



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
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WHAT'S COMING UP

Next weekend is a big one around the traps

- The **Australian Little Athletics T&F Championships (U13)** are to be held in Sydney on **22-23 April**. I look forward reporting the results of the U13 1500m walks.
- Next weekend also sees the **Coburg 24 Hour Carnival** in the Melbourne suburb of Coburg. Quite a few of our ultra walkers will be in action and I'll be there for the weekend. Start lists are available at <http://www.coburg24hr.org/24hr/>.
- The next edition of the **World Masters Games** kicks off in Auckland, NZ, next Friday. The Games will run from **21-30 April** and will feature racewalks in the T&F section of its multisport format. See www.worldmastersgames2017.co.nz. I am sure that some of our Australian walkers will be there.
- Next Sunday sees the next of the big international races, with the **Naumburg Racewalking Carnival** in Germany.

Looking further ahead

- The first VRWC races at our headquarters at Middle Park are to be held on **Saturday 29th April**. Races will then be held weekly until mid September. See the fixture at <http://www.vrwc.org.au/vrwcw17.shtml>.
- The **Victorian 15km Roadwalk Championship** is the first of the Victorian roadwalk championships for the winter and will be held on **Sunday 14th May**. Entries can now be completed online via the AV website – <http://athsvic.org.au/event/av-15km-walks-championships/>.
- ACTRWC has now posted the LBG entry form and info sheet on its website at <http://www.actwalkers.com.au/lbg-racewalking-carnival-2017-the-tradition-continues/>. Remember you give your completed entry to your walking club secretary. All entries must go through your local walking club. Do not send entries directly to the Canberra organizers.

FINAL CHANCE TO ORDER YOUR RWV UNIFORM

This is your last chance for the year to to order Racewalking Victoria crop tops, bike shorts or hoodies. I have to finalise our order by **Thursday 20th April**. It's all online – you place your order for hoodies or crop tops or bike shorts at <http://vrwc.org.au/wp1/rwv-uniforms/>. You don't need to order singlets as we have plenty of them on stock at our clubrooms.



THE 50KM RACEWALK IS SAVED (FOR THE MOMENT)

The good news is that our world wide campaign to keep the 50km racewalk on the international calendar and the 2020 Olympics has been successful.

The online petition (<https://www.change.org/p/ioc-iaaf-keep-the-50km-race-walk-in-the-olympics>) was an amazing effort, given the one week timeframe. It ensured the issue got huge amounts of sympathetic traction in the world media and, as a result of lobbying at all levels, the IAAF Council voted unanimously last Thursday against recommending any changes to the 2020 Olympic T&F program.

This was a huge exercise for the us and many people must be thanked, including our elite walkers (including **Chris Erickson** who setup the petition), the 9380 people who signed the petition, and the IAAF Council. But special thanks must be made to USA Attorney at Law **Paul de Meester** who travelled to London off his own bat, booked himself into the same hotel as the IAAF Council delegates and then caught up with and spoke to them all in the final days leading up to the vote. He presented each delegate with a superb summary document (see <http://www.vrwc.org.au/documents/IAAF.pdf>) and handed out a post-conference press release (see <http://www.vrwc.org.au/documents/De%20Meester%20Press%20Release.pdf>) which, taken together, present a well argued and compelling case for the retention of the 50km walk and the need to work towards enhancing the event with a women's division.

I offer no thanks to the IAAF Racewalking Committee who are the ones who got us into this mess.

It was with absolute surprise that, post conference, an online article praised RW Committee president Maurizio Damilano for his spirited defence of the 50km, an action that had helped save it (see <http://www.insidethegames.biz/articles/1049218/iaaf-to-keep-50km-racewalk-on-programme-for-tokyo-2020>). I'm sorry – what was that I just wrote? Talk about complete hypocrisy. And others on the committee are now continuing to discuss the other issues like shoes, etc, just like it's business as usual and all is forgotten and forgiven. Sorry, folks, that is not the case. **The RW Committee should hang their heads in shame and should resign enmasse. They no longer have our confidence and support. They have sold out walking. We didn't vote them in but we should vote them out!**

Two articles you should read from the many

- Quentin Rew has nailed it as usual in his racewalking blog with this review of the IOC and the 50km. See <http://morethanracewalking.blogspot.it/2017/04/olympic-hypocrisy.html>.
- Insidethegames places the 50km discussions in the wider context of the many ridiculous ideas being proposed for the 2020 Games. See <http://www.insidethegames.biz/articles/1049268/liam-morgan-majority-of-tokyo-2020-event-proposals-fail-to-tick-olympic-boxes>

We have won a major reprieve but not a complete victory. The immediate task remains to grow the women's 50km event so that it can truly stand on its own as a legitimate championship event. For starters, that means we need to lobby our own national federations to schedule women's national 50km racewalking championships. Countries like USA, China, GBR, etc, do this but most don't as yet. Then we need to lobby regional championships and Games to add a women's 50km, alongside or inside the mens's 50km. You can rest assured that we have won a battle only. The war against racewalking will continue.

Marciadalmondo has done a superb analysis in their latest press release (http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2771) and I will reproduce the table which shows that in the first 4 months of 2017, there have been 12 major 50km walk championships, with a total of 238 men and 25 women starting the races.

Venue	Nation	Men	Women	Date
Porto de Mos	POR	4	1	15.01
Schinias, Marathonas	GRE	3	-	15.01
Santee	USA	12	9	28.01
New Delhi	IND	20	-	18.02
El Hierro, Valverde	ESP	21	-	04.03
Huangshan	CHN	56	9	05.03
Bragança Paulista	BRA	6	1	05.03
La Roche-sur-Yon	FRA	12	-	12.03
Monterrey	MEX	21	-	19.03
Dudince	SVK	34	2	25.03
Taicang	CHN	21	3	16.04
Wajima	JPN	28	-	16.04
Total		238	25	

The analysis shows that, while the event is strongly supported on the men's front, we have work to do to grow the women's 50km event. Now that the IAAF has ratified a women's world record, the momentum is building – we must each do our bit to help.

NSWRWC ROAD WALKS, CHIPPING NORTON, SYDNEY, SATURDAY 9 APRIL

Back a week for the opening round of the NSW Race Walking Club's winter roadwalking season at Chipping Norton in Sydney. A good turnout with 36 walkers in action.

Long Division 8km

1.	Amanda Barendregt	45.59
2.	Travis Barendregt	48.00
3.	Anne Weekes	51.24

Medium Division 6km

1.	Ryan Thomson	29.57
2.	Jack McGinniskin	32.22
3.	Jasmyn McDonald	33.15
4.	Molly O'Neill	37.40
	Kyle Bedford	DNF

Short Division 3km

1.	Hannah Bolton	16.03
2.	Renee Hardy	17.01
3.	Brittany Robertson	17.42
4.	Hannah Parker	18.29
5.	Brooke Martin	19.08
6.	Jada Thomson	19.15
7.	Carmel Parker	20.42
8.	Chloe McLoughlin	21.39
9.	Nicolle Challinor	22.51
10.	Nicole Nilon	22.52
11.	Antoinette Woodward	24.32
12.	Judy Brown	27.19

U16 2km

1.	Emma Thomas	11.17
2.	Ellie DeCelis	12.04
3.	Chloe Krklinski	12.12
4.	Brendan Pospischil	12.35
5.	Isabelle Nilon	12.48
6.	Chia Walters	13.05
7.	Stacie Becroft	14.28
8.	Emily Challinor	19.06

U12 1km

1.	Peter Elliott	5.30
2.	Sienna Pitcher	6.19
3.	Thomas Varga-Strike	6.58
4.	Sarah Challinor	7.19
5.	Ella Becroft	7.21
6.	Amelia Crocker	8.51

U10 500m

1.	Dylan Ryan	3.07
2.	Christopher Nilon	3.12

IAAF RACEWALKING CHALLENGE EVENT, TAICANG, CHINA, SATURDAY 22 APRIL

My report on the latest IAAF Racewalking Challenge event in Taicang, China, is taken from Vincent Wu's report for the IAAF (see <https://www.iaaf.org/news/report/lu-bonfim-iaaf-race-walk-challenge-taicang>).

20km Women

The races were staged under sunny and hot conditions with the temperature soaring over 20C after the start of the women's race at 8:00am. 23-year-old World silver medallist **Lu Xiuzhi**, who was the fastest woman on paper with a PB of 1:25:12, stayed in the leading pack together with her two teammates **Wang Na** and **Yang Jiayu** as well as Brazilian record-holder **Erica de Sena** for most of the race before charging off for the win some 500 metres before the finish. Thanks to her powerful home stretch display, the vastly experienced Lu registered a winning time of 1:31:01, edging out Yang by just three seconds. Wang finished third in 1:31:09 while De Sena took fourth in 1:31:31. It is the second victory for Lu in 2017, following her world-leading 1:26:28 performance set when winning the Chinese National Grand Prix in Huangshang last month. Now, she has already set her eyes on the IAAF World Championship London 2017 as well as the Chinese National Games, a quadrennial multi-sport competition with great importance for most Chinese athletes.

"There are only three weeks between the two competitions. I will have to deal with the jet lag after returning from London and my physical conditions may also be a problem," said Lu, who is the defending National Games 20km champion.

1.	Xiuzhi LU	CHN	93	1:31:01
2.	Jiayu YANG	CHN	96	1:31:04
3.	Na WANG	CHN	95	1:31:09
4.	Erica ROCHA DE SENA	BRA	85	1:31:31
5.	Khushbir KAUR	IND	93	1:34:01
6.	Alana BARBER	NZL	87	1:35:28
7.	Kaori KAWAZOE	JPN	95	1:35:59
8.	Da-Seul LEE	KOR	96	1:37:38
	Sau Man NG	HKG	80	DNF

20km Men

Unlike the women's event that saw the pre-race favorite take the win, the men's 20km race was wide-open following a series of withdrawals by Chinese elite walkers, with Olympic champion Wang Zhen and silver medalist Cai Zelin both deciding to skip the race. Meanwhile, both the 2012 Olympic gold medalist **Chen Ding** and the in-form world leader **Wang Kaihua** only entered the Chinese National Grand Prix that was jointly held with the Challenge event in Taicang. As a result, the Chinese

team had to field the 38-year-old veteran **Han Yucheng** and relatively inexperienced **Luo Yadong** and **Li Peng** to compete in the Challenge race.

The 26-year-old Brazilian **Caio Bonfim**, who set his PB of 1:19:42 en route to his fourth-place finish at the Rio Olympics last year, held off Mexico's Julio **Cesar Salazar** to win in 1:22:16. Salazar finished 42 seconds adrift. South Africa's **Lebogang Shange** finished third in 1:23:45. It was the second time Shange has earned a podium finish at a challenge meet this season, following his second-place finish at the Oceania 20km Race Walk Championships in Adelaide in 1:21:00. The overall winner of the men's race was China's **Wang Rui**, who clocked 1:21:58 but he was only entered in the National Grand Prix team event. Neither Chen nor Kaihua managed to find their best form, as Kaihua finished fifth in 1:25:04 in the Grand Prix individual race and Chen clocked a sluggish 1:27:16 to finish 17th.

1.	Caio Oliveira DE SENA BONFIM	BRA	91	1:22:16
2.	Julio Cesar SALAZAR	MEX	93	1:22:58
3.	Lebogang SHANGE	RSA	90	1:23:45
4.	Andres CHOCHO	ECU	83	1:23:47
5.	Ever PALMA OLIVARES	MEX	92	1:23:48
6.	Manish SINGH	IND	91	1:23:58
7.	Hyun-Sub KIM	KOR	85	1:25:08
8.	Yadong LUO	CHN	92	1:25:17
9.	Jesús Tadeo VEGA	MEX	94	1:26:08
10.	Quentin REW	NZL	84	1:26:11
11.	Yucheng HAN	CHN	78	1:26:58
12.	Peng LI	CHN	94	1:27:47
13.	Isamu FUJISAWA	JPN	87	1:27:49
14.	Yuki KURUMISAWA	JPN	95	1:28:15
15.	Rhydian COWLEY	AUS	91	1:28:36
16.	Byung-Kwang CHOE	KOR	91	1:29:52
17.	Hyun-Myung JOO	KOR	97	1:30:23
18.	Omar PINEDA	MEX	94	1:30:51
19.	Brendon READING	AUS	89	1:32:53
20.	Nak-Hyun KIM	KOR	95	1:46:56
	Artur BRZOZOWSKI	POL	85	DQ
	Chun-Hung TSE	HKG	81	DQ
	José Luis DOCTOR	MEX	96	DNF
	Pedro Daniel GÓMEZ	MEX	90	DNF
	Jakub JELONEK	POL	85	DNF
	Perseus KARLSTRÖM	SWE	90	DNF
	Isaac PALMA OLIVARES	MEX	90	DNF
	Eder SÁNCHEZ	MEX	86	DNF

The small Australasian group had mixed fortunes. While New Zealanders **Alana Barber** (6th with 1:35:28) and **Quentin Rew** (10th with 1:26:11) did well, Australian **Rhydian Cowley** (1:28:36) and **Brendon Reading** (1:32:53) were further down the ranks.

Lots of photos at <https://www.facebook.com/fred.bianchi/posts/10156009234359897>

As mentioned above, the Racewalking Challenge was part of the bigger Chinese National Grand Prix which was held over 2 days. Saturday featured the Open 20km, U20 10km and U18 10km/5km events, with the usual ridiculous depth and quality on show. Check out the results below.

Open Men 20km Walk

1.	Wang Rui	CHN	6 Jan 96	1:21:58
2.	Jin Xiangqian	CHN	18 Mar 97	1:22:35
3.	Bian Tongda	CHN	1 Apr 91	1:22:35
4.	Yin Jiaying	CHN	16 Mar 94	1:24:07
5.	Zhang Jun	CHN	20 Jul 98	1:24:11
6.	Sun Song	CHN	15 Dec 96	1:24:19
7.	Li Shijia	CHN	14 Jan 92	1:25:02
8.	Wang Kaihua	CHN	16 Feb 94	1:25:04
9.	Yadong Luo	CHN	92	1:25:17
10.	Sun Chenggang	CHN	11 Mar 91	1:25:21
11.	Xu Faguang	CHN	17 May 87	1:25:35
12.	Li Tianlei	CHN	13 Jan 95	1:25:49
13.	Yan Dexiang	CHN	18 Jun 93	1:25:54
14.	Zhong Heng	CHN	7 Nov 95	1:26:17
15.	Han Jijiang	CHN	20 Jul 93	1:26:32
16.	Cha Jinhong	CHN	27 May 97	1:26:40
17.	Wang Libo	CHN	9 Feb 97	1:26:40

18.	Zeng Qingcun	CHN	3 Apr 95	1:26:53
19.	Yucheng Han	CHN	78	1:26:58
20.	Liu Xu	CHN	11 Dec 94	1:27:06
21.	Liu Jian	CHN	19 May 95	1:27:07
22.	Yang Liang	CHN	25 Apr 93	1:27:10
23.	Chen Ding	CHN	5 Aug 92	1:27:16
24.	Yu Yongcai	CHN	23 May 98	1:27:32
25.	Wei Xubao	CHN	1 Feb 93	1:27:38
26.	Peng Li	CHN	94	1:27:47
27.	Xiong Denghua	CHN	29 May 95	1:27:48
28.	Niu Wenchao	CHN	20 Apr 98	1:28:00
29.	Luo Jiayu	CHN	3 Apr 98	1:28:28
30.	Jie Jinzhu	CHN	25 Jul 95	1:28:30
31.	Wang Gang	CHN	2 Apr 91	1:28:34
32.	Li Jinguo	CHN	4 May 95	1:28:52
33.	Yan Luqiang	CHN	21 Jan 96	1:28:52
34.	Yang Hu	CHN	10 Sep 96	1:29:17
35.	Zhu Guowen	CHN	20 Aug 97	1:29:35
36.	Liu Jianmin	CHN	9 Mar 88	1:29:50
37.	Yao Biao	CHN	15 Apr 96	1:30:09
38.	Yuan Zisheng	CHN	16 Dec 97	1:30:26
39.	Wang Chao	CHN	2 May 96	1:30:36
40.	Ma Youshan	CHN	21 Sep 95	1:30:43
41.	Gong Fanglong	CHN	12 Jul 98	1:30:50
42.	Xie Sichao	CHN	28 Feb 93	1:30:52
43.	Wu Qianlong	CHN	30 Jan 90	1:30:52
44.	Men Fuqiang	CHN	22 Jun 92	1:31:05
45.	Ceng Qingsheng	CHN	3 Apr 95	1:31:41
46.	Zhang Rongjin	CHN	24 Apr 96	1:32:04
47.	Li Liangyong	CHN	28 May 96	1:32:27
48.	Zhao Fujie	CHN	11 Nov 93	1:32:38
49.	Wang Sufu	CHN	12 Dec 97	1:32:38
50.	Wang Yan	CHN	6 Oct 96	1:32:58
51.	Zhang Wanxin	CHN	25 Oct 96	1:33:07
52.	Peng Liang	CHN	4 Apr 96	1:33:14
53.	Gao Wenkui	CHN	28 Jul 95	1:33:19
54.	Cui Shigang	CHN	5 May 96	1:33:42
55.	Xu Jie	CHN	1 Jan 93	1:33:49
56.	Li Shuai	CHN	6 Jan 95	1:33:58
57.	Li Jichao	CHN	10 May 96	1:33:59
58.	Liu Haitao	CHN	7 Mar 96	1:34:30
59.	Liu Fucheng	CHN	7 Mar 99	1:34:37
60.	Cheng Min	CHN	6 Jul 91	1:35:02
61.	Liu Wenxing	CHN	5 Dec 96	1:35:19
62.	Tian Xu	CHN	31 Jan 96	1:35:31
63.	Huang Cheng	CHN	8 May 97	1:35:53
64.	Tong Anqi	CHN	29 Sep 92	1:35:53
65.	Yang Dedong	CHN	23 Nov 96	1:36:33
66.	Yang Yingyi	CHN	9 Feb 95	1:36:34
67.	Zhou Hongrui	CHN	25 May 97	1:36:56
68.	Dai Jianxing	CHN	11 Aug 96	1:36:59
69.	Ga Sang	CHN	9 Jun 97	1:37:00
70.	Liu Qingdong	CHN	9 Dec 97	1:37:16
71.	Song Huazhang	CHN	13 Feb 99	1:37:16
72.	Wei Xinmeng	CHN	5 Jun 97	1:37:21
73.	Tang Yifan	CHN	19 Dec 97	1:37:22
74.	Deng Jingsong	CHN	9 Sep 97	1:38:52
75.	Wang Mingli	CHN	23 Dec 94	1:39:14
76.	Du Dongdong	CHN	8 Dec 95	1:39:25
77.	Zhao Ziyang	CHN	29 Jul 91	1:39:51
78.	Huang Jian	CHN	24 Jun 94	1:43:24
79.	Bai Xuejin	CHN	6 Jun 87	1:44:20
80.	Li Shixi	CHN	8 Mar 98	1:46:15
81.	Jiang Tao	CHN	29 Jan 97	1:47:57
	Lu Xiaotong	CHN		DNF
	Zhao Qi	CHN	14 Jan 93	DNF
	Zhang Zhi	CHN	22 Jul 94	DQ

Bi Jianzhong	CHN	27 Nov 97	DQ
Wang Chengwei	CHN		DNF
Li Jiahui	CHN	18 Nov 92	DNF
Su Xianzhen	CHN	26 Feb 95	DNF
Zhou Shipeng	CHN	9 Feb 96	DQ
Meng Zhongkai	CHN	15 Dec 97	DNF
Wang Da	CHN	18 Mar 97	DNF
Ma Liangshan	CHN	12 Apr 96	DNF
Zhou Yangjun	CHN	17 Oct 96	DNF
Li Chenchen	CHN	7 Dec 97	DQ
Fang Yinxin	CHN	8 Mar 97	DQ
Zhong Xing	CHN	6 Mar 95	DNF
Mo Zhenfeng	CHN	28 Feb 95	DQ

Open Women 20km Walk

1.	Xiuzhi Lu	CHN	93	1:31:01
2.	Jiayu Yang	CHN	96	1:31:04
3.	Na Wang	CHN	95	1:31:09
4.	Wang Yingliu	CHN	1 Mar 92	1:31:48
5.	Nie Jingjing	CHN	1 Mar 88	1:32:50
6.	Ji Yefang	CHN	4 Mar 96	1:33:20
7.	La Mao	CHN	17 Dec 96	1:33:38
8.	Jiang Shanshan	CHN	28 Feb 97	1:33:39
9.	He Qin	CHN	23 Mar 92	1:34:17
10.	Zhou Kang	CHN	24 Dec 89	1:34:29
11.	Yang Peili	CHN	7 Aug 94	1:35:11
12.	Liang Rui	CHN	18 Jun 94	1:35:12
13.	Duan Dandan	CHN	23 May 95	1:35:12
14.	Li Qiuye	CHN	2 Dec 93	1:36:36
15.	Yang Lei	CHN	29 Nov 95	1:37:10
16.	Tang Caihong	CHN	29 Apr 96	1:37:15
17.	Wang Lixue	CHN	15 Dec 96	1:37:19
18.	Gao Shan	CHN	8 Apr 95	1:38:17
19.	Dong Genmiao	CHN	16 Jul 94	1:38:17
20.	Zhao Wenli	CHN	11 Dec 96	1:38:25
21.	Jiang Pengqin	CHN	5 Sep 95	1:38:34
22.	Zhao Huimin	CHN	12 Oct 93	1:38:40
23.	Wang Zhenzhen	CHN	3 Feb 95	1:38:40
24.	Sun Huanhuan	CHN	15 Mar 90	1:38:48
25.	Zhao Qianyuan	CHN	11 Mar 95	1:39:09
26.	Chen Chen	CHN	25 Aug 95	1:39:14
27.	Li Ping	CHN	7 Jan 94	1:39:25
28.	Zhang Yan	CHN	3 Jan 97	1:39:52
29.	Zhang Lifang	CHN	6 Dec 97	1:39:58
30.	Xie Lijuan	CHN	14 May 93	1:40:46
31.	Que Yumei	CHN	8 Feb 97	1:41:01
32.	Zhao Fenyang	CHN	21 Jul 96	1:41:32
33.	Xia Kaili	CHN	16 Mar 96	1:41:38
34.	Cun Hailu	CHN	15 Aug 97	1:41:49
35.	Hou Yongbo	CHN	15 Sep 94	1:42:07
36.	Zhang Xuhong	CHN	2 Jan 94	1:42:45
37.	Zhu Kunyu	CHN	14 May 96	1:43:28
38.	Wang Chen	CHN	18 Feb 94	1:43:31
39.	Wang Yalan	CHN	19 Feb 93	1:43:49
40.	Wang Yiquan	CHN	22 Jun 97	1:47:42
41.	Lei Fei	CHN	8 Aug 97	1:47:44
42.	Yang Zixing	CHN	7 Mar 99	1:48:25
43.	Chi Meijiao	CHN	28 Jun 96	1:48:32
44.	Ma Lingyu	CHN	6 Jan 95	1:49:10
	Zhang Chunxiu	CHN	2 May 97	DQ
	Xu Liqin	CHN	6 Feb 90	DNF
	Ma Yiming	CHN	10 Sep 97	DNF
	Mao Yanxue	CHN	15 Feb 94	DNF
	Li Leilei	CHN	18 Aug 89	DNF
	Yang Qingqucuo	CHN	13 Jan 97	DQ
	Wang Xiaohui	CHN	16 Aug 97	DNF

U20 Men 10km Walk

1.	Zhang Hongliang	CHN	1 Jan 99	41:19
2.	Bai Liga	CHN	21 Jan 98	41:25
3.	Guo Shuqi	CHN	26 Aug 98	41:34
4.	Xu Hao	CHN	6 Feb 99	41:45
5.	Gao Yingchao	CHN	18 Jan 98	42:03
6.	Cao Wenlong	CHN	4 Mar 98	42:10
7.	Zhang Honggang	CHN	16 Jan 99	42:38
8.	Du Yucheng	CHN	17 Mar 99	42:38
9.	Shi Xiukun	CHN	24 Jun 99	42:48
10.	Li Kewen	CHN	7 Mar 99	42:54
11.	Wang Zhiming	CHN	24 Feb 99	42:55
12.	Han Baoqiang	CHN	27 Feb 99	42:56
13.	Qu Tao	CHN	31 Oct 99	43:01
14.	Hu Linfeng	CHN	1 Feb 98	43:13
15.	Wen Yongjie	CHN	28 Sep 99	43:16
16.	Zhang Mingkai	CHN	30 Sep 98	43:18
17.	Li Yandong	CHN	2 Feb 98	43:18
18.	Huan Haofeng	CHN	18 Apr 98	43:26
19.	Wang Sen	CHN	11 Jan 99	43:26
20.	Li Jinyu	CHN		43:37
21.	Wu Bing	CHN	8 Jul 98	43:56
22.	Li Yuan	CHN	10 Oct 99	44:03
23.	Cao Sen	CHN	24 Feb 98	44:13
24.	Chen Long	CHN	18 Dec 95	44:13
25.	Xie Tianqi	CHN	21 Mar 98	44:14
26.	Ye Ting	CHN	6 Oct 98	44:34
27.	Wang Dong	CHN	11 Jan 99	44:36
28.	Wang Nan an	CHN	18 Nov 98	44:37
29.	Xin Zhaoyang	CHN	30 Jun 98	44:40
30.	Li Wenbing	CHN	24 Sep 99	44:40
31.	Yang Kai	CHN	24 Jun 98	44:44
32.	Li Xiaobin	CHN	10 Oct 99	45:16
33.	Zhao Zongze	CHN	15 Aug 99	45:29
34.	Xu Wenzhi	CHN	9 Aug 99	45:41
35.	Tian Huijie	CHN	9 May 98	45:58
36.	Yu Dian	CHN	7 Mar 98	46:47
	Lu Ning	CHN	12 Feb 99	DQ
	Ruan Zhiguo	CHN	8 Aug 99	DNF
	Chen Qiang	CHN	22 Aug 99	DNF
	Zheng Ke	CHN	10 Jan 98	DQ
	Liu Shun	CHN	1 Oct 98	DQ

U20 Women 10km Walk

1.	Su Wenxiu	CHN	28 Jun 98	46:21
2.	Xiao Han	CHN	12 Nov 98	46:25
3.	Wang Qiong	CHN	1 Jan 98	47:00
4.	Shi Yuxia	CHN	1 Jan 99	47:14
5.	Yang Weiwei	CHN	3 Aug 99	47:25
6.	Ge Sangzhuoma	CHN	16 Jul 98	48:08
7.	Yan Peirong	CHN	26 Sep 99	48:34
8.	Hu Lanlan	CHN	3 Jan 99	48:57
9.	Wang Jiahui	CHN	1 Jan 98	49:20
10.	Li Jie	CHN	23 Sep 97	49:47
11.	Zhao Tongmin	CHN	15 Jan 99	50:23
12.	Guo Nuo	CHN	22 Jun 99	50:33
13.	Deng Xu	CHN	1 Feb 98	50:42
14.	Zhang Yidan	CHN	24 Dec 99	50:47
15.	Cao Cailing	CHN	18 Mar 98	51:12
16.	Liu Xin	CHN	17 Jul 98	51:17
17.	Zhao Xue	CHN	12 Nov 99	51:39
18.	Li Jiarui	CHN	26 May 98	51:47
19.	Liao Wenqing	CHN	9 Jan 99	52:36
20.	Zhu Mingyue	CHN	10 Oct 99	52:57
21.	Zhu Ruonan	CHN	14 Mar 98	53:21
22.	Zhang Rui	CHN	16 May 95	53:25
23.	Wang Jing	CHN	15 Aug 98	54:17

24.	Chang Yanling	CHN	20 Jun 98	55:18
	Yang Zixing	CHN	7 Mar 99	DNF
	Wu Xiaoqing	CHN	29 Jul 97	DNF
	Bei Xingru	CHN	10 Apr 99	DNF
	Qiang Baqunzong	CHN	15 Aug 98	DNF
	Bai Maquzhen	CHN	1 Oct 99	DQ
	Liu Xinli	CHN	14 Aug 98	DQ
	Xue Ke	CHN	14 Mar 98	DQ

U18 Men 10km Walk

1.	Qian Haifeng	CHN	8 Jul 00	42:55
2.	Li Zhenlong	CHN		44:20
3.	Qiong Da	CHN	6 Mar 00	44:41
4.	Liang Buhui	CHN		45:49
5.	Li Haiping	CHN	5 Feb 00	46:04
6.	Sun Xiaolong	CHN		46:12
7.	Bai Shilong	CHN		46:46
8.	Wu Chao	CHN		47:17
	Liu Youning	CHN	17 Feb 00	DQ
	Li Chuanwei	CHN	20 May 00	DNF
	Zhang Yao	CHN	11 Jan 00	DQ
	Xu Lin	CHN		DQ
	Chen Weihao	CHN		DNF

U18 Women 5km Walk Race A

1.	Zhang Xiaole	CHN	17 Jan 00	22:42
2.	Han Longmei	CHN		23:18
3.	Fu Yanhong	CHN	1 Mar 01	24:30
4.	Wang Jiao	CHN		25:11
5.	Hu Zhen	CHN	30 May 01	27:33

U18 Women 5km Walk Race B

1.	Bai Xueying	CHN	26 Apr 00	23:09
2.	Wan Jinyu	CHN	28 Jun 02	24:42

U18 Women 10 km Walk

1.	Xi Ricuo	CHN	9 Aug 01	49:34
2.	Liu Sitao	CHN		49:38

The second day of competition saw the Open 50km and the U20 30km events. I haven't been able to find any official results but marciadalmondo reports (http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2769) that the 50km was won by **Wang Qin** (4:00:22) ahead of **Chen Rui** (4:04:36) and **Han Jijiang** (4:11:14). 21 walkers started but only 7 finished the 50km; 11 DNF and 3 DQ. The start included 3 women but unfortunately none managed to finish. The 50km race also saw **Yu Wei** (5th place in Rio de Janeiro in 2016) having a special 35km time trial. The aim had been to produce a time around 2:28:00 but he faded a little, finishing in 2:31:52

The 30km U20 saw a win to **Lu Ning** (2:24:05), ahead of **Wen Yongjie** (2:24:27) and **Li Xiaobing** (2:26:43). Of the 27 starters, only 8 finished, with 15 DNF and 3 DQ.



IAAF Challenge winners Lu Xiuzhi and Caio Bonfim (www.iaaf.org)

56TH ALL-JAPAN RACE WALKING MEET, WAJIMA, JAPAN, SATURDAY 15 APRIL

The 56th All-Japan Race Walking Meet in Wajima included the 101st 50km national championship, won by **Hirooki Arai** (3:47:18), ahead of **Satoshi Maruo** (3:49:17) and **Hayato Katsuki** (3:49:49). The only other walker to break the 4 hour barrier was **Yuki Ito** (3:58:53). A big attrition rate saw only 12 of the 25 starters finish the race. Well reported as usual by marciadalmondo – see http://www.marciadalmondo.com/eng/dettaqli_news.aspx?id=2770. I am told that, although this was simply a men's 50km championship, JAAF intends to include a women's 50km title from 2018. Great news.

50 km walk National Championship

1.	Hirooki Arai	JPN	88	3:47:18
2.	Satoshi Maruo	JPN	91	3:49:17
3.	Hayato Katsuki	JPN	90	3:49:49
4.	Yuki Ito	JPN	92	3:58:53
5.	Tomofumi Kanno	JPN	93	4:04:58
6.	Shuto Goto	JPN	94	4:07:56
7.	Toru Yamamoto	JPN	90	4:09:55
8.	Hideaki Miyajima	JPN	94	4:18:04
9.	Takafumi Higuma	JPN	82	4:25:18
10.	Hiroka Murakami	JPN	97	4:30:46
11.	Takane Sato	JPN	93	4:36:21
12.	Tatsuya Tanaka	JPN	90	4:47:22
	Eiki Takahashi	JPN	92	DNF
	Takayuki Tanii	JPN	83	DNF
	Koichiro Morioka	JPN	85	DNF
	Takeshi Okuma	JPN	83	DNF
	Kazuaki Sasaki	JPN	97	DNF
	Takahito Otsubo	JPN	85	DNF
	Shunn Sakai	JPN	96	DNF
	Nobuharu Sasaki	JPN	96	DNF
	Yuki Yamazaki	JPN	84	DQ
	Arata Saito	JPN	84	DQ
	Katsuya Kimura	JPN	96	DQ
	Tatsuya Abiko	JPN	96	DQ
	Tsuyoshi Tasaka	JPN	93	DQ



Hirooki Arai wins the Japanese 50km championship (photo <http://www.marciadalmondo.com>)

Open 10km walks were also contested, showcasing the wonderful Japanese depth and quality. Wins to **Takumi Saito** (40:59) and **Chiaki Asada** (46:07).

Men 10km Race Walk

1.	Takumi SAITO	JPN	93	40:59
2.	Takahasi KAZUKI	JPN	96	41:30
3.	Yuto OSHIMA	JPN	95	41:43
4.	Yasushi MORITA	JPN	98	41:48

5.	Hiroki FUKUZAWA	JPN		42:13
6.	Yuu TAKAHASHI	JPN		42:16
7.	Kouhei KOWAKI	JPN	96	42:21
8.	Hironari TOMATSU	JPN	93	43:10
9.	Tekuto TERADA	JPN	97	43:11
10.	Takahiro HIWADA	JPN	95	43:23
11.	Tomoyasu INOUE	JPN		43:36
12.	Takahiro UEDA	JPN		44:00
13.	Hikaru OKABE	JPN		44:00
14.	Yusaku SHIRIINASHI	JPN		44:10
15.	Itaru AOYAGI	JPN	95	44:20
16.	Tomohiro OIKAWA	JPN		44:24
17.	Rikuto KAMBARA	JPN		44:32
18.	Morikawa MASAKI	JPN		44:35
19.	So YOSHIDA	JPN		44:36
20.	Nobuharu SASAKI	JPN	96	44:38
21.	Yuuto YANAGISHAWA	JPN		44:39
22.	Hiwatari YUTO	JPN		45:02
23.	Naoki SHIMADA	JPN	92	45:06
24.	Kyohei IIDA	JPN		45:07
25.	Masataka OZEKI	JPN		45:08
26.	Shuya SEMBA	JPN	95	45:37
27.	Yuya YUNOKI	JPN		45:42
28.	Shyouhei YOSHIDA	JPN		45:55
29.	Keisuke WARITA	JPN		45:57
30.	Daichi KIDO	JPN		46:06
31.	Hiroaki TAKEDA	JPN		46:21
32.	Masuda SHOTA	JPN		46:40
33.	Hiroto HAYASHI	JPN		46:40
34.	Tetsuya OKUNO	JPN	96	47:35
35.	Keisuke IWATA	JPN		47:54
36.	Matsumoto KAITO	JPN		48:06
37.	Ryota KUROKI	JPN		48:15
38.	Naohiro KOYAMA	JPN		48:24

Women 10km Race Walk

1.	Chiaki ASADA	JPN	91	46:07
2.	Sae MATSUMOTO	JPN	93	46:24
3.	Rena GOTO	JPN	95	46:52
4.	Yuki YOSHIKUNI	JPN	97	47:07
5.	Serena SONODA	JPN	98	47:31
6.	Chika YAMADA	JPN	95	48:53
7.	Chiaki YAMATO	JPN	90	50:31
8.	Chiho TAHIRA	JPN		51:18
9.	Sakiha OZAWA	JPN	97	51:40
10.	Rena SERIKAWA	JPN		53:08
11.	Yumi TACHIBANA	JPN		53:55
12.	Fujita YOSHIKO	JPN		54:13
13.	Yurina YAMAZAKI	JPN		55:18
14.	Aya ISHIZAKI	JPN		56:39
15.	Tomoko YAMASHITA	JPN		56:51
16.	Chiharu KANAGAWA	JPN		59:44

The U20 10km wins went to **Sho Sakazaki** (42:00) and **Yumi Yoshida** (48:22).

U20 Men 10km walk

1.	Sho Sakazaki	JPN		42:00
2.	Yu Takeuchi	JPN		42:20
3.	Hiroto Jusho	JPN		42:48
4.	Yusuke Murao	JPN		43:03
5.	Yusuke Hattori	JPN		43:24
6.	Atsuto Kawada	JPN	98	43:40
7.	Kiichi Takiguchi	JPN		43:53
8.	Kouki Murakami	JPN		44:04
9.	Yusuke Naka	JPN		44:22
10.	Takatsugu Nakagawa	JPN		44:22
11.	Ryo Hamanishi	JPN		44:51

12.	Kouki Okamoto	JPN	45:05
13.	Masaru Suzuki	JPN	45:15
14.	Mizuki Kitada	JPN	45:28
15.	Kazuma Yada	JPN	45:33
16.	Kento Imamura	JPN	45:41
17.	Kouta Yamauchi	JPN	45:45
18.	Kousuke Nose	JPN	45:58

U20 Women 10km walk

1.	Yumi Yoshida	JPN	99	48:22
2.	Shione Honma	JPN		48:58
3.	Maika Yagi	JPN	99	49:17
4.	Saori Nishimura	JPN	98	49:44
5.	Nanako Otani	JPN	99	49:52
6.	Minori Yamada	JPN		50:25
7.	Aguri Hashi	JPN		51:28
8.	Asaki Shishida	JPN		51:39
9.	Ayaka Miki	JPN		52:06
10.	Akiho Sano	JPN		52:25
11.	Mami Kurimoto	JPN		52:41
12.	Risako Oda	JPN		53:27
13.	Mana Takahashi	JPN		53:42
14.	Sae Kitakohji	JPN		54:22
15.	Fuka Yajima	JPN		54:30
16.	Kanon Morita	JPN		54:47

GOSHEN COLLEGE RACE WALK, GOSHEN, INDIANA, SATURDAY 15 APRIL

To Goshen, Indiana, for a college meet with 5000m and 3000m walks.

5000m Walk Men

1.	Sam Elmi	(So.)	Cornerstone	23:52.4
2.	Dave Swarts	51	Pegasus AC	23:54.4
3.	Jacob Benson	(Sr.)	Cornerstone	25:33.1
4.	Sawyer Biddle	(Jr.)	Goshen	25:35.7
5.	Jason Rabie	(So.)	Cornerstone	26:47.1
6.	Isaac Winthrow	-	Unattached	29:38.6

5000m Walk Women

1.	Amberly Melendez	(Fr.)	Cardinal Stritch	25:23.3
2.	Bailey Brogan	(Sr.)	Cornerstone	28:04.2
3.	Siana Emery	(Fr.)	Goshen	28:44.3
4.	Jessie Langmeyer	(So.)	Cornerstone	29:40.3
5.	Liz Larsen	(Fr.)	Concordia (Mich)	31:38.9

3000m Walk

1.	Hayley Bickford	(Jr.)	Gorham High School	18:34.6
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MARCIADALMONDO AND OMARCHADOR ROUNDUP

Marcialdamondo had 8 press releases this week

- Mon 17 Apr - Reviewing 50km results from the first 4 months of 2017
http://www.marcialdamondo.com/eng/dettagli_news.aspx?id=2771
- Sun 16 Apr - Hirooki Arai wins Japanese 50km championship
http://www.marcialdamondo.com/eng/dettagli_news.aspx?id=2770
- Sun 16 Apr - Results of 50km at Chinese Grand Prix
http://www.marcialdamondo.com/eng/dettagli_news.aspx?id=2769
- Sat 15 Apr - Results of Day One of the All-Japan Racewalking Meet
http://www.marcialdamondo.com/eng/dettagli_news.aspx?id=2768
- Sat 15 Apr - Results of 20km races in Taicang today

http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2767

- Fri 14 Apr - Preview of IAAF Challenge Event in Taicang tomorrow
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2766
- Fri 14 Apr - IAAF Council rejects push to remove 50km
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2765
- Tue 11 Apr - Russians Sergey Shirobokov and Yana Smerdova eligible for international competitions
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=2764

and Omarchador had 12 press releases

- Mon 17 Apr - Results of 10km races from Wajima, Japan
<http://omarchador.blogspot.com.au/2017/04/as-provas-de-10-km-em-wajima-japao.html>
- Mon 17 Apr - Arai wins Japanese 50km championship
<http://omarchador.blogspot.com.au/2017/04/arai-sagra-se-campeao-japones-de-50-km.html>
- Sun 16 Apr - Lu and Bonfim win Challenge events in Taicang, China
<http://omarchador.blogspot.com.au/2017/04/xiuzhi-lu-e-caio-bonfim-triunfam-no.html>
- Sat 15 Apr - Preview of All-Japan meet in Wajima
<http://omarchador.blogspot.com.au/2017/04/wajima-apura-marchadores-japoneses-dos.html>
- Fri 14 Apr - Portuguese judge Joaquim Graça on panel for Taicang this weekend
<http://omarchador.blogspot.com.au/2017/04/joaquim-graca-vai-atuar-em-taicang-na.html>
- Fri 14 Apr - The IAAF Racewalk Challenge returns to Taicang this weekend
<http://omarchador.blogspot.com.au/2017/04/de-regresso-taicang-para-o-challenge-da.html>
- Thu 13 Apr - IAAF Council rejects any changes to T&F program for 2020 Olympics
<http://omarchador.blogspot.com.au/2017/04/aifa-segura-marcha-ate-toquio-2020.html>
- Thu 13 Apr - Results of Brazilian U20 walk championships last weekend
<http://omarchador.blogspot.com.au/2017/04/vencedores-do-campeonato-brasileiros.html>
- Wed 12 Apr - Results of Balkan racewalk championships in Florina, Greece, last weekend
<http://omarchador.blogspot.com.au/2017/04/campeonatos-dos-balcas-em-florina.html>
- Wed 12 Apr - Leo Köpp and Teresa Zurek win U20 races in Podebrady
<http://omarchador.blogspot.com.au/2017/04/leo-kopp-e-teresa-zurek-vencem-10-km.html>
- Tue 11 Apr - Colombian Sandra Galvis wins women's 20km in Podebrady
<http://omarchador.blogspot.com.au/2017/04/colombiana-sandra-galvis-impoc-se-nos.html>
- Tue 11 Apr - German Christopher Linke wins men's 20km in Podebrady
<http://omarchador.blogspot.com.au/2017/04/christopher-linke-e-lider-europeu-dos.html>

OUT AND ABOUT

- The Ukrainian Athletics Federation wrote on its website last week that athletes on the country's national team using performance-enhancing drugs could serve very short bans in secret if they confess. Secret bans, however, would break IAAF rules. See http://www.nzherald.co.nz/athletics/news/article.cfm?c_id=19&objectid=11836721&ref=rss.
- The Ukraine was quick to apologize to the IAAF and to WADA the next day, claiming that this was a bad summary of an athlete seminar held last month and they would never do anything to break the WADA Code or that did not follow IAAF rules. A bit embarrassing for them, to say the least! See <http://www.insidethegames.biz/articles/1049183/ukraine-apologise-to-wada-and-iaaf-over-embarrassing-amnesty-claim-for-drugs-cheats>.
- Italian 1992 Olympic walker **Giovanni De Benedictis** is still pretty fast on his feet by the sound of things - http://www.ansa.it/abruzzo/notizie/2017/04/11/olimpionico-de-benedictis-insegue-ladro_76acab12-f5ac-460b-9e21-93f456161b7e.html. It also made the local news – see video at <http://video.sky.it/sport/ciclismo/abruzzo-rapinatore-battuto-dallex-marciatore-de-benedictis/v337101.vid>.

- The IAAF Doping Review board has cleared the way for 7 Russian athletes to compete as neutrals while the Russian team is banned for doping. See <http://www.supersport.com/athletics/article.aspx?Id=3953744>. The list includes 2 racewalkers.
 - 18 year old Sergey Shirobokov (20km PB 1:18:25) is a product of the infamous Saransk walking centre. He won the Russian National 20km earlier this year with doping cheats in 2nd, 3rd and 4th places.
 - 17 year old Yana Smerdova (10km PB 45:33)
- Congratulations to Canadian walker **Evan Dunfee** who is Athletics Canada's Fred Begley Memorial Trophy winner for 2016 Off Track Athlete of the Year.



- Athletics New Zealand has named the first 6 athletes for the 2017 IAAF World Track & Field Championships in London. The list includes **Quentin Rew** who is selected for the 50km. Quentin is also hoping for selection in the 20km, as is fellow Kiwi Alana Barber, but the AthsNZ 20km selection criteria are horrendous (1:21:00/1:21:30 and 1:30:00/1:31:00). It doesn't pay to be a NZ T&F athlete nowadays! Their standards are so tough. See the announcement at <http://www.athletics.org.nz/High-Performance/News/2017-iaaf-world-track-field-championships-initial-team-announcement>.
- Rio to host the 2020 Pan-American Masters Games apparently. "*Building on the legacy of the Olympic Games Rio 2016, the organisers of the second Pan-American Masters Games – which are expected to be held in the second half of 2020 and last for 9 to 10 days – intend to use the Olympic venues as much as possible, including the Maracanã Stadium for the opening ceremony. This will offer a unique opportunity for Masters athletes to follow in the footsteps of Olympians. The Rio 2016 venues are currently in the process of being converted into their post-Games configurations and will be ideal venues for the Masters athletes, who will also be able to take advantage of the new hotels and tourism infrastructure that was developed ahead of Rio 2016.*" Don't they mean rebuild them! Good luck on that one. See <https://www.olympic.org/news/rio-to-host-pan-american-masters-games-in-2020>.
- The lack of progress made by Russia in anti-doping reforms has "disappointed" IAAF president Sebastian Coe. Speaking at the IAAF council meeting in London last Thursday, Coe said that the six milestones set out for the reinstatement of the Russian Athletics Federation are still outstanding. Furthermore, the taskforce concluded "*it does not look like they will be met any time soon*". Their concerns centre on problems with testing, the difficulties in getting biological passport samples, issues around closed cities, and the employment of coaches who were linked to tainted regimes. See <http://www.bbc.com/sport/athletics/39596766>.
- Russia's appeal against being banned from the 2016 Rio Paralympics due to widespread doping was rejected by the Swiss federal tribunal last Wednesday in the latest foiled legal challenge. See <http://timesofindia.indiatimes.com/sports/more-sports/others/doping-russian-paralympic-ban-appeal-rejected/articleshow/58153846.cms?from=mdr>.
- Russia could face a longer spell out of international competition unless Yelena Isinbayeva is replaced as head of the country's national anti-doping agency, according to Rune Andersen, head of the IAAF Taskforce investigating doping in Russia. The appointment, which WADA tried to block, has sent the wrong message and could harm the reinstatement chances of Russian Athletics Federation. See <http://www.insidethegames.biz/articles/1049227/head-of-iaaf-taskforce-warns-appointment-of-isinbayeva-as-chair-of-rusada-could-delay-reinstatement>.
- WADA finally updated its Prohibited Association List on 10 April to include Russians Sergei Portugalov, Vladimir Kazarin, Alex Melnikov and Vladimir Mikhnev, 17 months after such action was recommended by the first WADA Independent Commission Report in November 2015. Portugalov was chief of the Russian Athletics Federation Medical Commission. Kazarin was the Russian national team 800m coach and Melnikov was a senior endurance coach. Finally some justice is being served on those behind the drugs program. They join disgraced walks coach Viktor Chegin who was

banned for life last year. See <http://www.sportsintegrityinitiative.com/wada-addition-russians-prohibited-association-list-highlights-failures/>.

- The Russian swimming federation says it will no longer be covering athletes' fines relating to anti-doping responsibilities, instead passing those fines on to the athletes themselves. Apparently it's costing them too much money. Oh, come on! Another example of all that is wrong in Russian sport. See <https://swimswam.com/russian-swim-federation-stop-paying-anti-doping-fines-athletes/>.
- Cycling's Team Sky continues to be under the spotlight, with UK Anti-Doping investigating an allegation that some of its riders were injected with Fluimucil and other substances to aid recovery even after cycling's world governing body banned needles at races in 2011. None of the substances are illegal under WADA rules but there are concerns about the ethics of administering them intravenously and the possibility that Team Sky may have breached the "no needles" policy adopted by cycling's world governing body the UCI. See <http://www.sbs.com.au/news/article/2017/04/13/ukad-investigating-team-sky-allegations>.

VALE MURRAY LAMBDEN

I was shocked this morning to read of the sudden passing of Isle of Man legend **Murray Lambden**. Since starting as a young athlete in 1970, Murray had been involved in athletics for more than 46 years, as a race walker, marathon runner, statistician, official and website coordinator for Manx Athletics and the Parish Walk. Always a huge supporter of the 85 mile Parish Walk, he won it in 1978 with a time of 16:19:37 and finished on many other occasions. In 1981 he set a British 30km racewalk record and he represented that country 4 times in 1981 and 1982. He also represented the Isle of Man in the 1982 Commonwealth Games in Brisbane, coming 8th in the 30km walk in 2:22:18. The following brief biography tells something of a life full of highs. We will all miss you mate!

MURRAY Lambden walked for the Isle of Man at the 1982 Games in Brisbane, Australia, and in 1994, was manager of the athletics squad in Victoria, Canada. Murray's passion for athletics continues unabated and he is the man behind the extremely comprehensive manxathletics.com website, on which he is a serial and entertaining blogger.

Murray says he will never forget the life-changing opportunity taking part in the Commonwealth Games gave him.

He achieved the qualifying standard for the 30km walk at the 1978 Games in Edmonton, Canada, and was encouraged by some to try and make the team.

However he felt unready for the challenge and thought the qualifying standard was too soft. In any event, three others had the qualifying time and they were all faster than him.

Uncertain for a while of the direction his sporting career was heading after a series of disappointments and the sudden death of his father Murray, then a student, says he finally got it together while walking alone through the streets of Preston while the Commonwealth Games were taking place in Canada.

He recounts: 'I decided I needed a purpose - I was going to represent the Isle of Man in the 1982 Commonwealth Games.

'When I finished my studies and returned to the Isle of Man in late June 1979, the training started. At a silly pace.

'Although pushing my body to the limit, within a month I had broken 5 hours for 50km for the first time despite doing the "double midnight." That meant taking the midnight sailing to Liverpool, hanging around in the city for several hours and taking the first train to Birmingham and on to Coventry. After walking 31 miles, the reverse journey saw me catch the overnight ferry back to Douglas and hitting my bed for the first time in 48 hours by about 6 am.

'I started to win races, set a British record for 30km in February 1981, and represented Great Britain four times in 1981 and 1982 (Brighton, Valencia, Rome and Bielefeld).

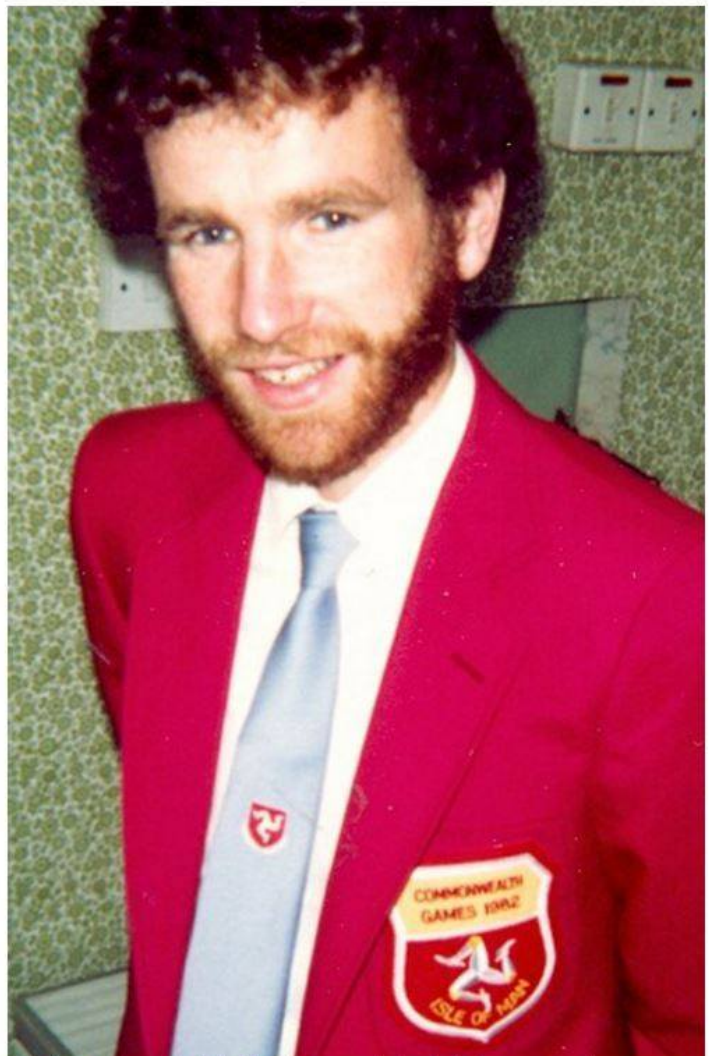
'1982 was a long hard season with the Commonwealth Games in Brisbane in October. I wanted more than the Commonwealth Games and I tried, but failed, to make the GB team for the European Championships too.

'Selection for the Commonwealth Games was by that time a formality but there was a time at the end of August when I was so exhausted that I almost withdrew.

'I am so glad that I didn't. We had more than two weeks between arrival in Australia and my event and I got right back into my stride, literally. Every other day, on my hard day and his easy day, I trained with the man who won the event, Welshman Steve Barry.

'On a couple of occasions Graham Young joined us and we were photographed by the press with me pretending I was beating Steve for the title!

'I certainly didn't do everything perfectly. Although I continued to train hard I ate too much and had a few drinks too. It was the first time I had chips for breakfast! There was so much food. I would have a light breakfast before training and then a full version when I got back. Rob Elliott, the Guernsey walker, joined me a few times on those full breakfasts.



Life-changing: Murray Lambden felt he was not ready for the challenge in 1978 but was on good form four years later in Brisbane

MORE RACEWALKING STAMP NEWS

Readers will know that I am always keen to find any new postage stamps that feature our sport of racewalking and that I document them all on webpage <http://www.vrwc.org.au/vrwcstamps.shtml>.

I was already aware of a 1972 racewalking stamp, issued as part of an 8 stamp sheetlet by Nagaland in celebration of the 1972 Olympic Games in Munich. This stamp is already featured on the above VRWC webpage.



Alex Wijsman has let me know of two further editions of this 8 stamp sheetlet, one in 1973 to recognize Scouts Day and one in 1974 to honour the Football World Cup in Munich. These two re-issues feature the same 8 stamps which are now overprinted with additional words. Here is what they look like:



I will now be adding these to the stamp page. Thanks Alex!

AUSTRALIAN TEAM ANNOUNCEMENTS

The Australian team for the 2017 Oceania Athletics Championships, to be contested in Fiji in June, was announced last Tuesday. See <http://www.athletics.com.au/News/oceania-athletics-championships-to-welcome-more-than-150-athletes>. It includes 5 walkers

- U20 10000m Walk **Anna Cross (SA)**
- U18 5000m Walk **Connor Frew, (ACT) Ryan Thomson (NSW), Mackayla Davison (VIC) and Rhiannon Lovegrove (SA)**

This is a wholly self-funded team. Athletes are responsible for all costs, including but not limited to travel, accommodation and team uniform. As a guide, Athletics Australia expects that the costs will be approximately \$2,000.00 per person.

Athletics Australia last Wednesday confirmed the first component of the T&F team to contest the 29th Summer Universiade in Taipei this coming August. At the 2015 edition in Gwangju (KOR), Australia's athletics section won an impressive five medals, with Dane Bird-Smith leading the way to gold in the men's 20km walk in a time of 1:21:30. Two 20km walkers named so far amongst the 34, namely Rachel Tallent and Jess Pickles. See <http://athletics.com.au/News/universiade-medallists-return-in-taipei>.

Open 20km Walk **Rachel Tallent (VIC) and Jess Pickles (QLD)**

DATES...DATES...DATES

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

2016/2017 Australian/Victorian Key Dates

Apr 22-23, 2017 Australian Centurions 24 Hour Walk Championships, Coburg, VIC
Apr 22-23, 2017 Australian Little Athletics T&F Championships (U13), Sydney, NSW
Jun 9-12, 2017 Australian Masters T&F Championships, Darwin, NT. See <http://ntmastersathletics.com.au/>
Jun 11 (Sun), 2017 51st LBG Racewalking Carnival, Stomlo Forest Park, Canberra, ACT
Aug 6 (Sun), 2017 AMA 20km Roadwalk Championships, Adelaide, SA
Aug 27 (Sun), 2017 Australian Roadwalk Championships, Woolongong, NSW

2016/2017 International Dates

April 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
Jun 29 – Jul 1, 2017 Oceania Area Championships, Suva, Fiji
July 12-16, 2017 10th World Youth T&F Championships, Nairobi, Kenya – THIS IS THE FINAL EDITION
August 4-13, 2017 16th IAAF World Championships in Athletics, London, UK. See <http://www.london2017athletics.com/>
On Sunday 13 August, all 3 racewalks will be staged on The Mall, St James Park, London
August 19-30, 2017 29th Summer Universiade, Taipei, Taiwan
Sept 9, 2017 8th Race Walking Day in Veenendaal (Dutch Sprint Triathlon), Veenendaal, NED
Sept 24-17, 2017 Around Lake Taihu 4 Day multi day walks race, CHN

2017 Remaining IAAF Racewalk Challenge Series

June 3, 2017 XXXI Gran Premio Cantones de La Coruna, Spain
August 5-13, 2017 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>
Men's and Women's 20km walk, Currumbin Beachfront, Sunday 8 April
May 5-6, 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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Copies of recent newsletters are kept on the VRWC website (<http://www.vrwc.org.au>)