



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2018/2019 Number 40
Tuesday 2 July 2019



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THE 2020 OLYMPIC 50KM FOR WOMEN GOES TO CAS

I reported in my newsletter of 1st April (see <http://www.vrwc.org.au/newsletters/heelandtoe-2019-num27.pdf>) on the likelihood of legal action concerning the omission of the women's 50km racewalk from the 2020 Olympic Games. In that issue, I reproduced a press release by USA Attorney At Law **Paul F. DeMeester**, forshadowing a suit to be filed in the Court of Arbitration in Sport to address this outstanding issue of gender inequality. Paul indicated in that press release that he would act on behalf of appellants Inês Henriques, Claire Woods, Paola Pérez, Johana Ordóñez, Magaly Bonilla, Ainhoa Pinedo, Erin Taylor-Talcott and Quentin Rew.

CAS has now posted the official dates for a formal hearing. Two days have been set aside (**29-30 July 2019**) and the court will address two different but related legal cases which have been raised. See <https://www.tas-cas.org/en/general-information/news-detail/article/list-of-cas-hearings-1.html>. I cut and paste as follows from the CAS website

CAS 2019/A/6225	Inês Henriques et al. v. International Olympic Committee (IOC) & International Association of Athletics Federations (IAAF)
CAS 2019/A/6274	Inês Henriques et al. v. International Olympic Committee (IOC)

Once the 2 day hearing is concluded, it is possible the arbitrators may need additional time before rendering a final decision. Hopefully the issue can be resolved well before the 2019 IAAF World Championships in Doha. I expect some media attention as the hearing dates get closer. See <https://www.apnews.com/4f56f060d77049818fe2dbd6b319a4a8>

WALKER OF THE WEEK

My Walker of the Week this time around is 16 year old New Zealand walker **Daniel Du Toit**. He has raced in Australia on two occasions, for two wins. Firstly, he won the U17 5000m track walk at the Australian Schools Championships in Sydney in April, in a PB 23:14.86. Last Wednesday, he competed as part of the NZ team in the Oceania Championships in Townsville, winning the U18 5000m track walk in a PB **22:14.09**. Two races, two wins, two PBs. Well done Daniel. Keep up the good work!



Daniel wins in Townsville last Wednesday (photo Riley Sim)

WHAT'S COMING UP

- Next Saturday sees us back at Middle Park for the next round of our VRWC Winter Season Points Competition. It is one of our Prizes days, with a pick of the prize table for the Handicap winner (male and female) in each of the 5 races. Remember that VRWC races can either be entered on the day or more preferably you can pre-enter via our online panel at <https://vrwc.org.au/wp1/race-entries-2>.

Saturday 6th July 2019, Middle Park

VRWC Events: Entries close for all events at 1.45pm sharp. Handicap prizes day.

2.15pm	8km	Points Race	Open
2:15pm	6km	Points Race	Open
2:15pm	4km	Points Race	Open
2.30pm	2km	Points Race	Open
2.30pm	1km	Points Race	Open

- The following Saturday sees our next round of VMA Championships, along with our annual Racewalking Australia Postal Challenge. This is a Racewalking Australia club versus club competition. The points from the fastest competitor from each club in each race will be added and the club with the lowest points declared the winner. If a club fails to have a competitor finish in any category, that club will be awarded the same points as the highest scoring competitor. Master athletes will not be scored on their time but their age grading so all Master athletes must submit their age at entry time.

Saturday 13th July 2019, Middle Park

Racewalking Australia Postal Challenge event

VMA, RWA & VRWC EVENTS: Entries close for all events at 1.45pm sharp

2.15pm	10km	VMA Championship	Masters Men
2.15pm	10km	VMA Championship	Masters Women
2.15pm	10km	RWA Challenge	Open Men/Women
2.15pm	10km	RWA Challenge	Masters Men/Women
2.15pm	10km	RWA Challenge	Under 20 Men/Women
2.15pm	8km	RWA Challenge	Under 18 Men/Women
2.15pm	5km	RWA Challenge	Under 16 Boys/Girls
2.15pm	5km	Non championship event	Open
2.30pm	3km	RWA Challenge	Under 14 Boys/Girls
2.30pm	2km	RWA Challenge	Under 12 Boys/Girls
2.30pm	2km	Non championship event	Open
2.40pm	1.5km	RWA Challenge	Under 10 Boys/Girls

Once the races finish on that afternoon, we have our annual Twilight Trivia. Get your table ready!



**Saturday 13 July, after the VMA Masters and Interstate Challenge races
4.00 (heads down by 4.30) to 7.00pm**

at the Middle Park Bowling Club

\$15 per head, \$40 per family of 3+ members. BYO snacks and nibbles.
Drinks available at the Bowling Club bar. Tea and coffee provided.

Make up tables of 6-10 for some after-race entertainment including:
**Quiz questions * Games * Music * Prizes * ~~Take no prisoners competitiveness~~ * Socialising
and Laughs!!**

**** Come and support our Club and our sport in this vital fundraiser.
Friends and quiz tragics welcome!**

**** Please pre-book by Saturday 6 July, to assist us with our planning. Tickets can be pre-booked:**

- at the check-in table on race days, or
- by contacting Stu Cooper at stuwalks@yahoo.com.au to confirm your attendance. (If you choose this method, you can pay at the Club or by direct transfer at any Commonwealth bank - BSB: 063-143 Acc: 008 00455 Reference: (Your surname)Trivia (Remember that bit so that we can identify you.)

**Last year's was good, so come along,
have some fun and help make this year's even better!**

- The **30th Summer Universiade** will kick off in Naples, Italy, tomorrow and we will see a number of Australians in action in the walks, including VRWC members **Jemima Montag** and **Philippa Huse**. Good luck everyone!
 - 20km Walk Women: **Katie Hayward** (QLD), **Jemima Montag** (VIC) and **Philippa Huse** (VIC)
 - 20km Walk Men: **Declan Tingay** (WA)

VRWC ROADWALKS, MIDDLE PARK, SATURDAY 29 JUNE
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It was a cold, wet and windy afternoon at Middle Park today but we still had 36 hardy souls who fronted for their weekly walks.

73 year old **Andrew Jamieson** continued his return to top form, clocking 57:32 for fastest time in the 10km walk. **Kyle Swan** led the way in the 5km with a quick 22:26 while **Jason Kozica** was fastest in the 3km with 13:31. Well done to **Ariana Pashutina** and **Merilyn Thompson** who recorded 3km PBs in the tough conditions. **Darcey Roberts** was well out in front in the 1.5km walk, only 1 sec outside her U12 club record with her time of 7:25. 1.5km PBs to **Maddison and Ethan Nash** and **Sebastian Weickhardt**, and welcome to first timer **Jo Van Zeeland** who walked a good inaugural 10:12.

This week I include the Handicap placings in the results. We are now over halfway through our Winter Season Points Competitions (Style Award, Actual Times and Handicaps). Check out the progress scores at <http://www.vrwc.org.au/vrwcpointscomps.shtml>.

VRWC Open 10km Walk		H'cap Place
1.	O'Neill, Karyn	1:14:12 1
1.	Jamieson, Andrew	57:32 1
2.	O'Neill, Terry	1:08:58 2
VRWC Open 5km Walk		H'cap Place
1.	Geisler, Sandra	27:55 4
2.	Cocking, Holly	28:12 2
3.	Louey, Grace	29:43 1
4.	O'Mahony, Kathleen	31:48 5
5.	Rosenbrock, Carolyn	33:15 6
6.	Steed, Gwen	35:57 4
1.	Swan, Kyle	22:26 1
2.	Blackwood, Mark	23:50 2
3.	Beveridge, Heath	27:39 6
4.	Kennedy, Paul	30:30 5
5.	Donahoo, Mark	31:00 3
6.	Barrow, Geoff	36:52 4
	Kosica, Jason	DNF (3km in 13:31)
VRWC Open 3km Walk		H'cap Place
1.	Smith, Emily	17:01 1
2.	Pashutina, Ariana	18:00 2 PB 0:18
3.	Carr, Heather	18:07 3
4.	Thompson, Merilyn	21:04 4 PB 0:01
1.	Prasad, Pramesh	15:02 3
2.	Epps, Luke	16:10 2
3.	Hess, Albin	18:03 1
	Haverly, Steve	DQ
VRWC Open 1.5km Walk		H'cap Place
1.	Roberts, Darcey	07:25 3
2.	Nash, Maddison	08:25 1 PB 1:27
3.	Uzun, Ela	08:42 5
4.	Elms, Donna-Marie	08:49 2
5.	Ali, Havana	09:49 4
6.	Van Zeeland, Jo	10:12 First ever racewalk
1.	Hutchins, Liam	07:50 5
2.	Weickhardt, Sebastian	08:03 3 PB 0:04
3.	Nash, Ethan	08:35 1 PB 0:59
4.	Blackwood, Hamish	08:44 6
5.	Smith, Aiden	09:56 2
6.	Wapshott, Cody	10:57 4

Thanks as always to our officials, judges and helpers. Apologies if I have missed anyone.

- Officials:** Mark Donahoo, Ralph Bennett, Michael Bodey, Bill Carr, Tim Erickson, Ian Laurie, Cheryl Beveridge, Darlene Swan
Donna Dickson
Judges: Peter Vysma (chief), Gordon Loughnan, Stuart Cooper, Mark O'Mahony, Michael Bodey, David Cash, Shane Dickson
Canteen: Wendy Cooper, Kate Suich
Photos: Terry Swan (see <http://www.vrwc.org.au/piwigo/index.php?%2Fcategory%2F539>)



Ethan Nash, Sebastian Weickhardt, Darcey Roberts and Merilyn Thompson



Jo Van Zeeland, Ariana Pashutina, Maddison Nash and Andrew Jamieson (all photos Terry Swan)

TWRC ROADWALKS, MONTROSE BAY, HOBART, SATURDAY 29 JUNE

Thanks to Dave Moore for this week's results from Tasmania. He comments: Our walkers had to contend with blustery conditions at Montrose Bay today. **Steve Ahern** impressed with his performance in the 5km by cracking the 30 minute barrier and is looking to knock over his PB for that distance in the coming weeks. Joining us for her first Race Walk was Gabby Hay's sister **Sheridan Hay** who made a promising debut in the 1km event.

3km Walk

1.	Chloe Ahern	16.51
2.	Wayne Fletcher	26.37

5km Walk

1.	Steve Ahern	29.12
2.	Ron Foster	36.39

1km Walk

1.	Oliver Morgan	6.06
2.	Sheridan Hay	9.08

2km Walk

1.	Gabby Hay	14.35
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SARWC ROADWALKS, ADELAIDE PARKLANDS, ADELAIDE, SATURDAY 29 JUNE
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Thanks to **Kim Mottrom** for this week's results from Adelaide. Kim commented: 9C and very wet today for our races. Kim was the top performer with a fast 45:14 for the 10km walk.

3km Walk

1.	Danielle Walsh	16:39
2.	Katie DeRuvo	18:20
3.	Chloe Upton	20:31
4.	Zayden Kamish	21:56
5.	Seth Upton	21:56

2km Walk

1.	Cooper Rech	13:53
2.	Matilda Rech	17:01

1km Walk

1.	Edward Upton	7:19
2.	Xavier Upton	7:29

10km Walk

1.	Kim Mottrom	45:14
2.	Victoria Upton	1:01:31
3.	Royrie Upton	1:01:50
4.	Greg Metha	1:02:04
5.	Peter Crump	1:06:40
	Mathew Bruniges	DNF

5km Walk

1.	Kitami Upton	28:22
2.	Adrian Upton	34:29
3.	Kiera Ross	DNF

ACTRWC ROADWALKS, LAKE GINNINDERRA, CANBERRA, SATURDAY 29 JUNE

Thanks to Val Chesterton for this week's results from Canberra. Mitchell Baker was the top performer with 57:20 for the 15km walk.



Mitchell Baker in action in Canberra on Saturday (photo ACT Walkers facebook page)

12km Walk

1.	Mitchell Baker	57:20
2.	Tim Fraser	1:00:16
3.	Ann Staunton-Jugovic	1:15:40
4.	Robin Whyte	1:21:07
5.	Val Chesterton	1:45:11

2km Walk

1.	Owen Toyne	10:19
2.	Kodi Clarkson	10:37
3.	Ella Baker	13:49
4.	Jack Thackray	17:33
5.	Jaki Fraser	20:01

6km Walk

1.	Kate Black	40:31
2.	Rosemary Parker	45:58
3.	Jennifer Gilchrist	47:52
4.	Raine Thompson	1:01:43
	Hannah Manning	DNF

SAMA ROADWALKS, BONYTHON PARK, ADELAIDE, SATURDAY 29 JUNE

Thanks to Colin Hainsworth for this week's results from the South Australian Masters in Adelaide. He commented: Shocking weather. Heavy showers and very cold. Only 4 brave souls turned out!

12km Walk

1.	RICHARD EVERSON	1:05:50	M55	80.87%
2.	GRAHAM HARRISON	1:43:48	M75	64.17%

9km Walk

1.	DAVID ROBERTSON	1:24:51	M85
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6km Walk

1.	CATHIE HORE	0:56:16	W68	59.26%
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QRWC ROADWALKS, MORNINGSID, BRISBANE, SUNDAY 30 JUNE

Thanks to Robyn Wales for this week's results from Queensland. She commented: No race next week due to the Gold Coast Marathon.

D Grade 3km Walk

1.	Tamika Gee	F	15.43
2.	Lyla Williams	F	16.16
3.	Lily Goulding	F	19.55
4.	Milly Sharpe	F	19.57
5.	Jack Bannister	M	19.48
6.	Sophie Porter	F	20.38
7.	Jennifer Stuckey	F	22.30

E Grade 2km Walk

1.	Makenna Clarke	F	11.56
2.	Siaan Fisher	F	13.37

F Grade 1km Walk

1.	Lucia Goulding	F	6.52
2.	Isabella Gee	F	6.53
3.	Blake Gee	M	8.31

A Grade 15km Walk Men

1.	Ignacio Jimenez	M	1.17.51
2.	Peter Bennett	M	1.31.47

A Grade Women 10km Women

1.	Noela McKinven	F	1.23.58
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B Grade 8km Walk

1.	Summer Millard	F	49.23
2.	Jasmine McRoberts	F	51.38

C Grade 5km Walk

1.	Kai Norton	M	32.29
2.	Amber Norton	F	29.25
3.	Anika Clarke	F	31.18

WESTERN AUSTRALIAN ROUNDUP

Thanks to Mike Reid for most recent results from Perth, Western Australia.

WARWC Roadwalks, Shelley, Sunday 30 June**10km Walk**

1.	Andrew Duncan	54.14
2.	Karyn Tolardo	65.29

5km Walk

1.	Ben Reid	27.02
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3km Walk

1.	John Ronan	15.46
2.	Xavier Bernard	17.08
3.	Glenys Duncan	28.17

WARWC Roadwalks, Shelley, Sunday 23 June**10km Walk**

1.	Ben Reid	58.29
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5km Walk

1.	Declan Tingay	22.15
	Bradley Mann	DNF

2km Walk

1.	Declan Tingay	8.14
2.	Xavier Bernard	11.25

2019 OCEANIA CHAMPIONSHIPS, TOWNSVILLE, JUNE 25-28, 2019

The 2019 Oceania Championships (<https://athletics-oceania.com>) are now done and dusted. Last week, I reported on the Open and U20 10,000m track walks.

To complete the report, it remains to discuss the U18 5000m walks which were held last Wednesday, with a number of our talented young guns in action. New Zealander **Daniel du Toit** cleared away in the final stages to win the boys' race by 3 secs from **Gwyllym Young**, 22:14.09 to 1:17.26, while **Caitlin Hannigan** won the girls' race with 24:50.40. Well done to our VRWC walkers **Corey Dickson** (22:39.94) and **Charlotte Hay** (26:06.34).

5000m Walk U18 Boys

1.	Daniel du Toit	03	New Zealand	22:14.09	PB
2.	Gwyllym Young	02	Australia	22:17.26	
3.	Corey Dickson	02	Australia	22:39.94	
4.	William Robertson	03	Australia	23:05.12	

5000m Walk U18 Girls

1.	Caitlin Hannigan	02	Australia	24:50.40
2.	Charlotte Hay	03	Australia	26:06.34
3.	Olivia Sandery	03	Australia	26:20.84



Top: Olivia Sandery, Gwyllym Young, Charlotte Hay, Corey Dickson and Daniel Du Toit, Bottom: Podiums (all photos Riley Sim)



USATF 40KM CHAMPIONSHIPS, OWEGO, NY, USA, SUNDAY 30 JUNE

The USATF 40km Championship meet, which was held last Sunday in Owego, upstate New York, saw a good turnout of walkers to contest the main race, along with 50km, 30km, 20km, 10km and 5km options. A number of overseas walkers joined their American counterparts, to add some additional flavour to the event. Thanks to race organiser Dave Talcott for his extensive meet reported

Just an update on the USATF 40km Championships from yesterday. For the first time ever Shore AC swept places 1-4. In fact the ShoreAC team were the only finishers. The race was bitter sweet. 2012 Olympic 50km Champion **Jared Tallent** traveled over to race. Australia had extended their World Champs qualifying period until Midnight on June 30th just so Jared could take a shot at the 4:00 mark at our race. At the pre-race party Jared was relaxed. We presented him with a Shore AC Shirt and made him an honorary member of the club (by Elliott's grace and request). We had **A.J. Gruttadauro** shooting for the same 4 hour mark as well as **David Tokodi** from Hungary who walked a 4:02 in Dudinsk this spring I believe. For the women the ageless **Teresa Vaill** and **Erin Taylor-Talcott**. On the junior 20km side, only one entry – **Taylor Ewert!**

The race began at 5:30am to beat the heat. It was about 62 degrees with a light fog. Jared went right to the lead with AJ and David walking together and Taylor fairly close behind along with 10k entrant **Joel Pfahler**. The top 3 men would stay fairly consistent through 10km. Jared would continue to extend his lead and lap the second 2 competitors on the 1.0 km loop course. AJ suffered from some indigestional issues and also an upset stomach for the duration of the 40km race. This caused him to fall back a bit and then pick it back up – numerous times. Shortly after 22km Jared stopped briefly and beat on his left hamstring (he has had hamstring issues over the past year). That kilometer took him nearly 6 minutes while all previous ones were in the 4:40's. With no relief in sight, Jared hung up his walking shoes for the day. It was sad for everyone as it means that Jared won't be there to race at the World Championships this year. Meanwhile Taylor continued to walk strongly, passing 10km in just over 49 minutes en route to an **American U20 15km Record** of 1:13:50 and an **American U20 20km Record** finish time of 1:38:55, breaking Meaghan Podlaski's mark of 1:47 and in the process qualifying for the 2020 US Olympic Trials at 20km.

The 40km women: Teresa (can she really be 56?) had a long flight from Florida – visited the family in Pine Plains, NY and then drove to Owego (3 hour trip) for the race. Probably way too much flying and as Teresa said – she hadn't started her distance build-up yet since she was expecting the 40km in September. She would have tight/strained groin muscles and her body made her stop at 15km. Meanwhile Erin Taylor-Talcott was enjoying the early going – walking with some of the athletes she coaches at the shorter distances. She worked with fellow Shore AC teammate **Chelsea Conway** pushing her the last couple of laps in the 20km where she finished in a fine 1:53:28. Then she got down to business. She walked the second half quite a bit faster than the first and cruised to a second place overall, first master, first woman finish in 4:08:20. Ooh, what about AJ? He would struggle with his ailments but still posted a 3:30:05 for the Men's Title. The Hungarian would be the only finisher in the 50km as he would not quit. His time was 5:06:29.

The Italian Stallion **Michael Mannozi** meandered down from Canada – actually what should have been 5 hours ended up being 10 hours as traffic was snarled on the QEW with accidents and slow traffic. Michael would also miss an alarm for the early start. 47 minutes into the race he arrived and asked permission to start the race. Permission granted, Michael would begin spot the field 52 minutes and would still wind up third walking a sub 4 hour performance which ended up 4:47:42 on the clock. **Barry Blake** was trying to give a go at his first ever 50km but with going past the 40km mark at 5:01:18 he decided not to hold everyone up by continuing. He was impressive throughout maintaining a consistent pace which garnered him the Men's Masters title. Some other fine performances were had.

USATF 40km Championship

1.	AJ Gruttadauro	F21	Shore AC	3:30:05
2.	Erin Taylor-Talcott	F41	Shore AC	4:08:20
3.	Michael Mannozi	M33	Shore AC	4:47:42
4.	Barry Blake	M64	Shore AC	5:01:18
	Emesh Fernando	M36	Air Force / Valor Track Club	DQ
	Teresa Vaill	F56	Pegasus AC	DNF
	Nate Vanderwall	M26	Club Q-Elite	DNF

50km Walk

1.	Dávid Tokodi	M28	Hungary	5:06:29
2.	Anett Torma	F35	Hungary	DNF
	Jared Tallent	M34	Australia	DNF

30km Walk

	Diana Obermeyer	F38	Langenhagen AC, Germany	DQ
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20km Walk

1.	Taylor Ewert	F17	SW Ohio TC	1:38:55	USA Junior rec
2.	Lizbeth Silva	F29	Mexico	1:48:18	
3.	Katie Miale	F22	Marist College	1:51:57	
4.	Chelsea Conway	F29	Shore AC	1:53:28	

5.	Janelle Branch	F30	Unattached	1:55:55
	Jeanne Lieder	F56	Unattached	DQ

10km Walk

1.	Joel Pfahler	M28	Athletes in Action	49:16
	Florin Dumitru	M44	Canada	DQ

5km Walk

1.	Kyra Pellegrino	F14	Niagara	32:15
2.	Siobhan Sharpsteen	F42	Unattached	34:06
3.	Carol Bendall	F60	Unattached	34:31



Barry Blake, AJ Gruttadauro, Jared Tallent, Erin Taylor-Talcott and Dave Talcott in Owego last weekend (photo from Dave Talcott)

BRITISH GRAND PRIX OF RACE WALKING, ROUNDHAY PARK, LEEDS, SUNDAY 30 JUNE

Thanks to Mark Wall for the results from the British Grand Prix of Race Walking in Leeds. He reports:

This meet incorporated a raft of titles as well as the trial for the World titles in Doha. The titles on the line were British Athletics, England athletics, Welsh Athletics, Athletics Ireland, RWA, Southern RWA and the Grand Prix (first three home). In the men, **Callum Wilkinson**, **Tom Bosworth** and **Cameron Corbishley** took all the domestic titles. In the women, the GP and British medals went to **Heather Lewis**, **Bethan Davies** and **Erika Kelly**, the Welsh to Heather and Bethan, England and RWA to Erika, **Jasmine Nicholls** and **Hannah Hunter**. The Isle of Man comes under England for domestic competition (the North). You may note there more Irish than British competitors. It was a warm day.

Callum walked a fast time to roll Tom for the win, both met selection criteria for Doha (top 2 placing and qualifying, so will join Cameron (selected already at 50km). There was a big battle for third with Italian **Teodorico Caporaso** prevailing. He, like Cameron and **Brendan Boyce**, are to meet again over 50km in Doha (all having been selected by their Federations). Teodorico looked strong and walked a controlled race. Callum's time was the fastest record by a Briton on home soil.

Heather walked a determined race and is having a good year as UK number 1 in 2019. Bethan walked a good controlled effort. It remains to be seen what British Athletics decides, Bethan has a time inside the window (Lugano March 11 2018), Heather may be inside the top 60.

The event unfortunately clashed with the US event and the Universiade so this reduced possible entries.

Senior Men 20km

1.	Callum Wilkinson	U23M	Enfield and Haringey AC	GBR	1:21:46
2.	Tom Bosworth	SM	Tonbridge AC	GBR	1:24:10
3.	Teodorico Caporaso	SM	C.S. AERONAUTICA MILITARE	ITA	1:24:33
4.	Cameron Corbishley	U23M	Medway & Maidstone AC	GBR	1:24:42
5.	Aleksi Ojala	SM	Urjalan Urheilijat	FIN	1:25:14
6.	Cian McManamon	SM	Westport A.C	IRL	1:25:32
7.	David Kenny	U23M	Ireland	IRL	1:25:58
8.	Brendan Boyce	SM	Finn Valley AC	IRL	1:28:33

9.	Tom Partington	U23M	Manx Harriers	GBR	1:32:27
	Adam McInnery	U23M	Celbridge AC	IRL	NTR
	Lukas Gdula	SM	Hvezda Pardubice	CZE	DQ
	John Constandinou	V45	Birchfield Harriers	CYP	DNF

Senior Women 20km

1.	Heather Lewis	SW	Pembrokeshire Harriers	GBR	1:34:49
2.	Bethan Davies	SW	Cardiff AAC	GBR	1:36:59
3.	Erika Kelly	SW	Northern (Isle of Man) AC	GBR	1:42:54
4.	Jasmine Nicholls	SW	Leicester Walking Club	GBR	1:54:34
5.	Hannah Hunter	V35	Manx Harriers	GBR	1:57:19
	Edna Barros	U23W	Clube Oriental De Pechveo	POR	DNF

Open 10km

1.	Natalie Myers	SW 2	Dash	GBR	56.47
	Ana Garcia	U20W	City Of Sheffield AC	GBR	DNF

Plenty of great photos by Mark Easton in his photo gallery at <https://markeaston.zenfolio.com/p277122744>.



Callum Wilkinson, Teodorico Caporaso and Tom Bosworth



Heather Lewis, Bethan Davies and Erika Kelly (all photos Mark Easton)



Podiums (photos Mark Easton)

JIM SHARLOTT / BMAF 10KM WALK, ABBEY PARK, LEICESTER, SUNDAY 30 JUNE

The British Grand Prix of Race Walking was not the only major walks meet in England last weekend. In association with the British Masters Athletics Federation, Leicester Walking Club presented the 2019 Jim Sharlott Open Race Walk Meet last Sunday in Leicester. The meet included the BMAF 10K Race Walking Championship and saw good numbers. Overall win to **George Wilkinson** with 47:48. That means the Wilkinson family cleaned up in both meets!

Open Men 10km

1.	George Wilkinson	Enfield & Haringey AC	47.48
2.	Matthew Crane	Bexley AC	48.14
3.	Ian Richards	Steyning AC	53.52
4.	Francisco Reis	Surrey WC	57.49
5.	Ben Allen	Leicester WC	58.06
6.	Peter Boszko	Birchfield Harriers	59.03
7.	Philp Vesty	Leicester WC	59.16
8.	Steve Arnold	Nuneaton Harriers AC	63.09
9.	Steve Allen	Barnet & District AC	63.22
10.	Colin Vesty	Leicester WC	63.57
11.	Hardeep Minhas	Leicester WC	64.11
12.	Paul Hawkins	Stratford Upon Avon	64.28
13.	Roger Michell	Surrey WC	64.43
14.	Ray Robinson	Redcar RWC	64.55
15.	George Smolinski	Leicester WC	66.21
16.	John Borgars	Herts Pheonix AC	71.06
17.	Arthur Thomson	Enfield & Haringey AC	71.13
18.	Paul Firmage	Ryston Runners AC	76.09
	Luc Legon	Bexley AC	DQ

Mens Teams:

1.	Leicester WC	Allen, Vesty, Vesty, Minhas
2.	Surrey WC	Reis, Michell
3.	Enfield & Haringey	Wilkinson Thomson

Open Women 10km

1.	Carolyn Derbyshire	Nuneaton Harriers AC	56.58
2.	Melanie Peddle	Loughton AC	61.04
3.	Wendy Kane	Notts AC	64.15
4.	Ann Wheeler	Nuneaton Harriers AC	66.33
5.	Beatrice Fury	Medway & Maidstone AC	67.27
6.	Maureen Noel	Belgrave Harriers	67.52
7.	Lin Farrow	Harborough AC	71.22
8.	Liz Bowers	Worcester AC	71.29
9.	Geraldine Legon	Bexley AC	72.46

Womens Teams:

1.	Nuneaton Harriers	Derbyshire, Wheeler
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BMAF 10km Championships

Ray Robinson	Redcar RWC	64.55	M40	1
Colin Vesty	Leicester WC	63.57	M50	1
Francisco Reis	Surrey WC	57.49	M55	1
Phil Vesty	Leicester WC	59.16	M55	2
Steve Arnold	Nuneaton Harriers AC	63.09	M55	1
Steve Allen	Barnet & District AC	63.22	M60	1
Hardeep Minhas	Leicester WC	64.11	M60	2
Paul Hawkins	Stratford Upon Avon	64.28	M60	3
Paul Firmage	Ryston Runners AC	76.09	M60	4
George Smolinski	Leicester WC	66.21	M65	1
Ian Richards	Steyning AC	53.52	M70	1
Peter Boszko	Birchfield Harriers	59.03	M70	2
Roger Michell	Surrey WC	64.43	M70	3
John Borgars	Herts Pheonix AC	71.06	M70	4
Arthur Thomson	Enfield & Haringey AC	71.13	M80	1
Carolyn Derbyshire	Nuneaton Harriers AC	56.58	W40	1
Melanie Puddle	Loughton AC	61.04	W50	1
Wendy Kane	Notts AC	64.15	W50	2
Maureen Noel	Belgrave Harriers	67.52	W55	1
Ann Wheeler	Nuneaton Harriers AC	66.33	W60	1
Lin Farrow	Harborough AC	71.22	W60	2
Geraldine Legon	Bexley AC	72.46	W60	3
Liz Bowers	Worcester AC	71.29	W65	1

GREEK U20 T&F CHAMPIONSHIPS, KATERINI, GREECE, 22-23 JUNE

Thanks to Zoe Gkini for report, results and photos from the Greek U20 National Track Walk Championships on Saturday 22 June. She reports

The Greek U20 T&F Championships were held on the weekend of 22-23 June in Katerini, 450km north of Athens, under the shadow of Mt Olympus, the holy mountain of ancient Greece. The 10,000m track walks were held early on the Saturday morning, with 12 men and 8 women on the start line. The weather was very hot and humid, but this didn't stop the athletes from producing some quite good times.

The star of the competition was Buenos Aires medalist **Olga Fiaska**, who won the women's 10000m with a PB of 46.39.06, only a few seconds from the national record of 49.29.20, which belongs to Olympic medallist Athanasia Tzoumeleka. Olga, who is preparing for the European championships in Boras in July, actually bettered the time of the male winner **Alexandros Mortzakis** (46.42.39). Mortzakis, who belongs to the U18 category (he is only 16 years) won the gold medal after an exciting competition with Olga Fiaska & **Anastasio Stamo**. The 3 of them were together from the start until 9,200m when Olga broke clear. Alexandros will try to take the double with a further win in the U18 championship which will take place in Trikala on 4th July.

Mr Savvas Nikolaidis, a Greek Federation member and Mr George Dimitriadis, the president of the local athletic union, had the honor of presenting the medals to the winners.

10,000 U20 Track Walk Women

1.	Fiaska Olga	18	Athlokinisi Mytilini	46.39.06
2.	Filtitsakou Kiriaki	19	G.S. Elefterios Venizelos	51.02.13
3.	Fatourou Maria -Ariadni	17	A.O. Achaia Galini	54.55.78
4.	Nifora Alexandra	17	A.E.Esperos 2004	56.17.54
5.	Retzepai Semina	17	PAO Thersipos	57.01.79
6.	Fotiadou Eleni	19	G.A.S Kilkis	58.18.98
	Gati Mria Filippa	17	Fokianos Karditsas	DNF
	Salma Efstathia	19	G.S Ikaros Neas Ionias	DNF

10,000m U20 Track Walk Men

1.	Mortzakis Alexandros	16	Olympias Patras	46.42.39
2.	Stamos Anastasios	19	Filippos Verias	47.23.82
3.	Kelepouris Anthimos	18	Filippos Verias	48.34.23
4.	Mpahos Andreas Elefterios	16	AS Athinodoros	49.30.87
5.	Mpekoulis Pavlos	17	AE Agrinio	50.30.48
6.	Kelepouris Michail	16	OKA Vikelas Veria	50.38.42
7.	Psonis Efthimios	17	PAO Thersipos	52.40. 61
8.	Manasis Theoharis	17	G S Heraklis	54.16.27
9.	Vouyioukas Stilianos	16	A.O Arisveos	54.31.98
10.	Tolias Dionisios	17	AO Esperos 2004	54.49.23

11. Tzelilai Alexandros
Bousdas Aristotelis

16 PAO Thersipos
16 Fokianos Karditsas

58.11.50
DNF



Left: Alexandros Mortzakis, Olga Fiaska and Anastasio Stamo
Centre and right: Podiums from the women's and men's races (photos Zoe Gkini)

19TH 24 HEURES DE HAUTE-SAINTONGE À MONTGUYON, MONTGUYON, FRANCE, 29-30 JUNE

Emmanuel Tardi was in the small village of Montguyon (1600 people) last weekend for the 19th annual 24 Heures de Marche de Haute-Saintonge. He reports:

It is a very popular event where competitors can walk however many laps they want. That ensured a big field - there was 139 walkers at the 11AM start line on Saturday! The temperature was very hot, stifling in fact, with the temperature around 40°C. Add to that a very tough course, with the 2,176km lap including a very steep hill to climb and to go down (the height difference is 55m+). The lead changed numerous time: **Dominique Delange** led for the first 3 hours before **Daniel Duboscq** took over. He led until 6PM when he surrendered the lead to **Gérard Durand**. Towards the end of Saturday night, **Gilles Letessier** took over at the front, going on to win with 162.4km. In the women's event **Mireille Aubergé** led initially but it soon turned into a three way battle with **Sandra Elmon** and **Brigitte Courraud**. Eventually, there was only 5' between Courraud and Aubergé at the finish, after an exciting last lap.

More at the official website at <https://www.24heuresdemarche.com/>. Full results at <https://www.24heuresdemarche.com/dircte>. I show the placings for the first 57 finishers (all those who walked further than 80km)

1.	LETESSIER Gilles	CONFLANS ST HONORIN	1950	M 74	162.408 km	23:58:36
2.	DUBOSCQ Daniel	LA ROCHE BLANCHE	1954	M 73	160.616 km	23:54:04
3.	DURAND Gérard	CROIX CHAPEAU	1967	M 72	158.324 km	23:54:57
4.	FAVRIOU Laurent	FONTCOUVERTE	1965	M 65	142.680 km	23:56:37
5.	MIORIN Robert	BORDEAUX	1957	M 63	139.196 km	23:48:11
6.	BREGEON Thierry	PÉRIGNY	1964	M 61	135.412 km	23:42:27
7.	COURRAUD Brigitte	MONTGUYON	1956	F 61	134.812 km	23:49:35
8.	COURRAUD Joël	MONTGUYON	1956	M 61	134.812 km	23:49:37
9.	AUBERGET Mireille	CUBZAC LES PONTS	1963	F 61	134.312 km	23:55:19
10.	LALLEMANT Patrick	ST JEAN LE BLANC	1955	M 60	131.820 km	23:57:26
11.	LINARD Benoît	NEUVY DEUX CLOCHERS	1965	M 58	127.536 km	23:54:25
12.	MONA Franck	LE PIZOU	1970	M 58	127.136 km	21:15:51
13.	ELMON Sandra	SOUBISE	1973	F 57	125.044 km	23:47:38
14.	MORIN Patrice	ST MARTIN D'ARY	1954	M 56	124.152 km	23:43:08
15.	CHEKHAB Saïd	MONTPON MENESTEROL	1958	M 56	122.752 km	21:29:51
16.	ARNAULT Jacques	COULLONS	1962	M 55	121.960 km	23:47:18
17.	BARBIER Florence	PLAISANCE DU TOUCH	1968	F 55	120.860 km	23:57:49
18.	MAZIERES Roger	RAZAC SUR L'ISLE	1947	M 53	117.876 km	23:46:36
19.	AVELINE Jacques	LE GUA	1947	M 53	116.176 km	23:56:04
20.	ARNAULT Françoise	COULLONS	1948	F 52	115.384 km	23:45:04
21.	PUYRAUD Rose-Marie	LANSAC	1958	F 52	114.284 km	23:57:48

22.	SOULARD Eliane	VILLENAVE D'ORNON	1957	F 52	113.984 km	23:42:41
23.	CHAIGNE Christophe	ST SAUVEUR LA LANDE	1967	M 51	113.692 km	23:46:34
24.	ROBERT Danielle	MÉRIGNAC	1949	F 51	112.692 km	23:51:58
25.	MICHAU Philippe	SAINT-ASTIER	1955	M 49	108.408 km	23:51:27
26.	BARELLA Armelle	VILLENEUVE SUR LOT	1973	F 49	107.408 km	23:56:29
27.	MARCHAIS Jean-Luc	BRIVE LA GAILLARDE	1955	M 48	106.016 km	23:48:10
28.	GRANCOIN Sébastien	LAMONZIE ST MARTIN	1976	M 48	105.916 km	21:38:12
29.	DEBORD Michel	LALANDE DE FRONSAC	1949	M 48	105.616 km	23:56:59
30.	LEGAVRE Christiane	LE BOUSCAT	1973	F 48	105.216 km	23:43:52
31.	AIGNAN Olivier	ABZAC	1969	M 47	103.124 km	23:38:38
32.	DUPONT Jean-Philippe	ST CHRISTOLY BLAYE	1961	M 47	103.124 km	23:59:38
33.	DELARUE Jacques	ROUEN	1952	M 47	103.024 km	23:25:06
34.	RASSAIND André	ST SIMON DE BRESSIEU	1937	M 46	102.932 km	23:35:49
35.	GERON-MORETTI Christine	SALLES D'ANGLES	1954	F 46	100.832 km	23:52:39
36.	ROBERT Louis	MÉRIGNAC	1951	M 45	99.540 km	23:51:55
37.	BAUP Jean-René	SAMONAC	1942	M 44	97.848 km	23:45:33
38.	SUAU Michel	CESTAS	1957	M 44	96.448 km	16:29:24
39.	BOUSQUIE Philippe	CHAUVÉ	1963	M 43	94.956 km	23:53:12
40.	PARIS Jean-Marc	CUBNEZAIS	1962	M 42	92.364 km	23:57:43
41.	LETELLIER BLANCHARD Valérie	COGNAC	1960	F 41	90.372 km	23:54:46
42.	DERENONCOURT Edith	ST MAGNE CASTILLON	1948	F 40	89.480 km	23:38:33
43.	BELUTEAU Jeanne-Marie	SAINTES	1962	F 40	88.780 km	23:47:46
44.	DELANGE Dominique	NANTHEUIL	1957	M 40	88.080 km	23:54:27
45.	PIERRE Patrick	LABASTIDE DU TEMPLE	1948	M 40	87.980 km	23:57:45
46.	PARIS Jérémy	PEUJARD	1987	M 39	85.788 km	23:57:44
47.	HEDBERT Nathalie	PEUJARD	1966	F 39	85.688 km	23:51:15
48.	CANNEZIN Loïc	LA CLOTTE	1972	M 39	85.688 km	23:56:25
49.	ARCOUET Loïc	LE GUA	1964	M 39	85.488 km	23:40:28
50.	POUGET Didier	MONTPON MENESTEROL	1966	M 39	85.488 km	23:59:07
51.	COUTURON Sylvie	SAINTES	1961	F 38	83.396 km	23:23:08
52.	LÉTOT Bernadette	AIGREFEUILLE D'AUNIS	1961	F 38	83.396 km	23:59:19
53.	LETELLIER BLANCHARD Christian	COGNAC	1959	M 37	81.604 km	23:54:47
54.	ARRIVÉ Pascal	ST ROMAIN DE BENET	1966	M 37	81.504 km	23:57:14
55.	MAITRE Marie-Claude	ARTHENAC	1950	F 37	81.304 km	23:57:39
56.	OLLIVIER Nicole	ROYAN	1952	F 37	81.304 km	23:57:40
57.	MERIAUD-LARREUR Karine	CHATENET	1973	F 37	81.104 km	22:59:48



Left: The Hill at Montguyon



Right: Winner Gilles Letessier (photos Emmanuel Tardi)

2019 SWEDISH FOTRALLY, SWEDEN, FROM FRIDAY 28 JUNE FOR AS LONG AS IT TAKES!

The Long Walk is a novel by Stephen King, published under the pseudonym Richard Bachman in 1979. It was collected in 1985 in the hardcover omnibus *The Bachman Books*, and has seen several reprints since. Set in a dystopian present, the plot revolves around the contestants of a gruelling walking contest, held annually by a totalitarian version of the United States of America. In 2000, the

American Library Association listed *The Long Walk* as one of the 100 best books for teenage readers published between 1966 and 2000. According to Stephen King, it is the first novel he wrote, begun eight years before his novel *Carrie* was published in 1974, when he was a freshman at the University of Maine in 1966–1967. It's a ripper yarn that I first read many years ago. Of course, in the book, once you dropped behind, you were shot. Luckily that does not happen with Fotrally – you are simply out of the race but live to fight again another day!

So, just how far can a person go before he/she can go no further? Well, in 2009, Pontus Kylberg decided to put the concept to the test and organised what is perhaps the ultimate ultra challenge. The walkers walk day and night, without rest until there is only one left standing. Over 200 people start each year but only a few get beyond the 24 hour mark. From then on, it's a brutal war of attrition as, one by one, they fall by the wayside. All contestants walk together as a group at a speed of 5km/h. In the front there is a leading vehicle which the contestants may not pass and in the back there is a portable toilet which the contestants may not be passed by. Each contestant gets 25 minutes per 24 hours for toilet breaks (all the contestants are timed). You must carry what you need, with support zones only once every 6 hours where you can supplement drinking water and food stocks. But the race itself never stops, even for such refreshment points. You must get going before the rear vehicle passes. There is also a national team competition with Swedish and Norwegian walkers normally putting teams in.

Wow! What a concept. Just consider the last few years. The 2014 event was fought out between Swedish walkers **Silvio Cannavá** and **Lena Jensen**. Lena eventually had to call it quits after 55 hours of walking, leaving Silvio as the last man standing. In fact, Swedish walkers filled the first 25 places that year. The 2015 staging really upped the ante on what was possible with winner **Fredrik Forsström** walking for an amazing **87 hours and 45 minutes**, just over 32 hours above the previous record. **Jonas Davidsson** took second place in the same time (but obviously could no longer continue) while Silvio Cannavá, Pia Rosvall, PerOla Axelsson and Niklas Grebäck also shattered the 2014 record of 55 hours. For 44 year old Forsström, it was his 4th Fotrally – his previous placings had been 20th (2012 24:20), 3rd (2013 33:26) and 5th (2014 48:18). 5km/hr for some 88 hours comes out at around 440km of continuous walking. In 2016, it came down to another two person duel, with **PerOla Axelman** eventually winning with 72 hours 12 minutes, after **Robert Jonsson** had to stop, total distance 361km! Obviously Axelsson could have gone on but he called it quits at that stage, content with being the last person standing. It was his sixth attempt and the win gave him his first victory after 5th, 4th, 3rd and 2nd placings in previous years. A similar two person duel happened in 2017, when **Richard Andersson** outlasted **Ange Truss** by walking for 81 hours (405km). 2018 saw a duel between the same two walkers. After 87 hours and 48 minutes, the win was finally decided when officials forced Agne Truss to retire, worried that her condition had deteriorated too much to continue. That left Richard Andersson as the final walker, repeating his 2017 win. They had both bettered the previous record of 87 hours and 45 minutes and had each walked a total distance of 439km! Richard chose to stop then as well. I suppose when you have won and set a new record, you can be excused for resting on your laurels!

The improvement in the event can be traced with the winning times from the 10 annual stagings held up till and including last year.

Year	Name	Location	Time (hh:mm)
2009	Thomas Gjutarenäfvé	Tullinge, Sweden	9:45
2010	Maria Thomsen	Stockholm, Sweden	29:58
2011	Jonas Davidsson	Hägersten, Sweden	33:21
2012	Jonas Davidsson	Hägersten, Sweden	50:40
2013	Silvio Cannavá	Stockholm, Sweden	48:05
2014	Silvio Cannavá	Stockholm, Sweden	55:00
2015	Fredrik Forsström	Huddinge, Sweden	87:45
2016	PerOla Axelsson	Stockholm, Sweden	72:12
2017	Richard Andersson	Lund, Sweden	81:00
2018	Richard Andersson	Lund, Sweden	87:48

And what do you get for your efforts – the Fotrally medal – bronze for more than 12 hours, silver for more than 24 hours and gold for more than 48 hours of walking.



So the big question was – how far could they go this year? The 2019 race saw 202 entrants starting in the Stockholm suburb of Gärdet at 9PM last Friday evening, all hoping to complete the huge lap around Lake Mälaren, taking in as many cities as possible before returning to the starting point at the end of 3 days, ready to go into a second lap if required. Check out the huge field size at the start - <https://www.facebook.com/tv100sverige/videos/1785258144910156/>. It is just so big!!

With defending champion Richard Andersson a non starter this year, runner up Agne Truss went in as the favourite.

The attrition rate was fierce, with only 52 walkers lasting to the 24 hour mark. After 48 hours (2 days), the field had been reduced to 7 walkers. The carnage continued, walker by walker. Finally, at the 55 hour mark, we were down to the final 4 who would fight out the finish - **Agne Truss** (2, PB 87:48), **Jonatan Nordebo** (135, first timer), **Niklas Yjord** (182, PB 48:20) and **Roman Matus** (226, first timer). Jonatan eventually stopped at 74hr 14 min and Roman stopped just 6 minutes later at 74 hr 20 min, leaving the final 2.

Looking at the facebook videos at <https://www.facebook.com/fotrallyyik>, I think you should put your money on Agne. Time will tell!

Here are the placings and distances of places 3-52, who reached the 24 hour mark (as per <http://www.fotrallyy.se/resultat>) but have since retired. A special shout out to Swedish racewalker and statistician **Birger Fält** who withdrew in 44th place after 24:04.

3	Roman Matus	Hässleholm	Sweden	74 hr 20 min
4	Jonatan Nordebo	Umeå	Sweden	74 hr 14 min
5	Charlotta Sahlström	Täby	Sweden	55 hr 05 min
6	Lars Hagstedt	Örebro	Sweden	53 hr 10 min
7	Tommy Johansson	Svartsjö	Sweden	48 hr 32 min
8	Stephen Claw	Stockholm	Great Britain	42 hr 31 min
9	Fredrik Göthe	Värmdö	Sweden	41 hr 50 min
10	Jon Enqvist	Stockholm	Sweden	41 hr 50 min
11	Pierre Börjesson	Addis Ababa	Sweden	41 hr 50 min
12	Anders Mörch	Älvsjö	Sweden	41 hr 12 min
13	Mohamed AbuBaker	Stockholm	Sweden	36 hr 35 min
14	Mikael Ramstedt	Trosa	Sweden	36 hr 01 min
15	Olof Torbrand	Skövde	Sweden	35 hr 03 min
16	Stefan Jonsson	Mariefred	Sweden	33 hr 27 min
17	Tobias Nordström	Årsta	Sweden	33 hr 16 min
18	Viktor Strömquist	Uppsala	Sweden	31 hr 11 min
19	Olof Modin	Johanneshov	Sweden	30 hr 53 min
20	Anders Lundgren	Strängnäs	Sweden	30 hr 28 min
21	Johan Nilsson	Nacka	Sweden	30 hr 14 min
22	Sakari Haka	Espoo	Finland	30 hr 14 min
23	Petri Perttilä	Helsinki	Finland	30 hr 14 min
24	Per Nordström	Stockholm	Sweden	30 hr 14 min
25	Fredrik Persson	Glumslöv	Sweden	30 hr 14 min
26	Oscar Rasmusson	Tranås	Sweden	30 hr 14 min
27	Kristina Bjerka	Stockholm	Sweden	27 hr 11 min
28	Noomi Grimstad	Skellefteå	Sweden	27 hr 06 min
29	Mattias Johansson	Romelanda	Sweden	27 hr 00 min
30	Niklas Mylfalk	Stockholm	Sweden	26 hr 38 min
31	Anna-Pia Ternström	Bälinge	Sweden	25 hr 23 min
32	Jonas Bergström	Hägersten	Sweden	25 hr 22 min
33	Lars Molin	Bromma	Sweden	25 hr 08 min
34	Anne Aalto	Bålsta	Sweden	24 hr 46 min
35	Menno Dijk	Märsta	Sweden	24 hr 46 min
36	Mattias Sidebäck	Köping	Sweden	24 hr 46 min
37	Beatrice Lenkert	Nacka	Sweden	24 hr 26 min
38	Andreas Bilén	Göteborg	Sweden	24 hr 23 min
39	Annica Johansson	Norrälje	Sweden	24 hr 04 min
40	Jan Ehnberg	Möklinta	Sweden	24 hr 04 min
41	Nicklas Ulvnäs	Uppsala	Sweden	24 hr 04 min
42	Maria Grimstad	Karlskoga	Sweden	24 hr 04 min
43	Stefan Larsson	Bollebygd	Sweden	24 hr 04 min
44	Birger Fält	Norsborg	Sweden	24 hr 04 min
45	Ylva Hjernö-Christensen	Strängnäs	Sweden	24 hr 04 min
46	Magnus Överby	Zurich	Switzerland	24 hr 04 min
47	Jan Söderström	Önnestad	Sweden	24 hr 04 min
48	Stefan Edström	Järfälla	Sweden	24 hr 04 min
49	Mattias Fahlén	Boxholm	Sweden	24 hr 04 min
50	Joel Wiklund	Stockholm	Sweden	24 hr 04 min
51	Kristin Lönngren	Beddingestrand	Sweden	24 hr 04 min
52	Calle Ortner	Stockholm	Sweden	22 hr 46 min

OUT AND ABOUT

- Thanks to former VRWC member Alan Lucas for pointing us to these couple of old racewalking links for the 1950s. His comment:

Whilst browsing Youtube for something else I stumbled across these old films from London around what appears to be 1951 and 1954 by the titles. Old members like me and maybe a few others will find them interesting and while they are from England they are fairly similar to what competition was like in Melbourne in the fifties and early sixties.

- <https://www.youtube.com/watch?v=ahuqTRBHFRs> Hackney Sport and Entertainment (1951)
- <https://www.youtube.com/watch?v=FscSs3z89iQ> Green Islands (1954)

The basic technique does not really change from era to era. We might chip around the edges to develop extra speed at the elite level but walking remains walking, regardless of the era. Thanks Alan.

- Russian race walker **Maria Ponomareva** has been handed a four-year suspension for doping, the Athletics Integrity Unit (AIU) said in a statement last Tuesday. The AIU, which oversees integrity issues in athletics, including doping, posted documents from the Court Arbitration for Sport (CAS) that said the ban was based on the fact Ponomareva had abnormalities in her biological passport. The CAS documents said Ponomareva had used doping for "a period of more than two years." Her four-year suspension comes into force as of March 8, 2018, and her results between July 2015 and March 2018 are voided. See <https://www.sbs.com.au/news/russian-race-walker-given-four-year-ban-for-doping>.
- More disgrace for Kenya as another long-distance runner **Salome Jerono Biwott** has been suspended for doping for the second time. Biwott, 36, has provisionally been suspended by Athletics Integrity Unit (AIU) having tested positive to prohibited Norandrosterone. Biwott, who was first hit with a two-year ban in 2013 when she failed a drugs test after winning the 2012 Standard Chartered Nairobi Marathon, is fresh from finishing second at Sao Paulo International Marathon in 2:37:33 on 7 April 7 this year. See <https://www.insidethegames.biz/articles/1081462/kenyan-marathon-runner-facing-life-ban-after-suspended-by-aiu-for-second-positive-test>.
- No wonder the Russians tried so hard not to give up their samples! More than 100 "strong cases" of suspected Russian doping are being prepared using data retrieved from the Moscow testing laboratory. WADA president Craig Reedie said last Wednesday it is "packaging evidence" for sports governing bodies to prosecute the highest priority cases. Only data for "suspicious cases" is being provided, Reedie said, adding he expects more than 100 files in the "first wave of strong cases against those we suspect of cheating." See https://www.espn.com/olympics/story/_/id/27058739/wada-100-strong-russian-doping-cases.
- The Paris prosecutor's office has spent four years investigating the athletics scandals surrounding former president of the world governing body of athletics, **Lamine Diack**, and his son **Papa Massata**. The ARD doping editorial team has now acquired the 90-page bill of indictment. It documents the shocking actions of unscrupulous officials that will occupy world sports for a long time to come. And it is not necessarily all in the past for the IAAF who may have an upcoming problem of their own making. The 2022 Summer Youth Olympics were awarded to Dakar, of all places, the Diacks' home town, even though Senegal persistently refuses to extradite Diack junior. This can't be allowed to stand! Two links of interest
 - <https://www.sportschau.de/doping/Charges-brought-against-Diack-100.html> - a written explanation of it all
 - <https://www.sportschau.de/doping/video-the-indictment-against-lamine-diack-100.html> - ARD's media coverage of the scandal
- ARD also lifts the lid on the timing of the 12 months suspension given to Sweden's Eritrean-born **Meraf Bahta**. She took bronze in the 2018 European Championship 10,000m Run but had missed 3 doping tests that season by not properly disclosing her location for testing on various occasions. Bahta was retrospectively given a 1 year ban by the supreme sports council in Sweden last week, but the timing of the sanction looks very dubious - the start date is set for 1 September 1 2018, immediately after the European Championship final in Berlin. So she will not only be able to keep her European Championship bronze medal, she could also start at the World Championships in Doha this year. Sounds very smelly to me! See more at <https://bestfitnessnews.net/news-the-mess-with-the-swedish-bahta-refugee-she-was-given-asylum-and-skipped-three-anti-doping-controls/>.

MARCIADALMONDO ROUNDUP

marciadalmondo has 7 press releases for us this week. Some interesting reading, including additional events on which I am not reporting. You can check them out for yourself in the marciadalmondo press releases.

- Mon 1 Jul - Leeds (GBR): Callum Wilkinson and Heater Lewis win the British Grand Prix of Race Walking http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3526
- Sun 30 Jun - Tarragona (ESP): Jose Manuel Perez Rubio and Marina Pena Alonso new U23 Spanish Champions http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3525

- Sat 29 Jun - Bedford (GBR): new record to Callum Wilkinson in U23 Championships
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3524
- Fri 28 Jun -Toshikazu Yamanishi and Glenda Morejon athletes of the month of June 2019
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3523
- Thu 27 Jun - Townsville (AUS): Jemima Montag and Rhydian Cowley win Oceanian Championships
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3522
- Tue 25 Jun - Nairobi hosts a seminar and exam for African Area Racewalk Judges
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3521
- Tue 25 Jun - Katerini (GRE): Greek U20 Championships - Victories of Fiaska and Mortzakis
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3520

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 – 2019/2020

Aug 11 (Sun), 2019	AMA 20km National Championships, Adelaide, SA See http://www.australianmastersathletics.org.au/events/event/ama-20k-roadwalk-championships-2019/
Sept 8 (Sun), 2019	Australian Roadwalk Championships, Adelaide, SA
Dec 1 (Sun), 2019	Australian 50km Championship meet, Fawkner Park Melbourne (TBC)
Dec 6-8, 2019	Australian All Schools Championships, WA Athletics Stadium, Perth
Mar 22-29, 2020	Australian Athletics Championships, SOPAC, Sydney
Apr 10-13, 2020	Australian Masters T&F Championships, Brisbane, QLD. See http://www.brisbane2020nationals.com.au/

2019 IAAF Race Walking Challenge Series (remaining race meets)

Sep 27 - Oct 6, 2019	IAAF World Athletics Championships, Doha, Qatar
Oct 20-22, 2019	Around Taihu International Race Walking 2019, Suzhou, China

International Dates – 2019 and onwards

Jul 3-14, 2019	30th Summer Universiade , Naples Italy
Jul 13 (Sat), 2019	USATF San Diego Imperial 20,000m and 50,000m track walks, San Diego, USA
Jul 20-21, 2019	China National Race Walking Champions Meet, Changbaishan, CHN (20 and 50km M/W)
Jul 26-Aug 11, 2019	Pan American Games, Lima, PER (50km and 20km)
Aug 30-Sep 7, 2019	20th Oceania Masters T&F Championships , Mackay, Queensland, AUS
Sep 6-7, 2019	China National Race Walking Champs, Leshan, CHN (20 and 50km M/W)
Sept 28 – Oct 6, 2019	17th IAAF World Championships in Athletics , Doha, Qatar
Oct 20-22, 2019	Around Taihu International Race Walking 2019, Suzhou, China
May, 2020	29th IAAF World Race Walking Team Championships , Minsk, Belarus
July 17-20, 2020	18th IAAF World U20 T&F Championships , Nairobi, Kenya
July 24 – Aug 9, 2020	32nd Olympic Games , Tokyo
July 20 – Aug 1, 2020	23rd World Masters T&F Championships , Toronto, Canada
Mar 2021	9th World Masters Indoor T&F Championships , Edmonton, Canada
Aug 6-15, 2021 (TBC)	18th IAAF World Championships in Athletics , Eugene, USA
July 18-30, 2022	XXII Commonwealth Games , Birmingham, GBR.
Aug 7-17, 2022	24th World Masters T&F Championships , Gothenburg Sweden
Aug 2021 (TBC)	19th IAAF World Championships in Athletics , Budapest, Hungary

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