



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
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WALKERS OF THE WEEK

My Walkers of the Week this time around are 19 year old **Jemima Montag** and 18 year old **Declan Tingay**. Walking against high quality fields in the Australian Open 10,000m Track Walk Championships in Canberra on Sunday morning, both excelled. Jemima finished 4th overall and took the bronze medal as the first Australian in the women's championship with **46:18.42** a 25 second PB. Declan finished 6th overall and took the gold medal as the first Australian in the men's championships with **41:07.88**, a 55 second PB.

These two super talented youngsters have big futures in racewalking. Expect more to come soon!



Jemima and Declan in action on Sunday in Canberra (photos Terry Swan)

WITH WHAT'S COMING UP

- Next weekend's final round of AV Shield (Round 12) is a mixed bag, with the metropolitan walks for Round 12 completed in conjunction with the VRWC/AV walks at Mentone last Wednesday but the country venues scheduling walks at Geelong, Bendigo and Ballarat including walks next Saturday.
- Next Sunday, another round of VRWC road races will held at Middle Park. Pre-entry via the VRWC website or entry on the day. The fixture reads as follows

Sun 21st January 2018, VRWC Road Races, Middle Park		
8.00am	20km, 15km, 10km	Open
9.00am	5km, 3km	Open
9.30am	2km, 1km	Open

- Hopefully Victorian walkers are gathering their teams for the **Victorian Teams 5000m Track Walk Championships**, to be held at the Mentone track on **Wednesday 31st January**. Entries are via the AV online portal. Entries close on 28th January. The fixture reads as follows

Wed 31st January 2018, AV 5km Teams Championship, VRWC Walk, Mentone		
Venue: Mentone Athletic Track, Dolomore Reserve, Queen Street, Mentone		
6.40pm	VRWC 1500m	Open
7.00pm	AV 5000m Teams championship	Open
7.00pm	VRWC 5000m	Open

- Overall, the next few weeks read as follows for Victorian walkers:

Jan 20 (Sat), 2018	AV Shield Round 12 -walks scheduled at country venues
Jan 21 (Sun), 2018	VRWC Road Races, Middle Park
Jan 26-28, 2018	Victorian Country T&F Championships, Ballarat. Entries have now closed with AV.
Jan 31 (Wed), 2018	AV Teams 5000m Championships & VRWC races, Mentone
Feb 10 (Sat), 2018	AV Shield Final (P1), Lakeside Stadium – 2000m Walk

- Looking further ahead, the **2018 Australian 20km Summer Roadwalk Championships** will be held in Adelaide on **Sunday 11th February**. Entries will close with AA on Monday 5th February. The timetable reads as follows

7:00am	Australian 20km Race Walking Championships
8:00am	Oceania Under 20 10km Race Walking Championship
8:00am	Invitational Under 18 5km Race Walking Championships

Most of the international walkers currently in Australia will contest the 20km races so some exciting times are expected. The meet also acts as the Australian Commonwealth Games and World Racewalking Team Championships trials.

- Finally, if you are interested in a trip to New Zealand with a difference, the **NZ T&F Championships** will be held in **Hamilton** from **9-11 March**, with 3000m on the track on 9th March and a 20km on the road on 11th March.

2018 AUSTRALIAN 10,000M RACE WALK CHAMPIONSHIPS, AIS TRACK, BRUCE, ACT, SUNDAY 14TH JANUARY

With so many high quality international walkers gathered in Canberra for the annual Supernova study and camp, the 10,000m Australian track walk championships were eagerly anticipated. One of the few imponderables was whether the unpredictable Australian summer weather would come to the party, given that Canberra was sweltering in very hot weather only a couple of days previously. But come to the party it did, with a cool Canberra morning in the mid teens, along with a blustery wind and occasional sunshine. Sure the wind was a bit tough but it was just about a best case scenario for the assembled athletes.

Australian 10,000m Walk Championship Women, 8AM

The women's 10,000m championship was first up at 8AM, with 15 starters, including Lithuania's **Brigita Virbalyta** and New Zealand's **Alana Barber**. Defending champion **Katie Hayward** was also a starter, hoping to defend her title which she won last year with 45:51.09. The view seemed to be that a significantly faster time would be needed to claim victory in this year's race but spectators were surprised by the sedate early pace (9:35 at the 2000m mark and 18:54 at the 4000m mark). Katie had shared the lead with 2012 Olympian **Beki Smith** up till this stage but it was now Victorian **Jemima Montag** who took over the pacemaking, leading them through the half way mark in 23:25 and gradually putting pressure on what was a shrinking lead group. Just after the 6000m mark, Beki surged to the front and the pace quickened still further. The lead group was soon reduced to four - Beki, Jemima, Alana Barber and **Claire Tallent**. Alana took the lead around the 7000m mark but the group of 4 all remained in contact until eventually Jemima dropped off the back with around 4 laps to go. With final laps of 1:43 and 1:40, it was Beki who took first place (45:56), some 7 secs ahead of Alana (46:03), with Claire 46:06 and Jemima (46:18) rounding out the top placings. Brigita was next to finish with 47:01, followed by Katie (47:05) and **Regan Lamble** (47:25). Although the pit lane was in use, it's services were not needed, and all bar one of the field finished the race. As Alana was competing as a visitor, the Australian Championship places went to Beki, Claire and Jemima. For Katie Hayward, her time was a comfortable 2018 World Junior Championships qualifier.

1.	Smith, Beki	New South Wales	45:56.08	1 st Aust
2.	Barber, Alana	New Zealand	46:03.24	
3.	Tallent, Claire	South Australia	46:06.59	2 nd Aust
4.	Montag, Jemima	Victoria	46:18.42	3 rd Aust, PB 0:25
5.	Virbalyta, Brigita	Lithuania	47:01.08	
6.	Hayward, Katie	Queensland	47:05.36	
7.	Lamble, Regan	Victoria	47:25.63	
8.	McInnes, Simone	Victoria	47:37.51	
9.	Pickles, Jessica	Queensland	47:44.15	
10.	Pitcher, Allanah	New South Wales	50:50.75	
11.	Huse, Philippa	Victoria	51:02.40	

12. Pengilly, Teegan	New South Wales	54:58.75
13. O'Neill, Molly	New South Wales	56:31.75
14. Goodhew, Chelsea	New South Wales	56:35.62
15. Myers, Natalie	Great Britain	DNF

Australian 10,00m Walk Championship Men, 9:25AM

The men's 10,000m championship was up next at 9:25AM, with a big field of 30 starters, of whom 15 were internationals. While the temperature was still comfortable, the wind had picked up a little and was now quite tough. The race was expected to be between Sweden's **Perseus Karlstrom** and Canada's **Evan Dunfee** and it was no surprise when they led the field through a fast first 1000m (4:01). By that stage, the leading pack was down to five - Perseus and Evan, along with **Marius Ziukas** (LTU), **Quentin Rew** (NZL) and **Yerko Araya** (CHI), with Australians **Declan Tingay** and **Rhydian Cowley** amongst the chasers. By the 2000m mark (7:59), Yerko had dropped off and it was now a group of four, with Perseus and Evan swapping the lead as each looked to assert his dominance. They soon broke away from the others and by the 3000m mark (11:55), it was a race between the two favourites. Around the 4000m mark (1:40), Perseus put in a couple of slightly faster laps and the break was made. From then on, it was a one horse race, with the Swede gradually extending his lead, passing the half way in 19:42 and going on to win with 39:22. Evan took second with 40:11, ahead of a fast finishing Marius (40:43). Rhydian Cowley was the first of the Australians to finish (40:59) but he picked up a third red card very late in the race and was subsequently docked one minute as per the pit lane rule. That meant that the second Australian finisher Declan Tingay (a big PB 41:07 at 18 years of age) was awarded the gold and Rhydian was relegated to second place. The third Australian to finish was Victorian **Adam Garganis** (43:05), rounding out the medals.

1. Karlstrom, Perseus	Sweden	39:22.41	
2. Dunfee, Evan	Canada	40:11.80	
3. Ziukas, Marius	Lithuania	40:43.17	
4. Ignacio Araya Cortes, Yerko	Chile	40:48.94	
5. Rew, Quentin	New Zealand	40:51.55	
6. Tingay, Declan	Western Australia	41:07.88	1 st Aust, PB 0:55
7. Cowley, Rhydian	Victoria	41:59.33	2 nd Aust, 1 min Pit Lane
8. Augustyn, Rafal	Poland	42:51.07	
9. Hansson, Anders	Sweden	42:54.95	
10. Garganis, Adam	Victoria	43:05.62	3 rd Aust
11. Fedaczynski, Rafal	Poland	43:12.43	
12. Blocki, Damian	Poland	43:40.31	
13. Reading, Brendon	Aust. Capital T	44:09.48	
14. Jelonek, Jakub	Poland	44:17.57	
15. Toru, Yamamoto	Japan	44:46.53	
16. Brzozowski, Artur	Poland	44:51.01	
17. Suskevicius, Tadas	Lithuania	45:07.98	
18. Gibbons, Carl	New South Wales	45:14.20	
19. Mccutcheon, Luke	Queensland	45:31.25	
20. Ignacio Araya Cortes, Edward	Chile	45:36.29	
21. Baker, Mitchell	Aust. Capital T	45:37.73	PB 1:08
22. Tebbutt, Oscar	New South Wales	46:09.92	PB 2:13
23. Richardson, Dylan	New South Wales	46:18.95	
24. Swan, Kyle	Victoria	46:19.11	
25. Frew, Connor	Aust. Capital T	47:20.78	
26. Karlström, Remo	Sweden	47:46.84	
27. Fraser, Timothy	Aust. Capital T	47:54.26	
28. Thomson, Ryan	New South Wales	50:15.01	
29. McGinniskin, Jack	New South Wales	50:15.23	PB 4:40
30. Burns, Callum	Aust. Capital T	50:55.47	PB 0:55

There were plenty of other athletes on the track, with Day Two of the ACT Multi Event Championships also contested. Further 5000m/3000m invitational walks were held later in the morning for the local walkers.

Invitation 5000m Walk

1. Manning, Hannah	North Canber	28:16.00
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Invitation 3000m Walk

1. Hunt, Tom	North Canber	15:02.22
2. Burns, Laura	North Canber	16:17.79

The Australian action will continue next month with the Australian Summer 20km Roadwalk Championships to be contested in Adelaide on Sunday 11th February. With all the international walkers expected to front once again, fast times look on the cards. Final comment: The move away from the National T&F Champs was a huge success on this occasion – well done to Athletics Australia for the foresight to make the change for 2018. The naysayers were proved wrong!

My photos from the races are at <https://www.dropbox.com/sh/b6ftyat2n1m2wu6/AACijiFv57wU8hdO20Et36T9a?dl=0>. Terry Swan's galleries at <http://www.vrwc.org.au/piwigo/index.php?/category/455> and <http://www.vrwc.org.au/piwigo/index.php?/category/453>.

Thanks to Michael Reading for his facebook live feeds from both 10,000m races.

Women: <https://www.facebook.com/michael.reading.77/videos/10155091956421643/>

Men: <https://www.facebook.com/michael.reading.77/videos/10155092120391643/>



*First there were five, then there were three who finally fought out the placings –
From the left: Beki Smith, Katie Hayward, Alana Barber, Claire Tallent and Jemima Montag*



The first 3 finishers – Marius Ziukas (third), Perseus Karlstrom (first) and Evan Dunfee (second)



Australian Championship medallists Declan Tingay, Rhydian Cowley and Adam Garganis



Podiums – Alana Barber, Claire Tallent, Beki Smith, Jemima Montag, Rhydian Cowley, Evan Dunfee, Declan Tingay and Adam Garganis

VRWC AND AV RACES, MENTONE ATHLETIC TRACK, MENTONE, WEDNESDAY 10 JANUARY

Back to last Wednesday evening when a joint AV/VRWC race meet was held at the Mentone track. With 5000m, 3000m and 1500m AV and VRWC races on offer, the turnout was good. Best performances to **Rebecca Henderson** (24:33) and **Pramesh Prasad** (24:24 and 6:52). This special meet was to allow metropolitan AV walkers to gain points for AV Shield Round 12.

AV 5000m Walk

1.	Rebecca Henderson	Mentone	24:33
2.	Rupert Van Dongen	Mentone	29:26
3.	Lachlan Feain	KSB	30:31

AV 3000m Walk

1.	Pramesh Prasad	Collingwood	14:25
2.	David Smyth	Collingwood	16:55
3.	John Kondogonis	KSB	17:47
4.	Kym Osmand	VMA	18:02

5.	Heather Carr	Glenhuntly	18:06
6.	Ralph Bennett	Glenhuntly	18:14
7.	Terry O'Neill	Gippsland	18:26
8.	Julian Boland	Mentone	19:25
9.	Albin Hess	Invitation	19:26
10.	Donna Elms	Preston	19:37
11.	Ian Handasyde	Mentone	20:05
12.	Kuniko Bowden	Knox	20:26
13.	Geoff Barrow	Mentone	20:28
14.	Karyn O'Neill	Gippsland	20:39
15.	Gwen Steed	Glenhuntly	21:04
16.	Isabella Dingli	Sandringham	21:32
17.	Sharon Meager	Box Hill	22:10
	Pia Hunter	Box Hill	DQ

AV 1500m Walk

1.	Brianna Briet	Casey	08:25
2.	Alannah Dingli	Sandringham	09:12

VRWC 5000m Walk

1.	Pramesh Prasad	VRWC	24:24
2.	Terry O'Neill	VRWC	31:29
3.	Gerard Feain	VRWC	31:39
4.	Kym Osmand	VMA	30:08
5.	Donna Elms	VRWC	33:24
6.	Karyn O'Neill	VRWC	34:59

VRWC 3000m walk

1.	Kevin Cassidy	VRWC	15:56
2.	Marcus Wakim	VRWC	18:47
3.	Marcus Wakim	VRWC	18:49

VRWC 1500m Walk

1.	Pramesh Prasad	VRWC	6:52
2.	Nicolaj Djordjevic	VRWC	8:52
3.	Albin Hess	VRWC	9:03
4.	Emily Smith	VRWC	9:47
5.	Darcy Roberts	VRWC	10:16
6.	Margaret Beaumont	VRWC	13:39
7.	Pam Mews	VRWC	17:10

ATHLETICS VICTORIA SHIELD, ROUND 11, 12-13 JANUARY

AV Shield Round 11 was completed last weekend, with walks at Lakeside Stadium and at the country venues in Bendigo, Ballarat and Geelong. Overall, 60 walkers competed, making it our biggest AV walks weekend for the summer.

AV Shield Round 11, Lakeside Stadium, Albert Park, Friday 12 January

Big fields contested the 3000m and 1500m walks at Lakeside Stadium last Friday evening. With the best walkers all in Canberra for the national 10,000m track championship, the way was opened for **Jason Kozica** (13:01.9) and **Charlotte Hay** (15:18.3) to score wins in the 3000m, while **Hayley Woolfe** (7:52.9) and **Brianna Briet** (7:53.2) had a great battle in the 1500m.

3000m Walk

1.	Kozica, Jason	M	ST KEVIN'S A	13:01.9
2.	Dickson, Corey	M	KNOX ATHLETIC CLUB	14:49.2
3.	Hay, Charlotte	W	KNOX ATHLETIC CLUB	15:18.3
4.	Feain, Lachlan	M	KEILOR ST BE	16:01.0
5.	Donahoo, Mark	M	ATHLETICS ESSENDON	16:36.7
6.	Osmand, Kym	W	VICTORIAN MA	16:55.7
7.	Kondogonis, John	M	KEILOR ST BE	17:12.7
8.	Van Dongen, Rupert	M	MENTONE ATHL	17:14.8
9.	Hay, Angus	M	KNOX ATHLETIC CLUB	17:17.5
10.	Feain, Madeleine	W	KEILOR ST BE	17:32.0
11.	Carr, Heather	W	GLENHUNTLY A	17:59.8
12.	Hunter, Pia	W	BOX HILL ATH	18:07.6
13.	Elms, Donna-Marie	W	PRESTON ATHL	18:34.1
14.	Bennett, Ralph	M	GLENHUNTLY A	18:41.0
15.	Beaumont, Hamish	M	MELBOURNE UN	18:44.9

16.	Riddoch, Clyde	M	ATHLETICS WAVERLEY	18:54.1
17.	Knox, Duncan	M	ATHLETICS ESSENDON	19:13.8
18.	Rudston-Brown, Caitlyn	W	WHITTLESEA C	20:23.4
19.	Benke, Geza	M	OLD MELBURNI	20:25.2
20.	Handasyde, Ian	M	OLD SCOTCH C	20:27.2
21.	Steed, Gwen	W	GLENHUNTLY A	20:27.5
22.	Barrow, Geoff	M	MENTONE ATHL	20:30.3
23.	Lewis, Leandar	M	WYNDHAM TRAC	23:09.3
24.	Cashin, Brenda	W	WESTERN ATHLETICS	23:17.5
25.	Ross, Anna	W	GLENHUNTLY A	23:20.3
26.	Rudston-Brown, Taylor	W	WHITTLESEA C	23:58.4
27.	Wyatt, Peter	M	MORNINGTON P	24:03.7
28.	Margiolis, Joanna	W	ATHLETICS ESSENDON	24:52.3
29.	Perkinson, Alister	M	MELBOURNE UN	26:30.4
30.	Bedyn, Erika	W	YARRA RANGES	30:18.3
31.	Hardiman, Melissa	W	ATHLETICS ESSENDON	31:59.0
	Stern, Steven	M	GLENHUNTLY A	DQ
	Mayston, Robert	M	BOX HILL ATH	DQ

1500m Walk

1.	Woolfe, Hayley	W	CASEY CARDIN	7:52.9
2.	Briet, Brianna	W	CASEY CARDIN	7:53.2
3.	Wakim, Marcus	M	UNATTACHED	8:29.5
4.	Weickhardt, Sebastian	M	WYNDHAM TRAC	8:50.7
5.	Dingli, Alannah	W	SANDRINGHAM	9:06.0
6.	Roberts, Darcy	M	UNATTACHED	9:35.6
7.	Dingli, Isabella	W	SANDRINGHAM	9:36.0
8.	Knox, Christian	M	ATHLETICS ESSENDON	11:22.0
9.	Richards, Caitlin	W	PRESTON ATHL	14:10.3
	Bedelis, Jett-Par	M	ST KEVIN'S A	DQ

Thanks to Gerard Feain for the following photos.



Mark Donahoo, Lachlan Feain, Jason Kozica, Charlotte Hay and Corey Dickson (photos Gerard Feain)

AV Shield Round 11, Landy Field, Geelong, Saturday 13 January

And now to the first of the country venues where the times were fast in the 2000m. Overall winner was a blast from the past - former top walker **Daniel Walters** had his first outing in a long time, breaking the current M35 Australian 2000m walk record with his time of 8:26.75. Still talking masters, 44 year old **Kelly Ruddick** was next to finish with an outstanding 8:48.46. Third across the line was triple Olympian **Chris Erickson** with 9:36.26. Not a bad trio!

2000m Walk

1.	Walters, Daniel	M	UNATTACHED	8:26.75
2.	Ruddick, Kelly	W	BALLARAT HAR	8:48.46

3.	Erickson, Chris	M	ATHLETICS ESSENDON	9:36.26
4.	Beveridge, Heath	M	WESTERN ATHLETICS	10:48.09
5.	Heikkila-Dubowik, Kayla	W	CORIO ATHLETIC CLUB	12:07.15
6.	Campbell, Donna	W	PRESTON ATHL	18:21.61

AV Shield Round 11, Llanberris Reserve, Ballarat, Saturday 13 January

5000m Walk

1.	Peart, Alanna	W	BALLARAT YCW	24:33.20
2.	Ireland, Roslyn	W	BRUNSWICK AT	36:33.48

3000m Walk

1.	Peart, Jemma	W	BALLARAT YCW	13:57.38
2.	Ireland, Olive	W	BRUNSWICK AT	24:50.58
3.	Rickard, Ian	M	BRUNSWICK AT	27:11.56
	Lamb, Heather	W	BRUNSWICK AT	DNF

AV Shield Round 11, La Trobe University Track, Bendigo, Saturday 13 January

3000m Walk

1.	Annette Curtis	W61	SOUTH BENDIGO	20:49.63
2.	John Carter	M67	SOUTH BENDIGO	22:34.94
3.	John Watson	M67	BENDIGO HARRIERS	25:16.44

1500m Walk

1.	Ebony Whiley	W22	EAGLEHAWK	8:19.59
2.	Barbara Bryant	W63	EAGLEHAWK	8:40.55

SAMA TRACK WALKS, SA ATHLETICS STADIUM, MILE END, ADELAIDE, WEDNESDAY 10 JANUARY

Thanks to Colin Hainsworth for the latest results from the South Australian Masters in Adelaide.

1000m Walk

1.	Peter Crump	05:27	M57	74.75%
2.	Marie Maxted	05:29	W57	79.97%
3.	Jack Russell	05:54	M65	74.86%
4.	Gil McIntosh	06:23	M67	70.75%
5.	Charlie Jarman	06:24		
6.	James Hoare	07:13	M71	65.61%
7.	Roger Lowe	07:29	M74	65.73%
8.	Graham Harrison	07:36	M74	64.72%
9.	Scott Hart	07:40		
10.	Valmai Padget	08:01	W73	65.27%
11.	Margaret McIntosh	08:10	W65	58.12%
12.	Paula Morrissy	10:09		

3000m Walk

1.	Peter Crump	18:14	M57	70.27%
2.	Jack Russell	19:21	M65	71.80%
3.	Marie Maxted	19:58	W57	69.75%
4.	Gil McIntosh	20:19	M67	69.93%
5.	James Hoare	21:36	M71	68.99%
6.	Graham Harrison	23:01	M74	67.29%
7.	Dave Fallon	23:02	M65	60.32%
8.	Jan Layng	23:35	W69	68.05%
9.	Ross Hill-Brown	24:04	M63	56.50%
10.	Roger Lowe	24:36	M74	62.96%
11.	Margaret McIntosh	24:40	W65	61.76%
12.	Valmai Padget	25:02	W73	67.93%
13.	Scott Hart	25:09		
14.	Colin Hainsworth	26:29	M88	72.93%
15.	Edna Bates	26:45	W65	56.95%
16.	Paula Morrissy	33:09		

QMA TRACK RACES, SAF, BRISBANE, SATURDAY 13 JANUARY

The usual small masters walks field in Brisbane.

5000m Walk

1.	Ignacio Jimenez	M52	Brisbane	26:19.02
2.	Peter Bennett	M62	Brisbane	28:54.08
3.	Mark Carlile	M44	Brisbane	39:25.38
	Russell Grigg	M90	Brisbane	DNF

ATHLETICS TASMANIA INTERCLUB, DOMAIN ATHLETICS TRACK, HOBART, SATURDAY 13 JANUARY

Bayley Campbell was the best in Hobart with 25:2879.

5000m Walk

1.	Bayley Campbell	Old Virgilians	25:28.79
2.	Anna Blackwell	Old Virgilians	27:28.90
3.	Ron Foster	Tasmanian Masters	28:28.79
4.	Elizabeth Leitch	Tasmanian Masters	33:47.78

ATHLETICS SA INTERCLUB, SA ATHLETICS STADIUM, MILE END, ADELAIDE, SATURDAY 13 JANUARY

Good walks by **Kim Mottrom**, **Tristan Camilleri** and **Olivia Sandery** in Adelaide.

5000m Walk

1.	Kim Mottrom	ADELAIDE HAR	22:18.7h
2.	Tristan Camilleri	COASTAL DIST	23:41.9h
3.	Alix Harlington	NORTHERN DIS	26:06.8h
4.	Peter Crump	SAINTS	30:04.1h
5.	James Hoare	PORT ADELAID	37:06.7h

1500m Walk

1.	Olivia Sandery	PEMBROKE	7:13.50
2.	Mathew Bruniges	SOUTHERN	7:58.50
3.	Elli Pusonjic	ENFIELD HARR	8:29.60
4.	Ryan Rivett	PEMBROKE	9:17.70
5.	Meshach Begg	SAINTS	9:29.50
6.	Kosta Katianos-Nemes	PORT ADELAID	12:03.10

CHRISTMAS INDOOR T&F MEET, KIEV, UKRAINE, TUESDAY 9 JANUARY

The orthodox Christmas on Tuesday 9th January saw a series of indoor competitions in Kiev, Ukraine, including 5,000m walks for both men and women. **Ruslan Dmytrenko** won the men's walk in a very fast 18:52.94 while **Alina Tsviliy** won the women's walk with 22:55.10

5000m Walk Men

1.	Ruslan Drnytrenko	UKR	86	18:52.94
2.	Ivan Losev	UKR	86	19:02.59
3.	Serhiy Budza	UKR	84	19:43.14
4.	Kostyantyn Puzanov	UKR	91	20:06.51
5.	Kyrylo Andrushchenko	UKR	93	20:33.49

5000m Walk Women

1.	Alina Tsviliy	UKR	94	22:55.10
2.	Darya Khusayinova	UKR	98	24:02.55
3.	Iryna Koval	UKR	96	24:46.49
4.	Yevheniya Sychok	UKR	00	27:13.56
5.	Yevheniya Haltsova	UKR	95	27:31.96

GREEK 50KM CHAMPIONSHIPS AND 6TH WINTER RACEWALK GAMES, MARATHON, SUNDAY 14 JANUARY

Thanks to Zoe Gkini for the results of the Greek 50km Championships and 6th Winter Racewalk Games, held last Sunday at the Olympic rowing center in Marathon, 40km east of Athens. It was the inaugural women's 50km championship and was an officially gazetted EAA meet. Unfortunately, the dreadful weather (cold and windy with low temperatures) wreaked havoc, with quite a few of the 50km walkers, including the 2 foreign entrants, failing to finish. The 50km titles went to **Konstantinos Ntentópoulos** (4.24.57) and **Angeliki Makrí** (4.56.00) who is a 39 year old mother of 3 young children. She was the Greek racewalking champion way back in 2000 before retiring to start her family. What a great story.

50km Open Men

1.	Ntentópoulos Konstantinos	Olympías Patrón	4.24.57
2.	Tsiórdas Dimitris	Olympías Patrón	4.26.36
3.	Stamélos Kostas	Fílippos	4.35.18
	Kalaitzídís Kostas	PAO Thésipos	DQ
	Vaítsis Yiannis	Ilissós	DNF
	Gkrenkório Antzelíni	Italy	DNF

50km Open Women

1.	Makrí Angeliki	Olympías Patrón	4.56.00
2.	Andreopoúlou Nikolitsa	Olympías Patrón	5.05.39
3.	Kourkoutsáki Efstathia	Ilissós	5.34.21
4.	Kórkou Zoe	Ilissós	5.34.29
	Va?tsi Athasia	Ilissós	DNF
	Va?tsi Evangelía	Ilissós	DNF
	Rénits Ivana	Croatia	DNF

20km Open Men

1.	Charalabopoulos Antonis	PAO Thésipos	1.42.24
	Tsamoudakis Zacharias	Fokianós Kardítsas	DNF

20km Open Women

1.	Anastasia Bania	PAO Thésipos	1.52.00
2.	Asteriou Maria	A.O Triton Chalkidas	2.12.11

20km U19 Men

1.	Tzatzimakis Yiorgos	El. Venizelos	1.30.36
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10km U19 Women

1.	Filtisákou Kiriaki	Elefthérios V.	52.31
2.	Sialmá Efstathia	Ermís Iliou	57.32

10km U18 Men

1.	Anthimos Kelepouris	Fíippos Verias	47.33
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5km U18 Women

1.	Fiáska	Athlikínisi M.	24.36
2.	Kokkinéλου	PAO Thésipos	30.03
3.	Gáti	Fokianós Kard.	30.11
4.	Kakogiánni	PAO Thésipos	30.58
5.	Tsianavá	Fokianós Kard.	31.24
6.	Tsakíri	PAO Thésipos	31.40,
7.	Pentheroudáki	PAO Thésipos	33.31

3km Boys U16

1.	Tselilái	PAO Thésipos	17.23
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3km Girls U16

1.	Tzatzimáki	Elefthérios Venizélos	17.29
2.	Arvanitákou	Fokianós Kardítsas	16.19
3.	Antonopoúlou	Ilissós	16.09
4.	Boutrá	AO Péfkis	19.59

3km U14

1.	Mortzákis	Olympías Patrón	54.13
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2km U14

1.	Boúchali	AO Péfkis	12.17
2.	Karapipéri	AO Péfkis	12.27

3.	Vasileiou	Palaió Fáliro	12.30
4.	Máipa	GS Vólou	14.02

1km U12 Boys

1.	Kalogerópoulos	AO Péfkis	6.14
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1km U12 Girls

1.	Metái	AO Péfkis	6.13
2.	Ntailiáni	GS Vólou	6.24
3.	Kalýva	AO Péfkis	6.32
4.	Nkíka	GS Vólou	6.43



Start of the Greek 50km championships last Sunday (photo from Zoe Gkini)



Angeliki Makri wins the inaugural Greek women's 50km championship (photo <http://omarchador.blogspot.com.au/>)

MARCIALMONDO AND OMARCHADOR ROUNDUP

Marciadalamondo has 5 press releases this week

- Mn 15 Jan - Konstantinos Ntentopoulos and Angeliki Makri win the Greek 50km Championships
http://www.marciadalamondo.com/eng/dettagli_news.aspx?id=3035
- Sun 14 Jan - Results of Australian 10,000m Track Walk Championships in Canberra
http://www.marciadalamondo.com/eng/dettagli_news.aspx?id=3034
- Sat 13 Jan - Ruslan Dmytrenko wins indoor meeting in Kiev, Ukraine
http://www.marciadalamondo.com/eng/dettagli_news.aspx?id=3033
- Wed 10 Jan - Brian Hanley and Andi Drake: Effectiveness of popular race walking drills in activating key muscles
http://www.marciadalamondo.com/eng/dettagli_news.aspx?id=3032
- Tue 9 Jn -Preview of the Australian Open 10,000m track walk Championships in Canberra
http://www.marciadalamondo.com/eng/dettagli_news.aspx?id=3031

and Omarchador has 9 press releases

- Sun 14 Jan - Indoor walk results from Sabadell, Portugal
<http://omarchador.blogspot.com.au/2018/01/provas-de-controlo-na-pista-coberta-de.html>
- Sun 14 Jan - Indoor track meet results from Banska Bystrica, Slovakia
<http://omarchador.blogspot.com.au/2018/01/meeting-de-marcha-na-pista-coberta-de.html>
- Sat 13 Jan - Last minute regulation changes marr the Portuguese 50km and 35km championships
<http://omarchador.blogspot.com.au/2018/01/alteracoes-regulamentares-condicionaram.html>
- Sat 13 Jan - Pombal welcomes the Portuguese Indoor U18 Nationals
<http://omarchador.blogspot.com.au/2018/01/pombal-acolhe-nacionais-de-sub-18-de.html>
- Fri 12 Jan - Former Portuguese international walker Pedro Martins celebrates his 50th birthday
<http://omarchador.blogspot.com.au/2018/01/pedro-martins-aniversario-de-50-anos.html>
- Fri 12 Jan - Results of English indoor walks at Sheffield
<http://omarchador.blogspot.com.au/2018/01/inglaterra-disputa-campeonatos-de-pista.html>
- Thu 11 Jan - Kévin Campion stands out in the Indoor Championships of Normandy (Fance)
<http://omarchador.blogspot.com.au/2018/01/kevin-campion-destaca-se-nos.html>
- Wed 10 Jan - Results of the Christmas indoor meet in Kiev, Ukraine
<http://omarchador.blogspot.com.au/2018/01/competicao-de-natal-na-pista-coberta-de.html>
- Tue 9 Jan - Preview of upcoming walk events in Tijuana (MEX) and Long Island (USA)
<http://omarchador.blogspot.com.au/2018/01/provas-em-tijuana-mex-e-long-island-usa.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

Jan 20 (Sat), 2018	AV Shield Round 12: (P1 & P2) – walks in country venues only
Jan 21 (Sun), 2018	VRWC Road Races, Middle Park
Jan 26-28, 2018`	Victorian Country T&F Championships, Ballarat
Jan 31 (Wed), 2018	AV Teams 5000m Championships & VRWC races, Dolomore Reserve, Queen St, Mentone
Feb 10 (Sat), 2018	AV Shield Final (P1), Lakeside Stadium – 2000m Walk
Feb 11 (Sun), 2018	Australian 20km Road Walking Championships, Adelaide, SA
Feb 15-18, 2018	Australian Athletics Championships & Nomination Trials, Gold Coast, QLD (no walks)
Feb 18 (Sun), 2018	VMA 5000m Walk Champs, VRWC Races, Dolomore Reserve, Queen St, Mentone
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	Australian Junior Athletics Championships, Sydney, NSW
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 <http://www.mastersathleticswa.org/perth2018/>
 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)

2018 IAAF Racewalking Challenge Events

Feb 24-25, 2018 Cat B Memorial Jerzy Hausleber, Monterrey, MEX
 Apr 7, 2018 Cat B 27th Grande Prémio Internacional de Rio Maior em Marcha Atlética, Rio Maior, POR
 May 5-6, 2018 Cat A IAAF World Race Walking Team Championships, Taicang, CHN
 May 26, 2018 Cat B XXXII Gran Premio Cantones de La Coruña, La Coruña, ESP
 Sep 23-26, 2018 Cat B Around Taihu International Race Walking 2018, Wuzhong, CHN

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 www.mastersathleticsoceania.com
 Jan 20 (Sat), 2018 USA 50km Championships, San Diego, California
 Mar 9-11, 2018 NZ T&F Championships, Hamilton, NZL (5000m and 20km)
 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 **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
 Jun 9 (Sat), 2018 International Racewalk Meet, Simnas, Lithuania
 July 10-15, 2018 **16th World Junior T&F Championships**, Tampere, Finland
 Aug 7-12, 2018 **European Athletics Championships**, Berlin, Germany
 Sept 4-16, 2018 **22nd World Masters Athletics T&F Championships**, Malaga, Spain

 Mar 24-30, 2019 **World Masters Indoors T&F Championships**, Torun, Poland
 July 3-14, 2019 **30th Summer Universiade**, Naples Italy
 Sept 28 – Oct 6, 2019 **17th IAAF World Championships in Athletics**, Doha, Qatar

 May, 2020 **29th IAAF World Race Walking Team Championships**, Minsk, Belarrus
 July 24 – Aug 9, 2020 **32nd Olympic Games**, Tokyo
 July 20 – Aug 1, 2020 **23rd World Masters T&F Championships**, Toronto, Canada
 Aug 6-15, 2021 (TBC) **18th IAAF World Championships in Athletics**, Eugene, USA
 July 18-30, 2022 **XXII Commonwealth Games**, Birmingham, GBR.

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