



## HEEL AND TOE ONLINE

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

It has been a big week for Australian walkers with lots of good performances but one stands out and that has been put on the board by the incomparable **Heather Carr**. Competing in the World Masters Indoor Championships in Daegu, South Korea, she won the W65 3000m indoor walk in a World Record time of **16:57.96**, bettering Mary Worth's 1995 WR of 17:38.40 by a huge 41 secs. To put it in perspective, she won her age group by 60 seconds and was the fifth fastest woman overall, beating all but 4 of her many younger rivals in lower age groups. Read more about Heather's wonderful career at <http://www.vrwc.org.au/tim-archive/articles/wv-heather-carr.pdf>.



*Heather on her way to victory in Daegu in the 3000m indoors walk*

### WHAT'S COMING UP

- The **2017 World Masters Athletics Indoor Championships** continue this week in Daegu, South Korea. They run from Mar 18-29, 2017. The 10km road walks will be held on Friday.
- The **Victorian Masters Championships** will be held at Doncaster next weekend (25-26 March). Good luck to all our Victorian masters walkers.
- Sunday 26 March marks the start of the week long **2017 Australian Open and Underage Athletics Championships** in Sydney. See entry lists at <http://athletics.com.au/Compete/Events/2017-australian-athletics-championships-5>. The latest timetable reads as shown below.

Sunday 26 <sup>th</sup> March,	U20 10,000m Walks
Monday 27 <sup>th</sup> March	U17/U18 5000m Walks
Friday 31 <sup>st</sup> March	U15/U16 3000m Walks, Open 10,000m Walks
Sunday 2 <sup>nd</sup> April	U14 3000m Walks

- Internationally, the action continues with more huge races. Key dates as shown below.

Mar 25, 2017 European Athletics Walks Meet, Dudince, Slovakia  
 Apr 1, 2017 26<sup>th</sup> Grand Prix de Rio Maior, Rio Maior, Portugal  
 April 8, 2017 Podebrady Race Walk Meet, CZE. See <http://www.podebrady-walking.cz/en/>

**IT'S TIME FOR THE 2017 CASTLEMAINE NAB 500, SUNDAY 9 APRIL**

A reminder that the clock is ticking for our **Castlemaine NAB 500** meet in **Castlemaine** which will be held on **Sunday 9<sup>th</sup> April**. Remember we have some big prize money on offer so check out our web page at <http://www.vrwc.org.au/vrwc-CastlemaineNAB500.shtml> and enter via the online panel there.

Castlemaine NAB 500 5km Walk:	\$1,000, \$200, \$100
50+ 3km:	\$200, \$100, \$50
U18 3km:	\$200, \$100, \$50
U12 1km Boys	\$80, \$40, \$20
U12 1km Girls	\$80, \$40, \$20

Entries are now coming in – only 2 weeks until entries close on **Wednesday 5<sup>th</sup> April** so don't delay.



*The action gets underway in the 2014 Castlemaine NAB 3km walk*

**SAMA TRACK WALKS, SA ATHLETICS STADIUM, MILE END, ADELAIDE, WEDNESDAY 15 MARCH**

Thanks to Colin Hainsworth for the latest South Australian Masters results from Adelaide. Colin commented: Hot, humid evening.

**5000m Walk**

1. Peter Crump	29:42	M56	72.72%
2. Jack Russell	31:11	M64	74.96%
3. Cherie Rothery	34:39	W47	62.75%
4. James Hoare	35:04	M70	71.43%
5. Bill Starr	38:19	M74	68.82%
6. David Robertson	42:07	M83	71.69%
7. Colin Hainsworth	43:31	M87	74.48%

**800m Walk**

1. Toby Wilks	3:30	
2. Rhiannon Lovegrove	3:37	
3. Kiera Ross	3:52	
4. Peter Crump	4:03	M56
5. Marie Maxted	4:06	W56
6. Jack Russell	4:12	M64
7. Mia Wilks	4:21	
8. George White	4:23	M71
9. Hannah Wilks	4:39	
10. Charlie Jarman	4:55	
11. Cherie Rothery	4:57	W47
12. James Hoare	5:31	M70
13. Helen Suridge	5:44	W66
14. Roger Lowe	6:07	M73
15. David Robertson	6:27	M83

**3000m Walk**

1. Richard Everson	15:00	M53	82.41%
2. Marie Maxted	19:42	W56	70.00%
3. Dave Fallon	23:28	M64	58.56%
4. Jan Layng	23:44	W68	66.71%
5. Linda Whitelaw	24:18	W63	61.19%
6. Roger Lowe	24:57	M73	61.26%
7. Edna Bates	26:16	W64	57.29%

**BENDIGO WALKERS CLUB ROAD WALKS, ROSALIND PARK, BENDIGO, WEDNESDAY 15 MARCH**

Thanks to Paul Rance for the latest results from Bendigo, in country Victoria.

The Bendigo Walkers Club held 5 minutes and 20 minutes events in Rosalind Park on Wednesday evening. The 5 minute walk saw **Amber Fox** score an excellent victory with **Caitlyn Curtis** 2<sup>nd</sup> and **Charlotte Murphy** in 3<sup>rd</sup> place, with Personal best's recorded by **Caitlyn Curtis** and **Oscar Fox**. The 20 minute race was won by **Jennie Payne** from **Annette Curtis** 2<sup>nd</sup> and **Madison Hill** 3<sup>rd</sup>, with all 3 placegetters producing PB efforts and **Zahra Hayes** breaking the 27 year old Club U16 20 minute record formerly held by Lyndal Jacobs.

**20 Minutes Walk**

1.	Jennie Payne	3219m
2.	Annette Curtis	2856m
3.	Madison Hill	3230m
4.	Barb Bryant	3293m
5.	John Carter	2769m
6.	Norm West	2534m
7.	Geoff Major	2369m
8.	Bill Lotherington	2800m
9.	Ebony Whiley	3268m
10.	Zahra Hayes	3754m
11.	Peter Curtis	1600m

**5 Minutes Walk**

1.	Amber Fox	712m
2.	Caitlyn Curtis	661m
3.	Charlotte Murphy	844m
4.	Oscar Fox	799m
5.	Jasmine Murphy	713m

**ACT WALKERS CLUB TRACK WALKS, WODEN ATHLETICS TRACK, WODEN, THURSDAY 16 MARCH**

Thanks to Robin Whyte for his weekly report from Canberra. Fast walking by **Connor Frew** (22:49), **Ian Rayson** (22:50) and **Mitchell Baker** (22:55).

**5000m Walk**

1.	Connor Frew	22:49
2.	Ian Rayson	22:50
3.	Mitchell Baker	22:55
4.	Callum Burns	23:55
5.	Matt Griggs	25:38
6.	Ann Staunton-Jugovic	28:11
7.	Peter Baker	28:58
8.	Robin Whyte	31:53
9.	Helena Bialecki	33:12
10.	Bryan Thomas	35:36
11.	Lorna England	41:17
12.	Val Chesterton	43:28
	Rod Gilchrist	DNF
	Gwyllym Young	DNF
	Sebastian Young	DNF
	Gabby Hunt	DNF

**1000m Walk**

1.	Andrew Camp-Liddiard	5:34
2.	Laura Burns	6:07
3.	Tom Hunt	6:08
4.	Ewen Thompson	6:12
5.	Georgia Frew	6:55
6.	Ruth Baussmann	7:10
7.	Jennifer Gilchrist	7:10
8.	Margaret McSpadden	8:04
9.	Tiona Kane	8:50

**MERV LOCKYER 3KM HANDICAP, NORTH GARDENS, LAKE WENDOUREE, BALLARAT, SUNDAY 19 MARCH**

Thanks to Kerrie Peart for the latest results from Ballarat. She reported:

The sun was out early on Sunday and so were our BRWC walkers as they kicked off the first race of the season in the Merv Lockyer 3km Handicap. The humid conditions made for tough racing and times were off the mark for many walkers. However not so for young **Brodie Tallent**, who went hard from the get go, and lead throughout to win comfortably in a new PB of 20:02 (PB 0:32) **Keelan Perry** walked a very consistent race to finish in second place also recording a PB time of 21.51 (0:15). Whilst **Fraser Saunder** rounded out the placing's finishing 3<sup>rd</sup> in 18:05. Fastest time of the day wet to **Jemma Peart** in 16:38.

**Merv Lockyer 3km Handicap Walk**

1.	Brodie Tallent	20:02 (PB 0:32)
2.	Keelan Perry	21:51 (PB 0:15)
3.	Fraser Saunder	18:05
4.	Scott Peart	20:55
5.	James Pendred	22:18

6.	Jemma Peart	16:38
7.	Alanna Peart	17:03
8.	Jorja Tallent	23:55



*Brodie Tallent with the winner's trophy – now that's nearly as big as him (photo Kerrie Peart)*

#### NSW LITTLE ATHLETICS T&F CHAMPIONSHIPS,

A lot of Little Athletics T&F Championships were scheduled last weekend. Firstly to Sydney for the NSW LA titles, with walks ranging from U9 700m to U17 1500m. I will restrict myself to the first 10 from each division – full results, including all finishers, can be seen at <http://www.nswathletics.info/lansw/live/index.htm>. Fastest times to **Dylan Richardson** (U17 6:05.57) and **Alannah Pitcher** (U14 6:45.60). Absolutely fantastic depth and quality – definitely the strongest LA walking state.

##### Girls U9 700 Metre Walk

1.	Sienna Pitcher	Gosford	3:34.62
2.	Zoe Woods	Ku-Ring-Gai	3:36.42
3.	Kayleigh O'Donoghue	Port Hacking	3:37.12
4.	Rudi Blackley	South Eastern	3:40.06
5.	Chloe Lamb	Manly Warringah	3:43.50
6.	Grace Beck	Ku-Ring-Gai	3:45.08
7.	Sophia Bonser	Hills District	3:49.94
8.	Georgia Ryan Lake	Illawarra	3:52.69
9.	Isabella Vella	Nepean	3:53.14
10.	Annabelle Stewart	Ku-Ring-Gai	3:54.38

##### Boys U9 700 Metre Walk

1.	Archie Hendry	Manly Warringah	3:29.48
2.	Zachary Thai	Balmain	3:33.05
3.	Alex Muir	Nepean	3:42.70
4.	Brodie Spamer	Cardiff & District	3:50.50
5.	Harrison Mauger	Winston Hills	3:51.42
6.	Jude Cho	Ku-Ring-Gai	3:54.97
7.	Darcy Kirkland	Manly Warringah	3:55.00
8.	Lachlan Pryke	Cranebrook	3:56.22
9.	Joshua Lakeman	Campbelltown	3:58.35
10.	Jamie Beresztan	Edgeworth	4:00.59

##### Girls U10 1100 Metre Walk

1.	Jayda Stanley	Balmain	5:53.50
2.	April Billington	Manly Warringah	6:04.52
3.	Carissa Smyth	Manly Warringah	6:09.61
4.	Sarah Lovell	Ku-Ring-Gai	6:12.68
5.	Satrey Clancy	Kempsey	6:21.10
6.	Georgia Payne	Tuggerah Lakes	6:26.30
7.	Abby Lever	Cardiff & District	6:28.92
8.	Emily Stewart	Ku-Ring-Gai	6:30.44
9.	Amelie Prosser-Shaw	Hills District	6:32.18
10.	Jasmine Wong	Winston Hills	6:33.68

##### Boys U10 1100 Metre Walk

1.	Isaac Beacroft	Quakers Hill	5:17.46
2.	Will Haydon	Emu Plains	5:23.54
3.	Peter Elliott	Quakers Hill	5:36.43
4.	Isaac Tate	Manly Warringah	5:41.04
5.	Jasper Deane	Hills District	6:09.75
6.	Jeremy Jubb	Cherrybrook	6:18.79
7.	Cameron Purcell	Springwood	6:23.21
8.	Myles Ashby	Gosford	6:23.22
9.	Aidan Pospischil	Winston Hills	6:29.16
10.	Jai Horton	Liverpool City	6:33.01

##### Girls U11 1100 Metre Walk

1.	Izabella Dunne	Gosford	5:18.55
2.	Milly Boughton	Eastern Suburbs	5:23.84
3.	Keeley Holmes	Manly Warringah	5:23.88
4.	Ella Munroe	Hills District	5:46.14

##### Boys U11 1100 Metre Walk

1.	Harry Banks	Koorinal Wagga	5:26.87
2.	Brodie Payne	Winston Hills	5:27.43
3.	Keegan Whitten	Wollongong City	5:27.91
4.	Elliot Bangert	Orange	5:45.50

5.	Alejandra Blanco	Manly Warringah	5:56.05	5.	Ethan Kelly	Hills District	5:50.79
6.	Chloe Krklinski	Parramatta	6:01.63	6.	Darcy Bell	Kurrajong Bilpin	5:55.82
7.	Zahra Adra	Bankstown Sports	6:02.46	7.	Luke Haddad	Balmain	5:57.58
8.	Ava Luxford	Ku-Ring-Gai	6:05.28	8.	Jack Jessep	Port Hacking	6:02.89
9.	Isabelle Nilon	Nth Rocks Carlin	6:05.98	9.	Liam Murphy	Glenbrook	6:04.83
10.	Dominique Stevens	Balmain	6:09.73				

#### Girls U12 1500 Metre Walk

1.	Amalia Patterson	Tuggerah Lakes	7:20.07
2.	Emma Thomas	Parramatta	7:26.86
3.	Ellie Decelis	Illawong	7:40.49
4.	Alannah Hickson	Ku-Ring-Gai	7:51.94
5.	Tara Laytham	Manly Warringah	7:55.04
6.	Isabella Farrell	Prestons Robins	8:22.88
7.	Brooke Loughlin	Blayney	8:29.91
8.	Penny Graham	Hawkesbury City	8:40.57
9.	Abby Kitto	Quakers Hill	8:42.49
10.	Zoe Sullivan	Kurrajong Bilpin	8:49.75

#### Girls U13 1500 Metre Walk

1.	Elizabeth McMillen	Manly Warringah	6:58.60
2.	Hannah Bolton	Tuggerah Lakes	7:02.82
3.	Gabriella Hill	Lismore	7:03.48
4.	Casey Stanley	Illawong	7:50.70
5.	Danielle Vesper	Tuggerah Lakes	7:56.50
6.	Sophie Hickson	Ku-Ring-Gai	8:04.72
7.	Amani Adra	Bankstown Sports	8:06.17
8.	Kayla Wong	Winston Hills	8:14.66
9.	Hayley Kolts	Dapto	8:24.66
10.	Alexandra Wicks	Quakers Hill	8:26.06

#### Girls U14 1500 Metre Walk

1.	Allanah Pitcher	Gosford	6:45.60
2.	Emma Blanch	Port Hacking	7:01.72
3.	Imogen Steele	Northern Suburbs	7:47.30
4.	Hannah Parker	Manly Warringah	7:56.52
5.	Ella Robertson	Tuggerah Lakes	7:58.43
6.	Chelsea Payne	Tuggerah Lakes	8:06.09
7.	Paris Tier	Randwick Botany	8:19.08
8.	Brooke Martin	Doonside	8:32.15
9.	Zoe Elliott	Quakers Hill	8:44.39
10.	Jemma Bonnell	Blacktown	9:04.34

#### Girls U15 1500 Metre Walk

1.	Hannah Mison	Koorringal Wagga	7:27.98
2.	Lily Johnston	Ku-Ring-Gai	7:29.93
3.	Niamh Sanday	Kings Langley	7:34.12
4.	Bridget Bell	Kurrajong Bilpin	8:13.14
5.	Hayley Tipping	Ingleburn Rsl	8:18.53
6.	Rhiannon Dennis	Orange	8:25.31
7.	Paige Rigney	Wyong	8:26.20
8.	Eilidh Lucas	Koorringal Wagga	8:36.58
9.	Ainslie Brown	Northern Suburbs	8:41.05
10.	Gabrielle Marriott	Lake Illawarra	9:03.08

#### Girls U17 1500 Metre Walk

1.	Chelsea Goodhew	Westlakes	7:15.98
2.	Teegan Pengilly	Bankstown Sports	7:23.72
3.	Molly O'Neill	A.N.L	7:27.78
4.	Janaya Lee	Riverstone	7:39.85
5.	Abbey McMillen	Manly Warringah	7:51.61
6.	Tamsin Buchanan	Hills District	8:03.22
7.	Rose Jennings	Randwick Botany	8:13.85
8.	Amy Henry	Port Hacking	8:19.88
9.	Brooke Bonnell	Hills District	8:23.52
10.	Sophie Crichton	Ku-Ring-Gai	8:34.99

#### Boys U12 1500 Metre Walk

1.	Oliver Santo	Port Hacking	7:31.90
2.	Ryan Vesper	Tuggerah Lakes	7:43.35
3.	Matthew Lubke	Balmain	7:52.94
4.	Raven Pyda	Liverpool City	7:59.55
5.	Samuel Walter	Ku-Ring-Gai	8:01.84
6.	Alex Mills	Cherrybrook	8:08.39
7.	Brendan Pospischil	Winston Hills	8:19.37
8.	Jack Robson	Hills District	8:40.16
9.	Liam Spamer	Cardiff & District	9:01.70
10.	Dale Mapstone	Manly Warringah	9:05.00

#### Boys U13 1500 Metre Walk

1.	Tom Jessep	Port Hacking	6:58.93
2.	Jackson Deane	Hills District	8:20.31
3.	Dane Conlon	Raymond Terrace	8:25.22
4.	Beau Mitchel Jenkins	Blacktown	8:32.33
5.	Tony Vujnovic	Manly Warringah	8:33.44
6.	Aidan Cavrak-Nifo	Canterbury	8:36.99
7.	Joshua Jackson	Lake Illawarra	8:48.22
8.	Harrison Best	Dapto	8:57.85
9.	Oscar Bowers	Balmain	9:11.20
10.	Rhys Barnes	Dapto	9:29.92

#### Boys U14 1500 Metre Walk

1.	Joel Kemp	Tuggerah Lakes	6:45.88
2.	Jack McGinniskin	Edgeworth	6:56.58
3.	Martin Leerberg	Northern Suburbs	7:36.22
4.	Dion Carrothers	Manly Warringah	7:50.22
5.	William Mills	Cherrybrook	8:04.07
6.	George Davis	Ryde	8:34.66
7.	Samuel Murphy	Balmain	8:35.44
8.	Harrison Frost	Girraween	9:06.31
9.	Logan Barendregt	Doonside	9:20.07
10.	William Guthrie	Balmain	9:29.33

#### Boys U15 1500 Metre Walk

1.	Hayden Blaskett	Manly Warringah	7:15.08
2.	Jake Attwell	Dapto	7:22.07
3.	Christopher Wicks	Quakers Hill	7:31.27
4.	James Smit	Hills District	7:44.91
5.	Alex Owen	Kings Langley	8:41.15
6.	Corey McConville	Shoalhaven	8:49.73
7.	Tim Leask	Quakers Hill	9:01.21

#### Boys U17 1500 Metre Walk

1.	Dylan Richardson	Gosford	6:05.57
2.	Ryan Thomson	Colyton St Clair	6:19.73
3.	Dylan Nagle	Girraween	6:37.22
4.	Blake Dwyer-Hall	Blacktown	6:45.45
5.	Travis Barendregt	Doonside	7:02.16
6.	Harrison Mavin	Ku-Ring-Gai	7:16.14
7.	Jordan Darnley	Eschol Park	7:24.22
8.	Tristan Aspinall	Kurri Kurri	7:35.70
9.	Cory McGinniskin	Edgeworth	8:08.78
10.	Brayden Findlay	Tallawong Park	9:24.38



*Podiums for U13 Girls 1500m (Hannah Bolton, Elizabeth McMillan and Gabriella Hill) and U14 1500m Girls (Emma Blanch, Alannah Pitcher and Imogen Steele)*



*Left: Dylan Richardson leads out in the U17 Boys 1500m  
Right: Allannah Pitcher (U14) and Sienna Pitcher (U9) celebrate their wins – all phoos Robyn Wales*

**QLD LITTLE ATHLETICS T&F CHAMPIONSHIPS, QSAC, BRISBANE,**

And now to Brisbane for the Queensland Little Athletics T&F Championship walks. As for NSW, I will restrict reporting to the first 10 placings in each age group. For complete results, see <http://athsaus.sportstg.com/la/qld/liveresults/statechips/>.

Fastest times to **Caitlin Hannigan** (U15 6:56.87) and **Nelson McCutcheon** (U14 6:16.10). I saw a post that Nelson's time was a new Qld record and only just outside the Australian best for that age group. Fantastic!

**Girls U9 700m Race Walk**

1.	Lyla Williams	Tweed	3:35.46
2.	Aliesha Heap	Gold Coast	3:47.32
3.	Kamara Stewart	Ipswich	3:52.52
4.	Lily Goulding	Ipswich	4:04.94
5.	Clare Fedrick	Ropehill	4:10.57

**Boys U9 700m Race Walk**

1.	Myles Callaghan	Redlands	3:54.78
2.	Dayne Smallacombe	Caboolture	3:55.17
3.	Sohl Donnelley	Gold Coast	4:03.43
4.	Liam Heylen	Ashmore	4:19.23
5.	Jacob Petrovic	Redlands	4:19.96

6.	Shantel Gale	Strathpine	4:39.41	6.	Tahj Siddell	Tweed	4:33.99
7.	Charlotte Brady	Aspley	4:40.81	7.	Heath Smallacombe	Caboolture	4:38.62
8.	Marlee Chopping	Nth Rockhampton	4:42.54	8.	Flynn Davies	Maryborough	5:02.60
9.	Grace Brown	Strathpine	4:46.49	9.	Zack Manteit	Ipswich	5:07.80
10.	Perla Maizey	Strathpine	4:47.11	10.	Noah Burke	Browns Plains	5:12.17

#### Girls U10 1100m Race Walk

1.	Isabelle Sly	Mudgeeraba	5:44.09
2.	Charlotte Porter	Aspley	6:17.61
3.	Trinity Woodward	Arana	6:30.37
4.	Isabel Kitching	Ipswich	6:39.94
5.	Lacinda Wolfe	Deception Bay	7:04.73
6.	Olive Cramb	Mt Gravatt	7:15.12
7.	Abbie McDonald	Strathpine	7:20.11
8.	Hayley Condon	Ipswich	7:23.49
9.	Taylor Skinner	Gold Coast	7:24.68
10.	Jazmin Roberts	Ipswich	8:21.34

#### Boys U10 1100m Race Walk

1.	Charlie Capps	Gold Coast	6:19.44
2.	Cooper Smith	University	6:21.82
3.	Torin Manteit	Ipswich	6:36.23
4.	Kody Fisher	Redlands	6:45.25
5.	Jack Bannister	University	6:48.63
6.	Nixon Johnston	Rosewood	7:04.49
7.	Ethan Vojinov	Toowong Harriers	7:09.07
8.	Max Russell	Ashmore	7:44.67
9.	Lucas Grainey	Tweed	7:44.86
10.	Jayce Wyatt	Bargara	7:45.51

#### Girls U11 1100m Race Walk

1.	Anika Clarke	Redlands	5:14.14
2.	Tess Hannigan	Beaudesert	6:10.97
3.	Daniella Lourigan	Maryborough	6:21.70
4.	Ella Muir	Toowong Harriers	6:29.41
5.	Amber Tofful	Caloundra	6:41.31
6.	Erin Gallagher	Jimboomba	6:43.51
7.	Scarlett Schofield	Ashmore	6:44.02
8.	Molly Cottam	Nth Rockhampton	6:49.83
9.	Kiandra Smith	Noosa	6:50.49
10.	Imogen Tonges	Strathpine	6:53.03

#### Boys U11 1100m Race Walk

1.	Sam McCure	Ashmore	5:31.48
2.	Hamish Smallacombe	Caboolture	5:35.07
3.	Jonathan Riese	Toowong Harriers	6:20.31
4.	Cameron Dubbeldam	Toowong Harriers	6:38.63
5.	Luke Heylen	Ashmore	6:44.51
6.	Lachlan Bangham	Nambour	8:56.94

#### Girls U12 1500m Race Walk

1.	Charlotte Sly	Mudgeeraba	8:06.90
2.	Tiani Hogan	Tweed	8:23.95
3.	Sabrina Guse	Wynnum Manly	8:36.96
4.	Jessica Kitching	Ipswich	8:56.96
5.	Railey Tonges	Strathpine	9:02.18
6.	Sophie Porter	Aspley	9:04.99
7.	Emma Brittain	Highfields	9:11.42
8.	Korey Brady	Aspley	9:16.33
9.	Asha Pearson	Tweed	9:19.94
10.	Rose Melville-Wode	Noosa	9:28.36

#### Boys U12 1500m Race Walk

1.	Harvey Cramb	Mt Gravatt	8:28.74
2.	Jordan Manteit	Ipswich	9:30.44

#### Girls U13 1500m Race Walk

1.	Camryn Novinetz	Ipswich	7:10.24
2.	Bridget Sullivan	Toowong Harriers	7:32.19
3.	Mackenzie Ofield	Caloundra	7:46.08
4.	Rylee Skipper	Noosa	8:04.41
5.	Taylah Graham	Cairns	8:54.15
6.	Miranda Chopping	Nth Rockhampton	9:29.13
7.	Jade Macnamara	Maryborough	9:36.26
8.	Kaitlyn Fowke	Redlands	9:56.48
9.	Khayla Betzold	Ipswich	9:56.54
10.	Akazia Copping	Mudgeeraba	10:18.1

#### Boys U13 1500m Race Walk

1.	Jonathan Wearne	Redcliffe	7:32.06
2.	Kane Moulder-Shard	Ipswich	9:46.22
3.	Dylan Lo	Sunnybank	9:51.28

#### Girls U14 1500m Race Walk

1.	Breeanna Betzold	Ipswich	7:04.72
2.	Amelia Schofield	Ashmore	7:25.20
3.	Zoe Jenner	Gold Coast	8:47.33
4.	Jessica Hoban	Redlands	9:05.34
5.	Elliot Bow	Caboolture	9:27.65
6.	Kirra Stonehouse	Redlands	10:38.9

#### Boys U14 1500m Race Walk

1.	Nelson McCutcheon	Redlands	6:16.10
2.	Reece Madden	Tweed	7:50.92
3.	Joshua Brown	Strathpine	8:31.69
4.	Jedekiah Buchanan	Mt Tarampa	8:45.94

#### Girls U15 1500m Race Walk

1.	Caitlin Hannigan	Beaudesert	6:56.87
2.	Tenyka Chapman	Mudgeeraba	7:26.70

#### Boys U15 1500m Race Walk

1.	Ryan Stewart	Ipswich	8:02.03
2.	William Piacentini	Gracemere	9:24.67

**Girls U16 1500m Race Walk**

- 1. Milla Rowbotham Toowong Harriers 7:50.24
- 2. Jade Pearson Aspley 8:12.05

**Girls U17 1500m Race Walk**

- 1. Clancy Smith Noosa 7:44.03
- 2. Riley Sims Aspley 9:00.36

**Boys U16 1500m Race Walk**

- 1. Jamison Stovin Gold Coast 6:40.26
- 2. Callum Haig Caloundra 7:23.81
- 3. Ethan Clarke Redlands 8:17.64
- 4. Jacob Burnett Beaudesert 8:33.25

**Boys U17 1500m Race Walk**

- 1. Matthew Gorry Springwood 8:42.24



*Left: Robyn Wales's squad - Luke Heylen, Liam Heylen, Tenyka Chapman, Charlotte Sly, Amelia Schofield, Caitlin Hannigan  
Right: U11 boys 1100m winner Sam McCure, who is legally blind, with second place finisher Luke Heylen*



*Left: U10 Girls winner Isabelle Sly with second placed Charlotte Porter (photos by Robyn Wales)  
Right: Nelson McCutcheon powers to the finish in the U14 Boys 1500m (photo Tony McCutcheon)*

I know that LA State Championships were also contested for ACT, South Australia and Western Australia but I have been unable to find any results. If anyone can forward suitable links to me, I can publish in next week's newsletter.



## CANBERRA 48 HOUR TRACK CHAMPIONSHIPS MEET, AIS TRACK, CANBERRA, 17-19 MARCH

I had a big weekend myself in Canberra, crewing in the annual Canberra 48 Hour Carnival, which was held as the AIS track from midday on Friday until midday on Sunday. Driving up on Thursday and driving back home again on Monday made it a long weekend and ensured that today was spent with the head down doing the weekly newsletter. But it all turned out well and I was able to tick all the boxes as per a fairly tight schedule.

This was the second edition of this carnival, which has quickly become the biggest track ultra in Australia. With 113 starters in events ranging over 48 Hours, 24 Hours, 12 Hours, 6 Hours and Marathon, it was a huge affair with lanes 1, 3 and 5 all being used to spread out the many entrants. And of course, there were a small number of walkers in attendance, doing their thing. Full results can be viewed at <http://cbr.48hr.ktkc.com.au/race-tracker/#>.

The walking highlight came from sisters **Linda and Heather Christison** who walked together the whole way to a total distance of 236.703km. What makes this effort even more amazing is that Linda was training to go under 2:50 in 2004 when she began to lose co-ordination and was diagnosed with early onset Parkinson's disease. She can no longer run but walks well using a walking stick. Last year, she and Heather walked together the whole way in this event to a final distance of 219.496km to set inaugural Australian W50 (Heather) and W66 (Linda) 200km and 48 Hour records. This time around, they have upped the ante considerably with even more impressive walks.

### 48 Hour Championship

E3.	Linda Christison	NSW	236.703km
E3.	Heather Christison	NSW	236.703km
14.	Phil Essam	ACT	117.829km

### 12 Hour Championship

17.	John Kilmartin	VIC	46.443km
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### 6 Hour Championship

10.	Tim Erickson	VIC	50.819km
20.	Belinda Essam	ACT	30.249km



*Linda and Heather Christison in action in Canberra last weekend (photo Tim Erickson)*

## INTERNATIONAL WALKS MEET, MONTERREY, MEXICO, SUNDAY 19 MARCH, 2017

Following a solid display the previous weekend in Ciudad Juarez, the 2017 IAAF Race Walking Challenge Series continued last Sunday for a second consecutive weekend in Mexico, with Monterrey's Parque Fundidora hosting more than 200 athletes from 24 countries over three distances: 10km, 20km and 50km.

Monterrey which is located at an altitude of 540m, was significantly lower than Ciudad Juarez and the city is well known to walking enthusiasts, having staged the IAAF Racewalking World Cup in 1993.

The event carried the name of 'Jerzy Hausleber Memorial', in honour of the late Polish coach who is regarded as the 'father' of Mexican race walking. He paved the way for success following Jose Pedroza's silver medal at the 1968 Olympic Games in Mexico City. Raul Gonzalez, two-time Olympic medallist at the 1984 Games in Los Angeles and the current director of the Sports Institute of the State of Nuevo Leon, presided over the tribute to Hausleber. Other Mexican Olympic medal winners were also present: Carlos Mercenario (silver in Barcelona 1992), Daniel Bautista (gold in Montreal 1976), Ernesto Canto (gold in Los Angeles 1984), Bernardo Segura (bronze in Atlanta 1996), as well as Maria Guadalupe González, silver medallist at the 2016 Games in Rio de Janeiro.

My race reports are taken from Javier Clavelo Robinson's IAAF article (see <https://www.iaaf.org/news/report/thorne-dunfee-de-sena-monterrey-race-walking>).

**Evan Dunfee**, fourth at the 2016 Olympic Games in Rio, prevailed in a battle with Ecuador's **Andres Chocho** and Australia's four-time Olympic medallist **Jared Tallent** in the 50km. The 26-year old moved away to the front alone after 42km and went on to take the win in 3:46:03, more than a minute ahead of Chocho (3:47:37), who had set a South American record of 3:42:57 to win in Ciudad Juarez last year. "I am so happy to make my first ever World Challenge podium a victory. Today was about racing smart and getting the work with the time not being so important. But a 3:46 at this time of year bodes well," said Dunfee on his Instagram account. Having raced in all first three legs of the challenge in 2017, he is now leading the standings. He will race next at the Pan American Cup in Lima, 13-14 May. New Zealand's **Quentin Rew** settled for bronze in 3:51:18, his second top-three finish at a challenge race after claiming bronze at the Oceania Championships a month ago. The trio denied Mexicans on the podium as **José Leyver Ojeda**, three-time winner over the longer distance in Chihuahua, finished fourth less than a minute later in 3:52:06. Tallent did not finish the race. **Erica Morales** was the only woman entered for the 50km and she completed the distance in 5:02:33. See the 50km finishers at <https://www.facebook.com/nlindeoficial/videos/1463871630332374/>.

#### Men 50km Race Walk

1.	Evan DUNFEE	CAN	90	3:46:03
2.	Andres CHOCHO	ECU	83	3:47:37
3.	<b>Quentin REW</b>	<b>NZL</b>	<b>84</b>	<b>3:51:18</b>
4.	José LEYVER	MEX	85	3:52:06
5.	Luis BUSTAMANTE	MEX	84	3:53:24
6.	Cristian David BERDEJA	MEX	81	4:03:45
7.	Isaac PALMA OLIVARES	MEX	90	4:05:29
8.	Anders HANSSON	SWE	92	4:07:14
9.	Ihor SAKHARUK	UKR	88	4:10:41
10.	Jhonathan CACERES	ECU	90	4:14:49
11.	Ronal Rey QUISPE MISME	BOL	89	4:15:44
12.	Jürgen Everhard GRAVE CHAVEZ	GUA	96	4:19:36
13.	Deiby Cordero ZUNIGA	CRC	92	4:31:30
14.	Horacio OLIVARES RUIZ	MEX	91	4:40:31
	Yereman SALAZAR	VEN	78	DNF
	Jorge Alejandro MARTINEZ BAEZ	MEX	90	DQ
	Gabriel MENDOZA GALLEGOS	MEX		DQ
	José MONTANA	COL	92	DNF
	Omar PINEDA	MEX	94	DNF
	Jonathan RIEKMANN	BRA	87	DNF
	<b>Jared TALLENT</b>	<b>AUS</b>	<b>84</b>	<b>DNF</b>

Canadian **Ben Thorne** made it a double when he won the Men's 20km walk in dominant style (1:24:52), thus erasing his previous performance in Mexico when he did not finish in Chihuahua in 2014. Thorne, who was celebrating his 24<sup>th</sup> birthday, prevailed over two Mexicans: **José Luis Doctor Morales** (1:25:02) and 50km specialist **Horacio Nava** (1:25:06), who improved from his fourth place a week ago in Ciudad Juarez.

#### Men 20km Race Walk

1.	Benjamin THORNE	CAN	93	1:24:52
2.	José Luis DOCTOR	MEX	96	1:25:02
3.	Horacio NAVA	MEX	82	1:25:06
4.	Mauricio ARTEAGA	ECU	88	1:25:28
5.	Ricardo ORTIZ	MEX	95	1:25:46
6.	Armando MERINO PEREZ	MEX	89	1:26:02
7.	Carlos SÁNCHEZ CANTERA	MEX		1:26:38
8.	Alvaro MARTIN	ESP	94	1:28:17
9.	José Alejandro BARRONDO	GUA	96	1:29:25
10.	Yerko ARAYA	CHI	86	1:29:50
11.	Marc MUNDELL	RSA	83	1:30:33
12.	Adrian OCHOA	MEX	91	1:30:55
13.	Jesus Tadeo VEGA	MEX	94	1:32:37
14.	Gregorio AJCAM	GUA	93	1:32:51
15.	Inaki GOMEZ	CAN	88	1:34:06
16.	Andriy KOVENKO	UKR	73	1:34:41

17.	Jorge Luis CARBALLO CASTILLO	COL	96	1:35:37
18.	Virgilio GALINDO	MEX	94	1:37:02
19.	Diego SOLIS	MEX		1:37:04
20.	José OLIVARES	MEX		1:37:48
21.	Marek ADAMOWICZ	CAN	96	1:38:04
22.	Agustin TRUJILLO	MEX		1:44:12
23.	Jesus CALDERON	MEX		1:44:36
24.	Bernardo FLORES	MEX		1:48:09
25.	Caleb CHENG	CAN	95	1:50:15
26.	Raúl FLORES	MEX		1:50:22
27.	Pablo ROSARIO	PUR		1:54:16
	Gerson Otoniel NAVAS JIMENEZ	ESA	98	DNF
	Ever PALMA OLIVARES	MEX	92	DNF
	Sándor RÁCZ	HUN	86	DNF
	Pablo RODRIGUEZ	BOL	97	DNF
	Julio Cesar SALAZAR	MEX	93	DNF
	Mathieu BILODEAU	CAN	88	DNF
	Noel CHAMA	MEX	97	DNF
	Nick CHRISTIE	USA	91	DNF
	Diego FLORES HINOJOSA	MEX	87	DNF
	Perseus KARLSTRÖM	SWE	90	DNF
	Luis Alfonso LÓPEZ MENJIVAR	ESA	94	DNF

Brazil's **Erica de Sena**, second a week ago in Ciudad Juarez, was not expected to race in Monterrey but she entered at the last minute and did not disappoint to take her first ever challenge victory. De Sena, third at the IAAF World Race Walking Team Championships Rome 2016, moved away from two of the other pre-race favourites – **Ines Henriques** and **Ana Cabecinha** – to cross the finish line first in 1:32:06. Henriques returned to the podium in second with 1:33:21, leaving the bronze to her fellow Portuguese Cabecinha (1:34:16), the same placing she had a week ago in Ciudad Juarez. Mexico's top medal contender, **Maria Guadalupe Sanchez**, missed the podium by less than a minute in fourth. With a second place in Ciudad Juarez and a victory here, De Sena moves to the top of the challenge standings. The 31-year-old was third overall in 2015 and fourth last year. NZ record holder **Alana Barber** walked a good 6<sup>th</sup> place with 1:36:16 while Australian representative **Beki Smith** was 9<sup>th</sup> with 1:40:02.

#### Women 20km Race Walk

1.	Erica ROCHA DE SENA	BRA	85	1:32:07
2.	Ines HENRIQUES	POR	80	1:33:21
3.	Ana CABECINHA	POR	84	1:34:16
4.	Maria Guadalupe SANCHEZ	MEX	95	1:35:08
5.	Kimberly GARCÍA LEÓN	PER	93	1:35:58
6.	<b>Alana BARBER</b>	<b>NZL</b>	<b>87</b>	<b>1:36:16</b>
7.	Ángela CASTRO	BOL	93	1:36:39
8.	Viktória MADARÁSZ	HUN	85	1:37:56
9.	<b>Beki SMITH</b>	<b>AUS</b>	<b>86</b>	<b>1:40:02</b>
10.	Ilse GUERRERO	MEX	93	1:41:03
11.	Lizbeth SILVA	MEX	89	1:43:51
12.	Yesenia MIRANDA	ESA	94	1:44:00
13.	Sandra NEVAREZ	MEX	93	1:44:45
14.	Odeh GHUANCA	BOL	97	1:45:18
15.	Rebeca Pamela ENRIQUEZ PIGEON	MEX		1:46:39
16.	Mariela SANCHEZ TERAN	MEX	91	1:47:20
17.	Katie BURNETT	USA	88	1:47:50
18.	Edna Paulina QUINTANILLA AVILA	MEX		1:48:19
19.	Jocy CABALLERO	PER	93	1:50:40
20.	Anita RICO	CHI	85	1:52:32
21.	Ilena OCAMPO	CRC	88	1:56:29
22.	Yesica REYES	MEX		1:58:51
	Maritza Rafaela PONCIO	GUA	94	DNF
	Katelynn RAMAGE	CAN	93	DNF

A junior 10km race was also held and local athletes swept all medals. **Federico Gonzalez** (42:31), **Angel Colunga** (43:37) and **Jefferson Segura** (44:04) finished top three among the U20 men. **Alegna Ariday Gonzalez** took the U20 women's title in 45:43, nine seconds ahead of IAAF World U20 Championships fourth placer **Valeria Ortuño**. **Iliana Mercedes** finished third in 46:23.

The IAAF Race Walking Challenge now moves to Europe for the fifth leg of the 10-race series in Rio Maior, Portugal, on 1 April.



Erica de Sena, Ben Thorne and the 50km medallists Andres Chocho, Evan Dunfee and Quentin Rew in Monterey (photos iaaf.org)

**MEMORIAL MARIO ALBISETTI, LUGANO, SWITZERLAND, SUNDAY 19 MARCH, 2017**

The annual Memorial Mario Albisetti racewalking meet (website <http://www.lugano-racewalking.com/>) in Lugano is one of the biggest of the European walks meets. Held against the backdrop of Lake Lugano, it always promises and normally delivers top performances and lots of PBs. It is also one of the target meets for Athletics England who sent **Tom Bosworth**, **Callum Wilkinson**, **Cameron Corbishley** and **Gemma Bridge** to contest the 20km and **Chris Snook**, **Tom Partington** and **Molly Davey** to contest the U20 10km.

However, it was Ireland's **Alex Wright** who upended the apple cart, winning the men's 20km in an excellent 1:21:19, ahead of Bosworth (1:21:53) and Spain's **Miguel Angel Lopez** (1:22:01). Further back, **Callum Wilkinson** debuted with an excellent 8<sup>th</sup> placed 1:23:47, the 8<sup>th</sup> and final walker to beat the London World Champs qualifying standard of 1:24:00.

**Men 20km Race Walk**

1.	Alex WRIGHT	IRL	90	1:21:19
2.	Tom BOSWORTH	GBR	90	1:21:53
3.	Miguel Angel LOPEZ	ESP	88	1:22:01
4.	Wei YU	CHN	87	1:22:22
5.	Marius ZIUKAS	LTU	85	1:22:27
6.	Hassanine SBAI	TUN	84	1:22:55
7.	Nazar KOVALENKO	UKR	89	1:23:37
8.	Callum WILKINSON	GBR	97	1:23:47
9.	Erick Bernabé BARRONDO	GUA	91	1:24:51
10.	Ivan LOSEV	UKR	86	1:25:32
11.	Brendan BOYCE	IRL	86	1:25:35
12.	Cian MCMENAMON	IRL	91	1:25:51
13.	Brandon SEGURA	MEX		1:26:38
14.	Jakub JELONEK	POL	85	1:27:59
15.	Andreas JANKER	GER	83	1:28:40
16.	Hélder DOS SANTOS	POR	96	1:29:11
17.	Vít HLAVÁČ	CZE	97	1:30:48
18.	Cameron CORBISHLEY	GBR	97	1:31:20
19.	Joao MARTINS	POR	95	1:34:51
20.	Rick LIESTING	NED	77	1:34:52
21.	Segundo Edison GUALOTUNA	ITA	76	1:43:03
22.	Quentin MACABREY	FRA	94	1:43:39
23.	Remco DE BRUIN	NED	64	1:44:05
24.	DALE FARQUHAR	GBR		1:52:33
	Lukas GDULA	CZE	91	DNF
	Stefano CHIESA	ITA	96	DQ
	Josef SMOLA	CZE	64	DQ
	Dawid TOMALA	POL	89	DNF
	Michal MORVAY	SVK	96	DNF

The women's 20km walk was won convincingly by Lithuanian **Brigita Virbalyte-Dimsiene** (1:32:17), ahead of **Maria Czakova** (1:33:26) and **Katarzyna Golba** (1:34:16). England's **Gemma Bridge** debuted with an excellent 8<sup>th</sup> placed 1:37:36, just ahead of Welsh walker **Heather Lewis**, who produced a very satisfying PB of 1:37:39. Another to walk very well was South African **Anel Oosthuizen** with 1:36:50. Czakova will be walking next week in Dudince so it will be interesting to see how she goes.

#### Women 20km Race Walk

1.	Brigita VIRBALYTE-DIMSIENE	LTU	85	1:32:17
2.	Mária CZÁKOVÁ	SVK	88	1:33:26
3.	Katarzyna GOLBA	POL	89	1:34:16
4.	Anežka DRAHOTOVÁ	CZE	95	1:34:19
5.	Emilia LEHMEYER	GER	97	1:35:29
6.	Mirna Sucely ORTIZ FLORES	GUA	87	1:35:47
7.	Anel OOSTHUIZEN	RSA	95	1:36:50
8.	Gemma BRIDGE	GBR	93	1:37:36
9.	Heather LEWIS	GBR	93	1:37:39
10.	Laura POLLI	SUI	83	1:39:11
	Andrea KOVÁCS	HUN	80	DQ
	Saskia FEIGE	GER	97	DNF
	Bethan DAVIES	GBR	90	DQ

Lots of 20km photos at <http://www.swisswalking.org/fr/photos/gallery/161> and <http://www.swisswalking.org/fr/photos/gallery/162>.



*Left: Ireland's Alex Wright storms to victory in the men's 20km  
Middle: Lithuanian Brigita Virbalyte-Dimsiene leads the women  
Right: Heather Wright and Gemma Bridge walk PBs*

The U20 10km wins went to Chinese walkers **Yao Zhang** (41:14) and **Zhenxia Ma** (45:28).

#### U20 Men 10km Race Walk

1.	Yao ZHANG	CHN	00	41:14
2.	Leo KÖPP	GER	98	41:29
3.	Georgios TZATZIMÁKIS	GRE	99	43:20
4.	HU GEN	CHN		44:26
5.	Christopher SNOOK	GBR	00	45:36
6.	Niklas RICHTER	GER	99	46:00
7.	Daniel KOVAC	SVK		46:34
8.	Jakob Johannes SCHMIDT	GER	01	46:48
9.	Tom PARTINGTON	GBR	99	46:50
10.	Johannes FRENZL	GER	01	49:24
11.	LIU XIN	CHN		49:24
	Nathan BONZON	SUI	00	DQ
	Robert ZUREK	GER	00	DQ

**U20 Women 10km Race Walk**

1.	Zhenxia MA	CHN	98	45:28
2.	Teresa ZUREK	GER	98	46:26
3.	BAI XUEYING	CHN		47:57
4.	Julia RICHTER	GER	99	48:13
5.	Rongrong SUN	CHN	00	50:01
6.	Ana GARCIA	GBR	01	52:31
7.	Molly Jade DAVEY	GBR	98	52:59
8.	Camilla CRIVELLARO	ITA	00	56:34

**U16 Women 5km Race Walk**

1.	HE CHEN	CHN		24:41
2.	Mathilde FRENZL	GER		25:59
3.	Giulia CRISPIANI	ITA	02	27:49

**ASIAN 20KM RACEWALKING CHAMPIONSHIPS, NOMI, JAPAN, SUNDAY 19 MARCH, 2017**

My race reports are taken from the IAAF report of Bob Ramsak (<https://www.iaaf.org/news/report/kim-wang-asian-20km-race-walking-championship>).

**Kim Hyun-Sub** of Korea notched a third continental 20km title at the Asian 20km Race Walking Championships in Nomi, Japan, the first Asian leg of the 2017 IAAF Race Walking Challenge last Sunday. Biding his time comfortably in the shadow of Japan's **Toshikazu Yamanishi** for the first 5km, the 31-year-old caught his Japanese rival by the 10km mark which the pair reached in 39:34. Soon thereafter Kim decided to pull away for good, building a 23-second lead by 15km, before reaching the finish in 1:19:50. It was the fifth fastest career performance for Kim, the 2011 world championships bronze medallist over the distance, and his fastest since 2015 on this very fast course. **Georgiy Sheiko** of Kazakhstan closed with a strong 20:20 final 5km to finish second in 1:20:47, with India's **Irfan Kolothum Thodi** third in 1:20:59. Yamanishi, the 2013 10,000m race walk world youth champion, faded in the waning stages and wound up fourth in 1:21:23.

Of course, that is only half the race story. Of the huge field of 125 starters, there were 117 finishers, with quite a few not part of the official Asian Race Walking Championships but participating in the associated All-Japan Championships. This was the case for overall winner **Daisuke Matsunaga** (1:19:40) and third finisher **Tomohiro Sheiko** (1:20:04). Overall, the first 14 bettered 1:24:00, continuing the high quality trend of recent years for this particular race.

**Men 20km Race Walk**

1.	Daisuke MATSUNAGA	JPN	95	1:19:40
2.	Hyun-Sub KIM	KOR	85	1:19:50
3.	Tomohiro NODA	JPN	95	1:20:04
4.	Georgiy SHEIKO	KAZ	89	1:20:47
5.	Takumi SAITO	JPN	93	1:20:56
6.	Irfan K.T.	IND	90	1:20:59
7.	Fumitaka OIKAWA	JPN	95	1:21:08
8.	Toshikazu YAMANISHI	JPN	96	1:21:23
9.	Devender SINGH	IND	83	1:21:38
10.	Yuga YAMASHITA	JPN	96	1:21:58
11.	Kouki IKEDA	JPN		1:22:43
12.	Yuki KURUMISAWA	JPN	95	1:22:50
13.	Dae-Ho KIM	KOR		1:23:49
14.	Masatora KAWANO	JPN	98	1:23:51
15.	K. GANAPATHI	IND	89	1:24:18
16.	Wanxin ZHANG	CHN	96	1:24:30
17.	Hironari TOMATSU	JPN	93	1:24:33
18.	Ryosuke KAWAGISHI	JPN	96	1:24:43
19.	Sunil KRISHAN	IND	97	1:24:53
20.	Toru YAMAMOTO	JPN	90	1:25:08
21.	Dairaku KYOUHEI	JPN	96	1:25:18
22.	Riku SHIOYA	JPN		1:25:31
23.	Taiyo OHNUMA	JPN		1:25:35
24.	Hyun-Myung JOO	KOR	97	1:25:51
25.	Ek Nath Shambaji TURAMBEKAR	IND	98	1:26:09
26.	Jai BHAGWAN	IND		1:26:11
27.	Takahasi KAZUKI	JPN	96	1:26:19
28.	Yuta KOGA	JPN		1:26:23
29.	Yuto OSHIMA	JPN	95	1:26:26
30.	Seiya WATANABE	JPN	88	1:26:26
31.	Hamid Reza ZOORAVAND	IRI	90	1:27:03

32.	Lo Choon SIENG	MAS	85	1:27:52
33.	Mochida AKITO	JPN	97	1:28:22
34.	Yuta TAKASHIMA	JPN		1:28:32
35.	Higa DAIGO	JPN		1:28:46
36.	Saito SYUNTA	JPN		1:29:01
37.	Katsuhiro NISHIGUCHI	JPN	95	1:29:53
38.	Toshifumi KANZAWA	JPN		1:30:13
39.	Po-Ying LO	TPE	95	1:30:23
40.	Chang WEI-LIN	TPE	98	1:30:34
41.	Mohd Khairul HARITH HARUN	MAS	92	1:30:47
42.	Ryota TAKAHASHI	JPN	95	1:30:48
43.	Yamato NAKAJIMA	JPN		1:30:52
44.	Ryo INOUE	JPN		1:30:56
45.	I.S. DUNUKARA	SRI		1:31:01
46.	Kouhei KOWAKI	JPN	96	1:31:09
47.	Syun HORIE	JPN		1:31:23
48.	Kosuke SHIOIRI	JPN	97	1:31:33
49.	Keitaro KOMURA	JPN		1:31:35
50.	Murakami HIROYOSHI	JPN		1:31:43
51.	Kenta OKADA	JPN	95	1:31:48
52.	Miyashita MASATAKA	JPN		1:32:04
53.	Itaru AOYAGI	JPN	95	1:32:21
54.	Hiroaki TAKEDA	JPN		1:32:25
55.	Hironori TAKAHASHI	JPN		1:32:29
56.	Kohei OMOTO	JPN		1:32:38
57.	Takeuchi YUUSUKE	JPN	98	1:32:58
58.	Naoto SUGAWARA	JPN		1:32:53
59.	Yuya TANAKA	JPN		1:33:02
60.	Kazuaki SASAKI	JPN		1:33:03
61.	Motoharu SAEKI	JPN		1:33:17
62.	Yasumitsu SARAI	JPN		1:33:17
63.	Hiroki FUKUZAWA	JPN		1:33:19
64.	Masataka OZEKI	JPN		1:33:21
65.	Kosuke NOSE	JPN		1:33:34
66.	Yohei TAKENAKA	JPN		1:33:36
67.	Ueda TAKAHIRO	JPN		1:33:55
68.	Yuji BAN	JPN		1:33:57
69.	Tomohiro OIKAWA	JPN		1:34:36
70.	Morikawa MASAKI	JPN		1:35:04
71.	Yuta DAITO	JPN		1:35:31
72.	Shyouhei YOSHIDA	JPN		1:35:46
73.	Yuuya TATIBANA	JPN		1:35:48
74.	Shuya SEMBA	JPN	95	1:36:18
75.	Tatsuya ABIKO	JPN		1:36:23
76.	Rikuto KAMBARA	JPN		1:36:25
77.	Yosuke HARUKI	JPN	80	1:36:26
78.	Hiwatari YUTO	JPN		1:36:29
79.	Yuto YANAGISAWA	JPN		1:36:30
80.	Man Kit CHIN	HKG		1:36:32
81.	Masahiro YAMAGUCHI	JPN		1:36:33
82.	Tsuyoshi TASAKA	JPN	93	1:36:42
83.	Takashi MURAKAMI	JPN	95	1:36:47
84.	Atsuto KAWADA	JPN	98	1:36:50
85.	Edmund Chye SOON	SIN	83	1:36:53
86.	Takehiro YAMADA	JPN		1:37:10
87.	Kenji MUNESHIGE	JPN	96	1:37:29
88.	Katsuya KIMURA	JPN	96	1:37:54
89.	Atsuya HASEGAWA	JPN		1:38:00
90.	Daichi KIDO	JPN		1:38:06
91.	Kosuke INOUE	JPN	98	1:38:07
92.	Haruka TAMATE	JPN		1:38:16
93.	Tatsuki KONO	JPN		1:38:31
94.	Takahiro HIWADA	JPN	95	1:38:57
95.	Ryota WAKABAYASHI	JPN		1:38:58
96.	Tetsuya OKUNO	JPN	96	1:39:19
97.	Nobuharu SASAKI	JPN	96	1:39:25
98.	Yoshiaki NIWA	JPN		1:39:32

99.	Yasushi MORITA	JPN	98	1:40:32
100.	Yuta INAYOSHI	JPN	93	1:40:44
101.	Koutarou KAMEDA	JPN		1:41:09
102.	Katsuya ENDO	JPN	94	1:41:29
103.	Yusuke YAMAOKA	JPN		1:42:00
104.	Yuya SENBA	JPN		1:42:09
105.	Yuya SUGANAMI	JPN	95	1:42:31
106.	Kenya TOMITSUKA	JPN		1:43:39
107.	Hiroto HAYASHI	JPN		1:43:43
108.	Ayato MAGOTA	JPN		1:44:14
109.	Takuya TAKAHASHI	JPN		1:44:38
110.	So YOSHIDA	JPN		1:44:56
111.	Terumasa NAKAMURA	JPN		1:45:12
112.	Masato SATO	JPN		1:46:02
113.	Yuya YUNOKI	JPN		1:47:06
114.	Wataru MORI	JPN		1:47:32
115.	Takuma KANEKO	JPN		1:47:59
116.	Shun SAKAI	JPN		1:48:16
117.	Khek Tiong TAN	SIN		1:54:07
	Keisuke WARITA	JPN		DNF
	Tatsunori YAMANAKA	JPN		DNF
	Young-Joon BYUN	KOR	84	DQ
	Nak-Hyun KIM	KOR	95	DQ
	Yunhwa SONG	KOR	98	DQ
	Akino MITSUYA	JPN		DNF
	Katsuya ISHII	JPN	97	DNF
	Yuji OKAHATA	JPN		DNF

**Wang Na** dominated the women's race, winning by a massive 2:30 in 1:30:51. Walking five seconds ahead of Japan's **Kumiko Okada** after 5km, Wang, the 2014 world junior 10,000m race walk silver medallist upped the tempo to build a 43-second lead by the midway point, reached in 44:56. She then put on an exhibition, extending her lead to 1:23 by 15km, before closing out the race with a 23:11 final 5km. Okada, the world junior 10,000m walk silver medallist in 2010, was second in 1:33:21, more than a minute clear of **Yeongeun Jeon** of Korea, third in 1:34:35.

Once again, All-Japan Championship walkers finished well up, with **Chiaka Asada** second with 1:32:12, **Yuki Yoshizumi** third with 1:32:23 and **Kaori Kawazoe** fourth overall with 1:33:09. Another impressively big field with 47 of the 53 starters finishing.

#### Women 20km Race Walk

1.	Na WANG	CHN	95	1:30:51
2.	Chiaki ASADA	JPN	91	1:32:12
3.	Yuki YOSHIKUMI	JPN	97	1:32:23
4.	Kaori KAWAZOE	JPN	95	1:33:09
5.	Kumiko OKADA	JPN	91	1:33:21
6.	Peili YANG	CHN	94	1:34:18
7.	Yong-Eun JEON	KOR	88	1:34:35
8.	Regina RYKOVA	KAZ	91	1:35:45
9.	Masumi FUCHISE	JPN	86	1:36:50
10.	Priyanka DUBEY	IND	96	1:37:42
11.	Mizoguchi YUKIHO	JPN	97	1:37:52
12.	Da-Seul LEE	KOR	96	1:38:34
13.	Siu Nga CHING	HKG	87	1:38:35
14.	Nami KUMAGAI	JPN	96	1:38:50
15.	Diana AYDOSSOVA	KAZ	95	1:39:00
16.	Serena SONODA	JPN	98	1:39:00
17.	Chiaki YAMATO	JPN	90	1:39:40
18.	Polina REPINA	KAZ	90	1:39:50
19.	Akane TAMAKI	JPN	00	1:39:53
20.	Sayori MATSUMOTO	JPN	97	1:40:05
21.	Maika YAGI	JPN	99	1:40:19
22.	Tomoka SUGIYAMA	JPN	97	1:41:23
23.	Sae MATSUMOTO	JPN	93	1:41:35
24.	Shanti KUMARI	IND	94	1:42:10
25.	Chika YAMADA	JPN	95	1:42:15
26.	Sakiha OZAWA	JPN	97	1:42:21
27.	Fujita YOSHIKO	JPN		1:42:45
28.	Rani YADAV	IND	90	1:42:59
29.	Natsumi KURAHARA	JPN		1:43:47



30.	Nozomi YAGI	JPN	94	1:46:27
31.	Chisa TODOKORO	JPN	98	1:46:36
32.	Yokoyama HIRORI	JPN		1:47:47
33.	Saiko HAGIWARA	JPN	97	1:47:50
34.	Asano MAYO	JPN		1:48:06
35.	Mami KURIMOTO	JPN	00	1:49:15
36.	Rena SERIKAWA	JPN		1:50:39
37.	Chia-Feng CHANG	TPE	93	1:52:39
38.	Miyu ONO	JPN	96	1:52:55
39.	Rina ANDO	JPN		1:54:57
40.	Yurika OMURA	JPN	96	1:55:36
41.	T.H. Dinusha DILHANI	SRI		1:57:45
42.	Megumi MAKITA	JPN		1:59:09
43.	Momoko UENO	JPN		1:59:44
44.	Mie SHINODA	JPN		2:00:11
45.	Megumi NAKANO	JPN	97	2:00:36
46.	Natsumi MINE	JPN		2:00:41
47.	Miyabi KURIHARA	JPN		2:03:10
	Rena GOTO	JPN	95	DNF
	Yukako HAYASHI	JPN	98	DQ
	Ai MICHIGUCHI	JPN	88	DQ
	Dana AYDOSSOVA	KAZ	95	DNF
	Fuka YAJIMA	JPN		DNF

#### NZ T&F CHAMPIONSHIPS, PORRITT STADIUM, HAMILTON, 17-19 MARCH

To Hamilton in New Zealand now for their annual T&F Championships, which featured 3000m track walks on Friday and 20km/10km roadwalks on Sunday. First to the track walks which saw wins to **Laura Langley** (13:36.76) and Australia's **David Smyth** (15:47.28). The 20km Open walks saw wins to USA walker **Erin Taylor-Talcott** in a big PB of 1:39:53, ahead of **Rozie Robinson** (a PB of 1.43.23, **Laura Langley** (debut 1.48.58) and **Corinne Smith** NZ W50 record of 1.54.19).

#### Women 3000m Race Walk Senior

1.	Laura Langley	20	Hawkes Bay Gisborne	13:36.76
2.	Rozie Robinson	27	Canterbury	13:59.29
3.	Erin Talcott	39	USA	14:06.97
4.	Corinne Smith	51	Northland	15:14.78

#### Men 3000m Race Walk Senior

1.	David Smyth		AUS	15:47.28
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#### Men 3000m Race Walk U20

	Michael McElwee	19	Auckland	DQ
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#### Men 3000m Race Walk U18

1.	Brady Popow	14	Manawatu-Wanganui	16:35.31
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#### Women 3000m Race Walk U18

1.	Hannah Gilberd	16	Taranaki	17:17.16
2.	Laura Kehely	15	Taranaki	17:30.94

#### Men 20k Race Walk RR Senior

1.	Graeme Jones	44	Hawkes Bay Gisborne	1:41:42h
	Jonathon Lord	96		DNF

#### Women 20k Race Walk RR Senior

1.	Erin Talcott	39	USA	1:39:53
2.	Rozie Robinson	27	Canterbury	1:43:23
3.	Laura Langley	20	Hawkes Bay G	1:48:58
4.	Corinne Smith	51	Northland	1:54:19

#### Men 10k Race Walk RR U20

1.	Michael McElwee	19	Auckland	1:06:46
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**SPRING CLASSIC, SAN JUAN, PUERTO RICO, 17-18 MARCH**

To Puerto Rico for some track walk results.

**Men 5000m Race Walk**

1.	Jorge CRUZ	PUR	98	21:33.51
2.	Jan RAMIREZ	PUR	94	21:49.20
3.	Luis ESPADA	PUR		21:53.43
4.	Rachel DE ORBETA	PUR		22:16.91

**Women 3000m Race Walk**

1.	Charmaine DE ORBETA	PUR		14:19.78
2.	Leslie COTTO	PUR		14:47.00

**WORLD MASTERS ATHLETICS INDOOR CHAMPIONSHIPS, DAEGU, SOUTH KOREA, 18-29 MARCH 2017**

The 2017 World Masters Indoor T&F Championships are underway in Daegu, South Korea (<http://www.daegu2017.or.kr/eng/>). The 3000m indoors walks were held yesterday and saw large fields in both the men's and women's divisions. Full results are reproduced below, along with photos from Emmanuel Tardi (yes, Emmanuel is there!). And you can see lots more of his photos at [https://www.facebook.com/emmanuel.tardi/media\\_set?set=a.10210857354144041.1073741915.1657411914](https://www.facebook.com/emmanuel.tardi/media_set?set=a.10210857354144041.1073741915.1657411914)).

Well done to Australian medallists

W50	2	<b>Weekes, Anne</b>	<b>W54</b>	<b>Australia</b>	<b>17:32.63</b>
W65	1	<b>Carr, Heather</b>	<b>W67</b>	<b>Australia</b>	<b>16:57.96</b>
W75	1	<b>Purcell, Joan</b>	<b>W75</b>	<b>Australia</b>	<b>22:05.70</b>
W75	2	<b>Schickert, Lynne</b>	<b>W75</b>	<b>Australia</b>	<b>23:47.71</b>
M70	1	<b>Jamieson, Andrew</b>	<b>M70</b>	<b>Australia</b>	<b>16:24.18</b>

Heather Carr (W65 16:57.96) was one of two walkers who set new indoor world records, the other being M65 walker **Jose Luis Lopez Camarena** of Mexico with his amazing M67 walk time of 14:17.97

**3000m Track Walks Women, Monday 20 March**

W40	1	Cabrera Ysas, Olga	W43	Spain	14:53.73
	2	Randall, Susan	W42	United States	15:08.19
	3	Borovickova, Lenka	W44	Czech Republic	16:28.44
	4	Guitron Rodriguez, Maria	W43	Mexico	17:39.36
	-	Son, Hyun Lye	W41	Korea	DQ
W45	1	Alcaire Ernst, Myriam Cl	W48	Spain	17:17.37
	2	Acuna, Jenny	W47	Venezuela	17:44.84
	3	Rogale, Aija	W48	Latvia	18:32.59
	4	Fu, Chun Ying	W48	Hong Kong	21:02.87
	5	Cheung, Mei Yi	W49	Hong Kong	21:36.85
	-	Rathee, Sunil	W47	India	DQ
	-	Kajihara, Kumiko	W45	Japan	DQ
W50	1	Noell Guardiola, Angels	W54	Spain	17:18.49
	2	<b>Weekes, Anne</b>	<b>W54</b>	<b>Australia</b>	<b>17:32.63</b>
	3	Pongin, Catherine	W53	France	18:35.03
	4	Gormley, Anne	W53	Ireland	19:49.34
	5	Seah, Serene	W52	Singapore	20:42.52
	6	Patel Utkar, Kowsula Kau	W52	Singapore	21:39.83
	7	Tse, Siu Yin	W54	Hong Kong	22:08.16
	-	Baek, Jiyoung	W52	Korea	DQ
W55	1	Garcia Frontons, Carmen	W56	Spain	16:48.82
	2	Lopez Almorox, Maria Azu	W59	Spain	19:54.25
	3	Ramalingam, Komathi	W55	Singapore	19:56.80
	4	Scheepers, Celeste	W57	South Africa	20:15.63
	5	Wan, Po Ngan Esther	W59	Hong Kong	26:21.81
	-	Kaushik, Indu	W59	India	DQ
W60	1	Marcenco, Natalia	W62	Italy	17:34.24
	2	Knoetze, Magaretha M	W61	South Africa	18:15.23
	3	Alvarez Ordas, Aurora	W64	Spain	19:31.28
	4	Adan, Pilar	W64	Spain	21:13.24
	5	Chow, Oi Ha	W63	Hong Kong	23:01.46
	6	Wong, Shui Fong	W61	Hong Kong	23:39.91

	7	Campos Bernal, Esperanza	W60	Mexico	25:17.13
	-	Gutierrez Villalpand, Ma	W62	Mexico	DQ
	-	Ma, Yuk Kum	W60	Hong Kong	DQ
W65	<b>1</b>	<b>Carr, Heather</b>	<b>W67</b>	<b>Australia</b>	<b>16:57.96R</b>
	2	Briz, Maria Josefa	W65	Spain	17:57.63
	3	Anxionnat, Claudine	W65	France	19:01.83
	4	Rodriguez Gonzalez, Glor	W69	Mexico	22:19.88
W70	1	Wilson, Jacqueline	W71	New Zealand	18:36.47
	2	Frable, Kathleen	W71	United States	19:02.02
	3	Klink, Ursula	W72	Germany	20:51.08
	4	de Coppet, Brigita	W70	Latvia	23:08.89
	5	Monroy Siles, Lilia	W70	Mexico	28:53.65
W75	<b>1</b>	<b>Purcell, Joan</b>	<b>W75</b>	<b>Australia</b>	<b>22:05.70</b>
	<b>2</b>	<b>Schickert, Lynne</b>	<b>W75</b>	<b>Australia</b>	<b>23:47.71</b>
	3	Ah Kang, Sylvie	W77	Mauritius	29:13.80
W80	1	Pagu, Elena	W90	Romania	28:37.92

### 3000m Track Walks Men, Monday 20 March

M35	1	Castro Mateo, Víctor Man	M36	Spain	12:48.72
	2	Scafuro, Francesco	M39	Italy	13:11.82
	3	Sapunov, Igor	M38	Italy	14:09.61
	4	Ozaki, Yudai	M38	Japan	15:38.08
	-	Sugimoto, Akihiro	M35	Japan	DQ
M40	1	Piñera Alvarez, Rubén	M41	Spain	12:41.56
	2	Sanchez Carmona, Alonso	M42	Mexico	13:14.91
	3	Swaieh, Meftah	M44	France	13:38.70
	4	Gianmauro, Pirino	M44	Italy	13:43.09
	5	Croci, Ernesto	M43	Italy	14:19.58
	6	Rodriguez Jimenez, Jose	M41	Spain	14:29.84
	7	Lapins, Ivars	M42	Latvia	14:36.82
	8	Cross, Greg	M43	New Zealand	15:15.68
	9	Goobinnaan, Suresh Kumar	M44	Malaysia	16:45.79
	10	Hatanaka, Toshinori	M40	Japan	17:35.28
	-	Vats, Mukesh	M43	India	DNF
	-	Lee, Jinhyung	M40	Korea	DQ
	-	Shin, Sangwoo	M43	Korea	DQ
M45	1	Ivzans, Normunds	M45	Latvia	13:57.06
	2	Svensson, Christer	M47	Sweden	14:04.27
	3	Caliskan, Hakan	M48	Turkey	14:39.93
	4	Da Costa, Jerry Edson	M47	Brazil	15:47.58
	5	Sanchez Guindo, Faustino	M46	Spain	17:02.42
	6	Chiu, Chien-Chih	M45	Chinese Taipei	21:56.73
	-	Noh, Gumin	M45	Korea	DQ
	-	Lee, Hojun	M47	Korea	DQ
	-	Kim, Junghwan	M47	Korea	DQ
	-	Lee, Soohyung	M47	Korea	DQ
M50	1	Periañez García, Miguel	M54	Spain	13:43.75
	2	Arena, Walter Salvatore	M52	Italy	14:12.68
	3	Gauze, Francis	M54	France	14:19.10
	4	Xu, Jianping	M51	Canada	14:19.61
	5	Breide, Madars	M52	Latvia	14:53.38
	6	<b>Stacey, Alan</b>	<b>M53</b>	<b>Australia</b>	<b>16:52.57</b>
	7	R, Subramaniam	M53	Singapore	18:37.54
	8	Subramanian, Rajanthran	M53	Singapore	19:17.49
	-	Lee, Kangshik	M54	Korea	DNF
	-	Kim, Hagsu	M54	Korea	DQ
M55	1	De los Angeles Escal, Gu	M56	Mexico	13:40.53
	2	Gutierrez Brenes, Sergio	M55	Costa Rica	13:55.02
	3	Murphy, Patrick	M56	Ireland	14:49.19
	4	Abadias Palacin, Luis	M57	Spain	14:59.67
	5	Kwita, Zbigniew	M57	Poland	15:26.68
	6	Malecki, Waldemar	M59	Poland	15:31.21
	7	<b>Evans, Simon</b>	<b>M56</b>	<b>Australia</b>	<b>15:33.87</b>
	8	Reifinger, Markus	M56	Austria	15:58.83
	9	Liu, Hak Ming	M57	Hong Kong	17:36.50
	-	Vilarrasa Castillo, Andr	M56	Spain	DQ
	-	Park, Dongshin	M57	Korea	DQ

M60	1	Luniewski, Miroslaw	M60	Poland	15:43.66
	2	Ruzzier, Fabio	M64	Slovenia	16:03.37
	3	Laflamme, Denis	M63	Canada	16:09.57
	4	Harasinski, Ryszard	M60	Poland	17:29.59
	5	McPherson, Scott	M60	United States	19:28.80
	6	Cheung, Kam Cheung	M63	Hong Kong	20:02.60
	7	Yeh, Ming-Chao	M61	Chinese Taipei	21:03.66
	8	Segui, Santiago	M63	Spain	22:42.00
	-	Sebastian, Tani Clace	M62	Malaysia	DQ
	-	Sharav, Batsukh	M63	Mongolia	DQ
M65	1	Lopez Camarena, Jose Lui	M67	Mexico	14:17.97R
	2	Richards, Ian	M68	Great Britain	15:00.69
	3	Seidel, Boguslaw	M68	Poland	16:07.45
	4	Boszko, Peter	M67	Great Britain	16:29.55
	5	Adam, Petr	M66	Czech Republic	17:22.64
	6	Michell, Roger	M69	Great Britain	17:43.39
	7	Delayre, Bernard	M69	France	18:07.95
	8	Flamant, Claude	M67	France	18:23.71
	9	Lee, Chanku	M67	Korea	18:33.38
	10	Siegele, Johann	M68	Austria	18:39.64
M70	<b>1</b>	<b>Jamieson, Andrew</b>	<b>M70</b>	<b>Australia</b>	<b>16:24.18</b>
	2	Mcmullin, John	M71	Ireland	17:20.54
	3	Frable, Norman	M71	United States	17:26.50
	4	Thomas, Kok	M71	Malaysia	18:05.24
	5	Purves, Bill	M73	Hong Kong	19:30.28
	6	Bjoersvik, Arvid	M73	Norway	19:36.73
	7	Lillefosse, Arthur	M72	Norway	21:15.18
	8	Yordanov, Yordan	M71	Bulgaria	25:17.56
M75	1	Gonsiorovsky, Zdenek	M75	Czech Republic	20:55.49
	2	de Coppet, Alexis	M78	Switzerland	21:49.58
	-	Manandhar, Bishwa Ratna	M75	Nepal	DQ
	-	Aipiyev, Kani	M79	Kazakhstan	DQ
M80	1	Jordana, Alexis	M80	France	19:18.79
	2	Panaseiko, Mykola	M82	Ukraine	20:50.72
M85	1	Pushkin, Ivan	M87	Ukraine	21:52.53



*Normunds Ivzans and Christer Svensson (M45), Gu De los Angeles Esca (M55), Miguel Perianez Garcia (M50) and Jose Luis Camarena (M55) – photos Emmanuel Tardi*



*Andrew Jamieson (M70), Alan Stacey (M50), Simon Evans (M55) and Alexis Jordana (M80)*



*Heather Carr (W65), Lynne Schickert (W75), Joan Purcell (W75) and Jacqueline Wilson (W70) – photos Emmanuel Tardi*

The WMA Championship walks continue on Friday 24 March with 10km roadwalks to be contested.

**SOUTH AFRICAN NATIONAL GAMES, BESTGMED TUCKS STADIUM, PRETORIA, 17-18 MARCH**

Finally to South Africa where **Wayne Snyman** won over 10,000m on the track.

**Men 10,000m Race Walk**

1.	Wayne SNYMAN	RSA	85	41:41.60
2.	Sizwe NDEBELE	RSA		42:53.23
3.	Tumisang PULE	RSA		45:34.11
4.	Mthunzi MNISI	RSA		48:12.35

## MARCIADALMONDO AND OMARCHADOR ROUNDUP

Marciadalmondo had 7 press releases this week

- Mon 20 Mar - Benjamin Thorne (CAN) and Erica de Sena (BRA) win 20km walks in Monterey, Mexico  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2749](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2749)
- Mon 20 Mar - Evan Dunfee (CAN) wins 50km in Monterey, Mexico  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2748](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2748)
- Sun 19 Mar - Alex Wright (IRL) and Brigita Virbalyte-Dimsiene (LTU) win Lugano 20km races  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2747](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2747)
- Sun 19 Mar - Hyunsub Kim (KOR) wins men's 20km in Nomi, Japan  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2746](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2746)
- Fri 16 Mar - Preview of IAAF Challenge Series races in Monterey, Mexico  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2745](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2745)
- Thu 15 Mar - Preview of the 14th Memorial Albisetti in Lugano, Switzerland  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2744](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2744)
- Wed 14 Mar - Preview of Asian Championships in Nomi, Japan  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2743](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2743)

and Omarchador had 20 press releases

- Tue 21 Mar - Results of men's 3000m walks at WMA Indoor Champs in Daegu  
<http://omarchador.blogspot.com.au/2017/03/wmaci-daegu-3000-m-masculinos-resultados.html>
- Mon 20 Mar - Birthday of Portuguese walker Jorge Costa  
<http://omarchador.blogspot.com.au/2017/03/aniversario-de-jorge-costao-carteiro.html>
- Mon 20 Mar - Ben Thorne wins 20km walk in Monterey, Mexico  
<http://omarchador.blogspot.com.au/2017/03/ben-thorne-vence-20-km-de-monterrey-em.html>
- Mon 20 Mar - Evan Dunfee wins 50km walk in Monterey, Mexico  
<http://omarchador.blogspot.com.au/2017/03/evan-dunfee-impoe-se-nos-50-km-marcha.html>
- Mon 20 Mar - Erica de Sena wins 20km walk in Monterey, Mexico  
<http://omarchador.blogspot.com.au/2017/03/erica-de-sena-vence-em-monterrey-ana.html>
- Sun 19 Mar - Results of women's 3000m walks at WMA Indoor Champs in Daegu  
<http://omarchador.blogspot.com.au/2017/03/wmaci-daegu-3000-m-femininos-resultados.html>
- Sun 19 Mar - Results of Michigan indoor track and field championships, USA  
<http://omarchador.blogspot.com.au/2017/03/michigan-usa-campeonatos-de-pista.html>
- Sun 19 Mar - Results of "Ciutat de Sant Cugat" in Sant Cugat Del Vallès, Spain  
<http://omarchador.blogspot.com.au/2017/03/grande-premio-de-marcha-ciutat-de-sant.html>
- Sat 18 Mar - Remembering the World Cup 50km in Monterey, Mexico, in 1993  
<http://omarchador.blogspot.com.au/2017/03/os-50-km-de-monterrey-1993.html>
- Sat 18 Mar - Preview of WMA Indoor Champs in Daegu, Sth Korea  
<http://omarchador.blogspot.com.au/2017/03/wmaci-em-daegu-coreia-do-sul.html>
- Fri 17 Mar - Preview of IAAF Challenge Event in Monterey, Mexico  
<http://omarchador.blogspot.com.au/2017/03/monterrey-acolhe-segunda-etapa-do.html>
- Fri 17 Mar - Preview of "Mario Albisetti Memorial" in Lugano, Switzerland  
<http://omarchador.blogspot.com.au/2017/03/trofeu-lugano-memorial-mario-albisetti.html>
- Fri 17 Mar - Results of British Masters indoor champs in Lee Valley, London  
<http://omarchador.blogspot.com.au/2017/03/masters-britanicos-de-pista-coberta-em.html>

- Thu 16 Mar - Kovalenko, Borovska and Glavan win Ukrainian walk championships in Ivano-Frankivsk  
<http://omarchador.blogspot.com.au/2017/03/kovalenko-borovska-e-glavan-sagram-se.html>
- Thu 16 Mar - Preview of Asian Championships in Nomi, Japan  
<http://omarchador.blogspot.com.au/2017/03/nomi-japao-recebe-este-domingo-os.html>
- Wed 15 Mar - Preview of the Portuguese Masters Indoor Champs in Pombal  
<http://omarchador.blogspot.com.au/2017/03/masters-portugueses-tem-no-sabado-os.html>
- Wed 15 Mar - Report on last weekend's Athletic walking and Fitwalking seminar in Scarnafigi, Italy  
<http://omarchador.blogspot.com.au/2017/03/marcha-atletica-e-fitwalking-na-estrada.html>
- Wed 15 Mar - Results of Spanish Masters Indoor Champs in Madrid  
<http://omarchador.blogspot.com.au/2017/03/marcha-atletica-e-fitwalking-na-estrada.html>
- Tue 14 Mar - Results of ERWC league walks in London  
<http://omarchador.blogspot.com.au/2017/03/erwl-donkey-lane-enfield-resultados.html>
- Tue 14 Mar - Campion, Menuet and Andrieu win French walk championships  
<http://omarchador.blogspot.com.au/2017/03/campion-menuet-e-andrieu-vitoriosos-nos.html>

#### OUT AND ABOUT

- Whistleblower Andrey Dmitriev has left his homecountry Russia after he had been threatened. "Many saw my interview and the evidence that I provided in a negative sense. They called me a traitor, a liar, and - excuse my language please - they poured tons of shit on me. Right after the interview I was fired from both training centers in my home town where I was getting paid my stipend as an athlete. I did believe that I will be able to change something at first, but when I saw the reaction of many Russians I realized that I had failed. Russians are not ready for the whistleblowing culture." Typical Russian response. He now joins the growing group of whistleblowers living in secret in other countries. Russia is not ready to be allowed back into international sport. See <http://www.sportschau.de/doping/whistleblower-dmitriev-doping-english-version-100.html>.
- Ukraine will be out in full strength in Podebrady in a couple of weeks - great article at <http://www.european-athletics.org/competitions/european-race-walking-cup/news/article=hlavan-heads-ukraine-walk-glory/?cid=rss>.
- Melbourne based racewalker **Philippa Huse** is the first of the Victorian All-Stars to be interviewed ahead of the 2017 Australian T&F Championships. See <http://athsvic.org.au/generalnews/frontpage/victorian-star-1-philippa-huse/>

#### 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

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 <sup>th</sup> March U20 10,000m Walks
	Monday 27 <sup>th</sup> March U17/U18 5000m Walks
	Friday 31 <sup>st</sup> March U15/U16 3000m Walks, Open 10,000m Walks
	Sunday 2 <sup>nd</sup> April U14 3000m Walks
Apr 9 (Sun), 2017	Castlemaine NAB 500, Castlemaine Botanical Gardens, Castlemaine, VIC
Apr 22-23, 2017	Australian Centurions 24 Hour Walk Championships, Coburg, VIC
Jun 9-12, 2017	Australian Masters T&F Championships, Darwin, NT. See <a href="http://ntmastersathletics.com.au/">http://ntmastersathletics.com.au/</a>
Jun 11 (Sun), 2017	51 <sup>st</sup> LBG Racewalking Carnival, Stomlo Forest Park, Canberra, ACT
Aug 6 (Sun), 2017	AMA 20km Roadwalk Championships, Adelaide, SA
Aug 27 (Sun), 2017	Australian Roadwalk Championships, Woolongong, NSW

##### 2016/2017 International Dates

Mar 18-29, 2017	World Masters Athletics Indoor Championships, Daegu South Korea
Mar 25, 2017	European Athletics Walks Meet, Dudince, Slovakia
Apr 1, 2017	26 <sup>th</sup> Grand Prix de Rio Maior, Rio Maior, Portugal
April 8, 2017	Podebrady Race Walk Meet, CZE. See <a href="http://www.podebrady-walking.cz/en/">http://www.podebrady-walking.cz/en/</a>
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 <a href="http://www.worldmastersgames2017.co.nz">www.worldmastersgames2017.co.nz</a>

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  
 Jun 29 – Jul 1, 2017 Oceania Area Championships, Suva, Fiji  
 July 12-16, 2017 10<sup>th</sup> World Youth T&F Championships, Niarobi, Kenya – THIS IS THE FINAL EDITION  
 August 5-13, 2017 16<sup>th</sup> IAAF World Championships in Athletics, London, UK. See <http://www.london2017athletics.com/>.  
 August 19-30, 2017 29<sup>th</sup> Summer Universiade, Taipei, Taiwan  
 Sept 9, 2017 8<sup>th</sup> Race Walking Day in Veenendaal (Dutch Sprint Triathlon), Veenendaal, NED  
 Sept 24-17, 2017 Around Lake Taihu 4 Day multi day walks race, CHN

#### **2017 Remaining IAAF Racewalk Challenge Series**

Apr 1, 2017 26<sup>th</sup> 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<sup>th</sup> 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<sup>th</sup> IAAF World Race Walking Team Championships, Taicang, China  
 July 2018 16<sup>th</sup> World Junior T&F Championships, Tampere, Finland  
 Sept 2018 22<sup>nd</sup> World Masters Athletics T&F Championships, Malaga, Spain  
 Sept 28 – Oct 6, 2019 17<sup>th</sup> IAAF World Championships in Athletics, Doha, Qatar  
 July 2019 30<sup>th</sup> Summer Universiade, Brasilia, Brazil  
 2019 World Masters Indoors T&F Championships, Torun, Poland  
 July 24 – Aug 9, 2020 32<sup>nd</sup> Olympic Games, Tokyo  
 July 20 – Aug 1, 2020 23<sup>rd</sup> World Masters T&F Championships, Toronto, Canada  
 Aug 2021 18<sup>th</sup> IAAF World Championships in Athletics, Eugene, USA  
 July 18-30, 2022 XXII Commonwealth Games, Durban, South Africa

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