



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
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WALKER OF THE WEEK

My Walker of the Week this time around is 11 year old **Sebastian Weickhardt**. He may have broken 2 bones in his arm last week but it did not stop him walking at Middle Park on Saturday in the VRWC 1km roadwalk.

Sebastian joined VRWC last winter season and has been a regular walker with us since, steadily improving, and with current PBs of 5:25 (1km), 8:07 (1.5km) and 18:33 (3km). Well done Sebastian. A truly memorable performance.



Sebastian in action at Middle Park last Saturday (photo Terry Swan)

WHAT'S COMING UP

- Next Sunday sees the **2018 Lake Burley Griffin Walking Carnival** at the Stromlo Forest Park in Canberra. It is normally Australia's biggest annual racewalk meet and fields this year look good. We have a strong Victorian team going up, with entries as shown below. Good luck everyone! See you all in Canberra.

Boys U10 1km Walk	HEATH TATLOCK	Girls U10 1km Walk	ZAHLIA HEIKKILA-DUBOWIK
Boys U12 2km Walk	HAMISH BLACKWOOD LUKE EPPS LIAM HUTCHINS SCOTT PEART"	Girls U12 2km Walk	ZAHLIA HEIKKILA-DUBOWIK DARCEY ROBERTS RIANNAH TATLOCK
Boys U14 2km Walk	HAMISH BLACKWOOD LUKE EPPS LIAM HUTCHINS	Girls U14 2km Walk	KAYLAH HEIKKILA-DUBOWIK DARCEY ROBERTS RIANNAH TATLOCK

	LIAM O'ROURKE SCOTT PEART FRASER SAUNDER MARCUS WAKIM		
Boys U16 3km Walk	HEATH BEVERIDGE COREY DICKSON LUKE EPPS ANGUS HAY LIAM HUTCHINS LIAM O'ROURKE FRASER SAUNDER	Girls U16 3km Walk	KAYLAH HEIKKILA-DUBOWIK ALANNA PEART DARCEY ROBERTS
Boys U18 5km Walk	HEATH BEVERIDGE COREY DICKSON ANGUS HAY LIAM O'ROURKE	Girls U18 5km Walk	ALEXANDRA HAY CHARLOTTE HAY KATHLEEN O'MAHONY DARCEY ROBERTS
Boys U20 10km Walk		Girls U20 10km Walk	CHARLOTTE HAY KATHLEEN O'MAHONY
Men 30km Walk		Women 30km Walk	
Men 15km Walk	DAVID SMYTH (V)	Women 15km Walk	RACHEL TALLENT DONNA-MARIE ELMS (V)
Men 10km Walk	PETER CURTIS	Women 5km Walk	ALANNA PEART JEMMA PEART RACHEL TALLENT

- And a reminder that the our **Twilight Trivia** has now been rescheduled to **Saturday 14 July**, starting at 4:30PM. See http://www.vrwc.org.au/documents/Twilight_Trivia_July14.jpg.

VRWC ROADWALKS, MIDDLE PARK, SATURDAY 2 JUNE

It might have been our first official walk for the winter but the weather was perfect for everyone at Middle Park on Saturday, with sunny and still conditions and mild temperatures. With 46 walkers in attendance, it was a good warmup before next week's LBG carnival for many of the entrants.

Good performances from World Team Championship reps **Rhydian Cowley** and **Kyle Swan**, as well as **Charlotte Hay**, **Mark Blackwood**, **Corey Dickson**, **Marcus Wakim** and **Darcey Roberts** who bettered our VRWC U11 and U12 1km roadwalk records with her time of 4:49 (subject to confirmation by the committee). And a special mention to **Sebastian Weickhardt** who broke his arm last week but was back walking this week. What a legendary performance!

8km Walk

1.	Alison Thompson	49:41
2.	Madeleine Feain	49:45
3.	Karyn O'Neill	55:59
1.	Rhydian Cowley	37:16
2.	Kevin Cassidy	44:22
3.	Albin Hess	55:06

2km Walk

1.	Kaylah Heikkila-Dubowik	11:54
2.	Charli Walker	12:35
3.	Riannah Tatlock	12:40
4.	Emily Smith	12:58
5.	Gemma Lillie	13:17
6.	Zahlia Heikkila-Dubowik	14:09
7.	Jan Morrey	15:45
8.	Alexandra Hay	16:07
9.	Beverly Hugo	16:30
1.	Marcus Wakim	10:53
2.	Liam Hutchins	11:11
3.	Hamish Blackwood	12:01

6km Walk

1.	Paige De Lisen	33:27
2.	Donna-Marie Elms	37:15
3.	Gwen Steed	43:35
4.	Margaret Beaumont	54:38
1.	Kyle Swan	27:58
2.	Pramesh Prasad	30:44
3.	David Smyth	34:49
4.	Geoff Barrow	42:44
5.	Ian Beaumont	55:39
	Heath Beveridge	DNF

4km Walk

1.	Charlotte Hay	20:30
2.	Holly Cocking	22:46
3.	Kathleen O'Mahony	24:28
4.	Grace Louey	24:55
1.	Mark Blackwood	18:04
2.	Corey Dickson	18:36
3.	Luke Epps	21:59
4.	Angus Hay	24:45
5.	Simon Evans	25:45

1km Walk

- | | | |
|----|----------------------|-------|
| 1. | Darcey Roberts | 04:49 |
| 2. | Ela Uzun | 07:13 |
| 3. | Sophie Blackwood | 07:34 |
| 4. | Havana Ali | 07:49 |
| | | |
| 1. | Sebastian Weickhardt | 07:37 |
| 2. | Heath Tatlock | 08:49 |

- | | | |
|----|--------------|-------|
| 6. | Bruce Conboy | 32:26 |
| | Barrie Wicks | DQ |
| | Bernie Keirl | DQ |

Thanks as always to our many helpers, officials and judges. My apologies to anyone I have overlooked.

Officials: Tim Erickson, Mark Donahoo, Bill Carr, Heather Carr, Ian Laurie, Bob Gardiner, David Armstrong,
Judges: Peter Vysma (Chief), Gordon Loughnan, Terry O'Neill, Shane Dickson, Kathleen Marsh, Stuart Cooper
Canteen: Kate Suich, Wendy Cooper, Barb Gardiner
Photos: Terry Swan (see <https://www.facebook.com/media/set/?set=oa.10156298106838911&type=3>)



Mark Blackwood, Rhydian Cowley, Kyle Swan, Darcey Roberts and Corey Dickson in action last Saturday (photos Terry Swan)



Charli Walker, Riannah Tatlock, Marcus Wakim, Charlotte Hay and Zahlia Heikkila-Dubowik in action (photos Terry Swan)

Our Actual Times, Handicaps and Style Awards points competitions continued last weekend. Our best stylists on the day, as voted by the judges, were as shown below. Progressive style award points scores at <http://www.vrwc.org.au/vrwcpointscomps.shtml>.

Style Award Points – Men

Marcus Wakim	6
Rhydian Cowley	5
Corey Dickson	4
Liam Hutchins	4
Mark Blackwood	3
Heath Tatlock	2
Kyle Swan	2
Hamish Blackwood	2
Kevin Cassidy	1

Style Award Points – Women

Darcey Roberts	6
Riannah Tatlock	4
Charlotte Hay	3
Holly Cocking	3
Paige De Lisen	2
Gemma Lillie	2
Zahlia Heikkila-Dubowik	2

SAMA CLUB CHAMPIONSHIPS, PEACOCK ROAD, SOUTH PARKLANDS, ADELAIDE, SATURDAY 2 JUNE

Thanks to Colin Hainsworth for the latest results from the South Australian Masters in Adelaide. Calm, sunny, warm afternoon. **George White** was the standout with 1:05:45 (10km M72 80.31%).

SAMA 10km Club Championship

1.	Marie Maxted	1:07:14	W58	75.18%
1.	Raelene Schild	1:18:52	W53	60.63%
1.	Colin Hainsworth	1:35:10	M88	72.18%
1.	George White	1:05:45	M72	80.31%
2.	James Hoare	1:17:05	M72	68.50%
1.	Jack Russell	1:07:38	M66	72.56%
2.	John Toshac	1:19:15	M65	60.56%
1.	Ross Hill-Brown	1:29:14	M63	53.22%
	David Robertson	DQ	M84	

10km Club Walk

1.	Margaret McIntosh	1:24:50	W65	65.23%
1.	Rodger Barber	1:20:09	M80	74.06%
1.	Gil McIntosh	1:13:35	M67	67.46%
2.	Neil Hayford	1:21:17	M65	59.70%
1.	Richard Moyle	1:18:38	M62	59.77%

6km Club Walk

1.	Dave Fallon	0:48:30	M65	59.01%
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ACTRWC ROADWALKS, LAKE GINNINDERRA, CANBERRA, SATURDAY 2 JUNE

Thanks to Robin Whyte for the latest results from Canberra. Fastest times to **Mitchell Baker** and **Callum Burns**.

7.1km Walk

1.	Mitchell Baker	34:04
2.	Callum Burns	35:17
3.	Gwyllym Young	36:41
4.	Hannah Manning	39:21
5.	Greg Durr	40:15
6.	Ann Staunton-Jugovic	41:17
7.	Robin Whyte	45:54
8.	Miriam McCarthy	49:03
9.	Lisa Casey	49:03
10.	Kate Black	52:04
11.	Bob Parker	52:25
12.	Bryan Thomas	52:25
13.	Doug Fitzgerald	54:10
14.	Rosemary Parker	55:08
15.	Rod Gilchrist	55:28
16.	Monika Short	58:39
17.	Geoff Barker	59:46
18.	Jennifer Gilchrist	60:06
19.	Raine Thompson	69:12

2km Walk

1.	Laura Burns	10:13
2.	Sidney Shaw	10:52
3.	Andrew Camp-Liddiard	11:10
4.	Owen Toyne	11:13
5.	Ella Baker	13:20

TRWC ROADWALKS, WENTWORTH PARK, HOBART, SATURDAY 2 JUNE

Thanks to **Wayne Fletcher** for this week's results from Tasmania. It was a very cool day with the sun in hiding. Fastest effort by **Will Robertson** (19:30 for 4km).

5km Walk

1.	Alice Randall	25.29
2.	Steve Ahern	31.33
3.	Ron Foster	35.19
4.	Wayne Fletcher	39.55
5.	David Moore	40.49

6km Walk

1.	Ron Foster	42.41
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3km Walk

1.	Chloe Ahern	18.35
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4km Walk

1.	Will Robertson	19.30
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8km Walk

1.	Steve Ahern	50.49
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And there is a bit of a story behind the photo this week, which shows Wayne with fellow Masters walker **David Moore**. They have been having a few battles this winter season, with Wayne having the upper hand but often not by much. It is great to see a bit of rivalry!



David Moore and Wayne Fletcher in action in Hobart on Saturday (photo Wayne Fletcher)

QRWC ROADWALKS, MUDGEERABA, GOLD COAST, SUNDAY 3 JUNE

Thanks to Robyn Wales for this week's results from Queensland. Robyn commented: Gold Coast Road Walking Championships held at Mudgeeraba. It was a beautiful sunny day without a cloud in the sky. Gold Coast Records in the 2km to 12 year old **Jayda Anderson** (9:24) and 13 year old **Jonathan Wearne** (9:28). The usual high quality walk by 17 year old **Katie Hayward** (22:39 for 5km). Another big turnout of 40 walkers. I asked Robyn for her thoughts on the healthy numbers this winter. She explains:

The increase in walkers has mainly been through an advertising push at the State Little Athletics Championships, plus some new coaches. One to mention is 17 year old Ethan Clarke based at Redland Bay. He has a large squad of young walkers who think he is so cool because he trains with them. It's very encouraging to watch a young man willing to commit to others especially as he's in year 12! And of course, the Commonwealth Games helped as well.

A Grade 10km

1.	Ignacio Jimenez	M	50.07
2.	Jessica Pickles	F	52.40
3.	Peter Bennett	M	58.38
4.	Brenda Gannon	F	59.01
5.	Nyle Sunderland	F	1.02.47
6.	Kay Shaw	F	1.13.35
7.	Mark Carlile	M	1.14.14
8.	Noela McKinven	F	1.24.14

E Grade 2km

1.	Myles Callaghan	M	10.12
2.	Lyla Williams	F	11.35
3.	Sam McCure	M	11.40
4.	Charlie Capps	M	12.01
5.	Scarlett Schofield	F	12.23
6.	Kamara Stewart	F	13.03
7.	Cheyenne Zirbel	F	14.00
	Rebecca Teahen	F	DNF

Paul Lindenberg M DNF

B Grade 5km

1.	Katie Hayward	F	22.39
2.	Jade Elizabeth Pearson	F	33.09
3.	Bella Schofield	F	35.19
4.	Debbie Lindenberg	F	36.34

C Grade 3km

1.	Amelia Schofield	F	18.22
2.	Torryn Fisher	F	18.43
3.	Joshua Zirbel	M	19.44
4.	Jasmine McRoberts	F	20.19

D Grade 2km

1.	Jayda Anderson	F	9.24
2.	Jonathan Wearne	M	9.28
3.	Anika Clarke	F	10.16
4.	Ashanti Heap	F	11.07
5.	Torryn Fisher	F	12.15
6.	Korey Brady	F	12.23
7.	Robyn Wales	F	18.31

F Grade 1km

1.	Flynn Callaghan	M	5.37
2.	Makenna Clarke	F	5.38
3.	Chelsea Capps	F	6.00
4.	Siaan Fisher	F	6.56
5.	Charlotte Brady	F	6.59
6.	Blake Zirbel	M	7.35

F Grade 500m

1.	Knox Anderson	M	3.15
2.	Mikayla Zirbel	F	3.28

Gold Coast Championships

Open Men 10km:	(1) Ignacio Jimenez	(2) Peter Bennett	(3) Mark Carlile
Open Women 10km:	(1) Jessica Pickles	(2) Brenda Gannon	(3) Nyle Sunderland
U20/U18 Women 5km:	(1) Katie Hayward Rec	(2) Jade E Pearson	(3) Isabella Schofield
U16 Men 3km:	(1) Joshua Zirbel		
U16 Women 3km:	(1) Amelia Schofield	(2) Jasmine McRoberts	
U14 Men 2km:	(1) Jonathan Wearne (Record)		
U14 Women 2km:	(1) Jayda Anderson (Record)	(2) Anika Clarke	(3) Ashanti Heap
U12 Men 2km:	(1) Myles Callaghan	(2) Sam McCure	(3) Charlie Capps
U12 Women 2km:	(1) Lyla Williams	(2) Scarlett Schofield	(3) Kamara Stewart
U10 Men 1km:	(1) Flynn Callaghan	(2) Blake Zirbel	
U10 Women 1km:	(1) Makenna Clarke	(2) Chelsea Capps	(3) Siaan Fisher
U8 Men 500m:	(1) Knox Anderson		
U8 Women 500m:	(1) Mikayla Zirbel		



Some of the young Queensland walkers in their QRWC uniform on Sunday (photo Robyn Wales)

WARWC ROADWALKS, WILSON, PERTH, SUNDAY 3 JUNE

Thanks to Terry Jones for the latest results from Western Australia. Some good times – 1:41:22 by M53 **Andrew Duncan**, 51:08 by 17 year old **Ben Reid** and a great double by 19 year old **Declan Tingay** (21:48 for 5km and 8:28 for 2km).

2km Handicap

1.	Brooke Mortimore	10.50
2.	Xavier Bernard	11.21
3.	Ashlyn Spence	12.03
4.	Casey Mortimore	11.14
5.	Luke Lawrence	12.24
6.	Sienna Andritsos	11.14
7.	Alessia Andritsos	11.52
8.	Jasmine Williams	13.29
9.	Asha Freeman	14.55
10.	Ellis Freeman	14.55
11.	Declan Tingay	8.28

20km Walk

1.	Andrew Duncan	101.22
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10km Handicap

1.	Ben Reid	51.08
2.	Brad Mann	57.01

5km Handicap

1.	Karyn Tolardo	30.25
2.	Declan Tingay	21.48
3.	Cooper Anderton	26.44

SARWC ROADWALKS, ATHELSTONE LINEAR PARK, ADELAIDE, SATURDAY 2 JUNE

Thanks to **Peter Crump** for his weekly report from South Australia. Good to see Peter leading from the front with his M57 10km time of 1:01:18. Good time also by young **Tristan Camilleri** (24:10 for 5km).

3km Walk

1.	Toby Wilks	15:18
2.	Kiera Ross	16:47
3.	Mia Wilks	17:23

2km Walk

1.	Hannah Wilks	11:19
2.	Katie DeRuvo	12:05
3.	Sebastian Richards	12:06
4.	Sam Wilks	12:48

10km Walk

1.	Peter Crump	1:01:18
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5km Walk

1.	Tristan Camilleri	24:10
2.	Olivia Sandery	26:00
3.	Mathew Bruniges	29:23

2018 SRI CHINMOY 24 HOUR TRACK RACE SYDNEY, NSW, JUNE 2-3

Last weekend was a big one for ultra distance athletes in Australia, with a variety of meets on the calendar, one of the most prestigious being the annual Sri Chinmoy "24 Hours on Track" at the Campbelltown Athletics Centre, near Sydney. Events on offer included 24-Hour, 12-Hour, 6-Hour and Marathon Track Races.

The Sri Chinmoy 24 Hour race has been staged variously at Adelaide, Brisbane and Sydney since 1982 and is the oldest ultra in Australia. The event is renowned for the level of care and service provided to runners, and the family atmosphere amongst helpers and athletes (most of the organising team are or have been ultra runners). This was the 35th staging (it was cancelled in 1998 and 2001 due to deaths of prominent Sri Chinmoy personnel), so it is level pegging with the Victorian 24 Hour Track Championship which is held at Coburg each April, was first held in 1984 and has also seen 35 stagings.

As an aside, you can check out the Sri Chinmoy past winners (from 1982 to 2008) at https://www.aura.asn.au/data/Results/Older/SriChinmoy_YearlySummary_29-01-09.pdf and the Victorian 24H past winners (all of them) at <http://www.coburg24hr.org/24hr/history/past-winners/>. There are some well known names in those lists! Note that Yiannos Kouros' world record of 303.506km was set in the Sri Chinmoy race in Adelaide in 1997.

Anyway, I digress! Conditions at Campbellfield last weekend were ok from a temperature point of view (7 – 18°C), mostly cloudy but with buffeting winds in the 35-45 km/hr range. Thankfully it had been raining the previous day but cleared on the Friday night.

Three walkers were among the largely running field in the 24 Hour option and all did well. **Justin Scholz** (C61) completed yet another 100 miles walk, this time with **21:48:15**, his 10th 100 mile walk finish. Of course, he has plenty of 100 mile run finishes as well so is a multi talented athlete! NSW racewalker **Robert Osborne** walked well for the first half before slowing, his final distance still a good 124.232km. And 72 year old NSW walker **David Attrill** did an excellent walk, finishing 24th with 120.632km.

2018 Sri Chinmoy 24 Hour Championship

13.	Justin Scholz	161.200 km	M45	21:50:43
22.	Robert Osborne	124.232 km	M60+	23:56:49
24.	David Attrill	120.632 km	M70+	23:57:04

Two other of our Australian Centurions were in action, but as runners, and both reached 100 miles +. **Sharon Scholz** (C63) finished 4th with 1=88.450km and **Anyce Melham** (C65) finished 11th with 163.852 km.

Event website at <https://au.srichinmoyraces.org/events/24hour>
 Full results at <https://my5.raceresult.com/99351/results?lang=en>



Justin Scholz after completing yet another 100 mile walk (photo Sharon Scholz)

NSWRWC ROADWALKS, WOY WOY, NSW, SATURDAY 26 MAY

Finally, back a week for the NSW Race Walking Club roadwalks at Woy Woy. Good 8km times by **Tyler Jones** (36:30) and **Dylan Richardson** (37:50) and good 6km times by **Jack McGinniskin** (28:50) and **Allanah Pitcher** (39:39).

These results are as published on the NSWRWC website but I have my doubts on a couple of events. I suspect the U16 2km times are more indicative of a 3km race and that the U10 0.5km times are more indicative of a 1km race. Any ideas there by NSW readers?

U16 2km Walk (?)

1.	Chloe McLoughlan	16.17
2.	Peter Elliott	16.40
3.	Chloe Krklinski	17.56
4.	Brendan Pospischil	18.16
5.	Jessie Colfax	19.01
6.	Isabelle Nilon	19.07
7.	Kailey Webber	20.18
8.	Jasmine Wong	20.20
9.	Zsofia Varga-Strike	21.22
10.	Amelia Crocker	27.53
11.	Emily Challinor	27.53

U12 1km Walk

1.	Thomas Varga-Strike	5.15
2.	Ellia Nordenson	5.33
3.	Sienna Pitcher	6.03
4.	Dylan Ryan	6.28
5.	Ashlyn Webber	6.47
6.	Sarah Challinor	7.14
	Aiden Pospichil	DQ

U10 0.5km Walk (?)

1.	Christopher Nilon	5.40
2.	Mia Stewart	5.50
3.	Emma Hearden	6.41
4.	Luke Challinor	11.13
5.	Zoe Zantiotis	11.39

Long Division 8km Walk

1.	Tyler Jones	36.30
2.	Dylan Richardson	37.50
3.	Oscar Tebbutt	41.05
4.	Travis Barendregt	41.07
5.	Molly O'Neill	43.32
6.	Chelsea Goodhew	44.00
7.	Bridget Bell	48.08
8.	Anne Weekes	52.15

Medium Division 6km Walk

1.	Jack McGinniskin	28.50
2.	Allanah Pitcher	29.39
3.	Jasmine Dighton	35.17
4.	Izabella Dunne	36.23
	Kyle Bedford	DNF

Short Division 3km Walk

1.	Emma Thomas	16.28
2.	Brittany Robertson	18.04
3.	Nicolle Challinor	20.32
4.	Nicole Nilon	21.10

XXXII GRAN PREMIO CANTONES DE LA CORUÑA, LA CORUÑA, SPAIN, SATURDAY 2 JUNE

Colombia's world champion Eider Arévalo and China's Qieyang Shenjie captured their respective 20km victories last Saturday with 1:19:14 and 1:26:28 at the 32nd Gran Premio Cantones de Marcha, the Spanish leg in the 2018 IAAF Race Walking Challenge. On a cloudy afternoon with a temperature around 15°C, they succeeded in very different ways. While the 25-year-old Arévalo got the better of Spain's Diego García by just four seconds, the Chinese walker was an overwhelming victor as she built a massive 1:30 advantage over her closest pursuer, Spain's Julia Takacs, who managed a massive PB of 1:27:58.

I reproduce the reports of Emeterio Valiente for the IAAF (see <https://www.iaaf.org/news/report/arevalo-and-qieyang-prevail-la-coruña-race-wa>).

20km Walk Men

The men's competition kicked off at a steady pace of around four minutes per kilometre and by the five kilometre checkpoint, which was reached in 20:08, still ten athletes remained in the leading group, with **Álvaro Martín** making most of the pacing duties. The Spaniard pushed hard and progressively injected a brisker speed as he crossed the halfway point in 39:57 with only the company of his compatriot **Diego García**, the current European U-23 champion, while the chasing group, comprising **Eider Arévalo**, Spain's **Miguel Ángel López**, the Japanese duo of **Akihiro Noda** and **Masatora Kawano** and China's **Jin Xiangqian** among others, travelled eight seconds in arrears (40:05).

However, the lead of the Spanish tandem was going to be short-lived as they were caught two kilometres later. The first major casualty in the top group was the 2015 world champion López as he began to lose ground, with the clock reading 52 minutes. After several hesitant splits – the 16th kilometre was covered in a slow 4:10 – it was Xiangqian who unleashed a powerful change of speed to cover the 17th circuit in a frantic 3:42 to open a three-second gap over García and Arévalo, the only athletes responding to his furious attack.

While the Chinese was finally a victim of his own tactics as he struggled on the final stages, García and Arévalo startled the crowd with a fascinating clash over the closing three kilometres. The Spaniard remained at front throughout while Arévalo seemed to walk effortlessly waiting to make his move at the right moment, which came some 350m to go when the 25-year-old Colombian easily overtook García to join the illustrious list of winners in La Coruña.

At the tape, Arévalo was clocked in a massive SB of 1:19:14, his second fastest ever time only bettered by the National record of 1:18:53 he set to win the London worlds last summer. The delighted victor said, "I needed such a good result like today after my below-par performance in Taicang. I knew I was in great shape and fortunately the weather was ideal, the rivals were of the highest calibre and all those things have led me to this brilliant win today."

Asked on his preference for the nearby city of Pontevedra to prepare his last competitions, the Colombian ace confirmed, "There, my Colombian mates and me are like at home, people take care of us, they are so kind, there are good circuits to train, everything is fantastic in Pontevedra," concluded Arévalo, who must keep sweet memories from Spain as he became world junior 10,000m champion in Barcelona 2012.

As for García, the still 22-year-old surprise runner-up was over the moon as he destroyed his lifetime best for no less than 1:16 to set a new Spanish under 23 record which belonged to the former (1993) world 20km champion Valentín Massana. "Over the last laps my main target was to break the Spanish record (1:19:25), that's the reason I pushed hard. Arévalo is the world champion and he would have likely beaten me anyway so I can't be more happy. I hope to be in the fight for the medals at the Europeans in Berlin."

Japan's Akihiro Noda completed the podium with a 1:19:49 lifetime best.

1.	Eider ARÉVALO	COL	1:19:14
2.	Diego GARCÍA CARRERA	ESP	1:19:18
3.	Tomohiro NODA	JPN	1:19:49
4.	Masatora KAWANO	JPN	1:20:11
5.	Xiangqian JIN	CHN	1:20:24
6.	Álvaro MARTÍN	ESP	1:20:46
7.	Miguel Ángel LÓPEZ	ESP	1:20:54
8.	Fumitaka OIKAWA	JPN	1:21:09
9.	Manuel Esteban SOTO	COL	1:21:13
10.	Noel Alí CHAMA	MEX	1:21:55
11.	João VIEIRA	POR	1:22:06
12.	Gabriel BORDIER	FRA	1:22:15
13.	Tongda BIAN	CHN	1:22:26
14.	Jordy JIMÉNEZ	ECU	1:23:07
15.	Richard VARGAS	VEN	1:23:08
16.	Juan Manuel CANO	ARG	1:23:28
17.	Jun ZHANG	CHN	1:23:33
18.	Rui CHEN	CHN	1:24:28
19.	Brandon SEGURA	MEX	1:24:40
20.	Damian BLOCKI	POL	1:24:48

21.	Håvard HAUKENES	NOR	1:24:58
22.	Yassir CABRERA	PAN	1:25:00
23.	Yutaro MURAYAMA	JPN	1:25:01
24.	Pedro Daniel GÓMEZ	MEX	1:25:05
25.	Virgilio GALINDO	MEX	1:26:06
26.	Xu LIU	CHN	1:26:20
27.	Rui COELHO	POR	1:26:31
28.	Pablo OLIVA	ESP	1:26:53
29.	Jefferson SEGURA	MEX	1:26:53
30.	David HURTADO	ECU	1:27:10
31.	Iván LÓPEZ	ESP	1:27:13
32.	Shuto GOTO	JPN	1:27:51
33.	Luis José SOLÍS ROSALES	MEX	1:28:53
34.	Mario VIÑAS	ESP	1:30:16
35.	Hélder DOS SANTOS	POR	1:30:45
36.	Fabien BERNABÉ	FRA	1:30:51
37.	Kevin CERRO	ESP	1:32:43
38.	Josè ROMERO	HON	1:32:56
39.	Álvaro LÓPEZ NUÑEZ	ESP	1:33:01
40.	Jesus ABAD	ESP	1:34:51
41.	Marc GUERRERO	ESP	1:34:51
42.	David REYES	ESP	1:35:00
43.	Jaime CAÑAS	ESP	1:35:06
44.	Luis ESPADA	PUR	1:35:12
45.	Jose Manuel GARCÍA GOMEZ	ESP	1:35:55
46.	Jefferson Santiago IMBACUAN	ECU	1:40:58
47.	Endor RODRIGUEZ PERERA	ESP	1:44:45
	Luis Manuel CORCHETE	ESP	DQ
	Dominique VAN HILLE	FRA	DQ
	Dorian ADAM	FRA	DNF
	Alberto AMEZCUA	ESP	DNF
	José Luis DOCTOR	MEX	DNF
	Perseus KARLSTRÖM	SWE	DNF
	Axel MUTTER	FRA	DNF
	Aurelien QUINION	FRA	DNF
	Miguel RODRIGUES	POR	DNF
	Takumi SAITO	JPN	DNF
	Marc TUR	ESP	DNF

20km Women

The women's event produced no surprises as the pre-race favourite **Shijie Shenjie** proved to be head and shoulders ahead of the rest of the line-up. From the gun, the 27-year-old London Olympics silver medallist easily broke away from the others with tremendous ease and her win became clear already in the early stages.

Shenjie went through the opening 5000m in 21:36 to build a massive 46-second advantage on the chasing pack which was formed by the Spanish duo of the 2011 European U-23 silver medallist **Julia Takacs** and **Raquel González** plus the Portuguese tandem of **Ana Cabecinha** and the world 50km champion **Ines Henriques**.

Like a Swiss clock, Shenjie walked at slightly under 4:20 per km pace to clock 43:10 at halfway. By then, Takacs had managed to get rid of her chasing group mates and travelled alone in second, 1:01 behind the Chinese but 18 seconds clear of Cabecinha, while Henriques and González walked together another 24 seconds adrift.

There were no remarkable changes over the second half of the 20-lap event with Shenjie gradually strengthening her leadership, Takacs comfortably in second and Cabecinha a distant third.

At the finish line, the winner achieved a season's best of 1:26:28 in her fourth outing this year and the 28-year-old Takacs, who was born in Hungary but moved to Spain at the age of 13, secured the second spot in a lifetime best of 1:27:58. Cabecinha was third in 1:29:41. The clear winner expressed her satisfaction for her win after the two runner-up places she recorded in 2015 and 2016 behind her compatriot Liu Hong on both occasions.

1.	Shijie QIEYANG	CHN	1:26:28
2.	Júlia TAKÁCS	ESP	1:27:58
3.	Ana CABECINHA	POR	1:29:41
4.	Raquel GONZÁLEZ	ESP	1:30:15
5.	Inês HENRIQUES	POR	1:30:34
6.	Lidia SÁNCHEZ-PUEBLA	ESP	1:31:21
7.	Alana BARBER	NZL	1:33:10
8.	María DE LA LUZ PEREZ	MEX	1:36:25

9.	María Guadalupe SÁNCHEZ	MEX	1:36:29
10.	Valeria ORTUÑO	MEX	1:36:38
11.	Eliany PEREIRA	BRA	1:37:35
12.	Marina PEÑA	ESP	1:39:15
13.	Amandine MARCOU	FRA	1:40:11
14.	Vitória OLIVEIRA	POR	1:40:17
15.	Nádia CANCELA	POR	1:41:04
16.	Lluna CAPDEVILA	ESP	1:42:00
17.	Sae MATSUMOTO	JPN	1:42:23
18.	Nadia GONZÁLEZ	MEX	1:42:50
19.	Antía CHAMOSA	ESP	1:44:00
20.	Gabriela GONZÁLEZ	MEX	1:44:03
21.	Leyre ARAMBURU	ESP	1:44:40
22.	Mariana MOTA	POR	1:46:49
23.	Jeanne BILLA	FRA	1:48:50
24.	Miriam CARTAGENA	ECU	1:53:00
25.	Macarena RUIZ	ESP	1:53:37
26.	Carolina FONTOURA	BRA	1:58:53
	Sandra ARENAS	COL	DNF
	Laury CERANTOLA	FRA	DNF
	Laura GARCÍA-CARO	ESP	DNF
	María LARIOS	ESP	DNF
	Cisiane LOPES	BRA	DNF
	Zhenxia MA	CHN	DNF
	Emilie MENUET	FRA	DNF
	Irene MONTEJO	ESP	DNF
	María PÉREZ	ESP	DNF

MOULTON WALKS, MOULTON, SUFFOLK, SATURDAY 2 JUNE

Thanks to Ron Wallwork for the results of the Moulton 5 Miles walks, Race 6 of the Essex Race Walking League (ERWL) 2018 season. He reports:

The race over a challenging out and back course took place in warm muggy conditions. The walkers were sent on their way in two waves by Olympians **Barbara Lawton** (nee Inkpen) and **Eric Hall**; those who were deemed unlikely to better the hour and all others 20 minutes later.

Callum Wilkinson took ten seconds off Dominic King's course record and **Maddy Shott**, putting recent health difficulties behind her walked impressively to an easy victory.

It was truly a family event with Two Kings, three Wilkinson's and five Crane family members taking part along with a number of 'casual' walkers who make a point of supporting this particular event. There were prizes presented by **Joe Mower** (Suffolk CAA), **Oliver Flynn** (1978 CG champion) and **George Nibre** (1979 GB international), for every participant. Over 25% of the competitors were Centurions and it was the Masters debut for the King twins.



The men's and women's podiums (photos from Ron Wallwork's report)

Men 5 Miles Walk

1.	Callum Wilkinson	Enfield H AC	U23	33.48
2.	Dominic King ©	Colchester H	M35	36.15
3.	Daniel King ©	Colchester H	M35	36.28
4.	David Crane	Surrey WC	M40	40.15
5.	George Wilkinson	Enfield H AC	U17	41.56
6.	Steve Uttley	Ilford AC	M60	48.52
7.	John Hall	Belgrave H	M65	49.22

8.	Mark Culshaw	Ilford AC	M	50.35
9.	John Ralph	Enfield H AC	M60	52.25
10.	John Borgars ©	Loughton AC	M70	52.39
11.	George Nibre	Ilford AC	M60	53.33
12.	David Kates ©	Ilford AC	M65	53.5
13.	Steve Allen	Barnet & D	M55	55.05
14.	Tony Wilkinson	unattached	M55	57.12
15.	Michael Harran	Surrey WC	M80	57.17
16.	Chris Flint ©	Surrey WC	M70	57.24
17.	Arthur Thomson	Enfield H AC	M80	57.59
18.	Bob Dobson ©	Ilford AC	M70	58.51
19.	David Hoben	Surrey WC	M65	59.02
20.	Paul Firmage	Ryston R	M60	59.07
21.	Sean Pender ©	Enfield HAC	M60	60.11
22.	Peter Crane	Surrey WC	M70	63.38
23.	Peter Cassidy	Loughton AC	M75	63.44
24.	Ben Turner	Unattached	SM	64.37
25.	Phil Nutley	LDWA	M70	67.07
26.	Mick Barnbrook ©	Ilford AC	M70	67.28
27.	David Ainsworth©	Ilford AC	M65	74.42
28.	Ken Livermore ©	Enfield HAC	M85	76.26

Women's 5 Miles Walk

1.	Maddy Shott	Belgrave H	SW	45.37
2.	Helen Middleton	Enfield H AC	W55	49.46
3.	Maureen Noel	Belgrave H	W55	51.46
4.	Fiona Bishop	Woking AC	W55	53.52
5.	Clare Parkinson	unattached	W60	53.57
6.	Joyce Crawford ©	Enfield H AC	W50	55.11
7.	Sue Barnett	EMAC	W65	56.15
8.	Angie Underdown ©	Bury Pacers	57.35	W50
9.	Diana Braverman	Enfield HAC	W65	61.32
10.	Valerie Nutley	LDWA	W60	62.08
11.	Rachel Crane	unattached	W35	63.38
12.	Anna Crane	Histon & Imp	SW	64.37
13.	Viv Haughton	Moulton	W60	71.14
14.	Sue Mills	Moulton	W50	71.47
15.	Anne Scriven	Moulton	W50	77.36

1 Mile Walk

1.	Gemma Lewis	Frinton	Gu13	14.02
2.	Anya Nibre	Frinton	Gu13	14.02
1.	Peter Howard	Enfield HAC	M75	16.28

Suffolk CAA championships

1.	Joyce Crawford	1.	Callum Wilkinson
2.	Angie Underdown	2.	George Wilkinson
3.	Val Nutley	3.	Tony Wilkinson

Did you ever wonder how many people it takes to put on a successful race. I don't normally publish this info but here it is for the Moulton Races. Well done to Ron as event organiser and well done to all the helpers, officials and judges.

Judges:	S. Cartwright, S. Lightman, P. Wilson
Registrations:	L. Spinks, M. Livermore
Timekeepers/Recorders:	J. Mower, P. Welch / C. Lawton ©, P. Ficken ©, T. Wilkinson
First Aid:	M. Houghton, G. Law, M. Woollard
Finish Water Stewards:	J. Knott, C.
Refreshments:	M. Hall, Y. Slater, R. Spinks, J. Wallwork
Water Station:	1 st Moulton Scout Troop
Marshalls:	R. Bowes, G.& J. Dobson, J. Grant, P. McHugh, J. Morgan, D. Rabbeth, C. Richmond, L. Ruddock, D. Spinks, R. Still, L. Warner
Course Management:	M. Ashpole, I. Spinks
Event Organiser:	R. Wallwork

FRENCH NATIONAL MEET, LUNAVILLE, FRANCE, FRIDAY 1 JUNE

Thanks to Emmanuel Tardi for letting us know about 2 new French women's records at a National Meet in Lunaville last Friday evening - **Clemence Beretta** set a new U23 record with 22:08:49 (previous record Nathalie Marchand 22:26:5 02.06.1990) and **Julia Perrichon** set a new U18 record with 23:48:05 (previous record Eloise Terrec 23:50:26 13.06.2015).

5000m Walk Women

1.	BERETTA Clemence	ESF/97	Athle Vosges Pays	22:08:49
2.	TERREC Eloise	ESF/98	Ac Roche-sur-yon	23:46:58
3.	PERRICHON Julia	CAF/01	Grenoble Uc	23:48:05
4.	BUAUD Elise	SEF/89	Athletisme Metz Metropole	25:25:00
5.	DEMON Sonia	VEF/72	Efs Reims A.	25:46:25
6.	STEY Pauline	CAF/01	Rohan Athletisme Saverne	25:56:11
7.	LAMOUREUX Felicia	CAF/01	Club Athletisme De Belleu	26:57:66
8.	MONMESSIN Marie-astrid	VEF/56	Es Thaon	27:06:87
9.	BOIRON Eva	CAF/02	Athle Vosges Pays	28:12:58
10.	PICARD Axelle	JUF/99	St Max Essey Club	28:42:53
11.	BOUDAZIN Clemence	CAF/02	Athle Vosges Pays	28:49:93
12.	CAGNIN Lea	CAF/01	Athle Vosges Pays	28:58:65



Podium at Lunaville (photo Emmanuel Tardi)

ITALIAN U23 & U20 10,000M TRACK WALKS, AGRIPOLI, ITALY, SUNDAY 3 JUNE

Thanks to marciadalmondo (see http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3190) for the results of the Italian U23 and U20 10,000m track walk championships last Sunday in Agripoli, near Salerno. Excellent numbers in all 4 championships. Victories to **Riccardo Orsoni** (U20 43:59.30), **Gianluca Picchiottino** (U23 40:17.14), **Andrada Lavinia Lacatus** (U20 49:48.43) and **Lidia Barcella** (U23 47:46.47). See also the interesting discussion about the standard of Italian racewalk judging, as evidenced at the meet.

U23 Men 10,000m Walk

1.	PICCHIOTTINO Gianluca	1996	G.A. FIAMME GIALLE	40:17.14
2.	CHIESA Stefano	1996	ATL. CENTO TORRI PAVIA	40:34.56
3.	BRANDI Giacomo	1998	ATL. AVIS MACERATA	41:42.17
4.	ANGELINI Gregorio	1996	ALTERATLETICA LOCOROTONDO	41:46.48
5.	GRILLO Ettore	1997	ATLETICA FIRENZE MARATHON	43:55.84
6.	COZZA Cesare	1997	A.S. LA FRATELLANZA 1874	45:56.55
7.	MICHELETTI Juriy	1998	ATL. BERGAMO 1959 ORIOCENTER	46:28.69
8.	MACCARI Elia	1998	ATLETICA IMPRESA PO	48:48.96

U23 Women 10,000m Walk

1.	BARCELLA Lidia	1997	BRACCO ATLETICA	47:46.47
2.	ANSALDI Martina	1996	ATL. BRESCIA 1950 ISPA GROUP	48:52.87
3.	IMBESI Giulia	1996	GA ARISTIDE COIN VENEZIA 1949	50:45.83

4.	FORESTI Beatrice	1998	ATL. BERGAMO 1959 ORIOCENTER	54:23.39
5.	ANDREOSE Beatrice	1998	GA ARISTIDE COIN VENEZIA 1949	54:58.21
6.	PISANO Arianna	1998	ATLETICA ARCOBALENO SAVONA	55:14.50
7.	BRAY Elisabetta	1998	C.U.S. TORINO	55:34.46
8.	RUGGERI Giulia	1997	O.S.A. SARONNO LIB.	57:05.97
9.	BUCCI Fabiana	1998	A.S.D.AMAT.ATLETICA SERAFINI	57:06.00
10.	PASCAL Gina Ionela	1996	ATL. ARCS CUS PERUGIA	58:21.29
11.	GALLINO Alessia	1997	ATL. ALESSANDRIA	58:26.26
12.	PONTAROLLO Erika	1998	ATL.VICENTINA	59:08.92

U20 Men 10,000m Walk

1.	ORSONI Riccardo	2000	C.U.S. PARMA	43:59.30
2.	FANELLI Nicolas	1999	ATL. AMATORI CISTERNINO	44:09.40
3.	CHIRIVI' Diego	1999	C.U.S. TORINO	44:35.94
4.	BARATTINI Fabio	1999	ATLETICA LIVORNO	45:20.59
5.	PERRONE Alessandro	2000	ASD NEOS MATERA	46:24.28
6.	MELI Mikias	2000	ATL. BERGAMO 1959 ORIOCENTER	46:34.64
7.	GALLO Matteo	1999	A.S.D. ATLETICA DON MILANI	46:42.50
8.	DISARO' Michele	1999	G.S. FIAMME ORO PADOVA	47:28.13
9.	ROMANZI Emanuele	1999	FIAMME GIALLE G. SIMONI	47:41.77
10.	BERTOLINI Ettore	2000	C.U.S. TORINO	48:05.74
11.	DEPONTE Simone	2000	TRIESTE ATLETICA	48:57.78
12.	BRUSACA' Guglielmo	1999	ASD ATLETICA SPEZIA DUFERCO	49:25.07
13.	BRAGGIO Mattia	2000	GRUPPO CITTA' DI GENOVA	49:40.29
14.	GAGLIARDI Edoardo	1999	S.A.F.ATLETICA PIEMONTE A.S.D.	50:28.53
15.	ANNOSCIA Leonardo	2000	ASD ATHLETIC ACADEMY BARI	50:51.55
16.	ACRAMI Nicolo'	2000	ATL. MARIANO COMENSE	51:32.62
17.	GALLO Mattia	2000	TOSCANA ATLETICA FUTURA	51:53.40

U20 Women 10,000m Walk (first 10 of 18 finishers)

1.	LACATUS Andrada Lavinia	2000	P.B.M. BOVISIO MASCIAGO	49:48.43
2.	CRIVELLARO Camilla	2000	CUS PRO PATRIA MILANO	51:55.61
3.	MIRABELLO Anthea	1999	FIAMME GIALLE G. SIMONI	52:46.99
4.	LENTINI Alessandra	2000	A.S.D. ATLETICA DON MILANI	53:03.63
5.	MIRABELLO Angelica	1999	FIAMME GIALLE G. SIMONI	53:45.54
6.	PUSILLICO Grazia	2000	A.S.D. C.U.S. CATANIA	54:03.61
7.	MARTELLI Giada	2000	A.S.D. FRANCESCO FRANZIA	54:08.85
8.	VULPIS Maria Teresa	1999	U.S. GIOVANI ATLETI BARI	54:38.34
9.	MARIANI Federica	1999	ASD AICS HADRIA PESCARA	55:33.83
10.	SILLI Laura	1999	ATLETICA MALIGNANI LIBERTAS	56:08.05

2018 PARIS-ALSACE CLASSIC, ACROSS FRANCE, MAY 30-JUNE 2

The 70th edition of the famous Paris-Alsace classic was held last week, with a small and select group of the world's best ultra distance walkers testing themselves out in a demanding multi-day format. First to the format:

- The first shared stage of 9.2km was held in the Paris suburb of Neuilly-sur-Marne, starting on Wednesday 30th May at 16:00. All competitors completed an 8 lap loop for a total distance of 9.2km.
- The second stage started in Château-Thierry at 20:00 on Wednesday evening, after a short rest. All competitors walked to Charly-sur-Marne and then returned to Château-Thierry, a distance of 35km. The women stopped there but the second stage for the men continued towards Epinal for a stage distance of 360km.
- Meanwhile, the women travelled to Vitry-le-François for their next stage, starting at 17:00 on Thursday. This stage then finished at Epinal, a distance of 200km. The women had to arrive at Epinal by 7am on Saturday to avoid automatic withdrawal from the event.
- The final shared stage of 55.6km (same for men and women) took place as usual between Plainfaing and Ribeauville and involved a tough climb over the famous Col de Bonhomme. It was indeed a case of keeping the best till last!

Overall, the men had to walk 425km, the women had to walk 300km and a small group of men participated in a 230km ancillary event called La Noceenne. Here are the stages:

Men's Event : 425 km

NEUILLY-SUR-MARNE – NEUILLY-SUR-MARNE (9.2 km) Start Wed 16:00 (8 laps of 1.2km in center of the city)
 CHATEAU-THIERRY – EPINAL (360 km) First start Wed 20:00
 2hours rest in BAR-LE-DUC
 PLAINFAING – RIBEAUVILLE (56 km) First start Saturday 09:00. Lots of mountains

Women's Event : 300 km

NEUILLY-SUR-MARNE – NEUILLY-SUR-MARNE (9.2 km) Start Wed 16:00 (8 laps of 1.2km in center of the city)
 CHATEAU-THIERRY – CHATEAU-THIERRY (35 km) First start Wed 20:00
 VITRY-LE-FRANCOIS – EPINAL (200 km) First start Thursday 17:00
 PLAINFAING – RIBEAUVILLE (56 km) First start Saturday 09:00. Lots of mountains

LA NOCEEENNE (Ancillary event) 230 km - Men only

NEUILLY-SUR-MARNE – NEUILLY-SUR-MARNE (9.2 km) Start Wed 16:00 (8 laps of 1.2km in center of the city)
 CHATEAU-THIERRY – VITRY-LE-FRANCOIS (164 km) First start Wednesday at 20:00
 PLAINFAING – RIBEAUVILLE (56 km) First start Saturday 09:00. Lots of mountains

At the end of the initial 9.2km stage, Frenchman **Eddy Roze** was leading overall with 48:00, ahead of USA walker **Erin Taylor-Talcott** (49:43) and **Florian Letourneau** (50:01). Erin was some 10 minutes ahead of Russian **Irina Poutinseva** in the women's race.

Men Stage 1

1.	ROZE Eddy	FRA	48:00
2.	LETOURNEAU Florian	FRA	50:01
3.	OSIPOV Dmitry	RUS	50:25
4.	LASSALLE Emmanuel	FRA	51:56
5.	OLIV ARES Mathieu	FRA	52:24
6.	VARAIN Cedric	FRA	55:57
7.	GEORGELIN Serge	FRA	57:23
8.	LOUGRADA Saadi	FRA	58:40
9.	VERMEIR Guido	BEL	59:11
10.	THEVENIN Pascal	FRA	1:02:55
11.	LACROIX Jean-Louis	FRA	1:03:53

Women Stage 1

1.	TAYLOR- TALCOTT Erin	USA	49:43
2.	POUTINSEVA Irina	RUS	59:35
3.	MASLOVA Tatiana	RUS	1:02:45
4.	MIROSHNICHENKO Vera	RUS	1:05:07
5.	BIZARD Claudie	FRA	1:05:11
6.	CRILLEY Kathy	GBR	1:13:14

La Noccenne Stage 1

1.	TOUT AIN Eric	FRA	56:46
2.	JACQUEMIN Mickael	FRA	59:02
3.	HIERNARD Alain	FRA	1:01:51
4.	BALLAND Johann	FRA	1:02:22
5.	CHUI Didier	FRA	1:02:23
6.	DALUZ Robert	FRA	1:04:54

After about an hour's break, they were off again, the women for 35km and the men for a massive 360km stage.

By the time the women had finished their second stage (for a total distance of 44.2km), Erin had increased her lead to nearly 40 minutes and was riding a big high.

1.	TAYLOR-TALCOTT Erin	4:40:16
2.	MASLOVA Tatiana	5:22:09
3.	POUTINSEVA Irina	5:23:35
4.	MIROSHNICHENKO Vera	5:57:39
5.	BIZARD Claudie	6:02:40
6.	CRILLEY Kathy	6:28:58

It was a different story for the men. As the night progressed, they walked on towards Epinal, still some 300km away. They were allowed one stop of 2 hours at Bar-Le-Duc, at the 177.3km mark and roughly in the middle of the massive stage. With the daytime temperatures in the mid to high twenties and with the nighttime going down towards freezing, it was a torrid affair, and the men's field had been reduced to 4 by the time Epinal was reached. Russian defending champion **Dmitryi Osipov** had used his vast experience to take the lead and had covered the 369km in 50:35:20. He was now 1 hour and 40 minutes in front of Florian Letourneau and only disaster would prevent another win.

1.	OSIPOV Dmitry	50:35:20
2.	LETOURNEAU Florian	52:15:31
3.	VARAIN Cédric	53:13:20
4.	GEORGELIN Serge	54:32:38

The women had been ferried to Vitry-Le-Francois and were able to savour some 16 hours of rest before beginning their third stage of 200km to Epinal. As with the men, it was a war of attrition, with the field reduced to four by the finish of the stage and with the placings now vastly different. Russian **Tatiana Maslova** was about 17 minutes in front of compatriot **Irina Poutinseva**, while Erin Taylor-Talcott had struggled and dropped to fourth place, behind French woman **Claudie Bizard**. But she was still within the cutoff time so lived to fight the final stage. Sadly, English walker **Kathy Crilley** had failed to make the cutoff time at one of the interim towns and was forced to stop. It is a tough event.

1.	MASLOVA Tatiana	35:10:16
2.	POUTINSEVA Irina	35:27:36
3.	BIZARD Claudie	39:16:32
4.	TAYLOR-TALCOTT Erin	41:02:45

After a further break, the final stage commenced for everyone, a 56km walk from Plainfaing to Ribeauville. But this final stage had its own sting, with a largely mountainous contour and one very big climb over the famous Col de Bonhomme.

The final standings showed wins in the main events to defending champions Dmitry Osipov (his 8th win overall and his fifth in a row) and Tatiana Maslova (her third win in 4 years) and a win in the ancillary La Noccenne to Mickael Jacquemin.

Final Standings – Men (425km)

1.	OSIPOV Dmitry	58:11:56
2.	LETOURNEAU Florian	60:00:13
3.	VARAIN Cédric	61:13:23
4.	GEORGELIN Serge	62:38:33

Final Standings -Women (300km)

1.	MASLOVA Tatiana	43:08:24
2.	POUTINSEVA Irina	43:22:10
3.	BIZARD Claudie	47:56:19
4.	TAYLOR-TALCOTT Erin	50:12:43

Final Standings - La Noccenne (230km)

1.	JACQUEMIN Mickael	30:06:30
2.	TOUTAIN Eric	30:54:29
3.	BALLAND Johann	33:03:53
4.	HIERNARD Alain	33:43:08
5.	DALUZ Robert	36:16:34

Some links worth investigating

- Paris-Alsace official website: <http://www.marche-mythique.org/accueil.html>
- Facebook page for Erin Taylor-Talcott https://www.facebook.com/groups/156213145216838/?ref=nf_target&fref=nf
- A short youtube video of the action: https://www.youtube.com/watch?v=oRUrHeUFB_k&feature=share
- Emmanuel Tardi's Paris-Alsace photos: <https://tinyurl.com/yam3fl8k>

I was able to follow the event from start to finish, via the wonderful updates to Erin's Paris-Alsace facebook page by **John Constandinou** who was part of her support team, along with **Emmanuel Tardi** and Erin's husband Dave. Erin became the first American woman to finish this toughest of tough events and had to fight hard to achieve that finish. Well done Erin.

And now onto a great selection of photos from Emmanuel Tardi.



Dmitry Osipov, Florian Letourneau, Cédric Varain, Irina Poutinseva and Tatiana Maslova (photos Emmanuel Tardi)



Claudie Bizard and Erin Taylor-Talcott (in action and finishing)



La Noccenne placegetters Mickhael Jacquemin, Eric Toutain and Johann Balland (photos Emmanuel Tardi)

2018 USA CENTURIONS 24H QUALIFIER, FORT SNELLING, MINNESOTA, USA, JUNE 2-3

It was a big weekend for long distance walking, with the annual American Centurions qualifying event taking place at Fort Shelling, Minnesota. The event is held in conjunction with the Fans 24 Hour Championships (see <http://www.fans24hour.org/index.html>) which is a very large event indeed. The great news is that 5 walkers walked in excess of 100 miles and 4 new American Centurion badges (C89-C92) were distributed.

- | | | | | |
|----|-----------------|-----|------------|-------------------------------|
| 1. | Andrew Titley | IOM | C89 | 106.8 miles (new race record) |
| 2. | Marco Bloemerts | NLD | C90 | 102.4 miles |
| 3. | Rob Robertson | USA | C78 | 101.9 miles |
| 4. | David Holmen | USA | C91 | 101.0 miles |
| 5. | Arie Kandelaars | NLD | C92 | 100.0 miles |

It was a case of fourth centurion badges for **Andrew Titley** (he already has Continental, English and African ones), **Marco Bloemerts** (he already has Continental, NZ and African) and **Arie Kandelaars** (he already has English, NZ and African. Meanwhile,

it was **Rob Robertson**'s second American centurion finish and he sits on 5 badges overall – he only needs the NZ one to complete his set, and he is intending to make the trip down under later this year



USA Centurion finishers David Holmen, Rob Robertson, Andrew Titley, Marco Bloemerts and Arie Kandelaars (photo Rob Robertson)

USATF 5 KM RACE WALK CHAMPIONSHIPS, ALBANY, USA, SUNDAY 3 JUNE

The 2018 USATF 10,000m Track Walk National Championships, which were held last Sunday at Cuyamaca College in Framingham, MA, saw wins to **Nick Christie** (42:24.28) and **Maria Michta Coffey** (45:45.62). Both races were very tight, with Christie beating **Andreas Gustafsson** by 4 secs and with Michta Coffey getting the nod against **Miranda Melville** by 0.15 sec.

Men 10,000m Walk

1.	Nick Christie	Unattached	42:24.28
2.	Gustafsson, Andreas	Unattached	42:32.16
3.	Matthew Calling Elk	Unattached	44:53.64
4.	Alex Bellavance	Rabbit	46:25.11
5.	Allen James	Unattached	48:23.12
6.	Adrian Zamudio	Unattached	59:54.47
7.	Brugh, Tucker	Unattached	1:02:11.28
	Emmanuel Corvera	NYAC	DNF

Women 10,000m Walk

1.	Maria Michta Coffey	Oiselle/Walk USA	45:45.62
2.	Miranda Melville	New York Athletic Club	46:45.77
3.	Katie Burnett	Unattached	46:52.56
4.	Stevens, Robyn	Unattached	47:18.60
5.	Celina Lepe	Unattached	57:19.48
6.	Wilson, Joy	Unattached	1:05:51.54
7.	Concepcion Vazquez	Unattached	1:07:58.54
8.	Clark, Wendy	Unattached	1:10:11.14
9.	Darlene Backlund	Unattached	1:17:14.44

Mixed 3000m Walk

1.	Gentry, Reese W	Unattached	15:08.20
2.	Gentry, Cole M	Unattached	20:02.80
3.	Guerrero, Melanie W	Unattached	22:00.60
4.	Rodriguez, Wendy W	Unattached	22:15.30

RWV ANNIVERSARY WALK, VLISSINGEN-ROTTERDAM, NEDERLAND, 1-3 JUNE

If you are a Dutch walking club and you are celebrating your 90th birthday, what do you do? Why, that is an easy question. Celebrate with a long walk! Here is how it panned out last weekend when Rotterdam Wandelsport Vereniging (RWV) put on something special.

On Friday evening at 11PM, Mayor Bas van den Tillaar gave the starting signal for the first 80km stage of the long walk from Vlissingen to Rotterdam and a group of about 75 walkers got underway, ready to trudge through the night and into the next day. Everyone had to be in Burgh Haamstede at 'De Schouwse Boer' by 3PM on Saturday. The scenic course wound its way from Vlissingen via Koedekerke, Middelburg, Biggekerke, Zoutelande, Westkapelle, Domburg, Kamperland and Neeltje Jans to their eventual destination of Burgh Haamstede, taking in lots of dunes and beaches. The participants were required to walk together as a group, the pace set at 6.5 km per hour. On the way, you regularly received food and drinks at the aid stations. In addition, there was a break every 20km to rest.

In Burgh Haamstede, the walkers enjoyed a relatively short shower, meal, sleep and breakfast, before starting at 4AM on Sunday morning for the second leg of 80 km to Rotterdam. The route for this stage went via Renesse, Brouwersdam, Ouddorp, Stellendam, Hellevoetsluis, Zuidland, Simonshaven, Spijkenisse and Hoogvliet to the finish line at PSV Poortugaal, to be welcomed around 8PM by Mayor Hans Wagner from Albrandswaard.

Total distance 160km. From reading the comments of the various participants, it was a great success. See the event report at http://www.rotterdamsewandelsportvereniging.nl/index.php?mact=News.cntnt01_detail,0&cntnt01articleid=115&cntnt01origid=15&cntnt01returnid=133.



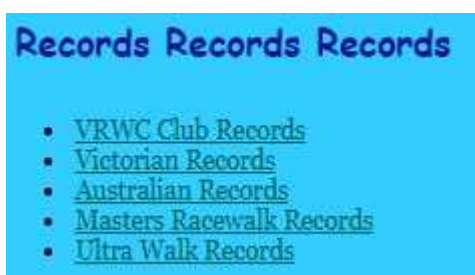
Walkers in action in the RWV 90th Anniversary walk from Vlissingen-Rotterdam (photo Thomas Leijts)

OUT AND ABOUT

I did have more snippets that I had been collecting during the week but I had a bit of a hiccup and lost my draft newsletter. Oh well, them's the breaks.

- The Tokyo Organising Committee of the 2020 Olympic and Paralympic Games has announced final details for the routes for the marathon races and the 20km and 50km race walking events. See <https://www.iaaf.org/news/news/tokyo-2020-marathon-and-race-walk-courses-ann>.
- Very thorough article by IAAF Legal Council Jonathan Taylor, rebutting a couple of articles recently published on website <http://www.sportsintegrityinitiative.com> about the IAAF's Eligibility Regulations for the Female Classification. See <http://www.sportsintegrityinitiative.com/iaaf-response-article-differences-sex-development-regulations/>.
- An Ethics Commission will be set up by the International Biathlon Union (IBU) to monitor its governance following the scandal involving the previous leadership. This comes amid a restructure of the IBU's administration, initiated after the opening of a criminal investigation into Anders Besseberg and Nicole Resch, the former President and secretary general respectively. The investigations are looking into possible doping, fraud and corruption involving Russian athletes following a raiding of the IBU's headquarters based on a tip-off by the World Anti-Doping Agency. Besseberg and Resch are suspected of accepting bribes amounting to \$300,000 (£211,000/€243,000) and other benefits in return for a favourable stance towards Russia. See <https://www.insidethegames.biz/articles/1065827/ibu-to-establish-ethics-commission-after-scandal-involving-former-leadership#.WxTxfquuzg.twitter>.

- I've done a bit of work this week to bring together our Australian based walking records and have put a separate series of index items into our VRWC website. You can check them out at <http://www.vrwc.org.au/>.



MARCIALMONDO AND OMARCHADOR ROUNDUP

There are 3 press releases for us from Marciadalmondo this week

- Sun 3 Jun - Results of Italian U20 and U23 Championships in Agripoli
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3190
- Sat 2 June - La Coruna (ESP): Great results for Qieyang Shenjie and Eider Arevalo
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3189
- Tue 29 May - Borský Mikuláš (SVK): victories of Rafal Fedaczynski (POL) and Maria Czaková (SVK)
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3188

and omarchador had 14 press releases

- Mon 4 Jun - From the history books - the 5 way meet ESP-GDR-ITA-SUI-FRA-POR held in La Coruna 30 years ago
<http://omarchador.blogspot.com/2018/06/portugal-no-hexagonal-de-marcha.html>
- Mon 4 June - Eider Arévalo victorious in A Coruña
<http://omarchador.blogspot.com/2018/06/eider-arevalo-vitorioso-na-corunha.html>
- Mon 4 Jun - Shenjie Qieyang imposes herself in La Coruña
<http://omarchador.blogspot.com/2018/06/shenjie-qieyang-impoe-se-na-corunha.html>
- Sun 3 Jun - Results of walks meet in Hlohovec, Slovakia
<http://omarchador.blogspot.com/2018/06/meeting-de-marcha-em-hlohovec.html>
- Sun 3 Jun - Results of French regional championships in Gien
<http://omarchador.blogspot.com/2018/06/campeonatos-do-centro-vale-do-loire-em.html>
- Sat 2 June - Preview of Iberian Athletics U-18 Trophy to be held Abrantes, Portugal
<http://omarchador.blogspot.com/2018/06/trofeu-iberico-de-atletismo-sub-18-hoje.html>
- Sat 2 Jun - Portuguese racewalk judge José Ganso to officiate in La Coruña meet this weekend
<http://omarchador.blogspot.com/2018/06/jose-ganso-na-corunha.html>
- Fri 1 Jun - Preview of International Grand Prix of La Coruña this Saturday
<http://omarchador.blogspot.com/2018/06/grande-premio-internacional-de-marcha.html>
- Fri 1 Jun - Inês Henriques is the Portuguese Athlete of the Year for the Association of Sports Journalists
<http://omarchador.blogspot.com/2018/06/ines-henriques-e-atleta-do-ano-para.html>
- Thu 31 May - Results of the "Záhorácka Dvadsiatka 2018" in Borský Mikuláš, Slovakia
<http://omarchador.blogspot.com/2018/05/zahoracka-dvadsiatka-2018-em-borsky.html>
- Thu 31 May - Results of the Portuguese University walk championships
<http://omarchador.blogspot.com/2018/05/marcha-dos-campeonatos-universitarios.html>
- Wed 30 May - Chinese walkers and Italian Federica Tontodonati star in Turin
<http://omarchador.blogspot.com/2018/05/chineses-e-tontodonati-foam-estrelas.html>
- Tue 29 May - Portuguese walkers selected for Mediterranean U23 championships in Jesolo

<http://omarchador.blogspot.com/2018/05/marchadoras-portuguesas-para-jesolo.html>

- Tue 29 May - 20km walk results from the National Sports Festival of Sri Lanka
<http://omarchador.blogspot.com/2018/05/os-20-km-marcha-no-festival-nacional-do.html>

LONG LIVE THE 50KM - THE 50KM WILL MAKE YOU LIVE LONG

I saw a newspaper article this week summarising and discussing recently released research into the benefits of walking but I did not have time to delve into it. **Paul DeMeester** did find the time to follow the trail and found the original paper which is published at <http://bjsm.bmj.com/content/bjsports/52/12/761.full.pdf>.

It details a huge collaborative study of over 50,000 walkers by university researchers in Sydney, Edinburgh, Cambridge, Limerick and Coleraine, finding that walking benefits health and that walking faster is of even more benefit. It makes sense when you think about it.

As an aside, the website <http://bjsm.bmj.com/> is pretty impressive. There are now so many great information dissemination sites around that it is hard to keep up.

Let's put this in the context of the 50km walk. Let's see.....

So the 50km promotes good health and serves as an antidote to aging ...
The 50km is injury free compared to let's say pole vaulting ...
Billions of people walk on any given day ...
Hey IAAF, We've got a brilliant idea: Let's abolish the 50km!
The IAAF Race Walking Committee

LET'S STAND UP FOR OUR SPORT OF RACEWALKING

And talking of the IAAF Race Walking Committee.....

The IAAF website recently released a press release focusing on the IAAF Race Walking Committee seminar which was held in Taicang on Friday 4 May, the day before the 2018 IAAF World Race Walking Team Championships kicked off. See <https://www.iaaf.org/news/iaaf-news/race-walking-seminar-taicang>.

USA Sports Commentator **Elliott Denman** took exception to the comments quoted for RWC Chairman Maurizio Damilano. Here is what Elliott had to say, starting with a quote from the article itself.

"Damilano highlighted the discipline's global diversity and accessibility, but acknowledged that it stands alone within the sport as a discipline that relies heavily on human judgement. He explained that the external pressure to change the discipline's 'way of doing business' can no longer be ignored and that considerable effort has been exerted to address some of the discipline's challenges."

To state that "racewalking stands alone within the sport as a discipline that relies on human judgment" is quite incorrect. It needs immediate amendment. It is not that way at all....

There are many other situations within athletics/ track and field that rely heavily on human judgment.

Among them I can think of:

- Shot put, discus and hammer have all relied on human vision to determine foul calls/ or not. 2017 World Champs. shot put results still subject to debate. Almost surely, the 2000 Olympic decathlon gold medal was awarded incorrectly; the eventual winner had discus foul (which would have led to zero points) but was overruled despite video evidence. "Flat" or not rulings in the javelin are still human decisions.
- False starting calls in sprints/hurdles, etc. are still subject to human decisions, Witness:
The whole Usain Bolt situation at 2011 World Champs. in Daegu.
Likewise Linford Christie situation at Atlanta 1996.
Electronic starting blocks are calibrated at levels deemed "humanly possible" but this is just guesswork by other humans.

- Hurdles races.
Intentionally knocking over hurdles is a totally human call.
What is intention and what is not?
Witness the whole Roger Kingdom situation at 1995 Pan Am Games in Mar Del Plata
And then there is the "trail leg" call in the intermediate hurdles, still / and despite available video / still a mostly human call.
- Racing situations remain basically human calls/
Elbowing/ jostling/ interference, etc..
Of course, these apply to racewalking, too.
- Long jump calls...
Carl Lewis likely had first 30-foot long jump at Indianapolis (believe it was 1987)
But foul call (by human eye) quickly led to erasure of spike mark and then erasure in sandpit.
Guess this part is now fixed...but it didn't help Carl then.
- Lane violations..
Just look at how the 2018 World Indoors/Birmingham was impacted by so many.
But how many were intentional and how many were not?
What's the call when an interfered-with athlete goes over the lane line?
Is he/she in or out? Definitely human judgment call.

And there are surely many more such situations.

Thus, I cordially think Mr. Damilano's wording needs to be rescinded.
Racewalking does not "stand alone" at all.

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Well said by Elliott. Are we giving into the negative forces within the IAAF too easily or should we be fighting for our event more?
My thoughts on the subject are well known!

As well as the athletics disciplines listed by Elliott, many other sports rely on human judgment when it comes to assessing adherence to the rules, e.g. diving, gymnastics, soccer and other codes of football like rugby, etc.

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 – 2018

June 10 (Sun), 2018	Lake Burley Griffin Carnival, Stromlo Forest Park, Canberra, ACT
Jul 14 (Sat), 2018	VRWC Twilight Trivia, 4:30PM at Middle Park (after our race day)
Aug 5 (Sun), 2018	Australian Masters 20km Championships, Adelaide, SA
Aug 26 (Sun), 2018	Australian Roadwalk Championships, Lake Kawana, Sunshine Coast, QLD
Dec 2 (Sun), 2018	Australian 50km Championships Meet, Fawkner Park, VIC

2018 Remaining IAAF Racewalking Challenge Events

Sep 23-26, 2018	Cat B	Around Taihu International Race Walking 2018, Wuzhong, CHN
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International Dates – 2018 and onwards

Jun 8 (Fri), 2018	44 th International Racewalking Festival, Alytus, Lithuania
Jun 9 (Sat), 2018	International Racewalk Meet, Simnas, Lithuania
July 10-15, 2018	16th World Junior T&F Championships , Tampere, Finland
Aug 7-12, 2018	European Athletics Championships , Berlin, Germany
Sept 4-16, 2018	22nd World Masters Athletics T&F Championships , Malaga, Spain
Mar 24-30, 2019	World Masters Indoors T&F Championships , Torun, Poland
July 3-14, 2019	30th Summer Universiade , Naples Italy
Aug 30-Sep 7, 2019	20th Oceania Masters T&F Championships , Mackay, Queensland, AUS
Sept 28 – Oct 6, 2019	17th IAAF World Championships in Athletics , Doha, Qatar
May, 2020	29th IAAF World Race Walking Team Championships , Minsk, Belaruss
July 24 – Aug 9, 2020	32nd Olympic Games , Tokyo
July 20 – Aug 1, 2020	23rd World Masters T&F Championships , Toronto, Canada
Aug 6-15, 2021 (TBC)	18th IAAF World Championships in Athletics , Eugene, USA

July 18-30, 2022 **XXII Commonwealth Games**, Birmingham, GBR.

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Copies of recent newsletters are kept on the VRWC website (<http://www.vrwc.org.au>)