



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
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#SAVETHERACEWALKING



The anger continues to rage over the IAAF Race Walking Committee’s decision to reinvent our sport of racewalking, scrap the 50km and force our international walkers down to the 10km distance. It is evident that the feeling within the world racewalking community is unanimous – it is a dreadful idea and a sellout that could lead to the eventual extinction of our sport internationally.

More and more photos are being posted of walkers, past and present, elite and club level, giving the agreed symbol to indicate their support for the 50km. The above collage from Stefano La Sorda shows this well, with 50km record holder Johann Diniz front and centre.

Stefano is currently setting up a new website <https://savetheracewalking.org> to invigorate the NO campaign. We are lucky to have him with us with publicising this issue.

I publish a few links from the many world wide.

- For 1964 Olympic 50km champion Abdou Pamich of Italy, it’s pretty clear cut. "Abolishing the 50 km means killing the march. It's a ridiculous decision, taken by people who are slaves of the strong powers." See https://www.corriere.it/sport/19_febbraio_10/addio-50-km-chip-scarpe-dae30a96-2d79-11e9-9137-8c3ab066961d.shtml?fbclid=IwAR1Af1QR3z7TLF10urAcxGIYZJiIF-ea4zJRMiVW1nRGP8XagRfDWzbyL1o&refresh_ce-cp.
- Five times Olympic walker Giovanni De Benedictis of Italy (bronze medal in Barcelona 1992 Olympics) has released his own public statement of support on his official website – see <https://www.giovannidebenedictis.it/en/difendiamo-la-50km-di-marcia-savetheracewalking/>.

- Even the young walkers in Italy do not want the changes. See <https://www.ivg.it/2019/02/sara-meloni-alla-conquista-del-trofeo-fulvio-villa-con-un-messaggio-non-cancellate-la-marcia>
- The President of the Italian Athletics Federation is unequivocal: “We are absolutely against the abolition of the 50 km, we have already communicated to the IAAF and we hope that other federations will be heard and that can review this decision that we consider wrong”. Eleonora Giorgi, who is intending to debut in 50km this year, also criticises the proposals of the IAAF Racewalking committee. “It seems like a step back, the 10km danger of becoming a “fashion show” of racewalking. And why can't the women's 50km be an Olympic race? Women now also compete in ultramarathon.” Sandro Bellucci (third in the 1984 Los Angeles 50km) is also in support. Do you, like me, find it strange that everyone in Italy EXCEPT FOR their RWC representative Maurizio Damilano, are against the move. See <https://www.lamarcia.com/en/2019/02/14/italian-federation-president-defends-50km-giorgi-bellucci-pamich-criticize-iaaf-decisions>.
- For all the Slovakian key players, from President Peter Korcok to 2016 Olympic champion Matej Toth to head coach Matej Spisiak, the answer is the same – NO!!! See <http://smolachuze.cz/index.php/cs/137-chodza-na-razcesti-iaaf-bude-rozhodovat-o-zmene-trati-chodecky-expert-peter-marlow-na-protest-rezignoval>.

I had to laugh when I saw Stefano La Sorda’s take on the small Italian Indoor walk fields last weekend.



For the moment let's laugh about it, but it is not said that this idea of reducing everything stops only at 50Km... Last weekend the Italian Indoor Championships 5000m racewalk for men had only 5 starters. Damilano has a brilliant idea to increase the number of participants: “From 2021 we will replace the 5000m race with a 600m race.”

Let's not lose sight of what we want.

- Keep the current 20km / 50km as the international racewalking distances until after the 2024 Olympics.
- Use this extended timeframe to properly test the new shoe insert technology.
- Work to enhance the current 20km / 50km events to make them more attractive to the general viewing public.
- Visit this issue (if it still exists) again in 2024 once the shoe insert technology has been deemed to work (or not!)

And let's not lose sight of the main protagonists of this change. They are no friends to racewalking.



Tim Berrett, Maurizio Damilano, Jane Saville, Robert Korzeniowski and Luis Saladie with IAAF's Stéphane Bermon (photo 2018 IAAF Race Walking Team Championships, China)

WALKER OF THE WEEK

My Walker of the Week this time around is 16 year old Knox walker **Corey Dickson**. Walking a week ago in Adelaide, he stormed to a 95 second 10km PB of **44:53**. Walking last Wednesday evening at Mentone in the AV 5000m Teams Championships, he won the men's race in a further PB time of **22:12**. Corey has made huge inroads into his time this summer and he now looks ready for the big step into the U20 ranks.



Corey in action at the Mentone track last Wednesday (photo Terry Swan)

WHAT'S COMING UP

- Next Saturday sees the **Athletics Victoria Shield Final** at the Lakeside Stadium at Albert Park. Good luck to all those walkers whose teams have made the final.
- After next weekend, the remaining key dates are as follows

Mar 1-3, 2019	Victorian T&F Championships, Weekend 1, Albert Park
Mar 8-10, 2019	Victorian T&F Championships, Weekend 2, Albert Park
Mar 16-17, 2019	LAVIC State T&F Championships, Casey Fields
Mar 23-24, 2019	Victorian Masters T&F Championships, Doncaster
Mar 30 – Apr 7, 2019	Australian Athletics Championships, Sydney (10,000m track walk championships)
Apr 13-14, 2019	Coburg 24 Hour Carnival, Coburg, VIC
Apr 26-29, 2019	Australian Masters T&F Championships, Albert Park - https://melbourne2019.com.au/
- Entries are now open for the **Australian Masters T&F Championships** in Melbourne from April 26 to 29. See event website at <https://melbourne2019.com.au/>. The walks are scheduled as follows
 - Friday 26th April (AM) 1500m Track Walks, Lakeside Stadium, Albert Park
 - Saturday 27th April (PM) 10km Roadwalks, Middle Park
 - Monday 29th April (PM) 5000m Track Walks, Lakeside Stadium, Albert Park

AV TEAMS 5000M CHAMPIONSHIPS , DOLOMORE RESERVE, MENTONE, WEDNESDAY 13 FEBRUARY

Conditions were perfect on Wednesday evening for the annual Athletics Victoria 5000m Team Walk Championships at the Mentone Athletics Track, and we were pleased with the healthy turnout of 32 walkers. The AV teams championships saw strong wins to both the Knox Athletics men's and women's teams, with **Charlotte Hay, Kathleen O'Mahony, Emily Smith, Corey Dickson, Mark Blackwood, Luke Epps** and **Angus Hay** all walking well, most recording PBs. Sandringham and Glenhuntly clubs filled the minor medals in the women's teams race while the Victorian Masters took silver in the men's teams race.

5000m Walk Women

1.	Hay, Charlotte	KNA	25:27	1	PB 0:23
2.	Osmand, Kym	VMA	28:13		

3.	O'Mahony, Kathleen	KNA	28:43	2	
4.	Carr, Heather	GHY	30:53	3	
5.	Smith, Emily	KNA	31:02	4	PB 1:28
6.	Holohan, Bernadette	SAN	33:04	5	PB
7.	Dingli, Alannah	SAN	33:16	6	PB 1:49
8.	Dingli, Isabella	SAN	33:31	7	PB 0:55
9.	Steed, Gwen	GHY	37:45	8	
10.	Howorth, Sandra	GHY	40:11	9	

Teams Championships

1.	KNA	1,2,4	7
2.	SAN	5,6,7	17
3.	GHY	3,8,9	20

5000m Walk Men

1.	Dickson, Corey	KNA	22:12	1	PB 0:01
2.	Thompson, Will	CCA	23:39		
3.	Blackwood, Mark	KNA	23:58	2	
4.	Prasad, Pramesh	VMA	27:25	3	
5.	Epps, Luke	KNA	28:08	4	PB 0:44
6.	Hay, Angus	KNA	29:04	5	PB 1:21
7.	Hess, Albin	VMA	30:51	6	PB 1:10
8.	Murfett, Grant	VMA	31:54		Inaugural
9.	Boland, Julian	MEN	35:23		
10.	Barrow, Geoff	MEN	35:24		
11.	Dickenson, Russell	VMA	35:46		
	Wakim, Marcus	COL	DNS		
	Van Dongen, Rupert	MEN	DNS		

Team Championships

1.	KNA	1,2,4	7
2.	VMA	3,5,6	14

We also had a number of walkers who participated in the non-championship 1500m and 5000m walks.

VRWC 5000m Non-Championship Walk

1.	Cassidy, Kevin	VRWC	26:03
2.	Irshad, Kylie	VRWC	29:56

VRWC 1500m Non-Championship Walk

1.	Smyth, David	VRWC	07:32
2.	Imbriano, Joel	VRWC	07:33
3.	Thompson, Eliza	VRWC	08:45
4.	Grace, Marnie	VRWC	09:28
5.	Smith, Aiden	VRWC	09:47
6.	Warrillow, Huw	INV	10:14
7.	Thompson, Marilyn	VRWC	10:24
8.	D'Monte, Arlene	INV	11:47
9.	Mews, Pam	VRWC	17:05

Thanks as always to our officials, helpers and judges. Apologies if I have missed anyone

Officials: Stuart Cooper, Terry Swan, Tim Erickson, Mark O'Mahony, Bill Carr, Margaret Hay, Donna Dickson
Judges: Peter Vysma (Chief), Michael Bodey, David Cash, Gordon Loughnan, Shane Dickson, Brenda Felton

We return to the Mentone Athletics Track on Sunday morning for the annual Victorian Masters 5000m Walk Championships.

Thanks to VRWC Secretary Terry Swan for his photos, some of which are reproduced below. See the full meet gallery at <https://www.facebook.com/photo.php?fbid=10218021559911363&set=oa.10156892837738911&type=3&theater&ifg=1>.



Walkers show their support for the retention of the international 50km walk (photo Terry Swan)



(c) Victorian Race



*Left: Knox walkers go straight to the front in the AV Teams 5000m Walk Championships
Centre and right: Winners Corey Dickson and Charlotte Hay*



(c) Victorian Race W



Knox walkers Luke Epps, Kathleen O'Mahony, Mark Blackwood, Angus Hay and Emily Smith

VMA 5000M TRACK CHAMPS AND VRWC RACES, DOLOMORE RESERVE, MENTONE, SUNDAY 17 FEBRUARY

Conditions were perfect early on Sunday morning for the annual Victorian Masters 5000m walk championships at the Mentone Athletics Track, but the sun came out mid morning and the temperature did then rise. Of our 40 walkers in attendance, 35 were competing in the VMA Championships, a very pleasing statistic.

The masters women had the best of the conditions, with their 8:30AM start time. W35 Oakleigh walker **Kym Osmand** was one of the standouts with her winning time of 26:51. Kym has walked in AV Shield for a number of years but has really brought her times down in the last 12 months. W65 **Alison Thompson** also stood out, winning her division with an impressive 29:39. It was also great to see three W75 walkers finishing the event in fine style.

Masters Women 5000m Track Walk

W35	1	Osmand, Kym	26:51	PB 0:57
W40	1	Geisler, Sandra	27:50	
	2	McLennan, Laura	33:20	Inaugural
	3	Grace, Marnie	34:51	
W45	1	Irshad, Kylie	29:58	
W55	1	Elms, Donna-Marie	32:30	
	2	Rosenbrock, Carolyn	32:39	
	3	Howorth, Sandra	39:38	
	DQ	Castel, Helen	DQ	First time walker
W60	1	O'Neill, Karyn	34:50	
	2	D'Monte, Arlene	39:50	Inaugural
W65	1	Thompson, Alison	29:39	
	2	Carr, Heather	31:20	
W70	1	McPherson, Glennis	36:53	
W75	1	Steed, Gwen	35:54	
	2	Machin, Sylvia	38:26	
	3	Hugo, Beverley	44:04	

The Masters Men started at 9:15AM, with M40 **Pramesh Prasad** (25:05) and M55 **Kevin Cassidy** (26:20) leading the way. Special mentions to **Albin Hess** (30:04) and **Julian Boland** (32:17) on PBs.

Masters Men 5000m Track Walk

M40	1	Prasad, Pramesh	25:05	
	2	Van Dongen, Rupert	35:14	
M45	1	Smyth, David	28:41	
M55	1	Cassidy, Kevin	26:20	
	2	Evans, Simon	29:38	
	3	Hess, Albin	30:04	PB 0:47
	4	Boland, Julian	32:17	PB 1:48
	5	Moritz, Paul	34:18	
M60	DNF	Donahoo, Mark	DNF	
	DQ	Worsnop, Christopher	DQ	
M65	1	Prowse, Frank	33:47	
	2	Riddoch, Clyde	34:32	
M70	1	Jamieson, Andrew	29:59	
	2	Middleton, Des	35:04	
	DNF	Dickenson, Russ	DNF	
M75	1	Bennett, Ralph	31:35	
M80	1	Ilgoutz, Gunther	36:31	
M85	DQ	Silcock-Delaney, Colin	DQ	

The meet also included VRWC non-championship walks, with a small number of competitors in attendance. Special mentions to 12 year old **Joel Imbriano** for his 3000m walk PB of 16:06 and to 7 year olds **Ela Uzun** and **Havana Ali** who had their first ever track walk, finishing with 9:18 and 9:53 respectively. Both girls broke our VRWC U19 1500m Track Walk club record. Good work girls!

VRWC 5000m Walk

1.	Reid, Ross	M	31:45	
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VRWC 3000m Walk

1.	Imbriano, Joel	M	16:06	PB 0:02
2.	Doran, Anthony	M	21:05	

VRWC 1500m Walk

1.	Uzun, Ela	F	09:18	VRWC U9 Club Record
2.	Ali, Havana	F	09:53	

Thanks as always to our judges, officials and helpers. Apologies to anyone I have missed.

Officials: Tim Erickson, Mark Donahoo, Terry Swan
Lapscorers: Bill Carr, Colin Thompson, Barrie Wicks, Mark Donahoo, Tony Doran
Judges: Gordon Loughnan (chief), David Cash, Terry O'Neill, Shane Dickson
Photos: Terry Swan (<https://www.facebook.com/media/set/?set=oa.10156901957033911&type=3>)

That completes the VRWC summer season. We will return in late April for the start of our winter roadwalking season.



Alison Thompson, Albin Hess and Pramesh Prasad in action at Mentone (photos Terry Swan)



Kym Osmann, Sandra Geisler, Joel Imbriano, Havana Ali and Ela Uzun (photos Terry Swan)

SAMA TRACK WALKS, SA ATHLETICS STADIUM, MILE END, ADELAIDE, WEDNESDAY 13 FEBRUARY

Thanks to Colin Hainsworth for this week's results from the South Australian Masters in Adelaide. Colin commented: Fine warm evening with a breeze at times.

800m Handicap Walk

1.	MARK WORTHING	0:04:00	M56
2.	GEORGE WHITE	0:04:32	M73
3.	LIZ DOWNS	0:05:34	W63

4.	GRAHAM HARRISON	0:05:52	M75
5.	MALCOLM TIGGEMAN	0:05:54	M66
6.	NORMAN POWELL	0:06:11	M74
7.	JAMES HOARE	0:06:12	M72
8.	DAVID ROBERTSON	0:06:31	M85
9.	VALMAI PADGET	0:06:34	W74

5000m Handicap Walk

1.	GEORGE WHITE	0:30:30	M73	85.32%
2.	GIL MCINTOSH	0:34:48	M68	70.26%
3.	GRAHAM HARRISON	0:38:33	M75	69.35%

3000m Handicap Walk

1.	LIZ DOWNS	0:23:34	W63	63.10%
2.	DAVE FALLON	0:24:06	M66	58.28%
3.	JAN LAYNG	0:24:08	W70	67.43%
4.	VALMAI PADGET	0:24:52	W74	69.44%
5.	COLIN HAINSWORTH	0:27:47	M89	70.85%
6.	EDNA BATES	0:28:21	W66	54.41%

ACTRWC TRACK WALKS, WODEN PARK, WODEN, THURSDAY 13 FEBRUARY

Thanks to Robin Whyte for the latest results from Canberra. **Tim Fraser** was in great shape a week after his wonderful 10km walk in Adelaide.

5000m Walk

1.	Tim Fraser	21:39
2.	Hannah Manning	27:35
	Michael Smith	DNF

3000m Handicap Walk

1.	Bryan Thomas	21:21
2.	Robin Whyte	19:35
3.	Peter Baker	16:47
4.	Doug Fitzgerald	23:44
5.	Kate Black	18:24
6.	Robert Kennelly	27:40

1000m Walk

1.	Mitchell Baker	4:48
2.	Owen Toyne	4:48
3.	Ella Baker	6:39
4.	Georgia Frew	6:55

SOUTH AUSTRALIAN T&F CHAMPIONSHIPS, SA ATHLETICS STADIUM, ADELAIDE, 15-16 FEBRUARY

Thanks to Kim Mottrom for this week's results from Adelaide. The State T&F Championships were on Saturday evening, with temperature around 27C at the 6:30pm start time. Great walks by **Tristan Camilleri** (22:07.12), **Toby Wilks** (13:59.04) and **Kim Mottrom** (22:29.57).

5000m Open Men

1.	Kim Mottrom	22:29.57
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5000m Over 35 Men

1.	Richard Everson	27:06.39
2.	Peter Crump	30:50.70

5000m Over 50 Men

1.	James Hoare	37:33.38
2.	Ross Hill-Brown	41:02.33

5000m U20 Men

1.	Tristan Camilleri	22:07.12
2.	Mathew Bruniges	24:47.37

5000m U17 Girls

1.	Victoria Upton	26:08.91
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3000m U16 Girls

1.	Mia Wilks	18:08.75
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3000m U15 Boys

1.	Toby Wilks	13:59.04
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3000m U15 Girls

1.	Kiera Ross	16:06.28
2.	Kitarni Upton	16:56.05

3000m U14 Boys

1.	Anthony Tana	18:07.72
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5000m U20 Women			2. Seth Upton	19:00.87
1. Rhiannon Lovegrove	28:04.66		Zayden Kamish	DQ
5000m U18 Women		3000m U14 Girls		
1. Olivia Sandery	26:04.42	1. Elli Pusonjic	18:01.56	
2. Chloe Upton	34:40.62	2. Hannah Wilks	18:18.45	
		3. Katie Deruvo	18:36.52	

CATHY FREEMAN SHIELD, QSAC, BRISBANE, SATURDAY 16 FEBRUARY

To Brisbane for their latest round of Interclub competition last Saturday. Wins to **Nelson McCutcheon** (22:51.25) and 12 year old **Ashanti Heap** (15:06.10).

5000m Walk

1. McCutcheon, Nelson	17	Qeii Track Club	22:51.25
2. Hannigan, Caitlin	17	UNQ	24:11.85
3. Novinetz, Camryn	16	Ipswich & District	25:12.58
4. Hill, Gabriella	16	Gold Coast Victory	28:59.43
5. Vickers, Larissa	16	FTA	29:02.93
6. Hamann, Charlotte	18	QRW	30:09.77

3000m Walk

1. Heap, Ashanti	13	GCC	15:06.10
2. Williams, Lyla	12	Gold Coast Victory	16:00.53
3. McCure, Sam	13	Gold Coast Victory	16:16.04
4. Schofield, Amelia	16	Gold Coast Victory	18:23.16
5. Schofield, Scarlett	13	Gold Coast Victory	18:29.76
6. Bergh, Mia	14	Gold Coast Victory	18:57.96

TASMANIAN INTERCLUB, DOMAIN ATHLETICS TRACK, HOBART, SATURDAY 16 FEBRUARY

To Hobart, in Tasmania, where **Will Robertson** won the 5000m walk with 24:20.10.

5000m Walk

1. William Robertson		Old Virgilians	24:20.10
2. Anna Blackwell		Old Virgilians	28:38.13
3. Elizabeth Leitch		Tasmanian Masters	34:55.95
Ron Foster		Tasmanian Masters	DQ

WA STATE T&F CHAMPIONSHIPS, WA ATHLETICS STADIUM, PERTH, 15-17 FEBRUARY

Western Australia had their State T&F Championships, last weekend, with the 3000m walks for the younger age groups on Friday evening. Best walk there by **Latya Lawrence** with 17:14.89.

Men 3000m Walk U14

Xavier Bernard	07	Melville	DQ
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Women 3000m Walk U14

1. Lataya Lawrence	06	Rockingham	17:14.89
2. Amber Richards	06	Athletics WA	20:24.57

Men 3000m Walk U15

1. Jackson Cramer	05	Mandurah/Rockingham	19:48.98
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Women 3000m Walk U15

Alexandra Griffin	05	University	DQ
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The 5000m walks for the older age groups were contested on Sunday, with fastest time going to masters walker **Andrew Duncan** (24:35.47).

Men 5000m Walk Open

1. Andrew Duncan	65	Athletics WA	24:35.47
2. Bradley Mann	99	Ridgewood	24:51.62
Benjamin Reid	01	Athletics WA	DNF

Men 5000m Walk U18

1.	Calum Murphy	02	Athletics WA	31:08.43
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Women 5000m Walk U18

1.	Caitlin Gallagher	02	Ridgewood	32:19.68
2.	Cara Mezzatesta	02	Bayswater	36:24.90

Women 5000m Walk U17

1.	Richelle Morales	03	Athletics WA	30:50.28
2.	Hannah Ireland	03	Rockingham	31:08.85
3.	Ebony Gough	03	Joondalup AC	33:43.73

2018-19 AACT T&F CHAMPIONSHIPS, AIS ATHLETICS TRACK, CANBERRA, 8-10 FEBRUARY

I missed this set of results from last week so catching up in this week's newsletter. It was obviously a great race in the 5000m walk between **Tim Fraser** (21:51.72) and **Gwyllym Young** (21:51.78). A day or so later, Tim walked a PB 10km of 44:28 in Adelaide so it was a big weekend for him.

U20 men 5000m Walk

1.	Fraser, Timothy	19	South Canber	21:51.72
2.	Baker, Mitchell	18	North Canber	23:00.11

U18 Men 5000m Walk

1.	Young, Gwyllym	17	South Canber	21:51.78
	Hosking, Simon	16	South Canber	DNF

U18 Women 5000m Walk

1.	Manning, Hannah	17	North Canber	27:11.95
2.	Bell, Bridget	17	Athletics Nsw	27:44.41

U16 Boys 3000m Walk

	Sloan, Isaac	14	Woden Athlet	DQ
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U16 Girls 3000m Walk

1.	Shaw, Sidney	15	Ginninderra	17:11.70
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U14 Boys 3000m Walk

1.	Toyne, Owen	12	Ginninderra	16:37.54
2.	Young, Sebastian	13	South Canber	17:54.37

THE AUSTRALIAN/OCEANIA 20KM CHAMPIONSHIPS MEET, ADELAIDE, SUNDAY 10TH FEBRUARY
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Just to complete my coverage in last week's newsletter on the Australian 20km Championship meet in Adelaide, I report this week on the 10km splits for the 20km walkers. Note the large number of walkers who did negative splits, meaning a faster second 10km than their first 10km. Six of the first eight women and seven of the first nine men all did this. Now that is impressive! As mentioned last week, second placed woman Katie Hayward actually did a 10km PB with her second 10km split of 43:48. Wow!

20km Open Men

1.	Karlstrom, Perseus	Sweden	41:08	38:57	1:20:05
2.	Bird-Smith, Dane	QLD	40:45	40:07	1:20:52
3.	Arevalo, Eider	Colombia	41:25	40:11	1:21:36
4.	Ziukas, Marius	Lithuania	41:25	40:19	1:21:44
5.	Dunfee, Evan	Canada	41:26	40:57	1:22:23
6.	Palma, Ever	Mexico	41:25	41:53	1:23:18
7.	Cowley, Rhydian	VIC	41:27	42:06	1:23:33
8.	Rew, Quentin	New Zealand	41:52	41:50	1:23:42
9.	Uradnik, Miroslav	Slovakia	41:54	41:52	1:23:46
10.	Arteaga, Mauricio	Ecuador	41:50	42:03	1:23:53
11.	Melendez, Jose	Puerto Rico	41:52	42:16	1:24:08
12.	Brzozowski, Artur	Poland	41:52	42:57	1:24:49
13.	Blocki, Damian	Poland	42:51	42:13	1:25:04
14.	Jones, Tyler	NSW	42:50	42:54	1:25:44 PB 1:00
15.	Tingay, Declan	WA	42:51	43:31	1:26:22 PB 1:42
16.	Bilodeau, Mat	Canada	42:42	43:53	1:26:35
17.	Araya, Edward	Chile	42:54	44:03	1:26:57

18.	Suskevicius, Tadas	Lithuania	43:00	44:25	1:27:25	
19.	Sikora, Rafal	Poland	43:52	43:44	1:27:36	
20.	Tallent, Jared	SA	42:59	44:38	1:27:37	
21.	Ruiz, Jorge	Colombia	43:55	44:15	1:28:10	
22.	Yamamoto, Toru	Japan	43:06	46:04	1:29:10	
23.	Espada, Luis	Puerto Rico	43:54	45:20	1:29:14	
24.	Gibbons, Carl	NSW	45:45	44:08	1:29:53	PB 2:14
25.	Tse, Chun Hung	Hong Kong	47:51	47:56	1:35:47	
26.	Kozica, Jason	VIC	48:06	49:12	1:37:18	
27.	Richardson, Dylan	NSW	48:07	49:48	1:37:55	PB 0:35
28.	Bird, Kyle	VIC	51:16	54:36	1:45:52	PB 5:01
29.	Prasad, Pramesh	Fiji	53:11	55:33	1:48:44	
	Reading, Brendon	ACT	-	-	DNF	
	Araya, Yerko	Chile	-	-	DNF	

20km Open Women

1.	Lorenas, Sandra	Colombia	45:38	43:11	1:28:49	
2.	Hayward, Katie	QLD	45:37	43:48	1:29:25	Inaugural
3.	Montag, Jemima	VIC	45:37	45:14	1:30:51	PB 0:35
4.	Virbalyte, Brigita	Lithuania	46:03	45:22	1:31:25	
5.	Tallent, Claire	SA	47:02	46:22	1:33:24	
6.	Barber, Alana	New Zealand	47:52	48:46	1:36:38	
7.	Tallent, Rachel	ACT	48:06	50:35	1:38:41	
8.	Ruddick, Kelly	VIC	50:20	49:32	1:39:52	
9.	Pickles, Jessica	QLD	48:27	52:43	1:41:10	
10.	Huse, Philippa	VIC	50:30	51:00	1:41:30	Inaugural
11.	Martin, Katya	VIC	53:29	56:48	1:50:17	Inaugural
12.	Ng, Sau Man	Hong Kong	1:01:48	1:00:58	2:02:46	
	Papadopoulou, Christina	QLD	48:29	-	DNF	

LITHUANIAN INDOOR T&F CHAMPIONSHIPS, SIAULIAI, LITHUANIA, 14-15 FEBRUARY

The previous weekend saw the Greek and British Indoor Championships. This weekend saw lots more European Indoor Championships contested. Let's start the review with Lithuania.

The Lithuanian Indoor Athletics Championships took place on the newly renovated indoor track in Siauliai, in northern Lithuania, on Thursday 14th and Friday 15th February. The walks (3000m for women and 5000m for men), which took place on Friday, saw wins to **Brigita Virbalyte-Dimšiene** and **Marius Žiukas**, both freshly back from their stay in Australia as part of the Supernova Camp. Thanks to marciadamondo for the comprehensive reporting at http://www.marciadamondo.com/eng/dettagli_news.aspx?id=3401.

First to the women's race which saw a battle between Virbalyte-Dimšiene and **Zivilė Vaiciukeviute**. The lead had alternated during the race, with neither walker giving an inch. It was the 22 year old Vaiciukeviute who crossed the finish line first, only to be disqualified for breaching the walking codes in the final 100m. The two athletes have been fighting since the opening laps, alternating the lead. Thus the indoor title went to Virbalyte-Dimšiene, her time of 12:13.31 the fastest thus far in the world for 2019. The men's race was more clearcut, with Žiukas leading from start to finish to win his eighth national title with a time of 19:44.37.

3000m Women

1.	Brigita Virbalyte Dimšiene	1985	12:13.31
2.	Monika Vaiciukeviute	1996	12:51.01
3.	Austeja Kavaliauskaite	2000	14:30.99
4.	Toma Dailidonyte	2003	14:46.77
5.	Adrija Meškauskaite	2001	14:53.47
6.	Greta Vainaitė	1996	15:09.65
7.	Urte Gudžikaite	2002	16:37.97
8.	Živilė Vaiciukeviute	1996	DQ

5000m Men

1.	Marius Žiukas	1985	19:44.37
2.	Artur Mastianica	1992	20:19.69
3.	Tadas Šuškevicius	1985	20:33.29
4.	Genadij Kozlovskij	1991	20:58.60
5.	Paulius Juozaitis	2000	22:01.37
6.	Deividas Balevicius	1999	24:56.01
7.	Mantas Juncys	2002	27:01.58



Brigita Virbalyte-Dimšiene in action in the Lithuanian Indoor Champs last Friday (photo marciadalmondo)

IRISH SENIOR INDOOR CHAMPIONSHIPS, NATIONAL INDOOR ARENA, ABBOTSTOWN, 16-17 FEBRUARY

The race walks at the Irish Indoor T&F Championships last weekend saw **Kate Veale** (13:18.39) and **Alex Wright** (18:53.87) win as expected.

5000m Walk Men

1.	Alex WRIGHT	Leevale A.C.	18:53.87
2.	Brendan BOYCE	Finn Valley A.C.	20:16.00
3.	David KENNY	Farranfore Maine Valley A.C.	20:41.92
4.	Cian MCMANAMON	Westport A.C.	20:52.38
5.	Jerome CAPRICE	Dundrum South Dublin A.C.	20:52.56
6.	Joe MOONEY	Adamstown A.C.	22:58.56
7.	Adam MCINERNEY	Celbridge A.C.	23:58.89
8.	Yuki ISHIDI	Raheny Shamrock A.C.	24:39.59

3000m Walk Women

1.	Kate VEALE	West Waterford A.C.	13:18.39
2.	Niamh O'CONNOR	Celbridge A.C.	13:49.13
3.	Sarah GLENNON	Mullingar Harriers A.C.	14:18.78
4.	Veronica BURKE	Ballinasloe & District	14:35.01
5.	Orlaith DELAHUNT	Sligo A.C.	14:48.38
6.	Sinead O'CONNOR	Celbridge A.C.	15:32.74
7.	Rachel GLENNON	Mullingar Harriers A.C.	15:37.36
8.	Ashling HENEGHAN	Westport A.C.	15:51.45
9.	Eva DELAHUNT	Sligo A.C.	16:10.48

DANISH INDOOR CHAMPIONSHIPS, SKIVE, DENMARK, 16-17 FEBRUARY

The Danish indoor championships were held in Skive on Saturday. The men's 5000m walk was won by **Andreas Nielsen** with 23:12.30 and the women's 3000m walk was won by **Liga Kleinberga** with 19:35.78.

5000m Walk Men

1.	Helle Jensen (1963)	DEN-Ballerup AK	20.03.03
2.	Birgit Klapproth (1973)	DEN-Phønix / VI39	22.25.52

3000m Walk Women

1.	Liga Kleinberga (1975)	DEN-Sdr. Omme IF	19.35.78
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FRENCH INDOOR ATHLETICS CHAMPIONSHIPS, MIRAMAS, FRANCE, 16-17 MARCH

The French Indoor Athletics Championships were held last weekend in Miramas, with the racewalks on Sunday. The men's 5000m walk saw favourite **Gabriel Bordier** win with 19.22.46, ahead of **David Kuster** with 19.58.45 and **Fabian Fesselier** with 21.01.66.

The women's 3000m walk was won by **Clemence Beretta** with 12.58.35, ahead of **Marine Quennehen** with 13.17.84 and **Loaine Cellard** with 13.35.36.

5000m Walk Men

1.	BORDIER Gabriel	Us St Berthevin	19:22.5
2.	KUSTER David	Efs Reims A.	19:58.4
3.	FESSELIER Fabian	Caen Athletic Club	21:01.7
4.	VALLEE Kyrian	Ca Balma	21:05.8
5.	ANDRIEU Hugo	Uavh Aubagne	21:13.3
6.	GOGNIES Ryan	Ca Montreuil 93	21:20.5
7.	MAYER Florian	Avec - S/I Athle Vosges Pays	21:26.4
8.	ROBICHON Alexis	Ac Roche-sur-yon	21:41.3
9.	DELAUNAY Sebastien	Ca Du Pays Saumurois	21:42.2
10.	BAZZO BORTOT Symon	Nsaec - S/I As Raismes	22:37.2
11.	MASSE Florian	Lille Ma - S/I Us Tourcoing	22:49.8
	MARON Thibault	Ca Balma	DQ

3000m Walk Women

1.	BERETTA Clemence	Avec - S/I Athle Vosges Pays	12:58.4
2.	QUENNEHEN Marine	Ca Montreuil 93	13:17.8
3.	CELLARD Loanie	Carquefou Ac	13:35.4
4.	ALI Sarah	Vineuil Sports	14:01.6
5.	BOURHIS Amelie	Apl - S/I Larmor Estran Athlet	14:05.2
6.	LAVILLE Marie	Efcvo - S/I Ac St Gratien-sann	14:06.5
7.	MOLIST Lucille	Csbj - S/I Ea Gillonnay-la Cot	14:13.2
8.	RINERO CHANFREAU Fabienne	Ca Montreuil 93	14:17.8
9.	CASALE Maeva	Ca Balma	14:23.0
10.	BUAUD Elise	Athletisme Metz Metropole	14:33.0
11.	UDIN Servane	Ea Pays De Broceliande	14:44.9

63RD POLISH INDOOR CHAMPIONSHIPS, TORUN, POLAND, 16-17 FEBRUARY

The 63rd Polish Indoor Championships were settled last weekend in Torun, with the racewalks held on Sunday. The men's 5000m won by **Dawid Tomala** (19.26.32) and **Agnieszka Szwarnog** (13:00.05) taking victory.

5000m Walk Men

1.	Dawid TOMALA	89	AZS KU Politechnik	19:26.32
2.	Rafal AUGUSTYN	84	LKS Stal Mielec(PK)	19:35.29
3.	Artur BRZOZOWSKI	85	AZS-AWF Katowice(SL)	19:44.57
4.	Rafal FEDACZYNSKI	80	AZS UMCS Lublin(LU)	19:59.28
5.	Jakub JELONEK	85	CKS Budowlani Czestochowa(SL)	20:16.92
6.	Lukasz NIEDZIALEK	00	WLKS Nowe Iganie(MZ)	20:29.21
7.	Rafal SIKORA	87	AZS-AWF Katowice(SL)	20:29.56
8.	Adrian KLONOWSKI	97	LKS Vectra Wloclawek(KP)	21:23.09
9.	Jacek CYNGOT	96	UKS Olimp Kozienice(MZ)	23:12.74

5000m Walk Women

1.	Agnieszka SZWARNÓG	86	KS AZS AWF Kraków(MA)	13:00.05
2.	Agnieszka ELLWARD	89	WKS Flota Gdynia(PM)	13:10.68
3.	Katarzyna ZDZIEBLO	96	LKS Stal Mielec(PK)	13:19.81
4.	Olga NIEDZIALEK	97	WLKS Nowe Iganie(MZ)	13:43.55
5.	Malgorzata CETNARSKA	98	KKS Victoria Stalowa Wola(PK)	14:01.91
6.	Antonina LOREK	95	KS AZS AWF Kraków(MA)	14:42.95
	Zuzanna DRYGALSKA	99	CMKL Czluhow(PM)	DNF

ITALIAN INDOOR ATHLETICS CHAMPIONSHIPS, ANCONA, ITALY, 16-17 FEBRUARY

And more indoor championships with the Italian Indoors held in Ancona last weekend. The men's 5000m walk was won by **Francesco Fortunato** with a PB 18:47.63, while the women's 3000m walk was won by **Antonella Palmisano** with 12:23.15. The walks were well reported by marciadalmondo - see http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3399. The report comments that the walk fields were small and marciadalmondo raises the issue of whether the walks have a future in this meet, given the apparent lack of support by the athletes.

5000m Walk Men

1.	FORTUNATO Francesco	1994	SM	18:47.63
2.	AGRUSTI Andrea	1995	SM	19:36.34

3.	GRILLO Ettore	1997	PM	21:03.91
	STANO Massimo	1992	SM	DQ
	VONA Flavio	1984	SM35	DQ

3000m Walk Women

1.	PALMISANO Antonella	1991	SF	12:23.15
2.	DOMINICI Eleonora	1996	SF	12:44.12
3.	COLOMBI Nicole	1995	SF	13:24.01
4.	BARCELLA Lidia	1997	PF	13:40.17
5.	GALLI Ilaria Camilla	1987	SF	14:05.20
6.	BERTINI Simona	2001	JF	14:17.02
	CAPITANI Matilde	2000	JF	DQ

FINNISH INDOOR ATHLETICS CHAMPIONSHIPS, KUOPIO, FINLAND, 16-17 FEBRUARY

The Finnish indoor championships were held last weekend in Kuopio, with the racewalks on Saturday. The men's 5000m walk was won by **Jarkko Kinnunen** with 19.37.74, while the women's 3000m walk was won by **Hele Haapaniemi** with 13.13.47

3000m Women

1.	Hele Haapaniemi	EspTa	13:13.47
2.	Enni Nurmi	EspTa	13:22.48
3.	Tiia Kuikka	LappUM	13:30.25
4.	Anniina Kivimäki	LapVi	13:59.69
5.	Elina Heikkinen	OulPy	14:28.27
6.	Heta Veikkola	LapVi	14:59.94

5000m Men

1.	Jarkko Kinnunen	JalasjJa	19:37.74
2.	Jaakko Määttänen	EspTa	22:14.67
3.	Jerry Jokinen	NaantLöy	22:48.35
	Veli-Matti Partanen	LappUM	DNS
	Joni Hava	EspTa	DQ

Veli-Matti Partanen, who did not start in Kuopio, won the 5000m walk in Espoo on 3rd February with 19.16.3 ahead of Jarkko Kinnunen with 19.43.3, so it would have been an interesting battle.

2019 ERWL RACE 2, 5 MILES ROAD WALK, QEII PLAYING FIELDS, ENFIELD, SATURDAY 16 FEBRUARY

Thanks to Ron Wallwork for the latest results from the Enfield Race Walking League in London last Saturday. He reports:

Excellent racing conditions resulted in several PBs and improvements on times recorded in the January race. **Dave Annetts** notched up a second victory, but was hard pressed by U20 **George Wilkinson** who sliced over 2 minutes off his pb. He wasn't the only young walker to excel; Ashford's U17 **Millie Morris** and U20 **Jaqueline Benson** also posted their fastest times over this distance and now top the Ladies league table. I am obliged to the walkers, officials and friends for supporting the fixture and for creating an atmosphere in which the athletes could thrive.

5 Miles Men

1.	David Annetts	M50	N.Herts RR	38.53
2.	George Wilkinson	U20	EHAC	39.02
3.	Francisco Reis	M55	Surrey WC	41.56
4.	Trevor Jones	M60	Steyning AC	45.55
5.	Malcom Martin	M60	Surrey WC	47.19
6.	Christopher Hobbs	M60	Ashford AC	47.35
7.	Stuart Bennett ©	M60	Iford AC	48.18
8.	Stefano Zennaro	M45	Belgrave H	50.21
9.	Simon Morgan	M50	Iford AC	51.13
10.	John Ralph	M60	EHAC	51.14
11.	Mark Culshaw	M50	Iford AC	52.44
12.	David Kates ©	M70	Iford AC	53.48
13.	Tom Casserley	M80	EHAC	55.10
14.	Amos Seddon	M75	EHAC	55.35
15.	Chris Flint ©	M70	Surrey WC	56.21
16.	Steve Cartwright	M60	Colch/Tend	56.33
17.	Malcolm Blackwood	M65	Trent Park	57.07
18.	Shaun Lightman	M75	Surrey WC	57.38
19.	David Hoben	M65	Surrey WC	58.09

20.	Bob Dobson	M75	Ilford AC	58.17
21.	Arthur Thomson	M80	EHAC	59.17

5 Miles Women

1.	Millie Morris	U17	Ashford AC	45.48
2.	Jacqueline Benson	U20	Ashford AC	45.59
3.	Penelope Cummings	W40	Aldershot DD	47.05
4.	Emma Dyos	W40	Ilford AC	48.07
5.	Melanie Peddle	W50	Loughton AC	49.12
6.	Helen Middleton	W55	EHAC	49.19
7.	Maureen Noel	W55	Belgrave H	53.19
8.	Rachel Lawless	W55	Ilford AC	53.53
9.	Leslie Hall	W60	Ashford AC	54.00
10.	Sue Barnett	W65	EHAC	54.48
11.	Noel Blatchford	W70	Abingdon AC	55.12
12.	Lesley Morris	W55	Ilford AC	55.27
13.	Alison Clements	W60	Abingdon AC	63.01

4 Miles Men

1.	Tony Wilkinson	M55	unattached	49.58
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3 Miles Men

1.	Peter Hanell	M75	Surrey WC	39.06
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3 Miles Women

1.	Angela Martin	W50	Surrey WC	36.21
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6TH NATIONAL RACE WALKING CHAMPIONSHIPS, CHENNAI, INDIA, 16-17 FEBRUARY

Emmanuel Tardi was in the Indian city of Chennai last weekend for the 6th Indian Open Race Walking Championships, with the 20km Championships on Saturday and the Indian 50km Championship (for men only unfortunately) on Sunday.

First to Saturday when the Open 20km championships were contested.

In a contest that went down to the wire, **Irfan KT** won his third consecutive gold medal in the men's 20km championship. Irfan, who finished 10th at the 2012 London Olympics, clinched the top spot by the margin of a single second. He was trailing in third place at the start of the final lap on Saturday morning but sped up when it mattered to win gold. It was a dramatic conclusion to a tightly fought race in which the top four athletes finished within 2 seconds of each other.

Irfan crossed the finish line in a time of 1.26.18 to edge past **Devender Singh** of Haryana who completed his race with 1.26.19. In what was a photo finish, Devender restricted **Sandeep Kumar** of Haryana to the third place on the podium, despite the latter also recording the same time of 1.26.19. Rio Olympian **Ganapathi Krishnan** of Tamil Nadu missed out on a place on the podium, after clocking a time of 1.26.20.

While the race provided a thrilling finish, it failed to deliver a time that would help qualify an athlete for the World Championships to be held in Doha in September this year. The qualification standard in the men's 20km race walk stands at 1.22.30.

"It was a little slow but tight contest. I am glad I managed to win the national title again but also a little disappointed that this effort was not good enough for World Championships qualification. I will try again next month in Asian Race Walking Championships to be held in Japan and get the qualification timing for the World Championships," said Irfan.

The women's 20km race walk was won by **Soumya Baby** of Kerala with 1.40.25. While she was never threatened for the gold, Baby would be disappointed at having fallen well short of her national record of 1.31.29.00 set in February last year. She finished nearly a minute ahead of Uttar Pradesh's **Priyanka** who clocked a time of 1.41.20. The bronze medal was won by **Haryana's Ravina** with 1.41.46. The qualification standard at the World Championships is set at 1.33.30 seconds.

Day 1 video at <https://www.youtube.com/watch?v=e2XtkmBlulk>

20km Men

1.	IRFAN KT	90	KERALA	1:26:18
2.	DEVENDER SINGH	83	HARYANA	1:26:19
3.	SANDEEP KUMAR	86	HARYANA	1:26:19
4.	CHANDAN SINGH		UTTARAKHAND	1:26:20
5.	GANAPATHI KRISHNAN	89	TAMIL NADU	1:26:43
6.	EKNATH SAMBHAJI TURAMBEKAR	98	MAHARASHTRA	1:29:14
7.	DEEPAK KUMAR	92	PUNJAB	1:30:54
8.	SATY NARAYAN	00	UTTAR PRADESH	1:31:20

9.	BALJINDER SINGH	86	PUNJAB	1:36:10
10.	JAIBHAGWAN .	87	HARYANA	1:36:18
11.	LOO CHOON SIENG	85	MALAYSIA	1:42:00
	VIKASH SINGH	96	DELHI	DQ
	KULWANT SINGH	90	PUNJAB	DQ
	SURINDER SINGH	98	PUNJAB	DNF
	JYA-HSIN LIN	00	CHINESE TAIPEI	DNF
	PANUCHA BABAUBHAI	78	GUJARAT	DNF
	AKSHDEEP SINGH	99	PUNJAB	DNF

20km Men Race B

1.	RAHUL ROHILLA	96	HARYANA	1:30:37
2.	HARDEEP .	98	ANDAMAN & NICOBAR	1:34:39
3.	SONU MISHRA	97	PUNJAB	1:35:00
4.	SANDEEP KUMAR BIND	97	ANDAMAN & NICOBAR	1:35:10
5.	MANOJ JANGID	97	RAJASTHAN	1:37:09
6.	OMKAR SALUNKE	98	MAHARASHTRA	1:39:30
7.	ARSHDEEP SINGH SIDHU	99	PUNJAB	1:39:55
8.	RAHUL DAGAR	99	HARYANA	1:42:59
9.	SUDHIR .	98	HARYANA	1:43:10
10.	ELDHO VARGHESE	98	KERALA	1:43:26
11.	RAVI KUMAR	94	MAHARASHTRA	1:44:00
12.	RAJESH .	95	HARYANA	1:44:39
13.	SANDEEP SINGH	97	UTTARAKHAND	1:44:58
14.	SHASHIKANT SINGH	01	UTTAR PRADESH	1:45:45
15.	DHANANJAY YADAV	98	MAHARASHTRA	1:46:17
16.	VIKAS SHAH	95	UTTARAKHAND	1:47:33
17.	ASHOK KUMAR PATEL	86	CHHATTISGARH	1:51:10
18.	RAM BABOO	99	UTTAR PRADESH	1:51:44
	VIPIN .	96	HARYANA	DQ
	KARAN RATHI	95	HARYANA	DQ
	VISHNU KUMAR SHARMA	97	RAJASTHAN	DQ
	SACHIN .	98	DELHI	DQ
	RAHUL MEHRA	98	DELHI	DQ
	SAGAR .	99	HARYANA	DQ
	TARUN .	97	HARYANA	DNF
	RAJESH KUMAR	93	PUNJAB	DNF
	AMAN KUMAR	96	PUNJAB	DNF
	NEERAJ KUMAR CHAURASIYA	00	UTTAR PRADESH	DNF
	NAVEEN RATHEE	98	HARYANA	DNF
	BHAGWAN SINGH RAWAL	97	UTTARAKHAND	DNF
	RAVINDER .	99	HARYANA	DNF
	RAVI .	98	HARYANA	DNF
	NAVEEN KUMAR	00	HARYANA	DNF
	ARSHPREET SINGH	00	PUNJAB	DNF
	VIKEY DALAL	00	HARYANA	DNF
	RAHUL KUMAR	96	UTTAR PRADESH	DNF

20km Women

1.	SOUMYA B	90	KERALA	1:40:25
2.	PRIYANKA .	96	UTTAR PRADESH	1:41:20
3.	RAVINA .	97	HARYANA	1:41:46
4.	SONAL SUKHWAL	98	RAJASTHAN	1:42:55
5.	BANDANA PATEL	98	UTTAR PRADESH	1:49:29
6.	RAMANDEEP KAUR	99	PUNJAB	1:49:57
7.	SHIVANI .	97	UTTARAKHAND	1:51:23
8.	SONU .	89	RAJASTHAN	1:52:42
9.	POOJA KUMARI	98	PUNJAB	1:53:35
10.	BHAWANA JAT	96	RAJASTHAN	1:53:36
11.	WEN-TZU LIN	98	CHINESE TAIPEI	1:54:41
12.	SHANTI KUMARI	94	PUNJAB	1:58:14
13.	NURUL A KAMARAZAMAN	01	MALAYSIA	1:58:55
	PRIYANKA PATEL	98	MADHYA PRADESH	DNF
	MANJARI JOSHI	95	UTTARAKHAND	DNF
	RENU SAHARAWAT	82	HARYANA	DNF
	JASPAL KAUR	98	HARYANA	DNF
	KARAMJIT KAUR	91	HARYANA	DNF
	GARIMA MITTAL	97	HARYANA	DNF

KAJAL PANDEY	00	HARYANA	DNF
ANNU DHAWAN	97	HARYANA	DNF
RANI YADAV	90	UTTAR PRADESH	DNF



20km winners Soumya Baby and Ifran KT (photos Emmanuel Tardi)

Now to Sunday, when **Jitendra Singh Rathore** claimed the top honours in the Men's 50km race walk, his winning time being 4.23.23. The Rajasthan athlete beat Gujarat's **Joshi Sagar** who clocked 4.24.21 to take the silver medal. The bronze medal was claimed by **Pawan Kumar** of Haryana with 4.30.49.

While Rathore was able to confirm the gold medal in the first race walk competition of the Indian calendar for 2019, he would not be satisfied with his time. The National Open Race Walking Championships were meant to serve as an opportunity to qualify for the Athletics World Championships to be held in Doha in September this year. The qualification standard for that competition stood at 3.59.00. To make that mark, Rathore would have needed to record a time close to his personal best which stands at 3.58.56, recorded at the Indian Race Walking Championships in New Delhi in February last year.

While Rathore might have wanted to improve on that mark, he was impeded by the conditions in Chennai. On a cloudless day, the temperature hovered in the low 30s. "It was difficult to compete in the heat. I would have recorded a faster time but I was not able to push myself further because of the conditions today," Rathore said after the race.

While Rathore completed the race, Sandeep Kumar, who holds the national record of 3.55.59.5 set at the Indian Race Walking Championships last year, did not start the contest.

Suraj Panwar of Uttarakhand won the U20 Men's 10km race with 43.19. That was well short of the national record of 41.29.85 set by S Patel in 2012. Panwar was easily the fastest in Chennai, beating out Haryana's **Juned**, who recorded a time of 43.32. The bronze medal was claimed by **Farman Ali** of Uttar Pradesh who clocked a time of 44.50.

The gold medal in the U20 Women's 10km race was clinched by **Roji Patel** of Uttarakhand with 53.38. Patel was over four minutes off the national record of 49.16.51 set by P Goswami in 2014. However Patel was nearly two minutes ahead of **Suvarna Kapase** of Madhya Pradesh who came in second with a time of 53.36. Punjab's **Gurpreet Kaur** took third place with a time of 57.00.

Day 2 video at <https://www.youtube.com/watch?v=pffqzNaQNL0>

50km Men

1.	JITENDRA SINGH RATHORE	89	RAJASTHAN	4:23:23
2.	JOSHI SAGAR	87	GUJARAT	4:24:21
3.	PAWAN KUMAR	96	HARYANA	4:30:49
4.	ANKIT KUMAR	92	UTTAR PRADESH	4:43:43
5.	JYOT BUMRAH	98	PUNJAB	4:44:13
6.	ANUJ KUMAR	92	UTTAR PRADESH	4:57:46
7.	KRISHNA BIND	93	UTTAR PRADESH	5:00:39
8.	JAY PRAKASH SINGH	85	UTTAR PRADESH	5:13:58
	VIJAYA KUMAR S	90	ANDHRA PRADESH	DQ
	ANIL KUMAR	88	RAJASTHAN	DQ

KAILASH CHAND YADAV	94	RAJASTHAN	DQ
PRAKASH CHABA	94	RAJASTHAN	DQ
JASPAL SINGH	98	PUNJAB	DQ
MANJIT SINGH	96	PUNJAB	DNF
RAJESH KUMAR DASH	90	ODISHA	DNF
SACHIN RATHEE	93	HARYANA	DNF
SANABAM DAMEN SINGH	89	MANIPUR	DNF
JEYA SURYA	96	TAMIL NADU	DNF
PRABHAKARAN R	94	TAMIL NADU	DNF
MANI RAM PATEL	91	MADHYA PRADESH	DNF

U20 Women 10km

1. ROJI PATEL	01	UTTARAKHAND	53:38
2. SUVARNA KAPASE	99	MADHYA PRADESH	55:36
3. GURPREET KAUR	01	PUNJAB	57:00
4. SNEHA YADAV	01	UTTAR PRADESH	1:02:07
5. NIKITA NANNAVARE	00	MAHARASHTRA	1:03:44
6. ANNU .	99	HARYANA	1:03:59
7. ANNU KUMARI	99	RAJASTHAN	1:16:14
8. VARSHA .	01	HARYANA	1:16:27
9. USHA KORANGA	01	PUNJAB	1:16:28
10. KAJAL MANE	99	MAHARASHTRA	1:21:43
LAXMI .	99	HARYANA	DNF
MANJU RANI	99	PUNJAB	DNF

U20 Men 10km

1. SURAJ PANWAR	01	UTTARAKHAND	43:19
2. JUNED .	99	HARYANA	43:32
3. FARMAN ALI	01	UTTAR PRADESH	44:50
4. SANJAY KUMAR.	01	RAJASTHAN	47:27
5. VIJAY VISHWAKARMA	99	GOA	49:04
6. SUKHPREET SINGH	00	PUNJAB	49:22
7. KAMALDEEP .	03	HARYANA	50:09
8. SAHIL ..	01	HARYANA	50:11
9. MUKESH NITARWAL	00	RAJASTHAN	52:18
10. PRAVEEN .	01	HARYANA	52:37
11. KANNAN VETHANAYAGAM	99	TAMIL NADU	53:28
12. ABHILESH KUMAR YADAV	00	ANDAMAN & NICOBAR	54:08
13. MANJEET .	00	HARYANA	54:21
14. S.ADHITHYAN ADHI	02	TAMIL NADU	55:06
15. LAKHAN SAV	99	MAHARASHTRA	56:02
16. NARENDER KHATRI	00	HARYANA	56:14
17. SUNNY .	00	HARYANA	56:16
18. ANUJ .	01	HARYANA	56:32
19. RAHUL PANCHAL	01	HARYANA	56:37
20. GIRRAJ MEHTA	99	RAJASTHAN	57:19
21. ABHISHEK MAKKER	02	RAJASTHAN	57:27
22. DEEPAK .	00	HARYANA	58:27
23. NARESH KUMAR	00	RAJASTHAN	58:57
24. JAYANT BANIWAL	99	ANDAMAN & NICOBAR	59:26
25. MOHIT .	00	HARYANA	59:29
26. JATIN SAINI	02	HARYANA	1:00:33
27. MOHIT ..	01	HARYANA	1:00:34
28. SAHIL .	00	HARYANA	1:00:37
29. RAHUL .	01	HARYANA	1:03:17
PARVEEN KUMAR	00	HARYANA	DQ
SAHIL DALAL	99	HARYANA	DQ
SANJAY KUMAR	01	HARYANA	DQ
KRISHNA N	00	TAMIL NADU	DNF
ABHISHEK DHARMADHIKARI	00	MAHARASHTRA	DNF
DHIR GOYAL	01	PUNJAB	DNF
ANIL HAKE	00	ANDAMAN & NICOBAR	DNF



50km winner Jitendra Singh Rathore, along with U20 winners Suraj Panwar and Roji Patel (photos Emmanuel Tardi)

COPA BRASIL CAIXA DE MARCHA ATLETICA, BRAGANÇA PAULISTA, BRAZIL, SUNDAY 17 FEBRUARY

My report of the Copa Brasil Caixa de Marcha Athletica is taken from <http://cbat.org.br/novo/noticias/noticia.aspx?id=10318>. Also well reported in http://www.marciadalmundo.com/eng/dettagli_news.aspx?id=3402.

Viviane Santana Lyra (FECAM-PR) won the women's 50 km at the Brazilian Walking Cup in Bragança Paulista on Sunday evening, with a new Brazilian record of 4:37:05 - the previous mark had belonged to **Nair da Rosa** (4:38:48, obtained in Sucúa, Ecuador). Nair finished second in the competition. Viviane was surprised with the weather for this time of year. "I did 4:41 in the Brazil Trophy and I did not expect to better my time by so much, I'm happy because I know I'm on the right track, this time at the start of the season is very good and I'm going to continue working to improve in the Brazil Cup, on March 17, in Balneário Camboriú. For now, I'm doing both distances."

In the men's 50km, **Claudio Richardson dos Santos** won with 4:30:03, ahead of **Rudney Dias Nogueira** with 4:55:46. For Claudio Richardson dos Santos, it was his 10th 50km title (2000, 2002, 2003, 2004, 2009, 2010, 2011, 2013, 2014 and 2019). "It was a tough race, many athletes broke, but I'm very satisfied. I am now going to train with Professor Judson José de Lima, go to the Pan American Cup and try to make a mark to go to the Pan American Games."

The top two women and men will secure starts in the Pan American Cup, to be held on 20th April in the Mexican city of Chihuahua.

50km Women

1.	Viviane Santana Lyra	1993	FECAM	4.37.05	AR
2.	Nair da Rosa	1980	AABLU	4.54.09	
3.	Paula Raissa Paz da Silva	1993	SPORT CLUB DO RECIFE	5.13.13	
4.	Elisangela Pereira da Silva	1976	Projeto Atletismo Campeão	5.52.47	
5.	Edilaine Maria Vidotto Rech	1976	INSTITUTO METAHUM	DQ	

50km Men

1.	Claudio Richardson Vitória Campelo dos Santos	1977	AABB CURRAIS NOVOS	4.30.03	
2.	Rudney Dias Nogueira	1990	USIPA	4.55.46	
3.	Marlon Rodrigues da Costa	1998	EMFCA	DNF	
4.	Jose Alessandro Bernardo Bagio	1981	FME TIMBO	DNF	
5.	Luis Felipe Leite Barboza	1987	ABC	DQ	
6.	Tiago do Nascimento Fonseca	1989	São Paulo FC/Kiatleta	DQ	
7.	Diego Pereira Lima	1987	CASO	DQ	

The next round of the Brazilian Walking Cup will be held on 17th March in the city of Balneário Camboriú, in Santa Catarina.



Viviane Santana Lyra wins the women's Brazilian 50km title in a new national record (photo <http://cbat.org.br/novo/>)

JAPANESE 20KM CHAMPIONSHIPS, KOBE, JAPAN, SUNDAY 17 FEBRUARY

Conditions were ideal for walkers in the 102nd edition of the Japanese 20km Roadwalk Championships in Kobe on Sunday. Thanks to marciadalmondo for their extensive reporting in http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3400.

In the men's 20km there were 109 entrants, 11 of them with times under 1:20:00, led by Eiki Tahahashi (1:17:26), Toshikazu Yamanishi (1:17:41) and Daisuke Matsunaga (1:17:46). In the women's 20km women, there were 50 entrants, including Hong Liu, the Chinese world record holder and 2016 Olympic champion. Of the Japanese entrants, Masumi Fuchise was the fastest, with a PB of 1:28:03. The U20 championships saw entry lists of 122 men (10km) and 64 women (5km). For the first time, the pit lane was used, with 2 minute time periods being applied for the 20km walkers.

I was able to watch the 20km races unfold on Sunday morning via a live feed and I was amazed at the speed, numbers and overall scope of the event. The men's 20km saw **Isamu Fujisawa, Koki Ikeda, Eiki Takahashi, Toshikazu Yamanishi, Tomohiro Noda, Hirooki Arai** and **Motofumi Suwa** form a strong lead group, reaching the 5km mark in a fast 19:51. Shortly after this, Fujisawa increased the pace, creating a 10 secs break to the chasing pack which had now been reduced to three: Takahashi, Yamanishi and Ikeda. Fujisawa passed the 10km point in 39:06, 5 secs ahead of these three, with a further 9 secs to Arai and Noda. Fujisawa led them through 15km in 58:40 but with a lead that was quickly reducing. Once Fujisawa was caught, it was Ikeda who forced the pace, drawing clear with Yamanishi and Takahashi, and leaving Fujisawa in their wake. The three continued together until the last lap when Ikeda tried again, but it was Takahashi who overtook him in the long finishing straight and went on to win the Japanese title for the fifth time, with 1:18:00. His last 5km was covered in 19:13. Ikeda was one second in arrears, finishing with 1:18:01, while third place went to Yamanishi with 1:18:10. The brave Fujisawa held on to finish fourth in 1:18:53, ahead of Noda and Arai who stopped the clock in 1:19:00.

The dual favourites in the women's 20km women were China's **Liu Hong** and Japan's **Kumiko Okada**. As expected, they went straight to the lead, walking together for over three quarters of the race until, just four laps from the end, Hong finally broke away. Her last 5km, the fastest of the whole race, was covered in a time of 21:41, as she walked to a final time with 1:27:56. Okada (took second in 1:28:26, ahead of **Nanako Fujii** (1:29:55) and Kaori **Kawazoe** (1:31:10).

The 10km U20 men was won by **Ryo Hamanishi** (40:58) while the 5km U20 women was won by **Minori Yabuta** (22:23).

Full results at <http://www.marciadalmondo.com/admin/pdf/risultati/170220192221308-7.pdf>. A selection follows. What depth!

20km Men (86 finishers, 4DQ, 9 DNF)

1.	Takahashi Eiki	JPN	39:19	1:18:00
2.	Ikeda Koki	JPN	39:19	1:18:01
3.	Yamanishi Toshikazu	JPN	39:18	1:18:10
4.	Fujisawa Isamu	JPN	39:06	1:18:53
5.	Noda Tomohiro	JPN	39:29	1:19:00
6.	Arai Hirooki	JPN	39:29	1:19:00
7.	Murayama Yutaro	JPN	40:45	1:21:37
8.	Kobayashi Kai	JPN	40:45	1:21:40
9.	Suwa Motofumi	JPN	39:30	1:22:08
10.	Maruo Satoshi	JPN	40:49	1:22:27
11.	Saitoh Takumi	JPN	40:48	1:22:31

12.	Tanii Takayuki	JPN	40:50	1:22:51
13.	Toyama Kohei	JPN	40:48	1:23:09
14.	Murao Yuuki	JPN	40:46	1:23:27
15.	Ishii Katsuya	JPN	41:01	1:23:33
16.	Zyusyo Hiroto	JPN	40:48	1:23:40
17.	Naruoka Taiki	JPN	41:21	1:23:48
18.	Nakajima Yamato	JPN	41:53	1:24:04
19.	Ito Yuki	JPN	41:52	1:24:18
20.	Warita Hitoshi	JPN	41:53	1:24:27
21.	Ueda Toshiki	JPN	41:52	1:24:35
22.	Mochida Akito	JPN	41:52	1:24:59
23.	Yamamoto Toru KAC	JPN	41:27	1:25:30
24.	Suzuki Takumi	JPN	41:21	1:25:37
25.	Naka Yusuke	JPN	42:49	1:25:45
26.	Ishida Subaru	JPN	42:22	1:25:58
27.	Yamamoto Hayata	JPN	42:45	1:26:05
28.	Nagahara Hideto	JPN	41:52	1:26:41
29.	Kouno Tatsuki	JPN	43:21	1:26:44
30.	Todori Kazuki	JPN	42:23	1:26:52
31.	Goto Junpei	JPN	43:15	1:26:59
32.	Yanagisawa Yuto	JPN	42:37	1:27:00
33.	Ueda Takahiro	JPN	42:37	1:27:01
34.	Sakakibara Hayato	JPN	41:52	1:27:10
35.	Inomoto Taiji	JPN	42:23	1:27:17
36.	Kanno Tomofumi	JPN	43:11	1:27:46
37.	Dairaku Kyouhei	JPN	43:15	1:27:50
38.	Takizawa Taiga	JPN	42:23	1:28:03
39.	Kawabata Naoya	JPN	43:39	1:28:05
40.	Ogasawara Taiga	JPN	43:39	1:28:10
41.	Kowaki Kouhei RC	JPN	42:37	1:28:13
42.	Okabe Hikaru	JPN	43:35	1:28:20
43.	Nishiguchi Katsuhiko	JPN	43:37	1:28:29
44.	Suzuki Daisuke	JPN	43:40	1:28:31
45.	Goto Shuto	JPN	43:44	1:28:43
46.	Miyashita Masataka	JPN	43:36	1:28:46
47.	Suganami Yuya	JPN	41:00	1:28:52
48.	Terada Takuto	JPN	44:13	1:29:01
49.	Shirakawa Daithi	JPN	43:40	1:29:05
50.	Shioiri Kosuke	JPN	44:09	1:29:18
51.	Fukui Ryuma	JPN	43:40	1:29:21
52.	Tanaka Tatsuya	JPN	43:59	1:29:50
53.	Urata Naoyuki	JPN	43:48	1:29:59
54.	Miyoshi Tomoya	JPN	43:40	1:29:59

20km Women (40 finishers, 1 DQ, 1 DNF)

	Liu Hong	CHN	44:17	1:27:56
1.	Kumiko Okada	JPN	44:17	1:28:26
2.	Fujii Nanako	JPN	44:50	1:29:55
3.	Kawazoe Kaori	JPN	44:54	1:31:10
4.	Fuchise Masumi	JPN	45:14	1:32:23
	CHING Siu Nga	HKG	45:06	1:32:30
5.	Michiguchi Ai	JPN	45:51	1:32:54
6.	Sonoda Serena	JPN	47:22	1:35:41
7.	Yoshizumi Yuki	JPN	48:31	1:37:58
8.	Tatsumi Mao	JPN	48:31	1:38:36
9.	Iwata Nao	JPN	48:43	1:39:11
10.	Asano Narumi	JPN	49:12	1:39:41
11.	Kurihara Miyabi	JPN	48:38	1:40:11
12.	Goto Rena	JPN	49:32	1:40:52
13.	Nakagawa Haruko	JPN	50:21	1:41:23
14.	Takeuchi Mari	JPN	49:51	1:41:33
15.	Kumagai Nami	JPN	48:53	1:42:00
16.	Shishida Asaki	JPN	48:59	1:42:05
17.	Hasegawa Mutsumi	JPN	50:37	1:42:40
18.	Hayashi Nami	JPN	51:07	1:43:29
19.	Adachi Keiko	JPN	51:27	1:43:58
20.	Nemoto Yuumi	JPN	50:22	1:44:27
21.	Norimoto Nanako	JPN	50:57	1:44:54

22.	Todokoro Chisa	JPN	51:14	1:45:02
23.	Taniguchi Asuka	JPN	51:25	1:45:55
24.	Matsumoto Sayori	JPN	50:34	1:46:04
25.	Takenaka Nao	JPN	51:13	1:46:34
26.	Yajima Fuka	JPN	51:26	1:46:36
27.	Wada Natsumi	JPN	51:26	1:46:53
28.	Asano Mayo	JPN	51:30	1:47:31
29.	Kawabe Nozomi	JPN	52:05	1:48:59
30.	Kurahara Natsumi	JPN	54:24	1:49:28

U20 10km Men (109 finishers, 8 DQ, 1 DNF)

1.	Hamanishi Ryo	JPN	40:58	
2.	Kitamura Takumi	JPN	41:11	
3.	Suzuki Masaru	JPN	41:18	
4.	Kobayashi Ryouta	JPN	41:21	
5.	Yanagihara Hayato	JPN	41:46	
6.	Ishida Rihito	JPN	41:56	
7.	Takamatsu Kota	JPN	42:00	
8.	Iwai Kazuya	JPN	42:07	
9.	Kataoka Ryuya	JPN	42:16	
10.	Manju Haruki	JPN	42:20	
11.	Yoshikawa Kento	JPN	42:23	
12.	Nakatani Tomohiro	JPN	42:43	
13.	Hattori Yuusuke	JPN	42:53	
14.	Yamashita Yuuki	JPN	42:57	
15.	Suzuki Eiji	JPN	42:57	
16.	Himeno Kio	JPN	43:08	
17.	Yanahashi Kazuki	JPN	43:20	
18.	Moriguchi Rintaro	JPN	43:20	
19.	Sioiri Hiroya	JPN	43:34	
20.	Nakagawa Takatsugu	JPN	43:35	
21.	Fukaya Atsushi	JPN	43:35	
22.	Itani Kouta	JPN	43:41	
23.	Wakabayashi Issa	JPN	43:44	
24.	Sugimura Daisuke	JPN	43:46	
25.	Murakoshi Yuta	JPN	43:49	
26.	Ueno Ryusuke	JPN	43:51	
27.	Toda Yuma	JPN	43:56	
28.	Kondo Tomoki	JPN	43:57	
29.	Akasaka Yuto	JPN	44:08	
30.	Ueda Tsuyoshi	JPN	44:18	
31.	Tatehara Mikihiro	JPN	44:23	
32.	Gotou Shunsuke	JPN	44:25	
33.	Kitamura Shuta	JPN	44:26	
34.	Yamada Yoshiki	JPN	44:27	
35.	Tokuyama Kanta	JPN	44:28	
36.	Kotera Kento	JPN	44:30	
37.	Takeuchi Arata	JPN	44:32	
38.	Akiyama Kaisei	JPN	44:42	
39.	Fuse Daiki	JPN	44:43	
40.	Ono Koki	JPN	44:46	

5km U20 Women (60 finishers)

1.	Yabuta Minori	JPN	22:23	
2.	Kitakohji Sae	JPN	22:37	
3.	Kaneko Sakura	JPN	22:43	
4.	Murakami Ai	JPN	22:47	
5.	Matsumoto Minami	JPN	22:52	
6.	Kikuda Hinase	JPN	23:01	
7.	Onai Natsuki	JPN	23:05	
8.	Umeno Yukiko	JPN	23:09	
9.	Fujii Nami	JPN	23:19	
10.	Ohami Mizuki	JPN	23:28	
11.	Minamoto Aru	JPN	23:28	
12.	Ochiai Hayane	JPN	23:30	
13.	Shibuya Nanami	JPN	23:42	
14.	Okamoto Ruka	JPN	23:50	
15.	Kammori Kayo	JPN	23:53	

16.	Hashimoto Miu	JPN	24:09
17.	Matsumoto Yuzumi	JPN	24:13
18.	Utsunomiya Akari	JPN	24:14
19.	Ikeda Ririka	JPN	24:15
20.	Shiraishi Haruka	JPN	24:15
21.	Wakasa Anna	JPN	24:16
22.	Okada Moe	JPN	24:19
23.	Abe Komati	JPN	24:24
24.	Yanai Moegi	JPN	24:32
25.	Nakagome Natsu	JPN	24:35
26.	Shimoka Hitomi	JPN	24:39
27.	Kashi Koharu	JPN	24:39
28.	Hiroishi Namu	JPN	24:43
29.	Nishioka Mizuki	JPN	24:44
30.	Togashi Risako	JPN	24:50
31.	Sawa Ayuu	JPN	24:52
32.	Katayose Ao	JPN	24:58

MARCIADALMONDO AND OMARCHADOR ROUNDUP

Marciadalmondo has 7 press releases for us this week

- Mon 18 Feb - Viviane Santana Lyra and Claudio Richardson Vitoria Campelo dos Santos win Brazilian 50km
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3402
- Sun 17 Feb - Siauliai (LTU): Brigita Virbalyte-Dimsiene and Marius Žiukas win Lithuanian Indoor Champs
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3401
- Sun 17 Feb - Kobe (JPN): Takahashi and Okaga Japan Champions; Liu Hong (1:27:56)
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3400
- Sat 16 Feb - Ancona (ITA) - Italian Indoor Championship victories of Antonella Palmisano and Francesco Fortunato
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3399
- Thu 14 FEB - Former Slovenian walker Milan Balek, who holds all the Slovenian racewalking records, has died
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3398
- Wed 13 Feb - Ancona (ITA) - Preview of Italian Indoor Championships
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3397
- Tue 12 Feb - Birmingham (GBR): Tom Bosworth and Heater Lewis win British Athletics Indoor Championships
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3396

Omarchador has 15 press releases

- Sun 17 Feb - Virbalyte and Žiukas win Lithuanian Indoor Championships in Siauliai
<http://omarchador.blogspot.com/2019/02/virbalyte-e-ziukas-vencem-campeonatos.html>
- Sun 17 Feb - Results of Spanish Masters 20km/10km walks a week ago in El Vendrell
<http://omarchador.blogspot.com/2019/02/os-marchadores-master-no-campeonato-de.html>
- Sat 16 Feb - Preview of Sunday's 50km walk in Bragança Paulista, Brazil
<http://omarchador.blogspot.com/2019/02/50-km-marcha-em-braganca-paulista.html>
- Sat 16 Feb - Preview of this weekend's Portuguese National Indoor and Outdoor Club walks in Braga
<http://omarchador.blogspot.com/2019/02/nacional-de-clubes-i-e-ii-divisoes-de.html>
- Sat 16 Feb - Judging Seminar to be held on Sunday in Kobe at Japanese 20km Championships meet
<http://omarchador.blogspot.com/2019/02/seminario-em-kobe-com-presenca-de.html>
- Sat 15 Feb - Japan's 20km walk championships will take place in Kobe on Sunday
<http://omarchador.blogspot.com/2019/02/campeonatos-do-japao-de-20-km-marcha.html>
- Sat 15 Feb - Walk results from Fez, Morocco
<http://omarchador.blogspot.com/2019/02/a-marcha-feminina-no-meeting-federal-em.html>
- Sat 15 Feb - Portuguese judge José Ganso to officiate in Indian Roadwalk Champs this weekend

<http://omarchador.blogspot.com/2019/02/jose-ganso-vai-ajuizar-na-india.html>

- Thu 14 Feb - Martina Casiraghi and Emiliano Brigante win Italian U18 championships
<http://omarchador.blogspot.com/2019/02/martina-casiraghi-e-emiliano-brigante.html>
- Thu 14 Feb - Preview of this weekend's Indian Roadwalk Championships in Chennai
<http://omarchador.blogspot.com/2019/02/marchadores-indianos-com-os-olhos-em.html>
- Wed 13 Feb - Taylor Ewert and Nick Christie winners at Millrose Games 2019
<http://omarchador.blogspot.com/2019/02/taylor-ewert-e-nick-christie-vencedores.html>
- Wed 13 Feb - Papamichail and Tsinopoulou win Greek Indoor Track Championship walks
<http://omarchador.blogspot.com/2019/02/papamichail-e-tsinopoulou-em-destaque.html>
- Tue 12 Feb - Tom Bosworth and Heather Lewis win indoor British championship walks
<http://omarchador.blogspot.com/2019/02/tom-bosworth-e-heather-lewis-sagram-se.html>
- Tue 12 Feb - 18 year old Katie Hayward walks 1.29.25 in Adelaide
<http://omarchador.blogspot.com/2019/02/katie-hayward-18-anos-12925-nos-20-km.html>
- Tue 12 Feb - Sandra Arenas and Perseus Karlstrom victorious in the 20 km in Adelaide
<http://omarchador.blogspot.com/2019/02/sandra-arenas-e-perseus-karlstrom.html>

DATES...DATES...DATES

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

Australian/Victorian Key Dates – 2019

Feb 23 (Sat), 2019	AV Shield Final, Lakeside Stadium, Albert Park, Victoria
Mar 1-3, 2019	Victorian T&F Championships, Weekend 1, Albert Park
Mar 8-10, 2019	Victorian T&F Championships, Weekend 2, Albert Park
Mar 16-17, 2019	LAVIC State T&F Championships, Casey Fields
Mar 23-24, 2019	Victorian Masters T&F Championships, Doncaster
Mar 30 – Apr 7, 2019	Australian Athletics Championships, Sydney (10,000m track walk championships)
Apr 13-14, 2019	Coburg 24 Hour Carnival, Coburg, VIC
Apr 26-29, 2019	Australian Masters T&F Championships, Albert Park - https://melbourne2019.com.au/
Jun 9 (Sun), 2019	LBG Carnival, Stromlo Forest Park, Canberra, ACT
June 25-28, 2019	2019 Oceania Championships, Townsville (Open and U20 10km, U18 5km)
Aug 11 (Sun), 2019	AMA 20km National Championships, Adelaide, SA

2019 IAAF Race Walking Challenge Series (first few dates now published)

Mar 17 (Sun), 2019	Asian 20km Race Walking Championships, Nomi, JPN
Apr 6 (Sat), 2019	28 th Grande Prémio Internacional de Rio Maior em Marcha Atlética, Rio Maior, Portugal
Apr 20 (Sat), 2019	IAAF Race Walking Challenge Meet, Lazaro Cardenas, Mexico (20 and 50km M/W)
Apr 20-21, 2019	Pan American 50km Race Walking Cup, Lazaro Cardenas, Michoacan, Mexico
May 11-12, 2019	2019 IAAF Race Walking Challenge, Taicang, China
May 19 (Sun), 2019	European Race Walking Cup, Alytus, Lithuania (20 and 50km M/W)
Jun 8 (Sat), 2019	XXXIII Gran Premio Cantones de La Coruña, La Coruña, Spain
Jun 26 (Wed), 2019	Oceania Race Walk 10km Championships, Townsville, Australia (10km M/W)
Sep 27 - Oct 6, 2019	IAAF World Athletics Championships, Doha, Qatar
Oct 20-22, 2019	Around Taihu International Race Walking 2019, Suzhou, China

International Dates – 2019 and onwards

Mar 9-10, 2019	China National Race Walking Gran Prix 1, Haungshan, CHN (20/50km M/W)
Mar 16 (Sat), 2019	USATF National 20km Race Walking Champs, Tustin, USA (20kmM/W)
Mar 17 (Sun), 2019	Lugano Trophy - Memorial Mario Albisetti, Lugano, SUI (20km M/W)
Mar 17 (Sun), 2019	Spanish 20km National Race Walk Champs, Oropesa del Mar, ESP (20km M/W)
Mar 17 (Sun), 2019	France Race Walking Champs, Epinal, FRA (20km/50km M/W)
Mar 17 (Sun), 2019	Asian 20km Race Walking Championships, Nomi, JPN
Mar 23 (Sat), 2019	Dudince International Walks Meet, Dudince, Slovakia (20km, 50km)
Mar 24-30, 2019	8th World Masters Indoors T&F Championships , Torun, Poland
Apr 6 (Sat), 2019	Podebrady International Meet, Podebrady, CZE (20km)
Apr 6 (Sat), 2019	28 th Grande Prémio Internacional de Rio Maior em Marcha Atlética, Rio Maior, Portugal
Apr 13 (Sat), 2018	International Race Walking Meeting "Zaniemysl 2019", Zaniemysl, Poland (20km M/W)
Apr 13 (Sat), 2019	Naumburg International Meet, Naumburg, Germany
Apr 20 (Sat), 2019	IAAF Race Walking Challenge Meet, Lazaro Cardenas, Mexico (20 and 50km M/W)
Apr 20-21, 2019	Pan American Racewalk Cup, Lazaro Cardenas, Mexico

Apr 28, 2019	Hungarian National Champs, Békéscsaba, HUN (20km M/W)
May 15 (Sun) 2019	European Race Walking Cup, Alytus, Lithuania (20km, 50km, U20 10km)
May 11-12, 2019	2019 IAAF Race Walking Challenge, Taicang, China
May 16-17, 2019	China National Race Walking Gran Prix – 2, Xingtai, CHN (20 and 50km M/W)
May 19 (Sun), 2019	European Race Walking Cup, Alytus, Lithuania (20 and 50km M/W)
May 25 (Sat), 2019	10 th Sprint Triathlon in Race Walking, Veenendaal, NED (3000m, 1000m, 1 Mile)
Jun 8 (Sat), 2019	XXXIII Gran Premio Cantones de La Coruña, La Coruña, Spain
Jun 17-19, 2019	China National Race Walking Gran Prix – 3, Chifeng, CHN (20 and 50km M/W)
Jun 22 (Sat), 2019	Polish 20km Championships, Mielec, POL (20km M/W)
Jul 3-14, 2019	30th Summer Universiade , Naples Italy
Jul 20-21, 2019	China National Race Walking Champions Meet, Changbaishan, CHN (20 and 50km M/W)
Aug 30-Sep 7, 2019	20th Oceania Masters T&F Championships , Mackay, Queensland, AUS
Sept 6-7, 2019	China National Race Walking Champs, Leshan, CHN (20 and 50km M/W)
Sept 28 – Oct 6, 2019	17th IAAF World Championships in Athletics , Doha, Qatar
Oct 20-22, 2019	Around Taihu International Race Walking 2019, Suzhou, China
May, 2020	29th IAAF World Race Walking Team Championships , Minsk, Belarus
July 17-20, 2020	18th IAAF World U20 T&F Championships , Nairobi, Kenya
July 24 – Aug 9, 2020	32nd Olympic Games , Tokyo
July 20 – Aug 1, 2020	23rd World Masters T&F Championships , Toronto, Canada
Mar 2021	9th World Masters Indoor T&F Championships , Edmonton, Canada
Aug 6-15, 2021 (TBC)	18th IAAF World Championships in Athletics , Eugene, USA
July 18-30, 2022	XXII Commonwealth Games , Birmingham, GBR.
Aug 7-17, 2022	24th World Masters T&F Championships , Gothenburg Sweden
Aug 2021 (TBC)	19th IAAF World Championships in Athletics , Budapest, Hungary

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