



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
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17 March 2015



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WALKER OF THE WEEK

It's a tough task this time around to choose my Walker of the Week. Some of the main contenders include

- The winners of the 12 walk events in the Australian Junior T&F Championships
- **Tyler Jones, Kyle Swan and Clara Smith** who all bettered the World Youth qualifying standard at the above champs
- **Chris Erickson** who did a PB of 1:22:08 in taking 10th place in the IAAF Challenge event in Nomi, Japan
- **Ashleigh Resch** who won the Girls 1 Mile walk at the USA National Indoor T&F Champs with a new US National Girls record of 7:00.33.

Having analysed all the results, I am pleased to announce that **Kyle Swan** is my overall choice. I am sure that you will agree he is a worthy choice once you review my explanation. He came into the summer season with a PB of 46:50 and needed to improve to 44:15 or better to have any chance of World Youth Championships selection, but his form was well off that sort of time. He had carried an injury through the second half of 2014 and was struggling to get back into shape as the summer progressed. His first 10km hitout at Fawkner Park in December saw a slow 50:20. A strong two weeks training at Falls Creek in January set the necessary groundwork and he bounced back in the best possible way, walking a big PB of 44:20 in Adelaide 3 weeks ago. So it all rested on his final 10km opportunity last Thursday in Sydney and did he rise to the challenge, walking another big PB of **43:50.85** in the U20 10,000m championship to clinch his World Youth spot.



Kyle in action in Sydney last week

WHAT'S COMING UP

It will be quiet on the local front next weekend but internationally, it's a big weekend with the next IAAF Challenge event to be staged at Dudince in the Slovak Republic. We can expect more superb walking in this historic meet.

- Mar 21, 2015 Dudinska Paldesjatka Meet Dudince, Slovak Republic

There are a few final meets to round out our Australian summer season

- 26 - 29 Mar, 2015 Australian Track & Field Championships Brisbane, QLD (10,000m Open Walks)
- 28-29 Mar, 2015 LAVic State Championships Lakeside Stadium, Melbourne
- 3-6 Apr, 2015 Australian Masters Championships Sydney (Easter)

Then it's on to our VRWC winter roadwalk season which you can review at <http://www.vrwc.org.au/vrwcw15.shtml>. The season kicks off with a new meet in Castlemaine on Sunday 12th April and then our Middle Park races run from Saturday 25th April.

CASTLEMAINE NAB 500

We have a new meet initiative to kick off our VRWC winter season – the **Castlemaine NAB 500** will be held at Castlemaine on **Sunday 12th April**. Castlemaine is only about 1 hour's drive NW of Melbourne and is close to our Ballarat and Bendigo walking scenes and we are hoping for lots of walkers from all our Victorian walking clubs at this inaugural carnival. Bendigo Walkers Club walker Michael Gillies-Smith has done all the legwork to get it up and running and the carnival will feature 3 races, all within the grounds of the Castlemaine Botanical Gardens. Here is the key info:

CASTLEMAINE NAB 500

Autumn is beautiful in Castlemaine and what better way to celebrate than with a walk in the gardens.

Date: Sunday April 12th 2015

Venue: [Castlemaine Botanical Gardens](#), 2 Walker Street, Castlemaine, Victoria 3450

Distances: U18 3km, 40+ 3km and Open 5km

Course: Paths within the Botanical Gardens

Program: 10:15AM: Check-in closes for 3km and 5km walk events

10:30AM: Start of U18 3 km \$100 / \$75 / \$35 for male and for female

11:00AM: Start of 40+ 3 km \$100 / \$75 / \$35 for male and for female

11:30AM: 15-min presentation by the Victorian Race Walking Club on the basics of good racewalking technique. Then first-timers and watchers get to have a go themselves over a 400m circuit. Random spot prize of \$50 healthy-eating/weight management plan. You've got to be in it to win it!

11:45AM: Open 5km Castlemaine Challenge \$500 / \$200 / \$100 for male and for female

12:30PM: Presentations followed by bbq lunch

Entry Fee: Open \$25 (walkers can only enter one event)
U18 & 40+ \$10
Families \$40

Entries Open: Tuesday 17th March 2015
<http://www.vrwc.org.au/vrwc-CastlemaineNAB500.shtml>
<https://www.facebook.com/pages/Events-in-Nature/802234679824240>

Entries Close: Midnight, Friday 10th April 2015

Age: Age on the day

Sponsors: Events in Nature, NAB Castlemaine, McKenzie Davey Amcal Pharmacy and The Bike Vault

Events will be held under the auspices of [The Victorian Race Walking Club](#) and [Events in Nature](#).

For further information, contact one of

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WINTER SEASON MAILOUT

In years past, I have posted out our VRWC winter fixture to a large audience, but with Australia Post threatening to significantly increase postal rates, it is time to bite the bullet and stop this practice. So no letter this month for everyone. Our fixture is on the website (<http://www.vrwc.org.au/vrwcw15.shtml>) and you will be able to pick up your own paper copy when you come down to our Middle Park races next month. In the meanwhile, you can always contact me if you have any questions. And there is always our VRWC Facebook page where you can ask questions (<https://www.facebook.com/groups/306385488910/>).

AUSTRALIAN JUNIOR T&F CHAMPS, SOPAC, SYDNEY, 11-15 MARCH

The Australian Junior T&F Championships, which were held in Sydney last week, saw some fantastic efforts, with the walks also producing their fair share of drama. The U17 and U18 5000m championships were to be held on Wednesday evening but a late thunderstorm meant they were postponed until the following morning. Now it is not easy to do your warmup and be all ready to race, only to be then told that you are now not on until the next day. This has implications for a number of walkers – the U18 girls were contesting their official World Youth trials and the U18 boys were expecting to have 2 days rest before they contested the U20 10,000m which would be their official World Youth trial – now they would only have 1 day to recover.

As it turned out, Thursday morning was warm and sunny so the going was tough for the walkers. **Clara Smith** easily won the U18 women's walk with yet another World Youth qualifier 23:08.42 and confirmed her place in the World Youth team. **Jemima Montag** went with her early but was definitely not 100% and had to cut back and just make sure she finished, her time a slower 24:10.16. But as she already has 2 World Youth qualifiers and came second in the official trial, she should still be right for the second spot. The U18 race saw **Chelsea Goodhew** win with 25:23.33.

Declan Tingay (U17) and **Tyler Jones** (U18) staged a great race and finished close to each other, 21:35.85 for Declan and 21:34.00 for Tyler. **Kyle Swan** held back and decided to let them go, clocking 22:07.15 and conserving his fire till the U20 10,000m the next day. **Emmet Brasier** also walked well with 22:57.66. All 4 of these walkers would be in action in the 10,000m the next day.

Women 5000m Walk U17

1.	Goodhew, Chelsea	NSW	25:23.33	
2.	McDonald, Jasmyn	NSW	25:24.79	PB 0:05
3.	Cross, Anna	SA	26:29.99	
4.	Huse, Philippa	VIC	26:46.76	eq PB
5.	Francis, Lucinda	NSW	26:58.03	
6.	Pivac, Emily	WA	27:04.35	PB 0:43
7.	Brackin, Aimee	QLD	28:55.82	
8.	Woodward, Mikaela	QLD	29:33.74	
9.	Norton, Shanae	NSW	30:06.33	
10.	Lillie, Jessica	VIC	31:44.24	
11.	Dowie, Ellen	VIC	34:23.79	

Women 5000m Walk U18

1.	Smith, Clara	QLD	23:08.42	WJQ
2.	Montag, Jemima	VIC	24:10.16	
3.	Hunt, Tahlia	TAS	25:27.22	
4.	Collis, Lauren	VIC	29:14.41	
5.	Minett, Rhiannen	NSW	29:44.09	
6.	Grujoski, Ally	NSW	31:40.28	
7.	Kelland, Sarah	NSW	33:43.09	
	Robson, Natalia	NSW	DQ	

Men 5000m Walk U17

1.	Tingay, Declan	WA	21:35.85	PB 0:21
2.	Swan, Kyle	VIC	22:07.15	
3.	Glover, Jordan	NSW	26:35.03	PB 2:46
4.	McCutcheon, Jamie	QLD	28:10.20	
5.	Mann, Bradley	WA	29:17.96	
6.	McGinniskin, Cory	NSW	31:48.94	

Men 5000m Walk U18

1.	Jones, Tyler	NSW	21:34.00	
2.	Brasier, Emmet	VIC	22:57.66	
3.	McCutcheon, Luke	QLD	23:15.78	
4.	Kerr, Aidan	NSW	24:18.59	eq PB
5.	Owen, Damien	NSW	27:49.70	PL Penalty 60 second

The 3000m U15 and U16 walks were scheduled for Thursday afternoon, with wins to **Oscar Tebbutt** 14:41.15, **Dylan Richardson** (13:54.07), **Rebecca Henderson** (14:20.37) and **Katie Hayward** (13:40.39). Big disappointment for Victorian Eliza Clarke who had a bad day and had to settle for third in the U16 girls' 3000m.

Men 3000m Walk U15

1.	Tebbutt, Oscar	NSW	14:41.15	PB 0:24
2.	Baker, Mitchell	ACT	15:13.11	PB 0:10
3.	Newton, Zachary	WA	15:26.21	
4.	Reid, Benjamin	WA	15:28.34	
5.	Mavin, Harrison	NSW	16:22.61	
6.	Dawson, Thomas	VIC	16:54.92	
7.	Camilleri, Tristan	SA	17:31.74	
8.	Clarke, Ethan	QLD	18:31.66	
	Stovin, Jamison	QLD	DQ	
	Walmsley, Hayden	VIC	DQ	

Men 3000m Walk U16

1.	Richardson, Dylan	NSW	13:54.07	
2.	Bedford, Kyle	NSW	14:20.86	PB 1:00
3.	Taylor, Michael	VIC	14:22.99	PB 0:23
4.	Frew, Connor	ACT	14:23.87	PB 0:28
5.	Burns, Callum	ACT	15:10.59	
6.	Vidler, Jake	SA	15:18.52	
7.	Harris, Elijah	NSW	15:22.36	
8.	Barendregt, Travis	NSW	15:39.66	
9.	Collis, Hugh	VIC	15:59.73	
10.	Millican, Hayden	NSW	16:03.49	
11.	Haig, Callum	QLD	18:08.53	

Women 3000m Walk U15

1.	Henderson, Rebecca	VIC	14:20.37	PB 0:21
2.	Peart, Jemma	VIC	14:48.40	PB 0:14
3.	Ruane, Tiahna	WA	14:53.54	PB 0:05
4.	Hayes, Zahra	VIC	15:24.95	
5.	Chapman, Tenyka	QLD	16:05.61	
6.	Langford, Taylor	VIC	16:47.92	
	Brown, Samantha	NSW	DQ	

Women 3000m Walk U16

1.	Hayward, Katie	QLD	13:40.49	PB 0:08
2.	Roukos, Raquel	NSW	14:06.88	PB 0:41
3.	Clarke, Eliza	VIC	14:33.90	
4.	Lovegrove, Rhiannon	SA	14:39.23	
5.	Cross, Bethany	SA	15:25.82	
6.	Randall, Alice	TAS	15:38.84	
7.	Pivac, Emily	WA	15:39.22	
8.	Damin, Sarah	SA	16:00.74	
9.	Hunt, Gabby	ACT	16:12.93	
10.	Davison, Mackayla	VIC	16:45.38	
11.	Henry, Amy	NSW	16:58.75	
12.	Noonan, Emily	VIC	17:23.18	
13.	O'Neill, Molly	NSW	17:35.87	
14.	Smith, Clancy	QLD	17:50.79	
15.	Crichton, Sophie	NSW	17:56.78	

On to Friday for the last of the walks with the U14 3000m first to go in the afternoon. In the boys's event, Victorian Corey Dickson was first to cross the finish line after a tightly fought finish, only to be retrospectively disqualified, meaning that **Joe Cross** now took the gold with 14:37.91. Both Joe and second placed Hayden Blaskett broke the meet record. No such problems for fellow Victorian **Georgia Clarke** who won the girls' walk with 15:09.93.

Men 3000m Walk U14

1.	Cross, Joe	SA	14:37.91	PB 0:21, meet record
2.	Blaskett, Hayden	NSW	14:41.14	PB 0:28, also broke meet record
3.	Burns, Spencer	ACT	14:52.05	PB 0:25
4.	Thompson, Will	VIC	15:32.59	PB 0:07
5.	Sky, Lachie	NSW	16:33.55	
6.	Djordjevic, Nikolaj	VIC	16:34.84	
7.	Hinton, Kobe	QLD	18:16.39	

8.	Becroft, Lachlan	NSW	18:19.48
	Dickson, Corey	VIC	DQ

Women 3000m Walk U14

1.	Clarke, Georgia	VIC	15:09.93	1 sec outside PB
2.	Pitcher, Allanah	NSW	15:17.40	PB 0:10
3.	Schofield, Amelia	QLD	15:20.74	PB 1:24
4.	Peart, Alanna	VIC	15:27.39	
5.	O'Mahony, Kathleen	VIC	15:41.05	PB 0:48
6.	Karagiorgos, Chloe	VIC	16:26.33	PB 0:46
7.	Parker, Hannah	NSW	16:36.18	
8.	Hardy, Renee	NSW	16:42.66	
9.	Paten, Ruby	VIC	16:51.55	
10.	Schofield, Isabella	QLD	17:18.93	
11.	Brennan, Elise	NSW	17:20.67	
12.	McKay, Sybella	NSW	18:11.97	
13.	Wales, Amelia	QLD	19:10.44	

the U20 10,000m championships were the final walks on the program, being scheduled on after the other on Friday evening. There were PBs galore as you can see below. The women's walk was first, with 2014 World Junior rep **Tayla-Paige Billington** winning with 50:11.15 ahead of big improvers **Danielle Walsh** and **Zoe Hunt**.

Women 10000m Walk U20

1.	Billington, Tayla-Paige	VIC	50:11.05	
2.	Walsh, Danielle	SA	51:14.70	PB 1:42
3.	Hunt, Zoe	ACT	51:24.78	PB 3:44
4.	Goodhew, Chelsea	NSW	52:31.67	PB 1:41
5.	Durr, Alexandra	ACT	53:22.29	PB 1:56
6.	Martin, Katya	QLD	53:31.73	
7.	George, Stephanie	VIC	53:40.20	
8.	Henderson, Rebecca	VIC	53:44.49	PB 3:26
9.	Lovegrove, Rhiannon	SA	54:37.05	First one
10.	Cross, Anna	SA	54:42.90	PB 0:14
11.	McKay, Lydia	NSW	57:42.11	PB 2:40
12.	Dighton, Jasmine	NSW	59:11.53	
13.	Grujoski, Stephanie	NSW	64:55.57	
	Barendregt, Amanda	NSW	DNF	
	Beasley, Bryony	NSW	DQ	

The men's 10,000m proved the walk of the meet with PBs to all but two of the field and inspired walking across the board. **Tyler Jones** 43:24.55 and **Kyle Swan** 43:50.85 both walked World Youth qualifiers, confirming their team spots, while **Declan Tingay** walked an absolutely fantastic race for third, his time of 44:19.89 just outside the 44:16 standard. I can't find any other 10km times for him so it must have been a huge PB.

Men 10000m Walk U20

1.	Jones, Tyler	NSW	43:24.55	WJQ, PB 0:46
2.	Swan, Kyle	VIC	43:50.85	WJQ, PB 0:30
3.	Tingay, Declan	WA	44:19.89	PB big!
4.	Bird, Kyle	VIC	44:43.05	PB 3:11
5.	Garganis, Adam	VIC	44:50.23	PB 1:06
6.	Brasier, Emmet	VIC	45:10.88	
7.	Gibbons, Carl	NSW	45:53.59	PB 1:15
8.	McCutcheon, Luke	QLD	48:32.32	eq PB
9.	Richardson, Dylan	NSW	49:44.34	PB 2:55
10.	Mylonas, Adam	NSW	55:23.41	PB 4:38
11.	Taylor, Lucas	VIC	56:50.43	

Overall, NSW (11 medals) and VIC (10 medals) were the big two, but walk medals also went to WA (4), QLD (4), ACT (3), SA (3) and TAS (1). It is good to see all the States getting into the equation with good walkers.

Thanks to Terry Swan for the following photos. Sorry but I don't have all the winners.



Clara Smith, Jemima Montag and Chelsea Goodhew



Georgia Clarke, Tyler Jones and Declan Tingay



Danielle Walsh, Tayla-Paige Billington and Zoe Hunt



Kyle Swan, Tyler Jones and Declan Tingay

VICTORIAN MASTERS T&F CHAMPIONSHIPS, TOM KELLY RESERVE, DONCASTER, 14-15 MARCH

The Victorian Masters walkers were in action at Doncaster (suburban Melbourne) over the weekend with 3000m walks on Saturday and 1500m walks on Sunday. The results show their actual time and their projected time once the Age Graded calculations are done. This is a very clever way of comparing walks done in different age groups. Anyone who can achieve an age graded percentage over 80% is doing very well and anything significantly higher is fantastic. So well done to those highlighted performances by Pam Tindal, Heather Carr, Ralph Bennett, Andrew Jamieson (highest overall with 97.78% for his M65 3000m time of 14:41.96) and Russ Dickenson.

Women 3000m Walk

W35-39	1	Sandra Geisler	RWD	15:38.46	15:21.20	75.45%
W45-49	1	Pia Hunter	BOH	17:43.61	15:59.91	72.40%
W50-54	1	Donna-Marie ELms	PTN	18:11.38	15:43.28	73.68%
	2	Carolyn Rosenbrock	ANW	18:31.31	16:00.51	72.36%
	3	Robyn Shaw	WES	19:26.29	16:48.03	68.95%
W55-59	1	Pam Tindal	ANW	15:42.84	13:19.72	86.91%
W60-64	1	Marlene Gourlay	VMA	18:02.02	14:02.90	82.45%
	2	Alison Thompson	VMA	18:40.02	14:42.69	78.74%
W65-69	1	Heather Carr	EAG	17:18.44	13:09.63	88.02%
W70-74	1	Gwen Steed	VMA	19:49.24	13:42.36	84.51%
W80-84	1	Pam Mews	VMA	32:25.80	19:37.99	59.00%

Men 3000m Walk

M70-74	1	Ralph Bennett	VMA	16:32.42	11:23.29	92.41%
	2	John Hallo	VMA	23:13.46	16:11.80	64.97%
	3	Barrie Wicks	VMA	23:28.38	15:57.00	65.98%
M75-79	1	Robert Gardiner	COL	19:29.37	12:31.44	84.03%
	2	John Morrison	SAN	23:03.74	15:27.66	68.07%
M40-44	1	Aaron Mcdonough	PTN	14:12.16	13:14.81	79.44%
M50-54	1	Kevin Cassidy	COB	16:11.74	13:40.06	77.00%
	2	Gerard Feain	KSB	16:14.96	13:57.20	75.42%
M55-59	1	Mark Donahoo	ATE	15:52.53	13:09.56	79.97%
	2	Christopher Worsnop	OLX	23:26.65	19:15.29	54.66%
M60-64	1	Clyde Riddoch	AWA	17:54.36	14:08.86	74.38%
	2	John Graham	VMA	20:00.62	15:19.44	68.67%
M65-69	1	Andrew Jamieson	OSC	14:41.96	10:45.78	97.78%
	2	Russell Dickenson	SCA	17:29.52	12:39.44	83.14%
	3	Gerald Sofianos	STK	20:51.75	15:48.21	66.59%
M85-89	1	Robert Lewis	VMA	27:14.65	15:07.24	69.60%

Women 1500m Walk

W40-44	1	Clare Garganis	COL	9:59.21	9:18.77	60.31%
W80-84	1	Pam Mews	VMA	15:57.42	9:55.71	56.57%

W50-54	1	Donna-Marie Elms	PTN	8:37.33	7:27.50	75.31%
	2	Robyn Shaw	WES	8:50.43	7:38.83	73.45%
	3	Carolyn Rosenbrock	ANW	9:01.44	7:48.35	71.96%
W55-59	1	Pam Tindal	ANW	7:15.90	6:10.52	90.95%
	2	Julie Challen	VMA	9:50.30	8:12.67	68.40%
W60-64	1	Alison Thompson	VMA	8:40.02	6:52.90	81.62%
W65-69	1	Heather Carr	EAG	7:56.01	6:05.68	92.16%
W70-74	1	Gwen Steed	VMA	9:27.69	6:39.37	84.38%

Men 1500m Walk

M70-74	1	Barrie Wicks	VMA	11:30.77	7:48.55	65.95%
	-	Ralph Bennett	VMA	DQ		
M75-79	1	John Morrison	SAN	10:17.96	6:53.61	74.71%
M85-89	1	Robert Lewis	VMA	13:19.40	7:24.31	69.55%
M50-54	1	Gerard Feain	KSB	7:24.64	6:20.97	81.11%
	2	Bernie Keirl	VMA	7:33.42	6:31.85	78.86%
M55-59	1	Paul Moritz	VMA	9:13.46	7:41.87	66.90%
	2	Christopher Worsnop	OLX	11:00.32	9:01.01	57.12%
M60-64	1	Clyde Riddoch	AWA	8:23.33	6:36.68	77.90%
	2	Frank Prowse	DAC	10:05.01	7:47.07	66.16%
M65-69	1	Russell Dickenson	SCA	8:19.79	6:00.85	85.63%
	2	Des Middleton	VMA	9:06.97	6:39.62	77.32%
	3	Gerald Sofianos	STK	10:25.08	7:52.38	65.41%

BENDIGO WALKERS CLUB ROADWALKS, ROSALIND PARK, BENDIGO, WEDNESDAY 11 MARCH

Thanks to Paul Rance for his latest walks report from Bendigo.

The Bendigo Walkers Club held 1.2km and 2.4km sealed handicap events in Rosalind Park on Wednesday evening with Peter and Annette Curtis securing victories in the respective events. Peter Curtis won the 1.2km sealed handicap, claiming fastest time, and he also broke his own Club Open record, with Madison Hill 2nd and Caitlyn Tozer equalling her personal best to take 3rd place. The 2.4km saw Annette Curtis produce a Season best time to claim victory with the inform Barb Bryant smashing her own Club 55+ record by 17 seconds to take 2nd and Jennie Payne producing a personal best effort in 3rd place, with Michael Gillies-Smith taking fastest time honours.

1.2km Handicap

1.	Peter Curtis	5.58
2.	Madison Hill	6.20
3.	Caitlyn Tozer	10.08
4.	Ebony Whiley	6.15
5.	Sheridan Commons	8.07
6.	Annalise Murphy	7.53
7.	Charlotte Murphy	8.08
8.	Phoebe Lonsdale	9.27

2.4km Handicap

1.	Annette Curtis	16.47
2.	Barb Bryant	13.30
3.	Jennie Payne	16.17
4.	Michael Gillies-Smith	12.25
5.	John Carter	16.54

SAMA TRACK WALKS, SA ATHLETICS STADIUM, MILE END, ADELAIDE

Thanks to Colin Hainsworth for the latest results from the South Australian Masters in Adelaide. They had their usual weekly track walks on Wednesday and then the South Australian Masters championships in Sunday, both at the Athletics SA Stadium in Mile End.

1500m Walk, Wednesday 11 March

1.	Marie Maxted	9:03	W54	72.38%
2.	Julia Lycett	10:26	W50	60.66%
3.	John Hore	10:32	M66	65.42%
4.	Rodger Barber	10:39	M76	73.23%
5.	Graham Harrison	10:56	M71	66.83%
6.	Des Mulqueen	11:01	M68	63.98%
7.	Roger Lowe	11:22	M71	64.28%
8.	Colin Hainsworth	11:51	M85	75.52%
9.	Jill Rogers	12:10	W70	63.89%
10.	David Robertson	12:13	M81	68.67%

3000m Walk, Wednesday 11 March

1.	George White	16:28	M69	88.32%
2.	Marie Maxted	19:00	W54	71.20%

3.	James Hoare	21:26	M68	67.06%
4.	Helen Suridge	21:28	W64	70.10%
5.	Graham Harrison	21:31	M71	69.26%
6.	Rodger Barber	21:34	M76	73.80%
7.	Roger Lowe	21:44	M71	68.57%
8.	Des Mulqueen	22:25	M68	64.12%
9.	Linda Whitelaw	23:05	W61	62.96%
10.	Doug Smart	23:49	M71	62.57%
11.	Colin Hainsworth	24:31	M85	74.64%
12.	Jill Rogers	24:46	W70	65.71%
13.	Edna Bates	26:20	W62	55.81%

10,000m Masters Championship Walk, Sunday 15 March

1	Linda Whitelaw	1:18:16	W61	67.01%
1	Marie Maxted	1:05:42	W54	73.55%
1	Colin Hainsworth	1:22:00	M85	79.00%
1	David Robertson	1:29:20	M81	67.56%
1	Rodger Barber	1:14:46	M76	74.65%
2	Leigh Smith	1:17:25	M79	75.46%
1	Bill Starr	1:11:21	M72	74.00%
2	Graham Harrison	1:18:36	M71	66.31%
3	Roger Lowe	1:22:41	M71	63.04%
1	George White	0:57:41	M69	88.12%
2	James Hoare	1:13:40	M68	68.18%
1	Peter Crump	0:58:06	M54	75.06%

ASIAN 20KM RACE WALKING CHAMPIONSHIPS, NOMI CITY, JAPAN, SUNDAY 15 MARCH

Paul Warburton reported for the IAAF on last Sunday's Asian Racewalking Championships in Nomi, Japan (see <http://www.iaaf.org/news/report/yusuke-suzuki-20km-race-walk-world-record-jap>).

Men 20km Race Walk

Japan's **Yusuke Suzuki** broke the 20km race walk world record at the Asian Race Walking Championships in his home town of Nomi on Sunday, exactly one week after Yohann Diniz set the previous mark. Diniz's mark is so recent it is yet to be ratified, but Suzuki improved it by 26 seconds, winning in 1:16:36. Suzuki had started the year by finishing second at his national championships, watching compatriot Eiki Takahashi break Suzuki's national record. But like the famous phrase relating to buses around the world, you wait ages for one world record and two come along almost at the same time.

With Diniz's feat as motivation, 27-year-old Suzuki, who is renowned for setting off at a fast pace, went out quicker than he ever had done before, passing 6km in 22:53. It looked as if the record was on, after he covered 8km in 30:25 and went through the half-way mark in a national 10km record of 38:05. The last time he won here in 2013, he was 38 seconds slower, which equates to around 180 metres, and he still set an Asian record on that occasion.

The weather helped Suzuki who, because he speaks no English, tells you his name by imitating a revving bike. A mild 15C was in contrast to previous Nomi races where squalls, rain and wind hampered progress.

He continued operating at world record pace, passing 12km in 45:45 and 14km in 53:23. His pace began to slip slightly, going through 16km in 1:01:07, but not enough to ruin his chances of breaking the world record. He finished well clear of his rivals, smashing Diniz's mark of 1:17:02 set at the recent French Race Walking Championships in Arles. This is Suzuki's third Asian title, having won in 2010 and 2013, and although his scintillating walk dominated the race, there was a fabulous six-way battle behind him, which on any other day would have held centre stage.

It was won by **Isamu Fujisawa**, already 36 seconds behind Suzuki by 5km but who had six others in his wake with a second to spare between them. It was exactly the same at half way, but as the pace wound up it was down to four going into the last 5km. Fujisawa sprinted for the line and threw himself over it to win by just a few centimetres from his compatriot **Daisuke Matsunaga**, with both given the same finishing time of 1:19:08. Needless to say, both broke their previous bests by considerable margins. **Kai Kobayshi** was four seconds in arrears for fourth place, but the 22-year-old clocked 1:19:12, which sliced over a minute off his previous best set just a month ago to the day in Kobe. Last year's winner had to settle for fifth, but only a second behind Kobayshi. The result was bittersweet for Korea's **Hyunsub Kim**. Although he lost out in the final mad dash for the tape, he broke his country's national record for the second year in a row, this time by 11 seconds. In fact, it's the fourth time Kim has dipped under 1:20:00 since 2008, and he too, like Suzuki, clearly favours Nomi, having recorded 1:19:31 there in 2011 to underline the 29-year-old's consistency.

Chris Erickson, the sole Australian entrant, walked superbly for 10th place overall and an 11 sec PB of 1:22:08. This will cement his 20km spot for this year's World Champs and it seems certain he will do the 20km/50km double like team mate Jared Tallent. Once again, Chris showed good pace judgement, hanging back early and then finishing strongly with 5km splits of 20:36, 20:40, 20:35 and 20:17. By comparison, Suzuki's 5km splits make for breathtaking reading: 19:04, 19:02, 19:09 and 19:21.

1.	Yusuke SUZUKI	JPN	88	1:16:36
2.	Isamu FUJISAWA	JPN	87	1:19:08
3.	Daisuke MATSUNAGA	JPN	95	1:19:08
4.	Kai KOBAYASHI	JPN	93	1:19:12
5.	Hyun-Sub KIM	KOR	85	1:19:13
6.	Satoshi MARUO	JPN	91	1:19:42
7.	Tomohiro NODA	JPN	95	1:20:08
8.	Toshikazu YAMANISHI	JPN	96	1:21:20
9.	Gurmeet SINGH	IND	85	1:21:36
10.	Chris ERICKSON	AUS	81	1:22:08
11.	Benjamin THORNE	CAN	93	1:22:12
12.	Baljinder SINGH	IND	86	1:22:58
13.	Xianzhen SU	CHN	95	1:22:58
14.	Fumitaka OIKAWA	JPN	95	1:23:05
15.	Chandan SINGH	IND	87	1:23:12
16.	Young-Joon BYUN	KOR	84	1:23:31
17.	Chil-Sung PARK	KOR	82	1:23:38
18.	Tsuyoshi TASAKA	JPN	93	1:23:44
19.	Byung-Kwang CHOE	KOR	91	1:23:45
20.	Kil-Dong KANG	KOR	92	1:24:12
21.	Kouta YAMADA	JPN	94	1:24:19
22.	Syuto GOTO	JPN	94	1:24:30
23.	Ryota SHIOJIMA	JPN	94	1:25:05
24.	Gaku SAITO	JPN	94	1:25:14
25.	Inaki GOMEZ	CAN	88	1:25:21
26.	Yuzuru NAKAO	JPN	94	1:25:36
27.	Jinzhu JIE	CHN	95	1:26:29
28.	Ippei YAMAGUTI	JPN	95	1:26:34
29.	Mingli WANG	CHN	94	1:26:36
30.	Seiya WATANABE	JPN		1:26:37
31.	. HENDRO	INA	90	1:27:54
32.	Nak-Hyun KIM	KOR	95	1:29:21
33.	Chun-Hung TSE	HKG	81	1:30:13
34.	Mohd Khairul HARUN	MAS	92	1:30:41
35.	Mabrook SALEH NASSER	QAT	83	1:32:57
36.	Chang WEI-LIN	TPE	98	1:33:00
37.	Mohd Shamrin ARIS	MAS	94	1:34:55
38.	Joel KOH	SIN		1:42:32

Some great videos of Suzuki in action

- <https://www.youtube.com/watch?v=O7cfbOrXtfo>
- <https://www.facebook.com/video.php?v=1574010102840073&fref=nf>
- <https://www.facebook.com/video.php?v=1422537398043271&pnref=story>

Women 20km Race Walk

The women's 20km race was won by **Yongbo Hou** in 1:29:25, an improvement on her personal best by 1:02, but, unlike in the men's contest, the Chinese 20-year-old had to wait until the last 5km before she edged ahead. **Kumiko Okada** attempted to emulate Suzuki by charging to the front and forging a 23-second gap by 5km. No doubt spurred on by a personal best set only last month, she was 39 seconds up by halfway in 44.06. However, she ran out of steam from that point and was seemingly walking through treacle over the last 5km. Her laboured last 5km in 23:08 was a minute slower than the first segment, but it still netted her a personal best by more than two minutes in 1:29:46. Canada's **Rachel Seaman** was the only walker outside Asia to reach the podium, going under 1:30:00 for the first time when finishing third in 1:29:54. Another 50 metres and it is likely she would have caught the struggling Okada.

1.	Yongbo HOU	CHN	94	1:29:25
2.	Kumiko OKADA	JPN	91	1:29:46
3.	Rachel SEAMAN	CAN	86	1:29:54
4.	Yong-Eun JEON	KOR	88	1:30:35
5.	Chiaki ASADA	JPN	91	1:31:28
6.	Rei INOUE	JPN	91	1:33:04
7.	Jeong-Eun LEE	KOR	94	1:33:09
8.	Rena GOTO	JPN	95	1:35:06
9.	Mami URABE	JPN	88	1:35:18
10.	Ai MICHIGUCHI	JPN	88	1:35:22
11.	. SAPNA	IND		1:35:36
12.	Ayako FUKUDA	JPN	93	1:35:37
13.	Masumi FUCHISE	JPN	86	1:36:00

14.	Miranda MELVILLE	USA	89	1:36:34
15.	Tomomi MAEKAWA	JPN	91	1:37:56
16.	Fumiko OKABE	JPN	90	1:37:58
17.	Chiaki YAMATO	JPN	90	1:38:11
18.	Siu Nga CHING	HKG	87	1:38:26
19.	Hikari TACHIBANA	JPN	92	1:39:21
20.	Nozomi YAGI	JPN	94	1:39:39
21.	Utsumi SAKI	JPN		1:39:50
22.	Kana MINEMURA	JPN	96	1:40:26
23.	Risako MARUYAMA	JPN		1:40:29
24.	Saki MAEDA	JPN		1:40:51
25.	Yuka UENO	JPN	86	1:42:44
26.	Elena GOH LING WING	MAS	96	1:42:57
27.	Chika YAMADA	JPN		1:44:32
28.	Chia-Feng CHANG	TPE	93	1:44:53
29.	Norliana MOHD RUSNI	MAS	89	1:45:04
30.	Marina HOSAKA	JPN	93	1:45:09



Suzuki in World Record mode in Nomi

Just to finish, the following chart shows Chris Erickson's PB progression year by year in the 20 years that he has been competing. Note there is at least one PB over a recognised distance every year during this period. This should make for interesting reading for our young walkers. The aim of the game is to continuously improve throughout your career. Chris is a striking example of this.

Year	Age	1500m	3000m	5000m	10,000m	15km	20km	30km	50km
1996	14	6:47 *	14:49 *						
1997	15	6:38 *	13:32 *	23:52 *					
1998	16	6:16 *	13:29 *	23:09 *	48:36 *	1:19:01			
1999	17	6:14 *	13:18 *	22:20 *	47:32 *	1:15:04	1:40:58		
2000	18				47:03 *	1:11:17			
2001	19		13:06 *						
2002	20		12:55 *	22:12 *	46:27	1:10:32	1:34:31	2:38:36	
2003	21		12:27 *	21:30 *	45:02 *			2:27:04	4:19:48
2004	22					1:08:34	1:31:33	2:23:54	4:14:16
2005	23	5:50 *	11:55 *	20:00 *	43:46	1:06:09	1:28:22	2:15:04	4:03:42
2006	24				42:37 *	1:04:39	1:26:34	2:15:00	3:58:22
2007	25		11:39 *	19:40.27 *	42:22	1:03:36	1:24:58	2:13:52	
2008	26	5:45 *	11.36.6 *	19:32.64 *	41:14	1:01:55	1:22:55		3:55:25
2009	27	5:36 *	11:32.98 *	19:25.98 *	41:09		1:22:53	2:12:34	
2010	28				38:59			2:09:29	

2011	29			19:24.98 *				3:51:57
2012	30		11:28.83 *			1:22:20		
2013	31							3:49:41
2014	32				1:01:44	1:22:19		3:49:33
2015	33			19:23.72 *		1:22:08		

13TH MEMORIAL MARIO ALBISETTI MEET, LUGANO, SUNDAY 15 MARCH

As if Nomi wasn't enough for one weekend, more of the world's top walkers were action in Lugano, Switzerland, the same day and it was Yohann Diniz who had a full head of steam this time around. To take the European Athletics report: <http://www.european-athletics.org/competitions/race-walking-permit-meetings/news/article=diniz-almost-claims-back-his-world-record-lugano/?cid=rss>

Just a few hours after losing the 20km race walk world record he set just a week ago, **Yohann Diniz** failed in his bid to claim it back when he came up just a little short at the famous Lugano race walking meeting - the 13th Memorial Mario Albiseti - clocking 1:17:24 at the European Athletics Race Walking Permit Meeting on Sunday. In what was effectively a time trial, the 2014 European Athletics Championships 50km gold medallist - who also set a world record over the distance when winning in Zurich last summer - quickly took the lead and was never headed, becoming the first French walker of either gender to win a senior race in Lugano.

After passing halfway in 38:20, he was on world record pace all the way to 16km but slowed slightly over the final four kilometres and came up 48 seconds short of the time posted by Japan's Yusuke Suzuki earlier in the day. He was also just shy of his own European, and now former world, record of 1:17:02 set in Arles exactly a week ago. However, Diniz got some minor consolation in that it was still one of the best 20km times on record, the sixth fastest record-legal performance ever and a course record. No one else has also put together two sub 1:17:30 performances in their career, let alone two in the space of eight days.

"I could have walked faster if I had some help during the race but I'm still pleased to have got the meeting record," said Diniz, who confirmed that he intends to race over both the 20km and 50km distances at the IAAF World Championships this summer.

European walkers filled all three slots on the podium in an enthralling women's 20km race. **Anezka Drahotova** won and went close to her Czech record when crossing the line in 1:28:52, going clear early in the race and passing the halfway point 25 seconds ahead of the rest of the field in 44:31. Portugal's experienced international **Vera Santos** came through strongly in the final couple of kilometres to take second place in 1:30:23 with Polish record holder **Agnieszka Dygacz**, fourth in 2014, finishing third this time in 1:30:38.

And now to Mark Wall who reports on other worthy walk performances from the meet.

Commonwealth interest in the Men's race rested with **Lebogang Shange** who skilfully moved through the field to secure a tremendous second place and set a new South African record. **Tom Bosworth** was chasing hard after the UK record but narrowly missed the 1988 clocking by Ian McCombie but it will come. He was disappointed to miss the time with 4th in 1:22:32.30, his second quickest time. The Women's event saw **Johanna Atkinson** return to some form with a 7th place time of 1:34:50:95, Jo was under pressure from a pack behind her after a period of struggle but she moved away over the closing kilometres. Recently featured in some of the newsletters is the UK based, Mark wall coached, Italian **Tatyana Gabellone** who was 8th in 1:35:32:30 a massive PB given she went into the race with a 1:41 clocking. Behind her in 12th place **Heather Lewis** broke the Welsh record in 1:39:02:90 but just failed to gain the European cup qualifier. She spent most of the race isolated from those in front and behind her. **Erin Taylor-Talcott** powered past a number of walkers in the closing kms to finish in 1:41:01:20, amongst those was the South African **Corli Swart** who finished in 1:42:53:10.

The Junior and younger races were full of class efforts. Of interest was the fact that in the Junior men two Brits, **Cameron Corbishley** and **Guy Thomas** finished in 7th and 8th positions, both inside 45 minutes, along with **Callum Wilkinson**, who fell foul of the judges on this occasion. The UK should be able to field a team at the European Cup in May. **Emma Achurch** was involved in a strong tussle but just failed to win. The consolation is that her 47:48:75 is a qualifier for the European Junior Championships.

Overall an exciting program of racing at a scenic venue beside the Iconic Lake Lugano. A strong Chinese presence in the younger races and the Greeks have seen this as an event to target. This is an event worth considering if one undertakes a European tour of racing. No longer an IAAF permit event but a high class event nonetheless.

You can check out more at the event websites <https://www.facebook.com/lugano.racewalking> and <http://www.lugano-racewalking.com/>. Full results at http://www.marciadalmondo.com/admin/pdf/risultati/1503201573_classifica_.pdf and another excellent report at http://www.marciadalmondo.com/ita/dettagli_news.aspx?id=2045. Finally, Mark Easton has uploaded his photos to <http://markeaston.zenfolio.com/f121871079>. It's a smorgasboard of information.

And a bit more on South African walker **Lebogang Shange** who broke a South African walk record for the second time in eight days with his 20km time of 1:21:50. At the University of Pretoria last week, Shange bettered the SA 3000m track walk record with a time

of 11:20.39, bettering the current record of 11:27.20 held by his coach Chris Britz. This time around, he broke Britz's 20km record of 1:22:21 that had been set in 1996 in Eissenhüttenstadt.

Men 20km Race Walk

1.	Yohann DINIZ	FRA	78	1:17:24
2.	Lebogang SHANGE	RSA	90	1:21:50
3.	Caio Oliveira DE SENA BONFIM	BRA	91	1:22:00
4.	Tom BOSWORTH	GBR	90	1:22:33
5.	Alexandros PAPAMIKHAIL	GRE	88	1:22:43
6.	Antonin BOYEZ	FRA	84	1:23:24
7.	Marius ZIUKAS	LTU	85	1:23:35
8.	Marius SVELSKIS	LTU	94	1:23:52
9.	Ersin TACIR	TUR	85	1:25:06
10.	Teodorico CAPORASO	ITA	87	1:25:55
11.	Kevin CAMPION	FRA	88	1:25:56
12.	Recep ÇELİK	TUR	83	1:26:00
13.	Serkan DOĞAN	TUR	92	1:26:21
14.	Alessandro MALTONI	ITA	93	1:26:35
15.	Konstantinos NTENTOPOULOS	GRE	94	1:26:44
16.	Michele ANTONELLI	ITA	94	1:27:07
17.	Andreas JANKER	GER	83	1:27:53
18.	Aurelien QUINION	FRA	93	1:29:02
19.	Tomasz BAGDÁNY	HUN	95	1:29:03
20.	Lukas GDULA	CZE	91	1:29:04
21.	Daniele TODISCO	ITA	95	1:29:43
22.	Luis Manuel CORREIA	SUI	78	1:29:46
23.	Joakim SÆLEN	NOR	93	1:33:01
24.	Massimiliano CORTINOVIS	ITA	95	1:35:27
25.	Segundo Edison GUALOTUNA	ITA	76	1:35:39
26.	Federico BOLDRINI	ITA	88	1:37:19
27.	Rob TERSTEEG	NED		1:39:55
28.	Ondrej MOTL	CZE	94	1:41:01
29.	Mattia GANUCCI	ITA	90	1:43:53
30.	Andre VAN SLOOTEN	NED	78	1:46:04
31.	Josef SMOLA	CZE	64	1:49:09
32.	Nichan DAIMER	GER	67	1:49:39
	Wielfried VAN BREMEN	NED	87	DNF
	Pavel SCHROM	CZE	91	DQ
	Creighton CONNOLLY	CAN	88	DQ
	Gianluca LAMMENDOLA	ITA	83	DQ
	Predrag FILIPOVIC	SRB	78	DNF
	Viktor GINKO	BLR	65	DNF
	Thomas DUMAIRE	FRA	90	DNF
	Yauheni ZALESSKI	BLR	93	DNF
	Tommaso ROMAGNOLI	ITA	91	DNF
	Mirko DOLCI	ITA	85	DNF

Women 20km Race Walk

1.	Anezka DRAHOTOVÁ	CZE	95	1:28:52
2.	Vera SANTOS	POR	81	1:30:23
3.	Agnieszka DYGA CZ	POL	85	1:30:38
4.	Mária CZÁKOVÁ	SVK	88	1:32:41
5.	Sandra Viviana GALVIS	COL	86	1:32:57
6.	Antigoni DRISBIOTI	GRE	84	1:33:51
7.	Johanna JACKSON	GBR	85	1:34:51
8.	Tatyana GABELLONE	ITA	84	1:35:33
9.	Mariavittoria BECCHETTI	ITA	94	1:35:45
10.	Laura POLLI	SUI	83	1:36:32
11.	Serena PRUNER	ITA	86	1:36:43
12.	Heather LEWIS	GBR	93	1:39:03
13.	Yeseida CARRILLO	COL	93	1:39:24
14.	Marie POLLI	SUI	80	1:39:44
15.	Nicole COLOMBI	ITA	95	1:40:00
16.	Erin TAYLOR-TALCOTT	USA	78	1:41:02
17.	Monika NAWROCKA	POL	90	1:41:26
18.	Mylene ORTIZ	FRA	79	1:41:58
19.	Corli SWART	RSA	91	1:42:54
20.	Elena POLI	ITA	93	1:43:13

21.	Ilaria GALLI	ITA	87	1:43:21
22.	Gladys MORETTI	ITA	91	1:43:47
23.	Lea DEDERICHS	GER	95	1:44:29
24.	Spyridoula STAVROU	GRE	88	1:45:32
25.	Annika BREMBACH	GER	96	1:45:41
26.	Diana CACCIOTTI	ITA	95	1:46:37
27.	Marta STACH	ITA	95	1:47:23
28.	Eleonora DONÈ	ITA	92	1:47:56
29.	Anne VAN ANDEL	NED	90	1:51:31
30.	Elizka DRAHOTOVÁ	CZE	95	1:52:01
31.	Elena SBERNARDORI	ITA	91	1:52:47
	Viviana VALSECCHI	ITA	92	DNF

U20 Men 10km

1.	TSAMOUDAKIS ZACHARIAS	GRE	41:37.20
2.	JUNGHANNß KARL	GER	42:41.85
3.	HYPOLITE THIBAULT	FRA	42:50.70
4.	TERP HEINER	GER	43:01.65
5.	KRAVARIOTIS SAVVAS	GRE	43:41.90
6.	MORVAY MICHAL	SVK	43:51.15
7.	ÖZBEK MUSTAFA	TUR	43:58.55
8.	CORBISHLEY CAMERON	GBR	44:27.45
9.	THOMAS GUY	GBR	44:29.40
10.	RIGAMONTI ALESSANDRO	ITA	45:49.30
11.	GDULA TOMAS	CZE	45:57.50
12.	LILIC NIKOLA	SRB	46:29.00
13.	CHIESA STEFANO	ITA	47:43.15
14.	MOROTTI MARCO	ITA	48:17.05
15.	KÖRNER PAUL	GER	48:58.70
16.	PLEBANI SIMONE	ITA	49:45.15
17.	HLAVAC VIT	CZE	50:42.40
18.	CARELLA ALBERTO	ITA	50:54.25
19.	ANDREONI IVAN	ITA	51:36.45

U20 Women 10km

1.	DOMINICI ELEONORA	ITA	47:45.65
2.	ACHURCH EMMA	GBR	47:48.75
3.	PARVIAINEN HENRIKA	FIN	48:24.50
4.	KORVASOVA TEREZA	CZE	49:35.65
5.	UNGERBOECK LENA	AUT	49:56.10
6.	GOGOVI DANICA	SRB	50:50.15
7.	BARCELLA LIDIA	ITA	51:24.30
8.	VITIELLO SARA	ITA	52:26.55
9.	CORTESI MARIA TERESA	ITA	53:51.50
10.	SPEZIANI GIULIA	ITA	54:21.90
11.	NARDONI ALESSIA	ITA	56:33.45
12.	LINKE LISA	GER	57:52.80
13.	CANI LISA	ITA	57:59.40
14.	FIORENDI MARTA	ITA	57:59.90
15.	RUGGERI GIULIA	ITA	58:12.05
16.	MENGARDO MARTA	ITA	60:51.95

U18 Men 10km

1.	SONG HUAZHANG	CHN	42:22.10
2.	BAI LIGA	CHN	44:17.50
3.	MARCHESI DAVIDE	ITA	46:54.10
4.	BOURNIER JUSTIN	FRA	47:07.55
5.	RICHTER MARIUS	GER	48:57.70
6.	MANFREDINI SIMONE	ITA	49:07.20
7.	RICHTER NIKLAS	GER	49:22.40
8.	SRBECKY FILIP	CZE	51:20.15
9.	GUIDI FILIPPO	ITA	56:48.40

U18 Women 10km

1.	YANG LIUJING	CHN	47:56.60
2.	ZUREK TERESA	GER	49:29.30
3.	LIU XIN	CHN	49:33.45
4.	VAITSI ATHANASIA	GRE	49:46.35

5.	DAVEY MOLLY JADE	GBR	52:51.15
6.	GRITTI FRANCESCA	ITA	53:31.70
7.	ROTA ALICE	ITA	53:31.95
8.	TERZI LINDA	ITA	54:22.30
9.	HENZE JULIA	GER	54:42.50
10.	ALIKANIOTI SOFIA	GRE	54:50.75
11.	FORESTI BEATRICE	ITA	54:56.00
12.	CUNI CHIARA	ITA	55:16.20
13.	SIMONETTI PRISCA	ITA	55:50.25
14.	BARZ PAULINE	GER	57:53.05
15.	ZHANG YIDAN	CHN	57:55.05
16.	FIORILLO MARTINA	ITA	58:07.05
17.	KUBENKOVA VERONIKA	CZE	58:37.95
18.	MENOZZI MATILDE	ITA	60:57.40
19.	DIMITROV MILJA	SRB	65:01.80

U16 Boys 5km

1.	ORSONI RICCARDO	ITA	23:02.30
2.	SÁROSSI BÁLINT	HUN	23:17.70
3.	JIANG JIAJUN	CHN	23:49.60
4.	BONZON NATHAN	SUI	24:11.15
5.	PERRONE ALESSANDRO	ITA	25:40.65
6.	NAPPI ANDREA	ITA	26:47.30
7.	POMMAZ GUILLAUME	SUI	26:53.65
8.	WILKINSON EDSON GEORGE	GBR	35:56.50

U16 Girls 5km

1.	GRANDI JOSEPHINE	GER	24:52.65
2.	ARLTOVA KATERINA	CZE	26:49.25
3.	PERRONE SOFIA	ITA	28:46.95
4.	FERRETTI EMMA	ITA	29:41.60
5.	BRENNA ILARIA	ITA	30:05.95
6.	BOCKOVA MARKETA	CZE	30:48.75
7.	ACHURCH LAURA	GBR	31:28.40
8.	CITTERIO GIADA	ITA	32:52.75

Thanks to Emmanuel Tardi for his usual selection of great photos.



Diniz goes straight to the front in the men's 20km in Lugano on Sunday



Lebogang Shange leads Caio Bonfim, Anezka Drahotova, Vera Santos and Agnieszka Dygacz



Underage winners Zacharias Tsamoudaki, Eleanora Dominici, Song Huazhang, Yang Liujing and Riccardo Orsoni

USA NATIONAL INDOOR T&F CHAMPS - BOYS AND GIRLS 1 MILE RACEWALKS

Canberra walker Ashleigh Resch competed in the 1 Mile Racewalk at the 2105 USA New Balance Indoor High School Nationals on Saturday at The Armory in NYC and did it in fine style, recording a 19 second PB and setting a new American national record. Her time of 7:00.33 broke the previous meet record of 7:00.94 (2004) and also the national record of 7:00.90 (1998).

Girls 1 Mile Race Walk Championship

1.	Ashleigh Resch	15	Beavercreek TC-OH	7:00.33
2.	Katharine Newho	15	Walk USA-NY	7:08.02
3.	Meaghan Podlaski	15	Colonie TC-NY-Girls	7:08.92
4.	Lauren Harris	17	Sachem Spiked Shoe Club-N	7:17.81
5.	Amberly Melendez	16	South Texas Walking Club-	7:18.74
6.	Maegan Allen	16	New England Walkers-MA	7:22.43
7.	Anali Cisneros	15	Elgin Sharks-IL	7:32.87
8.	Kayla Allen	17	Maine Race Walkers-ME	7:34.89
9.	Maria Garcia	16	North Rockland TC-NY-Girls	7:41.92

10.	Brenna Farrell	15	Clarkstown South TC-NY	7:42.32
11.	Monika Farmer	15	Connetquot TC-NY	7:44.79
12.	Melissa Tylock	15	Penfield TC-NY	7:47.54
13.	Olivia Harbol	15	Palmyra-Macedon TC-NY	7:48.03
14.	Kaitlin Martins	16	Sachem North TC-NY	7:55.28
15.	Rebecca Wittlin	15	UNA-NY-PITTSFORD-WITTLIN	7:57.38
16.	Sydney Sirois	17	St. Dominic Academy TC-ME	8:13.67

Boys 1 Mile Race Walk Championship

1.	Cameron Haught	17	UNA-OH-ENON-HAUGHT	6:36.30
2.	Matias Serna	17	South Texas Walking Club-	7:10.55
3.	Spencer Dunn	16	UNA-ME-AUBURN-DUNN	7:11.22
4.	Jonathan Lazor	15	Daniel Hand TC-CT	7:23.15
5.	Samuel Brenner	15	UNA-ME-LIVERMORE-BRENNER	7:26.85
6.	Angelo Peters	18	Elgin Sharks-IL	7:40.45
7.	Eduardo Uria	18	South Texas Walking Club-	7:50.28
8.	Nolan Allen	18	New England Walkers-MA	7:54.82
9.	Albert Lowther	16	Nanuet TC-NY	8:00.00
10.	Jack Murphy	17	Penfield TC-NY	8:16.76
11.	Brian Baccaglioni	17	Nanuet TC-NY	9:19.39
	Patrick Queiroz	15	UNA-NY-PITTSFORD-QUEIROZ	DQ

And a few video links: Boys 1 Mile Racewalk Video
Girls 1 Mile Racewalk Video
Ashleigh Post Race Interview

<http://usa.milesplit.com/videos/77723>
<http://usa.milesplit.com/videos/77708>
<http://usa.milesplit.com/videos/77710>



Ashleigh Resch crosses the finish line and then sits atop the podium in New York on Saturday (photos Vicki Resch)

12TH AFRICAN JUNIOR T&F CHAMPIONSHIPS, ADDIS ABABA, ETHIOPIA, 5-8 MARCH.

The walk competitions at the African Junior T&F Champs a week ago were won by Ethiopian Yehualeye Beletew Mitiku 24:49.11 and Egyptian Mahmoud Mahmoud Mohamed on 48:47.90.

10,000m Walk Men

1.	MAHMOUD MOHAMED Mahmoud	EGY	48:47.90
2.	AMANUAL BIRATU Gemechu	ETH	49:06.89
3.	FEKKOUN Mohammed	ALG	53:05.62
	NIGUSE TESHOME Getamesay	ETH	DQ

5000m Walk Women

1.	BELETEW MITIKU Yehualeye	ETH	24:49.11
2.	DEJENE NEGATU Ayalnesh	ETH	25:41.52
3.	NASRI Chahinez	TUN	27:08.52

4.	BOUHRAOUA Zina	ALG	28:00.39
5.	DE WINNAAR Udelle	RSA	28:52.85
6.	BOUMAZA Tinhinane	ALG	29:20.90
7.	ZIRHOM MOHAMED Amira	EGY	29:37.04

GRAN PRIX INTERNACIONAL, CUENCA, ECUADOR, 14-15 MARCH

Fast walking by Andres Chocho in the South American Grand Prix meet in Cuenca, Ecuador.

Men 10,000m Race Walk

1.	Andres CHOCHO	ECU	83	41:55.5
2.	Brian Daniel PINTADO	ECU	95	42:31.1
3.	Rolando SAQUIPAY	ECU	79	43:56.5
4.	Jhonathan CACERES	ECU	90	44:36.6
5.	José RUBIO	ECU	88	45:00.0
6.	Darwin LEON	ECU		45:09.1
7.	David VELASQUEZ	ECU		46:02.4
8.	William Israel AYMAR CELI	ECU	95	46:08.1
9.	Damian CAMPAÑA	ECU	90	46:20.7
10.	Oracio CHILIQUEINGA	ECU	96	46:24.1
11.	Wilfrido LOPEZ	ECU		47:50.1
12.	Edison SALAZAR	ECU		47:50.3

Women 10,000m Race Walk

1.	Erica ROCHA DE SENA	BRA	85	47:43.5
2.	Paola Viviana PEREZ SAQUIPAY	ECU	89	48:12.5
3.	Yadira GUAMÁN	ECU	86	50:55.7
4.	Nathaly LEON	ECU	98	54:28.2

VENEZUELAN JUNIOR T&F CHAMPIONSHIPS, BARQUISIMETO, VENEZUELA, 13-14 MARCH

Men 10,000m Race Walk

1.	Jefferson Jesús CHACÓN GARCÍA	VEN	97	44:49.9
2.	Jesus VEGA	VEN	98	45:32.4
3.	Alexis RODRIGUEZ	VEN	96	48:13.6
4.	Yefferson PRATTO	VEN		48:15.9

Women 10,000m Race Walk

1.	Cheskaya ROSALES	VEN	96	53:47.0
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DANISH INDOOR NATIONAL CHAMPS, ODENSE, DENMARK, SUNDAY 15 MARCH

Thanks to Harold van Beek for the walk results from the Danish Indoor Champs, held at the Thorvald Ellegaard Arena in Odense.

5000m Men

1.	Andreas W. Nielsen	1988	Århus 1900 AM	22.10,8
2.	Jacob Sørensen	1974	Sdr. Omme IF	26.13,2
3.	Aksel V. Bendtsen	1958	Århus 1900 AM	28.33,4
4.	Klaus N. Jensen	1964	KIF	29.42,7

2000m U16

1M	Rebecca Nielsen	2000	Ballerup AK	12.00,4
1F	Magne V. Kannevorff	2000	KIF	13.01,0

3000m Masters

1 W55	Ulla Kristiansen	1960	Sdr. Omme IF	20.24,8
1 M40	Jacob Sørensen	1974	Team Sdr. Omme IF	14.57,1
1 M45	Jean-Claude Grivel	1967	IK Hellas, Roskilde	17.49,4
1 M50	Klaus N. Jensen	1964	KIF	17.41,2
1 M55	Aksel V. Bendtsen	1958	Århus 1900 AM	17.22,3
1 M60	Birger S. Madsen	1951	Phønix/VI 39	20.35,4
1 M65	Kai Thomsen	1949	Team Sdr. Omme IF	17.42,8

A BLAST FROM THE PAST

Thanks to Andrew Bowyer for uploading to YouTube a December 2003 video of one of our VRWC summer season races. It shows current walkers Chris Erickson, Mark Donahoo and Andrew Jamieson, as well as former walkers Michael Beaton-Wells, Frank Bertei and Travis Middlemiss. Wow - everyone looks so young! See <https://www.youtube.com/watch?v=V2vtKCOcHNE>. Of course, we remember Keiko Bowyer with our VRWC Style Award Perpetual Trophy.

EDDIE DAWKINGS

I was saddened a week ago to hear of the passing of NSW walking identity Eddie Dawkings. Eddie passed away early on Wednesday 4th March 2015 following a long illness.

Eddie had long history in athletics and more specifically race walking. He joined Western Suburbs Athletics in 1963 and joined NSWRC the following year. During his competitive years in race walking he won many NSW State Titles and competed at numerous National Titles and AFORWC events. Eddie also spent many years serving as an official with NSWRC and was instrumental in the development of the Gosford athletics track (Adcock Park). The race walking family has lost a great friend and stalwart.

Rest in peace Eddie.



1972 LBG 20 mile race - Peter Fullager, Eddie Dawkings, Steve Hausfeld and Graeme Nichols

MARCIADALMONDO AND OMARCHADOR ROUNDUP

As usual, lots of great news from these two wonderful sites. First to marciadalmondo which had 10 releases over the last week

- Mon 16 Mar - One week history: Diniz vs Suzuki
http://www.marciadalmondo.com/ita/dettagli_news.aspx?id=2046
- Sun 15 Mar - Lugano victories to Yohann Diniz and Anezka Drahotova
http://www.marciadalmondo.com/ita/dettagli_news.aspx?id=2045
- Sun 15 Mar - New World Record in 20 km road walk in Nomi
http://www.marciadalmondo.com/ita/dettagli_news.aspx?id=2044
- Sat 14 Mar - preview of Sunday's Lugano walk meet
http://www.marciadalmondo.com/ita/dettagli_news.aspx?id=2043
- Sat 14 Mar - preview of next weekend's Chinese roadwalk championships
http://www.marciadalmondo.com/ita/dettagli_news.aspx?id=2042
- Fri 13 Mar - Peter Marlow to receive European Athletics Union Merit Award

http://www.marciadalmondo.com/ita/dettagli_news.aspx?id=2041

- Thu 12 Mar - Entry list for Nomi meet this Sunday
http://www.marciadalmondo.com/ita/dettagli_news.aspx?id=2040
- Thu 12 Mar - Article on Hamstring Injuries
http://www.marciadalmondo.com/ita/dettagli_news.aspx?id=2039
- Wed 11 Mar - Alex Schwazer publishes his blood test results
http://www.marciadalmondo.com/ita/dettagli_news.aspx?id=2038
- Tue 10 Mar - Results of Scarnafigi walk meet
http://www.marciadalmondo.com/ita/dettagli_news.aspx?id=2037

and now to omarchador which had 13 press releases

- Mon 16 Mar - New world record to Suzuki in Nomi
<http://omarchador.blogspot.pt/2015/03/yusuke-suzuki-bate-recorde-mundial-de.html>
- Sun 15 Mar - Pedro Martin wins Portuguese 50km championship
<http://omarchador.blogspot.pt/2015/03/pedro-martins-vence-campeonato-de-50-km.html>
- Sat 14 Mar - Preview of Lugano meet
<http://omarchador.blogspot.pt/2015/03/trofeu-lugano-junta-170-marchadores.html>
- Sat 14 Mar - Preview of Portuguese 50km this weekend
http://omarchador.blogspot.pt/2015/03/campeonatos-de-portugal-de-50-km-marcha_14.html
- Fri 13 Mar - Peter Marlow receives EEA Merit Award
<http://omarchador.blogspot.pt/2015/03/associacao-europeia-vai-galardoar-peter.html>
- Fri 13 Mar - Nomi to host the Asian Roadwalk Champs
<http://omarchador.blogspot.pt/2015/03/nomi-sera-palco-dos-campeonatos-da-asia.html>
- Fri 13 Mar - More Portuguese 50km history
http://omarchador.blogspot.pt/2015/03/campeonatos-de-portugal-de-50-km-marcha_13.html
- Thu 12 Mar - European Indoor Champs for athletes with intellectual disabilities in St Petersburg
<http://omarchador.blogspot.pt/2015/03/campeonato-da-europa-de-pista-coberta.html>
- Thu 12 Mar - Portuguese 50km history
<http://omarchador.blogspot.pt/2015/03/campeonatos-de-portugal-de-50-km-marcha.html>
- Wed 11 Mar - African Junior Championship results
<http://omarchador.blogspot.pt/2015/03/atletas-da-etioopia-e-egipto-triunfam.html>
- Wed 11 Mar - British Masters Indoor Champs results
<http://omarchador.blogspot.pt/2015/03/campeonatos-britanicos-masters-de-pista.html>
- Wed 11 Mar - Brazilian 20km/50km championship results
<http://omarchador.blogspot.pt/2015/03/cisiane-lobes-e-jonathan-riekmann.html>
- Tue 10 Mar - Diniz breaks 20km world record in France
<http://omarchador.blogspot.pt/2015/03/yohann-diniz-bate-recorde-mundial-de-20.html>

PETER MARLOW RECOGNISED WITH EAA PLAQUE OF MERIT

Peter Marlow has been chosen by the European Athletics Association to receive the plaque of merit, along with the former IAAF General Secretary Pierre Weiss, for services to European Athletics. Only 3 people in Europe every 2 years get this award so it is a huge reward for peter and great recognition for our sport of racewalking. His CV is shown below and he is standing for a final term for IAAF RW Committee in August. When Lamine Diack steps down he will be the single longest serving member of any IAAF Committee.

Name: Peter Marlow
Nationality: Great Britain

Date of birth: 1941
Profession: Head of UK Athletics Race Walking Policy and Support Team
Award: Plaque of Merit

Positions within athletics

- 1976 - present: Member of the IAAF Race Walking Committee
- 1987: Meeting Director of IAAF World Cup, Douglas, Isle of Man.
- Member of UK Athletics International Group
- Chairman of the IAAF Sub-Committee's Rules & Officials.
- Chairman of the European Athletics Race Walking Commission
- Secretary of the British Race Walking Association
- 1977: Meeting Director of IAAF World Cup, Milton Keynes
- Chief Judge at Olympic Games (1992), World Championships (1991, 1993 and 1999), European Championships (1994, 1998 and 2002), Commonwealth Games (1986, 1994 and 1998) as well as IAAF World Walking Cup events.
- Chief Walking Judge 2003, World Championships in Paris and Olympic Games 2004 in Athens.
- As a Technical Delegate, Peter has attended the Commonwealth Games (1986, 1994, 1998 and 2002), European Championships (1994, 1998) World Walking Cup (1995, 1997).

Sport references

- British International Race Walker
- 1972 Olympic Games
- 1974 British 10k and 20k Champion

Other relevant information

- Author of the IAAF 'Hints for Judges' handbook.

Great article on Peter: <http://www.getwestlondon.co.uk/sport/other-sport/west-london-athlete-sat-oblivious-5975928>



Peter (second from right) walks the course with the other international judges at the 2014 World Cup in Taicang, China

HISTORIC NEWS IN THE RACEWALKING WORLD

Elliot Denham reported last week on a significant event in the world of racewalking. Here is what he had to say

As reported by Erin Taylor-Talcott as she accepted the "Women's Athlete of the Year" plaque at the annual Shore Athletic Club Awards Banquet, held Sunday 8th March 2015 at The English Manor, Ocean Township, NJ.

The news: **There will be an official women's 50K Championship Racewalk at the Pan American Racewalking Cup event coming up in Arica, Chile, May 7-8, 2015.**

"Yes, the women will be lining up with the men," said Taylor-Talcott.

This will be major history as the event becomes the first true international championship race....ever... for women's 50K racewalkers.

And Taylor-Talcott gave much credit to Bob Hersh, USA delegate to the IAAF Council and the IAAF Council's Senior Vice President, for fighting to make this happen. "Bob saw the need and worked hard seeing that justice be done," said Taylor-Talcott. "He deserves a world of credit for doing what was necessary to get this achieved."

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.

2014/2015 Australian/Victorian Key Dates

Mar 26-29, 2015	Australian Open T&F Championships, Brisbane, QLD (10,000m Walks)
Apr 3-6, 2015	Australian Masters T&F Championships, Sydney, NSW
May 8-10, 2015	Oceania Area Championships (walks included), Cairns, QLD
Sun Aug 30, 2015	Australian Roadwalk Championships, Middle Park, VIC
Oct 3-10, 2015	Australian Masters Games, Adelaide, SA

2015 IAAF Race Walking Challenge Dates

Mar 21, 2015	Dudinska Paldesjatka (D-50-km)	Dudince, SLOVAK REPUBLIC
Apr 11-12, 2015	African Race Walking Championships	Maurice, MAURITIUS
Apr 18, 2015	24 th Grande Prémio Internacional de Rio Maior em Marcha Atlética	Rio Maior, PORTUGAL
May 1, 2015	2015 IAAF Race Walking Challenge	Taicang, CHINA
May 9-10, 2015	Pan American Race Walking Cup	Arica, CHILE
May 17, 2015	11 th European Cup Race Walking	Murcia, SPAIN
Jun 6, 2015	XXIX Gran Premio Cantones de La Coruña	La Coruña, SPAIN
Aug 22-30, 2015	15 th IAAF World Championships	Beijing, CHINA

Other Top Races in 2015

Apr 11, 2015	International Racwalk Competition	Podebrady, CZECH REPUBLIC\
Apr 19, 2015	46 th International Racewalk Meet	Naumburg, GERMANY

Looking further forward

July 3-14, 2015	28 th Summer Universiade, Gwanju, South Korea
July 15-19, 2015	9 th World Youth T&F Championships, Cali, Colombia
Aug 22-30, 2015	15 th IAAF World Championships in Athletics, Beijing, China. See http://www.iaafbeijing2015.com
Aug 4-16, 2015	20 th World Masters T&F Champs Stadia, Lyon, France. See www.lyon2015.com
Aug 15-16, 2015	104th Centurions 100 Miles qualifying walk , Castletown, Isle of Man See http://www.isleofman100milewalk.co.uk/index.html

May 2016	27 th IAAF World Race Walking Team Championships, Cheboksary, Russia
July 19-24, 2016	16 th World Junior T&F Championships, Kazan, Russia
Oct 26 -Nov 6, 2016	21 st World Masters T&F Champs Stadia, Perth, Australia. See http://www.perth2016.com
Aug 2016	31 st Olympic Games, Rio de Janeiro, Brazil. See http://www.rio2016.org.br/en/Default.aspx
July 2017	10 th World Youth T&F Championships, Niarobi, Kenya
July 2017	29 th Summer Universiade, Taipei, Taiwan
August 5-13, 2017	16 th IAAF World Championships in Athletics, London, UK
May 2018	28 th IAAF World Race Walking Team Championships, Cheboksary, Russia
July 2018	16 th World Junior T&F Championships, ?
Apr 4-15, 2018	Commonwealth Games, Gold Coast, Queensland (racewalks on the program). See http://www.gc2018.com
2019	17 th IAAF World Championships in Athletics, Doha, Qatar
July 2019	11 th World Youth T&F Championships, ?
July 2019	30 th Summer Universiade, Brasilia, Brazil
July 2020	32 nd Olympic Games, Tokyo

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