	1/15/17
155W1	Inês Henriques	POR-4/W1	4:08:26	Porto de Mós	1/15/17
156.	Rusi Liu	CHN-33	4:08:39	Huangshan	3/5/17
157.	Ondrej Motl	CZE-3	4:08:52	Dudince	3/19/16
158.	Dávid Tokodi	HUN-4	4:08:56	Andernach	10/8/16
159tie.	Dionisio Ventura	POR-5	4:09:40	Dudince	3/19/16
159tie.	S Dhamen Singh	IND-6	4:09:40	New Delhi	2/18/17
161.	Toru Yamamoto	JPN-12	4:09:55	Wajima	4/16/17
162.	Roman Georgiev	RUS-7	4:10:14	Cheboksary	6/10/17
163.	Denghua Xiong	CHN-34	4:10:35	Huangshan	3/5/17
164.	Rongjiang Shan	CHN-35	4:10:38	Xi'an	6/18/17
165.	Fredy Hernández	COL-7	4:10:53	Roma	5/8/16
166.	Jian Huang	CHN-36	4:10:59	Huangshan	3/5/17
167.	Jijiang Han	CHN-37	4:11:14	Taicang	4/16/17
168.	Oleksiy Shelest	UKR-10	4:11:15	Ivano-Frankivsk	10/15/16
169.	Yueceng Xu	CHN-38	4:11:25	Huangshan	3/5/17
170.	Uladzimir Burundukou	BLR-3	4:11:33	Dudince	3/19/16
171.	Alexander Shunikhin	RUS-8	4:11:43	Cheboksary	6/27/16

172.	Andreas Janker	GER-4	4:11:45	Andernach	10/8/16
173.	Sachin	IND-7	4:11:51	New Delhi	2/18/17
174.	Bruno Erent	CRO-1	4:13:01	Dudince	3/25/17
175.	Brendon Reading	AUS-3	4:13:02	Rio de Janeiro	8/19/16
176.	Haitao Liu	CHN-39	4:13:19	Shangrao	4/8/16
177.	Benjamín Sánchez Bermejo	ESP-9	4:13:22	Valverde	3/4/17
178tie.	Rosiewicz Maciej	GEO-1	4:13:23	Naumburg	5/22/16
178tie.	Jyoti Teotiya	IND-8	4:13:23	New Delhi	2/18/17
180tie.	Qi Zhao	CHN-40	4:13:47	Huangshan	3/6/16
180tie.	Gennady Kanaev	RUS-9	4:13:47	Cheboksary	6/27/16
182.	Sagar Joshi	IND-9	4:15:00	New Delhi	2/18/17
183tie.	Hideaki Miyajima	JPN-13	4:15:20	Takahata	10/23/16
183tie.	Pawan Kumar	IND-10	4:15:20	New Delhi	2/18/17
185.	Guodong Li	CHN-41	4:15:24	Huangshan	3/6/16
186.	Takane Sato	JPN-14	4:15:46	Takahata	10/23/16
187tie.	Yongqiang He	CHN-42	4:15:53	Huangshan	3/6/16
187tie.	Vladimir Savanovic	SRB-1	4:15:53	Rio de Janeiro	8/19/16
189.	Mo Zhenfeng	CHN-43	4:16:03	Shangrao	4/8/16
190.	Qingwei Zhao	CHN-44	4:16:31	Huangshan	3/5/17
191.	Anton Rodionov	RUS-10	4:17:23	Cheboksary	6/27/16
192.	Anton Radko	UKR-11	4:17:35	Ivano-Frankivsk	10/15/16
193.	Krishna Bind	IND-11	4:17:51	New Delhi	2/18/17
194tie.	Haixin Zhang	CHN-45	4:17:55	Huangshan	3/6/16
194tie.	José Alessandro Bernardo Bagio	BRA-3	4:17:55	Bragan?a Paulista	3/5/17
196.	Ryota Shiojima	JPN-15	4:18:36	Takahata	10/23/16
197.	Michael Timofeev	RUS-11	4:19:00	Cheboksary	6/27/16
198.	Daniel King	GBR-2	4:19:12	Dudince	3/19/16
199.	Jürgen Everhard Grave Chávez	GUA-3	4:19:36	Monterrey	3/19/17
200.	Artur Nikolaev	RUS-12	4:19:56	Cheboksary	6/10/17
201.	Chengfa La	CHN-46	4:20:13	Huangshan	3/6/16
202.	Rodrigo Javier Zeballos Peña	BOL-2	4:20:21	Lima	5/14/17
203.	Kildon Kang	KOR-3	4:20:24	Roma	5/8/16
204.	Tiangxiang Li	CHN-47	4:20:40	Huangshan	3/6/16
205.	Rob Tersteeg	NED-1	4:21:33	Roma	5/8/16
206.	Surinder Singh	IND-12	4:21:37	Jaipur	2/28/16
207.	Maxime Lecaplain	FRA-3	4:21:40	La Roche-sur-Yon	3/12/17
208.	Ahmed Deifalla Mohamed	EGY-1	4:22:04	Dudince	3/19/16
209.	Hongyue Lu	CHN-48	4:22:17	Huangshan	3/6/16
210W2	Hang Yin	CHN-49/W1	4:22:22	Huangshan	3/5/17
211.	Nikita Rusin	RUS-13	4:22:25	Cheboksary	6/27/16
212.	Nick Christie	USA-2	4:22:30	Santee	2/21/16
213.	Takeshi Nakagawa	JPN-16	4:22:36	Takahata	10/23/16
214.	L.B. Meetei	IND-13	4:23:32	New Delhi	2/18/17
215.	Juned Khan	IND-14	4:23:57	New Delhi	2/18/17
216.	Rafael Ballesteros García	ESP-10	4:24:36	Motril	2/28/16
217.	Cláudio Richardson Vitória Campelo dos Santos	BRA-4	4:25:01	Bragan?a Paulista	3/5/17
218.	Takaji Higuma	JPN-17	4:25:18	Wajima	4/16/17
219.	Florian Mayer	FRA-4	4:25:34	La Roche-sur-Yon	3/12/17
220.	Nenad Filipovic	SRB-2	4:25:41	Rio de Janeiro	8/19/16
221W3	Katie Burnett	USA-3/W1	4:26:36	Santee	1/28/17
222.	David Gerardo Velasquez Caiza	ECU-5	4:26:40	Lima	5/14/17
223.	Michael Mannozi	USA-4	4:26:46	Santee	1/28/17
224.	Takahita Otsubo	JPN-18	4:26:58	Wajima	4/17/16
225W4	Shuqing Yang	CHN-50/W2	4:27:24	Huangshan	3/5/17
226.	R.P. Mishra	IND-15	4:28:13	Jaipur	2/28/16
227.	Steven Washburn	USA-5	4:28:20	Roma	5/8/16
228.	Tatsuya Tanaka	JPN-19	4:28:58	Takahata	10/23/16
229.	Matthew Forges	USA-6	4:29:14	Lima	5/14/17
230W5	Erin Taylor-Talcott	USA-7/W2	4:29:34	Santee	1/28/17
231.	Ahmed Magdy Mobarak	EGY-2	4:30:25	Dudince	3/19/16
232.	Ioannis Vaitis	GRE-1	4:30:38	Schinias	1/15/17
233.	David Reyes Alfonso	ESP-11	4:30:45	Motril	2/28/16
234.	Hiroyoshi Murakami	JPN-20	4:30:46	Wajima	4/16/17
235.	Jiexin Wang	CHN-51	4:31:18	Huangshan	3/6/16
236.	Deiby José Cordero Zuñiga	CRC-1	4:31:30	Monterrey	3/19/17
237.	Anjani Kumar Si	IND-16	4:31:33	New Delhi	2/18/17
238.	Junichi Fujima	JPN-21	4:32:13	Takahata	10/23/16
239W6	Shanshan Jiang	CHN-52/W3	4:32:14	Huangshan	3/5/17

240.	Giovanni Reno	ITA-8	4:32:31	Naumburg	5/22/16
241.	Remo Karlström	SWE-3	4:32:42	Podebrady	5/21/17
242.	Lukáš Pazdera	CZE-4	4:32:52	Dudince	3/19/16
243.	Hélder dos Santos	POR-6	4:32:56	Hillingdon	10/2/16
244.	Vikky Boruah	IND-17	4:33:12	New Delhi	2/18/17
245.	Luis Manuel Pérez Osorio	ESP-12	4:33:51	Motril	2/28/16
246.	Mnisi Mtunzi	RSA-2	4:33:56	Cape Town	10/8/16
247W7	Kang Zhou	CHN-53/W4	4:34:01	Huangshan	3/6/16
248.	Shioiri Kosuke	JPN-22	4:34:08	Takahata	10/23/16
249tie.	Grzegorz Grinholc	POL-7	4:34:34	Andernach	10/8/16
249tie.	Dimitrios Tsordias	GRE-2	4:34:34	Schinias	1/15/17
251.	Nikolay Ivanov	RUS-14	4:35:01	Cheboksary	6/27/16
252.	Yuichi Yarita	JPN-23	4:35:57	Takahata	10/23/16
253tie.	Katsuya Kimura	JPN-24	4:36:14	Takahata	10/23/16
253tie.	Matthew Griggs	AUS-4	4:36:14	Melbourne	12/11/16
254W8	Lixue Wang	CHN-54/W5	4:36:40	Huangshan	3/5/17
255.	Christer Svensson	SWE-4	4:37:02	Dudince	3/19/16
256.	Thomáš Hlavenka	CZE-5	4:37:16	Dudince	3/25/17
257.	Konstantinos Stamatelos	GRE-3	4:37:21	Schinias	1/15/17
258.	Vladimir Nikitin	RUS-15	4:38:30	Cheboksary	6/27/16
259W9	Dan Wang	CHN-55/W6	4:38:48	Huangshan	3/5/17
260W10	Kseniya Radko	UKR12-/W1	4:39:09	Ivano-Frankivsk	10/15/16
261.	Sergey Avvakumenkov	RUS-16	4:39:18	Cheboksary	6/27/16
262W11	Nair da Rosa	BRA-5/W1	4:39:28	Lima	5/14/17
263.	Predrag Filipovic	SRB-3	4:39:48	Rio de Janeiro	8/19/16
264.	Benjamin Leaute	FRA-5	4:39:54	La Roche-sur-Yon	3/12/17
265W12	Caihong Tang	CHN-56/W7	4:40:02	Zhengzhou	5/22/17
266.	Nazariy Stepanyuk	UKR-13	4:40:26	Ivano-Frankivsk	10/15/16
267.	Marcos Monterrubio Fernandez	ESP-13	4:40:29	Motril	2/28/16
268.	Horacio Olivares Ruiz	MEX-11	4:40:31	Monterrey	3/19/17
269.	Hatem Ghoula	TUN-1	4:40:50	Roma	5/8/16
270.	Hiroki Arimasu	JPN-25	4:40:54	Takahata	10/23/16
271.	Kazuya Onishi	JPN-26	4:41:42	Takahata	10/23/16
272.	Christian Curopos Costa	ESP-14	4:41:51	Motril	2/28/16
273.	Etiel Soto Maldonado	MEX-12	4:42:25	Ciudad Juarez	3/6/16
274W13	Qiuye Li	CHN-57/W8	4:42:27	Xi'an	6/18/17
275W14	Huimin Zhao	CHN-58/W9	4:44:01	Xi'an	6/18/17
276.	Kenta Okada	JPN-27	4:44:21	Takahata	10/23/16
277W15	Vasilyna Vitovsychy	UKR-14/W2	4:44:35	Ivano-Frankivsk	10/15/16
278.	Hiroyasu Taniguchi	JPN-28	4:44:41	Takahata	10/23/16
279.	Ozan Pamuk	TUR-1	4:44:46	Roma	5/8/16
280.	Arata Saito	JPN-29	4:45:44	Wajima	4/17/16
281.	Marco Amaral	POR-7	4:45:49	Hillingdon	10/2/16
282.	Maxime Faiteau	FRA-6	4:46:20	La Roche-sur-Yon	3/12/17
283W16	Maocuo Li	CHN-59	4:47:28	Huhehaote	9/10/16
284.	Samir César Sabadin	BRA-6	4:47:35	Hillingdon	10/2/16
285W17	Kaili Xia	CHN-60/W10	4:47:59	Huhehaote	9/10/16
286.	Lingyu Ma	CHN-61/W11	4:48:12	Huangshan	3/6/16
287.	Khanyile Nhlanhla	RSA-3	4:48:15	Cape Town	10/8/16
288W18	Maria Dolores Marcos Valero	ESP-15/W1	4:48:26	Naumburg	4/23/17
289.	Toshiki Koseki	JPN-30	4:48:40	Takahata	10/23/16
290.	Masahiro Yamaguchi	JPN-31	4:49:01	Takahata	10/23/16
291.	Satya Narayan	IND-18	4:49:11	Jaipur	2/28/16
292.	Qhanqiso Thembile	RSA-4	4:49:24	Cape Town	10/8/16
293W19	Yocy Caballero	PER-3/W1	4:49:45	Lima	5/14/17
294W20	Faying Ma	CHN-62/W12	4:49:54	Changbaishan	6/5/16
295.	Victor Manuel Castro Mateo	ESP-16	4:49:59	Valverde	3/4/17
296.	Kenya Tomitsuka	JPN-32	4:50:00	Wajima	4/17/16
297.	David Pueyo Ministral	ESP-17	4:50:18	Motril	2/28/16
298.	José Manuel Gomez Garcia	ESP-18	4:51:18	Valverde	3/4/17
299.	Jonathan Hobbs	GBR-3	4:51:51	St. Sebastien-sur-Loire	3/13/16
300W21	Agnieszka Ellward	POL-8/W1	4:52:56	Dudince	3/25/17
301.	Ian Whatley	USA-8	4:53:06	Santee	2/21/16
302.	Peter Tichý	SVK-4	4:53:27	Dudince	3/25/17
303.	Jay Prakash	IND-19	4:54:00	Jaipur	2/28/16
304W22	Susan Randall	USA-9/W3	4:54:12	Santee	1/28/17
305.	Miguel Angel Blanco Rodriguez	ESP-19	4:55:13	Timaru	11/13/16
306.	Luis Roque	MEX-13	4:55:26	Ciudad Juarez	3/6/16

307W23	Chunyan Zhu	CHN-63/W13	4:55:34	Huhehaote	9/10/16
308.	Ashok Kumar Patel	IND-20	4:55:38	Jaipur	2/28/16
309tie.	Antonio González Arrabal	ESP-20	4:56:13	Motril	2/28/16
309tie.	Marlon Styven Flores Higuera	COL-8	4:56:13	Rio de Janeiro	2/28/16
311.	Amaro Teixeira	POR-8	4:56:53	Porto de Mós	1/15/17
312.	Matthew DeWitt	USA-10	4:57:10	Santee	1/28/17
313.	Katsuhiko Nishiguchi	JPN-33	4:57:22	Takahata	10/23/16
314.	Yuji Ban	JPN-34	4:57:41	Wajima	4/16/17
315.	Christophe Erard	FRA-7	4:58:40	La Roche-sur-Yon	3/12/17
316W24	Runfeng Guo	CHN-64/W14	4:59:14	Xi'an	6/18/17
317.	Dave Talcott	USA-11	4:59:25	Santee	1/28/17
318.	Atila Zoltan Balog	ROU-3	4:59:30	Bucuresti	10/29/16
319.	Henrique Santos	POR-9	5:00:12	Porto de Mós	1/15/17
320.	Ken Cheung	HKG-1	5:03:23	Hong Kong	1/1/17
321W25	Erika Morales	MEX-14/W1	5:02:33	Monterrey	3/19/17
322.	Jonathan Matthews	USA-12	5:03:25	Santee	2/21/16
323.	Dominique Gaudin	FRA-8	5:03:57	St.Sebastien-sur-Loire	3/13/16
324.	Vincent Bollinger	FRA-9	5:04:37	La Roche-sur-Yon	3/12/17
325.	Rudney Dias Nogueira	BRA-7	5:04:47	Bragan?a Paulista	3/5/17
326.	Pascal Tournois	FRA-10	5:05:08	St.Sebastien-sur-Loire	3/13/16
327.	Pablo Gomez	USA-13	5:05:14	Santee	2/21/16
328.	Dominique Van Hille	FRA-11	5:06:14	La Roche-sur-Yon	3/12/17
329W26	Chunxiu Zhang	CHN-65/W15	5:09:01	Xi'an	6/18/17
330.	Jorge Estivens Diaz Pineda	COL-9	5:09:30	Rio de Janeiro	2/28/16
331W27	Teresa Vail	USA-14/W4	5:10:51	Santee	1/28/17
332.	Luis Cruz	PER-4	5:12:05	Rio de Janeiro	2/28/16
333.	Manamela Jeuffry	RSA-5	5:13:33	Cape Town	10/8/16
334.	Marc Guerrero Plaza	ESP-21	5:13:44	Valverde	3/4/17
335W28	Alejandra Ramirez Gomez	FRA-12/W1	5:13:57	Corcieux	10/30/16
336W29	Stephanie Casey	USA-15/W5	5:14:19	Santee	1/28/17
337W30	Loretta Schuellein-McGovern	USA-16/W6	5:15:55	Santee	2/21/16
338W31	Robyn Stevens	USA-17/W7	5:16:46	Santee	1/18/17
339.	Jose Perales Torrento	ESP-22	5:19:58	Valverde	3/4/17
340.	Arthur Bergeal	FRA-13	5:20:05	La Roche-sur-Yon	3/12/17
341.	Maxime Becquerelle	FRA-14	5:20:53	La Roche-sur-Yon	3/12/17
342.	Wilfried van Bremen	NED-2	5:22:41	Tilburg	10/2/16
343.	Omar Nash	USA-15	5:23:50	Santee	2/21/16
344.	Ferenc Major	HUN-5	5:24:49	Dudince	3/19/16
345W32	Susan Armenta	USA-18/W8	5:27:41	Santee	2/21/16
346.	Dimitri Hugon	FRA-15	5:28:44	La Roche-sur-Yon	3/12/17
347.	Bill McFadden	GBR-4	5:28:54	Kirkby Fleetham	5/29/16
348.	Catalin Vasile Suhani	ROU-4	5:29:20	Bucuresti	10/29/16
349.	Cedric Varain	FRA-16	5:31:12	St.Sebastien-sur-Loire	3/13/16
350.	Dave McGovern	USA-19	5:31:25	Santee	2/21/16
351W33	Edilaine Rech	BRA-8/W2	5:31:40	Hillingdon	10/2/16
352.	Matthew Haddock	IOM-1	5:32:33	Hillingdon (B)	10/2/16
353.	Jack Koolen	NED-3	5:33:38	Tilburg	10/2/16
354.	Gheorghe Berdei	ROU-5	5:36:00	Bucuresti	10/29/16
355.	René Wakkee	NED-4	5:39:11	Tilburg	10/2/16
356.	Remy Van Den Brand	NED-5	5:40:55	Tilburg (B)	10/2/16
357.	Gregory Masse	FRA-17	5:41:46	La Roche-sur-Yon	3/12/17
358.	Adrian Edwards	GBR-5	5:46:36	Hillingdon (B)	10/2/16
359W34	Elisabeth Cardeillac	FRA-18/W2	5:46:48	Corcieux	10/30/16
360.	Stefan George Dornean	ROU-6	5:46:50	Bucuresti	10/29/16
361W35	Andrea Tóth	HUN-6/W1	5:47:00	Tilburg	10/2/16
362W36	Maureen Noel	GBR-6/W1	5:47:19	Kirkby Fleetham	5/29/16
363tie.	Colin Vesty	GBR-7	5:48:33	Kirkby Fleetham	5/29/16
364tieW37	Katie Smith	USA-20/W9	5:48:33	Santee	1/18/17
365.	Peer Jensen	DEN-1	5:49:17	Eskiltuna	10/1/16
366.	Edison Salazar Dias	ECU-6	5:50:21	Rio de Janeiro	2/28/16
367.	Jack Bertrums	NED-6	5:53:02	Tilburg (B)	10/2/16
368W38	Kathryn Grimes	USA-21/W10	5:53:06	Santee	2/21/16
369W39	Raphaelle Joffroy	FRA-19/W3	5:54:22	Corcieux	10/30/16
370W40	Anne van Andel	NED-7/W-1	5:55:07	Schiedam	14/05/16
371.	Jacques Till	BEL-1	5:55:37	Tilburg	10/2/16
372.	Martin Fisher	GBR-8	5:55:44	Kirkby Fleetham (B)	5/29/16
373.	Peter Asselman	BEL-2	5:56:33	Tilburg	10/2/16
374.	Bruce Logan	USA-22	5:58:02	Santee	1/28/17

375.	Ton van An del	NED-8	5:58:32	Tilburg	10/2/16
376.	Boetje Huliselan	NED-9	6:00:26	Tilburg	10/2/16
377.	Wong Kai-Chung	HKG-2	6:01:54	Hong Kong	1/1/17
378.	Dan O'Brien	USA-23	6:02:55	Santee	1/28/17
379.	István Csaba	HUN-7	6:06:03	Dudince	3/25/17
380.	Peter Van Hove	BEL-3	6:06:49	Tilburg	10/2/16
381.	Adrian Zamudio	USA-24	6:08:09	Santee	1/28/17
382.	John Borgars	GBR-9	6:08:17	Hillingdon (B)	10/2/16
383.	Patrick De Maerschalk	BEL-4	6:09:30	Schiedam	14/05/16
384.	Roy Gunnett	GBR-10	6:12:44	Hillingdon (B)	10/2/16
385W41	Kwok Chik-hHa	HKG-3/W1	6:17:04	Hong Kong	1/1/17
386.	Christophe Gontier	BE-5	6:19:01	Schiedam	14/05/16
387.	Byron Kaelin	USA-25	6:19:17	Santee	1/18/17
388.	Bas van An del	NED-10	6:21:31	Schiedam	14/05/16
389.	Frans Leijtens	NED-11	6:24:30	Weert	03/06/17
390.	Chan Wai-on	HKG-4	6:25:44	Hong Kong	1/1/16
391.	John Constandinou	GBR-11	6:25:53	Kirkby Fleetham	5/29/16
392W42	Corinne Lagabe	FRA-20/W4	6:30:44	Corcieux	10/30/16
393W43	Choi Kam-har	HKG-5/W2	6:34:47	Hong Kong	1/1/17
394.	George Smolinski	GBR-12	6:35:26	Kirkby Fleetham	5/29/16
395.	Sailash Shah	GBR-13	6:36:48	Kirkby Fleetham	6/29/16
396.	Ilonka van Bommel-vd Bas	NED-12/W-2	6:39:24	Weert	14/05/16
397.	Bauke te Nijenhuis	NED-13	6:41:31	Schiedam	14/05/16
398W44	Carmen Jackinsky	USA-26/W11	6:47:09	Santee	128/17
399W45	Leung Yuk-yin	HKG-6/W3	6:47:47	Hong Kong	1/1/17
400.	Herman Van Buggenum	NED-14	6:47:59	Weert	03/06/17
401W46	Chan Chun-fung	HKG-7/W4	6:48:34	Hong Kong	1/1/17
402W47	Darlene Backlund	USA-27/W12	6:50:23	Santee	1/28/17
403.	Lo Yau-wing	HKG-8	6:53:26	Hong Kong	1/1/16
404.	Ron Kuipers	NED-15	6:56:06	Schiedam	14/05/16
405.	David Hoben	GBR-14	7:16:02	Schiedam	14/05/16

Now to my own thoughts.

There are those, the IAAF Race Walking Committee included, who would have us believe that there is no future for the 50km racewalk and that the numbers do not justify continued support for the event. This list shows the fallacy of that argument. 405 walkers and counting! Paul is not sure he has even captured them all. There could be more! And that just lists those who finished. It does not list those who started in races but failed to finish for one reason or another.

There are those, the IAAF Race Walking Committee included, who say that there is no interest amongst women for the 50km event. This list identifies 47 women, and that is even before it has gained real international championship status in its own right. Once that status is really granted, we can expect to see the number of women in the list drastically increase.

The top two nations for 50km women are China (15) and USA (12). It is no surprise that both these countries host their own 50km national championship for women.

It is time for the IAAF Race Walking Committee to come to the party, reverse their stance, and start supporting the 50km event, both for men and women. The silence from this group has been deafening since their push to kill the 50km was overruled by the IAAF Executive. Come on committee members – talk to us!

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

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, VIC
Dec 3 (Sun), 2017	Australian 50km Championship (and 20km and U20 10km events), Fawkner Park, Melbourne, VIC

2016/2017 International Dates

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
9 Aug (Wed), 2017	2017 1,3,5 Mile Friendship Walks, London (for all those at the world champs)
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

August 5-13, 2017 16th IAAF World Championships in Athletics, London, UK.

Looking Further Ahead

Jan 20-27, 2018 Oceania Masters Athletics Championships, Dunedin, New Zealand See www.mastersathleticsoceania.com

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 28th IAAF World Race Walking Team Championships, Taicang, China

July 2018 16th World Junior T&F Championships, Tampere, Finland

Sept 2018 22nd World Masters Athletics T&F Championships, Malaga, Spain

Sept 28 – Oct 6, 2019 17th IAAF World Championships in Athletics, Doha, Qatar

July 2019 30th Summer Universiade, Naples Italy

2019 World Masters Indoors T&F Championships, Torun, Poland

July 24 – Aug 9, 2020 32nd Olympic Games, Tokyo

July 20 – Aug 1, 2020 23rd World Masters T&F Championships, Toronto, Canada

Aug 2021 18th IAAF World Championships in Athletics, Eugene, USA

July 18-30, 2022 XXII Commonwealth Games, TBA

On 13th March 2017, Durban announced that it would not host the Games, due to financial constraints.

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