



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2018/2019 Number 35
Tuesday 28 May 2019



VRWC Preferred Supplier of Shoes, clothes and sporting accessories.

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WALKERS OF THE WEEK

My Walkers of the Week are two of our most promising underage walkers, **Alanna Peart** and **Corey Dickson**, who were officially awarded their VRWC Runners Awards as our top two walkers from the recently completed summer season. Runners World Kew proprietor Neil Ryan was on hand to present each with \$500 in cash and \$500 in goods from the store. For any young walker, such a boost is always appreciated.

- 15 year old Alanna, who had her first race way back in November 2010 (age the grand old age of 6!), has had a great last 12 months, including golds in the 2018 LBG U16 3km Roadwalk and in the 2018 Winter Roadwalks U6 5km and silver in the 2019 Australian T&F Championships U17 5000m walk. With PBs of 6:36 (1500m), 13:44 (3000m), 23:39 (5000m) and 51:02 (10,000m), she looks set for a great winter season, with her first big engagement being at next month's LBG Carnival in Canberra. And she was in action on Sunday morning at Middle Park, winning the Victorian Country Championships U18 5km roadwalk in a time of 24:00.
- 16 year old Corey Dickson has been walking with VRWC since early 2012 (starting at age 9) and has been in the forefront of his age group right from the start. His last 12 months has also been superb, with gold in the 2018 LBG U16 3km, silver in the 2018 Australian Schools Championships U18 5000m and a big double in the 2019 Australian T&F Championships – silver in the U20 10,000m and bronze in the U18 5000m. With PBs of 12:53 (3000m), 22:03 (5000m) and 44:53 (10,000m), the sky's the limit. He will be in action again in next month's LBG Carnival in Canberra and will then represent Australia 2 weeks later in the U18 5000m walk at the Oceania Championships in Townsville. He also walked on Saturday, winning the VRWC U18 5km Championship with 23:26.



Alanna and Corey in action on Sunday morning and then receiving their Runners World awards from Neil Ryan

Remember to source all your sporting goods from Neil. See more about the awards at <http://www.vrwc.org.au/vrwcrunners-world.shtml>. Check out Neil's store via the website at <http://www.runnersworld.com.au/>.

WHAT'S COMING UP

We are back at Middle Park next Saturday afternoon for another round of our winter season points competition. The timetable reads

Saturday 1st June 2019, Middle Park			
VRWC Events: Entries close for all events at 1.45pm sharp			
2.15pm	8km	Points Race	Open
2:15pm	6km	Points Race	Open
2:15pm	4km	Points Race	Open
2.30pm	2km	Points Race	Open
2.30pm	1km	Points Race	Open

Remember to beat the rush by pre-registering at <http://vrwc.org.au/wp1/race-entries-2/> and then simply paying on the day.

LBG CARNIVAL INFORMATION



The following **Sunday 9th June** (this is the Queen's Birthday long weekend) sees the annual Lake Burley Griffin Carnival in Canberra. We do not schedule VRWC races that weekend as so many of us are interstate. Our aim is to send a large Racewalking Victoria team and I am pleased to see that this year is no exception. With entries now closed, our team reads as follows

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

I will be attending at Team Manager and will be giving final carnival information to everyone this weekend. In the meanwhile, check out the carnival website at <http://www.actwalkers.com.au/lbg-racewalking-carnival/>.

And a reminder that RWV uniforms (needed for Canberra) are on sale on Saturday at Middle Park.

AV AND VRWC CHAMPIONSHIPS, MIDDLE PARK, SUNDAY 26 MAY

Conditions were perfect for what was one of our major racewalking days for the winter, with sunny and relatively still conditions greeting the 63 walkers who turned out to contest the Victorian and Victorian Country, VRWC and Racewalking Victoria championships on offer at Middle Park on Sunday morning.

The AV AV Country 10km championships started proceedings, with **Rhydian Cowley** (41:09) and **Jemima Montag** (44:38) walking superbly to take the golds and **Kyle Swan** (44:17), **Daniel Walters** (46:08), **Kelly Ruddick** (47:39) and **Sarah Brennan** (57:43), taking the minor medals. Special mention for **Pramesh Prasad** who set a Fijian national record with his 4th place finishing time of 49:27.

Victorian 10km Roadwalk Championships Men

1.	Cowley, Rhydian	GHY	41:09
2.	Swan, Kyle	ANW	44:17
3.	Walters, Daniel	COR	46:08
4.	Prasad, Pramesh	VMA	49:27
5.	Garganis, Adam	COL	52:59
6.	Kollmorgen, Stuart	MFR	54:11
7.	Jamieson, Andrew	OSC	57:51
8.	Hess, Albin	VMA	1:05:17
9.	Nelson, Scott	WYN	1:05:20
	Van Dongen, Rupert	MEN	DNS
	Blackwood, Mark	KNA	DNS

AV COUNTRY	AV 40+	AV 50+	
			Bert Gardiner Medallist
1			
	1		Fijian National Record
		1	
		2	
		3	
	2		

Victorian 10km Roadwalk Championships Women

1.	Montag, Jemima	MUU	44:38
2.	Ruddick, Kelly	BHA	47:39
3.	Brennan, Sarah	BYC	57:43
4.	Geisler, Sandra	RWD	59:07
5.	Elms, Donna-Marie	PTN	1:05:06
6.	Carr, Heather	GHY	1:06:15
7.	Grace, Marnie	VMA	1:08:26
8.	Steed, Gwen	GHY	1:17:10
	Feiner, Tracy	KNA	DNS

AV COUNTRY	AV 40+	AV 50+
1	1	
2	2	
	3	
		1
		2
	4	
		3



Rhydian Cowley, Kyle Swan, Daniel Walters and Pramesh Prasad in action on Sunday (photos Terry Swan)



Jemima Montag, Kelly Ruddick and Sarah Brennan on Sunday (photos Terry Swan)

Victorian Country Championships for U14-U20 followed next and were run alongside our own VRWC Club Championships for those same age groups. AV Country Wins to **Jemma Peart, Alanna Peart, Fraser Saunder, Kaylah Heikkila-Dubowki, Scott Peart** and **Riannah Tatlock**.

Victorian Country 5km Roadwalk Championship U20

- | | | | |
|----|--------------|-----|-------|
| 1. | Peart, Jemma | BYC | 24:04 |
|----|--------------|-----|-------|

Victorian Country 5km Roadwalk Championship U18

- | | | | |
|----|----------------|-----|-------|
| 1. | Peart, Alanna | BYC | 24:00 |
| 2. | Nelson, Arnika | WYN | 28:38 |

Victorian Country 3km Roadwalk Championship U16

- | | | | |
|----|-----------------|-----|-------|
| 1. | Saunder, Fraser | BYC | 14:37 |
| 2. | Costin, Owen | CHI | 16:36 |

- | | | | |
|----|--------------------------|-----|-------|
| 1. | Heikkila-Dubowik, Kaylah | COR | 17:41 |
|----|--------------------------|-----|-------|

Victorian Country 3km Roadwalk Championship U14

- | | | | |
|----|--------------|-----|-------|
| 1. | Peart, Scott | BYC | 18:02 |
|----|--------------|-----|-------|

- | | | | |
|----|------------------|-----|-------|
| 1. | Tatlock, Riannah | BEL | 16:59 |
|----|------------------|-----|-------|

VRWC 5km Roadwalk Championship U20

- | | | | |
|----|--------------|------|-------|
| 1. | Peart, Jemma | VRWC | 24:04 |
|----|--------------|------|-------|

VRWC 5km Roadwalk Championship U18

- | | | | |
|----|------------------|------|-------|
| 1. | Dickson, Corey | VRWC | 23:26 |
| 2. | Beveridge, Heath | VRWC | 24:47 |
| 3. | Hay, Angus | VRWC | 31:35 |

- | | | | |
|----|--------------------|------|-------|
| 1. | Peart, Alanna | VRWC | 24:00 |
| 2. | Cocking, Holly | VRWC | 27:50 |
| 3. | O'Mahony, Kathleen | VRWC | 28:07 |
| 4. | Briet, Brianna | VRWC | 29:40 |

VRWC 3km Roadwalk Championship U16

- | | | | |
|----|--------------|------|-------|
| 1. | Costin, Owen | VRWC | 16:36 |
|----|--------------|------|-------|

- | | | | |
|----|----------------|------|-------|
| 1. | Hay, Charlotte | VRWC | 15:05 |
| 2. | Louey, Grace | VRWC | 17:00 |

VRWC 3km Roadwalk Championship U14

- | | | | |
|----|---------------|------|-------|
| 1. | Wakim, Marcus | VRWC | 16:07 |
|----|---------------|------|-------|

- | | | | |
|----|--------------|------|-------|
| 2. | Peart, Scott | VRWC | 18:02 |
| 1. | Smith, Emily | VRWC | 17:07 |



Country champions Scott Peart, Riannah Tatlock, Alanna and Jemma Peart and Fraser Saunder



Country champion Kaylah Heikkila-Dubowik and new VRWC members Jade Chitty, Katie Barnes and Sarah Barnes

Racewalking Victoria (RWV) Championships were contested for the U10 and U12 walkers, with **Liam Hutchins** and **Darcey Roberts** (both 10:37) taking the U12 titles and **Ela Uzun** (5:23) and **Cody Wapshott** (6:52) taking the U10 titles.

RWV 2km Roadwalk Championship U12

- | | | | | |
|----|--------------------------|------|-------|--------------------|
| 1. | Hutchins, Liam | VRWC | 10:37 | |
| 2. | Blackwood, Hamish | VRWC | 11:05 | |
| 3. | Barnes, Alex | VRWC | 11:13 | First time with us |
| 4. | Nash, Ethan | VRWC | 12:25 | |
| 5. | Smith, Aiden | VRWC | 13:44 | |
| | | | | |
| 1. | Roberts, Darcey | VRWC | 10:37 | |
| 2. | Heikkila-Dubowik, Zahlia | VRWC | 13:26 | |
| 3. | Barnes, Katie | VRWC | 13:41 | First time with us |

RWV 1km Roadwalk Championship U10

1.	Wapshott, Cody	VRWC	06:52
2.	Tatlock, Heath	VRWC	08:02

1.	Uzun, Ela	VRWC	05:23
2.	Morgan, Mietta	VRWC	05:33
3.	Paulke, Addison	VRWC	06:03
4.	Ali, Havana	VRWC	06:31
5.	McDonnell, Charlotte	VRWC	06:41



Left: U12 medallists Alex Barnes, Hamish Blackwood, Liam Hutchins, Katie Barnes, Darcey Roberts and Zahlia Heikkila-Dubowik
 Right: U10 medallists Addison Paulke, Mietta Morgan, Ela Uzun, Cody Wapshott and Heath Tatlock (photos Kerrie Peart)

Finally, various VRWC non-championship races were run alongside the main events. Best effort to **Simone McInnes** (48:14 for 10km). Overall, we welcomed three new members having a first walk with us – **Alex and Katie Barnes** and **Jade Chitty**.

VRWC Open 10km Roadwalk

1.	McInnes, Simone	VRWC	48:14
2.	Kozica, Jason	VRWC	49:44
3.	Cassidy, Kevin	VRWC	53:21
4.	Smyth, David	VRWC	59:41
5.	Samanna, Claire	VRWC	59:51
6.	O'Neill, Karyn	VRWC	11:04

VRWC Open 5km Roadwalk

1.	Donahoo, Mark	VRWC	30:12
2.	Holohan, Dee	VRWC	32:46
3.	Gardiner, Bob	VRWC	36:40
4.	Howorth, Sandra	VRWC	38:20

VRWC Open 3km Roadwalk

1.	Dingli, Alannah	VRWC	19:36
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VRWC Open 2km Roadwalk

1.	Morgan, Eden *	VRWC	11:03	
2.	Chitty, Jade	VRWC	13:01	First time with us

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

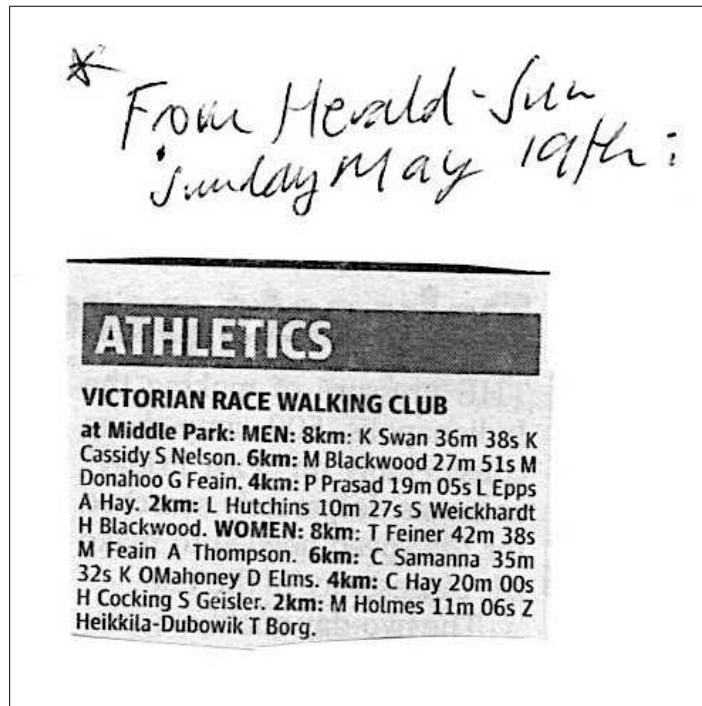
- Officials:** Ralph Bennett, Mark Donahoo, Bill Carr, Tim Erickson, Ian Laurie, Donna Dickson, Darlene Swan, Frances Attard, Kerrie Peart
Judges: Shane Dickson (Chief), Kathleen Marsh, Ralph Bennett, Terry O'Neill, Di Lowden, Dave Cash, Peter Vysma (Board)
Canteen: Eija Heikkila
Photos: Terry Swan, Kerrie Peart (see <https://www.facebook.com/photo.php?fbid=10218787287734080>)

One final photo from the presentations, with Bob Gardiner presenting the Bert Gardiner Medal to Rhydian Cowley. This medal, in honour of Bob's dad Bert, is presented annually to the winner of the Victorian Men's 10km Roadwalk Championship. Bert won many Australian and Victorian championships in the period from 1925 to 1932 and went on to become one of our most highly respected administrators and statisticians. You can read about the medal at <http://www.vrwc.org.au/tim-archive/articles/wv-bert-gardiner-medal.pdf>.



Bob Gardiner presents the Bert Gardiner Medal to AV 10km Roadwalk winner Rhydian Cowley (photo Kerrie Peart)

Finally, you may not know it but club president **Stuart Cooper** submits our results every week to the papers. The results used to be regularly featured in the *Sports Shorts* but nowadays it is hard to get any coverage unless you are involved in footy, cricket, soccer or horse racing. But last week, we did get a mention in the *Melbourne Herald Sun* on the Sunday morning. Well done Stu – occasionally your efforts are rewarded.



ACTRWC ROADWALKS, POINT HUT, CANBERRA, SATURDAY 25 MAY

Thanks to Val Chesterton for this week's results from Canberra. Best effort by Mitchell Baker in the 10km (47:30).

10km Walk

- | | | |
|----|----------------|---------|
| 1. | Mitchell Baker | 47:30 |
| 2. | Hannah Manning | 1:01:02 |
| 3. | Tim Fraser | DNF |

4km Walk

- | | | |
|----|--------------------|-------|
| 1. | Sidney Shaw | 25:32 |
| 2. | Rod Gilchrist | 30:49 |
| 3. | Monika Short | 32:39 |
| 4. | Jennifer Gilchrist | 33:32 |
| 5. | Raine Thompson | 39:17 |

2km Walk

1.	Owen Toyne	10:40
2.	Kodi Clarkson	10:47
3.	Eloise Smith	13:44
4.	Ella Baker	14:02

1km Walk

1.	Jaki Fraser	09:57
2.	Sam Manning	09:58

TRWC ROADWALKS, WENTWORTH PARK, HOBART, SATURDAY 25 MAY

Thanks to Dave Moore for this week's results from Tasmania. Yet another fine day, but very blustery at the western end of the course. **Anna Blackwell** was the top performer of the day with a PB for 5km (25:45) at the halfway point of her 10km. **Gabby Hay** also chalked up yet another PB in the 3km event.

10km Walk

1.	Anna Blackwell	52.35
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5km Walk

1.	Steve Ahern	31.54
2.	Ron Foster	37.17
3.	Dave Moore	42.17

4km Walk

1.	Alice Randall	20.16
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3km Walk

1.	Chloe Ahern	17.17
2.	Oliver Morgan	19.24
3.	Gabby Hay	21.49 (PB)

2km Walk

1.	Sophie Ahern	15.17
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Dave also reports on some fantastic news from Athletics Tasmania's Annual Athlete of the Year Awards held on Saturday evening, when walkers scooped up some of the major awards.

- **William Robertson** U/16 Male Athlete of the Year
- **Anna Blackwell** U/18 Female Athlete of the Year
- **Alice Randall** Open Distance/Walks Athlete of the Year

Their Coach **Rosemary Coleman** was also presented with a Service to Coaching Award by Jacqui Petrusma, the Minister for Sport and Recreation. Tasmanian Race Walkers congratulates our walkers and coach on their achievements.



From left to right Anna Blackwell, Alice Randall (kneeling), Rosemary Coleman and William Robertson (photo from Dave Moore)

SAMA ROADWALKS, WEST BEACH, ADELAIDE, SATURDAY 25 MAY

Thanks to Colin Hainsworth for this week's results from the South Australian Masters in Adelaide. Colin commented: Cold, wet, windy arvo. Steepish hill beginning of each lap.

10km Walk

BRIAN WITTY	1:18:20	M68	64.12%
GIL MCINTOSH	1:10:07	M68	71.63%
DAVID ROBERTSON	1:28:57	M85	72.83%
MARIE MAXTED	1:10:00	W59	73.08%
RAELENE SCHILD	1:21:26	W54	59.34%

5km Walk

SABINE ORCHARD-SIMONIDES	37:29	W52	60.64%
RHIANNON LOVEGROVE	28:15		
ROGER LOWE	41:39	M76	65.09%
MARGARET MCINTOSH	41:47	W66	63.73%

ASA STATE CHAMPIONSHIPS, ADELAIDE PARKLANDS, ADELAIDE, SATURDAY 25 MAY

Thanks to Peter Crump for the results of the South Australian Roadwalk Championships which were held last Saturday in Adelaide. He comments: The highlight of the day was provided by **Alix Harlington** with a debut 20km and he never looked stressed. Good times also over 20km from **Kim Mottrom** and **Kristie Gosnik** (first for a while).

ASA 20km Open Walk

1. Kim Mottrom	1:35:49
2. Alix Harlington	1:49:58
3. Kristie Gosnik	1:52:23

ASA 10km U20 Walk

1. Tristan Camilleri	46:07
2. Mathew Bruniges	48:30

ASA 5km U18 Walk

1. Toby Wilks	24:01
2. Kiera Ross	26:55
3. Mia Wilks	31:32

There were a number of SARWC support events on offer.

SARWC 20km Walk

1. Royrie Upton	2:09:10
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SARWC 10km Walk

1. Greg Metha	1:04:25
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SARWC 5km Walk

1. Adrian Upton	27:02
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SARWC 3km Walk

1. Sebastian Richards	16:55
2. Hannah Wilks	17:03
3. Katie DeRuvo	17:57
4. Seth Upton	19:21

SARWC 2km Walk

1. Danielle Walsh	10:49
2. Sam Wilks	11:17
3. Ava Wilson	11:45
4. Cooper Rech	13:36
5. Matilda Rech	15:23

SARWC 1km Walk

1. Arabella Camilleri	7:07
2. Alexander Richards	8:12
3. Xavier Upton	8:12
4. Edward Upton	8:12

QRWC ROADWALKS, MORNINGSIDE, BRISBANE, SUNDAY 26 MAY

Thanks to Robyn Wales for this week's results from Queensland. She comments: Morningside is a fast course near the Gateway Bridge. Unfortunately it's where the fishing trawlers come in so the odour makes it unpopular with some walkers. Star of the day was **Nyle Sunderland** who smashed the club masters 15km record.

A Grade 15km

1. Ignacio Jimenez	M	1:18.59
2. Argenis Guevara	M	1:25.03
3. Peter Bennett	M	1:26.49
4. Nyle Sunderland	F	1:32.01

A Grade Women 10km

1. Charlotte Hamann	F	1:10.58
2. Noela McKinven	F	1:24.10

B Grade 8km

1. Summer Millard	F	45.59
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D Grade 3km

1. Kai Norton	M	17.11
2. Lyla Williams	F	17.15
3. Torryn Fisher	F	19.15
4. Sophie Porter	F	19.42
5. Lily Goulding	F	20.10
6. Jack Bannister	M	21.36
7. Phoebe Chadwick	F	22.30
8. Amber Norton	F	23.57

E Grade 2km

1. Siaan Fisher	F	13.34
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2.	Jasmine-Rose McRoberts	F	58.41	F Grade 1km		
				1.	Korbyn Bricknell-Hewitt	M 6.49
C Grade 5km				2.	Jennifer Stuckey	F 7.10
1.	Nelson McCutcheon	M	23.54	3.	Lucie Goulding	F 7.22
				4.	Claire Chadwick	F 8.25

NSW TEAMS WALKS, CHIPPING NORTON, SUNDAY 19 MAY

Finally, back a week for the results of the NSW Teams Walks Championships at Chipping Norton. A very healthy 47 walkers were in action, with **Tyler Jones** leading the way with a 10km time of 43:47.

Event 4 Men 18+ 10km Walk

1.	Jones, Tyler	21	Country Nsw	43:47
2.	Gibbons, Carl	23	Country Nsw	46:55
3.	Richardson, Dylan	19	Country Nsw	48:18
4.	Bedford, Kyle	19	Nepean Distr	52:25
5.	Barendregt, Travis	19	Nepean Distr	55:55
6.	Washburn, Steven	25	Nepean Distr	56:28
7.	Seymon, Jim	82	U.T.S. North	1:15:53

Women 18+ 10km Walk

1.	Barendregt, Amanda	23	Nepean Distr	55:00
2.	Mison, hannah	18	Country Nsw	56:15
3.	Wang, Elaine	19	Sydney Unive	56:40
4.	O'Neill, Molly	19	Country Nsw	59:11 2
5.	Bell, Bridget	17	Asics Wests	1:00:32
6.	Parker, Hannah	17	Randwick Bot	1:00:54
7.	Walker, Amy	18	Country Nsw	1:03:44
8.	Weekes, Anne	57	Illawong Rev	1:05:31
9.	Pengilley, Teegan	18	Bankstown	1:08:26
10.	Woodward, Antoinette	63	U.T.S. North	1:10:25

U18 Boys 5km Walk

1.	McGinniskin, Jack	17	Country Nsw	24:01
2.	Pyda, Raven	15	Westfields A	27:18
3.	Tebbutt, Archie	15	Country Nsw	32:43
4.	Ashby, Myles	12	Country Nsw	33:44

U18 Girls 5km Walk

1.	Blanch, Emma	16	St. George D	26:23
2.	Bolton, Hannah	16	Mingara Athl	27:15
3.	Thomas, Emma	14	Parramatta C	27:27
4.	Dunne, Izabella	14	Mingara Athl	28:59
5.	McLoughlin, Chloe	15	Mingara Athl	29:08
6.	DeCelis, Ellie	15	Illawong Rev	30:06
7.	Krklinski, Chloe	13	Parramatta C	30:59
8.	Thomson, Jada	15	Nepean Distr	31:30
9.	Nilon, Isabelle	14	Parramatta C	32:33
10.	Robertson, Brittany	17	St. George D	33:22
11.	Stanley, Casey	15	St. George D	35:45

U14 Boys 3km Walk

1.	Varga-Strike, Thomas	11	Athletics Nsw	17:32
2.	Ashby, Myles	12	Country Nsw	18:37
3.	Cousins, Callum	12	Edgeworth an	19:41
4.	Horton, Jai	13	Westfields A	20:31

U14 Girls 3km Walk

1.	Boughton, Milly	13	Randwick Bot	15:38
2.	Stanley, Jayda	13	Randwick Bot	16:28
3.	Munroe, Ella	13	Hills District A	16:52
4.	Beck, Grace	11	Asics Wests	16:57
5.	Blackley, Rudi	11	Randwick Bot	18:48
6.	Cassilles, Ciara	12	Westfields A	18:56
7.	Woods, Zoe	12	Asics Wests	19:18
8.	Sivaraj, Summer	12	Asics Wests	20:04

9.	Varga-Strike, Zsofia	14	Nepean Distr	20:08
10.	Ashby, Caetlin Pitcher, Sienna	10 12	Country Nsw Mingara Athl	22:34 DQ

NAIA 2019 OUTDOOR CHAMPIONSHIPS, GULF SHORES, ALABAMA, 23-25 MAY

The National Association of Intercollegiate Athletics (NAIA) is a college athletics association for small colleges and universities in North America. As of right now, it has 251 member institutions, 3 of which two are in Canada, one in the U.S. Virgin Islands, and the rest in USA. The annual T&F Outdoor Championships are one of 26 national championships that the organisation sponsors annually and were held over 3 days leading into last weekend.

The 5000m walks were held in the Mickey Miller Blackwell Stadium in Gulf Shores just after 4PM last Friday on a very hot and humid afternoon. **Alger Liang** of the University of British Columbia took the lead in the men's race just before the 1000m mark, going on to win comfortably with 21:54.55. The women's race was also an easy win, with **Anali Cisneros** of Judson University in Illinois lengthening her lead throughout the race to win comfortably with 25:06.98.

NAIA 2019 Outdoor Championships Men's 5000m Racewalk

1.	Alger Liang	UBC	21:54.55
2.	Steven Smith	WVU Tech	22:55.02
3.	Kenny Ho	UBC	23:03.19
4.	Moses Watson	Baker	23:16.61
5.	Erik Thies	UBC	23:28.82
6.	Luke Jobson	WVU Tech	23:47.23
7.	Nathan Downey	UBC	24:12.06
8.	Bricyn Healey	Olivet Nazarene	24:24.61
9.	Jordan Crawford	Missouri Baptist	24:42.53
10.	Jon Anderson	Mount Mercy	25:45.54
11.	Ben Hofstra	Cornerstone	25:56.25
12.	Joseph Bruemmer	Central Methodist	26:09.35
13.	Ben Downey	Mid American Nazarene	26:41.98
14.	Jack Wafler	Williams Baptist	27:28.28
	Dean Freitag	Rio Grande University	DNF
	AJ Gruttadauro	WVU Tech	DNF

NAIA 2019 Outdoor Championship Women's 5000m Racewalk

1.	Anali Cisneros	Judson	25:06.98
2.	Joean Lu	University of British Columbia	26:01.90
3.	Maria Alarcon	Judson	26:29.95
4.	Lila Dreves	Mid American Nazarene	26:41.90
5.	Kelsey Billingsley	Cornerstone	26:45.52
6.	Audrey Fox	University of British Columbia	26:53.98
7.	Kayla Allen	Friends University	26:59.74
8.	Siana Emery	Goshen College	28:14.88
9.	Kyra Danielson	University of British Columbia	28:43.97
10.	Nayali Cisneros	Judson	29:51.33
11.	Michaela Barratte	Grand View	31:16.95
12.	Elizabeth Larson	Concordia	31:40:59
13.	D'Amaie Davis	Cornerstone	31:51.20

TROND NOHM GAMES, BERGEN, NORWAY, WEDNESDAY 22 MAY

Thanks to omarchador (<http://omarchador.blogspot.com/2019/05/a-marcha-nos-jogos-trond-mohn-em-bergen.html>) for their report on the 3000m track walk in the Trond Nohn Games in Berge, Norway. There were only three participants in the walk but the competition was first class, with Germany's **Christopher Linke** (10.57.45) getting away in the last lap to win from Australia's **Dane Bird-Smith** (10.59.09), with Norway's **Håvard Haukenes** third (11.26.95).

3000m Walk

1.	Christopher Linke	GER	10.57.45
2.	Dane Bird-Smith	AUS	10.59.09
3.	Håvard Haukenes	NOR	11.26.95

10TH SPRINT TRIATHLON IN RACE WALKING, VEENENDAAL, NEDERLAND, SATURDAY 25 MAY

I had hoped to report on the annual Dutch Sprint Triathlon (with races of 3000m, 1000m, 1 Mile) which was held last Saturday. Alas, no results as yet, so this will be held over until next week's newsletter.

OUT AND ABOUT

- Fire up google translate and check out <http://www.jaimecourir.fr/Contenu/DetailConseil.aspx?id=417>. **Johann Diniz** talks walking.
- The Italian walks squad has been announced for the 2019 IAAF World Championships in Doha and it is great to see five 50km competitors in the team (see full listing at http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3492).
 - 50km Men: **Michele Antonelli** (3:49:07), **Teodorico Caporaso** (3:48:29)
 - 50km Women: **Mariavittoria Becchetti** (4:26:10), **Nicole Colombi** (4:27:38), **Eleonora Anna Giorgi** (4:04:50)
- More than 450,000 runners have entered the ballot for next year's London Marathon, breaking the event's own world record for registrations, organisers said last Tuesday. That is mind boggling! See <https://www.sbs.com.au/news/athletics-record-london-marathon-entries-pass-450-000>.
- Yet another dirty Russian walker bites the dust. 23 year old **Mariya Ponomaryova** has been suspended for a period of 4 years, starting March 8, 2018. She won the gold medal at the European U23 Championships in Tallinn 2015 with a time of 1.27.17, a medal she now loses because all results obtained since July 8, 2015 have been annulled. The gold medal from these championships will now pass to the Czech walker Anežka Drahotová. See <https://omarchador.blogspot.com/2019/05/mariya-ponomaryova-com-punicao-de-4.html>.
- I can hardly wait for **Hajo Seppelt**'s book on his 30 years of investigation into doping in high level sport. Due to be published on 27th September, it will raise the lid on the whole can of worms that is modern sport. I just hope an English language version is also published. Hajo is of course the face behind the German TV Sports channel ARD who broke the Russian racewalking scandal, centred around the now disgraced Saransk school of walking.



PRAGUE TO HOST THE 2021, 2023 AND 2025 EUROPEAN RACE WALKING CUPS

Big news on the European front, with the Czech city of Podebrady being awarded the next 3 European Race Walking Cups (2021, 2023 and 2025). See the full announcement at <https://www.european-athletics.org/news/article=podebrady-stage-european-race-walking-team-championships-2021-2023-and-2025/index.html>.

I note the above article talks about a 50km being held in 1894 and that's true. The first 50 km race walking competition from Karlín (in Prague) to Podebrady was indeed held in 1894, two years before the first modern Olympic Games. But this was just a once off, with the Podebrady 50km not starting regularly until 1929. The 50km walk had been announced for the 1932 Olympic Games and the Czech Federation was keen to prepare its walkers for the gruelling new event.

With the exception of four years during WWII, the Podebrady race has been held every year since 1929. Events for women were added in 1982 (5km initially, then 10km and now 20km). In the early 1990s, because of safety concerns, the event was moved to a 1km long town circuit in the Spa Park. Since then the meet has continued to grow and now includes international matches for Junior and Youth walkers.

The Podebrady 50km has produced its fair share of walking milestones.

- In the 1930s, Jaroslav Stork-Žofka of AC Sparta was a five-time winner, whose best time of 4:40 lasted until 1946.
- The legendary Josef Doležal finally bettered the time with 4:23:40 in 1946, the first of his three world records that he set in Podebrady. He reduced the record to 4:16:06 in 1954 and earned an unequalled 7 wins from 1949 to 1955.
- The four-hour barrier lasted for nearly a quarter of a century until the Mexican Raúl González won in 1978 with 3:41:20.
- In April 1997, Podebrady hosted the 18th edition of the IAAF Race Walking World Cup and the race walkers performed excellently, Jefferson Perez of Ecuador winning the 20km walk with 1:18:24 and Jesús Ángel García of Spain winning the 50km in 3:39:54.

Finally, here is some footage from the 1959 Prague to Podebrady 50km, featuring Don Thompson of England. See <https://www.youtube.com/watch?v=8WIWM-8onI8>.

AUSTRALIAN WALKERS SELECTED FOR 2019 WORLD UNIVERSITY GAMES

Congratulations to the following walkers who have been selected in the Australian team to compete in the 2019 World University Games (Summer Universiade) which will take place from 3-14 July 2019 in Naples, Italy.

20km Walk Women: **Katie Hayward (QLD), Jemima Montag (VIC), Philippa Huse (VIC)**
 20km Walk Men: **Declan Tingay (WA)**



Katie, Jemima, Philippa and Declan in action in 2018 international teams

MARCIADALMONDO AND OMARCHADOR ROUNDUP

marciadalmondo has 6 press releases for us this week.

- Sun 26 May - Lima (PER): The South American championships on the day of the earthquake http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3494
- Sun 26 May - Brixen (ITA): Gabriele Gamba leads the 2019 World U18 list http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3493
- Sat 25 May - Italian team announced for Doha 2019 http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3492
- Fri 24 May - Maria Guadalupe Gonzalez (MEX): will appeal to CAS/TAS http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3491
- Thu 23 May - Maria Ponomareva (RUS) banned four years for doping http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3490

- Wed 22 May - La Coruna preview
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3489

and omarchador has 11 press releases for us this week.

- Mon 27 May - Results of 3000m walk in Trond Mohn Games in Bergen, Norway
<http://omarchador.blogspot.com/2019/05/a-marcha-nos-jogos-trond-mohn-em-bergen.html>
- Mon 27 May - John Castañeda wins the 20,000m walk at the South American Track and Field Championships
<http://omarchador.blogspot.com/2019/05/john-castaneda-vence-os-20000m-marcha.html>
- Sun 26 May - Karla Jaramillo prominent in the South Americans in Lima, Peru
<http://omarchador.blogspot.com/2019/05/karla-jaramillo-em-grande-destaque-nos.html>
- Sun 26 May - Results of track walks at the 5th Kazakhstan Athletics Games
<http://omarchador.blogspot.com/2019/05/jogos-de-atletismo-do-cazaquistao-em-5.html>
- Sat 25 May - AA Porto hold walks meet in Portuguese city of Lousada
<http://omarchador.blogspot.com/2019/05/aa-porto-realizou-torneio-de-marcha-na.html>
- Fri 24 May - South American championships began today in Lima
<http://omarchador.blogspot.com/2019/05/campeonatos-sul-americanos-iniciaram-se.html>
- Fri 24 May - Results of the 2019 ANDDI Games in Viseu, Portugal
<http://omarchador.blogspot.com/2019/05/jogos-anddi-portugal-2019-disputaram-se.html>
- Thu 23 May - Podebrady will host the next European Racewalking Cup
<http://omarchador.blogspot.com/2019/05/podebrady-vai-receber-os-proximos.html>
- Wed 22 May - Russian walker Mariya Ponomaryova cops 4 years drugs ban
<http://omarchador.blogspot.com/2019/05/mariya-ponomaryova-com-punicao-de-4.html>
- Wed 22 May - European Masters Association announces its new panel of 15 racewalk judges
<http://omarchador.blogspot.com/2019/05/associacao-europeia-de-masters-divulga.html>
- Tue 21 May - Nádía Cancela and Amaro Teixeira win 2019 Portuguese University walk champs
<http://omarchador.blogspot.com/2019/05/nadia-cancela-e-amaro-teixeira-com.html>

I will leave readers to check out the results of the South American Championships, reported by both marciadalmondo and omarchador.

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

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

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

Jun 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

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	30th Summer Universiade , Naples Italy
Jul 13 (Sat)	USATF San Diego Imperial 20,000m and 50,000m track walks, San Diego, USA
Jul 20-21, 2019	China National Race Walking Champions Meet, Changbaishan, CHN (20 and 50km M/W)

Jul 26-Aug 11, 2019	Pan American Games, Lima, PER (50km and 20km)
Aug 30-Sep 7, 2019	20th Oceania Masters T&F Championships , Mackay, Queensland, AUS
Sep 6-7, 2019	China National Race Walking Champs, Leshan, CHN (20 and 50km M/W)
Sept 28 – Oct 6, 2019	17th IAAF World Championships in Athletics , Doha, Qatar
Oct 20-22, 2019	Around Taihu International Race Walking 2019, Suzhou, China
May, 2020	29th IAAF World Race Walking Team Championships , Minsk, Belarus
July 17-20, 2020	18th IAAF World U20 T&F Championships , Nairobi, Kenya
July 24 – Aug 9, 2020	32nd Olympic Games , Tokyo
July 20 – Aug 1, 2020	23rd World Masters T&F Championships , Toronto, Canada
Mar 2021	9th World Masters Indoor T&F Championships , Edmonton, Canada
Aug 6-15, 2021 (TBC)	18th IAAF World Championships in Athletics , Eugene, USA
July 18-30, 2022	XXII Commonwealth Games , Birmingham, GBR.
Aug 7-17, 2022	24th World Masters T&F Championships , Gothenburg Sweden
Aug 2021 (TBC)	19th IAAF World Championships in Athletics , Budapest, Hungary

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