



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2018/2019 Number 29
Tuesday 16 April 2019



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WALKER OF THE WEEK

My Walker of the Week is 34 year old New Zealand walker **Quentin Rew**. He raced with distinction in the Japanese 50km championship last Sunday, finishing 8th in a time of **3:49:48**. It continues what has been a wonderful last few years for the Melbourne based walker who is also a member of our Victorian Race Walking Club.

He has also this week been named in the New Zealand team to contest the 2019 IAAF World Athletics Championships in Doha. He has qualified for both the 20km and 50km and has been selected in both events. With PBs of 1:21:12 and 3:46:29, he is equally adept at both distances and is a wonderful role model for our younger walkers.

In March he won the NZ 10,000m Track Title with 41:19.10 and, only a week ago, he finished third in the Australian 10,000m Track Title with 41:02.24. And that is on a long distance training regime as he prepares for his favoured 50km event.

He has competed at 2 Olympics (2012 and 2016), 3 World Racewalking Team Championships (2014, 2016 and 2018), 1 Commonwealth Games (2018) and 4 IAAF World Championships (2011, 2013, 2015 and 2017) and doesn't look like stopping any time soon, as he builds towards Tokyo 2020.



Quentin with Canadian Evan Dunfee after the Japanese 50km Championship in Wajima last Sunday

WHAT'S COMING UP

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

Apr 26-29, 2019 Australian Masters T&F Championships, Albert Park - <https://melbourne2019.com.au/>
Live feed will be at <https://www.youtube.com/channel/UC4E6WnSCSv7fGCOp37NBq3Q>

Apr 27-28, 2019 Australian Little Athletics Championships, Domain Athletic Centre, Hobart

- It's also a great weekend internationally, with the next IAAF Challenge Event to be contested in Lazaro Cardenas, Mexico, in conjunction with the Pan American Racewalk Cup.

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

The meet is huge, with host Mexico announcing they are expecting a total of 170 walkers, representing 18 countries. Mexico will have the most athletes, with 30 entrants. The USA team is also very big, with 17 walkers. Overall, the countries with athletes competing in Lázaro Cárdenas include Australia, Bolivia, Brazil, Canada, China, Colombia, Costa Rica, Ecuador, El Salvador, Guatemala, Mexico, Panama, Peru, Republic of Sierra Leone, South Africa, Sweden, USA, and Venezuela. The Australian contingent includes **Dane Bird-Smith, Claire Tallent** and **Jemima Montag**.

The USA team for the Pan American Racewalking Cup is as follows

50km Men: Andreas Gustafsson, Matthew Forgues, Anthony Joseph Gruttadauro
 50km Women: Katie Burnett, Dr. Stephanie Casey, Erin Taylor-Talcott, and Lydia McGranahan
 20km Women: Robyn Stevens, Miranda Melville, Anali Cisneros, and Amberly Melendez
 20km Men: Nick Christie, Emmanuel Corvera, John Cody Risch and Anthony Peters

SAMA TRACK CHAMPIONSHIPS DAY 2, SA ATHLETICS TRACK, ADELAIDE, WEDNESDAY 10 APRIL

Thanks to Colin Hainsworth for the results of Day 2 of the SAMA Champs at the SA Stadium in Adelaide.

800m Walk

1.	LIZ DOWNS	05:26	W63
1.	REBECCA HUNTER	05:14	W39
1.	GEORGE WHITE	04:26	M73
2.	VIDDY JERMACANS	05:33	M70
1.	GIL MCINTOSH	04:59	M68
1.	ROSS HILL-BROWN	05:38	M64
1.	MARK WORTHING	04:25	M56
1.	GREGORY METHA	04:02	M54

800m Club Walk

1.	MARGARET MCINTOSH	06:08	W66
1.	DAVID ROBERTSON	06:41	M85
1.	JOHN HORE	05:30	M70
2.	NORMAN POWELL	05:56	M74
1.	MALCOLM TIGGEMAN	05:57	M66
1.	RICHARD MOYLE	05:36	M63

5000m Walk

1.	LIZ DOWNS	38:02	W63	67.35%
1.	MARIE MAXTED	32:45	W58	73.78%
1.	GEORGE WHITE	31:20	M73	83.05%
1.	GIL MCINTOSH	33:25	M68	73.17%
1.	ROSS HILL-BROWN	40:56	M64	57.11%
1.	RICHARD EVERSON	26:05	M55	82.07%
1.	GREGORY METHA	30:52	M54	68.74%

5000m Club Walk

1.	VALMAI PADGET	39:13	W74	76.53%
1.	MARGARET MCINTOSH	40:21	W66	66.00%
2.	CATHIE HORE	43:12	W68	63.37%
1.	DAVID ROBERTSON	43:12	M85	72.35%
1.	DAVE FALLON	38:06	M66	62.72%
1.	RICHARD MOYLE	37:58	M63	60.92%

ACTRWC TRACK WALKS, WODEN PARK, WODEN, THURSDAY 11 APRIL

Thanks to Robin Whyte for his mid week track report from Canberra.

2000m Walk

1.	Owen Toyne	09:59
2.	Kodi Clarkson	10:25

1200m Walk

1.	Peter Baker	06:30
2.	Keeva Robinson McEvoy	07:32

3.	Harry Baker	12:22
4.	Robin Whyte	12:48
5.	Georgia Frew	13:11
6.	Ella Baker	13:24
7.	Bryan Thomas	14:20
8.	Sheryl Greatehead	15:51
9.	Val Chesterton	16:08
10.	Lorna England	17:21

SARWC ROADWALKS, ADELAIDE PARKLANDS, ADELAIDE, SATURDAY 13 APRIL

Thanks to Peter Crump for his weekly report from Adelaide.

3km Walk

1.	Toby Wilks	14:26
2.	Hannah Wilks	17:39
3.	Sebastian Richards	18:11
4.	Aleesha Vidler	21:06
5.	Liz Downs	22:06

2km Walk

1.	Sam Wilks	11:39
2.	Katie DeRuvo	11:48
3.	Benjamin Hindes	15:32

10km Walk

1.	Kim Mottrom	46:00
2.	Kristie Goznik	53:59
3.	Richard Everson	62:00
	Bill Starr	DNF

5km Walk

1.	Mathew Bruniges	24:46
2.	Alix Harlington	24:57
3.	Kiera Ross	28:47

ACTRWC ROADWALKS, WESTON PARK, CANBERRA, SATURDAY 13 APRIL

Thanks to Robin Whyte for this week's results from Canberra.

4km Walk

1.	Miriam McCarthy	26:53
2.	Rosemary Parker	30:41
3.	Jennifer Gilchrist	30:45

2km Walk

1.	Eloise Smith	12:36
2.	Harry Baker	12:58
3.	Robyn Saunders	16:58
4.	Rod Gilchrist	18:42

10km Walk

1.	Mitchell Baker	49:49
2.	Robin Whyte	1:07:59
3.	Greg Durr	1:09:21
4.	Bob Parker	1:16:44
5.	Geoff Barker	1:22:38
6.	Val Chesterton	1:22:58
7.	Hannah Manning	DNF

TRWC ROADWALKS, WENTWORTH PARK, HOBART, SATURDAY 13 APRIL

Thanks to Wayne Fletcher for this week's walk results from the Tasmanian Race Walking Club in Hobart. Wayne commented: nice winter day, sunny, no wind.

5km Walk

1.	Eugene Gerlach	34.32
2.	Ron Foster	37.20

3km walk

1.	Anna Blackwell	15.11
2.	Oliver Morgan	19.10
3.	David Moore	23.39

2km walk

1.	Will Robertson	10.00
2.	Will Bottle	10.30
3.	Gabby Hay	14.57
4.	Wayne Fletcher	20.02

QRWC ROADWALKS, LOGAN RIVER PARKLANDS, BEENLEIGH, SUNDAY 14 APRIL

Thanks to Robyn Wales for this week's results from Brisbane. 31 walkers in total. Top walk by young **Ashanti Heap** (2km 9:38).

A Grade 10km

1.	Ignacio Jimenez	M	51.18
2.	Peter Bennett	M	58.40
3.	Nyle Sunderland	F	61.27

D Grade 2km

1.	Ashanti Heap	F	9.38
2.	Sam McCure	M	9.43
3.	Anika Clarke	F	10.35

4.	Noela McKinven	F	84.46	4.	Alejandra Hannouf		11.57
				5.	Flynn Callaghan	M	11.59
B Grade 5km				E Grade 2km			
1.	Caitlin Hannigan	F	26.40	1.	Makenna Clarke	F	11.59
2.	Jasmine McRoberts	F	33.47	2.	Aliesha Heap	F	13.54
3.	Patrick Sela	M	40.24	3.	Siaan Fisher	F	14.00
C Grade 3km				4.	Milly Sharpe	F	14.24
1.	Tamika Gee	F	16.05	5.	Charlotte Brady	F	14.45
2.	Kai Norton	M	16.29	F Grade 1km			
3.	Lyla Williams	F	16.48	1.	Isabella Gee	F	6.42
4.	Lachlan McCure	M	17.08	2.	Blake Gee	M	8.21
5.	Myles Callaghan	M	17.18				
6.	Amber Norton	F	17.31				
7.	Summer Millard	F	18.18				
8.	Korey Brady	F	18.54				
9.	Torryn Fisher	F	19.18				
10.	Mia Bergh	F	19.53				
11.	Jade Pearson	F	19.58				
12.	Lily Goulding	F	24.15				

PRE-AMA-CHAMPIONSHIP TRACK MEET, ABERFELDIE ATHS TRACK, MOONEE PONDS, SUNDAY 14 APRIL

I know that this meet was held in Moonee Ponds on Sunday but results are not yet available.

I also know that NSWRC started their winter season on Saturday, but no results posted as yet.

32ND COBURG 24 HOUR CARNIVAL, COBURG, 13-14 APRIL

Saturday 13th April 2019 saw a record 101 athletes (76 runners and 25 walkers) toeing the line for the 36th annual staging of this iconic Victorian ultra event, now in its 32nd year. As always, the carnival played host to the Australian Centurions. This year, additional prestige was added with the AURA Australian 24 Hour Track Championships also added to the bill.

With hot weather the week before and with the temperatures climbing again this week, post event, the weekend proved just about perfect, with temperatures peaking around 20C on Saturday before cooling to a pleasant 12C on Saturday night.

Full results can be sourced at <https://www.trailsplus.com.au/results-page/c24hr2019/>. My discussion is restricted to the walks in this report.

This must see video shows one of the Saturday night highlights: <https://www.facebook.com/trailsplus/videos/413310032782819/>.

The 24 Hour walk saw 11 starters, with most of them targeting the tough 100 miles (160.934km) standard. The hunt for centurion badges had attracted 5 walkers from overseas, 4 from Netherlands and one from Belgium. They lined up against the 5 Victorian based walkers and one from the top end (that's the Northern Territory for non aussies).

The pace was on target from the start, with **Kim Janssens** (NED), **Marco Bloemerts** (NED), **Jurgen Dewaart** (VIC), **Sharon Scholz** (VIC), **Martin Vos** (NED), **Gertrude Achterberg** (NED), **Arie Kandelaars** (NED) and **Colin Heywood** (NT) all heading off at the required pace.

Colin Heywood was the first to fall off the pace. He had qualified as centurion C75 in last year's event and had returned with the aim of improving his 100km time. Alas, it was not his day and he called it quits after 51km. The next to feel the pinch was Dutchman Arie Kandelaars. He had come over last year but with an injury that prevented him finishing. This year was meant to complete unfinished business, but it was not to be. He was forced off the track in the middle of the night, with nausea and dizziness. To his credit, he did eventually rejoin the race, walking to a distance of 128.151km.

There were no such problems for the rest of the lead group, as they powered through the hours and, one by one, reached the 100 mile mark in fine form. More of that below. Most stopped either at that point or at the completion of the lap, job done. Only Sharon Scholz walked on, reaching 163.983km at the final gun.

24 Hour Walk Women

1.	Sharon Scholz	C63	VIC	163.983 km
2.	Gertrude Achterberg	C80	NED	160.934 km
3.	Dawn Parris		VIC	126.724 km

24 Hour Walk Men

1.	Kim Janssens	C76	BEL	161.263 km
2.	Marco Bloemerts	C77	NED	161.263 km
3.	Jurgen Dewaart	C78	VIC	160.934 km
4.	Martin Vos	C79	NED	160.934 km
5.	Arie Kandelaars		NED	128.151 km
6.	Liam Keating		VIC	68.812 km
7.	Peter Gray		VIC	55.607 km
8.	Colin Heywood	C75	NT	51.605 km

In summary, six walkers completed 100 Miles (160.934km) within the requisite 24 Hours, five of them becoming new Australian Centurions in the process. Belgian walker Kim Janssens led them home with 22:19:38.

C76	Kim Janssens	BEL	22:19:38
C77	Marco Bloemerts	NED	22:42:30
C78	Jurgen Dewaart	NED/AUS	23:13:03
C63	Sharon Scholz	VIC	23:15:15
C79	Martin Vos	NED	23:20:17
C80	Gertrude Achterberg	NED	23:36:28

With his walk, Marco became the first Dutch walker to earn badges in all 6 active Centurion Clubs. Gertrude has now earned badges in 5 of the 6 clubs. Kim and Martin each now have 3 badges. Sharon already has all 6 badges so this was just another centurion finish to add to her ever growing list of achievements. For Jurgen, it was his first ever centurion walk, and he came out of the blue. Originally from Netherlands and now living in Victoria, he decided a year ago that he wanted to attempt the centurion distance. After 12 months of quietly training on his own, he joined us and completed this toughest of tasks. For Gertrude, it must have been especially pleasing. She had come over last year but had failed in her attempt, closing out the 24 hours with only 138km.

The carnival also hosted the Racewalking Australia 100km walk championships, with placings as shown below.

RWA 100km Walk Championship Men

1.	Kim Janssens	BEL	13:17:32
2.	Marco Bloemerts	NED	13:44:29
3.	Jurgen Dewaart	AUS	13:47:29

RWA 100km Walk Championship Women

1.	Sharon Scholz	AUS	13:40:50
2.	Gertrude Achterberg	NED	14:00:17
3.	Dawn Parris	AUS	19:14:34

The meet also included 12 Hour and 6 Hour Run and Walk Championships as well as a track marathon run. The 12H races started at midday on Saturday alongside the 24 Hour, the marathon run started at 6PM on Saturday and the 6 Hour races started at 6AM on Sunday morning.

The 12 Hour and 6 Hour walk fields were small but still produced some good performances.

- **Michelle Thompson (C58)** had her first walk in 2 years, after a long injury related outage. She showed that she had lost little of her form, leading the field throughout the first 12 hours and setting a series of new Australian W50 records along the way. She then walked through to the 100km mark (which she reached in 12:14:49) before stopping. She of course holds all our Australian W45 and Open records. Now that she has moved up to the W50 division, we can expect to see more records toppling.
- **Karen Chiarello** from the Isle of Man, already an accomplished English Centurion walker, had hoped to knock off a good 12 hour walk but she had caught a cold while holidaying in Australia and she was forced out early, feeling very poorly.
- Centurions **Justin Scholz (C61)** and **Karyn O'Neill (C45)** had comfortable strolls.
- **Pramesh Prasad**, the current Victorian 50km racewalking champion, surprised us with an entry for what was his first ultra walk. And he did not disappoint, powering through to 56.512km. Alas, he just fell short of Andrew Ludwig's M40 6 Hour record of 56.855km.
- **Albin Hess** finished second to him in the 6H walk with a very good distance of 46.658km, only 9m short of his PB. As he said later, if only he not chatted so much during his walk....!
- Albin's daughter **Elise Hess** (18 years of age) joined him for the walk and reached an impressive first up 37.493km. Great effort Elise!

12 Hour Walk Women

1.	Michelle Thompson	C58	VIC	98.177 km
2.	Karen Chiarello		IOM	17.201 km

12 Hour Walk Men

1.	Justin Scholz	C61	VIC	58.322 km
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6 Hour Walk Women

3.	Karyn O'Neill	C45	VIC	41.367 km
4.	Elise Hess		VIC	37.493 km
5.	Sandra Howorth		VIC	36.420 km

6 Hour Walk Men

1.	Pramesh Prasad		VIC	56.512 km
2.	Albin Hess		VIC	46.658 km
3.	Ernie Hartley		VIC	34.832 km
4.	John Timms		VIC	32.787 km



Marco Bloemerts, Sharon Scholz and Kim Janssens



Martin Vos, Gertrude Achterberg and Michelle Thompson



Pramesh Prasad, Karen Chiarello and Jurgen Dewaart (photos Tim Erickson and Bernie Goggin)

A final note of thanks to the many people who deserve special mention

- Bernie Goggin and Brian Delaney who share the overall event management load with me.
- Heather Collyer who coordinates the canteen and so much else - what a superb job!
- The key Coburg Harriers members who were there for most if not all of the event and the other volunteers, many of them Coburg Harriers members, who helped with event setup or pulldown or who came for periods during the race to help out.
- Sadly we were without the sterling services of the late Bernie Leddin this year. We missed his huge efforts manning the refreshment tables. Thanks to Bennie Tancredi who took on the job and ensured competitors were ably looked after throughout the race.
- Robyn and Brett Saxon of TrailsPlus for their event recording. They enhanced their chip system to provide 6 lanes of matting this year, thus doing away with overhead detectors, and it worked seamlessly for our lane 1, 3 and 5 competitors. They also further customised their software system to allow enhanced displays and reports. Anyone who came for a look could not help but be impressed by their "Rolls Royce" setup. To have the results confirmed and printed out a few minutes after the final gun goes is an amazing thing when I think back to our old manual days, with Mark Kelly and Brian Delaney sweating it out behind the scenes.
- Australian Centurions Michelle Thompson, Terry and Karyn O'Neill and Bill Dyer who looked after our overseas walkers with a big multi-tent area at the top of the track.
- Michael Gillan for his dedicated work as masseur this year, and for many years past. His closing comments are always "see you next year!"
- The Western Sports Trainers Assn (John and Charlie) who looked after the first 12 hours of first aid duty.
- Our fantastic long term firstaid support Libby Ravalli who then took over and supported us during the second half of the event.

As can be seen, it takes a lot of dedication and enthusiasm to put on an event like this.

Well done everyone and see you all again next year for the 2020 Coburg 24 Hour Carnival.

Some people have already asked me when next year's race is likely to be scheduled. As Easter Sunday is on 12th April 2020, it won't be that weekend. The following weekend, which is **18-19 April 2019**, looks a very strong possibility. However, as many of our Coburg Harriers club helpers are also involved in Athletics Victoria competition, we normally wait to confirm the key AV summer and winter season dates before we lock it in. So the final decision will be made in July/August. But pencil in that weekend for the time being.

Tim Erickson
Race Director
16 April 2019

THE CENTURION LEADERBOARD

I mentioned above that Marco Bloemerts had now achieved all 6 available Centurion badges, Gertrude Achterberg had taken her count to 5 and Kim Janssens and Martin Vos had taken their count up to 3. USA Centurion coordinator Rob Robertson maintains the official list which can be sourced at <https://www.walk100miles24hours.com/wp-content/uploads/2019/04/Multi-Centurions.pdf>.

Here is a cut and paste from the top of the document. England's Sandra Brown sits atop the list with 7 badges, something that can no longer be achieved, given the demise of the Malaysian Centurion badge. We now have 7 walkers with the maximum 6 currently available badges. It is great to see Australians Sharon Scholz and Justin Scholz in this list and also great to see Australian Geoff Hain only one behind, with 5 badges.

BADGE HOLDER		BRITISH	CONTINENTAL	UNITED STATES	AUSTRALIAN	NEW ZEALAND	MALAYSIAN	AFRICAN	
1 F	SANDRA BROWN	GBR 7	UK C735 1982	CN C131 1984	US C50 2000	AU C36 1999	NZ C4 1999	ML C7 2001	AF C9 2016
1 F	JILL GREEN	GBR 6	UK C898 1992	CN C282 1999	US C53 2000	AU C38 1999	NZ C8 2001	ML C20 2003	
2 F	CAROLINE MESTDAGH	BEL 6	UK C1061 2007	CN C366 2008	US C72 2010	AU C56 2009	NZ C17 2010		AF C24 2017
3 M	RUDY SCHOORS	BEL 6	UK C1062 2007	CN C367 2008	US C73 2010	AU C55 2009	NZ C15 2010		AF C25 2017
4 M	ROB ROBERTSON	USA 6	UK C1169 2016	CN C454 2017	US C78 2015	AU C68 2016	NZ C25 2018		AF C11 2016
5 M	JUSTIN SCHOLZ	AUS 6	UK C1173 2017	CN C437 2016	US C76 2015	AU C61 2012	NZ C21 2015		AF C32 2018
6 F	SHARON SCHOLZ	AUS 6	UK C1174 2017	CN C436 2016	US C77 2015	AU C63 2013	NZ C20 2015		AF C33 2018
7 M	MARCO BLOEMERTS	NLD 6	UK C1193 2018	CN C410 2015	US C90 2018	AU C77 2019	NZ C22 2017		AF C13 2016
1 M	HERBERT NEUBACHER	GER 5	UK C959 1997	CN C203 1989	US C54 2000	AU C37 1999	NZ C9 2001		
2 M	GEOFF HAIN	AUS 5	UK C1051 2006	CN C368 2008	US C68 2007	AU C49 2004	NZ C14 2005		
3 M	JANTINUS MEINTS	NLD 5	UK C1101 2012	CN C388 2011	US C80 2015	AU C73 2018			AF C31 2018
4 F	GERTRUDE ACHTERBERG	NLD 5	UK C1186 2017	CN C458 2017		AU C80 2019	NZ C23 2017		AF C17 2016

INTERNATIONAL RACE WALKING MEETING "ZANIEMYSL 2019", ZANIEMYSL, POLAND, SATURDAY 13 APRIL

The Polish Roadwalk Championships were held last Saturday, as part of the International Roadwalk Meet in Zaniemysl. I have found full results at <https://www.pzla.pl/file/4602-rezultaty.pdf>.

Artur Brzozowski won the men's 20km with a time of 1:21:07, not far ahead of **Dawid Tomala** with 1:21:33, both walkers bettering the Doha standard of 1:22:00. Sadly that was not the case for 22 year old **Katarzyna Zdziebło**, whose winning time of 1:32:03 in the women's 20km was 3 secs outside the standard. 19 year old **Lukasz Niedzialek** walked impressively to win the U20 men's 10km race, only 13 secs outside the Polish U20 record.

20km Open Men

1.	BRZOZOWSKI Artur	1985	AZS-AWF Katowice	1:21:07
2.	TOMALA Dawid	1989	AZS KU Politechniki Opolskiej	1:21:33
3.	AUGUSTYN Rafal	1984	LKS Stal Mielec	1:25:13
4.	FEDACZYNSKI Rafal	1980	AZS UMCS Lublin	1:27:34
5.	KLONOWSKI Adrian	1997	LKS Vectra Wloclawek *	1:34:14
6.	GRINHOLC Grzegorz	1977	RKS Rumia	1:43:16
7.	JELONEK Jakub	1985	CKS Budowlani Czestochowa	DQ
8.	NICPON Kacper	1999	MKL Szczecin	DQ
9.	SIKORA Rafal	1987	AZS-AWF Katowice	DQ
10.	LIBNAR Wojtech	1999	Czech Rep.	DNF

20km Open Women

1.	ZDZIEBLO Katarzyna	1996	LKS Stal Mielec *	1:32:03
2.	YAROKHAU Agnieszka	1986	KS AZS AWF Kraków	1:34:47
3.	NIEDZIALEK Olga	1997	WLKS Nowe Iganie	1:35:00
4.	ELLWARD Agnieszka	1989	WKS Flota Gdynia	1:39:32
5.	AUGUSTYN Angelika	1996	UKS Olimp Koziencice	1:51:49

10km U20 Women

1.	KAMINSKA Marta	2000	KS Gwardia Pila	53:36
2.	KOWALSKA Julia	2001	LKS Vectra Wloclawek	54:40
3.	OLLER Patrycja	2001	MLKS Nadwislanin Chelmno	55:45
4.	CHANDUSZKO Karolina	2001	KL Lechia Gdansk	58:03
5.	ZEMBIK Michalina	2000	MKS Hermes Gryfino	59:53
6.	DROZDEK Marcelina	2000	MKS Boleslavia Boleslawiec **	60:11

7.	MIESZKOWSKA Natalia	2000	OS AZS Poznan	DNF
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10km U20 Men

1.	NIEDZIALEK Lukasz	2000	WLKS Nowe Iganie *	40:23
2.	SCHIEDEL Arkadiusz	2000	MLKS Nadwislanin Chelmno	47:49
3.	STRZESZEWSKI Tomasz	2001	AZS-AWF Gorzów	47:57
4.	OCZKOS Milosz	2001	MLKS Nadwislanin Chelmno	49:07
5.	ADAMCZYK Adam	2000	ULKS Talex Borzytuchom	51:33
6.	DABROWSKI Krzysztof	2001	KL Lechia Gdansk	53:14
7.	JEZ Pawel	1999	AZS-AWF Gorzów	54:09
8.	CERAZY Michal	1999	AZS-AWF Gorzów	58:29

NAUMBURG INTERNATIONAL MEET, NAUMBURG, GERMANY, SATURDAY 13 APRIL

The German city of Naumburg played host to the German Racewalk Championships last Sunday. The meet also hosted a European Athletics Permit meet and included their traditional International Racewalking Grand Prix. The 20km championships, which started at 9AM, included most of the best Germans, with Christopher Linke and Saskia Feige going in as favourites. Other Germans of note included Nils Brembach, Hagen Pohle, Carl Dohmann, Nathaniel Seiler, Karl Junghannß, Jonathan Hilbert and U23 walkers Leo Köpp, Teresa Zurek and Emilia Lehmeier. International visitors included Rick Liesting (NED), Leo Romero (HON), Christer Svensson (SWE), Liesbet de Smet (BEL) and Sandy Karam (LEB). The program also included U20 and U18 championships, as well as 1km, 2km and 3km races for the youngsters.

Conditions were dreadful, with snow falling and a slippery wet road surface. You can judge for yourself from the photos below.

In the women's race, victory went to favourite **Saskia Feige** (1:30:40), with second placed **Emilia Lehmeier** (1:32:45) also qualifying for Doha. In the men's race, **Nils Brembach** (1:20:48) surprised favourite **Christopher Linke** (1:21:32) to take victory, Linke perhaps still tired from his efforts in Podebrady the week before. **Teresa Zurek** and **Leo Köpp** both qualified for the European U23 Championships. The U20 titles went to **Josephine Grandi** (50:42) and **Jakob Johannes Schmidt** (44:15) while the U18 titles went to **Mathilde Frenzl** (23:29) and **Joris Ecknig** (1:06:53).

See full German results at <https://www.leichtathletik.de/termine/wettkampf-kalender/veranstaltung/detail/dm-gehen-20-km-3/> . I have not yet found out how the non-Germans fared in the international race.

U23 Women 20km German Championship

1.	Feige Saskia	SC Potsdam	1:30:40	1997
2.	Lehmeier Emilia	Polizei SV Berlin	1:32:45	1997
3.	Zurek Teresa	SC Potsdam	1:35:03	1998
4.	Henze Julia	ASV Erfurt	1:53:11	1998
5.	Schusters Katrin	Alemannia Aachen	1:54:28	1997

Open Women 20km German Championship

	Hartenstein Astrid	SC DHfK Leipzig	DNF	1987
	Dittrich Bianca Maria	SCL Heel Baden-Baden	DNF	1993

U23 Men 20km German Championship

1.	Köpp Leo	LG Nord Berlin	1:23:24	1998
2.	Reumann Marcin	LG Nord Berlin	1:38:53	1999
3.	Schusters Timo	Alemannia Aachen	1:53:30	2000

Open Men 20km German Championship

1.	Brembach Nils	SC Potsdam	1:20:48	1993
2.	Linke Christopher	SC Potsdam	1:21:32	1988
3.	Pohle Hagen	SC Potsdam	1:23:00	1992
4.	Dohmann Carl	SCL Heel Baden-Baden	1:23:48	1990
5.	Seiler Nathaniel	TV Bühlertal	1:24:51	1996
6.	Hilbert Jonathan	LG Ohra Energie	1:27:21	1995
7.	Tommasino Francesco-Marco	LG Nord Berlin	1:35:58	1993
	Junghannß Karl	LAC Erfurt	DNF	1996



Action in the snow at the German 20km championships in Naumburg

103RD JAPANESE 50KM CHAMPIONSHIPS, WAJIMA, JAPAN, SUNDAY 14 APRIL

The highly anticipated Japanese 50km Championship meet last weekend in Wajima is one of the oldest in the world, with the 103rd staging attracting 48 walkers to the blue riband 50km events. With a dead flat 2km circuit and with the huge Japanese depth on show, it is almost guaranteed to produce surprises and great performances.

The men's 50km race boasted **Tomohiro Noda**, national record holder with 3:39:47, **Hirooki Arai**, bronze medalist at the 2016 Olympic Games and silver in the 2017 world championships, and **Kai Kobayashi**, bronze also in 2017. Add to that an international list that potentially included **Jared Tallent** (AUS), **Quentin Rew** (NZL), **Evan Dunfee** (CAN) and **Damian Blocki** (POL), and the stage was set of a battle royale. The women's 50km was much smaller, with only 7 starters ((six Japanese and Australian **Kelly Ruddick**), including defending champion **Sonoda Serena** who won last year with 4:29:45.

For Saturday's Open and U20 10km roadwalks, see http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3462 .

Now to Sunday for the 50km races which were well reported as always by both marciadalmondo and omarchador. See http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3463 and <http://omarchador.blogspot.com/2019/04/suzuki-e-fuchise-batem-recordes.html>.

Who would have thought that 20km world record holder **Yusuke Suzuki** would win the men's 50km. Since he set that record time of 1:15:36 in Nomi way back in 2015, he has struggled with injuries. Just as he seemed to be getting back into race form in 2018, he

suffered a suspension by the JAAF due to financial question marks. He eventually returned to racing in May 2018 with a low key 5000m track race, but has been relatively quiet since then. But he sensationally returned to the winner's podium on Sunday with a new Japanese record of 3:39:07 (the second world performance of the year after Wang Qin's 3:38:02). He now joins Tomohiro Noda who has already been selected for the Doha 50km, compliments of a time of 3:49:47 last October.

20 year old **Masatora Kawano** took second place on Sunday with a huge PB of 3:39:24. Less than a month ago in Nomi, Kawano won silver at the 20km Asian Championships with 1:17:24 so he is in great form. **Satoshi Maruo** took third place with a PB 3:40:04, relegating Rio Olympic bronze medallist **Hirooki Arai** to fourth place with 3:43:02. The internationals also did well, with Doha qualifiers for 7th placed Canadian **Evan Dunfee** (3:48:54), 8th placed Kiwi **Quentin Rew** (3:49:48) and 9th placed Pole **Damian Blocki** (3:51:04). Of the other Australians, **Ian Rayson** finished 14th with 4:16:44, **Brendon Reading** failed to finish and **Jared Tallent** was a DNS.

The women's 50km saw onlh 2 finishers, with **Masumi Fuchise** winning in a new Japanese record time of 4:19:56, ahead of fellow Japanese **Mari Takeuchi** (4:51:36). Australia's **Kelly Ruddick** was forced to retire after 35km.

50km Men (first 14)

1.	SUZUKI YUSUKE	JPN	3:39:07
2.	KAWANO MASATORA	JPN	3:39:24
3.	MARUO SATOSHI	JPN	3:40:04
4.	ARAI HIROOKI	JPN	3:43:02
5.	KOBAYASHI KAI	JPN	3:43:46
6.	KATSUKI HAYATO	JPN	3:45:05
7.	Evan Dunfee	CAN	3:48:54
8.	Quentin Rew	NZL	3:49:48
9.	Damian Blocki	POL	3:51:04
10.	ITO YUKI	JPN	3:52:08
11.	SUGANAMI YUYA	JPN	3:54:08
12.	ISHII KATSUYA	JPN	3:57:37
13.	GOTO SHUTO	JPN	3:59:52
14.	Ian Rayson	AUS	4:16:44
	Brendon Reading	AUS	DNF
	Jared Tallent	AUS	DNS

50km Women

1.	FUCHISE MASUMI	JPN	4:19:56
2.	TAKEUCHI MARI	JPN	4:51:36
	Kelly Ruddick	AUS	DNF
	SONODA SERENA	JPN	DNF
	KURAHARA NATSUMI	JPN	DNF
	YOSHIZUMI YUKI	JPN	DQ
	TACHIBANA YUMI	JPN	DQ



Japanese male placegetters Yusuke Suzuki, Masatora Kawano and Satoshi Maruo (photos marciadalmondo)



Japanese 50km record holder and title winner Masumi Fuchise (photo marciadalmondo)

DOHA 50KM QUALIFICATION LISTS CONTINUE TO BUILD

Thanks to Paul DeMeester for his update to the Doha 50km qualifier list. More names have been added after last weekend's Japanese 50km Championships in Doha.

Doha 2019 Worlds 50K Qualifiers as of 14 April 2019 (Maximum of 3 entrants per member federation)

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

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

1.	Yohann Diniz	FRA	3:33:25	London 13 August 2017 (Wild Card Entry, reigning WC)
2.	Qin Wang	CHN	3:38:02	Huangshan 9 March 2019
3.	Yusuke Suzuki	JPN	3:39:07	Wajima 14 April 2019
4.	Masatora Kawano	JPN	3:39:24	Wajima 14 April 2019
5.	Tomohiro Noda	JPN	3:39:47	Takahata 28 October 2018
6.	Satoshi Maruo	JPN	3:40:04	Wajima 14 April 2019
7.	Wenbin Niu	CHN	3:41:04	Huangshan 9 March 2019
8.	Yadong Luo	CHN	3:41:15	Huangshan 9 March 2019
9.	Rui Wang	CHN	3:42:08	Huangshan 9 March 2019
10.	Matej Toth	SVK	3:42:46	Dudince 25 March 2018
11.	Havard Haukenes	NOR	3:42:50	Dudince 23 March 2019
12.	Hirooki Arai	JPN	3:43:02	Wajima 14 April 2019
13.	Tongda Bian	CHN	3:43:06	Huangshan 9 March 2019
14.	Kai Kobayashi	JPN	3:43:46	Wajima 14 April 2019
15.	Hayato Katsuki	JPN	3:44:31	Taicang 5 May 2018
16.	Veli-Matti Partanen	FIN	3:44:43	Dudince 25 March 2018
17.	Maryan Zakalnytsky	UKR	3:44:59	Taicang 5 May 2018
18.	Dongpo Luo	CHN	3:45:38	Huangshan 9 March 2019
19.	Rafal Augustyn	POL	3:47:04	Dudince 23 March 2019
20.	Dzmitry Dziubin	BLR	3:47:59	Berlin 7 August 2018
21.	Xu Liu	CHN	3:48:30	Huangshan 9 March 2019
22.	Perseus Karlstrom	SWE	3:48:54	Taicang 5 May 2018
23.	Evan Dunfee	CAN	3:48:54	Wajima 14 April 2019
24.	Quentin Rew	NZL	3:48:58	Taicang 5 May 2018
25.	Teodorico Caporaso	ITA	3:49:14	Dudince 23 March 2019
26.	Ivan Banzeruk	UKR	3:49:17	Taicang 5 May 2018
27.	Yangben Zhaxi	CHN	3:49:43	Huangshan 9 March 2019
28.	Rafal Sikora	POL	3:49:54	Taicang 5 May 2018
29.	Rui Chen	CHN	3:49:58	Huangshan 9 March 2019

30.	Carl Dohmann	GER	3:50:27	Berlin 7 August 2018
31.	Rafal Fedaczynski	POL	3:50:41	Dudince 23 March 2019
32.	Damian Blocki	POL	3:51:04	Wajima 14 April 2019
33.	Jarkko Kinnunen	FIN	3:51:16	Dudince 23 March 2019
34.	Jonathan Hilbert	GER	3:51:22	Aschersleben 14 October 2018
35.	Joao Vieira	POR	3:51:46	Porto de Mo 13 January 2019
36.	Takayuki Tanii	JPN	3:51:54	Takahata 28 October 2018
37.	Tao You	CHN	3:51:58	Huangshan 9 March 2019
38.	Yuki Ito	JPN	3:52:08	Wajima 14 April 2019
39.	Shuto Goto	JPN	3:52:17	Takahata 28 October 2018
40.	Michele Antonelli	ITA	3:53:00	Taicang 5 May 2018
41.	Valeriy Litanyuk	UKR	3:53:05	Taicang 5 May 2018
42.	Bernardo Uriel Barrondo Garcia	GUA	3:53:10	Taicang 5 May 2018
43.	Cameron Corbishley	GBR	3:53:20	Dudince 23 March 2019
44.	Brendan Boyce	IRL	3:53:32	Taicang 5 May 2018
45.	Mathieu Bilodeau	CAN	3:53:36	Dudince 23 March 2019
46.	Jesus Angel Garcia Bragado	ESP	3:53:48	Taicang 5 May 2018
47.	Nathaniel Seiler	GER	3:54:08	Berlin 7 August 2018
48.	Yuya Suganami	JPN	3:54:08	Wajima 14 April 2019
49.	Mate Helebrandt	HUN	3:54:13	Dudince 23 March 2019
50.	Qingsheng Ceng	CHN	3:54:29	Huangshan 9 March 2019
51.	Erick Bernabe Barrondo Garcia	GUA	3:54:30	Guatemala City 24 February 2019
52.	Adrian Blocki	POL	3:54:31	Taicang 5 May 2018
53.	Marc Tur Pico	ESP	3:54:51	El Vendrell 10 February 2019
54.	Karl Junghanns	GER	3:55:01	Dudince 23 March 2019
55.	Claudio Villanueva	ECU	3:55:04	Taicang 5 May 2018
56.	Andrea Agrusti	ITA	3:55:09	Taicang 5 May 2018
57.	Caio Bonfim	BRA	3:55:24	Melbourne 2 December 2018
58.	Jose Ignacio Diaz	ESP	3:55:28	Berlin 7 August 2018
59.	Bence Venyercsan	HUN	3:55:34	Dudince 23 March 2019
60.	Luis Angel Sanchez Perez	GUA	3:55:40	Guatemala City 24 February 2019
61.	Marco De Luca	ITA	3:55:47	Berlin 7 August 2018
62.	Jose Montana	COL	3:55:48	Dudince 25 March 2018
63.	Andres Chocho	ECU	3:55:48	Cochabamba 5 June 2018
64.	Hongliang Zhang	CHN	3:55:58	Huangshan 9 March 2019
65.	Benjamin Sanchez Bermejo	ESP	3:56:15	El Vendrell 10 February 2019
66.	Ato Ibanez	SWE	3:56:22	Dudince 23 March 2019
67.	Jakub Jelonek	POL	3:56:33	Dudince 23 March 2019
68.	Dominic King	GBR	3:56:35	Dudince 23 March 2019
69.	Zhongkai Meng	CHN	3:56:45	Huangshan 9 March 2019
70.	Leonardo Dei Tos	ITA	3:56:56	Gioiosa Marea 27 January 2019
71.	Aurelien Quinion	FRA	3:57:05	Aschersleben 14 October 2018
72.	Jijiang Han	CHN	3:57:33	Taicang 5 May 2018
73.	Katsuya Ishii	JPN	3:57:37	Wajima 14 April 2019
74.	Liang Yang	CHN	3:57:46	Huangshan 9 March 2019
75.	Jichao Li	CHN	3:58:20	Huangshan 9 March 2019
76.	Artur Mastianica	LTU	3:58:29	Berlin 7 August 2018
77.	Marc Mundell	RSA	3:58:32	Dudince 23 March 2019
78.	Isamu Fujisawa	JPN	3:58:49	Takahata 28 October 2018

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

1.	Hong Liu	CHN	3:59:15	Huangshan 9 March 2019 (world record)
2.	Maocuo Li	CHN	4:03:51	Huangshan 9 March 2019
3.	Rui Liang	CHN	4:04:36	Taicang 5 May 2018
4.	Ines Henriques	POR	4:05:56	London 13 August 2017 (Wild Card Entry, reigning WC)
5.	Faying Ma	CHN	4:07:30	Huangshan 9 March 2019
6.	Hang Yin	CHN	4:09:09	Taicang 5 May 2018
7.	Claire Tallent	AUS	4:09:33	Taicang 5 May 2018
8.	Raquel Gonzalez Campos	ESP	4:11:01	El Vendrell 10 February 2019
9.	Alina Tsvilyi	UKR	4:12:44	Berlin 7 August 2018
10.	Paola Viviana Perez	ECU	4:12:56	Taicang 5 May 2018
11.	Myrna Sucely Ortiz Flores	GUA	4:13:56	Guatemala City 24 February 2019
12.	Maria Czakova	SVK	4:14:25	Dudince 25 March 2018
13.	Johana Ordonez	ECU	4:14:28	Taicang 5 May 2018
14.	Pengqin Jiang	CHN	4:14:31	Huangshan 9 March 2019
15.	Tiantian Bai	CHN	4:14:49	Huangshan 9 March 2019
16.	Julia Takacs	ESP	4:15:22	Berlin 7 August 2018

17.	Yingliu Wang	CHN	4:15:33	Huangshan 9 March 2019
18.	Nastassia Yatshevich	BLR	4:18:00	Taicang 5 May 2018
19.	Nadzeya Darazhuk	BLR	4:18:31	Taicang 5 May 2018
20.	Magaly Bonilla	ECU	4:19:04	Taicang 5 May 2018
21.	Masumi Fuchise	JPN	4:19:56	Wajima 14 April 2019
22.	Ivana Renic	CRO	4:20:17	Dudince 23 March 2019
23.	Khrystina Yudkina	UKR	4:20:26	Berlin 7 August 2018
24.	Erika Morales Cruz	MEX	4:20:36	Hauppauge 21 October 2018
25.	Meijiao Chi	CHN	4:22:47	Huangshan 9 March 2019
26.	Vasylyna Vitovshchuk	UKR	4:23:15	Berlin 7 August 2018
27.	Yumin Chen	CHN	4:26:42	Huangshan 9 March 2019
28.	Ainhua Pinedo	ESP	4:27:03	Berlin 7 August 2018
29.	Nicole Colombi	ITA	4:27:38	Gioiosa Marea 27 January 2019
30.	Mayra Carolina Herrera	GUA	4:28:30	Taicang 5 May 2018
31.	Mar Juarez	ESP	4:28:58	Berlin 7 August 2018
32.	Serena Sonoda	JPN	4:29:45	Takahata 28 October 2018

With the large number of authorized walks competitions including 50km events for men and women, these lists will continue to grow.

61ST CHALLENGE FACOËTTI, MONTREUIL, FRANCE, SUNDAY 14 APRIL

Emmanuel Tardi was in Montreuil, an eastern suburb of Paris, on Sunday for the usual Challenge Facoëtti. This event has been going since 1958 and the current race director is IAAF judge Jean-Pierre Dahm. Emmanuel reports

It was a windy and cold day. The race consisted of 1000m on the track, followed by 1km laps on the road. For the second year in row, **Yohann Diniz** was on the start line for the 2pm start. He was one of 76 starters for the 10km and the 20km races. As expected, he won the 20km easily, with 5km splits of 20:55, 20:55, 20:58, 20:18). His time bettered the French M40 masters record of 1:24, set by Robert Korzeniowski way back in 1995. The women's 20km was won by **Marie Laville** who returned after two years out with health related issues. **Ryan Gognies** set a good mark of 45:52 in the 10km walk.

20km Men

1.	DINIZ Yohann	VEM/78	Efs Reims A.	1:23:06
2.	QUINION Aurelien	SEM/93	Ac St Gratien-sannois	1:29:34
3.	HADULA Ludovic	SEM/87	Charleville Mezieres Athletism	1:37:04
4.	GIORDANO Manuel (Ita)	SEM/95	Centro Lazio Rome ITA	1:39:11
5.	BERCHEBRU Benoit	SEM/84	Ca Montreuil 93	1:39:58
6.	KOMAROWSKI Kamil (POL)	SEM/95	Limoges Athle	1:40:04
7.	GOLAWSKI Robert (POL)	ESM/98	Limoges Athle	1:40:17
8.	CYNGOT Jacek (POL)	SEM/96	Limoges Athle	1:40:57
9.	DELECOLLE Sebastien	VEM/77	Us Athletiques De Lievin	1:41:16
10.	LEGENTIL Laurent	SEM/88	Dynamic Aulnay Club	1:41:36
11.	GRENET Bruno	VEM/65	Usm Gagny	1:43:35
12.	DE BONTIN Vincent	SEM/88	Ea Le Creusot	1:43:56
13.	BIBET Philippe	VEM/67	Us Toul Athletisme	1:45:27
14.	POTIER Nicolas	SEM/89	Al Saint-marc	1:46:39
15.	DUMAIRE Thomas	SEM/90	Ca Montreuil 93	1:48:58
16.	BOLLINGER Vincent	SEM/84	Dynamic Aulnay Club	1:49:32
17.	GIORDANO Marco (Ita)	SEM/95	Centro Lazio Rome ITA	1:49:52
18.	LEGENTIL Marc	SEM/84	Dynamic Aulnay Club	1:52:18
19.	DEQUIN Alain	VEM/66	ULA De Cornouaille	1:52:22
20.	FLANDIN Guillaume	SEM/93	Ea St Quentin En Yvelines	1:53:38
21.	PRIEM Fabrice	VEM/67	Us Metro Transport	1:55:30
22.	OLIVARES Mathieu	VEM/76	Neuilly Sur Marne Athletisme	1:55:48
23.	BEURIER Jocelyn	SEM/85	Us Vesinet	1:56:27
24.	MARIE Frederic	VEM/61	As Mantes	1:59:34
25.	DUCLOS Eddy	VEM/69	Us Champagne-sur-seine	1:59:43
26.	BEGIN Maxence	SEM/80	Val-de-reuil Ac	2:00:32
27.	LEGENTIL Cyril	SEM/86	Dynamic Aulnay Club	2:01:11
28.	STEFANELLY David	VEM/76	As Mantes	2:02:52
29.	JUMEAU Jean-christophe	VEM/70	Bonneval Athlé	2:03:28
30.	RIGAL Jean-marc	VEM/59	Domont Athletisme	2:04:49
31.	BEGIN Edouard	SEM/80	Val-de-reuil Ac	2:05:15
32.	TINTIN Ronald	VEM/79	Ao Charenton	2:06:04
33.	REY Julien	SEM/80	Co Champagne Aa	2:06:19
34.	BOYER Nicolas	VEM/77	Us Champagne-sur-seine	2:07:37
35.	DUGAST Denis	VEM/49	Ca Montreuil 93	2:08:18
36.	BEGIN Jean-pierre	VEM/53	Val-de-reuil Ac	2:08:49

37.	DEGRYSE Jean-claude	VEM/74	Ea Douchy	2:12:27
38.	MARIE Franck	VEM/65	Ea Cergy Pontoise Athletisme	2:12:45
39.	BUISSON Dominique	VEM/57	Saint-brice Athletisme	2:16:14
40.	BOURICHON Christophe	VEM/70	Us Champagne-sur-seine	2:17:30
41.	TARDI Emmanuel	VEM/67	La Postillonne Longjumeau	2:17:45 (16km)
42.	MONTIGNY Patrick	VEM/49	Elan Chevilly-larue	2:19:21 (15km)
43.	LANGLOIS Denis	VEM/68	Avia Club Athletisme	DNF
44.	BOUTRAIS Andy	SEM/91	Stade Sottevillais 76	DNF

20km Women

1.	LAVILLE Marie	ESF/98	Ac St Gratien-sannois	1:46:23
2.	LOREK Antonnia (POL)	SEF/95	Limoges Athle	1:46:48
3.	CETNARSKA Malgorzata (POL)	ESF/98	Limoges Athle	1:48:02
4.	NAZE Cecile	SEF/95	Mouy Atac	1:50:18
5.	DEMON Sonia	VEF/72	Efs Reims A.	1:52:26
6.	POUILLY Caroline	SEF/82	Rc De Lens Athletisme	1:53:28
7.	DAOULAS Roxanne	SEF/94	Tregueux Langueux Athletisme	1:55:48
8.	BRASTEL Adeline	VEF/78	Efs Reims A.	1:57:33
9.	DENISSELLE Vanessa	SEF/84	Val-de-reuil Ac	1:58:15
10.	FRANCHIN Celia	SEF/87	Paris Uc	2:00:49
11.	AMBLARD Victoria	SEF/80	Evreux Ac	2:04:39
12.	DUQUESNE Corinne	SEF/91	Ca Montreuil 93	2:09:49
13.	STEINVILLE Nathalie	VEF/64	Asfi Villejuif	2:10:14
14.	PRIEM Valerie	VEF/65	Sc Brie-comte Robert	2:11:28
15.	CHOCHOY Christine	VEF/68	Dynamic Aulnay Club	2:12:27
16.	CARLU Delphine	VEF/76	Usm Gagny	2:18:05
17.	LANGLOIS Cloe	ESF/97	Dynamic Aulnay Club	DNF
18.	DELEUZE Cecile	SEF/96	Ac Villers Cotterets	DNF
19.	PICARD Axelle	ESF/99	St Max Essey Club Athlé	DNF

10km Men

	GOGNIES Ryan	JUM/00	Ca Montreuil 93	45:52
	BEAUVAl Florent	JUM/00	Stade Sottevillais 76	48:26
	BONNOMET Arthur	JUM/00	Co Champagne Aa	53:23
	LE LOUARN Thomas	CAM/02	Neuilly Sur Marne Athletisme	54:15

10km Women

1.	LE MOUPELLIC Marie	CAF/03	Val-de-reuil Ac	55:56
2.	JUMEAU Celia	JUF/00	Bonneval A.	59:05
3.	GOGNIES Lou	CAF/03	Ca Montreuil 93	59:30
4.	DUCLOS Adele	JUF/00	Viry Chatillon	1:01:08
5.	GUINGAND Lou	JUF/01	Antony Athletisme	1:01:08
6.	NICOLAS Zoe	CAF/02	Efs Reims A.	1:03:53
7.	LANGLOIS Lise	CAF/02	Dynamic Aulnay Club	DNF



Walkers get underway in Montreuil



Johann Diniz, Marie Laville and Ryan Gognies (photos Emmanuel Tardi)

LA MARCHE DU GRAND EST, DOMREMY-LA-PUCELLE, FRANCE, 6-7 APRIL 2019

I have finally found the results of La Marche Du Grand Est (the Great East Walk), which was the latest 24 Hour walk to be contested in Europe. Held on the weekend of 6-7 April in the Grand Est region of France, it consisted of a long point to point race from Domremy-la-Pucelle to Epinal.

It was the latest Paris Alsace qualifier. One qualifier remains (Les 24 heures de Dijon on 21st April) before the fields are finalised for the Paris-Alsace classic. See the current qualifiers at <http://www.marche-mythique.org/bilans.html>. So far, 13 women and 42 men have qualified for the Paris-Alsace.

In the absence of last year's winner Emmanuel Lassalle, Russian ultra champion **Dmitriy Osipov** won the men's race with 189,405 km, while French walker **Emilie Bizard Blanchot** won the women's race with 157,580km. There were additional categories for lesser distances and for relays but I will only publish the results of the long race. See more at http://www.marchons.com/attachments/1014_Clasement%20MGE%20Global.pdf. Also check out a brief race video and interview at <https://www.facebook.com/watch/?v=449152609169127> and some further video coverage in <https://www.viavosges.tv/info/info/Lundi-sports-z9WYQbohqe.html>.

Men

1.	OSIPOV Dmitriy	189,405 km	23:49:00	7,953 km/hr
2.	OLIVARES Mathieu	184,625 km	23:44:00	7,779 km/hr
3.	JACQUEMIN Mickaël	171,480 km	23:45:00	7,220 km/hr
4.	VANDENDAUL Daniel	166,700 km	23:33:00	7,079 km/hr
	PETER Vincent	108,200 km	13:57:00	7,756 km/hr

Women

1.	BIZARD PLANCHOT Emilie	157,580 km	22:19:00	7,061 km/hr
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SIMON BAKER AND NATHAN DEAKES INDUCTED INTO A.A. HALL OF FAME

Congratulations to **Simon Baker** and **Nathan Deakes** who are among 5 legends of Australian Athletics who were inducted into the Athletics Australia Half of Fame last week. They join fellow walkers **Noel Freeman** and **Kerry Saxby-Junna** who were both inducted in 2012.

Both were very worthy recipients.

- Simon catapulted to national attention with gold in the 1986 Commonwealth Games 30km. He also won gold in the 1989 IAAF World Cup 50km and gained a silver in the same event 2 years later. He was also a five times National Champion. Read my profile at <http://www.vrwc.org.au/tim-archive/articles/wv-simon-baker.pdf>.
- Nathan had a wonderful career, extending internationally from 1996 to 2012. A bronze medallist at the World Junior Champs, at the Olympics and at the IAAF Race Walking World Cup, his greatest win was in the 2007 IAAF World 50km.

He also broke the 50km World Record in 2006, won 4 Commonwealth Games gold medals and was ten times National Champion. Read my profile at <http://www.vrwc.org.au/tim-archive/articles/wv-nathan-deakes.pdf>.



*Left: Nathan on the way to his 50km world record in Geelong in December 2006
Right: Simon on his way to gold in the 1989 IAAF Race Walking World Cup*

WALKERS TRAINING IN CAIRNS

A number of out top walkers have been in Cairns for the last week and a bit on a heat acclimatization and training camp, led by super coach **Brent Vallance**. With this year's IAAF World Championships to be held in the heat of Doha, our walkers need to be ready. The camp included NZ walkers **Quentin Rew** and **Alana Barber**, along with Aussie walkers **Jemima Montag**, **Katie Hayward** and **Simone McInnes**. Former Australian rep **Jess Rothwell**, now working as a nutritionist, was there in a support role. From what I heard, it has been a great experience for all the participants.



Training in Cairns – well, you do have to eat! Alana, Jemima, Katie, Brent and Simone

OUT AND ABOUT

- Congratulations to the following walkers who have been selected by Athletics Australia to compete in the 2019 Oceania Area Championships in Townsville from 25-28 June 2019.
 - U18 Boys 5km Walk: **Gwyllym Young ACT, Corey Dickson VIC, William Robertson TAS**
 - U18 Girls 5km Walk: **Caitlin Hannigan QLD, Charlotte Hay VIC, Olivia Sandery SA**
 - U20 Men 10km Walk: **Tristan Calmilleri SA**
 - U20 Women 10km Walk: **Alice Randall TAS, Anna Blackwell TAS**
- Well done on the GBR walkers selected to compete in the European Race Walking Cup in Alytus next month – see more at <https://www.britishathletics.org.uk/news-and-features/strong-british-team-of-eight-selected-for-european-race-walking-cup/>
Senior 20km Men: **Tom Bosworth, Cameron Corbishley, Dominic King, Callum Wilkinson**
Senior 20km Women: **Bethan Davies, Erika Kelly, Heather Lewis**
Junior 10km Men: **Christopher Snook**
- **Quentin Rew** (20km and 50km) and **Alana Barber** (20km) have been officially named in the New Zealand team to contest this year's IAAF World Championships in Doha. Congrats to both Quentin and Alanna – well deserved! See <http://www.athletics.org.nz/News/athletics-new-zealand-initial-team-announcement-for-the-2019-doha-iaaf-world-championships>.
- An Indian Anti-Doping Agency disciplinary panel has handed a four-year suspension to Asian champion woman shot putter Manpreet Kaur for testing positive on four occasions over 84 days in 2017. Manpreet had returned positive tests for an anabolic steroid (metenolone) in the Asian Grand Prix (in Jinhua, China, April 24) and for a stimulant (dimephylbutylamine) in the Federation Cup (Patiala, June 1), Asian championships (Bhubaneswar, July 6) and National inter-state championships (Guntur, July 16). Surely this should count as multiple drug violations rather than just one. Multiple violations should result in a life ban. See <https://www.thehindu.com/sport/athletics/manpreet-kaur-banned-for-four-years/article26785383.ece>.
- It's yet another blow for Kenya in the fight against doping as IAAF Athletics Unit (AIU) suspends 5,000m runner Cyrus Ruto for violating anti-doping rules. It is the most stupid runners who are using doping, in Kenya EPO. See <https://antidopingworld.wordpress.com/2019/04/14/another-blow-for-kenya-as-cyrus-ruto-fails-doping-test/>.
- This is potentially huge. Russia's suspension from the IAAF could be extended if allegations that top racewalkers from the country are still working with disgraced coach Viktor Chegin are proven. An investigation was opened by the Russian Anti-Doping Agency (RUSADA) last week after Chegin was supposedly tracked down training top athletes in the remote town of Karakol in Kyrgyzstan. "If it is confirmed that Russian racewalkers are still working with Viktor Chegin, despite them having been specifically warned not to do so following his life ban from the sport, then it would appear that there has been no real change in culture in Russian track and field, and it is hard to see how these athletes could be permitted to return to international competition without threatening the integrity of that competition." Of course, this was broken by German ARD journalist Hajo Seppelt more than a year ago. It is disgraceful that it has taken so long for any real action to be initiated. See <https://www.insidethegames.biz/articles/1064576/iaaf-threaten-to-extend-russian-ban-if-chegin-proven-to-be-still-coaching-top-race-walkers>.
- Emmanuel Tardi points readers to 3 galleries of pictures from last week's classic in Podebrady.
10km Masters and Juniors
https://stewartova.rajce.idnes.cz/Podebrady_walking_2019_-_LEGENDY%2C_JUNIORKY_a_JUNIORI
Seniors album 1
https://stewartova.rajce.idnes.cz/Podebrady_walking_2019_-_ZENY_a_MUZI_-_1/
Seniors album 2
https://stewartova.rajce.idnes.cz/Podebrady_walking_2019_-_ZENY_a_MUZI_-_2/

RWV UNIFORMS

With our VRWC winter season fast approaching, I am organising a refresh for our Racewalking Victoria (RWV) uniforms. I have already placed an order for RWV singlets, including lots of our smaller sizes, as we ran short of these last winter. They should be available from mid May.

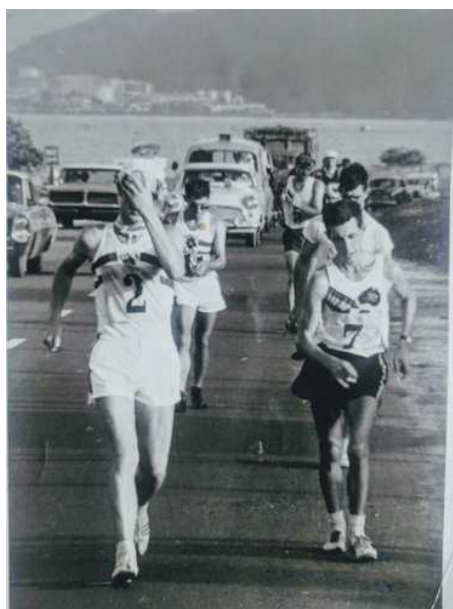
With regard to our **RWV crop tops, bike shorts and hoodies**, we do have some stock but not in all sizes. We only order what people want for these items, as the options are many and varied. We have activated our uniform ordering page <http://vrwc.org.au/wp1/rwv-uniforms/>. Crop tops, bike shorts and hoodies MUST be ordered by **Sunday 28th April 2019**, either using the form on that page or by email to me at terick@melbpc.org.au. Ordered items will be ready by the LBG Carnival in early June.



FROM THE VAULTS

It's one year since the 20km roadwalks Commonwealth Games at the Gold coast in Australia, when **Jemima Montag** and **Dane Bird-Smith** won such memorable gold medals.

So it's time to look back into the photo vault for a suitable photo and this week I go back 53 years to the 1966 Commonwealth Games in Kingston, Jamaica. In those days, it was a 20 Miles walk. The photo below shows English walker **Ron Wallwork** leading alongside Australian **Frank Clark**, followed by English walkers **Don Thompson** and **Ray Middleton**.



Leaders in the 1966 Commonwealth Games 20 Miles in Jamaica (photo Frank Clark)

Now this is a pretty famous group of names.

- **Frank Clark** was featured in last week's newsletter and was one of our top walkers throughout the sixties (see <http://www.vrwc.org.au/newsletters/heelandtoe-2019-num28.pdf>)
- **Ron Wallwork** represented England many times in the sixties, did 2 Commonwealth games, and is still active today, being the main Enfield League organiser and a regular contributor to this newsletter.
- **Don Thompson** was the 1960 Olympic 50km gold medallist and a walker without equal over the ultra long distances (see <http://www.vrwc.org.au/tim-archive/articles/wo-don-thompson.pdf>)
- **Ray Middleton** was one of the most versatile walkers of that era, excelling from short distances right through to the long distance classics like the London to Brighton. He represented England at 7 Lugano Cups. See my article at <http://www.vrwc.org.au/tim-archive/articles/wo-ray-middleton.pdf>.

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 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
Sept 8 (Sun), 2019	Australian Roadwalk Championships, Adelaide, SA

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

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)
Sept 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 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 12 (Sun), 2019	3rd Coffeebrands Patras Racewalking Festival 2019, Patras, Greece
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-Sept 7, 2019	20th Oceania Masters T&F Championships , Mackay, Queensland, AUS
Sept 6-7, 2019	China National Race Walking Champs, Leshan, CHN (20 and 50km M/W)
Sept 28 – Oct 6, 2019	17th IAAF World Championships in Athletics , Doha, Qatar
Oct 20-22, 2019	Around Taihu International Race Walking 2019, Suzhou, China

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

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

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

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