



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2018/2019 Number 26
26 March 2019



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WALKER OF THE WEEK

My Walker of the Week this time around is 18 year old Gold Coast walker **Katie Hayward**. Fresh from her wonderful 20km walk in Nomi the week before, she fronted in the Queensland Track Classic 3000m walk in Brisbane last Friday evening. And did she do a job of it, storming through to a huge 36 sec PB of **12:10.17**. She walked the second fastest 3000m walk time ever done by an Australian woman, with only the great Kerrie Saxby-Junna ahead of her, with what was at the time a world record of 11:51.26.

She now sits at No 1 in the 1500m (5:48.34), second in the 3000m (12:10.17), 13th in the 5000m (21:39.03), 8th in the 10km (44:12) and 3rd in the 20km (1:29:25). And all at only 18 years of age!



Katie about to finish in the 3000m walk last Friday evening (photo Casey Sims)

The updated 3000m Walk All-Time rankings are as follows (all those under 13:00).

	Time	Name	State	DOB	Place	Location	Date	Age
1.	11.51.26	Kerry Saxby-Junna	N	20/06/1961	1	Melbourne	07/02/1991	29
2.	12.10.17	Katie Hayward	Q	23/07/2000	mix	Brisbane	23/03/2019	18
3.	12.22.09	Gabrielle Blythe	V	09/03/1969	2	Melbourne	24/02/1994	24
4.	12.26.87	Anne Pembroke Manning	N	13/11/1959	3	Melbourne	24/02/1994	34
5.	12.26.73	Tanya Holliday	S	21/09/1988	1	Adelaide	19/02/2013	24
6.	12.27.74	Jane Saville	N	05/11/1974	2	Melbourne	25/02/1993	28
7.	12.36.21	Natalie Saville	N	07/09/1978	1	Sydney	09/12/1995	17
8.	12.40.84	Teresa Letherby	Q	05/04/1972	2	Melbourne	29/02/1996	25
9.	12.42.1	Sue Orr-Cook	V	23/04/1958	1	Canberra	10/03/1984	25
10.	12.43.0	Michelle French	N	10/04/1982	mix	Sydney	08/11/1997	15
11.	12.45.95	Beki Smith (nee Lee)	N	25/11/1986	2	Sydney	21/02/2012	25
12.	12.46.76	Jenny Jones	Q	20/04/1967	mix	Brisbane	14/11/1992	25
13.	12.48.4	Cheryl Webb	N	03/10/1976	mix	Sydney	22/11/1997	21
14.	12.48.76	Lorraine Jachno	V	21/09/1959	2	Melbourne	25/02/1992	32
15.	12:48.87	Claire Tallent	S	06/07/1981	mix	Brisbane	07/02/2009	27

16.	12.49.2	Linda Coffee	N	31/07/1977	mix	Sydney	13/01/1996	18
17.	12.51.56	Wendy Muldoon	V	27/05/1971	3	Melbourne	29/02/1996	24
18.	12.51.6	Louise Nicholson	V	26/12/1966	mix	Melbourne	20/02/1992	25
19.	12.56.6	Jane Lewry Barbour	S	27/07/1966	mix	Adelaide	05/03/1994	27
20.	12.58.85	Kelly Ruddick	V	19/04/1973	1	Ballarat	09-01-2016	42
21.	12.59.4	Bev Wilkins Hayman	N	09/05/1961	mix	Sydney	21/01/1989	27

WHAT'S COMING UP

- The Australian Athletics Championships will be held in Sydney over the 7 day period from 1st to 7th April. The draft timetable reads as follows

Mon 1 st April	9:00AM	10,000m Walk U20 Men/Women
	4:30PM	3000m Walk U15-U16 Boys
	5:00PM	3000m Walk U15-U16 Girls
Tues 2 nd April	11:30AM	3000m Walk U14 Boys/Girls
Fri 5 th April	8:10PM	10,000m Walk Open Men/Women
Sat 6 th April	9:00AM	5000m Walk U18 Boys/Girls
	9:40AM	5000m Walk U17 Boys/Girls

- After this, our summer season is just about finished, with only the following fixtures left to play out.

Apr 13-14, 2019	Australian Centurions 24H, 12H & 6H Walks, Coburg, VIC
Apr 26-29, 2019	Australian Masters T&F Championships, Albert Park - https://melbourne2019.com.au/
Apr 27-28, 2019	Australian Little Athletics Championships, Domain Athletic Centre, Hobart

- Talking of the **Australian Masters T&F Championships**, the big news is that, due to significant interest, the LOC has decided to extend the entry period. **Entries will now be accepted until 11:59pm on March 26 (that's tonight)**. So it's still not too late to get your entry in. See <https://melbourne2019.com.au/register>.

VICTORIAN MASTERS T&F CHAMPIONSHIPS, DONCASTER ATHLETICS TRACK, DONCASTER, 23-24 MARCH

The Victorian Masters T&F Championships were held last weekend at the Doncaster athletics track in suburban Melbourne. The two walks were well attended and the weather was described as 'challenging'.



3000m Track Walks, Saturday 23 March

The 3000m walks were held on Saturday morning, with 21 women and 24 men in attendance. Fastest times overall to W45 **Kelly Ruddick** (13:19.48) and M35 **Daniel Walters** (12:56.04). Kelly's time was outstanding in that it bettered Lyn Ventris's W45 World and Australian records (13:57.43) by a staggering 38 seconds.

W40	1	Szirom, Megan	Frankston At	14:32.63	
	2	Feiner, Tracy Knox	Athletic Club	15:13.48	
	3	Geisler, Sandra	Ringwood Ath	16:09.96	
	4	McLennan, Laura	Doncaster At	19:19.98	
	5	Grace, Marnie	Victorian Ma	19:26.41	
W45	1	Ruddick, Kelly	Ballarat Har	13:19.48	W45 World Record
	2	Irshad, Kylie	Mornington P	17:06.90	
W50	1	Holohan, Bernadette	Sandringham	19:09.83	
	2	Thompson, Merilyn	Casey Cardin	21:36.59	
W55	1	Elms, Donna-Marie P	reston Athl	18:31.10	

	2	Rosenbrock, Carolyn	Athletics Nu	19:06.85
	3	Howorth, Sandra	Glenhuntly A	23:33.44
W60	1	Bryant, Barbara	Eaglehawk At	17:55.30
	2	Payne, Jennifer	South Bendig	18:56.14
	3	O'Neill, Karyn	Victorian Ma	20:24.06
	4	D'Monte, Arlene	Victorian Ma	23:12.35
W65	1	Thompson, Alison	Victorian Ma	17:19.59
W70	1	Mcpherson, Glennis	Victorian Ma	21:22.59
	-	Johnson, Celia	Victorian Ma	DQ
W75	1	Steed, Gwen	Glenhuntly A	20:55.50
M35	1	Walters, Daniel	Corio Athletic	12:56.04
M40	1	Blackwood, Mark	Knox Athletic	13:26.17
	2	Prasad, Pramesh	Victorian Ma	14:16.86
	3	Van Dongen, Rupert	Mentone Athl	19:15.61
M45	1	Nelson, Scott	Wyndham Trac	14:59.56
	2	Smyth, David	Victorian Ma	16:09.61
M50	1	Murfett, Grant	Victorian Ma	17:52.41
M55	1	Cassidy, Kevin	Victorian Ma	15:20.73
	2	Evans, Simon	Box Hill Ath	17:10.59
	3	Hess, Albin	Victorian Ma	17:14.01
	4	Cant, Mark	Victorian Ma	19:18.25
	-	Moritz, Paul	Victorian Ma	DNF
M60	1	Worsnop, Christopher	Old Xaverian	27:39.80
	-	Sommers, David	Athletics Nu	DQ
M65	1	Prowse, Frank	Victorian Ma	21:02.67
M70	1	Jamieson, Andrew	Old Scotch C	18:26.39
	2	Barrow, Geoff	Mentone Athl	21:49.91
	-	Robinson, Robert	South Coast	DQ
M75	1	Bennett, Ralph	Glenhuntly A	18:35.68
	2	Hallo, John	Victorian Ma	24:09.86
	-	Wicks, Barrie	Victorian Ma	DQ
M80	1	Ilgoutz, Gunther	Victorian Ma	21:41.27
M85	1	Silcock-Delaney, Colin	Victorian Ma	27:40.69

1500m Track Walks, Sunday 24 March

The 1500m walks were held on Sunday morning, with fastest times going to W40 **Tracy Feiner** (6:57.73) and M35 **Daniel Walters** (6:02.05).

W40	1	Feiner, Tracy	Knox Athletic	6:57.73
	2	Geisler, Sandra	Ringwood Ath	7:16.24
	3	Grace, Marnie	Victorian Ma	9:27.46
W45	1	Muldoon, Wendy	Athletics Nu	7:41.85
	2	Irshad, Kylie	Mornington P	7:51.42
	3	Lording, Ros	Victorian Ma	9:01.51
	4	Colbert, Tracy	Coburg Harri	9:28.54
W50	1	Hunter, Pia	Victorian Ma	8:28.47
	2	Holohan, Bernadette	Sandringham	8:52.45
	3	Thompson, Merylyn	Casey Cardin	10:18.22
W55	1	Elms, Donna-Marie	Preston Athl	8:40.93
	2	Walshe, Kerry	Keilor St Be	9:38.29
	3	Hodgart, Janice	Western Aths	10:03.47
W60	1	Bryant, Barbara	Eaglehawk At	8:33.94
	2	Payne, Jennifer	South Bendig	9:07.92
	3	D'Monte, Arlene	Victorian Ma	11:04.83
W65	1	Thompson, Alison	Victorian Ma	8:08.20
W70	1	Mcpherson, Glennis	Victorian Ma	10:08.98
W75	1	Steed, Gwen	Glenhuntly A	10:03.84
W90	-	Mihalopoulos, Mary	Victorian Ma	DQ
M35	1	Walters, Daniel	Corio Athletic	6:02.05
M40	1	Blackwood, Mark	Knox Athletic	6:20.54
	2	Prasad, Pramesh	Victorian Ma	6:41.76
	3	Van Dongen, Rupert	Mentone Athl	8:57.76
M45	1	Nelson, Scott	Wyndham Trac	6:58.40
	2	Smyth, David	Victorian Ma	7:40.04
M50	1	Murfett, Grant	Victorian Ma	8:29.71
M55	1	Cassidy, Kevin	Victorian Ma	7:09.48

	2	Evans, Simon	Box Hill Ath	8:08.45
	3	Hess, Albin	Victorian Ma	8:15.74
	4	Moritz, Paul	Victorian Ma	9:34.98
	5	Murphy, Stephen	Athletics Ess	10:11.56
M60	1	Sommers, David	Athletics Nu	8:59.23
	-	Worsnop, Christopher	Old Xaverian	DQ
M65	1	Prowse, Frank	Victorian Ma	9:53.26
M70	1	Dickenson, Russell	Victorian Ma	10:02.41
	2	Barrow, Geoff	Mentone Athl	10:20.05
	-	Robinson, Robert	South Coast	DQ
M75	1	Wicks, Barrie	Victorian Ma	13:36.17
	-	Bennett, Ralph	Glenhuntly A	DNF
M80	1	Ilgoutz, Gunther	Victorian Ma	10:07.60
M85	-	Silcock-Delaney, Colin	Victorian Ma	DQ

SAMA TRACK WALKS, SA ATHLETICS TRACK, MILE END, ADELAIDE, WEDNESDAY 20 MARCH

Thanks to Colin Hainsworth for this week's results from the South Australian Masters in Adelaide. Best efforts, as usual, by **George White** and **Richard Everson**.

1500m Walk

1.	RICHARD EVERSON	07:10	M55	86.11%
2.	GREGORY METHA	08:30	M54	71.96%
3.	GEORGE WHITE	08:45	M73	85.65%
4.	MARIE MAXTED	09:22	W58	72.53%
5.	LIZ DOWNS	10:45	W63	66.52%
6.	JAMES HOARE	11:13	M72	65.97%

1500m Club Walk

1.	KEVIN FINN	09:44	M67	71.60%
2.	GRAHAM HARRISON	11:20	M75	67.89%
3.	RODGER BARBER	11:34	M80	71.42%
4.	VALMAI PADGET	12:38	W74	65.01%
5.	DAVID ROBERTSON	12:48	M85	69.91%
6.	CATHIE HORE	12:51	W68	58.97%

2000m Walk

1.	RICHARD EVERSON	09:54	M55	80.60%
2.	MARIE MAXTED	14:01	W58	63.43%
3.	Liz DOWNS	15:08	W63	61.97%
4.	EDNA BATES	17:49	W66	54.53%

2000m Club Walk

1.	KEVIN FINN	12:39	M67	71.23%
2.	JOHN HORE	15:12	M70	61.40%
3.	RODGER BARBER	15:31	M80	68.90%
4.	VALMAI PADGET	16:43	W74	64.82%

4000m Walk

1.	RICHARD EVERSON	20:56	M55	81.22%
2.	GEORGE WHITE	24:34	M73	84.10%
3.	GREGORY METHA	25:29	M54	66.13%
4.	JAMES HOARE	29:34	M72	68.98%

4000m Club Walk

1.	CATHIE HORE	35:14	W68	61.22%
2.	DAVID ROBERTSON	35:26	M85	69.92%

ACTRWC TRACK WALKS, WODEN PARK, WODEN, THURSDAY 21 MARCH

Thanks to Robin Whyte for this week's results from Canberra. Fastest time by **Owen Toyne** (10:22).

2000m Handicap

1.	Kodi Clarkson	11:43
2.	Ruth Baussmann	14:37
3.	Kate Black	11:51

4.	Val Chesterton	16:36
5.	Margaret McSpadden	16:38
6.	Peter Baker	10:49
7.	Owen Toyne (F/T)	10:22
8.	Robin Whyte	12:55
9.	Lorna England	17:12
10.	Bryan Thomas	14:21
11.	Eloise Smith	12:23

QUEENSLAND TRACK CLASSIC, QSAC, BRISBANE, SATURDAY 23 MARCH

The Queensland Track Classic 3000m walk produced its usual share of very fast times, with **Dane Bird-Smith** (11:01.32) and **Katie Hayward** (12:10.17) at top speed. I have already commented on Katie's performance in my Walker of the Week section. For Dane, it was another win in this annual event, and a time that was not far away from his Australian record of 10:54.70.

3000m Walk

1.	Bird-Smith, Dane	M92	QLD	11:01.32	
2.	Hayward, Katie	W00	QLD	12:10.17	PB 0:36
3.	McCutcheon, Nelson	M02	QLD	13:00.30	
4.	Smith, Clara	W98	QLD	13:03.64	
5.	Hannigan, Caitlin	W02	QLD	14:19.86	
6.	Sullivan, Bridget	W04	QLD	15:15.18	PB 0:10
7.	Guevara, Argenis	M68	QLD	16:15.57	
8.	Gannon, Brenda	W74	QLD	16:30.59	
9.	Hamann, Charlotte	W01	QLD	17:39.89	
10.	Papadopoulos, Christina	W96	QLD	DNF	



Dane and Katie in action in Brisbane on Saturday evening (photos Casey Sims)

QUEENSLAND MASTERS T&F MEET, SAF, BRISBANE, SATURDAY 23 MARCH

3000m Walk

1.	Ignacio Jimenez	M53	Brisbane	13:58.70	86.19%
2.	Peter Bennett	M63	Brisbane	16:23.28	80.47%
3.	Noela McKinven	W76	Brisbane	24:07.02	72.75%

AACT SUMMER SERIES, WODEN ATHLETICS TRACK, WODEN, SATURDAY 23 MARCH

3000m Walk

1.	Toyne, Owen	12	Ginninderra	16:27.69
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WARWC ROADWALKS, PERRY LAKES, PERTH, SUNDAY 17 MARCH

Thanks to Terry Jones for the latest results from the Western Australian Race Walking Club in Perth. Terry tells me that some of these walkers competed in the Masters walks at 7:30am, then followed up with another two WARWC events: most impressive! Terry also advises that's the last of the scheduled WARWC summer walks. The program for the winter is still being finalised, but will be published before end of April as the first winter walk is scheduled for Sunday 5th May.

5km Walk

1.	Ben Reid	24:59
2.	Andrew Duncan	26:23
3.	Karyn Tolardo	33:42
4.	Wendy Farrow	34:28

3km Walk

1.	Alex Griffin	15:26
2.	Brooke Mortimore	16:30
3.	John Ronan	16:37
4.	Xavier Bernard	16:46
5.	Ashlyn Spence	17:53
6.	Sylvia Byers	28:38
	Madison Grey	DNF
	Mitchell Bostock	DNF
	John McDonagh	DNF

2km Walk

1.	Andrew Duncan	9:35
2.	John Ronan	10:54
3.	Lataya Lawrence	10:59
4.	Karyn Tolardo	12:10
5.	Casey Mortimore	12:15
6.	Xavier Bernard	12:26
7.	Luke Lawrence	13:24
8.	Wendy Farrow	13:57
9.	Asha Freeman	13:58
10.	Ellis Freeman	15:07
11.	Jasmine Williams	15:21
12.	Linkin Lawrence	15:36

LITTLE ATHLETICS QUEENSLAND STATE CHAMPIONSHIPS, TOWNSVILLE, 22-24 MARCH

The Little Athletics Queensland State Championships were held last weekend in the rural Queensland city of Townsville. Robyn Wales reported:

The weather was hot and humid but the rain held off. Fastest times were **Camryn Novinetz** (6:35.70), **Jonathan Wearne** (6:37.14) and **Reece Madden** (6:45.59). Reece doesn't train for walks anymore but threw the discus 55m. He is a talent!! The photo is U10 silver medallist Noah Tilton and his training partner Korbyn Bracknell-Hewitt who was 5th in the same race.



U10 silver medallist Noah Tilton and his training partner Korbyn Bracknell-Hewitt (photo Robyn Wales)

The first 8 places are displayed for each division. For the full results set, see <http://laq.sportstg.com/liveresults/2019StateCships/>.

Girls U17 1500m Walk

1.	McRoberts, Jasmine-Rose	Redcliffe Lac	8:18.05
2.	Schofield, Isabella	Ashmore Lac	8:59.19

Girls U16 1500m Walk

1.	Novinetz, Camryn	Ipswich Lac	6:35.70
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Boys U16 1500m Walk

1.	Madden, Reece	Tweed Lac	6:45.59
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2.	Schofield, Amelia	Ashmore Lac	8:37.72	2.	Zirbel, Joshua	Highfields	8:14.30
3.	Bow, Elliot	Caboolture Lac	8:49.00				

Girls U15 1500m Walk

1.	Ofield, Mackenzie	Caloundra Lac	7:40.08
2.	Milosevic, Vivian	Gold Coast Lac	8:46.27

Boys U15 1500m Walk

1.	Wearne, Jonathan	Redcliffe Lac	6:37.14
2.	McCure, Lachlan	Ashmore Lac	8:24.20

Girls U14 1500m Walk

1.	Clarke, Anika	Redlands Lac	7:02.53
2.	Millard, Summer	Nanango Lac	7:17.76
3.	Porter, Sophie	Aspley Lac	7:47.68
4.	Brady, Korey	Aspley Lac	7:58.35
5.	Sentance, Charlotte	Arana Lac	8:03.75
6.	Bergh, Mia	Ashmore Lac	8:13.36
7.	Hogan, Payten	Tweed Lac	9:05.65
8.	Fisher, Torryn	Redlands Lac	9:06.21

Boys U14 1500m Walk

1.	Norton, Kai	Arana Lac	7:02.24
2.	Farmilo, Jonah	South Burnett	8:45.19
3.	Moore, Seth	Gold Coast Lac	8:58.84

Girls U13 1500m Walk

1.	Heap, Ashanti	Gold Coast Lac	6:56.49
2.	Norton, Amber	Arana Lac	7:04.55
3.	Lourigan, Daniella	Maryborough	8:10.29
4.	Woodward, Trinity	Arana Lac	8:24.85
5.	Schofield, Scarlett	Ashmore Lac	8:26.51
6.	Madden, Lacey	Tweed Lac	9:49.02
7.	Zirbel, Cheyenne	Highfields	9:53.56
8.	Chadwick, Phoebe	Bracken Ridge	10:06.10

Boys U13 1500m Walk

1.	McCure, Sam	Ashmore Lac	7:42.46
2.	Bradley, Alex	Highfields	8:01.64
3.	Riese, Jonathan	Toowong Harr	8:37.71
4.	Kavanagh, Danny	Springwood Lac	9:32.53
5.	Bannister, Jack	Nambour Lac	9:40.91
6.	Edser, Jackson	Algerter Lac	10:43.95

Girls U12 1500m Walk

1.	Williams, Lyla	Tweed Lac	7:34.38
2.	Gee, Tamika	Algerter Lac	7:36.15
3.	Teahen, Rebecca	Toowong Harr	7:55.55
4.	Porter, Charlotte	Aspley Lac	8:42.08
5.	Stewart, Kamara	Ipswich Lac	8:50.98
6.	Scott, Sophie	Toowong Harr	9:17.33
7.	Kopittke, Tiana	Algerter Lac	10:32.83
8.	McDonald, Tatum	Beenleigh Lac	11:21.84

Boys U12 1500m Walk

1.	Callaghan, Myles	Redlands Lac	7:46.82
2.	Smith, Cooper	University	8:24.58
3.	Lavell, Nicholas	Caboolture Lac	9:56.66
4.	Higham, Tristan	Strathpine Lac	10:06.33
5.	Sheehan, Liam	Toowong Harr	10:15.81

Girls U11 1100m Walk

1.	Gale, Shantel	Strathpine Lac	5:52.66
2.	Tudor, Anna	Noosa Lac	6:13.32
3.	Davey, Caterina	Toowong Harr	6:14.10
4.	Ettridge, Kayley	Caboolture Lac	6:20.38
5.	Mathewson, Riley	Ipswich Lac	6:46.29
6.	Sharpe, Milly	Gladstone Lac	7:05.41
7.	Barkworth, Taylor	Tweed Lac	7:14.47
8.	Wise, Chiara	Springwood Lac	7:14.96

Boys U11 1100m Walk

1.	Teasel, Bailey	Helensvale Lac	6:17.10
2.	Lucas, Jaydon	Redlands Lac	6:26.00
3.	Cohen, Harry	Toowong Harr	6:26.32
4.	Burke, Noah	Toowoomba	7:04.52
5.	Epitropakis, Zackary	Algerter Lac	7:28.76
6.	Philo, Lachlan	Bargara Lac	8:02.59

Girls U10 1100m Walk

1.	Capps, Chelsea	Gold Coast Lac	5:45.90
2.	Clarke, Makenna	Redlands Lac	5:47.25
3.	Sheehan, Emma	Toowong Harr	7:00.73
4.	McIntyre, Rhianna	Gympie Lac	7:14.46
5.	Hill, Ivy Gold	Coast Lac	7:22.12
6.	Barron, Maya	North Mackay	7:29.92
7.	Waters, Mikayla	Bribie District	7:31.88
8.	Mackay, Phoenix	Algerter Lac	7:38.90

Boys U10 1100m Walk

1.	Callaghan, Flynn	Redlands Lac	6:02.67
2.	Tilton, Noah	Tweed Lac	6:30.74
3.	Blair, Xavier	Bundaberg Lac	6:47.20
4.	Stewart, Mitchell	Ipswich Lac	6:47.44
5.	Bricknell-Hewitt, Korbyn	Mudgeeraba Lac	7:18.58
6.	Gration, Ethan	City North Lac	7:24.10
7.	Anderson, Lucas	Toowong Harr	7:30.18
8.	Zirbel, Blake	Highfields	7:42.96

LITTLE ATHLETICS SA STATE CHAMPIONSHIPS, SA ATHLETICS STADIUM, ADELAIDE, 23-24 MARCH

Alas, time has got the best of me. For the Little Athletics South Australian results, check out <http://www.salaa.org.au/>. Not exactly user friendly to cut and paste. Happy to put it in next week if someone wants to do the work for me.

LITTLE ATHLETICS ACT STATE CHAMPIONSHIPS, WODEN PARK, WODEN, 15-17 MARCH

And I missed the State Championships results for Little Athletics ACT in last week's newsletter. I'll leave it to readers to catch up at <http://www.actlaa.org.au/Portals/46/Results/final%20results.pdf>.

39TH DUDINCE INTERNATIONAL WALKS MEET, DUDINCE, SLOVAKIA, SATURDAY 23 MARCH

And now onto the big international news from last weekend, with the the 39th edition of the Dudinská Päťdesiatka International Racewalking Meet. There are few better and more respected meets than this one. Held in the small spa city of Dudince, in the Slovak Republic, it has been drawing the best walkers from around the world for many years now. The superb organized carnival is built around the 50km races and always features the top walkers. I have been on 2 occasions and enjoyed it immensely both times.

As usual, the meet is well reported by marciadalmondo

20km: http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3444

50km: http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3443

The 50km events are normally the mainstay of the meet and this year was no exception, with 42 men and 18 women toeing the start line in the 50km walk, held on a beautiful sunny day.

Ecuadorian **Andres Choco** was the fastest of the 50km men on paper and was expected to be the walker to beat. He lived up to expectations, never far from the lead and actually taking over at 35km. But when he retired at the 40km mark, the race opened up, allowing **Havard Haukenes** (NOR), who had been shadowing him, to take up the initiative, going on to win with a new PB of 3:42:50 (his previous PB of 3:43:40 had been obtained in Dudince in 2017). Second place went to **Veli-Matti Partamen** (FIN) with 3:46:54, third place to **Rafal Augustyn** (POL) with 3:47:04 and fourth place to **Teodorico Caporaso** (ITA) with 3:49:14

With the first 15 men all under the Doha qualifying time of 3:59:00, it was indeed a high quality race. Some special mentions, first to the English walkers. 21 year old **Cameron Corbishley**, in his inaugural 50km race, passed the halfway point on 1.55.24, ahead of Chris Maddocks' British record pace (3.51.37) set in 1990. Despite slipping behind British record pace, Corbishley put in a solid last 5km to clock a brilliant 3.53.20 for a British Under 23 record to take seventh overall on the day. Not to be outdone, double Olympian **Dominic King** producing his second-best time ever (3:56:35) to finish in 14th place. This is the first time ever that two British athletes have gone under the four-hour barrier in the same race. South African veteran **Marc Mundell** was one place behind King with 3:56:33. This is a wonderful comeback for Mark who now lives in Canada.

50km Walk Men

1.	HAUKENES Havard	1990	Norway	3:42:50
2.	PARTANEN Veli-Matti	1991	Finland	3:46:54
3.	AUGUSTYN Rafal	1984	Poland	3:47:04
4.	CAPORASO Teodorico	1987	Italy	3:49:14
5.	FEDACZYNSKI Rafal	1980	Poland	3:50:41
6.	KINNUNEN Jarkko	1984	Finland	3:51:16
7.	CORBISHLEY Cameron	1997	Great Britain &N.I.	3:53:20
8.	BILODEAU Mathieu	1983	Canada	3:53:36
9.	HELEBRANDT Máté	1989	Hungary	3:54:13
10.	JUNGHANNSS Karl	1996	Germany	3:55:01
11.	VENYERCSÁN Bence	1996	Hungary	3:55:34
12.	IBANEZ Ato	1985	Sweden	3:56:22
13.	JELONEK Jakub	1985	Poland	3:56:33
14.	KING Dominic	1983	Great Britain &N.I.	3:56:35
15.	MUNDELL Marc	1983	South Africa	3:58:32
16.	GDULA Lukáš	1991	Czech republic	3:59:33
17.	TOKODI Dávid	1991	Hungary	4:03:20
18.	ERENT Bruno	1990	Croatia	4:05:02
19.	MORVAY Michal	1996	Slovak republic	4:09:50
20.	GREGORIO Angelini	1996	Italy	4:12:48
21.	CAPRICE Erick Jerome	1983	Mauritius	4:13:41
22.	HLAVENKA Tomáš	1977	Czech republic	4:20:12
23.	LIESTING Rick	1977	Netherlands	4:20:35
24.	HLAVÁČ Vít	1997	Czech republic	4:30:46
25.	TICHÝ Peter	1969	Slovak republic	5:02:06
	CHOCHO Andres	1983	Ecuador	DNF
	OJALA Aleks	1992	Finland	DNF
	PAJUELO PAREDES Iván	1993	Spain	DNF
	KING Daniel	1983	Great Britain &N.I.	DNF
	MOTL Ondrej	1994	Czech republic	DNF

MALYSA Alexandr	1997	Czech republic	DNF
NTENTOPOULOS Konstantinos	1994	Greece	DNF
KETNER Karel	1990	Czech republic	DNF
KARLSTRÖM Remo	1988	Sweden	DNF
HOBBS Jonathan	1993	Great Britain &N.I.	DNF
BAGDÁNY Tomasz	1995	Hungary	DNF
CERNÝ Jaroslav	1972	Slovak republic	DNF
JURLIN Krešimir	1964	Croatia	DNF
ROMERO IRIAS Jose Leonidas	1983	Honduras	DNF
STANKO Jurica	1999	Croatia	DNF
VOJTÍŠEK Tomáš	1973	Czech republic	DNF
SMOLONSKIS Ruslans	1996	Latvia	DNF

The women's 50km also produced the goods, with 10 finishers (the standard continues to improve). **Maria Czakova** (SVK), **Monika Hornakova** (SVK) and **Erica Rocha de Sena** (BRA) had led out, pacing each other over the first half. But when de Sena retired at 20km and Hornikova retired at 25km, Czakova was left on her own in front. Unfazed, she continued on in fine style, winning with 4:16:33. She won last year with 4:14:45 and was not far from that mark this time. **Ivana Renic** (CRO) surprised everyone to take second with 4:20:07, ahead of **Agnieszka Ellward** (POL) with 4:40:24.

50km Walk Women

1.	CZAKOVÁ Mária	1988	Slovak republic	4:16:33
2.	RENIC Ivana	1996	Croatia	4:20:17
3.	ELLWARD Agnieszka	1989	Poland	4:40:24
4.	BUZIAK-SMIATACZ Paulina	1986	Poland	4:41:02
5.	CURIAZZI Federica	1992	Italy	4:43:36
6.	DA SILVA PEREIRA Elianay	1984	Brazil	4:44:38
7.	LOREK Antonina	1995	Poland	4:47:54
8.	KOVACS Andrea	1980	Hungary	4:50:17
9.	BÍRÓNÉ MOLNÁR Valéria	1977	Hungary	5:01:16
10.	BILLA Jeanne	1996	France	5:07:43
	CUTURA Iva	1994	Croatia	DNF
	ŽIDOV Tajana	1997	Croatia	DNF
	HORNÁKOVÁ Monika	1995	Slovak republic	DNF
	ROCHA DE SENA Erica	1985	Brazil	DNF
	KUIKKA Tiia	1994	Finland	DNF
	DITTRICH Bianca Maria	1993	Germany	DNF
	LE ROUX Natalie	1982	South Africa	DNF
	CERNÁ Dana	1973	Slovak republic	DNF



Havard Haukenes and Maria Czakova win the Dudince 50km races (photos marciadalmondo)

The 20km fields were smaller in size, as is often the case in Dudince. The men's 20km was thrown open when the 3 Mexican entrants failed to start. That opened the door for **Arthur Mastianica** (LTU) who won with 1:26:07, ahead of favourite **Stefano Chiesa** (ITA) with 1:27:27, and **Domink Cerny** (SVK) with 1:28:02. The women's 50km was a Colombian affair with **Sandra Viviana Galvis**

(1:30:33) and Yeseida Carrillo (1:32:24) taking the trifecta ahead of Lithuanian Živile Vaiciukeviciute (1:33:54). Pre-race favourite Anezka Drahotova (CZE) had to be satisfied with a fifth place time of 1:37:08.

20km Walk Men

1.	MASTIANICA Artur	1992	Lithuania	1:26:07
2.	CHIESA Stefano	1996	Italy	1:27:27
3.	CERNÝ Dominik	1997	Slovak republic	1:28:07
4.	KOZLOVSKIJ Genadij	1991	Lithuania	1:30:31
5.	RÍZEK Milan	1978	Slovak republic	1:32:54
6.	TÓTH Norbert	2001	Hungary	1:36:49
7.	TESOVNIK Anže	1998	Slovenia	1:46:32
	NDEBELE Sizwe	1994	South Africa	DNF
	KLONOWSKI Adrian	1997	Poland	DNF

20km Walk Women

1.	GALVIS Sandra Viviana	1986	Colombia	1:30:33
2.	CARRILLO Yeseida	1986	Colombia	1:32:24
3.	VAICIUKEVICIUTE Živile	1996	Lithuania	1:33:54
4.	VAICIUKEVICIUTE Monika	1996	Lithuania	1:36:03
5.	DRAHOTOVÁ Anežka	1995	Czech republic	1:37:08
6.	RÉCSEI Rita	1996	Hungary	1:38:45
7.	GONZALEZ HUCHIN Gabriela Gissel	1991	Mexico	1:49:24
8.	SAVICEVIC Tijana	1994	Serbia	1:49:40
9.	KOMORÓCZY Laura	1999	Hungary	1:58:30
10.	JANOŠÍKOVÁ Veronika	1998	Czech republic	1:58:49
11.	POHLOVÁ KUCEROVÁ Štěpánka	1987	Czech republic	2:03:43
	YAROKHAU Agnieszka	1986	Poland	DNF
	HAAPANIEMI Hele	1993	Finland	DNF
	HOLLINGER Barbara	1988	Austria	DNF
	SCHEIBL Andrea	1984	Austria	DNF

Finally, good international fields contested the U20 and U18 walks.

U20 10km Walk Men

1.	MERCENARIO Carlos Em;	2000	Mexico	43:51
2.	JUNGHANNSS Otto	2000	Germany	45:22
3.	VARGA Dávid	2001	Hungary	47:35
4.	KAŠTOVSKÝ Filip	2001	Czech republic	48:24
5.	DUŠEK Petr	2001	Czech republic	48:49
6.	NYERGES Balázs István	2001	Hungary	49:00
7.	SCHMIDT Moritz	2001	Germany	51:21
8.	GÁL Vencel	2001	Hungary	51:40
9.	SOLTÉSZ Benjámín	2000	Hungary	58:25
	ROŽNOVSKÝ Rostislav	2000	Czech republic	DNF

U20 10km Walk Women

1.	BURZALOVÁ Hana	2000	Šlovakia	48:58
2.	CSÖRGO Dóra	2001	Hungary	49:48
3.	PEVEC Eli	2001	Croatia	53:18
4.	ZSEMBERI Zsófia	2004	Hungary	54:59
5.	PAPOVIC Marija	2000	Serbia	55:35
6.	VICTORIA Nicolai	2002	Germany	56:06
7.	TÓTH Katalin Andrea	2002	Hungary	56:58
8.	RUSKOVÁ Lucia	2001	Šlovakia	57:43
9.	CANADI Eva	2000	Slovenia	58:47
10.	ŠEVCÍKOVÁ Nikoleta	2001	Šlovakia	1:04:22
	BOCKOVÁ Sabina	2001	Czech republic	DNF

U18 10km Walk Boys

1.	VARGA Máté Ferenc	2002	Hungary	45:58
2.	NEMCOK Patrik	2003	Šlovakia	46:49
3.	ZAJÍCEK Adam	2003	Czech republic	49:14
4.	GONDA Levente	2003	Hungary	50:16
5.	MORÁVEK Jaromír	2003	Czech republic	51:57
6.	GRABNER Jaka	2003	Slovenia	53:26
7.	HUDRÁLEK Robert	2003	Czech republic	53:41
8.	BÁNK Leon	2003	Hungary	54:44

U18 5km Walk Girls

1.	SPILLER Tiziana	2003	Hungary	25:24
2.	RAGASOVÁ Alžbeta	2002	Šlovakia	26:03
3.	JANCEK Bruna	2002	Croatia	26:26
4.	STANKOVIC Barbara	2003	Serbia	26:45
5.	DEVALDOVÁ Karin	2003	Šlovakia	27:16
6.	HAKULINOVÁ Stanislava	2003	Šlovakia	28:10
7.	LINDPOINTNER Helena	2002	Austria	28:49
8.	ZIKMUNDOVÁ Jana	2002	Czech republic	29:00
9.	DOBROSAVLJEVIC Bjanka	2003	Serbia	29:27
10.	HLAVÁCOVÁ Klára	2003	Czech republic	29:42
11.	HUBCEJOVÁ Laura	2003	Šlovakia	30:49
12.	MOLNÁR Boglárka	2003	Hungary	30:53
13.	MASARYKOVÁ Annamária	2002	Šlovakia	31:33
14.	UVÍROVÁ Vivien	2003	Czech republic	31:50
15.	TAMÁS Dorottya	2003	Hungary	32:39
16.	KOLMER Jázmin	2004	Hungary	34:11
	VEJŠICKÁ Kristina	2002	Czech republic	DNF

DOHA 2019 WORLDS 50K QUALIFIERS AS OF 23 MARCH 2019

Thanks to **Paul F. DeMeester** for his latest update to the the Doha 50km qualifying list which have now grown to 73 men and 31 women. Boy, the IAAF Race Walking Committee must be spitting chips when they read how this list is growing week by week. The list has been amended to reflect last weekend's Dudince 50km results, as well as the February 24th Guatemala City race because that was the Central American Championships which fall under the banner of Regional Championships.

Doha 2019 World 50km Qualifiers, as of 23 March 2019

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.	Tomohiro Noda	JPN	3:39:47	Takahata 28 October 2018
4.	Wenbin Niu	CHN	3:41:04	Huangshan 9 March 2019
5.	Yadong Luo	CHN	3:41:15	Huangshan 9 March 2019
6.	Rui Wang	CHN	3:42:08	Huangshan 9 March 2019
7.	Matej Toth	SVK	3:42:46	Dudince 25 March 2018
8.	Havard Haukenes	NOR	3:42:50	Dudince 23 March 2019
9.	Tongda Bian	CHN	3:43:06	Huangshan 9 March 2019
10.	Hirooki Arai	JPN	3:44:25	Taicang 5 May 2018
11.	Hayato Katsuki	JPN	3:44:31	Taicang 5 May 2018
12.	Veli-Matti Partanen	FIN	3:44:43	Dudince 25 March 2018
13.	Satoshi Maruo	JPN	3:44:52	Taicang 5 May 2018
14.	Maryan Zakalnytskyi	UKR	3:44:59	Taicang 5 May 2018
15.	Dongpo Luo	CHN	3:45:38	Huangshan 9 March 2019
16.	Kai Kobayashi	JPN	3:46:26	Takahata 28 October 2018
17.	Rafal Augustyn	POL	3:47:04	Dudince 23 March 2019
18.	Masatora Kawano	JPN	3:47:30	Takahata 28 October 2018
19.	Dzmitry Dziubin	BLR	3:47:59	Berlin 7 August 2018
20.	Xu Liu	CHN	3:48:30	Huangshan 9 March 2019
21.	Perseus Karlstrom	SWE	3:48:54	Taicang 5 May 2018
22.	Quentin Rew	NZL	3:48:58	Taicang 5 May 2018
23.	Teodorico Caporaso	ITA	3:49:14	Dudince 23 March 2019
24.	Ivan Banzeruk	UKR	3:49:17	Taicang 5 May 2018
25.	Yangben Zhaxi	CHN	3:49:43	Huangshan 9 March 2019
26.	Rafal Sikora	POL	3:49:54	Taicang 5 May 2018
27.	Rui Chen	CHN	3:49:58	Huangshan 9 March 2019
28.	Evan Dunfee	CAN	3:50:18	Taicang 5 May 2018
29.	Carl Dohmann	GER	3:50:27	Berlin 7 August 2018
30.	Rafal Fedaczynski	POL	3:50:41	Dudince 23 March 2019
31.	Jarkko Kinnunen	FIN	3:51:16	Dudince 23 March 2019
32.	Jonathan Hilbert	GER	3:51:22	Aschersleben 14 October 2018
33.	Joao Vieira	POR	3:51:46	Porto de Mos 13 January 2019
34.	Takayuki Tanii	JPN	3:51:54	Takahata 28 October 2018
35.	Tao You	CHN	3:51:58	Huangshan 9 March 2019

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

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

1.	Hong Liu	CHN	3:59:15	Huangshan 9 March 2019 (world record)
2.	Maocuo Li	CHN	4:03:51	Huangshan 9 March 2019
3.	Rui Liang	CHN	4:04:36	Taicang 5 May 2018
4.	Ines Henriques	POR	4:05:56	London 13 August 2017 (Wild Card Entry, reigning WC)
5.	Faying Ma	CHN	4:07:30	Huangshan 9 March 2019
6.	Hang Yin	CHN	4:09:09	Taicang 5 May 2018
7.	Claire Tallent	AUS	4:09:33	Taicang 5 May 2018
8.	Raquel Gonzalez Campos	ESP	4:11:01	El Vendrell 10 February 2019
9.	Alina Tsvilyi	UKR	4:12:44	Berlin 7 August 2018
10.	Paola Viviana Perez	ECU	4:12:56	Taicang 5 May 2018
11.	Myrna Sucely Ortiz Flores	GUA	4:13:56	Guatemala City 24 February 2019
12.	Maria Czakova	SVK	4:14:25	Dudince 25 March 2018
13.	Johana Ordonez	ECU	4:14:28	Taicang 5 May 2018
14.	Pengqin Jiang	CHN	4:14:31	Huangshan 9 March 2019
15.	Tiantian Bai	CHN	4:14:49	Huangshan 9 March 2019
16.	Julia Takacs	ESP	4:15:22	Berlin 7 August 2018
17.	Yingliu Wang	CHN	4:15:33	Huangshan 9 March 2019
18.	Nastassia Yatsevich	BLR	4:18:00	Taicang 5 May 2018
19.	Nadzeya Darazhuk	BLR	4:18:31	Taicang 5 May 2018
20.	Magaly Bonilla	ECU	4:19:04	Taicang 5 May 2018
21.	Ivana Renic	CRO	4:20:17	Dudince 23 March 2019
22.	Khrystina Yudkina	UKR	4:20:26	Berlin 7 August 2018
23.	Erika Morales Cruz	MEX	4:20:36	Hauppauge 21 October 2018
24.	Meijiao Chi	CHN	4:22:47	Huangshan 9 March 2019
25.	Vasylyna Vitovshchyyk	UKR	4:23:15	Berlin 7 August 2018
26.	Yumin Chen	CHN	4:26:42	Huangshan 9 March 2019
27.	Ainhua Pinedo	ESP	4:27:03	Berlin 7 August 2018

28. Nicole Colombi	ITA	4:27:38	Gioiosa Marea 27 January 2019
29. Mayra Carolina Herrera	GUA	4:28:30	Taicang 5 May 2018
30. Mar Juarez	ESP	4:28:58	Berlin 7 August 2018
31. Serena Sonoda	JPN	4:29:45	Takahata 28 October 2018

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

8TH WORLD MASTERS INDOOR ATHLETICS CHAMPIONSHIPS, TORUN, POLAND, 24-30 MARCH

The 8th edition of the World Masters Indoor Championships are now underway in Torun, Poland. The meet statistics read impressively with 4366 participants representing 89 countries. The walks fields are big as well! You can follow all the results, day by day, at <https://wmaci2019.domtel-sport.pl/?dzien=2019-03-25&impreza=6>.

3000m Track Walks Men, Monday 25th March

The men's 3000m Indoor Walks were held on Monday 25th March, and saw big fields in most divisions. I publish below the results for all finishers. I have not included any DQs (and there were quite a few). We had 3 Australians in action – **Mark Donahoo** finished 6th in the M60 division with 16:34.3, **Clyde Riddoch** finished 11th in the M65 division with 19:24.7 and **Dean Nipperess** finished 8th in the M45 division with 16:50.1.

To quote from Mark Donahoo: “*The indoor track is magnificent and I would recommend all athletes do at least one indoor comp during their career.*”

The contest of the day had to be in the men's M45 division, with **Normunds Ivzans** of Latvia (12:41.4) winning out against arch rival **Steffen Borsch** of Germany (12:53.7). Ivzans had the fastest time of the day, ahead of **Rafal Fedaczynski** of Poland (12:52.2) and Borsch third fastest. It was also great to see 1978 Commonwealth Games gold medallist **Marcel Jobin** win the M75 division with 19:50.6. Old walkers just keep going on and on and on.... But undoubtedly the top walk of the day came from Englishman **Ian Richards** who won the M70 division with a **World Record time of 15:19.6**.

M90 3000m Walk Indoors Men

1.	HYVÖLÄ Viljo	M90	Finland	24:33.6
2.	CIESELSKI Günter	M90	Germany	24:34.0
3.	TAMMINEN Matti	M90	Finland	28:38.0

M85 3000m Walk Indoors Men

1.	NILSSON Ingvar	M85	Sweden	24:25.5
2.	PUSHKIN Ivan	M85	Ukraine	24:26.7

M80 3000m Walk Indoors Men

1.	BANDURSKI Jacek	M80	Poland	30:50.2
2.	PELLICCIA Romolo	M80	Italy	19:42.5
3.	JORDANA Alexis	M80	France	20:00.7
4.	DE COPPET Alexis	M80	Switzerland	21:22.2
5.	RUBENIS Gunars	M80	Latvia	21:30.7
6.	FLASSNOECKER Holger	M80	Germany	23:04.4
7.	VACIETIS Andrejs	M80	Latvia	24:28.6
8.	MICULIS Adolfs	M80	Latvia	24:29.4

M75 3000m Walk Indoors Men

1.	JOBIN Marcel	M75	Canada	19:50.6
2.	KANSKY Vladimir	M75	Czech Republic	20:30.6
3.	LERME Raitis	M75	Latvia	20:36.4
4.	VALONEN Martti	M75	Finland	21:27.6
5.	PURVES Bill	M75	Hong Kong, China	21:31.0
6.	ANDREOTTI Pier Giorgio	M75	Italy	22:57.9

M70 3000m Walk Indoors Men

1.	RICHARDS Ian	M70	Great Britain & NI	15:19.6
2.	FORMENTIN Ettore	M70	Italy	16:09.3
3.	FIORI Mario	M70	Italy	17:26.1
4.	MCMULLIN John	M70	Ireland	17:34.2
5.	FRABLE Norman	M70	USA	17:52.7
6.	ABOLINS Harijs	M70	Latvia	17:58.6
7.	MICHELL Roger	M70	Great Britain & NI	18:27.4
8.	DELAYRE Bernard	M70	France	18:57.6
9.	FLAMANT Claude	M70	France	18:58.4

10.	MICHLFEIT Rudolf	M70	Austria	21:26.6
11.	LILLEFOSSE Arthur	M70	Norway	21:48.1
12.	BRANDENBURG Walter	M70	Switzerland	27:38.2

M65 3000m Walk Indoors Men

1.	BROCHOT Patrice	M65	France	15:49.6
2.	LAFLAMME Denis	M65	Canada	16:49.1
3.	SIEGENFUHR Daniel	M65	France	17:02.5
4.	ZHYRKOV Pavlo	M65	Ukraine	17:16.9
5.	ADAM Petr	M65	Czech Republic	17:29.6
6.	MALONE Anthony	M65	Ireland	17:35.3
7.	SHEREMET Viktor	M65	Ukraine	18:10.9
8.	KIEPERT Horst	M65	Germany	19:12.4
9.	MAJER Janusz	M65	Poland	19:13.6
10.	PETERS Vince	M65	USA	19:22.7
11.	RIDDOCH Clyde	M65	Australia	19:24.7
12.	FORTUNATI Pierangelo	M65	Italy	19:29.8
13.	DOMIZI Sergio	M65	Italy	19:39.9
14.	ROLSTAD Jan Arvid	M65	Norway	20:34.3
15.	SEGUI Santiago	M65	Spain	22:10.6
16.	JAWOR Krzysztof	M65	Poland	22:16.4

M60 3000m Walk Indoors Men

1.	DE MASIS Michele	M60	Italy	15:15.4
2.	ARANDA FERNANDEZ Pedro Jose	M60	Spain	15:47.7
3.	RUATA MARTÍN Angel	M60	Spain	15:50.5
4.	MALECKI Waldemar	M60	Poland	16:07.3
5.	LUNIEWSKI Mirosław	M60	Poland	16:20.5
6.	DONAHOO Mark	M60	Australia	16:34.3
7.	ZAWORSKI Marek	M60	Poland	16:45.3
8.	FUNG For Yau	M60	Hong Kong, China	16:50.5
9.	PEKKARINEN Kauko	M60	Finland	17:42.9
10.	VITALIJS Deksnis	M60	Latvia	18:00.7
11.	PENOLAZZI Claudio	M60	Italy	18:11.1
12.	TORODE Ian	M60	Great Britain & NI	18:39.2
13.	VO Dominique	M60	France	21:03.7

M55 3000m Walk Indoors Men

1.	PERIÁÑEZ GARCÍA Miguel	M55	Spain	13:41.3
2.	MASHKEVICH Anton	M55	Belarus	13:52.3
3.	SEMIANOVICH Leanid	M55	Belarus	14:11.5
4.	GUTIÉRREZ BRENES Sergio Ant.	M55	Costa Rica	14:21.6
5.	GAUZE Francis	M55	France	14:28.7
6.	SCHRÖTER Uwe	M55	Germany	14:52.6
7.	NAZARANKA Siarhei	M55	Belarus	14:58.1
8.	ABADIAS PALACIN Luis	M55	Spain	15:10.6
9.	KLOS Jan	M55	Poland	15:13.1
10.	KWITA Zbigniew	M55	Poland	15:16.0
11.	MOLSKI Stefan	M55	Poland	15:59.0
12.	KAENEN Hub	M55	Netherlands	16:16.6
13.	WERNER Stefan	M55	Germany	16:28.6
14.	RODRIGUES João	M55	Portugal	17:05.4
15.	GONCU Ahmet	M55	Turkey	18:21.9

M50 3000m Walk Indoors Men

1.	BONNEAU Philippe	M50	France	13:24.6
2.	CARVAJAL ORTEGA Miguel Angel	M50	Spain	13:35.0
3.	MEYER Steffen	M50	Germany	13:44.3
4.	SWARTS David	M50	USA	13:53.2
5.	SMOLA Josef	M50	Czech Republic	14:26.6
6.	HERNANDEZ VEGA Ivan	M50	Puerto Rico	16:19.0
7.	FRUCTUOSO CALVO Jose	M50	Spain	16:21.9
8.	TIGRE Romeo	M50	Italy	16:54.0
9.	HINES Dennis	M50	South Africa	17:36.5
10.	FERNANDEZ REVILLA Mario	M50	Spain	17:47.8
11.	LYNE Bob	M50	Ireland	19:07.8
12.	ANTCLIFF Joseph	M50	New Zealand	19:28.5

M45 3000m Walk Indoors Men

1.	IVZANS Normunds	M45	Latvia	12:41.4
2.	BORSCH Steffen	M45	Germany	12:53.7
3.	SWAIEH Meftah	M45	France	13:53.6
4.	PIÑOL VALLE Ruben	M45	Spain	15:12.2
5.	SAPONARO Giuseppe	M45	Italy	15:28.8
6.	SCHOLZ Wolfgang	M45	Germany	15:38.2
7.	BERZINS Raivis	M45	Latvia	16:04.7
8.	NIPPERESS Dean	M45	Australia	16:50.1
9.	SANCHEZ GUINDO Faustino	M45	Spain	17:40.6

M40 3000m Walk Indoors Men

1.	PIÑERA ALVAREZ Ruben	M40	Spain	13:02.8
2.	GRINHOLC Grzegorz	M40	Poland	13:56.4
3.	RODRIGUEZ JIMENEZ Jose Manuel	M40	Spain	14:34.7
4.	LAPINS Ivars	M40	Latvia	14:50.0
5.	MORAWCZYNSKI Konrad	M40	Poland	15:47.6
6.	FU Chi Wing Jason	M40	Hong Kong, China	17:49.5

M35 3000m Walk Indoors Men

1.	FEDACZYNSKI Rafal	M35	Poland	12:52.2
2.	JANKER Andreas	M35	Germany	12:56.1
3.	BLANCO HIDALGO Angel	M35	Spain	13:00.0
4.	ALEXANDER Ross	M35	Ireland	15:21.4

The remaining two walks are scheduled as follows

- Tue 26 March 3000m Track Walks Women
- Fri 29 March 10km Road Walks Men and Women

GREEK U23 ROADWALK CHAMPIONSHIPS, MEGARA, GREECE, SUNDAY 24 MARCH

Thanks to Zoe Gkini for her report, results and photos from the National U23 Roadwalk Championships which were held on Sunday morning in the Varea Beach area of the historic city of Megara, 50km west on Athens. As this was also the official trial to select the Greek team for the Balkan Championships (Alexandroupoli, 20th April), the races were fiercely contested. Sadly, the weather did not come to the party, with conditions tough.

Efstathia Kourkoutsaki won the women's U23 20km title with 1:41:03. After many years strong training she finally obtained a personal best and the entry standard for the European U23 championships. She finished ahead of **Dimitra Mpochori** (1:49:01) and **Berame Kelemeni** (1:50:14). The men's U23 20km title went to **George Tzatzimakis** (1:31:18), only a week after racing in Lugano. Overall, the men's race was won by **Zacharias Tsamoudakis** (1:27:16) back to racing after one year's break due to health problems. The U18 titles went to **Alexandros Mortzakis** (48:48) and **Maria Ariadni Fatourou** (25:41.5).

Finally, during the presentations ceremony, the Municipality and the Mayor of the city of Megara, rewarded **Nick Lagojannis**, the only Level 3 race walking judge in Greece (2002-2006), for his many years of untiring work for race walking!

20km Women U23

1.	Kourkoutsaki, Efstathia	1998	GAS Ilissos	1.41.03
2.	Mpochori, Dimitra	1998	Vikelas Verias	1.49.01
3.	Kelemeni, Berame	1999	Athlokinisi Mitilini	1.50.14
4.	Fotiadou, Eleni	2000	GAS Kilkis	2.02.10
	Alikanioti, Sofia	1998	Olympias Patras	DNF

20km Men U23

1.	Tzatzimakisi, George	1999	G S Elef. Venizelos	1.31.18
2.	Stamos, Anastaasios	2000	APS Filippou Verias	1.43.57

20km Men

1.	Tsamoudakis, Zacharias	1996	O F.I	1.27.16
2.	Vaitsis, Ioannis	1995	GAS Ilissos	1.35.17
3.	Stamelos, Kostantinos	1989	GS Iraklis Thessalonikis	1.36.43
4.	Tsordias, Dimitrios	1996	AE Olympias Patra	1.40.29

20km Women

1.	Makri, Aggeliki	1978	AE Olympias Patra	1.45.02
	Korkou, Zoe	1996	GAS Ilissos	DNF

10km U18 Boys

1.	Mortzakis, Alexandros	2003	AE Olympias Patra	48.48
2.	Psonis, Efthimios	2002	PAO Thersipos	50.09
3.	Kelepouris, Michail	2003	OKA Vikelas Verias	50.41
4.	Vougioukas, Stilianos	2003	AO Arisveos	52.14
5.	Tzelelai, Alexandros	2003	PAO Thersipos	55.52
	Mpousdas, Aristotelis	2003	SOA Fokianos Karditsas	DNF

5km U18 Girls

1.	Fatourou Maria, Ariadni	2002	AO Achaïas Galini	25.41.5
2.	Antonopoulou, Anastasia	2004	GS Ikaros N.Ionias	25.42.8
3.	Florou, Panagiota	2003	SOA Fokianos Karditsas	26.12.1
4.	Arvanitaki, Chrisanthi	2004	SOA Fokianos Karditsas	26.49.6
5.	Pappa, Kiriaki	2003	GS Ikaros N.Ionias	27.25.0
6.	Tzatzimaki, Vasiliki	2003	GS El. Venizelos	27.36.5
7.	Gati, Maria Filippa	2002	SOA Fokianos Karditsa	29.21.6
8.	Retzepai, Filippa	2002	PAO Thersipos	29.26.4
9.	Papadimitriou, Zafiria	2003	GS Pindaros Thiva	31.12.6



George Tzatzimakis leads in the U23 Men's 20km



U23 Men's Podium



Open Men's podium



U23 Women's podium (all photos Zoe Gkini)

RACE WALKING ASSOCIATION INTER AREA RACE WALKING MATCH, ELTHAM, LONDON, SAT 23 MARCH

Thanks to Mark Wall for the results of the Race Walking Association Inter Area Race Walking Match, held on Saturday at the Sutcliffe Park Sports Centre in Eltham. He reports:

Most of the international walkers were either engaged in the Dudince 50km or else resting after exertions the previous weekend in Tustin or Lugano. **Callum Wilkinson** started with a slower opening lap before pushing on to a sizeable win. It was pleasing to see the young contender have a great tussle behind him. The youth of the field was pleasing. **Maddy Schott** had a clear win but a great tussle ensued for the minor places with Spaniard **Marina Soriano** coming out on top, a week after her 20km in Spain. **Eddy Purser** is a product of Little Athletics in WA and is the cousin of Tim Snook, 2nd in the Men's event, winner of the U/20 section. The Under 15 race saw first time sub 16 minute performances for **Christian Hopper** and **Katie Stringer**. The Penalty Zone-the IAAF's new name for it- (30 seconds penalty) was in play for all races.

The usual collection of great photos from Mark Easton at <https://markeaston.zenfolio.com/f172604430>.

Senior Men/U20 Men/U17 Men 5000m

1.	Callum Wilkinson (U23M)	SENM	Enfield & Haringey AC	South	19:47.0
2.	Christopher Snook (U20M)	SENM	Aldershot Farnham & Dist. AC	South	21:02.7
3.	Tom Partington (U23M)	SENM	Manx Harriers	North	21:09.5
4.	Luc Legon (U23M)	SENM	Bexley Athletic Club	South	22:56.1
5.	George Wilkinson	U20M	Enfield & Haringey AC	South	23:19.7
6.	Matthew Crane	U20M	Bexley Athletic Club	South	24:38.4
7.	Peter Bozsko (M65)	SENM	Birchfield Harriers	Midlands	27:26.6
8.	Nicholas Hart	U17M	Aldershot Farnham & Dist. AC	South	27:34.1
9.	Daniel Mckerlich	U20M	Cardiff A.A.C.	Wales	27:58.2
10.	John Constandinou (M45)	SENM	Birchfield Harriers	Midlands	30:11.5
11.	Alex Macheath	U17M	Cambridge Harriers	South	DQ

Senior Women/U20 Women/U17 Women 5000m

1.	Maddy Shott	SENW	Belgrave Harriers	South	24:24.3
2.	Marina Soraino	SENW	Bristol & West Athletic Club/ESP	Midlands	25:26.7
3.	Pagen Spooner	U20W	Hyde Park Harriers	North	25:28.2
4.	Abigail Jennings	U20W	Aldershot Farnham & Dist. AC	South	25:32.3
5.	Emily Ghose (U23W)	SENW	Tonbridge Athletic Club	South	27:18.4
6.	Megan Stratton-Thomas	U20W	Swansea Harriers	Wales	27:18.9
7.	Lois Carty	U17W	Aldershot Farnham & Dist. AC	South	27:44.4
8.	Erika Pontarollo	SENW	Hyde Park Harriers/ITA	North	27:50.7
9.	Penelope Cummings (W40)	SENW	Herne Hill Harriers	South	28:25.1
10.	Millie Morris	U17W	Ashford Athletic Club	South	28:36.5
11.	Jacqueline Benson	U20W	Ashford Athletic Club	South	29:16.0
12.	Grace Whittingham	U17W	Ashford Athletic Club	Guest	29:36.7
13.	Julie Bellfield (W45)	SENW	Halesowen Athletic Club	Midlands	30:13.3
14.	Beatrice Fury	U20W	Medway & Maidstone AC	South	30:24.9
15.	Hannah Hopper	U17W	Cambridge Harriers	South	30:50.9
16.	Georgia Parkinson	U17W	Menai Track & Field	Wales	31:42.7
17.	Rachel Harding	U17W	Ashford Athletic Club	Guest	32:15.0
18.	Lynn Bellfield (W50)	SENW	Halesowen Athletic Club	Midlands	32:52.9
19.	Shannon Thomas	U20W	Swansea Harriers	Wales	33:52.4
20.	Anna Hinchliffe	U20W	Aldershot Farnham & Dist. AC	Guest	34:42.3
21.	Rebecca Mitchell	U17W	Winchester Athletic Club	Guest	35:08.5

Under 15 Boys & Girls 3000m

1.	Christian Hopper	U15B	Cambridge Harriers	South	15:35.8
2.	Katie Stringer	U15G	Medway & Maidstone AC	South	15:49.2
3.	Abigail Smith	U15G	Blackheath & Bromley HAC	South	16:35.4
4.	Charlotte Wallis	U15G	Aldershot Farnham & Dist. AC	South	17:58.3
5.	Owen Bradshaw	U15B	City of Sheffield & Dearne AC	North	18:19.3
6.	Natalie Mitchell	U15G	Winchester Athletic Club	Guest	19:48.0

Under 13 Boys & Girls 2000m

1.	Eddy Purser	U13B	City of Porstmouth AC	South	11:59.4
2.	Carla Forsyth	U13G	Blackheath & Bromley HAC	Guest	12:22.4
3.	Kelsey Tozer	U13G	Birchfield Harriers	Midlands	12:44.5
4.	Lola-Mae Billingham	U13G	Aldershot Farnham & Dist. AC	South	13:29.9
5.	Lewis Burr	U13B	Lewes Athletic Club	South	13:55.3
6.	Rosie Gaughan	U13G	Lewes Athletic Club	South	14:49.1
7.	Elena Richards	U13G	Dudley & Stourbridge Harriers	Midlands	15:30.3
8.	Daisey Rogers	U13G	Dudley & Stourbridge Harriers	Midlands	16:00.8

MARCIADALMONDO THIS WEEK

Make sure you check out the Italian 20km Roadwalk championships report in marciadalmondo. The titles were won by **Francesco Fortunato** (1:22:38) and **Eleonora Dominici** (1:30:35). See http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3445. Overall, the press releases for this week are as follows

- Sun 24 Mar - Megara (GRE): National Greek U23 Championships http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3446
- Sun 24 Mar - Cassino (ITA): Francesco Fortunato and Eleonora Dominici are the new Italian 20km champions http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3445
- Sat 23 Mar - Dudince (SVK): Arthur Mastianica (LTU) and Sandra Viviana Galvis (SVK) win 20km walks http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3444
- Sat 23 Mar - Dudince (SVK): Havard Haukenes (NOR) and Maria Czakova (SVK) win 50km walks http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3443
- Fri 22 Mar - Alegna Gonzalez (MEX) will not compete in Pan American Games in Lima http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3442
- Fri 22 Mar - Russian walker Alexandr Ivanov disqualified for doping http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3441
- Thu 21 Mar - First Australian walkers to be selected for Doha http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3440
- Thu 21 Mar - Preview of this Sunday's Italian 20km Champs in Cassino http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3439
- Wed 20 Mar - Preview of this weekend's Dudince 50km http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3438
- Tue 19 Mar - Great mark by Yohann Diniz in French 35km at Epinal http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3437

OUT AND ABOUT

- At the inaugural *She Runs – Active Girls’ Lead* event held last week in Paris, IAAF President Sebastian Coe is quoted as saying “*Gender equality is one of the guiding principles of the IAAF and as such we support any initiatives that help women and girls to overcome the historical barriers to their full participation in sport.*” So why are the IAAF not pushing the IOC really hard to get the women's 50km added to the 2020 Olympic program. Go figure! See <https://www.iaaf.org/news/news/radcliffe-discusses-girls-empowerment-she-run>.
- French judges have issued international arrest warrants for two former Russian athletics officials as part of an investigation into doping cover-ups. A source named one of the men as Valentin Balakhnichev, the former President of the All-Russia Athletics Federation (ARAF) and former IAAF treasurer. The other was identified as Alexei Melnikov, the former senior coach of Russia's team. Sadly, It is unlikely that French authorities will ever be able to arrest Balakhnichev or Melnikov as, like former IAAF President Papa Massata Diack, they are unlikely to travel anywhere the warrant can be served. See <https://www.insidethegames.biz/articles/1077004/french-issue-arrest-warrants-for-former-iaaf-treasurer-and-senior-coach-of-russian-athletics-team>.
- The more things change, the more they stay the same. Russian racewalker **Alexandr Ivanov** has been disqualified for three years for biological passport abnormalities and is set to be stripped of his gold medal at the 2013 world championships in Moscow. Ivanov will lose all the medals he won between June 2012 and August 2014. That also includes the European Championships 20km silver medal he claimed in Zurich in 2014 and the silver from the 2012 World Junior Championships in Barcelona. He is disqualified for a three-year period that began on May 2, 2017, the date of his earlier suspension. He was one of the last remaining members of Russia's race walking team to have not received a doping ban before his suspension was confirmed. See <http://www.insidethegames.biz/articles/1077131/russian-race-walker-ivanov-to-lose-2013-world-title-after-being-hit-with-three-year-doping-ban>.
- More information is now coming to light in the wake of the cross country related drugs raids in Seefeld and Erfurt at the end of February - dozens of bulging blood bags in a freezer, a defroster, a shelf full of syringes and medication, a self-made plywood wall and, behind it, a hidden doping laboratory. See <https://www.sportschau.de/doping/German-athlete-participant-with-Erfurt-doping-network-100.html>

- If you've been following the Court of Arbitration case of IAAF vs **Caster Semenya**, you might be interested to read <https://www.insidethegames.biz/articles/1077129/un-human-rights-council-warns-iaafs-proposed-semenya-ruling-could-breach-international-law>. In summary, the United Nations has again weighed in on the controversial case, warning that forcing athletes to regulate their testosterone levels may breach international rules on human rights. What a messy situation!
- IAAF Council member **Geoff Gardner** has been re-elected President of the Oceania Athletics Association (OAA) for a fourth time. The former Chief Minister in the Norfolk Islands was elected unopposed at the OAA Congress in the Gold Coast. Gardner, first elected President of the OAA in 2007, also sits on a number of the world governing body's committees and panels, including the IAAF Russian Taskforce, the group dealing with the reinstatement of Russia following its suspension in November 2015. See <https://www.insidethegames.biz/articles/1076992/coe-in-gold-coast-to-see-gardner-elected-oceania-athletics-federation-president-for-fourth-term>.

DATES...DATES...DATES

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

Australian/Victorian Key Dates – 2019

Apr 1-7, 2019	Australian Athletics Championships, Sydney (10,000m track walk championships)
Apr 13-14, 2019	Coburg 24 Hour Carnival, Coburg, VIC
Apr 26-29, 2019	Australian Masters T&F Championships, Albert Park - https://melbourne2019.com.au/
Apr 27-28, 2019	Australian Little Athletics Championships, Domain Athletic Centre, Hobart
Jun 9 (Sun), 2019	LBG Carnival, Stromlo Forest Park, Canberra, ACT
June 25-28, 2019	2019 Oceania Championships, Townsville (Open and U20 10km, U18 5km)
Aug 11 (Sun), 2019	AMA 20km National Championships, Adelaide, SA

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

Apr 6 (Sat), 2019	28 th Grande Prémio Internacional de Rio Maior em Marcha Atlética, Rio Maior, Portugal
Apr 20 (Sat), 2019	IAAF Race Walking Challenge Meet, Lazaro Cardenas, Mexico (20 and 50km M/W)
Apr 20-21, 2019	Pan American 50km Race Walking Cup, Lazaro Cardenas, Michoacan, Mexico
May 11-12, 2019	2019 IAAF Race Walking Challenge, Taicang, China
May 19 (Sun), 2019	European Race Walking Cup, Alytus, Lithuania (20 and 50km M/W)
Jun 8 (Sat), 2019	XXXIII Gran Premio Cantones de La Coruña, La Coruña, Spain
Jun 26 (Wed), 2019	Oceania Race Walk 10km Championships, Townsville, Australia (10km M/W)
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

Mar 24-30, 2019	8th World Masters Indoors T&F Championships , Torun, Poland
Apr 6 (Sat), 2019	Podebrady International Meet, Podebrady, CZE (20km)
Apr 6 (Sat), 2019	28 th Grande Prémio Internacional de Rio Maior em Marcha Atlética, Rio Maior, Portugal
Apr 13 (Sat), 2018	International Race Walking Meeting "Zaniemysl 2019", Zaniemysl, Poland (20km M/W)
Apr 13 (Sat), 2019	Naumburg International Meet, Naumburg, Germany
Apr 14 (Sun), 2019	Japanese 50km Championships, Wajima, JPN (50km)
Apr 20 (Sat), 2019	IAAF Race Walking Challenge Meet, Lazaro Cardenas, Mexico (20 and 50km M/W)
Apr 20-21, 2019	Pan American Racewalk Cup, Lazaro Cardenas, Mexico
Apr 28, 2019	Hungarian National Champs, Békéscsaba, HUN (20km M/W)
May 11-12, 2019	2019 IAAF Race Walking Challenge, Taicang, China
May 16-17, 2019	China National Race Walking Gran Prix – 2, Xingtai, CHN (20 and 50km M/W)
May 19 (Sun), 2019	European Race Walking Cup, Alytus, Lithuania (20km, 50km, U20 10km)
May 25 (Sat), 2019	10 th Sprint Triathlon in Race Walking, Veenendaal, NED (3000m, 1000m, 1 Mile)
Jun 8 (Sat), 2019	XXXIII Gran Premio Cantones de La Coruña, La Coruña, Spain
Jun 17-19, 2019	China National Race Walking Gran Prix – 3, Chifeng, CHN (20 and 50km M/W)
Jun 22 (Sat), 2019	Polish 20km Championships, Mielec, POL (20km M/W)
Jul 3-14, 2019	30th Summer Universiade , Naples Italy
Jul 20-21, 2019	China National Race Walking Champions Meet, Changbaishan, CHN (20 and 50km M/W)
Jul 26-Aug 11, 2019	Pan American Games, Lima, PER (50km and 20km)
Aug 30-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)
Sep 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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