



HEEL AND TOE ONLINE

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

My Walkers of the Week are two of our best young walkers in 20 year old **Jemima Montag** and 19 year old **Kyle Swan** who both competed with distinction in last weekend's Victorian T&F Championships.

- Jemima won the women's Victorian Open 5000m Track Walk in a 32 sec PB of **21:32.68**. In fact, this is the second fastest ever time in this championship, behind Jess Rothwell's 2009 Victorian Record winning time of 21:03.33. Jemima has been selected in our Australian Commonwealth Games and World Race Walking Team Championships teams and looks set for a wonderful year.
- Kyle finished second in the men's Victorian Open 5000m Track Walk in a 17 sec PB of **20:34.77**. He has already been selected in our World Race Walking Team Championships team and is in the box seat for a World Junior Championships berth if he can nail another good walk in the Australian Junior T&F Championships in a couple of weeks time.

Both are local Melbourne products, coming up through the underage ranks, with developmental coaches **Frances Attard** and **Simon Baker**. Currently coached by **Brent Vallance**, they are now set to give our top senior walkers some curry!



Jemima and Kyle in action at Lakeside Stadium on Sunday

WHAT'S COMING UP

- Next weekend sees the **Little Athletics Victoria T&F Championships** at Lakeside Stadium. The culmination of the long LA summer season, it will see over 2000 little athletes from 89 centres converge on inner Melbourne for 2 days of intense competition. And the walkers will be in the mix, with 700m Walk U9, 1100m Walk U10-U11 and 1500m Walk U12-U15. Check out the timetable and entry lists at <http://www.lavic.com.au/Competition/Events/2018-state-track-field-championships>.

- Looking overseas, next weekend also sees some top walks in such varied cities as Hamilton (NZ), Lugano (Switzerland) and Sucna (Ecuador).

Mar 9-11, 2018	NZ T&F Championships, Hamilton, NZL (5000m and 20km),
Mar 11 (Sun), 2018	Lugano International Racewalks, Lugano, Switzerland (20km)
Mar 10-11, 2018	South American Racewalk Championships, Sucna, ECU
- Looking further ahead, there are more walk opportunities for Victorian walkers before the summer finishes.
 - Mar 14-18, 2018 Australian Junior T&F Championships, Sydney
 - Mar 24-26, 2018 Victorian Masters T&F Championships, Doncaster
 - Apr 26-29, 2018 Australian Masters T&F Championships, Perth, WA

AV OPEN & PARA CHAMPIONSHIPS, LAKESIDE STADIUM, MELBOURNE, VIC, MAR 2-4, 2018
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The Victorian Open T&F Championships last weekend in Melbourne included Open 5000m Walks, both held on Sunday morning in good conditions.

The women were first up at 10:35AM, with the placings going as expected, **Jemima Montag** storming straight to the front and winning with a big PB of 21:32.68. **Simone McInnes** was second with yet another excellent walk (23:15.33). She has had a fantastic summer. Third place went to **Philippa Huse** in a 4 sec PB of 23:50.04. A disappointingly small field, due to various withdrawals, but quality walks by the three finishers.

The men were up next at 11:05AM, with a bigger field that included a number of inform walkers. **Adam Garganis** led out for the first two laps, before being overtaken by **Rhydian Cowley**, who went on to win his 6th Vic 5000m title with a fast 20:01.95. **Kyle Swan** started conservatively but stormed through in the middle stages to pass Adam and secure second place with a big PB of 20:34.77. Adam held on for third, his time of 21:17.61 only 1 sec outside his best. **Jason Kozica** continued his great season with a 29 sec PB of 21:41.82 for fourth place. **Mark Blackwood** took fifth with 23:08.06, definitely his fastest time since returning to racing a year ago. 15 year old **Will Thompson** was next in with a PB 23:23.06 (another one who has been having a great season). And last but by no means least, **Pramesh Prasad** set a new Fijian Open 5000m walk record with his time of 24:36.44. A great set of results.

5000m Walk Open Women

1.	Montag, Jemima	98	MACCABI ATHL	21:32.68	PB 0:32
2.	McInnes, Simone	91	GLENHUNTLY A	23:15.33	
3.	Huse, Philippa	99	SANDRINGHAM	23:50.04	PB 0:06

5000m Walk Open Men

1.	Cowley, Rhydian	91	GLENHUNTLY A	20:01.95	
2.	Swan, Kyle	99	ATHLETICS NU	20:34.77	PB 0:17
3.	Garganis, Adam	97	COLLINGWOOD	21:17.61	
4.	Kozica, Jason	87	ST KEVIN'S A	21:41.82	PB 0:29
5.	Blackwood, Mark	77	KNOX ATHLETIC	23:08.61	
6.	Thompson, Will	02	CASEY CARDIN	23:23.06	PB 0:04
7.	Prasad, Pramesh	74	COLLINGWOOD	24:36.44	Fiji Record

This was Rhydian's sixth win in this championship and he is now closing in on Chris Erickson who leads the way with 8 wins. I reproduce the placings from the last 18 years (2001-2018). It makes for interesting reading.

2001	Tallent, Jared	Ballarat YCW	21.55.43	Erickson, Chris	22.59.6	-	
2002	Cousins, Duane	Bendigo YMCA	21.07.58	Tallent, Jared	21.11.7	Bertei, Frank	21.58.10
2003	Tallent, Jared	Ballarat YCW	20.49.85	Cousins, Duane	21.03.6	Van Kopplen, Paul	21.29.20
2004	Erickson, Chris	Aths Essendon	23.08.15	Beaton-Wells, Michael	23.16.1	Donahoo, Mark	23.19.50
2005	Erickson, Chris	Aths Essendon	20:58.26	Barnes, Tom	21.46.65	Hawksworth, Danny	23.15.26
2006	Tallent, Jared	Ballarat YCW	19.12.27	Erickson, Chris	20.16.33	Cousins, Duane	20.30.27
2007	Erickson, Chris	Aths Essendon	19:40.27	Cousins, Duane	20:24.99	Barnes, Tom	20:36.73
2008	Erickson, Chris	Aths Essendon	19:35.71	Cousins, Duane	21:06.53	Barnes, Tom	21:32.93
2009	Erickson, Chris	Aths Essendon	19:25.98	Tom Barnes	30:57.68	Stuart Kollmorgen	23:51.05
2010	Erickson, Chris	Aths Essendon	19:33.95	Barnes, Tom	21:29.59	Van Kopplen, Paul	23:20.78
2011	Cowley, Rhydian	Glenhuntly	20:23.61	Stuart Collmorgen	22:05.40	Danny Hawksworth	23:40.75
2012	Cowley, Rhydian	Glenhuntly	20:48.0	Jason Kozica	23:45.0	Joshua Kaiser	24:11.00
2013	Cowley, Rhydian	Glenhuntly	19:32.66	Jesse Osborne	20:00.56	Nathan Brill	20:08.72
2014	Erickson, Chris	Aths Essendon	19:35.51	Osborne, Jesse	19:46.23	Cowley, Rhydian	20:22.85
2015	Erickson, Chris	Aths Essendon	19:23.72	Cowley, Rhydian	20:05.62	Garganis, Adam	22:03.27
2016	Cowley, Rhydian	Glenhuntly	19:43.53	Brasier, Emmet	21:13.37	Garganis, Adam	21:35.61
2017	Cowley, Rhydian	Glenhuntly	20:48.16	Garganis, Adam	21:16.31	Swan, Kyle	21:33.43
2018	Cowley, Rhydian	Glenhuntly	20:01.95	Swan, Kyle	20:34.77	Garganis, Adam	21:17.61

By way of comparison, it was Jemima's first win in this Open Championship, but I suspect the first of many. Kellie Wapshott leads the way with 6 wins, ahead of Kelly Ruddick with 5 wins. As for the men, two walkers have dominated the wins over the same 18 year period.

2001	Simone Wolowiec	Knox/S'brooke	23:01.50	Roisin Gleich	26:48.1	-	
2002	Wapshott, Kellie	Knox/S'brooke	23:30.08	Muldoon, Wendy	23:51.7	Peters, Megan	23:59.54
2003	Wapshott, Kellie	Knox/S'brooke	23:23.81	Peters, Megan	23:24.5	Muldoon, Wendy	24:10.26
2004	Wapshott, Kellie	Knox/S'brooke	25:35.31	Sansonetti, Nicole	26:36.5	Muldoon, Wendy	27:14.81
2005	Wapshott, Kellie	Knox	23:07.50	Ruddick, Kelly	23:57.07	Watson, Carma	24:51.60
2006	Wapshott, Kellie	Knox	22:35	Szirom, Megan	22:44	Watson, Carma	24.10
2007	Szirom, Megan	Ringwood	22:20.90	Boddy, Tyne	25:31.03	Geisler, Sandra	25:43.87
2008	Wapshott, Kellie	Knox	22:46.70	Lamble, Regan	24:35.90	Roseman, Justijana	26:35.51
2009	Rothwell, Jess	Eaglehawk	21:03.33	Szirom, Megan	22:36.34	Ruddick, Kelly	23:27.47
2010	Irshad, Kylie	South Coast	26:38.61	Carr, Heather	27:04.50	Brunton, Caitlin	28:57.72
2011	Ruddick, Kelly	Ballarat Harriers	23:17.03	Burren, Amy	23:52.18	Tindal, Pam	25:07.71
2012	Ruddick, Kelly	Ballarat Harriers	23:03.47	Laufer, Michelle	25:32.49	Hockley-Samon, Jmara	26:19.49
2013	Ruddick, Kelly	Ballarat Harriers	21:50.13	Alexander, Beth	24:01.71	George, Stephanie	25:38.96
2014	Ruddick, Kelly	Ballarat Harriers	22:12.66	Alexander, Beth	24:00.24	George, Stephanie	24:44.80
2015	Ruddick, Kelly	Ballarat Harriers	21:49:33	Montag, Jemima	23:06.80	Szirom, Megan	24:21.18
2016	Clarke, Eliza	Doncaster	24:24.62	Szirom, Megan	24:28.24	McInnes, Simone	24:41.94
2017	McInnes, Simone	Glenhuntly	23:51.70	Henderson, Rebecca	24:22.42	Huse, Philippa	25:37.17
2018	Montag, Jemima	Maccabi	21:32.68	McInnes, Simone	23:15.33	Huse, Philippa	23:50.04



Jemima Montag, Simone McInnes and Philippa Huse



Waiting for the start – various conversations going on!



Rhydian Cowley, Kyle Swan, Adam Garganis and Jason Kozica



David Blackwood, Will Smith and Pramesh Prasad

Finally, Well done to the guys from athsvicTV for some great footage from the two walks

- Victorian 5000m Walk Men: <https://www.youtube.com/watch?v=JoIDXGSBpMU>
- Victorian 5000m Walk Women: <https://www.youtube.com/watch?v=-ceipUmxAL0>

BENDIGO WALKERS CLUB ROADWALKS, ROSALIND PARK, BENDIGO, WEDNESDAY 28 FEBRUARY

Thanks to Paul Rance for the latest walk results from Bendigo, in country Victoria. Wins to Sheridan Commons and Barb Bryant.

1.5km Handicap

1.	Sheridan Commons	10.24
2.	Caitlyn Curtis	12.09
3.	Amber Fox	11.29
4.	Carissa Brook	8.58

3km Handicap

1.	Barb Bryant	17.30
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2.	Peter Curtis	16.47
3.	Bill Lotherington	22.02
4.	John Carter	22.58
5.	Annette Curtis	20.56
6.	Norm West	25.40

SAMA TRACK WALKS, SA ATHLETICS STADIUM, MILE END, ADELAIDE, WEDNESDAY 28 FEBRUARY

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

1500m Walk

1.	Roger Lowe	11:36	M74	65.45%
2.	Jan Layng	11:17	W69	68.00%
3.	Gil McIntosh	9:41	M67	71.97%
4.	David Robertson	12:22	M84	71.16%
5.	Helen Suridge	10:59	W67	68.16%
6.	Graham Harrison	11:27	M74	66.31%
7.	Marie Maxted	9:36	W57	70.10%

2000m Walk

1.	Marie Maxted	12:52	W57	68.42%
2.	Dave Fallon	14:46	M65	59.67%
3.	Helen Suridge	14:55	W67	65.95%
4.	Ross Hill-Brown	15:31	M63	55.58%
5.	Graham Harrison	15:00	M74	65.46%
6.	Jan Layng	15:18	W69	65.98%
7.	Roger Lowe	16:28	M74	59.63%
8.	Gil McIntosh	13:55	M67	64.74%
9.	David Robertson	17:05	M84	66.70%
10.	Edna Bates	17:41	W65	54.28%

ACTRWC TRACK WALKS, WODEN ATHLETICS TRACK, WODEN, THURSDAY 1 MARCH

Thanks to Robin Whyte for the latest results from Canberra. More fast walking by **Tim Fraser** (8:07 for 2000m).

2000m Walk

1.	Tim Fraser	8:07
2.	Laura Burns	10:26
3.	Sidney Shaw	11:56
4.	Robin Whyte	12:31
5.	Owen Toyne	13:20
6.	Bryan Thomas	14:10
7.	Rod Gilchrist	14:22
8.	Lorna England	16:01
9.	Robert Kennelly	16:45

800m Walk

1.	Eloise Smith	5:05
2.	Val Chesterton	6:56

ATHLETICS WA INTERCLUB, WA ATHLETICS STADIUM, PERTH, THURSDAY 1 MARCH

Only one walker in action in Perth last week, but **Declan Tingay** made it worthwhile with a very fast 5000m (20:45.3).

5000m Walk

1.	Tingay, Declan	99	Athletics WA	20:45.3h
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QMA T&F MEET, SAF, BRISBANE, SATURDAY 3 MARCH

Masters Championships on offer in Brisbane last Saturday..

1 Mile Non-Championship Walk

M40	1	Mark Carlile	M44	Brisbane	11:00.01	53.24%
M50	1	Ignacio Jimenez	M52	Brisbane	7:30.33	84.66%

M60	1	Peter Bennett	M62	Brisbane	8:44.80	79.54%
W75	1	Noela McKinven	W75	Brisbane	12:52.43	69.67%

3000m Walk Championships

M40	1	Mark Carlile	M44	Brisbane	23:31.20	47.22%
M50	1	Ignacio Jimenez	M52	Brisbane	14:02.15	85.84%
M60	1	Peter Bennett	M62	Brisbane	16:19.51	80.78%
M75	1	Patrick Sela	M78	GC & Sthrn	23:18.65	67.34%
W75	1	Noela McKinven	W75	Brisbane	23:31.11	74.60%

QA SHIELD COMPETITION, QSAF, BRISBANE, SATURDAY 3 MARCH

A good PB to 15 year old **Caitlin Hannigan** (23:44.69) in Athletics Queensland competition in Brisbane last Saturday.

5000m Walk

1.	Hannigan, Caitlin	16	Gold Coast Victory	23:44.69	PB 0:06
2.	Hamann, Charlotte	17	UNQ	32:02.04	
	McCutcheon, Nelson	16	Qeii Track Club	DNF	
	Ward, Selina	23	INT	DQ	
	Stewart, Ryan	16	Ipswich & District	DQ	

3000m Walk

1.	Novinetz, Camryn	15	Ipswich & District	15:02.43
2.	Ofield, Mackenzie	14	USC	16:17.98
3.	McCure, Sam	12	Gold Coast Victory	16:19.87
4.	Schofield, Amelia	15	Gold Coast Victory	16:47.40
5.	Schofield, Scarlett	12	Gold Coast Victory	19:39.13
6.	Fisher, Torryn	13	Redlands	20:19.81

ATHLETICS TASMANIA INTERCLUB, DOMAIN ATHLETICS TRACK, HOBART, SATURDAY 3 MARCH

Another good walk by 14 year old **Will Robertson** in Hobart last weekend (14:41.20).

3000m Walk

1.	William Robertson	Old Virgilians	14:41.20
2.	Bayley Campbell	Old Virgilians	15:28.17
3.	Anna Blackwell	Old Virgilians	16:01.17
4.	Ron Foster	Tasmanian Masters	19:43.37
5.	Elizabeth Leitch	Tasmanian Masters	19:45.73
6.	Nicholas Campbell	Sandy Bay Harriers	24:22.33

NSW MASTERS T&F CHAMPIONSHIPS, BLACKTOWN INTERNATIONAL SPORTS PARK, BLACKTOWN, 3-4 MAR

And finally to Blacktown for the NSW Masters T&F Championships. Fastest time to W55 **Anne Weekes** (31:04.0).

Masters 5000m Walk Championships

W45	1	Smith, Heidi	49	Illawarra Bl	42:52.0
W55	1	Weekes, Anne	55	Sutherland D	31:04.0
W60	1	Stallard, Patricia	60	Wallsend Rsl	42:55.0
W75	1	Purcell, Joan	76	Nepean Distr	39:04.0
	2	Kenyon, Judy	77	Nsw Masters Athl	41:02.0
M45	1	Kistle, David	48	St. George D	44:38.0
M55	1	Rowe, Gregory	56	Mingara Athl	35:28.0
	2	McDonald, Anthony	56	Nsw Masters Athl	36:56.0
M65	1	Williams, Dennis	69	Hills District A	37:36.0
M70	1	White, Baden	73	Nsw Masters Athl	42:27.0
M75	1	Biggs, Kevin	79	Nsw Masters Athl	38:50.0
M80	1	Seymon, Jim	80	U.T.S. Northern	35:09.0

CHINESE NATIONAL ROADWALK CHAMPIONSHIPS, HUANGSHAN CITY, CHINA, 3-4 MARCH

And now to our overseas reporting and it was another big week. First to Huangshan City, Anhui Province, China, where nearly 500 Chinese walkers competed last weekend in their national roadwalk championships and associated Grand Prix. Leaving nothing to change, international judges Jose Dias (POR), Steve Taylor (GBR) and Kirsten Crocker (AUS) were in attendance. A racewalk judging seminar was also scheduled.

Entries were huge: 126 walkers (87 men and 39 women) in the 20 km, 13 men in the 50 km, 88 walkers (55 men and 34 women) in the 35km and 52 walkers in the U20 30km. The 35km races were used to qualify for the World Teams Championships 50km in Taicang in May.

omarcharor reported on Saturday's races (see http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3105). Unfortunately, the full results set (see http://www.marciadalmondo.com/admin/pdf/risultati/0303201848Huangshan_2018Mer3_1day.pdf) was in Chinese so all I can do at this stage is publish the first placings in each of the events. Suffice it to say that in the men's 20km, the first 29 walkers bettered 1:30:00 and in the women's 20km the first 19 bettered 1:36:00.

20km Men (82 starters, 64 finishers, 10 DNF, 8 DQ)

1.	Wang Kaihua	CHN	1:19:45
2.	Gao Yingchao	CHN	1:20:31
3.	Cai Zelin	CHN	1:20:38
4.	Jin Xiangqian	CHN	1:20:56

20km women (38 starters, 28 finishers, 10 DNF)

1.	Qieyang Shenjie	CHN	1:27:36
2.	Yang Jiayu	CHN	1:27:36
3.	Wang Yingliu	CHN	1:28:37

10km U20 Men (64 starters, 54 finishers)

1.	Zhang Yao	CHN	40:32
2.	Wang Zhaozhao	CHN	40:42.
3.	Sun Suhai	CHN	40:47

10km U20 Women (26 starters, 24 finishers)

1.	Ma Li	CHN	44:15
2.	Li Wenxiu	CHN	44:46
3.	Yang Weiwei	CHN	45:59

10km U18 Boys (50 starters, 36 finishers)

1.	Wang Zhenhao	CHN	43:01
2.	Gao Xianglong	CHN	43:20
3.	Song Minghui	CHN	43:25

5km U18 Girls (26 starters, 23 finishers)

1.	Wu Quanming	CHN	21:41
2.	Peng Li	CHN	22:38
3.	Xu Jianing	CHN	42:49

omarchardor also reported on Sunday's races (see http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3108). Note the 35km races were 50km trials so had much larger fields than the men's 50km race which was of a much lesser standard. Again, you can check out the times at http://www.marciadalmondo.com/admin/pdf/risultati/04032018260Huangshan_2018Mar4.pdf .

35km Men (50 starters, 27 finishers)

1.	Han Jijiang	CHN	2:33:11
2.	Wang Qin	CHN	2:33:18
3.	Wang Rui	CHN	2:33:38

35km women (33 starters, 22 finishers)

1.	Liang Rui	CHN	2:49:23
2.	Ying Hang	CHN	2:50:14
3.	Zhou Kang	CHN	2:50:31

30km U20 Men (48 starters, 40 finishers)

1.	Lu Ning	CHN	2:13:50.
2.	Wang Xiaohui	CHN	2:14:15
3.	Zhang Yao	CHN	2:15:03

50km Men (11 starters, 3 finishers)

1.	Jiayu LUO	CHN	4:12:31
2.	Liangshan MA	CHN	4:21:16
3.	Guichao CUI	CHN	4:28:45
	Jianguo ZHAO	CHN	DNF
	Hao Feng HUANG	CHN	DNF
	Yifan TANG	CHN	DNF
	Kai YANG	CHN	DNF
	Luqiang YAN	CHN	DNF
	Yin Xin FANG	CHN	DNF
	Hongrui ZHOU	CHN	DQ
	Peng ZHOU	CHN	DQ
	Xinlei LIU	CHN	?
	Dian YU	CHN	DNS

FRA-ITA-GER U20 INDOOR MATCH, NANTES, FRANCE, SATURDAY 3 MARCH

The annual France-Italy-Germany U20 Indoor Match in Nantes, France, last Saturday saw walk wins to **Julia Richter** (GER, 14:00.33) and **David Custer** (FRA, 19:41.46). Photos and reports in http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3106.

3000m Women

1.	RICHTER Julia	GER	14:00.33
2.	KIRCHNER Carolin	GER	14:07.12
3.	LEFRESNE Manon	FRA	14:09.30
4.	MASTRANGELO Ida	ITA	14:11.10
5.	MOUTARD Camille	FRA	14:13.33
6.	MIRABELLO Anthea	ITA	14:27.73

5000m Men

1.	KUSTER David	FRA	19:41.46
2.	BOURNIER Justin	FRA	20:30.84
3.	CHIRIVI Diego	ITA	21:33.76
4.	FRENZEL Johannes	GER	21:38.89
5.	GALLO Matteo	ITA	21:43.46
6.	STRAMKA Jan	GER	21:46.26

ITALIAN ROADWALK CHAMPIONSHIPS, ROME, ITALY, SUNDAY 4 MARCH

The Italian Roadwalk Championships last weekend saw a huge meet with races over the following categories: Open 20km Championships, U20 10km Championships, U18 10km Club Championships and U16 National Trophy – 6km Boys and 4km Girls. Races were held on the same Rome course where the 2016 World Race Walking Team Championships were contested. See reports and photos at http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3109.

The men's Open 20km was especially strong with the first 5 all under 1:24:00, **Massimo Stano** (1:21:02) winning ahead of **Federico Tontodonati** (PB 1:21:52) and **Stefano Chiesa** (1:22:32). The women's Open 20km saw **Valentina Trapletti** (1:32:15), who had raced in Monterrey only a week previously, take the gold from **Eleonora Dominici** (1:33:33) and **Nicole Colombi** (1:37:26). Victories in the U20 20km went to Victory to **Riccardo Orsoni** (PB 1:29:38) and **Andrada Lavinia Lacatus** (1:41:12).

Large fields were the order of the day, with 234 entries spread across the following races

Open 20km Championships:	36 men and 26 women
U20 10km Championships:	14 men and 13 women
U18 10km Club Championships:	33 boys and 29 girls
U16 National Trophy:	30 boys (6km) and 53 girls (4km)

20km Open Men (39 starters, 22 finishers)

1.	STANO Massimo	1992	G.S. FIAMME ORO PADOVA	1:21:02
2.	TONTODONATI Federico	1989	C.S. AERONAUTICA MILITARE	1:21:52
3.	CHIESA Stefano	1996	ATL. CENTO TORRI PAVIA	1:22:32
4.	PICCHIOTTINO Gianluca	1996	ATL LIBERTAS RUNNERS LIVORNO	1:22:48
5.	ANTONELLI Michele	1994	C.S. AERONAUTICA MILITARE	1:23:19
6.	DEI TOS Leonardo	1992	ATHLETIC CLUB 96 ALPERIA	1:25:05
7.	BRANDI Giacomo	1998	ATL. AVIS MACERATA	1:26:39
8.	ANGELINI Gregorio	1996	ALTERATLETICA LOCOROTONDO	1:28:30

9.	MONTOLEONE Luca	1990	A.S.D. FRANCESCO FRANCIA	1:29:34
10.	CICALO' Stefano	1998	ATL VALERIA	1:30:55
11.	ZAUPA Alberto	1995	ATLETICA SCHIO	1:32:48
12.	COZZA Cesare	1997	A.S. LA FRATELLANZA 1874	1:33:32
13.	VONA Flavio	1984	ATL.BIOTEKNA MARCON	1:35:40
14.	MICHELETTI Juriy	1998	ATL. BERGAMO 1959 ORIOCENTER	1:36:32
15.	VERDE Vincenzo	1982	ASD ENTERPRISE SPORT & SERVICE	1:38:31
16.	COPPINI Niccolo'	1997	ATLETICA FIRENZE MARATHON S.S.	1:39:18
17.	SCORDO Giuseppe	1994	ASD ICARO RC	1:40:29
18.	LAMMENDOLA Gianluca	1983	ATL. BERGAMO 1959 ORIOCENTER	1:42:55
19.	LOPETUSO Antonio	1958	AMATORI ATL. ACQUAVIVA	1:43:43
20.	CAMILLETTI Giancarlo	1967	A.S.D. KRONOS ROMA	1:48:18

20km Open Women (25 starters, 16 finishers)

1.	TRAPLETTI Valentina	1985	C.S. ESERCITO 1:32:15	
2.	DOMINICI Eleonora	1996	A.S.D. ACSI ITALIA ATLETICA	1:33:33
3.	COLOMBI Nicole	1995	ATL. BRESCIA 1950 ISPA GROUP	1:37:26
4.	VITIELLO Sara	1996	G.S.SELF ATL. MONTANARI GRUZZA	1:42:25
5.	RUSSO Annalisa	1998	CAIVANO RUNNERS	1:46:23
6.	IMBESI Giulia	1996	GA ARISTIDE COIN VENEZIA 1949	1:46:47
7.	SANSONI Adelaide	1982	U.S. QUERCIA TRENTINGRANA	1:47:44
8.	FORESTI Beatrice	1998	ATL. BERGAMO 1959 ORIOCENTER	1:47:48
9.	GALLI Ilaria Camilla	1987	ATLETICA FIRENZE MARATHON S.S.	1:49:33
10.	DAVEY Molly Jade (FC)	1998	G.S.SELF ATL. MONTANARI GBR	1:51:23
11.	GRAFFEO Sascia	1992	ATL. ARCS CUS PERUGIA	1:51:44
12.	BRAY Elisabetta	1998	C.U.S. TORINO	1:56:35
13.	RUGGERI Giulia	1997	O.S.A. SARONNO LIB.	1:57:53
14.	CIVILETTI Laura	1992	RUNNING CLUB NAPOLI	1:59:32
15.	LINARI Tiziana	1998	FIAMME GIALLE G. SIMONI	2:00:31
16.	PATTI Mirella	1962	ITALIA MARATHON CLUB	2:01:37
17.	MARCHIORI Maura	1959	U.S. QUERCIA TRENTINGRANA	2:04:09

20km U20 Men

1.	ORSONI Riccardo	2000	C.U.S. PARMA	1:29:38
2.	FANELLI Nicolas	1999	ATL. AMATORI CISTERNINO	1:30:55
3.	BARATTINI Fabio	1999	ATLETICA LIVORNO	1:35:47
4.	ROMANZI Emanuele	1999	FIAMME GIALLE G. SIMONI	1:37:03
5.	GIULIANI Giorgio	2000	C.U.S. TORINO	1:37:55
6.	DISARO' Michele	1999	G.S. FIAMME ORO PADOVA	1:38:58
7.	PERRONE Alessandro	2000	ASD NEOS MATERA	1:39:08
8.	MELI Mikias	2000	ATL. BERGAMO 1959 ORIOCENTER	1:40:26
9.	BRAGGIO Mattia	2000	GRUPPO CITTA' DI GENOVA	1:40:56
10.	VIMERCATI Federico	1999	ATL. CENTO TORRI PAVIA	1:53:53

20km U20 Women

1.	LACATUS Andrada Lavinia	2000	P.B.M. BOVISIO MASCIAGO	1:41:12
2.	MASTRONICOLA Alessia	2000	ALTERATLETICA LOCOROTONDO	1:48:16
3.	LENTINI Alessandra	2000	A.S.D. ATLETICA DON MILANI	1:51:41
4.	NEVA Silvia	1999	ATLETICA GROSSETO BANCA TEMA	1:53:18
5.	CAPITANI Matilde	2000	ATLETICA GROSSETO BANCA TEMA	1:54:23
6.	VULPIS Maria Teresa	1999	U.S. GIOVANI ATLETI BARI	1:54:41
7.	CRIVELLARO Camilla	2000	CUS PRO PATRIA MILANO	1:56:06
8.	MICONI Giulia	2000	ATL. AVIS MACERATA	2:01:06
9.	PANNOFINO Antonella	1999	ALTERATLETICA LOCOROTONDO	2:01:25
10.	RAISA Vanessa	2000	G.S. FIAMME ORO PADOVA	2:03:47
11.	MARINCIONI Sara	2000	ATL. AVIS MACERATA	2:04:43

10km U18 Men (37 starters, 33 finishers)

1.	FINOCCHIETTI Davide	2001	ATL LIBERTAS RUNNERS LIVORNO	45:33
2.	ANDREI Aldo	2001	GS VALSUGANA TRENINO	45:46
3.	SCOLI Giulio	2001	TLETICA LIVORNO	48:01
4.	COSI Andrea	2001	ATLETICA FIRENZE MARATHON S.S.	48:14
5.	BREDA Daniele	2002	SPORTING CLUB ALZANO	48:22
6.	GRECO Carmine	2001	A.S.D. ATLETICA DON MILANI	49:14
7.	PALUMBO Sergio	2002	ATL LIBERTAS RUNNERS LIVORNO	50:07
8.	GUELI Giorgio	2001	ATLETICA CANAVESANA	50:14
9.	ARCANGELI Fernando	2002	A.S.D. ATLETICA FUTURA ROMA	50:23
10.	MARCHETTI Pietro	2002	FONDAZIONE M. BENTEGODI	50:44

10km U18 Women (32 starters, 27 finishers)

1.	CASIRAGHI Martina	2002	ATL. BERGAMO 1959 ORIOCENTER	50:58
2.	BUGLISI Sara	2001	SPORTCLUB MERANO	51:22
3.	BERTINI Simona	2001	A.S.D. FRANCESCO FRANZIA	51:42
4.	LEONARDI Alice	2001	ASD FREELANCE ATL. ZAFFERANA	54:19
5.	PERINI Ginevra	2001	ATLETICA GROSSETO BANCA TEMA	54:47
6.	LIVIANI Francesca	2002	BRACCO ATLETICA	55:15
7.	FERRARI Anna	2002	ATLETICA ESTENSE	55:27
8.	GATTI Camilla	2001	A.ATL. FABRIANO	55:36
9.	FERRETTI Emma	2001	G.S.SELF ATL. MONTANARI GRUZZA	56:09
10.	VINCI Veronica	2002	A.S.D. ATLETICA DON MILANI	56:52

PORTUGUESE U23 INDOOR CHAMPIONSHIPS, POMBAL, PORTUGAL, SATURDAY 3 MARCH

Miguel Rodrigues (PB 20:47.05) and **Edna Barros** (12:58.36) were crowned as Portuguese U23 Indoor Champions last Saturday in Pombal.

5000m U23 Men

1.	Miguel Rodrigues	SLB	20:47.05
2.	Paulo Martins	SCP	21:13.31
3.	Daniel Gouveia	CAS	22:44.48
4.	Claudio Cotrim	CPA-S	22:49.38
5.	Vitor Cabral	CFOD	23:16.95
6.	Sidney Santos	SCP	24:39.78
7.	Pedro Amaral	JIV	24:43.05
8.	Andre Antunes	CBF	25:21.56

3000m U23 Women

1.	Edna Barros	COP	12:58.36
2.	Laura Leal	COP	13:28.97
3.	Inês Reis	SCP	13:49.34
4.	Maria Bernardo	COP	14:03.87
5.	Joana Pontes	GACV	14:22.82
6.	Andreia Sousa	MAC	14:49.24

GERMAN MASTERS INDOOR T&F CHAMPIONSHIPS, ERFURT, GERMANY, 2-4 MARCH

The German Masters Indoor T&F Championships in Erfurt last weekend saw some great walks by their older walkers, with fastest times in the 3000m races going to **Steffen Borsch** (M45 12:44.55) and **Bianca Schenker** (W40 14:39.59).

Masters 3000m Walks

M35	1	Janker Andreas	1983	LG Röthenbach/Pegnitz	12:25.22
	2	Wild Andreas	1982	SV Einheit 1875 Worbis	16:33.85
M45	1	Borsch Steffen	1973	SV Halle e.V.	12:44.55
	2	Franke Denis	1969	TV Bühlertal	14:53.55
	3	Scholz Wolfgang	1973	LLC Marathon Regensburg	15:36.48
	DQ	Maier Joachim	1970	SV Breitenbrunn	DQ
M50	1	Meyer Steffen	1966	SV Breitenbrunn	14:15.88
	2	Ritzenhoff Andreas	1967	BTB Oldenburg	15:47.27
M55	1	Schröter Uwe	1959	LG Vogtland	15:28.43
	2	Papst Ronald	1962	SV Einheit 1875 Worbis	17:27.62
	DQ	Dietsche Klaus	1962	TV Bühlertal	DQ
M60	1	Hauger Georg	1957	TV Bühlertal	16:04.98
	2	Klaus Herbert	1958	TV Kaufbeuren	16:27.47
	3	Tolle Uwe	1955	Polizei SV Berlin	17:33.89
	4	Evertz Günter	1957	Polizei SV Berlin	19:22.91
M65	1	Schaeffer Udo	1950	ASV Erfurt	17:07.04
	2	Schieker Jochen	1953	TSG 1845 Heilbronn	17:20.41
	3	Hold Jürgen	1952	LG Kreis Verden	17:37.88
	4	Langhammer Reinhard	1952	ASV Erfurt	17:48.74
	5	Kiepert Horst	1951	MBB-SG Augsburg	19:15.99
	6	Neumüller Wolfgang	1949	SV Otterberg	19:18.63
	DQ	Hammer Wolfgang	1951	Gehsportverein Regensburg	DQ
M70	1	Lorscheider Dr. Rainer	1947	TV Ludweiler	17:40.81
	2	Hölters Bernd	1946	Polizei SV Berlin	19:10.88

	DQ	Maichin Richard	1946	Alemannia Aachen	DQ
M75	1	Maier Felix	1943	SV Breitenbrunn	18:37.24
	2	Schumm Peter	1942	Alemannia Aachen	19:03.40
	3	Giese Wolf-Dieter	1943	Polizei SV Berlin	19:25.14
	4	Sturz Erich	1940	MBB-SG Augsburg	21:56.63
	5	Damitz Hans-Peter	1943	LAC Langenhagen	22:36.66
	DQ	Lersch Heiko	1939	SV Brake	DQ
M80	1	Flassnöcker Holger	1937	TG Harkort Wetter	22:15.81
	DQ	Schaefer Dr. Wolfgang	1936	Diezer TSK Oranien	DQ
W40	1	Schenker Bianca	1974	LG Vogtland	14:39.59
	2	Schröter Brit	1974	LG Vogtland	15:41.19
	3	Keller Jana	1974	Sportfreunde Neukieritzsch	17:26.17
	4	Keller Ina	1974	Sportfreunde Neukieritzsch	20:09.57
W45	1	Hörl Nicole	1971	Diezer TSK Oranien	16:48.63
W50	1	Unterholzner Maria	1968	TV Altötting	17:06.99
W55	1	Fuchs Marion	1960	Alemannia Aachen	18:54.35
	2	Ebel Roswitha	1963	SC Polonia Hannover	21:08.19
	DQ	Köhler Antje	1961	TV Bühlertal	DQ
W60	1	Echle Marita	1957	TV Biberach	20:12.56
W65	1	Gerhard Marianne	1953	TB Gaggenau	19:54.60
W75	1	Dräger Helga	1939	LG Esslingen	23:34.15
W80	1	Anritter Erna	1935	TV Biberach	28:04.41

The meet also included Open walks, with wins going to **Nils Brembach** (19:10.13) and **Teresa Zurek** (12:43.38). Note **Steffen Borsch's** M45 5000m time of 21:40.09.

5000m Walk Open Men

1.	Brembach Nils	1993	SC Potsdam	19:10.13
2.	Janker Andreas	1983	LG Röthenbach/Pegnitz	20:56.83
3.	Borsch Steffen	1973	SV Halle e.V.	21:40.09
	Hilbert Jonathan	1995	LG Ohra Energie	DQ
	Köpp Leo	1998	LG Nord Berlin	aufg
	Junghannß Karl	1996	LAC Erfurt	aufg

3000m Walk Open Women

1.	Zurek Teresa	1998	SC Potsdam	12:43.38
2.	Feige Saskia	1997	SC Potsdam	12:50.99

NEW ZEALAND MASTERS T&F CHAMPIONSHIPS, WHANGAREI, NZ, 2-4 MARCH

The 44th New Zealand Masters T&F Championships were held at Trigg Stadium in Whangarei and featured 3000m and 5000m Walks.

NZ Masters 3000m Walks, Friday 2 March

Corinne Smith	Northland	1	W50	15.49.57
Peter Baillie	Wellington	1	M65	17.34.28
Jacqueline Wilson	Wellington	1	W70	18.57.04
Mark Gray	Tauranga	1	M55	19.06.88
Theresa Large	Waikato-Bay of Plenty	1	W60	19.20.95
Karen Davison	North Harbour Bays	1	W45	19.57.13
Chantel Greyling	Race Walking Auckland	1	W30	20.18.90
Brendan Gibbs	Waikato BOP	1	M55	21.07.51
Daphne Jones	Wellington	1	W75	21.30.03
Sheryl Miratana	Waikato-Bay of Plenty	1	W65	22.43.47
John Payne	Taranaki	1	M70	25.22.26
Peter Tearle	Wellington	1	M90	29.17.14

NZ Masters 5000m Walks, Sunday 4 March

Lyndon Hohaia	Race Walking Auckland	1	M50	27.14.90
Corinne Smith	Northland	1	W50	27.18.83
Mike Parker	Calliope	1	M60	28.26.96
Peter Baillie	Wellington	1	M65	29.59.76
Jacqueline Wilson	Wellington	1	W70	32.09.63
Theresa Large	Waikato-Bay of Plenty	1	W60	34.04.66
Daphne Jones	Wellington	1	W65	36.26.60

MARCIADALMONDO AND OMARCHADOR ROUNDUP

Marciadalmondo has 8 press releases on which I can report this week

- Mon 5 Mar - Massimo Stano (1:21:05) and Valentina Trapletti (1:32:14) win Italian 20km Championships
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3109
- Sun 4 Mar - Han Jijiang and Liang Rui win 35km races in Huangshan, China
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3108
- Sat 3 Mar - Miguel Rodrigues and Edna Barros U23 champions of Portugal
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3107
- Sat 3 Mar - David Kuster (FRA) and Julia Richter (GER) win FRA-ITA-GER U20 Indoor Match in Nantes
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3106
- Sat 3 Mar - Wang Kaihua and Qieyang Shenjie win 20km races in Huangshan, China
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3105
- Fri 2 Mar - Preview of International Match U20 indoor FRA-GER-ITA in Nantes, France
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3104
- Thu 1 Mar - Another Russian cheat caught - Stanislav Emelyanos: life ban starting 15.12.2017
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3103
- Wed 28 Feb - Preview of Italian 20km Champs next weekend in Rome
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3102

and Omarchador had 19 press releases

- Mon 5 Mar - Roundup of Portuguese results from last weekend - GP Oliveira do Douro and regionals at Porto and Aveiro
<http://omarchador.blogspot.com.au/2018/03/gp-oliveira-do-douro-e-regionais-do.html>
- Mon 5 May - Edna Barros and Miguel Rodrigues win Portuguese U23 Indoor Walk Titles
<http://omarchador.blogspot.com.au/2018/03/edna-barros-e-miguel-rodrigues-repetem.html>
- Sun 4 Mar - Results of 35km races in Huangshan, China
<http://omarchador.blogspot.com.au/2018/03/campeonatos-chineses-de-35-km-e-50-km.html>
- Sun 4 Mar - Pedro Isidro and Alina Khokhlova win the INAS world indoor track championships in France
<http://omarchador.blogspot.com.au/2018/03/pedro-isidro-e-alina-khokhlova-vencem.html>
- Sun 4 Mar - Results of Chilean roadwalk championships in Los Angeles, Chile
<http://omarchador.blogspot.com.au/2018/03/campeonatos-nacionais-de-marcha-do.html>
- Sat 3 Mar - Shenjie Qieyang and Kaihua Wang win 20km in Huangshan, China
<http://omarchador.blogspot.com.au/2018/03/shenjie-qieyang-e-kaihua-wang-vencem-20.html>
- Sat 3 Mar - 2nd Grande Prémio de Marcha de Oliveira do Douro this Sunday in Areinho, Portugal
<http://omarchador.blogspot.com.au/2018/03/2-grande-premio-de-marcha-de-oliveira.html>
- Sat 3 Mar - Huangshan hosts national seminar for walk judges
<http://omarchador.blogspot.com.au/2018/03/huangshan-foi-sede-de-seminario.html>
- Sat 3 Mar - Portuguese Indoor track season comes to an end with U23 Nationals in Pombal this weekend
<http://omarchador.blogspot.com.au/2018/03/epoca-de-pista-coberta-chegar-ao-fim.html>
- Fri 2 Mar - Russian walker Stanislav Emelyanov banned for life
<http://omarchador.blogspot.com.au/2018/03/stanislav-emelyanov-irradiado-doping.html>
- Fri 2 Mar - Huangshan to host Chinese championships and grand prix this weekend
<http://omarchador.blogspot.com.au/2018/03/huangshan-recebe-campeonatos-chineses-e.html>
- Thu 1 Mar - Preview of INAS World Indoor Champs this weekend in Val-de-Reuil, France
<http://omarchador.blogspot.com.au/2018/03/mundial-de-pista-coberta-inas-em-val-de.html>

- Thu 1 Mar - Portuguese triple Olympic walker José Urbano celebrates his 52nd birthday <http://omarchador.blogspot.com.au/2018/03/jose-urbano-em-dia-de-aniversario.html>
- Thu 1 Mar - Results of Turkish Roadwalk Championships <http://omarchador.blogspot.com.au/2018/03/campeonatos-de-marcha-em-estrada-da.html>
- Wed 28 Feb - Kaliada and Bekmez win international Under-20 meeting in Minsk, Belarus <http://omarchador.blogspot.com.au/2018/02/kaliada-e-bekmez-vencem-encontro.html>
- Wed 28 Feb - Bosworth sets indoor 3000m world best in Glasgow <http://omarchador.blogspot.com.au/2018/02/bosworth-com-melhor-marca-mundial.html>
- Tue 27 Feb - Results of the Spanish Veterans Championships in Burjassot <http://omarchador.blogspot.com.au/2018/02/burjassot-campeonatos-de-espanha-de.html>
- Tue 27 Feb - Results of Spanish U20 and U16 Championships in Burjassot <http://omarchador.blogspot.com.au/2018/02/burjassot-campeonato-de-espanha-por.html>
- Tue 27 Feb - Julia Takacs and Marc Tur win Spanish 50km Championships <http://omarchador.blogspot.com.au/2018/02/julia-takacs-com-recorde-nacional-e.html>

OUT AND ABOUT

First the good news

- Great article on Isle of Man walker **Erika Kelly**, recently named in their team for the 2018 Commonwealth Games in Queensland – see <http://www.runjumpthrow.com/news/2228-four-years-ago-i-didnt-know-what-it-was-commonwealth-bound-isle-of-man-race-walker-erika-kelly-on-breaking-barriers>.

And now onto the big news of the week – the capitulation of the IOC to Russia

- The IOC decision to draw a line under Russia affair now reality: RUS NOC membership restored by IOC. It was clear from the beginning that the IOC was willing to bury one of biggest doping scandals in history. Mission accomplished. See <https://www.theguardian.com/sport/2018/feb/28/russia-says-ioc-reinstated-membership-after-doping-allegations>.
- I like the comment from Michael Pavitt (<https://www.insidethegames.biz/>) that to bring Russia back into the IOC fold so quickly "has been akin to pulling a drug addict out of rehab before the full cycle of treatment had been administered."
- Sebastian Coe has promised athletics will continue to play hardball with Russia despite the IOC's decision to welcome the country back into the sporting fold. Only 22 Russians have been granted approval for 2018 so far, with eight of those competing in the world indoor championships in Birmingham. And Lord Coe, the president of the IAAF, has signalled that the body's tough stance will not soften until an independent taskforce, headed by the Norwegian Rune Andersen, is satisfied that Russia has cleaned up its act. See https://www.theguardian.com/sport/2018/mar/01/sebastian-coe-russia-iaaf-hardball-athletics-doping-scandal?CMP=share_btn_fb.
- And the IAAF are not the only ones disappointed with the IOC backdown. WADA President Sir Craig Reddie has admitted he would have preferred the Russia Olympic Committee's (ROC) suspension to have lasted longer to give more time to get RUSADA fully compliant. See <https://www.insidethegames.biz/articles/1062078/wada-president-admits-he-would-have-preferred-longer-russian-olympic-committee-suspension>.
- No formal apology by the ROC, no admission of what took place in Sochi, no access to 3,000+ urine samples locked in a Moscow lab and the IOC sends out 3 lines saying welcome back.....all athletes of the world, including Russian ones, deserve much better than that.
- Russian Olympic Committee (ROC) President Alexander Zhukov has claimed the country will not recognise the conclusions of the McLaren Report, one of the two outstanding criteria required for the Russian Anti-Doping Agency (RUSADA) to be made compliant. Acknowledgement of the findings of Richard McLaren and Samuel Schmid's reports into the doping scandal is one of two outstanding requirements needed for RUSADA to achieve compliance. Access to the Moscow Laboratory is the second requirement. This shows the complete capitulation of the IOC in their decision to welcome ROC back into the fold. See <https://www.insidethegames.biz/articles/1062114/russian-olympic-committee-president-claims-country-will-not-recognise-mclaren-report-leaving-rusada-compliance-at-deadlock>.
- Eighty-six days: that is the total length of Russia's exile from the Olympic family, its punishment for perpetrating the worst state-sponsored doping racket this side of the Stasi. Fractionally less of a ban, then, than Michael Phelps received from

swimming after smoking marijuana. See https://www.telegraph.co.uk/winter-olympics/2018/03/01/comes-doping-ioc-useful-sniffer-dog-cold/amp/?__twitter_impression=true.

- Of course, Russian President Vladimir Putin continues to laugh at the IOC, after his latest political win. Just to rub it in, he has thanked ice hockey players for singing the Russian national anthem after they claimed gold in the men's competition at the Pyeongchang 2018 Winter Olympics. See <https://www.insidethegames.biz/articles/1062076/putin-thanks-ice-hockey-players-for-singing-russian-national-anthem-following-pyeongchang-2018-gold>.

In other drugs related press releases

- Team Sky and British Cycling are facing the biggest crisis in their history after it emerged that investigators may have found evidence that an order for a banned substance was made from the National Cycling Centre in Manchester. Testosterone patches were delivered seven years ago to the velodrome which remains the HQ of both the national governing body and Team Sky. Dr Steve Peters, formerly head of medicine at British Cycling but still the psychiatrist at Team Sky, told the Sunday Times the patches had been sent in error and were returned to the supplier. This is now apparently being called into question. See <http://www.dailymail.co.uk/sport/othersports/article-5451759/Banned-testosterone-patches-ordered-Team-Sky-HQ.html#ixzz58dRgEN9C>.
- Is this the end of the many years of Russian Doping? You might like to consider the case of walker Stanislav Emelyanov who won golds at the World Youth (2007), World Junior (2008), European Junior (2009), European Open 20km (2010) and European Race Walking Cup (2010). The IAAF announced on 28 July 2014 that Emelyanov had been sanctioned for doping after his biological passport had showed anomalies on 26 July 2010. His 2010 golds were then taken away from him. He came back to competition in late 2014. In September 2015, the IAAF confirmed that Emelyanov was provisionally suspended a second time after a sample from an out-of-competition control in Saransk in June had been found positive for EPO. Emelyanov was given a 8-year ban for this second doping offence, commencing on April 7, 2017 and was stripped of all results obtained after 2 June, 2015. In the latest IAAF newsletter which arrived today, he is now subject to a life ban, starting 15 Dec 2017 for a further biological passport failure, dated 11 October 2015. This is the reality of Russian sport. Do we really think anything has changed!
- Wow, this was unexpected but very satisfying. Hot off the presses from the 90th US Academy Awards - an Oscar for *Icarus*, the Netflix documentary about the Russian drugs fiasco. *Icarus* filmmaker Bryan Fogel has dedicated their Oscar victory to whistleblower Grigory Rodchenkov. He also launched into a strong criticism of the International Olympic Committee (IOC), calling on its President Thomas Bach to resign over his handling of the Russian doping scandal. See <https://www.insidethegames.biz/articles/1062243/icarus-filmmaker-dedicates-oscar-to-rodchenkov-and-calls-on-bach-to-resign-as-ioc-president>.
- An explosive parliamentary report has suggested Team Sky and Sir Bradley Wiggins used performance-enhancing drugs under the guise of treating a legitimate medical condition in order to win the 2012 Tour de France. The long-awaited report by the digital, culture, media and sport select committee is a potential death knell for Team Sky. It calls into question exactly how they became one of the most successful outfits in British sporting history and draws a number of damaging conclusions. The most stark is that Team Sky abused the anti-doping system to allow Wiggins, and possibly support riders, to take powerful corticosteroids to prepare them for the Tour de France. See <https://www.theguardian.com/sport/2018/mar/05/bradley-wiggins-and-team-sky-accused-drugs-in-damning-report>.
- To quote respected Irish sports commentator David Walsh: "This morning the chickens came home to roost for Sir Dave Brailsford and Sir Bradley Wiggins."
- The same report also accuses IAAF President Lord Sebastian Coe of misleading the parliamentary inquiry about the extent to which he was aware of Russian doping in athletics. Coe had appeared before the digital, culture, media and sport select committee in December 2015 but they have cast doubt on his testimony. The former athlete said he had not been aware of any "specific allegations" about the corruption of anti-doping systems in Russia until he watched a revelatory documentary which aired on the German TV channel ARD in December 2014. See <https://www.theguardian.com/sport/2018/mar/05/sebastian-coe-inquiry-russia-doping>.
- Sir Mo Farah (this issue must be an occupational hazard for peers) also came into focus in the report. The report urges that England football team doctor Robin Chakraverty should be investigated by the General Medical Council for failing to record details of a controversial supplement he gave Mo Farah to 'help performance' before the 2014 London Marathon. They were 'shocked' to hear Chakraverty, formerly chief medical officer at UK Athletics, had injected Farah with L-carnitine, which boosts testosterone levels, yet did not note down the dosage. See <http://www.dailymail.co.uk/sport/sportsnews/article-5461077/England-doctor-accused-Mo-Farah-injection.html>.
- It's not the first time that Farah has been in this sort of spotlight. Last May, a leaked report from US Anti-Doping authorities into Farah's then coach Alberto Salazar found the American used a banned method of administering L-carnitine to some of his athletes.
- Ruth Jebet, the reigning Olympic 3,000m steeplechase champion and world record holder, has become the highest-profile Kenya-born athlete to become embroiled in a drug-testing scandal. Although the news has not yet been confirmed, a

number of prominent sources have suggested Jebet has tested positive for a performance-enhancing drug, believed to be the blood booster EPO. See <https://www.theguardian.com/sport/2018/mar/04/ruth-jebet-olympic-champion-drug-test-kenya-bahrain-steeplechase>.

IAAF WORLD RACE WALKING TEAM CHAMPIONSHIPS ANNOUNCEMENTS

Congratulations to the following senior Australian walkers who were last Wednesday announced for the 2018 World Race Walking Team Championships which are to be contested in Taicang, China, in early May. The U20 team component will be announced after the Australian Junior T&F Championships

20km Men:	Dane Bird-Smith (QLD)	Michael Hosking (VIC)	Rhydian Cowley (VIC)
	Adam Garganis (VIC)	Brendon Reading (ACT)	
20km Women:	Beki Smith (NSW)	Jemima Montag (VIC)	Rachel Tallent (ACT)
50km Women:	Claire Tallent (SA)		

See AA announcement at <http://athletics.com.au/News/australian-line-up-named-for-2018-iaaf-world-race-walking-team-championships>. Well done to Victorians Michael Hosking, Rhydian Cowley, Adam Garganis, Jemima Montag and Rachel Tallent.

The IAAF World Racewalking Team Championships timetable is shown below. The action kicks off on Saturday 5 May with the men's and women's 50km championships which are being held together, just like in London last year.

Sat 5 May	08:00	M	50 Kilometres Race Walk
	08:00	W	50 Kilometres Race Walk
	15:30	M	10 Kilometres Race Walk
	16:30	W	20 Kilometres Race Walk
Sun 6 May	09:00	W	10 Kilometres Race Walk
	10:10	M	20 Kilometres Race Walk

COMMONWEALTH GAMES TEAM FINALISED

Last Thursday, Commonwealth Games Australia announced 44 additional names to complete the athletics squad for Gold Coast 2018. 4 walkers had already been named - Dane Bird-Smith (QLD), Michael Hosking (VIC), Beki Smith (NSW) and Jemima Montag (VIC). Two further walkers have now been added to complete the walks team. Congratulations to **Rhydian Cowley (VIC)** and **Claire Tallent (SA)** on their selections. See full announcement at <http://www.athletics.com.au/News/australian-athletics-team-finalised-for-gold-coast-2018>.

The full walks team reads as follows

20km Men:	Dane Bird-Smith (QLD)	Michael Hosking (VIC)	Rhydian Cowley (VIC)
20km Women:	Beki Smith (NSW)	Jemima Montag (VIC)	Claire Tallent (SA)

VALE MARION PATTERSON

I am sad to report that well known Athletics Victoria official Marion Patterson died last Wednesday 28th February, aged 83 years.

Marion first joined the Victorian Women's Amateur Athletics Association in the 1956/57 season, becoming a member of the Brunswick Athletics Club at the same time. Thus began her 60+ year involvement with the sport of athletics in Victoria and Australia.

In her early days, she was taken under the wing of Mabel Robinson, then President of VWAAA, and soon became a tireless worker for the women's association. In her later years, she took on much of the work in gathering results from and documenting the history of the Women's Association.

As the men's and women's associations moved towards a single organization structure in the late 1970s, Marion broadened her involvement as an official and racewalk judge, starting to regularly judge at the Victorian Amateur Walkers' Club at Albert Park.

She was the team manager of the Australian team which travelled to Germany in 1979 for their very first Lugano/Eschborn Cup competitions. She was also, at this time, the convenor of the Athletics Union of Australia Race Walking Committee where she produced the 1981 edition of the AAU of A *Rules of Walking and Judging Procedures* handbook.

She worked her way up through the racewalking ranks, eventually earning the status of and IAAF Racewalk Judge. Bob Cruise commented this week:

I remember her taking on many roles on the track, including judging. She was an imposing figure. Her immaculate white skirt with the green jacket of Australia were always prominent. Ray Smith, Marion and I would occasionally comment that they only selected international judges from Brunswick and Coburg (The three of us lived in that area).

She judged at many major meets, including the 1997 IAAF World Championships in Athens.

Her accolades were many

- Life member, Brunswick Athletics Club - she remained a proud member of the club throughout her long career
- 1986 Honorary Life Member, Athletics Australia
- 1986 Life Member, Athletics Victoria
- 1998 Medal of the Order of Australia (OAM)
- 2000 Australian Sports Award
- 2007 Athletics Australia Platinum Service Award (40 years officiating)

On a personal level, she worked at Glowave, a major Melbourne clothing manufacturer, for 43 years but eventually found herself homeless after she had retired. For some time she lived in her car in the inner Melbourne suburbs before eventually getting long term accommodation via the Ministry of Housing. This daunting experience was not one that she dwelt upon once she found her feet again, but it did prompt her to become involved with Merri Outreach Support Service (MOSS), where she worked there as a general helper for some 15 years. She was then on the Committee of Governance for a number of years. Her explanation was a simple one:

I don't like to see people homeless, I have experienced this in my life.

VRWC President Stuart Cooper reminisced this week:

One incident in particular sticks in my mind, demonstrating her sympathetic yet no-nonsense approach to life. In the 80s, a long-time former distance walker-turned-judge (well known to us both) decided to pull his shoes on again with the aim of attacking some of the 70-80+year world records on offer. His flexibility and soundness of body (and, likely, his health) had diminished seriously with age but he would not be deterred. He started in several winter handicaps, but on one particularly warm day he collapsed and an ambulance was called. Marion was one of the first on the scene and, whilst waiting for the ambos to arrive, she gently but firmly told him that his racing days were past, that there was no shame in having to stop as everybody has to, and that he must do what was best for himself in this latter stage of his life. Typically, Marion spoke with authority and common sense, plus the respect and affection of one who knew what the sport meant to this man, and how hard it might be for him to have to stop practising it. It helped that she has known him well for many years, but it can't have been easy to have said these things, whether to a friend or stranger. But she cared enough for her club mate to speak to him in a way others may have considered presumptuous. (He took her advice, and no doubt that of clinicians as well.)

In later life, she struggled badly with arthritis and had a number of hip replacement operations, none of which were really successful. This slowed her down but did not stop her. She was a regular fixture with her mobility walker as she laboured to interclub each week in Melbourne and she was a regular official in the Call Room at all championships.

Those of us who worked with her have many happy memories of her dedication, her warmth and her calm demeanour.

Her funeral service will be held on Wednesday 14th March at 11:30AM at Victoria Funerals Chapel, 415-417 Victoria St, Brunswick.



*Left: 1972 Wimmera T&F Championships in Horsham – Marion with walks winner Alison Nicholls
Right:: 1979 Eschborn Cup - Marion with Australian team members Sally Pierson, Sue Orr and Lorraine Young*

UPDATED 50KM RANKING LISTS FOR 2018

With more men's 50km results from China last weekend, and with a couple of lately found additions to the women's listing, here are Paul DE Meesters's updated 2018 50km Ranking Lists. And of course, there are all those walkers who have chosen 35km walks instead to get their qualifiers. Who say's the 50km is dead! Thanks Paul.

Men's 50km Performances 2018 as of March 4, 2018

1.	Andres Choco	ECU	3:50:27	Monterrey 2/25/18
2.	Jose Leyver Ojedo Blas	MEX	3:53:37	Monterrey 2/25/18
3.	Marc Tur Pico	ESP	3:56:05	Burjassot 2/25/18
4.	Sandeep Kumar	IND	3:56:40	New Delhi 2/17/18
5.	Omar Zepeda	MEX	3:57:31	Monterrey 2/25/18
6.	Bernardo Uriel Barrondo Garcia	GUA	3:57:33	Campo de Marte 2/10/18
7.	Benjamin Sanchez Bermejo	ESP	3:57:34	Burjassot 2/25/18
8.	Artur Mastianica	LTU	3:58:33	Burjassot 2/25/18
9.	Jesus Angel Garcia Bragado	ESP	3:58:37	Burjassot 2/25/18
10.	Jitendra Singh Rathore	IND	3:58:56	New Delhi 2/17/18
11.	S Damen Singh	IND	4:00:35	New Delhi 2/17/18
12.	David Christian Berdeja Villalobos	MEX	4:00:45	Monterrey 2/25/18
13.	Chandan Singh	IND	4:00:58	New Delhi 2/17/18
14.	Luis Amauri Bustamante Franco	MEX	4:01:24	Monterrey 2/25/18
15.	Horacio Nava Reza	MEX	4:02:28	Monterrey 2/25/18
16.	Pablo Oliva Requena	ESP	4:05:43	Burjassot 2/25/18
17.	Nick Christie	USA	4:09:32	Santee 1/20/18
18.	Jyoti Tawtya	IND	4:09:43	New Delhi 2/17/18
19.	Israel Aymar Celi	ECU	4:11:04	Burjassot 2/25/18
20.	Jorge Alejandro Martinez Baez	MEX	4:11:10	Monterrey 2/25/18
21.	Pedro Isidro	POR	4:11:25	Porto de Mos 1/7/18
22.	Matthew Forgues	USA	4:11:43	Monterrey 2/25/18
23.	Jurgen Everhard Grave Chavez	GUA	4:11:50	Campo de Marte 2/10/18
24.	Jiayu Luo	CHN	4:12:31	Huangshan 3/4/18
25.	Diego Flores Espinoza	MEX	4:16:19	Monterrey 2/25/18
26.	Erwin Ernesto Morales Paau	GUA	4:18:07	Campo de Marte 2/10/18
27.	Liangshan Ma	CHN	4:21:16	Huangshan 3/4/18
28.	Francisco Arcilla Aller	ESP	4:22:48	Burjassot 2/25/18
29.	Mario Alfonso Bran Granillo	GUA	4:24:50	Campo de Marte 2/10/18
30.	Ntentopoulos Konstantinos	GRE	4:24:57	Marathon 1/14/18
31.	Sergio Daniel Sacul Caal	GUA	4:25:51	Campo de Marte 2/10/18
32.	Tsiordas Dimitris	GRE	4:26:36	Marathon 1/14/18
33.	Jay Prakash Singh	IND	4:28:32	New Delhi 2/17/18
34.	Guichao Cui	CHN	4:28:45	Huangshan 3/4/18
35.	Sagar S. Joshi	IND	4:31:52	New Delhi 2/17/18
36.	Anjani Kumar Singh	IND	4:32:07	New Delhi 2/17/18
37.	Stamelos Kostas	GRE	4:35:18	Marathon 1/14/18
38.	Rafael Ballesteros Garcia	ESP	4:35:54	Burjassot 2/25/18
39.	Cristiano Antonio	POR	4:39:56	Porto de Mos 1/7/18
40.	Luis Angel Sanchez Perez	GUA	4:41:12	Campo de Marte 2/10/18
41.	ose Manuel Gomez Garcia	ESP	4:42:08	Burjassot 2/25/18
42.	Som Kumar	IND	4:42:16	New Delhi 2/17/18
43.	Luis Silva	POR	4:44:11	Porto de Mos 1/7/18
44.	Krishna Bind	IND	4:44:49	New Delhi 2/17/18
45.	onathan Hobbs	GBR	4:45:05	Porto de Mos 1/7/18
46.	Anthony Joseph Gruttadauro	USA	4:45:15	Santee 1/20/18
47.	David Pueyo Ministral	ESP	4:47:42	Burjassot 2/25/18
48.	Marc Guerrero Plaza	ESP	4:49:00	Burjassot 2/25/18
49.	Pablo Gomez	USA	4:56:19	Santee 1/20/18
50.	Henrique Santos	POR	4:57:29	Porto de Mos 1/7/18
51.	Antonio Gonzalez Arrabal	ESP	5:04:11	Burjassot 2/25/18
52.	Dave Talcott	USA	5:28:40	Santee 1/20/18
53.	Peter James Back	SGP	5:54:26	Hong Kong 1/1/18
54.	Steve Harper	USA	5:57:12	Santee 1/20/18
55.	Walker Wong	HKG	6:03:50	Hong Kong 1/1/18
56.	Adrian Zamudio	USA	6:28:14	Santee 1/20/18
57.	Chan Wai-on	HKG	6:39:01	Hong Kong 1/1/18
58.	Paul Terbrack	USA	7:02:04	Santee 1/20/18

Women's 50km Performances 2018 through March 4, 2018

1.	Julia Takacs Nyerges	ESP	4:13:04	Burjassot 2/25/18
2.	Ainhoa Pinedo Gonzalez	ESP	4:18:56	Burjassot 2/25/18
3.	Erika Jazmine Morales Cruz	MEX	4:32:53	Monterrey 2/25/18
4.	Mariela Sanchez Teran	MEX	4:46:12	Santee 1/20/18
5.	Katie Burnett	USA	4:47:50	Santee 1/20/18
6.	Maria Dolores Marcos Valero	ESP	4:53:38	Burjassot 2/25/18
7.	Erin Taylor-Talcott	USA	4:54:39	Monterrey 2/25/18
8.	Makri Angeliki	GRE	4:56:00	Marathon 1/14/18
9.	Lizbeth Silva Miranda	MEX	4:58:41	Monterrey 2/25/18
10.	Anett Torma	HUN	4:59:55	Santee 1/20/18
11.	Andreopoulou Nikolitsa	GRE	5:05:39	Marathon 1/14/18
12.	Olga Cabrera Ysas	ESP	5:06:13	Burjassot 2/25/18
13.	Sandra Silva	POR	5:08:13	Porto de Mos 1/7/18
14.	Teresa Vaill	USA	5:29:29	Santee 1/20/18
15.	Kourkoutsaki Efstathia	GRE	5:34:21	Marathon 1/14/18
16.	Korkou Zoe	GRE	5:34:29	Marathon 1/14/18
17.	Susan Brooke	CAN	5:42:54	Santee 1/20/18
18.	Aura Morales	MEX	5:46:47	Monterrey 2/25/18
19.	Casandra Milenka Nieto Linares	BOL	5:48:56	Monterrey 2/25/18
20.	Billie Kwok	HKG	6:14:05	Hong Kong 1/1/18
21.	Wendy Choi	HKG	6:24:17	Hong Kong 1/1/18
22.	Linda Fung	HKG	6:28:33	Hong Kong 1/1/18
23.	Darlene Backlund	USA	7:09:44	Santee 1/20/18
24.	Jamie Fiddler	USA	7:22:47	Santee 1/20/18

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

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 20km Walks are on Sun 8 April, Currumbin Beachfront, Gold Coast, 7AM onwards
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 Remaining IAAF Racewalking Challenge Events

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
Sep 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 10-11, 2018	South American Racewalk Championships, Sucna, ECU
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 Men's and Women's 20km walk, Currumbin Beachfront, Sunday 8 April
Apr 28 (Sat), 2018	International Walks Meet and Mikenas Memorial, Birstonas, LTU
May 5-6, 2018	28th IAAF World Race Walking Team Championships , Taicang, China
May 9-11, 2018	Melanesian Regional Championships, Port Vila, Vanuatu (AA team - U18 walks)
Jun 8 (Fri), 2018	44 th International Racewalking Festival, Alytus, Lithuania
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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