



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2018/2019 Number 28
Tuesday 9 April 2019



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WALKER OF THE WEEK

My Walker of the Week once again is 18 year old Gold Coast walker **Katie Hayward**. Over the last three months, Katie has compiled a series of outstanding race times and broken records galore. At the Australian Championships in Sydney last Friday evening, she smashed her Australian U20 10,000m track walk record by a staggering 69 seconds, clocking **43:20.65** to win the Australian Open title. It easily bettered her 44:29.27 record from January in Canberra and comes on top of her sub-1:30 20km walks. And in more good news, 20 year old Jemima Montag finished not far behind her with a PB 43:51.47.



Katie with her gold medal in Sydney on Friday evening

The two girls now move up to 3rd and 6th on my Australian All-Time ranking list. But the week belonged to Katie with her win. She must surely now arguably rank as the world's top female U20 walker.

1.	41.30	Kerry Saxby-Junna	N	20/06/1961	1	Canberra	27/08/1988	27
2.	42.15	Jane Saville	N	05/11/1974	6	Eisenhuettenstadt	8/05/1999	24
3.	43.20.65	Katie Hayward	Q	23/07/2000	1	Sydney (Aust T&F Champs)	5/04/2019	18
4.	43.28	Gabrielle Blythe	V	09/03/1969	-	Hawkesbury	10/07/1993	24
5.	43.48.08	Beki Lee	N	25/11/1986	1	Sydney (Track)	1/04/2016	29
6.	43.51.47	Jemima Montag	V	15/02/1998	2	Sydney (Aust T&F Champs)	5/04/2019	20
7.	43.58	Tanya Holliday	S	21/09/1988	1	Adelaide	28/07/2012	23
8.	44.01	Jess Rothwell	V	18/06/1989	1	Melbourne	15/02/2009	19
9.	44.19	Claire Tallent	S	06/07/1981	1	Cairns (Oceania Champs)	29/06/2012	30
10.	44.27	Anne Pembroke-Manning	N	13/11/1959	1	Melbourne	21/01/1996	26
11.	44.48	Regan Lamble	V	14/10/1991	4	Lake Taihu, China	26/09/2016	24
12.	44.52	Cheryl Webb	N	03/10/1976	1	Melbourne (Aust 20km split)	7/03/2009	32
13.	45.10	Natalie Saville	N	07/09/1978	2	Melbourne	27/02/1997	18
14.	45.15	Lisa Sheridan Paolini	N	10/12/1962	1	Sydney	17/08/2000	37

15.	45.18	Jill Barrett-Maybir	Q	13/07/1964	3	Melbourne	27/02/1997	26
16.	45.19	Sue Cook	V	23/04/1958	1	Brisbane	28/06/1987	39
17.	45.21.47	Nicole Fagan	N	24/07/1989	2	Melbourne (Aust T&F Champs)	4/04/2014	24
18.	45.22	Wendy Muldoon	V	27/05/1971	1	Melbourne	19/07/1998	27
19.	45.25	Lorraine Young Jachno	V	21/09/1959	1	Melbourne	19/05/1991	31
20.	45.25.90	Kelly Ruddick	V	19/04/1973	3	Melbourne (Aust T&F Champs)	4/04/2014	40

WHAT'S COMING UP

- Our summer season is just about finished, with only a few meets remaining
 - Apr 13-14, 2019 Australian Centurions 24H, 12H & 6H Walks, Coburg, VIC
 - Apr 14 (Sun), 2019 Pre-AMA-Championship track meet, Aberfeldie Aths Track, Melbourne (3000m walks)
 - Apr 26-29, 2019 Australian Masters T&F Championships, Albert Park - <https://melbourne2019.com.au/>
 - Apr 27-28, 2019 Australian Little Athletics Championships, Domain Athletic Centre, Hobart
- A reminder about the Athletics Essendon **pre-AMA-Champs track meet** at the newly laid **Aberfeldie Athletics Track in Moonee Ponds on Sunday 14 April**. This meet is designed as a warm up for the AMA Track & Field Championships which will be held in Melbourne a fortnight later. On request, meet organiser John Cooper has added a 3000m racewalk to the program, with a checkin time of 12:30PM and a start time of 1.15PM. John needs to know walks numbers by 10th April so, if you are going, please contact John at john.cooper3041@gmail.com and let him know. For more details, check out <https://www.facebook.com/events/670719263361778/>.
- And if you are at a loose end this weekend and in Melbourne, come out to the Harolds Stevens Athletics Track in Coburg any time from midday on Saturday to midday on Sunday and watch the walkers in action in the **Australian Centurions annual track race**, which is being held in conjunction with the Coburg 24 Hour Carnival. I will be there and hoping to stay awake for the full 24 hours. Time will tell on that one!
- It's also a great weekend internationally, with 3 big meets on offer
 - 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)

The Japanese 50km Championship in Wajima sees 39 50km walkers in action, including Australians **Jared Tallent**, **Brendon Reading**, **Ian Rayson** and **Kelly Ruddick** and Melbourne based Kiwi **Quentin Rew**. Read more at http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3454.

WINTER SEASON CONSIDERATIONS

Some vital pieces of the jigsaw that is the Victorian/Australian winter roadwalking season.

- Our VRWC winter roadwalking season starts on **Saturday 27th April** with a double header at Middle Park - the AMA 10km roadwalk championships in the morning and our VRWC season opener in the afternoon. See more at <http://www.vrwc.org.au/vrwcw19.shtml>. Here's the program for the double header – note that the AMA 10km walk has been split into two races, one at 10:30AM and one at 11:30AM. It was felt that with nearly 80 entries, it would be safer to reduce the number of concurrent walkers on our VRWC course.

Saturday 27 th April 2019			Middle Park
AMA Australian 10km walk championship			
10:30am	10km	Race 1: all ages up to 55-59 age group	Men and Women
11.30am	10km	Race 2: all ages 60+	Men and Women

Saturday 27 th April 2019			Middle Park
VRWC Events, Entries close for all events at 1.45pm sharp			
2.15pm	8km	Points Race	Open
2.15pm	6km	Points Race	Open
2.15pm	4km	Points Race	Open
2.30pm	2km	Points Race	Open
2.30pm	1km	Points Race	Open

- The biggest carnival of the winter is the annual Lake Burley Griffin Carnival, which is held in Canberra on **Sunday 9th June**. ACTRWC, the local organisers, advise that online entries are now open. Everything you need to know is found on their carnival page at <http://www.actwalkers.com.au/lbg-racewalking-carnival/>.

There were a few issues last year with their online entry system being able to cater correctly for multiple event entries. This has now been fixed and a \$60 cap is in place for walkers who want to enter multiple events. The online entry system is accessed at <https://www.trybooking.com/book/event?eid=477790&>.

- Athletics Australia has announced that the 2019 Australian Roadwalk Championships will be held in Adelaide on **Sunday 8th September**. That means we have had to change the date of the Victorian 50km roadwalk championships which had been scheduled on that date. It has now been pushed back it back one week to Sunday 15th September. The amended VRWC winter season fixture is found at <http://www.vrwc.org.au/vrwcw19.shtml>.

AN INVITATION TO RACE IN GREECE

Zoe Gkini has sent me details of an upcoming Greek racewalking festival. She comments: *Here are the program and information about the international racewalk festival which will be in Patra on 12/5/2019. I would appreciate it if you publish it in your newsletter. The LOC would be very happy to see Australian athletes in the meet!!!*



3RD COFFEEBRANDS

‘PATRAS RACE WALKING FESTIVAL 2019

SUNDAY MAY 12TH 2019

CITY: PATRAS - GREECE

COURSE: Agiou Andreou str (center of city)

EVENTS:

- 20.000m MEN & WOMEN (18.00 pm)
- 10.000m U20 Boys & U20 Girls – U18 Boys (18.20 pm)
- 5.000m U18 Girls – U16 Boys (18.20 pm)
- 3.000m U16 Girls (19.15 pm)
- 2.000m U14 Boys & U14 Girls (19.15 pm)
- 1.000m U12 Boys & U12 Girls (19.15pm)

This meeting will be organized for the third successive year but for the first time as an international event.

- The event is included in the calendar of SEGAS (Greek Federation of Athletics)
- The course is absolutely flat and measured by IAAF's official measurer.
- There will be 3 International Race Walking Judges.
- There are not participation fee for the athletes.
- The official hotel for the organization is on the course of the race.
- Patras is the 3rd city of Greece and is located to the west 215km far from Athens. You can come from Athens airport (El. Venizelos) which is directly connected by train to Patras or by airport of Araxos (35km from Patras) or by boat from Italy (Patras is the port to Italy).
- Organisers will provide free accommodation for a limited number of participants from Saturday 11th May until Monday 13th May
- Final entries must be sent before 4th of May. E-mail address: dimitros_1924@yahoo.gr

**For any further information you can communicate with Meeting Organiser
Mr Dimitris Orfanopoulos (tel. +306973351237 – e-mail: dimitros_1924@yahoo.gr)**

RWV UNIFORMS

With our VRWC winter season fast approaching, I am organising a refresh for our Racewalking Victoria (RWV) uniforms. I have already placed an order for RWV singlets, including lots of our smaller sizes, as we ran short of these last winter. They should be available from mid May.

With regard to our **RWV crop tops, bike shorts and hoodies**, we do have some stock but not in all sizes. We only order what people want for these items, as the options are many and varied. We have activated our uniform ordering page <http://vrwc.org.au/wp1/rwv-uniforms/>. Crop tops, bike shorts and hoodies **MUST** be ordered by **Sunday 28th April 2019**, either using the form on that page or by email to me at terick@melbpc.org.au. Ordered items will be ready by the LBG Carnival in early June.



AVTTP PROGRAM

Did you know that Athletics Victoria runs the **Athletics Victoria Target Talent Program (AVTTP)**. This is a high-performance pathway program funded and regulated in partnership with Athletics Australia and the Victorian Institute of Sport. The aim is to encourage the best young athletes in the State by inviting them to be part of a State level squad and participate in development opportunities. You can read more about it at <http://athsvic.org.au/get-involved/athletes/squads/>.

The 2019 AVTTP will focus on athletes born in 2001, 2002, 2003 or 2004 (Athletes who fall outside of this date range may be considered via discretionary selection). **Nominations close on Friday 12 April!**

So get busy and read all about it and then talk to your coach. You may qualify for selection, but you have to nominate first.

AUSTRALIAN ATHLETICS CHAMPIONSHIPS, SYDNEY, 1-7 APRIL 2019

And now onto our race reporting. I start with the Australian Athletics Championships which were held in Sydney last week. I discussed the first few racewalks (the U20 10,000m walks and the U15-U16 3000m walks) in last week's newsletter. This week, I complete the job with the remaining racewalks.

But before I start, just a plug for the Athletics Australia AthsTV facility which is working its way towards posting video replays of every event that was livestreamed throughout the 2019/19 Australian Athletics season. Just browse to <https://athstv.jwpapp.com/>. So far, they seem to have two of the Australian Championship racewalks posted:

<https://athstv.jwpapp.com/m/EjXnmCpt/u17-18-boys-5000-metre-walk-final-2019-australian-championships>
<https://athstv.jwpapp.com/m/yqlyuZsy/u17-18-girls-5000-metre-walk-final-2019-australian-championships>

Presumably, the remaining Australian Championship walks will soon be added.

Tues 2nd April

The U14 3000m walks were contested last Tuesday, with wins to **Milly Boughton** (14:26.12) and **Sam McCure** (14:26.19). Lots of PBs amongst the walkers. Very impressive!

3000m Walk U14 Girls

1.	Boughton, Milly	06	NSW	14:26.12	PB 0:11
2.	Heap, Ashanti	06	QLD	15:03.46	
3.	Pitcher, Sienna	07	NSW	15:04.79	PB 0:57
4.	Williams, Lyla	07	QLD	15:43.19	PB 0:17

5.	Munroe, Ella	06	NSW	15:51.06	PB 0:16
6.	Lamb, Chloe	07	NSW	15:51.57	PB 0:32
7.	Stanley, Jayda	06	NSW	16:02.32	PB 0:40
8.	Gee, Tamika	07	QLD	16:23.63	PB 1:01
9.	Wilks, Hannah	07	SA	16:44.31	PB 0:52
10.	Krklinski, Chloe	06	NSW	17:02.17	
11.	Deruvo, Katie	07	SA	17:06.29	PB 0:40
12.	Tatlock, Riannah	06	VIC	17:35.17	
13.	Burns, Amayah	06	NSW	18:42.13	
14.	Richards, Amber	06	WA	19:58.84	

3000m Walk U14 Boys

1.	McCure, Sam	06	QLD	14:46.19	PB 0:46
2.	Toyne, Owen	07	ACT	15:05.74	PB 1:17
3.	Imbriano, Joel	06	VIC	15:13.88	PB 0:52
4.	Wakim, Marcus	06	VIC	15:22.38	PB 0:37
5.	Epps, Luke	06	VIC	15:25.61	PB 0:08
6.	Matters, Zachary	06	VIC	15:58.72	PB 0:21
7.	Walker, Mark	06	NSW	16:46.39	
8.	Ashby, Myles	07	NSW	16:50.27	
9.	Bell, Darcy	06	NSW	17:15.39	
	Young, Sebastian	06	ACT	DQ	



U14 Girls 3000m podium: Ashante Heap, Milly Boughton and Sienna Pitcher

Friday 5th April

The men's and women's Open 10,000m Walks were held on Friday evening in just about perfect conditions. The rain had stopped and it was cool and still. See the report at <http://www.athletics.com.au/News/Article-Details/ArtMID/7358/ArticleID/2061563/More-Hayward-records-on-day-five-of-the-Australian-Track-Field-Championships>.

In the men's walk, **Dane Bird-Smith's** continued his return to top form, with a personal best time of 38:30.61, strengthening his position as the second fastest 10,000m walker in Australian history. **Rhydian Cowley** was second with 40:44.81 and **Quentin Rew** was third with 41:02.24. As Quentin was competing as a visitor, the third place in the Australian Championship went to **Tyler Jones** with a PB 41:39.29. The first 3 finishers all broke the 41:30 qualifying standard for the Oceania Games. I was lucky enough to watch on a live stream and Dane looked brilliant.

10,000m Walk Open Men

1.	Bird-Smith, Dane	92	QLD	38:30.61	PB 0:04, , OCE
2.	Cowley, Rhydian	91	VIC	40:44.81	OCE
3.	Rew, Quentin	84	NZL	41:02.24	OCE
4.	Jones, Tyler	98	NSW	41:39.27	PB 0:22
5.	Gibbons, Carl	96	NSW	43:16.99	PB 1:16
6.	Tebbutt, Oscar	01	NSW	44:14.50	PB 0:05
7.	Kozica, Jason	87	VIC	47:06.44	

8.	Richardson, Dylan	00	NSW	47:14.74
9.	Reid, Benjamin	01	WA	49:00.20
10.	Bird, Kyle	96	VIC	54:14.02
11.	Mann, Bradley	99	WA	DNF

The women's walk saw **Katie Hayward** and **Jemima Montag** head out fast, but it was not too long before Katie cleared away, walking brilliantly to finish with a huge PB time of 43:20.65. This time of 43:20.65 smashed her Australian U20 10,000m track walk record by a staggering 69 seconds (her previous record of 44:29.27 was set in January in Canberra). She has also clocked 2 sub 1:30 20km walks in the interim and is in a rare streak of form. Further back, a great battle raged between **Rachel Tallent**, **Simone McInnes** and **Clara Smith**, with Rachel just holding out Simone, 46:10.54 to 46:11.63. These first 4 girls all bettered the Oceania Games qualifying standard of 46:30.

10,000m Walk Open Women

1.	Hayward, Katie	00	QLD	43:20.65	PB 0:52, OCE
2.	Montag, Jemima	98	VIC	43:51.47	PB 0:08, OCE
3.	Tallent, Rachel	93	VIC	46:10.54	PB 0:13, OCE
4.	McInnes, Simone	91	VIC	46:11.63	PB 1:00, OCE
5.	Smith, Clara	98	QLD	46:38.88	
6.	Papadopoulos, Christina	96	QLD	47:37.38	PB 0:45
7.	Huse, Philippa	99	VIC	49:37.84	
8.	O'Neill, Molly	00	NSW	52:41.72	PB 1:15



Left: Katie and Jemima fight out the women's 10,000m walk
Right: Podium of Jemima Montag, Katie Hayward and Rachel Tallent

Sat 6th April

The U17 and U18 Boys were up first on Saturday, contesting a joint 5000m Walk. Wins to **Gwyllym Young** (21:51.69) and New Zealander **Daniel Du Toit** (23:14.86). Special mention to **Corey Dickson** who took bronze in the U18 5000m (22:03.13) after taking silver in the U20 10,000m (46:09.89) a few days earlier.

5000m Walk U18 Boys

1.	Young, Gwyllym	02	ACT	21:51.69	Eq. PB
2.	McCutcheon, Nelson	02	QLD	21:54.19	
3.	Dickson, Corey	02	VIC	22:03.13	PB 0:09
4.	McGinniskin, Jack	02	NSW	22:37.87	30 sec time penalty
5.	Blaskett, Hayden	02	NSW	26:21.05	

5000m Walk U17 Boys

1.	Du Toit, Daniel	03	NZL	23:14.86	
2.	Robertson, William	03	TAS	23:39.30	
3.	Mandic, Nikola	03	VIC	23:55.60	
4.	Beveridge, Heath	03	VIC	25:00.06	PB 0:02
5.	Kemp, Joel	03	NSW	25:36.01	
6.	Hay, Angus	03	VIC	29:33.38	30 sec time penalty

The U17 and U18 Girls also contested a joint 5000m, with wins to **Caitlin Hannigan** (24:18.92) and **Camryn Novinetz** (24:18.27).

5000m Walk U18 Girls

1.	Hannigan, Caitlin	02	QLD	24:18.92	
2.	Sandery, Olivia	03	SA	25:18.61	30 sec time penalty
3.	Bolton, Hannah	03	NSW	25:28.68	PB 0:06
4.	Hay, Charlotte	03	VIC	26:17.20	
5.	Manning, Hannah	02	ACT	26:41.11	
6.	Bell, Bridget	02	NSW	27:29.96	
7.	Cocking, Holly	02	VIC	27:51.81	30 sec time penalty
8.	Brennan, Elise	02	NSW	28:49.24	
9.	Powierski, Rebekah	02	VIC	29:13.33	PB 0:43
10.	Parker, Hannah	02	NSW	29:38.07	
11.	O'Mahony, Kathleen	02	VIC	29:50.98	
12.	Robertson, Brittany	02	NSW	30:37.79	

5000m Walk U17 Girls

1.	Novinetz, Camryn	03	QLD	24:18.27	PB 0:54
2.	Peart, Alanna	03	VIC	25:14.19	
3.	Blanch, Emma	03	NSW	26:20.59	
4.	Vickers, Larissa	03	QLD	28:30.30	
5.	Hill, Gabriella	03	QLD	28:55.90	30 sec time penalty
6.	Ross, Kiera	05	SA	29:03.44	
7.	Ireland, Hannah	03	WA	29:19.22	
8.	Callaway, Madison	03	NSW	30:38.75	
9.	Thomson, Jada	04	NSW	30:39.41	
10.	Louey, Grace	03	VIC	31:01.45	
11.	Martin, Brooke	03	NSW	32:42.84	
12.	Dingli, Alannah	03	VIC	34:15.59	

Sadly, I need to reproduce some critical comments about these particular races. When I came to look at the results, I was surprised to see a major shift in the way they were timetabled. The final timetable had scheduled the events to be held as follows

9:00AM 5000m Walks U18 Boys/Girls 9:40AM 5000m Walks U17 Boys/Girls

The races that were actually held were differently structured

9:00AM 5000m Walks U17 and U18 Girls 9:40AM 5000m Walks U17 and U18 Boys

Here is what one of the Victorian parents had to say about this change

You probably heard how inconsiderate Athletics Australia were to our poor U17 boys and girls. As always we checked the timetable the night before. The next morning just before heading to the track about 7.45am, one of the other parents text/rang us saying that she thought the U17 Girls race had been changed to 9am. At that time (7.19am) we checked the "Final timetable as at 5-4-19" online and it still stated the U17 girls at 9.40am U18 boys 9am, so advised her accordingly.

On going to the sign-in room. we were advised that the race had been changed and "it had been changed for several days and everyone was aware of it and had been contacted. And announcements had been made about this changed several times." We certainly had not been told nor heard over the speaker. When checking the timetable again at 8.15am it had magically disappeared from the Aust Aths website!

On arriving at the warm up track no-one else except one Qld coach was aware of the change. Some U17 walkers had not signed in 1hr before, but were then automatically signed in. Poor Grace Louey was still walking to the track when someone managed to contact her about the change. When questioned in the call room, most athletes didn't know anything about the change and many didn't really have a proper warm up as they had to rush to the call room. Even the boys were effected as Corey was warming up for his U18 walk when he found out his race had been moved to the later time.

Afterwards we found that Aths Aust had changed the U17 boys & U17 girls time on the "Live Results" page where you go to see the results. This is where the other parent had seen the change but was confused as there was still a "Final Timetable 5-4-19" on the website. We were always told a Final Timetable was gospel. Who looks on the live results page when the race has not been run, if there is a Final Timetable dated 5-4-19. Later that day the "Live Results" button was changed to say "Schedule & Live Results" and the "Final Timetable 5-4-19" disappeared.

I don't believe the race results would have changed because of this, but why would Aths Aust unnecessarily stress young athletes when there was no obvious reason why they should change the race grouping at such late notice - the day before - and not advise anyone properly. One parent spoke to Sean Whipp (Aths Vic Team manager) and he had not been advised of the change or he could have contacted the parents. They should have a block out time of 24-48hrs so they cannot change the timetable unless due to adverse weather effects.



U18 Boys podium: Nelson McCutcheon, Gwyllym Young and Corey Dickson



The start of the U17 and U18 Girls' 5000m Walks in Sydney



U18 and U17 Girls' Podiums - Olivia Sandery, Caitlin Hannigan, Hannah Bolton, Alanna Peart, Camryn Novinetz and Emma Blanch



Victorians Charlotte Hay, Rebekah Powierski, Holly Cocking, Grace Louey, Kathleen O'Mahony, Alannah Dingly and Alanna Peart

FROM THE VAULTS – FRANK CLARK WINS THE 1969 AUSTRALIAN 3000M WALK TITLE

Since I have just finished reviewing the Australian Track Championships, let's go back 50 years to the 1969 Australian T&F Championships which were held on the cinders track at Olympic Park in Melbourne and which featured an Open Men's 3000m Track Walk. The 3000m walk, which was held in pouring rain, saw NSW walker **Frank Clark** win with a time of 12:54.4.



Frank Clark wins the Australian 3000m Track Walk in Melbourne 50 years ago

It was his only national win on the track and it balances nicely with 3 track silvers and three track bronzes. His national track medal performances read as follows

2 Mile Walk

1961	Bob Gardiner	VIC	14.40.2	Frank Clark	NSW	14.44.8	Peter Waddell	NSW	14:45.2
1963	Noel Freeman	VIC	14.32.1	Frank Clark	NSW	14.50.7	Frank Leonard	NSW	14.59.3
1964	Noel Freeman	VIC	13.58.6	Bob Gardiner	VIC	14.36.6	Frank Clark	NSW	14.40.2
1965	Bob Gardiner	VIC	14.10.2	Noel Freeman	VIC	14:16.6	Frank Clark	NSW	14:16.8

3000m Walk

1968	Noel Freeman	VIC	12.39.6	Frank Clark	NSW	12:41.6	Peter McCullagh	SA	13:31.4
1969	Frank Clark	NSW	12.54.4	Bob Gardiner	VIC	13:24.6	Wayne Melville	TAS	13:37.6
1972	Ross Haywood	VIC	12.44.8	Frank Clark	NSW	12:47.6	Frank Leonard	SA	13:09.0

Frank had an illustrious career on the road as well, winning 2 golds, 1 silver and 3 bronzes in Australian road titles.

National Championships

1964 Aust. Roadwalks	50 km Walk	3	4:31:21.6
1965 Aust. Roadwalks	20 km Walk	2	1:37:35.0
1966 Aust. Roadwalks	50 km Walk	3	4:28:06.2
1967 Aust. Roadwalks	20 km Walk	1	1:35:13.6
1968 Aust. Roadwalks	50 km Walk	3	4:30:34.0
1969 Aust. Roadwalks	20 km Walk	1	1:31:56.6

Internationally, he repped at the 1966 Commonwealth Games and the 1968 Olympics.

International Representations

1966 Commonwealth Games	20 mile Walk	DNF	
1968 Olympic Games	20 km Walk	16	1:40:06.0
1968 Olympic Games	50 km Walk	12	4:40:13.8

Frank born 11th September 1943, turned 75 last year and is still going strong.

SAMA CHAMPIONSHIPS DAY 1, SA ATHLETICS STADIUM, ADELAIDE, WEDNESDAY 3 APRIL

Thanks to Colin Hainsworth for this week's results from the South Australian Masters in Adelaide. It was the first day of their SAMA Track Championships. He commented: Warm pleasant evening.

1500m Walk

1.	JAN LAYNG	11:39	W70	66.72
1.	LIZ DOWNS	10:38	W63	67.25
1.	MARIE MAXTED	09:19	W58	72.92
1.	COLIN HAINSWORTH	14:19	M89	67.14
1.	GEORGE WHITE	08:30	M73	88.17
1.	GIL MCINTOSH	09:38	M68	73.17
1.	ROSS HILL-BROWN	11:16	M64	59.84
1.	MARK WORTHING	08:26	M56	73.85

1500m Club Walk

1.	VALMAI PADGET	11:29	W74	71.52
1.	MARGARET MCINTOSH	11:33	W66	64.04
2.	CATHIE HORE	12:56	W68	58.59
1.	DAVID ROBERTSON	12:53	M85	69.46
1.	GRAHAM HARRISON	11:16	M75	68.30

3000m Walk

1.	JAN LAYNG	24:28	W70	66.51
1.	LIZ DOWNS	22:21	W63	66.53
1.	MARIE MAXTED	19:27	W58	72.35
1.	GEORGE WHITE	17:56	M73	85.23
1.	GIL MCINTOSH	19:48	M68	72.59
1.	ROSS HILL-BROWN	23:55	M64	57.46
1.	RICHARD EVERSON	17:56	M55	70.16

3000m Club Walk

1.	VALMAI PADGET	24:39	W74	70.05
1.	MARGARET MCINTOSH	23:56	W66	64.45
2.	CATHIE HORE	25:59	W68	60.93
3.	EDNA BATES	27:00	W66	57.13
1.	DAVID ROBERTSON	25:57	M85	70.52
1.	GRAHAM HARRISON	22:45	M75	69.00
1.	DAVE FALLON	22:42	M66	61.88

ACTRWC TRACK WALKS, WODEN PARK, WODEN, THURSDAY 4 APRIL

Thanks to Robin Whyte for the latest results from Canberra – I suspect this was the final race of their summer season.

3000m Handicap

1.	Kodi Clarkson (F/T)	17:28
2.	Geoff Barker	24:23
3.	Val Chesterton	24:36
4.	Doug Fitzgerald	23:51
5.	Ken Hart	22:03
6.	Bryan Thomas	21:35
7.	Margaret McSpadden	26:24
8.	Robin Whyte	19:50
9.	Sheryl Greatehead	25:01
10.	Lorna England	27:10
	Caroline Campbell	DNF
	Ruth Baussmann	DNF

1000m Walk

1.	Harry Baker	05:40
2.	Georgia Frew	06:05
3.	Ella Baker	06:21
4.	Keeva Robertson-McEvoy	06:34
5.	Jim White	07:33

ACTRWC ROADWALKS, MOLONGLO REACH, CANBERRA, SATURDAY 6 APRIL

And no sooner had the ACT Race Walking Club finished its summer season than its winter season kicked off, with roadwalks at Molonglo Reach on Saturday in Canberra.

4km Walk

1.	Owen Toyne	22:56
2.	Helena Bialecki	27:15
3.	Rosemary Parker	30:41
4.	Robyn Saunders	34:52
5.	Monika Short	34:52

8km Walk

1.	Mitchell Baker	41:27
2.	Greg Durr	53:20
3.	Robin Whyte	55:43
4.	Mick Saunders	59:50
5.	Bryan Thomas	1:00:22
6.	Bob Parker	1:02:45
7.	Geoff Barker	1:06:50
8.	Val Chesterton	1:07:29
9.	Phil Essam	1:16:16

2km Walk

1.	Kodi Clarkson	11:31
2.	Harry Baker	13:36
3.	Georgia Frew	13:53
4.	Jack Thackray	17:38

QRWC ROADWALKS, KALINGA PARK, BRISBANE, SUNDAY 7 APRIL

Thanks to Robyn Wales for the results of the opening winter season races for the Queensland Race Walking Club in Brisbane. 32 walkers in total – an excellent start.

5km Walk

1.	Peter Bennett	M	28.05
2.	Argenis Guevara	M	28.18
3.	Brenda Gannon	F	28.35
4.	Charlotte Hamann	F	32.16
5.	Elliot Bow	F	33.46
6.	Patrick Sela	M	40.25
7.	Noela McKinven	F	42.32

2km Walk

1.	Anika Clarke	F	10.24
2.	Sam McCure	M	10.26
3.	Makenna Clarke	F	11.58
4.	Alejandra Hannouf	F	12.00
5.	Alex Bradley	M	12.05
6.	Lily Goulding	F	12.29
7.	Caterina Davey	F	13.25
8.	Anna Tudor	F	13.42
9.	Charlotte Brady	F	14.26
10.	Zoe Davey	F	14.28
11.	Gabriela Hannouf	F	14.29

3km Walk

1.	Tamika Gee	F	16.01
2.	Lyla Williams	F	16.57
3.	Kai Norton	M	17.16
4.	Amber Norton	F	17.50
5.	Korey Brady	F	18.41
6.	Sophie Porter	F	18.49
7.	Jasmine McRoberts	F	19.44
8.	Torryn Fisher	F	20.40
9.	Phoebe Chadwick	F	21.52

1km Walk

1.	Siaan Fisher	F	6.04
2.	Imogen Miller	F	6.47
3.	Isabella Gee	F	6.56
4.	Ethan Gratton	M	6.57
5.	Blake Gee	M	7.37

SARWC ROADWALKS, ADELAIDE PARKLANDS, ADELAIDE, SATURDAY 6 APRIL

The South Australian Race Walking Club also kicked off their winter roadwalking season on Saturday. Thanks to Peter Crump for the results. Their numbers were down due to the number of junior walkers competing at the nationals in Sydney.

3km Walk

1. Seth Upton	20:16
Liz Downs	DNF

2km Walk

1. Edward Upton	17:52
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1km Walk

1. Xavier Upton	8:53
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5km Walk

1. Kim Mottrom	22:06
2. Alix Harlington	25:57
3. Richard Everson	26:40
4. Kitarni Upton	30:30
5. Royrie Upton	31:01
Mathew Bruniges	DNF

87TH INTERNATIONAL RACEWALKING MEET, PODEBRADY, CZECH REPUBLIC, SATURDAY 6 APRIL
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Last Saturday 6 April saw the 87th edition of the classic Podebrady racewalking meet, with teams from France, Ireland, Italy, Lithuania, Slovakia and Hungary joining their Czech hosts. One of the last big meets before the European Racewalking Cup events in Alytus on 19th May, fields in all events were strong and large. Consider - 48 walkers entered in the women's 20km and 64 in the men's 20km. As usual, the event was well reported by marciadalmondo, with two press releases

http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3457

http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3458

The women's 20km saw a strong win to **Eleonora Giorgi** of Italy (1:27:46). She had been challenged early by young Mexican **Alegna Gonzalez** who held on to finish second in a 3 min PB of 1:30:21. Third place went to Guatemalan walker **Mirna Ortiz** (1:31:38). What makes Giorgi's walk even more impressive is that she is in heavy training for the 50km in Alytus. On current form, that could see a huge time! Special mention for Welsh walker **Heather Lewis** who finished 12th in a PB 1:35:04. Italy won the teams race (Giorgi and Colombi) in front of Lithuania (the Vaičiukevičiute twins) and France (Beretta and Terrec).

The men's 20km was much more tightly contested, with **Vasiliy Mizinov** (ANA) managing to win in 1:20:14, ahead of South African **Wayne Snyman** (a huge PB of 1:20:17) and early pace setter **Christopher Linke** of Germany (1:20:33). Back in sixth place, English walker **Callum Wilkinson** recorded a huge PB of 1:21:34 for a new national U23 record - it was in fact the second fastest British performance of all time. With Snyman 2nd and Wilkinson 6th, it was a good day for the Commonwealth walkers. Italy won the teams event (Tontodonati, Giupponi and Brandi) ahead of France (Campion, Quinion and Bordier) and Ireland (Wright, Boyce and McManamon).

Full results at http://www.marciadalmondo.com/admin/pdf/risultati/06042019314PodebradyApr6_2019_RES.pdf

20km Men

1.	Mizinov Vasiliy	1997	1:20:14	ANA	
2.	Snyman Wayne	1985	1:20:17	RSA	PB
3.	Linke Christopher	1988	1:20:33	GER	
4.	Campion Kévin	1988	1:20:49	FRA	
5.	Tontodonati Federico	1989	1:21:20	ITA	PB
6.	Wilkinson Callum	1997	1:21:34	GBR	NRU23
7.	Giupponi Matteo	1988	1:21:52	ITA	
8.	Wright Alex	1990	1:23:04	IRL	
9.	Ojala Aleks	1992	1:23:41	FIN	NRU23
10.	Araya Yerko	1986	1:23:51	CHI	
11.	Quinion Aurélien	1993	1:24:18	FRA	
12.	Boyce Brendan	1986	1:24:31	IRL	PB
13.	Junghannß Karl	1996	1:24:38	GER	
14.	Meléndez José	1995	1:25:03	PUR	
15.	Cerný Dominik	1997	1:25:47	SVK	PB
16.	McManamon Cian	1991	1:26:20	IRL	
17.	Bordier Gabriel	1997	1:26:36	FRA	
18.	Grillo Ettore	1997	1:26:36	ITA	PB
19.	Gdula Lukáš	1991	1:27:14	CZE	
20.	Saulgriezis Raivo	1994	1:27:45	LAT	
21.	Brandi Giacomo	1998	1:27:46	ITA	
22.	Kozlovskij Genadij	1991	1:28:07	LTU	
23.	Srp Miklós	1993	1:28:32	HUN	
24.	Kenny David	1999	1:28:49	IRL	
25.	Guinaudeau Keny	1993	1:28:55	FRA	
26.	Hlavác Vít	1997	1:28:56	CZE	PB
27.	Rízek Milan	1978	1:29:27	SVK	
28.	Syndyuk Andriy	1999	1:29:39	UKR	
29.	Tokodi Dávid	1991	1:30:25	HUN	
30.	Morvay Michal	1996	1:30:54	SVK	
31.	Hava Joni	1999	1:32:24	FIN	PB

32.	Määttänen Jaakko	1999	1:32:24	FIN	PB
33.	Micheletti Juriy	1998	1:33:13	ITA	
34.	Côme Martin	1995	1:33:40	FRA	
35.	Hlavenka Tomáš	1977	1:33:49	CZE	PB
36.	Nedvidek Martin	1975	1:35:35	CZE	PB
37.	Canas Jaime	1990	1:36:26	ESP	
38.	Malysa Alexandr	1997	1:37:03	CZE	PB
39.	Kolár Rostislav	1987	1:41:04	CZE	PB
40.	Libnar Vojtech	1999	1:42:34	CZE	
41.	Balevicius Deividas	1991	1:44:17	LTU	
42.	Smola Josef	1964	1:48:51	CZE	
43.	Sonnek Hubert	1962	1:55:02	CZE	
44.	Vojtišek Tomáš	1973	1:55:57	CZE	PB
	Sheiko Georgi	1989	DNF	KAZ	
	Pássaro Luis Miguel	1994	DNF	POR	
	Ketner Karel	1990	DNF	CZE	
	Fessellier Fabian	1994	DNF	FRA	
	Boyez Antonin	1984	DQ	FRA	
	Kuster David	1999	DQ	FRA	
	Galindo Virgilio	1994	DQ	MEX	
	King Daniel	1983	DQ	GBR	
	Espada Luis	1998	DQ	PUR	
	Thomas Guy	1997	DQ	GBR	

20km Women

1.	Giorgi Eleonora Anna	1989	1:27:46	ITA	
2.	González Alegna	1999	1:30:21	MEX	PB
3.	Ortiz Mirna	1987	1:31:38	GUA	
4.	Vaiciukeviciuté Živilė	1996	1:31:57	LTU	
5.	Tekdal Ayse	1999	1:32:04	TUR	
6.	Colombi Nicole	1995	1:32:28	ITA	PB
7.	Feige Saskia	1997	1:32:59	GER	
8.	Rykova Regina	1991	1:34:10	KAZ	PB
9.	Beretta Clémence	1997	1:34:15	FRA	NRU23
10.	Czaková Mária Katerinka	1988	1:34:34	SVK	
11.	Yakusheva Galina	1988	1:34:39	KAZ	
12.	Lewis Heather	1993	1:35:04	GBR	PB
13.	Terrec Eloise	1998	1:35:15	FRA	PB
14.	Vaiciukeviciuté Monika	1996	1:35:27	LTU	
15.	Drahotová Anežka	1995	1:35:43	CZE	
16.	Hornáková Monika	1995	1:38:14	SVK	PB
17.	Kovács Barbara	1993	1:38:31	HUN	
18.	Marcou Amandine	1992	1:39:03	FRA	
19.	Récsei Rita	1996	1:39:38	HUN	
20.	Ratova Aiman	1991	1:39:39	KAZ	
21.	Shlykova Yekaterina	1999	1:39:52	KAZ	PB
22.	Schultz Zelda	1992	1:40:16	RSA	PB
23.	Chaparro Maria Alejandra	1999	1:40:24	COL	PB
24.	Averous Violaine	1985	1:41:26	FRA	
25.	González Gabriela Gissel	1991	1:41:37	MEX	
26.	Veale Kate	1994	1:44:37	IRL	
27.	Kovács Andrea	1980	1:46:04	HUN	
28.	Kivimäki Anniina	1999	1:46:49	FIN	
29.	Janošíková Veronika	1998	1:49:08	CZE	PB
30.	Hacundová Ema	1999	1:50:23	SVK	
31.	Vainaitė Greta	1996	1:53:01	LTU	
32.	Pohlová Kucerová Štěpánka	1987	1:56:30	CZE	PB
33.	Dušková Nadežda	1980	1:57:57	CZE	PB
34.	Borovicková Lenka	1973	2:01:58	CZE	
35.	Netolická Martina	1982	2:02:32	CZE	
36.	Marchiori Maura	1959	2:03:41	ITA	
37.	Thouret Lucie	1993	2:03:58	FRA	
	Osmont Caroline	1996	DNF	FRA	
	Nurmi Enni	1998	DNF	FIN	
	Moller Fride	1997	DNF	NOR	
	Burke Veronica	1996	DNF	IRL	
	Cellard Loanie	1998	DNF	FRA	
	Ortuno Valeria	1998	DNF	MEX	

Heikkinen Elina	1997	DQ	FIN
Quennehen Marine	1991	DQ	FRA

The morning began with U18 5km and U20 10km races. The U20 men's race was won by **César Córdova** of Mexico (41:24) ahead of UK's **Chris Snook** (43:37) while the U20 women's race was won by **Karla Serrano** of Mexico (47:46). Special note for PBs for UK walkers **Abigail Jennings** (52:52) and **Pagen Spooner** (53:54). It was a very promising meet for the young UK walkers.

10km U20 Men

1.	Córdova César	2002	41:24	MEX	PB
2.	Snook Christopher	2000	43:37	GBR	PB
3.	Gamba Gabriele	2002	43:41	ITA	PB
4.	Cosi Andrea	2001	43:56	ITA	PB
5.	Kováč Daniel	2001	43:58	SVK	
6.	Rožnovský Rostislav	2000	44:03	CZE	PB
7.	Duc Matteo	2001	44:13	FRA	PB
8.	Moreu Jan	2001	44:52	PUR	
9.	Madeline-Degy Martin	2001	45:04	FRA	PB
10.	Gognies Ryan	2000	45:18	FRA	
11.	Lane Oisín	2002	45:23	IRL	PB
12.	Robichon Alexis	2000	45:25	FRA	PB
13.	Tóth Norbert	2001	45:36	HUN	
14.	Meli Mikias	2000	46:05	ITA	PB
15.	Varga Máté	2002	46:29	HUN	
16.	Scoli Giulio	2001	46:40	ITA	PB
17.	Glennon Matthew	2003	47:04	IRL	PB
18.	Peter Florian	2002	47:35	FRA	
19.	Zajíček Adam	2003	48:11	CZE	PB
20.	Wilkinson George	2002	48:22	GBR	
21.	Joukas Lauri	2001	48:26	FIN	PB
22.	Junghannß Otto	2000	48:50	GER	
23.	Bonzon Nathan	2000	48:55	SUI	
24.	Varga Dávid	2001	49:02	HUN	
25.	Benini Davide	2002	49:13	ITA	PB
26.	Lomo Tobias	2000	49:29	NOR	PB
27.	Juozaitis Pailius	2000	49:46	LTU	
28.	Schmidt Moritz	2001	49:48	GER	PB
29.	Morávek Jaromír	2003	49:49	CZE	PB
30.	Hamzic Alan	2000	50:57	SVK	
31.	Dumbliauskas Ignas	2003	51:51	LTU	
32.	Dušek Petr	2001	52:35	CZE	
33.	Galcius Justinas	2002	54:20	LTU	PB
34.	Cervenka Jan	2000	54:34	CZE	PB

10km U20 Women

1.	Serrano Karla	2004	47:36	MEX	PB
2.	Lacatus Andrada Lavinia	2000	48:13	ITA	PB
3.	Ramos Sofia	2002	48:20	MEX	
4.	Stey Pauline	2001	48:27	FRA	PB
5.	Buglisi Sara	2001	49:27	ITA	PB
6.	Bertini Simona	2001	49:41	ITA	PB
7.	Moutard Camille	2001	49:56	FRA	
8.	Gatti Camilla	2001	50:05	ITA	PB
9.	O'Connor Niamh	2000	50:10	IRL	PB
10.	Biré-Heslouis Maëlle	2002	50:36	FRA	PB
11.	Burzalová Hana	2000	50:44	SVK	
12.	Crivellaro Camilla	2000	50:59	ITA	PB
13.	Terrec Maelle	2001	51:18	FRA	
14.	Giordani Vittoria	2000	51:36	ITA	
15.	Spiller Tiziana	2003	51:52	HUN	
16.	Grandi Josephine Alisa	2000	51:58	GER	PB
17.	Kavaliauskaitė Austėja	2000	52:02	LTU	
18.	Morozova Kristina	2001	52:14	KAZ	PB
19.	Molist Lucille	2001	52:20	FRA	PB
20.	Ahponen Peppi	2000	52:45	FIN	
21.	Casiraghi Martina	2002	52:45	ITA	
22.	Jennings Abigail	2000	52:52	GBR	PB
23.	Csörgö Dóra	2001	53:04	HUN	
24.	Meškauskaitė Adrija	2001	53:52	LTU	

25.	Spooner Pagen	2001	53:54	GBR	PB
26.	Zsemberi Zsófia	2004	54:02	HUN	PB
27.	Ragasová Alžbeta	2002	54:26	SVK	
28.	Dailidonyté Toma	2003	56:00	LTU	
29.	Garcia Ana	2002	56:11	GBR	
30.	Glittenberg Siri Gamst	2002	56:12	NOR	
31.	Glennon Sarah	2001	56:15	IRL	
32.	Rusková Lucia	2001	56:21	SVK	PB
33.	Flynn Maria	2001	58:04	IRL	
34.	Ulbrich Yasmin	2000	59:15	GER	
35.	Ševčíková Nikoleta	2001	62:20	SVK	PB

28TH GRANDE PRÉMIO INTERNACIONAL DE RIO MAIOR, RIO MAIOR, PORTUGAL, SATURDAY 6 APRIL

Well reported as usual by marciadalmondo (http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3460). Fields were much smaller than in Podebrady but still stongly contested. The 20km walks were won by pre-race favourites **Qieyang Shejie** (CHN) and men **Eider Arevalo** (COL).

In the women's race, Qieyang Shejie went straight to the front and was on her own after 3km. From there on, she powered through to win with 1:29:00, little more than a training on a windy day, ahead of **Inna kashina** (UKR) with 1:29:30, **Sandra Lorena Arenas** (COL) with 1:30:00, **Raquel Gonzalez** (ESP) with 1:30:17, **Laura Garcia-Caro** (ESP) with 1:30:33 and **Erica de Sena** (BRA) with 1:31:16. That is impressive depth!

The men's race was very different, with a large group of about 15 walkers together at the front for around 14km. Aravallo had tried to break away then, only to be quickly caught. He tried again at the 18km mark and was successful on this occasion, going on to win with 1:21:15, ahead of **Diego Garcia** (ESP) with 1:21:26, **Eiki Takahashi** (COL) with 1:21:40, **Caio Bonfim** (BRA) with 1:21:44, **Noel Ali Chama** (MEX) with 1:21:56 and **David Hurtado** (ECU) with 1:22:03. There was certainly a Central and South American flavour to the top placings!

20km Women

1.	Shijie QIEYANG	CHN	1:29:00
2.	Inna KASHYNA	UKR	1:29:30
3.	Sandra ARENAS	COL	1:30:00
4.	Raquel GONZÁLEZ	ESP	1:30:17
5.	Laura GARCÍA-CARO	ESP	1:30:33
6.	Erica DE SENA	BRA	1:31:16
7.	Yehualeye BELETEW	ETH	1:33:02
8.	Ana CABECINHA	POR	1:34:01
9.	Júlia TAKÁCS	ESP	1:34:24
10.	Noelia VARGAS	CRC	1:37:13
11.	Elianay PEREIRA	BRA	1:37:14
12.	Inês HENRIQUES	POR	1:38:16
13.	Marina PEÑA	ESP	1:38:24
14.	Panayióta TSINOPOÚLOU	GRE	1:38:35
15.	Irene MONTEJO	ESP	1:39:34
16.	Bethan DAVIES	GBR	1:39:43
17.	Edna BARROS	POR	1:42:22
18.	Joana PONTES	POR	1:42:25
19.	Maria BERNARDO	POR	1:42:36
20.	Sandra SILVA	POR	1:50:39

20km Men

1.	Eider ARÉVALO	COL	1:21:15
2.	Diego GARCÍA CARRERA	ESP	1:21:26
3.	Eiki TAKAHASHI	JPN	1:21:40
4.	Caio BONFIM	BRA	1:21:44
5.	Noel Alí CHAMA	MEX	1:21:56
6.	David HURTADO	ECU	1:22:03
7.	João VIEIRA	POR	1:22:05
8.	Ricardo ORTIZ	MEX	1:22:16
9.	Alberto AMEZCUA	ESP	1:22:21
10.	José Luis DOCTOR	MEX	1:22:24
11.	Tom BOSWORTH	GBR	1:23:22
12.	Andrés CHOCHO	ECU	1:23:32
13.	Álvaro MARTÍN	ESP	1:23:40
14.	Ivan LOSEV	UKR	1:23:53
15.	Iván LÓPEZ	ESP	1:23:58

16.	Jun ZHANG	CHN	1:24:28
17.	Aléxandros PAMAMICHÁIL	GRE	1:24:30
18.	Miguel RODRIGUES	POR	1:24:30
19.	José Manuel PÉREZ	ESP	1:24:59
20.	Manuel BERMÚDEZ	ESP	1:25:41
21.	Stefano CHIESA	ITA	1:28:00
22.	Yohanis ALGAW	ETH	1:28:32
23.	Hélder DOS SANTOS	POR	1:29:17
24.	Pedro ISIDRO	POR	1:30:32
25.	Cristiano ANTÓNIO	POR	1:33:08
26.	Marcos FERNÁNDEZ	ESP	1:35:12
27.	Amaro TEIXEIRA	POR	1:39:44
28.	Jesus ABAD	ESP	1:39:50
29.	Manuel MARQUES	POR	1:39:51
30.	Henrique SANTOS	POR	1:49:52

10km U20 Men

1.	LI TAO	CHN	44:01
2.	RÚBEN SANTOS	POR	45:48
3.	DANIEL DE LUCAS	ESP	45:51
4.	PEDRO DIAS	POR	46:21

10km U20 Women

1.	YIN LAMEI	CHN	47:29
2.	TANG DAN	CHN	49:29
3.	ZHANG HONGMEI	CHN	50:15
4.	ALICIA LUMBRERAS	ESP	50:34
5.	JIAO XIAOYU	CHN	51:19
6.	CÉLIA VILCHEZ	ESP	52:51
7.	CATARINA SANTOS	POR	53:08
8.	RAQUEL PIMENTEL	POR	54:28
9.	LINA	CHN	57:14

SWEDISH INDOOR TRACK WALK CHAMPIONSHIPS, STOCKHOLM, SWEDEN, SUNDAY 7 APRIL

Last Sunday saw the Swedish Indoor Track Walk Championships contested at the Sättra Athletics Hall in southern Stockholm. Pre-race favourites **Ato Ibáñez** and **Monica Svensson** won with 19:53.60 and 14:6.30 respectively. The men's race saw **Anders Hansson** return from some pretty serious health related time out and take second (21:54.53) ahead of Ato's brother **Remo Karlström** (22:22.11). Add in their brother **Perseus Karlström** (currently training in Mexico) and their mum **Siw Karlström** (second in the women's 3000m with 15:29.99) and you have a pretty talented walks family!

The Masters walkers contested 3000m, with some good performances. Especially by **Christer Svensson** (M50 14:28.39) and **Ingvar Nilsson** (M85 23:48.85, following on from his double gold in Torun, Poland).

Thanks to Birger Fält for the race report and photos at <http://www.gang.se/tavlingsgang/tavlingsnyheter/AtoochMonicavannISM> .

Open Men 500m Walk

1.	Ato Alm Ibáñez	Eskilstuna FI	1985	19.53,60
2.	Anders Hansson	SK Svängen	1992	21.54,53
3.	Remo Karlström	Eskilstuna FI	1988	22.22,11
4.	Christer Svensson	Växjö AIS	1969	24.27,43
5.	Birger Fält	Mälarhöjdens IK	1968	24.44,01
6.	Memo Abbeholm	Mälarhöjdens IK	1971	DQ

Open Women 3000m Walk

1.	Monica Svensson	Växjö AIS	1978	14.46,30
2.	Siw Karlström	Eskilstuna FI	1957	15.29,99
3.	Ellinor Hogrell	Enhörna IF	1968	16.51,33
4.	Helena Sandmer	SK Svängen	1992	16.54,17
5.	Kerstin B Malm	Mälarhöjdens IK	1952	19.14,65
6.	Julia Ibrahim	GK Steget	1996	DNF

W13-14 3000m Walk

1.	Raoul Schultheiss	Tibro AIK FIK	2005	19.16,00
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Masters 3000m

M45	1	Memo Abbeholm	Mälarhöjdens IK	1971	20.13,28
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	2	Mikael Ekstedt	Fredrikshofs IF GF	1974	22.55,22
M50	1	Christer Svensson	Växjö AIS	1969	14.28,39
	2	Birger Fält	Mälardalens IK	1968	15.08,62
	3	Anders Wahlström	Södra Ölands GK	1966	15.29,74
M55	1	Bengt Bengtsson	GK Steget	1961	15.44,99
M65	1	Sören Pettersson	IFK Västerås	1952	20.19,15
	2	Antun Samukic	Mälardalens IK	1951	24.21,65
M80	1	Ernst Larsson	Stockholms GK	1937	22.08,49
M85	1	Ingvar Nilsson	Växjö AIS	1933	23.48,85
W40	-	Monica Svensson	Växjö AIS	1978	DQ
W50	1	Ellinor Hogrell	Enhörna IF	1968	19.52,60
W55	1	Celeste Scheepers (UT)	Växjö AIS (Sth Africa)	1960	18.59,69
W65	1	Kerstin B Malm	Mälardalens IK	1952	19.52,74
	2	Yvonne Levinovitz	Mälardalens IK	1953	23.42,27
W70	1	Marie-Louise Wahlberg	Fredrikshofs IF GF	1945	36.44,27



*Left: Women's podium – Siw Karlstrom, Monica Svensson and Ellinor Hogrell
Right – a great racewalking family – Ato Ibanez, Siw Karlstrom and Remo Karlstrom (Photos Yvonne Levinovitz)*

LA MARCHÉ DU GRAND EST, DOMREMY-LA-PUCELLE, FRANCE, 6-7 APRIL 2019

La March Du Grand Est (the Great East Walk) was the latest 24 Hour walk to be contested in Europe. Held last weekend in the Grand Est region of France, it consisted of a long point to point race from Domremy-la-Pucelle to Epinal. The main categories were a 167km for men and a 155km for women, as well as a team relay (4 walkers) of 167km. There were also various categories over shorter distances.

It was the latest Paris Alsace qualifier. One qualifier remains (Les 24 heures de Dijon on 21st April) before the fields are finalised for the Paris-Alsace classic. See the current qualifiers at <http://www.marche-mythique.org/bilans.html>.

I do know, in the absence of last year's winner Emmanuel Lassalle, Russian ultra champion Dmitri Osipov won the men's division, but I can't find any results as yet. I did find one video at <https://www.facebook.com/watch/?v=449152609169127>.

The best event website seems to be <https://www.sportaide.org/accueil>.

MARCIADALMONDO THIS WEEK

I am saddened to read the latest news release by the marciadalmondo editor. I can sympathise with him – sometimes the things we say (in good faith) as sports commentators are deemed to be controversial, even though they may not have been intended in that mode. I hope that the marciadalmondo absence will be short lived rather than long lived – it is such an important part of our world wide racewalking community and such a valuable resource to us all.

- Mon 8 Apr - Marciadalmondo editor forshadows some time off after recent criticisms
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3461
- Sun 7 Apr - Rio Maior (POR): Victories of Eider Arevalo and Qiayang Shenjie
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3460
- Sat 6 Apr - Podebrady (CZE): Giorgi and Mizinov are the 20km winners
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3458
- Sat 6 Apr - Podebrady (CZE): Karla Serrano (MEX) and Cesar Cordova (MEX) win U20 races
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3457
- Fri 5 Apr - Sydney (AUS): Dane Bird-Smith and Katie Hayward win Australian 10,000m Track Walks
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3456
- Thu 4 Apr - La Coruna - IAAF World Heritage Plate awarded to La Coruna Walks Meet
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3455
- Fri 5 Apr - Wajima (JPN): the selection of the Japan team in the 50km for Doha is approaching
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3454
- Wed 3 Apr - Podebrady (CZE): the classic European race now in its 87th edition
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3453
- Tue 2 Apr - Preview of Rio Maior meet
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3452
- Mon 1 Apr - Verano Brianza (ITA): the conference for the 50th anniversary of the Frigerio Trophy
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3451
- Sat 30 Mar - Interview with Eleonora Dominici's coaches
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3450

OUT AND ABOUT

- Another two provisional bans for Russian racewalkers from Chegin's stable of filth. Will this ever end!!!
 - 2012 World Junior Champion **Yekaterina Medvedeva** has been charged for a Biological Passport abnormality (that means the presence of a banned substance either now or at some time in the past).
 - **Sergey Bakulin** has also been charged for a Biological Passport variation. He has already had one of these. he was banned in 2015 for bio passport violations and stripped of a world title. Is he now the first athlete to be charged in this way a second time!

Both will now be provisionally suspended. We await details of the timeframes involved. See
<https://www.athleticsintegrity.org/disciplinary-process/provisional-suspensions-in-force>.

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

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/
Apr 27-28, 2019	Australian Little Athletics Championships, Domain Athletic Centre, Hobart
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
Sept 8 (Sun), 2019	Australian Roadwalk Championships, Adelaide, SA

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

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

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 11-12, 2019 2019 IAAF Race Walking Challenge, Taicang, China
 May 12 (Sun), 2019 3rd Coffebrands Patras Racewalking Festival 2019, Patras, Greece
 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 (20km, 50km, U20 10km)
 May 25 (Sat), 2019 10th 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)
 Jul 26-Aug 11, 2019 Pan American Games, Lima, PER (50km and 20km)
 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>)