



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2018/2019 Number 37
Tuesday 11 June 2019



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>

WALKERS OF THE WEEK

My Walkers of the Week this time around are **the entire Racewalking Victoria team** who represented us so well in the annual Lake Burley Griffin Carnival in Canberra last Sunday. They brought home a veritable treasure trove of gold, silver and bronze medals, along with a record number of perpetual shields. Many of them lined up for multiple events and everyone dug deep for the team.

I could hone in on one or two particular standout performances (it would be a hard ask but I could try) but I feel that would be unfair. It was a true team effort and everyone deserves my 'Walker of the Week'.

You can read the finer details later in the newsletter.



Some of our great RWV team at the Sunday night presentations in Canberra last weekend (photo Terry Swan)

WHAT'S COMING UP

- Our annual **VRWC Twilight Trivia** is scheduled for **Saturday 13th July** at our VRWC Middle Park headquarters so get your team ready and lock in the date. I attended last year and it was great fun. Details below.

Victorian Race Walking Club



(re-scheduled from May)
Saturday 13 July, after the VMA Masters and Interstate Challenge races
4.30 (heads down by 5.00) to 7.00pm

at the Middle Park Bowling Club

\$15 per head, \$30 per family. BYO snacks and nibbles.
 Drinks available at the Bowling Club bar. Tea and coffee provided.

Make up tables of 8-10 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 00466 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!*



- Next Saturday sees us back at Middle Park for a further round of our VRWC winter roadwalking season. The fixture reads:

Saturday 15th June 2019, Middle Park			
VRWC Events: Entries close for all events at 1.45pm sharp.			
Prizes for all winners of each race who gets closest to their race time.			
2.15pm	8km	Guess your finish time & Points Race	Open
2.15pm	6km	Guess your finish time & Points Race	Open
2.15pm	4km	Guess your finish time & Points Race	Open
2.30pm	2km	Guess your finish time & Points Race	Open
2.30pm	1km	Guess your finish time & Points Race	Open
When entering the race, tell the race secretary the time you will walk. The results on the day will be determined by closest to predicted time. No watches are to be worn.			

That's right. It's our annual "Guess Your Finish Time" races. No watches are to be worn and our big digital clock will not be displaying lap times. You nominate the time you expect to walk and then see how close you can get. Prizes are on offer for the best guessers (male and female) in each race. Remember you can enter on the day (before 1:45PM) or more preferably you can pre-enter via our online panel at <https://vrwc.org.au/wp1/race-entries-2/>.

- The following Sunday sees another of our major championship days, with AV, AV Schools, VMA and VRWC medals on offer. AV and AV Schools races just be pre-entered by the AV website via the Members Portal at <https://members.athsvic.org.au/SignIn?ReturnUrl=%2fprofile%2f>. VMA and 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>.

Sunday 23rd June 2019, Middle Park			
A.V., A.V. SCHOOLS, VMA & VRWC Championships			
VRWC & VMA Events: Entries close for all events at 30 minutes before the event.			
8.30am	20km	AV Championship	Open Men
8.30am	20km	VRWC Championship - Alf Robinson Trophy	Open Men
8.30am	20km	VMA Championships	Masters Men
8.30am	20km	AV Championship	Open Women
8.30am	20km	VMA Championships	Masters Women
8.30am	20km	Non- championship	Open
9.15am	10km	AV Schools Championship	Under 20 Men/Women
9.15am	10km	Non- championship	Open
9.30am	3km	AV Schools Championship	Under 16 Boys/Girls
9.30am	3km	AV Schools Championship	Under 14 Boys/Girls
9.50am	5km	AV Schools Championship	Under 18 Men/Women
9.50am	5km	Non- championship	Open
10.00am	2km	Non- championship	Open
10.15am	1.5km	VRWC Championship	Under 10 Boys/Girls
10.25am	2.5km	VRWC Championship	Under 12 Boys/Girls
11.00pm		Presentations	

LBG CARNIVAL, STROMLO FOREST PARK, CANBERRA, SUNDAY 9 JUNE

It was an exciting trip for the many Australians who travelled to our national capital city of Canberra last weekend for the 53rd annual Lake Burley Griffin Racewalking Carnival. It remains our biggest racewalking carnival for the year, with the underage races in particular being highly contested. In fact, the numbers were up a little on last year, a pleasing result for all the hard work that goes into a carnival of this size.

The meet was changed from the traditional Lake Burley Griffin venue after the 50th staging in 2016, with subsequent carnivals being held at the Stromlo Forest Park, NW of the city. That venue was used again this year, with walkers competing on a fast 1km road loop within the park. With great facilities and with a superb sunny day, conditions were just about perfect for the walkers.

There were plenty of standout performances but, as this is principally a Victorian newsletter, so I will zoom in on the Racewalking Victoria (RWV) results. We sent only a small team but they did so well, with 21 individual medals (including 8 golds) and 12 teams placings (including 6 team wins). I think I have captured them all!

Gold	Kyle Swan	RWA 15km Open Men	1:07:48	
	Eden Morgan	Fitness 8km Walk	52:52	
	Jemma Peart	RWA 10km U20 Women	53:51	
	Darcey Roberts	RWA 2km U12 Girls	9:58	
	Alanna Peart	RWA 3km U16 Girls	14:34	
	Corey Dickson	RWA 5km U18 Boys	23:12	
	Jemma Peart	RWA 5km U18 Women	26:37	
	Alanna Peart	RWA 5km Open Women	25:58	
Silver	Pramesh Prasad	RWA 15km Open Men	1:20:15	(and Masters Gold)
	Corey Dickson	RWA 10km U20 Men	46:34	
	Charlotte Hay	RWA 10km U20 Women	54:47	
	Ela Uzun	RWA 1km U10 Girls	5:11	(VRWC U9 Club Record)
	Darcey Roberts	RWA 2km U14 Girls	10:00	
	Heath Beveridge	RWA 3km U16 Girls	14:03	
Bronze	Kevin Cassidy	RWA 15km Open Men	1:20:46	(and Masters Silver)
	Scott Nelson	RWA 15km Masters Men	1:28:33	
	Mietta Morgan	RWA 1km U10 Girls	5:20	
	Liam Hutchins	RWA 2km U12 Boys	10:20	
	Luke Epps	RWA 2km U14 Boys	10:33	
Team Gold	RWA 15km Open Men	Kyle Swan, Pramesh Prasad, Kevin Cassidy		
	RWA 10km U20 Women	Jemma Peart, Charlotte Hay, Kathleen O'Mahony		
	RWA 1km U10 Girls	Ela Uzun, Miatta Morgan, Havana Ali		
	RWA 2km U14 Boys	Luke Epps, Marcus Wakim, Liam Hutchins		

	RWA 3km U16 Boys RWA 5km U18 Boys	Heath Beveridge, Angus Hay, Luke Epps Corey Dickson, Heath Beveridge, Angus Hay
Team Silver	RWA 15km Open Men RWA 2km U12 Boys RWA 2km U12 Girls RWA 2km U14 Girls RWA 5km U18 Girls	Scott Nelson, Andrew Jamieson, Corey Dickson Liam Hutchins, Hamish Blackwood, Ethan Nash Darcey Roberts, Mietta Morrgan, Zahlia Heikkila-Dubowik Darcey Roberts, Emily Smith, Riannah Tatlock Jemma Peart, Emily Smith, Kathleen O'Mahony
Team Bronze	RWA 3km U16 Boys	Marcus Wakim, Liam Hutchins, Scott Peart

It was our best performance at LBG for many years and sees us leading the table in the Brennen Shield, where the progressives points read as follows

1.	RWV	597 points
2.	NSWRWC	501 points
3.	SARWC	264 points
4.	ACTW	206 points

The Shield will be decided at the second annual RWA Carnival, to be held in Adelaide on Sunday 8th September in conjunction with the Australian Roadwalk Championships. We will be working on sending a very competitive team to that meet to ensure we win this prestigious yearly award.

It was as always a huge team performance, with so many of our walkers competing in more than one event. Special mentions for

- 3 race finishes to **Liam Hutchins** (U12 2km, U14 2km and U16 3k)
- 2 race finishes to **Corey Dickson, Mietta Morgan, Hamish Blackwood, Darcey Roberts, Emily Smith, Luke Epps, Scott Peart, Marcus Wakim, Riannah Tatlock, Heath Beveridge, Angus Hay, Kathleen O'Mahony, Jemma Peart and Alanna Peart.**

In particular, both **Corey Dickson** (2nd in U20 10km and 1st in U18 5km) and **Jemma Peart** (1st in U20 10km and 1st in U18 5km) did very tough doubles on the day.

A bit shout out for 8 year old **Ela Uzun** who broke our VRWC U9 1km Club Record with her silver medal time of 5:14 in the RWA U10 1km Walk.

Finally, ACT walker **Robin Whyte** started in his 53rd LBG carnival, having walked in the 20 Miler on 51 occasions and the 30km this year and last year. He has set a superb record of longevity.

Terry Swan's photos at <http://www.vrwc.org.au/piwigo/index.php?%2Fcategory%2F535>

Tim's photos at <http://www.vrwc.org.au/piwigo/index.php?category/536>

Provisional results have now been posted to <http://www.vrwc.org.au/rwa-results.shtml>. I have extracted them into a more user friendly format and reproduce them below. Get your coffee first – it's a big read!

LAKE BURLEY GRIFFIN CARNIVAL, STROMLO FOREST PARK, CANBERRA SUNDAY 9 JUNE 2019

RWA 30km Open Men

1.	Brendon Reading	201	ACTW	2:25:20
2.	Carl Gibbons	202	NSWRWC	2:25:37
3.	Kim Mottrom	205	SARWC	2:34:27
4.	Dylan Richardson	203	NSWRWC	2:36:30
5.	Ignacio Jimenez S.	204	RWQ	2:40:13
6.	Royrie Upton	206	SARWC	3:27:10
7.	Ian Rayson	200	ACTW	DNF

Handicap

1.	Royrie Upton	206	SARWC
2.	Ignacio Jimenez S.	204	RWQ
3.	Dylan Richardson	203	NSWRWC

RWA 30km Masters Men

1.	Ignacio Jimenez S.	204	RWQ	2:40:13
2.	Royrie Upton	206	SARWC	3:27:10

Fitness 30km Men

1.	Robin Whyte	212	ACTW	3:42:12
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2. Phil Essam 211 ACTW 4:49:28

AACT 30km Men

1. Ignacio Jimenez S. 2004 RWQ 2:40:13

RWA 15km Open Women

1. Elaine Wang 103 NSWRC 1:26:46
2. Amanda Barendregt 102 NSWRC 1:28:36
3. Ann Staunton-Jugovic 101 ACTW 1:33:25
4. Claire Samanna 109 RWV 1:34:00
5. Anne Weekes 104 NSWRC 1:42:41
6. Antoinette Woodward 105 NSWRC 1:46:57
7. Noela McKinven 107 RWQ 2:11:11
8. Val Chesterton 100 ACTW 2:13:51

Teams

1. NSWRC 7 Elaine Wang, Amanda Barendregt, Anne Weekes

Handicap

1. Claire Samanna 109 RWV
2. Val Chesterton 100 ACTW
3. Noela McKinven 107 RWQ

RWA 15km Masters Women

1. Ann Staunton-Jugovic 101 ACTW 1:33:25
2. Anne Weekes 104 NSWRC 1:42:41
3. Antoinette Woodward 105 NSWRC 1:46:57
4. Noela McKinven 107 RWQ 2:11:11
5. Val Chesterton 100 ACTW 2:13:51

Handicap

1. Val Chesterton 100 ACTW
2. Noela McKinven 107 RWQ

RWA 15km Open Men

1. Kyle Swan 116 RWV 1:07:48
2. Pramesh Prasad 115 RWV 1:20:15
3. Kevin Cassidy 110 RWV 1:20:46
4. Travis Barendregt 106 NSWRC 1:24:44
5. Scott Nelson 114 RWV 1:28:33
6. Andrew Jamieson 113 RWV 1:28:57
7. Albin Hess 112 RWV 1:39:32
8. Lachlan Wilkinson 117 RWV 1:45:54

Teams

1. RWV 1 16 Kyle Swan, Pramesh Prasad, Kevin Cassidy
2. RWV 2 6 Scott Nelson, Andrew Jamieson, Corey Dickson

Handicap

1. Lachlan Wilkinson 117 RWV
2. Andrew Jamieson 113 RWV
3. Albin Hess 112 RWV

RWA 15km Masters Men

1. Pramesh Prasad 115 RWV 1:20:15
2. Kevin Cassidy 110 RWV 1:20:46
3. Scott Nelson 114 RWV 1:28:33
4. Andrew Jamieson 113 RWV 1:28:57
5. Albin Hess 112 RWV 1:39:32
6. Lachlan Wilkinson 117 RWV 1:45:54

Handicap

1. Lachlan Wilkinson 117 RWV
2. Andrew Jamieson 113 RWV
3. Albin Hess 112 RWV

Fitness 15km Men

1. Mick Saunders 121 ACTW 1:53:58

2.	Bryan Thomas	122	ACTW	1:55:27
3.	George Megas	124	RWQ	2:14:04

Fitness 15km Women

1.	Susan Archer	123	ACTW	1:50:47
2.	Lorna England	119	ACTW	2:15:39
3.	Ruth England	120	ACTW	2:15:44
4.	Olivia Carter	1017	ACTW	3:00:33

Fitness 8km Men

1.	Eden Morgan	502	RWV	52:52
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Fitness 8km Women

Miriam McCarthy	501	ACTW	53:27
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RWA 10km U20 Men

1.	Mitchell Baker	1	ACTW	46:30
2.	Corey Dickson	309	RWV	46:34
3.	Kyle Bedford	17	NSWRWC	48:05
4.	Jack McGinniskin	18	NSWRWC	48:49
5.	Mathew Bruniges	362	SARWC	49:19

Handicap

1.	Mathew Bruniges	362	SARWC
2.	Jack McGinniskin	18	NSWRWC

AACT 10km U20 Men

1.	Mitchell Baker	1001	ACTW	46:30
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Open 10km Men

1.	Michael Smith	2	ACTW	54:22
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Open 10km Women

1.	Beki Smith	19	NSWRWC	49:40
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RWA 10km U20 Women

1.	Jemma Peart	312	RWV	53:51
2.	Charlotte Hay	310	RWV	54:47
3.	Hannah Bolton	21	NSWRWC	55:20
4.	Molly O'Neill	23	NSWRWC	57:08
5.	Hannah Manning	3	ACTW	58:03
6.	Hannah Mison	22	NSWRWC	58:30
7.	Bridget Bell	20	NSWRWC	58:48
8.	Amy Walker	25	NSWRWC	58:48
9.	Kathleen O'Mahony	311	RWV	02:45
10.	Teegan Pengilley	24	NSWRWC	DNF

Teams

1.	RWV	13	Jemma Peart, Charlotte Hay, Kathleen O'Mahony
2.	NSWRWC	9	Hannah Bolton, Molly O'Neill, Hannah Mison

Handicap

1.	Bridget Bell	20	NSWRWC
2.	Kathleen O'Mahony	311	RWV
3.	Hannah Manning	3	ACTW

RWA 1km U10 Boys

1.	Sam Wilks	365	SARWC	05:08
2.	Edward Upton	363	SARWC	06:40
3.	Xavier Upton	364	SARWC	07:41
4.	Brayden Thomspson	27	NSWRWC	08:15
5.	Heath Tatlock	313	RWV	08:20
	Luke Challinor	26	NSWRWC	DQ

Teams

1.	SARWC	7	Sam Wilks, Edward Upton, Xavier Upton
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Handicap

1.	Brayden Thomspen	27	NSWRWC
2.	Heath Tatlock	313	RWV

RWA 1km U10 Girls

1.	Kiara Stanley	29	NSWRWC	05:11
2.	Ela Uzun	316	RWV	05:14
3.	Mietta Morgan	315	RWV	05:20
4.	Havana Ali	314	RWV	06:16
5.	Zoe Zantiotis	30	NSWRWC	09:46

Teams

1.	RWV	7	Ela Uzun, Mietta Morgan, Havana Ali
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Handicap

1.	Zoe Zantiotis	30	NSWRWC
2.	Havana Ali	314	RWV

RWA 2km U12 Boys

1.	Owen Toyne	6	ACTW	10:01
2.	Kodi Clarkson	4	ACTW	10:17
3.	Liam Hutchins	318	RWV	10:20
4.	Alex Muir	34	NSWRWC	10:31
5.	Sam Wilks	369	SARWC	10:32
6.	Sebastian Richards	366	SARWC	10:45
7.	Thomas Varga-Strike	39	NSWRWC	11:11
8.	Hamish Blackwood	317	RWV	11:18
9.	Christopher Nilon	35	NSWRWC	11:27
10.	Jesse Brodrick	32	NSWRWC	11:42
11.	Aidan Pospischil	36	NSWRWC	11:53
12.	Jaxson Horton	33	NSWRWC	12:41
13.	Ethan Nash	319	RWV	12:49
14.	Edward Upton	367	SARWC	13:14
15.	Dylan Ryan	37	NSWRWC	13:25
16.	Xavier Upton	368	SARWC	16:52
17.	Brayden Thomspen	38	NSWRWC	18:56

Teams

1.	NSWRWC	25	Alex Muir, Thomas Varga-Strike, Christopher Nilon
2.	RWV	22	Liam Hutchins, Hamish Blackwood, Ethan Nash
3.	SARWC	20	Sam Wilks, Sebastian Richards, Edward Upton
4.	NSWRWC 2	12	Jesse Brodrick, Adrian Pospischil, Jaxson Horton

Handicap

1.	Edward Upton	367	SARWC
2.	Xavier Upton	368	SARWC
3.	Sam Wilks	369	SARWC

RWA 2km U12 Girls

1.	Darcey Roberts	322	RWV	09:58
2.	Sienna Pitcher	48	NSWRWC	10:25
3.	Chloe Lamb	46	NSWRWC	10:29
4.	Grace Beck	41	NSWRWC	10:54
5.	Katie De Ruvo	370	SARWC	11:20
6.	Natasha Chanel Flahey	45	NSWRWC	11:25
7.	Mietta Morgan	321	RWV	11:26
8.	Rudi Blackley	44	NSWRWC	11:32
9.	Zoe Woods	51	NSWRWC	11:39
10.	Jessey Bektas	43	NSWRWC	11:48
11.	Abbey Bektas	42	NSWRWC	11:56
12.	Matilda Webb	50	NSWRWC	11:59
13.	Summer Sivaraj	49	NSWRWC	12:16
14.	Georgia Frew	7	ACTW	12:40
15.	Zoe Murphy	47	NSWRWC	12:47
16.	Zahlia Heikkila-Dubowik	320	RWV	13:47
17.	Lilah Norden	8	ACTW	14:06
18.	Eloise Smith	5	ACTW	14:18

Teams

1.	NSWRWC 1	39	Sienna Pitcher, Chloe Lamb, Grace Beck
2.	RWV	29	Darcey Roberts, Mietta Morgan, Zahlia Heikkila-Dubowik
3.	NSWRWC 2	28	Naatasha Chanel Flahey, Rudi Blackley, Zoe Woods
4.	NSWRWC 3	18	Jessey Bektas, Abbey Bektas, Matilda Webb
5.	ACTW	7	Georgia Frew, Lilah Norden, Caetlin Ashby

Handicap

1.	Mietta Morgan	321	RWV
2.	Katie De Ruvo	370	SARWC
3.	Natasha Chanel Flahey	45	NSWRWC

RWA 2km U14 Boys

1.	Toby Wilks	374	SARWC	09:38
2.	Sam Wilks	372	SARWC	10:26
3.	Luke Epps	324	RWV	10:33
4.	Marcus Wakim	328	RWV	10:41
5.	Darcy Bell	52	NSWRWC	10:58
6.	Thomas Muir	54	NSWRWC	11:02
7.	Liam Hutchins	325	RWV	11:08
8.	Thomas Varga-Strike	57	NSWRWC	11:29
9.	Scott Peart	327	RWV	11:44
10.	Christopher Nilon	55	NSWRWC	11:46
11.	Hamish Blackwood	323	RWV	12:01
12.	Aidan Pospischil	56	NSWRWC	12:15
13.	Jai Horton	53	NSWRWC	12:16
14.	Seth Upton	371	SARWC	12:30

Teams

1.	RWV	25	Luke Epps, Marcus Wakim, Liam Hutchins
2.	SARWC	25	Toby Wilks, Sam Wilks, Seth Upton
3.	NSWRWC 1	20	Darcy Bell, Thomas Muir, Thomas Varga-Strike
4.	NSWRWC 2	8	Christopher Nilon, Aidan Pospischil, Jai Horton

Handicap

1.	Jai Horton	53	NSWRWC
2.	Marcus Wakim	328	RWV
3.	Christopher Nilon	55	NSWRWC

RWA 2km U14 Girls

1.	India Duguid	61	NSWRWC	09:41
2.	Darcey Roberts	330	RWV	10:00
3.	Jayda Stanley	66	NSWRWC	10:16
4.	Hannah Wilks	377	SARWC	10:19
5.	Samantha Torrens	68	NSWRWC	10:28
6.	Chloe Krklinski	63	NSWRWC	10:48
7.	Daisy Braithwaite	375	SARWC	10:49
8.	Chelsey Torrens	67	NSWRWC	10:58
9.	Emily Smith	331	RWV	11:03
10.	Riannah Tatlock	332	RWV	11:15
11.	Ciara Cassilles	58	NSWRWC	11:19
12.	Sienna Pitcher	65	NSWRWC	11:21
13.	Isabelle Nilon	64	NSWRWC	11:27
14.	Ava Wilson	378	SARWC	11:28
15.	Maddison Nash	329	RWV	11:57
16.	Kailey Webber	71	NSWRWC	12:11
17.	Zsofia Varga-Strike	69	NSWRWC	12:25
18.	Ella Baker	9	ACTW	13:09
19.	Amelia Crocker	60	NSWRWC	13:49
20.	Sarah Challinor	59	NSWRWC	14:31

Teams

1.	NSWRWC 1	49	India Duguid, Jayda Stanley, Samantha Torrens
2.	RWV	36	Darcey Roberts, Emily Smith, Riannah Tatlock
3.	NSWRWC 2	32	Chloe Krklinski, Chelsey Torrens, Ciara Cassilles
4.	SARWC	32	Hannah Wilks, Daisy Braithwaite, Ava Wilson
5.	NSWRWC 3	17	Sienna Pitcher, Isabelle Nilon, Kailey Webber
6.	NSWRWC 4	6	Zsofia Varga-Strike, Amelia Crocker, Sarah Challinor

Handicap

1.	Amelia Crocker	60	NSWRWC
2.	Sarah Challinor	59	NSWRWC
3.	Hannah Wilks	377	SARWC

RWA 3km U16 Boys

1.	Toby Wilks	382	SARWC	14:03
2.	Heath Beveridge	333	RWV	14:24
3.	Raven Pyda	75	NSWRWC	15:24
4.	Adrian Upton	380	SARWC	15:48
5.	Angus Hay	336	RWV	16:50
6.	Luke Epps	335	RWV	16:54
7.	Marcus Wakim	339	RWV	17:00
8.	Brendan Pospischil	74	NSWRWC	17:04
9.	Liam Hutchins	337	RWV	17:28
10.	Sebastian Richards	379	SARWC	17:52
11.	Scott Peart	338	RWV	18:05
12.	Seth Upton	381	SARWC	19:54
	Darcy Bell	73	NSWRWC	DQ

Teams

1.	RWV 1	19	Heath Beveridge, Angus Hay, Luke Epps
2.	SARWC	19	Toby Wilks, Adrian Upton, Sebastian Richards
3.	RWV 2	8	Marcus Wakim, Liam Hutchins, Scott Peart

Handicap

1.	Adrian Upton	380	SARWC
2.	Scott Peart	338	RWV
3.	Sebastian Richards	379	SARWC

RWA 3km U16 Girls

1.	Alanna Peart	342	RWV	14:34
2.	Victoria Upton	386	SARWC	15:15
3.	Emma Thomas	85	NSWRWC	15:24
4.	Hannah Bolton	77	NSWRWC	16:01
5.	Ellie DeCelis	79	NSWRWC	16:13
6.	Chloe McLoughlin	81	NSWRWC	16:28
7.	Daisy Braithwaite	383	SARWC	17:00
8.	Kitarni Upton	385	SARWC	17:12
9.	Jayda Stanley	84	NSWRWC	17:16
10.	Grace Beck	76	NSWRWC	17:16
11.	Hannah Wilks	387	SARWC	17:35
12.	Kaylah Heikkila-Dubowik	341	RWV	17:39
13.	Riannah Tatlock	345	RWV	17:41
14.	Katie De Ruvo	384	SARWC	17:51
15.	Jada Thomson	86	NSWRWC	18:05
16.	Ava Wilson	389	SARWC	18:16
17.	Mia Wilks	388	SARWC	19:16
18.	Emily Challinor	78	NSWRWC	23:43

Teams

1.	NSWRWC 1	36	Emma Thomas, Hannah Bolton, Ellie DeCelis
2.	SARWC 1	31	Victoria Upton, Daisy Braithwaite, Kitarni Upton
3.	NSWRWC 2	23	Chloe McLoughlin, Jayda Stanley, Grace Beck
4.	RWV	23	Alanna Peart, Kaylah Heikkila-Dubowik, Riannah Tatlock
5.	SARWC 2	8	Hannah Wilks, Katie De Ruvo, Mia Wilks

Handicap

1.	Katie De Ruvo	384	SARWC
2.	Daisy Braithwaite	383	SARWC
3.	Ava Wilson	389	SARWC

RWA 5km U18 Boys

1.	Corey Dickson	347	RWV	23:12
2.	Mitchell Baker	10	ACTW	23:15
3.	Jack McGinniskin	90	NSWRWC	24:57
4.	Heath Beveridge	346	RWV	26:25
5.	Owen Toyne	12	ACTW	27:51

6.	Kodi Clarkson	11	ACTW	27:57
7.	Angus Hay	349	RWV	31:17
8.	Brendan Pospischil	91	NSWRWC	32:40
9.	Adrian Upton	390	SARWC	33:03
10.	Seth Upton	391	SARWC	36:44
	Toby Wilks	392	SARWC	DQ

Teams

1.	RWV	12	Corey Dickson, Heath Beveridge, Angus Hay
2.	ACTW	10	Mitchell Baker, Owen Toyne, Kodi Clarkson

Handicap

1.	Kodi Clarkson	11	ACTW
2.	Heath Beveridge	346	RWV
3.	Adrian Upton	390	SARWC

RWA 5km U18 Girls

1.	Jemma Peart	354	RWV	26:37
2.	India Duguid	93	NSWRWC	27:34
3.	Bridget Bell	92	NSWRWC	28:46
4.	Hannah Parker	96	NSWRWC	29:29
5.	Kitarni Upton	395	SARWC	30:10
6.	Victoria Upton	396	SARWC	30:10
7.	Daisy Braithwaite	393	SARWC	30:11
8.	Emily Smith	356	RWV	31:19
9.	Kathleen O'Mahony	353	RWV	33:34
10.	Mia Wilks	398	SARWC	33:54
11.	Chloe Upton	394	SARWC	34:49
	Hannah Mison	95	NSWRWC	DNF
	Amy Walker	97	NSWRWC	DNF

Teams

1.	NSWRWC	21	India Duguid, Bridget Bell, Hannah Parker
2.	RWV	13	Jemma Peart, Emily Smith, Kathleen O'Mahony
3.	SARWC	12	Kitarni Upton, Victoria Upton, Daisy Braithwaite

Handicap

1.	Hannah Parker	96	NSWRWC
2.	Kitarni Upton	395	SARWC
3.	Daisy Braithwaite	393	SARWC

RWA 5km Open Women

1.	Alanna Peart	361	RWV	25:58
2.	Molly O'Neill	302	NSWRWC	27:05
3.	Elaine Wang	305	NSWRWC	28:20
4.	Emma Thomas	304	NSWRWC	28:35
5.	Hannah Manning	14	ACTW	28:48
6.	Chloe McLoughlin	301	NSWRWC	29:14
7.	Chloe Krklinski	300	NSWRWC	30:05
8.	Ann Staunton-Jugovic	16	ACTW	30:29
9.	Sidney Shaw	15	ACTW	32:54
10.	Anne Weekes	307	NSWRWC	34:26
11.	Nicolle Challinor	99	NSWRWC	35:00
12.	Chloe Upton	400	SARWC	36:32
	Amanda Barendregt	98	NSWRWC	DNF

Teams

1.	NSWRWC	25	Molly O'Neill, Elaine Wang, Emma Thomas
2.	ACTW	11	Hannah Manning, Ann Staunton-Jugovic, Sidney Shaw
3.	NSWRWC 2	10	Chloe McLoughlin, Chloe Krklinski, Anne Weekes

Handicap

1.	Nicolle Challinor	99	NSWRWC
2.	Chloe Krklinski	300	NSWRWC
3.	Emma Thomas	304	NSWRWC

RWA 5km Masters Women

1.	Ann Staunton-Jugovic	16	ACTW	30:29
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- | | | | | |
|----|-------------------|-----|--------|-------|
| 2. | Anne Weekes | 307 | NSWRWC | 34:26 |
| 3. | Nicolle Challinor | 99 | NSWRWC | 35:00 |



A foggy start cleared to a beautiful day



Ela Uzun, Mieta Morgan, Darcey Roberts, Charlotte Hay and Kyle Swan



Corey Dickson, Jemma Peart, Heath Beveridge and Alanna Peart



Our youngest walkers: Zahlia Heikkila-Dubowik, Darcey Roberts, Mietta Morgan, Heath Tatlock, Mietta again, Ela Uzun Havana Ali, Ethan Nash, Hamish Blackwood and Liam Hutchins (photos Terry Swan and Tim Erickson)

SAMA ROADWALKS, OAKLANDS PARK, ADELAIDE, SATURDAY 8 JUNE

Thanks to Colin Hainsworth for this week's results from the South Australian Masters in Adelaide.

8km Walk

1.	GREGORY METHA	0:51:28	M54	67.27%
2.	RAELENE SCHILD	1:04:32	W54	59.09%
3.	RODGER BARBER	1:05:00	M81	73.58%
4.	GRAHAM HARRISON	1:06:24	M75	65.75%
5.	DAVID ROBERTSON	1:14:00	M85	69.27%

4km Walk

1.	MARIE MAXTED	0:27:14	W59	70.91%
2.	GERALDINE SMITH	0:29:17		
3.	JAN LAYNG	0:31:51	W70	69.66%
4.	HELEN SURIDGE	0:32:47	W68	65.79%
5.	EDNA BATES	0:36:48	W66	57.06%
6.	DOUG SMART	0:38:17	M75	55.43%

TRWC ROADWALKS, SEVEN MILE BEACH, HOBART, SATURDAY 8 JUNE

Thanks to Dave Moore for this week's results from Tasmania. He comments: Conditions were calm but cool. Our Walkers' times at this venue appear to be slower than on our usual roadwalk courses. The best performance of the day came from Will Robertson.

1.5km Walk

1.	Anna Blackwell	7.32
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2km Walk

1.	Sophie Ahern	15.28
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3km Walk

1.	Will Robertson	14.10
2.	Oliver Morgan	19.13
3.	Dave Moore	28.22

4km Walk

1.	Chloe Ahern	23.37
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5km Walk

1.	Ron Foster	38.42
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6km Walk

1.	Alice Randall	32.00
2.	Steve Ahern	40.34

BENDIGO WALKERS CLUB ROUNDUP

Thanks to Paul Rance for the most recent race results from the Bendigo Walkers Club in country Victoria. Both race days were held at Lake Neangar in Bendigo.

Bendigo WC Roadwalks, Bendigo, Sunday 16 May

1.6km Walk

1.	Tiff Bussem Jorgensen	10.06	PB
2.	Annette Curtis	11.34	
3.	Sheridan Commons	11.25	
4.	Norm West	13.25	
5.	Peter Curtis	9.33	

8km Walk

1.	Bill Lotherington	63.32
2.	Barb Bryant	48.47

Bendigo WC Roadwalks, Bendigo, Sunday 2 June

2km Walk

1.	Tiff Bussem Jorgensen	12.44	PB
2.	Annette Curtis	14.36	
3.	Sheridan Commons	14.50	
4.	Peter Curtis	12.02	

5km Walk

1.	Barb Bryant	29.44
2.	Bill Lotherington	39.24

XXXIII GRAN PREMIO CANTONES DE LA CORUÑA, LA CORUÑA, SPAIN, SATURDAY 8 JUNE

Last Saturday evening saw the latest of the big European walk Classics, namely the **XXXIII Gran Premio Cantones de La Coruña**, held in La Coruña, Spain. This meet promised the highest quality 20km walks for the year, apart from the World Champs in Doha, with 137 entrants in the men's race and 87 in the women's race. All of the best Chinese/Japanese had entered and the fields boasted a veritable who's who of the racewalking world. It was the last chance for many to qualify for Doha and the pace was expected to be on from the start.

Conditions were just about perfect – a cloudy still afternoon with the thermometer reading about 14C – and the late afternoon start times (women starting at 5:30PM and men starting at 7:15PM) provided the springboard for some superb racing. Let's get straight into it.

20km Women

The women's 20km started at 5:30PM, taking advantage of the cooler evening weather. My report is taken from that of Emeterio Valiente for the IAAF (<https://www.iaaf.org/competitions/iaaf-race-walking-challenge/news/la-coruna-race-walking-challenge-2019-morejon>).

The women's race had been billed as a thrilling encounter between the top Chinese race walkers, but instead it witnessed the rise of a new race walking ace in the form of Ecuador's **Glenda Morejon** who startled the assembled crowd with a world-class performance.

Right from the start, the Chinese quartet of world record-holder **Liu Hong**, 2012 Olympic silver medallist **Qieyang Shenjie**, world champion **Yang Jiayu** and Asian champion **Ma Zhenxia** took the lead and were joined in the opening kilometres by Japan's **Kumiko Okada**, Brazil's **Erica de Sena** and the diminutive Morejon.

First De Sena and then Okada lost ground but surprisingly Morejon managed to follow the rhythm of the Chinese women. The halfway point was reached by the lead quartet in 42:55 – faster than Morejon's 10km PB of 43:04 – close to the schedule for a world-leading time.

The 4:16/4:18-per-kilometre pace proved too fast for defending champion Qieyang and Ma and they started to fade shortly before the 14km point. The race then became a three-woman contest between Liu, Yang and Morejon. Surprisingly, given it was her debut at the distance, it was the Ecuadorian who ruled during the latter stages. In the final kilometre she sped away from her top-class opponents with impressive ease, crossing the line in 1:25:29 to finish five seconds ahead of Yang, who was rewarded with a lifetime best. Liu finished third in 1:25:56, equalling the third-best time of her distinguished career.

The 19-year-old world U20 bronze medallist had produced the fastest ever 20km debut with her stunning 1:25:29. Her time is not only a world U20 best, it is also a senior South American record and a world-leading performance. It was the first international 20km race in which three women have finished inside 1:26. Outside of championship races, it was also the first time 10 women have finished inside 1:29.

"This is wonderful," said the 2017 WWorld U18 champion. "I was making my debut (at 20km) and managed to win against a world-class field, I can't believe it. I have been working very hard over the past months thinking of this event and all that hard work has paid off. My dream in athletics is to go to the Tokyo Olympics. Once there, I would like to win a medal for my country. I'd like to thank all my team and family, especially my coach, Giovan Delgado."

Two Oceania walkers were in action, with Australian **Claire Woods** finishing 51st with 1:39:22 and New Zealander **Alana Barber** finishing 32nd with 1:35:22.

Morejon is a real powerhouse walker – see youtube video of her in La Coruna: <https://www.youtube.com/watch?v=N1eCgSq3L8I>. And check out the photo gallery at <http://tufotocorriendo.com/lang/es/compra-tu-foto/xxxiii-gp-internacional-marcha-los-cantones-2019>.



Glenda Morejon crosses the line in first in a World U20 best time of 1:25:29

1.	Glenda MOREJÓN	ECU	1:25:29	South American Record
2.	Jiayu YANG	CHN	1:25:34	
3.	Hong LIU	CHN	1:25:56	
4.	Shijie QIEYANG	CHN	1:27:05	
5.	Erica DE SENA	BRA	1:27:38	
6.	Kumiko OKADA	JPN	1:27:41	
7.	Zhenxia MA	CHN	1:28:00	
8.	Dandan DUAN	CHN	1:28:28	
9.	Laura GARCÍA-CARO	ESP	1:28:40	
10.	Yingliu WANG	CHN	1:28:47	
11.	Rui LIANG	CHN	1:28:49	
12.	Nanako FUJII	JPN	1:28:58	
13.	Meryem BEKMEZ	TUR	1:29:36	
14.	Inna KASHYNA	UKR	1:29:43	
15.	Mirna ORTÍZ	GUA	1:30:35	
16.	Mary Luz ANDIA	PER	1:30:50	
17.	Johana ORDÓÑEZ	ECU	1:31:36	
18.	Viktória MADARÁSZ	HUN	1:31:48	
19.	Magaly BONILLA	ECU	1:31:53	
20.	Xiuzhi LYU	CHN	1:32:01	
21.	Valeria ORTUÑO	MEX	1:32:42	
22.	Raquel GONZÁLEZ	ESP	1:32:54	
23.	Mayra Carolina HERRERA	GUA	1:33:00	
24.	Viviane LYRA	BRA	1:33:09	
25.	Robyn STEVENS	USA	1:33:43	
26.	Noelia VARGAS	CRC	1:34:20	
27.	Marina PEÑA	ESP	1:34:20	
28.	Yeseida CARRILLO	COL	1:34:29	
29.	Miranda MELVILLE	USA	1:34:52	
30.	Rachelle DE ORBETA	PUR	1:34:54	
31.	Kaori KAWAZOE	JPN	1:34:57	
32.	Alana BARBER	NZL	1:35:22	
33.	Alejandra ORTEGA	MEX	1:35:29	
34.	Andrea MARTINEZ	MEX	1:35:35	
35.	Lidia SÁNCHEZ-PUEBLA	ESP	1:35:36	
36.	Ángela CASTRO	BOL	1:35:51	
37.	Ainhoa PINEDO	ESP	1:36:22	
38.	Jéssica HANCCO	PER	1:36:25	
39.	Vitória OLIVEIRA	POR	1:36:39	
40.	Chahinez NASRI	TUN	1:36:44	

41.	Arabelly ORJUELA	COL	1:36:46
42.	Maritza PONCIO	GUA	1:36:48
43.	Antia CHAMOSA	ESP	1:36:55
44.	Nadia GONZÁLEZ	MEX	1:36:58
45.	Irene MONTEJO	ESP	1:37:13
46.	Dalia OLIVERAS	PUR	1:37:26
47.	Sara Patricia PULIDO	COL	1:37:57
48.	Diana MIRANDA	MEX	1:38:35
49.	Yasury PALACIOS	GUA	1:38:45
50.	Galina YAKUSHEVA-KICHIGINA	KAZ	1:38:51
51.	Claire WOODS	AUS	1:39:22
52.	Amanda CANO	ESP	1:40:08
53.	Sofia ALIKANIÓTI	GRE	1:40:10
54.	Maidy MONGE	GUA	1:40:30
55.	Maria de la Luz PÉREZ	MEX	1:40:44
56.	Carolina COSTA	POR	1:41:34
57.	Andrea KOVÁCS	HUN	1:41:54
58.	Vivian CASTILLO	MEX	1:41:57
59.	Elianay PEREIRA	BRA	1:42:11
60.	Regina RYKOVA	KAZ	1:43:15
61.	Maria BERNARDO	POR	1:43:22
62.	Melisa SÁNCHEZ	ESP	1:43:58
63.	Gabriela GONZÁLEZ	MEX	1:45:08
64.	Andreia SOUSA	POR	1:45:44
65.	Alicia VÁZQUEZ	ESP	1:48:37
66.	Zaira JÁUREGUI	MEX	1:51:28
67.	Miriam CARTAGENA	ECU	1:53:30
	María Guadalupe SÁNCHEZ	MEX	DQ
	Edna BARROS	POR	DNF
	Ana CABECINHA	POR	DNF
	Angela CARRION	ESP	DNF
	Sandra GALVIS	COL	DNF
	Maria LARIOS	ESP	DNF
	Raquel LEON	ESP	DNF
	Maocuo LI	CHN	DNF
	Christina PAPAPOPOULOU	GRE	DNF
	Júlia TAKÁCS	ESP	DNF
	Irene VÁZQUEZ	ESP	DNF

20km Men

The men's 20km started at 7:15PM, also taking advantage of the cooler evening weather. My report is taken from that of Emeterio Valiente for the IAAF (<https://www.iaaf.org/competitions/iaaf-race-walking-challenge/news/la-coruna-race-walking-challenge-2019-morejon>).

The men's competition kicked off at a frantic pace, well inside the 4:00 per kilometre. The first 5km was covered in 19:33 by a five-unit group comprising Japan's world record-holder **Yusuke Suzuki**, Spain's European champion **Álvaro Martín**, Britain's **Tom Bosworth**, Italy's **Massimo Stano** and China's **Wang Kaihua**, who was making the most of the early pace. Some of the other big contenders – including Japan's world leader **Toshikazu Yamanishi**, Sweden's **Perseus Karlstrom** and Spain's **Diego García** – were in a chase pack but were also inside 1:19 schedule.

By the seventh kilometre, Suzuki moved to the front and began to increase the tempo even more. Only Wang, Stano and Martín could live with his pace. The quartet went through the half-way point in 38:44 while the European contingent of Karlstrom, **Vasily Mizinov** and Germany's **Christopher Linke** were a further 100 metres behind.

By 15km, reached in 58:07, Suzuki had opened up a gap on Yamanishi and the surprise Stano, holder of a career best of 1:20:51, while Martín and Wang began to lose ground and lost any chance of a podium spot.

Suzuki's lead was short lived, though, as he was overtaken by Yamanishi with about 2.6 kilometres left. Yamanishi crossed the line in 1:17:41, while Stano – the bronze medallist at the 2018 IAAF World Race Walking Team Championships – overtook Suzuki to finish second in an Italian record of 1:17:45, taking three minutes off his previous best. Suzuki finished third in 1:17:54, his fastest time outside of Japan. Karlstrom finished strongly to place fourth in 1:18:07, taking more than a minute off his own Swedish record. In sixth, Linke equalled the German record of 1:18:42, while Bonfim broke his own Brazilian record with 1:18:47 in seventh place.

As was the case with the women's race, the men's contest had fantastic depth. It was just the second time in history that eight men have finished inside 1:19 in a 20km race walk.



Placegetters Yusuke Suzuki, Toshikazu Yamanishi and Massimo Stano



Suzuki with fourth placed Perseus Karlstrom



Massimo Stano shows the elation of finishing second in a new Italian record time of 1:17:45

Three Australians were in action, with **Rhydian Cowley** finishing the best with his 21st placed time of 1:21:02. **Dane Bird-Smith** suffered 2 minutes in the Penalty Box and finished down in 31st place with 1:21:40, while **Jason Kozica** finished 98th with 1:42:19.

1.	Toshikazu YAMANISHI	JPN	1:17:41	
2.	Massimo STANO	ITA	1:17:45	Italian Record
3.	Yusuke SUZUKI	JPN	1:17:54	
4.	Perseus KARLSTRÖM	SWE	1:18:07	Swedish Record
5.	Vasiliy MIZINOV	ANA	1:18:41	
6.	Christopher LINKE	GER	1:18:42	German Record
7.	Caio BONFIM	BRA	1:18:47	Brazilian Record
8.	Diego GARCÍA CARRERA	ESPE	1:18:58	
9.	Eiki TAKAHASHI	JPN	1:19:13	
10.	José Alejandro BARRONDO	GUA	1:19:55	
11.	Hirooki ARAI	JPN	1:19:56	
12.	José Leonardo MONTAÑA	COL	1:20:18	
13.	Andrés CHOCHO	ECU	1:20:30	
14.	Carlos SÁNCHEZ	MEX	1:20:39	
15.	Brian PINTADO	ECU	1:20:44	
16.	Álvaro MARTÍN	ESP	1:20:50	
17.	Alex WRIGHT	IRL	1:20:50	
18.	Satoshi MARUO	JPN	1:20:56	
19.	Julio César SALAZAR	MEX	1:20:57	
20.	Giorgio RUBINO	ITA	1:20:59	
21.	Rhydian COWLEY	AUS	1:21:02	
22.	José LEYVER	MEX	1:21:08	
23.	Luis Henry CAMPOS	PER	1:21:11	

24.	José María RAYMUNDO	GUA	1:21:14
25.	Tom BOSWORTH	GBR	1:21:23
26.	Érick Bernabé BARRONDO	GUA	1:21:24
27.	Song SUN	CHN	1:21:28
28.	Hagen POHLE	GER	1:21:29
29.	Kai KOBAYASHI	JPN	1:21:33
30.	Gianluca PICCHIOTTINO	ITA	1:21:36
31.	Dane BIRD-SMITH	AUS	1:21:40
32.	Kaihua WANG	CHN	1:21:40
33.	Jordy JIMÉNEZ	ECU	1:21:41
34.	Moacir ZIMMERMANN	BRA	1:22:21
35.	José Carlos MAMANI	PER	1:22:27
36.	João VIEIRA	POR	1:22:27
37.	Pedro Daniel GÓMEZ	MEX	1:22:29
38.	Iván PAJUELO	ESP	1:22:33
39.	Jun ZHANG	CHN	1:22:39
40.	Horacio NAVA	MEX	1:22:41
41.	Jiaxing YIN	CHN	1:22:44
42.	Byeongkwang CHOE	KOR	1:22:51
43.	José Ignacio DÍAZ	ESP	1:22:57
44.	Ding CHEN	CHN	1:22:57
45.	Yangben ZHAXI	CHN	1:22:58
46.	Tongda BIAN	CHN	1:23:04
47.	José Manuel PÉREZ	ESP	1:23:11
48.	Brandon SEGURA	MEX	1:23:23
49.	Lucas MAZZO	BRA	1:23:34
50.	José Oswaldo CALEL	GUA	1:23:38
51.	Iván LÓPEZ	ESPE	1:23:41
52.	Yassir CABRERA	PAN	1:23:43
53.	Lebogang SHANGE	RSA	1:24:00
54.	Nicholas CHRISTIE	USA	1:24:15
55.	Stefano CHIESA	ITAI	1:24:16
56.	Isamu FUJISAWA	JPNJ	1:24:41
57.	Jesús Tadeo VEGA	MEX	1:24:48
58.	Ricardo ORTIZ	MEX	1:24:54
59.	Teodorico CAPORASO	ITAI	1:24:55
60.	José Luis DOCTOR	MEX	1:25:00
61.	Raouf BEN BEHI	TUN	1:27:02
62.	David KUSTER	FRA	1:25:21
63.	Marc TUR	ESP	1:25:25
64.	Hyunsub KIM	KOR	1:25:29
65.	Bernardo Uriel BARRONDO	GUA	1:25:34
66.	José Alessandro Bernardo BAGIO	BRA	1:25:50
67.	Damian BLOCKI	POL	1:25:55
68.	Rui COELHO	POR	1:26:00
69.	Hiroto JUSHO	JPNJ	1:26:07
70.	Ever PALMA	ME	1:26:13
71.	Manuel BERMÚDEZ	ESP	1:26:13
72.	Miroslav ÚRADNÍK	SVK	1:26:14
73.	Virgilio GALINDO	MEX	1:26:20
74.	Diego PINZON	COL	1:26:23
75.	Jefferson SEGURA	MEX	1:26:31
76.	Giacomo BRANDI	ITA	1:27:06
77.	Manuel Angel LOPEZ	MEX	1:27:10
78.	Niccolò COPPINI	ITA	1:27:11
79.	José ORTIZ	GUA	1:27:18
80.	Jaime CAÑAS	ESP	1:28:45
81.	Ronal QUISPE	BOL	1:28:50
82.	Hélder DOS SANTOS	POR	1:28:54
83.	Yutaro MURAYAMA	JPN	1:28:55
84.	Alejandro Francisco FLOREZ	SUI	1:28:55
85.	Ivan LOSEV	UKR	1:29:40
86.	Fabian FESSELIER	FRA	1:29:52
87.	Daniel CHAMOSA	ESP	1:29:52
88.	Jhon RODRIGUEZ	COL	1:30:03
89.	Matheus CORREA	BRA	1:30:07
90.	Paulo MARTINS	POR	1:30:07
91.	Jérôme CAPRICE	MRI	1:30:21

92.	Max DOS SANTOS	BRA	1:30:52
93.	Marc GUERRERO	ESP	1:32:16
94.	Gregorio AJCAM	GUA	1:33:20
95.	Thomas SILVEIRA	VEN	1:34:40
96.	Mario VIÑAS	ESP	1:37:06
97.	Amaro TEIXEIRA	POR	1:38:58
98.	Jason KOZICA	AUS	1:42:19
99.	Gabriel SINIGAGLIA	PUR	1:53:14
	Jorge Armando RUIZ	COL	DQ
	Alberto AMEZCUA	ESP	DNF
	Noel Alí CHAMA	MEX	DNF
	Luis ESPADA	PUR	DNF
	Jose Manuel GARCÍA GOMEZ	ESP	DNF
	Álvaro LÓPEZ	ESP	DNF
	Miguel Ángel LÓPEZ	ESP	DNF
	Cian MCMANAMON	IRLI	DNF
	José Israel MELÉNDEZ	PUR	DNF
	Tomohiro NODA	JPN	DNF
	Isaac PALMA	MEX	DNF
	Gustavo SOLÍS	MEX	DNF
	Richard VARGAS	VEN	DNF



Australians Rhydian Cowley, Dane Bird-Smith and Claire Woods in action (photos <https://www.tufotocorriendo.com>)

The meet also included a number of other events, with results at <https://atletismo.gal/wp-content/uploads/2019/05/rcjosefna-romero.pdf>. Consider the size of the fields in these additional races – what a huge meet, with over 300 competitors in total!

U10 10km	32
U18 and Open 5km	23
U16/U14 3km	39
U12 2km	25
1km U10	12

And finally, fourth placed Perseus Karlstrom is certainly hitting the headlines this year with his ongoing series of great walks. Read the latest IAAF article at <https://www.iaaf.org/competitions/iaaf-world-championships/news/perseus-karlstrom-sweden-race-walk>.

MEETING DE BELFORT, BELFORT, FRANCE, FRIDAY 7 JUNE

Emmanuel Tardi was in Belfort, 450km in the East of Paris, last Friday evening for a new event that one of his friends was organizing and promoting. A small group of 13 walkers were on the start line at 8:30PM. Despite high wind, it was a very good race and the winners produced strong performances.

5000m Walk Men

1.	BOURNIER Justin	ESM/99	Dole Ac	21:11.20
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2.	KOEBEL Martin	CAM/02	Csl Neuf-brisach	24:24.02
3.	DE BONTIN Vincent	SEM/88	Ea Le Creusot	24:45.45
4.	CLO Ronan	SEM/95	Fc Sochaux Montbeliard	27:08.79
5.	CLAYRAC Christophe	VEM/78	Ac Pontarlier	30:42.05
6.	BOUELE Cedric (Sui)	SEM/	Delemont athletisme	33:51.64

3000m Walk Women

1.	CELLARD Loanie	ESF/98	Carquefou Ac	13:48.76
2.	CARRE Elvina	CAF/03	Louhans	14:22.49
3.	PICARD Axelle	ESF/99	St Max Essey Club Athlé	14:27.92
4.	DUQUESNE Laura	SEF/90	Ea Le Creusot	14:51.22
5.	THOURET Lucie	SEF/93	Fc Sochaux Montbeliard	15:23.54
6.	ROPERS Adele	SEF/80	Cca Rouffach	17:52.97
7.	BOUELE Birtohan (Eth)	SEF/	Delemont athletisme	23:23.43



The start of the walk



The leading men and women (photos Emmanuel Tardi)

29TH OLAT INTERNATIONAAL WANDELEVENEMENT, WEERT, NETHERLANDS, 8-9 JUNE

Last weekend saw a couple of the year's big European ultradistance walking carnivals. First to Weert in the Netherlands for the **29th OLAT Internationaal Wandelevenement** which doubled as the annual Continental Centurions qualifying race. Starting at midday on Saturday and finishing at midday on Sunday, walkers had 24 hours in which to reach the elusive 100 mile mark and they did so in style, with 24 of the 60 starters achieving that goal. It was a case of Belgium to the fore, with walkers from that country filling the first 5 places, **Bernard Cools** first with 19:41:53, **Peter Hoydonckx** second with 20:29:35 and **Peter Asselman** third with 20:43:08.

The race was held on a 2 mile course which took walkers around a local park and onto the local athletics track for the turnaround and timing point each lap.

Overall, the 23 finishers were a diverse geographical lot, 11 from Belgium, 8 from the Netherlands, 2 from GBR and one from each of NZL and IOM. 15 of the finishers were first time Continental Centurions (C472 - 486). For IOM walker **Chris Burn**, it was his third badge while **Jef Glassée**, **Bart Van Bael** and **Patrick Vandeweyer** joined the Multiple Badge Centurion List with their second badge. Sadly, although Nigerian dual centurion Charles Arosanyin was initially credited with the full 50 laps, one was short so his final distance was downgraded to 99.5km, pushing him down to 24th place.

The amazing English walker **Sandra Brown** (now 70 years of age) finished 10th with 22:22:34, a W70 world best for 100 miles. It was Sandra's 203rd race finish in events of 100 miles or further. Just as amazingly, it was her sixth hundred so far this year:

198	Feb	Bourges 24H	176.568km	24hW
199	Mar	Chateau Thierry 24H	168.527km	24hW
200	Apr	Dublin to Belfast 107 Miles	107 Miles / 27:50:04	W
201	Apr	Crawley 24H	169.289km	24hR
202	May	LDWA Hadrian 100	100mi / 35h36m	L
203	May	Weert	100mi / 22:22:34	C

See more at event website <https://www.olat.nl/iwe>. Lots of photos from Guy Destre at <https://tinyurl.com/y4mpp4cd>.

100 Miles Walk

1.	Bernard Cools	BEL	160,934 km	19:41:53	472
2.	Peter Hoydonckx	BEL	160,934 km	20:29:35	473
3.	Peter Asselman	BEL	160,934 km	20:43:08	422
4.	Malika Zerifi (1e dame)	BEL	160,934 km	20:46:13	474
5.	Chris Van Cauwenberghe	BEL	160,934 km	21:26:17	411
6.	Frank van der Gulik	NED	160,934 km	21:38:37	343
7.	Christopher James Burn	IOM	160,934 km	21:51:23	475
8.	Wilma Driessen (2e dame)	NED	160,934 km	21:51:41	364
9.	Edwin van Wijngaarden	NED	160,934 km	22:06:54	476
10.	Sandra Brown (3e dame)	GBR	160,934 km	22:22:34	131 (W70 WR)
11.	Patrick Vandeweyer	BEL	160,934 km	22:29:18	477
12.	Bart Van Bael	BEL	160,934 km	22:34:21	478
13.	Michel Verschuren	NED	160,934 km	22:36:51	479
14.	Adrie Ros	NED	160,934 km	23:13:08	416
15.	Claire Bass (4e dame)	GBR	160,934 km	23:22:45	480
16.	Gino Masto	BEL	160,934 km	23:26:01	412
17.	Margy Michiels (5e dame)	BEL	160,934 km	23:29:07	481
18.	Richard Mcchesney	GBR	160,934 km	23:29:40	432
19.	Jan Willem Vogels	NED	160,934 km	23:31:36	482
20.	Jozef Glassee	BEL	160,934 km	23:36:38	483
21.	Frank Saman	BEL	160,934 km	23:39:09	484
22.	Maik Eijdemans	NED	160,934 km	23:52:03	485
23.	David Gerrits	NED	160,934 km	24:02:29	486
	Charles T Arosanyin	NGR	160,116 km	23:41:59	
	Marcel van Tulden	NED	135,185 km	22:04:08	466
	Albertus van Ginkel	NED	131,966 km	23:11:22	399
	Joop Keetman	NED	131,947 km	24:01:00	
	Hans Pranger	NED	122,310 km	21:03:17	371
	Trudy van der Meer (W)	NED	115,872 km	17:47:35	357
	Sandra de Graaff (W)	NED	115,872 km	20:23:41	423
	Con Bollmann	NED	112,654 km	17:44:19	303
	Cristian Fernandez	NED	112,654 km	18:04:08	471
	Mitchell Perdon	NED	112,654 km	18:18:06	
	Jurgen Mol	BEL	111,835 km	24:00:44	
	Ingrid Wieringa (W)	NED	109,435 km	14:55:31	
	Jan Dinnissen	NED	109,435 km	17:49:42	
	Frans Valk	NED	109,435 km	20:39:37	
	Corina Riezebos-Rijploeg (W)	NED	106,216 km	15:17:15	455
	Peter van den Brink	NED	106,216 km	18:14:25	
	René Beukema	NED	106,216 km	18:36:52	
	Steven Luyckx	BEL	102,998 km	13:45:39	
	Arian van der Burg	NED	83,686 km	12:24:50	
	Sailash Shah	GBR	83,686 km	14:19:33	
	Martin Vos	NED	80,467 km	11:39:55	448
	Dick Stoevelaar	NED	80,467 km	11:43:19	457
	Mike Bertrand	NED	77,248 km	20:01:04	

Peter Duijst	NED	74,030 km	9:46:33	456
Marco Timmermans	NED	67,592 km	9:23:50	
Arjan Lukken	NED	67,592 km	11:25:02	460
Arjan Bogerd	NED	64,374 km	9:14:01	
Arie Kandelaars	NED	64,374 km	9:16:46	
Jantinus Meints	NED	61,155 km	7:50:35	388
Gerda Stoevelaar-Engelkes (W)	NED	61,155 km	9:29:16	
Marijke Nijland (W)	NED	57,936 km	9:49:54	
Erik Froeling	NED	57,936 km	9:49:54	
Kathy Crilley (W)	GBR	54,718 km	10:31:55	
Michiel Tamerius	NED	51,499 km	7:02:51	
Rene Wakkee	NED	48,280 km	6:04:05	451
Remy Levink	NED	48,280 km	6:43:03	
Erwin Arnold van den Bosch	NED	32,187 km	3:51:00	
Sven Verbruggen	NED	32,187 km	4:00:25	447
Suzanne Beardsmore (W)	GBR	16,093 km	2:10:08	



Chris Burn (IOM) and Bernard Cools (BEL) competing in Weert last weekend

There was a 24 Hour option, but nearly all the walkers choose to finish when they reached 100 miles. There were three hardy souls who continued on as follows

1.	Peter Asselman	BEL	183,446 km	24:00:50
2.	Adrie Ros	NED	165,753 km	23:59:29
3.	Maik Eijdem	NED	162,134 km	24:02:27

There were other lesser distance options available. First to the 100km which was won by Kris Hazelbosch with 13:58:46. Walkers who complete the 100 km for the first time within 11:30:00 will receive the Honderdman pin. Alas, no one was successful this year. It is a very tough standard.

100 Km Walk

1.	Kris Hazenbosch	BEL	100,000 km	13:58:46
2.	Bernard Jacob	BEL	100,000 km	15:02:38
	Rob Tersteeg	NED	48,501 km	5:29:50
	Bart Taks	NED	35,626 km	3:48:00

The 50 Miles walk was well supported, with the first 19 finishers all under the Kennedy Friend pin standard of 12:00:00. The overall win went to Dutch walker **Remy van den Brand** with 9:22:04

50 Miles Walk

1.	Remy van den Brand	NED	80,467 km	9:22:04	411
2.	Thomas Leijtens	NED	80,467 km	9:37:30	476
3.	Dick van Peer	NED	80,467 km	10:24:27	417
4.	Till Jacques	BEL	80,467 km	10:49:03	477
5.	Jeroen Gerritse	NED	80,467 km	10:50:31	478
6.	Roelof Otten	NED	80,467 km	11:13:23	479
7.	Zeeger van den Berg	NED	80,467 km	11:19:59	413

8.	Martin Fisher	GBR	80,467 km	11:22:44	480
9.	Tiny van Alphen (W)	NED	80,467 km	11:22:55	481
10.	Raphaël Lemmens	BEL	80,467 km	11:24:14	449
11.	Jannie Bos (W)	NED	80,467 km	11:28:31	354
12.	Ko Jak	NED	80,467 km	11:29:43	482
13.	Gustaaf Salu	BEL	80,467 km	11:38:48	483
14.	Ronald Kok	NED	80,467 km	11:40:41	484
15.	Hanny Klumpkens (W)	NED	80,467 km	11:41:05	485
16.	Appie Bos	NED	80,467 km	11:41:07	353
17.	Harrie van Adrichem	NED	80,467 km	11:43:00	472
18.	Johan van Dijk	NED	80,467 km	11:43:18	486
19.	Kelly Kuiper (W)	NED	80,467 km	11:59:14	487
20.	Rageni Goepstar-Sewnarain (W)	NED	80,467 km	12:01:04	
21.	Hein Sanders	NED	80,467 km	12:11:43	
22.	Aaf Peters (W)	NED	80,467 km	12:15:32	355
23.	Dennis Suppers	NED	80,467 km	12:23:40	
24.	Adriaan van den Dool	NED	80,467 km	12:28:38	
25.	Jan Sinot	NED	80,467 km	12:36:43	
26.	Bert Timmermans	NED	80,467 km	13:27:07	
27.	Peter Poorts	NED	80,467 km	13:28:04	
28.	Christopher Flint	GBR	80,467 km	13:37:42	
29.	Will Ubben	NED	80,467 km	13:40:56	
30.	Cora Spruit (W)	NED	80,467 km	13:41:48	445
31.	Peter Haas	NED	80,467 km	14:06:23	
32.	Chris Lauwen	NED	80,467 km	14:36:21	
33.	Marleen Ramakers (W)	NED	80,467 km	14:36:21	398
34.	David Vos	NED	80,467 km	15:11:21	
	Alain Alexandre	BEL	57,936 km	9:22:53	457
	Ad Bijnen	NED	41,843 km	6:23:56	
	Dennis Verwoert	NED	38,624 km	5:27:20	
	Nico Gerpot	NED	32,187 km	4:56:23	436
	Lucy de Keiser-Clement (W)	NED	32,187 km	4:56:23	
	Patsy Gunst (W)	BEL	28,968 km	5:20:04	

And rounding out the weekend, there was a 50km option for those who wanted a 'short' distance walk!

50km Walk

1.	Larissa Droogendijk (W)	NED	50,000 km	6:46:48	
2.	David Hoben	GBR	50,000 km	7:17:53	
3.	Annick Helsen (W)	BEL	50,000 km	7:55:31	
4.	Robert Vanhelden	BEL	50,000 km	7:55:33	
5.	Carla Lukken (W)	NED	50,000 km	8:02:26	
6.	Patricia Maaskant (W)	NED	50,000 km	8:16:01	
7.	Hilde Creemers (W)	BEL	50,000 km	8:19:38	
8.	Tanja Peeters (W)	BEL	50,000 km	8:35:16	
9.	Nele Swinnen (W)	BEL	50,000 km	9:43:42	
10.	Peter Winters	BEL	50,000 km	9:43:42	
	Paul Jansen	NED	17,813 km	1:27:47	

PARIS ALSACE CLASSIC, ACROSS FRANCE, 5-9 JUNE

Now to the second of the European ultra classics from last week. The longest walking classic on the world calendar, the **Paris-Alsace** (<http://www.paris-alsace.fr/accueil.shtml>), kicked off on Wednesday 5th June and saw see some of the finest of the European ultra distance walkers testing themselves out over a multi day format. The fields were not large (only 22 in total), due to the demanding nature of the event and due to the financial costs and logistics associated with competing (support van and crew, etc).

The route was almost identical to 2018, with 3 separate race options.:

La Mythique (426km in 3 stages)	Neuilly-sur-Marne	9.2 km
	Château-Thierry / Epinal	360.5 km
	Plainfaing / Ribeaupillé	56.3 km

La Vosgienne (303.1km in 4 stages)	Neuilly-sur-Marne	9.2 km
	Château-Thierry / Château-Thierry	34.8 km
	Vitry-le-François / Epinal	202.8 km
	Plainfaing / Ribeaupillé	56.3 km

La Nocéenne (227.2km in 3 stages)	Neuilly-sur-Marne	9.2 km
	Château-Thierry / Vitry-le-François	161.7 km
	Plainfaing / Ribeaupillé	56.3 km

Emmanuel Tardi visited the race on Friday, taking in the middle stages and following the walkers as they laboured through day 2 of the 4 day race.

The start of the 2019 edition took place as usual at 4PM on Wednesday at Neuilly-sur-Marne, with everyone walking 8 loops in the city for a 9.2km prologue. Walkers then had a chance to rest before the race started in earnest at 8PM, everyone heading off from Château-Thierry towards Charly-sur-Marne and then returning to Château-Thierry for an additional distance of 34.8km. The weather had definitely turned for the worse by this stage and competitors were forced to don the wet weather gear.

While the competitors in La Vosg enne had a stop at Ch ateau-Thierry, the other walkers simply used it as a check point, turning around and continuing on for a much longer walk to either Epinal (360.5km) or Vitry-le-Fran ois (161.7km).

The competitors in La Vosg enne were transported to Vitry-le-Fran ois in time for a departure at 5PM on Thursday towards Epinal, some 202.8km distant. They, like everyone else, had to be in Epinal by 7AM on Saturday. Then all 3 races had the same final stage of 56.3km from Plainfaing to Ribeaupill .

Full race results at <http://www.paris-alsace.fr/lesdirects/live-PA19.shtml>. I report on each race separately.

LA MYTHIQUE (426km)

La Mythique saw a very small field of only 5 men, of whom only 2 finished. Early on, the race was between **Florian Letourneau** and **Jean-Marie Rouault**, but a gap soon developed, with Rouault surging ahead. His lead was 30 minutes at the 100km mark and had extended to 90 minutes at 130km and 2 hours at 170km. Letourneau finally called it quits at Bar le Duc (226km). With **Serge Georgelin** and **Mathieu Olivares** both stopping at Ch ateau-Thierry (44km), that left only two walkers, Rouault and **Alexandre Forestieri**. They both finished the full 426km, Rouault in 56:52:02 and Forestiere in 64:15:22, over 7 hours in arrears.



Jean-Marie Rouault finishes (photo <https://www.facebook.com/marchemythiqueorganisation/>)

Stage 1 : Neuilly sur Marne : 9.2km

1	LETOURNEAU Florian	51:09
2	FORESTIERI Alexandre	51:22
3	OLIVARES Mathieu	52:13
4	GEORGELIN Serge	52:36
5	ROUAULT Jean-Marie	57:05

Stage 2 : Ch ateau-Thierry-Epinal : 360.5km

1	ROUAULT Jean-Marie	47 h 58 min
2	FORESTIERI Alexandre	55 h 37 min

Stage 3 : Plainfaing-Ribeaupill  : 56.3km

1	FORESTIERI Alexandre	7 h 47 min
2	ROUAULT Jean-Marie	7 h 57 min

Final Classification : 426.0km

1	ROUAULT Jean-Marie	USM Gagny	426.0 km	56:52:02
2	FORESTIERI Alexandre	Ust Courir A Saint Tropez	426.0 km	64:15:22
DNF	LETOURNEAU Florian	AC Chateau Thierry	226.1 km	
DNF	OLIVARES Mathieu	Neuilly-sur-Marne Athlétisme	44.0 km	
DNF	GEORGELIN Serge	EA Cessonnaise	44.0 km	

LA VOSGÉENNE (303.1km)

La Vosg eenne saw a mixed field, with **Sylvie Maison** and **Emilie Bizard-Planchot** joining their male counterparts for the 303.1km 4 stage race. The men's race was a close affair, with **Pascal Biebuyck** winning the first 3 stages, but not by much. That meant he lined up for the 56.3km stage to Ribeauville with lead of around 40 minutes over **Saadi Lougrada**. Lougrada gave it everything in the final stage and won it, taking 7 minutes back – alas, not enough - with the final standings showing a win for Biebuyck (40:26:53) ahead of Lougrada (41:05:10). In the women's race, Sylvie Maison (43:45:52) won by a little over 3 hours from Emilie Bizard Planchot (47:04:26), both women walking well. Overall, 10 of the 11 walkers completed the full race.

Stage 1 : Neuilly sur Marne : 9.2km

1	BIEBUYCK Pascal (BEL)	52:27
2	LANEAU Maxime	56:01
3	LOUGRADA Saadi	57:07
4	BIZARD-PLANCHOT Emilie	58:51
5	BALLAND Johann	59:21
6	THOUMELIN Laurent	59:23
7	JACQUEMIN Mickael	59:24
8	DANDOY Jeremy	1:00:12
9	MAISON Sylvie	1:02:08
10	CAIN Marie	1:04:16
11	GILLARD Lydia	1:08:44

Stage 2 : Ch teau Thierry-Ch teau Thierry 34.8km

1	BIEBUYCK Pascal (BEL)	3:58:49
2	LOUGRADA Saadi	4:05:42
3	LANEAU Maxime	4:12:35
4	JACQUEMIN Mickael	4:13:11
5	BALLAND Johann	4:18:09
6	MAISON Sylvie	4:29:36
7	DANDOY Jeremy	4:29:46
8	BIZARD-PLANCHOT Emilie	4:30:05
9	THOUMELIN Laurent	4:37:56
10	CAIN Marie	4:44:39
11	GILLARD Lydia	5:04:38

Stage 3 : Vitry-le-Fran ois - Epinal 202.8km

1	BIEBUYCK Pascal	28 h 04 min
2	LOUGRADA Saadi	28 h 37 min
3	MAISON Sylvie	29 h 39 min
4	JACQUEMIN Mickael	29 h 54 min
5	BALLAND Johann	31 h 59 min
6	BIZARD PLANCHOT Emilie	32 h 26 min
7	THOUMELIN Laurent	32 h 41 min
8	CAIN Marie	34 h 32 min
9	LANEAU Maxime	35 h 15 min
10	GILLARD Lydia	35 h 49 min

Stage 4 : Plainfaing-Ribeauville : 56.3km

1	LOUGRADA Saadi	7 h 25 min
2	BIEBUYCK Pascal	7 h 32 min
3	JACQUEMIN Mickael	8 h 08 min
4	BALLAND Johann	8 h 10 min
5	MAISON Sylvie	8 h 35 min
6	THOUMELIN Laurent	8 h 38 min
7	BIZARD PLANCHOT Emilie	9 h 09 min
8	GILLARD Lydia	9 h 55 min
9	LANEAU Maxime	10 h 18 min
10	CAIN Marie	10 h 25 min

Final Classification : 303.1km

1	BIEBUYCK Pascal	AC Ath (BEL)	40:26:53
2	LOUGRADA Saadi	Cm Roubaix	41:05:10

3	JACQUEMIN Mickael	AVEC / Pays de Mirecourt	43:15:20
4	MAISON Sylvie	Strasbourg AA	43:45:52
5	BALLAND Johann	AVEC / Pays de Mirecourt	44:25:10
6	THOUMELIN Laurent	Athletisme Sarthe Loir 72	46:55:42
7	BIZARD PLANCHOT Emilie	Neuilly sur Marne Athletisme	47:04:26
8	LANEAU Maxime	Us Camon	50:42:21
9	CAIN Marie	Nice Cote d'Azur A	50:46:22
10	GILLARD Lydia	Pass J'aime Courir	51:56:52
DNF	DANDOY Jeremy	Cm Roubaix	

LA NOCEEENNE (227.2km)

All 6 walkers completed la Nocéenne, which saw an interesting battle between **Damien Maldène** and **Daniel Vandendaul**. Eventually, it was Finally it was Maldène who won out by some 26 minutes with a finish time of 31:24:20.

Stage 1 : Neuilly sur Marne : 9.2km

1	VANDENDAUL Daniel (BEL)	59:21
2	HIERNARD Alain	1:00:41
3	MALDEME Damien	1:01:03
4	THEVENIN Hugues	1:05:05
5	GUILLOT Mickael	1:07:09
6	SONNOIS Martine	1:07:39

Stage 2 : Château-Thierry-Vitry le François : 161.7km

1	MALDEME Damien	22:57:28
2	THEVENIN Hugues	23:10:09
3	VANDENDAUL Daniel (BEL)	23:24:20
4	SONNOIS Martine	24:49:45
5	HIERNARD Alain	25:22:24
6	GUILLOT Mickael	26:39:40

Stage 3 : Plainfaing-Ribeauville : 56.3km

1	MALDEME Damien	7 h 26 min
2	VANDENDAUL Daniel	7 h 27 min
3	HIERNARD Alain	7 h 44 min
4	SONNOIS Martine	8 h 07 min
5	GUILLOT Mickael	9 h 05 min
6	THEVENIN Hugues	9 h 34 min

Final Classification : 227.2km

1	MALDEME Damien	AVEC / Pays de Mirecourt	31:24:20
2	VANDENDAUL Daniel	CABW (BEL)	31:50:54
3	THEVENIN Hugues	Neuilly Sur Marne Athletisme	33:48:57
4	SONNOIS Martine	Racing Club Haut-jura Morez	34:04:10
5	HIERNARD Alain	Marche Mythique Organisation	34:06:33
6	GUILLOT Mickael	AC Chateau-Thierry	36:52:01



Damien Maldeme, Jean-Marie Rouault and Alexandre Forestieri



Sylvie Maison, Martine Sonnois and Pascal Biebuyck (all photos Emmanuel Tardi)

OUT AND ABOUT

- The IAAF has released its Entry Standards for the World U20 Athletics Championships in Nairobi, 7-12 July 2020. The 10,000m walk standards are **43:40.0** (men) and **50:30.0** (women). Athletics Australia is still to release its own selection policy. The qualifying period starts on October 1st 2019.
- Russian race walking coach Viktor Chegin, who was banned for life for doping in 2016, has won state contracts to provide security at the sports venue in Saransk where he was formerly head coach, procurement documents and tax records show. Chegin owns a small security company called “Chest-S”. While such an arrangement is not prohibited by the global anti-doping authority WADA, it shows how Russia, which says it has reformed its practices following a 2015 doping scandal, has continued to back a high-profile coach serving a life ban. See <https://www.reuters.com/article/us-sport-doping-russia-chegin-exclusive/exclusive-banned-russian-athletics-coach-wins-state-contracts-for-sports-facility-idUSKCN1T71BM>.
- This is not an isolated case. Three years ago, Russian athletics coach Vladimir Mokhnev was banned for 10 years by the Court of Arbitration for Sport, global sport’s over-arching judicial body, for giving prohibited performance-enhancing drugs to members of the national track team. On May 16 this year, a Reuters reporter witnessed Mokhnev at an athletics stadium in the city of Kursk giving instructions to seven runners, recording their lap times from the side of the track and at one point coming out onto the track during a warm-up to give directions to an athlete. Another coach, Valery Volkov, had received a four-year ban for an anti-doping violation effective from August 2017, is also still involved. In addition, Sergei Portugalov, formerly the athletics federation’s chief medical officer, was banned for life by the Court of Arbitration for Sport in 2017 for doping violation, but has been found giving nutrition and training advice in lectures at a Moscow gym. See <https://www.euronews.com/2019/06/06/exclusive-two-russian-coaches-doctor-banned-for-doping-still-active-in-sport>.
- The good news is that the IAAF seems to be aware of these blatant situations and has taken them in to account at their latest reinstatement meeting last weekend. Consequently the IAAF has now extended the Russian Athletics Federation's (RusAF) suspension for the 11th time. The continuing allegations of forged documents and suspended coaches remaining active has just been too much for even the IAAF to swallow. The RusAF has been suspended by the IAAF since November 2015 when WADA found evidence through an Independent Commission of state-sponsored doping and cover-ups. See <https://www.insidethegames.biz/articles/1080360/iaaf-extends-russian-suspension-for-11th-time-following-allegations-of-forged-documents-and-suspended-coaches-remaining-active>.

MARCIADALMONDO ROUNDUP

marciadalmondo has 6 press releases for us this week.

- Tue 11 Jun - Rieti (ITA): Results of Italian U20 and U23 Championships
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3504
- Mon 10 Jun - Reviewing La Coruna
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3503

- Sun 9 Jun - La Coruna (ESP): the incredible day of glory for a debutante
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3502
- Wed 5 Jun - Sandro Damilano receives Chinese Government Award
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3501
- Tue 4 Jun - Rieti (ITA): Preview of the U20 and U23 track walk Italian Championships
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3500
- Mon 3 Jun - 1964 Olympic champion Ken Matthews dies
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3499

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

June 25-28, 2019 2019 Oceania Championships, Townsville (Open and U20 10km, U18 5km) - <https://athletics-oceania.com/>
 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
 Apr 10-13, 2020 Australian Masters T&F Championships, Brisbane, QLD. See <http://www.brisbane2020nationals.com.au/>

2019 IAAF Race Walking Challenge Series (first few dates now published)

Jun 25 (Tue), 2019 Oceania Race Walk 10km Championships, Townsville, Australia (10km M/W)
 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

Jun 17-19, 2019 China National Race Walking Gran Prix – 3, Chifeng, CHN
 Jun 22 (Sat), 2019 Polish 20km Championships, Mielec, POL (20km M/W)
 June 30 (Sun), 2019 USATF 40km Champs (includes 50km option), Owego, NY, USA
 Jul 3-14, 2019 **30th Summer Universiade**, Naples Italy
 Jul 13 (Sat) 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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