



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2016/2017 Number 19
7 February 2017



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WALKER OF THE WEEK

Addendum to last week when I commented that Declan Tingay's 10km Walker of the Week performance of 42:20.31 was the fastest ever by any Australian walker aged 17. In fact, that title belongs to Nathan Brill who walked a time of 41:07 at the 2014 IAAF World Race Walking Cup in Taicang, some 3 weeks before his 18th birthday. My apologies to Nathan for this oversight. So I think that makes Declan's performance the second best ever U18 walk over that distance.

My Walker of the Week this time around goes to 13 year old NSW walker **Alannah Pitcher** who won the U15 3000m walk at the NSW Junior T&F Championships in Sydney last weekend with a time of **14:19.11**. While just outside her PB of 14:07.74, it was still a fantastic time.

Alannah took all before her nationally last year in the U13/U14 age group category. She started the year with wins in the Australian T&F U14 3000m in March (14:44.41) and in the Australian Little Athletics U13 1500m in April (6:43.92). A good double followed in the LBG Carnival in Canberra in June (1st in the U14 2km with 9:28 and 5th in the U16 3km with 14:39). She then won the U14 3km roadwalk championship in Canberra in August (14:34) and the Australian Schools U14 3000m track championship in Canberra in December (14:50.65).

It looks like she is starting 2017 right where she left off – from the front!



Alannah in the Australian U14 3km roadwalk at the National roadwalk championships in Canberra last August

WHAT'S COMING UP

- This **Sunday 11th February** sees the **AV Shield Final** (Programme 2) contested at Lakeside Stadium in Albert Park. Good luck to all those walkers whose AV teams made it through to the final.

- Entries have now closed for the **2017 Australian/Oceania 20km Race Walking Championships** which will be held in War Memorial Drive, **Adelaide**, on **Sunday 19th February**.
 - 7:00am Oceania & Australian 20km Race Walking Championships
 - 8:00am Oceania Under 20 10km RaceWalking Championships
 - 8:00am Invitational Under 18 5km Race Walk
- The next **VRWC races** will also be held on **Sunday 19th February** and will include the **Victorian Masters 5000m track walk championships**. Venue and times shown below.

Sun 19 February 2017, VRWC Track Races, VMA 5000m Championships , Clifton Hill		
Venue: George Knott Athletic Field, 143 Heidelberg Rd, Clifton Hill		
8.30am	5000m VMA Championship	Masters Women
9.15am	5000m VMA Championship	Masters Men
10.00am	5000m and 3000m	VRWC Open
10.40am	1500m	VRWC Open

2018 COMMONWEALTH GAMES WALKS INFO NOW PUBLISHED

The 2018 Commonwealth Games Organizing Committee has announced course details for the road walks, the cycling time trials and the cycling road races. All events will be held on the Carrumbin beachfront, just south of Surfers Paradise and within the Gold Coast City council region. To read a bit more about Carrumbin, check out https://en.wikipedia.org/wiki/Currumbin,_Queensland. To checkout the actual announcement, see <https://www.gc2018.com/venue/currumbin-beachfront>. To summarise

- The 20km Road Walks will be on Sunday 8 April 2018
- The 20km Road Walks will be held on a 1km loop along the Currumbin Esplanade.
- The 20km Road Walks are free events.

Race Walk Course



You can also see video of all 3 courses at <https://www.facebook.com/gc2018/videos/1370264119702790/>.

AV AND VRWC ROAD RACES, MIDDLE PARK, SUNDAY 5 FEBRUARY

The Victorian Teams 5km Roadwalk Championships were contested on Sunday morning at Middle Park in Melbourne. Disappointingly, entries were very low, especially since we see around 100 walkers contesting the AV Shield competition each week. Overall, the women's teams race went to Glenhuntly and the men's teams race went to Nunawading, ahead of Collingwood. Overall, **Simone McInnes** (25:35) and **Kyle Swan** (22:21) took line honours. I also noticed that Simone appeared on the 10km results sheet as well so a big day's work by her.

AV 5km Teams Race Women

1.	Simone McInnes	GHY	25:35
2.	Paige De Lisen	KNA	28:19
3.	Heather Carr	GHY	30:09
4.	Gwen Steed	GHY	35:33
5.	Sandra Howorth	GHY	39:12

AV 5km Teams Race Men

1.	Kyle Swan	ANW	22:21
2.	Bradley Simpson	ANW	23:04
3.	Stuart Kollmorgen	COLL	24:07
4.	Pramesh Prasad	COLL	24:36
5.	David Smyth	COLL	27:40
6.	Adam McCann	ANW	32:52
7.	David Sommers	ANW	33:28
8.	Robert Gardiner	COLL	35:05

Teams Race Results

Women	1.	GHY	S McInnes, H Carr, G Steed
Men:	1.	ANW	K Swan, B Simpson, A McCann
	2.	COLL	S Kollmorgen, P Prasad, D Smyth

A number of additional VRWC races were contested.

15km Open

1.	Karyn O'Neill	F	1:51:51
	Terry O'Neill	M	DNF

10km Open

1.	Philippa Huse	F	51:13
2.	Simone McInnes	F	55:44
3.	Bernie Kierl	M	1:03:04
4.	Donna Elms	F	1:07:05
5.	Albin Hess	M	1:13:19
	Stephanie George	F	DNF
	Emily Hamilton	F	DNF
	Reece Walmsley	M	DNF
	Hayden Walmsley	M	DNF

5km Open

1.	Jason Kozica	M	23:29
2.	Corey Dickson	M	25:51
3.	Cassandra Knight	F	30:27
	Will Thompson	M	DNF

3km Open

1.	Charlotte Hay	F	16:26
2.	Jasmin Hass	F	17:03
3.	Angus Hay	M	21:25

2km Open

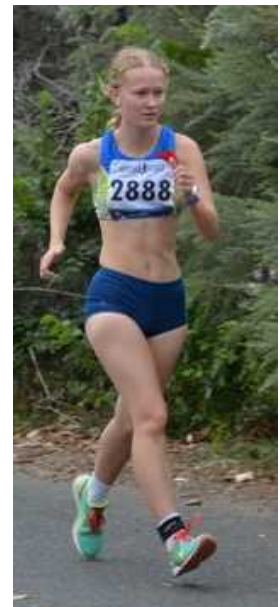
1.	Luke Epps	M	14:02
2.	Eliza Thompson	F	15:54
3.	Pam Mews	F	20:58

Our final VRWC races for the summer will be held at the George Knott Reserve in Clifton Hill on Sunday 19th February. This meet will also see the VMA 5000m track walks contested.

Thanks to Terry Swan for his usual great gallery of photos – <http://www.vrwc.org.au/piwigo/index.php?category/423>.



Winning teams – Heather Carr, Simone McInnes, Sandra Howorth, Gwen Steed, David Sommers, David McCann, Kyle Swan and Brad Simpson



Heather Carr, Simone McInnes, Philippa Huse and Paige De Lisen



Kyle Swan, Stuart Kollmorgen and Brad Simpson (all photos Terry Swan)

BENDIGO WALKER CLUB ROADWALKS, ROSALIND PARK, BENDIGO, WEDNESDAY 1 FEBRUARY

Thanks to Paul Rance for his latest report from Bendigo, in country Victoria.

The Bendigo Walker's Club's Wednesday night racing returned after a 1 week recess for the Victorian Country Championships with 1.6km and 3.2km sealed handicap events being held in Rosalind Park. In the 1.6km, the inform **Sheridan Commons** raced to a strong victory, with **Carissa Brook** taking 2nd place and recording fastest time, while **Oscar Fox** secured 3rd placing with another solid performance. The 3.2km saw **John Carter** continue his fine early season form to win narrowly from **Peter Curtis** 2nd and **Barb Bryant** in 3rd place, with **Zahra Hayes** taking fastest time honours and **Jennie Payne** also walking strongly to record a personal best.

3.2km Handicap Walk

1.	John Carter	23.30
2.	Peter Curtis	18.26
3.	Barb Bryant	19.09
4.	Jennie Payne	20.03
5.	Zahra Hayes	16.29
6.	Madison Hill	19.21
7.	Norm West	25.54
8.	Annette Major	21.40
9.	Annette Curtis	25.46

1.6km Handicap Walk

1.	Sheridan Commons	10.56
2.	Carissa Brook	8.50
3.	Oscar Fox	10.28
4.	Amber Fox	12.42
5.	Caitlyn Tozer	13.10

SAMA TRACK WALKS, SA ATHLETICS STADIUM, MILE END, ADELAIDE, WEDNESDAY 1 FEBRUARY

Thanks to Colin Hainsworth for the latest report from the South Australian Masters in Adelaide. Cool evening, good turnout. **Kim Mottrom** (22:20 and 3:32) was the standout.

5000m Walk

1.	Kim Mottrom	22:20	M32	80.98%
2.	Rhiannon Lovegrove	27:56		
3.	Peter Crump	29:23	M56	73.51%
4.	John Leydon	31:46	M55	67.39%
5.	Kevin Finn	32:32	M65	72.64%
6.	Gil McIntosh	32:59	M66	72.45%
7.	Marie Maxted	33:38	W56	70.33%
8.	James Hoare	35:36	M70	70.36%
9.	Bill Starr	38:48	M74	67.96%
10.	David Robertson	43:39	M83	69.17%

800m Walk

1.	Kim Mottrom	3:32	M32
2.	Rhiannon Lovegrove	3:55	
3.	Peter Crump	4:10	M56
4.	Marie Maxted	4:10	W56
5.	Gil McIntosh	4:49	M66
6.	Kevin Finn	5:03	M65
7.	James Hoare	5:31	M70
8.	Helen Suridge	5:33	W65
9.	Rodger Barber	5:53	M78
10.	Valmai Padget	6:03	W72
11.	Margaret McIntosh	6:13	W64

3000m Walk

1.	Mark Worthing	19:05	M54	65.35%	12.	Harry Hayford	6:20	M64
2.	Helen Suridge	22:13	W65	68.57%	13.	Jill Rogers	6:37	W72
3.	Des Mulqueen	22:46	M70	64.65%	14.	David Robertson	6:40	M83
4.	Rodger Barber	23:03	M78	71.05%	15.	Alison Hay	7:00	W53
5.	Dave Fallon	23:23	M64	58.77%				
6.	Jan Layng	23:44	W68	66.71%				
7.	Valmai Padget	24:02	W72	69.7%				
8.	Margaret McIntosh	24:28	W64	61.51%				
9.	Colin Hainsworth	24:46	M87	76.56%				
10.	Jill Rogers	26:11	W72	63.98%				
11.	Edna Bates	26:16	W64	57.29%				

ACT WALKERS CLUB TRACK WALKS, WODEN PARK, WODEN, THURSDAY 2 FEBRUARY

Thanks to Robin Whyte for his latest report from Canberra. Youngsters **Connor Frew** (5:59), **Tim Fraser** (6:13) and **Mitchell Baker** (6:23) were in hot form in the 1500m.

1500m Walk

1.	Connor Frew	5:59
2.	Tim Fraser	6:13
3.	Mitchell Baker	6:23
4.	Gabby Hunt	6:56
5.	Tom Hunt	7:34
6.	Ann Staunton-Jugovic	7:36
7.	Hannah Manning	7:40
8.	Sidney Shaw	8:45
9.	Kate Black	8:46
10.	Sebastian Tanner	8:58
11.	Helena Bialecki	9:04
12.	Robin Whyte	9:13
13.	Andrew Camp-Liddiard	9:27
14.	Harry Baker	10:23
15.	Ella Baker	10:25
16.	Bryan Thomas	10:31
17.	Ruth Baussmann	11:06
18.	Geoff Barker	11:40
19.	Sheryl Greatehead	12:06
20.	Lorna England	12:07
21.	Margaret McSpadden	12:12
22.	Val Chesterton	12:12

700m Walk

1.	Georgia Frew	4:40
2.	Caroline Campbell	6:07

ATHLETICS WA T&F MEET, WA ATHLETICS STADIUM, PERTH, FRIDAY 3 FEBRUARY
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Ben Reid (26:06.58) was fastest in Perth on Friday evening.

5000m Walk

1.	Reid, Benjamin	M01	Athletics WA	26:06.58
2.	Murphy, Patrick	M00	Athletics WA	26:49.29
3.	Millard, Thomas	M01	Rockingham Athletics Club	28:04.65
	Mann, Bradley	M99	Ridgewood	DNF

ATHLETICS ACT SUMMER SERIES, AIS ATHLETICS TRACK, BRUCE, FRIDAY 3 FEBRUARY

Only 2 walkers contested the Athletics ACT Summer Series in Canberra on Friday evening.

1500m Walk

1.	Henderson, Elizabeth	North Canber	7:45.0
2.	Thompson, Lucinda	Woden Athlet	10:12.0

ATHLETICS TASMANIA INTERCLUB, DOMAIN ATHLETICS TRACK, HOBART, SATURDAY 4 FEBRUARY

Alice Randall (26:25.15) was fastest in Hobart on Saturday.

5000m Walk

1.	Alice Randall	OVA	26:25.15
2.	Ron Foster	NS	33:03.02
3.	Elizabeth Leitch	ES	33:05.93

ATHLETICS SA INTERCLUB, SA ATHLETICS TRACK, MILE END, ADELAIDE, SATURDAY 4 FEBRUARY

A good turnout as usual in Adelaide last Saturday, with **Tristan Camilleri** walking a good 23:51.59 in the 5000m.

5000m Walk

1.	Tristan Camilleri	COASTAL DIST	23:51.59
2.	Samantha Findlay	SOUTHERN	25:25.18
3.	Mathew Bruniges	SOUTHERN	27:48.86
4.	Peter Crump	SAINTS	29:36.63
5.	Greg Metha	HILLS DISTRI	34:25.77
6.	Chloe Upton	SOUTHERN	34:25.77
	Rhiannon Lovegrove	PORT ADELAIDE	DNF

1500m Walk

1.	Victoria Upton	SOUTHERN	7:33.56
2.	Kiera Ross	PEMBROKE	7:54.18
3.	Kitarni Upton	SOUTHERN	8:08.34
4.	Eloise Sulicich	WESTERN DIST	8:35.42
5.	Mia Wilks	PEMBROKE	8:56.20
6.	Meshach Begg	SAINTS	10:46.48

NSW JUNIOR AND YOUTH T&F CHAMPIONSHIPS, SOPAC, SYDNEY, 3-5 FEBRUARY

The NSW Junior and Youth T&F Championships were contested last weekend in Sydney, with the 3000 U15-U16 on Friday evening and the U17-U20 5000m on Sunday. Standouts were **Allanah Pitcher** (U15 14:19.11) and **Tyler Jones** (U20 21:43.18).

U16 3000m

1.	Brittany Robertson	15	St. George Distr	17:03.61
2.	Lily Johnston	15	Asics Wests	17:07.22
	Hannah Parker	15	Randwick Botany	DQ
1.	Jack McGinniskin	15	Edgeworth	15:07.98
2.	Hayden Blaskett	15	Sydney Striders	15:19.53
3.	Corey McConville	15	Nowra Athletics	20:14.35

U15 3000m

1.	Allanah Pitcher	14	Mingara Athletic	14:19.11
2.	Emma Blanch	14	St. George Distr	14:40.09
3.	Hannah Bolton	14	Mingara Athletic	15:35.12
4.	Sophia Dagher	14	Westfields	15:57.28
5.	Renee Hardy	14	Asics Wests	15:58.68
6.	Danielle Vesper	14	Mingara Athletic	16:59.68
7.	Haley Mills	14	Parramatta City	17:02.25
8.	Sophie Hickson	14	Asics Wests	17:21.84
1.	Joel Kemp	14	Mingara Athletic	15:47.14
2.	Martin Leerberg	14	U.T.S. Norths	17:29.47
3.	James Walter	14	Sydney Pacific	17:41.39
4.	George Davis	14	Ryde Athletics	18:49.81

U14 3000m

1.	Elizabeth Mcmillen	13	Sydney Pacific	15:20.24
2.	Izabella Dunne	12	Mingara Athletic	16:23.15
3.	Olivia Thomson	13	Randwick Botany	16:27.71
4.	Chloe McLoughlin	13	Gosford Athletic	16:34.64

5.	Casey Stanley	13	St. George Distr	17:22.58
6.	Emma Thomas	12	Parramatta City	17:40.06
7.	Alannah Hickson	12	Asics Wests	18:27.33
8.	Stacie Becroft	12	Nepean Districts	22:07.11

1.	Dylan Daly	13	Wyong Athletics	17:08.82
2.	Ryan Vesper	12	Mingara Athletic	17:34.32
3.	Samuel Walter	12	Sydney Pacific	20:57.62

U20 5000m

1.	Shanae Norton	18	Bankstown	26:12.20
2.	Lucy Francis	18	Sydney Pacific	26:19.95
3.	Chelsea Goodhew	18	Westlakes Athlet	26:36.88
4.	Jasmyn McDonald	18	Parramatta City	26:55.39

1.	Tyler Jones	19	Mingara Athletic	21:43.18
2.	Travis Barendregt	17	Nepean Districts	28:51.74

U18 5000m

1.	Molly O'Neill	17	Adamstown New La	28:39.19
	Sophie Crichton	17	Asics Wests	DQ

1.	Dylan Richardson	17	Mingara Athletic	24:03.52
2.	Ryan Thomson	17	Nepean Districts	26:33.83
	Kyle Bedford	17	Nepean Districts	DQ

U17 5000m

1.	Samantha Brown	16	Parramatta City	29:01.89
2.	Teegan Pengilley	16	Bankstown	29:28.13
3.	Janaya Lee	16	Nepean Districts	32:45.29

1.	Oscar Tebbutt	16	Gosford Athletic	26:22.08
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8 HEURES DE CHARLY-SUR-MARNE, FRANCE, SATURDAY 4 FEBRUARY

Emmanuel Tardi was in Charly-sur-Marne, about 100km at the east of Paris, on Sunday for the first ultra walk classic for the year. The temperature was around 5°C for the 8am start, increasing to 10°C during the race, but cold rain in the 3 hours between 9am and noon made it tough going. About 60 walkers started with an opening lap of 1.075km, followed by laps of 2.575km. In the men's event, **Philippe Lamare** led the race for 35km before being disqualified. This left local walker **Philippe Morel** in the lead, 75 secs ahead of **Philippe Gilles**. Gilles tried to bridge the gap but never quite made it and, in the last hour, Morel actually increased his lead to 3 minutes for a final distance of 70.600 km. The first 5 all finished on the same lap. **Christine Lepage** had an easy victory in the women's event, recording a distance of 62.875 km. Emmanuel had a walk in the ancillary 10km event, coming third overall with 1:12:54.

See photos at https://www.facebook.com/emmanuel.tardi/media_set?set=a.10210497428866134.1073741912.1657411914&type=3



8 Hours Walk

		Laps	Dist	Time	Pace				
1.	MOREL Philippe	VEH			27	70.600 km	07:45:27	9.101 km/h	
2.	GILLES Philippe	VEH	Usm Montargis		27	70.600 km	07:48:07	9.049 km/h	
3.	VANDERCOILDEN David	VEH	Cm Roubaix		27	70.600 km	07:51:28	8.985 km/h	

4.	LANGLOIS Patrick	VEH	Marne Et Gondoire Athletisme	27	70.600 km	07:53:17	8.950 km/h
5.	VARAIN Cedric	SEH	Ac Chateau Thierry	27	70.600 km	07:58:39	8.850 km/h
6.	GEORGELIN Serge	VEH	Bruz Athletisme	26	68.025 km	07:56:38	8.563 km/h
7.	VANDENDAUL Daniel	VEH	Cabw	26	68.025 km	08:00:56	8.487 km/h
8.	LABARRE Bertrand	VEH	Cs Provins Athletisme	25	65.450 km	07:46:51	8.412 km/h
9.	BIEBUYCK Pascal	VEH		25	65.450 km	07:49:00	8.373 km/h
10.	TOUTAIN Eric	VEH	As Culturelle Francophone	25	65.450 km	08:02:53	8.132 km/h
11.	LABORIE Christophe	VEH	Essonne Athletic	25	65.450 km	08:05:34	8.087 km/h
12.	DELANGE Dominique	VEH	Aj Auxerre Section Marathon	24	62.875 km	07:46:23	8.089 km/h
13.	COULOMBEL Pierre	VEH	Cm Roubaix	24	62.875 km	07:46:30	8.087 km/h
14.	DIEN Daniel	VEH	Neuilly Sur Marne Athletisme	24	62.875 km	7:49:01	8.043 km/h
15.	THEVENIN Pascal	VEH	Marne Et Gondoire Athletisme	24	62.875 km	7:49:35	8.034 km/h
16.	JACQUEMIN Mickael	SEH		24	62.875 km	7:58:26	7.885 km/h
17.	LEPAGE Christine (F)	VEF		24	62.875 km	8:00:15	7.855 km/h
18.	CHATILLON Dominique	VEH		24	62.875 km	8:00:32	7.851 km/h
19.	LETESSIER Gilles	VEH		23	60.300 km	7:45:56	7.765 km/h
20.	PAPI Luca	SEH	Waa Running	23	60.300 km	7:45:58	7.765 km/h
21.	HARTMANN Emmanuel	VEH	Athle 55	23	60.300 km	7:46:16	7.760 km/h
22.	LEZIN Jean-claude	VEH	Athletisme Lozere	23	60.300 km	7:47:51	7.733 km/h
23.	MOUGENOT Patrick	VEH	Marne Et Gondoire Athletisme	23	60.300 km	7:49:03	7.713 km/h
24.	LACROIX Jean-louis	VEH	Ac Chateau Thierry	23	60.300 km	7:49:47	7.701 km/h
25.	MARECHAL Jean	VEH		23	60.300 km	7:49:48	7.701 km/h
26.	SEYNAEVE Serge	VEH	Cm Roubaix	23	60.300 km	7:52:38	7.655 km/h
27.	DAVID Christine (F)	VEF	Essonne Athletic	23	60.300 km	7:56:14	7.597 km/h
28.	BUISSON Dominique	VEH	Saint-brice Athletisme	23	60.300 km	7:56:46	7.589 km/h
29.	HELLER Denis	VEH	Ref Issy Avia	23	60.300 km	7:59:23	7.547 km/h
30.	BALLAND Yohann	SEH		23	60.300 km	8:01:00	7.522 km/h
31.	BOVIN Laurent	VEH	A Marcheurs St Thibault Des Vi	23	60.300 km	8:02:03	7.505 km/h
32.	BIZARD Claudie (F)	VEF	Thiais Ac	23	60.300 km	8:02:53	7.492 km/h
33.	HIERNARD Alain	VEH		23	60.300 km	8:05:24	7.454 km/h
34.	BIET Christophe	VEH	J3 Sports Amilly	22	57.725 km	7:48:30	7.393 km/h
35.	HUART Gilles	VEH	Asptt Besancon	22	57.725 km	7:49:06	7.383 km/h
36.	GIRAUDEAU Denis	VEH	Ula Quimper Cornouaille	22	57.725 km	7:51:04	7.352 km/h
37.	RODIER Nicole (F)	VEF	Efs Reims A.	22	57.725 km	7:59:26	7.224 km/h
38.	SONNOIS Martine (F)	VEF	Racing Club Haut-jura Morez	22	57.725 km	8:01:36	7.192 km/h
39.	PICOT Gerard	VEH		21	55.150 km	7:51:57	7.011 km/h
40.	HAGHEBAERT Eric	VEH	Ac Chateau Thierry	21	55.150 km	8:08:45	6.770 km/h
41.	QUINQUETON Bernadette (F)	VEF	A Marcheurs St Thibault Des Vi	20	52.575 km	7:47:17	6.751 km/h
42.	BUNEL Pascal	VEH	Neuilly Sur Marne Athletisme	20	52.575 km	7:49:00	6.726 km/h
43.	SALOMEZ Benedicte (F)	VEF	Neuilly Sur Marne Athletisme	20	52.575 km	7:56:46	6.616 km/h
44.	MARIOTTE Nelly (F)	SEF		20	52.575 km	8:05:35	6.496 km/h
45.	MACHAL Francis	VEH	Cm Roubaix	20	52.575 km	8:07:42	6.468 km/h
46.	LEMOINE Daniel	VEH		19	50.000 km	7:47:47	6.413 km/h
47.	LAMOTTE Ginette (F)	VEF	Entente Sarthe Athletisme	19	50.000 km	7:47:51	6.412 km/h
48.	CAPUSANO Alain	VEH		19	50.000 km	8:07:53	6.149 km/h
49.	SCHWING Martin	SEH	Rc Epernay	19	50.000 km	8:08:15	6.144 km/h
50.	LAURIN Martine (F)	VEF		18	47.425 km	8:01:52	5.905 km/h
51.	GLASER Jean-bernard	VEH	Neuilly Sur Marne Athletisme	18	47.425 km	8:07:19	5.839 km/h
52.	KESSELMARK Patrick	VEH		18	47.425 km	8:09:49	5.809 km/h
53.	BUISSON Claude	VEH		16	42.275 km	7:56:57	5.318 km/h
54.	PLAYE Christophe	VEH		15	39.700 km	8:01:03	4.952 km/h
	PELLERIN Alain	VEH		8	21.675 km	2:33:43	DNF
	LAMARE Philippe	VEH	Ao Nivernaise (nevers)	13	34.550 km	3:33:54	DQ
	THIRIOT Louis	VEH	Asm Bar-le-duc	10	26.825 km	3:05:16	DQ

10km Walk

1.	Gilles Christment	VEH	Marne Et Gondoire Athletisme	0:59:04
2.	Adeline Brastel (F)	SEF	Efs Reims A.	1:01:37
3.	Emmanuel Tardi	VEH	Essonne Athletic	1:12:54
4.	Daniel Bordier	VEH	Ac Chateau Thierry	1:12:55
5.	Stephane Golliot	VEH		1:16:36
6.	Jacqueline Jobert (F)	VEF		1:17:13
7.	Martine Mallet (F)	VEF		1:17:15
8.	Armelle Marthelot (F)	VEF		1:19:48
9.	Yves Brastel	VEH	Efs Reims A.	1:24:23
10.	Lola Sauneuf (F)	VEF	Marne Et Gondoire Athletisme	1:24:39
11.	Christian Mallet	VEH		1:24:39



Female placegetters Christine Lepage, Christine David and Claudie Bizard (photos Emmanuel Tardi)



Male placegetters Philippe Morel, Philippe Gilles and David Vandercoilden

LONDON OPEN & SOUTHERN AREA CHAMPIONSHIPS, HILLINGDON CYCLE TRACK, HAYES, SUNDAY 5 FEB

I was hoping for a full set of results before day's end but it's nearly my bedtime so I will have to go with partial results posted by Peter Hannell on the Surrey Walking Club website.

The Southern Area Championships were held at the familiar Hillingdon Cycle Track which has become the usual venue for major races in the South with only the flat half-kilometre by the café used. The day was cold but not excessively so and the athletes, if not the officials, soon warmed up. Three races covered the 12 competitions across all youth and senior age-groups in a compact, well organized event with a good crowd of competitors, officials, parents and spectators. SWC came away to win the very close Open & Southern Men's team event despite losing David Crane who had been up in 3rd place. After a very strong and determined effort from Malcolm Martin in his best for some time, he finished in 4th Open place and a Bronze medal in the Southern Championship. Despite a cautious start at the rear of the field Shaun Lightman improved both performance and position as he gained 6 places. Despite just failing to catch the excellent Arthur Thompson from Enfield, Shaun finished almost half-way up the field and moved the team from 3rd to 1st. The team was completed by Paul Gaston with his usual competitive effort and backed up by Chris Flint not far behind and again up on recent performances. Angela Martin

represented SWC in the Women's 5km and then continued to complete a fair 70 minute 10km. Blackheath's Abi Smith was 3rd in the Under 13 Girls 2km event with a pb of almost a minute's while Isabelle Bridge was 2nd in the Under 17 5km comfortably beating regular rival, Beatrice Fury (Maidstone) by over a minute over this longer, new distance.

10km Men (20 starters)

1.	L.Legon	Camb H	U23 M	47:45
2.	J.Hobbs	Ashf	M	48:27
3.	F.Reis	SCVAC	M55	51:25
4.	M.Martin	Sy WC	M60	55:24
12.	S.Lightman	Sy WC	M70	1:05:53
15.	P.Gaston	Sy WC	M65	1:06:17
17.	C.Flint	Sy WC	M70	1:07:25

Men's Team Race:

1.	Surrey WC	269 points
2.	Ilford AC	268 points
3.	Enfield & Harringey AC	262 points

5km Senior Women (8 starters)

1.	R.Collins	M&M	W	28:23
2.	P.Cummings	AFD	W40	28:49
3.	H.Middleton	E&H	W50	30:33
7.	A.Martin	Sy WC	W50	33:53

5km U17 Women (4 starters)

1.	L.Lewis-Ward	Camb H	U17G	29:41
2.	I.Bridge	B&B	U17G	31:22
3.	B.Fury	M&M	U17G	32:29

2km U 13 Girls (5 starters)

1.	D.Nova	Ash	U13G	12:13
2.	K.Stringer	M&M	U13G	12:51
3.	A.Smith	B&B	U13G	12:59

FRENCH INDOOR T&F CHAMPIONSHIPS - U18, U20 AND U23, RENNES, FRANCE, SATURDAY 4 FEBRUARY

The French Indoor T&F Championships (U23, U20 and U18) were held in Rennes last Saturday. The meet also included the first part of the "Championnat de Nationale", for Open athletes ranked 8-20 nationally. Men contested 5000m and women contested 3000m.

Fastest male times to **Jean Blancheteau** (U23, 20:02.76), **Gabriel Bordier** (20:09.50) and **David Custer** (U20, 20:22.46).

Fastest female times to **Clemence Beretta** (U23, 13:37.43), **Eloise Terrec** (U20, 14:10.18) and **Amelie Bourhis** (Open) 14:10.98.

3000m Indoors Open Women, Ranking 8-20

1.	BOURHIS Amelie	92	Larmor Estran Athletisme	14:10.98
2.	SAOU Virginie	82	Dijon Uc	14:18.80
3.	RUHARD DELHORS Maud	83	Ac Villeneuve D:asc	14:19.08
4.	BARRITAULT Lucie	90	Athletic Trois Tours	14:22.39
5.	BOUDESSEUL Marie	90	Angers Athletic Club	14:30.07
6.	DEMON Sonia	72	Efs Reims A.	14:37.97

3000m Indoors U18 Women

1.	LEFRESNE Manon	00	La Vigilante Fougère	14:50.28
2.	ALI Sarah	01	Vineuil Sports	15:11.74
3.	LAMOUREUX Felicia	01	Efs Reims A.	15:15.24
4.	TERREC Maelle	01	Ac Roche-sur-yon	15:21.71
5.	BODIN Kassandra	00	Aj Blois-onzain	15:47.98

3000m Indoors U20 Women

1.	TERREC Eloise	98	Ac Roche-sur-yon	14:10.18
2.	AURRIERE Camille	98	Us St Berthevin	14:18.95
3.	LACROIX Sarah	98	Evian Off Course	14:37.04
4.	CELLARD Loanie	98	Carquefou Ac	15:10.27
5.	LEBRETON Gwennan	99	Ta Rennes	15:14.94

3000m Indoors U23 Women

1.	BERETTA Clemence	97	Athle Vosges Pays	13:37.43
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2.	BILLA Jeanne	96	As Caluire Et Cuire	14:20.24
3.	DELEUZE Cecile	96	Amiens Uc	14:28.35
4.	LE NAY Roseline	96	La Vigilante Fougères	15:09.22
5.	CASALE Maeva	97	Ca Balma	15:16.83

5000m Indoors Open Men, Ranking 8-20

1.	TERAOUI Hedi (TUN)	89	Ta Rennes	21:09.38
2.	LEAUTE Benjamin	88	Ac Villeneuve D:asc	21:57.56
3.	LECAPLAIN Maxime	94	U.s.o Mondeville	22:05.59
4.	MASSOUSSI Mohamed (TUN)	88	U.s.o Mondeville	22:06.81
5.	RICHARD Dorian	91	Acj Nerac	22:28.16
6.	VANOOSTHUYSE Jean-franck	79	Us Talence	22:32.94

5000m Indoors U18 Men

1.	GOGNIES Ryan	00	Efs Reims A.	23:09.24
2.	CHAUMETTE Valentin	00	Froissy Athletic Club	23:23.54
3.	SAINT-MARC Adrien	00	Us Bazas	24:00.73
4.	ROBICHON Alexis	00	Ac Roche-sur-yon	24:01.00
5.	DUC Matteo	01	Haute Tarentaise	24:01.03

5000m Indoors U20 Men

1.	KUSTER David	99	Csl Neuf-brisach	20:22.46
2.	BOURNIER Justin	99	Dole Ac	22:23.06
3.	HALOUA BOUKHRIS Zineddine (ESP)	98	Union Perpignan	22:58.42
4.	LE MEUR Steven	98	Cep Lorient	23:41.50
5.	HERICIER Hugo	98	Havre Ac	23:48.70

5000m Indoors U23 Men

1.	BLANCHETEAU Jean	96	Athle Bourgogne Sud	20:02.76
2.	BORDIER Gabriel	97	Us St Berthevin	20:09.50
3.	BERNABE Fabien	95	Sco Ste-marguerite Marseille	20:15.24
4.	HYPOLITE Thibault	97	A. Sarreguemines Sarrebourg A	22:15.07
5.	MAYER Florian	96	Sg La Wantzenau	22:22.72



U20 podiums – photos from Emmanuel Tardi

AAI GAMES, ATHLONE, IRELAND, SUNDAY 5 FEBRUARY

Small field but good walking by **Alex Wright**, **Brendan Boyce** and **Cian McMenamon** in Athlone on Sunday.

Men 3000m Race Walk indoor

1.	Alex WRIGHT	IRL	90	11:15.15
2.	Brendan BOYCE	IRL	86	11:28.61
3.	Cian MCMENAMON	IRL	91	11:44.08

ITALIAN INDOOR T&F CHAMPIONSHIPS - U20 AND U23, ANCONA, ITALY, 4-5 FEBRUARY

The Italian Indoors U20 and U23 T&F Championships were contested last weekend in Ancona and featured 5000m walks for the men and 3000m walks for the women. Reports and photos at http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2688. Fastest times to **Gianluca Picchiottino** (19:45.50) and **Nicole Colombi** (13:40.80).

5000m Indoors U23 Men

1.	PICCHIOTTINO Gianluca	1996	ATL LIBERTAS RUNNERS LIVORNO	19:45.50
2.	AGRUSTI Andrea (I)	1995	GUERRIERI DEL PAVONE	20:15.12
3.	ZAUPA Alberto	1995	ATLETICA SCHIO	21:22.08
4.	CHIESA Stefano	1996	ATL. CENTO TORRI PAVIA	21:58.18
5.	COZZA Cesare	1997	A.S. LA FRATELLANZA 1874	22:36.84

3000m Indoors U23 Women

1.	COLOMBI Nicole	1995	ATL. BRESCIA 1950	13:40.80
2.	DOMINICI Eleonora	1996	A.S.D. ACSI ITALIA ATLETICA	13:40.82
3.	BARCELLA Lidia	1997	BRACCO ATLETICA	13:46.71
4.	CIABINI Giada Francesca	1997	TOSCANA ATL.EMPOLI NISSAN	14:17.23
5.	VITIELLO Sara	1996	G.S.SELF ATL. MONTANARI GRUZZA	14:23.68
6.	PANCONI Giulia	1997	TOSCANA ATL.EMPOLI NISSAN	14:28.91
7.	CANI Lisa	1996	A.S. LA FRATELLANZA 1874	14:33.87
8.	ANSALDI Martina	1996	A.S.D. ATL. FOSSANO '75	14:53.51
9.	CORTESI Maria Teresa	1996	N.ATL. FANFULLA LODIGIANA	15:55.16
10.	GALLINO Alessia	1997	ATL. ALESSANDRIA	17:25.28

5000m Indoors U20 Men

1.	CHIRIVI' Diego	1999	C.U.S. TORINO	22:23.47
2.	BARATTINI Fabio	1999	TLETICA LIVORNO	22:28.56
3.	MAGISTRI Luca	1999	FIAMME GIALLE G. SIMONI	22:50.16
4.	PANTERA Giuseppe	1998	FIAMME GIALLE G. SIMONI	23:00.63
5.	D'ANDREA Stefano	1999	POLISPORTIVA TETHYS CHIETI	23:05.98
6.	BRANDI Giacomo	1998	SPORT ATL. FERMO	23:14.84
7.	MICHELETTI Juriy	1998	ATL. BERGAMO 1959 ORIOCENTER	23:19.20
8.	ROMANZI Emanuele	1999	FIAMME GIALLE G. SIMONI	23:28.44
9.	MINTO Michele	1998	ATL. IMOLA SACMI AVIS	23:42.48
10.	DISARO' Michele	1999	FIAMME ORO PD	23:58.43

3000m Indoors U20 Women

1.	RUSSO Annalisa	1998	ASD POL. ASTRO 2000 BENEVENTO	14:35.47
2.	BOCCHINO Francesca	1999	A.S.D. ACSI ITALIA ATLETICA	14:42.09
3.	PINI Francesca Azzurra	1999	TLETICA 2005	14:47.58
4.	PISANO Arianna	1998	ATLETICA ARCOBALENO SAVONA	14:54.50
5.	VERTERAMO Chiara	1999	C.U.S. TORINO	14:54.56
6.	TERZI Linda	1998	G.S.SELF ATL. MONTANARI GRUZZA	14:59.22
7.	DISABATO Valeria	1999	TLETICA 2005	15:04.54
8.	CUNI Chiara	1999	ATL. BRESCIA 1950	15:26.59
9.	FORESTI Beatrice	1998	ATL. BERGAMO 1959 ORIOCENTER	15:30.15
10.	ANDREOSE Beatrice	1998	FIAMME ORO PD	15:36.87

HUNGARIAN UNDERAGE INDOOR T&F CHAMPIONSHIPS, BUDAPEST, HUNGARY, 4-5 FEBRUARY

The Hungarian U14 and U16 Indoor T&F Championships, held last weekend in Budapest, featured 3000m walks and good fields.

U14 Men 3000m Race Walk indoor

1.	Levente HANZLIK	HUN	04	19:41.46
2.	Márton JAKAB	HUN	04	19:53.86
3.	Oleksandr BABUSH (OC)	HUN	04	14:24.68
4.	Yaroslav MELEKHOV (OC)	UKR	04	15:38.29

U14 Women 3000m Race Walk indoor

1.	Babett MÉSZÁROS	HUN	04	18:42.89
2.	Anikó ORAVECZ	HUN	04	20:16.45
3.	Jázmin KOLMER	HUN	04	21:04.60
4.	Petra PATAKI	HUN	04	21:50.23

5.	Dorina ÖKRÖS	HUN	04	25:07.72
6.	Karina BRODNIKOVA (OC)	UKR	04	16:21.96

U16 Men 3000m Race Walk indoor

1.	Máté VARGA	HUN	02	15:15.16
2.	Levente GONDA	HUN	03	16:35.08
3.	Bálint SZENTMARJAI	HUN	03	17:09.60
4.	Leon BÁNK	HUN	03	17:15.02
5.	Barnabás VERES	HUN	02	19:10.58

Women 3000m Race Walk indoor

1.	Petra ZAHORÁN	HUN	02	15:44.64
2.	Tiziana SPILLER	HUN	03	16:40.71
3.	Katalin TÓTH	HUN	02	17:18.68
4.	Dorottya TAMÁS	HUN	03	17:18.72
5.	Bernadett RÉPÁSI	HUN	02	17:48.84
6.	Elizabet KOCSI	HUN	02	18:15.00
7.	Viktória DOMBI	HUN	02	19:03.57
8.	Boglárka MOLNÁR	HUN	03	19:08.49
9.	Fanni MÉSZÁROS	HUN	03	19:37.28
10.	Orsolya EGYED	HUN	02	19:54.04
11.	Anna JEZSOVICZKI	HUN	02	20:23.94
12.	Kinga TUNKEL	HUN	03	20:29.05

NORWEGIAN INDOOR T&F CHAMPIONSHIPS, ULSTEINVIK, NORWAY, 3-5 FEBRUARY

The Norwegian Indoor T&F Championships in Ulsteinvik saw a win to **Marete Helgheim** (13:42.62). Well reported, along with photo, at http://www.marciadalmondo.com/eng/dettaqli_news.aspx?id=2690.

Women 3000m Race Walk indoor

1.	Merete HELGHEIM	NOR	81	13:42.62
2.	Josefin GREIFF	NOR	98	16:12.13
3.	Fride MØLLER FLATIN	NOR	97	16:30.69
4.	Siri Gamst Glittenberg Laksevåg	NOR		17:16.10

Men 5000m Race Walk Indoor

Kristian Nedregård	NOR	DQ
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ROMANIAN UNIVERSITY INDOOR CHAMPIONSHIPS, BACAU, ROMANIA, 4-5 FEBRUARY

To Romania for their University Indoor T&F Championships in Bacau.

Men 5000m Race Walk indoor

1.	Andrei GAFITA	ROU	96	20:56.72
2.	Stefan Cristian MANGU	ROU	99	21:04.73
3.	Natanael ROTARU	ROU	99	21:51.01

Women 3000m Race Walk indoor

1.	Mihaela PUSCASU	ROU	95	13:48.93
2.	Mihaela ACATRINEI	ROU	95	13:51.61
3.	Carmen Bianca MOLNAR	ROU	96	14:25.81
4.	Diana Georgia ANGELESCU	ROU	00	14:57.68
5.	Andreea Isabella VANCEA	ROU	97	15:52.84
6.	Loredana MUNTEANU	ROU	00	15:53.18
7.	Andreea Raluca PUIU	ROU	99	15:53.88

PORTUGUESE U18 INDOOR T&F CHAMPIONSHIPS, POMBAL, PORTUGAL, SUNDAY 5 FEBRUARY

More indoor championships, this time in Pombal in Portugal for their U18 T&F titles. Wins to **Ângela Carvalho** (15:40.30) and **Daniel Gouveia** (23:45.56). Well reported by http://www.marciadalmondo.com/eng/dettaqli_news.aspx?id=2689.

3000m Indoors U18 Women

1.	Ângela Carvalho	C N DE RIO MAIOR	2000	15:40.30
2.	Joana Pontes	G A CASAS DO VENTO	2000	15:42.84

3.	Ana Vicente	C ORIENTAL PECHÃO	2001	16:46.88
4.	Joana Matos	N S LEÕES FRONTEIRA	2000	16:52.69
5.	Catarina Santos	SPORTING C P	2001	17:09.66
6.	Híronina Casal	C N DE RIO MAIOR	2001	17:11.30
7.	Inês Branco	C POVO PONTÉVEL	2001	17:26.75
8.	Cristiana Carvalho	G A CASAIS DO VENTO	2000	17:30.95
9.	Catarina Santos	A C D COTOVIA	2000	17:40.37

5000m Indoors U18 Men

1.	Daniel Gouveia	C ATLETISMO DE SEIA	2000	23:45.46
2.	Rúben Santos	C F OLIVEIRA DOURO	2000	23:46.00
3.	João Bernardo	PENTA CLUBE COVILHÃ	2001	25:20.10
4.	João Pinel	C A BAIXA BANHEIRA	2001	28:43.30

UKRAINIAN U18 INDOOR T&F CHAMPIONSHIPS, ZAPOROZHYE, UKRAINE, 30 JANUARY – 1 FEBRUARY

And finally, going back a week for a couple of extra results. First to Ukraine for U18 indoor champs.

U18 Men 5000m Race Walk indoor

1.	Vladyslav BIRYUKOV	UKR	00	22:46.31
2.	Dmytro MEDVEDCHUK	UKR	00	23:42.06
3.	Ihor POLYAK	UKR	00	24:23.84

Women 3000m Race Walk indoor

1.	Daryna KASYAN	UKR	02	14:26.81
2.	Yuliya PETRYK	UKR	04	14:36.27
3.	Alina TKACH	UKR	01	15:02.35
4.	Valeriya SHOLOMITSKA	UKR	04	15:29.17

ATHLONE IRISH U23/U20 INDOOR CHAMPIONSHIPS, ATHONE, IRELAND, SUNDAY 29 JANUARY

And to Ireland for U20 and U23 Indoor Championships.

Men 3000m Race Walk indoor

1.	Gearóid MCMAHON	IRL	00	13:21.25
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Women 3000m Race Walk indoor

1.	Sarah GLENNON	IRL		14:32.33
2.	Orla O'CONNOR	IRL	00	14:37.18
3.	Niamh O'CONNOR	IRL	00	14:51.38

MARCIADALMONDO AND OMARCHADOR ROUNDUP

Marciadalmondo had 9 press releases this week

- Mon 6 Feb - Merete Helgheim wins Norwegian Indoor Championship
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2690
- Sun 5 Feb - Angela Carvalho and Daniel Gouveia Portuguese Indoor U18 championships in Pompal
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2689
- Sat 4 Feb - Results of Italian Indoor U20 and U23 Championships in Ancona
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2688
- Fri 3 Feb - 2 Russian walkers amongst group of 31 Russian athletes applying to compete internationally in 2017
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2687
- Fri 3 Feb - Davide Finocchietti breaks Italian Indoors 3000m walk record with 12:31.0
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2686
- Thu 2 Feb - Ukrainian walker Lyudmyla Olyanovska cops 4 year ban
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2685

- Wed 1 Feb - Focus on Stefano Chiesa, third placed finisher in last week's Italian 35km championship walk http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2684
- Wed 1 Feb - Preview of Italian Indoor U20 and U23 Championships in Ancona http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2683
- Tue 31 Jan - Isamu Fujisawa (JPN) and Viktoria Madarasz (HUN) win international 10,000m track walk in Canberra http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2682

and Omarchador had 15 press releases

- Mon 6 Feb - Walk results from Portuguese Championships for intellectually challenged <http://omarchador.blogspot.com.au/2017/02/campeonatos-nacionais-de-pista-coberta.html>
- Mon 6 Feb - Portuguese judge Lamberto Vacchi celebrates another birthday <http://omarchador.blogspot.com.au/2017/02/no-aniversario-de-lamberto-vacchi.html>
- Sun 5 Feb - Daniel Gouveia and Ângela Carvalho win Portuguese U18 Indoor Champs <http://omarchador.blogspot.com.au/2017/02/daniel-gouveia-e-angela-carvalho-com.html>
- Sun 5 Feb - Results of Portuguese walks festival in El Vendrell <http://omarchador.blogspot.com.au/2017/02/el-vendrell-foi-palco-do-2-grande.html>
- Sun 5 Feb - Young walkers dominate in indoor walks in Torun, Poland <http://omarchador.blogspot.com.au/2017/02/predominancia-de-jovens-no-meeting-de.html>
- Sat 4 Feb - Results of Spanish regional walks meet in La Laguna <http://omarchador.blogspot.com.au/2017/02/campeonatos-das-canarias-de-marcha-em.html>
- Sat 4 Feb - Preview of Portuguese U18 Champs this weekend in Pombal <http://omarchador.blogspot.com.au/2017/02/campeonatos-nacionais-de-sub-18-juvenis.html>
- Fri 3 Feb - 2 young Russian walkers on list of those asking for access to international competition <http://omarchador.blogspot.com.au/2017/02/jovens-marchadores-russos-solicitam.html>
- Fri 3 Feb - Madarász and Fujisawa win international 10,000m walk in Canberra <http://omarchador.blogspot.com.au/2017/02/madarasz-e-fujisawa-vencem-segundo.html>
- Thu 2 Feb - 4 year suspension for Ukrainian walker Lyudmyla Olyanovska <http://omarchador.blogspot.com.au/2017/02/4-anos-de-suspensao-para-lyudmyla.html>
- Thu 2 Feb - Wright and Czaková win indoor track meeting in Bratislava, Slovakia <http://omarchador.blogspot.com.au/2017/02/wright-e-czakova-vencem-meeting-de.html>
- Wed 1 Feb - Nunn and Burnett win USA 50km championships <http://omarchador.blogspot.com.au/2017/02/nunn-e-burnett-campeoes-dos-eua-de-50.html>
- Wed 1 Feb - Yohann Diniz races over 5000m in Reims, France <http://omarchador.blogspot.com.au/2017/02/yohann-diniz-na-jornada-cjes-em-reims.html>
- Tue 31 Jan - IAAF releases list of 2017 qualifying races for World Champs <http://omarchador.blogspot.com.au/2017/01/iaaf-divulgou-lista-de-provas-validas.html>
- Tue 31 Jan - De Luca wins 35km in Grosseto, Italy <http://omarchador.blogspot.com.au/2017/01/de-luca-com-bom-teste-nos-35-km-em.html>

OUT AND ABOUT

- IAAF President Sebastian Coe is back under scrutiny regarding the extent of his knowledge of a corruption scandal in track and field following fresh evidence released by British legislators. Coe told a British parliamentary committee in December 2015 that he was not aware of specific allegations of corruption in relation to a Russian doping case that broke in December 2014, when he was serving as vice president of the sport's governing body. However, an email provided to the committee by Coe and published on Tuesday refers to him telling Michael Beloff, chairman of the IAAF Ethics Commission, in August 2014 that he had "been made aware of the allegations" after receiving copied documentation. See http://www.nzherald.co.nz/athletics/news/article.cfm?c_id=19&objectid=11792225&ref=rss.

- Yet Coe still does not consider there is a need for him to appear before MPs investigating doping in athletics. What a crock. Some people are questioning the appropriateness of his knighthood - this looks on the surface to be a case of lying to a Parliamentary Committee. See <http://www.independent.co.uk/sport/general/athletics/sebastian-coe-iaaf-corruption-russian-doping-emails-cover-up-a7555216.html>.
- Russia's 4x400m women's relay team was stripped of its London 2012 silver medal on Wednesday after the IOC named one of its athletes as a doping cheat. The latest to be snared is Antonina Krivoschapka, a 400m runner who was part of the Russian team that came second in the relay in London. The IOC said the 29-year-old tested positive for the banned steroid turinabol and it means that the whole Russian 4x400m women's team is disqualified. The United States won the relay with Jamaica third and Ukraine fourth. See <http://www.nation.co.ke/sports/athletics/Russia-stripped-of-London-relay-silver-for-doping/1100-3795888-7b4huiz/index.html>.
- Russian Sports Minister Pavel Kolobkov said at a ministry board meeting on Wednesday: "I'm confident that all these accusations that are now made about the alleged state-sponsored doping system have no grounds." Well, some things never change, including Russia's ongoing failure to acknowledge the real situation. They continue to do little to help their cause for reinstatement. Keep them out I say. See <http://tass.com/sport/928541>.
- The Ukrainian Athletics Federation last Wednesday announced the disqualification of Ukrainian walker Lyudmyla Olyanovska for four years from November 30, 2015 until November 29, 2019. Well discussed in http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2685.
- Russian Olympic Committee president Alexander Zhukov says his organization, which would typically handle medal transfers, hasn't received any for return, calling it "not an easy process." Russia leads the way in doping cases from Olympic retesting from the 2008 and 2012 games, with 18 medalists disqualified. Ten more Russians are also obliged to return medals they won as part of relay teams containing dopers. Of course, what is of much greater importance is the return of the major prize monies that these drug cheating athletes have won - a case indeed of ill gotten gains. See <http://www.sbs.com.au/news/article/2017/02/03/russia-slow-return-olympic-medals>.
- American distance runner Fernando Cabada has become the latest athlete to be cleared of a clenbuterol doping offence after claiming to have consumed contaminated meat. Cabada, a marathon specialist who competed at the 2007 World Championships in Osaka, failed an out of competition test for the banned steroid in December. However, the 34-year-old was successfully able to argue that he must have digested the substance inadvertently while training in Mexico. This is not the first time this has happened. In 2013, Australian cyclist Michael Rogers was banned after failing a test soon after competing in the Tour of Beijing. It was also overturned and he was able to continue his cycling career. See <http://www.insidethegames.biz/articles/1046635/american-runner-cleared-of-doping-after-blaming-contaminated-meat>.
- Nice photo story by Kelvin Lau on last week's 2017 American 50km USATF National Race Walk Championships in Santee. See <http://www.racewalk.com/PhotoStory201750KNats/Page01.php>.
- The latest edition (January 2017) of the Race Walking Record is now available online at <http://racewalkingassociation.com/Newsletters/RWR856.pdf>. The Race Walking Record is the official monthly magazine of the English Race Walking Association, and has been published monthly for over 75 years. The first issue was in November 1941.
- Russia will miss this summer's World Championships after the IAAF voted to extend their suspension from international competition for state-sponsored doping. However, some Russians may be able to compete under a neutral banner, if they can satisfy testing criteria. The country is now not expected to be fully reinstated until November 2017. The decision to extend Russia's suspension came at an IAAF Council meeting in Monaco on Monday. The taskforce appointed by the IAAF to investigate the current system in the country has said concerns still exist about drug-testing procedures. See <http://www.bbc.com/sport/athletics/38887556>.
- British Athletics has published its 2017 selection policies for both the 2017 London World Para Athletics Championships and World Championships. Interestingly, their IAAF World Championships standards match those approved by the IAAF for all events except the marathon (2:16:00 and 2:36:00) and men's 50km race walk (4:00:00). The teams are set to be announced on June 6 for the World Para Athletics Championships and July 11 for the IAAF World Championships, with marathon runners and 50km race walkers named after April 25. See <http://www.athleticsweekly.com/featured/british-athletics-publishes-london-2017-selection-policies-56977#UVJleBzJsivooGDq.99>.
- Congratulations to 2010 Commonwealth Games 20km champion **Jo Atkinson** on the birth of her daughter Rose Lucy Atkinson, born today in Middleborough at 12.52pm weighing 8lb 4oz and 16 days early! Congratulations to Jo and hubby Dave.

ADAM GARGANIS REFLECTS ON HIS TIME AT THE AIS SUPERNOVA STUDY

Quentin Rew wrote about the AIS based Supernova camp in last week's newsletter. This week, I have asked **Adam Garganis** to write something and he has obliged. Adam is one of a number of our top U20 walkers who also had the opportunity to attend and he was able to participate in the entire camp – a wonderful chance for a young athlete.

Training can be hard enough even at the best of times but when following such a strict diet and training with such elite athletes at only 19 is such a privilege.

I came onto this camp very unfit. I was put on the high carb diet which suited me very well. I walked a very dismal 46.07 in the first 10,000m track trial and that was absolutely maximum effort. A solid month later I walked 44.10, which is quiet alot better. However still very disappointing for me given how fit in was mid 2016 with World Cup and World Juniors.

The environment up here and the overall culture have been great. The athletes have been super supportive also. Being the youngest here allows me to learn so much more about what I can and can't do. I believe it will give a slight edge with my transition from junior to senior. Although i have done many distances most juniors wouldn't even consider trying, this camp has made me fully aware of the training I need to do to become a better athlete over those distances. It has also shown me that the training can not be rushed. After just leaving Melbourne, I thought this camp would be a lot tougher but as said earlier, with all the help of the athletes I think I've managed really well.

As the study comes to an end soon I know although I'm struggling now I'll come away heaps stronger. 2017 watch out! ;)



It's hard work for a young bloke sometimes

DATES...DATES...DATES

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

2016/2017 Australian/Victorian Key Dates

Feb 12 (Sun), 2017	AV Shield Grand Final, Lakeside Stadium, Albert Park
Feb 19 (Sun), 2017	Australian 20km Summer Roadwalk Championships (incorp. Oceania Championships), Adelaide, SA
Feb 19 (Sun), 2017	VMA 5000m track walk champs and VRWC track walks, George Knott Reserve, Clifton Hill, VIC
Feb 24-26, 2017	Victorian Junior and Open Track & Field Championships (Weekend 1), Albert Park, VIC
Mar 3-5, 2017	Victorian Junior and Open Track & Field Championships (Weekend 2), Albert Park, VIC
Mar 5, 2017	Coburg 6 Hour Run/Walk Championships, Coburg, VIC
Mar 25-26, 2017	Victorian Masters Championships, Doncaster, VIC
Mar 26 - Apr 2, 2017	Australian Open and Junior T&F Champs, SOPAC, Sydney, NSW. Draft timetable:
	Sunday 26 th March U20 10,000m Walks
	Monday 27 th March U17/U18 5000m Walks
	Friday 31 st March U15/U16 3000m Walks, Open 10,000m Walks
	Sunday 2 nd April U14 3000m Walks
Apr 9 (Sun), 2017	Castlemaine NAB 500, Castlemaine Botanical Gardens, Castlemaine, VIC

Apr 22-23, 2017 Australian Centurions 24 Hour Walk Championships, Coburg, VIC
 Jun 9-12, 2017 Australian Masters T&F Championships, Darwin, NT. See <http://ntmastersathletics.com.au/>
 Jun 11, 2017 51st LBG Racewalking Carnival, Stomlo Forest Park, Canberra, ACT
 Aug 6 (Sun), 2017 AMA 20km Roadwalk Championships, Adelaide, SA

2016/2017 International Dates

Mar 12, 2017 International Walks Meet, Ciudad Jaurez, Mexico
 Mar 18-29, 2017 World Masters Athletics Indoor Championships, Daegu South Korea
 Mar 19, 2017 International Walks Meet, Monterrey, Mexico
 Mar 19, 2017 Memorial Mario Albisetti (elite 20km), Lugano, Switzerland
 Mar 19, 2017 Asian 20km Racewalking Championships, Nomi, Japan
 Mar 25, 2017 European Athletics Walks Meet, Dudince, Slovakia
 Apr 1, 2017 26th Grand Prix de Rio Maior, Rio Maior, Portugal
 April 8, 2017 Podebrady Race Walk Meet, CZE. See <http://www.podebrady-walking.cz/en/>
 Apr 15, 2017 EASTER WEEKEND
 Apr 15, 2017 IAAF Racewalking Challenge event, Taicang, China
 April 21-30, 2017 World Masters Games 2017, Auckland, NZ. See www.worldmastersgames2017.co.nz
 April 23, 2017 Naumburg Racewalking Carnival, GER
 May 21, 2017 European Race Walking Cup, Podebrady, CZE
 June 3, 2017 XXXI Gran Premio Cantones de La Coruna, Spain
 June 9, 2017 European Athletics Walks Meet, Altyus, LTU
 July 12-16, 2017 10th World Youth T&F Championships, Nairobi, Kenya – THIS IS THE FINAL EDITION
 August 5-13, 2017 16th IAAF World Championships in Athletics, London, UK. See <http://www.london2017athletics.com/>.
 August 19-30, 2017 29th Summer Universiade, Taipei, Taiwan
 Sept 24-17, 2017 Around Lake Taihu 4 Day multi day walks race, CHN

2017 IAAF Racewalk Challenge Series

Feb 19 (Sun), 2017 Australian 20km Summer Roadwalk Championships (incorp. Oceania Championships), Adelaide, SA
 Mar 12, 2017 International Walks Meet, Ciudad Jaurez, Mexico (20km)
 Mar 19, 2017 International Walks Meet, Monterrey, Mexico (20km, 50km)
 Apr 1, 2017 26th Grand Prix de Rio Maior, Rio Maior, Portugal
 Apr 15, 2017 IAAF Racewalking Challenge event, Taicang, China
 June 3, 2017 XXXI Gran Premio Cantones de La Coruna, Spain
 August 5-13, 2017 16th IAAF World Championships in Athletics, London, UK.

Looking Further Ahead

Apr 4-15, 2018 XXI Commonwealth Games, Gold Coast, QLD (20km roadwalks). See <http://www.gc2018.com>
 May 2018 28th IAAF World Race Walking Team Championships, Taicang, China
 July 2018 16th World Junior T&F Championships, Tampere, Finland
 Sept 2018 22nd World Masters Athletics T&F Championships, Malaga, Spain
 Sept 28 – Oct 6, 2019 17th IAAF World Championships in Athletics, Doha, Qatar
 July 2019 30th Summer Universiade, Brasilia, Brazil
 2019 World Masters Indoors T&F Championships, Torun, Poland
 July 24 – Aug 9, 2020 32nd Olympic Games, Tokyo
 July 20 – Aug 1, 2020 23rd World Masters T&F Championships, Toronto, Canada
 Aug 2021 18th IAAF World Championships in Athletics, Eugene, USA
 July 18-30, 2022 XXII Commonwealth Games, Durban, South Africa

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