



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2019/2020 Number 02
Tuesday 8 October 2019



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WALKER OF THE WEEK

My Walker of the Week is 29 year old **Perseus Karlstrom** who has literally taken the walking world by storm this year. Always regarded as a superbly talented walker, 2019 has seen him put it all together with a string of high quality performances which include

- Two great 10,000m track walk wins in January in Canberra - first **38:52.76** in the Supernova Study walk and then **39:20.81** in the Canberra Track Classic
- A repeat win in the Australian 20km Championship in Adelaide in February (which was the first leg of the IAAF Race Walking Challenge) **with 1:20:05**
- Two new Swedish records with his win in the Victorian 5000m Track Walk Championship in March (**11:08.27** for 3000m and **18:32.56** for 5000m)
- A win in the IAAF Race Walking Challenge event in Lazaro Cardenas in Mexico in April (**1:23:40**), the first time a European has won in the 17-year history of this race.
- A win in the European Championship 20km in Alytus, Lithuania, in May with **1:19:54**
- A Swedish road record of **1:18:07** in winning the IAAF Challenge Series meet in La Coruña, Spain, in June
- A Swedish track record of **38:03.95** in winning the Finnkampen in Stockholm in August
- **And now a bronze medal in the IAAF World Championship 20km in Doha last week, his time of 1:27:00 pretty impressive in the ridiculously tough conditions.**



Perseus with his 20km bronze medal in Doha last Saturday morning

He is currently leading the men's standings in the 2019 IAAF Race Walking Challenge, and can lock in an overall win if he chooses to contest the last of the gazetted events, namely this month's Around Lake Taihu classic in China.

The only Swedish record he doesn't have now is the 50km, even though he bettered it with 3:44:35 in December 2017, when winning the Australian 50km at Fawkner Park in Melbourne. Alas, it could not be ratified because of insufficient starters. He intends to start in our 2019 National 50km championship at Fawkner Park in a couple of months and he will go in as an unbackable favourite.

This summer will be his fifth time training and racing here in Australia (after successful visits in 2011, 2016, 2017 and 2018). He will spend December in Melbourne before travelling to Canberra for the 2020 edition of the Supernova study at the AIS. He will complete his summer stay with a start in the Australian 20km Championship in Adelaide in February 2020 - and you would be a brave man to put your money on anyone else!

Now coached by Australian super coach **Brent Vallance**, Persy is fulfilling the promise he has shown for so many years.

WHAT'S COMING UP

- For Victorians, our summer season continues next Saturday with the second round of the **Athletics Victoria Shield League (AVSL)**. 1500m and 3000m walks are on offer in all 5 venues (Casey Fields, Doncaster, Geelong, Bendigo and Ballarat). More info at <http://athsvic.org.au/events/competitions/avcompetitions/avsl/>. Pre-enter via the AV Online Members Portal at <https://members.athsvic.org.au/>.
- I also note that entries are now open for the **Australian 50km meet at Fawkner Park on Sunday 1st December**. See more at <https://www.athletics.com.au/events/51744/>
- There **Walks Judging Seminar** will be conducted in Melbourne the day before the 50km meet (ie **Saturday 30th November**). See full details at <http://athsvic.org.au/2019/generalnews/walk-judging-seminar/>. Download the application form from the AV link.

VRWC SUMMER SEASON FINALISED

The VRWC Summer Season fixture has now been finalised and can be viewed at <http://www.vrwc.org.au/vrwcs20.shtml>. It would have been out much sooner but we were caught out by Athletics Victoria who announced at the last minute that their AVSL summer season competition would only include racewalks on 6 of the 12 rounds. We did push back and get the number increased to 8 and, while an improvement, it was still a bit disappointing from our perspective and required a flurry of activity by Terry Swan and Mark Donahoo to source additional events to round out the season. The final result sees us hosting 3 roadwalk carnivals (at Middle Park) and 6 track walk carnivals (3 at Mentone, 1 at Keilor and 2 at Clifton Hill). Here's how the season pans out for us.

- | | | |
|------------------------|---|--------------|
| • Sun 20 October 2019 | VRWC Road Races | Middle Park |
| • Wed 13 November 2019 | VRWC Track Races | Mentone |
| • Sun 17 November 2019 | VRWC Summer Championships and AGM | Middle Park |
| • Wed 27 November 2019 | VRWC Track Races | Keilor |
| • Wed 11 December 2019 | VRWC Track Races | Clifton Hill |
| • Sun 19 January 2020 | VRWC Road Races | Middle Park |
| • Wed 22 January 2020 | VRWC Track Races | Clifton Hill |
| • Wed 12 February 2020 | AV 5km Teams Championship, VRWC Walk | Mentone |
| • Sun 16 February 2020 | VRWC Track Races, VMA 5000m Championships | Mentone |

We hope to see everyone at Middle Park on the morning of Sunday 20th October for our season opener.

AV SHIELD WALKS WEEKS NOW FINALISED

AV Shield League (AVSL) timetables are now finalised for all rounds except for the Shield Final. We have walks in 7 of the 11 normal rounds and in the Relay round (with 4x800m Mixed Walk Relays). Here's how it reads

- | | |
|----------------------|--|
| • Oct 5 (Sat), 2019 | AV Shield Round 1, Aberfeldie and Nunawading, 1500m and 3000m walks |
| • Oct 12 (Sat), 2019 | AV Shield Round 2, Casey Fields and Doncaster, 1500m and 3000m walks |
| • Oct 19 (Sat), 2019 | AV Shield Round 3, Aberfeldie and Yarra Rangess, 2000m and 5000m walks |
| • Nov 9 (Sat), 2019 | AV Shield Round 4 (Relays Round), Knox and Doncaster, 4x800m walks (Mixed) |
| • Nov 16 (Sat), 2019 | AV Shield Round 5, Aberfeldie and Nunawading, NO WALKS |
| • Nov 30 (Sat), 2019 | AV Shield Round 6, Casey Fields and Meadowglen, 2000m walks |
| • Dec 13 (Fri), 2019 | AV Shield Round 7, Twilight Nitro, NO WALKS |
| • Dec 21 (Sat), 2019 | AV Shield Round 8, Box Hill and Werribee, 1500m and 3000m walks |
| • Jan 11 (Sat), 2020 | AV Shield Round 9, Meadowglen and Frankston, 1500m and 3000m walks |
| • Jan 18 (Sat), 2020 | AV Shield Round 10, Ringwood and Keilor Park, NO WALKS |
| • Feb 1 (Sat), 2020 | AV Shield Round 11, Doncaster and Knox, 2000m and 5000m walks |
| • Feb 8 (Sat), 2020 | AV Shield Round 12, Box Hill and Aberfeldie, NO WALKS |
| • Feb 22 (Sat), 2020 | AV Shield Final, Lakeside Stadium (Timetable TBA) |

VICTORIAN SUMMER SEASON WALKS DATES NOW ALL LOCKED IN

Now that all key Victorian dates have been finalised (except for the Victorian Masters T&F Championships), I have put everything together into a single fixture, AV Shield events are shown in **Yellow**. VRWC events are shown in **Green**. Other events are shown in white. It now reads well, with walk races on most weekends throughout the summer.

Oct 5 (Sat), 2019	AV Shield Round 1, Aberfeldie and Nunawading, 1500m and 3000m walks
Oct 12 (Sat), 2019	AV Shield Round 2, Casey Fields and Doncaster, 1500m and 3000m walks
Oct 19 (Sat), 2019	AV Shield Round 3, Aberfeldie and Yarra Rangess, 2000m and 5000m walks
Oct 20 (Sun), 2019	VRWC Road Races, Middle Park
Oct 26-27, 2019	AV All Schools T&F Championships Weekend 1, Doncaster
Nov 2-3, 2019	AV All Schools T&F Championships Weekend 2, Doncaster
Nov 9 (Sat), 2019	AV Shield Round 4 (Relays Round), Knox and Doncaster, 4x800m walks (Mixed)
Nov 13 (Wed), 2019	VRWC Track Races, Mentone
Nov 16 (Sat), 2019	AV Shield Round 5, Aberfeldie and Nunawading, NO WALKS
Nov 17 (Sun,) 2019	VRWC Summer Championships and AGM, Middle Park
Nov 27 (Wed), 2019	VRWC Track Races, Keilor
Nov 30 (Sat), 2019	AV Shield Round 6, Casey Fields and Meadowglen, 2000m walks
Nov 30 (Sat), 2019	AV/AA Walk Judging Seminar, Melbourne
Dec 1, 2019	Australian 50km Championships, Fawcner Park, Melbourne (Open 20km, U20 10km and U18 5km)
Dec 6-8, 2019	Australian All Schools T&F Championships, Perth
Dec 11 (Wed), 2019	VRWC Track Races, Clifton Hill
Dec 13 (Fri), 2019	AV Shield Round 7, Twilight Nitro, NO WALKS
Dec 21 (Sat), 2019	AV Shield Round 8, Box Hill and Werribee, 1500m and 3000m walks
Jan 11 (Sat), 2020	AV Shield Round 9, Meadowglen and Frankston, 1500m and 3000m walks
Jan 18 (Sat), 2020	AV Shield Round 10, Ringwood and Keilor Park, NO WALKS
Jan 19 (Sun), 2020	VRWC Road Races, Middle Park
Jan 22 (Wed), 2020	VRWC Track Races, Clifton Hill
Jan 25-27, 2020	Victorian Country T&F Championships, Geelong
Feb 1 (Sat), 2020	AV Shield Round 11, Doncaster and Knox, 2000m and 5000m walks
Feb 8 (Sat), 2020	AV Shield Round 12, Box Hill and Aberfeldie, NO WALKS
Feb 9 (Sun), 2020	Australian 20km Roadwalk Championships, Adelaide
Feb 12 (Wed), 2020	AV 5km Teams Championship, VRWC Walks, Mentone
Feb 15-16, 2020	LAVIC Region T&F Carnivals, Throughout Victoria
Feb 16 (Sun) 2020	VRWC Track Races, VMA 5000m Championships, Mentone
Feb 22 (Sat), 2020	AV Shield Final, Lakeside Stadium (timetable TBA)
Feb 28 – Mar 1, 2020	Victorian Junior and Open T&F Championships Weekend 1, Lakeside Stadium, Albert Park
Mar 6-8, 2020	Victorian Junior and Open T&F Championships Weekend 2, Lakeside Stadium, Albert Park
Mar 14-15, 2020	LAVIC State T&F Championships, Casey Fields
?	Victorian Masters, T&F Championships, TBC
Mar 21-29, 2020	Australian Open and Junior T&F Championships, Sydney
Apr 10-13, 2020	Australian Masters T&F Championships, Brisbane. See http://www.brisbane2020nationals.com.au/
Apr 18-19, 2020	Australian Little Athletics T&F Championships, Canberra

IAAF WORLD CHAMPIONSHIPS, DOHA, 28 SEPTEMBER – 6 OCTOBER

The Doha World Championships were completed last weekend, with controversy continuing regarding the awarding of the mee to QATAR and the weather conditions. A couple of the more recent critiques are

<https://www.cbc.ca/sports/olympics/gebrselassia-warning-heat-death-track-and-field-worlds-1.5302581>
<https://www.lequipe.fr/Athletisme/Actualites/Mondiaux-michael-johnson-se-paie-sebastian-coe/1065238>

The final walk, the men's 20km, was held at 11:30PM on Friday 4th October. While the temperature had dropped from the opening night when 28 runners withdrew from the women's marathon due to the brutal conditions, it was still 32 degrees Celsius and 70% humidity at start time.

20km Walk Men, Friday 4 october, 11:30PM

My report is that of Steve Landells for the IAAF (see <https://www.iaaf.org/competitions/iaaf-world-championships/iaaf-world-athletics-championships-doha-2019-6033/news/report/men/20-kilometres-race-walk/final>).

Japan completed a glorious men's race walking double at the IAAF World Athletics Championships Doha 2019, courtesy of a commanding performance by world leader **Toshikazu Yamanishi**. The bespectacled 23-year-old seized control of the race between 7-8km and never relinquished his advantage as he tamed the hot and humid conditions to strike gold in 1:26:34.

The 52-man field set out on Friday at 11.30pm on the Corniche, covering 20 one-km loops in temperatures of 32C and 73% humidity. Sensibly the field adopted a cautious approach, covering the first 5km in 22:25 led by Australia's Olympic bronze medallist **Dane Bird-Smith**.

The first significant moves were made by Great Britain's 2016 world U20 10,000m race walk champion **Callum Wilkinson** and China's Asian Games champion **Wang Kaihua**, who opened up a handy gap on the field just beyond quarter distance. Wang had opened up a 40-metre advantage but Yamanishi, who earlier this year recorded the fourth fastest time in history with a 1:17:15 clocking to land the Asian title, was first to respond to the Chinese athlete's thrust.

The Japanese race walker, who could be one of the star names at the Tokyo 2020 Olympics, put together back-to-back 4:15 kilometre splits to glide past Wang and by 9km held a 13-second lead on a group containing the Chinese race walker, **Perseus Karlstrom**, Italian record-holder **Massimo Stano** and **Koki Ikeda** of Japan, the 2018 IAAF World Racing Walking Team Championships gold medallist.

Half distance was reached in 46:06 by Yamanishi – who was showing no sign of distress – some 17 seconds clear of the chasing pack, which now also included Turkey's **Salih Korkmaz**, the European U23 silver medallist.

By 12km Yamanishi's advantage had been trimmed to 12 seconds, although Stano's bid for a medal was over as he was forced to serve two minutes in the pitlane following three red cards.

The Japanese athlete marched relentlessly on and by 15km (1:05:28) the lead was back up to 15 seconds. Behind, Karlstrom put the hammer down following a 4:07 one kilometre split to open up a clear 12-second advantage on Korkmuz, who now held third. The 29-year-old Swede briefly offered hope he could bridge the gap on the long-time leader and at 16km the advantage was reduced to 13 seconds. However, Karlstrom had over-exerted himself in pursuit of gold and by the 18km checkpoint – reached in 1:18:03 by the Japanese athlete – his lead was now 25 seconds and the Swede had a flying **Vasiliy Mizinov** just nine seconds adrift. By 19km the authorised neutral athlete had moved into second and the medal order – barring any late calls by the race walking judges – was determined.

In splendid isolation and just a few minutes before 1am local time Yamanishi completed the 20km in 1:26:34. It was the first time since Spain's double triumph in 1993 that one nation had snared both men's race walking titles at a World Championships. Karlstrom (1:27:00) took bronze, claiming Sweden's first race walking medal since Madelin Svensson grabbed the women's 10km silver in 1991.

Behind the podium finishers, Germany's **Christopher Linke**, who was ninth at halfway, finished strongly to place fourth in 1:27:19. Korkmaz produced a best ever finish for Turkey at a World Championships race walk in fifth (1:27:35) with Great Britain's **Tom Bosworth** achieving the same feat for his country in placing seventh (1:29:34). Sandwiched between the pair was the second Japanese race walker, Ikeda, in 1:29:02.

Of the 52 starters, a total of 40 men completed the race. Seven competitors did not finish and five race walkers were disqualified.

1.	Toshikazu YAMANISHI	JPN	1:26:34
2.	Vasiliy MIZINOV	ANA	1:26:49
3.	Perseus KARLSTRÖM	SWE	1:27:00
4.	Christopher LINKE	GER	1:27:19
5.	Salih KORKMAZ	TUR	1:27:35
6.	Koki IKEDA	JPNJ	1:29:02
7.	Tom BOSWORTH	GBR	1:29:34
8.	Kaihua WANG	CHN	1:29:52
9.	Jiaying YIN	CHN	1:29:53
10.	Eiki TAKAHASHI	JPNJ	1:30:04
11.	Marius ŽIUKAS	LTU	1:30:22
12.	Érick Bernabé BARRONDO	GUA	1:30:40
13.	Cao BONFIM	BRA	1:31:32
14.	Massimo STANO	ITAI	1:31:36
15.	Dane BIRD-SMITH	AUS	1:32:11
16.	Kevin CAMPION	FRA	1:32:16
17.	Hagen POHLE	GER	1:32:20
18.	Andrés CHOCHO	ECU	1:32:49
19.	Georgiy SHEIKO	KAZ	1:32:53
20.	Julio César SALAZAR	MEX	1:33:02
21.	Byeongkwang CHOE	KOR	1:33:10
22.	Álvaro MARTÍN	ESP	1:33:20

23.	Brian Daniel PINTADO	ECU	1:33:48
24.	Gabriel BORDIER	FRA	1:34:06
25.	Matteo GIUPPONI	ITAI	1:34:29
26.	Miguel Ángel LÓPEZ	ESP	1:35:00
27.	Irfan KOLOTHUM THODI	IND	1:35:21
28.	Ivan LOSEV	UKR	1:35:42
29.	Luis Henry CAMPOS	PER	1:37:20
30.	Viktor SHUMIK	UKR	1:37:23
31.	Alex WRIGHT	IRLI	1:37:33
32.	Dawid TOMALA	POL	1:38:15
33.	Samuel Ireri GATHIMBA	KEN	1:40:45
34.	Eduard ZABUZHENKO	UKR	1:41:04
35.	Diego GARCÍA	ESP	1:41:14
36.	Devender SINGH	IND	1:41:48
37.	Hyunsub KIM	KOR	1:42:13
38.	Wayne SNYMAN	RSA	1:43:57
39.	Moacir ZIMMERMANN	BRA	1:44:16
40.	Aliaksandr LIAKHOVICH	BLR	1:44:25
	José Alejandro BARRONDO	GUA	DQ
	Jhon Alexander CASTAÑEDA	COL	DQ
	José LEYVER	MEX	DQ
	José Carlos MAMANI	PER	DQ
	Callum WILKINSON	GBR	DQ
	José Mauricio ARTEAGA	ECU	DNF
	Nils BREMBACH	GER	DNF
	Zelin CAI	CHN	DNF
	Rhydian COWLEY	AUS	DNF
	José María RAYMUNDO	GUA	DNF
	Carlos SÁNCHEZ CANTERA	MEX	DNF
	Richard VARGAS	VEN	DNF



Great 20km walks by Toshikazu Yamanishi, Perseus Karlstrom and Christopher Linke

Sadly, the IAAF did not do itself any favours with this tweet which was sent post event



This was a clumsy attempt to justify the dreadful decision to host these games in a completely inappropriate climate.

No cases of heat stroke? Tell that to the very large number of walkers and marathon runners who flagged and failed to finish, either collapsing completely or being forced to stop, unable to go on. The fate of the two Australian walkers in the men's 20km are but two examples of the wider problem that was clearly in evidence to everyone except for the IAAF.

- **Rhydian Cowley** failed to finish. His comment: *Even going out at 90 minute pace was too aggressive so it started to fall apart after 5k. I stopped at 12k when I noticed signs of heat stress manifesting in myself. 32° and 77% humidity for the duration - like walking in a sauna.*
- **Dane Bird-Smith** made a fast start and led through the opening 4km before steadily losing ground in the second half, eventually finishing 15th with 1:32:11 (13 mins over his PB). Soon after crossing the line, he fell forwards onto the road and was taken to the medical tent for observation. A gutsy walk but one that did not reflect his true form of quality.

Good one IAAF!!

AVSL ROUND 1, AROUND VICTORIA, SATURDAY 5 OCTOBER

The Athletics Victoria Shield League (AVSL) Round 1 was completed last Saturday, with 5 venues in action around Victoria (Aberfeldie, Nunawading, Ballarat, Bendigo and Geelong). Numbers were large overall and the competition was run superbly, as we have come to expect from AV. Results were up almost immediately on the AV Results Hub (see <https://athsvic.resultshub.com.au/results.html>) and it made my reporting job a relatively simple task.

Overall, 85 walkers competed in 3000m and 1500m track walks, with the two metropolitan regions the biggest venues. The results below show both the age group of the walker and the number of points earned for their club. Five walkers scored in excess of 500 points, with **Darcey Roberts** (537), **Alanna Peart** (528), **Heather Carr** (521) and **Corey Dickson** (520) leading the way overall.

AVSL Round 1, Bill Seward Athletics Track, Nunawading (Blue vs White)

Nunawading saw the biggest and fastest walk fields, with **Kyle Swan** (12:39.2), **Rebecca Henderson** (14:13.9), **Darcey Roberts** (7:13.7) and **Luke Epps** (7:37.8) leading the way in their respective division.

3000m Walk

1.	Kyle Swan	MOP	ANW	12:39.2	512	
2.	Corey Dickson	M18	KNA	13:06.7	520	
3.	Nikola Mandic	M18	CCA	13:42.2	495	
4.	Mark Blackwood	M40	KNA	13:45.3	495	
5.	Will Thompson	M18	MPA	14:13.3	476	
6.	Rebecca Henderson	F20	MEN	14:13.9	511	
7.	Tracy Feiner	F40	KNA	15:01.4	504	
8.	Charlotte Hay	F18	KNA	15:49.1	465	
9.	Sandra Geisler	F40	RWD	16:08.7	461	
10.	Angus Hay	M18	KNA	16:20.3	400	PB 0:06
11.	Simon Evans	M55	BOH	16:23.7		
12.	Grace Young	F18	COL	16:26.6	441	
13.	Andrew Jamieson	M65	OSC	16:36.9	515	
14.	Wendy Muldoon	F45	ANW	16:43.5	464	
15.	Grace Louey	F18	KNA	17:05.5	415	
16.	Rebekah Powierski	F18	ANW	17:16.5	408	
17.	Dee Holohan	F50	SAN	18:10.9	437	
18.	Heather Carr	F65	GHY	18:20.7	521	
19.	Geromi Tucker	M18	RWD	18:35.0	297	
20.	Ralph Bennett	M65	GHY	18:41.4	453	
21.	Laura McLennan	F40	DAC	19:35.6	302	
22.	Ross Reid	M65	COL	19:51.1	420	
23.	Rupert Van Dongen	M45	MEN	19:51.6	283	
24.	Alannah Dingli	F18	SAN	20:19.5	268	
25.	Adam Mccann	M40	ANW	20:43.9	228	
26.	Anthony Doran	M65	GHY	20:45.8	392	
27.	Gwen Steed	F65	GHY	20:48.6	450	
28.	Geoff Barrow	M65	MEN	20:51.8	388	
29.	Janice Marston	F50	WAM	23:07.6	244	
30.	Debbie Voogd	F50	RWD	24:06.0	214	
	Meryllyn Thompson	F20	UNA	DNF		
	Ian Handasyde	M65	OSC	DQ		
	Albin Hess	M55	VMA	DQ		

1500m Walk

1.	Darcey Roberts	F14	KNA	7:13.7	537
2.	Luke Epps	M14	KNA	7:37.8	458
3.	Liam McLennan	M16	DAC	7:46.1	426
4.	Zachary Matters	M14	BOH	7:55.4	437
5.	Emily Smith	F14	KNA	8:02.9	482
6.	Hamish Blackwood	M14	KNA	8:13.2	417
7.	Ocean Shephard	M14	MPA	10:27.5	242
	Joel Imbriano	M14	STK	DQ	

AVSL Round 1, Moonee Valley Athletics Track, Aberfeldie (Yellow vs Red)

Heath Beveridge (14:18.8) and **Madeleine Feain** (17:21.3) were the best in the 3000m walk at Aberfeldie, while **Maddison Nash** was the best in the 1500m (8:18.3).

3000m Walk

1.	Heath Beveridge	M18	WES	14:18.8	473	PB 0:01
2.	Danny Hawksworth	M40	ESS	14:58.4	452	
3.	Marcus Wakim	M14	COL	15:45.4	460	
4.	David Smyth	M50	COL	17:10.1	421	
5.	Madeleine Feain	FOP	KSB	17:21.3	384	
6.	Tim Erickson	M65	COB	17:22.5	490	
7.	Paul Kennedy	M60	KSB	17:31.9	459	
8.	Mark Donahoo	M60	ESS	18:06.7	442	
9.	Donna-Marie Elms	F55	PTN	18:27.3	456	
10.	Dennis Lazar	M60	DIV	18:33.8	428	
11.	Brian Anderson	M60	ESS	18:39.8	425	
12.	Hamish Beaumont	M40	MUU	20:05.6	249	
13.	Phillip Dunstone	M50	WES	20:08.5	300	
14.	Duncan Knox	M60	ESS	20:08.5	375	
15.	Janice Hodgart	F55	WES	20:13.6	395	
16.	Maria Abfalter	F50	KSB	20:43.2	328	
17.	Stephen Murphy	M55	ESS	22:08.1	268	
18.	Krystal Kunig	FOP	KSB	24:00.9	159	
19.	Donna Campbell	F45	PTN	28:45.6	111	
20.	Glenys Schubert	F55	DIV	29:26.2	141	

1500m Walk

1.	Maddison Nash	F14	DIV	8:18.3	463
2.	Eddie Bridgewater	F16	PTN	9:50.0	299



Heath Beveridge, Doncan Knox, Danny Hawksworth, Mark Donahoo, Paul Kennedy, Donna-Marie Elms and Maddison Nash in action at Aberfeldie (photos Gerard Feain)

AVSL Round 1, Llanberris Reserve, Ballarat

Alanna Peart (14:06.0) and **Fraser Saunder** (14:11.1) led the way in Ballarat, with excellent 3000m walks.

3000m Walk

1.	Alanna Peart	F18	BYC	14:06.0	528	
2.	Fraser Saunder	M16	BYC	14:11.1	493	PB 0:06
3.	Jemma Peart	F20	BYC	14:42.8	494	
4.	Sarah Brennan	F40	BYC	16:52.7	433	
5.	Kevin Ruddick	M65	BHA	19:37.0	427	
6.	Roslyn Ireland	FOP	BWK	23:32.4	168	
7.	Olive Ireland	F55	BWK	25:06.3	218	

1500m Walk

1.	Scott Peart	M14	BYC	08:33.3	392	
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AVSL Round 1, Landy Field, Geelong

Father/daughter combination **Scott and Arnika Nelson** waved the flag for the walkers in Geelong.

3000m Walk

1.	Scott Nelson	M50	WYN	15:34.8	474	
2.	Arnika Nelson	F18	WYN	16:01.6	457	

1500m Walk

1.	Owen Costin	M16	CHI	08:41.1	348	
2.	Jade Chitty	F16	WES	09:28.8	336	

AVSL Round 1, La Trobe University Track, Bendigo

A good turnout of 10 walkers in Bendigo, with **Peter Curtis** the best with 18:11.2.

3000m Walk

1.	Peter Curtis	MOP	SBE	18:11.2	279	
2.	John Watson	M65	BGO	22:56.5	311	
3.	John Carter	M65	UNA	23:18.1	298	
4.	Annette Curtis	F60	SBE	23:41.6	293	

1500m Walk

1.	Andrea Smith	F40	BEU	10:09.4		
2.	Courtney Campbell	F14	SBE	12:14.2	181	
3.	Destiney Seymour	F16	SBE	12:14.4	168	
4.	Wendy Ennor	F60	EAG	12:28.5		
5.	Jasper Seymour	M14	SBE	14:18.7	108	
6.	Keith Noden	M65	SBE	18:14.2		

MERV LOCKYER 3KM HANDICAP, LAKE WENDOUREE, BALLARAT, MONDAY 7 OCTOBER

Thanks to Kerrie Peart for the results of the latest walk result from Ballarat. She explains:

Following the school holiday break, our walkers were keen to dust off their shoes and hit the scenic Lake Wendouree North Gardens track. Starting off in the sealed handicap, **Fraser Saunder** took the lead and didn't look back, finishing first in a quick PB time of 13:51 (PB 0.26). On handicapped times, **Sarah Brennan** and **Scott Peart** walked strongly to take out 2nd and 3rd places respectively. Our junior walkers **Charlotte MacDonell** and **Jorja Tallent** kept up a steady pace to also complete the 3km walk.

Merv Lockyer 3km Handicap 3km Handicap

1.	Fraser Saunder	13:51	PB: 0.26 (New U16 BRWC record)
2.	Sarah Brennan	17:16	
3.	Scott Peart	18:06	
4.	Alanna Peart	14:40	
5.	Jemma Peart	15:40	
6.	Charlotte MacDonell	23:13	
7.	Jorja Tallent	24:27	



Fraser Saunder wins the Merv Lockyer Trophy on Monday evening (photos Kerrie Peart)

AACT SUMMER SERIES, AIS ATHLETICS TRACK, CANBERRA, SUNDAY 6 OCTOBER

Canberra also started its summer season competition last weekend, with a couple of walkers in action at the AIS track.

1500m Walk

1.	Toyne, Owen	11	Little Athle	8:57.89
2.	Duncan, Erin	13	Little Athle	10:02.26

17TH AUSTRALIAN MASTERS GAMES, ADELAIDE, 5-12 OCTOBER

The 17th Australian Masters Games, currently underway in Adelaide, are always a large multi-sport celebration and this year is no exception. The T&F section includes three racewalks, namely 5000m, 3000m and 1500m track walks, all held at the SA Athletics Stadium in Mile End. See full T&F results at <http://liveresults.com.au/20191005/>.

5000m Track Walks, Saturday 5 October

First to the 5000m track walks which were held on Saturday morning. M35 **Kim Mottrom** was fastest overall with 23:46.68. Others to do well were M70 **George White** (30:59.82), M45 **Pramesh Prasad** (27:48.01) and W45 Kylie Irshad (30:30.37).

W45	1	4522	Kylie Irshad	VIC	30:30.37
W50	1	5051	Kate White	SA	43:40.34
W55	1	5524	Anne Weekes	NSW	32:41.74
	2	5542	Marie Maxted	SA	33:08.86
	3	5551	Sandra Riches	NSW	36:41.35
W60	1	6030	Jennifer Payne	VIC	31:28.90
	2	6039	Liz Downs	SA	38:33.11
W65	1	6512	Margaret McIntosh	SA	42:41.55
W70	1	7024	Avril Hill	SA	40:32.52
	2	7022	Vijayanthimala Kodali	IND	44:45.85
	3	7007	Mary Leitch	VIC	47:20.74
	4	7037	Leola Kean	SA	50:27.96
W80	1	8009	Barbara Bright	QLD	48:08.82
M35	1	3503	Kim Mottrom	SA	23:46.68
M40	1	4026	Leigh Browell	VIC	35:18.44
M45	1	4504	Pramesh Prasad	VIC	27:48.01
M50	1	5045	Christopher McKinnon	VIC	35:10.57
M60	1	6018	Christopher Worsnop	VIC	43:29.48
	2	6034	Ross Hill-Brown	SA	43:29.99
M65	1	6503	Christopher Whitham	SA	34:12.10

	2	6539	Gil McIntosh	SA	35:10.68
	3	6543	Brian Witty	SA	37:44.38
	DNF	6525	Frank Prowse	VIC	DNF
M70	1	7038	George White	SA	30:59.82
	2	7033	Haydn Gawne	WA	37:14.10
	3	7014	Trevor Brown	SA	37:23.43
M75	1	7505	Roger Lowe	SA	42:57.45
	2	7504	Abdul Kareem Iqbal Mohammad	IND	51:49.30
M80	1	8007	Madan Lal Chitkara	IND	36:35.17
	2	8005	Rodger Barber	SA	40:00.72
	3	8016	Leigh Smith	SA	44:57.81
M85	1	8503	Bert Janes	NSW	41:55.95
	2	8506	Colin Hainsworth	SA	55:58.87
	DNF	8505	Ronald Johnson	NZ	DNF

3000m Track Walks, Sunday 6 October

92 year old NSW walker **Heather Lee** provided the highlight of the 3000m track walks on Sunday morning, setting a new W90 World Record time of 24:52.25. Nice article at <https://www.australianmastersgames.com/news/Inspirational-92-year-old-Heather-Lee-breaks-world-record-at-the-Australian-Masters-Games-x-16406.html>. Once again, **Kim Mottrom** (12:47.29) and **Kylie Irshad** (16:32.4) were fastest.

W45	1	4522	Kylie Irshad	VIC	16:32.64
W50	1	5051	Kate White	SA	24:52.35
W55	1	5524	Anne Weekes	NSW	18:30.59
	2	5542	Marie Maxted	SA	18:35.27
	3	5551	Sandra Riches	NSW	21:40.09
	4	5525	Deborah Engeler	NSW	25:43.19
W60	1	6030	Jennifer Payne	VIC	18:34.58
	2	6039	Liz Downs	SA	23:01.30
W65	1	6512	Margaret McIntosh	SA	24:51.98
W70	1	7009	Janice Layng	SA	23:19.45
	2	7022	Vijayanthimala Kodali	IND	26:55.88
W90	1	9002	Heather Lee	NSW	24:52.25
M35	1	3503	Kim Mottrom	SA	12:47.29
M40	1	4026	Leigh Browell	VIC	20:58.14
M45	1	4504	Pramesh Prasad	VIC	15:43.26
M50	1	5045	Christopher McKinnon	VIC	21:01.13
M60	1	6034	Ross Hill-Brown	SA	23:07.94
	2	6018	Christopher Worsnop	VIC	26:09.33
M65	1	6539	Gil McIntosh	SA	20:05.67
	2	6543	Brian Witty	SA	22:16.50
M70	1	7038	George White	SA	17:11.37
	2	7033	Haydn Gawne	WA	21:12.95
	3	7014	Trevor Brown	SA	21:39.19

1500m Track Walks, Monday 7 October

Monday saw the final of the track walks, with **Kim Mottrom** setting a new SA M35 record with a superb 6:02.96. **Kylie Irshad** was also pretty fast with 7:46.13.

W40	1	4522	Kylie Irshad	VIC	7:46.13
W50	1	5051	Kate White	SA	11:49.80
W55	1	5542	Marie Maxted	SA	8:43.69
	2	5524	Anne Weekes	NSW	9:00.14
	3	5551	Sandra Riches	NSW	10:35.52
W60	1	6030	Jennifer Payne	VIC	9:03.50
	2	6039	Liz Downs	SA	10:47.30
W65	1	6512	Margaret McIntosh	SA	11:50.83
W70	1	7024	Avril Hill	SA	11:18.89
	2	7009	Janice Layng	SA	11:48.52
	3	7007	Mary Leitch	VIC	14:04.77
W80	1	8015	Pam Mews	VIC	15:34.75
W90	1	9002	Heather Lee	NSW	12:05.76
M35	1	3503	Kim Mottrom	SA	6:02.96
M40	1	4026	Leigh Browell	VIC	10:14.83

M45	1	4504	Pramesh Prasad	VIC	7:34.13
M50	1	5045	Christopher McKinnon	VIC	10:12.20
M60	1	6038	Garry Hibble	SA	9:53.12
	2	6034	Ross Hill-Brown	SA	10:58.39
	3	6018	Christopher Worsnop	VIC	12:17.74
M65	1	6539	Gil McIntosh	SA	9:39.38
M70	1	7038	George White	SA	8:33.55
	2	7033	Haydn Gawne	WA	10:04.42
	3	7014	Trevor Brown	SA	10:12.98
M75	1	7505	Roger Lowe	SA	11:56.44
M80	1	8005	Rodger Barber	SA	11:27.75
M85	1	8503	Bert Janes	NSW	11:48.59
	2	8506	Colin Hainsworth	SA	14:24.08
M90	1	9001	Donald McPherson	VIC	13:46.62

TRWC AWARDS DAY, SIMMONDS PARK, LINDISFARNE, SATURDAY 5 OCTOBER

The Tasmanian Race Walking Club (TRWC) 2019 Awards day was held in fine sunny conditions at Simmons Park, Lindisfarne, on Saturday. Well done to the various winners - well deserved!

Walker of the Year	William Robertson
Most Improved Walker of the Year	Anna Blackwell
Junior Walker of the Year	Will Bottle
Most Improved Junior Walker	Joint Winners Chloe Ahern and Oliver Morgan
Spirit of Walking	Ron Foster
Special Commendations	Alice Randall, Gabby Hay

USATF WESTERN REGIONAL, 20 KM GRAND PRIX CHAMPIONSHIP, CARMICHAEL, CA, SUNDAY 29 SEPT

Back a week for an American catch, with 20km and 10km championships held as part of the USA Western Regional Pacific Association in William Pond Park in Carmichael, CA. The combined women's and men's races started just after 8AM, in good conditions (cool, partially cloudy and still).

20km Grand Prix Championship

1.	Robyn Stevens	Wolfpack	1:41:54	84.38%
1.	Nick Christie*	unattached	1:34:48	81.59%
2.	Mark Green*	Pegasus	2:15:57	71.45%
3.	Paul Demeester	unattached	2:19:35	66.91%

10km Grand Prix Championship

1.	Robyn Stevens	Wolfpack	49:02	84.66%
2.	Karen Stoyanowski	Sierra	1:06:18	82.31%
3.	Benedicte Bayi Mathijssen*	unattached	1:15:53	70.94%
1.	Nick Christie*	unattached	43:02	86.41%
2.	Mark Green*	Pegasus	1:04:52	73.21%
3.	Ricardo Haro Ojeda	unattached	1:06:07	63.77%
4.	Michael Bennett	unattached	1:06:12	75.87%
5.	Paul Demeester	unattached	1:06:51	68.24%

DUTCH 50KM CHAMPIONSHIPS, TILBURG, NEDERLAND, SUNDAY 6 OCTOBER

Last Sunday saw the Dutch men's 50km championship and women's 10km championship. As in previous years, the meet also hosted the Belgian women's 20km Championship, along with the Danish men's 50km and women's 20km championships. The meet was also an "Open" meet, allowing walkers from other countries to vie for the 2020 Olympic qualifying standards. The 50 km started at 11AM, followed by the 20km at 1PM and the other distances (10km, 5km, 3km and 1km) at 2PM, with all races being held on the 1569m TWC Pijenburg cycling circuit. With 27 walkers entered for the 50km (22 men and 5 women) and 19 walkers entered in the 20km (11 men and 8 women), it shaped up as an interesting meet.

I am lucky in that both **Paul F. DeMeester** and **Emmanuel Tardi** were there, both sending photos and Paul also sending a superb race report which I present below.

Dutch Masters Paint a Beautiful 50K Canvas

By Paul F. DeMeester

Sidelined by a cold from participating, a race report byline beckoned instead. International race walking judge **Hans van der Knaap** led an expert team of organizers of this year's edition of the Dutch National Men's 50K Championship.

Four left turns and one to the right, including three half-circle turns overall, were required to complete a lap just shy of 1569m. The venue belongs to a cycling club, which explains the wide circular turns, a welcome relief from the abrupt pivot-style turns at many a circuit. The positioning of the turns results in the stacking up of the four legs close to each other, allowing competitors and spectators alike a very good look at all race developments. The weather, however, forced most bona fide spectators to stick close to the clubhouse. The day was wetter and colder than even this part of the world is used to at this time of the year. This did not deter the 26 starters in the 50K but certainly attributed to the high attrition rate, with only exactly half the field crossing the finish line. But what a race it was, served up by participants from 11 different countries.



All four circuit legs in view, a spectator's dream

Karl Junghannß (GER) may have started last, but by the time the first corner had been turned, he took the lead, with at least ten meters on his first pursuer, **Aleksi Ojala** (FIN). On the second lap, Ojala and **Damian Blocki** (POL) managed to get closer to the young German, who at age 20 had placed 12th at the 2017 London World Championships in his personal best of 3:47:01. The early pace suggested that Junghannß was intent on regaining a place on the German 50K team, which he represented last year in Taicang and Berlin but not this year in Doha. The fact that Germany fielded full teams at both Berlin and Doha demonstrates the depth of its bench and its possible return to the German glory days at the distance for a couple of decades starting in 1968.

The German's immediate pursuer, Ojala, was no stranger to seeing the back of Junghannß from close by as the Finn finished one spot behind the German at the 2017 London Worlds. A mere 19 seconds separated the two on the Mall in front of Buckingham Palace.

Thirty meters behind the two London rivals were **Stefano Chiesa** (ITA) and **Dominic King** (GBR). Like Junghannß, Chiesa is trying to be part of his national team's 50K top trio, as Italy fields strong teams in international competitions. Chiesa, also 23, had made it to the 2018 World Team Championships in Taicang, where he posted a PB of 4:11:07. Dominic King was eager to put the disappointment of a week earlier in Doha behind him, where he was taken out of the race before the half-way mark.

Another 30 meters back were two 36-year olds, Dominic's twin brother **Daniel King** (GBR) and two-time 50K Olympian **Marius Cocioran** (ROM). A bigger gap had already been made to eighth place, with three walkers from as many countries staying clear from the rest of the field: Dutch international **Rick Liesting** (NED), **Jerome Caprice** (MRI) and **Hervé Davaux** (FRA). Liesting assumed early control of the Dutch National Men's 50K Championship, one of the races within the race. The competition was spirited, however, for the other two podium spots. **Paul Jansen** (NED), **Remco de Bruin** (NED) and the other Dutch international in the race, **Rob Tersteeg** (NED) were keeping company with **Christer Svensson** (SWE). Behind them were the Dutch duo **Wilfried van Bremen** (NED) and **André van Schooten** (NED). **Sandrine Eichholtzer** (FRA) was the first of five women after two laps.



The start of the 50km race

On the third lap, Junghannß prevented Ojala and Blocki from joining him in the lead, by building his lead to 9 seconds. Dominic King tried to walk away from Chiesa but the Italian would rejoin him and pass him around the half-hour mark. By that time, the German race leader had built his lead to between 22 and 30 seconds.

At the one-hour mark, Junghannß led from Blocki and Ojala by just about a minute. Chiesa was two minutes back, Dominic King three minutes and Cocioran some 3 minutes 47 seconds behind the race leader.

A few minutes later, however, Blocki came in for a long pit stop, dropping him behind Dominic King. The Pole was soon reducing the gap to King but another stop dropped him behind Cocioran. Before long, Blocki ended his day on the circuit. He was joined in the clubhouse by Tersteeg.

Shortly after the two-hour mark, the first-place woman, Sandrine Eichholtzer slowed. She exited the race 25 minutes later. She was followed minutes onward by Daniel King. The early exits also affected the race lead, when Junghannß stepped off course with a pained look after two and a half-plus hours of race dominance.

His exit promoted Ojala to the lead, with Cocioran in second and Dominic King in third. Ojala was in foul trouble, however, having been shown two red cards up to that point. In the race for Dutch national honors, Jansen had firmly established his position in second. The race also served as the Danish National Men's 50K Championship. **Claus Hechmann** (DEN) had taken an early but consistent lead over **Peer Jensen** (DEN) but did not have to look back anymore when Jensen retired before the three-hour mark, when only 16 of the original 26 remained.

Meanwhile, up front, Chiesa was closing in on Cocioran for second, having passed Dominic King for a podium spot earlier. Chiesa then also caught Ojala for the race lead. The young Italian finished strong and managed to earn an automatic time qualification for Tokyo 2020 by finishing under 3:50:00. Ojala stayed comfortably in second, albeit a few minutes above the automatic Tokyo standard. In light of the "slow" race in Doha's heat, Ojala must be happy with his time's impact on the world rankings for Tokyo.

Dominic King had a strong finish but fell 16 seconds short of the final podium spot that went to Cocioran. Not a bad result after enduring the heat in Doha, lots of travel and the passage of merely a week. Caprice took fifth and looked quite fit at the end. Undoubtedly, his future 50K times may come tumbling down. In sixth, Liesting won Dutch gold, with Jansen taking silver and de Bruin bronze.

The first woman to cross the finish line was **Sandra Brown** (GBR). At age 70, she posted 6:09:48. It was my personal privilege and honor to meet Sandra for the first time. Having represented several women 50K walkers fighting for equality, I know how hard it has been for women competitors to join their male counterparts at 50K start lines. Sandra did it years, indeed, decades, before most others. In 1990, Sandra set a world record on the track by finishing 100,000m in 11:17:42. Sandra may be best known for her ultra-distance performances. But if gender equality had existed in the 50K all along, we might be mentioning her name in the same sentence as that of Christopher Höhne or Robert Korzeniowski.

After Brown finished her race, **Larissa Droogendijk** (NED) showed strong finishing pace on her way to a new Dutch national Masters record in the Women's 45-49 category. Even the sun made its appearance to welcome her across the finish line.

Hats off to Hans van der Knaap, the Rotterdamse Wandelsport Vereniging (RWV) and the Tilburg walking club Hart van Brabant (HVB) for hosting a terrific event.



*Left and centre: Claus Hechmann wins Danish National 50K title and Rick Liesting wins Dutch National 50K title
Right: Damian Blocki and Aleksi Ojala In pursuit on the long backstretch of the course*



*Left: Stefano Ciesa, Aleksi Ojala and Karl Junghans in action
Centre and right: Sandra Brown breaking the W70 World Best and then with Paul F. DeMeester at the presentations*

50km Walk

1.	Stefano Chiesa	96	ITA	3:48:25	
2.	Aleksi Ojala	92	FIN	3:53:23	
3.	Marius Cocioran	83	ROM	4:02:46	
4.	Dominic King	83	GBR	4:03:02	
5.	Jerome Caprice	83	MRI	4:33:30	
6.	Rick Liesting	77	NED	4:36:53	NED 1
7.	Paul Jansen	73	NED	5:02:41	NED 2
8.	Christer Svensson	69	SWE	5:05:39	
9.	Remco de Bruin	64	NED	5:05:58	NED 3
10.	Claus Hechmann	64	DEN	5:36:16	DEN 1
11.	Martin Vos	69	NED	6:01:43	NED 4
12.	Sandra Brown (F)	49	GBR	6:09:48	
13.	Larissa Droogendijk (F)	72	NED	6:37:22	
	Karl Junghannß	96	GER	DNF	
	Damian Blocki	89	POL	DNF	
	Daniel King	83	GBR	DNF	
	André van Slooten	78	NED	DNF	
	Sandrine Eichholtzer (F)	77	FRA	DNF	
	Wilfried van Bremen	87	NED	DNF	
	Hervé Davaux	78	FRA	DNF	
	Rob Tersteeg	76	NED	DNF	
	Sebastien Eichholtzer	96	FRA	DNF	
	Florent Brou	93	FRA	DNF	
	Peer Jensen	57	DEN	DNF	
	Liliane Bonvarlet (F)	53	FRA	DNF	
	Diana Obermeyer (F)	80	GER	DNF	

20km Walk

1.	Michal Morvay	96	SVK	1:26:55	
2.	Elisa Neuvonen	91	FIN	1:37:30	
3.	David Annetts	64	GBR	1:43:34	
4.	nnelies Sarrazin (F)	81	BEL	1:55:29	BEL 1
5.	Danica Gogov	96	SRB	2:01:47	
6.	Andreas Ritzenhoff	67	GER	2:01:50	
7.	Jan Netten	69	NED	2:02:44	
8.	Henk Plasman	57	NED	2:05:26	
9.	Richard Chris Wiltsch	64	GER	2:07:35	
10.	Liesbet De Smet (F)	82	BEL	2:12:38	BEL 2
11.	Myriam Nicolas (F)	63	BEL	2:12:57	BEL 3
12.	Boetje Huliselan	55	NED	2:15:19	
13.	Richard Maichin	46	GER	2:17:56	
14.	Joachim Bauer	49	GER	2:18:22	
15.	Raphael Lemmens	62	BEL	2:20:49	
16.	Herman van Buggenum	49	NED	2:25:43	
17.	Hans van Wakeren	49	NED	2:27:16	
18.	Muriel Oger (F)	64	BEL	2:37:51	BEL 4
	Klaudia Žárska	99	SVK	DNF	

10km Walk

1.	Anne van Andel (F)	90	NED	54:58	NED 1
2.	Katharina Zocholl	87	GER	1:05:29	
3.	Angela Sanger	69	GER	1:05:55	
4.	Marion Fuchs	61	GER	1:06:06	
5.	Jenny Acuna (F)	69	NED	1:07:52	NED 2
6.	Ton van Andel	58	NED	1:09:36	
7.	Loes van Bremen (F)	86	NED	1:10:01	NED 3
8.	Peter Slevogt	54	GER	1:10:07	
9.	Yvonne Grootswagers (F)	78	NED	1:10:52	NED 4
10.	Agnieszka Agnes Garves (F)	73	GER	1:10:53	
11.	Fred Rohner	49	NED	1:13:12	
12.	Sandra Maas (F)	85	NED	1:16:58	NED 5

48 HEURES DE ROYAN, ROYAN, FRANCE, 4-6 OCTOBER

One ultra distance result to round out the international report, with the annual 48 Heures de Royan, in SW France. The meet included 48 Hour, 24 Hour and 12 Hour Walk and Run divisions. Event website at <http://www.48hderoyan.fr/>. Full results at <https://ok-time.fr/competition/12-24-48-heures-de-royan/>.

Walk wins to **Laurent Pineau** and **Francoise Arnault** (48H). **Yves-Michelle Kerlau** and **Monique Ray** (24H) and **Gerard Durand** and **Brigitte Courraud** (12H).

48 Hour Walk

1.	PINEAU Laurent	M	253.921 km
2.	ARNAULT Francoise	F	239.969 km
3.	ARNAULT Jacques	M	239.969 km
4.	ODOUARD Dominique	M	230.285 km
5.	ECHÉ Dominique	M	200.683 km
6.	ENSCH Didier	M	183.676 km
7.	PIERRE Patrick	M	176.986 km
8.	ANXIONNAT Claudine	F	173.288 km
9.	ESTATOF Bernard	M	107.305 km
	BURGER Alain	M	63.776 km
	CHEKHAB Saïd	M	77.990 km

24 Hour Walk

1.	KERLAU Yves-Michel	M	166.869 km
2.	DELANGÉ Dominique	M	153.376 km
3.	RAMBAULT Jean-Michel	M	145.985 km
4.	LEVAIQUE Raymond	M	127.114 km
5.	MICHEAU Jean	M	126.273 km
6.	EMONIERE Philippe	M	121.516 km
7.	RAY Monique	F	104.785 km
8.	DELARUE Michele	F	101.013 km
9.	QUILLE Corinne	F	84.972 km
10.	BUQUET Alain	M	83.592 km
11.	TRUBLET Sabrina	F	81.902 km
	GILLET Max	M	100.290 km
	BAUGET Claudie	F	53.460 km
	LAURENT Annabelle	F	41.195 km

12 Hour Walk (first 15)

1.	DURAND Gerard	M	93.480 km
2.	LAUBRETON Stef	M	88.579 km
3.	COURRAUD Joël	M	86.637 km
4.	COURRAUD Brigitte	F	86.637 km
5.	VIGNAUD Annette	F	86.463 km
6.	BIZARD Claudie	F	86.322 km
7.	ELMON Sandra	F	84.687 km
8.	GANNE Laurent	M	83.140 km
9.	VERGNIOL-LEVAIQUE Corinne	F	78.544 km
10.	DICHARRY Martine	F	77.693 km
11.	CHEVALLIER Patricia	F	74.973 km
12.	MEYSSON Rachel	F	71.887 km
13.	DELRIVE Luc	M	66.927 km
14.	ARNAUD Romuald	M	64.794 km
15.	GRISEY Micheline	F	63.582 km

OUT AND ABOUT

- Well, here is some big local news. Little Athletics Australia will finally join the senior sports body Athletics Australia. The **OneAthletics** proposal will create a new national sporting organisation responsible for athletics in Australia at all levels and ages. See <https://www.theage.com.au/sport/athletics/little-athletics-athletics-australia-poised-to-merge-20191002-p52x14.html>.
- Congratulations to South African walker **Marc Mundell** who has been awarded the annual AISTS (International Academy of Sport Science and Technology) Athlete Scholarship. He will be studying a Masters in Sport Administration &

Technology in Switzerland. Well done Marc! See <https://aists.org/news-events/olympic-race-walker-marc-mundell-awarded-aists-athlete-scholarship/>.

- A damning article on Doha, the future of athletics and the current IAAF oversight. See <https://www.theguardian.com/sport/blog/2019/sep/30/doha-empty-seats-iaaf-sellout-world-athletics-championships>.
- IAAF President Sebastian Coe is upset that poor attendances, not great performances, were the focus at the IAAF World Championship in Doha. See <https://www.insidethegames.biz/articles/1085475/coe-upset-at-world-championships-media>.
- Four years after USADA began its investigation, two years after the agency's report was leaked online, and two days after Nike Oregon Project athlete Sifan Hassan (NED) won 10.000m gold at the 2019 IAAF World Championships, coach **Alberto Salazar**'s verdict and sentence have been delivered. **Dr. Jeffrey Brown**, the Houston-based endocrinologist who worked with Salazar and his athletes, will also serve a four-year sanction. In a release posted today by USADA, Salazar and Brown were indicted for "orchestrating and facilitating prohibited doping conduct while acting, respectively, as head coach of the Nike Oregon Project (NOP) and as a paid consultant for the NOP on performance enhancement and as physician for numerous athletes in the NOP. See <https://antidopingworld.wordpress.com/2019/10/01/breaking-news-nike-oregon-projects-alberto-salazar-61y-banned-from-coaching-for-four-years/>.
- US anti-doping chief **Travis Tygart**, who brought Mo Farah's former coach to book, says athletes who worked with him will have to suffer the consequences. See <https://www.standard.co.uk/sport/athletics/alberto-salazar-athletes-will-always-be-questioned-warns-usada-chief-travis-tygart-a4252196.html/>.
- Mark Daly - the BBC reporter whose Panorama programme sparked the United States Anti-Doping Agency investigations - reveals the inside story of Salazar's downfall. See <https://www.bbc.com/sport/athletics/49853029>.
- UK Athletics is facing calls for an inquiry into how much influence the banned coach Alberto Salazar, who mentored Mo Farah for more than six years, has had on athletes in its endurance programme. The move comes after the US Anti-Doping Agency, who sanctioned Salazar on Tuesday for "orchestrating and facilitating prohibited doping conduct" while working with the Nike Oregon Project, said it also had serious concerns about his use of prescription medications on otherwise healthy athletes. One of those is thyroxin, which UK Anti-Doping believes should be banned in elite sport because it has concerns over potential health risks for heart, skeletal muscle, bones, and metabolic pathways, and is now the subject of a Wada critical review See <https://antidopingworld.wordpress.com/2019/10/05/uk-athletics-under-pressure-to-reveal-extent-of-alberto-salazar-influence/>.
- Kenya's doping problems have deepened after another of its leading runners was suspended following a positive test for banned performance-enhancing drugs. See <https://www.insidethegames.biz/articles/1085495/another-kenyan-runner-banned-for-doping>.
- ARD investigative reporter Hajo Seppelt has done it again, spearheading an investigation into French middle distance runner Morhad Amdouni. The evidence is pretty compelling. See https://lawm.sportschau.de/doha2019/nachrichten/Did-French-European-Champion-Amdouni-dope_lawmdoha1128.html.

MARCIADALMONDO AND OMARCHADOR ROUNDUP

Marciadalmondo has 7 press releases for us this week. In particular, note the championship results in press releases 3610 and 3608.

- Tue 8 Oct - Vienna (AUT): Eva Canadi (SLO) sets new Slovenian 20km record http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3610
- Mon 7 Oct - Tilburg (NED): Stefano Chiesa wins 50km in 3:48:50 http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3609
- Sun 6 Oct - Forlì (ITA): Giada Traina and Diego Giampaolo win U16 Italian Championships http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3608
- Sun 5 Oct - Doha (QAT) - Japan wins again with Toshikazu Yamanishi http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3607
- Sat 4 Oct - Rio, La Coruna, Doha: fair play is born of common effort http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3606
- Fri 3 Oct - Yusuke Suzuki and Liu Hong athletes of the month of September 2019 http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3605
- Wed 1 Oct - Analysis of the 20 km women and comparison with the 2017 world championship http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3604

Omarchador also has 4 press releases that are of additional interest, with further results from the last week.

- Mon 7 Oct - Sandra Brown sets W70 World Best for 50km in Tilburg
<https://omarchador.blogspot.com/2019/10/sandra-brown-com-melhor-marca-mundial.html>
- Sun 6 Oct - Results of Italian U18 Club Championships in Bergamo
<https://omarchador.blogspot.com/2019/10/campeonato-de-clubes-de-italia-de-sub.html>
- Thu 3 Oct - Results of Indian U20 Athletics Cup in Tiruvannamalai
<https://omarchador.blogspot.com/2019/10/taca-da-india-de-atletismo-sub-20-em.html>
- Wed 2 Oct - Belarusians win in Lazdijai, Lithuania
<https://omarchador.blogspot.com/2019/10/bielorrussos-vencem-em-lazdijai.html>

2019 IAAF RACE WALKING CHALLENGE STANDINGS

Finally, a progress report on the standings in the 2019 IAAF Race Walking Challenge, with only 1 event (the Around Lake Taihu Rally) to go. See more at <https://www.iaaf.org/competitions/iaaf-race-walking-challenge/standings/2019/women>. **Perseus Karlstom** (SWE) leads the men and **Shenjie Qieyang** (CHN) leads the women. It is great to see 5 Australians in the top 20 overall.

2019 IAAF RACE WALKING CHALLENGE STANDINGS - MEN

1	Perseus KARLSTRÖM	SWE	4	25
2	Diego GARCÍA	ESP	4	24
3	Caio BONFIM	BRA	5	21
4	Toshikazu YAMANISHI	JPN	2	18
5	Eider ARÉVALO	COL	2	16
6	Eiki TAKAHASHI	JPN	3	15
7	Kaihua WANG	CHN	2	12
8	Vasily MIZINOV	ANA	2	11
8	Yusuke SUZUKI	JPN	2	11
10	Dane BIRD-SMITH	AUS	3	10
10	Zelin CAI	CHN	2	10
10	Massimo STANO	ITA	2	10
13	Isaac PALMA	MEX	3	9
14	Carlos SÁNCHEZ CANTERA	MEX	2	8
14	João VIEIRA	POR	3	8
16	César Augusto RODRÍGUEZ	PER	1	7
16	Jiaxing YIN	CHN	2	7
18	Érick Bernabé BARRONDO	GUA	2	6
18	Noel Alí CHAMA	MEX	3	6
18	Rhydian COWLEY	AUS	4	6
18	Yohann DINIZ	FRA	1	6
18	Wenkui GAO	CHN	1	6

2019 IAAF RACE WALKING CHALLENGE STANDINGS - WOMEN

1	Shenjie QIEYANG	CHN	3	31
2	Erica ROCHA DE SENA	BRA	3	23
3	Jiayu YANG	CHN	2	20
4	Hong LIU	CHN	2	16
4	Jemima MONTAG	AUS	4	16
6	Zhenxia MA	CHN	3	15
7	Sandra Lorena ARENAS	COL	2	14
8	Laura GARCÍA-CARO	ESP	3	13
8	Katie HAYWARD	AUS	3	13
8	Inna KASHYNA	UKR	3	13
8	Claire WOODS	AUS	6	13
12	Ana CABECINHA	POR	4	12
12	Glenda MOREJÓN	ECU	1	12
14	Raquel GONZÁLEZ	ESP	3	11
15	Kimberly GARCÍA	PER	1	10
16	María PÉREZ	ESP	2	8
16	Yingliu WANG	CHN	2	8
18	Júlia TAKÁCS	ESP	3	7
19	Eleonora Anna GIORGI	ITA	1	6
19	Evelyn INGA	PER	1	6
19	Maocuo LI	CHN	2	6

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

Oct 12 (Sat), 2019	AV Shield Round 2
Oct 26-27, 2019	AV All Schools T&F Championships Weekend 1, Doncaster
Nov 2-3, 2019	AV All Schools T&F Championships Weekend 2, Doncaster
Dec 1, 2019	Australian 50km Championships, Fawkner Park, Melbourne (Open 20km, U20 10km and U18 5km also)
Dec 6-8, 2019	Australian All Schools T&F Championships, Perth
Jan 25-27, 2020	Victorian Country T&F Championships, Geelong
Feb 9 (Sun), 2020	Australian 20km Roadwalk Championships, Adelaide
Feb 28 – Mar 1, 2020	Victorian Junior and Open T&F Championships Weekend 1, Lakeside Stadium, Albert Park
Mar 6-8, 2020	Victorian Junior and Open T&F Championships Weekend 2, Lakeside Stadium, Albert Park
Mar 21-29, 2020	Australian Open and Junior T&F Championships, Sydney
Apr 10-13, 2020	Australian Masters T&F Championships, Brisbane, QLD. See http://www.brisbane2020nationals.com.au/
Apr 18-19, 2020	Australian Little Athletics T&F Championships, Canberra

2019 IAAF Race Walking Challenge Series (remaining race meets)

Oct 20-22, 2019	Around Taihu International Race Walking 2019, Suzhou, China
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International Dates – 2019 and onwards

Oct 20-22, 2019	Around Taihu International Race Walking 2019, Suzhou, China
May, 2-3, 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 8-19, 2021	World University Summer Games , Chengdu, China
Aug 6-15, 2021 (TBC)	18th IAAF World Championships in Athletics , Eugene, USA
July 27 - Aug 7, 2022	XXII Commonwealth Games , Birmingham, GBR.
Aug 7-17, 2022	24th World Masters T&F Championships , Gothenburg Sweden
Aug 2023 (TBC)	19th IAAF World Championships in Athletics , Budapest, Hungary

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