



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2018/2019 Number 27
Monday 1 April 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>

STOP PRESS – LEGAL ACTION INITIATED

Although the IOC Executive met last weekend in Lausanne, Switzerland, subsequent press releases give no indication of any discussion about the possible inclusion of the women's 50km in the 2020 Olympic Games in Tokyo. From that, we must assume that the IAAF recommendation of December 2018 has not been actioned.

The following media release was published yesterday, forshadowing a suit to be filed in the Court of Arbitration in Sport, to address this outstanding issue of gender inequality.

Paul will act on behalf of appellants **Inês Henriques, Claire Woods, Paola Pérez, Johana Ordóñez, Magaly Bonilla, Ainhoa Pinedo, Erin Taylor-Talcott and Quentin Rew.**

Read on!

*Paul F. DeMeester
Attorney at Law
1592 Union Street No. 386
San Francisco, California 94123
United States of America
415.305.7280 (mobile)
E-mail: paulfdemeester@msn.com*

TO ALL MEDIA FOR IMMEDIATE RELEASE - 31 March 2019

CONTACT: Paul F. DeMeester +1.415.305.7280 or e-mail: paulfdemeester@msn.com

TOP ATHLETES DEMAND GENDER EQUALITY AT 2020 OLYMPICS

Later today, top women race walkers will file suit in the Court of Arbitration for Sport in Lausanne, Switzerland, demanding that the International Olympic Committee (IOC) and the International Association of Athletics Federations (IAAF) include women race walkers in the Olympic 50km Race Walk Event at the Tokyo Olympics. The appellants include World and European Champion Inês Henriques, Australian Champion Claire Woods, the three members of the Ecuadorian 50km National Team that won the silver Team Medal at the 2018 IAAF Women's World Race Walking Team Championships (Paola Pérez, Johana Ordóñez and Magaly Bonilla), Spanish race walker Ainhoa Pinedo and United States race walking pioneer Erin Taylor-Talcott, who led the efforts to have women race walkers included in the U.S. Olympic 50km Race Walk Trials (even though the Olympics would not allow them to compete there), fought for equal prize money for women race walkers in national championships and led successful efforts to have women included in the 50km event at the IAAF World Championships starting in 2017. They are joined by one male appellant, Quentin Rew of New Zealand, who has had the opportunity to contest the 50km Race Walk Event at two Olympic Games. He joined the legal fight because he feels strongly that women athletes should have the same opportunities as the men.

The case will be brought by San Francisco attorney Paul F. DeMeester, who in the past has represented Erin Taylor-Talcott in her gender equality efforts, as well having represented World Champion Inês Henriques in a successful effort in the European Athletics Court to have the Women's 50km Race Walk Event added to the 2018 European Athletics Championships in Berlin, Germany. DeMeester led a group of five walkers, all of them part of the lawsuit

(Henriques, Ordóñez, Pinedo, Taylor-Talcott and Rew), in convincing the IAAF Council to recommend inclusion of women race walkers in the Tokyo Olympic 50km Race Walk Event, when the IAAF Council met in Monaco in early December of 2018.

DeMeester pointed out that the Olympic Charter was amended in 2004 to include the gender equality. (See Former Olympic Charter, September 1, 2004 version, Fundamental Principles of Olympism, principle 5 [“Any form of discrimination with regard to a country or a person on grounds of race, religion, politics, gender or otherwise is incompatible with belonging to the Olympic Movement.”]) The IAAF followed suit shortly thereafter by introducing gender equality as a constitutional principle in its rule book. DeMeester stated, “This welcome change should have meant that women appeared on the Olympic 50km Race Walk Event start line commencing with the 2008 Beijing Olympics.” DeMeester went on to state, “Obviously, that did not happen, rendering all those lofty constitutional and fundamental Olympic principles of gender equality and the prohibition against gender discrimination as mere empty words.”

Women race walkers have proven their worth in the 50km event. They have had only one opportunity to race the distance in the World Championships (2017), yet the Women’s 50km Race Walk World Record has already been broken three times since and now stands only +11.26% above the men’s world record for the same distance. DeMeester noted that, “this compares very favorable with the current marathon records, with the women’s marathon world record being +11.13% above the men’s marathon world record.” DeMeester further commented that women marathon runners have been able to run Olympic marathons since 1984, after a long and valiant struggle for recognition. “These women 50km race walkers are the Kathrine Switzers of long-distance race walking,” said DeMeester, referring to the pioneer marathon runner who in 1967 entered the Boston Marathon (which excluded women runners) by noting only her first initial and last name on her entry form. During that epic race, a male race official tried to remove from the course unsuccessfully.

The lawsuit will seek to have women race walkers included in the Tokyo 2020 Olympic 50km Race Walk Event. “We are not seeking a new event,” said DeMeester, ever so mindful of the IOC’s penchant not to add events. Women race walkers invariably contest long-distance race walks alongside the men but with separate classifications for men and women. In other words, it takes very little to achieve this. DeMeester concluded: “That’s one small step for the IOC and IAAF but one giant leap for gender equality,” echoing Neil Armstrong’s first words when he set his first step on the moon.

We must thank these brave 50km walkers for standing up for Gender Equality. We must also thank Paul DeMeester for his ongoing efforts to protect our sport.

MY WALKER OF THE WEEK

My Walkers of the Weeks this time around are **Heather Carr** (VIC) and **Joan Purcell** (NSW) who each won gold in this week’s World Masters Indoor Championships in Torun, Poland.

- Heather won gold in the W65 3000m track walk with a time of **18:30.9**. It continues her run of World Masters golds, dating right back to 1987, but what makes this gold especially significant is that it comes after a recent hip replacement operation, followed by a serious achilles tendon injury. She has forced her way back to the top after what could have been career ending issues.
- Joan won gold in the W75 10km roadwalk with a time of 1:17:08. She won dual W75 golds in the last WMA Indoor Champs, held in Daegu, South Korea, in 2017. Now 2 years older, she still retained the 10km title, although competing against new younger walkers who have come into her age group during the last 2 years.

Photos in the meet report later in the newsletter.

WHAT’S COMING UP

- The **Australian Athletics Championships** started today in Sydney, with the U15-U16 5000m and the U20 10,000m walks already contested (see report below). The remaining walk championships happen later this week

Tues 2 nd April	11:45AM	3000m Walk U14 Boys/Girls
Fri 5 th April	8:10PM	10,000m Walk Open Men/Women
Sat 6 th April	9:00AM	5000m Walk U18 Boys/Girls
	9:40AM	5000m Walk U17 Boys/Girls

You can follow the action at <http://athletics.com.au/2019AustralianAthleticsChampionshipsLiveResults>.

- Attention Masters walkers. Athletics Essendon is putting on a **pre-AMA-Champs track meet** at the newly laid **Aberfeldie Athletics Track in Moonee Ponds on Sunday 14 April**. This meet is designed as a warm up for the AMA Track & Field Championships which will be held in Melbourne a fortnight later. On request, meet organiser John Cooper has added a 3000m racewalk to the program, with a checkin time of 12:30PM and a start time of 1.15PM. John needs to know walks numbers by 10th April so, if you are going, please contact John at john.cooper3041@gmail.com and let him know. For more details, check out <https://www.facebook.com/events/670719263361778/>.

- Our summer season is just about finished, with only a few meets remaining

Apr 13-14, 2019 Australian Centurions 24H, 12H & 6H Walks, Coburg, VIC
Apr 14 (Sun), 2019 Pre-AMA-Championship track meet, Aberfeldie Aths Track, Melbourne (3000m walks)
Apr 26-29, 2019 Australian Masters T&F Championships, Albert Park - <https://melbourne2019.com.au/>
Apr 27-28, 2019 Australian Little Athletics Championships, Domain Athletic Centre, Hobart

- Next Saturday 6th April sees two of the big international walks meet. I will report on what happened in the next newsletter.

Apr 6 (Sat), 2019 Podesbrady International Meet, Podesbrady, CZE (20km)
Apr 6 (Sat), 2019 28th Grande Prémio Internacional de Rio Maior em Marcha Atlética, Rio Maior, Portugal

AUSTRALIAN ATHLETICS CHAMPIONSHIPS, SYDNEY, 1-7 APRIL 2019

The Australian Athletics Championships kicked off today at the Sydney Olympic Park Athletic Centre in Sydney. The week long meet includes the Australian Junior and Open aged T&F Championships for able-bodied and para-athletes and is the main selection meet for most of our athletes seeking to compete in this year's Doha World Champs.

The championships includes track walks for age groups from U14 to Open, with the first few taking place on Day 1.

The U20 10,000m walks opened proceedings on the morning of Day 1, as the first of the track events. Most of the top junior men were present, with **Oscar Tebbutt** (45:45.85) winning ahead of **Corey Dickson** (46:09.89) and **Tristan Camilleri** (46:28.74). Tim Fraser and Nelson McCutcheon were notable absentees. The U20 women's race saw Tasmania dominate, with **Alice Randall** (51:12.17) and **Anna Blackwell** (53:25.24) finishing ahead of bronze medallist **Jemma Peart** (53:43.53). The most notable absentees were Katie Hayward and Alanna Peart. Katie is obviously preparing for the Open 10,000m on Friday, while Alanna is readying herself for the U17 5000m on Saturday.

10,000m Walk U20 Men, 9:30AM, Monday 1st April

1.	Tebbutt, Oscar	01	NSW	45:45.85
2.	Dickson, Corey	02	VIC	46:09.89
3.	Camilleri, Tristan	01	SA	46:28.74
4.	Baker, Mitchell	01	ACT	46:57.92
5.	McGinniskin, Jack	02	NSW	48:05.42
6.	Reid, Benjamin	01	WA	49:32.80
7.	Bruniges, Mathew	01	SA	49:33.05
8.	Thomson, Ryan	00	NSW	52:05.91
9.	Barendregt, Travis	00	NSW	53:04.94

10,000m Walk U20 Men, 9:30AM, Monday 1st April

1.	Randall, Alice	00	TAS	51:12.17
2.	Blackwell, Anna	01	TAS	53:35.24
3.	Peart, Jemma	01	VIC	53:43.53
4.	Bolton, Hannah	03	NSW	54:29.92
5.	Wang, Elaine	00	NSW	56:24.53
6.	Mison, Hannah	01	NSW	57:44.26
7.	Rowbotham, Milla	01	QLD	57:49.16
8.	Pengilley, Teegan	01	NSW	59:09.11
9.	Hamann, Charlotte	01	QLD	1:02:56.70
10.	Pitcher, Allanah	03	NSW	DNF
11.	O'Neill, Molly	00	NSW	DNF

More photos: <https://www.facebook.com/AthleticsAustralia/photos/pcb.10157434433779301/10157434431124301/?type=3&theater> .



Left: U20 men Jack McGinniskin, Corey Dickson, Tristan Camilleri and Oscar Tebbutt
 Right: Podium: Corey Dickson, Oscar Tebbutt and Tristan Camilleri (photos Shane Dickson)



Left: U20 women Anna Blackwell, Alice Randall and Jemma Peart
 Right: Jemma Peart (photos Kerrie Peart)

The U15 and U16 3000m track walk championships were held on Monday afternoon, with the titles going to **Kris Hayward** (13:57.53), **Toby Wilks** (13:16.17), **Bridget Sullivan** (14:51.60) and **Jayda Anderson** (13:49.89). Sorry but no photos available yet as of publication time. Three of the four winners did PBs. Although Kris Hayward did not, he had an excuse – he won the walk less than an hour after competing in the 1500m run. And he needed to find enough to hold out **Fraser Saunder** who walked a big PB to finish second with 14:17.06. Now that’s impressive.

U16 Boys 3000m Walk, 4:20PM, Monday 1st April

1.	Hayward, Kris	04	QLD	13:57.53	
2.	Saunder, Fraser	04	VIC	14:17.06	PB 0:07
3.	Pyda, Raven	04	NSW	15:02.54	
4.	Costin, Owen	04	VIC	15:55.20	
5.	Tebbutt, Archie	04	NSW	17:09.02	

U15 Boys 3000m Walk, 4:20PM, Monday 1st April

1.	Wilks, Toby	05	SA	13:16.17	PB 0:22
2.	Dundon, Harry	05	NSW	14:29.35	
3.	Pospischil, Brendan	05	NSW	16:13.35	
4.	McLennan, Liam	05	VIC	16:46.10	

5.	Djordjevic, Nikita	05	VIC	17:59.77
	Colefax, Jesse	05	NSW	DQ
	Bottle, Will	05	TAS	DQ

U16 Girls 3000m Walk, 4:40PM, Monday 1st April

1.	Sullivan, Bridget	04	QLD	14:51.60	PB 0:24
2.	Decelis, Ellie	04	NSW	15:45.01	
3.	McLoughlin, Chloe	04	NSW	16:20.83	
4.	Ofield, Mackenzie	04	QLD	16:36.64	
5.	Briet, Brianna	04	VIC	16:46.35	
6.	Scott, Bethany	04	NSW	17:14.51	
7.	Shaw, Sidney	04	ACT	17:23.36	
8.	Chopping, Miranda	04	QLD	17:42.67	
9.	Thomson, Olivia	04	NSW	17:50.60	
10.	Wilks, Mia	04	SA	18:04.98	

U15 Girls 3000m Walk, 4:40PM, Monday 1st April

1.	Anderson, Jayda	05	QLD	13:49.89	PB 0:23
2.	Griffin, Alexandra	05	WA	14:32.54	
3.	Duguid, India	05	NSW	14:46.12	
4.	Thomas, Emma	05	NSW	15:17.82	
5.	Millard, Summer	05	QLD	15:23.11	
6.	Dunne, Izabella	05	NSW	15:26.06	
7.	Laytham, Tara	05	NSW	15:41.05	
8.	Ross, Kiera	05	SA	15:48.19	
9.	Clarke, Anika	05	QLD	16:02.88	
10.	Holmes, Keeley	05	NSW	16:33.52	
11.	Hickson, Alannah	05	NSW	17:56.94	
12.	Heikkila-Dubowik, Kaylah	05	VIC	18:02.97	

The remaining racewalk championships are scheduled as follows

Tues 2 nd April	11:45AM	3000m Walk U14 Boys/Girls
Fri 5 th April	8:10PM	10,000m Walk Open Men/Women
Sat 6 th April	9:00AM	5000m Walk U18 Boys/Girls
	9:40AM	5000m Walk U17 Boys/Girls

You can follow all the action with the live results at <http://athletics.com.au/2019AustralianAthleticsChampionshipsLiveResults>.

VICTORIAN MASTERS T&F CHAMPIONSHIPS, DONCASTER, 23-24 MARCH

Readers will remember that in last week's newsletter, I acknowledged the W45 World and Australian 3000m Track Walk Record of 13:19.4, done by **Kelly Ruddick** at the Victorian Masters T&F Championships. Rob Cowley has done some research, comparing her time to the various Australian W40 and W45 records documented on the vicmasters webpage <https://vicmastersaths.org.au/records/>.

He has calculated the following

- Her average pace per km for the 3000m was 4min 26.49.
- Her 1500m projection of 6:39.74 betters the W35, W40 and W45 Australian 1500m walk records.
- Her 2000m projection of 8:52.99 is only 6 secs outside her 2013 W40 record and is 16 secs faster than Lyn Ventris's W45 record.
- Her official 3000m time of 13:19.4 betters the W40 3000m World Record by 0.2 seconds and smashes Lyn Ventris' W45 3000m World Record by 38 seconds.

Rob's comment: It really was an extraordinary walk, and yet I believe, still some way off what she has the potential to achieve if she wishes to.

SAMA TRACK WALKS, SA ATHLETICS STADIUM, MILE END, ADELAIDE WEDNESDAY 27 MARCH

Thanks to Colin Hainsworth for his report from the South Australian Masters in Adelaide: Warm, calm evening.

800m Walk

1.	JOHN HORE	05:32	M70
2.	LIZ DOWNS	05:24	W60
3.	GIL MCINTOSH	04:57	M65
4.	VALMAI PADGET	05:56	W70

5.	MARGARET MCINTOSH	06:11	W65
6.	RICHARD EVERSON	03:45	M55
7.	GEORGE WHITE	04:27	M70
8.	DAVID ROBERTSON	06:30	M85
9.	GRAHAM HARRISON	06:04	M75
10.	MARIE MAXTED	04:47	W55
11.	MALCOLM TIGGEMAN	06:08	M65

5000m Walk

1.	DAVID ROBERTSON	42:35	M85	73.40%
2.	VALMAI PADGET	41:39	W70	72.06%
3.	MARIE MAXTED	33:23	W55	72.38%
4.	LIZ DOWNS	38:52	W60	65.91%
5.	ROSS HILL-BROWN	40:41	M60	57.46%
6.	GIL MCINTOSH	34:16	M65	71.36%
7.	GEORGE WHITE	30:44	M70	84.67%
8.	RICHARD EVERSON	26:32	M55	80.68%
9.	GRAHAM HARRISON	39:14	M75	68.14%

3000m Walk

1.	EDNA BATES	26:42	W65	57.78%
2.	CATHIE HORE	26:29	W65	59.78%
3.	MARGARET MCINTOSH	25:17	W65	61.01%

ACTRWC TRACK WALKS, WODEN PARK, WODEN, THURSDAY 28 MARCH

Thanks to Robin Whyte for the latest results from Canberra.

3000m Walk

1.	Michael Smith	15:29
2.	Owen Toyne	15:46
3.	Robin Whyte	19:27
4.	Bryan Thomas	21:41
5.	Ruth Bausmann	21:59
6.	Doug Fitzgerald	24:27
7.	Val Chesterton	24:59
8.	Margaret McSpadden	26:04

1000m Walk

1.	Eloise Smith	05:29
2.	Harry Baker	05:39
3.	Georgia Frew	06:04
4.	Keeva Robertson-McEvoy	07:21

8TH WORLD MASTERS INDOOR ATHLETICS CHAMPIONSHIPS, TORUN, POLAND, 24-30 MARCH

I reported last week on the men's 3000m track walks at the World Masters Indoor Championships in Torun, Poland. One performance I did not mention was that of Polish walker **Rafal Fedaczynski** who won the M35 3000m walk just two days after recording a time of 3:50:41 in the 50km walk at Dudince. Wow, what an effort!

This week, I am able to report on the women's 3000m track walks, along with the men's and women's 10km roadwalks. I am indebted to omarchador for their excellent reports on all the WMACI walks.

- Tue 26 Mar - WMACI Torun 2019: 3,000m men results
<http://omarchador.blogspot.com/2019/03/wmaci-torun-2019-3000-m-masculinos.html>
- Wed 27 Mar - WMACI Torun 2019: 3000m women results
<http://omarchador.blogspot.com/2019/03/os-3.html>
- Sat 30 Mar - WMACI Torun 2019: 10 km W35-W50 results
<http://omarchador.blogspot.com/2019/03/wmaci-torun-2019-10-km-w35-w50.html>
- Sat 30 Mar - WMACI Torun 2019: 10km W55+ results
<http://omarchador.blogspot.com/2019/03/wmaci-torun-2019-10-km-w55-resultados.html>

- Sun 31 Mar - WMACI Torun 2019: 10km M35-M50 results
<http://omarchador.blogspot.com/2019/03/wmaci-torun-2019-10-km-m35-m50.html>
- Sun 31 Mar - WMACI Torun 2019: 10km M55-M65 results
<http://omarchador.blogspot.com/2019/03/wmaci-torun-2019-10-km-m55-m65.html>
- Sun 31 Mar - WMACI Torun 2019: 10km M70+ results
<http://omarchador.blogspot.com/2019/03/wmaci-torun-2019-10-km-m70-resultados.html>

3000m Track Walks Women, Tuesday 26th March

The women's 3000m walks were held last Tuesday, with a total of 94 athletes of various ages representing 27 countries. W35 Spaniard **María Dolores Marcos Valero** was fastest overall with 14:26.18, ahead of W45 French walker **Sonia Demon** with 14:44.58, and W40 German walker **Britt Schroeder** with 14:45.97. Romania's **Elena Pagu** set a new W90 World Record 27:25.90, bettering her 2018 record of 27:30.23. Spain dominated the individual medal count with 7 (2 gold, 4 silver and 1 bronze), ahead of Germany and France with 4 medals apiece.

The small Australian contingent was ably led by W65 **Heather Carr** who won her age group with 18:30.9. Heather had a great tussle with the Spanish, French and American women in her division, leading all the way and holding off the late challenges to take gold. Other Australian walkers included **Joan Purcell** (W73 4th 23:12.3), **Lynne Schickert** (W75 6th 24:23.1) and **Anne Weekes** (W55 7th 18:16.2).

W35 3000m Walk

1.	MARCOS VALERO María Dolores	W35	Spain	14:26.2
2.	PEREZ BELLOCH Maria Isabel	W35	Spain	15:13.6
3.	MICHOUX Evane	W35	Canada	15:55.4
4.	SARRAZIN Annelies	W35	Belgium	15:55.9
5.	PASTIERIKOVÁ Alexandra	W35	Slovak Republic	16:35.0
6.	SIRANTE Gunita	W35	Latvia	17:20.1
7.	MARTINEZ GOMEZ Adela	W35	Spain	18:53.5
8.	HURSKAYA Tatsiana	W35	Belarus	20:40.0
9.	RUTOWICZ Daria	W35	Austria	22:33.1

W40 3000m Walk

1.	SCHRÖTER Brit	W40	Germany	14:46.0
2.	BRUSSEAU Gwladys	W40	France	15:56.4
3.	DERBYSHIRE Carolyn	W40	Great Britain & NI	15:58.5
4.	GRINHOLC Iwona	W40	Poland	16:38.5
5.	ORMANE Vita	W40	Latvia	17:06.5
6.	SKAROUPKOVA Ivana	W40	Czech Republic	17:09.6
7.	MARKGRAF Yvonne	W40	Germany	17:40.2
8.	KELLER Jana	W40	Germany	17:46.8

W45 3000m Walk

1.	DEMON Sonia	W45	France	14:44.6
2.	CABRERA YSAS Olga	W45	Spain	14:56.4
3.	MACEDO Ana	W45	Portugal	18:57.3
4.	RADZIEWINSKA Urszula	W45	Austria	22:01.3

W50 3000m Walk

1.	BEST Nicole	W50	Germany	15:17.1
2.	BODORKÓS HORVÁTH Katalin	W50	Hungary	15:31.7
3.	BOBAN Valerie	W50	France	15:40.5
4.	GAVALAKI Kalliopi	W50	Greece	15:42.1
5.	MC CONNELL Sinead	W50	Ireland	15:42.9
6.	MORAWCZYNSKA Jolanta	W50	Poland	16:28.0
7.	HOGRELL Ellinor	W50	Sweden	16:47.9
8.	ALCAIRE ERNST Clarisa	W50	Spain	16:52.2
9.	PEDDLE Melanie	W50	Great Britain & NI	16:56.8
10.	FORSGREN OTTOSSON Diana	W50	Sweden	17:36.7
11.	SOUBIRAN Cathy	W50	France	17:47.0
12.	MICHETTI Donatella	W50	Italy	17:50.1
13.	REINOVA Miloslava	W50	Czech Republic	18:24.2
14.	MENDES Teresa	W50	Portugal	18:28.3
15.	WU Cheng Kuen	W50	Hong Kong, China	22:41.5

W55 3000m Walk

1.	GARCIA FRONTONS Carmen	W55	Spain	17:02.1
2.	GUERRERO MONTES Isabel	W55	Spain	17:38.1

3.	NOELL GUARDIOLA Ma.Angeles	W55	Spain	17:53.6
4.	MIDDLETON Helen	W55	Great Britain & NI	18:04.8
5.	MALKOVA Anna	W55	Czech Republic	18:08.2
6.	PONGIN Catherine	W55	France	18:14.8
7.	WEEKES Anne	W55	Australia	18:16.2
8.	RODRIGUES Helena	W55	Portugal	19:41.1
9.	SAULITE Dace	W55	Latvia	21:09.2
10.	CHENG Lai Yu	W55	Hong Kong, China	21:18.1
11.	GORMLEY Anne	W55	Ireland	22:15.1

W60 3000m Walk

1.	MONMESSIN Marie Astrid	W60	France	15:43.4
2.	PATTEN Nancy	W60	Canada	17:55.0
3.	KWAN Siu Yin	W60	Hong Kong, China	18:36.7
4.	CHOI Kin Yung	W60	Hong Kong, China	19:07.9
5.	SCHWANTZER Monika	W60	Austria	19:22.5
6.	CHENG Ip Ming	W60	Hong Kong, China	19:28.1
7.	LOPEZ ALMOROX Azucena	W60	Spain	19:32.4
8.	MAGGIORE Yvonne	W60	France	19:37.3
9.	BAUTISTA BAUTISTA Ernestina	W60	Mexico	23:57.9

W65 3000m Walk

1.	CARR Heather	W65	Australia	18:30.9
2.	ALVAREZ ORDAS P. Aurora	W65	Spain	18:34.2
3.	MARTINO Marianne	W65	USA	18:38.3
4.	GERHARD Marianne	W65	Germany	19:36.9
5.	ZURAVLOVA Rita	W65	Latvia	19:42.3
6.	ANXIONNAT Claudine	W65	France	20:10.1
7.	BRIZ Maria Jose	W65	Spain	20:25.4
8.	GRIGORJEVA Vaira	W65	Latvia	21:46.7
9.	ADAN Maria Pilar	W65	Spain	23:07.2

W70 3000m Walk

1.	TYSHKO Antonina	W70	Ukraine	19:12.3
2.	WILSON Jacqueline	W70	New Zealand	19:23.7
3.	DEL PINTO Rita	W70	Italy	20:31.6
4.	BERNIER Janine	W70	France	20:41.4
5.	LOYER Suzanne	W70	France	21:25.3
6.	KLINK Ursula	W70	Germany	21:54.8
7.	NEIDEL Heidrun	W70	Germany	22:14.3
8.	RODRIGUEZ GONZALEZ Gloria	W70	Mexico	23:50.1
9.	GEER Panseluta	W70	USA	24:11.1

W75 3000m Walk

1.	KIVISTÖ Hannele	W75	Finland	21:29.1
2.	THEUNISSEN Gisela	W75	Germany	22:53.2
3.	GRINBERTE Vera	W75	Latvia	22:54.1
4.	PURCELL Joan	W75	Australia	23:12.3
5.	DRÄGER Helga	W75	Germany	23:57.7
6.	SCHICKERT Lynne	W75	Australia	24:23.1
7.	PEÑA VAZQUEZ Rita	W75	Mexico	27:27.8

W80 3000m Walk

1.	ELBING Helene	W80	Germany	25:02.1
2.	GRAF Tami	W80	USA	33:20.2

W90 3000m Walk

1.	PAGU Elena	W90	Romania	27:25.9
----	------------	-----	---------	---------

The men's and women's 10km roadwalks were all held on Friday 29th March. Emmanuel Tardi tells me that the course started with 1100m on the track, followed by 200m to exit onto the road, then 6 laps of 1.368km near the arena, then 200m to come back into the stadium before a final 350m on the track.

10km Road Walks Men, Friday 29th March

There were 3 heats in the men's 10km walk, namely M35-50, M55-65 and M70+. The M35-M50 race saw Poland's **Rafal Fedaczynski** record the fastest time of 44.36, 14 secs ahead of M45 Mexican **Claudio Erasmo Vargas Castillo** (44.50), with M35 German **Andreas Janker** third fastest (45.29). A total of 52 walkers contested this year, with only 1 disqualification.

The M45-M65 race was won by M45 Spaniard **Miguel Periañez García** (47.28), ahead of **Anton Mashkevich** of Belarus (49.50) and **Sergio Ant. Gutiérrez Brenes** of Costa Rica (50.13). Overall, the DQ count was 8, with 2 DNFs. Our two Australians raced in this division, namely **Mark Donahoo** (M60 11th 1:02:48) and **Dean Nipperess** (M45 13th 1:00:19).

The M70+ race saw 45 walkers in action, with fastest time goingn to M70 Italian **Ettorino Formentin** (57.59), ahead of Irishman **John McMullin** (1.01.37) and Ukrainian **Anatolii Serhiienko** (1.01.52). The oldest gold medallist was M90 German **Günter Ciesielski** (1.23.23).

M35 10km Road Walk

1.	FEDACZYNSKI Rafal	M35	Poland	44:36
2.	JANKER Andreas	M35	Germany	45:29
3.	VERDE Vincenzo	M35	Italy	46:28
4.	CAMAÑO MESA Antonio	M35	Spain	50:15
5.	ALEXANDER Ross	M35	Ireland	59:02
6.	WILD Andreas	M35	Germany	1:01:13

M40 10km Road Walk

1.	NEDVIDEK Martin	M40	Czech Republic	46:09
2.	PIÑERA ALVAREZ Ruben	M40	Spain	46:28
3.	GRINHOLC Grzegorz	M40	Poland	47:49
4.	SCAFURO Francesco	M40	Italy	48:05
5.	SANTOS Pedro Luis	M40	Spain	51:27
6.	DE LELLO Gennaro	M40	Italy	53:27
7.	MORAWCZYNSKI Konrad	M40	Poland	54:23
8.	RODRIGUEZ JIMENEZ Jose Manuel	M40	Spain	54:44
9.	LAPINS Ivars	M40	Latvia	54:53
10.	FU Chi Wing Jason	M40	Hong Kong, China	1:02:44
11.	MURA Marco	M40	Italy	1:05:39
12.	BOTTIER Grégory	M40	France	1:16:59

M45 10km Road Walk

1.	VARGAS CASTILLO Claudio Erasmo	M45	Mexico	44:50
2.	IVZANS Normunds	M45	Latvia	45:36
3.	BORSCH Steffen	M45	Germany	46:16
4.	RODRÍGUEZ JIMÉNEZ Roberto	M45	Spain	47:44
5.	SWAIEH Meftah	M45	France	49:41
6.	PAULINI Luigi	M45	Italy	51:13
7.	DURAND PICHARD David	M45	France	51:48
8.	CROCI Ernesto	M45	Italy	52:09
9.	SAPONARO Giuseppe	M45	Italy	52:40
10.	PIÑOL VALLE Ruben	M45	Spain	53:00
11.	SCHOLZ Wolfgang	M45	Germany	54:03
12.	BERZINS Raivis	M45	Latvia	56:49
13.	NIPPERESS Dean	M45	Australia	1:00:19
14.	SANCHEZ GUINDO Faustino	M45	Spain	1:01:26

M50 10km Road Walk

1.	BONNEAU Philippe	M50	France	47:05
2.	FAEDDA Bachisio	M50	Italy	47:38
3.	CARVAJAL ORTEGA Miguel Angel	M50	Spain	47:54
4.	MEYER Steffen	M50	Germany	50:06
5.	SWARTS David	M50	USA	50:25
6.	SMOLA Josef	M50	Czech Republic	51:45
7.	BRZEWOWSKY Roman	M50	Austria	53:34
8.	FRUCTUOSO CALVO Jose	M50	Spain	56:22
9.	HERNANDEZ VEGA Ivan	M50	Puerto Rico	56:33
10.	SIRAGUSA Gianni	M50	Italy	57:29
11.	HIRSCHMUGL Dietmar	M50	Austria	59:22
12.	KROPIK Franz	M50	Austria	59:22
13.	GARCIA VEGA Jose	M50	Spain	1:00:48
14.	RAMUNNO Cristiano	M50	Italy	1:01:07
15.	SECK Patrick	M50	Germany	1:01:15
16.	FERNANDEZ REVILLA Mario	M50	Spain	1:01:44
17.	HINES Dennis	M50	South Africa	1:01:49
18.	ANTCLIFF Joseph	M50	New Zealand	1:08:07
19.	LYNE Bob	M50	Ireland	1:08:37

M55 10km Road Walk

1.	PERIÁÑEZ GARCÍA Miguel	M55	Spain	47:28
2.	MASHKEVICH Anton	M55	Belarus	49:50
3.	GUTIÉRREZ BRENES Sergio Ant.	M55	Costa Rica	50:13
4.	SCHRÖTER Uwe	M55	Germany	50:58
5.	GAUZE Francis	M55	France	51:06
6.	SEMIANOVICH Leanid	M55	Belarus	52:17
7.	NASO Andrea	M55	Italy	52:28
8.	NAZARANKA Siarhei	M55	Belarus	53:40
9.	KLEBAUSKAS Arunas	M55	Lithuania	54:22
10.	ABADIAS PALACIN Luis	M55	Spain	54:39
11.	KWITA Zbigniew	M55	Poland	57:21
12.	MOLSKI Stefan	M55	Poland	57:33
13.	GNAUCK Dick	M55	Germany	58:01
14.	KAENEN Hub	M55	Netherlands	1:00:22
15.	MUZZU Carlo	M55	Italy	1:00:29
16.	WERNER Stefan	M55	Germany	1:00:38
17.	AUNAN Tommy	M55	USA	1:00:47
18.	VILARRASA CASTILLO Andres	M55	Spain	1:01:16
19.	BLANCHARD Michael	M55	USA	1:03:59
20.	PAPST Ronald	M55	Germany	1:07:09
21.	TSOI Kam To	M55	Hong Kong, China	1:08:11

M60 10km Road Walk

1.	ARANDA FERNANDEZ Pedro Jose	M60	Spain	53:52
2.	RUATA MARTÍN Angel	M60	Spain	54:06
3.	LUNIEWSKI Mirosław	M60	Poland	55:58
4.	FUNG For Yau	M60	Hong Kong, China	58:23
5.	ZAWORSKI Marek	M60	Poland	59:18
6.	SAULGRIEZIS Ilmars	M60	Latvia	1:00:54
7.	PEKKARINEN Kauko	M60	Finland	1:01:11
8.	PENOLAZZI Claudio	M60	Italy	1:01:31
9.	SOBOLEVSKYI Ihor	M60	Ukraine	1:02:23
10.	MORETTI Gabriele	M60	Italy	1:02:26
11.	DONAHOO Mark	M60	Australia	1:02:48
12.	SCHWARZ Alfons	M60	Germany	1:03:11
13.	VITALIJS Deksnis	M60	Latvia	1:04:36
14.	TORODE Ian	M60	Great Britain& NI	1:04:42
15.	HARASINSKI Ryszard	M60	Poland	1:05:11
16.	CHAN Wai On	M60	Hong Kong, China	1:10:19
17.	VO Dominique	M60	France	1:12:04

M65 10km Road Walk

1.	BROCHOT Patrice	M65	France	54:39
2.	PANICO Vincenzo	M65	France	56:54
3.	SIEGENFUHR Daniel	M65	France	58:35
4.	ZHYRKOV Pavlo	M65	Ukraine	1:00:19
5.	MALONE Anthony	M65	Ireland	1:01:22
6.	ADAM Petr	M65	Czech Republic	1:02:29
7.	SHEREMET Viktor	M65	Ukraine	1:02:32
8.	CIESIELSKI Klaus	M65	Germany	1:02:54
9.	PETERS Vince	M65	USA	1:05:06
10.	KIEPERT Horst	M65	Germany	1:06:21
11.	MAJER Janusz	M65	Poland	1:07:52
12.	FORTUNATI Pierangelo	M65	Italy	1:08:17

M70 10km Road Walk

1.	FORMENTIN Ettore	M70	Italy	57:59
2.	MCMULLIN John	M70	Ireland	1:01:37
3.	SERHIENKO Anatolii	M70	Ukraine	1:01:52
4.	FIORI Mario	M70	Italy	1:02:15
5.	ABOLINS Harijs	M70	Latvia	1:02:20
6.	FRABLE Norman	M70	USA	1:02:51
7.	MICHELL Roger	M70	Great Britain& NI	1:03:07
8.	PALELLA Pasquale	M70	Italy	1:05:45
9.	FLAMANT Claude	M70	France	1:06:04
10.	DELAYRE Bernard	M70	France	1:07:06
11.	HÖLTERS Bernd Ocker	M70	Germany	1:07:50

12.	KRAVCHENKO Yurii	M70	Ukraine	1:08:37
13.	ONISHCHUK Mykola	M70	Ukraine	1:08:41
14.	BALODIS Guntis	M70	Latvia	1:14:43
15.	LILLEFOSSE Arthur	M70	Norway	1:15:04
16.	MICHLFEIT Rudolf	M70	Austria	1:17:09
17.	BRANDENBURG Walter	M70	Switzerland	1:45:00

M75 10km Road Walk

1.	SCHUMM Peter	M75	Germany	1:07:40
2.	GIESE Wolf-Dieter	M75	Germany	1:08:19
3.	HÖHNE Christoph	M75	Germany	1:09:20
4.	JOBIN Marcel	M75	Canada	1:10:35
5.	DE LUCIA Gianfranco	M75	Italy	1:11:25
6.	GIANNONE Biagio	M75	Italy	1:11:50
7.	MICHIELETTO Amatore	M75	Italy	1:12:13
8.	VALONEN Martti	M75	Finland	1:14:02
9.	LERME Raitis	M75	Latvia	1:14:15
10.	KANSKY Vladimir	M75	Czech Republic	1:16:58
11.	MAREK Stanislav	M75	Czech Republic	1:17:33
12.	PURVES Bill	M75	Hong Kong, China	1:18:01
13.	STRIEDER Hermann	M75	Austria	1:19:45
14.	SEUL Otmar	M75	Germany	1:19:46
15.	BÜCK Manfred	M75	Germany	1:22:21
16.	ANDREOTTI Pier Giorgio	M75	Italy	1:22:24
17.	DOSTÁLÍK Václav	M75	Czech Republic	1:23:06

M80 10km Road Walk

1.	PELLICCIA Romolo	M80	Italy	1:04:35
2.	JORDANA Alexis	M80	France	1:10:48
3.	DE COPPET Alexis	M80	Switzerland	1:14:39
4.	RUBENIS Gunars	M80	Latvia	1:15:30
5.	FLASSNOECKER Holger	M80	Germany	1:20:26
6.	VACIETIS Andrejs	M80	Latvia	1:22:35

M85 10km Road Walk

1.	NILSSON Ingvar	M85	Sweden	1:24:02
2.	PUSHKIN Ivan	M85	Ukraine	1:24:02

M90 10km Road Walk

1.	CIESIELSKI Günter	M90	Germany	1:23:23
2.	HYVÖLÄ Viljo	M90	Finland	1:26:44



M35 Rafal Fedaczynski, M40 Martin Nedvidek, M45 Claudio Erasmo Vargas Castillo and M50 Philippe Bonneau



M55 Miguel Garcia Perianez, M60 Pedro Jose Aaranda Fernandez, M60 Mark Donahoo and M65 Patrice Brochot



M70 Ettore Formentin, M75 Peter Schumm, M80 Romolo Pelliccia and M90 Günter Ciecieski (photos Emmanuel Tardi)

10km Road Walks Women, Friday 29th March

There were 2 heats in the women's 10km, namely W35-50 and W55+. The W35-W50 race saw 63 starters, 2 DNFs and 2 DQs. Overall, fastest time went to Spaniard **María Dolores Marcos Valero** (49.30), ahead of W40 German **Brit Schröter** (51.56) and W35 Spaniard **María Isabel Perez Belloch** (52.11). The W55+ race saw 57 walkers in total, with no DNFs but with 5 DQs. W60 French walker **Marie Astrid Monmessin** took fastest time (54.39), ahead of W55 Italian **Manuela Lucaferro** (59.58) and W55 Spaniard **Carmen Garcia Frontons** (1.00.39).

W75 Australian walker **Joan Purcell** was the star for us, winning the W75 gold with 1:17:08. She was ably backed up by **Heather Carr** (W65 3rd 1:03:47), **Anne Weekes** (W55 4th 1:02:38) and **Lynne Schickert** (W75 5th 1:25:20).

W35 10km Road Walk

1.	MARCOS VALERO María Dolores	W35	Spain	49:30
2.	PEREZ BELLOCH Maria Isabel	W35	Spain	52:11
3.	SCHULZE Kathrin	W35	Austria	52:23
4.	MICHOUX Evane	W35	Canada	56:42
5.	PASTIERIKOVÁ Alexandra	W35	Slovak Republic	57:02

6.	SIRANTE Gunita	W35	Latvia	59:40
7.	NETOLICKÁ Martina	W35	Czech Republic	59:55
8.	MARTINEZ GOMEZ Adela	W35	Spain	1:03:33
9.	HURSKAYA Tatsiana	W35	Belarus	1:11:05

W40 10km Road Walk

1.	SCHRÖTER Brit	W40	Germany	51:56
2.	DERBYSHIRE Carolyn	W40	Great Britain& NI	56:16
3.	GRINHOLC Iwona	W40	Poland	57:51
4.	PALANDRI Simona	W40	Italy	59:51
5.	COCCIMIGLIO Simona	W40	Italy	1:00:05
6.	SKAROUPKOVA Ivana	W40	Czech Republic	1:00:56
7.	CANUTI Alessandra	W40	Italy	1:01:03
8.	TOUHEY Georgina	W40	Ireland	1:01:33
9.	KELLER Jana	W40	Germany	1:02:13
10.	MARKGRAF Yvonne	W40	Germany	1:02:18
11.	ORMANE Vita	W40	Latvia	1:02:44
12.	CHAN Yee Hung	W40	Hong Kong, China	1:12:32

W45 10km Road Walk

1.	DEMON Sonia	W45	France	52:14
2.	CABRERA YSAS Olga	W45	Spain	52:56
3.	BRAY Violaine	W45	France	53:02
4.	SLEZIONA Katarzyna	W45	Poland	58:25
5.	BOROVICKOVA Lenka	W45	Czech Republic	58:44
6.	ROYER Vanessa	W45	France	1:00:02
7.	BICOCCHI Silvia	W45	Italy	1:03:35
8.	LAFARGUE Isabelle	W45	France	1:04:23
9.	ACUNA LEAL Jenny	W45	Venezuela	1:05:56
10.	MACEDO Ana	W45	Portugal	1:09:01
11.	HUANG Li-Ling	W45	Chinese Taipei	1:10:41
12.	RADZIEWINSKA Urszula	W45	Austria	1:16:11

W50 10km Road Walk

1.	KEHLER Lisa	W50	Great Britain& NI	53:26
2.	BODORKÓS HORVÁTH Katalin	W50	Hungary	54:53
3.	BOBAN Valerie	W50	France	56:06
4.	LISOWSKA Alicja	W50	Poland	57:40
5.	MORAWCZYNSKA Jolanta	W50	Poland	57:53
6.	MOMBELLI Roberta	W50	Italy	58:51
7.	ANZALONE Gioia	W50	Italy	1:00:36
8.	ALCAIRE ERNST Clarisa	W50	Spain	1:01:10
9.	RUIZ-AYUCAR SEIFERT Isabel	W50	Spain	1:01:47
10.	CASASOLE Luisa	W50	Italy	1:01:54
11.	SOUBIRAN Cathy	W50	France	1:02:49
12.	MICHETTI Donatella	W50	Italy	1:03:56
13.	ROGALE Aija	W50	Latvia	1:04:06
14.	PAIS Maria Antonia	W50	Italy	1:04:54
15.	REINOVA Miloslava	W50	Czech Republic	1:04:54
16.	JENIKOVA Karolina	W50	Czech Republic	1:07:31
17.	MENDES Teresa	W50	Portugal	1:07:45
18.	WONG Yuet Wan	W50	Hong Kong, China	1:13:14
19.	O ROURKE Deirdre	W50	Ireland	1:15:31
20.	FAMEA Anna Maria	W50	Italy	1:24:10
21.	WU Cheng Kuen	W50	Hong Kong, China	1:24:52

W55 10km Road Walk

1.	LUCAFERRO Manuela	W55	Italy	59:58
2.	GARCIA FRONTONS Carmen	W55	Spain	1:00:39
3.	MIDDLETON Helen	W55	Great Britain& NI	1:01:59
4.	WEEKES Anne	W55	Australia	1:02:38
5.	GUERRERO MONTES Isabel	W55	Spain	1:02:49
6.	MALKOVA Anna	W55	Czech Republic	1:02:53
7.	PONGIN Catherine	W55	France	1:04:25
8.	NOELL GUARDIOLA Ma.Angeles	W55	Spain	1:05:29
9.	NOEL Maureen Elvaria	W55	Great Britain& NI	1:06:34
10.	SAULITE Dace	W55	Latvia	1:12:05
11.	CHENG Lai Yu	W55	Hong Kong, China	1:13:04

12.	LEE Min Yee Michelle	W55	Hong Kong, China	1:14:47
13.	GORMLEY Anne	W55	Ireland	1:15:45
14.	GENSEL Petra	W55	Germany	1:20:12
W60 10km Road Walk				
1.	MONMESSIN Marie Astrid	W60	France	54:39
2.	KWAN Siu Yin	W60	Hong Kong, China	1:03:52
3.	CHOI Kin Yung	W60	Hong Kong, China	1:04:11
4.	PATTEN Nancy	W60	Canada	1:05:35
5.	COMBA Giuseppina	W60	Italy	1:05:37
6.	CHENG Ip Ming	W60	Hong Kong, China	1:06:16
7.	BERTHON Corinne	W60	France	1:06:45
8.	LOPEZ ALMOROX Azucena	W60	Spain	1:09:28
9.	SCHWANTZER Monika	W60	Austria	1:09:33
10.	KOZLOVA Halyna	W60	Ukraine	1:10:24
11.	MAGGIORE Yvonne	W60	France	1:10:45
12.	MARTIN DE LAS HERAS Ana	W60	Spain	1:28:55
13.	CAMPOS BERNAL Esperanza	W60	Mexico	1:30:39
W65 10km Road Walk				
1.	ALVAREZ ORDAS P. Aurora	W65	Spain	1:03:19
2.	MARTINO Marianne	W65	USA	1:03:35
3.	CARR Heather	W65	Australia	1:03:47
4.	BROCHOT Edith	W65	France	1:04:21
5.	ZURAVLOVA Rita	W65	Latvia	1:04:50
6.	GERHARD Marianne	W65	Germany	1:06:55
7.	AZAM Chantal	W65	France	1:07:38
8.	ANXIONNAT Claudine	W65	France	1:10:57
9.	ADAN Maria Pilar	W65	Spain	1:15:33
10.	BRIZ Maria Jose	W65	Spain	1:16:05
W70 10km Road Walk				
1.	TYSHKO Antonina	W70	Ukraine	1:05:52
2.	WILSON Jacqueline	W70	New Zealand	1:06:07
3.	BERNIER Janine	W70	France	1:11:10
4.	DEL PINTO Rita	W70	Italy	1:11:13
5.	KLINK Ursula	W70	Germany	1:12:42
6.	FRABLE Kathleen	W70	USA	1:16:29
7.	LOYER Suzanne	W70	France	1:16:53
8.	NEIDEL Heidrun	W70	Germany	1:17:21
9.	GEER Panseluta	W70	USA	1:19:51
10.	RODRIGUEZ GONZALEZ Gloria	W70	Mexico	1:22:00
11.	MOLTER Margarete	W70	Germany	1:22:28
W75 10km Road Walk				
1.	PURCELL Joan	W75	Australia	1:17:08
2.	THEUNISSEN Gisela	W75	Germany	1:18:00
3.	GRINBERTE Vera	W75	Latvia	1:19:58
4.	HERRENDOERFER Ursula	W75	Germany	1:22:11
5.	DRÄGER Helga	W75	Germany	1:23:23
6.	SCHICKERT Lynne	W75	Australia	1:25:20
7.	VELTA Bruce	W75	Latvia	1:30:55
8.	PEÑA VAZQUEZ Rita	W75	Mexico	1:36:16



W35 María Dolores Marcos Valero, W40 Brit Schroter, W45 Sonia Demon and W50 Lisa Kehler



W55 Manuela Lucaferro, W60 Marie Astrid Monmessin, W65 Paula Alvarez Ordas and W70 Antonina Tyshko



W90 World Record breaker Elena Pagu, along with Australians Heather Carr, Anne Weekes, Joan Purcell and Lynne Schickert (photos Emmanuel Tardi)

One final link: Emmanuel Tardi's photo album of the French participants: https://photos.google.com/share/AFIQipPNAFYKgo6Vne-IFV_FT1_KII0yNyx5Y3dmN0Q0Wcu5F6GHNoG26jVd1TA_NVGKAg?key=TE1fdFVUc2F2eksyN3FQSHdnbWdzaWtxOU9GeVZ3.

MONTREAT COLLEGE INVITATIONAL, MONTREAT COLLEGE, BLACK MOUNTAIN, NC, FRIDAY 29 MARCH

21 year old NSW walker **Luke Jobson**, now studying at West Virginia Texas, recorded a big PB of 23:20 in coming third in the men's race at the Montreat College Invitational in Black Mountain, North Carolina.

5000m Track Walk Women

1.	Janelle Branch	GA, Open, Unattached	26:45
2.	Jesi Heiser-Whatley	SC, Open, Unattached	26:50
3.	Tori Heiser-Whatley	SC, Open, Unattached	27:32
4.	Shelby Winn	SC, Columbia College, SC	30:32
5.	Sue Kania	NC, Open, Unattached	33:58
6.	Brittany Robbins	SC, Columbia College, SC	35:47
7.	Emily Kania	NC, 12, Unattached	41:35

5000m Track Walk Men

1.	Steven Smith	ME, West Virginia Tech, WV	22:12
2.	AJ Gruttadauro	NY, West Virginia Tech, WV	22:20
3.	Luke Jobson	Australia, West Virginia Tech, WV	23:20
4.	Carson Johnson	KY, South Warren HS, KY	26:27
5.	Douglas Johnson	KY, Open, Kentucky Racers	28:59
6.	Jason Nalley	Sc, Columbia International University, SC	30:34
7.	Andrew Smith	NC, Open, Pegasus Athletic Club	31:11
8.	Lee Wooden	SC, Montreat University, NC	33:34
9.	Sam Collier	University of the Cumberlands, KY	34:57
10.	Jacob Bacon	NC, Montreat University, NC	39:59
11.	Edward Collins	NC, Raleigh Walkers, NC	DQ

FRENCH RESULTS FROM LAST WEEKEND

Brie Comte Robert, Sunday 31 March

You can't keep Emmanuel Tardi away from racewalking meets! He arrived back home from the WMA Championships in Poland on Saturday evening and, on Sunday morning, he was judging in the local racewalking championships in Brie Comte Robert, in the south of Paris. The Men's 1 Hour walk, which started at 9AM, was won by **Aurelien Quinion** with a solid training walk one week

before Podebrady. He walked with **Ryan Gognies** for the first 10km (47:40) before kicking away to win with 12.689km. In the Women;s 1 Hour Walk, **Marie Laville** won easily with 11.699km.

1 Hour Women

1.	LAVILLE Marie	ESF/98	Ac St Gratien-sannois	11,699 m
2.	DUCLOS Adele	JUF/00	Viry Chatillon	10,401 m
3.	LAVILLE Francoise	VEF/56	Bussy St Georges Athletisme	9,914 m
4.	DUQUESNE Corinne	SEF/91	Ca Montreuil 93	9,813 m
5.	GUINGAND Lou	JUF/01	Antony Athletisme	9,509 m
6.	CHOCHOY Christine	VEF/68	Dynamic Aulnay Club	9,507 m
7.	CRUET Lea	JUF/01	As Meudon	9,391 m
8.	PRIEM Valerie	VEF/65	Sc Brie-comte Robert	9,248 m
9.	STEINVILLE Nathalie	VEF/64	Asfi Villejuif	9,147 m
10.	CARLU Delphine	VEF/76	Usm Gagny	8,934 m
11.	LEPICIER Julie	SEF/91	Moissy-cramayel Athletisme	8,867 m
12.	BIZARD Claudie	VEF/59	Thiais Ac	8,408 m
13.	DE SOUSA Marie-lise	VEF/66	Ao Charenton	8,285 m
14.	BEGUIN Nathalie	VEF/67	Ca Vierzon	8,143 m
15.	KOROTKEVITCH Nadia	VEF/63	Bussy St Georges Athletisme	8,066 m
16.	BENIGNI Sandrine	VEF/72	Stade Francais	7,922 m
17.	POUVREAU Manuella	VEF/64	Domont Athletisme	7,889 m
18.	PETEL Annie	VEF/42	As Meudon	6,681 m

1 Hour Men

1.	QUINION Aurelien	SEM/93	Ac St Gratien-sannois	12,689 m
2.	GOGNIES Ryan	JUM/00	Ca Montreuil 93	12,639 m
3.	LEGENTIL Laurent	SEM/88	Dynamic Aulnay Club	12,337 m
4.	GRENET Bruno	VEM/65	Usm Gagny	11,851 m
5.	BOLLINGER Vincent	SEM/84	Dynamic Aulnay Club	11,336 m
6.	DENONCIN David	SEM/88	C.a. L'hay Les Roses	11,220 m
7.	LEGENTIL Cyril	SEM/86	Dynamic Aulnay Club	11,068 m
8.	BEURIER Jocelyn	SEM/85	Us Vesinet	11,045 m
9.	OLIVARES Mathieu	VEM/76	Neuilly Sur Marne Athletisme	11,022 m
10.	PRIEM Fabrice	VEM/67	Us Metro Transport	10,881 m
11.	DUCLOS Eddy	VEM/69	Us Champagne-sur-seine	10,523 m
12.	BABOIN Michel	VEM/56	0Saran Loiret Athletic Club	10,498 m
13.	STEFANELLY David	VEM/76	As Mantes	10,388 m
14.	TINTIN Ronald	VEM/79	Ao Charenton	9,974 m
15.	JACQUIN Gilles	VEM/61	Ea Issoudun	9,722 m
16.	NOGRE Yannick	VEM/59	Es Montgeron	9,577 m
17.	LIBESSART David	VEM/74	As Chelles	9,525 m
18.	BOURICHON Christophe	VEM/70	Us Champagne-sur-seine	9,140 m
19.	DI DONATO Fabien	VEM/66	Bussy St Georges Athletisme	9,025 m
20.	VICART Frederic	VEM/63	Ac Du Pays De Meaux	9,021 m
21.	POITRENAUX Jean-marie	VEM/55	Ca Vierzon	8,973 m
22.	PELTRET Pascal	VEM/62	Bussy St Georges Athletisme	8,754 m
23.	NARME Jean-luc	VEM/60	Sc Brie-comte Robert	8,747 m
24.	LAMBERT Herve	VEM/66	Ac Du Pays De Meaux	7,734 m
25.	MONTIGNY Patrick	VEM/49	Elan Chevilly-larue	6,862 m
	DUMAIRE Thomas	SEM/90	Ca Montreuil 93	DNF
	FLANDIN Guillaume	SEM/93	Ea St Quentin En Yvelines	DNF
	LEMOGNE Loic	VEM/55	C.c. Taverny Athletisme	DQ
	RIGAL Jean-marc	VEM/59	Domont Athletisme	DQ



Walkers Marie Laville, Ryan Gognies (10) and Aurelien Quinion (25) – photos Emmanuel Tardi



Brie Comte Robert judges J-Pierre Dahm, Emmanuel Tardi, Jacqueline Bouilliat, Dominique Leclercq, Alexis Auger, Pascal Lepicier and Thierry Mesle

Venissieux, Sunday 31 March

Emmanuel also sent us the results from the Lyonnais Championships in Venissieux. These events were held over a 2km lap in the Venissieux park, where the 2015 World Masters Championships were held.

10km Women

1.	DUQUESNE Laura	SEF/90	Ea Le Creusot	53:09
2.	THEOLIER Lily	JUF/00	Ea Romans	53:12
3.	LAURENS Emilie	CAF/03	Ea Gillonnay-la Cote	54:05
4.	MAZZOLA Eva	SEF/92	Asvel Villeurbanne	54:15
5.	SERVE Margot	ESF/97	Asvel Villeurbanne	54:40
6.	SINA Laurence	VEF/69	Pierre Benite Athlé	54:58
7.	MANIKION Prisca (MRI)	SEF/85	Cs Bourgoin-jallieu	55:25
8.	GRIZOU-VICARIO Dominique	VEF/71	Afa Feyzin-venissieux	1:02:12
9.	MILLIET Helene	VEF/56	Chassieu Athletisme	1:02:53

10.	DAUMAS Fabienne	VEF/66	Ea Chambéry	1:03:43
11.	DEBERNARD Chantal	VEF/53	Al Voiron	1:04:09
12.	AILLARD-BRUNET Anne-marthe	VEF/63	Cs Bourgoin-jallieu	1:04:15
13.	VAROQUIER Elodie	SEF/83	Cs Bourgoin-jallieu	1:06:16
14.	FAYOLLE Isabelle	VEF/61	As Villefontaine	1:06:20
15.	GALLI Sylvie	VEF/62	Asvel Villeurbanne	1:07:57
16.	LANGLOIS Lise	CAF/02	Dynamic Aulnay Club	1:08:47
17.	MAZOYON Christelle	VEF/72	CA Du Roannais	1:08:58
18.	BOUCHAMA Yamina	VEF/62	Coquelicot 42	1:11:59
19.	DESSEIGNE Beatrice	VEF/53	Athletic Club Tassin	1:12:19
20.	CROST Noemie	ESF/98	Balan Cotiere Athlet	1:23:01
	BONVARLET Liliane	VEF/53	Afa Feyzin-venissieux	DNF
	ROUX-FOUGERE Camille	JUF/01	Grenoble Uc	DNF

10km Men

1.	MARTIN Come	SEM/95	Annecy Haute Savoie	45:18
2.	DE BONTIN Vincent	SEM/88	Ea Le Creusot	50:33
3.	GUIBERT Aurelien	SEM/90	Grenoble Uc	52:05
4.	DECOUD Philippe	VEM/64	Grenoble Uc	54:57
5.	GUEBEY Dominique	VEM/52	Asul Bron	55:04
6.	POURCHET Lucien	SEM/96	Ea Le Creusot	56:41
7.	COTTON Frederic	VEM/70	Cs Bourgoin-jallieu	58:18
8.	MOURIER Brandon	CAM/02	Ea Romans-bourg De Peage	1:00:16
9.	CARRIER Jean-claude	VEM/53	Athle Calade Val De Saone	1:02:09
10.	PENICAUD Jean-francois	VEM/57	Cs Bourgoin-jallieu	1:08:13
11.	BROT Daniel	VEM/53	CM Yverdon - Sui	1:14:27

20km Women

1.	RIGOLET Marie	ESF/98	Racing Club Haut-jura Morez	2:06:01
2.	VERSYN Norah	VEF/65	As Fontenay	2:14:15
3.	GALMICHE Catherine	VEF/57	Cag Arnouville Gonesse Vill.	2:15:28
4.	GRANDJACQUES Isabelle	VEF/60	Asvel Villeurbanne	2:15:55

20km Men

1.	BRANLE-BRANICKI Richard	VEM/67	Al Voiron	1:45:15
2.	LEMOINE Loic	ESM/97	Ea Romans-bourg De Peage	1:49:15
3.	SERRANO Rene	VEM/66	La Foulee D:annemass	1:53:41
4.	BONVARLET Patrick	VEM/60	Afa Feyzin-venissieux	1:54:27
5.	ROBIN-BROSSE Patrick	VEM/69	Gillonnay-la Cote	1:59:51
6.	PEREZ Gerard	VEM/51	Racing Club Haut-jura Morez	2:12:16
7.	VICTOR Etienne	VEM/64	Cag Arnouville Gonesse Vill.	2:15:28
8.	BUISSON Dominique	VEM/57	Saint-brice Athletisme	2:15:41
	DE NEVE Nicolas	SEM/93	Athletisme Chamalieres	DNF

MARCIADALMONDO THIS WEEK

- Fri 29 Mar - Happy 85th birthday to Cesar Moreno Bravo (MEX)
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3449
- Wed 27 Mar - Preview of the classic walk meets at Rio Maior (POR) and Podebrady (CZE) - taking place on Sat 6th April
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3448
- Tue 26 Apr - Toshikazu Yamanishi and Liu Hong are the walkers of the month for March 2019
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3447

OUT AND ABOUT

- 92 year old NSW walker **Heather Lee** will be in action later this month in the Australian Masters Championships in Melbourne. What a marvel - see <https://www.abc.net.au/news/2019-03-30/heather-lee-australian-masters-games-walker-world-record/10949404/>.
- Just when you thought the IAAF had run out of Russian walkers to suspend, the IAAF Athletics Integrity Unit (AIU) confirms a Provisional Suspension against Russian race walker and 2012 World U20 gold medallist **Yekaterina Medvedeva Ryzhova**, for a violation of the IAAF Anti-Doping Rules.

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

Apr 1-7, 2019	Australian Athletics Championships, Sydney (10,000m track walk championships)
Apr 13-14, 2019	Coburg 24 Hour Carnival, Coburg, VIC
Apr 26-29, 2019	Australian Masters T&F Championships, Albert Park - https://melbourne2019.com.au/
Apr 27-28, 2019	Australian Little Athletics Championships, Domain Athletic Centre, Hobart
Jun 9 (Sun), 2019	LBG Carnival, Stromlo Forest Park, Canberra, ACT
June 25-28, 2019	2019 Oceania Championships, Townsville (Open and U20 10km, U18 5km)
Aug 11 (Sun), 2019	AMA 20km National Championships, Adelaide, SA

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

Apr 6 (Sat), 2019	28 th Grande Prémio Internacional de Rio Maior em Marcha Atlética, Rio Maior, Portugal
Apr 20 (Sat), 2019	IAAF Race Walking Challenge Meet, Lazaro Cardenas, Mexico (20 and 50km M/W)
Apr 20-21, 2019	Pan American 50km Race Walking Cup, Lazaro Cardenas, Michoacan, Mexico
May 11-12, 2019	2019 IAAF Race Walking Challenge, Taicang, China
May 19 (Sun), 2019	European Race Walking Cup, Alytus, Lithuania (20 and 50km M/W)
Jun 8 (Sat), 2019	XXXIII Gran Premio Cantones de La Coruña, La Coruña, Spain
Jun 26 (Wed), 2019	Oceania Race Walk 10km Championships, Townsville, Australia (10km M/W)
Sep 27 - Oct 6, 2019	IAAF World Athletics Championships, Doha, Qatar
Oct 20-22, 2019	Around Taihu International Race Walking 2019, Suzhou, China

International Dates – 2019 and onwards

Apr 6 (Sat), 2019	Podebrady International Meet, Podebrady, CZE (20km)
Apr 6 (Sat), 2019	28 th Grande Prémio Internacional de Rio Maior em Marcha Atlética, Rio Maior, Portugal
Apr 13 (Sat), 2018	International Race Walking Meeting "Zaniemysl 2019", Zaniemysl, Poland (20km M/W)
Apr 13 (Sat), 2019	Naumburg International Meet, Naumburg, Germany
Apr 14 (Sun), 2019	Japanese 50km Championships, Wajima, JPN (50km)
Apr 20 (Sat), 2019	IAAF Race Walking Challenge Meet, Lazaro Cardenas, Mexico (20 and 50km M/W)
Apr 20-21, 2019	Pan American Racewalk Cup, Lazaro Cardenas, Mexico
Apr 28, 2019	Hungarian National Champs, Békéscsaba, HUN (20km M/W)
May 11-12, 2019	2019 IAAF Race Walking Challenge, Taicang, China
May 16-17, 2019	China National Race Walking Gran Prix – 2, Xingtai, CHN (20 and 50km M/W)
May 19 (Sun), 2019	European Race Walking Cup, Alytus, Lithuania (20km, 50km, U20 10km)
May 25 (Sat), 2019	10 th Sprint Triathlon in Race Walking, Veenendaal, NED (3000m, 1000m, 1 Mile)
Jun 8 (Sat), 2019	XXXIII Gran Premio Cantones de La Coruña, La Coruña, Spain
Jun 17-19, 2019	China National Race Walking Gran Prix – 3, Chifeng, CHN (20 and 50km M/W)
Jun 22 (Sat), 2019	Polish 20km Championships, Mielec, POL (20km M/W)
Jul 3-14, 2019	30th Summer Universiade , Naples Italy
Jul 20-21, 2019	China National Race Walking Champions Meet, Changbaishan, CHN (20 and 50km M/W)
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

Tim Erickson, terick@melbpc.org.au Home: 03 93235978 Mob: 0412 257 496
Copies of recent newsletters are kept on the VRWC website (<http://www.vrwc.org.au>)