



## HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club  
2016/2017 Number 27  
3 April 2017



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### WALKER OF THE WEEK

The Australian Summer T&F Season is all but finished now, with the Australian Open and Junior T&F Championships completed in Sydney on Sunday. With the many fine walks performances during this meet (see later in the newsletter) it was hard to pick who was the most outstanding but in my opinion two performances stood out.

The Open 10,000m track walks closed out Day 6 and both wins were outstanding. **Dane Bird-Smith** won last year's National men's 10,000m racewalk with 38:44.61. This year, he improved a further 10 secs to win in an even better time of 38:34.23. Fellow Queenslander **Katie Hayward** at 16 became the youngest ever Australian 10,000m racewalk champion with her winning time of 45:51.09 in the women's race. They are worthy co-Walkers of the Week.



*Dane Bird-Smith, Katie Hayward and Jess Pickles in Sydney at the Australian Open 10,000m Walk*

My updated All-Time rankings lists now show Australian men under 42 minutes and 21 women under 46 minutes.

Men	Name	State	DOB	Place	Details	Date	Age	
1	38.06	David Smith	V	24-07-1955	1	Sydney	1986-09-25	31
2	38.09	Nathan Deakes	V	17-08-1977	4	Krakow, Poland	2001-06-09	23
3	38.29	Jared Tallent	V	17-01-1984	8	Beijing	2010-09-18	26
4	38.34.23	Dane Bird-Smith	Q	15-07-1992	1	Sydney	2017-03-31	24
5	38.49	Andrew Jachno	V	13-04-1962	1	Copenhagen, Denmark	1992-05-23	30
6	38.59	Chris Erickson	V	01-12-1981	11	Beijing	2010-09-18	28
7	39.10	Nick A'Hern	N	06-01-1969	1	Sydney	1991-01-13	22
8	39.20	Adam Rutter	N	24-12-1986	15	Beijing	2010-09-18	23
9	39.50	Simon Baker	V	06-02-1958	1	Canberra (Aust 20 km split)	1988-08-27	30
10	40.08	Willi Sawall	V	07-11-1941	1	Richmond, NSW	1982	40
11	40.16	Rhydian Cowley	V	04-01-1991	2	Brisbane, QLD	2012-07-29	21
12	40.46	Steve Beecroft	V	14-03-1971	2	Melbourne	1992-01-05	20

13	40.50	Mike Harvey	V	05-12-1962	-	Canberra (Aust 20 km split)	1988-08-27	25
14	41.00	Liam Murphy	S	05-06-1979	1	Adelaide (SA State 20km split)	2003-07-26	24
15	41.00	Darren Bown	S	30-06-1974	2	Adelaide	2005-02-19	30
16	41.01	Jon Gawley	N	08-05-1980		Sydney	1999-05-08	19
17	41.05	Paul Copeland	V	25-04-1967	3	Melbourne	1992-01-05	24
18	41.05.50	Dion Russell	V	08-05-1975	1	Doncaster	1995-04-01	19
19	41.07	Nathan Brill	V	24-05-1996	7	Taicang, China	2014-05-03	17
20	41.27	Jesse Osborne	V	21-01-1995	1	Hobart	2014-02-02	19
21	41.31	Brendon Reading	A	26-01-1989	4	Canberra	2015-26-10	26
22	41.38	Brent Vallance	N	30-04-1972	3	Canberra	1998-02-08	25
23	41.46.79	Ian Rayson	N	04-02-1988	2	Sydney, NSW Title (Track)	2009-01-03	20
24	41.58	Troy Sundstrom	N	30-05-1981	1	Sydney	2000-08-18	19

Women	Name	State	DOB	Place	Location	Date	Age	
1	41.30	Kerry Saxby-Junna	N	20-06-1961	1	Canberra	1988-08-27	27
2	42.15	Jane Saville	N	05-11-1974	6	Eisenhuttenstadt	1999-05-08	24
3	43.28	Gabrielle Blythe	V	09-03-1969	-	Hawkesbury	1993-07-10	24
4	43.48.08	Beki Smith (nee Lee)	N	25-11-1986	1	Sydney	2016-04-01	29
5	43.58	Tanya Holliday	S	21-09-1988	1	Adelaide	2012-07-28	23
6	44.01	Jess Rothwell	V	18-06-1989	1	Melbourne	2009-02-15	19
7	44.19	Claire Tallent	S	06-07-1981	1	Cairns (Oceania Champs)	2012-06-29	30
8	44.27	Anne Pembroke-Manning	N	13-11-1959	1	Melbourne	1996-01-21	26
20	44:48:00	Regan Lambie	V	14-10-1991	4	Lake Taihu, China	2016-09-26	24
9	44.52	Cheryl Webb	N	03-10-1976	1	Melbourne (Aust 20km split)	2009-03-07	32
10	45.10	Natalie Saville	N	07-09-1978	2	Melbourne	1997-02-27	18
11	45.15	Lisa Sheridan Paolini	N	10-12-1962	1	Sydney	2000-08-17	37
12	45.18	Jill Barrett-Maybir	Q	13-07-1964	3	Melbourne	1997-02-27	26
13	45.19	Sue Cook	V	23-04-1958	1	Brisbane	1987-06-28	39
14	45.21.47	Nicole Fagan	N	24-07-1989	2	Melbourne (Aust T&F Champs)	2014-04-04	24
15	45.22	Wendy Muldoon	V	27-05-1971	1	Melbourne	1998-07-19	27
16	45.25	Lorraine Young Jachno	V	21-09-1959	1	Melbourne	1991-05-19	31
17	45.25.90	Kelly Ruddick	V	19-04-1973	3	Melbourne (Aust T&F Champs)	2014-04-04	40
18	45.38	Sally Pierson	V	10-03-1963	1	Melbourne	1982-05-08	20
19	45.40	Simone Wolowiec	V	12-02-1974	1	Melbourne	1997-12-14	23
20	45.51	Jane Lewry Barbour	S	09-05-1961	2	Melbourne	1996-01-21	24
21	45.51.09	Katie Hayward	Q	23-07-2000	1	Sydney	2017-03-31	16

As always, you can see my extended ranking lists for all major distances at ranking lists <http://www.vrwc.org.au/arankings.shtml>.

#### WHAT'S COMING UP

That's pretty much it for the summer here in Australia. The only things remaining are

- The Castlemaine NAB 500 meet in country Victoria next Sunday (see below) and
- The Australian Little Athletics T&F Championships (U13) in Sydney on 22-23 April.

Internationally, we see another huge race next Saturday 8<sup>th</sup> April with the Podebrady Race Walk Meet in Podebrady, Czech Republic. This is a European Athletics racewalk permit meet as well as the Czech championships. See <http://www.podebrady-walking.cz/en/>

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

Entries for this Sunday's **Castlemaine NAB 500 racewalk carnival** close on Wednesday evening. This annual event showcases our sport outside Melbourne and has lots of support from the Castlemaine local and business communities. We have some big prize money on offer so check out our web page at <http://www.vrwc.org.au/vrwc-CastlemaineNAB500.shtml>

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

Fields are currently very small so a last minute call to all active Victorian walkers - you are most welcome to join us in Castlemaine on Sunday morning. Enter at <https://www.registernow.com.au/secure/Register.aspx?E=24536>.

## TIME TO ORDER YOUR NEW RACEWALK VICTORIA UNIFORM

All Racewalking Victoria walkers must wear the RWV uniform in the LBG Carnival in Canberra in June. I have contacted the uniforms manufacturers and confirmed that they need 6 weeks to complete uniforms orders. That means we need to finalise our order by Thursday **20<sup>th</sup> April**. **So you have 2+ weeks left to organise your order.** I will add a few extra items to the order in case your sizing guess is not quite right. It's all online – you place your order for hoodies or crop tops or bike shorts at <http://vrwc.org.au/wp1/rwv-uniforms/>. You don't need to order singlets as we have plenty of them on stock at our clubrooms.



## AUSTRALIAN OPEN AND JUNIOR T&F CHAMPS, SOPAC, SYDNEY, NSW, 26 MAR - 2 APRIL 2017

The Australian Open and Junior T&F Championships have now completed. The standard seemed very high to me and the walks were no exception. I reported in last week's newsletter on the U17-U20 walks. This time around I can report on the remaining age groups. The walks action got underway again on Friday with the U15-U16 3000m and the Open 10,000m championships contested.

The U16 and U15 boys were up first on Friday morning, with wins to **Nelson McCutcheon** (13:10.82) and **Nikola Mandic** (13:48.16). Lots of PBs. Special mention to **Will Thompson** with third in the U16 and a huge PB of 14:00.47.

### Boys U16 3000m Race Walk, 10:12AM, Friday 31 March

1.	McCutcheon, Nelson	02	QLD	13:10.82	PB 0:30
2.	Cross, Joe	02	SA	13:31.17	PB 0:20
3.	Thompson, Will	02	VIC	14:00.47	PB 0:42
4.	Young, Gwyllym	02	ACT	14:10.68	PB 0:19
5.	McGinniskin, Jack	02	NSW	14:40.51	PB 0:27
6.	Campbell, Bayley	02	TAS	15:11.89	
7.	Blaskett, Hayden	02	NSW	15:40.16	
8.	Stewart, Ryan	02	QLD	17:09.34	
	Dickson, Corey	02	VIC	DQ	

### Boys U15 3000m Race Walk, 10:12AM, Friday 31 March

1.	Mandic, Nikola	03	VIC	13:48.16	PB 0:08
2.	Kemp, Joel	03	NSW	14:10.57	PB 0:55
3.	Hosking, Simon	03	ACT	15:29.50	
4.	Leerberg, Martin	03	NSW	16:03.34	
5.	Beveridge, Heath	03	VIC	16:59.60	
6.	Walter, James	03	NSW	17:24.06	
7.	Hay, Angus	03	VIC	17:27.45	
	Hall, Joseph	03	WA	DQ	

The U16 and U15 girls were next up in the early afternoon, with wins going to **Caitlin Hannigan** (14:29.81) and **Emma Blanch** (14:15.57). Well done to Victorians **Alanna Peart**, **Chloe Karagiorgos** and **Jasmin Hass** who filled 2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup> spots in the U16 girls' walk. Again, lots of PBs, especially for the girls.

### Girls U16 3000m Race Walk, 1:38PM, Friday 31 March

1.	Hannigan, Caitlin	02	QLD	14:29.81	PB 0:01
2.	Peart, Alanna	03	VIC	14:51.15	
3.	Karagiorgos, Chloe	02	VIC	14:55.35	PB 0:17
4.	Hass, Jasmin	02	VIC	15:45.47	
5.	Betzold, Breeanna	02	QLD	16:02.33	
6.	Johnston, Lily	02	NSW	16:18.72	PB 0:49
7.	O'Mahony, Kathleen	02	VIC	16:40.89	

8.	Upton, Chloe	02	SA	17:00.68
9.	Robertson, Brittany	02	NSW	17:07.35
	Manning, Hannah	02	ACT	DQ

#### Girls U15 3000m Race Walk, 1:38PM, Friday 31 March

1.	Blanch, Emma	03	NSW	14:10.73	PB 0:30
2.	Upton, Victoria	03	SA	14:15.57	PB 1:12
3.	Pitcher, Allanah	03	NSW	14:25.63	
4.	Bolton, Hannah	03	NSW	14:48.47	PB 0:32
5.	Hill, Gabriella	03	QLD	14:58.60	PB 0:28
6.	Novinetz, Camryn	03	QLD	15:02.95	PB 1:09
7.	Hay, Charlotte	03	VIC	15:20.98	PB 0:29
8.	Sandery, Olivia	03	SA	15:38.69	PB 0:53
9.	Woolfe, Hayley	03	VIC	16:04.26	PB 0:32
10.	Dagher, Sophia	03	NSW	16:17.64	
11.	Hardy, Renee	03	NSW	16:30.63	
12.	Vesper, Danielle	03	NSW	18:22.90	
	Mills, Haley	03	NSW	DQ	

The Open 10,000m track walks closed out Day 6 and both wins were outstanding. **Dane Bird-Smith** won last year's National 10,000m with 38:44.61. This year, he improved a further 10 secs to win in an even better time of 38:34.23. Fellow Queenslander **Katie Hayward** at 16 became the youngest ever Australian 10,000m race walk champion with her winning time of 45:51.09. Overall, there were PBs galore, many of them by junior walkers. In the men's race in particular, note that **Tyler Jones, Kyle Swan, Adam Garganis** and **Luke McCutcheon** are all aged 19 or under and all were well under 44 minutes.

Of the Victorians, nearly all did PBs. Apart from those mentioned above, well done to **Reese Walmsley, Simone McInnes** and **Emily Hamilton** on their PBs – and well done to coach **Simon Baker** who had 6 walkers in the field, with nearly all of them doing fastest ever walks. Now that is impressive.

#### Men 10000m Race Walk Open, 8:10PM, Friday 31 March

1.	Bird-Smith, Dane	92	QLD	38:34.23	PB 0:10
2.	Cowley, Rhydian	91	VIC	41:35.60	
3.	Jones, Tyler	98	NSW	42:01.39	PB 0:01
4.	Swan, Kyle	99	VIC	42:47.31	PB 0:01
5.	Garganis, Adam	97	VIC	43:10.27	
6.	Mccutcheon, Luke	98	QLD	43:38.83	PB 0:47
7.	Felton, Jay	95	NSW	44:51.84	
8.	Gibbons, Carl	96	NSW	44:58.02	
9.	Kozica, Jason	87	VIC	45:39.56	PB 1:23
10.	McCutcheon, Jamie	99	QLD	46:36.70	PB 0:02
11.	Richardson, Dylan	00	NSW	47:55.68	
12.	Walmsley, Reese	98	VIC	48:27.73	PB 0:28
13.	Tebbutt, Oscar	01	NSW	49:42.41	PB 1:04
14.	Bedford, Kyle	00	NSW	DQ	

#### Women 10000m Race Walk Open, 8:10PM, Friday 31 March

1.	Hayward, Katie	00	QLD	45:51.09	PB 1:52
2.	Tallent, Rachel	93	VIC	46:24.07	
3.	Pickles, Jessica	94	QLD	46:31.34	PB 0:24
4.	McInnes, Simone	91	VIC	47:11.44	PB 1:23
5.	Billington, Tayla-Paige	97	QLD	48:32.62	
6.	Martin, Katya	97	QLD	49:31.49	PB 0:21
7.	Hamilton, Emily	98	VIC	51:03.39	PB 1:53
8.	Findlay, Samantha	97	SA	53:32.49	PB 0:27
	Smith, Beki	86	NSW	DNF	
	Lovegrove, Rhiannon	00	SA	DNF	

The Open track walks used to feature every year as an integral part of the Australian T&F Championships but were discontinued after 1998. After a lot of badgering, Athletics Australia finally relented and allowed an invitational 5000m walk at the 2013 Australian T&F Championships in Sydney. The following year, 10,000m track walk championships were added to the official program, with Melbourne hosting the first scheduling.

So this was the fourth scheduling of the reincarnated track walk championships. For the record, Dane dominates the men with all 4 wins while Katie now shares the women's honours with Tanya Holliday and Beki Smith.

2014	Dane Bird-Smith	QLD	38:57.16	Chris Erickson	VIC	40:51.82	Rhydian Cowley	VIC	41:17.67
2015	Dane Bird-Smith	QLD	39:53.89	Rhydian Cowley	VIC	42:29.00	Luke McCutcheon	QLD	49:24.26
2016	Dane Bird-Smith	QLD	38:44.61	Tyler Jones	NSW	43:39.86	Jay Felton	NSW	44:30.04

2017	Bird-Smith, Dane	QLD	38:34.23	Cowley, Rhydian	VIC	41:35.60	Jones, Tyler	NSW	42:01.39
2014	Tanya Holliday	SA	45:08.42	Nicole Fagan	NSW	45:21.47	Kelly Ruddick	VIC	45:25.90
2015	Tanya Holliday	SA	44:56.44	Kirsty Kirsty	NSW	49:33.06	-		
2016	Beki Smith	ACT	43:48.08	Tanya Holliday	SA	44:33.87	Clara Smith	QLD	47:17.64
2017	Hayward, Katie	QLD	45:51.09	Tallent, Rachel	VIC	46:24.07	Pickles, Jessica	QLD	46:31.34

A good video interview with Dane at <https://www.facebook.com/AthleticsAustralia/videos/10155271737644301/>.

The final walks, for the U14 boys and girls, were held on Sunday morning, the final morning of the championships. The races saw both winners set new championship meet records – **Toby Wilks** (14:07.70) broke Joe Cross's meet record by 30 secs and **Alexandra Griffin** (14:31.70) broke Jasmyn McDonalds meet record by 12 secs. Both were a long way ahead of the rest of their fields.

**Boys U14 3000m Race Walk, 9:45AM, Sunday 2 April**

1.	Wilks, Toby	05	SA	14:07.70	PB 1:28
2.	Jessep, Tom	04	NSW	15:18.53	
3.	Hunt, Tom	05	ACT	15:21.36	
4.	Hayward, Kris	04	QLD	15:47.12	
5.	Tebbutt, Archie	04	NSW	16:05.06	
6.	Saunder, Fraser	04	VIC	16:24.37	eq PB
7.	Daly, Dylan	04	NSW	16:53.01	
8.	Vesper, Ryan	05	NSW	17:02.66	
9.	Walter, Samuel	05	NSW	17:24.05	

**Girls U14 3000m Race Walk, 9:45AM, Sunday 2 April**

1.	Griffin, Alexandra	05	WA	14:31.70	PB 1:08
2.	McMillen, Elizabeth	04	NSW	15:02.42	
3.	Burns, Laura	04	ACT	15:07.31	PB 0:19
4.	Clarke, Anika	05	QLD	15:42.05	
5.	Ross, Kiera	05	SA	15:50.38	
6.	Dunne, Izabella	05	NSW	15:51.40	
7.	Upton, Kitarni	05	SA	16:14.63	
8.	Ofield, Mackenzie	04	QLD	16:59.62	
9.	Thomson, Olivia	04	NSW	17:05.78	
10.	Shaw, Sidney	04	ACT	17:37.10	
11.	Wilks, Mia	04	SA	17:39.05	
12.	Heikkila-Dubowik, Kaylah	05	VIC	18:20.54	
13.	McLoughlin, Chloe	04	NSW	18:34.75	
14.	Noonan, Claire	04	VIC	19:48.74	



*Open 10,000m action: Jamie McCutcheon, Dylan Richardson, Jess Pickles, Katie Hayward, Jason Kozica, Beki Smith, Rachel Tallent, Simone McInnes and Rhydian Cowley (photos Athletics Australia)*





Left: U16 Girls 3000m podium - Alanna Peart Caitlin Hannigan Chloe Karagiorgos  
 Right: Open Women 10000m podium - Rachel Tallent Katie Hayward Jess Pickles



Left: U16 Boys 3000m podium - Joe Cross Nelson McCutcheon Will Thompson  
 Right: U15 Boys 3000m podium - Joel Kemp Nikola Mandic Simon Hosking

Finally it would be remiss of me if I did not draw special attention to the **McCutcheon** family. All 3 boys competed across the week and all 3 did PBs each time they raced. Here it is for completeness – well done to **Luke, Jamie and Nelson** and well done to their dad and coach **Tony**.

U18 5000m on Friday 24<sup>th</sup> March

3.	McCutcheon, Luke	98	QLD	44:25.04	PB 0:07
4.	McCutcheon, Jamie	99	QLD	46:38.72	PB 1:01

Open 10,000m on Friday 31<sup>st</sup> March

6.	Mccutcheon, Luke	98	QLD	43:38.83	PB 0:47
11.	McCutcheon, Jamie	99	QLD	46:36.70	PB 0:02

U16 3000m, Friday 31<sup>st</sup> March

1.	McCutcheon, Nelson	02	QLD	13:10.82	PB 0:30
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## AUSTRALIAN WALKS SQUAD GROWS FOR THE 2017 IAAF WORLD CHAMPIONSHIPS

As the 2017 Australian Athletics Championship drew to a close in Sydney on Sunday evening, 26 Australian athletes were confirmed by Athletics Australia for the 2017 IAAF World Championships. See <http://athletics.com.au/News/london-calling-for-26-of-australias-best>. The list includes 6 walkers, with Chris Erickson and Jared Tallent added to the four 20km walkers previously announced in February. The walking squad for London now reads as follows

Men 20km walk: **Dane Bird-Smith (QLD), Rhydian Cowley (VIC)**  
Women 20km walk: **Regan Lamble (VIC), Beki Smith (NSW)**,  
50km walk: **Chris Erickson (VIC), Jared Tallent (SA)**

Three spots remain open (one in each race) and walkers have until the end of the qualifying period in July to put their case.



*Jared Tallent and Chris Erickson rewarded for their Rio Olympic 50km walk performances – now part of the Australian team to contest the 2017 IAAF World Championships in London – sounds like another overseas trip for me!*

## JARED TALLENT IS AUSTRALIAN MALE ATHLETE OF THE YEAR FOR 2016

At the gala dinner to close the Australian T&F Championships in Sydney on Sunday evening, the main 2016 awards were announced.

It was not surprising to see **Jared Tallent** recognized as **Australian Male Athlete of the Year for 2016**. It was expected, given his year included a belated 2012 Olympic Gold medal, a 2016 IAAF Racewalking World Teams Championships Gold, a 2016 Olympic Silver and second place overall in the IAAF 2016 Race Walking Series.

See the full list of award winners at <http://www.athletics.com.au/News/tallent-boyd-turner-and-holt-honoured-as-athletes-of-the-year>.



**SAMA CHAMPIONSHIPS DAY 2, SA ATHLETICS STADIUM, MILE END, ADELAIDE, WEDNESDAY 29 MARCH**

Thanks to Colin Hainsworth for the latest results from the South Australian Masters in Adelaide He commented: *Damp for 800m, drenching for 5000m! Probably why numbers were down.* Best wishes to Colin who is out of action with badly torn cartlidges in the left knee. Hopefully it will settle and you will be back in action sooner rather than later, Colin.

**SAMA 800m Championship Walk**

Valmai Padget	W72	1	6:10
Jill Rogers	W72	2	6:33
Jan Layng	W68	1	6:03
Margaret McIntosh	W64	1	6:10
Marie Maxted	W56	1	4:02
Julia Lycett	W52	1	5:09
David Robertson	M83	1	6:28
Rodger Barber	M79	1	5:45
James Hoare	M70	1	5:24
Gil McIntosh	M66	1	4:52
Peter Crump	M56	1	4:17
Preben Kohler	M40	1	5:12
Kim Mottrom (F/T)	M32	1	3:31

**SAMA 5000m Championship Walk**

Valmai Padget	W72	1	40:56	70.98%
Jan Layng	W68	1	40:18	67.93%
Margaret McIntosh	W64	1	41:11:	62.99%
Marie Maxted	W56	1	34:02	69.50%
David Robertson	M83	1	42:06	71.72%
Rodger Barber	M79	1	37:58	74.61%
James Hoare	M70	1	34:43	72.15%
Gil McIntosh	M66	1	32:43	73.04%
Jack Russell	M64	1	30:18	77.15%
Dave Fallon	M64	2	38:46	60.30%
Peter Crump (F/T)	M56	1	28:54	74.74%
John Leydon	M55	2	32:29	65.90%

**26<sup>TH</sup> GRAND PRIX DE RIO MAIOR, RIO MAIOR, PORTUGAL, 1 APRIL 2017**

I reproduce António Manuel Fernandes' IAAF report (see <https://www.iaaf.org/news/report/rio-maior-race-walk-2017-arevalo-garcia>)

Colombia's **Eider Arevalo** regained his title at the Race Walking Grand Prix in Rio Maior, while Peru's **Kimberly Garcia** dashed hopes of a Portuguese win in the women's race at the IAAF Race Walking Challenge meeting on Saturday.

**20km Men**

Led by British record-holder **Tom Bosworth**, a large group passed through the first 5km of the men's race in 20:50. Ten men were still in contention at the half-way mark, which was reached in 41:15. Ireland's **Alex Wright**, the recent winner in Lugano, led the pack at 15km. Having covered the previous 5km segment in 20:03, just five other men – including Arevalo and Bosworth – were left at the front. Arevalo then upped the pace in the closing stages and, after covering the final 5km in 19:21, went on to cross the finish line in 1:20:40. His time was the second-fastest performance of his career, 55 seconds shy of the PB he set in Podebrady in 2013. It was also one second faster than his winning time in Rio Maior in 2015.

"I was looking for a good result here," said Arevalo, who won at the IAAF Race Walking Challenge meeting in Ciudad Juarez three weeks ago. "I think this is the result of the work we have been doing until now. I didn't have a specific time in mind; I simply tried go faster than my winning time in Juarez."

Following his win in Rio Maior two years ago, Arevalo went on to finish seventh at that year's IAAF World Championships. After a similarly strong start to his 2017 season, the 24-year-old now hopes to perform even better at the IAAF World Championships London 2017.

Bosworth finished second in a season's best of 1:20:58 while Tunisia's **Hassanine Sebei** placed third in 1:21:12, his highest finish from his six appearances in Rio Maior.

1.	Eider AREVALO	COL	93	1:20:40
2.	Tom BOSWORTH	GBR	90	1:20:58
3.	Hassanine SBAI	TUN	84	1:21:12
4.	Manuel Esteban SOTO	COL	94	1:21:13



5.	Alex WRIGHT	IRL	90	1:21:17
6.	Perseus KARLSTRÖM	SWE	90	1:21:55
7.	Caio Oliveira DE SENA BONFIM	BRA	91	1:22:13
8.	Alexandros PAPAMIKHAIL	GRE	88	1:22:46
9.	Juan Manuel CANO	ARG	87	1:23:44
10.	Erick Bernabé BARRONDO	GUA	91	1:23:55
11.	Luis Fernando LÓPEZ	COL	79	1:25:04
12.	Miguel RODRIGUES	POR	96	1:27:23
13.	Jorge RUIZ	COL	89	1:28:05
14.	Miguel CARVALHO	POR	94	1:28:59
15.	Rui COELHO	POR	94	1:29:26
16.	Pedro ISIDRO	POR	85	1:31:51
17.	Max Batista GONCALVES DOS SANTOS	BRA	94	1:36:16
18.	Cristiano ANTÔNIO	POR	88	1:37:12
19.	Amaro TEXEIRA	POR	89	1:38:32
20.	Henrique SANTOS	POR	65	1:48:06
21.	Pablo GOMEZ	USA		1:49:40
	Joao MARTINS	POR	95	DQ
	Pedro MARTINS	POR	68	DNF
	Cláudio COTRIM	POR	96	DNF
	Lenin MAMANI	PER	97	DNF
	Aurelien QUINION	FRA	93	DNF
	Marco AMARAL	POR	93	DQ
	Sérgio VIEIRA	POR	76	DNF
	Hélder DOS SANTOS	POR	96	DQ
	Cesar Augusto RODRIGUEZ	PER	97	DQ
	Zacharias TSAMOUDAKIS	GRE	96	DQ



*Eider Aravalo wins in Rio Maior (photo [www.iaaf.org](http://www.iaaf.org))*

### 20km Women

Local supporters had hoped that this would be the year when one of Portugal's leading race walkers would win the women's race, but Peru's **Kimberly Garcia** pulled off a surprise victory. In a bid to shelter from the strong winds in Rio Maior, all of the pre-race favourites bunched together during the opening kilometres, passing 5km in 23:41 and 10km in 46:24. With the men's and women's races taking place at the same time, Colombia's **Sandra Arenas** was passed by compatriot Jorge Ruiz, competing in the men's race, at about 11km and she tried to go with him, a move which broke up the lead pack in the women's race. Arenas had a five-second lead over Garcia at 15km, reached in 1:08:36, but the Peruvian gradually closed in on Arenas and eventually passed her before going on to win in a season's best of 1:31:00.

"I'm very happy with this victory," said Garcia, who finished 14<sup>th</sup> at the Rio 2016 Olympic Games. "It shows the work I've made until now. I came here with a season's best of 1:35 and I've improved to 1:31."

Arenas finished 13 seconds in arrears to take the runner-up spot. After finishing third at the IAAF Race Walking Challenge meetings in Ciudad Juarez and Monterrey, Portugal's **Ana Cabecinha** once again finished third, this time clocking 1:31:54. **Ines Henriques**, who was contesting her 100<sup>th</sup> 20km race, was fourth in 1:32:15.

“I’m very happy with this year’s performances,” said the 36-year-old, who earlier this year set a world record (pending ratification) of 4:08:26 over 50km. “After 18 years in this sport, it is really good to see the support from people. I feel really tired because in the past month-and-a-half I have covered 130 kilometres in competition!”

1.	Kimberly GARCÍA LEÓN	PER	93	1:31:00
2.	Sandra Lorena ARENAS	COL	93	1:31:13
3.	Ana CABECINHA	POR	84	1:31:54
4.	Ines HENRIQUES	POR	80	1:32:15
5.	Antigoni DRISBIOTI	GRE	84	1:32:47
6.	Mirna Sucely ORTIZ FLORES	GUA	87	1:33:13
7.	Emilie MENUET	FRA	91	1:33:31
8.	Anabelly ORJUELA	COL	88	1:34:30
9.	Cisiane Dutra LOPEZ	BRA	83	1:37:44
10.	Jamy FRANCO NUNEZ	GUA	91	1:38:47
11.	Mara RIBEIRO	POR	95	1:39:00
12.	Priscila BARBOSA	BRA	89	1:39:33
13.	Edna BARROS	POR	96	1:47:09
14.	Mariana MOTA	POR	95	1:47:34
15.	Elianay Santana DA SILVA PEREIRA	BRA	84	1:49:55
16.	Vera PORTELA	POR	95	1:50:54
	Laura LEAL	POR	96	DNF
	Kristina SALTANOVIC	LTU	75	DNF
	Vitória OLIVEIRA	POR	92	DNF



*Kimberly Garcia wins in Rio Maior (photo [www.iaaf.org](http://www.iaaf.org))*

The next IAAF Racewalk Challenge Series meet will be held in Taicang, China, on Saturday 15<sup>th</sup> April.

**SWEDISH INDOOR T&F CHAMPIONSHIPS, VÅXNÄSHALLEN, KARLSTAD, SWEDEN, SATURDAY 1 APRIL 2017**

Results of the Swedish Indoor Championship walks from Birger Fält’s Swedish racewalking website <http://www.gang.se>. Full results at <http://www.gang.se/tavlingsgang/Resultatlistor/2017/>.

**Open Women 3000m Walk Indoors**

1.	Siw Karlström	1957	Eskilstuna FI	15.15,70
2.	Maria Aydin	1993	GK Steget	16.46,75
3.	Helena Sandmer	1992	SK Svängen	16.52,48
4.	Julia Ibrahim	1996	GK Steget	17.39,46
5.	Jennifer Ibrahim	1995	GK Steget	19.18,34
6.	Jessica Ibrahim	1998	GK Steget	19.52,47

**Open men 5000m Walk Indoors**

1.	Anders Hansson	1992	SK Svängen	21.30,36
2.	Remo Karlström	1988	Eskilstuna FI	22.01,79
3.	Birger Fält	1968	Mälardjens IK	25.49,53

4.	Fredrik Sandmer	1994	SK Svängen	26.36,24
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#### Masters Men 3000m Walk Indoors

M45	1	Birger Fält	1968	Mälarhöjdens IK	16.10,57
M55	1	Peter Karlsson	1962	Kalmar Gång 99	17.33,23
M60	-	Per Månsson	1956	Malmö AI	DQ
M65	1	Sören Pettersson	1952	IFK Västerås	19.11,09
M70	1	Leif Kjellgren	1946	Äppelbo AIK	21.28,36
M75	1	Per-Åke Lindkvist	1940	Billingens VK	21.52,99
M75	2	Åke Jonson	1942	Heleneholms IF	23.35,47
M75	3	Lars Hansson	1942	Fredrikshofs IF GF	25.43,37
M80	1	Ernst Larsson	1937	Sundbybergs IK	20.57,20

### CHALLENGE FACOËTTI, MONTREUIL, FRANCE, SUNDAY 2 APRIL

The French Athletics Federation (FFA) awards gold, silver and bronze medals to people who, through their activity and dedication, have served the cause of athletics over and above the cause of duty. I was very pleased to hear that the FFA gold medal had been presented to **Emmanuel Tardi** at the conclusion of the Challenge Facoëtti in Montreuil, a fitting recognition for his contributions to our sport as a competitor, judge, official and commentator/statistician – and as our European correspondent! It was Emmanuel's 24<sup>th</sup> participation in this annual French race.



*Emmanuel Tardi with his newly minted FFA Gold Medal award*

And now onto the 59<sup>th</sup> Challenge Facoëtti which was held in Montreuil-sous-bois, on the eastern border of Paris, on Sunday. This classic, first held in 1959, is put on by the CA Montreuil club and is held annually in honour of local Cafe owner Angelo Facoëtti, whose cafe had been a focal point for local walkers. The distance was initially 50km but since 1997, the Challenge has been contested over 20km and draws an international audience. Great walkers like Robert Korzeniowski (in 1995) have won this event in previous years.

The first kilometre takes place on the track before walker complete 19 laps of 1km on a flat road and on the track. The cutoff time is 2h15 but slower walkers appear in the final placings with the distance completed up till that time. Its always a very popular event and there were 75 walkers on the start line at 2:15PM under a sunny sky.

In the men's 20km, **Damien Molmy** was challenged briefly by Tunisian **Hedi Teraoui** in the first 2km but soon cleared out to an easy win with 1:28:01 - splits 21:35, 43:40 and 1:05:55). In the women's 20km, Tunisian **Tahani Ghazel** led the first half of the race before **Cécile Naze** took the lead, going on to win with 1:44:10.

#### 20km Men

1.	MOLMY Damien	SEM/88	Ca Montreuil 93	1:28:01
2.	TERAOUI Hedi (TUN)	SEM/89	Ta Rennes	1:30:37
3.	ANDRIEU Hugo	SEM/92	Uavh Aubagne	1:34:36
4.	LEAUTE Benjamin	SEM/88	Ac Villeneuve D:asc	1:37:19
5.	MASSOUSSI Mohamed (TUN)	SEM/88	U.s.o Mondeville	1:37:24

6.	LECAPLAIN Maxime	SEM/94	U.s.o Mondeville	1:37:26
7.	LOBACZEWSKI Andrzej (POL)	SEM/92	Limoges Athle	1:40:25
8.	BERCHEBRU Benoit	SEM/84	Martigues Sports Athle	1:41:03
9.	HYPOLITE Thibault	ESM/97	A. Sarreguemines Sarrebourg	1:43:14
10.	POTIER Nicolas	SEM/89	P Fougères	1:43:39
11.	DELECOLLE Sebastien	VEM/77	Us Athletiques De Lievin	1:43:51
12.	GIORDANO Manuel (Ita)	ESM/95	Centro Lazio Rome ITA	1:44:20
13.	AUGER Alexis	SEM/88	Ga Noisy Le Grand	1:46:37
14.	LEGENTIL Laurent	SEM/88	Dynamic Aulnay Club	1:47:57
15.	BAZZO BORTOT Simon	ESM/96	As Raismes	1:48:22
16.	VAN HILLE Dominique	VEM/77	Nice Cote D:azur Athletisme	1:48:31
17.	SWAIEH Meftah	VEM/72	U.s.o Mondeville	1:49:49
18.	DAHM Florent	SEM/87	Ca Montreuil 93	1:49:52
19.	BERGEAL Arthur	SEM/84	Us Palaiseau	1:50:39
20.	SEGÉAT Benjamin	ESM/97	La Vigilante Fougères	1:51:02
21.	LEGENTIL Cyril	SEM/86	Dynamic Aulnay Club	1:51:33
22.	ROBIDOU Philippe	VEM/59	La Vigilante Fougères	1:52:42
23.	BOLLINGER Vincent	SEM/84	Dynamic Aulnay Club	1:53:44
24.	HOUZE Laurent	VEM/74	Gayant Athletisme	1:54:56
25.	HAUMESSER Marc	VEM/58	Ac Villeneuve D:asc	1:55:25
26.	GIORDANO Marco (Ita)	ESM/95	Centro Lazio Rome ITA	1:56:02
27.	BROU Florent	SEM/93	Ac Paris-joinville	1:56:19
28.	COSTARD Samuel	SEM/79	Caen Athletic Club	1:56:42
29.	COTTEVIEILLE Maxime	SEM/90	Ca Montreuil 93	1:57:20
30.	TARA Sebastian (POL)	ESM/97	Limoges Athle	1:57:31
31.	LEGENTIL Marc	SEM/84	Dynamic Aulnay Club	1:59:29
32.	MACRE Tony	VEM/77	Mouy Atac	2:00:08
33.	MARIE Frederic	VEM/61	As Mantes	2:02:28
34.	DUCLOS Eddy	VEM/69	Us Champagne-sur-seine	2:03:48
35.	MASSE Florian	ESM/95	Osm Lomme Athletisme	2:04:21
36.	VICTOR Etienne	VEM/64	Cag Arnouville Gonesse Villier	2:05:51
37.	LABROUSSE Stephane	VEM/59	Athletisme Olympic Pontois	2:07:27
38.	DEGRYSE Jean-claude	VEM/74	Ea Douchy	2:09:18
39.	STEFANELLY David	VEM/76	As Mantes	2:14:38
40.	BUISSON Dominique	VEM/57	Saint-brice Athletisme	2:19:18
41.	MARIE Franck	VEM/65	Plm Conflans	2:21:17
42.	BOVIN Laurent	VEM/61	A M St Thibault Des Vignes	2:22:57
43.	TARDI Emmanuel	VEM/67	La Postillonne Longjumeau	17km
44.	MONTIGNY Patrick	VEM/49	Elan Chevilly-larue	15km
	OLIVARES Mathieu	VEM/76	Neuilly Sur Marne Athletisme	AB
	ESCOFFIER Adrien	ESM/97	Sa Toulouse Uc	AB
	KOMAROWSKI Kamil (POL)	ESM/95	Limoges Athle	DQ

#### 20km Women

1.	NAZE Cecile	ESF/95	Mouy Atac	1:44:10
2.	GHAZEL Tahani	SEF/93	Ta Rennes	1:45:11
3.	MAJCHROWICZ Kinga (POL)	ESF/95	Limoges Athle	1:48:49
4.	BOURHIS Amelie	SEF/92	Larmor Estran Athlé	1:48:55
5.	LETERTRE Marine	SEF/91	Ac Cesson	1:49:26
6.	RETOUT Anne-gaelle	SEF/80	Amiens Uc	1:55:13
7.	CORTESI Maria theresa (Ita)	ESF/96	Centro Lazio Rome ITA	2:01:06
8.	FROMENTIN Nathalie	VEF/70	Stade Dieppois	2:01:15
9.	LANOUE Severine	SEF/85	Rcf Issy Avia	2:02:13
10.	BESSOT Veronique	VEF/62	Domont Athletisme	2:02:36
11.	DAOULAS Roxanne	SEF/94	Tregueux Athletisme	2:02:46
12.	JACHER Malgorzata (POL)	ESF/97	Limoges Athle	2:04:24
13.	LIARD Laura	ESF/96	Athletisme Le Bourget Drancy	2:05:51
14.	BETTO Linda (Ita)	VEF/17	Centro Lazio Rome ITA	2:13:39
15.	STEINVILLE Nathalie	VEF/64	Asfi Villejuif	2:16:08
16.	STEUX Laurence	VEF/63	Mouy Atac	2:16:39
17.	PICOT Anne-laure	SEF/79	Caen Athletic Club	2:17:11
18.	GALMICHE Catherine	VEF/57	Cag Arnouville Gonesse	2:18:30
19.	CHOCHOY Christine	VEF/68	Dynamic Aulnay Club	2:24:37
20.	DORE Sophie	VEF/77	Uai Nogent-sur-marne	18k
	LANGLOIS Cloe	ESF/97	Dynamic Aulnay Club	AB
	BESSAS Emilie	SEF/84	Sa Toulouse Uc	AB



### 10km Junior Men

1.	CHAUMETTE Valentin	CAM/00	Froissy Athletic	47:23
2.	LEBON Hugo	JUM/99	As Fleury Les Aubrais Saran	48:08

### 10km Junior Women

1.	DUCLOS Adele	CAF/00	Us Champagne-sur-seine	59:42
2.	GARNATZ Aude	JUF/99	Caen Athletic Club*	1:00:48



*The huge field starts the Challenge (photo Emmanuel Tardi)*



*Hugo Lebon, Valentine Chaumette, Damien Molmy, Hedi Teraoui, Cecile Naze and Tahani Ghazel (photos Emmanuel Tardi)*

### USATF PAN AMERICAN RACE WALK CUP TRIALS, PHILADELPHIA, PA, SUNDAY 2 APRIL

The USATF Trials were held last Sunday in Philadelphia to select the 20km walkers (up to 4 men and 4 women) and U20 10km walkers (up to 3 boys and 3 girls) for the 2017 Pan American Race Walking Cup which will be held in Lima, Peru, on 13-14 May.

Victory in the Open women's trial went to **Maria Michta-Coffey** (1:32:46) ahead of **Miranda Melville** (1:33:04) and **Katie Burnett** (1:39:38). Victory in the Open men's trial went to Venezuelan walker **Jose Melendez** (1:25:30), while the first American to finish was second placed **John Nunn** (1:27:17), ahead of **Nick Christie** (1:27:17) and **Emmanuel Corvera** (1:27:46). Victories in the U20 10km trials went to **Cameron Haught** (48:36) and **Taylor Ewert** (49:54)

Full results and splits at <http://results.leonetiming.com/?mid=1183>.

Trial photos at [https://www.facebook.com/pg/RaceWalkClinic/photos/?tab=album&album\\_id=1260312287371673](https://www.facebook.com/pg/RaceWalkClinic/photos/?tab=album&album_id=1260312287371673).

**20km Open Women**

1.	Maria Michta-Coffey	Walk USA	1:32:46
2.	Miranda Melville	New York Athletic Club (NYAC)	1:33:04
3.	Katie Burnett	Unattached	1:39:38
4.	Robyn Stevens	Skechers Performance /Wolfpack	1:43:12
5.	Anali Cisneros	Judson College, Elgin IL	1:46:17
6.	Katie Michta	Walk USA	1:47:26
7.	Meaghan Podlaski	Fleet Feet Sports Running/Walk	1:49:30
8.	Rachel Zoyhofski	Unattached	1:52:42
9.	Katie Smith	Pegasus A.C.	1:55:21
10.	Valentina Naidenko	Unattached	1:59:13

**20km Open Men**

1.	Jose Melendez	CintronFapur (VEN)	1:25:30
2.	John Nunn	U.S. Army	1:27:17
3.	Nick Christie	Unattached	1:27:46
4.	Emmanuel Corvera	New York Athletic Club (NYAC)	1:28:04
5.	Anthony Peters	St. Ambrose	1:29:29
6.	John Cody Risch	Q Elite	1:31:41
7.	Matthew De Witt	Parkside Athletic Club	1:35:35
8.	Alexander Bellavance	Unattached	1:36:02
9.	Anthony Joseph Gruttadauro	Unattached	1:36:58
10.	Samuel Elmi	Cornerstone University	1:41:43
11.	Dave Talcott	Shore Athletic Club	1:42:44
12.	Joel Pfähler	Unattached	1:43:50
13.	Ian Whatley	Warriors Track Club	1:48:17
14.	Adrian Zamudio	Pegasus A.C.	2:07:20
	Emesh Fernando	Shore Athletic Club	2:35:14
	Paul DeMeester	Unattached	DNF
	Andreas Gustafsson	Unattached	DNF
	Michael Mannozi	Shore Athletic Club	DNF
	Omar Nash	Southwest Ohio TC	DNF
	Melvin Nyairo	Unattached	DQ

**Men 5km Walk**

1.	Emerson Hernandez	Fleet Feet Sports Running/Walk	21:28
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**U20 men 10km**

1.	Cameron Haught	Southwest Ohio TC	48:36
2.	Juan Moscoso	Central Florida Gliders Track	49:05
3.	Eduardo Uria	Unattached	49:58
4.	Jordan Crawford	E-1 Track Club	56:18
5.	Jadon Davis	Unattached	57:23
	Giovanni Cisneros	Elgin Sharks Track	DNF
	Nikolas Toocheck	Unattached	DNF

**U20 Women 10km (first 10)**

1.	Taylor Ewert	Southwest Ohio TC	49:54
2.	Lauren Harris	Walk USA	49:55
3.	Kayla Torres	Walk USA	52:51
4.	Sydney Sirois	Unattached	53:26
5.	Maegan Allen	New England Walkers	53:55
6.	Kayla Allen	Unattached	54:16
7.	Nayeli Cisneros	Elgin Sharks Track	54:43
8.	Tara Mandel	Foundation Track Club	55:58
9.	Amelia Cuomo	Unattached	56:21
10.	Jessica Heiser-Whatley	Warriors Track Club	57:23

**69TH SPANISH 20KM CHAMPIONSHIPS MEN, MERIDA, SPAIN, SUNDAY 2 APRIL**

The Spanish Men's Open and U23 20km Championships, which were contested on Sunday in Merida, saw a win to **Alvaro Martin** (1:21:11) ahead of **Luis Alberto Amezcua** (1:21:18) and **Miguel Angel Lopez** (1:22:19).

The Women's 20km championship, which was held in early March in Valverde, was won by U23 walker **Lidia Sánchez-Puebla**. She won again on Sunday in the women's non-championship 20km walk in a PB 1:30:57, ahead of **Laura Garcia-Caro** (1.01.33) and **Maria Perez** (1:32:46). Overall, the first 5 women all bettered 1:34:00.

In total, there were almost 300 athletes registered to compete in a whole swathe of events, ranging from 1km upwards. Full results can be seen at <http://www.atletismo-ext.com/resultados/temporada2017/02042017/index.html>.

### 20km Open Men

1.	Alvaro Martin Uriol	Playas de Castellon	18/06/1994	1:21:11
2.	Luis Alberto Amezcua Balboa	Juventud Guadix	01/05/1992	1:21:18
3.	Miguel Angel Lopez Nicolas	UCAM Murcia	03/07/1988	1:22:19
4.	Manuel Bermudez Jimenez	UCAM-Athleo Cieza	12/12/1997	1:23:26
5.	Mario Sillero Mesonero	Real Sociedad	12/03/1990	1:25:53
6.	Ivan Pajuelo Paredes	A.D. Marathon	27/08/1993	1:25:55
7.	Francisco Arcilla Aller	Playas de Castellon	14/01/1984	1:26:50
8.	Francisco Jose Duran Acuña	Real Sociedad	24/07/1993	1:28:00
9.	Ivan Lopez Perez	CA Elche Decatlon	29/03/1997	1:30:12
10.	Daniel Chamosa Dacasa	CA Fent Cami Mislata	04/05/1997	1:34:12
11.	Daniel Lopez Ruiz	UCAM-Athleo Cieza	30/09/1981	1:35:17
12.	Juan Antonio Porras Hidalgo	Unicaja Atletismo	19/02/1972	1:36:27
13.	Marcos Monterrubio Fernandez	Atletismo Alcorcon	15/01/1981	1:38:24
14.	Marcos Cintron Bellver	Lugo RC Ramos Loures	01/10/1996	1:39:14
15.	Jose Carlos Galvez Gambin	UCAM-Cartagena	11/10/1994	1:39:14
16.	Miguel Periañez Garcia	Perceiana-Extremadura	02/11/1962	1:39:35
17.	Iñigo De Juan Razkin	Tolosa C.F.	04/02/1997	1:39:40
18.	Pablo Rodriguez Martin	Camagc Atletismo	13/04/1986	1:40:13
19.	Jose Manuel Gomez Garcia	Universidad de Burgos	07/09/1973	1:41:40
20.	Rafael Sanchez Medina	Perceiana-Extremadura	13/01/1988	1:42:23
21.	Alvaro Danta Duran	At Almendralejo	02/09/1997	1:47:28
22.	Lucio J. Ruiz Domenech	Virgen de Belen	15/11/1988	1:59:40
	Marc Guerrero Plaza	FC Barcelona	25/09/1995	DNF
	Mario Viñas Picazo	AA Catalunya	22/05/1996	DNF
	Diego Garcia Carrera	A.D. Marathon	19/01/1996	DQ
	Israel Aymar Celi	Atletismo Numantino	09/08/1995	DQ
	Marc Tur Pico	Peña Santa Eulalia	30/11/1994	DQ
	Nil Rodas Llorens	AA Catalunya	16/06/1996	DQ

### 20km Open Women

1.	Lidia Sanchez-puebla Fernandez	Playas de Castellon	17/07/1996	1:30:57
2.	Laura Garcia-caro Lorenzo	Atmo. Ciudad de Lepe	16/04/1995	1:31:33
3.	Maria Perez Garcia	Valencia Esports	29/04/1996	1:31:46
4.	Amanda Cano Gomez	UCAM-Athleo Cieza	19/08/1994	1:31:50
5.	Ainhoa Pinedo Gonzalez	A.D. Marathon	17/02/1983	1:33:03
6.	Maria Larios Lopez	A.D. Marathon	29/10/1992	1:34:04
7.	Melisa Sanchez Bermejo	UCAM-Athleo Cieza	01/08/1996	1:45:47
8.	Mar Chillon Camaño	Valencia Esports	26/03/1996	1:47:12
9.	Carmen Fuentes Castro	Ria Ferrol-C. Arenal	10/03/1997	1:56:27
10.	Sara Ammour Pedauye	Grupompleo Pamplona At	18/07/1997	2:02:27
	Macarena Ruiz Cañete	Dep. Los Califas	09/11/1992	DNF

### 10km U20 Men

1.	Jose Manuel Perez Rubio	Juventud Guadix	10/09/1999	44:13
2.	Kevin Cerro Gudiño	Cornellà At.	06/05/1998	45:04
3.	Jesus Abad Zorzo	C.D. Tajamar	07/08/1998	46:02
4.	Markel Gutierrez Garcia	Deportivo Eibar	08/02/1999	50:47
5.	Emilio Novas Barral	Lucus Caixa Rural Galega	15/11/1998	51:30
6.	Enrique Santisteban Fernandez	Cueva de Nerja-UMA	05/02/1998	52:32
7.	Hector Rodriguez Lopez	Lugo RC Ramos Loures	27/11/1999	53:49
8.	Ernesto Velando Amor	At Almendralejo	28/08/1998	60:49
9.	Juan Antonio Perez Cortes	Atletismo Linense	27/04/1998	75:44
	Antonio Jesus Garcia Cabello	Ohmio Arahall	03/11/1999	DNF
	Brais Prieto Espiño	R.C. Celta	21/08/1999	DNF

### 10km U20 Women

1.	Irene Montejo Garcés De Marcilla	A.D. Marathon	20/02/1998	47:55
2.	Antia Chamosa Dacasa	CA Valladolid-U.Va	07/10/1999	47:59
3.	Carmen Escariz Mella	Bidezabal Atletismo	28/08/1998	49:23

4.	Lara Carasa Ballesteros	A. A. Moratalaz	23/01/1998	49:29
5.	Alicia Vazquez Gea	UCAM-Athleo Cieza	12/08/1998	49:52
6.	Irene Vazquez Gea	UCAM-Athleo Cieza	12/08/1998	51:05
7.	Marina Sillero Mesonero	At Ianuarius Salamanca	22/08/1998	51:36
8.	Estela Matea Climent	Playas de Castellon	31/12/1999	53:24
9.	Marta Suárez Fábregas	Atletismo Cuntis	25/09/1999	56:04
10.	Idoia Atxaga Quevedo	Gimnastica de Ulia	28/03/1998	66:41
	Marina Peña Alonso	Image FDR	19/03/1999	DNF

#### U18 Men 10km (first 10)

1.	Pedro Conesa Cero	Nutriban Atl Alcantarilla	11/05/2001	45:09
2.	Daniel Jimeno River	Simply-Scorpio 71	11/12/2000	45:11
3.	Roberto Vieiro Perez	CA Santiago	15/02/2001	45:03
4.	Francisco Sospedra Escat	Atletisme Els Sitges	11/04/2001	46:04
5.	Jose Mestre Martin	Suanzes San Blas	27/02/2001	46:56
6.	Alvaro Calderon Tornero	Valencia Esports	24/02/2000	48:13
7.	Javier Garcia Requena	Cueva de Nerja-UMA	08/09/2000	49:09
8.	Fernando Montejo Garces De Marcilla (f)	A.D. Marathon	02/04/2002	49:15
9.	Ignacio Villegas De Miquel	Suanzes San Blas	22/11/2001	50:57
10.	Jose Manuel Naranjo Murillo	At Almendralejo	27/03/2001	52:01

#### U18 Women 10km (first 5)

1.	Laura Sanabria Sanchez	At Almendralejo	27/12/2000	54:21
2.	Sofia Rodriguez Hernandez	Atletismo Guadix	16/06/2001	54:44
3.	Alicia Sanchez Guilarte	Atletismo Alcorcon	15/05/2000	56:02
4.	Adriana Leyva Liñan	Bahia Algeciras	25/10/2001	57:39
5.	Maria Teresa Morata Moreno	Atletismo Cordobes	05/06/2001	57:39

### CECIL GITTINGS GRAVESEND MEMORIAL RACES, GRAVESEND, ENGLAND, SATURDAY 1 APRIL

Thanks to Peter Hannell for this race report from England.

The second edition of the Gravesend races were held lat Saturday in remembrance of Cecil Gittins (a long and devoted race walker, judge and wise counsellor to the sport and VAC in particular). The races are held over a hilly 2.5 km lap of Gravesend Cyclopark – an excellent facility for these events. The most well supported event was the 10km where event organiser David Hoben just broke the 72 minute mark, encouraged by plenty of competition as all races started together.

#### 15km Walk

1.	Luc Legon	U23M	Cambridge H	75.10
2.	Seb Parris	SM	Ilford	89.11
3.	Graham Chapman	M60	Headington	89.37
4.	Trevor Jones	M60	Steyning	91.32
5.	Stuart Bennett	M55	Ilford	94.03
6.	Mark Culshaw	M50	Ilford	95.39
7.	John Ralph	M60	Enfield & Haringey	96.08
8.	John Borgars	M70	Loughton	99.19
9.	Dan Maskell	M65	SWC	102.38
10.	Chris Flint	M70	SWC	103.47
11.	Dave Delaney	M70	SWC	117.43
1.	Anne Jones	W60	Steyning	103.16
2.	Jo Miles	W60	Hillingdon	109.00

#### 10km Walk

1.	Luc Legon	U23M	Cambridge H	49.18
2.	Jonathan Hobbs	SM	Ashford	50.25
3.	Marshall Smith	U20M	Ashford	51.45
4.	Chris Hobbs	M60	Ashford	58.20
5.	Seb Parris	SM	Ilford	58.52
6.	Graham Chapman	M60	Headington	59.00
7.	Richard Emsley	M60	Crawley Saints & Sinners	59.44
8.	Trevor Jones	M60	Steyning	60.22
9.	Stuart Bennett	M55	Ilford	60.42
10.	Simon Kerr	SM	Headington	60.44
11.	Mark Culshaw	M50	Ilford	62.23
12.	John Ralph	M60	Enfield & Haringey	63.39



13.	John Borgars	M70	Loughton	65.29
14.	Dan Maskell	M65	SWC	67.18
15.	Ron Penfold	M75	Steyning	67.42
16.	Chris Flint	M70	SWC	68.12
17.	Steve Cartwright	M55	Colchester	70.15
18.	Andy Cox	M60	Hillingdon	70.29
19.	Steve Kemp	M55	EMAC	70.52
20.	David Hoben	M60	SWC	71.59
21.	Sean Pender	M60	Enfield & Haringey	72.36
22.	Dave Delaney	M70	SWC	76.05
	Gary Smith	M60	Enfield & Haringey	DNF
1.	Emily Ghose	U20W	Tonbridge	56.53
2.	Helen Middleton	W50	Enfield & Haringey	60.46
3.	Melanie Peddle	W45	Loughton	64.09
4.	Anne Jones	W60	Steyning	68.22
5.	Noel Blatchford	W65	Abingdon	71.55
6.	Kay Coulson	W45	Sarnia WC	72.09
7.	Jo Miles	W60	Hillingdon	72.50
8.	Sandar Wade	W35	Abingdon	77.36

#### 5km Walk

1.	George Wilkinson	U17M	Enfield & Haringey	28.50
2.	Tony Wilkinson	M55	Unattached	34.13
3.	Chris Edwards	M65	SWC	36.13
4.	Stephen Holliday	M65	Ashford	38.27
5.	Dave Ainsworth	M65	Ilford	44.03
6.	Ken Livermore	M80	Enfield & Haringey	45.15
1.	Isabelle Bridge	U17W	Blackheath & Bromley	29.22
2.	Andrea Ingram	W55	Lewes	32.26
3.	Jacqueline Benson	U17W	Ashford	33.24

#### 2.5km Walk

1.	Christian Hopper	U13B	Cambridge H	17.56
1.	Abigail Smith	U13G	Blackheath & Bromley	15.21
2.	Devina Nova	U13G	Ashford	15.24
3.	Katie Stringer	U13G	Medway & Maidstone	16.14
4.	Hannah Hopper	U15G	Cambridge H	16.34

### MARCIADALMONDO AND OMARCHADOR ROUNDUP

Marciadalmondo had 6 press releases this week

- Mon 3 Apr - Alvaro Martin wins Spanish 20km championship in Merida.  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2758](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2758)
- Sun 4 Apr - Eider Arevalo (COL) and Kimberly Garcia (PER) win in Rio Maior  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2757](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2757)
- Fri 31 Mar - Dane Bird-Smith in great result in Australian Championships in Sydney  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2756](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2756)
- Sat 1 Apr - Profile of Portuguese walker Ines Henriques ahead of Rio Maior race  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2755](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2755)
- Thu 30 Mar - Preview of Spanish 20km Walk Championships in Merida this Sunday  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2754](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2754)
- Wed 29 Mar - Preview of this weekend's IAAF Challenge Event in Rio Maior  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=2753](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2753)

and Omarchador had 14 press releases

- Sun 2 Apr - Kimberly García and Éider Arévalo win Rio Maior 20km walks

<http://omarchador.blogspot.com.au/2017/04/garcia-e-arevalo-vencem-em-rio-maior.html>

- Sat 1 Apr - Bethan Davies teaches you how to walk  
<http://omarchador.blogspot.com.au/2017/04/bethan-davies-ensina-como-se-marcha.html>
- Sat 1 Apr - Mérida to host Spanish Men's 20km Championship tomorrow  
<http://omarchador.blogspot.com.au/2017/04/merida-recebe-campeonato-de-espanha-de.html>
- Fri 31 Mar - Hopes of a Portuguese victory in Rio Maior this weekend  
<http://omarchador.blogspot.com.au/2017/03/rio-maior-com-esperanca-de-vitoria.html>
- Fri 31 Mar - Dane Bird-Smith and Katie Hayward win Australian 10,000m walk championships  
<http://omarchador.blogspot.com.au/2017/03/dane-bird-smith-e-katie-hayward-em.html>
- Fri 31 Mar - Jefferson Pérez to chair the South American Athletes Commission  
<http://omarchador.blogspot.com.au/2017/03/jefferson-perez-preside-comissao-de.html>
- Thu 30 Mar - Portuguese walker Inês Henriques on the brink of one hundred 20km finishes, all under 1:40:00  
<http://omarchador.blogspot.com.au/2017/03/ines-henriques-beira-da-centena.html>
- Thu 30 Mar - Results of the Australian U20 10,000m walk championships in Sydney  
<http://omarchador.blogspot.com.au/2017/03/sub-20-nos-campeonatos-australianos-de.html>
- Thu 30 Mar - Shange and Snyman walk fast in South African track meets  
<http://omarchador.blogspot.com.au/2017/03/shange-e-snyman-vencem-provas-na-africa.html>
- Wed 29 Mar - Ben Thorn threatens Canadian 5000m walk national record  
<http://omarchador.blogspot.com.au/2017/03/ben-thorne-ameaca-recorde-nacional-de.html>
- Wed 29 Mar - Start lists for Rio Maior  
<http://omarchador.blogspot.com.au/2017/03/rio-maior-2017-listas-de-inscritos.html>
- Wed 29 Mar - Fortunato and Trapletti win Italian 20km championships  
<http://omarchador.blogspot.com.au/2017/03/fortunato-e-trapletti-sagram-se.html>
- Tue 28 Mar - Results of Vaud regional walk championships in Switzerland  
<http://omarchador.blogspot.com.au/2017/03/campeonatos-de-vaud-suica-resultados.html>
- Tue 28 Ma - Results of Portugese regional U14 and U16 championships  
<http://omarchador.blogspot.com.au/2017/03/ii-meeting-atletis-clube-de-atletismo.html>

#### OUT AND ABOUT

- Britain's Jo Pavey says it is a bittersweet feeling to receive her 2007 World Championships 10,000m bronze medal after Turkey's Elvan Abeylegesse had her result chalked off. The saga surrounding Abeylegesse dates back to 2015 when the IAAF announced 28 athletes who competed at the 2005 and 2007 World Championships had returned "adverse findings" from retested samples. The Turkish Athletics Federation subsequently revealed that Abeylegesse was one of those under investigation. The Ethiopian-born runner was withdrawn from the 2015 Worlds as a consequence. Her results from 25 August 2007 to 25 August 2009 have been removed and the 34-year-old is retrospectively banned from 29 September 2015 to 28 September 2017. See <http://www.bbc.com/sport/athletics/39437768>.
- The medal reallocations also include a 2013 European U23 5000m silver for British runner Kate Avery, with the IAAF also announcing that Turkish athlete Gamze Bulut has been handed a four-year ban, from May 30, 2016, to May 29, 2020, following an Athlete Biological Passport case, with her results from July 20, 2011, to be disqualified. Bulut will now not gain the 2012 Olympic 1500m gold medal she had been in line to receive following the disqualification of her team-mate Asli Cakir Alptekin. See <http://www.athleticsweekly.com/news/elvan-abeylegesse-gamze-bulut-sanctions-announced-by-iaaf-59374#EDey4AgkWa0jh8fz.99>.
- The latest IAAF list of athletes sanctioned for a doping offence, dated March 27, 2017, can be found at <http://www.athleticsweekly.com/news/elvan-abeylegesse-gamze-bulut-sanctions-announced-by-iaaf-59374#EDey4AgkWa0jh8fz.99>. Unsurprisingly, 4 Russians in the list!
- It was announced last Friday that a further 4 Russian athletes have been disqualified from the 2012 London Olympic Games after targetted retesting of samples resulted in positive tests for the prohibited substance dehydrochloromethyltestosterone (turinabol). No walkers but one weight lifter, 2 hammer throwers and a triple jumper. See

<https://www.olympic.org/news/ioc-sanctions-four-russian-athletes-for-failing-anti-doping-tests-at-london-2012-following-a-targeted-wave-of-re-analyses>.

- 2012 Olympian **Beki Smith** has been named the University of Canberra's first Indigenous Athlete in Residence. Beki, a Yuin woman, is the latest high-profile sportsperson to take on the unique role at the University. The 30-year-old will work side by side with staff and students, giving them an opportunity to learn from her experiences as a professional athlete. The Olympian will be involved in projects embedded within a host of disciplines and across all faculties. She will juggle the program with her training commitments. She is currently preparing for the IAAF World Championships in London later this year. See <http://www.canberra.edu.au/about-uc/media/monitor/2017/march/uc-appoints-first-indigenous-athlete-in-residence>. See also video interview at <https://www.facebook.com/UniversityOfCanberra/videos/10155740007914881/>.
- **Hajo Seppelt** of German Broadcaster ARD has released another potentially explosive drugs expose, this time around small amounts of clenbuterol detected in Jamaican sprinters (amongst others) in the 2008 Olympics. It was aired on Sunday evening German time and is now out in German (see <http://www.sportschau.de/doping/doping-testergebnisse-englisch-100.html>). Nice summary article at <http://www.sportschau.de/doping/doping-testergebnisse-englisch-100.html>

## DATES...DATES...DATES

As usual, I finish with a list of upcoming events on the local, national and international fronts. Let me know of any errors/omissions.

### 2016/2017 Australian/Victorian Key Dates

Apr 9 (Sun), 2017	Castlemaine NAB 500, Castlemaine Botanical Gardens, Castlemaine, VIC
Apr 22-23, 2017	Australian Centurions 24 Hour Walk Championships, Coburg, VIC
Apr 22-23, 2017	Australian Little Athletics T&F Championships (U13), Sydney, NSW
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

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 4-13, 2017	16 <sup>th</sup> IAAF World Championships in Athletics, London, UK. See <a href="http://www.london2017athletics.com/">http://www.london2017athletics.com/</a> On Sunday 13 August, all 3 racewalks will be staged on The Mall, St James Park, London
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 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 <a href="http://www.gc2018.com">http://www.gc2018.com</a>
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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Copies of recent newsletters are kept on the VRWC website (<http://www.vrwc.org.au>)