



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
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WALKING FIGHTS FOR ITS SURVIVAL AGAIN

We learned a bit more about this week about the dreadful decision by the IAAF Race Walking Committee to kill the 50km walk.

First off the presses was a release from the IAAF, dated Wednesday 6th February, announcing the RWC recommendations and waxing lyrical about the changes. I can't bring myself to actually reproduce it but will at least include the link for those who want to ruin their day by reading it. See <https://www.iaaf.org/news/press-release/race-walking-committee-recommendations>.

We also saw a second press release on the same day, advising that RWC member Peter Marlow was resigning in disgust from the committee. Here is the press release

PRESS RELEASE

6th February 2019

IAAF Member Resigns in Protest at Proposed Change to Athletics

A high-level member of the IAAF has submitted his resignation after 43 years in protest against proposed changes to athletics events made last weekend in Monaco.

As the global organisation for athletics, decisions were made by the IAAF in a private meeting to drop the 50km and 20km racewalks and immediately replace them with 10km and 20km or 30km races, with new proposed shoe technology to be introduced to high-level events.

The 50km has been on the Olympic program as part of athletics since 1932 for men, with women finally being allowed to race in Tokyo 2020. The 20km has been on the Olympic program since 1956, with women only being allowed to compete from 2000 at Sydney. The electronic shoe has not yet been tested and technical equipment normally takes at least 4 years to complete trials. Experts have expressed doubt about the reliability of the shoe.

Peter Marlow, who represented Great Britain at the Munich Olympics in 1972 in the 20km racewalk on Monday morning stated;

"I resigned after 43 years from the IAAF Race Walking Committee yesterday at protest of the decisions taken by the committee last weekend."

The IAAF decisions to overhaul the racewalk distances have come after the 50km racewalk was saved two years ago, when proposals to eliminate it due to inequality were solved when women were allowed to start competing in the event, leading to full equality in athletics at the Olympic Games after 104 years. Women are now competing 50km at the highest level in many countries on all continents.

The IAAF decision has been met with dismay, with walkers around the World fearing this is the beginning of the end for not only racewalking but triple jump and shot put - other events which have repeatedly been brought up at IAAF meetings. Current World Champion and French Olympic medallist Yohann Diniz has responded:

"We can evolve but we must not lose the drama of the athletic walk. Why have we opened the 50km to everyone for two years only to bury it immediately? As we can see, from the 2017 World Championships to the European Championships last year, more and more women are getting involved."

The IAAF are set to approve the changes at their next meeting in March.

I applaud Peter for his honesty, something that has seemed in short supply with the decisions made over the last 2 years in this ongoing issue. He has consistently fought against these changes, but to no avail. He has our respect!

This was followed on by an interview on Saturday 9th February with RWC chairman Maurizio Damilano in the Italian newspaper LaStampa. Alas, the article is behind a paywall so can't be reproduced, which is perhaps for the best, as it is something that would really ruin your day if you were able to read it.

Stefano La Sorda has created our own form of silent protest which many people are picking up. He explains:

Racewalking lovers of all the world, join the RACEWALKING GUERRILLA!! In training, before the races, after the races, in the podium.

Is very simple Step1> close both hands in fist | Step2> cross arms to reverse position of hands | Final step > open your left hand. What is this? Is a 50 with your hands, to remind everyone that we want the 50Km race. Now racewalkers all over the world, let's go!

Take a photo and share. Hashtag #SAVETHERACEWALKING, tag Maurizio Damilano IAAF World Athletics Club Robert Korzeniowski Luis Saladie and all members of the crazy IAAF Racewalking Committee.



Swedish walker Perseus Karlstrom made his own thoughts clear after winning the Australian 20km Roadwalking Championship in Adelaide on Sunday.



The final decision now rests with the IAAF Council who will meet on 10th March in Doha. According to the IAAF website, the council is currently

PRESIDENT	Sebastian COE	Great Britain
SENIOR VICE PRESIDENT	Sergey BUBKA	Ukraine
VICE PRESIDENT	Dahlan Jumaan AL HAMAD	Qatar
	Alberto JUANTORENA DANGER	Cuba
	Hamad KALKABA MALBOUM	Cameroon
TREASURER	Jose Maria ODRIOSOLA	Spain
COUNCIL MEMBERS	Ahmad AL KAMALI	United Arab Emerites
	Nawaf Bin Mohammed AL SAUD	Saudi Arabia
	Bernard AMSALEM	France
	Sylvia BARLAG	Nederland
	Mikhail BUTOV	Russia
	Pauline DAVIS-THOMPSON	Bahama
	Zhaocai DU	China
	Nawal EL MOUTAWAKEL	Morocco
	Frank FREDERICKS	Namibia
	Geoff GARDNER	Oceania (Norfolk Island)

Roberto GESTA DE MELO	Brazil
Vivian GUNGARAM	Mauritius
Svein Arne HANSEN	Norway
Stephanie HIGHTOWER	USA
Abby HOFFMAN	Canada
Victor LOPEZ	Puerto Rico
Antti PIHLAKOSKI	Finland
Anna RICCARDI	Italy
Adille J. SUMARIWALLA	India
Hiroshi YOKOKAWA	Japan

Alas, there are a lot of non-walking nations represented in this list and they may well simply go with the recommendation. We at the bottom of the food chain can't do much more at this stage. Our main chance was to write to the RWC and express our concerns in January. And we did that in big numbers but were completely ignored.

The only ones who can now sway the decision are our top walkers. If they are prepared to contact their IAAF Council delegates or get their member federations to contact the council delegates, they may make a difference in the final vote.

What do we want – it's simple.

1. Keep the current 20km / 50km as the international racewalking distances until after the 2024 Olympics.
2. Use this extended timeframe to properly test the new shoe insert technology.
3. Work to enhance the current 20km / 50km events to make them more attractive to the general viewing public.
4. Visit this issue (if it still exists) again in 2024 once the shoe insert technology has been deemed to work (or not!)

I will finish off with the following thoughtful contribution by **Dr Louise Burke**, Head of Sports Nutrition at the AIS since 1990 and the coordinator and driving force behind the highly successful Supernova Camps, run each summer in Canberra and responsible for the annual influx of top international walkers to our shores.

Hi all

I was a lot younger when I started this email but those pesky racewalkers have been keeping me busy. So, now we have established that I am an aficionado of the sport, having come from a sceptical background. If my experience is anything to go by, most people and sports scientists are unaware of the unique attributes of the sport. The 50 km is the beauty for me and I am most upset at its apparent demise. To me, it is the crowning glory by offering both a greater challenge than the more famous running marathon as well as some unique opportunities to solve some of the challenges due to the network of aid stations - it's a dietitian's dream. (I can't fathom the concept of a 20 km and a 30km; it's akin to holding a 50 m and 75 m freestyle in swimming. It basically rewards the same athlete rather than holding a new challenge).

I have become enamoured of the history of pedestrianism and of the longevity of race walking on the Olympic and IAAF programs and feel that there is nothing more or less intrinsically "boring" or "non-appreciated" about race walking than some of the other events that don't seem in any jeopardy on the sporting calendar - ie the marathon or a road cycling race or tour. For goodness sake, in Australia, people sit up all night for nearly a month at a time, watching 6 hour events where some blokes ride up the side of a mountain. And the road is lined with hundreds of thousands of people who get to view them for less than a second as they go by. The difference is that the governing body of these sports or the event organisers have created opportunities to publicise these events, making use of commercial companies to invent gadgets or culture that makes the otherwise boring spectacle become riveting. Every Middle Aged Man in Lycra knows the magic numbers of what it takes to break the record of L'Alpe D'huez or how the elites train and race. They know the science and the athletes in the race due to great marketing, coverage, and background stories that become part of the coverage. Every morning, cycling chat rooms are full of discussions of what Froomey et al did. The punters can't get enough numbers, back stories and insights.

Marathon has its own following, largely due to the work of the Big City marathon race organisers and shoe companies than the IAAF. They have exploited the mystique of the 2 h barrier (just as a 50 km could promote a 3 h marathon on the way to the finish). I am sure there are lots of opportunities to promote race walking, its characters, the underpinning science of fuelling it, the ability for a spectator and competitors to monitor race performance and tactics as it is unfolding on the loop course, and all of the other intrigues. I could round up a posse of sports scientists, coaches and other personalities to prepare some ideas for how best to publicise the remaining races on the Doha world championships and Tokyo Olympic program - especially around the 50 km race, if there's opportunity to save it.

Ideas include

- shooting background stories with some of the top competitors around their preparation and race tactics, or the arcs of their career and the drama involved. These could be made available to the networks who are broadcasting the event to show as the race unfolds for colour and movement
- shooting similar "colour" from scientists and coaches about the event

- providing knowledgeable commentators to call the race rather than track and field people who don't really appreciate an event in their own sport
- Quentin made lots of great suggestions about making the race venue more appealing to the crowds who would come to watch. It already offers advantages to many of the other iaaf events in being free and contained in a space that allows the spectator to see the whole event. One of the concepts he didn't mention is an activity i have seen at many big city marathons - shoe companies bringing in a treadmill with a harness and offering spectators the opportunity to see how long they can stay on the treadmill at the pace of the race leaders or the world/race record. Offering people the chance to run at racewalkers' speeds, let alone walk, would be eye-opening for many.
- having race walkers available to walk famous running events such as the big marathons and half Marathons to publicise their athletic prowess, especially if punters could be given an incentive to try to beat them over the course

Anyway, these are just a few rambling ideas to accompany what is essentially an offer to provide support in the lead up and conduct of the remaining available championships. I would be happy to offer my help and to round up other sports scientists and coaches who might contribute to a focussed effort.

Cheers
Louise

WALKER OF THE WEEK

There were lots of superb performances in the Australian 20km Championship meet in Adelaide on Sunday, with many walkers who could have been my Walker of the Week at any other time. But one walker stood out, namely 18 year old Gold Coast walker **Katie Hayward**. She finished second behind Colombian winner Sandra Arenas in her first ever 20km race, with a time of **1:29:25**.



Katie in Adelaide on Sunday (photos Athletics SA)

She not only won the Oceania and Australian Championship titles but she shattered by nearly 5 minutes the Australian U20 record of 1:34:18, set by Jemima Montag in December 2017 at Fawcner Park. Her time sees her now the third fastest Australian ever, (behind Jane Saville and Claire Tallent). She is now one of only 8 Australian women to have bettered 90 minutes for the 20km walk.

1	1:27.44	Jane Saville	N	05/11/1974	4	Naumburg,Germany	02/05/2004	29
2	1:28.53	Claire Tallent	S	06/07/1981	5	Taicang, China	30/03/2012	30
3	1:29:25	Katie Hayward	Q	23/07/2000	2	Adelaide, AUS	10/02/2019	18
4	1:29.33	Regan Lamble	V	14/10/1991	12	Rome, Italy (WC)	07-05-2016	24
5	1:29.36	Kerry Saxby-Junna	N	02/06/1961	2	Naumburg,Germany	30/04/2000	38
6	1:29.44	Cheryl Webb	N	03/10/1976	1	Melbourne	07/03/2009	32
7	1:29.49	Beki Smith (nee Lee)	N	25/11/1986	15	Rome, Italy (WC)	07-05-2016	29
8	1:29.56	Tanya Holliday	S	21/09/1988	16	Rome, Italy (WC)	07-05-2016	27

What a performance by her and her coach Steve Langley. She was fifth in the 2018 World U20 Championships last year but this walk takes her to a different plane completely.

WHAT'S COMING UP

- Tomorrow night sees the **AV Teams 5000m Championships** and VRWC races at Dolomore Reserve in Mentone. I will be going and look forward to some great track racing. The program reads as follows

Wed 13th February 2019, AV 5km Teams Championships, Mentone

Venue: Mentone athletic Track, Dolomore Reserve, Queen Street, Mentone

6.40pm	1500m	Open
7.00pm	AV 5000m Teams championship	Open

- Next Sunday sees the **Victorian Masters 5000m Track Championships** and VRWC races, also at Dolomore Reserve in Mentone. The program reads as follows

Sun 17th February 2019, VRWC Track Races, VMA 5000m Championships, Mentone

Venue: Mentone athletic Track, Dolomore Reserve, Queen Street, Mentone

8.30am	5000m VMA Championship	Masters Women
9.15am	5000m VMA Championship	Masters Men
10.00am	5000m and 3000m	VRWC Open
10.30am	1500m	VRWC Open

- The summer season is well advanced. After the above 2 races, the remaining key dates are as follows

Feb 23 (Sat), 2019	AV Shield Final, Lakeside Stadium, Albert Park, Victoria
Mar 1-3, 2019	Victorian T&F Championships, Weekend 1, Albert Park
Mar 8-10, 2019	Victorian T&F Championships, Weekend 2, Albert Park
Mar 16-17, 2019	LAVIC State T&F Championships, Casey Fields
Mar 23-24, 2019	Victorian Masters T&F Championships, Doncaster
Mar 30 – Apr 7, 2019	Australian Athletics Championships, Sydney (10,000m track walk championships)
Apr 13-14, 2019	Coburg 24 Hour Carnival, Coburg, VIC
Apr 26-29, 2019	Australian Masters T&F Championships, Albert Park - https://melbourne2019.com.au/

THE AUSTRALIAN/OCEANIA 20KM CHAMPIONSHIPS MEET, ADELAIDE, SUNDAY 10TH FEBRUARY

With the large international contingent of walkers coming off the AIS based Supernova camp in Canberra last month, the 20km fields were large and of high quality. Overall, 14 women and 34 men had entered the Oceania and Australian Open 20km Summer Championships, along with 13 young walkers (7 men and 6 women) in the U20 10km Championships.



The Supernova group in Adelaide

Conditions were perfect (cool and overcast) for the 7AM start time in the North Adelaide Parklands and the cloud cover stayed in place for the duration of the race, ensuring perfect conditions. I noted that at the end of the race, the temperature was still only reading 16C.

Australian **Dane Bird-Smith**, in his first race for some time, strode to the front, confidently building up to a lead that had extended to 30 seconds by the 6km mark, reached in 24:30. Behind him, a large chasing pack had headed out at a more sedate pace, some 30 secs behind.

Soon after the 6km mark, **Evan Dunfee** (CAN) and **Perseus Karlstrom** (SWE) decided the lead was big enough, increasing their pace and gradually drawing away from the large group as they started the long chase.

Dane passed the 10km mark in 40:49, his lead now reduced to around 20 secs to Perseus, Evan having dropped back. By 12km, the gap was down to 15 secs and by 16km, it was Perseus in front. From there, he stormed home to what turned out to be a comfortable 30 sec win with 1:20:05, his second in a row in this championship and his 8th straight win on Australian soil. Not a bad record!

The way he walked the race was very impressive. First to his lapsplits: 8:33, 8:20, 8:10, 8:03, 8:02, 7:57, 7:58, 7:51, 7:36 and 7:34. Now to his 5km splits: 20:56, 41:08 (20:12), 61:01 (19:53), 80:05 (19:04). Wow, that makes a final 10km of 38:57! It is not often that we see a negative split of that intensity.

Dane took second with 1:20:52, also negative splitting (last 10km in 40:03), while 2017 World Champion **Eider Aravelo** (COL) took third with 1:21:36. **Marius Ziukas** (LTU) was next to finish with 1:21:44, ahead of Evan Dunfee with 1:22:23, the first 5 all under the 1:22:30 qualifying standard for Doha. The Oceania Championship medals went to Bird-Smith, **Rhydian Cowley** (1:23:33) and **Quentin Rew** (1:23:42) while the Australian Championship medals went to Bird-Smith, Cowley and **Tyler Jones** (1:25:44). Tyler was one of a number of young Australians to walk PBs – others were **Declan Tingay** (1:26:22), **Carl Gibbons** (1:29:53), **Dylan Richardson** (1:37:55) and **Kyle Bird** (1:45:52).

One name you might miss if you just skim the results is the walker in 20th place – **Jared Tallent** was in his first race for some 2 years, and he finished pain free with a time of 1:27:37. That is great news. Jared heads off for a 50km walk overseas in the next couple of months. Good luck Jared, it is great to see you back.

20km Open Men

1.	Karlstrom, Perseus	Sweden	41:08	38:57	1:20:05	
2.	Bird-Smith, Dane	QLD	40:45	40:07	1:20:52	
3.	Aravelo, Eider	Colombia	41:25	40:11	1:21:36	
4.	Ziukas, Marius	Lithuania	41:25	40:19	1:21:44	
5.	Dunfee, Evan	Canada	41:26	40:57	1:22:23	
6.	Palma, Ever	Mexico	41:25	41:53	1:23:18	
7.	Cowley, Rhydian	VIC	41:27	42:06	1:23:33	
8.	Rew, Quentin	New Zealand	41:52	41:50	1:23:42	
9.	Uradnik, Miroslav	Slovakia	41:54	41:52	1:23:46	
10.	Arteaga, Mauricio	Ecuador	41:50	42:03	1:23:53	
11.	Melendez, Jose	Puerto Rico	41:52	42:16	1:24:08	
12.	Brzozowski, Artur	Poland	41:52	42:57	1:24:49	
13.	Blocki, Damian	Poland	42:51	42:13	1:25:04	
14.	Jones, Tyler	NSW	42:50	42:54	1:25:44	PB 1:00
15.	Tingay, Declan	WA	42:51	43:31	1:26:22	PB 1:42
16.	Bilodeau, Mat	Canada	42:42	43:53	1:26:35	
17.	Araya, Edward	Chile	42:54	44:03	1:26:57	
18.	Suskevicius, Tadas	Lithuania	43:00	44:25	1:27:25	
19.	Sikora, Rafal	Poland	43:52	43:44	1:27:36	
20.	Tallent, Jared	SA	42:59	44:38	1:27:37	
21.	Ruiz, Jorge	Colombia	43:55	44:15	1:28:10	
22.	Yamamoto, Toru	Japan	43:06	46:04	1:29:10	
23.	Espada, Luis	Puerto Rico	43:54	45:20	1:29:14	
24.	Gibbons, Carl	NSW	45:45	44:08	1:29:53	PB 2:14
25.	Tse, Chun Hung	Hong Kong	47:51	47:56	1:35:47	
26.	Kozica, Jason	VIC	48:06	49:12	1:37:18	
27.	Richardson, Dylan	NSW	48:07	49:48	1:37:55	PB 0:35
28.	Bird, Kyle	VIC	51:16	54:36	1:45:52	PB 5:01
29.	Prasad, Pramesh	Fiji	53:11	55:33	1:48:44	
	Reading, Brendon	ACT	-	-	DNF	
	Araya, Yerko	Chile	-	-	DNF	



Dane Bird-Smith breaks away early and has a big lead by the 2km mark, while the big pack chases



*Perseus Karlstrom wins this championship for the third time in a row
The first 3 places go to Perseus Karlstrom (middle), Dane Bird-Smith (right) and Eider Aravela (left)*

The women's race developed in a very different way, with the main contenders **Jemima Montag** and **Katie Hayward** (AUS), **Brigita Virbalyte** (LTU) and **Sandra Arenas** (COL) all close together for most of the race. Brigita was the first to drop off and the contest was reduced to a 3 way medal fight. Perhaps surprisingly, it was Jemima who lost contact next, soon after the 16km mark. It was now a battle between the 18 year old Katie and the 25 year old Sandra. Unsurprisingly, it was Sandra who broke clear in the final 3km, going on to win with 1:28:49, but not before Katie had taken the lead at the 16km mark and made her own dash for home.

Katie, who held on well to finish second, not only won the Oceania and Australian Championships but she shattered the Australian U20 record with her time of 1:29:25. This make her the third fastest Australian ever, (behind Jane Saville and Claire Tallent). She is now one of 8 Australian women to have bettered 90 minutes for the 20km walk.

Like Perseus and Dane, the first two girls also did big negative spilitis – Sandra 45:38 and 43:11, Katie 45:37 and a PB 43:48!

Jemima held on for third, also negative splitting with her own PB of 1:30:51, ahead of Brigita with 1:31:25. The amazing **Claire Tallent** was next to finish, only 2 weeks after walking 4:12 to win the USATF 50km in Santee. Her time of 1:33:24 also bettered the Doha qualifying standard, making 5 qualifiers in total, matching the men.

The Oceania and Australian Championship medals went to Katie Hayward, Jemima Montag and Claire Tallent in an all-Australian trifecta. Special mentions to **Philippa Huse** (1:41:30) and **Katya Martin** (1:50:17) on inaugural 20km finishes.

20km Open Women

1.	Lorenas, Sandra	Colombia	45:38	43:11	1:28:49	
2.	Hayward, Katie	QLD	45:37	43:48	1:29:25	Inaugural
3.	Montag, Jemima	VIC	45:37	45:14	1:30:51	PB 0:35
4.	Virbalyte, Brigita	Lithuania	46:03	45:22	1:31:25	
5.	Tallent, Claire	SA	47:02	46:22	1:33:24	
6.	Barber, Alana	New Zealand	47:52	48:46	1:36:38	
7.	Tallent, Rachel	ACT	48:06	50:35	1:38:41	
8.	Ruddick, Kelly	VIC	50:20	49:32	1:39:52	
9.	Pickles, Jessica	QLD	48:27	52:43	1:41:10	
10.	Huse, Philippa	VIC	50:30	51:00	1:41:30	Inaugural
11.	Martin, Katya	VIC	53:29	56:48	1:50:17	Inaugural
12.	Ng, Sau Man	Hong Kong	1:01:48	1:00:58	2:02:46	
	Papadopoulos, Christina	QLD	48:29	-	DNF	



Katie Hayward, Jemima Montag and Sandra Arenas made the pace in the women's 20km, before Sandra cleared out for home



Left: Jemima, Sandra, Katie and Claire



Right: Jared and Claire Tallent both in action on the weekend

Thanks to Michelle James of Athletics Australia for sending me the link to the race lapsplits for all the events: <http://athletics.com.au/Portals/56/Competition/Documents/2019/2019%20Oceania%20Australian%2020km%20Race%20Walking%20Splits.pdf>

Now to some other links:

Results <http://www.athletics.com.au/Portals/56/Competition/20KM%20Race%20Walking%20Championships.pdf>
 Athletics Australia article <http://athletics.com.au/News/artmid/7243/articleid/2061290>
 IAAF article <https://www.iaaf.org/news/report/karlstrom-arenas-win-20km-adelaide-race-walki>
 Big photo gallery <https://www.facebook.com/AthleticsSA/photos/a.2222744707783656/2222745554450238>

Finally to the junior races, which saw wins to Puerto Rican walkers **Jan Moreu** (43:53) and **Rachel De Orbeta** (44:50). Rachel's time was something really special. Behind Jan, the young Australian boys wall walked PBs, with **Oscar Tebbutt** (44:19), **Tristan Camilleri** (44:27) and **Tim Fraser** ((44:28) taking the Oceania Championship medals. Behind them came **Corey Dickson** (44:53), **Jack McGinniskin** (44:53) and **Mathew Bruniges** (49:53). Quite a few of these boys are very young and have a few years left in the U20 ranks, so things look good. The Oceania Championship medals for the girls went to **Alannah Pitcher** (50:08), **Victoria Upton** (53:59) and **Hannah Bolton** (55:01). Some of our U20 girls did not make the trip to Adelaide, and of course Katie Hayward was otherwise occupied with the 20km. U18 non-championship invitation races were also held, with wins to **Toby Wilks** (24:33) and **Olivia Sandery** (25:19).

10km U20 Men Oceania Championship

1.	Moreu, Jan	Puerto Rico	43:53	
2.	Tebbutt, Oscar	NSW	44:19	PB 0:40
3.	Camilleri, Tristan	SA	44:27	PB 2:08
4.	Fraser, Timothy	ACT	44:28	PB 0:03
5.	Dickson, Corey	VIC	44:53	PB 1:35
6.	McGinniskin, Jack	NSW	44:53	PB 1:37
7.	Bruniges, Mathew	SA	49:53	PB 3:57

10km U20 Women Oceania Championship

1.	De Orbeta, Rachel	Puerto Rico	44:50	
2.	Pitcher, Alannah	NSW	50:08	
3.	Upton, Victoria	SA	53:59	Inaugural
4.	Bolton, Hannah	NSW	55:01	PB 1:37
5.	Lovegrove, Rhiannan	SA	57:18	
6.	Rowbotham, Milla	QLD	1:01:42	Inaugural
7.	Hamann, Charlotte	QLD	1:04:32	Inaugural
	Hannigan, Caitlin	QLD	DNF	

5km U18 Men

1.	Wilks, Toby	SA	24:33
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5km U18 Women

1.	Sandery, Olivia	SA	25:19
2.	Ross, Kiera	SA	27:05
3.	Upton, Kitarni	SA	29:55



U20 medallists Victoria Upton, Alannah Pitcher, Hannah Bolton, Tim Fraser, Oscar Tebbutt and Tristan Camilleri

Finally, it was great to see a strong Puerto Rican team out for the races. Jose Melendez had been participating in the Supernova camp at the AIS in January but the other 3 (Luis Espada in the 20km and Jan Moreu and Rachel De Orbeta in the U20 10km) came out just for the race. That is fantastic!



Puerto Ricans Jose Melendez, Jan Moreu, Rachel De Orbeta and Luis Espada with their coach in Adelaide (photo Perseus Karlstrom)

AV SHIELD ROUND 12, AROUND VICTORIA, SATURDAY 9 FEBRUARY

The final round of Athletics Victoria Shield competition was completed on Saturday, with nearly 80 walkers in action across Victoria. That is not too bad considering the cream of the crop were in action in Adelaide. Conditions were hot and windy so not conducive to good times but it is summer over here in the Antipodes. The Shield final will now be held in 2 weeks time, for those whose teams have progressed.

AV Shield Round 12 (red and yellow zones) Program 2, Meadowglen Athletics Track, Epping

Firstly to the Meadowglen track, with a smaller than usual contingent of 20 walkers in action. **Trenton Hawkins** (16:19.0) and **Heath Beveridge** (PB 6:58.1) were the winners. Special note for 73 year old **Andrew Jamieson** (17:48.6).

3000m Walk

1.	Trenton Hawkins	M	PTN		16:19.0
2.	Simon Evans	M	BOH	M55	17:02.8
3.	Madeleine Feain	F	KSB		17:27.0
4.	Andrew Jamieson	M	OSC	M65	17:48.6
5.	Paul Kennedy	M	KSB	M60	18:14.2
6.	Kerryn Walshe	F	KSB	F55	18:14.4
7.	John Kondogonis	M	KSB	M55	18:38.6
8.	Dennis Lazar	M	DIV	M60	18:40.4
9.	Phillip Dunstone	M	WES	M50	18:49.8
10.	Clyde Riddoch	M	VMA	M65	20:48.8
11.	Stephen Murphy	M	ESS	M55	21:53.1
12.	Janice Hodgart	F	WES	F55	22:26.2
13.	Evie Rosa	F	COL		22:56.3
14.	Donna Campbell	F	PTN	F45	26:07.2
15.	Glenys Schubert	F	DIV	F55	28:11.5
	Mark Donahoo	M	ESS	M60	DNF
	Erika Bedyne	F	YRA	F55	DQ

1500m Walk

1.	Heath Beveridge	M	WES	6:58.1	PB 0:06
2.	Thomas Glover	M	WES	9:09.9	
3.	Edie Bridgewater	F	PTN	9:47.5	

Gerard Feain was there with his camera and captured some of the action – thanks Gerard!



Andrew Jamieson, Paul Kennedy, Kerry Walshe and Heath Beveridge



John Kondogonis, Mark Donahoo, Madeleine Feain and Simon Evans (all photos by Gerard Feain)

AV Shield Round 12 (white and blue zones) Program 1, Bill Seward Athletics Track, Nunawading

Next to Nunawading where we had 39 walkers in action. The women were to the fore in the 3000m walk with **Charlotte Hay** (15:07.6), **Holly Cocking** (16:01.7) and **Sandra Geisler** (16:17.1) taking the first 3 places. The 1500m walk saw a very close finish with **Angus Hay** (7:36.2) crossing the line first ahead of **Joel Imbriano** (7:36.9) and **Luke Epps** (7:37.2).

3000m Walk

1.	Charlotte Hay	F	KNA		15:07.6
2.	Holly Cocking	F	ANW		16:01.7
3.	Sandra Geisler	F	RWD	F40	16:27.1
4.	Zachary Matters	M	BOH		16:57.3
5.	Wendy Muldoon	F	ANW	F45	16:58.1
6.	Claire Samanna	F	COL		17:33.7
7.	Albin Hess	M	UNA		17:51.8
8.	Kathleen O'Mahony	F	KNA		18:13.0
9.	Natalie Laurie	F	ANW		18:16.6
10.	Carolyn Rosenbrock	F	ANW	F55	18:26.2
11.	Heather Carr	F	GHY	F65	18:35.5
12.	Ralph Bennett	M	GHY	M65	19:05.9

13.	Isabella Dingli	F	SAN		19:23.1
14.	Pia Hunter	F	BOH	F50	19:37.3
15.	Anthony Doran	M	GHY	M65	20:49.6
16.	Rupert Van Dongen	M	MEN	M40	20:51.4
17.	Geoff Barrow	M	MEN	M65	20:55.4
18.	Bernadette Holohan	F	SAN	F50	20:59.9
19.	Lee Taylor	F	YRA		21:25.7
20.	Merilyn Thompson	F	CCA	F50	21:31.2
21.	Adam Mccann	M	ANW	M40	21:37.9
22.	Gwen Steed	F	GHY	F65	21:49.7
23.	Sharron Meager	F	BOH	F55	23:31.2
24.	Sandra Howorth	F	GHY	F55	24:26.2
25.	Lucas Taylor	M	YRA	DNQ	27:42.4
26.	Anne-Marie Ebbels	F	YRA	F45	27:44.9
27.	Rob Newling	M	MPA	M55	29:26.6

1500m Walk

1.	Angus Hay	M	KNA		7:36.2
2.	Joel Imbriano	M	STK		7:36.9
3.	Luke Epps	M	KNA		7:37.2
4.	Liam McLennan	M	DAC		7:38.3
5.	Marcus Wakim	M	COL		8:04.3
6.	Grace Louey	F	KNA		8:09.3
7.	Nikita Djordjevic	M	MEN		8:14.2
8.	Emily Smith	F	KNA		8:21.4
9.	Alannah Upson	F	MPA		8:32.1
10.	Shannon Delaney	M	MPA		8:49.0
11.	Alannah Dingli	F	SAN		8:55.5
12.	Benjamin Purser	M	DAC		9:47.9
13.	Abi Bolmat	F	SAN		10:43.9
14.	Huw Warrillow	M	STK		10:51.2

Now to our 3 country venues. Note the Ballarat venue only shows one walker in the AV Score website so I am not sure if some are missing. The results for that venue do seem incomplete.

AV Shield Round 12 Program 2, Llanberris Track, Ballarat

3000m Walk

1.	Kevin Ruddick	M	BHA	M65	20:28.40
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AV Shield Round 12 Program 2, Landy Field, Geelong

1500m Walk

1.	Owen Costin	M	CHI		7:36.30
2.	Kaylah Heikkila-Dubowik	F	COR		8:31.66
3.	Riannah Tatlock	F	BEL		8:34.20
4.	Sebastian Weickhardt	M	KSB		8:48.51
5.	Charli Walker	F	BEL		9:36.06
6.	Elizabeth Riviere	F	BEL		9:56.87
7.	Ivan Matijas	M	WYN		12:07.76
8.	Travis Maleko	M	WYN		12:39.29

AV Shield Round 12 Program 2, La Trobe University Track, Bendigo

3000m Walk

1.	Barbara Bryant	F	EAG	F60	18:14.77
2.	Andrea Smith	F	BEU	F40	18:52.11
3.	Jennifer Payne	F	SBE	F60	19:02.71
4.	Annette Curtis	F	SBE	F60	22:44.62
5.	John Watson	M	BGO	M65	24:06.10

1500m Walk

1.	Courtney Campbell	F	SBE		10:19.77
2.	Wendy Ennor	F	EAG	F60	12:16.04

SAMA TRACK WALKS, SA ATHLETICS STADIUM, MILE END, ADELAIDE, WEDNESDAY 6 FEBRUARY

Thanks to Colin Hainsworth for the latest results from the South Australian Masters in Adelaide. They had their usual midweek meet on Wednesday evening.

1500m Walk

1.	RICHARD EVERSON	07:33	M55	81.74%
2.	GREGORY METHA	08:40	M54	70.57%
3.	GEORGE WHITE	08:45	M73	85.65%
4.	PETER CRUMP	08:57	M58	70.90%
5.	MARIE MAXTED	09:44	W58	69.80%
6.	GIL MCINTOSH	10:14	M68	68.88%
7.	JAMES HOARE	11:20	M72	65.29%
8.	ROSS HILL-BROWN	11:37	M64	58.03%
9.	DAVID ROBERTSON	12:35	M85	71.12%

1500m Club Walk

1.	GRAHAM HARRISON	11:14	M75	67.79%
2.	VALMAI PADGET	12:23	W74	66.32%
3.	MARGARET MCINTOSH	12:24	W66	59.65%
4.	CATHIE HORE	13:19	W68	56.90%

2000m Walk

1.	RICHARD EVERSON	10:49	M55	73.77%
2.	GEORGE WHITE	11:50	M73	81.90%
3.	PETER CRUMP	11:55	M58	68.84%
4.	MARK WORTHING	12:37	M56	63.82%
5.	GREGORY METHA	12:52	M54	61.46%
6.	MARIE MAXTED	13:17	W58	66.93%
7.	GIL MCINTOSH	13:40	M68	66.69%
8.	JAMES HOARE	14:51	M72	64.43%
9.	LIZ DOWNS	15:07	W63	62.04%
10.	ROSS HILL-BROWN	15:35	M64	55.93%

2000m Club Walk

1.	DAVE FALLON	14:56	M66	59.66%
2.	GRAHAM HARRISON	15:06	M75	65.91%
3.	MARGARET MCINTOSH	16:19	W66	59.55%
4.	DOUG SMART	17:07	M75	58.14%
5.	VALMAI PADGET	17:12	W74	63.00%
6.	DAVID ROBERTSON	17:57	M85	64.56%
7.	EDNA BATES	18:13	W66	53.34%
8.	CATHIE HORE	18:14	W68	54.65%

ACTRWC TRACK WALKS, WODEN PARK, WODEN, THURSDAY 7 FEBRUARY

Thanks to Robin Whyte for the latest results from Canberra where **Michael Smith** (formerly of Castlemaine) seems to be getting fitter each week.

1500m Walk

1.	Michael Smith	7:13
2.	Owen Toyne	7:21
3.	Peter Baker	8:08
4.	Eloise Smith	8:17
5.	Robin Whyte	9:53
6.	Ella Baker	10:12
7.	Bryan Thomas	10:35
8.	Ruth Baussmann	11:09
9.	Doug Fitzgerald	11:46
10.	Sheryl Greathead	11:48
11.	Lorna England	12:13
12.	Robert Kennelly	12:14
13.	Margaret McSpadden	12:17
14.	Val Chesterton	13:00

WESTERN AUSTRALIAN STRIVE INTERCLUB, WA ATHLETICS STADIUM, PERTH, FRIDAY 8 FEBRUARY

To Perth for the latest Western Australian Interclub results, compliments of Terry Jones.

3000m Walk

1.	Alexandra Griffin	W05	University	14:54.2
2.	Thomas Millard	M01	Rockingham	16:36.0
3.	Melissa Lewis	W87	Front Runner	16:41.4
4.	Hannah Ireland	W03	Rockingham	18:32.6
5.	Ebony Gough	W03	Joondalup AC	19:18.6
6.	Amber Richards	W06	Athletics WA	21:10.4
	Benjamin Reid	M01	Athletics WA	DQ
	Xavier Bernard	M07	Melville	DQ

ATHLETICS SA INTERCLUB, SA ATHLETICS TRACK, MILE END, ADELAIDE, SATURDAY 9 FEBRUARY

And thanks to Kim Mottrom for the latest results from Adelaide. Kim commented: Windy but cool;

5000m Walk

1.	Kim Mottrom	Open	22:33.2
2.	Kristie Goznic	Open	25:55.0
3.	Alix Harlington	Open	27:14.8
4.	Peter Crump	Over 35	30:33.2
5.	Mia Wilks	U16	31:24.4
6.	Greg Metha	Over 35	33:17.6
7.	James Hoare	Over 35	39:10.9

1500m Walk

1.	Anthony Tana	U14	08:02.1
2.	Elli Pusonjic	U14	08:23.2
3.	Hannah Wilks	U14	09:20.2

NSW MASTERS T&F CHAMPIONSHIPS, SOPAC, SYDNEY, 8-10 FEBRUARY

The walks at the NSW Masters Championships had been scheduled for Friday evening but had to be moved to Saturday morning due to severe thunderstorms and torrential rains.

3000m Walk Masters

W45	DQ	Suffolk, Cristine	48	Victory Runn	DQ
W50	1	Parker, Carmel	53	U.T.S. North	34:21.42
W55	1	Weekes, Anne	56	Illawong Rev	31:14.58
W75	DNF	Purcell, Joan	77	Nepean Distr	DNF
M45	1	Kistle, David	49	St. George D	43:39.92
M60	1	Bennett, Rodney	64	Sydney Strid	43:40.45
M70	1	Hyde, Brendon	73	Sydney Unive	39:24.17
M80	1	Seymon, Jim	81	U.T.S. North	37:13.12
M85	DNF	Millridge, Osmo	86	Unattached	DNF

AFRICAN MASTERS CHAMPIONSHIPSRADES, TUNISIA, WEDNESDAY 6 FEBRUARY

Now onto the international reporting and first to Tunisia where Emmanuel Tardi was at the African Masters Championships. Two races were scheduled, the 20km at 9:30AM on Wednesday and the 10km at 8:30AM on Friday . The races took place in Rades, a suburb of Tunis, on a very good road circuit, using a 1km lap (500m out and 500m back) . Unfortunately, only a few walkers started so the results were perhaps disappointing. But well done to Emmanuel who won his age group in both races.

Next week, Emmanuel travels to India where he is one of the international judges. I look forward to hearing about that trip!

20km Walk

1.	BOUDHIBA Karim	TUN	1:47:24	1	M40
2.	CILLIE Gabriel	RSA	1:54:32	2	M40
3.	ANZI Karim	ALG	1:58:57	3	M40
4.	BLIGNAULT Frida	RSA	2:20:02	1	W65
5.	ANXIONNAT Claudine	FRA	2:26:03	2	W65

6.	TARDI Emmanuel	FRA	2:42:43	1	M50
7.	SCHIPPER Mary	RSA	2:49:00	1	W70
8.	HAKIMI Fatiha	TUN	2:58:28	3	W65
9.	ABBES Ons	TUN	3:01:10	1	M35
10.	BACCOUCHE Rym	TUN	3:15:08	1	W45

10km Walk

1.	BOUDHIBA Karim	TUN	49:06	1	M40
2.	MURPHY Patrick	IRL	59:20	1	M55
3.	BLIGNAULT Frida	RSA	1:08:24	1	W65
4.	ANXIONNAT Claudine	FRA	1:11:06	2	W65
5.	SCHIPPER Mary	RSA	1:18:03	1	W70
6.	TARDI Emmanuel	FRA	1:18:13	1	M50
7.	KHENATELA Noura	ALG	1:32:16	1	W50



African Masters 20km - Karim Boudhiba, Gabriel Cillie, Frida Blignault, Claudine Anxionnat and Emmanuel Tardi

87TH SPANISH 50KM NATIONAL RACE WALK CHAMPIONSHIPS, EL VENDRELL, SPAIN, SUNDAY 10 FEBRUARY

El Vendrell in Catalonia hosted the 87th Spanish 50km Championships last Sunday. The meet also included U20 and U18 10km, along with Masters and U16. Thanks to marciadalmondo for their report at http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3394.

The overall numbers were huge, especially in the 50km, which saw 25 men and 13 women starting. Add in the Masters 20km and the U20 (51 starters) and the U18 (83 starters) when they got underway and you had a huge contingent of walkers on the 2km circuit. What depth!

Many of the top 20km walkers were on the 50km start list but their job was simply to walk to 30km and then stop. Hence what deceptively looks like a high attrition rate on the results sheet. The men's 50km went to **Marc Tur** (3:54:51), ahead of **Benjamin Sanchez** (3:56:15) and the amazing 49 year old **Jesus Angel Garcia Bragado** (3:57:23). Garcia seemed to be heading for 4th place until **Ivan Pajuelo** was pit laned for 5 minutes while in second place late in the race. Pajuelo eventually finished 4th with 3:59:44, the last of the 4 walkers to better 4:00:00. The women's 50km saw 2 finishers, with winner **Rachel Gonzalez** setting with a new Spanish record of 4:11:01 (breaking Julia Takacs's 2018 record time of 4:13:04) and **Maria Larios** finishing with 4:48:54.

Lots of photos at <https://www.facebook.com/media/set/?set=oa.2471616876199948&type=3>.

50km Men

1.	Marc Tur Pico	IB15151	30/11/1994	3:54:51
2.	Benjamin Sanchez Bermejo	MU6883 UCAM-Athleo Cieza	10/03/1985	3:56:15
3.	Jesus Angel Garcia Bragado	CT11918 ISS - L'Hospitalet	17/10/1969	3:57:23
4.	Ivan Pajuelo Paredes	EX6864 CA Fent Cami Mislata	27/08/1993	3:59:44
5.	Pablo Oliva Requena	GR2849 Cueva de Nerja-UMA	15/10/1996	4:04:09
6.	David Reyes Afonso	TF5527 TenerifeCajaCanarias	19/03/1993	4:22:34

7.	Israel Aymar Cel	M3059 Atletismo Numantino	09/08/1995	4:26:14
8.	Marcos Monterrubio Fernandez	SE7434 Atletismo Alcorcon	15/01/1981	4:41:17
9.	Marc Guerrero Plaza	CT17133 ISS - L'Hospitalet	25/09/1995	4:44:26
10.	Francesc Rodriguez Martinez	CT24164 UGE Badalona	15/06/1975	4:54:16
11.	Ruben Piñol Valle	CT21716 CA Igualada	10/07/1971	5:00:40
	Jose Leonidas Romero Irias (f)	SE8289 Super Amara BAT	08/07/1983	AB
	Alberto Amezcua Balboa	GR2560 Juventud Guadix	01/05/1992	AB
	Antonio Camaño Mesa	MA8327 Juventud Guadix	21/11/1980	AB
	Antonio Gonzalez Arrabal	CT17485 JA Sabadell	22/07/1962	AB
	Daniel Chamosa Dacasa	GA768921 S.G. Pontevedra	04/05/1997	AB
	Jesus Abad Zorzo	M9601 Atletico Salamanca	07/08/1998	AB
	Jose Manuel Perez Rubio	GR4319 Juventud Guadix	10/09/1999	AB
	Kevin Cerro Gudiño	CT21210 Cornellà At.	06/05/1998	AB
	Luis Manuel Corchete Martinez	A7830 Atletismo Torre vieja	14/05/1984	AB
	Mario Viñas Picazo	CT20579 AA Catalunya	22/05/1996	AB
	Markel Gutierrez Garcia	SS20010 Deportivo Eibar	08/02/1999	AB
	Miguel Angel Lopez Nicolas	MU7141 UCAM Murcia	03/07/1988	AB
	Nil Rodes Llorens	CT18883 AA Catalunya	16/06/1996	AB
	Pablo Rodriguez Martin	SE9047 Super Amara BAT	13/04/1986	AB

50km Women

1.	Raquel Gonzalez Campos	CT13983 FC Barcelona	16/11/1989	4:11:01
2.	Maria Larios Lopez	AB1458 Alcampo Scorpio 71	29/10/1992	4:48:54
	Andrea Kovacs (f)	ZX9876589 INDEPENDIENTE	21/07/1980	AB
	Ainhoa Pinedo Gonzalez	CA6029 A.D. Marathon	17/02/1983	AB
	Alicia Del Rio Hernandez	M3090 Super Amara BAT	12/06/1996	AB
	Antia Chamosa Dacasa	GA765772 CA Valladolid-U.Va	07/10/1999	AB
	Irene Montejo Garces De Marcilla	M1278 FC Barcelona	20/02/1998	AB
	Julia Takacs Nyerges	M1800 Playas de Castellon	29/06/1989	AB
	Lluna Capdevila Marza	CS7240 Playas de Castellon	19/10/1998	AB
	Mar Juarez Gallardo	CT16531 Avinent Manresa	27/09/1993	AB
	Maria Dolores Marcos Valero	A9400 MillenniumTorrevieja	18/08/1979	AB
	Maria Perez Garcia	GR3379 Valencia Esports	29/04/1996	AB
	Paula Santidrian Solana	BU3572 Image FDR	18/01/1998	AB

I restrict my underage reporting to the first 10 in each event. The numbers were impressive.

10km U20 Men (21 starters, 18 finishers)

1.	Pedro Conesa Ceron	MU18826 Nutriban Atl Alcantarilla	11/05/2001	42:59
2.	Eloy Hornero Gallent	CS7536 Playas de Castellon	14/03/2000	43:03
3.	Jose Mestre Martin	M8992 Grupompleo Pamplona At	27/02/2001	43:56
4.	Daniel Jimeno Rivera	AR2751 Alcampo Scorpio 71	11/12/2000	45:33
5.	Roberto Vieiro Perez	GA768561 CA Santiago	15/02/2001	45:42
6.	Guillermo Santidrian Solana	BU3960 Image FDR	19/07/2001	45:50
7.	Francisco Sospedra Escat	V21354 Atletisme Els Sitges	11/04/2001	46:03
8.	Aythamy Afonso Gonzalez	TF22062 Atletismo Arona	07/03/2001	46:27
9.	Ignacio Villegas De Miquel	M9697 CA Elche Decatlon	22/11/2001	48:07
10.	Mario Bassas Garrity	CT24491 CE Universitari	09/09/2001	48:53

10km U20 Women (30 starters, 29 finishers)

1.	Mariona Garcia Rovira	CT22472 FC Barcelona	13/03/2000	49:30
2.	Mireia Urrutia Herrera	CT24516 CA Canaletes	04/03/2000	49:41
3.	Gemma Mora Martinez	CT24767 ISS - L'Hospitalet	26/02/2000	50:03
4.	Sofia Rodriguez Hernandez	GR4514 Atletismo Guadix	16/06/2001	50:43
5.	Maria Teresa Morata Moreno	CO2245 Unicaja Jaen Paraiso Interior	05/06/2001	51:51
6.	Ana Pulgarin Cardeno	EX6852 At Almendralejo	06/05/2001	52:41
7.	Iria Rivas Iglesias	GA769064 Ria Ferrol-C. Arenal	06/06/2001	53:12
8.	Angels Massana Banquells	CT22938 Muntanyenc S.Cugat	15/03/2000	53:51
9.	Virginia Martin Abarquero	PA3788 Puente de Cillas Palencia	04/02/2000	54:41
10.	Ana Guaita Guaita	V21365 Valencia Esports	15/09/2001	55:01

10km U18 Men (34 starters, 32 finishers)

1.	Jorge Lopez De La Cueva	V21360 Atletisme Els Sitges	08/10/2002	45:35
2.	Paul Mcgrath Benito	CT27055 Cornellà At.	07/03/2002	45:54
3.	Pablo Pastor Marin	CU2003 Atletismo Cuenca	31/03/2003	46:26
4.	Fernando Montejo Garces De Marcilla	M3475 FC Barcelona	02/04/2002	46:41
5.	Jose Luis Hidalgo Rodriguez	GR4228 Juventud Guadix	12/05/2002	47:06
6.	Daniel De Lucas Chanquet	M8741 A.D. Marathon	05/08/2002	47:15

7.	Juan Francisco Soto Egea	GR4218 Juventud Guadix	09/09/2003	47:29
8.	Hugo Martínez Casanova	GA768948 Atletica Lucense	23/11/2002	47:44
9.	Sergio Martínez Martinavarro	CS7588 Playas de Castellon	24/09/2002	47:49
10.	Raul Jimeno Rivera	AR3185 Alcampeo Scorpio 71	12/09/2003	48:06

10km U18 Women (51 starters, 46 finishers)

1.	Celia Vilchez Ferrari	M8296 CAP Alcobendas	09/10/2002	53:21
2.	Iria Teijeiro Gamez	CT25752 Hinaco Monzon	02/09/2002	54:02
3.	Maria Moya Del Campo	CR4802 CA Calatrava	14/02/2002	54:13
4.	Elena Gutierrez Gutierrez	S11018 CamargoRia del Carmen	08/02/2003	54:45
5.	Sara Bardal Sanabria	L4816 Univ Leon Sprint At	12/03/2002	54:47
6.	Noa Rodriguez Izquierdo	CT25968 Muntanyenc S.Cugat	23/04/2003	55:09
7.	Julia Lopez Marron	SE8017 Ohmio Arahal	19/02/2003	55:49
8.	Sandra Manzano Armenteros	M2608 A.D. Marathon	27/12/2002	56:01
9.	Maider Etxeberria Lizarbe	NA15552 Grupompleo Pamplona At	25/11/2003	56:02
10.	Laura Vidal Lopez	EX7022 At Almendralejo	01/09/2002	56:02



Rachel Gonzalez wins the Spanish women's 50km championship with a new Spanish record of 4:11:01 (photo marciadalmondo)

33RD PAN-HELLENIC INDOOR T&F CHAMPIONSHIPS, PIRAEUS, GREECE, 9-10 FEBRUARY

The Greek Indoor T&F Championships were contested last weekend in the 'Peace and Friendship' stadium in Piraeus. The walks, 5000m for men and 3000m for women were contested on Saturday. Thanks to Zoe Gkini for results, reports and photos. She writes

The spectators had the opportunity to see 2 excellent events, with the athletes trying to do their best even though they are in the middle of their preparations for the big summer competitions. In the women's 3000m walk, the winner (fifth time in a row) was **Panagiota Tsinopoulou** (12:51.57) who is preparing the European Cup in Alytus. A very old national record was broken in the women's U20 3000m walk (held since 12/2/1992 by Christina Deskou) by both **Kiriaki Filtitsakou** (13:24.28) and Olympic Youth bronze medalist **Olga Fiaska** (13:29.63), a PB for Olga even though she fell during the competition. Kiriaki and Olga are preparing for the European U20 championships in Boras.

In the men's 5000m walk, **Alexandros Papamichail** (19:31.02) won for the sixth time in a row, ahead of U20 walker **Giorgos Tzatzimakis** (20:00.53), with **Yiannis Vaitis** third (20:36.63). Alexandros is preparing for the 50km in Doha after a hitout in the European Cup 20km in Alytus.

Tsinopoulou, Filtitsakou, Fiaska, Papamichail and Tzatzimakis are all looking to participate in the IAAF challenges and the Balkan Racewalking Championships which are to be held in Alexandroupoli in Greece in July. To all of them we wish GOOD LUCK!!!!

3000m Walk Women

1.	Tsinopoulou, Panagiota	12.51.57	G.S.Velos Paleo Fliro	
2.	Filtitsakou, Kiriaki	13.24.28	G.S. Elefterios Venizelos	N.R U20 PB
3.	Fiaska, Olga	13.29.63	A.S.Athlokinisi Mytilini	PB
4.	Salma, Efstathia	14.53.73	G.S.Ikaros N.Ionia	
5.	Florou, Panagiota	15.14.45	SOA Fokianis Karditsas	
6.	Fatourou, Maria Ariadni	15.17.23	AO Achaias <<Galini>>	
7.	Tzatzimaki, Vasiliki	15.40.32	G.S. Elefterios Venizelos	

8.	Stupel, Lydia	15.51.89	MEAS Triton Thessalonikis
9.	Pappa, Kiriaki	16.34.06	G.S.Ikaros N.Ionia
10.	Asteriou, Maria	17.52.58	AOTriton Chalkidas

5000m Walk Men

1.	Papamichail, Alexandros	19.31.02	AO Myconos
2.	Tzatzimakis, Yiorgos	20.00.53	G.S. Elefterios Venizelos
3.	Vaitsis, Yiannis	20.36.63	GAS Ilissos
4.	Tsordias, Dimitrios	22.31.04	AE Olympias Patra
5.	Mpousdas, Aristotelis	23.50.32	SOA Fokianis Karditsas
6.	Mortzakis, Alexandros	24.37.84	AE Olympias Patra
7.	Vougioukas, Stilianos	24.54.44	AO Arisveos
8.	Tsitoglou, Isaias	24.59.44	AO Pefkis



Left: Female winner Panagiota Tsinopoulou Centre: Men's podium Right: Giorgos Tzatzimakis, Olga Fiaska and Yiannis Vaitsis

112TH NYRR MILLROSE GAMES, THE ARMOURY, NY, SATURDAY 9 FEBRUARY

The 2019 Millrose Games 1 Mile Race Walks also doubled as the USATF Indoor National 1 Mile Walk Championships but they were races that almost didn't happen. The walks had lost their long time sponsor, but, thanks to Bill Vayo and the USA Race Walking Foundation's grass roots effort with a ton of very generous support from race walkers, the event was saved for this year. The task is now to secure a new and ongoing sponsor to ensure further editions.

Wins to **Taylor Ewert** (6:28.21) and **Nick Christie** (5:55.58). The women's race was very close, with **Rachel Seaman** only 0.18 sec behind Ewert who set a new High Schools national record. Jeff Salvage and Tim Seaman have put together a superb photo/video collage, with commentary – great work Jeff. Check it out at <https://vimeo.com/316585180>.

1 Mile Women

1.	Taylor Ewert	6:28.21
2.	Rachel Seaman	6:28.39
3.	Katie Burnett	6:50.08
4.	Katie Miale	7:15.07
5.	Kayla Shapiro	7:16.95
6.	Maria Michta	7:18.87
7.	Chelsea Conway	7:20.33
8.	Maegan Alien	7:20.69
9.	Grace Endy	7:31.20
	Lauren Harris	DQ

1 Mile Men

1.	Nick Christie	5:55.58
2.	Emmanuel Covera	6:09.87
3.	Cody Rich	6:21.73

4.	Rich Luetтчau	6:37.93
5.	Joel Prahler	7:00.37
6.	Dave Swartz	7:09.88
7.	Jadon Davis	7:21.22
8.	Alex Price	7:28.81
	Sam Elmi	DQ
	Sam Allen	DQ

SPAR BRITISH ATHLETICS INDOOR CHAMPIONSHIPS, ARENA, BIRMINGHAM, 9-10 FEBRUARY

Thanks to Mark Wall for the results of the walks at the British Indoor T&F Championships.

In the women's walk showpiece, and opening her year in ideal fashion, it was **Heather Lewis** (Pembrokeshire; Martin Bell) who capitalised on **Bethan Davies'** (Cardiff; Andi Drake) disqualification to win a tough women's 5000m race walk in a personal best of 22:55.15. Three of the seven starters met the same fate. In the men's walk, all eyes were on multiple British record holder **Tom Bosworth**, (Tonbridge; Andi Drake), who underlined his class with yet another comfortable a victory in 19:22.56 despite battling illness in the build-up. Again the judges were active. It was Tom's fifth victory in this championship and his 11th British title overall.

5000m Walk Men

1.	Tom BOSWORTH	TONBRIDGE(GBR)	19:22.56	
2.	Cameron CORBISHLEY	MEDWAY(GBR)	20:29.40	
3.	Christopher SNOOK	AFD AC(GBR)	21:41.47	PB
4.	Tom PARTINGTON	MANX(GBR)	22:46.90	PB
5.	Luc LEGON	BEXLEY(GBR)	23:02.10	PB
6.	Francisco REIS	SY WC(GBR)	25:21.39	PB
7.	David ANNETTS	NHERTS(GBR)	DQ	
8.	David CRANE	SY WC(GBR)	DQ	
9.	Guy THOMAS	TONBRIDGE(GBR)	DQ	
10.	Callum WILKINSON	ENFIELD(GBR)	DQ	

5000m Walk Women

1.	Heather LEWIS	PEMBROKE(GBR)	22:55.15	PB
2.	Madeline SHOTT	BELGRAVE(GBR)	25:15.58	PB
3.	Pagen SPOONER	HYDE(GBR)	26:43.74	PB
4.	Carolyn DERBYSHIRE	NUNEATON(GBR)	29:39.17	PB
5.	Bethan DAVIES	CARDIFF(GBR)	DQ	
6.	Ana GARCIA	SHEFF(GBR)	DQ	
7.	Erika KELLY	NORTHERN(GBR)	DQ	



Tom Bosworth leads out in Birmingham (photo GiveMeSport Athletics)

PORTUGUESE INDOOR T&F CHAMPIONSHIPS, POMPAL, SATURDAY 9 FEBRUARY

Thanks to omarchador and marciadalmondo for the results of the Portuguese Indoor Championship walks. **Ana Cabecinha**, 34, won the women's 3000m walk with a time of 12.49.80, her ninth win in these championships and her eighth in a row. She was joined on the podium by **Edna Barros** (13.16.08) and **Vitória Oliveira** (13.21.62). 42 year old **João Vieira** won the men's 5000m walk with a time of 19.47.38, an amazing 19th win in this championship. Second place went to **Miguel Carvalho** (20.07.63), with **Paulo Martins** (20.57.47) third.

3000m Women

1.	Ana Cabecinha	1984	C Oriental Pechão	12:49.80
2.	Edna Barros	1996	C Oriental Pechão	13:16.08
3.	Vitória Oliveira	1992	Sporting CP	13:21.62
4.	Carolina Costa	1998	C Oriental Pechão	13:25.39
5.	Joana Pontes	2000	Leiria Marcha Atlético	13:57.35
6.	Inês Reis	1999	Sporting CP	14:03.92
7.	Andreia Sousa	1998	C Atletismo de Seia	14:25.79
8.	Sandra Silva	1975	CF Oliveira Douro	14:36.97
9.	Raquel Pimentel	2001	CF Oliveira Douro	14:51.29
10.	Alexandra Lamas	1972	ACR Sra Desterro	15:07.06
11.	Catarina Santos	2001	Sporting CP	15:09.02
12.	Ana Monteiro	1998	G Desp Estreito	15:18.79

5000m Men

1.	João Vieira	1976	Sporting CP	19:47.38
2.	Miguel Carvalho	1994	SL Benfica	20:07.63
3.	Paulo Martins	1999	Sporting CP	20:57.47
4.	Rui Coelho	1994	C Atletismo de Seia	20:58.50
5.	Pedro Santos	1986	Juv Vidigalense	21:09.42
6.	Cristiano António	1988	C Atletismo de Seia	21:54.66
7.	Rúben Santos	2000	Sporting CP	22:12.78
8.	Vítor Cabral	1998	CF Oliveira Douro	22:55.68
9.	Pedro Martins	1968	ACR Sra Desterro	23:32.82
10.	Ricardo Bernardino	1999	Sporting CP	23:48.42
11.	Jaime Santos	1972	Grecas - Vagos	24:08.00
12.	Cláudio Cotrim	1996	Casa Povo Alcanena	25:13.35
13.	Francisco Serra	1998	CCD Leões Floresta	26:56.12
14.	Amaro Teixeira	1989	C Atletismo de Seia	26:56.66

OUT AND ABOUT

- **Johann Diniz** posted on facebook that he is back to his native lands and his favorite training spot in the Algarve in Portugal for 15 days to prepare the European Cup 50km in Alytus.



Johann Diniz training in Portugal (photo Johann Diniz facebook)

- Australian 2016 Olympic walker **Rhydian Cowley** talks to RunnersTribe of his running and walking, and of his key 4 training sessions. See <https://www.runnerstribe.com/features/4-key-sessions-by-olympic-and-commonwealth-games-rep-rhydian-cowley/>.
- Rhydian has now joined the very impressive **Brent Vallance** stable. Brent's squad just gets bigger and bigger and now includes Perseus Karlstrom (SWE), Brigita Virbalyte (LTU), Quentin Rew (NZL), Jemima Montag, Kyle Swan and Rhydian. And I am sure I am missing other of our local walkers!



Brent in Adelaide with proteges Perseus Karlstrom and Jemima Montag

- Congratulations to Western Australian wonder walker **Lyn Ventris** on winning the World Masters Female Racewalker of the year. She was also a final nomination for World Masters Athlete of the Year, with her 3 gold medals at the World Masters in Malaga, together with her 2 world records, one at the championships. The walks award winners were

◦ Winner	Lynette Ventris	AUS
◦ Runner-up	Kris Kozell	CAN
◦		
◦ Winner	Eric Maugo Sikuku	KEN
◦ Runner-up	Jose Luis Lopes Camarena	MEX

See the full listings at <https://world-masters-athletics.com/news/2018-athletes-of-the-year>.

- The old saying "justice is a dish best served cold" is perhaps apt in this case, with yet another Russian walker, **Anisya Kornikova-Kirdyapkina**, being banned, this time for the period from 25 February 2011 to 11 October 2013. Is there any such thing as a clean Russian walker? See http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3389.
- Former Tokyo Marathon winner **Sarah Chepchirchir** is the latest Kenyan to be implicated in doping scandal and has been provisionally suspended by the Athletics Integrity Unit. Chepchirchir has previously a training partner of the 2016 Olympic marathon Jemima Sumgong, her sister-in-law, who is currently serving an eight-year drugs ban, under Italian coach Federicco Rosa. Chepchirchir has been charged under article 2.2 of the WADA Code following an alleged athlete biological passport (ABP) breach. See <https://www.insidethegames.biz/articles/1075329/former-tokyo-marathon-winner-chepchirchir-latest-kenyan-to-be-implicated-in-doping-scandal#.XGBj3e3brS8.twitter>.

MARCIADALMONDO AND OMARCHADOR ROUNDUP

Marciadalmondo has 11 press releases for us this week

- Mon 11 Feb - Pombal (POR): Ana Cabecinha (9 times) and Joao Vieira (19 times) Indoor Champions of Portugal http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3395
- Mon 11 Feb - El Vendrell (ESP): Marc Tur and Raquel Gonzalez Spanish champions of 50km http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3394

- Sat 9 Feb - Pireaus (GRE) - Greek Indoor Championships, victories of Panagiota Tsinopoulou and Alexandros Papamichail
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3393
- Sun 10 Feb - Adelaide (AUS): Perseus Karlstrom and Sandra Arenas win the Oceania Open Championships
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3392
- Sat 9 Feb - Ancona (ITA): Italian U18 Championships - victories of Martina Casiraghi and Emiliano Brigante
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3391
- Fri 8 Feb - Adelaide (AUS): Oceania 20km open Championships - Karlstrom and Arenas favorites
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3390
- Thu 8 Feb - Doping (RUS): Anisya Kornikova-Kiriyapkina banned from Jul. 27, 2017 to Jul. 26, 2020
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3389
- Thu 8 Feb - IAAF Press Release
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3388
- Wed 7 Feb - Ancona (ITA) next Saturday the Indoor Italian U18 Championships
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3387
- Tue 6 Feb - Kobe 2019: the farewell of Tanii and the come back of Liu Hong
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3386
- Mon 5 Feb - Rennes (FRA): French Championships U20 and U23
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3385

Omarchador has 15 press releases

- Mon 11 Feb - Raquel González and Marc Tur win Spanish 50km Championships
<http://omarchador.blogspot.com/2019/02/raquel-gonzalez-e-marc-tur-em-destaque.html>
- Sun 10 Feb - Cabecinha and Vieira win Portuguese Indoor championships
<http://omarchador.blogspot.com/2019/02/cabecinha-e-vieira-chronicos-campeoes.html>
- Sun 10 Feb - Alex Wright breaks Ireland record in Irish Indoor Track Championships last weekend
<http://omarchador.blogspot.com/2019/02/alex-wright-bate-recorde-da-irlanda-em.html>
- Sat 9 Feb - El Vendrell will host the 87th Spanish 50km Championships this weekend
<http://omarchador.blogspot.com/2019/02/el-vendrell-vai-acolher-os-87os.html>
- Sat 9 Feb - Pombal will host the Portugal Indoor Track Championships this weekend
<http://omarchador.blogspot.com/2019/02/pombal-vai-acolher-os-campeonatos-de.html>
- Sat 9 Feb - Preview of Australian 20 km in Adelaide
<http://omarchador.blogspot.com/2019/02/20-km-em-adelaide-australia-iaaf.html>
- Sat 8 Feb - Yohann Diniz and Matej Toth in defense of the 20 km and 50 km walks
<http://omarchador.blogspot.com/2019/02/yohann-diniz-e-matej-toth-em-defesa-da.html>
- Sat 8 Feb - Doping: Anisya Kiriyapkina suspended and dispossessed of medals
<http://omarchador.blogspot.com/2019/02/doping-anisya-kiriyapkina-suspensa-e.html>
- Sat 8 Feb - OAMA Tunisia 2019: Boudhiba and Blignaut repeat wins in 10km
<http://omarchador.blogspot.com/2019/02/oama-tunisia-2019-boudhiba-e-blignaut.html>
- Thu 7 Feb - IAAF Walks Committee anticipates the end of the 20km and 50km distances
<http://omarchador.blogspot.com/2019/02/comite-de-marcha-da-iaaf-antecipa-o-fim.html>
- Wed 6 Feb - OAMA Tunisia 2019: Karim Boudhiba and Freida Blignaut impose themselves on the 20 km
<http://omarchador.blogspot.com/2019/02/oama-tunisia-2019-karim-boudhiba-e.html>
- Wed 6 Feb - Results of the Italian U23 Indoor Championships in Ancona
<http://omarchador.blogspot.com/2019/02/campeonatos-de-italia-sub-23-de-pista.html>
- Tue 6 Feb - African Masters Athletics Championships starting tomorrow in Tunisia
<http://omarchador.blogspot.com/2019/02/campeonatos-africanos-de-atletismo.html>

- Tue 6 Feb - Results of the Aveiro Road Walk Championships in Portugal
<http://omarchador.blogspot.com/2019/02/campeonato-de-marcha-em-estrada-de.html>
- Tue 6 Feb - Results of the Italian U20 Indoor Championships in Ancona
<http://omarchador.blogspot.com/2019/02/campeonatos-de-italia-sub-20-de-pista.html>

TALKING DOHA

The 2019 IAAF World Championships are to be contested in Doha from 28th September to 6th October and will feature 20km and 50km for men and women.

As previously discussed, the entry standards have been set as follows

20km Walk	Men 1:22:30	Women 1:33:30
50km Walk	Men 3:59:30	Women 4:30:00

Qualifications can only be made in authorized IAAF meets. So far, the 2019 authorized list includes the meets shown below. Bookmark <https://www.iaaf.org/Competitions/iaaf-world-championships> to keep an eye on this evolving list.

The Chinese have a whole range of new meets, forming their own Gran Prix. I am sure we will hear more about this innovation as the year progresses. Next weekend sees major authorised meets in India and Brazil but that's the matter with India. Don't they realise there is now a women's 50km event!

67 th New Year Race Walking in Tokyo	Tokyo JPN	01-Jan	Men: 20km - Women: 10km
Portuguese 35/50km Walk National Champs	Porto de Mos POR	13-Jan	Men/Women: 35km/50km
USATF 50km Race Walking Champs	Santee USA	26-Jan	Men/Women: 50km
Race Walking Italian Champs	San Giorgio di Gioiosa Marea ITA	27-Jan	Men/Women: 20km/50km
Australian 20km Race Walking	Adelaide AUS	10-Feb	Men/Women: 20km
Spanish 50km National Race Walk Champs	El Vendrell ESP	10-Feb	Men/Women: 50km
1 st International Race Walking Champs 2019	Chennai IND	16/17-Feb	Men: 20km/50km, Women: 20km
Copa Brasil Caixa de Marcha Atletica - 50km	Bragança Paulista, SP BRA	17-Feb	Men/Women: 50km
China National Race Walking Gran Prix - 1	Haungshan CHN	9/10-Mar	Men/Women: 20km/50km
USATF National 20km Race Walking Champs	Tustin USA	16-Mar	Men/Women: 20km
Spanish 20km National Race Walk Champs	Oropesa del Mar ESP	17-Mar	Men/Women: 20km
France Race Walking Champs	Epinal FRA	17-Mar	Men/Women: 20km/50km
Lugano Trophy - Memorial Mario Albisetti	Lugano SUI	17-Mar	Men/Women: 20km
International Race Walk Meet Zaniemysl 2019	Zaniemysl POL	13-Apr	Men/Women: 20km
Hungarian National Champs	Békéscsaba HUN	28-Apr	Men/Women: 20km
China National Race Walking Gran Prix - 2	Xingtai CHN	16/17-May	Men/Women: 20km/50km
China National Race Walking Gran Prix - 3	Chifeng CHN	17/19-Jun	Men/Women: 20km/50km
Polish National Champs 20km	Mielec POL	22-Jun	Men/Women: 20km
China National Race Walking Champions Meet	Changbaishan CHN	20/21-Jul	Men/Women: 20km/50km
China National Race Walking Champs	Leshan CHN	6/7-Sep	Men/Women: 20km/50km

The Doha 50km ranking lists are starting to grow now. Thanks to Paul DeMeester for this update:

Doha 2019 Worlds 50K Qualifiers as of 10 February 2019 based on IAAF List of Qualifying Race Walk Competitions in 2018-2019 as at 4 February 2019

Qualification period started on 7 March 2018 and will end at midnight on 6 September 2019 (regardless of time zone)

Men 3:59:00 Entry Standard (target number of 50 – 48 already)

1.	Yohann Diniz	FRA	3:33:25	London 13 August 2017 (Wild Card Entry, reigning WC)
2.	Tomohiro Noda	JPN	3:39:47	Takahata 28 October 2018
3.	Matej Toth	SVK	3:42:46	Dudince 25 March 2018
4.	Hirooki Arai	JPN	3:44:25	Taicang 5 May 2018
5.	Hayato Katsuki	JPN	3:44:31	Taicang 5 May 2018
6.	Veli-Matti Partanen	FIN	3:44:43	Dudince 25 March 2018
7.	Satoshi Maruo	JPN	3:44:52	Taicang 5 May 2018
8.	Maryan Zakalnytskyi	UKR	3:44:59	Taicang 5 May 2018
9.	Qin Wang	CHN	3:45:29	Taicang 5 May 2018
10.	Kai Kobayashi	JPN	3:46:26	Takahata 28 October 2018
11.	Masatora Kawano	JPN	3:47:30	Takahata 28 October 2018
12.	Dzmitry Dziubin	BLR	3:47:59	Berlin 7 August 2018
13.	Rui Wang	CHN	3:48:01	Taicang 5 May 2018

14.	Rafal Augustyn	POL	3:48:22	Taicang 5 May 2018
15.	Havard Haukenes	NOR	3:48:35	Berlin 7 August 2018
16.	Perseus Karlstrom	SWE	3:48:54	Taicang 5 May 2018
17.	Quentin Rew	NZL	3:48:58	Taicang 5 May 2018
18.	Ivan Banzeruk	UKR	3:49:17	Taicang 5 May 2018
19.	Rafal Sikora	POL	3:49:54	Taicang 5 May 2018
20.	Evan Dunfee	CAN	3:50:18	Taicang 5 May 2018
21.	Carl Dohmann	GER	3:50:27	Berlin 7 August 2018
22.	Jonathan Hilbert	GER	3:51:22	Aschersleben 14 October 2018
23.	Joao Vieira	POR	3:51:46	Porto de Mos 3:51:46 13 January 2019
24.	Takayuki Tanii	JPN	3:51:54	Takahata 28 October 2018
25.	Shuto Goto	JPN	3:52:17	Takahata 28 October 2018
26.	Jarkko Kinnunen	FIN	3:52:40	Aschersleben 14 October 2018
27.	Michele Antonelli	ITA	3:53:00	Taicang 5 May 2018
28.	Valeriy Litanyuk	UKR	3:53:05	Taicang 5 May 2018
29.	Bernardo Uriel Barrondo	GUA	3:53:10	Taicang 5 May 2018
30.	Brendan Boyce	IRL	3:53:32	Taicang 5 May 2018
31.	Jesus Angel Garcia Bragado	ESP	3:53:48	Taicang 5 May 2018
32.	Nathaniel Seiler	GER	3:54:08	Berlin 7 August 2018
33.	Adrian Blocki	POL	3:54:31	Taicang 5 May 2018
34.	Marc Tur Pico	ESP	3:54:51	El Vendrell 10 February 2019
35.	Claudio Villanueva	ECU	3:55:04	Taicang 5 May 2018
36.	Andrea Agrusti	ITA	3:55:09	Taicang 5 May 2018
37.	Caio Bonfim	BRA	3:55:24	Melbourne 2 December 2018
38.	Jose Ignacio Diaz	ESP	3:55:28	Berlin 7 August 2018
39.	Marco De Luca	ITA	3:55:47	Berlin 7 August 2018
40.	Jose Montana	COL	3:55:48	Dudince 25 March 2018
41.	Andres Chocho	ECU	3:55:48	Cochabamba 5 June 2018
42.	Benjamin Sanchez Bermejo	ESP	3:56:15	El Vendrell 10 February 2019
43.	Leonardo Dei Tos	ITA	3:56:56	Gioiosa Marea 27 January 2019
44.	Aurelien Quinion	FRA	3:57:05	Aschersleben 14 October 2018
45.	Jijiang Han	CHN	3:57:33	Taicang 5 May 2018
46.	Bence Venyercsan	HUN	3:58:25	Berlin 7 August 2018
47.	Artur Mastianica	LTU	3:58:29	Berlin 7 August 2018
48.	Isamu Fujisawa	JPN	3:58:49	Takahata 28 October 2018

Women 4:30:00 Entry Standard (target number of 30 – 23 already)

1.	Rui Liang	CHN	4:04:36	Taicang 5 May 2018
2.	Ines Henriques	POR	4:05:56	London 13 August 2017 (Wild Card Entry, reigning WC)
3.	Hang Yin	CHN	4:09:09	Taicang 5 May 2018
4.	Claire Tallent	AUS	4:09:33	Taicang 5 May 2018
5.	Raquel Gonzalez Campos	ESP	4:11:01	El Vendrell 10 February 2019
6.	Alina Tsvilyi	UKR	4:12:44	Berlin 7 August 2018
7.	Paola Viviana Perez	ECU	4:12:56	Taicang 5 May 2018
8.	Faying Ma	CHN	4:13:28	Taicang 5 May 2018
9.	Maria Czakova	SVK	4:14:25	Dudince 25 March 2018
10.	Johana Ordonez	ECU	4:14:28	Taicang 5 May 2018
11.	Maocuo Li	CHN	4:14:47	Taicang 5 May 2018
12.	Julia Takacs	ESP	4:15:22	Berlin 7 August 2018
13.	Nastassia Yatsевич	BLR	4:18:00	Taicang 5 May 2018
14.	Nadzeya Darazhuk	BLR	4:18:31	Taicang 5 May 2018
15.	Magaly Bonilla	ECU	4:19:04	Taicang 5 May 2018
16.	Khrystina Yudkina	UKR	4:20:26	Berlin 7 August 2018
17.	Erika Morales Cruz	MEX	4:20:36	Hauppauge 21 October 2018
18.	Vasylyna Vitovshchyk	UKR	4:23:15	Berlin 7 August 2018
19.	Ainhua Pinedo	ESP	4:27:03	Berlin 7 August 2018
20.	Nicole Colombi	ITA	4:27:38	Gioiosa Marea 27 January 2019
21.	Mayra Carolina Herrera	GUA	4:28:30	Taicang 5 May 2018
22.	Mar Juarez	ESP	4:28:58	Berlin 7 August 2018
23.	Serena Sonoda	JPN	4:29:45	Takahata 28 October 2018

With the large number of authorized walks competitions including 50km events for men and women, these lists are going to continue growing. The IAAF RWC might see no future for the 50km but the figures tell a different story.

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

Feb 13 (Wed), 2019	AV Teams 5000m Championships & VRWC races, Dolomore Reserve, Mentone
Feb 17 (Sun), 2019	VMA 5000m Track champs and VRWC races, Dolomore Reserve, Mentone, Victoria
Feb 23 (Sat), 2019	AV Shield Final, Lakeside Stadium, Albert Park, Victoria
Mar 1-3, 2019	Victorian T&F Championships, Weekend 1, Albert Park
Mar 8-10, 2019	Victorian T&F Championships, Weekend 2, Albert Park
Mar 16-17, 2019	LAVIC State T&F Championships, Casey Fields
Mar 23-24, 2019	Victorian Masters T&F Championships, Doncaster
Mar 30 – Apr 7, 2019	Australian Athletics Championships, Sydney (10,000m track walk championships)
Apr 13-14, 2019	Coburg 24 Hour Carnival, Coburg, VIC
Apr 26-29, 2019	Australian Masters T&F Championships, Albert Park - https://melbourne2019.com.au/
Jun 9 (Sun), 2019	LBG Carnival, Stromlo Forest Park, Canberra, ACT
June 25-28, 2019	2019 Oceania Championships, Townsville (Open and U20 10km, U18 5km)
Aug 11 (Sun), 2019	AMA 20km National Championships, Adelaide, SA

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

Mar 17 (Sun), 2019	Asian 20km Race Walking Championships, Nomi, JPN
Apr 6 (Sat), 2019	28 th Grande Prémio Internacional de Rio Maior em Marcha Atlética, Rio Maior, Portugal
Apr 20 (Sat), 2019	IAAF Race Walking Challenge Meet, Lazaro Cardenas, Mexico (20 and 50km M/W)
Apr 20-21, 2019	Pan American 50km Race Walking Cup, Lazaro Cardenas, Michoacan, Mexico
May 11-12, 2019	2019 IAAF Race Walking Challenge, Taicang, China
May 19 (Sun), 2019	European Race Walking Cup, Alytus, Lithuania (20 and 50km M/W)
Jun 8 (Sat), 2019	XXXIII Gran Premio Cantones de La Coruña, La Coruña, Spain
Jun 26 (Wed), 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

Feb 16-17, 2019	1 st International Race Walking Champs 2019, Chennai, IND (20/50km men, 50km Women)
Feb 17 (Sun), 2019	Copa Brasil Caixa de Marcha Atletica, Bragança Paulista, BRA (50km M/W)
Mar 9-10, 2019	China National Race Walking Gran Prix 1, Haungshan, CHN (20/50km M/W)
Mar 16 (Sat), 2019	USATF National 20km Race Walking Champs, Tustin, USA (20km M/W)
Mar 17 (Sun), 2019	Lugano Trophy - Memorial Mario Albisetti, Lugano, SUI (20km M/W)
Mar 17 (Sun), 2019	Spanish 20km National Race Walk Champs, Oropesa del Mar, ESP (20km M/W)
Mar 17 (Sun), 2019	France Race Walking Champs, Epinal, FRA (20km/50km M/W)
Mar 17 (Sun), 2019	Asian 20km Race Walking Championships, Nomi, JPN
Mar 23 (Sat), 2019	Dudince International Walks Meet, Dudince, Slovakia (20km, 50km)
Mar 24-30, 2019	8th World Masters Indoors T&F Championships , Torun, Poland
Apr 6 (Sat), 2019	Podebrady International Meet, Podebrady, CZE (20km)
Apr 6 (Sat), 2019	28 th Grande Prémio Internacional de Rio Maior em Marcha Atlética, Rio Maior, Portugal
Apr 13 (Sat), 2018	International Race Walking Meeting "Zaniemysl 2019", Zaniemysl, Poland (20km M/W)
Apr 13 (Sat), 2019	Naumburg International Meet, Naumburg, Germany
Apr 20 (Sat), 2019	IAAF Race Walking Challenge Meet, Lazaro Cardenas, Mexico (20 and 50km M/W)
Apr 20-21, 2019	Pan American Racewalk Cup, Lazaro Cardenas, Mexico
Apr 28, 2019	Hungarian National Champs, Békéscsaba, HUN (20km M/W)
May 15 (Sun) 2019	European Race Walking Cup, Alytus, Lithuania (20km, 50km, U20 10km)
May 11-12, 2019	2019 IAAF Race Walking Challenge, Taicang, China
May 16-17, 2019	China National Race Walking Gran Prix – 2, Xingtai, CHN (20 and 50km M/W)
May 19 (Sun), 2019	European Race Walking Cup, Alytus, Lithuania (20 and 50km M/W)
May 25 (Sat), 2019	10 th Sprint Triathlon in Race Walking, Veenendaal, NED (3000m, 1000m, 1 Mile)
Jun 8 (Sat), 2019	XXXIII Gran Premio Cantones de La Coruña, La Coruña, Spain
Jun 17-19, 2019	China National Race Walking Gran Prix – 3, Chifeng, CHN (20 and 50km M/W)
Jun 22 (Sat), 2019	Polish 20km Championships, Mielec, POL (20km M/W)
Jul 3-14, 2019	30th Summer Universiade , Naples Italy
Jul 20-21, 2019	China National Race Walking Champions Meet, Changbaishan, CHN (20 and 50km M/W)
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

Tim Erickson, terick@melbpc.org.au Home: 03 93235978 Mob: 0412 257 496
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