



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2017/2018 Number 46
14 August 2018



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WALKERS OF THE WEEK

My Walkers of the Week this time around are 9 year old **Zahlia** and 13 year old **Kaylah Heikkila-Dubowik** and their 15 year old cousin **Tayesha Heikkila**. They are amongst our farthest flung regulars, travelling up each week from the Bellarine Peninsula, down the other side of Geelong. It's a 90 minute drive each way but they are at Middle Park every week, compliments of mum/auntie Eija.

- Kaylah was the first to join our club, in April 2016, and has spent the last 3 winter seasons training, racing and improving. She also competes with Geelong Walkers Club, Corio Athletics Club and Peninsula Little Athletics Club during the summer and won the LAVIC U12 1500m walk title in 2017 and the LAVIC U13 1500m walk in 2018, as well as earning silver in the 2018 AV U14 3000m track championship. She is one busy girl! Her current PBs stand at 18:02 (3000m) and 8:05 (1500m).
- Zahlia joined us at the walkers club as a new member in May 2018, competing in our U10 division. She also walks with Geelong Walkers Club and Peninsula Little Athletics Club during the summer as well as throwing the discus pretty well. She has had a great first season with us, regularly winning the club 1km and 2km races, as well as walking her first LBG carnival in Canberra in June. Her PBs are 12:07 (3km) and 6:07 (1km).
- Tayesha decided to join her cousins at Middle Park in June and has had 6 walks with us so far. She keeps an eye on young Heath Tatlock each week (Heath and Brianna also travel up from the Bellarine Peninsula) and is also enjoying her first season. Her PBs stand at 7:44 (1km) and 15:52 (2km) but that will soon improve.

It is fantastic to see the three girls enjoying their walking so much. We hope that they have long and enjoyable associations with our wonderful sport.



Zahlia, Kaylah and Tayesha Heikkila-Dubowik in action at Middle Park this winter

WHAT'S COMING UP

- Next Saturday sees our annual 'Beat Your Season Best Time' competition. This is always a very competitive afternoon and there are prizes on offer for the winners of each division (male and female). The winners are of course the walkers in each race to beat their season best time by the largest margin. Entries can be done on the day or, more preferably, via our online panel at <http://vrwc.org.au/wp1/race-entries-2/>.

Saturday 18th August 2018, Middle Park

VRWC EVENTS: Beat Your Season Best time. Entries close for all events at 1.45pm sharp

Prizes will be awarded to the winning, male and female for each race

2.15pm	8km Beat Your Season Best Time	Open
2.15pm	6km Beat Your Season Best Time	Open
2.15pm	4km Beat Your Season Best Time	Open
2.30pm	2km Beat Your Season Best Time	Open
2.30pm	1km Beat Your Season Best Time	Open

- Two weeks later, on **Saturday 1st September**, VRWC will be holding a new event on our winter season fixture, namely the **VRWC Relays**. It sounds like an exciting concept so I urge everyone to participate. Of course, there will still be club scratch races for those who just want a simple walk – see the fixture entry at <http://www.vrwc.org.au/vrwcw18.shtml>. Club president Stu Cooper advises as follows

VICTORIAN RACE WALKING CLUB

FUN RELAY DAY

Saturday 1st September, at Middle Park

Teams of 4 walkers – picked randomly by the handicapper.

Distances walked: 3km (all ages); 1km (all ages); 2km (junior U18); 4km (Senior, Open, Masters)

Teams will start on their combined handicap times (*based on times recorded by each team member for their relay leg distance during the season.*)

The relay will feature a yacht handicap start (*slowest on handicap first, fastest last*) – the aim being to produce an exciting mass finish if we can!

No disqualifications. However, **red cards** will incur the following time penalties against the offender's team:

1km & 2km – **30 seconds**; 3km & 4km – **1 minute**

PRIZES for the winning team AND the walker (male and female) who beats their handicap by the most (or is the fastest) in each leg on the day.

**** Entries close 5.00pm, Wednesday 22 August.** So get yours in now.

Pre-enter via our website portal at <http://vrwc.org.au/wp1/race-entries-2/race-entry-1sep18/>

Join us for an enjoyable, exciting wind-up to our shorter-distance Winter program!

- Entries have now closed for the **Australian Roadwalk championships** which will be held on the Sunshine Coast in Queensland on **Sunday 26th August**. Racewalking Victoria will have 14 representatives. Good luck everyone!

AA/RWA Men 20km Walk Open and Masters	Patterson, Adam
AA Women 20km Walk Open	Ruddick, Kelly
	Tallent, Rachel
RWA Women 10km Walk Open and Masters	Woodward, Erika
AA/RWA Boys 10km Walk U18	Dickson, Corey
AA/RWA Girls 5km Walk U18	Hay, Charlotte
	Heikkila-Dubowik, Kaylah
	Peart, Jemma
AA/RWA Boys 5km Walk U16	Beveridge, Heath

AA/RWA Girls 5km Walk U16

Hay, Charlotte

RWA Boys 2km Walk U12

Peart, Alanna

Blackwood, Hamish

RWA Girls 2km Walk U12

Peart, Scott

Roberts, Darcey

- Finally, details have now been posted for **Around Taihu International Race Walking 2018** which will be held in Wuzhong, China, on **24-26 September**. There are a couple of changes to previous editions. Firstly there will only be 3 days of racing rather than 4. Secondly, a junior 3 Day race is now included, with shorter daily distances. Note that this carnival is the final event of the 2018 IAAF Racewalking Challenge. See the event website at <http://www.wzdrs.com/>. Further details at <http://www.wzdrs.com/newscont-18.html>.

2018 EUROPEAN ATHLETICS CHAMPIONSHIPS, BERLIN, GERMANY, 7-12 AUGUST

The 2018 **European Athletics Championships** have now completed and what a wonderful Games they were, with superb performances across the board. The 50km and 20km racewalks were no exceptions, and I enjoyed watching them unfold via the internet video feed.

The 50km walks were up first, with the men and women racing together on the first morning of competition. And we were lucky enough to have **Paul DeMeester** there watching and taking notes. I am very pleased to be able to bring you his reports – fantastic as usual. Thanks so much Paul!

A WET RACE IN BERLIN'S EURO 50K SERVED UP AN UPSET AND A RE-AFFIRMATION By Paul F. DeMeester

Berlin, August 7, 2018. A wet race in Berlin on one of the hottest days in this German city's history? Wet indeed because the 55 walkers who took the start (36 men, 19 women) drenched themselves with water every chance they had, whether at their team tables, the water spray installation or the general water and sponge station on the 2 km circuit in the heart of Berlin.

There would have been 20 women walkers at the start but for **Nicole Colombi's** injury that forced the Italian to withdraw days before the race. The women's 50K has gone from one European walker in London 2017 to twenty athletes less than 12 months hence. But it was more than just quantity. Only one of the 14 women finishers set a time above the 4:50:00 entry standard. But five men finished above their 4:08:00 entry standard. A quality women's field, in other words.

Some of the slower times in the race and the high attrition rates (four out of 19 women; 9 out of 36 men) were undoubtedly due to the record high temperatures Berlin and some of Europe were enduring. At the finish line, a most balmy 31 degrees Celsius welcomed the racers. It was already 22 degrees at the start, which was scheduled later than usual, at 8:35 a.m. The price for getting to sleep in a bit was paid in the last 15 km. World champion **Inês Henriques** (Portugal) was on track for a 4:02:00 finish at the half-way mark. But the inevitable heat slowdown prevented her from regaining the world record that she had yielded in China three months ago. Before an hour had passed, the mercury had risen to 24 degrees; to 27 degrees before two hours had elapsed; and to 29 degrees well before the three-hour mark.

Despite the heat, half the women finishers posted personal bests (PB), of whom three established national records (Ukraine, Serbia, and Croatia). Not to be outdone, four men also set PBs, including that of **Bence Venyerescán**, who broke the Hungarian national under-23 record.

The great progress made in the women's 50K could have been greater yet. It is disappointing that Germany, for instance, refuses to organize a women's 50K nationals or encourage their women walkers to give the 50K a try. When I picked up the Berliner Morgenpost the day after the race, the women's 50K result ended with the following note: "keine deutschen Starterinnen." ("No German women starters," transl.) This in a nation that, (1) hosted this year's European Athletics Championships, (2) has a proud tradition of excellence in the 50K event on the men's side (think Olympic gold with Christoph Höhne in 1968, Bernd Kannenberg in 1972, and Hartwig Gauder in 1980), and (3) the terrific results obtained in the men's Euro race last week with German race walkers Carl Dohmann placing fifth and Nathaniel Seiler eighth. What an opportunity missed! Shame on the Deutscher Leichtathletik Verband. Of course, the German federation is not the only offender. Greece did not select its qualifying athlete. Many national athletics federations supported and voted in favor of the equality provisions that form part of the constitutions of both the International Association of Athletics Federations (IAAF) and the European Athletics Association (EA). Such support is mere empty talk unless equality is practiced as follows: if a federation organizes a men's national 50K, it must do the same for women walkers; if it selects qualifying men for a major 50K championship, it must also send qualifying women athletes.

As has become custom for the long distance event, the men's and women's 50K races were held jointly, albeit with separate classifications. It's more than just convenience being served (fewer street closures, fewer personnel demands etc.). It's great for the spectators who are treated to two races in one.

50km Racewalk Men, 8:35AM, Tuesday 7 August

In the case of the 2018 Euros, the onlookers got to watch two great races. Each had a pre-race favorite. **Matej Tóth** was tipped for the men's win to add to his 2015 World and 2016 Olympic titles, especially in light of the absence of Yohan Diniz (France), the incumbent world champion and world record holder, who had to miss out on Berlin due to a lingering stress fracture.

Tóth lived up to expectations from the start. He took an immediate lead, and put in a blistering first lap at a 3:25:50 pace with a 5-second advantage over his closest pursuers, **Marco De Luca** (Italy) and **Aleks Ojala** (Finland). These two, together with **Brendan Boyce** (Ireland) and **Veli-Matti Partanen** (Finland) made sure Tóth was reeled in. **Máté Helebrand** (Hungary), **Rafal Augustyn** (Poland) and **Håvard Haukenes** (Norway) joined the lead group. But Tóth either remained in the lead or walked on the leader's wing tip.

After about 15 km, Tóth accelerated away from the lead pack. He was caught quickly, but Ojala had to let go of the lead group. Then there were seven. Four kilometers further up the road, Tóth was off once more, only to be caught again by the six pursuers. The Olympic champion was not done leading, though, as he continually walked several seconds in front of the others but without ever getting a clear separation. **Karl Junghannß** (Germany) managed to join the front group, now eight strong. Nearing the half-way mark, Tóth had doubled his occasional separation from his immediate pursuers to eight seconds. But the German was no longer part of that group, having become the only male walker to have fallen victim to the dreaded red paddle (as had one woman walker). Shortly thereafter, Spanish veteran **Jesús García** stepped off course to seek some hamstring treatment before resuming the race.

At km 26, Tóth's lead had grown to 15 seconds. His surge was too much for Helebrandt, who became a non-finisher. But the next lap brought the decisive change of the race. Even though Tóth had increased his lead to 24 seconds, **Maryan Zakalnytsky** (Ukraine) had overtaken the group of pursuers and had started to narrow his gap to Tóth from 47 seconds at 18 km, to half that at 28 km.

After 30 km, Tóth's lead over the Ukrainian had shrunk to 11 seconds. Within minutes, Zakalnytsky had reversed the order. With one lap to go, the new race leader had room to spare, 71 seconds to be exact. Tóth, meanwhile, had faded to fourth, behind **Dzmitry Dziubin** (Belarus) - another newcomer up front, who had worked his way up from 18th at the 18 km marker - and Haukenes.

With four laps to go, it looked like Tóth might miss the podium. But then he surged from fourth and closed the 27-second gap to second. Tóth claimed silver at the finish line, falling short of gold by less than a minute. Zakalnytsky had won his first major title. He confirmed his place as the top European 50K walker in 2018, having finished fourth at the Taicang IAAF World Race Walking Team Championships behind the trio of Japanese medalists.

1.	ZAKALNYTSKY Maryan	UKR	1994	3:46:32
2.	TÓTH Matej	SVK	1983	3:47:27
3.	DZIUBIN Dzmitry	BLR	1990	3:47:59
4.	HAUKENES Håvard	NOR	1990	3:48:35
5.	DOHMANN Carl	GER	1990	3:50:27
6.	AUGUSTYN Rafal	POL	1984	3:51:37
7.	SIKORA Rafal	POL	1987	3:52:56
8.	SEILER Nathaniel	GER	1996	3:54:08
9.	DÍAZ José Ignacio	ESP	1979	3:55:28
10.	DE LUCA Marco	ITA	1981	3:55:47
11.	AGRUSTI Andrea	ITA	1995	3:57:03
12.	BLOCKI Adrian	POL	1990	3:57:11
13.	VENYERCSÁN Bence	HUN	1996	3:58:25
14.	MASTIANICA Artur	LTU	1992	3:58:29
15.	MAJDÁN Dušan	SVK	1987	3:59:21
16.	BANZERUK Ivan	UKR	1990	4:00:57
17.	Šuškevičius Tadas	LTU	1985	4:01:30
18.	LITANYUK Valeriy	UKR	1994	4:01:33
19.	BOYCE Brendan	IRL	1986	4:02:14
20.	IBÁÑEZ Ato	SWE	1985	4:03:53
21.	GDULA Lukáš	CZE	1991	4:05:44
22.	TUR Marc	ESP	1994	4:09:18
23.	HANSSON Anders	SWE	1992	4:11:36
24.	ISIDRO Pedro	POR	1985	4:11:44
25.	ERENT Bruno	CRO	1990	4:24:20
26.	KINNUNEN Jarkko	FIN	1984	4:24:59
	PARTANEN Veli-Matti	FIN	1991	DNF
	STIRBU Florin Alin	ROU	1992	DNF
	ANTONELLI Michele	ITA	1994	DNF
	GARCÍA Jesús Ángel	ESP	1969	DNF
	RUMBENIEKS Arnis	LAT	1988	DNF
	MIHAILA Narcis	ROU	1987	DNF
	HELEBRANDT Máté	HUN	1989	DNF
	OJALA Aleks	FIN	1992	DNF

VIEIRA João
JUNGHANNß Karl

POR 1976 DNF
GER 1996 DQ



Matej Toth leads early (left) while eventual winner Maryan Zakalnytskyi (second from right, in yellow) bides his time (right)



*Left: Spanish walkers Jesus Angel Garcia and Julia Takács (photo Emmanuel Tardi)
Right: Ukrainian Maryan Zakalnytskyi on his way to victory in the men's 50km championship (photo www.iaaf.org)*

50km Racewalk Women, 8:35AM, Tuesday 7 August

In the women's race, affirmation, or better re-affirmation, was the order of the day after the disappointment of Taicang, where **Inês Henriques** did not finish the race and lost her world record to Rui Liang (China). The world champion established control over the field from the start. After one lap, she led by almost a minute from **Nastassia Yatsевич** (Belarus). But Yatsевич's race came to an early halt, shortly after having been displaced as the top pursuer by **Alina Tsviliy** (Ukraine). Tsviliy was the surprise of the race. The 23-year old lowered her PB from 4:28:49 in Taicang on May 5 to 4:12:44 a mere three months later. On the streets of Berlin, she whittled her deficit to Henriques from 5:15 at 38 km to 3:23 at the finish. Tsviliy improved from having been the sixth European woman walker in China to runner-up in Germany.

By doing so, Tsviliy edged out **Júlia Takács** (Spain), who was the first European woman finisher at Taicang. The Spanish national champion had a steady race. In eighth after 10 km, she gradually worked her way up until she passed **Vasylyna Vitovshchyk** (Ukraine) for third after about 37 km. Some may argue that Takács's progress through the field was aided by her compatriot Jesús

García. After resuming his race, the 1993 world champion lapped Takács shortly after passing through 26 km, when Takács was walking in sixth. Over the next 13 km, García stayed with Takács, taking care of her hydration needs when passing the water tables. A little bit after Takács had attained her bronze medal position, García ended his race.

That bronze medal ranks Spain among the winners of the inaugural women's 50K Euros. The Spanish federation sent a full team of three: Takács won her spot on the podium while her teammates **Ainhoa Pinedo** and **Mar Juárez** fought a spirited battle to finish in the top six, which would mean an automatic Spanish entry for the Doha Worlds next year. Pinedo probably would have made it save for a knee injury that has bothered her most of the year. Once she fully heals, expect her to break her PB of 4:18:56, set at the Spanish championships in February of this year. Pinedo worked her way up from 11th after one lap to 7th at the end. Juárez followed closely behind for the entire race. The gap between the two was as close as 13 seconds after 18 laps but then Pinedo had a stronger last 14 km. Stronger also than **Maria Czaková's** (Slovakia) who was 3:56 in front of Pinedo after 36 km. Pinedo whittled that deficit down to 2:04 at the finish. Hats off to the Spanish women, as this was their third competitive 50 km this year. Their nationals on February 25 served as their qualifying race for bigger and better. Takács won that one in 4:13:04 (PB), ahead of Pinedo with Juárez stopping after posting a respectable 2:58:41 over 35 km (an acceptable qualifying distance for Taicang). The trio were back in action on May 5 in China at the World Team Championships where Takács was 8th in 4:16:37, Pinedo 16th in 4:30:02, and Juárez 17th in 4:30:30. The trio missed team bronze by a single point.

That team bronze was won by Ukraine, one of the other winners of the Euros. On her way to silver, Tsviliy broke the national record by almost ten minutes, a record that had been set by her teammate Khrystina Yudkina at Taicang. For a long time, it looked like Ukraine would earn two women's 50K medals in Berlin, until Vitovshchuk was passed for third by Takács. The Ukrainian would fall back one more spot with a little more than 5 km to go, when Yudkina had more left in the tank. In the end, a podium spot and three PBs (one of which a new national record) for a nation that also grabbed the men's gold, is impressive. Let's hope that this Ukrainian success will help IOC Executive Board Member and IAAF Senior Vice President Sergey Bubka to use his influence in the high councils of power to add the women's 50K to the Tokyo 2020 program.

Another winning federation was that of Slovakia. Tóth's silver medal was nicely complemented by Czaková's sixth place. She was elated with her performance. Her 4:24:59 time was ten minutes off her best when she won the 50K in Dudince on March 24 of this year. But Dudince is known for being a fast circuit with ideal weather conditions. Czaková has found her niche at the 50K distance.

The fact that so many of the women walkers were on their third big 50K race since last fall exposes one of the side effects of the history of gender discrimination women 50K walkers have had to endure. Now that women are finally allowed to contest the distance at the majors, they are short on opportunities to meaningfully meet the entry standards. This side effect will slowly ebb away but it is one more reason for the IAAF and IOC to announce that a women's 50K will be on the 2020 Olympic menu. Equality requires as much. Fairness dictates that the athletes are given an equal opportunity to qualify and prepare for Tokyo.

And let's not forget to mention one more winning federation: Portugal. They have had Henriques's back in the struggle to make it to London 2017 and beyond. Inês has duly rewarded the federation's support with gold in London and Berlin as well as two world records along the way. See what happens when a federation supports its women walkers. Thank you, Portugal. I'm sure some will say the women's field was not a quality field given the time differences between the top finishers. I doubt that those same nay-sayers would lambast the first men's European Championship 50K race in 1934 as lacking in quality, even though its inaugural winner won by 3:16. Give the women their 22nd 50K Euro edition - which is what the men had in Berlin - and I'm sure the time differences will come down. The effect of 85 years of gender discrimination do not disappear overnight.

Back to the race. García was not the only male walker to keep pace with a female compatriot. Croatian Bruno Erent lapped **Ivana Renic** with about three laps to go. They walked together until the last lap when Erent was vying for position and passed Jarkko Kinnunen (Finland), a regular sub-four performer who had a tough day at the office.

Critics will deride that sort of "pacing" by male walkers as "wrong." Of course, had there not been gender discrimination in 50K race walking - there were 19 Olympic, 15 Worlds, and 21 Euro championship walks at which women race walkers were excluded - this so-called "problem" would never have existed. If women walkers had been permitted to contest the 50K from the beginning, they would have had their own, separate race. A joint race with separate classifications is an acceptable compromise that tends to benefit the sport overall. Most locally organized marathon runs and long distance walks are conducted in joint fashion. What's good for us munchkins should also work at the top.

Besides, is the García and Erent pacing any different from the pacing Seb Coe enjoyed when he was setting world records. Belgian journalist Wilfried Van Meert quoted Coe's coach, his dad, the late Peter Coe: "What we need is some perfect rabbiting." (W. Van Meert, Memorial Van Damme, Lannoo nv, Tielt, Belgium, 2008; at p. 146 - Lord Coe wrote the foreword.) Does it really matter whether the pacer is named "Mike" or "Michelle?" After all, pacing is meaningless if the pacer can't keep up.

Personally, I was gratified to see Olympic record holder Jesús García (with seven, the most Olympic athletics appearances of any athlete) keep company with his nation's top female counterpart. What a difference a year makes. Twelve months ago, some top younger male race walkers decried the addition of a women's 50K as somehow being against equality. One wonders how their sponsors felt about that. But the women 50K-ers of London, Taicang and Berlin most certainly have made short shrift of those outdated viewpoints. When guys in their 20s mocked the women's 50 in 2017, it is heart-warming to see the 48-year old García happily walk in lockstep with Takács while she was on her way to the podium. Thank you Jesús! (No pun intended.)

1.	HENRIQUES Inês	POR	1980	4:09:21	CR
2.	TSVILIIY Alina	UKR	1994	4:12:44	NR

3.	TAKÁCS Julia	ESP	1989	4:15:22	
4.	YUDKINA Khrystyna	UKR	1984	4:20:46	
5.	VITOVSHCHYK Vasylyna	UKR	1990	4:23:15	
6.	CZAKOVÁ Mária	SVK	1988	4:24:59	
7.	PINEDO Ainhoa	ESP	1983	4:27:03	
8.	JUÁREZ Mar	ESP	1993	4:28:58	
9.	TOPIC Dušica	SRB	1982	4:30:43	NR
10.	BECCHETTI Mariavittoria	ITA	1994	4:31:41	
11.	DARAZHUK Nadzeya	BLR	1990	4:35:14	
12.	RENIC Ivana	CRO	1996	4:35:39	NR
13.	KUIKKA Tiia	FIN	1994	4:35:56	
14.	CHAMPALOU Lucie	FRA	1990	4:52:38	
	BEMOWSKA Joanna	POL	1994	DNF	
	ELLWARD Agnieszka	POL	1989	DNF	
	MUTLU Semiha	TUR	1987	DNF	
	YATSEVICH Nastassia	BLR	1985	DNF	
	TORMA Anett	HUN	1984	DQ	



Left: The strong Ukrainian women's team: Khrystyna Yudkina 4th Alina Tsviliy 2nd and Vasylyna Vitovshchik 5th
 Right: Inaugural women's 50km champion Inês of Portugal (photos Emmanuel Tardi)

Finally, a few key links from the 50km races

- Inês Henriques finishing: <https://www.facebook.com/EuropeanAthletics/videos/10156444599301181/>
- European Athletics website article: <http://www.european-athletics.org/competitions/european-athletics-championships/news/article=zakalnytskyi-and-henriques-defy-sweltering-conditions-for-contrasting-50km-race-walk-titles/>
- Emmanuel 50km photo gallery: <https://www.facebook.com/photo.php?fbid=10215001900555111&set=a.10215001894434958.1073741943.1657411914&type=3&theater>

And now onto the 20km races, which were to be held one after the other on Saturday 11th August, with the women first up at 9:05AM, then the men at 10:55AM. Alas, things did not go to plan, with fire services called to investigate a reported gas leak that delayed the first event. As the delay grew, a decision was taken and the women were rescheduled to start alongside the men at 10.55am.

My reports on these 20km races are taken from EAA article <http://www.european-athletics.org/competitions/european-athletics-championships/news/article=martin-and-perez-sweep-the-20km-race-walk-titles-for-spain/>.

Mark Easton has his usual great range of photos from the European Championship 20km walks. I have used these in the 20km reports. See more at <https://markeaston.zenfolio.com/f873211989>.

20km Racewalk Men, 10:55AM, Saturday 11 August

After taking charge with 2km to go in the men's race, Spain's **Alvaro Martin** was not going to be beaten. His stride quickened, his concentration remained and with every step he edged closer to the finish and, significantly, further away from his closest rivals.

In the end it had been a group of three who were left to decide the medals, with Martin ahead of teammate **Diego Garcia Carrera** and **Vasiliy Mizinov**, an Authorised Neutral Athlete. But once Martin hit the front, it proved decisive as he maintained Spain's superb record in this event, succeeding Miguel Angel Lopez as champion as the country won this title for the fourth time in the last five championships.

Martin, 24, was first in 1:20:42, leading a Spanish one-two from Garcia Carrera in 1:20:48. Mizinov came away with bronze in 1:20:50 with Italy's **Massimo Stano** breaking his personal best in fourth in 1:20:51. As he made the final turn with the line in sight, Martin waved to the crowd, took off his sunglasses, brushed back his hair and smiled as wide as he could as he broke the tape for the greatest moment of his career.

Eighth at the IAAF World Championships in London last year, Martin is no stranger to the European podium. He won bronze in the 10,000m walk at the European U20 Championships in Rieti 2013 and silver in the 20km walk at the European U23 Championships in Tallinn 2015.

Germany's **Nils Brembach** also made a big impression at home, leading for most of the early stages before finishing fifth in season's best time of 1:21:25, just two seconds and one position ahead of **Miguel Angel Lopez**, the defending champion. Brembach's more renowned teammate **Christopher Linke** also led in the early stages but dropped back to 13th in 1:22:33.

It was very much Spain's day as Martin won his country's first gold medal of the European Championships. "During the last 100 metres, I was thinking about all the challenges I had to overcome in the last few months," he said. "Right now, I want to enjoy because I'm feeling like a student who needs to prepare for an assessment and today, it was my final exam."



Gold and silver to Spain – Alvaro Martin and Diego Garcia (photos Mark Easton)

1.	MARTIN Alvaro	ESP	1994	1:20:42
2.	GARCÍA CARRERA Diego	ESP	1996	1:20:48
3.	MIZINOV Vasiliy	ANA	1997	1:20:50
4.	STANO Massimo	ITA	1992	1:20:51
5.	BREMBACH Nils	GER	1993	1:21:25
6.	LÓPEZ Miguel Ángel	ESP	1988	1:21:27
7.	BOSWORTH Tom	GBR	1990	1:21:31
8.	POHLE Hagen	GER	1992	1:21:35
9.	CAMPION Kevin	FRA	1988	1:21:52
10.	WRIGHT Alex	IRL	1990	1:22:18
11.	SHUMIK Viktor	UKR	1998	1:22:24
12.	LOSEV Ivan	UKR	1986	1:22:28
13.	LINKE Christopher	GER	1988	1:22:33
14.	BORDIER Gabriel	FRA	1997	1:22:39
15.	PAPAMIHAÍL Aléxandros	GRE	1988	1:22:51
16.	FORTUNATO Francesco	ITA	1994	1:23:04

17.	AMEZCUA Luis Alberto	ESP	1992	1:23:33
18.	LIAKHOVICH Aliaksandr	BLR	1989	1:24:07
19.	TOMALA Dawid	POL	1989	1:25:06
20.	KARLSTRÖM Perseus	SWE	1990	1:25:16
21.	MCMANAMON Cian	IRL	1991	1:25:43
22.	Úradník Miroslav	SVK	1996	1:25:44
23.	KAZANIN Oleksiy	UKR	1982	1:26:49
	BRZOZOWSKI Artur	POL	1985	DQ
	KORKMAZ Salih	TUR	1997	DQ
	RUBINO Giorgio	ITA	1986	DQ
	STIRBU Florin Alin	ROU	1992	DQ
	WILKINSON Callum	GBR	1997	DQ

20km Racewalk Women, 10:55AM, Saturday 11 August

Spain's **Maria Perez** proved the epitome of concentration as she held her nerve behind the Czech Republic's **Anezka Drahotova** by stamping his authority on this race to win the European title in 1:26:36 to break Olimpiada Ivanova's 16-year record from Munich by six seconds. "I really didn't care about the finishing time, all I wanted was gold," she said. "But I'm happy I improved my mark by almost two minutes."

It was a glorious success in a race where not only Perez made history as she won from Drahotova in second in 1:27:03 and Italy's **Antonella Palmisano**, the world bronze medallist, in third in 1:27:30. In fourth, Lithuania's **Brigita Virbalyte-Dimsiene** broke the national record in 1:27:59 while her teammate **Zivile Vaiciukeviciute** broke the national U23 mark with 1:28:07. Spain's **Laura Garcia-Caro** produced a personal best of 1:28:15 in sixth.

But the star was Perez from a race where both Lithuanians made an impact at the front early on before Drahotova decide the take on the challenge after the halfway point. When she put in laps of 4:17 and 4:18 over the 11th and 12th time around the one-kilometre loop, the European bronze medallist from 2014 must have been eyeing up the top of the podium. She was looking in control, never faltering and it seemed she might extend her lead even more. But each time she tried to, Palmisano and Perez went that bit quicker too.

From being in third at the 15km stage, Perez had passed both Drahotova and Palmisano by the 16th marker before just stretching away to smash her personal best of 1:28:50 which had been set when she was seventh at the World Race Walking Team Championships in Taicang in May. She was delighted as the line approached, grabbing a Spanish flag and walking as fast as ever, each step bringing her closer to a famous win just moments after Martin's glory - a fact she was aware of. "There were a number of things going through my head in the last 100 metres, and I really wanted to enjoy the moment. I was also aware Alvaro and Diego had achieved medals in the men's race, so that motivated me even more to go for it,"

1.	PÉREZ Mária	ESP	1996	1:26:36	CR
2.	DRAHOTOVÁ Anežka	CZE	1995	1:27:03	
3.	PALMISANO Antonella	ITA	1991	1:27:30	
4.	VIRBALYTE-DIMŠIENE Brigita	LTU	1985	1:27:59	NR
5.	VAICIUKEVICIUTE Živile	LTU	1996	1:28:07	NU23R
6.	GARCÍA-CARO Laura	ESP	1995	1:28:15	
7.	KASHYNA Inna	UKR	1991	1:29:16	
8.	CABECINHA Ana	POR	1984	1:29:49	
9.	TRAPLETTI Valentina	ITA	1985	1:29:57	
10.	BOROVSKA Nadiya	UKR	1981	1:30:38	
11.	BEKMEZ Meryem	TUR	2000	1:31:00	
12.	GONZÁLEZ Raquel	ESP	1989	1:31:48	
13.	DRISBIÓTI Antigóni	GRE	1984	1:32:16	
14.	LEHMEYER Emilia	GER	1997	1:32:36	
15.	MENUET Émilie	FRA	1991	1:32:49	
16.	FEIGE Saskia	GER	1997	1:32:57	
17.	RASHCHUPKINA Viktoryia	BLR	1995	1:33:12	
18.	FILYUK Mariya	UKR	1995	1:33:34	
19.	RODEAN Ana Veronica	ROU	1984	1:33:39	
20.	ZUREK Teresa	GER	1998	1:35:58	
21.	ZDZIEBLO Katarzyna	POL	1996	1:36:01	
22.	DAVIES Bethan	GBR	1990	1:36:50	
23.	NEUVONEN Elisa	FIN	1991	1:37:12	
24.	KOVÁCS Barbara	HUN	1993	1:39:35	
25.	RÉCSEI Rita	HUN	1996	1:42:55	
26.	ARSINE Andreea	ROU	1988	1:43:21	
27.	BARROS Edna	POR	1996	DNF	
28.	GIORGI Eleonora	ITA	1989	DQ	
29.	LEWIS Heather	GBR	1993	DQ	





Left: Brigita Virbalyte-Dimsiene and Anezka Drahotova lead early
 Right: Eventual winner Maria Perez makes her intentions clear (photos Mark Easton)



Medallists Maria Perez, Anezka Drahotova and Antonella Palmisano (photos Mark Easton)

Finally, I noted the following at the top of the results on the European Championships website. Since when does a convicted drugs cheat from Russia set a new world record when Russia is banned from all competition and she is not part of the Authorized Neutral Athlete scheme. I don't think so!

Current Records				
Record	Mark	Name	Location	Date
WR	1:23:39	 RUS LASHMANOVA Yelena	Cheboksary (RUS)	09 Jun 2018
ER	1:23:39	 RUS LASHMANOVA Yelena	Cheboksary (RUS)	09 Jun 2018

One final photo from me, showing spectators enjoying the European 20km championship walks last Saturday. This sort of picture clearly refutes one of the main arguments put forward by the **IAAF Racewalking Committee** – that the current format of racewalking is not attractive to the public. Well, I think you can judge for yourself on that one!



IAAF PRESIDENT COE ADDRESSED GENDER EQUALITY IN ATHLETICS AND GETS HIS FACTS WRONG

Thanks again to Paul DeMeester who has a followup article to the European Championships last week. Paul writes:

The European Athletics Association organized a Young Leaders Forum during the European Championships in Berlin. In a press release, EA announced

A special guest speaker dropped by in the afternoon to impart his five decades of knowledge in the world of athletics. IAAF President Seb Coe talked about his life in sport, advice for athletes transitioning into new careers after sport, and the need for gender balance, an issue he takes very seriously.

(European Athletics Press Release, Thursday 9 August 2018, “Gender equity takes center stage at Young Leaders Forum,” available at <http://www.european-athletics.org/competitions/european-athletics-championships/news/article=gender-equity-takes-centre-stage-young-leaders-forum/>), viewed on August 9, 2018.)

The EA press release then quoted Coe: “When I became IAAF president I looked across the 214 federations and I realized that although we are 50-50 on the field of play” (Ibid.)

I thought “Wait a minute!” Coe became President of the IAAF in August 2015, when there was only a men’s 50K but no women’s 50K. It took me two lawsuits in the Court of Arbitration for Sport (CAS), both filed in July of 2017, to force the IAAF to follow its own rules on gender equality (affecting five women) and giving automatic entries to Area Champions (affecting two more women) before the IAAF relented and put on the first ever women’s 50K at the World Championships in London 2017.

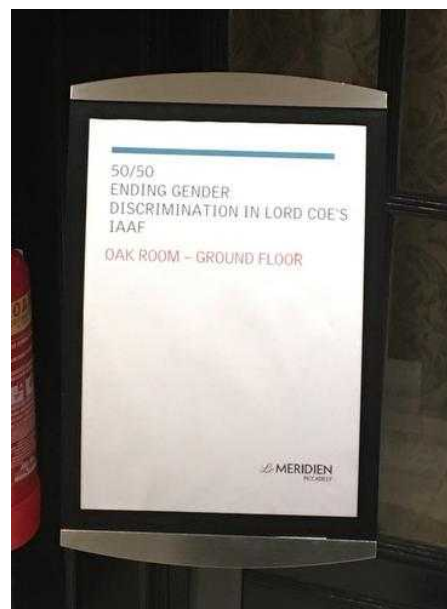
Had I not filed these lawsuits on behalf of two courageous U.S. women race walkers, Erin Taylor-Talcott (the Kathrine Switzer of race walking and Susan Randall), there would not have been a women’s 50K in London, or Taicang, or Berlin. These lawsuits simply demanded that the IAAF follow and implement its own constitution. The falsehood in Coe’s statement to the Young Leaders was that the situation on the field of play was not “50-50” when he assumed the presidency. By the time the women’s 50K CAS lawsuits were brought, Coe had been the IAAF President for almost 23 months. Yet, the IAAF, on behalf of Coe, explicitly said “no” to any request to add women to the 50K London 2017 program. I don’t need to check sources to know that. I personally asked in May and June of 2017. When the first lawsuit led to the organizing of the first women’s 50K Worlds, the IAAF issued a press release on July 23, 2017 that conveniently failed to mention either the lawsuit or Erin Taylor-Talcott’s legal effort to seek a women’s 50K. How deceptive! And now on top of that, the IAAF wants to rewrite history.

Coe’s reported use of the term “50-50” made me smile, however. Even though I may be critical of Coe on his 50K actions and inactions, I still love the guy. He was one of the greatest runners ever; one for whom the current slogan “I run clean” fits Coe the runner to a T; he stood for election to office in his native Britain; he pulled off a marvelous London Olympics in 2012; and he restored faith in the organization after corruption tainted the IAAF, this despite Coe’s status as an insider when he ran for the top job. Above all, Coe has been approachable on my beloved 50K issues. And yes, Coe has presided over gender equity progress in athletics, such as the constitutional imperative for more gender balance on the councils of power, and the equalizing of cross-country distances between genders. But as long as Coe does not push for full 50K equality, it is not sufficient.

That's why your editor, Tim Erickson and I held a press conference in London on August 11, 2017, concurrent with the staging of the World Championships, entitled: "50-50: Ending Gender Discrimination in Lord Coe's IAAF."

So, I'm glad that twelve months onward, Coe is using our "50-50" terminology. But unless the 50 gets to be 50-50 in Tokyo, Coe's talk to the Young Leaders Forum will simply register as more fake news.

Come on Seb, commit today that you believe in a 50-50 playing field by announcing that there will be a women's 50K at the Tokyo Olympics. Any second of delay in making that announcement is another second of gender discrimination. As long as women 50K-ers don't have their Tokyo race, the playing field is 100-0 on that score. Is that the legacy President Sebastian Coe wants to have? I don't think so. Coe used to be a consultant to Nike. When it comes to the women's 50K at Tokyo, Coe should simply adopt the Nike slogan: "Just do it." London 2017 did it. Taicang 2018 did it. Berlin 2018 did it. TOKYO 2020, YOU CAN DO IT!



*Tim and Paul at their London 2017 press conference.
A year later, the title of the gathering is as apt today as it was then with respect to the Tokyo Olympics."*

AV ROADWALKS, MIDDLE PARK, SATURDAY 11 AUGUST 2018

Now onto our roundup of Australian racewalking results. First to Melbourne. Cold and wet weather was forecast for Saturday afternoon but once again, we were spared and, although the 48 walkers had to contend with a few puddles, conditions were otherwise dry.

The 8km, 6km and 4km races headed off first, with **Kyle Swan** leading out to a quick 8km (36:01). **Mark Blackwood, Corey Dickson, Pramesh Prasad** and **Jason Kozica** also walked fast. PBs to **Albin Hess** and Corey.

VRWC 8km Walk

1.	Kyle Swan	M	36:01	
2.	Mark Blackwood	M	38:45	
3.	Corey Dickson	M	39:21	PB 0:05
4.	Heath Beveridge	M	45:40	First time over this distance
5.	Ralph Bennett	M	49:51	
6.	Albin Hess	M	50:52	PB 0:59
7.	Donna-Marie Elms	F	51:16	
8.	Anthony Doran	M	58:17	

VRWC 6km Walk

1.	Pramesh Prasad	M	29:02
2.	Jason Kozica	M	29:13
3.	Carolyn Rosenbrock	F	37:17
4.	Madeleine Feain	F	37:36
5.	Gwen Steed	F	42:48
6.	Geoff Barrow	M	42:52
7.	Sandra Howorth	F	46:23
	Steven Haverly	M	DQ

VRWC 4km Walk

1.	Charlotte Hay	F	21:28	
2.	Kathleen O'Mahony	F	23:03	
3.	Mark Donahoo	M	23:09	
4.	Simon Evans	M	24:13	
5.	Kaylah Heikkila-Dubowik	F	26:29	Eq. PB
6.	Charli Walker	F	26:51	First time for this distance
7.	Jan Morrey	F	32:11	
8.	Beverly Hugo	F	33:11	
	Barrie Wicks	M	DQ	

The 2km and 1km races started 15 mins later, with a big field of 23 walkers. **Darcey Roberts** and **Sebastian Weickhardt** (10:18 and 5:34) were fastest. Overall, we saw quite a few PBs so special mentions to **Liam Hutchins, Riannah and Heath Tatlock, Alannah Dingli, Zahlia Heikkila-Dubowik** and **Havana Ali**.

VRWC 2km Walk

1.	Darcey Roberts	F	10:18	
2.	Luke Epps	M	10:33	
3.	Liam Hutchins	M	10:39	PB 0:06
4.	Angus Hay	M	11:13	
5.	Hamish Blackwood	M	11:16	
6.	Riannah Tatlock	F	11:59	PB 0:08
7.	Alannah Dingli	F	12:33	PB 0:09
8.	Emily Smith	F	12:45	
9.	Isabella Dingli	F	13:23	
10.	Merylyn Thompson	F	14:12	
11.	Aiden Smith	M	15:01	
12.	Emma McCaffrey	F	16:35	
13.	Margaret Beaumont	F	18:13	
14.	Ian Beaumont	M	18:14	

VRWC 1km Walk

1.	Sebastian Weickhardt	M	05:34	
2.	Zahlia Heikkila-Dubowik	F	06:02	PB 0:05
3.	Addison Paulke	F	06:31	First time over this distance
4.	Ela Uzun	F	06:38	
5.	Havana Ali	F	06:55	PB 0:29
6.	Sophie Blackwood	F	07:33	
7.	Heath Tatlock	M	07:59	PB 0:31
8.	Tayesha Heikkila-Dubowik	F	08:01	
9.	Pam Mews	F	10:31	



(c) Victorian Race Walkin



(c) Victorian

Geoff Barrow, Beverly Hugo, Jan Morrey and Heath Beveridge (photos Terry Swan)



Tony Doran, Kyle Swan, Darcey Roberts, Heath Tatlock and Tayesha Heikkila-Dubowik



*And one final photo that I can't resist – 3 of our youngest walkers are colour and clothing coordinated
Sophie Blackwood, Ela Uzun and Havana Ali (photo Terry Swan)*

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

- Registrations:** Mark Donahoo, Ralph Bennett
- Setup:** Stuart Cooper, Gordon Loughnan, Shane Dickson, Tim Erickson, Terry Swan
- Judges:** Peter Vysma (chief), Stuart Cooper, Shane Dickson, Gordon Loughnan
- Canteen:** Kate Suich, Wendy Cooper, Eija Heikkila
- Timekeeping:** Tim Erickson, Ian Laurie, Jim Leppik, Mark Roberts
- Photos:** Terry Swan (see <http://www.vrwc.org.au/piwigo/index.php?category/482>)
- Videos:** Gerard Feain

Gerard Feain has produced some more great videos from our club walks on 21st July and 4th August. Point your browser to <http://www.vrwc.org.au/vrwcvideos.shtml> and scroll to the bottom. He was in action again on Saturday, so expect more soon.

Finally, our Winter Season points competitions have now finished. Final points at <http://www.vrwc.org.au/vrwcpointscomps.shtml>. Presentations will be held as part of our Winter Season Presentations on Saturday 1st September.

ACTRWC ROADWALKS, LAKE TUGGERANONG, CANBERRA, SATURDAY 11 AUGUST

Thanks to Robin Whyte for this week's results from Canberra. Fast times as usual to the young speedsters **Tim Fraser, Mitchell Baker** and **Connor Frew**, with **Callum Burns** not far behind.

7km Walk

1.	Tim Fraser	32:09
2.	Mitchell Baker	32:24
3.	Connor Frew	33:05
4.	Callum Burns	35:07
5.	Greg Durr	39:56
6.	Robin Whyte	46:30
7.	Bryan Thomas	53:07
8.	Bob Parker	53:44
9.	Rosemary Parker	54:46
10.	Kate Black	1:00:19
11.	Doug Fitzgerald	1:00:43
12.	Pat Fisher	1:07:30

2km Walk

1.	Owen Toyne	10:49
2.	Helena Bialecki	12:53
3.	Georgia Frew	13:44
4.	David Mackenzie	17:20
5.	Fran Black	19:25
	Ella Baker	DNF
	Andrew Camp-Liddiard	DQ

1km Walk

1.	Eloise Smith	05:57
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TRWC ROADWALKS, MONTROSE BAY HIGH, HOBART, SATURDAY 11 AUGUST

Thanks to Wayne Fletcher for this week's results from Tasmania. Wayne commented: Cool overcast day, however the course was in a wind free zone. **Anna Blackwell** did 2 great races with a PB in the 3km. The older boys walked strongly, gearing up for the Tasmanian Masters 5k titles next week.

7km Walk

1.	Steve Ahern	41.36
2.	Wayne Fletcher	54.13

3km Walk

1.	Anna Blackwell	15.11
2.	Chloe Ahern	17.24

5km Walk

1.	Anna Blackwell	26.15
2.	Eugene Gerlach	31.42
3.	David Moore	42.10

2km Walk

1.	Oliver Morgan	12.11
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SAMA ROADWALKS, BONYTHON PARK, ADELAIDE, SATURDAY 11 AUGUST

Thanks to Colin Hainsworth for this week's results from the South Australian Masters in Adelaide. He commented: Cold arvo with rain and strong winds forecast which kept numbers down.

10km Yacht Handicap

1.	George White	1:02:29	M73	85.65%
2.	Richard Everson	58:05	M54	75.08%
3.	Marie Maxted	1:12:12	W58	70.01%
4.	David Robertson	1:30:29	M85	71.59%

10km Club Yacht Handicap

1.	Graham Harrison	1:17:54	M75	70.63%
2.	Raelene Schild	1:19:42	W53	60.00%

5km Club Yacht Handicap

1.	Cathie Hore	47:14	W67	57.15%
2.	Dave Fallon	41:14	M65	57.31%
3.	Ross Hill-Brown	44:13	M63	52.31%

WARWC CLUB CHAMPIONSHIPS, WILSON, PERTH, SUNDAY 12 AUGUST

Thanks to Terry Jones for this week's results from Western Australia. Good 10km time by 17 year old **Ben Reid** (49:08).

Open Men 20km Walk

1.	Andrew Duncan	1:43:02
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U12 Girls 2km Walk

1.	Ashlyn Spence	11:19
2.	Layla Dabala	12:44
3.	Jasmine Williams	14:22

U20 Men 10km Walk

1.	Brad Mann	52:59
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U18 Men 10km Walk

1. Ben Reid	49:08
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Masters Women 5km Walk

1. Wendy Farrow	32:56
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U14 Girls 3km Walk

1. Lataya Lawrence	18:32
2. Amber Richards	21:54
3. Emily Bogaers	25:12
4. Alexandra Griffin (inv)	15:42

U12 Boys 2km Walk

1. Xavier Bernard	11:17
2. John Rohan	11:37
3. Luke Lawrence	12:47

U10 Girls 2km Walk

1. Gracie Dabala	8:29
2. Kaytee Bogaers	8:43
3. Asha Freeman	9:46
4. Ellis Freeman	11:05

QRWC TRACK CHAMPIONSHIPS, UQ TRACK, ST LUCIA, BRISBANE, SUNDAY 12 AUGUST

Thanks to Robyn Wales for this week's results from Queensland. Robin commented: hot and sunny.

40 walkers in total, an excellent turnout. Excellent times by **Jayda Anderson** (U14 1500 6:46), **Myles Callaghan** (U12 1500m 7:39), **Nelson McCutcheon** (U16 3000m 13:33) and **Caitlin Hannigan** (U18 5000m 24:45), amongst others.

Open 5000m

1. Ignacio Jimenez	23.22
2. Peter Bennett	28.07
3. Argenis Guevara	28.33
4. Patrick Sela	40.18
1. Brenda Gannon	28.26
2. Di Adams	29.17
3. Noela McKinven	40.58

U14 1500m

1. Kai Norton	7.40
1. Jayda Anderson	6.46
2. Anika Clarke	7.26
3. Ashanti Heap	7.28
4. Amber Norton	8.05
5. Scarlett Schofield	8.27
6. Korey Brady	8.36
7. Amber Tofful	10.30

U18 5000m

1. Caitlin Hannigan	24.45
2. Jasmine McRoberts	35.40
3. Charlotte Hamann	37.11

U12 1500m

1. Myles Callaghan	7.39
2. Sam McCure	7.58
3. Jacob Petrovic	11.19

U16 3000m

1. Nelson McCutcheon	13.33
2. Jonathan Wearne	15.17
1. Camryn Novinetz	15.09
2. Mackenzie Ofield	16.48
3. Larissa Vickers	17.31
4. Amelia Schofield	17.42
5. Charlotte Sentence	18.09
6. Summer Millard	18.44
7. Torryn Fisher	19.17

1. Lyla Williams	7.56
2. Alejandra Hannouf	8.03
3. Rebecca Teahen	8.20
4. Kamara Stewart	9.12
5. Lily Goulding	9.38

U10 1000m

1. Flynn Callaghan	6.00
1. Makenna Clarke	5.38
2. Chelsea Capps	5.45
3. Siaan Fisher	6.17
4. Charlotte Brady	7.17

SOUTH AUSTRALIAN CATCHUP

Our regular correspondent Peter Crump had been a bit too busy to send over the last few weeks of walk results from Adelaide but he has caught up this week. I publish below the results from last Saturday and from Saturday 4th August. The results from Saturday 28th July I will just put straight into my stats website <http://racewalkaustralia.com/Home.asp>.

South Australian Roadwalk Championships, Adelaide Parklands, Adelaide, Saturday 11 August**ASA 10km Championship**

1. Rhiannon Lovegrove	59:08
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ASA 8km Championship

1. Mathew Bruniges	44:46
2. Victoria Upton	42:43

SARWC Short Course Club Championships, Adelaide Parklands, Adelaide, Saturday 4 August**8km Walk**

1. Kim Mottrom	37:23
2. Olivia Sandery	41:23
3. Rhiannon Lovegrove	47:38
4. Royrie Upton	49:23
5. James Hoare	62:32

3. Chloe Upton	52:47
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ASA 3km Championship

1. Kiera Ross	14:56
2. Kitarni Upton	16:01
3. Elli Pusonjic	17:29

SARWC Support Events

SARWC 10km Walk

1. Kim Mottrom	47:05
2. Royrie Upton	60:50

SARWC 8km Walk

1. Greg Metha	49:27
2. Mia Wilks	50:07
Adrian Upton	DNF

SARWC 3km Walk

1. Toby Wilks	13:55
2. Olivia Sandery	14:35
3. Zayden Kamish	17:00
4. Seth Upton	19:04
Jake Vidler	DNF

SARWC 2km Walk

1. Sam Wilks	12:05
2. Katie DeRuvo	14:02
3. Xavier Upton	15:01
4. Edward Upton	15:49
5. Tarique Kamish	15:49
6. Zahra Kamish	16:51

6km Walk

1. Tristan Camilleri	29:29
2. Mathew Bruniges	33:44
3. Chloe Upton	39:33

4km Walk

1. Victoria Upton	20:35
2. Mia Wilks	24:20
3. Seth Upton	26:51
4. Zayden Kamish	26:51
5. Aleesha Vidler	27:06

2km Walk

1. Toby Wilks	9:33
2. Kiera Ross	10:14
3. Kitarni Upton	10:29
4. Elli Pusonjic	11:24
5. Jake Vidler	11:45
6. Sam Wilks	12:07
7. Sebastian Richards	12:08
8. Xavier Upton	16:12
9. Tarique Kamish	16:13
10. Zahra Kamish	16:14

RWA POSTAL CHALLENGE RESULTS

Mark Donahoo has now collated the Racewalking Australia Postal Challenge results sent in from each RWA member club and has applied his weighting factor to give the smaller clubs more of a chance. The final results are as shown below. Although NSWRC and RWV did best from a raw points point of view, it was SARWC who won for 2018. Well done to the South Australians. See the full details at <http://www.vrwc.org.au/RWA-Results/2018%20RWA%20Challenge%20Results.xlsx>.

Clubs	SARWC	NSWRC	TRWC	WARWC	ACTRWC	QRWC	RWV
Totals	56	43	68	69	61	63	45
Fairness calculation	2	1.4	2.2	2.2	1.8	1.8	1.1
Final Total	28	30.7	30.9	31.3	33.9	35	40.9
Placings	1	2	3	4	5	6	7

JUBILÉ CZUKOR, KOMLO, HUNGARY, SUNDAY 12 AUGUST

Emmanuel Tardi was in the south of Hungary last weekend for the final race of Hungarian racewalking legend and triple Olympian **Zoltan Czukor**. Zoltan's 'Jubilee' was held in his city of Komlo last Sunday, with competitors striving to complete 100km on a 730m loop (meaning 137laps) in the middle of the city. The time limit of 12 hours was made tougher by the conditions, as the temperature quickly rose from 19°C at the 7AM start to around 37°C in the afternoon.

A large crowd had gathered to witness the start, which saw Zoltan head out with 2016 Olympian **Miklos Srp**. Miklos stopped after 25km, leaving Zoltan out front on his own. He passed the 40km mark in 3:56, 28 minutes ahead of Russian ultra star **Dimitri Osipov**, but was forced to slow and take a few breaks after cramps set in. However, he maintained his lead, passing 50km in 5:02 and 80km in 8:30, eventually finishing the 100km in 11:10:38, 18 minutes ahead of Osipov, who was the only other finisher. Zoltan walked the last lap with many Komlo citizens and lots of former Hungarian racewalkers.

1. Zoltan Czukor	Hungary	1962	100.00 km	11:10:38
2. Dimitri Osipov	Russia	1966	100.00 km	11:28:58
3. Claudine Anxionnat	France	1951	82.490 km	11:59:01
4. Emmanuel Tardi	France	1967	50.370 km	10:34:56
5. Miklos D Srp	Hungary	1993	24.820 km	2:26:17



Zoltan Czukur, Dmitri Osipov and Claudine Anxionnat



Dmitri Osipov, Zoltan Czukur, Claudine Anxionnat, Emmanuel Tardi and Miklos Srp (photos Emmanuel Tardi)

2018 NACAC CHAMPIONSHIPS, VARSITY STADIUM, TORONTO, 8-12 AUGUST

The 3rd edition of the NACAC Athletics Championships (North America, Central America and the Caribbean) was held in Toronto, Canada, from 8th to 12th August, and brought together more than 500 athletes from 28 countries. The 20km racewalks, which were held on a 2km lap in the Toronto Island Park, saw wins to **Maria Michta-Coffee** (1:36:34) and **Evan Dunfee** (1:25:39).

Women 20000 M Race Walk, Friday 10 August

1.	Maria Michta-Coffee	32	United States	1:36:34
2.	Mirna Sucely Ortíz	31	Guatemala	1:38:36
3.	Katie Burnett	29	United States	1:39:31
4.	Dalia Oliveras	20	Puerto Rico	1:41:01
	Robyn Stevens	35	United States	DQ

Men 20000 M Race Walk

1.	Evan Dunfee	27	Canada	1:25:39
2.	Nick Christie	26	United States	1:30:11
3.	John Cody Risch	27	United States	1:36:05
	Emmanuel Corvera	25	United States	DQ

USA VS CANADA JUNIOR RACE WALK MATCH, TORONTO, CANADA, FRIDAY 10 AUGUST

Canada won the 30th edition of the U20 Walks Meet against USA, 28 points against 16. The races, 5km for the women and 10km for the men, were held in conjunction with the 20km roadwalks at the NACAC Athletics Championships in Toronto Island Park last Friday. Best walk had to be that of 16 year old USA walker **Taylor Ewert**, who set a new USA and meet record of 23:07.

10km Walk U20 Men

1.	Ho, Kenny	CAN	50:06
2.	Wilson, Tyler	CAN	50:40
3.	Soliven, Daniel	CAN	51:00
4.	Tse, Johnny	CAN	51:52
5.	Hoyer, Keenan	CAN	52:18
6.	Crawford, Jordan	USA	52:36
7.	Roberts, Logan	USA	56:43
8.	Johnson, Carson	USA	58:47

5km Walk U20 Women

1.	Ewert, Taylor	USA	23:07
2.	Lu, Joean	CAN	25:47
3.	Danielson, Kyra	CAN	26:19
4.	Cardle, Cassidy	CAN	26:22
5.	Heiser-Whatley, Jessica	USA	26:55
6.	Heiser-Whatley, Victoria	USA	27:21
7.	St-Amand, Anne	CAN	28:21
8.	Betties, Zoi	USA	29:27

OUT AND ABOUT

- The Athletics Integrity Unit (AIU) has suspended another Kenyan runner, the reigning Athens Marathon champion, 23 year old Samuel Kalalei. He had tested positive for banned substance EPO. He had clocked a time of 2:12:17 in the Greek capital of Athens. His fine form also saw him finish a commendable seventh given his age in Rotterdam in April in a time of 2:10.44. NOW we know why! See <https://antidopingworld.wordpress.com/2018/08/07/what-are-kenyan-runners-doing-ruins-their-reputation-another-kenyan-%F0%9F%87%B0%F0%9F%87%AA-marathoner-samuel-kalalei-is-provisionally-suspended-for-epo/>.
- German TV's top investigative journalist Hajo Seppelt talks to IAAF President Sebastian Coe in a wide ranging and honest interview. See https://ecs.sportchau.de/ecs2018/videos_audios/Interview-with-Sebastian-Coe,ecsvideo178.html.
- Congratulations to **Birger Fält** on achieving the fine old age of 50 years. Birger is well known to everyone as Swedish racewalking statistician and historian, masters walker and webmaster for the Swedish Racewalking website www.gang.se. See more on Birger in Jan Olsson's birthday report at <http://www.gang.se/forbundsinfo/Nyheterhemsidan/birgerfalt50ar>.



Now here's a pretty disreputable gang of three – Emmanuel Tardi (left) and Birger Fält with me at the 2014 WWC in Taicang

MARCIADALMONDO AND OMARCHADOR ROUNDUP

There are 7 press releases for us from Marciadalmondo this week

- Mon 13 Aug - Italian head walks coach Elio Locatelli reflects on the current state of walking in that country
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3259
- Sun 12 Aug - Evan Dunfee (CAN) and Maria Michta-Coffey (USA) NACAC champions in Canada
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3258
- Fri 10 Aug - Gathimba in men and Beletew win African Championship walks in Nigeria
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3257
- Sun 12 Aug - Spanish walkers dominate European Championships
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3256
- Sat 11 Aug - Alvaro Martin and Maria Perez win European 20km Championships for Spain
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3255
- Wed 8 Aug - Results of the European Championship 50km walks
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3254
- Tue 7 Aug - Maryan Zakalnytsky (UKR) and Ines Henriques (POR) win European Championship 50km walks
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3253

and omarchador has 10 press releases

- Mon 13 Aug - Canada wins USA/Canada U20 teams walks competition in Toronto
<http://omarchador.blogspot.com/2018/08/selecao-do-canada-vence-encontro-sub-20.html>
- Sun 12 Aug - Evan Dunfee and Maria Michta-Coffey win NACAC Championships in Toronto
<http://omarchador.blogspot.com/2018/08/evan-dunfee-e-maria-michta-coffey.html>
- Sat 11 Aug - María Pérez wins women's 20km in European Champs
<http://omarchador.blogspot.com/2018/08/maria-perez-alcanca-o-ouro-nos-20-km-de.html>
- Sat 11 Aug - Álvaro Martín wins men's 20km in European Champs
<http://omarchador.blogspot.com/2018/08/alvaro-martin-conquista-titulo-europeu.html>
- Fri 10 Aug - Start list for men's 20km in European Champs
<http://omarchador.blogspot.com/2018/08/berlim-2018-20-km-masculinos-lista-de.html>
- Fri 10 Aug - Start list for women's 20k in European Champs
<http://omarchador.blogspot.com/2018/08/berlim-2018-20-km-femininos-lista-de.html>
- Thu 9 Aug - Preview of the NACAC Athletics Championships in Toronto, Canada
<http://omarchador.blogspot.com/2018/08/campeonatos-de-atletismo-nacac-em.html>
- Wed 8 Aug - It is 28 years since Portugal's Susana Feitor won gold in the IAAF U20 World Champs
<http://omarchador.blogspot.com/2018/08/a-medalha-de-ouro-de-susana-feitor-nos.html>
- Wed 7 Aug - Maryan Zakalnytsky wins men's 50km in European Champs
<http://omarchador.blogspot.com/2018/08/maryan-zakalnytsky-vence-50-km-em.html>
- Wed 7 Aug - Inês Henriques wins women's 50km in European Champs
<http://omarchador.blogspot.com/2018/08/ines-henriques-e-campea-da-europa-de-50.html>

VALE RON CRAWFORD: 1936-2018

The Australian Athletics community was saddened to hear of the death in Sydney of Ron Crawford last Tuesday 7th August 2018.

Ron, born 26th March 1936, represented Australia as a racewalker in 3 Olympic Games (1956, 1960 and 1964). Retiring after the Tokyo Olympics, he moved into athletics administration, an involvement that continued until his death this month. His association with our sport spanned more than 60 years, during all of which time he remained a loyal member of Randwick Botany Harriers in Sydney. He worked extensively at local, State and National level and was recognised with many awards and accolades.

But more than that, he is remembered as a gentleman, as someone who was approachable and honest and balanced.

For all of this, he will be sadly missed by the many members of our Australian racewalking community.



First to the bare bones of his Olympic representations. In summary, he competed at the 1956 (Melbourne), 1960 (Rome) and 1964 (Tokyo) Olympics, doubling with 20km and 50km walks in all three. His best performances were 11th in the Rome 20km and 11th in the Tokyo 50km. He was aged only 20 years in 1956 when he gained his first Olympic vest.

1956 Olympic Games	20 km Walk	13/24	13 th	1:39:35.0
	50 km Walk	13/23	13 th	5:22:36.0
1960 Olympic Games	20 km Walk	11/36	11 th	1:39:16.2
	50 km Walk		DQ	
1964 Olympic Games	20 km Walk	22/30	22 nd	1:38:47.0
	50 km Walk	11/34	11 th	4:24:19.6

Ron had a wonderful ability to peak when it counted, and that meant producing his best performances in the Olympic trials. This is discussed for each of his 3 Olympic appearances.

1956 Olympics, Melbourne

Ron was aged only 20 years of age in 1956 and a relatively inexperienced walker. He had walked a number of 20km races in nSW and was the current NSW 20km champion, but only with a relatively slow 99:18. Yet, he fronted for both the 20km and 50km trials, and took third place in both, thus gaining Olympic selection against a swathe of older and more experienced walkers.

The Amateur Athletic Union of Australia chose Saturday 14th July 1956 for the 20km Olympic trial. Since the Games would be held in Melbourne, the venue was obvious – a shortened version of the projected Games course in inner Melbourne, on the bitumen sealed roads and footpaths encircling Olympic Park.

The two top walkers for the past 4 to 5 years had been Ted Allsopp and Don Keane and they did not disappoint, clearing out early and definitively taking the first two places. In fact, Ted's time was a new Australian and Victorian best ever time. But the battle for third place was wide open, with young Victorian rising stars Harry Summers and Bob Gardiner together at the 10 km mark, slightly ahead of Ray Smith and Norm Read and well clear of anyone else. As the others faded slightly, Harry looked to have it sewn up at the 16 km mark but he did not bank on Ron who finished like a steam train, overtaking him in the last 1km and ultimately taking third place, 17 seconds ahead of Harry. Bob Gardiner remembers it thus

I vividly remember the Melbourne 20km trial, Harry had pushed on ahead of me, and I was excited to think that Harry, my training mate, might make the team. Then Ron stormed by. I yelled out "Look out Harry", but to no avail. Ron was unstoppable.

1.	Ted Allsopp	VIC	94:26.6
2.	Don Keane	VIC	95:26.0
3.	Ron Crawford	NSW	97:52.0
4.	Harry Summers	VIC	98:09.6
5.	Robert Gardiner	VIC	98:29.0

The 1956 Australian 50 km Championship and Olympic trial was held on the 1956 Olympic Games course on Sunday 9th September 1956, starting and finishing at Olympic Park rather than the MCG. Walking a wonderful race, Ray Smith finished 2nd to New Zealander Norm Read (who went on to win the 1956 Olympic 50 km race). Ray's time of 4:40:24 broke the Australian and Victorian Residential records and won him the Australian Title. Ron was next in with 4:45:19, also under the old record. In fact, the first 3 Australians all bettered Les Hellyer's Australian record of 4:51:04.4.

Next time you travel by car from the city down St Kilda Rd and then up Dandenong Rd to Oakleigh, take a look at the undulating terrain. The number of hills and rises make this one of the toughest courses ever used for an Olympic 50 km event.

1. Norm Read NZ 4:30:16.2
2. Ray Smith VIC 4:40:24.6 1st Australian Championship
3. Ron Crawford NSW 4:45:19.2 2nd Australian Championship
4. Ken Keogh NSW 4:45:35.6 3rd Australian Championship

The Olympic team was duly named, with 4 walkers

Ted Allsopp	20km and 50km
Ron Crawford	20km and 50km
Don Keane	20km
Ray Smith	50km

Ron walked well in both Olympic walks, finishing 13th in the 20km (1:39:35) and 13th in the 50km (5:22:36) in horrendously hot conditions.



Ted Allsopp (centre), Ron (right) and one of the American walkers in the 1956 Olympic 20km walk in Melbourne

Some trivia at this stage. In 1957, the Dominican Republic issued a set of 8 postage stamps featuring 1956 Olympic Champions. One stamp featured 1956 Olympic 50km winner Norm Read of New Zealand. To his left is seen British walker Don Thompson and on his right is Ron. This was the first time an Australian walker had featured on a postage stamp.



1960 Olympic Games, Rome

Ron had raced consistently during the intervening 4 years since the Melbourne Games, so entered 1960 as a much more confident and more experienced walker.

The 1960 Olympic 20km trial was held in Centennial Park, Sydney, on 7th May 1960. Interestingly, the course was held on a non-standard road loop with 9 ½ laps for the 20km. This added an extra layer of complexity, the competitors not able to easily judge pace by their lap times. Strong winds also buffeted the walkers, adding an additional layer of difficulty. Noel Freeman went in as favourite and lived up to his reputation, leading from start to finish and winning by over 2 minutes. Ted Allsopp had chased Noel early in the race and paid the penalty, eventually being passed by the faster finishing Ron. Ron's ability to finish fast was now becoming well known.

1.	Noel Freeman	VIC	92:12.4
2.	Ron Crawford	NSW	94:22.0
3.	Ted Allsopp	VIC	94:33.4

The 1960 Olympic 50 km trial was held on 5th June 1960 in Mentone (Melbourne), in conjunction with the Australian 50km championship. The same 3 walkers were in contention, with Ted, Ron and Noel shadowing each other after a slow start. When Noel applied the pressure at the 20km mark, neither Ron nor Ted could respond and Noel gradually drew clear, going on to win by over 6 minutes with 4:32:28. Ted, who had been the favourite, eventually cracked, retiring at the 32 km mark. Ron held on as usual, finishing second with a PB 4:38:51.

1.	Noel Freeman	VIC	4:32:28
2.	Ron Crawford	NSW	4:38:51
3.	Logan Irwin	NSW	4:47:50

He has come third in both trials in 1956. Now he had improved to second in both trials. The Olympic team was duly named, with 2 walkers

Noel Freeman	20km and 50km
Ron Crawford	20km and 50km

As for the Melbourne Olympics, the Rome Olympics were held in very hot weather, with the two walks contested in high temperatures. Ron improved two places in the 20km walk, finishing 11th with 1:39:16.2. Noel finished second, meaning Australia had done well on the world stage.

Buoyed by their 20km walks, Noel and Ron started confidently in the Olympic 50km, leading from the start, seemingly unworried by the hot conditions. Controversially, they were both disqualified before the 20km mark, still in front. Given Noel's clean judging sheet in the 20km event, his disqualification in the 50km remains a discussion point, as does Ron's disqualification. Ron was regarded as a very fair walker and there had never been any concerns with his technique previously. And, being a 50km, they were not exactly going fast, compared with how they could walk. In retrospect, it seems clear that this was an element of politics in these disqualifications.



Noel and Ron lead the 1960 Olympic 50km before their disqualifications

1964 Olympic Games, Tokyo

The Australian landscape had changed by 1964, with a number of new walkers like Bob Gardiner, Noel Norris and Frank Clark now pushing the likes of Ted and Noel and Ron. A third Olympics would be a much tougher ask.

The 1964 Olympic 50km trial was held alongside the Australian 50km Championship in Adelaide on 6th June 1964. Bob Gardiner broke clear at the 35km mark, going on to win comfortably with 4:24:19, a time that actually bettered the current Olympic 50km record. The chasing group of Ted Allsopp, Frank Clark and Ron soon fragmented, with Ted taking second with 4:30:55, just ahead of Frank (4:31:21), and a long way ahead of Ron who eventually faded to fifth place with 4:41:20.

1.	Bob Gardiner	VIC	4:24:19
2.	Ted Allsopp	VIC	4:30:56
3.	Frank Clark	NSW	4:31:21
4.	Noel Norris	QLD	4:33:28
5.	Ron Crawford	NSW	4:41:00
6.	Logan Irwin	NSW	4:41:20

The 1964 Olympic 20km trial was held on 18th July 1964 in Centennial Park in Sydney. Noel Freeman won the race with 1:34:20, but it was done the hard way. He raced from the front as usual, passing the first 10 km in 42:30. But then he started to cramp and struggled home to just outlast a fast finishing Ron who crossed the line only 30 seconds in arrears. Ron had walked the entire race on his own in second place, and had made up over 2 minutes in the final 2 miles on a slowing Freeman.

1.	Noel Freeman	VIC	94:20
2.	Ron Crawford	NSW	94:50
3.	Noel Norris	QLD	96:40
4.	Bob Gardiner	VIC	99:07
5.	Frank Clark	NSW	100:35

The trial placings had produced 6 different walkers, all with good times and all in contention. As the trial winners, Bob (50km) and Noel (20km) had to be selected. Ted (50km) and Ron (20km) had come second in the trials so would have to be the next picks. But how would the third spots in each event be decided? Both Frank Clark (20km) and Noel Norris (50km) had walked well, Frank in particular.

When the Tokyo team was to about to be announced, only Noel and Bob were originally ratified by the Australian Olympic Committee, although other names were proposed by the athletics selectors. Then extra places were made available, and Ted and Ron were squeezed in. It was hard luck for Frank Clark and Noel Norris who had both probably done enough to be selected in an ideal world.

The Olympic team was duly named, with 4 walkers

Bob Gardiner	20km and 50km
Ron Crawford	20km and 50km
Noel Freeman	20km
Ted Allsopp	50km

Frank Clark's time would come, with representations in the 1966 Commonwealth Games and in the 1968 Olympics. For Noel Norris, he had missed his only chance.

Bob Gardiner remembers Ron from this period.

Ron was a tough competitor, who would keep pushing on when others would give up. He had the ability to grit his teeth and go for the final kilometres, ignoring the pain. At the pre-Tokyo training camp in Narrabeen, Noel, Ron and I went out on a 20 mile training walk. After about 15 mile or so, Ron was in big trouble, but wouldn't give in. He would drop off the pace, then struggle back up to us more than once, and by the time we got back he was a wreck and couldn't train for a day or so.

Ron competed well in his two Olympic walks in Tokyo, coming 22nd in the 20km walk (1:38:47) and 11th in the 50km (a PB 4:24:19).



Bob Gardiner, Ron and Ted Allsopp train in the Olympic Village in Tokyo during the 1964 Olympic Games

Soon after this, he retired from racewalking. He was 28 years of age, with a young family and with other commitments that now needed to be addressed.

It is worth commenting at this stage on his standing within the NSW racewalking scene. Ron was pretty much undefeated in NSW during the 9 year period from 1954 to 1964, winning 24 Golds, 2 Silvers and 1 Bronze medal in the various State championships. I don't think I have seen such a dominance over such a long period by any Australian walker before or since.

NSW 2 Miles Championship (7G, 2S)

1956	1	Ron Crawford	14.55	2	Bill Kirby	3	Ken Keogh	14.55
1957	1	Colin Walker	14.43	2	Ron Crawford	14.53	3	Ken Keogh
1958	1	Ron Crawford	14.34	2	Ken Keogh	14.47	3	Bill Kirby
1959	1	Ron Crawford	14.42	2	Ken Keogh	14.54	3	Col Walker
1960	1	Ron Crawford	14.25	2	Ray Nixon	3	Eugene Cichanowski	
1961	1	Ron Crawford	14.51	2	Peter Waddell	14.56	3	Logan Irwin
1962	1	Ron Crawford	13.50	2	Logan Irwin	3	Peter Waddell	
1963	1	Ron Crawford	14.02	2	Frank Clark	14.29	3	Bill Kirby
1964	1	Frank Clark	14.12	2	Ron Crawford	3	Bill Kirby	

NSW 10000m Championship (7G, 1B)

1956	1	Ron Crawford	48.32	2	Bill Kirby	48.34	3	Ken Keogh	48.40
1957	1	Col Walker	48.01	2	Ken Keogh	3	Ray Nixon		
1958	1	Ron Crawford	47.32	2	Ken Keogh	47.41	3	Ray Nixon	
1959	1	Ron Crawford	48.43	2	Col Walker	48.48	3	Ken Keogh	
1960	1	Ron Crawford	51.06	2	Bill Kirby	3	Logan Irwin		
1961	1	Ron Crawford	49.30.	2	Peter Waddell	49.33	3	Logan Irwin	
1962	1	Ron Crawford	47.53	2	Logan Irwin	3	Frank Clark		
1963	1	Ron Crawford	48.35	2	Frank Clark	48.36	3	Logan Irwin	
1964	1	Frank Clark	47.30	2	Logan Irwin	47.57	3	Ron Crawford	

NSW 20km Championship (10G)

1954	1	Ron Crawford	104.11	2	Logan Irwin	104.33	3	Bill Kirby
1955	1	Ron Crawford	101.43	2	George Kenyan	102.49	3	Logan Irwin PW
1956	1	Ron Crawford	99.18	2	Col Walker	99.58	3	Norm Read (NZ)
1957	1	Ron Crawford	97.42	2	Col Walker	3	Ken Keogh	
1958	1	Ron Crawford	99.39	2	Ken Keogh	99.32	3	Bill Kirby
1959	1	Ron Crawford	105.06	2	Bill Kirby	3	Logan Irwin	
1960	1	Ron Crawford	96.34	2	Ken Keogh	101.56	3	Logan Irwin
1961	1	Ron Crawford	99.16	2	Logan Irwin	99.26	3	Frank Clarke
1962	?							
1963	1	Ron Crawford	97.46	2	Frank Clark	98.27	3	Logan Irwin
1964	1	Ron Crawford	94.08	2	Frank Clark	3	Eddie Dawkings	



Ron and Peter Waddell lead the field at the E. S. Marks Field in Sydney in the early sixties

Apart from his sterling performances in the various Olympic trials discussed above, he also had a good record at National level championships, winning 1 Gold, 2 Silvers and 3 Bronze medals at a time when these championships were few and far between. What stood him apart throughout his career was his ability to produce the goods when it really counted.

1956 Australian 50 km Championship

1 Norm Reid NZ 4:30:16 2 Ray Smith VIC 4:40:24 3 **Ron Crawford** NSW 4:45:19

1957 Australian 10,000m Championship

1 Ted Allsopp VIC 46:12 2 Noel Freeman VIC 46:51 3 **Ron Crawford** NSW 47:19

1958 Australian 2 Miles Championship

1 Don Keane VIC 14.36.4 2 Ted Allsopp VIC 14.42.6 3 **Ron Crawford** NSW 15.02.2

1960 Australian 50 km Championship

1 Noel Freeman VIC 4:32:28 2 **Ron Crawford** NSW 4:38:51 3 Logan Irwin NSW 4:47:50

1961 Australian 10,000m Championship

1 **Ron Crawford** NSW 48:21 2 Bob Gardiner VIC 49:05 3 Logan Irwin NSW 49:38

1962 Australian 2 Miles Championship

1 Noel Freeman VIC 14.22.2 2 **Ron Crawford** NSW 14.26.2 3 Frank Leonard NSW 14.50.8

His victory in the 1961 Australian 10,000m Track Championship deserves additional comment as it was the last Australian championship held over that distance. It was replaced by an Australian 20km Championship in 1963 and it was not until 2014 that a 10,000m Track Championship was re-introduced. Thus Ron could lay claim to be the reigning champion in this event for 53 years!

The 1961 Australian 10,000m Track championship was held on July 22nd and was conducted on the Redcliffe Showgrounds in Brisbane. In warm and fine conditions, Ron won easily in 48:20.4, ahead of Victorian Bob Gardiner (49:05.0), Randwick Botany club mate Logan Irwin (49:37.6) and fellow NSW walker Frank Clark.

When asked about it in 2014, he commented: "I was not in the fittest shape in the leadup to the 1961 national championships as I had got married late in 1960."

Following his career as an athlete, Ron embarked on a long and distinguished administrative career in the sport, culminating in life memberships with Athletics NSW, Athletics Australia and Randwick Botany Harriers, along with a Medal of the Order of Australia (OAM). A brief summary of some of the main highlights follows:

Athletics NSW Board Member	1977-1981, 1997
Randwick Botany Harriers Life Membership	1984
Athletics Australia Board Director	1996-99
President, Regal Racewalkers	1996-2016
Athletics NSW Life Membership	?
Medal of the Order of Australia (OAM)	1999

Australian Sports Medal
Athletics Australia Life Membership

2000
2007

We have truly lost one of the legends of Australian racewalking.

VALE JOHN WEST: 1950 – 2018

We lost yet another one of our Australian racewalking community with the death of NSW Masters walker **John West** back in late May. The news has only been passed onto me now so I am publishing it here for the many Australian Masters readers who knew him.

John, born 1950, was only aged 67 when he passed, far too young for this modern day and age.

John took up racewalking in 2012, slotting into the M60 division. From then on, he was a regular competitor at the various NSW and Australian masters meets and championships, regularly winning medals in his age group. He picked up a silver and 2 bronzes in the walks at the Oceania Masters Championships in Bendigo in 2014 and competed in the World Masters Championships in Perth in 2016, finishing 13th in the 5000m trackwalk and 10km roadwalk and 7th in the 20km roadwalk. In fact, his 20km in Perth was his first ever outing over this longer distance.

In addition to athletics, John was heavily involved in coaching cross-country and triathlons at Orange High School where he was a teacher, and in local soccer where he refereed for some 40 years and played for 20 years.

On behalf of the wider walking community, I wish to pass on our deepest sympathies to John's wife Margaret, his 6 children and his many grandchildren.



John competing in the M60 5000m track walk at the World Masters Championships in Perth in 2016

PAUL DEMEESTER'S 2018 50KM WORLD RANKING LIST UPDATE

With the European Championship 50km walks now completed, **Paul DeMeester** has updated his 2018 50km World Ranking Lists for men and women. The lists now show 143 women from 30 countries and 261 men from 38 countries. Now that is impressive and puts the lie to the argument that the 50km is dying.

Women's 50km Performances 2018 through August 7, 2018 - Note: B-Standard Judging where indicated

These 143 walkers represent 30 member federations from all six Areas. It is great to see 15 women under 4:20:00 and 33 women under 4:40:00. The standard is quickly building.

NOTE: Charly-sur-Marne results are official 50K splits during an 8-Hour race.

1.	Rui Liang	CHN	4:04:36	Taicang 5/5/18
2.	Hang Ying	CHN	4:09:09	Taicang 5/5/18
3.	Ines Henriques	POR	4:09:21	Berlin 8/7/18
4.	Claire Tallent	AUS	4:09:33	Taicang 5/5/18
5.	Alina Tsviliy	UKR	4:12:44	Berlin 8/7/18
6.	Paola Viviana Perez	ECU	4:12:56	Taicang 5/5/18

7.	Julia Takacs Nyerges	ESP	4:13:04	Burjassot 2/25/18
8.	Maocuo Li	CHN	4:13:04	Chinfeng 7/1/18
9.	Faying Ma	CHN	4:13:28	Taicang 5/5/18
10.	Maria Czakova	SVK	4:14:25	Dudince 3/24/18
11.	Johana Edelmira Ordonez Lucero	ECU	4:14:28	Taicang 5/5/18
12.	Nastassia Yatsevich	BLR	4:18:00	Taicang 5/5/18
13.	Nadzeya Darazhuk	BLR	4:18:31	Taicang 5/5/18
14.	Ainhoa Pinedo Gonzalez	ESP	4:18:56	Burjassot 2/25/18
15.	Magaly Beatriz Bonilla Solis	ECU	4:19:04	Taicang 5/5/18
16.	Khrystina Yudkina	UKR	4:20:46	Berlin
17.	Vasylyna Vitovshchuk	UKR	4:23:15	Berlin 8/7/18
18.	Mayra Carolina Herrera	GUA	4:28:30	Taicang 5/5/18
19.	Mar Juarez Gallardo	ESP	4:28:58	Berlin 8/7/18
20.	Dusica Topic	SRB	4:30:43	Berlin 8/7/18
21.	Mariavittoria Becchetti	ITA	4:31:41	Berlin 8/7/18
22.	Serena Sonoda	JPN	4:31:52	Wajima 4/15/18
23.	Tiia Kuikka	FIN	4:32:43	Taicang 5/5/18
24.	Agnieszka Ellward	POL	4:32:47	Dudince 3/24/18
25.	Tiantian Bai	CHN	4:32:47	Chinfeng 7/1/18
26.	Erika Jazmine Morales Cruz	MEX	4:32:53	Monterrey 2/25/18
27.	Qiuye Li	CHN	4:34:16	Chinfeng 7/1/18
28.	Ivana Renic	CRO	4:35:39	Berlin 8/7/18
29.	Maria Larios	ESP	4:37:43	Taicang 5/5/18
30.	Lyudmyla Shelest	UKR	4:37:43	Taicang 5/5/18
31.	Ksenya Radko	UKR	4:38:23	Taicang 5/5/18
32.	Nair da Rosa	BRA	4:38:48	Sucua 3/10/18
33.	Nami Kumagai	JPN	4:39:01	Wajima 4/15/18
34.	Nikolitsa Andreopoulou	GRE	4:41:44	Dudince 3/24/18
35.	Yocy Caballero Huaman	PER	4:42:37	Sucua 3/10/18
36.	Joanna Bemowska	POL	4:43:48	Dudince 3/24/18
37.	Han Xiao	CHN	4:43:48	Chinfeng 7/1/18
38.	Natsuma Kuramara	JPN	4:44:45	Wajima 4/15/18
39.	Pengqin Jiang	CHN	4:45:51	Chinfeng 7/1/18
40.	Mariela Sanchez Teran	MEX	4:46:12	Santee 1/20/18
41.	Katie Burnett	USA	4:47:50	Santee 1/20/18
42.	Natalie Le Roux	RSA	4:48:00	Taicang 5/5/18
43.	Lucie Champalou	FRA	4:48:08	Taicang 5/5/18
44.	Chiaki Yamato	JPN	4:48:46	Wajima 4/15/18
45.	Maeva Casale	FRA	4:51:13	Taicang 5/5/18
46.	Shuqing Yang	CHN	4:53:02	Chinfeng 7/1/18
47.	Maria Dolores Marcos Valero	ESP	4:53:38	Burjassot 2/25/18
48.	Akane Tamaki	JPN	4:53:50	Wajima 4/15/18
49.	Erin Taylor-Talcott	USA	4:54:39	Monterrey 2/25/18
50.	Miriam de Jesus Gutierrez Arichavala	ECU	4:54:54	Sucua 3/10/18
51.	Angeliki Makri	GRE	4:56:00	Marathon 1/14/18
52.	Lizbeth Silva Miranda	MEX	4:58:41	Monterrey 2/25/18
53.	Anett Torma	HUN	4:59:55	Santee 1/20/18
54.	Myriam Cartagena Bonilla	ECU	5:02:51	Sucua 3/10/18
55.	Olga Cabrera Ysas	ESP	5:06:13	Burjassot 2/25/18
56.	Mari Takeuchi	JPN	5:06:18	Wajima 4/15/18
57.	Sandra Silva	POR	5:08:13	Porto de Mos 1/7/18
58.	Molly Jade Davey	GBR	5:08:17	Dudince 3/24/18
59.	Miyabi Kurihara	JPN	5:08:53	Wajima 4/15/18
60.	Hannah Hunter	GBR	5:11:06B	IOM 4/15/18
61.	Susan Randall	USA	5:12:07	Taicang 5/5/18
62.	Chiho Tahira	JPN	5:17:05	Wajima 4/15/18
63.	Morgane Ausello	FRA	5:18:07	Merignac 3/18/18
64.	Michelle Turner	GBR	5:23:21B	IOM 4/15/18
65.	Karen Chiarello	GBR	5:28:41B	IOM 4/15/18
66.	Teresa Vaill	USA	5:29:29	Santee 1/20/18
67.	Efstathia Kourkoutsaki	GRE	5:34:21	Marathon 1/14/18
68.	Zoe Korkou	GRE	5:34:29	Marathon 1/14/18
69.	Sophie Dvorakova	GBR	5:41:39B	IOM 4/15/18
70.	Susan Brooke	CAN	5:42:54	Santee 1/20/18
71.	Elisabeth Cardeillac	FRA	5:44:43	Merignac 3/18/18
72.	Aura Libertad Morales Alvarez	MEX	5:46:47	Monterrey 2/25/18
73.	Casandra Milenka Nieto Linares	BOL	5:48:56	Monterrey 2/25/18
74.	Karen Lawrie	GBR	5:59:17B	IOM 4/15/18

75. Maureen Moffatt	GBR	6:01:18B	IOM 4/15/18
76. Jayne Farquhar	GBR	6:08:29B	IOM 4/15/18
77. Billie Kwok	HKG	6:14:05	Hong Kong 1/1/18
78. Adele Ropers	FRA	6:17:02	Merignac 3/18/18
79. Christine David	FRA	6:21:15B	Charly-sur-Marne 2/4/18
80. Wendy Choi	HKG	6:24:17	Hong Kong 1/1/18
81. Emilie Bizard Planchot	FRA	6:24:39B	Charly-sur-Marne 2/4/18
82. Florence Barbier	FRA	6:25:50B	Charly-sur-Marne 2/4/18
83. Claudine Anxionnat	FRA	6:26:35	Merignac 3/18/18
84. Linda Fung	HKG	6:28:33	Hong Kong 1/1/18
85. Louise Hollings	GBR	6:29:22B	IOM 4/15/18
86. Claudie Bizard	FRA	6:30:40B	Charly-sur-Marne 2/4/18
87. Janna Kelly	GBR	6:39:56B	IOM 4/15/18
88. Emma Nation	GBR	6:43:28B	IOM 4/15/18
89. Rachael Hamilton	GBR	6:48:02B	IOM 4/15/18
90. Kathryn Prince	GBR	6:49:12B	IOM 4/15/18
91. Bryony Greasley	GBR	6:51:56B	IOM 4/15/18
92. Hannah Miller	GBR	6:51:57B	IOM 4/15/18
93. Jayne Adams	GBR	6:54:26B	IOM 4/15/18
94. Paige Kelly	GBR	6:55:31B	IOM 4/15/18
95. Nicole Rodier	FRA	6:56:35B	Charly-sur-Marne 2/4/18
96. Sarah Cain	GBR	6:56:40B	IOM 4/15/18
97. Francoise Arnault	FRA	7:00:46B	Charly-sur-Marne 2/4/18
98. Abbie Cooke	GBR	7:03:15B	IOM 4/15/18
99. Tiffany Bell	GBR	7:08:11B	IOM 4/15/18
100. Emma Bell	GBR	7:08:14B	IOM 4/15/18
101. Angela Corkish	GBR	7:08:15B	IOM 4/15/18
102. Anita Parnell	GBR	7:09:42B	IOM 4/15/18
103. Miriam Garlick	GBR	7:09:43B	IOM 4/15/18
104. Darlene Backlund	USA	7:09:44	Santee 1/20/18
105. Pauline Taylor	GBR	7:10:33B	IOM 4/15/18
106. Carole Kelly	GBR	7:10:35B	IOM 4/15/18
107. Lucy McDowell	GBR	7:13:25B	IOM 4/15/18
108. Sharon Page	GBR	7:13:25B	IOM 4/15/18
109. Amy Dunne	GBR	7:15:31B	IOM 4/15/18
110. Ewelina Majewska	GBR	7:15:31B	IOM 4/15/18
111. Jane Oates	GBR	7:15:32B	IOM 4/15/18
112. Chris Phillips	GBR	7:17:33B	IOM 4/15/18
113. Kate Condon	GBR	7:17:33B	IOM 4/15/18
114. Barbara Watt	GBR	7:17:50B	IOM 4/15/18
115. Chrissy Lewis	GBR	7:18:34B	IOM 4/15/18
116. Nadine Cowin	GBR	7:18:34B	IOM 4/15/18
117. Jamie Fiddler	USA	7:22:47	Santee 1/20/18
118. Louise Kneen	GBR	7:25:13B	IOM 4/15/18
119. Bethany Kaneen	GBR	7:28:16B	IOM 4/15/18
120. Siobhan Golding	GBR	7:31:24B	IOM 4/15/28
121. Lydia Barbara	GBR	7:31:33B	IOM 4/15/18
122. Catherine Healy	GBR	7:31:46B	IOM 4/15/18
123. Nucharee Burridge	GBR	7:33:11B	IOM 4/15/18
124. Anne Dudley	GBR	7:36:37B	IOM 4/15/18
125. Anee Du Toit	GBR	7:44:32B	IOM 4/15/18
126. Liz Moore	GBR	7:44:33B	IOM 4/15/18
127. Kate Teare	GBR	7:44:46B	IOM 4/15/18
128. Diana Obermeyer	GER	7:45:21B	Schiedam 5/19/18
129. Mandy Hewes	GBR	7:45:40B	IOM 4/15/18
130. Magalie Lavergne	FRA	7:48:33B	Charly-sur-Marne 2/4/18
131. Audrey Regardebas	FRA	7:48:34B	Charly-sur-Marne 2/4/18
132. Catherine Jackson	GBR	7:49:22B	IOM 4/25/18
133. Aishling Creer	GBR	7:49:38B	IOM 4/15/18
134. Thenral Anand	GBR	7:51:17B	IOM 4/15/18
135. Joke Barendrecht	NED	7:52:30B	Schiedam 5/19/18
136. Irene Tholenaars	NED	7:52:30B	Schiedam 5/19/18
137. Vicki Black-Leigh	GBR	7:52:54B	IOM 4/15/18
138. Chloe Makin	GBR	7:57:21B	IOM 4/15/18
139. Verity Almond	GBR	7:57:22B	IOM 4/15/18
140. Anita Bakker	NED	8:19:11B	Schiedam 5/19/18
141. Carla Lukken	NED	8:29:47B	Schiedam 5/19/18
142. Monique Barner-Vet	NED	8:29:47B	Schiedam 5/19/18

Men's 50km Performances 2018 as of August 7, 2018 - Note: B-Standard Judging where indicated

These 261 walkers represent 38 member federations from all six Areas. The men's rankings are always strong, with 45 walkers under 4:00:00 and 79 under 4:10:00.

1.	Matej Toth	SVK	3:42:46	Dudince 3/24/18
2.	Hirooki Arai	JPN	3:44:25	Taicang 5/5/18
3.	Hayato Katsuki	JPN	3:44:31	Taicang 5/5/18
4.	Veli-Matti Partanen	FIN	3:44:43	Dudince 3/24/18
5.	Satoshi Maruo	JPN	3:44:52	Taicang 5/5/18
6.	Marian Zakalnytsty	UKR	3:44:59	Taicang 5/5/18
7.	Qin Wang	CHN	3:45:29	Taicang 5/5/18
8.	Tomohiro Noda	JPN	3:45:56	Wajima 4/15/18
9.	Dzmitry Dziubin	BLR	3:47:59	Berlin 8/7/18
10.	Rui Wang	CHN	3:48:01	Taicang 5/5/18
11.	Rafal Augustyn	POL	3:48:22	Taicang 5/5/18
12.	Havard Haukenes	NOR	3:48:35	Berlin 8/7/18
13.	Perseus Karlstrom	SWE	3:48:54	Taicang 5/5/18
14.	Quentin Rew	NZL	3:48:58	Taicang 5/5/18
15.	Ivan Banzeruk	UKR	3:49:17	Taicang 5/5/18
16.	Rafal Sikora	POL	3:49:54	Taicang 5/5/18
17.	Evan Dunfee	CAN	3:50:18	Taicang 5/5/18
18.	Cristian Andres Choco Leon	ECU	3:50:27	Monterrey 2/25/18
19.	Carl Dohmann	GER	3:50:27	Berlin 8/7/18
20.	Takayuki Tanii	JPN	3:52:33	Wajima 4/15/18
21.	Michele Antonelli	ITA	3:53:00	Taicang 5/5/18
22.	Valeriy Litanyuk	UKR	3:53:05	Taicang 5/5/18
23.	Bernardo Uriel Barrondo Garcia	GUA	3:53:10	Taicang 5/5/18
24.	Brendan Boyce	IRL	3:53:32	Taicang 5/5/18
25.	Jose Leyver Ojedo Blas	MEX	3:53:37	Monterrey 2/25/18
26.	Jesus Angel Garcia Bravado	ESP	3:53:48	Taicang 5/5/18
27.	Nathaniel Seiler	GER	3:54:08	Berlin 8/7/18
28.	Jarkko Kinnunen	FIN	3:54:26	Dudince 3/24/18
29.	Adrian Blocki	POL	3:54:31	Taicang 5/5/18
30.	Claudio Paulino Villanueva Flores	ECU	3:55:04	Taicang 5/5/18
31.	Andrea Agrusti	ITA	3:55:09	Taicang 5/5/18
32.	Jose Ignacio Diaz	ESP	3:55:28	Berlin 8/7/18
33.	Marco De Luca	ITA	3:55:47	Berlin 8/7/18
34.	Jose Leonardo Montana Arevalo	COL	3:55:48	Dudince 3/24/18
35.	Marc Tur Pico	ESP	3:56:05	Burjassot 2/25/18
36.	Benjamin Sanchez Bermejo	ESP	3:56:37	Taicang 5/5/18
37.	Sandeep Kumar	IND	3:56:39	New Delhi 2/17/18
38.	Omar Zepeda de Leon	MEX	3:57:31	Monterrey 2/25/18
39.	Jijiang Han	CHN	3:57:33	Taicang 5/5/18
40.	Shuto Goto	JPN	3:57:57	Wajima 4/15/18
41.	Bence Barnabas Venyercsan	HUN	3:58:25	Berlin 8/7/18
42.	Artur Mastianica	LTU	3:58:29	Berlin 8/7/18
43.	Jitendra Singh Rathore	IND	3:58:55	New Delhi 2/17/18
44.	Dusan Majdan	SVK	3:59:21	Berlin 8/7/18
45.	Andriy Hrechkovskyi	UKR	3:59:32	Taicang 5/5/18
46.	Arnis Rumbenieks	LAT	4:00:06	Dudince 3/24/18
47.	S Damen Singh	IND	4:00:35	New Delhi 2/17/18
48.	Tadas Suskevicius	LTU	4:00:40	Dudince 3/24/18
49.	David Christian Berdeja Villalobos	MEX	4:00:45	Monterrey 2/25/18
50.	Chandan Singh	IND	4:00:58	New Delhi 2/17/18
51.	Dongpo Luo	CHN	4:01:18	Chinfeng 7/1/18
52.	Luis Amauri Bustamante Franco	MEX	4:01:24	Monterrey 2/25/18
53.	Hao Wang	CHN	4:02:01	Chinfeng 7/1/18
54.	Horacio Nava Reza	MEX	4:02:28	Monterrey 2/25/18
55.	Karl Junghannss	GER	4:02:36	Taicang 5/5/18
56.	Hyunmyeong Joo	KOR	4:02:38	Taicang 5/5/18
57.	Yuki Yamazaki	JPN	4:03:09	Wajima 4/15/18
58.	Chao Wang	CHN	4:03:14	Chinfeng 7/1/18
59.	Lukas Gdula	CZE	4:03:39	Dudince 3/24/18
60.	James Aurelio Rendon Villegas	COL	4:03:42	Sucua 3/10/18
61.	Denghua Xiong	CHN	4:03:53	Chinfeng 7/1/18
62.	Ato Ibanez	SWE	4:03:53	Berlin 8/7/18

63. Mathieu Bilodeau	CAN	4:05:02	Taicang 5/5/18
64. Hugo Andrieu	FRA	4:05:15	Taicang 5/5/18
65. Jorge Armando Ruiz Fajardo	COL	4:05:28	Barranquilla 8/1/18
66. Pablo Oliva Requena	ESP	4:05:43	Burjassot 2/25/18
67. Katsuya Ishii	JPN	4:05:46	Wajima 4/15/18
68. Yuki Ito	JPN	4:06:20	Taicang 5/5/18
69. Tomofumi Kanno	JPN	4:06:32	Wajima 4/15/18
70. Dominic King	GBR	4:06:34	Dudince 3/24/18
71. Wenbin Niu	CHN	4:06:46	Chinfeng 7/1/18
72. Ihor Saharuk	UKR	4:06:50	Taicang 5/5/18
73. Mingkai Zhang	CHN	4:07:40	Chinfeng 7/1/18
74. David Gerardo Velasquez Caiza	ECU	4:07:47	Sucua 3/10/18
75. Daniel King	GBR	4:08:16	Dudince 3/24/18
76. Tongda Bian	CHN	4:08:20	Chinfeng 7/1/18
77. Tatsuya Tanaka	JPN	4:09:22	Wajima 4/15/18
78. Nick Christie	USA	4:09:32	Santee 1/20/18
79. Jyoti Tawtya	IND	4:09:43	New Delhi 2/17/18
80. Wei-Lin Chang	CHN	4:10:13	Taicang 5/5/18
81. Qingsheng Zeng	CHN	4:10:57	Chinfeng 7/1/18
82. Takafumi Higuma	JPN	4:11:03	Wajima 4/15/18
83. Israel Aymar Celi	ECU	4:11:04	Burjassot 2/25/18
84. Stefano Chiesa	ITA	4:11:07	Taicang 5/5/18
85. Jorge Alejandro Martinez Baez	MEX	4:11:10	Monterrey 2/25/18
86. Pedro Isidro	POR	4:11:25	Porto de Mos 1/7/18
87. Anders Hannson	SWE	4:11:36	Berlin 8/7/18
88. Matthew Forgues	USA	4:11:43	Monterrey 2/25/18
89. Jurgen Everhard Grave Chavez	GUA	4:11:50	Campo de Marte 2/10/18
90. Bruno Erent	CRO	4:12:22	Dudince 3/24/18
91. Jiayu Luo	CHN	4:12:31	Huangshan 3/4/18
92. Darwin Fernando Leon Tenesaca	ECU	4:13:12	Sucua 3/10/18
93. Xuejing Hou	CHN	4:13:13	Chinfeng 7/1/18
94. Hongzhen Fang	CHN	4:14:00	Chinfeng 7/1/18
95. Rongjiang Shan	CHN	4:15:28	Taicang 5/5/18
96. Takane Sato	JPN	4:15:57	Wajima 4/15/18
97. Diego Flores Espinoza	MEX	4:16:19	Monterrey 2/25/18
98. Jiayu Zhang	CHN	4:16:19	Chinfeng 7/1/18
99. Anthony Joseph Gruttadauro	USA	4:16:23	Taicang 5/5/18
100. Jian Liu	CHN	4:16:26	Chinfeng 7/1/18
101. Fanglong Gong	CHN	4:16:26	Chinfeng 7/1/18
102. Luis Campos Cruz	PER	4:17:04	Sucua 3/10/18
103. Helder dos Santos	POR	4:17:34	Dudince 3/24/18
104. Naoya Matsuo	JPN	4:17:57	Wajima 4/15/18
105. Erwin Ernesto Morales Paau	GUA	4:18:07	Campo de Marte 2/10/18
106. Rodrigo Javier Zeballos Pena	BOL	4:18:25	Sucua 3/10/18
107. Wenxing Liu	CHN	4:20:28	Chinfeng 7/1/18
108. Hiroyoshi Murakami	JPN	4:20:44	Wajima 4/15/18
109. Florian Mayer	FRA	4:21:02	Merignac 3/18/18
110. David Tokodi	HUN	4:21:14	Dudince 3/24/18
111. Liangshan Ma	CHN	4:21:16	Huangshan 3/4/18
112. Francisco Arcilla Aller	ESP	4:22:48	Burjassot 2/25/18
113. Hideaki Miyajima	JPN	4:23:08	Wajima 4/15/18
114. Xavier Alexander Mena Jara	ECU	4:23:25	Sucua 3/10/18
115. Yutaka Maniwa	JPN	4:23:30	Wajima 4/15/18
116. Mario Alfonso Bran Granillo	GUA	4:24:50	Campo de Marte 2/10/18
117. Konstantinos Alexandros Ntentopoulos	GRE	4:24:57	Marathon 1/14/18
118. Youngjun Byun	KOR	4:25:30	Taicang 5/5/18
119. Sergio Daniel Sacul Caal	GUA	4:25:51	Campo de Marte 2/10/18
120. Dimitris Tsiordas	GRE	4:26:36	Marathon 1/14/18
121. Guowen Zhu	CHN	4:26:58	Chinfeng 7/1/18
122. Ronald Rey Quispe Misme	BOL	4:27:33	Sucua 3/10/18
123. Jay Prakash Singh	IND	4:28:32	New Delhi 2/17/18
124. Guichao Cui	CHN	4:28:45	Huangshan 3/4/18
125. Takahito Otsubo	JPN	4:29:58	Wajima 4/15/18
126. Yadong Luo	CHN	4:30:51	Chinfeng 7/1/18
127. Sagar S. Joshi	IND	4:31:52	New Delhi 2/17/18
128. Anjani Kumar Singh	IND	4:32:07	New Delhi 2/17/18
129. Kostas Stamelos	GRE	4:35:18	Marathon 1/14/18
130. Hironari Tomatsu	JPN	4:35:23	Wajima 4/15/18

131. Rafael Ballesteros Garcia	ESP	4:35:54	Burjassot 2/25/18
132. Cunming Jia	CHN	4:36:21	Chinfeng 7/1/18
133. Naohiro Koyama	JPN	4:36:31	Wajima 4/15/18
134. Jean Blancheteau	FRA	4:37:01	Merignac 3/18/18
135. Jonathan Hobbs	GBR	4:37:42	Merignac 3/18/18
136. Jose Maria Raymundo Cox	GUA	4:37:45	Barranquilla 8/1/18
137. Jefferson Santiago Imbacuan Paucar	ECU	4:38:32	Sucua 3/10/18
138. Yongcai Yu	CHN	4:39:27	Chinfeng 7/1/18
139. Cristiano Antonio	POR	4:39:56	Porto de Mos 1/7/18
140. Jean-Franck Vanoosthuysse	FRA	4:40:04	Merignac 3/18/18
141. Maxime Faiteau	FRA	4:40:34	Merignac 3/18/18
142. Luis Angel Sanchez Perez	GUA	4:41:12	Campo de Marte 2/10/18
143. Jose Manuel Gomez Garcia	ESP	4:42:08	Burjassot 2/25/18
144. Som Kumar	IND	4:42:16	New Delhi 2/17/18
145. David Mapp	GBR	4:43:45B	IOM 4/15/18
146. Luis Silva	POR	4:44:11	Porto de Mos 1/7/18
147. Jian Huang	CHN	4:44:41	Chinfeng 7/1/18
148. Krishna Bind	IND	4:44:49	New Delhi 2/17/18
149. David Pueyo Ministral	ESP	4:47:42	Burjassot 2/25/18
150. Ryota Kuroki	JPN	4:48:02	Wajima 4/15/18
151. Marc Guerrero Plaza	ESP	4:49:00	Burjassot 2/25/18
152. Tenmaru Hirota	JPN	4:52:46	Wajima 4/15/18
153. Richard Gerrard	GBR	4:52:46B	IOM 4/15/18
154. Fabio Urday Salazar	PER	4:52:47	Sucua 3/10/18
155. Arata Saitou	JPN	4:54:29	Wajima 4/15/18
156. Maxime Cottevieille	FRA	4:54:54	Merignac 3/18/18
157. Pablo Gomez	USA	4:56:19	Santee 1/20/18
158. Gerard Guetat	FRA	4:57:28	Merignac 3/18/18
159. Henrique Santos	POR	4:57:29	Porto de Mos 1/7/18
160. Peter Tichy	SVK	4:57:38	Dudince 3/24/18
161. Dominique Van Hille	FRA	5:00:54	Merignac 3/18/18
162. Daniel Foudjem Ganno	CMR	5:03:21	Merignac 3/18/18
163. Antonio Gonzalez Arrabal	ESP	5:04:11	Burjassot 2/25/18
164. Christophe Erard	FRA	5:14:22	Merignac 3/18/18
165. Marc Legentil	FRA	5:15:42	Merignac 3/18/18
166. Pete Miller	GBR	5:22:01B	IOM 4/15/18
167. Philippe Gilles	FRA	5:24:42B	Charly-sur-Marne 2/4/18
168. Dave Talcott	USA	5:28:40	Santee 1/20/18
169. Philippe Morel	FRA	5:29:17B	Charly-sur-Marne 2/4/18
170. Adam Cowin	GBR	5:30:10B	IOM 4/15/18
171. Dale Farquhar	GBR	5:31:45B	IOM 4/15/18
172. Michael Bonney	GBR	5:32:31B	IOM 4/15/18
173. Dimitri Hugon	FRA	5:32:41	Merignac 3/18/18
174. David Vandercoilden	FRA	5:38:32B	Charly-sur-Marne 2/4/18
175. Robbie Callister	GBR	5:38:55B	IOM 4/15/18
176. Adam Killip	GBR	5:39:25B	IOM 4/15/18
177. Tony Mackintosh	GBR	5:41:02B	IOM 4/15/18
178. Cedric Varain	FRA	5:42:50B	Charly-sur-Marne 2/4/18
179. Hans Drijvers	NED	5:44:59B	Schiedam 5/19/18
180. Paul Sayle	GBR	5:45:46B	IOM 4/15/18
181. Ray Pitts	GBR	5:46:07B	IOM 4/15/18
182. Emmanuelle Lassalle	FRA	5:46:20B	Charly-sur-Marne 2/4/18
183. Alain Malfondet	FRA	5:47:51B	Charly-sur-Marne 2/4/18
184. Jacques Arnault	FRA	5:51:46B	Charly-sur-Marne 2/4/18
185. David Walker	GBR	5:54:23B	IOM 4/15/18
186. Peter James Back	SGP	5:54:26	Hong Kong 1/1/18
187. Mickael Jacquemin	FRA	5:55:59B	Charly-sur-Marne 2/4/18
188. Alain Pellerin	FRA	5:56:32B	Charly-sur-Marne 2/4/18
189. Steve Harper	USA	5:57:12	Santee 1/20/18
190. Tony Edwards	GBR	5:57:35B	IOM 4/15/18
191. Bertrand Labarre	FRA	5:58:57B	Charly-sur-Marne 2/4/18
192. Ray Beattie	GBR	6:00:24B	IOM 4/15/18
193. Walker Wong	HKG	6:03:50	Hong Kong 1/1/18
194. Eric Toutain	FRA	6:06:35B	Charly-sur-Marne 2/4/18
195. Frans Leijtens	NED	6:06:45B	Charly-sur-Marne 2/4/18
196. Denis Giraudeau	FRA	6:08:10B	Charly-sur-Marne 2/4/18
197. Tristan Shields	GBR	6:08:11B	IOM 4/15/18
198. Pierre Coulombel	FRA	6:08:13B	Charly-sur-Marne 2/4/18

199. Will Moffatt	GBR	6:10:08B	IOM 4/15/18
200. Gilles Letessier	FRA	6:10:32B	Charly-sur-Marne 2/4/18
201. Eric Boufflert	FRA	6:12:36B	Charly-sur-Marne 2/4/18
202. Alan Teare	GBR	6:13:11B	IOM 4/15/18
203. Alan Cowin	GBR	6:13:12B	IOM 4/15/18
204. Pascal Thevenin	FRA	6:13:15B	Charly-sur-Marne 2/4/18
205. Stephane Grados	FRA	6:15:15B	Charly-sur-Marne 2/4/18
206. Alain Hiernard	FRA	6:15:17B	Charly-sur-Marne 2/4/18
207. Andrew Dawson	GBR	6:18:49B	IOM 4/15/18
208. Johann Balland	FRA	6:20:15B	Charly-sur-Marne 2/4/18
209. Dominique Delange	FRA	6:21:08B	Charly-sur-Marne 2/4/18
210. Daniel Dien	FRA	6:22:31B	Charly-sur-Marne 2/4/18
211. Luke McKinlay	GBR	6:23:01B	IOM 4/15/18
212. Adrian Zamudio	USA	6:28:14	Santee 1/20/18
213. Jean-Claude Bruneaux	FRA	6:28:20B	Charly-sur-Marne 2/4/18
214. Dominique Chatillon	FRA	6:29:39B	Charly-sur-Marne 2/4/18
215. Dominique Buisson	FRA	6:30:41B	Charly-sur-Marne 2/4/18
216. Mike Callister	GBR	6:33:20B	IOM 4/15/18
217. Denis Heller	FRA	6:34:17B	Charly-sur-Marne 2/4/18
218. Luca Papi	ITA	6:35:23B	Charly-sur-Marne 2/4/18
219. Cedric Piot	FRA	6:35:24B	Charly-sur-Marne 2/4/18
220. Laurent Bovin	FRA	6:35:51B	Charly-sur-Marne 2/4/18
221. Serge Seynaeve	BEL	6:37:03B	Charly-sur-Marne 2/4/18
222. Daniel Chauviteau	FRA	6:38:44B	Charly-sur-Marne 2/4/18
223. Chan Wai-on	HKG	6:39:01	Hong Kong 1/1/18
224. Ryan Neild	GBR	6:39:10B	IOM 4/15/18
225. Remi Michelot	FRA	6:40:24B	Charly-sur-Marne 2/4/18
226. Gilles Huart	FRA	6:41:17B	Charly-sur-Marne 2/4/18
227. Jimmy Corkish	GBR	6:41:30B	IOM 4/15/18
228. Cristian Fillieux	BEL	6:42:29B	Charly-sur-Marne 2/4/18
229. Nick Wallinger	GBR	6:43:33B	IOM 4/15/18
230. Andy Baxendale	GBR	6:43:33B	IOM 4/15/18
231. Martin Kennaugh	GBR	6:44:34B	IOM 4/15/18
232. Trevor Newton	GBR	6:47:19B	IOM 4/15/18
233. Patrick Mougénot	FRA	6:48:04B	Charly-sur-Marne 2/4/18
234. John J. Cooper	GBR	6:49:09B	IOM 4/15/18
235. Paul Holmes	GBR	6:49:59B	IOM 4/15/18
236. Greg Nation	GBR	6:51:13B	IOM 4/15/18
237. Frank Feeney	GBR	6:51:57B	IOM 4/15/18
238. Hugues Thevenin	FRA	6:55:35B	Charly-sur-Marne 2/4/18
239. James Jones	GBR	6:55:54B	IOM 4/15/18
240. Chris Till	GBR	6:59:06B	IOM 4/15/18
241. Scott St. John	GBR	6:59:12B	IOM 4/15/18
242. Steven Welsh	GBR	6:59:24B	IOM 4/15/18
243. Paul Terbrack	USA	7:02:04	Santee 1/20/18
244. Robert Daloz	FRA	7:06:07B	Charly-sur-Marne 2/4/18
245. Michael Gillen	GBR	7:07:35B	IOM 4/15/18
246. Colin S. Moore	GBR	7:08:41B	IOM 4/15/18
247. Mark Cain	GBR	7:12:22B	IOM 4/15/18
248. David Hoben	GBR	7:18:12B	Schiedam 5/19/18
249. Bela Farago	FRA	7:18:54B	Charly-sur-Marne 2/4/18
250. Ludovic Garcia	FRA	7:18:55B	Charly-sur-Marne 2/4/18
251. Gordon Erskine	GBR	7:31:33B	IOM 4/15/18
252. Daniel Bordier	FRA	7:34:41B	Charly-sur-Marne 2/4/18
253. Dermot O'Toole	GBR	7:36:37B	IOM 4/15/18
254. Eric Haghebaert	FRA	7:44:04B	Charly-sur-Marne 2/4/18
255. Paul Quayle	GBR	7:51:19B	IOM 4/15/18
256. Mike Horne	GBR	7:51:20B	IOM 4/15/18
257. Tim Perry	GBR	7:52:18B	IOM 4/15/18
258. Philippe Emoniere	FRA	7:52:59B	Charly-sur-Marne 2/4/18
259. Steve Curtis	GBR	8:21:17B	IOM 4/15/18
260. Sebastiaan Ram	NED	8:22:40B	Schiedam 5/19/18
261. Ton Vogelaar	NED	8:39:29B	Schiedam 5/19/18

NOTE: Charly-sur-Marne results are official 50K splits during an 8-Hour race.

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 26 (Sun), 2018	Australian Roadwalk Championships, Lake Kawana, Sunshine Coast, QLD
Oct 5-6, 2018	AV Shield commences (Round 1 at various venues)
Oct 13-20, 2018	Alice Springs Masters Games - www.alicespringmastersgames.com.au/
Nov 2-11, 2018	Pan Pacific Masters Games, Gold Coast - https://mastersgames.com.au/ppmg/
Nov 2-4, 2018	2018 Victorian All Schools Track & Field Championships, Albert Park
Dec 2 (Sun), 2018	Australian 50km Championships Meet, Fawkner Park, VIC
Dec 7-9, 2018	Australian All Schools T&F Championships, Cairns, QLD

Australian/Victorian Key Dates – 2019

Jan 26-28, 2019	Victorian Country T&F Championships, Bendigo
Feb 3 (Sun), 2019	Australian/Oceania 20km Championships, Adelaide, SA
Mar 1-3, 2019	Victorian T&F Championships, Weekend 1, Albert Park
Mar 8-10, 2019	Victorian T&F Championships, Weekend 2, Albert Park
Mar 16-17, 2019	Victorian Masters T&F Championships, Albert Park
Mar 30 – Apr 7, 2019	Australian Athletics Championships, Sydney (10,000m track walk championships)
Apr 13-14, 2019	Coburg 24 Hour Carnival, Coburg, VIC
Apr 26-29, 2019	Australian Masters T&F Championships, Albert Park

International Dates – 2018 and onwards

Sept 4-16, 2018	22nd World Masters Athletics T&F Championships , Malaga, Spain
Sept 24-26, 2018	Around Taihu International Race Walking 2018, Wuzhong, CHN (IAAF RW Challenge Cat B) See http://www.wzdrs.com/ .
Mar 24-30, 2019	World Masters Indoors T&F Championships , Torun, Poland
July 3-14, 2019	30th 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, Belarus
July 17-20, 2020	18th IAAF World U20 T&F Championships , Nairobi, Kenya
July 24 – Aug 9, 2020	32nd Olympic Games , Tokyo
July 20 – Aug 1, 2020	23rd World Masters T&F Championships , Toronto, Canada
Aug 6-15, 2021 (TBC)	18th IAAF World Championships in Athletics , Eugene, USA
July 18-30, 2022	XXII Commonwealth Games , Birmingham, GBR.

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