



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2016/2017 Number 22
28 February 2017



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WALKER OF THE WEEK

My Walker of the Week this time around is 15 year old Victorian walker **Rebecca Henderson**. Walking in the Victorian U17 5000m championship in Melbourne on Friday evening, she recorded a 27 sec PB of **23:31.12**, to rank her second behind Katie Hayward in the U18 5000m ranking list.

1.	Hayward, Katie	2000	21:39 .03	QLD	21/10/2016
2.	Henderson, Rebecca	2001	23:31.12	VIC	24/02/2017

In any other year, this would mean she would be knocking on the door of the World Youth Championships which are to be held in Kenya in July and which are open to all athletes born in 2000 and 2001. Alas, Athletics Australis is not sending a team, a very disappointing decision that means that Katie and Rebecca miss the chance of a lifetime. As the Donald would say "So Sad".



Rebecca (right) with Jemima Montag in the 5000m walk at Lakeside Stadium on Friday evening

A final note in this section to advise that I have changed the format of the Walker of the Week page on the VRWC website so that it now lists the names and performances of past winners. See <http://www.vrwc.org.au/vrwcWOW.shtml>. It's a work in progress.

WHAT'S COMING UP

- The **Victorian Open and Junior T&F Championships** continue this weekend at Lakeside Stadium in Albert Park, with the U14-16 3000m and Open 5000m walks being contested on Friday evening. The times are as follows

Fri 3 Mar, 2017	5.30PM	5000m Open Women
	6:00PM	5000m Open Men
	6.30PM	3000m Walk U14, U15, U16

- The **Coburg 6 Hour Track Championships** will be held next **Sunday 5th March** at the George Knott Reserve in Coburg, a northern Melbourne suburb. This annual event includes both run and walk divisions and always sees a number of our top ultra distance walkers in attendance. I will be there helping as usual. It's not too late to enter – entries close tomorrow evening at <http://www.coburg24hr.org/24hr/>.
- Entries are now open for the **2017 Australian Athletics Championships** (<http://athletics.com.au/Compete/Events/2017-australian-athletics-championships-5>), to be held in Sydney from Sunday 26 March - Sunday 2 April. All entries will be taken via your relevant State Member Association. For Victorians, that means entry via the AV Online Portal at <https://members.athsvic.org.au>. **Entries close Monday 6th March** which is just under a week's time.

IT'S TIME FOR THE 2017 CASTLEMAINE NAB 500

The **2017 Castlemaine NAB 500 Meet** is to be held on **Sunday 9 April** in the Victorian country town of Castlemaine. This will be the third scheduling of this racewalking meet and online entries are now open. The same 4 events are on offer – Open 5km, Masters 50+ 3km, U18 3km and U12 1km – but the prize distribution has been changed for the main 5km event which will now be handicap based, with the winner to take home a whopping **\$1000**. Now I think that is pretty impressive! Read all about it at <http://www.vrwc.org.au/vrwc-CastlemaineNAB500.shtml>. And here is our press release which Michael Smith is distributing today.

\$1000 Prize Announced for 2017 Castlemaine NAB 500

Events In Nature and the Victorian Race Walking Club today announced a new format and conditions for the 2017 Castlemaine NAB 500, to be held at the Castlemaine Botanic Gardens on Sunday April 9.

The race will be run under handicap conditions, men competing against women, giving every entrant a chance of winning the race.

The Open 5km winner will receive \$1000, to be redeemed at Castlemaine's The Bike Vault sports store, supplier and retailer of top brands and products such as Bolle, Endura, and On Cloud shoes.

The Junior and Senior 3km winners will each receive \$100 Bike Vault vouchers. The event will also feature an Under 12 1km event.

Events In Nature director Michael Smith said: "The Castlemaine NAB 500 is fast becoming one of the richest racewalking events in Australia. "It's the Melbourne Cup of racewalking, run under handicap conditions, boys against the girls. Every entrant has a chance of winning. It's going to be very exciting, a wave of top walkers hitting the finish line together."

The race this year is being generously support with a \$1000 Mount Alexander Shire Community Grant, with continued support from Castlemaine NAB bank branch, The Bike Vault and Castlemaine's McKenzie Davey Amcal Pharmacy.

There will also be a mini racewalking clinic for the public and the Amcal 1km First Timers Walk. All participants will go into the draw for a Be Good To Yourself Amcal Pharmacy weight-loss program, provided by McKenzie Davey Amcal Pharmacy. The prize includes a supply of Amcal Be Good To Yourself meal replacement products and a series of consultations with a weight-loss expert.

In its first two years, the Castlemaine NAB 500 has attracted Olympians Rhydian Cowley and Rachel Tallent, Kelly Ruddick, who was selected for the World Championships, and top juniors Adam Garganis, Kyle Swan and Jemima Montag, who have been competing at international events around the world.

Victorian Racewalking Club President Stuart Cooper said: "This has been a wonderful initiative for our sport. The Castlemaine NAB 500 provides race walking competition and experience at all ages and at every level, from elite to complete beginner, against the enriching backdrop of a lovely rural park. The event has forged a bridge whereby city and country athletes can meet and compete in the kind of relaxed, social environment not generally found on championship race days in Melbourne. In addition, city walkers and their families often make a weekend of it, which also boosts the local economy."

Program: 2017 Castlemaine NAB 500

- 10.30am Junior (U18) and Senior (50+) 3km Events
- 11.00am 'How to race walk' mini clinic, demonstration for the general public
- 11.15am Under 12 and Amcal First Timers 1km Walk
- 11.30am Open 5km Walk
- 12.10pm Presentations.

Entrants, supporters, friends and sponsors may like to join the facebook group *2017 Castlemaine NAB 500* - <https://www.facebook.com/groups/1256119671103867/> - videos, pictures and stories will be posted here as each person enters.

Media inquiries: Michael Smith 0402 598 948
Tim Erickson (VRWC) 0412 257 496

AMENDMENT - VMA 5000M TRACK CHAMPIONSHIPS

Our apologies to M65 walkers **Frank Prowse** and **Geoff Barrow** who were left off the VMA 5000m track championship results which were published in last week's newsletter. I have updated last week's newsletter to correct this omission and have also updated my racewalkaustralia.com stats website to add Frank and Geoff in. See <http://www.vrwc.org.au/newsletters/heelandtoe-2017-num21.pdf> and http://www.racewalkaustralia.com/EventDetails.asp?id=9244&race=VMA_5000m_Track_Championship

OCEANIA AREA CHAMPIONSHIPS, SUVA, FIJI, 29 JUNE – 1 JULY 2017

Athletics Australia has released details for the Oceania Area Championships which will be held in Suva, Fiji, from 29th June – 1st July 2017. See the announcement at <http://qldathletics.org.au/News/2017-oceania-area-championships-fiji>. Don't ask me why it is hidden away on the Queensland Athletics site rather than on the Athletics Australia site!

The page has a link to the AA selection policy at <http://qldathletics.org.au/Portals/50/Competition/2017%20Winter/OAA%20FINAL%20SELECTION%20POLICY%20feb%202024.pdf>.

In summary, there are two male and female spots available for each of U18 5000m, U20 10,000m and Open 10,000m Walks. This will be a wholly self-funded team. Athletes are responsible for all costs, including but not limited to travel, accommodation and team uniform. As a guide, Athletics Australia expects that the costs will be approximately \$2,000.00 per person.

Nominations close Tuesday 4th April.

FIRST RACEALKERS NAMED FOR 2017 IAAF WORLD CHAMPIONSHIPS TEAM

Last Friday saw 4 racewalkers amongst the first Australian T&F selections for the 2017 IAAF World Championships in London - **Dane Bird-Smith** (Qld), **Regan Lamble** (VIC), **Rhydian Cowley** (VIC) and **Beki Smith** (NSW). See the official announcement at <http://athletics.com.au/News/bird-smith-lamble-first-confirmed-for-london-2017>.



Off to London – Beki Smith, Regan Lamble, Rhydian Cowley and Rhydian Cowley

Here are the Australian standards and additional qualifiers from whom the remainder of the team will presumably be filled.

20km Men (1:24:00)	Jared Tallent	S	1:21:50	Taicang, China	23-Apr-2016
20km Women (1:36:00)	Tanya Holliday	S	1:29:56	Rome, Italy	07-05-2016
	Rachel Tallent	V	1:31:33	Adelaide	21-Feb-2016
	Claire Tallent	S	1:33:23	Naumburg, GER	22-May-2016
	Stephanie Stigwood	T	1:33:45	Adelaide	21-Feb-2016
50km Men (4:06:00)	Jared Tallent	S	3:41:16	Rio de Janeiro	19-Aug-2016
	Chris Erickson	V	3:48:40	Rio de Janeiro	19-Aug-2016

BENDIGO WALKERS CLUB ROAD WALKS, ROSALIND PARK, BENDIGO, WEDNESDAY 22 FEBRUARY

Thanks to Paul Rance for his latest report from Bendigo in country Victoria. Paul reports:

The Bendigo Walkers Club held 1.5km and 3km sealed handicap events in Rosalind Park on Wednesday evening. The 1.5km was won by the consistent **Oscar Fox**, with the Murphy sisters **Charlotte and Jasmine** taking 2nd and 3rd with **Carissa Brook** taking fastest time honours. **Bill Lotherington** dropped back to the 1.5km distance and set a new Club 80+ record for the distance. The 3km race was taken out by **John Carter** with **Jennie Payne** 2nd and **Norm West** 3rd with **Peter Curtis** walking the fastest time.

1.5km Handicap

1.	1st Oscar Fox	9.31
2.	Charlotte Murphy	9.13
3.	Jasmine Murphy	10.06
4.	Carissa Brook	8.24
5.	Amber Fox	11.39
6.	Maddison Vaughan	10.55
7.	Bill Lotherington	10.35
8.	Wendy Ennor	12.02
9.	Caitlyn Tozer	13.00

3km Handicap

1.	John Carter	21.49
2.	Jennie Payne	18.38
3.	Norm West	24.10
4.	Madison Hill	18.30
5.	Barb Bryant	18.16
6.	Peter Curtis	17.55
7.	Annette Curtis	21.42
8.	Annette Major	20.54
9.	Ebony Whiley	19.55

SAMA TRACK WALKS, SAATHLETICS STADIUM, MILE END, ADELAIDE, THURSDAY 22 FEBRUARY

Thanks to Colin Hainsworth for his weekly report from the South Australian Masters in Adelaide. Cool evening with slight breeze.

5000m Handicap

1.	Cherie Rothery	27:05	W47	80.28%
2.	David Robertson	41:13	M83	73.26%
3.	Colin Hainsworth	41:44	M87	77.67%
4.	Kevin Finn	31:59	M65	73.89%
5.	James Hoare	36:10	M70	69.26%
6.	Roger Lowe	40:21	M73	64.49%
7.	Jack Russell	31:24	M64	74.45%
8.	Leigh Smith	40:48	M81	71.62%
9.	Gil McIntosh	33:56	M66	70.42%

800m Handicap

1.	Kim Mottrom	03:29	M32
2.	Rhiannon Lovegrove	03:47	
3.	Marie Maxted	04:20	W56
4.	Jack Russell	04:25	M64
5.	Gil McIntosh	04:52	M66
6.	James Hoare	05:36	M70
7.	Valmai Padget	05:59	W72
8.	Leigh Smith	06:08	M81
9.	Margaret McIntosh	06:10	W64
10.	David Robertson	06:23	M83
11.	Jill Rogers	06:43	W72
12.	Fleur Woodhouse	07:37	W39
13.	Roger Lowe	07:38	M73

3000m Handicap

1.	Mark Worthing	18:38	M54	66.92%
2.	Helen Suridge	21:51	W66	70.60%
3.	Jill Rogers	26:08	W72	64.10%
4.	Marie Maxted	18:32	W56	74.40%
5.	Valmai Padget	24:11	W72	69.27%
6.	Dave Fallon	23:57	M64	57.38%
7.	Margaret McIntosh	24:38	W64	61.09%
8.	Kim Mottrom	14:10	M32	74.87%

ACT WALKERS CLUB TRACK WALKS, AIS ATHLETICS TRACK, BRUCE, THURSDAY 23 FEBRUARY

Thanks to Robin Whyte for his weekly report from Canberra. Rio Olympian **Brendon Reading** led the way with 13:19.

3000m Walk

1.	Brendon Reading	13:19
2.	Ian Rayson	13:35
3.	Matt Griggs	13:39
4.	Mitchell Baker	13:41
5.	Tim Fraser	13:45
6.	Callum Burns	14:08
7.	Gabby Hunt	14:19
8.	Tom Hunt	15:05
9.	Gwyllym Young	15:32
10.	Laura Burns	15:40
11.	Simon Hosking	15:48
12.	Hannah Manning	16:30

15.	Bryan Thomas	21:06
16.	Geoff Barker	23:01
17.	Doug Fitzgerald	23:13
18.	Sheryl Greathead	23:35
19.	Lorna England	25:17
20.	Val Chesterton	26:17
21.	Robert Kennelly	26:56

1000m Walk

1.	Sidney Shaw	5:31
2.	Andrew Camp-Liddiard	5:58
3.	Sebastian Young	6:01
4.	Ella Baker	6:12

13. Robin Whyte	18:42	5. Harry Baker	7:46
14. Peter Baker	20:01	6. Fiona Kane	9:00

VICTORIAN T&F CHAMPIONSHIPS, LAKESIDE STADIUM, ALBERT PARK, 24-26 FEBRUARY

The first weekend of the Victorian T&F Championships saw the U17-U20 5000m walks contested. Small fields overall but some great performances, especially by **Kyle Swan** (only a couple of secs outside his PB with 20:53.73), **Rebecca Henderson** (23:31.12), **Reese Walmsley** (23:00.08), **Jemima Montag** (great to see her back walking again after her final school year in 2016 – 23:11.10), **Philippa Huse** (23:56.29) and **Hayden Walmsley** (24:32.45). Interestingly, all are coached by **Simon Baker**. You really have to feel sorry for 15 year old Rebecca Henderson. With that time under her belt, she would be knocking on the door of a berth for the 2017 World Youth Championships. Alas, Australia is not sending a time so Rebecca, like Queensland champion Katie Hayward, misses out on the opportunity of a lifetime.

Men 5000m Track Walk U17

1. Walmsley, Hayden	01	Knox Athletic Club	24:32.45	PB 0:45
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Men 5000m Track Walk U20

1. Swan, Kyle	99	Athletics Nu	20:53.73	
2. Walmsley, Reese	98	Knox Athletic Club	23:00.08	PB 0:34

Women 5000m Track Walk U17

1. Henderson, Rebecca	01	Casey Cardin	23:31.12	PB 0:27
2. Peart, Jemma	01	Ballarat Ycw	24:52.11	PB 0:37
3. Hayes, Zahra	01	South Bendig	26:14.35	
4. Taylor, Lee	01	Yarra Ranges	34:56.08	

Women 5000m Track Walk U18

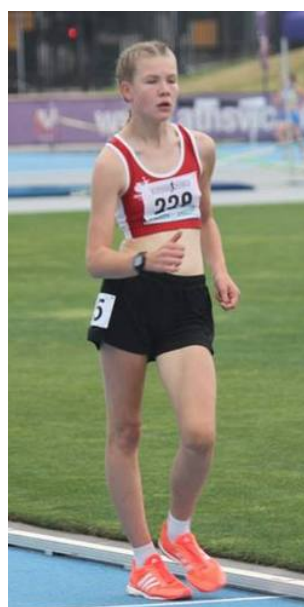
1. Davison, Mackayla	00	Corio Athletic Club	27:17.10	PB 0:59
2. Noonan, Emily	00	Collingwood	29:32.78	

Women 5000m Track Walk U20

1. Montag, Jemima	98	Maccabi Athl	23:11.10	
2. Huse, Philippa	99	Sandringham	23:56.29	PB 0:50
3. De Lisen, Paige	98	Knox Athletic Club	28:05.09	
4. Dowie, Ellen	99	Eureka Athle	30:44.54	PB 0:32
5. Lillie, Jessica	99	Knox Athletic Club	30:55.20	



Hayden Walmsley, Kyle Swan, Philippa Huse and Reese Walmsley (photos Athletics Victoria)



Jemima Montag, Rebecca Henderson and Alanna Peart



*Coach Simon Baker with his charges at the Vic Champs
Back: Simon, Emily Noonan, Philippa Huse, Jemima Montag and Rebecca Henderson
Front: Reese Walmsley, Hayden Walmsley and Kyle Swan*

QUEENSLAND T&F CHAMPIONSHIPS, QSAC, BRISBANE, 23-26 FEBRUARY

The Queensland State titles were also contested last weekend, with the 3000m walks on Friday evening and the 10,000m walks on Sunday morning. The Friday evening walks saw the U14-U18 age groups in action, with representatives in all divisions except for the U14 Girls where Robyn Wales tells me that main contenders were competing in the Queensland Triathlon champs instead. Best effort by **Nelson McCutcheon** (U16 13:40.90).

Boys 3000m Track Walk U14

- | | | | | |
|----|---------------|----|-----|----------|
| 1. | Hayward, Kris | 13 | GCC | 15:13.42 |
|----|---------------|----|-----|----------|

Girls 3000m Track Walk U15

1.	Hill, Gabriella	14	Gold Coast Victory	15:26.02	PB 1:00
2.	Schofield, Amelia	14	Gold Coast Victory	16:00.13	
3.	Novinetz, Camryn	14	Ipswich & District	16:11.21	

Boys 3000m Track Walk U16

1.	McCutcheon, Nelson	15	Qeii Track Club	13:40.90	PB 0:01
2.	Stewart, Ryan	15	Ipswich & District	17:23.68	

Girls 3000m Track Walk U16

1.	Hannigan, Caitlin	15	Gold Coast Victory	14:58.24	
2.	Betzold, Breeanna	15	Ipswich & District	16:47.39	

Boys 5000m Track Walk U17

1.	Stovin, Jamison	16	GCC	27:35.74	
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Girls 5000m Track Walk U17

1.	Hannigan, Caitlin	15	Gold Coast Victory	26:20.86	PB 0:19
2.	Schofield, Amelia	14	Gold Coast Victory	29:18.89	

Boys 5000m Track Walk U18

1.	Haig, Callum	17	USC	27:47.38	
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Girls 5000m Track Walk U18

1.	Smith, Clancy	17	Noosa Athletics	28:18.19	
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The 10,000m U20 and Open walks on Sunday saw great performances by the other **McCutcheon** brothers, with **Luke** recording 44:32.04 and **Jamie** recording 47:39.92. The other big performance was by young **Katie Hayward** who won the women's walk with an inaugural 10,000m time of 47:43.94. Now that 's impressive!

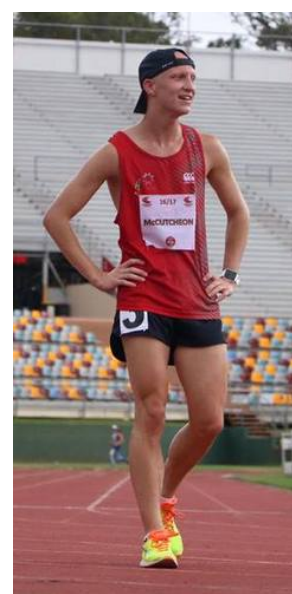
Men 10,000m Track Walk Open/U20

1.	McCutcheon, Luke	19	Qeii Track Club	44:32.37	PB 0:04
2.	McCutcheon, Jamie	18	Qeii Track Club	47:39.92	PB 0:20

Women 10,000m Track Walk Open/U20

1.	Hayward, Katie	17	GCC	47:43.94	Inaugural
2.	Pickles, Jessica	23	UNQ	50:18.75	
3.	Smith, Clara	19	UNQ	50:51.03	
4.	Martin, Katya	20	Gold Coast Victory	57:47.98	
5.	Gannon, Brenda	43	Western Australia	59:14.72	

Photos by Tony McCutcheon at https://www.facebook.com/permalink.php?story_fbid=10155067667133874&id=153488113873.



Clara Smith, Katie Hayward, Jess Pickles and Luke McCutcheon (photos Tony McCutcheon)

NSW OPEN & U23 T&F CHAMPIONSHIPS, L SPOAC, SYDNEY, 24-26 FEBRUARY

The NSW Open and U23 T&F Titles in Sydney saw 5000m walks on offer and the performance of the young men in particular was superb. Overall, wins to **Tyler Jones** (a big PB of 20:37.19) and **Cheryl Webb** (25:05.57) but have a look at the male results, with PBs to 6 of the first 7 and all but one still aged U20. And a lot of them are coached by **Frank Overton**. Well done coach!

And talking of Tyler for a little while, last week he recorded a huge PB of 1:27:12 in the Australian 20km Open Championship in Adelaide. This week is yet another PB with his time of 20:37.19. The 18 year old walker already has a number of Australian vests to his credit – 2014 Racewalking World Cup, 2015 World Youth Championships, 2016 World Racewalking Teams Championships and 2016 World Junior Championships – and he now looks set to make a successful transition to Senior ranks. Well done Tyler!



Tyler in action in the 20km last week in Adelaide – 1:27:12 at 18 years of age

Men 5000m Track Walk Open

1.	Jones, Tyler	19	Mingara Athletic	20:37.19	PB 0:09
2.	Gibbons, Carl	21	Westlakes Athlet	21:58.62	PB 0:04
3.	Richardson, Dylan	17	Mingara Athletic	22:20.30	PB 0:08
4.	Tebbutt, Oscar	16	Gosford Athletic	23:30.02	PB 0:12
5.	Thomson, Ryan	17	Nepean District	23:48.22	PB 0:59
6.	Bedford, Kyle	17	Nepean District	25:03.82	
7.	Barendregt, Travis	17	Nepean District	25:43.62	PB 1:06
8.	Blaskett, Hayden	15	Sydney Striders	26:19.91	
9.	McGinniskin, Jack	15	Edgeworth	28:35.82	

Women 5000m Track Walk Open

1.	Webb, Cheryl	41	Blacktown City	25:05.57	Inaugural
2.	Bolton, Hannah	14	Mingara Athletic	25:35.50	
3.	Goodhew, Chelsea	18	Westlakes Athlet	25:48.91	
4.	Francis, Lucy	18	Sydney Pacific	25:50.79	
5.	O'Neill, Molly	17	Adamstown New La	26:26.17	
6.	Barendregt, Amanda	21	Nepean District	26:58.35	
7.	Grujoski, Stephanie	20	South Sydney	28:25.41	
8.	Lee, Janaya	16	Nepean District	28:36.48	
9.	Robertson, Brittany Pitcher, Allanah	15 14	St. George Distr Mingara Athletic	29:05.40 DNF	

ATHLETICS TASMANIA AGE T&F CHAMPIONSHIPS, DOMAIN ATHLETICS TRACK, HOBART, 25-26 FEBRUARY

To Tasmania for their State Underage Championships.

Women 5000m Track Walk U20

1.	Alice Randall	00	Ova Southern Saints	25:40.27
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Women 5000m Track Walk U18

1.	Alice Randall	00	Ova Southern Saints	25:48.55
2.	Anna Blackwell	01	Ova Southern Saints	NT

Men 5000m Track Walk U18

1.	Bayley Campbell	02	Ova Southern Saints	25:49.77	PB 0:47
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Men 3000m Track Walk U16

1.	Bayley Campbell	02	Ova Southern Saints	14:53.46	Eq PB
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Men 3000m Track Walk U15

1.	William Robertson	03	Ova Southern Saints	17:33.77
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ATHLETICS SA INTERCLUB, SA ATHLETICS TRACK, MILE END, ADELAIDE, SATURDAY 25 FEBRUARY

And to Adelaide for some South Australian interclub.

5000m Walk

1.	Samantha Findlay	SOUTHERN	24:27.38
2.	Bethany Cross	PEMBROKE	27:13.69
3.	Mathew Bruniges	SOUTHERN	27:53.09
4.	Greg Metha	HILLS DISTRI	33:07.95
	Tristan Camilleri	COASTAL DIST	DNF
	Rhiannon Lovegrove	PORT ADELAIDE	DNF
	James Hoare	PORT ADELAIDE	DQ

3000m Walk

1.	Toby Wilks	PEMBROKE	15:47.55
2.	Kiera Ross	PEMBROKE	16:48.83
3.	Mia Wilks	PEMBROKE	18:30.02

1500m Walk

1.	Talisha Skein	TEA TREE GUL	8:31.02
2.	Aleesha Vidler	SOUTHERN	9:47.49
3.	Meshach Begg	SAINTS	10:13.70
	Christopher Begg	SAINTS	DNF

WA T&F CHAMPIONSHIPS, WA ATHLETICS STADIUM, PERTH, 24-26 FEBRUARY
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To Perth for the Western Australian T&F Championships. The 5000m walks were held on Friday evening, with fastest time overall to **Ben Reid** (25:40.0).

Women 5000m Track Walk U20

1.	jackson, hayley	99	Athletics WA	29:42.2
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Men 5000m Track Walk U17

1.	Millard, Thomas	01	Rockingham Districts	32:02.9
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Men 5000m Track Walk U18

1.	Reid, Benjamin	01	Athletics WA	25:40.0
2.	Murphy, Patrick	00	Athletics WA	31:50.6

Men 5000m Track Walk U20

	Tingay, Declan	99	Athletics WA	DQ
	Mann, Bradley	99	Ridgewood Athletics	DQ

Men 5000m Track Walk Open

1.	Hastie, Garry	61	Bunbury	30:21.6
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The 3000m walks were held on Sunday, with fastest time overall to **Richelle Morales** (17:14.91).

Women 3000m Track Walk U14

1.	Griffin, Alexandra	05	Athletics WA	16:28.38
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Ralston, Kate	04	Athletics WA	DNF
Men 3000m Track Walk U14			
1. Jonker, Byron	04	Athletics WA	23:55.17
Women 3000m Track Walk U15			
1. Morales, Richelle	03	Athletics WA	17:14.91
2. Ireland, Hannah	03	Rockingham D	17:39.31
D'Alton, Kayla	03	Ridgewood At	DQ
Men 3000m Track Walk U16			
Anderton, Cooper	02	Bunbury	DQ

WARWC ROAD WALKS, WILSON, WESTERN AUSTRALIA, SUNDAY 12 FEBRUARY

And finally, catching up on some roadwalk results from the Western Australian Race Walking Club in Perth earlier this month, compliments of Terry Jones

10km Walk

1. Andrew Duncan	54.49
2. Karen Tolardo	67.02
3. Wendy Farrow	68.52

5km Walk

1. Ben Reid	28.29
2. Thomas Millard	32.48

3km Walk

1. Alexandra Griffin	16.32
2. Andre Cuthbertson	24.14

1.5km Walk

1. Brooke Mortimore	7.57
2. Korbin Maskiell	8.09
3. Casey Mortimore	8.29
4. Amy Holland	9.23
5. Amber Richard	9.27
6. Xavier Bernard	10.05
7. Myka Richards	11.04

GERMAN U20 INDOOR T&F CHAMPIONSHIPS, SINDELINGEN, GERMANY, 25-26 FEBRUARY

Marcialdalmondo reports well on the 49th edition of the U20 Indoor Championships in Germany which were held last weekend in Sindelfingen. See http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2720. The article comments that the results will now allow the German head coach Andre Hoëne to finalise the team that next weekend will compete in Halle against teams from France and Italy. Overall, clear wins to **Leo Kopp** (20:38.80) and **Terese Zurek** (13:17.59).

Men 5000m Race Walk indoor

1. Leo KÖPP	GER	98	20:38.80
2. Niklas RICHTER	GER	99	22:26.90
3. Johannes FRENZL	GER	01	22:54.78
4. Jan STRAMKA	GER	00	23:03.17
5. Jakob Johannes SCHMIDT	GER	01	23:19.77
6. Robert ZUREK	GER	00	23:31.45
7. Niclas BUDEK	GER	99	24:01.20
8. Otto JUNGHANNSS	GER	00	24:01.30
9. Marius RICHTER	GER	98	25:28.09

Women 3000m Race Walk indoor

1. Teresa ZUREK	GER	98	13:17.59
2. Julia RICHTER	GER	99	13:55.82
3. Julia HENZE	GER	98	14:36.58
4. Josephine GRANDI	GER	00	14:52.04
5. Carolin KIRCHNER	GER	99	15:26.30
6. Mikkeline-Jasmina BRILL	GER	00	16:29.47
7. Yasmin ULBRICH	GER	00	16:35.07

FINNISH U20 & U23 INDOOR T&F CHAMPIONSHIPS, TURKU, FINLAND, 24-26 FEBRUARY

To Finland now for U23 and U20 indoor walk championships. Men contesting 5000m and women walking 3000m as is the norm.

Men U20 5000m Race Walk indoor

1.	Joni HAVA	FIN	99	22:17.94
2.	Jaakko MÄÄTTÄNEN	FIN	99	23:32.78
3.	Jere NIEMI	FIN	98	23:45.42

Women U20 3000m Race Walk indoor

1.	Anniina KIVIMÄKI	FIN	99	15:01.99
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Men U23 5000m Race Walk indoor

	Artturi OILA	FIN	96	DQ
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Women U23 3000m Race Walk indoor

1.	Sini JUSSILA	FIN	95	14:27.88
2.	Venla LAIHO	FIN	95	14:53.72
3.	Elina HEIKKINEN	FIN	97	15:08.20
4.	Hanna WESTERLUND	FIN	97	16:28.59

PORTUGUESE U23 INDOOR CHAMPIONSHIPS, POMBAL, PORTUGAL, 25-26 FEBRUARY

Reported comprehensively by both omarchador (http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2718) and marciadalmondo (http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2718) Overall wins to **Miguel Rodrigues** (21:10.33) and **Edna Barros** (13:04.63).

Men 5000m Race Walk indoor

1.	Miguel RODRIGUES	POR	96	21:10.33
2.	Paulo MARTINS	POR	99	21:29.43
3.	Xavier SOUSA	POR	96	22:26.00
4.	Cláudio COTRIM	POR	96	23:01.06
5.	Sidney SANTOS	POR	99	24:31.04

Women 3000m Race Walk indoor

1.	Edna BARROS	POR	96	13:04.63
2.	Mara RIBEIRO	POR	95	13:28.42
3.	Inês REIS	POR	99	13:46.78
4.	Mariana MOTA	POR	95	13:53.31
5.	Laura LEAL	POR	96	14:16.15
6.	Vera PORTELA	POR	95	14:44.32
7.	Maria BERNARDO	POR	99	15:17.90
8.	Mafalda MARQUEZ	POR	97	15:40.70

ITALIAN MASTERS INDOOR T&F CHAMPIONSHIPS, ANCONA, ITALY, 24-26 FEBRUARY

3000m walks were contested in the Italian Masters Indoors T&F Championships last weekend in Ancona. Rather than split into age groups, it is easier to simply present the performances in order of time. See <http://www.fidal.it/risultati/2017/COD6031/Index.htm> for the full results. Some impressive results in there!

Masters Men 3000m Walk Indoor

1.	MAGLIULO Vincenzo	1976	SM40	CE033 ASD ARCA ATL.AVERSA A.AVERSA	12:55.2
2.	SCAFURO Francesco	1977	SM40	GR432 ASD TRACK & FIELD MASTER GROSS	13:27.4
3.	FAEDDA Bachisio	1968	SM45	GE003 S.S. TRIONFO LIGURE	14:00.0
4.	SAPUNOV Igor	1978	SM35	VE474 GA ARISTIDE COIN VENEZIA 1949	14:06.7
5.	LOPETUSO Antonio	1958	SM55	BA005 AMATORI ATL. ACQUAVIVA	14:07.5
6.	PAULINI Luigi	1970	SM45	RM071 A.S.D. KRONOS ROMA	14:14.7
7.	CROCI Ernesto	1973	SM40	GR432 ASD TRACK & FIELD MASTER GROSS	14:25.4
8.	CARTONI Bernardo	1969	SM45	RM071 A.S.D. KRONOS ROMA	14:33.4
9.	MERCALDO Andrea	1976	SM40	PO149 ASD ATLETICA PRATO	14:38.9
10.	GIAMOGANTE Roberto	1963	SM50	RM071 A.S.D. KRONOS ROMA	14:57.4
11.	NASO Andrea	1960	SM55	BS179 ATLETICA LONATO-LEM ITALIA	14:59.4
12.	STELLA Giovanni	1961	SM55	SR671 A.S.D. ARETUSA MARCIA SIRACUSA	15:06.5
13.	GERONIMO Franco	1968	SM45	RE128 ATL. REGGIO ASD	15:09.3
14.	STRANO Daniele	1965	SM50	VE471 ATL.BIOTEKNA MARCON	15:10.7
15.	GALLO Rosario	1958	SM55	ME735 A.S.D.PROFORM ME ROAD RUNNERS	15:14.5
16.	SAPONARO Giuseppe	1969	SM45	PN039 ATL BRUGNERA PN FRIULINTAGLI	15:18.3
17.	MOROTTI Graziano	1951	SM65	TN109 U.S. QUERCIA TRENTEGRANA	15:22.5
18.	FORTUNATO Vincenzo	1957	SM60	NO002 AMATORI MASTERS NOVARA	15:27.4

19.	OLIVO Enrico	1957	SM60	VR761 ATL. INSIEME NEW FOODS VR	15:29.3
20.	DE MASIS Michele	1956	SM60	BS179 ATLETICA LONATO-LEM ITALIA	15:29.4
21.	COLLATINA Filippo	1964	SM50	RM071 A.S.D. KRONOS ROMA	15:30.0
22.	AINA Fabio	1966	SM50	NO002 AMATORI MASTERS NOVARA	15:39.5
23.	MERCALDO Alessandro	1982	SM35	PO149 ASD ATLETICA PRATO	15:44.8
24.	FORMENTIN Ettore	1947	SM70	TN109 U.S. QUERCIA TRENTEGRANA	15:47.8
25.	CALDARELLI Gabriele	1959	SM55	FI002 ATLETICA FIRENZE MARATHON S.S.	15:55.0
26.	AMATI Fabio	1965	SM50	FE028 CENTRO ATLETICA COPPARO	15:56.4
27.	PIO Alberto	1952	SM65	VC004 ATLETICA VERCELLI 78	16:14.1
28.	RUZZIER Fabio	1953	SM60	TS044 TRIESTE ATLETICA (SLOVENIA)	16:15.1
29.	PENOLAZZI Claudio	1955	SM60	BS179 ATLETICA LONATO-LEM ITALIA	16:24.3
30.	FISSORE Paolo Diego	1955	SM60	CN001 A.S.D. ATL. FOSSANO '75	16:44.3
31.	MENGONI Renzo	1966	SM50	MC037 G.P. AVIS CASTELRAIMONDO	16:47.5
32.	DORIGO Silvio	1962	SM55	TS099 POLISPORTIVA TRIVENETO TRIESTE	17:00.3
33.	MORETTI Gabriele	1955	SM60	BS179 ATLETICA LONATO-LEM ITALIA	17:07.9
34.	RONCONE Sebastiano	1960	SM55	RM094 ITALIA MARATHON CLUB	17:18.1
35.	PIRODDI Pierpaolo	1963	SM50	SS026 STUDIUM ET STADIUM	17:33.7
36.	MASINI Gianluca	1967	SM50	RM237 ATLETICA DEI GELSI	17:34.0
37.	MONTI Learco	1952	SM65	TR009 G.S. AMLETO MONTI	17:36.1
38.	STRABIOLI Angelo	1957	SM60	TR024 ASS.ATL.LIBERTAS ORVIETO	17:49.5
39.	MANCINI Valter	1959	SM55	RM094 ITALIA MARATHON CLUB	17:59.9
40.	FIORI Mario	1947	SM70	AN001 ATLETICA OSIMO	18:00.2
41.	CANTARINI Paolo	1966	SM50	RM038 LYCEUM ROMA XIII A.P.D.	18:06.9
42.	PELLICCIA Romolo	1936	SM80	TR024 ASS.ATL.LIBERTAS ORVIETO	18:19.2
43.	LUPETTI Valter	1950	SM65	AR053 ALGA ETRUSCATLETICA	18:22.3
44.	LOVO Franco	1949	SM65	UD015 NUOVA ATLETICA DAL FRIULI	18:22.4
45.	FORTUNATI Pier Angelo	1950	SM65	BS179 ATLETICA LONATO-LEM ITALIA	18:44.6
46.	GIANNUZZI Luigi	1949	SM65	BN800 LIBERTAS AMATORI ATLETICA LEGG	18:51.9
47.	CAVEDAGNI Marco	1951	SM65	BO007 S.E.F. VIRTUS EMILSIDER BO	18:52.4
48.	ARTURI Gianfranco	1955	SM60	CZ010 S.S.FIAMMA ATL.CATANZARO	18:58.2
49.	VAIANI LISI Mario	1950	SM65	RM183 LAZIO RUNNERS TEAM A.S.D.	19:19.6
50.	DE LUCIA Gianfranco	1943	SM70	RM071 A.S.D. KRONOS ROMA	19:40.0
51.	BERGAMINI Angelo	1949	SM65	RA094 ATLETICA 85 FAENZA	19:52.9
52.	DOMIZI Sergio	1954	SM60	MC004 ATL. AVIS MACERATA	19:56.2
53.	MONETTI Marco	1949	SM65	MI189 ATL. AMBROSIANA	20:09.4
54.	ANGELINI Mario	1946	SM70	RM094 ITALIA MARATHON CLUB	20:09.5
55.	PALELLA Pasquale	1946	SM70	NO002 AMATORI MASTERS NOVARA	20:16.2
56.	MUSCASI Paolo	1947	SM70	RM094 ITALIA MARATHON CLUB	21:08.5
57.	MELAPIONI Lamberto	1945	SM70	AN019 POL.CANDIA BARACCOLA ASPIO	21:14.8
58.	ANDREOTTI Piergiorgio	1940	SM75	BS179 ATLETICA LONATO-LEM ITALIA	21:15.9
59.	RENZI Andrea	1955	SM60	AN001 ATLETICA OSIMO	21:16.2
60.	MENAFRO Vincenzo	1935	SM80	VA117 ATL. MALNATE	21:18.6
61.	BRUNETTI Rinaldo	1949	SM65	RM094 ITALIA MARATHON CLUB	21:33.0
62.	MINCELLA Vincenzo	1939	SM75	SR506 A.S.D. ORTIGIA MARCIA	21:57.4
63.	BASSI Alberto	1936	SM80	RM183 LAZIO RUNNERS TEAM A.S.D.	23:15.3
64.	TONNINI Alfredo	1932	SM85	RM094 ITALIA MARATHON CLUB	23:15.9
65.	STANZIONE Tommaso	1946	SM70	RM014 A.S.D. LIBERATLETICA	23:19.9
66.	SANTANGELO Giuseppe	1946	SM70	SR506 A.S.D. ORTIGIA MARCIA	23:32.6
67.	STRANO Giuseppe	1936	SM80	CT550 ASD ATLETICA FORTITUDO CATANIA	25:42.2

Masters Women 3000m Walk Indoor

1.	PEDETTI Valeria	1973	SF40	PG018 ATL. LIBERTAS ARCS CUS PERUGIA	14:27.6
2.	ZUCCONI Tatiana	1977	SF40	RM232 ROMATLETICA SALARIA VILLAGE	14:37.3
3.	RAIA Elisa	1978	SF35	TS010 C.U.S. TRIESTE	14:57.6
4.	CINCA Elena	1970	SF45	PN039 ATL BRUGNERA PN FRIULINTAGLI	15:49.3
5.	MANFRE' Raffaella	1974	SF40	BS179 ATLETICA LONATO-LEM ITALIA	15:56.3
6.	AURIZZI Melania	1970	SF45	RM094 ITALIA MARATHON CLUB	15:59.1
7.	MAZZEI Claudia	1980	SF35	PI144 ASD LA GALLA PONTEDERA ATL.	16:16.1
8.	SMORTI Elisa	1976	SF40	FI001 ASSI GIGLIO ROSSO FIRENZE	16:20.0
9.	DEMARTIS Peppina	1960	SF55	SS228 SHARDANA ASD	16:20.9
10.	PALANDRI Simona	1976	SF40	GR432 ASD TRACK & FIELD MASTER GROSS	16:57.7
11.	LUCAFERRO Manuela	1963	SF50	BS179 ATLETICA LONATO-LEM ITALIA	16:58.5
12.	MAGGIO Lucia	1972	SF45	RM237 ATLETICA DEI GELSI	17:06.1
13.	BENZI Micaela	1982	SF35	AO004 ATLETICA SANDRO CALVESI	17:09.3
14.	PARANINFO Adriana	1965	SF50	CN001 A.S.D. ATL. FOSSANO '75	17:17.4
15.	BERNARDI Giovanna	1970	SF45	CN001 A.S.D. ATL. FOSSANO '75	17:31.6
16.	MARCENCO Natalia	1954	SF60	VE474 GA ARISTIDE COIN VENEZIA 1949	17:33.4

17.	CIANTAR LEQUIO	Dominiqu	1961	SF55	RM094 ITALIA MARATHON CLUB	17:40.3
18.	CASAFINA	Fiorella	1970	SF45	FI002 ATLETICA FIRENZE MARATHON S.S.	17:45.9
19.	FORMICONI	Maria Paola	1956	SF60	RM094 ITALIA MARATHON CLUB	18:03.2
20.	BETTUCCI	Paola	1964	SF50	MC004 ATL. AVIS MACERATA	18:14.4
21.	BATTAGLIA	Lucia	1981	SF35	BO002 ACQUADELA BOLOGNA	18:22.7
22.	COMBA	Giuseppina	1957	SF60	CN001 A.S.D. ATL. FOSSANO '75	18:26.4
23.	FUREGON	Patrizia	1965	SF50	RM094 ITALIA MARATHON CLUB	18:27.1
24.	PAIS	Maria Antonia	1964	SF50	SS026 STUDIUM ET STADIUM	18:50.9
25.	TIOZZO	Eddi	1961	SF55	VE490 AILATAN	19:18.1
26.	SESTO	Saveria	1959	SF55	CZ009 LIBERTAS ATL.LAMEZIA	19:40.9
27.	DEL PINTO	Rita	1949	SF65	RM014 A.S.D. LIBERATLETICA	19:59.1
28.	MICHETTI	Donatella	1967	SF50	RM232 ROMATLETICA SALARIA VILLAGE	20:41.6
29.	GIANNOTTI	Ivana	1967	SF50	RM237 ATLETICA DEI GELSI	20:45.8
30.	CALAPAI	Alessandra	1965	SF50	RM094 ITALIA MARATHON CLUB	21:02.3
31.	GIULIANO	Grazia Maria	1956	SF60	SR506 A.S.D. ORTIGIA MARCIA	21:18.2
32.	PASQUALONI	Simonetta	1952	SF65	RM094 ITALIA MARATHON CLUB	21:23.7
33.	CISTARO	Teresa	1967	SF50	RM014 A.S.D. LIBERATLETICA	22:39.7

8 NATIONS U20 T&F MATCH, MINSK, BELARUS, 25-26 FEBRUARY

Thanks to omarchador (see http://www.marciadalmundo.com/eng/dettagli_news.aspx?id=2717) for its report on the annual 8 Nations U20 match between Azerbaijan, Belarus, Estonia, France, Latvia, Lithuania, Turkey and Ukraine, held in Minsk last weekend. Both walks were over the 5000m distance and saw wins to **Meryem Bekmez** (TUR, 22:53.58) and **Stanislav Kuzmich** (BLR, 20:55.13).

5000m Walk Men

1.	KUZMICH STANISLAV	98	Belarus	20.55,13
2.	Abdülselam Imuk	99	Turkey	21.03,68
3.	Harnyk Dmytro	98	Ukraine	22.18,15
4.	GOGNIES RYAN	00	France	23.10,95
5.	Zelgis Janis	99	Latvia	27.34,66
	KALIADA MIKITA (INV)	00	Belarus	20.48,45
	UDODAU RUSLAN (INV)	99	Belarus	21.09,75

5000m Walk Women

1.	Meryem Bekmez	00	Turkey	22.53,58
2.	ZUBKOVA HANNA	01	Belarus	24.38,92
3.	Kavaliauskaite Austeja	00	Lithuania	24.57,59
4.	LACROIX SARAH	98	France	26.08,37
5.	Mošerenoka Anastasija	98	Latvia	31.33,35
	Byelova Kstniya	98	Ukraine	DQ
	BELIAHOVA ALESIA (INV)	00	Belarus	25.38,20

LEWES AC OPEN WALKS, LEWES TRACK, LEWES, ENGLAND, SATURDAY 25 FEBRUARY

Lewes AC's regular walks meet last weekend in Essex involved a good sprinkling of age groups and included races at 1,2 and 3km as well as the main 5km which was won comfortably by 19 year-old **Luc Legon** (Cambridge Harriers). Behind him **David Crane** had the better of ex-international **Mark Easton** who had not raced for some time. Most found the cold wind a handicap.

2000m Walk U13

1.	Abigail Smith	U13	W	Blackheath & Bromley	12:23.1
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3000m Walk U17

1.	Jack Childs	U15	M	Medway & Maidstone	17:02.9
2.	Katie Stringer	U13	W	Medway & Maidstone	19:48.9
3.	Eva Payton-White	U17	W	Unattached	20:32.7

5000m Walk Open

1.	Luc Legon	U23	M	Bexley/Cambridge H	24:34.3
2.	David Crane	V35	M	Surrey WC	25:16.7
3.	Mark Easton	V50	M	Surrey WC	25:51.6
4.	Ollie Hopkins	U20	M	Lewes	27:05.9
5.	Malcolm Martin	V60	M	Paddock Wood/Surrey WC	27:57.3
6.	Paul Gaston	V65	M	Surrey WC	33:04.0
7.	Angela Martin	V50	W	Paddock Wood/Surrey WC	33:33.9
8.	Micky Harran	V75	M	Surrey WC	34:07.9

9.	Peter Hannell	V70	M	Surrey WC/Veterans	34:25.5
10.	David Hoben	V60	M	Surrey WC/Veterans	35:35.4
11.	David Delaney	V70	M	Surrey WC	36:53.0

MARCIALMONDO AND OMARCHADOR ROUNDUP

Marciadalmondo had 12 press releases this week

- Mon 27 Feb - Tyler Jones wins NSW 10,000m track walk title in world leading U23 time
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2721
- Mon 27 Feb - Leo Kopp and Teresa Zurek win German U20 walks in Sindelfingen
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2720
- Sun 26 Feb - Results of 6th Race Walking Game of Aichi, Nagoya city, Japan
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2719
- Sun 26 Feb - Edna Barros and Miguel Rodrigues win Portuguese U23 indoor titles in Pombal
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2718
- Sat 25 Feb - Results of AZE, BLR, EST, FRA, LAT, LTU, TUR, UKR U20 walks match in Minsk, Belarus
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2717
- Fri 24 Feb - Yang Zhuongmin takes over from Colin Fee as Chinese liason person
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2716
- Fri 24 Feb - Italian champion Elisa Rigauo announces her retirement from racewalking
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2715
- Thu 23 Feb - Cai Zelin and Qieyang Shenije join Liu Hong as non starters for the 2017 World Champs
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2714
- Thu 23 Feb - Elisa Rigauo finally gets her bronze medal from the 2011 World Champs in Daegu
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2713
- Wed 22 Feb - Kidyapkin and Kaniskina will no longer compete at an international level
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2712
- Tue 21 Feb - Focus on Francesco Fortunato and Antonella Palmisano
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2711
- Mon 20 Feb - Update to 2017 Indoor ranking lists
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2710

and Omarchador had 17 press releases

- Mon 27 Feb - New cross country trail named in honour of Portuguese walker Ana Cabecinha
<http://omarchador.blogspot.com.au/2017/02/ana-cabecinha-da-o-seu-nome-pista-de.html>
- Mon 27 Feb - Edna Barros and Miguel Rodrigues win Portuguese U23 Indoor titles
<http://omarchador.blogspot.com.au/2017/02/edna-barros-e-miguel-rodrigues-com.html>
- Sun 26 Feb - Portuguese walker wins 5000m track race in Switzerland
<http://omarchador.blogspot.com.au/2017/02/meeting-de-abertura-em-monthey-suica.html>
- Sun 26 Feb - Results of North American Masters champs in Albuquerque
<http://omarchador.blogspot.com.au/2017/02/masters-norte-americanos-na-pista.html>
- Sun 26 Feb - Results of last weekend's Polish Indoor champs in Toren
<http://omarchador.blogspot.com.au/2017/02/campeonatos-da-polonia-de-pista-coberta.html>
- Sat 25 Feb - Preview of Aveiro and Porto district athletics championships, Portugal
<http://omarchador.blogspot.com.au/2017/02/campeonatos-de-aveiro-e-do-porto-em-sao.html>
- Sat 25 Feb - Pombal closes track season with Portuguese Under-23 Nationals
<http://omarchador.blogspot.com.au/2017/02/pombal-fecha-epoca-de-pista-coberta-com.html>

- Sat 25 Feb - Results of last weekend's Belarussian indoor track championships in Mogilev
<http://omarchador.blogspot.com.au/2017/02/campeonatos-de-pista-coberta-da.html>
- Fri 24 Feb - Alex Wright sets new Irish indoor 5000m walk record
<http://omarchador.blogspot.com.au/2017/02/wright-bate-recorde-da-irlanda-5000-m.html>
- Fri 24 Feb - Celebrating Sandro Damilano's birthday
<http://omarchador.blogspot.com.au/2017/02/no-aniversario-de-sandro-damilano.html>
- Thu 23 Feb - Diniz and Menuet win French indoor championships
<http://omarchador.blogspot.com.au/2017/02/diniz-e-menuet-sagram-se-campeoes-de.html>
- Thu 23 Feb - Report Athletics Federation of India (AFI) racewalking seminar last weekend
<http://omarchador.blogspot.com.au/2017/02/india-de-olhos-postos-no-futuro.html>
- Wed 22 Feb - Palmisano and Fortunato win Italian indoor track championships
<http://omarchador.blogspot.com.au/2017/02/palmisano-e-fortunato-com-vitorias-nos.html>
- Wed 22 Feb - Results of Greek Indoor walk champs
<http://omarchador.blogspot.com.au/2017/02/campeonatos-da-grecia-de-pista-coberta.html>
- Tue 21 Feb - Report on last weekend's Japanese racewalk judge seminar
<http://omarchador.blogspot.com.au/2017/02/japao-investe-no-ajuizamento.html>
- Tue 21 Feb - Bird-Smith and Lamble win in Adelaide
<http://omarchador.blogspot.com.au/2017/02/birth-smith-e-lamble-dominam-em-adelaide.html>
- Tue 21 Feb - New 50km record in Indian roadwalk championships
<http://omarchador.blogspot.com.au/2017/02/campeonatos-da-india-com-recorde-nos-50.html>

OUT AND ABOUT

- Wow..this could be big. The doctor at the centre of a UK Anti-Doping investigation surrounding a jiffy bag delivered to Sir Bradley Wiggins at the 2011 Criterium du Dauphine has had his appearance before the Culture, Media and Sport select committee, originally slated for last Wednesday, put back a week amid signs there may have been some sort of development in the inquiry. Freeman was originally scheduled to answer MPs' questions on Wednesday, with UKAD chief executive Nicole Sapstead due to face the select committee on the same day. However, with UKAD still carrying out interviews relating to the investigation, the select committee announced on Monday that the hearing had been delayed until next Wednesday (tomorrow), when ex-British Cycling employee Simon Cope is also due to give evidence. Stay tuned... See <http://www.telegraph.co.uk/cycling/2017/02/20/bradley-wiggins-jiffy-bag-doctor-has-parliamentary-hearing-delayed/>.
- And Bradley Wiggins is not the only one in potential trouble. Alberto Salazar, the coach of Mo Farah, is under growing scrutiny for his practices. See <http://www.bbc.com/sport/athletics/39093398>.
- Is this the shape of things to come with regard to athlete monitoring for drugs testing – an ankle tag to keep tabs on whereabouts! See <http://www.sportschau.de/doping/video-doping-controls-via-gps-monitoring-100.html>
- Frank van Ravensberg emailed me this week to advise on the **8th Race Walking Day in Veenendaal, Netherlands**. This meet incorporates their **annual walks sprint triathlon** and will be held on **Saturday 9th September**. Walkers choose one of two options

Youths born in 2002 or later:	1000m walk and 2000m walk (duathlon)
Others:	3000m walk, 1000m walk and 2000 m walk (triathlon)

Registrations are now open and can be made via the VAV Veenendaal website (https://www.vav-veenendaal.nl/index.php?page=04_03_VAV_Wedstrijde&sid=1) but Frank advises that foreign walkers can just contact him (f.vanravensberg@live.nl). This is one event that I highly recommend and enjoy reporting on each year. You can read my report of the 2016 event in <http://www.vrwc.org.au/newsletters/heelandtoe-2016-num50.pdf>.
- If you have been thinking of volunteering to help in any capacity at the 2018 Commonwealth Games on the Gold Coast, time is running out. You could be missing out on the experience of a lifetime. Volunteer applications close on Monday 20 March. See <http://dynamo.enginegroup.com.au/ch/30584/41f24/2547635/825b7119ws-1.html>.
- I reported last week on the ACT Athletics T&F Championships 5000m Walk. Matt Grigg has posted some excellent photos of the action – see <https://www.facebook.com/griggs.mj/posts/10154013070172242>.

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

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
Jun 29 – Jul 1, 2017	Oceania Area Championships, Suva, Fiji
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 9, 2017	8 th Race Walking Day in Veenendaal (Dutch Sprint Triathlon), Veenendaal, NED
Sept 24-17, 2017	Around Lake Taihu 4 Day multi day walks race, CHN

2017 Remaining IAAF Racewalk Challenge Series

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

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