



## HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club  
2017/2018 Number 24  
13 March 2018



**VRWC Preferred Supplier of Shoes, clothes and sporting accessories.**

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

### WALKERS OF THE WEEK

My Walker of the Week is jointly awarded to three young walkers for their outstanding achievements in the annual Little Athletics Victoria T&F Championships which were contested last weekend in Melbourne

- **Darcey Roberts** started athletics / race walking only 5 months ago, but she has made great inroads in a very short time. Representing the Knox region, she won the LAVic U11 1100m walk last Saturday in a new Victorian Record of **5:30.23**. This follows her win in the Victorian U14 3000m walk (18:29.88) in last month's Victorian T&F Championships.
- **Luke Epps**, also from Knox, has been walking with distinction since he first started in the 2015/2016 summer season. He won the U9 and U10 LAVic walk titles in 2016 and 2017 respectively. And he has done it again this year, with a win in the U11 Boys 1100m walk. What makes this one stand out is that he did it in style, with a new Victorian record of **5:19.82**.
- And finally, Ballarat walker **Alanna Peart** provided something rarely seen when she won her seventh LAVic State Title in a row. She won the U9 700m Walk in 2012 and has won every year since then, right through to this year when she won the U15 1500m Walk with her time of **6:51.88**. What a wonderful effort.

Well done to Darcey, Luke and Alanna on great efforts! A trifecta of very talented young athletes!



*Alanna Peart, then (2012) and now (2017) - photos Kerrie Peart*  
*U11 record holders Darcey Roberts and Luke Epps - photos Theresa Smith*

## WHAT'S COMING UP

- Starting tomorrow and continuing until next Sunday, the **Australian Junior T&F Championships** will be contested in Sydney. The walks are scheduled as follows

Wed 14 Mar	4:30PM	U18/U17 5000m Walks Boys
	5:25PM	U18/U17 5000m Walks Girls
Thu 15 Mar	4:45PM	U14 3000m Walks Boys/Girls
Fri 16 Mar	8:00AM	U20 10,000m Walks, Men and Women
	4:50PM	U15/U16 3000m Walks Boys
	5:40PM	U15/U16 3000m Walks Girls

The meet includes the official trials for the 2018 World Junior Championships so the 10,000m walks on Friday include all our top junior walkers. Full start lists can be viewed at <http://www.athletics.com.au/Portals/56/2018%20ajac%20entry%20list%20120318%20updated.pdf>. Here are the U20 10,000m fields.

### 10,000m U20 Men

Baker, Mitchell	01	ACT
Barendregt, Travis	00	NSW
Bedford, Kyle	00	NSW
Burns, Callum	00	ACT
Dickson, Corey	02	VIC
Fraser, Timothy	00	ACT
Frew, Connor	00	ACT
McGinniskin, Jack	02	NSW
Millard, Thomas	01	WA
Reid, Benjamin	01	WA
Richardson, Dylan	00	NSW
Swan, Kyle	99	VIC
Tebbutt, Oscar	01	NSW
Thomson, Ryan	00	NSW
Tingay, Declan	99	WA

### 10,000m U20 Women

Blackwell, Anna	01	TAS
Cross, Anna	99	SA
Cross, Bethany	00	SA
Davison, Mackayla	00	VIC
Goodhew, Chelsea	99	NSW
Hayward, Katie	00	QLD
Henderson, Rebecca	01	VIC
Huse, Phillipa	99	VIC
McDonald, Jasmyn	99	NSW
Noonan, Emily	00	VIC
O'Neill, Molly	00	NSW
Randall, Alice	00	TAS

- Next weekend sees championships galore in Europe
  - Portuguese Roadwalk Championships, Montemor-o-Novo, Portugal
  - 49<sup>th</sup> Trofeo "Ugo Frigerio", Saronno, Italy
  - French Road Walking Championships, Merignac, France
  - Spanish 20km Race Walking Championships, Castellón, Spain

as well as the Asian 20km Race Walking Championships in Nomi, Japan

Just to zoom in on one of these meets, next Sunday sees the French 20km and 50km Roadwalk Titles in Merignac. Yohann Diniz is not walking as he wants to focus on the European 50km later this year, but the other top French walkers will all be in action. I am very excited to see 4 women and 17 men entered in the 50km championships and a further 3 women entered in the 35km. The 20km fields are also very big See the start lists at <https://tinyurl.com/y9hy7ymu>.

- That is just about it for the summer, with only a few major dates still to go.
  - Mar 24-26, 2018 Victorian Masters T&F Championships, Doncaster
  - Apr 26-29, 2018 Australian Masters T&F Championships, Perth, WA
  - Apr 28-29, 2018 Australian Little Athletics Championships, Gold Coast, QLD
- Then it's a break for all our Victorian walkers until the VRWC winter roadwalk season starts at Middle Park on Saturday 28<sup>th</sup> April. See our winter season fixture at <http://www.vrwc.org.au/vrwcw18.shtml>.

## LITTLE ATHLETICS VICTORIA T&F CHAMPIONSHIPS AT LAKESIDE STADIUM, MELBOURNE, 11-13 MARCH

Little Athletics is a uniquely Australian sporting program that involves modified athletics events for children aged 5 to 15 (16 in ACT, NSW, QLD and SA, U17 in WA). More than 100,000 young Australians compete across Australia in over 500 separate centres every Saturday morning from late September to late March, learning to run, jump, throw and walk.

The emphasis is on participation and individual development, but the best young athletes are given the chance to hone their skills in State Championships, when the best from each region come together at the end of the season. And that is what happened last weekend in Melbourne for the annual LAVic T&F Championships. Age groups from U9 to U15 were in action, with track walks on offer and fiercely contested.

## Walk highlights included

- New Victorian LA Records to U11 walkers and Knox teammates **Darcey Roberts** (5:30.23) and **Luke Epps** (5:19.82).
- A rarely seen highlight when Ballarat walker **Alanna Peart** won her seventh LA State Title in a row. She won the U9 walk in 2012 and has won every year since then, right through to U15 this year with her time of 6:51.88.
- **Nikola Mandic**'s U15 1500m winning time of 6:26.20. He was my Walker of the Week last year for his U14 win and he has walked superbly once again to take out the U15 race.
- Fantastic walks by **Liam Hutchins** (5:31.67) and Knox teammate **Hamish Blackwood** (5:32.77) in the U10 1100m.
- The great times by Diamond Valley walker **Sarah Holmes** (3:47.73) and Bendigo walker **Maurice Nihill** (3:44.22) in winning the U9 700m walks
- The huge performance of Knox walkers who took 13 walk medals (including 6 golds). Special mention to Knox coach **Frances Attard** who must take Coach of the Meet award.

### Girls U15 1500m Walk

1.	Alanna Peart	Ballarat	6:51.88
2.	Carissa Brook	Bendigo	8:07.43
3.	Amaliya Taylor	Geelong	8:31.37
4.	Libby Riviere	Geelong	8:43.44
5.	Alannah Dingli	Mentone	8:52.09
6.	Montana Owen-Wilson	Dandenong	9:20.44
7.	Aleesha Whittle	Caulfield 1	9:47.84
8.	Jess Fitzgerald	Dandenong	10:05.28
	Charli Walker	Geelong	DQ

### Boys U15 1500m Walk

1.	Nikola Mandic	Berwick	6:26.20
2.	Nikolaj Djordjevic	Mentone	7:00.12
3.	Bede Collis	Diamond Valley	7:27.20
4.	Geromi Tucker	Ringwood	8:22.34
5.	Jayden Day	Bendigo	8:39.08
6.	Lachlan Benbow	Melton City	9:13.10
7.	Alex Hayes	Seaford	10:04.51

### Girls U14 1500m Walk

1.	Charlotte Hay	Knox	7:04.39
2.	Hayley Woolfe	Berwick	7:16.41
3.	Brianna Briet	Cranbourne	7:28.20
4.	Jasmine Colbert	Berwick	7:39.85
5.	Grace Young	Collingwood	7:42.47
6.	Charlotte Holmes	Diamond Valley	7:51.03
7.	Grace Louey	Knox	8:16.28
8.	Lana McLachlan	Geelong	8:22.24
9.	Jordyn Leamer	Corio	8:25.62
10.	Erica Brown Yamada	Box Hill	8:27.16
11.	Neeve Bakker-Graham	Geelong	8:29.04
12.	Eliza Thompson	Frankston	8:37.21
13.	Tess Bartlett	Sherbrooke	8:41.00
14.	Jade Chitty	Werribee	8:44.63
15.	Kaylee Mangion	Brimbank	8:49.64
16.	Kayla Trezise	Westernport	9:04.26
17.	Meg McDowell	Croydon	9:16.97

### Boys U14 1500m Walk

1.	Fraser Saunder	Ballarat	7:10.54
2.	Nathaniel Louey	Knox	7:37.70
3.	Angus Hay	Knox	7:57.39
4.	Owen Costin	Geelong	8:41.43
5.	Tyson Lambrick	Dandenong	9:46.18

### Girls U13 1500m Walk

1.	Kaylah Heikkila Dubowik	Geelong	8:05.28
2.	Abigail McCulloch	Wonthaggi	8:22.42
3.	Gemma Lillie	Knox	8:48.56
4.	Emma Dalgleish	Frankston	8:59.91
5.	Eddie Bridgewater	Preston-Res	9:00.32
6.	Catherine Dynes	Diamond Valley	9:38.22
7.	Lily Petterwood	Geelong	9:42.56
8.	Chloe Freestone	Cranbourne 1	9:54.47
9.	Zoe Pandey	Nunawading	10:07.02
10.	Ataylia Melkic	Dandenong1	10:10.65
	Ellie Lopez	Werribee 1	DQ
	Tylah Burn	Pakenham 1	DQ

### Boys U13 1500m Walk

1.	Simon Battagello	Nunawading	7:28.45
2.	Liam O'Rourke	Knox	7:39.65
3.	Fletcher Hughes	Geelong	8:24.69
4.	Nikita Djordjevic	Mentone	8:48.24
5.	Nicolas Bannan	Whittlesea City	9:33.92
6.	James Taylor	Melton City	9:39.32
7.	Michael Sparks	Sunbury 1	9:44.62
8.	Angus Brown Yamada	Box Hill	9:58.34

### Girls U12 1500m Walk

1.	Caitlin Charles	Corio	7:58.30
2.	Molly Holmes	Diamond Valley	8:11.81
3.	Aria Wesson	Knox	8:20.09
4.	Abby Trezise	Westernport	8:30.46
5.	Tia Sungkar	Berwick	8:31.30
6.	Emma Starick	Box Hill	8:38.69
7.	Charlotte Murphy	Bendigo	8:46.10
8.	Arlia Whitehead	Traralgon	9:07.53
9.	Emily Smith	Seaford	9:09.25

### Boys U12 1500m Walk

1.	Noah Burns	Geelong	7:38.73
2.	Marcus Wakim	Collingwood	7:42.18
3.	Sebastian Weickhardt	Werribee	8:07.34
4.	Liam McLennan	Doncaster	8:09.68
5.	Shannon Delaney	Seaford	8:48.37
6.	Scott Peart	Ballarat	8:49.32
7.	Kyle Taylor	Keilor	9:15.83
8.	Corey Leamer	Corio 1	9:48.65
9.	Alex Tolson	Maryborough 1	9:50.74

10. Chloe Colbert	Berwick	9:20.00	10. William Harcourt	Box Hill 1	10:12.05
11. Hannah Brady	Geelong	9:26.10	11. Ethan Hellstrom	Diamond Vall	10:28.61
12. Charlee Dickson	Diamond Valley	9:27.40	12. Jason Clappers	Cranbourne 1	11:13.39
13. Alessia Cavicchia	Ringwood 1	9:50.12	Eden Morgan	Knox	DQ
14. Emily Anderson	Bendigo 1	9:56.74	Stefan Mandic	Berwick 1	DQ
15. Sophie Johnstone	Knox	10:01.03			
16. Kirra Robinson	Corio 1	10:02.93			
17. Evie Lee	Collingwood 1	10:03.42			
18. Olivia Moutia	Coburg 1	10:18.24			
19. Zoe Vom	Coburg 1	10:34.88			
20. Taliah Black	Frankston 1	10:36.84			
21. Tamara Elliott	Maryborough 1	11:08.94			
22. Isabelle Walker	Geelong 1	11:13.43			
Felicity Terry	Berwick	DNF			
Lucy Marescuk	Geelong	DQ			

#### Girls U11 1100m Walk

1. Darcey Roberts	Knox	5:30.23V
2. Riannah Tatlock	Geelong	5:46.86
3. Alannah Upson	Seaford	5:59.21
4. Maddison Nash	Diamond Valley	6:07.35
5. Maddison Vaughan	Bendigo	6:12.81
6. Jasmine Murphy	Bendigo	6:23.56
7. Ella Cunningham	Cranbourne	6:31.64
8. Jaylen Mangion	Brimbank	6:42.99
9. Tahlia Langelaan	Berwick	6:43.74
10. Amelia Davidson	Diamond Valley	6:49.66
11. Scarlett Wheeler	Yarra Ranges	6:51.09
12. Katie Barnes	Shepparton	6:53.46
13. Maggie Clatworthy	Geelong	7:01.84
14. Courtney Campbell	Bendigo	7:02.11
15. Amber Fox	Bendigo	7:05.96
16. Keely Freestone	Cranbourne	7:16.26
17. Isabella Bocian	Cranbourne	7:24.07
18. Sasha Carroll	Yarra Ranges	7:25.39
19. Alejandra Ortega Aguilar	Altona	7:28.01
20. Layla Collins	Nunawading	7:46.95
21. Tayla Corbett	Frankston	7:48.27
22. Erin Taylor	Croydon	7:57.12

#### Girls U10 1100m Walk

1. Alyssa Chapman	Knox	6:02.24
2. Ashleigh Perkins	Cranbourne	6:04.82
3. Ella Duncan	Brimbank	6:12.11
4. Madison Gillett	Corio	6:25.05
5. Isabella Finlayson	Frankston	6:27.11
6. Scarlett Adams	Whittlesea City	6:41.37
7. Amy Woolfe	Berwick	6:44.70
8. Madeleine McGregor	Box Hill	6:47.86
9. Indianah Hayes	Sherbrooke	6:53.10
10. Jasmine King	Geelong	7:04.76
11. Charlotte Comport	Yarra Ranges	7:11.96
12. Taihlar-Jo Kampf	Whittlesea City	7:21.21
13. Sophie Fazioli	Traralgon	7:23.98
14. Georgia Courtis	Cranbourne	7:27.50
15. Jorja Tallent	Ballarat	7:32.20
16. Bonnie Lee	Collingwood	7:33.84
17. Mackenzie Turner	Berwick	7:53.15
18. Alexia Olorenshaw	Preston-Res	7:56.34
19. Millie Bennett	Mentone	8:06.27
Emily Bozovic	Altona	DQ

#### Girls U9 700m Walk

1. Sarah Holmes	Diamond Valley	3:47.73
2. Mietta Morgan	Knox	3:51.08
3. Harli Lennon	Seaford	3:52.21

#### Boys U11 1100m Walk

1. Luke Epps	Knox	5:19.82V
2. Zachary Matters	Box Hill	5:34.97
3. Jake Tsigros	Whittlesea City	5:48.25
4. Ben Frewin	Caulfield	6:14.40
5. Eamon Hill-Goodear	Geelong	6:15.45
6. Lachlan Rumley	Whittlesea City	6:23.38
7. Brodie Atcheson	Berwick	6:24.64
8. Brodie Tallent	Ballarat	6:51.81
9. Thomas Rose	Westernport	6:55.74
10. Riley Coughlan	Sunbury	6:59.76
11. Marcus Carelli	Preston-Res	7:15.28
12. Noah McMenamin	Keilor	7:19.55
13. Thomas Coombs	Ringwood	7:26.58
14. Sloan Mulholland	Wodonga	7:47.39
15. Kobe de Run	Diamond Valley	7:52.12
16. Aiden Smith	Seaford	7:52.53
17. Josiah Rowland	Maryborough	8:30.69

#### Boys U10 1100m Walk

1. Liam Hutchins	Knox	5:31.67
2. Hamish Blackwood	Knox	5:32.77
3. Remy Pandey	Nunawading	5:57.86
4. Ethan Nash	Diamond Valley	6:25.65
5. Riley Jones	Ringwood	6:39.28
6. Rudi Coggins	Mentone	6:47.94
7. Liam Northey	Dandenong	6:54.09
8. Cullen Anderson	Cranbourne	6:58.51
9. William Charles	Corio	7:02.33
10. Ari Aughterson	Collingwood	7:09.92
11. Tye Beadel	Pakenham	7:17.11
12. Campbell Lavender	Coburg	7:27.44
13. Samuel Rumpff	Maryborough	7:29.52
14. Joshua Berry	Whittlesea City	7:41.92
15. Gareth Lewis	Westernport	7:42.80
16. Blake Gilmour	Doncaster	7:55.54
17. Wesley Ansell	Geelong	8:06.98
Lucas Wilhelm	Wodonga	DQ
Robert McDowell	Croydon	DQ
Hassan Abdelrahim	Berwick	DQ
Thomas Merry	Whittlesea City	DQ

#### Boys U9 700m Walk

1. Maurice Nihill	Bendigo	3:44.22
2. Max Davidson	Diamond Valley	3:54.17
3. James Barna	Knox	4:09.22

4.	Zahlia Heikkila Dubowik	Geelong	3:56.42	4.	Marko Mandic	Berwick	4:09.47
5.	Kate Wilson	Bendigo	4:10.39	5.	Oliver Day	Corio	4:13.90
6.	Eva Johnson	Yarra Ranges	4:33.89	6.	Charlie Thomas	Caulfield	4:17.80
7.	Pia Miraglia	Colac	4:37.50	7.	Beau Mason	Diamond Valley	4:19.08
8.	Alice Panopoulos	Collingwood	4:41.89	8.	Attri Ridham	Whittlesea City	4:21.89
9.	Indiana van Ramselaar	Wodonga	4:45.63	9.	Patrick Staines	Seaford	4:33.97
10.	Monique Williams	Box Hill	4:49.85	10.	Jacob Langelaan	Berwick	4:34.55
11.	Emma Kuklych	Sth Melb	4:56.71	11.	Tylar Forsyth	Werribee	4:51.48
12.	Makayla Black	Frankston	4:57.76	12.	Matthew Ballamy	Brighton	5:06.76
13.	Phoebe Schneider	Ballarat	4:57.90	13.	Alex Barnes	Shepparton	5:08.62
14.	Emilie Lorentzen	Caulfield	5:09.79	14.	Lucas Harris	Brimbank	5:12.09
15.	Emma McCaffrey	Caulfield	5:12.01	15.	Austin Beattie	Altona	5:23.56
16.	Emily Rogers-Whyte	Sandringham	5:13.50		Mitchell Freeman	Whittlesea City	DQ
17.	Julia Hipwell	Waverley	5:14.64		H Adams	Oakleigh	DQ
18.	Lula Parrott	Doncaster	5:23.02		Rory Gibson	Ringwood	DQ
19.	Serana Evans	Shepparton	5:38.53				
20.	Lacey Williams	Box Hill	5:48.40				
	Alice Rose	Westernport	DQ				
	Annabelle Thomas	Brimbank	DQ				
	Heidi Duncan	Brimbank	DQ				
	Chloe Allen	Berwick	DQ				



*The U9 Boys 700m field*



*Podiums: U14 Girls (Nathaniel Louey, Fraser Saunder, Angus Hay), U15 Girls (Carissa Brook, Alanna Peart, Amaliya Taylor) and U15 Boys (Nikolaj Djordjevic, Nikola Mandic, Bede Collis)*



*Left: Coach Frances Attard with her successful squad last weekend  
Right: Liam Hutchins (5:31.67) and Knox teammate Hamish Blackwood (5:32.77) fight out the U10 1100m*

**SAMA TRACK WALKS, SA ATHLETICS STADIUM, MILE END, ADELAIDE, WEDNESDAY 7 MARCH**

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

**800m Walk**

1.	Marie Maxted	04:46	W57
2.	James Hoare	05:35	M71
3.	Brian Witty	05:45	M67
4.	Helen Suridge	05:48	W67
5.	Rodger Barber	05:53	M79
6.	Valmai Padget	05:58	W73
7.	Malcolm Tiggeman	05:58	M65
8.	Roger Lowe	06:06	M74
9.	Graham Harrison	06:09	M74
10.	Margaret McIntosh	06:12	W65
11.	Kate White	06:47	W52
12.	David Robertson	06:47	M84

**5000m Walk**

1.	Marie Maxted	34:27	W57	69.39%
2.	James Hoare	36:07	M71	70.22%
3.	Graham Harrison	38:28	M74	68.55%
4.	Ross Hill-Brown	42:23	M63	54.57%
5.	David Robertson	43:41	M84	70.32%

**3000m Walk**

1.	Gil McIntosh	20:15	M67	70.16%
2.	Helen Suridge	22:44	W67	68.73%
3.	Rodger Barber	23:02	M79	72.16%
4.	Valmai Padget	24:13	W73	70.22%
5.	Margaret McIntosh	24:19	W65	62.65%
6.	Roger Lowe	24:52	M74	62.28%
7.	Kate White	27:26	W52	48.41%

**ACTRWC TRACK WALKS, AIS ATHLETICS TRACK, CANBERRA, THURSDAY 8 MARCH**

Thanks to Robin Whyte for the latest results from Canberra. Fastest time to **Mitchell Baker** (6:04 for 1500m).

**1500m Handicap**

1.	Andrew Camp-Liddiard	8:52
2.	Judi Jamieson	12:54
3.	Peter Baker	7:48
4.	Callum Burns	6:24

5.	Owen Toyne	9:49
6.	Laura Burns	7:33
7.	Ann Staunton-Jugovic	7:49
8.	Mitchell Baker (F/T)	6:04
9.	Robin Whyte	9:19
10.	Bryan Thomas	10:27
11.	Lorna England	11:36
12.	Harry Baker	9:56
13.	Val Chesterton	13:23
14.	Margaret McSpadden	12:00
15.	Ella Baker	10:05
16.	Geoff Barker	12:11
17.	Doug Fitzgerald	12:04
	Tim Fraser	DQ

#### BENDIGO WALKERS CLUB ROADWALKS, ROSALIND PARK, BENDIGO, WEDNESDAY 7 MARCH

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

The Bendigo Walkers Club held 1.5km and 3km sealed handicap events in Rosalind Park on Wednesday evening with a small number of walkers competing. In the 1.5km, **Carissa Brook** was 1<sup>st</sup> and also took fastest time honors, with **Sheridan Commons** 2<sup>nd</sup> and **Caitlyn Curtis** in 3<sup>rd</sup> place. The 3km race also saw the fastest walker in **Peter Curtis** take handicap honors as he scored a big victory with his time just 3 seconds outside his lifetime best over the distance while **Bill Lotherington** took 2<sup>nd</sup> place and **Barb Bryant** was 3<sup>rd</sup>.

##### 1.5km Walk

1.	Carissa Brook	8.01
2.	Sheridan Commons	10.14
3.	Caitlyn Curtis	12.05

##### 3km Walk

1.	Peter Curtis	16.07
2.	Bill Lotherington	21.53
3.	Barb Bryant	17.31
4.	Annette Curtis	21.22

#### ATHLETICS TASMANIA INTERCLUB, DOMAIN ATHLETICS TRACK, HOBART, FRIDAY 9 MARCH

##### 1000m Walk

1.	Alice Randall	Old Virgilians	6:57.1
2.	Bayley Campbell	Old Virgilians	7:08.4
3.	Anna Blackwell	Old Virgilians	7:19.4
4.	Ron Foster	Tasmanian Masters	7:23.0
5.	Elka Paprotny	Old Virgilians	8:08.2

#### ATHLETICS SA SEASON FINALE, SA ATHLETICS STADIUM, MILE END, ADELAIDE, SATURDAY 10 MARCH

##### 1500m Walk

1.	Kiera Ross	PEMBROKE	7:49.55
----	------------	----------	---------

##### 3000m Walk

1.	Tristan Camilleri	COASTAL DIST	13:47.39
2.	Samantha Findlay	SOUTHERN	15:35.59
3.	Greg Metha	HILLS DISTRI	19:06.33
4.	James Hoare	PORT ADELAID	21:47.79
	Mathew Bruniges	SOUTHERN	DNF

#### QMA T&F MEET, SAF, BRISBANE, SATURDAY 10 MARCH

##### 5000m Walk

1.	Ignacio Jimenez	M52	Brisbane	24:41.48	3.04%
2.	Peter Bennett	M62	Brisbane	28:21.39	9.11%
3.	Charlotte Mamann	W17	Visitor	35:22.26	5.93%

4.	Patrick Sela	M78	GC & Sthrn	39:12.96	8.17%
5.	Noela McKinven	W75	Brisbane	41:40.86	3.22%
6.	Mark Carlile	M44	Brisbane	DQ	

**SAMA 10,000M TRACK CHAMPIONSHIP, SA ATHLETICS STADIUM, MILE END, ADELAIDE, SUNDAY 11 MARCH**

The South Australian Masters were back in action on Sunday for their annual 10,000m Track Championships in Adelaide.

**SAMA 10,000m Track Championships**

1.	Margaret McIntosh	1:26:52	W65	63.70%
1.	Marie Maxted	1:09:52	W57	71.51%
1.	David Robertson	1:32:55	M84	68.44%
1.	Rodger Barber	1:19:52	M79	73.14%
1.	Trevor Mayhew	1:10:25	M71	74.02%
2.	James Hoare	1:15:05	M71	69.42%
3.	Graham Harrison	1:24:24	M74	64.28%
1.	Gil McIntosh	1:11:19	M67	69.60%

**NZ T&F CHAMPIONSHIPS, PORRITT STADIUM, HAMILTON, NEW ZEALAND, 9-11 MARCH**

The New Zealand T&F Championships last weekend included 3000m walks (on Friday) and 20km/10km roadwalks (Sunday morning). 3000m walk wins to **Scott Nelson** (14:44.59) and **Rozie Robinson** (14:55.99). 20km wins to **Damian Blocki** (1:34:23) and **Alannah Barber** (1:35:26).

**Open Men 3000m walk**

1.	Scott Nelson	49	International	14:44.59
2.	Mike Parker	65	Auckland	15:49.80
3.	David Smyth	49	International	16:47.25

**Open Women 3000m walk**

1.	Rozie Robinson	28	Canterbury	14:55.99
2.	Corinne Smith	52	Northland	15:36.44

**U20 Men 3000m walk**

1.	Alexander Brown	18	Otago	14:58.83
----	-----------------	----	-------	----------

**U18 Men 3000m walk**

1.	Daniel Du Toit	15	Wellington	15:27.27
2.	Bradyn Popow	15	Manawatu Wanganui	17:19.69

**U18 Women 3000m walk**

1.	Arnika Nelson	15	International	16:11.17
2.	Alice Ritchie	15	Canterbury	17:15.03
3.	Hannah Gilbert	17	Taranaki	18:03.08
4.	Laura Kehely	16	Taranaki	18:35.41

**Open Men 20km Roadwalk**

1.	Damian Blocki	29	International	1:34:23
2.	Lyndon Hohaia	51	Auckland	1:59:47
3.	Eric Kemsley	67	Taranaki	2:01:38
4.	Joseph Antcliff	52	Wellington	2:26:17

**Open Women 20km Roadwalk**

1.	Alana Barber	31	Auckland	1:35:26
2.	Rozie Robinson	28	Canterbury	1:55:31
3.	Corinne Smith	52	Northland	1:59:50
	Jacqueline Wilson	72	Wellington	DQ

**U20 Men 10km Roadwalk**

1.	Alexander Brown	18	Otago	53:51
2.	Daniel Du Toit	15	Wellington	53:58
3.	Bradyn Popow	15	Manawatu Wanganui	1:01:32

**U20 Women 10km Roadwalk**

1.	Alice Ritchie	15	Canterbury	1:01:32
----	---------------	----	------------	---------



## LUGANO INTERNATIONAL RACEWALKS, LUGANO, SWITZERLAND, SUNDAY 11 MARCH

Last Sunday saw the staging of the 15<sup>th</sup> Memorial Mario Albisetti in Lugano, Switzerland. With Open 20km and U20 10km races, along with U18 and U16 events, it was the usual big meet, held on one of the fastest courses around. The meet boasted a panel of top international judges in attendance and walkers from 4 continents. It was a rainy day but without wind and with a reasonable temperature, so it did not seem to worry the walkers, and the racing was highly competitive.

Emmanuel Tardi was there and forwarded some great photos and a small race report. Thanks Emmanuel!

The women's 20km race, which started at 9:30AM, saw **Eleonora Giorgi** (ITA) immediately taking the lead, passing 5km with a time of 22:19, a little ahead of **Anezka Drahotova** (CZE) with 22:27 and **Bethan Davies** (GBR) with 22:58. Positions remained unchanged at 10km, with George 44:59, Drahotova 44:59 and Davies 45:50. While Drahotova tried to bridge the gap, it was an impossible ask, and Giorgi went on to win with 1:30:33, ahead of Drahotova (1:30:56) and Davies (1:31:53). Further down the field, Dutch walker **Anne Van AnDEL** set a new national record with her time of 1:50:52. Special mention to GBR walkers **Heather Lewis** (PB 1:36:25) and **Erika Kelly** (PB 1:39:36). What with Bethan Davies coming third, it was a great display by the UK women.

The men's race, which started at 10:15, saw Japanese **Kouki Ikeda** go straight to the lead, along with **Tom Bosworth** (GBR), **Masatora Kawano** (JAP) and **Stefano Chiesa** (ITA). They all passed 5km in 20:45-20:47. The pace soon quickened, with Bosworth and the two Japanese passing the 10km mark in 40:51. Within another lap, the two Japanese had forced a small break over Bosworth but it was never significant, and it came down to a final lap gunfight, with Ikeda (1:21:26) winning ahead of Bosworth (1:21:28) and Kawano (1:21:31).

For some reason, the official results only show finishers but give no indication of the fate of those who are not shown in the final list – I assume they are either DNF or DQ or DNS. See <https://www.endu.net/en/events/lugano-trophy-memorial-mario-albisetti/results>. Anyway, here they are

### 20km Men

1.	IKEDA KOKI	JPN	1:21:26
2.	BOSWORTH TOM	GBR	1:21:28
3.	KAWANO MASATORA	JPN	1:21:31
4.	CHIESA STEFANO	ITA	1:21:46
5.	PALMA OLIVARES ISAAC ANTONIO	MEX	1:21:57
6.	WRIGHT ALEX	IRL	1:23:18
7.	DEI TOS LEONARDO	ITA	1:24:30
8.	MCMANAMON CIAN	IRL	1:24:36
9.	BARRONDO ERICK	GUA	1:24:46
10.	GDULA LUKAS	CZE	1:27:23
11.	LIESTING RICK	NED	1:29:19
12.	ZAUPA ALBERTO	ITA	1:29:43
13.	HLAVAC VIT	CZE	1:36:10
14.	SAKAZAKI SHO	JPN	1:38:51
15.	DE BRUIN REMCO	NED	1:43:43
16.	SMOLA JOSEF	CZE	1:45:44

### 20km Women

1.	GIORGI ELEONORA ANNA	ITA	1:30:31
2.	DRAHOTOVA ANEZKA	CZE	1:30:48
3.	DAVIES BETHAN	GBR	1:31:53
4.	COLOMBI NICOLE	ITA	1:34:50
5.	ZUREK TERESA	GER	1:35:37
6.	LEWIS HEATHER	GBR	1:36:14
7.	KELLY ERIKA	GBR	1:39:36
8.	BARCELLA LIDIA	ITA	1:39:38
9.	BURKE VERONICA	IRL	1:44:25
10.	VALE KATE	IRL	1:45:08
11.	VAN ANDEL ANNE	NED	1:50:52
12.	MATERNOVA KATERINA	CZE	2:01:39

### U20/U18 10km Men

1.	FRENZL JOHANNES	U18	GER	44:22
2.	GAMBA GABRIELE	U18	ITA	45:16
3.	RICHTER NIKLAS	U20	GER	45:22
4.	STRAMKA JAN	U20	GER	45:25
5.	ANDREI ALDO	U18	ITA	45:28
6.	JUNGHANNSS OTTO	U20	GER	46:02
7.	SCHMIDT JAKOB	U18	GER	46:33
8.	LIBNAR VOJTECH	U20	CZE	47:01

9.	LANE OISIN	U18	IRL	48:02
10.	ANGIOLETTI ANDREA	U18	ITA	48:30
11.	BONZON NATHAN	U20	SUI	48:44
12.	BENINI DAVIDE	U18	ITA	51:45
13.	SCHUBERT KRYSSTOF	U20	CZE	54:55
14.	GHISLANDI LUCA	U18	ITA	55:20

**U20/U18 10km Women**

1.	FUJII NANAOKO	U20	JPN	47:51
2.	YOSHIDA YU	U20	JPN	49:06
3.	RICHTER JULIA	U20	GER	50:23
4.	KIRCHNER CAROLIN	U20	GER	51:07
5.	CRIVELLARO CAMILLA	U20	ITA	52:03
6.	LIVIANI Francesca	U18	ITA	55:38
7.	CRISPIANI GIULIA	U18	ITA	59:18
8.	RONCHETTI LEDA	U18	ITA	59:49



*Left: Tom Bosworth, Callum Wilkinson, Masatora Kawano, Kouki Ikeda and Isaac Palma  
Right: Eleonora Giorgi and Anezka Drahotova*



*Kouki Ikeda, Tom Bosworth, Masatora Kawano, Eleonora Giorgi and Anezka Drahotova*

## 21<sup>ST</sup> SOUTH AMERICAN RACEWALK CHAMPIONSHIPS, SUCÚA, ECUADOR, 10-11 MARCH

My report is that of Javier Clavelo Robinson for the IAAF (see <https://www.iaaf.org/news/report/south-america-race-walk-champs-2018-bonilla>).

**Magaly Bonilla** set a South American record of 4:19:43 in the women's 50km at the 21<sup>st</sup> South American Race Walking Championships on Saturday in Sucúa, Ecuador, the third leg of the IAAF Race Walking Challenge. Contested for the first time in the history of the championships, the women's 50km was held alongside the men's race. 26-year old Bonilla was never challenged by the other women in the field and won in 4:19:43, eclipsing the previous record by almost 20 minutes. Compatriot **Johana Ordóñez** also finished well inside the previous record, placing second in 4:28:58, ahead of previous area record-holder **Nair da Rosa**, who also improved her personal best to 4:38:48.

"It's a demanding event," said Bonilla, whose time was faster than the bronze medal-winning performance from the IAAF World Championships London 2017. "I struggled with two kilometres to go, but I managed to finish. We only decided to do this event in December. I will walk 50km again in May," added Bonilla, who will contest the event at the IAAF World Race Walking Team Championships Taicang 2018. "I expect to improve much more." Sucúa has been a successful course for Bonilla, who set her 20km personal best of 1:32:44 there in 2017.

In the men's event, Olympian **James Aurelio Rendón** bided his time right to overtake Ecuador's **David Gerardo Velázquez** in the latter stages of the race to claim gold for Colombia in 4:03:42. The 2011 Pan American Games 20k silver medallist was followed by Velázquez (4:07:47), who led until 45km, and another local athlete, **Darwin León** (4:13:12) in the finish line. The host country took the top honours in the team standings.

In the women's 20km, 2017 IAAF Race Walking Challenge winner **Erica de Sena** held off the challenge of Ecuador's 2015 Pan American Games bronze medallist **Paola Perez** to take gold for Brazil in 1:30:22, 15 seconds ahead of Pérez. Previous South American winner **Kimberley García** joined that duo in the first half of the race and had to settle for third in 1:32:48. García, sixth-placed Leydy Guerra and 10th-place finisher Evelyn Inga combined their performances to give Peru the team title.

In the absence of South America's top two 20km specialists – Colombia's world champion Eider Arevalo and Brazil's Caio Bonfim – 50km specialist **Andres Chocho** led a home sweep in the men's 20km, his second win of the season after taking the 50km in Monterrey two weeks earlier. Chocho was joined by fellow Ecuadorian **Mauricio Arteaga** in the lead as they progressively separated themselves from the rest of the field. The 34-year old showed his experience over his younger compatriot to finish first in 1:22:51 and retain the regional crown he last won in Salinas, also at home, in 2016. Arteaga (1:23:13) and **Bryan Pintado** (1:24:16) joined him on the podium and secured the team title for the host nation.

"I felt well during the race, but I felt the effects of the 50km in Mexico towards the end," said Chocho, who now leads the Race Walking Challenge standings. "This is my third time racing in Sucúa. It's a good course and the people here motivate you to do your best. Looking forward to Taicang, we won a team bronze in 2016 and we can repeat or do better this time around."

Ecuador also dominated the races among the younger athletes thanks to **María Belén Villalba** in the U18 women's 5km and world U18 champion **Glenda Morejón** in the U20 women's 10km.

After one stop in Australia and two in Latin America, the Race Walking Challenge now moves to Rio Maior, Portugal, the last competition before the IAAF World Race Walking Team Championships in May. The seven-leg series will end in China in September.

### 50km Men

1.	JAMES AURELIO RENDON VILLEGAS	1985	COL	4:03:42
2.	VELASQUEZ CAIZA DAVID GERARDO	1994	ECU	4:07:47
3.	LEON TENESACA DARWIN FERNANDO	1995	ECU	4:13:12
4.	LUIS CAMPOS	1995	PER	4:17:04
5.	RODRIGO JAVIER ZEBALLOS PEÑA	1994	BOL	4:18:25
6.	VILLANUEVA FLORES CLAUDIO PAULINO	1988	ECU	4:19:12
7.	XAVIER ALEXANDER MENA JARA	1998	ECU	4:23:25
8.	RONAL REY QUISPE MISME	1988	BOL	4:27:33
9.	JEFFERSON SANTIAGO IMBACUAN PAUCAR	1994	ECU	4:38:32
10.	FABIO URDAY	1993	PER	4:52:47
	JOSE ALESSANDRO BERNARDO BAGIO	1981	BRA	DNF
	PAVEL CHIHUAN	1986	PER	DNF
	FABRICIO SALAS	1997	CHI	DNF

### 50km Women

1.	MAGALY BEATRIZ BONILLA SOLIS	1992	ECU	4:19:43
2.	JOHANNA EDELMIRA ORDOÑEZ LUCERO	1987	ECU	4:28:58
3.	NAIR DA ROSA	1980	BRA	4:38:48

4.	YOCY CABALLERO	1993	PER	4:42:37
5.	MIRIAM DE JESUS GUTIERREZ ARICHAVALA	1981	ECU	4:54:54
6.	CARTAGENA BONILLA MYRIAM	1992	ECU	5:02:51

#### 20km Men

1.	CRISTIAN ANDRES CHOCHO LEON	1983	ECU	1:22:51
2.	JOSE MAURICIO ARTEAGA SANCHES	1988	ECU	1:23:13
3.	BRYAN DANIEL PINTADO ALVAREZ	1995	ECU	1:24:16
4.	AMORES CARUA JONATHAN JAVIER	1998	ECU	1:26:35
5.	CESAR RODRIGUEZ	1997	PER	1:26:37
6.	JHON ALEXANDER CASTAÑEDA ANGULO	1992	COL	1:27:35
7.	EDGAR MAURICIO SAQUIPAY PAÑI	1996	ECU	1:28:50
8.	OSCAR JOEL VILLAVICENCIO MERELO	1993	ECU	1:29:37
9.	JUAN MANUEL CANO	1987	ARG	1:30:04
10.	MOACIR ZIMMERMANN	1983	BRA	1:30:44
11.	JORDY JIMENEZ	1994	ECU	1:30:59
12.	LUCAS GOMES DE SOUZA MAZZO	1994	BRA	1:31:28
13.	PAOLO YURIVILCA	1996	PER	1:34:57
14.	MAX BATISTA GONCALVES DOS SANTOS	1994	BRA	1:35:43
15.	JOSE CARLOS MAMANI	1998	PER	1:39:46
16.	PABLO ARMANDO RODRIGUEZ PARDO	1997	BOL	1:40:57
17.	LENNY MAMANI	1997	PER	1:42:31

#### 20km Women

1.	ERICA ROCHA DE SENA	1985	BRA	1:30:22
2.	PAOLA BIBIANA PEREZ SAQUIPAY	1989	ECU	1:30:37
3.	KIMBERLY GARCIA	1993	PER	1:32:48
4.	ANGELA MELANIA CASTRO CHIRIVECHZ	1993	BOL	1:33:55
5.	ARABELLY ORJUELA SANCHEZ	1988	COL	1:35:22
6.	LEYDE GUERRA	1998	PER	1:35:30
7.	MARITZA GUAMAN	1988	ECU	1:35:41
8.	INGRID JOHANA HERNANDEZ CASTILLO	1988	COL	1:37:04
9.	YESEIDA ISAID CARRILLO	1988	COL	1:38:24
10.	EVELYN INGA	1998	PER	1:39:09
11.	ELIANAY SANTANA PEREIRA BARBOSA	1984	BRA	1:41:15
12.	VIVIANE SANTANA LYRA	1993	BRA	1:42:39
13.	ODETH ROSELEN HUANCA RASGUIDO	1997	BOL	1:43:26
14.	NOHELIA LUZ MAGNE AVENDAÑO	1994	BOL	1:51:11
15.	ANASTASIA SANZANA	1998	CHI	1:57:16
16.	CATALINA ANABEL URDIALES PESANTEZ	1994	ECU	2:03:01
	JESSICA HANCCO	1995	PER	DQ

#### 10km U20 Men

1.	ALEXANDER DAVID HURTADO ESPINOZA	1999	ECU	41:53
2.	CESAR ALBERTO HERRERA CORTES	1999	COL	43:34
3.	SEBASTIAN FELIPE MERCHAN SARMIENTO	2000	COL	43:46
4.	ANTONIO LOJA	2000	ECU	43:58
5.	ANDERSON CALLEJAS VILLALBA	2000	COL	44:30
6.	JANDRY GUACHISACA	2000	ECU	44:59
7.	OSCAR BRAYAN CARDENAS GÓMEZ	1999	ECU	45:35
8.	MATHEUS GABRIEL DE LIZ CORREA	1999	BRA	46:01
9.	JUAN DAVID JIMENEZ MONTEALEGRE	1999	COL	46:16
10.	SALINAS ASTUDILLO MARCO FERNANDO	1999	ECU	46:54
11.	FAREZ OCHOA KEVIN ANDRES	2000	ECU	48:50
12.	GONZALO BUSTAN	2000	ECU	49:37
13.	JUAN MANUEL CALDERÓN ZÚNIGA	2000	CTA	49:53
14.	MURILO COUTINHO RIBEIRO DA SILVA	2000	BRA	50:33
15.	CALDERON JINSON	2000	IND	50:34
16.	NOE QUISPE	2000	PER	52:47
	MICKI OSCCOHUAMAN	2000	PER	DNF

#### 10km U20 Women

1.	MOREJÓN QUIÑONEZ GLENDA	2000	ECU	46:53
2.	LAURA CRISTINA CHALARCA MOJICA	2000	COL	48:18
3.	MARY ANDIA	2000	PER	49:01
4.	TORRES SARANGO PAULA MILENA	2000	ECU	49:31
5.	MARIA ALEJANDRA CHAPARRO SALINAS	1990	COL	50:46
6.	NATALIA ANDREA MONTAÑA AREVALO	2000	COL	51:29

7.	MAYRA KAREN QUISPE MANCILLA	2000	BOL	51:33
8.	EMILY VILLAFUERTE	2000	PER	51:53
9.	PAÑI MORA JACKELINE JHOANNA	2000	ECU	52:27
10.	REVELO RUIZ KIMBERLY YOLANDA	2000	ECU	52:45
11.	LARYSSA FERNANDA FROIS	2000	BRA	54:08
12.	BRENDA ROCÍO PALMA FERNANDEZ	2000	ARG	55:43
13.	QUICHIMBO PESANTEZ SILVANA KARINA	2000	ECU	55:56
14.	ELICA DE OLIVEIRA COSTA	2000	BRA	58:16

#### 10km U18 Men

1.	OSCAR PATÍN MANOBANDA PATÍN	2001	ECU	45:16
2.	CARRILLO AGUAISA ANDREY DAVID	2001	ECU	46:07
3.	ANDRADE FALCÓN JHONATHAN	2001	ECU	46:07
4.	TUQUERES CONLAGO JOHAN JAVIER	2002	ECU	48:28
5.	JOSUE LÓPEZ	2002	ECU	48:58
6.	KEVIN CAHUANA	2001	PER	49:12
7.	FRANCIS SOTO ROJAS	2002	PER	50:53
8.	FEDERICO DE LIMA ALVAREZ	2001	COL	52:33
9.	CRISTIAN ALEXANDER ROJAS GUZMAN	2002	COL	54:55
10.	KEVIN ANDRES GUZMAN BUITRAGO	2001	COL	55:35
	KAUAN DA SILVA DOMINGUES	2001	BRA	DNF

#### 5km U18 Women

1.	VILLALVA CONSTANTE MA. BELÉN	2001	ECU	25:00
2.	FREYSI DONAYRES	2002	PER	25:15
3.	LISSETH BORRERO GUTIERREZ	2001	COL	25:30
4.	NORITA HUAMANI	2001	PER	25:50
5.	TORRES PUJOTA DIANA PATRICIA	2003	ECU	26:23
6.	GRACE FERNANDA BERNAL CORDOBA	2001	COL	26:47
7.	STEPHANIE CHAVEZ URQUIZO	2002	BOL	26:51
8.	VIVIANA PAUCAR	2001	ECU	26:59
9.	LEIDY NOEMY HERNANDEZ POTES	2002	COL	27:29
10.	GABRIELA DE SOUSA MUNIZ	2002	BRA	27:31
11.	NATALY PILCO PARREÑO	2001	ECU	27:57
12.	ERICA ORTIZ CORO	2001	ECU	28:24
	MARIA JOSE MENDOZA MERINO	2003	ECU	DNF



A new South American women's 50km record of 4:19:43 to Magaly Bonilla (photo <http://www.marciadalmundo.com>)

#### UKRAINIAN WINTER ROADWALK CHAMPIONSHIPS, LUTSK, UKRAINE, 10-11 MARCH

The Ukrainian Winter Roadwalk Championships in Lutsk last weekend was a big 2 day meet, with Open and U23 35km and 20km championships, along with U20, U18 and U16 championships on offer. See full results at [http://competitions.uaf.org.ua/2018.03.10-11\\_lutsk/index.php?r=site/live](http://competitions.uaf.org.ua/2018.03.10-11_lutsk/index.php?r=site/live).

The 35km championships were keenly contested, with wins to **Valeriy Litanyuk** (2:34:28) and Alina Tsviliy (3:04:19). The 20km championships saw wins to **Ivan Losev** (1:20:53) and **Nadia Borovska** (1:29:22). The usual great depth and quality was on display. The women's 35km continues to be used as a building block by women to qualify for the European Championships, With 5 finishers today, the potential European Championships 50km continues to build.

### 35km Men

1.	LITANYUK Valeriy	02.04.1994	2:34:28
2.	ZAKALNYTSKYI Maryan	19.08.1994	2:35:26
3.	SAHARUK Ihor	03.06.1988	2:41:37
4.	SHELEST Oleksiy	27.03.1973	2:48:20
5.	SUSYK Serhiy	21.07.1993	2:54:28
6.	PASICHNYY Stepan (U23)	11.04.1998	2:58:27
7.	RADKO Anton	02.06.1995	2:58:32
8.	ROMANENKO Oleksandr	26.06.1981	3:07:11

### 35km Women

1.	TSVILIIY Alina	18.09.1994	3:04:19
2.	SHELEST Lyudmyla	04.10.1974	3:09:03
3.	HONCHAROVA Marianna	12.11.1986	3:12:46
4.	FILYUK Mariya	14.10.1995	3:17:23
5.	OLYANOVSKA Oleksandra	12.03.1994	3:23:32
	PCHELINTSEVA Viktoriya (U23)	15.02.1997	DNF
	KULAHINA Oksana (U23)	01.04.1997	DNF
	KUSHKA Yuliya (U23)	13.03.1997	DNF
	HARNYK Olha (U23)	28.07.1996	DNF

### 20km Open Men

1.	LOSEV, Ivan	26.01.1986	1:20:53
2.	DMYTRENKO, Ruslan	22.03.1986	1:21:12
3.	BANZERUK, Ivan	09.02.1990	1:21:25
4.	SHUMIK, Viktor	21.05.1998	1:22:57
5.	ZABUZHENKO, Eduard	18.04.1998	1:23:14
6.	BUDZA, Serhiy	06.12.1984	1:24:03
7.	KAZANIN, Oleksiy	22.05.1982	1:25:28
8.	SOBCHUK, Dmytro	07.11.1995	1:25:55
9.	HRECHKOVSYY, Andriy	30.08.1993	1:26:17
10.	SVYSTUN, Oleh	15.09.1997	1:26:28
11.	SAULGRIEZIS, Raivo	04.07.1994	1:27:01
12.	MARCHUK, Andriy	12.12.1998	1:29:51
13.	PADUS, Oleh	08.09.1995	1:41:25
14.	FEDKIV, Volodymyr	16.07.1997	1:41:31
15.	STEPANYUK, Nazariy	20.08.1994	1:44:04

### 20km Open Women

1.	BOROVSKA Nadiya	25.02.1981	1:29:22
2.	KASHYNA Inna	27.09.1991	1:32:24
3.	MYRONCHUK Valentyna	10.08.1994	1:32:38
4.	YUDKINA Khrystyna	04.12.1984	1:32:44
5.	VITOVSHCHYK Vasylyna	30.04.1990	1:36:30
6.	HAVRYLYUK (STASYUK) Tamara	14.12.1995	1:39:36
7.	KHUSAINOVA Darya	27.02.1998	1:42:10
8.	BALYM Yuliya	28.10.1997	1:44:06
9.	SHEVCHUK (SUSLYK) Hanna	18.07.1996	1:47:19
10.	BYELOVA Kseniya	24.02.1998	1:48:41
11.	SHVED Mariia	14.11.1996	1:49:11
12.	CHERNUKHA Iryna	08.01.1998	1:50:34
13.	SOLOHUB Yuliya	04.10.1997	1:54:18
14.	HRYTSAK Olha	19.11.1993	1:55:59
15.	DANYLYUK Diana	31.05.1998	2:01:46
16.	HUDACHOK Mariya	15.07.1996	2:08:56
17.	VELYKA Tetyana	17.06.1998	2:23:29
18.	MAKARENKO Tetiana	11.10.1998	2:31:04

### 10km U20 Men (first 5)

1.	KONONENKO Viktor	03.11.1999	44:29
2.	SYNDYUK Andriy	29.09.1999	44:48
3.	BILYK Ilya	28.06.1999	45:48
4.	BIRYUKOV Vladyslav	02.11.2000	46:20

5.	HONCHARENKO Ihor	19.07.2000	46:41
----	------------------	------------	-------

#### 10km U20 Women (first 5)

1.	FARYNA Yana	05.08.1999	49:53
2.	KASYAN Daryna	01.04.2002	51:08
3.	TKACH Alina	26.12.2001	52:33
4.	KOTYK Yuliya	18.06.1999	53:12
5.	SYCHOK Yevheniya	25.11.2000	54:53

### INTERNATIONAL U18 INDOOR ATHLETIC MATCH, ISTAMBUL, TURKEY, SATURDAY 10 MARCH

This U18 Indoor match, between Turkey, Ukraine, Belarus and France, allows each team a total of 13 U18 boys and 12 U18 girls, with which to cover all the events on offer. So all fields are small, with each of the two 3000m walks comprising only 4 walkers.

#### U18 Girls 3000m

1.	LIZAVETA HRYSHKEVICH	2003	BLR	13:52.12
2.	YULIIA PETRYK	2004	UKR	13:57.36
3.	JULIA PERRICHON	2001	FRA	13:59.85
4.	BEDRIYE TEKIN	2001	TUR	14:19.38

#### U18 Boys

1.	UMUT TEMEL	2001	TUR	12:17.34
2.	YURII ZAMRYHA	2001	UKR	12:21.13
3.	MATTEO DUC	2001	FRA	12:27.02
4.	ANTON BILDZIUHA	2001	BLR	12:47.86

### GREEK ROADWALK CHAMPIONSHIPS, MEGARA BEACH, GREECE, SUNDAY 11 MARCH

Thanks to Zoe Gkinis for the photos and race results from The Greek 20km Open and U23 roadwalk championships which were held last Sunday in Marara, some 50km west of Athens. The championships were the selection trials for the Balkan Games that will take place on April 14<sup>th</sup> in Serbia, so were keenly contested. Conditions were good with a beautiful spring day and a temperature around 20°C.

**Alexandros Papamichail** (1:28:58) won gold in the men's 20km, ahead of **Konstadinos Dedopulos** (1:31:39) and **Dimitros Tsordias** (1:36:11). **Antigoni Drispioti** (1:34:44) won the women's 20km walk but was unfortunately just outside the Greek European Championships standard of 1:34:30. She was a long way ahead of the minor medallists **Panagiota Tsinopoulou** (1:40:09) and **Angeliki Makri** (1:44:08).

The U20 10km races were won by **George Tzatzimakis** (PB 42:00) and **Kiriaki Filitsakou** (51:37) while the U18 titles went to **Anthimos Kelepouris** (46:15) and **Olga Fiska** (24:26.5).

See more at <http://www.segas.gr/index.php/el/news/5412-eksairetiko-ksekinima-sta-megara-apo-tous-athlites-ton-mikron-katigoron>. See also [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3115](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3115).

#### 20Km Open Men

1.	PAPAMIXAIL ALEXANDROS	1988	OF MYKONOS	1:28:58
2.	DENTOPOULOS KONSTANTINOS-AL	1994	OLYMPIA PATRON SA	1:31:39
3.	TSORDIA DIMITRIOS	1996	OLYMPIA PATRON SA	1:36:11
4.	STAMELOS KONSTANTINOS	1989	API FILIPPOS VEROIAS	1:37:31
5.	VAITSIS IOANNIS	1995	GAS ILISSOS ATHENS	1:45:15
6.	CHARALAMPOPOULOS ANTONIOS	1997	PAO THERSPOS THE EROS	1:46:57
7.	TSITOGLOU ISAIAS	1963	AO PEFKIS	1:48:19
8.	KALATZIDIS KONSTANTINOS	1997	PAO THERSPOS THE EROS	2:03:09
	MOUZAKIS PANAGIOTIS	1991	OLYMPIA PATRON SA	DNF

#### 20Km U23 Men

1.	TSORDIA DIMITRIOS	1996	OLYMPIA PATRON SA	1:36:11
2.	CHARALAMPOPOULOS ANTONIOS	1997	PAO THERSPOS THE EROS	1:46:57
3.	KALATZIDIS KONSTANTINOS	1997	PAO THERSPOS THE EROS	2:03:09

#### 20Km Open Women

1.	DRISPIOTI ANTIGONI	1984	SOA FOKIANOS KARDITSAS	1:34:44
2.	TSINOPOULOU PANAGIOTA	1990	PALIOU FALIRO'S GOLD	1:40:09
3.	MAKRI ANGELIKI	1978	OLYMPIA PATRON SA	1:44:08
4.	ANDREOPOULOU NIKOLITSA	1983	OLYMPIA PATRON SA	1:47:06
5.	ALIKANIOTIS SOFIA	1998	OLYMPIA PATRON SA	1:48:52

6.	KOURKOUTSAKI EFSTATHIA	1998	GAS ILISSOS ATHENS	1:50:31
7.	VAITSI ATHANASIA	1998	GAS ILISSOS ATHENS	1:54:04
8.	KORKOU ZOE	1996	GAS ILISSOS ATHENS	1:54:49
9.	BANJA ANASTASIA	1998	PAO THERSPOS THE EROS	1:56:03
10.	STASINOPOULOU ELENI	1996	OLYMPIA PATRON SA	2:06:56
	VAITSI EVANGELIA	1994	GAS ILISSOS ATHENS	DNF
	ASTERIOU MARIA	1989	THE THIRD HALKIDA	DNF
<b>20Km U23 Women</b>				
1.	ALIKANIOTIS SOFIA	1998	OLYMPIA PATRON SA	1:48:52
2.	KOURKOUTSAKI EFSTATHIA	1998	GAS ILISSOS ATHENS	1:50:31
3.	VAITSI ATHANASIA	1998	GAS ILISSOS ATHENS	1:54:04
4.	KORKOU ZOE	1996	GAS ILISSOS ATHENS	1:54:49
5.	MPANIA ANASTASIA	1998	PAO THERSPOS THE EROS	1:56:03
6.	STASINOPOULOU ELENI	1996	OLYMPIA PATRON SA	2:06:56
<b>10Km U20 Men</b>				
1.	TZATZIMAKIS GEORGIOS	1999	GA ELEFThERIOS VENIZELOS	42: 00.0
2.	STAMOS ANASTASIOS	2000	API FILIPPOS VEROIAS	48: 37.0
<b>10Km U20 Women</b>				
1.	FILITSAKOU KIRIAKI	2000	GA ELEFThERIOS VENIZELOS	51: 37.0
2.	KEIMENI BARIMETE	1999	AS MYTILIN ATTRACTION	52: 55.0
3.	SALMA EFSTATHIA	2000	GREEN HELIOS	54: 46.0
4.	KONTOGIANNI ALIKI	1999	OLYMPIA PATRON SA	59: 59.0
<b>10Km U18 Boys</b>				
1.	KELEPOURIS ANTHIMOS	2001	API FILIPPOS VEROIAS	46: 15.0
2.	VOUGIOUKAS STYLIANOS	2003	AO ARISBEOS KALLONIS	53: 32.0
3.	BOUZDAS ARISTOTELIS	2003	SOA FOKIANOS KARDITSAS	56: 26.0
<b>5Km U18 Girls</b>				
1.	FIASKA OLGA	2001	AS MYTILIN ATTRACTION	24: 26.5
2.	STAMPOULI ELPIDA	2002	AO ARISBEOS KALLONIS	25: 47.2
3.	SEFERIAI MARIA	2001	OLYMPIA PATRON SA	26: 10.1
4.	FLORA PANAGIOTA	2003	SOA FOKIANOS KARDITSAS	29: 16.3
5.	RETZEPA SEMINA	2002	PAO THERSPOS THE EROS	29: 21.5
6.	TZATZIMAKI VASILIKI	2003	GA ELEFThERIOS VENIZELOS	30: 36.8
7.	GATI MARIA-FILIPPA	2002	SOA FOKIANOS KARDITSAS	32: 07.6
8.	TSIANAVA CHRISTINA	2001	SOA FOKIANOS KARDITSAS	33: 19.9
9.	PAPADIMITRIOU ZAFIRIA	2003	GI PENDAROS THIVON	34: 27.8



*20km winner Alexandros Pappamichail, along with the men's 20km podium (photos Zoe Gkinis)*





20km winner Antigoni Drispioti, along with the women's 20km podium (photos Zoe Gkinis)

**9<sup>TH</sup> CANADIAN MASTERS INDOOR T&F CHAMPIONSHIPS, YORK UNIVERSITY, TORONTO, 10-11 MARCH**

The Canadian Masters T&F Championships at York University in Toronto last weekend included 1500m walks. See full results set at <http://ontariomasters.ca/indoor-season-2/canadian-masters-indoor-championships/>. Lots of age graded performance in the 80% plus range. A blast from the past with M75 winner **Marcel Jobin** (8:35.44 89.57%). I raced against Marcel 40 years ago in the 1978 Commonwealth Games! Great walk also by **Yvan B  chard** (M55 6:56.24 88.96%). And good to see USA 50km specialist **Erin Talcott** showing some good speed with 6:55.75 in the W35 division.

**1500m Walks, Saturday 10 March**

Open	1	Amanda Schneider	W28	Ontario Race	8:23.80	66.89%
W35	1	Erin Talcott	W39	United State	6:55.75	<b>81.83%</b>
M40	1	Ben Kong	M42	Jamcan	12:52.23	42.31%
W40	1	Blanka Smetana	W43	Toronto Race	9:48.07	59.54%
M45	1	Niegel Geohagen	M49	Jamcan	12:39.26	44.79%
W45	1	Claustre Bajona-Xandri	W49	Ontario Race	8:18.98	73.01%
M50	1	Jianping Xu	M52	Unattached -	6:59.53	<b>84.50%</b>
W55	1	Kitty Cashman	W57	Toronto Race	8:43.61	75.72%
	2	Faith Lee	W58	Unattached -	9:59.51	66.13%
	3	Nicky Slovitt	W57	Ontario Race	10:05.21	65.51%
M55	1	Yvan B��chard	M55	Ind��pendant	6:56.24	<b>88.96%</b>
	2	Patrick Murphy	M57	Ireland	7:08.19	<b>86.48%</b>
	3	Dave Talcott	M57	United State	7:24.27	<b>83.35%</b>
W60	1	Anne De Thy	W64	Ontario Race	9:00.59	76.90%
M65	1	Henry Charrois	M66	Edmonton Rac	7:56.36	<b>85.84%</b>
W65	1	Kris Kozell	W65	Ontario Race	8:47.24	<b>83.20%</b>
	2	Teresa Chiozza	W67	Ontario Race	9:07.41	<b>80.14%</b>
	3	Sharon M. Wright	W68	Unattached -	10:06.79	72.30%
M75	1	Marcel Jobin	M76	Les Vainqueus	8:35.44	<b>89.57%</b>
W85	1	Jean Horne	W85	Ontario Race	11:53.48	<b>83.26%</b>

**2018 USATF YOUTH INDOOR CHAMPIONSHIPS, THE ARMORY, NEW YORK, NY, 9-11 MARCH**

Southwest Ohio TC teammates **Taylor Ewert** and **Sean Glaze** were crowned national champions last Saturday in the 1 mile race walk at the New Balance High School Indoor T&F Championships at the Armory in NYC. Ewert, from Beavercreek HS, established a new national meet record with her winning time of 6:49.

**Girls 1 Mile Race Walk Championship**

				<b>1 Mile</b>	<b>1500m Split</b>
1.	Ewert, Taylor	20	Beavercreek, OH	6:49.20	6:21.42
2.	Rivas, Keily	19	Huntington station,	7:25.53	6:56.77
3.	Benedict, Chelsea	18	holbrook, NY	7:29.10	6:59.03
4.	Durcan, Ciara	21	Pearl River, NY	7:42.15	7:10.90

5.	Kieser, Bella	20	Hopewell Junction,	7:54.07	7:22.57
6.	Arenth, Nicole	18	Huntington, NY	7:58.20	7:25.70
7.	Barry, Katrina	18	Dix Hills, Ny	7:58.69	7:28.22
8.	Ehlers, Natalie	19	Quogue, NY	8:01.07	7:28.75
9.	Sacilowski, Corrin	18	Springville, NY	8:05.73	7:32.52
10.	Betties, Zoi	20	Fredericksburg, VA	8:22.82	7:46.63
	Grover, Jessica	19	Melville, NC	DQ	

#### Boys 1 Mile Race Walk Championship

				1 Mile	1500m SPLIT
1.	Glaze, Sean	20	Springfield, OH	7:07.05	6:37.05
2.	Davis, Jadon	19	Baltimore, MD	7:16.81	6:50.80
3.	Johnson, Carson	19	Bowling Green, KY	7:20.07	6:51.38
4.	Cuestas, Jonah	21	Rochester, NY	7:22.60	6:53.10
5.	Allen, Nolan	18	Arlington, MA	7:38.05	7:07.11
6.	Hernandez, Moises	19	Bay Shore, NY	8:16.15	7:45.03
7.	Toocheck, Nikolas	21	West Chester, PA	8:41.05	8:02.58
8.	Brignall, Hunter	19	Seneca Falls, NY	8:43.24	8:09.57
	Kearney, Liam	18	Slingerlands, NY	DQ	
	Kilbourne, Thoreau	18	Asheville, NC	DQ	
	Crawford, Jordan	18	Douglasville, GA	DQ	
	Quesenberry, Henry	18	Christiansburg, VA	DQ	
	Allen, Samuel	20	Woolwich Twp., NJ	DQ	



*Taylor Ewert wins in New York last weekend*

#### NAIA INDOOR T&F CHAMPIONSHIPS, UNIVERSITY OF PITTSBURGH, PITTSBURGH, KANSAS, 1-3 MARCH

And staying in USA but going back a week, the National Association of Intercollegiate Athletics (NAIA) held its National Indoor Athletics Championships from March 1-3 at the University of Pittsburgh in Kansas. The men's 3000m title went to 21 year old **Anthony Peters** for the third year in a row, his time of 12:09.59 seeing him well clear of **Luke Jobson** (12.27.75) and **Anthony Gruttadauro** (12.36.49). The women's 3000m walk title went to 20 year old **Anali Cisneros** (13.59.60) ahead of **Amberly Melendez** (14.09.97) and **Katharine Newhoff** (14.20.37). See <http://omarchador.blogspot.com.au/2018/03/campeonatos-naia-indoor-em-pittsburg.html>.

#### 3000m Men

1.	Anthony Peters	St. Ambrose	12.09.58
2.	Luke Jobson	West Virginia Tech	12.27.75
3.	Anthony Gruttadauro	West Virginia Tech	12.36.49
4.	Emilio Mancha	St. Ambrose	12.40.65
5.	Sam Elmi	Cornerstone	13.02.37
6.	Jessica Watson	Baker	13.33.47
7.	Jacob Benson	Cornerstone	13.37.15
8.	Jason Rabie	Cornerstone	14.10.07
9.	Sawyer Biddle	Goshen	14.19.74
10.	Jon Andersen	Mount Mercy	14.23.15
11.	Cameron Haught	Rio Grande	14.35-28

Steven Smith                      West Virginia Tech      DQ

### 3000m Women

1.	Anali Cisneros	Judson	13.59.60
2.	Amberly Melendez	Northwest U.	14.09.97
3.	Katharine Newhoff	St. Ambrose	14.20.37
4.	Brenda McCollum	Baker	14.39.10
5.	Jenny Lopez	St. Ambrose	14.42.87
6.	Kayla Allen	Friends	15:13.47
7.	Nayeli Cisneros	Judson	15.53.50
8.	Siana Emery	Goshen	15.54.01
9.	D'Amaie Davis	Cornerstone	16 32 14
10.	Caitlin Apollo	Baker	17.00.50
11.	Kayla Gray	Goshen	17.29.06
12.	Elizabeth Larsen	Concordia-Mich.	17.38.25
	Cassandra Delgado	St. Ambrose	DQ

## ENGLAND ATHLETICS 10KM WALK CHAMPIONSHIPS, COVENTRY, SUNDAY 11 MARCH

The England Athletics 10km Roadwalk Championships were held on Sunday at the University of Warwick in Coventry. It was all part of the annual Molly Barnett meet. 10km wins to **Chris Snook** (47:11) and **Agata Kowalska** (49:42). Full results can be sourced at [http://www.thepowerof10.info/resultsfiles/2018/0\\_46253\\_12032018131959\\_Molly%20B%202018%20Results.xlsx](http://www.thepowerof10.info/resultsfiles/2018/0_46253_12032018131959_Molly%20B%202018%20Results.xlsx). And the usual great photo selection from Mark Easton at <http://markeaston.zenfolio.com/f1024310577>.

### 10km Walk Men

1.	Christopher Snook	U20	Aldershot, Farnham & District	47:11
2.	Luc Legon	U23	Bexley/Cambridge H	48:42
3.	Andrew Miller	V45	Wolverhampton & Bilston	52:17
4.	Jordan Price	U20	Brecon	58:15
5.	Mark Williams	V50	Birchfield H/Midland Masters	60:27
6.	Benjamin Allen	U20	Leicester WC	61:54
7.	John Constandinou	V45	Birchfield H/Midland Masters/Cyprus	62:59
8.	Daniel McKerlich	U20	Cardiff	66:22
9.	Julian Barnett	V55	Birchfield H	80:26
	Sean Pender		Enfield & Haringey	DNF
	Ed Shillabeer		Ilford AC	DNF
	David Fall		Birchfield H	DQ
	Anthony Bell		Lancashire RWC	DQ
	Tom Partington	U20	Manx H	DQ
	Gianni Epiphani		Manx H	DQ
	Chris Flint		Surrey W C	DQ
	Paul Hawkins		Stratford upon Avon A C	DQ

### 10km Walk Women

1.	Agata Kowalska	SEN	Hyde Park Harriers/ Poland	49:42
2.	Ana Garcia	U20	Sheffield & Dearne	54:18
3.	Hannah Hunter	V35	Manx	54:21
4.	Madeline Shott	SEN	Belgrave	54:24
5.	Abigail Jennings	U20	Aldershot, Farnham & District	55:30
6.	Carolyn Dyall	V40	Nuneaton/Midland Masters	58:39
7.	Rebeka Greatbach	SEN	Manx H	61:54
8.	Melanie Peddle	V45	Loughton/Eastern Masters	62:36
9.	Bernie Johnson	V35	Isle of Man Veteran	64:32
10.	Sharon Cain	V45	Western	66:41
11.	Sarah Trundle	V45	Nuneaton	67:36
12.	Aloisha King	SEN	Tallaght A C/ Ireland	67:46
13.	Louise Hollings	V35	Manx	68:26
14.	Noel Blatchford	V70	Abingdon/Southern Counties Vets	69:19
15.	Ann Wheeler	V60	Nuneaton/Midland Masters/Nuneaton	70:15
16.	Kate Sergent	V65	Stratford-upon-Avon	74:11
	Erika Pontarollo	SEN	Hyde Park Harriers/ Italy	DNF

### Under 17, Under 20 and Senior Ladies 5km

1.	Matthew Crane	U17B	Bexley A C	27.50
2.	Isabelle Bridge	U17G	Blackheath & Bromely	28.17
3.	Lucy Lewis-Ward	U17G	Cambridge H	28.36
4.	Alice Bellando	U17G	Manx H	29.34

5.	Laura Achurch	JW	Leicester W C	31.07
6.	Pagen Spooner	JW	Hyde Park H	31.13
7.	Hannah Hopper	U17G	Cambridge H	32.21
8.	Keira Heavey	U17G	Northern A C	34.00
	Geraldine Legon	SW	Bexley	DQ

#### Under 15 Girls and Boys 3Km

1.	Christian Hopper	U15B	Cambridge Harriers	16.57
2.	Katie Stringer	U15G	Maidstone & Medway	17.07
3.	Abigail Smith	U15G	Blackheath & Bromley	17.37
4.	Faris Alkamesi	U15B	Nuneaton H	17.43
5.	Lois Carter	U15G	AFD	17.47
6.	Dan Gilbert	U15B	Breacon AC	18.56
7.	Abbie Edwards	U15G	Manx Harriers	19.11
8.	Caitlin Casey	U15G	Birchfield H	19.11
9.	Laura McColl	U15G	Sheffield and Dearne	19.13
10.	Mia Dunwell	U15G	Northern A C	19.47
11.	Lucy Walker	U15G	Sheffield and Dearne	19.56

#### Under 13 2km Girls & Boys

1.	Katie Brash	U13G	Cambridge Harriers	12.13
2.	Toby Chaplin	U13B	Maidstone & Medway	12.43
3.	Tom Gilbert	U13B	Blackheath & Bromley	13.41
4.	Kelsey Tozer	U13G	Nuneaton H	13.46
5.	Abigail Lysek	U13G	AFD	14.23

### MARCIADALMONDO AND OMARCHADOR ROUNDUP

Marciadalmondo has 6 press releases this week

- Mon 12 Mar - Results of Greek 20km Championships in Megara  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3115](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3115)
- Sun 11 Mar - Eleonora Anna Giorgi and Kouki Ikeda (JPN) win in Lugano  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3114](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3114)
- Sat 10 Mar - Results of South America Race Walking Championships 2018 in Sucua, Ecuador  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3113](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3113)
- Fri 9 Mar - Preview of the 15th Memorial Mario Albisetti in Lugano this weekend  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3112](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3112)
- Wed 7 Mar - Interview with Patrizio Parcesepe, the coach of the moment in Italy  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3111](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3111)
- Tue 6 Mar - Inaki Gomez (CAN) elected Chairman of IAAF Athletes' Commission  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3110](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3110)

and Omarchador had 18 press releases

- Mon 12 Mar - Ecuadorians dominate South American Walk Championships  
<http://omarchador.blogspot.com.au/2018/03/equatorianos-dominam-nos-escaloes.html>
- Mon 12 Mar - Eleonora Giorgi and Koki Ikeda triumph in Lugano, Switzerland  
<http://omarchador.blogspot.com.au/2018/03/eleonora-giorgi-e-koki-ikeda-triunfam.html>
- Mon 12 Mar - Results of U18 TUR-BLR-FRA-UKR indoor meet in Istanbul  
<http://omarchador.blogspot.com.au/2018/03/encontro-sub-18-tur-blr-fra-ukr-em.html>
- Sun 11 Mar - Results of the NAIA Indoor Championships in Pittsburg, Kansas  
<http://omarchador.blogspot.com.au/2018/03/campeonatos-naia-indoor-em-pittsburg.html>
- Sun 11 Mar - Andrés Chocho and Ecuador victorious in the 20 km in Sucúa  
<http://omarchador.blogspot.com.au/2018/03/andres-chocho-e-equador-vitoriosos-nos.html>
- Sun 11 Mar - Magaly Bonilla (Ecuador), with South American record, and James Rendón (Colombia) triumph in the 50km  
<http://omarchador.blogspot.com.au/2018/03/magaly-bonilla-equador-com-recorde-sul.html>

- Sun 11 Mar - Results of the New Zealand Track Championships in Hamilton  
<http://omarchador.blogspot.com.au/2018/03/campeonatos-de-pista-da-nova-zelandia.html>
- Sat 10 Mar - Erica Sena wins 20km in Sucúa  
<http://omarchador.blogspot.com.au/2018/03/erica-sena-ganha-20-km-de-sucua-peru.html>
- Sat 10 Mar - Results of Dutch roadwalk champs  
<http://omarchador.blogspot.com.au/2018/03/marcha-no-kralingse-bos-em-roterdao.html>
- Sat 10 Mar - Preview of Lugano races this weekend  
<http://omarchador.blogspot.com.au/2018/03/trofeu-lugano-memorial-mario-albiseti.html>
- Fri 9 Mar - Preview of South American Racewalk Champs this weekend in Sucua  
<http://omarchador.blogspot.com.au/2018/03/sucua-sede-do-campeonato-sul-americano.html>
- Fri 9 Mar - Preview of this weekend's Portuguese Master Championships in Pombal  
<http://omarchador.blogspot.com.au/2018/03/veteranos-disputam-nacionais-de-pista.html>
- Thu 8 Mar - Results from Spanish Masters Champs in Salamanca  
<http://omarchador.blogspot.com.au/2018/03/espanha-disputou-campeonatos-indoor.html>
- Thu 8 Mar - Croatian Indoor Champs include walks for the first time  
<http://omarchador.blogspot.com.au/2018/03/historica-participacao-da-marcha-nos.html>
- Wed 7 Mar - Massimo Stano and Valentina Trapletti win Italian 20km walk championships  
<http://omarchador.blogspot.com.au/2018/03/massimo-stano-e-valentina-trapletti.html>
- Wed 7 Mar - Iñaki Gómez chairs the IAAF Athletes Commission  
<http://omarchador.blogspot.com.au/2018/03/inaki-gomez-preside-comissao-de-atletas.html>
- Tue 6 Mar - Results of Victorian Open 5000m track walks in Melbourne last weekend  
<http://omarchador.blogspot.com.au/2018/03/campeonatos-abertos-de-pista-em.html>
- Tue 6 Mar - Results of the Indoor U20 FRA-GER-ITA meet in Nantes  
<http://omarchador.blogspot.com.au/2018/03/encontro-sub-20-indoor-fra-ger-ita-em.html>

## OUT AND ABOUT

First the good news

- Congratulations to **Heather Carr** for yet another accolade, winning WMA Best Walker female category in the 2017 Best Master of the Year Awards. See <https://www.world-masters-athletics.org/content/2017/2017aoy.pdf>.
- Canadian Olympic walker **Iñaki Gomez** has been elected Chair of the IAAF Athletes' Commission. Our congratulations to Iñaki who now works as a securities lawyer in Vancouver. See <https://www.iaaf.org/news/press-release/gomez-elected-athletes-commission-chair>.
- The 213<sup>th</sup> meeting of the IAAF Council took place late last week. Spread over 2 days, the meeting discussed topics including revised hyperandrogenism regulations, transfers of allegiance and the global calendar. Council was also presented with the latest report by the IAAF Taskforce Independent Chairman Rune Andersen and voted to keep the ban on Russia. See <http://www.sportsintegrityinitiative.com/council-takes-steps-strengthen-athletics/>.
- Catch all the latest British news with the latest copy of the Race Walking Record (#869, Feb 2018), which is now available at <http://www.racewalkingassociation.com/Newsletters/RWR869.pdf>.
- The latest edition of the Racewalk Australian newsletter (March 2018) is now available. It is great to have a President who is interacting with the members, giving us information and asking for feedback. It is said that organizations do not sit still - they move forward or backward. See <http://www.rwa.org.au/wp/2018/03/12/rwa-newsletter-2-march-2018/>.

And the not-so-good news!

- Athletics Victoria fees are going up. See their presentation at <https://youtu.be/lBs8kinqK0g>. Ouch! But I won't complain too much as I think they do a great job running our sport in Victoria.
- Having just congratulated Heather Carr above for her latest accolade (see above), I have to send her and her husband Bill all my best wishes. Bill had a horrendous crash while riding his bike last week. After spending one day in Frankston

Emergency, then four days in the Intensive Care Unit in the Royal Melbourne Hospital and having extensive surgery for injuries which included a broken nose, broken jaw - two breaks in the upper jaw, one on the bottom jaw and the loss of at least four teeth, he is now back home but wired up and facing further surgery down the track. Heather and Bill had been planning on leaving for Europe in the next few weeks and racing in the various 2018 Masters Championships in Spain. This is now all on the backburner. We wish Bill a speedy recovery and hope that he can make a full and speedy recovery.

And now the murky world of Drugs in Sport

- The IAAF does what the IOC was too gutless to do. Russia remains suspended from international athletics, and the IAAF says it could permanently exclude the country if key doping reforms are not met soon. The IAAF first banned Russia in November 2015 over evidence of state-sponsored doping. The country was expected to have met reforms set out by WADA by November 2017 but the IAAF says many requirements have still not been met. If Russia did not make progress towards fulfilling WADA's reforms by the council's next meeting in July, "further measures should be discussed". This includes "withdrawing permission for Russian athletes to compete as neutrals in international competition" and "taking the steps necessary to recommend that RUSAF be expelled from IAAF membership." See <http://www.bbc.com/sport/athletics/43301116>.
- The IOC continues to try to exert pressure on WADA and on the IAAF to fold. The latest: IOC Executive Board member Nenad Lalovic has called for negotiations to resolve the deadlock surrounding Russia's efforts to be reinstated by the IAAF and WADA. Lalovic, a WADA Foundation Board member and United World Wrestling President, suggested that a possible solution could be for acceptance of just the IOC-commissioned Schmid report rather than the WADA-run McLaren one to prove Russia is now compliant. This is clearly a further attempt by the IOC to broker for Russia to weaken the penalty. Very disappointing. See <https://www.insidethegames.biz/articles/1062420/exclusive-ioc-executive-board-member-calls-for-negotiations-to-break-russian-deadlock-with-iaaf-and-wada#.WqO2E9HCDg0.twitter>.
- The pressure on Team Sky continues to build. The race director of the Tour de France come into the discussion, criticising the lack of a decision on Chris Froome's failed drug test and calling the delay "grotesque". Froome has won the Tour de France four times but Christian Prudhomme has already stated he does not want the Briton at this year's race unless his anti-doping case is resolved. Cycling's governing body, the UCI, is waiting for Froome and his representatives to submit their response to his adverse finding at the Vuelta a España last September. See [https://www.theguardian.com/sport/2018/mar/06/tour-de-france-director-chris-froome-decision?CMP=share\\_btn\\_fb](https://www.theguardian.com/sport/2018/mar/06/tour-de-france-director-chris-froome-decision?CMP=share_btn_fb).
- The explosive British Parliamentary Report, to which I alluded in last week's newsletter, can be read in its fullness at <https://publications.parliament.uk/pa/cm201719/cmselect/cmcomeds/366/366.pdf>. Wiggins, Brelford, the Nike Project and Farah all come in for their fair share of discussion. Here is one example, from p32 of the document  
*"From the evidence that has been received by the Committee regarding the use of triamcinolone at Team Sky during the period under investigation, and particularly in 2012, we believe that this powerful corticosteroid was being used to prepare Bradley Wiggins, and possibly other riders supporting him, for the Tour de France. The purpose of this was not to treat medical need, but to improve his power to weight ratio ahead of the race. The application for the TUE for the triamcinolone for Bradley Wiggins, ahead of the 2012 Tour de France, also meant that he benefited from the performance-enhancing properties of this drug during the race."*
- And it goes from bad to worse for Team Sky, where further pressure is building on Brailsford to resign from his position as team head. The head of cycling's governing body (UCI) claimed the findings of the parliamentary committee report may damage the sport's credibility and has called for the organisation's independent integrity division to investigate Team Sky. See [https://www.theguardian.com/sport/2018/mar/07/uci-president-david-lappartient-pressure-dave-brailsford?CMP=share\\_btn\\_fb](https://www.theguardian.com/sport/2018/mar/07/uci-president-david-lappartient-pressure-dave-brailsford?CMP=share_btn_fb).
- Kazakhstan's biathlon team doctor Khossilbek Tagayev has been provisionally suspended on suspicion of committing an anti-doping rule violation after Italian police found banned substance prednisolone in his hotel room during a raid in January. See <https://www.insidethegames.biz/articles/1062361/ibu-provisionally-suspend-kazakhstan-team-doctor-after-banned-substance-found-in-hotel-room#.WqD5mhzJuzk.twitter>.
- Finally, two years after the joint investigation by The Sunday Times and German TV's ARD, the British doctor who prescribed banned drugs to a young athlete and claimed to have offered similar treatment to football players has been struck off the medical register. UKAD had confirmed they knew of his activities but their hands were tied and they could not investigate him. So as usual, it was left to other parties to blow the whistle. See <http://www.abc.net.au/news/2016-04-03/doctor-mark-bonar-claims-he-gave-athletes-banned-drugs/7295178>.
- Swiss manufacturer Berlinger have announced they will withdraw from the doping control business in the "medium term" after the reporting of more problems with their sample collection bottles. It follows the ARD documentary in January 2018 about how to open the tamper-proof bottles and further customer feedback earlier this month that a "limited" number of bottles had cracked when frozen. WADA has begun a process to "actively explore" alternative sources of sample collection kits. See <https://www.insidethegames.biz/articles/1062471/berlinger-to-withdraw-from-doping-control-business-after-more-problems-with-testing-kits#.WqQUi75VxMc.twitter>.

## HEEL & TOE 2018 WORLD RANKING LISTS – 50KM

Thanks to **Paul DeMeester** for updating the 50km World Ranking Lists for 2018, adding in the 50km results from last weekend's South American Championships. The lists are now growing quite large, and do not even include the many women who have completed 35km walks this year, to qualify for the 50km championships later in the year.

And next weekend will see even more 50km championships so the lists will grow again. It is wonderful to see such world wide participation. This is what is required to ensure the event continues at the international level.

### Men's 2018 50km World Rankings (as of March 10, 2018)

1.	Cristian Andres Choco Leon	ECU	3:50:27	Monterrey 2/25/18
2.	Jose Leyver Ojedo Blas	MEX	3:53:37	Monterrey 2/25/18
3.	Marc Tur Pico	ESP	3:56:05	Burjassot 2/25/18
4.	Sandeep Kumar	IND	3:56:40	New Delhi 2/17/18
5.	Omar Zepeda	MEX	3:57:31	Monterrey 2/25/18
6.	Bernardo Uriel Barrondo Garcia	GUA	3:57:33	Campo de Marte 2/10/18
7.	Benjamin Sanchez Bermejo	ESP	3:57:34	Burjassot 2/25/18
8.	Artur Mastianica	LTU	3:58:33	Burjassot 2/25/18
9.	Jesus Angel Garcia Bragado	ESP	3:58:37	Burjassot 2/25/18
10.	Jitendra Singh Rathore	IND	3:58:56	New Delhi 2/17/18
11.	S Damen Singh	IND	4:00:35	New Delhi 2/17/18
12.	David Christian Berdeja Villalobos	MEX	4:00:45	Monterrey 2/25/18
13.	Chandan Singh	IND	4:00:58	New Delhi 2/17/18
14.	Luis Amauri Bustamante Franco	MEX	4:01:24	Monterrey 2/25/18
15.	Horacio Nava Reza	MEX	4:02:28	Monterrey 2/25/18
16.	James Aurelio Rendon Villegas	COL	4:03:42	Sucua 3/10/18
17.	Pablo Oliva Requena	ESP	4:05:43	Burjassot 2/25/18
18.	David Gerardo Velasquez Caiza	ECU	4:07:47	Sucua 3/10/18
19.	Nick Christie	USA	4:09:32	Santee 1/20/18
20.	Jyoti Tawtya	IND	4:09:43	New Delhi 2/17/18
21.	Israel Aymar Celi	ECU	4:11:04	Burjassot 2/25/18
22.	Jorge Alejandro Martinez Baez	MEX	4:11:10	Monterrey 2/25/18
23.	Pedro Isidro	POR	4:11:25	Porto de Mos 1/7/18
24.	Matthew Forgues	USA	4:11:43	Monterrey 2/25/18
25.	Jurgen Everhard Grave Chavez	GUA	4:11:50	Campo de Marte 2/10/18
26.	Jiayu Luo	CHN	4:12:31	Huangshan 3/4/18
27.	Darwin Fernando Leon Tenesaca	ECU	4:13:12	Sucua 3/10/18
28.	Diego Flores Espinoza	MEX	4:16:19	Monterrey 2/25/18
29.	Luis Campos Cruz	PER	4:17:04	Sucua 3/10/18
30.	Erwin Ernesto Morales Paau	GUA	4:18:07	Campo de Marte 2/10/18
31.	Rodrigo Javier Zeballos Pena	BOL	4:18:25	Sucua 3/10/18
32.	Claudio Paulino Villanueva Flores	ECU	4:19:12	Sucua 3/10/18
33.	Liangshan Ma	CHN	4:21:16	Huangshan 3/4/18
34.	Francisco Arcilla Aller	ESP	4:22:48	Burjassot 2/25/18
35.	Xavier Alexander Mena Jara	ECU	4:23:25	Sucua 3/10/18
36.	Mario Alfonso Bran Granillo	GUA	4:24:50	Campo de Marte 2/10/18
37.	Ntentopoulos Konstantinos	GRE	4:24:57	Marathon 1/14/18
38.	Sergio Daniel Sacul Caal	GUA	4:25:51	Campo de Marte 2/10/18
39.	Tsiordas Dimitris	GRE	4:26:36	Marathon 1/14/18
40.	Ronald Rey Quispe Misme	BOL	4:27:33	Sucua 3/10/18
41.	Jay Prakash Singh	IND	4:28:32	New Delhi 2/17/18
42.	Guichao Cui	CHN	4:28:45	Huangshan 3/4/18
43.	Sagar S. Joshi	IND	4:31:52	New Delhi 2/17/18
44.	Anjani Kumar Singh	IND	4:32:07	New Delhi 2/17/18
45.	Stamelos Kostas	GRE	4:35:18	Marathon 1/14/18
46.	Rafael Ballesteros Garcia	ESP	4:35:54	Burjassot 2/25/18
47.	Jefferson Santiago Imbacuan Paucar	ECU	4:38:32	Sucua 3/10/18
48.	Cristiano Antonio	POR	4:39:56	Porto de Mos 1/7/18
49.	Luis Angel Sanchez Perez	GUA	4:41:12	Campo de Marte 2/10/18
50.	Jose Manuel Gomez Garcia	ESP	4:42:08	Burjassot 2/25/18
51.	Som Kumar	IND	4:42:16	New Delhi 2/17/18
52.	Luis Silva	POR	4:44:11	Porto de Mos 1/7/18
53.	Krishna Bind	IND	4:44:49	New Delhi 2/17/18
54.	Jonathan Hobbs	GBR	4:45:05	Porto de Mos 1/7/18
55.	Anthony Joseph Gruttadauro	USA	4:45:15	Santee 1/20/18
56.	David Pueyo Ministral	ESP	4:47:42	Burjassot 2/25/18
57.	Marc Guerrero Plaza	ESP	4:49:00	Burjassot 2/25/18

58.	Fabio Urday Salazar	PER	4:52:47	Sucua 3/10/18
59.	Pablo Gomez	USA	4:56:19	Santee 1/20/18
60.	Henrique Santos	POR	4:57:29	Porto de Mos 1/7/18
61.	Antonio Gonzalez Arrabal	ESP	5:04:11	Burjassot 2/25/18
62.	Dave Talcott	USA	5:28:40	Santee 1/20/18
63.	Peter James Back	SGP	5:54:26	Hong Kong 1/1/18
64.	Steve Harper	USA	5:57:12	Santee 1/20/18
65.	Walker Wong	HKG	6:03:50	Hong Kong 1/1/18
66.	Adrian Zamudio	USA	6:28:14	Santee 1/20/18
67.	Chan Wai-on	HKG	6:39:01	Hong Kong 1/1/18
68.	Paul Terbrack	USA	7:02:04	Santee 1/20/18

#### Women's 2018 50km World Rankings (as of March 10, 2018)

1.	Julia Takacs Nyerges	ESP	4:13:04	Burjassot 2/25/18
2.	Ainhoa Pinedo Gonzalez	ESP	4:18:56	Burjassot 2/25/18
3.	Magaly Beatriz Bonilla Solis	ECU	4:19:43	Sucua 3/10/18
4.	Johanna Edelmira Ordonez Lucero	ECU	4:28:58	Sucua 3/10/18
5.	Erika Jazmine Morales Cruz	MEX	4:32:53	Monterrey 2/25/18
6.	Nair da Rosa	BRA	4:38:48	Sucua 3/10/18
7.	Yocy Caballero Huaman	PER	4:42:37	Sucua 3/10/18
8.	Mariela Sanchez Teran	MEX	4:46:12	Santee 1/20/18
9.	Katie Burnett	USA	4:47:50	Santee 1/20/18
10.	Maria Dolores Marcos Valero	ESP	4:53:38	Burjassot 2/25/18
11.	Erin Taylor-Talcott	USA	4:54:39	Monterrey 2/25/18
12.	Miriam de Jesus Gutierrez Arichavala	ECU	4:54:54	Sucua 3/10/18
13.	Makri Angeliki	GRE	4:56:00	Marathon 1/14/18
14.	Lizbeth Silva Miranda	MEX	4:58:41	Monterrey 2/25/18
15.	Anett Torma	HUN	4:59:55	Santee 1/20/18
16.	Myriam Cartagena Bonilla	ECU	5:02:51	Sucua 3/10/18
17.	Andreopoulou Nikolitsa	GRE	5:05:39	Marathon 1/14/18
18.	Olga Cabrera Ysas	ESP	5:06:13	Burjassot 2/25/18
19.	Sandra Silva	POR	5:08:13	Porto de Mos 1/7/18
20.	Teresa Vaill	USA	5:29:29	Santee 1/20/18
21.	Kourkoutsaki Efstathia	GRE	5:34:21	Marathon 1/14/18
22.	Korkou Zoe	GRE	5:34:29	Marathon 1/14/18
23.	Susan Brooke	CAN	5:42:54	Santee 1/20/18
24.	Aura Morales	MEX	5:46:47	Monterrey 2/25/18
25.	Casandra Milenka Nieto Linares	BOL	5:48:56	Monterrey 2/25/18
26.	Billie Kwok	HKG	6:14:05	Hong Kong 1/1/18
27.	Wendy Choi	HKG	6:24:17	Hong Kong 1/1/18
28.	Linda Fung	HKG	6:28:33	Hong Kong 1/1/18
29.	Darlene Backlund	USA	7:09:44	Santee 1/20/18
30.	Jamie Fiddler	USA	7:22:47	Santee 1/20/18

#### 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

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 4-15, 2018	Commonwealth Games, Gold Coast, QLD 20km Walks are on Sun 8 April, Currumbin Beachfront, Gold Coast, 7AM onwards
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)

#### 2018 Remaining IAAF Racewalking Challenge Events

Apr 7, 2018	Cat B	27 <sup>th</sup> 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**

Mar 18 (Sun), 2018	French 20km and 50km Roadwalk Titles, Merignac, FRA
Mar 24 (Sat), 2018	Dudince International Racewalks, Dudince, Slovakia (20km and 50km for men and women)
Mar 30 (Sat), 2018	International Racewalks, Oloumoc, CZE
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>
Apr 7 (Sat), 2018	EAA Permit Racewalk Meet, Podebrady, CZE
Apr 14 (Sat), 2018	International Racewalk Meet, Naumburg, GER
	Men's and Women's 20km walk, Currumbin Beachfront, Sunday 8 April
Apr 28 (Sat), 2018	International Walks Meet and Mikenas Memorial, Birstonas, LTU
May 5-6, 2018	<b>28<sup>th</sup> IAAF World Race Walking Team Championships</b> , Taicang, China
May 9-11, 2018	Melanesian Regional Championships, Port Vila, Vanuatu (AA team - U18 walks)
Jun 8 (Fri), 2018	44 <sup>th</sup> International Racewalking Festival, Alytus, Lithuania
Jun 9 (Sat), 2018	International Racewalk Meet, Simnas, Lithuania
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
Aug 30-Sep 7, 2019	<b>20<sup>th</sup> Oceania Masters T&amp;F Championships</b> , Mackay, Queensland, AUS
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, Belarrrus
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	<b>XXII Commonwealth Games</b> , Birmingham, GBR.

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