



## HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club  
2018/2019 Number 34  
Tuesday 21 May 2019



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

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### WALKER OF THE WEEK

My walker of the week is **Sarah Holmes**, who has just joined the club and who is embarking on her first winter roadwalking season. Sarah, who recently turned 10, powered through the VRWC 1km roadwalk on Saturday with a winning time of **5:01**. She might be new to the club but already has some great credentials. She won the LAVIC U9 7000m walk championship in 2018 and won the LAVIC U10 1100m walk championship earlier this year. I watched her on Saturday and can report that she walked superbly, with both strength and speed. And she even got a point in the Style Award competition! Well done Sarah!



*Sarah (right) with her sister Molly (left) in action in our club walks last Saturday (photo Terry Swan)*

### WHAT'S COMING UP

- Next Sunday sees one of our biggest winter season carnivals, with the Victorian Open 10km Roadwalk Championships, the Victorian Country Championships, VRWC club championships and Racewalking Victoria U10 and U12 Championships for our younger walkers. That means medals galore! Note all the differing entry criteria:
  - You must pre-enter AV and AV Country events online via the AV Members Portal, and you must be a current AV member to compete in one of their championships. AV entries close on Thursday.
  - You may enter the VRWC and RWV Championships on the day or earlier via our VRWC online portal at <http://vrwc.org.au/wpl>.
  - VRWC Championships are open to all current VRWC members.
  - Racewalking Victoria Championships are open to all Victorian walkers.
  - Entries for the non-championship 10km and 5km walks close at 9.30am on the day.
  - Entries for the non-championship 2km event close at 10.45am on the day.

See the next page for the carnival timetable.

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

#### TALKING VRWC – SOME NOTICES

Did you know that VRWC has a number of policies which are all published on web page [http://www.vrwc.org.au/vrwc\\_policies.shtml](http://www.vrwc.org.au/vrwc_policies.shtml).

- VRWC Sunsafe Policy
- VRWC Public Health And Safety Policy
- VRWC Public Photography Policy

The Photography Policy reads in part

- The VRWC Committee appoints an official photographer or videographer for all official/scheduled events. These photographs/video will be published in our Social Media pages online Photo Galleries and our weekly newsletter.
- Our policy is to select photos that show walkers in the best possible light. We all know that everyone occasionally loses form and has lapses in technique – we focus on photos that show walkers walking well.
- We allow parents to take photos or videos of their own children and we allow coaches to do the same with regard to their own athletes. But we actively discourage parents or coaches from taking photos or videos of other walkers, especially those competing against their children or squad members, unless prior permission has been given.
- Finally, we react very quickly to any unknown persons attending our races and taking photos or videos of our walkers. We all know enough about the world to know that there are unsavory people out there and we want to give our walkers a safe environment in which they can enjoy their walking.

Also, the VRWC Committee met on Saturday after the races and have asked me to post the following informational items in the newsletter

- Athletes are NOT allowed to enter events other than shown in the current fixture. For example a walker cannot race a 2km event as part of a 10km event. The athlete will be recorded as a DID NOT FINISH (DNF) and no points will be awarded. Athletes can only race their events at the published times, unless prior approval is granted by the VRWC Committee.
- Parents and athletes are reminded to be courteous and respectful of other park users and competing athletes. We ask that athletes keep to a racing line, as far left of the track as practical and be mindful of others when changing direction and at corners. We will be reminding athletes at the start line of each race.

- It takes a small group of people to set up, administer and run and then pull down each week. If members could spare 15 or 30 minutes of their time at the start, during, or at the end, it will ensure we all get away quickly and the day will be shorter for us all.

We also need help in the canteen and in the recording tent (lap scoring). We need people at Check-in as well. Yes, we have all grumbled about waiting in the queue!

There are lots of jobs that can be done, and some only take 5 minutes so please, if you can spare some time, see a committee member. Many hands make light work, and we can all leave early.

### LBG CARNIVAL INFORMATION

**Entries for next month's Lake Burley Griffin Carnival in Canberra close at 5PM tomorrow (Wednesday), with no late entries allowed.** This meet is on Sunday 9<sup>th</sup> June (this is the Queen's Birthday long weekend). Entries are now done online at <https://www.trybooking.com/book/event?eid=477790>.

Our aim is to send a large RWV group with many teams as possible. I have extracted a list of the current RWV entries as of today (Tuesday). It reads as follows – contact me straight away if you see any errors here.

- |                              |  |
|------------------------------|--|
| 4. Women Open & Masters 15km | (2) <b>Sandra Howorth (M), Claire Samanna</b>  |
| 5. Men Open & Masters 15km   | (8) <b>Kevin Cassidy (M), Corey Dickson, Albin Hess (M), Andrew Jamieson (M), Scott Nelson (M), Pramesh Prasad (M), Kyle Swan, Lachlan Wilkinson (M)</b> |
| 7. Fitness 8km               | (1) <b>Eden Morgan</b>   |
| 8. Men Under 20 10km         | (2) <b>Heath Beveridge, Corey Dickson</b>  |
| 11. Women Under 20 10km      | (3) <b>Jemma Peart, Charlotte Hay, Kathleen O'Mahony</b>   |
| 13. Girls Under 10 1km       | (3) <b>Havana Ali, Mietta Morgan, Ela Uzun</b>   |
| 14. Boys Under 12 2km        | (3) <b>Hamish Blackwood, Liam Hutchins, Ethan Nash</b>   |
| 15. Girls Under 12 2km       | (3) <b>Zahlia Heikkila-Dubowik, Mietta Morgan, Darcey Roberts</b>  |
| 16. Boys Under 14 2km        | (6) <b>Hamish Blackwood, Luke Epps, Liam Hutchins, Ethan Nash, Scott Peart, Marcus Wakim</b>   |
| 17. Girls Under 14 2km       | (3) <b>Maddison Nash, Darcey Roberts, Emily Smith</b>  |
| 18. Boys Under 16 3km        | (7) <b>Heath Beveridge, Hamish Blackwood, Luke Epps, Angus Hay, Liam Hutchins, Scott Peart, Marcus Wakim</b>   |
| 19. Girls Under 16 3km       | (5) <b>Charlotte Hay, Kaylah Heikkila-Dubowik, Alanna Peart, Darcey Roberts, Emily Smith</b>   |
| 20. Boys Under 18 5km        | (5) <b>Heath Beveridge, Corey Dickson, Luke Epps, Angus Hay, Marcus Wakim</b>  |
| 21. Girls Under 18 5km       | (5) <b>Charlotte Hay, Jemma Peart, Darcey Roberts, Emily Smith, Kaylah Heikkila-Dubowik</b>  |
| 22. Women 5km                | (4) <b>Kaylah Heikkila-Dubowik, Kathleen O'Mahony, Alanna Peart, Charlotte Hay</b>   |

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

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

I'll be there in charge of our RWV team. It's always a great meet.

### VRWC ROADWALKS, MIDDLE PARK, SATURDAY 18 MAY

Conditions were perfect (cool, sunny and windless) for the latest round of VRWC roadwalks at Middle Park on Saturday afternoon, and there were PBs galore amongst our 52 walkers, especially in the younger age groups.

Our 8km 6km and 4km walkers headed off first, with **Kyle Swan** and **Mark Blackwood** leading the way. Mark stopped after completing his 4km in 27:51, while Kyle powered home to win the 8km with 36:38. Special mentions to **Madeleine Feain, Albin Hess, Claire Samanna, Kathleen O'Mahony, Charlotte Hay, Grace Louey, Emily Smith, Merilyn Thompson, Luke Epps** and **Angus Hay** who all walked PBs.

#### VRWC 8km Walk

- |                  |       |
|------------------|-------|
| 1. Feiner, Tracy | 42:38 |
|------------------|-------|

|    |                  |       |                |
|----|------------------|-------|----------------|
| 2. | Feain, Madeleine | 48:11 | PB 1:34        |
| 3. | Thompson, Alison | 50:05 |                |
| 4. | Carr, Heather    | 52:34 |                |
| 5. | O'Neill, Karyn   | 57:14 |                |
| 1. | Swan, Kyle       | 36:38 |                |
| 2. | Cassidy, Kevin   | 41:56 |                |
| 3. | Nelson, Scott    | 44:44 |                |
| 4. | Hess, Albin      | 50:33 | PB 0:19        |
| 5. | Bennett, Ralph   | 51:03 |                |
| 6. | Beveridge, Heath | 52:16 |                |
|    | Dickson, Corey   | DNF   | (4km in 19:32) |

#### VRWC 6km Walk

|    |                    |       |                               |
|----|--------------------|-------|-------------------------------|
| 1. | Samanna, Claire    | 35:32 | PB 03:39                      |
| 2. | O'Mahony, Kathleen | 36:51 | PB 3:22                       |
| 3. | Elms, Donna-Marie  | 37:54 |                               |
| 4. | Grace, Marnie      | 40:54 | First time over this distance |
| 1. | Blackwood, Mark    | 27:51 |                               |
| 2. | Donahoo, Mark      | 36:49 |                               |
| 3. | Feain, Gerard      | 39:32 |                               |

#### VRWC 4km Walk

|    |                          |       |                               |
|----|--------------------------|-------|-------------------------------|
| 1. | Hay, Charlotte           | 20:00 | PB 0:06                       |
| 2. | Cocking, Holly           | 22:09 |                               |
| 3. | Geisler, Sandra          | 22:30 |                               |
| 4. | Louey, Grace             | 23:30 | PB 0:11                       |
| 5. | Tatlock, Riannah         | 23:38 | First time over this distance |
| 6. | Smith, Emily             | 23:45 | PB 1:00                       |
| 7. | Shaw, Robyn              | 26:36 |                               |
| 8. | Steed, Gwen              | 28:12 |                               |
| 9. | Thompson, Marilyn        | 28:20 | PB 3:00                       |
|    | Heikkila-Dubowik, Kaylah | DNF   | (3km in 17:53)                |
| 1. | Prasad, Pramesh          | 19:05 |                               |
| 2. | Epps, Luke               | 21:54 | PB 0:05                       |
| 3. | Hay, Angus               | 22:06 | PB 0:43                       |
| 4. | Barrow, Geoff            | 28:26 |                               |

The 2km and 1km walkers got underway 15 minutes later and was the pace on. **Molly and Sarah Holmes** led from the front, Sarah stopping after 1km (5:01!) and Molly going to to 2km(11:06). I could mention just about everyone, but just to concentrate on a few. Well done to **Liam Hutchins** for his 2km time of 10:27 and well done to **Ela Uzun** for yet another top U9 time (5:26 for the 1km). We also welcomed **Tayla Borg** and **Debbie Nash** who had their first walks with us. And well done to **Ethan Nash** and **Riley Coughlan** who upped their season furthest to 2km.

#### VRWC 2km Walk

|    |                          |       |                               |
|----|--------------------------|-------|-------------------------------|
| 1. | Holmes, Molly            | 11:06 | PB 0:35                       |
| 2. | Heikkila-Dubowik, Zahlia | 13:11 |                               |
| 3. | Borg, Tayla              | 13:45 | First time with us            |
| 1. | Hutchins, Liam           | 10:27 | PB 0:03                       |
| 2. | Weickhardt, Sebastian    | 11:16 | PB 0:38                       |
| 3. | Blackwood, Hamish        | 11:24 |                               |
| 4. | Nash, Ethan              | 12:29 | First time over this distance |
| 5. | Coughlan, Riley          | 12:33 | First time over this distance |
| 6. | Barrett, Anthony         | 13:25 |                               |
| 7. | Smith, Aiden             | 13:41 | PB 0:33                       |

#### VRWC 1km Walk

|    |                   |       |                               |
|----|-------------------|-------|-------------------------------|
| 1. | Holmes, Sarah     | 05:01 | PB 0:16                       |
| 2. | Uzun, Ela         | 05:26 | PB 0:05                       |
| 3. | Nash, Maddison    | 05:41 | First time over this distance |
| 4. | Ali, Havana       | 06:02 | PB 0:21                       |
| 5. | Nash, Debbie      | 07:15 | First walk with us            |
| 6. | Blackwood, Sophie | 07:51 |                               |
| 7. | Mews, Pam         | 11:28 |                               |



- |    |                |       |         |
|----|----------------|-------|---------|
| 1. | Wapshott, Cody | 07:05 | PB 0:34 |
| 2. | Tatlock, Heath | 08:11 |         |

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

**Officials:** Mark Donahoo, Ralph Bennett, Tim Erickson, Bill Carr, Donna Dickson, Ian Laurie, Darlene Swan  
**Judges:** Peter Vysma (C), Gordon Loughnan, Terry O'Neill, Stuart Cooper, David Cash, Shane Dickson, Charlotte Holmes  
**Canteen:** Wendy Cooper  
**Photos:** Terry Swan (see <http://www.vrwc.org.au/piwigo/index.php?category/532>)



*Sebastian Weickhardt, Marilyn Thompson, Tayla Borg and Lim Hutchins*



*Molly and Sarah Holmes, Albin Hess, Claire Samanna and Kathleen O'Mahony (photos Terry Swan)*

The latest updates for the Winter Season Points Competitions are found at <http://www.vrwc.org.au/vrwcpointscmps.shtml>. After 3 rounds, the leaders boards are taking shape for the Style Award, Actual Times and Handicap Competitions. And for the record, our most stylish walkers on Saturday, according to the judges were **Kyle Swan, Scott Nelson, Hamish Blackwood, Tracy Feiner, Heather Carr, Grace Louey, Claire Samanna, Molly Holmes** and **Charlotte Hay**.

Finally, Gerard Feain was busy with his video camera last week (Saturday 11<sup>th</sup> May) and has put together a short video of the action from Middle Park – check it out on youtube at <https://www.youtube.com/watch?v=RgZypAFoCrQ>.

You can check out our complete collection of walk videos at <http://www.vrwc.org.au/vrwcvideos.shtml>.

**BENITA VAN RAAPHORST MEMORIAL 3KM HANDICAP, LAKE WENDOUREE, BALLARAT, SUNDAY 19 MAY**

Thanks To Kerrie Peart for the results of the latest walks from the Ballarat Race Walkers Club in country Victoria. She reports:

A bright Autumn morning greeted the walking group and the Van Raaphorst family at the race held in their sister Benita’s honour. Benita Van Raaphorst was an up and coming junior racewalker who 18 years ago passed away in an accident, and this race is held in memory of her dedication to racewalking.

With the football season in full swing some of our walkers were otherwise occupied. Our small field keenly headed off in handicap order with our new walker **Charlotte MacDonell** leading the way and holding on to the end, finishing in 21:56 with a 2:50 sec PB. **Laura Ballinger** was not able to catch Charlotte but also finished well in 20:14 with a 51 sec PB. Third place went to **Fraser Saunder with a new club U16 record of 14:27**.

**Benita Van Raaphorst Memorial 3km Handicap**

|    |                     |       |            |
|----|---------------------|-------|------------|
| 1. | Charlotte MacDonell | 21:56 | (PB: 2:50) |
| 2. | Laura Ballinger     | 20:14 | (PB: 0:51) |
| 3. | Fraser Saunder      | 14:27 |            |
| 4. | Scott Peart         | 18:14 |            |
| 5. | Jemma Peart         | 15:10 |            |



*Handicap winner Charlotte MacDonell with her perpetual trophy and with the van Raaphorst family on Sunday (photo Kerrie Peart)*

**ACTRWC ROADWALKS, BLACK MOUNTAIN PENINSULA, CANBERRA, SATURDAY 18 MAY**

Thanks to Val Chesterton for this week's results from Canberra. Best efforts by **Gwyllym Young** and **Brendon Reading**.

**5km Walk**

|     |                    |       |
|-----|--------------------|-------|
| 1.  | Gwyllym Young      | 24:35 |
| 2.  | Hannah Manning     | 28:12 |
| 3.  | Kodi Clarkson      | 30:39 |
| 4.  | Kate Black         | 31:32 |
| 5.  | Miriam McCarthy    | 33:11 |
| 6.  | Derek Robinson     | 35:39 |
| 7.  | Jennifer Gilchrist | 38:53 |
| 8.  | Rod Gilchrist      | 39:12 |
| 9.  | Jack Thackray      | 45:37 |
| 10. | Fran Black         | 48:04 |
| 11. | Raine Thompson     | 48:46 |

**17km Walk**

|    |                 |         |
|----|-----------------|---------|
| 1. | Brendon Reading | 1:21:55 |
| 2. | Michael Smith   | 1:49:10 |
| 3. | Robin Whyte     | 1:57:57 |
| 4. | Bryan Thomas    | 2:15:55 |

**3km Walk**

|    |                 |       |
|----|-----------------|-------|
| 1. | Peter Baker     | 17:28 |
| 2. | Georgia Frew    | 20:46 |
| 3. | David Mackenzie | 27:32 |

**SARWC ROADWALKS, ADELAIDE PARKLANDS, ADELAIDE, SATURDAY 18 MAY**

Thanks to Peter Crump for his weekly report from Adelaide, where **Kim Mottrom** held off a fast finishing **Tristan Camilleri** in the 6km event.

**12km Walk**

|    |                 |         |
|----|-----------------|---------|
| 1. | Mathew Bruniges | 1:02:50 |
| 2. | Royrie Upton    | 1:16:03 |
| 3. | Bill Starr      | DNF     |

**3km Walk**

|    |                    |       |
|----|--------------------|-------|
| 1. | Sebastian Richards | 16:47 |
| 2. | Hannah Wilks       | 16:48 |
| 3. | Daisy Braithwaite  | 16:48 |
| 4. | Ava Wilson         | 17:51 |
| 5. | Seth Upton         | 19:53 |
| 6. | Aleesha Vidler     | 21:07 |

**6km Walk**

|    |                   |       |
|----|-------------------|-------|
| 1. | Kim Mottrom       | 27:21 |
| 2. | Tristan Camilleri | 27:23 |
| 3. | Olivia Sandery    | 31:19 |
| 4. | Toby Wilks        | 31:19 |
| 5. | Kiera Ross        | 34:53 |
| 6. | Greg Metha        | 38:52 |
| 7. | Adrian Upton      | 43:11 |
| 8. | Liz Downs         | 46:14 |
| 9. | Kitarni Upton     | DNF   |

**1.5km Walk**

|    |                    |       |
|----|--------------------|-------|
| 1. | Sam Wilks          | 8:30  |
| 2. | Cooper Rech        | 10:15 |
| 3. | Edward Upton       | 11:34 |
| 4. | Xavier Upton       | 11:35 |
| 5. | Matilda Rech       | 11:40 |
| 6. | Alexander Richards | 12:05 |

**SAMA ROADWALKS, ADELAIDE PARKLANDS, ADELAIDE, SATURDAY 18 MAY**

Colin Hainsworth tells me the SAMA walkers were competing with SARWC this week in the Adelaide Parklands. The following are additional results from the SARWC meet, to recognise the additional SAMA walkers not covered above.

**6km Walk**

|    |                 |       |     |        |
|----|-----------------|-------|-----|--------|
| 1. | MARIE MAXTED    | 40:02 | W59 | 74.19% |
| 2. | ROGER LOWE      | 48:40 | M76 | 67.49% |
| 3. | ROSS HILL-BROWN | 51:16 | M64 | 55.21% |

**3km Walk**

|    |                          |       |     |        |
|----|--------------------------|-------|-----|--------|
| 1. | SABINE ORCHARD-SIMONIDES | 21:10 | W52 | 62.74% |
| 2. | HELEN SURIDGE            | 23:36 | W68 | 67.09% |
| 3. | JEFFREY KENNETT          | 30:47 | M68 | 46.69% |

Some were competing at another venue with the masters runners

**5km Club Walk**

|    |                |       |     |        |
|----|----------------|-------|-----|--------|
| 1. | GIL MCINTOSH   | 34:45 | M68 | 70.36% |
| 2. | ROGER LOWE     | 41:28 | M76 | 65.38% |
| 3. | PAUL GREENWOOD | 48:19 | M48 | 41.73% |
| 4. | JOHN HORE      | 48:58 | M70 | 51.15% |
| 5. | CATHIE HORE    | 48:58 | W68 | 55.90% |

**TRWC ROADWAKS, PONTVILLE, HOBART, SATURDAY 18 MAY**

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

The day's highlights belonged to the 2km walkers. **Oliver Morgan** won in fine style, with **Gabby Hay** finishing next and notching up another PB, while **Sophie Ahern** had Gabby well within her sights going towards the finish line but ran out of race distance to catch her.

**2km Walk**

|    |               |            |
|----|---------------|------------|
| 1. | Oliver Morgan | 13.16      |
| 2. | Gabby Hay     | 14.18 (PB) |
| 3. | Sophie Ahern  | 14.35      |

**5km Walk**

|    |                |       |
|----|----------------|-------|
| 1. | Anna Blackwell | 31.30 |
| 2. | Ron Foster     | 37.22 |

**3km Walk**

|    |             |       |
|----|-------------|-------|
| 1. | Chloe Ahern | 17.40 |
| 2. | Dave Moore  | 26.40 |

**6km Walk**

|    |               |       |
|----|---------------|-------|
| 1. | Stephen Ahern | 38.08 |
|----|---------------|-------|

**QRWC ROADWALKS, LOGAN RIVER PARKLANDS, BEENLEIGH, SUNDAY 19 MAY**

Thanks to Robyn Wales for this week's results from Queensland. She commented: Great weather on a fast course. Wonderful effort from 13 year old **Jayda Anderson** in the 5km (25:49). Great walk also by **Katie Hayward** (46:3 for 10km).

**A Grade 10km**

|    |                  |   |         |
|----|------------------|---|---------|
| 1. | Katie Hayward    | F | 46.03   |
| 2. | Peter Bennett    | M | 57.11   |
| 3. | Argenis Guevara  | M | 57.21   |
| 4. | Charlotte Hamann | F | 1.07.54 |
| 5. | Noela McKinven   | F | 1.24.44 |
|    | Nyle Sunderland  | F | DNF     |

**B Grade 5km**

|    |                        |   |       |
|----|------------------------|---|-------|
| 1. | Nelson McCutcheon      | M | 23.50 |
| 2. | Jayda Anderson         | F | 25.49 |
| 3. | Summer Millard         | F | 28.17 |
| 4. | Korey Brady            | F | 33.31 |
| 5. | Jasmine-Rose McRoberts | F | 34.02 |

**F Grade 1km**

|    |                         |   |      |
|----|-------------------------|---|------|
| 1. | Knox Anderson           | M | 6.47 |
| 2. | Korbyn Bricknell-Hewitt | M | 7.01 |
| 3. | Blake Gee               | M | 8.53 |
| 4. | Isabella Gee            | F | 6.41 |
| 5. | Lucie Goulding          | F | 7.30 |
| 6. | Claire Chadwick         | F | 9.30 |

**C Grade 3km**

|     |                 |   |       |
|-----|-----------------|---|-------|
| 1.  | Ashanti Heap    | F | 15.37 |
| 2.  | Tamika Gee      | F | 15.43 |
| 3.  | Anika Clarke    | F | 16.14 |
| 4.  | Lyla Williams   | F | 16.56 |
| 5.  | Sam McCure      | M | 16.57 |
| 6.  | Lachlan McCure  | M | 17.10 |
| 7.  | Amber Norton    | F | 17.49 |
| 8.  | Kai Norton      | M | 18.08 |
| 9.  | Lily Goulding   | F | 18.56 |
| 10. | Phoebe Chadwick | F | 22.14 |

**D Grade 2km**

|    |                   |   |       |
|----|-------------------|---|-------|
| 1. | Alejandra Hannouf | F | 11.37 |
| 2. | Caterina Davey    | F | 12.56 |
| 3. | Aliesha Heap      | F | 13.25 |
| 4. | Zoe Davey         | F | 14.07 |
| 5. | Charlotte Brady   | F | 15.47 |

**E Grade 1.5km**

|    |                  |   |       |
|----|------------------|---|-------|
| 1. | Makenna Clarke   | F | 9.25  |
| 2. | Gabriela Hannouf | F | 11.26 |

**WARWC ROADWALKS, WILSON, PERTH, SUNDAY 19 MAY**

Thanks to Terry Jones for his weekly report from Perth. Unfortunately a big fun run took some of their regular walkers away.

**20km Handicap**

|    |               |         |
|----|---------------|---------|
| 1. | Andrew Duncan | 1.44.05 |
|----|---------------|---------|

**5km Handicap**

|    |           |       |
|----|-----------|-------|
| 1. | Brad Mann | 26.54 |
|----|-----------|-------|

**3km Handicap**

|    |                |       |
|----|----------------|-------|
| 1. | John Ronan     | 15.32 |
| 2. | Xavier Bernard | 17.38 |
| 3. | Ben Reid       | 15.20 |
| 4. | Glenys Duncan  | 29.16 |

**NSWRWC ROADWALKS - NEPEAN OPEN, JAMISONTOWN, NSW, SATURDAY 11 MAY**

Finally back a week for the results of the Nepean Open in Sydney. Good turnout of 42 walkers.

**U16 Division 3km Walk**

|     |                             |       |
|-----|-----------------------------|-------|
| 1.  | Harry Dundon                | 16.02 |
| 2.  | Chloe Lamb                  | 16.28 |
| 3.  | Ella Munroe                 | 16.59 |
| 4.  | Samantha Torrens            | 17.12 |
| 5.  | Jessey Bektas               | 18.02 |
| 6.  | Thomas Muir                 | 18.03 |
| 7.  | Isabelle Nilon              | 18.12 |
| 8.  | Chelsey Torrens             | 18.28 |
| 9.  | Abbey Bektas                | 18.38 |
| 10. | Kailey Webber               | 18.45 |
| 11. | Aidan Pospischil            | 19.14 |
| 12. | Zsafia Varga Strike -Strike | 19 20 |
| 13. | Sarah Challinor             | 24.41 |
| 14. | Emily Challinor             | 24.48 |
| 15. | Amelia Crocker              | 25.02 |

**U12 Division 1.5km Walk**

|    |                     |      |
|----|---------------------|------|
| 1. | Rudi Blackley       | 8.13 |
| 2. | Thomas Varga-Strike | 8.15 |
| 3. | Matilda Webb        | 8.30 |
| 4. | Jesse Brodrick      | 8.37 |

**Long Division 12km Walk**

|    |                     |       |
|----|---------------------|-------|
| 1. | Travis Barendregt   | 62.50 |
| 2. | Bridget Bell        | 71.20 |
| 3. | Antoinette Woodward | 83.18 |
|    | Teegan Pengilly     | DNF   |
|    | Amanda Barendregt   | DNF   |

**Medium Division 10km Walk**

|    |               |       |
|----|---------------|-------|
| 1. | Kyle Bedford  | 49.45 |
| 2. | Hannah Parker | 64.09 |
| 3. | Anne Weekes   | 66.15 |

**Short Division 5km Walk**

|    |                       |       |
|----|-----------------------|-------|
| 1. | Milly Boughton        | 27.04 |
| 2. | Emma Thomas           | 27.41 |
| 3. | Chloe Krklinski       | 29.54 |
| 4. | Brendan Pospischil    | 30.46 |
| 5. | Ellie DeCelis         | 31.07 |
| 6. | Brittany Robertson    | 31.39 |
| 7. | Jada Thomson          | 31.47 |
| 8. | Rhianni Deagan        | 32.56 |
|    | Ciara Cassilles (INV) | 34.07 |



|                      |       |                       |       |
|----------------------|-------|-----------------------|-------|
| 5. Christopher Nilon | 9.39  | 9. Carmel Parker      | 34.50 |
| 6. Dylan Ryan        | 10.07 | 10. Nicolle Challinor | 38.23 |
| 7. Brayden Thompson  | 13.31 | 11. Annette Tillman   | 45.00 |
| Lucy Andrade         | DNF   |                       |       |

#### U10 Division 0.5km Walk

|                   |      |
|-------------------|------|
| 1. Alannah Webber | 3.13 |
| 2. Charli Deagan  | 3.13 |
| 3. Danny Andrade  | 3.51 |
| 4. Jake Ryan      | 4.22 |
| 5. Zoe Zantiotis  | 4.53 |
| 6. Luke Challinor | 5.03 |
| Jemima Webber     | DQ   |

### EUROPEAN RACE WALKING CUP, ALYTUS, LITHUANIA, SUNDAY 19 MAY

I start my overseas reporting with a discussion of Sunday's 2019 European Race Walking Cup in Alytus, Lithuania. A total of 256 walkers - 139 men and 117 women - from 29 countries had registered for this year's edition which was the first to achieve full parity, as the programme included an inaugural women's 50km race walk. See more at the event website <http://www.alytus2019.lt/>.

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

#### 50km Walk Men

My report is from <http://www.alytus2019.lt/news/diniz-smashes-50km-championship-record-on-his-comeback-race-in-alytus/>.

50km world record holder **Yohann Diniz** returned to his best form after injury and illness to win the 50km race walk title in a championship record. Neither heat – nor recent injury concerns – proved a stop to the Frenchman, 41, who was never in danger of missing out on his third title in the competition's history.

His pace was metronomic – 4:25 per lap – and he stuck to it, except for a fast finish, to finish in 3:37:43 which was remarkable in the circumstances. His winning time was the third fastest of his career, bettered only by his world record of 3:32:12 which he set at the 2014 European Championships in Zurich and his championship record time of 3:33:12 from the IAAF World Championships in London two years ago.

As Diniz shaved more than three minutes off Vladimir Kanaykin's long-standing championship record, a very distant second went to **Dzmitry Dziubin** from Belarus who made a breakthrough leap to the podium after joining Diniz's chasers at the 22km mark. The Belarusian gradually forged a gap over the rest, walking the last 20km on his own to notch a 3:45:51 clocking – a PB by more than two minutes.

The bronze was something of another surprise on a morning of quite a few in four races. At 43, Portugal's **João Vieira** prevailed to win his first 50km medal in a major competition – and nine years since he won silver in the European Championships in the 20km race walk. In fact, it was his duel with **Artur Brzozowski** and **Brendan Boyce** that provided the race's true excitement. For much of the second half, the three of them duelled, never more than a few seconds apart. Irishman Boyce had to give way just after the 40 kilometre mark but he still walked to a PB – 3:48:13 for fifth – while there was a sprint between Poland's Brzozowski and Vieira, with the Portuguese veteran edging it by four seconds.

Older still is **Jesus Angel Garcia** and the Spaniard, who won the inaugural edition of this event in 1996, was a creditable 15<sup>th</sup> in 3:57:51, just months away from his 50<sup>th</sup> birthday. Garcia will still come away from Alytus with a silver medal in his hand luggage from the teams race. The Ukrainians successfully defended their team crown with 26 points, comfortably ahead of Spain (43) and Belarus (49).

|                           |     |             |         |
|---------------------------|-----|-------------|---------|
| 1. DINIZ Yohann           | FRA | 1 JAN 1978  | 3:37:43 |
| 2. DZIUBIN Dzmitry        | BLR | 12 JUL 1990 | 3:45:51 |
| 3. VIEIRA João            | POR | 20 FEB 1976 | 3:46:38 |
| 4. BRZOZOWSKI Artur       | POL | 29 MAR 1985 | 3:46:42 |
| 5. BOYCE Brendan          | IRL | 15 OCT 1986 | 3:48:13 |
| 6. BANZERUK Ivan          | UKR | 9 FEB 1990  | 3:48:40 |
| 7. LITANYUK Valeriy       | UKR | 2 APR 1994  | 3:51:27 |
| 8. DÍAZ José Ignacio      | ESP | 22 NOV 1979 | 3:52:00 |
| 9. ANTONELLI Michele      | ITA | 23 MAY 1994 | 3:52:09 |
| 10. MASTIANICA Artur      | LTU | 30 JUL 1992 | 3:55:40 |
| 11. PAPAMIHAÍL Aléxandros | GRE | 18 SEP 1988 | 3:56:19 |
| 12. RUMBENIEKS Arnis      | LAT | 4 APR 1988  | 3:57:09 |
| 13. BUDZA Serhiy          | UKR | 6 DEC 1984  | 3:57:34 |

|     |                       |      |             |         |
|-----|-----------------------|------|-------------|---------|
| 14. | SEILER Nathaniel      | GER  | 6 APR 1996  | 3:57:49 |
| 15. | GARCÍA Jesús Ángel    | ESP  | 17 OCT 1969 | 3:57:51 |
| 16. | MIHAILA Narcis        | ROU  | 4 AUG 1987  | 3:58:17 |
| 17. | HILBERT Jonathan      | GER  | 21 APR 1995 | 3:58:21 |
| 18. | SMOLONSKIS Ruslans    | LAT  | 15 DEC 1996 | 3:58:35 |
| 19. | DE LUCA Marco         | ITA  | 12 MAY 1981 | 3:58:54 |
| 20. | TUR Marc              | ESP  | 30 NOV 1994 | 3:59:59 |
| 21. | DOHMANN Carl          | GER  | 18 MAY 1990 | 4:02:41 |
| 22. | LIAKHOVICH Aliaksandr | BLR  | 4 JUL 1989  | 4:02:43 |
| 23. | SOBCHUK Dmytro        | UKR  | 7 NOV 1995  | 4:03:13 |
| 24. | COCIORAN Marius       | ROU  | 10 JUL 1983 | 4:04:04 |
| 25. | KALESNIK Uladzimir    | BLR  | 7 FEB 1992  | 4:08:19 |
| 26. | SÁNCHEZ Benjamín      | ESP  | 10 MAR 1985 | 4:13:54 |
| 27. | ANDRIEU Hugo          | FRA  | 16 OCT 1992 | 4:14:29 |
| 28. | JUNGHANNß Karl        | GER  | 6 APR 1996  | 4:14:52 |
| 29. | ERENT Bruno           | CRO  | 30 DEC 1990 | 4:27:39 |
| 30. | ANGELINI Gregorio     | ITA  | 24 JUN 1996 | 4:30:26 |
| 31. | ADUSOO Virgo          | EST  | 29 JUL 1985 | 4:35:13 |
| 32. | TOKODI Dávid          | HUN  | 3 MAY 1991  | 4:39:47 |
|     | AGRUSTI Andrea        | ITA  | 30 AUG 1995 | DNF     |
|     | OJALA Aleks           | iFIN | 9 DEC 1992  | DNF     |
|     | GDULA Lukáš           | CZE  | 6 DEC 1991  | DNF     |
|     | MORVAY Michal         | SVK  | 19 AUG 1996 | DNF     |
|     | IBÁÑEZ Ato            | SWE  | 14 NOV 1985 | DNF     |
|     | JELONEK Jakub         | POL  | 7 JUL 1985  | DNF     |
|     | SIKORA Rafal          | POL  | 17 FEB 1987 | DNF     |
|     | GAFITA Andrei         | ROU  | 7 DEC 1996  | DNF     |
|     | LIESTING Rick         | NED  | 18 JUL 1977 | DNF     |
|     | ATLI Mert             | TUR  | 23 JUL 1993 | DNF     |
|     | SRP Miklós            | HUN  | 6 MAR 1993  | DNF     |
|     | QUINION Aurelien      | FRA  | 27 JAN 1993 | DNF     |
|     | BAGDÁNY Tomasz        | HUN  | 16 JUL 1995 | DNF     |
|     | Šuškevičius Tadas     | LTU  | 22 MAY 1985 | DQ      |



*Johann Diniz wins the 50km, then poses later in the day with fellow winner Perseus Karlstrom*

#### 50km Walk Women

My report is from <http://www.alytus2019.lt/uncategorized/giorgi-sets-a-european-record-of-40450-on-her-50km-debut-in-alytus/>.

**Eleonora Giorgi** lived up to her billing to claim a first European Race Walking Cup title as well as a European record over 50km on her debut at the distance and with temperatures hovering around 25C by the finish. The Italian removed the mark of 4:05:56 set by Portugal's **Ines Henriques** that was originally a world best, to win in 4:04:50, and did it the hard way.

As Diniz in the men's event, Giorgi was away from the start, forging a big lead with every stride. She hit the 10km mark in 48:18 with Henriques (50:06) marginally ahead of Spain's **Julia Takacs** and **Khrystyna Yudkina** from Ukraine. By the 25km mark, Giorgi was more than four minutes clear and wasn't too far off sub-four hour pace in 2:00:37.

As it turned out, the last 15km were understandably hard for Giorgi. At 31km, she still had more than four minutes over Takacs who had just moved into undisputed second. And the Spaniard – with experience at the distance – used it to good effect as she increased tempo to finish less than a minute behind Giorgi who still mounted a final rally to walk the last kilometre in 4:42.

Takacs was also under the previous European record in second, also regaining the Spanish record with 4:05:46. Henriques made up the podium in third in 4:13:57 and behind her there were personal bests for Ukraine's **Valentyna Myronchuk** (4:15:50) and **Nastassia Yatskevich** from Belarus (4:16:39).

|     |                         |     |             |            |
|-----|-------------------------|-----|-------------|------------|
| 1.  | GIORGI Eleonora         | ITA | 14 SEP 1989 | 4:04:50 ER |
| 2.  | TAKÁCS Julia            | ESP | 29 JUN 1989 | 4:05:46 NR |
| 3.  | HENRIQUES Inês          | POR | 1 MAY 1980  | 4:13:57    |
| 4.  | MYRONCHUK Valentyna     | UKR | 10 AUG 1994 | 4:15:50    |
| 5.  | YATSEVICH Nastassia     | BLR | 18 JAN 1985 | 4:16:39    |
| 6.  | SOBCHUK Olena           | UKR | 23 NOV 1995 | 4:17:07    |
| 7.  | DARAZHUK Nadzeya        | BLR | 23 JAN 1990 | 4:17:29    |
| 8.  | YUDKINA Khrystyna       | UKR | 4 DEC 1984  | 4:19:57    |
| 9.  | PINEDO Ainhoa           | ESP | 17 FEB 1983 | 4:21:07    |
| 10. | JUÁREZ Mar              | ESP | 27 SEP 1993 | 4:24:35    |
| 11. | BECCHETTI Mariavittoria | ITA | 12 DEC 1994 | 4:26:10    |
| 12. | RIBEIRO Mara            | POR | 11 MAY 1995 | 4:27:14    |
| 13. | MAKRÍ Aggelikí          | GRE | 25 SEP 1978 | 4:29:15    |
| 14. | KUIKKA Tiia             | FIN | 30 NOV 1994 | 4:29:25    |
| 15. | CURIAZZI Federica       | ITA | 14 AUG 1992 | 4:30:17    |
| 16. | ELLWARD Agnieszka       | POL | 26 MAR 1989 | 4:31:19    |
| 17. | SHELEST Lyudmyla        | UKR | 4 OCT 1974  | 4:36:05    |
| 18. | RODZKINA Anastasiya     | BLR | 29 AUG 1994 | 4:40:02    |
| 19. | KOVÁCS Andrea           | HUN | 21 JUL 1980 | 4:40:05 NR |
| 20. | FORESTI Beatrice        | ITA | 29 OCT 1998 | 4:41:03    |
| 21. | LOREK Antonina          | POL | 11 FEB 1995 | 4:46:44    |
| 22. | LARIOS Maria            | ESP | 29 OCT 1992 | 4:48:16    |
| 23. | CHAMPALOU Lucie         | FRA | 29 APR 1990 | 4:49:36    |
| 24. | CASALE Maeva            | FRA | 5 MAR 1997  | 4:52:45    |
| 25. | TORMA Anett             | HUN | 2 APR 1984  | 5:03:12    |
| 26. | BÍRÓNÉ MOLNÁR Valéria   | HUN | 3 MAR 1977  | 5:06:50    |
|     | SAVICEVIC Tijana        | SRB | 5 AUG 1994  | DNF        |
|     | PASTORINO Inês          | FRA | 20 OCT 1992 | DNF        |
|     | DITTRICH Bianka         | GER | 6 JUL 1993  | DNF        |
|     | BUZIAK-SMIATACZ Paulina | POL | 16 DEC 1986 | DQ         |



50km winner and new European record holder Eleanora Giorgio

## 20km Walk Men

My report is from <http://www.alytus2019.lt/news/vaiciukeviciute-powers-to-home-glory-in-the-20km-race-walk-in-alytus/>.

Born in Sweden but made in Australia is close to the truth for **Perseus Karlstrom** who claimed victory in the men's 20km race walk in Alytus in a European-leading time of 1:19:54. Wearing fancy dress yellow and blue Viking helmet in the last 200m – which brought back memories of Karsten Warholm's celebration at the IAAF World Championships in London two years ago – complete with fetching pigtails, the 29-year-old celebrated his first major victory by moving from third in Podebrady right to the top of the podium. The Swede has spent several successful western winters in Australia and even has an Australian coach in Brent Vallance.

A trio of high profile wins at 20km this year in a row bodes well for Karlstrom ahead of the IAAF World Championships in Doha later this year and he played the waiting game to perfection in Alytus. From the gun, Great Britain's **Tom Bosworth** and defending champion **Christopher Linke** were first to show and shot through the 3km mark in 12:03 – but ominously a chasing group heaving with talent were biding their time. The Brit inched ahead by two seconds at 5km (20:05) with **Miguel Angel Lopez** the first of a 12-strong throng, a further 11 seconds in arrears. That gap from Bosworth to Linke grew wider by lap six, and the immediate chasers were down to seven. By the 8km mark in 32:05 for the fair-haired leader, Bosworth was nine seconds to the good over Linke and 22 seconds ahead of the lead group.

Halfway was reached in 40:11 but the group with designs on a win had swallowed up Linke and cut the deficit to 13 seconds. With five laps remaining, the Briton was reeled in by Karlstrom and Spain's **Diego Garcia** – and no wonder. The pair notched 3:48 for the fastest kilometre so far. Karlstrom showed he meant business as he discarded his dark glasses on the penultimate lap, storming home to win with 1:19:54.

Cleverly biding his time at the back of the chasing group, Vasilij Mizinov lit the afterburners to pass Garcia and claim silver in 1:20:18 and five seconds ahead of the second Spaniard. Bosworth rallied to hold on to fourth in 1:20:53 and his effort was not without reward. Backed up by **Callum Wilkinson** in ninth in 1:21:54, Great Britain won their first ever medal at the European Race Walking Cup with team silver behind Spain and in front of Ukraine. European champion **Alvaro Martin** and former world and European champion Miguel Angel Lopez were the other scoring members for Spain in fifth (1:20:59) and sixth (1:21:00) respectively while reigning champion Linke slipped down to 12<sup>th</sup> in 1:23:21.

|     |                      |     |             |         |
|-----|----------------------|-----|-------------|---------|
| 1.  | KARLSTRÖM Perseus    | SWE | 2 MAY 1990  | 1:19:54 |
| 2.  | MIZINOV Vasilij      | ANA | 29 DEC 1997 | 1:20:18 |
| 3.  | GARCÍA CARRERA Diego | ESP | 19 JAN 1996 | 1:20:23 |
| 4.  | BOSWORTH Tom         | GBR | 17 JAN 1990 | 1:20:53 |
| 5.  | MARTÍN Álvaro        | ESP | 18 JUN 1994 | 1:20:59 |
| 6.  | LÓPEZ Miguel Ángel   | ESP | 3 JUL 1988  | 1:21:00 |
| 7.  | STANO Massimo        | ITA | 27 FEB 1992 | 1:21:12 |
| 8.  | BORDIER Gabriel      | FRA | 8 OCT 1997  | 1:21:43 |
| 9.  | WILKINSON Callum     | GBR | 14 MAR 1997 | 1:21:54 |
| 10. | LOSEV Ivan           | UKR | 26 JAN 1986 | 1:22:21 |
| 11. | ZABUZHENKO Eduard    | UKR | 18 APR 1998 | 1:22:40 |
| 12. | LINKE Christopher    | GER | 24 OCT 1988 | 1:23:21 |
| 13. | KORKMAZ Salih        | TUR | 14 APR 1997 | 1:23:46 |
| 14. | GIUPPONI Matteo      | ITA | 8 OCT 1988  | 1:23:49 |
| 15. | Žiukas Marius        | LTU | 29 JUN 1985 | 1:23:58 |
| 16. | CAMPION Kevin        | FRA | 23 MAY 1988 | 1:24:21 |
| 17. | SHUMIK Viktor        | UKR | 21 MAY 1998 | 1:24:30 |
| 18. | BREMBACH Nils        | GER | 23 FEB 1993 | 1:24:42 |
| 19. | TONTODONATI Federico | ITA | 30 OCT 1989 | 1:24:49 |
| 20. | CARVALHO Miguel      | POR | 2 SEP 1994  | 1:24:53 |
| 21. | MCMANAMON Cian       | IRL | 11 OCT 1991 | 1:24:59 |
| 22. | AUGUSTYN Rafal       | POL | 14 MAY 1984 | 1:25:15 |
| 23. | BLOCKI Damian        | POL | 28 APR 1989 | 1:25:25 |
| 24. | POHLE Hagen          | GER | 5 MAR 1992  | 1:25:38 |
| 25. | CORBISHLEY Cameron   | GBR | 31 MAR 1997 | 1:25:45 |
| 26. | WRIGHT Alex          | IRL | 19 DEC 1990 | 1:25:51 |
| 27. | SENODUNCU Sahin      | TUR | 24 APR 1994 | 1:26:10 |
| 28. | LUKYANCHUK Dzmitry   | BLR | 2 OCT 1997  | 1:26:18 |
| 29. | IMÜK Abdulselam      | TUR | 1 JAN 1999  | 1:26:26 |
| 30. | Úradník Miroslav     | SVK | 24 MAR 1996 | 1:26:37 |
| 31. | KENNY David          | IRL | 10 JAN 1999 | 1:26:50 |
| 32. | AMEZCUA Luís Alberto | ESP | 1 MAY 1992  | 1:27:26 |
| 33. | TOMALA Dawid         | POL | 27 AUG 1989 | 1:27:31 |
| 34. | CERNÝ Dominik        | SVK | 1 NOV 1997  | 1:27:58 |
| 35. | SHEVCHUK Aleksey     | ANA | 10 AUG 1997 | 1:28:47 |
| 36. | SVYSTUN Oleh         | UKR | 15 SEP 1997 | 1:30:12 |
| 37. | BOYEZ Antonin        | FRA | 9 NOV 1984  | 1:32:04 |
| 38. | KOZLOVSKIJ Genadij   | LTU | 7 JAN 1991  | 1:32:51 |
| 39. | HLAVÁČ Vít           | CZE | 26 FEB 1997 | 1:34:28 |



|     |                      |     |             |         |
|-----|----------------------|-----|-------------|---------|
| 40. | IVZANS Normunds      | LAT | 17 NOV 1971 | 1:36:14 |
| 41. | GJACS Edgars         | LAT | 27 AUG 1993 | 1:43:20 |
| 42. | JEZEPČIKAS Darius    | LTU | 16 MAY 1980 | 1:43:32 |
| 43. | JAKOVLEV Igor        | EST | 11 JUN 1996 | 2:03:26 |
| 44. | BAULIN Andrei        | EST | 16 SEP 1999 | 2:08:31 |
|     | RODRIGUES Miguel     | POR | 1 NOV 1996  | DNF     |
|     | FORTUNATO Francesco  | ITA | 13 DEC 1994 | DNF     |
|     | GUINAUDEAU Keny      | FRA | 28 JUL 1993 | DNF     |
|     | HELEBRANDT Máté      | HUN | 12 JAN 1989 | DNF     |
|     | HAUKENES Håvard      | NOR | 22 APR 1990 | DNF     |
|     | SAULGRIEZIS Raivo    | LAT | 4 JUL 1994  | DNF     |
|     | TZATZIMÁKIS Yeóryios | GRE | 9 AUG 1999  | DNF     |
|     | KING Dominic         | GBR | 30 MAY 1983 | DQ      |



*Perseus Karlstrom in action and then celebrating his victory in the men's 20km*



*Silver to team GBR – Cameron Corbishley, Tom Bosworth and Callum Wilkinson*



## 20km Women

My report it taken from <http://www.alytus2019.lt/news/vaiciukeviciute-powers-to-home-glory-in-the-20km-race-walk-in-alytus/> .

The women's 20km race walk produced the race of the day – and the result of the day if you are Lithuanian - as **Zivile Vaiciukeviciute** produced something of a surprise performance with victory on home soil. Bronze medallists two years ago, the home nation was fancied to do well as a collective again, and maybe **Brigita Virbalyte-Dimsiene** would be in the lead group. But she looked slightly shocked as her understudy at the European Championships last year lapped her in the closing stages. Even then the fierce fight for gold was far from over. Vaiciukeviciute inched ahead of Spain's **Raquel Gonzalez** but then **Laura Garcia-Caro** picked up the pace to push the joyful Lithuanian all the way to the line. Halfway through the final lap, Garcia-Caro was making ground, but as both made the final turn, the eventual winner dug deep to forge home.

From the start, defending champion **Antonella Palmisano** set out her stall and for half a kilometre European champion **Maria Perez** gave chase before easing back to settle in a group of 10. Two laps later, Perez was disappearing back down the field and already 43 seconds behind the leader. The European champion from last year was clearly in trouble, and going backwards. Despite her status as event poster girl in her hometown, maybe the pressure also got to Virbalyte-Dimsiene, who walked a national record 1:27:59 for fourth at Berlin 2018, but was never in contention today.

Instead the baton was picked up by Vaiciukeviciute who set a national U23 record with 1:28.07 in that same race to finish fifth. She was right up with a group of six as Palmisano turned the screw, but the best laid plans of race favourites often go astray and lap 13 proved unlucky for Palmisano as her early strength visibly drained. Vaiciukeviciute and Gonzales drew level, and although the Italian tried everything, the elastic snapped at the 14km checkpoint.

For the first time in the day, local voices were cheering a possible home win and even the course commentator got in on the act to urge the crowd to up the decibels with 'Vaiciukeviciute' as a chant turned into three syllables. It was evident the medals were headed to the front three at 15km (1:11:54) and when Gonzales's head was thrown back trying to gulp air over the closing stages, 23-year-old Vaiciukeviciute knew she was about to win her first major honour.

On a warm afternoon in Alytus, Vaiciukeviciute set a season's best of 1:29:48 to defeat the Spanish duo of Garcia-Caro (1:29:55) and Gonzalez (1:30:17). Perez faded to eleventh in 1:34:08 while reigning champion Palmisano, who was such a convincing winner in Podebrady two years ago, was a non-finisher.

The Spaniards won the team title with 16 points from Italy (27 points) but the only disappointment for the home fans was Belarus pipping Lithuania to team bronze – 33 to 36 points.

|     |                            |     |             |         |
|-----|----------------------------|-----|-------------|---------|
| 1.  | VAICIUKEVICIUTE Živile     | LTU | 3 APR 1996  | 1:29:48 |
| 2.  | GARCÍA-CARO Laura          | ESP | 16 APR 1995 | 1:29:55 |
| 3.  | GONZÁLEZ Raquel            | ESP | 16 NOV 1989 | 1:30:17 |
| 4.  | KASHYNA Inna               | UKR | 27 SEP 1991 | 1:30:33 |
| 5.  | CABECINHA Ana              | POR | 29 APR 1984 | 1:31:12 |
| 6.  | DOMINICI Eleonora          | ITA | 22 FEB 1996 | 1:31:30 |
| 7.  | PALUEKTAVA Daryia          | BLR | 4 MAR 1993  | 1:32:28 |
| 8.  | TRAPLETTI Valentina        | ITA | 12 JUL 1985 | 1:32:49 |
| 9.  | DRISBIÓTI Antigóni         | GRE | 21 MAR 1984 | 1:33:22 |
| 10. | RASHCHUPKINA Viktoryia     | BLR | 23 MAY 1995 | 1:33:37 |
| 11. | PÉREZ María                | ESP | 29 APR 1996 | 1:34:08 |
| 12. | CZAKOVÁ Mária              | SVK | 2 OCT 1988  | 1:34:30 |
| 13. | COLOMBI Nicole             | ITA | 29 DEC 1995 | 1:34:37 |
| 14. | ZDZIEBLO Katarzyna         | POL | 28 NOV 1996 | 1:34:43 |
| 15. | VIRBALYTE-DIMŠIENE Brigita | LTU | 1 FEB 1985  | 1:35:30 |
| 16. | RAROUSKAYA Anastasiya      | BLR | 19 JUN 1996 | 1:36:05 |
| 17. | SÁNCHEZ-PUEBLA Lidia       | ESP | 17 JUL 1996 | 1:36:17 |
| 18. | LEHMEYER Emilia            | GER | 11 APR 1997 | 1:36:22 |
| 19. | SMERDOVA Yana              | ANA | 7 FEB 1998  | 1:36:40 |
| 20. | VAICIUKEVICIUTE Monika     | LTU | 3 APR 1996  | 1:36:57 |
| 21. | LEWIS Heather              | GBR | 25 OCT 1993 | 1:37:43 |
| 22. | TEKDAL Ayse                | TUR | 28 OCT 1999 | 1:37:45 |
| 23. | AVEROUS Violaine           | FRA | 15 MAR 1985 | 1:38:42 |
| 24. | FILYUK Mariya              | UKR | 14 OCT 1995 | 1:38:46 |
| 25. | DAVIES Bethan              | GBR | 7 NOV 1990  | 1:39:02 |
| 26. | NIEDZIALEK Olga            | POL | 30 JUN 1997 | 1:39:17 |
| 27. | TERREC Eloise              | FRA | 10 AUG 1998 | 1:39:52 |
| 28. | SHEVCHUK Hanna             | UKR | 18 JUL 1996 | 1:40:12 |
| 29. | NURMI Enni                 | FIN | 4 JUL 1998  | 1:40:25 |
| 30. | TSINOPOÚLOU Panayióta      | GRE | 16 OCT 1990 | 1:41:32 |
| 31. | RENIC Ivana                | CRO | 21 AUG 1996 | 1:42:28 |
| 32. | BERETTA Clemence           | FRA | 22 DEC 1997 | 1:42:38 |
| 33. | KOVÁCS Barbara             | HUN | 26 JUL 1993 | 1:42:41 |
| 34. | ZUREK Teresa               | GER | 29 JUL 1998 | 1:42:54 |

|     |                       |     |             |         |
|-----|-----------------------|-----|-------------|---------|
| 35. | MARCOU Amandine       | FRA | 26 APR 1992 | 1:43:03 |
| 36. | VEALE Kate            | IRL | 5 JAN 1994  | 1:43:08 |
| 37. | YAROKHAU Agnieszka    | POL | 28 DEC 1986 | 1:43:29 |
| 38. | HORNÁKOVÁ Monika      | SVK | 6 JUL 1995  | 1:46:53 |
| 39. | HAVRYLYUK Tamara      | UKR | 14 DEC 1995 | 1:46:58 |
| 40. | KELLY Erika           | GBR | 6 DEC 1982  | 1:47:58 |
| 41. | HACUNDOVÁ Ema         | SVK | 5 MAR 1999  | 1:50:34 |
| 42. | VAINAITE Greta        | LTU | 1 JUN 1996  | 1:58:31 |
| 43. | ROSLJAKOVA Lada       | EST | 29 NOV 1998 | 2:21:42 |
|     | PALMISANO Antonella   | ITA | 6 AUG 1991  | DNF     |
|     | PAPADOPOÚLOU Hristína | GRE | 5 SEP 1996  | DNF     |
|     | FEIGE Saskia          | GER | 13 AUG 1997 | DNF     |
|     | BARROS Edna           | POR | 18 DEC 1996 | DNF     |
|     | RÉCSEI Rita           | HUN | 30 JAN 1996 | DNF     |
|     | SCHULZE Kathrin       | AUT | 28 SEP 1981 | DNF     |



*The 20km women get underway*



*A home win in the women's 20km to Lithuanian walker Zivile Vaiciukeviciute*

### 10km Walk U20 Men

Italian **Riccardo Orsoni** was a surprise winner in the U20 men's 10km. The Italian shrieked with delight as he broke the tape, which was hardly a surprise – 30 seconds earlier he had been a distant second. Fate had intervened to deprive race favourite **Lukasz Niedzialek** of a gutsy win, when he was pulled over to the pit lane to serve a one-minute suspension in sight of the winning line. Orsoni duly seized his chance to not only win but remove 15 seconds from his PB in 42:43. Spain's **Pedro Conesa** had originally been part of a small group breathing down Niedzialek's neck, but walked the second half of the race an isolated third only to receive a welcome silver instead. Right at the death, and with medal hopes seemingly dashed, Niedzialek sprung out of captivity and blasted the last 60m to make sure of bronze.

|     |                        |     |             |       |
|-----|------------------------|-----|-------------|-------|
| 1.  | ORSONI Riccardo        | ITA | 20 JAN 2000 | 42:43 |
| 2.  | CONESA Pedro           | ESP | 11 MAY 2001 | 43:18 |
| 3.  | NIEDZIALEK Lukasz      | POL | 15 MAR 2000 | 43:28 |
| 4.  | ILHAN Selman           | TUR | 7 JAN 2000  | 43:41 |
| 5.  | SNOOK Christopher      | GBR | 14 JAN 2000 | 43:45 |
| 6.  | ANDREI Aldo            | ITA | 15 JUL 2001 | 43:45 |
| 7.  | HORNERO Eloy           | ESP | 14 MAR 2000 | 44:07 |
| 8.  | DUC Mattéo             | FRA | 25 MAR 2001 | 44:08 |
| 9.  | GAMBA Gabriele         | ITA | 22 JAN 2002 | 44:19 |
| 10. | HONCHARENKO Ihor       | UKR | 19 JUL 2000 | 44:28 |
| 11. | KOVÁČ Daniel           | SVK | 1 JUL 2001  | 44:41 |
| 12. | SCHMIDT Jakob Johannes | GER | 14 NOV 2001 | 44:45 |
| 13. | BILDZIUHA Anton        | BLR | 21 MAR 2001 | 44:49 |
| 14. | KORETSKY Taras         | UKR | 3 APR 2002  | 44:57 |
| 15. | MADELINE-DEGY Martin   | FRA | 7 MAR 2001  | 45:08 |
| 16. | LANE Oisin             | IRL | 12 JUN 2002 | 45:17 |
| 17. | MESTRE José            | ESP | 27 FEB 2001 | 45:20 |
| 18. | BIRYUKOV Vladyslav     | UKR | 2 NOV 2000  | 45:24 |
| 19. | TEKDAL Mustafa         | TUR | 8 AUG 2002  | 46:01 |
| 20. | GOGNIES Ryan           | FRA | 17 MAR 2000 | 46:09 |
| 21. | OLIOHOVIK Pavel        | BLR | 8 JUL 2000  | 46:30 |
| 22. | TÓTH Norbert           | HUN | 7 OCT 2001  | 46:33 |
| 23. | DUMITRU Ion-Adrian     | ROU | 26 JAN 2001 | 46:38 |
| 24. | FRENZL Johannes        | GER | 22 SEP 2001 | 47:30 |
| 25. | SANTOS Ruben           | POR | 5 JUN 2000  | 47:45 |
| 26. | SERGATŠJOV Ruslan      | EST | 17 MAR 2000 | 47:56 |
| 27. | NEAG Carlos Mihai      | ROU | 8 DEC 2001  | 49:06 |
| 28. | BONZON Nathan          | SUI | 24 MAR 2000 | 49:26 |
| 29. | JUOZAITIS Paulius      | LTU | 24 AUG 2000 | 50:46 |
| 30. | JUNGHANNß Otto         | GER | 9 FEB 2000  | 52:18 |
| 31. | BUTSENKO Dmitri        | EST | 3 MAR 2003  | 53:22 |
| 32. | ROŽNOVSKÝ Rostislav    | CZE | 22 MAR 2000 | 54:49 |
|     | TOPSAKAL Özgür         | TUR | 26 AUG 2001 | DQ    |



*Italian Riccardo Orsoni celebrates his surprise victory in the U20 Men's 10km*

### 10km Walk U20 Women

There was never a doubt about the winner of the women's U20 10km as **Meryem Bekmez** destroyed the field to walk solo from the gun. The young Turk's only concern was weaving her way through 50km walkers throughout, and it needed a nifty piece of organisation to get the winning tape in place just before the 18-year-old broke it with something to spare. Turkey was by far the

strongest team on paper and so it proved with **Evin Demir** taking silver – albeit more than a minute behind her teammate. Neither posted a personal best, but in the heat and with medals on their mind rather than times – it didn't matter. The surprise of the race saw the third Turk **Kader Dost** fade over the last 2km to be first passed by **Pauline Stey** from France and then in the last 200 metres by Estonia's **Jekaterina Mirotvortseva** – the first time that country has made a top four finish in a major race and with a 48:05 national U20 record.

|     |                          |     |             |       |
|-----|--------------------------|-----|-------------|-------|
| 1.  | BEKMEZ Meryem            | TUR | 31 JUL 2000 | 45:37 |
| 2.  | DEMIR Evin               | TUR | 16 FEB 2001 | 46:49 |
| 3.  | STEY Pauline             | FRA | 9 SEP 2001  | 47:53 |
| 4.  | MIROTVORTSEVA Jekaterina | EST | 17 NOV 2002 | 48:05 |
| 5.  | DOST Kader               | TUR | 1 JAN 2000  | 48:09 |
| 6.  | GARCIA Mariona           | ESP | 13 MAR 2000 | 48:49 |
| 7.  | FILTISÁKOU Kiriaki       | GRE | 14 AUG 2000 | 48:57 |
| 8.  | MOUTARD Camille          | FRA | 11 JUL 2001 | 49:06 |
| 9.  | FIÁSKA Ólga              | GRE | 9 OCT 2001  | 49:28 |
| 10. | URRUTIA Míreia           | ESP | 4 MAR 2000  | 49:39 |
| 11. | CSÖRGŐ Dóra              | HUN | 7 OCT 2001  | 49:39 |
| 12. | PONTES Joana             | POR | 22 MAR 2000 | 50:07 |
| 13. | BUGLISI Sara             | ITA | 11 FEB 2001 | 50:33 |
| 14. | MORA Gemma               | ESP | 26 FEB 2000 | 50:38 |
| 15. | KAVALLIAUSKAITE Austeja  | LTU | 22 MAY 2000 | 50:40 |
| 16. | KASYAN Daryna            | UKR | 1 APR 2002  | 50:45 |
| 17. | TERREC Maelle            | FRA | 24 NOV 2001 | 50:51 |
| 18. | BURZALOVÁ Hana           | SVK | 3 NOV 2000  | 50:55 |
| 19. | MAROZAVA Dana            | BLR | 13 MAY 2001 | 50:58 |
| 20. | SYCHOK Yevheniya         | UKR | 25 NOV 2000 | 50:58 |
| 21. | BERTINI Simona           | ITA | 4 MAY 2001  | 51:11 |
| 22. | BELIAHOVA Alesia         | BLR | 9 SEP 2000  | 51:28 |
| 23. | O'CONNOR Niamh           | IRL | 19 FEB 2000 | 52:08 |
| 24. | MEŠKAUSKAITE Adrija      | LTU | 7 SEP 2001  | 52:33 |
| 25. | GATTI Camilla            | ITA | 23 AUG 2001 | 52:36 |
| 26. | TKACH Alina              | UKR | 26 DEC 2001 | 53:10 |
| 27. | DAILIDONYTÉ Toma         | LTU | 23 FEB 2003 | 53:31 |
| 28. | CANADI Eva               | SLO | 6 APR 2000  | 55:05 |
| 29. | PEVEC Eli                | CRO | 17 DEC 2001 | 56:24 |
| 30. | Šubina Alla              | EST | 8 AUG 2002  | 57:46 |
|     | GRANDI Josephine Alisa   | GER | 25 OCT 2000 | DNF   |

#### DOHA 50KM QUALIFIER UPDATE

With the many fine 50km walks in Alytus last weekend, **Paul DeMeester** has refreshed his Dohao 50km Qualifiers list. We are now up to 88 men and 40 women under the tough 3:59:00 and 4:30:00 standards. That is great news.

#### Doha 2019 Worlds 50K Qualifiers as of 19 May 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. | Dzmitry Dziubin                   | BLR | 3:45:51 | Alytus 19 May 2019              |
| 20. | Joao Vieira                       | POR | 3:46:38 | Alytus 19 May 2019              |
| 21. | Artur Brzozowski                  | POL | 3:46:42 | Alytus 19 May 2019              |
| 22. | Rafal Augustyn                    | POL | 3:47:04 | Dudince 23 March 2019           |
| 23. | Brendan Boyce                     | IRL | 3:48:13 | Alytus 19 May 2019              |
| 24. | Xu Liu                            | CHN | 3:48:30 | Huangshan 9 March 2019          |
| 25. | Ivan Banzeruk                     | UKR | 3:48:40 | Alytus 19 May 2019              |
| 26. | Perseus Karlstrom                 | SWE | 3:48:54 | Taicang 5 May 2018              |
| 27. | Evan Dunfee                       | CAN | 3:48:54 | Wajima 14 April 2019            |
| 28. | Quentin Rew                       | NZL | 3:48:58 | Taicang 5 May 2018              |
| 29. | Teodorico Caporaso                | ITA | 3:49:14 | Dudince 23 March 2019           |
| 30. | Isaac Antonio Palma Olivares      | MEX | 3:49:39 | Lazaro Cardenas 21 April 2019   |
| 31. | Yangben Zhaxi                     | CHN | 3:49:43 | Huangshan 9 March 2019          |
| 32. | Rafal Sikora                      | POL | 3:49:54 | Taicang 5 May 2018              |
| 33. | Rui Chen                          | CHN | 3:49:58 | Huangshan 9 March 2019          |
| 34. | Carl Dohmann                      | GER | 3:50:27 | Berlin 7 August 2018            |
| 35. | Rafal Fedaczynski                 | POL | 3:50:41 | Dudince 23 March 2019           |
| 36. | Damian Blocki                     | POL | 3:51:04 | Wajima 14 April 2019            |
| 37. | Jarkko Kinnunen                   | FIN | 3:51:16 | Dudince 23 March 2019           |
| 38. | Jonathan Hilbert                  | GER | 3:51:22 | Aschersleben 14 October 2018    |
| 39. | Valeriy Litanyuk                  | UKR | 3:51:37 | Alytus 19 May 2019              |
| 40. | Takayuki Tanii                    | JPN | 3:51:54 | Takahata 28 October 2018        |
| 41. | Tao You                           | CHN | 3:51:58 | Huangshan 9 March 2019          |
| 42. | Jorge Ignacio Diaz                | ESP | 3:52:00 | Alytus 19 May 2019              |
| 43. | Yuki Ito                          | JPN | 3:52:08 | Wajima 14 April 2019            |
| 44. | Michele Antonelli                 | ITA | 3:52:09 | Alytus 19 May 2019              |
| 45. | Shuto Goto                        | JPN | 3:52:17 | Takahata 28 October 2018        |
| 46. | Bernardo Uriel Barrondo           | GUA | 3:53:10 | Taicang 5 May 2018              |
| 47. | Cameron Corbishley                | GBR | 3:53:20 | Dudince 23 March 2019           |
| 48. | Mathieu Bilodeau                  | CAN | 3:53:36 | Dudince 23 March 2019           |
| 49. | Jesus Angel Garcia                | ESP | 3:53:48 | Taicang 5 May 2018              |
| 50. | Nathaniel Seiler                  | GER | 3:54:08 | Berlin 7 August 2018            |
| 51. | Yuya Suganami                     | JPN | 3:54:08 | Wajima 14 April 2019            |
| 52. | Mate Helebrandt                   | HUN | 3:54:13 | Dudince 23 March 2019           |
| 53. | Qingsheng Ceng                    | CHN | 3:54:29 | Huangshan 9 March 2019          |
| 54. | Erick Bernabe Barrondo            | GUA | 3:54:30 | Guatemala City 24 February 2019 |
| 55. | Adrian Blocki                     | POL | 3:54:31 | Taicang 5 May 2018              |
| 56. | Marc Tur                          | ESP | 3:54:51 | El Vendrell 10 February 2019    |
| 57. | Karl Junghanns                    | GER | 3:55:01 | Dudince 23 March 2019           |
| 58. | Claudio Paulino Villanueva Flores | ECU | 3:55:04 | Taicang 5 May 2018              |
| 59. | Andrea Agrusti                    | ITA | 3:55:09 | Taicang 5 May 2018              |
| 60. | Caio Oliveira de Sena Bonfim      | BRA | 3:55:24 | Melbourne 2 December 2018       |
| 61. | Bence Venyercsan                  | HUN | 3:55:34 | Dudince 23 March 2019           |
| 62. | Luis Angel Sanchez Perez          | GUA | 3:55:40 | Guatemala City 24 February 2019 |
| 63. | Artur Mastianica                  | LTU | 3:55:40 | Alytus 19 May 2019              |
| 64. | Marco De Luca                     | ITA | 3:55:47 | Berlin 7 August 2018            |
| 65. | Jose Montana                      | COL | 3:55:48 | Dudince 25 March 2018           |
| 66. | Andres Chocho                     | ECU | 3:55:48 | Cochabamba 5 June 2018          |
| 67. | Hongliang Zhang                   | CHN | 3:55:58 | Huangshan 9 March 2019          |
| 68. | Jorge Armando Ruiz                | COL | 3:56:07 | Lazaro Cardenas 21 April 2019   |
| 69. | Benjamin Sanchez                  | ESP | 3:56:15 | El Vendrell 10 February 2019    |
| 70. | Alexandros Papamihail             | GRE | 3:56:19 | Alytus 19 May 2019              |
| 71. | Ato Ibanez                        | SWE | 3:56:22 | Dudince 23 March 2019           |
| 72. | Jakub Jelonek                     | POL | 3:56:33 | Dudince 23 March 2019           |
| 73. | Dominic King                      | GBR | 3:56:35 | Dudince 23 March 2019           |
| 74. | Horacio Nava                      | MEX | 3:56:39 | Lazaro Cardenas 21 April 2019   |
| 75. | Zhongkai Meng                     | CHN | 3:56:45 | Huangshan 9 March 2019          |
| 76. | Leonardo Dei Tos                  | ITA | 3:56:56 | Gioiosa Marea 27 January 2019   |
| 77. | Aurelien Quinion                  | FRA | 3:57:05 | Aschersleben 14 October 2018    |
| 78. | Arnis Rumbenieks                  | LAT | 3:57:09 | Alytus 19 May 2019              |
| 79. | Jiji Han                          | CHN | 3:57:33 | Taicang 5 May 2018              |
| 80. | Serhiy Budza                      | UKR | 3:57:34 | Alytus 19 May 2019              |
| 81. | Katsuya Ishii                     | JPN | 3:57:37 | Wajima 14 April 2019            |
| 82. | Liang Yang                        | CHN | 3:57:46 | Huangshan 9 March 2019          |
| 83. | Jose Leyver Ojeda Blas            | MEX | 3:58:14 | Lazaro Cardenas 21 April 2019   |
| 84. | Narcis Mihaila                    | ROU | 3:58:17 | Alytus 19 May 2019              |
| 85. | Jichao Li                         | CHN | 3:58:20 | Huangshan 9 March 2019          |



|     |                   |     |         |                          |
|-----|-------------------|-----|---------|--------------------------|
| 86. | Marc Mundell      | RSA | 3:58:32 | Dudince 23 March 2019    |
| 87. | Ruslan Smolonskis | LAT | 3:58:35 | Alytus 19 May 2019       |
| 88. | 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.  | Eleonora Giorgi                | ITA | 4:04:50 | Alytus 19 May 2019                                   |
| 5.  | Julia Takacs                   | ESP | 4:05:46 | Alytus 19 May 2019                                   |
| 6.  | Ines Henriques                 | POR | 4:05:56 | London 13 August 2017 (Wild Card Entry, reigning WC) |
| 7.  | Faying Ma                      | CHN | 4:07:30 | Huangshan 9 March 2019                               |
| 8.  | Hang Yin                       | CHN | 4:09:09 | Taicang 5 May 2018                                   |
| 9.  | Claire Woods                   | AUS | 4:09:33 | Taicang 5 May 2018                                   |
| 10. | Raquel Gonzalez                | ESP | 4:11:01 | El Vendrell 10 February 2019                         |
| 11. | Alina Tsvilyi                  | UKR | 4:12:44 | Berlin 7 August 2018                                 |
| 12. | Paola Viviana Perez            | ECU | 4:12:56 | Taicang 5 May 2018                                   |
| 13. | Myrna Sucely Ortiz Flores      | GUA | 4:13:56 | Guatemala City 24 February 2019                      |
| 14. | Maria Czakova                  | SVK | 4:14:25 | Dudince 25 March 2018                                |
| 15. | Johana Edelmira Ordonez Lucero | ECU | 4:14:28 | Taicang 5 May 2018                                   |
| 16. | Pengqin Jiang                  | CHN | 4:14:31 | Huangshan 9 March 2019                               |
| 17. | Tiantian Bai                   | CHN | 4:14:49 | Huangshan 9 March 2019                               |
| 18. | Yingliu Wang                   | CHN | 4:15:33 | Huangshan 9 March 2019                               |
| 19. | Valentyna Myronchuk            | UKR | 4:15:50 | Alytus 19 May 2019                                   |
| 20. | Nastassia Yatsevich            | BLR | 4:16:39 | Alytus 19 May 2019                                   |
| 21. | Olena Sobchuk                  | UKR | 4:17:07 | Alytus 19 May 2019                                   |
| 22. | Nadzeja Darazhuk               | BLR | 4:17:29 | Alytus 19 May 2019                                   |
| 23. | Magaly Beatriz Bonilla Solis   | ECU | 4:19:04 | Taicang 5 May 2018                                   |
| 24. | Masumi Fuchise                 | JPN | 4:19:56 | Wajima 14 April 2019                                 |
| 25. | Khrystina Yudkina              | UKR | 4:19:57 | Alytus 19 May 2019                                   |
| 26. | Ivana Renic                    | CRO | 4:20:17 | Dudince 23 March 2019                                |
| 27. | Erika Jazmine Morales Cruz     | MEX | 4:20:36 | Hauppauge 21 October 2018                            |
| 28. | Ainhua Pinedo                  | ESP | 4:21:07 | Alytus 19 May 2019                                   |
| 29. | Meijiao Chi                    | CHN | 4:22:47 | Huangshan 9 March 2019                               |
| 30. | Evelyn Carla Inga Huaynalaya   | PER | 4:22:57 | Lazaro Cardenas 21 April 2019                        |
| 31. | Vasylyna Vitovshchuk           | UKR | 4:23:15 | Berlin 7 August 2018                                 |
| 32. | Mar Juarez                     | ESP | 4:24:35 | Alytus 19 May 2019                                   |
| 33. | Mariavittoria Becchetti        | ITA | 4:26:10 | Alytus 19 May 2019                                   |
| 34. | Yumin Chen                     | CHN | 4:26:42 | Huangshan 9 March 2019                               |
| 35. | Mara Ribeiro                   | POR | 4:27:14 | Alytus 19 May 2019                                   |
| 36. | Nicole Colombi                 | ITA | 4:27:38 | Gioiosa Marea 27 January 2019                        |
| 37. | Mayra Carolina Herrera         | GUA | 4:28:30 | Taicang 5 May 2018                                   |
| 38. | Aggeliki Makri                 | GRE | 4:29:15 | Alytus 19 May 2019                                   |
| 39. | Tiia Kuikka                    | FIN | 4:29:25 | Alytus 19 May 2019                                   |
| 40. | Serena Sonoda                  | JPN | 4:29:45 | Takahata 28 October 2018                             |

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

Thanks to Zoe Gkini for her news from the 3<sup>rd</sup> Coffebrands Race Walking Festival, which was held a week ago in the Greek city of Patra, 350km west of Athens. It just missed the deadline for last week's newsletter so it is here as a catchup. Zoe reports:

The festival is organised by the famous local sports club Olympias Patras, a club which produces good race walkers from southern Greece. This year the festival, in its third year, had an international atmosphere, with large crowds of spectators and lots of competition, especially in the younger age groups. **Panagiota Florou**, after her triumph in the schools championship on 9/5/2019, won the 5km U18 with 26.27. In the U16 Girls' 3km, a new racing star emerged with **Anastasia Antonopoulou** (14.43)! The Women's 20km was won by 42 year old **Aggeliki Makri** with 1.42.57 (she also finished 14th in the European Cup 50km a week later with 4:29:15). The Men's 20km was won with a very good fighting performance by **Dimitri Tsordias** (1:37:48).

#### **20KM MEN**

|    |                           |                 |         |
|----|---------------------------|-----------------|---------|
| 1. | Tsordias Dimitris         | Olympias Patras | 1.37.48 |
| 2. | Ntentopoulos Konstantinos | Olympias Patras | 1.42.56 |
|    | Vaitsis Ioannis           | GAS Ilissos     | DQ      |

#### **20 KM WOMEN**

|    |                        |                 |         |
|----|------------------------|-----------------|---------|
| 1. | Makri Aggeliki         | Olympias Patras | 1.42.57 |
|    | Kourkoutsaki Efstathia | GAS Ilissos     | DNF     |

|                       |                           |                         |       |
|-----------------------|---------------------------|-------------------------|-------|
|                       | Korkou Zoe                | GAS Ilissos             | DNF   |
|                       | Stoupel Lydia             | MEAS Triton             | DNF   |
| <b>10KM U20 GIRLS</b> |                           |                         |       |
| 1.                    | Salma Efstathia           | GS Ikaros N. Ionia      | 54.40 |
| <b>10 KM U18 BOYS</b> |                           |                         |       |
| 1.                    | Mpahos andreas Elefterios | AS Athinodoros Aegiefs  | 51.16 |
| 2.                    | Psonis Efthmios           | PAO Thersipos Peristeri | 54.25 |
| 3.                    | Stikas Emilios            | Olympias Patras         | 61.14 |
|                       | Tolias Dionisios          | Esperos 2004            | DNF   |
|                       | Mortzakis Alexandros      | Olympias Patras         | DNF   |
| <b>5KM U18 GIRLS</b>  |                           |                         |       |
| 1.                    | Florou Panagiota          | Fokianos Karditsas      | 26.27 |
| 2.                    | Tzatzimaki Basia          | GS Elefterios Venizelos | 27.57 |
| 3.                    | Pappa Kiriaki Ikaros      | N. Ionias               | 28.32 |
| 4.                    | Nifora Alexandra          | Esperos 2004            | 30.03 |
| 5.                    | Spyropoulou Konstantina   | Olympias Patras         | 32.16 |
| 6.                    | Dimitriou Sotiria         | AS Athinodoros          | 32.21 |
| <b>5KM U16 BOYS</b>   |                           |                         |       |
| 1.                    | Konidaris Dimitris        | Olympias Patras         | 28.53 |
| <b>3KM U16 GIRLS</b>  |                           |                         |       |
| 1.                    | Antonopoulou Anastasia    | Ikaros N.Ionias         | 14.43 |
| 2.                    | Arvanitakou Chrisanthi    | Fokianos Karditsas      | 16.10 |
| 3.                    | Adami Ioanna              | Olympias Patras         | 16.29 |
| 4.                    | Vasilou Pavlina           | Velos Paleo Faliro      | 16.36 |
| 5.                    | Tsimigatou Mirto          | Olympias Patras         | 17.02 |
| 6.                    | Nikolopoulou Grigoria     | AS Athinodoros          | 17.14 |
| 7.                    | Palmou Malena             | Olympias Patras         | 17.21 |
| 8.                    | Nika Chrisoula            | Olympias Patras         | 17.43 |
| 9.                    | Panagopoulou Dimitra      | AE Esperos 2004         | 17.49 |
| 10.                   | Marneli Pavlina Maria     | AS Athinodoros          | 18.21 |
| 11.                   | Argiri Antrianna          | Olympias Patras         | 18.30 |
| 12.                   | Barkali Efremia Georgia   | Fokianos Karditsas      | 19.25 |
| 13.                   | Kostikou Fotini           | Fokianos Karditsas      | 19.54 |
| 14.                   | Vianello Alesia Antonia   | AS Athinodoros          | 22.58 |
| 15.                   | Zoi Eleni                 | AS Athinodoros          | DNF   |
| <b>2KM U14 BOYS</b>   |                           |                         |       |
| 1.                    | Nikolopoulos Konstantinos | Olympias Patras         | 13.21 |
| 2.                    | Anthimos Michail          | Anatoli N.Ionias        | 13.37 |
| 3.                    | Schinas Dimitris          | Olympias Patras         | 13.40 |
| 4.                    | Georgantas Christos       | Olympias Patras         | 14.47 |
| 5.                    | Linardos Vasilis          | Olympias Patras         | 16.19 |
| <b>2KM U14 GIRLS</b>  |                           |                         |       |
| 1.                    | Esmerli Chrise            | Ikaros N.Ionias         | 10.45 |
| 2.                    | Mpouchali Maria           | Ikaros N, Ionias        | 10.51 |
| 3.                    | Karapiperi Peny           | AO Pefkis               | 11.49 |
| 4.                    | Papathanasopoulou Despina | Ikaros N. Ionias        | 12.01 |
| 5.                    | Giannousa Dimitra         | Fokianos Karditsas      | 13.01 |
| 6.                    | Chamante Fotini           | Ikaros N.Ionias         | 13.16 |
| 7.                    | Korkozelou Maria          | Fokianos Karditsas      | 13.26 |
| 8.                    | Agalioti Dimitra          | Olympias Patras         | 13.43 |
| 9.                    | Seremeti Adamantia        | Olympias Patras         | 13.50 |
| 10.                   | Priovolou Ifigenia        | AO Athinodoros          | 14.00 |
| 11.                   | Varthi Evagelia           | Ikaros N. Ionias        | 14.51 |
| 12.                   | Pappa Eva                 | Olympias Patras         | 15.02 |
| <b>1KM U12 BOYS</b>   |                           |                         |       |
| 1.                    | Schinas Nikolis           | Olympias Patras         | 6.54  |
| 2.                    | Kokmotos Theocharis       | Olympias Patras         | 6.57  |
| 3.                    | Moschos Christos          | Olympias Patras         | 7.00  |
| 4.                    | Mpelias Nickos            | Olympias Patras         | 7.06  |
| 5.                    | Merkos Theofilos          | Olympias Patras         | 7.08  |

|    |                      |                 |      |
|----|----------------------|-----------------|------|
| 6. | Ntagkounakis Andreas | Olympias Patras | 7.13 |
| 7. | Tzouras Georgios     | Olympias Patras | 7.22 |

**1KM U12 GIRLS**

|     |                          |                 |      |
|-----|--------------------------|-----------------|------|
| 1.  | Krili Niki               | Olympias Patras | 6.36 |
| 2.  | Loi Dimitra              | Olympias Patras | 6.37 |
| 3.  | Karagianni Eftichia      | Olympias Patras | 6.40 |
| 4.  | Anagnostopoulou Arietta  | Olympias Patras | 6.42 |
| 5.  | Tsirogianni Evdokia      | Olympias Patras | 6.50 |
| 6.  | Stefanopoulou Nikolia    | Olympias Patras | 6.52 |
| 7.  | Apostopoloulou Anastasia | Olympias Patras | 6.55 |
| 8.  | Koutroumpanou Mariam     | Olympias Patras | 7.01 |
| 9.  | Tzeli Eleni              | Olympias Patras | 7.04 |
| 10. | Arapatzki Maria          | Olympias Patras | 7.08 |
| 11. | Mouzaki Maria            | Olympias Patras | 7.12 |
| 12. | Ntola Anna -Maria        | Olympias Patras | 7.16 |
| 13. | Papaioannou Areti        | Olympias Patras | 7.21 |
| 14. | Seremeti Ioanna          | Olympias Patras | 7.23 |
| 15. | Roumelioti Afroditi      | Olympias Patras | 7.32 |
| 16. | Stathatou Ioanna         | Olympias Patras | 7.36 |
| 17. | Apoki Efcharis           | Olympias Patras | 7.40 |
| 18. | Mpailou Asimina          | Olympias Patras | 7.45 |
| 19. | Fatourou Efi             | Olympias Patras | 8.01 |
| 20. | Christopoulou Filomena   | Olympias Patras | 8.04 |



*Shots from the various race starts (photos from Zoe Gkini)*





*Judges and podiums (photos Zoe Gkini)*

**NO FINISH LINE, PARIS, 15-19 MAY**

The *No Finish Line* was first held in 1999 in Monaco and was launched for the first time in Paris in May 2015. Last weekend saw the 5<sup>th</sup> annual Paris edition and Emmanuel Tardi was there to let us know about it. The concept is a simple one: run or walk on a 1.3km course around the Eiffel Tower environs (on the Champ de Mars and Place Joffre) in central Paris as many times as you can between the start time of 10AM Wednesday and the finish time of 6PM Sunday (that calculates out at 104 hours). For every kilometre traveled, the organization and its partners donate €1 to support projects for underprivileged or sick children.

Check out <https://www.youtube.com/watch?v=3EYebMMX2-0>. See more at the event website <https://www.nofinishlineparis.com/>.

Four walkers competed in the race, including the winner **Dominique Bunel**. Bunel's 556.4km comes out at 128km per 24 hour period. When you take into account sleep time, that is pretty impressive.

Here is how the four walkers fared.

|     |                           |   |          |         |           |
|-----|---------------------------|---|----------|---------|-----------|
| 1.  | BUNEL Dominique           | M | 428 laps | 556.4km | 103:39:46 |
| 18. | BETAILLE Roger            | M | 239 laps | 310.7km | 103:54:01 |
| 20. | LESCURE Frederic          | M | 221 laps | 287.3km | 97:16:10  |
| 24. | LESCURE THANRON Elisabeth | F | 200 laps | 260.0km | 97:09:49  |



*Dominique Bunel (middle walker) on his way to victory in the Paris 'No Finish Line' (photo Emmanuel Tardi)*

#### OUT AND ABOUT

- Thanks to omarchador (<https://omarchador.blogspot.com/2019/05/iaaf-recusa-neutralidade-cinco.html>) for posting the news that a further 5 Russian walkers have been refused permission to compete internationally. The list includes Klavdiya Afanasyeva (2015 European U20 and 2017 U23 Champion), Margarita Nikiforova, Vitaly Anchin, Alexander Garin and Aleksey Kudashkin. Good riddance to the lot of them! Is there any such thing as a clean Russian athlete!
- The annual **Gran Premio Cantones de La Coruña** classic in La Coruña, Spain, on Saturday 8<sup>th</sup> June promises the highest quality 20km walks for the year, apart from the World Champs in Doha. As of now, there are 96 entrants in the men's race and 62 in the women's race. All of the best Chinese/Japanese is coming and the fields boast a veritable who's who of the racewalking world. See the entry list at <https://atletismo.gal/wp-content/uploads/2018/08/solicitudesparticipacion.pdf>. With the late Doha date, it will be the last chance for many to qualify and the pace will be on from the start. Event website at [https://atletismo.gal/competicions/xxxiii-gran-premio-internacional-de-marcha-cantones-de-a-coruna-trofeo-sergio-vazquez/?cp\\_date=01/06/2019](https://atletismo.gal/competicions/xxxiii-gran-premio-internacional-de-marcha-cantones-de-a-coruna-trofeo-sergio-vazquez/?cp_date=01/06/2019)
- A number of our VRWC walkers were in action in the Great Ocean Road half marathon on Sunday. It's actually a 23km race (go figure!) and is part of what's a huge running festival on the south coast region of Victoria, SW of Melbourne. The VRWC athletes formed a team for a bit of fun, with **Rhydian Cowley**, **Jemima Montag** and **Quentin Rew** all walking and **Philippa Huse** running. They were joined by Rhydian's fiancée **Amelia Aslanides** who also ran, coming 2<sup>nd</sup> overall in the women's half). Here's how they all placed. Well done everyone on a good day's work!

|     |                  |         |
|-----|------------------|---------|
| 27  | Amelia Aslanides | 1:29:38 |
| 140 | Rhydian Cowley   | 1:40:35 |
| 170 | Philippa Huse    | 1:41:46 |
| 420 | Jemima Montag    | 1:51:36 |
| 504 | Quentin Rew      | 1:54:23 |

#### MARCIADALMONDO GETS BACK TO BUSINESS

It's great to see marciadalmondo getting back to business after a quiet couple of months. In particular, read [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3484](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3484) to see some super fast times in Japan, spearheaded by **Kumiko Okada** (20:42.25) and **Yusuke Suzuki** (18:41.71).

- 19/05/2019 - European Race Walking Cup 20km victories to Perseus Karlstrom and Zivilé Vaiciukeviciute [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3486](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3486)
- 19/05/2019 - European Race Walking Cup 50km victories to Yohnn Diniz and Eleonora Giorgi [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3485](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3485)
- 18/05/2019 - Kumagaya (JPN): great times for Okada and Suzuki on track [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3484](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3484)



- 17/05/2019 - IAAF deny ANA status to five Russian walkers  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3483](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3483)
- 17/05/2019 - European Race Walking Cup Preview, men's races  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3482](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3482)
- 17/05/2019 - European Race Walking Cup Preview, women's races  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3481](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3481)
- 16/05/2019 - Patra (GRE): Results of 3<sup>rd</sup> Coffebrands Race Walk meeting  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3480](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3480)

### DATES...DATES...DATES

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

#### Australian/Victorian Key Dates – 2019/2020

|                    |  |
|--------------------|--|
| May 26 (Sun), 2019 | Victorian and Victorian Country Roadwalk Championships, Middle Park, VIC   |
| Jun 9 (Sun), 2019  | LBG Carnival, Stromlo Forest Park, Canberra, ACT   |
| June 25-28, 2019   | 2019 Oceania Championships, Townsville (Open and U20 10km, U18 5km) - <a href="https://athletics-oceania.com/">https://athletics-oceania.com/</a>        |
| Aug 11 (Sun), 2019 | AMA 20km National Championships, Adelaide, SA  |
| Sept 8 (Sun), 2019 | Australian Roadwalk Championships, Adelaide, SA  |
| Apr 10-13, 2020    | Australian Masters T&F Championships, Brisbane, QLD. See <a href="http://www.brisbane2020nationals.com.au/">http://www.brisbane2020nationals.com.au/</a> |

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

|                       |  |
|-----------------------|--|
| Jun 8 (Sat), 2019     | XXXIII Gran Premio Cantones de La Coruña, La Coruña, Spain             |
| Jun 25 (Tue), 2019    | Oceania Race Walk 10km Championships, Townsville, Australia (10km M/W) |
| 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

|                       |   |
|-----------------------|---|
| May 25 (Sat), 2019    | 10 <sup>th</sup> Sprint Triathlon in Race Walking, Veenendaal, NED (3000m, 1000m, 1 Mile) |
| Jun 8 (Sat), 2019     | XXXIII Gran Premio Cantones de La Coruña, La Coruña, Spain                                |
| Jun 17-19, 2019       | China National Race Walking Gran Prix – 3, Chifeng, CHN (20 and 50km M/W)                 |
| Jun 22 (Sat), 2019    | Polish 20km Championships, Mielec, POL (20km M/W)   |
| June 30 (Sun), 2019   | USATF 40km Champs (includes 50km option), Owego, NY, USA                                  |
| Jul 3-14, 2019        | <b>30<sup>th</sup> Summer Universiade</b> , 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    | <b>20<sup>th</sup> Oceania Masters T&amp;F Championships</b> , Mackay, Queensland, AUS    |
| Sept 6-7, 2019        | China National Race Walking Champs, Leshan, CHN (20 and 50km M/W)                         |
| Sept 28 – Oct 6, 2019 | <b>17<sup>th</sup> IAAF World Championships in Athletics</b> , Doha, Qatar                |
| Oct 20-22, 2019       | Around Taihu International Race Walking 2019, Suzhou, China                               |

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

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

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

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

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