



HEEL AND TOE ONLINE

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

My Walker of the Week this time around is shared between three of our up and coming young walkers:

- Competing in the Tasmanian T&F Championships in Hobart last weekend, 14 year old **William Robertson** scored a very good double, winning the U16 3000m walk on Saturday in a Tasmanian record of **13:31.89** (a 28 sec PB, beating Matthew Robertson's 1989 record time of 13:32.2) and winning the U20 5000m walk on Sunday in a 30 sec PB of **24:08.48**. This summer has seen a big breakthrough for William who has shot to national prominence.
- Also competing in the Tasmanian T&F Championships in Hobart last weekend, 17 year old **Alice Randall** won the Open Women's 5000m walk in a 27 sec PB time of **23:59.24**. Alice won the U18 5000m walk at the 2017 Australian Junior T&F Championships a year ago and won the Australian U20 10km roadwalk in Wollongong last August, but her times are now in another class.
- Competing in the Queensland T&F Championships in Brisbane last weekend, 15 year old **Nelson McCutcheon** scored his own double, winning the U17 5000m walk on Thursday in a 48 sec PB time of **21:45.01**, then backing up on Sunday to win the U10 10,000m walk with an inaugural time of **48:16.40**. Nelson won the U16 3000m at last year's Australian Junior T&F Championships and was second in the Australian All Schools U16 3000m in December. He has now made a confident step up to the longer distances.

We continue to be blessed in Australia with a continuous feed of promising underage walkers, of whom these three are the latest in a strong production line. Our challenge remains as always – to keep them in the sport as they progress into the senior ranks.



Left: William and Alice in action in Hobart last Sunday (photo by Dominic Anastasio)
Right: Nelson poses with Katie Hayward after their 10,000m walks on Sunday in Brisbane (photo Tony McCutcheon)

WHAT'S COMING UP

- Next weekend sees the **Victorian Open T&F Championships** at Lakeside Stadium in inner Melbourne. See the provisional timetable and entry lists at <http://athsvic.org.au/event/2018-victorian-open-and-para-track-field-championships/>. The Open 5000m Walks are tentatively scheduled for 10:35AM (women) and 11:05AM (men) on Sunday 25th February. Good luck to all our walkers.
- Looking further ahead, there are more walk opportunities for Victorian walkers before the summer finishes.
 - 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

IAAF RACEWALKING DIRECTIONS SURVEY

Last Wednesday, an IAAF survey was released, with a view to getting as many people as possible from the racewalk community to respond. Here's the link: https://www.surveymonkey.com/r/IAAF_Race_Walking_Committee_Stakeholder_Survey.

I have done it and I know that lots of our top walkers have also done it. Now we need everyone else (parents, athletes, coaches, supporters and walk enthusiasts) to also share their ideas.

Alas, it is being run by the IAAF Race Walking Committee which, to my mind, is an issue in itself. This is the group which tried in 2016 to surreptitiously get the 20km and 50km removed from international competition and replaced with a half marathon walk and a track walk relay. That only failed when we as a walks community came to the fore and vented out displeasure with some 10,000m signatures on a petition in less than a week. This swayed the IAAF Executive and the move was squashed.

Then some brave people actually took the IAAF to court and ended up getting the women's 50km added to international competition, again no thanks to the RW Committee who seemed hell bent on opposing any such move because it would thwart their plans to remove the 50km completely.

So I don't personally have any confidence in any of them but I still recommend you fill the survey in. Just make sure you tell them whether you are happy with their performance.

AUSTRALIAN U18 TEAM FOR MELANESIAN REGIONAL CHAMPIONSHIPS IN VANUATU, 9-11 MAY

Athletics Australia will send Open and U18 teams to the Melanesian Regional Championships, incorporating the Oceania Area Youth Olympic Games Qualifying Meet, in Port Vila, Vanuatu, from 9-11 May 2018. Selection policy and Nominations are now open. See <http://qldathletics.org.au/2018melanesianchamps>.

The good news is that the U18 team will include up to 2 male and female walkers. The trials for the U18 team will be at the Australian Junior Athletics Championships in Sydney from 14-18 March 2018.

The bad news is that the walks qualifying standards are set ridiculously toughly

Boys:	10,000m track walk	45:00.0	Girls:	5000m track walk	23:29.00
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Compare the walk standards to the qualifying standards in the running events for girls and boys

Boys	100m	11.80	Girls:	100m	13.70
	200m	24.20		200m	28.00
	400m	58.00		400m	1:03.00
	800m	2:15.0		800m	2:45.0
	1500m	4:40.0		1500m	5:30.0
	3000m	10:00.0		3000m	12:00.00

I don't see much correlation here! The run standards are easy, the walks standards are very tough!

The bad bad news is that the U18 Boys have to contest their Australian U18 5000m Track Walk Championship on the evening of Wednesday 10 March and then front up again on the morning of Friday 12 March to contest the Australian U20 10,000m Track Walk which is be their official Oceania Youths trial.

Who comes up with these harebrained schemes!

Anyway, putting it out there in case any of our U18 walkers are interested.

VICTORIAN JUNIOR T&F CHAMPIONSHIPS, LAKESIDE STADIUM, ALBERT PARK, 23-25 FEBRUARY

I lead with the Victorian Junior T&F Championships which were held last weekend at Lakeside Stadium in inner Melbourne.

The 5000m U17-U20 walks were held late Friday afternoon, with an official temperature around 34C but with the temperature on the track nudging 46C. **Kyle Swan** was the standout, winning the U20 men's race with 22:06.77. **Philippa Huse** (24:11.59) and **Rebecca Henderson** (24:38.86) also recorded good times in the conditions. The best race of the afternoon was the U17 Boys' 5000m where **Corey Dickson** (24:23.24) got home ahead of **Will Thompson** (24:32.43).

Men 5000m Walk Under 20

1.	Swan, Kyle	Athletics Nu	22:06.77
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5000m Walk Under 20

1.	Huse, Philippa	Sandringham	24:11.59
2.	Davison, Mackayla	Corio Athletic Club	30:38.01
3.	Noonan, Emily	Collingwood	33:43.03

Men 5000m Walk Under 18

1.	Beveridge, Heath	Western Athletics	34:54.86
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Women 5000m Walk Under 18

1.	Henderson, Rebecca	Mentone Athl	24:38.86
2.	Peart, Jemma	Ballarat Ycw	27:32.99

Men 5000m Walk Under 17

1.	Dickson, Corey	Knox Athletic Club	24:23.24
2.	Thompson, Will	Casey Cardin	24:32.43

Women 5000m Walk Under 17

1.	Hass, Jasmin	Knox Athletic Club	28:48.82
2.	O'Mahony, Kathleen	Knox Athletic Club	31:45.79

The U14-U16 3000m races were contested on Saturday morning in better conditions. **Heath Beveridge** recorded a good double, winning the U16 3000m (16:23.56) after winning the U18 5000m the night before. **Fraser Saunder** of Ballarat recorded a good win in the U15 3000m with a PB time of 15:47.06. It was also good to see the youngest walkers contest the U14 3000, with wins going to **Joel Imbriano** (17:04.14) and **Darcey Roberts** (18:29.88).

3000m Walk Under 16

1.	Beveridge, Heath	Western Athletics	16:23.46
2.	Hay, Angus	Knox Athletic Club	17:09.06

3000m Walk Under 16

1.	Peart, Alanna	Ballarat Ycw	14:58.48
2.	Holmes, Charlotte	Junior Devel	18:11.45
3.	Louey, Grace	Knox Athletic Club	18:44.26
	Hay, Charlotte	Knox Athletic Club	DQ
	Walker, Charli	Bellarine At	DQ

Men 3000m Walk Under 15

1.	Saunder, Fraser	Ballarat Ycw	15:47.06	PB 0:04
2.	Costin, Owen	Athletics Chilwell	19:04.96	

Women 3000m Walk Under 15

1.	Briet, Brianna	Casey Cardin	17:30.75
2.	Trezise, Kayla	Junior Devel	21:18.75

Men 3000m Walk Under 14

1.	Imbriano, Joel	St Kevin's A	17:04.14
2.	O'Rourke, Liam	Junior Devel	17:47.36
3.	Wakim, Marcus	Junior Devel	18:22.93
4.	Weickhardt, Sebastian	Wyndham Trac	20:14.52

Women 3000m Walk Under 14

1.	Roberts, Darcey	Knox Athletic Club	18:29.88
2.	Heikkila-Dubowik, Kaylah	Corio Athletic Club	18:55.61
3.	Smith, Emily	Junior Devel	20:15.62
4.	Trezise, Abby	Junior Devel	22:15.26

A special thanks to the athsvicTV crew for their usual fantastic race videos:

- U16/15 3000m Walk https://www.youtube.com/edit?o=U&video_id=UKJEM18eakg
- M14/W14 3000m Walk https://www.youtube.com/edit?o=U&video_id=rQADD4Tee7k
- U20/18/17 5000m Walk https://www.youtube.com/edit?o=U&video_id=fvAn6Kuz71Y

And thanks to Simon Baker for the following photos from Saturday



Heath Beveridge, Alanna Peart and Darcey Roberts



Brianna Briet, Fraser Saunder and Joel Imbriano

And thanks to Kerrie Peart for these shots from Friday evening.



Kyle Swan leads out in the U17-U20 5000m walk on Friday afternoon



Podiums – U20 men, U20 women, U18 men and U18 women (photos Kerrie Peart)



Podiums – U17 girls, U16 boys, U15 boys and U15 Girls (photos Kerrie Peart and Simon Baker)

SAMA TRACK WALKS, SA ATHLETICS STADIUM, MILE END, ADELAIDE, WEDNESDAY 21 FEBRUARY

Thanks to Colin Hainsworth for the latest results from the South Australian Masters in Adelaide. Humid, warm evening.

1000m Walk

1.	Mark Worthing	5:06	M55	78.42%
2.	Marie Maxted	6:04	W57	72.28%
3.	James Hoare	7:01	M71	67.48%
4.	Brian Witty	7:07	M67	63.46%
5.	Scott Hart	7:26		
6.	Valmai Padget	7:33	W73	69.31%
7.	Graham Harrison	7:35	M74	64.87%
8.	Roger Lowe	7:39	M74	64.30%
9.	David Robertson	8:08	M84	70.02%
10.	Paula Morrissy	10:24		

3000m Walk

1.	Marie Maxted	20:10	W57	69.06%
2.	James Hoare	20:44	M71	71.87%
3.	Dave Fallon	22:41	M65	61.25%
4.	Richard Moyle	23:05	M62	58.30%
5.	Graham Harrison	23:15	M74	66.61%
6.	Scott Hart	23:36		
7.	Ross Hill-Brown	24:10	M63	56.27%
8.	Valmai Padget	24:36	W73	69.12%
9.	Roger Lowe	25:15	M74	61.34%
10.	David Robertson	26:00	M84	69.19%
11.	Edna Bates	27:06	W65	56.21%
12.	Colin Hainsworth	28:27	M88	67.88%

ACTRWC TRACK WALKS, WODEN ATHLETICS TRACK, WODEN, THURSDAY 22 FEBRUARY

Thanks to Robin Whyte for the latest results from Canberra.

3000m Walk

1.	Laura Burns	15:57
2.	Helena Bialecki	19:20
3.	Ruth Baussmann	22:21
4.	Sheryl Greathead	23:26
5.	Geoff Barker	23:36
6.	Lorna England	23:37
7.	Robert Kennelly	24:45
8.	Margaret McSpadden	25:14
9.	Penny Costis	25:29
10.	Bryan Thomas	DQ.

5000m Walk

1.	Mitchell Baker	23:05
2.	Hannah Manning	28:08

1000m Walk

1.	Owen Toyne	05:59
2.	Ewen Thompson	06:56

BANKSTOWN ALL-COMERS MEET, CREST ATHLETICS CENTRE, BANKSTOWN, SATURDAY 24 FEBRUARY

To NSW for the All-Comers meet in the western Sydney suburb of Bankstown.

Women 2000m Walk Open

1.	Boughton, Milly	12	Randwick Bot	10:13.15
2.	Brennan, Elise	16	U.T.S. Norths	10:30.56
3.	Thomson, Olivia	14	Sydney Pacif	10:44.07
4.	Parker, Hannah	16	Randwick Bot	10:51.62
5.	DeCelis, Ellie	14	Illawong Rev	10:55.65
6.	Sanday, Niamh	16	Hills Distri	10:57.13
7.	Dagher, Sophia	15	Westfields	11:05.99
8.	Stanley, Jayda	12	Balmain Athl	11:15.45
9.	Thomson, Jada	14	Nepean Distr	11:44.23
10.	Weekes, Anne	56	Sutherland D	12:01.48
11.	Deagan, Rhianni	13	Nepean Distr	12:14.15

Men 2000m Walk Open

1.	Thomson, Ryan	18	Nepean Distr	8:55.83
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2.	Santo, Oliver	13	St. George	10:00.31
3.	Pyda, Raven	14	Westfields	10:42.28
4.	Davis, George	15	Ryde Athleti	10:43.75

ATHLETICS SA INTERCLUB, SA ATHLETICS STADIUM, MILE END, ADELAIDE, SATURDAY 24 FEBRUARY

To Adelaide for their latest Interclub walk results. Best effort by **Joe Cross** (5000m 12:16.12).

5000m Walk

1.	Joe Cross	PEMBROKE	23:16.12
2.	Tristan Camilleri	COASTAL DIST	23:49.51
3.	Samantha Findlay	SOUTHERN	25:54.47
4.	Mathew Bruniges	SOUTHERN S	26:59.59
5.	Bethany Cross	PEMBROKE	27:00.37
6.	Greg Metha	HILLS DISTRI	32:15.05
7.	James Hoare	PORT ADELAID	36:46.52

3000m Walk

1.	Olivia Sandery	PEMBROKE	15:29.74
2.	Kiera Ross	PEMBROKE	16:28.32
3.	Mia Wilks	PEMBROKE	18:38.11

1500m Walk

1.	Elli Pusonjic	ENFIELD HARR	8:22.50
2.	Meshach Begg	SAINTS	9:31.23

QMA TRACK WALKS, SAF, BRISBANE, SATURDAY 24 FEBRUARY

A small number of walkers in the QMA T&F meet in Brisbane on Saturday.

3000m Walk

1.	Peter Bennett	M62	Brisbane	16:56.66	77.83%
2.	Mark Carlile	M44	Brisbane	21:54.99	50.68%
3.	Noela McKinven	W75	Brisbane	24:46.44	70.82%

1500m Walk

1.	Ignacio Jimenez	M52	Brisbane	6:48.90	86.70%
2.	Peter Bennett	M62	Brisbane	8:17.03	78.10%
3.	Mark Carlile	M44	Brisbane	10:19.52	52.74%
4.	Noela McKinven	W75	Brisbane	11:50.85	70.35%

BENDIGO WALKERS CLUB ROADWALKS, ROSALIND PARK, BENDIGO, SUNDAY 25 FEBRUARY

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

Annette Curtis produced a lifetime personal best to claim a comfortable victory with backmarker **Peter Curtis** rounding up all athletes apart from the winner to take 2nd. **Barb Bryant** snared 3rd place just in front of **Jayden Day**.

2km Walk Handicap

1.	Annette Curtis	13.00
2.	Peter Curtis	10.53
3.	Barb Bryant	11.32
4.	Jayden Day	11.47
5.	Caitlyn Curtis	16.47
6.	Bill Lotherington	14.28
7.	Sheridan Commons	14.32
8.	Norm West	16.15
9.	John Carter	16.04

TASMANIAN T&F CHAMPIONSHIPS, DOMAIN ATHLETICS TRACK, HOBART, 24-25 FEBRUARY

Thanks to Wayne Fletcher for the results of the Tasmanian T&F Championships. He reported:

The Tasmanian Underage, Open and Masters walk championships were held over the Weekend. **William Robertson** walked by himself on Saturday to set U15 and U16 State records in the 3000m Under 16 Title in an impressive 13.31.89. On Sunday the 5000m titles were held. William Robertson walked just behind **Alice Randall**, right on her heels for most of the event, however with 150 metres to go Alice went up a gear and crossed the line 20 metres in Front of William. Alice walked a 20 sec PB.

U16 Men 3000m

1.	William Robertson	OA	13:31.89	PB 0:28
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Open Mens 5000m

1.	William Robertson	OVA	24.08.48	PB 0:30
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Open Women, 5000m

1.	Alice Randall	OVA	23.59.24	PB 0:27
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U18 Women 5000m

1.	Anna Blackwell	OVA	27.27.15	
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U18 Men 5000m

1.	Bayley Campbell	OVA	25.25.77	PB 0:03
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Masters 5000m Walk

1.	Stephen Aherne	TAS-M	31.39.22	
2.	Ron Foster	TAS-M	33.24.18	
3.	Elizabeth Leitch	TAS-M	33.24.48	
4.	David Moore	TAS-M	40.43.21	

QUEENSLAND JUNIOR T&F CHAMPIONSHIPS, QSAC, BRISBANE, 22-25 FEBRUARY

To Brisbane where the Queensland Junior T&F Championships were contested last weekend. The U14-U18 walk championships were held on the evening of Thursday 22nd February and good performances by U17 walkers **Nelson McCutcheon** (21:45.01) and **Caitlin Hannigan** (23:50.93) and U14 walker **Jayda Anderson** (15:04.10).

Girls 5000m Walk U18

1.	Rowbotham, Milla	17	UNQ	30:42.63
2.	Hamann, Charlotte	17	UNQ	31:49.02

Boys 5000m Walk U17

1.	McCutcheon, Nelson	16	Qeii Track Club	21:45.01	PB 0:48
2.	Stewart, Ryan	16	Ipswich & District	28:24.44	

Girls 5000m Walk U17

1.	Hannigan, Caitlin	16	Gold Coast Victory	23:50.93	PB 0:47
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Girls 3000m Walk U16

1.	Hill, Gabriella	15	Gold Coast Victory	14:56.30
2.	Novinetz, Camryn	15	Ipswich & District	14:58.93
3.	Schofield, Amelia	15	Gold Coast Victory	16:25.35

Boys 3000m Walk U15

1.	McCure, Lachlan	14	Gold Coast Victory	19:30.85
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Girls 3000m Walk U15

1.	Ofield, Mackenzie	14	USC	16:57.32
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Boys 3000m Walk U14

1.	McCure, Sam	12	Gold Coast Victory	18:29.70
	Manteit, Jordan	13	Ipswich & District	DQ

Girls 3000m Walk U14

1.	Anderson, Jayda	13	GCC	15:04.10
2.	Clarke, Anika	13	Redlands	15:31.30
3.	Schofield, Scarlett	12	Gold Coast Victory	19:01.22

Walks were back on the agenda on Sunday morning with Open and U20 10,000m distances. Only 2 competitors but very good times to **Katie Hayward** (46:47.00) and **Nelson McCutcheon** (48:16.40).

Women 10,000m Walk Open

1.	Hayward, Katie	18	GCC	46:47.00
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10,000m Walk U20

1.	McCutcheon, Nelson	16	Qeii Track Club	48:16.40	First one
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2018 IAAF RACE WALKING CHALLENGE, MONTERREY, MEXICO, 24-25 FEBRUARY
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The second leg of the 2008 IAAF Racewalk Challenge, the Memorial Jerzy Hausleber, was held last weekend in Monterrey, Mexico. For Mexican walkers, this meet also hosted the selection trials for the Central American and Caribbean Games, which will take place in Barranquilla from 12 July 2018 to 3 August 2018, and the IAAF World Race Walking Team Championships which will be held in Taicang, China, on 5-6 May. Well reported in http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3099 and http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3092.

Javier Clavelo Robinson reported for the IAAF (see <https://www.iaaf.org/news/report/shange-chocho-and-gonzalez-win-monterrey>).

Absent last year in Monterrey, world and Olympic silver medallist **Maria Guadalupe Gonzalez** was a class apart in the women's 20km, moving away from the rest of the field after 6km on the 2km loop course around Parque Fundidora. Despite the hot conditions, Gonzalez cruised to a course record of 1:27:46, her third fastest time ever, only slower than her silver medal performances at the 2016 Race Walking Team World Cup in Rome and the 2017 World Championships in London. Defending champion and 2017 Race Walking Challenge winner **Erica de Sena** settled for second in 1:30:47, followed by Portugal's **Inês Henriques**, one placing lower from 2017.

In the men's 20km, warm conditions hindered faster times from the start. South Africa's **Lebogang Shange** was joined in the lead group by Mexico's **Carlos Sanchez**, **Andres Oliva** and **Ever Palma** as well as Ecuador's **Maurico Arteaga**. Shange, fourth at the 2017 World Championships, made his move in the second half of the race and went on to win in 1:24:32. On his second competitive trip to Mexico, the 27-year-old improved his third place performance from Ciudad Juarez in 2018. Sánchez followed him next at the finish line 27 seconds later. Arteaga overtook Olivas for bronze in 1:25:10. Pre-race favourites suffered in the heat and were never a factor in the race, including 2015 Pan American Games gold medallist **Evan Dunfee**, who opted for the 20km after winning the 50km in Monterrey last year. Brazil's **Caio Bonfim**, fourth at the 2016 Olympic Games, finished 11th, one place ahead of Mexico's **José Luis Doctor**, runner-up in 2017. Spain's 2015 World Champion **Miguel Ángel López** and Mexico's **Eder Sanchez**, winner multiple times of the Mexican race, were relegated to 15th and 16th respectively.

On Sunday, Ecuador's **Andrés Chocho** returned to winning days on Mexican soil over 50km as he did in Ciudad Juarez in 2016 with a South American record. The 2015 Pan American Games gold medallist took on the challenge of two seasoned Mexican athletes: **José Leyver Ojeda** and **Omar Zepeda**, who have taken three victories at home since the Race Walking Challenge was introduced in 2003. Chocho bided his time and moved away from the Mexican duo in the second half of the race to win in 3:50:27, three minutes ahead of Ojeda (3:53:37). Zepeda returned to the podium in third with 3:57:31. Mexico's **Horacio Nava** opted for his specialist event but was left out of contention, eventually finishing fifth in 4:02:28.

Six women also contested the longer distance compared to one the previous year. The sole competitor in 2017, **Erika Jazmine Morales**, improved her time by almost 30 minutes to set a new Mexican record of 4:32:53. USA's **Erin Taylor-Talcott** (4:54:39) and Mexico's **Lizbeth Silva** (4:58:41) also joined her on the podium.

A junior 10km race was also held and local athletes swept all medals, led by **César Córdova** (42:35) and defending champion **Alegna Ariday Gonzalez** (45:20). They will both represent Mexico at the IAAF Team Race Walking World Cup in Taicang, China, May 5-6.

The event carried the name of 'Jerzy Hausleber Memorial', in honour of the late Polish coach who is regarded as the 'father' of Mexican race walking.

20km Walk Men

1.	Lebogang SHANGE	RSA	1:24:32
2.	Carlos SÁNCHEZ	MEX	1:24:59
3.	Mauricio ARTEAGA	ECU	1:25:10
4.	Andrés OLIVAS	MEX	1:25:18
5.	Ever PALMA	MEX	1:25:36
6.	Perseus KARLSTRÖM	SWE	1:26:14
7.	Ricardo ORTIZ	MEX	1:26:37
8.	Yerko ARAYA	CHI	1:26:49
9.	Evan DUNFEE	CAN	1:27:47
10.	César Augusto RODRÍGUEZ	PER	1:28:01
11.	Caio BONFIM	BRA	1:28:22
12.	José Luis DOCTOR	MEX	1:28:46
13.	Quentin REW	NZL	1:29:45
14.	Alfredo RODRÍGUEZ	MEX	1:29:56

15.	Miguel Ángel LÓPEZ	ESP	1:31:12
16.	Eder SÁNCHEZ	MEX	1:31:12
17.	Isaac PALMA	MEX	1:32:22
18.	Paolo YURIVILCA	PER	1:32:23
19.	Aurelien QUINION	FRA	1:32:30
20.	Diego SOLIS	MEX	1:32:39
21.	Emmanuel CORVERA	USA	1:33:40
22.	Manuel Angel LOPEZ	MEX	1:34:25
23.	Jesús Tadeo VEGA	MEX	1:34:30
24.	Gustavo SOLÍS	MEX	1:34:30
25.	Armando MERINO	MEX	1:35:38
26.	José Alejandro BARRONDO	GUA	1:38:15
27.	Virgilio GALINDO	MEX	1:38:38
28.	Marc MUNDELL	RSA	1:39:11
29.	Alexander BELLAVANCE	USA	1:40:35
30.	Ignacio GONZALEZ	MEX	1:42:35
31.	Luis ESPADA	PUR	1:44:05
32.	Jesús LUNA	MEX	1:45:15
33.	Alonso SÁNCHEZ	MEX	1:46:59
34.	Francisco BERDEJA	MEX	1:49:09
35.	Roberto PATRON	MEX	1:49:20
36.	Mario Andrés DE LOS RÍOS	MEX	1:50:21
37.	Luis ROQUE	MEX	1:50:51
38.	Allan SEGURA	CRC	1:54:14
39.	Caleb CHANG	CAN	1:57:16
40.	Johnny LIZANO MORTERO	CRC	2:02:37
	Colis CHENG	CAN	DQ
	Alger LIANG	CAN	DQ
	Brandon SEGURA	MEX	DQ

20km Walk Women

1.	Maria Guadalupe GONZÁLEZ	MEX	1:27:46
2.	Erica DE SENA	BRA	1:30:47
3.	Inês HENRIQUES	POR	1:32:08
4.	Kimberly GARCÍA	PER	1:32:56
5.	Valentina TRAPLETTI	ITA I	1:36:18
6.	Ángela CASTRO	BOL	1:36:33
7.	Leyde GUERRA	PER	1:37:23
8.	Rebeca Pamela ENRÍQUEZ	MEX	1:37:23
9.	Alejandra ORTEGA	MEX	1:37:30
10.	Johana ORDÓÑEZ	ECU	1:38:42
11.	Evelyn INGA	PER	1:39:26
12.	Odeth HUANCA	BOL	1:39:39
13.	Robyn STEVENS	USA	1:40:34
14.	Mayra Carolina HERRERA	GUA	1:40:58
15.	Violaine AVEROUS	FRA	1:42:37
16.	Ilse GUERRERO	MEX	1:42:51
17.	Yessica REYES	MEX	1:45:21
18.	Vivian CASTILLO	MEX	1:45:34
19.	Nadia GONZÁLEZ	MEX	1:47:52
20.	Rachelle DE ORBETA	PUR	1:47:55
21.	Joci CABALLERO	PER	1:48:55
22.	Zaira JÁUREGUI	MEX	1:51:10
23.	Iliana GARCÍA	MEX	1:52:42
24.	Gabriela GONZÁLEZ	MEX	1:54:04
25.	Katelynn RAMAGE	CAN	1:55:19
26.	Anita RICO	CHI	1:55:51
27.	Ilena OCAMPO	CRC	1:57:45
28.	Adriana OCHOA CARDONA	MEX	1:58:49
29.	Mayra DIEGO	MEX	2:09:18
	Emilie MENUET	FRA	DQ
	Sandra NEVAREZ	MEX	DNF

50km Walk Men

1.	Andrés CHOCHO	ECU	3:50:27
2.	José Leyver OJEDA	MEX	3:53:37
3.	Omar ZEPEDA	MEX	3:57:31
4.	David Cristian BERDEJA	MEX	4:00:45

5.	Luis BUSTAMANTE	MEX	4:01:24
6.	Horació NAVA	MEX	4:02:28
7.	Jorge Alejandro MARTÍNEZ	MEX	4:11:10
8.	Matthew FORGUES	USA	4:11:43
9.	Diego FLORES	MEX	4:16:19
	Luis José SOLÍS ROSALES	MEX	DQ
	Royce BANDA	MEX	DNF
	Deiby CORDERO	CRC	DNF
	Pedro Daniel GÓMEZ	MEX	DNF
	Luis Raúl GONZÁLEZ AVILA	MEX	DNF
	Anders HANSSON	SWE	DNF

50km Walk Women

1.	Erika Jazmine MORALES	MEX	4:32:53
2.	Erin TALCOTT	USA	4:54:39
3.	Lizbeth SILVA	MEX	4:58:41
4.	Aura MORALES	MEX	5:46:47
5.	Cassandra Milenka NIETO LINARES	BOL	5:48:56
	Mariela SÁNCHEZ	MEX	DNF

U20 Women 10km (19 walkers)

1.	Alegna Aryday González Muñoz	MEX	45.20
2.	Noelia Vargas Mena	CRC	48.56
3.	María Alejandra Chaparro Salinas	COL	49.43
4.	Rocio Estefanía Sánchez Gaytán	MEX	52.43
5.	Dana Paola Aceves González	MEX	52.49
6.	Gabriela Sarai Car Maldonado	MEX	53.00
7.	Maria Camila Mena Gómez	MEX	53.53
8.	Sofía E. Ramos Rodriguez	MEX	54.52
9.	Melanie Nicole Elías Trejo	ESA	55.43
10.	Nancy Sánchez Escudero	MEX	57.02

U20 men 10km (22 walkers)

1.	César Córdova Fernández	MEX	42.36
2.	Saúl Mena Gómez	MEX	42.56
3.	José Gilberto Menjívar Avilés	ESA	43.44
4.	Ismael Bernal Mejía	MEX	44.22
5.	Jan Banda Valdéz	MEX	44.42
6.	Carlos S. Mercenario Arsof	MEX	45.19
7.	Bryan Isay Moreno Rosas	MEX	45.25
8.	Christian Donovan Juárez	MEX	45.30
9.	Jan R. Moreu	PER	46.05
10.	David Urban Muñoz	MEX	46.07



Left and centre: 20km winners Maria Guadalupe Gonzalez and Lebogang Shange (here with Perseus Karlstrom)



Left: 50km winners Erika Jazmine Moreles and Andres Choco (all photos from marciadalmondo)
 Right: Women's 20km podium – with 50km world record holder Ines Henriques in third place (on right)

SPANISH ROADWALK CHAMPIONSHIPS, BURJASSOT, SPAIN, SUNDAY 25 FEBRUARY

Last Sunday saw the Valencian town of Burjassot hosting the Spanish Open 50km, U20 and U18 10km, U15 5km and Masters 10km Roadwalk Championships. The meet was huge and saw a staggering 340 entrants across a variety of walking distances.

The great news is that the meet included an inaugural Spanish 50km championship for women. **Maria Perez** had lead early, passing the 20km mark with a scorching 1:35:58 but eventually retiring at 30km. This opened the way for **Julia Takacs** who rose to the challenge, winning with an excellent 4:13:04 to set a Spanish national record. And did she look good - see her storming to the finish line: <https://www.facebook.com/miriammorellperez/videos/10213449860693733/>. Minor medals went to **Ainhoa Pinedo** (4:18:56) and **María Dolores Marcos** (4:53:38).

The men's 50km championship saw a win to **Marc Tur** (3:56:05), ahead of **Benjamín Sánchez** (3:57:34) and the unstoppable **Jesús Ángel García Bragado** (3:58:37 at 48 years of age). What can you say about Jesus Garcia – it has all been said so many times before. What a legend!

In the U20 men's 10km, the medals went to **Jose Manuel Perez Rubio** (42:42), **Alvaro Lopez Nunez** (43:54) and **Daniel Jimeno Rivera** (44:49). In the U18 men's 10km, the medals went to **Pedro Conesa Ceron** (43:48), **Jose Mestre Martín** (44:45) and **Jorge Lopez de la Cueva** (44:50).

In the U20 women's 10km, the medals went to **Maria Pena Alonso** (48:52), **Antia Chamosa Dacasa** (49:08) and **Mariona Garcia Rovira** (49:52). In the U18 women's 10km, the medals went to **Sofia Rodriguez Hernandez** (51:50), **Irias Rivas Iglesias** (52:18) and **Alicia Lumbea Gonzalez** (52:59).

Full results can be sourced from <http://www.rfea.es/competi/result2018/marcha/burjassotIND/index.html>. Marciadalmondo report and photos at http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3096. A brief summary of the main results follows'

50km Women

1.	Julia Takacs Nyerges	ESP	1989	4:13:04
2.	Ainhoa Pinedo Gonzalez	ESP	1983	4:18:56
3.	Maria Dolores Marcos Valero	ESP	1979	4:53:38
4.	Olga Cabrera Ysas	ESP	1974	5:06:13
	Amanda Cano Gomez	ESP	1994	AB
	Angela Carrion Antoli	ESP	1998	AB
	Irene Montejo Garces De Marcilla	ESP	1998	AB
	Lluna Capdevila Marza	ESP	1998	AB
	Mar Juarez Gallardo	ESP	1993	AB
	Maria Larios Lopez	ESP	1992	AB
	Maria Perez Garcia	ESP	1996	AB

50km Men (12 finishers, 11 DNF)

1.	Marc Tur Pico	ESP	1994	3:56:05
2.	Benjamin Sanchez Bermejo	ESP	1985	3:57:34
3.	Artur Mastianica	LTU	1992	3:58:33
4.	Jesus Angel Garcia Bragado	ESP	1969	3:58:37
5.	Pablo Oliva Requena	ESP	1996	4:05:43
6.	Israel Aymar Celi	ESP	1995	4:11:04
7.	Francisco Arcilla Aller	ESP	1984	4:22:48
8.	Rafael Ballesteros Garcia	ESP	1972	4:35:54
9.	Jose Manuel Gomez Garcia	ESP	1973	4:42:08
10.	David Pueyo Ministral	ESP	1973	4:47:42
11.	Marc Guerrero Plaza	ESP	1995	4:49:00
12.	Antonio Gonzalez Arrabal	ESP	1962	5:04:11

10km U20 Women (87 finishers)

1.	Marina Peña Alonso	ESP	1999	48:52
2.	Antia Chamosa Dacasa	ESP	1999	49:08
3.	Mariona Garcia Rovira	ESP	2000	49:52
4.	Leyre Aramburu Gonzalez	ESP	1999	50:13
5.	Maria Alarcon Martinez	ESP	2000	51:16
6.	Mireia Urrutia Herrera	ESP	2000	51:29
7.	Gemma Mora Martinez	ESP	2000	51:42
8.	Sofia Rodriguez Hernandez	ESP	2001	51:50
9.	Iria Rivas Iglesias	ESP	2001	52:18
10.	Estela Matea Climent	ESP	1999	52:46

10km U20 Men (55 finishers)

1.	Manuel Perez Rubio	ESP	1999	42:42
2.	Pedro Conesa Ceron	ESP	2001	43:48
3.	Alvaro Lopez Nuñez	ESP	1999	43:54
4.	Jose Mestre Martin	ESP	2001	44:45
5.	Daniel Jimeno Rivera	ESP	2000	44:49
6.	Jorge Lopez De La Cueva	ESP	2002	44:50
7.	Francisco Sospedra Escat	ESP	2001	45:37
8.	Paulo Martins	POR	1999	45:40
9.	Eloy Hornero Gallent	ESP	2000	45:46
10.	Aythamy Afonso Gonzalez	ESP	2001	45:57



Julia Tacacs wins the inaugural Spanish 50km championship for women (photo <http://mujerydeporte.practicodeporte.com/julia-tacacs-50km-marcha/>)



The 50km podiums at the Spanish 50km championships last weekend

50KM RACEWALK RANKINGS FOR 2018

With the latest 50km results from Mexico and Spain, **Paul de Meester** has updated his 2018 50km ranking lists (thanks Paul). It looks healthy indeed for less than 2 months into the year. So much for the naysayers in the IAAF RW Committee who tried to have us believe that the 50km discipline is dead. Note also that there are also a number of women who have done 35km qualifying walks this year, with a view to participating in either the IAAF World Cup 50km or the European Championships 50km. They are not in the list year but will appear once they make their debuts later in the year.

Men's 50km Performances 2018 as of February 25, 2018

1.	Andres Choco	ECU	3:50:27	Monterrey 2/25/18
2.	Jose Leyver Ojedo Blas	MEX	3:53:37	Monterrey 2/25/18
3.	Marc Tur Pico	ESP	3:56:05	Burjassot 2/25/18
4.	Sandeep Kumar	IND	3:56:40	New Delhi 2/17/18
5.	Omar Zepeda	MEX	3:57:31	Monterrey 2/25/18
6.	Bernardo Uriel Barrondo Garcia	GUA	3:57:33	Campo de Marte 2/10/18
7.	Benjamin Sanchez Bermejo	ESP	3:57:34	Burjassot 2/25/18
8.	Artur Mastianica	LTU	3:58:33	Burjassot 2/25/18
9.	Jesus Angel Garcia Bragado	ESP	3:58:37	Burjassot 2/25/18
10.	Jitendra Singh Rathore	IND	3:58:56	New Delhi 2/17/18
11.	S Damen Singh	IND	4:00:35	New Delhi 2/17/18
12.	David Christian Berdeja Villalobos	MEX	4:00:45	Monterrey 2/25/18
13.	Chandan Singh	IND	4:00:58	New Delhi 2/17/18
14.	Luis Amauri Bustamante Franco	MEX	4:01:24	Monterrey 2/25/18
15.	Horacio Nava Reza	MEX	4:02:28	Monterrey 2/25/18
16.	Pablo Oliva Requena	ESP	4:05:43	Burjassot 2/25/18
17.	Nick Christie	USA	4:09:32	Santee 1/20/18
18.	Jyoti Tawtya	IND	4:09:43	New Delhi 2/17/18
19.	Israel Aymar Celi	ECU	4:11:04	Burjassot 2/25/18
20.	Jorge Alejandro Martinez Baez	MEX	4:11:10	Monterrey 2/25/18
21.	Pedro Isidro	POR	4:11:25	Porto de Mos 1/7/18
22.	Matthew Forgues	USA	4:11:43	Monterrey 2/25/18
23.	Jurgen Everhard Grave Chavez	GUA	4:11:50	Campo de Marte 2/10/18
24.	Diego Flores Espinoza	MEX	4:16:19	Monterrey 2/25/18
25.	Erwin Ernesto Morales Paau	GUA	4:18:07	Campo de Marte 2/10/18
26.	Francisco Arcilla Aller	ESP	4:22:48	Burjassot 2/25/18
27.	Mario Alfonso Bran Granillo	GUA	4:24:50	Campo de Marte 2/10/18
28.	Ntentopoulos Konstantinos	GRE	4:24:57	Marathon 1/14/18
29.	Sergio Daniel Sacul Caal	GUA	4:25:51	Campo de Marte 2/10/18
30.	Tsiordas Dimitris	GRE	4:26:36	Marathon 1/14/18
31.	Jay Prakash Singh	IND	4:28:32	New Delhi 2/17/18
32.	Sagar S. Joshi	IND	4:31:52	New Delhi 2/17/18
33.	Anjani Kumar Singh	IND	4:32:07	New Delhi 2/17/18
34.	Stamelos Kostas	GRE	4:35:18	Marathon 1/14/18

35.	Rafael Ballesteros Garcia	ESP	4:35:54	Burjassot 2/25/18
36.	Cristiano Antonio	POR	4:39:56	Porto de Mos 1/7/18
37.	Luis Angel Sanchez Perez	GUA	4:41:12	Campo de Marte 2/10/18
38.	Jose Manuel Gomez Garcia	ESP	4:42:08	Burjassot 2/25/18
39.	Som Kumar	IND	4:42:16	New Delhi 2/17/18
40.	Luis Silva	POR	4:44:11	Porto de Mos 1/7/18
41.	Krishna Bind	IND	4:44:49	New Delhi 2/17/18
42.	Jonathan Hobbs	GBR	4:45:05	Porto de Mos 1/7/18
43.	Anthony Joseph Gruttadauro	USA	4:45:15	Santee 1/20/18
44.	David Pueyo Ministral	ESP	4:47:42	Burjassot 2/25/18
45.	Marc Guerrero Plaza	ESP	4:49:00	Burjassot 2/25/18
46.	Pablo Gomez	USA	4:56:19	Santee 1/20/18
47.	Henrique Santos	POR	4:57:29	Porto de Mos 1/7/18
48.	Antonio Gonzalez Arrabal	ESP	5:04:11	Burjassot 2/25/18
49.	Dave Talcott	USA	5:28:40	Santee 1/20/18
50.	Peter James Back	SGP	5:54:26	Hong Kong 1/1/18
51.	Steve Harper	USA	5:57:12	Santee 1/20/18
52.	Walker Wong	HKG	6:03:50	Hong Kong 1/1/18
53.	Adrian Zamudio	USA	6:28:14	Santee 1/20/18
54.	Chan Wai-on	HKG	6:39:01	Hong Kong 1/1/18
55.	Paul Terbrack	USA	7:02:04	Santee 1/20/18

Women's 50km Performances 2018 through February 25, 2018

1.	Julia Takacs Nyerges	ESP	4:13:04	Burjassot 2/25/18
2.	Ainhoa Pinedo Gonzalez	ESP	4:18:56	Burjassot 2/25/18
3.	Erika Jazmine Morales Cruz	MEX	4:32:53	Monterrey 2/25/18
4.	Mariela Sanchez Teran	MEX	4:46:12	Santee 1/20/18
5.	Katie Burnett	USA	4:47:50	Santee 1/20/18
6.	Maria Dolores Marcos Valero	ESP	4:53:38	Burjassot 2/25/18
7.	Erin Taylor-Talcott	USA	4:54:39	Monterrey 2/25/18
8.	Makri Angeliki	GRE	4:56:00	Marathon 1/14/18
9.	Lizbeth Silva Miranda	MEX	4:58:41	Monterrey 2/25/18
10.	Anett Torma	HUN	4:59:55	Santee 1/20/18
11.	Andreopoulou Nikolitsa	GRE	5:05:39	Marathon 1/14/18
12.	Olga Cabrera Ysas	ESP	5:06:13	Burjassot 2/25/18
13.	Sandra Silva	POR	5:08:13	Porto de Mos 1/7/18
14.	Teresa Vaill	USA	5:29:29	Santee 1/20/18
15.	Kourkoutsaki Efstathia	GRE	5:34:21	Marathon 1/14/18
16.	Korkou Zoe	GRE	5:34:29	Marathon 1/14/18
17.	Susan Brooke	CAN	5:42:54	Santee 1/20/18
18.	Aura Morales	MEX	5:46:47	Monterrey 2/25/18
19.	Casandra Milenka Nieto Linares	BOL	5:48:56	Monterrey 2/25/18
20.	Billie Kwok	HKG	6:14:05	Hong Kong 1/1/18
21.	Wendy Choi	HKG	6:24:17	Hong Kong 1/1/18
22.	Linda Fung	HKG	6:28:33	Hong Kong 1/1/18
23.	Darlene Backlund	USA	7:09:44	Santee 1/20/18
24.	Jamie Fiddler	USA	7:22:47	Santee 1/20/18

MULLER INDOOR GRAND PRIX, GLASGOW, SUNDAY 25 FEBRUARY

Big news from the Muller Indoor Grand Prix meet in Glasgow. Once again, the British major meet organizers have included a men's walk on the program, 3000m on this occasion. And once again it provided an opportunity for **Tom Bosworth** to attack another world best - Andreas Erm's 3000m world best of 10:31.42, set in 2001. Just as he did in his 1 Mile walk earlier this year, he was successful, establishing a new best world performance with a time of **10:30:28**. The 1000m split times show how he raced - fast from the gun: 3:31.54, 3:31.95, 3:26.39. But it was not all plain sailing as he had two red cards going into the latter stages of the race. "That made me concentrate more," Bosworth said afterwards. "And that helped me to go faster."

And he was not the only one walking fast. Second place went to **Callum Wilkinson** (GBR) with a huge PB of 10:52.77 and third place to **Marius Ziukas** (LTU) with his own huge PB of 10:56.30 and a new national record. **Dawid Tomala** (POL) also broke the 11 minute mark with 10:58.89. Next in was **Diego Garcia** (ESP) with 11:06.57, also a national record.

Men's 3000m Walk

1.	Tom BOSWORTH	GBR	28	10:30.28	World Best
2.	Callum WILKINSON	GBR	20	10:52.77	PB
3.	Marius ZIUKAS	LTU	32	10:56.30	National Record
4.	Dawid TOMALA	POL	28	10:58.89	PB
5.	Diego GARCIA	ESP	22	11:06.57	National Record

6.	Giorgio RUBINO	ITA	31	11:38.25	PB
7.	Cameron CORBISHLEY	GBR	20	11:48.07	
8.	Christopher SNOOK	GBR	18	12:45.25	PB
9.	Tom PARTINGTON	GBR	18	13:17.57	

Tom Bowsorth is interviewed after his win - <https://twitter.com/twitter/statuses/96778765210721281>



Tom Bosworth alongside his new 3000m World Best (photo Mark Shearman)

WORLD BESTS AND WORLD RECORDS

We often hear them bandied around as if they are the same thing, but World Bests and World Records are quite different things. The IAAF only recognises World Records for a small subset of racewalking events

- 5000m Indoor Track Walks
- 20km Roadwalks
- 30km Roadwalks
- 50km Roadwalks
- 20,000m Track Walks
- 30,000m Track Walks
- 50,000m Track Walks

You can check them out on the IAAF website, starting with <https://www.iaaf.org/records/by-discipline/race-walks/5000-metres-race-walk/indoor/men>.

World Bests are quite different and much more extensive. And they are a bit more rubbery, not necessarily being subject to the same rigour as World Records. Some time ago, the Athletics Weekly magazine produced lists of the racewalking World Bests.

- <http://www.athleticsweekly.com/stats/records/world-records-best-performances-mens-race-walking>
- <http://www.athleticsweekly.com/stats/records/world-records-best-performances-womens-race-walking>

Sadly, some of these performances belong to Russian drugs cheats and really should be discounted. They only sully the overall performance lists.

U20 INDOOR MATCH, MINSK, BELARUS, 24-25 FEBRUARY

The annual U20 Indoor T&F Match between Lithuania, Latvia, Estonia, Turkey, Ukraine, Azerbaijan, Spain and Belarus took place in Minsk last weekend, with 5000m walks for men and women on Saturday. Wins to **Mikita Kaliada** of Belarus (20:05.76) and **Meryem Bekmez** of Turkey (22:58.39). Well reported in http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3095.

5000m Walk Men

1.	KALIADA MIKITA	2000	Belarus	20.05,76
2.	IMUK ABDULSELAM	1999	Turkey	20.50,71

3.	OLKHOVIK PAVEL	2000	Belarus	21.03,55
4.	Bilyk Illia	1999	Ukraine	21.52,12
5.	Sergatšjov Ruslan	2000	Estonia	22.57,06
6.	Liutinskis Arnoldas	2001	Lithuania	23.45,44
7.	Mošerenoks Boriss	2000	Latvia	26.43,36

5000m walk Women

1.	BEKMEZ MERYEM	2000	Turkey	22.58,39
2.	ZUBKOVA HANNA	2001	Belarus	23.24,66
3.	Kavaliauskaite Austeja	2000	Lithuania	24.36,34
4.	Mirotvortseva Jekaterina	2002	Estonia	25.27,23
5.	Sholomitska Valeriia	2004	Ukraine	25.41,72
6.	Gražule Lina	2000	Latvia	31.00,84

BELGIAN INDOOR T&F CHAMPIONSHIPS, GENT BELGIUM, 17-18 FEBRUARY

Back a week for the Belgian Indoor Athletics Championships in Gent. Wins to **Dirk Bogaert** (27.28,47) and **Annelies Sarrazin** (16.12.75), although the first woman to finish was Dutch walker **Anne Van Anandel** (14.41.78). German Olympian **Melanie Seeger** had been the first woman across the final line but as subsequently disqualified.

Thanks to <http://omarchador.blogspot.com.au/2018/02/campeonatos-de-pista-coberta-da-belgica.html> for their report and photos.

5000m Men

1.	Dirk Bogaert	ACME	27:28.47
2.	Pierre Vancolen	CSDY	27:47.98
3.	Peter Van Hove	ACHL	28:12.02
4.	Boetje Huliselan	NED	31:14.13
5.	Tristan Van Hove	ACHL	32:08.92
6.	Peter Asselman	LEBB	32:12.94
7.	Thomas Ducarme	CSDY	33:27.63
8.	Sebastien De Grve	CSDY	34:38.44

3000m Women

1.	Anne Van Anandel	NED	14:41.78
2.	Annelies Sarrazin	FLAC	16:12.75
3.	Liesbet De Smet	DUFF	16:55.10
4.	Perline Fallais	SMAC	18:40.63
5.	Muriel Oger	SMAC	20:43.20
6.	Katrien Van Ammel	ACHL	24:51.20
	Melanie Seeger	GER	DQ

KENYAN COMMONWEALTH GAMES TRIALS, KASARANI, KENYA, SATURDAY 17 FEBRUARY

The Kenyan Commonwealth Games trials were held in Kasarni, Nairobi, on Saturday 17th February, with a 7AM start time for the 20km walks. The men's race saw a very close finish between Olympian **Samuel Gathimba** (1:19:04) and **Simon Wachira** (1:19:06). Both times were big PBs and both bettered the existing Kenyan 20km record which had been held by Gathimba at 1:19:24 (set in Durban, RSA on June 26, 2016). The women's 20km saw the placings go to **Grace Wanjiru** (1:38:22), **Linda Murugi** (1:42:13) and **Sylvia Kemboi** (1:44:02). Wanjuri is also an Olympian and is the defending bronze medallist from the last Commonwealth Games walk in Delhi in 2010.

Very well reported in <https://www.nation.co.ke/sports/athletics/Samuel-Gathimba-Grace-Wanjiru-seal-Commonwealth-games-tickets/1100-4308424-70x471/index.html>. I reproduce that report here.

Samuel Gathimba shattered his own national record by 20 seconds to win the men's 20km race walk and earn a slot in Team Kenya for the Gold Coast Commonwealth Games on Saturday morning at Kasarani. After a thrilling exchange of leads with **Simon Wachira** from the 15km mark, Gathimba stepped on his gas pedal with 500m to go to win in 1:19:04. Gathimba's feat saw him erase his previous national record of 1:19:24 set during the 2016 Africa Championships in Durban, South Africa. It is the Durban show that catapulted him to his maiden 2016 Rio Olympic Games and the 2017 London World Championships. "I am happy that Wachira has improved after he pushed me to the limit. He actually gave in the last 500m and that is why I have been able to break the national record," said Gathimba, who finished 32nd at the World Championships in London last year.

Gathimba qualified alongside Wachira, who finished second also in a personal best of 1:19:06. **Peter Theuri** and World U18 10km race walk bronze medal **Samson Ndigiti** clocked 1:25:02 and 1:29:42 to finish third and fourth respectively but failed to make it to the "Club" Games due April 4-15 in Australia.

The six-time Africa champion **Grace Wanjiru** won her 20km race walk to make it to her third Commonwealth Games alongside **Linda Murugi**. Wanjiru, who represented Kenya at the 2016 Rio Olympics and 2017 London World Championships, clocked 1:38:22, beating Murugi to second place in 1:42:13. Wanjiru will be heading to her third "Club" Games after the 2010 Delhi and 2014 Glasgow Games while Murugi, will be making her debut at the games. However, it will be the second time she is representing Kenya after finishing fifth at the 2016 Africa Championships in Durban where Wanjiru sealed her sixth consecutive crown.

So overall, 2 male and 2 female walkers have made the Kenyan Commonwealth Games team.

20km Women

1.	NJUE WANJIRU GRACE	1:38.22
2.	WAWERU MURUGI LINDA	1:42.13
3.	KEMBOI SYLVIA	1:44.02
4.	EMILLY NGII	1:46.37

20km Walk Men

1.	GATHIMBA KIRERI SAMUEL	1:19.04
2.	WACHIRA MURITHI SIMON	1:19.06
3.	PETER THEURI	1:24.00
4.	NDIGITI SAMSON DOMINIC	1:31.29



Samuel Gathimba (right) leads Simon Wachira in the Kenyan Commonwealth Games trial (photo <https://www.nation.co.ke>)

NIGERIAN COMMONWEALTH GAMES TRIALS, ABUJA, NIGERIA, 16-17 FEBRUARY

And keeping to Africa for further Commonwealth Games trials, this time in Abuja in Nigeria. The big walking news came in the women's 20km where 19 year old **Fadekemi Olude** won with a time of 1.44.52, guaranteed her a Commonwealth Games spot and breaking the national record by 4 seconds. Olude, who won the gold medal at the U18 African Championships in 2015 was surprised by her record as her main intention was simply to qualify for the Commonwealth Games. " I pray to God to give me strength. I am determined and prepared to deal with any climate we encounter in Australia." **Queen Henshaw**, the previous record holder, finished second with 1.51.36, just ahead of third placed **Faustina Oguh** (1.51.41). In the men's 20 km, the podium positions went to **Adeyemi Kazeem** (1.43.35), **Gbenga Fatoyinbo** (1.44.23) and **Lawal Seyi** (1.48.04) but none were fast enough for Commonwealth selection.

Fadekemi Olude has been named in the 37 strong Nigerian T&F team for the 2018 Commonwealth Games in April. See article at <https://www.vanguardngr.com/2018/02/competitions-rebuke-spirit-fear-overcome-stage-fright-olude/>.

20km Walk Women

1.	Fadekemi Olude	1998	ICDO	1.44.52
2.	Queen Henshaw		Police	1.51.36
3.	Faustina Oguh	1997	Police	1.51.41
4.	Rosemary Kure	1993	Mountai	1.55.33
5.	Manton Danwaoh			2.08.36

20km Walk Men

1.	Adeyemi Kazeem	1985	Police	1.43.35
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2.	Gbenga Fatoyinbo	1997	NSCDC	1.44.23
3.	Lawal Seyi	1992	Police	1.48.04
4.	Alade Felix	1984	Police	1.51.16
5.	Yinusa Hussain	1991	Police	1.52.46
6.	Aminu Imaman	1993	Mountai	2.02.24
7.	Abidemi Oguntunga		Police	2.03.04



Fadekemi Olude wins the Nigerian Commonwealth Games trial with a national record (photo <https://www.premiumtimesng.com>)

COMMONWEALTH 20KM RANKINGS UPDATE

With the Kenyan 20km trials last weekend and with the Nigerian trials the week before, the Commonwealth 20km ranking lists have taken another hiding, with just under 6 weeks out from the Commonwealth Games walks in Queensland. Thanks to Mark Wall for his updated list (pruned to 3 per country, and additionally leaving out those who have ranking times but who have not been selected by their countries). Sadly, we must take the Indian ranking performances with a grain of salt..

MEN

1:19:04	Samuel Ireri GATHIMBA	KEN	Nairobi (KEN)	17-Feb-18
1:19:06	Simon Murithi WACHIRA	KEN	Nairobi (KEN)	17-Feb-18
1:19:18	Lebogang SHANGE	RSA	London (GBR)	13-Aug-17
1:19:28	Dane Alex 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 THORNE	CAN	Lima (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
1:23:00	Evan DUNFEE	CAN	Juarez (MEX)	19-Feb-17
1:23:10	Michael HOSKING	AUS	Adelaide (AUS)	11-Feb-18
1:24:00	Peter THEURI	KEN	Nairobi (KEN)	17-Feb-18
1:24:54	Rhydian COWLEY	AUS	Adelaide (AUS)	11-Feb-18

WOMEN

1:31:23	Beki SMITH	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
1:37:39	Heather LEWIS	WAL	Lugano (SUI)	19-Mar-17
1:38:22	Grace Wanjiru NJUE	KEN	Nairobi (KEN)	17-Feb-18

1:41:27	Erika KELLY	IOM	Leeds (GBR)	25-Jun-17
1:42:13	Linda WAWERU	KEN	Nairobi (KEN)	17-Feb-18
1:44:52	Fadekemi OLUDE	NGR	Abuja (NGR)	16-Feb-18

24 HEURES DE BOURGES, BOURGES, FRANCE, 24-25 FEBRUARY

Thanks to Emmanuel Tardi who was in Bourges, France, last weekend for the 24 Heures de Bourges classic. Billed as one of the qualifying races for the 2018 Paris-Alsace race later this year, it was keenly contested by many of the top ultra walk exponents.

The race started at 1PM on Saturday on a flat but cambered road, with each lap 2.5km in length, until the last hour when the lap distance changed to 633m. Unfortunately, the event was marred by very cold conditions, around 0°C during the first day and then down to around -8°C overnight. You can see the many layers of clothing in Emmanuel's photos. On the Sunday morning, the sun came out but it was still very cold, forcing the walkers to put their sunglasses on but not tempting them to shed any layers.

In the men's race, **Christophe Laborie** and **Alexandre Forestieri** led for the first 14 hours, sometimes with **Florian Letourneau**. Laborie and Forestieri led through the 100km mark in 11h50 with Letourneau not far behind with 11h54. As dawn broke on Sunday morning, Laborie managed to break clear, going on to win with 189.800km. **Guido Vermeir** (12h24 at 100k) finished strongly, coming through from 8th place to finish 2nd with 186.299km. Special mention to USA based **Ivo Majetic** who finished 5th with 175.223km.

In the women's race, Russian **Tatiana Maslova** led from beginning to end, her final distance being 173.827km. Second place saw a big battle between the legendary English walker **Sandra Brown** and French walker **Karine Zeimer**, having her first long distance race. Sandra held her out to finish second with 169.359km, Zeimer third with 168.116km.

The ancillary 2x6 Hour race (first stage from 1PM to 7PM on Saturday and second stage from 7AM to 1PM on Sunday) saw a strong win to **Cedric Varain** (106.051km) ahead of 69 year old **Alain Gibelli** (103.301km).

24 heures de Bourges

1.	LABORIE Christophe	CO des Ulis	189.800 km
2.	VERMEIR Guido	Belgium	186.299 km
3.	LETOURNEAU Florian	AC Chateau-Thierry	184.521 km
4.	FORESTIERI Alexandre	UST Courir a St Tropez	183.080 km
5.	MAJETIC Ivo	USA	175.223 km
6.	MASLOVA Tatania (F)	Russia	173.827 km
7.	PINEAU Laurent	Haute Saintonge Athlétisme	172.565 km
8.	BROWN Sandra (F)	GBR	169.359 km
9.	ZEIMER Karine (F)	AO Nivernaise	168.116 km
10.	DURAND Gerard	US Aigrefeuille Athletisme	167.617 km
11.	MALFONDET Alain	N.L. Paris	163.080 km
12.	TOUTAIN Eric	ASC Francophone	161.932 km
13.	DAVID Christine (F)	CO des Ulis	160.843 km
14.	ECHÉ Dominique	Nice Cote d'Azur Athletisme	158.851 km
15.	JACQUEMIN Mickael	AV Pays de Mirecourt	155.828 km
16.	GILLET Max	N.L. Ascheres-le-Marche	155.408 km
17.	BIZARD Claudie (F)	Thiais AC	154.660 km
18.	VINCENT Dominique	N.L. Toulouse	146.555 km
19.	CRILLEY Kathy (F)	GBR	143.621 km
20.	CAIN Marie (F)	Esperance Antibes	142.837 km
21.	ARNAULT Francoise (F)	Neuilly-sur-Marne Athlétisme	141.470 km
22.	CHUI Didier	US Berry Athletisme	141.098 km
23.	RINGUEDE Dominique	N.L. Audax Rando Gien	140.054 km
24.	CARREY Franck	N.L. - Berry-Bouy	135.666 km
25.	DE MARCILLAC Bertrand	CA Montreuil	133.401 km
26.	MULLARD Michel	N.L - U Berrichonne Loiret	125.420 km
27.	SVENSSON Christer	Sweden	124.049 km
28.	BOURSAIN Mickaelise (F)	N.L. Checy	122.917 km
29.	DEPARDAY Fabien	N.L. AP Yvelines	122.715 km
30.	BUTET Marc	N.L. - EM Bourges	118.275 km
31.	GLASER Bernard	Neuilly-sur-Marne A	117.658 km
32.	DELANGÉ Dominique	AJ Auxerre Sect. Marathon	107.398 km
33.	RASSAIND Andre	Amicale Laique Voiron	105.666 km
34.	LANDRU Noelle (F)	AS Corbeil-Essonnes	100.845 km
35.	DUVAL Bernadette (F)	N.L. Clermont-Ferrand	99.540 km
36.	EMONIERE Philippe	COSM Arcueil	62.857 km
	GEORGELIN Serge	Bruz Athletisme	122.500 km in 16:24:38
	DE SOUSA Marie-Lise	AO Charenton	102.500 km in 16:39:26
	THEVENIN Pascal	Marne et Gondoire A	85.000 km in 11:18:38

ARNAULT Jacques	Neully-sur-Marne A	85.000 km in 13:16:34
BOUILLON Philippe	N.L Nevers	77.500 km in 14:01:48
NAUDIN Jean-Pierre	N.L. - Saint-Jean-de-Braye	65.000 km in 18:49:02
LACROIX Jean-Louis	AC Chateau-Thierry	60.000 km in 07:57:50
CHEVALLEREAU Mathieu	US Aigrefeuille Athletisme	45.000 km in 07:38:40



Florian Letourneau, Christophe Laborie, Cedric Varain and Guido Vermeir in action in Bourges



Karine Zeimer, Tatiana Maslova and Sandra Brown (photos Emmanuel Tardi)

For completeness, here are the results of the 2x6 Hours Race

2x6 Heures de Bourges

1. VARAIN Cedric	AC Chateau-Thierry	106.051 km
2. GIBELLI Alain	CSM La Seyne	103.301 km
3. BOCUZE Daniel	FAC Andrezieux	100.902 km
4. LABARRE Bertrand	CS Provins Athletisme	96.951 km
5. GRASSI Alain	Pass Athle Team TDA	95.606 km
6. GIRAUDEAU Denis	ULA Cornouaille	91.703 km
7. BALLAND Johann	Athletic Vosges EC	90.340 km
8. BOVIN Laurent	A.M St Thibault des Vignes	88.503 km

9.	DIEN Daniel	Neuilly-sur-Marne A	88.503 km
10.	DALOZ Robert	Neuilly-sur-Marne A	87.374 km
11.	PANNIER Josiane (F)	Havre AC	85.921 km
12.	MOUGENOT Patrick	Marne et Gondoire A	85.604 km
13.	BEN EL KEBIR Hafid	CSL Neufbrisach	78.908 km
14.	GILLARD Lydia (F)	ASC Francophone	78.228 km
15.	AUBERT Patrice	Die AC	74.679 km
16.	MAUNY Claude	Neuilly-sur-Marne A	39.241 km
	HARBULOT Francis	Pass Athle Dijon	40.000 km in 06:01:20

MARCIALMONDO AND OMARCHADOR ROUNDUP

Marciadalmondo has 15 press releases on which I can report this week

- Mon 26 Feb - Results of German U20 Championships in Halle
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3101
- Tue 26 Feb - Reviewing the month of February from a racewalking perspective (Italian only at this stage)
http://www.marciadalmondo.com/ita/dettagli_news.aspx?id=3100
- Sun 25 Feb - Andres Choco (ECU) wins 50km (3:50:27) in Monterey
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3099
- Mon 26 Feb - Some interesting documents added to the marciadalmondo website
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3098
- Sun 25 Feb - Bosworth wins 3,000m indoor in Glasgow with a world best 10:30:28
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3097
- Sun 25 Feb - Marc Tur and Julia Takacs win Spanish 50km titles in Burjassot
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3096
- Fri 24 Feb - Mikita Kaliada (BLR) and Meryem Bekmez (TUR) win U20 international match in Minsk
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3095
- Fri 24 Feb - Mert Atli and Semiha Ozdemir win Turkish walk champs in Antalya
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3094
- Fri 24 Feb - Tracing the development of the women's 50km walk
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3093
- Fri 24 Feb - Lebogang Shange and Maria Guadalupe win 20km walks in Monterrey
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3092
- Thu 23 Feb - Dawid Tomala and Katarzyna Zdzieblo won Polish Indoor Championships
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3091
- Thu 23 Feb - Former Italian walker Cristiana Pellino passes away aged 47
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3090
- Wed 22 Feb - Preview of races this weekend in Monterrey, Mexico
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3089
- Tue 21 Feb - IAAF Race Walking Committee Stakeholder Survey
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3087
- Mon 20 Feb - Samuel Gathimba wins Kenian Trials in Nairobi with 1:19:04
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3086

and Omarchador has what I think must be a record 24 press releases

- Mon 26 Feb - Érika Morales sets Mexican record in Monterrey 50km
<http://omarchador.blogspot.com.au/2018/02/erika-morales-com-recorde-do-mexico-nos.html>
- Mon 16 Feb - Choco the standout in the men's 50km in Monterrey
<http://omarchador.blogspot.com.au/2018/02/chocho-destaca-se-nos-50-km-de-monterrey.html>

- Sun 25 Feb - Maria Guadalupe wins women's 20km in Monterrey. Inês Henriques on the podium, <http://omarchador.blogspot.com.au/2018/02/maria-guadalupe-vence-em-monterrey-ines.html>
- Sun 25 Feb - Lebogang Shange wins men's 20km in Monterrey <http://omarchador.blogspot.com.au/2018/02/shange-lebogand-impoe-se-nos-20-km.html>
- Sun 25 Feb - Results of Belgian Indoor Championships in Gent <http://omarchador.blogspot.com.au/2018/02/campeonatos-de-pista-coberta-da-belgica.html>
- Sun 25 FEB - Results of last weekend's Irish indoor championships in Abbotstown <http://omarchador.blogspot.com.au/2018/02/irlanda-campeonatos-indoor-em.html>
- Sat 25 Feb - Results of U20 10km races in Monterrey <http://omarchador.blogspot.com.au/2018/02/monterrey-10-km-sub-20-masculinos-e.html>
- Sat 25 Feb - Results of USA Indoor Champs in Albuquerque last weekend <http://omarchador.blogspot.com.au/2018/02/eu-america-campeonatos-indoor-em.html>
- Sat 5 Feb - Results of Hungarian Indoor Champs last weekend <http://omarchador.blogspot.com.au/2018/02/hungria-campeonatos-absolutos-de-pista.html>
- Sat 25 Feb - Burjassot will host the 50km Spain Championships this weekend <http://omarchador.blogspot.com.au/2018/02/burjassot-recebera-os-campeonatos-de.html>
- Fri 23 Feb - Zdzieblo and Tomala win Polish Indoor Champs last weekend <http://omarchador.blogspot.com.au/2018/02/zdziebo-e-tomala-sagram-se-campeoes-da.html>
- Fri 23 Feb - Fadekemi Olmed sets Nigerian record for 20km walk <http://omarchador.blogspot.com.au/2018/02/fadekemi-olude-com-recorde-da-nigeria.html>
- Fri 23 Feb - Memorial Jerzy Hausleber centre stage for Round 2 of the IAAF World Challenge <http://omarchador.blogspot.com.au/2018/02/memorial-jerzy-hausleber-recebe-etapa.html>
- Thu 22 Feb - Samuel Ileri Gathimba (1.19.04) beats Kenya's national 20km record <http://omarchador.blogspot.com.au/2018/02/samuel-ireri-gathimba-11904-bate.html>
- Thu 22 Feb - Virbalyte and Ziukas win Lithuanian indoor championships last weekend <http://omarchador.blogspot.com.au/2018/02/lituania-virbalyte-e-ziukas-vencem.html>
- Thu 22 Feb - Sierra, Montaña and Arenas feature in Colombian Roadwalk Championships last weekend <http://omarchador.blogspot.com.au/2018/02/sierra-montana-e-arenas-em-destaque-nos.html>
- Wed 21 Feb - Results of French Indoor Championships in Liévin <http://omarchador.blogspot.com.au/2018/02/campeonatos-de-franca-elite-de-pista.html>
- Wed 21 Feb - Results of Portuguese ANDDI National Winter Trck Championship <http://omarchador.blogspot.com.au/2018/02/anddi-campeonato-nacional-de-inverno-em.html>
- Wed 21 Feb - Ameer and Mansouri win National Racewalki Cup in Oran, Algeria last weekend <http://omarchador.blogspot.com.au/2018/02/ameur-e-mansouri-vencem-taca-nacional.html>
- Tue 20 Feb - Caio Bonfim won his 7th Brazil Cup title <http://omarchador.blogspot.com.au/2018/02/caio-bonfim-conquistou-o-seu-7-titulo.html>
- Tues 20 Feb - Palmisano and Fortunato win Italian Indoor Champs <http://omarchador.blogspot.com.au/2018/02/palmisano-e-fortunato-com-prestacoes.html>
- Tue 20 Feb - Takahashi wins Japan Championship 20km walk <http://omarchador.blogspot.com.au/2018/02/takahashi-com-melhor-marca-mundial-do.html>
- Mon 19 Feb - Vitória Oliveira and João Vieira win Portuguese Club Champ Division 1 walks in Pombal <http://omarchador.blogspot.com.au/2018/02/vitorias-sportinguistas-na-marcha-da-i.html>
- Mon 19 Feb - CO Pechão and CC São João da Madeira are winning clubs in Portuguese Club Champ Division 2 <http://omarchador.blogspot.com.au/2018/02/co-pechao-e-cc-sao-joao-da-madeira.html>

SHOCKING VIDEO EMERGES FROM INDIAN WALK CHAMPIONSHIPS

Results can sometimes be deceptive. I reported in last week's newsletter on the Indian National Roadwalk Champs in New Delhi and commented on the great depth on show. A video has now come to light that puts a very different perspective on the meet – check out <https://www.facebook.com/ravikumar.moral/videos/2086098761636422/?t=17>. Of the large group of 9 walkers vying for the lead, 6 of them are blatantly running – not just a bit off the ground but actually physically running, bent legs and all. I believe that some of these blatant runners were actually in the final finishing list.

One must question whether this invalidates the entire meet and brings into doubt every single performance. I am too shocked for further words.

OUT AND ABOUT

First the good news stories

- Good article on the forthcoming IAAF World Race Walking Team Championships in China. See <https://www.iaaf.org/competitions/iaaf-world-race-walking-team-championships/news/china-year-dog-world-race-walking-taicang-201>.
- Excellent article on Commonwealth Games bound Welsh walkers **Bethan Davies** and **Heather Lewis** - <http://www.dai-sport.com/wales-pair-bethan-davies-heather-lewis-walking-sunshine/>.

And now to the Winter Olympics

- Late last week, a second athlete representing the Olympic Athletes from Russia (OAR) has tested positive for a banned substance at Pyeongchang 2018. She was identified as Nadezhda Sergeeva who finished 12th in the two-woman bob where she had been the pilot with partner Anastasia Kocherzhova. Sergeeva tested positive for trimetazidine, a stimulant usually used to treat patients suffering from angina, which is believed to offer many of the same benefits as meldonium. Sergeeva was among several Russians who tested positive for meldonium in 2016 but was cleared after WADA adopted an amnesty for athletes who had a low dose of the then newly-added substance to its banned list in their samples. Is this the new clean Russia! See <https://www.insidethegames.biz/articles/1061852/second-russian-tests-positive-for-banned-drugs-at-pyeongchang-2018>.
- This led to a slight handslap administered to the Russians by the IOC. They were not allowed to participate in the closing ceremony under their own national flag. But it was a minor political statement. Their team of 168 still got to compete in Sochi, that's what counts.
- And more on the new 'clean' Russians at the Winter Olympics. The Russian cross-country skiers, who will take home three silver and three bronze medals, are coached by Yuri Borodavko who was suspended from working with the Russian national team for two years in 2010 after the Russian Cross-Country Ski Federation said he was among a group of coaches "involved in doping cases." In fact, Borodavko wasn't even invited to the Olympics and had to watch on TV in Moscow - I think that is what you call hiding the evidence! See <https://wintergames.ap.org/southbendtribune/article/russian-cross-country-success-led-doping-tainted-coach>.
- It was the political moment of the Winter Olympics: After the ice hockey final, the Russian players sang their anthem. This was forbidden but they snubbed their noses at the IOC and did it anyway. And according to Zeit Online, they can afford to do it. This IOC and its German President Thomas Bach are too weak to stand up to Putin, the most powerful man in world sports. The IOC is now expected to reinstate Russia any day now. And hey, was it really a ban anyway. See http://www.zeit.de/sport/2018-02/olympia-2018-pyeongchang-ioc-thomas-bach?wt_zmc=sm.ext.zonaudev.twitter.ref.zeitde.share.link.x.
- A group of National Anti-Doping Organisations (NADOs) have stepped up their criticism of the IOC following the decision to lift Russia's suspension if no fresh new doping cases among their athletes emerge from Pyeongchang, claiming their management of the crisis has "gone from bad to worse". In the statement, the Institute of National Anti-Doping Organisations (iNADO) accused the IOC of making the call for "pragmatic rather than principled reasons". See <https://www.insidethegames.biz/articles/1061972/ioc-decision-to-lift-ban-on-russia-after-pyeongchang-2018-provokes-widespread-anger#.WpO25csoeB0.twitter>.
- Norway won 16 more medals than the USA, with half the athletes - and as we all know, they were all severe asthmatics! Hmmm.
- And how come Russia were allowed to field an ice hockey team in the Winter Olympics when they are supposed to be banned! Don't even get me started on that one.

And in other news

- The USA biathlon team has announced it will boycott the final IBU World Cup meet in Russia next month. The U.S. athletes released a statement Saturday saying that the International Biathlon Union's recent decision to move forward with the March 22-25 event in Tyumen, Russia— despite a recent doping scandal in that country — is "completely unacceptable." The statement says, "In support of clean sport and our own physical safety, we cannot in good conscience participate." The U.S. Biathlon team adds "holding the World Cup Final in Russia now sends an outrageous message of anti-doping indifference to the world." See <https://www.nytimes.com/aponline/2018/02/23/sports/olympics/ap-oly-bia-usa-boycott.html>.
- Breaking: it was also announced late last week that another Russian athlete had tested positive for Meldonium – a summer sports athlete in this case.
- Wow – this is a particularly scathing review of USOC – https://www.washingtonpost.com/sports/olympics/the-olympic-flame-has-been-extinguished-the-usoc-should-be-next/2018/02/26/a00648ca-1b05-11e8-9de1-147dd2df3829_story.html?utm_term=.76bca4f7cc6c.

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

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

Apr 7, 2018	Cat B	27 th 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
	Men's and Women's 20km walk, Currumbin Beachfront, Sunday 8 April
Apr 28 (Sat), 2018	International Walks Meet and Mikenas Memorial, Birstonas, LTU
May 5-6, 2018	28th IAAF World Race Walking Team Championships , Taicang, China
May 9-11, 2018	Melanesian Regional Championships, Port Vila, Vanuatu (AA team - U18 walks)
Jun 8 (Fri), 2018	44 th International Racewalking Festival, Alytus, Lithuania
Jun 9 (Sat), 2018	International Racewalk Meet, Simnas, Lithuania
July 10-15, 2018	16th World Junior T&F Championships , Tampere, Finland
Aug 7-12, 2018	European Athletics Championships , Berlin, Germany
Sept 4-16, 2018	22nd World Masters Athletics T&F Championships , Malaga, Spain
Mar 24-30, 2019	World Masters Indoors T&F Championships , Torun, Poland
July 3-14, 2019	30th Summer Universiade , Naples Italy
Aug 30-Sep 7, 2019	20th Oceania Masters T&F Championships , Mackay, Queensland, AUS
Sept 28 – Oct 6, 2019	17th IAAF World Championships in Athletics , Doha, Qatar

May, 2020 **29th IAAF World Race Walking Team Championships**, Minsk, Belarrus
July 24 – Aug 9, 2020 **32nd Olympic Games**, Tokyo
July 20 – Aug 1, 2020 **23rd World Masters T&F Championships**, Toronto, Canada
Aug 6-15, 2021 (TBC) **18th IAAF World Championships in Athletics**, Eugene, USA
July 18-30, 2022 **XXII Commonwealth Games**, Birmingham, GBR.

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