

HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club 2017/2018 Number 30 24 April 2018





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WHAT'S COMING UP

The winter season has already kicked off for a number of our Australian based racewalking clubs, but for us Victorians, the VRWC winter season commences on Saturday 28th April. See our club fixture at http://www.vrwc.org.au/vrwcw18.shtml. Our opening season road races at Middle Park read as follows

Saturday 28th April 2018, VRWC Road Races, 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				

Enter on the day or, more preferably, pre-enter via http://vrwc.org.au/wp1/race-entries-2/race-entry-sat-28-apr-18/. Remember that, as per last week's newsletter, our race fee has risen from \$5 to \$7. See you there!

Good luck to our Victorians competing in two big Australian Championships this coming weekend

- Apr 28-29, 2018 Australian Little Athletics Championships, Gold Coast, QLD
- Apr 26-29, 2018 Australian Masters T&F Championships, Perth, WA (http://www.mastersathleticswa.org/perth2018/)

It will be quieter on the international front next weekend but one big meet taking place is the Baltic Team Championships of Race Walking (Estonia vs Latvia vs Lithuania), scheduled as part of the *Memorial "A.Mikenas"* in Birstonas, Lithuania, next Saturday. I look forward to reporting on it in next week's newsletter.

Also, advance notice of the VRWC TWILIGHT TRIVIA which is to be held on Saturday 12th May, after our club races at Middle Park. I'll be there! See more details at http://www.vrwc.org.au/documents/Trivia%20Night%20advert%20.pdf.



LBG CARNIVAL ENTRIES NOW OPEN

ACTRWC has advised that entries are now open online for the 52nd LBG Racewalking Carnival, to be held in Canberra on Sunday 10th June. See https://www.registernow.com.au/secure/Register.aspx?E=29858. Entries remain open until 1st June. Victorian entrants should choose RWV as their member club from the dropdown menu.

The press release notes that this is the first year for online entries. If there are glitches, please let ACTRWC know and they will fix. They also advise that if you are entering more than one event, you will be asked the participant questions twice. With respect to the Dinner questions, answer No the second time!

2018 IAAF WORLD RACE WALKING TEAM CHAMPIONSHIPS – ENTRY LISTS NOW PUBLISHED

It is now less than 2 weeks until the 2018 IAAF World Race Walking Team Championships are to be held in Taicang, China. Australia will send a strong team of 15 of our best walkers

Event	Athlete	State	Coach
Open 50km Women:	Claire Tallent	SA	Jared Tallent
Open 20km Men:	Dane Bird-Smith	QLD	David Smith
	Michael Hosking	VIC	Garry Hosking
	Rhydian Cowley	VIC	Simon Baker
	Adam Garganis	VIC	Tim Erickson
	Brendon Reading	ACT	Chris Erickson
Open 20km Women:	Beki Smith	NSW	Dan Smith
	Jemima Montag	VIC	Brent Vallance
	Rachel Tallent	VIC	Jared Tallent
U20 Men 10km:	Declan Tingay	WA	Steven Tingay
	Kyle Swan	VIC	Brent Vallance
	Mitchell Baker	ACT	Mark Worrall
U20 Women 10km:	Katie Hayward	QLD	Steve Langley
	Rebecca Henderson	VIC	Simon Baker
	Phillipa Huse	VIC	Simon Baker
Team Manager:	Adam Bishop		
Team Coaches:	Tim Erickson		
Physiotherapist:	Ben Raysmith		
Team Doctor	Carlee Van Dyk		

Two documents deserve attention:

National Teams: https://media.aws.iaaf.org/competitioninfo/12b94bef-a9af-40fa-84d1-df6a7b8e359b.pdf
https://media.aws.iaaf.org/competitioninfo/45383b81-c26d-4250-9bb1-d60a37b4d933.pdf

A total of 386 walkers will represent 49 countries in the 6 championships on offer

Event entries:	20km Men	110
	20km Women	88
	50km Men	62
	50km Women	33
	U20 10km Men	49
	U20 10km Women	45

By way of comparison, the 2018 World Team Championships in Taicang boasted 349 walkers from 48 countries. So we are growing.

This will be the first time that women have been able to contest their own World Team Championships 50km and it is wonderful to see 33 women selected by their countries, along with 62 men in the men's 50km. The 50km is indeed live and well. Are you listening, IAAF Race Walking Committee?

As an aside, this really shows the lack of logic in the IAAF decision to cap the 2019 IAAF World Championships 50km combined field to 60 walkers. We have 95 walkers competing in the World Team Championships 50km and that is not all – others are holding off for the 2018 Europeans.

Thanks to Claire Tallent for her analysis of the Taicang women's 50km. Of the 33 women (representing 16 nations), most are high quality 20km walkers, with 8 having PBs under 1:30:00 and 23 with PBs under 1:36. I think this proves that the women's 50km is not just for those who are too slow to do a 20km (contrary to what Jane Saville has written). Here they are, sorted in order of 20km PB. Not that I'm making any predictions based on this! A 50km is a lot different to a 20km and Ines Henriques will go in as the red hot favourite.

			50km	5km	10km	20km
1.	Klavdiia Afanaseva	RUS	NA	22:29	43:46	1:26:47
2.	Rui Liang	CHN	NA	22:33	?	1:28:43
3.	Julia Takacs	ESP	4:13:04	20:30	42:23	1:28:44
4.	Claire Tallent	AUS	NA	21:29	44:19	1:28:53
5.	Ines Henriques	POR	4:05:56	21:32	43:31	1:29:00
6.	Paola Perez	ECU	NA	23:23	46:25	1:29:06
7.	Nastassia Yatsevich	BLR	NA	21:56	44:07	1:29:30
8.	Ainhoa Pinedo	ESP	4:18:56	21:55	45:44	1:29:50
9.	Mayra Herrera	GUA	4:15:42	25:37	47:57	1:30:41
10.	Lyudmila Yegorova-Shelest	UKR	4:32:36	21:46	43:44	1:30:45
11.	Kang Zhou	CHN	4:34:01	?	47:10	1:30:58
12.	Maocuo Li	CHN	4:47:28	?	?	1:31:00
13.	Hang Yin	CHN	4:08:58	?	45:01	1:31:23
14.	Faying Ma	CHN	4:49:54	?	47:19	1:31:36
15.	Maria Larios	ESP	NA	22:12	46:08	1:32:31
16.	Khrystina Yudkina	UKR	4:32:14	?	45:55	1:32:44
17.	Magaly Bonilla	ECU	4:19:43	26:12	48:22	1:32:44
18.	Johana Ordonez	ECU	4:28:58	24:32	48:30	1:32:52
19.	Alina Tsvilii	UKR	NA	22:19	46:52	1:33:05
20.	Mariavittoria Becchetti	ITA	NA	?	?	1:34:01
21.	Nadzeya Darazhuk	BLR	NA	22:19	47:31	1:34:41
22.	Vasylyna Vitovshchyk	UKR	4:37:55	23:38	45:11	1:35:22
23.	Maria Juarez	ESP	NA	22:32	46:54	1:35:37
24.	Kathleen Burnett	USA	4:21:51	23:45	48:12	1:37:51
25.	Kseniya Radko	UKR	4:34:49	23:47	48:09	1:37:53
26.	Tiia Kuikka	FIN	NA	23:21	49:12	1:39:12
27.	Susan Randall	USA	4:54:12	24:02	50:34	1:40:21
28.	Erin Taylor-Talcott	USA	4:29:33	?	?	1:41:05
29.	Nair Da Rosa	BRA	4:38:48	24:41	50:04	1:42:07
30.	Joci Caballero	PER	4:42:37	?	52:23	1:42:19
31.	Natalie Le Roux	RSA	4:54:33	25:02	?	1:44:55
32.	Lucie Barritault	FRA	NA	25:14	55:06	1:45:07
33.	Maeva Casale	FRA	NA	25:47	54:34	1:47:25

SAMA TRACK WALKS, SA ATHLETICS STADIUM, MILE END, ADELAIDE, THURSDAY 19 APRIL

Thanks to Colin Hainsworth for the results of the final SAMA summer season walks, including the South Australian Masters 5000m Walk Championships. The races were followed by a presentation supper. Colin tells me it was perfect weather for walking. The SAMA winter kicks off on Saturday 5th May.

5000m	SAMA Championship			
1.	Margaret McIntosh	41:39	W65	63.10%
1.	Kate White	41:48	W52	54.38%
1.	Roger Lowe	40:09	M75	66.59%
1.	Graham Harrison	38:32	M74	68.43%
1.	Dave Fallon	40:06	M65	58.93%
5000m	Walk Non-Championship			
1.	Marie Maxted	32:31	W57	73.51%
2.	Gil McIntosh	34:08	M67	70.81%
3.	James Hoare	37:15	M71	68.08%
4.	Ross Hill-Brown	42:28	M63	54.46%
5.	David Robertson	43:18	M84	70.94%
1 Mile V	Walk Non-Championship			
1.	Richard Everson	08:08	M54	80.88%
2.	Mark Worthing	08:55	M55	74.44%
3.	Marie Maxted	10:30	W57	68.86%
4.	Gil McIntosh	10:58	M67	68.34%
5.	Rebecca Hunter	11:54	W38	51.95%
6.	Graham Harrison	12:12	M74	66.93%

TRWC ROADWALKS, MONTROSE, TASMANIA, SATURDAY 21 APRIL

The Tasmanian Race Walking Club winter season kicked off on Saturday in Hobart. Congratulations To **Wayne Fletcher** who started his 56th year of continuous competition, probably third only to Bob Gardiner and Robin Whyte.

3km Wa	alk	
1.	Bayley Campbell	16.44
2.	Anna Blackwell	17.50
3.	Chloe Ahern	19.47
5km Wa	alk	
1.	Alice Randall	25.38
2.	Wiil Robertson	26.50
3.	Eugene Gerlach	31.15
4.	Ron Foster	33.48
5.	Wayne Fletcher	41.15
6.	David Moore	42.25
6km Wa	alk	
1.	Steve Ahern	38.39

Note that, although TRWC does not have a current website, you can check out their winter program at http://tasathletics.org.au/Portals/51/2018%20OOS%20Walks%20Program.pdf.

ACTRWC ROADWALKS, ACACIA INLET, CANBERRA, SATURDAY 21 APRIL

Thanks to Robin Whyte for this week's results from the ACT Racewalkers Club in Canberra. World Team Championships U20 representative **Mitchell Baker** warmed up with 59:43 for the 12km.

12km W	⁷ alk	3km Walk				
1.	Mitchell Baker	59:43	1.	Matt Griggs	14:41	
2.	Tim Fraser	62:46	2.	Helena Bialeki	20:09	
3.	Callum Burns	71:45	3.	Kate Black	20:23	
4.	Greg Durr	81:41	4.	Raine Thompson	29:29	
5.	Phil Essam	114:09	5.	Pat Fisher	31:52	
6km Walk			1km Walk			
1.	Laura Burns	38:34	1.	Tom Hunt	4:43	
2.	Miriam McCarthy	42:16	2.	Sidney Shaw	5:29	
3.	Rod Gilchrist	46:26	3.	Harry Baker	6:29	
4.	Jenny Gilchrist	48:21	4.	Ella Baker	6:30	

SARWC WINTER SEASON WALKS ROUNDUP

Thanks to Peter Crump for the results of the first 3 winter season roadwalk rounds of the South Australian Race Walking Club in Adelaide. It is great to see the numbers getting bigger each week, with 24 last weekend.

Adelaide Parklands, Sat 21 April		Adelaide Parklands, Sat 14 April		Adelaide Parklands, Sat 7 April				
12km			10km			5km		
	Alix Harlington	DNF	1.	Alix Harlington	52:12	1.	Darren Bown	25:08
	Bill Starr	DNF	2.	Rhiannon Lovegrove	56:55	2.	Tristan Camilleri	25:33
			3.	Greg Metha	62:40	3.	Bethany Cross	28:21
6km			4.	Cherie Rothery	73:24			
1.	Tristan Camilleri	29:54		Royrie Upton	DNF	3km		
2.	Victoria Upton	33:06				1.	Kiera Ross	16:28
3.	Kristie Goznik	34:25	5km			2.	Mathew Bruniges	17:40
4.	Chloe Upton	40:15	1.	Tristan Camilleri	24:52	3.	Liz Downs	24:01
5.	Adrian Upton	45:51	2.	Victoria Upton	26:41			
			3.	Adrian Upton	29:00	2km		
3km			4.	Chloe Upton	29:56	1.	Kitarni Upton	10:32
1.	Toby Wilks	14:57				2.	Victoria Upton	10:32
2.	Danielle Walsh	17:24	3km			3.	Seth Upton	12:46
3.	Mia Wilks	17:28	1.	Kitarni Upton	15:39	4.	Royrie Upton	13:21

4.	Royrie Upton	19:34	2.	Mia Wilks	17:29	5.	Adrian Upton	14:01
5.	Seth Upton	20:52	3.	Seth Upton	19:55		•	
6.	Zayden Kamish	20:52	4.	Zayden Kamish	19:55	1km		
7.	Liz Downs	23:46	5.	Liz Downs	22:46	1.	Edward Upton	7:45
						2.	Xavier Upton	8:53
1.5km			2km			3.	Zahra Kamish	9:17
1.	Kiera Ross	7:05	1.	Hannah Wilks	11:14			
2.	Kitarni Upton	7:20	2.	Katie DeRuvo	11:20			
3.	Hannah Wilks	8:31	3.	Sam Wilks	12:26			
4.	Katie DeRuvo	8:36	4.	Edward Upton	15:10			
5.	Sebastian Richards	9:52	5.	Xavier Upton	15:11			
6.	Aleesha Vidler	10:27	6.	Tarique Kamish	15:11			
7.	Xavier Upton	12:26	7.	Zahra Kamish	18:13			
8.	Edward Upton	13:19		Toby Wilks	DNF			
9.	Sam Wilks	DQ						
1km								
1.	Pam Morutto	10:48						

QMA T&F CHAMPIONSHIPS, QSAC, BRISBANE, 21-22 APRIL

The Queensland Masters T&F Championships last weekend included 5000m walks. Best performance by Peter Bennett (80.38%).

5000m Masters Walk								
W40	1	Gannon, Brenda	W43	Brisbane	28:00.68	73.38%		
M40	1	Carlile, Mark	M44	Brisbane	39:59.68	47.28%		
M50	1	Jimenez, Ignacio	M53	Brisbane	24:11.65	84.75%		
M60	1	Bennett, Peter	M62	Brisbane	27:54.42	80.38%		
W75	1	McKinven, Noela	W75	Brisbane	40:46.07	74.86%		
M75	1	Sela, Patrick	M78	GC & Sthrn	39:21.41	67.93%		

NSWRWC ROADWALKS, CHIPPING NORTON, SATURDAY 14 APRIL

I'm always a week behind with NSWRWC as I have to wait until they are posted on their website. Any volunteers up there?

Long D	ivision 10km		U16 3ki	m	
1.	Travis Barendregt	59.34	1.	Brendan Pospishil	17.41
2.	Molly O'Neill	62.00	2.	Catherine Schofield	19.43
3.	Bridget Bell	65.35	3.	Isabelle Nilon	20.03
4.	Anne Weekes	67.46	4.	Zsofia Varga Strike	20.05
			5.	Sienna Pitcher	20.29
Mediun	n Division 8km		6.	Chloe Lamb	20.32
1.	Jack McGinniskin	42.52	7.	Amelia Crocker	35.15
2.	Ryan Thomson	42.55			
3.	Allanah Pitcher	42.56	U12 1.5	km	
4.	Kyle Bedford	49.44	1.	Thomas Varga Strike	8.42
			2.	Jessey Bektas	8.48
Short D	ivision 4km		3.	Abby Bektas	9.03
1.	Emma Thomas	23.21	4.	Wanda Skuodas	9.24
2.	Hannah Parker	26.06	5.	Dylan Ryan	9.30
3.	Brittany Robertson	27.26	6.	Charlotte Harre	9.45
4.	Jada Thomson	27.43			
5.	Nicole Nilon	28.28	U10 1ki	m	
6.	Carmel Parker	28.28	1.	Christopher Nilon	5.50
7.	Nicolle Challinor	28.28	2.	Mia Stewart	6.14
8.	Brodie Douglas	29.01	3.	Zoe Zantiotis	11.52
9.	Antoinette Woodward	29.13			

COBURG 24 HOUR CARNIVAL, HAROLD STEVENS ATHLETICS TRACK, COBURG, 21-22 APRIL 2018

A total of 56 athletes (34 runners and 22 walkers) toed the line for the midday start on Saturday 21st April 2018 in the 35th annual staging of this iconic Victorian ultra event. The forecast promised good weather and it proved correct. The first few hours were still, warm and sunny, until late afternoon cloud cooled competitors. A cold and misty night was followed by another sunny day, but again not too hot.

Full results, along with lapsplits for all competitors, are available from http://www.trailsplus.com.au/results-page/c24hr2018/#0 E5A6C9. My reporting is restricted to the walks in this report.

The walk divisions had an international flavour with entrants from Belgium, Netherlands, the Isle of Man and USA joining their Australian counterparts. The women's 24 Hour race saw an easy win to Dutch walker **Gertrude Achterberg**. She passed the half way mark with 85.146km and looked set for a big total, but slowed in the second half, finishing with 138.040km. **Lorraine Billett** impressed with her third place distance of 101.378km, setting four new W70 Australian walking records along the way.

In the men's 24 hour walk, **Justin Scholz** and **Colin Heywood** headed out fast, with **Chris Burn** in close pursuit. Justin's pace was too demanding for the others and they gradually gave ground in their chase. He passed the half way mark with an impressive 97.7km, nearly 5km clear of Colin and a further 1km clear of **Jantinus Meints** and Chris. The race complexion changed when Justin retired just after the 14 hour mark. By then, Colin, Jantinus, Chris and **Adrie Ross** had come together and were within 2 laps of each other. They stayed within touch of each other until the final hours, when Chris Burn eventually pulled clear, reaching the 100 Mile mark with 22:08:09 and then retiring, with his goal achieved. Jantinus was next to reach the 100 mile mark, with 22:25:34, then he too retired. The same was the case for Adrie Ross with 22:33:31 followed by race retirement. Colin was next to reach the 100 mile mark with 22:46:53 but he then surprised by doing one further lap before retiring, thus ensuring a win in the 24H race. But it is fair to say that the 24H placings were of minor importance to these walkers, with their new Australian Centurion statuses of greater significance.







Gertrude Achterberg, Dawn Parris and Lorraine Billett









Chris Burn, Jantinus Meints, Adrie Ross and Colin Heywood

24 Hour Walk Women							
1.	Gertrude Achterberg	NED	138.040 km				
2.	Dawn Parris	VIC	131.745 km				
3.	Lorraine Billett	SA	101.378 km				
4.	Iesha Young	VIC	64.9350 km				
24 Hour	Walk Men						
1.	Colin Heywood	NT	161.364 km				
2.	Chris Burn	IOM	160.934 km				
3.	Jantinus Meints	NED	160.934 km				
4.	Adrie Ros	NED	160.934 km				
5.	Luc Soetewey	BEL	155.114 km				
6.	David Evans	VIC	141.911 km				
7.	John Timms	VIC	118.844 km				
8.	Justin Scholz	VIC	111.808 km				
9.	John Kilmartin	VIC	81.916 km				
10.	Arie Kandelaars	NED	77.406 km				
11.	David Cogan	VIC	60.817 km				
12.	Peter Gray	VIC	46.574 km				
13.	Ken Carter	VIC	23.221 km				

The 24 Hour walks also hosted the Racewalking Australia 100km walk championships, with placings as shown below.

RWA 100km Walk Championship Men						
1.	Justin Scholz	VIC	12:18:45			
2.	Colin Heywood	NT	12:53:08			
3.	Jantinus Meints	NED	13:04:51			
RWA 10	RWA 100km Walk Championship Women					
1. Gertrude Achterberg NED 14:20:01						
2.	Dawn Parris	VIC	18:40:22			
3.	Lorraine Billett	SA	23:01:14			

The meet also included 12 Hour and 6 Hour Run and Walk Championships. The 12H races started at midday on Saturday and the 6 Hour races started at 6AM on the Sunday morning. Walk fields were small with only 2 in the men's 12H and 3 in the men's 6H.

12 Hour	r Walk Men				
1.	Laurie Tinson	VIC	73.262 km		
2.	Ian Hoad	VIC	61.780 km		
6 Hour Walk Men					
1.	Mickey Campaniello	USA	49.172 km		
2.	Albin Hess	VIC	40.801 km		
3.	Ernie Hartley	VIC	34.807 km		

Four walkers qualified as Australian Centurions by completing 100 Miles (160.934km) within the requisite 24 Hours.

Chris Burn	IOM	22:08:09	C72
Jantinus Meints	NED	22:25:34	C73
Adrie Ros	NED	22:33:31	C74
Colin Heywood	AUS	22:46:53	C75

A final note of thanks to the many people who deserve special mention

- Heather (and family!) and Bertha in the canteen what a superb job!
- Bernie Goggin who shared the overall event management load with me.
- The Coburg 24H Committee members who were on deck for so much, if not all, of the event.
- The other volunteers, many of them Coburg Harriers members, who helped with event setup or pulldown or who came for periods during the race to help out.
- Philip van Duren for singlet design and delivery and financial sponsorship via his travel company 'The Outdoor Traveller'.
- Michael Gillan for his dedicated work as masseur this year, and for many years past. His closing comments were "see you next year!"
- Robyn and Brett Saxon of TrailsPlus for their event recording. They extended their chip system to cover 6 lanes this year, and it worked seamlessly for our lane 1, 3 and 5 competitors. They also used a new software system that they have recently purchased and it was far superior to the previous one, allowing a much greater variety and timeliness of reports, etc. Anyone who came for a look could not help but be impressed by the enhancements on show this year. To have the results confirmed and printed out a few minutes after the final gun goes is an amazing thing when I think back to our old manual days, with Mark and Brian sweating it out behind the scenes.

- Centurions Michelle Thompson, Terry and Karyn O'Neill and Stu Cooper who looked after our overseas walkers with their own big multi-tent area at the top of the track.
- Billy Pearce who looked after our first aid needs for the first 12 hours.
- Our fantastic long term first aid support Libby Ravalli was unable to come this year, so Bernie organised for the Western Sports Trainers Assn to take responsibility for the second 12 hours of the event. In particular, we were very fortunate to have Sam Fenech on duty for the last 6 hours. Sam is known to many of us for his work with Athletics Victoria and was a wonderful resource to have on deck for the final few hours of the 24H and for the immediate post-event period.

As can be seen, it takes a lot of dedication and enthusiasm to put on an event like this.

Well done everyone and see you all again next year for the 2019 Coburg 24 Hour Carnival.

Tim Erickson Race Director 23 April 2018

BRWC- WILLI SAWALL 3KM HANDICAP, LAKE WENDOUREE, BALLARAT, SUNDAY 22 APRIL

Thanks to Kerrie Peart for the latest results from the Ballarat Race Walking Club in country Victoria. She reports

A beautiful bright warm morning kicked of BRWC's new season. After the fantastic Australian Racewalking Golds by Dane Bird-Smith and Jemima Montag at the Commonwealth Games, and the school holidays, our young walkers were ready to launch back into competition. Unfortunately Willi had other commitments on the day, but wished our walkers the best in his absence. With a sealed handicap and a small field, swift walking by both Scott and Alanna Peart weren't enough to take the win, with **Fraser Saunder** finishing 1st on handicap. It was great to see Mia Darlow returning to racewalking after a couple of years break, and good to see she hasn't lost her style. And a thank you to Graeme Saunder on the broom for a touch of early morning track debris removal.

Willi Sawall 3km Handicap

1.	Fraser Saunder	15:40
2.	Alanna Peart	14:43
3.	Scott Peart	18:35
4.	Jemma Peart	15:17
5.	Charli Walker	20:56
6.	Mia Darlow	23:31







BRWC Junior walkers, Handicap winner Fraser Saunder, Graeme Saunder on broom duty (photos Kerrie Peart)

HUNGARIAN ROADWALK CHAMPIONSHIPS, BÉKÉSCSABA, HUNGARY, SUNDAY 22 APRIL

Last Sunday saw the main Hungarian roadwalk championships, with 14 events ranging from Senior 20km to shorter underage races. Conditions were hot and sunny so not ideal for racing. Further, being scheduled only 2 weeks before the IAAF Race Walking World Team Championships was perhaps less than ideal.

 $Meet \ report \ and \ full \ results \ available \ at \ \underline{https://atletika.hu/hu/hirek/2018/helebrandt-mate-es-kovacs-barbara-20-km-gyaloglo-ob-elen}.$ $Lots \ of \ photos \ at \ \underline{https://www.beol.hu/galeria/kozel-negy-evtizede-koptatjak-a-csabai-aszfaltot-aprilis-22/}.$

Although in 50km training mode, **Máté Helebrandt** (1:24:02) had enough speed to hold off **Bence Venyercsán** (1:24:15) in the men's 20km, while **Barbara Kovács** (1:37:19) won the women's 20km ahead of **Anett Torma** (1:38:03), after they had walked together for the first 12km.

20km Se	nior and U20 Men			
1.	Helebrandt Máté	1989	NYSC	1:24:02
2.	Venyercsán Bence Barnabás	1996	Bp. Honvéd SE	1:24:15
3.	-	1995	TSC-Geotech	1:29:45
	Bagdány Tomasz			
4.	Srp Miklós Domonkos	1993	Bp. Honvéd SE	1:31:42
5.	Tokodi Dávid	1991	FTC	1:32:32
6.	Kovács Soma	1997	MVSI	1:35:53
7.	Burger Donát	1997	TSC-Geotech	1:36:14
8.	Venyercsán László	1971	Bp. Honvéd SE	1:51:08
9.	Kovács András	1966	Bp. Honvéd SE	1:57:53
10.	Török Csaba	1973	Kirchhofer SE	1:59:06
11.	Papp Ferenc	1981	SZVSE	1:59:58
12.	Soltész Benjamin	2000	Hunyadi DSE	2:00:25
13.	Marinka Zsolt	1987	SZVSE	2:00:40
14.	Kiss György	1947	Kirchhofer SE	2:21:28
	Sárossi Bálint	2000	TSC-Geotech	DNF
	Csaba István	1959	Bp. Honvéd SE	DNF
	CSaoa Istvaii	1707	Bp. Honved BE	Divi
20km Se	nior Women			
1.	Kovács Barbara	1993	Békéscsabai AC	1:37:19
2.	Torma Anett	1984	UTE	1:38:03
3.	Récsei Rita	1996	Bp. Honvéd SE	1:39:53
4.	ELLWARD Agnieszka	1989	POL	1:42:27
5.	Rabné Récsei Petra	1990	Bp. Honvéd SE	1:53:24
6.	Bodorkós-Horváth Katalin	1967	Dobó SE	1:56:29
7.	Tóth Andrea	1971	Bp. Honvéd SE	2:17:16
,.	1 our marca	17/1	Bp. Honved BE	2.17.10
15km U2	20 Women			
1.	Komoróczy Laura Petronella	1999	Bp. Honvéd SE	1:23:35
2.	Dimanopulosz Daphne	1999	Bp. Honvéd SE	1:23:42
3.	Tatay Kata Tünde	1999	Bp. Honvéd SE	1:38:06
٥.	1000 1000	1,,,,	Dp. Hell Cu of	1.00.00
15km U1				
1.	Tóth Norbert	2001	Hunyadi DSE	1:11:59
2.	Varga Dávid	2001	MVSI	1:13:36
3.	Gál Vencel Levente	2001	MVSI	1:16:41
4.	Varga Máté Ferenc	2002	Hunyadi DSE	1:20:41
5.	Nyerges Balázs István	2001	Hunyadi DSE	1:22:14
6.	Baranya Balázs Zsolt	2002	Bp. Honvéd SE	1:29:21
	,		•	
	8 Women			
1.	Csörgo Dóra	2001	Hunyadi DSE	53:11
2.		2002	Békéscsabai AC	54:02
3.	Tóth Katalin Andrea	2002	Hunyadi DSE	54:59
4.	Egyed Orsolya	2002	Hunyadi DSE	63:12
5.	Kocsi Elizabet	2002	MVSI	63:15
6.	Jezsoviczki Anna	2002	Hunyadi DSE	66:24
8km U16		2004	II.'/ A16/1 DGD	41.05
1.	Babus Sándor	2004	Hajós Alfréd DSE	41:07
2.	Szálka Maximilián	2004	Hajós Alfréd DSE	41:40
3.	Konczvald Tamás	2004	MVSI	43:23
4.	Bánk Leon	2003	MVSI	43:28
5.	Gonda Levente	2003	Bp. Honvéd SE	45:15
5km U18	R Girls			
1.	Spiller Tiziana Kinga	2003	Bp. Honvéd SE	25:46
2.	Zsemberi Zsófia	2003	Hunyadi DSE	28:59
3.	Paulcsik Lara			
		2004	Békéscsabai AC	29:38
4.	Tamás Dorottya	2003	MVSI	29:52
5.	Molnár Boglárka	2003	MVSI	30:12

6.	Kolmer Jázmin	2004	Hunyadi DSE	33:40
7.	Oravecz Anikó	2004	MVSI	34:16





Anett Torma, Barbara Kovács, Máté Helebrandt and Bence Venyercsán racing last Sunday (photos Imre György)

SWISS TRACK WALK CHAMPIONSHIPS, MONTHEY, SWITZERLAND, SATURDAY 21 APRIL

The Swiss track walk championships were held in conjunction with the Grand Prix de Monthey last Saturday. Slovakian walker **Maria Czakova** dominated the women's race to win with a new Slovak record 45:27, ahead of **Corinne Henchoz** (59:57) who won the Swiss title. Czakova had walked 4:14:35 in the Dudince 50km in March so it was an excellent result. Masters 10,000m races were also contested. Well reported by marciadalmondo (https://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3153).

Open W	Open Women 10,000m Walk						
1.	CZAKOVA Maria	1988	Slovakia	45:27:5	Slovak Record		
2.	HENCHOZ Corinne	1964	Individuelle	59:57:9	Swiss Champion		
3.	PETETIN Béatrice	1969	RCHJ Morez - FR 1	1:15:52:8			
4.	BAPTISTE Hélène	1950	CM Yverdon	1:17:31:2			
5.	BRIERE Dora	1959	CM Cour Lausanne	DNF			
6.	RIGOLET Marie	1998	RCHJ Morez - FR	DNF			
Masters	Masters 10,000m Walk						
1.	BALHARRY Gavon	1945	CM Cour Lausanne	1:05:53:2			
2.	BERNER Claude	1963	CM Ecureuil La Poste	1:06:51:2			
3.	GREBER Claude	1957	CM Ecureuil La Poste	1:13:07:1			
4.	DE COPPET Alexis	1938	CM Carouge	1:16:40:6			
5.	BIANCO Joseph	1941	CM Monthey	1:17:19:4			

SPANISH UNIVERSITY CHAMPIONSHIPS, JAEN, SPAIN, 21-22 APRIL

Last weekend saw the Spanish National University Championships in Jaen, Andalusia, with many of the stars of Spanish racewalking on show in the track walks. The women's 5000m walk was a close fought battle between **Maria Perez** and **Raquel Gonzalez**, with Spanish 50km champion **Julia Takacs** chasing. Perez eventually won out with21:51.16, ahead of Gonzalez (22:05.36) and Takacs (23:07.84). The men's 10,000m walk was won by **Diego Garcia** (40:35.66), ahead of **Miguel Angel Lopez** (40:46.48) and **Manuel Bermudez** (41:27.83).

5000m Women

0111	· · omen			
1.	Maria Perez Garcia	Universidad CatÛlica San Antonio	1996	21:51.16
2.	Raquel Gonzalez Campos	Universidad CatÛlica San Antonio	1989	22:05.36
3.	Julia Takacs Nyerges	Universidad Camilo JosÈ Cela	1989	23:07.84
4.	Andrea Cabre Carceller	Universidad Jaume I de CastellÛn	1988	23:32.41
5.	Lluna Capdevila Marza	Universidad Jaume I de CastellÛn	1998	23:44.30
6.	Irene Vazquez Gea	Universidad CatÛlica San Antonio	1998	24:45.34

7.	Melisa Sanchez Bermejo	Universidad de Murcia	1996	25:22.06
8.	Marina Sillero Mesonero	Universidad de Salamanca	1998	25:25.30
9.	Elena Gonzalez Mayo	Universidad de LeÛn	1999	25:41.07
10.	Estela Matea Climent	Universidad de Alicante	1999	26:26.12
	6 Marta Tejedor Puentes	Universidad de Valladolid	1997	DNF
5000m N	Men			
1.	Diego Garcia Carrera	Universidad San Pablo CEU	1996	40:35.66
2.	Miguel Angel Lopez Nicolas	Universidad CatÛlica San Antonio	1988	40:46.48
3.	Manuel Bermudez Jimenez	Universidad CatÛlica San Antonio	1997	41:27.83
4.	Mario Vioas Picazo	PolitÈcnica deCataluÒa	1996	46:30.48
5.	Marcos Cintron Bellver	UNED	1996	47:41.16
6.	Marcos Perez Martinez	Universidad de Zaragoza	1999	50:21.71
7.	Rafael Sanchez Medina	UNIVERSIDAD OVIEDO	1988	50:36.75
8.	Daniel Ortega Baleiron	Universidad de Deusto	1998	51:15.01
9.	Markel Gutierrez Garcia	Universidad del Pals Vasco	1999	51:15.07
10.	Manuel Leon Fernandez Ortiz	Universidad de Extremadura	1996	51:31.37
11.	Francisco Jesus Navarro Fuentes	Universidad de Sevilla	1995	52:43.53
12.	Adrian Lopez Sanchez	Universidad de Extremadura	1995	53:05.88
13.	Enrique Santisteban Fernandez	Universidad de Almerla	1998	55:50.70
	Alfonso Martin Gonzalez	Universidad de LeÛn	1999	DNF

24 HEURES DE DIJON (LA RONDE DES DUCS), DIJON, FRANCE, 21-22 APRIL

Last weekend saw the French 24 Hour Walk Championships in the city of Dijon, some 300km east of Paris. Held in conjunction with the 24 Heures de Dijon and now badged as *La Ronde Des Ducs*, it was also the final qualifying opportunity before the 2018 Paris-Alsace Classic. The walk was held over a 2.525km lap, with shortened laps of 766m for the final hour. The 1PM Saturday start time ensured a long hot afternoon of walking, and many of the entrants suffered as a result. Thanks to **Emmanuel Tardi** for his race report, results and photos. And he even found time to have a walk himself in the 6 Hours event.

Christophe Laborie, Alexandre Forestieri and Eddy Roze headed out together in the men's 24 Hours race and little separated them until Roze stopped at 9PM. By 4AM, Laborie had a short gap of 3 minutes over Forestieri but by 5AM they were back together again. They walked together until 10AM, at which time Laborie broke away, eventually winning with 191.219km. Forestieri was not far behind with his second place finish of 188.983km, ahead of Alain Gibelli with 177.627km. Well done to NZ walker Richard McChesney who finished 5th with 170.714km.

Maggy Labylle led all the way in the women's 24 Hours race and was some 2-3 minutes ahead of Martine Navarro by 10PM. When Navarro eventually stopped near the end of the night, it left Labylle well in front and she eventually finished with a distance of 167.313km, well ahead of Pascale Bourdel with 157.190km.

Serge Georgelin and Cédric Varain won the ancillary events (2x6 Hour walk and 6 Hour walk).

24 Hours Walk

Hour	5 Walk				
1.	LABORIE Christophe	Essonne Athletic	191.219 km	24:00:00	12h12'52
2.	FORESTIERI Alexandre	Ust Courir A Saint Tropez	188.983 km	24:00:00	12h12'52
3.	GIBELLI Alain	Csm La Seyne	177.627 km	24:00:00	12h56'29
4.	BIBRAC Eric François	Ac Bouillante	175.095 km	24:00:00	13h04'18
5.	MC CHESNEY Richard	Hutt Valley - NZ	170.714 km	24:00:00	13h23'59
6.	LABYLLE Maggy (F)	Ac Bouillante	167.313 km	24:00:00	13h10'31
7.	DELANGE Dominique	Aj Auxerre Section Marathon	160.949 km	24:00:00	14h18'08
8.	GUENEAU Jean-claude	Dijon Uc	160.291 km	24:00:00	14h21'23
9.	BOURDEL Pascale (F)	Non Licenciée	157.190 km	24:00:00	15h10'50
10.	BALLAND Johann	Athletic Vosges Entente Clubs	156.754 km	24:00:00	14h51'48
11.	DAVID Christine (F)	Essonne Athletic	154.580 km	24:00:00	15h04'44
12.	THOUMELIN Laurent	Athletisme Sarthe Loir 72	153.453 km	24:00:00	14h55'44
13.	MALFONDET Alain	Paris	152.667 km	24:00:00	14h28'36
14.	RODIER Nicole (F)	Efs Reims A.	150.893 km	24:00:00	15h33'03
15.	DALOZ Robert	Neuilly Sur Marne Athletisme	149.947 km	24:00:00	15h31'03
16.	SONNOIS Martine (F)	Racing Club Haut-jura Morez	147.922 km	24:00:00	16h01'30
17.	BIZARD Claudie (F)	Thiais Ac	147.092 km	24:00:00	16h10'17
18.	PICOT Gerard	Non Licencié	146.466 km	24:00:00	16h12'30
19.	BARBIER Florence (F)	Ca Balma	146.083 km	24:00:00	15h30'23
20.	BRUNEAUX Jean-claude	Coulommiers Brie Athletisme	135.542 km	24:00:00	16h32'56
21.	ARNAULT Jacques	Neuilly Sur Marne Athletisme	127.888 km	24:00:00	19h04'13
22.	BOUILLON Philippe	Nevers	127.286 km	24:00:00	17h59'51
23.	GILLARD Lydia (F)	As Culturelle Francophone	124.220 km	24:00:00	17h54'52
24.	ARNAULT Françoise (F)	Neuilly Sur Marne Athletisme	122.204 km	24:00:00	19h04'15

25.	CLERC Michel	Toulon Ec	120.749 km	24:00:00	16h36'36
26.	DIEN Daniel	Neuilly Sur Marne Athletisme	107.200 km	24:00:00	22h01'53
27.	RASSAIND Andre	Ea Centre Isere	105.587 km	24:00:00	21h43'55
28.	DE MARCILLAC Bertrand	Ca Montreuil 93	105.497 km	24:00:00	22h45'54
	KIEFFER Pascal	Aj Montmoreau	97.060 km	24:00:00	
	KIENE Lyonel	Lunel A.	100.000 km	15:59:33	
	SERRANO Rene	Entente Athletique De L'arve	94.950 km	14:13:38	
	ECHE Dominique (F)	Nice Cote D'azur Athletisme	82.321 km	12:44:47	
	NAVARRO Martine (F)	Athle 11	77.269 km	10:08:35	
	ROZE Eddy	Amiens Uc	69.692 km	08:22:33	
	VAN HILLE Dominique	Nice Cote D'azur Athletisme	52.013 km	05:44:22	
	LACROIX Jean-louis	Ac Chateau Thierry	36.859 km	05:26:04	
	OUTREQUIN Florian	Montivilliers	36.859 km	06:39:44	
	ERARD Christophe	Asm Bar-le-duc	34.334 km	04:20:11	
	LANDRU Noelle (F)	As Corbeil-essonnes	29.282 km	09:13:59	

2x6 Hours Walk

nou	is waik		
1.	GEORGELIN Serge	Bruz Athletisme	102.498 km
2.	LETOURNEAU Florian	Ac Chateau Thierry	99.422 km
3.	OLIVARES Mathieu	Neuilly Sur Marne Athletisme	94.369 km
4.	LABARRE Bertrand	Cs Provins Athletisme	93.976 km
5.	THEVENIN Pascal	Marne Et Gondoire Athletisme	93.822 km
6.	MOUGENOT Patrick	Marne Et Gondoire Athletisme	86.881 km
7.	PANNIER Josiane (F)	Havre Ac	84.757 km
8.	REGARDEBAS Audrey (F)	Antony	77.930 km
9.	PRUCKNER Jaroslav	Sk Bradlec - CZE	67.708 km
10.	CATRY Thierry	Cm Roubaix	59.510 km
11.	KIEFFER Christine (F)	Aj Montmoreau	56.975 km

6 Hours Walk

ours	VV dilk		
1.	VARAIN Cedric		51.958 km
2.	MALDEME Damien	Sandaucourt	49.425 km
3.	MALOCHET Dominique (F)	Le Havre	46.414 km
4.	LEZIN Jean-claude	Athletisme Lozere	45.764 km
5.	TOURIGNY Jean Luc	St Apollinaire	45.031 km
6.	HARBULOT Francis	Non Licencié	42.689 km
7.	BENAZET Robert	Lunel A.	41.367 km
8.	LESCURE Frederic	Louvres	37.885 km
9.	THANRON Bernard	Montillot	37.863 km
10.	LESCURE THANRON Elisabeth (F)	Montillot	37.863 km
11.	GUILLOT Mickael	Pargny Sur Saulx	35.840 km
12.	TARDI Emmanuel	LP Longjumeau	30.057 km







Alexandre Forestieri, Christophe Laborie, Alain Gibelli and Cédric Varain









Christine David, Nicole Rodier, Maggy Labylle and Serge Georgelin (photos Emmanuel Tardi)

PAYS DE LOIRE WALK CHAMPIONSHIPS, SAUMUR, FRANCE, SUNDAY 15 APRIL

Apologies to Emmanuel Tardi for being a week late with this report. He sent it to me the day of the race but I managed to miss it for last week's newsletter.

The Pays de Loire Track Walk Championships were held on Sunday 15th April in Saumur, some 300km WE of Paris. The competition kicked off at 10:30AM with 14 starters for the 20,000m and 10,000m races. The weather was perfect, around 12°C and windless.

Keny Ginaudeau won the 20,000m walk with a 2 minute PB time of 1:26:33 ahead of masters walkers **Stephane Poirout** (M40 1:31:40.41) and **Sebastian Delaunay** (M40 1:32:06.00) while **Hugo Grellier** won the 10,000m with 47:59.83. Ancilliary events started at 12:30PM, with **Camille Aurière** coming back after a shoulder injury to produce a good 5000m time of 24:39.61.

20,000m	ı Walk			
1.	GUINAUDEAU Keny	SEM/93	Ac Roche-sur-yon	1:26:33.52
2.			Entente Des Mauges	1:31:40.41
3.	DELAUNAY Sebastien	VEM/74	Ca Du Pays Saumurois	1:32:06.00
4.	FREMONDIERE Antoine	ESM/96	Caps - Vihiers	1:40:51.04
5.	GAUDIN Dominique	VEM/73	Athletisme Saint Barthelemy	1:45:07.34
6.	KERLAU Yves-michel	VEM/61	Cm Roubaix	2:05:00.33
	MUTTER Axel (AC)	ESM/96	Ac Roche-sur-yon	DNF
10,000m	ı Walk			
1.	GRELLIER Hugo	JUM/99	Ac Roche-sur-yon	47:59.83
	MENOU Didier (AC)	VEM/61	Ac Romorantin	49:58.84
2.	CHABLAT Valentin	JUM/00	Ac La Chapelle/erdre	48:51.12
3.	ROCHARD Benoit	VEM/69	Jogging Club Nieula	51:08.24
4.	DELAUNAY Richard	VEM/64	Us St Berthevin	55:01.78
5.	POIREAUD Thomas	JUM/00	Ac Roche-sur-yon	58:26.62
6.	GASNIER Kathleen	JUF/00	Cote De Jade Athlétisme	58:50.60
5000m V	Walk			
1.	AURRIERE Camille	ESF/98	Us St Berthevin	24:39.61
	MANARESI Marion (AC)	JUF/00	Ac Romorantin	27:42.34
2.	GROSBOIS Didier	VEM/61	M J Athletisme	33:43.72
	TARDI Emmanuel (AC)	VEM/67	La Postillonne Longjumeau	39:37.30
3.	QUENTIN David	ESM/96	Angers Athle	DQ
3000m Walk				
	DURAND Sven (AC)	MIM/04	Paris Uc	14:41.10
1.	BOUDESSEUL Marie	SEF/90	Angers Athletic Club	14:44.01
2.	GUESNE Ewa	VEF/74	Us St Berthevin	18:43.23

3.	GIRARDEAU Aglae	CAF/02	Entente Angevine Athletisme	18:55.04
4.	PACAUD Coline	CAF/01	Entente Angevine Athletisme	20:09.89
5.	BRULE Catherine	VEF/62	Ca Du Pays Saumurois	20:13.27
6.	RUSSELL Chloe	ESF/97	Angers Athletic Club	21:12.38
2000m V	Walk			
1.	MOUILLE Esteban	BEM/05	Ac Roche-sur-yon	11:28.42
2.	MAES Natanella	BEF/06	Us St Berthevin	11:31.13
3.	SANTOS Oceania	BEF/06	Entente Angevine Athletisme	14:04.70
4.	MORLOT Lowen	BEM/05	Entente Angevine Athletisme	14:53.99
5.	NADOL Esther	BEF/05	Entente Angevine Athletisme	14:57.95





Keny Ginaudeau, Sebastian Delaunay and Stephane Poirout (photos Emmanuel Tardi)

MARCIADALMONDO AND OMARCHADOR ROUNDUP

Marciadalmondo has 11 press releases this week

- Tue 24 Apr Results of the U23 and U20 Slovenian Track Championships in Kocevje http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3155
- Mon 23 Apr Maria Perez and Diego Garcia University Champions of Spain http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3154
- Sun 22 Apr Monthey (SUI): New Slovak record of Maria Czakova on 10.000m track walk http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3153
- Mon 23 Apr Gianluca Picchiottino (39:38.27) and Davide Finocchietti walk well in the Italian Club Championships http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3152
- Sat 21 Apr Taicang 2018 Provisional entry lists http://www.marciadalmondo.com/eng/dettagli-news.aspx?id=3151
- Fri 20 Apr Mexican Team for the World Team Championships in Taicang http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3150
- Fri 20 Apr Italian team prepare for World Team Championships with camp in Tokorozawa, Japan http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3149
- Thu 19 Apr Eleonora Anna Giorgi and Alberto Zaupa win 5000m track walks in Milan http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3148
- Wed 18 Apr IAAF Race Walking Committee Stakeholder Survey preliminary analysis

http://www.marciadalmondo.com/eng/dettagli news.aspx?id=3147

- Wed 18 Apr Lu Xiuzhi (CHN) and Cai Zelin (CHN) win in Lomello, Italy http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3146
- Tue 17 Apr Christopher Like and Emilia Lehmeyer win in Naumburg http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3145

and Omarchador has 15 press releases

- Mon 23 Apr New walking website https://culturemarche.com worth a visit http://omarchador.blogspot.com.au/2018/04/culture-marche-promove-marcha-nas-suas.html
- Mon 23 Apr María Pérez and Diego García win Spanish University Championship walks in Andújar http://omarchador.blogspot.com.au/2018/04/maria-perez-e-diego-garcia-com-titulos.html
- Mon 23 Apr Japanese selections for World Walk Championships http://omarchador.blogspot.com.au/2018/04/japao-no-mundial-de-selecoes-de-marcha.html
- Sun 22 Apr Eleonora Giorgi wins track walk in Milan http://omarchador.blogspot.com.au/2018/04/eleonora-giorgi-em-teste-no-walk-middle.html
- Sun 22 Apr Results of the The Fire Fighters Memorial Walk in the Isle of Man http://omarchador.blogspot.com.au/2018/04/the-fire-fighters-memorial-walk-na-ilha.html
- Sat 21 Apr Italian selections for World Walk Championships http://omarchador.blogspot.com.au/2018/04/italia-no-mundial-de-selecoes-de-marcha.html
- Sat 21 Apr Results of the Cecil Gittins Memorial in England http://omarchador.blogspot.com.au/2018/04/memorial-de-marcha-cecil-gittins-em.html
- Fri 10 Apr Brazilian selections for World Walk Championships http://omarchador.blogspot.com.au/2018/04/brasil-no-mundial-de-selecoes-de-marcha.html
- Fri 10 Apr Hamza Hmidi and Souad Izzi win Arab U20 track walks in Amman, Jordan http://omarchador.blogspot.com.au/2018/04/hamza-hmidi-e-souad-izzi-vencem-marcha.html
- Thu 19 Apr Mexican selections for World Walk Championships http://omarchador.blogspot.com.au/2018/04/mexico-no-mundial-de-selecoes-de-marcha.html
- Thu 19 Apr Championships of the Pays de La Loire in Saumur (FRA) results http://omarchador.blogspot.com.au/2018/04/campeonatos-do-pays-de-la-loire-em.html
- Wed 18 Apr Spanish selections for World Walk Championships http://omarchador.blogspot.com.au/2018/04/fpa-anunciou-escolhas-para-o-campeonato.html
- Wed 18 Apr Zdzieblo and Tomala win 20km in Zaniemysl, Poland http://omarchador.blogspot.com.au/2018/04/zdziebo-e-tomala-vencem-20-km-em.html
- Tue 17 Apr IAAF decline request of 4 Russian walkers to compete in 2018 as Neutral Athletes http://omarchador.blogspot.com.au/2018/04/iaaf-declinou-pedido-de-4-marchadores_17.html
- Tue 17 Apr Christopher Linke and Emilia Lehmeyer win in Naumburg http://omarchador.blogspot.com.au/2018/04/christopher-linke-e-emilia-lehmeyer.html

OUT AND ABOUT

- See http://www.rwa.org.au/wp/ for the latest Racewalking Australia newsletter from President Bob Cruise. Always interesting reading.
- Profile on World 20km race walk champion Eider Arevalo of Colombia: https://www.iaaf.org/news/feature/eider-arevalo-colombia-20km-race-walk
- It's definitely not over by a long shot. As many as 15 international sports federations are carrying on with anti-doping investigations in regard to Russian athletes, World Anti-Doping Agency (WADA) President Craig Reedie has said. See https://www.thequint.com/hot-news-text/15-sports-federations-carrying-on-doping-probes-against-russia.

- Sometimes justice is served. Omarchador reported last Tuesday that the IAAF had declined the request of 4 Russian
 walkers to compete in 2018 as Neutral Athletes. See http://omarchador.blogspot.com.au/2018/04/iaaf-declinou-pedido-de-4-marchadores 17.html
- I announced way back in January that **Simon Baker** had been awarded an OAM (Medal of the Order of Australia) for his services to athletics and racewalking. Last week saw the formal induction ceremony at the Victorian Government House. And he has dusted up pretty well if I say so myself!



Simon is the personal coach of 3 of our World Race Walking Team Championship members (Rhydian Cowley, Rebecca Henderson and Philippa Huse) and has done it all over the years, including Commonwealth Games and IAAF World Cup gold medals. Well done Simon!

TAICANG 2018 SERIES - FOCUS ON THE 50 KILOMETRE WALK

Another of our feature articles by **Paul DeMeester** in the leadup to Taicang 2018. At first read, you might think it's headed in a different direction but not so. Lord Coe has been supportive of the women's 50km and the vexed question of gender discrimination but he has been getting a hard time of late in the press. Paul comes to his defence, using his own vast legal experience and knowledge to delve behind the scenes.

COMMONERS GIVE LORD COE A BUM RAP

By Paul F. DeMeester

Unfair Criticism of IAAF President Seb Coe

A British House of Commons parliamentary committee tasked with sporting matters took an interest in blood doping in sport because of three individuals who happen to be British: bicyclist Bradley Wiggins, known to use exempted medications; middle-distance runner Mo Farrah for his connection to the beleaguered Nike Oregon Project; and International Association of Athletics Federations (IAAF) President Sebastian Coe. Coe was formerly elected to the Commons and now serves at the other end of Westminster - currently on leave due to his sporting commitments. He was appointed a life peer based on his contributions to sports as an athlete (two Olympic golds and 11 world records) and lead organizer of the successful 2012 London Olympics.

Between August 2015 and February 2018, the committee examined the doping issues. In its final report, the Commons committee was unkind to Lord Coe, criticizing him personally on three matters. First, his failure to explain why pre-2009 athlete blood test data had not been shared with anti-doping agencies, calling the failure "inexcusable." (House of Commons Digital, Culture, Media and Sport Committee, *Combatting Doping in Sport*, Fourth Report of Session 2017-19, 5 March 2018 [Committee Report], p. 7; available at https://publications.parliament.uk/pa/cm201719/cmselect/cmcumeds/366/366.pdf.) Second, Coe's description of certain media allegations as "a declaration of war on our sport" was labeled "a very ill-judged statement." (Id., at p. 9) Most damning was the committee's third conclusion that Coe has misled the committee in testifying about his knowledge regarding doping allegations in Russian athletics, stating that Coe's testimony "stretches credibility." (Id., at p. 15.)

Like many of us who are no longer spring chickens, I was a big fan of Coe in his running heyday, and marveled at the fine Olympic spectacle he presided over six years ago. Lord Coe graciously made time for me a year ago when I lobbied for the retention of the Tokyo 50K when the IAAF Council met in London. Coe engineered the unanimous vote in support of

keeping the athletics program intact. Despite my praise, I have not shied away from critiquing Coe. Since the April 2017 IAAF Council meeting, I have twice sued the IAAF in the Court of Arbitration for Sport (CAS). Also, *Heel and Toe* editor Tim Erickson and I held a press conference during the 2017 World Championships under the heading "Ending Gender Discrimination in Lord Coe's IAAF."

The Committee Report was released right around the time of the World Indoor Championships in Birmingham, England, an obvious effort to embarrass Coe on home ground. The report's findings regarding Coe and the peculiar, political timing of its release caused me to look a bit deeper into the criticism. Having been a trial lawyer since 1990, having worked in politics since the 1970s, and having become an athlete at age 11, I used these combined experiences in reviewing the committee's conclusions. I watched the video of Coe's testimony; read and analyzed Coe's and Dave Bedford's testimonies; reviewed e-mail exchanges between Coe and Michael Beloff; and analyzed Coe's supplementary letter of January 26, 2017 (all the written and video-taped oral evidence is available on the House's *inquiry publications* page which can be accessed by double clicking that reference on the page between the title and contents pages.) My conclusion: the committee's criticism of Coe is unfounded in light of the evidence before the committee and the committee's lack of contextual understanding of what Coe's role is in presiding over world athletics. To put it bluntly, the Commoners gave Lord Coe a bum rap.

Coe Did Not Mislead: What Did Coe Know and When Did He Know It

U.S. Senator Howard Baker rose to prominence as a member of the Senate Watergate Committee investigating U.S. President Richard Nixon, when on June 28, 1973, Baker asked of John Dean, the former White House counsel: "What did the President know and when did he know it?" If the House of Commons Select Committee members were trying to create their own Baker moment, they failed miserably.

In April 2014, former British running star Dave Bedford delivered a complaint to the chairman of the IAAF Ethics Commission, British lawyer Michael Beloff. The complaint, made by others, involved alleged payments by Russian distance runner Liliya Shobukhova to senior Russian athletics officials to cover up doping violations by her. By summer, Bedford had not heard back, so he called the matter to Coe's attention by sending the then-IAAF Vice President an e-mail with specific allegations detailed in attachments. Coe was abroad and dictated an e-mail to send to Beloff telling the barrister that he, Coe, had "received copied documentation of serious allegations being made by and on behalf of the Russian female athlete Shobukhova from David Bedford." The e-mail asked Beloff if the documentation should be forwarded to the ethics chair. Beloff replied in the affirmative, commenting that he likely already had the materials. On December 3, 2014, German broadcaster ARD aired a program on the very topic of what Bedford had brought to Beloff's attention. A year later, Coe testified before the Commons committee. He was never asked when he first learned of the specific allegations involving Russian athletics.

The only questions about the timing of Coe's knowledge put to him at the December 2, 2015 hearing were:

- (1) "In 2007 when you undertook your role, you were aware of the allegations of blood doping in athletics?" (Q211);
- (2) "... When you came in in 2007, what did you hear from within the IAAF about blood doping about what was being done?" (Q212);
- (3) "Did you hear at all any whispers within the IAAF family this year [2015] or previously about Lamine Diack possibly being involved in this sort of corrupt activity?" (Q334);
- (4) "You were aware of allegations against his son, Papa Massata Diack?" (Q335); and
- (5) "That was in December of last year?" (Q336.)

In answering the Diack question, Coe himself referred to timing: "They were allegations that were aired in the ARD documentary and after that he stepped down, along with the treasurer of the IAAF, Mr. Balakhnichev, pending the outcome of the IAAF ethics committee's report." (Q335, Answer by Coe.)

More than thirteen months later when Bedford testified, the committee appeared to be quite intent on eliciting an answer from Bedford that Coe knew in August 2014 about the specifics of the allegations Bedford had brought to Beloff's attention, as opposed to Coe simply having known about the general nature of the allegations. Prior to e-mailing Coe, Bedford had phoned Coe, who was travelling at the time. Bedford asked Coe if he was aware of allegations that had been put to the Ethics Committee relating to Shobukhova. Coe told Bedford that he was not. Bedford told Coe that he would e-mail Coe the pertinent documents. Bedford did so on August 8, 2014. Bedford testified that he had not talked Coe through the allegations during the August 2014 phone call. ("No, I didn't"; Q1274.)

Coe wrote the Committee that he tends to have his office go through his e-mails so that Coe can be briefed on what has come in. When advised in that manner of Bedford's e-mail, Coe asked his staff to set up a call with Beloff but the latter was on holiday. Coe then dictated a short e-mail to Beloff, which his staff sent to Beloff (see above). Once told of Beloff's reply, Coe ordered the forwarding of the documentation attachments to Beloff. On August 19, 2014, Beloff informed Coe that he did indeed already have the materials. Coe was satisfied that the Ethics Commission was doing its job. (See Beloff-Coe e-mail exchanges and Coe January 26, 2017 committee submission that are part of the Commons committee evidence.)

Bedford did not hear from Coe again until November 21, 2014, when at a sports luncheon Bedford asked Coe if Coe would meet with legal counsel for Shobukhova and her manager. Coe replied that he would need to seek legal guidance whether he could do so. Coe did not mention to Bedford anything about seeing the contents of the attachments Bedford had e-mailed Coe in August. (See Q1277.)

Bedford next heard from Coe in early December of 2014, after ARD had aired its program on the Shobukhova affair. Up to that point, Coe stated that he had not read the Bedford e-mail attachments. Coe informed Bedford that he had seen the documentary. (See Q1297-1298; see Committee Report, at p. 5, for date of ARD broadcast.) The Commons committee was not interested in learning the truth about when Coe learned the specifics of the affair; that much is clear from their questioning of Bedford, which shows that they had made their minds up on the subject long before. Committee Chair Damian Collins misquoted Coe and asked for Bedford's reaction to something Coe had not said. (See Q1281.) Committee Member Paul Farrelly then chided Coe for not volunteering information when on the contrary, it had been Coe who brought up the ARD documentary in answering Farrelly. (See Q335.) Collins and Farrelly tried to get Bedford to agree that Coe must have known the specifics of the allegations simply from reading Bedford's e-mail header that it concerned a "doping violation." (Q1288.) Bedford set the Chair straight by stating that he had "said nothing about a doping violation to him" (See Q1287.) Farrelly tried to get Bedford to say that the latter did not believe Coe when Coe had claimed he did not open the attachments. Bedford would not oblige Farrelly. (See Q1291.) When pressed, Bedford implicitly stated he believed Coe. (Q1315-1316.) Still, Committee Member Nigel Huddleston commented that Bedford's testimony "undermined" Coe's position. (Q1336; see also Q1333.) It didn't. Bedford had simply assumed that Coe would have opened the attachments and read them

The questions by the committee members demonstrated that they elevated that assumption to the status of proven fact. Chairman Collins misquoted Coe and Bedford's e-mail header; Committee Member Farrelly accused Coe of not volunteering information and stated that Coe would have known from the e-mail header and the phone call what the specifics were (even though Bedford testified they never discussed any specifics in the phone call), rendering both Farrelly accusations untrue; Committee Member Ian Lucas asked Bedford, "[w]ithout doubt, on 21 November 2014 Seb Coe knew what the e-mail was about?" (Q1306); and Committee Member John Nicholson called Coe "lethargic" for not opening Bedford's e-mail, when in fact what Coe did not open were the attachments that Coe instead ordered forwarded to the Ethics Chair (Q1318).

Even though the committee members never proved that Coe had read the attached documentation back in August of 2014, they proved, however, that they are not ministerial material, much less worthy of 10 or 11 Downing Street. A good leader delegates and prioritizes. In the summer of 2014, Coe was, as Bedford testified, an undeclared candidate for IAAF President, along with his rival, Sergey Bubka, the much heralded former Soviet and Ukrainian pole-vaulter, an Olympic gold medalist and multiple world record setter (35) in his own right. Although two hundred and fourteen member federations had one vote each, there are many people within each federation to sway before earning that one vote. Personally, I wouldn't want to vote for a candidate who combs through all of the e-mails and attachments he or she gets.

Even though the subject of Bedford's e-mail may have been important enough, Coe did the right thing by referring it immediately to the Ethics Chair. It would have been improper for him to get involved in the investigation. For Coe to be seen as favoring one side or another would not have reflected well on the IAAF. During my activity regarding the 50km event, I have had several occasions where I wrote to Coe. Invariably, I have received messages from his staff that Coe was travelling but would tend to the matter later. Next, I would hear back from IAAF staff, in response to my communication to Coe. Having worked in a U.S. presidential campaign and on Capitol Hill, I have no hesitation in calling Coe's e-mail response method anything but proper when in the midst of a presidential campaign or as leader of a world governing body.

Furthermore, had Coe been aware of the specifics of the allegations back in the summer of 2014, his actions should still have been the same: refer the matter to the Ethics Commission. There was absolutely no material difference whether Coe knew in August or December 2014 about the specifics. By the time Coe testified on December 2, 2015, he had been elected President, Russia had its membership suspended and those who were involved in the Shobukhova affair were out or soon to be out. The timing of when Coe found out about the specifics had no bearing on the investigation or outcome, rendering the committee's focus on what he knew and when entirely misplaced. The questions put to Coe about 2007, 2014 and points in between assumed that Coe was somehow all-powerful within the IAAF when he was a vice-president. Coe reminded the committee that his vice-presidential role was non-executive, that he was one of four persons in such a position, that he was not the senior vice president, and that for most of that time he was a bit busy with something called the London Olympics. (See Q210, Q218.)

Politicians Blaming a Politician for Sticking up for His Constituency

On August 19, 2015, Coe was elected IAAF President, having gained the support of 115 member federations versus 92 for Bubka, after a spirited campaign between these two athletics greats. Seventeen days before the hotly contested election and twenty-one days prior to the start of the Beijing World Championships, the Sunday Times published an article on blood doping in athletics under the heading *Revealed Sport's Dirties Secret*. (The Sunday Times, August 2, 2015, available at https://www.thetimes.co.uk/article/revealed-sports-dirtiest-secret-zpnxc7ndsfp.)

The British newspaper and German broadcaster ARD had been given leaked data from 12,000 blood tests from 5,000 athletes covering the years 2001-2012. Two experts who reviewed the data concluded that one in seven of the athletes whose blood samples had been taken recorded suspicious results; ten London 2012 medals were won by athletes with dubious test results;

and one-third of the medals in endurance events (146), including 55 golds, were won during the 12-year period by athletes whose tests triggered suspicion.

The Sunday Times indicted the sport in no uncertain terms: "The data shows that athletics is in the same 'diabolical state' as cycling in the scandal-hit era of Lance Armstrong," while quoting experts who described the findings as a "shameful betrayal" of clean athletics. The British newspaper stated further that the "disclosures raise questions about whether results can be trusted at the biennial world athletics championships which will be held in Beijing in three weeks' time." The paper also added a comparative note: "Unlike other sports, athletics has allowed athletes with highly abnormal blood scores to continue to compete."

Coe, in the throes of a tough and close presidential campaign, stuck up for his sport and his constituency and the member federations that were about to vote on who would get the job Coe wanted. Coe, interviewed by the Associated Press about the Sunday Times revelations, told AP: "It is a declaration of war on my sport." (*Lord Coe: allegations against IAAF are declaration of war on my sport,*" The Guardian, August 4, 2015, available at https://www.theguardian.com/sport/2015/aug/04/lord-coe-allegations-iaaf-drug-testing.)

In their final report, the politicians of the Commons committee called politician Coe's "declaration of war" statement to have been "a very ill-judged statement." Look who's talking! Committee Member Paul Farrelly was the Member of Parliament in the Daily Mail's November 18, 2017 headline, "Drunk Labour MP 'went berserk and unleashed foul-mouthed rant at fellow politician in the Commons' following late-night Brexit debate." (Available at https://www.dailymail.co.uk/news/article-5096377/Drunk-Labour-MP-Paul-Farrelly-threatened-fellow-MP.html.) Farrelly had earlier admitted hitting a man at karaoke night in a House of Commons bar. (Ibid.) Last month, the Huffington Post reported that Farrelly stood accused of having bullied a former Select Committee clerk into having sleepness nights, losing her appetite and becoming physically ill. The House of Commons, in 2012, prior to the Me Too movement, gave him a pass on his conduct. (Available at https://www.huffingtonpost.co.uk/entry/house-of-commons-speaker-john-bercow-and-labour-mp-paul-farrelly-accused-of-bullying-staff-bbcs-newsnight-reports_uk_5aa1b790e4b01b9b0a3997f5.) Ill-judged conduct perhaps?

On October 16, 2016, The Guardian newspaper reported that Committee Chair Damian Collins had used his parliamentary privilege (basically immunizing him from libel) to repeat previously withdrawn allegations against an English football manager. much for a "very ill-judged statement." (Article available https://www.theguardian.com/football/2016/oct/18/damian-collins-mp-parliamentary-privilege-neil-warnock.) Last year, Chairman Collins was exposed for putting in a parliamentary expense claim for £6,000 for PR work in his electoral district performed by his wife, in breach of rules on MPs' expenses. (See https://www.thetimes.co.uk/article/top-tory-mp-put-in-6-000-claim-for-work-by-wife-mpn9zd9hz.)

Collins' predecessor as Committee Chair, Jesse Norman, should know what it takes to campaign for a political job. In 2015, prior to his presiding over the hearing at which Coe testified, Norman was investigated by police for violating the Representation of the People Act 1983, which bars candidates from providing food, drink or entertainment in a bid to win votes. Norman got caught handing out chocolate cakes while electioneering. At least, Coe did not break any laws in trying to persuade his voter pool. (See Collins article at http://www.dailymail.co.uk/news/article-3045304/Tory-MP-Jesse-Norman-probed-police-claims-tried-bribe-voters-chocolate-cake.html.)

Committee Member Ian Lucas should know about making statements in high-publicity disputes, having represented Princess Diana's surviving bodyguard in the latter's legal spat with Harrods owner Mohammed al-Fayad, whose son perished alongside the son's fiancée Lady Di in the deadly 1997 Paris car crash. Another Committee Member, MP Nigel Adams, is a close ally of British Foreign Secretary Boris Johnson, who is known for making outlandish statements. Although Adams was no longer on the committee when the final report was issued, I wonder how many remaining members have written to Johnson that his public statements were "very ill-judged?"

Committee Member Julie Elliott was reportedly employing her son as a parliamentary aide at taxpayer expense. (See https://www.chroniclelive.co.uk/news/north-east-news/nine-mps-refuse-explain-choose-11963812.) Although such hiring is legal, the committee has not scheduled any hearings on whether this nepotistic practice shows "very ill judgment" and should be banned. Fellow Committee Member John Nicholson, who lost his seat before the Committee Report was issued, might have dissented from the committee's conclusion had he still been aboard, given his own August 2015 criticism of the BBC for its "bad news judgment" in covering Scottish politics. (See https://www.huffingtonpost.co.uk/2015/08/18/john-nicolson-snp-bbc-licence-scotland n 8004220.html.)

Last but not least there was Committee Member Chris Matheson, who questioned Coe why Eugene, Oregon received the nod to host the 2021 World Championships, calling the US. track capital "not a credible host for a world championships," after having admitted that he had never heard of Eugene prior to the committee process. (See Q401-402.) Ignorance is bliss, indeed. But let's not elaborate about Mr. Matheson's comment. As the great English poet William Blake wrote: "Enough! or Too much."

It is doubtful that the committee members have refrained from hyperbole in their own election contests or in the debates on the floor of the House of Commons, an institution known for the divisive and acrimonious tone of its political discourse.

Moreover, Coe has always had a reputation as a clean athlete. The Sunday Times article that revealed the blood data findings, did note that Coe's presidential campaign platform included calls for increased expenditure in the fight against doping and the

establishment of an independent anti-doping agency for athletics. Coe was right to stick up for athletes who were being accused of doping without a scintilla of due process. Just ask Olympic 50K Champion Matej Tóth, who was forced to sit out the London Worlds based on an athlete biological passport (ABP) set of readings. He was eventually exonerated. But at what price? So, Coe had a point in early August 2015, and he let his voters, the member federations, know he was sticking up for their sport. In retrospect, in light of the election result, Coe had made a well-judged statement.

Pre-2009 Data Are Problematic

Coe was taken to task for his failure to explain as to why pre-2009 data had not been shared with anti-doping agencies. Footnote 18 of the report cites Q250 as the offending failure. Let's look at the exchange:

Q250 Chair [then Jesse Norman, MP]: There are no other databases you have that are not shared with WADA or with other national anti-doping agencies?

Lord Coe: No. We have bilateral agreements with anti-doping agencies. We, of course, have one with the UK anti-doping agency. This is actually shared data.

Coe was asked that question after telling the committee that post-2009, all database information is shared with the World Anti-Doping Agency (WADA). There was certainly nothing in then-Chairman Norman's double-negative question that was stated in the present tense that warranted the Committee Report's harsh treatment of Coe's response.

Other answers by Coe and Mr. Thomas Capdevielle, the IAAF's anti-doping manager who accompanied Coe to the hearing, explained the subject of pre-2009 data. Both testified that the ABP passport system was not introduced until 2009, and that even WADA cautioned about irresponsible use of pre-2009 data. (See Q189.) The protocols were different before 2009, precluding medical doping conclusions and legal sanctions against athletes. (See Q191, Q197, Q202-203.) Coe emphatically expressed the view that he did not want to imperil the reputation of clean athletes. (See Q191-192.) Capdevielle testified that pre-2009 out-of-competition data from athletes in Russia were shared with WADA. (Q195.)

My experience as a criminal defense attorney handling murder cases based on DNA results and drunk driving cases in which a blood sample is obtained from the suspects, I may assure you that sample collection methods, sample storage, preservative levels, potential changes in composition of a sample over time, who has handled the sample, and how reliable the methods of analysis turn out to be, are important topics in any accusation regime. A case can fall apart when defects are discovered along the way, starting from sample collection. Coe was right to draw that line of reliability in 2009.

In their interpretation of a legal case, the two Committee Chairs used the holding of the CAS case involving German speed skater Claudia Pechstein beyond its facts. Successor Chair Collins claimed the case stood for the proposition that legal sanctions against athletes are allowed based on pre-2009 samples. Former Chair Norman joined him. (See Q199 through Q205.) The two chairmen ignored the fact that Pechstein was disciplined based on blood samples drawn on February 6, 7 and 18, 2009, after the institution of WADA's ABP protocol. (Pechstein v. DESG & ISU, CAS2009/A/1912-1913, pp. 3-4, 27.) Legal cases do not stand for propositions not therein considered.

Conclusion

Seb Coe is not the IAAF. He wanted and got the job of presiding over the organization at a difficult time in its history due to the prevalence of doping, which can now be detected retroactively. The IAAF is replete with competing interests, like those of clean athletes, member federations who want to rank high in medal counts, athletes who surreptitiously try to boost their performances, broadcast advertisers who shy away from controversies, due process for accused athletes, life ban proponents versus believers in rehabilitation etc. Coe has to juggle all that in a competitive political environment, where he has to deal with an elected IAAF Council and Congress, representing over 200 member federations, each with their own interests and agenda. The House Committee treated Coe as if he alone makes up the IAAF and had done so ever since Coe joined the IAAF Council in 2003.

I have drawn the following conclusions about the committee's wrongful findings regarding Coe: the Committee did not unearth anything new on the topic of the IAAF's handling of blood doping; the Committee engaged in pure grandstanding in taking Coe to task in its findings; and Coe simply wasted his time in being courteous enough to appear before colleagues.

I have and will continue to challenge the IAAF on its treatment of our beloved 50K race walk. Despite that, I have previously expressed my opinion that Coe is the perfect IAAF leader to stand up against any Olympic event cutting thrust that imperils the 50K. (See *Heel and Toe*, 2017/2018, No. 1, 3 October 2017, at pp. 2-4.) On the topic of blood doping, Coe's critics in the Commons deserve to be called out for the bum rap they gave Coe.

TIME FOR OUR ANNUAL RACEWALKING VICTORIA UNIFORM ORDER

All Racewalking Victoria walkers must wear official RWV uniform in the LBG Carnival in Canberra in June. We need to finalise our order by **Saturday 5 May.** I will add a few extra items to the order in case your sizing guess is not quite right. It's all online – you place your order for hoodies or crop tops or bike shorts at http://vrwc.org.au/wp1/rwv-uniforms/. You don't need to order singlets as we have plenty of them on stock at our clubrooms.







HEEL & TOE 2018 WORLD RANKING LISTS - 50KM

Thanks to **Paul DeMeester** for his latest update to the women's 50km World Ranking Lists for 2018, adding in the 50km results from last weekend's Isle of Man races. The list has now grown to 96 finishers. Inspecting the Taicang World Team Championships 50km entry lists, I see that 45 men and 25 women have not yet walked a 50km yet this year, so post-Taicang, the men's and women's lists will expand significantly in quantity and quality. And some of the top names are holding out for Berlin in August so they will not even be on the board yet after Taicang.

It is wonderful to see such world wide participation. This is what is required to ensure the event continues at the international level.

Women's 50km Performances 2018 through April 15, 2018 - Note: B-Standard Judging where indicated

1.	Julia Takacs Nyerges	ESP	4:13:04	Burjassot 2/25/18
2.	Maria Czakova	SVK	4:14:25	Dudince 3/24/18
3.	Ainhoa Pinedo Gonzalez	ESP	4:18:56	Burjassot 2/25/18
4.	Magaly Beatriz Bonilla Solis	ECU	4:19:43	Sucua 3/10/18
5.	Johanna Edelmira Ordonez Lucero	ECU	4:28:58	Sucua 3/10/18
6.	Serena Sonoda	JPN	4:31:52	Wajima 4/15/18
7.	Agnieszka Ellward	POL	4:32:47	Dudince 3/24/18
8.	Erika Jazmine Morales Cruz	MEX	4:32:53	Monterrey 2/25/18
9.	Nair da Rosa	BRA	4:38:48	Sucua 3/10/18
10.	Nami Kumagai	JPN	4:39:01	Wajima 4/15/18
11.	Nikolitsa Andreopoulou	GRE	4:41:44	Dudince 3/24/18
12.	Yocy Caballero Huaman	PER	4:42:37	Sucua 3/10/18
13.	Joanna Bemowska	POL	4:43:48	Dudince 3/24/18
14.	Natsuma Kuramara	JPN	4:44:45	Wajima 4/15/18
15.	Mariela Sanchez Teran	MEX	4:46:12	Santee 1/20/18
16.	Ivana Renic	CRO	4:46:27	Dudince 3/24/18
17.	Katie Burnett	USA	4:47:50	Santee 1/20/18
18.	Chiaki Yamato	JPN	4:48:46	Wajima 4/15/18
19.	Maria Dolores Marcos Valero	ESP	4:53:38	Burjassot 2/25/18
20.	Akane Tamaki	JPN	4:53:50	Wajima 4/15/18
21.	Erin Taylor-Talcott	USA	4:54:39	Monterrey 2/25/18
22.	Miriam de Jesus Gutierrez Arichavala	ECU	4:54:54	Sucua 3/10/18
23.	Angeliki Makri	GRE	4:56:00	Marathon 1/14/18
24.	Lizbeth Silva Miranda	MEX	4:58:41	Monterrey 2/25/18
25.	Anett Torma	HUN	4:59:55	Santee 1/20/18
26.	Myriam Cartagena Bonilla	ECU	5:02:51	Sucua 3/10/18
27.	Olga Cabrera Ysas	ESP	5:06:13	Burjassot 2/25/18
28.	Mari Takeuchi	JPN	5:06:18	Wajima 4/15/18
29.	Sandra Silva	POR	5:08:13	Porto de Mos 1/7/18
30.	Molly Jade Davey	GBR	5:08:17	Dudince 3/24/18
31.	Miyabi Kurihara	JPN	5:08:53	Wajima 4/15/18
32.	Hannah Hunter	GBR	5:11:06-	B IOM 4/15/18
33.	Tahirachiho	JPN	5:17:05	Wajima 4/15/18
34.	Morgane Ausello	FRA	5:18:07	Merignac 3/18/18
35.	Michelle Turner	GBR	5:23:21	B IOM 4/15/18
36.	Karen Chiarello	GBR	5:28:41	B IOM 4/15/18
37.	Teresa Vaill	USA	5:29:29	Santee 1/20/18
38.	Efstathia Kourkoutsaki	GRE	5:34:21	Marathon 1/14/18

39.	Zoe Korkou	GRE	5:34:29	Marathon 1/14/18
40.	Sophie Dvorakova	GBR	5:41:39	B IOM 4/15/18
41.	Susan Brooke	CAN	5:42:54	Santee 1/20/18
42.	Elisabeth Cardeillac	FRA	5:44:43	Merignac 3/18/18
43.	Aura Libertad Morales Alvarez	MEX	5:46:47	Monterrey 2/25/18
44.	Casandra Milenka Nieto Linares	BOL	5:48:56	Monterrey 2/25/18
45.	Karen Lawrie	GBR	5:59:17	B IOM 4/15/18
46.	Maureen Moffatt	GBR	6:01:18	B IOM 4/15/18
47.	Jayne Farquhar	GBR	6:08:29	B IOM 4/15/18
48.	Billie Kwok	HKG	6:14:05	
				Hong Kong 1/1/18
49.	Adele Ropers	FRA	6:17:02	Merignac 3/18/18
50.	Wendy Choi	HKG	6:24:17	Hong Kong 1/1/18
51.	Claudine Anxionnat	FRA	6:26:35	Merignac 3/18/18
52.	Linda Fung	HKG	6:28:33	Hong Kong 1/1/18
53.	Louise Hollings	GBR	6:29:22	B IOM 4/15/18
54.	Janna Kelly	GBR	6:39:56	B IOM 4/15/18
55.	Emma Nation	GBR	6:43:28	B IOM 4/15/18
56.	Rachael Hamilton	GBR	6:48:02	B IOM 4/15/18
57.	Kathryn Prince	GBR	6:49:12	B IOM 4/15/18
58.	Bryony Greasley	GBR	6:51:56	B IOM 4/15/18
59.	Hannah Miller	GBR	6:51:57	B IOM 4/15/18
60.	Jayne Adams	GBR	6:54:26	B IOM 4/15/18
61.	Paige Kelly	GBR	6:55:31	B IOM 4/15/18
62.	Sarah Cain	GBR	6:56:40	B IOM 4/15/18
63.	Abbie Cooke	GBR	7:03:15	B IOM 4/15/18
64.	Tiffany Bell	GBR	7:08:11	B IOM 4/15/18
65.	Emma Bell	GBR	7:08:11	B IOM 4/15/18
66.	Angela Corkish	GBR	7:08:14	B IOM 4/15/18
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67.	Anita Parnell	GBR	7:09:42	B IOM 4/15/18
68.	Miriam Garlick	GBR	7:09:43	B IOM 4/15/18
69.	Darlene Backlund	USA	7:09:44	Santee 1/20/18
70.	Pauline Taylor	GBR	7:10:33	B IOM 4/15/18
71.	Carole Kelly	GBR	7:10:35	B IOM 4/15/18
72.	Lucy McDowell	GBR	7:13:25	B IOM 4/15/18
73.	Sharon Page	GBR	7:13:25	B IOM 4/15/18
74.	Amy Dunne	GBR	7:15:31	B IOM 4/15/18
75.	Ewelina Majewska	GBR	7:15:31	B IOM 4/15/18
76.	Jane Oates	GBR	7:15:32	B IOM 4/15/18
77.	Chris Phillips	GBR	7:17:33	B IOM 4/15/18
78.	Kate Condon	GBR	7:17:33	B IOM 4/15/18
79.	Barbara Watt	GBR	7:17:50	B IOM 4/15/18
80.	Chrissy Lewis	GBR	7:18:34	B IOM 4/15/18
81.	Nadine Cowin	GBR	7:18:34	B IOM 4/15/18
82.	Jamie Fiddler	USA	7:22:47	Santee 1/20/18
83.	Louise Kneen	GBR	7:25:13	B IOM 4/15/18
84.	Bethany Kaneen	GBR	7:28:16	B IOM 4/15/18
85.	Siobhan Golding	GBR	7:31:24	B IOM 4/15/28
86.	Lydia Barbara	GBR	7:31:33	B IOM 4/15/18
87.	Catherine Healy	GBR	7:31:46	B IOM 4/15/18
88.	Nucharee Burridge	GBR	7:33:11	B IOM 4/15/18
89.	Anne Dudley	GBR	7:36:37	B IOM 4/15/18
90.	Anee Du Toit	GBR	7:44:32	B IOM 4/15/18
91.	Liz Moore	GBR	7:44:33	B IOM 4/15/18
92.	Kate Teare	GBR	7:44:46	B IOM 4/15/18
93.	Mandy Hewes	GBR	7:45:40	B IOM 4/15/18
94.	Catherine Jackson	GBR	7:49:22	B IOM 4/25/18
95.	Aishling Creer	GBR	7:49:38	B IOM 4/15/18
96.	Thenral Anand	GBR	7:51:17	B IOM 4/15/18
97.	Vicki Black-Leigh	GBR	7:52:54	B IOM 4/15/18
98.	Chloe Makin	GBR	7:57:21	B IOM 4/15/18
	Verity Almond	GBR	7:57:22	B IOM 4/15/18
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These 99 walkers represent 18 member federations from four Areas.

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 - 2018

Apr 28 (Sat), 2018	VRWC Winter Season Opener at Middle Park, VIC
May 12 (Sat), 2018	VRWC Twilight Trivia, Middle Park, VIC.
	See http://www.vrwc.org.au/documents/Trivia%20Night%20advert%20.pdf
Apr 28-29, 2018	Australian Little Athletics Championships, Gold Coast, QLD
Apr 26-29, 2018	Australian Masters T&F Championships, Perth, WA. See http://www.mastersathleticswa.org/perth2018/
June 10 (Sun), 2018	Lake Burley Griffin Carnival, Stromlo Forest Park, Canberra, ACT
Aug 5 (Sun), 2018	Australian Masters 20km Championships, Adelaide, SA
Aug 26 (Sun), 2018	Australian Roadwalk Championships, Sunshine Coast, QLD (venue to be confirmed)

2018 Remaining IAAF Racewalking Challenge Events

May 5-6, 2018	Cat A	IAAF World Race Walking Team Championships, Taicang, CHN
May 26, 2018	Cat B	XXXII Gran Premio Cantones de La Coruña, La Coruña, ESP
Sep 23-26, 2018	Cat B	Around Taihu International Race Walking 2018, Wuzhong, CHN

International Dates - 2018 and onwards

Apr 28 (Sat), 2018	International Walks Meet and Mikenas Memorial, Birstonas, LTU
May 5-6, 2018	28th IAAF World Race Walking Team Championships, Taicang. See http://www.taicang2018.org.cn/.
May 9-11, 2018	Melanesian Regional Championships, Port Vila, Vanuatu (AA team - U18 walks)
Jun 8 (Fri), 2018	44 th International Racewalking Festival, Alytus, Lithuania
Jun 9 (Sat), 2018	International Racewalk Meet, Simnas, Lithuania
July 10-15, 2018	16 th World Junior T&F Championships, Tampere, Finland
Aug 7-12, 2018	European Athletics Championships, Berlin, Germany
Sept 4-16, 2018	22 nd World Masters Athletics T&F Championships, Malaga, Spain
Mar 24-30, 2019	World Masters Indoors T&F Championships, Torun, Poland
July 3-14, 2019	30 th Summer Universiade, Naples Italy
Aug 30-Sep 7, 2019	20th Oceania Masters T&F Championships, Mackay, Queensland, AUS
Sept 28 – Oct 6, 2019	17th IAAF World Championships in Athletics, Doha, Qatar
May, 2020	29th IAAF World Race Walking Team Championships, Minsk, Belarrus
July 24 – Aug 9, 2020	32 nd Olympic Games, Tokyo
July 20 – Aug 1, 2020	23 rd World Masters T&F Championships, Toronto, Canada
Aug 6-15, 2021 (TBC)	18th IAAF World Championships in Athletics, Eugene, USA
July 18-30, 2022	XXII Commonwealth Games, Birmingham, GBR.

Tim Erickson, <u>terick@melbpc.org.au</u> Home: 03 93235978 Mob: 0412 257 496 Copies of recent newsletters are kept on the VRWC website (<u>http://www.vrwc.org.au</u>)