



## HEEL AND TOE ONLINE

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

My walker of the week goes to 17 year old Tasmanian walker **Alice Randall**. Competing in the Tasmanian T&F Championships in Hobart last weekend, she won the Open Women's 10,000m track walk with a 1:13 PB time of **49.52.73**.

Alice was my Walker of the Week on 27<sup>th</sup> February. Four weeks later, she is in focus once again. Well done Alice!



Our U20 ranks are indeed strong at the moment, with a sharp top end and with good depth. To illustrate, I have extracted our top ranking U20 10,000m performances for the first 3 months of 2018. And it's early days yet.

#### U20 Women 2018 10,000m Rankings (all those under 1:00:00)

1.	Katie Hayward	U18W	45:48	QLD	16/03/2018
2.	Philippa Huse	U20W	48:52	VIC	16/03/2018
3.	Rebecca Henderson	U18W	49:02	VIC	11/02/2018
4.	Anna Cross	U20W	49:11	SA	11/02/2018
5.	Alice Randall	U18W	49:53	TAS	24/03/2018
6.	Allanah Pitcher	U16W	50:50	NSW	14/01/2018
7.	Teegan Pengilley	U18W	54:58	NSW	14/01/2018
8.	Chelsea Goodhew	U20W	55:00	NSW	16/03/2018
9.	Molly O'Neill	U20W	56:02	NSW	16/03/2018
10.	Bethany Cross	U18W	56:38	SA	16/03/2018
11.	Jasmyn McDonald	U20W	56:57	NSW	16/03/2018
12.	Anna Blackwell	U18W	57:25	TAS	24/03/2018
13.	Charlotte Hay	U16W	57:47	VIC	21/01/2018
14.	Mackayla Davison	U18W	58:50	VIC	16/03/2018

### U20 Men 2018 10,000m Rankings (all those under 55:00)

1.	Declan Tingay	U20M	41:07	WA	14/01/2018
2.	Kyle Swan	U20M	42:40	VIC	11/02/2018
3.	Oscar Tebbutt	U18M	45:32	NSW	16/03/2018
4.	Mitchell Baker	U18M	45:37	ACT	14/01/2018
5.	Dylan Richardson	U18M	45:56	NSW	11/02/2018
6.	Connor Frew	U18M	46:16	ACT	11/02/2018
7.	Tim Fraser	U18M	46:20	ACT	11/02/2018
8.	Tristan Camilleri	U18M	46:40	SA	11/02/2018
9.	Nelson McCutcheon	U16M	48:16	QLD	25/02/2018
10.	Jack McGinniskin	U16M	48:19	NSW	16/03/2018
11.	Ben Reid	U18M	49:50	WA	16/03/2018
12.	Callum Burns	U18M	49:54	ACT	11/02/2018
13.	Ryan Thomson	U18M	49:56	NSW	16/03/2018
14.	Corey Dickson	U18M	50:22	VIC	16/03/2018
15.	Alix Harlington	U20M	51:47	SA	11/02/2018
16.	Bayley Campbell	U18M	52:14	TAS	24/03/2018
17.	Will Thompson	U18M	52:45	VIC	21/01/2018
18.	Will Robertson	U16M	54:08	TAS	24/03/2018
19.	Travis Barendregt	U18M	54:52	NSW	16/03/2018

### WHAT'S COMING UP

- That is just about it for the summer, with only one further major track meet to go
  - Apr 28-29, 2018 Australian Little Athletics Championships, Gold Coast, QLD
- It's a break now 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>.

### VICTORIAN MASTERS T&F CHAMPIONSHIPS, DONCASTER, 24-25 MARCH

The Victorian Masters T&F Championships last weekend in the eastern Melbourne suburb of Doncaster, was held in very tough conditions, with horrendously heavy rain on Saturday and windy and cool conditions on Sunday. But it did not daunt our many masters walkers who were out in force, contesting 3000m walks on Saturday and 1500m walks on Sunday. See full results at <http://athsvic.org.au/event/2018-victorian-masters-track-field-championships/>

#### 3000m Walks, Saturday 24 March

The 3000m walks saw fastest times by **Kelly Ruddick** (W40 13:11.5 91.23%) and **Daniel Walters** (M35 12:56.75 82.96%). Others with high age graded rankings included W75 **Gwen Steed** (21:50.7), M40 **Mark Blackwood** (13:45.18), M70 **Andrew Jamieson** (18:19.63) and M75 **Ralph Bennett** (18:10.27). And great to see M85 **Colin Silcock-Delaney** still walking and finishing with 25:32.1.

W35	1	Osmand, Kym	W35	VICTORIAN MA	16:54.1h	69.18%
W40	1	Ruddick, Kelly	W44	VICTORIAN MA	13:11.5h	<b>91.23%</b>
	2	Geisler, Sandra	W40	RINGWOOD ATH	15:52.0h	75.85%
W50	1	Hunter, Pia	W51	BOX HILL ATH	17:48.9h	73.26%
W55	1	Rosenbrock, Carol	W56	ATHLETICS NU	17:23.8h	78.50%
	2	Elms, Donna-Marie	W56	PRESTON ATHL	17:55.6h	76.18%
W60	1	O'Neill, Karyn	W63	GIPPSLAND AT	20:15.0h	70.98%
W75	1	Steed, Gwen	W75	GLENHUNTLY A	21:50.7h	<b>80.32%</b>
W80	1	Mews, Pam	W83	VICTORIAN MA	34:13.0h	55.92%
M35	1	Walters, Daniel	M38	VICTORIAN MA	12:56.75	<b>82.96%</b>
M40	1	Blackwood, Mark	M41	KNOX ATHLETIC CLUB	13:45.18	<b>80.76%</b>
	2	Prasad, Pramesh	M43	COLLINGWOOD	14:15.82	77.87%
	3	Van Dongen, Ruper	M43	MENTONE ATHL	16:47.07	66.17%
M45	1	Nelson, Scott	M48	WYNDHAM TRAC	15:30.59	74.52%
	2	Patterson, Adam	M45	ATHLETICS NU	17:25.16	66.35%
M50	1	Keirl, Bernie	M54	DIAMOND VALL	17:28.02	68.97%
M55	1	Donahoo, Mark	M59	ATHLETICS ESSENDON	15:54.09	79.13%
	2	Hess, Albin	M58	VICTORIAN MA	19:29.16	64.57%
	3	Murphy, Stephen	M57	ATHLETICS ESSENDON	19:57.93	63.02%
	4	McDonald, Anthony	M56	VICTORIAN MA	20:03.23	62.74%
M60	1	Riddoch, Clyde	M64	VICTORIAN MA	19:18.83	68.28%
M65	1	Prowse, Frank	M66	DONCASTER AT	19:16.39	72.08%

M70	1	Jamieson, Andrew	M71	OLD SCOTCH C	18:19.63	<b>80.31%</b>
M75	1	Bennett, Ralph	M76	GLENHUNTLY A	18:10.27	<b>86.39%</b>
	2	Ilgoutz, Gunther	M79	VICTORIAN MA	20:34.85	76.27%
	3	Hallo, John	M75	VICTORIAN MA	23:11.40	67.69%
	4	Wicks, Barrie	M77	VICTORIAN MA	25:48.3h	60.83%
M85	1	Silcock-Delaney,	M85	VICTORIAN MA	25:32.1h	71.66%

### 1500m Walks, Sunday 25 March

Fastest times in the 1500m walks to W40 **Sandra Geisler** (7:24.83) and M35 **Daniel Walters** (6:09.71). Other good performances by M40 **Mark Blackwood** (6:28.48), W75 **Gwen Steed** (10:19.28), M55 **Kevin Cassidy** (7:16.99), M745 **Ralph Bennett** (8:45.13) and M85 **Col Silcock-Delaney** (12:34.20).

W35	1	Allison, Rebecca	W38	VICTORIAN MA	10:26.77
W40	1	Geisler, Sandra	W40	RINGWOOD ATH	7:24.83
W55	1	Rosenbrock, Carolyn	W56	ATHLETICS NU	8:22.49
	2	Elms, Donna-Marie	W56	PRESTON ATHL	8:33.79
	3	D'Monte, Arlene	W59	VICTORIAN MA	12:07.79
W75	1	Steed, Gwen	W75	GLENHUNTLY A	10:19.28
W80	1	Mews, Pam	W83	VICTORIAN MA	16:39.99
M35	1	Walters, Daniel	M38	VICTORIAN MA	6:09.71
M40	1	Blackwood, Mark	M41	KNOX ATHLETIC CLUB	6:28.48
	2	Prasad, Pramesh	M43	COLLINGWOOD	6:57.86
M45	1	Smyth, David	M48	COLLINGWOOD	7:33.81
	2	Patterson, Adam	M45	ATHLETICS NU	7:58.15
M55	1	Cassidy, Kevin	M57	VICTORIAN MA	7:16.99
	2	Donahoo, Mark	M59	ATHLETICS ESSENDON	7:30.21
	3	Hess, Albin	M58	VICTORIAN MA	9:21.63
	4	Moritz, Paul	M58	VICTORIAN MA	9:45.49
	5	McDonald, Anthony	M56	VICTORIAN MA	9:57.38
M60	1	Sommers, David	M60	ATHLETICS NU	8:43.88
	2	Riddoch, Clyde	M64	VICTORIAN MA	9:14.21
M65	1	Prowse, Frank	M66	DONCASTER AT	9:32.01
	2	Barrow, Geoff	M69	MENTONE ATHL	9:40.86
M75	1	Bennett, Ralph	M76	GLENHUNTLY A	8:45.13
	2	Ilgoutz, Gunther	M79	VICTORIAN MA	9:59.59
	3	Wicks, Barrie	M77	VICTORIAN MA	12:45.53
M85	1	Silcock-Delaney, Colin	M85	VICTORIAN MA	12:34.20



*Mark Blackwood and Pramesh Prasad at Doncaster last weekend*

**SAMA TRACK WALKS, SA STADIUM, MILE END, ADELAIDE, WEDNESDAY 21 MARCH**

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

**1500m Walk**

1.	Marie Maxted	9:29	W57	70.96%
2.	Gil McIntosh	9:40	M67	72.09%
3.	Helen Suridge	11:10	W67	67.04%
4.	Valmai Padget	11:23	W73	71.12%
5.	Ross Hill-Brown	11:24	M63	58.52%
6.	Graham Harrison	11:25	M74	66.50%
7.	Roger Lowe	11:35	M74	65.55%
8.	Kate White	11:54	W52	54.10%
9.	Margaret McIntosh	12:06	W65	60.43%
10.	Scott Hart	12:10		
11.	David Robertson	12:18	M84	71.55%

**2000m Walk**

1.	Gil McIntosh	13:12	M67	68.26%
2.	Dave Fallon	14:49	M65	59.47%
3.	Jan Layng	15:00	W69	67.03%
4.	Richard Moyle	15:01	M62	56.84%
5.	Graham Harrison	15:19	M74	64.11%
6.	Valmai Padget	15:29	W73	68.95%
7.	Ross Hill-Brown	15:31	M63	55.58%
8.	Roger Lowe	15:58	M74	61.50%
9.	Kate White	16:09	W52	52.05%
10.	Margaret McIntosh	16:14	W65	59.13%
11.	Scott Hart	16:23		
12.	David Robertson	17:17	M84	65.93%
13.	Edna Bates	17:48	W65	53.93%

**ACTRWC TRACK WALKS, WODEN ATHLETICS TRACK, WODEN, THURSDAY 22 MARCH**

Thanks to Robin Whyte for the latest results from Canberra. Fastest time to young **Tim Fraser** with 8:30.

**2000m Handicap**

1.	Ruth Baussmann	13:56
2.	Margaret McSpadden	16:18
3.	Doug Fitzgerald	15:53
4.	Ann Staunton-Jugovic	10:30
5.	Sheryl Greatehead	15:26
6.	Peter Baker	10:47
7.	Lorna England	15:38
8.	Robin Whyte	12:37
9.	Tim Fraser (F/T)	8:30
	Bryan Thomas	DQ

**BENDIGO WALKERS CLUB ROADWALKS, ROSALIND PARK, BENDIGO, SUNDAY 25 MARCH**

Thanks to Paul Rance for the latest results from Bendigo, in country Victoria. Wins to **Sheridan Commons** and **Norm West**.

**1.6km Handicap**

1.	Sheridan Commons	11.08
2.	Caitlyn Curtis	12.50

**4km Handicap**

1.	Norm West	33.10
2.	Bill Lotherington	29.56
3.	Barb Bryant	23.59
4.	John Carter	30.55
5.	Peter Curtis	22.36
6.	Curtis	28.48

**ATHLETICS TASMANIA T&F CHAMPIONSHIPS, DOMAIN ATHLETICS TRACK, HOBART, 24-25 MARCH**

Last weekend saw the Tasmanian T&F Championships, with the 10,000m walks held on Sunday. Conditions were made difficult by torrential rain late in the race but it made little different to 17 year old **Alice Randall** who walked a 1:13 PB to win with 49:52.73. 16 year old **Anna Blackwell** struggled early but can home with 2 minute+ negative split to also record her own PB with 57:24.78. 14 year old **Will Robertson** led early with Alice, but hit the wall after about 8 laps and he fell back and was passed by **Bayley Campbell** who won the Men's race with a 5 minute PB of 52:14.01. Special mention to **Wayne Fletcher** who competed in 11 masters events, taking 3 golds and 7 silvers in the M70 division and 5<sup>th</sup> in the Open Hammer Throw, as well as officiating in his spare moments! Masters walkers were also in action, with W60 **Elizabeth Leitch** fastest with 9:23 for their 1500m walk.

**Open Women 10,000m Walk**

1.	Alice Randall	OVA	49.52.73	PB 1:13
2.	Anna Blackwell	OVA	57.24.78	PB 1:06

**Open Men 10,000m Walk**

1.	Bayley Campbell	OVA	52.14.01	PB 5:40
2.	Will Robertson	OVA	54.07.26	First one

**Masters 10000m Walk**

1.	W60	Elizabeth Leitch	68.55
2.	M65	Ron Foster	69.59

**Masters 1500m Walk**

1.	W60	Elizabeth Leitch	9.23
1.	M40	Stephen Aherne	8.48
1.	M65	Ron Foster	9.34
1.	M55	David Moore	10.51
1.	M70	Wayne Fletcher	12.04



*M75 Wayne Fletcher (on left) had a big weekend in Hobart*

**LAQ STATE CHAMPIONSHIPS, QSAC, BRISBANE, 23-25 MARCH**

I reported two weeks ago on the Victorian Little Athletics Championships. This week sees LA Championships contested in Queensland, NSW, ACT and South Australia.

First to Brisbane for the Little Athletics Queensland T&F Championships, with events ranging from U9 700m walk to U17 1500m walk. Full results at <http://laq.sportstg.com/liveresults/2018States/>. I will restrict my reporting to the first 10 in each division.

State records to **Nelson McCutcheon** (U15 1500m 6:07.96), **Anika Clarke** (U12 1500m 7:23.60) and **Kris Hayward** (U13 1500m 6:45.17). Other top walks to Caitlin Hannigan (U16 1500m 6:51.57), Camryn Novinetz (U14 1500m 6:56.28) and **Makenna Clarke** (U9 700m 3:49.34).

**Girls U17 1500m Walk**

1.	Jade Pearson	Arana	8:32.16
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**Girls U16 1500m Walk**

1.	Caitlin Hannigan	Beaudesert	6:51.57
2.	Jasmine-Rose McRobert	Redcliffe	8:38.15

**Girls U15 1500m Walk**

1.	Amelia Schofield	Ashmore	7:39.75
2.	Zoe Jenner	Gold Coast	9:05.38
3.	Elliot Bow	Caboolture	9:24.44

**Girls U14 1500m Walk**

1.	Camryn Novinetz	Ipswich	6:56.28
2.	Mackenzie Ofield	Caloundra	7:40.47
3.	Rylee Skipper	Noosa	8:33.89
4.	Taylah Graham	Cairns	8:36.82

**Girls U13 1500m Walk**

1.	Jayda Anderson	Gold Coast	7:19.23
2.	Sabrina Guse	Wynnum Manly	8:06.82
3.	Tiani Hogan	Tweed	8:15.98
4.	Payten Hogan	Tweed	9:04.10
5.	Korey Brady	Aspley	9:12.52
6.	Sophie Porter	Aspley	9:44.17
7.	Brealla Jager	Centenary	10:02.74
8.	Tiana Mathewson	Ipswich	10:35.17
9.	Holly Delchau	Jimboomba	10:39.18
10.	Lily Henningsen	University	10:40.08

**Girls U12 1500m Walk**

1.	Anika Clarke	Redlands	7:23.60R
2.	Amber Norton	Arana	8:09.87
3.	Daniella Lourigan	Maryborough	8:20.86
4.	Scarlett Schofield	Ashmore	8:57.26
5.	Amber Tofful	Caloundra	9:18.09
6.	Lauren Heath	Algester	9:19.79
7.	Sienna Powell	Redcliffe	9:31.43
8.	Leah Hollinger	Caboolture	10:08.88
9.	Matilda Burton	Highfields	10:29.50
10.	Molly Gore	Toowoomba Cent	10:34.78

**Girls U11 1100m Walk**

1.	Rebecca Teahen	Toowong Harr	5:37.95
2.	Trinity Woodward	Arana	5:59.76
3.	Tamika Gee	Algester	6:04.50
4.	Charlotte Porter	Aspley	6:42.17
5.	Tiarna O'Neill	Caloundra	6:43.95
6.	Eboniee Hilton	Caboolture	6:44.10
7.	Abbie McDonald	Strathpine	7:09.16
8.	Sophie Scott	Toowong Harr	7:23.56
9.	Taylor Skinner	Gold Coast	7:48.10
10.	Olivia Hingst	Sunnybank	8:04.68

**Girls U10 1100m Walk**

1.	Lyla Williams	Tweed	5:52.47
2.	Shantel Gale	Strathpine	6:06.09
3.	Kamara Stewart	Ipswich	6:12.72
4.	Baylee McGowan	Noosa	6:43.73
5.	Stephanie Aguinaldo	Gold Coast	6:46.91
6.	Riley Mathewson	Ipswich	7:07.60
7.	Britney Murray	Noosa	7:16.47
8.	Erica Polak	Redlands	7:29.27
9.	Charlotte Brady	Aspley	7:38.87
10.	Amelia Salo	Algester	8:01.53

**Boys U17 1500m Walk**

1.	Callum Haig	Caloundra	7:49.60
2.	Ethan Clarke	Redlands	8:09.05
3.	Kyle Rasmussen	Ipswich	9:36.14

**Boys U16 1500m Walk**

1.	Ben Jeffrey	Souths	8:25.38
2.	William Piantentini	Gracemere	9:27.55

**Boys U15 1500m Walk**

1.	Nelson Mccutcheon	Redlands	6:07.96R
2.	Reece Madden T	weed	7:19.07
3.	Jedekiah Buchanan	Mt Tarampa	8:22.84

**Boys U14 1500m Walk**

1.	Jonathan Wearne	Redcliffe	7:23.08
2.	Kane Moulder-Shard	Ipswich	9:20.90

**Boys U13 1500m Walk**

1.	Kris Hayward	Gold Coast	6:45.17R
2.	Kai Norton	Arana	7:44.14
3.	Seth Wasson	Caboolture	7:52.39
4.	Alexander Webster	Toowong Harr	9:41.46
5.	Cooper Mollenhagen	Monto	11:14.97
6.	Tyla Jorgensen	Bargara	11:30.70

**Boys U12 1500m Walk**

1.	Hamish Smallacombe	Caboolture	7:55.57
2.	Jonathan Riese	Toowong Harr	8:58.20
3.	Seth Moore	Gold Coast	9:01.30

**Boys U11 1100m Walk**

1.	Charlie Capps	Gold Coast	5:32.25
2.	Cooper Smith	University	6:18.06
3.	Kody Fisher	Redlands	6:29.64
4.	Jack Bannister	Nambour	7:06.60
5.	Sam Cosford	Springwood	7:08.64
6.	Grant Hall	Strathpine	7:52.26
7.	Jye Kennedy	Mudgeeraba	7:52.68
8.	Jackson Edser	Algester	8:02.13
9.	Leyland Hempsted	University	8:07.87
10.	Noah Boschma	Strathpine	8:15.52

**Boys U10 1100m Walk**

1.	Myles Callaghan	Redlands	5:57.08
2.	Jhye Rasmussen	Ipswich	6:38.76
3.	Jacob Petrovic	Redlands	6:55.15
4.	Will Paynter	Highfields	7:52.18
5.	Zack Manteit	Ipswich	8:04.48
6.	Zackary Eptropakis	Algester	8:44.96



**Girls U9 700m Walk**

1.	Makenna Clarke	Redlands	3:49.34
2.	Chelsea Capps	Gold Coast	3:49.71
3.	Anna Tudor	Noosa	4:01.11
4.	Kayley Ettridge	Caboolture	4:06.00
5.	Caterina Davey	Toowong Harriers	4:12.02
6.	Trinity Ransome	Gold Coast	4:29.42
7.	Emma Sheehan	Toowong Harriers	4:31.23
8.	Awhena Kororiko	Biloela	4:34.60
9.	Amy Cosford	Springwood	4:38.06
10.	Melita Scott	Tweed	4:41.18

**Boys U9 700m Walk**

1.	Xavier Blair	Bundaberg	4:32.30
2.	Blake Zirbel	Toowoomba Sou	4:35.99
3.	Jak Sutton	Laidley	4:46.61
4.	Ethan Gratton	City North	4:51.03
5.	Max Rayner	Balmoral	4:51.15
6.	Noah Tilton	Tweed	4:52.89
7.	Benjamin Waters	Redlands	5:06.64
8.	Dylan McDonald	Strathpine	5:24.61
9.	Joshua Jenner	Warwick	6:18.90

**LANSW STATE CHAMPIONSHIPS, SOPAC, SYDNEY, 23-25 MARCH**

Now to Sydney for the Little Athletics NSW T&F Championships, also with events ranging from U9 700m walk to U17 1500m walk. Full results at <http://www.lansw.com.au/Competition/Results>. I will restrict my reporting to the first 10 in each division. Fields were generally very big. Best performances to **Oscar Tebbutt** (U17 1500m 6:05.99), **Allanah Pitcher** (U15 1500m 6:41.57), **Jack McGinniskin** (U15 1500m 6:30.52), **Gabriella Hill** (U14 1500m 6:54.50), **Izabella Dunne** (U12 1500m 7:05.82), **Isaac Beacroft** (U11 1100m 5:22.74), **Natasha Flahey** (U9 700m 3:32.82) and **Christopher Nilon** (U9 700m 3:25.12).

**Girls U17 1500m Walk**

1.	Hannah Mison	Koorungal Wagga	7:24.93
2.	Bridget Bell	Kurrajong Bilpin	7:35.63
3.	Elise Brennan	Balmain	7:51.74
4.	Niamh Sanday	Kings Langley	7:52.08
5.	Rose Jennings	Randwick Botany	8:03.82
6.	Janaya Lee	Riverstone	8:07.05
7.	Eilidh Lucas	Koorungal Wagga	8:12.39
8.	Brittany Robertson	Port Hacking	8:18.60
9.	Ainslie Brown	Northern Suburbs	8:44.78
10.	Paige Rigney	Wyong	8:52.18

**Boys U17 1500m Walk**

1.	Oscar Tebbutt	Gosford	6:05.99
2.	Blake Dwyer- Hall	Blacktown	6:49.51
3.	Jake Attwell	Dapto	6:49.86
4.	Hayden Blaskett	Manly Warringah	6:51.15
5.	Harrison Mavin	Ku-Ring-Gai	7:44.01
6.	James Smit	Hills District	8:31.09
7.	Brayden Findlay	Tallowong Park	9:31.41

**Girls U15 1500m Walk**

1.	Allanah Pitcher	Gosford	6:41.57
2.	Emma Blanch	Port Hacking	7:07.69
3.	Hannah Parker	Manly Warringah	7:40.05
4.	Chelsea Payne	Tuggerah Lakes	7:50.88
5.	Sophia Dagher	Bankstown Sports	8:11.75
6.	Ella Robertson	Tuggerah Lakes	8:17.20
7.	Brooke Martin	Doonside	8:22.47
8.	Lauren Tisdale	Girraween	8:22.70
9.	Imogen Steele	Northern Suburbs	8:48.50
10.	Ruby Keen Lake	Illawarra	9:15.09

**Boys U15 1500m Walk**

1.	Jack McGinniskin	Edgeworth	6:30.52
2.	Martin Leerberg	Ryde	7:35.54
3.	George Davis	Ryde	7:57.07
4.	William Mills	Cherrybrook	8:12.28
5.	Harrison Frost	Girraween	8:44.83
6.	Bayden Little	Cherrybrook	9:00.21
7.	Logan Barendregt	Doonside	10:30.49

**Girls U14 1500m Walk**

1.	Gabriella Hill	Lismore	6:54.50
2.	Hannah Bolton	Tuggerah Lakes	7:12.41
3.	Elizabeth McMillen	Manly Warringah	7:29.62
4.	Casey Stanley	Illawong	7:42.74
5.	Olivia Thomson	Manly Warringah	7:59.31
6.	Kara Reid Tuggerah	Lakes M	8:10.43
7.	Jada Thomson	Colyton St Clair	8:16.96
8.	Kayla Wong	Winston Hills	8:30.78
9.	Bethany Scott	Westlakes	8:31.06
10.	Charlotte Forti	Emu Plains	8:51.78

**Boys U14 1500m Walk**

1.	Adam Dickson	Hills District	7:24.02
2.	Tom Jessep	Port Hacking	7:39.85
3.	Zain Robards	Tuggerah Lakes	8:04.66
4.	Jackson Deane	Hills District	8:19.78
5.	Robbie Cullen	Cherrybrook	8:24.76
6.	Harrison Best	Dapto	8:25.36
7.	Archie Tebbutt	Gosford	8:34.84
8.	Joshua Hill	Balmain	8:56.60
9.	Beau Jenkins	Blacktown	9:07.57
10.	Matthew Korompay	Balmain	9:08.97

**Girls U13 1500m Walk**

1.	Amalia Patterson	Tuggerah Lakes	7:10.73
2.	Emma Thomas	Parramatta	7:19.00
3.	Ellie DeCelis	Illawong	7:23.21
4.	Tara Laytham	Manly Warringah	7:36.37
5.	Alannah Hickson	Ku-Ring-Gai	7:42.04
6.	India Duguid	Woy Woy Peni	7:47.60
7.	Abby Kitto	Quakers Hill	8:19.74
8.	Sadie Brotherston	Balmain	8:30.94
9.	Breanna Cunningham	Campbelltown	8:31.60

**Boys U13 1500m Walk**

1.	Harry Dundon	Mosman	7:20.93
2.	Raven Pyda	Liverpool City	7:42.13
3.	Brendan Pospischil	Winston Hills	7:55.89
4.	Samuel Walter	Ku-Ring-Gai	7:59.10
5.	Mark Westcott	Nepean	8:09.85
6.	Alex Mills	Cherrybrook	8:23.03
7.	Shaqiulle Bulman	Riverstone	8:29.17
8.	Liam Spamer	Cardiff & District	8:39.80
9.	Max Lusty	Balmain	8:44.52

10. Chia Walters	Sutherland	8:31.90	10. Brock Reed	Werrington	8:46.36
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#### Girls U12 1500m Walk

1. Izabella Dunne	Gosford	7:05.82
2. Ella Munroe	Hills District	7:49.41
3. Stella Norris	Tuggerah Lakes	8:10.53
4. Chloe Krklinski	Parramatta	8:14.16
5. Chelsey Torrens	Winston Hills	8:19.68
6. Madeleine Loncar	Canterbury	8:23.21
7. Catherine Schofield	Mt Druitt	8:35.89
8. Kailey Webber	Winston Hills	8:36.45
9. Marisa Stojanovic	Bankstown Sport	8:38.63
10. Holly Roach	Wagga Wagga	8:39.87

#### Boys U12 1500m Walk

1. Harry Banks	Balmain	7:13.85
2. Brodie Payne	Winston Hills	7:31.37
3. Daniel Stewart	Hills District	7:47.65
4. Elliot Bangert	Orange	8:10.91
5. Keegan Whitten	Wollongong City	8:30.46
6. Thomas Muir	Nepean	8:40.51
7. Liam Murphy	Glenbrook	8:42.66
8. Luke Haddad	Balmain	9:24.59
9. Lachlen Bennett	Westlakes	9:26.17
10. Zachary Schmidt	Balmain	9:36.99

#### Girls U11 1100m Walk

1. Jayda Stanley	Balmain	5:35.9h
2. April Billington	Manly Warringah	5:36.3h
3. Ava Diaz	Balmain	5:46.3h
4. Carissa Smyth	Manly Warringah	5:48.4h
5. Amelie Prosser-Shaw	Hills District	5:53.8h
6. Jasmine Wong	Winston Hills	5:57.6h
7. Jaide Almeida	Eastern Suburbs	6:05.5h
8. Samantha Torrens	Winston Hills	6:07.4h
9. Sarah Lovell	Ku-Ring-Gai	6:09.3h
10. Louise Lovell	Ku-Ring-Gai	6:13.5h

#### Boys U11 1100m Walk

1. Isaac Beacroft	Quakers Hill	5:22.74
2. Peter Elliott	The Ponds	5:33.57
3. Myles Ashby	Gosford	5:38.29
4. Isaac Tate	Manly Warringah	5:58.03
5. Orlando Grinbergs	Manly Warringah	5:58.18
6. Jai Horton	Liverpool City	6:02.96
7. William Buckley	Mudgee	6:03.33
8. Liam Roche	Hills District	6:05.93
9. Keo Luxford-Smith	Manly Warringah	6:09.61
10. Aidan Pospischil	Winston Hills	6:15.12

#### Girls U10 1100m Walk

1. Grace Beck	Ku-Ring-Gai	5:33.30
2. Rudi Blackley	South Eastern	5:37.82
3. Chloe Lamb	Manly Warringah	5:42.51
4. Sienna Pitcher	Gosford	5:45.96
5. Zoe Woods	Ku-Ring-Gai	5:50.45
6. Evie Armstrong Reading	South Eastern	5:57.80
7. Jessey Bektas	Nepean	6:09.84
8. Amy Brice	Illawong	6:13.63
9. Abbey Bektas	Nepean	6:16.33
10. Grace Harkin	Northern Suburbs	6:19.29

#### Boys U10 1100m Walk

1. Alex Muir	Nepean	5:33.87
2. Thomas Varga-Strike	Quakers Hill	5:41.61
3. Sebastian Gonzalez	Balmain	5:53.46
4. Brodie Spamer	Cardiff & District	5:59.80
5. Joel Byatt	Girraween	6:02.60
6. Sean Douglas	Eastern Suburbs	6:10.51
7. Cohen Orsini	Hills District	6:13.87
8. Jack Prestwich	Ku-Ring-Gai	6:17.86
9. Lachlan Pryke	Cranebrook	6:21.25
10. Charon van der Ham	Tuggerah Lakes	6:25.98

#### Girls U9 700m Walk

1. Natasha Flahey	Cherrybrook	3:32.82
2. Mia Stewart	Cherrybrook	3:36.77
3. Wanda Skuadas	Randwick Botany	3:37.79
4. Zara Villacorta	Manly Warringah	3:41.23
5. Madeleine Gifford	Balmain	3:51.79
6. Emma Hearnden	Cardiff & District	3:52.76
7. Claudia Palmer	Manly Warringah	3:58.56
8. Olivia Mackenzie	Hills District	4:00.98
9. Emilie Chandran	Winston Hills	4:02.24
10. Maisie Mitchell	Kurrajong Bilpin	4:02.68

#### Boys U9 700m Walk

1. Christopher Nilon	Nth Rocks Carlin	3:25.12
2. Riley Payne	Winston Hills	3:31.39
3. Jacob Bell	Glenbrook	3:41.24
4. Noah Cabrol Manly	Warringah	3:51.91
5. Tyler Mckinnon	Illawong	3:52.90
6. Xavier Young	Blacktown	3:53.14
7. Ben Chamberlain	Ryde	4:02.52
8. Tony Zizic	Randwick Botany	4:03.51
9. Conner Pryke	Cranebrook	4:06.06
10. Parker Ivanovski	Lake Illawarra	4:06.88

### ACTLA STATE CHAMPIONSHIPS, WODEN ATHLETICS TRACK, WODEN, 23-25 MARCH

Now to Canberra for the Little Athletics ACT T&F Championships, also with events ranging from U9 700m walk to U17 1500m walk. Full results at [http://members.iinet.net.au/~actathletics/Results/LAACT/Seas2017\\_18/ACT\\_Championships/](http://members.iinet.net.au/~actathletics/Results/LAACT/Seas2017_18/ACT_Championships/). I will restrict my reporting to the first 10 in each division.

Best performances by **Connor Frew** (U17 1500m 5:50.67) and **Mitchell Baker** (U17 1500m 5:52.81),

#### Girls 17 1500m Walk

1. Elizabeth Henderson	Belconnen	8:13.71
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#### Boys 17 1500m Walk

1. Connor Frew	Calwell	5:50.67
2. Mitchell Baker	Ginninderra	5:52.81
3. Trent Schoevers	Corroboree	11:23.08

#### Girls 16 1500m Walk

1. Katherine Alley	Woden	8:32.34
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#### Boys 16 1500m Walk

1. Harry Dube	Queanbeyan	8:56.52
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**Girls 15 1500m Walk**

1.	Hannah Manning	Belconnen	7:32.13
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**Girls 14 1500m Walk**

1.	Laura Burns	Belconnen	7:29.80
2.	Erin Fenwick	Woden	8:38.85
1.	Isaac Sloan	Woden	10:01.63

**Girls 13 1500m Walk**

1.	Sidney Shaw	Ginninderra	8:07.72
2.	Skyla Robinson McEvoy	Queanbeyan	9:18.96
3.	Erin Duncan	Belconnen	9:19.62
4.	Lucinda Thompson	Woden	10:00.69
5.	Audrey Keillor	Queanbeyan	10:54.36

**Girls 12 1500m Walk**

1.	Ella Baker	Ginninderra	9:05.50
2.	Madison Gordon	Queanbeyan	9:30.23
3.	Hannah White	Woden	9:39.79
4.	Keira James	Calwell	9:59.92
5.	Casey Griggs	Weston Creek	10:21.58
6.	Katy Brown	Woden	10:22.09
7.	Yasmeen Sidhu	Woden	10:56.10
8.	Emma Kennard	Gungahlin	11:00.77
9.	Zoe Brown	Woden	11:08.30

**Girls 11 1100m Walk**

1.	Keeva Robinson McEvo	Queanbeyan	6:22.10
2.	Chloe Miller	Ginninderra	6:23.88
3.	Imogen Horn	Woden	7:05.75
4.	Mia Kluth	Corroboree	7:12.13

**Girls 10 1100m Walk**

1.	Eloise Smith	Ginninderra	6:34.77
2.	Georgia Frew	Calwell	6:50.31
3.	Leila Nikolic	Woden	7:13.22
4.	Lola Rooney	Corroboree	7:16.22
5.	Siena Towndrow	Woden	7:17.63
6.	Erin Cross	Calwell	7:19.00
7.	Lexi Dixon	Goulburn-Mul	7:48.03
8.	Molly Davidson	Woden	7:51.15
9.	Lena Thompson	Belconnen	7:51.29
10.	Alyse O'Brien	Woden	8:18.28
11.	Danica Lucas-Alagic	Queanbeyan	9:29.26

**Girls 9 700m Walk**

1.	Mollie Dixon	Goulburn-Mul	5:04.13
2.	Ryley Arnold	Calwell	5:04.25
3.	Maddison Taylor	Woden	5:11.43
4.	Elisa Walker	Ginninderra	5:26.77
5.	Ciara Grove	Woden	5:31.19

**Boys 15 1500m Walk**

1.	Pierce Brennan	Woden	8:29.33
2.	Logan Ganas	Calwell	9:48.78

**Boys 14 1500m Walk**

1.	Patrick Maloney	Calwell	8:13.87
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**Boys 13 1500m Walk**

1.	Danny Riley	Calwell	9:16.32
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**Boys 12 1500m Walk**

1.	Andrew Camp Liddiard	Ginninderra	8:26.27
2.	Max Smith	Corroboree	8:29.34
3.	Harrison Baker	Ginninderra	8:48.56
4.	Sebastian Young	Woden	8:48.75
5.	James Davidson	Weston Creek	10:02.43

**Boys 11 1100m Walk**

1.	Owen Toyne	Ginninderra	6:35.44
2.	Kyle Burgess	Calwell	6:43.92
3.	Otis JeongReuss	Corroboree	6:44.02
4.	Liam Exall	Weston Creek	7:23.55

**Boys 10 1100m Walk**

1.	Kodi Clarkson	Ginninderra	6:47.50
2.	Edward Murphy	Calwell	6:48.36
3.	Daniel Moore	Woden	7:13.10
4.	Thor Bacsikai	Woden	7:18.00
5.	Riley (Rooy) Voutos	Lanyon	7:35.69
6.	Luke Burgess	Calwell	7:39.20
7.	Noah Brown	Woden	8:32.43

**Boys 9 700m Walk**

1.	Joshua Marriott	Corroboree	4:44.25
2.	Thomas Keillor	Queanbeyan	4:56.03
3.	Harry Lory-Smailes	Weston Creek	5:09.70
4.	Jake Domaschenz	Woden	5:24.69
5.	Mason Dixon	Goulburn-Mul	6:04.59
6.	Remi Backhouse	Lanyon	6:17.56

**LASA STATE CHAMPIONSHIPS, AT ATHLETICS STADIUM, MILE END. ADELAIDE, 23-25 MARCH**

Finally to Canberra for the Little Athletics SA T&F Championships, also with events ranging from U9 700m walk to U17 1500m walk. Full results at <https://live.salaa.org.au/2017/sics/F017.html>. I will restrict my reporting to the first 10 in each division.

Best performances by **Toby Wilks** (U13 1500m 6:38.77) and **Oliver Western** (U10 1100m 5:43.19).

**U14-17 Mixed 1500m Walk Final**

1.	Liam Killick	EDI	8:11.74
2.	Fraser Western	SDI	9:09.01

**U10 Girls 1100m Walk**

1.	Katie Deruvo	SDI	6:10.17
2.	Milly Sulicich	SDI	6:55.86
3.	Lottie Pehi	SCO	7:04.26
4.	Elise Scott	SCO	7:07.77

**U12-13 Mixed 1500m Walk**

1.	Toby Wilks	EDI	6:38.77
2.	Kai Iwao	SCO	8:48.75
3.	Anthony Tana	MCO	9:31.30
4.	Aidan Barry	TTG	9:49.23

5.	Aliesha Juillerat	TTG	7:13.61
6.	Bella Hunter	NOA	7:17.62
7.	Kaitlyn Hore	ENF	7:23.34
8.	Emma Hastie	RED	7:23.91
9.	Chelsea Bennett	TTG	7:47.80
10.	Xenia Salupalu	ADE	8:24.88

**U11 Mixed 1100m Walk**

1.	Seth Upton	SDI	5:50.03
2.	Zayden Kamish	NOA	5:59.67
3.	Jackson Baker	EDI	6:20.69
4.	Mason Purdue	MIL	6:24.71
5.	Jackson Eastwood	MPA	7:37.10
6.	Cooper Rech	SDI	8:32.55

**U10 Boys 1100m Walk**

1.	Oliver Western	SDI	5:43.19
2.	Sebastian Richards	MCO	6:04.00
3.	Taama Iwao	SCO	6:04.44
4.	Sam Killick	EDI	6:09.19
5.	Archie Braithwaite	EDI	6:40.95
6.	Felix Lo Basso	WVL	6:52.61
7.	Isaac McKenzie	TTG	7:11.22
8.	Callum Walford	GGR	7:23.73

**U9 Mixed 700m Walk**

1.	Edward Upton	SDI	4:40.99
2.	Zachary Morgan	RED	4:45.87
3.	Riley Wilson	RED	4:58.56

**LAWA STATE CHAMPIONSHIPS, WA ATHLETICS STADIUM, PERTH, 2-4 MARCH**

Finally, back a couple of weeks for the Little Athletics Western Australia Championships in Perth. Full results at <http://walittleathletics.com.au/LinkClick.aspx?fileticket=68thfsZQbW8%3d&portalid=49&timestamp=1520488194501>. I restrict my reporting to the first 10 in each division.

Best performances by **Cooper Anderton** (U16 1500m 6:21.6), **Ben Reid** U17 1500m 6:43.8), **Alexandra Griffin** (U13 1500m Record of 6:56.9), **John Ronan** (U10 1100m 5:42.3), **Katica Borsic** (U9 700m 3:39.9) and **Jackson Almstrom** (U9 700m 3:44.0)

**Girls 1500m Walk U17**

1.	Ruane, Tiahna	Gosnells	7:43.3
2.	Gough, Tyla	Joondalup	8:34.0
3.	Thompson-Bowness, C	Belmont	9:14.6

**Boys 1500m Walk U17**

1.	Reid, Benjamin	Gosnells	6:43.8
2.	Murphy, Patrick	Gosnells	6:59.1
3.	Hurn, Kale	Gosnells	7:56.5

**Girls 1500m Walk U16**

1.	Pringle, Ashleigh	Gosnells	8:07.8
2.	Moore, Kaitlyn	Gosnells	8:16.2
3.	Mezzatesta, Cara	Bayswater	8:39.9
4.	Bairstow, Emily	Inglewood	9:10.2

**Boys 1500m Walk U16**

1.	Anderton, Cooper	Bunbury	6:21.6
2.	Millard, Thomas	Rockingham	7:04.9
3.	Grosse, Liam	Bayswater	7:22.0
4.	Scott, Kye	Belmont	8:07.8
5.	Denholm, Maxwell	Baldivis	8:39.8

**Girls 1500m Walk U15**

1.	Ireland, Hannah	Rockingham	7:22.9
2.	Morales, Rihelle	Gosnells	7:38.8
3.	Seet Huiting, Rachel	Singapore	8:06.5
4.	Olivieri, Ehlana	Kingsway	8:11.5
5.	Gough, Ebony	Joondalup	8:43.9
6.	Pizzuto, Carly	Sthn Districts	9:16.9
7.	Power, Emily	Cockburn	9:27.5
8.	Cross, Olivia	Rockingham	9:34.1
9.	Matutinovich, Claudia	Bayswater	9:46.4

**Boys 1500m Walk U15**

1.	Hall, Joseph	Gosnells	7:09.6
2.	Ze En Timothy, Lim	Singapore	7:10.9
3.	Peak, Jayden	Kingsway	7:27.8
4.	Squiers, Campbell	Gosnells	7:49.4
5.	Murphy, Calum	Gosnells	8:00.5
6.	Wickham, Sebastian	Rockingham	8:05.4
7.	Smith, Joshua	Hamersley	9:47.3

**Girls 1500m Walk U14**

1.	Gray, Maddison	Baldivis	7:45.8
2.	Andritsos, Sienna	Gosnells	8:02.4
3.	Martin, Hannah	Cockburn	8:39.3
4.	Norbury, Claire	Kingsway	8:41.3
5.	Lynch, Tayla	Ridgewood	9:21.7
6.	D'Alton, Kayla	Ridgewood	9:35.9

**Boys 1500m Walk U14**

1.	Gallagher, Lachlan	Ridgewood	7:51.2
2.	Artemis, Bailey	Baldivis	7:58.2
3.	Cooper, Vaughan	Bayswater	7:59.7
4.	Colyer, Cameron	Gosnells	8:00.2
5.	Grazia, Harry	Bayswater	8:11.2
6.	Borsic, Jeremiah	Gosnells	9:12.1
7.	Highley, Lathan	Peel	9:22.8
8.	Pye, Otto	Cockburn	9:59.7

**Girls 1500m Walk U13**

1.	Griffin, Alexandra	Sthn Districts	6:56.9R
2.	Mortimore, Brooke	Gosnells	7:24.2
3.	De Bernardis, Sofia	Cockburn	7:51.5
4.	Wells, Kristine	Sthn Districts	8:10.8

**Boys 1500m Walk U13**

1.	Hussey, Kyle	Bunbury	8:22.4
2.	Carlson, Alistair	Inglewood	9:35.8
3.	Anderton, Morgan	Bunbury	9:36.8
4.	Taylor, Kaden	Bayswater	10:22.2

5.	Greenwood, Emma	Inglewood	8:21.8
6.	Beaglehole, Grace	Sthn Districts	8:22.2
7.	Patchett, Veronica	Kingsway	9:13.9
8.	Ibbotson, Maddison	Rockingham	9:37.8
9.	Ray, Charlotte	Joondalup	9:52.9
10.	Hodgkinson, Caitlin	Melville	9:55.4

#### Girls 1500m Walk U12

1.	Lawrence, Lataya	Baldivis	7:36.5
2.	Chapman, Florence	Melville	7:50.4
3.	Andritsos, Alessia	Gosnells	8:04.6
4.	Masson, Lily	Inglewood	8:08.8
5.	Doyle, Hannah	Inglewood	8:09.8
6.	Gardiner, Jordon	Bunbury	9:09.3
7.	Wickham, Bethany	Rockingham	9:16.5
8.	Roper, Kaitlyn	Ridgewood	9:56.3
9.	Kennedy, Daria	Eastern Hills	10:23.6
10.	Dolling, Hayley	Belmont	10:48.3

#### Girls 1100m Walk U11

1.	Van Ingen, Aya	Gosnells	5:43.6
2.	Spence, Ashlyn	Kingsway	5:47.3
3.	Greenwood, Lucy	Inglewood	5:55.6
4.	Shelby, Courtney	Sthn Districts	6:12.1
5.	Black, Rose	Cockburn	6:27.2
6.	Mezzatesta, Marissa	Bayswater	6:36.8
7.	Silvester, Amy	Melville	6:56.8
8.	robbins, leoni	Swan Valley	7:30.8
9.	Molloy Broughton, Ella	Ridgewood	7:36.8

#### Girls 1100m Walk U10

1.	stubberfield, izabella	Dale	6:07.9
2.	Hutchinson, Ava	Cockburn	6:09.2
3.	Williams, Jasmine	Inglewood	6:13.0
4.	Thompson, Heidi	Belmont	6:23.3
5.	Brindle, Parker	Melville	6:27.4
6.	Lazarou, Zoe	Inglewood	6:36.9
7.	Dabala, Layla	Baldivis	6:49.9
8.	Hadley, Madison	Cockburn	6:55.2
9.	Claridge, Emmelleine	Gosnells	7:32.0
10.	mccarthy, keyshia	Ridgewood	8:41.3

#### Girls 700m Walk U9

1.	Borsic, Katica	Gosnells	3:39.9
2.	Bogaers, Kaytee	Rockingham	3:40.8
3.	Curtis, Isabelle	Ridgewood	3:41.7
4.	Rummer, Jasmine	Melville	4:01.7
5.	Freeman, Asha	Inglewood	4:07.5
6.	Jones, Sienna	Bayswater	4:18.7
7.	Freeman, Ellis	Inglewood	4:27.2
8.	Martin, Addison	Baldivis	4:49.5
9.	Turnour, Sarah	Sthn Districts	5:03.2

#### Boys 1500m Walk U12

1.	Somers, Declan	Sthn Districts	8:23.4
2.	Thomson, Matthew	Bunbury	8:38.4
3.	McCabe, Lachlan	Swan Valley	8:42.8
4.	Biancuzzo, Matthew	Melville	8:57.4
5.	Buck, Joshua	Rockingham	9:00.3
6.	Wright, Christopher	Bayswater	9:47.7
7.	Ragno, Tyler	Gosnells	10:03.7
8.	Kenny, Jonah	Bunbury	12:07.7

#### Boys 1100m Walk U11

1.	Bernard, Xavier	Melville	5:43.1
2.	Clark, Jarrod	Inglewood	5:43.3
3.	Marriot, Camden	Bunbury	5:45.1
4.	Cilia, Ryan	Sthn Districts	5:47.7
5.	Hancy, Aidan	Melville	6:13.4
6.	Martella, Jonah	Rockingham	6:19.6
7.	Smith, Ashton	Peel	6:20.7
8.	Scott, Rylan	Ashburton	6:21.0
9.	Holmes, Lucas	Swan Valley	6:26.8
10.	Guest, Dylan	Dale	6:32.6

#### Boys 1100m Walk U10

1.	Ronan, John	Kingsway	5:42.3
2.	Morales, Jessstine	Gosnells	5:44.6
3.	Russell, Liam	Kingsway	6:43.1
4.	Lawrence, Luke	Baldivis	6:56.2
5.	Walmsley, Benjamin	Gosnells	7:02.4
6.	Gardiner, Andy	Bunbury	7:40.2
7.	Scott, Dean	Sthn Districts	8:48.0
8.	Perry, Christopher	Lower SW	8:51.9

#### Boys 700m Walk U9

1.	Almstrom, Jackson	Gosnells	3:44.0
2.	Shelby, Connor	Sthn Districts	3:51.4
3.	Harris, Declan	Eastern Hills	3:54.7
4.	Wood, Riley	Cockburn	3:57.7
5.	Constantine, Kade	Cockburn	4:09.4
6.	Skinner, Deegan	Kingsway	4:11.3
7.	Scilipoti, Rory	Cockburn	4:13.9
8.	Ramos, Joseph	Inglewood	4:47.8

### 37<sup>TH</sup> DUDINSKÁ PÄTDESIATKA, DUDINCE, SLOVAKIA, SATURDAY 24 MARCH

The much anticipated 37<sup>th</sup> Dudinská Pätdesiátka last weekend in Slovakia was a great success on many fronts. Billed as an EA Race Walking Permit Meeting, it featured a women's 50km for the first time, with 9 women competing, and also saw the successful comeback of Matej Toth in the men's 50km. My report is from the European Athletics website: <http://www.european-athletics.org/news/article=toth-speeds-world-leading-50km-race-walk-mark-dudince/index.html>

On a bright morning in southern Slovakia, **Matej Toth** could see a clear path to Berlin as he made a brilliant return to the distance he has made his own, the 50km walk. The Olympic and former world champion thrived in front of his home fans as once more he won over the distance at the 37<sup>th</sup> Dudince 50, a European Athletics Race Walking Permit Meeting, with a performance that even exceeded his own expectations as he returned to the distance for the first time since the Rio Olympics.

His target was 3:45 but he was over two minutes inside of that as he led all the way to win in 3:42:46, a world-leading mark to show he is well and truly back. He won by almost two minutes from Finland's **Veli-Matti Partanen** in second in 3:44:43 with teammate **Jarkko Kinnunen** in third in 3:54:26.

Wearing No.1 on his bib, Toth savoured every second of his victory, celebrating with fans at the finish, shaking hands and looking more than content that all seems to be on course for his bid for gold when Berlin co-hosts the inaugural multi-sports European Championships with Glasgow this August.

Toth's brilliance is his ability to maintain such an even pace, knowing just when to increase the speed needed. He showed that in abundance in Dudince where everything fitted into place as he put his winter training in South Africa into perfect use. He began with a first kilometre of 4:33 and by the time he went from 49km to 50km, he will still close to that pace, completing the final section in 4:28. Toth reached 10km in 44:59, 20km in 1:29:31 – by which point he was already 31 seconds ahead of Partanen – before he had increased that gap to 42 seconds at the midway point where Ireland's **Brendan Boyce** had moved ahead of Kinnunen.

But Boyce did not finish and by the 36km point, Toth was in command again and went on to claim a commanding victory - and another national title to boot - in his first race at the distance in nearly two years. "I had a good and trouble-free race, I did not worry, I did not have to fight any kind of problems. The only thing that gave me a little trouble were the turns in the last three or four laps," Toth told reporters after the event.

The Hungarian Championships was also staged in conjunction in Dudince and that honour went to **Bence Barnabas Venyercsan**, who was ninth overall in 4:05:54. The time of 4:08 was key because that is the qualifying mark for the European Championships in Berlin and the top 10 were all inside it. There were mixed fortunes for Britain's **King** twins: **Dominic** was 10<sup>th</sup> in 4:06:34, but **Daniel** was 11<sup>th</sup> in 4:08:16.

It proved a great meeting for the host nation as **Maria Czakova** won the women's 50km race walk on her debut at the distance by over 18 minutes in a race she controlled from start to finish. And not only was her time of 4:14:25 a national record, she also moved up to sixth on the world all-time lists. She was easily inside the 4:50 qualifying time for the European Championships. The first five were all inside 4:50 with Poland's **Agnieszka Ellward** second in a national record of 4:32:47. There was also a Croatian record for **Ivana Renic** in fifth in 4:46:27.

Berlin will be an historic occasion being the first time the 50km race walk has taken place at a European Athletics Championships and Czakova, who was third in the 20km race walk in Dudince last year, will now be among the favourites after showing how well she has made the move to the longer distance. Czakova led from the start and she went through halfway in 2:09:20, a lead of 9:07 from Ellward before gaining even more strength and an even greater advantage.

Full results and all splits at <https://www.hrdsport.sk/Online?CompetitionId=275>.

See further article at <https://sport.pravda.sk/ostatne-sporty/clanok/463519-svetovy-vykon-roka-a-limit-na-me-toth-vyhral-dudinsku-patdesiatku/>.

#### 50km Women

1.	CZAKOVÁ Mária	1988	SVK	4:14:25	NR
2.	ELLWARD Agnieszka	1989	POL	4:32:47	NR
3.	ANDREOPOULOU Nikolitsa	1983	GRE	4:41:44	
4.	BEMOWSKA Joanna	1994	POL	4:43:48	
5.	RENIC Ivana	1996	CRO	4:46:27	NR
6.	MAKRI Angeliki	1978	GRE	4:59:40	
7.	DAVEY Molly Jade	1998	GBR	5:08:17	
	GAGOV Danica	1996	SRB	DNF	
	SLEZIONA Katarzyna	1970	POL	DNF	

#### 50km Men

1.	TÓTH Matej	1983	SVK	3:42:46	
2.	PARTANEN Veli-Matti	1991	FIN	3:44:43	
3.	KINNUNEN Jarkko	1984	FIN	3:54:26	
4.	MONTANA José	1992	COL	3:55:48	
5.	RUMBENIEKS Arnis	1988	LAT	4:00:06	
6.	SUSKEVICIUS Tadas	1985	LTU	4:00:40	
7.	MAJDÁN Dušan	1987	SVK	4:01:15	
8.	GDULA Lukáš	1991	CZE	4:03:39	
9.	VENYERCSÁN Bence Barnabás	1996	HUN	4:05:54	
10.	KING Dominic	1983	GBR	4:06:34	
11.	KING Daniel	1983	GBR	4:08:16	
12.	ERENT Bruno	1990	CRO	4:12:22	NR
13.	SANTOS Helder	1996	POR	4:17:34	
14.	TOKODI Dávid	1991	HUN	4:21:14	
15.	TICHÝ Peter	1969	SVK	4:57:38	
	ŠCIBRAN Miroslav	1977	SVK	DQ	

	BOYCE Brendan	1986	IRL	DNF
	RUIZ Jorge	1989	COL	DNF
	BLOCKI Damian	1989	POL	DNF
	SRP Miklós Domonkos	1993	HUN	DNF
	BRUNDUKOU Uladzimir	1990	BLR	DNF
	NTENTOPOULOS Konstantinos A	1994	GRE	DNF
	ROMERO IRIAS Jose Leonidas	.1983	HON	DNF
	COPPINI Niccolo	.1997	ITA	DNF
	BAGDÁNY Tomasz	.1995	HUN	DNF
<b>50km Hungarian Championship Men</b>				
1.	VENYERCSÁN Bence Barnabás	1996	HUN	4:05:54
2.	TOKODI Dávid	1991	HUN	4:21:14
	SRP Miklós Domonkos	1993	HUN	DNF
	BAGDÁNY Tomasz	1995	HUN	DNF
<b>50km Slovakian Championship Men</b>				
1.	TÓTH Matej	1983	SVK	3:42:46
2.	MAJDÁN Dušan	1987	SVK	4:01:15
3.	TICHÝ Peter	1969	SVK	4:57:38
	ŠCIBRAN Miroslav	1977	SVK	DQ
<b>50km Polish Championship Women</b>				
1.	ELLWARD Agnieszka	1989	POL	4:32:47
2.	BEMOWSKA Joanna	1994	POL	4:43:48
	SLEZIONA Katarzyna	1970	POL	DNF
<b>35km U23 Men</b>				
1.	VENYERCSÁN Bence Barnabás	1996	HUN	2:45:46
2.	BURGER Donát	1997	HUN	3:02:57
3.	KOVÁCS Soma	1997	HUN	3:05:43
<b>20km Men</b>				
1.	AREVALO Eider	1993	COL	1:22:13
2.	SOTO Stevan		COL	1:23:09
3.	ÚRADNÍK Miroslav	1996	SVK	1:26:44
4.	BLOCKI Adrian	1990	POL	1:27:48
5.	RÍZEK Milan	1978	SVK	1:28:43
6.	GJACS Edgars	1993	LAT	1:40:43
	RAYMUNDO COX Jose Maria	1993	GUA	DQ
	CERNÝ Dominik	1997	SVK	DNF
	HLAVENKA Tomáš	1977	CZE	DNF
<b>20km Women</b>				
1.	ARENAS Sandra Lorena	1993	COL	1:28:48
2.	DRAHOTOVÁ Anežka	1995	CZE	1:30:35
3.	PONCIO TZUL Maritza Rafaela	1994	GUA	1:37:13
4.	PASTARE Agnese	1988	LAT	1:37:47
5.	MATEROVÁ Katerina	1998	CZE	2:01:02
6.	JÁNOŠÍKOVÁ Veronika	1998	CZE	2:18:58
	GALVIS Sandra Viviana	1986	COL	DNF
	KOVÁCS Barbara	1993	HUN	DNF
	HORNÁKOVÁ Monika	1995	SVK	DNF
<b>10km U20 Men</b>				
1.	LIBNAR Vojtech	1999	CZE	45:11
2.	JOVAN Delcev	1999	SRB	47:24
3.	HAMZIC Alan	2000	SVK	49:42
4.	ZÁSTAVA Jan	2000	CZE	55:03
5.	SOLTÉSZ Benjámín	2000	HUN	58:46
<b>10km U20 Women</b>				
1.	BEKMEZ Meryem	2000	TUR	45:16
2.	ŽÁRSKA Klaudia	1999	SVK	50:00
3.	BURZALOVÁ Hana	2000	SVK	50:14
4.	HACUNDOVÁ Ema	1999	SVK	53:07
5.	DIMANOPULOSZ Daphne	1999	HUN	53:49
6.	TÓTH Katalin Andrea	2002	HUN	55:02

7.	CSÖRGÖ Dóra	2001	HUN	55:04
8.	JOHANOVÁ Adéla	1999	CZE	58:26
9.	ZIKMUNDOVÁ Jana	2002	CZE	59:14
10.	ZLUKYOVÁ Alexandra	2000	SVK	1:01:03
11.	INTIHAR MARULC Ana	2000	SLO	1:06:09
	KOMORÓCZY Laura	1999	HUN	DNF

#### 10km U18 Men

1.	KOVÁČ Daniel	2001	SVK	44:49
2.	KUBIŠ Lubomír	2001	SVK	44:58
3.	TÓTH Norbert	2001	HUN	47:38
4.	GÁL Vencel	2001	HUN	48:51
5.	VARGA Dávid	2001	HUN	49:33
6.	NYERGES Balázs	2001	HUN	50:57
7.	BARANYA Balázs	2002	HUN	1:00:26
	ZIVKOVIC Lazar	2002	SRB	DQ

#### 5km U18 Women

1.	ZAHORÁN Petra	2002	HUN	25:43
2.	PEVEC Eli	2001	CRO	26:57
3.	JANCEK Bruna	2002	CRO	27:34
4.	GONZALES Yeny Valeria	2001	COL	28:30
5.	RUSKOVÁ Lucia	2001	SVK	29:38
6.	KOCSI Elizabet	2002	HUN	30:12
7.	ŠEVCÍKOVÁ Nikoleta	2001	SVK	31:59
8.	ZSEMBERI Zsófia	2004	HUN	32:13
9.	MASARYKOVÁ Annamária	2002	SVK	32:33
10.	KOLMER Jázmin	2004	HUN	33:22
11.	RAGASOVÁ Alžbeta	2002	SVK	DNF



Matej Toth wins in Dudince (photo <https://myzvolen.sme.sk>)  
 Mária Czaková wins in Dudince (photo <https://sport.pravda.sk>)

### EUROPEAN MASTERS ATHLETICS CHAMPIONSHIPS, MADRID, SPAIN, 19-24 MARCH

The first of the big Masters meets for the year has now completed, with the European Masters Championships in Madrid finishing last Saturday. The fields were huge, with the walks no exception. Here we go.

#### 3000m Walks, Tuesday 20-21 March

The 3000m track walks were spread over last Tuesday and Wednesday and are well reported by marciadalmondo:

3000m Men: <http://omarchador.blogspot.com.au/2018/03/3000-m-femininos-abriram-marcha-nos.html>  
 3000m Women: <http://omarchador.blogspot.com.au/2018/03/a-vez-dos-3000-m-masculinos-nos-emaci.html>



I restrict my reporting to the first 6 places in each division.

### 3000m Track Walks Women

The women's 3000m walks saw 76 athletes from 19 countries. W44 walker **Valeria Pedetti** (ITA) was fastest with 14:58.48, followed by **Nadiya Sukharyna** (UKR) with 15:08.47 and **Tatiana Zucconi** (ITA) with 15:29.93. The only meet record went to W65 **Maria Alice Fernandes** (POR) with 17:51.91, considerably better than the French Josette Sommier had obtained in the 2001 edition in Bordeaux (18.05,35). Spain headed the medal count with 7 (2 + 2 + 3) ahead of Italy 6 (2 + 2 + 2) and France 5 (2 + 2 + 1).

W35	1	Concep Campos Fernandez	1978	ESP	16:20.36
	2	Annelies Sarrazin	1981	BEL	16:25.61
	3	Micaela Benzi	1982	ITA	17:47.08
W40	1	Valeria Pedetti	1973	ITA	14:58.48
	2	Nadiya Sukharyna	1975	UKR	15:08.47
	3	Tatiana Zucconi	1977	ITA	15:29.93
	4	Elisa Smorti	1976	ITA	16:29.29
	5	Carolyn Derbyshire	1977	GBR	16:37.42
	6	Monserrat Pereira Pena	1977	ESP	17:32.76
W45	1	Elena Cinca	1970	ITA	15:34.39
	2	Carmen Hernandez Burgos	1969	ESP	16:00.04
	3	Isabel Espel Jurado	1970	ESP	16:16.37
	4	Lenka Borovickova	1973	CZE	16:21.78
	5	Hanne Liland	1969	NOR	16:48.00
	6	Clarissa Alcaire Ernst	1968	ESP	17:00.38
W50	1	Katali Bodorkos-Horvath	1967	HUN	16:41.46
	2	Barbara Primas	1965	GER	17:19.55
	3	Carmen Martin	1966	ESP	17:21.35
	4	Isabel Guerrero Montes	1963	ESP	17:44.92
	5	Diana Forsgren Ottosson	1965	SWE	17:58.63
	6	Cathy Soubiran	1964	FRA	18:11.89
W55	1	Carmem Garcia Frontons	1960	ESP	17:02.19
	2	Maija-liisa Mertanen	1960	FIN	17:43.75
	3	Angeles Noell Guardiola	1962	ESP	17:46.27
	4	Helen Middleton	1962	GBR	17:54.68
	5	Brigitte Orsolits	1958	AUT	19:01.49
W60	1	Marie Astrid Monmessin	1956	FRA	16:32.98
	2	Daniela Ricciutelli	1956	ITA	17:42.46
	3	Natalia Marcenco	1954	ITA	17:49.93
	4	Catherine Duhig	1954	GBR	18:07.46
	5	Giuseppina Comba	1957	ITA	18:39.29
	6	Ann Wheeler	1955	GBR	19:01.93
W65	1	Maria Alice Fernandes	1952	POR	17:51.91
	2	Maria Jose Briz	1951	ESP	18:14.47
	3	Edith Brochot	1952	FRA	18:54.23
	4	Aurora Alvarez Ordas	1952	ESP	19:17.58
	5	Dorothea Grolig	1951	AUT	19:33.00
	6	Rita Del Pinto	1949	ITA	20:27.30
W70	1	Janine Bernier	1946	FRA	20:41.54
	2	Suzanne Loyer	1947	FRA	21:44.62
	3	Heidrun Neidel	1947	GER	22:33.45
	4	Brigita De Coppet	1946	LAT	26:11.87
W75	1	Helga Draeger	1939	GER	23:08.36
	2	Marg De Lavergne Delage	1939	FRA	26:37.34

### 3000m Track Walks Men

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M35		Andreas Janker	1983	GER	13:13.02
	2	Angel Blanco Hidalgo	1980	ESP	13:20.35
	3	Jose Fernandez Nieves	1980	ESP	13:26.78
	4	Francisco Carmona	1978	ESP	13:44.85
	5	Igor Sapunov	1978	ITA	14:20.11
M40	1	Ruben Pinera Alvarez	1975	ESP	12:50.2
	2	Andris Alksnis	1976	LAT	13:29.2
	3	Grzegorz Grinholc	1977	POL	13:40.3
	4	FRAsco Scafuro	1977	ITA	14:01.7

	5	Jose Rodriguez Jimenez	1975	ESP	14:51.0	
	6	Alexander Maier	1973	AUT	15:23.1	
M45	1	Steffen Borsch	1973	GER	12:25.32	
	2	Juan Antonio Porras Hidalgo	1972	ESP	12:37.37	
	3	Normunds Ivzans	1971	LAT	13:00.58	
	4	Luís Silva	1970	POR	13:18.24	
	5	Rafael Martin	1970	ESP	13:36.68	
	6	Josep Marti Arribas	1972	ESP	15:03.93	
M50	1	Miguel Carvajal Ortega	1965	ESP	13:27.04	
	2	Leonardo Toro Lopez	1967	ESP	13:45.43	
	3	Steffen Meyer	1966	GER	13:54.53	
	4	Josef Smola	1964	CZE	14:19.06	
	5	Juan De Lucas Pasalodos	1966	ESP	14:27.96	
	6	Jose J Rodriguez Melcon	1966	ESP	14:55-25	
M55	1	Miguel Perianez Garcia	1962	ESP	13:43.55	
	2	Francisco Reis	1960	POR	13:52.62	
	3	Luis Abadias Palacin	1959	ESP	15:02.79	
	4	Francis Gauze	1962	FRA	15:15.61	
	5	Jose Munoz Belmonte	1961	ESP	15:18.94	
	6	Serge Marvingt	1958	FRA	17:16.94	
M60	1	Angel Octa Ruata Martin	1957	ESP	15:46.84	
	2	Dirk Bogaert	1958	BEL	15:47.08	
	3	Jesus Javier Moreno Mate	1957	ESP	16:05.93	
	4	Malcolm Martin	1955	GBR	16:11.77	
	5	Waldemar Malecki	1958	POL	16:39.22	
	6	Patrick Colomar	1953	FRA	16:42-25	
M65	1	Ignacio Melo Valls	1952	ESP	15:10.08	
	2	Ian Richards	1948	GBR	15:28.09	
	3	Patrice Brochot	1951	FRA	15:50.35	
	4	Boguslaw Seidel	1949	POL	15:55.55	
	5	Peter Boszko	1949	GBR	16:14.56	
	6	Udo Schaeffer	1950	GER	17:02.96	
M70	1	Ettorino Formentin	1947	ITA	16:12.06	
	2	John Mcmullin	1946	IRE	17:45.10	
	3	Ludwig Niestelberger	1948	AUT	18:01.84	
	4	Bernard Delayre	1947	FRA	18:38.10	
	5	Roger Michell	1948	GBR	18:39.99	
	6	Harijs Abolins	1948	LAT	18:53.35	
M75	1	Peter Schumm	1942	GER	18:52.67	
	2	Vladimir Kansky	1940	CZE	19:32.00	
	3	Amatore Michieletto	1942	ITA	20:01.49	
	4	Raitis Lerme	1942	LAT	20:54.94	
	5	Alexis De Coppet	1938	SUI	21:08.10	
	6	Iurii Polovshchikov	1942	POR	21:45.01	
M80	1	Romolo Pelliccia	1936	ITA	18:20.45	
	2	Alexis Jordana	1937	FRA	19:52.69	
	3	Holger Flassnoecker	1937	GER	21:36.98	
	4	Norbert Will	1935	GBR	21:55.36	
	5	Frank Knaeringer	1936	GER	24:36.09	
	6	Claude Merle	1936	FRA	25:03.81	
M85	1	Ivan Pushkin	1930	UKR	22:11.24	
M90	1	Guenter Ciesielski	1926	GER	25:49.51	WR

### 5km Road Walks, Friday 23 March

The 5km roadwalks were held on Friday 23<sup>rd</sup> March and were again well reported by marciadalmondo:

5km men: <http://omarchador.blogspot.com.au/2018/03/5-km-masculinos-emaci-madrid-resultados.html>

5km women: <http://omarchador.blogspot.com.au/2018/03/5-km-femininos-emaci-madrid-resultados.html>

As for the 3000m walks, I have restricted my reporting to the first 6 places in each division.

### 5km Road Walks Men

The men's 5km walks saw a total of 127 competitors representing 17 countries. Dead heat for fastest time between M35 **Andreas Janker** (GER) with 21.45 and fellow countryman M45 **Steffen Borsch** (GER) with the same time. The third best mark went to the M45 **Juan Porras Hidalgo** (ESP) with 22.06. Championship records were set by M80 **Romolo Pelliccia** (ITA) with 30.55, and by M90 **Guenter Ciesielski** (GER) with 41.31. Of the 12 gold medals in dispute, Spain collected 5, Germany 4, Italy 2 and Ukraine 1.

M35	1	Andreas Janker	1983	GER	21.45
	2	Angel Blanco Hidalgo	1980	ESP	22.46
	3	Jose Fernandez Nieves	1980	ESP	23.00
	4	Francisco Carmona	1978	ESP	23.08
	5	Antonio Camano Mesa	1980	ESP	24.35
	6	Igor Sapunov	1978	ITA	24.42
M40	1	Ruben Pinera Alvarez	1975	ESP	22.50
	2	Francesco Scafuro	1977	ITA	23.42
	3	Grzegorz Grinholc	1977	POL	23.50
	4	Andris Alksnis	1976	LAT	24.25
	5	Francisco Parra Alvarez	1975	ESP	24.41
	6	Jose Alb Munoz Martinez	1975	ESP	25.12
M45	1	Steffen Borsch	1973	GER	21.45
	2	Juan Antonio Porras Hidalgo	1972	ESP	22.06
	3	Normunds Ivzans	1971	LAT	22.30
	4	Luis Silva	1970	POR	22.44
	5	Rafael Martin	1970	ESP	23.09
	6	Giuseppe Messina	1971	ITA	25.19
M50	1	Miguel Carvajal Ortega	1965	ESP	23.22
	2	Leonardo Toro Lopez	1967	ESP	23.33
	3	Dudas Gyula	1966	HUN	24.05
	4	Juan De Lucas Pasalodos	1966	ESP	24.22
	5	Josef Smola	1964	CZE	24.44
	6	Steffen Meyer	1966	GER	25.26
M55	1	Miguel Perianez Garcia	1962	ESP	23.55
	2	Francisco Reis	1960	POR	24.19
	3	Adolfo Garcia Marin	1963	ESP	24.58
	4	Francis Gauze	1962	FRA	25.14
	5	Luis Abadias Palacin	1959	ESP	25.52
	6	Jose Munoz Belmonte	1961	ESP	26.20
M60	1	Amngel Octa Ruata Martins	1957	ESP	26.32
	2	Dirk Bogaert	1958	BEL	26.50
	3	Jesus Javier Moreno Mate	1957	ESP	27.14
	4	Miroslaw Luniewski	1957	POL	27.58
	5	Malcolm Martin	1955	GBR	28.08
	6	Patrick Colomar	1953	FRA	28.24
M65	1	Ignacio Melo Valls	1952	ESP	25.36
	2	Ian Richards	1948	GBR	26.13
	3	Patrice Brochot	1951	FRA	27.15
	4	Vincenzo Panico	1951	FRA	27.41
	5	Peter Boszko	1949	GBR	27.59
	6	Boguslaw Seidel	1949	POL	28.02
M70	1	Ettorino Formentin	1947	ITA	27.41
	2	John McMullin	1946	IRE	30.12
	3	Ludwig Niestelberger	1948	AUT	30.34
	4	Harijs Abolins	1948	LAT	31.15
	5	Bernard Delayre	1947	FRA	31.30
	6	Richard Maichin	1946	GER	32.16
M75	1	Peter Schumm	1942	GER	32.08
	2	Vladimir Kansky	1940	CZE	32.29
	3	Amatore Michieletto	1942	ITA	34.44
	4	Alexis De Coppet	1938	SUI	35.56
	5	Piergiorgio Andreotti	1940	ITA	36.34
	6	Hermann Strieder	1941	AUT	37.05
M80	1	Romolo Pelliccia	1936	ITA	30.55
	2	Alexis Jordana	1937	FRA	33.52
	3	Holger Flassnoecker	1937	GER	36.30
	4	Norbert Will	1935	GBR	37.11
	5	Frank Knaeringer	1936	GER	41.25
	6	Claude Millard	1936	FRA	43.01
M85	1	Ivan Pushkin	1930	UKR	37.44
M90	1	Guenter Ciesielski	1926	GER	41.31

### 5km Road Walks Women

The women's 5km roadwalks saw 93 athletes from 19 countries. Fastest time went to W35 **Maria Dolores Marcos Valero** (ESP) with 25.10, ahead of W40 **Valeria Pedetti** (ITA) with 25.19) and **Ana Cortes Garcia** (ESP) with 25.42. The 10 available gold medals were distributed amongst 7 countries, with 3 for France, 2 for Spain and 1 for Portugal, Germany, Hungary, Italy and Romania.

W35	1	Maria Dolores Marcos Valero	1979	ESP	25.10
	2	Ana Cortes Garcia	1978	ESP	25.42
	3	Concep Campos Fernandez	1978	ESP	28.04
	4	Annelies Sarrazin	1981	BEL	28.11
	5	Micaela Benzi	1982	ITA	31.13
	6	Alessandra Canuti	1979	ITA	31.44
W40	1	Valeria Pedetti	1973	ITA	25.19
	2	Nadiya Sukharyna	1975	UKR	25.43
	3	Carolyn Derbyshire	1977	GBR	28.03
	4	Simona Palandri	1976	ITA	28.35
	5	Georgina Touhey	1975	IRE	29.02
	6	Monserrat Pereira Pena	1977	ESP	29.49
W45	1	Sonia Demon	1972	FRA	25.43
	2	Elena Cinca	1970	ITA	26.34
	3	Carmen Hernandez Burgos	1969	ESP	27.11
	4	Lenka Borovickova	1973	CZE	27.24
	5	Sinead Mcconnell	1968	IRE	27.30
	6	Maggie O'Connor	1972	IRE	27.51
W50	1	Katali Bodorkos-Horvath	1967	HUN	27.27
	2	Carmen Martin	1966	ESP	28.54
	3	Barbara Primas	1965	GER	28.56
	4	Maria De Climent Chafer	1964	ESP	29.20
	5	Isabel Guerrero Montes	1963	ESP	30.02
	6	Diana Forsgren Ottosson	1965	SWE	30.33
W55	1	Carmem Garcia Frontons	1960	ESP	29.25
	2	Maija-liisa Mertanen	1960	FIN	30.03
	3	Angeles Noell Guardiola	1962	ESP	30.13
	4	Helen Middleton	1962	GBR	30.20
	5	Brigitte Orsolits	1958	AUT	31.47
	6	Fiona Bishop	1959	GBR	35.32
W60	1	Marie Astrid Monmessin	1956	FRA	27.22
	2	Daniela Ricciutelli	1956	ITA	29.54
	3	Natalia Marcenco	1954	ITA	30.27
	4	Catherine Duhig	1954	GBR	30.36
	5	Giuseppina Comba	1957	ITA	31.04
	6	Ann Wheeler	1955	GBR	32.29
W65	1	Maria Alice Fernandes	1952	POR	30.36
	2	Maria Jose Briz	1951	ESP	31.04
	3	Edith Brochot	1952	FRA	31.38
	4	Aurora Alvarez Ordas	1952	ESP	31.57
	5	Dorothea Grolig	1951	AUT	33.05
	6	Pilar Adan	1952	ESP	36.49
W70	1	Janine Bernier	1946	FRA	34.51
	2	Suzanne Loyer	1947	FRA	36.46
	3	Heidrun Neidel	1947	GER	38.28
	4	Brigita De Coppet	1946	LAT	44.20
W75	1	Helga Draeger	1939	GER	39.18
	2	Marg De Lavergne Delage	1939	FRA	42.56
	3	Ilga Buntika	1939	LAT	45.46
W90	1	Elena Pagu	1926	ROM	44.36

#### SOUTH AFRICAN ATHLETICS CHAMPIONSHIPS, BESTMED-TUKS, SA, 15-17 MARCH

Finally, going back a week to Bestmed-Tuks in Pretoria where **Anel Oosthuizen** (1.43.55.8) and **Wayne Snyman** (1.24.58.0) won the 20km walks at the South African Athletics Championships, racing under adverse weather conditions of cold and heavy rain. The U20 10km titles went to **Annette Koen** (57.20) and **Jacques Heymans** (49.10). 50km championships for men and women were also scheduled but sadly there were no participants. Thanks to marciadalmondo (<http://omarchador.blogspot.com.au/2018/03/oosthuizen-e-snyman-sagram-se-campeoes.html>).

#### 20km Women

1.	Anel Oosthuizen	1995	ASWD	1.43.55.8
2.	Zelda Schultz	1992	ACNW	1.45.53.8
3.	Natalie Le Roux	1982	KZNA	1.47.30.8
4.	Lisa Patterson	1982	CGA	1.56.50.8
5.	Nthatsi Mokele	1993	CGA	1.59.27.3
6.	Palesa Msthebe	1998	CGA	2.11.03.4
7.	Whitney Matseba	1997	AGN	2.26.16.6

### 20km Men

1.	Wayne Snyman	1985	AGN	1.24.58.0
2.	Sizwe Ndebele	1994	AGN	1.29.48.0
3.	Tebatso Mashimbyi		CGA	1.33.06.2
4.	Tumisang Pule	1997	AGN	1.34.13.0
5.	Dannyboy Sehemo	1995	AGN	1.44.22.8

### 10km U20 Women

1.	Annette Koen	1999	ACNW	57.20
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### 10km U20 Men

1.	Jacques Heymans	2000	AFS	49.10
2.	Antonio Farmer	2000	ASWD	49.50

## MARCIADALMONDO AND OMARCHADOR ROUNDUP

Marciadalmondo has 3 press releases this week

- Mon 26 Mar - Pit Lane between stopwatches, blankets, sun and wind in Dudince  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3126](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3126)
- Sat 24 Mar - Toth and Czakova (50km), Arevalo and Arenas (20km) win in Dudince  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3125](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3125)
- Wed 21 Mar - Spanish race walking team for Taicang announced  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3124](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3124)

and Omarchador had 13 press releases

- Mon 26 Mar - Results of the Women's 5km road walks in the European Masters in Madrid  
<http://omarchador.blogspot.com.au/2018/03/5-km-femininos-emaci-madrid-resultados.html>
- Mon 26 Mar - Results of the Men's 5km road walks in the European Masters in Madrid  
<http://omarchador.blogspot.com.au/2018/03/5-km-masculinos-emaci-madrid-resultados.html>
- Mon 26 Mar - Eider Arévalo and Sandra Arenas shine in the 20 km march of Dudince 20km  
<http://omarchador.blogspot.com.au/2018/03/eider-arevalo-e-sandra-arenas-brilham.html>
- Sun 25 Mar - Matej Tóth and Mária Czaková dominate Dudince 50km  
<http://omarchador.blogspot.com.au/2018/03/matej-toth-e-maria-czakova-dominam-nos.html>
- Sat 24 Mar - Preview of the 27<sup>th</sup> edition of the Rio Maior International Grand Prix  
<http://omarchador.blogspot.com.au/2018/03/27-edicao-do-grande-premio.html>
- Fri 23 Mar - The return of Matej Tóth in the Dudince 50km this Saturday  
<http://omarchador.blogspot.com.au/2018/03/o-regresso-de-matej-toth-aos-50-km-de.html>
- Thu 22 Mar - Oosthuizen and Snyman win South African 20km championships  
<http://omarchador.blogspot.com.au/2018/03/oosthuizen-e-snyman-sagram-se-campeoes.html>
- Thu 22 Mar - Results of the Men's 3000m track walks in the European Masters in Madrid  
<http://omarchador.blogspot.com.au/2018/03/a-vez-dos-3000-m-masculinos-nos-emaci.html>
- Wed 21 Mar - Maria Orlete Mendes sets new European Masters 3000m walk record  
<http://omarchador.blogspot.com.au/2018/03/maria-orlete-mendes-com-marca-recorde.html>
- Wed 21 Mar - Preview of the Grand Prix de Pinhal, in Sertã, Portugal  
<http://omarchador.blogspot.com.au/2018/03/marcha-atletica-de-apresentacao-na.html>
- Wed 21 Mar - Results of the Women's 3000m track walks in the European Masters in Madrid  
<http://omarchador.blogspot.com.au/2018/03/3000-m-femininos-abriram-marcha-nos.html>
- Tue 20 Mar - María Pérez and Álvaro Martín triumph in Castellón 20km championships  
<http://omarchador.blogspot.com.au/2018/03/maria-perez-e-alvaro-martin-triunfam.html>
- Tue 20 Mar - Menuet, Bordier, Ausello and Mayer stand out in Mérignac, France  
<http://omarchador.blogspot.com.au/2018/03/menuet-bordier-ausello-e-mayer-destacam.html>

## AUSTRALIAN WORLD JUNIORS TEAM NAMED

It is great to see 3 walkers confirmed in the 57 strong Australian team to contest the World U20 Championships in Tampere, Finland, in July. See team announcement at <http://athletics.com.au/News/57-strong-australian-team-confirmed-for-tampere-2018>.

Well done to **Katie Hayward** (QLD), **Declan Tingay** (WA) and **Kyle Swan** (VIC). All are high quality walkers.



*Katie, Declan and Kyle in action in 2018*

## AUSTRALIAN TEAM FOR WORLD TEAM CHAMPIONSHIPS NOW CONFIRMED

A full complement of six U20 walkers have been added to the IAAF World Race Walking Team Championships team which will compete in Taicang, China, in early May. See <http://athletics.com.au/News/six-juniors-added-to-the-world-race-walking-team>. The full team now reads

Event	Name	State	Coach
Open 50km Women:	<b>Claire Tallent</b>	SA	Jared Tallent
Open 20km Women:	<b>Beki Smith</b>	NSW	Dan Smith
	<b>Jemima Montag</b>	VIC	Brent Vallance
	<b>Rachel Tallent</b>	VIC	Jared Tallent
Open 20km Men:	<b>Dane Bird-Smith</b>	QLD	David Smith
	<b>Michael Hosking</b>	VIC	Gary Hosking
	<b>Rhydian Cowley</b>	VIC	Simon Baker
	<b>Adam Garganis</b>	VIC	Tim Erickson
	<b>Brendon Reading</b>	ACT	Chris Erickson
U20 Women 10km:	<b>Katie Hayward</b>	QLD	Steve Langley
	<b>Rebecca Henderson</b>	VIC	Simon Baker
	<b>Phillipa Huse</b>	VIC	Simon Baker
U20 Men 10km:	<b>Declan Tingay</b>	WA	Steven Tingay
	<b>Kyle Swan</b>	VIC	Brent Vallance
	<b>Mitchell Baker</b>	ACT	Mark Worrall

Well done to **Katie, Bec, Philippa, Declan, Kyle and Mitchell** on their selections in the U20 10km teams. Well deserved and very competitive.

And a special mention for 16 year old Bec Henderson, the youngest member of the team, who was in New Plymouth, NZ, last weekend for the Junior Oceania Triathlon Championships and ITU World Cup. Racing against 45 of the best Junior Girls (up to age 19), she came out of the swim with the leaders, dropping back a little in the bike leg (a tough, hilly and wet course), before finishing with a good run leg to cross the line in 18<sup>th</sup> position.



## OUT AND ABOUT

- Spain has named its team for the IAAF Race Walking World Team Championships in Taicang, China. Check it out at <http://www.rfea.es/sirfea/ficheros/comunicados/documentos/2018320161737.pdf>. It is great to see that they have named 4 50km women in their team:

s/m	JUAREZ GALLARDO, MAR	1993
s/m	LARIOS LOPEZ, MARIA	1992
4:18:56	PINEDO GONZALEZ, AINHOA	1983
4:13:04	TAKACS NYERGES, JULIA	1989

The team also includes **Jesus Angel Garcia** who, at 48 years of age, will be competing in his 13<sup>th</sup> World Cup, in his trademark 50km. Read about his amazing career at [https://en.wikipedia.org/wiki/Jes%C3%BAs\\_%C3%81ngel\\_Garc%C3%ADa\\_Bragado](https://en.wikipedia.org/wiki/Jes%C3%BAs_%C3%81ngel_Garc%C3%ADa_Bragado).

- Following on from last week's report on the French Roadwalk Championships at Mérignac, see the extensive gallery at [https://photos.google.com/share/AF1QipPoNRY8mxJtBeUyZ9Oe8ruW0A35Jlms2xw\\_ZZy8njtWXFedw9Cg4B8M52Uf3o\\_wl3w?key=OC1XWjlkZIVCWXIKN25TNXhHclE1R3FST0NZU3h3](https://photos.google.com/share/AF1QipPoNRY8mxJtBeUyZ9Oe8ruW0A35Jlms2xw_ZZy8njtWXFedw9Cg4B8M52Uf3o_wl3w?key=OC1XWjlkZIVCWXIKN25TNXhHclE1R3FST0NZU3h3).
- She's only been walking for a year but Leeds based **Jemma Bridge** has made huge inroads and will be in the English Commonwealth Games 20km team - very good interview at <http://sportsgazette.co.uk/i-used-to-think-it-was-a-bit-of-a-cop-out-sport-gemma-bridge-on-her-rapid-race-walking-rise-and-balancing-commonwealth-ambitions-with-a-doctorate/>.
- The 102<sup>nd</sup> Japanese 50km Championships, to be held at Wajima on the weekend of 14-15 April, will include an inaugural Women's 50km Championship. Great news! See <http://www.city.wajima.ishikawa.jp/article/2018020700013/>.
- Further, the Japanese have announced that they will recognize a Japanese Women's 50km record from 2018. The best performance done between April 1<sup>st</sup> and December 31<sup>st</sup> 2018 will be certified as a Japanese record on December 31<sup>st</sup> 2018.
- Performance-enhancing drugs are taken all the time in sports. Everywhere. But the degree to which they were used in East Germany, at the behest of the state, is unmatched. After extensive reporting and numerous efforts to contact victims, five people agreed to talk with ZEIT ONLINE about doping in East Germany. See [http://www.zeit.de/sport/2018-03/doping-ddr-sport-dopingopfer-kinder-folgen-hilfe-english?wt\\_zmc=sm.ext.zonaudev.twitter.ref.zeitde.share.link.x](http://www.zeit.de/sport/2018-03/doping-ddr-sport-dopingopfer-kinder-folgen-hilfe-english?wt_zmc=sm.ext.zonaudev.twitter.ref.zeitde.share.link.x).
- Just as I was going to press, I saw an email from Maryanne Daniel (USA) re the **2019 IAAF World Championships** which will be contested in **Doha** on 28 September - 6 October 2019. Much of the email is taken up with qualification discussions but there are a few other points of interest
  - 50km championships for men and women will be contested via a shared event, as for London 2017.
  - 20km championships for men and women are also to be contested

The number of competitors per event will be capped. For the walks, each event cap is targeted to be 60. This is fine for the separate 20km walks but it does imply that the total field in the combined men's and women's 50km may be 60. We will have to wait on clarification on this.

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

Thanks to **Paul DeMeester** for his latest update to the 50km World Ranking Lists for 2018, adding in the 50km results from last weekend's Dudince Meet. 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. 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 24, 2018)

These 94 walkers represent 24 member federations from five Areas.

1.	Matej Toth	SVK	3:42:46	Dudince 3/24/18
2.	Veli-Matti Partanen	FIN	3:44:43	Dudince 3/24/18
3.	Cristian Andres Choco Leon	ECU	3:50:27	Monterrey 2/25/18
4.	Jose Leyver Ojedo Blas	MEX	3:53:37	Monterrey 2/25/18
5.	Jarkko Kinnunen	FIN	3:54:26	Dudince 3/24/18
6.	Jose Leonardo Montana	COL	3:55:48	Dudince 3/24/18
7.	Marc Tur Pico	ESP	3:56:05	Burjassot 2/25/18
8.	Sandeep Kumar	IND	3:56:40	New Delhi 2/17/18
9.	Omar Zepeda	MEX	3:57:31	Monterrey 2/25/18
10.	Bernardo Uriel Barrondo Garcia	GUA	3:57:33	Campo de Marte 2/10/18
11.	Benjamin Sanchez Bermejo	ESP	3:57:34	Burjassot 2/25/18

12.	Artur Mastianica	LTU	3:58:33	Burjassot 2/25/18
13.	Jesus Angel Garcia Bragado	ESP	3:58:37	Burjassot 2/25/18
14.	Jitendra Singh Rathore	IND	3:58:56	New Delhi 2/17/18
15.	Arnis Rumbenieks	LAT	4:00:06	Dudince 3/24/18
16.	S Damen Singh	IND	4:00:35	New Delhi 2/17/18
17.	Tadas Suskevicius	LTU	4:00:40	Dudince 3/24/18
18.	David Christian Berdeja Villalobos	MEX	4:00:45	Monterrey 2/25/18
19.	Chandan Singh	IND	4:00:58	New Delhi 2/17/18
20.	Dusan Majdan	SVK	4:01:15	Dudince 3/24/18
21.	Luis Amauri Bustamante Franco	MEX	4:01:24	Monterrey 2/25/18
22.	Horacio Nava Reza	MEX	4:02:28	Monterrey 2/25/18
23.	Lukas Gdula	CZE	4:03:39	Dudince 3/24/18
24.	James Aurelio Rendon Villegas	COL	4:03:42	Sucua 3/10/18
25.	Pablo Oliva Requena	ESP	4:05:43	Burjassot 2/25/18
26.	Bence Barnabas Venyercsan	HUN	4:05:54	Dudince 3/24/18
27.	Dominic King	GBR	4:06:34	Dudince 3/24/18
28.	David Gerardo Velasquez Caiza	ECU	4:07:47	Sucua 3/10/18
29.	Daniel King	GBR	4:08:16	Dudince 3/24/18
30.	Nick Christie	USA	4:09:32	Santee 1/20/18
31.	Jyoti Tawtya	IND	4:09:43	New Delhi 2/17/18
32.	Israel Aymar Celi	ECU	4:11:04	Burjassot 2/25/18
33.	Jorge Alejandro Martinez Baez	MEX	4:11:10	Monterrey 2/25/18
34.	Pedro Isidro	POR	4:11:25	Porto de Mos 1/7/18
35.	Matthew Forgues	USA	4:11:43	Monterrey 2/25/18
36.	Jurgen Everhard Grave Chavez	GUA	4:11:50	Campo de Marte 2/10/18
37.	Bruno Erent	CRO	4:12:22	Dudince 3/24/18
38.	Jiayu Luo	CHN	4:12:31	Huangshan 3/4/18
39.	Darwin Fernando Leon Tenesaca	ECU	4:13:12	Sucua 3/10/18
40.	Diego Flores Espinoza	MEX	4:16:19	Monterrey 2/25/18
41.	Luis Campos Cruz	PER	4:17:04	Sucua 3/10/18
42.	Helder dos Santos	POR	4:17:34	Dudince 3/24/18
43.	Erwin Ernesto Morales Paau	GUA	4:18:07	Campo de Marte 2/10/18
44.	Rodrigo Javier Zeballos Pena	BOL	4:18:25	Sucua 3/10/18
45.	Claudio Paulino Villanueva Flores	ECU	4:19:12	Sucua 3/10/18
46.	Florian Mayer	FRA	4:21:02	Merignac 3/18/18
47.	David Tokodi	HUN	4:21:14	Dudince 3/24/18
48.	Liangshan Ma	CHN	4:21:16	Huangshan 3/4/18
49.	Francisco Arcilla Aller	ESP	4:22:48	Burjassot 2/25/18
50.	Xavier Alexander Mena Jara	ECU	4:23:25	Sucua 3/10/18
51.	Mario Alfonso Bran Granillo	GUA	4:24:50	Campo de Marte 2/10/18
52.	Konstantinos Alexandros Ntentopoulos	GRE	4:24:57	Marathon 1/14/18
53.	Sergio Daniel Sacul Caal	GUA	4:25:51	Campo de Marte 2/10/18
54.	Dimitris Tsiordas	GRE	4:26:36	Marathon 1/14/18
55.	Ronald Rey Quispe Misme	BOL	4:27:33	Sucua 3/10/18
56.	Jay Prakash Singh	IND	4:28:32	New Delhi 2/17/18
57.	Guichao Cui	CHN	4:28:45	Huangshan 3/4/18
58.	Sagar S. Joshi	IND	4:31:52	New Delhi 2/17/18
59.	Anjani Kumar Singh	IND	4:32:07	New Delhi 2/17/18
60.	Kostas Stamelos	GRE	4:35:18	Marathon 1/14/18
61.	Rafael Ballesteros Garcia	ESP	4:35:54	Burjassot 2/25/18
62.	Jean Blancheteau	FRA	4:37:01	Merignac 3/18/18
63.	Jonathan Hobbs	GBR	4:37:42	Merignac 3/18/18
64.	Jefferson Santiago Imbacuan Paucar	ECU	4:38:32	Sucua 3/10/18
65.	Cristiano Antonio	POR	4:39:56	Porto de Mos 1/7/18
66.	Jean-Franck Vanoosthuyse	FRA	4:40:04	Merignac 3/18/18
67.	Maxime Faiteau	FRA	4:40:34	Merignac 3/18/18
68.	Luis Angel Sanchez Perez	GUA	4:41:12	Campo de Marte 2/10/18
69.	Jose Manuel Gomez Garcia	ESP	4:42:08	Burjassot 2/25/18
70.	Som Kumar	IND	4:42:16	New Delhi 2/17/18
71.	Luis Silva	POR	4:44:11	Porto de Mos 1/7/18
72.	Krishna Bind	IND	4:44:49	New Delhi 2/17/18
73.	Anthony Joseph Gruttadauro	USA	4:45:15	Santee 1/20/18
74.	David Pueyo Ministral	ESP	4:47:42	Burjassot 2/25/18
75.	Marc Guerrero Plaza	ESP	4:49:00	Burjassot 2/25/18
76.	Fabio Urday Salazar	PER	4:52:47	Sucua 3/10/18
77.	Maxime Cottevieille	FRA	4:54:54	Merignac 3/18/18
78.	Pablo Gomez	USA	4:56:19	Santee 1/20/18
79.	Gerard Guetat	FRA	4:57:28	Merignac 3/18/18

80.	Henrique Santos	POR	4:57:29	Porto de Mos 1/7/18
81.	Peter Tichy	SVK	4:57:38	Dudince 3/24/18
82.	Dominique Van Hille	FRA	5:00:54	Merignac 3/18/18
83.	Daniel Foudjem Ganno	CMR	5:03:21	Merignac 3/18/18
84.	Antonio Gonzalez Arrabal	ESP	5:04:11	Burjassot 2/25/18
85.	Christophe Erard	FRA	5:14:22	Merignac 3/18/18
86.	Marc Legentil	FRA	5:15:42	Merignac 3/18/18
87.	Dave Talcott	USA	5:28:40	Santee 1/20/18
88.	Dimitri Hugon	FRA	5:32:41	Merignac 3/18/18
89.	Peter James Back	SGP	5:54:26	Hong Kong 1/1/18
90.	Steve Harper	USA	5:57:12	Santee 1/20/18
91.	Walker Wong	HKG	6:03:50	Hong Kong 1/1/18
92.	Adrian Zamudio	USA	6:28:14	Santee 1/20/18
93.	Chan Wai-on	HKG	6:39:01	Hong Kong 1/1/18
94.	Paul Terbrack	USA	7:02:04	Santee 1/20/18

### Women's 2018 50km World Rankings (as of March 24, 2018)

These 39 walkers represent 17 member federations from four Areas.

1.	Julia Takacs Nyerges	ESP	4:13:04	Burjassot 2/25/18
2.	Maria Czakova	SVK	4:14:25	Dudince 3/24/18
3.	Ainhoa Pinedo Gonzalez	ESP	4:18:56	Burjassot 2/25/18
4.	Magaly Beatriz Bonilla Solis	ECU	4:19:43	Sucua 3/10/18
5.	Johanna Edelmira Ordonez Lucero	ECU	4:28:58	Sucua 3/10/18
6.	Agnieszka Ellward	POL	4:32:47	Dudince 3/24/18
7.	Erika Jazmine Morales Cruz	MEX	4:32:53	Monterrey 2/25/18
8.	Nair da Rosa	BRA	4:38:48	Sucua 3/10/18
9.	Nikolitsa Andreopoulou	GRE	4:41:44	Dudince 3/24/18
10.	Yocy Caballero Huaman	PER	4:42:37	Sucua 3/10/18
11.	Joanna Bemowska	POL	4:43:48	Dudince 3/24/18
12.	Mariela Sanchez Teran	MEX	4:46:12	Santee 1/20/18
13.	Ivana Renic	CRO	4:46:27	Dudince 3/24/18
14.	Katie Burnett	USA	4:47:50	Santee 1/20/18
15.	Maria Dolores Marcos Valero	ESP	4:53:38	Burjassot 2/25/18
16.	Erin Taylor-Talcott	USA	4:54:39	Monterrey 2/25/18
17.	Miriam de Jesus Gutierrez Arichavala	ECU	4:54:54	Sucua 3/10/18
18.	Angeliki Makri	GRE	4:56:00	Marathon 1/14/18
19.	Lizbeth Silva Miranda	MEX	4:58:41	Monterrey 2/25/18
20.	Anett Torma	HUN	4:59:55	Santee 1/20/18
21.	Myriam Cartagena Bonilla	ECU	5:02:51	Sucua 3/10/18
22.	Olga Cabrera Ysas	ESP	5:06:13	Burjassot 2/25/18
23.	Sandra Silva	POR	5:08:13	Porto de Mos 1/7/18
24.	Molly Jade Davey	GBR	5:08:17	Dudince 3/24/18
25.	Morgane Ausello	FRA	5:18:07	Merignac 3/18/18
26.	Teresa Vaill	USA	5:29:29	Santee 1/20/18
27.	Efstathia Kourkoutsaki	GRE	5:34:21	Marathon 1/14/18
28.	Zoe Korkou	GRE	5:34:29	Marathon 1/14/18
29.	Susan Brooke	CAN	5:42:54	Santee 1/20/18
30.	Elisabeth Cardeillac	FRA	5:44:43	Merignac 3/18/18
31.	Aura Morales	MEX	5:46:47	Monterrey 2/25/18
32.	Cassandra Milenka Nieto Linares	BOL	5:48:56	Monterrey 2/25/18
33.	Billie Kwok	HKG	6:14:05	Hong Kong 1/1/18
34.	Adele Ropers	FRA	6:17:02	Merignac 3/18/18
35.	Wendy Choi	HKG	6:24:17	Hong Kong 1/1/18
36.	Claudine Anxionnat	FRA	6:26:35	Merignac 3/18/18
37.	Linda Fung	HKG	6:28:33	Hong Kong 1/1/18
38.	Darlene Backlund	USA	7:09:44	Santee 1/20/18
39.	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 – 2018

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 <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 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 30 (Sat), 2018 International Racewalks, Oloumoc, CZE  
 Apr 4-15, 2018 **XXI Commonwealth Games**, Gold Coast, QLD (20km roadwalks). See <http://www.gc2018.com>  
 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 **28<sup>th</sup> IAAF World Race Walking Team Championships**, Taicang. See <http://www.taicang2018.org.cn/>.  
 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 **16<sup>th</sup> World Junior T&F Championships**, Tampere, Finland  
 Aug 7-12, 2018 **European Athletics Championships**, Berlin, Germany  
 Sept 4-16, 2018 **22<sup>nd</sup> World Masters Athletics T&F Championships**, Malaga, Spain

Mar 24-30, 2019 **World Masters Indoors T&F Championships**, Torun, Poland  
 July 3-14, 2019 **30<sup>th</sup> Summer Universiade**, Naples Italy  
 Aug 30-Sep 7, 2019 **20<sup>th</sup> Oceania Masters T&F Championships**, Mackay, Queensland, AUS  
 Sept 28 – Oct 6, 2019 **17<sup>th</sup> IAAF World Championships in Athletics**, Doha, Qatar

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

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