



## HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club  
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### WALKER OF THE WEEK

My Walker of the Week is 21 year old VRWC walker **Jemima Montag** who raced to a great 5<sup>th</sup> place in the latest IAAF Racewalking Challenge 20km in Lazaro Cardenas, Mexico. While most walkers struggled in the heat and humidity and were well outside their PBs, Jemima finished with 1:32:19, quite close to her PB of 1:30:51. This followed 2 weeks spent acclimatising in the heat of Cairns, a strategy that proved just the right ticket.

It was a great meet for coach Brent Vallance as, apart from Jemima, his Swedish protogee Perseus Karlstrom streeted a quality field to win the men's 20km. But this week, it's all about Jemima who is quickly cementing a place amongst the top echelon of women.



*Alas no photo from the meet so we have to make do with a shot from the archives so I've gone back to May 2010, when 12 year old Jemima and 11 year old Kyle Swan were captured by the camera battling it out in a VRWC race at Middle Park.*

### WHAT'S COMING UP

Our summer season is just about finished, with a couple of final meets to take place this week

- The **Australian Masters T&F Championships** will be held in Melbourne from **26-29 April**, with track events at Albert Park and roadwalks at Middle Park. See <https://melbourne2019.com.au/> for all the details. I am told that a live feed of the track events will be available at <https://www.youtube.com/channel/UC4E6WnSCSv7fGCOp37NBq3Q>. The walks are scheduled as follows

Fri 26 April	8.00 AM	1500m Track Walk W75+ M70+
	8.15 AM	1500m Track Walk W60-W70, M55-M65
	8.30 AM	1500m Track Walk W30-W55, M30-M50

Sat 27 April	10.30 AM	10km Road Walk W30-W55, M30-M55 (34 Competitors)
	11.30 AM	10km Road Walk W60+, M60+ (36 Competitors)
Mon 29 April	1.15 PM	5000m Track Walk W70+, M75+
	2.35 PM	5000m Track Walk W30-W50, M30-M55
	3.15 PM	5000m Track Walk W55-W65, M60-M70

Note that the AMA 10km roadwalks are to be held on our VRWC course at Middle Park on Saturday morning. The timetable reads

<b>Saturday 27<sup>th</sup> April 2019, Middle Park</b>		
<b>AMA Australian 10km walk championship</b>		
10:30am	10km	Race 1: W30-W55, M30-M55
11.30am	10km	Race 2: W60+, M60+

VRWC will helping AMA run these roadwalk championships and I need to let competitors know a couple of key items

- **PLEASE BRING YOUR AMA CHAMPIONSHIP BIBS.** We will not be giving out bibs but will be assuming that you have registered and picked up your bibs at Lakeside Stadium.
- Competition checkin must be completed 1 hour before the scheduled start time. For the 10:30AM race, that means 9:30AM and for the 11:30AM race, that means 10:30AM.
- The **Australian Little Athletics Championships** are on next weekend (**27-28 April**) at the Domain Athletic Centre in Hobart. The U13 walks are scheduled for Saturday. See more at <https://littleathletics.com.au/events/alac/>.
- Our own VRWC winter roadwalking season kicks off on Saturday afternoon at Middle Park. That means it is a double header, with the AMA roadwalks there on Saturday morning and the VRWC roadwalks there on Saturday afternoon. Our VRWC fixture reads as follows

<b>Saturday 27<sup>th</sup> April 2019, Middle Park</b>			
<b>VRWC Events, Entries close for all events at 1.45pm sharp</b>			
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

- A few matters re the VRWC winter season.
  - If you intend to compete with us regularly, you should become a financial member (our current financial year started on 1<sup>st</sup> October 2018). It is not expensive. See <http://www.vrwc.org.au/VRWCMembershipApplication.shtml> for more details. Note that we have added online payment for memberships this year. It's all explained at the above link.
  - If you are going to race with us on Saturday afternoon, let us know beforehand by doing an online event registration at <http://vrwc.org.au/wp1/>. Then just turn up before 1:45PM to pay and confirm. Our opening round is always very busy so come early and avoid the lines by pre-entering for the races and by renewing your membership online.
  - We are short of spare bibs, so if you have any at home, we would love it if you passed them onto us. Bring them on Saturday.
  - 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 28<sup>th</sup> April 2019**, either using the form on that page or by email to me at [terick@melbpc.org.au](mailto:terick@melbpc.org.au). Ordered items will be ready by the LBG Carnival in early June.



**SAMA TRACK WALKS, SAATHLETICS STADIUM, MILE END, ADELAIDE, WEDNESDAY 17 APRIL**

Not much to report from the local front, given the Easter weekend. Thanks to Colin Hainsworth for the latest report from the final summer meet for the South Australian Masters in Adelaide. The races were followed by the presentation of Awards and gifts to volunteers.

**600m Walk**

1.	GEORGE WHITE	03:06	M73
2.	MARIE MAXTED	03:20	W58
3.	GIL MCINTOSH	03:48	M68
4.	LIZ DOWNS	04:03	W63
5.	JOHN HORE	04:07	M70
6.	DAVE FALLON	04:13	M66
7.	CAROL FALLON	04:17	W63
8.	VALMAI PADGET	04:31	W74
9.	ROGER LOWE	04:40	M76
10.	CATHIE HORE	05:05	W68
11.	DAVID ROBERTSON	05:08	M85

**1 Mile Walk**

1.	RICHARD EVERSON	07:59	M55
2.	GREGORY METHA	09:16	M54
3.	GEORGE WHITE	09:23	M73
4.	MARIE MAXTED	10:19	W58
5.	GIL MCINTOSH	10:38	M68
6.	MATTHEW LOVELL	11:49	M53
7.	LIZ DOWNS	11:51	W63
8.	DAVE FALLON	11:54	M66
9.	ROGER LOWE	13:02	M76
10.	MARGARET MCINTOSH	13:03	W66
11.	MALCOLM TIGGEMAN	13:03	M66
12.	CATHIE HORE	14:10	W68
13.	DAVID ROBERTSON	14:15	M85
14.	COLIN HAINSWORTH	14:19	M89

**PAN AMERICAN RACEWALK CUP, LAZARO CARDENAS, MEXICO, 20-21 APRIL**

Last weekend saw the 2019 Pan American Race Walking Cup in the south-eastern Mexican city of Lazaro Cardenas. It was spread over 2 days, with 20km and U20 10km walks on the Saturday and 50km walks on the Sunday. It also included for the fifth leg of the 2019 IAAF Race Walking Challenge, with money on offer for the top walkers.

The meet was huge, with host Mexico announcing they were expecting a total of 170 walkers, representing 18 countries. Mexico had the most athletes, with 30 entrants. The USA team was also very big, with 17 walkers. Overall, the countries with athletes competing in Lázaro Cárdenas included Australia, Bolivia, Brazil, Canada, China, Colombia, Costa Rica, Ecuador, El Salvador, Guatemala, Mexico, Panama, Peru, Republic of Sierra Leone, South Africa, Sweden, USA, and Venezuela. The Australian contingent included **Dane Bird-Smith, Claire Tallent and Jemima Montag.**

Day 1 was reported by both marciadalmondo ([http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3464](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3464)) and by omarchador (see <http://omarchador.blogspot.com/2019/04/perseus-karlstrom-triunfou-nos-20-km-de.html> and <http://omarchador.blogspot.com/2019/04/erica-de-sena-vence-20-km-femininos-em.html>).

My report of Day 1 is taken from that of Javier Clavelo Robinson for the IAAF (see <https://www.iaaf.org/news/report/pan-american-race-walking-cup-2019-karlstrom>). I heard that conditions were hot and humid, so times were noticeably effected.

### 20km Walk Men

With a solid sub-four-minute km pace for the last two 2km laps, 28-year old Swedish walker **Perseus Karlstrom** became the first European man to take the 20km in the Mexican leg of the Challenge, first held in 2003. Spain's European champion **Diego Garcia** finished second, ahead of **Carlos Sanchez**, who kept the host country on the podium after his runner-up performance in 2018.

Karlstrom was happy to stay in the lead group of about 12 men as they reached the halfway point in 42:47. They maintained that pace until 14km, but with three laps to go the Swede sped up to 8:20 for the next 2km circuit and cemented his win with the fastest lap of the day: 7:43 between 16 and 18 km. He finished with another sub-eight-minute lap to cross the finish line across from Lazaro Cardenas City Hall in 1:23:40, 19 seconds head of Garcia, his first podium finish in Mexico. Sanchez crossed the finish line two seconds later for bronze, followed by **Cesar Augusto Rodriguez** of Peru. Two Olympic medallists completed the top six: Guatemala's **Erick Barrondo** and Australia's **Dane Bird-Smith**. South Africa's defending champion **Shange Lebogang** finished seventh.

"I trained in high altitude and warm weather in Mexico leading up to this race," Karlstrom told the local media in perfect Spanish. "I love racing here." Karlström is enjoying a great season so far. He won the second leg of the challenge in February in Australia with 1:20:05, his second best time and fastest since 2016.

1.	Perseus KARLSTRÖM	SWE	1:23:40
2.	Diego GARCÍA CARRERA	ESP	1:23:59
3.	Carlos SÁNCHEZ	MEX	1:24:01
4.	César Augusto RODRÍGUEZ	PER	1:24:14
5.	Érick Bernabé BARRONDO	GUA	1:24:46
6.	<b>Dane BIRD-SMITH</b>	<b>AUS</b>	<b>1:25:01</b>
7.	Lebogang SHANGE	RSA	1:25:16
8.	Andrés OLIVAS	MEX	1:25:23
9.	Jhonatan AMORES	ECU	1:25:27
10.	Ever PALMA	MEX	1:25:36
11.	Caio BONFIM	BRA	1:25:43
12.	José Alejandro BARRONDO	GUA	1:26:10
13.	Alexander CASTAÑEDA	COL	1:26:17
14.	Mauricio ARTEAGA	ECU	1:26:24
15.	Brian PINTADO	ECU	1:26:35
16.	Yassir CABRERA	PAN	1:27:07
17.	Andrés CHOCHO	ECU	1:27:44
18.	Ricardo ORTIZ	MEX	1:28:23
19.	José Alessandro Bernardo BAGIO	BRA	1:28:26
20.	Manuel Angel LOPEZ	MEX	1:29:18
21.	Paolo YURIVILCA	PER	1:29:25
22.	Gregorio AJCAM	GUA	1:29:42
23.	Evan DUNFEE	CAN	1:29:43
24.	Gustavo SOLÍS	MEX	1:29:54
25.	Brandon SEGURA	MEX	1:30:16
26.	Zhaoyang XIN	CHN	1:30:26
27.	Emmanuel CORVERA	USA	1:30:29
28.	Jordy JIMÉNEZ	ECU	1:30:30
29.	José Oswaldo CALEL	GUA	1:30:46
30.	Diego SOLIS	MEX	1:31:23
31.	Bernardo Uriel BARRONDO	GUA	1:31:32
32.	José Carlos MAMANI	PER	1:31:42
33.	Juan SOTO	COL	1:32:09
34.	Nicholas CHRISTIE	USA	1:32:40
35.	Lucas MAZZO	BRA	1:33:03
36.	Eder SÁNCHEZ	MEX	1:33:19
37.	David HURTADO	ECU	1:33:47
38.	Miguel Ángel BAUTISTA	MEX	1:33:47
39.	Virgilio GALINDO	MEX	1:33:50
40.	Jorge Luis CASTILLO	COL	1:34:09
41.	Alger LIANG	CAN	1:34:10
42.	John Cody RISCH	USA	1:34:45
43.	Jefferson SEGURA	MEX	1:34:49
44.	Deiby CORDERO	CRC	1:35:26

45.	Xiukun SHI	CHN	1:36:05
46.	Juan Manuel CALDERON	CRC	1:36:07
47.	Pablo RODRÍGUEZ	BOL	1:36:47
48.	Jesús CALDERÓN	MEX	1:36:49
49.	Luis Ángel SÁNCHEZ	GUA	1:37:31
50.	Chenchen LI	CHN	1:39:11
51.	Moises BELTRÁN	CHI	1:39:42
52.	Brayan BENAVIDEZ	BOL	1:40:12
53.	Jorge Stiven DÍAZ	COL	1:40:55
54.	Wang JIAO HUI	CHN	1:41:56
55.	Ismael BERNAL	MEX	1:44:50
56.	José Luis OSEGUADA HERNÁNDEZ	MEX	1:47:09
57.	Anthony PETERS	USA	1:48:25
	Dário Daniel HERNÁNDEZ	MEX	DQ
	Kenny HO	CAN	DQ
	Luis Henry CAMPOS	PER	DNF
	Angel de Jesús COLUNGA RODRÍGUEZ	MEX	DNF
	Horacio OLIVARES	MEX	DNF
	Edwin David PÉREZ	MEX	DNF
	Julio César SALAZAR	MEX	DNF



*Perseus Karlstrom on his way to victory in the men's 20km*

### 20km Walk Women

In the women's race, Brazilian **Erica de Sena** relived another South American duel with Peru's **Kimberly Garcia**. They both moved to the front from the start and built an 18-second lead over the chase group, led by Spain's European champion **Maria Perez**. By the halfway mark, their lead increased to a minute and the duo extended it to almost 90 seconds by the time they reached 15km. That's when De Sena started to gradually move away from Garcia.

The Peruvian remained in close contact in the final lap, but De Sena never slowed down to win in 1:29:22, 11 seconds ahead of her closest rival. In a European battle for bronze, Perez prevailed over Portugal's **Ana Cabecinha** to secure a spot on the podium. In her first race in Mexico, Perez finished in 1:31:11 and the latter followed nine seconds later. De Sena, the 2017 challenge winner, enjoyed her first Pan Am Cup victory eight years after her debut in Colombia.

Australia had two walkers, with **Jemima Montag** finishing 6<sup>th</sup> with 1:32:19 and **Claire Tallent** finishing 11<sup>th</sup> with 1:35:38.

1.	Erica DE SENA	BRA	1:29:22
2.	Kimberly GARCÍA	PER	1:29:33
3.	María PÉREZ	ESP	1:31:11
4.	Ana CABECINHA	POR	1:31:20
5.	<b>Jemima MONTAG</b>	<b>AUS</b>	<b>1:32:19</b>
6.	Mirna ORTÍZ	GUA	1:33:16
7.	Karla JARAMILLO	ECU	1:33:35
8.	Leyde GUERRA	PER	1:34:37
9.	Robyn STEVENS	USA	1:35:09
10.	Rebeca Pamela ENRÍQUEZ	MEX	1:35:15



11. <b>Claire WOODS</b>	<b>AUS</b>	<b>1:35:38</b>
12. Mayra Carolina HERRERA	GUA	1:35:45
13. Ilse GUERRERO	MEX	1:35:50
14. Arabelly ORJUELA	COL	1:36:02
15. Ingrid HERNÁNDEZ	COL	1:36:26
16. Maritza GUAMÁN	ECU	1:36:43
17. Yeseida CARRILLO	COL	1:37:13
18. Ángela CASTRO	BOL	1:37:40
19. Yasury PALACIOS	GUA	1:37:54
20. Andrea MARTINEZ	MEX	1:37:57
21. Miranda MELVILLE	USA	1:38:03
22. María Guadalupe SÁNCHEZ	MEX	1:39:14
23. Jéssica HANCCO	PER	1:39:27
24. Nadia GONZÁLEZ	MEX	1:39:49
25. Iliana GARCÍA	MEX	1:39:58
26. Rachel SEAMAN	CAN	1:40:34
27. Maria de la Luz PÉREZ	MEX	1:40:52
28. Maritza PONCIO	GUA	1:41:10
29. Amberly MELENDEZ	USA	1:41:44
30. Elianay PEREIRA	BRA	1:42:42
31. Natalia ALFONZO	VEN	1:43:56
32. Paula Raissa DA SILVA	BRA	1:46:07
33. Anali CISNEROS	USA	1:48:20
34. Emily PISTOR	BRA	1:52:44
35. Gabriela GONZÁLEZ	MEX	1:55:02
36. Odeth HUANCA	BOL	1:56:05
37. Ilena OCAMPO	CRC	2:01:11
Vivian CASTILLO	MEX	DNF
Mayra Elisa DIEGO	MEX	DNF
Lorena GONZÁLEZ	MEX	DNF
Diana MIRANDA	MEX	DNF
Alejandra ORTEGA	MEX	DNF
Edna QUINTANILLA	MEX	DNF
Yessica REYES	MEX	DNF
Guadalupe RÍOS	MEX	DNF



*Erica De Sena taking victory in the women's 20km*

In the women's U20 10km, Ecuador's **Glenda Estefanía Morejón** finished just three seconds short of the South American U20 record she set last month in Sucua, winning in 43:07. Peru's **Mary Luz Andia** (46:33) and **Emily Valery Villafuerte** (47:13) completed a South American sweep.

The host country celebrated the first win of the day in the Men's U20 10km, when 16-year old **Cesar Cordoba Fernandez** took gold with 41:08, a personal best and 16 seconds faster than his world U20 leading time in Podébrady, Czech Republic, two weeks earlier. Guatemala's **José Eduardo Ortiz** (41:14) and Colombia's **Sebastian Felipe Merchan** (41:20) also benefited from the fast pace and set personal bests in taking the minor medals.

### 10km U20 Men

1.	Cesar Cordoba Fernandez	MEX	41:08
2.	José Eduardo Ortiz Flores	GUA	41:14
3.	Sebastian Felipe Merchan Sarmiento	COL	41:20
4.	Jinson Octavio Calderon Alvarez	ECU	41:55
5.	Jose Gilberto Menjivar Aviles	ESA	42:26
6.	Cheng Haowei	CHN	42:35
7.	Fan Ziyi	CHN	42:53
8.	Li Lin	CHN	42:54
9.	Hu Wenchao	CHN	43:11
10.	Anderson Callejas Villalba	COL	43:13
11.	Cristhian Donovan Juárez López	MEX	43:22
12.	Carlos Emiliano Mercenario Arsof	MEX	43:30
13.	Noe Rodemin Quispe Quispe	PER	43:44
14.	Jose De Jesús Simbron Garcia	MEX	43:45
15.	Juan Fernando Alfaro Lopez	MEX	43:53
16.	Liu Youning	CHN	44:30
17.	Murilo Coutinho Ribeiro da Silva	BRA	44:37
18.	Victor Abraham Sanchez Romero	MEX	44:43
19.	Kauan da Silva Domingues	BRA	44:56
20.	Bryan Isay Morano Rosas	MEX	45:22
21.	Jan Banda Valdéz	MEX	45:32
22.	Paulo Henrique Ribeiro	BRA	46:09
23.	Jonathan Jacob Peña Martinez		46:39
24.	Martín Eduardo López Ramírez	MEX	47:22
25.	Francis Erick Soto Rojas	PER	47:56
26.	Andres Gonzalez Aquino	MEX	48:13
27.	Christian Copia Orellana	CHI	48:24
28.	Abraham Natanael Peña Guerrero	MEX	48:49
29.	Logan Shea Roberts Jr.	USA	49:42
30.	Federico De Lima Alvarez	COL	50:08
31.	Aarón Colunga Rodríguez	MEX	51:50
32.	Jose Leonel Mendoza Garcia	MEX	52:30
33.	Jesús Ivan García Granados	MEX	53:32
34.	Luis Jesus Falcon Cruz	MEX	57:01
35.	Takrit A Figueroa	CHI	58:48

### 10km U20 Women

1.	Glenda Estefania Morejon Quiñonez	ECU	43:07
2.	Mary Luz Andía Arotaipe	PER	46:33
3.	Emily Valery Villafuerte Fernandez	PER	47:13
4.	Noelia Vargas Mena	CRC	48:18
5.	Mayra Karen Quispe Mancilla	BOL	49:15
6.	Gabriela de Souza Muniz	BRA	53:26
7.	Gabriela Sarai Carro Maldonado	MEX	53:50
8.	Laryssa Fernanda Frois	BRA	54:29
9.	Tatiana de Moraes Pereira	BRA	55:40
10.	Rocío Estefanía Sánchez Gaytán	MEX	56:39
11.	Grace Endy	USA	56:54
12.	Dana Paola Aceves González	MEX	60:26
13.	María Camila Mena Gómez	MEX	61:34
	Maidy Emileny Monge Pérez	GUA	DQ
	Paula Milena Torres Sarango	ECU	DNF

### 50km Men

The tough conditions of Saturday were in evidence again on Sunday morning, with the temperature and humidity making it tough for the 27 men and 16 women who fronted for the 50km at the 7:30AM start time. The men's 50km featured the champions from the past three editions, namely Ecuador's Claudio Villanueva (2017), Mexico's Horacio Nava (2015) and Omar Zepeda (2013). But the winner did not come from that elite group. Despite slowing in the final laps, it was Mexican **Isaac Palma** who easily won the race in a PB 3:49.39 (his previous PB of 3:57.32 had been set in Dudince 2017). Colombian **Jorge Armando Ruiz** snatched second place in the dying stages of the race, with a time of 3:56.07, 32 secs ahead of Mexican **Horacio Nava** who finished in third with 3:56.39. See more in <http://omarchador.blogspot.com/2019/04/isaac-palma-em-evidencia-nos-50-km-de.html>.

1.	Isaac PALMA	MEX	3:49:396
2.	Jorge Armando RUIZ	COL	3:56:075
3.	Horacio NAVA	MEX	3:56:394
4.	José LEYVER	MEX	3:58:143
5.	Pedro Daniel GÓMEZ	MEX	4:00:012

6.	Omar ZEPEDA	MEX	4:01:101
7.	Diego PINZON	COL	4:01:42
8.	Jesús Tadeo VEGA	MEX	4:04:49
9.	Claudio Paulino VILLANUEVA FLORES	ECU	4:05:30
10.	Luis BUSTAMANTE	MEX	4:09:49
11.	Jorge Alejandro MARTÍNEZ	MEX	4:10:32
12.	Matthew FORGUES	USA	4:15:22
13.	David Cristian BERDEJA	MEX	4:21:09
14.	Ronal QUISPE	BOL	4:21:35
15.	Omar Daniel SIERRA	COL	4:30:59
16.	Ignacio GONZALEZ	MEX	4:33:11
17.	Claudio Richardson DOS SANTOS	BRA	4:36:13
18.	Luis José SOLÍS ROSALES	MEX	4:42:48
19.	Thomas SILVEIRA	VEN	4:55:23
20.	Anthony GRUTTADAURO	USA	4:55:23
21.	David VELASQUEZ	ECU	4:56:26
	Luiz Felipe DOS SANTOS	BRA	DQ
	Horacio OLIVARES	MEX	DQ
	Pavel Chihuan CAMAYO	PER	DNF
	Luis Rey GOMEZ	MEX	DNF
	Andreas GUSTAFSSON	USA	DNF
	Xavier MENA	ECU	DNF



*Isaac Palma wins the men's 50km on Sunday*

### 50km Women

Ecuador was expected to feature prominently in the women's 50km, with **Johanna Ordoñez** and **Magaly Bonilla**, 6<sup>th</sup> and 11<sup>th</sup> respectively at the 2018 World Race Walking Team Championships, but it was Peruvian **Evelyn Inga** who triumphed over these more favoured walkers in a new Peruvian national record of 4:22:57. Ordonez (4:24:49) and Bonilla (4:33:52) had to be content with the minor medals. Fourth placed **Viviane Lyra** (4:34:55) and fifth placed **Joci Caballero** (4:35:35) showcased the rapidly improving women's standard. Overall, 15 of the 16 women finished, a great stat. Consider the rise of the women's 50km in this meet.

The Pan Am Cup Women's 50K in 2015 had 2 participants

The Pan Am Cup Women's 50K in 2017 had 6 participants

The Pan Am Cup Women's 50K in 2019 had 16 participants

1.	Evelyn INGA	PER	4:22:57
2.	Johana ORDÓÑEZ	ECU	4:24:49
3.	Magaly BONILLA	ECU	4:33:52
4.	Viviane LYRA	BRA	4:34:55
5.	Joci CABALLERO	PER	4:35:35
6.	Stephanie CASEY	USA	4:41:12
7.	Kathleen BURNETT	USA	4:50:27
8.	Nair DA ROSA	BRA	4:53:14
9.	Mariela SÁNCHEZ TERÁN	MEX	5:02:01
10.	Lydia MCGRANAHAN	USA	5:04:07



11. Aura Libertad MORALES	MEX	5:09:13
12. Anita RICO	CHI	5:12:05
13. Lizbeth SILVA	MEX	5:20:36
14. Erin TAYLOR-TALCOTT	USA	5:25:59
15. Arely MORALES	GUA	5:27:17
Dulce Angelica ARRIETA	MEX	DQ



*Evelyn Inga in action on Sunday, along with the podium medallists in the women's 50km*

#### 18<sup>TH</sup> BALKAN RACEWALKING CHAMPIONSHIPS, ALEXANDROUPOLI, GREECE, SATURDAY 20 APRIL

Thanks to Zoe Gkini for her report and photos from the Balkan Racewalking Championships. Also well reported in *marciadalmondo* ([http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3465](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3465)).

Last Saturday, the ABAF and the Greek Athletic Federation SEGAS, with the collaboration of the prefecture of Evros and the municipality of Alexandroupoli, organised the 18<sup>th</sup> Balkan Racewalking Championships. The meet also included the Greek 20km championships for men and women. The wonderful seaside city of Alexandroupoli is 800km NE of Athens and only 40km from the border with Turkey.

The Balkan Championships saw 85 walkers from Greece, Turkey, Romania, Ukraine, Serbia, Croatia, Slovenia and Bulgaria and was organised under the IAAF rules. Although the weather was cool and windy, there were still plenty of good performances, with lots of personal or seasonal bests recorded. The Turkish team was the standout, winning the most medals.

The men's 20km was the most exciting race, with **Alexandros Papamichail** (GRE), winning the gold medal by the narrowest of margins, after a great fight with **Sahin Senontuku** (TUR), both walkers recording the same time of 1:24:40. With more good news for Greece, third placed **George Tzatzimaki** recorded a new personal best of 1:25:11. In the women's 20km, favourite **Antigoni Drispioti** (GRE) failed to finish, but fellow Greek walker **Tsinopoulou Panagiota** still took gold for the host country with 1:34:55. For Papamichail, this was a preparatory performance ahead of the European Racewalking Cup 50km, to be held in Alytus, Lithuania, next month.

The Greek Federation SEGAS was represented by the deputy vice president Mr Athanasios Raptis, the Municipality of Alexandroupolis was represented by the deputy mayor Mr. Vatamidis and the prefecture of Evros was represented by the deputy Mr Petrovic. IAAF race walking judges included Mara Baleani (Italy), Gaye Bekler (Turkey) and Vesna Repic (Serbia).

First to the Balkan Championship results

#### 20km SENIOR MEN

1.	PAPAMICHAIL ALEXANDROS	1988	GRE	1:24:40
2.	SENODUNCU SAHIN	1994	TUR	1:24:40
3.	TZATZIMAKIS GIORGOS	1999	GRE	1:25:11
4.	BILORUS OLEKSII	1992	UKR	1:28:39
5.	ERENT BRUNO	1990	CRO	1:30:35
6.	PLESU IONUT	1998	ROU	1:34:38
7.	TESOVNIK ANŽE	1998	SLO	1:42:29
8.	ROTARU NATANEL	1999	ROU	DNF

9.	DOGAN SERKAN	1992	TUR	DNF
10.	IMUK ABDULSELAM (OOC)	1999	TUR	1:26:52
11.	20km SENIOR WOMEN			
12.	TSINOPOULOU PANAGIOTA	1990	GRE	1:34:55
13.	RENIC IVANA	1996	CRO	1:36:23
14.	PUSCASU MIHAELA	1995	ROU	1:41:39
15.	SAVICEVIC TIJANA	1994	SRB	1:45:08
16.	GOGOVI DANICA	1996	SRB	1:45:35
17.	SIMEONOVA RADOSVETA	1993	BUL	1:48:48
	DRISMPIOTI ANTIGONI	1984	GRE	DNF
	ACATRINEI MIHAELA	1995	ROU	DNF

#### 10km U20 Men

	ILHAN SELMAN	2000	TUR	0:43:10
1.	HONCHARENKO IHOR	2000	UKR	0:44:40
2.	TEMEL UMUT	2001	TUR	0:44:59
3.	NEAG CARLOS MIHAI	2001	ROU	0:45:48
4.	STAMOS ANASTASIOS	2000	GRE	0:46:17
5.	DUMITRU ION ADRIAN	2001	ROU	0:46:18
6.	BIRIUKOV VLADYSLAV	2000	UKR	0:46:20
7.	PROROCIC MILOŠ	2001	SRB	0:47:00
8.	SVIRETCOV RADOSLAV	2000	BUL	0:48:29
	TOPSAKAL ÖZGÜR (OOC)	2001	TUR	0:44:00
	KURTEV TEODOR	2001	BUL	DQ

#### 10km U20 Women

1.	DEMIR EVIN	2001	TUR	0:45:54
2.	DOST KADER	2000	TUR	0:46:46
3.	FILTISAKOU KYRIAKI	2000	GRE	0:48:03
4.	FIASKA OLGA	2001	GRE	0:49:10
5.	KASIAN DARYNA	2002	UKR	0:49:45
6.	TKACH ALINA	2001	UKR	0:52:06
7.	PEVEC ELI	2001	CRO	0:53:18
8.	CANADI EVA	2000	SLO	0:53:29
9.	TOADER MARICELA	2000	ROU	0:53:57
10.	HRISCA BEATRICE	2001	ROU	0:54:09
11.	PAPOVIC MARIJA	2000	SRB	0:55:56
12.	INTIHAR MARULC ANA	2000	SLO	1:01:21
13.	NIKOLOVA MIRA	2002	BUL	1:02:57
14.	PENEVA VIKTORIYA	2001	BUL	1:05:01

#### 10km U18 Boys

1.	TEKDAL MUSTAFA	2002	TUR	0:44:10
2.	RUSHCHAK MYKOLA	2003	UKR	0:44:25
3.	SUSLOV PAVLO	2002	UKR	0:44:25
4.	GÜNGÖR SERHAT	2002	TUR	0:44:53
5.	MILOSI GABRIEL VIOREL	2002	ROU	0:48:03
6.	MORTZAKIS ALEXANDROS	2003	GRE	0:48:58
7.	PSONIS EFTHIMIOS	2002	GRE	0:48:58
8.	VODA GABRIEL	2003	ROU	0:53:07
9.	HARTL KREŠIMIR	2002	CRO	0:54:04
10.	IVANOV IVAN	2003	BUL	0:59:18
11.	DIMOV PETAR	2003	BUL	1:00:19
	BATU OSMAN (OOC)	2002	TUR	0:47:38

#### 5km U18 Girls

1.	KOÇER SONGÜL	2002	TUR	0:24:50
2.	AYAZ SÜKRAN	2003	TUR	0:25:01
3.	LATARESU MARIA DIANA	2002	ROU	0:25:05
4.	JANCEK BRUNA	2002	CRO	0:25:21
5.	FATOUROU MARIA-ARIANDI	2002	GRE	0:25:37
6.	FLOROU PANAGIOTA	2003	GRE	0:26:02
7.	STANKOVIC BARBARA	2003	SRB	0:26:05
8.	ATANASOVA ALTEN	2002	BUL	0:26:23
9.	CLICINSCHI VASILICA	2003	ROU	0:27:59
10.	DOBROSAVLJEVIC BIANKA	2003	SRB	0:28:23
11.	PENEVA YOANA	2003	BUL	0:29:10
12.	TUTAL PINAR (OOC)	2003	TUR	0:26:38

And now to the Greek 20km Championship results

**20km Men Greek Championship**

1.	Papamichail Alexandros	1988	AO Myconos	1.24.40
2.	Tzatzimakis George	1999	A.S. El.Venizelos	1.25.11
3.	Ntentopoulos Konstantinos	1994	A.O Olympias Patras	1.35.03
4.	Tsordias Dimitrios	1996	A.O Olympias Patras	1.36.30
5.	Stamelos Konstantinos	1989	G.S. Heraklis Thessaniki	1.43.12
6.	Tsitoglou Isaias	1963	A.O Pefkis	1.51.59
	Tsamoudakis Zacharias	1996	O.F.I	DQ
	Vaitsis Ioannis	1995	G.A.S Ilissos	DQ

**20km Women Greek Championship**

1.	Tsinopoulou Panagiota	1990	G.S Velos P.Faliro	1.34.55
2.	Papadopoulou Christina	1996	Panellinios G.S	1.39.51
3.	Makri Aggeliki	1978	A.O Olympias Patra	1.41.27
4.	Alikanioti Sophia	1998	G.S.Ilissos	1.43.36
5.	Kourkoutsaki Efstathia	1998	G.S Ilissos	1.45.03
6.	Korkou Zoe	1998	G.S Ilissos	1.45.55
7.	Mpochori Dimitra	1998	A.O.Vikelas Verias	1.46.34
8.	Kelemeni Bareme	1999	Atholkinis Mytilini	1.51.47
9.	Andreopoulou Nikolitsa	1983	A.O Olympias Patras	1.51.47
10.	Salma Efstathia	2000	A.O Ikaros N.Ionia	1.52.10
11.	Stupel Lydia	1989	MEAS Triton Thesaloniki	1.59.52
12.	Antonopoulou Ioanna	1996	A.O Olympias Patras	2.04.50
	Drispioti Antigoni	1984	SOA Fokianos Karditsas	DNF



Left: U18 girls in action



Podium – Open Women Greek 20km Championship



Podiums: Balkan 20km Women, Greek 20km Men and Balkan 20km Men

**53<sup>RD</sup> OLOMOUC WALKS MEET, OLOMOUC, SLOVAKIA, SATURDAY 13 APRIL**

Going back a week, thanks to omarchador (see <http://omarchador.blogspot.com/2019/04/dominik-cerny-e-maria-czakova-vencem-em.html>) for the results of the 53<sup>rd</sup> Olomouc roadwalk meet, held in Olomouc in the Slovak Republic on Saturday 13 April. The main events are 10km road walks (53 men and 26 women) which, this year, were held in adverse weather conditions, with rain and some snow.

U23 walker **Dominik Cerný** won the men's event with 41.38, followed by **Lukáš Gdula** with 42.17 and **Michal Morvay** with 42.52. M40 **Martin Nedvídek** was the first Masters walker to finish, with 45.54. The women's 50km was won by **Mária Czaková** with 46.29, ahead of **Anežka Drahotová** with 47.06 and U20 walker **Brno Spolek** with 50.31.

**10km Men**

1.	Dominik Cerný	1997	Athletic Club Olomouc	41.38
2.	Lukáš Gdula	1991	Hvezda Pardubice	42.17
3.	Michal Morvay	1996	Hvezda Pardubice	42.52
4.	Vít Hlavác	1997	AC TEPO Kladno	43.01
5.	Martin Nedvídek	1975	AC Rumburk	45.54
6.	Luís Pássaro	1994	AC Sparta Praha	46.23
7.	Alexandr Malysa	1997	VSK University of Brno	46.50
8.	Rostislav Kolár	1987	SK Hranice	46.59
9.	Karel Ketner	1990	SSK Vítkovice	47.04
10.	Petr Dušek	2001	AC Rumburk	48.21
11.	Filip Hejkrlik	1979	Athletic Club Ústí n / L. Zs	48.53
12.	Adam Zajicek	2003	atletika Poruba	49.04
13.	Filip Veselouš	1995	VSK Univerzita Brno	49.25
14.	Michal Šandera	1976	AC Rumburk	49.36
15.	Tomáš Gdula	1997	Hvezda Pardubice	49.45
16.	Josef Smola	1964	SMOLA PRAGUE	51.26
17.	Jan Cervenka	2000	TRIATLET Karlovy Vary	52.14
18.	David Šnajdr	1971	SK Nové Mesto nad Metují	54.34
19.	Tomáš Vojtíšek	1973	AC Moravská Slavia Brno	54.47
20.	Ludek Solc	1961	AC Mlada Boleslav	54.50
21.	Karel Hevessy	1998	AC TEPO Kladno	57.29
22.	Jiri Jon	1968	SK Nove Mesto Metuji	57.29
23.	Miroslav Fliegl	1954	PSK Olymp Praha	57.57
24.	Pavel Fišer	1966	TJ Stodulky Praha	58.17
25.	Petr Jindra	1971	PSK Olymp Praha	58.34
26.	Zdenek Simon	1960	University Sports Prague	58.46
27.	Jakub Zajíc	1989	TJ Sokol Kolín	59.09
28.	Zbynek Herman	1969	TJ Lokomotiva Breclav	59.39
29.	Josef Kalát	1955	AK Bílina	1.00.10
30.	Petr Krenek	1981	TJ Stodulky Praha	1.00.21
31.	Miloš Dušek	1971	AC Rumburk	1.01.21
32.	Adam Nedvídek	1976	AC Rumburk	1.01.42
33.	Jan Rein	1963	AC Rumburk	1.02.32
34.	Petr Adam	1950	SMOLA CHUZE Praha	1.02.55
35.	Robert Hurdálek	2003	TJ Lokomotiva Trutnov	1.03.24
36.	Jaromír Hloch	1992	TJ Lokomotiva Breclav	1.04.14
37.	Stanislav Kyncl	1964	SK Nové Mesto nad Metují	1.04.21
38.	Jozef Badura	1955	AC TRACK & FIELD Brno	1.04.32
39.	Petr Havránek	1984	SK Hranice	1.04.55
40.	Milan Zeibert	1963	TJ Spartak Trebic spolek	1.05.27
41.	Luke Kraft	1979	TRIATLET Karlovy Vary	1.05.46
42.	Miloslav Petrlik	1967	AC Rumburk	1.05.47
43.	Jan Zajíc	1953	Hvezda Pardubice	1.08.14
44.	Jiri Kovanda	1946	TJ Lokomotiva Beroun	1.11.16
45.	Jaroslav Pták	1947	AK Bílina	1.11.55
46.	Petr Markusek	1984	TRIATLET Karlovy Vary	1.13.09
47.	Jirí Sahaj	1996	TRIATLET Karlovy Vary	1.14.48
48.	Jaroslav Prückner	1954	AC Mlada Boleslav	1.15.04
49.	Roman Gazárek	1968	AC TRACK & FIELD Brno	1.15.21
50.	Stanislav Marek	1942	TJ Spartak Trebic spolek	1.16.45
	Rostislav Roznovsky	2000	SSK Vitkovice	DNF
51.	Jaromír Morávek	2003	AC Moravská Slavia Brno	DQ



### 10km Women

1.	Mária Katerinka Czaková	1988	ŠK Dukla Banska Bystrica	46.29
2.	Anežka Drahotová	1995	University Sports Club Prague	47.06
3.	Hana Burzalová	2000	AK Olymp Brno association	50.31
4.	Veronika Janošíková	1998	AK Olymp Brno association	53.43
5.	Alžběta Ragasová	2002	AK Olymp Brno association	54.13
6.	Jana Zikmundová	2002	AC Turnov	55.19
7.	Alena Kollegová	1984	SSK Vítkovice	56.03
8.	Kucerová Štěpánka Pohlová	1987	TJ Sokol Hradec Králové	57.45
9.	Lenka Borovicková	1973	SMOLA CHUZE Praha	57.55
10.	Martina Netolická	1982	AC Slovan Liberec	58.13
11.	Katerina Maternová	1998	Spartak Vrchlabí SMOLA	59.04
12.	Kristýna Denková	2002	TJ VTŽ CHOMUTOV	59.33
13.	Petra Jeníková	1996	Spartak Praha	59.44
14.	Ivana Škaroupková	1974	Orel Vyškov	1.00.48
15.	Anna Machacova	2002	SSK Vítkovice	1.01.33
16.	Vivien Uvírová	2003	Athletics Poruba	1.02.38
17.	Anna Malkova	1963	Orel Vyskov	1.04.24
18.	Sarka Kraisova	1976	Orel Vyskov	1.05.08
19.	Jaroslava Pokorová	1972	AK ŠKODA Plzen	1.05.33
20.	Štěpánka Šlichtová	2003	TJ VTŽ CHOMUTOV	1.07.55
21.	Zuzana Hanyková	1974	AC Turnov	1.08.04
22.	Krystýna Piotuchová	2002	AC Mladá Boleslav	1.08.37
23.	Leona Hanulíková	2002	Orel Vyškov	1.09.10
24.	Karolína Jeníková	1968	Spartak Praha	1.10.59
25.	Katerina Cerná	2003	Atletický klub Hodonín	1.12.05
26.	Marie Šlechtová	1952	TJ Sokol Jaromer	1.13.23

### OUT AND ABOUT

- The Athletics timetable for the Tokyo 2020 Olympic Games was unveiled last Tuesday during a ceremony in the Japanese capital. See <https://www.iaaf.org/news/press-release/athletics-timetable-tokyo-2020-released>. Spread over ten days, the athletics competition will commence on Friday 31 July with the men's 20km race walk. The marathons and roadwalks will start at 6am or earlier (the gun will sound the start of the men's 50km walk at 5:30am) to give athletes the coolest and safest possible race conditions. The timetable reads as follows

Fri 31 July	20km Men	6:00AM
Sun 2 Aug	Marathon women	6:00AM
Fri 7 Aug	20km Women	6:00AM
Sat 8 Aug	50km Men	5:30AM
Sun 9 Aug	Marathon Men	6:00AM

Given that the marathons and walks in Doha are scheduled in the middle of the night, I think we should start talking about the "Night Shift"!

- Former Olympic 1500m champion Asbel Kiprop has received a four-year ban for doping. The Kenyan, a three-time world champion, tested positive for erythropoietin (EPO) in an out-of-competition test in November 2017. The 29-year-old had maintained his innocence and claimed his sample may have been tampered with. But an anti-doping panel said "the case against the athlete is convincingly made out". See <https://www.bbc.com/sport/athletics/47996644>.
- Drug testing methods in sport are still rooted in the 1970s and better technology is needed to catch more than "dopey dopers", former WADA head David Howman said last Tuesday. Speaking at a conference organised by the Partnership for Clean Competition (PCC), Howman told delegates there had to be more effective systems. "We all know that urine analysis has not advanced much," said the New Zealander, who left the World Anti-Doping Agency (WADA) in 2016 and is now chairman of the Athletics Integrity Unit. See <https://uk.sports.yahoo.com/news/drug-testing-methods-stuck-1970s-says-former-wada-133645321--spt.html>.
- As if to illustrate his point, Sport Ireland carried out 1,112 drugs tests last year but only one led to an anti-doping violation, the organisation's 2018 report has revealed. See <https://www.insidethegames.biz/articles/1078142/sport-ireland-report-reveals-one-anti-doping-rule-violation-from-more-than-1100-tests-in-2018>.

## 50KM DOHA RANKINGS UPDATE

With Sunday's 50km walks in Mexico, it's time for another update to our Doha 50km qualifying list. Thanks to Paul DeMeester for such a prompt update. The numbers continue to grow.

### Doha 2019 Worlds 50K Qualifiers as of 21 April 2019 (Maximum of 3 entrants per member federation)

Qualification period started on 7 March 2018 and will end at midnight on 6 September 2019 (regardless of time zone)

#### Men 3:59:00 Entry Standard (target number of 50)

1.	Yohann Diniz	FRA	3:33:25	London 13 August 2017 (Wild Card Entry, reigning WC)
2.	Qin Wang	CHN	3:38:02	Huangshan 9 March 2019
3.	Yusuke Suzuki	JPN	3:39:07	Wajima 14 April 2019
4.	Masatora Kawano	JPN	3:39:24	Wajima 14 April 2019
5.	Tomohiro Noda	JPN	3:39:47	Takahata 28 October 2018
6.	Satoshi Maruo	JPN	3:40:04	Wajima 14 April 2019
7.	Wenbin Niu	CHN	3:41:04	Huangshan 9 March 2019
8.	Yadong Luo	CHN	3:41:15	Huangshan 9 March 2019
9.	Rui Wang	CHN	3:42:08	Huangshan 9 March 2019
10.	Matej Toth	SVK	3:42:46	Dudince 25 March 2018
11.	Havard Haukenes	NOR	3:42:50	Dudince 23 March 2019
12.	Hirooki Arai	JPN	3:43:02	Wajima 14 April 2019
13.	Tongda Bian	CHN	3:43:06	Huangshan 9 March 2019
14.	Kai Kobayashi	JPN	3:43:46	Wajima 14 April 2019
15.	Hayato Katsuki	JPN	3:44:31	Taicang 5 May 2018
16.	Veli-Matti Partanen	FIN	3:44:43	Dudince 25 March 2018
17.	Maryan Zakalnytskyi	UKR	3:44:59	Taicang 5 May 2018
18.	Dongpo Luo	CHN	3:45:38	Huangshan 9 March 2019
19.	Rafal Augustyn	POL	3:47:04	Dudince 23 March 2019
20.	Dzmitry Dziubin	BLR	3:47:59	Berlin 7 August 2018
21.	Xu Liu	CHN	3:48:30	Huangshan 9 March 2019
22.	Perseus Karlstrom	SWE	3:48:54	Taicang 5 May 2018
23.	Evan Dunfee	CAN	3:48:54	Wajima 14 April 2019
24.	Quentin Rew	NZL	3:48:58	Taicang 5 May 2018
25.	Teodorico Caporaso	ITA	3:49:14	Dudince 23 March 2019
26.	Ivan Banzeruk	UKR	3:49:17	Taicang 5 May 2018
27.	Isaac Palma	MEX	3:49:39	Lazaro Cardenas 21 April 2019
28.	Yangben Zhaxi	CHN	3:49:43	Huangshan 9 March 2019
29.	Rafal Sikora	POL	3:49:54	Taicang 5 May 2018
30.	Rui Chen	CHN	3:49:58	Huangshan 9 March 2019
31.	Carl Dohmann	GER	3:50:27	Berlin 7 August 2018
32.	Rafal Fedaczynski	POL	3:50:41	Dudince 23 March 2019
33.	Damian Blocki	POL	3:51:04	Wajima 14 April 2019
34.	Jarkko Kinnunen	FIN	3:51:16	Dudince 23 March 2019
35.	Jonathan Hilbert	GER	3:51:22	Aschersleben 14 October 2018
36.	Joao Vieira	POR	3:51:46	Porto de Mo 13 January 2019
37.	Takayuki Tanii	JPN	3:51:54	Takahata 28 October 2018
38.	Tao You	CHN	3:51:58	Huangshan 9 March 2019
39.	Yuki Ito	JPN	3:52:08	Wajima 14 April 2019
40.	Shuto Goto	JPN	3:52:17	Takahata 28 October 2018
41.	Michele Antonelli	ITA	3:53:00	Taicang 5 May 2018
42.	Valeriy Litanyuk	UKR	3:53:05	Taicang 5 May 2018
43.	Bernardo Uriel Barrondo Garcia	GUA	3:53:10	Taicang 5 May 2018
44.	Cameron Corbishley	GBR	3:53:20	Dudince 23 March 2019
45.	Brendan Boyce	IRL	3:53:32	Taicang 5 May 2018
46.	Mathieu Bilodeau	CAN	3:53:36	Dudince 23 March 2019
47.	Jesus Angel Garcia Bragado	ESP	3:53:48	Taicang 5 May 2018
48.	Nathaniel Seiler	GER	3:54:08	Berlin 7 August 2018
49.	Yuya Suganami	JPN	3:54:08	Wajima 14 April 2019
50.	Mate Helebrandt	HUN	3:54:13	Dudince 23 March 2019
51.	Qingsheng Ceng	CHN	3:54:29	Huangshan 9 March 2019
52.	Erick Bernabe Barrondo Garcia	GUA	3:54:30	Guatemala City 24 February 2019
53.	Adrian Blocki	POL	3:54:31	Taicang 5 May 2018
54.	Marc Tur Pico	ESP	3:54:51	El Vendrell 10 February 2019
55.	Karl Junghanns	GER	3:55:01	Dudince 23 March 2019



56.	Claudio Villanueva	ECU	3:55:04	Taicang 5 May 2018
57.	Andrea Agrusti	ITA	3:55:09	Taicang 5 May 2018
58.	Cao Bonfim	BRA	3:55:24	Melbourne 2 December 2018
59.	Jose Ignacio Diaz	ESP	3:55:28	Berlin 7 August 2018
60.	Bence Venyercsan	HUN	3:55:34	Dudince 23 March 2019
61.	Luis Angel Sanchez Perez	GUA	3:55:40	Guatemala City 24 February 2019
62.	Marco De Luca	ITA	3:55:47	Berlin 7 August 2018
63.	Jose Montana	COL	3:55:48	Dudince 25 March 2018
64.	Andres Chocho	ECU	3:55:48	Cochabamba 5 June 2018
65.	Hongliang Zhang	CHN	3:55:58	Huangshan 9 March 2019
66.	Jorge Armando Ruiz	COL	3:56:07	Lazaro Cardenas 21 April 2019
67.	Benjamin Sanchez Bermejo	ESP	3:56:15	El Vendrell 10 February 2019
68.	Ato Ibanez	SWE	3:56:22	Dudince 23 March 2019
69.	Jakub Jelonek	POL	3:56:33	Dudince 23 March 2019
70.	Dominic King	GBR	3:56:35	Dudince 23 March 2019
71.	Horacio Nava	MEX	3:56:39	Lazaro Cardenas 21 April 2019
72.	Zhongkai Meng	CHN	3:56:45	Huangshan 9 March 2019
73.	Leonardo Dei Tos	ITA	3:56:56	Gioiosa Marea 27 January 2019
74.	Aurelien Quinion	FRA	3:57:05	Aschersleben 14 October 2018
75.	Jijiang Han	CHN	3:57:33	Taicang 5 May 2018
76.	Katsuya Ishii	JPN	3:57:37	Wajima 14 April 2019
77.	Liang Yang	CHN	3:57:46	Huangshan 9 March 2019
78.	Jose Leyver	MEX	3:58:14	Lazaro Cardenas 21 April 2019
79.	Jichao Li	CHN	3:58:20	Huangshan 9 March 2019
80.	Artur Mastianica	LTU	3:58:29	Berlin 7 August 2018
81.	Marc Mundell	RSA	3:58:32	Dudince 23 March 2019
82.	Isamu Fujisawa	JPN	3:58:49	Takahata 28 October 2018

#### **Women 4:30:00 Entry Standard (target number of 30)**

1.	Hong Liu	CHN	3:59:15	Huangshan 9 March 2019 (world record)
2.	Maocuo Li	CHN	4:03:51	Huangshan 9 March 2019
3.	Rui Liang	CHN	4:04:36	Taicang 5 May 2018
4.	Ines Henriques	POR	4:05:56	London 13 August 2017 (Wild Card Entry, reigning WC)
5.	Faying Ma	CHN	4:07:30	Huangshan 9 March 2019
6.	Hang Yin	CHN	4:09:09	Taicang 5 May 2018
7.	Claire Tallent	AUS	4:09:33	Taicang 5 May 2018
8.	Raquel Gonzalez Campos	ESP	4:11:01	El Vendrell 10 February 2019
9.	Alina Tsvilyi	UKR	4:12:44	Berlin 7 August 2018
10.	Paola Viviana Perez	ECU	4:12:56	Taicang 5 May 2018
11.	Myrna Sucely Ortiz Flores	GUA	4:13:56	Guatemala City 24 February 2019
12.	Maria Czakova	SVK	4:14:25	Dudince 25 March 2018
13.	Johana Ordonez	ECU	4:14:28	Taicang 5 May 2018
14.	Pengqin Jiang	CHN	4:14:31	Huangshan 9 March 2019
15.	Tiantian Bai	CHN	4:14:49	Huangshan 9 March 2019
16.	Julia Takacs	ESP	4:15:22	Berlin 7 August 2018
17.	Yingliu Wang	CHN	4:15:33	Huangshan 9 March 2019
18.	Nastassia Yatsevich	BLR	4:18:00	Taicang 5 May 2018
19.	Nadzeya Darazhuk	BLR	4:18:31	Taicang 5 May 2018
20.	Magaly Bonilla	ECU	4:19:04	Taicang 5 May 2018
21.	Masumi Fuchise	JPN	4:19:56	Wajima 14 April 2019
22.	Ivana Renic	CRO	4:20:17	Dudince 23 March 2019
23.	Khrystina Yudkina	UKR	4:20:26	Berlin 7 August 2018
24.	Erika Morales Cruz	MEX	4:20:36	Hauppauge 21 October 2018
25.	Meijiao Chi	CHN	4:22:47	Huangshan 9 March 2019
26.	Evelyn Inga	PER	4:22:57	Lazaro Cardenas 21 April 2019
27.	Vasylyna Vitovshchuk	UKR	4:23:15	Berlin 7 August 2018
28.	Yumin Chen	CHN	4:26:42	Huangshan 9 March 2019
29.	Ainhoa Pinedo	ESP	4:27:03	Berlin 7 August 2018
30.	Nicole Colombi	ITA	4:27:38	Gioiosa Marea 27 January 2019
31.	Mayra Carolina Herrera	GUA	4:28:30	Taicang 5 May 2018
32.	Mar Juarez	ESP	4:28:58	Berlin 7 August 2018
33.	Serena Sonoda	JPN	4:29:45	Takahata 28 October 2018

With a large number of authorized walks competitions including 50km events for men and women, these lists will continue to grow.

## FROM THE VAULTS – GUS THEOBALD: 1897 - 1990

The VRWC has 45 life members (see <http://www.vrwc.org.au/vrwc/lifemembers.shtml>) and all of them are people who have given to the club 'over and above'. One of our most fondly remembered is Gus Theobald who was granted his life membership way back in 1961 and who continued as an active member of the club until his death in 1990. I joined the club in 1966 and am privileged to have known Gus for the last 24 years of his life.

Last week I was given a copy of the obituary published in the Glenhuntly Athletics Club newsletter on the occasion of his death. It was such a good one that I decided to add it to my biography of Gus. I also publish the newly extended article here, so that our older members can remember and our younger members can be introduced to one of our club legends.

The popular and amazing Gus Theobald was born in April 1897 and joined the Victorian Walkers Club in 1931, just after Frank McGuire. A comparative late starter in athletics at 35, he had nearly 59 years of competitive racing until, at the age of 93, he was tragically stuck by a car and killed while crossing a road in suburban Ormond on August 8 1990.

Gus finished third in the Victorian 50km title in 1935 at 38, claiming he turned to walking 'because I thought I was too old to compete in other events'. Gus went on to win the Victorian 50km title in 1949.

Gus was a hardworking club member of VRWC and, being an electrician, he offered his services and did the electrical work for the Alf Robinson Clubrooms which were built at Albert Park in the early sixties.

Gus was awarded his life membership of VAWC in 1961 but he was regarded as a senior member of the club long before that. When the club reformed in 1946, one of the first trophies to be set up was the Gus Theobald Trophy and it was contested for some years.

This trophy was re-instituted by VRWC in 1990 and is awarded annually to the winner of the Open Mens 20 km Club Championship.

During his illustrious career he was president of the Glenhuntly Club from 1958 to 1972. During that period it was Victoria's most successful distance club boasting internationals Ron Clarke, Pat Clohessy, Trevor Vincent, Chris Wardlaw, Rob De Castella and Pat Scammall among its membership. Gus officiated at the 1956 Olympic and 1962 Commonwealth Games and was very proud when awarded life membership of the Glenhuntly Club

Gus was a member of the VAAA since 1932, with 58 years of racing. He was the second longest competing walker. Only Tom Daintry could match his record.



*Left: The start of the 1951 Melbourne to Frankston 25 Mile Handicap – Gus with Jim Gaylor  
Right: 1946 VAWC 50 km at the Melbourne Showgrounds - Alan Reid, Alex Philpott and Gus*

Gus loved travelling and competing. He drove his van to the Lake Burley Griffin Carnival in 1972 (at 75 years of age) and finished the 20mile event in front of 4 walkers half his age. He continued to drive his van till the day he died.

A foundation member of the veteran movement in 1971, Gus was unbeaten over the 5km and 20km distances in his world age divisions. He won the coveted double at Toronto in 1975, Gothenburg in 1977, Christchurch in 1981, Rome in 1985, Melbourne in 1987 and at Eugene in 1989.

His times at these veteran championships showed that he could still walk a pace that belied his years. In Gothenburg in 1977 he clocked 30:42 for the 5000m walk as an 80 year old. In Christchurch in 1981 as an 83 year old, he clocked 34:46 for the 5000m walk. In Rome in 1985 as an 88 year old, he clocked 34:53. In Melbourne in 1987 as a 90 year old, he clocked 35:18 and in Eugene in 1989 as a 92 year old, he clocked 39:49. His last big races were the Australian National Veteran titles in Melbourne in April 1990 when he once again won the 5000m/20km double – he had been unbeaten in National Veteran titles since their inception in 1972.



*Left: Gus in later life, walking for the Glenhuntly Athletics Club  
Right: Gus competing in the 1987 World Veterans Championships in Melbourne*

Sadly, on 8<sup>th</sup> August 1990, at the age of 93, Gus was struck by a car and tragically killed while crossing a road in suburban Ormond.

The following obituary was published by Glenhuntly Athletics Club to mark Gus's passing in 1990.

**GUS THEOBALD (B.E.M.)  
1897 – 1990**

**A TRIBUTE TO AUGUSTUS ALBERT THEOBALD "GUS" 1897 - 1990**

On August 8<sup>th</sup>, the club lost its oldest and much loved member, Gus, in a tragic accident in Ormond. He was struck by a car and killed instantly: Gus was 93 years old.

One of our members recalled meeting Gus when he was invited to Caulfield Racecourse as a 14 year old by Peter Colthup; then club secretary. Gus was mowing the long grass in front of the old jockey changerooms - The CLUB rooms - so that some youngsters could practice long jump and high jump. He was introduced to him and was told that he was still an active competitor and Club President. He was amazed; Gus at 64 and still competing. Gus took an interest in the juniors who had come to training that day, he made them feel very welcome, and after doing chores for over an hour went off to do his training. He was an amazing man, a "MAGIC" person.

Many members may have met Gus in a similar way and will still remember Gus for his TOTAL dedication to the club he loved so much; sweeping the newrooms at Duncan McKinnon, officiating ALL afternoon. competing, and making everyone, especially juniors. feel they were so important to the club.

Gus believed the club always came first, and he was immensely proud of its traditions, its champions, its juniors, and anyone who was to give his best for the club.

The club was like family to Gus, In the winter, over three decades of runners will recall, with appreciation, the enormous effort Gus contributed to the club, with his role as Team Manager, supporter and provider of afternoon tea. In days when transport to city and country venues was difficult, Gus and Mrs Theo "Jessie" would meet us at his landmark electrical store in Olenhantly, pile club members into his car and drive them to Adelaide, Ballarat, Bendigo, Sunbury, wherever.

Gus had an enormous impact on the club. Joining it at the age of 35 (old in those days), he contributed 58 dedicated years to the club. As Club President 1959 - 1972 he was in the chair as our club established its impressive reputation, and to Olympians and Tailenders alike, Gus was a friend and staunch supporter. Everyone had a kind word on Gus, whether they

were from our club or the opposition. He was a current Vice President and had filled this role since 1972. He was on the committee since 1937 and a club coach of walkers, official at summer and winter (every week) and judged at the Melbourne Olympics and Perth Commonwealth Games.

Born in Swan Hill, Gus moved to the Northcote area as a young man and took out his apprenticeship as an electrician. From there he played football and cricket until a chance meeting with some club members at a football match started an association with our club that remained until his death.

As an athlete Gus was a champion. In veteran competition, he was the doyen of walkers, still competing and since the beginning of the veteran movement in 1972 Gus has been Victorian Australian and World champion in his age group ever since. In the 1940's Gus was a top distance walker, being placed over 50Km regularly in championships and winning the state title in 1949. At interclub he could still be seen strutting his stuff to gain points for D Grade, even though he "retired?" 16 years ago.

Gus was a Life Member of our club since 1953 and was awarded the B.E.M. for service to athletics.

He was also a Life Member of the Amateur Walkers Club.

In 1947 Gus instigated the Western District Adelaide Challenge shield, and for 44 years this has been regularly contested with Gus and Mrs Theobald always there in support.

His assistance to others and his charisma were traits people loved and respected Gus for. He never gave in and was always the first to put forward suggestions and support with actions. He helped Little Athletics; he loved youngsters and they loved him. Whether as a 'Lollypop' crossing man or as a coach, Gus was popular.

All of us at Glenhuntly will miss Gus Theobald. We will miss his presence, his encouragement, his friendship, his generosity, his humility. Gus had heaps of all these.

We all just expected that Gus would just go on doing all the behind scene things so necessary in a club, to go on competing forever and to see his interested person at training and club functions. At 93 years of age Gus was fit and well. It seemed he would easily achieve the century doing what he loved best. It is this that is so hard to come to terms with. His loss is so tragic because he had so much more life in him.

To Gus, everyone who gave of their best was a champion. The truth is, the one who gave the most was Gus Theobald.

Thankyou Gus for the encouragement, the friendship and the memories. How the club overcomes the loss only time will tell.

One thing is for certain: Augustus Albert Theobald will not be forgotten by his mates at Glenhuntly; there are too many there to let that happen.

To Mrs Theo "Jessie", to children Joan and Ian, and to the grandchildren go our deepest sympathies. May he rest in peace.

## NEW VRWC CLUB RECORDS

I am pleased to announce some new VRWC club records that have recently been set. Well done to Kelly, Daniel and Jemima.

<b>Kelly Ruddick</b>	W45 3000m Track Walk	13:19.48	VMA T&F Champs, Doncaster	23/03/2019
<b>Daniel Walters</b>	M35 1500m Track Walk	6:02:05	VMA T&F Champs, Doncaster	24/03/2019
<b>Jemima Montag</b>	U23 and Open 10,000m Track Walk	43:51.47	Australian T&F Champs, Sydney	05/04/2019

The updated records are found at <http://www.vrwc.org.au/vrwc-records.shtml> .

## 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 26-29, 2019	Australian Masters T&F Championships, Albert Park - <a href="https://melbourne2019.com.au/">https://melbourne2019.com.au/</a>
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)

May 11-12, 2019	2019 IAAF Race Walking Challenge, Taicang, China
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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 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 Coffeebrands 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 10<sup>th</sup> 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 **30<sup>th</sup> 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 **20<sup>th</sup> 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 **17<sup>th</sup> IAAF World Championships in Athletics**, Doha, Qatar  
 Oct 20-22, 2019 Around Taihu International Race Walking 2019, Suzhou, China

May, 2020 **29<sup>th</sup> IAAF World Race Walking Team Championships**, Minsk, Belarus  
 July 17-20, 2020 **18<sup>th</sup> IAAF World U20 T&F Championships**, Nairobi, Kenya  
 July 24 – Aug 9, 2020 **32<sup>nd</sup> Olympic Games**, Tokyo  
 July 20 – Aug 1, 2020 **23<sup>rd</sup> World Masters T&F Championships**, Toronto, Canada

Mar 2021 **9<sup>th</sup> World Masters Indoor T&F Championships**, Edmonton, Canada  
 Aug 6-15, 2021 (TBC) **18<sup>th</sup> IAAF World Championships in Athletics**, Eugene, USA

July 18-30, 2022 **XXII Commonwealth Games**, Birmingham, GBR.  
 Aug 7-17, 2022 **24<sup>th</sup> World Masters T&F Championships**, Gothenburg Sweden

Aug 2021 (TBC) **19<sup>th</sup> 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>)