



## HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club  
2017/2018 Number 11  
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### WALKER OF THE WEEK

My Walker of the Week this time around is 14 year old NSW walker **Jack McGinniskin**. Competing in the Australian Schools T&F Championships in Adelaide last Friday, he won the U16 3000m track walk in a 27 second PB time of **13:02.45**. He battled out the finish with Queenslander Nelson McCutcheon who finished a close second with his own PB of 13:05.30.

This is Jack's first major championship win and marks a big breakthrough for him. A talented young walker with a big future.



*Jack (left) and Nelson (right) just after crossing the finish line in Adelaide (photo Kerrie Peart)*

### WHAT'S COMING UP

- **AV Shield** continues next weekend with Round 9. The metropolitan walks (3000m and 1500m) will be held at Meadowglen on Saturday afternoon. The country based walks will also be held on Saturday afternoon. Remember that entries close with AV tomorrow and that you must checkin one hour before your scheduled start time. See the AV website for further details.
  - Saturday 16 December Round 9, Meadowglen (Meadowglen International Athletics Stadium)
  - Saturday 16 December Round 9, Ballarat (Llanberris Reserve)
  - Saturday 16 December Round 9, Bendigo (Bendigo Athletics Complex)
  - Saturday 16 December Round 8, Geelong (John Landy Athletic Field)
- The **Australian 50km Championship** meet, which was cancelled earlier this month due to unseasonal weather, will now be held next **Sunday 17<sup>th</sup> December at Fawker Park in Melbourne**. The timetable is unchanged
  - 7:00AM Australian 50km Race Walk Championship Men
  - 7:00AM Australian 50km Race Walk Championship Women
  - 8:00AM Open Invitational 20km Race Walk Men

- 8:00AM Open Invitational 20km Race Walk Women
- 9:00AM U20 Invitational 10km Race Walk Men
- 9:00AM U20 Invitational 10km Race Walk Women
- 10:00AM U18 Invitational 5km Race Walk Men
- 10:00AM U18 Invitational 5km Race Walk Women

Unfortunately, there have now been a number of withdrawals – the amended fields, as of 9<sup>th</sup> December, are shown at <http://www.athletics.com.au/Portals/56/2017%2050km%20entries%20re-scheduled%20event.pdf>. And talking of Fawcner Park, VRWC supplies equipment and does setup and pulldown for Athletics Australia. **So a call for any energetic helpers who can come to Fawcner Park from either 6-7AM on that day, for per-event setup, or from 12-1PM on that day, for post-event pulldown. Just email me and I will add you to the list.**

#### AUSTRALIAN ALL SCHOOLS T&F CHAMPIONSHIPS, ADELAIDE, 8-10 DECEMBER

The Australian All Schools T&F Championships in Adelaide last weekend saw many high quality performances, with the track walks in particular showcasing our youngsters in the best possible light. The walks saw NSW (3G 1S 1B) and ACT (2G 2S) leading the way, and it was good to see the walks medals shared out amongst all the States. All the walks were held on Day 1 (Friday 8<sup>th</sup> December) with the U16 walkers first cab off the rank. The U16 walks boasted the biggest fields and the best depth, with fast winning times by **Jack McGinniskin** (13:02.45) and **Emma Blanch** (13:41.73). The U14 walks saw wins to **Elizabeth McMillen** (14:40.24) and **Tom Hunt** (14:10.19) while the U18 walks saw wins to **Katie Hayward** (22:06.65) and **Mitchell Baker** (22:12.26).

Athletics Australia's reported on Katie Hayward's win the U18 5000m walks:

Katie Hayward (QLD) closed out her final Australian All Schools showing with a dominant performance in the Under 18 girls 5000m walk. Hayward, who earlier this year won the Australian 10,000m Championship ahead of more experienced athletes, even finished ahead of the boys with the two events run concurrently. The Gold Coast student won gold in a time of 22:06.65, over two minutes ahead of Jemma Peart (VIC) and Alice Randall (TAS). Friday's victory gave Hayward back-to-back gold in the event, having also dominated in 2016 where she set the meet record of 21:40.87.

Ominously, Hayward said she was off her best form, as she's hoping to be in top shape for the Under 20 World Championships mid-2018. "I'm about 30 seconds slower, but I'm happy. This is a good hit out. I tried my best. Because this is my last nationals, I wanted to finish knowing that I did everything that I could so as soon as the gun went off, I went for it."

I have just looked at the first few places to note PBs but I am sure there are many more further down the finishing lists.

#### Boys 3000m Walk U16, Friday 8 November, 3PM

1.	Jack McGinniskin	NSW	13:02.45	PB 0:27
2.	Nelson McCutcheon	QLD	13:05.30	PB 0:15
3.	Joe Cross	SA	13:19.59	PB 0:12
4.	Cooper Anderton	WA	13:34.07	PB 0:34
5.	<b>Nikola Mandic</b>	<b>VIC</b>	13:37.34	
6.	William Robertson	TAS	14:08.91	
7.	Bayley Campbell	TAS	14:17.60	
8.	Hayden Blaskett	NSW	14:26.82	
9.	<b>William Dynes</b>	<b>VIC</b>	14:48.99	
10.	Ryan Stewart	QLD	16:36.58	
11.	Liam Killick	SA	16:37.27	
12.	Lachlan Bellen	SA	17:18.56	
13.	Jayden Peak	WA	17:41.08	
14.	Bradyn Popow	NZL	17:49.40	
	<b>Will Thompson</b>	<b>VIC</b>	DQ	

#### Girls 3000m Walk U16, Friday 8 November, 3:20PM

1.	Emma Blanch	NSW	13:41.73	PB 0:29
2.	Allanah Pitcher	NSW	13:45.78	PB 0:18
3.	<b>Alanna Peart</b>	<b>VIC</b>	13:58.79	PB 0:39
4.	Victoria Upton	SA	14:27.01	
5.	Olivia Sandery	SA	14:31.53	
6.	Hannah Bolton	NSW	14:39.58	
7.	Camryn Novinetz	QLD	14:42.94	
8.	<b>Chloe Karagiorgos</b>	<b>VIC</b>	15:01.21	
9.	<b>Charlotte Hay</b>	<b>VIC</b>	15:24.47	
10.	Hannah Manning	ACT	15:34.75	
11.	Alice Ritchie	NZL	16:17.61	
12.	Richelle Morales	WA	16:47.87	
13.	Ashleigh Pringle	WA	17:15.80	
14.	Mia Wilks	SA	17:23.87	

15.	Amelia Schofield	QLD	17:36.05
16.	Brianna Simmonds	NT	20:21.71
	Caitlin Hannigan	QLD	DQ

**Girls 3000m Walk U14, Friday 8 November, 3:45PM**

1.	Elizabeth McMillen	NSW	14:40.24	PB 0:13
2.	Laura Burns	ACT	15:16.68	
3.	Brooke Mortimore	WA	15:42.12	
4.	Bridget Sullivan	QLD	15:50.13	
5.	Kiera Ross	SA	16:00.37	
6.	Kitarni Upton	SA	16:04.03	
7.	Olivia Thomson	NSW	16:20.40	
8.	Sienna Andristos	WA	16:23.74	
9.	Mackenzie Ofield	QLD	17:28.11	
10.	<b>Brianna Briet</b>	<b>VIC</b>	17:28.60	
11.	Sidney Shaw	ACT	17:53.14	
12.	<b>Kaylah Heikkila-Dubowik</b>	<b>VIC</b>	18:29.50	
	Demi Petterwood	TAS	DQ	

**Boys 3000m Walk U14, Friday 8 November, 3:45PM**

1.	Tom Hunt	ACT	14:10.19	PB 0:17
2.	Kris Hayward	QLD	14:49.65	
3.	Tom Jessep	NSW	15:45.80	
4.	Raven Pyda	NSW	16:19.07	
5.	Ryan Rivett	SA	19:27.01	
	Hayden Howard	SA	DQ	

**Girls 5000m Walk U18, Friday 8 November, 6:40PM**

1.	Katie Hayward	QLD	22:06.65	
2.	<b>Jemma Peart</b>	<b>VIC</b>	24:12.32	PB 0:18
3.	Alice Randall	TAS	24:26.53	PB 0:38
4.	Anna Blackwell	TAS	25:53.43	
5.	Bethany Cross	SA	26:16.65	
6.	Molly O'Neill	NSW	26:23.47	
7.	Teegan Pengilley	NSW	26:33.44	
8.	Elizabeth Henderson	ACT	28:22.10	
9.	Milla Rowbotham	QLD	28:30.43	
10.	Chloe Upton	SA	28:38.51	
11.	Tyla Gough	WA	32:36.52	

**Boys 5000m Walk U18, Friday 8 November, 6:40PM**

1.	Mitchell Baker	ACT	22:12.26	PB 0:12
2.	Connor Frew	ACT	22:17.80	
3.	Tristan Camilleri	SA	22:27.59	PB 0:38
4.	Timothy Fraser	ACT	22:55.15	
5.	Kyle Bedford	NSW	23:44.09	
6.	Ryan Thomson	NSW	23:47.04	
7.	Toby Wilks	SA	25:10.91	
8.	Patrick Murphy	WA	26:47.73	



*The field spreads in the U16 Girls 3000m walk (all photos Kerrie Peart)*





*Left: U16 Girls medallists: Allannah Pitcher, Emma Blanch and Alanna Peart  
Right: Synchronised walking in the U16 Boys race: Will Thompson, Nikola Mandic and Joe Cross*



*Jemma peart leads the chasing pack in the U18 Girls 5000m*



*U18 Girls Podium: Jemma Peart, Katie Hayward and Alice Randall The stylish walking action of U18 winner Katie Hayward*

**AV SHIELD ROUND 8, SATURDAY 10 DECEMBER**

**AV Shield Round 8, Casey Fields Athletics Track, Cranbourne East, Saturday 9 December**

Athletics Victoria Shield competition continued last weekend, with Casey Fields hosting the metropolitanwalkers – 43 in total. Just as two weeks ago, it was Swedish Olympian **Perseus Karlstrom** who led from start to finish to record a very fast 19:26.8 for the 5000m, and that included a lot of walking in lane 2 as he lapped nearly everyone else. New Zealand Olympian **Quentin Rew** went with Persy early and held on well for his finish time of 19:35.7. Others to walk fast included **Kyle Swan** and **Simone McInnes**. Special mention to first year walker **Claire Samanna** who continues to improve each week, this time around with a very good 28:28.7. It was a bit too hot for many PBs in the 5000m, but the shorter 2000m saw lots of best times. Overall wins to **Hayley Woolfe** (10:22.0) and **David Smyth** (10:37.6).

**5000m Walk**

1.	Karlstrom, Perseus	M	SWEDEN	19:26.8	
2.	Rew, Quentin	M	NEW ZEALAND	19:35.7	
3.	Swan, Kyle	M	ATHLETICS NU	22:08.5	
4.	McInnes, Simone	W	GLENHUNTLY A	23:44.1	
5.	Prasad, Pramesh	M	COLLINGWOOD	24:59.1	
6.	Huse, Philippa	W	SANDRINGHAM	25:00.5	
7.	Dickson, Corey	M	KNOX ATHLETIC	26:13.1	
8.	Walmsley, Reese	M	KNOX ATHLETIC	26:51.0	
9.	Bird, Kyle	M	MORNINGTON P	26:53.9	
10.	Walmsley, Hayden	M	KNOX ATHLETIC	27:15.8	
11.	Evans, Simon	M	BOX HILL ATH	28:36.2	
12.	Samanna, Claire	W	COLLINGWOOD	28:38.7	PB 1:46
13.	Patterson, Adam	M	ATHLETICS NU	28:39.5	
14.	Jamieson, Andrew	M	OLD SCOTCH C	28:57.2	
15.	Muldoon, Wendy	W	ATHLETICS NU	29:25.6	
16.	Taylor, Lucas	M	YARRA RANGES	29:31.5	
17.	Van Dongen, Rupert	M	MENTONE ATHL	29:36.7	
18.	Osmand, Kym	W	VICTORIAN MA	29:56.3	
19.	Myers, Natalie	W	ENGLAND	30:32.9	
20.	Rosenbrock, Carol	W	ATHLETICS NU	31:48.9	
21.	Taylor, Lee	W	YARRA RANGES	39:24.6	

**2000m Walk**

1.	Woolfe, Hayley	W	CASEY CARDIN	10:22.0	PB 0:10
2.	Smyth, David	M	COLLINGWOOD	10:37.6	
3.	Keirl, Bernie	M	DIAMOND VALL	11:00.2	
4.	Imbriano, Joel	M	ST KEVIN'S A	11:21.7	PB 0:10
5.	Reid, Ross	M	COLLINGWOOD	11:38.5	
6.	Louey, Grace	W	KNOX ATHLETIC	12:07.8	
7.	Sommers, David	M	ATHLETICS NU	12:09.5	
8.	Hess, Albin	M	VICTORIAN MA	12:27.9	PB 1:02
9.	Riddoch, Clyde	M	ATHLETICS WAV	12:28.6	
10.	Dickenson, Russel	M	VICTORIAN MA	12:43.0	
11.	Holohan, Bernadette	W	SANDRINGHAM	12:44.8	PB 0:05
12.	Thompson, Eliza	W	UNATTACHED	13:11.0	PB 0:31
13.	Bowden, Kuniko	W	MENTONE ATHL	13:12.0	
14.	Dingli, Alannah	W	SANDRINGHAM	13:14.3	PB 0:07
15.	Dingli, Isabella	W	SANDRINGHAM	13:41.4	
16.	Steed, Gwen	W	GLENHUNTLY A	13:42.9	
17.	Thompson, Marilyn	W	CASEY CARDIN	14:57.0	
18.	Howorth, Sandra	W	GLENHUNTLY A	15:04.2	
19.	Graham, Daisy	W	SANDRINGHAM	16:13.6	
20.	Worsnop, Christop	M	OLD XAVERIAN	16:14.3	
21.	Baikie, Lill	W	SANDRINGHAM	18:46.6	
22.	Song, Sonya	W	DANDENONG SP	18:59.9	

**AV Shield Round 8, Llanberris Athletics Track, Ballarat, Saturday 9 December**

The only other AV Shield results I have been able to find were those for Ballarat, with the five competitors all from metropolitan clubs and just having a day out in the country!

**2000m Walk**

1.	Feain, Lachlan	M	KEILOR ST BE	16:43.82	
2.	Feain, Madeleine	W	KEILOR ST BE	17:31.87	
3.	Elms, Donna-Marie	W	PRESTON ATHL	20:19.18	



- 4. Ireland, Roslyn
- 5. Ireland, Olive

- W BRUNSWICK AT
- W BRUNSWICK AT

22:23.02  
25:06.68



*Perseus Karlstrom, Quentin Rew, Kyle Swan and Simone McInnes*



*Philippa Huse, Pramesh Prasad, David Smyth and Hayley Woolfe*

**BENDIGO WALKERS CLUB ROADWALKS, ROSALIND PARK, BENDIGO, WEDNESDAY 6 DECEMBER**

Thanks to Paul Rance for the latest results from Bendigo, in country Victoria. Paul reports:

The Bendigo Walkers Club held 1km and 5km handicap events on Wednesday evening in Rosalind Park. In the 1km walk, first season competitor **Jayden Day** sprinted to the line strongly to race to victory over limit marker **Caitlyn Curtis**, with **Sheridan Commons** producing a personal best in 3<sup>rd</sup> place while **Bill Lotherington** set a new Club record in the 80+ age group. The 5km race was taken out by **Barb Bryant** with **Peter Curtis** 2<sup>nd</sup> and **Annette Curtis** in 3<sup>rd</sup> place.

**5km Walk**

- 1. Barb Bryant 30.12
- 2. Peter Curtis 30.04
- 3. Annette Curtis 35.49

**1km Walk**

- 1. Jayden Day 5.27
- 2. Caitlyn Curtis 7.40
- 3. Sheridan Commons 6.20

4. Norm West 41.56  
 5. John Carter 39.25

4. Bill Lotherington 7.11

**SAMA TRACK WALKS, SA ATHLETICS STADIUM, MILE END, ADELAIDE, WEDNESDAY 6 DECEMBER**

Thanks to Colin Hainsworth for the latest results from the South Australian Masters in Adelaide. Colin commented: Not there myself but understand that George White was! – but not in a competitive mode.

**1500m walk**

1.	Jack Russell	08:57	M65	76.14%
2.	Marie Maxted	09:11	W57	73.28%
3.	Gil McIntosh	09:59	M67	69.81%
4.	James Hoare	11:05	M71	65.93%
5.	Jan Layng	11:22	W69	67.50%
6.	Roger Lowe	11:54	M74	63.80%
7.	David Robertson	12:48	M84	68.75%

**2000m Walk**

1.	Jack Russell	12:27	M65	70.77%
2.	Deni Petterwood	12:49	W12	63.15%
3.	Marie Maxted	12:56	W57	68.06%
4.	Gil McIntosh	13:31	M67	66.66%
5.	James Hoare	14:24	M71	65.62%
6.	Dave Fallon	15:23	M65	57.27%
7.	Ross Hill-Brown	15:36	M62	54.71%
8.	Margaret McIntosh	16:16	W65	59.01%
9.	Roger Lowe	16:42	M74	58.80%
10.	David Robertson	17:28	M84	65.23%
11.	Edna Bates	17:35	W65	54.59%

**ACTRWC TRACK WALKS, WODEN ATHLETICS TRACK, WODEN, CANBERRA, THURSDAY 7 DECEMBER**

Thanks to Robin Whyte for the latest results from Canberra.

**3000m Walk**

1.	Ann Staunton-Jugovic	16:04
2.	Miriam McCarthy	20:43
3.	Ruth Baussmann	20:55
4.	Doug Fitzgerald	24:01
5.	Sheryl Greathead	24:21
6.	Geoff Barker	24:29
7.	Robert Kennelly	24:40
8.	Margaret McSpadden	24:40
9.	Nikki Phelps	25:34
10.	Val Chesterton	25:38

**1000m Walk**

1.	Bob Banens	7:43
2.	Consie Larmour	8:54

**QMA T&F MEET, SAF, BRISBANE, SATURDAY 9 DECEMBER**

**Andrew Ludwig Memorial 3000m walk**

1.	Ignacio Jimenez	M52	Brisbane	14:20.20	84.03%
2.	Peter Bennett	M62	Brisbane	16:22.98	80.50%
3.	Noela McKinven	W75	Brisbane	24:00.26	73.09%

**SOUTH ISLAND CHAMPIONSHIPS, TIMARU, NEW ZEALAND, SATURDAY 9 DECEMBER**

Good walk by **Jonathon Lord** and Rosie **Robinson** in the New Zealand South Island Championships in Timaru last weekend.

**Men's 5000m Race Walk**

1.	Jonathon LORD	NZL	96	23:22.81
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**Women's 5000m Race Walk**

1.	Roseanne ROBINSON	NZL	90	25:25.98
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## IRISH 20KM WALK CHAMPIONSHIPS, ST. ANNE'S PARK RAHENY, SATURDAY 9 DECEMBER

**Alex Wright** and **Veronica Burke** came out on top at the Irish Life Health National 20km Race Walk Championships in St Anne's Park, Raheny, last Saturday. The competitors and officials braved the cold weather (the temperature was just above 0°C) as they walked up and down the picturesque tree-lined main avenue in St Anne's Park.

Wright, who competed in the Olympics in Rio, had to hold off his international compatriot **Cian McManamon** in a close battle in 1:32:05 to 1:32:32. Surrey Walking Club's **Malcolm Martin** and TVH's **Francisco Reis** travelled to Dublin and competed as guests in the 20km. It was an equally close battle in the women's race with Veronica Burke walking to gold in 1:47:10, just ahead of **Kate Veale** in second in 1:47:40 – fine margins over such a long distance.

There were also junior and juvenile events on over varying distances. **Orlaith O'Donoghue** actually competed over 20km and was first junior in 2:03:54 while **Eva O'Donoghue** was first junior over 5km in 27:19. **David Kenny** was the first junior man over 10km in 49:03. **Gearoid McMahon** was first junior man over 5km in 23:18.

Full results at [http://www.athleticsireland.ie/downloads/eshop/Race\\_Walk\\_2017\\_Results.pdf](http://www.athleticsireland.ie/downloads/eshop/Race_Walk_2017_Results.pdf). 20km results follow:

### 20km Men

1.	Alex Wright	Leevale A.C.	1.32.05
2.	Cian McManamon	Westport A.C.	1.32.32
	Francisco Reis (INV)	Portugal	1.43.50
	Malcolm Martin (INV)	Surrey	2.00.09
3.	Sean McMullen	Mullingar Harriers	2.08.06

### 20km Women

1.	Veronica Burke	Ballinsloe & Dist.	1.47.10
2.	Kate Veale	West Waterford A.C.	1.47.40
3.	Rachel Glennon	Mullingar Hrs A.C.	2.03.54
4.	Orlaith Donoghue	Sligo A.C.	2.03.54

## VII CAMPEONATO DE ESPAÑA DE MARCHA, GUADIX, SPAIN, SUNDAY 10 DECEMBER

The Spanish city of Guadix hosted the *VII Campeonato de España de marcha de invierno de promoción* with an interesting series of races that began at 10:15 with the 3km U16 girls and then continued with 5km races for for U16 boys, U18 boys and girls, and finally U20 men and women. As usual, large fields showcased Spanish racewalking depth. U14 3km races were also held. Well reported by [marciadalmondo](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2999) (see [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2999](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2999)).

### Men U20 5km Race Walk

1.	Jose Manuel PÉREZ	ESP	99	21:27
2.	Eloy HORNERO GALLEN	ESP	00	22:41
3.	Alvaro LOPEZ NUNEZ	ESP	99	22:52
4.	Álvaro CALDERON TORNERO	ESP	00	23:01
5.	Daniel JIMENO	ESP	00	23:05
6.	Brais PRIETO	ESP	99	23:30
7.	Liberto LÓPEZ MARCO	ESP	00	23:35
8.	Ferran CAMPINS PITART	ESP	00	24:08
9.	Antonio Jesus GARCÍA CABELLO	ESP	99	24:24
10.	Sergi TORNER CABOT	ESP	00	24:47
11.	Adrian Antonio FERNANDEZ	ESP	00	25:12
12.	Carlos Jimenez RODRIGUEZ-WILLIAMS	ESP	00	25:15

### Women U20 5km Race Walk

1.	Leyre ARAMBURU	ESP	99	24:55
2.	Antia CHAMOSA	ESP	99	25:11
3.	Gemma MORA	ESP	00	25:13
4.	Estela MATEA	ESP	99	25:43
5.	Laura SANABRIA SANCHEZ	ESP	00	25:52
6.	Alicia SÁNCHEZ	ESP	00	26:22
7.	Georgina RUIZ	ESP	99	26:35
8.	Maria MARTINEZ ALARCON	ESP	00	27:34

### Men U18 5km Race Walk

1.	Pedro CONESA	ESP	01	22:09
2.	Jose Manuel MURILLO NARANJO	ESP	01	22:15
3.	Jose MESTRE	ESP	01	22:19
4.	Aythamy AFONSO GONZALEZ	ESP	01	22:24



5.	Guillermo SANTIDRIAN	ESP	01	22:38
6.	Francisco SOSPEDRA	ESP	01	22:48
7.	Fernando MONTEJO GARCES	ESP	02	22:53
8.	Jose Luis HIDALGO RODRIGUEZ	ESP	02	23:00
9.	Jorge LÓPEZ	ESP	02	23:17
10.	Ignacio VILLEGAS DE MIGUEL	ESP	01	23:31
11.	Hugo MARTINEZ CASANOVE	ESP	02	23:50
12.	Roberto VIEIRO	ESP	01	24:22
13.	Sergio MARTINEZ MARTINAVARRO	ESP	02	24:26
14.	Pablo SANZ RILLO	ESP	02	24:59
15.	Sergi GONZALVEZ ALBIOL	ESP	02	24:59
16.	Daniel DE LUCAS CHANQUET	ESP	02	25:12
17.	Elio BUELTA OTERO	ESP	01	25:27
18.	Juan Carlos DEL RIO HERNANDEZ	ESP	01	25:27
19.	Ivan MERINO MARTINEZ	ESP	01	25:30
20.	Adrian PEREZ CORTES	ESP	02	25:33
21.	Alejandro GARCÍA MARTÍNEZ	ESP	02	25:33
22.	Daniel TAPIA DIEZ	ESP	02	25:40
23.	Victor GARCIA FRANCES	ESP	01	25:47

#### Women U18 5km Race Walk

1.	Iria RIVAS IGLESIAS	ESP	01	24:55
2.	Ana PULGARIN CARDENO	ESP	01	25:43
3.	Sofia HERNÁNDEZ RODRIGUEZ	ESP	01	25:54
4.	Alicia LUMBRERAS	ESP	02	25:57
5.	Maria Teresa MORATE MORENO	ESP	01	26:11
6.	Celia VILCHEZ	ESP	02	26:12
7.	Paula VICIANO	ESP	02	26:23
8.	Maria Moya DEL CAMPO	ESP	02	26:50
9.	Estela CARRAL	ESP	01	26:55
10.	Sandra MILLAN ROMEO	ESP	01	27:00
11.	Maria TORRES MORILLAS	ESP	02	27:10
12.	Ana GUAITA	ESP	01	27:11
13.	Blanca MICO LAMBIES	ESP	01	27:11
14.	Sara SANTILLANA GARROTE	ESP	02	27:41
15.	Ainhoa MARTINEZ LUCENO	ESP	01	27:43

#### Men U16 5km Race Walk

1.	Pablo Pastor MARÍN	ESP	03	23:18
2.	Juan Francisco SOTO EGEA	ESP	03	24:17
3.	Daniel JIMENO	ESP	00	24:30
4.	Rodrigo SANTA ELENA GARCÍA	ESP	03	24:38
5.	Pablo RODRIGUEZ ROJAS	ESP	04	24:44
6.	Francisco ESPIN VALERA	ESP	04	25:29
7.	Tomas CALLEJO CUADRILLERO	ESP	03	25:51
8.	Francisco TORNOS	ESP	03	25:59

#### Women U16 3km Race Walk

1.	Lucia REDONDO	ESP	03	15:14
2.	Candela LOPEZ-OSA	ESP	04	15:30
3.	Silvia VILLAR NIETO	ESP	04	16:01
4.	Eva SANABRIA SANCHEZ	ESP	04	16:06
5.	Laura SANZ ULLOA	ESP	03	16:26
6.	Africa PEREZ PIOAGA	ESP	04	16:35
7.	Laura GUTIERREZ ROMERO	ESP	03	16:39
8.	Nerea PARREO DIEZ	ESP	04	16:44
9.	Rocio MONTES MORALES	ESP	04	16:50
10.	Lucia SANZ	ESP	03	16:53
11.	Amelia Lula PERIS MAJEWSKA	ESP	03	16:57
12.	Nerea GIL ARJONA	ESP	04	16:59
13.	Elena ANDRADE ROJAS	ESP	03	17:03
14.	Zulfa MUÑO VILELA	ESP	04	17:47

#### Men U14 3km Race Walk

1.	Pablo POSTIGO GABARRO	ESP		15:48
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**Women U14 3km Race Walk**

1.	Marta GARCIA LLORENTE	ESP	16:04
2.	Carmen BLEDA LUCAS	ESP	16:20
3.	Victoria CAMPILLO	ESP	16:32
4.	Claudia MARTINEZ GIROL	ESP	16:40
5.	Maria Del Carmen SAN BARTOLOME	ESP	16:53
6.	Ines LOPEZ SAN PEDRO	ESP	16:54
7.	Natalia RIVAS IGLESIAS	ESP	17:40
8.	Antela RODRIGUEZ MARTÍN	ESP	17:43

The meet also included Open 5km walks, held as part of the *XIII Memorial Alcalde*, with wins going to **Ivan Pajuelo Paredes** (20:04) and **Maria Perez Garcia** (21:52).

**Men Open 5km Race Walk (42 finishers)**

1.	Iván PAJUELO	ESP	93	20:04
2.	Manuel BERMÚDEZ	ESP	97	20:30
3.	Francisco Jose DURAN	ESP	93	20:39
4.	Pablo OLIVA	ESP	96	20:43
5.	Iván LÓPEZ	ESP	97	20:52
6.	Daniel CHAMOSA	ESP	97	21:03
7.	Juan Antonio PORRAS	ESP	72	22:44
8.	Adrian LÓPEZ	ESP	95	23:30
9.	Miguel PERIAÑEZ GARCÍA	ESP	62	23:33
10.	Daniel LÓPEZ	ESP	81	23:40
11.	Antonio CAMAÑO MESA	ESP		23:49
12.	Luis Manuel PÉREZ	ESP	92	23:50
13.	Juan Francisco MARTIN AMAT	ESP	97	24:23
14.	Álvaro DURAN DANTA	ESP	97	24:29
15.	Rafael Cueva MARTIN JIMENEZ	ESP		24:39

**Women Open 5km Race Walk (33 finishers)**

1.	Maria PÉREZ	ESP	96	21:52
2.	Júlia TAKÁCS	ESP	89	22:01
3.	Emilie MENUET	FRA	91	22:31
4.	Amanda CANO	ESP	94	23:02
5.	Maria LARIOS LÓPEZ	ESP	92	23:55
6.	Lluna CAPDEVILA	ESP	98	24:26
7.	Carolina FONTOURA	BRA	96	26:37
8.	Carmen HERNÁNDEZ	ESP	69	27:24
9.	Paula SANTIDRIAN	ESP	98	28:31
10.	Carmen MARTIN PINUELA	ESP	66	28:34

<b>XI JUEGOS DEPORTIVOS CENTROAMERICANOS, MANAGUA, NICARAGUA, 9-12 DECEMBER</b>
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Managua, the capital of Nicaragua, hosted the 11<sup>th</sup> *Juegos Deportivos Centroamericanos* from 9-12 December 2017. The 3 walking events were scheduled on Day 2, starting very early, due to the heat and humidity. Overall victories to **Erick Bernabé Barrondo** (GUA) with 1:26:41, **Mirna Sucely Ortiz Flores** (GUA) with 1:35:15 and **Bernardo Uriel Barrondo Garcia** (GUA) with 2:46:39. The walks medals table showed Guatemala dominating with 3 golds, 2 silvers and 2 bronze medals. Well reported by marciadalmondo (see [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3001](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3001)).

**35km Men, 5:30AM, Sunday 10 December**

1.	bernardo uriel BARRONDO garcía	Guatemala	5/6/1993	2:46:39
2.	jose leonidas ROMERO .	Honduras	8/7/1983	2:57:21
3.	luis angel SÁNCHEZ pérez	Guatemala	15/12/1993	3:05:44
	luis alfonso LÓPEZ menjívar	El Salvador	18/1/1994	DNF

**20km Men, 5:40AM, Sunday 10 December**

1.	erick bernabé BARRONDO garcía	Guatemala	14/6/1991	1:26:41
2.	josé maría RAYMUNDO cox	Guatemala	1/9/1993	1:30:34
3.	yassir ameth CABRERA lópez	Panamá	28/1/1988	1:33:40
4.	osman antonio FLORES suazo	Nicaragua	13/4/1983	1:39:20
5.	frank alberto HERNÁNDEZ silva	El Salvador	10/2/1999	2:16:13

**20km Women, 5:40AM, Sunday 10 December**

1.	mirna sucely ORTÍZ flores	Guatemala	28/2/1987	1:35:14
2.	mayra carolina HERRERA pérez	Guatemala	20/12/1988	1:35:46
3.	maritza rafaela PONCIO tzul	Guatemala	3/12/1994	1:38:00

4.	maría CORTEZ blandón	Nicaragua	25/7/1998	1:45:59
5.	yesenia ivania MIRANDA rivás	El Salvador	26/3/1994	1:51:08
6.	glenda ÚBEDA blandón	Nicaragua	17/9/1987	1:56:04

At much the same time, Cochabamba, in Bolivia hosted the *XXIII Juegos Sudamericanos Escolares*, the South American School Games. The racewalks, held on the municipal stadium track of Qillacollo, included 5000m for boys and 3000m for girls. Medals were spread between Peru, Bolivia, Ecuador and Colombia. See [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2995](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2995) for race reports and full results.

#### CARDIFF MET CHRISTMAS CLASSIC, NATIONAL INDOOR ATHLETICS CENTRE, CARDIFF, SUNDAY 10 DEC

**Bethan Davies** was the standout walker in the Cardiff Met Christmas Classic in Cardiff last Sunday, recording 12:42.26 for the 3000m.

##### U13-U15-U17 1000m Walk

1.	Eleanor DAGLISH (SENW)	University of Bristol	06:23.77
2.	Molly MCKERLICH (U15G)	Cardiff AAC	06:23.79

##### U20-SEN 3000m Walk

1.	Bethan DAVIES (SENW)	Cardiff AAC	12:42.26
2.	Heather LEWIS (SENW)	Pembrokeshire Harriers	13:25.59
3.	Daniel MCKERLICH (U20M)	Cardiff AAC	17:27.25
4.	Caerwyn PHILLIPS (U20M)	Cardiff AAC	19:13.94

#### OUT AND ABOUT

- Athletics New Zealand has finally released its Selection Document for the 2018 IAAF Race Walking Teams Championships. See <http://www.athletics.org.nz/Portals/24/High%20Performance/Policies/2018/2018%20IAAF%20World%20Race%20Walking%20Team%20Championships%20Selection%20Policy%20FINAL.pdf>.
- 34 year old Brazilian walker **Cisiane Dutra** will change from 20km to 50km in 2018 and will have her first race hitout in the Brazil Cup, on February 18. She is one of a number of female walkers investigating the longer distance now that it has gained official recognition. See <http://m.jc.ne10.uol.com.br/canal/esportes/outros-esportes/noticia/2017/12/03/cisiantedutra-mira-desafio-dos-50km-da-marcha-atletica-318273.php>.
- WADA has reinstated its accreditation of the Laboratorio Nacional de Prevención y Control del Dopaje-CONADE (the Mexico City Laboratory). The Mexico City Laboratory is able to resume all of its anti-doping activities, including the analysis of urine and blood samples, with immediate effect. See <https://www.wada-ama.org/en/media/news/2017-12/wada-reinstates-the-mexico-city-laboratory>.
- At last, the IOC has announced that **Russia will be banned from the 2018 Winter Olympics in Sochi**. After discussing and approving the Schmid Report, the IOC Executive Board took the following decisions:
  - To suspend the Russian Olympic Committee (ROC) with immediate effect.
  - To invite individual Russian athletes under strict conditions (see below) to the Olympic Winter Games PyeongChang 2018. These invited athletes will participate, be it in individual or team competitions, under the name "Olympic Athlete from Russia (OAR)". They will compete with a uniform bearing this name and under the Olympic Flag. The Olympic Anthem will be played in any ceremony.
  - Not to accredit any official from the Russian Ministry of Sport for the Olympic Winter Games PyeongChang 2018.
  - To exclude the then Minister of Sport, Mr **Vitaly Mutko**, and his then Deputy Minister, Mr. **Yuri Nagornykh**, from any participation in all future Olympic Games.
  - To withdraw Mr **Dmitry Chernyshenko**, the former CEO of the Organising Committee Sochi 2014, from the Coordination Commission Beijing 2022.
  - To suspend ROC President **Alexander Zhukov** as an IOC Member, given that his membership is linked to his position as ROC President.
  - The IOC reserves the right to take measures against and sanction other individuals implicated in the system.
  - The ROC to reimburse the costs incurred by the IOC on the investigations and to contribute to the establishment of the Independent Testing Authority (ITA) for the total sum of USD 15 million, to build the capacity and integrity of the global anti-doping system.
  - The IOC may partially or fully lift the suspension of the ROC from the commencement of the Closing Ceremony of the Olympic Winter Games PyeongChang 2018 provided these decisions are fully respected and implemented by the ROC and by the invited athletes and officials.

See the full Olympic announcement at <https://www.olympic.org/news/ioc-suspends-russian-noc-and-creates-a-path-for-clean-individual-athletes-to-compete-in-pyeongchang-2018-under-the-olympic-flag>.

- You have to hand it to some people and countries - their self delusion knows no bounds. A South African lighting consultant for the World U18 Athletics Championships held five months ago in Nairobi are yet to be paid for their services. Teams that worked on flash interviews area at the mixed zone, and the championship caravan that toured the counties, are also still owed more than Sh100,000. Yet Kenya and the IAAF are now touting the claim that it is better placed to host the 2025 World Championships in athletics compared to other African countries. See <http://www.nation.co.ke/sports/athletics/Championship-organisers-yet-to-pay-some-suppliers/1100-4218572-6d8wbqz/index.html> and <http://www.nation.co.ke/sports/athletics/Vote-of-confidence-for-Kenya--in-race-to-host-championship/1100-4219138-j1iutz/index.html>.

## MARCIALMONDO AND OMARCHADOR ROUNDUP

Marcialmondo has 14 press releases this week

- Mon 11 Dec - Brian Hanley (GBR) - Elasticity in race walking  
[http://www.marcialmondo.com/eng/dettagli\\_news.aspx?id=3003](http://www.marcialmondo.com/eng/dettagli_news.aspx?id=3003)
- Mon 11 Dec - Guadix (ESP) - Decalogue of initiation to race walking  
[http://www.marcialmondo.com/eng/dettagli\\_news.aspx?id=3002](http://www.marcialmondo.com/eng/dettagli_news.aspx?id=3002)
- Sun 10 Dec - Managua, Nicaragua, hosts the 11<sup>th</sup> Juegos Deportivos Centroamericanos  
[http://www.marcialmondo.com/eng/dettagli\\_news.aspx?id=3001](http://www.marcialmondo.com/eng/dettagli_news.aspx?id=3001)
- Mon 11 Dec - Marcialmondo celebrates 3000 press releases  
[http://www.marcialmondo.com/eng/dettagli\\_news.aspx?id=3000](http://www.marcialmondo.com/eng/dettagli_news.aspx?id=3000)
- Sun 10 Dec - Results of annual classic in Guadix, Spain  
[http://www.marcialmondo.com/eng/dettagli\\_news.aspx?id=2999](http://www.marcialmondo.com/eng/dettagli_news.aspx?id=2999)
- Sat 9 Dec - Riccardo Orsoni sets new Italian U18 3000m indoor walk record  
[http://www.marcialmondo.com/eng/dettagli\\_news.aspx?id=2998](http://www.marcialmondo.com/eng/dettagli_news.aspx?id=2998)
- Sat 9 Dec - Results of Trofeo Club do Marchador, Parchal, Portugal  
[http://www.marcialmondo.com/eng/dettagli\\_news.aspx?id=2997](http://www.marcialmondo.com/eng/dettagli_news.aspx?id=2997)
- Fri 8 Dec - Results of Australian All Schools Champs in Adelaide  
[http://www.marcialmondo.com/eng/dettagli\\_news.aspx?id=2996](http://www.marcialmondo.com/eng/dettagli_news.aspx?id=2996)
- Fri 8 Dec - Colombia and Peru win race walking events in XXIII Juegos Sudamericanos Escolares  
[http://www.marcialmondo.com/eng/dettagli\\_news.aspx?id=2995](http://www.marcialmondo.com/eng/dettagli_news.aspx?id=2995)
- Fri 8 Dec - Preview of VII Spanish Winter Race Walk Promotional Championship in Guadix  
[http://www.marcialmondo.com/eng/dettagli\\_news.aspx?id=2994](http://www.marcialmondo.com/eng/dettagli_news.aspx?id=2994)
- Wed 6 Dec - French walker David Kuster excels in 5000m indoor walk  
[http://www.marcialmondo.com/eng/dettagli\\_news.aspx?id=2993](http://www.marcialmondo.com/eng/dettagli_news.aspx?id=2993)
- Tue 5 Dec - Convention on "New scientific trends applied to the training of race walking" is held in Guadix  
[http://www.marcialmondo.com/eng/dettagli\\_news.aspx?id=2992](http://www.marcialmondo.com/eng/dettagli_news.aspx?id=2992)
- Tue 5 Dec - Yverdon-les-Bains (SUI): Justin Bournier (FRA) wins the "Coupe de Noel"  
[http://www.marcialmondo.com/eng/dettagli\\_news.aspx?id=2991](http://www.marcialmondo.com/eng/dettagli_news.aspx?id=2991)
- Mon 4 Dec - Results of French racewalking meet in Balma  
[http://www.marcialmondo.com/eng/dettagli\\_news.aspx?id=2990](http://www.marcialmondo.com/eng/dettagli_news.aspx?id=2990)

and Omarchador has 11 press releases this week

- Mon 11 Dec - Victories in Lisbon Christmas Grand Prix by Kristina Saltanovic and Pedro Isidro  
<http://omarchador.blogspot.com.au/2017/12/vitorias-natalicias-em-lisboa-para.html>
- Sun 10 Dec - David Kuster sets French U20 5000m indoor walk record  
<http://omarchador.blogspot.com.au/2017/12/david-kuster-bate-recorde-sub-20-de.html>
- Sun 10 Dec - Walks in XI Jogos Desportivos Centro-americanos in Managua, Nicaragua, this Sunday  
<http://omarchador.blogspot.com.au/2017/12/marcha-dos-xi-jogos-desportivos-centro.html>
- Sat 9 Dec - Preview of annual Christmas Grand Prix in Lisbon, Portugal



<http://omarchador.blogspot.com.au/2017/12/marcha-no-grande-premio-de-natal-de.html>

- Sat 9 Dec - Results of South American School Games in Cochabamba, Bolivia  
<http://omarchador.blogspot.com.au/2017/12/jogos-sul-americanos-escolares-em.html>
- Fri 8 Dec - Preview of this weekend's Troféu Clube do Marchador walks meet in Portugal  
<http://omarchador.blogspot.com.au/2017/12/i-taca-clube-de-atletismo-de-tunes-este.html>
- Fri 8 Dec - International Seminar in Guadix  
<http://omarchador.blogspot.com.au/2017/12/seminario-internacional-em-guadix.html>
- Thu 7 Dec - Burjassot to host the Spanish 50km Men's and Women's Championships  
<http://omarchador.blogspot.com.au/2017/12/burjassot-recebe-os-campeonatos-de.html>
- Thu 7 Dec - Dominic Ndigiti excels in 10,000m walk at meet in Kisii, Kenya  
<http://omarchador.blogspot.com.au/2017/12/dominic-ndigiti-destacou-se-no-meeting.html>
- Wed 6 Dec - Tunisian walker Chahinez Nasri records fast 10,000m walk time in Balma, France  
<http://omarchador.blogspot.com.au/2017/12/chahinez-nasri-em-evidencia-no-meeting.html>
- Tue 5 Dec - Results of Christmas Cup, Yverdon-les-Bains, Switzerland  
<http://omarchador.blogspot.com.au/2017/12/taca-de-natal-de-yverdon-les-bains.html>

#### 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.

#### Australian/Victorian Key Dates – 2017/2018 Summer Season

Dec 17 (Sun), 2017	<b>Australian 50km Championship meet</b> , Fawkner Park, VIC
Jan 14 (Sun) 2018	<b>Australian 10,000m Track Walk Champs, Canberra, ACT</b> . See <a href="https://10000mwalk.eventdesq.com/">https://10000mwalk.eventdesq.com/</a>
Jan 26-28, 2018	AV Country Championships, Ballarat, VIC
Feb 11 (Sun), 2018	<b>Australian 20km Road Walking Championships, Adelaide, SA</b>
Feb 15-18, 2018	Australian Athletics Championships & Nomination Trials, Gold Coast, QLD (no walks)
Feb 23-25, 2018	AV Junior & Para Championships, Lakeside Stadium, Melbourne, VIC
Mar 2-4, 2018	AV Open & Para Championships, Lakeside Stadium, Melbourne, VIC
Mar 14-18, 2018	<b>Australian Junior Athletics Championships, Sydney, NSW</b>
Mar 24-25, 2018	AV Masters Championships, Doncaster/Nunawading, VIC
Apr 1 (Sun), 2018	Easter Sunday
Apr 4-11, 2018	Commonwealth Games, Gold Coast, QLD
Apr 21-22, 2018	Australian Centurions 24 Hour Qualifying Race, Harold Stevens Athletics Track, Coburg, VIC
Apr 28-29, 2018	Australian Little Athletics Championships, Gold Coast, QLD
Apr 26-29, 2018	Australian Masters T&F Championships, Perth, WA. See <a href="http://www.mastersathleticswa.org/perth2018/">http://www.mastersathleticswa.org/perth2018/</a>
June 10 (Sun), 2018	Lake Burley Griffin Carnival, Stromlo Forest Park, Canberra, ACT
Aug 5 (Sun), 2018	Australian Masters 20km Championships, Adelaide, SA
Aug 26 (Sun), 2018	Australian Roadwalk Championships, Sunshine Coast, QLD (TBC)

#### International Dates – 2018 and onwards

Jan 1 (Mon), 2018	Hong Kong Championships – 20km, 50km, 6 Hours
Jan 20-27, 2018	Oceania Masters Athletics Championships, Dunedin, New Zealand See <a href="http://www.mastersathleticsoceania.com">www.mastersathleticsoceania.com</a>
Jan 20 (Sat), 2018	USA 50km Championships, San Diego, California
Mar 11 (Sun), 2018	Lugano International Racewalks, Lugano, Switzerland (20km)
Mar 24 (Sat), 2018	Dudince International Racewalks, Dudince, Slovakia (20km and 50km for men and women)
Apr 4-15, 2018	<b>XXI Commonwealth Games</b> , Gold Coast, QLD (20km roadwalks). See <a href="http://www.gc2018.com">http://www.gc2018.com</a> Men's and Women's 20km walk, Currumbin Beachfront, Sunday 8 April
May 5-6, 2018	<b>28<sup>th</sup> IAAF World Race Walking Team Championships</b> , Taicang, China
July 10-15, 2018	<b>16<sup>th</sup> World Junior T&amp;F Championships</b> , Tampere, Finland
Aug 7-12, 2018	<b>European Athletics Championships</b> , Berlin, Germany
Sept 4-16, 2018	<b>22<sup>nd</sup> World Masters Athletics T&amp;F Championships</b> , Malaga, Spain
Mar 24-30, 2019	<b>World Masters Indoors T&amp;F Championships</b> , Torun, Poland
July 3-14, 2019	<b>30<sup>th</sup> Summer Universiade</b> , Naples Italy
Sept 28 – Oct 6, 2019	<b>17<sup>th</sup> IAAF World Championships in Athletics</b> , Doha, Qatar
May, 2020	<b>29<sup>th</sup> IAAF World Race Walking Team Championships</b> , Minsk, Belaruss
July 24 – Aug 9, 2020	<b>32<sup>nd</sup> Olympic Games</b> , Tokyo
July 20 – Aug 1, 2020	<b>23<sup>rd</sup> World Masters T&amp;F Championships</b> , Toronto, Canada
Aug 6-15, 2021 (TBC)	<b>18<sup>th</sup> IAAF World Championships in Athletics</b> , Eugene, USA

July 18-30, 2022

**XXII Commonwealth Games, TBA**

On 13<sup>th</sup> 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>)