



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2014/2015 Number 22
3 March 2015



VRWC Preferred Supplier of Shoes, clothes and sporting accessories.

Address: RUNNERS WORLD, 598 High Street, East Kew, Victoria (Melways 45 G4)
Telephone: 03 9817 3503
Hours : Monday to Friday: 9:30am to 5:30pm
Saturday: 9:00am to 3:00pm
Website: <http://www.runnersworld.com.au>
Facebook: <http://www.facebook.com/pages/Runners-World/235649459888840>

WALKER OF THE WEEK

When 16 year old **Jemima Montag** finished second behind Kelly Ruddick in the Victorian Open 5000m walk at the Victorian T&F Titles on Sunday, she not only secured an Open silver medal, she also recorded her second World Youth qualifier with her time of **23:06.80**, to go with her time of 23:09 from November. She now looks one of the favourites to represent Australia in this elite IAAF competition this coming July. That makes her my Walker of the Week this time around.



Jemima in action on Sunday (photo AV facebook)

WHAT'S COMING UP

Next Saturday sees the **Athletics Victoria Knockout Final** at Lakeside Stadium at Middle Park. Good luck to those competing in the 2000m walk at this meet.

The following week sees more championships including the Australian Junior T&F Champs in Sydney. This will also be the official trial meet for the 2015 World Youth Champs so all our top U18 walkers will be in action.

- Mar 11-15, 2015 **Australian Junior T&F Championships, Sydney, NSW**
- Mar 14-15, 2015 **2015 Victorian Masters T&F Championships, Tom Kelly Reserve, Doncaster**
- Mar 7, 2015 **Circuito Internacional de Marcha Chihuahua, Chihuahua, MEXICO**

I believe that Jared Tallent is racing in Mexico as well as New Zealand walker Quentin Rew. Not sure who else is going from an Oceania perspective.

SAMA TRACK WALKS, ASA STADIUM, MILE END, ADELAIDE, WEDNESDAY 25 FEBRUARY

Thanks to Colin Hainsworth for his weekly results from the South Australian Masters in Adelaide. He advised that conditions were good. I think Colin may have set set new M85 SA records for both 800m and 5000m. If that was the case, well done Colin!

800m Walk

1.	Rhiannon Lovegrove	3:35	
2.	Sarah Damin	3:39	
3.	Victoria Upton	4:10	
4.	Chloe Upton	4:26	
5.	Jack Russell	4:28	M62
6.	Marie Maxted	4:29	W54
7.	Kitara Upton	4:49	
8.	Georgia Norman	4:56	
9.	Adrian Upton	5:09	
10.	Seth Upton	5:16	
11.	John Hore	5:18	M66
12.	Julia Lycett	5:21	W50
13.	Roger Lowe	5:25	M71
14.	Leigh Smith	5:44	M79
15.	Colin Hainsworth	6:09	M85 Rec
16.	Jill Rogers	6:24	W70
17.	David Robertson	6:32	M81
18.	James Hoare	6:36	M68

5000m Walk

1.	George White	27:25	M69	90.25%
2.	Marie Maxted	31:31	W54	73.54%
3.	Jack Russell	31:40	M62	72.29%
4.	Kevin Finn	32:06	M63	72.05%
5.	Geraldine Waites	33:08	W65	79.31%
6.	John Hore	35:31	M66	67.28%
7.	Bill Starr	35:32	M72	72.29%
8.	Rodger Barber	36:03	M76	75.20%
9.	Leigh Smith	36:56	M79	76.70%
10.	Roger Lowe	37:07	M71	68.32%
11.	Colin Hainsworth	40:02	M85	78.08% Rec

3000m Walk

1.	Jan Layng	23:38	W66	65.27%
2.	James Hoare	23:40	M68	60.73%
3.	Jill Rogers	25:12	W70	64.58%
4.	Paul Boyce	25:17	M78	64.77%
5.	Edna Bates	25:48	W62	56.97%

ACT WALKERS CLUB TRACK WALKS, AIS TRACK, BRUCE, ACT, THURSDAY 26 FEBRUARY

Thanks to Robin Whyte for the latest results from Canberra. Zoe Hunt was in fine form with her 2000m time of 9:12.

2000m Walk

1.	Zoe Hunt	9:12
2.	Ann Staunton-Jugovic	10:16
3.	Kate Black	11:53
4.	Robin Whyte	12:20
5.	Bryan Thomas	13:29
6.	Rod Gilchrist	13:41
7.	Jennifer Gilchrist	14:05
8.	Ruth Baussmann	14:22
9.	Sheryl Greathead	15:58
10.	Margaret McSpadden	16:00
11.	Val Chesterton	16:25
12.	Jack Thackray	17:59

1200m Walk

1.	Tom Hunt	6:30
2.	Mitchell Baker	6:48
3.	Harry Baker	7:48

BENDIGO WALKERS CLUB ROAD WALKS, ROSALIND PARK, BENDIGO, WEDNESDAY 25 FEB

Thanks to Paul Rance for the latest results from Bendigo. Paul reported: Barb Bryant hit the lead in the last 100m and came away for a strong win, recording a lifetime PB and also breaking her own Club 55+ record with her time of 11.07. Second place went to the improving Annette Major with limit marker Caitlyn Tozer hanging on to take 3rd, also with a personal best effort.

2km Handicap

1.	Barb Bryant	11.07
2.	Annette Major	10.51
3.	Caitlyn Tozer	17.32
4.	Annette Curtis	14.07
5.	Zahra Hayes	10.08
6.	Madison Hill	11.39
7.	Jenny Payne	13.31
8.	Norm West	16.04
9.	John Carter	13.47
10.	Sheridan Commons	15.03
11.	Peter Curtis	11.22

VICTORIAN OPEN T&F CHAMPIONSHIPS, LAKESIDE STADIUM, ALBERT PARK, 27 FEB – 1 MAR

Sunday afternoon saw the Victorian Open 5000m track championships at Lakeside Stadium in inner Melbourne and walkers made the most of the ideal conditions with some fast walking.

The women were first up at 12:30PM and super masters walker Kelly Ruddick dominated the event, doing a 3000m PB of 13:01 on the way though to her final time of 21:49.33. Behind her, Jemima Montag recorded a track PB and a World Youth qualifier with 23:06.80, ahead of Megan Szirom 24:21.93 and 15 year old Eliza Clarke 25:00.18.

Women 5000m Walk Open

1.	Ruddick, Kelly	42	BHA	21:49.33
2.	Montag, Jemima	17	MAC	23:06.80
3.	Szirom, Megan	38	FKN	24:21.18
4.	Clarke, Eliza	15	DIV	25:00.93
5.	Huse, Philippa	16	SAN	27:27.06
6.	Langford, Taylor	14	DIV	29:58.18
	McInnes, Simone	24	GHY	DNF

The men's walk followed and it looked pretty much anyone's race early with Chris Erickson sitting back behind Rhydian Cowley and the young walkers. But Chris soon kicked down, soon opening up a big lead and negative splitting to win in a 1 sec PB time of 19:23.71. Rhydian walked well for second in 20:05.62 while Adam Garganis was only 1 sec outside his PB with his bronze performance of 22:03.27. And special mentions to fourth place Stuart Kollmorgen who had done a triathlon in the morning and to seventh place Andrew Jamieson – 68 years old and still competitive in the Open ranks.

Men 5000m Walk Open

1.	Erickson, Chris	34	ATE	19:23.72	PB 0:01
2.	Cowley, Rhydian	24	GHY	20:05.62	
3.	Garganis, Adam	18	COL	22:03.27	
4.	Kollmorgen, Stuart	46	COL	23:50.90	
5.	Hawksworth, Danny	36	ATE	24:28.46	
6.	Mcdonough, Aaron	43	PTN	24:35.62	
7.	Jamieson, Andrew	69	OSC	25:08.12	
8.	Smyth, David	46	COL	29:01.27	
	Brasier, Emmet	17	DIV	DQ	



Left: Jemima chases Kelly Ruddick early on



Right: Jemima, Kelly and Megan



Left: Emmet, Chris and Rhydian early on

Right: Rhydian, Chris and Adam

This was Chris's 8th win in this event and he has certainly made it his own in recent years. His stats read impressively – apart from his 2004 win which was done in 41°C heat, his winning times have nearly all been under 20 minutes and 5 of the 8 performances have been PBs.

- 2004 Erickson, Chris Aths Essendon 23.08.15 (41°C)
- 2005 Erickson, Chris Aths Essendon 20:58.26
- 2007 Erickson, Chris Aths Essendon 19:40.27
- 2008 Erickson, Chris Aths Essendon 19:35.71
- 2009 Erickson, Chris Aths Essendon 19:25.98
- 2010 Erickson, Chris Aths Essendon 19:33.95
- 2014 Erickson, Chris Aths Essendon 19:35.51
- 2015 Erickson, Chris Aths Essendon 19:23.72

Once Chris finished, he reminded Simon Baker, who was trackside, that he had finally beaten Simon's 1989 PB of 19:24.12. Chris now moves up from 11th to 10th place on the Australian 3000m All-Time listing.

Rank	Time	Name	State	DOB	Place	Location	Date	Age
1	18:41.83	Jared Tallent	V	17/01/1984	2	Sydney	28/02/2009	25
2	18:45.19	Nathan Deakes	V	17/08/1977	1	Melbourne	09/03/2006	28
3	18:51.39	Nick A'Hern	N	06/01/1969	1	Auckland, NZ	21/02/1998	29
4	18:52.87	Dave Smith	V	24/07/1955	1	Canberra	21/02/1986	30
5	18:54.65	Adam Rutter	N	24/12/1986	1	Brisbane	07/02/2009	22
6	18:56.67	Luke Adams	N	11/10/1976	2	Sydney	30/01/2010	33
7	18:56.96	Dane Bird-Smith	Q	15/07/1992	1	Brisbane	05/07/2013	20
8	19:09.74	Andrew Jachno	V	13/04/1962	2	Sydney	23/02/1991	28
9	19:20.87	Brent Vallance	N	30/04/1972	1	Sydney	20/02/2000	27
10	19:23.72	Chris Erickson	V	01/12/1981	1	Melbourne	01/03/2015	33
11	19:24.12i	Simon Baker	V	06/02/1958	7	Budapest, Hungary	05/03/1989	31
12	19:29.91	Rhydian Cowley	V	04/01/1991	2	St Lucia, QLD	05/08/2012	21
13	19:36.84	Dion Russell	V	08/05/1975	3	Hobart	14/02/1997	21
14	19:38.22	Troy Sundstrom	N	30/05/1981	3	Sydney	19/02/2000	18
15	19:45.65	Willi Sawall	V	07/11/1941	2	Melbourne	31/03/1984	42
16	19:46.23	Jesse Osborne	Q	12/01/1995	2	Melbourne	02/03/2014	19
17	19:46.91	Steve Beecroft	V	14/03/1971	2	Melbourne	09/02/1992	20
18	19:48.57	Michael McCagh	W	16/04/1986	2	Geelong	17/12/2005	19
19	19:56.90	Jon Gawley	N	09/05/1980	2	Sydney	06/03/1999	18
20	19:57.90	Paul Copeland	V	25/04/1967	2	Melbourne	14/12/1989	22
21	19:58.65	Doug Connolly	N	30/10/1982	1	Sydney	09/12/1999	17

NSW OPEN, U23 & PARA T&F CHAMPIONSHIPS, SOPAC, SYDNEY, 28 FEB - 2 MAR

The NSW State T&F Champs were also held last weekend, also with 5000m walks for men and women. The day was very warm and humid, making conditions tough for everyone, but some good results were still recorded. In the women's championship, Nicole Fagan won with 23:32.63 ahead of Kirsty Klein with 23:51.77. In the men's championship, the lead swapped several times between Tyler Jones and Jay Felton, with Jay throwing down the gauntlet with 4 laps to go and taking the lead for one final time. Tyler eventually regained the lead, winning by four seconds 21:44.26 to 21:48.04. Special mention to 14 year old Dylan Richardson who finished 4th in a PB of 24:30.04.

Women 5000m Walk Open

1.	Nicole Fagan	89	Sydney Unive	23:32.63
2.	Kirsty Klein	94	Asics Wests	23:51.77
3.	Jayde Hill	97	Nambucca Dis	25:42.19
4.	Cheryl Webb	76	Blacktown Ci	26:12.41
5.	Jasmyn McDonald	99	Parramatta C	26:44.73
6.	Lucy Francis	99	Sydney Pacif	28:03.53
7.	Jasmine Dighton	96	Asics Wests	28:28.01
8.	Samantha Brown	01	Parramatta C	30:13.51
	Bryony Beasley	97	Nepean Distr	DNF

Men 5000m Walk Open

1.	Tyler Jones	98	Mingara Athl	21:44.26	
2.	Jay Felton	95	U.T.S. North	21:48.04	PB 0:16
3.	Carl Gibbons	96	Westlakes At	23:24.47	
4.	Dylan Richardson	00	Mingara Athl	24:30.04	PB 0:08
5.	Aidan Kerr	98	Sydney Pacif	25:41.93	
6.	Adam Mylonas	97	Hills Distri	26:53.59	
7.	Ian Jessurun	67	Nsw Masters	27:27.67	
8.	Jordan Glover	99	Hills Distri	29:53.78	

SOUTH AUSTRALIAN T&F CHAMPIONSHIPS, ASA STADIUM, ADELAIDE, 27 FEB - 1 MAR

The South Australian T&F Championships were also on last weekend, with all age groups participating. The older walkers hit the track on Friday evening with 5000m walks for U18, U20, Open and Masters.

Women 5000m Walk U18

1.	Cross, Anna	Pembroke	26:16.57
2.	Lovegrove, Rhiannon	Port Adelaide	26:42.88
3.	Cross, Bethany	Pembroke	28:05.13

Men 5000m Walk U18

1.	Harlington, Alix	Salisbury	26:07.94
2.	Vidler, Jake	Southern	27:40.50

Women 5000m Walk U20

1.	Walsh, Danielle	Port Adelaide	26:35.57
2.	Findlay, Samantha	Southern	30:27.04

Women 5000m Walk OPEN

1.	Goznik, Kristie	Athletics SA	24:50.55
----	-----------------	--------------	----------

Men 5000m Walk OPEN

1.	Hill, Justin	Adelaide Har	23:53.99
2.	Crump, Peter	Saints	29:40.30

Men 5000m Walk Over 35

1.	White, George	Masters	28:58.21
2.	Leydon, John	United Colle	30:42.16
3.	Hoare, James	Port Adelaide	36:58.12

Sunday was 10000m and 3000m walks with a number of the walker backing up for more racing. 16 year old Anna Cross, who won the U18 5000m on the Friday night, won the women's Open 10,000m walk in her first ever trial over that distance, her time of 51:50.08 an excellent first up. Justin Hill, who won the men's 5000m on the Friday night, won the men's 10,000m with a good 48:25.80. Rhiannon Lovegrove and Alix Harlington also walked good doubles.

Women 10,000m Walk OPEN

1.	Cross, Anna	Pembroke	51:50.80
2.	Goznik, Kristie	Athletics SA	51:55.50
3.	Walsh, Danielle	Port Adelaide	57:35.80
4.	Findlay, Samantha	Southern	60:09.30

Men 10,000m Walk OPEN

1.	Hill, Justin	Adelaide Har	48:25.80
2.	Crump, Peter	Saints	59:31.70

Men 10,000m Walk Over 35

1.	Leydon, John	United Colle	63:15.10
	White, George	Masters	DQ

Women 3000m Walk U14

1.	Upton, Chloe	Southern	17:47.39
----	--------------	----------	----------

Men 3000m Walk U14

1.	Cross, Joe	Pembroke	15:06.31
2.	Rayner, Julian	Salisbury	20:12.18

Men 3000m Walk U15

1.	Camilleri, Tristan	Coastal Dist	16:22.19
----	--------------------	--------------	----------

Women 3000m Walk U16

1.	Lovegrove, Rhiannon	Port Adelaide	14:51.06
2.	Cross, Bethany	Pembroke	15:52.58
3.	Damin, Sarah	Saints	16:29.77

Men 3000m Walk U16

1.	Vidler, Jake	Southern	14:40.15
2.	Goode, Jayden	Salisbury	15:13.49

Men 3000m Walk U17

1.	Harlington, Alix	Salisbury	15:30.89
----	------------------	-----------	----------

QUEENSLAND ROUNDUP

Thanks to Robyn Wales for her report on a big weekend of racewalking in Queensland.

It was a great weekend of walking for our young Queenslanders with the Queensland Junior T&F Championship walks on Friday and our LAQ Junior Carnival on Sunday. We saw some quality walking from a great bunch of young people who are now looking forward to racing in Sydney next week.

Queensland Junior T&F Championships, SAF, Brisbane, 26 Feb – 1 March

First to Friday evening and the Queensland Junior T&F Championship walks. Robyn reported:

U14 3000m: Both races were won by 11 year olds with Amelia Schofield scoring line honours in a pb of 16:40.53 and Adam Bucchorn winning the boys' race in 17:01.17 also a pb. Both of these athletes will be able to compete in this event next year. Caitlyn Hannigan also scored a pb with 17:36.84 as did Nelson McCutcheon (17:12.78) Isabella Schofield and Amelia Wales were 3rd and 4th in the girls' race while Kobe Hinton's pb of 18:28.94 probably doesn't reflect his ability as he'd caught "man flu" from his Dad earlier in the week. Ben Jeffrey and Ryan Stewart were 4th and 5th.

U15 3000m: Tenyka Chapman finally cracked the 16 minute barrier after being close in Adelaide last December and was rewarded with 15:52.45 and a gold medal after leading all the way from fellow All Schools competitor Jenna Lawrence who had a very busy weekend with several events. Australian All Schools winner, Jamison Stovin made his intentions known early by setting off at a cracking pace before crossing the line in 15:00.70 from Ethan Clarke in 18:22.12.

U16 3000m: Katie Hayward had her mind set on breaking Clara Smith's Qld record and displaying impeccable technique flew around the track to come oh so close when she finished in 13:38.15. The race between Katie and Victorian Eliza Clarke is going to be a beauty. Clancy Smith and Riley Sims took out the minor placings while in the boys' race Mitchell Mellor 17:01.23 won from an ever improving Callum Haig 17:21.88.

U17 5000m: The three competitors in these races stuck together the entire race with Jamie McCutcheon 28:01.35 just beating Mikki Woodward 28:05.23 and Aimee Brackin 28:06.98 pb.

U18 5000m: For the early part of this race Clara Smith and Luke McCutcheon swapped the lead until Clara broke away to win with a WYQ time of 23:13.71 and showing signs of another exciting race in Sydney when she and Jemima go head to head. Luke finished in a pleasing 23:21.66 while Tasmanian Tahlia Hunt scored another pb with her 25:09.44.

U20 10,000m: Only Katya Martin lined up for this event and she did well to finish in 57:35.76 with a negative split and walking the 2nd 5kms on her own.

Girls 3000m Walk U14

1.	Schofield, Amelia	12	Gold Coast Victory	16:40.53
2.	Hannigan, Caitlin	13	Gold Coast Victory	17:36.84
3.	Schofield, Isabella	13	Gold Coast Victory	19:47.94
4.	Wales, Amelia	13	Gold Coast Victory	21:30.63

Boys 3000m Walk U14

1.	Buchhorn, Adam	12	Thompson Estate	17:01.17
2.	McCutcheon, Nelson	13	Qeii Track Club	17:12.78
3.	Hinton, Kobe	13	Gold Coast Victory	18:28.94
4.	Jeffrey, Ben	13	Qeii Track Club	18:40.78
5.	Stewart, Ryan	13	Ipswich	19:03.11

Girls 3000m Walk U15

1.	Chapman, Tenyka	14	Gold Coast Victory	15:52.45
2.	Lawrence, Jenna	14	Qeii Track Club	17:43.81

Boys 3000m Walk U15

1.	Stovin, Jamison	14	Gold Coast Victory	15:00.76
2.	Clarke, Ethan	14	QA	18:22.12

Girls 3000m Walk U16

1.	Hayward, Katie	15	Race Walking Qld	13:38.15
2.	Smith, Clancy	15	Noosa	17:22.94
3.	Sims, Riley	15	Athletics North	19:02.25

Boys 3000m Walk U16

1.	Mellor, Mitchell	15	Lockyer	17:01.23
2.	Haig, Callum	15	USC	17:21.88

Girls 5000m Walk U17

1.	Woodward, Mikaela	16	University of Qld	28:05.25
2.	Brackin, Aimee	16	University of Qld	28:06.98

Boys 5000m Walk U17

1.	McCutcheon, Jamie	16	Qeii Track Club	28:01.35
----	-------------------	----	-----------------	----------

Girls 5000m Walk U18

1.	Smith, Clara	17	University of Qld	23:13.71
2.	Hunt, Tahlia	17	Tasmania	25:09.44
	Robson, Natalia	17	New South Wales	DNF

Boys 5000m Walk U18

1.	McCutcheon, Luke	17	Qeii Track Club	23:21.66
----	------------------	----	-----------------	----------

Girls 10000m Walk U20

1.	Martin, Katya	18	Gold Coast Victory	57:35.16
----	---------------	----	--------------------	----------

LAQ Junior Carnival, SAF, Brisbane, Sunday 1 March

Then to Sunday for the Queensland Little Athletics Junior Carnival. Robyn reports:

Who would have thought an U9 race could be so exciting? The record 3:36.37 has stood for 14 years having been set by the delightful Natarsha Oldham in 2001. Now that's pretty quick for an 8 year old and there have been times when we thought it would go but no one has come close until this weekend. After warming up together as best friends do, Scarlett Schofield took off with Anika Clarke hot on her heels. It wasn't long before Anika hit the lead and there was no holding her back as she crossed the line in 3:36.26 with Scarlett 2nd in 3:48.50! Both girls received 2 red cards so there's a bit of fine tuning needed and we let Natarsha know her record had gone. The joy of Little Athletics paled for Natarsha then dq'd 5 years in a row after her U9 glory but she is back training again, so watch out Anika and Scarlett!

Girls U 9 700m Walk

1.	Anika Clarke	Redlands	3:36.26 (Record)
2.	Scarlett Schofield	Ashmore	3:48.50

3.	Erin Gallagher	Jimboomba	4:29.29
4.	Ashanti Heap	Gold Coast	4:40.09
5.	Cheyenne Zirbel	Toowoomba South	4:41.09
6.	Savannah Jarrett	Tweed	5:46.27



Left: Anika and Scarlett



Right: Part of Robyn's walk squad on the Gold Coast

I won't reproduce the full results from the LAQ Carnival as space is limited in the newsletter but you can check out all the walk results at http://www.laq.org.au/Portals/47/Documents/Competition%20Forms/Results/junior%20carnival_senior%20pentathlon%202015%20results.pdf.

ATHLETICS TASMANIA INTERCLUB, DOMAIN ATHLETICS TRACK, HOBART, SAT 28 FEB

And one final interclub result to compete the Australian roundup.

3000m Walk

1.	Elizabeth Leitch	ES	18:24.64
2.	Ron Foster	NS	18:40.07
3.	David Moore	NS	22:55.53

MOLLY BARNETT RWA RACEWALK CHALLENGE, COVENTRY, ENGLAND, SUNDAY 1 MARCH

Now to our overseas results and first to England, with Mark Wall reporting on the annual RWA Challenge roadwalks at the Molly Barnett Open and RWA Winter Challenge in Coventry. Mark reported as follows on the races, held on a 1km road course in dreadful conditions.

On a wet and very blustery day, Tom Bosworth walked a masterful race to claim a UK 10km record of 39:36. This is the first time he or any other Briton has beaten the magic 40 minutes (the previous best of 40:17 was set by Chris Maddocks in 1989). Junior walker Callum Wilkinson fought off all opposition to claim second place in a PB 44:15. Accordingly both were able to secure wins in the UKA challenge. This series was decided by points scored, against the IAAF Scoring tables, taking into account the fastest time recorded in the Indoor events and this final (the final scoring double points) and UK records earning a 50 point bonus.

In the female equivalent (the final leg of the UKA Challenge), Dr Tatyana Gabellone, defying the horrid conditions, pulled out a substantial PB to finish in 46:24, defeating Heather Lewis (47:26) after an early tussle, moving away over the last 5km. Bethan Davies walked a controlled race to take 3rd in 48:47. 2014 Irish International, Dr Brenda Gannon (a V40), also defeated the conditions to walk a massive PB finishing in 53:47, a second ahead of Heather Butcher (born 1997). In a close finish in the UKA Challenge, Heather hung on for the win largely thanks to the 50 point bonus gleaned from her U23 national indoor record in Cardiff in December when she prevailed over Tatyana.

In the women's 5km, Emma Achurch walked well to record 23:29, defeating all comers after Jo Atkinson was disqualified. She was over 3 minutes in front of teammate Jasmine Nicholls who recorded 26:47. In the U17 Men, Chris Snook won with 24:51. Like Emma he also secured the UKA Winter Challenge.

The U17 women saw a win in 24:54 for Sophie Lewis-Ward (as well as the UKA Winter Challenge). Second was the Italian based Molly Davey in 26:42. Molly, born in Scotland, has spent almost all her life in Italy. In the U15 event the event was won by Ana Garcia in 15:38. In a close contest Lucy Lewis held out Ben Allen 15:55 to 15:57. Ana and Ben taking the series in the age group.

The U13 event was won by Suki Ly in 11:16, ahead of the boy's winner Hisham Alkamesi with 11:19, giving him a win in the UKA Series. The Female series winner was Molly Meleady-Hanley who recorded 11:49 for second. Ellen Vahey, the leader in the series having departed on Tuesday for Australia.

Tom also got some good media coverage at <http://www.independent.co.uk/sport/general/athletics/tom-bosworth-british-race-walker-hoping-to-take-the-sport-where-its-never-been-10080657.html> and at <http://www.athleticsweekly.com/featured/tom-bosworth-british-10km-walk-record-weekly-round-up-march-2-18289/>.

Senior Men 10km

1.	Tom Bosworth	Tonbridge	39.36	UK Rec
2.	Steve Allen	Barnet	53.52	
3.	Peter Bozsko	Birchfield	59.57	
4.	Colin Vesty	Leicester WC	62.54	
5.	Dan Maskell	Surrey WC	65.52	
6.	Ed Shillabeer	Ilford	66.38	
7.	David Fall	Birchfield	76.15	
8.	Andrew Miller	W&B	49.42	

Senior Women 10km

1.	Tatyana Gabelone	Leicester WC	46.24
2.	Heather Lewis	Pembrokeshire H	47.26
3.	Bethan Davies	Cardiff	48.47
4.	Brenda Gannon	Hyde Park	53.47
5.	Heather Butcher	Cambridge	53.48

Senior Men 5km

1.	Oliver Hopkins	Lewes	31.07
2.	Ben Hartley	Hyde Park	DQ

Senior Women 5km

1.	Jasmine Nicholls	Leicester WC	26.47
2.	Penelope Cummings	Herne Hill H	27.56
3.	Charlotte Finney	Birchfield	29.50
4.	Hilary Mann	Sparkhill H	32.04
5.	Julie Bellfield	Halesowen	32.58
6.	Sue Davis	AFD	33.30
7.	Geraldine Legon	Bexley	33.45
8.	Tracey Mills	Birchfield	34.07
9.	Lyn Bellfield	Halesowen	36.02
	Jo Atkinson	Middlesborough & Cleveland	DQ

Junior Men 10km

1.	Callum Wilkinson	Enfield & Haringey	44.15
2.	Luke Legon	Bexley	50.42
3.	Tim Snook	AFD	51.18
4.	Daniel Watling	Birchfield	60.50
	Cameron Corbishley	Medway & Maidstone AC	DQ
	Guy Thomas	Tonbridge	DQ

Junior Women 5km

1.	Emma Achurch	Leicester WC	23.29
2.	Jessica Mills	Birchfield	31.22

U17 Boys 5km

1.	Chris Snook	AFD	24.51
2.	Jordan Price	Brecon	33.30
3.	Matthew Phipps	Neath H	33.45
4.	Daniel McErlich	Cardiff	36.48

U17 Girls 5km

1.	Sophie Lewis-Ward	Cambridge	24.54
2.	Molly Davey	Athletica M&G	26.42
3.	Amy Phipps	Neath H	31.44

4.	Indigo Burgin	Cambridge	32.08
5.	Abigail Jennings	AFD	32.19
6.	Amelia Davey	Carmarthen H	32.38

U15 Boys 3km

1.	Benjamin Allen	Leicester WC	15.57
2.	George Wilkinson	unattached	21.53

U15 Girls 3km

1.	Anna Garcia	Sheffield	15.38
2.	Lucy Lewis	Cambridge	15.55
3.	Kara Lane	Birchfield	16.12
4.	Evie Butcher	Cambridge	16.19
5.	Alana Ziedler	Sheffield	17.11
6.	Laura Achurch	Leicester	18.22
7.	Beatrice Fury	Medway & Maidstone AC	20.06

U13 Boys 2km

1.	Hisham Alkamesi	Nuneaton	11.19
2.	Faris Alkamesi	Nuneaton	11.42
3.	Kai Cundey	Sheffiled	12.06

U13 Girls 2km

1.	Suki Ly	Cambridge	11.16
2.	Molly Meleady-Harley	Sheffield	11.49
3.	Laura McColl	Sheffield	12.59
4.	Hannah Gadd	DASH	15.12
5.	Katie Haynes	DASH	15.44
6.	Emily Davis	DASH	15.51

U11 Boys 1km

1.	Jamie Crook	DASH	7.09
----	-------------	------	------

Thanks to Mark Easton for the following great photos. You can see them and many more at his Molly Barnett 2015 photo galleries at <http://markeaston.zenfolio.com/f109554450>.



10km walkers Tom Bosworth, Callum Wilkinson, Heather Lewis and Tatyana Gabelone (photos Mark Easton)



5km walkers Chris Snook and Emma Achurch (photos Mark Easton)

2015 USATF INDOOR TRACK & FIELD CHAMPIONSHIPS, BOSTON, MA, FEB 28-MAR 1

The 2015 USATF Indoor Track & Field Championships returned to the Reggie Lewis Track and Athletic Center last weekend, with 2 Mile Walk championships on offer. Both races were relatively close and victories went to Nick Christie (12:42.12) and Maria Michta-Coffey (13:37.02). Great race videos to be seen at http://www.usatf.tv/gprofile.php?mggroup_id=45365&mggroup_event_id=25&year=2015&do=videos&video_id=135547 and http://www.usatf.tv/gprofile.php?mggroup_id=45365&mggroup_event_id=25&year=2015&do=videos&video_id=136024.

Men 2 Mile Race Walk, Saturday, 2:30 PM

1.	Nick Christie	Unattached	12:42.12
2.	John Nunn	U.S. Army	12:44.43
3.	Jonathan Hallman	Shore AC	13:34.69
	Emmanuel Corvera	Unattached	DQ
	John Cody Risch	Q Elite	DQ

Women 2 Mile Race Walk, Sunday, 3:05 PM

1.	Maria Michta-Coffey	Walk USA	13:37.02
2.	Miranda Melville	New York AC	13:45.05
3.	Erin Gray	Bowerman TC	14:24.50
4.	Katie Burnett	Unattached	14:55.78
5.	Erin Taylor-Talcott	Shore AC	15:35.54
6.	Meaghan Podlaski	Unattached	15:58.44
	Chelsea Conway	Shore AC	DQ

29TH SPANISH ROAD WALKING CHAMPIONSHIPS, JUMILLA, SPAIN, SUNDAY 1 MARCH

35km Open Men

First an impressive stat: 30 starters, of whom 19 finished, 8 were DNF and 3 DQ. That's a very strong standard. The win went to Miguel Angel Lopez (2:32:56) with Irish walker Brendan Boyce second (2:38:13). 2013 World Champion Robert Heffernan had matched it with Lopez for 15km before retiring.

1.	LOPEZ NICOLAS, MIGUEL ANGEL	CA Llano de Brujas-Murcia	2:32:56
2.	BOYCE, BRENDAN	EXTRANJERO	2:38:13
3.	TUR PICO, MARC	C.A.Fent Cami Mislata	2:39:53
4.	SANCHEZ BERMEJO, BENJAMIN	UCAM-Athleo Cieza	2:40:38
5.	CORCHETE MARTINEZ, LUIS MANUEL	Atletismo Torrevieja	2:40:42
6.	ODRIOZOLA DOMINGUEZ, MIKEL	Real Sociedad	2:41:13
7.	DIAZ VELAZQUEZ, JOSE IGNACIO	FC Barcelona	2:41:33
8.	ARCILLA ALLER, FRANCISCO	Playas de Castellon	2:45:21

9.	FLOREZ STUDER, ALEX	S.G. Pontevedra	2:53:41
10.	PUEYO MINISTRAL, DAVID	CA Montornes	2:58:58

20km Open Women

Another big field with 24 starters, of whom 21 finished. Victory went as forecast to Raquel Gonzalez Campos (1:31:13) ahead of Ainhoa Pinedo Gonzalez (1:35:12).

1.	GONZALEZ CAMPOS, RAQUEL	FC Barcelona	1:31:13
2.	PINEDO GONZALEZ, AINHOA	A.D. Marathon	1:35:12
3.	GARCIA-CARO LORENZO, LAURA	A.D. Marathon	1:36:43
4.	JUAREZ GALLARDO, MAR	CA Montornes	1:38:36
5.	LARIOS LOPEZ, MARIA	A.D. Marathon	1:39:19
6.	CANO GOMEZ, AMANDA	UCAM-Athleo Cieza	1:39:57
7.	TUR PALAU, EVA MARIA	Ria Ferrol-C. Arenal	1:43:19
8.	GUSTRAN CORTES, MARTA	Juventud Atletica	1:47:47
9.	MARTINEZ CACHEIRO, PAULA	FC Barcelona	1:47:48
10.	LEON ASENSIO, RAQUEL	CA Valladolid-U.Va	1:48:54

10km Junior Men

Victory to Diego Garcia Carrera with 41:34 ahead of Manuel Bermudez Jimenez with 42:00.

1.	GARCIA CARRERA, DIEGO	A.D. Marathon	41:34
2.	BERMUDEZ JIMENEZ, MANUEL	MURCIA	42:00
3.	RODES LLORENS, NIL	CATALUÑA	44:06
4.	VIÑAS PICAZO, MARIO	CATALUÑA	44:15
5.	LOPEZ PEREZ, IVAN	MURCIA	45:03
6.	MARTIN AMAT, JUAN FRANCISCO	ANDALUCÍA	45:45
7.	GARCIA MARTINEZ, PEDROJOSE	ANDALUCÍA	46:44
8.	VILLARROYA SANCHIS, JOAN	Correr el Garbi	46:44
9.	DANTA DURAN, ALVARO	EXTREMADURA	49:01
10.	FERNANDEZ ORTIZ, MANUEL LEON	EXTREMADURA	49:20

10km Junior women

Victory went to Maria Perez Garcia in 47:10 ahead of Mar Chillon Camano with 52:03.

1.	PEREZ GARCIA, MARIA	ANDALUCÍA	47:10
2.	CHILLON CAMAÑO, MAR	GALICIA	52:03
3.	FUENTES CASTRO, CARMEN	GALICIA	53:10
4.	RUIZ TERAN, ANGELA	Cayon-Helios DICA	53:25
5.	SANCHEZ BERMEJO, MELISA	MURCIA	54:02
6.	SANTAELENA GARCIA, CARLA	CASTILLA Y LEÓN	54:09
7.	VILLAVERDE UGUINA, PATRICIA	MADRID	55:20
8.	MARTIN FANDOS, MAR	COMUNIDAD VALENCIANA	55:58
9.	DEL RIO HERNANDEZ, ALICIA	MADRID	56:23
10.	CARRAL BERBIL, CRISTINA	Cayon-Helios DICA	56:56

U18 and U16 championships were also contested. To see their results as well as the complete results for the Open and Junior championships, see http://www.marciadalmondo.com/admin/pdf/risultati/0203201530marcha_jumilla.pdf.

FRA-GER-ITA JUNIOR INDOOR T&F MATCH, LYON, FRANCE, SATURDAY 28 FEBRUARY

The annual France vs Germany vs Italy Junior Indoor T&F match in Lyon saw wins to Jean Blancheteau 20:16.7 and Noemi Stella 13:19.4.

Men 5000m Race Walk Indoor

1.	Jean BLANCHETEAU	FRA	96	20:16.7
2.	Heiner TERP	GER	96	20:51.8
3.	Gianluca PICCHIOTTINO	ITA	96	20:52.8
4.	Gregorio ANGELINI	ITA	96	20:57.1
5.	Axel MUTTER	FRA	96	21:25.1
6.	Karl JUNGHANSS	GER	96	22:57.9

Women 3000m Race Walk Indoor

1.	Noemi STELLA	ITA	97	13:19.4
2.	Eleonora DOMINICI	ITA	96	13:37.9
3.	Teresa ZUREK	GER	98	13:51.2

4.	Axelle HAM	FRA	97	13:52.8
5.	Eloise TERREC	FRA	98	14:38.1
	Annika BREMBACH	GER	96	DQ

BLR-UKR JUNIOR INDOOR T&F MATCH, MOGILYOV, BELARUS, FRIDAY 27 FEBRUARY

The annual Belarus vs Ukraine Junior Indoor T&F Match was held this week in Mogilyov in Belarus and it saw walk wins to Anatoli Homeleu (21:12.8) and Hanna Suslyk (13:03.7).

Men 5000m Race Walk Indoor

1.	Anatoli HOMELEU	BLR	96	21:12.8
2.	Dmitriy LUKYANCHUK	BLR	97	21:45.6
3.	Aleksey BUYKEVICH	BLR	97	21:52.2
4.	Oleksandr ZHOLOB	UKR	97	22:08.1

Women 3000m Race Walk Indoor

1.	Hanna SUSLYK	UKR	96	13:03.7
2.	Anastasiya RAROVSKAYA	BLR	96	13:58.9
3.	Yuliya BALKOVSKAYA	BLR	96	14:09.0
4.	Ksenia BYELOVA	UKR	98	14:33.6
5.	Viktoriya YEGORENKO	BLR	97	14:46.4
6.	Natallia MALCHANOVA	BLR	97	14:48.8

FINNISH INDOOR T&F CHAMPIONSHIPS, TURKU, FINLAND, 27 FEB - 1 MAR

The Finnish U18/U20/U23 Indoor T&F Champs in Turku last weekend saw a number of walkers in action.

U18 Men 3000m Race Walk Indoor

1.	Joni HAVA	FIN	99	13:58.37
----	-----------	-----	----	----------

U18 Women 3000m Race Walk Indoor

1.	Enni NURMI	FIN	98	13:55.72
2.	Riina PERKIÖ	FIN	99	14:29.69
3.	Katri GAURILOFF	FIN	99	14:44.02
4.	Annina KIVIMÄKI	FIN	99	16:59.65

U20 Men 5000m Race Walk Indoor

1.	Artturi OILA	FIN	96	24:22.28
----	--------------	-----	----	----------

U20 Women 3000m Race Walk Indoor

1.	Henrika PARVIAINEN	FIN	97	13:56.11
2.	Hanna WESTERLUND	FIN	97	15:09.42
3.	Elina HEIKKINEN	FIN	97	15:55.40
	Vera RAUHALA	FIN	97	DQ

U23 Women 3000m Race Walk Indoor

1.	Hele HAAPANIEMI	FIN	93	14:07.74
2.	Tiia KUIKKA	FIN	94	14:07.95
3.	Venla LAIHO	FIN	95	14:41.83
4.	Sini JUSSILA	FIN	95	14:49.66

24 HEURES DE BOURGES, BOURGES, FRANCE, 28 FEB – 1 MARCH

Our tireless European correspondent Emmanuel Tardi was in Bourges last weekend for the French 24 Hour Walk championships, an annual event and a big one. He reported as follows:

I was in Bourges (250km in the south of Paris) this weekend for our National 24 Hour Walk Championships. 79 contenders were on the start line at 1pm on Saturday - 68 for the 24 Hour event and 11 for the 2x6 Hour event. The first lap was 540m long, followed by laps of 2.688km, with the lap being shortened to 639m for the final hour. This enabled walkers to get an exact 100km time in transit.

In the first part of the race, the weather was very good (8°C and sunny) and the pace was on early. Remi Bonotte immediately took the race lead, walking at a speed faster than 10km/h. He reached the 50km mark in around 5hours, some 40 minutes ahead of the field. It was a very impressive start and nothing seemed likely to stop him. But he had not counted on the

weather which deteriorated drastically in the middle of the night, with very cold conditions and drenching rain which lasted for around 4 hours. Thibaux (2nd place) and Letourneau (3rd place) stopped during the rain and Bonotte was forced to reduce his speed significantly and was walking very slowly by Sunday morning. But his lead was sufficient and he won the French title with 199.84km in front of Emmanuel Lasalle 192.22km and the unstoppable 65 years old Gilles Letessier 188.23km.

In the women's race, Russian walker Tatiana Maslova lead from beginning to end. Everybody thought that Sandra Brown would challenge but it was not to be with Tatiana winning with 183.62km ahead of Sandra 180.45km. The battle for the French title saw a battle between Maggy Labylle and Martine Navarro, Maggy winning with 171.22km, less than 1km ahead of Martine with 170.49km.

The ancillary event was walkers walk for the first 6 hours and the last 6hours of the race. Cedric Varain win this race with 104.34km. Walkers in this event had numbers in excess of 100.

Pl	Num	Name	Laps	Distance	Cat Place
1.	5	BONNOTTE Remi	74	199.84 km	1 M
2.	17	LASSALLE Emmanuel	70	192.22 km	2 M
3.	51	LHOEST Daniel	69	188.23 km	3 M
4.	18	LETESSIER Gilles	68	186.05 km	4 M
5.	24	OLIVARES Mathieu	67	183.77 km	5 M
6.	95	MASLOVA Tatiana	67	183.62 km	1 F
7.	42	GILLES Philippe	67	182.18 km	6 M
8.	91	BROWN Sandra	66	180.45 km	2 F
9.	49	LABORIE Christophe	65	178.77 km	7 M
10.	12	GUILLEMANT Franck	65	176.35 km	8 M
11.	4	BOCUZE Daniel	64	174.74 km	9 M
12.	77	LABYLLE Maggy	63	171.22 km	3 F
13.	80	NAVARRO Martine	63	170.49 km	4 F
14.	41	FORESTIERI Alexandre	63	169.60 km	10 M
15.	93	DAVID Christine	61	166.40 km	5 F
16.	47	GRASSI Alain	61	165.46 km	11 M
17.	53	MAUDUIT Christian	61	164.39 km	12 M
18.	79	MAISON Sylvie	60	163.67 km	6 F
19.	3	BIET Christophe	60	162.21 km	13 M
20.	8	DANDOY Jeremy	60	162.08 km	14 M
21.	82	SALOMEZ Benedicte	59	161.04 km	7 F
22.	83	SONNOIS Martine	59	159.89 km	8 F
23.	15	KIEFFER Pascal	58	158.03 km	15 M
24.	52	MACKINTOSH Tony	58	156.41 km	16 M
25.	71	ARNAULT Francoise	57	155.59 km	9 F
26.	55	PICOT Gérard	57	155.46 km	17 M
27.	31	THEVENIN Pascal	57	155.28 km	18 M
28.	26	PERAMIN Willy	57	154.07 km	19 M
29.	94	LAWRIE Karen	57	153.72 km	10 F
30.	7	BUNEL Pascal	56	151.50 km	20 M
31.	34	THOUMELIN Laurent	56	151.39 km	21 M
32.	57	SADET François	55	150.19 km	22 M
33.	20	LINARD Benoit	55	149.19 km	23 M
34.	81	QUINQUETON Bernadette	55	148.89 km	11 F
35.	22	MASSON Pascal	54	148.27 km	24 M
36.	76	FABRE Francoise	54	146.46 km	12 F
37.	84	VIGNAUD Annette	54	145.74 km	13 F
38.	73	BIZARD Claudie	53	143.70 km	14 F
39.	74	BIZARD PLANCHOT Emilie	51	140.50 km	15 F
40.	13	HASSEVELDE Sebastien	52	139.75 km	25 M
41.	45	BLANCHOUIN Gaston	51	137.33 km	26 M
42.	92	CRILLEY Kathy	49	133.74 km	16 F
43.	50	LACROIX Jean-louis	48	131.15 km	27 M
44.	10	ELIEZER Jocelyn	46	124.25 km	28 M
45.	19	LETOURNEAU Florian	47	124.19 km	29 M
46.	27	RASSAIND Andre	46	123.34 km	30 M
47.	72	BERTHAULT-KORZHYK Anni	45	122.59 km	17 F
48.	30	SPIESER Jean-paul	40	109.08 km	31 M
49.	43	AUVILLE Daniel	39	106.16 km	32 M
50.	109	VARAIN Cédric	38	104.34 km	33 M
51.	56	PIERRE Patrick	38	101.89 km	34 M
52.	105	LABARRE Bertrand	35	96.46 km	35 M
53.	101	CHABIN Frederic	35	96.38 km	36 M
54.	108	SEYNAEVE Serge	34	93.69 km	37 M

55.	114	MESMOUDI Anne-marie	33	91.75 km	18 F
56.	111	ANXIONNAT Claudine	33	90.85 km	19 F
57.	113	PANNIER Josiane	33	90.52 km	20 F
58.	11	GEORGELIN Serge	34	89.25 km	38 M
59.	107	PICHON Jean	29	79.85 km	39 M
60.	2	ARNAULT Jacques	29	75.81 km	40 M
61.	102	DEHU Gérard	17	46.51 km	41 M
62.	46	CHAUVITEAU Daniel	14	35.49 km	42 M
	48	KONDRATENKO Alek.	56	148.39 km	DNF M
	32	THIBAUX Phil.	39	102.69 km	DNF M
	33	THIRIOT Loui.	38	100.00 km	DNF M
	58	TITLEY Andr.	36	94.62 km	DNF M
	75	DUBOIS DENGHIEN Cath.	34	89.25 km	DNF F
	6	BOVIN Laur.	32	83.87 km	DNF M
	60	JOASSARD Patr.	30	78.50 km	DNF M
	35	WALLAEYS Jean.	29	75.81 km	DNF M
	44	BIEBUYCK Pasc.	27	70.43 km	DNF M
	106	PICAULT Laur.	24	62.37 km	DNF M
	54	OUTREQUIN Flor.	21	54.30 km	DNF M
	21	LOUGRADA Saad.	21	54.30 km	DNF M
	112	BERTHIER Vale.	18	46.24 km	DNF F
	78	LANDRU Noel.	18	46.24 km	DNF F
	16	LAILLER Patr.	16	40.86 km	DNF M
	59	FROT Patr.	13	32.80 km	DNF M
	23	MAUNY Clau.	9	22.04 km	DNF M

Thanks to Emmanuel Tardi for the following photos. Lots more at <https://plus.google.com/photos/113493053302679203574/albums/6121656637009156465>.



Remi Bonnette, Emmanuel Lasalle and Daniel Lhoest



Tatiana Maslova, Sandra Brown, Maggy Labyille and Martine Navarro

OUT AND ABOUT

- The IAAF interviews 2013 IAAF 50km World Champion Robert Heffernan of Ireland
<http://www.iaaf.org/news/feature/robert-heffernan-walker-ireland>
- The Russian athletics federation says 18 year old Russian racewalker Evgeny Pantyushin has been banned for nine months, backdated to 1st Oct 2014, after the banned steroid prednisolone was found in his system at the national championships. You guessed it - Pantyushin is said to train under Russia's disgraced head walking coach Viktor Chegin.
http://www.nzherald.co.nz/athletics/news/article.cfm?c_id=19&objectid=11408037&ref=rss
- Jared Tallent will have all his options open as he pursues a gold medal at the IAAF World Championships in Beijing this summer after producing a dominant display to win round one of the IAAF Race Walking Challenge in Adelaide.
<http://www.iaaf.org/news/report/adelaide-iaaf-race-walking-challenge>
- Athletics is not the only sport suffering a lack of confidence in RUSADA. World Swimming is in turmoil in the leadup to the 2015 Swimming World Championships in Russia.
<http://www.swimvortex.com/we-all-deserve-better-than-fina-world-coaches-told-as-swim-schism-spills/>
- And to more potential Russian doping allegations, this time with tragic consequences when, in a Russian biathlon race, a 21 year old competitor collapsed metres from the finish line and died. The official cause was deemed to be heart arrest but the family are not convinced and demand an investigation to see if they was yet another victim of Russian doping.
<http://sportky.topky.sk/c/134554/zabil-ju-hromadny-doping-mnozstvo-otaznikov-okolo-smrti-mladej-biatlonistky>

WHAT MARCIADALMONDO AND OMARCHADOR ARE REPORTING THIS WEEK

Another big week of reporting from my two favourite press release sites. First to marciadalmondo for which I can report 8 press releases.

- Mon 2 March - Tom Bosworth and Tatyana Gabellone win the British 10,000m indoor champs in Coventry
http://www.marciadalmondo.com/ita/dettagli_news.aspx?id=2028
- Sun 1 March - Results of the Spanish Road Walk Championships
http://www.marciadalmondo.com/ita/dettagli_news.aspx?id=2027
- Sat 28 Feb - Interview with Spanish walker Miguel Angel Lopez
http://www.marciadalmondo.com/ita/dettagli_news.aspx?id=2026

- Sat 28 Feb - Results of the BLR-UKR Indoor Junior match in Belarus
http://www.marciadalmondo.com/ita/dettagli_news.aspx?id=2025
- Fri 27 Feb - Results of the ITA-GER-FRA Indoor Meet in Lyon, France
http://www.marciadalmondo.com/ita/dettagli_news.aspx?id=2024
- Thu 26 Feb - Condolances to Italian coach Antonio La Torre on the passing of his mother
http://www.marciadalmondo.com/ita/dettagli_news.aspx?id=2022
- Wed 25 Feb - report of Coaches seminar in Padua, Italy, including presentations (in Italian)
http://www.marciadalmondo.com/ita/dettagli_news.aspx?id=2021
- Tues 24 Feb - preview of ITA-GER-FRA Indoor Meet to be held in Lyon, France
http://www.marciadalmondo.com/ita/dettagli_news.aspx?id=2020

I can report on 12 omarchador press releases this week

- Mon 2 Mar - Results of the Portuguese Race Walking Cup held in Leiria
<http://omarchador.blogspot.pt/2015/03/pechao-e-rio-maior-conquistam-taca-de.html>
- Mon 2 Mar - Results of Portuguese University track alk champs in Pompal
<http://omarchador.blogspot.pt/2015/03/campeonato-nacional-universitario-de-p.html>
- Sat 28 Feb - Murcia to host 2015 European Walking Cup
http://omarchador.blogspot.pt/2015/02/murcia-celebrara-os-84os-campeonatos-de_28.html
- Sat 28 Feb - Liakhovich and Balkunets win indoor track championships in Belarus
<http://omarchador.blogspot.pt/2015/02/liakhovich-e-balkunets-vencem.html>
- Fri 27 Feb - Preview of Portuguese Race Walking Cup held in Leiria
<http://omarchador.blogspot.pt/2015/02/fpa-altera-horario-da-taca-de-portugal.html>
- Fri 27 Feb - Evan Dunfee and Rachel Seaman win Canadian indoor track champs
<http://omarchador.blogspot.pt/2015/02/evan-dunfee-e-rachel-seaman-campeoes-do.html>
- Fri 27 Feb - Antonin Boyez and Emilie Menuet win French indoor track champs
<http://omarchador.blogspot.pt/2015/02/antonin-boyez-e-emilie-menuet-sagraram.html>
- Thu 26 Feb - Tomala and Szwarnóg win Polish indoor track champs in Torun
<http://omarchador.blogspot.pt/2015/02/tomala-e-szwarnog-campeoes-polacos-de.html>
- Wed 26 Feb - Results of racewalk tournament in Barueri, Brazil
<http://omarchador.blogspot.pt/2015/02/torneio-de-marcha-atletica-em-barueri.html>
- Wed 26 Feb - Results of Lithuanian indoor walk champs
<http://omarchador.blogspot.pt/2015/02/marius-ziukas-o-terceiro-melhor-na.html>
- Tue 25 Feb - Results of Iberian Masters Walk Champs
<http://omarchador.blogspot.pt/2015/02/felicidade-rosa-e-roberto-rodriguez.html>
- Tues 25 Feb - Tallent and Holliday triumph in Adelaide
<http://omarchador.blogspot.pt/2015/02/tallent-e-holliday-triunfam-em-adelaide.html>

PIT LANE RULE EXPLAINED

Thanks to Russ Dickenson for explaining the new racewalk Pit Lane Rule to us so clearly. As they say, a picture is worth a thousand words.



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.

2014/2015 Australian/Victorian Key Dates

Mar 11-15, 2015	Australian Junior T&F Championships, Sydney, NSW
Mar 14-15, 2015	2015 Victorian Masters (AV and VMA combined) T&F Championships, Tom Kelly Reserve, Doncaster
Mar 26-29, 2015	Australian Open T&F Championships, Brisbane, QLD (10,000m Walks)
May 8-10, 2015	Oceania Area Championships (walks included), Cairns, QLD
Sun Aug 30, 2015	Australian Roadwalk Championships, Middle Park, VIC
Oct 3-10, 2015	Australian Masters Games, Adelaide, SA
Nov 21-29, 2015	Pacific Schools Games, Adelaide, SA

2015 IAAF Race Walking Challenge Dates

Mar 7, 2015	Circuito Internacional de Marcha Chihuahua 2015	Chihuahua, MEXICO
Mar 15, 2015	Asian 20km Race Walking Championships	Nomi, JAPAN
Mar 21, 2015	Dudinska Paldesjatka (D-50-km)	Dudince, SLOVAK REPUBLIC
Apr 11-12, 2015	African Race Walking Championships	Maurice, MAURITIUS
Apr 18, 2015	24 th Grande Prémio Internacional de Rio Maior em Marcha Atlética	Rio Maior, PORTUGAL
May 1, 2015	2015 IAAF Race Walking Challenge	Taicang, CHINA
May 9-10, 2015	Pan American Race Walking Cup	Arica, CHILE
May 17, 2015	11 th European Cup Race Walking	Murcia, SPAIN
Jun 6, 2015	XXIX Gran Premio Cantones de La Coruña	La Coruña, SPAIN
Aug 22-30, 2015	15 th IAAF World Championships	Beijing, CHINA

Other Top Races in 2015

Mar 15, 2015	Lugano Trophy - Memorial Mario Albiseti	Lugano, SWITZERLAND
Apr 11, 2015	International Racwalk Competition	Podebrady, CZECH REPUBLIC
Apr 19, 2015	46 th International Racewalk Meet	Naumburg, GERMANY

Looking further forward

July 3-14, 2015	28 th Summer Universiade, Gwanju, South Korea
July 15-19, 2015	9 th World Youth T&F Championships, Cali, Colombia
Aug 22-30, 2015	15 th IAAF World Championships in Athletics, Beijing, China. See http://www.iaafbeijing2015.com
July/Aug 2015	20 th World Masters T&F Champs Stadia, Lyon, France
Aug 15-16, 2015	104th Centurions 100 Miles qualifying walk , Castletown, Isle of Man

See <http://www.isleofman100milewalk.co.uk/index.html>

May 2016	27 th IAAF World Race Walking Team Championships, Cheboksary, Russia
July 19-24, 2016	16 th World Junior T&F Championships, Kazan, Russia
Oct 26 -Nov 6, 2016	21 st World Masters T&F Champs Stadia, Perth, Australia. See http://www.perth2016.com
Aug 2016	31 st Olympic Games, Rio de Janeiro, Brazil. See http://www.rio2016.org.br/en/Default.aspx
July 2017	10 th World Youth T&F Championships, Niarobi, Kenya
July 2017	29 th Summer Universiade, Taipei, Taiwan
August 5-13, 2017	16 th IAAF World Championships in Athletics, London, UK
May 2018	28 th IAAF World Race Walking Team Championships, Cheboksary, Russia
July 2018	16 th World Junior T&F Championships, ?
Apr 4-15, 2018	Commonwealth Games, Gold Coast, Queensland (racewalks on the program). See http://www.gc2018.com
2019	17 th IAAF World Championships in Athletics, Doha, Qatar
July 2019	11 th World Youth T&F Championships, ?
July 2019	30 th Summer Universiade, Brasilia, Brazil
July 2020	32 nd Olympic Games, Tokyo

Tim Erickson, Secretary, VRWC, terick@melbpc.org.au Home: 03 90125431 Mob: 0412 257 496

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