



HEEL AND TOE ONLINE

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



VRWC Preferred Supplier of Shoes, clothes and sporting accessories.

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

WALKERS OF THE WEEK

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

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

You can read the finer details later in the newsletter.



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

WHAT'S COMING UP

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

Victorian Race Walking Club



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

at the Middle Park Bowling Club

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

Make up tables of 8-10 for some after-race entertainment including:
*Quiz questions * Games * Music * Prizes * Take-no-prisoners competitiveness * Socialising
 and Laughs!!*

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

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

- at the check-in table on race days, or
- by contacting Stu Cooper at stuwalks@yahoo.com.au to confirm your attendance. (If you choose this method, you can pay at the Club or by direct transfer at any Commonwealth bank - BSB: 063-143 Acc: 008 00466 Reference: (Your surname)Trivia (Remember that bit so that we can identify you.)

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



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

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

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

- The following Sunday sees another of our major championship days, with AV, AV Schools, VMA and VRWC medals on offer. AV and AV Schools races just be pre-entered by the AV website via the Members Portal at <https://members.athsvic.org.au/SignIn?ReturnUrl=%2fprofile%2f>. VMA and VRWC races can either be entered on the day or more preferably you can pre-enter via our online panel at <https://vrwc.org.au/wp1/race-entries-2>.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

RWA 30km Open Men

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

Handicap

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

RWA 30km Masters Men

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

Fitness 30km Men

| | | | | |
|----|-------------|-----|------|---------|
| 1. | Robin Whyte | 212 | ACTW | 3:42:12 |
|----|-------------|-----|------|---------|

2. Phil Essam 211 ACTW 4:49:28

AACT 30km Men

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

RWA 15km Open Women

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

Teams

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

Handicap

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

RWA 15km Masters Women

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

Handicap

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

RWA 15km Open Men

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

Teams

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

Handicap

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

RWA 15km Masters Men

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

Handicap

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

Fitness 15km Men

1. Mick Saunders 121 ACTW 1:53:58

| | | | | |
|---------------------------|-------------------|------|---|---------|
| 2. | Bryan Thomas | 122 | ACTW | 1:55:27 |
| 3. | George Megas | 124 | RWQ | 2:14:04 |
| Fitness 15km Women | | | | |
| 1. | Susan Archer | 123 | ACTW | 1:50:47 |
| 2. | Lorna England | 119 | ACTW | 2:15:39 |
| 3. | Ruth England | 120 | ACTW | 2:15:44 |
| 4. | Olivia Carter | 1017 | ACTW | 3:00:33 |
| Fitness 8km Men | | | | |
| 1. | Eden Morgan | 502 | RWV | 52:52 |
| Fitness 8km Women | | | | |
| 1. | Miriam McCarthy | 501 | ACTW | 53:27 |
| RWA 10km U20 Men | | | | |
| 1. | Mitchell Baker | 1 | ACTW | 46:30 |
| 2. | Corey Dickson | 309 | RWV | 46:34 |
| 3. | Kyle Bedford | 17 | NSWRWC | 48:05 |
| 4. | Jack McGinniskin | 18 | NSWRWC | 48:49 |
| 5. | Mathew Bruniges | 362 | SARWC | 49:19 |
| Handicap | | | | |
| 1. | Mathew Bruniges | 362 | SARWC | |
| 2. | Jack McGinniskin | 18 | NSWRWC | |
| AACT 10km U20 Men | | | | |
| 1. | Mitchell Baker | 1001 | ACTW | 46:30 |
| Open 10km Men | | | | |
| 1. | Michael Smith | 2 | ACTW | 54:22 |
| Open 10km Women | | | | |
| 1. | Beki Smith | 19 | NSWRWC | 49:40 |
| RWA 10km U20 Women | | | | |
| 1. | Jemma Peart | 312 | RWV | 53:51 |
| 2. | Charlotte Hay | 310 | RWV | 54:47 |
| 3. | Hannah Bolton | 21 | NSWRWC | 55:20 |
| 4. | Molly O'Neill | 23 | NSWRWC | 57:08 |
| 5. | Hannah Manning | 3 | ACTW | 58:03 |
| 6. | Hannah Mison | 22 | NSWRWC | 58:30 |
| 7. | Bridget Bell | 20 | NSWRWC | 58:48 |
| 8. | Amy Walker | 25 | NSWRWC | 58:48 |
| 9. | Kathleen O'Mahony | 311 | RWV | 1:02:45 |
| 10. | Teegan Pengilly | 24 | NSWRWC | DNF |
| Teams | | | | |
| 1. | RWV | 13 | Jemma Peart, Charlotte Hay, Kathleen O'Mahony | |
| 2. | NSWRWC | 9 | Hannah Bolton, Molly O'Neill, Hannah Mison | |
| Handicap | | | | |
| 1. | Bridget Bell | 20 | NSWRWC | |
| 2. | Kathleen O'Mahony | 311 | RWV | |
| 3. | Hannah Manning | 3 | ACTW | |
| RWA 1km U10 Boys | | | | |
| 1. | Sam Wilks | 365 | SARWC | 05:08 |
| 2. | Edward Upton | 363 | SARWC | 06:40 |
| 3. | Xavier Upton | 364 | SARWC | 07:41 |
| 4. | Brayden Thomsson | 27 | NSWRWC | 08:15 |
| 5. | Heath Tatlock | 313 | RWV | 08:20 |
| | Luke Challinor | 26 | NSWRWC | DQ |
| Teams | | | | |
| 1. | SARWC | 7 | Sam Wilks, Edward Upton, Xavier Upton | |

Handicap

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

RWA 1km U10 Girls

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

Teams

| | | | |
|----|-----|---|-------------------------------------|
| 1. | RWV | 7 | Ela Uzun, Mietta Morgan, Havana Ali |
|----|-----|---|-------------------------------------|

Handicap

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

RWA 2km U12 Boys

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

Teams

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

Handicap

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

RWA 2km U12 Girls

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

Teams

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

Handicap

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

RWA 2km U14 Boys

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

Teams

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

Handicap

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

RWA 2km U14 Girls

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

Teams

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

Handicap

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

RWA 3km U16 Boys

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

Teams

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

Handicap

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

RWA 3km U16 Girls

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

Teams

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

Handicap

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

RWA 5km U18 Boys

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

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

Teams

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

Handicap

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

RWA 5km U18 Girls

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

Teams

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

Handicap

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

RWA 5km Open Women

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

Teams

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

Handicap

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

RWA 5km Masters Women

| | | | | |
|----|----------------------|----|------|-------|
| 1. | Ann Staunton-Jugovic | 16 | ACTW | 30:29 |
|----|----------------------|----|------|-------|

- 2. Anne Weekes 307 NSWRC 34:26
- 3. Nicolle Challinor 99 NSWRC 35:00



A foggy start cleared to a beautiful day



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



Corey Dickson, Jemma Peart, Heath Beveridge and Alanna Peart



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

SAMA ROADWALKS, OAKLANDS PARK, ADELAIDE, SATURDAY 8 JUNE

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

8km Walk

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

4km Walk

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

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

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

1.5km Walk

| | | |
|----|----------------|------|
| 1. | Anna Blackwell | 7.32 |
|----|----------------|------|

2km Walk

| | | |
|----|--------------|-------|
| 1. | Sophie Ahern | 15.28 |
|----|--------------|-------|

3km Walk

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

4km Walk

| | | |
|----|-------------|-------|
| 1. | Chloe Ahern | 23.37 |
|----|-------------|-------|

5km Walk

| | | |
|----|------------|-------|
| 1. | Ron Foster | 38.42 |
|----|------------|-------|

6km Walk

| | | |
|----|---------------|-------|
| 1. | Alice Randall | 32.00 |
| 2. | Steve Ahern | 40.34 |

BENDIGO WALKERS CLUB ROUNDUP

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

Bendigo WC Roadwalks, Bendigo, Sunday 16 May

1.6km Walk

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

8km Walk

| | | | |
|----|-------------------|-------|--|
| 1. | Bill Lotherington | 63.32 | |
| 2. | Barb Bryant | 48.47 | |

Bendigo WC Roadwalks, Bendigo, Sunday 2 June

2km Walk

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

5km Walk

| | | | |
|----|-------------------|-------|--|
| 1. | Barb Bryant | 29.44 | |
| 2. | Bill Lotherington | 39.24 | |

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

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

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

20km Women

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

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

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

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

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

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

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

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

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



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

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

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

20km Men

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

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

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

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

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

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



Placegetters Yusuke Suzuki, Toshikazu Yamanishi and Massimo Stano



Suzuki with fourth placed Perseus Karlstrom



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

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

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

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

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



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

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

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

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

MEETING DE BELFORT, BELFORT, FRANCE, FRIDAY 7 JUNE

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

5000m Walk Men

| | | | | |
|----|-----------------|--------|---------|----------|
| 1. | BOURNIER Justin | ESM/99 | Dole Ac | 21:11.20 |
|----|-----------------|--------|---------|----------|

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

3000m Walk Women

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



The start of the walk



The leading men and women (photos Emmanuel Tardi)

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

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

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

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

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

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

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

100 Miles Walk

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

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



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

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

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

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

100 Km Walk

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

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

50 Miles Walk

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

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

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

50km Walk

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

PARIS ALSACE CLASSIC, ACROSS FRANCE, 5-9 JUNE

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

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

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

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

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

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

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

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

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

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

LA MYTHIQUE (426km)

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



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

Stage 1 : Neuilly sur Marne : 9.2km

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

Stage 2 : Château-Thierry-Epinal : 360.5km

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

Stage 3 : Plainfaing-Ribeaupillé : 56.3km

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

Final Classification : 426.0km

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

LA VOSGÉENNE (303.1km)

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

Stage 1 : Neuilly sur Marne : 9.2km

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

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

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

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

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

Stage 4 : Plainfaing-Ribeauville : 56.3km

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

Final Classification : 303.1km

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

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

LA NOCEEENNE (227.2km)

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

Stage 1 : Neuilly sur Marne : 9.2km

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

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

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

Stage 3 : Plainfaing-Ribeauville : 56.3km

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

Final Classification : 227.2km

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



Damien Maldeme, Jean-Marie Rouault and Alexandre Forestieri



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

OUT AND ABOUT

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

MARCIADALMONDO ROUNDUP

marciadalmondo has 6 press releases for us this week.

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

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

DATES...DATES...DATES

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

Australian/Victorian Key Dates – 2019/2020

June 25-28, 2019 2019 Oceania Championships, Townsville (Open and U20 10km, U18 5km) - <https://athletics-oceania.com/>
 Aug 11 (Sun), 2019 AMA 20km National Championships, Adelaide, SA
 See <http://www.australianmastersathletics.org.au/events/event/ama-20k-roadwalk-championships-2019/>
 Sept 8 (Sun), 2019 Australian Roadwalk Championships, Adelaide, SA
 Apr 10-13, 2020 Australian Masters T&F Championships, Brisbane, QLD. See <http://www.brisbane2020nationals.com.au/>

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

Jun 25 (Tue), 2019 Oceania Race Walk 10km Championships, Townsville, Australia (10km M/W)
 Sep 27 - Oct 6, 2019 IAAF World Athletics Championships, Doha, Qatar
 Oct 20-22, 2019 Around Taihu International Race Walking 2019, Suzhou, China

International Dates – 2019 and onwards

Jun 17-19, 2019 China National Race Walking Gran Prix – 3, Chifeng, CHN
 Jun 22 (Sat), 2019 Polish 20km Championships, Mielec, POL (20km M/W)
 June 30 (Sun), 2019 USATF 40km Champs (includes 50km option), Owego, NY, USA
 Jul 3-14, 2019 **30th Summer Universiade**, Naples Italy
 Jul 13 (Sat) USATF San Diego Imperial 20,000m and 50,000m track walks, San Diego, USA
 Jul 20-21, 2019 China National Race Walking Champions Meet, Changbaishan, CHN (20 and 50km M/W)
 Jul 26-Aug 11, 2019 Pan American Games, Lima, PER (50km and 20km)
 Aug 30-Sep 7, 2019 **20th Oceania Masters T&F Championships**, Mackay, Queensland, AUS
 Sep 6-7, 2019 China National Race Walking Champs, Leshan, CHN (20 and 50km M/W)
 Sept 28 – Oct 6, 2019 **17th IAAF World Championships in Athletics**, Doha, Qatar
 Oct 20-22, 2019 Around Taihu International Race Walking 2019, Suzhou, China

May, 2020 **29th IAAF World Race Walking Team Championships**, Minsk, Belarus
 July 17-20, 2020 **18th IAAF World U20 T&F Championships**, Nairobi, Kenya
 July 24 – Aug 9, 2020 **32nd Olympic Games**, Tokyo
 July 20 – Aug 1, 2020 **23rd World Masters T&F Championships**, Toronto, Canada

Mar 2021 **9th World Masters Indoor T&F Championships**, Edmonton, Canada
 Aug 6-15, 2021 (TBC) **18th IAAF World Championships in Athletics**, Eugene, USA

July 18-30, 2022 **XXII Commonwealth Games**, Birmingham, GBR.
 Aug 7-17, 2022 **24th World Masters T&F Championships**, Gothenburg Sweden

Aug 2021 (TBC) **19th IAAF World Championships in Athletics**, Budapest, Hungary

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