



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2018/2019 Number 01
2 October 2018



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WHAT'S COMING UP

- The Athletics Victoria Shield competition starts this coming Saturday 6th October with 5 venues in action
 - AV Shield Round 1, Blue and White Zones, Casey Fields
 - AV Shield Round 1, Yellow and Red Zones, Aberfeldie
 - AV Shield Round 1, Ballarat Region, Llamberris Reserve, Ballarat
 - AV Shield Round 1, Bendigo Region, La Trobe Uni Track, Bendigo
 - AV Shield Round 1, Geelong Region, Landy Field, Geelong

Round One sees **2000m** (for U14/U16/40+/50+/60+ Men & Women) and **5000m** (for Open/U20/U18 Men & Women) walks. At this stage, it looks like the walks kick off the program at 1PM. See <http://athsvic.org.au/wp-content/uploads/AV-Shield-Program-of-Events-METRO-Timetables-as-at-26.09.18.pdf>.

- The VRWC Summer Season fixture is also now online at <http://www.vrwc.org.au/vrwcs19.shtml>. Note 3 track walks at Mentone and 3 road walks at Middle Park. Dates are as follows:

◦ Wed 17 October 2018	VRWC Track Races	Mentone
◦ Sun 28 October 2018	VRWC Road Races	Middle Park
◦ Sun 18 November 2018	VRWC Summer Championships and AGM	Middle Park
◦ Sun 20 January 2019	VRWC Road Races	Middle Park
◦ Wed 13 February 2019	AV 5000m Teams Championship & VRWC Track Walks	Mentone
◦ Sun 17 February 2019	VMA 5000m Championships & VRWC Track Races	Mentone
- Dr Louise Burke of the AIS has confirmed that a further walking related study camp (**SuperNova 4**) will be held this summer in Canberra. The camp will extend from **Jan 3rd to Feb 3rd, 2019**. I also hear that the
- I also hear that the 2019 Australian Summer 20km Championships in Adelaide have been changed from Sunday 3rd February to Sunday 10th February. Nothing showing as yet on the Athletics Australia website so stay tuned. Probably best not to do your bookings yet until we get confirmation.

UNISPORT NATIONALS DIVISION L, GOLD COAST, 22-27 SEPTEMBER

The Australian University Games has changed a lot over the last few years and is now called the UniSport Nationals and comprises two events, The UniSport Nationals Division 1 and 2. Division 2 was held on the Gold Coast a few months ago and Division was held last week at the same Griffith University venues on the Gold Coast, with the men's and women's 5000m walks scheduled for 6PM last Tuesday.

From what I hear, conditions for the walks were just about perfect, with a mild temperature and shortly after sunset. 2018 Commonwealth Games gold medallist **Jemima Montag** was the standout with an inaugural women's win in 23:47.27, while **Steven Washburn** defended his men's title with a time of 25:43.92.

Women 5000m Walk, Tuesday 25 September

1.	Montag, Jemima	Melbourne Uni	23:47.27
2.	Huse, Philippa	Monash University	25:06.43
3.	Martin, Katya	Qld UniTech	27:16.35
4.	O'Neill, Molly	Uni Newcastle	28:53.46
5.	Feain, Madeleine	Monash University	30:10.92

Ryan, Lydia
Minett, Rhiannon

U Queensland
Aus Catholic U

DNF
DNF

Men 5000m Walk, Tuesday 25 September

1. Washburn, Steven
Haig, Callum
Wood, Jack

U Tech Sydney
U Sunshine Cst
U Southern Qld

25:43.92
DNF
DQ



Jemima Montag, Philippa Huse, Steven Washburn and Katya Martin (photos Casey Sim, Ray Montag, Gerard Feain)



Left: Philippa Huse, Jemima Montag and Katya Martin



Right: Madeleine Feain

NSW ALL SCHOOLS CHAMPIONSHIPS, SOPAC, SYDNEY, 27-30 SEPTEMBER

The track walks at the NSW All Schools T&F Championships in Sydney were held last Thursday, day 1 of the 4 day meet. Best efforts by **Jack McGinniskin** (U17 5000m 22:53.83) and **Emma Thomas** (U14 3000m 14:53.85).

Boys 5000m Track Walk 17 years

Baker, Mitchell	17	Australian C	DNF
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Boys 5000m Track Walk 16 years

1. McGinniskin, Jack	16	West Wallsend High	22:53.83
2. Blaskett, Hayden	16	Killarney He	24:58.44
3. Attwell, Jake	16	Dapto High	28:02.58
4. Smit, James	16	Pacific Hill	34:02.59
Tran, Jonathan	16	Sydney Boys High	DQ

Boys 3000m Track Walk 15 years

1. Kemp, Joel	15	Berkley Vale High	15:23.72
2. Leerberg, Martin	15	Killara High School	15:57.71
3. Madden, Reece	15	Kingscliff H	16:07.15
4. Davis, George	15	Epping Boys High	16:21.07

Boys 3000m Track Walk 14 years

1. Pyda, Raven	14	Westfields S	15:54.54
2. Tebbutt, Archie	14	Henry Kendall High	17:38.11

Boys 3000m Track Walk 13 years

1. Dundon, Harry	13	Newington College	15:42.60
2. Pospischil, Brendan	13	Parramatta Marist	16:48.91
3. Vesper, Ryan	13	Gosford High	17:53.15
4. Colefax, Jesse	13	St Phillips	18:06.75
5. Barry, Hudson	13	Coffs Harbour High	19:31.27
6. Muir, Thomas	13	Kingswood High	19:38.84
7. Reckerman, Xandar	13	Northmead Hi	20:01.54
8. Reed, Brock	13	Cambridge Park H	20:09.08
Robson, Jack	13	Marian Colle	DQ

Boys 3000m Track Walk 12 years

1. Schmidt, Zachary	12	Newington College	22:53.87
Scholle, Felix	12	German Inter	DQ
Novak, Zavier	12	Marcellin College	DQ

Girls 5000m Track Walk 19 years

1. Stanley, Casey	14	Cronulla Hig	34:33.59
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Girls 5000m Track Walk 17 years

1. Mison, Hannah	17	Wagga Wagga	27:48.00
2. Lee, Janaya	17	Arndell Angl	27:57.07
3. Pengilley, Teegan	17	Mt Saint Joseph	30:05.00

Girls 5000m Track Walk 16 years

1. Manning, Hannah	16	Australian C	26:28.07
2. Bell, Bridget	16	The Hills Sp	27:25.27
3. Parker, Hannah	16	Monte Saint Angelo	28:46.72
4. Robertson, Brittany	16	St Patricks	28:58.16
5. Johnston, Lily	16	Turrumurra High	29:05.06

Girls 3000m Track Walk 15 years

1. Blanch, Emma	15	Caringbah High	14:29.57
2. Bolton, Hannah	15	Narara Valley High	14:52.04
3. Martin, Brooke	15	St Agnes Hig	18:32.29
Tier, Paris	15	St Clares Waverley	DQ
Hill, Gabriella	15	Trinity Coll	DQ

Girls 3000m Track Walk 14 years

1. Thomson, Olivia	14	Mercy Cathol	15:58.67
2. DeCelis, Ellie	14	Aquinas College	16:03.17
3. Scott, Bethany	14	Charlton Chr	18:21.03

4.	Deagan, Rhianni	13	Erskine Park High	19:06.56
5.	Ashton, Ella	14	Aquinas College	19:25.86
6.	Smith, Casey	14	Riverina Ang	19:26.17

Girls 3000m Track Walk 13 years

1.	Thomas, Emma	13	Muirfield Tech High	14:53.85
2.	Dunne, Izabella	13	Terrigal High	15:04.27
3.	Boughton, Milly	12	Endeavour Sp	15:19.00
4.	Laytham, Tara	13	Killarney He	16:06.27
5.	Holmes, Keeley	13	Brigidine Co	16:32.84
6.	Torrens, Chelsey	13	Catherine McAuley	18:04.83
7.	Nilon, Isabelle	13	St Patricks	18:53.77
8.	Varga-Strike, Zsofia	13	Olmc Parramatta	20:24.40
9.	Pembroke, Holly	13	Mamre Anglic	24:16.66

Girls 3000m Track Walk 12 years

1.	Krklinski, Chloe	12	Muirfield Tech High	17:11.22
2.	Burns, Amayah	12	St Agnes Hig	18:03.23
3.	Blanco, Alejandra	12	Brigidine Co	19:39.66

QUEENSLAND MASTERS GETS UNDERWAY

The Queensland Masters summer competitions have started in Brisbane and on the Gold Coast. First results below.

QMA T&F Meet, QSAC, Brisbane, Saturday 28 September

3000m Walk

1.	Ignacio Jimenez	M53	Brisbane	13:42.09	87.93%
2.	Peter Bennett	M62	Brisbane	16:47.53	78.53%
3.	Erika Woodward	W52	Brisbane	17:06.62	76.28%
4.	Mark Carlile	M45	Brisbane	22:36.72	51.12%
5.	Noela McKinven	W76	Brisbane	24:51.07	70.60%
	Russell Grigg	M91	Brisbane	DNF	

Gold Coast Masters Southern Region Championships, Griffith Uni, Gold Coast, Sunday 23 September

1500m Walk

1.	Wayne Dwyer	M68	GC & Sthrn	11:28.39	59.40%
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3000m Walk

1.	Nyle Sunderland	W51	GC & Sthrn	17:22.86	75.09%
2.	Kay Shaw	W59	GC & Sthrn	20:10.76	67.67%
3.	Wayne Dwyer	M68	GC & Sthrn	23:00.71	60.37%



Erika Woodward leads Peter Bennett in the QMA walk in Brisbane on Saturday morning

AROUND LAKE TAIHU 3 DAY RACE, WUZHONG, CHINA, 24-26 SEPTEMBER

In last week's newsletter, I reported on Day One of the annual Lake Taihu 3 Day Walks Carnival in China. This week I complete the report with the results from Day 2 and Day 3. The three days of the competition were conducted under a special pit lane system. Walkers were required to enter the pit lane for 30 seconds when receiving a second red card, 60 seconds for the third one and 90 seconds for the fourth. So a walker could be sidelined for up to 3 minutes in a worst case scenario of 4 reds. If a walker received a fifth red card, they were disqualified.

Day 2 - 12km Race Walk, Taihu New Town, Tuesday 25 September

Day 2 is well covered by marciadalmondo (see http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3292). The 12km race in Taihu New Town saw slightly cooler conditions than on Day 1.

Men 12km Race Walk

The men's race saw **Lebogang Shange** (RSA) and **Eider Arevalo** (COL) fighting out the finish again but this time it was Arevalo who won out with a final time of 47:29. Shange was second with 47:32, followed by **Isaac Palma** (MEX) with 47:37. As on day one, some big names spent time in the Penalty Area: Jin Xiangqian (30"), Ivan Losev (30"), Caio Bonfim (30"), Tom Bosworth (90"), Dane Bird-Smith (180"), Christopher Linke (180") and Callum Wilkinson (180"). With his 3 minutes stop, **Dane Bird-Smith** finished back in 35th spot, effectively ending his chances for this year's competition. **Quentin Rew** was also sidelined for a while, finishing just behind Dane in 38th spot.

1.	Eider Arevalo	COL	47:29
2.	Lebogang Shange	RSA	47:32
3.	ISAAC ANTUNIO P LIVGARES	MEX	47:37
4.	WANG Kaihua	CHN	47:42
5.	mauricio ARTEAGA	ECU	47:54
6.	Perseus Karlstrom	SWE	48:03
7.	SUN Song	CHN	48:05
8.	XU Hao	CHN-MON	48:10
9.	JIN Xiangqian	CHN	48:15
10.	ZHONG Heng	CHN-SHD	48:24
11.	Liakhovich	BLR	48:25
12.	YIN Jiaying	CHN	48:26
13.	BIAN Tongda	CHN	48:28
14.	LOSEV IVAN	UKR	48:48
15.	Wayne Snyman	RSA	49:08
16.	Yerko Araya	CHI	49:14
17.	Vasilij Mizinov	ANA	49:15
18.	ZHANG Jiayu	CHN-YNN	49:17
19.	ZHENG Ke	CHN-SHD	49:25
20.	Federico Tontodonati	ITA	49:27
21.	ZHANG Jun	CHN	49:27
22.	ZHOU Yangjun	CHN-SHD	49:30
23.	1008 Caio Bonfim	BRA	49:32
24.	XIN Chaoyang	CHN-SHD	49:33
25.	Evan Dunfee	CAN	49:35
26.	CHEN Rui	CHN	49:40
27.	ZHU Guowen	CHN-YNN	49:44
28.	Havard Haukenes.	NOR	49:47
29.	Yohanis Algaw	ETH	49:49
30.	Ato Ibanez	SWE	50:04
31.	CAO Wenlong	CHN-SHD	50:27
32.	NIU Wenchao	CHN	50:28
33.	Kazanin Oleksiy	UKR	50:33
34.	ZHA Xiyangben	CHN-QGH	50:36
35.	Dane Bird-Smith	AUS	50:36
36.	Ryutaro Yamamoto	JPN	50:37
37.	Andrés Chocho	ECU	50:42
38.	Quentin Rew	NZL	50:42
39.	Jose Alessandro Bernardo Bagio	BRA	50:46
40.	ZHU Xiaoqiang	CHN-YNN	50:58
41.	YIN Jun	CHN-YNN	50:58
42.	Christopher Linke	GER	50:59
43.	KAZUKI TAKAHASHI	JPN	51:02
44.	LI Kewen	CHN-GZH	51:08
45.	CASTANEDA ANGULO JHON	COL	51:28
46.	YANG Kai	CHN-JSU	51:33
47.	Dziubin Dzmitry	BLR	51:42

48.	SHEIKO GEORGIY	KAZ	51:50
49.	GAO Yingchao	CHN	51:51
50.	SONG Huazhang	CHN-YNN	51:55
51.	Ever Jair Palma Olivares	MEX	51:59
52.	YAN Luqiang	CHN-JSU	52:00
53.	Sakharuk Ihor	UKR	52:09
54.	Callum Wilkinson	GBR	52:12
55.	DONG Guozhu	CHN-QGH	52:28
56.	HUANG Jun	CHN-JGX	52:32
57.	CHA Jinhong	CHN-YNN	52:36
58.	GUO Kuizhijia	CHN-QGH	53:00
59.	TANG Yifan	CHN-JSU	53:06
60.	CENG Qingcun	CHN-SHD	53:12
61.	NICK CHRISTIE	USA	53:17
62.	LIU Xu	CHN-LNG	53:17
63.	LIU Yong	CHN-JGX	53:18
64.	JELONEK JAKUB	POL	53:22
65.	SUN Chaofan	CHN-HNN	53:23
66.	Rafal SIKORA	POL	53:24
67.	Lucas Gomes de Souza Mazzo	BRA	53:30
68.	SHUTO GOTO	JPN	53:32
69.	Anders Hansson	SWE	53:41
70.	LO CHOON SIENG	MAS	53:49
71.	LIU Zhi	CHN-YNN	53:51
72.	LI Guodong	CHN-QGH	53:59
73.	HUANG Haofeng	CHN-JSU	54:03
74.	Moacir Zimmermann	BRA	54:13
75.	Tyler Jones	AUS	54:25
76.	Kyle Swan	AUS	54:49
77.	NING Peng	CHN-HNN	54:51
78.	ZHOU Hongrui	CHN-QGH	54:51
79.	SUO Nannaojie	CHN-QGH	54:57
80.	WANG Yifan	CHN-HNN	55:15
81.	ZHANG Saiyi	CHN-JGX	55:50
82.	FANG Yinxin	CHN-QGH	55:51
83.	Carl Gibbons	AUS	57:30
84.	HUANG Weikang	CHN-HNN	58:42
85.	Dylan Richardson	AUS	58:50
86.	MUHAMMAD KHAIRIL B HARUIW	MAS	59:53
87.	BAI Junyang	CHN-HNN	1:02:10
88.	Max Batista Goncalves dos Sant	BRA	1:10:17
89.	Suresh Kumar	MAS	1:13:40
	Tiago do Nascimento Fonseca	BRA	DNF
	BRZOZOWSKI ARTUR	POL	DNF
	WANG Sen	CHN-JSU	DQ
	HU Tao	CHN-JGX	DQ
	NING Peng	CHN-JGX	DNF
	Tadas Suskevicius	LTU	DQ
	LI Jihuan	CHN-QGH	DNF

Individual cumulative standing

After two such close finishes, Eider Arevalo and Lebogang Shange were tied for first place overall with 2:10:52, ahead of Isaac Palma. Day 3 promises to be very exciting.

1.	Eider Arevalo	COL	2:10:52
1.	Lebogang Shange	RSA	2:10:52
3.	Isaac Palma	MEX	2:11:31
4.	Wang Kaihua	CHN	2:12:53
5.	Perseus Karlstrom	SWE	2:13:54
6.	Ivan Losev	UKR	2:14:06
7.	Jin Xiangqian	CHN	2:14:07
8.	Sun Song	CHN	2:14:14

Aggregate Team standing

Latin Power - Caio Bonfim (BRA), Andres Choco (ECU), Lebogang Shange (RSA) and Perseus Karlstrom (SWE) – are just on a minute ahead in the teams competition.

1.	Latin Power	Bonfim, Choco, Shange, Karlstrom	6:39:50
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2.	Perritos	Arevalo, Dunfee, Snyman, Rew, Araya	6:40:49
3.	China 2	Bian, Chen, Sun, Yin, Zhang	6:45:12
4.	China-SHD	Cao, Ceng, Zheng, Zhong, Zhou	6:50:27

Women 12km Race Walk

On Day 1, Chinese walkers finished 1st, 2nd and 5th. Today, they went even better, filling the first 5 places. **Qieyang Shenije** broke away from the group at the half way mark, winning with 50:49, ahead of **Ma Zhenxia** (51:18) and **Wang Yingliu** (51:28). **Inna Kashina** (UKR) was the best of the rest with 52:35. **Claire Tallent** finished 21st with 57:47 and **Alana Barber** finished 26th with 1:00:40.

1.	QIEYANG Shijie	CHN	50:49
2.	Ma Zhenxia	CHN	51:18
3.	WANG Yingliu	CHN	51:28
4.	Li Maocuo	CHN	51:55
5.	WANG Na	CHN	52:28
6.	KASHYNA INNA	UKR	52:35
7.	Brigita Virbalyte	LTU	52:53
8.	LORENA ARENAS	COL	53:03
9.	Nadiya BOROVSKA	UKR	53:26
10.	QIJI Zhuoma	CHN	54:01
11.	DUAN Dandan	CHN	54:18
12.	GESANG Zuoma	CHN	55:01
13.	YUDKINA KHRYSTYNA	UKR	55:12
14.	SU Wenxiu	CHN	55:52
15.	Erica Rocha de Sena	BRA	55:58
16.	LIAO Wenqing	CHN-JGX	56:24
17.	MA Faying	CHN-QGH	57:11
18.	KATIE BURNETT	USA	57:29
19.	YANG Fuyao	CHN-SCH	57:39
20.	TANG Caihong	CHN-GZH	57:40
21.	Claire Tallent	AUS	57:57
22.	WANG Lixue	CHN-GZH	58:26
23.	ZHAO Tongmin	CHN-GZH	58:46
24.	LIANG Rui	CHN	59:16
25.	XU Jiangqi	CHN-JGX	59:52
26.	Alana Barber	NZL	1:00:40
27.	ZHOU Tao	CHN-JGX	1:01:07
28.	Elianay Pereira	BRA	1:01:39
29.	Nair da Rosa	BRA	1:01:39
30.	JIANG Shanshan	CHN-GZH	1:03:25
31.	XIONG Cuihong	CHN-QGH	1:03:25
32.	CHANG Xiangkun	CHN-QGH	1:03:32
33.	ZHOU Yumei	CHN-SCH	1:03:42
34.	Yehualeye Beletew	ETH	1:05:43
	DENG Yujie	CHN-JGX	DNF
	ZHONG Yuan	CHN-JGX	DNF

Individual cumulative standing

No surprises here, with China filling the first 3 spots after two days of racing.

1.	Wang Yingliu	CHN	2:21:23
2.	Li Maocuo	CHN	2:22:10
3.	Qieyang Shenijie	CHN	2:23:51
4.	Inna Kashina	UKR	2:24:32
5.	Sandra Lorena Arenas	COL	2:24:47
6.	Nadiya Borovska	UKR	2:26:48
7.	Brigita Virbalyte	LTU	2:27:10
8.	Erica de Sena	BRA	2:32:35

Aggregate team standing

China 1 team is now over 6 minutes ahead of the rest.

1.	China 1	Liang, Ma, Qieyang, Wang Yingliu, Wang Na	7:11:52
2.	Victory	Virbalyte, Kashina, Borovska, Yudkin	7:18:30
3.	Cina 2	Duan, Gesang, Li Muochuo, Qui, Su	7:29:25
4.	Latinas	Beletew, Pereira, de Sena, da Rosa, Arenas	7:34:34

Day 3 - 12km Race Walk, Mudu, Wednesday 26 September

Day 3 is well covered by marciadalmondo (see http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3293).

Men 12km Race Walk

The men's race developed into a two man duel between **Christopher Linke** (GER) and **Eider Arevalo** (COL), but when Linke was stopped for 30" in the penalty area, Arevalo was left on his own out in front. He had to survive a spirited challenge from local star **Wang Kaihua**, the Asian Games 20km race walk champion, before he eventually crossed the line first with 47:17, just ahead of Kaihua with 47:19 and **Lebogang Shange** (RSA) with 47:20. **Isaac Palma** (MEX) took fourth place in 47:37, which was enough to hold on to his third place in the overall table. **Dane Bird-Smith** suffered another pit-lane stoppage, pushing him back to 16th spot with 49:19.

1.	Eider Arevalo	COL	47:17
2.	WANG Kaihua	CHN	47:19
3.	Lebogang Shange	RSA	47:20
4.	ISAAC PALMA	MEX	47:37
5.	mauricio ARTEAGA	ECU	47:43
6.	Perseus Karlstrom	SWE	47:46
7.	SUN Song	CHN	47:55
8.	ZHANG Jun	CHN	48:02
9.	ZHA Xiyangben	CHN-QGH	48:11
10.	Vasiliy Mizinov	ANA	48:16
11.	Liakhovich	BLR	48:27
12.	LOSEV IVAN	UKR	48:47
13.	XU Hao	CHN-MON	49:08
14.	NIU Wenchao	CHN	49:13
15.	BIAN Tongda	CHN	49:14
16.	Dane Bird-Smith	AUS	49:19
17.	Caio Bonfim	BRA	49:20
18.	ZHONG Heng	CHN-SHD	49:30
19.	Evan Dunfee	CAN	49:32
20.	Federico Tontodonati	ITA	49:33
21.	SONG Huazhang	CHN-YNN	49:40
22.	Wayne Snyman	RSA	50:02
23.	ZHU Guowen	CHN-YNN	50:03
24.	GAO Yingchao	CHN	50:04
25.	ZHOU Yangjun	CHN-SHD	50:16
26.	LI Kewen	CHN-GZH	50:18
27.	Yerko Araya	CHI	50:19
28.	CHA Jinhong	CHN-YNN	50:24
29.	ZHU Xiaoqiang	CHN-YNN	50:32
30.	YIN Jun	CHN-YNN	50:34
31.	GUO Kuizhijia	CHN-QGH	50:38
32.	Ato Ibanez	SWE	50:38
33.	NING Peng	CHN-JGX	50:41
34.	Christopher Linke	GER	50:50
35.	Kazanin Oleksiy	UKR	50:50
36.	Jose Alessandro Bernardo Bagio	BRA	50:55
37.	CHEN Rui	CHN	50:57
38.	ZHANG Jiaxu	CHN-YNN	51:05
39.	SHEIKO GEORGIY	KAZ	51:09
40.	Havard Haukenes.	NOR	51:13
41.	SHUTO GOTO	JPN	51:16
42.	CAO Wenlong	CHN-SHD	51:19
43.	YAN Luqiang	CHN-JSU	51:19
44.	Tom Bosworth	GBR	51:38
45.	DONG Guozhu	CHN-QGH	51:39
46.	Ever Jaír Palma Olivares	MEX	51:40
47.	TANG Yifan	CHN-JSU	51:50
48.	CASTANEDA ANGULO JHON	COL	51:52
49.	LIU Zhi	CHN-YNN	51:52
50.	WANG Sen	CHN-JSU	51:57
51.	Sakharuk Ihor	UKR	52:12
52.	Anders Hansson	SWE	52:13
53.	LI Peng	CHN-HNN	52:14
54.	XIN Chaoyang	CHN-SHD	52:21
55.	HUANG Jun	CHN-JGX	52:23
56.	Kyle Swan	AUS	52:25
57.	LIU Yong	CHN-JGX	52:37

58.	Yohanis Algaw	ETH	52:38
59.	Quentin Rew	NZL	52:41
60.	ZHENG Ke	CHN-SHD	52:48
61.	Moacir Zimmermann	BRA	52:52
62.	Andrés Chocho	ECU	53:02
63.	LI Guodong	CHN-QGH	53:09
64.	SUN Chaofan	CHN-HNN	53:10
65.	HUANG Haofeng	CHN-JSU	53:16
66.	Dziubin Dzmitry	BLR	53:24
67.	JELONEK JAKUB	POL	53:47
68.	Callum Wilkinson	GBR	53:58
69.	WANG Yifan	CHN-HNN	54:10
70.	BRZOZOWSKI ARTUR	POL	54:18
71.	Rafal SIKORA	POL	54:26
72.	CENG Qingcun	CHN-SHD	54:36
73.	LO CHOON SIENG	MAS	54:47
74.	Tyler Jones	AUS	55:07
75.	LIU Xu	CHN-LNG	55:08
76.	BAI Junyang	CHN-HNN	55:09
77.	YANG Kai	CHN-JSU	55:13
78.	HU Tao	CHN-JGX	55:13
79.	HUANG Weikang	CHN-HNN	55:29
80.	Ryutaro Yamamoto	JPN	55:45
81.	ZHOU Hongrui	CHN-QGH	56:12
82.	NICK CHRISTIE	USA	56:14
83.	FANG Yinxin	CHN-QGH	56:26
84.	Carl Gibbons	AUS	56:46
85.	ZHANG Saiyi	CHN-JGX	57:17
86.	SUO Nannaojie	CHN-QGH	58:11
87.	Dylan Richardson	AUS	1:00:05
88.	Suresh Kumar	MAS	1:11:57
	Lucas Gomes de Souza Mazzo	BRA	DNF
	Max Batista Goncalves dos Sant	BRA	DNF
	Tadas Suskevicius	LTU	DQ
	KAZUKI TAKAHASHI	JPN	DNF
	JIN Xiangqian	CHN	DQ
	YIN Jiaxing	CHN	DQ

Men's Individual Final Standings

Three seconds separated **Eider Arevalo** and **Lebogang Shange** at the end of three days of racing. This is one of the closest comps in the history of this meet. **Isaac Palma** finished third and **Perseus Karlstrom** of Sweden, who improved as the race continued, finished fifth. Dane Bird-Smith finished 14th, while the young Australian quartet all finished – **Tyler Jones** 64th, **Kyle Swan** 69th, **Carl Gibbons** 73rd and **Dylan Richardson** 79th.

1.	Eider Arevalo	COL	2:58:09	1:23:23	47:29	47:17
2.	Lebogang Shange	RSA	2:58:12	1:23:20	47:32	47:20
3.	ISAAC PALMA	MEX	2:59:08	1:23:54	47:37	47:37
4.	WANG Kaihua	CHN	3:00:12	1:25:11	47:42	47:19
5.	Perseus Karlstrom	SWE	3:01:39	1:25:50	48:03	47:46
6.	SUN Song	CHN	3:02:09	1:26:09	48:05	47:55
7.	mauricio ARTEAGA	ECU	3:02:10	1:26:33	47:54	47:43
8.	LOSEV IVAN	UKR	3:02:53	1:25:18	48:48	48:47
9.	XU Hao	CHN-MON	3:04:08	1:26:50	48:10	49:08
10.	ZHONG Heng	CHN-SHD	3:04:10	1:26:16	48:24	49:30
11.	Cao Bonfim	BRA	3:04:25	1:25:33	49:32	49:20
12.	Wayne Snyman	RSA	3:04:36	1:25:26	49:08	50:02
13.	ZHANG Jun	CHN	3:04:50	1:27:21	49:27	48:02
14.	Dane Bird-Smith	AUS	3:05:08	1:25:13	50:36	49:19
15.	BIAN Tongda	CHN	3:05:15	1:27:33	48:28	49:14
16.	Evan Dunfee	CAN	3:05:16	1:26:09	49:35	49:32
17.	Liakhovich	BLR	3:06:15	1:29:23	48:25	48:27
18.	Vasiliy Mizinov	ANA	3:06:18	1:28:47	49:15	48:16
19.	ZHOU Yangjun	CHN-SHD	3:07:58	1:28:12	49:30	50:16
20.	CHEN Rui	CHN	3:09:04	1:28:27	49:40	50:57
21.	XIN Chaoyang	CHN-SHD	3:09:12	1:27:18	49:33	52:21
22.	ZHANG Jiayu	CHN-YNN	3:09:44	1:29:22	49:17	51:05
23.	ZHA Xiyangben	CHN-QGH	3:10:02	1:31:15	50:36	48:11
24.	Kazanin Oleksiy	UKR	3:10:10	1:28:47	50:33	50:50

25.	Tom Bosworth	GBR	3:10:10	1:26:58	51:34	51:38
26.	Yohanis Algaw	ETH	3:10:23	1:27:56	49:49	52:38
27.	CAO Wenlong	CHN-SHD	3:10:26	1:28:40	50:27	51:19
28.	Federico Tontodonati	ITA	3:10:37	1:31:37	49:27	49:33
29.	SONG Huazhang	CHN-YNN	3:10:39	1:29:04	51:55	49:40
30.	Yerko Araya	CHI	3:10:45	1:31:12	49:14	50:19
31.	ZHU Guowen	CHN-YNN	3:10:56	1:31:09	49:44	50:03
32.	Havard Haukenes.	NOR	3:11:09	1:30:09	49:47	51:13
33.	CASTANEDA ANGULO JHON	COL	3:11:48	1:28:28	51:28	51:52
34.	Jose Alessandro Bernardo Bagio	BRA	3:12:04	1:30:23	50:46	50:55
35.	CHA Jinhong	CHN-YNN	3:12:04	1:29:04	52:36	50:24
36.	SHEIKO GEORGIY	KAZ	3:13:31	1:30:32	51:50	51:09
37.	NIU Wenchao	CHN	3:13:53	1:34:12	50:28	49:13
38.	Anatole ANDREAS	SWE	3:14:10	1:33:28	50:04	50:38
39.	Christopher Linke	GER	3:14:44	1:32:55	50:59	50:50
40.	GAO Yingchao	CHN	3:14:54	1:32:59	51:51	50:04
41.	LI Kewen	CHN-GZH	3:15:35	1:34:09	51:08	50:18
42.	ZHU Xiaoqiang	CHN-YNN	3:15:44	1:34:14	50:58	50:32
43.	SHUTO GOTO	JPN	3:16:26	1:31:38	53:32	51:16
44.	YIN Jun	CHN-YNN	3:17:04	1:35:32	50:58	50:34
45.	DONG Guozhu	CHN-QGH	3:17:07	1:33:00	52:28	51:39
46.	Dziubin Dzmity	BLR	3:17:37	1:32:31	51:42	53:24
47.	Ever Jaír Palma Olivares	MEX	3:17:39	1:34:00	51:59	51:40
48.	Anders Hansson	SWE	3:17:47	1:31:53	53:41	52:13
49.	HUANG Jun	CHN-JGX	3:17:50	1:32:55	52:32	52:23
50.	CENG Qingcun	CHN-SHD	3:19:16	1:31:28	53:12	54:36
51.	Sakharuk Ihor	UKR	3:19:27	1:35:06	52:09	52:12
52.	JELONEK JAKUB	POL	3:19:32	1:32:23	53:22	53:47
53.	Callum Wilkinson	GBR	3:19:53	1:33:43	52:12	53:58
54.	LO CHOON SIENG	MAS	3:20:26	1:31:50	53:49	54:47
55.	LIU Zhi	CHN-YNN	3:20:42	1:34:59	53:51	51:52
56.	YANG Kai	CHN-JSU	3:20:57	1:34:11	51:33	55:13
57.	LI Guodong	CHN-QGH	3:21:09	1:34:01	53:59	53:09
58.	TANG Yifan	CHN-JSU	3:21:36	1:36:40	53:06	51:50
59.	Moacir Zimmermann	BRA	3:23:01	1:35:56	54:13	52:52
60.	Ryutaro Yamamoto	JPN	3:23:09	1:36:47	50:37	55:45
61.	NICK CHRISTIE	USA	3:23:29	1:33:58	53:17	56:14
62.	Rafal SIKORA	POL	3:23:54	1:36:04	53:24	54:26
63.	HUANG Haofeng	CHN-JSU	3:24:00	1:36:41	54:03	53:16
64.	Tyler Jones	AUS	3:26:01	1:36:29	54:25	55:07
65.	LI Peng	CHN-HNN	3:28:01	1:40:56	54:51	52:14
66.	GUO Kuizhijia	CHN-QGH	3:28:39	1:45:01	53:00	50:38
67.	ZHOU Hongrui	CHN-QGH	3:30:40	1:39:37	54:51	56:12
68.	LIU Xu	CHN-LNG	3:30:43	1:42:18	53:17	55:08
69.	Kyle Swan	AUS	3:31:01	1:43:47	54:49	52:25
70.	ZHANG Saiyi	CHN-JGX	3:31:40	1:38:33	55:50	57:17
71.	FANG Yinxin	CHN-QGH	3:32:03	1:39:46	55:51	56:26
72.	SUN Chaofan	CHN-HNN	3:32:34	1:46:01	53:23	53:10
73.	Carl Gibbons	AUS	3:35:13	1:40:57	57:30	56:46
74.	HUANG Weikang	CHN-HNN	3:35:53	1:41:42	58:42	55:29
75.	SUO Nannaojie	CHN-QGH	3:37:27	1:44:19	54:57	58:11
76.	ZHENG Ke	CHN-SHD	3:37:41	1:55:28	49:25	52:48
77.	WANG Yifan	CHN-HNN	3:39:23	1:49:58	55:15	54:10
78.	MUHAMMAD KHAIRIL B HARUIW	MAS	3:42:06	1:42:42	59:53	59:31
79.	Dylan Richardson	AUS	3:49:32	1:50:37	58:50	1:00:05
80.	BAI Junyang	CHN-HNN	3:53:51	1:56:32	1:02:10	55:09
81.	Suresh Kumar	MAS	4:30:49	2:05:12	1:13:40	1:11:57
82.	YAN Luqiang	CHN-JSU	1:43:19	DQ	52:00	51:19
83.	Quentin Rew	NZL	1:43:23	DQ	50:42	52:41
84.	Andrés Chocho	ECU	1:43:44	DNF	50:42	53:02
85.	LIU Yong	CHN-JGX	1:45:55	DNF	53:18	52:37
86.	JIN Xiangqian	CHN	2:14:07	1:25:52	48:15	DQ
87.	YIN Jiaying	CHN	2:15:09	1:26:43	48:26	DQ
88.	KAZUKI TAKAHASHI	JPN	2:23:12	1:32:10	51:02	DNF
89.	NING Peng	CHN-JGX	2:27:46	1:37:05	DNF	50:41
90.	HU Tao	CHN-JGX	2:30:04	1:34:51	DQ	55:13
91.	WANG Sen	CHN-JSU	2:32:05	1:40:08	DQ	51:57
92.	Lucas Gomes de Souza Mazzo	BRA	2:32:15	1:38:45	53:30	DNF

93.	BRZOZOWSKI ARTUR	POL	2:37:34	1:43:16	DNF	54:18
94.	Max Batista Goncalves dos Sant	BRA	3:18:50	2:08:33	1:10:17	DNF
95.	Tadas Suskevicius	LTU	1:38:20	1:38:20	DQ	DQ
96.	LI Jihuan	CHN-QGH	1:44:31	1:44:31	DNF	DNS

Aggregate Team standing

The team competition placings remained unchanged from Day 1, with the defending champions, the 'Latin Power' team of Lebogang Shange, Caio Bonfim, Andres Chocho, and Perseus Karlstrom retaining the team title by a margin of 3:24. 'Perritos', a team spearheaded by Eider Arevalo, finished second while China's Team B finished third.

1.	Latin Power	Bonfim, Chocho, Shange, Karlstrom	9:04:18
2.	Perritos	Arevalo, Dunfee, Snyman, Rew, Araya	9:07:40
3.	China 2	Bian, Chen, Sun, Yin, Zhang	9:10:23
4.	China	(Cai, Gao, Jin, Niu, Wang Kaihua	9:17:03

Women 12km Race Walk

Despite strong wins on days 2 and 3, **Qieyang Shenijie** (CHN) could not bridge the overall gap to Wang Yingliu. She had given away 3 minutes on the first day's 20km and was never going to make that up with shorter day 2 and day 3 distances. Her winning time today (50:40) saw her well clear of Chinese compatriots **Ma Zhenxia** (51:49) and **Wang Yingliu** (51:54).

1.	QIEYANG Shijie	CHN	50:40
2.	Ma Zhenxia	CHN	51:49
3.	WANG Yingliu	CHN	51:54
4.	LORENA ARENAS	COL	52:25
5.	GESANG Zuoma	CHN	52:29
6.	QIJI Zhuoma	CHN	52:32
7.	Li Maocuo	CHN	52:38
8.	KASHYNA INNA	UKR	53:09
9.	WANG Na	CHN	53:11
10.	Brigita Virbalyte	LTU	53:59
11.	Nadiya BOROVSKA	UKR	54:02
12.	LIANG Rui	CHN	54:33
13.	DUAN Dandan	CHN	55:11
14.	SU Wenxiu	CHN	56:20
15.	Erica Rocha de Sena	BRA	56:41
16.	JIANG Shanshan	CHN-GZH	56:45
17.	KATIE BURNETT	USA	56:51
18.	WANG Lixue	CHN-GZH	57:06
19.	ZHAO Tongmin	CHN-GZH	57:11
20.	LIAO Wenqing	CHN-JGX	57:26
21.	YANG Fuyao	CHN-SCH	57:56
22.	MA Faying	CHN-QGH	57:57
23.	YUDKINA KHRYSTYNA	UKR	58:35
24.	TANG Caihong	CHN-GZH	58:57
25.	Yehualeye Beletew	ETH	58:57
26.	Claire Tallent	AUS	59:23
27.	ZHOU Tao	CHN-JGX	59:59
28.	Alana Barber	NZL	1:00:16
29.	Nair da Rosa	BRA	1:00:37
30.	XU Jiangqi	CHN-JGX	1:01:52
31.	ZHOU Yumei	CHN-SCH	1:02:40
32.	DENG Yujie	CHN-JGX	1:05:46
33.	?XIONG Cuihong	CHN-QGH	1:06:30
34.	CHANG Xiangkun	CHN-QGH	1:06:30
35.	Elianay Pereira	BRA	1:06:39
	ZHONG Yuan	CHN-JGX	DNF

Women's Individual Final Standings

The three outstanding women, **Wang Yingliu**, **Qieyang Shenijie** and **Li Maocuo** were all over 2 minutes ahead of anyone else on cumulative time, confirming the depth and strength of Chinese walking. Only a DNF on Day 1 stopped Ma Zhenxia from joining them at the top of the listing. **Claire Tallent** (17th) and **Alana Barber** (21st) also completed the 3 days successfully.

1.	WANG Yingliu	CHN	3:13:17	1:29:55	51:28	51:54
2.	QIEYANG Shijie	CHN	3:14:31	1:33:02	50:49	50:40
3.	Li Maocuo	CHN	3:14:48	1:30:15	51:55	52:38
4.	LORENA ARENAS	COL	3:17:12	1:31:44	53:03	52:25
5.	KASHYNA INNA	UKR	3:17:41	1:31:57	52:35	53:09
6.	Nadiya BOROVSKA	UKR	3:20:50	1:33:22	53:26	54:02

7.	Brigita Virbalyte	LTU	3:21:09	1:34:17	52:53	53:59
8.	QIJI Zhuoma	CHN	3:26:48	1:40:15	54:01	52:32
9.	GESANG Zuoma	CHN	3:27:23	1:39:53	55:01	52:29
10.	LIANG Rui	CHN	3:29:09	1:35:20	59:16	54:33
11.	Erica Rocha de Sena	BRA	3:29:16	1:36:37	55:58	56:41
12.	SU Wenxiu	CHN	3:31:15	1:39:03	55:52	56:20
13.	MA Faying	CHN-QGH	3:33:25	1:38:17	57:11	57:57
14.	YUDKINA KHRYSTYNA	UKR	3:33:56	1:40:09	55:12	58:35
15.	DUAN Dandan	CHN	3:34:09	1:44:40	54:18	55:11
16.	LIAO Wenqing	CHN-JGX	3:35:58	1:42:08	56:24	57:26
17.	Claire Tallent	AUS	3:36:20	1:39:00	57:57	59:23
18.	KATIE BURNETT	USA	3:37:23	1:43:03	57:29	56:51
19.	Yehualeye Beletew	ETH	3:40:13	1:35:33	1:05:43	58:57
20.	WANG Lixue	CHN-GZH	3:40:47	1:45:15	58:26	57:06
21.	Alana Barber	NZL	3:45:45	1:44:49	1:00:40	1:00:16
22.	JIANG Shanshan	CHN-GZH	3:46:41	1:46:31	1:03:25	56:45
23.	ZHAO Tongmin	CHN-GZH	3:48:53	1:52:56	58:46	57:11
24.	ZHOU Tao	CHN-JGX	3:48:53	1:47:47	1:01:07	59:59
25.	YANG Fuyao	CHN-SCH	3:51:04	1:55:29	57:39	57:56
26.	Elianay Pereira	BRA	3:57:06	1:48:48	1:01:39	1:06:39
27.	Nair da Rosa	BRA	3:59:40	1:57:24	1:01:39	1:00:37
28.	ZHOU Yumei	CHN-SCH	4:00:41	1:54:19	1:03:42	1:02:40
29.	XIONG Cuihong	CHN-QGH	4:11:38	2:01:43	1:03:25	1:06:30
30.	CHANG Xiangkun	CHN-QGH	4:14:28	2:04:26	1:03:32	1:06:30
31.	Ma Zhenxia	CHN	1:43:07	DNF	51:18	51:49
32.	WANG Na	CHN	1:45:39	DNF	52:28	53:11
33.	TANG Caihong	CHN-GZH	1:56:37	DNF	57:40	58:57
34.	XU Jiangqi	CHN-JGX	2:01:44	DNF	59:52	1:01:52
35.	DENG Yujie	CHN-JGX	3:01:32	1:55:46	DNF	1:05:46
36.	ZHONG Yuan	CHN-JGX	1:48:17	1:48:17	DNF	DNF

Aggregate team standing

Despite the last-minute withdrawal of world champion Yang Jiayu, China's Team A (Wang, Qieyang, women's 50km world record-holder Liang Rui, World U18 and U20 champion Ma Zhenxia as well as Wang Na as the replacement for Yang) dominated the team competition, notching up victory with a comfortable margin of more than 13 minutes in 9:46:15. 'Victory', a team comprising Ukrainian and Lithuanian athletes, took second place in 9:59:40. The team bronze went to China's Team B with a time of 10:07:04.

1.	China 1	Liang, Ma, Qieyang, Wang Yingliu, Wang Na	9:46:15
2.	Victory	Virbalyte, Kashina, Borovska, Yudkina	9:59:40
3.	Cina 2	Duan, Gesang, Li Muochuo, Qui, Su	10:07:04
4.	Latinas	Beletew, Pereira, de Sena, da Rosa, Arenas	10:22:37

Lots of photos at http://www.marciadalmondo.com/ita/album_fotografico.aspx?id=164.



Eider Arevala and the Chinese women Qieyang Shenijie, Ma Zhenxia and Wang Yingliu



Left: Second placed team of Quentin Rew, Yerko Araya, Eider Arevalo, Wayne Snyman and Evan Dunfee
 Right: Winning team of Andrés Chocho, Lebogang Shange, Perseus Karlstrom and Caio Bonfim

Finally, a couple of superb press releases from marciadalmondo

- The first one, dated 28th September, sees Italian racewalk judge Nicola Maggio reflecting on his fifth and last Around Taihu trip. A great read, along with his thoughts on how the event can be made even better. See http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3294
- The second one, dated 1st October, discusses the use of red cards and penalties in the Around Taihu International Race Walk. See http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3299

2018 IAAF RACE WALKING CHALLENGE FINAL RESULTS

Ecuador's **Andres Chocho** and China's **Qieyang Shijie** have been confirmed as the overall winners in the 2018 IAAF Race Walking Challenge. The scoring system takes each athlete's three best marks from the series with points being awarded to the top 10 finishers in category A and B races and the top six finishers in category C races. Prize money is awarded to the top eight finishers at the end of the challenge. The athlete with the highest score wins US \$25,000.

The series concluded at the Around Taihu International Race Walking Competition, in which challenge points were awarded according to the overall final ranking after the three stages. World champion **Eider Arevalo** was victorious in Suzhou and picked up 12 points, but it wasn't quite enough to catch challenge leader Andrés Chocho, who had amassed 25 points earlier in the season following his 50km win in Monterrey, his 20km triumph at the South American Championships and his fourth-place finish over 20km in Rio Maior. Chocho went into Taihu with a 13 point lead but failed to finish the 20km stage in Suzhou so was effectively out of contention from that point on. Luckily, these 13 points were just enough of a buffer to hold our Arevalo.

South Africa's **Lebogang Shange**, the 20km winner in Monterrey and the runner-up in Suzhou, finished third overall with 22 points. With just one point separating Chocho and Arevalo and 3 points between the top 4, it is the closest finish in the men's Race Walking Challenge standings for 12 years.

Qieyang already had an insurmountable lead in the Race Walking Challenge before the competition in Suzhou. With victories in Rio Maior and La Coruna, the 2012 Olympic silver medallist amassed 34 points throughout the year to secure her first overall challenge win. Brazil's **Erica de Sena**, last year's overall challenge winner, finished second this year with 23 points. Portugal's world and European 50km race walk champion **Ines Henriques** was one point further back in third place. **Yingliu Wang** climbed up to fourth place after her good walks in the Lake Taihu race, while Colombia's **Sandra Arenas** and Australia's **Claire Tallent** did enough in Suzhou to make it into the top eight on the challenge leader board.

Final Standings Men

1.	Andrés CHOCHO	Ecuador	5	25
2.	Eider ARÉVALO	Colombia	3	24
3.	Lebogang SHANGE	South Africa	3	22
4.	Diego GARCÍA CARRERA	Spain	3	22

5.	José Leyver OJEDA	Mexico	3	18
6.	Álvaro MARTÍN	Spain	3	18
7.	Perseus KARLSTRÖM	Sweden	6	17
8.	Mauricio ARTEAGA	Ecuador	4	17
9.	Kaihua WANG	Pr Of China	2	17
10.	Xiangqian JIN	Pr Of China	4	14

Final Standings Women

1.	Shijie QIEYANG	Pr Of China	4	34
2.	Erica DE SENA	Brazil	5	23
3.	Inês HENRIQUES	Portugal	4	22
4.	Yingliu WANG	Pr Of China	3	18
5.	Ana CABECINHA	Portugal	3	15
6.	Kimberly GARCÍA	Peru	3	14
7.	Claire TALLENT	Australia	3	12
8.	Sandra ARENAS	Colombia	3	7
9.	Alana BARBER	New Zealand	4	7
10.	Brigita VIRBALYTE-DIMSIENE	Lithuania	3	6

The first few dates for the 2019 IAAF Race Walking Challenge Series have already been announced

- Apr 6, 2019 28th Grande Prémio Internacional de Rio Maior em Marcha Atlética, Rio Maior, Portugal
- Apr 20, 2019 Memorial Jerzy Hausleber, Monterrey, Mexico
- Jun 8, 2019 XXXIII Gran Premio Cantones de La Coruña, La Coruña, Spain
- Sep 27 - Oct 6, 2019 IAAF World Athletics Championships, Doha, Qatar

USATF 40KM WALK CHAMPIONSHIPS, MARVIN PARK, OWEGO, NY, SUNDAY 30 SEPTEMBER

The annual USATF 40km Walk Championships were held last Sunday morning in Marvin Park in Owego, New York State. Conditions were cool for the 7AM start and they remained good for the duration of the meet. 40km championship wins to **Ian Whatley** (3:52:42) and **Lydia McGranahan** (4:02:16), although Colombian **Diego Pinzon Florez** was first overall with 3:13:00. Good to see Isle of Man walker **Hannah Hunter** competing (4:11:30). A number of the 40km walkers continued on to record 50km times, the best being **Diego Pinzon Florez** (4:04:48). And a good 20km walk by **Marek Adamowicz** (1:32:51).

40 km Championship

1.	Diego Pinzon Florez	33	Guest – Colombia	3:13:00
2.	Luis Jose Solis Rosales		Guest-Mexico	3:34:18
3.	Ian Whatley	59	Warriors Track Club	3:52:42
4.	Lydia McGranahan	41	Racewalkers Northwest	4:02:16
5.	Hannah Hunter	35	Guest-Isle of Man	4:11:30
6.	Dave Talcott	58	Shore AC	4:18:25
7.	Tucker Brugh	63	Unattached	4:47:49
	Erin Taylor-Talcott	40	Shore AC	DNF
	Jennifer Marlborough	46	World Class Racewalking	DQ
	Paul Terbrack	58	Pegasus AC	DQ

50 km

1.	Diego Pinzon Florez	33	Guest – Colombia	4:04:48
2.	Luis Jose Solis Rosales		Guest-Mexico	4:33:51
3.	Lydia McGranahan	41	Racewalkers Northwest	5:08:16
4.	Hannah Hunter	35	Guest-Isle of Man	5:17:29
	Andreas Gustafsson	37	Unattached	DNF

20 km

1.	Marek Adamowicz	22	Riv Sud	1:31:51
2.	Jesi Heiser-Whatley	19	Warriors Track Club	1:58:19
3.	Tori Heiser-Whatley	19	Warriors Track Club	1:59:01
4.	Maegan Allen	20	New England Walkers	2:03:13
5.	Angelie Fahey	20	Club Athletismo de Gatineau	2:21:06
	Gina Giese	48	Unattached	DQ

5 km

1.	Amanda Schneider	29	Ontario Racewalkers	31:16
2.	Kyra Pellegrino	13	Gates-Chili HS	31:59
3.	Nicky Slovitt	58	Ontario Racewalkers	33:18
	Geraldine Rogers	57	Unattached	DQ

66TH ALL-JAPAN NATIONAL INDUSTRIAL TEAMS CHAMPIONSHIPS, OSAKA, JAPAN, 21-23 SEPTEMBER

The 66th All Japan National Industrial Teams Championships were held at Yanmar Stadium, Nagai (Osaka City), from September 21 to 23, and 10,000m track walks were on offer. Wins to men's 20km world record holder **Yusuke Suzuki** (39:05.19) and **Kumiko Okada** (43:55.22) as well as a Japanese U20 record to second placed woman **Nanako Fujii** (44:13.37).

10,000m Men

1.	SUZUKI Yusuke	39:05.19
2.	MATSUNAGA Daisuke	39:23.23
3.	YAMANISHI Toshikazu	39:27.04
4.	NODA Tomohiro	40:16.16
5.	KOBAYASHI Kai	40:20.07
6.	FUJISAWA Isamu ALSOK	40:21.56
7.	TANII Takayuki	40:57.72
8.	OIKAWA Fumitaka	41:12.25
9.	SUWA Motofumi	41:19.21
10.	SAITOH Takumi	42:20.22
11.	TOMATSU Hironari	42:39.34
12.	ITO Yuki SRC	42:43.71
13.	IDEI Tatsuya ·E&S	43:16.21
14.	TANAKA Tatsuya	43:50.56
15.	SUZUKI Daisuke	43:59.74
16.	YANAGISAWA Yuto	45:07.24
17.	YAMAMOTO Toru	45:09.28
18.	KOWAKI Kohei	45:35.54
19.	SUGIMOTO Akihiro	45:53.05
20.	KANZAWA Tomoya	45:59.57
21.	OSHIMA Yuto	46:16.56
22.	OTSUBO Takahito	46:34.92
23.	OTSUKA Takahiro	46:39.97
24.	YAMAGUCHI Masahiro	47:51.35
25.	HIGUMA Takafumi	48:19.36
26.	SEMBA Shuya HD	49:03.60
27.	INAYOSHI Yuta ·Zoff	51:52.93
	KIDO Taichi	DNF
	YAMASHITA Yuga	DQ
	HARUKI Yosuke	DQ
	MAGOTA Ayato	DQ
	OOKUMA Takeshi	DQ

10,000m Walk Women

1.	OKADA Kumiko	43:55.22	
2.	FUJII Nanako	44:13.37	NJR
3.	KAWAZOE Kaori	44:29.96	
4.	MICHIGUCHI Ai	48:15.87	
5.	FUCHISE Masumi	49:13.27	
6.	ASADA Chiaki	49:59.31	
7.	GOTO Rena	50:02.73	
8.	YOSHIZUMI Yuki	51:46.90	



New Japanese U20 10,000m walk record to Nanako Fujii (photo <https://www.jaaf.or.jp>)

SOUTH AMERICAN U23 T&F CHAMPIONSHIPS, CUENCA, ECUADOR, 29-30 SEPTEMBER

The 20,000m track walks at the South American U23 Athletics Championships were held on Saturday morning. Only small fields but wins to Peruvian walkers **Cesar Rodriguez** (1:24:51.85) and **Leyde Jossy Guerra** (1:32:12.42). Reports and photos at http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3296.

20,000m Track Walk Men

1.	RODRIGUEZ CESAR	1997	PER	1.24.51.85
2.	AMORES CARUA JHONATAN JAVIER	1998	ECU	1.25.12.25
3.	YURIVILCA PAOLO	1996	PER	1.25.44.23
4.	MENA JARA XAVIER ALEXANDER	1998	ECU	1.27.42.08

20,000m Track Walk Women

1.	GUERRA MUCHA LEYDE JOSSY	1995	PER	1.32.12.42
2.	JARAMILLO NAVARRETE KARLA JOHANA	1998	PER	1.35.43.03
3.	SEMBLANTES ESTRADA MISHHELL ALEJANDR	1997	ECU	1.43.33.89
4.	SANZANA ANASTASIA	1998	CHI	1.51.36.01

BANSKÁ BYSTRICA WALKING MEET, BANSKA BYSTRICA, SLOVAKIA, SATURDAY 29 SEPTEMBER

The second edition of the Banská Bystrica Walking Meet was held in the Slovakian city of Banská Bystrica last Saturday. Although Matej Toth was not racing, there were plenty of other Slovak walkers, along with others from the Czech Republic, Hungary, Italy and Lithuania. Thanks to marciadalmondo (http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3300) for the report.

The men's 10km walk saw all 3 places going to Slovakian walkers, with **Miroslav Uradnik** (42:09.43) winning ahead of **Milan Rizek** (43:27.16) and U18 walker **Daniel Kovac** (43:49.12). The women's 10km went to **Viktoria Madarasz** (HUN) with 49:26.55, ahead of **Eva Hacundova** (SVK) with 51:25.27 and **Austeja Kavaliuskaite** (LTU) with 51:50.27.

10km Open and U18 Men

1.	Úradník Miroslav	1996	SVK	42:09.43
2.	Rizek Milan	1978	SVK	43:27.16
3.	Kováč Daniel	2001	SVK	43:49.12
4.	Libnar Vojtech	1999	CZE	44:12.77
5.	Tóth Norbert	2001	HUN	46:08.96
6.	Nedvídek Martin	1975	CZE	46:22.88
7.	Giordano Manuel	1995	ITA	47:04.52
8.	Dušek Petr	2001	CZE	49:22.25
9.	Nyerges Balázs	2001	HUN	49:58.00
10.	Liutinskis Arnoldas	2001	LTU	50:05.78
11.	Varga Dávid	2001	HUN	52:29.02
12.	Varga Máté	2002	HUN	54:58.06
13.	Krestianko Boris	1964	SVK	55:47.11
14.	Kovács Soma	1997	HUN	DNF
	Gál Vencel	2001	HUN	DNF

10km Open Women

1.	Madarasz Viktória	1985	HUN	49:26.55
2.	Hacundová Ema	1999	SVK	51:25.27
3.	Kavaliuskaitė Austėja	2000	LTU	51:50.27
4.	Csőrgó Dóra	2001	HUN	52:53.29
5.	Dušková Nadežda	1980	CZE	56:24.36
6.	Jezsovicki Anna	2002	HUN	59:27.32

7. 5km U18 Girls

8.	Bocková Sabina	2001	CZE	27:24.86
9.	Gudzikaitė Urtė	2002	LTU	27:39.92
10.	Holicová Karolina	2002	CZE	29:49.66
11.	Rusková Lucia	2001	SVK	31:15.36
12.	Furstová Veronika	2001	CZE	31:31.50
13.	Krákorová Sabina	2001	CZE	33:46.89

U16 INTERNATIONAL MATCH HUN-CRO-CZE-SLO-SVK, GYOR, HUNGARY, SATURDAY 29 SEPTEMBER

Last Saturday saw the annual U16 International Match between Hungary, Croatia, Czech Republic, Slovenia and Slovakia in Győr, Hungary. Well reported by http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3298. Wins to **Patrik Nemcock** of Slovakia (13:10.59) and **Tiziana Kinga Spiller** of Hungary (15:17.37).

3000m Boys

1.	Nemcok Patrik	2003	SVK	13:10.59
2.	Bánk Leon	2003	HUN	14:11.91
3.	Gonda Levente	2003	HUN	14:12.36
4.	Zajíček Adam	2003	CZE	14:37.94
5.	Grabner Jaka	2003	SLO	14:44.42
6.	Morávek Jaromír	2003	CZE	15:43.66
7.	Duda Michal	2004	SVK	15:50.31
8.	Di Giusto Bruno	2004	CRO	16:55.40
9.	Jurišić Mateo	2003	CRO	17:18.32

3000m Girls

1.	Spiller Tiziana Kinga	2003	HUN	15:17.37
2.	Avenová Paulína	2004	SVK	15:18.31
3.	Dudová Ivana	2005	SVK	15:31.36
4.	Avsenek Karin	2003	SLO	16:10.10
5.	Nedvídková Katerina	2004	CZE	16:11.08
6.	Reicht Tamara	2005	SLO	16:33.05
7.	Zsemeri Zsófia	2004	HUN	17:08.19
8.	Klimentová Ema	2005	CZE	17:09.96
9.	Marek Mia	2004	CRO	17:19.72
10.	Vranic Iva	2004	CRO	17:24.84

OUT AND ABOUT

- North Korea given four-month deadline by WADA to address doping concerns or be declared non-compliant. While North Korea's participation at the Pyeongchang 2018 Winter Olympics in South Korea was among the highlights of the Games, there had been concerns raised over the level of testing North Korean athletes had undergone in participation for the event. There were reports that only one North Korean athlete had been tested in the build-up to Pyeongchang 2018. See <https://www.insidethegames.biz/articles/1070256/north-korea-given-four-month-deadline-by-wada-to-address-doping-concerns-or-be-declared-non-compliant>.
- Last Friday, WADA published the 2019 List of Prohibited Substances. The List comes into force on 1 January 2019. See <https://www.wada-ama.org/en/media/news/2018-09/wada-publishes-2019-list-of-prohibited-substances-and-methods>.
- Federal Senator rethinks the current strategy which has decimated the Australian Institute of Sport. Great article. If only it could happen! See <https://the-riotact.com/gymnastics-backflip-an-opportunity-to-rethink-ais/266674>.
- Edwin Moses, chairman of the U.S. Anti-Doping Agency, a two-time Olympic gold medalist in track and field and founding chairman of Laureus World Sports Academy, explains why WADA must cut ties with IOC to regain trust in sport. See <https://antidopingworld.wordpress.com/2018/10/01/edwin-moses-wada-must-cut-ties-with-ioc-to-regain-trust-in-sport/>.

MARCIADALMONDO AND OMARCHADOR ROUNDUP

There are 10 press release for us from Marciadalmondo this week

- Tue 2 Oct - Eider Arevalo (COL) and Llang Rui (CHN) best athletes of september 2018
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3301
- Mon 1 Oct - Banska Bystrica (SVK): victories of Miroslav Uradnik (SVK) and Viktoria Madarasz (HUN)
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3300
- Mon 1 Oct - Around Taihu International Race Walk (CHN): red cards and penalties
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3299
- Sun 30 Sep - Results of U16 International Match HUN-CRO-CZE-SLO-SVK
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3298
- Sun 30 Sep - Results of U18 boys and girls Club Championship walks (around Italy)

http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3297

- Sat 29 Sep - Cuenca (ECU) - Cesar Rodriguez (PER) and Leyde Jossy Guerra (PER) win Sth American U23 Champs
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3296
- Fri 28 Sep - Preview of this weekend's U18 boys and girls Club Championship walks (around Italy)
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3295
- Fri 28 Sep - Italian racewalk judge Nicola Maggio reflects on his fifth and last Around Taihu trip
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3294
- Wed 26 Sep - Mudu (CHN): Eider Arevalo and Wang Yingliu win the Taihu Multiday 2018
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3293
- Tue 25 Sep - Taihu Park (CHN): Victories of Eider Arevalo and Qieyang Shenije
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3292

and omarchador has 12 press releases

- Mon 1 Oct - Patrik Nemcok and Tiziana Spiller win the HUN-CRO-CZE-SLO-SVK U16 meeting in Gyor
<http://omarchador.blogspot.com/2018/10/patrik-nemcok-e-tiziana-spiller-vencem.html>
- Sun 30 Sep - Results of the 1 Hour Track Walk at the Lee Valley Track in London
<http://omarchador.blogspot.com/2018/09/1-hora-marcha-na-pista-de-lee-valley.html>
- Sun 30 Sep - Results of the Austrian Championships 20 km March in Redlham
<http://omarchador.blogspot.com/2018/09/campeonatos-da-austria-de-20-km-marcha.html>
- Sat 29 Sep - Results of the Southern German Championships in Bühlertal
<http://omarchador.blogspot.com/2018/09/campeonatos-do-sul-da-alemanha-em.html>
- Sat 29 Sep - Jemima Montag wins "UniSport Nationals" in Gold Coast, Australia
<http://omarchador.blogspot.com/2018/09/jemima-montag-vence-unisport-nationals.html>
- Fri 28 Sep - Chocho and Qieyang win the 2018 IAAF Race Walk Challenge Series
<http://omarchador.blogspot.com/2018/09/chocho-e-qieyang-vencem-o-challenge-de.html>
- Thu 27 Sep - Results of the Italian U23 Championship Championships in Pavia
<http://omarchador.blogspot.com/2018/09/campeonatos-italianos-de-clubes-sub-23.html>
- Thu 27 Sep - Kate Veale and Miroslav Úradník win Sprint Triathlon in Hilversum, Netherlands
<http://omarchador.blogspot.com/2018/09/kate-veale-e-miroslav-uradnik-vencem.html>
- Wed 26 Sep - Yingliu Wang wins Lake Taihu 3 Day race in China
<http://omarchador.blogspot.com/2018/09/yingliu-wang-em-destaque-no-tour-da.html>
- Wed 26 Sep - Éider Arévalo wins Lake Taihu 3 Day race in China
<http://omarchador.blogspot.com/2018/09/eider-arevalo-conquista-vitoria-no-tour.html>
- Tue 25 Sep - Arévalo (Colombia) and Qieyang (China) win the second leg of the Tour of China
<http://omarchador.blogspot.com/2018/09/arevalo-colombia-e-qieyang-china-vencem.html>
- Tue 25 Sep - Results of the 20km in Neuilly-sur-Marne, France
<http://omarchador.blogspot.com/2018/09/criterium-de-outono-de-20-km-em-neuilly.html>

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

Oct 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 or 10 (Sun), 2019	Australian/Oceania 20km Championships, Adelaide, SA - TO BE CONFIRMED
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

2019 IAAF Race Walking Challenge Series

Apr 6, 2019	28 th Grande Prémio Internacional de Rio Maior em Marcha Atlética, Rio Maior, Portugal
Apr 20, 2019	Memorial Jerzy Hausleber, Monterrey, Mexico
Jun 8, 2019	XXXIII Gran Premio Cantones de La Coruña, La Coruña, Spain
Sep 27 - Oct 6, 2019	IAAF World Athletics Championships, Doha, Qatar

International Dates – 2019 and onwards

Mar 24-30, 2019	8th 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
Mar 2021	9th World Masters Indoor T&F Championships , Edmonton, Canada
Aug 6-15, 2021 (TBC)	18th IAAF World Championships in Athletics , Eugene, USA
July 18-30, 2022	XXII Commonwealth Games , Birmingham, GBR.
Aug 7-17, 2022	24th World Masters T&F Championships , Gothenburg Sweden

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