



HEEL AND TOE ONLINE

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

My Walkers of the Week this time around are **Dane Bird-Smith** and **Regan Lamble**. The Rio Olympians confirmed their berths for the 2017 IAAF World Championships in London later this year with definitive wins in the Australian 20km Summer Championships in Adelaide on Sunday.

- Dane easily won the men's race in an equal PB time of **1:19:37**, defeating a strong international field. Talk about consistent – he recorded 1:19:37 in his 3rd place finish in Rio and 1:19:38 in his 4th place finish in the Racewalking Teams Championships in Rome earlier last year. His latest Australian championship wins come only a week after his Australian all-time best 3000m walk the previous weekend.
- Regan won the women's race just as easily, her time of **1:29:58** her second fastest ever and her best on Australian soil. Like Dane, she is on an upward curve performance wise, and has the potential to improve further this year.



Dane and Regan in action in Adelaide (photos Terry Swan)

WHAT'S COMING UP

- The **Victorian Open and Junior T&F Championships** will be held over the next 2 weekends

Feb 24-26, 2017	Victorian Junior and Open Track & Field Championships (Weekend 1), Albert Park, VIC
Mar 3-5, 2017	Victorian Junior and Open Track & Field Championships (Weekend 2), Albert Park, VIC

The Athletics Victoria website shows the walk championship times as follows

Fri 24 Feb, 2017	5:30PM	5000m U17, U18, U20
Fri 3 Mar, 2017	6:00PM	5000m Open Women
	6:40PM	5000m Open Men
	7:05PM	3000m Walk U14, U15, U16

2017 AUSTRALIAN SUMMER ROADWALK CHAMPIONSHIPS, ADELAIDE, SUNDAY 19^T FEBRUARY

With the Australian/Oceania Roadwalk championships following on so soon after the recently completed Supernova Study at the AIS in Canberra, anticipation was high. Apart from the strong Australian contingent of walkers, the 20km fields boasted 18 overseas walkers (14 men and 4 women) from across the world – from Chile, Canada, Poland, USA, Lithuania, Japan, South Africa, Great Britain, Spain and New Zealand.

The 7AM start time had been chosen to mitigate against the usually hot summer conditions in Adelaide but it was not needed on this occasion. It was cool and overcast with an expected top temperature of an unseasonally cool 21C.

The 2km lap in the North Adelaide Parklands was wide and relatively flat, apart from a small downhill at one end. But performances indicate that the walkers coped well with the rise and fall in the course and there were many PBs on the day. Overall, 49 walkers competed, the best numbers seen for some years. The two 20km championships started at 7AM, with the U20 10km and U18 5km walkers starting at 8AM.

All photos are from Terry Swan gallery: https://www.dropbox.com/sh/b4o5uq9ljjkemob/AAAVeEX1lvTwILZUQzRT_6aya?dl=0.

20km Men – Australian and Oceania Championships

Immediately from the gun, **Evan Dunfee** (CAN) and **Dane Bird-Smith** (AUS) strode to the front, with a large group on their heels. The pace was relatively sedate for the first two laps, with 4km passed in 16:22. By that stage, the lead group was down to 8, with **Yerko Araya** (CHI), **Artur Brzozowski** and **Jakub Jelonek** (POL), **Quentin Rew** (NZ) and **Lebogang Shange** and **Wayne Snyman** (SA) the only ones still shadowing the leading two.

At 7km, Dane and Evan increased the pace, creating a vital break on the others, and by the 8km mark, it was Dane on his own in front (32:38), with Evan 4 seconds in arrears. By 10km, Dane (40:39) had increased his lead to around 10 seconds, and from then on, it was just a case of how big the winning margin would be.

While Dane stormed home to win with an equal PB of 1:19:37, the battle for the minor medals was not decided until the dying laps. Although Evan looked set for second, he slowed from around 16km onwards, being caught first by Lebogang (1:21:00) and then by Quentin (1:21:12) who stormed home to break his own New Zealand national record and finally by Artur (1:21:16). Evan had to be content with fifth place with 1:21:22.

With a second half split of 38:58, Dane showed his class and speed and I suspect that all it will take is a race with a faster first half and he will improve considerably on his current PB.

Rhydian Cowley was the next best of the Australians in 9th place (1:22:09), just 2 seconds outside his PB and with a time that should guarantee him a spot in this year's World Championships in London. Further back in 12th place, **Brendon Reading** bettered his 2011 PB with 1:24:37 and will now have to decide whether to chase a London qualifier in the 20km or the 50km. The youngest walkers in the field also performed well, with 18 year old **Tyler Jones** (1:27:12) and 19 year old **Adam Garganis** (1:27:27 both recording big PBs.

With 10th place recording 1:22:15, it was a high quality race.

The Australian Championship medals went to Dane Bird-Smith, Rhydian Cowley and Brendon Reading, while the Oceania medals went to Dane Bird-Smith, Quentin Rew and Rhydian Cowley.

1.	Bird-Smith, Dane	92	QLD	40:39	1:19:37	Eq PB
2.	Shange, Lebogang	90	RSA	40:56	1:21:00	
3.	Rew, Quentin	84	NZL	40:56	1:21:12	PB 0:42, NR
4.	Brzozowski, Artur	85	POL	40:56	1:21:16	PB 0:55
5.	Dunfee, Evan	90	CAN	40:40	1:21:22	
6.	Snyman, Wayne	85	RSA	40:56	1:21:26	
7.	Žiukas, Marius	85	LTU	41:04	1:21:27	PB 0:42
8.	Araya, Yerko	86	CHI	40:56	1:21:56	
9.	Cowley, Rhydian	91	VIC	41:29	1:22:09	
10.	Jelonek, Jakub	85	POL	40:56	1:22:15	
11.	Toru, Yamamoto	90	JAP	42:16	1:24:32	PB 2:18
12.	Reading, Brendon	89	ACT	41:55	1:24:37	PB 0:14
13.	Šuškevičius, Tadas	85	LTU	42:16	1:25:01	
14.	Araya, Edward	86	CHI	40:56	1:26:06	

15.	Bilodeau, Mathieu	83	CAN	43:13	1:27:04	
16.	Jones, Tyler	98	NSW	44:11	1:27:12	PB 3:00
17.	Christie, Nick	91	USA	42:15	1:27:24	
18.	Garganis, Adam	97	VIC	44:04	1:27:27	PB 3:44
19.	Gibbons, Carl	96	NSW	45:53	1:32:47	PB 0:41
20.	Felton, Jay	94	NSW	46:54	1:35:56	
21.	Simpson, Bradley	93	VIC	48:58	1:37:45	PB 9:45
22.	Mottrom, Kim	84	SA	48:55	1:38:26	
23.	Prasad, Pramesh Yarita, Yuichi	74 95	VIC JAP	50:46 45:25	1:45:21 DQ	



The leading group early (Dane and Evan lead) before Dane cleared away for a solo walk win



Quentin Rew, Lebogang Shange, Adam Garganis and Tyler Jones

20km Women – Australian and Oceania Championships

The women's 20km saw 5 walkers quickly clear out – **Regan Lamble** (AUS), **Beki Smith** (AUS), **Alana Barber** (NZL), **Bethan Davies** (GBR) and **Brigita Virbalyte-Dimšiene** (LTU) - and it was obvious that the medals would come from this select group of internationals.

By 6km (26:53), Regan had broken away and already had a 30 second lead, so the winner looked settled, barring disaster. And no disasters were forthcoming, with Regan passing the 10km mark in 44:33 and eventually crossing the finish line in 1:29:57, her best time here in Australia.

The chasing women never gave up but it was Brigita who eventually cleared out to take second in 1:30:55, ahead of Beki (1:31:23) and Alana (1:32:23) who broke her New Zealand national record for fourth place. The big improvers had to be Australians **Jessica Pickles** (a 3 min PB of 1:37:56) and **Simone McInnes** (a 7 min PB of 1:40:26). Jess's time was also a World University Games qualifier so it a big milestone for her which will hopefully see her competing for Australia in Taiwan later this year.

The Australian Championship medals went to Regan Lamble, Beki Smith and Jessica Pickles, while the Oceania Championship medals went to Regan Lamble, Beki Smith and Alana Barber.

1.	Lamble, Regan	91	VIC	44:33	1:29:58	
2.	Virbalyte-Dimšiene, Brigita	85	LTU	45:25	1:30:55	
3.	Smith, Beki	86	ACT	45:24	1:31:23	
4.	Barber, Alana	87	NZL	45:24	1:32:23	PB 0:25, NR
5.	Pinedo González, Ainhoa	83	ESP	47:21	1:33:39	
6.	Davies, Bethan	90	GBR	46:36	1:35:47	
7.	Pickles, Jessica	94	QLD	47:59	1:37:56	PB 3:09
8.	McInnes, Simone	91	VIC	49:15	1:40:26	PB 7:28
9.	Papadopoulous, Christina	96	QLD		1:46:02	
10.	Gannon, Brenda	74	QLD		1:59:01	
	Hunt, Zoe	97	ACT	50:46	DNF	
	Findlay, Samantha	97	SA	52:26	DNF	



*Left: Regan Lamble leads Beki Smith, Alana Barber, Brigita Virbalyte-Dimšiene and Brenda Gannon early
Centre and right: Alana Barber and Jessica Pickles*

Fields were small in the U20 and U18 events, with many walkers opting instead to wait for the Australian T&F Championships which will be held in Sydney next month. But the quality was there, even if the numbers were not, with the U20 10km Oceania Championships going to **Declan Tingay** (42:35) and **Clara Smith** (47:48) and with the U18 invitational walks being won by **Tristan Camilleri** (23:05) and **Rhiannon Lovegrove** (25:41).

U20 Men 10km Walk - Oceania Championship

1.	Tingay, Declan	99	WA	42:35	
2.	Swan, Kyle	99	VIC	43:56	
3.	McCutcheon, Luke	98	QLD	44:36	PB 0:31

4.	Richardson, Dylan	00	NSW	46:52
5.	Walmsley, Reese	98	VIC	49:49

U20 Women 10km Walk - Oceania Championship

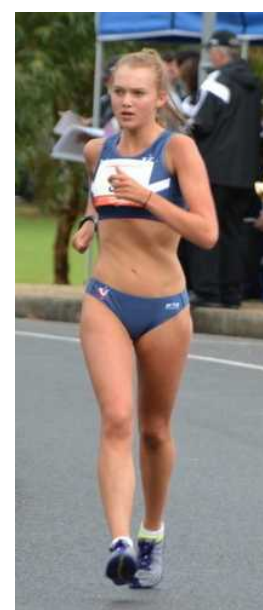
1.	Smith, Clara	98	QLD	47:48
2.	Huse, Philippa	99	VIC	49:46
3.	Goodhew, Chelsea	99	NSW	54:06

U18 Men 5km Walk - Invitational

1.	Camilleri, Tristan	01	SA	23:05	PB 0:46
2.	Bruniges, Mathew	01	SA	28:38	

U18 Women 5km Walk - Invitational

1.	Lovegrove, Rhiannon	00	SA	25:41
2.	Brown, Samantha	01	NSW	26:04
3.	Cross, Bethany	00	SA	27:31



Declan Tingay, Luke McCutcheon, Kyle Swan, Clara Smith and Philippa Huse

Later this week, Athletics Australia is expected to announce the first batch of walkers for the 2017 IAAF World Championships. Dane Bird-Smith and Regan Lamble will be automatic selections. Let's hope that Rhydian Cowley and Beki Smith are also named in the 20km team, given their times were also well under the required qualifying standards. And expect Jared Tallent and Chris Erickson to be named as 50km team members at some stage (perhaps at the same time).

And finally, a few articles on the event:

<http://www.supersport.com/athletics/article.aspx?Id=3891924>

<https://www.iaaf.org/news/report/bird-smith-lamble-win-adelaide-race-walking-c>

<http://athletics.com.au/News/london-calling-as-records-fall>

VRWC AND VMA TRACK WALKS, CLIFTON HILL, MELBOURNE, SUNDAY 19 FEBRUARY

While many of us were in Adelaide at the national roadwalk championships, our VRWC summer season continued in Melbourne, with the club hosting the Victorian Masters 5000m track walk championships in Clifton Hill on Sunday morning. Club president Stuart Cooper tells me it was cool but rainy squalls in the final hour made conditions a little tougher. Well done to our many Victorian Masters medallists.

5000m Walk Masters Women

1.	Sandra Geisler	35-39	27.54
1.	Michelle Laufer	45-49	27.22
1.	Sandra Howorth	50-54	38.03
1.	Pam Tindal	55-59	27.13
2.	Donna Elms	55-59	30.58

1.	Alison Thompson	60-64	32.32
1.	Heather Carr	65-69	28.34
2.	Celia Johnson	65-69	37.15
1.	Gwen Steed	70-74	34.03
1.	Beverley Hugo	75-79	42.45
1.	Pam Mews	80-84	52.36

5000m Walk Masters Men

1.	Rupert Van Dongen	40-44	32.00
1.	Stuart Kollmorgen	45-49	23.48
2.	David Smyth	45-49	26.35
1.	Bernie Keirl	50-54	29.13
1.	Simon Evans	55-59	27.17
2.	Paul Moritz	55-59	33.12
3.	Albin Hess	55-59	34.08
DQ	Greg Hughes	55-59	DQ
1.	Clyde Riddoch	60-64	34.49
2.	Anthony Doran	60-64	35.02
1.	Frank Prowse	65-69	33:37
2.	Geoff Barrow	65-69	34:19
DQ	Andrew Jamieson	70-74	DQ
1.	Gunther Ilgoutz	75-79	33.52
1.	Bob Gardiner	80-84	34.05
2.	Colin Silcock-Delaney	80-84	44.27

VRWC 5000m Open Walk

1.	Charlotte Hay	27.30	
	Steven Stern	DQ	
	Stuart Kollmorgen	DNF	(3km in 14.34)

VRWC 3000m Open Walk

1.	Jasmine Hass	16.50
2.	Angus Hay	18.07
3.	Albin Hess	22.26

Thanks the many people who helped out on the day. Many of our regulars were in Adelaide for the national roadwalk champs but others came to the rescue.

Race director: Stu Cooper
 Set up/pack up, Starters: Bob Gardiner, Harry Summers
 Judges: Stu Cooper (chief), Brenda Felton, Harry Summers
 Race entries: Carolyn Rosenbrock, Brenda Felton, Stu Cooper
 Timekeepers/Lapscorers: Carolyn Rosenbrock, Colin Thompson, Bill Carr, Margaret Hay, Simon Evans, Barrie Wicks

BENDIGO WALKERS CLUB ROAD WALKS, ROSALIND PARK, BENDIGO, WEDNESDAY 15 FEBRUARY

And now to the rest of the results from around Australia this week. Thanks to Paul Rance for the latest report from Bendigo, in country Victoria.

In the Bendigo Walkers Club's latest Wednesday evening competition, sealed handicap races were conducted over 0.8km and 2.4km in Rosalind Park. The 0.8km race was taken out by **Amber Fox**, with **Jasmine Murphy** 2nd and **Oscar Fox** in 3rd place, with newcomer **Maddison Vaughan** producing a strong effort to finish equal 4th with **Charlotte Murphy**. In the 2.4km event, **Bill Lotherington** secured a strong victory with **Madison Hill** 2nd and **Peter Curtis** in 3rd place.

2.4km Handicap Walk

1.	Bill Lotherington	16.54
2.	Madison Hill	14.28
3.	Peter Curtis	13.30
4.	Geoff Major	20.24
5.	Jennie Payne	14.47
6.	Barb Bryant	14.20
7.	Zahra Hayes	12.29
8.	Norm West	19.32
9.	Annette Curtis	16.47
10.	John Carter	17.54

0.8km Handicap Walk

1.	Amber Fox	5.35
2.	Jasmine Murphy	5.03
3.	Oscar Fox	4.54
E4.	Maddison Vaughan	5.10
E4.	Charlotte Murphy	4.35
6.	Caitlyn Tozer	5.51

SAMA TRACK WALKS, SA ATHLETICS STADIUM, MILE END, ADELAIDE, WEDNESDAY 15 FEBRUARY

Thanks to Colin Hainsworth for his latest report from the South Australian Masters in Adelaide. Good weather and good turn-out.

1500m Walk

1.	Kim Mottrom	06:50	M32	76.01%
2.	Richard Everson	07:17	M53	83.25%
3.	Marie Maxted	08:40	W56	76.93%
4.	Jack Russell	08:55	M64	75.61%
5.	John Leydon	09:05	M55	67.94%
6.	Kevin Finn	09:29	M65	71.86%
7.	Helen Suridge	10:57	W65	66.77%
8.	James Hoare	11:10	M70	64.65%
9.	Rodger Barber	11:15	M78	71.3%
10.	Leigh Smith	11:35	M81	72.42%
11.	Roger Lowe	11:36	M73	64.6%
12.	Margaret McIntosh	11:53	W64	60.84%
13.	Valmai Padget	12:00	W72	66.53%
14.	David Robertson	12:08	M83	71.35%

2000m Walk

1.	Marie Maxted	11:52	W56	73.47%
2.	Jack Russell	12:04	M64	72.23%
3.	John Leydon	12:15	M55	65.14%
4.	Mark Worthing	12:22	M54	63.95%
5.	Kevin Finn	12:33	M65	70.21%
6.	James Hoare	14:11	M70	65.8%
7.	Helen Suridge	14:31	W65	66.13%
8.	Rodger Barber	15:10	M78	68.44%
9.	Margaret McIntosh	15:39	W64	60.62%
10.	Dave Fallon	15:39	M64	55.69%
11.	Linda Whitelaw	16:38	W62	55.75%
12.	David Robertson	16:40	M83	67.25%
13.	Edna Bates	17:41	W64	53.65%

ACT WALKERS CLUB TRACK WALKS, WODEN PARK, CANBERRA, THURSDAY 16 FEBRUARY

Thanks to Robin Whyte for his weekly report from Canberra.

2000m Walk

1.	Kate Black	12:01
2.	Harry Baker	13:06
3.	Ella Baker	13:09
4.	Ewen Thompson	13:51
5.	Bryan Thomas	13:54
6.	Jennifer Gilchrist	14:51
7.	Doug Fitzgerald	15:19
8.	Sheryl Greathead	16:18
9.	Lorna England	16:30
10.	Robert Kennelly	18:13

800m Walk

1.		
2.	Sebastian Young	4:53
3.	Margaret McSpadden	6:23

WESTERN AUSTRALIAN INTERCLUB, WA ATHLETICS STADIUM, PERTH, FRIDAY 17 FEBRUARY

Cooper Anderton (14:08.50) walked well to win the 3000m walk in Perth last Friday evening.

3000m Walk

1.	Anderton, Cooper	M	Bunbury	14:08.50	PB 0:46
2.	Reid, Benjamin	M	Athletics WA	14:34.40	
3.	Duncan, Andrew	M	Athletics WA	15:32.60	
4.	Griffin, Alexandra	W	Athletics WA	15:39.80	
5.	jackson, hayley	W	Athletics WA	15:58.70	
6.	Mann, Bradley	M	Ridgewood Athletics Club	16:03.70	
	Davies, Owen	M	University of WA Athletics	DQ	

ATHLETICS ACT T&F CHAMPIONSHIPS, AIS ATHLETICS TRACK, BRUCE, 17-19 FEBRUARY

The ACT T&F Championships at the AIS track last weekend saw a variety of walks contested by all the main age groups. Pick of the walkers had to be current Australian 50km champion **Matt Griggs** (5000m 23:57.31).

Open Men 5000m Walk

1.	Griggs, Matthew	Weston Creek	23:57.31
2.	Whyte, Robin	North Canber	31:45.18

Open Women 5000m Walk

1.	Staunton-Jugovic, Ann	South Canber	28:22.73
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Open Women 3000m Walk

1.	Grujoski, Stephanie	Athletics Nsw	16:56.64
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U18 Men 5000m Walk			
1.	Frew, Connor	South Canber	23:30.18
2.	Fraser, Timothy	Athletics Nsw	24:18.58
3.	Baker, Mitchell	North Canber	24:55.54
4.	Burns, Callum	North Canber	25:17.17
U18 Women 5000m Walk			
1.	Hunt, Gabby	North Canber	25:31.24
2.	Henderson, Elizabeth	North Canber	28:48.71
U16 Girls 5000m Walk			
1.	Parker, Hannah	Athletics Nsw	31:41.40
U16 Boys 3000m Walk			
1.	Young, Gwyllym	South Canber	15:13.84
2.	Burns, Spencer	North Canber	16:14.43
U16 Girls 3000m Walk			
1.	Manning, Hannah	North Canber	16:21.79
2.	Robertson, Brittany	Athletics Nsw	18:16.16
U14 Men 3000m Walk			
1.	Hunt, Tom	North Canber	15:28.86
U14 Girls 3000m Walk			
1.	Burns, Laura	North Canber	15:53.53
2.	Shaw, Sidney	Ginninderra	18:43.55
3.	Thompson, Lucinda	Woden Athlet	23:29.40

SOUTH AUSTRALIAN T&F CHAMPIONSHIPS, SA ATHLETICS STADIUM, MILE END, ADELAIDE, 17-19 FEB
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It was bad timing in that the South Australian T&F Championships were held on the same weekend as the Australian 20km Summer Championships meet in Adelaide. I am sure that is why I can see so many names missing from the T&F Championships walks list. It is a tough ask to walk on Friday evening and then again on Sunday morning. Well done to **Kim Mottrom** who did his best 5000m for quite a few years (21:41.47). Excellent walks also by **Samantha Findlay** (24:24.10) and **Tristan Camilleri** (23:19.20).

Open Men 5000m Walk			
1.	Mottrom, Kim	Adelaide Har	21:41.47
	Hoare, James	Port Adelaide	DQ
Open Women 5000m Walk			
1.	Findlay, Samantha	Southern	24:24.10 PB 1:01
Masters Men 5000m Walk			
1.	Metha, Greg	Hills Distri	33:11.51
Masters Women 5000m Walk			
1.	Maxted, Marie	Masters	30:08.87
U18 Men 5000m Walk			
1.	Goode, Jayden	Northern Dis	25:40.16
U18 Women 5000m Walk			
1.	Lovegrove, Rhiannon	Port Adelaide	25:52.36
2.	Cross, Bethany	Pembroke	26:56.93
U17 Men 5000m Walk			
1.	Camilleri, Tristan	Coastal Dist	23:19.20 PB 0:31
2.	Bruniges, Mathew	Southern	28:49.34
U17 Women 5000m Walk			
1.	Upton, Victoria	Southern	28:14.34
2.	Upton, Chloe	Southern	28:30.84
3.	Upton, Kitarni	Southern	29:52.00

ATHLETICS TASMANIA INTERCLUB, DOMAIN ATHLETICS TRACK, HOBART, SATURDAY 18 JANUARY

It looked like a good battle between **Alice Randall** (14:51.31) and **Bayley Campbell** (14:55.93) in Hobart last Saturday.

3000m Walk

1.	Alice Randall	OVA	14:51.31
2.	Bayley Campbell	OVA	14:55.93
3.	Anna Blackwell	OVA	15:32.87
4.	Ron Foster	NS	19:01.99
5.	Elizabeth Leitch	ES	19:07.67

2017 SMR LA REGIONAL T&F CHAMPIONSHIPS, BALLAM PARK, 18-19 FEBRUARY

Little Athletics Victoria is a huge organization, with over 20,000 children aged from 5 to 15 competing on a weekly basis at 100 centres across Victoria. In general, the emphasis is on participation rather than competition but the organization does put on annual T&F Championships to allow the children to dip their feet into a more formal competition.

Last weekend, Little Athletics centres from across Victoria came together to participate in 7 Regional Championships. From these 7 meets come the final contenders who will compete in the LAVIC T&F Champs next month.

Thanks to Gordon Loughnan for sending me the walk results from the Southern Metro Region championships. While I don't normally report on such meets, I will include the results on this occasion, if only to highlight the wonderful work done by all those involved in LA. Although there are some well known names amongst the walk participants, most are not known to me, but they no doubt enjoy their weekly Little Athletics competition and will become better adults for the experience.

Boys U10 1100m Race Walk

1.	Jaspa Adam	Frankston	6:42.25
2.	Ben Frewin	Caulfield	7:04.09
3.	Phillip Benton	Caulfield	7:07.36
4.	Thomas Rose	Westernport	7:14.05
5.	Thomas Farrell	Caulfield	7:58.04
6.	Aiden Smith	Seaford	9:15.34

Girls U11 1100m Race Walk

1.	Abby Trezise	Westernport	6:50.43
2.	Emily Smith	Seaford	6:55.19
3.	Kayli Bartleet	Brighton	7:07.32
4.	Taliah Black	Frankston	7:13.58
5.	Francesca Dever	Brighton	7:16.96
6.	Eden Mc Keown	Southern Peninsula	7:38.57

Boys U11 1100m Race Walk

1.	Justin Xuereb	Mentone	6:26.99
2.	Toby Hearst	Caulfield	6:37.18
3.	Shannon Delaney	Seaford	6:49.88
4.	Zac Barling	Brighton	6:52.87
5.	Tommy Lomagno	Mentone	6:59.12
6.	Patrick Warr	Waverley	7:14.98
7.	Noah Menzies	Frankston	7:51.99
8.	Chase Murphy	Dandenong	7:53.49

Girls U12 1500m Race Walk

1.	Emma Dalglish	Frankston	10:20.42
2.	Sarah Verberne	Brighton	12:47.97

Girls U13 1500m Race Walk

1.	Charlotte Gibbs	Brighton	9:22.75
2.	Eliza Thompson	Frankston	9:23.02
3.	Kayla Trezise	Westernport	9:31.36

Girls U14 1500m Race Walk

1.	Jess Fitzgerald	Dandenong	9:47.02
2.	Tahlee Ferguson	Frankston	9:59.31
3.	Aleesha Whittle	Caulfield	10:49.23

Boys U12 1500m Race Walk

1.	Nikita Djordjevic	Mentone	9:34.59
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Boys U13 1500m Race Walk

1.	Tyson Lambrick	Dandenong	10:28.31
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Boys U14 1500m Race Walk

1.	Will Thompson	Frankston	6:46.24
2.	Nikolaj Djordjevic	Mentone	6:47.71
3.	Alex Hayes	Seaford	9:26.31

Girls U15 1500m Race Walk

1.	Isabella Dingli	Mentone	9:54.55
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Boys U15 1500m Race Walk

1.	Joseph Rickard	Mornington	7:51.11
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JAPANESE 20KM ROADWALK CHAMPIONSHIPS, KOBE, JAPAN, SUNDAY 19 FEBRUARY

I'll start off the overseas reporting with what is no doubt the biggest walking carnival of the month. I never cease to be amazed at the quality and depth in Japanese racewalking championships and last Sunday's 20km roadwalk championships meet in Kobe was no exception. Just check out the results at http://www.marciadalmondo.com/admin/pdf/risultati/19022017766Kobe_2017.pdf.

The Open Men's 20km saw a very close finish between **Eiki Takahashi** (1:18:18) and **Isamu Fujisawa** (1:18:23). It was Takahashi's third victory in this race and his splits were 19:35, 39:07 (19:32), 58:38 (19:31) and 1:18:18 (19:47). It was only in the last few kms of the race that he was able to break away from Fujisawa and third place finisher **Toshikazu Yamanishi** (1:19:03). Both Fujisawa, who had just returned home after the Supernova Camp in Canberra, and Yamanishi did PBs. Of the 94 walkers who started, 74 finished, with 37 bettering 90 minutes for the distance.

The women's 20km was won by **Kumiko Okada** (1:29:40), ahead of **Rena Goto** (J1:32:50) and **Sae Matsumoto** (1:33:16). Again the winner's splits show clearly how the Japanese race - hard from the gun, with the last person left standing as the winner - 22:14, 44.30 (22:16), 1:06:56 (22:26) and 1:29:40 (22:44). Again, a big field of 34 starters, with 29 finishing.

The U20 Men's 10km saw the first 3 finishers all better the Games record - Masatora Kawano (40:28), Kouki Ikeda (40:34) and Syo Sakazaki (40:59) – while the U20 Women's 5km was won by Nanako Norimoto (22:47).



*Eiki Takahashi (1:18:18) and Isamu Fujisawa lead the men out in the Japanese 20km on Sunday
(photo http://www.marciadalmondo.com/eng/dettagli_news.aspxid=2706)*

Open 20km Men (74 finishers)

1.	Eiki Takahashi	1:18:18
2.	Isamu Fujisawa ALSOK	1:18:23
3.	Toshikazu Yamanishi	1:19:03
4.	Kobayashi Kai	1:19:13
5.	Hirooki Arai	1:19:25
6.	Satoshi Maruo	1:20:31
7.	Fumitaka Oikawa	1:20:45
8.	Takayuki Tani	1:21:45
9.	Koichiro Morioka	1:22:36
10.	omohiro Noda	1:23:07
11.	Ryosuke Kawagishi	1:24:22
12.	Kota Yamada	1:25:18
13.	Takeshi Ookuma JR	1:25:42
14.	Keita Takano	1:25:48
15.	Kohsuke Taneoka	1:26:42
16.	Masaya Ishikawa	1:26:43
17.	Yamato Nakazima	1:26:44
18.	Katsuya Ishii	1:26:52
19.	Naoki Takahashi	1:26:56
20.	Riku Shioya	1:27:08
21.	Yuki Yamazaki	1:27:32
22.	Yuki Ito IRE	1:27:53
23.	Masaki Yamamoto	1:27:55
24.	Kyohei Dairaku	1:28:02
25.	Ryousuke Kondou	1:28:13
26.	Kouhei Kowaki	1:28:19

U20 10km Men (117 finishers)

1.	Masatora Kawano	40:28 NGR
2.	Kouki Ikeda	40:34 NGR
3.	Syo Sakazaki	40:59 NGR
4.	Yu Takeuchi	41:15
5.	Katsuji Suzuki	41:20
6.	Takumi Suzuki	41:50
7.	Tomohiro Suzuki	42:15
8.	Yutaro Murayama	42:19
9.	Toshiki Ueda	42:36
10.	Ryo Hamanishi	42:47
11.	Kiichi Takiguchi	42:53
12.	Takatsugu Nakagawa	42:53
13.	Atsuto Kawata	42:55
14.	Masaru Suzuki	42:57
15.	Yuma Toda	42:59
16.	Watanabe Tsubasa	43:00
17.	Naoya Yamamoto	43:10
18.	Taichi Kenmotsu	43:23
19.	Kazuki Hirazawa	43:25
20.	Fumiya Hyoudou	43:35
21.	Hayato Yanagihara	43:40
22.	Kanta Kobayashi	43:43
23.	Nomura Naruki	43:47
24.	Taiga Ogasawara	43:48
25.	Yusuke Hattori	44:01
26.	Yuuki Murao	44:06

27. Kousuke Shioiri	1:28:28	27. Subaru Ishida	44:12
28. Yuuto Yanagisawa	1:28:44	28. Tennmaru Hirota	44:31
29. Yuto Oshima	1:28:54	29. Tomohiro Oikawa	44:36
30. Daigo Higa	1:29:23	30. Yutaro Inoue	44:39
31. Keisuke Awano	1:29:26	31. Ryuma Fukui	44:40
32. Shuto Goto	1:29:39	32. Junya Kanbara	44:50
33. Aoyagi Italu	1:29:45	33. Kousuke Nose	44:51
34. Takuto Terada	1:29:48	34. Kenshi Matsui	44:55
35. Shun Horie	1:29:50	35. Naoto Koga	44:57
36. Takafumi Higuma NWS	1:29:52	36. Tokunosuke Karita	44:57
37. Takahiro Ueda	1:29:54		

Open 20km Women

1. Okada Kumiko	1:29:40
2. Rena Goto	1:32:50
3. Sae Matsumoto	1:33:16
4. Kaori Kawazoe	1:33:35
5. Ai Michiguchi	1:35:16
6. Yuki Yoshizumi	1:35:22
7. Chiaki Yamato	1:35:58
8. Serena Sonoda	1:36:49
9. Masumi Fuchise	1:38:26
10. Yukiho Mizoguchi	1:39:48
11. Tomoka Sugiyama	1:40:26
12. Nozomi Yagi	1:41:39
13. Natsumi Kurahara	1:42:20
14. Huuka Yajima	1:44:28
15. Momoko Ueno	1:44:46
16. Chika Yamada	1:45:08
17. Hiroko Takano	1:45:21
18. Miyu Oono	1:45:49
19. Saori Nishimura	1:46:53
20. Yoshiko Fuzita	1:47:16
21. Mari Takeuchi	1:47:37
22. Saiko Hagiwara	1:48:08
23. Kaede Yagiwara	1:48:30
24. Yuho Kurihara	1:49:30
25. Kie Suenaga	1:49:39
26. Yurika Omura	1:49:58
27. Mayo Asano	1:51:12
28. Chiho Tahira	1:52:41
29. Megumi Nakano	1:57:00

U20 5km Women (66 finishers)

1. Nanako Norimoto	22:47
2. Maika Yagi	22:51
3. Akane Tamaki	22:52
4. Ai Murakami	22:53
5. Yuu Yoshida	22:56
6. Narumi Asano	23:05
7. Shion Honma	23:06
8. Mana Takahashi	23:07
9. Mami Kurimoto	23:12
10. Natuki Onai	23:22
11. Honoka Yasuda	23:30
12. Minori Yamada	23:32
13. Ayaka Misaki	23:41
14. Natsumi Wada	23:48
15. Ayana Miki	23:54
16. Ootani Nanako	23:57
17. Miho Itoyama	23:58
18. Nami Hayashi	24:01
19. Wakana Murofushi	24:06
20. Asaki Shishida	24:11
21. Mahiro Onai	24:19
22. Suzuka Kume	24:21
23. Airi Takada	24:26
24. Natsuse Ojima	24:31
25. Akiho Sano	24:32
26. Erina Shinohara	24:32
27. Reina Okabe	24:33
28. Ruka Miura	24:35
29. Mao Tatsumi	24:36
30. Hatuki Mogi	24:37

ERWL RACE 2, DONKEY LANE, ENFIELD, SATURDAY 18 FEBRUARY

Thanks to Ron Wallwork for his latest report from the Essex Race Walking League in London. Ron reported:

Excellent conditions, dry spring-like sunshine and 11C, were ideal for a really good afternoon's sport and the number of close finishes illustrates that. **Malc Martin** was never headed and **Graham Chapman**, becoming known as 'the head waiter', bided his time before catching and passing Southern RWA President **Chris Hobbs**. The women's battle was much closer, only a few seconds covering **Helen Middleton** and **Maureen Noel**. **Melanie Peddle** and **Joyce Crawford** both set PBs and **Tessa Killingbeck** caught the eye with a very good race walking debut. For **Cath Duhig**, it was probably her last race in UK for a while as she and husband Peter move to live in Spain in the next few weeks.

5 Miles Men

© = Centurion

1. Malcolm Martin	Surrey WC	43.43	M60
2. Graham Chapman	Headington RR	46.30	M50
3. Chris Hobbs	Ashford AC	47.37	M60
4. Mark Culshaw	Belgrave H	49.27	M50
5. John Ralph	Enfield HAC	49.44	M55
6. Dan Maskell	Surrey WC	51.41	M65
7. David Kates ©	Ilford AC	51.42	M65
8. Gary Smith ©	Enfield HAC	52.07	M60
9. John Borgars ©	Loughton AC	52.18	M70
10. Ken Bobbett	Hillingdon AC	52.30	M70

11.	Andrew Cox	Hillingdon AC	53.12	M60
12.	Arthur Thomson	Enfield HAC	53.32	M80
13.	Chris Flint ©	Surrey WC	53.36	M70
14.	Tony Wilkinson	unattached	56.24	M55
15.	Dave Hoben	Surrey WC	56.28	M60
16.	Stephen Cartwright	Colchester	56.38	M55
17.	Sean Pender ©	Enfield HAC	58.41	M60
18.	Russell Vroobel	Hillingdon AC	60.12	M55

5 Miles Women

1.	Helen Middleton	Enfield HAC	49.52	W50
2.	Maureen Noel	Belgrave H	49.58	W50
3.	Melanie Peddle	Loughton AC	50.20	W45
4.	Joyce Crawford	Eastern MAC	51.02	W45
5.	Cath Duhig ©	Ryston R)	52.00	W60
6.	Tessa Killingbeck	C Norwich AC	52.11	SW
7.	Fiona Bishop	Woking AC	53.20	W55
8.	Angela Martin	Surrey WC	53.37	W50
9.	Anne Jones	Steyning AC	54.51	W60
10.	Geraldine Legon	Bexley AC	56.09	W55
11.	Noel Blatchford	Abingdon AC	56.21	W65
12.	Sandar Wade	Abingdon AC	64.32	W45

4 Miles Walk

1.	Dave Ainsworth ©	Ilford AC	53.51	M65
2.	Mick Barnbrook ©	Ilford AC	54.01	M70

5km Walk

1.	George Wilkinson	Enfield HAC	30.48	U17
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3 Miles Walk

1.	Ken Livermore ©	Enfield HAC	43.14	M80
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2 Miles Walk

1.	Peter Hannell	Surrey WC	22.11	M70
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1 Mile Walk

1.	Patrick McCallister	unattached	9.52	U17
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Damsels certainly not in distress: Fiona Bishop, Helen Middleton, Joyce Crawford, Melanie Peddle, Maureen Noel, Angela Martin and Cath Duhig (Photo courtesy of Nick Crawford)

2017 FRIENDSHIP WALK INVITATION – LONDON IN AUGUST

Following on from his ERWL report above, Ron Wallwork has also emailed me as follows:

If there was sufficient interest from overseas walkers coming to London in August to spectate at (or even compete in) the World Championships, the ERWL would be happy to organise a Friendship 5 mile event along the lines of the one it did in 2012.

There is no daytime programme on **Wednesday 9th August** so that would be the most suitable day. The venue would be Enfield, North London, starting noon so allowing plenty of time to return to the City for the evening programme.

Walkers interested in such an event can contact me at ronc893moulton@gmail.com

Now, that sounds an offer too good to refuse. I participated in the 2012 Friendship 5 Miles Walk and it was fantastic, with a superb commemorative medal for all participants. The IAAF World Championships walks day is Sunday 13th August so I think Ron has a good date here, some 4 days before. We will all be in London by then and it will be a wonderful chance to all meet up and say hello and raise a sweat at the same time.

INDIAN RACE WALKING NATIONAL CHAMPIONSHIPS, NEW DELHI, INDIA, 18-19 FEBRUARY

Sandeep Kumar (3:55:59) bettered his own National Record in the Men's 50km category of the Indian Race Walking Championships 2017, held at Vinay Marg, New Delhi, last Saturday. In 2014, Sandeep registered India's best performance in the 50km when he recorded 3:56:22 in the World Cup in Taicang. **Jitender Singh** finished second with 4:02:11 and his team-mate **Chandan Singh** grabbed the bronze medal with 4:04:18.

In the men's 20km, walkers from SSCB made a clean-sweep by winning all three medals with **Irfan KT** (1:22:44) ahead of **Devender Singh** (1:22:44) and **Ganapati K** (1:22:57). In the women's 20km event, **Priyanka Patel** (1:37:58) won ahead of **Shanti Kumari** (1:38:38) and **Rani Yadav** (1:38:51).

The AFI's selection committee met soon after the conclusion of the championships and selected the Indian contingent for 20km Asian Race Walking Championships 2017 to be held in Japan from March 17-18. The team is

Men: Irfan KT, Devender Singh, Ganapati K, Jai Bhagwan, Ekanath Turambh and Sunil Rathi
Women: Priyanka Patel, Shanti Kumari and Rani Yadav

Report and photos at http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2708.

Men 20km Race Walk

1.	Irfan K.T.	IND	90	1:22:43
2.	Devender SINGH	IND	83	1:22:43
3.	K. GANAPATHI	IND	89	1:22:57
4.	Jai BHAGWAN	IND		1:24:18
5.	EKANATH TURAMBH	IND	98	1:24:35
6.	Sunil KRISHAN	IND	97	1:24:55
7.	. GOURAV	IND		1:27:31
8.	GURPREET SINGH	IND	93	1:29:31
9.	G.S. CHANDIKA	SRI		1:30:09
10.	Bhagwan SINGH RAWAL	IND	97	1:31:21
11.	Karan RATHI	IND	95	1:31:33
12.	Sonu MISHRA	IND		1:31:38
13.	Lovepreet SINGH	IND	97	1:31:47
14.	SURENDER K	IND	87	1:32:52
15.	RAJANPREET SING	IND	98	1:33:17
16.	Y Vickey MEETEI	IND	96	1:33:26
17.	Manjeet SINGH	IND		1:33:41
18.	Vijay KUMAR	IND	94	1:34:06
19.	Manoj JANGID	IND	97	1:37:27
20.	VIKRANT DALAL	IND	96	1:37:34
21.	Rajesh KUMAR	IND	93	1:37:36
22.	RAVI DAHIYA	IND	98	1:41:03
23.	AWADESH YADAV	IND	86	1:41:14

24.	AMAN KUMAR	IND	96	1:42:33
25.	SAGAR MAL SUKHW	IND	93	1:43:18
26.	K. THEJESWARA	IND	95	1:43:48
	Shailesh KUMAR	IND	96	DNF
	Raja KARTHIK	IND		DNF
	Baljinder SINGH	IND	86	DNF
	Gurmeet SINGH	IND	85	DQ
	Satya NARAYAN	IND	83	DQ

Men 50km Race Walk

1.	Sandeep KUMAR	IND	86	3:55:59
2.	Jitender SINGH	IND	89	4:02:11
3.	Chandan SINGH	IND	87	4:04:18
4.	Manipal RAM PATEL	IND	91	4:07:09
5.	S.Dhamen SINGH	IND		4:09:39
6.	Sachin KUMAR	IND	88	4:11:50
7.	Jyoti TEOTIA	IND		4:13:22
8.	Agar JOSHI	IND	87	4:14:59
9.	Pawan KUMAR	IND	96	4:15:19
10.	Krishna BIND	IND		4:17:50
11.	L B MEETEI	IND	88	4:23:31
12.	. JUNED	IND	99	4:23:56
13.	Anjani KUMAR	IND	93	4:31:32
14.	VIKKY BORUAH	IND	94	4:33:11
	M. Abdul JALEEL	IND	87	DNF
	Surinder SINGH	IND	88	DNF
	Sachin KUMAR	IND	88	DNF
	Resham MIDHUN	IND		DNF
	Rudra PRATAP MISHRA	IND		DQ
	Manjit SINGH	IND	96	DQ

Women 20km Race Walk

1.	Priyanka DUBEY	IND	96	1:37:58
2.	Shanti KUMARI	IND	94	1:38:38
3.	Rani YADAV	IND	90	1:38:51
4.	Ravina ANTIL	IND	82	1:47:16
5.	KALHARI MADIRIK	SRI	91	1:47:32
6.	Leimapokpam Deep DEVI MALA	IND	85	1:47:56
7.	Sumedha YADAV	IND	91	1:49:16
	Karamjit KAUR	IND	91	DNF
	B. SOUMYA	IND	90	DNF
	Bhawna JAT	IND	96	DNF

U20 Men 10km Race Walk

1.	. HARDEEP	IND	98	46:50
2.	Jyot BUMRAH	IND	98	46:50
3.	Amanjot SINGH	IND	99	47:04
4.	VIJAY KHATRI	IND	00	49:36
5.	A NARESH	IND	00	49:41
6.	ALI FARMAN	IND	01	49:41

U20 Women 10km Race Walk

1.	Priyanka PATEL	IND	98	55:22
2.	Bandana PATEL	IND	98	56:47
3.	Pooja KUMARI	IND		56:51
4.	Sonal SUKHWAL	IND	98	57:02
5.	KAUR JASPAL	IND	98	58:38

FRENCH INDOOR T&F CHAMPIONSHIPS, BORDEAUX, FRANCE, 18-19 FEBRUARY

Emmanuel Tardi was in Bordeaux, 500km in South West of Paris) last Sunday as a walk judge in the French National Indoor T&F Championships. He reports as follows

The walk championships were scheduled for 12:50PM (3000m women) and 1:15PM (5000m men). In the women's event, **Emilie Menuet** led the entire race but failed by a mere 3 seconds to better the French record (12:38.31 to 12:35.17). There was a great battle for second place between junior **Clemence Beretta** and **Mirna Ortiz** of Guatemala. Clemence Beretta eventually took second with a new French Junior Record of 12:57.30, with Ortiz close behind with 12:59.45. PBs also for **Marine Quennehen** (13:13.78) and **Amandine Marcou** (13:21.97).

Women 3000m Race Walk indoor

1.	Emilie MENUET	FRA	91	12:38.31
2.	Clemence BERETTA	FRA	97	12:57.30
3.	Mirna Sucely ORTIZ FLORES	GUA	87	12:59.45
4.	Marine QUENNEHEN	FRA	91	13:13.78
5.	Amandine MARCOU	FRA	92	13:21.97
6.	Amelie BOURHIS	FRA	92	13:55.36
7.	Lucia BARRITAU	FRA	90	14:20.93
8.	Virginia SAOU	FRA	82	14:25.79
9.	Fabienne RINERO CHANFREAU	FRA	80	14:27.91
10.	Elisabeth BRUNET	FRA	86	14:28.63
11.	Marie BOUDESSEUL	FRA	90	14:28.85
12.	Jeanne BILLA	FRA	96	14:41.84
13.	Cecile DELEUZE	FRA	96	15:10.07

In the men's event, **Yohann Diniz** held back early to help **Jean Blancheteau** attack the French U23 record (1998, 19:33.42) but, when Blancheteau slowed after the halfway mark, Diniz sped away (last 2000m in 7:30) to win with 19:14.41. Blancheteau held on to record 19:58.71 for second.

Men 5000m Race Walk indoor

1.	Yohann DINIZ	FRA	78	19:14.41
2.	Jean BLANCHETEAU	FRA	96	19:58.71
3.	Hedi TERRAOUI	TUN	89	20:11.84
4.	Damien MOLMY	FRA	88	20:29.79
5.	Erick Bernabé BARRONDO	GUA	91	21:14.41
6.	Florian DESJARDINS	FRA	94	21:40.48
7.	Jean Franck VANOOSTHUYSE	FRA	79	21:41.77
8.	Axel MUTTER	FRA	96	21:59.70
9.	Sebastien DELAUNAY	FRA	74	22:01.30
10.	Benoit BERCEBRU	FRA	84	22:12.45
11.	Mohammed MASSOUSSI	TUN	88	22:37.52

Big gallery of photos at <https://goo.gl/photos/VTG54YJ5JFCQpMUJ7>. The following ones are from Emmanuel.



Left: Yohann Diniz finishes, judge Emmanuel in the background
Right: Emilie Menuet and Clemence Beretta

ITALIAN INDOOR T&F CHAMPIONSHIPS, ANCONA, ITALY, 18-19 FEBRUARY

Favourite **Antonella Palmisano** was a clear winner in the women's 3000m walk in the Italian Indoor T&F Championships, with a 2017 world leading time of 12:08.83 (km splits of 4:06.1, 8:07.6 and 12:08.83). She finished a long way ahead of **Valentina Trapletti** (12:45.74) and **Sibilla Di Vincenzo** (12:55.77). The favourite also won in the men's 5000m race, with **Francesco Fortunato** (a PB 18:59.06) followed by **Vito Minei** (a PB 19:18:59) and **Leonardo Dei Tos** (19:37.18). Good report and photos in http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2703.

Men 5000m Race Walk indoor

1.	Francesco FORTUNATO	ITA	94	18:59.06
2.	Vito MINEI	ITA	94	19:18.59
3.	Leonardo DEI TOS	ITA	92	19:37.18
4.	Gregorio ANGELINI	ITA	96	21:11.24
5.	Ettore GRILLO	ITA	97	21:51.03
6.	Niccolo' COPPINI	ITA	97	22:07.85

Women 3000m Race Walk indoor

1.	Antonella PALMISANO	ITA	91	12:08.83
2.	Valentina TRAPLETTI	ITA	85	12:45.74
3.	Sibilla DI VINCENZO	ITA	83	12:55.77
4.	Eleonora DOMINICI	ITA	96	13:04.18
5.	Lidia BARCELLA	ITA	97	13:57.30
6.	Ilaria Camilla GALLI	ITA	87	14:01.99
7.	Valeria PEDETTI	ITA	73	14:24.53
8.	Sascia GRAFEO	ITA	92	14:27.32
9.	Gladys MORETTI	ITA	91	14:37.87
10.	Valeria DISABATO	ITA	99	14:47.15
11.	Arianna PISANO	ITA	98	14:56.54
	Francesca Azzurra PINI	ITA	99	DNF

IRISH INDOOR T&F CHAMPIONSHIPS, ATHLONE, IRELAND, 18-19 FEBRUARY

Alex Wright won the men's 5,000m walk championship in the Irish Indoor T&F Championships last weekend in a new Irish Record of 18:50.71. The performance bettered the record of Irish racewalking legend Robert Heffernan. Alex has been in excellent form this indoor season and made it three wins from three starts. "It's been a great season so far and I'm racing a 20km in Switzerland next week," he said afterwards. "I'll look to focus on one event come the world championships in London this summer.

Kate Veale was a popular winner in the women's 3000m walk, the former World Youth champion on top of the podium with a time of 14:03.90. "I'm really happy to be back. I've a long way to go to get back to my best but I've made my first steps," she said afterwards. "I rejected the rigid athlete lifestyle but I'm happy to be back and want to make up for lost time."

Good race finish video at <https://www.facebook.com/AthleticsIreland/videos/1375250779172420/>.

Men 5000m Race Walk indoor

1.	Alex WRIGHT	IRL	90	18:50.70
2.	Cian MCMENAMON	IRL	91	20:06.21
3.	Brendan BOYCE	IRL	86	20:09.28
4.	Jerome CAPRICE	MRI	83	20:41.55
5.	Anthony TOBIN	IRL	97	23:15.55
6.	Evan LYNCH	IRL	95	23:15.75

Women 3000m Race Walk indoor

1.	Kate VEALE	IRL	94	14:03.90
2.	Emma PRENDIVILLE	IRL	93	14:06.54
3.	Maeve CURLEY	IRL	92	14:18.26
4.	Veronica BURKE	IRL	96	14:26.69
5.	Rachel GLENNON	IRL	98	14:34.28

UKRAINIAN U20 INDOOR CHAMPIONSHIPS, SUMY, UKRAINE, 14-15 FEBRUARY

And now to a huge number of European Indoor T&F walk championship results. It was a big weekend indeed for the European walkers. I will not comment on every result. You can check them for yourself.

Men 5000m Race Walk indoor

1.	Dmytro HARNYK	UKR	98	21:43.01
2.	Andriy SYNYUK	UKR	99	22:18.23
3.	Illya BILYK	UKR	99	22:53.37
4.	Anton KRAVCHENKO	UKR	99	23:06.15
5.	Dmytro MEDVEDCHUK	UKR	00	23:08.00
6.	Viktor KONONENKO	UKR	99	23:53.90
	Eduard ZABUZHENKO	UKR	98	DNF

Women 3000m Race Walk indoor

1.	Ksenia BYELOVA	UKR	98	14:15.57
2.	Iryna CHERNUKHA	UKR	98	14:21.82
3.	Daryna KASYAN	UKR	02	14:41.52
4.	Alina TKACH	UKR	01	14:57.16
5.	Valeriya SHOLOMITSKA	UKR	04	15:02.30
6.	Yuliya PETRYK	UKR	04	15:18.98
7.	Anastasiya LUKASHEVYCH	UKR	01	15:33.18
8.	Anna-mariya BIBA	UKR	99	15:43.33
9.	Diana DANILYUK	UKR	98	15:43.69
10.	Yevheniya SYCHOK	UKR	00	16:08.49
11.	Ivanna MELISHCHUK	UKR	03	16:10.24

LITHUANIAN INDOOR T&F CHAMPIONSHIPS, KLAIPEDA, LITHUANIA, 17-18 FEBRUARY**Men 5000m Race Walk indoor**

1.	Artur MASTIANICA	LTU	92	20:33.44
2.	Genadiy KOZLOVSKIY	LTU	91	20:52.88
3.	Erik MICKEVIC	LTU	00	22:20.75
4.	Paulius JUOZAITIS	LTU	00	23:32.47
5.	Pavelas VELICKO	LTU	88	24:57.93
	Darius JEZEPCIKAS	LTU	80	DQ

Women 3000m Race Walk indoor

1.	Živile VAICIUKEVICIUTE	LTU	96	12:56.68
2.	Monika VAICIUKEVICIUTE	LTU	96	13:19.02
3.	Aušrine KUZMICKAITE	LTU	98	14:53.61
4.	Ieva ŠUKEVICIUTE	LTU	96	15:33.06
5.	Adrija MEŠKAUSKAITE	LTU	01	15:35.92
6.	Dovile BAŠINSKAITE	LTU	98	16:09.93
7.	Auguste ENDRIUKAITYTE	LTU	01	17:06.36
	Greta VAINAITE	LTU	96	DQ

HUNGARIAN INDOOR T&F CHAMPIONSHIPS, BUDAPEST, HUNGARY, 18-19 FEBRUARY**Men 5000m Race Walk indoor**

1.	Bence VENYERCSÁN	HUN	96	20:25.82
2.	Soma KOVÁCS	HUN	97	21:58.17

Women 3000m Race Walk indoor

1.	Barbara KOVÁCS	HUN	93	13:03.53
2.	Rita RÉCSEI	HUN	96	13:03.66
3.	Anett TORMA	HUN	84	13:09.51
4.	Daphne DIMANOPULOSZ	HUN	99	14:27.26
5.	Eszter SZARKA	HUN	85	15:01.40
6.	Anna HORNYÁK	HUN	00	15:11.31
7.	Laura KOMORÓCZY	HUN	99	16:02.17
8.	Tamásné BODORKÓS	HUN	67	16:07.58
	Réka SZABÓ	HUN	00	16:59.96

BELGIAN INDOOR T&F CHAMPIONSHIPS, GENT, BELGIUM, SATURDAY 18 FEBRUARY**Women 3000m Race Walk indoor**

1.	Annelies SARRAZIN	BEL	81	16:18.24
2.	Liesbet DE SMET	BEL	82	16:29.32

3.	Myriam NICOLAS	BEL	63	16:41.12
4.	Anne VAN ANDEL	NED	90	16:28.86

FINNISH INDOOR T&F CHAMPIONSHIPS, JYVÄSKYLÄ, FINLAND, 18-19 FEBRUARY

Men 5000m Race Walk indoor

1.	Veli-Matti PARTANEN	FIN	91	19:29.17
2.	Eemeli KIISKI	FIN	91	20:31.19
3.	Joni HAVA	FIN	99	22:31.38
4.	Timo VILJANEN	FIN	77	23:09.58
	Artturi OILA	FIN	96	DQ

Women 3000m Race Walk indoor

1.	Elisa NEUVONEN	FIN	91	13:42.46
2.	Tiia KUIKKA	FIN	94	14:27.75
3.	Sini JUSSILA	FIN	95	15:00.83

BELARUS INDOOR T&F CHAMPIONSHIPS, MOGILYOV, BELARUS, 18-19 FEBRUARY

Men 10,000m Race Walk indoor

1.	Aleksandr LIAKHOVICH	BLR	89	39:40.97
2.	Dmitriy DZIUBIN	BLR	90	41:01.08
3.	Yauheni ZALESSKI	BLR	93	41:22.21
4.	Vladimir KOLYESNIK	BLR	92	41:39.01
5.	Dmitriy LUKYANCHUK	BLR	97	42:01.39
6.	Stanislav KUZMICH	BLR	98	42:06.45
7.	Anatoli HOMELEU	BLR	96	42:25.61

Women 10,000m Race Walk indoor

1.	Viktoryia RASHCHUPKINA	BLR	95	45:26.82
2.	Anastasiya RODZKINA	BLR	94	46:21.44
3.	Nadezhda DOROZHUK	BLR	90	48:36.27
4.	Natallia MALCHANAVA	BLR	97	49:04.91
5.	Yuliya BALKOVSKAYA	BLR	96	51:25.58
6.	Viktoryia KAZLOVA	BLR	99	53:50.90
7.	Viktoryia YALOZA	BLR	98	54:30.92

ESTONIAN INDOOR T&F CHAMPIONSHIPS, TALLINN, ESTONIA, 18-19 FEBRUARY

Men 5000m Race Walk indoor

1.	Lauri LELUMES	EST	78	22:58.08
2.	Virgo ADUSOO	EST	85	23:04.04
	Ruslan SERGATŠJOV	EST	00	DQ

Women 3000m Race Walk indoor

1.	Anna TIPUKINA	EST	96	14:47.16
2.	Angela MANDEL	EST	00	15:34.07
3.	Ekaterina MIROTVORTSEVA	EST	02	15:46.15
4.	Lada ROSLJAKOVA	EST	98	16:31.12
5.	Anastassia SOONVALD	EST	02	16:40.28

POLISH INDOOR T&F CHAMPIONSHIPS, TORUN, POLAND, 18-19 FEBRUARY

Men 5000m Race Walk indoor

1.	Dawid TOMALA	POL	89	19:35.68
2.	Rafal AUGUSTYN	POL	84	19:44.78
3.	Rafal FEDACZYNSKI	POL	80	20:38.24

Women 3000m Race Walk indoor

1.	Katarzyna GOLBA	POL	89	13:17.82
2.	Agnieszka ELLWARD	POL	89	13:48.96
3.	Ioanna BEMOWSKA	POL	94	13:54.63
4.	Agata KOWALSKA	POL	98	14:11.33

AUSTRIAN INDOOR T&F CHAMPIONSHIPS, VIENNA, AUSTRIA, 18-19 FEBRUARY**Men 3000m Race Walk indoor**

1.	Rainer HEINZL	AUT	72	15:02.09
2.	Roman BRZEZOWSKY	AUT	64	15:14.99
3.	Dietmar HIRSCHMUGL	AUT	68	15:51.97

Women 3000m Race Walk indoor

1.	Andrea KOVÁCS	HUN	80	14:32.70
2.	Kathrin SCHULZE	AUT	81	15:04.80
3.	Andrea ZIRKNITZER	AUT	58	17:57.27
	Monika SCHWANTZER	AUT	55	DNF
	Lena UNGERBÖCK	AUT	97	DQ

GREEK INDOOR T&F CHAMPIONSHIPS, PIREÁS, GREECE, 18-19 FEBRUARY

Reported by http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2709.

Men 5000m Race Walk indoor

1.	Aléxandros Papamihail	GRE	88	19:12.98
2.	Zaharías Tsamoudákis	GRE	96	19:40.37
3.	Ioánnis Vaítsis	GRE	95	20:24.67
4.	Konstadínos Dedópoulos	GRE	94	20:34.01

Women 3000m Race Walk indoor

1.	Panayióta Tsinopóulou	GRE	90	13:14.90
2.	Athanasía Vaítsi	GRE	98	14:33.87
3.	Anastasía Baniá	GRE	98	14:42.36

PORTUGUESE INDOOR T&F CHAMPIONSHIPS, POMBAL, PORTUGAL, 18-19 FEBRUARY**Men 5000m Race Walk indoor**

1.	João Vieira	POR	76	19:32.08
2.	Miguel Carvalho	POR	94	19:57.83
3.	Rui Coelho	POR	94	21:17.14
4.	António Pereira	POR	75	22:04.36
5.	Augusto Cardoso	POR	70	22:05.43
6.	Pedro Miguel	POR	92	23:34.97
7.	Xavier Sousa	POR	96	24:01.11
8.	Francisco Reis	POR	60	24:23.15

Women 3000m Race Walk indoor

1.	Mara Ribeiro	POR	95	13:13.59
2.	Vitória Oliveira	POR	92	13:33.96
3.	Nádia Cancela	POR	93	15:13.92
4.	Marisa Pereira	POR	80	15:57.35
5.	Sandra Monteiro	POR	92	17:10.92
6.	Tânia Gonçalves	POR	85	19:06.44

TURKISH NATIONAL WALK CHAMPIONSHIPS, ANTALYA, TURKEY, SATURDAY 11 FEBRUARY

I missed this result last week but picked it up from the stats websites this week. It has also now been reported by omarchador (see <http://omarchador.blogspot.com.au/2017/02/meryem-bekmez-sub-18-com-recorde.html>). Full results at http://www.taf.org.tr/wp-content/uploads/2017/02/yuruyus_guncel.pdf. These are only very brief snippets of the first few finishers in each division. The main points from the omarchador report

- 16 year old Meryem Bekmez set new Turkish U10/U18 women's 10km records with her time of 44:58. Impressive!
- 20 year old Salih Korkmaz set a new U23 20km men's record with his time of 1:23:20
- Russian Vadim Zlobin and his wife Evdokiya Korotkova are now the new national racewalking advisers.

Men 20 km walk

1.	Ersin Tacir	TUR	85	1:22:31
2.	Salih Korkmaz	TUR	97	1:23:20 U23 NR

3.	Serkan Dogan	TUR	92	1:23:46	
Women 20 km walk					
1.	Elif Koç	TUR	93	1:42:13	
2.	Jale Basak	TUR	97	1:45:37	
3.	Seçil Akpınar	TUR	99	1:49:05	
U20 Men 10 km walk					
1.	Abdulaziz Danis	TUR	99	42:39	
2.	Abdulselem Imük	TUR	99	43:27	
U20 Women 10 km walk					
1.	Meryem Bekmez	TUR	00	44:58	U20/U18 NR
2.	Ayşe Tekdal	TUR	99	46:17	
U18 Men 10 km walk					
1.	Azat Ertas	TUR	00	43:59	
2.	Selman İlhan	TUR	00	44:11	
U18 Women 5 km walk					
1.	Kader Dost	TUR	00	23:49	

MARCIADALMONDO AND OMARCHADOR ROUNDUP

Marciadalmondo had 11 press releases on which I can report this week

- Mon 20 Feb - Results of Greek Indoor T&F Championship walks
http://www.marciadalmondo.com/eng/dettaqli_news.aspx?id=2709
- Sun 19 Feb - Results of Indian Roadwalk Championships in Delhi
http://www.marciadalmondo.com/eng/dettaqli_news.aspx?id=2708
- Mon 20 Feb - Emilie Menuet and Yohann Diniz win French indoor championships in Bordeaux
http://www.marciadalmondo.com/eng/dettaqli_news.aspx?id=2707
- Sun 19 Feb - Eiki Takahashi and Kumiko Okada win Japanese 20km titles in Kobe
http://www.marciadalmondo.com/eng/dettaqli_news.aspx?id=2706
- Sun 19 Feb - Dane Bird-Smith and Regan Lamble win Australian 20km titles in Adelaide
http://www.marciadalmondo.com/eng/dettaqli_news.aspx?id=2704
- Sat 18 Feb - Antonella Palmisano and Francesco Fortunato win Italian Indoor titles in Ancona
http://www.marciadalmondo.com/eng/dettaqli_news.aspx?id=2703
- Sat 18 Feb - Marciadalmondo reviews the big weekend of racewalking worldwide
http://www.marciadalmondo.com/eng/dettaqli_news.aspx?id=2702
- Sat 18 Feb - Marciadalmondo looks back on the 1992 European Indoor Championships in Athletics
http://www.marciadalmondo.com/eng/dettaqli_news.aspx?id=2701
- Wed 15 Feb - Previewing the Italian Indoor Champs in Ancona next weekend
http://www.marciadalmondo.com/eng/dettaqli_news.aspx?id=2700
- Tue 14 Feb - Oleksiy Kazanin and Olena Mizernyuk win Ukrainian Racewalking Cup
http://www.marciadalmondo.com/eng/dettaqli_news.aspx?id=2699
- Tue 14 Feb - Bosworth and Gemma Bridge win UK Indoor Championships
http://www.marciadalmondo.com/eng/dettaqli_news.aspx?id=2698

and Omarchador had 15 press releases

- Mon 20 Feb - Results of Portuguese Club Indoor Champs
<http://omarchador.blogspot.com.au/2017/02/vermoil-e-pechao-vencem-marcha-na-ii.html>

- Mon 20 Feb- Result of Portuguese Indoor T&F Championship walks
<http://omarchador.blogspot.com.au/2017/02/sporting-e-benfica-repartem-vitorias-na.html>
- Sun 19 Feb - Takahashi and Okada standouts in Japanese 20km roadwalk championships
<http://omarchador.blogspot.com.au/2017/02/takahashi-e-okada-destacam-se-na-edicao.html>
- Sun 19 Feb - Meryem Bekmez sets new Turkish U10/U18 women's record of 44:58 in Turkish national champs
<http://omarchador.blogspot.com.au/2017/02/meryem-bekmez-sub-18-com-recorde.html>
- Sun 19 Feb - Niedzialek sets Polish U18 indoor 5000m record of 20:46.05 in Torun
<http://omarchador.blogspot.com.au/2017/02/niedzialek-bate-recorde-polaco-de-sub-18.html>
- Sat 18 Feb - Results of last weekend's Millrose Games 1 Mile walks in New York
<http://omarchador.blogspot.com.au/2017/02/michta-e-hallman-repetem-vitorias-nos.html>
- Sat 18 Feb - Preview of this weekend's Portuguese Club Indoor Championship walks
<http://omarchador.blogspot.com.au/2017/02/clubes-disputam-i-e-ii-divisoes-de.html>
- Fri 17 Feb - Preview of this weekend's Indian roadwalk championships
<http://omarchador.blogspot.com.au/2017/02/india-campeonatos-nacionais-e-seminario.html>
- Fri 17 Feb - Preview of this Sunday's Australian Roadwalk Champs in Adelaide
<http://omarchador.blogspot.com.au/2017/02/australia-na-rota-do-challenge-mundial.html>
- Thu 16 Feb - Miguel Ángel López win 10km roadwalk in Castellón, Spain
<http://omarchador.blogspot.com.au/2017/02/miguel-angel-lopez-de-regresso-em.html>
- Thu 16 Feb - Dane Bird-Smith's super fast 3000m at the Norma Crocker Shield in Brisbane
<http://omarchador.blogspot.com.au/2017/02/dane-bird-smith-em-destaque-no-meeting.html>
- Wed 15 Feb - Results of Central American walk champs in Guatemala
<http://omarchador.blogspot.com.au/2017/02/centro-americanos-de-marcha-na.html>
- Wed 15 Feb - Results of Lithuanian U18 Indoors T&F Walks
<http://omarchador.blogspot.com.au/2017/02/siauliai-recebeu-campeonatos-sub-18-de.html>
- Tue 14 Feb - Results of Italian U18 Indoor walks
<http://omarchador.blogspot.com.au/2017/02/campeonatos-italianos-de-sub-18-pista.html>
- Tue 14 Feb - Chamosa brothers win regional Galacian Walk champs in Spain
<http://omarchador.blogspot.com.au/2017/02/irmaos-chamosa-vencem-campeonatos-da.html>

OUT AND ABOUT

- A USA federal judge has ruled a civil lawsuit against cyclist **Lance Armstrong** will proceed to a trial, after denying his legal team's request to throw the case out of court. The suit, originally filed by Floyd Landis, who also served on the U.S Postal Service Team alongside the Texan before turning whistleblower, could cost Armstrong nearly US\$100 million. In 2013, the United States Federal Government joined the suit against Armstrong in an attempt to recover sponsorship funds paid by the U.S Postal Service to the team between 1998 and 2002 under the False Claims Act. At last, justice might be fully served! See <http://www.insidethegames.biz/articles/1047017/armstrong-fails-in-attempt-to-halt-100-million-lawsuit-from-heading-to-trial>.
- An International Paralympic Committee (IPC) Taskforce led by British Rowing chief executive Andy Parkinson has said Russia's ban from competition should continue because the country is turning a blind eye to claims of a doping cover-up. According to a report from the IPC Taskforce, which has been working with the Russian Paralympic Committee (RPC), officials have not "specifically addressed" Canadian lawyer Richard McLaren's findings, either by accepting them or "properly rebutting" them. The Taskforce has therefore unanimously recommended the suspension stays in place, with the report expressing its concern at Russia's lack of decisive action before the Pyeongchang 2018 Paralympics. See <http://www.insidethegames.biz/articles/1047021/international-paralympic-committee-says-russias-ban-should-continue>.
- Alas, only 6 months after the Rio Games and the Olympic facilities are closed and falling apart. Plenty of articles and photos but this is pretty comprehensive. See https://www.nytimes.com/2017/02/15/sports/olympics/rio-stadiums-summer-games.html?ref=collection%2Fsectioncollection%2Famericas&_r=0.
- In an effort to speed up the process and win goodwill while under pressure for doping, the Russian track federation said athletes who don't return medals won't have the right to compete in its sports events and won't be eligible for national teams

or for drug-testing pools which could allow them to compete internationally as neutral athletes. The only medal returned so far is a bronze won by Anton Kokorin in the men's 4x400-meter relay at the 2008 Olympics. Kokorin didn't test positive, but teammate Denis Alexeyev's disqualification for a banned steroid means the whole team must give their medals back. See http://www.nzherald.co.nz/athletics/news/article.cfm?c_id=19&objectid=11802255&ref=rss.

- The man who led Russia's triumphant 2018 World Cup bid and a key ally of Vladimir Putin is facing a new scandal over claims he silenced a drugs whistleblower. Multiple sources have alleged in London's Daily Mail on Sunday that Vitaly Mutko, the president of Russia FA, ordered Darya Pishchalnikova in 2013 to retract evidence she had secretly submitted in 2012 to world sporting bodies about state-sponsored doping. The incendiary claim casts fresh doubt on the credibility of Mutko, Russia's former sports minister, who is now deputy prime minister. He is standing for re-election to the all-powerful FIFA council, a role for which he must pass an integrity test. Mutko is apparently on the verge of passing that test even though he has already been cited by the World Anti-Doping Agency (WADA) for his alleged role in Russian doping. See <http://www.dailymail.co.uk/sport/othersports/article-4238208/Russia-2018-World-Cup-boss-new-doping-scandal.html#ixzz4ZDXJv568>
- WADA has identified the athletes who more than ten years ago participated in a blood doping and performance-enhancing drug ring run by Eufemiano Fuentes, but are now looking to its legal team to determine if the Operacion Puerto information can be made public without WADA being sued, according to former WADA director general David Howman. WADA received the evidence from the decade-old Operacion Puerto case after winning an appeal last June in the Madrid Court of Appeals to prevent the 211 blood bags from being destroyed. The evidence was tested in the WADA-accredited laboratory on Lausanne, Switzerland, but the results have not yet been released because of the legal concerns. It is suspected that the blood bags belonged to some 36 athletes, not all of whom were cyclists. But the only athletes to so far have been identified as customers of Fuentes have been cyclists - Alejandro Valverde was linked to blood bags that contained traces of EPO through DNA testing, and served a ban. Ivan Basso was also banned after admitting to banking blood with Fuentes. Michele Scarponi served his ban for admitting to being involved, while Jan Ullrich was the subject of a determined effort by German anti-doping authorities, who linked his DNA to Puerto evidence. See <http://www.cyclingnews.com/news/wada-struggling-over-legality-of-naming-operacion-puerto-athletes/>.

WHERE HAS THE MONEY GONE?



We see an ongoing stream of articles like the following one, week after week, seemingly with no end in sight.

Mariya Savinova could be stripped of her 2011 European Athlete of the Year award after her four-year ban for doping. The Russian 800 metres runner was sanctioned by the Court of Arbitration for Sport (CAS) on February 10, with her results between July 26, 2010 and August 19, 2013, declared void. It means she was stripped of her Olympic gold medal from London 2012 and her world title from Daegu in 2011. The 31-year-old was "found to have been engaged in using doping" by CAS with her ban backdated to begin from August 2015. Svein Arne Hansen, the President of European Athletics, has now confirmed that Savinova's female athlete of the year award could also be removed. Her coach, Vladimir Kazarin, could also lose his coach of the year prize from the same year. See <http://www.insidethegames.biz/articles/1047270/savinova-could-lose-european-athlete-of-the-year-prize-after-doping-ban>.

Yet, nothing ever seems to be said about the prize money that such individuals have normally wrongly been given. It is a relatively simple process for a new medal to be minted and given to the correct winner but what about the potentially large amounts of money that should also be returned and re-allocated. I believe it is time that something was done to redress this situation.

Athletes compete in major games under their national banner, not as individuals. That being the case, there is an onus on their national governing body to ensure that any outstanding prize monies are returned if the athlete is subsequently found guilty of any doping offences. In the event of an individual being found guilty of drug offences, the national federation (eg Athletics Australia, etc) should be held liable for the wrongly awarded prize money and should have to repay any outstanding amounts to the IOC etc? The national body would in turn have to organise the reimbursing of any such prize money by the individual to that federation to balance its own books.

How would this work?

- Upon confirmation of the ban, the banned athlete should be given 30 days to return any prize monies to their governing body to pass onto to the IOC, etc. This is a period of grace to allow the athlete to do the right thing.
- After 30 days, it should become the responsibility of the national body to return the funds to the IOC, etc, with an interest penalty for every day beyond the 30 days if the payment is not made on time. This payment should occur regardless of whether the athlete has returned the money.

This means walkers like Jared would at least get the cash that they have been wilfully denied. They have already had their moment of glory on the podium stolen from them. To be denied any related monetary prize component is a case of adding insult to injury.

- The national body then has the task of initiating procedures (legal if necessary) to get the outstanding money back from the athlete in question. If the athlete is unable to pay the money in full, then a payment plan should be worked out. Failing that, legal proceedings will determine what further actions are needed. It goes without saying that any such athlete should remain banned from all competition at all levels and in all sports until the monies are repaid in full. Any such athlete should also be barred from changing national allegiance to try to circumvent the process.

Surely no national federation would be against such an idea? I welcome any discussion.

JUNIOR RACEWALK COACHING CAMP, LEEDS, ENGLAND, 13-15 FEBRUARY

Mark Wall reports on what sounds like a very successful racewalk coaching camp held in England last week. Thanks Mark!

This last week, following the English Indoor Championships, a Junior Coaching Camp was held at Leeds from Monday to lunchtime Wednesday. It also offered an opportunity for some of the older athletes present to take part in the Biomechanics testing project. The latter group included the Hungarians Dávid Tokodi, Anett Torma and Andrea Kovacs, along with Hannah Hunter from the Isle of Man.

The three days involved training sessions for the athletes, along with Nutrition sessions for the athletes (led by prominent Leeds Beckett academic Louise Sutton) and Sports Psych sessions for the coaches (led by MSc in Sports Psychology students at Leeds Beckett-as an assessment project). The final day saw a presentation by the University on the Work done with walks since 2010 by the Leeds Beckett, aimed at not only the walks fraternity but rather at a wider audience. The journey by Tom Bosworth from 37th in the junior 10km at the European Walks Cup in Murcia to 6th in the 20km in the Rio Olympics formed the basis of the ‘Leeds Conversation’.

All who attended enjoyed the experience and it will be repeated again for those who half term holidays fall in this coming week.

The work ethic displayed by the younger (and the ‘newer’ older) athletes was impressive. From a Women’s Commonwealth Games perspective, the home countries now have contenders for a starting place. Wales have Bethan Davies and Heather Lewis, England has the defending champion in Jo Atkinson along with Emma Achurch and Gemma Bridge (now training at Leeds as a PhD candidate) making serious 20km debuts this season (both active during the camp). The Isle of Man have set a 1:44 standard to be considered for selection, this opens the door for two camp attendees, Erika Kelly (at 24 years of age) and older Hannah Hunter. This all bodes well for a renaissance for the event.

On the Men’s front Leeds squad members Tom Bosworth, Callum Wilkinson and Cameron Corbishley are looking for England places whilst Guy Thomas fulfils Welsh qualification in March, so four strong contenders for the two main walks nations in the UK.



Training drills for the junior walkers



The young walkers rug up for a Wednesday morning training session



National Coach Andi Drake addresses the camp attendees



The coaches line up with Andi (on left) and the Sports Psychology team (all photos from Mark Wall)

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.

2016/2017 Australian/Victorian Key Dates

Feb 24-26, 2017	Victorian Junior and Open Track & Field Championships (Weekend 1), Albert Park, VIC
Mar 3-5, 2017	Victorian Junior and Open Track & Field Championships (Weekend 2), Albert Park, VIC
Mar 5, 2017	Coburg 6 Hour Run/Walk Championships, Coburg, VIC
Mar 25-26, 2017	Victorian Masters Championships, Doncaster, VIC
Mar 26 - Apr 2, 2017	Australian Open and Junior T&F Champs, SOPAC, Sydney, NSW. Draft timetable: Sunday 26 th March U20 10,000m Walks Monday 27 th March U17/U18 5000m Walks Friday 31 st March U15/U16 3000m Walks, Open 10,000m Walks Sunday 2 nd April U14 3000m Walks
Apr 9 (Sun), 2017	Castlemaine NAB 500, Castlemaine Botanical Gardens, Castlemaine, VIC
Apr 22-23, 2017	Australian Centurions 24 Hour Walk Championships, Coburg, VIC
Jun 9-12, 2017	Australian Masters T&F Championships, Darwin, NT. See http://ntmastersathletics.com.au/
Jun 11 (Sun), 2017	51 st LBG Racewalking Carnival, Stomlo Forest Park, Canberra, ACT
Aug 6 (Sun), 2017	AMA 20km Roadwalk Championships, Adelaide, SA

2016/2017 International Dates

Mar 12, 2017	International Walks Meet, Ciudad Jaurez, Mexico
Mar 18-29, 2017	World Masters Athletics Indoor Championships, Daegu South Korea
Mar 19, 2017	International Walks Meet, Monterrey, Mexico
Mar 19, 2017	Memorial Mario Albisetti (elite 20km), Lugano, Switzerland
Mar 19, 2017	Asian 20km Racewalking Championships, Nomi, Japan
Mar 25, 2017	European Athletics Walks Meet, Dudince, Slovakia
Apr 1, 2017	26 th Grand Prix de Rio Maior, Rio Maior, Portugal
April 8, 2017	Podebrady Race Walk Meet, CZE. See http://www.podebrady-walking.cz/en/
Apr 15, 2017	EASTER WEEKEND
Apr 15, 2017	IAAF Racewalking Challenge event, Taicang, China
April 21-30, 2017	World Masters Games 2017, Auckland, NZ. See www.worldmastersgames2017.co.nz
April 23, 2017	Naumburg Racewalking Carnival, GER
May 21, 2017	European Race Walking Cup, Podebrady, CZE
June 3, 2017	XXXI Gran Premio Cantones de La Coruna, Spain
June 9, 2017	European Athletics Walks Meet, Altyus, LTU
July 12-16, 2017	10 th World Youth T&F Championships, Niarobi, Kenya – THIS IS THE FINAL EDITION
August 5-13, 2017	16 th IAAF World Championships in Athletics, London, UK. See http://www.london2017athletics.com/ .
August 19-30, 2017	29 th Summer Universiade, Taipei, Taiwan
Sept 24-17, 2017	Around Lake Taihu 4 Day multi day walks race, CHN

2017 IAAF Racewalk Challenge Series

Feb 19 (Sun), 2017	Australian 20km Summer Roadwalk Championships (incorp. Oceania Championships), Adelaide, SA
Mar 12, 2017	International Walks Meet, Ciudad Jaurez, Mexico (20km)
Mar 19, 2017	International Walks Meet, Monterrey, Mexico (20km, 50km)
Apr 1, 2017	26 th Grand Prix de Rio Maior, Rio Maior, Portugal
Apr 15, 2017	IAAF Racewalking Challenge event, Taicang, China
June 3, 2017	XXXI Gran Premio Cantones de La Coruna, Spain
August 5-13, 2017	16 th IAAF World Championships in Athletics, London, UK.

Looking Further Ahead

Apr 4-15, 2018	XXI Commonwealth Games, Gold Coast, QLD (20km roadwalks). See http://www.gc2018.com
May 2018	28 th IAAF World Race Walking Team Championships, Taicang, China
July 2018	16 th World Junior T&F Championships, Tampere, Finland
Sept 2018	22 nd World Masters Athletics T&F Championships, Malaga, Spain
Sept 28 – Oct 6, 2019	17 th IAAF World Championships in Athletics, Doha, Qatar
July 2019	30 th Summer Universiade, Brasilia, Brazil
2019	World Masters Indoors T&F Championships, Torun, Poland
July 24 – Aug 9, 2020	32 nd Olympic Games, Tokyo
July 20 – Aug 1, 2020	23 rd World Masters T&F Championships, Toronto, Canada
Aug 2021	18 th IAAF World Championships in Athletics, Eugene, USA
July 18-30, 2022	XXII Commonwealth Games, Durban, South Africa

Tim Erickson, Secretary, VRWC, terick@melbpc.org.au Home: 03 93235978 Mob: 0412 257 496

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