



## HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club  
2017/2018 Number 42  
17 July 2018



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### WALKERS OF THE WEEK

There were plenty of good performances this week but three stood out. Our IAAF World Junior representatives competed in their 10,000m track walks on Saturday, with superb results.

- |                        |                 |          |           |                                 |
|------------------------|-----------------|----------|-----------|---------------------------------|
| • <b>Declan Tingay</b> | 4 <sup>th</sup> | 40:49.72 | 18 sec PB | AUS U20 record                  |
| • <b>Katie Hayward</b> | 5 <sup>th</sup> | 45:10.42 | 38 sec PB | 2 <sup>nd</sup> fastest AUS U20 |
| • <b>Kyle Swan</b>     | 6 <sup>th</sup> | 41:24.12 | 83 sec PB | 4 <sup>th</sup> fastest AUS U20 |



*Kyle, Declan, Katie with team coach Brent Vallance*

Let's put these performances into some sort of historical perspective.

- Former world record holder Nathan Deakes (VIC) is the only Australian to win a medal at the World U20 Championships (3<sup>rd</sup> in 1996). Dane Bird-Smith was 5<sup>th</sup> in 2010 and Olympian Nick Ahern was 7<sup>th</sup> in 1988. Both Declan's and Kyle's performance place the teenagers amongst our best ever junior performers.
- Only former World Championships representative Jess Rothwell (VIC) has recorded a better placing and time than Katie at these championships when she was 4<sup>th</sup> at the 2008 edition with 44:44.22.

It is not often that our junior ranks are so blessed with so many quality walkers at the one time, and these three stand out for the quality and consistency of their walking. Much more to say later in the newsletter, but for now, huge congrats to Declan, Katie and Kyle.

## WHAT'S COMING UP

- Next Saturday sees our annual VRWC Intervals Races, where walkers can choose to walk either 6km, 8km or 10km in 2km intervals. For those who just want their usual single walk, we have 4km and 2km race options. Entries for VRWC races can be done on the day or, more preferably, via our online panel at <http://vrwc.org.au/wp1/race-entries-2/>. Here is the timetable:

<b>Saturday 21<sup>st</sup> July 2018 Middle Park</b>		
SPECIAL VRWC INTERVALS EVENT: Entries close for all events at 1.45pm sharp.		
2.15pm	Intervals Race – 6km, 8km or 10km	Open
2.30pm	4km	Open
2.30pm	2km	Open

To walk in the intervals event, you must be able to complete each leg in less than 17 minutes. If, for example, you walk 11.30 for the 1<sup>st</sup> leg, you have 5.30 rest before starting the next leg. If a walker fails to finish any leg in the allowable 17 minutes, he/she will not be allowed to continue in the next leg. The start times for the 2km legs are as follows:

Start time	3x2km Race Legs	4x2km Race Legs	5x2km Race Legs
2.15pm	1	1	1
2.32pm	2	2	2
2.49pm	3	3	3
3.06pm		4	4
3.23pm			5

- The following Sunday sees our main winter roadwalk championships, with 30km for the seniors and with shorter distances for all other age groups from U10 to U20. Here is what the timetable looks like:

<b>Sunday 29<sup>th</sup> July 2018 Middle Park</b>		
Pre-entry is required for AV races are with the AV office before the event		
AV & VRWC CHAMPIONSHIPS & events: Entries close for all events at 45 minutes before the event.		
8.30am	<b>30km AV Championship</b> 3 Hours Walk	<b>Open *</b> Open
8.30am	20km Non championship event	Open
9.00am	<b>10km VRWC Championship - Mabel Robinson Trophy</b>	<b>Open Women</b>
9.00am	<b>10km AV Championship</b>	<b>Under 20 Men</b>
9.00am	<b>10km AV Championship</b>	<b>Under 20 Women</b>
9.00am	<b>10km AV Championship</b>	<b>Under 18 Men</b>
10.00am	<b>3km AV Championship</b>	<b>Under 14 Boys/Girls</b>
10.20am	<b>5km AV Championship</b>	<b>Under 16 Boys/Girls</b>
11.00am	<b>5km AV Championship</b>	<b>Under 18 Women</b>
11.15am	5km	Open
11.15am	2km	Open
11.20am	<b>2km VRWC Championship</b>	<b>Under 10 Boys/Girls</b>
11.20am	<b>2km VRWC Championship</b>	<b>Under 12 Boys/Girls</b>
11:50am	Medal presentations at the conclusion of the events.	

\* The Victorian 30km is an Open event, meaning it is open to both men and women.

You must be a current financial member of one of the AV clubs if you wish to compete in any of the AV championships. AV Entries close at 11:59PM on Thursday 26<sup>th</sup> July – see the entry portal at <http://athsvic.org.au/event/2018-av-30km-walks-championships/>. Entries for the various VRWC races can be done on the day or, more preferably, via our online panel at <http://vrwc.org.au/wp1/race-entries-2/>.

- The **Australian Roadwalk Championships**, incorporating the 2<sup>nd</sup> RWA Carnival, will be held on **Sunday 26<sup>th</sup> August** in **Kawanna Waters, Sunshine Coast, Queensland**. This is a combined meet between Athletics Australia and RWA, with AA medals for individual places and RWA medals for winning teams, along with RWA Handicap trophies (just like in the LBG carnival in Canberra). All entries must be made via the AA online panel at <https://winterwalks.eventdesq.com/>. Note **entries close on Monday 6<sup>th</sup> August at 5pm**. Cost \$30 per event. We have been told that accommodation is scarce as the Sunshine Coast Ironman is also on the same day. So get yourself organized quickly if you are intending to go.

**RWA/VMA/VRWC ROADWALKS, MIDDLE PARK, SATURDAY 14 JULY 2018**

The weather was perfect for the latest round of VRWC roadwalks last Saturday afternoon at Middle Park, in inner Melbourne. A large contingent of 55 walkers fronted for the annual Victorian Masters 10km roadwalk championships and the VRWC Racewalking Australia Postal Challenge, which were contested alongside our usual VRWC points races.

24 walkers contested the VMA 10km championships, with some great times recorded in the various divisions. Special mentions to **Pramesh Prasad** who bettered Dip Chand's 23 year old Fijian National Record with his time of 49:52, **Kelly Ruddick** who bettered her own W45 Victorian and VRWC records with her time of 47:30 and to **Margaret Beaumont** who set a new W80 club record with her time of 1:35:05.

**VMA 10km Championship Men**

DNF	Daniel Walters	M35	DNF	
1	Pramesh Prasad	M40	49:52	Fijian National Record
1	Stuart Kollmorgen	M45	54:14	
DNF	David Smyth	M45	DNF	
1	Kevin Cassidy	M55	52:45	PB 0:35
2	Simon Evans	M55	1:08:00	
3	Albin Hess	M55	1:08:05	
4	Paul Moritz	M55	1:11:13	
1	Terry O'Neill	M60	1:05:36	
DNF	Frank Prowse	M65	DNF	
1	Russ Dickenson	M70	1:14:27	
DQ	Ian Beaumont	M80	DQ	
DQ	Bill Lotherington	M80	DQ	
DQ	Colin Silcock-Delaney	M85	DQ	

**VMA 10km Championship Women**

1	Kelly Ruddick	W35	47:30	W45 Vic and Club Record
2	Wendy Muldoon	W35	59:59	
1	Carolyn Rosenbrock	W55	1:04:17	
2	Donna-Marie Elms	W55	1:07:28	
3	Sandra Howorth	W55	1:21:44	
1	Karyn O'Neill	W60	1:09:56	
1	Alison Thompson	W65	1:00:57	
1	Gwen Steed	W75	1:14:52	
2	Sylvia Machin	W75	1:17:05	
1	Margaret Beaumont	W80	1:35:05	W80 Club Record

Apart from our masters walkers, we had lots of VRWC walkers contesting variety of distances. Lots of walkers to mention. Well done to **Darcey Roberts** who took a further 5 secs off her U11 2km club record with a superb 9:53. PBs also to **Heath Beveridge** (25:27 for 5km), **Emily Smith** (12:34 for 2km), **Aiden Smith** (14:54 for 2km) and **Havana Ali** (11:28 for 1.5km). And good fast walking to **Rhydian Cowley** (43:37 for 10km), **Quentin Rew** (44:55 for 10km), **Corey Dickson** (39:26 for 8km) and **Will Thompson** (41:13 for 8km). And finally, we welcomed **Kylie Irshad** back for her first walk in quite a few years and we welcomed first timers **Emma McCaffrey** and **Emilie Lorentzen**.

**VRWC 10km Walk**

1.	Rhydian Cowley	MOpen	43:37
2.	Quentin Rew	MOpen	44:55
3.	Kylie Irshad	W40+	1:05:22

**VRWC 8km Walk**

1.	Corey Dickson	MU18	39:26
2.	Will Thompson	MU18	41:13

**VRWC 5km Walk**

1.	Heath Beveridge	MU16	25:27	PB 0:07
2.	Paige De Lisen	WU20	27:17	
3.	Paul Kennedy	M60+	28:38	
4.	Holly Cocking	WU16	28:59	
5.	Madeleine Feain	WU20	30:32	
6.	Grace Louey	WU16	31:40	
7.	Anthony Doran	M60+	35:04	
8.	Steven Haverly	M60+	43:41	First time over the distance
	Barrie Wicks	M60+	DQ	

### VRWC 3km Walk

1.	Luke Epps	MU14	16:40
2.	Kaylah Heikkila-Dubowik	WU14	18:33

### VRWC 2km Walk

1.	Darcey Roberts	WU12	9:53	U11 Club Record, PB 0:05
2.	Liam Hutchins	MU12	10:51	
3.	Riannah Tatlock	WU12	12:31	
4.	Emily Smith	WU12	12:34	PB 0:12
5.	Charli Walker	WU16	13:08	
6.	Merilyn Thompson	W40+	14:14	
7.	Aiden Smith	MU12	14:54	PB 0:26
8.	Taysha Heikkila-Dubowik	WU16	15:52	First time over the distance
9.	Jan Morrey	W60+	15:59	
10.	Pam Mews	W60+	22:16	

### VRWC 1.5km Walk

1.	Zahlia Heikkila-Dubowik	WU10	9:41	
2.	Ela Uzun	WU10	10:24	
3.	Havana Ali	WU10	11:28	PB 0:47
4.	Emma McCaffrey	WU10	11:47	First time with us
5.	Emilie Lorentzen	WU10	12:09	First time with us

Finally, thanks to our big team of officials, judges and helpers. Apologies if I missed anyone. You are all most appreciated.

**Setup:** Peter Vysma, Tim Erickson, Shane Dickson, Corey Dickson

**Registration:** Mark Donahoo, Michael Bodey

**Officials:** Mark Donahoo, Tim Erickson, Ian Laurie, Bob Gardiner, Mark Roberts, Celia Johnson

**Judges:** Brenda Felton (Chief), Kathleen Marsh, Stuart Cooper, Shane Dickson, Gordon Loughnan, David Cash, Suzanne Callaway, Michael Bodey (DQ Board), Peter Vysma (Bike)

**Canteen:** Kate Suich, Wendy Cooper, Barb Gardiner

**Photos:** Tim Erickson (see <http://www.vrwc.org.au/piwigo/index.php?/category/478>)

The judges were also in action with Style Award points, which were cast as follows

#### Style Award Points – Men

Rhydian Cowley	11
Corey Dickson	8
Pramesh Prasad	6
Will Thompson	4
Liam Hutchins	3
Quentin Rew	1

#### Style Award Points – Women

Paige De Lisen	14
Kelly Ruddick	5
Holly Cocking	5
Alison Thompson	3
Darcey Roberts	2
Kaylah Heikkila-Dubowik	1
Havana Ali	1



*Record breakers Darcey Roberts, Margaret Beaumont, Pramesh Prasad and Kelly Ruddick*





*Havana Ali, Aiden Smith, Emily Smith and Corey Dickson*



*Emily Lorentzen, Emma McCaffrey, Rhydian Cowley and Heath Beveridge*

The progressive Style Award points are found at <http://www.vrwc.org.au/vrwcpointscomps.shtml>. Once I get the progressive points for Handicaps and Actual Times from Mark, I will also add them to this page.

**ACTRWC ROADWALKS, LENNOX GARDENS, CANBERRA, SATURDAY 14 JULY**

Thanks to Robyn White for this week's results from Canberra. Well done to **Mitchell Baker** (1:38:04), **Connor Frew** (1:41:41) and **Callum Burns** (1:48:50) on their first ever 20km walks.

**20km Walk**

1.	Mitchell Baker	1:38:04
2.	Connor Frew	1:42:41
3.	Callum Burns	1:48:50
4.	Ann Staunton-Jugovic	2:09:46
5.	Greg Durr	2:14:26
6.	Robin Whyte	2:26:35
7.	Bryan Thomas	2:32:00
8.	Val Chesterton	3:07:53
9.	Tim Fraser	DNF

**5km Walk**

1.	Laura Burns	30:45
2.	Rosemary Parker	38:23
3.	Pat Fisher	50:28

**3km Walk**

1.	Owen Toyne	17:41
2.	Helena Bialecki	19:46
3.	Sebastian Young	20:34
4.	Jack Thackray	27:24

**10km Walk**

1.	Hannah Manning	56:58
2.	Miriam McCarthy	1:12:33

**1.5km Walk**

1.	Eloise Smith	9:20
2.	Harry Baker	9:36

<b>SAMA ROAD WALKS, EAST TERRACE, ADELAIDE, SATURDAY 14 JULY</b>
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Thanks to Colin Hainsworth for this week's results from the South Australian Masters in Adelaide. Colin commented: *Cold, mostly sunny arvo. Good walking weather.* As usual, **George White** was the standout (M73 10km 1:03:48).

**10km Walk**

1.	George White	1:03:48	M73	<b>83.88%</b>
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**10km Club Walk**

1.	Richard Moyle	1:17:07	M62	60.94%
2.	Raelene Schild	1:17:44	W53	61.51%
3.	Rodger Barber	1:17:49	M80	76.28%
4.	David Robertson	1:30:42	M85	71.42%

**5km Walk**

1.	Marie Maxted	33:34	W58	71.99%
2.	Helen Suridge	38:29	W67	70.14%
3.	Jan Layng	38:45	W69	71.65%
4.	Colin Hainsworth	49:15	M88	67.07%

**5km Club Walk**

1.	Graham Harrison	38:31	M74	68.46%
2.	Dave Fallon	39:51	M65	59.30%
3.	Julie Hayford	40:23	W61	61.92%
4.	Gill White	43:22	W69	64.03%
5.	Cathie Hore	47:53	W67	56.37%
6.	Edna Bates	47:53	W65	54.88%

<b>TRWC ROADWALKS, BRIGHTON INDUSTRIAL ESTATE, HOBART, SATURDAY 14 JULY</b>
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Thanks to Wayne Fletcher for this week's results from Tasmania. Best walk by **Will Robertson** (14:42 for 3km).

**5km Walk**

1.	Eugene Gerlach	33.32
2.	David Moore	40.21

**4km Walk**

1.	Anna Blackwell	21.56
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**3km Walk**

1.	Will Robertson	14.42
2.	Chloe Ahern	17.55

<b>SARWC ROADWALKS, ADELAIDE PARKLANDS, ADELAIDE, SATURDAY 14 JULY</b>
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Thanks to Peter Crump for this week's SARWC results from Adelaide. Best of the walkers was **Kim Mottrom**.

**8km Walk**

1.	Kim Mottrom	38:26
2.	Richard Everson	45:11
3.	Rhiannon Lovegrove	46:43
4.	James Hoare	DNF

**2km Walk**

1.	Jake Vidler	11:39
2.	Hannah Wilks	11:53
3.	Sebastian Richards	12:26
4.	Sam Wilks	12:58
5.	Tarique Kamish	16:40
6.	Zahra Kamish	17:40

**5km Walk**

1.	Tristan Camilleri	23:38
2.	Mia Wilks	29:56

**1km Walk**

1.	Alexander Richards	7:41
2.	Arabella Camilleri	7:59
3.	Caleb Camilleri	8:10

**3km Walk**

1.	Toby Wilks	15:57
2.	Danielle Walsh	17:38

3.	Zayden Kamish	18:46
4.	Mathew Bruniges	20:16
5.	Aleesha Vidler	21:15
6.	Liz Downs	22:55

#### WA ROADWALKS, WILSON, PERTH, SUNDAY 15 JULY

Thanks to Terry Jones for the results of the Western Australian Master 10km Roadwalk Championships which were held alongside the WARWC weekly walks. Good 10km walks by **Ben Reid** (48:57) and **Andrew Duncan** (49:06)

#### WA Masters 10km Roadwalk Championships

W50	1	Wendy Farrow	1:06:05
	2	Cheryl-Lee Dean	1:09:50
W75	1	Lynne Schickert	1:20:49
M45	1	Wayne Byram	1:06:00
M50	1	Andrew Duncan	49:06
M60	1	Victor Munoz	1:04:02

#### WARWC 10km Handicap

1.	Ben Reid	48:57
2.	Brad Mann	55:51

#### WARWC 2km Handicap

1.	Ellis Freeman	14:18
2.	Asha Freeman	13:25
3.	Ashlyn Spence	11:58
4.	Jasmine Williams	13:22
5.	Xavier Bernard	11:32
6.	Lataya Lawrence	11:29
7.	Luke Lawrence	13:03

#### 2018 DOWN UNDER CHAMPIONSHIPS, QSAC, BRISBANE, 13-15 JULY

Thanks to Robyn Walkes also for the walk results from the annual Down Under Championships which are the biggest T&F competition on the QA winter calendar. Around 700 athletes competed in total, including a number from American High Schools.

The track walks were held on Friday morning in glorious weather. The highlight was provided by **Jayda Anderson** who broke Katie Hayward's Queensland U14 3000m walk record with 14:38.91.

#### 5000m Open Walk, Friday 13 July

1.	Pickles, Jessica	24	UNQ	24:23.53
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#### 5000m U20 Walk, Friday 13 July

	Bhakta, Ajay	19	United States	DNF
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#### 5000m U18 Walk, Friday 13 July

1.	Clarke, Ethan	17	QRW	30:48.90
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#### 3000m U16 Walk, Friday 13 July

1.	Anderson, Jayda	13	QRW	14:38.91
2.	Clarke, Anika	13	Redlands	15:58.05
3.	Schofield, Amelia	15	Gold Coast Victory	17:56.07
4.	Brady, Korey	13	QRW	18:37.34
5.	Fisher, Torryn	13	QRW	18:46.12
1.	Wearne, Jonathan	14	QRW	15:19.03
2.	Norton, Kai	13	Unattached	15:48.01

#### QRWC ROADWALKS, MORNINGSIDE, BRISBANE, SUNDAY 15 JULY

Fast forward 2 days to Sunday morning and a number of the Down Under walkers were back in action in the weekly QRWC roadwalks in Brisbane. **Jayda Anderson** produced another good 3km time with 14:48.

**A Grade Men 15km**

1.	Ignacio Jimenez	M	1.15.28
2.	Peter Bennett	M	1.30.25

**A Grade Women 10km**

1.	Noela McKinven	F	1.21.53
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**C Grade 5km**

1.	Jayden Lyttle	M	29.45
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**D Grade 3km**

1.	Jayda Anderson	F	14.48
2.	Jonathan Wearne	M	15.35
3.	Anika Clarke	F	16.12
4.	Amber Norton	F	16.23
5.	Kai Norton	M	18.12
6.	Korey Brady	F	18.18
7.	Torryn Fisher	F	19.49
8.	Jasmine McRoberts	F	20.00
9.	Amber Tofful	F	21.54

**B Grade 8km**

1.	Brenda Gannon	F	46.06
2.	Peter Sela	M	1.04.34

**E Grade 2km**

1.	Lyla Williams	F	10.30
2.	Myles Callaghan	M	10.37
3.	Lily Goulding	F	13.29
4.	Jacob Petrovic	M	14.30
5.	Charlotte Brady	F	15.54
6.	Robyn Wales	F	17.03

**F Grade 1km**

1.	Flynn Callaghan	M	5.49
2.	Makenna Clarke	F	5.49
3.	Siaan Fisher	F	6.14
4.	Holly Delchau	F	7.11
5.	Knox Anderson	M	7.59

**16<sup>TH</sup> WORLD JUNIOR T&F CHAMPIONSHIPS, TAMPERE, FINLAND, JULY 10-15, 2018**

No doubt you have been following the many wonderful performances in the 16<sup>th</sup> IAAF World Junior Championships in Tampere, Finland, over the last week. Overall, Australia finished 7<sup>th</sup> on the Tampere 2018 medal table with 2 golds and 3 silvers. As an added indication of strength, Australia had 15 top 8 performances of which 10 were in the top 5. And the big news was that 3 of those top 8 performances were recorded by our racewalk representatives.

The U20 Women's and Men's 10,000m walks were held last Saturday morning, European time, so we were able to watch them live on the IAAF Youtube stream (you can still see full race coverage in the Day 5 stream (see <https://www.youtube.com/watch?v=OjHwns7dfns>)). The Australian walkers did brilliantly, finishing 4<sup>th</sup> (Declan), 5<sup>th</sup> (Katie) and 6<sup>th</sup> (Kyle) and all doing PBs.

- **Declan Tingay** 4<sup>th</sup> 40:49.72 18 sec PB AUS U20 record
- **Katie Hayward** 5<sup>th</sup> 45:10.42 38 sec PB 2<sup>nd</sup> fastest AUS U20
- **Kyle Swan** 6<sup>th</sup> 41:24.12 83 sec PB 4<sup>th</sup> fastest AUS U20

It is not easy to knock out big PBs in tough international competition so all are to be congratulated. Further, Declan's performance set a new Australian Men's U20 10,000m Track Walk record. You can't do better than that!



*Kyle, Declan and Katie in action (photos Terry Swan)*





*Three happy walkers after their excellent walks in Tampere (photos Terry Swan)*

First to some links for Australian readers:

AA News: <http://www.athletics.com.au/News/aussie-record-for-tingay-as-walkers-shine-tampere2018-day-5-morning-session-3>

Katie interview: <https://www.facebook.com/AthleticsAustralia/videos/10156744487254301/>

Kyle Interview: <https://www.youtube.com/watch?v=z1xJ8sukTqU>

Declan Interview: <https://youtu.be/3Rp63GQ2AfI>

Kyle and Declan interview: <https://www.facebook.com/AthleticsAustralia/videos/10156744718249301/>

Now onto the race reports:

#### **10,000m Walk U20 Women, Saturday 14 July**

Steven Mills has produced a great report of the women's race (<https://www.iaaf.org/competitions/iaaf-world-u20-championships/iaaf-world-u20-championships-tampere-2018-6082/news/report/women/10000-metres-race-walk/final>). I reproduce it here.

The order from the U20 10km at the IAAF World Race Walking Team Championships in Taicang, China in May was repeated on the track as the 10,000m race walk reached a thrilling three-way climax on the fifth morning of competition at the IAAF World U20 Championships Tampere 2018. Mexico's **Alegna Gonzalez** stayed away from the lead until the final 600 metres but the 19-year-old timed her effort brilliantly, pulling away from Ecuador's **Glenda Morejon** and Turkey's **Meryem Bekmez** to win her second major title of the season in a world U20 leading time of 44:13.88.

On a warm morning in Tampere, Puerto Rico's **Rachelle de Orbeta** staked out her claim from the gun and led by 11 seconds by the two kilometre checkpoint in 8:54.19. The pack which included all of the medal favourites - and the three eventual medallists - were content to bide their time and de Orbeta was swallowed up by the pursuers just after the three kilometre mark.

After the halfway point was reached in 22:41.39, Bekmez was the first of the principal contenders to make a show, making an early bid for the title with 11 laps to go. The world U18 silver medallist over 5000m led by four seconds at the seven kilometre mark courtesy of a quick kilometre of 4:13.75 but Gonzalez and Morejon moved up as a pair and were back in title contention after eight kilometres.

Perhaps remembering how quickly Gonzalez finished to beat her in Taicang two months ago, Morejon began to press --but not hard enough-- with five laps remaining as Bekmez and Gonzalez sat comfortably in her slipstream. With one-and-a-half laps remaining, the Mexican moved to the front for the very first time which put paid to Morejon's title chances. Bekmez resisted for longer but a gap began to open up to Gonzalez with 300 metres remaining. Maintaining her technique all the way to the line, Gonzalez - who didn't receive any warnings from the judges - was rewarded with her second major age-group accolade of the summer, also with a North American U20 record of 44:13.88.

"I'm happy with how the race went. It's been a really good season, exactly what I hoped for. This was a strategical competition and I had a lot of fuel in the tank in the end of the race," said Gonzalez, also expressing a penchant for the warm conditions. "This was perfect weather for me."

The silver and bronze medal positions remained in flux for the last 300 metres but Bekmez spurred again with 120 metres, opening up a comfortable gap on a tiring Morejón, 44:17.69 to 44:19.40. Bekmez set a Turkish U20 record while Morejón was rewarded with a South American U20 record on her 10,000m track debut.

The results indicate that 17 of the top 20 finishers all did PBs, with National Records for **Alegna González** (MEX), **Meryem Bekmez** (TUR), **Glenda Morejón** (ECU), **Rachelle De Orbeta** (PUR), **Noelia Vargas** (CRC), **Taylor Ewert** (USA ) and **Orla O'Connor** (IRL).

1.	Alegna González	MEX	44:13.88	NR
2.	Meryem Bekmez	TUR	44:17.69	NR
3.	Glenda Morejón	ECU	44:19.40	NR
4.	Nanako Fujii	JPN	45:08.68	PB
5.	<b>Katie Hayward</b>	<b>AUS</b>	<b>45:10.42</b>	<b>PB</b>
6.	Yuxia Shi	CHN	45:21.39	
7.	Rachelle De Orbeta	PUR	45:23.05	NR
8.	Ayse Tekdal	TUR	45:49.43	PB
9.	Noelia Vargas	CRC	45:51.58	NR
10.	Taylor Ewert	USA	45:57.81	NR
11.	Yajing Liu	CHN	46:45.47	
12.	Mary Luz Andia	PER	46:49.59	PB
13.	Paula Milena Torres	ECU	47:53.17	PB
14.	Orla O'Connor	IRL	47:55.40	NR
15.	Julia Richter	GER	48:12.39	PB
16.	Laura Cristina Chalarcá	COL	48:16.19	PB
17.	Antia Chamosa	ESP	48:34.50	PB
18.	Emily Villafuerte	PER	48:46.67	PB
19.	Inês Reis	POR	48:51.51	
20.	Mayra Karen Quispe	BOL	49:00.66	PB
21.	Rihem Bouzid	TUN	49:22.95	PB
22.	Anniina Kivimäki	FIN	49:27.78	PB
23.	Maria Bernardo	POR	49:32.13	
24.	Hana Burzalová	SVK	49:57.70	PB
25.	Marina Peña	ESP	50:06.73	
26.	Mare Betwe	ETH	50:42.52	
27.	Yasury Palacios	GUA	51:00.65	
28.	Ema Hacundová	SVK	51:50.84	
29.	Austeja Kavaliauskaite	LTU	52:31.06	PB
30.	Maidy Monge	GUA	52:38.37	
31.	Yekaterina Shlykova	KAZ	53:03.47	
32.	Niamh O'Connor	IRL	53:25.90	PB
33.	Souad Azzi	ALG	54:14.57	
	Lauren Harris	USA	DNF	



*Alegna Gonzalez wins yet another junior title (photo www.iaaf.org)*

### 10,000m Walk U20 Men, Saturday 14 July

Jon Mulqueen has produced a great report of the men's race (<https://www.iaaf.org/competitions/iaaf-world-u20-championships/iaaf-world-u20-championships-tampere-2018-6082/news/report/men/10000-metres-race-walk/final>). I reproduce it here.

After covering 25 laps of the track in uncomfortably warm conditions, just six thousandths of a second separated the top two finishers at the end of the men's 10,000m race walk at the IAAF World U20 Championships Tampere 2018. **Zhang Yao** was bidding to become the first man in history to complete a full set of global age-group race walking titles. The Chinese teenager had already won two out of a possible three, having triumphed at the IAAF World U18 Championships Nairobi 2017 and in the U20 10km event at the IAAF World Race Walking Team Championships Taicang 2018. And for 9,980 metres of today's 10,000m race walk, he looked well on his way to pick up a third global title. Ecuador's **David Hurtado**, though, produced an inspired effort down the final home straight and crossed the line level with Zhang. A nervous wait followed.

Zhang had punched the air with delight as he crossed the line, but the longer it took for the results to become official, the more unsure he became about whether he had taken the gold medal. After a couple of minutes, it was finally confirmed: Zhang had won the title in 40:32.06. Hurtado was given the same time in second place, but just six thousandths of a second separated them in the photo finish: 40:32.054 to 40:32.060.

The race got underway at a steady pace. Japan's **Sho Sakazaki** led during the early stages, taking the field through 1000 metres in 4:03.30 and 2000 metres in 8:17.33. Kenya's world U18 bronze medallist **Dominic Samson Ndigiti** then led for several laps with Sakazaki, Japanese compatriot **Tatsuhiko Nagayama**, Poland's **Lukasz Niedzialek** and **David Kuster** of France all near the front.

Australia's **Kyle Swan** made a brief appearance at the head of the pack, while his teammate **Declan Tingay** was a few strides back in the middle of the leading group. By 4000 metres, reached in 16:35.20, Zhang and Chinese teammate **Wang Zhaozhao** were right behind Ndigiti, so too were Guatemala's **Jose Ortiz**, Australian duo Swan and Tingay, plus Hurtado.

Little had changed in the positions of the leaders at half way, which Ndigiti passed in 20:43.39. Hurtado made his move soon after, though, and the pace gradually started to pick up. A 3:52.19 split between 6000 and 7000 metres blew the field apart, leaving just Hurtado, Zhang and Ortiz out in front. Ortiz stuck with the leading pair for another 1000 metres before he started to struggle, but he was relatively safe in third place. Hurtado and Zhang, meanwhile, continued to play a cat-and-mouse game during the closing stages. Zhang hit the front with three laps left, but the Ecuadorian went back into the lead with 700 metres left.

As the bell sounded for the final lap, Zhang went back into the lead and opened up a four-metre lead on Hurtado. Possibly thinking his lead was bigger than it actually was, Zhang appeared to ease off slightly on the final home straight. Hurtado picked up his cadence and started to close in on the Chinese leader. The race reached its exciting conclusion with the pair crossing the line in unison before Zhang was later declared the winner. "I'm quite surprised I won," said Zhang. "I have worked hard for this for seven years. This title means a lot to me."

Although slightly disappointed to miss out on the gold medal, Hurtado was proud of his achievement. "My goal was to win the gold medal but it became difficult for me as I got two yellow cards, so I took it easy up to 8km and then tried as much as I could," he said. "It was very hot and I felt dehydrated during the race."

With Ortiz holding on to take bronze with 40:45.06, all three medallists were rewarded with PBs. Tingay was fourth in 40:49.72, breaking the Oceanian U20 record that had previously been held by Olympic bronze medallist Dane Bird-Smith.

1.	Yao Zhang	CHN	40:32.06	PB
2.	David Hurtado	ECU	40:32.06	PB
3.	José Ortiz	GUA	40:45.26	PB
4.	<b>Declan Tingay</b>	<b>AUS</b>	<b>40:49.72</b>	<b>NR</b>
5.	Zhaozhao Wang	CHN	41:04.22	
6.	<b>Kyle Swan</b>	<b>AUS</b>	<b>41:24.12</b>	<b>PB</b>
7.	Dominic Samson Ndigiti	KEN	41:30.52	
8.	Sho Sakazaki	JPN	41:50.91	
9.	Mikita Kaliada	BLR	41:51.76	PB
10.	Tatsuhiko Nagayama	JPN	41:58.12	
11.	Georgios Tzatzimakis	GRE	42:03.85	PB
12.	Yohanis Algaw	ETH	42:10.12	
13.	Anderson Callejas	COL	42:32.01	PB
14.	Lukasz Niedzialek	POL	42:36.66	PB
15.	José Manuel Pérez	ESP	42:41.26	PB
16.	Riccardo Orsoni	ITA	42:53.76	
17.	Matheus Correa	BRA	42:55.70	PB
18.	David Kuster	FRA	43:24.29	
19.	Álvaro López	ESP	43:38.84	PB
20.	Mingyu Kim	KOR	43:46.20	
21.	Antonio Loja	ECU	44:04.90	
22.	Jan Moreu	PUR	44:16.40	

23.	Pavel Olkhovik	BLR	44:21.41	
24.	Dongmin Im	KOR	44:38.72	
25.	Abduselam Imuk	TUR	44:40.20	
26.	Andriy Syndyuk	UKR	44:52.67	
27.	Viktor Kononenko	UKR	45:19.29	
28.	Nicolas Fanelli	ITA	45:54.09	
29.	Aníbal Zapeta	GUA	45:59.37	
30.	Abdulrahman Mahmoud	EGY	46:02.30	PB
31.	Othman Chibani	ALG	46:26.73	
32.	Bálint Sárosi	HUN	46:43.77	
33.	Abdulaziz Danis	TUR	46:49.51	
	José Gilberto Menjivar	ESA	DQ	



*Zhang Yao and David Hurtado fight out the finish (photo [www.iaaf.org](http://www.iaaf.org))*

#### FRENCH ROUNDUP, NIORT, FRANCE, 14-15 JULY

Emmanuel Tardi was in Niort, 400km SW of Paris, for a big double header last weekend.

The U15 National Provinces Championships were held on Friday, with 3000m track walks on offer. Each province could enter one walker per event, plus could also enter an ancilliary walker. Thus the walk events saw fields of 25 girls and 22 boys. Wins to **Flavie Bodin** (16:02.09) and **Adrien Landras** (14:44.88).

#### 3000m U15 Girls

1	BODIN Flavie	MIF/03	Ligue Grand Est	16:02.09
2	LAURENS Emilie	MIF/03	Ligue Auvergne Rhone Alpes	16:04.48
	MEYER Maylisse	MIF/04	Charleville Mezieres Athletism	16:06.30
3	FAUCON Thais	MIF/04	Ligue Normandie	16:06.52
4	CAMARD Pauline	MIF/03	Ligue Bretagne	16:23.82
5	IVAIN Nais	MIF/03	Ligue Hauts de france	16:45.31
	AMIMOUR Juliette	MIF/03	A.s.a. - S/I Haute Tarentaise	16:55.57
	MILLE Agathe	MIF/04	Grac - S/I Cas Renwez	17:01.34
6	LAGRANGE Nelly	MIF/04	Ligue Occitanie	17:05.31
7	MASSON Liv	MIF/03	A.s.a. - S/I Haute Tarentaise	17:06.41
8	PICART Lysa	MIF/03	Ligue Pays de loire	17:10.96
9	PARMENTIER Tess	MIF/04	Ems Athletisme	17:12.08
10	GUERRIER Tamara	MIF/03	Ligue de Guadeloupe	17:14.44
11	DELAHAIE Ana	MIF/04	Ligue Nouvelle-Aquitaine	17:14.46
	RUANT Elise	MIF/03	Etoile Oignies	17:14.84
12	RIBEIRO Emma	MIF/04	Ligue Ile de France	18:00.13
	VAN LIERDE Lea	MIF/04	Athle Halluin-val-de-lys	18:08.32
	MARKIEWICZ Carla	MIF/04	A. Sarreguemines Sarrebourg	18:09.60
13	BERGER Alyssa	MIF/03	Ligue Bourgogne Franche-Comte	18:16.39
	FRATTINI Emma	MIF/04	Co Haute Moselotte	18:19.01
	JUPPIN Camille	MIF/04	Cas Renwez	18:19.50
	GRARE Lactitia	MIF/03	Club Athletique Aubergenville	18:51.72



	SANIEZ Zelie	MIF/04	Us Dax	19:42.36
14	LEGALL Lou-ann	MIF/03	Ligue Centre Val de loire	20:44.34
	BELKHIRI Coraly	MIF/03	Union Perpignan	21:03.97

### 3000m U15 Boys

1	LANDRAS Adrien	MIM/03	Ligue Occitanie	14:44.88
	BATIFOL Ellis	MIM/03	Bagnols Marcoule Athletisme	14:53.17
2	GARROUTY Erwan	MIM/03	Ligue Nouvelle-Aquitaine	15:23.14
	VIALLET Martin	MIM/03	Us Fronton Athl	15:43.42
3	GAUDRE Martin	MIM/04	Ligue Pays de loire	15:43.72
	BENJELLOUN-TOUIMI Leo	MIM/04	As Libourne	15:55.98
4	FELLAH Clement	MIM/04	Ligue Hauts de france	16:01.48
	LAJOUANIE Armel	MIM/03	Asptt Lille	16:07.19
5	JOUIS Gustave	MIM/03	Ligue Normandie	16:07.65
6	NAU Louis	MIM/04	Ligue Centre Val de loire	16:10.41
	BEAULIEU Samuel	MIM/04	Spn Vernon	16:17.41
7	DUCLOS Maxime	MIM/03	Ligue Bourgogne Franche-Comte	16:37.21
8	CHARBONNIER Theo	MIM/04	Ligue Bretagne	16:45.90
	CADOU Kilian	MIM/03	Concarneau Olympique Athletisme	16:46.20
9	GARREAU Faustin	MIM/03	Ligue Auvergne Rhone Alpes	17:14.39
10	FOUGERON Pierre-alex	MIM/03	Us Berry Athletisme	17:28.80
11	ROTTIER Lilian	MIM/03	Ligue Ile de France	17:39.37
	LEDOUX Pierre	MIM/03	Etoile Oignies	18:33.07
12	CAHON Eliot	MIM/04	Ligue Grand Est	18:41.44
13	CYPRIEN Jonas	MIM/04	Ligue de Guadeloupe	18:59.27
	ALAMPI Samuel	MIM/04	Grand Chalon Athletisme	19:19.63
	GIMENEZ Mathys	MIM/03	Es Bruges	DQ

The U23 20km road championships were contested on Sunday morning and, once again, ancillary walkers could enter, ensuring more big fields. The women started at 8AM and the men at 8:20AM, so there were a lot of walkers on the 1km road loop. The temperature was fresh at the start but increased quickly and was soon quite warm. In the women's race, **Eloise Terrec** led from start to finish, winning with 1:40:12. In the men's race, Aurélien Quinion led early before being disqualified, allowing **Gabriel Bordier** an easy win.

### 20km Women

1.	TERREC Eloise	U23	ESF/98	Ac Roche-sur-yon	1:40:12
2.	BOURHIS Amelie		EEF/92	Larmor Estran Athle	1:46:07
3.	CELLARD Loanie	U23	ESF/98	Carquefou Ac	1:46:14
4.	CASALE Maeva	U23	ESF/97	Ca Balma	1:48:02
5.	BILLA Jeanne	U23	ESF/96	As Caluire Et Cuire	1:53:21
6.	LETERTRE Marine		SEF/91	Ac Cesson	1:54:58
7.	PESLERBE Bertille	U23	ESF/98	Ea Pays De Broceliande	1:57:27
8.	CORMIER Chloe	U23	ESF/98	As Fleury Les Aubrais Saran At	1:59:07
9.	MORENO Carolina	U23	ESF/96	BRASIL	1:59:23
10.	MIALDEA Eva	U23	ESF/97	Us Talence	2:03:12
11.	VIDALINC Celia	U23	ESF/96	Stade Clermontois	2:07:11
12.	LIARD Laura	U23	ESF/96	Athletisme Le Bourget Drancy	2:09:20
13.	UDIN Servane		SEF/88	Ea Pays De Broceliande	DNF
14.	AURRIERE Camille		ESF/98	Us St Berthevin	DNF

### 20km Men

1.	BORDIER Gabriel	U23	ESM/97	Us St Berthevin	1:28:50
2.	LEAUTE Benjamin		SEM/88	Asptt Lille	1:36:43
3.	BOUTRAIS Andy		SEM/91	Stade Sottevillais 76	1:39:08
4.	BERCHEBRU Benoit		SEM/84	Ca Montreuil 93	1:39:23
5.	BAZZO BORTOT Simon	U23	ESM/96	As Raismes	1:42:23
6.	FREMONDIERE Antoine	U23	ESM/96	Cap Saumur	1:45:13
7.	SWAIEH Meftah		VEM/72	U.s.o Mondeville	1:45:32
8.	LEMOINE Loic	U23	ESM/97	Ea Romans-bourg De Peage	1:45:38
9.	BONTEMPS Sebastien		SEM/90	Gien Athle Marathon	1:46:46
10.	ADAM Dorian	U23	ESM/97	Bordeaux Athle	1:48:37
11.	FOUDJEM GANNO Daniel (Cmr)		VEM/74	Bordeaux Athle	1:48:49
12.	SEGEAT Benjamin	U23	ESM/97	La VigilanteFougères	1:49:06
13.	HALOUA BOUKHRIS Zineddine		ESM/98	SPAIN	1:51:42
14.	ROUSSIASSE Lucas	U23	ESM/97	Entente Angevine Athletisme	1:52:12
15.	SUREAU Jean-baptiste		SEM/83	Asa Maisons-alfort	1:54:40
16.	ERARD Christophe		VEM/70	Asm Bar-le-duc	1:55:12
17.	GAUDIN Dominique		VEM/73	Saint Barthelemy D'Anjou	1:57:46

18. GIRAUD Baptiste	VEM/75	Cognac Ac	2:01:03
19. VANOOSTHUYSE Jean-franck	SEM/79	Us Talence	2:02:51
20. QUINION Aurelien	SEM/93	Efcvo	DQ
21. DE NEVE Nicolas	SEM/93	Athletisme Chamalieres	DQ



*Maeva Casale, Camille Aurrière, Amelie Bourhis and Loanie Cellard*



*Andy Boutrais, Gabriel Bordier, Eloise Terrec and Benjamin Leaute*

**101<sup>ST</sup> WELSH ATHLETICS SENIOR T&F CHAMPIONSHIPS, CARDIFF, WALES, 13-14 JULY**

Thanks to Mark Wall for letting me know the results of the Welsh T&F Championship walks in Cardiff last weekend. **Bethan Davies** (12:42.46) and **Heather Lewis** (12:54.71) both walked excellently in the women's 3000m walk.

**3000m Walk Men**

1. Mark WILLIAMS	Birchfield Harriers	15:46.26
2. Daniel MCKERLICH	Cardiff AAC	17:21.30

**3000m Walk Women**

1. Bethan DAVIES	Cardiff AAC	12:42.46
2. Heather LEWIS	Pembrokeshire Harriers	12:54.71
3. Megan STRATTON-THOMAS	Swansea Harriers	15:51.32

## MARCIADALMONDO AND OMARCHADOR ROUNDUP

There are 3 press releases for us from Marciadalmondo this week

- Sat 14 Jul - Tampere (FIN): Alegna Gonzalez (MEX) and Zhang Yao (CHN) World Champions U20  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3238](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3238)
- Wed 11 Jul - Soria (ESP): Diego Garcia and Lidia Sanchez-Puebla Spanish U23 champions  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3237](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3237)
- Tue 10 Jul Albi (FRA): Gabriel Bordier and Clemence Beretta are the new French champions  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3236](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3236)

and omarchador has 15 press releases

- Mon 16 Jul - Guatemalans show up at the Central American Athletics Championships  
<http://omarchador.blogspot.com/2018/07/guatemaltecos-evidenciam-se-nos-centro.html>
- Mon 16 Jul - Results of walks meet in Best, Netherlands  
<http://omarchador.blogspot.com/2018/07/jornada-de-marcha-em-best-holanda.html>
- Sun 15 Jul - INAS European Summer Games start tomorrow in Paris  
<http://omarchador.blogspot.com/2018/07/jogos-europeus-de-verao-da-inas-amanha.html>
- Sat 14 Jul - Yao Zhang (China) wins men's U20 10,000m walk at World Junior Champs  
<http://omarchador.blogspot.com/2018/07/zhang-yao-china-consagracao-nos.html>
- Sat 14 Jul - Alegna González (Mexico) wins women's U20 10,000m walk at World Junior Champs  
[http://omarchador.blogspot.com/2018/07/mexicana-alegna-gonzalez-campea-mundial\\_14.html](http://omarchador.blogspot.com/2018/07/mexicana-alegna-gonzalez-campea-mundial_14.html)
- Sat 14 Jul - Portuguese Masters Meet starting today in City of Coimbra  
<http://omarchador.blogspot.com/2018/07/torneio-master-cidade-de-coimbra-com.html>
- Fri 13 Jul - Start list for men's 10,000m walk in World Junior Champs  
[http://omarchador.blogspot.com/2018/07/10000-m-masculinos-lista-de-saida-sub\\_13.html](http://omarchador.blogspot.com/2018/07/10000-m-masculinos-lista-de-saida-sub_13.html)
- Fri 13 Jul - Start list for women's 10,000m walk in World Junior Champs  
<http://omarchador.blogspot.com/2018/07/10000-m-femininos-lista-de-saida-sub-20.html>
- Fri 13 Jul - Results of walks from Youth Athletics Meeting between Lisbon and Madrid (Portugal)  
<http://omarchador.blogspot.com/2018/07/a-marcha-no-meeting-jovem-lisboa-madrid.html>
- Thu 12 Jul - Portuguese judge Joaquim Graça to officiate at World Junior Champs  
<http://omarchador.blogspot.com/2018/07/joaquim-graca-vai-atuar-nos-mundiais.html>
- Thu 12 Jul - Diego García and Lidia Sánchez-Puebla win Spanish U23 walks in Soria  
<http://omarchador.blogspot.com/2018/07/diego-garcia-e-lidia-sanchez-puebla.html>
- Wed 11 Jul - Matsunaga sets Japanese 10,000m track walk record  
<http://omarchador.blogspot.com/2018/07/matsunaga-bate-recorde-do-japao-dos.html>
- Wed 11 Jul - Obituary for young Slovakian walker Nikoleta Abbatantuono  
<http://omarchador.blogspot.com/2018/07/o-adeus-nikoleta-abbatantuono.html>
- Tue 10 Jul - Bordier and Beretta win Elite French Championships  
<http://omarchador.blogspot.com/2018/07/bordier-e-beretta-vencem-campeonatos-de.html>
- Tue 10 Jul - Dunfee wins 20,000m Canadian track championship  
<http://omarchador.blogspot.com/2018/07/dunfee-vence-campeonatos-de-20000-m.html>

## U20 RANKINGS UPDATE

With last weekend's big PBs by Declan, Katie and Kyle, I am indebted Brent Vallance for these updated Australian All-Time 10km / 10,000m ranking lists for U20 Women, U20 Men and U18 Men. I had to do a fair bit of editing to get rid of secondary performances for the walkers, so can't guarantee I have it completely correct.. As per the lists, Katie now sits in third place, Declan sits in first place and Kyle sits in fifth place in their respective lists. Some great names here!

**U20 Women – Australian All-Time (cutoff 50:00)**

44:44.22	t	Jess Rothwell	18/06/89	VIC	4	Bydgoszcz, Poland	09/07/08
45:10.0	r	Natalie Saville	07/09/78	NSW	2	Melbourne	27/02/97
45:10.42	t	Katie Hayward	23/07/00	Qld	5	Tampere, Finland	14/07/18
45:38.00	r	Sally Pierson	63	VIC	1	Melbourne	08/05/82
46:02.0	r	Jane Saville	22/05/74	NSW	2		1992
46:25.00	r	Michelle French	01/04/82	NSW	1	Medowbank	05/06/99
46:29.00	r	Zoe Hunt	04/12/97	ACT	1	Adelaide	21/02/16
46:33.00	r	Clara Smith	09/03/98	Qld	8	Taicang, CHN	03/05/14
46:43.00		Jemima Montag	15/02/98	VIC	1	Canberra	11/06/17
47:01.00	r	Linda Coffee	31/07/77	NSW	1	Naumburg, Germany	28/04/96
47:03.00	r	Regan Lamble	14/10/91	VIC	1	Melbourne	24/10/10
47:18.00	r	Simone Wolowiec	12/02/74	VIC	1	Melbourne	28/11/93
47:25.00	r	Tayla-Paige Billington	03/10/97	VIC	3	Adelaide	21/02/16
47:41.00	r	Tanya Holliday	21/09/88	SA	1	Sydney	04/02/06
47:49.00	r	Gabriel Blythe	09/03/69	VIC	1	Melbourne	07/08/88
47:52.00	r	Sarah Walkley	11/05/83		1	Sydney	22/06/02
48:03.00	r	Jantien Saltet	24/01/71	ACT	5	Melbourne	25/08/92
48:04.62	t	Melissa Hayes		NSW	2	Gold Coast	14/03/08
48:04.78	t	Laura Johnson	31/08/84	NSW	10	Kingston	18/07/02
48:07.13	t	Jessica Pickles	06/02/94	QLD	1	Brisbane	04/02/12
48:13.00	r	Rachel Tallent	20/02/93	VIC	2	Ballarat	27/05/12
48:28.00	r	Teresa Letherby		QLD	7	Melbourne	25/08/99
48:52.25	t	Phillipa Huse	11/04/99	VIC	2	Sydney	16/03/18
48:56.00	r	Cheryl Webb	03/10/76	NSW	2	Melbourne	01/09/96
48:58.83	t	Lisa Grant	26/04/85	NSW		Sydney	27/02/04
49:02.00		Bec Henderson		VIC	2	Adelaide	11/02/18
49:03.00	r	Beth Alexander	28/11/92	VIC	2	Hobart	13/02/10
49:11.00		Anna Cross	18/01/99	SA	3	Adelaide	11/02/18
49:11.00		Jasmine Dighton	05/12/96	NSW	3	Hobart	02/02/14
49:15.00		Kirsty Klein	19/05/94	NSW	2	Sydney	13/07/03
49:21.00	r	Beki Lee	25/11/86	NSW	1	Sydney	18/05/02
49:21.00		Elizabeth Hosking	03/05/95	ACT			02/02/14
49:26.0	r	Paige Hooper	09/09/92	S	3	Hobart	13/02/10
49:34.00	r	Fiona Alldis	30/07/88	NSW	2	Canberra	31/01/04
49:37.00	r	Nicole Fagan	24/07/89	NSW	25	Cheboksary, Russia	10/05/08
49:38.00	r	Susan Knapton	19/12/87	NSW	2	Sydney	18/05/02
49:40.00	r	Josephine Strangman	17/11/75	ACT	3	Canberra	28/08/93
49:51.10	r	Carolyn Vanstan	14/08/68	VIC	2	Melbourne	28/06/87
49:52.00		Katya Martin	10/03/97	QLD			22/02/14

**U20 Men – Australian All-Time (cutoff 45:00)**

40:49.72	t	Declan Tingay	06/02/99	WA	4	Tampere (FIN)	14/07/18
40:54.00	r	Adam Rutter	24/12/86	NSW	1	Sydney	26/06/04
40:56.00	r	Dane Bird-Smith	15/07/92	QLD	1	Hobart	19/02/11
41:11.44	t	Nathan Deakes	17/08/77	VIC	3	Sydney	22/08/96
41:24.12	t	Kyle Swan	28/03/99	VIC	6	Tampere (FIN)	14/07/18
41:27.00	r	Jesse Osborne	21/01/95	QLD	1	Hobart	02/02/14
41:50.70	t	Dion Russell	08/05/75	VIC	8	Lisbon (POR)	21/07/94
41:57.00	r	Troy Sundstrom	30/05/81	NSW	2	Leichardt	09/08/97
42:01.39	t	Tyler Jones	08/04/98	NSW	3	Sydney	31/03/17
42:03.30	t	Nick A'hern	06/01/69	NSW	2	Canberra	26/01/88
42:11.83	t	John Gawley	09/05/80	NSW	1	Melbourne	19/03/99
42:13.00	r	Mike MCCagh	16/04/86	WA	1	Sydney	18/09/05
42:14.00	r	Sean Fitzsimmons	15/01/92	WA	2	Melbourne	24/10/10
42:22.96	t	Adam Garganis	18/09/97	VIC	16	Bydgoszcz (POL)	23/07/16
42:29.70	t	Doug Connelly	30/10/82	NSW	1	Sydney	29/10/01
42:30.00	r	Steve Beecroft	14/03/71	VIC	1	Canberra	10/06/90
42:47.00	r	Anthony Miles	30/11/71	QLD	1	Canberra	09/06/91
42:48.70	t	Nathan Brill	24/05/96	VIC	1	Perth	12/03/13
42:51.83	t	Brad Aiton	20/06/94	QLD	2	Brisbane	04/02/12
42:57.30	t	Liam Murphy	05/06/79	SA	1	Adelaide	15/02/98
43:04.81	t	Blake Steele	04/01/93	SA	17	Barcelona (ESP)	13/07/12
43:22.50	t	Rhydian Cowley	04/01/91	VIC	2	Sydney	12/03/10
43:27.32	t	Paul Copeland	25/04/67	VIC	12	Athens (GRE)	18/07/86
43:35.95	t	Scott Hollaway	22/12/83	WA	6	Canberra	08/02/02
43:36.03	t	Jared Tallent	17/10/84	VIC	7	Canberra	08/02/02



43:38.83	t	Luke McCutcheon	24/06/98	QLD	6	Sydney	31/03/17
43:40.30	t	Rohan Best	24/02/73	TAS	1	Ornskoldsvik (SWE)	01/07/90
43:54.00	t	Mark Blackwood	25/11/77	VIC		Melbourne	05/08/95
43:55.20	t	Noel Wooler	19/05/75	QLD	2	Brisbane	17/12/94
43:57.00	r	Daniel Coleman	02/02/89	TAS		Cheboksary (RUS)	10/05/08
44:09.00	r	Mike Woods	11/10/61	NSW	1		1981
44:09.59	t	Luke Adams	22/10/76	NSW	24	Lisbon (POR)	21/07/94
44:10.96	t	Greg Robertson	23/12/70	TAS	1	Hobart	27/08/89
44:32.00	r	Carl Gibbons	19/06/96	NSW	5	Melbourne	13/12/15
44:32.00	r	Derek Mulhearn	04/10/90	NSW	2	Canberra	07/06/09
44:34.00	r	Alan Muir	15/10/61	NSW	2		1981
44:43.05	t	Kyle Bird	18/03/96	VIC	4	Sydney	13/03/15
44:43.75	t	Ian Rayson	04/02/88	NSW	1	Adelaide	31/03/06
44:45.00	r	Jason Moore	19/03/74	QLD	2	Canberra	28/08/93
44:45.78	t	Duane Cousins	13/07/73	VIC	1	Canberra	06/02/92
44:48.00	r	Mathew Golebiowski	20/04/80	NSW	2	Canberra	1998
44:50.56	t	Mathew O'Donnell	18/11/74	VIC	8	Birmingham (GBR)	04/08/90
44:50.70	r	Trenton Hawkins	06/03/79	VIC	3	Melbourne	12/03/98
44:54.00	t	Marcus Dwyer	26/03/77	VIC		Melbourne	05/08/95
44:55.00	r	Aaron Mellor	24/12/86	NSW	1	Canberra	08/06/03
44:55.00	r	Emmet Brasier	19/04/98	VIC	5	Adelaide	21/02/16

#### U18 Men – Australian All-Time

41:57.00	r	Troy Sundstrom	30/05/81	NSW	2	Leichardt	09/08/97
42:40.54	t	Doug Connelly	30/10/82	NSW	2	Sydney	06/11/99
43:42.00		Nathan Brill	24/05/96	VIC	1	Melbourne	18/11/12
43:44.20	t	Dion Russell	08/05/75	VIC	7	Melbourne	05/01/92
43:47.71	t	Dane Bird-Smith	15/07/92	QLD	1	Adelaide	03/04/09
43:53.00	r	Jared Tallent	17/10/84	VIC	1		2001
43:57.00	r	Blake Steele	04/01/93	SA	1	Adelaide	07/08/10
44:00.00	r	Brad Aiton	20/06/94	QLD	3	Melbourne	24/10/10
44:05.00	r	Daniel Andrikis	14/05/74	ACT	2	Canberra	09/06/91
44:15.00		Jesse Osborne	21/01/95	QLD	24	Saransk	12/05/12
44:20.00	t	Adam Rutter	24/12/86	NSW	2	Adelaide	19/02/02
44:38.68	t	Mike MCCagh	16/04/86	WA	6	Sherbrooke	13/07/03
44:50.56	t	Mathew O'Donnell	18/11/74	VIC	8	Birmingham	04/08/90
44:55.00	r	Aaron Mellor	24/12/86	NSW	1	Canberra	08/06/03
45:09.00	r	Nick Dewar	20/06/94	QLD	3	Hobart	19/02/11
45:12.22	t	Kyle Bryant	15/01/89	VIC	2	Hobart	10/02/06
45:14.00	r	Sean Fitzsimons	15/01/92	WA	2	Sydney	30/08/09
45:31.10	r	Greg Robertson	23/12/70	TAS	1	Hobart	01/10/87
45:51.00	r	Gary Vogler	30/12/74	ACT	3	Canberra	09/06/91

### THE NEW IAAF RANKING SYSTEM

A major change has come to the world of elite racewalking, with the IAAF changing to a new system for ranking athletes and allocating places to major championships such as the Olympic Games or the IAAF World Athletics Championships.

You can read the finer details in <https://worldrankings-staging.aws.iaaf.org/world-ranking-rules/race-walking>.

In summary, each of the 4 international racewalking events now has its own separate ranking system, based on points allocated in the main event, as well as in similar events, as detailed in the following table.

Event Group	Main Event	Similar Events
Men's 20km Race Walk	20km	10km, 15km
Men's 50km Race Walk	50km	20km, 30km, 35km
Women's 20km Race Walk	20km	5km, 10km, 15km, 50km
Women's 50km Race Walk	50km	20km, 30km, 35km

In order to be ranked, athletes must collect sufficient Performance Scores and some of them must come from Main Events. The minimum number of Performance Scores are as follows:

In Men's and Women 20km Race Walking Event Groups, the minimum number of Performance Scores are 3.  
In Men's and Women's 50km Race Walking Event Groups, the minimum number of Performance Scores are 2.

Come next year's IAAF World Championships in Doha, places will be allocated in the 20km and 50km events, based on the walker's IAAF Ranking, with a maximum of 3 walkers per country per event. Gone are the days of A and B qualification standards and someone doing a big once off time in a selection trial to gain a spot in an international team.

Here are the current top 10 in each of the 4 racewalking Event Groups, with their current IAAF points, as per <https://worldrankings-staging.aws.iaaf.org/world-rankings/>.

#### 20km Men

1	Eider AREVALO	09 MAR 1993	COL	1356
2	Christopher LINKE	24 OCT 1988	GER	1305
3	Caio Oliveira DE SENA BONFIM	19 MAR 1991	BRA	1298
4	Dane Alex BIRD-SMITH	15 JUL 1992	AUS	1293
5	Álvaro MARTÍN	18 JUN 1994	ESP	1292
6	Diego GARCÍA CARRERA	19 JAN 1996	ESP	1269
7	Lebogang SHANGE	01 AUG 1990	RSA	1268
8	Daisuke MATSUNAGA	24 MAR 1995	JPN	1264
9	Perseus KARLSTRÖM	02 MAY 1990	SWE	1256
9	Eiki TAKAHASHI	19 NOV 1992	JPN	1256

#### 20km Women

1	Maria Guadalupe GONZÁLEZ ROMERO	09 JAN 1989	MEX	1355
2	Jiayu YANG	18 FEB 1996	CHN	1323
3	Antonella PALMISANO	06 AUG 1991	ITA	1305
4	Erica ROCHA DE SENA	03 MAY 1985	BRA	1301
5	Shenjie QIEYANG	11 NOV 1990	CHN	1300
6	Sandra Lorena ARENAS	17 SEP 1993	COL	1249
7	Ana CABECINHA	29 APR 1984	POR	1248
8	Kimberly GARCÍA LEÓN	19 OCT 1993	PER	1243
9	Na WANG	29 MAY 1995	CHN	1220
10	Eleonora Anna GIORGI	14 SEP 1989	ITA	1214

#### 50km Men

1	Hiroki ARAI	18 MAY 1988	JPN	1400
2	Satoshi MARUO	28 NOV 1991	JPN	1333
3	Ihor HLAVAN	25 SEP 1990	UKR	1309
4	Yohann DINIZ	01 JAN 1978	FRA	1304
5	Kai KOBAYASHI	28 FEB 1993	JPN	1290
6	Rafal AUGUSTYN	14 MAY 1984	POL	1284
7	Andres CHOCHO	04 NOV 1983	ECU	1281
8	Evan DUNFEE	28 SEP 1990	CAN	1260
9	Máté HELEBRANDT	12 JAN 1989	HUN	1229
9	Quentin REW	16 JUL 1984	NZL	1229
9	Maryan ZAKALNYTSKY	19 AUG 1994	UKR	1229

#### 50km Women

1	Hang YIN	07 FEB 1997	CHN	1400
2	Ines HENRIQUES	01 MAY 1980	POR	1361
3	Claire TALLENT	06 JUL 1981	AUS	1230
4	Paola Viviana PÉREZ	21 DEC 1989	ECU	1226
5	Johana ORDÓNEZ	12 DEC 1987	ECU	1220
6	Júlia TAKÁCS	29 JUN 1989	ESP	1215
7	Magaly BONILLA	08 FEB 1992	ECU	1212
8	Mária CZAKOVÁ	02 OCT 1988	SVK	1179
9	Anastasiya YATSEVICH	18 JAN 1985	BLR	1157
10	Katie BURNETT	07 OCT 1988	USA	1143

And this is how the leaders of each of the Event Groups got their points. For 20km walkers, it is their 'best' 3 performances during the period of review, while for 50km walkers, it is their 'best' 2 performances in the period of review. Note the significance of the last 3 columns. The third last column is the bare points. The second last column is a bonus given for performances in major events. The last column is the total points.

#### Eider Aravaldo – 20km Men – 1356 Points

13 AUG 2017	IAAF World Championships	London, GBR	1:18:53	1215	270	1485
02 JUN 2018	Gran Premio Cantones	La Coruña, ESP	1:19:14	1208	110	1318
01 APR 2017	Grande Prémio Internacional	Rio Maior, POR	1:20:40	1176	110	1266

**Hiriki Arai – 50km Men – 1400 Points**

3 AUG 2017	IAAF World Championships	London , GBR	3:41:17	1215	220	1435
05 MAY 2018	IAAF World Race Walking Team Champs	Taicang, CHN	3:44:25	1196	170	1366

**Maria Gonzalez – 20km Women – 1355 Points**

3 AUG 2017	IAAF World Championships	London, GBR	1:26:19	1203	240	1443
05 MAY 2018	IAAF World Race Walking Team Champs	Taicang, CHN	1:26:38	1197	140	1337
24 FEB 2018	Memorial Jerzy Hausleber	Monterrey, MEX	1:27:46	1177	110	1287

**Hang Yin – 50km Women – 1400 Points**

3 AUG 2017	IAAF World Championships	London, GBR	4:08:58	1226	220	1446
05 MAY 2018	IAAF World Race Walking Team Champs	Taicang, CHN	4:09:09	1225	130	1355

**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 – 2018**

Aug 5 (Sun), 2018	Australian Masters 20km Championships, Adelaide, SA
Aug 26 (Sun), 2018	Australian Roadwalk Championships, Lake Kawana, Sunshine Coast, QLD
Dec 2 (Sun), 2018	Australian 50km Championships Meet, Fawkner Park, VIC

**2018 Remaining IAAF Racewalking Challenge Events**

Sep 23-26, 2018	Cat B Around Taihu International Race Walking 2018, Wuzhong, CHN
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**International Dates – 2018 and onwards**

Aug 7-12, 2018	<b>European Athletics Championships</b> , Berlin, Germany
Sept 4-16, 2018	<b>22<sup>nd</sup> World Masters Athletics T&amp;F Championships</b> , Malaga, Spain
Mar 24-30, 2019	<b>World Masters Indoors T&amp;F Championships</b> , Torun, Poland
July 3-14, 2019	<b>30<sup>th</sup> Summer Universiade</b> , Naples Italy
Aug 30-Sep 7, 2019	<b>20<sup>th</sup> Oceania Masters T&amp;F Championships</b> , Mackay, Queensland, AUS
Sept 28 – Oct 6, 2019	<b>17<sup>th</sup> IAAF World Championships in Athletics</b> , Doha, Qatar
May, 2020	<b>29<sup>th</sup> IAAF World Race Walking Team Championships</b> , Minsk, Belarrus
July 24 – Aug 9, 2020	<b>32<sup>nd</sup> Olympic Games</b> , Tokyo
July 20 – Aug 1, 2020	<b>23<sup>rd</sup> World Masters T&amp;F Championships</b> , Toronto, Canada
Aug 6-15, 2021 (TBC)	<b>18<sup>th</sup> IAAF World Championships in Athletics</b> , Eugene, USA
July 18-30, 2022	<b>XXII Commonwealth Games</b> , Birmingham, GBR.

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