



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2017/2018 Number 17
23 January 2018



VRWC Preferred Supplier of Shoes, clothes and sporting accessories.

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

WHAT'S COMING UP

- Overall, the next few weeks read as follows for Victorian walkers:

Jan 26-28, 2018 Victorian Country T&F Championships, Ballarat. Entries have now closed with AV.
Jan 31 (Wed), 2018 AV Teams 5000m Championships & VRWC races, Mentone
Feb 10 (Sat), 2018 AV Shield Final (P1), Lakeside Stadium – 2000m Walk

- Any walkers who have entered this weekend's Victorian Country Championships will need to check the AV website for timetable changes, due to the horrendously hot weekend that is coming up.
- Hopefully Victorian walkers are gathering their teams for the **Victorian Teams 5000m Track Walk Championships**, to be held at the Mentone track on **Wednesday 31st January**. Entries are via the AV online portal. Entries close on 28th January. The fixture reads as follows

Wed 31st January 2018, AV 5km Teams Championship, VRWC Walk, Mentone		
Venue: Mentone Athletic Track, Dolomore Reserve, Queen Street, Mentone		
6.40pm	VRWC 1500m	Open
7.00pm	AV 5000m Teams championship	Open
7.00pm	VRWC 5000m	Open

- Looking further ahead, the **2018 Australian 20km Summer Roadwalk Championships** will be held in Adelaide on **Sunday 11th February**. Entries will close with AA on Monday 5th February. The timetable reads as follows

7:00am Australian 20km Race Walking Championships
8:00am Oceania Under 20 10km Race Walking Championship
8:00am Invitational Under 18 5km Race Walking Championships

Most of the international walkers currently in Australia will contest the 20km races so some exciting times are expected. The meet also acts as the Australian Commonwealth Games and World Racewalking Team Championships trials.

- Finally, if you are interested in a trip to New Zealand with a difference, the **NZ T&F Championships** will be held in **Hamilton** from **9-11 March**, with 3000m on the track on 9th March and a 20km on the road on 11th March.

ATHLETICS VICTORIA SHIELD, ROUND 12, 20 JANUARY

The final round of Athletics Victoria Shield competition was held last Saturday with the 3 country regions including racewalks. Best efforts by **Jemma Peart** (3000m 13:55.56) and **Alanna Peart** (1500m 6:52.80).

AV Shield Round 12, Landy Field, Geelong, Saturday 20 January

1500m Walk

1.	Charli Walker	W	BELMONT	8:53.66
2.	Kaylah Heikkila-Dubowik	W	CORIO	9:25.92

AV Shield Round 12, Llanberris Reserve, Ballarat, Saturday 20 January

3000m Walk

1.	Peart, Jemma	W	BALLARAT YCW	13:55.56
2.	Ruddick, Kevin	M	BALLARAT HAR	21:39.46

3.	Ireland, Roslyn	W	BRUNSWICK AT	22:18.19
4.	Ireland, Olive	W	BRUNSWICK AT	24:37.92

1500m Walk

1.	Peart, Alanna	W	BALLARAT YCW	6:52.80
2.	Peart, Scott	M	BALLARAT YCW	9:10.07

AV Shield Round 12, La Trobe University Track, Bendigo, Saturday 20 January

1500m Walk

1.	Barbara Bryant	W63	EAGLEHAWK	8:40.39
2.	Sienna Andrews	W13	ATHLETICS ESSENDON	9:35.37
3.	Annette Curtis	W61	SOUTH BENDIGO	10:29.86
4.	John Carter	M67	SOUTH BENDIGO	11:23.10
5.	Ebony Whiley	W22	EAGLEHAWK	DNF

That's it until Saturday 10th February when the AV Shield Final will be contested at Lakeside Stadium. Walkers will contest a 2000m walk for those clubs who made it though.

And one final AV Shield related note. I commented in last week's newsletter that Daniel Walters had set new Victorian and Australian M35 2000m track walk records with his time of 8:26.75. Australian Masters records administrator Clyde Riddoch has advised that while Daniel's time is indeed a new AMA/VMA record, it is still short of the "non-member" record which Paul Kennedy holds with 7:50.65. He explains:

When the rules changed for AMA records (for the WMA world champs in Perth in 2016), I forgot to put Paul's non-member M30, M35 & M40 2000m records in the AMA list, but I've done that now. I've always hated the rule about the need for membership of a Masters club. Records shouldn't have anything to do with membership of anything. So I included both types in the VMA and AMA lists long ago, until the AMA Board ordered me to remove the non-member records from their list about a decade back. I was rapt when the rule changed in 2016, and I returned non-member records to their list. Hope all this makes sense.

It certainly does Clyde! Thanks for clarifying.

VRWC ROADWALKS, MIDDLE PARK, SUNDAY 21 JANUARY

Last Sunday saw the last of the summer roadwalks for the Victorian Race Walking Club, with 29 walkers in attendance on a typically hot Melbourne summer morning. The most popular distance was 10km and it was two of our young walkers who showed the way in first time efforts – 15 year old **Will Thompson** with 52:45 and 14 year old **Charlotte Hay** with 57:47. Well done! The top effort of the day went to **Daniel Walters**, back from a long layoff from walking – 22:24 for 5km. And welcome to first time VRWC walkers **Marcus Wakim** (17:46 for 3km) and **Emily Smith** (13:25 for 2m).

10km Open

1.	Will Thompson	52:45	First one
2.	Corey Dickson	55:45	
3.	Charlotte Hay	57:47	First one
4.	Andrew Jamieson	1:02:33	
5.	Donna-Marie Elms	1:09:18	
6.	Sandra Howorth	1:21:55	
7.	Ian Beaumont	1:34:12	
	Margaret Beaumont	DQ	
	Albin Hess	DQ	
	Mark Donahoo	DNF	
	Mark Blackwood	DNF	
	Pramesh Prasad	DNF	
	Kelly Ruddick	DNF	
	Rhydian Cowley	DNF	

5km Open

1.	Daniel Walters	22:24
2.	Terry O'Neill	31:40
3.	Ralph Bennett	32:15
4.	Karyn O'Neill	35:19
5.	Gwen Steed	36:47
	Geoff Barrow	DQ

3km Open

1.	Merilyn Thompson	23:36	
2.	Marcus Wakim	17:46	First timer

3. Angus Hay 17:47

2km Open

- | | | |
|---------------------|-------|-------------|
| 1. Hamish Blackwood | 12:00 | |
| 2. Eliza Thompson | 13:17 | |
| 3. Emily Smith | 13:25 | First timer |
| 4. Beverly Hugo | 17:21 | |
| 5. Pam Mews | 22:36 | |

1km Open

- | | |
|---------------------|-------|
| 1. Sophie Blackwood | 09:22 |
|---------------------|-------|

Lots of great photos by Terry Swan at <http://www.vrwc.org.au/piwigo/index.php?category/456>.



Charlotte Hay, Will Thompson, Corey Dickson and Daniel Walkers



Emily Smith, Sophie Blackwood, Ralph Bennett and Marcus Wakim (photos Terry Swan)

BENDIGO WALKERS CLUB ROADWALKS, ROSALIND PARK, BENDIGO, SUNDAY 21 JANUARY

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

The Bendigo Walkers Club commenced their 2018 year of walking in Rosalind Park on Wednesday evening with a 2.4km sealed handicap event. **Annette Curtis** produced a strong performance to score a solid victory with **Norm West** 2nd and **Peter Curtis** claiming 3rd place and fastest time, with **Jennie Payne** and **Bill Lotherington** finishing close up behind the placegetters.

2.4km Handicap

1.	Annette Curtis	16.28
2.	Norm West	19.32
3.	Peter Curtis	13.33
4.	Jennie Payne	14.46
5.	Bill Lotherington	17.34
6.	Barb Bryant	14.14
7.	Caitlyn Curtis	20.25
8.	John Carter	18.16
9.	Sheridan Commons	18.42

SAMA TRACK WALKS, SA ATHLETICS STADIUM, MILE END, ADELAIDE, WEDNESDAY 17 JANUARY

Thanks to Colin Hainsworth for the latest results from the South Australian Masters in Adelaide. Very hot conditions.

1500m Walk

1.	Mark Worthing	09:07	M55	67.69%
2.	Jack Russell	09:22	M65	72.76%
3.	James Hoare	11:13	M71	65.14%
4.	Graham Harrison	11:25	M74	66.50%

2000m Walk

1.	James Hoare	14:16	M71	66.23%
2.	Graham Harrison	15:07	M74	64.96%
3.	Jack Russell	13:06	M65	67.26%
4.	Dave Fallon	15:59	M65	55.12%

ACTRWC TRACK WALKS, WODEN ATHLETICS TRACK, WODEN, THURSDAY 18 JANUARY

Thanks to Robin Whyte for the latest results from Canberra. Fast 2000m by **Callum Burns** (8:55).

2000m Walk

1.	Callum Burns	08:55
2.	Hannah Manning	10:57
3.	Peter Baker	11:00
4.	Helena Bialecki	12:36
5.	Robin Whyte	12:41
6.	Bryan Thomas	14:13
7.	Ruth Baussmann	14:15
8.	Rod Gilchrist	14:42
9.	Jennifer Gilchrist	16:11
10.	Lorna England	16:20
11.	Doug Fitzgerald	16:52
12.	Robert Kennelly	17:14
13.	Val Chesterton	17:35

1200m Walk

1.	Harry Baker	08:19
2.	Ella Baker	08:22
3.	Geoff Barker	11:12

ATHLETICS TASMANIA INTERCLUB, DOMAIN ATHLETICS TRACK, HOBART, SATURDAY 20 JANUARY

To Tasmania for the latest Interclub walks in Hobart.

3000m Walk

1.	Elizabeth Leitch	Tasmanian Masters	19:57.85
2.	Ron Foster	Tasmanian Masters	19:57.89
3.	David Moore	Tasmanian Masters	23:05.31

WESTERN AUSTRALIAN T&F CHAMPIONSHIPS, WA ATHLETICS STADIUM, PERTH, 19-21 JANUARY

To Perth for the Western Australian T&F Championships (junior walks).

Women 5000m Walk U18

1. Gough, Tyla 01 Joondalup At 34:42.00

Women 5000m Walk U17

Pringle, Ashleigh 02 Athletics WA DQ

Women 3000m Walk U16

1. Ireland, Hannah 03 Rockingham D 19:04.40
2. Gough, Ebony 03 Joondalup At 20:00.60

Women 3000m Walk U15

1. Gray, Maddison 04 Cockburn Ath 18:25.50
Andritsos, Sienna 04 West Track DQ

Women 3000m Walk U14

1. Griffin, Alexandr 05 Athletics WA 15:40.60
2. Mortimore, Brooke 05 Athletics WA 16:55.50
3. Lawrence, Lataya 05 Athletics WA 20:22.10

Men 5000m Walk U20

1. Mann, Bradley 99 Ridgewood At 27:42.90
2. Murphy, Patrick 00 Athletics WA 27:59.00

Men 5000m Walk U18

1. Millard, Thomas 01 Rockingham D 29:59.00
Reid, Benjamin 01 Athletics WA DQ

Men 5000m Walk U17

1. Anderton, Cooper 02 Bunbury 26:17.60

Men 3000m Walk U16

1. Wickham, Sebastia 03 Rockingham D 19:29.90

Men 3000m Walk U15

1. Wickham, Reuben 04 Rockingham D 18:29.40
Jonker, Byron 04 Rockingham D DQ

Men 3000m Walk U14

1. Somers, Declan 06 West Track 20:53.80

WARWC ROADWALKS, WILSON, PERTH, SUNDAY 14 JANUARY

And back a week for some results from the Western Australian Race Walking Club, compliments of Terry Jones.

10km Walk

1. Ben Reid 53.52
2. Andrew Duncan 54.53
3. Karyn Tolardo 71.54
4. Wendy Farrow 72.50

1.5km Walk

1. Xavier Bernard 10.21
2. Kaytee Bogaers 10.38

QMA T&F MEET, SAF, BRISBANE, SATURDAY 20 JANUARY

And finally to Queensland for some Masters walks.

3000m Walk

1. Peter Bennett M62 Brisbane 16:11.43 81.45%
2. Charlotte Hamann W16 Visitor 19:42.38 58.78%

3.	Mark Carlile	M44	Brisbane	23:09.17	47.97%
4.	Noela McKinven	W75	Brisbane	24:16.39	72.28%

USATF 50 KM RACE WALK CHAMPIONSHIPS 2018, SANTEE, CALIFORNIA, SUNDAY 21 JANUARY

The USATF 50km Championships, held last Saturday in Santee, California, saw a total of 17 50km exponents (8 women and 9 men), all of whom finished the demanding event. The women's 50km saw victory go to Mexican **Mariela Sanchez** (an inaugural 4:46:12), ahead of USA walkers **Katie Burnett** (4:47:50) and **Erin Taylor-Talcott** (4:59:16). Hungarian walker **Anett Torma** was next in with an inaugural 50km time of 4:59:55. The men's 50km saw victory going to USA walker **Nick Christie** (PB 4:09:32) ahead of fellow Americans **Matthew Forgues** (4:23:28) and Antony **Joseph Gruttadauro** (4:45:15). The overall result must have been very satisfying for the organizers. Well reported by http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3038.

USATF 50km Championship Women

1.	Mariela Sanchez Teran	Mexico	F	4:46:12
2.	Katie Burnett	Bellevue, WA	F	4:47:50
3.	Erin Taylor-Talcott	Owego, NY	F	4:59:16
4.	Anett Torma	Hungary	F	4:59:55
5.	Teresa Vaill	Gainesville, FL	F	5:29:29
6.	Susan Brooke	Canada	F	5:42:54
7.	Darlene Backlund	Palm Springs, CA	F	7:09.44
8.	Jamie Fiddler	Unknown	F	7.22.47

USATF 50km Championship Men

1.	Nick Christie	El Cajon, CA	M	4:09:32
2.	Matthew Forgues	Boothbay, ME	M	4:23:28
3.	Anthony Joseph Gruttadauro	Brockport, NY	M	4:45:15
4.	Pablo Gomez	Evanston, IL	M	4:56:19
5.	Ian Whatley	Greer, SC	M	4:58:00
6.	Dave Talcott	Owego, NY	M	5:28:40
7.	Steve Harper	Helena, MT	M	5:57:12
8.	Adrian Zamudio	Santa Maria, CA	M	6:28:14
9.	Paul Terbrack	Clawson, MI	M	7:02:04

There were a number of other non-championship events on offer, with results as shown below.

20km Walk

1.	Jose Melendez Cintron	Puerto Rico	M	1:26:57
2.	Emmanuel Corvera	San Diego, CA	M	1:31:34
3.	Mario-Andres De Los Rios-Banda	Mexico	M	1:39:02
4.	Anali Cisneros	Elgin, IL	F	1:49:38
5.	Lydia McGranahan	Salem, OR	F	1:54:30
6.	Leslie Cotto	Puerto Rico	F	1:59:18
7.	Gerard Deegan	Unknown	M	2:23:36

10km Walk

1.	Rachel Seaman	Unknown	F	0:51:52
2.	Molly Josephs	Glen Carbon, IL	F	0:51:54
3.	Logan Roberts	Burley, WA	M	0:54:04
4.	Mihail Larin	Unknown	M	0:57:23
5.	Nayeli Cisneros	Unknown	F	0:57:31
6.	Robert Piatt	Portland, OR	M	1:14:52

5km Walk

1.	Dmitry Babenko	Canada	M	0:23:38
2.	Angel-Gael Espinoza-Castro	Mexico	M	0:29:26
3.	Maria-Concepcion Vazquez-Prado	Unknown	F	0:33:03
4.	Jeorgina-Alejandra Ayala-Altamirano	Unknown	F	0:33:27
5.	Carmen Jackinsky	Beaverton, OR	F	0:33:31
6.	Marisssa de Luna	California, US	F	0:40:03

2.5km Walk

1.	Mariah Mcgranahan	Salem, OR	F	0:17:14
2.	Wendy Rodriguez	Unknown	F	0:20:21

OCEANIA MASTERS ATHLETICS CHAMPIONSHIPS, DUNEDIN, NEW ZEALAND, JAN 20-27, 2018

The Oceania Masters Championships are currently underway in Dunedin, New Zealand. See www.mastersathleticsoceania.com for further details. The 10km roadwalks kicked things off on Sunday (Day 2 of the Championships), with 5000m Track Walks to be today and 3000m Track Walks to be held on Friday. It took a long time to find but it seems that results are being posted to <http://athleticsotago.co.nz/News/oceania-masters-t-f-results>. Quite a few 10km performances rating at over 80% on the Age Graded tables, with the best being from **Jacqueline Wilson** of NZ (W71 1:04:57 91.88%).

10km Roadwalks, Sunday 21 January

W35	1	Vicky Jones	W38	New Zealand	1:22:07	50.34%
M45	1	Sean Lake	M46	New Zealand	1:01:50	65.46%
M50	1	Lyndon Hohaia	M50	New Zealand	56:43	74.34%
	2	Joseph Antcliff	M51	New Zealand	1:08:44	61.34%
W50	1	Ann Staunton-Jugovic	W54	Australia	1:00:48	76.30%
	2	Hasiati Lawole	W51	Indonesia	1:04:57	71.43%
	3	Serena Coombes	W52	New Zealand	1:05:45	70.56%
M55	1	Simon Evans	M57	Australia	59:56	73.40%
W55	1	Anne Weekes	W55	Australia	1:00:46	80.39%
M60	1	Mike Parker	M64	New Zealand	1:00:29	76.16%
	2	Christopher Worsnop	M60	Australia	1:36:42	47.64%
	-	Andrew Cuthbertson	M60	Australia	DQ	
W60	1	Terri Grimmett	W60	New Zealand	1:08:59	75.08%
M65	1	Clive McGovern	M67	New Zealand	1:02:11	78.03%
	2	Jim Kerse	M69	New Zealand	1:22:53	58.54%
	3	Harold Membrey	M66	Australia	1:24:49	57.21%
W65	1	Heather Carr	W68	Australia	1:06:49	82.82%
M70	1	Geoff Iremonger	M71	New Zealand	1:19:23	64.83%
	2	Tom Cockerill	M73	New Zealand	1:24:49	60.68%
W70	1	Jacqueline Wilson	W71	New Zealand	1:04:57	91.88%
W75	1	Daphne Jones	W76	New Zealand	1:17:10	84.31%
	2	Joan Purcell	W76	Australia	1:21:18	80.03%
	3	Lynne Schickert	W76	Australia	1:22:30	78.86%
M80	1	John Hines	M81	New Zealand	1:23:35	71.02%
M85	1	Colin Silcock-Delaney	M85	Australia	1:36:21	67.23%
M90	1	Peter Tearle	M91	New Zealand	1:49:54	65.20%

FRENCH REGIONAL INDOOR CHAMPIONSHIPS, VARIOUS CITIES, FRANCE, SUNDAY 21 JANUARY

Thanks to Emmanuel Tardi for his summary of the waks at the main French regional indoor championships. It was the last chance to qualify for the national championships. Fastest times overall to **Fabien Bernabe** (5000m 20:07.62) and **Amelie Bourhis** (3000m 13:53.13), Emmanuel was judging at Eaubonne.

Championnat de Bretagne, Rennes, 21.01.2018

1.	BOURHIS Amelie	SEF/92	Larmor Estran Athletisme	13:53.13
2.	GHAZEL Tahani (TUN)	SEF/93	Ta Rennes	14:17.67
3.	LEFRESNE Manon	JUF/00	La Vigilante Fougère	14:20.98
4.	UDIN Servane	SEF/88	Ea Pays De Broceliande	14:35.06
5.	LEBRETON Maelenn	ESF/97	Ta Rennes	14:51.75
6.	LETERTRE Marine	SEF/91	Ac Cesson	14:56.89
7.	LEBRETON Gwennan	JUF/99	Ta Rennes	15:02.84
8.	SEVELLEC Sylvie	VEF/64	Ac Cesson	15:12.14
9.	PESLERBE Bertille	ESF/98	Ea Pays De Broceliande	15:28.29
10.	BRAY Violaine	VEF/71	Entente Athletique Saint Malo	15:28.71
1.	TERAOUI Hedi (TUN)	SEM/89	Ta Rennes	20:14.12
2.	LE MEUR Steven	ESM/98	Us Bannalec	22:41.91
3.	VANOOSTHUYSE Jean-franck	SEM/79	Us Talence	23:14.87
4.	HAGUE Anthony	JUM/99	Stade Brestois	23:35.58
5.	LEBRETON Killian	JUM/00	Ta Rennes	24:25.97
6.	POTIER Nicolas	SEM/89	Al Saint-marc	24:26.23
7.	SEGEAT Benjamin	ESM/97	La Vigilante Fougères	24:38.20

Championnat d'Ile de France, Eaubonne, 21.01.2018

1.	QUENNEHEN Marine	SEF/91	Ca Montreuil 93	13:54.11
2.	MARCOU Amandine	SEF/92	Sa Merignac	14:03.38
3.	GIRAULT Marie	SEF/88	Ea Cergy Pontoise Athletisme	15:03.21

4.	DUCLOS Adele	JUF/00	Us Champagne-sur-seine	15:05.38
1.	TRENTA Alexandre	SEM/86	Franconville Athletisme	23:22.40
2.	LEGENTIL Marc	SEM/84	Dynamic Aulnay Club	23:29.96
3.	LEGENTIL Laurent	SEM/88	Dynamic Aulnay Club	23:34.32
4.	BERGEAL Arthur	SEM/84	Us Palaiseau	23:56.48
5.	DURAND Dimitri	CAM/02	Paris Uc	23:58.62
6.	LEGENTIL Cyril	SEM/86	Dynamic Aulnay Club	24:56.97
Championnat de Normandie, Val de Reuil, 21.01.2018				
1.	ALI Sarah	CAF/01	Vineuil Sports	14:37.82
2.	OSMONT Caroline	ESF/96	As Tourlaville	15:06.65
3.	RABOT Anne-laure	VEF/73	Vineuil Sports	15:12.23
4.	RIES Clementine	CAF/02	Aj Blois-onzain	15:23.36
5.	MANARESI Marion	JUF/00	Ac Romorantin	15:25.90
1.	DESJARDINS Florian	SEM/94	Asptt Rouen	21:52.14
2.	HAMIDI Hamza (Tun)	JUM/99	Spn Vernon	22:47.83
3.	BOUTRAIS Andy	SEM/91	Stade Sottevillais 76	23:36.98
4.	SWAIEH Meftah	VEM/72	U.s.o Mondeville	23:49.62
5.	PI Max	ESM/98	Val-de-reuil Ac	24:38.10
Championnat du Centre, Orléans, 21.01.2018				
1.	CHAMPALOU Lucie	SEF/90	Athletic Trois Tours	14:20.70
2.	CORMIER Chloe	ESF/98	As Fleury Les Aubrais Saran	15:35.18
3.	PIEUX Ghislaine	VEF/71	Ua Sens	15:45.82
1.	BERNABE Fabien	SEM/95	Sco Ste-marguerite Marseille	20:07.62
2.	DELAUNAY Sebastien	VEM/74	Ca Du Pays Saumurois	21:54.02
3.	BONTEMPS Sebastien	SEM/90	Gien Athle Marathon	22:37.26
4.	HUE Aymeric	CAM/01	Ec Orleans Cercle Jules Ferry	23:47.02
5.	LEBON Hugo	JUM/99	As Fleury Les Aubrais Saran	23:54.90
6.	CLOSSAIS Jerome	VEM/74	Ac Romorantin	24:36.79
7.	MENOU Didier	VEM/61	Ac Romorantin	24:40.07
Championnat LAO, Bompas, 21.01.2018				
1.	BRUNET Elisabeth	SEF/86	Tarbes Pyrenees Athletisme	14:21.23
2.	CASALE Maeva	ESF/97	Ca Balma	14:48.98
3.	CARTIER Melissa	SEF/82	Amiens Uc	14:56.89
4.	BESSAS Emilie	SEF/84	Sa Toulouse Uc	16:52.64
1.	BLANCHETEAU Jean	ESM/96	Athle Bourgogne Sud	20:35.94
2.	GALIN PONS Adria (ESP)	SEM/93	Ca Balma	22:56.32
3.	MADLINE-DEGY Martin	CAM/01	Ecla Albi	23:15.95
4.	HALOUA BOUKHRIS Zineddine (ESP)	ESM/98	Union Perpignan	23:28.31
5.	BREAUD Gaetan	CAM/01	Entente Nimes Athletisme	25:02.23
6.	MARON Thibault	JUM/00	Ca Balma	25:02.29
Championnat Grand Est, 21.01.2018				
1.	TERREC Eloise	ESF/98	Ac Roche-sur-yon	13:57.97
2.	PERRICHON Julia	CAF/01	Grenoble Uc	14:58.26
3.	BUAUD Elise	SEF/89	Athletisme Metz Metropole	15:09.52
4.	STEY Pauline	CAF/01	Rohan Athletisme Sav	15:21.05
5.	BOBAN Valerie	VEF/68	Avec	15:40.39
6.	CHRETIEN Nathalie	VEF/66	Es Thaon	15:40.40
7.	FIACK Catherine	VEF/64	E Sportive Thionville-yutz	15:46.98
Championnat des Hauts de France, Lievin, 21.01.2018				
1.	DELHORS Maud	SEF/83	Ac Villeneuve D:asc	14:06.32
2.	NAZE Cecile	SEF/95	Mouy Atac	14:27.60
3.	RETOUT Anne-gaëlle	SEF/80	Amiens Uc	14:34.46
4.	PREVOST Emmie	CAF/01	As Marck	15:21.47
1.	BAZZO BORTOT Simon	ESM/96	As Raismes	21:45.46
2.	LEAUTE Benjamin	SEM/88	Asptt Lille	22:05.97
3.	CHAUMETTE Valentin	JUM/00	Froissy Athletic	23:12.46
4.	MASSE Florian	SEM/95	Us Tourcoing	23:18.13
5.	CHENU Joffrey	SEM/82	CIII Armentieres	23:21.95

6.	DELECOLLE Sebastien	VEM/77	Us Athletiques De Lievin	23:32.02
7.	LOLEKO MBOYO Harouna (COD)	ESM/96	Amiens Uc	23:46.66
8.	CHENU Remy	SEM/85	Clll Armentieres	24:30.35
9.	GRESSIER Christophe	VEM/65	Asg Gauchy Athletisme	24:30.80
10.	LECLERCQ Gregory	VEM/74	Rc De Lens Athletisme	24:40.27
11.	DREVILLE Lucas	CAM/02	Beauvais Oise Union Club	24:58.30



Women's podium from Bompas - Emilie Bessas, Elisabeth Brunet and Maeva Casale (all photos Emmanuel Tardi)



Action from Eaubonne – walkers Marine Quennehen, Amandine Marcou and Alexandre Trenta, along with judge Emmanuel Tardi

ERWL ROADWALKS, QEII PLAYING FIELDS, ENFIELD, SATURDAY 20 JANUARY

Thanks to Ron Wallwork for the latest results from the ERWL in London. He reported:

The 21st ERWL season got underway on 20th January in dismal conditions. **Dave Annetts** won comfortably from **David Crane** and international Masters champion **Ian Richards**. Newcomer **Maddy Shott** made a most promising debut with sub 45 minute performance to lead the ladies home and looks to have the potential to go far in the race walking discipline. Ilford AC with ten walkers in action including five novices, four of which broke the hour, look set to make a serious challenge to

regain the League title that they last held in 2008. The next Fixture is on 17th February at QE11 Playing Fields, Donkey Lane, Enfield, EN1 3PL, starting at 11.45am, with the main race 5 miles and supporting races 1, 2, 3 and 4 miles.

Five Miles Men

1.	David Annetts	North Herts RR	M50	40.34
2.	David Crane	Surrey WC	M40	40.57
3.	Ian Richards ©	Steyning AC	M65	41.26
4.	George Wilkinson	Enfield HAC *	U17	41.58
5.	Sebastian Parris	Ilford AC	SM	42.14
6.	Graham Chapman	Headington RR	M60	44.45
7.	Mark Culshaw	Ilford AC	M50	48.17
8.	John Hall	Belgrave H	M65	48.37
9.	Stuart Bennett ©	Ilford AC	M55	50.00
10.	John Ralph	Enfield HAC	M60	52.05
11.	David Kates ©	Ilford AC	M65	52.13
12.	John Borgars ©	Loughton AC	M70	52.15
13.	Gary Smith ©	Enfield HAC	M60	53.24
14.	Shaun Lightman	Surrey WC	M70	53.31
15.	Andrew Cox	Hillingdon AC	M65	54.48
16.	Paul King ©	Belgrave H	M65	55.48
17.	Arthur Thomson	Enfield HAC	M80	56.21
18.	Keith Shurlock	Ilford AC	M60	56.57
19.	Peter Cassidy	Loughton AC	M75	61.57

5 Miles Women

1.	Maddy Shott	Belgrave H	SW	44.14
2.	Helen Middleton	Enfield HAC	W55	48.27
3.	Melanie Peddle	Loughton AC	W45	48.51
4.	Maureen Noel	Belgrave H	W55	49.51
5.	Jacqueline Benson	Ashford AC	u20	52.23
6.	Fiona Bishop	Woking AC	W55	54.03
7.	Jan Bentley-Pearson	Ilford AC	W55	56.15
8.	Rachel Lawless	Ilford AC	W55	60.04
9.	Kathy Crilley ©	Surrey WC	W70	62.32
10.	Anne Scurfield	Ilford AC	W60	63.35
11.	Lesley Morris	Ilford AC	W55	63.35

4 miles

1.	Mick Barnbrook ©	Ilford AC	M70	56.11
2.	Dave Ainsworth ©	Ilford AC	M65	56.20

3 miles

1.	Tony Wilkinson	unattached	M55	35.45
2.	Edward Trotter	Ilford AC	M65	42.51

2 miles

1.	Linda Mountford	unattached	W50	21.01
2.	Val Mountford	unattached	W70	24.45

And talking England, I would like to have reported on the London Games, held last weekend at the Lee Valley track in London and featuring 1000m and 3000m walks. Alas, no results up yet, although Mark Easton has published a good collection of photos at <http://markeaston.zenfolio.com/f1003876888>

TURKISH INDOOR T&F CHAMPIONSHIPS, ISTANBUL, TURKEY, 13-14 JANUARY

17 year old Turkish international **Meryem Bekmez** (she turns 18 at the end of July) established no fewer than five new national U20 and Open Turkish records during the Turkish Indoor T&F Championships in Istanbul a week ago. Her winning 5000m time of 21.54.25 took 11 seconds off her existing Open/U20 record. She also set new national records for 2000m U20 (8.38.50) and 3000m Open/U20 (13.05.40). **Salih Korkmaz** won the men's 5000m indoor walk championship with a very fast 20.00.50 ahead of **Mert Atli** (20.07.50) and **Serkan Dogan** (20.18.24), with the top 6 all bettering 21 minutes. 97 walkers participated in various age group championships. Well reported by <http://omarchador.blogspot.com.au/2018/01/meryem-bekmez-bate-5-recordes-nacionais.html>.

5000m Indoor Women

1.	Meryem Bekmez	2000	Diyarbakir	21:54.25
2.	Seçil Akpınar	1999	Hatay	25:53.42
3.	Inciçiçek	2000	Hatay	26:30.50

4.	Aysegül Bircan	2000	Balikesir	28:16.17
	Disqualified: Sümeyye Huz	1998	Malatya	DQ
	Derya Ay	2000	Malatya	DQ
	Hatice Akgül	1999	Batman	DQ

5000m Indoor Men

1.	Salih Korkmaz	1997	Kamp	20:00.50
2.	Mert Atli	1993	Antalya	20:07.50
3.	Serkan Dogan	1992	Diyarbakir	20:18.24
4.	Abduselam Imük	1999	Diyarbakir	20:33.19
5.	Sahin Senoduncu	1994	Aydin	20:37.05
6.	Bayram Izciak	1997	Van	20:37.92
7.	Mustafa Özbek	1997	Antalya	21:23.11
8.	Baver Çigci	1998	Mardin	23:55.09

MARCIADALMONDO AND OMARCHADOR ROUNDUP

Marciadalmondo has 5 press releases this week

- Mon 22 Jan - January shows lots of race walking activity world wide
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3040
- Sun 21 Jan - Ruben Santos and Ines Reis win Portuguese U20 indoor championships in Pombal
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3039
- Sat 20 Jan - Nick Christie (USA) and Mariela Sanchez (MEX) win USATF 50km Championships
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3038
- Tue 16 Jan - Meryem Bekmez sets new Turkish Open/U20 5000m track record in Turkish Indoor Champs
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3037
- Mon 15 Jan - João Bernardo and Catarina Santos win Portuguese U18 Championships in Pombal
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3036

and Omarchador has 12 press releases

- Tue 22 Jan - Rúben Santos and Inês Reis win Portuguese U20 track titles
<http://omarchador.blogspot.com.au/2018/01/ruben-santos-e-ines-reis-com-titulos.html>
- Tue 22 Jan - Results of USATF 50km Championships
<http://omarchador.blogspot.com.au/2018/01/campeonatos-dos-eua-de-50-km-em-santee.html>
- Sun 21 Jan - Results of racewalk meet in Barberà del Vallès, Spain
<http://omarchador.blogspot.com.au/2018/01/campeonato-de-marcha-cidade-de-barbera.html>
- Sat 20 Jan - Results of walks meet in Casal del Marmo, Rome
<http://omarchador.blogspot.com.au/2018/01/trofeu-fulvio-villa-em-roma-casal-del.html>
- Sat 20 Jan - Preview of Portuguese U20 Indoor Walk Champs
<http://omarchador.blogspot.com.au/2018/01/campeonatos-nacionais-de-sub-20-em.html>
- Fri 19 Jan - Results of Madrid Masters Championships, Spain
<http://omarchador.blogspot.com.au/2018/01/gallur-recebeu-campeonatos-de-madrid-de.html>
- Thu 18 Jan - Inês Henriques named Portuguese Female Athlete of the Year
<http://omarchador.blogspot.com.au/2018/01/ines-henriques-eleita-atleta-do-ano.html>
- Wed 17 Jan - Meryem Bekmez sets 5 indoor national records in Turkey
<http://omarchador.blogspot.com.au/2018/01/meryem-bekmez-bate-5-recordes-nacionais.html>
- Wed 17 Jan - Australian masters walker Kelly Ruddick starts the year in fine form
<http://omarchador.blogspot.com.au/2018/01/kelly-ruddick-inicia-bem-o-ano.html>
- Tue 16 Jan - Greek 50km Championship sees 7 women in action
<http://omarchador.blogspot.com.au/2018/01/campeonatos-da-grecia-com-7-mulheres.html>

- Mon 15 Jan - João Bernardo and Catarina Santos win Portuguese U8 indoor walk champs <http://omarchador.blogspot.com.au/2018/01/joao-bernardo-e-catarina-santos-vencem.html>
- Mon 15 Jan - Results of Australian 10,000m Track Championships <http://omarchador.blogspot.com.au/2018/01/campeonatos-da-australia-de-10000-m.html>

OUT AND ABOUT

- **Ines Henriques** has won the "best female athlete of the year" Award from the Portuguese Sports Confederation. See <https://www.record.pt/modalidades/detalhe/bruno-fernandes-miguel-oliveira-e-ines-henriques-eleitos-os-melhores-do-ano.html>.



- More than 30 competitors withdrew from last weekend's Siberian Indoor Championships in Irkutsk when drug testers arrived at the two-day event. Russian Athletics Federation president Dmitry Shlyakhtin said he was not surprised at what had happened. "Our suspicion that the doping situation hasn't improved in all regions has increased even more," he said. Have things improved in Russia? I think not!! keep them out until we see real proof that they are serious about cleaning up their act. See <http://www.bbc.com/sport/athletics/42722906>.
- As expected – the IOC/RUS charade goes on: Russia is set to be represented by nearly as many athletes at Pyeongchang 2018 as were at Sochi 2014. See <https://www.insidethegames.biz/articles/1060360/russia-set-to-be-represented-by-nearly-as-many-athletes-at-pyeongchang-2018-as-were-at-sochi-2014>.

DATES...DATES...DATES

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

Australian/Victorian Key Dates – 2017/2018 Summer Season

Jan 26-28, 2018`	Victorian Country T&F Championships, Ballarat
Jan 31 (Wed), 2018	AV Teams 5000m Championships & VRWC races, Dolomore Reserve, Queen St, Mentone
Feb 10 (Sat), 2018	AV Shield Final (P1), Lakeside Stadium – 2000m Walk
Feb 11 (Sun), 2018	Australian 20km Road Walking Championships, Adelaide, SA
Feb 15-18, 2018	Australian Athletics Championships & Nomination Trials, Gold Coast, QLD (no walks)
Feb 18 (Sun), 2018	VMA 5000m Walk Champs, VRWC Races, Dolomore Reserve, Queen St, Mentone
Feb 23-25, 2018	AV Junior & Para Championships, Lakeside Stadium, Melbourne, VIC
Mar 2-4, 2018	AV Open & Para Championships, Lakeside Stadium, Melbourne, VIC
Mar 11-13, 2018	Little Athletics Victoria T&F Championships, Lakeside Stadium, Albert Park, VIC
Mar 14-18, 2018	Australian Junior Athletics Championships, Sydney, NSW
Mar 24-25, 2018	AV Masters Championships, Doncaster/Nunawading, VIC
Apr 1 (Sun), 2018	Easter Sunday
Apr 4-15, 2018	Commonwealth Games, Gold Coast, QLD
Apr 21-22, 2018	Australian Centurions 24 Hour Qualifying Race, Harold Stevens Athletics Track, Coburg, VIC
Apr 28-29, 2018	Australian Little Athletics Championships, Gold Coast, QLD
Apr 26-29, 2018	Australian Masters T&F Championships, Perth, WA. See http://www.mastersathleticswa.org/perth2018/

June 10 (Sun), 2018 Lake Burley Griffin Carnival, Stromlo Forest Park, Canberra, ACT
 Aug 5 (Sun), 2018 Australian Masters 20km Championships, Adelaide, SA
 Aug 26 (Sun), 2018 Australian Roadwalk Championships, Sunshine Coast, QLD (TBC)

2018 IAAF Racewalking Challenge Events

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

International Dates – 2018 and onwards

Mar 9-11, 2018 NZ T&F Championships, Hamilton, NZL (5000m and 20km)
 Mar 11 (Sun), 2018 Lugano International Racewalks, Lugano, Switzerland (20km)
 Mar 24 (Sat), 2018 Dudince International Racewalks, Dudince, Slovakia (20km and 50km for men and women)
 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
 Jun 9 (Sat), 2018 International Racewalk Meet, Simnas, Lithuania
 July 10-15, 2018 **16th World Junior T&F Championships**, Tampere, Finland
 Aug 7-12, 2018 **European Athletics Championships**, Berlin, Germany
 Sept 4-16, 2018 **22nd World Masters Athletics T&F Championships**, Malaga, Spain

 Mar 24-30, 2019 **World Masters Indoors T&F Championships**, Torun, Poland
 July 3-14, 2019 **30th Summer Universiade**, Naples Italy
 Sept 28 – Oct 6, 2019 **17th IAAF World Championships in Athletics**, Doha, Qatar

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

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