



HEEL AND TOE ONLINE

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

It was hard to decide the winner of this week's Walker of the Week, with some many great performances in the Victorian 15km roadwalk championships last Sunday.

- 18 year old **Jemima Montag** has come back ever so stongly since her sabbatical last year, while completing Year 12 of her schooling. On Sunday, she won the Women's 15km championship outright with a time of **1:13:37**. This was her first 15km and she mastered it in style and finished full of walking, setting a new VRWC U20 club record as well. I can see a sub-100 minute 20km coming up very shortly for her.
- 16 year old **Rebecca Henderson**, who took third place, was also in her inaugural 15km, and her time of **1:18:52** could have been even better if she had not faced in the last 5km. She set new VRWC U 17-U18 records with her performance. And she is also a top traithlete and swimmer. Talk about multi talented.
- 43 year old **Pramesh Prasad** continues with his weekly cycle of PB walking. On this occasion, he powered through the 10km split in a 20sec PB of **49:03** before finishing in an 8 minute PB of **1:14:48**. He has to break 1:40:00 for the 20km to be considered by Fiji for next year's Commonwealth Games. This performance shows he is on track to achieve that target soon.

But there has to be a winner and this week it goes to Jemima Montag. Well done to our newest Victorian champion.



Jemima in action on Sunday in the Victorian 15km roadwalk championship (photo Terry Swan)

PAUL DEMEESTER TALKS 50KM RACEWALK

Heel and Toe invited this guest column by Paul F. DeMeester, a race walker from San Francisco who recently lobbied the IAAF Council to retain the 50km event. Paul gives an indepth review of the 50km racewalk and argues that it has a valid place on the World Track and Field program. He also looks at what is needed to ensure gender equality in this event.



From Fifty (men only) to Fifty-Fifty (men & women): No Better Time than the Present

Temporary Reprieve

The International Association of Athletics Federations (IAAF) decided last month to retain the 50km race walk as part of its world championship and Olympic competition program, at least through 2020. Three arguments had been raised to ax the 50K. Two of those arguments, relating to broadcast interest and doping, can be refuted fairly easily. The third argument, however - the lack of gender equality - requires the athletics community, especially its race walkers, to act with urgent dispatch lest the 50K turns into a historical footnote.

Gender Equality Cannot Wait

The Olympic Charter spells out that the International Olympic Committee's (IOC) role is to implement "the principle of equality of men and women" by encouraging and supporting the promotion of women in sport at all levels. One of the fundamental principles of Olympism is that "[e]very individual must have the possibility of practising sport, without discrimination of any kind" (Olympic Charter, Fundamental Principles and art. 2 (7).)

Kit McConnell, the IOC Sports Director, has been visiting the various international federations that have or hope to have their sports represented at the Olympics, to make clear to those federations that the IOC will work with them to achieve 50 percent female participation at the Olympics. Earlier this year, the IOC issued a press release announcing the launch of a "bold initiative on gender equality." The Olympic Committee is "undertaking a comprehensive review of the current state of gender equality in the Olympic Games with a mandate to produce action-oriented recommendations for change." (March 16, 2017 IOC Press Release available at <https://www.olympic.org/news/ioc-launches-bold-initiative-on-gender-equality>.)

The athletics program at the Olympics has 24 events for men but only 23 for women. The difference: the 50K. The easy answer of course, is to simply add a women's 50K. But there is another dynamic at work. The Olympic Charter provides for caps of 310 events and 10,500 athletes at the Summer Olympics. In preparation for the future, the IOC published its *Olympic Agenda 2020* (2014) with input from 14 working groups, one of which was devoted to procedures for the composition of the Olympic program. One of its stated aims was to foster gender equality. The final *Agenda* document calls "for increased flexibility in the programme of future Olympic Games. Specifically, it was recommended to review the current specification ... and to look at events rather than sports."

At the same time that the IOC wants to cap the number of events and athletes, the IOC is still interested in adding sports. Last year, the IOC voted to include skateboarding, surfing and sport climbing in the Tokyo 2020 program, with an eye on appealing to younger audiences. Even though the Charter allows breaching the event and athletes caps in agreements with the local organizer, the message is clear: the IOC is looking to cut events and is very serious about gender equality. Given that the 50K is the only athletic (track and field in U.S. parlance) event that lacks gender equality, it's an easy candidate for elimination.

Comparing the number of participants per IAAF event between London 2012 and Rio 2016 shows that eliminating the 50K would make life just a little easier for Olympic event cutters, besides providing for instant gender neutrality:

<u>Event</u>	<u>No. of Athletes 2012</u>	<u>No. of Athletes 2016</u>
100m Men	75	84
100m Women	79	80
200m Men	55	79
200m Women	54	72
400m Men	51	53
400m Women	49	57
800m Men	56	58
800m Women	44	65
1500m Men	44	43
1500m Women	46	42
5000m Men	43	51
5000m Women	36	34
10000m Men	29	34
10000m Women	22	37
Marathon Men	105	155
Marathon Women	118	157
110m Hurdles Men	53	40
100m Hurdles Women	50	48
400m Hurdles Men	50	47
400m Hurdles Women	43	47
3000m Steeple Men	39	45
3000m Steeple Women	44	52
20km Race Walk Men	56	74
20km Race Walk Women	61	74
50km Race Walk Men	66	80
50km Race Walk Women	---	---
4x100m Relay Men	67	70
4x100m Relay Women	68	67
4x400m Relay Men	69	69
4x400m Relay Women	71	69
Decathlon Men	31	32
Pentathlon Women	39	31
Discus Men	41	35
Discus Women	35	34
Hammer Men	41	32
Hammer Women	37	32
High Jump Men	35	44
High Jump Women	35	36
Javelin Men	44	37
Javelin Women	42	31
Long Jump Men	42	32
Long Jump Women	32	38
Pole Vault Men	32	32
Pole Vault Women	39	38
Shot Put Men	40	34
Shot Put Women	33	36
Triple Jump Men	27	48
Triple Jump Women	35	37
Total Male Event Entries	1191	1380
Total Female Event Entries	1112	1217
Total Event Entries	2303	2597

Note: This table double- or triple-counts athletes who participated in more than one event, e.g., a sprinter who competes in the 100m, 200m and the 4x100m relay (think Usain Bolt) or a race walker who walks the 20km and 50km events (think Jared Tallent in 2012 or Evan Dunfee in 2016). Hence, the total number of individuals who participated in athletics is lower.

It is imperative then that the athletic community correct the one glaring deficiency: no women contesting the 50K. This does not need to be done by adding a separate event. One 50K for both men and women will work. Given the IOC's wish to cap the number of events, a joint 50K race does not add to that number. The cap on the number of athletes can be implemented by the IAAF tightening qualifying standards across the board to lower the number of athletes needing room and board at the Games (a concern for the IOC). Each event may have to give a little to satisfy the Olympic cap. But no one's event needs to be cut!

The IAAF has taken the proper step by including women in the upcoming London World Championships 50K event. But there's one catch: women must meet the men's qualifying standard of 4:06:00. To show how unfair that is, imagine women sprinters having to meet the men's qualifying standard for the 100 meters (10.12 for men; 11.26 for women) and 200 meters (20.44 for men; 23.10 for women). Applying the men's standard to all eight non-hurdle running events, only two women marathon runners would qualify for London 2017.

Fairness dictates that the women's standard for the London 50K be different than the men's. For the 20K, the difference in qualifying standards is twelve minutes. Extrapolated to 50K, the women's standard would be 4:36:00. But applying the same 18.7% difference between the men's and women's marathon standards (respectively 2:19:00 and 2:45:00) would yield a 4:52:00 standard for the women's 50K. Enough women have walked below either standard this year to produce a spirited contest in London. Inês Henriques of Portugal leads the pack with 4:08:26. Five Chinese women posted 4:22:22 to 4:38:48 times on March 5th. Two U.S. women stayed below 4:30:00 on January 28th. Two South American women walked sub-4:50:00 times on May 14th.

Letting women compete at Worlds and Olympics over 50K is not just the right step to take. It is the only thing that will save the 50K. The IAAF must do more than simply adjust the qualifying standard for the 2019 Doha World Championships. The IAAF should act now to right this qualifying wrong before London 2017 rolls around. The IAAF Executive Board is empowered to deal with any "urgent business that may arise" and can be summoned on short notice by IAAF President Seb Coe. The Board may take decisions on the IAAF Council's behalf when necessary due to an urgency. (See IAAF Const., art. 9.) There is still time to change the qualifying standard as the qualification period runs to July 23, 2017. Moreover, there is recent precedent for relaxing the standards, as the IAAF Council did just that for 17 events at the Rio Olympics. The Council acted some eight months before start of the Games.

The existential threat to the 50K is an urgency, necessitating immediate action. Inês Henriques deserves an opportunity to show the world that a sub-4-hour 50K women's record is just around the corner. Erin Taylor-Talcott deserves to vie for a world championship medal after having led the legal fight in the United States to force USATF to permit women to partake in the 50K U.S. Olympic Trials back in 2012; and for having successfully fought for a spot on the U.S. World Race Walking Team Championships 50K team last year in Rome.

Broadcast Interest

Olympic officials have let it be known that there is a "decreased interest in events of long duration to a targeted younger audience," as stated in the IAAF Race Walking Committee report following its recent February meeting. The quoted language is a repeat of what the race walk committee was told the year before when it was made known to them that "the broadcasters really don't want the event, they feel it's just too long to hold all but hard core interest." (Report by Committee Member Maryanne Daniel to USATF re Spring 2016 committee meeting, at p. 2; available online at <http://www.usatf.org/USATF/files/e912ccbc-ca38-4fd9-95b5-7a5a44208260.pdf>.)

The broadcast argument was made prior to the Rio Olympics, at which the 50K turned out to be an exciting bit of television. The race had it all: an early lead by the world record holder, lead changes throughout the race, chase packs from start to finish, a courageous come-back from the early leader, a collision for bronze near the finish line, and only 18 seconds separating gold from silver. This margin of victory compares favorably to the 9 second and 1:10 gaps between gold and silver in, respectively, the women's and men's marathons in Rio.

The advent of the digital age has left its downward mark on broadcast viewership. The 2008 Beijing Olympics had 4.4 billion television viewers, a figure that went down to 3.6 billion for each of the next two Olympics. Hard to blame that on the 50K. We wish we had that kind of impact. The Olympics are not alone in having to contend with declining television viewership. Formula One car racing lost one-third of its worldwide audience from 2008 to 2016. The FIFA World Cup audience number was stagnant from 2010 to 2016.

The IOC can't be too disenchanted with long duration events. After all, they added the 10km marathon swim to the Olympics starting in 2008. The event takes a little under two hours. Besides, broadcasters do not necessarily have to show an entire long-duration race. Tour de France stages and major bicycle races are often telecast starting when the riders approach the final part of that day's mileage. No broadcaster has suggested truncating those race days to less than an hour to accommodate some perceived broadcast need. Moreover, broadcast profit margins are not rights spelled out in the Olympic Charter.

One IAAF Council member said it best in London when confronted with the broadcast argument: "But did you watch the Rio 50K?"

Doping Not Unique to Race Walking

The Race Walk Committee reported that race walking is in a vulnerable position at Olympic headquarters because of recent doping issues. But a comparative look at all of the events within IAAF jurisdiction demonstrates that race walking does not stand out as a doping offender, especially when the Russian doping situation is considered.

If the Russian doping situation was confined to its race walk program, the Olympic folks might have a point. But it isn't. The entire Russian athletics program has doping issues, a situation that has not yet come to a successful resolution. Once we remove the Russian component, only five 50K walkers have received doping bans. No Olympic or World Championship results were affected by these five. Two of those bans are still in place, including that of Alex Schwazer, the Italian 2008 Olympic 50K champion, who on his return from one ban, managed to earn a longer one, in the process losing his 2016 World Race Walking Team championship 50K win.

Schwazer is the proverbial bad apple. Whereas the Russian walkers faced systemic problems, Schwazer flew solo. But collective non-Russian race walking misdeeds pale in comparison to those that have surfaced, in let's say, the sprint events. Think of Marion Jones, Ben Johnson, Nesta Carter of the 2008 Jamaican 4x400m relay team, Tyson Gay, Antonio Pettigrew (cost the U.S. their 2000 4x400m men's relay gold), and Kelli White (surrendered two 2003 world championship individual sprint gold medals). Yet, no one is seriously suggesting to delete any of the sprint events.

Besides the sprint events, Olympic gold has been stripped from hammer throwers (2004, 2008 and 2012), shot putters (2004), discus throwers (2004), 1500 meters (2008) and 3000 meters steeple (2012) runners. Other medalists lost their silver or bronze hardware in the heptathlon (2008), the triple jump (2008), and the long jump (2000). One would be hard pressed to find a single athletics event that has not had one of its participants banned for doping. Take the marathon for instance. Women winners of marathons in Tokyo (2011), Boston (2014), Chicago (2009, 2010, 2011 and 2014), Hamburg (2012), Pittsburgh (2002), Cologne (2014), London (2010), Beijing (2002), and Shanghai (2010) had their victories taken away, as did the 2015 Pan American Games gold medalist. Male winners at Istanbul (2013) and Honolulu (2007) befell the same fate.

Athletes who had suffered multi-year doping suspensions have re-emerged at the Olympics in the 100 meters, 400 meters, 400 meters hurdles, 1500 meters, long jump, high jump, hammer and discus throws. Gold has been won by athletes with previous doping bans in the 100 meters hurdles (2000), 110 meters hurdles (1992), long jump (2008), discus throw (2012 and 2016) and shot put (1992).

Schwazer's case is not alone in being a bit of an outlier. Long and triple jumper Iva Prandzheva (Bulgaria) was disqualified from the 1996 Olympics, came back to qualify for the Sydney 2000 Olympics, only to be caught doping again, earning her a ban for life. U.S. shot putter Mike Stulce came off a two-year ban to win gold at Barcelona (1992), only to bump into a life ban after failing a drug test at the 1993 World Championships. Finally, the case of hammer thrower Ivan Tsikhan (Belarus) may be the strangest yet. Tsikhan lost his 2004 Olympic silver plus World (2005) and Euro (2006) golds when in May 2012, his 2004 Olympic sample was retested. He withdrew from the 2012 Olympics. But between 2004 and 2012, Tsikhan had earned bronze at the 2008 Beijing Olympics, only to see that medal award negated due to his abnormal levels of testosterone. Tsikhan prevailed in the Court of Arbitration for Sport (CAS) and got to keep his medal (2010). It would not be his last medal, as he won silver at Rio 2016.

Five To-Dos to Save the Fifty

1. Urge the IAAF Executive Board to change the women's qualifying 50K standard to 4:52:00 with immediate effect for the London Worlds;
2. Urge Area Associations to add a women's 50K to the Area Race Walk Cup program, as was done successfully on May 14, 2017 for the Pan American Race Walk Cup;
3. Urge national federations to include women in their 50K championships;
4. Urge the respective organizers to combine the men's and women's 50K into a single event, to fend off Olympic event numbers cutters;

and last but not least

5. Go out and walk a 50K race. The future of race walking depends on all of us.

Paul F. DeMeester
San Francisco
May 15, 2017

WHAT'S COMING UP

Lots coming up in the next few weeks. Local highlights:

- The next VRWC winter season races will be held on **Saturday 20th May**. Pre-enter VRWC races if possible at <http://vrwc.org.au/wp1/>.

Saturday 20th May 2017, Middle Park			
VRWC EVENTS: Entries close for all events at 1.45pm sharp.			
2.15pm	12km	Points Race	Open
2.15pm	10km	Points Race	Open
2.15pm	5km	Points Race	Open
2.30pm	3km	Points Race	Open
2.30pm	1.5km	Points Race	Open

- The Lake Burley Griffin Carnival is fast approaching. In fact, **LBG entries close with your club secretary on this coming Sunday 21st May**. Your entry can be handed in at Middle Park on Saturday or can be downloaded from the ACTRWC website at <http://www.actwalkers.com.au/lbg-racewalking-carnival-2017-the-tradition-continues/> and then posted in to us with the entry fee (to arrive by Sunday at the latest). Remember all entries must go through your local walking club.



- The following Saturday, the **Victorian 10km Roadwalk Championship**, along with the **Victorian Country Roadwalk Championships**, are to be held at Middle Park. Pre-entry is required for all AV events – see their their online portal at <http://athsvic.org.au/event/av-10km-av-country-walks-championships/>. Entries for VRWC non-championship 10km & 5km events close at 1.45pm on the day. Entries for the VRWC 2km non-championship event close at 2.30pm on the day. Of course, VRWC entries can be preferably done via our own online panel at <http://vrwc.org.au/wp1/>.

Saturday 27th May 2017, Middle Park			
2.15pm	10km	AV Championship	Open, 40+, 50+ Men
		Winner of the Open Men's event is awarded the C.H. [Bert] Gardiner Medal	
2.15pm	10km	AV Country Championship	Open Men
2.15pm	10km	AV Championship	Open, 40+, 50+ Women
2.15pm	10km	AV Country Championship	Open Women
2.15pm	10km	Non championship	Open
2.30pm	5km	AV Country Championship	U20 Men/Women
2.30pm	5km	VRWC Championship	U20 Men/Women
2.30pm	5km	AV Country Championship	U18 Men/Women
2.30pm	5km	VRWC Championship	U18 Men/Women
2.30pm	5km	Non championship	Open
3.00pm	3km	AV Country Championship	U16 Boys/Girls
3.00pm	3km	VRWC Championship	U16 Boys/Girls
3.00pm	3km	AV Country Championship	U14 Boys/Girls
3.00pm	3km	VRWC Championship	U14 Boys/Girls
3.10pm	1km	Racewalking Victoria / VRWC Championship	U10 Boys/Girls
3.20pm	2km	Racewalking Victoria / VRWC Championship	U12 Boys/Girls
3.20pm	2km	Non championship	Open

- Internationally, the **European Race Walking Cup** will be held Pödebrady, CZE, next weekend. No Australians in action but lots of top walkers overall. More about that later in the newsletter.

AV CHAMPIONSHIPS AND VRWC ROAD RACES, MIDDLE PARK, SUNDAY 14 MAY

The first of the Victorian roadwalk championships was held at Middle Park on Sunday morning in perfect autumnal conditions. The only issue for the 15km walkers was the tight top turn on the 1km loop we were forced to use, due to ongoing Australian Grand Prix cleanup activities.

The women's title went to 18 year old **Jemima Montag** (1:13:37), ahead of **Megan Szirom** (1:17:16) and 16 year old **Rebecca Henderson** (1:18:52). For both Jemima and Rebecca, this was their first attempt at a distance further than 10km and they both accounted for themselves well.

The men's title went to Rio Olympian **Rhydian Cowley** (1:07:07), ahead of 19 year old **Adam Garganis** (1:07:37) and **Jason Kozica** (1:14:27). Special mention must be made of both Jason and **Pramesh Prasad** who were never far apart and walked huge PBs.

Victorian 15km Roadwalk Championship Men

1.	Montag, Jemima	MAC	1:13:37	Inaugural, VRWC U20 Club record
2.	Szirom, Megan	FKN	1:17:16	
3.	Henderson, Rebecca	MEN	1:18:52	Inaugural, VRWC U17-U18 club records
4.	Brennan, Sarah	BYC	1:25:34	
5.	Elms, Donna-Marie	PTN	1:42:24	
	Carr, Heather	GHY	DNS	
	Ruddick, Kelly	BHA	DNS	

Victorian 15km Roadwalk Championship Men

1.	Cowley, Rhydian	GHY	1:07:07	
2.	Garganis, Adam	COL	1:07:37	
3.	Kozica, Jason	STK	1:14:27	PB 7:03
4.	Prasad, Pramesh	COL	1:14:48	PB 8:46
5.	Evans, Simon	BOH	1:27:02	
6.	Hess, Albin	IND	1:47:26	Inaugural
	Kollmorgen, Stuart	COL	DNF	
	Simpson, Brad	ANW	DNF	
	Walmsley, Reese	KNA	DNS	

7.



Rhydian Cowley, Adam Garganis, Jason Kozica and Pramesh Prasad in action (photos Terry Swan)



Jemima Montag, Megan Szirom and Rebecca Henderson (photos Terry Swan)

A number of VRWC races were also held, with results as shown below. NZ Rio Olympian **Quentin Rew** took fastest time overall in the 15km with 1:06:02. Special mentions also to **Angus Hay** (huge 5km PB of 30:42), **Holly Cocking** (3km PB of 17:14) and **Alannah Upson** (first time walker with us, 1.5km in 9:19).

VRWC 15km Walk

				H'cap place
1.	Montag, Jemima	Open	1:13:37	1
2.	Szirom, Megan	Open	1:17:16	
3.	Henderson, Rebecca	U16	1:18:52	2
4.	Brennan, Sarah	M40-59	1:25:34	
5.	Elms, Donna-Marie	M40-59	1:42:24	3
	O'Neill, Karyn	M60+	DNF	
1.	Rew, Quentin	Open	1:06:02	6
2.	Cowley, Rhydian	Open	1:07:07	5
3.	Garganis, Adam	Open	1:07:37	2
4.	Kozica, Jason	Open	1:14:27	
5.	Prasad, Pramesh	M40-59	1:14:48	1
6.	Evans, Simon	M40-59	1:27:02	7
7.	Smyth, David	M40-59	1:27:45	4
8.	Hess, Albin	M40-59	1:47:26	3
	Kollmorgen, Stuart	M40-59	DNF	
	Simpson, Brad	Open	DNF	

VRWC 10km Walk

				H'cap place
1.	Dickenson, Russ	M60+	1:07:07	1
	Walmsley, Hayden	U18	DNF	

VRWC 5km Walk

				H'cap place
1.	Geisler, Sandra	Open	27:20	1
1.	Blackwood, Mark	M40-59	24:17	1
2.	Hay, Angus	U14	30:43	2 PB 4:18

VRWC 3km Walk

				H'cap place
1.	Hay, Charlotte	U14	16:00	1
2.	Nelson, Armika	U16	16:41	4
3.	Cocking, Holly	U16	17:14	2 PB 0:12
4.	Lillie, Gemma	U12	19:19	3

VRWC 1.5km Walk

				H'cap place
1.	Upson, Alannah	U10	9:19	First walk with us
1.	Blackwood, Hamish	U10	8:59	1



Hamish and Mark Blackwood, Alannah Upson, Holly Cocking and Angus Hay (photos Terry Swan)

Thanks as always to our many officials. I think I captured everyone but apologies if I missed you. You are all most appreciated.

- Officials:** Mark Donahoo, Terry Swan, Tim Erickson, Ralph Bennett, Reese Walmsley
- Judges:** Gordon Loughnan (Chief), Stuart Cooper, Kathleen Marsh, Paul Nunn, David Long, Peter Vysma (DQ Board)
- Drinks Table:** Claire Garganis, Amanda Montag
- Canteen:** Wendy Cooper
- Photos:** Terry Swan (see <http://www.vrwc.org.au/piwigo/picture.php?21055/category/427>)
- Lapslits:** Ralph Bennett (see <http://vrwc.org.au/wp1/race-splits-laps/>)

And I thought I just had to share this one (from Russ Dickenson) for our Australian audience. For others, it may just be too cryptic!



ACTRWC ROADWALKS, LENNOX GARDENS, CANBERRA, SATURDAY 13 MAY

Thanks to Robin Whyte for the latest results from Canberra. Best performance by **Tim Fraser** (39:29 for 8km)

8km Handicap

- | | |
|---------------------|-------|
| 1. Callum Burns | 41:31 |
| 2. Tim Fraser (F/T) | 39:29 |

4km Handicap

- | | |
|-------------------|-------|
| 1. Jane Bates | 29:49 |
| 2. Raine Thompson | 36:36 |

3.	Doug Fitzgerald	1:01:20	3.	Gabby Hunt (F/T)	20:34
4.	Mick Saunders	56:01	4.	Helena Bialecki	25:15
5.	Bryan Thomas	58:06	5.	Cilla Chapman	34:04
6.	Robin Whyte	51:57	6.	Helen Munro	37:44
7.	Monika Short	59:19	7.	Terry Munro	32:43
8.	Mitchell Baker	40:34	8.	Peter Baker	22:29
9.	Val Chesterton	1:11:44	9.	Hannah Manning	22:19
10.	Jayden Elphick	1:11:24	10.	Derek Robinson	28:24
11.	Connor Frew	39:59	11.	David Mackenzie	33:22
12.	Greg Durr	48:29	12.	Laura Burns	22:51
13.	Matt Griggs	46:51			
14.	Phil Essam	1:12:35			
15.	Geoff Barker	1:07:47			

1km Handicap

1.	Kiefer Brennan (F/T)	06:15
2.	Georgia Frew	07:59
3.	Imogen Gardnor	08:00
4.	Nola de Chazal	15:41

2km Handicap

1.	Andrew Camp-Liddiard (F/T)	11:02
2.	Bob Chapman	18:30
3.	Pierce Brennan	12:43
4.	Ella Baker	14:19
5.	Fran Black	28:16

SARWC ROADWALKS, ADELAIDE PARKLANDS, ADELAIDE, SATURDAY 13 MAY 2017

Thanks to Peter Crump for the latest results from the South Australian Racewalking Club in Adelaide. Some good times there, especially by **Joe Cross** (13:59 for 3km), and **Tristan Camilleri** (both 29:57 for 6km).

12km Walk

1.	Peter Crump	1:11:30
2.	Royrie Upton	1:15:33
3.	John Leydon	1:21:39
4.	James Hoare	1:29:31
5.	Bill Starr	1:31:12

6km Walk

1.	Samantha Findlay	29:57
2.	Tristan Camilleri	29:57
3.	Rhiannon Lovegrove	33:15
4.	Chloe Upton	36:28
5.	Greg Metha	39:08
6.	Adrian Upton	43:50
7.	Olivia Phillips	45:22

1.5km Walk

1.	Toby Wilks	7:00
2.	Eli Pusionjic	8:34
3.	Seth Upton	8:36
4.	Hayley Goode	8:38
5.	Hannah Wilks	9:14
6.	Katie Derubo	9:38
7.	Sam Wilks	10:48
8.	Xavier Upton	14:02
9.	Natalie Bruniges	14:04
10.	Edward Upton	13:31

3km Walk

1.	Joe Cross	13:59
2.	Jay Goode	15:29
3.	Victoria Upton	16:17
4.	Mathew Bruniges	16:23
5.	Kiera Ross	16:39
6.	Jake Vidler	16:48
7.	Cherie Rothery	17:50
8.	Mia Wilks	18:36

SAMA 5KM ROADWALK CHAMPIONSHIPS, PEACOCK ROAD, ADELAIDE, SATURDAY 13 MAY

Thanks to Colin Hainsworth for the latest results from the South Australian Masters in Adelaide. Colin advised it was a warm sunny afternoon. It was Colin's first walk back from injury - well done Colin! **George White** topped the Age Graded Percentages with 83.60% with his M71 time of 30:20.

5km Walk Championship

Valmai Padget	41:13	W72	70.49%	1 st
Jan Layng	39:43	W68	68.92%	1 st
Avril Hill	39:48	W68	68.78%	2 nd
Helen Suridge	40:27	W66	65.83%	3 rd
Margaret McIntosh	40:53	W64	63.45%	1 st
Edna Bates	43:54	W64	59.09%	2 nd
Marie Maxted	33:04	W57	72.29%	1 st
Raelene Schild	40:37	W52	55.97%	1 st
Colin Hainsworth	47:00	M87	68.96%	1 st
David Padget	54:12	M85	57.67%	2 nd
David Robertson	42:43	M83	70.69%	1 st
Rodger Barber	37:57	M79	74.65%	1 st
George White	30:20	M71	83.60%	1 st

Trevor Mayhew	35:30	M71	71.44%	2 nd
Graham Harrison	37:53	M73	68.69%	3 rd
Jack Russell	29:58	M65	78.86%	1 st
Gil McIntosh	33:17	M66	71.79%	2 nd
Dave Fallon	40:12	M64	58.15%	1 st

WARWC ROADWALKS, PERTH

Thanks to Terry Jones for the results of the first two rounds of winter season competition for the Western Australian Racewalking Club in Perth. **Andrew Duncan** and **Ben Reid** have been the top two walkers so far.

WARWC Roadwalks, Shelley, Sunday 14 May

10km Men - Don Rapley Trophy

1. Ben Reid	52.03
2. Andrew Duncan	52.17
3. Thomas Millard	67.41

10km Women - Presidents Cup

1. Karyn Tolardo	62.18
2. Hayley Jackson	63.15
3. Janne Wells	74.55

1.5km Walk

1. Kristine Wells	9.04
2. Amy Holland	9.14
3. Amber Richards	9.20
4. Kaytee Bogaers	10.49
5. Layla Dabala	11.28
6. Lesley Romeo	12.18
7. Gracie Dabala	12.52

WARWC Roadwalks, Wilson, Sunday 7 May

8km Walk

1. Andrew Duncan	41.41
2. Ben Reid	44.24

6km Walk

1. Karyn Tolardo	38.05
2. Wendy Farrow	42.27

2km Walk

1. Kristine Wells	13.10
2. Amy Holland	13.27
3. Xavier Bernard	13.53
4. Kaytee Bogaers	14.59
5. Amber Richards	15.17
6. Layla Dabala	17.25
7. Gracie Dabala	18.46

NSWRWC ROADWALKS, HURSTVILLE GROVE/OATLEY, SATURDAY 6 MAY

Back a week for the NSWRWC results from Hurstville that are now available online.

Open 10km Walk

1. Anne Weeks	65.15
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Open 8km Walk

1. Ryan Thompson	46.06
2. Jasmine Dighton	51.26
Baden White	DQ
Joan Purcell	DNF

Open 4km Walk

1. Renee Hardy	23.46
2. Brooke Martin	24.15
3. Hannah Parker	24.52
4. Brittany Robertson	25.19
5. Jada Thomson	25.42
6. Carmel Parker	27.53
7. Nicolle Challinor	28.19
8. Nicole Nilon	28.20
9. Antoinette Woodward	30.36

U16 3km Walk

1. Elizabeth McMillan	15.35
2. Emma Thomas	16.29
3. Olivia Thomson	17.24
4. Emma Blanch	19.03
5. Ellie Decelis	19.20
6. Isabel Nilon	19.38
7. Brendan Pospichil	19.44
8. Chia Walters	19.47
9. Rhianni Deagan	20.26
10. Aiden Hardy	25.57
11. Emily Challinor	26.10

U12 2km Walk – Vecellio Trophy

1. Milly Boughton	10.48
2. Peter Elliott	11.20
3. Sarah Challinor	18.17
4. Amelia Crocker	21.20

U10 0.5km Walk

1. Christopher Nilon	6.22
2. Dylan Ryan	7.28
3. Charli Deagan	9.39

PAN AMERICAN RACE WALKING CUP, LIMA, PERU, 13-14 MAY

Colombia's Eider Arevalo and Mexico's Maria Guadalupe Gonzalez continued their 2017 winning streaks by taking convincing victories at the Pan American Cup, the seventh leg of the IAAF Race Walking Challenge, in Lima last weekend.

My race reports are taken from that of IAAF writer Javier Clavelo Robinson (see <https://www.iaaf.org/news/report/pan-american-race-walk-cup-lima-arevalo-gonza>).

Open Men 20km Race Walk

Eider Arevalo added Lima to two previous IAAF Race Walking Challenge victories earlier this year, in Ciudad Juarez and Rio Maior, to confirm his No. 1 spot in the series standings with three races remaining. The 2012 world U20 champion moved away from Canada's world bronze medallist **Ben Thorne** with less than two laps remaining on the 2km loop course along Larco Avenue in the Miraflores district, to cross the finish line in 1:21:01.

"I am very happy with my performance here," said Arevalo, who clinched his previous continental crown as a junior at home in 2011. "We had a slow start as we wanted to become familiar with the course. From the eighth kilometre, we started to pick up the pace and from the 14th to 15th km, I started to move away from Thorne and Pineda. I managed to keep the advantage until the end."

Thorne settled for second in 1:21:16 while Mexico's **Omar Pineda**, who stayed with the leading duo until the 14th km, rounded out the podium with 1:22:00. Defending champion and 2012 Olympic silver medallist **Erick Barrondo** finished fourth in a season's best of 1:22:40, ahead of Mexico's **Horacio Nava**, who also claimed the continental victory in 2015 but over 50km.

1.	Eider AREVALO	COL	93	1:21:01
2.	Benjamin THORNE	CAN	93	1:21:16
3.	Omar PINEDA	MEX	94	1:22:00
4.	Erick Bernabé BARRONDO	GUA	91	1:22:40
5.	Horació NAVA	MEX	82	1:23:21
6.	Mauricio ARTEAGA	ECU	88	1:23:26
7.	José Alejandro BARRONDO	GUA	96	1:23:30
8.	Evan DUNFEE	CAN	90	1:23:35
9.	Cesar Augusto RODRIGUEZ	PER	97	1:23:50
10.	Oscar Joel VILLAVICENCIO	ECU	93	1:24:34
11.	Manuel Esteban SOTO	COL	94	1:24:46
12.	Jose Israel MELENDEZ	PUR	95	1:25:02
13.	Jordy Rafael JIMÉNEZ ARROBO	ECU	94	1:25:04
14.	Jürgen Everhard GRAVE CHAVEZ	GUA	96	1:25:39
15.	Yassir CABRERA	PAN	88	1:25:56
16.	Jhon Alexander CASTAÑEDA	COL	92	1:26:36
17.	Emmanuel CORVERA	USA		1:26:58
18.	Brayan FUENTES	COL	96	1:27:04
19.	Jorge Alejandro MARTINEZ BAEZ	MEX	90	1:27:30
20.	Juan Manuel CANO	ARG	87	1:27:31
21.	John NUNN	USA	78	1:27:54
22.	Brian Daniel PINTADO	ECU	95	1:28:39
23.	Pablo RODRIGUEZ	BOL	97	1:28:44
24.	Marek ADAMOWICZ	CAN	96	1:28:59
25.	Lenin MAMANI	PER	97	1:29:30
26.	Fredy HERNÁNDEZ	COL	78	1:29:33
27.	Jorge Stiven DIAZ	COL	87	1:30:17
28.	Jorge Luis MENDEZ BRITO	DOM		1:30:30
29.	Nick CHRISTIE	USA	91	1:30:50
30.	Caio Oliveira DE SENA BONFIM	BRA	91	1:31:47
31.	Ronal Rey QUISPE MISME	BOL	89	1:33:16
32.	Jorge Luis CARBALLO CASTILLO	COL	96	1:33:20
33.	Jonathan Juan ACEVEDO	ARG		1:33:25
34.	Luis ESPADA	PUR		1:34:19
35.	Anthony PETERS	USA	96	1:37:45
36.	Jefferson Jesús CHACÓN GARCÍA	VEN	97	1:39:35
37.	BRAYAN BENAVIDEZ	BOL		1:40:32
38.	Luis CAMPOS	PER	95	1:41:40
39.	Sergio GUTIERREZ	CRC	61	1:44:47



Aravelo crosses the finish line to win the men's 20km in Lima (photo IAAF.org)

Open Women 20km Race Walk

In the women's race, Olympic silver medallist **Maria Guadalupe González** successfully defended her title from 2015 and added a second victory in the 2017 challenge, following her win on home soil two months ago in Ciudad Juarez. She stopped the clock in a season's best of 1:28:09, a record for the Pan American Cup and the fourth fastest time in the world this year.

"It was a competitive race," said the Pan American champion. "I liked the course and this win is very important in my preparation for the World Championships. I am satisfied where I am at in the lead-up to London."

Peru's **Kimberly García**, the 2013 winner, stayed with the decorated Mexican until the 12th km. The fast early pace propelled her to a national record of 1:29:15 for silver to the home crowd's delight. Ecuador's **Paola Pérez**, who broke the 90-minute mark for the first time in her career earlier this year, finished third in 1:30:00, a notable improvement for the Pan American bronze medallist who finished 11th in 2013 and 13th two years later.

1.	Maria Guadalupe GONZALEZ ROMERO	MEX	89	1:28:09
2.	Kimberly GARCÍA LEÓN	PER	93	1:29:15
3.	Paola Viviana PEREZ SAQUIPAY	ECU	89	1:30:00
4.	Sandra Lorena ARENAS	COL	93	1:32:15
5.	Sandra Viviana GALVIS	COL	86	1:32:27
6.	Anabelly ORJUELA	COL	88	1:32:40
7.	Mirna Sucely ORTIZ FLORES	GUA	87	1:33:10
8.	Ángela CASTRO	BOL	93	1:34:09
9.	Johana ORDÓNEZ	ECU	87	1:34:15
10.	Maria Guadalupe SANCHEZ	MEX	95	1:34:40
11.	Maritza GUAMÁN	ECU	88	1:35:20
12.	Milanggela Francesca ROSALES	VEN	87	1:35:23
13.	Magaly BONILLA	ECU	92	1:35:55
14.	Ilse GUERRERO	MEX	93	1:35:57
15.	Maria MICHTA	USA	86	1:35:59
16.	Yeseida CARRILLO	COL	93	1:36:23
17.	Miranda MELVILLE	USA	89	1:37:37
18.	Mayra PÉREZ	GUA	88	1:38:40
19.	Karla JARAMILLO	ECU	97	1:39:40
20.	Maritza Rafaela PONCIO	GUA	94	1:40:18
21.	Katie BURNETT	USA	88	1:40:30
22.	Odeh GHUANCA	BOL	97	1:40:43
23.	Andreina Marzieliz GONZALES GUZMAN	DOM	93	1:42:41
24.	Yesenia MIRANDA	ESA	94	1:44:11
25.	Robyn STEVENS	USA	83	1:44:14
26.	Priscila BARBOSA	BRA	89	1:48:21
27.	Anita RICO	CHI	85	1:49:56
28.	Yenni ORTIZ	ARG	93	1:57:08
29.	Monica QUISPE	PER	96	2:07:29



Gonzales leads Garcia in the women's 20km walk (photo IAAF.org)

Open Men 50km Race Walk

The 50km on Sunday came down to a thrilling photo finish between Ecuador's **Claudio Villanueva** and Colombia's 2011 world 20km champion **Luis Fernando Lopez**. They both raced in front with five laps remaining and set the stage for a photo finish, determined in Villanueva's favour after a 25-minute deliberation. The South American champion crossed the finish line in 3:51:35, roughly a minute shy of his personal best set at the 2013 World Championships in Moscow. He dedicated his win to his mom on Mother's Day. In only the sixth competitive 50km of his career, Lopez found some consolation by improving his personal best by more than four minutes. Another Colombian, 25-year old **Jesus Montana**, finished third in 3:58:28. It was his second medal at Pan American Cup after claiming silver over 20km in Guatemala City in 2013.

1.	Claudio Paulino VILLANUEVA FLORES	ECU	88	3:51:35
2.	Luis Fernando LÓPEZ	COL	79	3:51:35
3.	José MONTANA	COL	92	3:58:28
4.	Mathieu BILODEAU	CAN	88	3:59:42
5.	Jorge RUIZ	COL	89	4:03:53
6.	Femey ROJAS	COL	87	4:07:16
7.	Rolando SAQUIPAY	ECU	79	4:08:32
8.	Rodrigo Javier ZEBALLOS PENA	BOL	94	4:20:21
9.	David VELASQUEZ	ECU	94	4:26:40
10.	Yereman SALAZAR	VEN	78	4:27:32
11.	Matthew FORGUES	USA	92	4:29:14
	James RENDÓN	COL	85	DNF
	Erick Bernabé BARRONDO	GUA	91	DQ
	Michael Giuseppe MANNOZZI	USA	86	DQ
	Luis Alfonso LÓPEZ MENJIVAR	ESA	94	DQ
	Yerko ARAYA	CHI	86	DQ
	José Alessandro Bernardo BAGIO	BRA	81	DNF

Open Women 50km Race Walk

The women's 50km was contested for the second time in the history of the Pan American Cup. Brazil's **Nair de Rosa** moved away from Peru's **Yoci Caballero** with 14 kilometres to go and went on to win in a national and championship record of 4:39:28. Caballero finished second in 4:49:45, followed by USA's **Susan Randall** (5:02:10). Four of the six contestants completed the distance.

1.	Nair DA ROSA	BRA	80	4:39:28
2.	Jocy CABALLERO	PER	93	4:49:45
3.	Susan RANDALL	USA	74	5:02:10
4.	Leydi PALOMINO	PER		5:18:42
	Miriam DE JESUS GUTIERREZ	ECU		DNF
	Erin TAYLOR-TALCOTT	USA	78	DNF



Luis Fernando Lopez (COL) and Claudio Villanueva (ECU) cross the finish line together in the men's 50km
(photo from marciadalmondo.com)

U20 Men 10km Race Walk

Ecuador's **David Hurtado** (17th in the 2016 World Youth Champs and DQ in the 2016 World Junior Champs) walked a PB of 40:56 to win by the narrowest of margins from Guatemala's **José Ortiz Flores** (40:58).

1.	David HURTADO	ECU	99	40:56
2.	José ORTÍZ FLORES	GUA	00	40:58
3.	Gustavo SOLIS	MEX		41:33
4.	Andres Eduardo OLIVAS	MEX	98	41:50
5.	Jonathan Javier AMORES CARUA	ECU	98	42:03
6.	Sebastian MERCHAN	COL	00	42:08
7.	Federico GONZALEZ	MEX	98	43:15
8.	Cesar Alberto HERRERA CORTEZ	COL	99	43:22
9.	José Gilberto MENJIVAR AVILÉS	ESA		43:24
10.	Javier MENA	ECU	98	44:35
11.	Alger LIANG	CAN	98	44:46
12.	Jose Carlos MAMANI	PER	98	45:09
13.	Juan CALDERON	CRC	99	45:20
14.	Darwin Omar COARITA QUISPE	BOL		45:33
15.	Jorge CRUZ	PUR	98	46:16
16.	Yohan MELILLAN	CHI	99	46:27
17.	Hilmar DIAZ	PER	00	46:28
18.	Murilo Coutinho RIBEIRO DA SILVA	BRA	00	47:05
19.	Arnold RIVEROS	PER	98	48:28
20.	Juan MOSCOSO	USA		48:43
21.	Eduardo URIA	USA	99	50:52
22.	Cameron HAUGHT	USA	98	50:55
23.	Cristián COPIA	CHI		50:59
24.	Pablo Agustín GUANTAY	ARG	99	52:42
25.	Daniel MOREYRA	ARG		55:55
	Juan José SOTO	COL	99	DQ

U20 Women 10km Race Walk

There were also national and area records in the U20 women's 10km. Mexico's **Alegna Arday Gonzalez** set a fast tempo from the start and was joined by Colombia's Maria Fernandez Montoya for the first five km, which they covered in 22:29. Arday went on to win by more than a minute in a championship record of 45:17, eight seconds faster than her area record set in Ciudad Juarez in March. Montoya set a South American U20 record in taking the silver medal in 46:20. Ecuador's **Glenda Stefania Morejon** and **Evelyn Igna** were also propelled to area and national records by the fast early pace. The both hit the half-way mark in 22:42, a South American U18 record for Morejon and a Peruvian mark for Igna. They both finished with national U20 records; Morejon in third with 46:27, five seconds ahead of Igna.

1.	Alegna GONZALEZ	MEX		45:17
2.	Maria Fernanda MONTOYA MARIN	COL	98	46:20

3.	Glenda MOREJON	ECU	00	46:27
4.	Evelyn INGA	PER	98	46:32
5.	Leyde GUERRA	PER	98	47:06
6.	Mary Luz AROTAIPE	PER	00	48:53
7.	Paula Milena TORRES SARANGO	ECU	00	49:09
8.	Rachelle DE ORBETTA	PUR	00	49:35
9.	Lina Geraldine BOLIVAR GONZALEZ	COL	98	50:35
10.	Vivian CASTILLO	MEX	98	51:03
11.	Lauren HARRIS	USA	99	51:08
12.	Edith Yomaira ALBACURA	ECU	98	51:12
13.	Anastasia SANZANA	CHI	98	51:31
14.	Dalia OLIVERAS	PUR		51:51
15.	Nicole Angela MASELI	BOL		52:44
16.	Brenda PALMA FERNANDEZ	ARG	00	52:53
17.	Sidney SIROIS	USA	99	53:30
18.	Kayla TORRES	USA		54:10
19.	Paulina ORTEGA	CRC		54:50
20.	Fiorella SCALISE	ARG	01	55:14
21.	Ariana Marcela MAIDANA	ARG	98	58:01
22.	Tatiana DE MORAIS	BRA	00	62:11
	Yasuri Betzaida PALACIOS SAN JOSÉ	GUA	99	DQ

The event drew 149 athletes from 17 countries, including 42 Olympians. Thirty of the 84 athletes who finished the elite races achieved the standard for the IAAF World Championships London 2017, half of them in the women's 20km.

The 10-leg IAAF Race Walking Challenge now travels to the Czech city of Podebrady for the European Cup Race Walking next weekend. It will end at the IAAF World Championships London 2017 this summer.

HUNGARIAN TEAM CHAMPIONSHIPS, 13-14 MAY

More results from Hungary again this week, with Team Championship 10,000m walks contested in Miskolc and Szekszard.

Men 10,000m Race Walk, Miskolc

1.	Bence VENYERCSÁN	HUN	96	41:48.29
2.	Dávid TOKODI	HUN	91	43:14.63
3.	Miklós SRP	HUN	93	43:33.38
4.	Soma KOVÁCS	HUN	97	44:53.62
5.	Vencel GÁL	HUN	01	49:49.68
6.	Dávid VARGA	HUN	01	50:12.16
7.	László VENYERCSÁN	HUN	71	53:43.33
8.	István CSABA	HUN	59	59:34.68
9.	Szabolcs TRESCSIK	HUN	76	63:07.49
10.	Dániel HORVÁTH	HUN	00	DQ

Men 10,000m Race Walk, Szekszárd

1.	Tomasz BAGDÁNY	HUN	95	43:27.28
2.	Sándor RÁCZ	HUN	86	43:32.31
3.	Bálint SÁROSSI	HUN	00	45:14.60
4.	Donát BURGER	HUN	97	48:14.09
5.	Péter DANI	HUN	00	56:51.28
6.	András DANI	HUN	00	63:22.41

SLOVAKIAN T&F, KOŠICE, SLOVAKIA, MONDAY 8 MAY

Now to Kosice in Slovakia a week ago where **Matej Toth** (1:24:38) and **Maria Czakova** (1:40:38). won their respective 20km races.

Men 20km Race Walk

1.	Matej TÓTH	SVK	83	1:24:38
2.	Milan RÍZEK	SVK	78	1:27:23
3.	Dominik CERNÝ	SVK	97	1:27:41
4.	Dušan MAJDAN	SVK	87	1:27:55
5.	Miroslav ÚRADNÍK	SVK	96	1:32:00
	Zdeno MEDERA	SVK	75	DNF

Women 20km Race Walk

1.	Mária CZÁKOVÁ	SVK	88	1:40:38
2.	Lucia CUBANOVÁ	SVK	95	1:46:16
3.	Jana GOLISOVÁ	SVK	92	1:59:09

SPANISH T&F MEET, ALCORCÓN, SPAIN, SATURDAY 13 MAY

5000m Walk Men

1.	Daniel JIMENO	ESP	00	21:36.16
2.	Eloy HORNERO GALLENTE	ESP	00	22:20.65
3.	Alvaro CALDERON TORNERO	ESP	00	22:38.49
4.	Javier GARCIA REQUENA	ESP	00	22:56.21

Women 5000m Walk

1.	Irene MONTEJO	ESP	98	24:21.80
2.	Lluna CAPDEVILA	ESP	98	24:39.10
3.	Alicia SANCHEZ	ESP	00	25:47.90
4.	Tabata CANO	ESP	98	26:52.40

TURKISH UNIVERSITY GAMES, DENIZLI, TURKEY, THURSDAY 11 MAY

Salih Korkmaz set a new Turkish record of 19:57.76 in Denizli last Thursday. Last year, he took bronze in the 10,000m walk at the World Junior Champs in Bydgoszcz with 40:45.53. He walked 19:33.37 indoors in January and in February he walked 1:23:20 for the 20km roadwalk. So this is the latest quality walk for the 19 year old.

5000m Walk Men

1.	SALIH KORKMAZ	1997	DIYARBAKIR-DICLE ÜNİVERSİTESİ	19:57.8
2.	SERKAN DOGAN	1992	MALATYA-INÖNÜ ÜNİVERSİTESİ	20:04.5
3.	ABDULLAH SAY	1997	VAN-YÜZÜNCÜ YIL ÜNİVERSİTESİ	23:45.1
4.	BAHADIR DURMUS	1996	ISTANBUL -ISTANBUL ÜNİVERSİTESİ	30:43.7

KALMAR WALKING TROPHY, KALMAR, SWEDEN, SATURDAY 13 MAY

Saturday saw walkers from Småland, Skåne, Öland and Västergötland come together for the annual Kalmar Walking Trophy in the Swedish city of Kalmar.

10km Open Men

1.	Fredrik Svensson	Växjö AIS	50.22
2.	Christer Svensson	Växjö AIS	51.38
3.	Fredrik Sandmer	Svängen	52.59
4.	Anders Wahlström	S:a Ölands GK	55.32
5.	Ulf-Peter Sjöholm	Växjö AIS	58.51

5km Open Women

1.	Monica Svensson	Växjö AIS	23.54
2.	Per-Åke Lindkvist	BF Billingsens VF	36.42
3.	Thage Davidsson	GK Blixten	36.36

3km Open Walk

1.	Peter Karlsson	Kalmar Gång 99	17.35
2.	Fabian Lindblad	Kalmar Gång 99	21.41
3.	Albin Lindblad	Kalmar Gång 99	21.52

2km Walk

1.	Tim Larsson	Bjärred	15.18
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0.5km Walk

1.	Natalia Sjöholm	Växjö AIS	5.06
2.	Olivia Sjöholm	Växjö AIS	5.14

2H AND 6H DE NEUILLY-SUR-MARNE, FRANCE, SUNDAY 14 MAY

Emmanuel Tardi was in Neuilly-sur-Marne last Sunday for the last walking race before the annual Paris-Alsace Classic. The meet featured 6 Hours and 2 Hours walks for individuals and for relay teams of 2 walkers. In mid February, the race organizer Pascal Bunel died suddenly. He was a strong long distance walker (6th in the 2013 Paris-Colmar, 13th in 2014 and 16th in 2015). His two brothers, who are also walkers **Xavier and Dominique Bunel**, were on the start line in memory of their brother. They walked together the event and finished 1st and 2nd in the 6 Hours walk, both walking 54.755 km. In the women's 6 Hours walk, the 3 starters finished in the same lap, with **Benedicte Salomez** first to finish the lap for a winning distance of 46.395km.

6 Hours Walk Men

1.	BUNEL Xavier	Granville Ac	54.755	6:15:44	8.744 km/h
2.	BUNEL Dominique	Granville Ac	54.755	6:15:45	8.743 km/h
3.	ARNAULT Jacques	Neuilly/Marne Athle	52.665	6:09:18	8.556 km/h
4.	LABARRE Bertrand	Cs Provins Athletisme	52.665	6:15:48	8.408 km/h
5.	DIEN Daniel	Neuilly/Marne Athle	48.485	6:01:43	8.042 km/h
6.	BUISSON Dominique	Saint-brice Athletisme	48.485	6:02:04	8.035 km/h
7.	JACQUEMIN Mickael	Mazirot	48.485	6:08:16	7.899 km/h
8.	BRUNEAUX Jean-Claude	Coulommiers BA	44.305	6:03:13	7.319 km/h
9.	KESSELMARK Patrick	Mareuil-les-meaux	40.125	6:00:49	6.672 km/h
10.	PASSEREL Laurent	Neuilly/Marne Athle	40.125	6:12:26	6.464 km/h
11.	COSTILS Alain	SPN Vernon	29.675	3:33:41	8.332 km/h
12.	CAPUSANO Alain	Ozoir-la-ferriere	19.225	2:44:59	6.992 km/h

6 Hours Walk Women

1.	SALOMEZ Benedicte	Neuilly/Marne Athle	46.395	6:08:05	7.563 km/h
2.	BIZARD Claudie	Thiais Ac	46.395	6:08:22	7.557 km/h
3.	ARNAULT Francoise	Neuilly/Marne Athle	46.395	6:10:50	7.507 km/h

6 Hours Walk Relay

1.	Letourneau Florian	Varain Cedric	63.115	6:12:30	10.166 km/h
2.	Marzinotto Lionel	Victor Etienne	58.935	6:15:31	9.417 km/h
3.	Olivares Mathieu	Toutain Eric	52.665	6:01:38	8.738 km/h
4.	Delayre Bernard	Marie Franck	52.665	6:11:12	8.513 km/h
5.	Potonne Françoise	Aissani Dalila	48.485	6:10:10	7.859 km/h
6.	Nemery Sylvie	Playe Christophe	46.395	6:05:21	7.619 km/h

2 Hours Walk Men

1.	DELECOLLE Sebastien	USA Lievin	21.315	2:00:01	10.611 km/h
2.	BOLLINGER Vincent	DAC	21.315	2:02:34	10.434 km/h
3.	MOREL Eric	Olympique Darnetal	17.135	2:15:44	7.574 km/h
4.	TARDI Emmanuel	Lp Longjumeau	12.955	2:00:04	6.474 km/h
5.	MONTIGNY Patrick	Elan Chevilly-larue	12.955	2:00:05	6.473 km/h
6.	BURLOT Pascal	SPN Vernon	12.955	2:09:09	6.019 km/h

2 Hours Walk Women

1.	BIZARD PLANCHOT Emilie	Thiais Ac	19.225	2:07:46	9.028 km/h
2.	LEMOINE Annie	Granville Ac	19.225	2:15:45	8.497 km/h
3.	BOURDEL Pascale	Le Havre	17.135	2:00:08	8.558 km/h
4.	GALMICHE Catherine	Cag Arnouville Gonesse	17.135	2:02:53	8.366 km/h
5.	SIMEON Elisabeth	Paris Uc	17.135	2:10:51	7.857 km/h
6.	JARDIN Mireille	Granville Ac	17.135	2:15:44	7.574 km/h
7.	LANGLAUDE Francoise	Le Chesnay 78 As	15.045	2:03:22	7.317 km/h
8.	LETOURNEAU Aurore	Rc Epernay	15.045	2:10:59	6.892 km/h

2 Hours Walk Relay

1.	LEGENTIL Cyril	LEGENTIL Marc	23.405	2:00:11	11.685 km/h
2.	LANGLOIS Cloé	LACAZE Mathilde	21.315	2:09:26	9.881 km/h
3.	PANNIER Josiane	PANNIER Magali	17.135	2:03:33	8.321 km/h



Dominique and Xavier Bunel, Emilie Bizard-Planchot, Sebastien Delecolle and Benedicte Salomez (photos Emmanuel Tardi)

OLYMPIA MEET, TUUSULA, FINLAND, SATURDAY 6 MAY

Finally back a week to Finland for the annual Olympia Meet in Tuusula. The big result came from U23 walker **Taika Nummi** who won the women's 20km walk in a new Finnish U23 national record of 1:33:35 (previous record Tiina Muinonen 1:35:58 Tuusula 2001), the third best Finnish time ever. The men's 20 km was won by **Alexi Ojala** with 1.26.10. The 10km winners were **Elisa Neuvonen** (46.42) and **Elmo Koivunen** (45.10) while the women's 5 km was won by **Enni Nurmi** (23.14)).

Open Men 20km Walk

1.	Timo Viljanen	TurWei	77	1.41.42
	Veli-Matti Partanen	LappUM	91	DNF

Open Women 20km Walk

1.	Taika Nummi	EspTa	97	1.33.35
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Open Men 10km Walk

1.	Elmo Koivunen	EsboIF	94	45.10
2.	Joni Hava	KU-58	99	49.10
3.	Mikko Ruokolainen	EsboIF	81	52.07
4.	Jaakko Määttänen	KeskiUYU	99	51.23
5.	Heikki Lahtinen	IkurinVi	47	59.51
6.	Asko Turkki	KyröskPo	50	1:03.41

Open Women 10km Walk

1.	Elisa Neuvonen	LappUM	91	46.42
2.	Jenni Lahtinen	IkurinVi	81	59.24
3.	Sanna Rajala	VihdVie	88	1:02.55
4.	Sanna Neuvonen	LappUM	89	1:08.03

U20 Women 5km Walk

1.	Enni Nurmi	EspTa	98	23.14
2.	Saara Saalo	KeskiUYU	00	29.06
3.	Venla-Nora Nirkkonen	TurWei	01	30.35
4.	Jenni Korvenpää	KU-58	03	31.49
5.	Roosa Lehtinen	TurWei	01	32.29
6.	Tiia Korvenpää	KU-58	00	DQ

MARCIADALMONDO AND OMARCHADOR ROUNDUP

Marciadalmondo has 9 press releases this week

- Mon 15 May - World lists updated after XVIII Pan-American Race Walking Cup
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2798
- Sun 14 May - Claudio Paulino Villanueva (ECU) and Nair Da Rosa (BRA) win 50km walks in Lima
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2797
- Sat 13 May - Eider Arevalo and Maria Guadalupe Gonzalez win 20km walks in Lima
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2796
- Fri 12 May - Italian walker Elisa Rigaudo awarded on the occasion of her retirement
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2795
- Fri 12 May - Podebrady Preview - Team standings and best ten performers
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2794
- Fri 12 May - Miguel Angel Lopez and Maria Perez win Spanish University Championship walks
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2793
- Thu 11 May - Dave Smith (AUS) is a guest of China National Junior Race-Walking School
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2792
- Thu 11 May - Podebrady Preview - the 12 most important teams
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2791
- Wed 10 May - Podebrady Preview - Focus on European Cup 20km for women (part 2)
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2790

and Omarchador has 18 press releases

- Mon 15 May - A look back at how Portugal performed in the 2005 European Race Walking Cup
http://omarchador.blogspot.com.au/2017/05/portugal-nas-tacas-da-europa-de-marcha_15.html
- Mon 15 May - Claudio Villanueva wins Pan-American 50km walk in Lima
<http://omarchador.blogspot.com.au/2017/05/claudio-villanueva-venceu-50-km-da-taca.html>
- Mon 15 May - María Guadalupe wins Pan-American women's 20km in Lima
<http://omarchador.blogspot.com.au/2017/05/maria-guadalupe-conquista-o-ouro-nos-20.html>
- Sun 14 May - A look back at how Portugal performed in the 2003 European Race Walking Cup
http://omarchador.blogspot.com.au/2017/05/portugal-nas-tacas-da-europa-de-marcha_14.html
- Sun 14 May - Éider Arévalo wins Pan-American men's 20km in Lima
<http://omarchador.blogspot.com.au/2017/05/eider-arevalo-ganha-20-km-da-taca.html>
- Sun 14 May - Ana Cabecinha and João Vieira win Troféu Jorge Costa in Portugal
<http://omarchador.blogspot.com.au/2017/05/trofeu-jorge-costa-com-triunfos-de-ana.html>
- Sat 13 May - A look back at how Portugal performed in the 2001 European Race Walking Cup
http://omarchador.blogspot.com.au/2017/05/portugal-nas-tacas-da-europa-de-marcha_13.html
- Sat 13 May - Results of U18 Match - Turkey vs Belarus vs Ukraine
<http://omarchador.blogspot.com.au/2017/05/encontro-sub-18-turquia-bielorrussia.html>
- Sat 13 May - Preview of the Brazilian team for the Pan-American Race Walking Cup in Lima
<http://omarchador.blogspot.com.au/2017/05/o-brasil-na-copa-pan-americana-de.html>
- Fri 12 May - A look back at how Portugal performed in the 2000 European Race Walking Cup
http://omarchador.blogspot.com.au/2017/05/portugal-nas-tacas-da-europa-de-marcha_12.html
- Fri 12 May - Preview of the Troféu Jorge Costa in Portugal
<http://omarchador.blogspot.com.au/2017/05/4-trofeu-jorge-costa-de-marcha-atletica.html>

- Fri 12 May - Lima, Peru, to host 2017 Pan-American Race Walking Cup
<http://omarchador.blogspot.com.au/2017/05/peru-vai-acolher-taca-pan-americana-de.html>
- Thu 11 May - A look back at how Portugal performed in the 1998 European Race Walking Cup
http://omarchador.blogspot.com.au/2017/05/portugal-nas-tacas-da-europa-de-marcha_11.html
- Thu 11 May - Altus in Lithuania to host 2019 European Race Walking Cup
<http://omarchador.blogspot.com.au/2017/05/alytus-acolhera-taca-da-europa-de.html>
- Wed 10 May - A look back at how Portugal performed in the 1996 European Race Walking Cup
http://omarchador.blogspot.com.au/2017/05/portugal-nas-tacas-da-europa-de-marcha_10.html
- Wed 10 May - Moacir Zimmermann and Nair da Rosa win Brazilian regional 20km championships
<http://omarchador.blogspot.com.au/2017/05/moacir-zimmermann-e-nair-da-rosa-em.html>
- Tue 9 May - Reviewing Portugal's performance over the years in the European Race Walking Cup
<http://omarchador.blogspot.com.au/2017/05/portugal-nas-tacas-da-europa-de-marcha.html>
- Tue 9 May - María Pérez and Miguel Ángel López win Spanish University Championship walks
<http://omarchador.blogspot.com.au/2017/05/maria-perez-e-miguel-angel-lopez-vencem.html>

OUT AND ABOUT

- 2016 Olympic 50km champion **Matej Toth** is interviewed by Ato Boldon as part of the *IAAF Inside Athletics* series – <https://www.iaaf.org/news/series/matej-toth-inside-athletics-video-interview>.
- Rio 50km champion **Matej Toth** of Slovakia aims for gold in next weekend's European Race Walking Cup 20km in Podebrady. See <http://www.european-athletics.org/news/article=toth-aims-for-the-podium-again-podebrady/index.html?cid=rss>.
- Peru is starting to make its presence felt in the world of racewalking. Find out why in this article from the IAAF: See <https://www.iaaf.org/news/feature/peru-race-walking>.
- **Antonella Palmisano** leads an 18-strong Italian team for the European Race Walking Cup in Podebrady on 21 May. See <http://www.european-athletics.org/news/article=palmisano-poised-challenge-podebrady/index.html?cid=rss>.
- Congratulations to **Stephanie Stigwood** and **Daniel Coleman** on the birth of their first child, a boy, in Hobart a few days ago. Steph is one of our top female walkers (PB 1:32:22) and represented Australia in the 2015 World University Games and the 2016 World Racewalking Teams Championship. Daniel was in the Australian team that contested the 2006 IAAF World Racewalking Cup and was an AA coach involved in the AIS walks program before moving back to Tasmania. Congrats to Steph and Daniel.
- The 2019 European Racewalking Cup will be held in Alytus, Lithuania.
- The 2018 European Athletics Championships will be held from 6-12 August in Berlin.
- With the 2018 Commonwealth Games scheduled in Australia in 2018, The Australian Sports Anti-Doping Agency (ASADA) has tied up with India's National Anti Doping Agency (NADA) and have been allowed to come into India to test Indian national athletes. A fortnight ago, they raided the National Institute of Sport (NIS) in Patiala to conduct tests on the athletes residing there. Last weekend, they paid a surprise visit at the Asian Championships in New Delhi and collected urine samples of five Greco-Roman wrestlers who competed on the first day of the event. Now I don't have any objection to that but the timing of the tests leaves much to be desired. "They came exactly at the time of the weigh-ins. Since the wrestlers drain their body completely for the weigh-in, it was 10.30pm when they could submit their urine samples. Till then, the wrestlers could not even have their meals," a coach alleged. This is not exactly going to enhance the reputation of ASADA in India. See <http://indianexpress.com/article/sports/sport-others/australias-dope-agents-make-a-surprise-visit-collect-samples-4654764/>.
- Jason Young, a 2012 US Olympic discus thrower, was issued a four-year doping ban last Friday by the US Anti-Doping Agency for a non-analytical violation involving prohibited performance-enhancing substances. The 35-year-old Texan, was suspended for using and having multiple growth hormone agents since January of 2013. See <https://www.supersport.com/athletics/article.aspx?Id=3992134>.

EUROPEAN RACE WALKING CUP PREVIEW AND LINKS



Less than a week to go until the 2017 European Race Walking Cup on Sunday 21 May. 226 athletes representing 26 European Athletics Member Federations (and including two Authorized Neutral Athletes) have been entered for the event in the historic Czech Republic spa town of Poděbrady.

Among the notable names entered are men's 20km defending champion **Miguel Angel Lopez**. However, the Spaniard faces a rematch of the 2015 race as Slovakia's Rio 2016 Olympic Games 50km race walk gold medallist **Matej Toth**, second two years ago and the 20km winner in 2011, has decided to contest the shorter distance once again. Germany's **Christopher Linke** and Great Britain's **Tom Bosworth**, the leading Europeans at this distance in Rio when they finished in fifth and sixth place respectively, are also among the entries for the men's 20km.

The women's 20km should be a closely-fought affair as nearly all of Europe's top race walkers will be on the start line including Italy's **Antonella Palmisano**, Portugal's **Ana Cabecinha** and **Ines Henriques** as well as Spain's **Julia Takacs**.

- Official website: <http://www.european-athletics.org/competitions/european-race-walking-cup/>
- Final entry lists: http://www.european-athletics.org/mm/Document/EventsMeetings/Event/01/28/11/99/ERWC2017-FinalEntriesAthleteListByEvent_Neutral.pdf

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

May 20 (Sat), 2017	VRWC Roadwalks, Middle Park, Melbourne
May 27 (Sat), 2017	Victorian Country Roadwalk Championships and Victorian 10km Championship, Middle Park, Melbourne
Jun 9-12, 2017	Australian Masters T&F Championships, Darwin, NT. See http://ntmastersathletics.com.au/
Jun 11 (Sun), 2017	51 st LBG Racewalking Carnival, Stomlo Forest Park, Canberra, ACT
June 25 (Sun), 2017	Victorian 20km Roadwalk Championships, Middle Park, Melbourne
Aug 6 (Sun), 2017	Victorian Roadwalk Championships (including Victorian 30km Championship), Middle Park, Melbourne
Aug 6 (Sun), 2017	AMA 20km Roadwalk Championships, Adelaide, SA
Aug 27 (Sun), 2017	Australian Roadwalk Championships, Woolongong, NSW
Sept 10 (Sun), 2017	Victorian 50km Championship, Middle Park, Melbourne

2016/2017 International Dates

May 21, 2017	European Race Walking Cup, Poděbrady, 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 th World Youth T&F Championships, Nairobi, Kenya – THIS IS THE FINAL EDITION
August 4-13, 2017	16 th IAAF World Championships in Athletics, London, UK. See http://www.london2017athletics.com/ On Sunday 13 August, all 3 racewalks will be staged on The Mall, St James Park, London
August 19-30, 2017	29 th Summer Universiade, Taipei, Taiwan
Sept 9, 2017	8 th 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

June 3, 2017	XXXI Gran Premio Cantones de La Coruna, Spain
August 5-13, 2017	16 th IAAF World Championships in Athletics, London, UK.

Looking Further Ahead

Jan 20-27, 2018	Oceania Masters Athletics Championships, Dunedin, New Zealand See www.mastersathleticsoceania.com
Apr 4-15, 2018	XXI Commonwealth Games, Gold Coast, QLD (20km roadwalks). See http://www.gc2018.com Men's and Women's 20km walk, Currumbin Beachfront, Sunday 8 April
May 5-6, 2018	28 th IAAF World Race Walking Team Championships, Taicang, China
July 2018	16 th World Junior T&F Championships, Tampere, Finland
Sept 2018	22 nd World Masters Athletics T&F Championships, Malaga, Spain
Sept 28 – Oct 6, 2019	17 th IAAF World Championships in Athletics, Doha, Qatar
July 2019	30 th Summer Universiade, Brasilia, Brazil
2019	World Masters Indoors T&F Championships, Torun, Poland
July 24 – Aug 9, 2020	32 nd Olympic Games, Tokyo
July 20 – Aug 1, 2020	23 rd World Masters T&F Championships, Toronto, Canada
Aug 2021	18 th IAAF World Championships in Athletics, Eugene, USA
July 18-30, 2022	XXII Commonwealth Games, TBA

On 13th March 2017, Durban announced that it would not host the Games, due to financial constraints.

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