



## HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club  
2018/2019 Number 33  
Tuesday 14 May 2019



**VRWC Preferred Supplier of Shoes, clothes and sporting accessories.**

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### WALKERS OF THE WEEK

My Walkers of the Week this time around are the winners of this year's Victorian 15km Roadwalk Championships, namely **Kelly Ruddick** and **Rhydian Cowley**.

- 45 year old Kelly continues to amaze us with the quality of her walking. Her winning time of 1:13:49 on Saturday at Middle Park was actually faster than her winning time on 2018 (1:14:27) and set a **new Victorian Masters W45-49 record**, as well as a new VRWC club record for that age group. An Australian rep at both World Walking Cup and IAAF World Champs, Kelly is still one of our top walkers at the Open level.
- 28 year old Rhydian is a walker at the peak of his powers. Earlier this year, he set PBs of 39:48 (10km) and 1:20:19 (20km) and he looks poised to earn a second Olympic berth, after his successful 2016 walk in Rio. He won this championship in 2017 with 1:07:07 and won it again this year with an even faster 1:06:43 – and did not raise a puff.



*Kelly and Rhydian in action at Middle Park on Saturday (photos Terry Swan)*

## WHAT'S COMING UP

- Next Saturday sees another round of our VRWC winter season roadwalks at Middle Park, The fixture reads as follows

<b>Saturday 18<sup>th</sup> May 2019, Middle Park</b>			
<b>VRWC Events: Entries close for all events at 1.45pm sharp</b>			
2.15pm	8km	Points Race	Open
2.15pm	6km	Points Race	Open
2.15pm	4km	Points Race	Open
2.30pm	2km	Points Race	Open
2.30pm	1km	Points Race	Open

Remember.....

- If you intend to compete with us regularly, you should become a financial member (our current financial year started on 1<sup>st</sup> October 2018). It is not expensive. See <http://www.vrwc.org.au/VRWCMembershipApplication.shtml> for more details. Note that we have added online payment for memberships this year. It's all explained at the above link.
  - If you are going to race with us on Saturday afternoon, let us know beforehand by doing an online event registration at <http://vrwc.org.au/wp1/>. Then just turn up before 1:45PM to pay and confirm. Our opening rounds are always very busy so come early and avoid the lines by pre-entering for the races and by renewing your membership online.
  - We are short of spare race bibs, so if you have any at home, we would love it if you passed them onto us. Bring them on Saturday.**
- The following Sunday sees one of our big winter season carnivals, with the Victorian Open 10km Roadwalk Championships, the Victorian Country Championships, VRWC club championships and some Racewalking Victoria U10 and U12 Championships for our younger walkers. That means medals galore! Check it out below.

Remember that you must pre-enter AV and AV Country events online via the AV Members Portal, and you must be a current AV member. You may enter the VRWC and RWV Championships on the day or earlier via our VRWC online portal at <http://vrwc.org.au/wp1>. VRWC Championships are open to all current VRWC members. Racewalking Victoria Championships are open to all Victorians. Entries for non-championship 10km and 5km events close at 9.30am on the day and entries for the non-championship 2km event close at 10.45am on the day.

<b>Sunday 26<sup>th</sup> May 2019, Middle Park</b>			
10.00am	<b>10km</b>	<b>AV Championship</b>	<b>Open, 40+, 50+ Men</b>
		Winner of the Open Men's event is awarded the C.H. [Bert] Gardiner Medal	
10.00am	<b>10km</b>	<b>AV Country Championship</b>	<b>Open Men</b>
10.00am	<b>10km</b>	<b>AV Championship</b>	<b>Open, 40+, 50+ Women</b>
10.00am	<b>10km</b>	<b>AV Country Championship</b>	<b>Open Women*</b>
10.00am	10km	Non championship	Open
10.30am	<b>5km</b>	<b>AV Country Championship</b>	<b>Under 20 Men/Women</b>
10.30am	5km	<b>VRWC Championship</b>	<b>Under 20 Men/Women</b>
10.30am	<b>5km</b>	<b>AV Country Championship</b>	<b>Under 18 Men/Women</b>
10.30am	5km	<b>VRWC Championship</b>	<b>Under 18 Men/Women</b>
10.30am	5km	Non championship	Open
11.00am	3km	<b>AV Country Championship</b>	<b>Under 16 Boys/Girls</b>
11.00am	3km	<b>VRWC Championship</b>	<b>Under 16 Boys/Girls</b>
11.00am	3km	<b>AV Country Championship</b>	<b>Under 14 Boys/Girls</b>
11.00am	3km	<b>VRWC Championship</b>	<b>Under 14 Boys/Girls</b>
11.00am	3km	Non championship	Open
11.05am	1km	<b>Racewalking Victoria Championship</b>	<b>Under 10 Boys/Girls</b>
11.05am	1km	Non championship	Open
11.15am	2km	<b>Racewalking Victoria Championship</b>	<b>Under 12 Boys/Girls</b>
11.15am	2km	Non championship	Open
11.30am	Presentations		

## LBG CARNIVAL INFORMATION

Entries are also open for the Lake Burley Griffin Carnival in Canberra. This meet is on Sunday 9<sup>th</sup> June (this is the Queen's Birthday long weekend) and we aim to send a large RWV group with many teams as possible. Talk to me on Saturday at Middle Park. Entries are now done online at <https://www.trybooking.com/book/event?eid=477790>.

I have extracted a list of the current RWV entries as of last night (Monday night). It reads as follows

Event 4. Women's Open & Masters 15km	<b>Sandra Howorth (M)</b>
Event 5. Men's Open & Masters 15km	<b>Corey Dickson, Kyle Swan, Lachlan Wilkinson (M)</b>
Event 8. Men's under 20 - 10km	<b>Corey Dickson</b>
Event 11. Women's Under 20 - 10km	<b>Charlotte Hay</b>
Event 13. Girls Under 10 - 1km	<b>Havana Ali, Ela Uzun</b>
Event 14. Boys Under 12 - 2km	<b>Hamish Blackwood, Ethan Nash</b>
Event 15. Girls Under 12 - 2km	<b>Darcey Roberts</b>
Event 16. Boys Under 14 - 2km	<b>Hamish Blackwood, Ethan Nash, Marcus Wakim</b>
Event 17. Girls Under 14 - 2km	<b>Maddison Nash, Darcey Roberts, Emily Smith</b>
Event 18. Boys Under 16 - 3km	<b>Hamish Blackwood, Angus Hay, Marcus Wakim</b>
Event 19. Girls Under 16 - 3km	<b>Charlotte Hay, Darcey Roberts, Emily Smith</b>
Event 20. Boys Under 18 - 5km	<b>Corey Dickson, Angus Hay, Marcus Wakim</b>
Event 21. Girls Under 18 - 5km	<b>Charlotte Hay, Darcey Roberts, Emily Smith</b>
Event 22. Women's 5km	<b>Charlotte Hay</b>

We already have 3 more walkers in quite a few of the races and that means we will feature in the Teams Event for those particular races. I realise that some walkers may have put in more events than they can realistically race, but that is fine. It keeps our teams options open. We can make a call on the day as to what races to do.

You can read all about the carnival at <http://www.actwalkers.com.au/lbg-racewalking-carnival/> . The timetable for the day reads as follows

1. Open 30 kilometres	8.00am
2. Fitness 30 kilometres	8.00am
3. AACT W&M 30 kilometres Chp	8.00am
4. Open Women 15 kilometres	8.00am
5. Open Men 15 kilometres	8.00am
6. Fitness 15 kilometres	8.00am
7. Fitness 8 kilometres	9.00am
8. Men U20 10 kilometres	10.30am
9. AACT Men U20 10 kilometre Chp	10.30am
10. Open (over 19 years) 10 kilometres	10.30am
11. Women U20 10 kilometres	10.30am
12. Boys U10 1 kilometre	11.40am
13. Girls U10 1 kilometre	11.40am
14. Boys U12 2 kilometres	11.50am
15. Girls U12 2 kilometres	12.10pm
16. Boys U14 2 kilometres	12.30pm
17. Girls U14 2 kilometres	12.50pm
18. Boys U16 3 kilometres	1.10pm
19. Girls U16 3 kilometres	1.35pm
20. Boys U18 5 kilometres	2.00pm
21. Girls U18 5 kilometres	2.00pm
22. Open Women 5 kilometres	2.40pm

**Entries close in just over a week (at 5PM on Wednesday 22<sup>nd</sup> May). No late entries are possible so you have just over a week.**

And one final piece of the jigsaw – all clubs are asked to provide some officials for jobs like lining up walkers before the races, capturing them after they finish, etc. If you can spare a bit of time on the Sunday, just let me know.

## PREVIEWING NEXT SUNDAY'S 2019 EUROPEAN RACE WALKING CUP IN ALYTUS, LITHUANIA

Next Sunday 19<sup>th</sup> May sees the 2019 European Race Walking Cup in Alytus, Lithuania. A total of 256 walkers - 139 men and 117 women - from 29 countries have registered for this year's edition which is the first to achieve full parity. The programme includes a women's 50km race walk for the first time.

As for the 2017 IAAF World Championships in London, all the walks are to be held on a single day - it's a great concept and is the way of the future, as far as I am concerned. If we really want to protect our sport (and our 20km and 50km distances), then we need to ensure we have an exciting and action packed single competition day, open to the general public.

8AM	Open Men 50km	48
8AM	Open Women 50km	30
9AM	U20 Women 10km	34
10:30AM	U20 Men 10km	35
2:30PM	Open Men 20km	56
4:30PM	Open Women 20km	53

Of course, Lithuania boasts **Ines Henriques** who has been one of the pioneers in the women's 50km and who has been chosen to be the Lithuanian ambassador at the European Race Walking Cup. But the favourite for the women's 50km will probably be Italy's **Eleonora Giorgi** who prepared for her assault on the distance with a 35km walk in January, covering the distance in 2:45:21. She then sharpened up for Alytus with a commanding victory in the 20km race walk in Podebrady where she broke the tape in a European-leading time of 1:27:46.

**Johann Diniz** will go into the men's 50km walk as an unbackable favourite. With his world record of 3:32:33, he will be the only sub 3:40 walker in the field (as far as statistics are concerned). Ok, **Jesús Ángel Garcia** has a PB of 3:39:54 but he is now 49 years of age and making his tenth European Race Walking Cup appearance, so he no longer has that sort of form (but he is still a marvel and qualified with a time of 3:57:23).

Garcia won the inaugural 50km walk title in 1996 and is one of four men over 40 to register for the 50km in Alytus. The others are **João Vieira** (43) of Portugal, **Rick Liesting** (41) of Nederland and **Johann Diniz** (41) of France. The women's 50km also sees some older walkers on the start list: **Lyudmyla Shelest** (44) of Ukraine, **Valéria Bíró Molnár** (42) of Hungary and **Aggeliki Makrí** (40) of Greece. The 50km is an event where older walkers can still compete against the young guns. Yet another reason for keeping this most wonderful of athletics disciplines.

The 20km championships have lots of main contenders. Italy's **Antonella Palmisano** and Spain's **Maria Perez** are going to be in the front pack in the women's event, while Sweden's **Persues Karlstom**, the Spanish triumvirate of **Alvaro Martin**, **Diego Garcia** and **Miguel Angel Lopez** and reigning champion **Christopher Link** of Germany will keep everyone honest in the men's race.

The championship website at <http://www.alytus2019.lt/> has lots of information. Full start lists can be found at [https://www.european-athletics.org/mm/Document/EventsMeetings/General/01/28/68/86/ERWC2019-FinalEntriesList-forwebsite\\_English.pdf](https://www.european-athletics.org/mm/Document/EventsMeetings/General/01/28/68/86/ERWC2019-FinalEntriesList-forwebsite_English.pdf). See also <https://www.european-athletics.org/competitions/european-race-walking-cup/> for further links for such things as Team Manual, etc.

I am excited about this meet!

#### AV AND VRWC CHAMPIONSHIPS, MIDDLE PARK, SATURDAY 11 MAY

Before I report on this weekend's races at Middle Park, I must fix up one omission from last week's report, when **Mietta Morgan** set a new VRWC U10 3km Roadwalk Club Record with her time of 18:20. Well done Mietta!

And now onto this week's report. Friday in Melbourne was dreadfully cold and wet but luckily it cleared overnight, with Saturday cool and overcast but dry and relatively still – in other words, great conditions for racing – and we saw 55 walkers in action.

Our 15km walks were first off at 2PM, with Victorian and VRWC championships on offer. **Rhydian Cowley** (1:06:43) and **Kelly Ruddick** (1:13:49) won the Victorian 15km Roadwalk Championships, with Kelly's time a new Victorian W45 record. Kelly also won the VRWC Women's 15km Club Championship, while **Kyle Swan** won the VRWC U20 Men's 15km Club Championship.

##### AV 15km Roadwalk - Men

1.	Cowley, Rhydian	GHY	1:06:43
2.	Swan, Kyle	ANW	1:09:51
3.	Walters, Daniel	COR	1:15:10
4.	Prasad, Pramesh	VMA	1:16:29
5.	Garganis, Adam	COL	1:17:09
	Evans, Simon	BOH	DNS

##### AV 15km Roadwalk - Women

1.	Ruddick, Kelly	BHA	1:13:49
2.	Feiner, Tracy	KNA	1:21:39
3.	Elms, Donna-Marie	PTN	1:40:30
	Carr, Heather	GHY	DNS

##### VRWC 15km Championship Open Women - Elsie Jacobson Trophy

1.	Ruddick, Kelly	1:13:49	New W45 Victorian Record
2.	Feiner, Tracy	1:21:39	



- |    |                   |         |           |
|----|-------------------|---------|-----------|
| 3. | Feain, Madeleine  | 1:31:57 | First one |
| 4. | Elms, Donna-Marie | 1:40:30 |           |

**VRWC U20 15km Championship**

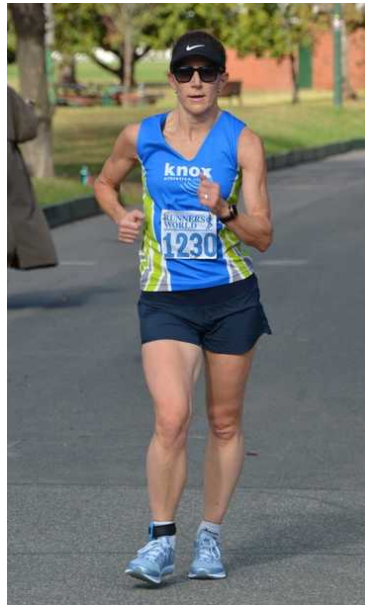
- |    |            |         |
|----|------------|---------|
| 1. | Swan, Kyle | 1:09:51 |
|----|------------|---------|

**VRWC 15km – Open Men**

- |    |                 |         |
|----|-----------------|---------|
| 1. | Cowley, Rhydian | 1:06:43 |
| 2. | Swan, Kyle      | 1:09:51 |
| 3. | Rew, Quentin    | 1:13:11 |
| 4. | Walters, Daniel | 1:15:10 |
| 5. | Prasad, Pramesh | 1:16:29 |
| 6. | Garganis, Adam  | 1:17:09 |



*AV medallists Rhydian Cowley, Kyle Swan and Daniel Walters (photos Terry Swan)*



*AV medallists Kelly Ruddick, Tracy Feiner and Donna Elms (photos Terry Swan)*

The VRWC 10km and 5km walks were next to start, at 2:15PM. Well done to **Kaylah Heikkila-Dubowik** (31:28) and **Angus Hay** (27:47) for their big PBs.

**VRWC Open 10km**

1.	O'Mahony, Kathleen	1:02:43	
2.	Samanna, Claire	1:03:08	
3.	Carr, Heather	1:04:29	

1.	Jamieson, Andrew	58:41	
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**VRWC Open 5km**

1.	Hay, Charlotte	25:31	
2.	Cocking, Holly	28:06	
3.	Louey, Grace	29:54	
4.	Heikkila-Dubowik, Kaylah	31:28	PB 0:49
5.	Thompson, Merylyn	36:04	

1.	Dickson, Corey	23:51	
2.	Blackwood, Mark	24:30	
3.	Cassidy, Kevin	25:27	
4.	Hay, Angus	27:47	PB 1:00
5.	Feain, Gerard	34:13	
6.	Gardiner, Bob	36:39	
	Beveridge, Heath	DNF	(4km in 22:18)
	Epps, Luke	DNF	(3km in 15:58)

We had big fields for our club 3km and 1.5km walks at 2:30PM, with many of the field young and new to the sport and the club. This is great to see. We welcomed first timers **Maddison Nash** and **Max Davidson**. Well done also to **Ariana Pashutina**, **Dee Holohan** and **Havana Ali** for PBs.

**VRWC Open 3km**

1.	Briet, Brianna	17:21	
2.	Tatlock, Riannah	17:33	
3.	Smith, Emily	17:42	
4.	Pashutina, Ariana	18:18	PB 0:29
5.	Morgan, Mietta	18:46	
6.	Holohan, Dee	19:06	PB 0:03
7.	Shaw, Robyn	19:16	
8.	Dingli, Alannah	19:22	
9.	Hugo, Beverly	25:27	
	Dingli, Isabella	DNS	

1.	Wakim, Marcus	16:07	
2.	Barrett, Anthony	20:50	
3.	Barrow, Geoff	21:26	

**VRWC Open 1.5km**

1.	Holmes, Sarah	07:54	
2.	Holmes, Molly	07:55	
3.	Uzun, Ela	08:25	
4.	Ali, Havana	09:38	PB 0:15
5.	Heikkila-Dubowik, Zahlia	09:40	
6.	Nash, Maddison	09:52	First walk with us
7.	Steed, Gwen	10:25	
8.	Beaumont, Margaret	13:58	
9.	Mews, Pam	16:40	

1.	Hutchins, Liam	07:47	
2.	Davidson, Max	08:20	First walk with us
3.	Morgan, Eden *	08:42	
4.	Weickhardt, Sebastian	08:42	
5.	Coughlan, Riley	09:28	
6.	Nash, Ethan	09:34	
7.	Smith, Aiden	09:47	
8.	Wapshott, Cody	10:42	
9.	Tatlock, Heath	12:24	
10.	Beaumont, Ian	13:59	

Thanks as always to all our officials, judges and helpers. Apologies for anyone I have missed. You are all much appreciated.

**Officials:** Ralph Bennett, Mark Donahoo, Tim Erickson, Bill Carr, Terry Swan, Darlene Swan, Deb Schroer, Charlotte Holmes

**Judges:** Kathleen Marsh (Chief), Gordon Loughnan, Terry O'Neill, Stuart Cooper, Shane Dickson, Brenda Felton, Mark O'Mahony, Ralph Bennett, Peter Vysma (bike)  
**Canteen:** Wendy Cooper, Kate Suich  
**Photos:** Terry Swan (see <http://www.vrwc.org.au/piwigo/index.php?/category/531>)



*Kaylah Heikkila-Dubowik, Angus Hay, Maddison Nash and Max Davidson (photos Terry Swan)*

The latest updates for the Winter Season Points Competitions are found at <http://www.vrwc.org.au/vrwcpointscomps.shtml>.

**SAMA ROADWALKS, WEST TERRACE, ADELAIDE, SATURDAY 11 MAY**

Thanks to Colins Hainsworth for his weekly report from the South Australian Masters in Adelaide. Colin commented: Cool arvo. Shower during second lap. Long rising hill near end of lap.

**5km Road Walking Championships**

1.	LIZ DOWNS	38:35	W63	64.05%
1.	COLIN HAINSWORTH	52:25	M89	59.63%
1.	GEORGE WHITE	31:44	M73	78.93%
1.	GIL MCINTOSH	34:48	M68	67.91%
	RHIANNON LOVEGROVE	29:48		

**5km Club Walk**

1.	JAN LAYNG	41:00	W70	68.74%
2.	VALMAI PADGET	41:24	W74	68.07%
1.	MARGARET MCINTOSH	40:27	W66	64.97%
2.	EDNA BATES	46:01	W66	57.11%
1.	SABINE ORCHARD-SIMONIDES	37:32	W52	59.45%
2.	RAELENE SCHILD	39:43	W54	56.18%
1.	DAVID ROBERTSON	46:26	M85	67.31%
1.	RODGER BARBER	39:49	M81	72.24%
1.	ROGER LOWE	40:04	M76	66.72%
1.	BRIAN WITTY	38:13	M68	61.84%
2.	DAVE FALLON	39:10	M66	60.34%
3.	JEFFREY KENNETT	53:09	M68	44.46%

**TRWC ROADWLKS, SEVEN MILE BEACH, HOBART, SATURDAY 11 MAY**

Thanks to Dave Moore for this week's results from Tasmania. He reported:

After some early morning rain, fine and cool conditions greeted our walkers for today's walk. Some of the noteworthy performances of the day were in the 3km with **Will Bottle** putting in a solid effort after a long drive from the North of the State and **Sophie Ahern's** first sojourn over 3km distance. We also welcomed **Makenna Clarke** and her sister **Anika** from Queensland to walk with us today and even turned on a bit of late autumn sunshine for them.

**6km**  
1. Alice Randall 31.20

**5km**  
1. William Robertson 24.20  
2. Eugene Gerlach 34.35  
3. Steve Ahern 36.15  
4. Ron Foster 37.27  
5. David Moore 40.55

**3km**  
1. Will Bottle 16.26  
2. Chloe Ahern 17.15  
3. Anika Clarke (QWRC) 19.04  
4. Sophie Ahern 24.05 PB

**2km**  
1. Makenna Clarke (QRWC) 14.16

**SARWC ROADWALKS, ADELAIDE PARKLANDS, ADELAIDE, SATURDAY 11 MAY**

Thanks to Peter Crump for his weekly report from Adelaide.

**10km Handicap**  
1. Kim Mottrom (F/T) 46:09  
2. Alix Harlington 52:18  
3. Royrie Upton 1:03:40  
4. Victoria Upton 1:02:59  
5. Bill Starr 1:27:24  
6. Darren Bown 50:50  
Mathew Bruniges DNF  
Olivia Sandery DNF  
Tristan Camilleri DNF

**2km Scratch Race**  
1. Sam Wilks 11:14  
2. Jake Vidler 11:20  
3. Aleesha Vidler 12:26  
4. Xavier Upton 18:17

**5km Handicap**  
1. Kitarni Upton 29:52  
2. Richard Everson (F/T) 26:38  
3. Adrian Upton 33:30  
4. Mia Wilks 32:41  
5. Chloe Upton 33:15

**3km Scratch Race**  
1. Sebastian Richards 18:09  
2. Ava Wilson 18:15  
3. Katie DeRuvo 18:59  
4. Seth Upton 20:03

**1km Scratch Race**  
1. Alexander Richards 8:14

**ACTRWC ROADWALKS, YERRABI POND, CANBERRA, SATURDAY 11 MAY**

Thanks to Val Chesterton for this week's results from Canberra.

**4km Walk**  
1. Kate Black 25:03  
2. Mick Saunders 30:02  
3. Rosemary Parker 30:43  
4. Jennifer Gilchrist 30:51  
5. Rod Gilchrist 31:06  
6. Fran Black 39:07  
Raine Thompson DNF

**2km Walk**  
1. Owen Toyne 10:03  
2. Kodi Clarkson 11:22  
3. Harry Baker 14:16  
4. Ella Baker 14:19  
5. Lilah Norden 14:57

**10km Walk**  
1. Gwyllym Young 50:02  
2. Mitchell Baker 51:00  
3. Michael Smith 56:12  
4. Hannah Manning 59:11  
5. Ann Staunton-Jugovic 1:00:07  
6. Robin Whyte 1:10:38  
7. Bob Parker 1:19:03  
8. Geoff Barker 1:24:52  
9. Val Chesterton 1:25:28  
Greg Durr DNF

**1km Walk**  
1. Essie Norden 10.40

**ACTRWC CATCHUP**

While I am reporting on ACTRWC results, here is a catchup with the two previous weeks of results.

**ACTRWC Roadwalk, Lennox Gardens, Sat 4 May**

**8km Walk**  
1. Hannah Manning 45:01  
2. Mick Saunders 56:19  
3. Bob Parker 57:36  
4. Bryan Thomas 59:01  
5. Geoff Barker DNF

**ACTRWC Roadwalks, Acacia Inlet, Sat 27 April**

**12km Walk**  
1. Mitchell Baker 61:41  
2. Geoff Barker DNF

**6km Walk**  
1. Owen Toyne 33:36



<b>4km Walk</b>			2.	Greg Durr	39:59
1.	Owen Toyne	21:20	3.	Miriam McCarthy	40:58
2.	Kate Black	25:57	4.	Jennifer Gilchrist	49:30
3.	Derek Robinson	29:01	5.	Hannah Manning	DNF
4.	Rosemary Parker	30:30	<b>3km Walk</b>		
5.	Jennifer Gilchrist	31:34	1.	Helena Bialecki	20:06
6.	Rod Gilchrist	32:25	2.	Lilah Norden	22:52
<b>2km Walk</b>			<b>1km Walk</b>		
1.	Kodi Clarkson	11:08	1.	Eloise Smith	05:50
2.	Eloise Smith	12:36	2.	Ella Baker	06:28
3.	Georgia Frew	12:56			
4.	Jack Thackray	17:46			
<b>1km Walk</b>					
1.	Eloise Smith	05:50			
2.	Ella Baker	06:28			

#### WARWC ROADWALKS, SHELLEY, PERTH, SUNDAY 12 MAY

Thanks To Terry Jones for his weekly report from Western Australia. He explains: The Mother's Day Novelty Walk is an event where we encourage mothers (who don't compete) to have a walk in the 1.5K event which their children compete in.

<b>10km Walk</b>			<b>1.5km Walk</b>		
1.	Andrew Duncan	50.31	1.	John Ronan	7.34
2.	Karyn Tolardo	64.10	2.	Lataya Lawrence	8.07
3.	Wendy Farrow	79.29	3.	Katee Bogaers	8.12
<b>5km Walk</b>			4.	Riley Wood	8.15
1.	Ben Reid	27.01	5.	Luke Lawrence	9.19
2.	Brad Mann	27.24	6.	Layla Dabala	10.06
<b>Mothers Day Novelty Walk</b>			7.	Gracie Dabala	10.41
	Gemma Dabala		8.	Asha Freeman	10.50
	Tammy Bogaers		9.	Emily Bogaers	11.17
	Tahnee Prentice		10.	Linkin Lawrence	11.18
	Winnie Prentice		11.	Ellis Freeman	12.36
			12.	Glenis Duncan	14.18

#### BENDIGO WALKER CLUB ROADWALKS, LAKE NEANGAR, BENDIGO, SUNDAY 5 MAY

Finally, back a week for Paul Rance's report from the season opener in Bendigo in country Victoria. Paul explains:

The Bendigo Walkers Club commenced their Winter Season on Sunday 5<sup>th</sup> May with 1.5km and 4km events at Lake Neanger. In the 1.5km **Sheridan Commons** scored a strong win with **Geoff Major** in 2<sup>nd</sup> place and **Annette Curtis** 3<sup>rd</sup>. The 4km event was taken out by **Jennie Payne** with **Norm West** 2<sup>nd</sup> and **Barb Bryant** taking 3<sup>rd</sup> place and fastest time.

<b>4km Walk</b>			<b>1.5km Walk</b>		
1.	Jennie Payne	24.45	1.	Sheridan Commons	10.50
2.	Norm West	33.05	2.	Geoff Major	13.26
3.	Barb Bryant	23.54	3.	Annette Curtis	12.02
4.	Bill Lotherington	31.38			
5.	Peter Curtis	26.07			

#### 2019 IAAF RACE WALKING CHALLENGE, TAICANG, CHINA, SATURDAY 11 MAY

The latest 2019 IAAF Challenge Series meet was held last Saturday in Taicang, China, and showcased the usual superb Chinese depth as they took 4 of the first 5 placings in the men's 20km and all 5 top spots in the women's 20km. My report it from the IAAF's Vincent Wu: <https://www.iaaf.org/competitions/iaaf-race-walking-challenge/news/qieyang-wang-win-taicangrace-walking-challeng>.

Overall, the 20km races saw wins to World No1 Qieyang Shijie and Wang Kaihua. As the race also served as China's national trials for the 2019 IAAF World Athletics Championships in Doha, most of the country's best race walkers had entered the annual event.

The meet was also excellently reported by marciadalmondo ([http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3478](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3478)). In particular, note the following from that report

The 7<sup>th</sup> round of the IAAF Race Walking Challenge in Taicang took place this morning in a sunny and very humid day. If the organizers wanted the athletes to emulate the difficult conditions that they will find in Doha, they succeeded in full. Thanks to the IAAF Technical Delegate who, yesterday in the technical meeting, decided to bring the start times forward by one hour.

## 20km Racewalk Men

The rhythm of the men's race, which was held first, was controlled by the Chinese walkers. The 25-year-old **Wang Kaihua** held off a strong challenge from Olympic silver medallist **Cai Zelin** to claim the title in 1:19:48. It is Wang's fifth outing in Taicang and his first win after finishing second at the World Race Walking Team Championships here last year and at the 2015 edition of the event. Wang's winning mark was 47 seconds shy of his time set when taking the victory at the Chinese National Race Walking Grand Prix two months ago in Huangshan and further shy of his personal best of 1:17:54 registered in 2017. Cai, 28, finished second in 1:20:13, the same place he ranked at the World Race Walking Cup Taicang 2014. Brazilian 20km record-holder **Caio Bonfim**, winner of the 2017 edition with a 1:22:16 victory, took third place in 1:20:37. China's **Yin Jiaying** and **Gao Wenkui** both clocked 1:20:41 to finish fourth and fifth respectively.

1.	Kaihua WANG	CHN	1:19:48
2.	Zelin CAI	CHN	1:20:13
3.	Caio BONFIM	BRA	1:20:37
4.	Jiaying YIN	CHN	1:20:41
5.	Wenkui GAO	CHN	1:20:41
6.	Eiki TAKAHASHI	JPN	1:21:08
7.	Hao XU	CHN	1:21:14
8.	Isaac PALMA	MEX	1:22:15
9.	Jun ZHANG	CHN	1:22:24
10.	Byeongkwang CHOE	KOR	1:22:33
11.	Wenchao NIU	CHN	1:23:01
12.	Huazhang SONG	CHN	1:23:10
13.	Guowen ZHU	CHN	1:23:27
14.	Zhongkai MENG	CHN	1:23:32
15.	Tongda BIAN	CHN	1:23:44
16.	Kewen LI	CHN	1:23:53
17.	Xu LIU	CHN	1:24:02
18.	Yangben ZHAXI	CHN	1:24:21
19.	Jianxing DAI	CHN	1:24:44
20.	Shuai SUN	CHN	1:25:10
21.	Xiangqian JIN	CHN	1:25:46
22.	Song SUN	CHN	1:26:00
23.	Lucas MAZZO	BRA	1:26:02
24.	Haofeng HUAN	CHN	1:26:18
25.	Wenbin NIU	CHN	1:26:37
26.	Ding CHEN	CHN	1:28:35
27.	Xiaobin LI	CHN	1:29:23
28.	José Alessandro Bernardo BAGIO	BRA	1:30:30
29.	Yan WANG	CHN	1:31:16
	Chun Hung TSE	HKG	DQ
	Tiago FONSECA	BRA	DNF
	Hyunsub KIM	KOR	DNF
	Nak-Hyun KIM	KOR	DNF
	Ever PALMA	MEX	DNF
	Qin WANG	CHN	DNF

## 20km Racewalk Women

The women's race was dominated by Chinese race walkers from the gun to the finish, with world record holder **Liu Hong**, reigning world champion **Yang Jiayu** and **Qieyang Shijie** taking turns in seizing the pole position. The Chinese trio led the race until the final two kilometres before the 28-year-old Qieyang outraced her two compatriots to break the tape in style in 1:28:00. Yang trailed 16 seconds behind to take second place while Liu, who pushed the 50km race walk world record down to 3:59:15 in March to add to her 20km world record of 1:24:38 achieved in La Coruna four years ago, finished third in 1:28:22. It was the fifth time Qieyang competed in Taicang and her first to step onto the top of the podium.

"I always want to prove myself," said Qieyang, who finished second at the 2012 Olympic Games, 2018 Asian Games and twice at the IAAF World Race Walking Team Championships. "Although being able to finish second in different major competitions is quite awesome too, I really need to prove that I can be the champion, especially when competing with such a quality field. I take every race as my last race. Today's race was quite hard as I know both Yang and Liu are in a very good form. But I also have trained hard and am in a good form. I believed I can win the title."

Since the 23-year-old Yang can enjoy an extra berth at the World Championships in Doha as the defending champion, **Wang Yingliu**, who finished fourth with a 1:29:58 clocking, can also make her way onto the national team squad.

There were 4 Australasian women in the mix in this event. New Zealand's **Alana Barber** finished the best of them, taking 7<sup>th</sup> with 1:33:14. Alana set her New Zealand record of 1:31:32 in this same race last year so it is a case of happy hunting grounds for her. 50Km bronze medallist **Claire Woods** was next to finish, only 1 second behind Alana, with 1:33:15. **Simone McInnes** was further back in 16<sup>th</sup> place with 1:39:30, while **Rachel Tallent** was a DNF.

1.	Shijie QIEYANG	CHN	1:28:00
2.	Jiayu YANG	CHN	1:28:16
3.	Hong LIU	CHN	1:28:22
4.	Yingliu WANG	CHN	1:29:58
5.	Maocuo LI	CHN	1:30:53
6.	Zhenxia MA	CHN	1:32:16
7.	<b>Alana BARBER</b>	<b>NZL</b>	<b>1:33:14</b>
8.	<b>Claire WOODS</b>	<b>AUS</b>	<b>1:33:15</b>
9.	Na WANG	CHN	1:34:01
10.	Dandan DUAN	CHN	1:34:19
11.	Wenli ZHAO	CHN	1:35:15
12.	Zhuoma CAIXIANG	CHN	1:36:00
13.	Wenxiu SU	CHN	1:37:10
14.	Zhuoma QIJI	CHN	1:37:49
15.	Rui LIANG	CHN	1:39:17
16.	<b>Simone MCINNES</b>	<b>AUS</b>	<b>1:39:30</b>
17.	Minjing CHEN	CHN	1:40:01
18.	Alejandra ORTEGA	MEX	1:42:28
	Sau Man NG	HKG	DQ
	Elianay PEREIRA	BRA	DNF
	<b>Rachel TALLENT</b>	<b>AUS</b>	<b>DNF</b>

### 3<sup>RD</sup> COFFEEBRANDS PATRAS RACEWALKING FESTIVAL 2019, PATRAS, GREECE, SUNDAY 12 MAY

I was hoping to be able to report on this event in this issue of the newsletter, but the results have not yet come though so it will have to wait till next week.

### LES 6 HEURES DE NEUILLY-SUR-MARNE, FRANCE, SUNDAY 14 MAY

Emmanuel Tardi was in the Parisian suburb of Neuilly-sur-Marne last Sunday for the annual 2 and 6 Hour walking races. The 6 Hour started at 10AM and the 2 Hour started at 2PM, with an initial lap of 2.475km, followed by laps of 2.075km. Both individual or teams of two were able to participate. Emmanuel tells me it was the first sunny day after a week of rain, but it was very windy. **Fabien Deparday** and **Florian Letourneau** walked together for the first two hours, before Deparday sped up and broke clear, going on to win with 63.115km. Mother and daughter **Claudie Bizard** and **Emilie Bizard-Planchot** walked together in the women's 6 Hour race, before Emilie broke clear in the final lap to win with 46.050km.

#### 6 Hours Walk Men

1.	DEPARDAY Fabien	Stadium Montigny Athletic Club	27	56.425 km	6:09:05	9.173 km/h
2.	LETOURNEAU Florian	Ac Chateau Thierry	27	56.425 km	6:13:12	9.072 km/h
3.	ROUAULT Jean-marie	Usm Gagny	26	54.350 km	6:01:14	9.027 km/h
4.	ARNAULT Jacques	Neuilly Sur Marne Athletisme	26	54.350 km	6:11:03	8.789 km/h
5.	THEVENIN Hugues	Neuilly Sur Marne Athletisme	23	48.125 km	6:14:47	7.704 km/h
6.	CASELLI Pierre		21	43.975 km	6:08:01	7.170 km/h

#### 6 Hours Walk Women

1.	BIZARD PLANCHOT Emilie	Neuilly Sur Marne Athletisme	22	46.050 km	6:05:40	7.556 km/h
2.	BIZARD Claudie	Thiais Ac	22	46.050 km	6:06:53	7.531 km/h

#### 6 Hour Relay

1.	SALOMEZ Bénédicte - OLIVARES Mathieu		24	50.200 km	6:06:55	8.209 km/h
2.	DIEN Daniel - CARCAILLON Alain		22	46.050 km	6:00:16	7.669 km/h



*Emilie Bizard-Planchot, Claudie Bizard. Florian Letourneau, Fabien Deparday and Jean-Marie Rouault (photos Emmanuel Tardi)*

### NSW RACEWALKING CHAMPIONSHIP MEDALISTS

I was recently sorting out some old archives and I came across a number of printed sheets with results from NSW racewalking championships from years past. I typed them out, added first names and consolidated them into a single document which I have stored at <http://www.vrwc.org.au/tim-archive/wg.shtml>.

Check it out at <http://www.vrwc.org.au/tim-archive/articles/NSW%20State%20Walk%20Championships.pdf>. I am happy to pass on if any NSW reader wants to take ownership and bring it up to date. Any takers?

### ANOTHER BIG NAME BITES THE DUST

Star Mexican walker **Maria Guadalupe Gonzalez Romero** was suspended back in December after testing positive to trenbolone, an anabolic steroid. She has now lost her appeal and will start to serve a 4 year ban, backdated to 17<sup>th</sup> October 2018, the day on which the test was taken. Sadly, this means she gets to keep her 2015 Pan-Am Gold, her 2016 Olympic silver, her 2017 World Championship gold and her World Teams Championships golds from 2016 and 2018.

When the now disgraced Russians dominated the world of racewalking, their finishing surges were what separated them from the rest of the field - finishing surges that we now know were drug fuelled. Consider Gonzalez's finish in the 2018 IAAF Race Walking World Teams Championship in Taicang when she left the Chinese Qieyang Shenjie and Yang Jiayu in her wake, walking the final 5km in 20:50, with the final 3km under 12 minutes. And she gets to keep this gold, as well as all her other medals. Drug fuelled? It sure seems possible to me!

See more at [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3477](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3477) and <https://www.sportsintegrityinitiative.com/athlete-forged-documents-in-attempt-prove-trenbolone-meat-contamination/>.

People are effected by these sorts of things. When Australian Regan Lamble was 9<sup>th</sup> in the women's 20km walk in Rio, she missed by one place the trigger that would have granted her significantly more money from the Australian High Performance Program. She'll never get that money and she has now retired. She can only wonder ... what if ...

### VRWC SUMMER SEASON RUNNERS WORLD AWARD WINNERS ARE....

Neil Ryan of Runners World Kew approached VRWC early in the 2009 winter season with an offer of some club sponsorship. While we had our Points and Handicap awards, the awards were not necessarily won by our best walkers as they were influenced by participation rates. So, after various discussions, it was decided to institute vrwc Runners World Winter and Summer Season awards, with their own unique criteria involving club participation, quality and quantity of performance. Eleven years later, Neil is still sponsoring the club with his awards. See <http://www.vrwc.org.au/vrwcrunners-world.shtml> to find out more.

I have been advised that the Committee has completed its voting on a small subset of nominations and has decided to award **Corey Dickson** and **Alanna Peart** for their excellent summer seasons.

Each walker will receive a \$500 gift voucher for Runners World gear, as well as \$500 in cash.



We thank Neil for his ongoing support and recommend that all club members should return the favour and shop at Runners World Kew for all their sporting needs.



*Left: 16 year old Corey in action in the AVB 5000m Teams Championships in February 2019  
Right: 15 year old Alanna in action in the Victorian Open 5000m Track Championship in March 2019*

#### NEWS COMES OUT OF ANOTHER 50KM OPPORTUNITY

I have seen news of an additional 50km opportunity now on offer. It's a track 50,000m walk on Saturday 13<sup>th</sup> July (7PM start time) in San Diego. I have added it to my calendar at the end of the newsletter. Here is what Andreas Gustafsson has to say

National Invitational Race Walk Championships at Balboa Stadium in San Diego will be on July 13<sup>th</sup> at 7pm. It will count for Olympics and World Championship qualifying as we have secured 3 international judges and with paperwork to IAAF being sent in as we speak. There will be time standards to enter the race as follows:

20K Women:	1:52
20K Men:	1:42
50K Women	4:45
50K Men	4:45

Temperatures in San Diego is absolutely perfect for fast times at this time in the evening. We encourage all international athletes seeking standards to come.





## FROM THE VAULT

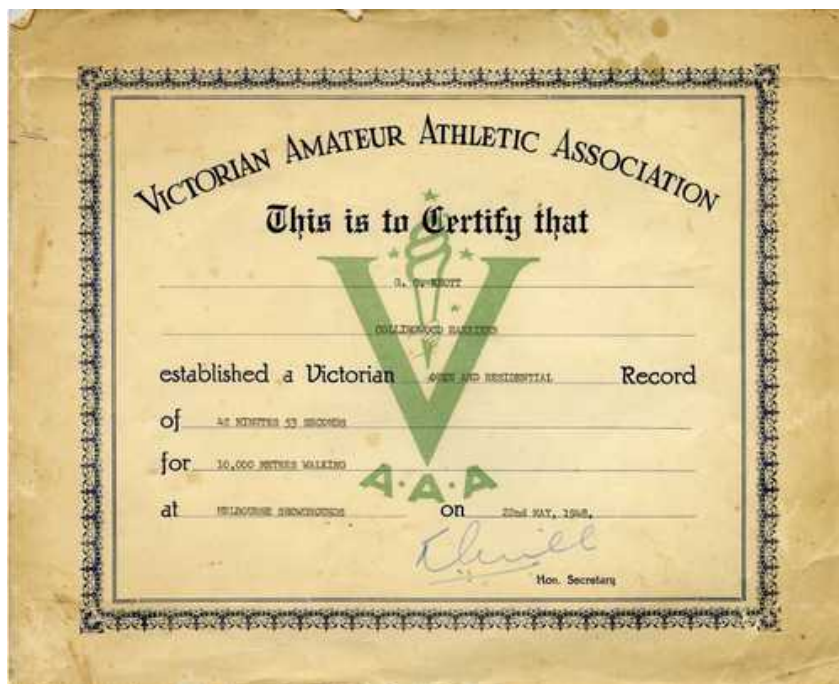
Bob Gardiner recently passed onto me a very large digital archive covering his career, along with the careers of his dad Bert and the Collingwood Harriers great George Knott. I have extracted three bits for starters to focus on George who walked with the Victorian Amateur Walkers Club and is one of our life members. He missed out on his Olympic chance with the Second World War but came back post-war, got fit again, and finally represented Australia in the 1948 Olympics.

We tend to think of those walkers from 'olden times' as pretty slow but that was not the case with George. It was in 1948 that he really set the crowds talking with wins in the inaugural Australian 2 mile walk (**13:37.2**) and the Victorian 1 mile walk (**6:23.2**) and Victorian 10,000m walk (**42:51.6**). His 1 mile time was less than one second outside Bill Murray's Australasian record and his 10,000m time was a staggering **world best**. It was nominated for world record status but was not accepted due to technical deficiencies in the running of the event (not George's fault!).

The photos below show him just as older walkers will remember – super fast and stylish.



Although his 10,000m walk time was not recognised as a world record, it was accepted as a Victorian record and stood for many years until finally bettered in the seventies. Here is the certificate.



These outstanding performances gained him selection for the 1948 Olympics in London. There he finished 6<sup>th</sup> in his heat in the 10,000m walk and just missed out on qualifying for the final (only the first 5 in each heat made it through).

I have a short biography of George at <http://www.vrwc.org.au/tim-archive/articles/wv-george-knott.pdf>. With all the new information, I will be able to extend it to do proper service to his memory.

### 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**

May 26 (Sun), 2019 Victorian and Victorian Country Roadwalk Championships, Middle Park, VIC  
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) - <https://athletics-oceania.com/>  
Aug 11 (Sun), 2019 AMA 20km National Championships, Adelaide, SA  
Sept 8 (Sun), 2019 Australian Roadwalk Championships, Adelaide, SA  
Apr 10-13, 2020 Australian Masters T&F Championships, Brisbane, QLD. See <http://www.brisbane2020nationals.com.au/>

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

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

#### **International Dates – 2019 and onwards**

May 16-17, 2019 China National Race Walking Gran Prix – 2, Xingtai, CHN  
May 19 (Sun), 2019 European Race Walking Cup, Alytus, Lithuania (20km, 50km, U20 10km)  
May 25 (Sat), 2019 10<sup>th</sup> 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)  
June 30 (Sun), 2019 USATF 40km Champs (includes 50km option), Owego, NY, USA  
Jul 3-14, 2019 **30<sup>th</sup> Summer Universiade**, Naples Italy  
Jul 13 (Sat) USATF San Diego Imperial 20,000m and 50,000m track walks, San Diego, USA  
Jul 20-21, 2019 China National Race Walking Champions Meet, Changbaishan, CHN (20 and 50km M/W)  
Jul 26-Aug 11, 2019 Pan American Games, Lima, PER (50km and 20km)  
Aug 30-Sep 7, 2019 **20<sup>th</sup> 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 **17<sup>th</sup> IAAF World Championships in Athletics**, Doha, Qatar  
Oct 20-22, 2019 Around Taihu International Race Walking 2019, Suzhou, China

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

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

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

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

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