

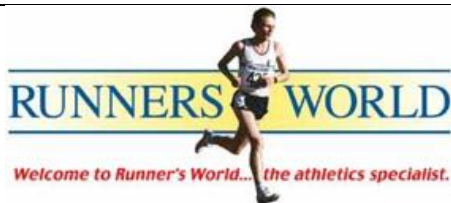


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** WALKER OF THE WEEK **



Q racing in Doha, 2019

It's not often that WOTW goes to a non-Australian walker – but then, Kiwi **Quentin Rew** is only *just* non-Australian. And, having been a VRWC member in the past and done so much racing on our shores, from Club races to major championships, we say he qualifies.

Racing for his home country in Sunday's Oceania 35km championship at Fawkner Park, Quentin's winning time of **2:32:58** not only gained him an automatic qualifier – by 2secs – for the World Athletics Championships in Eugene, Oregon. It also beat Craig Barrett's NZ record of 2:37:35, set 24 years ago in Germany. If selected for the New Zealand team, it will be Quentin's 6th world championship appearance wearing the Silver Fern, his previous trips being in 2011, 2013, 2015, 2017 and 2019. *Well done, Q, and good luck!*

*Honourable mentions:

- **Corey Dickson** (VIC) – 2nd in Sunday's AA 20km race, recording **1:28.47** – a PB by a massive 7:41!
- **Olivia Sandery** (SA) – in her first-ever 20km, stamped herself as a huge future prospect by finishing a close 3rd behind Colombian star **Sandra Lorena Arenas** in a terrific first-up **1:34:35** at Fawkner Park.
- **Will Bottle** (TAS) – continued his fine form with a 45-sec PB in the AA 5km at Fawkner Park, taking advantage of tough competition from **Owen Toyne** (ACT) to win in **22:01**.



CLUB NEWS and RESULTS

** Racing this weekend **

We're back on our home course – or half of it – this week. I'm sorry to say that they're still not busting a gut to clear away the F1 infrastructure for us, so be prepared to use the southern 1km loop again. (At least the 8km is better suited to this than a longer race would be.)

VRWC Points races – Saturday 21 May, Middle Park

2:15pm	8km Open 6km Open 4km Open
2:30pm	2km Open 1km Open

Enter by no later than 11.59pm, Wednesday 18 May
<http://vrwc.org.au/wp1/>

* **VRWC RACING UNIFORM** * A reminder ...

As of **Saturday 4 June**, all members must wear the **new VRWC racing uniform**, which has been available for the past 18 months. (Old uniforms and RWV tops are no longer acceptable.)

Members who do not comply after that date will receive **no points** and **no finish time**.

Don't leave it until the last minute – get yours ASAP!

VRWC Committee



The COACHING POINT

THE GREAT (?) LEAP FORWARD

Do all our walkers know how to start and finish correctly ... and legally? If not, time to fix it.



Only ONE walker here has clearly started within the rules ... can you see which one?

Good race walking coaches devote a lot of time to ensuring their athletes learn **correct technique** from Day One. Once this has been mastered, attention will turn to building specific fitness and endurance, revisiting technique regularly to ensure their walker (a) complies with the ‘contact and knees’ rule under competitive pressure, and (b) is able to work towards achieving their racing goals through a safe, efficient and economical action.

However, there are two technical skills – different, but related – that may not get the attention they need in training:

- How to **START** a race correctly, and
- How to **FINISH** it correctly

It has been noticed, at VRWC events and at AVSL summer track races, that the starting and finishing skills of some walkers are flawed. This needs correcting if they are to avoid the disappointment of disqualification later.

STARTING: The photo above illustrates a case in which all **except one** of the front row walkers has begun their race with technique that is at best suspect, and at worst clearly illegal. In their understandable desire to gain a good position at the start, the temptation to ‘leap out of the blocks’ can cause a walker to be ‘airborne’ as they leave the start line, or land with a bent knee on their first contact beyond it – or both. And both are offences warranting a Red card before their race really even starts.

Remember: The moment your body crosses that starting line (even if your front heel hasn’t landed yet), **you are now in the field of competition** and under the watch of the Walk judges. From that moment you **MUST** obey the ‘contact & knees’ rule. Don’t wait until you’re over the start line to begin correct walking ... you might have picked up a Red card already!



Legal race starts at Middle Park. (How many ‘great leaps forward’ can you see here?)

FINISHING: A walker’s all-out effort to beat an opponent or gain a desired time will sometimes cause them to lose control of their technique, *and* forget their rule compliance. Often we see a walker desperately fling themselves over the line with a final ‘leap’, like a runner lunging at the tape. (Anyone remember tapes?) If the walker is off the ground when they make that lunge – Red card. (Or worse if they face a Chief judge qualified to DQ them in the last 100 metres. Not good.)

Remember: When finishing a race, you **MUST** be obeying the ‘contact & knees’ rule until you hit the finish line. Even if you’ve started to cross it, don’t relax your technique until your whole body is over the line.

So – there it is. Practise correct starting – and finishing fast – in training, watched by your coach or another walker. If there’s nobody to help you, do some practice drills at the Club before your next race, while an official, judge or other walker watches you. They’re happy to help.

**** 56th LBG CARNIVAL, SUNDAY 12 JUNE ... ENTRIES CLOSE NEXT WEEK!**



There are currently 45 Victorians heading north on the Queen's Birthday weekend for this historic Race walking festival.

If you've intended to enter but have been putting it off, be advised that entries close on **Wednesday 25 May** at 5pm. That's **NEXT WEEK**, folks.

We have teams for three events ... U12 Girls 2km, U18 Girls 5km and Open Women 5km. Below are all our entrants up to and including last Sunday evening:

Open Women 15km Madeleine Feain	Boys U10 1km Haris Ali Aydin Uzun	Boys U16 3km Daniel Pashutin	Open Women 5km Ariana Pashutina Emily Smith Maddison Nash
Open Men 15km Andrew Jamieson	Girls U12 2km Kelsey Loudon Havana Ali Ela Uzun	Girls U16 3km Ariana Pashutina Maddison Nash	
ACT Fitness 8km Ralph Bennett	Boys U14 2km Daniel Pashutin	Boys U18 5km Daniel Pashutin	
ACT Open (O19) 10km non-Hcp Gerard Feain	Girls U14 2km Havana Ali Ela Uzun	Girls U18 5km Ariana Pashutina Emily Smith Maddison Nash	

Let's add to this list while we can ... and see the **big 'V'** featured widely across the program in Canberra this year!

**** MEMBERSHIP ****

Registration for Season 2022-23 is now open

Details of membership types, applicable fees and links to registration forms are now available at:

<http://vrwc.org.au/VRWCMembershipApplication.shtml>

56th LAKE BURLEY GRIFFIN CARNIVAL
Sunday 12 June, Mt Stromlo Park, Canberra

Please note that the race details and schedule listed in the 2022 Winter fixture for this Carnival have been updated.

Entries are now open through the VRWC Entry portal at <http://vrwc.org.au/wp1/>, which lists the updated events.

**** Entries close at 5pm, Wednesday 25 May ****

See the amended Fixture on the VRWC website.

VRWC Club Non-points races, Sunday 15 May – Fawkner Park, South Yarra

These races were held in parallel with the AA Invitation events at the Oceania and Australia 35km championship meeting at Fawkner Park. Numbers were small, as several of our walkers were in the AA events and there were no distances provided below 5km.

The long, slightly downhill slope of the course's southbound leg proved a challenge for some – both in the VRWC and AA races – in terms of knee straightening, with Kevin and Madeleine making perhaps their first-ever acquaintance with the Penalty zone. Ah well, they avoided the dreaded 4th red, so all good.

20km race

1	Kevin	Cassidy	M	1:59:40	(Pen. 2:00)
2	Madeleine	Feain	F	2:00:46	(Pen. 2:00)
	Andrew	Jamieson	M	Ab	

10km race

1	Alejandro	Stephens	M	0:59:20
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5km race

1	Ela	Uzun	F	0:25:45
2	Daniel	Pashutin	M	0:28:47
3	Havana	Ali	F	0:30:24
4	Gerard	Feain	M	0:33:54



Oceania & Aust. 35km Championships, 15 May – Fawkner Park

COWLEY AND RUDDICK CROWNED 35KM CHAMPIONS

Rew takes Oceania title for NZ

(by Lachlan Moorhouse – reprinted from Athletics Australia website)

Melbourne’s Fawkner Park this morning played host to many of Oceania’s premier race walkers for the first-ever Oceania and Australian 35km Race Walking Championships, with **Rhydian Cowley** and **Kelly Ruddick** reigning supreme to walk their way into the history books as the inaugural Australian champions.



Rhydian and Kelly ... number one!

(Photo: Athletics Australia)

As World Athletics and the International Olympic Committee transition away from the 50km event which was last walked at the Tokyo Games, the introduction of the 35km distance for both men and women at major championships will become the focus of many race walkers – with securing bonus points for qualification high on the agenda at Fawkner Park.

The Men’s 35km bout saw New Zealand’s **Quentin Rew** deliver a stunning walk of **2:32:58** to nail the 2:33:00 world standard and be crowned the Oceania champion, but it was two-time Olympian **Rhydian Cowley** who clinched the inaugural Australian 35-kilometre race walking title with his performance of **2:37:57**.

Entering as the reigning Australian 50km champion and with an Olympic top eight finish to his name, Cowley was determined to cement his name in history as the first ever 35km Australian champion.

“I have to say, I feel a lot better after this than I did after my 50km races! That extra 15km definitely makes a big difference,” Cowley says.

“The result is in alignment with how training has been going which is good. I haven’t quite been training as well as last year, because I was hitting everything out of the park in the lead up to the Olympics. I’ve got a little bit of time left to bring things to a crescendo,” Cowley says.

Walking alongside **Carl Gibbons** early in the encounter, Cowley proceeded to cut loose over the final laps of the two-kilometre circuit, stretching the gap on Gibbons.

“Carl and I were aiming to find a good rhythm early at around that two hours and forty minute pace, and then to pick it up and see what we could do towards the finish. It was a pretty solid negative split for me, but it’s always nice to walk with someone,” Cowley says.

Gibbons was rewarded with national silver for his performance of **2:43:04**, while **Kim Mottrom**'s **3:03:17** saw him round out the podium.

The Women's race only ever belonged to **Kelly Ruddick**, who built a commanding lead that eventuated in an emphatic 15-minute victory when clocking **3:00:04** to defeat **Laura Langley** of New Zealand who was second in **3:15:58**. Ruddick's compatriot **Sarah Brennan** was disqualified.

The 49-year-old fought on as she sought the **2:54:00** World Athletics Championships qualifying standard, with the required pace proving a bridge too far on the day..

"It's pretty exciting! It's a long way, so it was a good feeling to cross the line," Ruddick says.

"I found the bottom end quite tight and I hurt myself early on, so I had to struggle through the rest of the race unfortunately. I have recently done a 32km in training a little bit quicker than that, so I'm a bit disappointed," Ruddick says.

The Invitational Open Women's 20km was won by **Jemima Montag** in a time of **1:32:32**, as the World No 1 cruised to victory ahead of Colombian Olympic silver medallist **Sandra Lorena Arenas**. Australian Under 20 representative **Olivia Sandery** finished third at her 20km debut in a time of **1:34:35**, as the junior lays the foundations of her transition to the senior ranks.

Montag and Arenas went step-for-step in the early stages of the battle but it was the 24-year-old Australian who stretched away from the visitor to add another feather in her cap as she prepares to win the world title and Commonwealth Games.

The Invitational Men's 20km was won by **Tim Fraser** as the clock read 1:26:00, with the 22-year-old proving too good for his competitors as he walked to a significant personal best in the favourable conditions at Fawkner Park.

It was a good day for Victorian walkers. **Kelly Ruddick** set inaugural Australian and State W45 records for 35km (NOTE: As no world W45 record is as yet listed for this distance, and Kelly already holds the world 50km record, her **3:00:04** will likely be an inaugural World mark as well.)

Rhydian Cowley missed the automatic qualifier for Eugene, but his **2:37:57** plus his 35km split during the Olympic 50km last year would have him in the mix.

Big improver of the day was **Corey Dickson** who returned with a bang for a 7:41 PB in breaking 90mins for the first time, taking 2nd in the 20km behind Tim Fraser in **1:28:47**.

As well as Olivia Sandery, **Alanna Peart** also raced 20km for the time, spreading her reserves out well for a promising first-up **1:42:39**.

Oceania & Aust Men 35km Open c'ship

1	Quentin Rew	NZL	2:32:58
2	Rhydian Cowley	VIC	2:37:57
3	Carl Gibbons	NSW	2:43:04
4	Kim Mottrom	SA	3:03:17

Oceania & Aust Women 35km Open c'ship

1	Kelly Ruddick	VIC	3:00:04
2	Laura Langley	NZL	3:15:58
-	Sarah Brennan	VIC	DQ



Quentin and Laura



Carl, Rhydian and Kim



Laura and Kelly

(Photos courtesy Jim Leppik, Kim Mottrom)

Men 20km Open

1	Tim Fraser	ACT	1:26:52
2	Corey Dickson	VIC	1:28:47
3	Mitch Baker	ACT	1:29:35

Women 20km Open

1	Jemima Montag	VIC	1:32:32
2	Sandra Lorena Arenas	COL	1:34:27
3	Olivia Sandery	SA	1:34:35

4	Dylan Richardson	NSW	1:31:03	4	Alanna Peart	VIC	1:42:39
-	Tyler Jones	NSW	DNF	5	Hannah Mison	NSW	1:49:30
-	Jack McGinniskin	NSW	DQ	6	Bridget Bell	NSW	1:55:11
				-	Rebecca Henderson	VIC	DNF

Men 10km U20

1	Marcus Wakim	VIC	48:22
2	Eden Morgan	VIC	53:29

Women 10km U20

1	Elizabeth McMillen	NSW	49:56
2	Allanah Pitcher	NSW	51:27
3	Emma Blanch	NSW	52:44
4	Hannah Bolton	NSW	52:58
5	Char Hay	VIC	53:28
6	Anika Clarke	QLD	59:45

Men 5km U18

1	Will Bottle	TAS	22:01
2	Owen Toyne	ACT	22:25
3	Riley Coughlan	VIC	23:50
4	Dylan Allabush	NSW	25:52

Women U20

1	Zoe Woods	NSW	24:27
2	Grace Beck	NSW	26:46
3	Ariana Pashutina	VIC	27:47
4	Emily Smith	VIC	28:28

ACKNOWLEDGEMENTS

From the first planning e-mail months ago to the locking away of the last trestle table back at the Club, many hands are required to make an event like this a success. As so many times before, VRWC members were there – some well before sunrise – to get it all ready to go by 7.30am.

Many thanks to **Terry Swan, Shane Dickson, Gerard Feain, Ralph Bennett, Ian Laurie, Pramesh Prasad, Terry and Karyn O'Neill, Madeleine Feain, Donna Dickson** and many others (equipment/course set-up and course sweeping, post-race pack-up, transport and unloading). The event could not have been run efficiently or safely, for the benefit of the athletes, without you.



AROUND THE COUNTRY

SOUTH AUSTRALIA SARWC results & SAMA c'ships, 14 May – South Parklands, Adelaide

Conditions were good at South Parklands for last weekend's SARWC races, combined with SA Masters 5km championships. Results are courtesy of **Kim Mottrom** (who raced 5km, then jumped on a plane for Melbourne to race 35km at Fawkner Park the next day) and **Graham Harrison** (who'll be jumping on a plane for Melbourne next week to take part in the 35km 'Bloody Long Walk' fundraiser from Yarra Bend Park to St Kilda Beach, albeit 'slowly'.) Now that's love of the sport!

SARWC Results:

Open 5km

Kim Mottrom	23:05
Nellie Langford	0:25:35
Alix Harlington	0:26:08
Peter Crump	0:30:14
Greg Metha	0:31:30
Di Camilleri	0:37:41
Liz Downs	0:37:44

Open 3km

Sebastian Richards	0:14:33
Cooper Rech	0:16:20
Rhiannon Lovegrove	0:16:23
Daisy Braithwaite	0:16:29
Emily Lynch	0:16:31
Matilda Gourlay	0:16:33
Liliana Templer	0:22:04

PB

Open 2km

Katie De Ruvo	0:10:57
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Open 1km

Zayden Kamish	0:05:11
Ananpreet Singh	0:06:13
Senna Cook	0:07:21
Kristy Templer	0:09:06

PB

SA Masters 5km results:

5K WALK	Name	Result	Age Gp	AgeGrade%	Order
LIZ	DOWNS	0:37:43	W65	68.33	1st
GEORGE	WHITE	0:33:01	M75	78.03	1st
ROSS	HILL-BROWN	0:43:52	M65	52.92	1st
PETER	CRUMP	0:30:11	M60	72.44	1st
GREGORY	METHA	0:31:28	M55	67.03	1st
KIM	MOTTROM	0:23:03	M35	79.39	1st

5K CLUBWALK

MARGARET	MCINTOSH	0:42:14	W65	63.14	1st
DAVID	ROBERTSON	0:47:24	M85	64.59	1st
MIKE	VOWLES	0:37:31	M75	70.47	1st
GIL	MCINTOSH	0:36:21	M70	66.73	1st
STEPHEN	DOWNS	0:39:40	M65	58.53	1st

TASMANIA TRWC results, Saturday 14 May – Seven Mile Beach, Hobart

Results and report courtesy of David Moore:

Our Walkers took advantage of calm conditions for our events at Seven Mile Beach today with solid performances across all age groups.

PB's were achieved by our younger brigade. Well done to **Lily Carr** and sisters **Adele and Elsie Woodward** for improving their times today.

Masters Walker **Elizabeth Leitch** walked a fine 35min to take out the 5k, while our oldest Walker, **Wayne Fletcher** having turned 75 during the week added the Inaugural TMA M75 5km Rd Walk Record to his birthday celebrations.

8km

1. Sam Lindsay Newstead 42:04

2km

1. Lily Carr Kingston LA 13:13 **PB**
2. Adele Woodward Huon LA 15:08 **PB**

5km

1. Elizabeth Leitch TMA 35:00
2. Ron Foster TMA 39:03
3. Wayne Fletcher NSAC *40:30
(* M75 TMA rec)

1.5km

1. Isla Direen Huon LA 12:17
2. Lucas Carr Kingston LA 12:19

3km

1. Oliver Morgan OVA 15:02
2. Eugene Gerlach OVA 22:20
3. David Moore TMA 31:03

1.5km

1. Elsie Woodward Huon LA 8:30 **PB**

WESTERN AUSTRALIA WARWC Winter competition #3, 15 May – Shelley, Perth WA

Terry Jones reports that conditions were perfect for the WARWC's Sunday morning races along the Canning River bank.

10K

John Ronan 54.43
Brad Mann 54.43
Ben Reid DNF
Andrew Duncan DNF

6K

Xavier Bernard 32.28
Kaytee Bogaers 36.24
Ashlyn Spence 37.03
Marcela Ruiz 49.19
Steve Travell 51.29


4K

Isabella Curtis 25.43
Fiona Van Heerwaarden 27.41
Glenys Duncan 36.37

1.5K

Xavier Bernard 8.04

Isabella Curtis	8.10
Lachlan Nichols	8.15
Dylan Sardelich	8.22
Linkin Lawrence	10.29
Sophia Nichols	10.41
Hunter Sardelich	14.11



INTERNATIONAL NEWS

SPAIN: Gran Premio Internacional Madrid Marcha La Liga, 16 May – Calle Gran Via, Madrid

A Gold-level international fixture on the World Race Walking Tour, the inaugural **Madrid Marcha** was held on Monday along one of the principal thoroughfares in the Spanish capital, the Calle Gran Via. The program began with mixed age-group races of 3km (U14-U16) and 5km (U18-U20), followed by a celebratory tribute to local legend **Jesus Angel Garcia Bragado**. Then came the big one – the Open mixed 10km, featuring most of the world’s proven speedsters in a fast hit-out before the classic La Coruna races in a fortnight’s time.

There were pleasing results for the two Aussie walkers. **Declan Tingay** scored a huge PB for a road 10km by 1:35 in finishing 15th with **40:26**, while **Kyle Swan** had a 0:52 PB of his own to cross 18th in **40:52**.

The following race report comes from Emeterio Valiente for World Athletics:

Karlstrom and Qieyang shine in Madrid

(by Emeterio Valiente – reprinted from World Athletics website)



(Photos: Madrid Marcha La Liga)

Sweden's **Perseus Karlstrom** and China's **Qieyang Shenjie** captured respective victories at the first **Gran Premio Internacional Madrid Marcha La Liga** – a World Athletics Race Walking Tour Gold event – held on Monday (16 May) over 10km in the Spanish capital on a sunny day.

The 32-year-old Swede got the better of Spain's **Diego García**, 38:42 and 38:49 their respective performances, while Qieyang won by 30 seconds over Peru's **Kimberly García**.

The men’s race kicked off conservatively over the opening kilometre, with Czech Republic’s Michal Morvay leading the way in 3:59, closely followed by a large pack including all the favourites. World 20km bronze medallist Karlstrom soon began to accelerate and covered the second kilometre lap in a brisk 3:47 to open a slim margin over Mexico's Ever Palma, Brazil's Caio Bonfim, China's Jung Zhang, Ecuador's David Hurtado and Spain's Diego García. Surprisingly, Italy's Olympic 20km champion Massimo Stano had already lost contact with the pack by then and was ultimately not a factor.

Before the third kilometre (3:51) the chasing group caught Karlstrom and halfway was reached in 19:25 after successive 3:55 and 3:48 splits. 2017 world bronze medallist Bonfim made most of the pacing duties while Zhang began to falter shortly afterwards. Local hero García gave the home crowd something to cheer about by moving to the front for the first time to leave Palma and Zhang behind after a 3:51 split in the seventh lap.

The podium became clear when Hurtado received his third warning and was forced to visit the pit lane for one minute. Following a steady penultimate lap in 3:58, Karlstrom found another gear to cover that kilometre in 3:47 which proved too fast for García and Bonfim.

Karlstrom romped home in 38:42 (19:25/19:17 his two halves) with García seven second in arrears and Bonfim a distant third in 39:13. The three of them managed respective lifetime bests over the rarely contested distance. Stano had to settle for 13th place in 40:21.

“I already knew Madrid as I have enjoyed some training stints here some years ago,” said Karlstrom, in fluent Spanish. “I’m impressed because of the atmosphere, it’s a privilege to compete in Madrid city centre, I hope today’s event boosted the profile of the event.”

Karlstrom, who intends to contest the 20km and 35km at the World Athletics Championships Oregon22, will next compete in La Coruna on 28 May.

“Today’s event was a dream come true and it has been even better than I could have imagined, I’m over the moon,” said European silver medallist Garcia, who was the only race walker in the top three not to receive a single warning. “In addition, I performed really well; despite being the organiser, Karlstrom didn’t let me win but I’m delighted with my runner-up today.”

Held jointly with the men’s event, the women’s race also started at a moderate rhythm; right from the start the heading group included Qiayang, Peru’s Kimberly García, Spain’s Laura García-Caro and Ecuador Magaly Bonilla.

Over the following couple of laps the Peruvian increased the pace to cover them in 4:19 which whittled down the leading group to three: herself, Qiayang and García-Caro. That trio went through halfway in 21:43 and at exactly that point world silver 20km medallist Qiayang broke away from her two rivals with ease, churning out 4:14 laps. García and García-Caro walked in single file, three and six seconds adrift the leader by the sixth kilometre.

Over the seventh lap it became clear that, barring disaster, the final podium would be Qiueyang, García and García-Caro, who couldn’t take any risk after receiving two warnings. The 31-year-old Chinese race walker strengthened her leadership over the closing circuits to cross the finish line unopposed in 43:07 (21:43 and 21:17 her two halves) with a 30-second lead over García while the Spaniard managed to keep her third spot in 43:50. Neither the winner nor the Peruvian received a single warning.

Both men’s and women’s podiums will clash again on 28 May at the Gran Premio Cantones in the Spanish city of La Coruna.

RESULTS - MEN

	Name	Date of birth	Ctry	Time
1.	Perseus KARLSTRÖM	02 MAY 1990	SWE	38:42
2.	Diego GARCÍA CARRERA	19 JAN 1996	ESP	38:49
3.	Caio BONFIM	19 MAR 1991	BRA	39:13
4.	Jun ZHANG	20 JUL 1998	CHN	39:18
5.	Francesco FORTUNATO	13 DEC 1994	ITA	39:21
6.	Paul MCGRATH	07 MAR 2002	ESP	39:30
7.	César Augusto RODRÍGUEZ	26 JUN 1997	PER	39:41
8.	Sandeep KUMAR	01 MAY 1986	IND	39:44
9.	Christopher LINKE	24 OCT 1988	GER	39:58
10.	Álvaro LÓPEZ	24 MAR 1999	ESP	40:00
11.	Alberto AMEZCUA	10 MAY 1992	ESP	40:08
12.	Iván LÓPEZ	29 MAR 1997	ESP	40:14
13.	Massimo STANO	27 FEB 1992	ITA	40:21
14.	Kaihua WANG	16 FEB 1994	CHN	40:22
15.	Declan TINGAY	06 FEB 1999	AUS	40:26
16.	Jhonatan Javier AMORES CARUA	29 AUG 1998	ECU	40:30
17.	Marc TUR	30 NOV 1994	ESP	40:49
18.	Kyle SWAN	28 MAR 1999	AUS	40:52
19.	Ever Jair PALMA OLIVARES	18 MAR 1992	MEX	40:52
20.	. AMIT	25 DEC 2003	IND	40:53
21.	Wenchao NIU	20 APR 1998	CHN	40:54
22.	Lihong CUI	13 MAY 1999	CHN	40:58
23.	Yangben ZHAXI	15 APR 1996	CHN	41:29
24.	Evan DUNFEE	28 SEP 1990	CAN	41:30
25.	Matheus CORREA	22 AUG 1999	BRA	41:36
26.	Daniel Goni BALLESTEROS	11 FEB 1996	ESP	41:46
27.	José Manuel PÉREZ	10 SEP 1999	ESP	41:53
28.	Manuel Esteban SOTO	28 JAN 1994	COL	42:21
29.	Tom BOSWORTH	17 JAN 1990	GBR	42:33
30.	Isaac PALMA	26 OCT 1990	MEX	42:46
31.	Jordy Rafael JIMÉNEZ ARROBO	11 FEB 1994	ECU	42:51
32.	Yassir CABRERA	28 JAN 1988	PAN	43:01
33.	Nick CHRISTIE	29 SEP 1991	USA	43:40
34.	Brendan BOYCE	08 OCT 1986	IRL	43:46
35.	Miguel DIAZ MIGUEL DIAZ VELAZQUEZ	19 FEB 1981	ESP	45:05
36.	Lucas MAZZO	19 MAY 1994	BRA	45:29
37.	Javier MENA	18 MAY 1998	ECU	45:48
38.	Jose MESTRE	27 FEB 2001	ESP	46:10
39.	Daniel CHAMOSA	04 MAY 1997	ESP	47:10
	Julio César SALAZAR	08 JUL 1993	MEX	DNF
	Brian Daniel PINTADO	29 JUL 1995	ECU	DNF
	Jose Luis HIDALGO	12 MAY 2002	ESP	DNF
	Michal MORVAY	19 AUG 1996	SVK	DNF
	Andrés CHOCHO	04 NOV 1983	ECU	DNF
	Jesus ABAD	07 AUG 1998	ESP	DNF
	Salih KORKMAZ	01 JAN 1997	TUR	DNF
	David HURTADO	21 APR 1999	ECU	DQ

RESULTS - WOMEN

1.	Shijie QIEYANG	11 NOV 1990	CHN	43:07
2.	Kimberly GARCÍA LEÓN	19 OCT 1993	PER	43:37
3.	Laura GARCÍA-CARO	16 APR 1995	ESP	43:50
4.	Haiying JI	25 FEB 2000	CHN	44:27
5.	Ana CABECINHA	29 APR 1984	POR	44:35
6.	Magaly BONILLA	08 FEB 1992	ECU	44:58
7.	Maocuo LI	20 OCT 1992	CHN	45:03
8.	Johana ORDÓÑEZ	12 DEC 1987	ECU	45:20
9.	Bhawna JAT	01 MAR 1996	IND	45:20
10.	Priyanka PATEL	09 MAY 1998	IND	45:47
11.	Lidia SANCHEZ-PUEBLA	17 JUL 1996	ESP	45:55
12.	Viktória MADARÁSZ	12 MAY 1985	HUN	46:14
13.	Clémence BERETTA	22 DEC 1997	FRA	46:30
14.	Robyn STEVENS	24 APR 1983	USA	46:37
15.	Cristina MONTESINOS	12 JUL 1994	ESP	46:46
16.	Antia CHAMOSA	07 OCT 1999	ESP	47:10
17.	Heather LEWIS	25 OCT 1993	GBR	47:16
18.	Eliška MARTÍNKOVÁ	27 JAN 2002	CZE	47:18
19.	Simona BERTINI	04 MAY 2001	ITA	47:35
20.	Alicia LUMBREERAS	05 AUG 2002	ESP	47:41
21.	Marina PEÑA ALONSO	18 MAR 1999	ESP	48:25
22.	Bethan DAVIES	07 NOV 1990	GBR	48:41
23.	Irene VAZQUEZ	12 AUG 1998	ESP	49:51
24.	Beatrice FORESTI	29 OCT 1998	ITA	51:00
25.	Celia VILCHEZ	09 OCT 2002	ESP	51:53
26.	. RAVINA	21 MAY 1997	IND	51:56
	Alicia SÁNCHEZ	15 MAY 2000	ESP	DNF
	Raquel GONZÁLEZ	16 NOV 1989	ESP	DNF
	Júlia TAKÁCS	29 JUN 1989	ESP	DNF
	Carmen ESCARIZ	28 AUG 1998	ESP	DNF

Diego García: "I will never forget this day and I hope that the walk has more and more visibility."

(reprinted from Marca.com. Apologies for any mistranslation.)

Diego García Carrera was like a child with new shoes, with that personal and non-transferable smile that is almost a hallmark of national athletics, after his second place in the Gran Premio Madrid Marcha. Not in vain do we speak of one of the greats of Spanish and world walking.

And at his side, following him almost like a 'groupie' with camera in hand, was his father, the journalist José Antonio García Muñoz (Ciudadano García), who was almost more nervous than his son because all the effort made would bear the desired results, something which was certainly achieved.

"I will never forget this day. I want to thank everyone who has made it possible because this was initially just a dream and ideas are great, but if they don't materialize they are worthless," said the Madrid walker at the end of the race.

"I also want to thank the participants because coming to a first edition is always complicated," added the European silver medalist in Berlin 2018, who as technical director of the race managed to bring together a great cast of walkers.

"In a terrain that is not only flat, it is incredible to make this mark but the public has given me a plus and has driven me. I was not in my best shape but racing with so many people, in Madrid, has been very nice and the people has helped," revealed García Carrera, who made the appropriate lap of honor to the circuit accompanied by Perseus Karlstrom of Sweden, winner of the contest.

"Today many people have seen a walking race for the first time and now they will be able to say if they like it or not. I have fulfilled the objective and I hope that the walk will have more and more visibility," said José Antonio Quintana's pupil, who experienced the race he planned as motivation for the World Cup and the European championships. "A 10-kilometre race is flat out from the beginning and although in some sections I had my doubts because of the strong rhythm of the head, you hear three times a 'let's go Diego' and you forget it," admitted the second placegetter in the race. *Marca.com*

(Don't miss [Marcia dal Mondo's](#) feature, 'Diego Garcia, a young man with many ideas', linked below.)



Winner Perseus Karlstrom congratulates the man whose dream made it possible.

(Photo: Chema Ray Marca)

Last week we learned of the death of **Len Duquemin**, noted Channel Islands walker and twice Commonwealth Games rep for Guernsey, who emigrated to Australia in 2004 and made his home in Melbourne. A detailed article on the life and exploits of Len can be read at <http://www.vrwc.org.au/tim-archive/articles/wo-len-duquemin-john-moullin.pdf>

Len's long-time friend and Guernsey walking associate **Rob Elliott** has provided the following tribute:

It is with sadness that I have to report that Guernsey race walker Len Duquemin has passed away peacefully at the age of 91 years in Melbourne, Australia. He had spent the last 18 years there after moving from England with his partner Joy.

Len's finest race was in the 1970 Commonwealth Games in Edinburgh, Scotland where he finished in 6th place in the 20 miles race walk. At the age of almost 40 years old he recorded a personal best time of 2.42.48 after a conservative start and fast finish in which only the winner recorded a faster last 5 miles split time.

Local sports reporter Dave Prigent covered the event with these words " Our Len, one of the greatest competitors Guernsey has ever produced won the reward for all his sacrifices he made when he strode proudly into the Meadowbank Stadium. For 2 minutes he had the stadium to himself – Guernsey spectators had lumps in their throats as Len walked head high around the track and crossed the line with arms spread wide."

Wonderful words for a memorable moment....followed by Len's wife Pearl running onto the track to embrace him after he crossed the line.

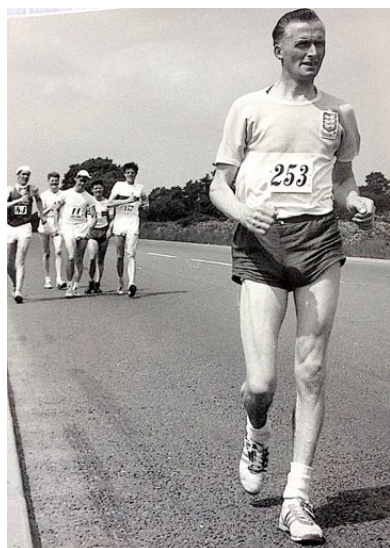


Len Duquemin ... crossing 6th in Edinburgh, 1970

Len's walking career started 8 years earlier in the Guernsey 1962 Church to Church walk, where he finished in probably an unnoticed 3 hours 44 minutes. Within a few years the race walking bug had taken hold and by 1966 he had set a Church record time of 2.47.26 as well as setting a new record time in the Jersey 27.5 miles Parishes walk with 4.27.26. This was followed up in 1967 with a record in the Sark 5 miles walk held on the dusty hard roads on this small Channel Island.

Len was a founder member of the Sarnia Walking Club and made rapid improvements in his times locally and in races in England. Len and his wife Pearl, along with fellow islander John Moullin then made a big decision to move to England to race regularly against stronger competition. They joined the Belgrave Harriers club and had much success with them.

He had success with the Sarnia Walking Club in 1967 leading the field home in the prestigious Garnet Cup over 10 miles in which the club gained first place in the team section.



The man to beat



Walking for Belgrave

Len found himself on the British shortlist for the 1968 Olympics but the effects of a jab at the doctors put paid to any real chance. Competing in the 50 kilometres trial he collapsed after 20 miles whilst well up the field. He had an allergic reaction

to the job and had no recollection of even driving home afterwards. A week later he competed in the 20 kilometres trial, walking with his arm in a sling and finishing 9th. As Len later said “and that was that”, expressing his disappointment.

A short lived retirement after the 1970 Games saw Len return to Guernsey a year later to win the 1971 Church walk and resume his racing in England and beyond.



Winning the Church walk in 1971

Showing little sign of slowing up he continued to produce quick times and by 1973 had proved himself worthy of a second Commonwealth Games to be held in New Zealand in early 1974. He had a 2 hours 44 minutes 20 miles performance, walked in the Belgrave Championships as a good form indicator, but things turned bad after that. Soon after arriving in New Zealand and carrying the Guernsey flag in the opening ceremony, he was bed bound with the flu and only recovered shortly before the race, ending up with a disappointed Len walking 2.53.37 for 9th place.

Len's impressive list of performances include races at National level in RWA competition, AAA track Championships and club races. He recorded 51.38 and 14.04 for 7 miles and 2 miles on the track, with road times of 74 minutes for 10 miles and 95 minutes for 20 kilometres. At the longer distances he walked 50 kilometres in 4 hours 39. His longest walk was in the London to Brighton 53 miles in which walked in 8 hours 44 minutes. Len told me the story of how he finished and then had to be almost carried to the baths at the changing room such was the effort he found the distance. After retiring from regular race walking he raced in half marathon runs when in his mid 50s with a best of 82 minutes.

On a personal note, I knew of Len Duquemin from early on in my own race walking career started as an 11 year old. I only really knew he was a fast race walker with times meaning very little to me at a young age. I recall taking his photo winning the 1971 Church walk and then actually meeting him properly when I was 17 years old. Strange circumstances of me sitting on the road side knackered after 20 kilometres into a 30 kilometres race. He was standing roadside watching! I still remember his words of wisdom from that moment.

I had the pleasure of racing with him in Guernsey when he was almost 50 years old and he could still walk 10 miles in 80 minutes. I also enjoyed the training sessions with him around the Torteval lanes in later years when we could both reminisce about our race walking and love of the event which he kept to the end of his life.

Rest In Peace Len

Rob Elliott

(Photos courtesy David Ainsworth)



FRANCE: Championnat d'Ile de France Masters, 14 May – Maisons-Alfort (Paris)

Emmanuel reports on the latest set of Masters results out of France ... including his own!

On Saturday I was in Maisons-Alfort , in the south suburb of Paris, for the Masters Ile de France championship. Races were scheduled at 7pm for women and 7:30 for men. Organizers were happy that there were 31 starters. There was reward for each 5-year age group.

5000m

1	SALAUN Yann	Athle92 - S/l Plessis Robinson	M35M/84	27'16''69
2	BOYER Nicolas	Us Champagne-sur-seine	M40M/77	27'33''49
3	DUCLOS Eddy	Us Champagne-sur-seine	M50M/69	27'57''67
4	STEFANELLY David	As Mantes	M45M/76	28'07''72
5	MARIE Frederic	As Mantes	M60M/61	28'47''74
6	DELHON Vincent	Asfi Villejuif Athletisme	M45M/75	28'54''71
7	NOGRE Yannick	Es Montgeron	M60M/59	29'34''30
8	MARVINGT Serge	Saint-brice Athletisme	M60M/58	31'46''87
9	FRANCOIS Jean-Robert	Es Sucy-en-brie	M65M/55	32'13''02
10	LABROUSSE Stephane	Avia Club Athletisme	M60M/59	32'25''57
11	VANDENBERGHE Renaud	Ac Du Pays De Meaux	M50M/70	32'25''58
12	LABROUSSE Michel	Le Chesnay-rocquencourt 78	M65M/54	33'58''43
13	TARDI Emmanuel	La Postillonne Longjumeau	M55M/67	39'16''38
14	LONGATTE Francois	Es Montgeron	M65M/53	41'11''51
15	COURTEJAIRE Pierre	Ua Versailles	M80M/42	43'31''74



Emmanuel ... M55 winner!

3000m

1	MARQUIS Cecile	Avia Club Athletisme	F50F/71	17'47''15
2	STEINVILLE Nathalie	Asfi Villejuif Athletisme	F55F/64	18'16''67
3	DORE Sophie	Uai Nogent-sur-marne	F40F/77	18'26''53
4	MITEAU Nathalie	Savigny Athletisme 91	F45F/73	19'01''13
5	CRUET Sandra	As Meudon	F45F/74	19'10''35
6	KOROTKEVITCH Nadia	Bussy St Georges Athletisme	F55F/63	19'14''76
7	DUPONT Veronique	Asa Maisons-alfort	F55F/63	20'19''40
8	DIANE Fanta	Es Montgeron	F55F/66	20'44''61
9	LE METAYER Dominique	Asa Maisons-alfort	F65F/53	20'52''02
10	LETELLIER Stephanie	Le Chesnay-rocquencourt 78	F45F/76	20'58''82
11	GALTIER Marie-Christine	Ac Du Pays De Meaux	F45F/73	20'59''03
12	TUTAKOWSKI Corinne	L'isle Adam Ac	F55F/62	21'03''82
13	NALINE Armelle	Le Chesnay-rocquencourt 78	F60F/58	21'07''16
14	WEISS Fabienne	Le Chesnay-rocquencourt 78	F60F/61	22'11''12
15	LEVANNIER SACLEUX M-Helene	L'isle Adam Ac	F60F/60	23'39''29
16	PETEL Annie	As Meudon	F75F/42	27'10''89

Judges : Berangère Bazin (*Chief*) , Daniel Thorel , Bruno Yerbe , Philippe Maurin , Jacques Oudart

MARCIADALMONDO & O MARCHADOR ROUNDUP

The Italian walking website **Marcia Dal Mondo** has a list of new reports in its news section, covering local and international races and other items of interest.

- 16/05/2022 - Madrid (ESP): victories of Perseus Karlstrom and Qieyang Shenjie (CHN) in the first Madrid Marcha meeting. http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4376 Read Nicola's lap-by-lap coverage of both races. Below: Walking legend Jesus Angel Garcia Bragado is honoured by the City of Madrid at the race start.



(Photo: *Marcia dal Mondo*)

- 15/05/2022 - Melbourne (AUS): Quentin Rew to Oceania champions Kelly Ruddick in the 35km road walk valid for the World Athletics Race Walking Tour - Bronze Level
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4374
- 15/05/2022 - Kansai (JPN): The 66th edition of the Kansai Inter-corporate track & field Championships
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4375
- 15/05/2022 - Opole (POL): Katarzyna Zdziebło and Arthur Brzozowski win the 35km Poland Championship valid for the World Race Walking Tour - Bronze Level
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4373
- 14/05/2022 - Miskolc & Győr: The preliminaries of the Club Championships in Hungary
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4372
- 13/05/2022 - San Jeronimo, Baja Verapaz (GUA): the international race walking festival
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4371
- 11/05/2022 Diego Garcia, a young man with many ideas.
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=4370 How many elite walkers (or elite athletes in any discipline), set up their own international races, invite the cream of their rivals to compete alongside them, and provide underage competitions to encourage juniors at the same meet? This is a fascinating story of the kind of personality race walking so badly needs – a champion who does it, first and foremost, for the love of it, and wants everyone to share that love.

The Portuguese race walking blog **O Marchador** contains reports on many of the same races as Marcia Dal Mondo. The page has dozens of links to articles on race walking, featuring both domestic events and those from abroad.

- Monday, May 16, 2022 - Shenjie Qieyang was the best at the Madrid International Grand Prix
<http://omarchador.blogspot.com/2022/05/a-marcha-feminina-em-madrid-vencida-por.html>
- Monday, May 16, 2022 - Perseus Karlström wins the Madrid men's 10 km march
<http://omarchador.blogspot.com/2022/05/perseus-karlstrom-vence-os-10-km-marcha.html>
- Monday, May 16, 2022 - Katarzyna Zdziebło and Artur Brzozowski became Polish champions in the 35 km march
<http://omarchador.blogspot.com/2022/05/katarzyna-zdzieblo-e-artur-brzozowki.html>
- Sunday, May 15, 2022 - World-class Athletic March this Monday in Madrid
<http://omarchador.blogspot.com/2022/05/marcha-atletica-de-alto-nivel-mundial.html> Another take on the lead-up to Monday's race in Madrid.

- Saturday, May 14, 2022 - César Herrera and Laura Chalarca win 20,000m nationals in Bogotá, Colombia
<http://omarchador.blogspot.com/2022/05/cesar-herrera-e-laura-chalarca-vencem.html>
- Saturday, May 14, 2022 - Mirna Ortiz with Guatemala's record in the 35 km march
<http://omarchador.blogspot.com/2022/05/mirna-ortiz-com-recorde-da-guatemala.html>
- Saturday, May 14, 2022 - EMACNS Grosseto 2022 (ITA): Men's 10 km M35+ (results)
<http://omarchador.blogspot.com/2022/05/emacns-grosseto-2022-10-km-masculinos.html>
- Friday, May 13, 2022 - EMACNS Grosseto 2022 (ITA): Women's 10 km W35+ (results)
<http://omarchador.blogspot.com/2022/05/emacns-grosseto-2022-10-km-femininos.html>

Note: The O Marchador blog is written in Portuguese. To access an English version, open the page in Google Chrome – if you haven't already – at <https://omarchador.blogspot.com>, then right click on any empty space (not on text) on the page. A window will appear with the option to translate the page. Click on it, and the page should reload in English.



WHAT'S UP AHEAD?

Victorian & National Key Dates – 2022

Sat 21 May 2022	VRWC Club events – Middle Park
Sun 12 Jun 2022	56th Annual Lake Burley Griffin Carnival & Racewalking Australia AGM – Canberra ACT
Sun 11 Sep 2022	AA & RWA Road walking c'ships; VRWC Centenary celebration – Middle Park

(NOTE: Full details of the VRWC 2022 Winter Road season fixture available at <http://www.vrwc.org.au/vrwcw22.shtml>)

International Dates

Jun 29 – Jul 10, 2022	23rd World Masters T&F Championships – Tampere, FIN
Jul 15 – 24, 2022	18th World Athletics Championships – Eugene OR, USA
Jul 22 – Aug 7, 2022	XXII Commonwealth Games – Birmingham, GBR
Aug 1- 6, 2022	19th World Athletics U20 T&F Championships – Cali, COLOMBIA
Aug 11 – 21, 2022	European Athletics Championships – Munich, GER
TBA, 2023	24th World Masters T&F Championships – Gothenburg, SWE
TBA, 2023	World University Summer Games – Chengdu, CHN (postponed from 2020 and 2022)
Aug 2023 (TBC)	19th World Athletics Championships – Budapest, HUN

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