



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
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Tuesday 30 April 2019



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WALKER OF THE WEEK

My Walker of the Week is 39 year old Geelong based masters walker **Daniel Walters**. He was one of a number of competitors who won all 3 racewalking golds at last weekend's Australian Masters Athletics Championships in Melbourne but he did it outstandingly, with carnival leading times as follows (1500m track walk **6:12.2**, 10km roadwalk **46:47** and 5000m track walk **22:24.22**).

Since returning to the sport in January 2018, he has set a number of new VRWC/VMA records, including M35 1500m Walk (6:02.05), 2000m Walk (8:26.75) and 15km Road Walk (1:11:36). These performances are not surprising, when you remember what a superb young walker he was. Consider 1999 when, at 19 years of age, he won the Victorian Open 5000m track walk (21.49.98), was second in the Victorian Open 20km roadwalk (1.31.37) and was second in the Australian Junior Men's 10km Roadwalk Championship (45:26).

His best ever walk was arguably in the VRWC Gus Theobald Memorial 20km roadwalk, held at Middle Park on Sunday 16th December 2001, when he walked away from the field to win with 1:27:20. He also had a 5000m PB of 20:34.9, recorded at Olympic Park in Melbourne on 13th March 2003.

He retired soon after this, after missing out on international representation. It was an era of great racewalking strength for us. It is great to have him back with us now as a Masters walker.



Daniel powers to victory in the 1500m walk (photo Graeme Dahl)

WHAT'S COMING UP

- Our VRWC winter roadwalking season continues next Saturday afternoon at Middle Park with the fixture as follows

Saturday 4th May 2019, Middle Park			
VRWC Events: Entries close for all events at 1.45pm sharp			
2.15pm	12km	Points Race	Open
2.15pm	10km	Points Race	Open
2.15pm	5km	Points Race	Open
2.30pm	3km	Points Race	Open
2.30pm	1.5km	Points Race	Open

- The following Saturday 11th May sees our first Victorian Roadwalk Championship for the winter, namely the **Victorian 15km Roadwalks** for men and women. Entries for this event are via the AV members portal – the direct link is <https://members.athsvic.org.au/events/event-details/?cid=611e02b7-10ce-45f1-9985-b7a40faa44e1>. This will require you to log on with your AV userid and password. Remember that you must have renewed your AV membership (which became due on 1st April) if you wish to compete in the AV 15km Championship. The other races can be entered on the day or via our VRWC online entry panel at <http://vrwc.org.au/wp1/>.

Saturday 11th May 2019, Middle Park			
AV & VRWC CHAMPIONSHIPS & VRWC Events:			
Entries close for all events at 1.45pm, except for the VRWC 15km which closes at 1.30pm. Pre-entry via AV is required for the AV 15km.			
2.00pm	15km	AV Championship	Open Men
2.00pm	15km	AV Championship	Open Women
2.00pm	15km	VRWC Championship - Elsie Jacobson Trophy	Open Women
2.00pm	15km	VRWC Championship	Under 20 Men/Women
2.00pm	15km	Points race	Open
2.15pm	10km	Points Race	Open
2.15pm	5km	Points Race	Open
2.30pm	3km	Points Race	Open
2.30pm	1.5km	Points Race	Open
3.45pm	Presentations		
Check: *Note: VRWC members racing in the AV event are automatically placed into the 15km point race			

- A few matters re the VRWC winter season.
 - If you intend to compete with us regularly, you should become a financial member (our current financial year started on 1st October 2018). It is not expensive. See <http://www.vrwc.org.au/VRWCMembershipApplication.shtml> for more details. Note that we have added online payment for memberships this year. It's all explained at the above link.
 - If you are going to race with us on Saturday afternoon, let us know beforehand by doing an online event registration at <http://vrwc.org.au/wp1/>. Then just turn up before 1:45PM to pay and confirm. Our opening rounds are always very busy so come early and avoid the lines by pre-entering for the races and by renewing your membership online.
 - **WE ARE SHORT OF SPARE RACE BIBS, SO IF YOU HAVE ANY AT HOME, WE WOULD LOVE IT IF YOU PASSED THEM ONTO US. BRING THEM ON SATURDAY.**
- Entries are now open for the **Lake Burley Griffin Carnival in Canberra**. The meet is on **Sunday 9th June** (this is the Queen's Birthday long weekend). We send a large RWV team and will be looking to fill as many teams as possible. Talk to me any Saturday at Middle Park. Entries are now done online at <https://www.trybooking.com/book/event?eid=477790>. Here is the latest explanatory post from ACTRWC.

On-line entries for the 2019 Lake Burley Griffin Walking Carnival are now open.

We have reintroduced a cap of \$60 for persons who enter 3 or more events and have also introduced a cap for families of \$150. There will however be an additional 50 cents per event payable to Trybooking by the entrant.

Also as is often the case with systems which are not designed for specific scenarios, while achieving a better outcome than last year, there are still some limitations namely;

If a person enters more than 3 events they will be charged an additional \$5 (plus the 50 cents booking fee).

While we have a family cap of \$150 each individual entrant must be entered separately and will be charged in accordance with the normal fee structure.

In these instances the individual or family should immediately contact Robin Whyte at robinwhyte42@bigpond.com seeking reimbursement of any payments exceeding the relevant caps.

Please take care when entering details and events because some checks we normally have are not available. Again any queries should be directed by email to Robin Whyte at robinwhyte42@bigpond.com.

- I have been sent details of an additional 50km opportunity for those chasing performances for Doha. It is to be held in conjunction with the USATF 40km Championships in Owego, New York State, on Sunday 40th June. Here is what Erin Talcott had to say

June 30 , USATF 40km Champs (includes 50km option), Owego, NY, USA

There are few opportunities left for 50K athletes to get qualifying times for the World Champs. As such, we are hosting a race in Owego, NY on June 30th. It's on an IAAF certified course and we will have the appropriate judges. The paperwork has been signed by USATF and submitted. We expect it to be added to the IAAF calendar very soon.

We will start the race at 5:30AM just in case of hot weather. Historically that weekend has had good weather, but just in case we want athletes to have every opportunity for fast times. We will have water, sponge and misting stations. We will NOT be able to provide personal aid helpers. Please spread the word! See <https://raceroster.com/events/2019/21730/81st-annual-usatf-national-40km-race-walk-championships-and-20km-junior-race-walk-champs>

VRWC ROADWALKS, MIDDLE PARK, SATURDAY 27 APRIL

The VRWC winter roadwalking season kicked off on Saturday afternoon at our club headquarters at Middle Park. It was the second part of a big double header that day, following on from the Australian Masters 10km roadwalk championships which had been contested earlier in the morning. The weather was cold and a little windy, but much better than the day before. What can I say – it is Melbourne after all!

Quite a few of the walkers who contested the AMA 10km roadwalk championships in the morning were back in the afternoon for our club walk – **Albin Hess, Mark Blackwood, Pramesh Prasad, Karyn O'Neill, Heather Carr, Donna-Marie Elms, Gwen Steed** and **Sandra Howorth** – well done everyone! Overall, we had 38 walkers. Counting the 31 other Victorian walkers from the AMA champs earlier in the day, it was a very healthy start to the season.

There were lots of PBs from our young walkers, indicating that they have been busy on their fitness over the summer. We also welcomed **Sarah Holmes, Ethan Nash, Cody Wapshott** and **Angela Artuso** for their first races with us.

VRWC 8km Walk

1.	Kyle Swan	Open	36:40
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VRWC 6km Walk

1.	Pramesh Prasad	M40-59	30:28
2.	Mark Donahoo	M60+	37:50

VRWC 4km Walk

1.	Charlotte Hay	U16	20:06	PB 0:24
2.	Holly Cocking	U18	22:00	PB 0:31
3.	Grace Louey	U16	23:41	PB 0:37
4.	Kathleen O'Mahony	U18	24:20	
5.	Emily Smith	U14	24:25	First time over 4km
6.	Isabella Dingli	U18	27:43	PB 0:47
7.	Merilyn Thompson	W40-59	31:20	First time over 4km
8.	Karyn O'Neill	W60+	31:39	

1.	Mark Blackwood	M40-59	19:58
2.	Luke Epps	U12	22:21
3.	Angus Hay	U16	23:33
4.	Albin Hess	M60+	26:34
5.	Anthony Barrett	M60+	30:26
6.	Steven Haverly	M40-59	36:22

VRWC 2km Walk

1.	Darcey Roberts	U12	10:47	
2.	Kaylah Heikkila-Dubowik	U14	11:40	
3.	Molly Holmes	U14	11:41	First time over 2km
4.	Heather Carr	W60+	12:25	
5.	Donna-Marie Elms	W40-59	13:10	
6.	Angela Artuso	Open	16:38	First time with us

1.	Liam Hutchins	U12	10:54
2.	Hamish Blackwood	U12	11:10
3.	Sebastian Weickhardt	U14	11:56
4.	Eden Morgan	U14	12:01
5.	Aiden Smith	U12	14:19

VRWC 1km Walk

1.	Sarah Holmes	U10	5:17	First race with us
2.	Ela Uzun	U10	5:33	PB 0:20
3.	Mietta Morgan	U10	5:46	PB 1:05
4.	Zahlia Heikkila-Dubowik	U10	6:19	
5.	Havana Ali	U10	6:23	PB 0:18
6.	Sophie Blackwood	U10	8:10	
7.	Gwen Steed	W60+	9:31	
8.	Sandra Howorth	W40-59	9:31	

1.	Ethan Nash	U12	6:03	First race with us
2.	Cody Wapshott	U10	7:39	First race with us

Thanks to Terry Swan for his superb photo gallery (see <http://www.vrwc.org.au/piwigo/index.php?category/529>).



The start of the 1km and 2km races



Cody Wapshott, Ethan Nash, Molly Holmes, Sarah Holmes and Emily Smith (photos Terry Swan)



Left: Karyn O'Neill and Marilyn Thompson enjoy a very relaxing start to the winter season
 Right: VRWC president talks to some of our youngest walkers before they get underway (photos Terry Swan)

Saturday's races were the first of our **winter season Points** Competition days. You can check out the Actual Times and Handicap Competition points at <http://www.vrwc.org.au/vrwcpointscmps.shtml> .

Many of our officials, judges and helpers had also rolled up their sleeves for the morning's AMA roadwalks so it was a long day for them. I had to rush off for an afternoon wedding (no, not mine!) so I don't have a complete list of everyone yet, but thanks one and all.

Officials: Mark Donahoo, Ralph Bennett, Terry Swan, Mark Roberts

Judges: Stuart Cooper (C), Terry O'Neill, Gordon Loughnan, Mark O'Mahony, Shane Dickson, Diane Lowden, David Cash

Canteen: Wendy Cooper

AUSTRALIAN MASTERS T&F CHAMPIONSHIPS, ALBERT PARK, MELBOURNE, APR 26-29

The 47th edition of the National Masters Athletics Championships (see <https://melbourne2019.com.au/>) was held in Melbourne over 4 days last weekend at Lakeside Stadium in Albert Park. A record 959 athletes had entered the competition and, with each athlete having taking on average 3.5 events, that's a colossal 3,380 individual entries over the four day program.

The competition got underway on Friday 26th April, with Melbourne in the grip of its first bite of wintery weather for the year - talk about bad timing! Luckily the rain stopped just before the first events (the 1500m track walks) started at 8AM, but conditions were still bitterly cold and windy. The 1500m walks were spread over 3 heats, which are discussed below. See Graham Dahl's excellent gallery of 1500m walk photos at <https://www.flickr.com/photos/56785857@N08/albums/72157708167977525>.

1500m Track Walk W75+ M70+, 8AM

The oldest walkers were first up, but M70 **Andrew Jamieson** (8:38.91) and M70 **George White** (8:40.91) belied the years with a superbly contested race. W75 **Gwen Steed** was the fastest of the women with 10:17.90.

M70	1	Andrew Jamieson	VMA	8:38.91
	2	George White	SAMA	8:40.58
	3	John McDonagh	MAWA	10:06.12
	4	Geoff Barrow	VMA	10:09.38
	-	Russ Dickenson	VMA	DNS
	-	Dennis Williams	NSWMA	DQ
M75	-	Bruce Wilson	MAWA	DQ
	1	Ralph Bennett	VMA	9:07.74
	2	Robin Whyte	ACTMA	9:29.60
	3	Bryan Thomas	ACTMA	10:26.41
	4	John Hallo	VMA	11:41.78
M80	-	Barrie Wicks	VMA	DQ
	1	Gunther Ilgoutz	VMA	9:57.55
	2	Jim Seymon	NSWMA	10:09.93
	3	Ian Beaumont	VMA	13:50.74

M85	-	Colin Silcock-Delaney	VMA	DNS
W75	1	Gwen Steed	VMA	10:17.90
	2	Daphne Jones	NZMA	10:34.40
	3	Peggy Macliver	MAWA	10:56.09
	4	Ruth Johnson	MAWA	10:59.43
	5	beverly Hugo	VMA	12:02.05
	6	Lynne Schickert	MAWA	12:12.69
W80	1	Margaret Beaumont	VMA	14:09.72
	2	Pam Mews	VMA	17:59.48

1500m Track Walk W60-W70, M55-M65, 8:15AM

The middle age groups were up next, with fastest times going to M55 **Richard Everson** (7:05.71) and W60 **Barb Bryant** (8:31.29).

M55	1	Richard Everson	SAMA	7:05.71	
	2	Garry Hastie	MAWA	7:31.60	
	3	Peter BAKER	ACTMA	7:54.79	
	4	Simon Evans	VMA	8:13.20	
	5	Mark Cant	VMA	9:06.40	
	6	PAUL MORITZ	VMA	9:29.54	
	7	Stephen Murphy	VMA	10:25.86	
-	-	Kevin Cassidy	VMA	DQ	
-	-	Albin Hess	VMA	DQ	
M60	1	Colin Heywood	NT	7:52.15	
	2	David Sommers	VMA	9:22.15	
	3	David Moore	TMA	11:23.43	
	4	Christopher Worsnop	VMA	13:25.36	
M65	1	Frank Prowse	VMA	9:18.98	
	2	Clyde Riddoch	VMA	9:26.20	
	-	-	Harold Membrey	MAWA	DNS
	-	-	Ron Schwebel	NSWMA	DQ
W60	1	Barb Bryant	VMA	8:31.29	
	2	Jennie Payne	VMA	9:12.02	
	3	Antoinette Woodward	NSWMA	10:05.75	
	4	Liz Downs	SAMA	10:44.63	
	5	Trish Stallard	NSWMA	11:27.51	
W65	1	Alison Thompson	VMA	8:39.63	
	2	Heather Carr	VMA	8:51.08	
W70	1	Jacqueline Wilson	NZMA	9:30.52	
	2	Glennis McPherson	VMA	10:19.02	

1500m Track Walk W30-W55, M30-M50, 8:30AM

Our youngest Masters walkers filled the final heat, with M35 **Daniel Walters** scorching the track with 6:12.2 and W40 **Tracy Feiner** the fastest of the women with 7:04.38. The largest heat and a very fast one, with 4 men under 7 minutes.

M35	1	Daniel Walters	VMA	6:12.2h (Manual time)
	2	Luke Campbell	NSWMA	14:39.93
M40	1	Mark Blackwood	VMA	6:37.63
	2	Rupert van Dongen	VMA	9:58.30
	3	Leigh Browell	VMA	10:54.59
M45	1	Pramesh Prasad	VMA	6:44.24
	2	Scott Nelson	VMA	7:07.48
M50	1	Andrew Duncan	MAWA	6:40.21
	2	Argenis Guevara	QMA	7:50.88
	3	Grant Murfett	VMA	8:27.08
	4	Greg Metha	SAMA	8:30.18
W30	1	Melissa Lewis	MAWA	7:46.51
W35	1	Rebecca Hunter	SAMA	10:43.21
W40	1	Tracy Feiner	VMA	7:04.38
	2	Laura McLennan	VMA	8:58.67
	3	Marnie Grace	VMA	9:18.85
W45	1	Kylie Irshad	VMA	8:02.09
	2	Ros Lording	VMA	9:07.09
	3	Tracy Colbert	VMA	9:16.16
W50	1	Karyn Tolardo	MAWA	8:11.65
	2	Dee Holohan	VMA	9:09.92
	3	Merilyn Thompson	VMA	10:04.45
W55	1	Pam Tindal	VMA	7:52.15
	2	Ann Staunton-Jugovic	ACTMA	8:17.25

3	Donna-Marie Elms	VMA	8:42.75
4	Marie Maxted	SAMA	8:56.85
5	Kerryn Walshe	VMA	8:59.78
6	Robyn Shaw	VMA	9:36.33
7	Sandra Riches	NSWMA	10:11.39
8	Sandra Howorth	VMA	11:17.19
9	Lorna England	ACTMA	11:56.89



1500m action: Andrew Jamieson, George White, Heather Carr, Chris Worsnop, Alison Thompson, Barb Bryant and Colin Heywood



Pam Tindal, Margaret Beaumont, Donna Elms and Scott Nelson



*Left: Daniel Walters leads Mark Blackwood, Pramesh Prasad and Andrew Duncan
Right: Victorians Barrie Wicks, Ian Beaumont and Ralph Bennett*



The start of the third heat of the 1500m walks at Lakeside Stadium last Friday (all photos from Graeme Dahl)

The 10km roadwalks were scheduled the following day, with two heats being held at the VRWC racing track in Middle Park on Saturday morning.

10km Road Walk W30-W55, M30-M55, 10:30AM

The younger age groups were in the first of the two heats, commencing at 10:30AM. The weather had improved a little from the previous day, but it was still cold and overcast. Fastest times overall went to **Daniel Walters** (M35 46:47) and **Tracey Feiner** (W40 54:08). It is always dangerous to highlight some performances for special commendation, but looking down the list, I think the following additional walkers deserve a note: **Mark Blackwood** (M50 47:21), **Andrew Duncan** (M50 49:25) and **Ann Staunton-Jugovic** (W55 59:00).

W30	1	Melissa Lewis	WA	57:11
W40	2	Tracey Feiner	VIC	54:08
	3	Sarah Brennan	VIC	56:13
	4	Brenda Gannon	Qld	57:38
	5	Sandra Geisler	VIC	58:45
	6	Marnie Grace	VIC	1:08:41
	W45	1	Kylie Irshad	VIC
DNS		Wendy Muldoon	VIC	DNS
W50	1	Karyn Tolardo	WA	59:11
	2	Nyle Sunderland	QLD	59:43
	3	Wendy Farrow	WA	1:06:12
	W55	1	Ann Staunton-Jugovic	ACT
2		Donna-Marie Elms	VIC	1:06:32
3		Marie Maxted	SA	1:08:36
4		Sandra Riches	NSW	1:11:45

	6	Lorna England	ACT	1:28:16
	7	Carolyn Rosenbrock	VIC	1:29:30
	DQ	Sandra Howorth	VIC	DQ
	DNS	Anne Weekes	NSW	DNS
M35	1	Daniel Walters	VIC	46:47
M40	1	Mark Blackwood	VIC	47:21
	DNS	Rupert Van Dongen	VIC	DNS
M45	1	Pramesh Prasad	VIC	50:59
	2	Scott Nelson	VIC	55:02
	3	David Smyth	VIC	1:00:12
M50	1	Andrew Duncan	WA	49:25
	2	Argenis Guevara	QLD	58:12
	DNS	Michael Smith	ACT	DNS
M55	1	Kevin Cassidy	VIC	53:20
	2	Richard Everson	SA	53:54
	3	Garry Hastie	WA	57:11
	4	Simon Evans	VIC	59:24
	5	Albin Hess	VIC	1:06:34
	DQ	Paul Moritz	VIC	DQ

11.30 AM, 10km Road Walk W60+, M60+

The second 10km heat, for the older age groups, started at 11:30AM, with a field size similar to heat one. Fastest times overall to **Colin Heywood** (M60 56:13) and **Barb Bryant** (W60 1:01:18). Special mentions also for **Alison Thompson** (W65 1:02:46), **Dennis Williams** (M70 1:01:30), **Jacqueline Wilson** (W70 1:08:22), **Ralph Bennett** (M75 1:02:50) and **Jim Seymon** (M80 1:11:42).

W60	1	Barbara Bryant	VIC	1:01:18
	2	Jennie Payne	VIC	1:04:08
	3	Antoinette Woodward	NSW	1:10:39
	4	Karyn O'Neill	VIC	1:12:11
	DNS	Lyn Ventris	WA	DNS
W65	1	Alison Thompson	VIC	1:02:46
	2	Heather Carr	VIC	1:06:01
W70	1	Jacqueline Wilson	NZMA	1:08:22
	2	Celia Johnson	VIC	1:18:42
W75	1	Gwen Steed	VIC	1:14:55
	1	Daphne Jones	NZMA	1:19:49
	2	Val Chesterton	ACT	1:22:49
	DNS	Sylvia Machin	VIC	DNS
	DNS	Peggy Macliver	WA	DNS
	DNS	Lynne Schickert	WA	DNS
W80	1	Margaret Beaumont	VIC	1:36:38
W90	DNS	Heather Lee	NSW	DNS
M60	1	Colin Heywood	NT	56:13
	2	David Moore	TAS	1:22:57
	3	Christopher Worsnop	VIC	1:35:14
	DNS	Terry O'Neill	VIC	DNS
M65	1	Frank Prowse	VIC	1:10:29
	2	Clyde Riddoch	VIC	1:17:06
M70	1	Dennis Williams	NSW	1:01:30
	2	John McDonagh	WA	1:11:22
	3	Geoff Barrow	VIC	1:15:41
	DQ	George White	SA	DQ
	DNS	Russ Dickenson	VIC	DNS
M75	1	Ralph Bennett	VIC	1:02:50
	DQ	Bryan Thomas	ACT	DQ
	DQ	Robin Whyte	ACT	DQ
	DNS	Bruce Watt	VIC	DNS
M80	1	Jim Seymon	NSW	1:11:42
	2	Gunther Ilgoutz	VIC	1:15:35
	DQ	Ian Beaumont	VIC	DQ
M85	DQ	Colin Silcock-Delaney	VIC	DQ

Thanks to Terry Swan for his roadwalk photos at <http://www.vrwc.org.au/piwigo/index.php?category/528>. I won't reproduce any here, so check them out for yourself.

The final of the three racewalks was held on Monday, with 3 heats of 5000m contested on the track at Lakeside Stadium

5000m Track Walk W70+, M75+, 1:15PM

Like in the 1500m walks, the oldest walkers were up first in the 5000m races, with M70 **Ralph Bennett** (31:03.10) and W70 **Jacqueline Wilson** (32:54.16) setting the pace.

M75	1	Ralph Bennett	VMA	31:03.10
	2	John Hallo	VMA	39:48.39
	3	Stephen Barker	VMA	41:17.75
	-	Bryan Thomas	ACTMA	DQ
	-	Barrie Wicks	VMA	DQ
	-	Bruce Watt	VMA	DNS
	-	Robin Whyte	ACTMA	DNF
M80	1	Jim Seymon	NSWMA	34:05.21
	2	Gunther Ilgoutz	VMA	37:09.32
	-	Ian Beaumont	VMA	DNF
M85	-	Colin Silcock-Delaney	VMA	DQ
W70	1	Jacqueline Wilson	NZMA	32:54.16
	2	Glennis McPherson	VMA	36:08.29
	-	Celia Johnson	VMA	DNS
W75	1	Gwen Steed	VMA	35:30.88
	2	Daphne Jones	NZMA	35:54.49
	3	Peggy Macliver	MAWA	37:40.35
	4	Sylvia Machin	VMA	37:57.32
	5	beverly Hugo	VMA	41:01.00
	6	Lynne Schickert	MAWA	41:23.29
W80	1	Margaret Beaumont	VMA	47:17.61
W90	-	Heather Lee	NSWMA	DNS

5000m Track Walk W30-W50, M30-M55, 2:35PM

The youngest age group competitors gave a great demonstration of how to walk fast, with M35 **Daniel Walters** (22:24.22) and M40 **Mark Blackwood** (22:37.73) fighting it out at the front. As in the 1500m, **Tracy Feiner** was the fastest of the women with 26:12.30.

M35	1	Daniel Walters	VMA	22:24.22
M40	1	Mark Blackwood	VMA	22:37.73
	-	Rupert van Dongen	VMA	DNS
M45	1	Pramesh Prasad	VMA	24:19.38
	2	Scott Nelson	VMA	25:35.52
	3	David Smyth	VMA	28:31.44
M50	1	Andrew Duncan	MAWA	23:51.12
	2	Argenis Guevara	QMA	28:13.52
M55	1	Kevin Cassidy	VMA	26:28.60
	2	Richard Everson	SAMA	26:42.67
	3	Simon Evans	VMA	28:07.72
	4	Garry Hastie	MAWA	28:21.29
	5	Albin Hess	VMA	30:57.53
	-	PAUL MORITZ	VMA	DNF
W30	1	Melissa Lewis	MAWA	27:06.98
W35	1	Kym Osmand	VMA	26:43.29
W40	1	Tracy Feiner	VMA	26:12.30
	2	Brenda Gannon	QMA	28:33.82
	3	Marnie Grace	VMA	33:38.58
	-	Laura McLennan	VMA	DNS
W45	1	Kylie Irshad	VMA	29:01.76
W50	1	Karyn Tolardo	MAWA	28:43.94
	2	Nyle Sunderland	QMA	29:17.20
	3	Wendy Farrow	MAWA	32:57.48
	4	Pia Hunter	VMA	35:13.89
	-	Dee Holohan	VMA	DNS

5000m Track Walk W55-W65, M60-M70, 3:15PM

The final heat saw M60 **Colin Heywood** (26:37.70) and W55 **Pam Tindal** (27:58.67) fastest.

M60	1	Colin Heywood	NT	26:37.70
	2	David Sommers	VMA	31:43.02
	3	Brian Anderson	VMA	32:08.36
	4	David Moore	TMA	39:45.79
	5	Christopher Worsnop	VMA	45:31.81

	-	Terry O'Neill	VMA	DNF
M65	1	Frank Prowse	VMA	33:32.12
	2	Clyde Riddoch	VMA	33:48.06
	3	Ian Handasyde	VMA	35:07.14
M70	1	Andrew Jamieson	VMA	29:25.51
	2	John McDonagh	MAWA	34:23.80
	3	Geoff Barrow	VMA	35:32.38
	-	Dennis Williams	NSWMA	DQ
	-	George White	SAMA	DQ
	-	Russ Dickenson	VMA	DNF
W55	1	Pam Tindal	VMA	27:58.67
	2	Ann Staunton-Jugovic	ACTMA	29:09.18
	3	Donna-Marie Elms	VMA	31:51.03
	4	Lorna England	ACTMA	44:34.01
	-	Anne Weekes	NSWMA	DNS
W60	1	Barb Bryant	VMA	29:08.85
	2	Jennie Payne	VMA	32:07.82
	3	Antoinette Woodward	NSWMA	33:56.19
	4	Liz Downs	SAMA	37:18.30
	-	Lyn Ventris	MAWA	DNS
W65	1	Alison Thompson	VMA	29:29.89
	2	Heather Carr	VMA	32:05.71

AUSTRALIAN LITTLE ATHLETICS CHAMPIONSHIPS, DOMAIN ATHLETIC CENTRE, HOBART, APR 27-28

The annual Australian Little Athletics Championships is a restricted meet which concentrates on the U13 division and includes 1500m walks for boys and girls in that age group. Field sizes are limited in all events, walks included, as each State has a strict quota of athletes overall. Up to 3 athletes can be selected per State per gender in the walks but not all are necessarily walkers. It may be that a good runner may double and be entered in to the walk as well as in the run.

The 2019 Australian Little Athletics Championships were held on the weekend at the Domain Athletics Track in Hobart, and it was a big change, weather wise compared to last year's meet on the Gold Coast as, like Melbourne, Tasmania also experienced its own cold arctic blast last weekend.

Overall, the walks were won by **Milly Boughton** (6:56.11) and **Toby Wilks** (6:24.76). Looking at the results, they read impressively for U13, with the first 11 girls and the first 8 boys all under 7:40. Well done to the Victorian reps Caitlin Charles, Riannah Tatlock, Abby Trezise, Marcus Wakim and Oliver Bradshaw.

1500m Walk U13 Girls

1.	Milly BOUGHTON	New South Wales	6:56.01
2.	Ashanti HEAP	Queensland	7:04.43
3.	Amber NORTON	Queensland	7:06.53
4.	Lataya LAWRENCE	Western Australia	7:06.74
5.	Anika CLARKE	Queensland	7:15.93
6.	Hannah DOYLE	Western Australia	7:34.24
7.	Daisy BRAITHWAITE	South Australia	7:36.76
8.	Bonnie TALBOT	Tasmania	7:36.90
9.	Chloe AHERN	Tasmania	7:38.49
10.	Caitlin CHARLES	Victoria	7:39.32
11.	Ava WILSON	South Australia	7:39.70
12.	Riannah TATLOCK	Victoria	8:06.71
13.	Alessia ANDRITSOS	Western Australia	8:14.18
14.	Lily CASE	Tasmania	8:15.19
15.	Abby TREZISE	Victoria	8:19.09
16.	Mia TOOHEY	New South Wales	8:49.72
17.	Madison GORDON	ACT	8:50.08
18.	Chloe MILLER	ACT	8:50.11
19.	Keeva ROBINSON-MCEVOY	ACT	9:03.16
20.	Lucie FRANCIS	New South Wales	10:34.83

1500m Walk U15 Boys

1.	Toby WILKS	South Australia	6:24.76
2.	Sam MCCURE	Queensland	7:05.91
3.	Ryan BONHAM	New South Wales	7:07.97
4.	Alex BRADLEY	Queensland	7:17.66
5.	Marcus WAKIM	Victoria	7:18.14
6.	Jack WRIGHT	Western Australia	7:34.47

7.	Declan SOMERS	Western Australia	7:37.05
8.	Kaiden EASTLEY	Tasmania	7:38.82
9.	Thomas MUIR	New South Wales	7:47.05
10.	Sebastian YOUNG	ACT	7:48.63
11.	Harrison BAKER	ACT	8:02.43
12.	Sam ESSEX	Tasmania	8:07.65
13.	Oliver BRADSHAW	Victoria	8:14.39
14.	Jacob GARDNER	Tasmania	8:33.48
15.	Jackson BAKER	South Australia	9:11.26
16.	Danny KAVANAGH	Queensland	9:14.93
17.	Michael VANDOROS	New South Wales	9:59.38
18.	Stephen DAVIS	ACT	10:06.96
	Declan COWIN	Western Australia	DQ

SARWC ROADWALKS, ADELAIDE PARKLANDS, ADELAIDE, SATURDAY 27 APRIL

Thanks to Peter Crump for this week's results from Adelaide. **Kim Mottrom** was best with 27:10 for the 6km walk.

12km Walk

1.	Royrie Upton	1:15:43
2.	Peter Crump	1:20:24

3km Walk

1.	Mathew Bruniges	17:50
2.	Hannah Wilks	17:54
3.	Sebastian Richards	18:13
4.	Katie DeRuvo	18:17
5.	Elli Pusonjic	18:35
6.	Seth Upton	20:02
7.	Zayden Kamish	20:02
8.	Benjamin Hindes	23:32

6km Walk

1.	Kim Mottrom	27:10
2.	Tristan Camilleri	27:58
3.	Kiera Ross	33:42
4.	Mia Wilks	39:10

1.5km Walk

1.	Sam Wilks	8:42
2.	Edward Upton	11:36
3.	Xavier Upton	11:36
4.	Tarique Kamish	11:51
5.	Zahra Kamish	12:41
6.	Maliha Kamish	12:56

QRWC ROADWALKS, KALINGA PARK, BRISBANE, SUNDAY 28 APRIL

Thanks to Robyn Wales for this week's results from Brisbane.

A Grade 10km

1.	Ignacio Jimenez	N	50.31
2.	Peter Bennett	N	58.19
3.	Noela McKinven	F	86.15

B Grade 5km

1.	Charlotte Hamann	F	33.54
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C Grade 3km

1.	Lyla Williams	F	17.12
2.	Torryn Fisher	F	19.09
3.	Lily Goulding	F	20.58
4.	Phoebe Chadwick	F	21.52

E Grade 1.5km

1.	Gabriela Hannouf	F	10.54
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D Grade 2km

1.	Alejandra Hannouf	F	12.15
2.	Caterina Davey	F	13.40
3.	Zoe Davey	F	14.16
4.	Siaan Fisher	F	15.16
5.	Charlotte Brady	F	15.48

F Grade 1km

1.	Imogen Miller	F	6.40
2.	Ethan Gratton	M	6.55
3.	Kent Gratton	M	7.11
4.	Lucie Goulding	F	8.06
5.	Suzan Williams	F	10.02

NSWRWC ROADWALKS, CHIPPING NORTON, SYDNEY, SATURDAY 13 APRIL

Finally, back 2 weeks for the opening round of the NSWRWC winter season competition at Chipping Norton in Sydney. A good turnout of 45 walkers.

U16 Division 2km

1.	Milly Boughton (INV)	9.38
2.	Alex Muir	10.51
3.	Chloe Lamb	10.56
4.	Samantha Torrens	10.57
5.	April Billington	10.59

Long Division 8km

1.	Travis Barendregt	44.34
2.	Cheryl Webb	44.40
3.	Amanda Barendregt	49.28
4.	Teegan Pengilly (INV)	53.09
5.	Antoinette Woodward (INV)	56.14

6.	Ellie DeCelis	11:00	Medium Division 6km	1.	Olivia Thomson	39:24
7.	Thomas Muir	11:11		2.	Anne Weekes	39:38
8.	Aidan Pospischil	11:46			Janaya Lee	DNF
9.	Kailey Webber	12:00	Short Division 3km	1.	Milly Boughton	14:27
10.	Isabelle Nilon	12:12		2.	Emma Thomas	15:40
11.	Sienna Pitcher	12:28		3.	Brendan Pospischil	16:58
12.	Chelsey Torrens	12:45		4.	INV Sienna Pitcher (INV)	17:13
13.	Zsofia Varga-Strike	12:52		5.	Jada Thomson	17:38
14.	Abbey Bektas	13:01		6.	Nicolle Challinor	24:27
15.	Jessey Bektas	13:57		7.	Annette Tillman	27:58
16.	Emily Challinor	18:35			Rhianni Deagan	DNF
17.	Sarah Challinor	18:42		U10 Division 1km		
U12 Division 1km				1.	Alannah Webber	7:08
1.	Thomas Varga-Strike	5:21		2.	Charli Deagan	7:18
2.	Jesse Brodrick	5:22		3.	Jake Ryan	8:20
3.	Christopher Nilon	5:30		4.	Zoe Zantiotis	11:04
4.	Dylan Ryan	6:03		5.	Luke Challinor	11:04
5.	Laura Corvalan	6:48				
6.	Brayden Thompson	7:45				
7.	Cara Lee	8:11				

125TH PENN RELAYS, UNIVERSITY OF PENNSYLVANIA, PHILADELPHIA, USA, 25-27 APRIL

Nick Christie established a new Penn Relays record of 19:53.43 in winning the men's 5000m walk, while **Taylor Ewert**, 17, smashed the American U20 National record with her 5000m winning time of 22:28.61. Both races were held in brisk, windy conditions.

Olympic Development Men 5000m Walk

1.	Nick Christie	unattached	19:53.43
2.	Rich Luettchau	Shore AC	22:32.91
3.	Joel Pfahler	Athletes in Action	23:36.97
4.	Alex Price	Walk USA	26:49.83

Olympic Development Women 5000m Walk

1.	Taylor Ewert	Beavercreek	22:28.61
2.	Lauren Harris	Marist College	23:23.89
3.	Anali Cisneros	Judson University	24:52.75
4.	Jennifer Lopez	Elgin Sharks TC	25:20.10
5.	Kayla Shapiro	Walk USA	25:22.87
6.	Maria Alarcon	Judson University	27:17.79
7.	Nayeli Cisneros	Judson University	28:34.84

Masters Men 5000m Walk

1.	David Swarts	Pegasus	24:31.66
2.	Douglas Johnson	Kentucky Racers	29:21.73

Masters Women 5000m Walk

1.	Maryanne Daniel	CT Racewalkers	30:12.16
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High School Girls 5000m Walk

1.	Ciara Durcan	Pearl River	25:10.83
2.	Ashleigh Wakely	Massapequa	26:40.94
3.	Natalie Ehlers	Westhampton Beach	26:55.73
4.	Emily Porti	East Islip	27:13.42
5.	Serena Roopnarine	Connetquot	27:34.34
6.	Chloe Engin	Pittsford	27:41.15
7.	Erika Vardy	Huntington	27:44.22
8.	Gia Giudice	Sachem North	27:54.93
9.	Marissa Sciotto	Sachem East	28:10.30
10.	Keily Rivas	Huntington	28:23.77
11.	Marcela Araujo	Sachem East	28:47.79
12.	Amanda Harnos	Sachem East	29:09.15
13.	Kayla Manel	Sachem East	29:25.05
14.	Angelina Colon	Sachem East	29:55.14
	Emily Zahralban	Bellport	DQ

Junior Men 5000m Walk

1.	Samuel Allen	Kingsway Regional	23:29.77
2.	Jadon Davis	Baltimore Poly	25:06.32
3.	Jacob Lawson	unattached	25:59.70
	Felix Nazario Diaz	Juana Diaz RC	DQ
	Moises Hernandez	unattached	DNF

Junior Women 5000m Walk

1.	Grace Endy	Westfield HS	25:32.65
2.	Paola Sotomayor Pierantoni	Juana Diaz RC	28:21.20
3.	Rithika Vatturi	Misssion Valley TC	28:36.99
4.	Junneliz Rosario Velez	Juana Diiaz RC	33:54.82



Taylor Ewert wins the women's 5000m racewalk in the Penn Relays (photo John Nepolitan)

SOUTH AFRICAN T&F CHAMPIONSHIPS, GERMISTON ATHLETICS STADIUM, GERMISTON, 25-27 APRIL

Anel Oosthuizen (1:40:21.6) and **Wayne Snyman** (1:30:17.0) won the 20km walks at the South African Athletics Championships in Germiston last weekend.

20km Women

1.	OOSTHUIZEN, Anel	ATHLETICS SOUTH WESTERN DIST	1:40:21.6
2.	SCHULTZ, Zelda	ATHLETICS CENTRAL NW	1:48:35.4
3.	KOEN, Annette	ATHLETICS CENTRAL NW	1:53:31.4
4.	LE ROUX, Natalie	KWA-ZULU NATAL ATHLETICS	1:53:49.2
5.	MOKHELE, Nthatisi	CENTRAL GAUTENG ATHLETICS	2:22:42.5

20km Men

1.	SNYMAN, Wayne	ATHLETICS GAUTENG NORTH	1:30:17.0
2.	NDEBELE, Sizwe	KWA-ZULU NATAL ATHLETICS	1:32:23.0
3.	PULE, Tumisang	ATHLETICS GAUTENG NORTH	1:32:42.0
4.	MASHIMBYI, Tebatso	CENTRAL GAUTENG ATHLETICS	1:34:41.0
5.	MAVUNDLA, Mzwakhe	CENTRAL GAUTENG ATHLETICS	1:35:09.0
6.	CHAUQUE, Mthembi	ATHLETICS FREESTATE	1:37:44.0
7.	MAHLANGU, Aaron	KWA-ZULU NATAL ATHLETICS	1:40:13.0
8.	MUNDELL, Marc	KWA-ZULU NATAL ATHLETICS	1:41:28.0
9.	MNISI, Mthunzi	ATHLETICS GAUTENG NORTH	1:44:22.0
10.	SITHOLE, Jabulani	CENTRAL GAUTENG ATHLETICS	1:45:41.0
11.	FARMER, Antonio	ATHLETICS CENTRAL NW	1:47:47.0
12.	NTOMBELA, Lindo	KWA-ZULU NATAL ATHLETICS	1:56:22.0
13.	BETANE, Tebogo	CENTRAL GAUTENG ATHLETICS	1:56:35.0

HUNGARIAN ROADWALK CHAMPIONSHIPS, BÉKÉSCSABA, HUNGARY, SUNDAY 28 APRIL

The Hungarian Roadwalk Championships last Sunday were a big affair, with events ranging from U12 2km up to Open and U23 20km. The 20km titles went to **Domínik Cerny** (1:26:51) and **Viktória Madarász** (1:32:21) although the fastest time of the day went to **Yerko Araya** of Chile (1:26:40). Special mention to second placed woman **Jessica Ching** of Hong Kong, who was just outside her PB with her time of 1:32:56. Full results at <https://atletika.hu/hu/verseny/magyarorszag-20km-es-es-fiatalokoruaak-hosszutavu-gyaloglo-bajnoksaga-2019>.

20km Senior Men

1.	Yerko Araya Cortes	1986	Chile	1:26:40
2.	Cerny Dominik	1997	Dukla Banska Bystrica	1:26:51
3.	Venyercsán Bence Barnabás	1996	BHSE 16	1:26:57
4.	Srp Miklós Domonkos	1993	BHSE 15	1:27:28
5.	Bagdány Tomasz	1995	TSC-Geotech	1:29:23
6.	Tóth Norbert	2001	Hunyadi DSE	1:31:28
7.	Chin Man Kit	1991	WAC (HKG)	1:31:47
8.	Burger Donát	1997	TSC-Geotech	1:32:46
9.	Nyerges Balázs István	2001	Hunyadi DSE	1:39:50
10.	Kovács Soma	1997	Miskolci Sportiskola	1:45:07
11.	Varga Dávid	2001	Miskolci Sportiskola	1:46:34
12.	Gál Vencel Levente	2001	Miskolci Sportiskola	1:48:25
13.	Venyercsán László	1971	BHSE	1:52:54
14.	Soltész Benjamin	2000	Hunyadi DSE	1:53:03
15.	Kovács András	1966	BHSE	1:54:18
16.	Csaba István	1959	BHSE	2:20:38

20km U23 Men

1.	Cerny Dominik	1997	Dukla Banska Bystrica	1:26:51
2.	Burger Donát	1997	TSC-Geotech	1:32:46
3.	Kovács Soma	1997	Miskolci Sportiskola	1:45:07

20km Senior Women

1.	Madarász Viktória	1985	UTE	1:32:21
2.	Ching Siu Nga Jessica	1987	WAC (HKG)	1:32:56
3.	Kovács Barbara	1993	Békéscsabai AC	1:36:57
4.	Récsei Rita	1996	BHSE	1:39:51
5.	Kovács Andrea	1980	Futóbarátok	1:43:52
6.	Biróné dr Molnár Valéria	1977	BEAC	1:50:00
7.	Dimanopulosz Daphne	1999	BHSE	1:51:56
8.	Hacundová Ema	1999	Dukla Banska Bystrica	1:53:34
9.	Komoróczy Laura Petronella	1999	BHSE	1:58:26

20km U23 Women

1.	Dimanopulosz Daphne	1999	BHSE	1:51:56
2.	Hacundová Ema	1999	Dukla Banska Bystrica	1:53:34
3.	Komoróczy Laura Petronella	1999	BHSE 4	1:58:26

20km U20 Men

1.	Tóth Norbert	2001	Hunyadi DSE	1:31:28
2.	Nyerges Balázs István	2001	Hunyadi DSE	1:39:50
3.	Varga Dávid	2001	Miskolci Sportiskola	1:46:34
4.	Gál Vencel Levente	2001	Miskolci Sportiskola	1:48:25
5.	Soltész Benjamin	2000	Hunyadi DSE	1:53:03

15km U20 Women

1.	Csőrgo Dóra	2001	Hunyadi DSE	1:14:47
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15km U18 Boys

1.	Varga Máté Ferenc	2002	Hunyadi DSE	1:09:02
2.	Gonda Levente	2003	BHSE	1:16:04
3.	Bánk Leon	2003	Miskolci Sportiskola	1:19:01

10km U18 Girls

1.	Zahorán Petra	2002	Békéscsabai AC	50:04
2.	Spiller Tiziana Kinga	2003	BHSE	51:55
3.	Tóth Katalin Andrea	2002	Hunyadi DSE	54:10
4.	Molnár Boglárka	2003	Miskolci Sportiskola	62:25

5.	Tamás Dorottya	2003	Miskolci Sportiskola	62:52
	Gáti Kata Sára	2003	Hunyadi DSE	DNF
8km U16 Boys				
1.	Konczvald Tamás	2004	Miskolci Sportiskola	39:42
2.	Csepregi Bence Áron	2005	BHSE	40:16
3.	Koc Róbert Kasim	2005	Miskolci Sportiskola	49:08
5km U16 Girls				
1.	Zsemberi Zsófia	2004	Hunyadi DSE	24:24
2.	Erdos Judit Eszter	2005	POSTÁS SE	25:53
3.	Mészáros Dorottya	2004	UTE	27:00
4.	Hassan Mirjam	2005	Miskolci Sportiskola	29:13
5.	Török Viola	2004	Békéscsabai AC	29:57
6.	Sustik Barbara	2005	Békéscsabai AC	31:09
7.	Kolmer Jázmin	2004	Hunyadi DSE	32:07
8.	László Dorina	2004	Záhonyi AC	36:21
5km U14 Boys				
1.	Gyimesi Rudolf Bertalan	2006	Psn Zrt	30:05
2.	Majoros Máté	2006	Miskolci Sportiskola	35:45
5km U14 Girls				
1.	Gyimesi Rudolf Bertalan	2006	Psn Zrt	30:05
2.	Majoros Máté	2006	Miskolci Sportiskola	35:45
2km U12 Boys				
1.	Stefanovics Roland	2007	Miskolci Sportiskola	12:20
2km U12 Girls				
1.	Kocsis Vanda	2008	Miskolci Sportiskola	13:06
2.	Farkas Lelle	2008	Miskolci Sportiskola	13:40
3.	Rác Petra	2008	Záhonyi AC	14:29
4.	Fürj Leonóra	2008	Békéscsabai AC	15:32

RWA 10KM ROADWALK CHAMPIONSHIPS, COVENTRY, ENGLAND, SUNDAY 28 APRIL

The annual English Race Walking Association 10km Roadwalk Championships in Coventry on Sunday saw a healthy 39 walkers in action in the Open and U20 divisions. Wins overall to **Tom Partington** (45:21) and Finland's **Anniina Kivimaki** (50:37).

10km Open Men

1.	Tom Partington	U23	Manx	45:21
2.	Adam Cowin	SEN	Manx	49:09
3.	David Annetts	V50	North Herts/Veterans	49:56
4.	Gianni Epifani	V45	Manx	50:39
5.	Francisco Reis	V55	Surrey WC/Portugal	53:33
6.	Mark Williams	V50	Birchfield H/Midland Masters	58:27
7.	Peter Boszko	V70	Birchfield H/Midland Masters	59:52
8.	Malcolm Martin	V60	Surrey WC	60:13
9.	John Constantinou	V45	Birchfield H//Cyprus	62:46
10.	Hardeep Minhas	V60	Leicester WC	63:42
11.	Roger Michell	V70	Surrey WC	64:28
12.	Colin Vesty	V50	Leicester WC	68:56

10km Open Women

1.	Anniina Kivimaki	SEN	Lapuan Virkia/FIN (Guest)	50:37
2.	Madeline Shott	SEN	Belgrave	52:25
3.	Jasmine Nicholls	SEN	Leicester WC	52:46
4.	Orlaith Delahunt	SEN	Sligo Athletic Club/IRL (Guest)	54:32
5.	Hannah Hunter	V35	Manx	57:14
6.	Natalie Myers	SEN	Derbyshire & South Yorkshire	58:20
7.	Carolyn Derbyshire	V40	Nuneaton/Midland Masters	58:56
8.	Marie Jackson	V55	Manx/Isle of Man Veteran	61:17
9.	Julie Bellfield	V50	Halesowen	61:44
10.	Rebecca Greatbatch	U23	Manx	62:59
11.	Wendy Kane	V50	Notts/Midland Masters	63:01
12.	Helen Middleton	V55	Enfield & Haringey	63:50

13.	Nicola Raven	V55	Manx	65:20
14.	Louise Hollings	V35	Manx	65:32
15.	Sue Davies	V50	Aldershot, Farnham & District	66:23
16.	Hilary Mann	V55	Sparkhill	68:16
17.	Noel Blatchford	V70	Abingdon	68:48
18.	Judy Howard	V60	Abingdon	69:54

10km U20 Men

1.	George Wilkinson	U20	Enfield & Haringey	49:15
2.	Ryan Roberts	U20	Sligo Athletic Club [IRL]	59:48
3.	Benjamin Allen	U20	Leicester WC	60:09
4.	Daniel McKerlich	U20	Cardiff	60:55

10km U20 Women

1.	Abigail Jennings	U20	Aldershot, Farnham & District	54:28
2.	Ana Garcia	U20	Sheffield & Dearne	56:27
3.	Eva Delahunt	U20	Sligo Athletic Club/IRL (Guest)	57:39
4.	Jacqueline Benson	U20	Ashford AC	62:16
5.	Alice Bellando	U20	Manx	69:39

ITALIAN CLUB CHAMPIONSHIPS 10,000M WALKS, AROUND ITALY, 27-28 APRIL

The Italian Club Championships were held last weekend, with venues in action across Italy. Marciadalmondo has summarised the main results as follows

- Northern area: Mariano Comense: http://www.marciadalmondo.com/eng/dettagli_gara.aspx?id=1290
- Central area: Rome: http://www.marciadalmondo.com/eng/dettagli_gara.aspx?id=1291
- Southern area: Acquaviva delle Fonti: http://www.marciadalmondo.com/eng/dettagli_gara.aspx?id=1292

The strongest of the meets, from a walks perspective was the Central one in Rome with **Massimo Stano** (38:28.05) and **Antonella Palmisano** (42:40.09) setting world leading times for the year. See http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3469 for the full details.

Open Men 10,000m Walk, Rome (first 10)

1.	STANO Massimo	1992	G.S. FIAMME ORO PADOVA	38:28.05
2.	PICCHIOTTINO Gianluca	1996	G.A. FIAMME GIALLE	39:50.93
3.	COPPINI Niccolo'	1997	ATLETICA FIRENZE MARATHON S.S.	42:52.17
4.	GRILLO Ettore	1997	ATLETICA FIRENZE MARATHON S.S.	44:55.46
5.	ROMANZI Emanuele	1999	FIAMME GIALLE G. SIMONI	46:25.81
6.	CAPOGROSSI Luca	1996	ASS.ATL.LIBERTAS ORVIETO	48:11.97
7.	PANCONI Michele	1999	ASD TRACK & FIELD MASTER GROSS	49:47.31
8.	SCAFURO Francesco	1977	ASD TRACK & FIELD MASTER GROSS	50:33.42
9.	RAVACCHIOLI Gabriele	1979	ATL.LIBERTAS A.R.C.S. PERUGIA	50:44.57
10.	CALO' Samuele	1976	A.S. LA FRATELLANZA 1874	50:49.48

U20 Men 10,000m Walk, Rome (first 5)

1.	ORSONI Riccardo	2000	C.U.S. PARMA	42:24.56
2.	COSI Andrea	2001	ATLETICA FIRENZE MARATHON S.S.	44:27.61
3.	SCOLI Giulio	2001	ATLETICA LIVORNO	45:48.26
4.	PERRONE Alessandro	2000	ASD NEOS MATERA	48:16.46
5.	GALLO Mattia	2000	TOSCANA ATLETICA FUTURA	53:44.24

Open Women 10,000m Walk, Rome (first 10)

1.	PALMISANO Antonella	1991	G.A. FIAMME GIALLE	42:40.9
2.	GALLI Iliaria Camilla	1987	ATLETICA FIRENZE MARATHON S.S.	49:01.0
3.	GRAFEO Sascia	1992	ATL. ARCS CUS PERUGIA	52:04.3
4.	CANI Lisa	1996	A.S. LA FRATELLANZA 1874	53:04.9
5.	CORMACI Silvia	1994	ASD ATLETICA PRATO	53:55.1
6.	PATTI Mirella	1962	ITALIA MARATHON CLUB SSDRL	56:24.1
7.	BONANNI Sofia	1999	ATLETICA FIRENZE MARATHON S.S.	58:43.4
8.	RICCIUTELLI Daniela	1956	A.S.D. LIBERATLETICA	59:35.2
9.	AURIZZI Melania	1970	A.S.D. LIBERATLETICA	60:34.7
10.	FRANCESCHINI Sandra	1972	ATLETICA GROSSETO BANCA TEMA	61:53.7

U20 Women 10,000m Walk, Rome (first 5)

1.	GATTI Camilla	2001	A.ATL. FABRIANO	49:23.1
2.	CASCIOTTI Diletta	2000	ATL.STUD. RIETI ANDREA MILARDI	53:20.3

3.	MICONI Giulia	2000	G.S.SELF ATL. MONTANARI GRUZZA	53:32.1
4.	CAPITANI Matilde	2000	ATLETICA GROSSETO BANCA TEMA	53:53.8
5.	FERRETTI Emma	2001	G.S.SELF ATL. MONTANARI GRUZZA	56:22.5

24 HEURES DE DIJON (LA RONDE DES DUC), DIJON, FRANCE, 27-28 APRIL

Lat weekend, Emmanuel Tardi was in the French city of Dijon, some 300km east of Paris, for the annual La Ronde des Duc. Also known as the 24 Heures de Dijon, this was the final qualifying opportunity for the 2018 Paris-Alsace Classic. It was also the 54th French 100km roadwalk national championship, a championship held annually since 1966.

Walkers did an initial lap of 1.501km, followed by laps of 2.525km. The weather was fresh and there were a few bursts of light rain. **Florian Letourneau** led early, passing the 50km point in 5h03, but was forced to stop after 6 hours with back issues. That put **Fabien Deparday** in the lead, and he held that position for the full 100km, reached in a time of 10:58:59. **Gerard Guétat** had chased him all the way, but was unable to bridge the gap, finishing second with 11:04:26.

Of the top 100km walkers, only **Alexandre Forestieri** stayed on the track for the 24 hours, but such was his lead that he was able to stroll easily to the finish without being challenged, his final winning distance being 175.056km. **Martine Sonnois** won the women's 24 Hour race with 158.614km, after leading most of the way.

Additional events of 6 Hours and 2x6 Hours were held, with a total of 39 walkers in attendance.

Thanks to Emmanuel for the photos posted below. You can see them and lots more at his championship gallery at <https://www.facebook.com/photo.php?fbid=10216827994286313>.

24 Hour Walk Men

1.	FORESTIERI Alexandre	Ust Courir A Saint Tropez	175.056 km	7.294 km/h
2.	LUKYANOV Sergei - RUS	St-Petersbourg	164.116 km	6.838 km/h
3.	GUILLOT Mickael	Ac Chateau Thierry	149.630 km	6.235 km/h
4.	HIERNARD Alain	Marche Mythique Organisation	144.107 km	6.004 km/h
5.	FAITEAU Maxime	Entente Poitiers Athle 86	143.235 km	5.968 km/h
6.	KIENE Lionel	Assp Vergeze	139.428 km	5.810 km/h
7.	DELANGE Dominique	Aja Marathon Auxerre	135.705 km	5.654 km/h
8.	EMONIERE Philippe	Cosm Arcueil	135.705 km	5.654 km/h
9.	KESSELMARK Patrick	Mareuil les Meaux	115.761 km	4.823 km/h
10.	RASSAIND André	Centre Isère	106.929 km	4.455 km/h
	JOFFROY Jean-Nicolas	Entente Vosges Athletisme	39.384 km	7.209 km/h

24 Hour Walk Women

1.	SONNOIS Martine	Racing Club Haut-Jura Morez	158.614 km	6.609 km/h
2.	BIZARD Claudie	Thiais AC	151.519 km	6.313 km/h
3.	PANNIER Josiane	Le Havre AC	142.524 km	5.939 km/h

French 100km Walk Championship

1.	DEPARDAY Fabien	Stade Montigny AC 78	10:58:59
2.	GUETAT Gerard	Troyes Omnisports	11:04:26
3.	ROUAULT Jean-marie	Usm Gagny	11:13:01
4.	FORESTIERI Alexandre	Ust Courir A Saint Tropez	11:42:28
5.	MALDEME Damien	Athle Vosges Pays De Mire	12:45:58
6.	FERREIRA Avelino	Servins Athletic Club	12:49:11
7.	SERRANO Rene	La Foulee D'annemasse	13:17:48
	LETOURNEAU Florian	Ac Chateau Thierry	59.590 km
	GEORGELIN Serge	Ea Cessonnaise	59.590 km
	ERARD Christophe	Asm Bar-le-duc	49.488 km
	DIEN Daniel	Neuilly Sur Marne Athletisme	39.384 km

2 x 6 Hours Walk Men

1.	BIEBUYCK Pascal - BEL	Wadelincourt	101.581 km
2.	BOCUZE Daniel	Fac Andrezieux	98.682 km
3.	PORTANTE Frédéric-BEL	Wadelincourt	90.916 km
4.	THEVENIN Hugues	Neuilly sur Marne	88.339 km
5.	GUERARD Thierry	As Parathlé	80.454 km
6.	GIBEAUT Roger	As Parathlé	74.035 km
7.	HAZEL Denis	As Parathlé	74.035 km
8.	MORENO Antoine	As Parathlé	72.877 km
9.	ANQUETIL Didier	As Parathlé	36.859 km
10.	TOUTAIN Eric	Usm Gagny	21.705 km

2 x 6 Hours Walk Women

- | | | |
|-------------------------|-----------------------|-----------|
| 1. ANXIONNAT Claudine | Avec Pays De Bruyeres | 86.892 km |
| 2. GILLARD Lydia | Malesherbes | 85.606 km |
| 3. LUDGER Véronique | Omnisports Pithiviers | 85.038 km |
| 4. ARRAMBOURG Christine | As Parathlé | 4.026 km |

6 Hour Walk Women

- | | | |
|------------------|-----------------------------|-----------|
| 1. RIGOLET Marie | Racing Club Haut-Jura Morez | 45.419 km |
|------------------|-----------------------------|-----------|

Emmanuel has also updated his comprehensive history of the French National Championship. The document contains details of all finishers since the inaugural championship in Challes aux Eaux in 1966. See it, along with some of Emmanuel's other very comprehensive history documents, at <http://centurions.org.au/centranks.shtml>.



Fabien Deparday, Pascal Biebuyck and Alexandre Forestieri



Claudine Anxionnat and Martine Sonnois (all photos Emmanuel Tardi)

OUT AND ABOUT

- Aside from being used as part of the Olympic qualifying process next year, the IAAF World Rankings allow for comparison of athletes across events. Insideathletics takes a look at who Australia's top athletes are at the end of the recent domestic season, based on IAAF World Rankings at 16 April 2019. It's great to see **Claire Tallent** in the top 5 women and **Dane Bird-Smith** in the top 10 men. See more at <https://insideathletics.com.au/blog/who-are-australia-s-top-athletes>.
 - Women 3rd Claire Tallent 50km Walk - 1270 points
 - Men 7th Dane Bird-Smith 20km Walk - 1264 points
- I am very excited to see so many ultra distance race results being posted on the English Centurions website by webmaster Kathy Crilley. The size of the repository gets bigger every time I look and will soon be a comprehensive record of all things European. Currently it goes back to 1995 but is delving further into history week by week. Check it out at <http://www.centurions1911.org.uk/race-results.html>.
- This shows the importance of these online repositories. Some others that spring to mind for Australian readers are
 - The Athletics Victoria historical repository at <http://athsvic.org.au/events/historical-results/>
 - The Athletics Australia historical repository at <http://athletics.com.au/Results/Historical-Results>
 - My Racewalk Australis historical repository at <http://www.vrwc.org.au/rwa-results.shtml>

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

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
Sept 8 (Sun), 2019	Australian Roadwalk Championships, Adelaide, SA

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

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

May 11-12, 2019	2019 IAAF Race Walking Challenge, Taicang, China
May 12 (Sun), 2019	3rd Coffebrands Patras Racewalking Festival 2019, Patras, Greece
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)
June 30 (Sun), 2019	USATF 40km Champs (includes 50km option), Owego, NY, USA
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)
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.
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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>)