



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2018/2019 Number 38
Tuesday 18 June 2019



VRWC Preferred Supplier of Shoes, clothes and sporting accessories.

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WALKER OF THE WEEK

My Walker of the Week this time around is 8 year old **Ela Uzun** who has bettered yet another club record (her third record in 3 weeks and her sixth since joining the club just under a year ago) with her 2km time of **11:24**. Here is how her record streak looks at the moment.

Ela Uzun	U9 Girls 2km Road Walk	13:35	VRWC Races, Middle Park	29/07/2018
Ela Uzun	U9 Girls 1500m Track Walk	9:18	VRWC Track Walks, Mentone	10/02/2019
Ela Uzun	U9 Girls 1.5km Road Walk	8:22	VRWC Races, Middle Park	04/05/2019
Ela Uzun	U9 Girls 1km Road Walk	5:16	VRWC Races, Middle Park	01/06/2017
Ela Uzun	U9 Girls 1km Road Walk	5:14	LBG Carnival, Canberra	09/06/2017
Ela Uzun	U9 Girls 2km Road Walk	11:24	VRWC Races, Middle Park	15/06/2017

Ela and her younger cousin **Havana Ali** are pocket rockets – bthe gun fires and off they go! Fantastic work Ela!



Ela in action at Middle Park on Saturday (photo Terry Swan)

WHAT'S COMING UP

- Next Sunday sees another of our major championship days, with AV, AV Schools, VMA and VRWC medals on offer. AV and AV Schools races must be pre-entered by the AV website via the Members Portal at <https://members.athsvic.org.au/SignIn?ReturnUrl=%2fprofile%2f>. I believe that if your school is not showing in the drop down list, you have to contact AV and get it added. It all sounds very clunky to me.

VMA and VRWC races can either be entered on the day or more preferably you can pre-enter via our online panel at <https://vrwc.org.au/wpl/race-entries-2>.

Sunday 23rd June 2019, Middle Park			
A.V., A.V. SCHOOLS, VMA & VRWC Championships			
VRWC & VMA Events: Entries close for all events at 30 minutes before the event.			
8.30am	20km	AV Championship	Open Men
8.30am	20km	VRWC Championship - Alf Robinson Trophy	Open Men
8.30am	20km	VMA Championships	Masters Men
8.30am	20km	AV Championship	Open Women
8.30am	20km	VMA Championships	Masters Women
8.30am	20km	Non- championship	Open
9.15am	10km	AV Schools Championship	Under 20 Men/Women
9.15am	10km	Non- championship	Open
9.30am	3km	AV Schools Championship	Under 16 Boys/Girls
9.30am	3km	AV Schools Championship	Under 14 Boys/Girls
9.50am	5km	AV Schools Championship	Under 18 Men/Women
9.50am	5km	Non- championship	Open
10.00am	2km	Non- championship	Open
10.15am	1.5km	VRWC Championship	Under 10 Boys/Girls
10.25am	2.5km	VRWC Championship	Under 12 Boys/Girls
11.00pm		Presentations	

- And a reminder of our upcoming VRWC Twilight Trivia

Victorian Race Walking Club



Saturday 13 July, after the VMA Masters and Interstate Challenge races
4.00 (heads down by 4.30) to 7.00pm

at the **Middle Park Bowling Club**

\$15 per head, \$40 per family of 3+ members. BYO snacks and nibbles.
Drinks available at the Bowling Club bar. Tea and coffee provided.

Make up tables of 6-10 for some after-race entertainment including:
*Quiz questions * Games * Music * Prizes * ~~Take no prisoners competitiveness~~ * Socialising
and Laughs!!*

**** Come and support our Club and our sport in this vital fundraiser.
Friends and quiz tragics welcome!**

**** Please pre-book by Saturday 6 July**, to assist us with our planning. Tickets can be pre-booked:

- at the check-in table on race days, or
- by contacting Stu Cooper at stuwalks@yahoo.com.au to confirm your attendance. (If you choose this method, you can pay at the Club or by direct transfer at any Commonwealth bank - BSB: 063-143 Acc: 008 00466 Reference: (Your surname)Trivia (Remember that bit so that we can identify you.)

***Last year's was good, so come along,
have some fun and help make this year's even better!***



- Finally, the **2019 Oceania Championships** (<https://athletics-oceania.com>) kick off next Tuesday 25th June and will then run for 4 days in Townsville, Queensland. The Open and U20 10,000m walks are on Tuesday and the U18 5000m walks are on Wednesday 26th June. I am looking forward to seeing our Aussie walkers in action.

10,000m Walk Open Men:	Dane Bird-Smith (QLD), Rhydian Cowley (VIC), Declan Tingay (WA)
10,000m Walk U20 Men:	Tristan Calmilleri (SA)
10,000m Walk Open Women:	Katie Hayward (QLD), Jemima Montag (VIC), Rachael Tallent (ACT)
10,000m Walk U20 Women:	Alice Randall (TAS), Anna Blackwell (TAS)
5000m Walk U18 Boys:	Gwyllym Young (ACT), Corey Dickson (VIC), William Robertson (TAS)
5000m Walk U18 Girls:	Caitlin Hannigan (QLD), Charlotte Hay (VIC), Olivia Sandery (SA)

Here's now Athletics Australia describes the 6 walkers who will contest the Open 10,000m Walks in a facebook post today

OCEANIA CHAMPIONSHIPS - 10,000 METRES WALK

The six Australian representatives in the 10,000m track walk at next week's Oceania Championships highlight a number of new emerging and talented race walkers in Australia. Our group is headed by our three already selected for the Doha World Championships **Dane Bird-Smith, Jemima Montag** and teenager **Katie Hayward**, along with Rio Olympian **Rachel Tallent**. Hayward has been outstanding in 2018/19, as the 18-year-old has broken a number of Australian under-20 records and clocked the third best 20km walk time in Australian history. The other two in the men's race is teenager **Declan Tingay** and **Rhydian Cowley**. Declan, was a brilliant fourth at the World U20 Championships and has also broken Australian junior records in the last year.

Maybe going under the radar has been the great progression of 28-year-old Rhydian Cowley in the last three months. After making eight appearances in the green and gold at the highest levels, including Olympics and world championships, this year Cowley has been in great form with two times of 1:20.19 and 1:21.02. His new PB, which elevated him to number 7 Australian all-time, has not only qualified him for the Doha World Championships, but also the Tokyo Olympics.

Rhydian credits a change in focus, a good period of training and a move to **Brent Vallance's** squad as key to his recent progression. "It's hard to pinpoint exactly what makes the most difference, but I think my last 12 months training having been some of the most consistent I've managed is probably a factor. I think my change in coaching environment at the end of last year has also made a difference, getting regular training sessions in with a good group of athletes including Jemima Montag, Quentin Rew (NZL) and Kyle Swan. And I've been focusing on having fun and enjoying my athletics a bit more in this last year, which I think also helps."

VRWC 'GUESS YOUR FINISH TIME' ROADWALKS, MIDDLE PARK, SATURDAY 15 JUNE

Our annual 'Guess Your Finish Time' races on Saturday afternoon saw a very healthy 51 walkers in attendance, with the weather perfect - still, sunny and cool. Walkers had to nominate their finish time, then race without the benefit of watches or lapsplits. Prizes were on offer for the closest guesses in each division. So results are given in that order, rather than in the usual fastest times format.

It was great to see international walkers **Kyle Swan, Jemima Montag** and **Quentin Rew** joining us and doing some hard reps as part of the 8km race. Talk about inspiration. Well done to those who were spot on with their guesses – **Glennis McPherson, Hamish Blackwood, Emily Smith, Liam Hutchins, Dee Holohan, Heath Beveridge, Amelia Davison, Pramesh Prasad, Darcey Roberts, Sarah Holmes** and **Eden Morgan** were all within 5 secs of their guesstimates. And a special mention for 8 year old **Ela Uzun** who broke our U9 2km club record by a whopping 2 minutes and 11 secs, doing 11:24.

8km 'Guess Your Time' Walk		Actual	Guess	Diff
1.	Carr, Heather	50:19	53:00	-2.41
2.	Montag, Jemima	38:22	35:30	+2.52
3.	Elms, Donna-Marie	53:16	50:00	+3.16

1.	Swan, Kyle	36:50	36:00	+0.50
2.	Rew, Quentin	34:42	36:00	-1.18
3.	Hess, Albin	55:48	54:00	+1.48
4.	Nelson, Scott	44:51	47:30	-2.41
5.	Gardiner, Bob	59:49	63:00	-3.13
	Bennett, Ralph	DNF		

6km 'Guess Your Time' Walk		Actual	Guess	Diff
1.	Nelson, Arnika	34:19	34:00	+0.19
2.	Grace, Marnie	40:15	41:00	-0.45
1.	Prasad, Pramesh	29:51	29:55	-0.04
2.	Dickson, Corey	27:51	28:00	-0.09
3.	Smyth, David	34:37	33:50	+0.47
	Donahoo, Mark	DNF		

4km 'Guess Your Time' Walk		Actual	Guess	Diff
1.	Steed, Gwen	28:04	28:15	+0.11

2.	Louey, Grace	24:03	23:50	+0.13
3.	Thompson, Marilyn	28:16	28:00	+0.16
4.	O'Mahony, Kathleen	23:52	23:27	+0.25
5.	Geisler, Sandra	22:18	21:45	+0.33
6.	Heikkila-Dubowik, Kaylah	24:23	23:45	+0.38
7.	Briet, Brianna	24:12	23:30	+0.42
8.	Hay, Charlotte	21:14	20:15	+0.59
9.	Dingli, Alannah	28:20	27:15	+1.05
10.	Tatlock, Riannah	26:17	23:40	+2.37

1.	Beveridge, Heath	20:03	20:00	+0.03
2.	Barrow, Geoff	28:38	28:53	-0.15
3.	Blackwood, Mark	18:29	18:50	-0.21
4.	Hay, Angus	23:23	22:30	+0.53
5.	Epps, Luke	23:18	21:50	+1.28

2km 'Guess Your Time' Walk

		Actual	Guess	Diff	
1.	McPherson, Glennis	13:55	13:55	+0.00	
2.	Smith, Emily	10:59	11:00	-0.01	
3.	Holohan, Dee	12:35	12:37	+0.02	
4.	Roberts, Darcey	10:30	10:26	+0.04	
5.	Holmes, Sarah	11:20	11:15	+0.05	
6.	Heikkila-Dubowik, Tahlia	13:18	13:10	+0.08	
7.	Morgan, Mietta	11:43	11:56	-0.13	
8.	Pashutina, Ariana	11:42	11:55	-0.13	
9.	Uzun, Ela	11:24	11:45	-0.21	VRWC U9 Club Record
10.	Ali, Havana	13:04	13:33	-0.29	
11.	Nash, Maddison	12:29	11:48	+0.41	

1.	Hutchins, Liam	10:30	10:28	+0.02
2.	Morgan, Eden *	11:35	11:40	-0.05
3.	Nash, Ethan	12:26	12:19	+0.07
4.	Weickhardt, Sebastian	11:04	11:20	-0.16
5.	Haverley, Steve	18:34	17:43	+0.51
6.	Smith, Aiden	15:20	13:30	+1.50

1km 'Guess Your Time' Walk

		Actual	Guess	Diff	
1.	Davison, Amelia	05:33	05:30	+0.03	
2.	Mews, Pam	10:30	11:14	-0.44	

1.	Blackwood, Hamish	05:15	05:15	+0.00
2.	Tatlock, Heath	08:19	08:05	+0.14



Hamish Blackwood, Dee Holohan, Pramesh Prasad and Heath Beveridge (photos Terry Swan)



Darcey Roberts, Liam Hutchins, Sarah Holmes, Emily Smith, Marnie Grace and Glennis McPerson (photos Terry Swan)

Thanks as always to all our officials, judges and helpers. Apologies if I have missed anyone

- Officials:** Bill Carr, Ralph Bennett, Mark Donahoo, Tim Erickson, Darlene Swan, Terry Swan, Donna Dickson, Karyn O'Neill
Judges: Peter Vysma (chief), Gordon Loughnan, Stuart Cooper, Shane Dickson, Terry O'Neill, Charlotte Holmes
 Mark O'Mahony
Canteen: Kate Suich, Wendy Cooper
Photos: Terry Swan (see <http://www.vrwc.org.au/piwigo/index.php?category/537>)

Our Winter Season Points competitions (Style Award, Handicap and Actual Times) continued on Saturday. The Style Award points were awarded by the judges as follows

Style Award Points Women

Jemima Montag	9
Grace Louey	8
Heather Carr	7
Charlotte Hay	7
Kathleen O'Mohony	3
Alannah Dingli	3
Sarah Holmes	3
Arnika Nelson	2
Kaylah Heikkila-Dubowik	1
Brianna Briet	1

Style Award Points Men

Kyle Swan	12
corey Dickson	8
Heath Beveridge	7
Scott Nelson	4
David Smyth	3
Steve Haverley	2
Liam Hutchins	1
Luke Epps	1

Check out the progressive points on all 3 competitions at <http://www.vrwc.org.au/vrwcpointcomps.shtml>.

ACTRWC ROADWALKS, LAKE TUGGERANONG, CANBERRA, SATURDAY 15 JUNE

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

7km Walk

1.	Mitchell Baker	35:09
2.	Tim Fraser	35:28
3.	Callum Burns	39:21
4.	Kate Black	47:00
5.	Miriam McCarthy	57:32
6.	Robin Whyte	47:49
7.	Bryan Thomas	57:24
8.	Val Chesterton	1:04:09
9.	Phil Essam	1:04:09

2km Walk

1.	Kodi Clarkson	10:27
2.	Owen Toyne	10:54
3.	Georgia Frew	13:03
4.	Jack Thackray	17:33
5.	Jaki Fraser	21:11
6.	Ella Baker	DNF

SARWC ROADWALKS, ADELAIDE PARKLANDS, ADELAIDE, SATURDAY 15 JUNE

Thanks to Kim Mottrom for this week's results from Adelaide. SARWC also had their annual "guess your time" competition last weekend! No watches, no clocks, just closest guess wins. Well done to **Kim Mottrom** on fastest time (22:19) and best guess (1 second out).

5km		Guess	Actual	Difference
1.	Kim Mottrom	22:18	22:19	0:01
2.	Olivia Sandery	26:00	25:04	0:56
3.	Tristan Camilleri	24:00	22:59	1:01
4.	Alix Harlington	26:00	24:56	1:04
	Mathew Bruniges		DNF	
	Daisy Braithwaite		DNF	

3km		Guess	Actual	Difference
1.	Katie DeRuvo	17:55	17:58	0:03
2.	Danielle Walsh	17:45	17:23	0:22
3.	Elli Pusonjic	18:04	17:38	0:26
4.	Sebastian Richards	16:50	17:40	0:50

2km		Guess	Actual	Difference
1.	Jake Vidler	12:00	11:14	0:46
2.	Matilda Rech	15:30	17:26	1:56
3.	Cooper Rech	10:40	13:26	2:46

1km		Guess	Actual	Difference
1.	Alexander Richards	8:05	7:38	0:27

SAMA ROADWALKS, PEACOCK ROAD, ADELAIDE, SATURDAY 15 JUNE

Thanks to Colin Hainsworth for this week's results from the South Australian Masters in Adelaide. Colin comments: Cool, calm arvo. M74 **George White** was the top performer as usual (83.9%).

15km SAMA Roadwalk Championship				
1.	MARIE MAXTED	1:46:41	W59	74.03%
1.	GEORGE WHITE	1:38:33	M74	83.90%
1.	GIL MCINTOSH	1:45:45	M68	72.29%
1.	GREGORY METHA	1:37:31	M54	68.14%

15km Club Walk				
1.	RAELENE SCHILD	2:03:06	W54	60.45%
2.	GRAHAM HARRISON	2:06:05	M75	66.53%
3.	BRIAN WITTY	1:55:12	M68	66.36%

10km Club Walk				
1.	RODGER BARBER	1:19:11	M81	76.22%
2.	MARGARET MCINTOSH	1:25:48	W66	65.42%
3.	DAVID ROBERTSON	1:28:31	M85	73.18%

4km Walk				
	GERALDINE SMITH	0:28:45		
1.	HELEN SURIDGE	0:32:02	W68	67.33%

4km Club Walk				
1.	JAN LAYNG	0:31:23	W70	70.69%
2.	EDNA BATES	0:37:02	W66	56.70%
3.	DOUG SMART	0:37:04	M75	57.25%
4.	JEFFREY KENNETT	0:42:11	M68	46.04%

TASMANIAN ROADWALK CHAMPIONSHIPS, TUNBRIDGE, HOBART, SATURDAY 15 JUNE

Thanks to Dave Moore for the results of the Athletics Tasmania Road Walk Championships (Long Course) which were held at Tunbridge last Saturday. He reports:

We are used to confronting a bone chilling crosswind at our State Championship course at Tunbridge but today we were again blessed with pleasant sunny weather.

First up were our 10km walkers. **Will Robertson** was first home in fine style and a PB. Will was followed in by **Alice Randall** in a very controlled performance. The most meritorious 10kers were from our Over 40's Walkers. **Steve Ahern** put a difficult track season behind him and held everything together to retain his Over 40 State Title, while **Ron Foster** is nearly back to his best putting in a solid age graded performance after recovering from a health scare last year.

The most promising efforts of the day came from the ranks of our younger walkers. **Chloe Ahern's** effort in the 5km was outstanding, crossing the finish line with a very big PB. Next across the line was **Demi Petterwood** who showed great perseverance to compete her first 5km. Not to be outdone in the PB stakes by her big sister, **Sophie Ahern** also achieved a PB in the 3km, but had to battle hard to put a comfortable distance between herself and a determined **Macie Petterwood**.

U20 10km Women

1. Alice Randall OVA 54.21

Over 40 10km Men

1. Steve Ahern OVA 61.44
2. Ron Foster TMA 75.50

U16 5km Men

Will Bottle NH DNF
Anna Blackwell OVA DNF

U18 10km Men

1. William Robertson OVA 50.47 PB

U12 2km Women

1. Sophie Ahern OVA 13.01
2. Macie Petterwood NH 13.46

U14 3km Women

1. Chloe Ahern OVA 16.44
2. Sophie Ahern OVA 20.23 PB
3. Macie Petterwood NH 21.34

U16 5km Women

1. Chloe Ahern OVA 27.58 PB
2. Demi Petterwood NH 36.06



Will Robertson, Steve Ahern and Alice Randall in action in Tasmania last weekend (photos Wayne Fletcher)

NSWRWC ROADWALKS SUNDERLAND OPEN, OATLEY, NSW, SATURDAY 15 JUNE

32 walkers were in action in Oatley on Saturday for the NSWRWC's Sunderland Open Carnival.

Long Division 8km

1. Travis Barendregt 45.30
2. Bridget Bell 47.11
3. Antoinette Woodward 54.17

Medium Division 6km

1. Kyle Bedford 28.24
2. Hannah Parker 37.53
3. Anne Weekes 39.27

U12 Division 1.5km

1. Rudi Blackley 8.02

Short Division 3km

1. Emma Thomas 16.29
2. Chloe Krklinski 16.57
3. Brendan Pospischil 17.24
4. Ellie DeCelis 18.02
5. Carmel Parker 20.08
6. Annette Tillman 26.30

U16 Division 2km

1. Samantha Torrens 10.22
2. Chloe Lamb 10.30
3. Alex Muir 11.10

2.	Thomas Varga-Strike	8.04	4.	Thomas Muir	11.12
3.	Christopher Nilon	8.20	5.	Chelsey Torrens	11.25
4.	Matilda Webb	8.22	6.	Isabelle Nilon	11.34
5.	Zoe Murphy	9.33	7.	Aidan Pospischil	11.47
6.	Lucy Andrade	18.13	8.	Kailey Webber	12.07
			9.	Zsofia Varga-Strike	12.28
			10.	Amelia Crocker	14.06

U10 Division 1km

1.	Alannah Webber	7.18
2.	Danny Andrade	8.05
3.	Lexi Murphy	8.06
4.	Jemima Webber	10.06

QRWC ROADWALKS, KALINGA PARK, BRISBANE, SUNDAY 16 JUNE

Thanks to Robyn Wales for this week's results from Queensland. Best effort was probably 11 year old **Lyla Williams** (3km 15:49).

A Grade 10km

1.	Argenis Guevara	M	55.13
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B Grade 5km

1.	Patrick Sela	M	40.42
2.	Summer Millard	F	30.03
3.	Charlotte Hamann	F	31.11
4.	Jasmine McRoberts	F	33.35
5.	Noela McKinven	F	41.15

D Grade 2km

1.	Korbyn Bricknell-Hewitt	M	15.03
2.	Makenna Clarke	F	12.34
3.	Caterina Davey	F	13.14
4.	Siaan Fisher	F	13.21
5.	Zoe Davey	F	13.51
6.	Jennifer Stuckey	F	14.49

C Grade 3km

1.	Sam McCure	M	16.34
2.	Jack Bannister	M	20.37
3.	Lyla Williams	F	15.49
4.	Anika Clarke	F	17.18
5.	Amelia Schofield	F	18.31
6.	Amber Norton	F	18.32
7.	Torryn Fisher	F	19.35
8.	Scarlett Schofield	F	19.43
9.	Lily Goulding	F	19.54
10.	Bella Schofield	F	20.33

F Grade 1km

1.	Lucie Goulding	F	7.12
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WARWC ROUNDUP

Thank to Mike Reid for the last 3 weeks of results from WARWC in Perth, Western Australia. Great to see **Declan Tingay** back and racing fast (44:32 for 10km).

WARWC Roadwalks, Wilson, Sunday 19 June

8km Walk

1.	Ben Reid	43.01
2.	Brad Mann	44.22

4km Walk

1.	John Ronan	22.11
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2km Walk

1.	Xavier Bernard	11.02
2.	Ashlyn Spence	11.32
3.	Riley Wood	12.16

WARWC Roadwalks, Shelley, Sunday 2 June

10km Walk

1.	Ben Reid	58.56
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4km Walk

1.	Wendy Farrow	26.41
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2km Walk

1.	John Ronan	10.14
2.	Lataya Lawrence	10.37
3.	Casey Mortimore	10.44

WARWC Roadwalks, Shelley, Sunday 16 June

20km Walk

Andrew Duncan	DNF
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10km Walk

1.	Declan Tingay	44.42
2.	Ben Reid	54.31
3.	Karyn Tolardo	63.54

3km Walk

1.	John Ronan	17.03
2.	Ashlyn Spence	17.11
3.	Glenys Duncan	28.41

1.5km Walk

1.	Xavier Bernard	7.43
2.	Lataya Lawrence	7.43
3.	Katee Bogaers	7.56
4.	Riley Wood	8.21
5.	Luke Lawrence	9.26
6.	Layla Dabala	9.29
7.	Asha Freeman	9.47
8.	Linkin Lawrence	10.01
9.	Gracie Dabala	10.03
10.	Emily Bogaers	10.25

4.	Riley Wood	10.49	11.	Jasmine Williams	11.39
5.	Xavier Bernard	11.06			
6.	Brooke Mortimore	11.10			
7.	Ashlyn Spence	11.19			
8.	Katee Bogaers	11.42			
9.	Luke Lawrence	13.33			
10.	Layla Dabala	13.33			
11.	Gracie Dabala	14.52			
14.	Leslie Romeo	17.01			
12.	Emily Bogaers	16.17			
13.	Linkin Lawrence	16.19			

LBG CARNIVAL, STROMLO FOREST PARK, CANBERRA, SUNDAY 9 JUNE

To round off my report from last week's LBG Carnival in Canberra, pics of the 6 winning RWV teams. Well done everyone!



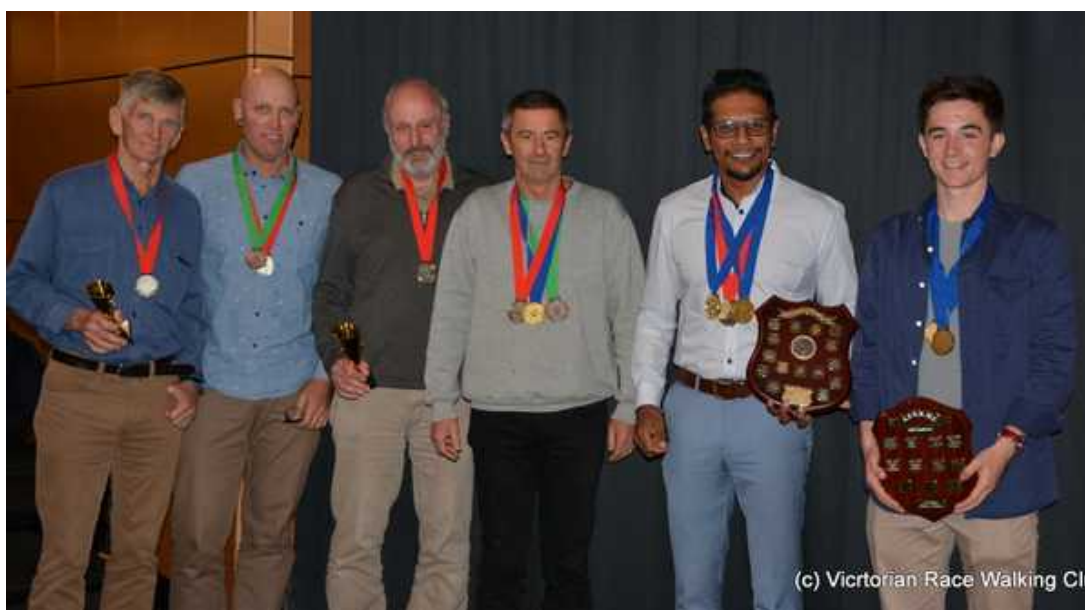
U10 Girls Havana, Ali Ela Uzun and Mietta Morgan and U14 Boys Liam Hutchins, Marcus Wakim and Luke Epps



U20 Women Charlotte Hay, Kathleen O'Mahony and Jemma Peart and U18 Men Angus Hay, Heath Beveridge and Corey Dickson



U16 Boys Marcus Wakim, Scott Peart, Heath Beveridge, Luke Epps, Angus Hay and Liam Hutchins



Open and Masters 15km - Andrew Jamieson, Scott Nelson, Lachlan Wilkinson, Kevin Cassidy, Pramesh Prasad and Kyle Swan (Albin Hess missing). All photos by Terry Swan

23RD MARCEL JOBIN HALF MARATHON, SAINT BONIFACE, CANADA, SATURDAY 15 JUNE

Emmanuel Tardi was far from his home base in Paris last weekend, travelling to the small Canadian city of Saint Boniface, 150km east of Montreal, for the Marcel Jobin Half Marathon. This annual event is organised by local walker and twice Olympian (1974 and 1984) Marcel Jobin. For this 23rd staging, a 5km roadwalk had been added. The walk started at 11am and was held over a 1km course in in rainy and cloudy conditions. Easy victories to **Jocelyn Ruest** and **Anne Saint Amand**.

5km Walk

1.	Ruest Jocelyn	Male	35-39	24:03
2.	Coté Alexis	Male	U18	25:45
3.	St-Amand Anne	Female	U18	25:47
4.	Jean Élisa	Female	U20	26:33
5.	Béchar Yvan	Male	50-59	27:26
6.	Houde Juliette	Female	U18	27:31
7.	Laflamme Denis	Male	65-69	27:33
8.	Martin Archambault	Male	50-59	27:42
9.	Henry Alexandre	Male	35-39	28:14
10.	Duchemin Josée	Female	40-44	29:24

11.	Dufour Carolane	Female	U18	29:42
12.	Labrie Mélissa	Female	Senior	30:15
13.	Falcon Line	Female	50-59	30:29
14.	Bourgie Marie-Anne	Female	U18	30:44
15.	Bégin Nicole	Female	60-64	31:19
16.	Gauthier Adèle	Female	U18	32:25
17.	Simard Sara-Jane	Female	U18	32:25
18.	Jobin Marcel	Male	75-79	32:50
19.	Lachance Monique	Female	50-59	33:11
20.	Dugas Jean-François	Male	50-59	33:12
21.	Bouillon Marlène	Female	50-59	33:50
22.	Marchand Robert	Male	65-69	34:39
23.	Robichaud Roland	Male	75-79	35:12
24.	Tardi Emmanuel	Male	50-59	39:23



Walk winners Anne Saint Amand and Jocelyn Ruest (photos Emmanuel Tardi)

SWEDISH WALK CHAMPIONSHIPS, VÄXJÖ, SWEDEN, 15-16 JUNE

<http://www.gang.se> is always the place to go for Scandinavian results. Last weekend saw the city of Växjö play host to the Swedish walkers, with track championships on Saturday and road championships on Sunday. As expected, both races provided clear wins for **Perseus Karlström** and **Monica Svensson**.

First to Saturday for the track championship, held in sunny conditions. Perseus won 10,000m walk 42.43.0, his ninth straight competition win at the distance, while Monica won 5000m walk with 25.20.0.

10,000m Walk Men

1.	Perseus Karlström	Eskilstuna Friidrott	1990	42.43,0
2.	Anders Hansson	SK Svängen	1992	48.29,0
3.	Christer Svensson	Växjö AIS	1969	51.25,0
4.	Fredrik Svensson	Växjö AIS	1973	52.41,0
5.	Birger Fält	Mälarhöjdens IK	1968	57.22,0
6.	Bengt Bengtsson	GK Steget	1961	58.26,0
7.	Ulf-Peter Sjöholm	Växjö AIS	1965	1.01.29,0
	Anders Wahlström	Södra Ölands Gång & M	1966	DNF

5000m Walk Women

1.	Monica Svensson	Växjö AIS	1978	25.20,0
2.	Helena Sandmer	SK Svängen	1992	29.14,0
3.	Ellinor Hogrell	Mälarhöjdens IK	1968	29.41,0
4.	Julia Ibrahim	GK Steget	1996	30.50,0
5.	Kerstin B Malm	Mälarhöjdens IK	1952	33.39,0



Helena Sandmer Monica Svensson, Ellinor Hogrell, Anders Hanssen Perseus Karlstrom Christer Svensson (photo Anton Vallgren)

The same two won the roadwalks on Sunday., where Perseus won with 1:32:55 and Monica with 51:51. For bronze medallist, **Christer Svensson**, it was the 30th year in a row that he has completed in the 20 km / 20,000 m at the Swedish Championships (every year since Västerås in 1990)!

20km Walk Men

1.	Perseus Karlström	Eskilstuna Friidrott	1990	1.32.55
2.	Anders Hansson	SK Svängen	1992	1.42.05
3.	Christer Svensson	Växjö AIS	1969	1.45.34
4.	Fredrik Svensson	Växjö AIS	1973	1.49.28
5.	Ulf-Peter Sjöholm	Växjö AIS	1965	2.08.41

10km Walk Women

1.	Monica Svensson	Växjö AIS	1978	51.51
2.	Siw Karlström	Eskilstuna Friidrott	1957	57.44
3.	Helena Sandmer	SK Svängen	1992	1.00.29
4.	Ellinor Hogrell	Mälarhöjdens IK	1968	1.03.53
5.	Julia Ibrahim	GK Steget	1996	1.04.15
6.	Kerstin B Malm	Mälarhöjdens IK	1952	1.09.54

DUTCH ROADWALK CHAMPIONSHIPS, TILBURG, NETHERLANDS, SUNDAY 16 JUNE

Rick Liesting won the men's 20km at the Danish Roadwalk championships in 1:31:23.

20km Walk

1.	Rick Liesting	77	Daventria NED	1:31:23
2.	Paul Jansen	73	DAK NED	1:38:16
3.	Remco de Bruin	64	SV de LAT NED	1:44:32
4.	Wilfried van Bremen	87	RWV NED	1:52:37
5.	Anne van Andel	90	DAK NED	1:53:19
6.	André van Slooten	78	RWV NED	1:53:45
7.	Henk Plasman	57	Generaal Michaëlis NED	1:56:35
8.	Boetje Huliselan	55	OLAT NED	2:12:57
9.	Jan Nieuwenhuysen	64	DAK NED	2:14:01
10.	Hans van Wakeren	49	Unitas NED	2:21:34
11.	Benjamin Fritsch	80	LG Olympia Dortmund. GER	2:24:23
12.	Ad Martens	48	DJA NED	2:28:12
	Han Holtslag	57	DAK NED	DNF

10km Walk

1.	Timo Schusters	00	All. Aachen GER	57:38
2.	Katrin Schusters	97	All. Aachen GER	59:01
3.	Theo Koenis	51	SV de LAT NED	1:04:07
4.	Ronald Cuijlits	65	WS'78 NED	1:04:19
5.	Michiel Tamerius	76	RWV NED	1:06:21

6.	Fred Röhner	50	Unitas NED	1:09:52
7.	Rodger van de Merwe	81	Unitas NED	1:09:54
8.	Larissa Droogendijk	72	RWV NED	1:16:17

5km Walk

1.	Liesbet De Smet	82	Duffel BEL	29:34
2.	Ronnie Timmermans	82	RWV NED	29:47
3.	Yvonne Grootswagers	78	DAK/HvB NED	34:32
4.	Petra Schusters	62	All. Aachen GER	36:25

3km Walk

1.	Bart Grootswagers	06	DAK/HvB NED	23:05
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1km Walk

1.	Marit van Bremen	13	RWV NED	09:18
2.	Mick van Bremen	16	RWV NED	13:27



Rick Liesting in action in Tilburg on Sunday (photo facebook - Rick Liesting)

OUT AND ABOUT

- The IAAF Doping Review Board has agreed that the applications of 14 Russian athletes have met the exceptional eligibility criteria to compete in international competition as neutral athletes in 2019 while the Russian national federation (RusAF) remains suspended. Always disappointing to see any Russian athletes competing internationally, given the current situation. See http://aroundtherings.com/site/A_77090/Title_IAAF-approves-the-application-of-14-Russians-to-compete-internationally-as-neutral-athletes/292/Articles.
- One step forward, two steps back. Thirty-three Russian athletes from a range of sports face doping cases for using banned treatments from a doctor, the Russian anti-doping agency said Monday. All of the athletes in the new Russian case are from a sports academy in Chuvashia in central Russia, a region known for its track and field squads. See <https://www.news.com.au/sport/breaking-news/russians-facing-new-doping-allegations-with-33-identified-for-using-banned-treatments/news-story/a253a2d593414b85103d978a2daaf3a6>.
- A senior Russian athletics official is facing a ban for a suspected anti-doping violation, the country's suspended athletics federation said last Wednesday. The Federation said first vice president Andrei Silnov, gold medallist in the high jump at the 2008 Beijing Olympics, had been suspended and would face a hearing on Friday for a "possible violation of anti-doping rules." Why am I not surprised! See <https://www.sbs.com.au/news/senior-russian-athletics-official-faces-doping-ban-says-federation>.

MARCIADALMONDO ROUNDUP

marciadalmondo has 5 press releases for us this week. Some interesting reading, including the results of the Italian Club Championships with a super fast time for the men's winner Francesco Fortunato.

- Sat 15 Jun -Firenze (ITA): Clubs Championship victories of Trapletti and Fortunato
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3509
- Fri 14 June - Preview of the final of the Italian Club Championships
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3508
- Thu 13 Jun - Massimo Stano interviewed by Marcia dal Mondo
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3507
- Wed 12 Jun - La Fidal recognizes Massimo Stano's time in La Coruna as Italian record
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3506
- Tue 11 Jun - Yohann Diniz and Eleonora Giorgi athletes of the month of 2019
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3505

omarchador also has some results that are additional to my newsletter, in particular the following

- Mon 17 Jun- Results of Portuguese Club Championships qualifications
<http://omarchador.blogspot.com/2019/06/marchadores-do-ca-seia-e-sl-benfica.html>
- Sun 16 June - Merchan and Andia win South American U20 Walk Championships in Cali
<http://omarchador.blogspot.com/2019/06/merchan-e-andia-vencem-sul-americanos.html>
- Sun 16 June - Results of the USATF 1 Hour Walk Championship in Waukesha, WI
<http://omarchador.blogspot.com/2019/06/campeonato-da-1-hora-marcha-dos-eu.html>
- Sat 15 Jun - Results of the MEXican U20 and U18 Walk Championships
<http://omarchador.blogspot.com/2019/06/campeonatos-do-mexico-de-sub-18-e-sub.html>
- Fri 14 June - Results of Italian U23 Walk Championships in Rieti
<http://omarchador.blogspot.com/2019/06/campeonatos-de-italia-sub-23-pista.html>
- Fri 14 June - Results of Italian U20 Walk Championships in Rieti
<http://omarchador.blogspot.com/2019/06/campeonatos-de-italia-sub-20-pista.html>

DATES...DATES...DATES

As usual, I finish with a list of upcoming events on the local, national and international fronts. Let me know of any errors/omissions.

Australian/Victorian Key Dates – 2019/2020

June 25-28, 2019	2019 Oceania Championships, Townsville (Open and U20 10km, U18 5km) - https://athletics-oceania.com/
Aug 11 (Sun), 2019	AMA 20km National Championships, Adelaide, SA See http://www.australianmastersathletics.org.au/events/event/ama-20k-roadwalk-championships-2019/
Sept 8 (Sun), 2019	Australian Roadwalk Championships, Adelaide, SA
Apr 10-13, 2020	Australian Masters T&F Championships, Brisbane, QLD. See http://www.brisbane2020nationals.com.au/

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

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

International Dates – 2019 and onwards

Jun 22 (Sat), 2019	Polish 20km Championships, Mielec, POL (20km M/W)
June 30 (Sun), 2019	USATF 40km Champs (includes 50km option), Owego, NY, USA
Jul 3-14, 2019	30th Summer Universiade , Naples Italy
Jul 13 (Sat)	USATF San Diego Imperial 20,000m and 50,000m track walks, San Diego, USA
Jul 20-21, 2019	China National Race Walking Champions Meet, Changbaishan, CHN (20 and 50km M/W)
Jul 26-Aug 11, 2019	Pan American Games, Lima, PER (50km and 20km)
Aug 30-Sep 7, 2019	20th Oceania Masters T&F Championships , Mackay, Queensland, AUS
Sep 6-7, 2019	China National Race Walking Champs, Leshan, CHN (20 and 50km M/W)
Sept 28 – Oct 6, 2019	17th IAAF World Championships in Athletics , Doha, Qatar
Oct 20-22, 2019	Around Taihu International Race Walking 2019, Suzhou, China

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

July 20 – Aug 1, 2020 **23rd World Masters T&F Championships**, Toronto, Canada
Mar 2021 **9th World Masters Indoor T&F Championships**, Edmonton, Canada
Aug 6-15, 2021 (TBC) **18th IAAF World Championships in Athletics**, Eugene, USA
July 18-30, 2022 **XXII Commonwealth Games**, Birmingham, GBR.
Aug 7-17, 2022 **24th World Masters T&F Championships**, Gothenburg Sweden
Aug 2021 (TBC) **19th IAAF World Championships in Athletics**, Budapest, Hungary

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