



## HEEL AND TOE ONLINE

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

ACTRWC walker **Robin Whyte** made short work of the Australian M75 6 Hour Track Walk record last Sunday when walking in the annual Coburg 6 Hour Track Championships in Melbourne. He won the men's 6 Hour Walk overall with a distance of **49,406km**. His distance bettered the current M70 record of 43.852km, set by South Australian Deryck Skinner in 2008. Robin, who holds a swathe of M65 and M70 ultra walk records, celebrated his first ultra distance walk in the M75 division in convincing style to become my Walker of the Week.

See the full ultra walk record listing at <http://www.centurions.org.au/documents/Australian-UltraWalk-Masters-Records.pdf>.



*Robin in action at the Coburg track last Sunday morning*

### WHAT'S COMING UP

- While things might be quietening down on the local front as we approach the end of summer, attention turns to Mexico with the next 2 rounds of the IAAF Racewalk Challenge Series coming up this weekend and the following weekend. I hear a number of our Aussie internationals are going to race – good luck everyone!

Mar 12, 2017 International Walks Meet, Ciudad Jaurez, Mexico (20km)  
Mar 19, 2017 International Walks Meet, Monterrey, Mexico (20km, 50km)

- Our next big fixture on the Victorian front is the **the Victorian Masters Championships** which will be held at Doncaster on the weekend of 25-26 March. Note entries close at 11:59pm this coming Sunday 12<sup>th</sup> March.
- Sunday 26 March also marks the start of the week long **2017 Australian Open and Underage Athletics Championships** (<http://athletics.com.au/Compete/Events/2017-australian-athletics-championships-5>) in Sydney.

**IT'S TIME FOR THE 2017 CASTLEMAINE NAB 500**

Race entries have now been open for a week and it is great to see Rio Olympian **Rhydian Cowley** is amongst the early entrants in our Castlemaine NAB 500 meet in Castlemaine on Sunday 9<sup>th</sup> April. Now normally we would say Rhydian would be a firm favourite to win the blue riband 5km Open event, but this year it's different as the Open 5km and the U18 and 40+ 3km events are all handicap based. So everyone theoretically has an equal chance. And the prize pool comes to over \$2000 in total.

Castlemaine NAB 500 5km Walk:	\$1,000, \$200, \$100
50+ 3km:	\$200, \$100, \$50
U18 3km:	\$200, \$100, \$50
U12 1km Boys	\$80, \$40, \$20
U12 1km Girls	\$80, \$40, \$20

So check out the web page at <http://www.vrwc.org.au/vrwc-CastlemaineNAB500.shtml> and enter via the online panel there.



*The winners of the 2016 Castlemaine NAB 500 5km walk – Rachel Tallent and Adam Garganis*

**BENDIGO WALKERS CLUB ROADWALKS, ROSALIND PARK, BENDIGO, WEDNESDAY 1 MARCH**

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

The Bendigo Walkers Club held handicap events over 1.2km and 2.4km in Rosalind Park last Wednesday evening. In the 1.2km walk, the consistent **Oscar Fox** scored a fine victory, with limit marker **Caitlyn Curtis** holding on to take 2<sup>nd</sup> and **Charlotte Murphy** finishing in 3<sup>rd</sup> place, while **Carissa Brook** claimed fastest time honours. The 2.4km walk saw **Barb Bryant** record her first win of the year as she held off the flying backmarker **Zahra Hayes** in 2<sup>nd</sup> place and fastest time, with **Bill Lotherington** in 3<sup>rd</sup> place.

**1.2km Handicap Walk**

1.	Oscar Fox	7.18
2.	Caitlyn Curtis	9.19
3.	Charlotte Murphy	7.10
4.	Amber Fox	8.28
5.	Carissa Brook	6.33
6.	Jasmine Murphy	7.59
7.	Wendy Ennor	9.37

**2.4km Handicap Walk**

1.	Barb Bryant	14.07
2.	Zahra Hayes	11.53
3.	Bill Lotherington	17.01
4.	Annette Curtis	16.46
5.	Peter Curtis	13.53
6.	Madison Hill	14.55
7.	John Carter	17.32
8.	Ebony Whiley	15.05

**SAMA TRACK WALKS, SA ATHLETICS STADIUM, MILE END, ADELAIDE, WEDNESDAY 1 MARCH**

Thanks to Colin Hainsworth for the latest results from the South Australian Masters in Adelaide. Colin commented: Hot day.

**3000m Walk**

1.	Kim Mottrom	13:50	M32	76.67%
2.	Toby Wilks	15:35		
3.	Kiera Ross	17:24		
4.	Mia Wilks	18:18		
5.	George White	19:05	M71	78.09%
6.	Jack Russell	21:38	M64	63.52%
7.	James Hoare	22:45	M70	64.70%
8.	Bill Starr	22:51	M74	67.78%
9.	Rodger Barber	24:04	M78	68.05%
10.	Roger Lowe	24:16	M73	62.99%
11.	Leigh Smith	24:28	M81	70.03%
12.	Dave Fallon	25:24	M64	54.10%
13.	Linda Whitelaw	25:29	W63	58.35%
14.	Jill Rogers	26:36	W72	62.97%
15.	Edna Bates	26:41	W64	56.40%

**1000m Walk**

1.	Kim Mottrom	03:57	M32	85.15%
2.	Marie Maxted	05:24	W56	80.49%
3.	Jack Russell	05:25	M64	80.66%
4.	George White	05:43	M71	82.82%
5.	Charlie Jarman	05:57		
6.	Richard Moyle	07:06	M61	59.65%
7.	James Hoare	07:15	M70	64.53%
8.	Rodger Barber	07:25	M78	70.04%
9.	Roger Lowe	07:47	M73	62.38%
10.	Leigh Smith	07:48	M81	69.63%

**ACT WALKERS CLUB TRACK WALKS, WODEN, THURSDAY 2 MARCH**

Thanks to Robin Whyte for the latest results from Canberra. Great walks by youngsters **Mitchell Baker** (8:40) and **Tim Fraser** (8:44).

**2000m Walk**

1.	Mitchell Baker	8:40	PB 0:15
2.	Tim Fraser	8:44	
3.	Callum Burns	9:14	
4.	Gwyllym Young	9:28	
5.	Laura Burns	10:31	
6.	Ann Staunton-Jugovic	10:32	
7.	Kate Black	12:09	
8.	Helena Bialecki	12:24	
9.	Robin Whyte	12:26	
10.	Ewen Thompson	12:26	
11.	Sebastian Young	12:38	
12.	Pierce Brennan	13:19	
13.	Ella Baker	13:41	
14.	Bryan Thomas	14:10	
15.	Jennifer Gilchrist	14:36	
16.	Rod Gilchrist	14:40	
17.	Doug Fitzgerald	14:55	
18.	Sheryl Greathead	16:03	
19.	Lorna England	16:08	
20.	Margaret McSpadden	16:12	
21.	Robert Kennelly	17:19	

**1200m Walk**

1.	Harry Baker	8:08
2.	Gwen Vines	9:22
3.	Suzanne Crane	11:23

**VICTORIAN T&F CHAMPIONSHIPS, LAKESIDE STADIUM, ALBERT PARK, 3-5 MARCH**

The second weekend of the Victorian T&F Championships saw the Open 5000m and the U14-U16 3000m walks contested on Friday afternoon, as the first events of the evening program. Unfortunately it was a hot day in Melbourne with the temperature nudging 30C and the sky cloudless and sunny. Hence times across the board were well off PB pace.

Well done to 5000m winners **Simone McInnes** (23:51.70) and **Rhydian Cowley** (20:48.16). They went in as favourites and came home with the golds. Not many PBs in the hot conditions so well done to **Adam Garganis**, **Jason Kozica** and **Shae Wellington**.

**Women 5000m Walk Open, 5:30PM**

1.	McInnes, Simone	91	Glenhuntly A	23:51.70
2.	Henderson, Rebecca	01	Casey Cardin	24:22.42
3.	Huse, Philippa	99	Sandringham	25:35.17
4.	Hamilton, Emily	98	Knox Athletic Club	26:57.24

5.	Knight, Cassandra	94	Box Hill Ath	29:56.93
	Billington, Tayla-Paige	97	Queensland	DNF
	Heard, Amanda	95	Eaglehawk At	DNF

**Men 5000m Walk Open, 6:00PM**

1.	Cowley, Rhydian	91	Glenhuntly A	20:48.16	
2.	Garganis, Adam	97	Collingwood	21:16.31	PB 0:08
3.	Swan, Kyle	99	Athletics Nu	21:33.43	
4.	Kozica, Jason	87	St Kevin's A	22:19.99	PB 0:03
5.	Wellington, Shea	97	Keilor St Be	22:30.86	PB 0:20
6.	Brasier, Emmet	98	Diamond Vall	23:03.04	
7.	Prasad, Pramesh	74	Collingwood	24:07.78	
8.	Evans, Simon	60	Box Hill Ath	27:28.35	
9.	Smyth, David	69	Collingwood	27:53.27	
10.	Van Dongen, Rupert	74	Mentone Athl	30:07.63	
	Simpson, Bradley	93	Athletics Nu	DQ	



*Left: Simone McInnes leads Tayla-Paige Billington in the Open Women's 5000m  
Right: Rhydian Cowley leads out in the Open Men's 5000m*



*Open 5000m Men – Adam Garganis, Rhydian Cowley and Kyle Swan (all photos Athletics Victoria)*



The U14-U16 3000m walks were held together, starting at 6:30PM. Alas, fields were disappointingly small but the top walkers were in attendance and the medals went pretty much as expected. Best walk to **Nikola Mandic** (U15 13:56.10) who is having a fantastic summer. The U16 boys' walk was a ripper with only 4 seconds separating the medallists **Corey Dickson, Will Thompson** and **Nikolaj Djordjevic**.

**Women 3000m Walk U14**

1.	Noonan, Claire	04	Collingwood	18:23.15
2.	Heikkila-Dubowik, Kaylah	05	Corio Athletic Club	19:04.06
3.	Strudley, Mia	04	Yarra Ranges	24:12.64

**Men 3000m Walk U14**

1.	Saunders, Fraser	04	Ballarat Ycw	16:47.02
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**Women 3000m Walk U15**

1.	Peart, Alanna	03	Ballarat Ycw	15:05.16
2.	Hay, Charlotte	03	Knox Athletic Club	15:49.26
3.	Nelson, Arnika	03	Wyndham Trac	17:05.71
4.	Louey, Grace	03	Knox Athletic Club	18:19.80

**Men 3000m Walk U15**

1.	Mandic, Nikola	03	Casey Cardin	13:56.10	PB 0:05
2.	Beveridge, Heath	03	Western Athletics	17:16.03	
3.	Hay, Angus	03	Knox Athletic Club	17:22.85	

**Women 3000m Walk U16**

1.	Karagiorgos, Chloe	02	Knox Athletic Club	15:12.63	PB 0:05
2.	Hass, Jasmin	02	Knox Athletic Club	15:39.45	PB 0:58
3.	O'Mahony, Kathleen	02	Knox Athletic Club	17:30.55	

**Men 3000m Walk U16**

1.	Dickson, Corey	02	Knox Athletic Club	14:47.50	
2.	Thompson, Will	02	Casey Cardin	14:49.68	
3.	Djordjevic, Nikolaj	02	Mentone Athl	14:51.29	PB 0:50

AthsvicTV has posted videos from each of the 5 races. Well done as usual!

- Women Open 5000m Walk: <https://www.youtube.com/watch?v=TAWNlZlp-nw>  
 Men Open 5000m Walk: <https://www.youtube.com/watch?v=z-vG3ztTjI>  
 U14, 15, 16 3000m Walk: <https://www.youtube.com/watch?v=77R7da6T-bk>



Podiums – U14 Boys, U15 Boys, U16 Girls (photos Kerry Peart)



Podiums – U14 and U15 Girls (photos Kerry Peart)



Left: Podium – U16 Boys

Right: Team Elke – Coach Elke Raselli with Will Thompson, Alanna Peart and Nikola Mandic (photos Kerry Peart)

**SOUTH AUSTRALIAN 10,000M TRACK CHAMPIONSHIPS, SA ATHLETICS TRACK, ADELAIDE, SAT 4 MARCH**

The South Australian 10,000m walk championship was contested on Saturday but, as for the Victorians the afternoon before, it was a hot morning (28C) and an adverse start time of 11:15AM. Hence again times were slow. I also heard that there was some confusion as to if and when this championship would be actually held, with the date being announced very late and with entries only open for a small timeframe. **Kim Mottrom** (48:08.15) and **Samantha Findlay** (52:59.81) won the Open Championships. Overall, only 5 starters across the various divisions.

**10,000m Track Walk Championship**

1.	Kim Mottrom	Open Men	48:08.15	
2.	Samantha Findlay	Open Women	52:59.81	PB 4:15
3.	Tristan Camilleri	U20 Men	55:52.39	Inaugural
4.	Beth Cross	U20 Women	58:57.18	Inaugural
5.	James Hoare	O50 Men	1:15:19.34	

### QMA T&F MEET, QSAC, BRISBANE, SATURDAY 4 MARCH

The Queensland Masters walkers were in action in Brisbane on Saturday morning with 3000m and 1500m walks.

#### 1500m Walk

1.	Ignacio Jimenez	M51	Brisbane	7:06.35	83.15%
2.	Peter Bennett	M61	Brisbane	7:53.97	81.90%
3.	Bruce O'Connor	M63	Brisbane	11:58.97	53.99%
4.	Noela McKinven	W74	Brisbane	11:58.29	64.93%

#### 3000m Walk

1.	Ignacio Jimenez	M51	Brisbane	14:34.07	82.70%
2.	Peter Bennett	M61	Brisbane	15:52.09	83.11%
3.	Noela McKinven	W74	Brisbane	24:25.51	66.63%

### AACT SUMMER SERIES T&F MEET, AIS ATHLETICS TRACK, BRUCE, SATURDAY 4 MARCH

Again, most Canberra walkers preferred the midweek ACTRWC walks rather than the AACt weekend competition.

#### 3000m Walk

1.	Burns, Callum	North Canber	14:40.8
2.	Burns, Laura	North Canber	15:26.0

### ATHLETICS TASMANIA INTERCLUB, DOMAIN ATHLETICS TRACK, HOBART, SATURDAY 4 MARCH

Interclub continued in Hobart, with **Bayley Campbell** the best over 1500m with 7:42.06.

#### 1500m Walk

1.	Bayley Campbell	OVA	7:42.06
2.	William Robertson	OVA	7:43.64
3.	Elizabeth Leitch	ES	9:19.34
4.	Ron Foster	NS	9:22.41
5.	Joshua Walker	OVA	10:14.87
6.	Wayne Fletcher	NS	13:24.97

### COBURG 6 HOUR RUN/WALK CHAMPIONSHIPS, COBURG, SUNDAY 6 MARCH

The Coburg 6 Hour Track Championships were held last Sunday 5<sup>th</sup> 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 smattering of our ultra distance walkers in attendance. I was there keeping a business eye on things as usual and all turned out well, with the weather kind and with a total of 35 starters (25 runners and 10 walkers) toeing the start line for the 6AM start. You might think 6AM a bit early to start but it was a good decision, with the sun breaking through the cloud at around 10:45AM, meaning the runners and walkers only had to worry about a relatively small period of tough conditions. As usual, runners contested in lane 2, with walkers in lane 3.

Overall, Australia's best ultra walker **Michelle Thompson** won easily with 54.639km while **Robin Whyte** won the men's division with 49.406km. **John Kilmartin** (48.738km), **Albin Hess** (46.148km) and **Karyn O'Neill** (45.738km) all walked well and were each close to their respective PBs.

#### 6 Hours Walk Women

1.	THOMPSON, Michelle	VIC	48	54.639 km
2.	O'NEILL, Karyn	VIC	62	45.738 km
3.	PARRIS, Dawn	VIC	64	40.748 km
4.	SANDERSON, Kate	VIC	41	36.215 km

#### 6 Hours Walk Men+

1.	WHYTE, Robin	NSW	75	49.406 km	M54 Australian Record
2.	KILMARTIN, John	VIC	65	48.758 km	
3.	HESS, Albin	VIC	57	46.148 km	
4.	TIMMS, John	VIC	74	38.287 km	
5.	RICHARDSON, Saul	NSW	44	37.117 km	
6.	CARTER, Ken	VIC	64	22.078 km	

The action continues in 6 weeks time with the Coburg 24 Hour Track Championships (see <http://www.coburg24hr.org>).





*Michelle Thompson, Karyn O'Neill and Dawn Parris*



*Robin Whyte, John Kilmartin and Albin Hess (photos Tim Erickson)*

**NSW MASTERS T&F CHAMPIONSHIPS, SOPAC, SYDNEY, 4-5 MARCH**

A good turnout in the NSW Masters T&F Championships 5000m walks last weekend. Fastest time to **Cheryl Webb** (26:30.93).

**5000m Walk**

W35	1	Heinecke, Kayleen	38	Campbelltown	37:35.37
W40	1	Webb, Cheryl	40	Blacktown City	26:30.93
W45	1	Smith, Heidi	48	Illawarra Blue S	45:06.34
W50	1	Weekes, Anne	54	Sutherland	30:38.19
W55	1	Stallard, Patricia	59	Wallsend Rsl	44:41.00
W65	1	Brown, Judy	67	Nsw Masters	45:57.40
W75	1	Purcell, Joan	75	Nepean District	38:16.22
	2	Kenyon, Judith	76	Nsw Masters	40:47.66
M45	1	Kistle, David	47	St. George	41:17.62
M50	1	Mather, Greg	51	Nepean District	38:02.90



M55	1	Pomplun, William	57	Nowra Athletics	40:15.62
M65	1	West, John	66	Nsw Masters	35:39.77
	2	Connors, Robert	69	U.T.S. Norths	42:11.16
M70	1	White, Baden	72	Nsw Masters	39:41.14
M75	1	Seymon, Jim	79	U.T.S. Norths	34:24.78
	2	Biggs, Kevin	78	Nsw Masters	41:39.35

#### ATHLETICS AUCKLAND CHAMPIONSHIPS, MT SMART STADIUM, AUCKLAND, 3-5 MARCH

Rio Olympian **Alana Barber** slashed 33 seconds off her New Zealand All-Comers and Residential 3000m track walk record with an outstanding performance of 12:37.82. Her previous record was set in November 2014 in Wellington. Barber was just two seconds shy of Anne Judkins' 1992 National record of 12:35.4. **Erin Talcott** who was second to Barber on Saturday in 13:45.82 took two seconds off her American 35-39 masters record and **Corinne Smith** of Whangarei reduced her New Zealand 50-54 masters record by 11 seconds to 15:36.16.

Barber said she was in good shape going into the race. "It was tougher than I wanted it to be because the wind at the back straight was quite strong and it was hard mentally as well as physically because you think this is harder than it should be. But I knew I was in good shape, two weeks ago broke the 20km record so I knew I just needed to do the 3000m record today. It helped with the crowd, I heard my name shouted by strangers and that really helped."

#### Women 3000m Walk Senior

1.	Barber, Alana	Racewalking	12:37.82
2.	Talcott, Erin	Internationa	13:45.82
3.	Smith, Corinne	Northland	15:36.16
4.	Davison, Karen	North Harbou	20:08.94
5.	Barber, Shirley	Racewalking	22:27.86

#### Men 3000m Walk Senior

1.	Hohaia, Lyndon	Racewalking	17:10.60
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#### 2017 NAIA INDOOR NATIONAL T&F CHAMPIONSHIPS, JOHNSON CITY, TENNESSEE, 3-5 MARCH

The National Association of Intercollegiate Athletics (NAIA) is an athletic association that organizes college and university-level athletic programs, primarily across the United States but also including Canada. It sponsors 25 national championships, including both outdoor and indoor T&F.

Racewalking has had an on-off relationship with the NAIA Indoor T&F Championships. Although the discipline was included between 1972 and 1982, it then lapsed and did not return until 2000. And we have an Australian connection here, with **Lachlan McDonald**, the son of VRWC walker Heather Carr, representing Wisconsin-Parkside University and winning the walk title in three consecutive years; 2000, 2001 and 2002. Lachlan also won the NAIA Outdoors 5000m walk 3 years in a row (1999-2001) before finishing his degree and returning to Melbourne.

Anyway, onto this year's results. The women's 3000m walk was up first, with **Natalia Alfonso** winning in a new NAIA Collegiate and national indoor meet record of 13:49.84. Alfonso, who represents Venezuela internationally, took the lead at the gun. NAIA First-years **Anali Cisneros** and **Amberly Melendez** crossed the finish line next with times of 14:07.55 and 14:14.73. Not to be overlooked was the rush to 4<sup>th</sup> place with the next 3 walkers all finishing within a second of each other.

#### Women 3000m Indoor Race Walk

1.	ALFONZO, NATALIA	SR	MISSOURI BAPTIST	13:49.84
2.	CISNEROS, ANALI	FR	JUDSON	14:07.55
3.	MELLENDEZ, AMBERLY	FR	CARDINAL STRITCH	14:14.73
4.	LOPEZ, JENNY	JR	ST. AMBROSE	14:58.32
5.	MCCANDREW, DENISE	JR	MISSOURI BAPTIST	14:58.87
6.	NEWHOFF, KATHARINE	FR	ST. AMBROSE	14:58.95
7.	BROGAN, BAILEY	SR	CORNERSTONE	15:59.60
8.	DELGADO, CASSANDRA	SO	ST. AMBROSE	15:59.88
9.	PICKERT, MEREDITH	SR	BENEDICTINE (KAN.)	16:20.77
10.	WORSHAM, NIKI	SR	RIO GRANDE	17:17.49
11.	LANGMEYER, JESSIE	SO	CORNERSTONE	17:40.44
	EMERY, SIANA	FR	GOSHEN	DQ

The men's 3000m race followed, with **Anthony Peters** winning comfortably with 11:49.72, only 3 seconds outside Nick Christie's NAIA record of 11:46.20. Paddles and cards were flying in this race, but not on the leader as Peters' steady pace had him gradually lapping the entire field. Emilio Mancha crossed the line second in 13:09.22. AJ Gruttadauro finished next in 13:16 but was

disqualified, as was 4<sup>th</sup> place finisher Sawyer Biddle. This meant the third place eventually went to Australia's **Luke Jobson**, of WV Tech (Luke is a NSWRC member who has moved to USA to study this year).

#### Men 3000m Indoor Race Walk

1.	PETERS, ANTHONY	JR	ST. AMBROSE	11:49.72
2.	MANCHA, EMILIO	SO	ST. AMBROSE	13:09.22
3.	JOBSON, LUKE	FR	WEST VIRGINIA TECH	13:34.47
4.	HUTCHERSON, DOUG	SR	CENTRAL METHODIST	13:48.34
5.	ELMI, SAM	SO	CORNERSTONE	13:52.64
6.	RABIE, JASON	JR	CORNERSTONE	15:17.39
7.	BENSON, JACOB	SR	CORNERSTONE	15:40.52
	BIDDLE, SAWYER	JR	GOSHEN	DQ
	GRUTTADAURO, ANTHONY	FR	SPRING ARBOR	DQ

#### USA INDOOR T&F CHAMPIONSHIPS, ALBUQUERQUE, MN, 3-5 MARCH

Staying in America, the walk fields at the USA Indoor T&F Championships at the Albuquerque Convention Centre indoor track last weekend were small but the winning times were good – **Maria Michta-Coffey** (13:55.27) and **John Nunn** (12:38.37). For those not familiar with the old pre-metric distances, 2 Miles is 3218m.

Well reported by omarchador – see <http://omarchador.blogspot.com.au/2017/03/nunn-e-michta-coffey-sagram-se-campeoes.html>.

#### Women 2 Miles Walk Indoor

1.	Maria Michta-Coffey	Oiselle / Walk USA	13:55.27
2.	Miranda Melville	Skechers Performance/NYAC	14:26.42
3.	Katie Burnett	Unattached	15:03.36
4.	Sam Cohen	Wisconsin Runner RT	16:06.25
5.	Katie Michta	Walk USA	16:47.23
6.	Holly Lindoe	Franklin Pierce	18:08.38

#### Men 2 Miles Walk Indoor

1.	John Nunn	U.S. Army	12:38.37
2.	Nick Christie	Unattached	13:11.81
3.	Jonathan Hallman	Shore AC	13:29.00
4.	Emmanuel Corvera	NYAC	13:40.50
5.	Alexander Bellavance	Unattached	14:01.73

#### NYSPHSAA INDOOR T&F STATE CHAMPIONSHIPS, NEW YORK, SATURDAY 4 MARCH

This one posted by Dave Talcott - the Girls 1500m walk at the New York State Public High School Athletic Assn Indoor T&F Championships at the Ocean Breeze Athletic Complex, Staten Island.

#### Girls 1500m Walk

1.	Harris, Lauren	12	Sachem East	6:27.05
2.	Cuomo, Amelia	12	Brewster	6:43.03
3.	Cagnina, Ariana	12	Sachem North	6:59.42
4.	Byrnes, Katherine	12	Clarkstown South	7:00.09
5.	Fox, Audrey	11	New Rochelle	7:00.12
6.	Mandel, Tara	12	Farmingdale HS	7:10.45
7.	Riegel, Sophie	10	Hewlett HS	7:16.64
8.	Mason, Emma	12	Corning	7:18.34
9.	VanSlyke, Brooke	12	Sweet Home	7:23.30
10.	Benedict, Chelsea	11	Sachem East	7:26.06
11.	Baldassarre, Genna	12	Grand Island	7:29.95
12.	VanGorder, Grace	12	Canandaigua	7:30.63
13.	McEaney, Jillian	12	Monticello	7:34.28
14.	Sacilowski, Corrin	11	Springville	7:38.56
15.	Moretti, Anna	11	Elmira Notre Dame	7:39.01
16.	Messore, Chloe	12	Hilton	7:41.76
17.	Ryan, Margaret	11	Monroe Woodbury	7:54.26
18.	Bulnes, Isabella	12	Bethlehem Central	8:28.82

**MOLLY BARNETT MEET, WARWICK UNIVERSITY, COVENTRY, ENGLAND, SUNDAY 5 MARCH**

The annual Molly Barnett meet in Coventry last Sunday included the England Athletics 10km Roadwalk Championships for Men and for Women. Thanks to Mark Wall for the results as well as a comprehensive meet report.

The annual Molly Barnett meet was held on a day of very difficult weather conditions including at times, a gusting cold wind, rain and even hail, and on a course which involved a number of turns and a long rise and fall on each lap of 1.25km.

#### 10km Women

The women started 2 minutes ahead of the Men. From the start **Bethan Davies**, adjusting to her return from Australia, took command and walked unchallenged, churning through the 8 laps to record 46:07. As a Welsh walker she was ineligible for English title which went to second placed **Gemma Bridge** in only her third 10km. Her time of 47:07 was a PB of 2:24. Third to finish was Finnish walker **Elisa Neuvonen**, who is one week into a 6 weeks block training at Leeds. She too did a PB (47:09). To add to the international flavour **Dr Tatyana Gabellone** was a second further back in 47:10.

Gemma, Elisa and Tatyana worked hard together to gather in **Heather Lewis** who had established an early substantial break. The first three Britons all were inside the 47:30 target set by British Athletics for consideration for the European Cup in Podebrady in May (the 20km standard being 1:39:00). The two other medal winners in the EA title were Manx women **Erika Kelly** and junior **Emily Ghose**.

#### 10km Men

A brisk start by the three 'gun' walkers saw them rewarded with fast results. **Tom Bosworth** led all the way to record a comfortable win in 40:20. **Callum Wilkinson** was outside his PB (40:30) but his 40:59 takes him to 2<sup>nd</sup> on the all-time list for the U23 age group, behind Commonwealth representative Darrell Stone (40:45). **Cameron Corbishley** is in form and his PB of 41:26 (previously 43:05) lifts him to 4<sup>th</sup> on the U23 All-time list, ahead of his coach Dr Andi Drake and behind Ian McCombie former Commonwealth medallist (41:12). These three were the three EA medal winners. Juniors **Chris Snook** in 46:37 and **Tom Partington** in 47:32 were next home.

#### 5km Walk

Ex-Commonwealth Medallist **Dr Lisa Kehler** decided against the 10km due to a cold but was able to win the 5km event in 27:17. She was over 2 minutes down on the first across the line **Ana Garcia** but the latter was the recipient of three red cards.

#### Molly Barnett inc England Athletics Championship Women 10km

1.	Bethan Davies	Cardiff AC		46.07
2.	Gemma Bridge	Oxford City	1	47.07
3.	Elisa Neuvonen	LUM Finland		47.09
4.	Tatyana Gabellone	Alterathletica Locortondo		47.10
5.	Heather Lewis	Pembrokeshire H		47.17
6.	Erika Kelly	Manx Harriers	2	52.17
7.	Emile Ghose (U20)	Tonbridge AC	3	57.54
8.	Rebecca Greatbach	Manx Harriers	4	63.38
9.	Jan Farquhar	Manx Harriers	5	63.50
10.	Angela Martin	Surrey WC	6	70.55

#### Molly Barnett inc England Athletics Championship Men 10km

1.	Tom Bosworth	Tonbridge	1	40.20
2.	Callum Wilkinson (U23)	Enfield & Haringey	2	40.59
3.	Cameron Corbishley (U23)	Medway & Maidstone	3	41.26
4.	Chris Snook (U20)	AFD	4	46.37
5.	Tom Partington (U20)	Manx Harriers	5	47.32
6.	Gianni Epifani	Manx Harriers		48.41
7.	Andrew Miller	Wolverhampton & Bilston	6	52.09
8.	Ian Richards	Steyning AC	7	53.48
9.	Oliver Hopkins (U20)	Lewes	8	54.39
10.	Dale Farquhar	Manx Harriers	9	56.02
11.	Graham Chapman	Headington		57.44
12.	Peter Boszko	Birchfield Harriers		59.25
13.	Jordan Price	Brecon AC	10	60.03
14.	Daniel McKerlich	Cardiff AA		62.19
15.	John Ralph	Enfield & Haringey	11	63.43
16.	John Constandinou	Birchfield	12	64.30
17.	David Crompton	Lancs WC	13	65.00.
18.	Dan Maskell	Surrey WC		65.50
19.	Arthur Thomson	Enfield & Haringey	14	66.05
20.	Shaun Lightman	Surrey WC	15	67.21
21.	Mark Byrne	Redcar WC	16	68.35
22.	John Craham	Lancs WC	17	68.56



23.	Roy Gunnett	Lancs WC	18	71.00.
24.	David Fall	Birchfield	19	74.40.
25.	Sean Pender	Enfield & Haringey	20	74.52

#### U17, U20 and Senior Men & Ladies 5km

1.	Lisa Kehler	Wolverhampton & Bilston	27.17
2.	Abigail Jennings (U20)	AFD	28.38
3.	Alice Bellando (U20)	Manx Harriers	29.11
4.	Benjamin Allen (U17)	Leicester WC	29.43
5.	Isabelle Bridge (U17)	Blackheath & Bromley	29.45
6.	Helen Middleton	Enfield & Haringey	30.31
7.	Melannie Peddle	Loughton AC	30.39
8.	Beatrice Fury (U17)	Maidstone & Medway	31.24
9.	Sue Davies	AFD	31.41
10.	Lyn Bellfield	Halesowen	32.57
11.	Judy Howard	Abingdon AC	34.51
12.	Noel Blatchford	Abingdon AC	35.42
13.	Geraldine Legon	Bexley	36.00
14.	Ros McKenzie	Abingdon AC	36.37

#### U15 3km Girls and Boys

1.	Faris Alkamesi	Nuneaton	17.24
2.	Lois Carter	AFD	17.41
3.	Jack Childs	Maidstone & Medway	17.51
4.	Molly McLeady Hanley	Sheffield & Dearne	17.55
5.	Kai Cundey	Sheffield & Dearne	18.08
6.	Izzy Elliot	AFD	18.27
7.	Laura McColl	Sheffield & Dearne	19.53
8.	Katie Haynes	DASH	21.22

#### U13 2km Girls and Boys

1.	Owen Bradshaw	Sheffield & Dean	11.27
2.	Katie Stringer	Maidstone & Medway	12.01
3.	Abigail Smith	Blackheath & Bromley	12.14
4.	Charlotte Wallis	AFD	12.21
5.	Caitlin Casey	Birchfield	13.59
6.	Abigail Lycek	DASH	14.48

#### U11 1km Girls and Boys

1.	Luca Cundey	Intake School	6.00
2.	Grainne McMahon	Shannon	6.41
3.	Lewis Burr	Tonbridge	7.02



*The start of the men's race (photo Mark Easton)*



*The start of the women's race (Mark Easton)*

See more of Mark Easton's collection of great photos from the meet at <http://markeaston.zenfolio.com/f113105660>.



*Cameron Corbishley, Callum Wilkinson, Tom Bosworth, Emma Bridge and Bethan Davies at Molly Barnett*

#### CHINESE RACEWALK GRAND PRIX, HUANGSHAN, CHINA, 4-5 MARCH

The huge annual Chinese National Race Walking Grand Prix was held last weekend in Huangshan. The meet included their National 50km championships (men and women) which were also their official World Championships trials. My comments are taken from Vincent Wu's IAAF report: <https://www.iaaf.org/news/report/niu-clocks-50km-world-lead-huangshang>.

Despite the absence of Olympic medalists Wang Zhen, Chen Ding and Cai Zelin, the men's 20km event on Saturday still witnessed a high-level contest, with all the top seven finishers managing to improve their PBs. Rising star **Wang Kaihua** cut nearly two minutes off his career best to register a world-leading time of 1:17:54 en route to his victory. His winning mark is the fifth fastest result ever achieved by a Chinese race walker. However, Wang still needs to prove his worth at the 2017 IAAF Race Walking Challenge in Taicang next month, as the 20km events there will serve as the national trials for the World Championships.

Wang finished fourth at the Olympic trials last year and had to sit out the race in Rio where Wang Zhen and Cai Zelin took the gold and silver medals respectively. The only time the 23-year-old has competed at a major senior international competition was the 2016 IAAF World Race Walking Team Championships in Rome, where he finished 13th in 1:21:12.

World silver medalist **Lu Xiuzhi** also set a world-leading time of 1:26:28 in the women's 20km race walk, but was not happy with her performance. "I did not feel quite well in the winter, maybe because I was too tired last season, so I did not train much," Lu explained. "I need to resume regular training as soon as possible and make myself strong again." **Wang Na**, the 2014 world U20 silver medallist, trailed one second behind Lu to finish second. **Yang Jiayu** finished third in 1:26:35.

**Men 20 km walk, Saturday 4 March (first 50, 92 finishers)**

1.	Wang Kaihua	CHN	16 Feb 94	1:17:54
2.	Jin Xiangqian	CHN	18 Mar 97	1:19:12
3.	Wang Rui	CHN	6 Jan 96	1:19:23
4.	Sun Song	CHN	15 Dec 96	1:20:25
5.	Zeng Qingcun	CHN	3 Apr 95	1:20:52
6.	Zhong Heng	CHN	7 Nov 95	1:20:55
7.	Yin Jiaxing	CHN	16 Mar 94	1:20:56
8.	Liu Jianmin	CHN	9 Mar 88	1:21:07
9.	Chen Rui	CHN	11 Aug 96	1:21:30
10.	Su Xianzhen	CHN	26 Feb 95	1:21:42
11.	Wang Libo	CHN	9 Feb 97	1:21:45
12.	Zhu Guowen	CHN	20 Aug 97	1:21:46
13.	Li Liangyong	CHN	28 May 96	1:21:48
14.	Han Jijiang	CHN	20 Jul 93	1:21:55
15.	Tong Anqi	CHN	29 Sep 92	1:21:56
16.	Peng Chen	CHN	8 Jul 97	1:21:59
17.	Li Tianlei	CHN	13 Jan 95	1:22:04
18.	Li Shijia	CHN	14 Jan 92	1:22:07
19.	Li Jinguo	CHN	4 May 95	1:22:08
20.	Wang Gang	CHN	2 Apr 91	1:22:23
21.	Wei Xubao	CHN	1 Feb 93	1:22:23
22.	Ceng Qingsheng	CHN	3 Apr 95	1:22:24
23.	Cha Jinhong	CHN	27 May 97	1:22:27
24.	Zhang Wanxin	CHN	25 Oct 96	1:22:29
25.	Li Peng	CHN	10 Nov 94	1:22:30
26.	Liu Xu	CHN	11 Dec 94	1:22:32
27.	Ma Youshan	CHN	21 Sep 95	1:22:34
28.	Li Jichao	CHN	10 May 96	1:22:40
29.	Li Shuai	CHN	6 Jan 95	1:22:48
30.	Men Fuqiang	CHN	22 Jun 92	1:22:48
31.	Lu Xiaotong	CHN		1:22:55
32.	Yuan Zisheng	CHN	16 Dec 97	1:22:57
33.	Mo Zhenfeng	CHN	28 Feb 95	1:22:58
34.	Li Chenchen	CHN	7 Dec 97	1:22:59
35.	Zhou Yangjun	CHN	17 Oct 96	1:23:00
36.	Dong Guozhu	CHN	2 Aug 92	1:23:05
37.	Jie Jinzhu	CHN	25 Jul 95	1:23:07
38.	Zhaxi Yangben	CHN	15 Apr 96	1:23:09
39.	Zhang Zhi	CHN	22 Jul 94	1:23:10
40.	Zhao Ziyang	CHN	29 Jul 91	1:23:16
41.	Ning Peng	CHN	15 Dec 97	1:23:18
42.	Yao Biao	CHN	15 Apr 96	1:23:20
43.	Huang Cheng	CHN	8 May 97	1:23:40
44.	Wanma Caidan	CHN	5 Jan 96	1:23:41
45.	Zhao Fujie	CHN	11 Nov 93	1:23:43
46.	Zhao Qi	CHN	14 Jan 93	1:23:54
47.	Dai Jianxing	CHN	11 Aug 96	1:24:00
48.	Yan Dexiang	CHN	18 Jun 93	1:24:14
49.	Zhou Xiaojun	CHN	9 Sep 99	1:25:07
50.	Tang Yifan	CHN	19 Dec 97	1:25:23

**Women 20 km walk, Saturday 4 March (first 40, 79 finishers)**

1.	Lu Xiuzhi	CHN	26 Oct 93	1:26:28
2.	Wang Na	CHN	29 May 95	1:26:29
3.	Yang Jiayu	CHN	18 Feb 96	1:26:35
4.	Wang Yingliu	CHN	1 Mar 92	1:28:15
5.	Nie Jingjing	CHN	1 Mar 88	1:28:34



6.	Duan Dandan	CHN	23 May 95	1:28:37
7.	La Mao	CHN	17 Dec 96	1:28:44
8.	Yang Peili	CHN	7 Aug 94	1:28:45
9.	Liang Rui	CHN	18 Jun 94	1:28:55
10.	Ni Yuanyuan	CHN	6 Apr 95	1:29:14
11.	Chen Chen	CHN	25 Aug 95	1:29:19
12.	He Qin	CHN	23 Mar 92	1:29:27
13.	Ji Yefang	CHN	4 Mar 96	1:29:42
14.	Zhou Kang	CHN	24 Dec 89	1:31:00
15.	Li Maocuo	CHN	20 Oct 92	1:31:00
16.	Xie Lijuan	CHN	14 May 93	1:31:21
17.	Wang Yalan	CHN	19 Feb 93	1:31:31
18.	Ma Yiming	CHN	10 Sep 97	1:31:32
19.	Ma Faying	CHN	30 Aug 93	1:31:36
20.	Mao Yanxue	CHN	15 Feb 94	1:31:37
21.	Gao Ni	CHN	14 Sep 91	1:31:44
22.	Yang Mingxia	CHN	13 Jan 90	1:31:56
23.	Xiao Xianghua	CHN	19 Feb 97	1:32:16
24.	Gao Shan	CHN	8 Apr 95	1:32:32
25.	Zhao Wenli	CHN	11 Dec 96	1:33:16
26.	Chen Zhen	CHN	3 Nov 94	1:33:27
27.	Dong Genmiao	CHN	16 Jul 94	1:33:31
28.	Mao Yanqiu	CHN	7 Oct 96	1:33:48
29.	Zhang Xin	CHN	17 Aug 89	1:33:52
30.	Li Qiuye	CHN	2 Dec 93	1:34:17
31.	Cun Hailu	CHN	15 Aug 97	1:34:35
32.	Zhang Lifang	CHN	6 Dec 97	1:34:42
33.	Zhao Qianyuan	CHN	11 Mar 95	1:34:45
34.	Zhang Xuhong	CHN	2 Jan 94	1:34:48
35.	Zhou Yumei	CHN	11 Nov 94	1:34:49
36.	Yang Fuyao	CHN	6 Dec 96	1:35:07
37.	Sun Huanhuan	CHN	15 Mar 90	1:35:18
38.	Chen Yumin	CHN	8 Feb 97	1:35:19
39.	Wang Chen	CHN	18 Feb 94	1:35:22
40.	Zhao Fenyan	CHN	21 Jul 96	1:35:27

The junior depth in China continues to amaze. In the U20 Men's 10km, the first two bettered 40 minutes and the first 14 bettered 41 minutes. In the U20 Women's 10km, the first two crossed the line together in 43:40!

**U20 Men 10 km walk, Saturday 4 March (first 40, 65 finishers)**

1.	Zhang Jun	CHN	20 Jul 98	39:38
2.	Zheng Ke	CHN	10 Jan 98	39:50
3.	Zhang Hongliang	CHN	1 Jan 99	40:02
4.	Song Huazhang	CHN	13 Feb 99	40:02
5.	Xu Hao	CHN	6 Feb 99	40:28
6.	Yu Yongcai	CHN	23 May 98	40:30
7.	Luo Jiayu	CHN	3 Apr 98	40:34
8.	Guo Shuqi	CHN	26 Aug 98	40:34
9.	Sun Shuai	CHN	15 Sep 99	40:41
10.	Li Kewen	CHN	7 Mar 99	40:44
11.	Guo Kuizhijia	CHN	20 Nov 99	40:45
12.	Bai Liga	CHN	21 Jan 98	40:55
13.	Cao Wenlong	CHN	4 Mar 98	40:56
14.	Zhu Chendong	CHN	16 Sep 99	40:59
15.	Liu Shun	CHN	1 Oct 98	41:03
16.	Wang Zhiming	CHN	24 Feb 99	41:09
17.	Gong Fanglong	CHN	12 Jul 98	41:09
18.	Wu Peng	CHN	23 Dec 98	41:09
19.	Cao Sen	CHN	24 Feb 98	41:19
20.	Li Jihuan	CHN	24 Feb 98	41:23
21.	Dong Xiaomin	CHN	6 Jun 98	41:24
22.	Li Jian	CHN	25 Jul 99	41:27
23.	Cui Lihong	CHN	13 May 99	41:32
24.	Li Yandong	CHN	2 Feb 98	41:33
25.	Ruan Zhiguo	CHN	8 Aug 99	41:35
26.	Zhang Honggang	CHN	16 Jan 99	41:39
27.	Dong Yubin	CHN	21 Nov 99	41:47

28.	Li Yuan	CHN	10 Oct 99	41:59
29.	Liu Fucheng	CHN	7 Mar 99	42:01
30.	Huan Haofeng	CHN	18 Apr 98	42:06
31.	Yang Kai	CHN	24 Jun 98	42:11
32.	Han Baoqiang	CHN	27 Feb 99	42:24
33.	Shi Xiukun	CHN	24 Jun 99	42:29
34.	Yu Dian	CHN	7 Mar 98	42:32
35.	Liu Zedong	CHN	20 Jan 99	42:32
36.	Han Yong	CHN	13 Jun 99	42:36
37.	Wu Bing	CHN	8 Jul 98	42:36
38.	Wang Sen	CHN	11 Jan 99	42:37
39.	Wen Yongjie	CHN	28 Sep 99	42:40
40.	Qiao Fuqiang	CHN	18 Jun 99	42:45

**U20 Women 10 km walk, Saturday 4 March (first 30, 41 finishers)**

1.	Ge Sangzhuoma	CHN	16 Jul 98	43:40
2.	Yang Liujing	CHN	22 Aug 98	43:40
3.	Yang Weiwei	CHN	3 Aug 99	44:21
4.	Su Wenxiu	CHN	28 Jun 98	44:36
5.	Xiao Han	CHN	12 Nov 98	45:07
6.	Zhang Yidan	CHN	24 Dec 99	46:05
7.	Wang Jiahui	CHN	1 Jan 98	46:13
8.	Li Jie	CHN	23 Sep 97	46:22
9.	Xu Jiangqi	CHN	18 Jun 98	46:41
10.	Wang Qiong	CHN	1 Jan 98	46:50
11.	Pu Xin	CHN	29 Aug 98	47:01
12.	Zhu Ruonan	CHN	14 Mar 98	47:07
13.	Hu Lanlan	CHN	3 Jan 99	47:07
14.	Yan Peirong	CHN	26 Sep 99	47:14
15.	Bai Tiantian	CHN	14 Aug 98	47:17
16.	Liu Wenwen	CHN	20 Aug 99	47:33
17.	Zhao Xue	CHN	12 Nov 99	47:40
18.	Bai Maquzhen	CHN	1 Oct 99	48:11
19.	Zhong Yuan	CHN	25 May 99	48:11
20.	Cheng Shuangyuan	CHN	8 Feb 99	48:18
21.	Guo Nuo	CHN	22 Jun 99	48:29
22.	Liu Xin	CHN	17 Jul 98	48:31
23.	Cao Cailing	CHN	18 Mar 98	48:47
24.	Sun Wenru	CHN	13 Oct 99	48:54
25.	Li Wenna	CHN	26 Oct 98	48:58
26.	Deng Xu	CHN	1 Feb 98	48:59
27.	Li Jiarui	CHN	26 May 98	49:03
28.	Zhao Xinyue	CHN	8 May 99	49:05
29.	Chen Jiaxin	CHN	17 Jun 99	49:10
30.	Gan Mingzhu	CHN	12 Apr 99	49:11

And the U18 walkers were just as impressive, with winning times of 41:32, 22:20 and 44:55.

**U18 Men 10 km walk, Saturday 4 March**

1.	Zhang Yao	CHN	11 Jan 00	41:32
2.	Qian Haifeng	CHN	8 Jul 00	41:38
3.	Jiang Jiajun	CHN		41:40
4.	Zhang Jiayu	CHN	4 Jan 00	41:40
5.	Wen Jiaqi	CHN		41:46
6.	Liu Youning	CHN	17 Feb 00	42:29
7.	Gong Hao	CHN	31 Jan 00	42:43
8.	Li Zhenlong	CHN		42:51
9.	Zhang Jinjin	CHN		43:01
10.	Zhou Ji	CHN	13 May 00	43:01
11.	Gao Xianglong	CHN		43:04
12.	Li Chuanwei	CHN	20 May 00	43:06
13.	Liu Jiaming	CHN		43:10
14.	Zhang Xingdong	CHN		43:15
15.	Xu Lin	CHN		43:33
16.	Sun Xiaolong	CHN		43:57
17.	Chen Weihao	CHN		44:42
18.	Duodan Xiage	CHN		44:55

19.	Wu Chao	CHN		45:12
20.	Li Lin	CHN		45:12
21.	Liang Buhui	CHN		45:13
22.	Qiong Da	CHN	6 Mar 00	45:38
23.	Bai Shilong	CHN		45:55

#### U18 Women 5 km walk, Saturday 4 March

1.	Xiao Xiaoting	CHN	20 Dec 00	22:20
2.	Li Wenxiu	CHN		22:29
3.	Wang Jiao	CHN		22:48
4.	Sun Rongrong	CHN	12 Aug 00	23:25
5.	Qian Jing	CHN	29 Aug 00	23:39
6.	Zhang Yanna	CHN	7 Oct 01	24:21
7.	Huang Liwei	CHN	7 Apr 00	24:34
8.	Chen Huijie	CHN	17 Mar 00	24:36
9.	Cui Yuning	CHN		24:37
10.	Guan Yuhe	CHN	4 Jan 00	25:28

#### U18 Women 10 km walk, Saturday 4 March (first 10, 12 finishers)

1.	Zhang Xiaole	CHN	17 Jan 00	44:55
2.	Han Longmei	CHN		45:27
3.	Ma Li	CHN	15 Jan 00	45:32
4.	Wu Quanming	CHN	99	45:33
5.	Liu Sitao	CHN		47:02
6.	Han Xiaying	CHN	2 Apr 00	47:39
7.	Zhou Xiaomin	CHN	12 Aug 00	48:29
8.	Pengmao Chuoma	CHN		48:39
9.	Li Jing	CHN	23 Aug 01	48:52
10.	Hu Zhen	CHN	30 May 01	51:59

The Men's and Women's 50km national championships, as well as an U20 30km walk, were contested on Sunday morning. The 50km walk was also the official trial for the 2017 IAAF World Championships in London.

**Niu Wenbin** claimed a surprise victory in the men's 50km race walk with a big PB of 3:46:12. The 26-year-old Niu was the sixth-place finisher in the junior 10km at the 2010 IAAF World Race Walking Cup in Chihuahua, Mexico. But in recent years, Niu, who competes for Team Yunnan, hasn't represented China in international competitions.

On Sunday, Niu patiently stayed in the leading group for much of the race. **Zhang Lin** from the Army team, who finished sixth at the IAAF World Championships Beijing 2015 and seventh at the World Race Walking Cup 2014 in Taicang, pulled away to take the sole lead with 12 kilometres to go. But he only managed to maintain his lead for some four kilometres before being passed by the chase pack spearheaded by Niu. Niu continued to extend his advantage in the waning kilometres and broke the tape in style, improving his personal best by 2:20. **Wu Qianlong** from Inner Mongolia held off a powerful challenge from Shandong's **Bian Tongda** to finish second in 3:48:38. Bian finished third with a three-second deficit as the 25-year-old improved his PB by more than 10 minutes.

"I am really happy with the victory today. There are two important competitions for me this year – the National Games and the World Championships in London," Niu said. "I need to keep cool-headed and get fully prepared for the National Games and meanwhile try my best at the World Championships."

The women's 50km championship went to Yin Hang with 4:22:22, ahead of Yang Shuqing 4:27:24 and Jiang Shanshan 4:32:14. [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2732](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2732)) has adjusted the Women's All-Time 50km to insert the first two place getters into the top 10 overall.

4:08:26	HENRIQUES Ines	01.05.1980	POR	Porto de Mos (PO)	15.01.2017
4:10:59	SVENSSON Monica	26.12.1978	SWE	Scanzorosciate (ITA)	21.10.2007
4:12:16	GINKO Elena	30.07.1976	BLR	Scanzorosciate (ITA)	17.10.2004
4:16:27	DUKURE Jolanta	20.09.1979	LAT	Parelepa (LAT)	09.09.2006
4:22:22	YIN Hang	07.02.1997	CHN	Huangshan (CHN)	05.03.2017
4:25:22	VIRBALYTE-DIMSIENE Brigyta	01.02.1985	LTU	Villa di Serio (ITA)	17.10.2010
4:26:37	BURNETT Katye	07.10.1988	USA	Santee (USA)	29.01.2017
4:27:24	YANG Shuqing	30.08.1996	CHN	Huangshan (CHN)	05.03.2017
4:28:13	XINOU Evangelia	22.11.1981	GRE	Scanzorosciate (ITA)	17.10.2004
4:28:53	AIDIETYTE Neringa	05.06.1983	LTU	Ivano-Frankivsk (UKR)	01.10.2006

#### Men 50 km National Championship, Sunday 5 March

1.	Niu Wenbin	CHN	20 Jan 91	3:46:12
2.	Wu Qianlong	CHN	30 Jan 90	3:48:38
3.	Bian Tongda	CHN	1 Apr 91	3:48:41



4.	Luo Dongpo	CHN	23 Jun 95	3:50:38
5.	Zhang Lin	CHN	11 Nov 93	3:52:38
6.	Meng Zhongkai	CHN	15 Dec 97	3:54:35
7.	Han Yucheng	CHN	16 Dec 78	3:56:23
8.	Yan Dexiang	CHN	18 Jun 93	3:58:14
9.	Liu Jian	CHN	19 May 95	4:00:05
10.	Cheng Min	CHN	6 Jul 91	4:00:28
11.	Luo Yadong	CHN	15 Jan 92	4:01:00
12.	Yang Hu	CHN	10 Sep 96	4:01:04
13.	Geng Yudong	CHN	13 Jun 94	4:01:15
14.	Xie Sichao	CHN	28 Feb 93	4:01:29
15.	Yang Liang	CHN	25 Apr 93	4:01:47
16.	Fang Hongzhen	CHN	6 Mar 96	4:03:48
17.	You Tao	CHN	19 Jul 97	4:04:29
18.	Yang Yingyi	CHN	9 Feb 95	4:04:37
19.	Zhou Shipeng	CHN	9 Feb 96	4:05:44
20.	Jiang Su	CHN	8 Apr 95	4:06:04
21.	Zhong Xing	CHN	6 Mar 95	4:06:30
22.	Hou Xuejing	CHN	17 Jul 97	4:07:43
23.	Ceng Qingsheng	CHN	3 Apr 95	4:08:03
24.	Liu Rusi	CHN	6 Aug 91	4:08:39
25.	Xiong Denghua	CHN	29 May 95	4:10:35
26.	Huang Jian	CHN	24 Jun 94	4:10:59
27.	Xu Yueceng	CHN	11 May 94	4:11:25
28.	Liu Haitao	CHN	7 Mar 96	4:13:25
29.	Zhao Qingwei	CHN	16 Apr 95	4:16:31
30.	Li Guodong	CHN	17 Dec 92	4:17:09

**Women 50 km National Championship, Sunday 5 March**

1.	Yin Hang	CHN	7 Feb 97	4:22:22 (Asian Record)
2.	Yang Shuqing	CHN	30 Aug 96	4:27:24
3.	Jiang Shanshan	CHN	28 Feb 97	4:32:14
4.	Wang Lixue	CHN	15 Dec 96	4:36:40
5.	Wang Dan	CHN	11 Jan 95	4:38:48

And talk about depth, with the first 9 in the U20 30km all bettering 2:20:00. Youch!

**U20 Men 30 km walk, Sunday 5 March**

1.	Gao Yingchao	CHN	18 Jan 98	2:12:38
2.	Niu Wenchao	CHN	20 Apr 98	2:14:21
3.	Peng Shiyi	CHN	16 Sep 98	2:14:51
4.	Zhang Mingkai	CHN	30 Sep 98	2:15:54
5.	Cao Wenlong	CHN	4 Mar 98	2:17:13
6.	Cui Lihong	CHN	13 May 99	2:17:21
7.	Xu Hao	CHN	6 Feb 99	2:17:34
8.	Li Kewen	CHN	7 Mar 99	2:17:46
9.	Liu Fucheng	CHN	7 Mar 99	2:18:31
10.	Pei Pengfei	CHN	28 May 98	2:19:00
11.	Zhang Hongliang	CHN	1 Jan 99	2:19:17
12.	Li Jian	CHN	25 Jul 99	2:19:23
13.	Yu Dian	CHN	7 Mar 98	2:19:25
14.	Ge Yu	CHN	26 Dec 99	2:19:54
15.	Han Yong	CHN	13 Jun 99	2:20:36
16.	Shi Xiukun	CHN	24 Jun 99	2:22:50
17.	Wu Peng	CHN	23 Dec 98	2:25:33
18.	Li Yandong	CHN	2 Feb 98	2:25:33
19.	Hu Linfeng	CHN	1 Feb 98	2:26:37
20.	Xin Zhaoyang	CHN	30 Jun 98	2:27:56
21.	Chen Qiang	CHN	22 Aug 99	2:30:13
22.	Ci Wangduoji	CHN	14 Dec 99	2:30:22
23.	Liu Ang	CHN		2:38:36
24.	Bai Liga	CHN	21 Jan 98	2:38:54

**GER-FRA-ITA U20 INDOOR MATCH, HALLE, GERMANY, FRIDAY 4 FEBRUARY**

Germany dominated the walks in the annual U20 Germany-Italy-France Indoors T&F Match last Friday, with Leo Lopp winning the men's 5000m (19:58.51) and Teresa Zurek winning the women's 3000m (12:59.17) ahead of teammate Julia Richter (13:47.54). Well reported by marciadalmondo – see [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2730](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2730).

**Men 5000m Race Walk indoor**

1.	Leo KÖPP	GER	98	19:58.51
2.	David KUSTER	FRA	99	20:11.20
3.	Justin BOURNIER	FRA	99	21:33.25
4.	Davide FINOCCHIETTI	ITA	01	21:48.47
5.	Diego CHIRIVI'	ITA	99	21:51.55
	Niklas RICHTER	GER	99	DQ

**Women 3000m Race Walk indoor**

1.	Teresa ZUREK	GER	98	12:59.17
2.	Julia RICHTER	GER	99	13:47.54
3.	Eloise TERREC	FRA	98	13:56.04
4.	Camille AURRIERE	FRA	98	14:12.77
5.	Annalisa RUSSO	ITA	98	14:38.94
6.	Francesca BOCCHINO	ITA	99	15:20.25

**PORTUGUESE 20 KM RACE WALKING CHAMPIONSHIPS, S. JOAO DA MADERIA, PORTUGAL, SAT 4 MARCH**

The Portuguese 20km Championships, held in San Joao de Madeira last weekend, were a huge affair with 192 walkers contesting a variety of events. Well reported by marciadalmondo ([http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2731](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2731)) and omarchador (<http://omarchador.blogspot.com.au/2017/03/vieira-e-cabecinha-vencem-nacionais-de.html>).

The men's 20km saw a battle between **Joao Vieira** and **Damian Blocki** (POR). Blocki made a break from the start and it was not until a few kms into the race that Vieira caught him. The two then battled it out until Vieira eventually pulled clear to win with 1:23:46. Blocki finished second with a PB 1:24:44. A tight battle ensued for third and fourth place, with **Miguel Carvalho** (1:28:06) eventually getting the upper hand against **Pedro Isidro** (1:28:35).

**Ana Cabecinha** and **Ines Henriques** soon broke clear of the other walkers in the women's 20km and walked side by side for most of the race, even chatting at times. It was Cabecinha who eventually won out with 1:32:14 (her 5<sup>th</sup> Portuguese title) to Henriques' 1:32:48. **Kristina Saltanovic** (LTU) was third with 1:36:21 and U23 walkers **Mara Ribeiro** was fourth with 1:37:33.

**Men 20km Race Walk**

1.	Joao VIEIRA	POR	76	1:23:46
2.	Damian BLOCKI	POL	89	1:24:44
3.	Miguel CARVALHO	POR	94	1:28:06
4.	Pedro ISIDRO	POR	85	1:28:35
5.	Rui COELHO	POR	94	1:29:13
6.	Miguel RODRIGUES	POR	96	1:29:51
7.	Hélder DOS SANTOS	POR	96	1:31:44
8.	Pedro MARTINS	POR	68	1:34:30
9.	Pedro SANTOS	POR	92	1:35:45
10.	Amaro TEXEIRA	POR	89	1:39:15
11.	Cristiano ANTÓNIO	POR	88	1:39:27
12.	Cláudio COTRIM	POR	96	1:47:47

**Women 20km Race Walk**

1.	Ana CABECINHA	POR	84	1:32:14
2.	Ines HENRIQUES	POR	80	1:32:28
3.	Kristina SALTANOVIC	LTU	75	1:36:21
4.	Mara RIBEIRO	POR	95	1:37:33
5.	Edna BARROS	POR	96	1:43:31
6.	Laura LEAL	POR	96	1:46:05
7.	Mariana MOTA	POR	95	1:49:30

Full results can be seen at [http://www.marciadalmondo.com/admin/pdf/risultati/05032017216Resultados\\_NacionalMarcha17.pdf](http://www.marciadalmondo.com/admin/pdf/risultati/05032017216Resultados_NacionalMarcha17.pdf).  
Winners of other events were

U23 women 20km      Mara Ribeiro (POR) with 1:37:33  
U23 men 20km        Miguel Rodriguez (POR) with 1:29:51

U20 women 10km	Carolina (POR) with 51:20
U20 men 10km	Rodrigo Marques (POR) with 45:25
U18 boys 10km	Daniel Gouveia (POR) with 48:32
U18 girls 5 km	Angela Carvalho (POR) with 26:22

### SPANISH ROADWALK CHAMPIONSHIPS, EL HIERRO, SPAIN, SATURDAY 4 MARCH

The 86<sup>th</sup> edition of the Spanish roadwalk championships (50km men and 20km women) took place last weekend in the city of Valverde, on the island of El Hierro, the most westerly of the Canary Islands

The Open Men's 50km championship saw victory go to **Jose Ignacio Diaz** (3:58:52), ahead of **Luis Manuel Corchete** (4:07:44) and **Benjamin Sanchez Bermejo** (4:13:22). An impressive 18 starters but 8 DNF and 3 DQ so only 7 finishers.

The Open and U23 Women's 20km championship saw a win to **Lidia Sanchez-Puebla Fernandez** (1:33:58) ahead of **Amanda Cano Gomez** (1:37:44) and **Maria Larios Lopez** (1:38:06). Two of the favourites were amongst the DQs Lauria Garcia-Caro and Maria Perez Garcia.

The U20 10km championships saw wins to **Kevin Cerro Gudino** (45:12) and **Marina Pena Alonso** (48:40). Again good fields with 17 starters in each race. The U18 10km championships saw wins to **Eloy Homero Gallent** (46:10) and **Mariona Garcia Rovira** (51:35). Big fields overall with 32 in the boys' race and 38 in the girls' race.

Full results at [http://resultados.rfea.es/2017/resultados/marcha/marcha\\_rutaHierro.pdf](http://resultados.rfea.es/2017/resultados/marcha/marcha_rutaHierro.pdf)

#### 50km Championship Open Men

1.	Jose Ignacio Diaz Velazquez	FC Barcelona	22/11/1979	3:58:52
2.	Luis Manuel Corchete Martinez	Atletismo Torrevieja	14/05/1984	4:07:44
3.	Benjamin Sanchez Bermejo	UCAM-Athleo Cieza	10/03/1985	4:13:22
4.	Francisco Arcilla Aller	Playas de Castellon	14/01/1984	4:23:31
5.	Luis Manuel Perez Osorio	CA Fent Cami Mislata	25/08/1992	4:47:53
6.	Victor Manuel Castro Mateo	Hinaco Monzon	07/12/1980	4:49:59
7.	Jose Manuel Gomez Garcia	Universidad de Burgos	07/09/1973	4:51:18
8.	Marc Guerrero Plaza	FC Barcelona	25/09/1995	5:13:44
9.	Jose Perales Torrente	CA Canovelles	06/03/1970	5:19:58

#### 20km Championship Open/U23 Women (first 10)

1.	Lidia Sanchez-puebla Fernandez	Playas de Castellon	17/07/1996	1:33:58
2.	Amanda Cano Gomez	UCAM-Athleo Cieza	19/08/1994	1:37:44
3.	Maria Larios Lopezq	A.D. Marathon	29/10/1992	1:38:06
4.	Mar Juarez Gallardo	Avinent Manresa	27/09/1993	1:40:31
5.	Maria Dolores Marcos Valero	MillenniumTorrevieja	18/08/1979	1:44:23
6.	Andrea Cabre Carceller	Playas de Castellon	28/06/1988	1:48:24
7.	Melisa Sanchez Bermejo	UCAM-Athleo Cieza	01/08/1996	1:50:05
8.	Raquel Leon Asensio	CA Valladolid-U.Va	29/04/1991	1:50:52
9.	Rocio Carbia Lojo	Ria Ferrol-C. Arenal	14/01/1993	1:53:10
10.	Elena Diaz Velazquez	Oviedo At.	28/07/1985	1:55:17

### 24 HEURES DE BOURGES, BOURGES, FRANCE, 4-5 MARCH

Emmanuel Tardi was at the French National Long Distance Walk Championships last Sunday. The occasion was the 20<sup>th</sup> staging of the 24 Heures de Bourges, held in the city of Bourges, 25km south of Paris. The 1PM Saturday start time saw 70 walkers on the start line in wet and overcast conditions. After an initial lap of 540m, walkers swapped to a 2.688km long lap before swapping back to a small 629m lap for the final hour.

Five walkers headed out hard from the gun – **Eddy Roze**, **David Regy**, **Christer Svensson**, **Christophe Laborie** and **Philippe Gilles**. By the time the rain stopped at the 3 hour mark, the group had been reduced to three (Roze, Regy and Svensson) and by nightfall, it was Svensson alone in front. Around 4AM, Roze and Regy retired, leaving Laborie as the sole chaser. As dawn broke around 6:30AM, he eventually caught Svensson and took the lead, going on to win with a distance of 192.823km. Svensson eventually retired with just under 2½ hours to go. Gilles held on well, taking second with 189.854km.

In the women's championship, **Adele Ropers** led for the first 2 hours before surrendering the lead to **Martine Navarro**. But it was the unstoppable English walker **Sandra Brown** who came through the field to take the lead around nightfall, a lead she then held to the end, eventually crossing the finish line with a distance of 177.027km. This was her 177<sup>th</sup> run or walk of 100 miles or further – a records which she keeps extending and which is likely to remain unchallenged for many years. **Maggy Labylle** (from Guadeloupe) won the French Championship with 166.847km.

The support event was 2 x 6 Hours (1pm-7pm then 7am-1pm) and was won by **Jacques Arnault** with 99.063 km.

There are lots of videos, including

- <https://youtu.be/PMXw-hFpreQ>
- <https://youtu.be/8RdZx4ihpBg>
- <https://youtu.be/6d858oHZJcc>

And see [https://www.facebook.com/emmanuel.tardi/media\\_set?set=a.10210730012280574.1073741913.1657411914&type=3](https://www.facebook.com/emmanuel.tardi/media_set?set=a.10210730012280574.1073741913.1657411914&type=3) for Emmanuel's photo gallery.

#### 24 Heures de Bourges

1.	LABORIE Christophe	Essonne Athletic	192.823 km	24:00:00
2.	GILLES Philippe	USM Montargis	189.854 km	24:00:00
3.	KERLAU Yves-Michel	CM Roubaix	188.074 km	24:00:00
4.	VANDERCOILDEN David	CM Roubaix	185.004 km	24:00:00
5.	MASSON Pascal	CM Roubaix	183.737 km	24:00:00
6.	BIEBUYCK Pascal	Ath AC	181.982 km	24:00:00
7.	GIBELLI Alain	CSM La Seyne	179.370 km	24:00:00
8.	BROWN Sandra (F)	Surrey Walking Club	177.027 km	24:00:00
9.	LETOURNEAU Florian	AC Chateau-Thierry	173.956 km	24:00:00
10.	TOUTAIN Eric	AS Culturelle Francophone	172.244 km	24:00:00
11.	LACROIX Jean-Louis	AC Chateau-Thierry	170.456 km	24:00:00
12.	DUBOSCQ Daniel	AC du Pays d'Ancenis	169.292 km	24:00:00
13.	MACKINTOSH Tony	IOM Vets AC	168.896 km	24:00:00
14.	LAWRIE Karen (F)	IOM Vets AC	168.896 km	24:00:00
15.	DELANGE Dominique	AJ Auxerre Section Marathon	168.181 km	24:00:00
16.	COULOMBEL Pierre	CM Roubaix	167.160 km	24:00:00
17.	LABYLLE Maggy (F)	AC Bouillante	166.847 km	24:00:00
18.	CAILLEAUX Patrick	NL - Ingre	165.954 km	24:00:00
19.	DIEN Daniel	Neuilly-sur-Marne A	165.028 km	24:00:00
20.	PINEAU Laurent	Athletisme Sud 17	164.445 km	24:00:00
21.	OLIVARES Mathieu	Neuilly-sur-Marne A	164.198 km	24:00:00
22.	NAVARRO Martine (F)	Athle 11	164.204 km	24:00:00
23.	THOUMELIN Laurent	Athletisme Sarthe Loir 72	160.564 km	24:00:00
24.	GILLET Max	NL - Ascheres-le-Marche	157.534 km	24:00:00
25.	GRASSI Alain	Pass Running FFA	155.669 km	24:00:00
26.	BIET Christophe	J3 Sports Amilly	154.889 km	24:00:00
27.	CHUI Didier	US Berry Athletisme	154.200 km	24:00:00
28.	CAZENAVE Vincent	Stadoceste Tarbes	154.198 km	24:00:00
29.	YVERT Louis	CM Roubaix	152.183 km	24:00:00
30.	BLONDE Daniel	NL - Meythet	148.831 km	24:00:00
31.	DEPARDAY Fabien	Stadium Montigny AC	147.707 km	24:00:00
32.	HUART Gilles	ASPTT Besancon	147.293 km	24:00:00
33.	NAUDIN Jean-Pierre	NL - Saint-Jean-de-Braye	145.825 km	24:00:00
34.	BIZARD Claudie (F)	Thiais AC	145.803 km	24:00:00
35.	LINARD Benoit	US Berry Athletisme	144.872 km	24:00:00
36.	KIEFFER Pascal	AJ Montmoreau	142.972 km	24:00:00
37.	BLANCHOIN Gaston	NL - Lion-en-Beauce	142.819 km	24:00:00
38.	PICOT Gerard	Pass Running FFA	142.316 km	24:00:00
39.	CARREY Franck	NL - Berry-Bouy	140.143 km	24:00:00
40.	DE MARCILLAC Bertrand	CA Montreuil 93	134.294 km	24:00:00
41.	OULBANI Jean-Claude	Entente de Haute Alsace	133.070 km	24:00:00
42.	BOVIN Laurent	AM St Thibault des Vignes	133.238 km	24:00:00
43.	LAUBRETON Stephane	Athletisme Sud 17	128.114 km	24:00:00
44.	RASSAIND Andre	EA Centre Isere	124.835 km	24:00:00
45.	GLASER Jean-Bernard	Neuilly-sur-Marne A	124.385 km	24:00:00
46.	ROPERs Adele (F)	Pays de Colmar Athletisme	122.006 km	24:00:00
47.	ELIEZER Jocelyn	AC Bouillante	121.191 km	24:00:00
48.	MULLARD Michel	NL - Mardie	119.014 km	24:00:00
49.	BOURSAIN Michaelise (F)	NL - Checy	116.330 km	24:00:00
50.	SCHEFFER Christian	Portet Athletic Club	114.395 km	24:00:00
51.	BUTET Marc	NL - EM Bourges	106.400 km	24:00:00
52.	MERCIER Jean-Pierre	Pays de Colmar Athletisme	100.523 km	24:00:00
53.	PIERRE Patrick	CA Castelsarrasinois	98.542 km	24:00:00
54.	LANDRU Noelle (F)	AS Corbeil-Essonnes	94.755 km	24:00:00
55.	BEN EL KEBIR Hafid	Pays de Colmar Athletisme	84.095 km	24:00:00

SVENSSON Christer	Vaxjo AIS	169.829 km	21:35:15
LANGLOIS Patrick	Marne et Gondoire A	137.601 km	17:41:10
REGY David	SPN Vernon	113.430 km	13:18:29
TROCHU Roger	NL - Ancenis	108.059 km	15:22:52
ROZE Eddy	Amiens UC	105.373 km	12:47:10
ZANCHI Pierre-Gilbert	Ind - Vallorbe	102.687 km	14:35:36
GEORGELIN Serge	Bruz Athletisme	91.945 km	12:23:00
MAISON Sylvie (F)	Strasbourg Agglomeration A	89.259 km	12:20:39
THAUVIN Jean-Michel	NL-Chateaudun	81.202 km	12:38:59
VANDENDAUL Daniel	CABW	78.517 km	09:50:59
TILL Jacques	Waco	73.145 km	09:46:11
GIRAUDEAU Denis	ULA Quimper Cornouaille	59.717 km	09:05:35
SADET François	NL - Mery-es-Bois	57.031 km	07:55:22
LHERITIER Michel	Ste Maure AC	40.917 km	08:20:43
GUENIAU Marie-Claude (F)	US Berry Athletisme	24.804 km	03:51:12

#### 2x 6 Hours Walk

1. ARNAULT Jacques	Neuilly-sur-Marne A	99.063 km	11:56:05
2. BOCUZE Daniel	FAC Andrezieux	98.430 km	11:58:36
3. LABARRE Bertrand	CS Provins A	97.010 km	11:58:59
4. SALOMEZ Benedicte (F)	Neuilly-sur-Marne A	87.687 km	11:56:49
5. PANNIER Josiane (F)	Le Havre AC	85.635 km	11:56:45
6. CORKILL Addam Lee	Leicester Walking Club	85.635 km	11:59:13
7. PORTANTE Frederic	AC Saint Sauveur	85.001 km	11:57:31
8. MOUGENOT Patrick	Marne et Gondoire A	83.735 km	11:56:45
9. ARNAULT Francoise (F)	Neuilly-sur-Marne A	82.949 km	11:57:30
10. SALOMEZ Emeline (F)	NL - Neuilly-sur-Marne	81.683 km	11:59:32
11. MOROSI Thomas	NL - St Germain -des-Fosses	81.049 km	11:48:06
12. BERTHAULT-KORZHYK Annie (F)	Indre AC	70.940 km	11:54:37
13. KIEFFER Christine (F)	AJ Montmoreau	66.988 km	11:57:44
14. QUINQUETON Bernadette (F)	AM St Thibault des Vignes	66.835 km	11:56:30
15. GUIOT Axelle (F)	NL - Reaux/Trefle	57.031 km	09:19:12
16. THANRON Elisabeth (F)	NL - Montillot	43.603 km	06:20:36



*Sandra Brown, Maggy Labyllle and Karen Lawrie (photos Emmanuel Tardi)*





*Christophye Laborie, Philippe Gilles and Michel Kerlau*

#### MARCIADALMONDO AND OMARCHADOR ROUNDUP

Marciadalmondo had 12 press releases this week

- Mon 6 Mar - Caio Bonfim wins Brasil Caixa Cup 20km in Bragança Paulista  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2733](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2733)
- Sun 5 Mar - Niu Wenbin and Yin Hang win Chinese 50km titles in Huangshan  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2732](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2732)
- Sun 5 Mar - Joao Viera and Ana Cabecinha win Portuguese 20km titles in Sao Joao de Madeira  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2731](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2731)
- Sat 4 Mar - Kopp and Zurek win walks in ITA-FRA-GER match in Halle, Germany  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2730](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2730)
- Sat 4 Mar - Results of Spanish 50km and 20km women Championships in El Hierro, Canary Islands  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2729](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2729)
- Sat 4 Mar - Excellent results in the first day of the Chinese Racewalking Grand Prix in Huangshan  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2728](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2728)
- Sat 4 Mar - Spanish racewalk judge Antonio Arribas honoured for 50 years of service  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2727](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2727)
- Fri 3 Mar - Results of last weekend's Estado de Mexico race walk championships in Tlalnepantla  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2726](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2726)
- Fri 3 Mar - Preview of ITA-FRA-GER U20 Match in Halle, Germany  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2725](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2725)
- Fri 3 Mar - Maria Guadalupe Gonzalez will start her 2017 racing season in Ciudad Juarez, Mexico  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2724](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2724)
- Thu 2 Mar - Preview of fitwalk and 30km racewalk in Scarnafigi, Italy, to be held on 12 Marcy  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2723](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2723)
- Wed 1 Mar - El Hierro, Canary Islands, to host Spanish walk championships this weekend  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2722](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2722)

and Omarchador had 18 press releases

- Tue 7 Mar - Laura Leal and Amaro Teixeira win Portuguese Universities Indoor walks  
<http://omarchador.blogspot.com.au/2017/03/laura-leal-e-amaro-teixeira-com-titulos.html>
- Mon 6 Mar - Nunn and Michta-Coffey win USA Indoor walk titles in Albuquerque  
<http://omarchador.blogspot.com.au/2017/03/nunn-e-michta-coffey-sagram-se-campeoes.html>
- Sun 5 Mar - Results of Polish Masters Indoor Championships  
<http://omarchador.blogspot.com.au/2017/03/campeonatos-da-polonia-de-veteranos-em.html>
- Sun 5 Mar - Results of Italian Masters Indoor Championships  
<http://omarchador.blogspot.com.au/2017/03/italia-disputou-campeonatos-de.html>
- Sun 5 Mar - Vieira and Cabecinha win Portuguese roadwalk championships  
<http://omarchador.blogspot.com.au/2017/03/vieira-e-cabecinha-vencem-nacionais-de.html>
- Sat 4 Mar - Preview of Portuguese Universities Indoor Champs this weekend  
<http://omarchador.blogspot.com.au/2017/03/nacionais-universitarios-de-pista.html>
- Sat 4 Mar - Spanish racewalk judge Antonio Arribas to be honored for 50 years service  
<http://omarchador.blogspot.com.au/2017/03/antonio-arribas-vai-ser-homenageado-por.html>
- Fri 3 Mar - São João da Madeira hosts the Portuguese Roadwalk Champs this weekend  
<http://omarchador.blogspot.com.au/2017/03/sao-joao-da-madeira-recebe-os.html>
- Fri 3 Mar - El Hierro (Canary Islands) will host the Spanish Road Championships this weekend  
<http://omarchador.blogspot.com.au/2017/03/el-hierro-ilhas-canarias-acolhera-os.html>
- Fri 3 Mar - Porto District Athletics Championship results  
<http://omarchador.blogspot.com.au/2017/03/porto-juntou-se-aveiro-nos-districtais.html>
- Fri 3 Mar - Results of Mexican State Championships in Tlalnepantla de Baz  
<http://omarchador.blogspot.com.au/2017/03/campeonatos-do-estado-do-mexico-em.html>
- Thu 2 Mar - Results of BLR-FRA-LAT-LTU-TUR-UKR-EST-AZE U20 match in Minsk  
<http://omarchador.blogspot.com.au/2017/03/blr-fra-lat-ltu-tur-ukr-est-aze-sub-20.html>
- Thu 2 Mar - Results of Aveiro district walks in São João da Madeira, Portugal  
<http://omarchador.blogspot.com.au/2017/03/aveiro-realizou-districtais-de-marcha.html>
- Thu 2 Mar - Profile of retired Portuguese walker Elisa Rigaudó  
<http://omarchador.blogspot.com.au/2017/03/elisa-rigaudó-o-adeus-marcha-de-uma.html>
- Wed 1 Mar - Preview of Brazilian Championships in Bragança Paulista  
<http://omarchador.blogspot.com.au/2017/03/campeonatos-do-brasil-em-braganca.html>
- Wed 1 Mar - Results of German U20 Indoor Championships  
<http://omarchador.blogspot.com.au/2017/03/campeonatos-da-alemanha-de-pista.html>
- Tue 28 Feb - Portuguese Federation set tough walks standards for IAAF World Champs in London  
<http://omarchador.blogspot.com.au/2017/02/fpa-dificulta-em-7-minutos-os-minimos.html>
- Tue 28 Feb - Madrid to host 2018 European Veterans' Indoor Championships  
<http://omarchador.blogspot.com.au/2017/02/madrid-acolhera-o-europeu-de-veteranos.html>

#### OUT AND ABOUT

- Durban may be unable to host the 2022 Commonwealth Games because of financial constraints, South Africa's sports minister Fikile Mbalula has said. "We gave it our best shot but we can't go beyond. If the country says we don't have this money, we can't." He said a final decision would be made by the Commonwealth Games Federation. See <http://www.bbc.com/news/world-africa-39116534>.
- UK Anti-Doping (UKAD) chief executive Nicole Sapstead told a parliamentary hearing last week that there have been no records kept of the "mystery package" delivered for cyclist Bradley Wiggins at the 2011 Criterium du Dauphine. British Cycling is at the centre of a UKAD investigation regarding the package, which former Team Sky doctor Richard Freeman

received on behalf of Wiggins on the last day of the traditional build-up race for the Tour de France. According to Team Sky, Dr Freeman kept medical records on a laptop which was stolen in 2014 and no-one has can remember what was in the package. Are we also supposed to believe in the Easter Bunny! See <http://www.insidethegames.biz/articles/1047583/no-record-of-mystery-package-for-sir-bradley-wiggins-ukad-chief-reveals>.

- The numbers were baffling to Michael Phelps. Before a USA Congressional hearing in Washington on Tuesday, he recounted being drug tested 13 times in the leadup to the Rio Olympics. Many of his peers, though, did not face that same testing. According to a WADA Independent Observer report, 1,913 athletes in 10 high-risk sports had no record of testing in 2016. Swimming, track and field and weightlifting are among those considered high-risk sports. But the number is actually higher. That same report noted 4,125 athletes — out of 11,470 confirmed entrants in the athletes village the week before the Olympics — had no record of testing last year before Rio. I know that Jared Tallent faced the same scenario, being tested a ridiculous number of times, while other top walkers had hardly any tests. It all makes you wonder if sometimes they boost their numbers by targeting people whom they know will pass the tests. Or am I just being a bit too paranoid. See <http://www.usatoday.com/story/sports/olympics/2017/02/28/michael-phelps-drug-tested-13-times-before-rio/98528038/>.
- And a nice article about English/Maltese walker **John Constandinou** in this week's edition of the Waitrose magazine. See [https://www.facebook.com/jconstandinou/media\\_set?set=a.10158417072100457.1073741827.907825456&type=3](https://www.facebook.com/jconstandinou/media_set?set=a.10158417072100457.1073741827.907825456&type=3). And an excellent photo as well.



- Three days before the election of the host city of the 2016 Olympic games, a company linked to a rich Brazilian businessman paid 1,5 million dollars to the son of Lamine Diack, then president of the IAAF and member of the IOC, Le Monde has learned. The French justice now has concrete pieces of information seriously questioning the probity of the bidding process for the 2016 Games. A preliminary investigation has been opened in France in March 2016. See [http://mobile.lemonde.fr/jeux-olympiques-rio-2016/article/2017/03/03/exclusive-evidence-of-corruption-over-rio-s-bid-for-the-2016-olympic-games\\_5088584\\_4910444.html?xtref=https://t.co/FpWafolwW4](http://mobile.lemonde.fr/jeux-olympiques-rio-2016/article/2017/03/03/exclusive-evidence-of-corruption-over-rio-s-bid-for-the-2016-olympic-games_5088584_4910444.html?xtref=https://t.co/FpWafolwW4).
- You have to hand it to some people - they have rose coloured glasses. IOC President Thomas Bach has downplayed legacy concerns surrounding last year's Olympics in Rio de Janeiro on the grounds that London took a similarly long time to reuse venues after hosting the Games in 2012. Sorry but I can't see much comparison between the broken and dishevelled facilities in Rio and the London facilities myself. Am I missing something? See <http://www.insidethegames.biz/articles/1047681/bach-criticises-olympic-critics-and-calls-for-repeat-bidders-to-pay-less>.
- More damning evidence has come to light in the investigation being carried out by British select committee of MPs into the mystery package that was sent to the Team Sky doctor 3 days before Bradley Wiggins won the 2011 Critérium du Dauphiné. The investigation centred on bag man Simon Cope who delivered the package. The hole dug by Team Sky and Wiggins just gets bigger. See <http://www.independent.co.uk/sport/cycling/british-cycling-team-sky-select-committee-bradley-wiggins-mystery-package-suspicious-a7606811.html>.
- Things got progressively worse for Team Sky and Bradley Wiggins a few days later. British Cycling and Team Sky are facing fresh questions over their conduct after reports that testosterone patches were delivered to Richard Freeman, the doctor at the centre of the scandal, in 2011. It has also been reported that Team Sky doctors attempted unsuccessfully to prevent their star rider Bradley Wiggins from being granted a fourth therapeutic use exemption for an otherwise banned substance. See <http://www.insidethegames.biz/articles/1047744/british-cycling-doctor-reportedly-sent-banned-testosterone-patches>.

- And it has got even worse now for Team Sky, with the UK Parliamentary inquiry now unearthing another potential issue. The latest revelations focus on the very strong prescription only painkiller tramadol. Former Team Sky rider Jonathan Tiernan-Locke has stated that he had been offered tramadol at the 2012 world championships in the Netherlands. The Devon cyclist, who retired recently after serving a two-year doping ban for a biological passport infringement prior to his spell at Sky told the BBC last October that the painkiller had been “offered freely around”. He added: “It just didn’t sit well with me at the time.” See <https://www.theguardian.com/sport/2017/mar/05/cycling-drug-inquiry-will-switch-focus-to-painkiller-tramadol>.
- Frankie Fredericks has resigned as a member of the IAAF Taskforce which is overseeing Russia's potential reinstatement following allegations made in Le Monde last week. The IOC Ethics Commission is investigating payments a company linked to the former Namibian sprinter allegedly received three days before Rio de Janeiro was awarded the 2016 Olympic and Paralympic Games in 2009. See <http://www.insidethegames.biz/articles/1047779/fredericks-steps-down-from-iaaf-taskforce-amid-ioc-investigation-into-suspicious-payments>.
- The sportswear giant Nike was accused of hindering a doping investigation into the elite training group run by Mo Farah’s coach Alberto Salazar according to fresh revelations from a leaked United States Anti-Doping Agency interim report, it has been claimed. Usada hit a brick wall when it asked the legendary endurance coach for all his notes, documents and emails containing the words “testosterone”, “Testoboost” or “Testo”. He apparently refused, saying they were on the Nike server and belonged to the company. Der Spiegel reports that Nike, when approached by Usada, said that although it was not averse to cooperating it wanted to sign a “confidentiality agreement” which Usada reportedly considered so restrictive that its lawyer William Bock accused it of making “unreasonable demands”. See <https://www.theguardian.com/sport/2017/mar/05/nike-accused-hindering-usada-alberto-salazar-doping-investigation>.

### 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 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 <sup>th</sup> March U20 10,000m Walks
	Monday 27 <sup>th</sup> March U17/U18 5000m Walks
	Friday 31 <sup>st</sup> March U15/U16 3000m Walks, Open 10,000m Walks
	Sunday 2 <sup>nd</sup> 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 <a href="http://ntmastersathletics.com.au/">http://ntmastersathletics.com.au/</a>
Jun 11 (Sun), 2017	51 <sup>st</sup> 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 <sup>th</sup> Grand Prix de Rio Maior, Rio Maior, Portugal
April 8, 2017	Podebrady Race Walk Meet, CZE. See <a href="http://www.podebrady-walking.cz/en/">http://www.podebrady-walking.cz/en/</a>
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 <a href="http://www.worldmastersgames2017.co.nz">www.worldmastersgames2017.co.nz</a>
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 <sup>th</sup> World Youth T&F Championships, Niarobi, Kenya – THIS IS THE FINAL EDITION
August 5-13, 2017	16 <sup>th</sup> IAAF World Championships in Athletics, London, UK. See <a href="http://www.london2017athletics.com/">http://www.london2017athletics.com/</a> .
August 19-30, 2017	29 <sup>th</sup> Summer Universiade, Taipei, Taiwan
Sept 9, 2017	8 <sup>th</sup> 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)
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Mar 19, 2017 International Walks Meet, Monterrey, Mexico (20km, 50km)  
Apr 1, 2017 26<sup>th</sup> 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<sup>th</sup> 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<sup>th</sup> IAAF World Race Walking Team Championships, Taicang, China  
July 2018 16<sup>th</sup> World Junior T&F Championships, Tampere, Finland  
Sept 2018 22<sup>nd</sup> World Masters Athletics T&F Championships, Malaga, Spain  
Sept 28 – Oct 6, 2019 17<sup>th</sup> IAAF World Championships in Athletics, Doha, Qatar  
July 2019 30<sup>th</sup> Summer Universiade, Brasilia, Brazil  
2019 World Masters Indoors T&F Championships, Torun, Poland  
July 24 – Aug 9, 2020 32<sup>nd</sup> Olympic Games, Tokyo  
July 20 – Aug 1, 2020 23<sup>rd</sup> World Masters T&F Championships, Toronto, Canada  
Aug 2021 18<sup>th</sup> IAAF World Championships in Athletics, Eugene, USA  
July 18-30, 2022 XXII Commonwealth Games, Durban, South Africa

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