



## HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club  
2017/2018 Number 21  
20 February 2018



**VRWC Preferred Supplier of Shoes, clothes and sporting accessories.**

*Address: RUNNERS WORLD, 598 High Street, East Kew, Victoria (Melways 45 G4)*  
*Telephone: 03 9817 3503*  
*Hours: Monday to Friday: 9:30am to 5:30pm*  
*Saturday: 9:00am to 3:00pm*  
*Website: <http://www.runnersworld.com.au>*  
*Facebook: <http://www.facebook.com/pages/Runners-World/235649459888840>*

### WALKERS OF THE WEEK

My Walkers of the Week this time around are 16 year old **Rebecca Henderson** and 26 year old **Simone McInnes**. Competing in VRWC track races at the Mentone track in suburban Melbourne on Sunday, Rebecca recorded a 20 sec PB time of **23:11** in the 5000m walk and Simone recorded a 22 sec PB time of **13:11** in the 3000m Walk. Both girls are on a steep improvement curve and both feature regularly in this Walker of the Week segment.



*Simone and Rebecca competing in Mentone last Sunday (photos Terry Swan)*

### WHAT'S COMING UP

- Next weekend sees the **Victorian Junior T&F Championships** at Lakeside Stadium in inner Melbourne. Walks feature U14-U16 3000m on Saturday morning, along with U17-U20 5000m on Friday evening. See the provisional timetable at <http://athsvic.org.au/wp-content/uploads/Vic-Junior-Provisional-Timetable-19.02.18.pdf>. Good luck to all our walkers.
- Looking further ahead, there are more walk opportunities for Victorian walkers before the summer finishes.
  - Mar 2-4, 2018 Victorian Open T&F Championships, Melbourne
  - Mar 10-11, 2018 LAVIC T&F Championships, Melbourne
  - Mar 14-18, 2018 Australian Junior T&F Championships, Sydney
  - Mar 24-26, 2018 Victorian Masters T&F Championships, Doncaster
  - Apr 26-29, 2018 Australian Masters T&F Championships, Perth, WA
- Next weekend also sees the next round of the **2018 IAAF Race Walking Challenge** in Monterrey in Mexico. The Memorial Jerzy Hausleber is a 2 day meet with 5km, 10km and 20km races scheduled for Saturday and 50km events for men and women scheduled for Sunday. There will be lots of big names there, including **Erica de Sena, María Guadalupe**

**González, Inés Henriques, Ana Cabecinha, Caio Bonfim, Evan Dunfee, Andrés Chocho, Omar Pineda, Horacio Nava, Lebogang Shange, Perseus Karlstrom and Quentin Rew.** That reads like a who's who of our discipline! See more at <http://www.multimedios.com/deportes/mas-deportes/llega-memorial-jerzy-hausleber-monterrey.html>.

- Finally, just passing on this email from RWA President Bob Cruise. Contact Bob or Shane if interested.

*Shane Pearson of QRWC is trying to organise an area close to the start/finish of the Commonwealth Games walk. If you are attending and would like to be invited, please advise me ([bob.cruise@bigpond.com](mailto:bob.cruise@bigpond.com)) or Shane ([pearson\\_4@bigpond.com](mailto:pearson_4@bigpond.com)) asap. Your earliest response is necessary due to possible security requirements which are yet to be negotiated. A lunch following the walk is being considered.*

*More to follow.  
Regards, Bob Cruise  
0409254101.*

### FIRST COMMONWEALTH GAMES WALKERS ANNOUNCED

Athletics Australia announced on Sunday evening the first contingent of Australian reps for the 2018 Commonwealth Games, with 51 automatic selections in the list. And the good news is that there are 4 walkers named - **Beki Smith, Jemima Montag, Dane Bird-Smith** and **Michael Hosking**. The remainder of the team should be announced later this week, with Rhydian Cowley and Claire Tallent expected to be in the mix. See the announcement at <http://athletics.com.au/News/australian-commonwealth-games-athletics-team-takes-shape>.



*Dane Bird-Smith, Michael Hosking, Jemima Montag and Beki Smith in action in Adelaide 2 weeks ago*

### VRWC WINTER SEASON FIXTURE

The VRWC 2018 Winter Season fixture is now online at <http://www.vrwc.org.au/vrwcw18.shtml>. All major championship dates have now been confirmed. The season opens with our first road walks at our Middle Park headquarters on Saturday 28th April.

| Saturday 28 <sup>th</sup> April 2018                             |     | Middle Park |      |
|--|-----|-------------|------|
| <b>VRWC Events, Entries close for all events at 1.45pm sharp</b> |     |             |      |
| 2.15pm   | 8km | Points Race | Open |
| 2.15pm   | 6km | Points Race | Open |
| 2.15pm   | 4km | Points Race | Open |
| 2.30pm   | 2km | Points Race | Open |
| 2.30pm   | 1km | Points Race | Open |

**VMA AND VRWC TRACK RACES, MENTONE, SUNDAY 18 FEBRUARY**

The Victorian Masters 5000m Track Championships were held on Sunday morning at the Dolomore Athletics Track, Mentone, in near perfect conditions.

The women's 5000m Championships were up first at 8:30AM, with W50 **Sandra Geisler** taking fastest time with 27:02, and a whole swag of top age graded performances – W55 **Pam Tindal** (27:49 86.88%), W60 **Alison Thompson** (29:54 86.79%), W65 **Heather Carr** (32:04 85.34%), W75 **Gwen Steed** (36:21 83.95%) and W75 **Sylvia Machin** (38:10 81.35%).

**VMA 5000m Championships Women**

|     |   |                    |    |       |               |           |
|-----|---|--------------------|----|-------|---------------|-----------|
| W40 | 1 | Sandra Geisler     | 40 | 27:02 | 76.02%        |           |
| W50 | 1 | Pia Hunter         | 51 | 30:35 | 73.62%        | First one |
|     | 2 | Sandra Howorth     | 54 | 38:41 | 59.93%        |           |
| W55 | 1 | Pam Tindal         | 58 | 27:49 | <b>86.88%</b> |           |
|     | 2 | Carolyn Rosenbrock | 56 | 29:50 | 79.27%        |           |
|     | 3 | Donna-Marie Elms   | 56 | 31:29 | 75.12%        |           |
| W60 | 1 | Alison Thompson    | 64 | 29:54 | <b>86.79%</b> |           |
|     | 2 | Karyn O'Neill      | 63 | 34:18 | 74.68%        |           |
| W65 | 1 | Heather Carr       | 68 | 32:04 | <b>85.34%</b> |           |
| W75 | 1 | Gwen Steed         | 75 | 36:21 | <b>83.95%</b> |           |
|     | 2 | Sylvia Machin      | 76 | 38:10 | <b>81.35%</b> |           |
|     | 3 | Beverly Hugo       | 76 | 42:44 | 72.66%        |           |
| W80 | 1 | Margaret Beaumont  | 80 | 46:14 | 72.39%        |           |
|     | 2 | Pam Mews           | 83 | 58:23 | 61.00%        |           |

The men's race were up next at 8:30AM, with fastest time going to M40 **Pramesh Prasad** (24:18) and top age graded performances going to M70 **Andrew Jamieson** (28:26 89.21%) and M75 **Ralph Bennett** (30:48 88.04%). Special mention to **Albin Hess** for his big PB performance (32:01).

**VMA 5000m Championship Men**

|     |   |                   |    |       |               |         |
|-----|---|-------------------|----|-------|---------------|---------|
| M40 | 1 | Pramesh Prasad    | 43 | 24:18 | 79.70%        |         |
|     | 2 | Rupert Van Dongen | 43 | 31:37 | 61.25%        |         |
| M45 | 1 | David Smyth       | 48 | 29:07 | 69.26%        |         |
|     | 2 | Adam Patterson    | 45 | 33:22 | 58.99%        |         |
| M55 | 1 | Kevin Cassidy     | 57 | 27:17 | 79.90%        |         |
|     | 2 | Mark Donahoo      | 59 | 28:13 | 78.74%        |         |
|     | 3 | Simon Evans       | 57 | 29:22 | 74.23%        |         |
|     | 4 | Albin Hess        | 58 | 32:01 | 68.71%        | PB 1:29 |
| M60 | 1 | Terry O'Neill     | 62 | 32:00 | 71.51%        |         |
|     | 2 | Clyde Riddoch     | 64 | 33:50 | 69.11%        |         |
| M65 | 1 | Frank Prowse      | 66 | 33:02 | 72.35%        |         |
|     | 2 | Geoff Barrow      | 69 | 34:43 | 71.29%        |         |
| M70 | 1 | Andrew Jamieson   | 71 | 28:26 | <b>89.21%</b> |         |
|     | 2 | Russ Dickenson    | 72 | 33:23 | 76.93%        |         |
| M75 | 1 | Ralph Bennett     | 76 | 30:48 | <b>88.04%</b> |         |
|     | 2 | Gunther Ilgoutz   | 79 | 37:19 | 75.93%        |         |
| M80 | 1 | Ian Beaumont      | 81 | 47:11 | 61.92%        |         |

Additional competitors tested themselves out with VRWC 5000m, 3000m and 1500m races. Superb walks in particular by **Kyle Swan** (21:00, just outside his PB), **Rebecca Henderson** (PB 23:11) and **Simone McInnes** (PB 13:11). And a further acknowledgment to Simone McInnes who walked with Darcey Roberts in her 1500m so that she would not be all alone on the track. That is real teamwork. Thanks Simone!

**VRWC 5000m Walk**

|    |                   |        |       |         |
|----|-------------------|--------|-------|---------|
| 1. | Kyle Swan         | M Open | 21:00 |         |
| 2. | Rebecca Henderson | W Open | 23:11 | PB 0:20 |
| 3. | Philippa Huse     | W Open | 24:25 |         |

**VRWC 3000m Walk**

|    |                |        |       |         |
|----|----------------|--------|-------|---------|
| 1. | Simone McInnes | W Open | 13:11 | PB 0:22 |
| 2. | Joel Imbriano  | M U12  | 16:18 |         |

**VRWC 1500m Walk**

|    |                |       |       |    |
|----|----------------|-------|-------|----|
| 1. | Darcey Roberts | W U12 | 08:13 | PB |
|----|----------------|-------|-------|----|

Thanks as always to our officials, lapscorers and judges. An initial listing follows.

**Setup:** Stuart Cooper, Mark Donahoo, Ralph Bennett, Tim Erickson, Terry Swan

**Officials:** Mark Donahoo, Ralph Bennett, Tim Erickson, Damien Elms

**Judges:** Stuart Cooper (Chief), Dave Cash, Gordon Loughnan, Walter Horsman

**Lapscorers:** Lavinia Petrie, Bill Carr, Ralph Bennett, Tim Erickson, Russ Dickenson, Heather Carr and others

**Photos:** Terry Swan (see <http://www.vrwc.org.au/piwigo/index.php?category/458>)



*Pam Tindal, Heather Carr, Alison Thompson and Gwen Steed (photos Terry Swan)*



*Sylvia Machin, Albin Hess, Andrew Jamieson, Andrew Jamieson, Simon Evans and Ralph Bennett*



*Rebecca Henderson, Simone McInnes, Kyle Swan, Darcey Roberts and Joel Imbriano*

**BENDIGO WALKERS CLUB ROADWALKS, ROSALIND PARK, BENDIGO, WEDNESDAY 14 FEBRUARY**

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

**2.4km Handicap Walk**

|    |                   |       |
|----|-------------------|-------|
| 1. | Carissa Brook     | 13.42 |
| 2. | Annette Curtis    | 16.31 |
| 3. | Peter Curtis      | 13.27 |
| 4. | Barb Bryant       | 14.00 |
| 5. | Jennie Payne      | 14.50 |
| 6. | Bill Lotherington | 17.36 |
| 7. | Caitlyn Curtis    | 20.34 |
| 8. | Jayden Day        | 14.47 |
| 9. | Sheridan Commons  | 18.15 |

**ACTRWC TRACK WALKS, WODEN ATHLETICS TRACK, WODEN, THURSDAY 15 FEBRUARY**

Thanks to Robin Whyte for the latest results from Canberra. Very fast time by young **Tim Fraser** (5:52 for 1500m).

**1500m Walk**

|     |                      |       |
|-----|----------------------|-------|
| 1.  | Tim Fraser           | 5:52  |
| 2.  | Callum Burns         | 6:35  |
| 3.  | Laura Burns          | 7:35  |
| 4.  | Ann Staunton-Jugovic | 7:48  |
| 5.  | Sidney Shaw          | 8:56  |
| 6.  | Robin Whyte          | 9:24  |
| 7.  | Harry Baker          | 10:00 |
| 8.  | Ella Baker           | 10:02 |
| 9.  | Ruth Baussmann       | 10:56 |
| 10. | Lorna England        | 11:37 |
| 11. | Margaret McSpadden   | 11:48 |
| 12. | Robert Kennelly      | 11:51 |
| 13. | Geoff Barker         | 12:36 |
| 14. | Val Chesterton       | 12:50 |
|     | Andrew Camp-Liddiard | DQ    |

**ATHLETICS TASMANIA INTERCLUB, DOMAIN ATHLETICS TRACK, HOBART, SATURDAY 17 FEBRUARY**

Wayne Fletcher reported on the 1000m walks held in Athletics Tasmania Interclub last Saturday.

On Saturday 5 athletes competed in the 1000m handicap. **David Moore** started on the gun but was hauled down by **Elizabeth Leitch** after 500m. Elizabeth was not headed and ended up winning by 10m. David Moore and **Ron Foster** were on the last straight when the back markers hit the 100 start line. With 50m to go **Will Robertson** caught **Anna Blackwell**. These two walked stride for stride for the remainder of the race, with Anna passing David with 15m to go and over hauling Ron in with a metre to go. Will was given 2<sup>nd</sup> place from Anna by 1/100 of a second. Ron was 1.5 secs behind with David only having 5m to the finish. It was very exciting.

| 1000m Handicap Walk |                  |                   | Finish Time | Actual Time |
|---------------------|------------------|-------------------|-------------|-------------|
| 1.                  | Elizabeth Leitch | Tasmanian Masters | 6.44.58     | 6.14.58     |
| 2.                  | Will Robertson   | Old Virgilians    | 6.59.10     | 4.05.10     |
| 3.                  | Anna Blackwell   | Old Virgilians    | 6.59.11     | 4.39.11     |
| 4.                  | Ron Foster       | Tasmanian Masters | 7.01.71     | 6.21.71     |
| 5.                  | David Moore      | Tasmanian Masters | 7.13.69     | 7.13.69     |

**QMA T&F MEET, SAF, BRISBANE, SATURDAY 17 FEBRUARY**

It looks like **Brenda Gannon** was the only walker in action in the Queensland Masters meet in Brisbane last Saturday.

| 5000m Walk |               |     |          |                 |
|------------|---------------|-----|----------|-----------------|
| 1.         | Brenda Gannon | W43 | Brisbane | 28:04.56 73.21% |

**BRITISH ATHLETICS INDOOR T&F CHAMPIONSHIPS, BIRMINGHAM, 17-18 FEBRUARY**

That's it for the local news. Now onto Europe where last weekend could well be labelled Super Saturday and Super Sunday, with many of the countries hosting their National Indoor T&F Championships. And the times were fantastic!

I start with Great Britain who staged their Indoor T&F Championships in Birmingham. Mark Wall reports:

The British Indoors at the Birmingham Arena, the site of this year's World Indoor Championships in two weeks time, saw a new National record to **Tom Bosworth (18:28.70)** and an inaugural Championship record to **Bethan Davies (21:25.37)**, both with gun to tape wins. This is the first time a UK Women's title has been contested over 5000m and the first time a British woman has recorded a performance indoors. Unfortunately officials decided that it could not be regarded as a national record so Bethan misses out on a £2500 bonus.

The women's race were missing the top two U20 walkers Ana Garcia and Sophie Lewis-Ward, along with Leeds Carnegie student Polish athlete Agata Kowalska. Tom Partington was the major absentee in the men.

The very pleasing thing was the relative youthfulness of the fields.

The judges were active and Commonwealth Games Representatives Heather Lewis (Wales) and Callum Wilkinson (England) were both disqualified whilst holding down comfortable silver medal positions.

Tom's British Record time of 18:28.70 is the fastest time in the world for the indoor 5000m race walk since 2014. It takes 11 seconds off his own UK record and moves him to 16<sup>th</sup> on the world indoor all-time list. PBs also to **Gemma Bridge** and **Natalie Myers**.

Interviews at <https://twitter.com/twitter/statuses/965241889854246917> and <https://twitter.com/twitter/statuses/965233520229707776>.  
Good article at <http://www.athleticsweekly.com/event-news/tom-bosworth-british-record-birmingham-78461>

**5000m Walk Men**

|    |                       |     |                               |          |    |
|----|-----------------------|-----|-------------------------------|----------|----|
| 1. | Bethan Davies         | SEN | Cardiff/Leeds Uni             | 21:25.37 |    |
| 2. | Gemma Bridge          | SEN | Oxford City/Leeds Beckett Uni | 22:48.29 | PB |
| 3. | Erika Kelly           | SEN | Northern (Isle of Man)        | 23:23.69 |    |
| 4. | Erika Pontarollo      | SEN | ITA                           | 26:43.83 |    |
| 5. | Natalie Myers         | SEN | Sheffield & Dearne            | 26:51.73 | PB |
| 6. | Emily Ghose           | U20 | Tonbridge                     | 27:45.99 |    |
| 7. | Megan Stratton-Thomas | U20 | Swansea                       | 27:55.39 |    |
|    | Heather Lewis         | SEN | Pembrokeshire                 | DQ       |    |

**5000m Walk Women**

|    |                    |     |                               |          |    |
|----|--------------------|-----|-------------------------------|----------|----|
| 1. | Tom Bosworth       | SEN | Tonbridge/Leeds Beckett Uni   | 18:28.70 | PB |
| 2. | Cameron Corbishley | U23 | Medway & Maidstone            | 20:57.26 |    |
| 3. | Christopher Snook  | U20 | Aldershot, Farnham & District | 22:42.76 |    |
| 4. | Luc Legon          | U23 | Bexley/Cambridge H            | 23:33.41 |    |
| 5. | Timothy Snook      | U23 | Aldershot, Farnham & District | 24:59.73 |    |

|                  |     |                    |    |
|------------------|-----|--------------------|----|
| Callum Wilkinson | U23 | Enfield & Haringey | DQ |
| Guy Thomas       | U23 | Tonbridge          | DQ |



*Tom Bosworth sets his new British Record (photo Mark Shearman)*

**FRENCH INDOOR T&F CHAMPIONSHIPS, LIEVIN, FRANCE, 17-18 FEBRUARY**

Thanks as always to Emmanuel Tardi for his report on the walks at the French Indoor T&F Championships in Lievin, near Lille, in the north of France. The racewalks were on Sunday, with the women's 3000m at 12:15PM and the men's 5000m at 12:45PM.

In the women's 3000m walk, **Mirna Ortiz** (Guatemala) led from start to finish, taking first place with 12:40.33. The French title saw an early battle between **Marine Quennehen** and **Amandine Marcou** but it was Quennehen who got up to take the win with 21:21.68. The minor medals went to **Maud Delhors** (big PB of 13:42.60) and Bourhis (13:48.45).

In the men's 5000m walk, U20 French champion **David Kuster** led for the first 4200m, along with Tunisian **Hedi Teraoui** and Guatamalan **Erick Barrondo**. With 800m to go, Barrondo broke clear, finishing first with 19:38.39 and making it a Guatamala double. Kuster finished third, with his time of 19:46.73 beating his own French U20 record by around 2 seconds. Lots of photos at [https://photos.google.com/share/AF1QipMduH8O0WiLhB2XGREGO\\_B6xSztBEIKf4ktOgQucYfjmamguPSgfbmOAJKMM8k-SVA?key=YmlPalJjS0s2ZmUtU3JYNkNYZGhxWXRTOGtRUxB](https://photos.google.com/share/AF1QipMduH8O0WiLhB2XGREGO_B6xSztBEIKf4ktOgQucYfjmamguPSgfbmOAJKMM8k-SVA?key=YmlPalJjS0s2ZmUtU3JYNkNYZGhxWXRTOGtRUxB) and <https://photos.google.com/share/AF1QipMptquojo0iCSQOmDzN5Jj3Wz5jeMpKRBvyyxqf32-MkmoSuyIskGCd-sGoI04kQ?key=Zjd6enlya0xPRnlKN1ZPeWRWU2FjWEQ1dDNiZEtM>.

**3000m Walk Women**

|     |                           |    |                        |          |
|-----|---------------------------|----|------------------------|----------|
|     | ORTIZ Mirna (AC)          | 87 | Guatemala              | 12:40.33 |
| 1.  | QUENNEHEN Marine          | 91 | Ca Montreuil 93        | 13:21.68 |
| 2.  | DELHORS Maud              | 83 | Ac Villeneuve D:asc    | 13:42.60 |
| 3.  | BOURHIS Amelie            | 92 | Larmor Estran Athlet   | 13:48.45 |
| 4.  | AUFFRET Lucie             | 88 | Esme Us Deuil          | 13:49.38 |
| 5.  | MARCOU Amandine           | 92 | Sa Merignac            | 13:50.56 |
| 6.  | CHAMPALOU Lucie           | 90 | Athletic Trois Tours   | 14:11.54 |
| 7.  | CERANTOLA Laury           | 92 | Sa Merignac            | 14:15.07 |
| 8.  | RINERO CHANFREAU Fabienne | 80 | Ca Montreuil 93        | 14:16.56 |
| 9.  | UDIN Servane              | 88 | Ea Pays De Broceliande | 14:29.38 |
| 10. | CELLARD Loanie            | 98 | Carquefou Ac           | 14:51.22 |
| 11. | LEBRETON Maelenn          | 97 | Ta Rennes              | 15:19.14 |
| 12. | RETOUT Anne-gaelle        | 80 | Amiens Uc              | DNF      |

**5000m Walk Men**

|    |                     |    |                              |          |
|----|---------------------|----|------------------------------|----------|
|    | BARRONDO Erick (AC) | 91 | Guatemala                    | 19:38.39 |
|    | TERAOUI Hedi (AC)   | 89 | Tunisia                      | 19:39.92 |
| 1. | KUSTER David        | 99 | Csl Neuf-brisach             | 19:46.73 |
| 2. | BERNABE Fabien      | 95 | Sco Ste-marguerite Marseille | 20:12.26 |
| 3. | GUINAUDEAU Keny     | 93 | Ac Roche-sur-yon             | 20:17.44 |
| 4. | BOURNIER Justin     | 99 | Dole Ac                      | 20:21.74 |
| 5. | BAZZO BORTOT Simon  | 96 | As Raismes                   | 21:28.81 |
| 6. | DELAUNAY Sebastien  | 74 | Ca Du Pays Saumurois         | 21:41.50 |

|     |                          |    |                       |          |
|-----|--------------------------|----|-----------------------|----------|
| 7.  | LEAUTE Benjamin          | 88 | Asptt Lille Metropole | 21:50.42 |
| 8.  | VANOOSTHUYSE Jean-franck | 79 | Us Talence            | 22:07.46 |
| 9.  | GOGNIES Ryan             | 00 | Efs Reims             | 22:28.45 |
| 10. | LECAPLAIN Maxime         | 94 | U.s.o Mondeville      | 22:49.92 |
| 11. | BONTEMPS Sebastien       | 90 | Gien Athle Marathon   | 23:50.18 |



*Erick Barrondo Kevin Kuster Hedi Teraoui with 4 laps to go, Mirna Ortiz, Marine Quennehen and Kevin Kuster (photos Emmanuel Tardi)*

#### LITHUANIAN INDOOR T&F CHAMPIONSHIPS, KLAIPEDA, LITHUANIA, 17-18 FEBRUARY

Klaipeda hosted the Lithuanian Indoor T&F Championships this weekend, with 3000m walks for the women and 5000m walks for the men on Saturday afternoon. Impressive wins to **Brigita Virbalyte-Dimšiene** (12:19.15) and **Marius Žiukas** (18:58.27). Both had just come home after very successful stays in Canberra over the summer. It confirms the training effect. Put a group of elite walkers together in a camp environment and it benefits everyone. In the women's walk, twins **Zivile Vaiciukeviciute** (12:29.77) and **Monica Vaiciukeviciute** (13:23.86) took the minor medals while in the men's walk, the minor medals went to **Genadij Kozlovskij** (21:02.79) and **Artur Mastianica** (21:48.63). Well reported in [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3083](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3083).

##### 3000m Walk Women

|    |                            |      |             |          |
|----|----------------------------|------|-------------|----------|
| 1. | Brigita Virbalyte-Dimšiene | 1985 | Vilnius     | 12:19.15 |
| 2. | Živile Vaiciukeviciute     | 1996 | Švencionys  | 12:29.77 |
| 3. | Monika Vaiciukeviciute     | 1996 | Klaipeda    | 13:23.86 |
| 4. | 1 Adrija Meškauskaite      | 2001 | Švencionys. | 14:14.79 |
| 5. | 2 Austėja Kavaliauskaite   | 2000 | Vilnius     | 14:28.55 |
| 6. | Aušrine Kuzmickaite        | 1998 | Kaunas      | 14:52.08 |
| 7. | Greta Vainaitė             | 1996 | Kaunas      | 14:52.82 |

##### 5000m Walk Men

|    |                    |      |            |          |
|----|--------------------|------|------------|----------|
| 1. | Marius Žiukas      | 1985 | Vilnius,   | 18:58.27 |
| 2. | Genadij Kozlovskij | 1991 | Švencionys | 21:02.79 |
| 3. | Artur Mastianica   | 1992 | Švencionys | 21:48.63 |
| 4. | Paulius Juozaitis  | 2000 | Birštonas  | 23:03.89 |
| 5. | Mantas Juncys      | 2002 | Kedainiai  | 26:09.34 |
| 6. | Tadas Šuškevičius  | 1985 | Vilnius    | DQ       |

#### IRISH SENIOR INDOOR T&F CHAMPIONSHIPS , ABBOTSTOWN, IRELAND, 17-18 FEBRUARY

Victories to **Kate Veale** (13:38.36) and **Alex Wright** (18:59.62) in the Irish Indoor T&F Champs last weekend. And well done to bronze medallist **Jerome Caprice** who set a new Mauritian national record with his time of 20:39.24.

##### 3000m Walk Indoors Women

|    |                |    |                     |          |
|----|----------------|----|---------------------|----------|
| 1. | VEALE Kate     | 94 | West Waterford A.C. | 13:38.36 |
| 2. | O'CONNOR Niamh | 00 | Celbridge A.C.      | 13:43.01 |



|    |                |    |                             |          |
|----|----------------|----|-----------------------------|----------|
| 3. | O'CONNOR Orla  | 00 | Waterford A.C.              | 14:00.09 |
| 4. | BURKE Veronica | 96 | Ballinasloe & District A.C. | 14:10.08 |
| 5. | GLENNON Sarah  | 01 | Mullingar Harriers A.C.     | 14:47.43 |
| 6. | GLENNON Rachel | 98 | Mullingar Harriers A.C.     | 15:12.13 |
| 7. | KENNEDY Claire | 97 | St. Coca's A.C.             | 16:22.98 |
|    | HEERY Ruth     | 00 | Waterford A.C.              | DQ       |

#### 5000m Walk Indoors Men

|    |                |    |                           |          |
|----|----------------|----|---------------------------|----------|
| 1. | WRIGHT Alex    | 90 | Leevale A.C.              | 18:59.62 |
| 2. | MCMANAMON Cian | 91 | Westport A.C.             | 20:31.09 |
| 3. | CAPRICE Jerome | 83 | Dundrum South Dublin A.C. | 20:39.24 |
| 4. | MCINERNEY Adam | 99 | Suncroft A.C.             | 24:24.84 |
| 5. | MOONEY Joseph  | 98 | Adamstown A.C.            | 25:16.33 |
| 6. | ALEXANDER Ross | 80 | Coolquill A.C.            | 26:20.04 |

### ITALIAN INDOOR T&F CHAMPIONSHIPS, ANCONA, ITALY, 17-18 FEBRUARY

The Italian Indoor Championship walks are well reported in [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3079](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3079). **Francesco Fortunato** won the men's 5000m in a PB time of 18:55.26 while **Antonella Palmisano** won the women's 3000m in a PB 11:55.3. Perhaps surprisingly small fields.

#### 3000m Walk Women

|    |                     |      |                              |          |
|----|---------------------|------|------------------------------|----------|
| 1. | PALMISANO Antonella | 1991 | G.A. FIAMME GIALLE           | 11:55.30 |
| 2. | DOMINICI Eleonora   | 1996 | A.S.D. ACSI ITALIA ATLETICA  | 12:37.11 |
| 3. | COLOMBI Nicole      | 1995 | ATL. BRESCIA 1950 ISPA GROUP | 13:22.26 |
| 4. | LOTFI Fatima        | 1992 | NUOVA ATL. FEMM. ACQUAVIVA   | 13:32.07 |
| 5. | ANSALDI Martina     | 1996 | ATL. BRESCIA 1950 ISPA GROUP | 13:52.94 |
| 6. | GIORDANI Vittoria   | 2000 | U.S. QUERCIA TRENTINGRANA    | 13:58.06 |
| 7. | VALSECCHI Viviana   | 1992 | ATL. LECCO-COLOMBO COSTRUZ.  | 15:20.64 |
|    | BARCELLA Lidia      | 1997 | BRACCO ATLETICA              | DQ       |

#### 5000m Walk Men

|    |                     |      |                           |          |
|----|---------------------|------|---------------------------|----------|
| 1. | FORTUNATO Francesco | 1994 | G.A. FIAMME GIALLE        | 18:55.26 |
| 2. | DEI TOS Leonardo    | 1992 | ATHLETIC CLUB 96 ALPERIA  | 19:50.57 |
| 3. | ANGELINI Gregorio   | 1996 | ALTERATLETICA LOCOROTONDO | 21:05.54 |

### POLISH INDOOR T&F CHAMPIONSHIPS, TORUN, POLAND, 17-18 FEBRUARY

Wins to **Katarzyna Zdziebło** (12:54.93) and **Dawid Tomala** (19:41.63) in the Polish Indoor Championships walks in Torun. Very good depth in the men's race with the first six all under 20:13.

#### 3000m Walk Women

|    |                    |    |                   |          |
|----|--------------------|----|-------------------|----------|
| 1. | ZDZIEBŁO Katarzyna | 96 | LKS Stal Mielec   | 12:54.93 |
| 2. | BUZIAK Paulina     | 86 | LKS Stal Mielec   | 13:06.82 |
| 3. | ELLWARD Agnieszka  | 89 | WKS Flota Gdynia  | 13:07.68 |
| 4. | BEMOWSKA Joanna    | 94 | AZS UMCS Lublin   | 13:17.13 |
| 5. | KOWALSKA Agata     | 98 | KKL Rodlo Kwidzyn | 13:53.06 |
| 6. | KAPERNA Monika     | 90 | AZS-AWF Katowice  | 13:53.53 |
|    | NIEDZIALEK Olga    | 97 | WLKS Nowe Iganie  | DQ       |

#### 5000m Walk Men

|    |                      |    |                   |          |
|----|----------------------|----|-------------------|----------|
| 1. | TOMALA Dawid         | 89 | AZS-AWF Katowice  | 19:41.63 |
| 2. | AUGUSTYN Rafał       | 84 | LKS Stal Mielec   | 19:44.28 |
| 3. | FEDACZYNSKI Rafał    | 80 | AZS UMCS Lublin   | 19:50.92 |
| 4. | JELONEK Jakub        | 85 | KS AZS AWF Kraków | 20:05.56 |
| 5. | BLOCKI Adrian        | 90 | AZS-AWF Katowice  | 20:08.41 |
| 6. | SIKORA Rafał         | 87 | AZS-AWF Katowice  | 20:12.37 |
| 7. | DROZDOWICZ Arkadiusz | 98 | OS AZS Poznan     | 21:05.57 |
| 8. | KOSECKI Kacper       | 97 | KL Lechia Gdansk  | 23:01.01 |

See <http://omarchador.blogspot.com.au/2018/02/polonia-campeonatos-de-sub-20-e-sub-18.html> for the U20 and U18 Results.

**USATF INDOOR T&F CHAMPS, ALBUQUERQUE CONVENTION CENTER, ALBUQUERQUE, NM, 16-18 FEB**

Wins to **Nick Christie** (12:09.96) and **Maria Michta-Coffey** (13:00.53) in the USATF Indoor T&F Championships in Albuquerque. So far, Nick has won the 2018 USATF 50km title, the Millrose Games 1 Mile Walk Championship and now the USATF Indoor 3000m Walk Championship. Talk about on a roll.

**3000m Walk Men**

|    |                      |                               |          |
|----|----------------------|-------------------------------|----------|
| 1. | Nick Christie        | Unattached                    | 12:09.96 |
| 2. | Emmanuel Corvera     | New York Athletic Club (NYAC) | 12:24.10 |
| 3. | Alexander Bellavance | Unattached                    | 12:30.04 |
| 4. | John Cody Risch      | Q Elite                       | 12:44.70 |
| 5. | Matthew Forgues      | Maine Racewalkers             | 13:03.98 |

**3000m Walk Women**

|     |                     |                               |          |
|-----|---------------------|-------------------------------|----------|
| 1.  | Maria Michta-Coffey | Oiselle/Walk USA              | 13:00.53 |
| 2.  | Miranda Melville    | Skechers Performance/NYAC     | 13:33.19 |
| 3.  | Robyn Stevens       | Skechers Performance/Wolfpack | 13:34.58 |
| 4.  | Katie Burnett       | Unattached                    | 13:56.46 |
| 5.  | Molly Josephs       | Walk USA                      | 14:26.41 |
| 6.  | Lauren Harris       | Walk USA                      | 14:32.37 |
| 7.  | Melissa Moeller     | Unattached                    | 14:56.36 |
| 8.  | Chelsea Conway      | Shore Athletic Club           | 15:19.82 |
| 9.  | Katie Michta        | Walk USA                      | 15:20.64 |
| 10. | Katherine Miale     | Marist                        | 17:23.44 |

**INDIAN ROADWALK CHAMPIONSHIPS, NEW DELHI, INDIA, 17-18 FEBRUARY**

The Indian Roadwalk Championships were contested in New Delhi last weekend, with the men's 50km and the U20 10km races on Saturday and the Open 20km races on Sunday. With big fields in all events and strong depth, it augurs well for the future of racewalking in that country and indicates that they will be threats in the Commonwealth Games walks in April. In fact, the 20 km races were their official Commonwealth Games and Asian Championships selection trials, Well reported by [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3078](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3078) and [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3080](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3080).

**50km Open Men**

Alas, no 50km championship for the women, but a repeat victory in the men's championship to defending champion **Sandeep Kumar** (3:56:40), only 41 secs outside his 2017 PB of 3:55:59. Second place went to **Jitendra Singh Rathore** (3:58:56) and third place to S. Damen Singh (4:00:35). 10 finishers overall which is quite impressive when you consider the huge number of walkers in the 20km races that following day.

|     |                        |          |                |            |
|-----|------------------------|----------|----------------|------------|
| 1.  | SANDEEP KUMAR          | 01/05/86 | HARYANA        | 3:56:39.71 |
| 2.  | JITENDRA SINGH RATHORE | 20-03-89 | SERVICES       | 3:58:55.82 |
| 3.  | S DAMEN SINGH          | 15/10/89 | HARYANA        | 4:00:34.48 |
| 4.  | CHANDAN SINGH          | 08/06/87 | UTTRAKHAND     | 4:00:57.18 |
| 5.  | JYOTI TAWTYA           | 16-06-86 | SERVICES       | 4:09:42.43 |
| 6.  | JAY PRAKASH SINGH      | 25/08/85 | HARYANA        | 4:28:31.69 |
| 7.  | SAGAR S. JOSHI         | 18/06/87 | GUJARAT        | 4:31:51.50 |
| 8.  | ANJANI KUMAR SINGH     | 17/07/93 | UTTAR PRADESH  | 4:32:06.11 |
| 9.  | SOM KUMAR              | 09/09/95 | HARYANA        | 4:42:15.40 |
| 10. | KRISHNA BIND           | 10-02-93 | SERVICES       | 4:44:48.71 |
|     | RUDRAPRATAP MISHRA     | 06/07/80 | HARYANA        | DQ         |
|     | RESHAM MIDHUN          | 06-12-87 | SERVICES       | DQ         |
|     | BANKAY SINGH           | 02/02/93 | HARYANA        | DQ         |
|     | VIJAY KUMAR KUMAR      | 25/05/90 | MAHARASHTRA    | DQ         |
|     | GURMEET SINGH          | 01/07/85 | UTTRAKHAND     | DQ         |
|     | ABBAL SINGH RANA       | 14-03-90 | SERVICES       | DNF        |
|     | GANAPATHI KRISHNAN     | 29/06/89 | TAMIL NADU     | DNF        |
|     | SUKHJANT SINGH         | 26-01-98 | PUNJAB         | DNF        |
|     | MANIRAM PATEL          | 16/09/91 | RAILWAY SPORTS | DNF        |

Day 1 also saw the U20 10km championships, with wins to **Akshdeep Singh** (43:05) and **Priyanka Patel** (49:01.81). Patel's time was a new National Record, some 15 secs ahead of the current record. Huge depth in the men's event with the first 20 all under 50 minutes.

**U20 10km Men (51 starters, 36 finishers)**

|    |                |          |        |          |
|----|----------------|----------|--------|----------|
| 1. | AKSHDEEP SINGH | 22-11-99 | PUNJAB | 43:04.65 |
|----|----------------|----------|--------|----------|

|     |                    |          |               |          |
|-----|--------------------|----------|---------------|----------|
| 2.  | HARDEEP .          | 22/09/98 | HARYANA       | 43:36.62 |
| 3.  | MANJEET .          | 31/12/00 | HARYANA       | 43:36.67 |
| 4.  | FARMAN ALI .       | 08/06/01 | UTTAR PRADESH | 43:54.66 |
| 5.  | MUKESH KUMAR       | 10/08/01 | UTTRAKHAND    | 44:35.24 |
| 6.  | PARVEEN .          | 09/12/02 | HARYANA       | 45:00.41 |
| 7.  | ARSHDEEP SINGH     | 22-11-00 | PUNJAB        | 45:05.54 |
| 8.  | DEEPAK KUMAR PATEL | 20/09/00 | UTTAR PRADESH | 45:39.96 |
| 9.  | RAJAN CHAUDHARY    | 31/01/02 | UTTRAKHAND    | 45:40.38 |
| 10. | ANKIT SINGH        | 12/08/01 | UTTRAKHAND    | 45:53.98 |
| 11. | SUDHIR .           | 05/10/98 | HARYANA       | 45:57.02 |
| 12. | TANISH VATS        | 05/12/00 | DELHI         | 46:01.11 |
| 13. | AKASHDEEP SINGH    | 07-12-00 | PUNJAB        | 46:16.85 |
| 14. | JASPAL SINGH       | 19/11/98 | JHARKHAND     | 46:25.17 |
| 15. | PARVEEN .          | 10/02/01 | HARYANA       | 46:42.68 |
| 16. | RAHUL .            | 07/01/00 | HARYANA       | 47:51.47 |
| 17. | PARVEEN .          | 11/10/98 | HARYANA       | 47:51.63 |
| 18. | VETRIVEL MURUGESAN | 19/06/98 | TAMIL NADU    | 48:58.50 |
| 19. | MOHIT .            | 10/02/99 | HARYANA       | 49:30.73 |
| 20. | PARAMDEEP MOR      | 11/12/01 | HARYANA       | 49:55.66 |
| 21. | HARSH RATHEE       | 23/09/00 | HARYANA       | 50:02.30 |
| 22. | NAVEEN KUMAR       | 11/09/00 | HARYANA       | 51:55.67 |
| 23. | SAHIL .            | 08/01/01 | HARYANA       | 52:17.96 |
| 24. | GAJENDER NEGI      | 02/02/04 | UTTRAKHAND    | 52:30.70 |
| 25. | SAGAR .            | 18/05/99 | HARYANA       | 52:34.63 |
| 26. | BALRAM KUMAR SAW   | 23/08/98 | JHARKHAND     | 52:54.46 |
| 27. | NAVEEN .           | 28/12/99 | HARYANA       | 53:05.92 |
| 28. | MOHIT .            | 01/08/00 | HARYANA       | 53:19.16 |
| 29. | MOHIT .            | 04/02/01 | HARYANA       | 53:39.04 |
| 30. | UMESH CHHIKARA     | 03-10-04 | HARYANA       | 53:41.27 |

#### U20 Girls 10km Walk (17 starters, 17 finishers)

|     |                 |          |               |            |          |
|-----|-----------------|----------|---------------|------------|----------|
| 1.  | PRIYANKA PATEL  | 09/05/98 | UTTAR PRADESH | 49:01.81   | Nat Rec. |
| 2.  | BANDANA PATEL   | 16/08/98 | UTTAR PRADESH | 51:23.52   |          |
| 3.  | RAMANDEEP KAUR  | 20-04-99 | PUNJAB        | 52:12.18   |          |
| 4.  | ROJI PATEL      | 23/08/01 | UTTRAKHAND    | 52:25.39   |          |
| 5.  | SNEHA .         | 02-12-00 | HARYANA       | 54:13.29   |          |
| 6.  | POOJA KUMARI    | 06-09-98 | PUNJAB        | 55:15.25   |          |
| 7.  | JYOTI .         | 01/11/02 | HARYANA       | 55:53.34   |          |
| 8.  | MONIKA .        | 23/01/02 | HARYANA       | 57:02.27   |          |
| 9.  | MEENAKSHI .     | 25/06/02 | HARYANA       | 57:06.19   |          |
| 10. | NEELAM .        | 26/10/99 | HARYANA       | 1:02:14.49 |          |
| 11. | ANNU .          | 30-09-03 | HARYANA       | 1:03:05.61 |          |
| 12. | KAJAL PANDEY    | 14/03/00 | HARYANA       | 1:03:33.86 |          |
| 13. | MANISHA .       | 11/09/99 | HARYANA       | 1:05:40.48 |          |
| 14. | BHARTI BHADANAD | 25/07/02 | HARYANA       | 1:07:58.20 |          |
| 15. | ANCHAL DALAL    | 24/07/01 | HARYANA       | 1:18:01.11 |          |
| 16. | VARSHA .        | 15/08/01 | HARYANA       | 1:19:42.60 |          |
| 17. | RITU .          | 17/10/01 | HARYANA       | 1:25:35.79 |          |

Sunday saw the 20km championships.

#### 20km Walk Women (15 starters, 15 finishers).

National record holder **Khushbir Kaur** went in as pre-race favourite and led out early, along with 17 year old **Baby Soumya**. Surprisingly, it was Soumya who made the break soon after the half way mark, going on to win in a new National Record of 1:31:29, 11 secs under the current mark. **Khushbir Kaur** took second with 1:32:18 and **Karamjit Kaur** was third with 1:34:09. Of the 16 walkers in the race, 15 finished. According to the stats, Soumya (born 20 April 1990) had a previous PB of 1:41:04 so she walked a PB of nearly 10 minutes!

|     |                  |          |                |            |          |
|-----|------------------|----------|----------------|------------|----------|
| 1.  | SOUMYA B         | 20/04/90 | DELHI          | 1:31:28.72 | Nat Rec. |
| 2.  | KHUSHBIR KAUR    |          | AFI            | 1:32:16.96 |          |
| 3.  | KARAMJIT KAUR    | 05/02/91 | HARYANA        | 1:34:08.60 |          |
| 4.  | SHANTI KUMARI    | 15/08/94 | RAILWAY SPORTS | 1:34:56.66 |          |
| 5.  | RAVINA .         | 21/05/97 | HARYANA        | 1:35:45.15 |          |
| 6.  | PRIYANKA .       | 10/03/96 | UTTAR PRADESH  | 1:37:27.92 |          |
| 7.  | L.DEEP MALA DEVI | 16/04/85 | RAILWAY SPORTS | 1:38:37.95 |          |
| 8.  | VANDANA KUMARI   | 21/09/97 | UTTAR PRADESH  | 1:43:22.50 |          |
| 9.  | BHAWANA JAT      | 01/03/96 | RAILWAY SPORTS | 1:43:55.09 |          |
| 10. | SONU RAWAT       | 30/09/89 | RAJASTHAN      | 1:45:55.77 |          |

|                    |          |               |            |
|--------------------|----------|---------------|------------|
| 11. JASPAL KAUR    | 08-02-98 | PUNJAB        | 1:46:03.81 |
| 12. SONAL SUKHWAL  | 28/01/98 | RAJASTHAN     | 1:47:37.19 |
| 13. RAKHI KUSHBALA |          | UTTAR PRADESH | 1:52:17.13 |
| 14. AMANPREET KAUR | 24-01-96 | PUNJAB        | 1:57:22.82 |
| 15. MANJARI JOSHI  | 01-01-95 | UTTRAKHAND    | 1:57:45.22 |

### 20km Walk Men (61 starters, 50 finishers)

Indian record holder **Irfan Kholm Tohdi** won by the narrowest of margins from challenger **Manish Singh Rawat**, both being given the same time of 1:21:32, with third place going to **Neeraj** with 1:21:40. Two other walkers finished the 20km in less than 1:22:00, showing just how strong India is at the moment. It was also a big field with 61 starters, of whom 50 finished (2 DNF and 9 DQ).

|                                 |          |                |            |
|---------------------------------|----------|----------------|------------|
| 1. IRFAN K T                    | 08/02/90 | KERALA         | 1:21:31.25 |
| 2. MANISH SINGH RAWAT           | 05/05/91 | UTTRAKHAND     | 1:21:31.72 |
| 3. NEERAJ .                     | 15/08/94 | HARYANA        | 1:21:39.20 |
| 4. SUNIL .                      | 28-11-97 | HARYANA        | 1:21:52.26 |
| 5. EKNATH SAMBHAJI TURAMBEKAR   | 18/01/98 | RAILWAY SPORTS | 1:21:54.57 |
| 6. KULWANT SINGH                | 20-03-90 | PUNJAB         | 1:22:09.28 |
| 7. VIKASH SINGH                 | 06/07/96 | JHARKHAND      | 1:22:38.44 |
| 8. SATYA NARAYAN                | 10-06-00 | PUNJAB         | 1:23:05.96 |
| 9. JAI BHAGWAN                  | 26/04/87 | HARYANA        | 1:23:19.65 |
| 10. BALJINDER SINGH             | 18-09-86 | PUNJAB         | 1:23:56.24 |
| 11. ANKIT KUMAR                 | 16/06/92 | UTTAR PRADESH  | 1:24:09.37 |
| 12. SURENDER SINGH              | 04-07-88 | PUNJAB         | 1:25:16.62 |
| 13. MANIKANDAN VELUSAMAY        | 29/01/96 | TAMIL NADU     | 1:27:00.38 |
| 14. DEEPAK KUMAR                | 20/10/92 | RAILWAY SPORTS | 1:27:00.72 |
| 15. AMANJOT SINGH               | 19-03-99 | PUNJAB         | 1:27:17.72 |
| 16. RAJANPREET SINGH            | 11-02-98 | PUNJAB         | 1:27:57.54 |
| 17. JUNED .                     | 10/05/99 | HARYANA        | 1:28:49.68 |
| 18. SATISH KUMAR PATEL          | 20/01/94 | MANIPUR        | 1:29:12.12 |
| 19. VIJAY .                     | 29/09/98 | HARYANA        | 1:29:14.15 |
| 20. VIJAY BEBIN RAJ PRATHAPSING | 10/03/96 | TAMIL NADU     | 1:29:34.12 |
| 21. SURAJ PAWAR                 | 02-04-01 | UTTRAKHAND     | 1:29:58.70 |
| 22. BHUPENDRA KUMAR PAL         | 01/04/94 | MANIPUR        | 1:30:01.59 |
| 23. RAVINDER SINGH              | 15-12-99 | PUNJAB         | 1:30:03.34 |
| 24. JYOT BUMRAH                 | 14-09-98 | PUNJAB         | 1:30:06.67 |
| 25. BAJRANG .                   | 05-02-97 | HARYANA        | 1:30:12.23 |
| 26. JAGSIR SINGH                | 01-01-96 | PUNJAB         | 1:31:33.09 |
| 27. SANDEEP SINGH               | 16/08/97 | UTTRAKHAND     | 1:31:56.15 |
| 28. RAVI .                      | 26/12/98 | HARYANA        | 1:32:03.87 |
| 29. LALIT SINGH BISHT           | 30/06/00 | UTTRAKHAND     | 1:32:54.09 |
| 30. ANIL KUMAR                  | 15/04/88 | RAJASTHAN      | 1:33:39.40 |
| 31. BHAGWAN SINGH RAWAL         | 05/01/97 | UTTRAKHAND     | 1:33:50.57 |
| 32. RAHUL .                     | 29/01/99 | HARYANA        | 1:35:45.63 |
| 33. VISHNU KUMAR SHARMA         | 07/12/97 | RAJASTHAN      | 1:36:13.61 |
| 34. BASANT BAHADUR RANA         | 18/01/84 | MAHARASHTRA    | 1:37:16.38 |
| 35. SUMIT MANDHAN               | 20/09/98 | HARYANA        | 1:37:31.16 |
| 36. K SOMENDRO SINGH            | 01/07/84 | MANIPUR        | 1:37:46.88 |
| 37. DAYA SHANKAR PATEL          | 22/04/94 | RAILWAY SPORTS | 1:38:35.52 |
| 38. PRAKASH CHHABA              | 13/07/94 | RAJASTHAN      | 1:39:45.26 |
| 39. KAILASH CHAND YADAV         | 09/07/94 | RAJASTHAN      | 1:40:45.47 |
| 40. PARDEEP KHANDAL             | 29/12/00 | HARYANA        | 1:40:47.42 |

### JAPANESE ROAD WALK CHAMPIONSHIPS, KOBE, JAPAN, SUNDAY 18 FEBRUARY

If you thought the depth and numbers in the Indian Championships was impressive, it pales somewhat when compared with what was on show in the Japanese Roadwalk Championships which were contested last weekend in Kobe. Held on a very fast and flat 1km loop on Rokko Island, huge fields and huge depth was on show.

### 20km Open Men (104 starters, 90 finishers, 3 DNF and 11 DQ)

World Record holder Yusuke Suzuki might have been a non starter (being out on a 9 month suspension for financial irregularities) but it made little difference to the men's 20km when you consider the depth of Japanese walking. Favourites **Eiki Takahashi**, **Toshikazu Yamanishi** and **Daisuke Matsunaga** went straight to the lead, reaching the 5km mark in a fast 19:36, followed by **Isamu Fujisawa** and more distantly **Koki Ikeda** and a group of other athletes, among them **Hirooki Arai**. The trio was soon joined by Fujisawa, with the four passing the 10km mark in 39:00, after a second 5km split of 19:24. Around the 15km mark, Yamanishi and Fujisawa forged a slight lead, passing the 15km mark in 58:22 (after a 5km split of 19:22), a couple of metres ahead of Takahashi and 10 seconds ahead of Matsunaga. From then on, it was a case of last man standing, as Takahashi surged home to win a fourth consecutive title with a

time of **1:17:26** (final 5km split of 19:02), a new PB and the 8<sup>th</sup> fastest ever in the world. Yamanishi took second with 1:17:4 and Matsunaga took third with 1:17:46. Three walkers under 1:18:00 is not something you see every day.

|     |                       |       |       |         |         |
|-----|-----------------------|-------|-------|---------|---------|
| 1.  | Eiki Takahashi        | 19:36 | 39:00 | 58:23   | 1:17:26 |
| 2.  | Toshikazu Yamanishi   | 19:36 | 39:00 | 58:22   | 1:17:41 |
| 3.  | Daisuke Matsunaga     | 19:36 | 39:00 | 58:32   | 1:17:46 |
| 4.  | Koki Ikeda            | 19:57 | 39:46 | 59:29   | 1:19:13 |
| 5.  | Isamu Fujisawa ALSOK  | 19:37 | 39:00 | 58:22   | 1:19:15 |
| 6.  | Fumitaka Oikawa       | 19:57 | 39:46 | 59:20   | 1:19:17 |
| 7.  | Hirooki Arai          | 19:57 | 39:45 | 59:29   | 1:19:19 |
| 8.  | Masatora Kawano       | 19:57 | 39:46 | 59:38   | 1:19:52 |
| 9.  | Tomohiro Noda         | 19:57 | 39:45 | 59:48   | 1:20:24 |
| 10. | Satoshi Maruo         | 19:57 | 39:46 | 59:48   | 1:21:10 |
| 11. | Kai Kobayashi         | 19:59 | 39:49 | 1:00:19 | 1:21:29 |
| 12. | Takayuki Tanii        | 20:00 | 39:57 | 1:00:36 | 1:21:47 |
| 13. | Takumi Saito          | 20:02 | 40:51 | 1:01:34 | 1:22:35 |
| 14. | Ryosuke Kawagishi     | 20:41 | 41:22 | 1:02:23 | 1:23:11 |
| 15. | Koichiro Morioka      | 20:44 | 41:27 | 1:02:28 | 1:23:23 |
| 16. | Yuki Ito SRC          | 20:41 | 41:29 | 1:02:23 | 1:23:26 |
| 17. | Hayato Katsuki        | 21:08 | 42:09 | 1:03:08 | 1:23:31 |
| 18. | Kyohei Dairaku        | 21:09 | 42:09 | 1:03:08 | 1:23:41 |
| 19. | Yutaro Murayama       | 21:09 | 42:09 | 1:03:08 | 1:23:43 |
| 20. | Hayato Sakakibara     | 20:42 | 41:44 | 1:02:54 | 1:23:53 |
| 21. | Kazuki Takahashi      | 20:34 | 41:23 | 1:02:24 | 1:24:11 |
| 22. | Akito Mochida         | 20:42 | 41:22 | 1:02:23 | 1:24:12 |
| 23. | Hitoshi Warita        | 21:09 | 42:10 | 1:03:09 | 1:24:20 |
| 24. | Katuzi Suzuki         | 20:51 | 41:44 | 1:02:55 | 1:24:24 |
| 25. | Yusuke Naka           | 20:47 | 41:51 | 1:03:09 | 1:24:36 |
| 26. | Toru Yamamoto KAC     | 21:10 | 42:10 | 1:03:08 | 1:24:49 |
| 27. | Yuta Takahashi        | 20:51 | 42:09 | 1:03:14 | 1:25:10 |
| 28. | Toshiki Ueda          | 20:45 | 41:47 | 1:03:12 | 1:25:19 |
| 29. | Tomofumi Kanno        | 21:14 | 42:45 | 1:04:15 | 1:25:30 |
| 30. | Katsuya Ishii         | 21:09 | 42:11 | 1:04:15 | 1:25:50 |
| 31. | Hayato Takata         | 21:09 | 42:09 | 1:03:08 | 1:25:52 |
| 32. | Seiya Watanabe        | 21:10 | 42:10 | 1:03:47 | 1:26:20 |
| 33. | Takeshi Nakagawa      | 21:31 | 43:09 | 1:05:01 | 1:26:52 |
| 34. | Keisuke Awano         | 21:10 | 42:30 | 1:04:41 | 1:26:53 |
| 35. | Yuuki Murao           | 20:46 | 41:52 | 1:04:00 | 1:26:53 |
| 36. | Tatsuya Tanaka        | 21:09 | 42:21 | 1:04:39 | 1:27:00 |
| 37. | Riku Sioya            | 21:09 | 42:43 | 1:04:42 | 1:27:16 |
| 38. | Kousuke Inoue         | 20:51 | 42:10 | 1:04:20 | 1:27:17 |
| 39. | Yuji Okahata          | 21:09 | 42:20 | 1:04:39 | 1:27:20 |
| 40. | Yuto Yanagisawa       | 20:45 | 41:52 | 1:03:49 | 1:27:28 |
| 41. | Yamato Nakajima       | 21:12 | 42:52 | 1:04:57 | 1:27:34 |
| 42. | Yuya Suganami         | 20:55 | 43:10 | 1:05:48 | 1:27:55 |
| 43. | So Yoshida            | 21:33 | 43:09 | 1:05:44 | 1:28:07 |
| 44. | Takahiro Ueda         | 21:50 | 43:37 | 1:05:43 | 1:28:14 |
| 45. | Shuto Goto            | 21:51 | 44:17 | 1:06:43 | 1:28:39 |
| 46. | Tomoharu Terashima    | 21:41 | 43:33 | 1:05:46 | 1:28:59 |
| 47. | Atuto Kawata          | 21:13 | 43:00 | 1:05:08 | 1:29:00 |
| 48. | Kazuki Todorii        | 21:50 | 43:50 | 1:06:18 | 1:29:08 |
| 49. | Kota Yamada           | 22:20 | 44:30 | 1:06:42 | 1:29:10 |
| 50. | Ryota Takahashi       | 21:33 | 43:09 | 1:05:01 | 1:29:10 |
| 51. | Daigo Higa            | 21:13 | 43:09 | 1:05:45 | 1:29:17 |
| 52. | Yuki Yamazaki         | 22:24 | 44:54 | 1:07:32 | 1:29:34 |
| 53. | Ryo Inoue             | 22:19 | 44:30 | 1:06:38 | 1:29:36 |
| 54. | Katsuhiko Nishiguchi  | 22:21 | 44:31 | 1:06:35 | 1:29:38 |
| 55. | Rikuto Kambara        | 22:20 | 44:31 | 1:06:55 | 1:29:40 |
| 56. | Hotaka Ouchi          | 22:47 | 45:37 | 1:07:40 | 1:29:46 |
| 57. | Hideto Nagahara       | 21:09 | 42:20 | 1:05:07 | 1:29:47 |
| 58. | Masaki Morikawa       | 21:39 | 43:47 | 1:06:22 | 1:29:57 |
| 59. | Taiji Inomoto         | 21:50 | 44:31 | 1:07:20 | 1:29:58 |
| 60. | Yusuke Takeuchi       | 22:19 | 44:30 | 1:06:40 | 1:29:58 |
| 61. | Tatsuki Kono          | 22:23 | 44:36 | 1:07:11 | 1:30:00 |
| 62. | Yuto Oshima           | 22:21 | 44:38 | 1:07:19 | 1:30:05 |
| 63. | Naoto Sugawara        | 22:23 | 44:35 | 1:07:15 | 1:30:31 |
| 64. | Yusaku Shirinashihama | 21:10 | 43:29 | 1:06:58 | 1:30:39 |
| 65. | Naoto Hatsukari       | 22:20 | 44:49 | 1:07:44 | 1:30:41 |

|     |                      |       |       |         |         |
|-----|----------------------|-------|-------|---------|---------|
| 66. | Yuusuke Yamaoka      | 21:50 | 43:43 | 1:06:53 | 1:30:52 |
| 67. | Kazuaki Sasaki       | 21:35 | 43:47 | 1:06:39 | 1:30:53 |
| 68. | Shun Horie           | 22:25 | 44:54 | 1:07:33 | 1:31:07 |
| 69. | Kouhei Kowaki        | 21:39 | 44:34 | 1:08:18 | 1:31:36 |
| 70. | Naoya Matsuo         | 21:36 | 44:17 | 1:07:19 | 1:31:39 |
| 71. | Yohei Takenaka       | 21:51 | 44:19 | 1:07:57 | 1:31:56 |
| 72. | Tomohiro Oikawa      | 22:28 | 45:33 | 1:08:58 | 1:32:10 |
| 73. | Kotaro Kameda        | 22:21 | 44:31 | 1:07:19 | 1:32:36 |
| 74. | Takahito Otsubo AC   | 22:45 | 45:56 | 1:09:04 | 1:32:42 |
| 75. | Takane Sato          | 22:24 | 45:34 | 1:08:58 | 1:32:45 |
| 76. | Naohiro Koyama       | 22:19 | 45:10 | 1:09:31 | 1:33:03 |
| 77. | Makoto Nakano        | 22:40 | 46:07 | 1:09:40 | 1:33:22 |
| 78. | Hiroyoshi Murakami   | 22:21 | 45:03 | 1:08:53 | 1:33:22 |
| 79. | Fukumi Aoyama        | 22:48 | 45:39 | 1:08:53 | 1:33:51 |
| 80. | Hironari Tomatsu     | 20:39 | 42:11 | 1:06:21 | 1:35:08 |
| 81. | Takuto Terada        | 22:27 | 46:00 | 1:09:43 | 1:35:43 |
| 82. | Yasushi Morita       | 22:24 | 44:40 | 1:09:24 | 1:36:58 |
| 83. | Hideaki Miyajima NWS | 22:19 | 44:31 | 1:07:42 | 1:37:58 |
| 84. | Daichi Kido          | 22:25 | 46:18 | 1:11:15 | 1:38:39 |
| 85. | Yuta Daito           | 22:25 | 46:02 | 1:11:51 | 1:39:53 |
| 86. | Ryota Wakabayashi    | 22:20 | 44:30 | 1:09:14 | 1:40:01 |
| 87. | Kousuke Nose         | 23:04 | 46:52 | 1:12:56 | 1:41:55 |
| 88. | Hironori Takahashi   | 22:54 | 47:27 | 1:14:11 | 1:43:40 |
| 89. | Kenta Okada T.G.K    | 24:14 | 48:55 | 1:17:44 | 1:50:55 |
| 90. | Daiki Takei          | 24:39 | 50:55 | 1:22:36 | 1:55:53 |

#### 20km Open Women (44 starters, 41 finishers, 1 DNF and 1 DQ)

Another big field with 44 walkers starting in the women's Open 20km. **Kumiko Okada**, **Ai Michiguchi** and **Kaori Kawazoe** went straight to the lead and were never headed. Race over! It just remained to be seen how they would fill the final placings. Okada and Michiguchi passed the 5km mark in 22:45, 3 secs clear of Kawazoe and some 20 secs ahead of the rest. By 10km, Okada had broken clear (45:43). By 15km (1:08:48), she had increased her lead to nearly one minute. She went on for a convincing win with 1:32:22, ahead of Kawazoe with 1:33:44 and Michiguchi with 1:33:52

|     |                  |       |       |         |         |
|-----|------------------|-------|-------|---------|---------|
| 1.  | Kumiko Okada     | 22:45 | 45:43 | 1:08:48 | 1:32:22 |
| 2.  | Kaori Kawazoe    | 22:48 | 45:56 | 1:09:37 | 1:33:44 |
| 3.  | Ai Michiguchi    | 22:45 | 45:56 | 1:09:52 | 1:33:52 |
| 4.  | Nami Kumagai     | 23:02 | 46:36 | 1:11:05 | 1:36:05 |
| 5.  | Yukiho Mizoguchi | 23:21 | 47:27 | 1:11:52 | 1:36:36 |
| 6.  | Serena Sonoda    | 23:36 | 47:39 | 1:12:00 | 1:36:45 |
| 7.  | Masumi Fuchise   | 23:54 | 48:31 | 1:12:49 | 1:37:28 |
| 8.  | Natsumi Kurahara | 24:40 | 49:25 | 1:14:07 | 1:38:44 |
| 9.  | Nozomi Yagi      | 24:40 | 49:25 | 1:14:07 | 1:38:51 |
| 10. | Maika Yagi       | 24:39 | 49:25 | 1:14:07 | 1:38:57 |
| 11. | Chiaki Yamato    | 24:29 | 49:10 | 1:14:12 | 1:39:47 |
| 12. | Sae Matsumoto    | 23:35 | 48:20 | 1:13:30 | 1:39:51 |
| 13. | Akane Tamaki     | 24:40 | 49:26 | 1:14:27 | 1:40:05 |
| 14. | Chisa Todokoro   | 24:40 | 49:26 | 1:14:27 | 1:40:13 |
| 15. | Hirori Yokoyama  | 24:40 | 49:27 | 1:15:29 | 1:42:11 |
| 16. | Keiko Adachi KAC | 25:09 | 50:35 | 1:16:34 | 1:42:28 |
| 17. | Nanako Fujii     | 25:45 | 51:09 | 1:16:43 | 1:43:28 |
| 18. | Chihiro Takenaka | 25:09 | 50:35 | 1:16:50 | 1:43:30 |
| 19. | Mayo Asano       | 24:34 | 49:56 | 1:16:18 | 1:43:43 |
| 20. | Haruko Nakagawa  | 26:01 | 52:01 | 1:18:11 | 1:44:11 |
| 21. | Miyu Oono        | 25:45 | 51:36 | 1:17:44 | 1:44:31 |
| 22. | Riho Fukamizu    | 26:02 | 52:36 | 1:18:53 | 1:45:16 |
| 23. | Chiho Tahira     | 25:09 | 51:06 | 1:17:45 | 1:45:29 |
| 24. | Shion Honma      | 24:39 | 50:23 | 1:17:34 | 1:45:37 |
| 25. | Nozomi Kawabe    | 26:03 | 52:24 | 1:19:06 | 1:45:44 |
| 26. | Mari Takeuchi    | 25:45 | 51:25 | 1:17:48 | 1:46:02 |
| 27. | Kie Suenaga      | 24:53 | 51:06 | 1:18:17 | 1:46:17 |
| 28. | Nanako Otani     | 26:01 | 52:01 | 1:18:53 | 1:46:45 |
| 29. | Nanako Norimoto  | 24:39 | 49:47 | 1:16:18 | 1:46:53 |
| 30. | Nao Iwata        | 26:02 | 52:19 | 1:19:18 | 1:47:20 |
| 31. | Miyabi Kurihara  | 24:57 | 51:06 | 1:18:01 | 1:47:26 |
| 32. | Chika Yamada     | 25:38 | 52:06 | 1:19:44 | 1:47:51 |
| 33. | Sakiko Tsubohira | 25:55 | 52:25 | 1:19:30 | 1:48:08 |
| 34. | Yurika Omura     | 25:32 | 52:07 | 1:19:46 | 1:48:11 |
| 35. | Hiroko Takano    | 24:56 | 50:02 | 1:18:30 | 1:48:31 |

|     |                 |       |       |         |         |
|-----|-----------------|-------|-------|---------|---------|
| 36. | Yuho Kurihara   | 26:12 | 53:34 | 1:21:24 | 1:49:52 |
| 37. | Hikari Yokoyama | 25:55 | 53:04 | 1:21:05 | 1:50:33 |
| 38. | Fuka Yazima     | 26:02 | 52:00 | 1:18:54 | 1:50:51 |
| 39. | Tomoka Sugiyama | 26:01 | 52:01 | 1:19:55 | 1:53:11 |
| 40. | Mutsumi Ogino   | 26:33 | 54:57 | 1:24:19 | 1:54:42 |
| 41. | Yumi Tachibana  | 26:33 | 53:45 | 1:23:08 | 1:56:59 |

### 10km U20 Men (127 starters, 121 finishers,

a dizzying 127 starters toed the line in the men's U20 10km, yet three walkers dominated from the start, with **Hiroto Jusyo**, **Takumi Suzuki** and **Motohumi Suwa** in a class of their own. Passing through the 5km mark in 20:13, it was Jusyo who broke clear to win with 40:14, ahead of Suzuki with 40:21 and Suwa with 40:50. Three athletes under 41.00, another five under 42.00 and a further seven under 43.00, and the last finisher (number 121) recording 52:32! What depth!

|     |                    |       |       |
|-----|--------------------|-------|-------|
| 1.  | Hiroto Jusyo       | 20:13 | 40:14 |
| 2.  | Takumi Suzuki      | 20:13 | 40:21 |
| 3.  | Motohumi Suwa      | 20:13 | 40:50 |
| 4.  | Tomoki Furukawa    | 20:25 | 41:06 |
| 5.  | Ryo Hamanishi      | 20:20 | 41:07 |
| 6.  | Yuu Takeuchi       | 20:25 | 41:32 |
| 7.  | Mitsuki Murate     | 20:44 | 41:33 |
| 8.  | Taichi Kenmotsu    | 20:57 | 41:59 |
| 9.  | Tatsuhiko Nagayama | 21:21 | 42:28 |
| 10. | Masaru Suzuki      | 21:24 | 42:37 |
| 11. | Naruki Nomura      | 21:02 | 42:46 |
| 12. | Yutaro Inoue       | 21:12 | 42:48 |
| 13. | Kazuhiro Tateiwa   | 21:18 | 42:55 |
| 14. | Subaru Ishida      | 21:09 | 42:56 |
| 15. | Rihito Ishida      | 21:11 | 42:58 |
| 16. | Yusuke Hattori     | 20:47 | 43:01 |
| 17. | Hayato Sawada      | 21:10 | 43:05 |
| 18. | Kanta Kobayashi    | 21:22 | 43:08 |
| 19. | Ryouga Oosima      | 21:24 | 43:21 |
| 20. | Kohta Takamatu     | 21:15 | 43:22 |
| 21. | Yuusuke Iwakawa    | 21:30 | 43:32 |
| 22. | Naoya Kawabata     | 21:51 | 43:40 |
| 23. | Kantarou Kuroda    | 21:38 | 43:42 |
| 24. | Tatsuya Idei       | 21:52 | 43:47 |
| 25. | Youta Mutou        | 21:42 | 43:49 |
| 26. | Yuma Toda          | 21:43 | 43:49 |
| 27. | Atsushi Fujiki     | 21:26 | 43:50 |
| 28. | Tomoki Azagami     | 21:10 | 43:53 |
| 29. | Haruki Manjyu      | 22:01 | 43:55 |
| 30. | Ryosuke Kikuchi    | 22:04 | 43:56 |
| 31. | Masashi Fujita     | 21:50 | 43:58 |
| 32. | Taiti Isobe        | 22:03 | 44:04 |
| 33. | Takatsugu Nakagawa | 21:19 | 44:07 |
| 34. | Ryuei Tawamoto     | 21:52 | 44:10 |
| 35. | Takumi Kitamura    | 21:37 | 44:12 |
| 36. | Rei Nakashima      | 22:03 | 44:15 |
| 37. | Syu Usami          | 21:55 | 44:15 |
| 38. | Kenta Kato         | 21:54 | 44:16 |
| 39. | Shinya Ishii       | 21:54 | 44:27 |
| 40. | Shu Mega           | 21:55 | 44:27 |
| 41. | Ryuunosuke Kumada  | 22:06 | 44:32 |
| 42. | Ryusuke Ueno       | 21:56 | 44:36 |
| 43. | Hyogo Goto         | 21:42 | 44:37 |
| 44. | Taisei Miyazaki    | 22:14 | 44:40 |
| 45. | Mitiya Maeda       | 22:16 | 44:47 |
| 46. | Kenta Takaki       | 22:05 | 44:59 |
| 47. | Soushi Yukawa      | 22:04 | 44:59 |
| 48. | Kazuki Yanahashi   | 22:30 | 45:04 |
| 49. | Kazuma Yada        | 22:04 | 45:12 |
| 50. | Naoki Arakawa      | 22:10 | 45:18 |
| 51. | Fumiya Shimada     | 22:21 | 45:21 |
| 52. | Yamato Taniguti    | 22:06 | 45:23 |
| 53. | Naoyuki Urata      | 22:11 | 45:24 |
| 54. | Kenta Nakaya       | 22:29 | 45:26 |
| 55. | Eiji Suzuki        | 21:55 | 45:27 |

|      |                   |       |       |
|------|-------------------|-------|-------|
| 56.  | Tatuaki Kawano    | 22:30 | 45:29 |
| 57.  | Temmaru Hirota    | 22:23 | 45:30 |
| 58.  | Takahiro Morimoto | 22:23 | 45:32 |
| 59.  | Yuto Akasaka      | 22:33 | 45:37 |
| 60.  | Kanta Tokuyama    | 21:59 | 45:37 |
| 61.  | Tomoki Kondou     | 22:26 | 45:42 |
| 62.  | Keigo Ouchi       | 22:40 | 45:43 |
| 63.  | Kiyotaka Hotta    | 22:47 | 45:45 |
| 64.  | Kaisei Akiyama    | 22:23 | 45:50 |
| 65.  | Kozo Arahori      | 22:32 | 45:50 |
| 66.  | Chikara Houda     | 22:32 | 45:53 |
| 67.  | Taisi Kobukai     | 22:48 | 45:56 |
| 68.  | Kouki Ono         | 22:34 | 46:04 |
| 69.  | Hiroto Sakakibara | 22:32 | 46:06 |
| 70.  | Tsuyosi Ueda      | 22:33 | 46:07 |
| 71.  | Daiki Fuse        | 22:22 | 46:14 |
| 72.  | Kanata Awashima   | 22:26 | 46:22 |
| 73.  | Tomoki Inoue      | 22:25 | 46:24 |
| 74.  | Daichi Oku        | 22:48 | 46:29 |
| 75.  | Ryouma Yamashita  | 22:59 | 46:33 |
| 76.  | Kanta Imanaka     | 22:48 | 46:38 |
| 77.  | Shunya Mukunoki   | 22:44 | 46:44 |
| 78.  | Yuuta Nakamura    | 22:59 | 46:46 |
| 79.  | Shunsuke Gotou    | 23:12 | 46:48 |
| 80.  | Yuuta Takao       | 22:46 | 46:54 |
| 81.  | Ryoki Iijima      | 22:40 | 46:56 |
| 82.  | Kouya Miyahara    | 23:11 | 46:59 |
| 83.  | Shou Ugou         | 23:01 | 46:59 |
| 84.  | Hiroki Ikeuchi    | 23:11 | 47:02 |
| 85.  | Arata Takeuchi    | 23:00 | 47:11 |
| 86.  | Tokunosuke Karita | 22:48 | 47:14 |
| 87.  | Hiroya Shioiri    | 22:47 | 47:20 |
| 88.  | Kouhei Maru       | 23:16 | 47:21 |
| 89.  | Touma Miura       | 23:11 | 47:25 |
| 90.  | Itsuki            | 23:30 | 47:26 |
| 91.  | Souto Kobayashi   | 23:19 | 47:26 |
| 92.  | Takamitsu Harada  | 23:15 | 47:33 |
| 93.  | Gai Ikeura        | 23:24 | 47:35 |
| 94.  | Shunsuke Kojima   | 23:23 | 47:38 |
| 95.  | Ryouta Kawamura   | 22:57 | 47:44 |
| 96.  | Kaito Ebihara     | 23:25 | 47:53 |
| 97.  | Seiya Hojo        | 23:44 | 47:58 |
| 98.  | Keito Ogawa       | 23:44 | 47:59 |
| 99.  | Daiki Yamazaki    | 23:40 | 48:01 |
| 100. | Ryota Chikahiro   | 23:30 | 48:28 |
| 101. | Syuhei Hamamoto   | 23:56 | 48:29 |
| 102. | Masahumi Inomata  | 23:59 | 48:47 |
| 103. | Yuuki Kurakazu    | 23:31 | 48:47 |
| 104. | Shun Itou         | 23:57 | 48:58 |
| 105. | Kazuma Kamitataru | 24:08 | 48:59 |
| 106. | Shouma Yamashita  | 24:20 | 49:14 |
| 107. | Ryota Kuroki      | 23:59 | 49:15 |
| 108. | Taiyo Jituhira    | 23:52 | 49:20 |
| 109. | Ritsuya Sano      | 23:48 | 49:24 |
| 110. | Tatuki Ueno       | 24:47 | 49:30 |
| 111. | Masatoshi Hiraoka | 23:48 | 49:34 |
| 112. | Akihiro Minakata  | 24:05 | 49:45 |
| 113. | Motoya Kouda      | 23:58 | 49:52 |
| 114. | Takuya Hikosaka   | 24:41 | 49:59 |
| 115. | Mototsugu Suzuki  | 24:00 | 50:16 |
| 116. | Asahi Sanfukuji   | 24:00 | 50:37 |
| 117. | Ryuki Tokai       | 24:43 | 50:54 |
| 118. | Keijiro Saito     | 24:49 | 50:59 |
| 119. | Hiroki Kanayama   | 24:35 | 51:17 |
| 120. | Kouta Uekawa      | 24:19 | 52:09 |
| 121. | Taiki Uemura      | 25:49 | 52:32 |



**5km U20 Women (63 starters, 62 finishers, 1 DNF and 1 DQ)**

Another huge race, with 63 women. A win to **Murakami Ai** (22:32) ahead of **Kitakohji Sae** (22:35) and **Minori Yabuta** (22:53).

|     |                   |       |
|-----|-------------------|-------|
| 1.  | Murakami Ai       | 22:32 |
| 2.  | ae Kitakohji      | 22:35 |
| 3.  | Minori Yabuta     | 22:53 |
| 4.  | Mao Tatsumi       | 23:11 |
| 5.  | Minami Matsumoto  | 23:13 |
| 6.  | Nami Hayashi      | 23:18 |
| 7.  | Akane Tamari      | 23:22 |
| 8.  | Mami Kurimoto     | 23:27 |
| 9.  | Akari Utunomiya   | 23:43 |
| 10. | Natuki Onai       | 23:46 |
| 11. | Hayane Ochiai     | 23:49 |
| 12. | Ayumi Sugibayashi | 23:55 |
| 13. | Nami Fujii        | 24:16 |
| 14. | Ruka Okamoto      | 24:19 |
| 15. | Emiri Minami      | 24:20 |
| 16. | Tie Fusimi        | 24:22 |
| 17. | Asaki Shishida    | 24:23 |
| 18. | Rio Naka          | 24:23 |
| 19. | Saki Yanagita     | 24:32 |
| 20. | Reira Yamauchi    | 24:33 |
| 21. | Ririka Ikeda      | 24:41 |
| 22. | Minami Tamaki     | 24:41 |
| 23. | Wakana Murofushi  | 24:42 |
| 24. | Aoi Katumata      | 24:44 |
| 25. | Suzuka Kume       | 24:47 |
| 26. | Haruna Sakata     | 24:53 |
| 27. | Mao Morita        | 24:53 |
| 28. | Miyu Iijima       | 24:54 |
| 29. | Marin Watanabe    | 24:59 |
| 30. | Nanami Shibuya    | 25:00 |
| 31. | Kaede Soma        | 25:00 |
| 32. | Kamibayashi Yuka  | 25:04 |
| 33. | Miho Itoyama      | 25:05 |
| 34. | Tomomi Hase       | 25:07 |
| 35. | Ayane Yabuki      | 25:08 |
| 36. | Moegi Yanai       | 25:12 |
| 37. | Naho Morikawa     | 25:13 |
| 38. | Risako Oda        | 25:18 |
| 39. | Yuka Hirasawa     | 25:20 |
| 40. | Ayaka Miki        | 25:21 |
| 41. | Yuzuki Baba       | 25:23 |
| 42. | Yayoi Hirose      | 25:24 |
| 43. | Yuuka Kawashima   | 25:25 |
| 44. | Hinase Kikuda     | 25:34 |
| 45. | Rin Kikuchi       | 25:34 |
| 46. | Natsumi Sato      | 25:37 |
| 47. | Michiru Akimoto   | 25:38 |
| 48. | Natsuse Ojima     | 25:50 |
| 49. | Sachiho Magae     | 25:54 |
| 50. | Tachibana Koyuki  | 25:55 |
| 51. | Kanon Morita      | 25:57 |
| 52. | Kaneko Sakura     | 25:59 |
| 53. | Manami Hagiwara   | 26:03 |
| 54. | Yuuka Kodama      | 26:09 |
| 55. | Yoshino Yuasa     | 26:13 |
| 56. | Mizuki Nishioka   | 26:26 |
| 57. | Kayo Kanmori      | 26:33 |
| 58. | Kaori Inoue       | 26:36 |
| 59. | Hina Takada       | 26:56 |
| 60. | Kotona Harada     | 27:02 |
| 61. | Karin Onouchi     | 28:59 |

**COLOMBIAN ROADWALK CHAMPIONSHIPS, PITALITO, COLOMBIA, SUNDAY 18 FEBRUARY**

Thanks to Marciadalmondo for these results (see [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3084](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3084)). The races, held at Pitalito, acted as the selection trials for the next South American Race Walk Championships that will take place in Sucua (ECU) on 10-11 March.

Victories to **Omar Sierra** (3:06:49) in the 40km, **Jose Montana** (1:24:01) and **Sandra Lorena Arenas** (1:34:31) in the 20km and **Sebastian Merchan** (43:26) and **Laura Christina Chalarca** (48:12) in the U20 10km. 2017 London World Champion **Eider Arevalo** was surprisingly second in the men's 20km with 1:24:44. Colombia remains a South American racewalking powerhouse.

**40km Open Men**

|    |                            |      |        |         |
|----|----------------------------|------|--------|---------|
| 1. | OMAR DANIEL SIERRA MORALES | 1988 | BOGOTA | 3:06.49 |
| 2. | JAMES RENDON VILLEGAS      |      | BOGOTA | 3:14.02 |
| 3. | PINZON FLOREZ DIEGO JUAN   | 1985 | FF-AA  | 3:18.38 |
| 4. | FERNEY ROJAS MESA          |      | BOYACA | 3:22.19 |
| 5. | JHON EDISSON HERRERA       | 1995 | BOYACA | 3:38.50 |
| 6. | RODRIGO MORENO             |      | BOGOTA | 3:40.03 |

**20km Open Men**

|     |                                   |      |              |         |
|-----|-----------------------------------|------|--------------|---------|
| 1.  | JOSE LEONARDO MONTAÑA             | 1992 | BOGOTA       | 1:24.01 |
| 2.  | EIDER AREVALO                     | 1993 | BOGOTA       | 1:24.44 |
| 3.  | JHON ALEXANDER CASTAÑEDA          | 1992 | META         | 1:26.57 |
| 4.  | RUIZ FAJARDO JORGE ARMANDO        | 1989 | FF-AA        | 1:30.09 |
| 5.  | BRAYAN ALBERTO FUENTES ROZO       | 1996 | BOGOTA       | 1:31.19 |
| 6.  | JORGE LUIS CASTILLO               | 1996 | CUNDINAMARCA | 1:31.28 |
| 7.  | CUELLAR CHAVARRO DIEGO FERNANDO   | 1996 | FF-AA        | 1:33.06 |
| 8.  | JHON SEBASTIAN RODRIGUEZ VALENCIA | 1995 | VALLE        | 1:33.44 |
| 9.  | GARRIDO TRIANA IVAN GABRIEL       | 1994 | FF-AA        | 1:34.38 |
| 10. | MARTIN PEREZ KENNY MARTIN         | 1994 | FF-AA        | 1:41.50 |
| 11. | LUGO QUINTERO BRAYAN              | 1998 | FF-AA        | 1:45.32 |
| 12. | ALEXANDER COBALEDA LARA           | 1995 | CAQUETA      | 1:46.57 |
|     | TRUQUE CORREA JEFFERSON DUVAN     | 1998 | FF-AA        | DNF     |
|     | MANUEL ESTEBAN SOTO               | 1994 | BOGOTA       | DNF     |
|     | CRISTIAN MERCHAN                  | 1997 | BOGOTA       | DNF     |
|     | DIAZ PINEDA JORGE ESTIVENS        | 1987 | FF-AA        | DQ      |

**20km Open Women**

|     |                               |      |              |         |
|-----|-------------------------------|------|--------------|---------|
| 1.  | SANDRA LORENA ARENAS          | 1993 | ANTIOQUIA    | 1:34.31 |
| 2.  | SANDRA VIVIANA GALVIS         | 1986 | CUNDINAMARCA | 1:35.00 |
| 3.  | ARABELLY ORJUELA              |      | BOGOTA       | 1:35.53 |
| 4.  | INGRID JOHANA HERNANDEZ       | 1988 | BOGOTA       | 1:37.04 |
| 5.  | YESEIDA ISAID CARRILLO TORRES | 1993 | CUNDINAMARCA | 1:37.59 |
| 6.  | SARA PATRICIA PULIDO          | 1994 | BOGOTA       | 1:41.33 |
| 7.  | CAROLINA MARIÑO FONSECA       | 1994 | BOYACA       | 1:41.58 |
| 8.  | LINA GERALDINE BOLIVAR        | 1988 | BOGOTA       | 1:44.34 |
| 9.  | SANDRA MARGARITA SANCHEZ      | 1992 | VALLE        | 1:48.12 |
| 10. | GERALDINE RUGE                | 1998 | BOGOTA       | 2:05.15 |

**10km U20 Men**

|    |                            |      |           |       |
|----|----------------------------|------|-----------|-------|
| 1. | SEBASTIAN MERCHAN          | 2000 | BOGOTA    | 43.26 |
| 2. | ANDERSON CALLEJAS VILLALBA | 2000 | VALLE     | 43.40 |
| 3. | CESAR ALBERTO HERRERA      | 1999 | BOGOTA    | 43.47 |
| 4. | JUAN DAVID JIMENEZ         | 1999 | BOGOTA    | 43.52 |
| 5. | DABERSON ALEJANDRO MEZA    | 2000 | ANTIOQUIA | 46.57 |
| 6. | CRISTIAN CAMILO MARQUEZ    | 2000 | BOGOTA    | 49.23 |

**10km U20 Women**

|    |                          |      |        |         |
|----|--------------------------|------|--------|---------|
| 1. | LAURA CRISTINA CHALARCA  | 2000 | BOGOTA | 48.12   |
| 2. | NATALIA ANDREA MONTAÑA   | 2000 | BOGOTA | 52.15   |
| 3. | ANA LUZ CUELLAR CHAVARRO | 2000 | HUILA  | 56.27   |
| 4. | SOFIA CHAMORRO           | 2000 | NARIÑO | 1:06.28 |

**10km U18 Men (first 3 only)**

|    |                           |      |        |       |
|----|---------------------------|------|--------|-------|
| 1. | CHRISTIAN ALEXANDER ROJAS | 2002 | BOGOTA | 48.34 |
| 2. | FEDERICO DE LIMA ALVAREZ  | 2001 | VALLE  | 48.43 |
| 3. | KEVIN GUZMAN              | 2001 | BOGOTA | 48.52 |

**5km U18 Women (first 3 only)**

|    |                               |      |        |       |
|----|-------------------------------|------|--------|-------|
| 1. | LISSETH BORRERO GUTIERREZ     | 2001 | BOGOTA | 25.43 |
| 2. | GRACE FERNANDA BERNAL CORDOBA | 2001 | NARIÑO | 26.11 |
| 3. | LEYDI NOHEMI HERNADEZ         | 2002 | VALLE  | 26.55 |

**3km U16 Men (first 3 only)**

|    |                            |      |              |       |
|----|----------------------------|------|--------------|-------|
| 1. | MATEO ROMERO BLANCO        | 2003 | BOGOTA       | 13.52 |
| 2. | RONALD ESTIVEN SAYA GARCES | 2003 | CUNDINAMARCA | 15.23 |
| 3. | JULIAN PRADA SALAZAR       | 2003 | CUNDINAMARCA | 15.56 |

**2km U16 Women (first 3 only)**

|    |                            |      |        |       |
|----|----------------------------|------|--------|-------|
| 1. | NATHALIA PULIDO            | 2004 | VALLE  | 10.03 |
| 2. | SARA LUCIA GARCIA USMA     | 2003 | VALLE  | 10.39 |
| 3. | DANA MICHEL MONTAÑO CHACON | 2003 | BOGOTA | 10.44 |

|  |
|--|
| <b>2018 ERWL RACE 2, QEII, ENFIELD, SATURDAY 17 FEBRUARY</b> |
|--|

Thanks to Ron Wallwork for the latest races from the Enfield Race Walking League in London. Ron commented: Staged in superb conditions; 11c, bright sunny. Fifteen year old **George Wilkinson** continues to impress with another PB.

**5 Miles Walk Women**

|     |                     |               |     |       |
|-----|---------------------|---------------|-----|-------|
| 1.  | MIDDLETON Helen     | EHAC          | W55 | 48.18 |
| 2.  | PEDDLE Melanie      | Loughton AC   | W45 | 48.32 |
| 3.  | BISHOP Fiona        | Woking AC     | W55 | 53.37 |
| 4.  | BLATCHFORD Noel     | Abingdon AC   | W70 | 54.19 |
| 5.  | PARKINSON Claire    | unatt         | W60 | 55.18 |
| 6.  | BENTLEY Pearson Jan | Ilford AC     | W55 | 55.29 |
| 7.  | MILES Jo            | Hillingdon AC | W60 | 57.09 |
| 8.  | LEGON Geraldine     | Bexley AC     | W55 | 57.50 |
| 9.  | BRAVERMAN Diana     | Enfield H AC  | W65 | 58.00 |
| 10. | HOWARD Kin ©        | unatt         | W60 | 59.08 |
| 11. | SCURFIELD Anne      | Ilford AC     | W60 | 59.36 |
| 12. | MORRIS Lesley       | Ilford AC     | W55 | 59.37 |
| 13. | CLEMENTS Sue ©      | Camb/Col)     | W60 | 61.26 |

**5 Miles Walk Men**

|     |                  |               |     |       |
|-----|------------------|---------------|-----|-------|
| 1.  | CRANE David      | Surrey WC     | M40 | 40.12 |
| 2.  | WILKINSON George | Enfield H AC  | u17 | 41.25 |
| 3.  | CHAPMAN Graham   | Headington RR | M60 | 45.09 |
| 4.  | MARTIN Malcolm   | SWC           | M60 | 46.00 |
| 5.  | FISHER Martin ©  | Redcar RWC    | M55 | 47.15 |
| 6.  | BENNETT Stuart © | Ilford AC     | M55 | 51.16 |
| 7.  | RALPH John       | Enfield H AC  | M60 | 51.20 |
| 8.  | ALLEN Steve      | Barnet        | M60 | 51.31 |
| 9.  | SMITH Gary ©     | Enfield H AC  | M60 | 51.53 |
| 10. | KATES David ©    | Ilford AC     | M65 | 52.14 |
| 11. | COX Andrew       | Hillingdon AC | M65 | 53.53 |
| 12. | FLINT Chris ©    | Surrey WC     | M70 | 55.32 |
| 13. | THOMSON Arthur   | Enfield H AC  | M80 | 55.33 |
| 14. | HOBEN David      | Surrey WC     | M65 | 58.41 |
| 15. | WILKINSON Tony   | unatt         | M55 | 59.03 |
| 16. | CASSIDY Peter    | Loughton AC   | M75 | 60.30 |

**4 Miles Walk**

|    |                  |           |     |       |
|----|------------------|-----------|-----|-------|
| 1. | AINSWORTH Dave © | Ilford AC | M65 | 57.30 |
|----|------------------|-----------|-----|-------|

**3 Miles Walk**

|    |                 |              |     |       |
|----|-----------------|--------------|-----|-------|
| 1. | CRILLEY Kathy © | Surrey WC    | W70 | 38.50 |
| 2. | LIVERMORE Ken © | Enfield H AC | M85 | 42.45 |
| 3. | LAWLESS Rachel  | Ilford AC    | W55 | 47.32 |
| 4. | MARTIN Angela   | Surrey WC    |     | 23.04 |

**1 Miles Walk**

|    |             |               |  |       |
|----|-------------|---------------|--|-------|
| 1. | BOBBETT Ken | Hillingdon AC |  | 10.40 |
|    | SHOTT Maddy | Belgrave H    |  | DNF   |

**GUATALAMA ROADWALK CHAMPIONSHIPS, CAMPO DE MARTE, GUATAMALA, SATURDAY 10 FEBRUARY**

Finally back a week for a couple of extra results that I missed last week. Thanks to marciadalmondo for the results of the Guatemala roadwalk championships (see [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3077](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3077)). The only major name missing was Erick Barrondo (racing in Europe). Wins to **Bernardo Uriel Barrondo Garcia** (3:57:33), **José María Raymundo Cox** (1:25:43) and **Mayra Carolina Herrera Perez** (1:37:52)

**50km Open Men**

|    |                                |                             |         |
|----|--------------------------------|-----------------------------|---------|
| 1. | Bernardo Uriel Barrondo García | Proy. Marcha Barrondo-Ortiz | 3:57:33 |
| 2. | Jürgen Everhard Grave Chávez   | Equipo de Marcha Sub-23     | 4:11:50 |
| 3. | Erwin Ernesto Morales Paau     | Equipo de Marcha Sub-23     | 4:18:07 |
| 4. | Mario Alfonso Bran Granillo    | Eli Sports                  | 4:24:50 |
| 5. | Sergio Daniel Sacul Caal       | Equipo de Marcha Sub-23     | 4:25:51 |
| 6. | Luis Ángel Sánchez Pérez       | Strong Athletics            | 4:41:12 |

**20km Open Men**

|    |                              |                             |         |
|----|------------------------------|-----------------------------|---------|
| 1. | José María Raymundo Cox      | Equipo de Marcha Sub-23     | 1:25:43 |
| 2. | José Gregorio Ajcam Caal     | Proy. Marcha Barrondo-Ortiz | 1:26:26 |
| 3. | José Alejandro Barrondo Chuc | Equipo de Marcha Sub-23     | 1:27:24 |
| 4. | Angel Rolando Batz Chub      | Alta Verapaz                | 1:28:16 |
| 5. | José Oswaldo Calel Sis       | Equipo de Marcha Sub-23     | 1:29:57 |
| 6. | Walter Abimael Xet Pérez     | Individual                  | 1:35:23 |
| 7. | Felipe Col Pacay             | Alta Verapaz                | 1:36:30 |
| 8. | José Victor Alonzo           | Baja Verapaz                | 1:54:19 |

**20km Open Women**

|    |                                   |                         |         |
|----|-----------------------------------|-------------------------|---------|
| 1. | Mayra Carolina Herrera Pérez      | Strong Athletics        | 1:37:52 |
| 2. | Maritza Rafaela Poncio Tzul       | Equipo de Marcha Sub-23 | 1:42:20 |
| 3. | Vilma Leticia Ajpop Velásquez     | Totonicapán             | 1:51:31 |
| 4. | Arely Esmeralda Morales Hernández | Equipo de Marcha Sub-23 | 1:56:00 |
|    | Céfora Micaela Poncio Tzul        | Equipo de Marcha Sub-23 | DNF     |
|    | Maritza Argentina San José        | Baja Verapaz            | DQ      |

**10km U20 Men**

|    |                              |                             |       |
|----|------------------------------|-----------------------------|-------|
| 1. | José Eduardo Ortíz Flores    | Proy. Marcha Barrondo-Ortiz | 42:36 |
| 2. | Anibal Xiquin Zapeta         | Quiché                      | 44:29 |
| 3. | Cristian Epifanio Toco Pérez | Strong Athletics            | 46:37 |
| 4. | Josias Flores                | Alta Verapaz                | 48:15 |
| 5. | Hector Geovanny Jocol Toc    | Quetzaltenango              | 51:36 |
| 6. | Walter Sacul                 | Alta Verapaz                | 56:37 |

**10km U20 Women**

|    |                                   |                             |         |
|----|-----------------------------------|-----------------------------|---------|
| 1. | Yasuri Betzaida Palacios San José | Proy. Marcha Barrondo-Ortiz | 50:33   |
| 2. | Maidy Emileny Mongel Pérez        | Strong Athletics            | 51:41   |
| 3. | Lea Elizabeth Ajualip Matias      | Futuro Vivo                 | 54:27   |
| 4. | Alma Pop                          | Alta Verapaz                | 55:46   |
| 5. | Jessica Cucul Sulá                | Alta Verapaz                | 56:40   |
| 6. | Eenlee Mariana Martínez Méndez    | Sacatepéquez-ADESAC         | 59:37   |
| 7. | Rebeca Abigahil Col Alvarez       | Alta Verapaz                | 1:07:00 |
| 8. | Blanca Regina Xol Tiul            | Alta Verapaz                | 1:11:53 |

**GERMAN INDOOR MEET, ERFURTH, GERMANY, SATURDAY 10 FEBRUARY**

Again, thanks to marciadalmondo (see [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3073](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3073)) for their report on the wonderful performance of **Christpher Linke** in a 3000m indoor meet in Erfurth, Germany, a week ago. He scorched around the boards in a stupendous 10:49.33. Amazingly, it was only in the final lap that he was able to shake off **Nils Brembach**, his time of 10:52.15 almost as good. Fast times also to **Karl Junghannss** (11:13.47) and **Leo Kopp** (11.17.35).

**3000m Walk Men**

|    |                   |      |                     |          |
|----|-------------------|------|---------------------|----------|
| 1. | Linke Christopher | 1988 | SC Potsdam          | 10:49.33 |
| 2. | Brembach Nils     | 1993 | SC Potsdam          | 10:52.15 |
| 3. | Junghannß Karl    | 1996 | LAC Erfurt Top Team | 11:13.47 |
| 4. | Köpp Leo          | 1998 | LG Nord Berlin      | 11:17.35 |
|    | Pohle Hagen       | 1992 | SC Potsdam          | DQ       |

## MARCIADALMONDO AND OMARCHADOR ROUNDUP

Marciadalmondo has 13 press releases this week

- Mon 19 Feb - Tom Bosworth walks 18:28.70 for indoor 5000m  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3085](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3085)
- Mon 19 Feb - Omar Sierra, Jose Montana and Sandra Lorena Arenas win Colombian roadwalk champs  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3084](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3084)
- Sun 18 Feb - Brigita Virbalyte-Dimsiene and Marius Ziukas win Lithuanian Indoor Champs walks  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3083](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3083)
- Sun 18 Feb - Results of French Indoor Champs in Lievin  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3082](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3082)
- Sun 18 Feb - Eiki Takahashi (1:17:26) wins Japanese 20km Championship in Kobe  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3081](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3081)
- Sun 18 Feb - Results of Day 2 of the Indian Roadwalk Championships in Nuova Delhi  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3080](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3080)
- Sat 17 Feb - Antonella Palmisano (11:53.30) and Francesco Fortunato (18:55.26) win Italian Indoor Champs  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3079](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3079)
- Sat 17 Feb - Results of Day 1 of the Indian Roadwalk Championships in Nuova Delhi  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3078](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3078)
- Thu 15 Feb - Results of Guatemala National Championships in Guatemala City  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3077](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3077)
- Fri 16 Feb - Preview of Indian Roadwalk Champs in New Delhi  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3076](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3076)
- Wed 14 Feb - Preview of Italian Indoor T&F Championship walks  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3075](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3075)
- Wed 14 Feb - Preview of Japanese Roadwalk Championships in Kobe  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3074](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3074)
- Tue 13 Feb - Christopher Linke wins German 3000m Indoor Championship in 10:49.33  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3073](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3073)

and Omarchador has 15 press releases

- Mon 19 Feb – Soumya B. sets Indian women’s 20km record in national championships  
<http://omarchador.blogspot.com.au/2018/02/soumya-b-com-recorde-da-india-nos-20-km.html>
- Mon 19 Feb – Tom Bosworth sets British indoor 5000m record in National Championships  
<http://omarchador.blogspot.com.au/2018/02/recorde-britanico-de-pista-coberta-para.html>
- Sun 18 Feb - Kumar and Patel stand out in the opening round of the Indian championships  
<http://omarchador.blogspot.com.au/2018/02/kumar-e-patel-destacam-se-na-primeira.html>
- Sun 18 Feb - Results of Athlone Indoor Championship walks in Ireland  
<http://omarchador.blogspot.com.au/2018/02/irlanda-campeonatos-universitarios-de.html>
- Sun 18 Feb - Results of Polish U20/U18 Indoor Championship walks in Torun  
<http://omarchador.blogspot.com.au/2018/02/polonia-campeonatos-de-sub-20-e-sub-18.html>
- Sat 17 Feb - Results of Winter League walks at Montijo, Badajoz, Spain  
<http://omarchador.blogspot.com.au/2018/02/a-marcha-na-liga-de-inverno-da.html>
- Sat 17 Feb - Brazil Racewalk Cup to be held in Sobradinho tomorrow  
<http://omarchador.blogspot.com.au/2018/02/sobradinho-recebe-copa-brasil-em.html>

- Sat 17 Feb - Bombal to host Portuguese National Clubs Indoor Champs this weekend  
<http://omarchador.blogspot.com.au/2018/02/final-do-nacional-de-clubes-pista.html>
- Fri 16 Feb - Indian Racewalk Champs to take place in New Delhi this weekend  
<http://omarchador.blogspot.com.au/2018/02/campeonatos-da-india-terao-lugar-neste.html>
- Fri 16 Feb - Results of Guatamalan Racewalk Championships  
<http://omarchador.blogspot.com.au/2018/02/campeonatos-da-guatemala-em-campo-de.html>
- Thu 15 Feb - Results of French Masters Indoor Championships  
<http://omarchador.blogspot.com.au/2018/02/campeonatos-de-franca-de-veteranos-em.html>
- Thu 15 Feb - Preview of this weekend's Japanese racewalk championships in Kobe  
<http://omarchador.blogspot.com.au/2018/02/kobe-recebe-este-fim-de-semana-os.html>
- Wed 14 Feb - Roberto Vieiro and Carmen Escariz dominate Galician championships in Aldán  
<http://omarchador.blogspot.com.au/2018/02/roberto-vieiro-e-carmen-escariz-dominam.html>
- Wed 14 Feb - Results of Italian U18 Indoor Championship walks  
<http://omarchador.blogspot.com.au/2018/02/campeonatos-italianos-de-sub-18-em.html>
- Tue 13 Feb - Tsinopoulou and Papamichail win Greek Indoor Championships  
<http://omarchador.blogspot.com.au/2018/02/tsinopoulou-e-papamichail-vencem.html>

## OUT AND ABOUT

- Well done to Australian 20km Champion **Dane Bird-Smith** on being awarded the Athletics Australia Male Athlete of the Year for 2017 at Sunday night's awards ceremony at the end of the National T&F Championships. See more at <http://athletics.com.au/News/our-best-athletes-honoured-at-athletics-australia-gala-dinner>.



- Racewalking Australia President Bob Cruise's latest newsletter makes for great reading. Well done Bob! See <http://www.rwa.org.au/wp/2018/02/13/rwa-news-letter-1-february-2018/>.
- Excellent article on Commonwealth Games bound **Michael Hosking**. See <http://athletics.com.au/News/up-and-down-and-back-again-hosking-commonwealth-games-bound>.
- Athletics England, has announced race walk teams for the Lugano Trophy 15th Memorial Mario Albisetti 20km in Switzerland and for the 37th Dudinska 50km in Slovakia. Well done to the following walkers
  - Lugano 20km: **Gemma Bridge, Tom Bosworth, Callum Wilkinson, Erika Kelly and Cameron Corbishley**
  - Dudince 50km: **Daniel King (Coach: Dominic King and Dominic King)**

- **Jared Tallent** is one of the many members of the Australian racewalking community helping the Commonwealth Games Torch on its way to Queensland. He was one of the torch relay runners in Ballarat on Monday 12<sup>th</sup> February.



- Great snap by Carl Meyer of 50km 2016 Olympic gold medalist **Matej Toth** training in Boksburg (South Africa) in perfect weather.



- The Australian Ultra Running Assn Executive Committee has resolved that it be a prerequisite of applying for Australian Team representation that athletes must have completed both the online Level 1 and level 2 Anti-Doping Courses provided by ASADA. This means that to be considered for AURA selection, you must provide the certificate as part of your selection application. If it's good enough for the ultra running community, it is good enough for the rest of us. Find out more about the ASADA online courses at <https://elearning.asada.gov.au/>.
- Australian athletics looks set to be rocked by a drugs scandal, with the daughter of Olympic gold medallist and former senator Nova Peris testing positive. Sprinter Jessica Peris was forced to withdraw from the Commonwealth Games selection trials on the Gold Coast last weekend after a banned substance was detected in a sample taken by ASADA. It's not known what substance is involved and confirmation is expected within days after testing of the B sample. See <https://www.qt.com.au/news/jessica-peris-daughter-of-olympic-gold-medallist-n/3340102/>.
- The Olympic Winter Games have their first doping case. Japanese short tracker Kei Saito was tested in Pyeongchang on 4 February before the start of the competitions, showing a positive for the masking substance acetazolamide and provisionally suspended. The B sample was also positive. Saito has left the Olympic Village according to the Japanese delegation. See <https://antidopingworld.wordpress.com/2018/02/13/the-first-positive-test-at-the-olympic-shorttracker-kei-saito-from-japan/>.

- Sadly Russia, which is supposed to be a country non grata at the Pyeongchang Olympics because of its outrageous, systematic doping program, is still a very big part of these Winter Games. Russian flags should be banned from the stands but do we really expect the IOC to do something tough! See <http://abcnews.go.com/Sports/wireStory/column-russian-ruling-espionage-war-doping-52956207>.
- What started off as a rumour has quickly been confirmed. Russian Pyeongchang Winter Olympics bronze medalist Alexander Krushelnitsky has tested positive for the banned substance meldonium. Meldonium increases blood flow which improves exercise capacity in athletes. There are now talks about an alleged second positive doping test for meldonium - possibly from the same athlete but at a different time. Meanwhile, CAS has quickly opened legal proceedings against the Russian curler. See [http://www.tas-cas.org/fileadmin/user\\_upload/Media\\_Release\\_ADD\\_p2018\\_English\\_2.pdf](http://www.tas-cas.org/fileadmin/user_upload/Media_Release_ADD_p2018_English_2.pdf).
- Of course, Russia wants to march in the Closing Ceremony under its own flag. That now becomes less likely, given this latest fiasco.
- In a step taken to help eliminate potential conflict of interest concerns as a USA Department of Justice (DOJ) investigates the bids for several international athletic championships, the USATF board of directors on Sunday placed USATF President and board Vice Chairman Vin Lananna on temporary administrative leave. In the last 10 days USATF has learned that media reports of a federal investigation into the awarding of the 2021 World Championships are confirmed, and that TrackTown USA and its president, Mr. Lananna, were initially contacted by federal law enforcement months ago. See USATF press release at <http://vrwc.org.au/documents/USATF-Release.jpg>.

### UPDATED COMMONWEALTH 20KM RANKINGS

Thanks to Mark Wall for his updates to the Commonwealth 20km rankings, taking into account performances at last weekend's Indian Roadwalk Championships. I must point out that since different countries have set different qualification periods, these lists may not be strictly correct but they are still a very good indication of where we stand, with a little under 2 months until the Commonwealth Games in Queensland. I have restricted them to 3 per country, as that is the most that can be chosen.

|         |                      |     |                 |           |
|---------|----------------------|-----|-----------------|-----------|
| 1:19:18 | Lebogang SHANGE      | RSA | London (GBR)    | 13-Aug-17 |
| 1:19:28 | Dane Ale. BIRD-SMITH | AUS | London (GBR)    | 13-Aug-17 |
| 1:20:58 | Tom BOSWORTH         | ENG | Rio Maior (POR) | 01-Apr-17 |
| 1:21:06 | Wayne SNYMAN         | RSA | cape Town (RSA) | 05-Aug-17 |
| 1:21:16 | Benjamin THORN E     | CAN | Uma (PER)       | 13-May-17 |
| 1:21:17 | Quentin REW          | NZL | Melbourne (AUS) | 17-Dec-17 |
| 1:21:31 | Irfan KOLOTHUM THODI | IND | New Delhi (IND) | 17-Feb-18 |
| 1:21:32 | Manish SINGH         | IND | New Delhi (IND) | 17-Feb-18 |
| 1:21:38 | Devender SINGH       | IND | Nomi (JPN)      | 19-Mar-17 |
| 1:22:17 | Callum WILKINSON     | ENG | Podebrady (CZE) | 21-May-17 |
| 1:22:52 | Samuellreri GATHIMBA | KEN | London (GBR)    | 13-Aug-17 |
| 1:23:00 | Evan DUN FEE         | CAN | Juarez (MEX)    | 19-Feb-17 |
| 1:23:10 | Michael HOSKING      | AUS | Adelaide (AUS)  | 11-Feb-18 |
| 1:24:54 | Rhvdian COWLEY       | AUS | Adelaide (AUS)  | 11-Feb-18 |
|         |                      |     |                 |           |
| 1:31:23 | BekiSMITH            | AUS | Adelaide (AUS)  | 11-Feb-18 |
| 1:31:26 | Jemima MONTAG        | AUS | Melbourne (AUS) | 11-Feb-18 |
| 1:31:29 | Baby SOUMYA          | IND | New Delhi (IND) | 17-Feb-18 |
| 1:31:29 | Claire TALLENT       | AUS | Adelaide (AUS)  | 11-Feb-18 |
| 1:32:17 | Khushbir KAUR        | IND | New Delhi (IND) | 17-Feb-18 |
| 1:32:19 | Alana BARBER         | NZL | Adelaide (AUS)  | 19-Feb-17 |
| 1:32:33 | Gemma BRIDGE         | ENG | Leeds (GBR)     | 25-Jun-17 |
| 1:33:04 | Bethan DAVIES        | WAL | Leeds (GBR)     | 25-Jun-17 |
| 1:34:09 | Karamjit KAUR        | IND | New Delhi (IND) | 17-Feb-18 |
| 1:34:15 | Grace Wanjiru NJUE   | KEN | Nairobi (KEN)   | 10-May-17 |
| 1:35:18 | Rachel TALLENT       | AUS | Adelaide (AUS)  | 11-Feb-18 |
| 1:37:39 | Heather LEWIS        | WAL | Lugano (SUI)    | 19-Mar-17 |
| 1:41:27 | Erika KELIY          | IOM | Leeds (GBR)     | 25-Jun-17 |

### 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.

#### Australian/Victorian Key Dates – 2017/2018 Summer Season

|                 |   |
|-----------------|---|
| Feb 23-25, 2018 | AV Junior & Para Championships, Lakeside Stadium, Melbourne, VIC                |
| Mar 2-4, 2018   | AV Open & Para Championships, Lakeside Stadium, Melbourne, VIC                  |
| Mar 11-13, 2018 | Little Athletics Victoria T&F Championships, Lakeside Stadium, Albert Park, VIC |



Mar 14-18, 2018 **Australian Junior Athletics Championships, Sydney, NSW**  
 Mar 24-25, 2018 AV Masters Championships, Doncaster/Nunawading, VIC  
 Apr 1 (Sun), 2018 Easter Sunday  
 Apr 4-15, 2018 Commonwealth Games, Gold Coast, QLD  
 20km Walks are on Sun 8 April, Currumbin Beachfront, Gold Coast, 7AM onwards  
 Apr 21-22, 2018 Australian Centurions 24 Hour Qualifying Race, Harold Stevens Athletics Track, Coburg, VIC  
 Apr 28-29, 2018 Australian Little Athletics Championships, Gold Coast, QLD  
 Apr 26-29, 2018 Australian Masters T&F Championships, Perth, WA. See <http://www.mastersathleticswa.org/perth2018/>  
 June 10 (Sun), 2018 Lake Burley Griffin Carnival, Stromlo Forest Park, Canberra, ACT  
 Aug 5 (Sun), 2018 Australian Masters 20km Championships, Adelaide, SA  
 Aug 26 (Sun), 2018 Australian Roadwalk Championships, Sunshine Coast, QLD (TBC)

#### 2018 Remaining IAAF Racewalking Challenge Events

Feb 24-25, 2018 Cat B Memorial Jerzy Hausleber, Monterrey, MEX  
 Apr 7, 2018 Cat B 27<sup>th</sup> Grande Prémio Internacional de Rio Maior em Marcha Atlética, Rio Maior, POR  
 May 5-6, 2018 Cat A IAAF World Race Walking Team Championships, Taicang, CHN  
 May 26, 2018 Cat B XXXII Gran Premio Cantones de La Coruña, La Coruña, ESP  
 Sep 23-26, 2018 Cat B Around Taihu International Race Walking 2018, Wuzhong, CHN

#### International Dates – 2018 and onwards

Mar 9-11, 2018 NZ T&F Championships, Hamilton, NZL (5000m and 20km)  
 Mar 11 (Sun), 2018 Lugano International Racewalks, Lugano, Switzerland (20km)  
 Mar 10-11, 2018 South American Racewalk Championships, Sucna, ECU  
 Mar 24 (Sat), 2018 Dudince International Racewalks, Dudince, Slovakia (20km and 50km for men and women)  
 Mar 30 (Sat), 2018 International Racewalks, Oloumoc, CZE  
 Apr 4-15, 2018 **XXI Commonwealth Games**, Gold Coast, QLD (20km roadwalks). See <http://www.gc2018.com>  
 Apr 7 (Sat), 2018 EAA Permit Racewalk Meet, Podebrady, CZE  
 Apr 14 (Sat), 2018 International Racewalk Meet, Naumburg, GER  
 Apr 28 (Sat), 2018 Men's and Women's 20km walk, Currumbin Beachfront, Sunday 8 April  
 May 5-6, 2018 International Walks Meet and Mikenas Memorial, Birstonas, LTU  
 Jun 8 (Fri), 2018 **28<sup>th</sup> IAAF World Race Walking Team Championships**, Taicang, China  
 Jun 9 (Sat), 2018 44<sup>th</sup> International Racewalking Festival, Alytus, Lithuania  
 Jun 9 (Sat), 2018 International Racewalk Meet, Simnas, Lithuania  
 July 10-15, 2018 **16<sup>th</sup> World Junior T&F Championships**, Tampere, Finland  
 Aug 7-12, 2018 **European Athletics Championships**, Berlin, Germany  
 Sept 4-16, 2018 **22<sup>nd</sup> World Masters Athletics T&F Championships**, Malaga, Spain  
 Mar 24-30, 2019 **World Masters Indoors T&F Championships**, Torun, Poland  
 July 3-14, 2019 **30<sup>th</sup> Summer Universiade**, Naples Italy  
 Aug 30-Sep 7, 2019 **20<sup>th</sup> Oceania Masters T&F Championships**, Mackay, Queensland, AUS  
 Sept 28 – Oct 6, 2019 **17<sup>th</sup> IAAF World Championships in Athletics**, Doha, Qatar  
 May, 2020 **29<sup>th</sup> IAAF World Race Walking Team Championships**, Minsk, Belaruss  
 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 6-15, 2021 (TBC) **18<sup>th</sup> IAAF World Championships in Athletics**, Eugene, USA  
 July 18-30, 2022 **XXII Commonwealth Games**, Birmingham, GBR.

Tim Erickson, [terick@melbpc.org.au](mailto:terick@melbpc.org.au) Home: 03 93235978 Mob: 0412 257 496  
 Copies of recent newsletters are kept on the VRWC website (<http://www.vrwc.org.au>)