



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2016/2017 Number 17
24 January 2017



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WALKER OF THE WEEK

My Walker of the Week this time around is shared between VRWC walkers **Pramesh Prasad** and **Simone McInnes**. They both had big double headers last weekend, with AV Shield track walks on Saturday afternoon and VRWC roadwalks on Sunday morning. Both walkers have been recording PBs throughout the last 12 months and the trend continued on the weekend.

- 42 year old Pramesh has been racewalking for less than a year, having had his first race in March 2016. On Saturday he walked a 14 sec PB of **9:15.7** for the 2000m track walk and on Sunday he broke the VRWC M40 5km roadwalk club record with **24:41**.
- 25 year old Simone walked a 10 sec PB of **8:42.1** for the 2000m track walk on Saturday and backed up beautifully in the VRWC 10km on Sunday, her time of **48:34** a PB of nearly 2 minutes.



Pramesh and Simone in action on Sunday at Middle Park (photo Terry Swan)

WHAT'S COMING UP

- The **Victorian Country T&F Championships** will be held on the weekend of **26-28 January** at Casey Fields in Cranbourne East. Good luck to all the entrants.
- Forward a further week to **Sunday 5th February** for the **Athletics Victoria 5km Teams Championships for men and women** which will be held alongside our next VRWC Summer Season road races.

Sun 5 February 2017, VRWC Road Races (and AV 5km Teams Walks), Middle Park

8.30am	20km, 15km, 10km	Open
9.30am	AV 5km Teams Championships	Open Men / Women
9.30am	5km, 3km	Open
10.00am	2km, 1km	Open

AV has now opened the online entry panel for the AV 5km Teams Roadwalk Championships - see <http://athsvic.org.au/event/av-5km-team-walks-championships/>. You enter as an individual. Once your AV club has 3 or more entrants, you automatically create a team for the teams championship. The rules are as follows:

1. A Male Team will consist of 3 or more male walkers currently registered with the same AV Club or Country Region. A Female Team will consist of 3 or more female walkers currently registered with the same AV Club or Country Region. Mixed teams are not possible.
2. The first 3 walkers to finish will be designated as the first finishing team for that club or region.
3. The next 3 walkers to finish for that club/region will be designated as their second team and so on.
4. All team members must be aged 12 years or older on the day. Scoring of Teams Points will be in line with the AV Cross Country scoring system.

Hoping for lots of teams to contest the championships!

- Entries are also open for the **2017 Australian/Oceania 20km Race Walking Championships** which will be held in War Memorial Drive, **Adelaide**, on **Sunday 19th February**. See <https://athletes20kmracewalking.eventdesq.com/>. The timetable reads as follows:
 - 7:00am Oceania & Australian 20km Race Walking Championships
 - 8:00am Oceania Under 20 10km RaceWalking Championships
 - 8:00am Invitational Under 18 5km Race Walk

AV SHIELD ROUND 12, SATURDAY 21 JANUARY
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A total of 108 walkers competed in the final round of AV Shield competition last Saturday, the biggest number for the entire season. That was the final round before the finals which will be held on Sunday 12th February at Lakeside Stadium in inner Melbourne.

AV Shield Round 12, Blue Zone, Casey Fields, Cranbourne East, Saturday 21 January

There were lots of great performances at Casey Fields, with **Simone McInnes** (8:42.1), **Nikola Mandic** (8:51.7) and **Emily Hamilton** (9:41.2) all doing big PBs. Add to that **Heather Carr's** new **Australian W65 2000m track walk record** of 10:52.2, along with a few other PBs and a big field of 24 walkers.

2000m Walk

1.	McInnes, Simone	W	GLENHUNTLY ATHLE	8:42.1	PB 0:10
2.	Mandic, Nikola	M	CASEY CARDINIA A	8:51.7	PB 0:27
3.	Hamilton, Emily	W	KNOX ATHLETIC CLUB	9:41.2	PB 0:15
4.	Thompson, Will	M	CASEY CARDINIA A	10:00.0	
5.	Karagiorgos, Chloe	W	KNOX ATHLETIC CLUB	10:11.5	PB 0:01
6.	Woolfe, Hayley	W	UNATTACHED	10:32.0	PB 1:23
7.	Hay, Charlotte	W	KNOX ATHLETIC CLUB	10:42.1	
8.	Osmand, Kym	W	OAKLEIGH ATHLETI	10:42.8	
9.	De Lisen, Paige	W	KNOX ATHLETIC CLUB	10:44.8	
10.	Carr, Heather	W	GLENHUNTLY ATHLE	10:52.2	W65 Aust Rec
11.	Van Dongen, Rupert	M	MENTONE ATHLETIC	11:58.1	
12.	Lillie, Jessica	W	KNOX ATHLETIC CLUB	12:19.1	
13.	Bennett, Ralph	M	GLENHUNTLY ATHLE	12:28.3	
14.	Bowden, Kuniko	W	MENTONE ATHLETIC	12:35.7	
15.	Steed, Gwen	W	GLENHUNTLY ATHLE	12:58.8	
16.	Barrow, Geoff	M	MENTONE ATHLETIC	13:00.9	
17.	hay, Angus	M	KNOX ATHLETIC CLUB	13:08.8	
18.	Doran, Anthony	M	GLENHUNTLY ATHLE	13:46.2	
19.	Holohan, Bernadette	W	SANDRINGHAM ATHL	14:18.8	
20.	Collins, Aaron	M	SANDRINGHAM ATHL	14:43.1	
21.	Fairburn, Vanessa	W	KNOX ATHLETIC CLUB	15:38.2	
22.	Bryan, Jeanne	W	MENTONE ATHLETIC	16:59.1	
23.	Bullock, Lynn	W	GLENHUNTLY ATHLE	17:00.2	
24.	Fernandes, Kim	W	MENTONE ATHLETIC	17:00.5	

AV Shield Round 12, Red Zone, Tom Kelly Reserve, Doncaster, Saturday 21 January

Alas, it sounds like the results published for Doncaster have a few errors. Winner **Pramesh Prasad** was put down as walking 9:45.7 when he actually walked a PB 9:15.7. A few others down the list are in the wrong finishing order. But I can only go with what is published for those others in the listing.

2000m Walk

1.	Prasad, Pramesh	M	COLLINGWOOD	9:15.7	PB 0:14
2.	Hawkins, Trenton	M	PRESTON ATHL	9:53.0	
3.	Laufer, Michelle	W	COLLINGWOOD	10:30.5	
4.	Clarke, Patrick	M	DIAMOND VALL	11:00.5	
5.	Keirl, Bernie	M	DIAMOND VALL	11:00.5	
6.	Elms, Donna-Marie	W	PRESTON ATHL	11:45.9	
7.	Clarke, Eliza	W	DIAMOND VALL	11:46.5	
8.	Collis, Lauren	W	DIAMOND VALL	12:31.9	
9.	Gardiner, Robert	M	COLLINGWOOD	13:03.4	
10.	Derrett, Lucinda	W	DIAMOND VALL	14:23.5	
11.	Rosa, Evie	W	COLLINGWOOD	14:39.8	
12.	Campbell, Donna	W	PRESTON ATHL	17:22.9	
13.	Murray, Maryann	W	DIAMOND VALL	18:21.9	
14.	King, Michelle	W	DIAMOND VALL	19:02.1	
15.	Schubert, Glenys	W	DIAMOND VALL	20:51.3	
	Camilleri, Rhianyn	W	DIAMOND VALL	DQ	
	Gawthorn, Kathryn	W	DIAMOND VALL	DQ	
	Compton-Robins, Lee	M	DIAMOND VALL	DQ	

AV Shield Round 12, White Zone, Bill Sewart Athletics Track, East Burwood, Saturday 21 January

20 walkers in action at East Burwood, with **Lucas Taylor** (10:24.8) and **Wendy Muldoon** (10:45.2) first to finish.

2000m Walk

1.	Taylor, Lucas	M96	YARRA RANGES ATH	10:24.8
2.	Muldoon, Wendy	W71	ATHLETICS NUNAWA	10:45.5
3.	Knight, Cassandra	W94	BOX HILL ATHLETI	10:56.8
4.	Rosenbrock, Carolyn	W62	ATHLETICS NUNAWA	11:06.4
5.	Hunter, Pia	W66	BOX HILL ATHLETI	11:25.4
6.	Egginton, Andrew	M61	BOX HILL ATHLETI	11:31.6
7.	Evans, Simon	M60	BOX HILL ATHLETI	11:54.9
8.	Olden, Graeme	M64	BOX HILL ATHLETI	11:55.5
9.	Dickenson, Russell	M45	VICTORIAN MASTER	12:10.8
10.	McCann, Adam	M76	ATHLETICS NUNAWA	12:40.1
11.	Sommers, David	M57	ATHLETICS NUNAWA	13:09.2
12.	Marston, Janice	W65	ATHLETICS WAVERLEY	13:30.5
13.	Benke, Geza	M56	OLD MELBURNIANS	13:32.4
14.	Taylor, Lee	W01	YARRA RANGES ATH	13:52.3
15.	Webber, Ewan	M03	BOX HILL ATHLETI	14:09.0
16.	Hewitson, Camden	M02	YARRA RANGES ATH	14:09.8
17.	Murfett, Grant	M67	VICTORIAN MASTER	14:18.9
18.	Sofianos, Gerald	M49	ST KEVINS ATHLET	14:59.7
19.	Scroggie, Samuel	M04	ST KEVINS ATHLET	19:43.5
	Fox, Carolyn	W68	BOX HILL ATHLETI	DQ

AV Shield Round 12, Yellow Zone, Newport Park Athletics Facility, Newport, Saturday 21 January

Scott Nelson continues his stellar form in the Yellow Zone, recording 9:15.0 this week.

2000m Walk

1.	Nelson, Scott	M	WYNDHAM TRACK AN	9:15.0
2.	Donahoo, Mark	M	ATHLETICS ESSENDON	10:17.7
3.	Kondogonis, John	M	KEILOR ST BERNAR	10:48.6
4.	Beveridge, Heath	M	WESTERN ATHLETICS	11:00.5
5.	Dunstone, Phillip	M	WESTERN ATHLETICS	11:15.4
6.	Nelson, Arnika	W	WYNDHAM TRACK AN	11:23.8
7.	Kennedy, Paul	M	KEILOR ST BERNAR	11:49.5
8.	Knox, Duncan	M	ATHLETICS ESSENDON	12:11.0
9.	Shaw, Robyn	W	WESTERN ATHLETICS	12:33.2
10.	McGoughan, Tracy	W	KEILOR ST BERNAR	12:37.5
11.	Kapetanovic, Tania	W	KEILOR ST BERNAR	12:39.3
12.	Murphy, Stephen	M	ATHLETICS ESSENDON	12:59.9
13.	Anderson, Brian	M	ATHLETICS ESSENDON	13:06.4

14.	Sullivan, David	M	MELBOURNE UNIVER	13:06.8
15.	Abfalter, Maria	W	KEILOR ST BERNAR	13:22.3
16.	Spiteri, Kelly	W	COBURG HARRIERS	13:22.6
17.	Hodgart, Janice	W	WESTERN ATHLETICS	13:36.1
18.	Thomas, Timothy	M	MELBOURNE UNIVER	13:55.1
19.	Downie, Malachi	M	ATHLETICS ESSENDON	13:58.1
20.	Haritos, Victoria	W	COBURG HARRIERS	14:23.0
21.	Boal, Georgie	W	GEELONG GUILD AT	14:26.7
22.	Ireland, Roslyn	W	BRUNSWICK ATHLET	14:28.3
23.	Ireland, Mark	M	BRUNSWICK ATHLET	14:28.3
24.	Kennedy, Thomas	M	KEILOR ST BERNAR	14:35.5
25.	Auricchio, Sarah	W	WESTERN ATHLETICS	14:35.5
26.	Van Dueren, Philip	M	MELBOURNE UNIVER	15:04.4
27.	Kunig, Krystal	W	KEILOR ST BERNAR	15:38.7
28.	Bovdis, Ruby	W	WESTERN ATHLETICS	15:51.3
29.	Rickard, Tess	W	BRUNSWICK ATHLET	16:02.7
30.	Ireland, Olive	W	BRUNSWICK ATHLET	17:10.5
31.	Rickard, Ian	M	BRUNSWICK ATHLET	18:09.9
	Beaumont, Hamish	M	MELBOURNE UNIVER	DQ

AV Shield Round 12, Ballarat Zone, Llanberris Reserve, Ballarat, Saturday 21 January

To Ballarat, where former Australian representative **Kelly Ruddick** walked a fast 8:58.25.

2000m Walk

1.	Ruddick, Kelly	W73	BALLARAT HARRIERS	8:58.25
2.	Ruddick, Kevin	M50	BALLARAT HARRIERS	13:32.53

AV Shield Round 12, Bendigo Zone, La Trobe University Track, Bendigo, Saturday 21 January

With Zahra Hayes having a week off, **Peter Curtis** (10:51.35) was first across the line in Bendigo.

2000m Walk

1.	Curtis, Peter	M22	SOUTH BENDIGO	10:51.35
2.	O'Brien, Brenton	M15	BENDIGO HARRIERS	11:21.50
3.	Bryant, Barbara	W62	EAGLEHAWK	11:45.17
4.	Payne, Jennifer	W60	SOUTH BENDIGO	12:14.59
5.	Curtis, Annette	W60	SOUTH BENDIGO	13:34.14
6.	Green, Craig	M49	BENDIGO UNIVERSITY	15:17.21
7.	Major, Geoffrey	M80	EAGLEHAWK	17:02.50
	Whiley, Ebony	W21	EAGLEHAWK	DNF

AV Shield Round 12, Geelong Zone, Landy Field, Geelong, Saturday 21 January

And finally to Geelong where **Mackayla Davison** (10:41.18) was first.

2000m Walk

1.	Davison, Mackayla	W00	CORIO ATHLETIC CLUB	10:41.18
2.	Heikkila-Dubowik, Kaylah	W05	CORIO ATHLETIC CLUB	12:11.42
3.	Walker, Charli	W03	BELLARINE T&F CLUB	12:45.88
4.	Schlicht, Kate	W59	ATHLETICS CHILWELL	12:45.88

VRWC ROAD RACES, MIDDLE PARK, VICTORIA, SUNDAY 22 JANUARY

Our latest VRWC summer season races were held last Sunday morning at Middle Park in typically hot Melbourne weather. Quite a few of the walkers had contested AV Shield the day before but they fronted again for a further hitout. Some performances deserve a special mention. 18 year old part time walker **Shae Wellington** walked his first ever 10km, coming home strongly and recording a great time of 48:14. **Simone McInnes** was not far behind, recording a huge PB of 48:34 to continue her recent good form. The other walker in great form was **Pramesh Prasad** who seems to PB on just about every walk. This time was no exception, with a road PB of 24:42 and a new VRWC M40 club record. And welcome to first time U9 walker **Lucas Kent** who recorded 7:58 for the 1km distance. And special welcome to Tasmanian walker **David Moore**.

20km Walk

1.	Terry O'Neill	M	2:13:34
	Karyn O'Neill	F	DNF

15km Walk

	Paul Moritz	M	DNF
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10km Walk

1.	Shea Wellington	M	48:14	First 10km
2.	Simone McInnes	F	48:34	PB 1:43
3.	Jason Kozica	M	50:56	
4.	Mark Donahoo	M	56:59	
5.	Bernie Keirl	M	1:01:51	
6.	Carolyn Rosenbrock	F	1:05:05	
7.	Donna Elms	F	1:10:37	

5km Walk

1.	Pramesh Prasad	M	24:42	VRWC M40 Record
2.	Pam Tindal	F	27:54	
3.	David Smyth	M	28:16	
4.	Heather Carr	F	31:02	
5.	Albin Hess	M	37:03	
6.	David Moore (TAS)	M	41:34	

3km Walk

1.	Paul Moritz	M	20:16	
2.	Anthony Doran	M	21:16	
3.	Harry Summers	M	23:36	

2km Walk

1.	Pam Mews	F	21:18	
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1km Walk

1.	Lucas Kent	M	07:58	New walker
2.	Tim Erickson	M	07:58	

Lapsplits at <http://vrwc.org.au/wp1/race-splits-laps/>.

Officials: Ralph Bennett, Tim Erickson, Mark Donahoo,

Judging: Peter Vysma, Gordon Loughnan, Stuart Cooper, Kathleen Marsh

Photos: Terry Swan (alas, our photo gallery is out of action at the moment but we can hopefully upload photos soon)



Simone McInnes and Pramesh Prasad in action

BENDIGO WALKERS CLUB ROAD WALKS, ROSALIND PARK, BENDIGO, WEDNESDAY 18 JANUARY

Thanks to Paul Rance for the latest report from Bendigo in country Victoria

The Bendigo Walkers Club held 1.5km and 3km handicap events in Rosalind Park on Wednesday evening. A small field lined up in the 1.5km, with **Sheridan Commons** scoring a comfortable victory with a personal best effort from **Oscar Fox** in 2nd place also with a Club PB and **Amber Fox** in 3rd place. In the 3km event it was the Club's over 80 year old athletes in **Bill Lotherington** and **Geoff Major** taking the major placings as they snared 1st and 2nd respectively with **John Carter** in 3rd place.

3km Handicap Walk

1.	Bill Lotherington	21.19
2.	Geoff Major	25.28
3.	John Carter	22.05
4.	Jennie Payne	18.34
5.	Peter Curtis	17.21
6.	Zahra Hayes (F/T)	15.17
7.	Norm West	24.37
8.	Madison Hill	17.56
9.	Annette Curtis	20.48
10.	Barb Bryant	18.45

1.5km Handicap Walk

1.	Sheridan Commons	10.05
2.	Oscar Fox (F/T)	9.29
3.	Amber Fox	11.31

SAMA TRACK WALKS, SA ATHLETICS STADIUM, MILE END, ADELAIDE, WEDNESDAY 18 JANUARY

Thanks to Colin Hainsworth for the latest results from the South Australian Masters in Adelaide. Well done to **Marie Maxted** for a SAMA W55 1000m record of 5.22.

3000m Walk

1.	Marie Maxted	18:25	W56	74.88%
2.	John Leydon	18:33	M55	67.83%
3.	Cherie Rothery	18:50	W46	67.03%
4.	Mark Worthing	19:14	M54	64.84%
5.	Gil McIntosh	19:21	M66	72.59%
6.	James Hoare	21:34	M70	68.25%
7.	Des Mulqueen	23:05	M70	63.76%
8.	Roger Lowe	23:14	M73	65.79%
9.	Jan Layng	23:21	W68	67.81%
10.	Margaret McIntosh	24:30	W64	61.43%
11.	Valmai Padget	25:16	W72	66.30%
12.	David Robertson	25:57	M83	68.18%
13.	Colin Hainsworth	26:03	M87	72.79%
14.	Jill Rogers	26:04	W72	64.26%
15.	Edna Bates	26:13	W64	57.40%

1000m Walk

1.	Kim Mottrom	04:17	M32	78.52%
2.	Marie Maxted	05:22	W56	80.98%
3.	Cherie Rothery	05:46	W46	69.30%
4.	John Leydon	05:59	M55	66.84%
5.	Gil McIntosh	06:08	M66	72.81%
6.	Preben Kohler	06:31	M40	54.13%
7.	Roger Lowe	07:21	M73	66.06%
8.	Des Mulqueen	07:22	M70	63.51%
9.	Margaret McIntosh	07:58	W64	58.95%
10.	James Hoare	08:05	M70	57.88%
11.	Valmai Padget	08:19	W72	62.09%
12.	Jill Rogers	08:19	W72	62.09%
13.	David Robertson	08:27	M83	66.30%

ACT WALKERS CLUB TRACK WALKS, WODEN ATHLETICS TRACK, WODEN, THURSDAY 19 JANUARY

Thanks to Robin Whyte for his latest report from Canberra. Great to see 2016 Australian 50km champion **Matt Griggs** back on the track and walking a fast 13:55 for the 3000m.

3000m Handicap

1.	Lorna England	25:38
2.	Val Chesterton	25:21
3.	Peter Baker	16:53
4.	Bryan Thomas	21:30
5.	Matt Griggs (F/T)	13:55
6.	Robin Whyte	18:55
7.	Margaret McSpadden	25:04
8.	Ruth Baussmann	22:03
9.	Sheryl Greatehead	24:35
10.	Jennifer Gilchrist	23:25
11.	Tom Hunt	16:36

12.	Rod Gilchrist	22:49
13.	Hannah Manning	17:05
14.	Ella Baker	22:45
15.	Harry Baker	DNF

5000m Walk

1.	Mitchell Baker	24:07
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1000m Walk

1.	Andrew Camp-Liddiard	06:34
2.	Doug Fitzgerald	08:11

ATHLETICS WA INTERCLUB, WA ATHLETICS STADIUM, PERTH, FRIDAY 20 JANUARY

Cooper Anderton (14:54.6) walked a 22 sec PB to win the 3000m walk in Perth last Friday evening.

3000m Walk

1.	Anderton, Cooper	M	Bunbury	14:54.6	PB 0:22
2.	Reid, Benjamin	M	Athletics WA	15:02.9	
3.	Mann, Bradley	M	Ridgewood Athletics Club	15:09.2	
4.	Jackson, Hayley	W	Athletics WA	16:21.4	
5.	Murphy, Patrick	M	Athletics WA	17:14.7	
6.	Ireland, Hannah	W	Rockingham Districts Aths	17:19.6	
7.	Tolardo, Isabella	W	Melville Roar Athletics	17:40.1	
8.	D'Agnone-Doyle, Gabrielle	W	Athletics WA	17:58.1	
	Hall, Joseph	M	Athletics WA	DQ	
	Griffin, Alexandra	W	Athletics WA	DQ	
	Holland, Amy	W	Athletics WA	DQ	

ATHLETICS QLD SALLY PEARSON SHIELD, QSAC, BRISBANE, SATURDAY 21 JANUARY

Queensland walkers had the opportunity to contest 3000m and 5000m walks at the Sally Pearson Shield competition in Brisbane on Saturday evening. With quite good conditions, **Jess Pickles** (23:01.03) and **Nelson McCutcheon** (13:59.07) won the two events, with a lot of quite young walkers in action overall. Good to see English expatriate **Brenda Gannon**, now working in Brisbane, join them for a walk – Brenda shook off the dust with a time of 16:16.48.

5000m Walk

1.	Pickles, Jessica	23	UNQ	23:01.03
2.	Stovin, Jamison	16	Gold Coast Central	25:27.94
3.	Haig, Callum	17	USC	29:05.04

3000m Walk

1.	McCutcheon, Nelson	15	Qeii Track Club	13:59.07	
2.	Schofield, Amelia	14	Gold Coast Victory	16:13.45	
3.	Hill, Gabriella	14	Gold Coast Victory	16:26.60	PB 0:30
4.	Clarke, Anika	12	QRW	16:14.35	
5.	Gannon, Brenda	43	(GBR)	16:16.48	
6.	Stewart, Ryan	15	Ipswich & District	17:12.53	
7.	Ofield, Mackenzie	13	USC	17:29.83	PB 0:23
8.	Hill, Cassandra	12	Gold Coast Victory	22:10.04	



*Left: Walkers Nelson McCutcheon, Cassandra Hill, Gabriella Hill, Amelia Schofield and Jessica Pickles
Centre: Mackenzie Ofield celebrates her PB
Right: Jessica Pickles with coach Robyn Wales (photos Robyn Wales)*

ATHLETICS NSW ALL-COMERS MEET, BANKSTOWN, NSW, SATURDAY 21 JANUARY

Two NSW meets to report on this week. First to Bankstown in suburban Sydney for an Athletics NSW All-Comers meet last Saturday. Wins to **Ryan Thomson** (14:33.44) and **Dylan Nagle** (7:29.04). Very youth-oriented fields in both events.

3000m Walk

1.	Thomson, Ryan	M17	Nepean Distr	14:33.44	
2.	Blanch, Emma	W14	St. George D	14:52.29	eq PB
3.	Mcmillen, Elizabeth	W13	Sydney Pacif	14:53.62	
4.	Webb, Cheryl	W41	Blacktown Ci	14:56.21	
5.	McDonald, Jasmyn	W18	Parramatta C	15:48.84	
6.	Barendregt, Travis	M17	Nepean Distr	16:17.09	
7.	Barendregt, Amanda	W21	Nepean Distr	16:34.75	
8.	Dagher, Sophia	W14	Westfields A	16:39.11	
9.	Thomson, Olivia	W13	Randwick Bot	16:55.23	
10.	Hardy, Renee	W14	Asics Wests	17:10.54	
11.	Lee, Janaya	W16	Nepean Distr	17:13.96	
12.	Pengilley, Teegan	W16	Bankstown Sp	17:14.21	
13.	Martin, Brooke	W14	Nepean Distr	17:37.64	
14.	arrothers, Dion	M16	Sydney Pacif	17:47.81	
15.	Parker, Hannah	W15	Randwick Bot	18:08.24	
16.	Adra, Amani	W13	Bankstown Sp	18:56.89	
17.	Cunningham, Breanna	W12	Campbelltown	18:57.53	
18.	Lee, Davina	W16	Nepean Distr	20:13.17	

1500m Walk

1.	Nagle, Dylan	M17	Girraween At	7:29.04	
2.	Stanley, Casey	W13	St. George D	7:56.61	
3.	Pyda, Raven	M13	Westfields A	8:55.24	
4.	Deagan, Rhianni	W12	Nepean Distr	8:59.69	
5.	Schofield, Catherine	W12	Nepean Distr	9:15.98	
6.	Douglas, Brodie	W14	Nepean Distr	9:27.13	
7.	Silver, Prudence	W14	Sydney Pacif	10:19.15	
8.	Purcell, Cameron	M11	Blue Mountai	10:46.50	

2017 NSW COUNTRY T&F CHAMPIONSHIPS, BARDEN PARK, DUBBO, NSW, 20-22 JANUARY

Now to Dubbo in country NSW for the 2017 NSW Country T&F Championships.

3000m Masters Walk, Friday 20 January

M60	1	West, John	67	Nsw Masters	20:32.19
M70	1	White, Baden	73	Nsw Masters	23:55.66
W40	1	Martin, Anthea	49	Coffs Harbou	21:06.91
W40	2	Smith, Heidi	49	Illawarra Bl	26:31.72
W30	1	Sundstrom, Jodie	38	Illawarra Bl	27:51.09

U20 3000m Walk, Friday 20 January

1.	Martin, Tim	19	Coffs Harbou	19:55.18	
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U18 3000m Walk, Friday 20 January

1.	O'Neill, Molly	17	Adamstown Ne	16:24.08	
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U17 3000m Walk, Friday 20 January

1.	Pitcher, Allanah	13	Mingara Athl	14:31.33	
2.	Bolton, Hannah	12	Mingara Athl	16:07.54	
3.	Mison, Hannah	16	Koorringal -W	17:31.23	
4.	Lucas, Eilidh	15	Koorringal -W	19:15.48	
1.	McGinniskin, Jack	13	Edgeworth an	15:58.26	
	Nicholson, Edwin	16	Wallsend Rsl	DNF	

U16 1500m Walk, Sunday 22 January

1.	McGinniskin, Jack	13	Edgeworth an	7:22.91	
2.	McConville, Corey	15	Nowra Athlet	8:38.78	

1.	Pitcher, Allanah	13	Mingara Athl	6:47.35
2.	Bolton, Hannah	12	Mingara Athl	7:29.34
3.	Lucas, Eilidh	15	Koorngal -W	8:39.63
4.	Dennis, Rhiannon	15	Orange Runners Club	9:03.70
5.	Pitcher, Sienna	8	Mingara Athl	9:20.19

QMA T&F MEET, QSAC, BRISBANE, SATURDAY 21 JANUARY

To Brisbane for the weekly walks results from the Queensland Masters Assn.

5000m Walk

1.	Ignacio Jimenez	M51	Brisbane	25:46.23	79.57%
2.	Peter Bennett	M61	Brisbane	28:01.32	80.05%
3.	Noela McKinven	W74	Brisbane	40:58.49	68.78%

ATHLETICS TASMANIA INTERCLUB, DOMAIN ATHLETICS TRACK, HOBART, SATURDAY 21 JANUARY

And the final local result – the Athletics Tasmania interclub competition walk in Hobart.

1500m Walk

1.	Alice Randall	OVA	7:20.51
2.	William Robertson	OVA	7:54.85
3.	Ron Foster	NS	9:18.49
4.	Elizabeth Leitch	ES	9:23.20
5.	Joshua Walker	OVA	11:00.29

CAPITAL CLASSIC, WELLINGTON, NEW ZEALAND, 20-21 JANUARY

To New Zealand to start the overseas reports this week. Good walking by **Jamie Shaw** (13:34.25) and **Laura Langley** (13:57.55) in the Capital Classic in Wellington. Laura was only 16 seconds outside Kate Newitt's New Zealand U20 record and she has the rest of the year to go. Good luck Laura!

3000m Walk

1.	Shaw, Jamie	M19	Athletics Nelson	13:34.25
2.	Langley, Laura	W20	Hastings AC	13:57.55
3.	Lake, Sean	M46	Scottish	17:00.21
4.	Popow, Bradyn	M14	Palmerston North	17:28.31
5.	Gardner, Bob	M63	Scottish	18:50.59
6.	Wilson, Jacqueline	W71	Trentham H & A C	18:53.15
7.	Antcliff, Joseph	M51	Trentham H & A C	20:03.67
8.	Gardner, Christina	W18	Scottish	20:27.28
9.	Jones, Daphne	W76	Scottish	20:55.93
	Hoskin, Sue	W66	Scottish	DNF

FRENCH REGIONAL T&F CHAMPIONSHIPS, VARIOUS CITIES, FRANCE, 21-22 JANUARY

Championnats Ile de France, Eaubonne, France, Sunday 22 January

Thanks to Emmanuel Tardi for the comprehensive results from the French Regional Championships which were held on Sunday around France. Emmanuel was judging in Eaubonne, near Paris, where 4 indoor walking races were scheduled, two for men and two for women. In the women's A Final event, **Emilie Menuet** (13th in Rio) was out to beat her own French record of 12:35.17 after a hard and long training period in Portugal. She was on target at the 1000m mark (4:11), but she slowed in the second half to finish with 12:50.13. Good to see **Mathilde Lacaze**, who worked in Australia a couple of years ago, featuring in the B race, after a long break from competition. In the men's event, **Aurelien Quinion** won with a fast 21:09.36 but was well outside his PB of 20:01.

3000m Walk Women A Final

1.	MENUET Emilie	Aj Blois-onzain	SEF/91	12'50"13
2.	QUENNEHEN Marine	Ca Montreuil 93	SEF/91	13'28"79
3.	MARCOU Amandine	Sa Merignac	SEF/92	13'37"14
4.	AUFFRET Lucie	Esme Us Deuil	SEF/88	14'02"78
5.	ANOUE Severine	Rcf Issy Avia	SEF/85	15'31"59
6.	DUCLOS Adele	Us Champagne-sur-seine	CAF/00	15'32"81
7.	RANCHIN Celia	Paris Uc	SEF/87	16'09"24
8.	IARD Laura	Athletisme Le Bourget Drancy	ESF/96	16'14"73

RINERO CHANFREAU Fabienne Ca Montreuil 93 SEF/80 DQ

300m Walk Women B Final

1.	LEMONNIER Dominique	Marne Et Gondoire Athletisme	VEF/56	16'16"43
2.	GIRAULT Marie	Ea Cergy Pontoise Athletisme	SEF/88	16'18"83
3.	LACAZE Mathilde	Paris Uc	SEF/81	16'24"14
4.	BESSOT Veronique	Domont Athletisme	VEF/62	16'34"73
5.	MARQUIS Cecile	Rcf Issy Avia	VEF/71	16'57"07
6.	FLOQUET Morgane	Savigny Athletisme 91	ESF/95	17'11"43
7.	ROTTIER Marine	La Postillonne Longjumeau	CAF/00	17'20"91
8.	SUDRIE Candy	Plm Conflans	CAF/00	17'42"08
9.	BELIN Lucie	Lisses Ac	SEF/86	17'43"79
10.	LANGLOIS Cloe	Dynamic Aulnay Club	ESF/97	18'08"78
11.	GUINGAND Lou	Antony Athletisme 92	CAF/01	18'50"00
12.	CRUET Lea	As Meudon	CAF/01	18'50"11
13.	DELAUNAY Dorothee	Cs Ternes Paris Ouest	JUF/98	20'31"89
14.	DAFNIET Romane	Us Nemours St Pierre Athle	CAF/00	21'31"61

5000m Walk Men A Final

1.	QUINION Aurelien	Acsam	SEM/93	21'09"36
2.	AUGER Alexis	Ga Noisy Le Grand	SEM/88	23'53"09
3.	BOLLINGER Vincent	Dynamic Aulnay Club	SEM/84	23'53"99
4.	MESSOUCI Fares	C.o.m.argenteuil	ESM/95	24'04"07
5.	LEGENTIL Cyril	Dynamic Aulnay Club	SEM/86	24'38"39
6.	LEGENTIL Marc	Dynamic Aulnay Club	SEM/84	24'58"88
7.	BERGEAL Arthur	Us Palaiseau	SEM/84	25'08"05
	GRENET Bruno	Usm Gagny	VEM/65	DQ

5000m Walk Men B Final

1.	BOYER Nicolas	Pays De Fontainebleau	VEM/77	25'42"76
2.	DAHM Florent	Ca Montreuil 93	SEM/87	25'50"59
3.	BEURIER Jocelyn	Us Vesinet	SEM/85	25'56"19
4.	COTTEVIEILLE Maxime	Ca Montreuil 93	SEM/90	26'04"67
5.	BABIARSKI Nicolas	Les Clayes Athlétisme	CAM/01	27'46"72
	LANNOY Louis	Ao Charenton	CAM/01	DQ



Emilie Menuet and Aurelien Quinion (photos Emmanuel Tardi)

Emmanuel has sent us the regional championship results from two other regions, with strong marks in the men's events . He also noted that **Jean-Paul Masselin**, back in action after a cataract operation, beat the **M70 French record** with his time of 27:07. That is very impressive indeed. He also tells me that he has heard that Johan Diniz will walk next Sunday and advises that the French Indoor National Championships will take place on Feb 19th in Bordeaux.

Championnats de Normandie, Mondeville, France, Sunday 22 January

3000m Walk Women

1.	RETOUT Anne-gaëlle	Amiens Uc	SEF/80	14'45"14
2.	ALI Sarah	Vineuil Sports	CAF/01	15'44"69
3.	RABOT Anne-laure	Vineuil Sports	VEF/73	16'32"04
4.	GARNATZ Aude	Caen Athletic Club	JUF/99	17'14"68
5.	ABOU-ZAHR Jasmine	Spn Vernon	CAF/01	17'17"08

5000m Walk Men

1.	FESSELIER Fabian	Caen Athletic Club	SEM/94	20'55"91
2.	MASSOUSSI Mohamed (TUN)	U.s.o Mondeville	SEM/88	22'16"08
3.	SEGEAT Benjamin	La Vigilante Fougères	ESM/97	24'21"55
4.	SWAIEH Meftah	U.s.o Mondeville	VEM/72	24'29"02
5.	TASSIGNY Virgile	Havre Ac	VEM/70	24'31"63
6.	PICARD Nicolas	As Tourlaville	SEM/80	24'31"89
7.	LELANDAIS Jacques	As Cherbourg	VEM/68	24'36"57
8.	DELAUNAY Richard	Us St Berthevin	VEM/64	26'29"54
9.	VAVASSEUR Gilles	As Cherbourg	VEM/65	26'42"39
10.	MASSELIN Jean-paul	Granville Ac	VEM/46	27'07"02

Championnats Auvergne Rhone Alpes, Aubières, France, Sunday 22 January

3000m Walk Women

1.	RIGOLET Marie	Racing Club Haut-jura Morez	JUF/98	15'56"38
2.	SINA Laurence	PI Pierre Benite	VEF/69	15'59"21
3.	MIALDEA Eva	Ussel Ac	ESF/97	16'06"48
4.	VIDALINC Celia	Stade Clermontois	ESF/96	17'05"23

5000m Walk Men

1.	HOUSSAYE Cedric	Sco Ste-marguerite Marseille	SEM/79	21'02"65
2.	DE NEVE Nicolas	Athletisme Chamalieres	SEM/93	24'20"34
3.	CHARROIN Jerome	Coquelicot 42	JUM/98	26'19"74

USATF ADIRONDACK DEVELOPMENT MEET, UNION COLLEGE, SCHENECTADY, NY, FRIDAY 20 JANUARY

Some good 1500m walk times from New York State last Friday. I wonder if that was a PB for Erin Taylor-Talcott?

1500m Walk

1.	Emerson Hernandez	M28	6:20.12
2.	Erin Taylor-Talcott	W38	6:38.17
3.	Dave Talcott	M56	6:43.01
4.	Meaghan Podlaski	W19	7:02.42
5.	Valentina Naidenko	W27	8:01.41
6.	Olivia Pintair	W17	8:10.22
7.	Mary Liebers	W16	8:10.39
8.	Liam Kearney	M16	8:15.41
9.	Claire Howard	W13	11:12.41
10.	Lillian Russo	W13	11:50.36

LONDON INDOOR GAMES, LEE VALLEY INDOOR CENTRE, LONDON, 21-22 JANUARY

The annual London Indoor Games started last weekend, with U13 and U15 races on Saturday and U17 races on Sunday and with the Open races to be held next weekend. Two walks were contested on Saturday, a 1000m walk for U13 and U15 boys and girls and an Open 3000m walk for everyone else. Check out Mark Easton's photos at <http://markeaston.zenfolio.com/f544366634>.

1000m Walk U13/U15

1.	Alex Macheath	M	U15	Cambridge H	4:41.8
2.	Nicholas Hart	M	U15	Aldershot, Farnham & District	5:17.8
3.	Lois Carty	W	U15	Aldershot, Farnham & District	5:30.0
4.	Charlotte Wallis	W	U13	Aldershot, Farnham & District	6:06.0
5.	Katie Stringer	W	U13	Medway & Maidstone	6:07.1
6.	Hannah Hopper	W	U15	Cambridge H	6:09.9
7.	Megan Packett	W	U13	Aldershot, Farnham & District	6:20.9

3000m Walk

1.	Luc Legon	M	U23	Bexley/Cambridge H	12:58.6
2.	Emily Ghose	W	U20	Tonbridge	15:44.8
3.	Malcolm Martin	M	V60	Paddock Wood/Surrey WC	16:29.1
4.	Daniel McKerlich	M	U20	Cardiff	16:29.4
5.	Lucy Lewis Ward	W	U17	Cambridge H	16:42.9
6.	George Wilkinson	M	U17	Enfield & Haringey	17:51.5
7.	Isabelle Bridge	W	U17	Blackheath & Bromley	18:10.7
8.	Sue Davies	W	V50	Aldershot, Farnham & District	18:51.7
9.	Sebastian Parris	M	SEN	Ilford	18:52.7
10.	Arthur Thomson	M	V80	Enfield & Haringey/Veterans	19:13.7
11.	Angela Martin	W	V50	Paddock Wood/Surrey WC	19:56.0
12.	Geraldine Legon	W	V55	Bexley/Cambridge H	20:42.0

STEYNING AC 15KM WALK, STENYNING, ENGLAND, SATURDAY 21 JANUARY

Alas, I would like to have done full report on the Steyning AC 15km roadwalk which was held on Saturday 21st January and/or on the Leicester Walking Club 10 miles on the same day but I can't find the full results anywhere. I do know a few placings from the Steyning AC 15km walk, compliments of Peter Hannell's report for the Surrey walking Club. His report read as follows

Emma Achurch from Leicester Walking Club won in an excellent time. The 19 year old was soon clear of the rest and came home in under 73 minutes, 11 minutes clear of Steyning's Ian Richards in 2nd place. Surrey Walking Club had 3 out with a couple of regulars absent. Dan Maskell and Paul Gaston resumed their usual friendly rivalry with Dan 30 seconds ahead at the turn on this beautiful and sunny but cold course. However, by the finish Paul had caught and passed Dan only for the latter to gain a 4 second lead at the finish with the best SWC performance. Chris Flint also continued his return with a time 4 minutes better than last year despite losing a minute or so to Anne Jones with whom he had been on even terms for the outward journey before tiring in the latter stages.

Steyning AC 15km walk (10 starters)

1.	Emma Achurch	Leic WC	U23W	1:12:48
2.	Ian Richards	Steyn	M65	1:23:56
3.	Jim Ball	Steyn	M50	1:26:19
6.	Dan Maskell	Sy WC	M65	1:41:11
7.	Paul Gaston	Sy WC	M65	1:41:17
9.	Chris Flint	Sy WC	M70	1:45:08

PORTUGUESE INDOOR CLUB CHAMPIONSHIPS, BRAGA AND POMPAL, PORTUGAL, 21-22 JANUARY

Following on from the previous weekend's 50km exploits, Portugal was back on the racewalking map last weekend, with the first stage of the Indoor National Club Championships held last weekend in the Portuguese cities of Pombal and Braga Men contested 5000m walks and women contested 3000m walks. Results are restricted to the first 3 placings in each division. Fastest times to **Pedro Isidro** (20:45.09) and **Kristina Saltanovic** (13:35.40).

Pombal, Saturday January 21**5000m Men**

1.	Paulo Martins	1990	21:50.42 (PB)
2.	Rodrigo Marques	1999	22:15.71
3.	Claudio Cotrim	1996	23:30.28

3000m Women

1.	Vitoria Oliveira	1992	13:51.51
2.	Carolina Costa	1998	14:12.25
3.	Sandra Leitao	1975	15:46.73

Pombal, Sunday January 22**5000m Men**

1.	Pedro Isidro	1985	20:45.09
2.	Pedro Martins	1968	21:45.04
3.	Pedro Miguel Santos	1992	21:53.27

3000m Women

1.	Kristina Saltanovic (LTU)	1975	13:35.40
2.	Ines Reis	1999	13:52.94
3.	Mariana Mota	1995	14:11.52

Braga, Saturday January 21**5000m Men**

1.	Antonio Pereira	1975	21:52.76
2.	Vitor Cabral	1998	23:24.35
3.	Xavier Sousa	1996	24:03.12

3000m Women

1.	Sandra Silva	1975	14:07.67
2.	Elisabete Pinho	1995	15:51.54
3.	Marisa Pereira	1980	15:53.05

10TH GRANDE PRÉMIO DE MARCHA ATLÉTICA DE PECHÃO, PECHÃO, PORTUGAL, SUNDAY 22 JANUARY

Apart from the National Indoor Clubs Championships held in Braga and Pombal, Portugal also hosted the 10th edition of the Grand Prix of Race Walking in Pechao, Algarve, on Sunday. The 5km walk is named in honour of their star walker **Ana Cabecinha** and she was there again this year to support the event. As expected, she won with 22:24, a faster time than that of **Dionisio Ventura** who won the men's race with 22:52. There were also shorter races on offer for the younger age groups.

5km Women

1.	Ana Cabecinha	SENIOR	COP	22:24
2.	Edna Barros	SENIOR	COP	23:57
3.	Carolina Costa	JUNIOR	COP	25:23
4.	Catarina Marques	SENIOR	COP	25:44
5.	Anabela Moreira	VETERANO	COP	26:08
6.	Laura Leal	SENIOR	COP	26:40
7.	Ednice Barros	JUNIOR	COP	27:37
8.	Bruna Colónia	JUNIOR	COP	29:42
9.	Ana Vicente	JUVENIL	COP	30:32
10.	Fatoumata Diallo	JUVENIL	COP	31:18
11.	Tatiana Cabecinha	JUVENIL	COP	32:48
12.	Soraia Furtado	SENIOR	CATUNES	35:34
13.	Helena Rodrigues	VETERANO	CATUNES	36:11
14.	Daniela Mendes	JUVENIL	CATUNES	37:40
15.	Ana Guerreiro	JUNIOR	CATUNES	38:51
16.	Cidália Alves	VETERANO	CATUNES	40:12
17.	Maria Martins	VETERANO	CATUNES	42:44

5km Men

1.	Dionisio Ventura	VETERANO	CATUNES	22:52
2.	Rodrigo Marques	JUNIOR	COP	23:57
3.	Marco Ataíde	SENIOR	CATUNES	26:38
4.	Daniel Sousa	VETERANO	COP	26:57
5.	Aires Rodrigues	JUNIOR	COP	27:18
6.	João Rodrigues	VETERANO	CATUNES	30:20
7.	Tiago Santos	JUNIOR	CATUNES	37:07
8.	Tiago Cardoso	JUVENIL	CATUNES	38:40
9.	Artur Baran	JUVENIL	CATUNES	38:52
10.	Hélder Bacalhau	VETERANO	CATUNES	41:15

ITALIAN REGIONAL INDOOR T&F CHAMPIONSHIPS, PARMA, SUNDAY 22 JANUARY

Thanks to marciadalmondo for this result (see http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2673).

Riccardo Orsoni set a new Italian U18 3000m indoor walk record with his winning time 12:34.79. The previous U18 record of 12:44.1, that has stood since 1980, belonged to Michele Marinaro with the time of 12:44.1. The women's 3000m walk was won by **Francesca Azzurra Pini** with 14:50.60.

3000m Walk Indoor Men

1.	ORSONI Riccardo	2000	C.U.S. PARMA	12:34.79
2.	CONTINI Alessandro	1998	C.U.S. PARMA	15:49.26
3.	COLONNELLO Federico	1972	PODISTICA PONTELUNGO BOLOGNA	17:09.03
4.	CAVEDAGNI Marco	1951	S.E.F. VIRTUS EMILSIDER BO	19:14.63
5.	PIVETTI Maurizio	1956	POD. FORMIGINESE	20:04.97
	MONTOLEONE Luca	1990	A.S.D. FRANCESCO FRANCA	DQ

3000m Walk Indoor Women

1.	PINI Francesca Azzurr	1999	ATLETICA 2005	14:50.60
2.	DISABATO Valeria	1999	ATLETICA 2005	14:50.99
3.	CURCIO Allegra	2001	ASSI GIGLIO ROSSO FIRENZE	17:24.08
4.	BERTINI Simona	2001	A.S.D. FRANCESCO FRANCA	17:33.07
5.	SALTI Camilla	2001	CREMONA SPORTIVA ATL. ARVEDI	20:05.00
6.	GEROLI Alice	1996	CREMONA SPORTIVA ATL. ARVEDI	20:35.37

REGIONAL U20 INDOOR T&F CHAMPIONSHIPS, MUNICH, GERMANY, SATURDAY 21 JANUARY

And one final very brief result from Germany – just the winner!

Men 5000m Race Walk indoor

1. Andreas JANKER GER 83 21:33.47

MARCIADALMONDO AND OMARCHADOR ROUNDUP

Marciadalmondo had 10 press releases this week

- Mon 23 Jan - Riccardo Orsoni establishes a new U18 Italian 3000m indoor record of 12:34.79 in Parma
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2673
- Mon 23 Jan - Ana Cabecinha shines in the 4th Trophéo Ana Cabechinha in Pechao, Portugal
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2672
- Sun 22 Jan - Ruslan Dmytrenko sets fast 5000m indoor time in Kieve, Ukraine
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2671
- Sat 22 Jan - Results of Portuguese Indoor Club Championships in Pombal and Braga
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2670
- Sat 21 Jan - Alberto Zaupa and Valentina Trapletti win in Padova, Italy
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2669
- Wed 25 Jan - Work in progress - profiles of the best non-Italian women walkers
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2668
- Thu 19 Jan - Results of Costa Rica national championships in San Jose
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2667
- Wed 18 Jan - Results of Greek 50km championship meet in Schinias (GRE)
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2666
- Tue 17 Jan - Results of Hong Kong track walk championships
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2665
- Tue 17 Jan - Victories to Manuel Bermudez Jimenez and Amanda Cano in Campo de Criptana (ESP)
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2664

and Omarchador had 12 press releases

- Sun 22 Jan - Results of regional indoor track champs in Lithuania
<http://omarchador.blogspot.com.au/2017/01/marcha-em-panevezys-vilnius-kaunas-e.html>
- Sun 22 Jan - Amanda Cano and Manuel Bermudez win in Campo de Criptana (Spain)
<http://omarchador.blogspot.com.au/2017/01/armanda-cano-e-manuel-bermudez-vencem.html>
- Sat 21 Jan - Ruslan Dmitrenko wins indoor track race in Kiev, Ukraine
<http://omarchador.blogspot.com.au/2017/01/as-primeiras-provas-na-ucrania-em-2017.html>
- Sat 21 Jan - Pechão (POR) to host Algarve Championships
<http://omarchador.blogspot.com.au/2017/01/grande-premio-de-pechao-acolhe.html>
- Fri 20 Jan - Preview of National Club Championships in Braga and Pombal (POR)
<http://omarchador.blogspot.com.au/2017/01/camp-nacional-de-clubes-em-pista.html>
- Fri 20 Jan - How long will it take for the women's 50km event to mature
<http://omarchador.blogspot.com.au/2017/01/50-km-marcha-fem-no-mundial-sim-ou-nao.html>
- Thu 19 Jan - Ocampo and Cordero win Costa Rican championships in San Jose
<http://omarchador.blogspot.com.au/2017/01/ocampo-e-cordero-vencem-campeonatos-da.html>

- Thu 19 Jan - Portuguese President President Inês Henriques on her 50km world record <http://omarchador.blogspot.com.au/2017/01/presidente-da-republica-felicita-ines.html>
- Wed 18 Jan - Results of Hong Kong Track Championships <http://omarchador.blogspot.com.au/2017/01/campeonatos-nacionais-de-hong-kong.html>
- Wed 18 Jan - Some inconsistencies in the events on offer in the Portuguese 50km championship program <http://omarchador.blogspot.com.au/2017/01/anav-com-campeonato-de-marcha-longa-em.html>
- Tue 17 Jan - Inês Henriques declares herself willing to do less than 4 hours for the 50km <http://omarchador.blogspot.com.au/2017/01/ines-henriques-declara-se-disposta.html>
- Tue 17 Jan - Ioánnis Vaitsis is the new Greek 50km champion <http://omarchador.blogspot.com.au/2017/01/ioannis-vaitsis-sagra-se-campeao-da.html>

OUT AND ABOUT

- IAAF President Sebastian Coe says he has not refused to answer further questions from MPs investigating doping in sport. But the head of the IAAF, athletics' world governing body, wants to know what they intend to ask him. Well, I would have thought that was bloody obvious! See <http://www.bbc.com/sport/athletics/38674495>.
- **Tom Bosworth** is amongst a group of British athletes doing a training camp at altitude in Potchefstroom, two hours' drive from Johannesburg. See <http://www.bbc.com/sport/athletics/38657105>.
- Interview with young English rising star **Emma Achurch** – <http://www.lrsport.org/news/2017/01/get-to-know-emma-achurch>.
- Is American T&F finally ready to join the rest of us in a metric world. Australia migrated from Imperial to Metric measurements in February 1966. 50 years later, America goes it alone and still talks in terms of inches, feet, yards, pounds, gallons, etc. See https://www.nytimes.com/2017/01/19/sports/floridas-high-schools-field-events-metric.html?_r=0.
- The news about Russian doping cleanup continues to be bad. A ten-minute film "Lies and Hypocrisy", produced by ARD reporter Hajo Seppelt and aired by ARD on Sunday, alleges that suspended Russian coaches continue coaching activities. The film features a meeting between Seppelt and Russian T&F athlete Andrei Dmitriyev that took place in Almaty. Dmitriyev shares video from his mobile phone with suspended T&F athletics coach Vladimir Kazarin giving some instructions to athletes, runners Natalia Danilova and Artyom Denmukhametov, in an indoors premises. According to Dmitriyev, it took place in Chelyabinsk on January 12. To substantiate his words, he demonstrates his mobile phone with a date and a page from Germany's Süddeutsche Zeitung. See <http://www.sportschau.de/doping/doping-whistleblower-englisch-100.html>. A more extensive 27-minute video interview with Dmitriyev has also been posted on ARD's website – see the full thing at <http://www.ardmediathek.de/tv/Sportschau/Andrey-Dmitriev-Nothing-has-changed-i/Das-Erste/Video?bcastId=53524&documentId=40098864>.
- This time, Russia has been forced to publicly acknowledge the situation. ARAF President Dmitry Shlyakhtin has told TASS he will check allegations on doping in Russian sport made public in the new documentary. "Our federation will check all the facts cited in Seppelt's documentary, including a video featuring coach Kazarin and an athlete." Excuse me for being skeptical! See <http://tass.com/sport/926619>.
- This comes at a very bad time for Russia given the meeting between Russian officials and the IAAF Taskforce, scheduled for yesterday and today, as the country seeks reinstatement from the world governing body. A meeting of the Taskforce, chaired by Rune Anderson, will be attended by the country's Sports Minister Pavel Kolobkov and a representative from the Russian Investigative Committee in Moscow. Reacting to the latest developments, IAAF chief executive Olivier Gers told ARD: "If it is indeed one of the coaches that has been provisionally suspended by the IAAF, then RusAF should have been in a position to enforce that suspension. And therefore RusAF has not fulfilled the conditions for reinstatement." So realistically, Russia now faces the possibility of missing the 2017 IAAF World Championships in London as well. See <http://www.insidethegames.biz/articles/1046124/more-damning-allegations-made-against-russia-in-latest-ard-documentary>.
- Our thoughts are with New Zealand and former Commonwealth Games walker **Mike Parker** and his wife Olga. Mike suffered a stroke last Friday evening and is now recovering in hospital. The good news is that he has his vision back, his speech is fine, and his balance is getting better. So it sounds like a best case scenario, given how awful strokes can sometimes be. All the best, Mike.

COBURG 6 HOUR AND 24 HOUR CHAMPIONSHIPS

In my walks calendar at the end of the newsletter are two dates that I want to highlight this week

Sun Mar 5, 2017 Coburg 6 Hour Run/Walk Championships, Coburg, VIC
Apr 22-23, 2017 Australian Centurions 24 Hour Walk Championships, Coburg, VIC

These two events are held every year at Coburg, in metropolitan Melbourne, and include walk and run divisions. Alas, years ago, it was our racewalking community which used to provide the competitors for this sort of ultra distance walk experience, but nowadays it has become harder to challenge our walkers to attempt the longer distances.

But I never give up hope completely so if you are thinking of entering, now is the time for action. Sure, you are challenging yourself out in unknown territory but you don't have to go fast – consider it a nice walk in the park with your headphones and music, along with lots of little stops for feed and drink. And most of all, think of the satisfaction in attempting and conquering something new like this.

Entries are being taken at <http://www.coburg24hr.org/24hr/race-entry/2015-race-entry/>.



Coburg 24 hour 2012

The action from the 2012 Coburg 24 Hour – sketch by Diana Kelly

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.

2016/2017 Australian/Victorian Key Dates

Jan 26-28, 2017 Victorian Country Track & Field Championships, Casey Fields, Casey, VIC
Feb 5 (sun), 2017 AV 5km Teams Race and VRWC Road Races, Middle Park, VIC
Feb 12 (Sun), 2017 AV Shield Grand Final, Lakeside Stadium, Albert Park

Feb 19 (Sun), 2017	Australian 20km Summer Roadwalk Championships (incorp. Oceania Championships), Adelaide, SA
Feb 19 (Sun), 2017	VMA 5000m track walk champs and VRWC track walks, George Knott Reserve, Clifton Hill, VIC
Feb 24-26, 2017	Victorian Junior and Open Track & Field Championships (Weekend 1), Albert Park, VIC
Mar 3-5, 2017	Victorian Junior and Open Track & Field Championships (Weekend 2), Albert Park, VIC
Mar 5, 2017	Coburg 6 Hour Run/Walk Championships, Coburg, VIC
Mar 25-26, 2017	Victorian Masters Championships, Doncaster, VIC
Mar 26 - Apr 2, 2017	Australian Open and Junior T&F Champs, SOPAC, Sydney, NSW. Draft timetable: Sunday 26 th March U20 10,000m Walks Monday 27 th March U17/U18 5000m Walks Friday 31 st March U15/U16 3000m Walks, Open 10,000m Walks Sunday 2 nd April U14 3000m Walks
Apr 22-23, 2017	Australian Centurions 24 Hour Walk Championships, Coburg, VIC
Jun 9-12, 2017	Australian Masters T&F Championships, Darwin, NT. See http://ntmastersathletics.com.au/
Jun 11, 2017	51 st LBG Racewalking Carnival, Stomlo Forest Park, Canberra, ACT

2016/2017 International Dates

Mar 12, 2017	International Walks Meet, Ciudad Jaurez, Mexico
Mar 18-29, 2017	World Masters Athletics Indoor Championships, Daegu South Korea
Mar 19, 2017	International Walks Meet, Monterrey, Mexico
Mar 19, 2017	Memorial Mario Albisetti (elite 20km), Lugano, Switzerland
Mar 19, 2017	Asian 20km Racewalking Championships, Nomi, Japan
Mar 25, 2017	European Athletics Walks Meet, Dudince, Slovakia
Apr 1, 2017	26 th Grand Prix de Rio Maior, Rio Maior, Portugal
April 8, 2017	Podebrady Race Walk Meet, CZE. See http://www.podebrady-walking.cz/en/
Apr 15, 2017	EASTER WEEKEND
Apr 15, 2017	IAAF Racewalking Challenge event, Taicang, China
April 21-30, 2017	World Masters Games 2017, Auckland, NZ. See www.worldmastersgames2017.co.nz
April 23, 2017	Naumburg Racewalking Carnival, GER
May 21, 2017	European Race Walking Cup, Podebrady, CZE
June 3, 2017	XXXI Gran Premio Cantones de La Coruna, Spain
June 9, 2017	European Athletics Walks Meet, Altyus, LTU
July 12-16, 2017	10 th World Youth T&F Championships, Nairobi, Kenya – THIS IS THE FINAL EDITION
August 5-13, 2017	16 th IAAF World Championships in Athletics, London, UK. See http://www.london2017athletics.com/ .
August 19-30, 2017	29 th Summer Universiade, Taipei, Taiwan
Sept 24-17, 2017	Around Lake Taihu 4 Day multi day walks race, CHN

2017 IAAF Racewalk Challenge Series

Feb 19 (Sun), 2017	Australian 20km Summer Roadwalk Championships (incorp. Oceania Championships), Adelaide, SA
Mar 12, 2017	International Walks Meet, Ciudad Jaurez, Mexico (20km)
Mar 19, 2017	International Walks Meet, Monterrey, Mexico (20km, 50km)
Apr 1, 2017	26 th Grand Prix de Rio Maior, Rio Maior, Portugal
Apr 15, 2017	IAAF Racewalking Challenge event, Taicang, China
June 3, 2017	XXXI Gran Premio Cantones de La Coruna, Spain
August 5-13, 2017	16 th IAAF World Championships in Athletics, London, UK.

Looking Further Ahead

Apr 4-15, 2018	XXI Commonwealth Games, Gold Coast, QLD (20km roadwalks). See http://www.gc2018.com
May 2018	28 th IAAF World Race Walking Team Championships, Taicang, China
July 2018	16 th World Junior T&F Championships, Tampere, Finland
Sept 2018	22 nd World Masters Athletics T&F Championships, Malaga, Spain
Sept 28 – Oct 6, 2019	17 th IAAF World Championships in Athletics, Doha, Qatar
July 2019	30 th Summer Universiade, Brasilia, Brazil
2019	World Masters Indoors T&F Championships, Torun, Poland
July 24 – Aug 9, 2020	32 nd Olympic Games, Tokyo
July 20 – Aug 1, 2020	23 rd World Masters T&F Championships, Toronto, Canada
Aug 2021	18 th IAAF World Championships in Athletics, Eugene, USA
July 18-30, 2022	XXII Commonwealth Games, Durban, South Africa

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