



HEEL AND TOE ONLINE

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

My Walkers of the Week are Simon Baker and Declan Tingay, but for two very different reasons.

- 18 year old Western Australian speedster **Declan Tingay** recorded a 30 sec PB in the ACT T&F Championships 5000m walk at the AIS Athletics Track in Canberra last Sunday, his time of **19:38.81** only 0.59sec shy of Troy Sundstrom's Australian Australian U20 5000m track walk record of 19:38.22, set in Sydney in February 2000. So close! Declan has the rest of this year to stage further attacks on this longstanding mark and I am sure further opportunities will arise. To say Declan is a rising talent is an understatement!
- 59 year old Victorian **Simon Baker** was awarded an **OAM (Medal of the Order of Australia)** in last Friday's Australia Day Honours List - for services to athletics and racewalking in particular. To try to sumamrise Simon's many contributions to racewalking in the context of this newsletter is an impossible ask – it would take a separate newsletter edition! So click on this link and read about it for yourself: <http://www.vrwc.org.au/tim-archive/articles/wv-simon-baker.pdf>. This prestigious gong is well deserved and almost certainly overdue. Well done mate.



Left: Declan chases Evan Dunfee on Sunday in Canberra

Right: Simon Baker in 1986 – one of our best ever walkers

The full list of all 2018 Australia Day Honours can be seen at <http://www.smh.com.au/national/australia-day-honours-2018-the-full-list-20180125-h0o20j.html>. I did a quick brain storm from years past and found Simon to be the latest in a small but very select group from our Australian racewalking family to be awarded either the AM/OAM or its predecessor the MBE. Let me know if I am missing anyone. My list reads as follows:

1973	Mabel Robinson (VIC) MBE	2014	Tim Erickson (VIC) OAM
1997	Denis Wilson (ACT) AM	2017	Jared Tallent (SA) OAM
1998	Marion Patterson (VIC) OAM	2018	Simon Baker (VIC) OAM
2012	Wayne Fletcher (TAS) OAM		

In finishing, I must mention that Noela MacLeod, the grandmother of VRWC members Charlotte and Angus Hay, was also awarded an OAM in the 2018 Australia Day honors list "for distinguished service to the community through advisory support and executive leadership of national, state and rural women's programs and associations." So congratulations also to the Hay family!

WHAT'S COMING UP

- **The Victorian Teams 5000m Track Walk Championships** will be held at the Mentone track tomorrow evening, **Wednesday 31st January**. Entry to the VRWC races can be done on the night. Entries for the AV Teams Championship have now closed. The timetable reads as follows

Wed 31st January 2018, AV 5km Teams Championship, VRWC Walk, Mentone		
Venue: Mentone Athletic Track, Dolomore Reserve, Queen Street, Mentone		
6.40pm	VRWC 1500m	Open
7.00pm	AV 5000m Teams championship, Men and Women	Open
7.00pm	VRWC 5000m	Open

AV has forwarded the entries for the Victorian 5km Teams Walk. Great to see 3 teams in the men's championship (KNA, MEN and VMA) and 2 teams in the women's championship (KNA and SAN).

Victorian 5km Teams Walk Men

Corey Dickson	15	KNA
Angus Hay	14	KNA
Mark Blackwood	40	KNA
Rupert Van Dongen	43	MEN
Geoff Barrow	68	MEN
Nikolaj Djordjevic	15	MEN
Julian Boland	54	MEN
Russell Dickenson	72	VMA
Clyde Riddoch	64	VMA
Albin Hess	57	VMA

Victorian 5km Teams Walk Women

Sandra Howorth	54	GHY
Gwen Steed	75	GHY
Charlotte Hay	14	KNA
Jasmin Hass	15	KNA
Kathleen O'Mahony	15	KNA
Rebecca Henderson	16	MEN
Philippa Huse	18	SAN
Isabella Dingli	15	SAN
Alannah Dingli	14	SAN

The next big fixture on the local front after that will be the **AV Shield Final** at Lakeside Stadium on **Saturday 10th February**. This features 2000m Walks for those clubs which have progressed.

- That same weekend also sees the **2018 Australian 20km Summer Roadwalk Championships** which will be held in Adelaide on **Sunday 11th February**. Entries will close with AA on Monday 5th February. The timetable reads as follows

7:00am	Australian 20km Race Walking Championships
8:00am	Oceania Under 20 10km Race Walking Championships
8:00am	Invitational Under 18 5km Race Walks

Most of the international walkers currently in Australia will contest the 20km races so some exciting times are expected. The meet also acts as the Australian Commonwealth Games and World Racewalking Team Championships trials.

- Finally, if you are interested in a trip to New Zealand with a difference, the **NZ T&F Championships** will be held in **Hamilton** from **9-11 March**, with 3000m on the track on 9th March and a 20km on the road on 11th March.

VICTORIAN COUNTRY T&F CHAMPIONSHIPS, BALLARAT. JAN 26-28, 2018

The Victorian Country T&F Championships were held last weekend at Llanberris Reserve in the Victorian country city of Ballarat. Such a hot weekend was forecast that Athletics Victoria was forced at the last minute to amend the timetable, rescheduling the events to morning and evening timeslots, to avoid the heat of the day.

The first walks to be contested were the U16 and 60+ 1500m, held on Friday morning in very hot and sunny conditions. It was little wonder that the times were slow. Well done to winners **Liam McLennan, Kaylay Heikkila-Dubowik, Geoff Barrow** and **Barb Bryant**.

U14 Boys 1500m

1.	McLennan, Liam	05	DONCASTER AC X	8:24.61
2.	Weickhardt, Sebastian	06	WYNDHAM X	8:33.97
3.	Peart, Scott	06	BALLARAT YCW	8:44.79

U14 Girls 1500m

1.	Heikkila-Dubowik, Kaylah	05	CORIO AC	8:41.41
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Men 60+ 1500m Walk

1.	Barrow, Geoff	49	MENTONE AC X	9:59.90
2.	Carter, John	50	SOUTH BENDIGO AC	11:11.51

Women 60+ 1500m Walk

1.	Bryant, Barbara	54	EAGLEHAWK YMCA AC	8:38.91
2.	Payne, Jennifer	56	SOUTH BENDIGO AC	8:51.24
3.	Curtis, Annette	56	SOUTH BENDIGO AC	9:49.35
4.	Ennor, Wendy	57	EAGLEHAWK YMCA AC	12:09.50

The Open, U20 and 40+ 5000m walks were scheduled at the start of the Friday evening session at 6:30PM and another hot affair was expected. Luckily a late forecast amendment saw a cool change sweep across the state, bringing rain and relief from the heat. The PB of the evening was provided by English walker **Natalie Myers** with her time of 26:57.53. **Will Thompson** also walked excellently, just over 1 sec outside his PB with 24:14.08. Other good times from **Rupert van Dongen** and **Jemma Peart**.

Open Men 5000m Walk

1.	Van Dongen, Rupert	74	MENTONE AC X	29:37.29
2.	Curtis, Peter	94	SOUTH BENDIGO AC	30:04.07
3.	O'Neill, Terrence	56	GIPPSLAND AC	31:40.71
4.	Carter, John	50	SOUTH BENDIGO AC	38:37.76

Open Women 5000m Walk

1.	Myers, Natalie	91	UNITED KINGDOM	26:57.53	PB 0:04
2.	Whiley, Ebony	95	EAGLEHAWK YMCA	30:53.91	
3.	O'Neill, Karyn	55	GIPPSLAND AC	34:48.28	

U20 Men 5000m Walk

1.	Thompson, Will	02	CASEY CARDINIAX	24:13.08
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U20 Women 5000m Walk

1.	Peart, Jemma	01	BALLARAT YCW	25:12.93
2.	Davison, Mackayla	00	CORIO AC	28:42.63
3.	Noonan, Emily	00	COLLINGWOODX	31:05.24
4.	Dowie, Ellen	99	EUREKA AC	32:15.40

Men 40+ 5000m Walk

1.	Nelson, Scott	69	WYNDHAM X	26:44.39
2.	Smyth, David	69	COLLINGWOOD X	29:26.19

Women 40+ 5000m Walk

1.	Brennan, Sarah	76	BALLARAT YCW	27:57.18
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The 3000m walks were held on Saturday morning, again with cooler conditions than forecast a few days previously. Best performance was by **Alanna Peart** who won the U16 girls' division with 14:21.88. Alanna was also awarded the Australia Day medal for the best female performance in the Country Champs, breaking her sister Jemma's U15/16 Ballarat Centre track record.

3000m Men 50+

1.	O'Neill, Terrence	56	GPA	18:47.01
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3000m Women 50+

1.	Bryant, Barbara	54	EAGLEHAWK YMCA	18:04.03
2.	Payne, Jennifer	56	SOUTH BENDIGO	18:26.36
3.	Holohan, Bernadette	65	SANDRINGHAM X	20:17.18
4.	O'Neill, Karyn	55	GPA	20:42.70
	Thompson, Marilyn	65	CCA X	DNF

3000m U18 Girls

Peart, Jemma	01	BYC	DNF
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3000m U16 Girls

1.	Peart, Alanna	03	BYC	14:21.88	Ballarat Rec
2.	Hay, Charlotte	03	KNOX AC X	15:54.85	
3.	Nelson, Arnika	03	WYN X	16:14.49	
4.	Walker, Charli	03	BEL	18:38.41	

3000m U16 Boys

1.	Saunders, Fraser	04	BYC	16:27.84
2.	Hay, Angus	03	KNOX AC X	19:04.29



U14 action: Liam McLennan, Kaylah Heikkila-Dubowik, Scott Peart and Sebastian Weickhardt (photos Peart family)



5000m action: Rupert van Dongen, Peter Curtis, Sarah Brennan, Natalie Myers, Jemma Peart and Will Thompson (photos Scott Peart)



U16 action: Alanna Peart, Arnika Nelson, Fraser Saunder, Angus Hay, Fraser. Charli Walker, Arnika, Alanna, Charlotte Hay



Left: 50+ medallists Jennie Payne, Barb Bryant, Dee Holohan, Karyn O'Neill and Terry O'Neill
 Right: 60+ medallists Jennie Payne, Barb Bryant, Annette Curtis, John Carter and Geoff Barrow

Thanks to the Peart family (and especially Scott) for all the above shots.

ACTRWC SUMMER ROADWALKS, LENNOX GARDENS, CANBERRA, SUNDAY 21 JANUARY

Back a week for the results of an ACTRWC roadwalk meet in Canberra. It was good to see some of the walkers from the AIS study and camp supporting the event. Best performance from **Tim Fraser** (48:22 for 10km).

10km Walk

1.	Tim Fraser	ACT	48:22
2.	Philippa Huse	VIC	51:33
3.	Callum Burns	ACT	51:44
4.	Greg Durr	ACT	65:45

5km Walk

1.	Rozie Robinson	NZL	26:03
2.	Natalie Myers	GBR	27:49
3.	Hannah Manning	ACT	28:30
4.	Tim Erickson	VIC	30:30
5.	Derek Robinson	ACT	35:39
6.	Bob Parker	ACT	37:22
7.	Rosemary Parker	ACT	39:51
8.	Geoff Barker	ACT	49:57

7.5km Walk

1.	Robin Whyte	ACT	49:42
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2.5km Walk

	Val Chesterton	ACT	DNF
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BENDIGO WALKERS CLUB ROADWALKS, ROSALIND PARK, BENDIGO, WEDNESDAY 24 JANUARY

Thanks to Paul Rance for the latest report from Bendigo, in country Victoria. Paul reports: The Bendigo Walkers Club held a 2km sealed handicap event in Rosalind Park on Wednesday evening, with a small number of walkers competing. **Peter Curtis** took 1st and fastest with a strong effort while **Annette Curtis** was 2nd and **Bill Lotherington** secured 3rd place just in front of **Jennie Payne**.

2km Handicap Walk

1.	Peter Curtis	10.58
2.	Annette Curtis	13.41
3.	Bill Lotherington	14.33
4.	Jennie Payne	12.15
5.	Barb Bryant	11.59
6.	Caitlyn Curtis	17.03
7.	Sheridan Commons	15.22

SAMA TRACK WALKS, SA ATHLETICS STADIUM, MILE END, ADELAIDE, WEDNESDAY 24 JANUARY

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

800m Walk

1.	Mark Worthing	4:01	M55
2.	Marie Maxted	4:37	W57

5000m Walk

1.	Jack Russell	33:30	M65	70.54%
2.	Trevor Mayhew	35:38	M71	71.17%

3. Gil McIntosh	5:18	M67	3. James Hoare	37:32	M71	67.57%
4. Trevor Mayhew	5:26	M71	4. Graham Harrison	39:22	M74	66.98%
5. James Hoare	5:34	M71	5. Ross Hill-Brown	42:10	M63	54.85%
6. Brian Witty	5:43	M67				
7. Helen Suridge	5:49	W66	3000m Walk			
8. Roger Lowe	6:00	M74	1. Marie Maxted	20:27	W57	68.10%
9. Graham Harrison	6:02	M74	2. Gil McIntosh	21:15	M67	66.86%
10. Valmai Padget	6:06	W73	3. Dave Fallon	24:03	M65	57.77%
11. Margaret McIntosh	6:06	W65	4. Valmai Padget	24:19	W73	69.93%
12. Scott Hart	6:47		5. Margaret McIntosh	24:28	W65	62.26%
13. David Robertson	6:51	M84	6. Scott Hart	27:20		
14. Paula Morrissy	7:32					

ATHLETICS SA INTERCLUB, SA ATHLETICS TRACK, MILE END, ADELAIDE, THURSDAY 25 JANUARY

Fast forward one day and SA walkers were back in action again, with the regular Athletics SA Interclub competition. Good 3000m time to **Tristan Camilleri**.

3000m Walk

1. Tristan Camilleri	COASTAL DIST	13:16.64
2. Bethany Cross	PEMBROKE	15:52.48
3. Mathew Bruniges	SOUTHERN	16:50.52
4. Peter Crump	SAINTS	17:27.98
5. James Hoare	PORT ADELAID	22:01.30

1500m Walk

1. Rhiannon Lovegrove	PORT ADELAID	7:55.25
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ATHLETICS QLD - DENISE BOYD SHIELD, QSAC, BRISBANE, FRIDAY 26 JANUARY

To Brisbane last Friday evening for some track walks, held as part of the Athletics Queensland Denise Boyd Shield competition. Best performance to 15 year old **Nelson McCutcheon** whose 5000m time of 22:33.87 must have been a huge PB. Good performances also by **Jess Pickles** (23:37.36) and **Gabriella Hill** (14:52.10).

5000m Walk

1. McCutcheon, Nelson	16	Qeii Track Club	22:33.87
2. Pickles, Jessica	24	University o	23:37.36
3. Stewart, Ryan	16	Ipswich & District	30:29.21
4. Hamann, Charlotte	17	University o	31:23.85
Cooper, James	30	Rockhampton	DQ

3000m Walk

1. Hill, Gabriella	15	Gold Coast Victory	14:52.10
2. Novinetz, Camryn	15	Ipswich & District	15:41.51
3. Anderson, Jayda	13	Gold Coast C	16:30.48
4. Clarke, Anika	13	Redlands	17:02.30
5. McCure, Sam	12	Gold Coast Victory	17:08.04
6. Ofield, Mackenzie	14	University o	17:40.06
7. McCure, Lachlan	14	Gold Coast Victory	17:49.82

AACT ATHLETICS CHAMPIONSHIPS, AIS ATHLETICS TRACK, BRUCE, ACT, 26-27 JANUARY

The ACT T&F Championships, held last weekend at the AIS Athletics Track in Canberra, saw walk numbers swell with the presence of some of the walkers attending the AIS study/camp. They were taking advantage of a day off last Sunday, and 18 year old **Declan Tingay** had his own personal goal – to attack Troy Sundstrom's Australian Australian U20 5000m track walk record of 19:38.22, set in Sydney in February 2000. With **Quentin Rew** (NZL) and **Evan Dunfee** (CAN) leading out with a very fast first 2000m, the stage was set for a fast time and Declan rose to the challenge, storming home just behind Evan with a 30 sec PB time of 19:38.81. It was a fantastic performance but fell 0.59sec short of the record. So close! Declan has the rest of this year to stage further attacks on this longstanding mark and I am sure further opportunities will arise. The young ACT male walkers also impressed, with **Connor Frew** (21:56.09), **Tim Fraser** (22:05.96) and **Mitchell Baker** (22:24.49) all producing high quality walks. In the women's 3000m, Victorians **Simone McInnes** (22:52.87 PB) and **Philippa Huse** (24:36.99) also walked very well. All in all, the small camp group made a big impact on the walks.

5000m Men

1.	Dunfee, Evan	Canada	19:36.61	
2.	Tingay, Declan	Western Australia	19:38.81	PB 0:30
3.	Rew, Quentin	New Zealand	21:13.73	
4.	Frew, Connor	South Canber	21:56.09	
5.	Fraser, Timothy	South Canber	22:05.96	
6.	Baker, Mitchell	North Canber	22:24.49	
7.	Burns, Callum	North Canber	24:09.21	
8.	Young, Gwyllym	South Canber	26:01.94	

5000m Women

1.	McInnes, Simone	Victoria	22:52.87	PB 0:16
2.	Huse, Philippa	Victoria	24:36.99	
3.	Mison, Hannah	NSW	28:09.12	
4.	Manning, Hannah	North Canber	28:22.01	

3000m Walk Women

1.	Burns, Laura	North Canber	16:32.92
2.	Dagher, Sophia	NSW	17:12.65
3.	Hardy, Renee	NSW	17:23.13
4.	Shaw, Sidney	Ginninderra	18:36.26

NSW COUNTRY T&F CHAMPIONSHIPS, BEATON PARK, WOLLONGONG, 26-28 JANUARY
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NSW also held its Country T&F Championships last weekend, with a good turnout of country based walkers. Best performances to **Allanah Pitcher** (13:55.48) and **Joel Kemp** (14:19.99).

Open 3000m Walk

1.	Martin, Tim	20	Athletics Wo	18:12.60
2.	Thorn, Chris	26	Athletics Wo	19:16.82

50-59 3000m Walk

1.	Martin, Anthea	51	Coffs Harbou	19:39.08
1.	Rowe, Gregory	56	Mingara Athl	21:13.15

40-49 3000m

1.	Smith, Heidi	49	Illawarra Bl	24:40.28
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U18 3000m Walk

1.	Mison, Hannah	16	Koorringal -W	16:13.27
2.	Hogg, Ashleigh	17	Illawarra Bl	28:39.58

U17 3000m Walk

1.	Pitcher, Allanah	14	Mingara Athl	13:55.48
2.	Lucas, Eilidh	15	Koorringal -W	18:24.45
1.	Kemp, Joel	13	Mingara Athl	14:19.99
2.	Attwell, Jake	15	Illawarra Bl	15:46.08

U16 1500m Walk

1.	Dunne, Izabella	13	Mingara Athl	7:30.72
2.	Pitcher, Sienna	9	Mingara Athl	8:19.84
3.	Robertson, Ella	13	Mingara Athl	8:38.67
4.	Kolts, Hayley	12	Illawarra Bl	9:30.03
5.	Schulhin, Bethany	12	Armidale Ath	11:20.89
1.	Barnes, Rhys	14	Illawarra Bl	9:34.80
2.	Colefax, Jesse	13	Athletics Nsw	10:36.14
3.	Bell, Matthew	9	Glenbrook At	15:31.84

VMA T&F MEET, RUNAWAY BAY ATHLETICS TRACK, GOLD COAST, SATURDAY 20 JANUARY

And finally, a couple of Queensland Masters walks to finish off our Australian reporting.

3000m Walk

1.	Brenda Gannon	W43	Brisbane	16:27.83	73.10%
2.	Nyle Sunderland	W50	GC & Sthrn	18:32.76	70.37%
3.	Kay Shaw	W58	GC & Sthrn	20:19.12	67.21%
4.	Patrick Sela	M78	GC & Sthrn	24:21.55	64.44%

VMA T&F MEET, SAF, BRISBANE, SUNDAY 28 JANUARY

5000m Walk

1.	Peter Bennett	M62	Brisbane	28:09.67	79.66%
2.	Mark Carlile	M44	Brisbane	34:45.33	54.41%
3.	Noela McKinven	W75	Brisbane	41:22.54	73.76%
4.	James Gooley	M49	Visitor	41:44.84	47.13%

LONDON GAMES (U13/U15/U17), LEE VALLEY, LONDON, 20-21 JANUARY

Back a week to start the interational results section of the newsletter, with the London Games being held at the Lee Valley Indoor Stadium in London on the weekend of 21-22 January. The meet featured 3000m and 1000m walks. Results as shown below.

3000m Walk, Saturday 20 January

1.	Luc Legon	U23	M	Bexley/Cambridge H	13:02.5
2.	Francisco Reis	V55	M	Thames Valley	14:08.6
3.	Abigail Jennings	U20	W	Aldershot, Farnham & District	15:23.0
4.	Alex Macheath	U15	M	Cambridge H	16:08.4
5.	Isabelle Bridge	U17	W	Blackheath & Bromley	16:25.4
6.	Nicholas Hart	U17	M	Aldershot, Farnham & District	16:33.0
7.	Lucy Lewis Ward	U17	W	Cambridge H	16:51.4
8.	Hannah Hopper	U17	W	Cambridge H	18:35.1
9.	Sue Davies	V50	W	Aldershot, Farnham & District	18:39.3
10.	Geraldine Legon	V55	W	Bexley/Cambridge H	19:48.9
11.	Malcolm Martin	V60	M	Paddock Wood	DNF
12.	Daniel McKerlich	U20	M	Cardiff	DQ

1000m Walk, Saturday 20 January

1.	Abigail Smith	U15	W	Blackheath & Bromley	05:18.0
2.	Christian Hopper	U15	M	Cambridge H	05:23.8
3.	Charlotte Wallis	U15	W	Aldershot, Farnham & District	05:37.9
4.	Hannah Atkinson	U15	W	Cambridge H	05:47.3
5.	Molly McKerlich	U15	W	Cardiff	06:11.8

OCEANIA MASTERS ATHLETICS CHAMPIONSHIPS, DUNEDIN, NEW ZEALAND, JAN 20-27, 2018

The Oceania Masters Championships were completed last weekend in Dunedin, New Zealand. In last week's newsletter, I reported on the 10km roadwalks which were held last Sunday (Day 2 of the Championships). This week I report on the 5000m Track Walks and the 3000m Track Walks. See full results at <http://athleticsotago.co.nz/News/oceania-masters-t-f-results>.

5000m Walks, Tuesday 23 January

First to last Tuesday when the 5000m walks were held in searing temperatures. Consequently only 1 Games record, done by **Daphne Jones** in the W75 division (36:41.40 83.18%). Others to better the 80% age graded standard included **Jacqueline Wilson** (W70 32:06.06 87.84%) and **Heather Carr** (W65 31:35.73 83.18%). Reported well in http://omarchador.blogspot.com.au/2018/01/oceania-campeonatos-de-atletismo-master_25.html.

W35	1	Vicky Jones	W38	New Zealand	40:16.51	49.59%
W45	1	Arlene Wong-Tung	W45	New Zealand	37:59.39	56.30%
W50	1	Ann Staunton-Jugovic	W54	Australia	30:38.54	72.82%
	2	Serena Coombes	W52	New Zealand	32:10.00	69.37%
W55	1	Anne Weekes	W55	Australia	29:58.13	78.11%
W60	1	Terri Grimmett	W60	New Zealand	34:05.39	72.50%
	2	Theresa Large	W61	New Zealand	34:52.88	70.85%
W65	1	Heather Carr	W68	Australia	31:35.73	83.18%

	2	Shirley Rolston	W68	New Zealand	36:56.91	71.13%
	-	Sheryl Miratana	W68	New Zealand	DQ	
W70	1	Jacqueline Wilson	W71	New Zealand	32:05.06	87.84%
W75	1	Daphne Jones	W76	New Zealand	36:41.40R	83.18%
	2	Lynne Schickert	W76	Australia	39:55.20	76.45%
	-	Joan Purcell	W76	Australia	DNF	
M45	1	Sean Lake	M46	New Zealand	30:54.83	63.65%
M50	1	Lyndon Hohaia	M50	New Zealand	27:41.92	74.03%
	2	Joseph Antcliff	M51	New Zealand	34:15.05	59.87%
M55	1	Simon Evans	M57	Australia	29:14.00	73.23%
M60	1	Mike Parker	M64	New Zealand	29:29.45	76.07%
	-	Christopher Worsnop	M60	Australia	DQ	
M65	1	Clive McGovern	M67	New Zealand	31:16.80	75.55%
	2	Jim Kerse	M69	New Zealand	40:21.03	58.57%
M70	1	Geoff Iremonger	M71	New Zealand	40:07.13	62.44%
	2	Tom Cockerill	M73	New Zealand	41:17.94	60.65%
	3	Stephen Barker	M74	Australia	42:11.40	59.37%
M80	1	John Hines	M81	New Zealand	42:38.59	67.45%
M85	1	Ron Johnson	M85	New Zealand	39:48.11	78.53%
M90	1	Peter Tearle	M91	New Zealand	51:11.10	67.14%

3000m Walks, Friday 26 January

The 3000m walks, held last Friday, saw much better conditions for the walkers. Well reported in http://omarchador.blogspot.com.au/2018/01/oceania-campeonatos-de-atletismo-master_27.html. David Lonsdale also reported as follows for NZ Racewalking.

The women were first to take to track at 10.00am. 16 in total, 12 NZ and 4 Aus. The race was dominated by the Australians Walkers from start to finish, with **Ann Staunton-Jugovic** W50, **Anne Weekes** W55 and **Heather Carr** W65 going from the gun. As the race developed, Carr, who has returned following surgery, was unable to stay with the pace of Staunton-Jugovic and Weekes, and these two continued right to line, with Weekes holding off Staunton-Jugovic by 2 secs with Carr third. The first NZ walker was **Serena Coombes** W50 who walked her best race in the championship, setting a PB for the distance. Following Coombes was **Jackie Wilson** W75. This was also her best race of the championship and in doing so smashing her own NZ W70 record by nearly 17sec. This time was also a Championship record, breaking Daphne Jones's record by nearly 3 mins which was set 2014. However **Daphne Jones** W75 completed her trifecta of Championships records, this time breaking a Championship record held since 1990 by 1 min and 45 secs. All the hard training both Jackie and Daphne over done the past number of months has really paid off. Between them, this week they have broken 1 National record and 5 Championship records.

Following the women, it was the men's turn to take to track at 11.00am. A total 13 men, 11 NZ and 2 Aus. took to start line. The men's race was dominated by New Zealanders, with **Sean Lake** M45 leading from start to finish in a manner which even shocked himself. Following Sean was **Mike Parker** M60, who walked a solid race, thus winning another Championship medal to add to his profound record. Rounding off the first three was **Clive McGovern** M65, winning his third Racewalking Gold of the Championship. **Joseph Antcliff** M50 gained a Gold following his 2 Silvers. The M75 race was a ding dong battle throughout with **Tom Cockerill** just holding off **Geoff Iremonger**. Again **Peter Tearle** M90 showed age is just a number, setting his third Championship record.

W35	1	Vicky Jones	W38	New Zealand	23:04.11	50.69%
W45	1	Arlene Wong-Tung	W45	New Zealand	21:41.06	57.75%
W50	1	Ann Staunton-Jugovic	W54	Australia	17:18.84	75.38%
	2	Serena Coombes	W52	New Zealand	18:06.38	72.08%
	-	Lyn Clark	W53	New Zealand	DQ	
W55	1	Anne Weekes	W55	Australia	17:16.94	79.02%
	2	Claire McKenzie	W59	New Zealand	22:17.91	61.24%
W60	1	Theresa Large	W61	New Zealand	19:41.69	72.98%
W65	1	Heather Carr	W68	Australia	17:51.36	85.31%
	2	Shirley Rolston	W68	New Zealand	21:47.66	69.90%
W70	1	Jacqueline Wilson	W71	New Zealand	18:27.80R	88.14%
	-	Tulip McRoy	W71	New Zealand	DQ	
W75	1	Daphne Jones	W76	New Zealand	21:16.04R	82.50%
	2	Joan Purcell	W76	Australia	22:18.80R	78.63%
	3	Lynne Schickert	W76	Australia	23:21.40	75.12%
	-	Loloma Foster	W77	New Zealand	DQ	
M45	1	Sean Lake	M46	New Zealand	16:09.22	71.55%
M50	1	Joseph Antcliff	M51	New Zealand	19:46.00	60.95%
M60	1	Mike Parker	M64	New Zealand	17:01.37	77.47%
	2	Christopher Worsnop	M60	Australia	28:04.75	46.97%
	-	David Riddell	M64	New Zealand	DQ	
M65	1	Clive McGovern	M67	New Zealand	17:34.77	79.03%

	2	Barrie Sheehy	M66	New Zealand	21:54.56	63.41%
	3	Jim Kerse	M69	New Zealand	24:15.86	57.26%
M70	1	Tom Cockerill	M73	New Zealand	21:58.56	66.97%
	2	Geoff Iremonger	M71	New Zealand	22:00.35	66.88%
M85	1	Colin Silcock-Delaney	M85	Australia	25:52.37	70.73%
	-	Ron Johnson	M85	New Zealand	DQ	
M90	1	Peter Tearle	M91	New Zealand	28:51.43	69.56%

The 20th Oceania Masters T&F Championships are to be held in Mackay, Queensland from the 30th August to the 7th September 2019.

SLOVAKIAN CHAMPIONSHIP / ELAN MEET, BRATISLAVA, SLOVAKIA, SUNDAY 28 JANUARY

The 17th International Indoor Athletics Meeting in Bratislava on Sunday 28th January saw a couple of high quality walks with a number of international walkers present. It also saw the return to competition of 2016 Olympic 50km Champion **Matej Toth**. Well reported, along with photos, at http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3051.

The men's 5000m walk race was won by **Erick Barrondo** (GUA) with a fast final lap, overtaking the leader **Alex Wright** (IRL). Toth finished the race in third position, winning the Slovak title for the third time (2014, 2016, 2018). The women's 3000m walk race was won by **Maria Czakova** (SVK), ahead of **Mirna Ortiz** (GUA) and **Monika Hornakova** (SVK). The races also saw **Cameron Corbishley** and **Gemma Bridge** representing GBR, and both did well, Cameron finishing fifth with 20:16.44 (an indoor PB) and Gemma finishing fourth with 13:28.11

5000m Open Men

1.	Barrondo Eric	91	Guatemala	19:23.59
2.	Wright Alex	90	Ireland	19:25.20
3.	Tóth Matej	83	ŠK Dukla o.z. Banská Bystrica	19:43.70
4.	Úradník Miroslav	96	ŠK Dukla o.z. Banská Bystrica	20:04.72
5.	Corbishley Cameron	97	Great Britain & NI	20:16.44
6.	Rízek Milan	78	Atletika ŠK Skalica	20:50.36
7.	Korkmaz Salih	97	Turkey	21:31.22
8.	Hlavenka Tomáš	77	AC Moravská Slávia Brno spolek	21:58.88
9.	Morvay Michal	96	AC Stavbár Nitra	22:44.91

5000m U20 Men

1.	Hamzic Alan	00	ŠK ŠOG Nitra	23:19.34
2.	Cukan Samuel	00	ŠK ŠOG Nitra	37:53.66
	Kurucz Norbert	00	ŠK ŠOG Nitra	DNF

5000m U18 Men

1.	Kováč Daniel	01	ŠK ŠOG Nitra	12:26.65
2.	Zubcák Tomáš	01	AK Inter-SC Bratislava	20:22.35
3.	Urdák Adam	02	AO Olympia Považská Bystrica	21:18.11

5000m Masters Men

1.	Tichý Peter	69	Športový klub polície Cadca	14:36.86
2.	Záhoncík Ján	65	ŠK BCF Dukla Banská Bystrica	15:40.52
3.	Malík Ondrej	61	Miestny ŠK Borský Mikuláš	16:10.07
4.	Vojtíšek Tomáš	73	AC Moravská Slávia Brno spolek	16:27.59
5.	Šcibran Miroslav	77	Športový klub polície Cadca	16:48.97
6.	Badura Jozef	55	Miestny ŠK Borský Mikuláš	18:06.22
7.	Cerný Jaroslav	72	Atletika Nové Mesto nad Váhom	20:25.08

3000m Open Women

1.	Czaková Mária	88	ŠK Dukla o.z. Banská Bystrica	12:34.54
2.	Ortiz Mirna	87	Austria	12:47.16
3.	Hornáková Monika	95	ŠK Dukla o.z. Banská Bystrica	13:20.37
4.	Bridge Gemma	93	Great Britain & NI	13:28.11
5.	Pastieriková Alexandra	79	Atletický klub Bojnicky	17:25.42

3000m U20 Women

1.	Žárska Klaudia	99	AK Spartak Dubnica nad Váhom	14:02.98
2.	Burzalová Hana	00	AK Spartak Dubnica nad Váhom	14:23.63
3.	Zlukyová Alexandra	00	Atletický klub Bacúch	17:48.40
4.	Vargová Svetlana	00	ŠK ŠOG Nitra	20:34.79

3000m U18 Women

1.	Ragasová Alžbeta	02	AK Spartak Dubnica nad Váhom	15:55.01
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2.	Rusková Lucia	01	ŠK BCF Dukla Banská Bystrica	17:09.54
3.	Zacharová Eliana	02	Atletický klub ZTS Martin	17:33.61
4.	Masaryková Annamária	02	Atletický klub Bacúch	19:30.93

3000m Masters Women

1.	Cerná Dana	73	Atletika Nové Mesto nad Váhom	18:52.45
2.	Šetešćáková Janka	72	Miestny ŠK Borský Mikuláš	21:23.49
3.	Tinková Gabriela	78	Atletický klub Bojnicky	22:32.43

UNIVERSITY OF FINDLAY 3000M RACE WALKS, FINDLAY, OHIO, FRIDAY 26 JANUARY

Now to USA for 3 different meets. Firstly to Findlay, Ohio, for University of Findlay 3000m track races, won by **Melissa Moeller** (14:18.18) and **John Cody Risch** (12:21.82).

Women 3,000m Walk

1.	Melissa Moeller	unattached	14:18.18
2.	Siana Emery (SO)	Goshen College	17:00.64
3.	D'Amaie Davis (FR)	Cornerstone U	17:06.00
4.	Kayla Gray (SR)	Goshen College	17:57.10
5.	Keisha Meyer	Raleigh Walkers	18:32.94
6.	Aleesha Goodwin (JR)	Indiana Tech	19:30.32
7.	Alexis Sheets (FR)	West Virginia Tech	23:31.16

Men 5000m Walk

1.	John Cody Risch	Q Elite	12:21.82
2.	Luke Jobson (SO)	West Virginia Tech	12:37.62
3.	Steven Smith (FR)	West Virginia Tech	12:44.86
4.	Sam Elmi (SO)	Cornerstone University	13:31.30
5.	David Swartz	Pegasus AC	13:44.96
6.	Michael G Mannozi	Shore AC	13:51.58
7.	Jacob Benson (SR)	Cornerstone Univ.	14:08.99
8.	Jason Rabie (SR)	Cornerstone Univ.	14:09.23
9.	Sawyer Biddle (SR)	Goshen College	14:13.72
10.	Cameron Haught (FR)	Rio Grande U.	14:26.85
11.	Sean Glaze	unattached	14:37.65
12.	Jeremy Boom	unattached (WVT)	16:32.67
13.	Alex Lim (FR)	West Virginia Tech	17:39.07
	Vince Peters	Chicago Walkers	DNF

CUYAMACA CLASSIC 3000M RACEWALK, RANCHO SAN DIEGO, CALIFORNIA, SUNDAY 28 JANUARY

Then 2 days later to Cuyamaca College, Rancho San Diego, California, for the Cuyamaca Classic 3000m Track Walks, won by **Nick Christie** (11:49.5) and **Miranda Melville** (13:04.5). The race report read as follows:

With just a week after their 50km, **Nick Christie**, **Matt Forgues** and **Katie Burnett** impressed everyone, with Katie and Matt getting PRs, and with Nick walking the fastest time in the US so far this year. Not to be outdone was Natos (**Emmanuel Corvera**), breaking 12:00 for the first time in his career and **Miranda Melville** walking the fastest time in the US so far this year. **Alex Bellavance** qualified for his second indoor championships and **Mario de los Rios** is on the comeback trail after a short-lived retirement. We had two new young walkers participate also who walked their first ever 3000m. Great job girls! Thanks so much to all of the judges and volunteers who came out to support the athletes today.

3000m Track Walk

1.	Nick Christie	11:49.5
2.	Emmanuel Corvera	11:53.6
3.	Alex Bellavance	12:32.2
4.	Matt Forgues	12:33.9
5.	Miranda Melville (F)	13:04.5
6.	Marlo de los Rios	13:10.9
7.	Katie Burnett (F)	13:20.3
8.	Melanie Guerrero (F)	21:53.4
9.	Wendy Rodriguez (F)	24:36.1



Racing in Findlay – Emmanuel Corvera, Nick Christie, Miranda Melville and Katie Burnett (photos posted by Emmanuel Corvera)

OCEAN BREEZE INVITATIONAL, HIGH SCHOOL DIVISION, NY, 27-28 JANUARY

And finally the walk results from the Ocean Breeze Invitational, held at the Ocean Breeze Athletic Complex, Staten Island, NY, last weekend.

Girls 1500m Race Walk Varsity (36 finishers)

1.	Atwood, Margaret	Sachem East	6:50.91
2.	Benedict, Chelsea	Sachem East	7:06.54
3.	Arrigo, Anna	Sachem East	7:28.53
4.	Arenth, Nicole	Huntington	7:34.89
5.	Piezzo, Samantha	Sachem East	7:43.85
6.	Son, Sarah	East Meadow	7:46.54
7.	DiCarlo, Hayley	Sachem East	7:50.39
8.	Giudice, Gia	Sachem North	7:51.44
9.	Broncato, Jennifer	Roslyn	7:53.25
10.	Zhu, Xin Yu	McKee/Staten	7:58.19
11.	Ni, Ning Ting	McKee/Staten	7:58.35
12.	Wakely, Ashleigh	Massapequa	7:59.56
13.	Araujo, Marcela	Sachem East	8:00.54
14.	Harnos, Amanda	Sachem East	8:06.61
15.	Khalek, Sofia	Farmingdale	8:08.38
16.	Shaw, Ariana	Smithtown East	8:10.22
17.	Wei, Kelly	Bronx HS of Science	8:14.35
18.	Chhabra, Selvi	Sachem East	8:22.31
19.	Sciotto, Marissa	Sachem East	8:22.36
20.	Jones, Melissa	William Floyd	8:26.59

TROFEO TOSCANO DI MARCIA, GROSSETO, ITALY, SUNDAY 28 JANUARY

Last Sunday saw the first races in the Italian Clubs Championship, with men and women contesting 35km in Grosseto. Usual great report by http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3050.

Giorgio Rubino, with a final 5km split of 21:26, won the men's 35km with a PB 2:30:51, ahead of **Federico Tontodonati** (a PB 2:32:37) and **Marco de Luca** (2:33:18). Fourth place went to **Andrea Agrusti** with 2:37:59, after a final 5km split of 21:05 (the fastest time of all) saw him improve by two places. The women's 35km saw a very even matchup between **Mariavittoria Becchetti** and **Alessia Zapparoli** who were together for 28km before Becchetti broke away to win with 3:03.00, ahead of Zapparoli with 3:07:32 and **Beatrice Foresti** with 3:13:31. The women's winning time of 3:03 equates to around 4:20 for the 50km. The number and quality of women attempting the longer distances is certainly increasing, putting the lie to the IAAF Race Walking Committee's view that the 50km is finished.

Lots of other races on offer and overall, the usual big Italian fields we have come to expect. Open 20km victories went to **Gianluca Picchiottino** (1:26:21) and **Annalisa Russo** (1:39:47) while U20 victories went to **Riccardo Orsoni** (1:30:24) and **Andrada Lavinia Lacatus** (15km 1:17:42). Full results at http://www.marciadalmondo.com/admin/pdf/risultati/29012018385Grosseto_2018Jan28.pdf.

Open 35km Men

1.	RUBINO Giorgio	1986	G.A. FIAMME GIALLE	2:30:50.6
2.	TONTODONATI Federico	1989	C.S. AERONAUTICA MILITARE	2:32:36.3
3.	DE LUCA Marco	1981	G.A. FIAMME GIALLE	2:33:18.3
4.	AGRUSTI Andrea	1995	I GUERRIERI DEL PAVONE	2:37:58.5
5.	ANTONELLI Michele	1994	C.S. AERONAUTICA MILITARE	2:38:33.2
6.	CHIESA Stefano	1996	ATL. CENTO TORRI PAVIA	2:39:08.2
7.	ANGELINI Gregorio	1996	ALTERATLETICA LOCOROTONDO	2:46:18.5
8.	MONTOLEONE Luca	1990	A.S.D. FRANCESCO FRANCIA	2:53:38.7
9.	SCORDO Giuseppe	1994	ASD ICARO RC	3:15:11.1
	COPPINI Niccolo'	1997	ATLETICA FIRENZE MARATHON S.S.	DNF
	DEI TOS Leonardo	1992	ATHLETIC CLUB 96 ALPERIA	DNF

Open 35km Women

1.	BECCHETTI Mariavittoria	1994	C.U.S. CAGLIARI	3:03:01.0
2.	ZAPPAROLI Alessia	1988	C.U.S. BOLOGNA A.S.D.	3:07:32.1
3.	FORESTI Beatrice	1998	ATL. BERGAMO 1959 ORIOCENTER	3:13:30.6
4.	BARCELLA Lidia	1997	BRACCO ATLETICA	3:15:14.3
5.	ZUCCONI Tatiana	1977	ASD ROMATLETICA FOOTWORKS	3:16:43.2
6.	DAVEY Molly Jade	1998	G.S.SELF ATL. MONTANARI GRUZZA	3:26:29.0
7.	CARACCIA Roberta	1990	ATL. BRESCIA 1950 ISPA GROUP	3:37:33.5
	CIVILETTI Laura	1992	RUNNING CLUB NAPOLI	DQ
	GABELLONE Tatyana	1984	ALTERATLETICA LOCOROTONDO	DQ

Open 20km Men

1.	PICCHIOTTINO Gianluca	1996	ATL LIBERTAS RUNNERS LIVORNO	1:26:21.5
2.	GRILLO Ettore	1997	ATLETICA FIRENZE MARATHON S.S.	1:28:41.4
3.	ZABBENI Pietro	1998	ATL. BERGAMO 1959 ORIOCENTER	1:29:54.8
4.	GIORDANO Manuel	1995	N.ATL. FANFULLA LODIGIANA	1:35:39.8
5.	MICHELETTI Juriy	1998	ATL. BERGAMO 1959 ORIOCENTER	1:35:44.9
6.	QUACQUARELLI Giuseppe	1993	AMATORI ATL. ACQUAVIVA	1:43:32.2
7.	ROMANELLI Andrea	1986	ATL. RECANATI	1:53:57.2
8.	GENTILE Giovanni	1984	ECOSPORT SB. 2000 MONTE ASC	2:05:51.8
9.	CIARFAGLIA Eliseo	1991	ECOSPORT SB. 2000 MONTE ASC	2:15:07.8
10.	NICO Rocco	1997	ECOSPORT SB. 2000 MONTE ASC	2:18:11.8

Open 20km Women

1.	RUSSO Annalisa	1998	CAIVANO RUNNERS	1:39:46.8
2.	GALLI Iliaria Camilla	1987	ATLETICA FIRENZE MARATHON S.S.	1:44:45.5
3.	STACH Marta	1995	ATL. BRESCIA 1950 ISPA GROUP	1:45:13.3
4.	IMBESI Giulia	1996	GA ARISTIDE COIN VENEZIA 1949	1:46:33.7
5.	PISANO Arianna	1998	ATLETICA ARCOBALENO SAVONA	2:01:05.4
6.	MARCHESI Cristiana	1997	ATL. BERGAMO 1959 ORIOCENTER	2:06:30.8
7.	PENNESI Margherita	1984	ATLETICA GROSSETO BANCA TEMA	2:14:34.3

20km U20 Men

1.	ORSONI Riccardo	2000	C.U.S. PARMA 1:30:23.4	
2.	FANELLI Nicolas	1999	ATL. AMATORI CISTERNINO	1:30:56.3
3.	MARCHESI Davide	1999	ATL. RICCARDI MILANO 1946	1:32:36.7
4.	DISARO' Michele	1999	G.S. FIAMME ORO PADOVA	1:36:15.3
5.	GIULIANI Giorgio	2000	C.U.S. TORINO	1:38:12.1
6.	ROMANZI Emanuele	1999	FIAMME GIALLE G. SIMONI	1:38:39.0
7.	MELI Mikias	2000	ATL. BERGAMO 1959 ORIOCENTER	1:40:28.2
8.	PERRONE Alessandro	2000	ASD NEOS MATERA	1:42:38.7
9.	BRAGGIO Mattia	2000	GRUPPO CITTA' DI GENOVA	1:43:47.3
10.	GALLO Mattia	2000	TOSCANA ATLETICA FUTURA	1:46:31.6
11.	SCABENI Matteo	1999	ATL. CENTO TORRI PAVIA	1:50:21.6
12.	GAGLIARDI Edoardo	1999	S.A.F.ATLETICA PIEMONTE A.S.D.	1:52:05.3

15km U20 Women

1.	LACATUS Andrada Lavinia	2000	P.B.M. BOVISIO MASCIAGO	1:17:41.6
2.	DISABATO Valeria	1999	ATLETICA 2005	1:19:52.5
3.	MASTRONICOLA Alessia	2000	ALTERATLETICA LOCOROTONDO	1:20:34.5

4.	CRIVELLARO Camilla	2000	CUS PRO PATRIA MILANO	1:21:32.7
5.	CAPITANI Matilde	2000	ATLETICA GROSSETO BANCA TEMA	1:23:00.0
6.	MARTELLI Giada	2000	A.S.D. FRANCESCO FRANCIA	1:25:11.2
7.	PIROLA Laura	2000	ATL. BERGAMO 1959 ORIOCENTER	1:27:10.7
8.	MICONI Giulia	2000	ATL. AVIS MACERATA	1:29:35.4
9.	PANNOFINO Antonella	1999	ALTERATLETICA LOCOROTONDO	1:29:56.4
10.	RAISA Vanessa	2000	G.S. FIAMME ORO PADOVA	1:33:39.8
11.	CICCARONE Nunzia	2000	ALTERATLETICA LOCOROTONDO	1:45:50.1
12.	NEVA Silvia	1999	ATLETICA GROSSETO BANCA TEMA	DQ

10km U18 Men (28 starters, 26 finishers)

1.	GAMBA Gabriele	2002	ATL. RICCARDI MILANO 1946	46:45.2
2.	COSI Andrea	2001	ATLETICA FIRENZE MARATHON S.S.	48:19.4
3.	SCOLI Giulio	2001	ATLETICA LIVORNO	49:01.2
4.	PALUMBO Sergio	2002	ATL LIBERTAS RUNNERS LIVORNO	49:10.9
5.	MARCHETTI Pietro	2002	FONDAZIONE M. BENTEGODI	50:48.1
6.	GUELI Giorgio	2001	ATLETICA CANAVESANA	50:49.4
7.	VIOLANTE Vincenzo	2001	AMATORI ATL. ACQUAVIVA	51:21.2
8.	ANGIOLETTI Andrea	2002	TEAM-A LOMBARDIA	51:30.9
9.	BENEVIERI Daniele	2002	FIAMME GIALLE G. SIMONI	51:39.4
10.	VITANGELI Leonardo	2002	ATLETICA FIRENZE MARATHON S.S.	52:01.4

10km U18 Women (27 starters, 24 finishers)

1.	BERTINI Simona	2001	A.S.D. FRANCESCO FRANCIA	51:32.7
2.	BUGLISI Sara	2001	SPORTCLUB MERANO	52:14.7
3.	LEONARDI Alice	2001	ASD FREELANCE ATL. ZAFFERANA	54:03.4
4.	CASIRAGHI Martina	2002	ATL. BERGAMO 1959 ORIOCENTER	54:53.5
5.	FERRETTI Emma	2001	G.S.SELF ATL. MONTANARI GRUZZA	55:06.6
6.	GATTI Camilla	2001	A.ATL. FABRIANO	56:07.9
7.	GIULIONI Anastasia	2001	ATL. AVIS MACERATA	56:22.7
8.	PERINI Ginevra	2001	ATLETICA GROSSETO BANCA TEMA	56:49.3
9.	MIGLIARDI Ilaria	2002	FIAMME GIALLE G. SIMONI	57:02.2
10.	LIVIANI Francesca	2002	BRACCO ATLETICA	57:28.3



35km winners Georgio Rubino and Mariavittoria Becchetti (photos marciadalmondo)

ECUADORIAN ROADWALK CHAMPIONSHIPS, SUCUA, ECUADOR, SUNDAY 28 JANUARY

Sucua, a city at 900m altitude in Ecuador, hosted the Ecuadorian National Roadwalk Championships last Sunday. It was an opportunity to test the course for the "Campeonato Sudamericano de Marcha" which will be held there on Saturday 10th March 2018. Good meet reports at

<http://omarchador.blogspot.com.au/2018/01/andres-chocho-e-magaly-bonilla-impoem.html>

<http://omarchador.blogspot.com.au/2018/01/glenda-morejon-em-destaque-nos.html>

http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3049

The longest championships on offer were those of 35km. In the men's championship, favourite **Andres Choco** (ECU) won with 2:47:06, ahead of **Xavier Alexander Mena** (ECU) with 2:51:16 and **David Gerardo Velasquez Caiza** (ECU) with 2:51:59. 9 walkers started, with 8 finishing. The inaugural women's 35km championship saw **Magali Beatriz Bonilla Solis** (ECU) win with 3:00:20, ahead of **Johanna Edelmira Ordonez Lucero** (ECU) with 3:08:02 and **Mariam Cartagena Bonilla** (ECU) with 3:37:07. Overall, 7 started and 4 completed the race.

35km Open Men

1.	Cristian Andres Chocho Leon	1983	Azuay	2.47.06
2.	Xavier Alexander Mena Jara	1998	Pichincha	2.51.16
3.	David Gerardo Velasquez Caiza	1994	Pichincha	2.51.59
4.	Claudio Paulino Flores Villanueva	1988	Azuay	2.52.29
5.	Darwin Fernando Leon Tenesaca	1995	Azuay	2.54.34
6.	Orlando Llumitasig Yugsi	1998	Pichincha	2.58.00
7.	Jaime Rolando Saquipay Pañi	1979	Azuay	3.01.40
8.	Erik Alexander Solis Camper	1994	Bolivia	3.55.46
	Jefferson Santiago Imbacuan Paucar	1994	Carchi	DNF

35km Open Women

1.	Magaly Beatriz Bonilla Solis	1992	Azuay	3.00.20
2.	Johanna Edelmira Ordoñez Lucero	1987	Azuay	3.08.02
3.	Myriam Cartagena Bonilla	1992	Pichincha	3.34.07
4.	Miriam de Jesus Gutierrez Arichavala	1981	Azuay	3.40.58
	Maria del Carmen Gutierrez Arichavala	1977	Azuay	DQ
	Yesenia Yasmín Anangono Stalyn	1997	Pichincha	DNF
	Érica Rocha de Sena	1985	Brazil	DNF

The meet also included Open 20km and U20 10km championships for men and women. Full results at http://www.marciadalmondo.com/admin/pdf/risultati/28012018672Sucua_Jan27.pdf, but I am not going to type them all out by hand. So here are the place getters from each event. The best of the walks was by 17 year old **Glenda Morejon**, the winner of last year's World Youth Championships walk in Nairobi, who set a new National U20 record of 44:58. Wow, that is impressive walking!

20km Open Men

1.	Bryan Daniel Pintado Alvarez	ECU	1:26:58
2.	Jose Mauricio Arteaga Sanches	ECU	1:27:36
3.	Jonathan Javier Amores Carua	ECU	1:28:19

20km Open Women

1.	Paola Bibiana Perez Saquipay	ECU	1:34:34
2.	Maritza Guzman	ECU	1:37:59
3.	Catalina Anabel Urdiales Heavy	ECU	1:58:42

10km U20 Men

1.	Alexander David Hurtado Espinoza	ECU	42:33
2.	Marco Fernando Salinas Astudillo	ECU	44:32
3.	Jandry Guachisaca	ECU	44:41

10km U20 Women

1.	Glenda Morejon	ECU	44:58 National Record
2.	Kimberly Yolanda Revelo Ruiz	ECU	51:39
3.	Silvana Karina Quichimbo Heavy	ECU	54:42

BELARUSSIAN MASTERS INDOOR T&F CHAMPIONSHIPS, MINSK, BELARUS, SUNDAY 20 JANUARY

Back a week for an absolutely fantastic walk in the Belarussian Masters Indoor Championships in Minsk, where Latvian **Normunds Ivzans** recorded a remarkable M45 3000m time of 12.35.72. Thanks to Thanks to <http://omarchador.blogspot.com.au/2018/01/letao-ivzans-em-evidencia-na-pista.html> for their report. Sadly, the meet was marked by a tragic situation that occurred after the death of the M75 800m winner Valeriy Nikolaevich, who had a sudden cardiac arrest soon after his event.

5000m Masters Men

1.	Normunds Ivzans	Latvia	1971	12.35.72	M45
2.	Anton Mashkevich	Belarus	1963	14.37.90	M50
3.	Leonid Semenovich	Belarus	1962	15.15.62	M55
4.	Sergey Nazarenko	Belarus	1963	15.22.47	M50
5.	Ilmars Saulgriezis	Latvia	1956	16.32.23	M60
6.	Sergey Oleshkevich	Belarus	1962	16.55.74	M55
7.	Viktor Sheremet	Ukraine	1965	17.04.32	M65
8.	Ramil Miniahmetov	Belarus	1968	17.25.27	M45

9.	Vladimir Kazancev	Belarus	1951	18.08.34	M65
10.	Gennadiy Shebeko	Belarus	1960	18.30.57	M55
11.	Aleksandr Aksinushkin	Belarus	1968	18.51.23	M45
12.	Vitaliy Viatkin	Belarus	1951	19.13.16	M65
13.	Valera Kruglikov	Belarus	1946	19.13.19	M70
14.	Sergey Obidentov	Belarus	1953	20.56.93	M60
15.	Ivan Pushkin	Ukraine	1930	20.58.37	M85

3000m Masters Women

1.	Santa Upite	Latvia	1986	21.51.63	Senior
2.	Vera Grinberte	Latvia	1940	22.49.33	W75
3.	Polina Kocuba	Belarus	1932	26.02.15	W85

MARCIADALMONDO AND OMARCHADOR ROUNDUP

Marciadalmondo has 11 press releases this week

- Mon 29 Jan - Kazanin and Havrylyuk win Ukrainian indoor Championships in Sumy
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3053
- Tue 30 Jan - Daisuke Matsunaga (JPN) and Ines Henriques (POR) best athletes of January 2018
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3052
- Mon 29 Jan - Erick Barrondo (GUA) and Maria Czakova (SVK) win in Bratislava, Slovakia
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3051
- Sun 28 Jan - Giorgio Rubino wins 35km in Grosseto, Italy
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3050
- Sat 27 Jan - Sucua (ECU): Chocho wins 35km, national record to Glenda Morejon
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3049
- Fri 26 Jan - Matej Toth (SVK) back to racing
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3048
- Fri 26 Jan - Italian based Chinese walkers test themselves out on San Lorenzo al Mare cycle course
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3047
- Thu 25 Jan - Preview of Italian races at Grosseto this weekend
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3046
- Thu 25 Jan - Kimberly Garcia and Cesar Rodriguez win Peruvian 20km championships
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3045
- Wed 24 Jan - Chinese team is training in San Lorenzo al Mare in Italy
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3044
- Tue 23 Jan - Countdown: 100 days till the Race Walking World Team Championships in Taicang
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3043

and Omarchador has a whopping 16 press releases

- Sun 29 Jan - Edna Barros (CO Pechão) and Miguel Carvalho fastest times in the Portuguese Club Championships qualifiers
<http://omarchador.blogspot.com.au/2018/01/edna-barros-co-pechao-e-miguel-carvalho.html>
- Sun 29 Jan - Andrés Chocho and Magaly Bonilla win Ecuadorian 35km Championships
<http://omarchador.blogspot.com.au/2018/01/andres-chocho-e-magaly-bonilla-impocem.html>
- Sun 29 Jan - Other results from the Ecuadorian National Racewalk Championships
<http://omarchador.blogspot.com.au/2018/01/glenda-morejon-em-destaque-nos.html>
- Sun 28 Jan - 46 year old Latvian Masters walker Normunds Ivzans records remarkable 12.35.72
<http://omarchador.blogspot.com.au/2018/01/letao-ivzans-em-evidencia-na-pista.html>
- Sun 28 Jan - Portuguese walker Susana Feitor still training on her 43rd birthday
<http://omarchador.blogspot.com.au/2018/01/susana-feitor-comemora-mais-um.html>

- Sat 27 Jan - Georgina Ricca Alcaire sets T20 3000m walk record in Spain
<http://omarchador.blogspot.com.au/2018/01/georgina-ricca-com-recorde-de-espanha.html>
- Sat 27 Jan - Results of the Lithuanian Youth Championships in Siauliai
<http://omarchador.blogspot.com.au/2018/01/campeonatos-da-lituania-de-jovens-em.html>
- Sat 27 Jan - Results of the Oceania Masters Championships 3000m Walks
http://omarchador.blogspot.com.au/2018/01/oceania-campeonatos-de-atletismo-master_27.html
- Fri 26 Jan - Spanish walker Ángel Lopez opens his year with a win in Murcia
<http://omarchador.blogspot.com.au/2018/01/angel-lopez-abre-ano-na-pista-de-murcia.html>
- Fri 2 Jan - Preview of this weekend's Portuguese Club Championship qualifying races
<http://omarchador.blogspot.com.au/2018/01/campeonato-nacional-de-clubes-em-pista.html>
- Thu 25 Jan - Results of the London Indoor Games in Lee Valley
<http://omarchador.blogspot.com.au/2018/01/london-indoor-games-em-lee-valley.html>
- Thu 25 Jan - Results of the Oceania Masters Championships 5000m Walks
http://omarchador.blogspot.com.au/2018/01/oceania-campeonatos-de-atletismo-master_25.html
- Wed 24 Jan - Results of French Regional Indoor Championships in Rennes
<http://omarchador.blogspot.com.au/2018/01/campeonatos-da-bretanha-de-pista.html>
- Wed 24 Jan - Anna Zubkova sets new Belarussuan U18 5000m record in Gomel
<http://omarchador.blogspot.com.au/2018/01/anna-zubkova-bate-recorde-sub-18-da.html>
- Tue 23 Jan - Results of the Oceania Masters Championships 10km Walks
<http://omarchador.blogspot.com.au/2018/01/oceania-campeonatos-de-atletismo-master.html>
- Tue 23 Jan - Results of Peruvian Walk Championships
<http://omarchador.blogspot.com.au/2018/01/campeonatos-nacionais-de-marcha-estrada.html>

As usual, their reports contain the results of more races than I usually have time to report in my newsletter. Some of those that I have had to skip this week include

Anna Zubkova sets new Belarussuan U18 5000m record in Gomel
<http://omarchador.blogspot.com.au/2018/01/anna-zubkova-bate-recorde-sub-18-da.html>

Spanish walker Ángel Lopez opens his year with a win in Murcia
<http://omarchador.blogspot.com.au/2018/01/angel-lopez-abre-ano-na-pista-de-murcia.html>

Results of the Lithuanian Youth Championships in Siauliai
<http://omarchador.blogspot.com.au/2018/01/campeonatos-da-lituania-de-jovens-em.html>

Edna Barros (CO Pechão) and Miguel Carvalho fastest times in the Portuguese Club Championships qualifiers
<http://omarchador.blogspot.com.au/2018/01/edna-barros-co-pechao-e-miguel-carvalho.html>

Kazanin and Havrylyuk win Ukrainian indoor Championships in Sumy
http://www.marciadalmundo.com/eng/dettagli_news.aspx?id=3053

OUT AND ABOUT

First to the good news of the week.

- Excellent article on South African 20km race walking record holder **Lebogang Shange** who is preparing for the Commonwealth Games and is currently training in Portugal. He will be one of the favourites in the men's 20km walk. See <https://www.supersport.com/athletics/article.aspx?Id=4220454>.
- Commonwealth Games Wales revealed last Wednesday the latest tranche of athletes selected to compete at the 2018 Gold Coast Commonwealth Games. 93 athletes have been announced across 11 sports, including 21 athletes in the various T&F disciplines. The great news is that **Bethan Davies** and **Heather Lewis** are both named in the women's 20km race walk, just reward for their hard work in 2017. A special well done to Heather who came out and trained in Australia for the summer a couple of years ago. See <http://www.athleticsweekly.com/news/wales-21-athletes-gold-coast-commonwealth-games-73463>.

- Local and international dignitaries, city leaders and members of the local organising committee gathered in Taicang, China, last Thursday to mark 100 days to go to the start of the IAAF World Race Walking Team Championships Taicang 2018, which will take place on 5-6 May. See <https://www.iaaf.org/news/news/taicang-100-days-to-go-world-race-walking-tea>.

And now to the seedy side of sport – drugs and doping and illegal State controlled activities. The biggest revelation this week comes of course from German investigative reporter **Hajo Seppelt** who last night released his latest ARD TV eye opener. Running to 34 minutes, it features an interview with Russian whistleblower Grigory Rodchenkov, the source of revelations about Moscow's state-sponsored doping. In this exclusive, he claims that Russian President Vladimir Putin ordered the conspiracy. "Of course it came all the way from the top, from the president," Rodchenkov told German public broadcaster ARD in a phone interview. Other revelations in this explosive doco include the following

- The Russian State sponsored doping was so widespread in the 2008 Summer Olympics that just about every Russian athlete in their team was cheating.
- The Russian cheating processes were refined for the 2012 Summer Olympics and reached their pinnacle of success in the 2014 Winter Olympics.
- The sweetheart deal done between the IOC and the Russians to allow Russian athletes to compete at Rio under a neutral flag was completely flawed, with leaked documents now showing that many of these athletes had little or no testing on which to base their inclusion.

Check it out at <http://www.sportschau.de/doping/video-doping-top-secret---the-olympic-complot-100.html>.

And that is just the first of a two part revelation. The second part, which also went out on German TV on Monday evening European time, showed how the global anti-doping system has now been compromised and just how easy it is to open one of the doping sample bottles to be used in Pyeongchang. As a result, there is a risk that doping tests can be legally challenged. All we can see now is a one German minute short – <http://www.sportschau.de/doping/video-ard-recherche---bankrotterklaerung-fuer-das-dopingkontrollsystem--100.html>. This will be explosive when it is released on the web.

And now to the other bits and pieces from this week. It is a depressing read.

- Three people have been convicted and sent to prison for aiding Italian dooper Alex Schwazer. "25 JAN - The court has sentenced to two years each the doctors of the Italian Athletics Federation Pierluigi Fiorella and Giuseppe Fischetto, accused of aiding in the ambit of a doping case of Alex Schwazer. The former Fidal technical manager, Rita Bottiglieri, was also sentenced to 9 months." See http://www.ansa.it/sito/notizie/sport/altrisport/2018/01/25/doping-caso-schwazer-medici-condannati_6081552a-6c6d-4873-98da-a6c8ae741276.html. It has taken a long time but justice is finally being served.
- IOC President Thomas Bach attempted to defend his organisation's handling of the Russian doping crisis last week by arguing how they have reached a "balance" between a fair punishment and a "humiliation" for the country. He spoke as Canadian Richard Pound, the IOC's longest-serving member, became the latest to criticise the way in which they have supposedly prioritised Russia's return to the Olympic fold over a meaningful punishment. See <https://www.insidethegames.biz/articles/1060570/bach-defends-handling-of-russian-participation-at-pyeongchang-2018-as-pound-joins-critics>.
- More on Pound's criticism. He told CBC that he found aspects of the decision "deeply troubling" and said that he would not attend the Closing Ceremony if Russia, as expected, are granted permission to march under their own flag. "Suspending the Russian team was a good start, but the farther down I got in reading the account of all of this, the more I realised that 99 per cent of what it was dealing with was how to get the Russians back in," Pound told the Canadian broadcaster. "They haven't atoned for or acknowledged, or taken any steps whatsoever, to guarantee that the same sort of thing won't happen again. "It simply looks as if, when you're dealing with the IOC, if you deny, deny, deny and you happen to be a big country, just keep denying because they'll find a way to let the athletes from your country participate." See <https://www.insidethegames.biz/articles/1060570/bach-defends-handling-of-russian-participation-at-pyeongchang-2018-as-pound-joins-critics>.
- And the process of Olympic reintegration continues: High jump world champion Mariya Lasitskene is among 18 Russians who have been cleared to compete internationally in time for the world indoor track championships. See http://www.nzherald.co.nz/athletics/news/article.cfm?c_id=19&objectid=11982214&ref=rss. It all stinks to me. We have yet to have any real proof that things have really improved in Russia.
- Russia's team will be suspended from the Paralympic Winter Games in Pyeongchang, but individual athletes will be allowed to compete under a neutral flag, the International Paralympics Committee said yesterday. The agreement is similar to what was put in place to allow able-bodied Russian competitors to take part in next month's Winter Olympics that precede the Paralympics. The big question is - does the vetting of potential Russian athletes give any real assurance that they are actually free of doping. See <https://www.nation.co.ke/sports/athletics/Russia-suspended-from-Paralympics-some-athletes-exempt--IPC/1100-4283206-lqylouz/index.html>.

DATES...DATES...DATES

As usual, I finish with a list of upcoming events on the local, national and international fronts. Let me know of any errors/omissions.

Australian/Victorian Key Dates – 2017/2018 Summer Season

Jan 31 (Wed), 2018	AV Teams 5000m Championships & VRWC races, Dolomore Reserve, Queen St, Mentone
Feb 10 (Sat), 2018	AV Shield Final (P1), Lakeside Stadium – 2000m Walk
Feb 11 (Sun), 2018	Australian 20km Road Walking Championships, Adelaide, SA
Feb 15-18, 2018	Australian Athletics Championships & Nomination Trials, Gold Coast, QLD (no walks)
Feb 18 (Sun), 2018	VMA 5000m Walk Champs, VRWC Races, Dolomore Reserve, Queen St, Mentone
Feb 23-25, 2018	AV Junior & Para Championships, Lakeside Stadium, Melbourne, VIC
Mar 2-4, 2018	AV Open & Para Championships, Lakeside Stadium, Melbourne, VIC
Mar 11-13, 2018	Little Athletics Victoria T&F Championships, Lakeside Stadium, Albert Park, VIC
Mar 14-18, 2018	Australian Junior Athletics Championships, Sydney, NSW
Mar 24-25, 2018	AV Masters Championships, Doncaster/Nunawading, VIC
Apr 1 (Sun), 2018	Easter Sunday
Apr 4-15, 2018	Commonwealth Games, Gold Coast, QLD
Apr 21-22, 2018	Australian Centurions 24 Hour Qualifying Race, Harold Stevens Athletics Track, Coburg, VIC
Apr 28-29, 2018	Australian Little Athletics Championships, Gold Coast, QLD
Apr 26-29, 2018	Australian Masters T&F Championships, Perth, WA. See http://www.mastersathleticswa.org/perth2018/
June 10 (Sun), 2018	Lake Burley Griffin Carnival, Stromlo Forest Park, Canberra, ACT
Aug 5 (Sun), 2018	Australian Masters 20km Championships, Adelaide, SA
Aug 26 (Sun), 2018	Australian Roadwalk Championships, Sunshine Coast, QLD (TBC)

2018 IAAF Racewalking Challenge Events

Feb 22 (Sun), 2018	Cat C Australian/Oceania Racewalk Championships, Adelaide, SA, AUS
Feb 24-25, 2018	Cat B Memorial Jerzy Hausleber, Monterrey, MEX
Mar 10-11, 2018	Cat C South American Racewalk Championships, Sucna, ECU
Apr 7, 2018	Cat B 27 th Grande Prémio Internacional de Rio Maior em Marcha Atlética, Rio Maior, POR
May 5-6, 2018	Cat A IAAF World Race Walking Team Championships, Taicang, CHN
May 26, 2018	Cat B XXXII Gran Premio Cantones de La Coruña, La Coruña, ESP
Sept 23-26, 2018	Cat B Around Taihu International Race Walking 2018, Wuzhong, CHN

International Dates – 2018 and onwards

Mar 9-11, 2018	NZ T&F Championships, Hamilton, NZL (5000m and 20km)
Mar 11 (Sun), 2018	Lugano International Racewalks, Lugano, Switzerland (20km)
Mar 24 (Sat), 2018	Dudince International Racewalks, Dudince, Slovakia (20km and 50km for men and women)
Mar 30 (Sat), 2018	International Racewalks, Oloumoc, CZE
Apr 4-15, 2018	XXI Commonwealth Games , Gold Coast, QLD (20km roadwalks). See http://www.gc2018.com
Apr 7 (Sat), 2018	EAA Permit Racewalk Meet, Podebrady, CZE
Apr 14 (Sat), 2018	International Racewalk Meet, Naumburg, GER
Apr 28 (Sat), 2018	Men's and Women's 20km walk, Currumbin Beachfront, Sunday 8 April
May 5-6, 2018	International Walks Meet and Mikenas Memorial, Birstonas, LTU
Jun 9 (Sat), 2018	28th IAAF World Race Walking Team Championships , Taicang, China
Jun 9 (Sat), 2018	International Racewalk Meet, Simnas, Lithuania
July 10-15, 2018	16th World Junior T&F Championships , Tampere, Finland
Aug 7-12, 2018	European Athletics Championships , Berlin, Germany
Sept 4-16, 2018	22nd World Masters Athletics T&F Championships , Malaga, Spain
Mar 24-30, 2019	World Masters Indoors T&F Championships , Torun, Poland
July 3-14, 2019	30th Summer Universiade , Naples Italy
Aug 30-Sep 7, 2019	20th Oceania Masters T&F Championships , Mackay, Queensland, AUS
Sept 28 – Oct 6, 2019	17th IAAF World Championships in Athletics , Doha, Qatar
May, 2020	29th IAAF World Race Walking Team Championships , Minsk, Belaruss
July 24 – Aug 9, 2020	32nd Olympic Games , Tokyo
July 20 – Aug 1, 2020	23rd World Masters T&F Championships , Toronto, Canada
Aug 6-15, 2021 (TBC)	18th IAAF World Championships in Athletics , Eugene, USA
July 18-30, 2022	XXII Commonwealth Games , Birmingham, GBR.

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