



HEEL AND TOE ONLINE

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

My walker of the week is 16 year old NSW walker **Oscar Tebbutt** who was outstanding in last week's Australian Junior T&F Championships in Sydney. Competing in the U18 5000m walk championship on Wednesday, he won convincingly in a 17 second PB of **22:08.63**. Two days later, he took bronze in the U20 10,000m walk championship, his time of **45:32.22**, a 37 sec PB.

In these same championships last year, he finished 3rd in the U17 5000m (23:51) and 13th in the U20 10,000m (49:42). What a difference a year makes.

With these two fine performances, Oscar has joined the small and talented group of walkers at the top of our junior ranks. I think we can expect to see a lot more from him as the year progresses.



Oscar leads Dylan Richardson, Mitchell Baker and Tim Fraser in the Australian U20 10,000m in Sydney(photo Terry Swan)

WHAT'S COMING UP

- Next weekend sees **Victorian Masters T&F Championships** at Doncaster. Good luck to all our walkers. I look forward to reporting on the meet in next week's newsletter. See more at <http://athsvic.org.au/event/2018-victorian-masters-track-field-championships/>.
- Next Saturday also sees the next of the major international walks meets, with the Dudince International Racewalks carnival in Dudince, Slovakia (20km and 50km for men and women). Always a big meet!
- That is just about it for the summer, with only a few major dates still to go.
 - Apr 26-29, 2018 Australian Masters T&F Championships, Perth, WA

◦ Apr 28-29, 2018 Australian Little Athletics Championships, Gold Coast, QLD

- Then it's a break for all our Victorian walkers until the VRWC winter roadwalk season starts at Middle Park on Saturday 28th April. See our winter season fixture at <http://www.vrwc.org.au/vrwcw18.shtml>.

AUSTRALIAN JUNIOR ATHLETICS CHAMPIONSHIPS, SYDNEY, MAR 14-18, 2018

Starting last Wednesday and extending over 5 days, the Australian Junior T&F Championships were held last week in Sydney in very hot conditions. The torrid conditions in Sydney were all part of a broader set of extreme weather conditions in Australia, ranging from cyclonic conditions in Darwin to severe bushfires in NSW and Victoria. The worst day of the lot was Sunday when the expected top of 41C forced organizers to rearrange the program for that day, starting much earlier and trying to avoid the worst of the heat.

Thus the times reported below are generally down on what we expected, with most of the walks being held in the late afternoon, right when conditions were at their worst. Yet there were still quite a few PBs, an indication of how well the walkers had prepared.

Thanks to **Kerrie Peart** and **Terry Swan** for most of the photos.

Day One of the Championships saw the U17 and U18 5000m walks contested, with the boys first up at 4:30PM, followed by the girls at 5:25PM. Well done to winners **Oscar Tebbutt** (22:08.63), **Nelson McCutcheon** (23:04.38), **Rebecca Henderson** (24:15.70) and **Emma Blanch** (25:11.99). The best walk was undoubtedly that of 16 year old Oscar Tebbutt, with a 17 sec PB in the torrid conditions. Special mentions to Victorians **Jemma Peart** (2nd in U18 with 26:10.76) and **Alanna Peart** (2nd in U17 with 25:30.74). A good double by the young Ballarat walkers.

Men 5000m Walk Under 18, Wed 14 Mar, 4:30PM

1.	Tebbutt, Oscar	01	NSW	22:08.63	PB 0:17
2.	Baker, Mitchell	01	ACT	22:26.99	
3.	Camilleri, Tristan	01	SA	23:36.88	
4.	Reid, Benjamin	01	WA	24:49.47	
5.	Bruniges, Mathew	01	SA	27:32.10	
6.	Millard, Thomas	01	WA	28:43.39	

Men 5000m Walk Under 17, Wed 14 Mar, 4:30PM

1.	McCutcheon, Nelson	02	QLD	23:04.38	
2.	McGinniskin, Jack	02	NSW	23:22.47	PB 0:02
3.	Cross, Joe	02	SA	23:44.47	
4.	Young, Gwyllym	02	ACT	23:45.30	PB 0:26
5.	Anderton, Cooper	02	WA	24:16.71	PB 0:12
6.	Thompson, Will	02	VIC	24:22.26	
7.	Dickson, Corey	02	VIC	24:39.44	
8.	Blaskett, Hayden	02	NSW	25:32.05	
9.	Attwell, Jake	02	NSW	26:07.26	
10.	Djordjevic, Nikolaj	02	VIC	26:41.38	PB 0:14
11.	Campbell, Bayley	02	TAS	27:14.63	
12.	Stewart, Ryan	02	QLD	29:41.10	

Women 5000m Walk Under 18, Wed 14 Mar, 5:25PM

1.	Henderson, Rebecca	01	VIC	24:15.70	
2.	Peart, Jemma	01	VIC	26:10.76	
3.	Mison, Hannah	01	NSW	27:32.29	
4.	Pengilley, Teegan	01	NSW	28:12.55	
5.	Lee, Janaya	01	NSW	29:19.53	
6.	Rowbotham, Milla	01	QLD	29:41.01	
7.	Walker, Amy	01	NSW	29:48.01	
8.	Hamann, Charlotte	01	QLD	32:11.80	
	Blackwell, Anna	01	TAS	DNF	
	Hannigan, Caitlin	02	QLD	DQ	

Women 5000m Walk Under 17, Wed 14 Mar, 5:25PM

1.	Blanch, Emma	03	NSW	25:11.99	
2.	Peart, Alanna	03	VIC	25:30.74	
3.	Bolton, Hannah	03	NSW	26:10.23	
4.	Hay, Charlotte	03	VIC	26:52.40	
5.	Manning, Hannah	02	ACT	28:09.34	
6.	Brennan, Elise	02	NSW	30:00.55	
7.	Johnston, Lily	02	NSW	30:04.32	
8.	Bell, Bridget	02	NSW	30:38.19	
9.	O'Mahony, Kathleen	02	VIC	30:49.98	

10. Robertson, Brittany	02	NSW	31:11.44
11. Upton, Chloe	02	SA	31:49.64
Pitcher, Allanah	03	NSW	DNF
Parker, Hannah	02	NSW	DQ



*Left: U18 Girls Jemma Peart, Rebecca Henderson and Hannah Mison
Right: Victorian Girls Jemma and Alanna Peart, Rebecca Henderson, Charlotte Hay and Kathleen Omahony*

Thursday saw the U14 3000m walks, again right at the hottest time of the day at 4:45PM. For many of these young walkers, it would have been their first 'Nationals', having to marshal in a call room, having to race with a split start in a big field, etc. It is not any easy initiation so well done to them all. Again, very few PBs but convincing wins to **Toby Wilks** (14:01.22) and **Alexandra Griffin** (14:38.58). Walk of the day definitely had to be that of 12 year old Toby.

Men 3000m Walk Under 14, Thu 15 Mar, 4:45PM

1. Wilks, Toby	05	SA	14:01.22	PB 0:06
2. Walter, Samuel	05	NSW	15:50.42	PB 1:19
3. McCure, Sam	06	QLD	15:50.43	PB 0:29
4. Imbriano, Joel	06	VIC	17:06.22	
5. O'Rourke, Liam	05	VIC	18:10.56	
6. Weickhardt, Sebastian	06	VIC	19:17.05	
Santo, Oliver	05	NSW	DQ	

Women 3000m Walk Under 14, Thu 15 Mar, 4:45PM

1. Griffin, Alexandra	05	WA	14:38.58
2. Anderson, Jayda	05	QLD	15:07.66
3. Dunne, Izabella	05	NSW	15:26.62
4. Clarke, Anika	05	QLD	15:54.70
5. Thomas, Emma	05	NSW	16:10.38
6. Upton, Kitarni	05	SA	16:30.52
7. Boughton, Milly	06	NSW	16:45.38
8. Hickson, Alannah	05	NSW	17:11.57
9. Pelham, Eliza	05	SA	17:13.72
10. Pusonjic, Elli	06	SA	17:52.32
11. Schofield, Scarlett	06	QLD	18:37.28
12. Lawrence, Lataya	06	WA	19:14.21
13. Dagan, Quinella Jade	06	QLD	24:40.70
Holmes, Keeley	05	NSW	DQ



Left: U14 Girls: Jayda Anderson, Alexandra Griffin and Izabella Dunne
 Right: 11 year old Sebastian Weickhardt, one of the first timers at the Australian Junior Championships

The remaining walks were held on Friday, with the U20 10,000m races at 8AM and the U15 and U16 3000m in the late afternoon. You only have to look at all the PBs in the 10,000m races to see what a difference it makes when conditions are cooler.

As expected **Katie Hayward** won the women's U20 10,000m convincingly with a PB 45:48.45. Behind her, **Phillipa Huse** surprised with her second placed 48:52.25, a PB of 38 secs. She had come fourth in the IAAF Race Walking World Teams Championships trial in Adelaide last month but bounced back in the best possible way, beating both Anna Cross and Rebecca Henderson and giving the selectors something to think about.

The men's U20 10km also produced its own surprise. While **Declan Tingay** (42:33.15) and **Kyle Swan** (43:57.10) took the first two spots as they had done in Adelaide last month, U18 winner Oscar Tebbutt took third with a big PB of 45:32.22, beating the fourth placed Mitchell Baker and bettering Baker's best time. Something else for the selectors to ponder!

Women 10,000m Walk Under 20, Fri 16 Mar, 8:00AM

1.	Hayward, Katie	00	QLD	45:48.45	PB 0:03
2.	Huse, Phillipa	99	VIC	48:52.25	PB 0:38
3.	Cross, Anna	99	SA	49:43.73	
4.	Henderson, Rebecca	01	VIC	51:22.35	
5.	Randall, Alice	00	TAS	53:51.39	
6.	Goodhew, Chelsea	99	NSW	55:00.70	
7.	O'Neill, Molly	00	NSW	56:02.40	PB 0:29
8.	Cross, Bethany	00	SA	56:38.88	PB 0:59
9.	McDonald, Jasmyn	99	NSW	56:57.10	
10.	Davison, Mackayla	00	VIC	58:50.15	First one
11.	Noonan, Emily	00	VIC	64:56.51	First one
	Blackwell, Anna	01	TAS	DNF	One lap short

Men 10,000m Walk Under 20, Fri 16 Mar, 8:00AM

1.	Tingay, Declan	99	WA	42:33.15	
2.	Swan, Kyle	99	VIC	43:57.10	
3.	Tebbutt, Oscar	01	NSW	45:32.22	PB 0:37
4.	Baker, Mitchell	01	ACT	45:47.83	
5.	Frew, Connor	00	ACT	46:20.86	
6.	Richardson, Dylan	00	NSW	47:00.00	
7.	McGinniskin, Jack	02	NSW	48:19.59	PB 1:56
8.	Reid, Benjamin	01	WA	49:50.75	PB 1:20
9.	Thomson, Ryan	00	NSW	49:56.48	
10.	Dickson, Corey	02	VIC	50:22.19	PB 1:52
11.	Barendregt, Travis	00	NSW	54:52.51	PB 2:53
12.	Millard, Thomas	01	WA	56:45.86	PB 3:55
	Bedford, Kyle	00	NSW	DNF	
	Fraser, Timothy	00	ACT	DQ	



U20 walkers Declan Tingay, Kyle Swan, Philippa Huse, Katie Hayward and Anna Cross



U20 walkers Kyle Swan, Declan Tingay, Oscar Tebbutt and Katie Hayward

The U15 and U16 Boys were up next at 4:50PM, again in hot conditions. Fields were surprisingly small, but well done to winners **Joel Kemp** (13:58.82) and **Fraser Saunder** (15:17.01). Both boys walked PBs and deserved their golds. Special mention to Victorian **Heath Beveridge** who also PB'd with his time of 15:13.27.

Men 3000m Walk Under 16, Fri 16 Mar, 4:50PM

1.	Kemp, Joel	03	NSW	13:58.82	PB 0:12
2.	Robertson, William	03	TAS	14:17.90	
3.	Beveridge, Heath	03	VIC	15:13.27	PB 0:17
4.	Leerberg, Martin	03	NSW	15:42.33	
5.	Davis, George	03	NSW	16:41.30	
6.	Walter, James	03	NSW	16:41.56	

Men 3000m Walk Under 15, Fri 16 Mar, 4:50PM

1.	Saunder, Fraser	04	VIC	15:17.01	PB 0:30
2.	Pyda, Raven	04	NSW	17:04.21	
3.	Tebbutt, Archie	04	NSW	17:18.15	
4.	Costin, Owen	04	VIC	18:54.26	

The U16 and U15 Girls were up next, at 5:40PM, with wins to **Emma Blanch** (13:55.56) and **Alexandra Griffin** (14:21.35). There were some good doubles here. Alexandra Griffin had already won the U14 3000m on Thursday (14:38.58) but walked faster to win here. And not to be outdone, Emma Blanch and Alanna Peart had taken first and second in the U7 5000m on Wednesday and they backed up for first and second in the U16 3000m here. The big surprise was the DNF by favourite Allanah Pitcher.

Women 3000m Walk Under 16, Fri 16 Mar, 5:40PM

1.	Blanch, Emma	03	NSW	13:55.36	
2.	Peart, Alanna	03	VIC	13:58.54	Eq PB
3.	Upton, Victoria	03	SA	14:29.10	
4.	Hill, Gabriella	03	QLD	14:37.98	PB 0:15
5.	Novinetz, Camryn	03	QLD	14:48.95	
6.	Hay, Charlotte	03	VIC	14:59.62	PB 0:12
7.	Bolton, Hannah	03	NSW	14:59.89	
8.	Sandery, Olivia	03	SA	15:11.06	
9.	Dagher, Sophia	03	NSW	16:27.20	
10.	Schofield, Amelia	03	QLD	16:57.74	
	Pitcher, Allanah	03	NSW	DNF	

Women 3000m Walk Under 15, Fri 16 Mar, 5:40PM

1.	Griffin, Alexandra	05	WA	14:21.35	PB 0:10
2.	McMillen, Elizabeth	04	NSW	15:01.88	
3.	Sullivan, Bridget	04	QLD	15:25.91	PB 0:25
4.	Burns, Laura	04	ACT	15:54.43	
5.	Ofield, Mackenzie	04	QLD	16:43.95	
6.	McLoughlin, Chloe	04	NSW	16:48.31	
7.	Thomson, Jada	04	NSW	17:35.64	
8.	Gray, Maddison	04	WA	17:42.08	
9.	Wilks, Mia	04	SA	17:44.95	



Left: U16 Boys William Robertson, Joel Kemp and Heath Beveridge
 Centre: U16 Girls Alanna Peart, Emma Blanch and Victoria Upton
 Right: U15 Boys Raven Yda, Fraser Saunder and Archie Tebbutt

SAMA TRACK WALKS, SA ATHLETICS STADIUM, MILE END, ADELAIDE, WEDNESDAY 14 MARCH

Very few other racewalk results from around Australia this week. Firstly, thanks to Colin Hainsworth for the latest results from the South Australian Masters in Adelaide.

1000m Walk

1.	James Hoare	07:00	M71	67.64%
2.	David Robertson	08:06	M84	70.31%
3.	Valmai Padget	07:33	W73	69.31%
4.	Graham Harrison	07:42	M74	63.88%
5.	Brian Witty	07:36	M67	59.42%

6.	Roger Lowe	08:02	M74	61.23%
7.	Helen Suridge	07:28	W67	65.03%
8.	Marie Maxted	06:11	W57	70.92%
	John Hore	DQ	M69	

3000m Walk

1.	David Robertson	24:55	M84	72.20%
2.	Jan Layng	22:52	W69	70.18%
3.	Ross Hill-Brown	23:54	M63	56.90%
4.	Edna Bates	26:52	W65	56.70%
5.	Helen Suridge	22:45	W67	68.68%
6.	Graham Harrison	22:58	M74	67.43%
7.	Dave Fallon	22:58	M65	60.49%
8.	Marie Maxted	20:14	W57	68.83%
9.	James Hoare	21:55	M71	67.99%

BENDIGO WALKERS CLUB ROAD WALKS, ROSALIND PARK, BENDIGO, WEDNESDAY 14 MARCH

Thanks to Paul Rance for the latest walk results from Bendigo, in country Victoria. Only a small turnout this week, with wins to **Caitlyn Curtis** and **Barb Bryant**.

1.2km Handicap

1.	Caitlyn Curtis	9.19
2.	Sheridan Commons	8.03
3.	Jennie Payne	7.37

2.4km Handicap

1.	Barb Bryant	13.51
2.	Annette Curtis	16.09
3.	Bill Lotherington	18.01

ACTRWC TRACK WALKS, WODEN ATHLETICS TRACK, WODEN, THURSDAY 15 MARCH

Thanks to Robin Whyte for the latest results from Canberra.

5000m Walk

1.	Ann Staunton-Jugovic	28:37
2.	Peter Baker	29:48
3.	Robin Whyte	31:49
4.	Bryan Thomas	36:05
5.	Ruth Baussmann	37:25
6.	Rod Gilchrist	38:04
7.	Geoff Barker	42:40
8.	Robert Kennelly	43:31
9.	Val Chesterton	44:01
	Doug Fitzgerald	DNF

1000m Walk

1.	Andrew Camp-Liddiard	5:29
2.	Owen Toyne	5:31
3.	Jim White	7:19
4.	Steve Karvelas	8:02
5.	Margaret McSpadden	8:08
6.	Penny Costis	8:16

QMA T&F MEET, SAF, BRISBANE, SATURDAY 17 MARCH

And finally, to Brisbane for some Queensland Masters results.

3000m Walk

1.	Ignacio Jimenez	M52	Brisbane	14:09.80	85.06%
2.	Peter Bennett	M62	Brisbane	16:07.19	81.81%
3.	Mark Carlile	M44	Brisbane	21:05.84	52.65%
4.	Patrick Sela	M78	GC & Sthrn	23:19.85	67.28%

LITTLE ATHLETICS VICTORIA T&F CHAMPIONSHIPS AT LAKESIDE STADIUM, MELBOURNE, 11-13 MARCH

Apologies for one result that I had wrong from last week's Little Athletics Victoria Championships. I somehow deleted the name of the winner of the Boys U9 700 walk. It is included below for completeness. Sorry Max!

Boys U 9 700m Walk

1.	Max Davidson	Diamond Valley	3:44.22
2.	Maurice Nihill	Bendigo	3:54.17
3.	James Barna	Knox	4:09.22
4.	Marko Mandic	Berwick	4:09.47
5.	Oliver Day	Corio	4:13.90
6.	Beau Mason	Diamond Valley	4:19.08
7.	Attri Ridham	Whittlesea City	4:21.89
8.	Patrick Staines	Seaford	4:33.97
9.	Jacob Langelaan	Berwick	4:34.55
10.	Tylar Forsyth	Werribee	4:51.48
11.	Matthew Ballamy	Brighton	5:06.76
12.	Alex Barnes	Shepparton	5:08.62
13.	Lucas Harris	Brimbank	5:12.09
14.	Austin Beattie	Altona	5:23.56
	Charlie Thomas	Caulfield	DQ
	H Adams	Oakleigh	DQ
	Mitchell Freeman	Whittlesea City	DQ

Paul Rance from Bendigo also reminisced on some of the past LAVic walkers from years past. Thanks Paul. We have certainly had some wonderful young walkers over the years.

The U11 1100m walks have only been going for 2 years now (before that, they were 1500m) and the U9 700m is a new event. So although the U11 records that were broken at the Titles were very good performances, I think it is possible that these age group records could be reduced even further over the next few years.

Before the change in the U11 distance from 1500m back to 1100m, Bendigo athlete **Natalie Gleeson** had held the Victorian Little Athletics 1500m walk record from 1996 to 2016 with her time of 7.23. Natalie also still holds the U12 1500m record at 6.53, a time she set in 1997.

Before her, the U11 record had been held from 1978 to 1996 by **Sarah Miller** with a time of 7.2,7 and the U12 record was broken the following year in 1979 by **Louise Nicholson** with 7.00.1. That time stood until Natalie broke it in 1997. Sarah and Louise were in the same age group and I am sure they would have had some good battles. From 1978 to 2018, Sarah, Louise and Natalie's performances at 10-11 years of age have remained untouchable even though there have been some very good athletes come through in that 40 year period.

Just for the record some of Natalie's other excellent performances come to mind. She won Victorian Little Athletics Titles from U9 to U14 but didn't compete in U15, broke State records in U11 and U12 and, in U10, just missed the State record held by **Nicole Sansonetti** by 0.50 second (that record still stands today), in November 1995 she won the Victorian All Schools U14 Title as a 10 year old in a time of 7.14, at 11 years of age she won the Athletics Australia U14 3km Road walk National title in 14.52 and at 14 years of age she won the Athletics Australia U16 5km National title in just under 25.15 in just her second 5km race. Unfortunately a knee injury that she couldn't get over ended her athletic career at an early age.

CANBERRA 48 HOUR CHAMPIONSHIPS, AIS ATHLETICS TRACK, CANBERRA, 15-17 MARCH

I have been away from my home base in Melbourne for the last 5 days, being in Canberra for the annual Canberra 48 Hours Australian Track Championships (see <http://cbr.48hr.ktkc.com.au>). This 3 day ultra event is held at the AIS Athletics track and features the following categories: 48 Hours, 24 Hours, 12 Hours, 6 Hours and Marathon. All events are track based and started at midday on Friday, finishing at midday on Sunday.

Unfortunately, the very hot weather wrought some damage, with performances definitely down on past years.

A small number of walkers were also in action, with results as shown below. It was great to see Australian Centurion **Geoff Hain** back in action – he last competed in Australia in 2009 and has been travelling the world since then with his wife Annie, as global travellers based in Buenos Aires. **Linda Christison** of NSW, who was diagnosed with Parkinsons Disease 14 years ago, was one of the standouts. For the last 2 years, with support from her walking stick she has walked with her sister Heather in the 48 Hour division. This year, she dropped down to the 24H division, recording an excellent 154.027km. In fact, I feel that she may well have made the centurion distance (100 miles or 160.9km) if not for the dreadful conditions. Her sister Heather took the opportunity to compete in the 48H run, recording an excellent 271.2016km. They are a talented couple of women! **Justin Scholz** also walked very well, finishing the 12H with 92.457km. Unfortunately **John Kilmartin** succumbed to the conditions and was forced to retire mid race. The good news is that he was back at the race venue the next day and seemed ok. Others to walk included **Robert Osborne**

(well known NSW racewalker) and **David Attrill** in the 48H and ACTRWC member **Phil Essam** in the 6H. Well done to all the walkers.

48 Hours Championship

22.	Robert Osborne	NSW	174.562 km
23.	David Attrill	NSW	163.843 km

24 Hours Championship

8.	Linda Christison	NSW	154.027 km
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12 Hours Championship

5.	Justin Scholz (C61)	VIC	92.457 km
16.	John Kilmartin (C67)	VIC	36.982 km

6 Hours Championship

14.	Geoff Hain (C49)	QLD	38.874 km
16.	Phil Essam	VIC	33.009 km



Geoff Hain, Justin Scholz and Linda Christison in action in Canberra last weekend

PORTUGUESE ROADWALK CHAMPIONSHIPS, MONTEMOR-O-NOVO, PORTUGAL, SATURDAY 17 MARCH

The Portuguese Walking Cup last Saturday in Montemor-o -New saw a very good 69 entries (26 male and 43 female). Unfortunately, Portugal experienced arctic weather, like the rest of Europe, with rain and cold and a 45 minute delay to the start time all conspiring against the walkers. The 10,000m walks, held concurrently with the women in lane 1 and the men in lane 5, saw **Ana Cabecinha** (45:20;48) and **Paulo Martins** (45:23.72) record the fastest times overall. Well reported by omarchador (see <http://omarchador.blogspot.com.au/2018/03/ca-tunes-e-co-pechao-vencem-taca-da.html>).

10,000m Open Men

1.	Cristiano António	88	JV	46:40,07
2.	Dionísio Ventura	79	CATUNES	48:30,83
3.	Pedro Miguel Santos	92	CCSJM	48:34,36
4.	Victor Silva	90	ADRAP	49:18,66
5.	Ricardo Santos	75	GDPCD	51:21,69
6.	Pedro Amaral	97	JIV	51:22,76
7.	Henrique Santos	65	GDD	51:45,62
8.	Ludovino Dias	80	COP	53:11,26
9.	Marco Ataíde	83	CATUNES	54:27,90
10.	Carlos Paiva	69	CAG	58:21,89
11.	João Rodrigues	59	CATUNES	62:00,97

10,000m Open Women

1.	Ana Cabecinha	84	COP	45:20 84
2.	Edna Barros	96	COP	55:55,58

3.	Laura Leal	96	COP	49:15,61
4.	Alexandra Lamas	72	ACRS	52:42,15
5.	Anabela Moreira	70	COP	55:15,47
6.	Andreia Jesus	98	GDPCD	60:16,40
7.	Filipa Morgado	73	GDPCD	62:39,62
8.	Elisabete Silva	79	GDPCD	69:21,30
9.	Helena Rodrigues	60	CATUNES	73:11,28
10.	Cidália Alves	76	CATUNES	73:39,20
11.	Sónia Neves	75	CATUNES	75:15,38

10,000m U20 Men

1.	Paulo Martins	99	SCP	45:23,72
2.	Sidney Santos	99	SCP	49:28 54
3.	Ricardo Bernardino	99	SCP	51:05,34
4.	Rúben Caldeira	00	ADRAP	56:55,97

10,000m U20 Women

1.	Maria Bernardo	99	COP	49:35,57
2.	Joana Pontes	00	GACV	50:51,32
3.	Andreia Reis	99	JOMA	60:17,90
4.	Catarina Santos	00	ACDC	60:37,87
5.	Beatriz Calado	00	GDPCD	67:46,55
6.	Sara Neto	00	CATUNES	69:45,01

5000m U18/U16 Men

1.	Pedro Dias	03	COP	24:34,0
2.	Tiago Ramos	03	CATUNES	24:53,0
3.	Guilherme Alves	03	CATUNES	26:03,0
4.	Rafael Ferreira	02	CATUNES	28:44,0
5.	João Santos	04	CATUNES	28:51,0

5000m U18/U16 Women

1.	Catarina Santos	01	SCP	27:19,69
2.	Catarina Torres	03	IND-ST	27:29,51
3.	Andreia Carvalho	03	GACV	28:36,86
4.	Catarina Costa	02	GACV	29:09,91
5.	Carolina Ataíde	04	CATUNES	29:16,42
6.	Adriana Viveiros	02	ADRAP	29:20,33
7.	Filipa Diamantino	02	ACDSJS	30:23,10
8.	Ana Vicente	01	COP	30:27,06
9.	Beatriz Gonçalves	04	ACDSJS	30:34,81
10.	Marta Dias	03	CDQ	31:05,14
11.	Mariana Serrão	03	ACDSJS	31:27,87
12.	Yohanglimar Lopes	01	GDPCD	31:49,47
13.	Lara Bernardo	04	CDQ	31:49,68
14.	Daniela Gonçalves	03	CATUNES	32:04,63
15.	Mariana Mestre	04	COP	32:34,24
16.	Luísa Catanho	03	ADRAP	33:22,64
17.	Leonor Faria	02	GDE	34:02,41
18.	Marta Silva	03	GDPCD	34:03,86
19.	Sofia Reis	03	CATUNES	34:36,51
20.	Francisca Cabral	03	JIV	34:48,68
21.	Raquel Coelho	02	CATUNES	35:50,44
22.	Bruna Vieira	03	CATUNES	36:04,65
23.	Melissa Henriques	03	CATUNES	36:29,62
24.	Leonor Catanho	03	ADRAP	36:44,37
25.	Carolina Pinheiro	04	CDQ	37:20,98
	Marisa Silva	03	CATUNES	DQ

42ND ASIAN 20KM ROADWALK CHAMPIONSHIPS, NOMI, JAPAN, SUNDAY 18 MARCH

Last Sunday saw the 42nd Asian 20km Race Walk Championships in Nomi, Japan. The competition boasted representatives from 11 countries (men) and 8 countries (women) in the classic distance. The meet also included the Japanese 20km championships, with massive entry lists of 102 men and 42 women.

The combined men's 20km saw race favourite **Daisuke Matsunaga** (JPN) passing the 10km mark in 40:38 before breaking clear to win with 1:20:55, ahead of **Fumitaka Oikawa** (JAP) with 1:21:32 and **Hyunsub Kim** (KOR) with 1:21:52.

Duan Dandan (CHN) was clearly in charge of the combined women's 20km race, already 15 secs ahead of the chasing group by the 5km mark. By 10km (46:57), she had what was a seemingly unchallengable lead of 36 secs and she went on to win with 1:35:12. Indian walker **Ravina Ravina** came home strongly to grab second place with 1:35:35, ahead of Japanese **Yuki Yoshizumi** with 1:35:52.

20km Men (all finishers)

1.	MATSUNAGA DAISUKE	JPN	1:20:55
2.	OIKAWA, Fumitaka	JPN	1:21:32
3.	KIM, Hyunsub	KOR	1:21:52
4.	SHEIKO, Georgiy	KAZ	1:21:57
5.	FUJISAWA ISAMU	JPN	1:22:06
6.	SAITO TAKUMI	JPN	1:22:23
7.	CHOE, Byeongkwang	KOR	1:22:45
8.	DAIRAKU KYOUHEI	JPN	1:24:11
9.	MURAYAMA YUTARO	JPN	1:24:14
10.	KIM, Daeho	KOR	1:24:29
11.	NAGAYAMA TATSUHIKO	JPN	1:24:56
12.	SHIOYA RIKU	JPN	1:25:13
13.	MIURA SATOSHI	JPN	1:25:18
14.	SINGH, Vikash	IND	1:25:23
15.	Neeraj Neeraj	IND	1:25:33
16.	PARK, Chilsung	KOR	1:25:41
17.	TAKAHASHI KAZUKI	JPN	1:25:48
18.	SAKAKIBARA HAYATO	JPN	1:25:59
19.	SINGH, Kulwant	IND	1:25:59
20.	YAMAMOTO SHINJIROU	JPN	1:26:16
21.	JOO, Hyunmyeong	KOR	1:26:30
22.	TURAMBEKAR,	IND	1:26:50
23.	TANEOKA KOUSUKE	JPN	1:26:59
24.	TAKAHASHI YUTA	JPN	1:27:10
25.	ISHIKAWA MASAYA	JPN	1:27:22
26.	NARUOKA TAIKI	JPN	1:27:28
27.	SUZUKI TAKUMI	JPN	1:27:43
28.	TANAKA TATSUYA	JPN	1:27:47
29.	MURAO YUKI	JPN	1:28:03
30.	NAGAHARA HIDETO	JPN	1:28:32
31.	NAKA YUSUKE	JPN	1:28:52
32.	UEDA TOSHIKI	JPN	1:29:02
33.	GOTO SHUTO	JPN	1:29:17
34.	SONG, Yunhwa	KOR	1:29:18
35.	UEDA TAKAHIRO	JPN	1:29:19
36.	NAKAJIMA YAMATO	JPN	1:29:27
37.	FURUKAWA SEIYA	JPN	1:29:31
38.	INOUE RYO	JPN	1:29:35
39.	YUAN, Zisheng	CHN	1:29:36
40.	HENDRO HENDRO	INA	1:29:42
41.	TASAKA TSUYOSHI	JPN	1:29:53
42.	SUGANAMI YUYA	JPN	1:29:54
43.	TAKEUCHI YUSUKE	JPN	1:29:55
44.	YAMAMOTO TORU	JPN	1:29:57
45.	WAKABAYASHI RYOTA	JPN	1:30:10
46.	YAMAMOTO RYUUTAROU	JPN	1:30:39
47.	YAMASHITA YUGA	JPN	1:30:39
48.	SHIRAKAWA DAICHI	JPN	1:30:48
49.	KIM, Nakhyun	KOR	1:31:30
50.	KAWATA ATSUTO	JPN	1:31:43
51.	YOSHIKAWA TERU	JPN	1:31:43
52.	ENDO KAZUYA	JPN	1:32:15
53.	YAMAMOTO HAYATA	JPN	1:32:19
54.	HIGUMA TAKAFUMI	JPN	1:32:19
55.	MURAKAMI HIROYOSHI	JPN	1:32:22
56.	TOOYAMA KOUHEI	JPN	1:32:49
57.	YOSHIDA SO	JPN	1:32:57
58.	GOTO JUNPEI	JPN	1:33:06
59.	MATSUO NAOYA	JPN	1:33:09
60.	YAMAOKA YUSUKE	JPN	1:33:23
61.	OGASAWARA TAIGA	JPN	1:33:26

62.	MAKUTA NAOTO	JPN	1:33:35
63.	HATSUKARI NAOTO	JPN	1:33:48
64.	OIKAWA TOMOHIRO	JPN	1:33:49
65.	HORIE SHUN	JPN	1:33:55
66.	CHIN, Man Kit	HKG	1:34:25
67.	KANBARA RIKUTO	JPN	1:34:28
68.	SUGAWARA NAOTO	JPN	1:34:28
69.	TOMATSU HIRONARI	JPN	1:34:37
70.	SASAKI KAZUAKI	JPN	1:34:50
71.	SIM, Edmund	SIN	1:35:00
72.	HAYASHI SHINYA	JPN	1:35:06
73.	CHANG, Wei Lin	TPE	1:35:06
74.	MATSUMOTO KAITO	JPN	1:35:19
75.	OSHIMA YUTO	JPN	1:35:29
76.	KUMAZAWA ISSEI	JPN	1:35:51
77.	KOBUKAI TAISI	JPN	1:35:57
78.	MIYASHITA MASATAKA	JPN	1:36:02
79.	TAKENAKA YOHEI	JPN	1:36:16
80.	TODORI KAZUKI	JPN	1:36:35
81.	WADA TAKUYA	JPN	1:37:17
82.	TAKAHASHI HIRONORI	JPN	1:37:52
83.	SENBA SHUYA	JPN	1:37:57
84.	NOSE KOUSUKE	JPN	1:38:10
85.	NAKAGAMI KAZUYA	JPN	1:38:15
86.	MORITA YASUSHI	JPN	1:38:26
87.	HIROTA TEMMARU	JPN	1:38:30
88.	TONODUKA WATARU	JPN	1:38:32
89.	NAKADA YUTO	JPN	1:38:47
90.	YAMAGUCHI MASAHIRO	JPN	1:39:33
91.	SENGIKU TOMOYA	JPN	1:39:37
92.	SAITO RYUICHI	JPN	1:39:56
93.	SENBA YUUYA	JPN	1:40:01
94.	KURANODAN HIROSHI	JPN	1:40:01
95.	HIGA DAIGO	JPN	1:40:01
96.	SHIROMOTO MAKITO	JPN	1:41:08
97.	MASUDA HIROTO	JPN	1:41:17
98.	GUNAMUNI, Shamila Chandika	SRI	1:41:22
99.	OZAWA TAIGO	JPN	1:42:10
100.	KIMURA KATSUYA	JPN	1:42:38
101.	NAKANO MAKOTO	JPN	1:42:40
102.	KOYAMA NAOHIRO	JPN	1:42:45
103.	KANZAWA TOMOYA	JPN	1:43:00
104.	KUROKI RYOTA	JPN	1:43:33
105.	INAYOSHI YUTA	JPN	1:43:46
106.	YONEDA KENJI	JPN	1:46:19
107.	YAMAMOTO YUITO	JPN	1:46:46
108.	ISHIDA YUUKI	JPN	1:46:47
109.	MIYOSHI TOMOYA	JPN	1:47:13
110.	MORI HIROMASA	JPN	1:47:53
111.	UDDIN, MD Rahim	BAN	1:54:22

20km Women (all finishers)

1.	DUAN, Dandan	CHN	1:35:12
2.	Ravina Ravina	IND	1:35:35
3.	YOSHIZUMI YUKI	JPN	1:35:52
4.	JEON, Yeongeun	KOR	1:36:33
5.	ASADA CHIAKI	DNP	1:36:40
6.	LEE, Jeongeun	KOR	1:36:42
7.	Shanti Kumari	IND	1:36:52
8.	AIDOSSOVA, Diana	KAZ	1:37:42
9.	KAWAZOE, Kaori	JPN	1:37:47
10.	KUMAGAI NAMI	JPN	1:38:07
11.	CHING, Siu Nga	HKG	1:40:05
12.	MICHIGUCHI AI	JPN	1:40:09
13.	MIZOGUCHI YUKIHO	JPN	1:40:36
14.	YAGI MAIKA	JPN	1:41:10
15.	RYKOVA, Regina	KAZ	1:42:52
16.	HONMA SHION	JPN	1:43:30

17.	TAMAKI AKANE	JPN	1:44:21
18.	KURIHARA MIYABI	JPN	1:44:24
19.	MATSUMOTO SAYORI	JPN	1:45:06
20.	NORIMOTO NANAKO	JPN	1:45:32
21.	YOKOYAMA HIRORI	JPN	1:46:30
22.	TODOKORO CHISA	JPN	1:47:04
23.	LEE, Daseul LEE, Daseul	KOR	1:47:16
24.	ASANO MAYO	JPN	1:48:14
25.	LIN, Wen Tzu	TPE	1:48:24
26.	HAGIWARA SAIKO	JPN	1:49:03
27.	FUKAMIZU RIHO	JPN	1:49:36
28.	ONO MIYU	JPN	1:50:39
29.	OMURA YURIKA	JPN	1:53:02
30.	OOTANI NANAKO	JPN	1:53:12
31.	HASHI AGURI	JPN	1:53:45
32.	HAYASHI YUKAKO	JPN	1:55:58
33.	KURIMOTO MAMI	JPN	1:56:09
34.	UDUGAMA VITHANAGE, Kalhari	SRI	1:56:19
35.	TSUBOHIRA SAKIKO	JPN	1:56:56
36.	FUKUDA NATSUKI	JPN	1:57:04
37.	YAJIMA FUKA	JPN	1:58:14
38.	Karamjit Kaur	IND	1:58:22
39.	OHNUMA AIMI	JPN	1:59:59
40.	OGINO MUTSUMI	JPN	2:00:15
41.	IKEDA MIO	JPN	2:00:17
42.	MAKITA MEGUMI	JPN	2:05:41

FRENCH ROAD WALKING CHAMPIONSHIPS, MERIGNAC, FRANCE, SUNDAY 18 MARCH

Emmanuel Tardi was in Merignac, a suburb of Bordeaux, last Sunday for the French 20km and 50km national championships. The meet also included Spring Youth Criteriums (10km, 5km and 3km) as well as a 35km walk for men. The meet kicked off at 8AM, with all events being held on a 1km course. Emmanuel reports the weather as good – fresh, with some rain but no wind.

On the men's 50km, **Jean Blancheteau** led early but slowed around the 30km mark and was eventually passed by **Florian Mayer** who went on to win with 4:21:02. **Daniel Foudjem** beat the Cameroon national record with his finish time of 5:03:21. Four women were on the start line for the inaugural women's 50km national championship. **Morgane Ausello** started slowly but she came through with a very even paced walk, passing the halfway mark in 2h40 and coming home strongly to win with 5:18:07. Further back, **Claudine Anxionnat** bettered the French W65 record with her time of 6:26:35. Overall, 11 male and 4 female finishers in the 50km.

The meet took on a sombre note with the death on Wednesday of Merignac based doctor Francis Genson (who was the main French team doctor from 1980-2018). His death prompted **Yohann Diniz** to join the 20km field at the last minute and he finished 3rd overall with 1:25:51, thus winning the French Masters title! Overall, the race saw **Aurelien Quinion**, **Gabriel Bordier**, **Fabien Bernabé** and **Kevin Campion** all head out fast ahead of Diniz who was walking a very measured race. With Campion and Quinion both eventually disqualified and Bernabé decelerating on 2 red cards, Bordier became the new French 20km champion with 1:24:03. **Emilie Menuet** led throughout in the women's 20km, finishing with a good 1:33:11. **Clemence Beretta**, who finished 3rd, set a French U23 20km record with 1:35:50.

The winners in the U20 races were **David Kuster** (41:54) and **Manon Lefresne** (49:57).

Well reported by http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3123.

50km Men

1.	MAYER Florian	ESM/96	Sg La Wantzenau	4:21:02
2.	BLANCHETEAU Jean	ESM/96	Athle Bourgogne Sud	4:37:01
	HOBBS Jonathan (Gbr)	SEM/93		4:37:42
3.	VANOOSTHUYSE Jean-franck	SEM/79	Us Talence	4:40:04
4.	FAITEAU Maxime	SEM/90	Entente Poitiers Athle 86	4:40:34
5.	COTTEVIEILLE Maxime	SEM/90	Ca Montreuil 93	4:54:54
6.	GUETAT Gerard	VEM/62	Troyes Omnisports	4:57:28
7.	VAN HILLE Dominique	VEM/77	Nice Cote D'azur Athletisme	5:00:54
8.	FOUDJEM GANNO Daniel (CMR)	VEM/74	Bordeaux Athle	5:03:21
9.	ERARD Christophe	VEM/70	Asm Bar-le-duc	5:14:22
10.	LEGENTIL Marc	SEM/84	Dynamic Aulnay Club	5:15:42
11.	HUGON Dimitri	VEM/68	Stadoceste Tarbes	5:32:41
	PUEYO MINISTRAL David (Esp)	VEM/73		DNF
	BERGEAL Arthur	SEM/84	Us Palaiseau	DNF
	CERDA Bernard	VEM/64	Us Bazas	DNF

	SWAIEH Meftah	VEM/72	U.s.o Mondeville	DNF
	BOLLINGER Vincent	SEM/84	Dynamic Aulnay Club	DNF
50km Women				
1.	AUSELLO Morgane	SEF/92	Nice Cote D:azur Athletisme	5:18:07
2.	CARDEILLAC Elisabeth	VEF/69	Stadoceste Tarbes	5:44:43
3.	ROPERS Adele	SEF/80	Cca Rouffach	6:17:02
4.	ANXIONNAT Claudine	VEF/51	Pays De Bruyères	6:26:35
35km Men				
1.	ANDRIEU Hugo	SEM/92	Uavh Aubagne	2:44:50
2.	LEAUTE Benjamin	SEM/88	Asptt Lille Met	2:56:08
35km Women				
1.	CHAMPALOU Lucie	SEF/90	Athletic Trois Tours	3:13:48
2.	CASALE Maeva	ESF/97	Ca Balma	3:20:22
3.	BRUNET Elisabeth	SEF/86	Tarbes Pyrenees Athletisme	3:22:57
20km Men				
1.	BORDIER Gabriel	ESM/97	Us St Berthevin	1:24:03
2.	BERNABE Fabien	SEM/95	Sco Ste-marguerite Marseille	1:25:37
3.	DINIZ Yohann	VEM/78	Efs Reims A.	1:25:51
4.	CAPRICE Erick (Mri)	SEM/83	Athletic Trois Tours	1:30:50
5.	LECAPLAIN Maxime	SEM/94	U.s.o Mondeville	1:31:50
6.	BAZZO BORTOT Simon	ESM/96	As Raismes	1:34:07
7.	MARTIN Come	SEM/95	Annecy Haute Savoie A.	1:34:28
8.	DELAUNAY Sebastien	VEM/74	Ca Du Pays Saumurois	1:34:46
9.	POIROUT Stephane	VEM/76	Entente Des Mauges	1:35:15
10.	HADULA Ludovic	SEM/87	Charleville Mezieres Athlé	1:35:41
11.	MUTTER Axel	ESM/96	Ac Roche-sur-yon	1:36:52
12.	RICHARD Dorian	SEM/91	Acj Nerac	1:37:50
13.	DE NEVE Nicolas	SEM/93	Athletisme Chamalieres	1:37:52
14.	LEGENTIL Laurent	SEM/88	Dynamic Aulnay Club	1:38:43
15.	VALLEE Kyrian	SEM/94	Ca Balma	1:39:54
16.	ADAM Dorian	ESM/97	Bordeaux Athle	1:40:59
17.	POTIER Nicolas	SEM/89	Al Saint-marc	1:42:13
18.	DELECOLLE Sebastien	VEM/77	Us Athletiques De Lievin	1:42:14
19.	ROUSSIASSE Lucas	ESM/97	Entente Angevine Athlé	1:43:10
20.	BOCQUET Jerome	SEM/85	Havre Ac	1:44:18
21.	LEGENTIL Cyril	SEM/86	Dynamic Aulnay Club	1:45:29
22.	OTHMANI Khaled (TUN)	SEM/89	Nice Cote D:azur Athlé	1:45:36
23.	SEGEAT Benjamin	ESM/97	La Vigilante Fougères	1:47:46
24.	DURAND-PICHARD David	VEM/72	Athletisme Metz Metropole	1:48:25
25.	GIRAUD Baptiste	VEM/75	Cognac Ac	1:48:47
26.	MASSE Florian	SEM/95	Us Tourcoing	1:52:24
27.	HAUTIN Michel	VEM/63	Ac Chenove	1:55:45
28.	CAMPION Kevin	SEM/88	Afa Feyzin-venissieux	DQ
29.	QUINION Aurelien	SEM/93	Acsam	DQ
20km Women				
1.	MENUET Emilie	SEF/91	Aj Blois-onzain	1:33:11
2.	AVEROUS Violaine	SEF/85	Ca Balma	1:35:03
3.	BERETTA Clemence	ESF/97	Athle Vosges Pays	1:35:50
4.	QUENNEHEN Marine	SEF/91	Ca Montreuil 93	1:35:52
5.	BAUDOIN Corinne	SEF/80	Athletic Club Montpellier	1:37:16
6.	MARCOU Amandine	SEF/92	Sa Merignac	1:37:50
7.	MANAI Amani (TUN)	SEF/95	U.s.o Mondeville	1:41:52
8.	DELHORS Maud	SEF/83	Ac Villeneuve D:ascq	1:43:55
9.	CERANTOLA Laury	SEF/92	Sa Merignac	1:44:42
10.	TERREC Eloise	ESF/98	Ac Roche-sur-yon	1:45:19
11.	BOURHIS Amelie	SEF/92	Larmor Estran Athlé	1:45:40
12.	NAZE Cecile	SEF/95	Mouy Atac	1:46:08
13.	CELLARD Loanie	ESF/98	Carquefou Ac	1:47:22
14.	CHAPILLON Roseline	VEF/68	Ca Balma	1:48:25
15.	BILLA Jeanne	ESF/96	As Caluire Et Cuire	1:54:15
16.	PESLERBE Bertille	ESF/98	Ea Pays De Broceliande	1:55:43
17.	MIALDEA Eva	ESF/97	Us Talence	1:56:09
18.	VIDALINC Celia	ESF/96	Stade Clermontois	1:56:35

19.	UDIN Servane	SEF/88	Ea Pays De Broceliande	1:56:51
20.	CORMIER Chloe	ESF/98	As Fleury Les Aubrais Saran	1:57:36
21.	BRASTEL Adeline	VEF/78	Efs Reims A.	1:57:54
22.	OSMONT Caroline	ESF/96	As Tourlaville	1:58:06
23.	BOBAN Valerie	VEF/68	Avec	1:58:38
24.	DAOULAS Roxanne	SEF/94	Tregueux Athletisme	1:59:38
25.	FROMENTIN Nathalie	VEF/70	Stade Dieppois	1:59:59
26.	GODEFROY Delphine	SEF/87	Granville Ac	2:00:07
27.	KRICH Rahil	SEF/79	Nice Cote D:azur Athletisme	2:02:53
28.	BESSAS Emilie	SEF/84	Sa Toulouse Uc	2:03:51
29.	JEAN Sandra	VEF/73	Tarbes Pyrenees Athletisme	2:05:04
30.	LANGLOIS Cloe	ESF/97	Dynamic Aulnay Club	2:07:18
31.	MARCOTTI Adele	ESF/97	Athletic Club Salonais	2:12:57
32.	STEUX Laurence	VEF/63	Mouy Atac	2:14:51
	AUFFRET Lucie	SEF/88	Esme Us Deuil	DNF
	AURRIERE Camille	ESF/98	Us St Berthevin	DNF
	BOURDAGEAU Lea	ESF/98	Aix Athle Provence	DNF
	PASTORINO Ines	SEF/92	Nice Cote D:azur Athletisme	DNF
	GHEZLANI Bariza (Alg)	SEF/		DQ

10km U20 Men

1.	KUSTER David	JUM/99	Csl Neuf-brisach	41:54
2.	BOURNIER Justin	JUM/99	Dole Ac	45:17
3.	DUC Matteo	CAM/01	Haute Tarentaise	45:20
4.	GOGNIES Ryan	JUM/00	Efs Reims A.	47:36
5.	MADLINE-DEGY Martin	CAM/01	Ecla Albi	47:47
6.	ROBICHON Alexis	JUM/00	Ac Roche-sur-yon	48:29
7.	HAGUE Anthony	JUM/99	Stade Brestois	48:39
8.	GRELLIER Hugo	JUM/99	Ac Roche-sur-yon	48:55
9.	LEBON Hugo	JUM/99	As Fleury Les Aubrais Saran	49:31
10.	CHABLAT Valentin	JUM/00	Ac La Chapelle/erdre	49:35
11.	SAINT-MARC Adrien	JUM/00	Us Bazas	49:39
12.	HUE Aymeric	CAM/01	Ec Orleans Cercle JF	50:25
13.	MARON Thibault	JUM/00	Ca Balma	50:43
14.	RENOLLET Quentin	JUM/00	Charleville Mezieres Athlé	51:09
15.	BESSONIER Raphael	JUM/00	Aj Blois-onzain	53:06
16.	POYAC Aurelien	CAM/02	Nice Cote D:azur Athletisme	53:30
17.	BARRIERE Loic	JUM/00	Bergerac Athletique Club	55:18
18.	FINORE Marius	CAM/01	Sa Merignac	55:52
19.	BLANDEAU Victor	CAM/02	Us Saintes Athlé	57:24

10km U20 Women

1.	LEFRESNE Manon	JUF/00	La Vigilante Fougères	49:57
2.	PERRICHON Julia	CAF/01	Grenoble Uc	50:51
3.	ALI Sarah	CAF/01	Vineuil Sports	50:54
4.	DUCLOS Adele	JUF/00	Us Champagne-sur-seine	52:08
5.	TERREC Maelle	CAF/01	Ac Roche-sur-yon	52:57
6.	MANARESI Marion	JUF/00	Ac Romorantin	53:30
7.	WINTREBERT Pauline	CAF/01	Jogging Et Athletis	54:08
8.	GOURLET Romane	CAF/01	Stade Brestois	55:36
9.	HAUCHARD Aline	JUF/00	Ea Du Plateau Est	55:42
10.	AMIMOUR Alicia	JUF/99	Haute Tarentaise	56:55
11.	BODIN Kassandra	JUF/00	Aj Blois-onzain	57:05
12.	DUTOT Auriane	JUF/00	Ea Du Plateau Est	58:14
13.	BODIN Alexia	CAF/01	Cas Renwez	58:49
14.	GASNIER Kathleen	JUF/00	Cote De Jade Athlé	59:43
15.	MILLE Angele	CAF/01	Cas Renwez	60:43
16.	MAXENCE Mathilde	JUF/99	Athletic Club Salonais	61:25
17.	JARNIGON Clara	JUF/00	Bordeaux Athlé	66:10

5km U18 Boys

1.	BREAUD Gaetan	CAM/01	Entente Nimes Athlé	23:37
2.	PETER Florian	CAM/02	Ca Ambilly	23:55
3.	DREVILLE Lucas	CAM/02	Beauvais Oise Uc	24:43
4.	LANDRAS Adrien	MIM/03	Ca Balma	24:46
5.	HOGEDE Cedric	CAM/02	As Marck	25:07
6.	TAYLOR Rory (GBR)	CAM/02	Haute Tarentaise	25:07
7.	RAYNAUD Kerrian	CAM/02	Stade Mont De Marsan	26:22

8.	WROBLEWSKI Matthieu	CAM/02	Us Talence	26:44
9.	REVERDY Simon	CAM/02	Ac St-brevin	27:21
10.	KISSA Mael	CAM/02	As Saint-junien	28:18
11.	SEGAS Florian	CAM/02	Us Bazas	31:02
5km U18 Girls				
1.	RIES Clementine	CAF/02	Aj Blois-onzain	26:14
2.	BIRE-HESLOUIS Mael	CAF/02	Stade Saint-lo	26:33
3.	PREVOST Emmie	CAF/01	As Marck	26:57
4.	VINCENT Ines	CAF/02	Haute Tarentaise	27:09
5.	DUTOT Camille	CAF/02	Ea Du Plateau Est	27:54
6.	LEFRERE Mathilde	CAF/02	As Marck	28:12
7.	LEFRERE Celina	CAF/02	As Marck	28:42
8.	CASTAGNA Livia	CAF/02	ES Viry Chatillon	28:52
9.	NICOLAS Zoe	CAF/02	Efs Reims A.	29:34
10.	DESOIZE Lea	CAF/02	Charleville Mezieres Athlé	29:46
11.	GAUTHIER Nola	CAF/01	Vineuil Sports	29:55
12.	LAFORGE Manon	CAF/01	Lannion Athletisme	30:00
13.	LISSILLOUR Sarah	CAF/02	Lannion Athletisme	30:00
14.	MORVAN Iona	CAF/01	Stade Lesneven	30:12
15.	CRUET Lea	CAF/01	As Meudon	30:46
16.	JEUILLARD Flavie	CAF/02	Vineuil Sports	30:48
17.	CHATREFOU Cassandra	CAF/02	Acsam	30:53
18.	GIRARDEAU Aglae	CAF/02	Entente Angevine Athlé	32:28
19.	BENETON Sherazade	CAF/02	Us Bannalec	33:24
20.	DELAUNAY Manon	CAF/02	Us Bazas	33:57
21.	ADAM Magdalena	CAF/01	Ua Gujan-mestras	34:30
22.	LEONI Paloma	CAF/02	Charleville Mezieres Athlé	36:39
	FORNES Marie	CAF/01	Efs Reims A.	DNF
3km U16 Boys				
1.	BATIFOL Ellis	MIM/03	Bagnols Marcoule Athletisme	15:19
2.	GAUDRE Martin	MIM/04	Herbauges Athle 44	15:30
3.	JOUIS Gustave	MIM/03	Granville Ac	16:09
4.	LAJOUANIE Armel	MIM/03	Asptt Lille Metropole	16:15
5.	CADOU Kilian	MIM/03	Concarneau Olympique Athlé	16:43
6.	NAU Louis	MIM/04	Sainte Maure Athletic Club	16:54
7.	CHARBONNIER Theo	MIM/04	Us Bannalec	16:56
8.	DUBUIS Etan	MIM/04	As Marck	18:16
3km U16 Girls				
1.	MEYER Maylisse	MIF/04	Charleville Mezieres Athlé	15:57
2.	BODIN Flavie	MIF/03	Cas Renwez	15:59
3.	FAUCON Thais	MIF/04	Stade Saint-lo	16:05
4.	MILLE Agathe	MIF/04	Cas Renwez	16:08
5.	CAMARD Pauline	MIF/03	TG Athletisme Guingamp	16:30
6.	PICART Lysa	MIF/03	Cote De Jade Athlé	17:01
7.	GRARE Laetitia	MIF/03	Club Athletique Aubergenville	17:05
8.	AMIMOUR Juliette	MIF/03	Haute Tarentaise	17:11
9.	JUPPIN Camille	MIF/04	Cas Renwez	17:15
10.	MASSON Liv	MIF/03	Haute Tarentaise	17:17
11.	LIJEOUR Laura	MIF/03	Ac La Chapelle/erdre	17:36
12.	SUCHET Valentine	MIF/04	Sa Merignac	18:23
13.	BOUQUIN Rachel	MIF/04	Ac La Chapelle/erdre	18:24
14.	MARTINEAU Charlene	MIF/03	Sainte Maure Athletic Club	18:33
15.	CAULIER Iris	MIF/03	Limoges Athle	18:55
16.	COLOMB Lucie	MIF/03	Us Bazas	19:31
17.	CHARBONNIER Oceane	MIF/04	Us Bannalec	19:32
18.	FONTENEAU Julie	MIF/04	Ac La Chapelle/erdre	19:47
19.	MARON Tiphaine	MIF/04	Ecla Albi	19:47
20.	BOULENGER Elise	MIF/04	As Tourlaville	19:55
21.	AFLILLIH Manal	MIF/04	Us Bazas	22:38
22.	RIVIERRE Zoe	MIF/04	Us Bazas	23:18



French Championships - Fabien Bernabe Gabrielle Bordier Johann Diniz, Emilie Menuet and David Kuster



Competing in the 50km - Morgane Ausello, Claudine Anxionnat and Florian Mayeur (photos Emmanuel Tardi)



35km walker Lucie Champalou and U20 10km walker Manon Lefresne

SPANISH 20KM RACE WALKING CHAMPIONSHIPS, CASTELLÓN, SPAIN, SUNDAY 18 MARCH

The Spanish Open and U23 20km Championships were held last Sunday in Castellón, along with the Critérium de Marcha for underage walkers.

The men's 20km was a closely fought event, with all the best walkers in the mix. A leading pack of 6 walkers passed the 5km mark in 20:50, but by 10km the group had been reduced to 4, with **Miguel Angel Lopez**, **Alvaro Martin**, **Luis Alberto Amezcua** and **Diego Garcia** passing that mark in 41:30. It was Alvaro Martin who eventually broke clear, winning the Spanish title for the third consecutive time with a time of 1:21:48. Second place to Miguel Angel Lopez with 1:21:51 and bronze to Luis Alberto Amezcua with 1:22:52. Further back to another famous name with 47 year old **Jesus Garcia** taking 9th place with 1:27:57.

The women's 20km saw a leading group of 6 pass the 5km mark in a slow 23:50. By the 10km mark, the group had been reduced to 3, with **Raquel Gonzalez**, **Maria Perez** and **Julia Takacs** still together. It was just a case of who would win and that decision went to Maria Perez with 1:31:46, ahead of Raquel Gonzalez with 1:33:03 and Julia Takacs with 1:33:33.

Well reported by http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3122

20km Men Open and U23

1.	Alvaro Martin Uriol	Playas de Castellon	1994	1:21:48
2.	Miguel Angel Lopez Nicolas	UCAM Murcia	1988	1:21:51
3.	Luis Alberto Amezcua Balboa	Juventud Guadix	1992	1:22:52
4.	Diego Garcia Carrera	A.D. Marathon	1996	1:23:31
5.	Ever Palma	MEXICO	1992	1:23:49
6.	Manuel Bermudez Jimenez	UCAM-Athleo Cieza	1997	1:24:07
7.	Luis Manuel Corchete Martinez	Atletismo Torrevieja	1984	1:25:50
8.	Jose Ignacio Diaz Velazquez	FC Barcelona	1979	1:27:16
9.	Jesus Angel Garcia Bragado	ISS - L'Hospitalet	1969	1:27:57
10.	Ivan Lopez Perez	CA Elche Decatlon	1997	1:27:59
11.	Jose Manuel Perez Rubio	Juventud Guadix	1999	1:27:59
12.	Israel Aymar Celi	Atletismo Numantino	1995	1:30:07
13.	Pablo Oliva Requena	Cueva de NerjaUMA	1996	1:30:07
14.	Mario Sillero Mesonero	Real Sociedad	1990	1:31:02
15.	Nil Rodes Llorens	AA Catalunya	1996	1:31:46
16.	Marc Guerrero Plaza	ISS - L'Hospitalet	1995	1:34:03
17.	Pablo Rodriguez Martin	Camagc Atletismo	1986	1:36:47
18.	Jose Manuel Gomez Garcia	FC Barcelona	1973	1:37:29
19.	Daniel Lopez Ruiz	UCAM-Athleo Cieza	1981	1:38:34
20.	Luis Manuel Perez Osorio	CA Fent Cami Mislata	1992	1:39:01
21.	Jose Antonio Aparicio Montagud	C.A. Torrent	1969	1:40:52
22.	Alvaro Danta Duran	Atletismo Numantino	1997	1:42:43
23.	Daniel Ortega Balceiron	Barrutia A.E.	1998	1:46:36
24.	Manuel Leon Fernandez Ortiz	CD Surco Aventura	1996	1:50:17

20km Women Open and U23

1.	Maria Perez Garcia	Valencia Esports	1996	1:31:46
2.	Raquel Gonzalez Campos	FC Barcelona	1989	1:33:03
3.	Julia Takacs Nyerges	Playas de Castellon	1989	1:33:23
4.	Lidia Sanchez-puebla Fernandez	Playas de Castellon	1996	1:35:20
5.	Mar Juarez Gallardo	Avinent Manresa	1993	1:35:37
6.	Amanda Cano Gomez	UCAM-Athleo Cieza	1994	1:36:01
7.	Maria Larios Lopez	Simply-Scorpio 71	1992	1:37:25
8.	Irene Montejo Garces De Marcilla	FC Barcelona	1998	1:43:02
9.	Andrea Cabre Carceller	Playas de Castellon	1988	1:43:11
10.	Lluna Capdevila Marza	Playas de Castellon	1998	1:43:33
11.	Melisa Sanchez Bermejo	UCAM-Athleo Cieza	1996	1:45:34
12.	Irene Vazquez Gea	UCAM-Athleo Cieza	1998	1:56:03
13.	Marina Sillero Mesonero	At Ianuarius Salamanca	1998	1:46:46
14.	Ines Valentin Cima	Ourense Atletismo	1998	1:48:50
15.	Angela Ruiz Teran	Cayon-Helios DICA	1997	1:49:15
16.	Angela Carrion Antoli	A.C. Jumilla	1998	1:50:24
17.	Alicia Vazquez Gea	UCAM-Athleo Cieza	1998	1:52:46
18.	Maria Del Pinar Polo Romero	Super Amara BAT	1993	1:53:03
19.	Raquel Leon Asensio	CA Valladolid-U.Va	1991	1:54:48
20.	Paula Santidrian Solana	Image FDR	1998	1:58:41
21.	Tabata Cano Vegas	Cornell† At.	1998	1:02:15
22.	Lucia Corral Ribera	Colmenar Viejo	1997	2:04:28
23.	Sara Ammour Pedauye	Grupompleo Pamplona At	1997	2:05:57

SWEDISH INDOOR T&F CHAMPIONSHIPS, BORÅS, SWEDEN, SATURDAY 17 MARCH

Ato Ibáñez and **Monica Svensson** won the annual Swedish Indoor titles last weekend. Ato headed out hard with **Anders Hansson**, soon breaking clear to win with 20:13.6. Anders took second with a PB 20.27.0 while **Birger Fält** surprisingly took the bronze with 24:09.7 after passing **Christer Svensson** late in the race. Monica won the women's 3000m with 14:47.6 ahead of **Helena Sandmer** 17:28.9 and **Julia Ibrahim** 18:02.7. Masters 3000m walks were also held, with full results as shown below.

5000m Men

1.	Anatole Ibáñez	85	Eskilstuna FI	20.13,6
2.	Anders Hansson	92	SK Svängen	20.27,0
3.	Birger Fält	68	Mälarhöjdens IK	24.09,7
4.	Christer Svensson	69	Växjö AIS	24.37,4
5.	Fredrik Sandmer	94	SK Svängen	24.41,8

3000m Women

1.	Monica Svensson	78	Växjö AIS	14.47,6
2.	Helena Sandmer	92	SK Svängen	17.28,9
3.	Julia Ibrahim	96	K Steget	18.02,7
4.	Maria Aydin	93	GK Steget	18.28,1

3000m U15 Boys

1.	Tim Larsson	05	FF Barn & Ungd	21.57,3
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Masters 3000m

M45	1	Christer Svensson	69	Växjö AIS	14.48,3
M50	1	Birger Fält	68	Mälarhöjdens IK	14.41,6
M55	1	Bengt Bengtsson	61	GK Steget	15.55,1
M65	1	Roland Hedlund	49	SK Svängen	23.39,4
M70	1	Sören Remar	48	Tibro AIK FIK	22.26,8
M75	1	Per-Åke Lindkvist	40	BF Billingen VK	22.57,2
M85	1	Ingvar Nilsson	33	Växjö AIS	23.56,1
	2	Ingemar Johannesson	33	Tibro AIK FIK	41.29,4
W40	1	Monica Svensson	78	Växjö AIS	14.46,4

24 HEURES DE CHATEAU THIERRY, CHATEAU THIERRY, FRANCE, 16-17 MARCH

It depended where you were in Europe as to the weather you encountered last weekend. For instance, the Steyning track 10km at Broadbridge Heath (England) had to be cancelled due to the threat of bad weather and things were pretty nasty overall, with wind and snow.

It was no better in the French city of Chateau Thierry, but the annual 24 Heures de Chateau-Thierry went ahead. As if the hilly 1.45km lap was not hard enough, the weather added further challenge to the task, with near zero conditions following 7 hours of rain and with 8 hours of snow during the night.

The ultra distance carnival boasted good fields, with 28 walkers in the 24 hour event, 12 in the 2 x 6 hour walk and 15 in the 6 hour race. This is pretty good considering it was only 3 weeks after the 24 Heures de Bourges and only 5 weeks before the last of the Paris Alsace qualifiers in Dijon (which is also the French national championship).

Overall, **Philippe Morel** (3rd in Paris-Colmar in 2005 and 2007) won with a distance of 188.529km, ahead of **David Vandercoilden** with 185.530km and local walker **Cédric Varain** with 182.855km. There were a few upsets with **Gilles Letessier**, a former winner of the event, back in 6th place and **Florian Letourneau** (second last year) and **Emmanuel Lassalle** failing to finish.

In the women's category, 69 year old English walking legend **Sandra Brown** took first place with a distance of 169.450km. She was followed by **Claudie Bizard** with 147.259km and **Kathy Crilley** with 124.981km. I make that 169 hundreds for Sandra in her long and illustrious career – and still going strong!

24 Hours Walk

1.	MOREL Philippe	Team Trail Chalons En Cham	136	188.529 km	24:00:00
2.	VANDERCOILDEN David	Cm Roubaix	134	185.530 km	24:00:00
3.	VARAIN Cedric	Ac Chateau Thierry	133	182.855 km	24:00:00
4.	GEORGELIN Serge	Bruz Athletisme	129	178.961 km	24:00:00
5.	JOSE MORA Bernardo	CA Siurell	128	175.297 km	24:00:00
6.	LETESSIER Gilles	Plm Conflans	127	174.858 km	24:00:00
7.	PELLERIN Alain	Ac Chateau Thierry	127	173.926 km	24:00:00
8.	OLIVARES Mathieu	Neuilly Sur Marne Athletis	125	171.961 km	24:00:00
9.	BROWN Sandra (F)	Surrey Walking Club	122	169.450 km	24:00:00
10.	GRASSI Alain		120	165.553 km	24:00:00
11.	DEBEURNE Philippe		117	163.011 km	24:00:00
12.	LOUGRADA Saadi	Cm Roubaix	111	161.865 km	24:00:00
13.	HIERNARD Alain		116	160.770 km	24:00:00
14.	LABARRE Bertrand	Cs Provins Athletisme	111	156.421 km	24:00:00
15.	BIZARD Claudie (F)	Thiais Ac	107	147.259 km	24:00:00
16.	GRADOS Stephane	Cm Roubaix	100	145.365 km	24:00:00
17.	COULOMBEL Pierre	Cm Roubaix	97	136.452 km	24:00:00
18.	LASSALLE Emmanuel	Cm Roubaix	88	133.500 km	16:56:22
19.	DALUZ Robert	Neuilly Sur Marne Athletisme	92	126.866 km	24:00:00
20.	CRILLEY Kathy (F)	Surrey Walking Club	90	124.981 km	24:00:00
21.	GLASER Jean-bernard	Neuilly Sur Marne Athletisme	85	117.244 km	24:00:00
22.	RASSAIND Andre	Ea Centre Isere*	75	107.951 km	24:00:00
23.	LETOURNEAU Florian	Ac Chateau Thierry	67	102.000 km	12:23:06
24.	LACROIX Jean-louis	Ac Chateau Thierry	56	85.500 km	11:57:43
25.	CHAUVITEAU Daniel		50	76.500 km	11:07:37
26.	BOVIN Laurent	A Marcheurs St Thibault Des V	50	76.500 km	12:06:39
27.	DANDOY Jeremy	Cm Roubaix	22	34.500 km	6:14:37
28.	MAISON Sylvie (F)	Strasbourg Agglomeration Ath	14	22.500 km	3:06:33

2x6 Hours Walk

1.	ARNAULT Jacques	Neuilly Sur Marne Athletisme	73	98.100 km	
2.	TOUTAIN Eric	As Culturelle Francophone	68	93.825 km	
3.	DELANGE Dominique	Aj Auxerre Section Marathon	67	91.250 km	
4.	BRUNEAUX Jean-claude	Coulommiers Brie Athletisme	68	89.525 km	
5.	SEYNAEVE Serge	Cm Roubaix	65	86.100 km	
6.	ARNAULT Francoise (F)	Neuilly Sur Marne Athletisme	65	83.950 km	
7.	SALOMEZ Benedicte (F)	Neuilly Sur Marne Athletisme	63	83.100 km	
8.	GILLARD Lydia (F)	As Culturelle Francophone	59	78.175 km	
9.	HAGHEBAERT Eric	Ac Chateau Thierry	62	77.300 km	
10.	RODIER Nicole (F)	Efs Reims A.	28	43.500 km	
11.	MOUGENOT Patrick	Marne Et Gondoire Athletisme	27	42.000 km	
12.	OTT Christophe	Strasbourg Agglomeration Ath	27	42.000 km	

6 Hours Walk

1.	DA SILVA CARVALHO Thomas		34	51.506 km	6:00:00
2.	KERLAU Yves-michel	Cm Roubaix	33	49.966 km	6:00:00
3.	RAULET Christophe	Ga Meusien	32	48.734 km	6:00:00
4.	BIZARD PLANCHOT Emilie (F)	Neuilly Sur Marne Athletisme	31	46.767 km	6:00:00
5.	FILLIEUX Christian	CAF - Belgique	29	44.890 km	6:00:00
6.	PLAYE Christophe		27	41.670 km	6:00:00
7.	POTTELETTE Helene (F)		27	41.235 km	6:00:00

8.	SAUGRAIN Josette	Ac Chateau Thierry	26	40.085 km	6:00:00
9.	MAURICE Fabienne	Ac Chateau Thierry	25	38.322 km	6:00:00
10.	MONCILOVIC Alix (F)	Ac Chateau Thierry	25	37.583 km	6:00:00
11.	GUILLOT Mickael		23	35.303 km	6:00:00
12.	MORVAN Nicole (F)	Neully Sur Marne Athletisme	21	32.178 km	6:00:00
13.	ROZE Eddy	Amiens Uc	11	18.000 km	1:48:22



Rugged up at the start



Philippe Morel



David Vandercoiden

BRITISH MASTERS INDOOR T&F CHAMPIONSHIPS, LEE VALLEY, LONDON, 10-11 MAR 18

Finally back a week for the Bristh Masters Indoor T&F Championships walks at the Lee Valley stadium in London. Some good walks amongst this lot – **Francisco Reis** (M55 13:53.2), **Malcolm Martin** (M60 16:14.0), **Ian Richards** (M65 15:30.9) and **Helen Middleton** (W55 17:34.3) to name a few.

3000m Walk

M50	1	David Annetts	North Herts/Veterans	15:55.9
M55	1	Francisco Reis	Thames Valley/Southern Counties Vets/Portugal	13:53.2
	2	Simon Le Mare	Southend/Leigh on Sea/Eastern Masters	18:35.1
	3	Wayne Vincent	Eastleigh RC/Southern Counties Vets	19:25.4
M60	1	Malcolm Martin	Surrey WC/Southern Counties Vets	16:14.0
	2	Ian Torode	South West Vets	18:55.2
M65	1	Ian Richards	Steyning/Veterans	15:30.9
	2	Peter Boszko	Birchfield H/Midland Masters	16:24.3
M70	1	Roger Michell	Surrey WC/Blackheath & Bromley/Midland Masters	17:55.8
M75	1	Ron Stewart	North Shields Poly/VAA North East	24:32.3
M80	1	Arthur Thomson	Enfield & Haringey/Veterans	20:37.5
	2	Norbert Will	Ballymena & Antrim/Northern Ireland Masters	21:36.0
	-	David Carney	Bromsgrove & Redditch/Midland Masters	DQ
M85	1	Ken Livermore	Enfield & Haringey/Veterans	25:54.5
W50	1	Angela Martin	Surrey WC/Southern Counties Vets	21:29.6
W55	1	Helen Middleton	Enfield & Haringey/Eastern Masters/Biggleswade	17:34.3
	2	Fiona Bishop D	Woking/Veterans/Aldershot, Farnham & District	20:55.5

MARCIADALMONDO AND OMARCHADOR ROUNDUP

Marciadalmondo has 8 press releases this week

- Mon 19 Mar - Emilie Menuet, Gabriel Bordier and Florian Mayer win French Champs in Merignac
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3123
- Sun 18 Mar - Alvaro Martin and Maria Perez win Spanish 20km titles in Castellon

http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3122

- Sun 18 Mar - Results of Asian 20km Championships in Nomi, Japan
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3121
- Sat 17 Mar - Preview of French Roadwalk Champs
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3120
- Fri 16 Mar - Preview of Spanish Roadwalk Champs
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3119
- Wed 14 Mar - Preview of Asian 20km Champs in Nomi this coming weekend
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3118
- Tue 12 Mar - Results of Ukrainian Winter Race Walk Championships in Lutsk
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3117
- Wed 13 Mar - Race Walking Committee Survey: preliminary information
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3116

and Omarchador had 17 press releases

- Mon 19 Mar - Results of Portuguese Racewalk Cup meet in Montemor-o-Novo
<http://omarchador.blogspot.com.au/2018/03/ca-tunes-e-co-pechao-vencem-taca-da.html>
- Mon 19 Mar - Matsunaga (Japan) and Dandan (China) the best in Nomi
<http://omarchador.blogspot.com.au/2018/03/matsunaga-japao-e-dandan-china-os.htm> 1
- Mon 19 Mar - 256 walkers in the European Masters indoor track in Madrid
<http://omarchador.blogspot.com.au/2018/03/256-marchadores-nos-europeus-masters-de.html>
- Sun 18 Mar - Nádía Cancela and Marco Amaral win Portuguese Indoor walk titles in Pombal
<http://omarchador.blogspot.com.au/2018/03/nadia-cancela-e-marco-amaral-vencem.html>
- Sun 18 Mar - Results of Canadian Masters T&F Walks
<http://omarchador.blogspot.com.au/2018/03/campeonatos-de-veteranos-do-canada-em.html>
- Sat 17 Mar - Results of English 10km Championships and Molly Barnett Walks
<http://omarchador.blogspot.com.au/2018/03/campeonatos-de-inglaterra-10-km-e-molly.html>
- Sat 17 Mar - Death of French team doctor Francis Genson and preview of French Championships in Mérignac
<http://omarchador.blogspot.com.au/2018/03/francis-genson-e-os-campeonatos-de.html>
- Sat 17 Mar - Preview of Spanish Roadwalk Champs at Castellon
<http://omarchador.blogspot.com.au/2018/03/castellon-recebe-70-edicao-dos.html>
- Fri 16 Mar - Results of BMAF indoor track championships in Lee Valley, London
<http://omarchador.blogspot.com.au/2018/03/bmaf-campeonatos-de-pista-coberta-em.html>
- Fri 16 Mar - Preview of Portuguese Universities Indoor T&F Champs in Pombal
<http://omarchador.blogspot.com.au/2018/03/atletas-universitarios-tem-campeonatos.html>
- Fri 16 Mar - Montemor-o-Novo to host the Portuguese Walk Cup this weekend
<http://omarchador.blogspot.com.au/2018/03/montemor-o-novo-recebe-taca-de-portugal.html>
- Thu 15 Mar - Zurek and Brembach with German indoor titles in Erfurt
<http://omarchador.blogspot.com.au/2018/03/zurek-e-brembach-com-titulos-da.html>
- Thu 15 Mar - Preview of this weekend's Asian 20km Champs in Nomi
<http://omarchador.blogspot.com.au/2018/03/campeonatos-da-asia-de-20-km-marcha.html>
- Wed 14 Mar - Alana Barber wins the New Zealand Championships in Hamilton
<http://omarchador.blogspot.com.au/2018/03/alana-barber-vence-campeonatos-da-nova.html>
- Wed 14 Mar - Results of the 20km Greece Championships in Megara
<http://omarchador.blogspot.com.au/2018/03/campeonatos-da-grecia-de-20-km-marcha.html>
- Wed 14 Mar - Results of last weekend's Portuguese Masters Indoor T&F Champs in Pombal

<http://omarchador.blogspot.com.au/2018/03/nacionais-de-veteranos-em-pista-coberta.html>

- Tue 13 Mar - Results of Ukrainian walk champs in Lutsk
<http://omarchador.blogspot.com.au/2018/03/ucrania-com-interessantes-marcas-nos.html>

OUT AND ABOUT

- The annual English Centurions 100 miler will take place in Douglas, Isle of Man on the weekend of 18-19 August. Unlike previous road events, this one will be held entirely on the NSC Athletics Track, with the various events commencing at Noon on Saturday 18th August. The number of starters will, of practical necessity, be limited to 33, with 6 places already allocated. The remaining 27 places will be allocated on a first come, first served basis, when the online entries open at noon on Sunday 25th March. There is the opportunity for anyone with ambitions to becoming a Centurion, or previous qualifiers to apply for the remaining places. Further information and entry details may be found by visiting <http://my6.raceresult.com/71067/>.
- Check out the IAAF Race Walking Teams Championships LOC website at <http://www.taicang2018.org.cn/>.
- A nice little video highlights package from last week's 15th Memorial Mario Albisetti Race Walking competition in Lugano. See <https://www.facebook.com/swisswalking/videos/2174400289238560/>
- I mentioned in last week's newsletter that VRWC masters walker Heather Carr had won the World Masters Female Walker of the Year award. You can read about Heather and the other 2017 WMA award recipients at <https://www.mastersrankings.com/rankings/these-athletes-shined/>.
- Great article about the 1980 Moscow Olympic Games as the role model for Sochi 2014, with Russian doping cover ups, false negatives and urine replacement. What happened in Sochi 2014 had been performed in more or less the same way nearly 40 ago. See http://www.playthegame.org/news/comments/2018/064_the-sochi-games-was-just-a-copy-of-the-moscow-games/.

HEEL & TOE 2018 WORLD RANKING LISTS – 50KM

Thanks to **Paul DeMeester** for his latest update to the 50km World Ranking Lists for 2018, adding in the 50km results from last weekend's French Championships. The lists are now growing quite large, and do not even include the many women who have completed 35km walks this year, to qualify for the 50km championships later in the year. It is wonderful to see such world wide participation. This is what is required to ensure the event continues at the international level.

Men's 2018 50km World Rankings (as of March 18, 2018)

1.	Cristian Andres Choco Leon	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.	James Aurelio Rendon Villegas	COL	4:03:42	Sucua 3/10/18
17.	Pablo Oliva Requena	ESP	4:05:43	Burjassot 2/25/18
18.	David Gerardo Velasquez Caiza	ECU	4:07:47	Sucua 3/10/18
19.	Nick Christie	USA	4:09:32	Santee 1/20/18
20.	Jyoti Tawtya	IND	4:09:43	New Delhi 2/17/18
21.	Israel Aymar Celi	ECU	4:11:04	Burjassot 2/25/18
22.	Jorge Alejandro Martinez Baez	MEX	4:11:10	Monterrey 2/25/18
23.	Pedro Isidro	POR	4:11:25	Porto de Mos 1/7/18
24.	Matthew Forgues	USA	4:11:43	Monterrey 2/25/18
25.	Jurgen Everhard Grave Chavez	GUA	4:11:50	Campo de Marte 2/10/18
26.	Jiayu Luo	CHN	4:12:31	Huangshan 3/4/18
27.	Darwin Fernando Leon Tenesaca	ECU	4:13:12	Sucua 3/10/18
28.	Diego Flores Espinoza	MEX	4:16:19	Monterrey 2/25/18
29.	Luis Campos Cruz	PER	4:17:04	Sucua 3/10/18

30.	Erwin Ernesto Morales Paau	GUA	4:18:07	Campo de Marte 2/10/18
31.	Rodrigo Javier Zeballos Pena	BOL	4:18:25	Sucua 3/10/18
32.	Claudio Paulino Villanueva Flores	ECU	4:19:12	Sucua 3/10/18
33.	Florian Mayer	FRA	4:21:02	Merignac 3/18/18
34.	Liangshan Ma	CHN	4:21:16	Huangshan 3/4/18
35.	Francisco Arcilla Aller	ESP	4:22:48	Burjassot 2/25/18
36.	Xavier Alexander Mena Jara	ECU	4:23:25	Sucua 3/10/18
37.	Mario Alfonso Bran Granillo	GUA	4:24:50	Campo de Marte 2/10/18
38.	Ntentopoulos Konstantinos	GRE	4:24:57	Marathon 1/14/18
39.	Sergio Daniel Sacul Caal	GUA	4:25:51	Campo de Marte 2/10/18
40.	Tsiordas Dimitris	GRE	4:26:36	Marathon 1/14/18
41.	Ronald Rey Quispe Misme	BOL	4:27:33	Sucua 3/10/18
42.	Jay Prakash Singh	IND	4:28:32	New Delhi 2/17/18
43.	Guichao Cui	CHN	4:28:45	Huangshan 3/4/18
44.	Sagar S. Joshi	IND	4:31:52	New Delhi 2/17/18
45.	Anjani Kumar Singh	IND	4:32:07	New Delhi 2/17/18
46.	Stamelos Kostas	GRE	4:35:18	Marathon 1/14/18
47.	Rafael Ballesteros Garcia	ESP	4:35:54	Burjassot 2/25/18
48.	Jean Blancheteau	FRA	4:37:01	Merignac 3/18/18
49.	Jonathan Hobbs	GBR	4:37:42	Merignac 3/18/18
50.	Jefferson Santiago Imbacuan Paucar	ECU	4:38:32	Sucua 3/10/18
51.	Cristiano Antonio	POR	4:39:56	Porto de Mos 1/7/18
52.	Jean-Franck Vanoosthuyse	FRA	4:40:04	Merignac 3/18/18
53.	Maxime Faiteau	FRA	4:40:34	Merignac 3/18/18
54.	Luis Angel Sanchez Perez	GUA	4:41:12	Campo de Marte 2/10/18
55.	Jose Manuel Gomez Garcia	ESP	4:42:08	Burjassot 2/25/18
56.	Som Kumar	IND	4:42:16	New Delhi 2/17/18
57.	Luis Silva	POR	4:44:11	Porto de Mos 1/7/18
58.	Krishna Bind	IND	4:44:49	New Delhi 2/17/18
59.	Anthony Joseph Gruttadauro	USA	4:45:15	Santee 1/20/18
60.	David Pueyo Ministral	ESP	4:47:42	Burjassot 2/25/18
61.	Marc Guerrero Plaza	ESP	4:49:00	Burjassot 2/25/18
62.	Fabio Urday Salazar	PER	4:52:47	Sucua 3/10/18
63.	Maxime Cottevieille	FRA	4:54:54	Merignac 3/18/18
64.	Pablo Gomez	USA	4:56:19	Santee 1/20/18
65.	Gerard Guetat	FRA	4:57:28	Merignac 3/18/18
66.	Henrique Santos	POR	4:57:29	Porto de Mos 1/7/18
67.	Dominique Van Hille	FRA	5:00:54	Merignac 3/18/18
68.	Daniel Foudjem Ganno	CMR	5:03:21	Merignac 3/18/18
69.	Antonio Gonzalez Arrabal	ESP	5:04:11	Burjassot 2/25/18
70.	Christophe Erard	FRA	5:14:22	Merignac 3/18/18
71.	Marc Legentil	FRA	5:15:42	Merignac 3/18/18
72.	Dave Talcott	USA	5:28:40	Santee 1/20/18
73.	Dimitri Hugon	FRA	5:32:41	Merignac 3/18/18
74.	Peter James Back	SGP	5:54:26	Hong Kong 1/1/18
75.	Steve Harper	USA	5:57:12	Santee 1/20/18
76.	Walker Wong	HKG	6:03:50	Hong Kong 1/1/18
77.	Adrian Zamudio	USA	6:28:14	Santee 1/20/18
78.	Chan Wai-on	HKG	6:39:01	Hong Kong 1/1/18
79.	Paul Terbrack	USA	7:02:04	Santee 1/20/18

Women's 50km Performances 2018 through March 18, 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.	Magaly Beatriz Bonilla Solis	ECU	4:19:43	Sucua 3/10/18
4.	Johanna Edelmira Ordonez Lucero	ECU	4:28:58	Sucua 3/10/18
5.	Erika Jazmine Morales Cruz	MEX	4:32:53	Monterrey 2/25/18
6.	Nair da Rosa	BRA	4:38:48	Sucua 3/10/18
7.	Yocy Caballero Huaman	PER	4:42:37	Sucua 3/10/18
8.	Mariela Sanchez Teran	MEX	4:46:12	Santee 1/20/18
9.	Katie Burnett	USA	4:47:50	Santee 1/20/18
10.	Maria Dolores Marcos Valero	ESP	4:53:38	Burjassot 2/25/18
11.	Erin Taylor-Talcott	USA	4:54:39	Monterrey 2/25/18
12.	Miriam de Jesus Gutierrez Arichavala	ECU	4:54:54	Sucua 3/10/18
13.	Makri Angeliki	GRE	4:56:00	Marathon 1/14/18
14.	Lizbeth Silva Miranda	MEX	4:58:41	Monterrey 2/25/18
15.	Anett Torma	HUN	4:59:55	Santee 1/20/18
16.	Myriam Cartagena Bonilla	ECU	5:02:51	Sucua 3/10/18

17.	Andreopoulou Nikolitsa	GRE	5:05:39	Marathon 1/14/18
18.	Olga Cabrera Ysas	ESP	5:06:13	Burjassot 2/25/18
19.	Sandra Silva	POR	5:08:13	Porto de Mos 1/7/18
20.	Morgane Ausello	FRA	5:18:07	Merignac 3/18/18
21.	Teresa Vaill	USA	5:29:29	Santee 1/20/18
22.	Kourkoutsaki Efstathia	GRE	5:34:21	Marathon 1/14/18
23.	Korkou Zoe	GRE	5:34:29	Marathon 1/14/18
24.	Susan Brooke	CAN	5:42:54	Santee 1/20/18
25.	Elisabeth Cardeillac	FRA	5:44:43	Merignac 3/18/18
26.	Aura Morales	MEX	5:46:47	Monterrey 2/25/18
27.	Casandra Milenka Nieto Linares	BOL	5:48:56	Monterrey 2/25/18
28.	Billie Kwok	HKG	6:14:05	Hong Kong 1/1/18
29.	Adele Ropers	FRA	6:17:02	Merignac 3/18/18
30.	Wendy Choi	HKG	6:24:17	Hong Kong 1/1/18
31.	Claudine Anxionnat	FRA	6:26:35	Merignac 3/18/18
32.	Linda Fung	HKG	6:28:33	Hong Kong 1/1/18
33.	Darlene Backlund	USA	7:09:44	Santee 1/20/18
34.	Jamie Fiddler	USA	7:22:47	Santee 1/20/18

FRENCH ALL-TIME WOMEN'S 50KM RANKING LIST

And talking of women's 50km, thanks to Emmanuel Tardi for his French All-Time Women's 50km Ranking list. The French are to be commended for their support of this event, going back many years.

1.	Kora BOUFFLERT (WR)	4h41.57	FRA/230466	AY 17.09.1995
2.	Jacqueline DELASSEAU (WR)	4h49.25	FRA/141246	CHAUMONTEL 17.09.1978
3.	Josiane PANNIER	5h08.34	FRA/241250	HENNEQUEVILLE 01.05.1998
4.	Anne-Marie MESMOUDI	5h08.46	FRA/280560	AY 17.09.1995
5.	Edith COUHE	5h12.08	FRA/260444	LAGNY 17.05.1987
6.	Alejandra RAMIREZ-GOMEZ	5h13.57	FRA/050476	CORCIEUX 30.10.2016
7.	Morgane AUSELLO	5h18.07	FRA/090492	MERIGNAC 18.03.2018
8.	Isabelle DUCHENE	5h19.27	FRA/310165	BOURGES 04.10.1992
9.	Anne Gaelle RETOUT	5h21.31	FRA/150880	HENNEQUEVILLE 01.05.2006
10.	Sylvianne VARIN	5h21.32	FRA/180652	SCANZOROSCIATE 27.10.2002
11.	Dominique MALOCHET	5h23.25	FRA/260657	COMPIEGNE 11.11.1990
12.	Sandrine EICHHOLTZER	5h23.27	FRA/120377	FLOIRAC 04.09.2011
13.	Dominique ALVERNHE	5h23.48	FRA/240257	VERNON 14.04.2012
14.	Josiane PETRUS	5h26.10	FRA/050161	COMPIEGNE 11.11.1982
15.	Eugenia GUTIERREZ	5h29.44	FRA/021269	CHARLY/MARNE 20.02.2000
16.	Jeannine GOSSELIN	5h31.01	FRA/140458	PERPIGNAN 25.10.1992
17.	Joelle LEFILLEUL	5h31.18	FRA/120962	TORCY 19.03.1994
18.	Séverine LANOUE	5h33.26	FRA/230185	ETAMPES/MARNE 30.10.2011
19.	Emilie COUGOUREUX AUGE	5h34.41	FRA/010380	ETAMPES/MARNE 30.10.2011
20.	Marie-Claude BARON	5h36.51	FRA/020260	CHARLY/MARNE 20.02.2005
21.	Corinne FAUQUEUR	5h38.10	FRA/101264	CORCIEUX 05.10.2008
22.	Francine LACHIA	5h38.13	FRA/070556	CHARLY/MARNE 22.02.2004
23.	Deborah GEIMER	5h39.18	FRA/300480	CHARLY/MARNE 10.02.2013
24.	Delcina PAJOL	5h39.24	FRA/260144	COURNON D'AUVERGNE 30.03.1997
25.	Svetlana BARTHELEMY	5h40.52	FRA/170276	CHARLY/MARNE 17.02.2002
26.	Magali ERARD	5h41.13	FRA/080873	BAR LE DUC 17.10.2004
27.	Claudine ANXIONNAT	5h41.35	FRA/020651	PERPIGNAN 15.10.1995
28.	Elisabeth CARDEILLAC	5h44.43	FRA/290769	MERIGNAC 18.03.2018
29.	Virginie BARTHELEMY	5h45.16	FRA/110372	LIGNY-EN-BARROIS 26.10.2014
30.	Sylvie SEVELLEC	5h45.26	FRA/080964	FAMECK 28.10.2012
31.	Corinne DOLS	5h46.39	FRA/140162	CHARLY/MARNE 17.02.2008
32.	Monique CADOUX	5h50.00	FRA/050960	CHARLY/MARNE 15.02.2009
33.	Monia DOUBLET	5h50.15	FRA/310771	CORCIEUX 24.10.2010
34.	Dominique LEMETAYER	5h52.18	FRA/260753	COMPIEGNE 11.11.1992
35.	Bernadette BRIZION	5h52.50	FRA/051150	DIJON 25.08.1990
36.	Catherine FORGET	5h53.01	FRA/170463	CHARLY/MARNE 17.02.2008
37.	Raphaëlle JOFFROY	5h53.55	FRA/200472	CORCIEUX 29.10.2017
38.	Isabelle RADIERE	5h54.29	FRA/030562	CHARLY/MARNE 18.02.2007
39.	Corinne CAMUS	5h56.18	FRA/040966	CHARLY/MARNE 17.02.2008
40.	Corinne BERTHON	5h58.14	FRA/040957	CHARLY/MARNE 17.02.2008
41.	Dominique CLOVEL	5h58.29	FRA/171156	ROUBAIX 16.10.2005
42.	Adele ROPERS	6h00.09	FRA/050180	CORCIEUX 29.10.2017
43.	Florence PIERRE	6h00.22	FRA/240666	LIGNY-EN-BARROIS 26.10.2014

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 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
Sept 23-26, 2018	Cat B	Around Taihu International Race Walking 2018, Wuzhong, CHN

International Dates – 2018 and onwards

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. See http://www.taicang2018.org.cn/ .
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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