



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
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#SAVETHERACEWALKING

The IAAF propaganda machine is working overtime in the final week leading up to the IAAF Council vote on the future of racewalking. The latest argument goes this way: "The IAAF has recommended a time limit of 2 hrs 45 minutest for individual events." Are we supposed to believe this statement, just conveniently invented to fit in a 30km walk but not sufficient to allow a 50km walk? If this is such an important IOC argument, how come it has never been publicly quoted up to now? It doesn't ring true and I, for one, don't believe it. Consider the implications of this edict.

- In the 2016 Olympic women's marathon, only 76 of the 132 finishers came in under 2:45:00. So under this new rule, if it did exist, 56 of the finishers (nearly half the finishers) would have been taken off the course and not allowed to finish.
- In the 2016 Olympic cycling road races, the men's event was won in 6:10:05 and the women's cycling road race was won in 3:51:27. So in this brave new world, no cyclists would have finished! These events would no longer exist!

But do we hear any discussion about reducing the distance of the cycling road races or putting a time limit on the women's marathon? NO. It's just the 50km walk being targeted.

As someone else has so aptly said: "It's fake news.". I wouldn't be so polite. It's just a convenient lie to try to justify these unjustifiable changes being forced on us.

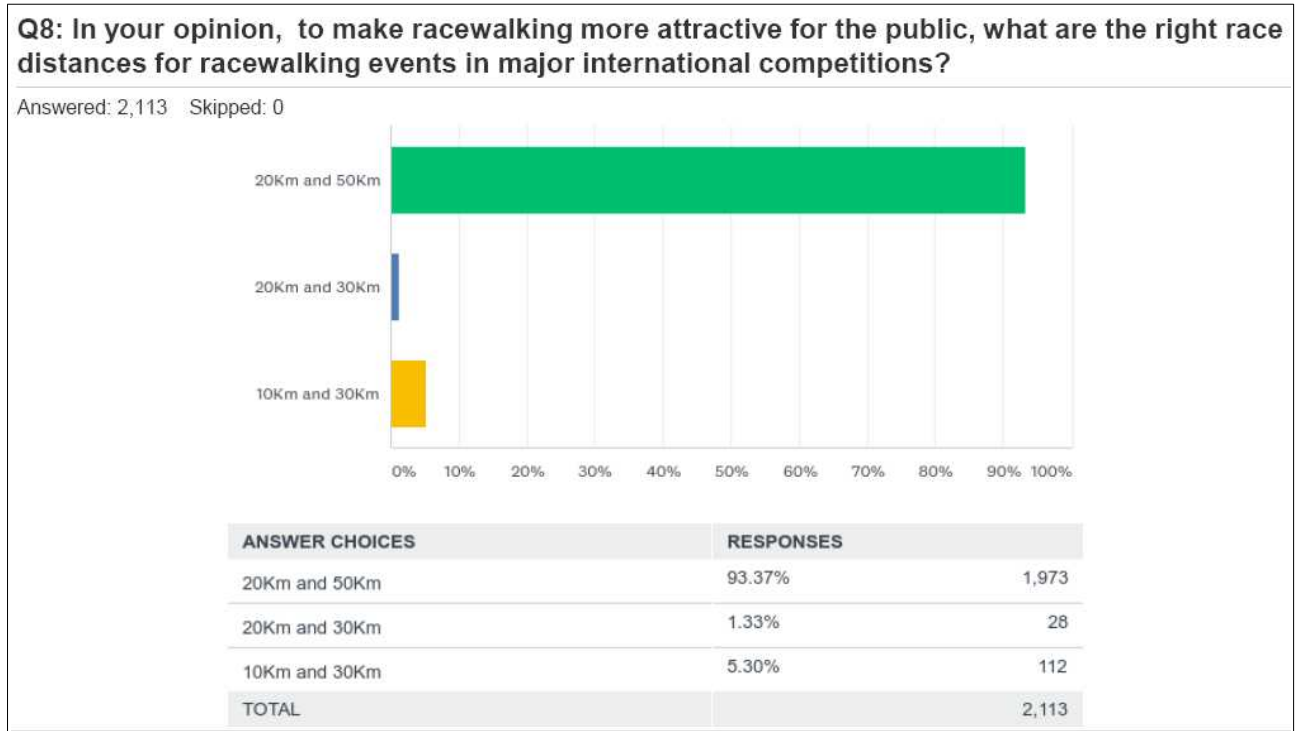
The racewalking community has not been sucked in by this false reporting. Stefano La Sorda has just closed his racewalking survey, which saw over 2100 responses from around the world. It had 10 short questions, simple enough for even the IAAF RW Committee to understand. You can view the breakdown of responses at <https://www.surveymonkey.com/results/SM-5YNFJ8HRV/>. I've also uploaded his nice neat pdf of the results to http://vrwc.org.au/documents/NEW_Survey_HowToSaveTheRaceWalk_results.pdf.

Let's zoom in on some of the stats from the survey. First to a breakdown of where the respondents came from

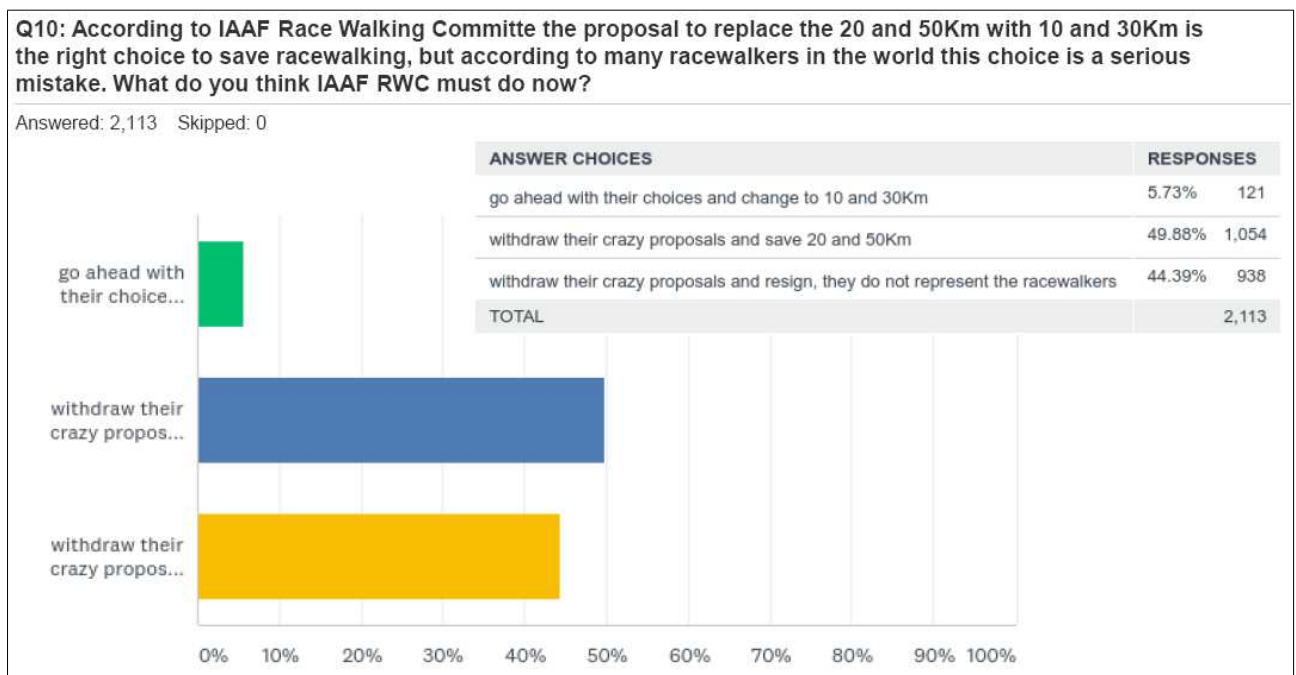
ALG	17	DOM	2	IRL	13	POR	43
ARG	18	ECU	25	ITA	149	PUR	1
AUS	113	EGY	3	JPN	57	ROU	8
AUT	4	ESA	10	KAZ	4	RSA	31
AZE	1	ESP	31	KEN	1	RUS	82
BEL	15	EST	5	KOR	29	SGP	3
BLR	49	ETH	4	LAT	9	SRB	26
BOL	19	FIN	79	LBN	1	SRI	8
BRA	53	FRA	103	LTU	25	SUI	1
BUL	13	GBR	97	MAR	5	SVK	85
CAN	27	GEO	3	MAS	1	SWE	14
CHI	22	GER	45	MEX	104	TPE	7
CHN	1	GRE	21	NED	28	TUN	7
COL	20	GUA	31	NGR	3	TUR	49
CRC	23	HKG	34	NOR	22	UKR	28
CRO	35	HON	1	NZL	45	USA	90
CUB	5	HUN	32	PAN	2	UZB	2
CYP	1	IND	44	PER	35	VEN	18
CZE	29	IRI	3	POL	37	VIE	2

The survey saw responses from 76 countries, led by ITA (149), AUS (113), MEX (104), FRA (103), GBR (97), USA (90), SVK (85), RUS (82) and FIN (79). Walkers from around the world have voted with their feet.

And what did these 2116 respondents think about the idea of moving away from the 50km and 20km distances – over 93% wanted us to retain the 20km and 50km. That sounds pretty definitive to me.



And what did they think about the performance of the IAAF RW Committee? Over 94% urged the RWC to withdraw this proposal and fight for us. Of those 94%, nearly half felt that the performance of the RW Committee has been so bad that they no longer represent us and should resign. I am one of that last group.



Stefano has put together a superb 5 page cartoon which sums up what has gone on over the last couple of months. If there was ever a reason for getting rid of the RW Committee, this is it. Here is page one of the cartoon. Check out the full 5 page expose at <https://www.facebook.com/LaMarciaCom/photos/pcb.2055557917867500/2055550034534955>.



Stefano's 50km symbol has really taken off, with walkers and walk supporters from around the world showing their support. Here in Australia, the response has been strong. Here are our top male and female 50km walkers, Jared and Claire Tallent, showing where they stand.



Our young walkers also want their chance to walk these classic distances. Here are the youngsters from the Victorian Junior T&F Championship walks last Friday evening in Melbourne.



The racewalking community remains unconvinced of the need for these changes. In our opinion, there are other ways to address this issue and we urge the IAAF RW Committee and the IAAF Council to be strong and support us.

Jane Saville is completely isolated from the Australian racewalking community. Mauricio Damilano is completely isolated from the Italian racewalking community. Like the rest of the RW Committee, they should do the right thing and resign and then quietly slink off into the night, hopefully never to be seen again.

Next weekend is our D-Day, when the IAAF Council will decide on our future. All we can do at this stage is hope for the best. The NO campaign has been well run and has gained support from almost the entire world wide racewalking community.

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!)

A graphic for the 'Save the Race Walking' campaign. It features a red circle with a black silhouette of a person walking, a hand holding a fist, and the text 'SAVE THE RACE WALKING', 'We want racewalking 20Km and 50Km #SAVETHERACEWALKING', and 'SAVETHERACEWALKING.ORG'.

WALKER OF THE WEEK

My Walker of the Week this time around is 16 year old Melbourne walker **Nikola Mandic**. He keeps popping up with excellent performances and this is the fifth time he has taken this accolade. The previous weekend, he was second to Chris Erickson in the AV Shield Final 2000m track walk with 8:37.8. This weekend, he won the U17 5000m track walk at the Victorian T&F Championships at Lakeside Stadium, his time a big PB of **23:11.40**. What makes this performance even better was the fact that it was hot, coming at the end of a 38C day in Melbourne

This 'part time' summer season walker continues to clock up great performances each year, even though we rarely if ever see him during any of our winter season walks. He comes back each summer as fit as ever and puts quickly the times on the board. As of now, his PBs read impressively – 6:14 (1500m), 8:43 (2000m), 13:35 (3000m) and 23:11.40 (5000m). I keep thinking what he could do with a full year's work!



*Left: Will Thompson, Corey Dickson, Heath Beveridge and Nikola line up last Friday evening (photo Cheryl Nelson Beveridge)
Right: Nikola powers to a 5000m PB of 23:11.40 (photo Kerrie Peart)*

WHAT'S COMING UP

- Next weekend sees the second weekend of the Victorian T&F Championships at Lakeside Stadium at Albert Park. The walks are provisionally timetabled as shown below but that may well change between now and next weekend. The men's 5000m walk will be a beauty with Swedish gun **Perseus Karlstrom** up against our own local walkers.

Fri 8 Mar	5:30PM	5000m Walk Open Women
	6:00PM	5000m Walk Open Men
	6:30PM	3000m Walks U14-U16

- The remaining key dates are as follows

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 (AM) 10km Roadwalks, Middle Park
 - Monday 29th April (PM) 5000m Track Walks, Lakeside Stadium, Albert Park

VICTORIAN T&F CHAMPIONSHIPS WEEK 1, ALBERT PARK, 1-3 MARCH

The first weekend of the Victorian T&F Championships coincided with a severe 4 day heat wave, with the daily temperatures towards 40C each day and the overnight temperatures hardly dipping below 30C. This led to Athletics Victoria firing up its hot weather policy and rescheduling longer distance events away from the heat of the day. This was fortuitous for the U17-U20 5000m walkers who had been scheduled for late afternoon on Friday. Their events were postponed to 9PM on Friday evening, still very hot and humid but at least missing the sun.

Fastest times for the boys went to **Corey Dickson** (22:20.77), **Nikola Mandic** (23:11.40) and visiting Tasmanian walker **Will Robertson** (23:29.35). The fastest girls were **Alanna Peart** (24:53.95) and **Jemma Peart** (25:44.92).

AV Men U17 5000m Walk

1.	Mandic, Nikola	03	Casey Cardin	23:11.40	PB 2:53
2.	Beveridge, Heath	03	Western Athletics	27:12.87	
3.	Hay, Angus	03	Knox Athletic Club	31:13.23	

AV Men U18 5000m Walk

1.	Dickson, Corey	02	Knox Athletic Club	22:20.77	
2.	Robertson, William	03	Tasmania	23:29.35	
3.	Thompson, Will	02	Casey Cardinnia	23:55.34	
4.	Dynes, William	02	Diamond Valley	25:42.30	PB 0:17

AV Women U17 5000m Walk

1.	Peart, Alanna	03	Ballarat YCW	24:53.95	
2.	Louey, Grace	03	Knox Athletic Club	31:23.49	
3.	Dingli, Alannah	03	Sandringham	34:12.41	

AV Women U18 5000m Walk

1.	Hay, Charlotte	03	Knox Athletic Club	27:21.06	
2.	Cocking, Holly	02	Athletic Nuna	27:35.85	PB 0:20
3.	O'Mahony, Kathleen	02	Knox Athletic Club	28:48.63	
4.	Powierski, Rebekah	02	Athletics Nuna	29:56.46	PB 0:54
5.	Dingli, Isabella	02	Sandringham	33:26.03	

AV Women U20 5000m Walk

1.	Peart, Jemma	01	Ballarat YCW	25:44.92	
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*Left: Top walks by Alannah Peart, Jemma Peart, Nikola Mandic and Will Thompson at Lakeside Stadium last Friday
Right: the 4 walkers pose for the camera 2 years ago at the Australian Junior T&F Championships (photos Kerrie Peart)*



The walkers get underway last Friday evening in the U17-U20 5000m walk



Corey Dickson, Alanna Peart, Will Thompson, Nikola Mandic and Jemma Peart (photos Kerrie Peart)



Holly Cocking, Charlotte Hay, Kathleen O'Mahony, Alannah Dingli, Jemma Peart, Grace Louey, Heath Beveridge, Nikola Mandic and Angus Hay (photos Kerrie Peart)



William Robertswon (TAS), Will Thompson, Corey Dickson and William Dynes (photo Kerrie Peart)

SAMA TRACK WALKS, SA ATHLETICS STADIUM, MILE END, ADELAIDE, WEDNESDAY 27 FEBRUARY

Thanks to Colin Hainsworth for the latest results from the South Australian Masters in Adelaide. Colin commented: Hot evening (max during day 37C) which obviously kept numbers down.

1500m Yacht Handicap

1.	GEORGE WHITE	08:52	M73	84.52%
2.	ROSS HILL-BROWN	11:43	M64	57.54%
3.	JAN LAYNG	11:35	W70	67.10%
4.	ROGER LOWE	11:59	M75	64.21%
5.	JAMES HOARE	11:25	M72	64.81%
6.	PETER CRUMP	08:47	M58	72.24%
7.	MARIE MAXTED	09:59	W58	68.05%
8.	RICHARD EVERSON	08:05	M55	76.35%
9.	LIZ DOWNS	11:08	W63	64.23%
10.	NEIL HAYFORD	12:39	M66	54.47%
11.	GRAHAM HARRISON	13:09	M75	58.51%

2000m Yacht Handicap

1.	CATHIE HORE	17:22	W68	57.37%
2.	EDNA BATES	17:53	W66	54.33%
3.	GEORGE WHITE	11:58	M73	80.99%
4.	PETER CRUMP	11:38	M58	70.51%
5.	ROGER LOWE	16:30	M75	60.31%
6.	JAMES HOARE	14:50	M72	64.50%
7.	ROSS HILL-BROWN	15:45	M64	55.34%
8.	RICHARD EVERSON	11:07	M55	71.78%
9.	LINDA WHITELAW	17:17	W65	55.54%
10.	GRAHAM HARRISON	15:47	M75	63.05%

ACTRWC TRACK WALKS, WODEN ATHLETICS TRACK, WODEN, THURSDAY 28 FEBRUARY

Thanks to Robin Whyte for this week's results from Canberra.

3000m Walk

1.	Owen Toyne	16:38
2.	Sidney Shaw	17:12
3.	Ann Staunton-Jugovic	17:18
4.	Hannah Manning	18:49
5.	Robin Whyte	19:41
6.	Bryan Thomas	21:09

7.	Lorna England	25:17
8.	Val Chesterton	25:24
	Robert Kennelly	DQ

1000m Walk

1.	Cody Clarkson	05:49
2.	Georgia Frew	06:31

AACT SUMMER SERIES, WODEN ATHLETICS TRACK, WODEN, SATURDAY 2 MARCH

1500m Walk

1.	Duncan, Erin	14	NCG	8:37.2
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ATHLETICS SA 10,000M TRACK CHAMPIONSHIPS, SA ATHLETICS STADIUM, ADELAIDE, SUNDAY 3 MARCH

Thank to Kim Mottrom for the latest South Australian results. Kim comments: 27C and very humid at 8AM after a 40C day yesterday.

10,000m U20 Men

1.	Mathew Bruniges	52:50.98
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10,000m U20 Women

1.	Victoria Upton	55:24.08
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10,000m U18 Men

1.	Toby Wilks	55:46.45
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10,000m U18 Women

1.	Olivia Sandery	55:42.47
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3000m Invitational Walk

1.	Kiera Ross	16:17.11
2.	Mia Wilks	17:45.76
3.	Chloe Upton	19:03.63
4.	Seth Upton	19:10.82
5.	Hannah Wilks	19:37.20

10,000m Over 35 Women

1.	Marie Maxted	1:10:26.40
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10,000m Open Men

1.	Tristan Camilleri	48:08.04
2.	Kim Mottrom	49:24.90
3.	Alix Harlington	57:04.32

10,000m Over 35 Men

1.	Peter Crump	1:02:44.40
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10,000m Over 50 Men

1.	James Hoare	1:18:11.90
2.	Ross Hill-Brown	1:26:35.10



The medallists pose for the camera after the South Australian T&F Championship walks



And they show their support for the 50km

ATHLETICS NSW ALL COMERS MEET, CAMPBELLTOWN ATHLETICS TRACK, CAMPBELLTOWN, SAT 2 MAR

3000m Walk

1.	Barendregt, Travis	19	Nepean Distr	14:23.46
2.	Boughton, Milly	13	Randwick Bot	14:37.30
3.	Bell, Bridget	17	Asics Wests	15:44.82
4.	Pengilley, Teegan	18	Bankstown Sp	15:56.68
5.	Cassilles, Ciara	12	Westfields A	16:21.50
6.	Callaway, Madison	16	Lake Illawarra	16:22.18
	Barendregt, Amanda	23	Nepean Distr	DNF

ATHLETICS TASMANIA INTERCLUB, DOMAIN ATHLETICS TRACK, HOBART, SATURDAY 2 MARCH

Thanks to Wayne Fletcher for this week's results from Tasmania. He comments: Very Hot 39.1C with a cross wind.

1500m Walk

1.	Oliver Morgan	Old Virgilians	9.37.96
2.	Wayne Fletcher	Northern Suburbs	11.02.50
3.	Ron Foster	Tasmanian Masters	11.25.15
4.	David Moore	Tasmanian Masters	11.23.54
1.	Alice Randall	Old Virgilians	7.02.73
2.	Anna Blackwell	Old Virgilians	7.19.31
3.	Elizabeth Leitch	Tasmanian Masters	10.13.51
4.	Rebecca Mathers	Old Virgilians	13.12.82

WARWC ROADWALKS, SHELLEY, PERTH, SUNDAY 3 MARCH

Thanks to Terry Jones for the latest results from the Western Australian Racewalking Club in Perth.

10km Walk

1.	Wayne Byram	59:12
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5km Walk

1.	Brad Mann	26:56
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3km Walk

1.	John Ronan	17:29
2.	Karyn Tolardo	18:10

1.5km Walk

1.	John Ronan	7:42
2.	Xavier Bernard	7:42
3.	Ashlyn Spence	8:00
4.	Riley Woods	8:19
5.	Ava Hutchinson	8:30
6.	Kaytee Bogares	8:47
7.	Karyn Tolardo	8:49
8.	Asha Freeman	10:18

3. Amber Richards	22:12	9. Emily Bogaers	11:06
4. Sylvia Byers	27:26	10. Ellis Freeman	11:12
Ben Reid	DNF		

NAIA COLLEGIATE INDOOR T&F CHAMPIONSHIPS, BROOKINGS, SOUTH DAKOTA, SATURDAY 1 MARCH

Last Saturday saw the annual NAIA Collegiate Indoor T&F Championship walks at the Sanford-Jackrabbit Athletic Complex in Brookings, South Dakota.

In the women's 3000 walk, **Anali Cisneros**, a junior at Judson University in Illinois, led from the gun, winning with 13:51:00, narrowly missing the collegiate record of 13:49.84, set in 2017 by Natalia Alfonso. It was a big day for Judson University as Anali's younger sister, **Nayeli Cisneros**, took silver and first year teammate **Maria Alarcon** took bronze.

3000m Walk Women

1. Anali Cisneros	(JR)	Judson U	13:51.00
2. Nayeli Cisneros	(SO)	Judson U	15:23.48
3. Maria Alarcon	(FR)	Judson U	15:23.91
4. Siana Emery	(JR)	Goshen College	15:39.98
5. Lila Dreves	(JR)	MidAmerica Naz	15:40.45
6. Kayla Allen	(SO)	Friends Univ	15:51.09
7. Michaela Barretta	(JR)	Grand View	15:56.61
8. D'Amaie Davis	(SO)	Cornerstone	16:34.04
9. Elizabeth Larsen	(JR)	Concordia (MI)	16:45.47
10. Kelsey Billingsley	(SO)	Cornerstone	17:02.48
11. Hayley Bickford	(FR)	Goshen College	17:33.51
12. Moira Burgess	(FR)	Friends Univ	18:09.20

Baker University senior **Moses Watson** won the men's 3000m walk after the lead had changed several times during the race. Watson waited until the back straight of the 9th of 10 circuits of the 300m oval to make his final move, holding off **Steven Smith**, of WVU Tech, and winning with 12:39.76. Third place went to former NSWRWC walker **Luke Jobson**, also currently at WVU Tech.

3000m Walk Men

1. Moses Watson	(SR)	Baker Univ	12:39.76
2. Steven Smith	(SO)	WVU Tech	12:44.10
3. Luke Jobson	(JR)	WVU Tech	12:56.21
4. AJ Gruttadauro	(JR)	WVU Tech	13:20.58
5. Jon Andersen	(SR)	Mount Mercy	13:35.50
6. Dan Nehnevaj	(JR)	WVU Tech	13:38.25
7. Bricyn Healey	(JR)	Olivet Nazarene	13:49.09
8. Jordan Crawford	(FR)	Missouri Baptist	13:50.65
9. Dean Freitag	(SO)	Rio Grande U	14:00.44
10. Ben Hofstra	(SO)	Cornerstone	14:33.29
11. Ben Downey	(JR)	MidAmerica Nazarene	15:56.59
Trevor Alber	(JR)	Hastings College	DQ

MOLLY BARNETT OPEN ROAD WALKS, COVENTRY, SATURDAY 1 MARCH

Thanks to Mark Wall for the results of the England Athletics Roadwalk Champs, held in conjunction with the Molly Barnett meet in Coventry last Saturday.

On what was frankly a miserable day in terms of weather (rain persisted all through the events) some good performances were recorded in the main event on the card. The women's race saw an in-form **Heather Lewis** enjoy a good win in a PB 46:25, with **Bethan Davies** second with 46:59 (both under 47 on a less than easy course). **Erika Kelly** won the AE title with a PB 47:19 as she builds on her International debut last year at Lugano and her 9th place on the Gold coast. She has been training under Andi Drake's tutelage at Leeds in recent weeks. The minor medals in the AE title went to **Gemma Bridge** (49:04) in her first race since last year's British 20km trial, and 17 year old **Ana Garcia** (52:33).

The Men's race went to form, with strong performances from the international trio of **Tom Bosworth** (first with 41:26), **Cameron Corbishley** (2nd with 42:51 after a 60 sec pit lane stoppage) and **Tim Snook** (44:29). A pleasing feature was the youth at the sharp end of the men's event, especially with absence of Callum Wilkinson.

England Athletics Championship Men 10km

1. Tom Bosworth	SEN	Tonbridge/Leeds Beckett Uni	41:26
2. Cameron Corbishley	U23	Medway & Maidstone	42:51
3. Christopher Snook	U20	Aldershot, Farnham & District	44:29

4.	Tom Partington	U23	Manx	46:41
5.	Luke Legon	SEN	Cambridge H	46:58
6.	George Wilkinson	U20	Enfield & Haringey	48:21
7.	Matthew Crane	U20	Bexley	48:53
8.	David Annetts	V55	North Herts RR	49:17
9.	Ollie Hopkins	U20	Lewes	52:14
10.	Ian Richards	V70	Steyning/Veterans	55:48
11.	Peter Boszko	V65	Birchfield H/Midland Masters	58:37
12.	Mark Williams	V50	Birchfield H/Midland Masters	59:41
13.	Paul Hawkins	V60	Stratford-upon-Avon/Midland Masters	65:14
14.	Colin Vesty	V50	Leicester WC	65:24
15.	Hardeep Minhas	V60	Leicester WC	67:13
16.	John Gordon	SEN	DASH	NT
17.	Julian Barnett	V55	Birchfield H	NT
18.	David Fall	V70	Birchfield H/Midland Masters	NT
	Gianni Epiphani	V45	Manx H	DQ
	Malcolm Bowyer	V55	Stratford upon Avon AC	DQ

10km Men Open Walk

1.	Francisco Reis	V55	Surrey WC//Portugal	52:46
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England Athletics Championship Women 10km

1.	Erika Kelly	SEN	Northern (Isle of Man)	47:19
2.	Gemma Bridge	SEN	Oxford City/Leeds Beckett Uni	49:04
3.	Ana Garcia	U20	Sheffield & Dearne	52:33
4.	Madeline Shott	SEN	Belgrave	52:46
5.	Jasmine Nicholls	SEN	Leicester WC/Leeds Beckett Uni	53:05
6.	Abigail Jennings	U20	Aldershot, Farnham & District	53:39
7.	Pagen Spooner	U20	Hyde Park Harriers	54:19
8.	Hannah Hunter	V35	Manx	55:40
9.	Carolyn Derbyshire	V40	Nuneaton/Midland Masters	57:39
10.	Penelope Cummings	V40	Herne Hill/Aldershot, Farnham & D	59:17
11.	Marie Jackson	V55	Manx/Isle of Man Veteran	60:19
12.	Sharon Cain	V45	Manx	64:48
13.	Nicola Raven	V55	Manx	65:29
14.	Louise Hollings	V35	Manx	65:52
15.	Jacqueline Benson	U20	Ashford AC	67:47
16.	Sue Davies	V50	Aldershot, Farnham & Dist	67:50
17.	Noel Blatchford	V70	Abingdon/Southern Counties Vets	70:15

10km Women Open Walk

1.	Heather Lewis	SEN	Pembrokeshire	46:25
2.	Bethan Davies	SEN	Cardiff/Leeds Uni	46:59
	Megan Stratton-Thomas	U20	Swansea Harriers	DNF

U20 Men 5km

1.	Daniel McKerlich	U20	Cardiff AC	29.43
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U20 and Senior Women 5km

1.	Agata Kowalska	U23	Hyde Park Harriers/POL	26.46
2.	Emily Ghose	U23	Tonbridge A C	28.50
3.	Melanie Peddle	V50	Loughton A C	29.45
4.	Emma Dyos	V40	Ilford A C	29.46
5.	Laura Achurch	U20	Leicester W C	30.06
6.	Alice Bellando	U20	Manx H	30.11
7.	Shannon Thomas	U20	Swansea H	32.19
8.	Geraldine Legon	V60	Bexley A C	37.16
9.	Karen Williams.	V65	Birchfield H	38.45

U17 Men 5km

1.	Nicholas Hart		AFD	27.47
2.	Faris Alkhamesi		Nuneaton H	29.54

U17 Women 5km

1.	Lois Carty		AFD	27.29
2.	Millie Morris		Ashford A C	28.35
3.	Hannah Hopper		Cambridge H	29.57
4.	Lara MacColl		Sheffield and Dearne	30.46

5.	Keira Heavey	Northern AC (IOM)	31.36
6.	Georgia Parkinson	Menai	32.17
	Poppy Stowell	Newport H	DQ
U15 Boys 3km			
1.	Christian Hopper	Cambridge H	16.22
U15 Girls 3km			
1.	Katie Stringer	Medway & Maidstone	16.34
2.	Mia Dunwell	Northern AC (IOM)	16.34
3.	Abigail Smith	Blackheath & Bromley	17.20
4.	Charlotte Wallis	AFD	14.44
	Gabrielle Birch	Birchfield	DQ
U13 Boys 2km			
1.	Ellis Simmonds	DASH 2	12.34
2.	Ben Heeley	DASH 2	12.57
3.	Lewis Burr	Tonbridge AC	13.57
U13 Girls 2km			
1.	Kelsey Tozer	Birchfield H	12.53
2.	Elena Richards	DASH	16.05
3.	Daisy Rogers	DASH	16.34
U11 Girls 1km			
1.	Natasha Goldsby	DASH	7.28

Mark Easton was busy as usual with the camera – check out his gallery at <https://markeaston.zenfolio.com/p589796741>.



Left: Straight to the lead for Tom Bosworth

Right: Cameron Corbishley



Tom Bosworth, Erika Kelly, Chris Snook and Tom Partington



Heather Lewis and Bethan Davies

GERMAN INDOOR T&F CHAMPIONSHIPS, HALLE, GERMANY, 1-3 MARCH

Christopher Linke was the standout walker at the German Indoor T&F Championships, winning the men's 5000m walk with a PB 18:33.86. It was his 15th German Championship win – now that's impressive. **Nils Brembach** also walked fast for second place (19:08.81). **Teresa Zurek** was untroubled in winning the women's 3000m walk with 12:47.36.

5000m Senior Men

1.	Linke, Christopher	1988	SC Potsdam	18:33.86
2.	Brembach, Nils	1993	SC Potsdam	19:08.81
3.	Köpp, Leo	1998	LG Nord Berlin	20:42.27
4.	Janker, Andreas	1983	LG Röthenbach a.d.Pegnitz e.V.	20:57.62
5.	Schmidt, Jakob Johannes	2001	SC Potsdam	21:46.79
6.	Borsch, Steffen	1973	SV Halle e.V.	22:03.96

3000m Senior Women

1.	Zurek, Teresa	1998	SC Potsdam	12:47.36
2.	Feige, Saskia	1997	SC Potsdam	13:07.16
3.	Grandi, Josephine Alisa	2000	SC Potsdam	14:32.90

The meet also featured 3000m walk championships for all Masters divisions. I will leave readers to check those results out at <https://www.dlv-xml.de/Storage/EventFiles/19L00000001605103/1899092.htm>.

ITALY VS FRANCE INDOOR U20 MATCH, ANCONA, ITALY, SATURDAY 2 MARCH

Good report by marciadalmondo (http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3413) for the annual Italy vs France Indoor T&F match, held last Sunday in Ancona.

The women's 3000m walk was held first and saw former Romanian walker **Lavinia Andrada Lacatus** first across the finish line. However, as she was still waiting for Italian citizenship, she was ineligible for the win, which went to French walker **Pauline Stey**. The men's was a close fought event, with the final sprint deciding the placings, **Riccardo Orsoni** of Italy (20:56.26) finishing just ahead of **Ryan Gognies** (20:57.15) and **Matteo Duc** (20:57.79).

3000m Women

	LACATUS Andrada Lavinia (AC)	2000	ITA	13:51.79
1.	STEY Pauline	2001	FRA	13:52.93
2.	GIORDANI Vittoria	2000	ITA	13:54.20
3.	MOUTARD Camille	2001	FRA	14:41.12
4.	MASTRANGELO Ida	2001	ITA	15:25.60

5000m Men

1.	ORSONI Riccardo	2000	ITA	20:56.26
2.	GOGNIES Ryan	2000	FRA	20:57.15
3.	DUC Matteo	2001	FRA	20:57.79
4.	ANDREI Aldo	2001	ITA	21:15.27

TURKISH ROADWALK CHAMPIONSHIPS, IZMIR, TURKEY, SUNDAY 3 MARCH

Thanks to marciadalmondo (see http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3414) for their report on the Turkish roadwalk championships, held last Sunday in Izmir. 20Km wins to **Salih Korkmaz** (1:21:37) and **Ayşe Tekdal** (1:32:01). Both walkers set new Turkish U23 records. Only two starters in the 35km races, with wins to **Miert Atli** (2:44:30) and **Semiha Özdemir** (3:04:38). U20 wins to **Selman İlhan** (43:27) and **Meryem Bekmez** (44:25). Good to see some Slovakian walkers in the junior races.

20km Men

1.	SALIH KORKMAZ	DIYARBAKIR	1997	1:21:37	U23 Record
2.	SAHIN SENODUNCU	AYDIN	1994	1:25:49	
3.	SERKAN DOGAN	DIYARBAKIR	1992	1:27:36	
4.	ABDULSELAM İMÜK	DIYARBAKIR	1999	1:31:13	
5.	BAYRAM İZCIAK	VAN	1997	1:34:35	
6.	İBRAHİM ÖRNEK	MARDIN	1999	1:40:55	
	MUSTAFA ÖZBEK	MALATYA	1997	DQ	

20km Women

1.	AYŞE TEKDAL	DIYARBAKIR	1999	1:32:01	U23 Record
2.	SEÇİL AKPINAR	HATAY	1999	2:00:03	
3.	KİBAR GERGIN	BALIKESİR	2001	2:09:29	
4.	SARIYE AKÜREN	BATMAN	1994	2:31:52	
	SENA TURAN	BATMAN	2001	DNF	
	HATICE AKGÜL	BATMAN	1999	DNF	

35km Men

1.	MERT ATLI	İSTANBUL	1993	2:44:30
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35km Women

1.	SEMIHA ÖZDEMİR	İZMİR	1987	3:04:38
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U20 Men 10km

1.	SELMAN İLHAN	BATMAN	2000	43:27
2.	UMUT TEMEL	MARDIN	2001	44:00
3.	LUBOMÍR KUBIŠ	SVK	2001	44:35
4.	ÖZGÜR TOPSAKAL	MALATYA	2001	44:44
5.	MERİÇ ATLI	BALIKESİR	2001	48:59
6.	CUMALI ARSLAN	GAZİANTEP	2000	49:34
7.	MEHMET GÜNES	MALATYA	2001	51:49
8.	OGULCAN POLAT	ANKARA	2000	58:40

U20 Women 10km

1.	MERYEM BEKMEZ	DIYARBAKIR	2000	44:25
2.	EVIN DEMIR	ISTANBUL	2001	46:55
3.	KADER DOST	ADIYAMAN	2000	48:17
4.	HANA BURZALOVA	SVK	2000	49:08
5.	BEDRIYE TEKIN	ADIYAMAN	2001	51:51
6.	AYSE KILIÇ	ADIYAMAN	2001	52:02
7.	MERVE ÇETIN	ADIYAMAN	2000	55:33
8.	INCI ÇIÇEK	HATAY	2000	56:56
9.	GÜRCAN KARDELEN ERDİNÇ	BALIKESIR	2000	1:01:08
10.	AYSEN KALI	BALIKESIR	2001	1:01:41
11.	AYSEGÜL BIRCAN	BALIKESIR	2000	1:05:49
	ELIFNUR KAÇAR	BALIKESIR	2001	DQ
	IREM ORÇAN	ANKARA	2000	DNF
	NURCAN AKÜREN	BATMAN	2000	DNF

7TH CENTRAL AMERICAN RACEWALK CHAMPIONSHIPS, GUATAMALA CITY, GUATEMALA, SUNDAY 24 FEB

Thanks to marciadalmondo for the results of the 7th Central American Racewalking Championships, held just over a week ago in Guatamala. 50km victories to Guatamalan walkers **Erick Barrondo** (3:54:30) and **Mirna Ortiz** (4:13:56). Guatamalan walkers also took the 20km titles with **José Oswaldo Calel Sis** (1:24:19) and **Maritza RafaelaPoncio Tzul** (1:39:13).

Guatamala certainly dominated the meet, making the most of their home ground advantage. In particular, the 50km walks saw all-Guatamalan fields. Note the result of the men's 50km where Erick Barrondo won by 1 sec from **Bernardo Uriel Barrondo** (3:54:31), with **Luis Sánchez Pérez** in third with 3:55:40. In the women's 50km, Ortiz set a new Guatamalan national record with her win. Compatriot **Mayra Herrera** also walked an excellent time of 4.17.00 to take second, while **Arely Morales** took third with 4.47.06. omarchador reports that, according to the Costa Rican press, **Ilena Ocampo** completed the race with an time of 5h 08 min, a mark that could represent a new national record if the Costa Rican Athletics Federation approves it!

The progress of the women in the newly minted 50km is evident and strengthens their position in the fight for equal opportunity. We now await the decision of the IOC on whether the women's 50km will be added to the Olympic Games inTokyo. These inclusive moves and opportunities are of course completely at odds with the anti-50km position adopted by the IAAF RW Committee.



Mirna Ortiz is the centre of attention after winning the women's 50km in Guatamala City in a new national record (photo facebook)

50km Open Men

1.	Erick Bernabé, Barrondo García	Guatemala	3:54:30
2.	Bernardo Uriel, Barrondo García	Guatemala	3:54:31
3.	Luis Ángel, Sánchez Pérez	Guatemala	3:55:40
4.	Jürgen Everhard, Grave Chávez	Guatemala	4:17:18
	José María, Raymundo Cox	Guatemala	DNF

50km Open Women

1.	Mirna Sucely, Ortíz Flores	Guatemala	4:13:56
2.	Mayra Carolina, Herrera Pérez	Guatemala	4:40:03
3.	Arely Esmeralda, Morales Hernández	Guatemala	4:47:06

20km Open Men

1.	José Oswaldo, Cael Sis	Guatemala	1:24:19
2.	José Gregorio, Ajcam Caal	Guatemala	1:24:54
3.	José Alejandro, Barrondo Xuc	Guatemala	1:25:53
	Brandon Bernardo, Segura Zepeda	México X	1:26:49
	Jefferson Daniel, Segura Zepeda	México X	1:28:50
4.	Juan Manuel, Calderón Zúñiga	Costa Rica	1:37:28
5.	Robin Daniel, Ortíz Say	Guatemala	1:38:56
6.	Frank Alberto, Hernández Silva	El Salvador	1:40:06
	Ángel Rolando, Batz Chub	Guatemala	DNF
	Walter Abimael, Xet Pérez	Guatemala	DNF

20km Open Women

	María de la Luz, Pérez López	México X	1:38:15
1.	Maritza Rafaela, Poncio Tzul	Guatemala	1:39:13
2.	Yasury Betzaida L., Palacios SanJosé	Guatemala	1:41:48
3.	Jamy Amarilis, Franco Núñez	Guatemala	1:49:13
4.	Vilma Leticia, Ajpop Velásquez	Guatemala	DNF
5.	Elisa Jocabed, Hernández García	Guatemala	DNF

10km U20 Men

1.	José Gilberto, Menjivar Avilés	El Salvador	41:55
2.	José Eduardo, Ortíz Flores	Guatemala	41:56
3.	Samuel, Ruiz Arriola	Guatemala	42:29
4.	Oseas Abimael, Ac Cu	Guatemala	45:53
5.	Yeudy, Bonilla Alvarez	Costa Rica	46:55
6.	Oscar Magdaniel, Pop Choc	Guatemala	48:53

10km U20 Women

1.	Noelia, Vargas Mena	Costa Rica	46:26
2.	María Fernanda, Peinado Pérez	Guatemala	51:13
3.	Melany Nicolle, Elías Trejo	El Salvador	55:07

10km U18 Boys

1.	Eduard, Arias Vásquez	Costa Rica	47:16
2.	Juan Felipe, Coy Teyul	Guatemala	48:41
3.	Brayan Esteven, Méndez Liévano	El Salvador	48:41
4.	Selvin Arody, Mo Ical	Guatemala	49:48
5.	Aldo Abraham, Lam Balan Vásquez	Guatemala	51:47
6.	Victor, CU XE	Guatemala	52:45
7.	Bryan Alexander, de la O Hernández	El Salvador	53:21

5km U18 Girls

1.	Adriana Eloisa, Díaz Mejía	Guatemala	25:55
2.	Mariana, Muñoz Alvarado	Costa Rica	26:19
3.	Glendy Verónica, Teletor Jerónimo	Guatemala	26:42
4.	Reyna Maribel, Rivera Méndez	Guatemala	29:27
5.	Katherine, Rivera Guzmán	Guatemala	29:54
6.	Juana Josefina, Cano Osorio	Guatemala	31:31

5km U16 Boys

1.	Bryan Alexander, Matías Ortíz	Guatemala	23:39
2.	Gabriel Antonio, Alvarado Dávila	Nicaragua	24:09
3.	Francisco, González	Guatemala	25:18
4.	Esteban, Oses Campos	Costa Rica	25:55
5.	Jorge Isaac, Chen Xe	Guatemala	26:14
6.	Eduardo Francisco, Ayala Mejía	El Salvador	26:22
	Shavi Daniel, Guerra García	Guatemala	DQ

5km U16 Girls

1.	Yaquelin Mishell, Teletor Jerónimo	Guatemala	25:34
2.	Lisbeth Carolina, López	Guatemala	26:12
3.	Yenifer Beatriz, Salas Acosta	El Salvador	27:09

4.	Sharon, Herrera Soto	Costa Rica	28:02
5.	Betzaida Sarai, Chub Icó	Guatemala	31:27
6.	María de los Angeles, Jucup Ordóñez	Guatemala	33:14

3km U14 Boys

1.	Miguel Angel, Palacios SanJosé	Guatemala	13:44
2.	Luis, Corrales Rodríguez	Costa Rica	17:23
3.	Ian Fernando, Hernández Cisneros	El Salvador	17:24

2km U14 Girls

1.	Pamela, Ruiz Arriola	Guatemala	10:39
2.	Chelsea, Araya Ulloa	Costa Rica	11:16
3.	Fátima Melissa, Flores	El Salvador	11:45
4.	Hilda Jaqueline, Caal	Guatemala	11:51

DRUGS BANS EFFECT 2012 WORLD CUP RESULTS

The monthly IAAF newsletter always includes details of the latest doping bans. This month, two names were of particular interest to walking enthusiasts.

- Chinese 50km walker **Lin Zhang**, who was 6th in the 50k, walk at the 2015 World Championships, has been given a 2 year ban, retrospective to 05/03/17 and extending to 03/12/2019. Apparently, he tested positive at the 2017 Chinese Championships. See more at http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3412.
- Ukrainian walker **Ruslan Dmytrenko** has had 3 years of results, between 2009 World Championship and the 2012 Olympics, annulled, in addition to the imposition of a current 2 year ban. He now loses individual and team silvers from the 2012 World Walking Cup 20km, but disappointingly, he keeps his 2012 Olympic result, as the stripping of results ends the day before his race in London. See further details at http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3411.

Australia originally finished 4th in the Teams competition in the 2012 World Walk Cup 20km. With subsequent Russian bans, they were elevated to 3rd place. With Dymtrenko now out, they move up to 2nd place. They might see their new team medals one day, but they should not hold their breath waiting for their rightful prize money. Evan Dunfee produced this interesting stat, showing that 5 of the first 10 on the day (red lines) have subsequently had their 2012 World Cup results expunged after drugs investigations, and two more (yellow lines) have been banned for drugs failures at other times. Thus 7 of the top 10 from this race are convicted drugs cheats – 5 Russians and now 2 Ukrainians. Sadly, this reflects the nature of the rampant drugs taking of that period, with Russia leading the way.

PLACE	BIB	NAME	COUNTRY	DATE OF BIRTH	RESULT	TIME BEHIND	RED CARDS
1	152	Zhen WANG	CHN	24 Aug 91	1:19:13		
2	359	Andrey KRIVOV	RUS	14 Nov 85	1:19:27	+ 14	~ ~
3	357	Vladimir KANAYKIN	RUS	21 Mar 85	1:19:43	SB + 30	
4	307	Ruslan DMYTRENKO	UKR	22 Mar 86	1:20:17	PB + 1:04	
5	368	Sergey MOROZOV	RUS	21 Mar 88	1:20:26	+ 1:13	
6	363	Andrey RUZAVIN	RUS	28 Mar 86	1:20:37	+ 1:24	
7	393	Nazar KOVALENKO	UKR	09 Feb 87	1:20:38	+ 1:25	
8	306	Eder SÁNCHEZ	MEX	21 May 86	1:20:58	+ 1:45	~ ~
9	144	Ding CHEN	CHN	05 Aug 92	1:21:05	+ 1:52	
10	352	Vateriy BORCHIN	RUS	11 Sep 86	1:21:27	SB + 2:16	
11	156	Qi ZHAO	CHN	14 Jan 93	1:21:46	+ 2:33	
12	255	Robert HEFFERNAN	IRL	28 Feb 78	1:21:51	+ 2:38	
13	396	Ivan LOSEV	UKR	26 Jan 86	1:21:57	+ 2:44	
14	139	Iñaki GÓMEZ	CAN	16 Jan 88	1:21:58	+ 2:45	
15	320	Rafal FEDACZYNSKI	POL	03 Dec 80	1:22:05	+ 2:52	

For the record, the results now show the Australian team second behind China and ahead of India in third. The Australian finishers were as shown below, with the first 3 finishers counting towards the Teams points.

16	Chris ERICKSON	AUS	1:22:20	PB
18	Adam RUTTER	AUS	1:22:54	
22	Luke ADAMS	AUS	1:23:28	
39	Dane BIRD-SMITH	AUS	1:25:41	
85	Rhydian COWLEY	AUS	1:32:28	



*2012 Australian Racewalking World Cup Team:
 Back: Dane Bird-Smith, Rhyian Cowley, Rhydian Cowley, Simon Baker (coach), Brent Vallance (manager), Ian Rayson
 Centre: Ben Raysmith (physio), Adam Rutter, Nathan Brill, Blake Steele, Jesse Osborne, Chris Erickson
 Front: Regan Lamble, Beki Smith, Kristie Goznik, Rachel Tallent, Nicole Fagan and Claire Tallent*

THE DINOSAURS !

Thanks to Udo Schaeffer for passing on information and the following photos about their European group DINOSAURIER. The group was setup by Miroslaw Luniewski of Poland. The membership requirement is that every year for 50 years, a walker must participate in at least 4 walking races. How impressive! The original 5 dinosaurs are

Piergiorgio Andreotti 1940 ITA
Udo Schaeffer 1950 GER

Eduard Straka 1946 SLV
Miroslaw Luniewski 1957 POL

Horst Klepert 1951 GER



Piergiorgio Andreotti, Udo Schaeffer, Miroslaw Luniewski, Eduard Straka



Udo Schaeffer, Horts Klepert, Miroslaw Luniewski

Walkers starting over 50 years non-stop



Piorgiorgio Andreotti 1940 ITA
from the season 1968

Eduard Straka 1946 SVK
from the season 1982

Horst Kiepert 1951 GER
from the season 1986

Udo Schaeffer 1950 GER
from the season 1989

Mirosław Luniewski 1957 POL
from the season 1989

A BIG DRUGS BUST IN THE WORLD OF CROSS COUNTRY SKIING

A collaboration between German and Austrian police has led to several raids and the arrests of nine people associated with the Austrian and Estonian Cross Country Skiing Assns. The issues seems to be systemic blood doping. Read the story unfold in 3 press releases from <https://antidopingworld.wordpress.com/>.

Jnne Leiding, a spokeswoman for the Munich prosecutors' office handling the German side of the case, said the investigations were sparked by an interview given last month with Austrian skier Johannes Duerr by Hajo Seppelt of German broadcaster ARD. Duerr said he had used transfusions and the banned substance EPO to boost his stamina, with regular treatments in Germany. See that interview at <https://www.sportschau.de/doping/video-doping-top-secret-confession—inside-the-mind-of-a-doper-100.html>.

ARD comments further at <https://www.sportschau.de/doping/Doping-Razzia-Hintergruende-ENG-100.html>.

Amazingly, with the lid blown on their activities, the Austrians continued with the practice. A case of hubris indeed! You have to hand it to ARD. They have been at the forefront of just about every doping investigation of recent years, and were front and centre during the Russian investigations.

REMEMBERING VRWC LIFE MEMBER MARLAINE STANWAY

The family of the late VRWC life member Marlaime Stanway have advised us that, on Saturday 4th May at Lakeside Pakenham, they will be participating in a 1.3km fundraising walk organised by Motor Neurone Disease (MND) Australia. All proceeds will go towards much needed funds for research and for sufferers of this horrific disease.

The following link gives further information, along with a Donate button for those who would like to donate.

<https://www.mycause.com.au/page/196405/in-memory-of-marlaine-stanway>

Marlaime's daughter Christine explains:

No amount is too small and would be greatly appreciated. I thank you all for all the love and support given to our Mum and our family when we needed it most. Mum was a fighter in so many ways, not just in her love of race walking but for who she was.

NEW IAAF RANKING SYSTEM ANNOUNCED







The IAAF has launched its new official world rankings system, designed to provide a more effective way of identifying the top athletes in each discipline by rewarding consistency and competition among the world's best.

Athletes' positions in the IAAF world rankings will be based upon the points they score, determined by their performance and place, and the importance of the competition in which those results are achieved.

The world rankings will not be used for qualification for the IAAF World Athletics Championships Doha 2019, but the launch of the rankings will enable athletes, member federations and key stakeholders to see during the 2019 season how the world rankings system works in practice. The IAAF are hopeful of using it to help finalise places for the 2020 Olympics.

See the full IAAF announcement at <https://www.iaaf.org/world-rankings/introduction>. A very comprehensive series of pages.

Note that Australia's only Number One ranked athlete is 50km walker **Claire Tallent**. The top 15 for the women's 50km reads:

PLACE	COMPETITOR	DOB	NAT	SCORE	EVENT LIST
1	Claire TALLENT	06 JUL 1981	 AUS	1270	50km Walk
2	Ines HENRIQUES	01 MAY 1980	 POR	1266	50km Walk [20km Walk]
3	Rui LIANG	18 JUN 1994	 CHN	1258	50km Walk [20km Walk]
4	Júlia TAKÁCS	29 JUN 1989	 ESP	1257	50km Walk
5	Paola Viviana PÉREZ	21 DEC 1989	 ECU	1222	50km Walk [20km Walk]
6	Johana ORDÓÑEZ	12 DEC 1987	 ECU	1220	50km Walk
7	Magaly BONILLA	08 FEB 1992	 ECU	1212	50km Walk
8	Mária CZAKOVÁ	02 OCT 1988	 SVK	1211	50km Walk
9	Alina TSVILYI	18 SEP 1994	 UKR	1210	50km Walk
10	Maoqiao LI	20 OCT 1992	 CHN	1206	50km Walk [20km Walk]
11	Raquel GONZALEZ	16 NOV 1989	 ESP	1204	50km Walk [20km Walk]
12	Khrystyna YUDKINA	04 DEC 1984	 UKR	1200	50km Walk
13	Erika Jazmine MORALES	12 OCT 1986	 MEX	1198	50km Walk
14	Vasytyna VITOVSHCHYK	30 APR 1990	 UKR	1170	50km Walk
15	Nadzeya DARAZHUK	23 JAN 1990	 BLR	1150	50km Walk

MARCIALMONDO AND OMARCHADOR ROUNDUP

Marcialmondo has 6 press releases for us this week

- Sun 3 Mar - Izmir (TUR): Salih Korkmaz (TUR) and Ayse Tekdal (TUR) win Turkish 20km Championships http://www.marcialmondo.com/eng/dettagli_news.aspx?id=3414
- Sun 3 Mar - Ancona (ITA): Orsoni and Lacatus win walks in ITA-FRA match http://www.marcialmondo.com/eng/dettagli_news.aspx?id=3413
- Sat 2 Mar - China - Zhang Lin banned two years positive to clostebol http://www.marcialmondo.com/eng/dettagli_news.aspx?id=3412
- Thu 28 Feb - Ukrainian Ruslan Dmytrenko disqualified for doping http://www.marcialmondo.com/eng/dettagli_news.aspx?id=3411
- Wed 27 Feb - Guatemala City (GUA): The 7th Central American Racewalking Championships http://www.marcialmondo.com/eng/dettagli_news.aspx?id=3410
- Wed 27 Feb - Preview of ITA-FRA U20 match in Ancona, Italy, next Saturday http://www.marcialmondo.com/eng/dettagli_news.aspx?id=3409
- Tue 26 Feb - Eiki Takahashi and Raquel Gonzalez athletes of the month of february 2019

http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3408

and omarchador has 16 press releases this weekends

- Mon 4 Mar - Results of U20 ITA vs FRA Indoor meet
<http://omarchador.blogspot.com/2019/03/encontro-sub-20-italia-franca-na-pista.html>
- Mon 4 Mar - Results of Portuguese Masters Indoor Championship walks in Braga
<http://omarchador.blogspot.com/2019/03/campeonatos-de-pista-coberta-da-anav.html>
- Sun 3 Mar - Results of last weekend's 24 Heures de Bourges
<http://omarchador.blogspot.com/2019/03/24-horas-de-marcha-em-bourges-franca.html>
- Sun 3 Mar - Results of promotional walks in São Martinho do Porto, Portugal
http://omarchador.blogspot.com/2019/03/sao-martinho-do-porto-recebeu-marcha-de_3.html
- Sat 2 Mar - Preview of Portuguese Indoor Champs this weekend in Pombal
<http://omarchador.blogspot.com/2019/03/pombal-encerra-pista-coberta-com.html>
- Sat 2 Mar - Preview of Portuguese Masters Indoor Champs this weekend in Braga
<http://omarchador.blogspot.com/2019/03/veteranos-vao-braga-disputar-os.html>
- Fri 1 Mar - Results of Murray Lambden Meet in Douglas, Isle of Man
<http://omarchador.blogspot.com/2019/03/murray-lambden-meeting-em-douglas-ilha.html>
- Fri 1 Mar - Preview of Turkish Walk Championships this Sunday in Izmir
<http://omarchador.blogspot.com/2019/03/campeonatos-de-marcha-da-turquia-este.html>
- Thu 28 Feb - Lin Zhang: 2 years of doping suspension
<http://omarchador.blogspot.com/2019/02/lin-zhang-2-anos-de-suspensao-por-doping.html>
- Thu 28 Feb - Christie and Melville with USATF Indoor titles
<http://omarchador.blogspot.com/2019/02/christie-e-melville-com-titulos-usatf.html>
- Thu 28 Feb - Ruslan Dmytrenko (doping): declassification (2009-2012) and suspension until 4/5/2020
<http://omarchador.blogspot.com/2019/02/ruslan-dmytrenko-doping.html>
- Wed 27 Feb - Results of Indian U18 Championships in Raipur
<http://omarchador.blogspot.com/2019/02/campeonatos-da-india-de-sub-18-em.html>
- Wed 27 Feb - Results of Central American racewalks in Guatemala
<http://omarchador.blogspot.com/2019/02/centro-americanos-na-guatemala.html>
- Wed 27 Feb - Mirna Ortiz wins 50km Central American Walk Champs with new national record
<http://omarchador.blogspot.com/2019/02/mirna-ortiz-com-recorde-nacional-de-50.html>
- Tue 26 Feb - Conesa and Bekmez win walks at international U20 meet in Minsk
<http://omarchador.blogspot.com/2019/02/conesa-e-bekmez-vencem-marcha-em.html>
- Mon 25 Feb - Rúben Santos and Joana Pontes win U20 Portuguese championships in Braga
<http://omarchador.blogspot.com/2019/02/ruben-santos-e-joana-pontes-vencem.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

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 Albiseti, 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 (20km)
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 14 (Sun), 2019	Japanese 50km Championships, Wajima, JPN (50km)
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
Sep 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

Tim Erickson, terick@melbpc.org.au Home: 03 93235978 Mob: 0412 257 496

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