



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
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19 March 2019



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WALKER OF THE WEEK

My Walker of the Week this time around is 28 year old **Rhydian Cowley** who competed superbly in the IAAF Racewalk Challenge event at the Asian 20km Championships in Nomi, Japan, on Sunday. With 5km splits of 20:21, 20:16, 19:59 and 19:43, he stormed home to a PB time of **1:20:19**, nearly 2 minutes under his previous best. What is even more impressive is the fact that his second 10km of **39:42** was also a PB and betters the elusive 40 minute mark. He has now risen to 9th on our 10km all-time ranking list and 7th on our 20km all-time ranking lists (see below). And to put the icing on the cake, his 20km time guarantees his spot in the Australian team for the 2019 IAAF World Championships in Doha and betters the tough 1:21:00 standard set for the Tokyo Olympics.

Rhydian has been in fine form lately, obviously benefiting from the high octane Melbourne training environment alongside New Zealander Quentin Rew and Swede Perseus Karlstrom and relishing his new role as part of the Brent Vallance training squad.

Over to Rhydian for some words on his walk in Nomi

The weather was ideal, between 4-5 degrees all race for the men's 20km, a still day and a little drizzle.

The race started with world record holder Yusuke Suzuki leading off a group of 5 Japanese in a 7:40 first 2km, while a pack of Chinese, Koreans, Indians and Kazakhs followed for the Asian Championship. I followed with a 8:06, then settled into a rhythm of 4:04 kms, dragging a third pack around.

At this stage I felt very very good, and knew I was on for something special and a big personal best, but passing 10km in 40:36, I would need to negative split to hit a Tokyo automatic qualifying time (1:21:00). Ratcheting up the pace, I began reeling in the fractured second pack, ultimately catching all but one of them to finish 7th overall. My last 10km was covered in 39:43, and my last 5km in 19:43. I couldn't contain my joy when I crossed the finish line, there has been so much time and hard work between my last PB and today.

There is still a long time between now and the Olympics, so I have a lot more hard work ahead to consolidate on, and hopefully improve upon, this performance. And Tokyo certainly won't have as favorable weather, so there's that to prepare for as well.



The touring party in Nomi - Jemima Montag, Damien Blocki, Rhydian Cowley, Alana Barber, Katie Hayward and Philippa Huse

And here are the updated top-20's from the 10km and 20km Australian All-Time ranking lists. Rhydian now sits top-10 in both.

Australian All-Time Rankings, 10km Men

1	38.06	David Smith	V	24/07/1955	1	Sydney	25/09/1986	31
2	38.09	Nathan Deakes	V	17/08/1977	4	Krakow, Poland	9/06/2001	23
3	38.29	Jared Tallent	V	17/01/1984	8	IAAF Challenge Final 10km, Beijing	18/09/2010	26
4	38.34.23	Dane Bird-Smith	Q	15/07/1992	1	Sydney	31/03/2017	24
5	38.49	Andrew Jachno	V	13/04/1962	1	Copenhagen, Denmark	23/05/1992	30
6	38.59	Chris Erickson	V	01/12/1981	11	IAAF Challenge Final 10km, Beijing	18/09/2010	28
7	39.10	Nick A'Hern *	N	06/01/1969	1	Sydney (Track)	13/01/1991	22
8	39.20	Adam Rutter	N	24/12/1986	15	IAAF Challenge Final 10km, Beijing	18/09/2010	23
9	39.42	Rhydian Cowley	V	04/01/1991	7	Nomi, Japan (10km split)	17/03/2019	28
10	39.50	Simon Baker	V	06/02/1958	1	Canberra (Aust 20 km split)	27/08/1988	30
11	40.08	Willi Sawall	V	07/11/1941	1	AFORWC Champ, Richmond, NSW	1982	40
12	40.46	Steve Beecroft	V	14/03/1971	2	Melbourne	5/01/1992	20
13	40.49.72	Declan Tingay	W	06-02-1999	4	Tampere, Finland (WJC)	14/07/2018	19
14	40.50	Mike Harvey	V	05/12/1962	-	Canberra (Aust 20 km split)	27/08/1988	25
15	41.00	Liam Murphy	S	05/06/1979	1	Adelaide (SA State 20km split)	26/07/2003	24
16	41.00	Darren Bown	S	30/06/1974	2	Adelaide	19/02/2005	30
17	41.01	Jon Gawley	N	08/05/1980		NSW U20 10km Champ, Sydney	8/05/1999	19
18	41.05	Paul Copeland	V	25/04/1967	3	Melbourne	5/01/1992	24
19	41.05.50	Dion Russell *	V	08/05/1975	1	VIC 10,000m Champ, Doncaster	1/04/1995	19
20	41.07	Nathan Brill	V	24/05/1996	7	Taicang, China	3/05/2014	17

Australian All-Time Rankings, 20km Men

1	1:17.33	Nathan Deakes	V	17/08/1977	1	Cixi City, China	23/04/2005	27
2	1:19.15	Luke Adams	N	22/10/1976	7	Cheboksary, Russia	10/05/2008	31
3	1:19.15	Jared Tallent	V	17/10/1984	1	Melbourne	13/02/2010	25
4	1:19.22	Dave Smith	V	24/07/1955	1	Hobart	19/07/1987	31
5	1:19.28	Dane Bird-Smith	Q	15/07/1992	6	London, England	13/08/2017	25
6	1:19.33	Nick A'Hern	N	06/01/1969	1	Melbourne	15/12/1990	21
7	1:20.19	Rhydian Cowley	V	04/01/1991	7	Nomi, Japan	17/03/2019	28
8	1:20.43	Andrew Jachno	V	13/04/1962	1	Brisbane	26/08/1990	28
9	1:20.49	Dion Russell	V	08/08/1975	1	Melbourne	19/03/1999	23
10	1:21.19	Simon Baker	V	06/02/1958	1	Canberra	27/08/1988	30
11	1:21.36	Willi Sawall	V	07/11/1941	1	Melbourne	04/07/1982	40
12	1:21.49	Adam Rutter	N	12/12/1986	3	Melbourne	23/02/2008	21
13	1:22.07	Rhydian Cowley	V	04/01/1991	9	Adelaide	21-02-2016	25
14	1:22.08	Chris Erickson	V	01/12/1981	10	Nomi, Japan	15/03/2015	33
15	1:24.11	Liam Murphy	S	05/06/1979	1	Adelaide	26/07/2003	24
16	1:24.20	Duane Cousins	V	13/07/1973	5	Melbourne	19/03/1999	25
17	1:24.25	Ian Rayson	N	04/02/1988	1	Narellan, NSW	13/11/2011	23
18	1:24.34	Brent Vallance	N	30/04/1972	15	Naumburg, Germany	23/05/1998	26
19	1:24.37	Brendon Reading	A	26/01/1989	12	Adelaide	19-02-2017	28
20	1:24.42	Michael Hosking	V	16-10-1985	11	Adelaide	21-02-2016	30

#SAVETHERACEWALKING

One final email response re our recent campaign to save the 20km and 50km events. This email (name removed) from a senior IAAF connection summarises pretty well how things went.

Hi Tim,

Agree with Paul DeMeester about the good news. Understand from a colleague there was vigorous opposition from some council members against the proposals of the W/C. The wording from Coe is going to save the face of W/C members who will not be there in six months.

Think the campaign worked.

Best wishes,

xxx

Well done everyone. We live to fight another day!

And one final news item, giving a pretty good summary of the last couple of months.

<https://www.sportsintegrityinitiative.com/iaaf-approves-racewalking-changes-despite-protests/>

WHAT'S COMING UP

- Next weekend sees the **Victorian Masters T&F Championships** which will be held at the Doncaster athletics track. Good luck to all our masters walkers.
- The summer season is quickly drawing to a close. The remaining meets post next weekend read as follows

Mar 30 – Apr 7, 2019 Australian Athletics Championships, Sydney
(Open & U20 10,000m, U14-U16 3000m, U17-U18 5000m)
Apr 13-14, 2019 Australian Centurions 24H, 12H & 6H Walks, Coburg, VIC
Apr 26-29, 2019 Australian Masters T&F Championships, Albert Park - <https://melbourne2019.com.au/>

- Talking of the **Australian Masters T&F Championships**, the big news is that, due to significant interest, the LOC has decided to extend the entry period. **Entries will now be accepted until 11:59pm on March 26.** So it's still not too late to get your entry in. See <https://melbourne2019.com.au/register>. As of yesterday, the walks numbers are very big

1500m track walk - 83 entrants 5000m track walk - 74 entrants 10km road walk - 68 entrants

- Next weekend is also another big one internationally, with the **Dudince International Walks Meet** being held in Slokia next Saturday and the **8th World Masters Indoors T&F Championships** kicking off in Torun, Poland, on Sunday. The Australian team even rated an article on the Athletics Australia website, with a number of walkers getting mentions: <http://athletics.com.au/News/ArtMID/7243/ArticleID/2061487/Australians-to-run-at-the-World-Masters-Athletics-Indoor-Championships>.

LITTLE ATHLETICS VICTORIA T&F CHAMPIONSHIPS, CASEY FIELDS, 16-17 MARCH

The Little Athletics State Championships are a huge affair in all our Australian States, with little athletes from U9 upwards competing first at venue level, then at regional level and then finally at State level, for those lucky enough to progress. For Victorians, the oldest age group for Little Athletics used to be U15. 2019 was the first year that U16's have been allowed to compete and it now looks like it is here to stay. As per the LA Vic website:

Under 16 athletes were eligible to compete in Region Carnivals and State Championships for the 2018-19 only, off the back of decisions taken as part of the age group change that came into effect this season. After a successful response in welcoming Under 16 athletes to Region and State events during the 2018-19 Little Athletics season, the Little Athletics Victoria Board of Directors has made the decision to expand these events to athletes in this age group moving forward.

Walk fields were big in the State Finals at Casey Fields, especially in the younger age groups. As these are Victorian results, I am including everyone. Lots of good performances, but none better than **Nikola Mandic** who won the U16 1500m walk with a superb 1 2 second time of 6:02.82. Other top performances by **Damian Baldy** (U9 700m 3:42.62), **Sarah Holmes** (U10 1100m 5:40.01), **Liam Hutchins** (U12 1500m 7:49.23), **Marcus Wakim** (U13 1500m 7:09.14) and **Fraser Saunder** (U15 1500m 6:57.15).

See <https://www.facebook.com/photo.php?fbid=10156255454371048&set=oa.2282702275082262> for Therese Smith's photos. I have pinched a few for this report.

Girls 700m Walk U9

1. Caitlin Barnett	Diamond Val	3:56.70
2. Asha Morrow	Frankston	4:06.97
3. Phoebe Earl	Mentone	4:10.39
4. Abbey Tempany	Box Hill	4:13.50
5. Matilda Simcox	Whittlesea	4:30.06
6. Charlise McQueen	Bendigo	4:30.74
7. Harper Towler	Mentone	4:38.30
8. Darby Beadel	Pakenham	4:41.91
9. Charlotte Hadfield	Berwick	4:48.90
10. Matilda Grimes	Knox	4:53.09
11. Caitlyn Pointon	Yarra Ranges	4:54.04
12. Belinda Edgar	Collingwood	4:58.24
13. Eliza Paterson	Camb.-Malv	5:02.13
14. Sonali Reniguntala	Coburg	5:02.93
15. Lucy Fazioli	Traralgon	5:14.31
16. Giselle Guzzardi	Werribee	5:22.95
17. Ava Plant	Box Hill	5:33.88
18. Olivia Thompson	Seaford	6:02.01
19. Tayla Hamilton	Traralgon	6:02.79
20. Natalie Peters	Dandenong	6:05.03

Boys 700m Walk U9

1. Damian Baldy	Knox	3:42.62
2. Jaime Hvalica	Diamond Val	3:49.88
3. Patrick Thomas	Geelong	3:51.57
4. BeaUMcKinnon	Yarra Ranges	4:13.28
5. Isaac Schammer	Geelong	4:17.47
6. Cody Wapshott	Melton City	4:25.41
7. Jordyn Delaney	Seaford	4:28.78
8. Harper Kane	Ballarat	4:33.13
9. Oscar Ellis	Berwick	4:36.71
10. Tyler-John Kampf	Whittlesea	4:37.06
11. Thomas Vernal	Coburg	4:38.99
12. Archie Hannan	Geelong	4:56.61
13. Lucas Withers	Keilor	5:03.03
14. Patrick Reynolds	Mentone	5:05.55
15. Toby Beattie	Altona	5:12.51
16. Ryan Chrisanis	Cranbourne	5:26.81
17. Mason Hambling	Werribee	5:48.80
18. Harvey Chernikeeff	Caulfield	5:48.96
Ronal Marasinghe	Knox	DQ

Girls 1100m Walk U10

1.	Sarah Holmes	Diamond Val	5:40.01
2.	Kaylah Finnin	Diamond Val	5:46.86
3.	Mietta Morgan	Knox	5:48.67
4.	Harli Lennon	Seaford	6:24.36
5.	Addison Paulke	Seaford	6:39.06
6.	Kate Wilson	Bendigo	6:44.37
7.	Alexis Sungkar	Berwick	6:53.04
8.	Eva Johnson	Yarra Ranges	6:59.49
9.	Zahlia Heikkila-Dubowik	Geelong	7:01.50
10.	Monique Williams	Box Hill	7:19.31
11.	Charlotte MacDonell	Maryborough	7:35.51
12.	Heidi Duncan	Essendon	7:37.02
13.	Carly Collins	Altona	7:46.48
14.	Tamisha Upson	Seaford	7:50.47
15.	Alice Panopoulos	Collingwood	7:52.21
16.	Pia Miraglia	Colac	7:58.62
17.	Olin Buisman	Caulfield	8:09.26
18.	Emma McCaffrey	Caulfield	8:21.29
19.	Elliana Gray	Shepparton	8:27.34
20.	Lula Parrott	Doncaster	8:35.90
21.	Hannah Paton	Whittlesea	8:41.71
22.	Stephanie Orr	Nunawading	9:08.06
23.	Makayla Black	Frankston	9:17.14
	Julia Hipwell	Waverley	DQ

Girls 1100m Walk U11

1.	Madeleine McGregor	Box Hill	6:00.58
2.	Indianah Hayes	Sherbrooke	6:02.15
3.	Isabella Finlayson	Frankston	6:06.73
4.	Sophie Sprunt	Geelong	6:14.11
5.	Jaslene Ong	Waverley	6:23.05
6.	Poppy Donaldson	Sth Melb	6:25.45
7.	Alyssa Chapman	Knox	6:29.54
8.	Ella Duncan	Essendon	6:42.96
9.	Mackenzie Turner	Berwick	7:02.88
10.	Taihlar-Jo Kampf	Whittlesea	7:09.43
11.	Jorja Tallent	Ballarat	7:40.07
12.	Alexandra Aubrey	Warragul	7:48.22
13.	Faith Delaney	Wodonga	8:03.74
14.	Maisey Gasper	Coburg	8:51.20
15.	Miranda Aumont	Westernport	8:58.59
16.	Amelia Shell	Geelong	9:27.32
	Keira Taylor	Croydon	DQ

Girls 1500m Walk U12

1.	Amelia Davidson	Diamond Val	7:53.90
2.	Alannah Upson	Seaford	8:00.50
3.	Brooklyn Towler	Mentone	8:09.61
4.	Tahlia Langelaan	Berwick	8:26.74
5.	Poppy O'Loughlin	Preston-Res	8:36.00
6.	Ariana Pashutina	Knox	8:40.33
7.	Madison Gillett	Corio	9:23.52
8.	Eliz Ahmet	Geelong	9:25.03
9.	Tayleah Murphy	Dandenong	9:26.14
10.	Keely Freestone	Cranbourne	9:30.96
11.	Emersyn Barry	Geelong	9:35.66
12.	Katie Barnes	Shepparton	9:43.12
13.	Amber Fox	Bendigo	9:45.18
14.	Amy Woolfe	Berwick	9:49.77
15.	Remi Bruton	Shepparton	9:50.72
16.	Tayla Corbett	Frankston	9:51.56
17.	Isabel Koster	Mentone	9:52.73
18.	Alexia Olorenshaw	Preston-Res	9:54.30
19.	Kaylia Hateley	Corio	9:57.40
20.	Layla Collins	Nunawading	9:57.55
21.	Amelia Vernal	Coburg	10:05.35
22.	Isabella Delia	Cranbourne	10:06.18

Boys 1100m Walk U10

1.	Max Davidson	Diamond Val	5:46.36
2.	Maurice Nihill	Bendigo	5:56.99
3.	Oscar Mielicki	Diamond Val	5:58.27
4.	Fraser Aubrey	Warragul	6:18.36
5.	Marko Mandic	Berwick	6:25.68
6.	Mitchell Pointon	Yarra Ranges	6:28.70
7.	Claude Haebich	Geelong	6:34.09
8.	Ridham Attri	Whittlesea	6:43.62
9.	Toby Smerdon	Berwick	6:44.23
10.	Lewis Aubrey	Warragul	6:45.03
11.	Mitchell Freeman	Whittlesea	7:07.25
12.	Patrick Staines	Seaford	7:32.40
13.	Jacob Langelaan	Berwick	7:51.67
14.	Austin Beattie	Altona	7:52.86
15.	Luke Skerry	Ringwood	7:58.84
16.	Liam Sullivan	Cranbourne	8:28.15
17.	Arthur Robinson	Altona	8:28.89
18.	Benjamin Merrilees	Berwick	8:33.90
	Thomas Bridgewater	Preston-Res	DQ
	Lachlan O'Leary	Albury	DQ
	Oliver Day	Corio	DQ

Boys 1100m Walk U11

1.	Ethan Nash	Diamond Val	6:00.00
2.	Rudi Coggins	Mentone	No time
3.	William Charles	Corio	No time
4.	Onkaar Lamba	Caulfield	No time
5.	Thomas Merry	Whittlesea	No time
6.	Alex Barnes	Shepparton	No time
7.	Robert McDowell	Croydon	No time
8.	Gareth Lewis	Westernport	No time
9.	Ari Aughterson	Collingwood	No time
10.	Heath Jessop	Coburg	No time
	Jason Koullas	Geelong	DNF
	Axel Tonks	Berwick	DQ
	Samuel O'Leary	Albury	DQ

Boys 1500m Walk U12

1.	Liam Hutchins	Knox	7:49.23
2.	Hamish Blackwood	Knox	7:57.41
3.	Remy Pandey	Nunawading	8:11.81
4.	Lachlan Rumley	Whittlesea	8:37.51
5.	Jake Tsigros	Whittlesea	8:56.24
6.	Riley Coughlan	Sunbury	9:04.78
7.	Riley Jones	Nunawading	9:54.71
8.	Tye Beadel	Pakenham	10:09.59
9.	Marcus Carelli	Preston-Res	10:20.77
10.	Sloan Mulholland	Wodonga	10:35.83
	Logan Currie	Cranbourne	DQ
	Ben Frewin	Caulfield	DQ

Girls 1500m Walk U13

1.	Caitlin Charles	Corio	7:33.68
2.	Molly Holmes	Diamond Val	7:44.40
3.	Riannah Tatlock	Geelong	7:47.46
4.	Emily Smith	Seaford	7:52.14
5.	Tia Sungkar	Berwick	8:07.32
6.	Alessia Cavicchia	Ringwood	8:09.09
7.	Courtney Campbell	Bendigo	8:09.88
8.	Maddison Nash	Diamond Val	8:11.11
9.	Abby Trezise	Westernport	8:46.95
10.	Taliah Black	Frankston	10:09.85
	Erin Taylor	Croydon	DNF
	Arlia Whitehead	Traralgon	DQ

Girls 1500m Walk U14

1.	Edie Bridgewater	Preston-Res	8:10.07
2.	Kaylah Heikkila Dubowik	Geelong	8:49.47
3.	Kyla Chapman	Knox	8:58.96
4.	Chloe Freestone	Cranbourne	9:11.55
5.	Evie Lee	Collingwood	9:28.52

Girls 1500m Walk U15

1.	Brianna Briet	Cranbourne	7:37.55
2.	Tess Bartlett	Sherbrooke	7:51.19
3.	Kayla Trezise	Westernport	8:01.00
4.	Jade Chitty	Werribee	8:06.00
5.	Eliza Thompson	Frankston	8:29.40
6.	Neeve Bakker-Graham	Geelong	9:19.26
7.	Danielle Griffin	Knox	9:29.18

Girls 1500m Walk U16

1.	Charlotte Hay	Knox	7:02.80
2.	Charlotte Holmes	Diamond Val	7:25.48
3.	Grace Young	Collingwood	7:31.04
4.	Grace Louey	Knox	8:05.81
5.	Erica Brown Yamada	Box Hill	8:24.72
6.	Charlotte Gibbs	Brighton	8:45.51
7.	Aleesha Whittle	Caulfield	9:44.69
8.	Kelsea Bannan	Whittlesea	10:07.19
	Hayley Woolfe	Berwick	DQ

Boys 1500m Walk U13

1.	Marcus Wakim	Collingwood	7:09.14
2.	Luke Epps	Knox	7:15.84
3.	Zachary Matters	Box Hill	7:55.75
4.	Eamon Hill-Goodear	Geelong	8:03.96
5.	Shannon Delaney	Seaford	No time
6.	Sebastian Weickhardt	Werribee	8:18.28
7.	Thomas Rose	Westernport	8:38.57
8.	Scott Peart	Ballarat	8:40.19
9.	John Heinjus	Wodonga	9:23.87
10.	William Harcourt	Box Hill	9:39.99
11.	Aiden Smith	Seaford	9:40.19
12.	Ethan Hellstrom	Diamond Val	10:05.29
	Noah Burns	Geelong	DQ

Boys 1500m Walk U14

1.	Liam McLennan	Doncaster	7:29.99
2.	Simon Battagello	Nunawading	7:37.54
3.	Alex Tolson	Maryborough	8:50.76
4.	Michael Sparks	Sunbury	10:00.20

Boys 1500m Walk U15

1.	Fraser Saunder	Ballarat	6:57.15
2.	Owen Costin	Geelong	7:18.53
3.	Tyson Lambrick	Dandenong	9:04.22

Boys 1500m Walk U16

1.	Nikola Mandic	Berwick	6:02.82
2.	Bede Collis	Diamond Val	7:15.20
3.	Nathanial Louey	Knox	7:27.79
4.	Angus Hay	Knox	7:31.26
5.	Jayden Day	Whittlesea	8:36.83
6.	Lachlan Benbow	Melton City	9:18.94



The inaugural U16 LAVIC medallists: Charlotte Holmes, Charlotte Hay, Grace Young, Bede Collis, Nikola Mandic and Nathanial Louey



*Left: Coach Frances Attard with her strong Knox team of walkers
Right: Liam Hutchins leads Hamish Blackwood in the U12 1500m Walk*

ACTRWC TRACK WALKS, WODEN ATHLETICS TRACK, WODEN, THURSDAY 14 MARCH

Thanks to Robin Whyte for this week's results from Canberra

1500m Handicap

1.	Georgia Frew	9:45
2.	Jim White	10:55
3.	Val Chesterton	12:21
4.	Ken Hart	10:50
5.	Peter Baker (F/T)	8:03
6.	Robin Whyte	9:39
7.	Bryan Thomas	10:45
8.	Lorna England	12:54

SAMA TRACK WALKS, SA ATHLETICS STADIUM, MILE END, ADELAIDE, WEDNESDAY 13 MARCH

Thanks to Colin Hainsworth for this week's results from the South Australian Masters in Adelaide. Colin commented: Results of yacht handicap walks at SA Stadium on Wednesday 13th March 2019. Cool evening.

1000m Yacht Handicap

1.	KEVIN FINN	06:25	M67	70.38%
2.	GREGORY METHA	05:25	M54	73.17%
3.	GEORGE WHITE	05:41	M73	85.43%
4.	GRAHAM HARRISON	07:25	M75	67.21%
5.	ROSS HILL-BROWN	07:24	M64	59.04%
6.	LIZ DOWNS	07:20	W63	63.37%
7.	MARIE MAXTED	06:09	W58	71.96%
8.	JAMES HOARE	07:17	M72	65.83%
9.	DAVID ROBERTSON	08:24	M85	68.93%
10.	RICHARD EVERSON	05:06	M55	78.42%
11.	JOHN HORE	08:11	M70	57.17%

3000m Yacht Handicap

1.	EDNA BATES	26:59	W66	57.17%
2.	RICHARD EVERSON	15:09	M55	83.05%
3.	COLIN HAINSWORTH	27:24	M89	71.84%
4.	CATHIE HORE	25:53	W68	61.17%
5.	GEORGE WHITE	17:45	M73	86.11%
6.	GREGORY METHA	18:38	M54	66.92%
7.	GRAHAM HARRISON	22:45	M75	69.00%
8.	DAVID ROBERTSON	26:22	M85	69.40%

9.	LIZ DOWNS	23:49	W63	62.43%
10.	KEVIN FINN	20:46	M67	68.42%
11.	JAMES HOARE	23:15	M72	64.90%

ATHLETICS SA INTERCLUB, SA ATHLETICS STADIUM, MILE END, ADELAIDE, SATURDAY 16 MARCH

Thanks to Kim Mottrom for this week's results from Adelaide. Kim commented: 25C and warm, good walk out front by Tristan. Athletics SA messed some of these up and missed all the 3000m times. Corrected times below.

5000m Walk

1.	Tristan Camilleri	Under 20	22:21.16
2.	Kim Mottrom	Open	23:29.99
3.	Toby Wilks	Under 16	24:54.80
4.	Olivia Sandery	Under 16	25:17.40
5.	Mathew Bruniges	Under 20	25:33.79
6.	Victoria Upton	Under 16	25:35.37
7.	Richard Everson	Over 35	26:53.55
8.	Kristie Goznic	Open	27:16.27
9.	Kiera Ross	Under 16	29:25.79
10.	Mia Wilks	Under 16	32:00.35
11.	Greg Metha	Over 35	33:11.72
12.	James Hoare	Over 35	38:52.09
13.	Ross Hill-Brown	Over 35	41:53.51

3000m Walk

1.	Kitarni Upton	Under 14	17:09.63
2.	Katie Deruvo	Under 14	17:46.47
3.	Elli Pusonjic	Under 14	18:46.50
4.	Hannah Wilks	Under 14	19:15.26

LITTLE ATHLETICS NSW STATE CHAMPIONSHIPS, SOPAC, SYDNEY, 16-17 MARCH

Little Athletics State Championships were also contested in Sydney last weekend, with fields just as big as in Victoria. I publish here the first 10 in each age group. For the full results, see <http://nswathletics.info/lansw/live/>. Best efforts by **Allanah Pitcher** (U17 1500m 6:38.80), **Jack McGinniskin** (U17 1500m 6:17.57), **India Duguid** (U14 1500m 7:01.60), **Milly Boughton** (U13 1500m 7:06.69), **Grace Beck** (U11 1100m 5:37.69), **Thomas Varga-Strike** (U11 1100m 5:36.46), **Natasha Flahey** (U10 1100m 5:37.62), **Lukas Hall** (U9 700m 3:35.51) and **Niki Danilis** (U9 700m 3:41.96).

Girls U9 700m Walk

1.	Niki Danilis	Eastern Suburbs	3:41.96
2.	Abby Hunt Manly	Warringah	3:42.32
3.	Ruby Kernaghan	Parramatta	3:43.42
4.	Sophie Polkinghorne	Nth Rocks Carlin	3:49.90
5.	Morgan Day	Balmain	3:54.18
6.	Lexie Beacroft	Quakers Hill	3:55.77
7.	Emma Hoskins	Quakers Hill	3:58.64
8.	Lily Diaz	Balmain	3:59.68
9.	Tamara Davies	Hawkesbury City	4:02.51
10.	Ashleigh Farrugia	Girraween	4:03.15

Boys U9 700m Walk

1.	Lukas Hall	Edgeworth	3:35.51
2.	Casey Gambrill	Hills District	3:37.24
3.	Matai JoannoU	Balmain	3:47.07
4.	Matthew Lawrence	Nth Rocks Carlin	3:48.25
5.	Andrew Guerin	Manly Warringah	4:07.27
6.	Rhys Chandler	Ryde	4:12.01
7.	Remy Mitchell	South Eastern	4:13.14
8.	Riley Channells	Doonside	4:17.73
9.	Benjamin Hand	Winston Hills	4:24.04
10.	Cooper Findlay	Tallawong Park	4:30.25

Girls U10 1100m Walk

1.	Natasha Flahey	Cherrybrook	5:37.62
2.	Maisie Mitchell	Kurrajong Bilpin	5:38.64
3.	Emma Hearnden	Cardiff & District	5:52.54
4.	Claire Worrall	Hills District	6:03.10
5.	Mia Stewart	Cherrybrook	6:05.85
6.	Jessica Loring	Parramatta	6:13.49
7.	Stella Pinches	A.N.L	6:18.56
8.	Marlee Gill	Riverstone	6:36.49
9.	Ella Dickson	Hills District	6:42.56
10.	Claudia Palmer	Manly Warringah	6:44.66

Boys U10 1100m Walk

1.	Blake Birmingham	Balmain	5:52.44
2.	Harrison Day	Balmain	5:55.12
3.	Lucas Whelan	Quakers Hill	5:58.66
4.	Noah Cabrol	Manly Warringah	6:00.48
5.	Christopher Nilon	Nth Rocks Carlin	6:03.59
6.	Xavier Young	Blacktown	6:13.68
7.	James Tebbutt	Lake Illawarra	6:23.84
8.	Riley Payne	Winston Hills	6:29.67
9.	Brayden Doran	Minchinbury	6:38.34
10.	Damon Jones	Riverstone	6:47.17

Girls U11 1100m Walk

1.	Grace Beck	Ku-Ring-Gai	5:37.69
2.	Rudi Blackley	South Eastern	5:47.45

Boys U11 1100m Walk

1.	Thomas Varga-Strike	Quakers Hill	5:36.46
2.	Sebastian Gonzalez	Balmain	5:44.51

3.	Evie Armstrong	Reading South Eastern	6:01.19	3.	Jesse Brodrick	Winston Hills	5:44.58
4.	Zara Villacorta	Manly Warringah	6:04.24	4.	Alexander Sinnett	Kurrajong Bilpin	6:00.89
5.	Madeline Platt	A.N.L	6:08.44	5.	Jethro Penn	Cherrybrook	6:05.03
6.	Amy Brice	Illawong	6:13.04	6.	Max Murphy	Port Hacking	6:13.16
7.	Wanda Skuodas	Randwick Botany	6:13.25	7.	Jakub Belunek	Balmain	6:14.73
8.	Danelia Samuel	Blacktown	6:14.66	8.	Jack Prestwich	Ku-Ring-Gai	6:15.00
9.	Billie-Rose McDonnell	Balmain	6:19.33	9.	Matthew Armstrong	Nepean	6:25.28
10.	Amal Lazkani	Everley Park	6:21.00	10.	Cooper Thorpe	Hills District	6:26.11

Girls U12 1500m Walk

1.	Sienna Pitcher	Gosford	7:26.12
2.	Samantha	Torrens Winston	7:33.12
3.	Chloe Lamb	Manly Warringah	7:47.36
4.	Ava Diaz	Balmain	8:02.97
5.	Ciara Cassilles	Revesby Workers	8:05.12
6.	April Billington	Manly Warringah	8:14.06
7.	Carissa Smyth	Manly Warringah	8:37.59
8.	Georgia Payne	Tuggerah Lakes	8:43.51
9.	Ellia Nordenson	Manly Warringah	8:48.31
10.	Isabella Vella	Warradale	8:50.65

Boys U12 1500m Walk

1.	Isaac Beacroft	Quakers Hill	7:18.13
2.	Alex Muir	Nepean	7:32.99
3.	Brodie Spamer	Cardiff & District	8:11.06
4.	Callum Cousins	Edgeworth	8:17.67
5.	Issac Tate	Manly Warringah	8:36.96
6.	William Buckley	Mudgee	8:46.82
7.	Morgan Pegler	Westlakes	8:53.17
8.	Lachlan Pryke	Cranebrook	8:57.67
9.	Jamie Beresztan	Edgeworth	9:09.03
10.	Jayden Baumgartner	Penrith	9:24.59

Girls U13 1500m Walk

1.	Milly Boughton	Eastern Suburbs	7:06.69
2.	Ella Munroe	Hills District	7:16.09
3.	Jayda Stanley	Balmain	7:17.40
4.	Madeleine Loncar	Canterbury	7:52.35
5.	Aiva Pinches	A.N.L	7:54.25
6.	Sofia Watts	Inner West	8:03.20
7.	Holly Roach	Wagga Wagga	8:07.05
8.	Laelia Byatt	Girraween	8:07.43
9.	Chloe Krklinski	Parramatta	8:08.89
10.	Alejandra Blanco	Manly Warringah	8:12.05

Boys U13 1500m Walk

1.	Ryan Bonham	Coffs Coast	8:15.50
2.	Alejandro Briones	Manly Warringah	8:18.00
3.	Liam Murphy	Glenbrook	8:18.30
4.	Connor Mauger	Winston Hills	9:41.70
5.	Zachary Schmidt	Balmain	10:03.50
6.	Alexander	Ingham Ryde	10:07.10
7.	Luke Kolts	Dapto	10:45.70

Girls U14 1500m Walk

1.	India Duguid	Woy Woy Penin	7:01.60
2.	Izabella Dunne	Terrigal/Wamberal	7:12.60
3.	Emma Thomas	Parramatta	7:17.00
4.	Tara Laytham	Manly Warringah	7:23.90
5.	Isabella Farrell	Prestons Robins	7:52.70
6.	Chelsey Torrens	Winston Hills	7:58.30
7.	Alannah Hickson	Ku-Ring-Gai	8:01.70
8.	Sadie Brotherston	Balmain	8:17.80
9.	Catherine Schofield	Greystanes	8:27.80
10.	Katherine Johnson	South Eastern	8:29.90

Boys U14 1500m Walk

1.	Harry Dundon	Balmain	7:16.50
2.	Liam Spamer	Cardiff & District	7:35.90
3.	Jack Robson	Hills District	7:36.50
4.	Brendan Pospischil	Winston Hills	7:37.60
5.	Xandar Reckerman	Girraween	8:08.00
6.	Thomas Muir	Nepean	8:15.30
7.	Brock Reed	Werrington	8:36.80
8.	Elliot Bangert	Orange	8:39.00
9.	Xavier Gonzalez	Balmain	8:45.90
10.	Harry Waddell	Wollondilly	8:48.80

Girls U15 1500m Walk

1.	Ellie DeCelis I	Illawong	7:36.20
2.	Jada Thomson	Colyton St Clair	7:53.20
3.	Olivia Thomson	Manly Warringah	8:06.90
4.	Casey Stanley	Port Hacking	8:12.30
5.	Bethany Scott	Westlakes	8:14.90
6.	Casey Smith	Tumut & District	8:36.60
7.	Lily-Jean McNair	Bankstown Sports	8:55.50
8.	Zoe Sullivan	Kurrajong Bilpin	8:56.80
9.	Hayley Kolts	Dapto	9:16.50
10.	Indigo Sharp	Nambucca	10:31.50

Boys U15 1500m Walk

1.	Raven Pyda	Liverpool City	7:11.70
2.	Adam Dickson	Hills District	7:27.00
3.	Archie Tebbutt	Gosford	7:54.60
4.	Zain Robards	Tuggerah Lakes	7:56.90
5.	Matthew Korompay	Balmain	7:59.20
6.	Mark Westcott	Nepean	8:08.20
7.	Harrison Best	Dapto	8:20.10
8.	Dale Mapstone	Manly Warringah	8:24.80
9.	BeaUJenkins	Blacktown	9:10.90
10.	Joshua Hill	Balmain	9:16.10

Girls U17 1500m Walk

1.	Allanah Pitcher	Gosford	6:38.80S
2.	Emma Blanch	Port Hacking	6:40.10S
3.	Hannah Bolton	Tuggerah Lakes	6:53.30
4.	Bridget Bell	Kurrajong Bilpin	7:12.90
5.	Hannah Parker	Manly Warringah	7:28.80
6.	Chelsea Payne	Tuggerah Lakes	7:46.40
7.	Alexandra Wicks	Quakers Hill	7:49.00
8.	Brittany Robertson	Port Hacking	7:55.10
9.	Lily Johnston	Ku-Ring-Gai	8:00.20
10.	Karley McVittie	Eschol Park	8:04.80

Boys U17 1500m Walk

1.	Jack McGinniskin	Edgeworth	6:17.57
2.	Hayden Blaskett	Manly Warringah	6:52.05
3.	Joel Kemp	Tuggerah Lakes	6:53.29
4.	Riley Whatman	Orange	7:34.23
5.	William Mills	Cherrybrook	7:34.92
6.	George Davis	Ryde	7:38.80
7.	Jackson Deane	Hills District	7:52.73
8.	James Smit	Hills District	8:02.33
9.	Logan Barendregt	Doonside	8:25.89
10.	Nicholas Papadakis	Sutherland	8:54.47

LITTLE ATHLETICS WA STATE CHAMPIONSHIPS, WA ATHLETICS STADIUM, PERTH, 15-17 MARCH

Finally, thanks to Cliff Bernard for the results of the Western Australian Little Athletics State Championships in Perth. The walks were all held on Friday. I report on the first 8 from each division. Full results at <http://results.athletics.org.au/results/WA/LAWA/18-19/StateChamps/>. Best efforts by **Cooper Anderton** (U17 1500m 6:38.8), **Alexandra Griffin** (U14 1500m 6:59.3), **Isabelle Curtis** (U10 1100m 5:31.1) and **Jesstine Morales** (U11 1500m 5:34.5).

Girls 700m Walk U9

1.	Leinasars, Mia	Sthn Districts	3:57.7
2.	Young, Sienna	Kingsway	4:08.8
3.	Ibbotson, Kaycee	Rockingham	4:11.3
4.	Hamilton, Naomi	Cockburn	4:18.3
5.	Van Sprengel, Annabelle	Rockingham	4:20.3
6.	Harrison, Amelie	Inglewood	4:33.0
7.	Mokrzycki, Celeste	Kingsway	4:53.4
8.	Doulis, Trinity	Belmont	4:53.6

Boys 700m Walk U9

1.	Covill, Tylan	Baldivis	4:15.6
2.	Tottman, Hudson	Gosnells	4:17.4
3.	De Villiers, Riley	Kingsway	4:20.7
4.	Evans, Jay	Baldivis	4:20.9
5.	Munro, Keenan	Ridgewood	4:33.1
6.	Lawrence, Linkin	Rockingham	4:36.1
7.	Duff, Zayden	Eastern Hills	4:52.9
8.	Symons, Lachlan	Belmont	5:44.1

Girls 1100m Walk U10

1.	Curtis, Isabelle	Ridgewood	5:31.1
2.	Wright, Madeline	Bayswater	6:05.3
3.	Holdich, Amelia	Baldivis	6:26.0
4.	Jones, Sienna	Bayswater	6:32.6
5.	Dabala, Gracie	Rockingham	6:40.1
6.	Van Der Ross, leandra	Inglewood	6:44.3
7.	Spencer, Paris	Peel	6:46.4
8.	Turnour, Sarah	Belmont	6:51.0

Boys 1100m Walk U10

1.	Walsh, Axel	Inglewood	5:40.9
2.	Almstrom, Jackson	Gosnells	5:47.5
3.	McArthur, Angus	Melville	6:09.7
4.	Pearce, Zachary	Cockburn	6:21.3
5.	Skinner, Deegan	Kingsway	6:28.4
6.	Eichner, Tarkyn	Bunbury	6:28.7
7.	Hancy, Blake	Melville	6:40.9
8.	Andrews, Lucas	Sthn Districts	7:21.3

Girls 1100m Walk U11

1.	Bogaers, Kaytee	Rockingham	5:44.3
2.	Rummer, Jasmine	Melville	6:00.2
3.	Thompson, Heidi	Belmont	6:16.4
4.	Stubberfield, Izabella	Dale	6:23.7
5.	jordan, sienna	Eastern Hills	6:32.8
6.	Van den berg,	Georgia Dale	6:37.7
7.	Freeman, Asha	Inglewood	6:52.0
8.	Claridge, Emmelleine	Gosnells	7:03.3

Boys 1100m Walk U11

1.	Morales, Jesstine	Gosnells	5:34.5
2.	Wood, Riley	Cockburn	5:35.3
3.	Shelby, Connor	Sthn Districts	6:02.0
4.	Lawrence, Luke	Rockingham	6:08.2
5.	Walmsley, Benjamin	Gosnells	6:08.6
6.	Scilipoti, Rory	Cockburn	6:10.5
7.	Russell, Liam	Kingsway	6:51.8
8.	Gregory, Logan	Collie	6:52.7

Girls 1500m Walk U12

1.	Spence, Ashlyn	Kingsway	7:41.3
2.	Greenwood, Lucy	Inglewood	7:52.8
3.	Mezzatesta, Marissa	Bayswater	8:11.2
4.	Herriot, Isobelle	Inglewood	9:12.7
5.	Silvester, Amy	Melville	9:42.8
6.	Dabala, Layla	Rockingham	9:52.2
7.	Van Beek, Fearnie	Belmont	11:23.5

Boys 1500m Walk U12

1.	Bernard, Xavier	Melville	7:23.9
2.	Ronan, John	Kingsway	7:24.8
3.	Cilia, Ryan	Sthn Districts	7:56.8
4.	Marriott, Camden	Bunbury	8:30.2
5.	Scott, Rylan	Ashburton	9:32.6
6.	Gardiner, Andy	Bunbury	9:39.8
7.	Legerstee, Harrison	Cockburn	10:06.3
8.	Daly, Connor	Gosnells	10:21.3

Girls 1500m Walk U13

1.	Lawrence, Lataya	Rockingham	7:31.3
2.	Andritsos, Alessia	Gosnells	8:03.6
3.	Shelby, Courtney	Sthn Districts	8:05.5
4.	McAullay, Meg	Kingsway	8:17.4
5.	Eva, Rhiannan	Inglewood	8:21.5
6.	Richards, Amber	Sthn Districts	8:35.8
7.	Black, Rose	Cockburn	8:36.1
8.	Roper, Kaitlyn	Joondalup	9:49.8

Boys 1500m Walk U13

1.	Somers, Declan	Sthn Districts	8:09.9
2.	Wright, Jack	Bayswater	8:11.5
3.	Martella, Jonah	Rockingham	8:32.7
4.	Buck, Joshua	Rockingham	8:54.8
5.	Holmes, Lucas	Swan Valley	9:12.9
6.	Murray, Lukas	Bunbury	9:43.7
7.	Reeve, Josh	Ridgewood	9:48.6

Girls 1500m Walk U14

1.	Griffin, Alexandra	Sthn Districts	6:59.3
2.	Mortimore, Brooke	Gosnells	7:17.6
3.	Doyle, Hannah	Inglewood	7:29.7
4.	McArthur, Tia	Melville	7:33.2
5.	Patchett, Veronica	Kingsway	8:51.8
6.	Smith, Jorja	Cockburn	8:55.0
7.	Ibbotson, Maddison	Rockingham	9:06.7
8.	Wight, Alysha-Jane	Kingsway	9:34.0

Boys 1500m Walk U14

1.	Thomson, Matthew	Bunbury	8:53.9
2.	Anderton, Morgan	Bunbury	10:20.0
	McCabe, Lachlan	Swan Valley	DQ
	Cramer, Jackson	Rockingham	DQ

Girls 1500m Walk U15

1.	Andritsos, Sienna	Gosnells	8:04.4
2.	Beaglehole, Grace	Sthn Districts	8:11.3
3.	Gray, Maddison	Baldivis	8:27.8
4.	Rudd, Chloe	Belmont	9:01.0
5.	Hodgkinson, Caitlin	Melville	9:53.0
6.	Lowe, Mackayla	Lower SW	11:11.2

Girls 1500m Walk U16

1.	Ireland, Hannah	Rockingham	7:29.5
2.	Morales, Richelle	Gosnells	7:47.5
3.	Olivieri, Ehlana	Kingsway	8:24.2
4.	Gough, Ebony	Joondalup	9:05.3
5.	Power, Emily	Cockburn	9:15.2

Girls 1500m Walk U17

1.	Gallagher, Caitlin	Ridgewood	8:05.0
2.	Mezzatesta, Cara	Bayswater	8:43.0
3.	Martino, Francesca	Inglewood	8:44.0
4.	Bairstow, Emily	Inglewood	8:52.8
5.	Cross, Olivia	Rockingham	9:29.5
6.	Pattullo-Airey, Crystal	E. Goldfields	10:31.3

Boys 1500m Walk U15

1.	Scott, Cameron	Sthn Districts	7:42.5
2.	Colyer, Cameron	Gosnells	7:49.8
3.	Jonker, Byron	Rockingham	8:10.3
4.	Highley, Lathan	Peel	8:16.1
5.	McCabe, Zachary	Swan Valley	8:31.8

Boys 1500m Walk U16

1.	Peak, Jayden	Kingsway	7:49.7
2.	Artemis, Bailey	Baldivis	8:14.3
	Borsic, Jeremiah	Gosnells	DQ
	Bostock, Mitchell	Belmont	DQ

Boys 1500m Walk U17

1.	Anderton, Cooper	Bunbury	6:38.8
2.	Millard, Thomas	Rockingham	7:03.8
3.	Murphy, Calum	Gosnells	7:18.6
4.	Scott, Kye	Belmont	7:23.7
5.	Grosse, Liam	Bayswater	7:44.6

TASMANIAN T&F CHAMPIONSHIPS, DOMAIN ATHLETICS TRACK, HOBART, 16-17 MARCH

Thanks to Wayne Fletcher for the walk results from the Tasmanian T&F Championships in Hobart. Wayne commented: *Perfect conditions. David, Ron and I were having a good battle, with nothing more than 3 metres separating us, until my hammy went big time with 350km to go. Bad luck Wayne. We hope you recover quickly.*

1500m Walk Masters

1.	Elizabeth Leitch	W60	9:44.43
1.	Ron Foster	M65	10:54.97
2.	David F Moore	M55	10:58.11
	Wayne Fletcher	M70	DNF

5000m Walk Masters

1.	Ron Foster	M65	37:29.18
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Men 5000m Walk Open

1.	William Robertson	03	24:29.03
	Will Bottle	05	DNF

Women 5000m Walk Open

1.	Alice Randall	00	25:39.78
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CANBERRA 48 HOUR CARNIVAL, AIS ATHLETICS TRACK, CANBERRA, 15-17 MARCH

I finish my Australian reporting section with a discussion of the walkers who participated in the Canberra 48 Hour Track Carnival, held last weekend at the AIS Athletics Track in Canberra. As I drove up from Melbourne on Thursday, spent Friday through Sunday at the track and then drove home again on Monday, it was a big weekend for me as well.

First to the 48 Hour walkers, of whom there were 3. Australian centurions **Justin Scholz (C61)** and **David Billett (C50)** were both eyeing the Australian 48 Hour Walk record of 283km, held by Barry Loveday. They started fast, reaching the 100 mile centurion mark (160.934km) in **22:40:08** and **22:47:45** respectively. This was Justin's 12th centurion walk performance and David's third.

Alas, the early pace took its toll and Justin was soon to stop, coming back on again on the Sunday morning to take his total to 187.065km. David continued on alone, but with feet problems that eventually slowed him too much. He finally finished with 275.673km, close to the record but not close enough.

The third walker in this event was NSW racewalker **Robert Osborne**. Robert has been running ultras for the last few years but stepped back into walking mode for this event, finishing with 176.076km.

David set 7 new Australian M45 Masters records along the way – 6 Hours (50.239km), 12 Hours (92.357km), 100km (13:01:24), 100 Miles (22:47:45), 24 Hours (162.406km), 200km (30:44:52) and 48 Hours (275.673km). I will be updating my records document at <http://centurions.org.au/centrec1.shtml>.

The 24 Hour event saw two walkers, of whom one in particular had my attention. **Linda Christison** had completed 154km in the 24 Hour walk in last year's event, falling just short of the 100 mile standard due to the unseasonably hot weather. While it was sunny again this year, it was not as bad overall, and she looked the goods, striding out to pass the half way time mark (12 hours) with 87.5km. Last year she had only covered 80km in the first 12 hours so she was well ahead of the required schedule and looking good. But here's the rub – Linda was diagnosed with early onset Parkinson's Disease way back in 2004. Although she can no longer run, she can still walk with the aid of a stick, and this she does. But on this occasion, her body was not able to control the symptoms and the second half became a horror story for her. Over to Linda for an explanation.

The ankle I injured four weeks before we left was pain free and I went through 12 hours at 87.5 km and 100 km in under 14 hours. Centurion 75? I could feel it becoming a reality. Then it started, first with what I thought was just a twinge in my back, and then I began to lean to the left. The lean got worse until I was almost touching the ground on the left side and my back protested loudly. Cathie tried everything as did our marvellous race medic Matt but after 15 years of Parkinson's disease and a number of endurance events, PD decided to flaunt its power to the maximum and I struggled with balance and pain. The Centurion melted away, prospects of a PB vanished and it came down to survival. I finished with 134 km and second out of the women and 12th outright. I felt so sad but knew that there was nothing myself or anyone else could have done to change what happened early on Sunday morning.

It was a sad end for what had been a gallant performance. She looked to have it in the bag at the 100km mark.

The other walker in the 24H event was ACT's **David Ault**. David had not gone beyond the marathon distance previously and he managed 85.138km.

A special mention to ACTRWC walker **Matt Griggs**. The 2016 Australian 50km champion came third in the 24 Hour run with an excellent 200.301km. It was his first 24 Hour ultra, after doing a couple of shorter ones during 2018. And further down in the listings, ACT's **Phil Essam** and NSW's **David Attrill** completed the track marathon. Full results at https://cbr.48hr.ktkc.com.au/race-tracker/?fbclid=IwAR1-ZDpXoWEC_igpKr5XgxPOI3hGdL5jY4Xjo4kZtLjJdk1HzP2rcH4cuzQ

48 Hour Walkers

8.	David Billett	SA	641 laps	275.673 km
25.	Justin Scholz	VIC	435 laps	187.065 km
27.	Robert Osborne	NSW	409 laps	176.076 km

24 Hour Walkers

12.	Linda Christison	NSW	312 laps	134.198 km
20.	David Ault	ACT	197 laps	85.138 km



David Billett, Justin Scholz and Linda Christison (Photos Tim Erickson)

ASIAN 20KM RACE WALKING CHAMPIONSHIPS, NOMI, JAPAN, SUNDAY 17 MARCH

I start my overseas reporting with a discussion of the Asian 20km Roadwalk Championships which were held last Sunday in Nomi. This race also included the All Japan 20km Championships as well as the latest event in the 2019 IAAF Race Walking Challenge Series. So, apart from the huge Asian and Japanese fields, there were a number of non-Asian walkers who had come to

participate in the Race Walking Challenge event. Amongst them were Australians **Rhydian Cowley, Katie Hayward, Jemima Montag, Rachel Tallent** and **Philippa Huse**, as well as New Zealander **Alana Barber**.

Even though it rained, the weather was probably just about ideal, with a temperature around 4-5C, little wind and really only a light drizzle.

Since each race was three events in one, the easiest way to discuss each is to simply look at the top 20 placings overall in each event and let the individual Japanese, Asian and Challenge places sort themselves out.

See further race reports and links to results at <https://www.iaaf.org/news/report/yamanishi-ma-win-asian-20km-race-walking-cham> and http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3433.

The men's race was an a locally dominated affair with the first 5 finishers all Japanese and all of them under 1:18:00. All 5 of them stayed together for nearly 18km before **Toshikazu Yamanishi** lived up to his star billing and powered away, recording the fastest time in the year with a 26 second PB of 1:17:15. The others all held on strongly for what must be one of the fastest races ever. Australian **Rhydian Cowley** was well back at the half way mark but finished with a huge negative split (40:37, 39:42) to take 7th place. It was a whopping PB and earns him a Doha World Championship selection. Those walkers with a ? have their names in Japanese script so I won't attempt to translate and get them wrong.

20km Men overall

1.	YAMANISHI, Toshikazu	JPN	19:18	38:27	58:00	1:17:15	
2.	KAWANO, Masatora	JPN	19:18	38:27	58:00	1:17:24	
3.	IKEDA, Koki	JPN	19:18	38:27	58:00	1:17:25	
4.	SUZUKI, Yusuke	JPN	19:12	38:27	58:00	1:17:47	
5.	FUJISAWA, Isamu	JPN	19:18	38:27	58:00	1:17:52	
6.	ZHANG, Jun	CHN	20:10	40:17	1:00:19	1:20:17	
7.	COWLEY, Rhydian	AUS	20:21	40:37	1:00:36	1:20:19	PB 1:50
8.	SHEIKO, Georgiy	KAZ	20:04	39:59	1:00:02	1:20:21	
9.	?	JPN	20:22	40:38	1:00:36	1:20:24	
10.	CHOE, Byeongkwang	KOR	20:11	40:17	1:00:20	1:20:40	
11.	KOLOTHUM THODI, Irfan	IND	20:12	40:38	1:00:36	1:20:57	
12.	KIM, Hyunsub	KOR	20:12	40:19	1:00:40	1:21:01	
13.	SINGH, Devender	IND	20:10	40:37	1:00:52	1:21:25	
14.	?	JPN	20:22	40:37	1:00:51	1:21:30	
15.	GAO, Yingchao	CHN	20:22	40:37	1:00:52	1:21:42	
16.	?	JPN	20:23	40:37	1:00:52	1:21:55	
17.	KRISHNAN, Ganapathi	IND	20:12	40:40	1:01:15	1:22:13	
18.	?	JPN	20:55	41:24	1:01:51	1:22:16	
19.	JOO, Hyunmyeong	KOR	20:49	41:10	1:01:35	1:22:17	
20.	?	JPN	20:49	41:23	1:01:58	1:22:31	

20km Asian Championships

1.	YAMANISHI, Toshikazu	JPN	1:17:15
2.	SHEIKO, Georgy	KAZ	1:20:21
3.	CHOE, Byeongkwang	KOR	1:20:40

20km All-Japan Championships

1.	YAMANISHI, Toshikazu	JPN	1:17:15
2.	KAWANO, Masatora	JPN	1:17:24
3.	IKEDA, Koki	JPN	1:17:25

If the men's event belonged to the Japanese, the women's event was the property of the Chinese, with the first 3 placings going to **Ma Zhenxia** (1:28:28), **Zhuoma Quji** (1:29:06) and **Zhuoma Gesang** (1:29:38). The 3 Chinese girls had built up a big lead by the half way mark, and it was Australia's **Katie Hayward** who then broke away from the chasing pack, catching the third placed Chinese with a couple of kms to go, and walking alongside her as they raced to the finish. Gesang finally broke away to take third but Katie was only 3 secs in arrears, finishing fourth with 1:29:31. The good news for Australia continued with **Jemima Montag** taking fifth with 1:31:53. Further back, **Alana Barber** (1:33:01), **Rachel Tallent** (1:33:36, her fastest since 2016) and **Philippa Huse** (a PB 1:40:06) all walked excellently.

20km Women overall

1.	MA, Zhenxia	CHN	22:09	43:54	1:05:51	1:28:28
2.	QIJ, Zhuoma	CHN	22:09	44:22	1:06:28	1:29:06
3.	GESANG, Zhuoma	CHN	22:17	44:49	1:07:05	1:29:28
4.	HAYWARD, Katie	AUS	22:50	45:19	1:07:26	1:29:31
5.	MONTAG, Jemima	AUS	22:50	45:19	1:08:14	1:31:53
6.	ASADA, Chiaki	JPN	22:52	45:20	1:08:15	1:32:23
7.	KAWAZOE, Kaori	JPN	22:51	45:41	1:08:59	1:32:48
8.	BARBER, Alana	NZL	23:16	46:16	1:09:29	1:33:01

9.	TALLEN, Rachel	AUS	23:17	46:23	1:09:38	1:33:36
10.	MICHIGUCHI, Ai	JPN	22:51	45:28	1:09:38	1:34:13
11.	CHING, Siu Nga	HKG	22:52	45:51	1:09:43	1:34:17
12.	MASAKI, Ayase	JPN	22:51	46:20	1:10:23	1:34:34
13.	BABY, Soumya	IND	23:45	48:00	1:11:50	1:36:08
14.	RYKOVA, Regina	KAZ	24:11	48:00	1:12:25	1:37:14
15.	KUMAGAI, Nami	JPN	23:34	47:30	1:12:06	1:37:45
16.	JEON, Yeongeun	KOR	22:51	46:36	1:12:08	1:37:49
17.	LEE, Daseul	KOR	23:50	48:09	1:12:51	1:37:51
18.	?	JPN	23:50	48:08	1:12:51	1:38:39
19.	?	JPN	23:50	48:08	1:12:50	1:39:36
20.	HUSE, Phillipa	AUS	24:45	49:37	1:14:45	1:40:06 PB 1:24

20km Asian Championships

1.	MA, Zhenxia	CHN	1:28:18
2.	KAWAZOE, Kaori	JPN	1:32:48
3.	CHING, Siu Nga	HKG	1:34:17

20km All-Japan Championships

1.	ASADA, Chiaki	JPN	1:32:23
2.	KAWAZOE, Kaori	JPN	1:32:48
3.	MICHIGUCHI, Ai	JPN	1:34:13

USATF NATIONAL 20KM ROAD WALKING CHAMPS, TUSTIN, USA, SUNDAY 17 MARCH

The USATF 20km Walk National Championships were held last Saturday in Tustin, California. The meet also included the USATF 20km Open and 10km U20 PanAm Cup Trials. The PanAm Cup will be held on 20-21 April in Lazaro Cardenas, Mexico. All events were held over a 1.25km course.

Overall wins to **Tom Bosworth** (GBR) with 1:23:34 and **Rachel Seaman** (CAN) with 1:33:10. USATF wins to **Nick Christie** (1:27:38) and **Robyn Stevens** (1:33:35). Note the prize money for the first 8 places in the USATF championships. Nothing too shabby there!

Open 20km Men

1.	Tom Bosworth	M29	Unat-England	1:23:33.51	Guest
2.	Evan Dunfee	M28	Unat-Canada	1:24:00.39	Guest
3.	Nick Christie	M27	Unattached	1:27:37.12	\$8,000
4.	John Cody Risch	M28	Q Elite	1:28:38.01	\$6,000
5.	Emmanuel Corvera	M25	New York AC	1:31:38.42	\$4,000
6.	Anthon Peters	M22	Unattached	1:32:00.27	\$3,000
7.	Matthew Forgues	M26	Maine RWers	1:33:04.28	\$2,000
8.	Allen James	M54	Unattached	1:39:21.77	\$1,000
9.	Samuel Elmi	M22	Unattached	1:41:31.92	\$1,000
10.	Pablo Gomez	M47	Chicago Walkers	1:42:51.37	
11.	Ian Whatley	M59	Caminata Elite	1:48:58.27	
12.	Benjamin Young	M28	Connecticut RWers	1:51:18.56	
13.	Adrian Zamudio	M43	Pegasus A.C.	2:10:41.58	
14.	Charles Tucker Brugh	M63	Unattached	2:13:02.77	
15.	Bruce Logan	M54	Park Racewalkers	2:31:40.90	
	Andreas Gustafsson	M37	Unattached	DNF	
	Chris Martin	M45	Unattached	DQ	
	Richard Campbell	M73	So Cal Track	DQ	

Open 20km Women

1.	Rachel Seaman	W33	New York AC – CAN	1:33:09.70	Guest
2.	Robyn Stevens	W35	Salming / Wolfpack	1:33:33.85	\$8,000
3.	Miranda Melville	W29	New York AC	1:35:11.73	\$6,000
4.	Katie Burnett	W30	Harrier TC	1:38:56.06	\$4,000
5.	Anali Cisneros	W21	Judson College	1:42:24.87	\$3,000
6.	Amberly Melendez	W21	Harrier TC	1:42:34.50	\$2,000
7.	Stephanie Casey	W35	Unattached	1:44:01.37	\$1,000
8.	Lauren Harris	W19	Marist Univ.	1:45:17.64	\$1,000
9.	Kayla Shapiro	W20	Walk USA	1:45:32.97	
10.	Lydia McGranahan	W42	Unattached	1:45:51.40	
11.	Celina Lepe	W23	Unattached	1:46:25.61	
12.	Miriam Andablo	W25	Unattached	1:50:01.15	
13.	Erin Taylor-Talcott	W40	Shore AC	1:51:25.63	

14.	Victoria Heiser-Whatley	W19	Caminata Elite	1:57:42.39	
15.	Jessica Heiser-Whatley	W19	Caminata Elite	1:58:50.14	
16.	Meagan Allen	W20	New England	1:59:39.33	
17.	Yolanda Holder	W60	Unattached	2:24:29.62	
18.	Darlene Backlund	W73	So Cal Track	2:30:31.53	
	Natalia Alfonso	W??	Unat – Venezuela	DNF	Guest
	Audrey Fox	W19	Univ BC	DNF	
	Sam Cohen	W41	Wisconsin Runners	DNF	
	Teresa Vaill	W56	Pegasus A.C.	DNF	
	Jennifer Lopez	W23	Unattached	DQ	
	Linda Wortman	W??	Unattached	DQ	
	Priscilla French	W70	Unattached	DQ	

U20 Men 10K Race Walk

1.	Jordan Crawford	M19	Unattached	51:57.94
2.	Logan Roberts Jr	M18	Harrier Trac	52:36.10
3.	Deegan, Gerard	M50	Unattached	1:04:08.60
	Giovanni Cisneros	M17	Elgin Sharks	DQ

U20 Women 10k Race Walk

1.	Chloe Elgin	W17	Unattached	57:32.30
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Nick Christie, Evan Dunfee and Tom Bosworth lead out in the USATF 20km last weekend

LUGANO TROPHY - MEMORIAL MARIO ALBISETTI, LUGANO, SWITZERLAND, SUNDAY 17 MARCH

This classic event is well reported in http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3435. To quote from the article

The third important race of the day was the 16th edition of the Mario Albisetti Memorial in Lugano. Certainly the numbers were not up to the Spanish Championships, let alone the Asian and All Japan ones, but the European calendar is so dense that athletes only have to choose and therefore not being able to always compete the numbers suffer. The quality level was not affected much.

Wins to Lithuanian **Marius Ziukas** (1:22:29) and Italian **Anna Giorgi** (1:31:07). The fields were certainly international ones, with walkers from LTU, IRL, RSA, ITA, TUN, GRE, HUN, GUA, CZE, GBR, POL, CHN, GER, SUI, SVK and SLO. Great to see Canadian based South African **Marc Mundell** having a walk. Also great to see a GBR developmental team in action. Good walk by **Heather Lewis** to take 4th in the women's 20km event (1:35:15).

20km Men

1.	ZIUKAS MARIUS	LTU	1:22:29
2.	WRIGHT ALEX	IRL	1:22:45
3.	SNYMAN WAYNE	RSA	1:23:01
4.	CHIESA STEFANO	ITA	1:23:47
5.	GIUPPONI MATTEO	ITA	1:24:51
6.	RAOUF DRISSI	TUN	1:24:52

7.	TZATZIMAKIS GEORGIOS	GRE	1:25:46
8.	BOYCE BRENDAN	IRL	1:27:33
9.	SUWA MOTOFUMI	JPN	1:28:20
10.	KONDO RYOSUKO	JPN	1:28:52
11.	GDULA LUKAS	HUN	1:29:03
12.	MUNDELL MARC	RSA	1:29:23
13.	GOTO SHUTO	JPN	1:29:36
14.	GUELI GIORGIO	ITA	1:37:56
	PAPAMIHAIL ALEXANDROS	GRE	DNF
	BARRONDO ERICK	GUA	DNF
	AURELLE PHILIPPE	FRA	DNF

20km Women

1.	GIORGI ELEONORA ANNA	ITA	1:31:07
2.	VIRBALYTE-DIMSIENE BRIGITA	LTU	1:32:53
3.	DRAHOTOVA ANEZKA	CZE	1:34:27
4.	LEWIS HEATHER	GBR	1:35:15
5.	BARCELLA LIDIA	ITA	1:38:35
6.	KELLY ERIKA	GBR	1:39:45
7.	BRIDGE GEMMA	GBR	1:42:08
	VALSECCHI VIVIANA	ITA	DNF
	ORTIZ MIRNA	GUA	DNF
	ANTIGONI DRISBIOTI	GRE	DNF

U20 10km Men

1.	NIEDZIALEK LUKAS	POL	41:07
2.	TAO LI	CHN	43:06
3.	SCHMIDT JAKOB	GER	44:41
4.	KOVAC DANIEL	SVK	44:46
5.	GAMBA GABRIELE	ITA	45:51
6.	JUNGHANNS OTTO	GER	46:22
7.	BONZON NATHAN	SUI	48:55
8.	BENINI DAVIDE	ITA	49:31
9.	VITTORI AMOS	ITA	50:03
10.	BONI MATTIA	ITA	51:05
11.	GHISLANDI LUCA	ITA	52:42
	BREDA DANIELE	ITA	DNF
	FRENZL JOHANNES	GER	DNF

U20 10km Women

1.	HONGMEI ZHANG	CHN	47:31
2.	DAN TANG	CHN	48:16
3.	FIASKA OLGA	GRE	48:31
4.	FRENZL MATHILDE	GER	49:23
5.	FILTISAKOU KYRIAKI	GRE	51:06
6.	GRANDI JOSEPHINE	GER	52:26
7.	XIAOYU JIAO	CHN	52:27
8.	TITONE ALESSIA	ITA	52:51
9.	NA LI	CHN	53:31
10.	GARCIA ANA	GBR	54:09
11.	GLENNON SARAH	IRL	54:35
12.	RIEDEL LENA	GER	54:38
13.	CORSOLINI GIULIA VELKA	ITA	55:26
14.	RIEDEL SINA	GER	55:36
15.	IPPOLITI ELISABETTA	ITA	57:08
16.	SVAE MADELEINE	ITA	58:19
17.	STRATTON-THOMAS MEGAN	GBR	58:35
18.	RONCHETTI LEDA	ITA	1:00:33
19.	INTIHAR MARULC ANA	SLO	1:01:03

SPANISH 20KM NATIONAL RACE WALK CHAMPS, OROPESA DEL MAR, SPAIN, SUNDAY 17 MARCH

Well reported by http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3434. The article reports that it was a beautiful day in Oropesa del Mar in the Valencia community in Spain for the the 2019 edition of the 20km Spanish Championship. Wins to **Miguel Angel Lopez** (1:21:21) and **Maria Perez** (1:30:55).

I've run out of puff. Check it out in the marciadalmondo article!

FRENCH RACE WALKING CHAMPS, EPINAL, FRANCE, SUNDAY 17 MARCH

Thanks to Emmanuel Tardi for his race report and photos from the French National Championships in Epinal last Sunday. He was one of the judging panel at what was a big carnival that included Open 20km and 50km, Masters, U23 and underage championships, with over 250 walkers on the entry list. All the main French walkers were present except for Emilie Menuet.

The course was 1km in length (500m out and 500m back) and the weather was very cold and windy, with the rain coming along around midday to complete the gloomy picture. The 50km and 35km events started at 8AM, with Canadian **Mathieu Bilodeau** leading out for the first 20km. Once he stopped, the lead was taken by **Florian Mayer** who went on to win easily with 4:11:26. The women's 50km saw **Lucie Auffret** take an early lead before **Cécile Naze** took over, going on to win with 4:46:21. The 35km events were won by **Yohann Diniz** (2:29:28, with his last 5km around 20 minutes) and **Ines Pastorino** (3:12:25).

The men's 20km saw a first half battle between **Aurelien Quinion**, **Kevin Campion** and **Gabriel Bordier**, but it was Bordier who went on to win with 1:21:55. The women's 20km saw a battle between **Marine Quenehen** and **Clemence Beretta**. With Quenehen receiving a third card at 19.7kme had to take 2 minutes out in the pit lane, leaving Beretta to win with 1:35:13.

20km Men

1.	BORDIER Gabriel	ESM/97	Us St Berthevin	1h21:55
2.	CAMPION Kevin	SEM/88	Afa Feyzin-venissieux	1h22:01
3.	QUINION Aurelien	SEM/93	Ac St Gratien-sannois	1h24:48
4.	BOYEZ Antonin	SEM/84	Clermont Athletisme Auvergne	1h27:19
5.	KUSTER David	ESM/99	Efs Reims A.	1h29:38
6.	FESSELIER Fabian	SEM/94	Caen Athletic Club	1h32:09
7.	BAZZO BORTOT Symon	SEM/96	As Raismes	1h32:12
8.	MARTIN Come	SEM/95	Annecy Haute Savoie A.	1h33:09
9.	VALLEE Kyrian	SEM/94	Ca Balma	1h36:18
10.	DELAUNAY Sebastien	VEM/74	Ca Du Pays Saumurois	1h36:20
11.	BOUTRAIS Andy	SEM/91	Stade Sottevillais 76	1h38:19
12.	FREMONDIERE Antoine	SEM/96	Vihiers	1h39:48
13.	LEGENTIL Laurent	SEM/88	Dynamic Aulnay Club	1h40:19
14.	ROUSSIASSE Lucas	ESM/97	Entente Angevine Athletisme	1h41:19
15.	MUTTER Axel	SEM/96	Ac Roche-sur-yon	1h42:50
16.	CROSNIER Alexis	ESM/99	Vineuil Sports	1h43:02
17.	LEBON Hugo	ESM/99	Saran Loiret Athletic Club	1h43:32
18.	DURAND-PICHARD David	VEM/72	Athletisme Metz Metropole	1h43:46
19.	DUMAIRE Thomas	SEM/90	Ca Montreuil 93	1h44:09
20.	GLOAGUEN Thomas	SEM/96	A Six Fours	1h44:17
21.	BONTEMPS Sebastien	SEM/90	Gien Athle Marathon	1h44:22
22.	SWAIEH Meftah	VEM/72	U.s.o Mondeville	1h44:31
23.	BRANLE-BRANICKI Richard	VEM/67	Al Voiron	1h46:20
24.	LEAUTE Benjamin	SEM/88	Asptt Lille Met	1h46:52
25.	MASSE Florian	SEM/95	Us Tourcoing	1h47:15
26.	SEGEAT Benjamin	ESM/97	Aix Athle Provence	1h48:27
27.	ESCOFFIER Adrien	ESM/97	Sa Toulouse Uc	1h49:46
28.	DEQUIN Alain	VEM/66	Union Laique Athletique De Cor	1h50:04
29.	ADAM Dorian	ESM/97	Bordeaux Athle	1h50:08
30.	LE BONNIEC Philippe	VEM/66	Elan Girondais Athle	1h50:23
31.	LEMOINE Loic	ESM/97	Ea Romans-bourg De Peage	1h50:52
32.	COIS Steeve	SEM/89	Asc Le Havre	1h51:27
33.	ROBIDOU Philippe	VEM/59	La Vigilante Fougères	1h52:25
34.	PEREZ ALFRANCA Guillem (Esp)	SEM/83	Sa Toulouse Uc	1h52:56
35.	GLOAGUEN Theo	ESM/99	A Six Fours	2h00:38
	MASSELIN Jean-paul	VEM/46	Granville Ac	DNF
	HADULA Ludovic	SEM/87	Charleville Mezieres Athletism	DNF
	LOLEKO MBOYO Harouna (Cod)	SEM/96	Amiens Uc	DNF
	MACABREY Quentin	SEM/94	Fc Sochaux Montbel	DNF
	BOURNIER Justin	ESM/99	Dole Ac	DNF
	DELECOLLE Sebastien	VEM/77	Us Athletiques De Lievin	DNF

20km Women

1.	BERETTA Clemence	ESF/97	Athle Vosges Pays	1h35:13
2.	QUENNEHEN Marine	SEF/91	Ca Montreuil 93	1h37:48
3.	TERREC Eloise	ESF/98	Ac Roche-sur-yon	1h37:52
4.	MARCOU Amandine	SEF/92	Sa Merignac	1h39:22
5.	CELLARD Loanie	ESF/98	Carquefou Ac	1h41:19
6.	BOURHIS Amelie	SEF/92	Larmor Estran Athlet	1h46:23
7.	OSMONT Caroline	SEF/96	As Tourlaville	1h46:40

8.	AURRIERE Camille	ESF/98	Us St Berthevin	1h46:43
9.	CASALE Maeva	ESF/97	Ca Balma	1h48:25
10.	JOUAN Christele	VEF/75	Asptt Rouen	1h50:52
11.	CHAPILLON Roseline	VEF/68	Ca Balma	1h51:06
12.	CORMIER Chloe	ESF/98	Saran Loiret Athletic Club	1h52:38
13.	BILLA Jeanne	SEF/96	As Caluire Et Cuire	1h53:05
14.	UDIN Servane	SEF/88	Ea Pays De Broceliande	1h53:39
15.	DAOULAS Roxanne	SEF/94	Tregueux Languieux Athletisme	1h53:57
16.	VIDALINC Celia	SEF/96	Stade ClermonTOIS	1h55:00
17.	PESLERBE Bertille	ESF/98	Ea Pays De Broceliande	1h55:15
18.	BUAUD Elise	SEF/89	Athletisme Metz Metropole	1h56:02
19.	BRASTEL Adeline	VEF/78	Efs Reims A.	1h57:07
20.	POUILLY Caroline	SEF/82	Rc De Lens Athletisme	1h57:21
21.	SARRAZIN Annelies (Bel)	SEF/81	Us Maubeuge Athle	1h57:40
22.	DENISSELLE Vanessa	SEF/84	Val-de-reuil Ac	1h57:40
23.	BOBAN Valerie	VEF/68	Athle Vosges Pays	1h58:03
24.	SINA Laurence	VEF/69	Pierre Benite Athlet	1h58:48
25.	GODEFROY Delphine	SEF/87	Granville Ac	1h59:18
26.	FROMENTIN Nathalie	VEF/70	Stade Dieppois	1h59:19
27.	THOURET Lucie	SEF/93	Fc Sochaux Montbel	2h00:53
28.	GIRAULT Marie	SEF/88	Ea Cergy Pontoise Athletisme	2h01:06
29.	PICARD Axelle	ESF/99	St Max Essey Club At	2h01:56
30.	BONNAL Valerie	VEF/66	Ecla Albi	2h03:40
31.	AMBLARD Victoria	SEF/80	Evreux Ac	2h04:36
32.	KRICH Rahil	VEF/79	Nice Cote D:azur Athletisme	2h05:27
33.	GUILLARD Caroline	VEF/71	Saran Loiret Athletic Club	2h06:39
34.	ROYER Vanessa	VEF/72	Athletisme Metz Metropole	2h07:05
35.	FLORENTIN Catherine	VEF/67	Athle Vosges Pays	2h07:24
36.	BLANDIN Helene	SEF/85	Stade Sottevillais 76	2h09:36
	MAXENCE Mathilde	ESF/99	Athletic Club Salona	DNF
	ANDREANI Celia	ESF/99	Csm La Seyne	DNF
	LANGLOIS Cloe	ESF/97	Dynamic Aulnay Club	DNF
	PERRIN Rose	ESF/99	Fc Sochaux Montbel	DNF
	AVEROUS Violaine	SEF/85	Ca Balma	DNF
	LANGOUET Clea	ESF/98	Avia Club Athleti	DQ
	MARCOTTI Adele	ESF/97	Athletic Club Salonais	DQ

50km Men

1.	MAYER Florian	SEM/96	Athle Vosges Pays	4h11:26
2.	GUETAT Gerard	VEM/62	Troyes Omnisports	5h03:48
3.	FAITEAU Maxime	SEM/90	Entente Poitiers Athle 86	5h06:39
4.	VAN HILLE Dominique	VEM/77	Nice Cote D:azur Athletisme	5h12:11
5.	BOLLINGER Vincent	SEM/84	Dynamic Aulnay Club	5h17:29
6.	ERARD Christophe	VEM/70	Asm Bar-le-duc	5h23:06
7.	LEGENTIL Cyril	SEM/86	Dynamic Aulnay Club	5h23:24
8.	GROS Gildas	VEM/67	Est - S/I Cis Anould	5h40:29
9.	DEGRYSE Jean-claude	VEM/74	Ea Douchy	5h45:04
	POTIER Nicolas	SEM/89	Al Saint-marc	DNF
	FOUDJEM GANNO Daniel (Cmr)	VEM/74	Cm Floirac	DNF
	BECQUERELLE Maxime	SEM/92	Stade Dieppois	DNF
	BILODEAU Mathieu (Can)	SEM/83	Efs Reims A.	DNF
	LEGENTIL Marc	SEM/84	Dynamic Aulnay Club	DNF
	RICHARD Dorian	SEM/91	Acj Nerac	DNF
	BROU Florent	SEM/93	Ac Paris-joinville	DQ

50km Women

1.	NAZE Cecile	SEF/95	Mouy Atac	4h46:21
2.	AUFFRET Lucie	SEF/88	Esme Us Deuil	4h52:47
3.	BRUNET Elisabeth	SEF/86	Tarbes Pyrenees Athletisme	4h54:23
4.	AUSELLO Morgane	SEF/92	Nice Cote D:azur Athletisme	5h18:15
5.	STEINVILLE Nathalie	VEF/64	Asfi Villejuif	5h58:45
	CERANTOLA Laury	SEF/92	Sa Merignac	DNF

35km Men

1.	DINIZ Yohann	VEM/78	Efs Reims A.	2h29:28
2.	ANDRIEU Hugo	SEM/92	Uavh Aubagne	2h45:56
3.	GUINAUDEAU Keny	SEM/93	Ac Roche-sur-yon	3h04:10

35km Women

1.	PASTORINO Ines	SEF/92	Nice Cote D:azur Athletisme	3h12:25
2.	CHAMPALOU Lucie	SEF/90	Athletic Trois Tours	3h13:05
3.	ORTIZ Mylene	V0EF/79	Lille Metropole Athletisme	3h16:00

10km U20 Men (first 10)

1.	GOGNIES Ryan	JUM/00	Ca Montreuil 93	44:26
2.	DUC Matteo	JUM/01	Haute Tarentaise	44:42
3.	MADLINE-DEGY Martin	JUM/01	Ecla Albi	45:53
4.	PETER Florian	CAM/02	Ca Ambilly	46:17
5.	ROBICHON Alexis	JUM/00	Ac Roche-sur-yon	46:35
6.	DREVILLE Lucas	CAM/02	Beauvais Oise Union Club	46:44
7.	HUE Aymeric	JUM/01	Ec Orleans Cercle Jules Ferry	47:27
8.	BEAUVAIL Florent	JUM/00	Stade Sottevillais 76	47:56
9.	SAINT-MARC Adrien	JUM/00	Us Bazas	48:01
10.	GIMENEZ Mathys	CAM/03	Es Bruges	48:17

U20 10km Women (first 10)

1.	STEY Pauline	JUF/01	Rohan Athletisme Sav	49:08
2.	MOUTARD Camille	JUF/01	Athle 21 Ao A	49:14
3.	TERREC Maelle	JUF/01	Ac Roche-sur-yon	50:13
4.	ALI Sarah	JUF/01	Vineuil Sports	51:14
5.	BIRE-HESLOUIS Maelle	CAF/02	Stade Saint-lo	51:38
6.	ROTTIER Marine	JUF/00	La Postillonne Longjumeau	52:38
7.	MOLIST Lucille	JUF/01	Ea Gillonnay-la Cot	53:50
8.	DUCLOS Adele	JUF/00	Athle 91	54:33
9.	BODIN Alexia	JUF/01	Cas Renwez	55:04
10.	THEOLIER Lily	JUF/00	Ea Romans-bourg De Peage	55:08

U18 5km Men

1.	PETER Florian	CAM/02	Ca Ambilly	23:56
2.	BATIFOL Ellis	CAM/03	Bagnols Marcoule Athletisme	24:06
3.	LANDRAS Adrien	CAM/03	Ca Balma	24:27
4.	LAJOUANIE Armel	CAM/03	Lille Metropole Athletisme	26:46
5.	DUMOULIN Louis	CAM/03	Beauvais Oise Union Club	26:54
6.	FOUGERON Pierre-alexandr	CAM/03	Us Berry Athletisme	27:28
7.	KOWALCZYK Hugo	CAM/03	As Marck	27:47
8.	JOUIS Gustave	CAM/03	Granville Ac	27:57

U18 5km Women (first 10)

1.	LAURENS Emilie	CAF/03	Ea Gillonnay-la Cot	26:18
2.	BODIN Flavie	CAF/03	Cas Renwez	26:28
3.	LE MOUPELLIC Marie	CAF/03	Val-de-reuil Ac	26:37
4.	DUTOT Camille	CAF/02	Ea Du Plateau Est	26:57
5.	CARRE Elvina	CAF/03	Louhans	26:59
6.	LEFRERE Mathilde	CAF/02	As Marck	27:18
7.	CAMARD Pauline	CAF/03	Tregor Goelo Athletisme Guinga	27:29
8.	LEFRERE Celina	CAF/02	As Marck	28:01
9.	CASTAGNA Livia	CAF/02	Athle 91	28:10
10.	CHATREFOU Cassandra	CAF/02	Efcvo	28:18

U16 3km Men (first 10)

1.	FELLAH Clement	MIM/04	Us Valenciennes Athletisme	15:05
2.	MOUILLE Esteban	MIM/05	Ac Roche-sur-yon	15:10
3.	BEAULIEU Samuel	MIM/04	Val-de-reuil Ac	15:29
4.	CAHON Eliot	MIM/04	Co Haute Moselotte	16:46
5.	BRIOT Emerick	MIM/04	E Sportive Thionville-yutz	17:18
6.	DUBUIS Etan	MIM/04	As Marck	17:32
7.	KERAVEC Matteo	MIM/04	Asvel Villeurbanne	18:10
8.	ERRBIBIH Youssef	MIM/04	Co Haute Moselotte	18:20
9.	VAN BUUREN Erwann	MIM/04	Doubs Sud Athletisme	19:18
10.	CLERMONT Aymeric	MIM/04	Haute Bretagne Athletisme	19:30

U16 3km Women (first 10)

1.	MEYER Maylisse	MIF/04	Caen Athletic Club	15:28
2.	FAUCON Thais	MIF/04	Pays Saint-lois Athletisme	15:34
3.	MILLE Agathe	MIF/04	Grac Athletisme	15:40
4.	BOURIGAULT Jade	MIF/05	Villeneuve D Ascq Fretin Athle	15:54

5.	VAN LIERDE Lea	MIF/04	Athle Halluin-val-de-lys	16:10
6.	TOMEZAK Celia	MIF/05	Efs Reims A.	16:34
7.	JUPPIN Camille	MIF/04	Grac Athletisme	16:35
8.	DELAHAIE Ana	MIF/04	Bergerac Athletique Club	16:40
9.	GONON-LIAUD Maya	MIF/05	Ea Romans-bourg De Peage	16:43
10.	BROSSARD Maiwenn	MIF/05	Haute Bretagne Athletisme	16:43



Florian Mayer, Johann Diniz and Cécile Naze



Gabriel Bordier, Kevin Campion and Clemence Beretta (photos Emmanuel Tardi)

39TH 24 HEURES DE CHATEAU-THIERRY, CHATEAU-THIERRY, FRANCE, 16-17 MARCH

The next of the Paris-Alsace qualifiers 24 Hour Walk qualifying races was held in Chateau-Thierry, France, last weekend. Although Emmanuel was not there, he was able to pass on some information. The lap was 1.5km in length for the first 23 hours, before walkers swapped to a 425m lap for the final hour. Like in Epinal, it was wet and cold.

Matthieu Olivares led for the first 8 hours before stopping. That opened it up for local walker **Florian Letourneau** who went on to win with an excellent 191.223km. **David Vandercoilden** took second with 188.590km ahead of **Serge Georgelin** with 178.989km.

English legend **Sandra Brown** won the women's 24 Hour walk with 168.527km, her 199th walk of 100 miles or greater. Only one more to go reach her target of 200.

Ancillary events included 2x6hours (13:00-19:00 then 7:00-13:00) and 6 hours (you could start on Saturday at 1PM or on Sunday at 7AM)

24 Hour Walk Men

1.	LETOURNEAU Florian	Ac Chateau Thierry	191.223 km	24:00:00	7.968 km/h
2.	VANDERCOILDEN David	Villeneuve D Ascq Fretin Athle	188.590 km	24:00:00	7.858 km/h
3.	GEORGELIN Serge	Ea Cessonaise	178.989 km	24:00:00	7.458 km/h
4.	JOSE MORA Bernardo		176.564 km	24:00:00	7.357 km/h
5.	LETESSIER Gilles	Plm Conflans	172.305 km	24:00:00	7.179 km/h
6.	LANEAU Maxime	Us Camon	165.288 km	24:00:00	6.887 km/h
7.	THEVENIN Hugues	Nl Torcy	164.119 km	24:00:00	6.838 km/h
8.	TINTIN Ronald	Ao Charenton	155.946 km	24:00:00	6.498 km/h
9.	TABOURET Guy	Us Toul Athletisme	143.439 km	24:00:00	5.977 km/h
10.	MARECHAL Pascal	Ac Chateau Thierry	129.916 km	24:00:00	5.413 km/h
11.	EMONIERE Philippe	Cosm Arcueil	127.381 km	24:00:00	5.308 km/h
12.	TILLIER Ludovic	Le Chesnay 78 As	116.972 km	24:00:00	4.874 km/h
13.	RASSAIND Andre	Ea Centre Isere	101.558 km	24:00:00	4.232 km/h
14.	GUILLOT Mickael	Ac Chateau Thierry	90.687 km	24:00:00	3.779 km/h
	ARNAULT Jacques	Neuilly Sur Marne Athletisme	100.000 km	13:56:45	7.171 km/h
	FAUBERT Stephane	Nl Longueville	97.000 km	16:36:12	5.842 km/h
	OLIVARES Mathieu	Neuilly Sur Marne Athletisme	92.500 km	16:43:27	5.531 km/h
	PELLERIN Alain	Ac Chateau Thierry	88.000 km	16:21:14	5.381 km/h
	SIMON Yannick	Nancois	83.500 km	13:01:45	6.409 km/h
	MAUREL Eric	Ufolep	77.500 km	10:06:26	7.668 km/h
	LEITJENS Frans	Rotterdam Wv	50.500 km	06:40:12	7.571 km/h

24 Hour Walk Women

1.	BROWN Sandra	England Athletics	168.527 km	24:00:00	7.022 km/h
2.	TORTEY Sylvie	Nl Chapelle Royale	160.654 km	24:00:00	6.694 km/h
3.	SONNOIS Martine	Racing Club Haut-jura Morez	147.695 km	24:00:00	6.154 km/h
4.	BIZARD Claudie	Thiais Ac	142.375 km	24:00:00	5.932 km/h
5.	CRILLEY Kathy	Surrey Walking Club	139.256 km	24:00:00	5.802 km/h

2x6 Hour Walk

1.	LANGLOIS Patrick	Marne Et Gondoire Athletisme	100.598 km		
2.	BIZARD PLANCHOT Emilie	Neuilly Sur Marne Athletisme	92.720 km		
3.	DELANGUE Dominique	Aj Auxerre Section Marathon	88.305 km		
4.	MOUGENOT Patrick	Marne Et Gondoire Athletisme	87.122 km		
5.	RODIER Nicole	Efs Reims A.	81.497 km		
6.	HAGHEBAERT Eric	Ac Chateau Thierry	78.498 km		
7.	NITYAGOVSKAYA Liudmila	Tv Forst	74.147 km		
8.	CORMIER Mireille	To Be Sport	71.496 km		
9.	SAUNEUF Lola	Marne Et Gondoire Athletisme	68.571 km		
10.	DALUZ Robert	Neuilly Sur Marne Athletisme	41.500 km		
11.	RICHEBEZ Christophe	Nl Bay-sur-somme	38.500 km		

6 Hour Walk (Saturday)

1.	FERREIRA Avelino	Servins Athletic Club	52.234 km		
2.	MOREL Philippe	Team Trail Chalons En Champagn	49.168 km		
3.	PANNIER Josiane	Havre Ac	45.904 km		
4.	METEAU Jean-paul	Nl	44.993 km		
5.	MAISON Sylvie	Strasbourg Agglomeration Athle	44.398 km		
6.	MOREAU Matthieu	Nl Blois	40.280 km		
7.	MAURICE Fabienne	Ac Chateau Thierry	37.610 km		
8.	DUPONT Valerie	Nl Chierry	35.493 km		
9.	PLAYE Christophe	Nl Gland	22.000 km		

6 Hour Walk (Sunday)

1.	COSTILS Alain	Nl	46.651 km		
2.	BORDIER Daniel	Ac Chateau Thierry	39.925 km		



Sandra Brown and Florian Letourneau in action in Chateau-Thierry (photo <http://abonne.lunion.fr>)

MARCIADALMONDO THIS WEEK

- Tue 19 Mar - Tustin (USA): victories of Tom Bosworth (GBR) and Rachel Seaman (USA)
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3436
- Sun 17 Mar - Lugano (SUI): Victories of Marius Ziukas (LTU) and Eleonora Anna Giorgi (ITA)
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3435
- Sun 17 Mar - Oropesa del Mar (ESP): Victories of Miguel Angel Lopez and Maria Perez
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3434
- Sun 17 mar - Nomi (JPN): Toshikazu Yamanishi and Ma Zhenxia win 20km Asian Championships
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3433
- Fri 15 Mar - Sucua (ECU): Ecuador's race walk championships
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3432
- Thu 14 Mar - Duitama Boyaca (COL): Results of Colombian Championships
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3431
- Thu 14 Mar - Arequipa (PER): Kimberly Garcia and César Rodríguez National 20km Champions of Perú
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3430
- Thu 14 Mar - Oropesa de Mar (ESP): Preview of LXXI Spanish Championship of 20km
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3429
- Wed 13 Mar - Lugano (SUI): Preview of 16th Memorial Mario Albisetti
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3428
- Tue 12 Mar - Preview of Asian Champs in Nomi
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3426

AUSTRALIAN WALKS TEAM TO COMPETE AT 2019 DOHA WORLD CHAMPIONSHIPS

Athletics Australia has announced the first members of their team to compete in the IAAF World Championships in Doha – and they are walkers. Congratulations to **Dane Bird-Smith** (20km), **Katie Hayward** (20km), **Jemima Montag** (20km) and **Claire Tallent** (50km).

I don't think it will be too long before Rhydian Cowley (20km) is added to that list. And will Jared Tallent be in the mix? Fingers crossed.

OUT AND ABOUT

- The AIS based Clearinghouse4Sport last week announced the return of their popular 'Daily Sports News' alerting service. The first issue is scheduled for release Monday 1 April 2019 and is available to all Clearinghouse members. Existing members do not need to resubscribe. Join today: <https://www.clearinghouseforsport.gov.au/about/member>.

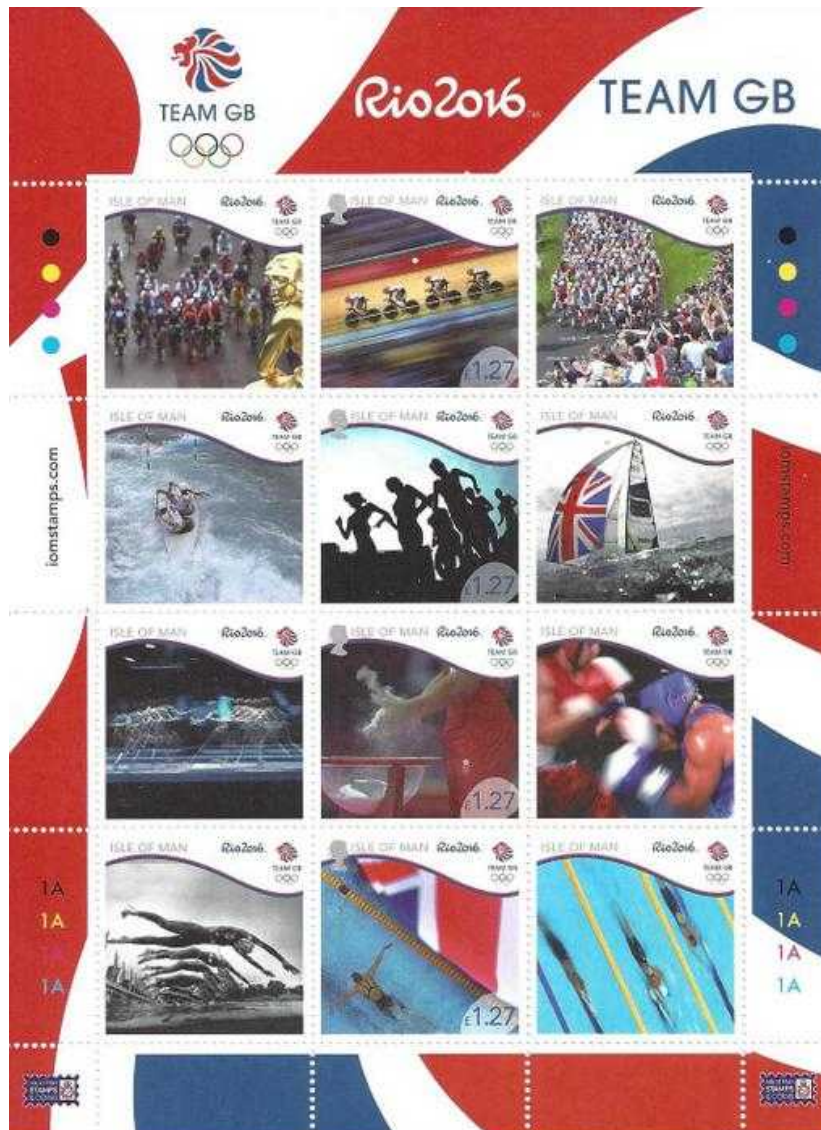
SOME NEW RACEWALKING STAMPS FOR US PHILATELISTS

Racewalking has featured on many postage stamps from various countries around the world, starting with a 1954 issue from San Marino. I maintain a page on our VRWC website where I document all those that I can find and the list is getting pretty big now (<http://www.vrwc.org.au/vrwcstamps.shtml>). Of course, I have some specialist investigators in the persons of Alex Wijsman, Vic Miller and Margaret and Ian Beaumont.

Alex has alerted me to two new finds.

2016: Isle of Man – Rio Olympics, Team GB

This is a set of 4 stamps that celebrate the Great Britain 2016 Olympic team. It comes in a mini sheet which features 12 pictures, 4 stamps and 8 non-stamps. Now things get a bit tricky here, as the Royal Mail site describes the 4 stamps as follows "Depicting 4 Team GB cyclists, the silhouettes of runners, a gymnast preparing to perform, and a swimmer in action". Well, you can decide for yourselves. They look like walkers to me!



2018: Isle of Man – Year of Our Island

This issue of ten stamps celebrates the Isle of Man as a special place to live and work and comes as two sheets of 5 stamps. One of the stamps features the Parish Walk which is held annually over a distance of 85 miles. I report on it every year in my newsletter. No controversies here. This is definitely walking!



I'll be updating my VRWC stamps page this week.

DATES...DATES...DATES

As usual, I finish with a list of upcoming events on the local, national and international fronts. Let me know of any errors/omissions.

Australian/Victorian Key Dates – 2019

Mar 23-24, 2019	Victorian Masters T&F Championships, Doncaster
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 - https://melbourne2019.com.au/
Jun 9 (Sun), 2019	LBG Carnival, Stromlo Forest Park, Canberra, ACT
June 25-28, 2019	2019 Oceania Championships, Townsville (Open and U20 10km, U18 5km)
Aug 11 (Sun), 2019	AMA 20km National Championships, Adelaide, SA

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

Apr 6 (Sat), 2019	28 th Grande Prémio Internacional de Rio Maior em Marcha Atlética, Rio Maior, Portugal
Apr 20 (Sat), 2019	IAAF Race Walking Challenge Meet, Lazaro Cardenas, Mexico (20 and 50km M/W)
Apr 20-21, 2019	Pan American 50km Race Walking Cup, Lazaro Cardenas, Michoacan, Mexico
May 11-12, 2019	2019 IAAF Race Walking Challenge, Taicang, China
May 19 (Sun), 2019	European Race Walking Cup, Alytus, Lithuania (20 and 50km M/W)
Jun 8 (Sat), 2019	XXXIII Gran Premio Cantones de La Coruña, La Coruña, Spain
Jun 26 (Wed), 2019	Oceania Race Walk 10km Championships, Townsville, Australia (10km M/W)
Sep 27 - Oct 6, 2019	IAAF World Athletics Championships, Doha, Qatar
Oct 20-22, 2019	Around Taihu International Race Walking 2019, Suzhou, China

International Dates – 2019 and onwards

Mar 23 (Sat), 2019	Dudince International Walks Meet, Dudince, Slovakia (20km, 50km)
Mar 24-30, 2019	8th World Masters Indoors T&F Championships , Torun, Poland
Apr 6 (Sat), 2019	Podebrady International Meet, Podebrady, CZE (20km)
Apr 6 (Sat), 2019	28 th Grande Prémio Internacional de Rio Maior em Marcha Atlética, Rio Maior, Portugal
Apr 13 (Sat), 2018	International Race Walking Meeting "Zaniemysl 2019", Zaniemysl, Poland (20km M/W)
Apr 13 (Sat), 2019	Naumburg International Meet, Naumburg, Germany
Apr 14 (Sun), 2019	Japanese 50km Championships, Wajima, JPN (50km)
Apr 20 (Sat), 2019	IAAF Race Walking Challenge Meet, Lazaro Cardenas, Mexico (20 and 50km M/W)
Apr 20-21, 2019	Pan American Racewalk Cup, Lazaro Cardenas, Mexico
Apr 28, 2019	Hungarian National Champs, Békéscsaba, HUN (20km M/W)
May 15 (Sun), 2019	European Race Walking Cup, Alytus, Lithuania (20km, 50km, U20 10km)
May 11-12, 2019	2019 IAAF Race Walking Challenge, Taicang, China
May 16-17, 2019	China National Race Walking Gran Prix – 2, Xingtai, CHN (20 and 50km M/W)
May 19 (Sun), 2019	European Race Walking Cup, Alytus, Lithuania (20 and 50km M/W)
May 25 (Sat), 2019	10 th Sprint Triathlon in Race Walking, Veenendaal, NED (3000m, 1000m, 1 Mile)
Jun 8 (Sat), 2019	XXXIII Gran Premio Cantones de La Coruña, La Coruña, Spain
Jun 17-19, 2019	China National Race Walking Gran Prix – 3, Chifeng, CHN (20 and 50km M/W)
Jun 22 (Sat), 2019	Polish 20km Championships, Mielec, POL (20km M/W)
Jul 3-14, 2019	30th Summer Universiade , Naples Italy
Jul 20-21, 2019	China National Race Walking Champions Meet, Changbaishan, CHN (20 and 50km M/W)
Aug 30-Sep 7, 2019	20th Oceania Masters T&F Championships , Mackay, Queensland, AUS
Sep 6-7, 2019	China National Race Walking Champs, Leshan, CHN (20 and 50km M/W)
Sept 28 – Oct 6, 2019	17th IAAF World Championships in Athletics , Doha, Qatar
Oct 20-22, 2019	Around Taihu International Race Walking 2019, Suzhou, China
May, 2020	29th IAAF World Race Walking Team Championships , Minsk, Belarus
July 17-20, 2020	18th IAAF World U20 T&F Championships , Nairobi, Kenya
July 24 – Aug 9, 2020	32nd Olympic Games , Tokyo
July 20 – Aug 1, 2020	23rd World Masters T&F Championships , Toronto, Canada
Mar 2021	9th World Masters Indoor T&F Championships , Edmonton, Canada
Aug 6-15, 2021 (TBC)	18th IAAF World Championships in Athletics , Eugene, USA
July 18-30, 2022	XXII Commonwealth Games , Birmingham, GBR.
Aug 7-17, 2022	24th World Masters T&F Championships , Gothenburg Sweden
Aug 2021 (TBC)	19th IAAF World Championships in Athletics , Budapest, Hungary

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