



HEEL AND TOE ONLINE

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

Alana Barber was my walker of the week two weeks ago and this time around it is fellow Kiwi **Quentin Rew** who has had a great 3 weeks, culminating in a 4th place finish in the IAAF Challenge Series 50km event in Chihuahua on Saturday. Here is how it all panned out.



Quentin (on the right) fights out the third spot finish in the 50km event in Chihuahua on Saturday

Two weeks ago, Quentin walked in our Australian Summer 20km championships in Adelaide, coming second to Jared Tallent in a time of 1:25:22. Then it was back to Melbourne for a day before a quick turnaround and a 24 hour flight to Fort Worth, Texas, for the first leg of a 20km/50km double, something that he wanted to test out in preparation for this year's World champs in Beijing. As he couldn't find a suitable 20km walk, he was intending to walk a half marathon as the next best workout. I'll pass onto Quentin now to explain what happened next, via his blog (<http://morethanracewalking.blogspot.com.au/>).

My first impression of Fort Worth was disappointment at the airport's baggage carousel. My suitcase was still in LA, and I wouldn't see it for a few days. The second impression was that it was cold. This was exacerbated by the initial bag-loss problem, because said bag contained a warmer set of clothes. Not ideal, but I'd soon realise that it could have been worse. At the time I landed it was about 4°C. In the following days it would drop to -6°C, and with snow and wind-chill on top of that, it felt even colder. Training was colder than at any time in my two years in Yorkshire, and I was glad to be doing relatively low mileage, simply because it meant relatively little time outdoors.

It got to the point where road travel was restricted by ice, and the taxi that was to take me to the race couldn't come. I discovered this less than two hours before the start, which was about 10km away. Fiddlesticks! It was 6:15a.m at that stage, so it probably took a little longer than it should have for my sleepy brain to figure out the only option was to walk there. So I did. Along a freeway, accompanied by slushy snow, in the dark. Surprisingly though, I felt fine during the race, and performed reasonably well - perhaps the extended warm-up actually helped? Or maybe it was the adrenaline of a frantic morning...

Anyway, to cut a long story short, the 10km, 5km and marathon and ultra marathon were all cancelled but luckily for Quentin the half marathon went ahead and he walked a corker, coming 16th overall in 1:27:34 in the treacherous conditions. Not bad for a walk!

Then it was onto Chihuahua for the second leg of the IAAF Challenge Series. Now Chihuahua is at an altitude of just over 1400m so it is not the place to go for fast times. But once again, Quentin produced the goods, coming 4th overall in the 50km in a time of 3:52:18, just a couple of minutes outside his PB.

It has been a busy last 3 weekends for Quentin but you must agree it has been a quality period!

WHAT'S COMING UP

This week sees the **Australian Junior T&F Champs** in **Sydney**. This is the official trial meet for the 2015 World Youth Champs so all our top U18 walkers will be in action. These events in particular are going to be fascinating. Walk times are

Wed 11 March	7:50 PM	5000m Walk Under 17/18 Men
	8:57 PM	5000m Walk Under 17/18 Women
Thu 12 Mar	4:22 PM	3000m Walk Under 15/16 Men
	5:25 PM	3000m Walk Under 15/16 Women
Fri 15 Mar	4:50 PM	3000m Walk Under 14 Men
	6:12 PM	3000m Walk Under 14 Women
	7:22 PM	10,000m Walk Under 20 Women/Men

Next weekend also sees the **Victorian Masters T&F Championships** at the Tom Kelly Reserve in Doncaster. Our older walkers will in action with 1500m and 3000m track walks.

And internationally, it's a big weekend with the following two prestigious events on offer elsewhere

- Mar 15, 2015 Asian 20km Race Walking Championships Nomi, JAPAN
- Mar 15, 2015 Lugano Trophy - Memorial Mario Albisetti Lugano, SWITZERLAND

BENDIGO WALKERS CLUB ROADWALKS, ROSALIND PARK, BENDIGO, WEDNESDAY 4 MARCH

Thanks to Paul Rance for the following report from the Bendigo Walkers Club.

The Bendigo Walkers Club held 1km and 3km handicap events in Rosalind Park on Wednesday evening. The 1km race saw first time competitor Charlotte Murphy secure a solid victory in a close battle with just 5m between the first 3 athletes, with Madison Hill sprinting to the line to take 2nd place just in front of Sheridan Commons with both Madison and Sheridan producing personal best efforts while Peter Curtis took fastest time honours. The 3km event saw second backmarker Zahra Hayes work her way through the field and take the lead in the last 100m for an excellent victory with a Club PB and she also secured fastest time honours, 2nd place went to Jennie Payne also in a personal best with limit marker Norm West holding on to take 3rd place.

1km Handicap

1.	Charlotte Murphy	6.05
2.	Madison Hill	5.11
3.	Sheridan Commons	6.17
4.	Peter Curtis	4.50

3km Handicap

1.	Zahra Hayes	15.13
2.	Jennie Payne	20.13
3.	Norm West	24.05
4.	Barb Bryant	17.17
5.	Annette Curtis	22.02
6.	Michael Gillies-Smith	15.18
7.	Annette Major	16.55
8.	John Carter	21.18

SAMA TRACK WALKS, ASA STADIUM, MILE END, ADELAIDE, THURSDAY 4 MARCH

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

1000m Yacht Handicap

1.	David Robertson	8:04	M81
2.	Sarah Damin	4:38	
3.	Georgia Norman	6:16	
4.	Marie Maxted	5:37	W54
5.	Colin Trengove	7:29	M77
6.	John Hore	6:34	M66

2000m Yacht Handicap Walk

1.	Gil McIntosh	13:11	M64
2.	Richard Everson	09:46	M51
3.	Jack Russell	11:42	M62
4.	James Hoare	14:02	M68
5.	Linda Whitelaw	15:05	W61
6.	Colin Trengove	16:16	W70

7. Roger Lowe	6:54	M71	7. Margaret Trengove	14:35	W71
8. Colin Hainsworth	7:37	M85	8. Helen Suridge	14:05	W64
9. Rodger Barber	6:56	M76	9. Colin Hainsworth	15:37	M85
10. Leigh Smith	7:13	M79	10. Rodger Barber	14:08	M76
11. Jill Rogers	7:57	W70	11. Bill Starr	13:50	M72
12. Margaret Trengove	7:06	W71	12. Margaret McIntosh	16:27	W62
13. Edna Bates	8:32	W62	13. Roger Lowe	14:50	M71
14. Jack Russell	5:30	M62	14. Jan Layng	15:26	W66
15. Helen Suridge	6:49	W64	15. Leigh Smith	14:50	M79
16. Margaret McIntosh	8:15	W62	16. Graham Harrison	14:41	M71
17. Graham Harrison	7:20	M71	17. David Robertson	16:32	M81
18. Rhiannon Lovegrove	5:34	W64	18. Edna Bates	17:24	W62
19. James Hoare	9:34	M68			

ACT WALKERS CLUB TRACK WALKS, AIS TRACK, BRUCE, ACT, THURSDAY 5 MARCH

Thanks to Robin Whyte for the latest results from Canberra. Zoe Hunt (6:39) and Ally Durr (6:49) were fastest.

1500m Handicap

1. Peter Baker	08:00
2. John Donovan	10:42
3. Val Chesterton	11:43
4. Zoe Hunt	06:36
5. Ally Durr	06:49
6. Harry Baker	10:06
7. Gabby Hunt	07:06
8. Doug Fitzgerald	10:26
9. Sheryl Greathead	11:29
10. Mitchell Baker	07:24
11. Jennifer Gilchrist	10:22
12. Edna Dundas	13:39
13. Geoff Barker	10:19
14. Robin Whyte	09:11
15. Kate Black	08:46
16. Bryan Thomas	10:02
17. Rod Gilchrist	10:07
18. Jack Thackray	13:38
19. Brett Kingston	10:31
20. Sharon Kingston	12:44

WA STRIVE INTERCLUB, WA ATHLETICS STADIUM, PERTH, FRIDAY 6 MARCH

Declan Tingay continues to dominate the scene in Western Australia.

3000m Walk

1. Tingay, Declan	M	AWA	13:00.0
2. Ruane, Tiahna	W	WTC	14:35.6
3. Pivac, Emily	W	AWA	15:17.9
4. Reid, Benjamin	M	AWA	15:45.4
5. Mann, Bradley	M	RW	16:42.8
6. Hughes, Holly	W	MLV	16:51.7
7. Jackson, Hayley	W	AWA	18:37.2
Newton, Zachary	M	CCKB	DNF

QUEENSLAND OPEN T&F CHAMPIONSHIPS, SAF, BRISBANE, 5-8 MARCH

Very small fields in Brisbane for the Queensland T&F Championship walks.

Men 5000m Walk Open

1. Bird-Smith, Dane	23	QRWC	19:58.05
2. McCutcheon, Luke	17	QEII	23:18.27

Women 5000m Walk Open

1. Pickles, Jessica	21	QA	25:05.33
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AACT SUMMER SERIES, AIS ATHLETICS TRACK, BRUCE, ACT, SATURDAY 7 MARCH

And back to Canberra again for the Athletics ACT Summer Series last Saturday. Another good walk by Zoe Hunt.

3000m Walk

1.	Zoe Hunt	W	U20	NCG	14:12
2.	Spencer Burns	M	U16	NCG	15:28
3.	Callum Burns	M	U16	NCG	16:11
4.	Dylan Eddowes	M	U18	AACT	21:25

AV KNOCK-OUT FINAL, LAKESIDE STADIUM, ALBERT PARK, SATURDAY 7 MARCH

The final Athletics Victoria non-championship meet for the summer was held on Saturday at Lakeside Stadium, with smallish fields overall. Good win to Aaron McDonough with a 2000m time of 9:30.8.

2000m Walk

1.	McDonough, Aaron	M72	Preston AC	9:30.8
2.	Gillies Smith, Michael	M65	Eaglehawk YMCA AC	9:38.3
3.	Huse, Philippa	W99	Sandringham AC	9:50.9
4.	McInnes, Simone	W91	Glenhuntly AC	10:01.2
5.	Evans, Simon	M60	Box Hill AC	10:03.3
6.	Geisler, Sandra	W77	Ringwood AC	10:03.7
7.	Feain, Gerard	M63	Keilor St Be	10:24.6
8.	Dawson, Thomas	M01	Collingwood	10:41.5
9.	Noonan, Emily	W00	Collingwood	11:14.3
10.	Elms, Donna	W61	Preston AC	11:48.7
11.	Van Dongen, Rupert	M74	Casey Cardin	12:10.2
12.	Campbell, Caitlin	W94	Athletics Essendon	12:13.5
13.	Taylor, Lee	W01	Yarra Ranges	12:15.1
14.	Feain, Madeleine	W98	Keilor St Be	12:30.8
15.	Benke, Geza	M56	Old Melburnians AC	13:05.3
	Campbell, Rebecca	W97	Athletics Essendon	DNF

ATHLETICS SA INTERCLUB, ASA STADIUM, MILE END, ADELAIDE, SATURDAY 7 MARCH

Athletics South Australian Interclub continued in Adelaide on Saturday with 1500m and 3000m walks.

1500m Walk

1.	Rhiannon Lovegrove	W	PORT ADELAIDE	6:57.94
2.	Jake Vidler	M	SOUTHERN	7:04.33
3.	Nicholas Dallimore	M	FLINDERS	8:07.71
4.	Ebony Betro	W	PORT ADELAIDE	9:34.84

5000m Walk

1.	Anna Cross	W	PEMBROKE	25:36.32
2.	Danielle Walsh	W	PORT ADELAIDE	25:50.16
3.	Peter Crump	M	SAINTS	29:17.41
4.	Samantha Findlay	W	SOUTHERN	30:03.08
5.	John Leydon	M	UNITED COLLEGIANS	30:28.63
6.	James Hoare	M	PORT ADELAIDE	36:10.94
	Alix Harlington	M	SALISBURY	DNF
	Joe Cross	M	PEMBROKE	DNF
	Tristan Camilleri	M	COASTAL DISTRICTS	DNF
	Bethany Cross	W	PEMBROKE	DNF
	Sarah Damin	W	SAINTS	DNF

COBURG 6 HOUR TRACK CHAMPIONSHIPS, COBURG, SUNDAY 8 MARCH

My weekend was taken up with preparing for and then hosting the Coburg 6 Hour Track Championships at the Collingwood Harriers track at Clifton Hill. A late move from Coburg to Clifton Hill was needed due to council works being undertaken at our usual venue but it all worked out well on the day, thanks to the many volunteers and workers who roll up their sleeves annually for this event. The 6AM start time proved its worth once again as early cloud made for ideal conditions and the sun did not break through until some time after 10AM. The last 2 hours saw the temperature quickly climb but everyone was able to knuckle down in the sunny conditions and see it out.

With a full field of 45 runners and walkers (32 run entries and 13 walk entries), there was plenty of action on the track and the run, in particular, was of a high quality with the first two male finishers bettering the current Australian 6 Hour Run Record and 11 runners completing in excess of 70km. Full results at <http://www.coburg24hr.org/24hr/wp-content/uploads/2015/03/2015-6H-Provisional-Results.pdf>. Photos at <http://www.coburg24hr.org/coppermine/>.

The 6 Hour Walk Championships saw wins to Michelle Thompson with an impressive 55.073km and Robin Whyte with 50.741km and Australian Walk age group records to ACT partnership Robin Whyte (M70-74 50.741km) and Val Chesterton (W70-74 39.965km). The men's walk saw a great battle between Robin and John Kilmartin with less than one lap separating them for almost the full event. But try as he might, John was not able to bridge the short gap and he had to settle for second place.

6 Hour Walk Women

1.	Thompson, Michelle	VIC	1968	55.073 km	
2.	O'Neill, Karyn	VIC	1955	46.308 km	
3.	Chesterton, Val	ACT	1940	39.965 km	W70 record
	Howorth, Sandra	VIC	1963	DNS	

6 Hour Walk Men

1.	Whyte, Robin	ACT	1942	50.741 km	M70 record
2.	Kilmartin, John	VIC	1951	50.479 km	
3.	Jack, Clarrie	VIC	1945	46.195 km	
4.	Richardson, Saul	NSW	1973	43.492 km	
5.	Turner, Gary	VIC	1953	38.639 km	
6.	Whimpey, Michael	VIC	1953	38.247 km	
7.	O'Neill, Terry	VIC	1956	37.738 km	
8.	Carter, Ken	VIC	1952	26.111 km	
	Hain, Geoff	VIC	1946	DNS	



Robin Whyte, John Kilmartin, Michelle Thompson and Val Chesterton in action on Sunday (photos Tim Erickson)

NEW ZEALAND T&F CHAMPIONSHIPS, WELLINGTON, 6-7 MARCH

The New Zealand T&F Championships were held last weekend, with the track walks on the Friday evening and the longer road walks on the Sunday morning. But it was a wet start with torrential cold rain and high winds on Friday ensuring Wellington lived up to its name as New Zealand's windiest city. Take a look at the photos below to get some idea of conditions! Overall, Courtney Ruske 13:45.72 and Mike Parker 14:43.95 were the winners in the Open 3000m walks while Jonathon Lord 12:58.20 and Laura Langly 17:39.07 won the Junior 3000m walks.

Men 3000m Walk Open

1.	Mike Parker	Auckland	14:43.95
2.	Sean Lake	Well Scot AC	17:23.55

Women 3000m Walk Open

1.	Courtney Ruske	Canterbury	13:45.72
2.	Roseanne Robinson	Canterbury	14:33.76

- | | | | |
|----|-------------------|-----------------|----------|
| 3. | Corinne Smith | Whangarei AC | 15:39.29 |
| 4. | Jacqueline Wilson | Trentham United | 19:02.29 |

Men 3000m Walk Junior

- | | | | |
|----|---------------|------------|----------|
| 1. | Jonathon Lord | Canterbury | 12:58.20 |
| 2. | Jared Free | Auckland | 13:11.03 |

Women 3000m Walk Junior

- | | | | |
|----|---------------|---------------------|----------|
| 1. | Laura Langley | Hawkes Bay Gisborne | 17:39.07 |
|----|---------------|---------------------|----------|



Mike Parker, Jared Free and Jonathon Lord tough it out in the wet windy Wellington conditions on Friday

Conditions were better on Sunday morning for the road walks which saw wins to Graeme Jones 1:44:51, Courtney Ruske 1:45:27, Jonathon Lord 47:26 and Laura Langley 1:06:03. And a special mention to Jared Free who also walked very well in both the Junior walks, making sure that Jonathon had to work for his two wins.

Men 20km Walk Open

- | | | | |
|----|--------------|---------------------|---------|
| 1. | Graeme Jones | Hawkes Bay Gisborne | 1:44:51 |
| 2. | Mike Parker | Auckland | 1:50:46 |
| 3. | Sean Lake | Well Scot AC | 2:14:15 |

Women 20km Walk Open

- | | | | |
|----|-------------------|-------------------|---------|
| 1. | Courtney Ruske | Canterbury | 1:45:27 |
| 2. | Roseanne Robinson | Canterbury | 1:50:53 |
| 3. | Corinne Smith | Whangarei AC | 1:52:00 |
| 4. | Susan Hoskin | Manawatu Wanganui | 2:10:17 |

Men 10km Walk Junior

- | | | | |
|----|---------------|------------|-------|
| 1. | Jonathon Lord | Canterbury | 47:26 |
| 2. | Jared Free | Auckland | 47:46 |
| 3. | Jamie Shaw | Tasman | 51:32 |

Women 10km Walk Junior

- | | | | |
|----|---------------|---------------------|---------|
| 1. | Laura Langley | Hawkes Bay Gisborne | 1:06:13 |
|----|---------------|---------------------|---------|

CIRCUITO INTERNACIONAL DE MARCHA CHIHUAHUA, CHIHUAHUA, MEXICO, SAT 7 MARCH

Javier Clavelo Robinson reported for the IAAF on the second round of the 2015 IAAF World Racewalking Challenge in Chihuahua, Mexico - see <http://www.iaaf.org/news/report/race-walking-challenge-chihuahua-2015-ojeda-s>.

Maria Guadalupe Gonzalez, Eder Sanchez and Jose Leyver Ojeda battled strong winds to provide an unprecedented sweep for Mexico in the second stop the IAAF Race Walking Challenge, held on Saturday in the northern city of Chihuahua.

20km Open Men

Eder Sanchez confirmed he is capable of returning to the world elite by taking the closest of his five wins in the Mexican leg of the challenge. Sanchez and eight other men stayed together until 15 kilometres, when he, Olympic silver medallist Erick Barrondo and another Mexican, Isaac Palma, winner in Chihuahua in 2013, moved away to battle out for the medals. Sanchez and Barrondo found an extra gear to move away from Palma and left it until the final stretch, when the Mexican held off the Guatemalan to win by one second, 1:23:00 to 1:23:01. Palma settled for third in 1:23:11. Australia's three-time Olympic medallist and two-time challenge winner Jared Tallent did not have a good day and dropped out after five kilometres.

"I am back," said Sanchez. "I can't believe it. This is the closest race of the challenge I have competed in Mexico. It was tough due to the strong winds. I made the standard to represent Mexico at the Pan American Cup (in Chile in May). Chile will have a different weather, a desert heat, but I want to earn my spot for the Pan American Games."

Sanchez is the youngest son of a family of race walkers, which includes 2000 Olympic 50km bronze medallist Joel and 2003 Pan American Games silver medallist Rosario. He is coached by his mother, Graciela Teran. He is also the only Latin American to win the challenge, back in 2009. His previous victories in Chihuahua came in 2008, 2009, 2011 and 2012. He holds the course record with 1:21:17 from 2012.

1.	Eder SÁNCHEZ	MEX	86	1:23:00
2.	Erick Bernabé BARRONDO	GUA	91	1:23:01
3.	Isaac PALMA OLIVARES	MEX	90	1:23:11
4.	Erwin GONZÁLEZ	MEX	94	1:23:18
5.	Julio Cesar SALAZAR	MEX	93	1:23:49
6.	Yerko ARAYA	CHI	86	1:24:24
7.	Marco Antonio RODRIGUEZ	BOL	94	1:24:29
8.	Jesus Tadeo VEGA	MEX	94	1:24:43
9.	Giorgio RUBINO	ITA	86	1:24:45
10.	Juan Manuel CANO	ARG	87	1:25:04
11.	Jose Maria RAYMUNDO COX	GUA	93	1:25:07
12.	Perseus IBANEZ	SWE	90	1:25:13
13.	Ato IBANEZ	SWE	85	1:26:07
14.	Uziel SANCHEZ AGUILAR	MEX	92	1:26:32
15.	Armando MERINO PEREZ	MEX	89	1:26:43
16.	Jorge LARA	MEX		1:27:15
17.	Alfredo RODRIGUEZ CATANO	MEX		1:27:16
18.	Omar SEGURA	MEX	81	1:27:20
19.	Rolando SAQUIPAY	ECU	79	1:27:27
20.	Esteban SANTOS	MEX		1:28:08
21.	Mauricio ARTEAGA	ECU	88	1:28:36
22.	Gregorio AJCAM	GUA	93	1:28:56
23.	David MEJIA	MEX	86	1:29:04
24.	Virgilio GALINDO	MEX		1:29:16
25.	Luis Raul GONZALEZ AVILA	MEX		1:29:17
26.	Pavel Chihuan CAMAYO	PER	86	1:30:15
27.	Luis COLÓN	PUR		1:30:36
28.	Andrey TALASHKO	BLR	82	1:32:02
29.	Cesar Uziel ROMERO ROSALES	MEX	89	1:32:14
30.	Jose Israel MELENDEZ	PUR	95	1:32:24
31.	Eduardo Daniel TINOCO	MEX		1:32:32
32.	Jesus LUNA	MEX		1:33:31
33.	Agustin TRUJILLO	MEX		1:34:44
34.	Jose SANCHEZ	MEX		1:35:31
35.	Allan SEGURA	CRC	80	1:36:26
	Angel Rolando BATZ	GUA	93	DQ
	Eduardo RAMIREZ	MEX		DQ
	Roberto GONZALEZ	MEX		DQ
	Juan Jose GUERRERO GALICIA	MEX	94	DNF
	Ricardo ORTIZ	MEX	95	DNF
	Ever PALMA OLIVARES	MEX	92	DNF
	Omar PINEDA	MEX	94	DNF
	Pedro Daniel GÓMEZ	MEX	90	DNF
	José MONTANA	COL	92	DNF
	Jared TALLENT	AUS	84	DNF
	Giovanni TORRES	MEX	90	DNF
	Luis Ernesto HERVER SANTIAGO	MEX		DNF

20km Open Women

In the 20km, Maria Guadalupe Gonzalez achieved what no other Mexican woman had: a win in the 12-year history of the challenge. The national record-holder was joined by five other women with a few kilometres to go and found an extra gear to break the tape in 1:32:42, making history in the process. She covered the second half 1:20 quicker than the first. "I knew the course from last year, when I was third," said the 26-year old, who posted the third-fastest time ever on the Chihuahua course.

"I stayed in the lead group and sped up in the last kilometres and managed to win. I believe this performance should be enough to qualify to the Pan American Games."

Former South American record-holder Erica de Sena of Brazil (1:32:57) and Ana Cabecinha of Portugal (1:33:26) rounded out the podium. For the latter, it was her third consecutive podium finish in Chihuahua and denied her compatriot Ines Henriques a sixth podium place in the Mexican race. Henriques settled for fourth, 11 seconds later. Mexico's 2012 World Cup junior race silver medallist Alejandra Ortega made her 20km debut with a promising 1:34:07 for fifth, one minute faster than South American record-holder Kimberly Garcia (1:35:17) of Peru. Trailing by 47 second in 11th place after the halfway mark, Colombia's defending champion Sandra Lorena Arenas dropped out shortly after.

1.	Maria Guadalupe GONZALEZ ROMERO	MEX	89	1:32:42
2.	Erica ROCHA DE SENA	BRA	85	1:32:57
3.	Ana CABECINHA	POR	84	1:33:26
4.	Ines HENRIQUES	POR	80	1:33:37
5.	Alejandra ORTEGA	MEX	94	1:34:07
6.	Kimberly GARCÍA LEÓN	PER	93	1:35:17
7.	Susana FEITOR	POR	75	1:36:13
8.	Lizbeth SILVA	MEX	89	1:36:33
9.	Wendy CORNEJO	BOL	93	1:37:18
10.	Claudia VALDERRAMA IBANEZ	BOL	83	1:37:31
11.	Mariela SANCHEZ TERAN	MEX	91	1:38:31
12.	Yanelli CABALLERO	MEX	93	1:38:48
13.	Yelena SHUMKINA	UKR	88	1:39:02
14.	Rachel TALLENT	AUS	93	1:39:15
15.	Jessica HANCCO	PER	95	1:39:21
16.	Mayra PÉREZ	GUA	88	1:40:04
17.	Gabriela GONZALEZ	MEX	91	1:42:20
18.	María SÁNCHEZ GÓMEZ	MEX	77	1:42:23
19.	Andrea MARTINEZ	MEX		1:43:06
20.	Maritza Rafaela PONCIO	GUA	94	1:43:09
21.	Ángela CASTRO	BOL	93	1:43:17
22.	Rosalía ORTIZ CRUZ	MEX	87	1:44:03
23.	Anastasiya YATSEVICH	BLR	85	1:44:49
24.	Zayra JAUREGUI AGUILAR	MEX	87	1:44:57
25.	Maria MENA ROMERO	MEX	92	1:46:32
26.	Sandra NEVAREZ	MEX	93	1:47:17
27.	Berenice GONZALEZ SANCHEZ	MEX	94	1:49:05
28.	Tania GONZALEZ	MEX	90	1:53:30
29.	Areli GARCIA	MEX		1:56:44
30.	Ilse GUERRERO	MEX	93	2:00:57
31.	Sonia GARCIA GRANADOS	MEX		2:02:14
	Monica EQUIHUA	MEX	82	DQ
	Rocio ALCANTARA	MEX	84	DNF
	Sandra Lorena ARENAS	COL	93	DNF
	Agnieszka DYGACZ	POL	85	DNF
	Viktória MADARÁSZ	HUN	85	DNF

50km Open

The 2012 Olympian took the first win of the day by covering the longest distance in 3:50:28, the second-fastest time ever on the Chihuahua course. Joined by his countrymen Jorge Alejandro Martinez and Luis Amauri Bustamante until past the halfway mark, the 2011 Pan American Games silver medallist held off fast-finishing Cristian Andres Chocho of Ecuador, who finished six seconds adrift. "This is the third time I've won here," said Ojeda. "This is a tough race, being the first one of the season, and my legs are still heavy from training. Every competition takes a physical toll on you and rivals are becoming increasingly stronger."

Winner in 2011 and last year, he joined fellow Mexican Omar Zepeda as the two most successful 50km race walkers at the Chihuahua stop of the challenge, with three wins each. Bustamante secured third place in 3:52:17, a personal best by 1:43 minutes, in a close battle with New Zealand's Quentin Rew, who finished one second behind. Seven men broke the four-hour barrier. Australia's three-time Olympian and 2007 challenge winner Luke Adams dropped out after the 20km mark.

1.	José LEYVER	MEX	85	3:50:14
2.	Andres CHOCHO	ECU	83	3:50:34
3.	Luis BUSTAMANTE	MEX	84	3:52:17
4.	Quentin REW	NZL	84	3:52:18
5.	Omar ZEPEDA	MEX	77	3:55:02
6.	Jorge Alejandro MARTINEZ BAEZ	MEX	90	3:55:21
7.	Håvard HAUKENES	NOR	90	3:58:44
8.	Edward ARAYA	CHI	86	4:00:56
9.	Oleksiy KAZANIN	UKR	82	4:02:48
10.	Luis Jose ROSALES SOLIS	MEX		4:03:17

11.	Stiven DIAZ	COL	87	4:11:52
12.	Yereman SALAZAR	VEN	78	4:12:58
13.	Nikolay IVANOV	RUS	93	4:13:33
14.	Ronal Rey QUISPE MISME	BOL	89	4:14:57
15.	Gabriel MENDOZA GALLEGOS	MEX		4:21:26
	Erik TYSSE	NOR	80	DNF
	Christian De Jesus CRUZ GOMEZ	MEX	92	DNF
	Luke ADAMS	AUS	76	DNF
	Andreas GUSTAFSON	SWE	81	DNF

In the 10km junior races, Jurgen Grave (41:50) and Stefany Coronado (47:32) took the top honours.

Junior Men 10km Race Walk

1.	Jürgen Everhard GRAVE CHAVEZ	GUA	96	41:50
2.	Uriel HERNANDEZ PERALTA	MEX		41:55
3.	José Luis DOCTOR	MEX	96	42:04
4.	Cesar Augusto RODRIGUEZ	PER	97	42:10
5.	Noel CHAMA	MEX	97	42:13
6.	Mario DE LOS RIOS	MEX		42:14
7.	Andres Eduardo OLIVAS	MEX		42:33
8.	Brandon SEGURA	MEX		43:00
9.	Federico GONZALEZ	MEX		43:42
10.	Gustavo SOLIS	MEX		43:43
11.	Jeferson SEGURA	MEX		44:31
12.	Enrique MARTINEZ	MEX	97	44:32
13.	Edgar HERNÁNDEZ	MEX	77	45:04
14.	Pablo RODRIGUEZ	BOL	97	45:18

Junior Women 10km Race Walk

1.	Stefany CORONADO	BOL	96	47:32
2.	Julia ESTRADA MARTINEZ	MEX		48:07
3.	Valeria ORTUÑO	MEX	98	48:15
4.	Vivian CASTILLO	MEX	98	49:24
5.	Ileana Mercedes GARCIA	MEX	98	51:15
6.	Nadia Lizeth GONZALEZ MONJARREZ	MEX		51:44
7.	Diana DEL CARMEN VELAZQUEZ	MEX		51:45
8.	Edna Paulina QUINTANILLA AVILA	MEX		52:12
9.	Ivana GALLEGO	MEX		52:23
10.	Rebeca Pamela ENRIQUEZ PIGEON	MEX		52:34
11.	Evelyn INGA	PER	98	52:46
12.	Pamela AGUILAR	MEX		53:04
13.	Quitzia SANDOVAL	MEX		53:22
14.	Jazmin MARTINEZ RIVERA	MEX		53:26



Sanchez, Barrondo and Ojeda finishing in Chihuahua (photos www.iaaf.org)



Gonzales wins the women's 20km event in Chihuahua (photo www.iaaf.org)

The 11-leg series continues next Saturday in Nomi, Japan, with the Asian 20km Race Walking Championships.

FRENCH ROADWALK CHAMPIONSHIP, ARLES, FRANCE, SUNDAY 8 MARCH

Emmanuel Tardi was in Arles on Sunday for the French National roadwalk Championships. He reported:

The competition took place in a private holiday village on a dead flat 1.25km road course around a small lake - hence no turns. The 50km started at 8am, the men's 20km at 8.30am and the women's 20km at 11am. The temperature was 8°C at the start of the 50km and increased progressively as the morning unfolded. And the most importantly in this part of France, there was absolutely no wind! The French Federation had invited Swiss judge Frederic Bianchi to ensure there was 3 international judges overall.

In the 50km, French walker Cédric Houssaye led the race for the first half but then stopped with stomach problem. British walker Daniel King was disqualified and finally it was his twin brother Dominic who won the race (4:11:53), alas, outside the Beijing World Champs qualifying standard. Hugo Andrieu was the first Frenchman to finish, hence winning the national championship, his time being 4:16:44.

On the men's 20km, Yohann Diniz went straight to the front and looked comfortable as he passed the half way mark in 38:43. He then increased his tempo, finishing in a time of 1:17:02, bettering the current world record by 14 seconds. Bertrand Moulinet produced a huge PB to take second with 1:19:18 (39:53 at 10km) while the other top male French walker Kevin Campion was disqualified around the 16km mark.

By the time the women's 20km started, the temperature was around 20°C and a number of walkers suffered in the heat. Italian walker Valentina Trapletti led from beginning to end, clocking a final time of 1:34:35. In the French Championship, an early pack formed but it was finally Ines Pastorino who broke free around the 10km point and went on to take the title as first French walker with a time of 1:36:04.

Overall, it was a great day with around 150 walkers on the road, in a nice place with a nice weather!

The IAAF also reported on Diniz's fantastic walk (see <http://www.iaaf.org/news/report/yohann-diniz-20km-race-walk-world-record>)

European champion Yohann Diniz broke the 20km race walk world record (subject to ratification) at the French Championships in Arles on Sunday, clocking 1:17:02. His time improved the previous world record by 14 seconds and comes just nine months after breaking the 50km world record at the European Championships in Zurich last year.

In a race that comprised 16 laps of a 1.25km circuit, Diniz hadn't planned to attack the world record. But having recently returned from a training stint in South Africa, the 37-year-old was in better form than anticipated. "After five kilometres, I was much quicker than I had planned, said Diniz. My coach just told me to stay in my bubble and continue to stay clean technically."

He passed half way in 38:40 and then went through 15km in 58:00, just outside world record pace. But he sped up in the final quarter of the race, covering the last 5km section in little more than 19 minutes to cross the finish line in 1:17:02. "It felt like I was flying", he said. "I'm super happy and excited. I might be the best race walker in the world today, but I have to reach the podium at the World Championships and Olympics to end my run of bad luck.

Diniz dedicated his world record to his current and former coaches, as well as the French team currently competing at the European Indoor Championships. "This medal is for them", he said. "It's a shame race walking isn't included at the European Indoor Championships, but at least my record will be part of the athletics weekend!" Diniz's next competition will be next weekend in Lugano, also over 20km.

Diniz's splits make for astonishing reading (16 lap of 1.25km)

Lap 1	04:55	+4:55
Lap 2	09:45	+4:51
Lap 3	14:33	+4:48
Lap 4	19:20	+4:48
Lap 5	24:08	+4:49
Lap 6	29:00	+4:53
Lap 7	33:52	+4:53
Lap 8	38:43	+4:51
Lap 9	43:35	+4:52
Lap 10	48:26	+4:51
Lap 11	53:14	+4:48
Lap 12	58:01	+4:48
Lap 13	1:02:48	+4:47
Lap 14	1:07:36	+4:48
Lap 15	1:12:22	+4:47
Lap 16	1:17:02	+4:40

And now onto the race results:

Men 20km Race Walk - 08.03.2015

1.	Yohann DINIZ	FRA	78	1:17:02
2.	Bertrand MOULINET	FRA	87	1:19:18
3.	Antonin BOYEZ	FRA	84	1:25:32
	Leonardo DEI TOS	ITA	92	1:25:38
4.	Xavier LE COZ	FRA	79	1:26:46
5.	Simon HURAUULT	FRA	92	1:29:12
6.	Aurelien QUINION	FRA	93	1:30:19
7.	Guillaume DUJOUR	FRA	78	1:30:32
8.	Fabian BERNABE	ESP	95	1:30:39
9.	Maxime FAITEAU	FRA	90	1:33:09
10.	Fabian FESSELIER	FRA	94	1:33:17
11.	Maxime LECAPLAIN	FRA	94	1:33:19
12.	Sebastien DELAUNAY	FRA	74	1:33:25
13.	Arnaud SIZORN	FRA	92	1:33:35
14.	Louis Guillaume BLANC	FRA	89	1:33:56
15.	Come MARTIN	FRA	95	1:34:45
16.	Nicolas POTIER	FRA	89	1:34:47
17.	Florian DESJARDINS	FRA	94	1:34:53
18.	Emmanuel BOULAY	FRA	70	1:35:56
19.	Philippe BONNEAU	FRA	65	1:36:40
	Marco AMARAL	POR	93	1:37:10
20.	Dorian RICHARD	FRA	91	1:37:17
21.	Adrien CASSAGNES	FRA	94	1:38:06
22.	Jean Michel PREVEL	FRA	84	1:39:05
23.	Orian TORRE	FRA	95	1:39:15
24.	Anael SESTIER	FRA	94	1:39:43
25.	Quentin GAUCHET	FRA	93	1:40:24
26.	Quentin MACABREY	FRA	94	1:40:59
27.	Patrice BROCHOT	FRA	51	1:42:25
28.	Raphael COSSET	FRA	79	1:43:03
29.	Francis COUHAILLAT	FRA	65	1:43:40
30.	Jerome BOCQUET	FRA	85	1:43:54
31.	Cyrille LEBLOND	FRA	73	1:44:00
32.	Thomas DUMAIRE	FRA	90	1:44:16
33.	Nicolas DE NEVE	FRA	93	1:44:18
34.	Brice SIREIX	FRA	95	1:45:27
35.	Laurent LEGENTIL	FRA	88	1:47:13
36.	Pierre GERBAUD-BLIN	FRA	95	1:49:04
37.	Cyril LEGENTIL	FRA	86	1:51:56
	Kevin CAMPION	FRA	88	DQ

Damien MOLMY	FRA	88	DNF
Mathieu BEURION	FRA	89	DNF

Women 20km Race Walk

	Valentina TRAPLETTI	ITA	85	1:34:35
1.	Ines PASTORINO	FRA	92	1:36:04
	Daniela CARDOSO	POR	91	1:37:09
2.	Violaine AVEROUS	FRA	85	1:37:12
3.	Emilie MENUET	FRA	91	1:37:47
4.	Corinne BAUDOIN	FRA	80	1:38:17
5.	Lucie AUFFRET	FRA	88	1:43:30
	Mariana MOTA	POR	95	1:43:30
6.	Caroline GUILLARD	FRA	71	1:44:14
7.	Enora TREBAUL	FRA	94	1:45:52
	Vitória OLIVEIRA	POR	92	1:46:30
8.	Amandine MARCOU	FRA	92	1:46:49
9.	Sandra DUPONT	FRA	72	1:47:31
	Nadia CANCELA	POR	93	1:48:35
10.	Amelie BOURHIS	FRA	92	1:48:38
11.	Virginie QUESNE	FRA	81	1:49:39
12.	Aurelie MACABEY	FRA	81	1:50:05
13.	Lucia BARRITAUT	FRA	90	1:50:58
14.	Chloe BOUCHET-LIOU	FRA	94	1:51:22
15.	Sandrine EICHHOLTZER	FRA	77	1:52:02
	Olfa LAFI	TUN	86	1:52:03
16.	Severine LANOUE	FRA	85	1:52:41
17.	Laury CERANTOLA	FRA	92	1:52:43
18.	Julie BELLAN	FRA	93	1:53:46
19.	Servane UDIN	FRA	88	1:54:12
20.	Delphine THIEFFENAT	FRA	75	1:55:08
21.	Christele JOUAN	FRA	75	1:55:14
22.	Roseline CHAPILLON	FRA	68	1:56:01
23.	Francoise LAVILLE	FRA	56	1:56:24
24.	Sophie LA BASTARD	FRA	90	1:57:57
25.	Malika HARDY	FRA	67	1:57:59
26.	Caroline POUILLY	FRA	82	1:58:23
27.	Emilie COUGOUREUX-AUGE	FRA	80	1:58:40
28.	Morgane AUSELLO	FRA	92	1:58:58
29.	Julie BAEZA	FRA	95	1:59:33
30.	Stephanie COMTET	FRA	84	2:02:01
31.	Nathalie FROMENTIN	FRA	70	2:02:23
32.	Kenza SIBLOT	FRA	93	2:05:18
33.	Maelle GARCIA	FRA	95	2:07:40
34.	Lucie THOURET	FRA	93	2:08:22
35.	Irene SANTAMARIA	ESP	95	DNF
	Marine QUENNEHEN	FRA	91	DNF
	Marine FLORINDI	FRA	90	DNF
	Emilie BESSAS	FRA	84	DNF
	Myriam BEGEL	FRA	95	DNF
	Mylene ORTIZ	FRA	79	DNF
	Agnes ROBERT	FRA	89	DNF
	Marie BELHACHE	FRA	80	DQ
	Maryse CHAVE	FRA	59	DNF

50km Men

	KING Dominic	GBR		4:11:53
1.	ANDRIEU Hugo	FRA	92	4:16:44
	GALIN PONS Adria	ESP	93	4:27:17
2.	HADULA Ludovic	FRA	87	4:46:38
3.	GAUDIN Dominique	FRA	73	4:54:09
4.	GALICIA Alfredo	FRA	66	4:57:35
5.	HAUMESSER Marc	FRA	58	4:57:50
6.	VAN HILLE Dominique	FRA	77	5:05:30
7.	SERRANO Rene	FRA	66	5:10:39
8.	BONVARLET Patrick	FRA	60	5:13:42
9.	GUENEAU Jean-claude	FRA	69	5:23:07

10km Junior Men (first 5)

1.	BLANCHETEAU Jean	Athle Bourgogne Sud	42:11
2.	HYPOLITE Thibault	A. Sarreguemines Sarre	43:59
3.	MUTTER Axel	Ac Roche-sur-yon *	44:00
4.	MAYER Florian	Alsace Nord Athletisme	44:01
5.	LAMIAUX Amaury	Lille Metropole Athleti	47:06

10km Junior Women (first 5)

1.	HAM Axelle	A. Sarreguemines Sarre	50:35
2.	DELEUZE Cecile	Amiens Uc	51:14
3.	TERREC Eloise	Us Bannalec	51:48
4.	LAVILLE Marie	Marne Et Gondoire Athl	52:40
5.	BILLA Jeanne	As Caluire Et Cuire	54:10

Great video of Diniz finishing at <https://www.facebook.com/video.php?v=787902224633877>. Thanks to Emmanuel for the following photos. You can see more at <https://plus.google.com/u/0/photos/114298325582846831610/albums/6124159505374125201>.



Diniz, King, Andrieu and Moulinet in action



Jean Blancheteau, Ines Pastorino and Valentia Trapetti



Men's and Women's 20km podiums

COPA BRASIL CAIXA DE MARCHA, BLUMENAU, BRAZIL, 7-8 MARCH

The Brazilian Roadwalk championships were held last weekend in Blumenau in very hot conditions, with temperatures around 30°C. Times were understandably slow, with 20km wins to Caio Bonfim (1:29:17) and Cisiana Lopez (1:45:34) and the 50km title going to Jonathan Riekman (4:18:56).

Men 50km Race Walk

1.	Jonathan RIEKMANN	BRA	87	4:18:56
2.	Rudnei DIAS NOGUEIRA	BRA	90	4:29:10
3.	Luiz Felipe DOS SANTOS	BRA	83	4:31:40
4.	Bryan William SCHMOEGEL	BRA	93	5:23:56
	Diogo DIAS GAMBOA	BRA	83	DQ
	Moacir ZIMMERMANN	BRA	83	DQ
	Samir César SABADIN	BRA	81	DQ
	Daniel Alexandre VOIGT	BRA	84	DNF
	Ivan Carlos GUTZ	BRA	77	DQ

Men 20km Race Walk

1.	Caio Oliveira DE SENA BONFIM	BRA	91	1:29:17
2.	José Alessandro Bernardo BAGIO	BRA	81	1:29:46
3.	Lucas GOMES DE SOUZA MAZZO	BRA	94	1:33:17
4.	Daniel Alexandre VOIGT	BRA	84	1:33:58
5.	Fulviano SOARES	BRA	95	1:40:53
6.	Maike MELO PERREIRA	BRA	95	1:42:02
7.	Rubem Olimpico FARIAS	BRA	82	1:43:04
	Moacir ZIMMERMANN	BRA	83	DNF
	Bruno Marques FIDELIS	BRA	94	DNF
	Max Batista GONCALVES DOS SANTOS	BRA	94	DNF
	João Carlos ELISIARIO DE ALMEIDA	BRA	87	DQ

Women 20km Race Walk

1.	Cisiane Dutra LOPEZ	BRA	83	1:45:34
2.	Nair DA ROSA	BRA	80	1:46:40
3.	Elianay Santana DA SILVA PEREIRA	BRA	84	1:47:24
4.	Paula Raissa PAZ DA SILVA	BRA	93	1:56:03
	Priscila BARBOSA	BRA	89	DQ
	Alessandra PICAGEVICZ	BRA	84	DNF
	Emily PISTOR	BRA	94	DNF
	Maria Teresa DE OLIVEIRA DA SILVA	BRA	91	DQ

Junior Women 10km Race Walk

1.	Rayana Caroline LINS DE OLIVEIRA	BRA	96	56:36
2.	Linara ZANCANELA DA CUNHA	BRA	97	58:17
3.	Silmara DOS SANTOS	BRA	97	59:39

Junior Men 10km Race Walk

1.	Gabriel Nascimento da Silva	BRA		55:13
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2.	Tino Cesar Soares	BRA	1.02.07
3.	Victor Cabral dos Santos	BRA	1.08.01

NAIA COLLEGIATE NATIONAL CHAMPS, SPIRE INSTITUTE, GENEVA, OHIO, FRIDAY 6 MARCH

Nick Christie, winner of the USATF indoor 2 Mile National Championships in Boston a week ago, added the NAIA Collegiate National Championship Champions plaque to his trophy shelf last Friday in Geneva, Ohio. And his winning time of 11:46.20 is one for the record books. In 2013 Christie won the NAIA Nationals in a then all time college (NAIA & NCAA) record time of 11:59.73. Then at the 2014 indoor nationals he had to watch as John Cody Risch, a senior from Cornerstone University in Grand Rapids, Michigan, crossed the finish line first. And the tight race ended with Risch taking ownership of the All-time records with 11:57.96. But Christie, now a Missouri Baptist senior from Grossmont High School in San Diego, grabbed the record back in 2015 as he will once again hold the College, facility and National meet championship records for the 3,000m race walk.

Men 3000m Walk

1.	Nick Christie	SR Missouri Baptist	11:46.20
2.	Anthony Peters	FR St. Ambrose	12:12.21
3.	Alejandro Chavez	SR Missouri Baptist	12:27.76
4.	Doug Hutcherson	SO Central Methodist	13:41.21
5.	Brad Sandlin	SR Goshen	13:49.42
6.	Mitchell Brickson	SR Goshen	14:57.93
	Kolto Nay	SR Goshen	DQ
	Isaac Withrow	JR Cornerstone	DQ
	Will Baird	JR Hastings	DQ

Molly Josephs became a repeat racewalk winner of the Collegiate National Championships last Friday on the 300 meter indoor track at the Spire Institute in Geneva, Ohio. And her time of 14:19.42 led a record 9 women under the 15 minute barrier in what is the deepest field in the history of women's race walking in the NAIA. Josephs also led teammates Mereth Zalba (Mexico) and Natalia Alfonzo (Venezuela) to a 1-2-3 finish for Missouri Baptist.

Women 3000m Walk

1.	Molly Josephs	JR Missouri Baptist	14:19.42
2.	Mereth Zalba	JR Missouri Baptist	14:30.52
3.	Natalia Alfonzo	SO Missouri Baptist	14:34.23
4.	Jenny Lopez	FR St. Ambrose	14:49.62
5.	Maite Moscoso	SO Embry-Riddle	14:50.40
6.	Brianna Griffiths	SR Cornerstone	14:50.41
7.	Kayla Ovokaitys	JR Cornerstone	14:51.83
8.	Brenda McCollum	FR Baker	14:52.38
9.	Nicole Court-Menendez	JR Dakota Wesleyan	14:59.56
10.	Abby Dunn	JR Goshen	15:20.60
11.	Kayla Gray	SO Goshen	15:34.38
12.	Melissa Manlan	SO Cornerstone	15:42.72
13.	Ioulia Barakou	SO Missouri Baptist	16:07.66
14.	Kaitlyn Loeffler	SR Central Methodist	16:19.83
15.	Amanda Farris	SR Lindsey Wilson	16:25.92
16.	Keara Lenard	SO Kansas Wesleyan	17:03.74
17.	Caitlin Apollo	FR Baker	17:12.74
18.	Nikki Worsham	SO Rio Grande	17:21.56
19.	Allison Huskey	FR Missouri Baptist	17:55.38
	Bailey Brogan	SO Cornerstone	DNF

MARCIADALMONDO AND OMARCHADOR ROUNDUP

As usual, lots of great news from these two wonderful sites. First to marciadalmondo which had 8 releases over the last week, including a fantastic interview with expatriate Aussie Mark Wall, now living and coaching and walking in England. It's a must read for our local readers.

- **Mon 9 Mar - Coaches in the World: Interview with Mark Wall**
http://www.marciadalmondo.com/ita/dettagli_news.aspx?id=2036
- **Sun 8 Mar - 20km World Record to Yohan Dinizz**
http://www.marciadalmondo.com/ita/dettagli_news.aspx?id=2035
- **Sat 7 Mar - Results of Chihuahua IAAF Race Walking Challenge Races**
http://www.marciadalmondo.com/ita/dettagli_news.aspx?id=2034

- Thur 5 Mar - Preview of Chihuahua races
http://www.marciadalmondo.com/ita/dettagli_news.aspx?id=2033
- Wd 4 Mar - Italian Athletes in the World: Interview with Tatyana Gabellone
http://www.marciadalmondo.com/ita/dettagli_news.aspx?id=2032
- Tue 3 Mar - Preview of this Sunday's 2nd leg of the Pino Dordoni races in Scarnafigi
http://www.marciadalmondo.com/ita/dettagli_news.aspx?id=2031
- Mon 2 Mar - Marciadalmondo adds a Gallery to its already extensive features
http://www.marciadalmondo.com/ita/dettagli_news.aspx?id=2030
- Mon 2 Mar - Results of the Portuguese Race Walking Cup in Leiria
http://www.marciadalmondo.com/ita/dettagli_news.aspx?id=2029

and now to omarchador which had 14 press releases

- Tue 10 Mar – Eder Sanchez wins for the 5th time in Chihuahua
<http://omarchador.blogspot.pt/2015/03/eder-sanchez-triunfa-pela-quinta-vez-em.html>
- Mon 9 Mar – Gonzales wins women's 20km in Chihuahua
<http://omarchador.blogspot.pt/2015/03/maria-guadalupe-gonzalez-vence-20-km-em.html>
- Mon 9 Mar - Ojeda wins 50km in Chihuahua
<http://omarchador.blogspot.pt/2015/03/mexicano-jose-leyver-ojeda-vence-50-km.html>
- Mon 9 Mar - Binfin wins Brazilian 20km
<http://omarchador.blogspot.pt/2015/03/caio-bonfim-sagra-se-campeao-brasileiro.html>
- Sat 7 Mar - The Portuguese fight to keep their national 50km
<http://omarchador.blogspot.pt/2015/03/fpa-divulga-nacional-de-50-km-no-dia-do.html>
- Sat 7 Mar - Preview of today's Brazilian walk champs in Blumenau
<http://omarchador.blogspot.pt/2015/03/blumenau-recebe-amanha-os-campeonatos.html>
- Fri 6 Mar - Preview of Chihuahua Meet
<http://omarchador.blogspot.pt/2015/03/chihuahua-capital-mundial-da-marcha.html>
- Fri 6 Mar - Bosche and Best dominate German Masters Champs
<http://omarchador.blogspot.pt/2015/03/borsch-e-best-dominam-nos-campeonatos.html>
- Thu 5 Mar - Ruddick and Erickson win Victorian 5000m champs
<http://omarchador.blogspot.pt/2015/03/ruddick-e-erickson-vencem-campeonatos.html>
- Thu 5 Mar - Tom Bosworth the highlight of the British walk champs
<http://omarchador.blogspot.pt/2015/03/tom-bosworth-em-destaque-nos.html>
- Wed 4 Mar - Results of USA 2 Mile Walk Champs
<http://omarchador.blogspot.pt/2015/03/campeonatos-indoor-dos-eu-america-de-2.html>
- Wed 4 Mar - Stella and Blancheteau winners in France-Germany-Italy U20 Match
<http://omarchador.blogspot.pt/2015/03/stella-e-blancheteau-vencedores-no.html>
- Tue 3 Mar - Miguel Ángel López and Raquel González win Spanish championships
<http://omarchador.blogspot.pt/2015/03/miguel-angel-lopez-e-raquel-gonzalez.html>
- Tue 3 Mar - Results of Portuguese Race Walking Cup
<http://omarchador.blogspot.pt/2015/03/pechao-e-rio-maior-conquistam-taca-de.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.

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)

Apr 3-6, 2015	Australian Masters T&F Championships, Sydney, NSW
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

2015 IAAF Race Walking Challenge Dates

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 Albisetti	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

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