



## HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club  
2018/2019 Number 34  
Tuesday 21 May 2019



### VRWC Preferred Supplier of Shoes, clothes and sporting accessories.

*Address:* RUNNERS WORLD, 598 High Street, East Kew, Victoria (Melways 45 G4)  
*Telephone:* 03 9817 3503  
*Hours:* Monday to Friday: 9:30am to 5:30pm  
Saturday: 9:00am to 3:00pm  
*Website:* <http://www.runnersworld.com.au>  
*Facebook:* <http://www.facebook.com/pages/Runners-World/235649459888840>

### WALKER OF THE WEEK

My walker of the week is **Sarah Holmes**, who has just joined the club and who is embarking on her first winter roadwalking season. Sarah, who recently turned 10, powered through the VRWC 1km roadwalk on Saturday with a winning time of **5:01**. She might be new to the club but already has some great credentials. She won the LAVIC U9 700m walk championship in 2018 and won the LAVIC U10 1100m walk championship earlier this year. I watched her on Saturday and can report that she walked superbly, with both strength and speed. And she even got a point in the Style Award competition! Well done Sarah!



*Sarah (right) with her sister Molly (left) in action in our club walks last Saturday (photo Terry Swan)*

### WHAT'S COMING UP

- Next Sunday sees one of our biggest winter season carnivals, with the Victorian Open 10km Roadwalk Championships, the Victorian Country Championships, VRWC club championships and Racewalking Victoria U10 and U12 Championships for our younger walkers. That means medals galore! Note all the differing entry criteria:
  - You must pre-enter AV and AV Country events online via the AV Members Portal, and you must be a current AV member to compete in one of their championships. AV entries close on Thursday.
  - You may enter the VRWC and RWV Championships on the day or earlier via our VRWC online portal at <http://vrwc.org.au/wpl>.
  - VRWC Championships are open to all current VRWC members.
  - Racewalking Victoria Championships are open to all Victorian walkers.
  - Entries for the non-championship 10km and 5km walks close at 9.30am on the day.
  - Entries for the non-championship 2km event close at 10.45am on the day.

See the next page for the carnival timetable.

<b>Sunday 26<sup>th</sup> May 2019, Middle Park</b>			
10.00am	<b>10km</b>	<b>AV Championship</b>	<b>Open, 40+, 50+ Men</b>
		Winner of the Open Men's event is awarded the C.H. [Bert] Gardiner Medal	
10.00am	<b>10km</b>	<b>AV Country Championship</b>	<b>Open Men</b>
10.00am	<b>10km</b>	<b>AV Championship</b>	<b>Open, 40+, 50+ Women</b>
10.00am	<b>10km</b>	<b>AV Country Championship</b>	<b>Open Women*</b>
10.00am	10km	Non championship	Open
10.30am	<b>5km</b>	<b>AV Country Championship</b>	<b>Under 20 Men/Women</b>
10.30am	5km	<b>VRWC Championship</b>	<b>Under 20 Men/Women</b>
10.30am	<b>5km</b>	<b>AV Country Championship</b>	<b>Under 18 Men/Women</b>
10.30am	5km	<b>VRWC Championship</b>	<b>Under 18 Men/Women</b>
10.30am	5km	Non championship	Open
11.00am	3km	<b>AV Country Championship</b>	<b>Under 16 Boys/Girls</b>
11.00am	3km	<b>VRWC Championship</b>	<b>Under 16 Boys/Girls</b>
11.00am	3km	<b>AV Country Championship</b>	<b>Under 14 Boys/Girls</b>
11.00am	3km	<b>VRWC Championship</b>	<b>Under 14 Boys/Girls</b>
11.00am	3km	Non championship	Open
11.05am	1km	<b>Racewalking Victoria Championship</b>	<b>Under 10 Boys/Girls</b>
11.05am	1km	Non championship	Open
11.15am	2km	<b>Racewalking Victoria Championship</b>	<b>Under 12 Boys/Girls</b>
11.15am	2km	Non championship	Open
11.30am	Presentations		

#### TALKING VRWC – SOME NOTICES

Did you know that VRWC has a number of policies which are all published on web page [http://www.vrwc.org.au/vrwc\\_policies.shtml](http://www.vrwc.org.au/vrwc_policies.shtml).

- VRWC Sunsafe Policy
- VRWC Public Health And Safety Policy
- VRWC Public Photography Policy

The Photography Policy reads in part

- The VRWC Committee appoints an official photographer or videographer for all official/scheduled events. These photographs/video will be published in our Social Media pages online Photo Galleries and our weekly newsletter.
- Our policy is to select photos that show walkers in the best possible light. We all know that everyone occasionally loses form and has lapses in technique – we focus on photos that show walkers walking well.
- We allow parents to take photos or videos of their own children and we allow coaches to do the same with regard to their own athletes. But we actively discourage parents or coaches from taking photos or videos of other walkers, especially those competing against their children or squad members, unless prior permission has been given.
- Finally, we react very quickly to any unknown persons attending our races and taking photos or videos of our walkers. We all know enough about the world to know that there are unsavory people out there and we want to give our walkers a safe environment in which they can enjoy their walking.

Also, the VRWC Committee met on Saturday after the races and have asked me to post the following informational items in the newsletter

- Athletes are NOT allowed to enter events other than shown in the current fixture. For example a walker cannot race a 2km event as part of a 10km event. The athlete will be recorded as a DID NOT FINISH (DNF) and no points will be awarded. Athletes can only race their events at the published times, unless prior approval is granted by the VRWC Committee.
- Parents and athletes are reminded to be courteous and respectful of other park users and competing athletes. We ask that athletes keep to a racing line, as far left of the track as practical and be mindful of others when changing direction and at corners. We will be reminding athletes at the start line of each race.

- It takes a small group of people to set up, administer and run and then pull down each week. If members could spare 15 or 30 minutes of their time at the start, during, or at the end, it will ensure we all get away quickly and the day will be shorter for us all.

We also need help in the canteen and in the recording tent (lap scoring). We need people at Check-in as well. Yes, we have all grumbled about waiting in the queue!

There are lots of jobs that can be done, and some only take 5 minutes so please, if you can spare some time, see a committee member. Many hands make light work, and we can all leave early.

### LBG CARNIVAL INFORMATION

**Entries for next month's Lake Burley Griffin Carnival in Canberra close at 5PM tomorrow (Wednesday), with no late entries allowed.** This meet is on Sunday 9<sup>th</sup> June (this is the Queen's Birthday long weekend). Entries are now done online at <https://www.trybooking.com/book/event?eid=477790>.

Our aim is to send a large RWV group with many teams as possible. I have extracted a list of the current RWV entries as of today (Tuesday). It reads as follows – contact me straight away if you see any errors here.

- |                              |  |
|------------------------------|--|
| 4. Women Open & Masters 15km | (2) <b>Sandra Howorth (M), Claire Samanna</b>  |
| 5. Men Open & Masters 15km   | (8) <b>Kevin Cassidy (M), Corey Dickson, Albin Hess (M), Andrew Jamieson (M), Scott Nelson (M), Pramesh Prasad (M), Kyle Swan, Lachlan Wilkinson (M)</b> |
| 7. Fitness 8km               | (1) <b>Eden Morgan</b>   |
| 8. Men Under 20 10km         | (2) <b>Heath Beveridge, Corey Dickson</b>  |
| 11. Women Under 20 10km      | (3) <b>Jemma Peart, Charlotte Hay, Kathleen O'Mahony</b>   |
| 13. Girls Under 10 1km       | (3) <b>Havana Ali, Mietta Morgan, Ela Uzun</b>   |
| 14. Boys Under 12 2km        | (3) <b>Hamish Blackwood, Liam Hutchins, Ethan Nash</b>   |
| 15. Girls Under 12 2km       | (3) <b>Zahlia Heikkila-Dubowik, Mietta Morgan, Darcey Roberts</b>  |
| 16. Boys Under 14 2km        | (6) <b>Hamish Blackwood, Luke Epps, Liam Hutchins, Ethan Nash, Scott Peart, Marcus Wakim</b>   |
| 17. Girls Under 14 2km       | (3) <b>Maddison Nash, Darcey Roberts, Emily Smith</b>  |
| 18. Boys Under 16 3km        | (7) <b>Heath Beveridge, Hamish Blackwood, Luke Epps, Angus Hay, Liam Hutchins, Scott Peart, Marcus Wakim</b>   |
| 19. Girls Under 16 3km       | (5) <b>Charlotte Hay, Kaylah Heikkila-Dubowik, Alanna Peart, Darcey Roberts, Emily Smith</b>   |
| 20. Boys Under 18 5km        | (5) <b>Heath Beveridge, Corey Dickson, Luke Epps, Angus Hay, Marcus Wakim</b>  |
| 21. Girls Under 18 5km       | (5) <b>Charlotte Hay, Jemma Peart, Darcey Roberts, Emily Smith, Kaylah Heikkila-Dubowik</b>  |
| 22. Women 5km                | (4) <b>Kaylah Heikkila-Dubowik, Kathleen O'Mahony, Alanna Peart, Charlotte Hay</b>   |

You can read all about the carnival at <http://www.actwalkers.com.au/lbg-racewalking-carnival/> . The timetable for the day reads

1. Open 30 kilometres	8.00am	12. Boys U10 1 kilometre	11.40am
2. Fitness 30 kilometres	8.00am	13. Girls U10 1 kilometre	11.40am
3. AACT W&M 30 kilometres Chp	8.00am	14. Boys U12 2 kilometres	11.50am
4. Open Women 15 kilometres	8.00am	15. Girls U12 2 kilometres	12.10pm
5. Open Men 15 kilometres	8.00am	16. Boys U14 2 kilometres	12.30pm
6. Fitness 15 kilometres	8.00am	17. Girls U14 2 kilometres	12.50pm
7. Fitness 8 kilometres	9.00am	18. Boys U16 3 kilometres	1.10pm
8. Men U20 10 kilometres	10.30am	19. Girls U16 3 kilometres	1.35pm
9. AACT Men U20 10 kilometre Chp	10.30am	20. Boys U18 5 kilometres	2.00pm
10. Open (over 19 years) 10 kilometres	10.30am	21. Girls U18 5 kilometres	2.00pm
11. Women U20 10 kilometres	10.30am	22. Open Women 5 kilometres	2.40pm

I'll be there in charge of our RWV team. It's always a great meet.

### VRWC ROADWALKS, MIDDLE PARK, SATURDAY 18 MAY

Conditions were perfect (cool, sunny and windless) for the latest round of VRWC roadwalks at Middle Park on Saturday afternoon, and there were PBs galore amongst our 52 walkers, especially in the younger age groups.

Our 8km 6km and 4km walkers headed off first, with **Kyle Swan** and **Mark Blackwood** leading the way. Mark stopped after completing his 4km in 27:51, while Kyle powered home to win the 8km with 36:38. Special mentions to **Madeleine Feain, Albin Hess, Claire Samanna, Kathleen O'Mahony, Charlotte Hay, Grace Louey, Emily Smith, Merilyn Thompson, Luke Epps** and **Angus Hay** who all walked PBs.

#### VRWC 8km Walk

- |                  |       |
|------------------|-------|
| 1. Feiner, Tracy | 42:38 |
|------------------|-------|

2.	Feain, Madeleine	48:11	PB 1:34
3.	Thompson, Alison	50:05	
4.	Carr, Heather	52:34	
5.	O'Neill, Karyn	57:14	
1.	Swan, Kyle	36:38	
2.	Cassidy, Kevin	41:56	
3.	Nelson, Scott	44:44	
4.	Hess, Albin	50:33	PB 0:19
5.	Bennett, Ralph	51:03	
6.	Beveridge, Heath	52:16	
	Dickson, Corey	DNF	(4km in 19:32)

#### VRWC 6km Walk

1.	Samanna, Claire	35:32	PB 03:39
2.	O'Mahony, Kathleen	36:51	PB 3:22
3.	Elms, Donna-Marie	37:54	
4.	Grace, Marnie	40:54	First time over this distance
1.	Blackwood, Mark	27:51	
2.	Donahoo, Mark	36:49	
3.	Feain, Gerard	39:32	

#### VRWC 4km Walk

1.	Hay, Charlotte	20:00	PB 0:06
2.	Cocking, Holly	22:09	
3.	Geisler, Sandra	22:30	
4.	Louey, Grace	23:30	PB 0:11
5.	Tatlock, Riannah	23:38	First time over this distance
6.	Smith, Emily	23:45	PB 1:00
7.	Shaw, Robyn	26:36	
8.	Steed, Gwen	28:12	
9.	Thompson, Marilyn	28:20	PB 3:00
	Heikkila-Dubowik, Kaylah	DNF	(3km in 17:53)
1.	Prasad, Pramesh	19:05	
2.	Epps, Luke	21:54	PB 0:05
3.	Hay, Angus	22:06	PB 0:43
4.	Barrow, Geoff	28:26	

The 2km and 1km walkers got underway 15 minutes later and was the pace on. **Molly and Sarah Holmes** led from the front, Sarah stopping after 1km (5:01!) and Molly going to to 2km(11:06). I could mention just about everyone, but just to concentrate on a few. Well done to **Liam Hutchins** for his 2km time of 10:27 and well done to **Ela Uzun** for yet another top U9 time (5:26 for the 1km). We also welcomed **Tayla Borg** and **Debbie Nash** who had their first walks with us. And well done to **Ethan Nash** and **Riley Coughlan** who upped their season furthest to 2km.

#### VRWC 2km Walk

1.	Holmes, Molly	11:06	PB 0:35
2.	Heikkila-Dubowik, Zahlia	13:11	
3.	Borg, Tayla	13:45	First time with us
1.	Hutchins, Liam	10:27	PB 0:03
2.	Weickhardt, Sebastian	11:16	PB 0:38
3.	Blackwood, Hamish	11:24	
4.	Nash, Ethan	12:29	First time over this distance
5.	Coughlan, Riley	12:33	First time over this distance
6.	Barrett, Anthony	13:25	
7.	Smith, Aiden	13:41	PB 0:33

#### VRWC 1km Walk

1.	Holmes, Sarah	05:01	PB 0:16
2.	Uzun, Ela	05:26	PB 0:05
3.	Nash, Maddison	05:41	First time over this distance
4.	Ali, Havana	06:02	PB 0:21
5.	Nash, Debbie	07:15	First walk with us
6.	Blackwood, Sophie	07:51	
7.	Mews, Pam	11:28	



- |                   |       |         |
|-------------------|-------|---------|
| 1. Wapshott, Cody | 07:05 | PB 0:34 |
| 2. Tatlock, Heath | 08:11 |         |

Thanks as always to all our officials, judges and helpers. Apologies for anyone I have missed. You are all much appreciated.

**Officials:** Mark Donahoo, Ralph Bennett, Tim Erickson, Bill Carr, Donna Dickson, Ian Laurie, Darlene Swan  
**Judges:** Peter Vysma (C), Gordon Loughnan, Terry O'Neill, Stuart Cooper, David Cash, Shane Dickson, Charlotte Holmes  
**Canteen:** Wendy Cooper  
**Photos:** Terry Swan (see <http://www.vrwc.org.au/piwigo/index.php?category/532>)



*Sebastian Weickhardt, Marilyn Thompson, Tayla Borg and Lim Hutchins*



*Molly and Sarah Holmes, Albin Hess, Claire Samanna and Kathleen O'Mahony (photos Terry Swan)*

The latest updates for the Winter Season Points Competitions are found at <http://www.vrwc.org.au/vrwcpointcomps.shtml>. After 3 rounds, the leaders boards are taking shape for the Style Award, Actual Times and Handicap Competitions. And for the record, our most stylish walkers on Saturday, according to the judges were **Kyle Swan, Scott Nelson, Hamish Blackwood, Tracy Feiner, Heather Carr, Grace Louey, Claire Samanna, Molly Holmes** and **Charlotte Hay**.

Finally, Gerard Feain was busy with his video camera last week (Saturday 11<sup>th</sup> May) and has put together a short video of the action from Middle Park – check it out on youtube at <https://www.youtube.com/watch?v=RgZypAFoCrQ>.

You can check out our complete collection of walk videos at <http://www.vrwc.org.au/vrwcvideos.shtml>.

**BENITA VAN RAAPHORST MEMORIAL 3KM HANDICAP, LAKE WENDOUREE, BALLARAT, SUNDAY 19 MAY**

Thanks To Kerrie Peart for the results of the latest walks from the Ballarat Race Walkers Club in country Victoria. She reports:

A bright Autumn morning greeted the walking group and the Van Raaphorst family at the race held in their sister Benita’s honour. Benita Van Raaphorst was an up and coming junior racewalker who 18 years ago passed away in an accident, and this race is held in memory of her dedication to racewalking.

With the football season in full swing some of our walkers were otherwise occupied. Our small field keenly headed off in handicap order with our new walker **Charlotte MacDonell** leading the way and holding on to the end, finishing in 21:56 with a 2:50 sec PB. **Laura Ballinger** was not able to catch Charlotte but also finished well in 20:14 with a 51 sec PB. Third place went to **Fraser Saunder with a new club U16 record of 14:27.**

**Benita Van Raaphorst Memorial 3km Handicap**

1.	Charlotte MacDonell	21:56	(PB: 2:50)
2.	Laura Ballinger	20:14	(PB: 0:51)
3.	Fraser Saunder	14:27	
4.	Scott Peart	18:14	
5.	Jemma Peart	15:10	



*Handicap winner Charlotte MacDonell with her perpetual trophy and with the van Raaphorst family on Sunday (photo Kerrie Peart)*

**ACTRWC ROADWALKS, BLACK MOUNTAIN PENINSULA, CANBERRA, SATURDAY 18 MAY**

Thanks to Val Chesterton for this week's results from Canberra. Best efforts by **Gwyllym Young** and **Brendon Reading.**

**5km Walk**

1.	Gwyllym Young	24:35
2.	Hannah Manning	28:12
3.	Kodi Clarkson	30:39
4.	Kate Black	31:32
5.	Miriam McCarthy	33:11
6.	Derek Robinson	35:39
7.	Jennifer Gilchrist	38:53
8.	Rod Gilchrist	39:12
9.	Jack Thackray	45:37
10.	Fran Black	48:04
11.	Raine Thompson	48:46

**17km Walk**

1.	Brendon Reading	1:21:55
2.	Michael Smith	1:49:10
3.	Robin Whyte	1:57:57
4.	Bryan Thomas	2:15:55

**3km Walk**

1.	Peter Baker	17:28
2.	Georgia Frew	20:46
3.	David Mackenzie	27:32

**SARWC ROADWALKS, ADELAIDE PARKLANDS, ADELAIDE, SATURDAY 18 MAY**

Thanks to Peter Crump for his weekly report from Adelaide, where **Kim Mottrom** held off a fast finishing **Tristan Camilleri** in the 6km event.

**12km Walk**

1.	Mathew Bruniges	1:02:50
2.	Royrie Upton	1:16:03
3.	Bill Starr	DNF

**3km Walk**

1.	Sebastian Richards	16:47
2.	Hannah Wilks	16:48
3.	Daisy Braithwaite	16:48
4.	Ava Wilson	17:51
5.	Seth Upton	19:53
6.	Aleesha Vidler	21:07

**6km Walk**

1.	Kim Mottrom	27:21
2.	Tristan Camilleri	27:23
3.	Olivia Sandery	31:19
4.	Toby Wilks	31:19
5.	Kiera Ross	34:53
6.	Greg Metha	38:52
7.	Adrian Upton	43:11
8.	Liz Downs	46:14
9.	Kitarni Upton	DNF

**1.5km Walk**

1.	Sam Wilks	8:30
2.	Cooper Rech	10:15
3.	Edward Upton	11:34
4.	Xavier Upton	11:35
5.	Matilda Rech	11:40
6.	Alexander Richards	12:05

**SAMA ROADWALKS, ADELAIDE PARKLANDS, ADELAIDE, SATURDAY 18 MAY**

Colin Hainsworth tells me the SAMA walkers were competing with SARWC this week in the Adelaide Parklands. The following are additional results from the SARWC meet, to recognise the additional SAMA walkers not covered above.

**6km Walk**

1.	MARIE MAXTED	40:02	W59	74.19%
2.	ROGER LOWE	48:40	M76	67.49%
3.	ROSS HILL-BROWN	51:16	M64	55.21%

**3km Walk**

1.	SABINE ORCHARD-SIMONIDES	21:10	W52	62.74%
2.	HELEN SURIDGE	23:36	W68	67.09%
3.	JEFFREY KENNETT	30:47	M68	46.69%

Some were competing at another venue with the masters runners

**5km Club Walk**

1.	GIL MCINTOSH	34:45	M68	70.36%
2.	ROGER LOWE	41:28	M76	65.38%
3.	PAUL GREENWOOD	48:19	M48	41.73%
4.	JOHN HORE	48:58	M70	51.15%
5.	CATHIE HORE	48:58	W68	55.90%

**TRWC ROADWAKS, PONTVILLE, HOBART, SATURDAY 18 MAY**

Thanks to Dave Moore for this week's results from Tasmania. He comments:

The day's highlights belonged to the 2km walkers. **Oliver Morgan** won in fine style, with **Gabby Hay** finishing next and notching up another PB, while **Sophie Ahern** had Gabby well within her sights going towards the finish line but ran out of race distance to catch her.

**2km Walk**

1.	Oliver Morgan	13.16
2.	Gabby Hay	14.18 (PB)
3.	Sophie Ahern	14.35

**5km Walk**

1.	Anna Blackwell	31.30
2.	Ron Foster	37.22

**3km Walk**

1.	Chloe Ahern	17.40
2.	Dave Moore	26.40

**6km Walk**

1.	Stephen Ahern	38.08
----	---------------	-------

**QRWC ROADWALKS, LOGAN RIVER PARKLANDS, BEENLEIGH, SUNDAY 19 MAY**

Thanks to Robyn Wales for this week's results from Queensland. She commented: Great weather on a fast course. Wonderful effort from 13 year old **Jayda Anderson** in the 5km (25:49). Great walk also by **Katie Hayward** (46:3 for 10km).

**A Grade 10km**

1.	Katie Hayward	F	46.03
2.	Peter Bennett	M	57.11
3.	Argenis Guevara	M	57.21
4.	Charlotte Hamann	F	1.07.54
5.	Noela McKinven	F	1.24.44
	Nyle Sunderland	F	DNF

**B Grade 5km**

1.	Nelson McCutcheon	M	23.50
2.	Jayda Anderson	F	25.49
3.	Summer Millard	F	28.17
4.	Korey Brady	F	33.31
5.	Jasmine-Rose McRoberts	F	34.02

**F Grade 1km**

1.	Knox Anderson	M	6.47
2.	Korbyn Bricknell-Hewitt	M	7.01
3.	Blake Gee	M	8.53
4.	Isabella Gee	F	6.41
5.	Lucie Goulding	F	7.30
6.	Claire Chadwick	F	9.30

**C Grade 3km**

1.	Ashanti Heap	F	15.37
2.	Tamika Gee	F	15.43
3.	Anika Clarke	F	16.14
4.	Lyla Williams	F	16.56
5.	Sam McCure	M	16.57
6.	Lachlan McCure	M	17.10
7.	Amber Norton	F	17.49
8.	Kai Norton	M	18.08
9.	Lily Goulding	F	18.56
10.	Phoebe Chadwick	F	22.14

**D Grade 2km**

1.	Alejandra Hannouf	F	11.37
2.	Caterina Davey	F	12.56
3.	Aliesha Heap	F	13.25
4.	Zoe Davey	F	14.07
5.	Charlotte Brady	F	15.47

**E Grade 1.5km**

1.	Makenna Clarke	F	9.25
2.	Gabriela Hannouf	F	11.26

**WARWC ROADWALKS, WILSON, PERTH, SUNDAY 19 MAY**

Thanks to Terry Jones for his weekly report from Perth. Unfortunately a big fun run took some of their regular walkers away.

**20km Handicap**

1.	Andrew Duncan	1.44.05
----	---------------	---------

**5km Handicap**

1.	Brad Mann	26.54
----	-----------	-------

**3km Handicap**

1.	John Ronan	15.32
2.	Xavier Bernard	17.38
3.	Ben Reid	15.20
4.	Glenys Duncan	29.16

**NSWRWC ROADWALKS - NEPEAN OPEN, JAMISONTOWN, NSW, SATURDAY 11 MAY**

Finally back a week for the results of the Nepean Open in Sydney. Good turnout of 42 walkers.

**U16 Division 3km Walk**

1.	Harry Dundon	16.02
2.	Chloe Lamb	16.28
3.	Ella Munroe	16.59
4.	Samantha Torrens	17.12
5.	Jessey Bektas	18.02
6.	Thomas Muir	18.03
7.	Isabelle Nilon	18.12
8.	Chelsey Torrens	18.28
9.	Abbey Bektas	18.38
10.	Kailey Webber	18.45
11.	Aidan Pospischil	19.14
12.	Zsafia Varga Strike -Strike	19 20
13.	Sarah Challinor	24.41
14.	Emily Challinor	24.48
15.	Amelia Crocker	25.02

**U12 Division 1.5km Walk**

1.	Rudi Blackley	8.13
2.	Thomas Varga-Strike	8.15
3.	Matilda Webb	8.30
4.	Jesse Brodrick	8.37

**Long Division 12km Walk**

1.	Travis Barendregt	62.50
2.	Bridget Bell	71.20
3.	Antoinette Woodward	83.18
	Teegan Pengilly	DNF
	Amanda Barendregt	DNF

**Medium Division 10km Walk**

1.	Kyle Bedford	49.45
2.	Hannah Parker	64.09
3.	Anne Weekes	66.15

**Short Division 5km Walk**

1.	Milly Boughton	27.04
2.	Emma Thomas	27.41
3.	Chloe Krklinski	29.54
4.	Brendan Pospischil	30.46
5.	Ellie DeCelis	31.07
6.	Brittany Robertson	31.39
7.	Jada Thomson	31.47
8.	Rhianni Deagan	32.56
	Ciara Cassilles (INV)	34.07



5. Christopher Nilon	9.39	9. Carmel Parker	34.50
6. Dylan Ryan	10.07	10. Nicolle Challinor	38.23
7. Brayden Thompson	13.31	11. Annette Tillman	45.00
Lucy Andrade	DNF		

#### U10 Division 0.5km Walk

1. Alannah Webber	3.13
2. Charli Deagan	3.13
3. Danny Andrade	3.51
4. Jake Ryan	4.22
5. Zoe Zantiotis	4.53
6. Luke Challinor	5.03
Jemima Webber	DQ

### EUROPEAN RACE WALKING CUP, ALYTUS, LITHUANIA, SUNDAY 19 MAY

I start my overseas reporting with a discussion of Sunday's 2019 European Race Walking Cup in Alytus, Lithuania. A total of 256 walkers - 139 men and 117 women - from 29 countries had registered for this year's edition which was the first to achieve full parity, as the programme included an inaugural women's 50km race walk. See more at the event website <http://www.alytus2019.lt/>.

As for the 2017 IAAF World Championships in London, all the walks were held on a single day - it's a great concept and is the way of the future, as far as I am concerned. If we really want to protect our sport (and our 20km and 50km distances), then we need to ensure we have an exciting and action packed single competition day, open to the general public.

#### 50km Walk Men

My report is from <http://www.alytus2019.lt/news/diniz-smashes-50km-championship-record-on-his-comeback-race-in-alytus/>.

50km world record holder **Yohann Diniz** returned to his best form after injury and illness to win the 50km race walk title in a championship record. Neither heat – nor recent injury concerns – proved a stop to the Frenchman, 41, who was never in danger of missing out on his third title in the competition's history.

His pace was metronomic – 4:25 per lap – and he stuck to it, except for a fast finish, to finish in 3:37:43 which was remarkable in the circumstances. His winning time was the third fastest of his career, bettered only by his world record of 3:32:12 which he set at the 2014 European Championships in Zurich and his championship record time of 3:33:12 from the IAAF World Championships in London two years ago.

As Diniz shaved more than three minutes off Vladimir Kanaykin's long-standing championship record, a very distant second went to **Dzmitry Dziubin** from Belarus who made a breakthrough leap to the podium after joining Diniz's chasers at the 22km mark. The Belarusian gradually forged a gap over the rest, walking the last 20km on his own to notch a 3:45:51 clocking – a PB by more than two minutes.

The bronze was something of another surprise on a morning of quite a few in four races. At 43, Portugal's **João Vieira** prevailed to win his first 50km medal in a major competition – and nine years since he won silver in the European Championships in the 20km race walk. In fact, it was his duel with **Artur Brzozowski** and **Brendan Boyce** that provided the race's true excitement. For much of the second half, the three of them duelled, never more than a few seconds apart. Irishman Boyce had to give way just after the 40 kilometre mark but he still walked to a PB – 3:48:13 for fifth – while there was a sprint between Poland's Brzozowski and Vieira, with the Portuguese veteran edging it by four seconds.

Older still is **Jesus Angel Garcia** and the Spaniard, who won the inaugural edition of this event in 1996, was a creditable 15<sup>th</sup> in 3:57:51, just months away from his 50<sup>th</sup> birthday. Garcia will still come away from Alytus with a silver medal in his hand luggage from the teams race. The Ukrainians successfully defended their team crown with 26 points, comfortably ahead of Spain (43) and Belarus (49).

1. DINIZ Yohann	FRA	1 JAN 1978	3:37:43
2. DZIUBIN Dzmitry	BLR	12 JUL 1990	3:45:51
3. VIEIRA João	POR	20 FEB 1976	3:46:38
4. BRZOZOWSKI Artur	POL	29 MAR 1985	3:46:42
5. BOYCE Brendan	IRL	15 OCT 1986	3:48:13
6. BANZERUK Ivan	UKR	9 FEB 1990	3:48:40
7. LITANYUK Valeriy	UKR	2 APR 1994	3:51:27
8. DÍAZ José Ignacio	ESP	22 NOV 1979	3:52:00
9. ANTONELLI Michele	ITA	23 MAY 1994	3:52:09
10. MASTIANICA Artur	LTU	30 JUL 1992	3:55:40
11. PAPAMIHAÍL Aléxandros	GRE	18 SEP 1988	3:56:19
12. RUMBENIEKS Arnis	LAT	4 APR 1988	3:57:09
13. BUDZA Serhiy	UKR	6 DEC 1984	3:57:34

14.	SEILER Nathaniel	GER	6 APR 1996	3:57:49
15.	GARCÍA Jesús Ángel	ESP	17 OCT 1969	3:57:51
16.	MIHAILA Narcis	ROU	4 AUG 1987	3:58:17
17.	HILBERT Jonathan	GER	21 APR 1995	3:58:21
18.	SMOLONSKIS Ruslans	LAT	15 DEC 1996	3:58:35
19.	DE LUCA Marco	ITA	12 MAY 1981	3:58:54
20.	TUR Marc	ESP	30 NOV 1994	3:59:59
21.	DOHMANN Carl	GER	18 MAY 1990	4:02:41
22.	LIAKHOVICH Aliaksandr	BLR	4 JUL 1989	4:02:43
23.	SOBCHUK Dmytro	UKR	7 NOV 1995	4:03:13
24.	COCIORAN Marius	ROU	10 JUL 1983	4:04:04
25.	KALESNIK Uladzimir	BLR	7 FEB 1992	4:08:19
26.	SÁNCHEZ Benjamín	ESP	10 MAR 1985	4:13:54
27.	ANDRIEU Hugo	FRA	16 OCT 1992	4:14:29
28.	JUNGHANNß Karl	GER	6 APR 1996	4:14:52
29.	ERENT Bruno	CRO	30 DEC 1990	4:27:39
30.	ANGELINI Gregorio	ITA	24 JUN 1996	4:30:26
31.	ADUSOO Virgo	EST	29 JUL 1985	4:35:13
32.	TOKODI Dávid	HUN	3 MAY 1991	4:39:47
	AGRUSTI Andrea	ITA	30 AUG 1995	DNF
	OJALA Aleks	FIN	9 DEC 1992	DNF
	GDULA Lukáš	CZE	6 DEC 1991	DNF
	MORVAY Michal	SVK	19 AUG 1996	DNF
	IBÁÑEZ Ato	SWE	14 NOV 1985	DNF
	JELONEK Jakub	POL	7 JUL 1985	DNF
	SIKORA Rafal	POL	17 FEB 1987	DNF
	GAFITA Andrei	ROU	7 DEC 1996	DNF
	LIESTING Rick	NED	18 JUL 1977	DNF
	ATLI Mert	TUR	23 JUL 1993	DNF
	SRP Miklós	HUN	6 MAR 1993	DNF
	QUINION Aurelien	FRA	27 JAN 1993	DNF
	BAGDÁNY Tomasz	HUN	16 JUL 1995	DNF
	Šuškevičius Tadas	LTU	22 MAY 1985	DQ



*Johann Diniz wins the 50km, then poses later in the day with fellow winner Perseus Karlstrom*

#### 50km Walk Women

My report is from <http://www.alytus2019.lt/uncategorized/giorgi-sets-a-european-record-of-40450-on-her-50km-debut-in-alytus/>.

**Eleonora Giorgi** lived up to her billing to claim a first European Race Walking Cup title as well as a European record over 50km on her debut at the distance and with temperatures hovering around 25C by the finish. The Italian removed the mark of 4:05:56 set by Portugal's **Ines Henriques** that was originally a world best, to win in 4:04:50, and did it the hard way.

As Diniz in the men's event, Giorgi was away from the start, forging a big lead with every stride. She hit the 10km mark in 48:18 with Henriques (50:06) marginally ahead of Spain's **Julia Takacs** and **Khrystyna Yudkina** from Ukraine. By the 25km mark, Giorgi was more than four minutes clear and wasn't too far off sub-four hour pace in 2:00:37.

As it turned out, the last 15km were understandably hard for Giorgi. At 31km, she still had more than four minutes over Takacs who had just moved into undisputed second. And the Spaniard – with experience at the distance – used it to good effect as she increased tempo to finish less than a minute behind Giorgi who still mounted a final rally to walk the last kilometre in 4:42.

Takacs was also under the previous European record in second, also regaining the Spanish record with 4:05:46. Henriques made up the podium in third in 4:13:57 and behind her there were personal bests for Ukraine's **Valentyna Myronchuk** (4:15:50) and **Nastassia Yatsevich** from Belarus (4:16:39).

1.	GIORGI Eleonora	ITA	14 SEP 1989	4:04:50 ER
2.	TAKÁCS Julia	ESP	29 JUN 1989	4:05:46 NR
3.	HENRIQUES Inês	POR	1 MAY 1980	4:13:57
4.	MYRONCHUK Valentyna	UKR	10 AUG 1994	4:15:50
5.	YATSEVICH Nastassia	BLR	18 JAN 1985	4:16:39
6.	SOBCHUK Olena	UKR	23 NOV 1995	4:17:07
7.	DARAZHUK Nadzeya	BLR	23 JAN 1990	4:17:29
8.	YUDKINA Khrystyna	UKR	4 DEC 1984	4:19:57
9.	PINEDO Ainhoa	ESP	17 FEB 1983	4:21:07
10.	JUÁREZ Mar	ESP	27 SEP 1993	4:24:35
11.	BECCHETTI Mariavittoria	ITA	12 DEC 1994	4:26:10
12.	RIBEIRO Mara	POR	11 MAY 1995	4:27:14
13.	MAKRÍ Aggelikí	GRE	25 SEP 1978	4:29:15
14.	KUIKKA Tiia	FIN	30 NOV 1994	4:29:25
15.	CURIAZZI Federica	ITA	14 AUG 1992	4:30:17
16.	ELLWARD Agnieszka	POL	26 MAR 1989	4:31:19
17.	SHELEST Lyudmyla	UKR	4 OCT 1974	4:36:05
18.	RODZKINA Anastasiya	BLR	29 AUG 1994	4:40:02
19.	KOVÁCS Andrea	HUN	21 JUL 1980	4:40:05 NR
20.	FORESTI Beatrice	ITA	29 OCT 1998	4:41:03
21.	LOREK Antonina	POL	11 FEB 1995	4:46:44
22.	LARIOS Maria	ESP	29 OCT 1992	4:48:16
23.	CHAMPALOU Lucie	FRA	29 APR 1990	4:49:36
24.	CASALE Maeva	FRA	5 MAR 1997	4:52:45
25.	TORMA Anett	HUN	2 APR 1984	5:03:12
26.	BÍRÓNÉ MOLNÁR Valéria	HUN	3 MAR 1977	5:06:50
	SAVICEVIC Tijana	SRB	5 AUG 1994	DNF
	PASTORINO Inês	FRA	20 OCT 1992	DNF
	DITTRICH Bianka	GER	6 JUL 1993	DNF
	BUZIAK-SMIATACZ Paulina	POL	16 DEC 1986	DQ



*50km winner and new European record holder Eleanora Giorgio*

## 20km Walk Men

My report is from <http://www.alytus2019.lt/news/vaiciukeviciute-powers-to-home-glory-in-the-20km-race-walk-in-alytus/>.

Born in Sweden but made in Australia is close to the truth for **Perseus Karlstrom** who claimed victory in the men's 20km race walk in Alytus in a European-leading time of 1:19:54. Wearing fancy dress yellow and blue Viking helmet in the last 200m – which brought back memories of Karsten Warholm's celebration at the IAAF World Championships in London two years ago – complete with fetching pigtails, the 29-year-old celebrated his first major victory by moving from third in Podebrady right to the top of the podium. The Swede has spent several successful western winters in Australia and even has an Australian coach in Brent Vallance.

A trio of high profile wins at 20km this year in a row bodes well for Karlstrom ahead of the IAAF World Championships in Doha later this year and he played the waiting game to perfection in Alytus. From the gun, Great Britain's **Tom Bosworth** and defending champion **Christopher Linke** were first to show and shot through the 3km mark in 12:03 – but ominously a chasing group heaving with talent were biding their time. The Brit inched ahead by two seconds at 5km (20:05) with **Miguel Angel Lopez** the first of a 12-strong throng, a further 11 seconds in arrears. That gap from Bosworth to Linke grew wider by lap six, and the immediate chasers were down to seven. By the 8km mark in 32:05 for the fair-haired leader, Bosworth was nine seconds to the good over Linke and 22 seconds ahead of the lead group.

Halfway was reached in 40:11 but the group with designs on a win had swallowed up Linke and cut the deficit to 13 seconds. With five laps remaining, the Briton was reeled in by Karlstrom and Spain's **Diego Garcia** – and no wonder. The pair notched 3:48 for the fastest kilometre so far. Karlstrom showed he meant business as he discarded his dark glasses on the penultimate lap, storming home to win with 1:19:54.

Cleverly biding his time at the back of the chasing group, Vasilij Mizinov lit the afterburners to pass Garcia and claim silver in 1:20:18 and five seconds ahead of the second Spaniard. Bosworth rallied to hold on to fourth in 1:20:53 and his effort was not without reward. Backed up by **Callum Wilkinson** in ninth in 1:21:54, Great Britain won their first ever medal at the European Race Walking Cup with team silver behind Spain and in front of Ukraine. European champion **Alvaro Martin** and former world and European champion Miguel Angel Lopez were the other scoring members for Spain in fifth (1:20:59) and sixth (1:21:00) respectively while reigning champion Linke slipped down to 12<sup>th</sup> in 1:23:21.

1.	KARLSTRÖM Perseus	SWE	2 MAY 1990	1:19:54
2.	MIZINOV Vasilij	ANA	29 DEC 1997	1:20:18
3.	GARCÍA CARRERA Diego	ESP	19 JAN 1996	1:20:23
4.	BOSWORTH Tom	GBR	17 JAN 1990	1:20:53
5.	MARTÍN Álvaro	ESP	18 JUN 1994	1:20:59
6.	LÓPEZ Miguel Ángel	ESP	3 JUL 1988	1:21:00
7.	STANO Massimo	ITA	27 FEB 1992	1:21:12
8.	BORDIER Gabriel	FRA	8 OCT 1997	1:21:43
9.	WILKINSON Callum	GBR	14 MAR 1997	1:21:54
10.	LOSEV Ivan	UKR	26 JAN 1986	1:22:21
11.	ZABUZHENKO Eduard	UKR	18 APR 1998	1:22:40
12.	LINKE Christopher	GER	24 OCT 1988	1:23:21
13.	KORKMAZ Salih	TUR	14 APR 1997	1:23:46
14.	GIUPPONI Matteo	ITA	8 OCT 1988	1:23:49
15.	Žiukas Marius	LTU	29 JUN 1985	1:23:58
16.	CAMPION Kevin	FRA	23 MAY 1988	1:24:21
17.	SHUMIK Viktor	UKR	21 MAY 1998	1:24:30
18.	BREMBACH Nils	GER	23 FEB 1993	1:24:42
19.	TONTODONATI Federico	ITA	30 OCT 1989	1:24:49
20.	CARVALHO Miguel	POR	2 SEP 1994	1:24:53
21.	MCMANAMON Cian	IRL	11 OCT 1991	1:24:59
22.	AUGUSTYN Rafal	POL	14 MAY 1984	1:25:15
23.	BLOCKI Damian	POL	28 APR 1989	1:25:25
24.	POHLE Hagen	GER	5 MAR 1992	1:25:38
25.	CORBISHLEY Cameron	GBR	31 MAR 1997	1:25:45
26.	WRIGHT Alex	IRL	19 DEC 1990	1:25:51
27.	SENODUNCU Sahin	TUR	24 APR 1994	1:26:10
28.	LUKYANCHUK Dzmitry	BLR	2 OCT 1997	1:26:18
29.	IMÜK Abdulselam	TUR	1 JAN 1999	1:26:26
30.	Úradník Miroslav	SVK	24 MAR 1996	1:26:37
31.	KENNY David	IRL	10 JAN 1999	1:26:50
32.	AMEZCUA Luís Alberto	ESP	1 MAY 1992	1:27:26
33.	TOMALA Dawid	POL	27 AUG 1989	1:27:31
34.	CERNÝ Dominik	SVK	1 NOV 1997	1:27:58
35.	SHEVCHUK Aleksey	ANA	10 AUG 1997	1:28:47
36.	SVYSTUN Oleh	UKR	15 SEP 1997	1:30:12
37.	BOYEZ Antonin	FRA	9 NOV 1984	1:32:04
38.	KOZLOVSKIJ Genadij	LTU	7 JAN 1991	1:32:51
39.	HLAVÁČ Vít	CZE	26 FEB 1997	1:34:28



40.	IVZANS Normunds	LAT	17 NOV 1971	1:36:14
41.	GJACS Edgars	LAT	27 AUG 1993	1:43:20
42.	JEZEPČIKAS Darius	LTU	16 MAY 1980	1:43:32
43.	JAKOVLEV Igor	EST	11 JUN 1996	2:03:26
44.	BAULIN Andrei	EST	16 SEP 1999	2:08:31
	RODRIGUES Miguel	POR	1 NOV 1996	DNF
	FORTUNATO Francesco	ITA	13 DEC 1994	DNF
	GUINAUDEAU Keny	FRA	28 JUL 1993	DNF
	HELEBRANDT Máté	HUN	12 JAN 1989	DNF
	HAUKENES Håvard	NOR	22 APR 1990	DNF
	SAULGRIEZIS Raivo	LAT	4 JUL 1994	DNF
	TZATZIMÁKIS Yeóryios	GRE	9 AUG 1999	DNF
	KING Dominic	GBR	30 MAY 1983	DQ



*Perseus Karlstrom in action and then celebrating his victory in the men's 20km*



*Silver to team GBR – Cameron Corbishley, Tom Bosworth and Callum Wilkinson*



## 20km Women

My report it taken from <http://www.alytus2019.lt/news/vaiciukeviciute-powers-to-home-glory-in-the-20km-race-walk-in-alytus/> .

The women's 20km race walk produced the race of the day – and the result of the day if you are Lithuanian - as **Zivile Vaiciukeviciute** produced something of a surprise performance with victory on home soil. Bronze medallists two years ago, the home nation was fancied to do well as a collective again, and maybe **Brigita Virbalyte-Dimsiene** would be in the lead group. But she looked slightly shocked as her understudy at the European Championships last year lapped her in the closing stages. Even then the fierce fight for gold was far from over. Vaiciukeviciute inched ahead of Spain's **Raquel Gonzalez** but then **Laura Garcia-Caro** picked up the pace to push the joyful Lithuanian all the way to the line. Halfway through the final lap, Garcia-Caro was making ground, but as both made the final turn, the eventual winner dug deep to forge home.

From the start, defending champion **Antonella Palmisano** set out her stall and for half a kilometre European champion **Maria Perez** gave chase before easing back to settle in a group of 10. Two laps later, Perez was disappearing back down the field and already 43 seconds behind the leader. The European champion from last year was clearly in trouble, and going backwards. Despite her status as event poster girl in her hometown, maybe the pressure also got to Virbalyte-Dimsiene, who walked a national record 1:27:59 for fourth at Berlin 2018, but was never in contention today.

Instead the baton was picked up by Vaiciukeviciute who set a national U23 record with 1:28.07 in that same race to finish fifth. She was right up with a group of six as Palmisano turned the screw, but the best laid plans of race favourites often go astray and lap 13 proved unlucky for Palmisano as her early strength visibly drained. Vaiciukeviciute and Gonzales drew level, and although the Italian tried everything, the elastic snapped at the 14km checkpoint.

For the first time in the day, local voices were cheering a possible home win and even the course commentator got in on the act to urge the crowd to up the decibels with 'Vaiciukeviciute' as a chant turned into three syllables. It was evident the medals were headed to the front three at 15km (1:11:54) and when Gonzales's head was thrown back trying to gulp air over the closing stages, 23-year-old Vaiciukeviciute knew she was about to win her first major honour.

On a warm afternoon in Alytus, Vaiciukeviciute set a season's best of 1:29:48 to defeat the Spanish duo of Garcia-Caro (1:29:55) and Gonzalez (1:30:17). Perez faded to eleventh in 1:34:08 while reigning champion Palmisano, who was such a convincing winner in Podebrady two years ago, was a non-finisher.

The Spaniards won the team title with 16 points from Italy (27 points) but the only disappointment for the home fans was Belarus pipping Lithuania to team bronze – 33 to 36 points.

1.	VAICIUKEVICIUTE Živile	LTU	3 APR 1996	1:29:48
2.	GARCÍA-CARO Laura	ESP	16 APR 1995	1:29:55
3.	GONZÁLEZ Raquel	ESP	16 NOV 1989	1:30:17
4.	KASHYNA Inna	UKR	27 SEP 1991	1:30:33
5.	CABECINHA Ana	POR	29 APR 1984	1:31:12
6.	DOMINICI Eleonora	ITA	22 FEB 1996	1:31:30
7.	PALUEKTAVA Daryia	BLR	4 MAR 1993	1:32:28
8.	TRAPLETTI Valentina	ITA	12 JUL 1985	1:32:49
9.	DRISBIÓTI Antigóni	GRE	21 MAR 1984	1:33:22
10.	RASHCHUPKINA Viktoryia	BLR	23 MAY 1995	1:33:37
11.	PÉREZ María	ESP	29 APR 1996	1:34:08
12.	CZAKOVÁ Mária	SVK	2 OCT 1988	1:34:30
13.	COLOMBI Nicole	ITA	29 DEC 1995	1:34:37
14.	ZDZIEBLO Katarzyna	POL	28 NOV 1996	1:34:43
15.	VIRBALYTE-DIMŠIENE Brigita	LTU	1 FEB 1985	1:35:30
16.	RAROUSKAYA Anastasiya	BLR	19 JUN 1996	1:36:05
17.	SÁNCHEZ-PUEBLA Lidia	ESP	17 JUL 1996	1:36:17
18.	LEHMEYER Emilia	GER	11 APR 1997	1:36:22
19.	SMERDOVA Yana	ANA	7 FEB 1998	1:36:40
20.	VAICIUKEVICIUTE Monika	LTU	3 APR 1996	1:36:57
21.	LEWIS Heather	GBR	25 OCT 1993	1:37:43
22.	TEKDAL Ayse	TUR	28 OCT 1999	1:37:45
23.	AVEROUS Violaine	FRA	15 MAR 1985	1:38:42
24.	FILYUK Mariya	UKR	14 OCT 1995	1:38:46
25.	DAVIES Bethan	GBR	7 NOV 1990	1:39:02
26.	NIEDZIALEK Olga	POL	30 JUN 1997	1:39:17
27.	TERREC Eloise	FRA	10 AUG 1998	1:39:52
28.	SHEVCHUK Hanna	UKR	18 JUL 1996	1:40:12
29.	NURMI Enni	FIN	4 JUL 1998	1:40:25
30.	TSINOPOÚLOU Panayióta	GRE	16 OCT 1990	1:41:32
31.	RENIC Ivana	CRO	21 AUG 1996	1:42:28
32.	BERETTA Clemence	FRA	22 DEC 1997	1:42:38
33.	KOVÁCS Barbara	HUN	26 JUL 1993	1:42:41
34.	ZUREK Teresa	GER	29 JUL 1998	1:42:54

35.	MARCOU Amandine	FRA	26 APR 1992	1:43:03
36.	VEALE Kate	IRL	5 JAN 1994	1:43:08
37.	YAROKHAU Agnieszka	POL	28 DEC 1986	1:43:29
38.	HORNÁKOVÁ Monika	SVK	6 JUL 1995	1:46:53
39.	HAVRYLYUK Tamara	UKR	14 DEC 1995	1:46:58
40.	KELLY Erika	GBR	6 DEC 1982	1:47:58
41.	HACUNDOVÁ Ema	SVK	5 MAR 1999	1:50:34
42.	VAINAITE Greta	LTU	1 JUN 1996	1:58:31
43.	ROSLJAKOVA Lada	EST	29 NOV 1998	2:21:42
	PALMISANO Antonella	ITA	6 AUG 1991	DNF
	PAPADOPOÚLOU Hristína	GRE	5 SEP 1996	DNF
	FEIGE Saskia	GER	13 AUG 1997	DNF
	BARROS Edna	POR	18 DEC 1996	DNF
	RÉCSEI Rita	HUN	30 JAN 1996	DNF
	SCHULZE Kathrin	AUT	28 SEP 1981	DNF



*The 20km women get underway*



*A home win in the women's 20km to Lithuanian walker Zivile Vaiciukeviciute*

### 10km Walk U20 Men

Italian **Riccardo Orsoni** was a surprise winner in the U20 men's 10km. The Italian shrieked with delight as he broke the tape, which was hardly a surprise – 30 seconds earlier he had been a distant second. Fate had intervened to deprive race favourite **Lukasz Niedzialek** of a gutsy win, when he was pulled over to the pit lane to serve a one-minute suspension in sight of the winning line. Orsoni duly seized his chance to not only win but remove 15 seconds from his PB in 42:43. Spain's **Pedro Conesa** had originally been part of a small group breathing down Niedzialek's neck, but walked the second half of the race an isolated third only to receive a welcome silver instead. Right at the death, and with medal hopes seemingly dashed, Niedzialek sprung out of captivity and blasted the last 60m to make sure of bronze.

1.	ORSONI Riccardo	ITA	20 JAN 2000	42:43
2.	CONESA Pedro	ESP	11 MAY 2001	43:18
3.	NIEDZIALEK Lukasz	POL	15 MAR 2000	43:28
4.	ILHAN Selman	TUR	7 JAN 2000	43:41
5.	SNOOK Christopher	GBR	14 JAN 2000	43:45
6.	ANDREI Aldo	ITA	15 JUL 2001	43:45
7.	HORNERO Eloy	ESP	14 MAR 2000	44:07
8.	DUC Mattéo	FRA	25 MAR 2001	44:08
9.	GAMBA Gabriele	ITA	22 JAN 2002	44:19
10.	HONCHARENKO Ihor	UKR	19 JUL 2000	44:28
11.	KOVÁČ Daniel	SVK	1 JUL 2001	44:41
12.	SCHMIDT Jakob Johannes	GER	14 NOV 2001	44:45
13.	BILDZIUHA Anton	BLR	21 MAR 2001	44:49
14.	KORETSKY Taras	UKR	3 APR 2002	44:57
15.	MADELINE-DEGY Martin	FRA	7 MAR 2001	45:08
16.	LANE Oisin	IRL	12 JUN 2002	45:17
17.	MESTRE José	ESP	27 FEB 2001	45:20
18.	BIRYUKOV Vladyslav	UKR	2 NOV 2000	45:24
19.	TEKDAL Mustafa	TUR	8 AUG 2002	46:01
20.	GOGNIES Ryan	FRA	17 MAR 2000	46:09
21.	OLIOHOVIK Pavel	BLR	8 JUL 2000	46:30
22.	TÓTH Norbert	HUN	7 OCT 2001	46:33
23.	DUMITRU Ion-Adrian	ROU	26 JAN 2001	46:38
24.	FRENZL Johannes	GER	22 SEP 2001	47:30
25.	SANTOS Ruben	POR	5 JUN 2000	47:45
26.	SERGATŠJOV Ruslan	EST	17 MAR 2000	47:56
27.	NEAG Carlos Mihai	ROU	8 DEC 2001	49:06
28.	BONZON Nathan	SUI	24 MAR 2000	49:26
29.	JUOZAITIS Paulius	LTU	24 AUG 2000	50:46
30.	JUNGHANNß Otto	GER	9 FEB 2000	52:18
31.	BUTSENKO Dmitri	EST	3 MAR 2003	53:22
32.	ROŽNOVSKÝ Rostislav	CZE	22 MAR 2000	54:49
	TOPSAKAL Özgür	TUR	26 AUG 2001	DQ



*Italian Riccardo Orsoni celebrates his surprise victory in the U20 Men's 10km*

### 10km Walk U20 Women

There was never a doubt about the winner of the women's U20 10km as **Meryem Bekmez** destroyed the field to walk solo from the gun. The young Turk's only concern was weaving her way through 50km walkers throughout, and it needed a nifty piece of organisation to get the winning tape in place just before the 18-year-old broke it with something to spare. Turkey was by far the

strongest team on paper and so it proved with **Evin Demir** taking silver – albeit more than a minute behind her teammate. Neither posted a personal best, but in the heat and with medals on their mind rather than times – it didn't matter. The surprise of the race saw the third Turk **Kader Dost** fade over the last 2km to be first passed by **Pauline Stey** from France and then in the last 200 metres by Estonia's **Jekaterina Mirotvortseva** – the first time that country has made a top four finish in a major race and with a 48:05 national U20 record.

1.	BEKMEZ Meryem	TUR	31 JUL 2000	45:37
2.	DEMIR Evin	TUR	16 FEB 2001	46:49
3.	STEY Pauline	FRA	9 SEP 2001	47:53
4.	MIROTVORTSEVA Jekaterina	EST	17 NOV 2002	48:05
5.	DOST Kader	TUR	1 JAN 2000	48:09
6.	GARCIA Mariona	ESP	13 MAR 2000	48:49
7.	FILTISÁKOU Kiriaki	GRE	14 AUG 2000	48:57
8.	MOUTARD Camille	FRA	11 JUL 2001	49:06
9.	FIÁSKA Ólga	GRE	9 OCT 2001	49:28
10.	URRUTIA Míreia	ESP	4 MAR 2000	49:39
11.	CSÖRGŐ Dóra	HUN	7 OCT 2001	49:39
12.	PONTES Joana	POR	22 MAR 2000	50:07
13.	BUGLISI Sara	ITA	11 FEB 2001	50:33
14.	MORA Gemma	ESP	26 FEB 2000	50:38
15.	KAVALIAUSKAITE Austeja	LTU	22 MAY 2000	50:40
16.	KASYAN Daryna	UKR	1 APR 2002	50:45
17.	TERREC Maelle	FRA	24 NOV 2001	50:51
18.	BURZALOVÁ Hana	SVK	3 NOV 2000	50:55
19.	MAROZAVA Dana	BLR	13 MAY 2001	50:58
20.	SYCHOK Yevheniya	UKR	25 NOV 2000	50:58
21.	BERTINI Simona	ITA	4 MAY 2001	51:11
22.	BELIAHOVA Alesia	BLR	9 SEP 2000	51:28
23.	O'CONNOR Niamh	IRL	19 FEB 2000	52:08
24.	MEŠKAUSKAITE Adrija	LTU	7 SEP 2001	52:33
25.	GATTI Camilla	ITA	23 AUG 2001	52:36
26.	TKACH Alina	UKR	26 DEC 2001	53:10
27.	DAILIDONYTÉ Toma	LTU	23 FEB 2003	53:31
28.	CANADI Eva	SLO	6 APR 2000	55:05
29.	PEVEC Eli	CRO	17 DEC 2001	56:24
30.	Šubina Alla	EST	8 AUG 2002	57:46
	GRANDI Josephine Alisa	GER	25 OCT 2000	DNF

#### DOHA 50KM QUALIFIER UPDATE

With the many fine 50km walks in Alytus last weekend, **Paul DeMeester** has refreshed his Dohao 50km Qualifiers list. We are now up to 88 men and 40 women under the tough 3:59:00 and 4:30:00 standards. That is great news.

#### Doha 2019 Worlds 50K Qualifiers as of 19 May 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 Zakalnytsky	UKR	3:44:59	Taicang 5 May 2018

18.	Dongpo Luo	CHN	3:45:38	Huangshan 9 March 2019
19.	Dzmitry Dziubin	BLR	3:45:51	Alytus 19 May 2019
20.	Joao Vieira	POR	3:46:38	Alytus 19 May 2019
21.	Artur Brzozowski	POL	3:46:42	Alytus 19 May 2019
22.	Rafal Augustyn	POL	3:47:04	Dudince 23 March 2019
23.	Brendan Boyce	IRL	3:48:13	Alytus 19 May 2019
24.	Xu Liu	CHN	3:48:30	Huangshan 9 March 2019
25.	Ivan Banzeruk	UKR	3:48:40	Alytus 19 May 2019
26.	Perseus Karlstrom	SWE	3:48:54	Taicang 5 May 2018
27.	Evan Dunfee	CAN	3:48:54	Wajima 14 April 2019
28.	Quentin Rew	NZL	3:48:58	Taicang 5 May 2018
29.	Teodorico Caporaso	ITA	3:49:14	Dudince 23 March 2019
30.	Isaac Antonio Palma Olivares	MEX	3:49:39	Lazaro Cardenas 21 April 2019
31.	Yangben Zhaxi	CHN	3:49:43	Huangshan 9 March 2019
32.	Rafal Sikora	POL	3:49:54	Taicang 5 May 2018
33.	Rui Chen	CHN	3:49:58	Huangshan 9 March 2019
34.	Carl Dohmann	GER	3:50:27	Berlin 7 August 2018
35.	Rafal Fedaczynski	POL	3:50:41	Dudince 23 March 2019
36.	Damian Blocki	POL	3:51:04	Wajima 14 April 2019
37.	Jarkko Kinnunen	FIN	3:51:16	Dudince 23 March 2019
38.	Jonathan Hilbert	GER	3:51:22	Aschersleben 14 October 2018
39.	Valeriy Litanyuk	UKR	3:51:37	Alytus 19 May 2019
40.	Takayuki Tanii	JPN	3:51:54	Takahata 28 October 2018
41.	Tao You	CHN	3:51:58	Huangshan 9 March 2019
42.	Jorge Ignacio Diaz	ESP	3:52:00	Alytus 19 May 2019
43.	Yuki Ito	JPN	3:52:08	Wajima 14 April 2019
44.	Michele Antonelli	ITA	3:52:09	Alytus 19 May 2019
45.	Shuto Goto	JPN	3:52:17	Takahata 28 October 2018
46.	Bernardo Uriel Barrondo	GUA	3:53:10	Taicang 5 May 2018
47.	Cameron Corbishley	GBR	3:53:20	Dudince 23 March 2019
48.	Mathieu Bilodeau	CAN	3:53:36	Dudince 23 March 2019
49.	Jesus Angel Garcia	ESP	3:53:48	Taicang 5 May 2018
50.	Nathaniel Seiler	GER	3:54:08	Berlin 7 August 2018
51.	Yuya Suganami	JPN	3:54:08	Wajima 14 April 2019
52.	Mate Helebrandt	HUN	3:54:13	Dudince 23 March 2019
53.	Qingsheng Ceng	CHN	3:54:29	Huangshan 9 March 2019
54.	Erick Bernabe Barrondo	GUA	3:54:30	Guatemala City 24 February 2019
55.	Adrian Blocki	POL	3:54:31	Taicang 5 May 2018
56.	Marc Tur	ESP	3:54:51	El Vendrell 10 February 2019
57.	Karl Junghanns	GER	3:55:01	Dudince 23 March 2019
58.	Claudio Paulino Villanueva Flores	ECU	3:55:04	Taicang 5 May 2018
59.	Andrea Agrusti	ITA	3:55:09	Taicang 5 May 2018
60.	Caio Oliveira de Sena Bonfim	BRA	3:55:24	Melbourne 2 December 2018
61.	Bence Venyercsan	HUN	3:55:34	Dudince 23 March 2019
62.	Luis Angel Sanchez Perez	GUA	3:55:40	Guatemala City 24 February 2019
63.	Artur Mastianica	LTU	3:55:40	Alytus 19 May 2019
64.	Marco De Luca	ITA	3:55:47	Berlin 7 August 2018
65.	Jose Montana	COL	3:55:48	Dudince 25 March 2018
66.	Andres Chocho	ECU	3:55:48	Cochabamba 5 June 2018
67.	Hongliang Zhang	CHN	3:55:58	Huangshan 9 March 2019
68.	Jorge Armando Ruiz	COL	3:56:07	Lazaro Cardenas 21 April 2019
69.	Benjamin Sanchez	ESP	3:56:15	El Vendrell 10 February 2019
70.	Alexandros Papamihail	GRE	3:56:19	Alytus 19 May 2019
71.	Ato Ibanez	SWE	3:56:22	Dudince 23 March 2019
72.	Jakub Jelonek	POL	3:56:33	Dudince 23 March 2019
73.	Dominic King	GBR	3:56:35	Dudince 23 March 2019
74.	Horacio Nava	MEX	3:56:39	Lazaro Cardenas 21 April 2019
75.	Zhongkai Meng	CHN	3:56:45	Huangshan 9 March 2019
76.	Leonardo Dei Tos	ITA	3:56:56	Gioiosa Marea 27 January 2019
77.	Aurelien Quinion	FRA	3:57:05	Aschersleben 14 October 2018
78.	Arnis Rumbenieks	LAT	3:57:09	Alytus 19 May 2019
79.	Jijiang Han	CHN	3:57:33	Taicang 5 May 2018
80.	Serhiy Budza	UKR	3:57:34	Alytus 19 May 2019
81.	Katsuya Ishii	JPN	3:57:37	Wajima 14 April 2019
82.	Liang Yang	CHN	3:57:46	Huangshan 9 March 2019
83.	Jose Leyver Ojeda Blas	MEX	3:58:14	Lazaro Cardenas 21 April 2019
84.	Narcis Mihaila	ROU	3:58:17	Alytus 19 May 2019
85.	Jichao Li	CHN	3:58:20	Huangshan 9 March 2019



86.	Marc Mundell	RSA	3:58:32	Dudince 23 March 2019
87.	Ruslan Smolonskis	LAT	3:58:35	Alytus 19 May 2019
88.	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.	Eleonora Giorgi	ITA	4:04:50	Alytus 19 May 2019
5.	Julia Takacs	ESP	4:05:46	Alytus 19 May 2019
6.	Ines Henriques	POR	4:05:56	London 13 August 2017 (Wild Card Entry, reigning WC)
7.	Faying Ma	CHN	4:07:30	Huangshan 9 March 2019
8.	Hang Yin	CHN	4:09:09	Taicang 5 May 2018
9.	Claire Woods	AUS	4:09:33	Taicang 5 May 2018
10.	Raquel Gonzalez	ESP	4:11:01	El Vendrell 10 February 2019
11.	Alina Tsvilyi	UKR	4:12:44	Berlin 7 August 2018
12.	Paola Viviana Perez	ECU	4:12:56	Taicang 5 May 2018
13.	Myrna Sucely Ortiz Flores	GUA	4:13:56	Guatemala City 24 February 2019
14.	Maria Czakova	SVK	4:14:25	Dudince 25 March 2018
15.	Johana Edelmira Ordonez Lucero	ECU	4:14:28	Taicang 5 May 2018
16.	Pengqin Jiang	CHN	4:14:31	Huangshan 9 March 2019
17.	Tiantian Bai	CHN	4:14:49	Huangshan 9 March 2019
18.	Yingliu Wang	CHN	4:15:33	Huangshan 9 March 2019
19.	Valentyna Myronchuk	UKR	4:15:50	Alytus 19 May 2019
20.	Nastassia Yatsevich	BLR	4:16:39	Alytus 19 May 2019
21.	Olena Sobchuk	UKR	4:17:07	Alytus 19 May 2019
22.	Nadzeja Darazhuk	BLR	4:17:29	Alytus 19 May 2019
23.	Magaly Beatriz Bonilla Solis	ECU	4:19:04	Taicang 5 May 2018
24.	Masumi Fuchise	JPN	4:19:56	Wajima 14 April 2019
25.	Khrystina Yudkina	UKR	4:19:57	Alytus 19 May 2019
26.	Ivana Renic	CRO	4:20:17	Dudince 23 March 2019
27.	Erika Jazmine Morales Cruz	MEX	4:20:36	Hauppauge 21 October 2018
28.	Ainhua Pinedo	ESP	4:21:07	Alytus 19 May 2019
29.	Meijiao Chi	CHN	4:22:47	Huangshan 9 March 2019
30.	Evelyn Carla Inga Huaynalaya	PER	4:22:57	Lazaro Cardenas 21 April 2019
31.	Vasylyna Vitovshchuk	UKR	4:23:15	Berlin 7 August 2018
32.	Mar Juarez	ESP	4:24:35	Alytus 19 May 2019
33.	Mariavittoria Becchetti	ITA	4:26:10	Alytus 19 May 2019
34.	Yumin Chen	CHN	4:26:42	Huangshan 9 March 2019
35.	Mara Ribeiro	POR	4:27:14	Alytus 19 May 2019
36.	Nicole Colombi	ITA	4:27:38	Gioiosa Marea 27 January 2019
37.	Mayra Carolina Herrera	GUA	4:28:30	Taicang 5 May 2018
38.	Aggeliki Makri	GRE	4:29:15	Alytus 19 May 2019
39.	Tiia Kuikka	FIN	4:29:25	Alytus 19 May 2019
40.	Serena Sonoda	JPN	4:29:45	Takahata 28 October 2018

#### **3<sup>RD</sup> COFFEEBRANDS PATRAS RACEWALKING FESTIVAL 2019, PATRAS, GREECE, SUNDAY 12 MAY**

Thanks to Zoe Gkini for her news from the 3<sup>rd</sup> Coffebrands Race Walking Festival, which was held a week ago in the Greek city of Patra, 350km west of Athens. It just missed the deadline for last week's newsletter so it is here as a catchup. Zoe reports:

The festival is organised by the famous local sports club Olympias Patras, a club which produces good race walkers from southern Greece. This year the festival, in its third year, had an international atmosphere, with large crowds of spectators and lots of competition, especially in the younger age groups. **Panagiota Florou**, after her triumph in the schools championship on 9/5/2019, won the 5km U18 with 26.27. In the U16 Girls' 3km, a new racing star emerged with **Anastasia Antonopoulou** (14.43)! The Women's 20km was won by 42 year old **Aggeliki Makri** with 1.42.57 (she also finished 14th in the European Cup 50km a week later with 4:29:15). The Men's 20km was won with a very good fighting performance by **Dimitri Tsordias** (1:37:48).

#### **20KM MEN**

1.	Tsordias Dimitris	Olympias Patras	1.37.48
2.	Ntentopoulos Konstantinos	Olympias Patras	1.42.56
	Vaitsis Ioannis	GAS Ilissos	DQ

#### **20 KM WOMEN**

1.	Makri Aggeliki	Olympias Patras	1.42.57
	Kourkoutsaki Efstathia	GAS Ilissos	DNF

	Korkou Zoe	GAS Ilissos	DNF
	Stoupel Lydia	MEAS Triton	DNF
<b>10KM U20 GIRLS</b>			
1.	Salma Efstathia	GS Ikaros N. Ionia	54.40
<b>10 KM U18 BOYS</b>			
1.	Mpahos andreas Elefterios	AS Athinodoros Aegiefs	51.16
2.	Psonis Efthmios	PAO Thersipos Peristeri	54.25
3.	Stikas Emilios	Olympias Patras	61.14
	Tolias Dionisios	Esperos 2004	DNF
	Mortzakis Alexandros	Olympias Patras	DNF
<b>5KM U18 GIRLS</b>			
1.	Florou Panagiota	Fokianos Karditsas	26.27
2.	Tzatzimaki Basia	GS Elefterios Venizelos	27.57
3.	Pappa Kiriaki Ikaros	N. Ionias	28.32
4.	Nifora Alexandra	Esperos 2004	30.03
5.	Spyropoulou Konstantina	Olympias Patras	32.16
6.	Dimitriou Sotiria	AS Athinodoros	32.21
<b>5KM U16 BOYS</b>			
1.	Konidaris Dimitris	Olympias Patras	28.53
<b>3KM U16 GIRLS</b>			
1.	Antonopoulou Anastasia	Ikaros N.Ionias	14.43
2.	Arvanitakou Chrisanthi	Fokianos Karditsas	16.10
3.	Adami Ioanna	Olympias Patras	16.29
4.	Vasiliou Pavlina	Velos Paleo Faliro	16.36
5.	Tsimigatou Mirto	Olympias Patras	17.02
6.	Nikolopoulou Grigoria	AS Athinodoros	17.14
7.	Palmou Malena	Olympias Patras	17.21
8.	Nika Chrisoula	Olympias Patras	17.43
9.	Panagopoulou Dimitra	AE Esperos 2004	17.49
10.	Marneli Pavlina Maria	AS Athinodoros	18.21
11.	Argiri Antrianna	Olympias Patras	18.30
12.	Barkali Efremia Georgia	Fokianos Karditsas	19.25
13.	Kostikou Fotini	Fokianos Karditsas	19.54
14.	Vianello Alesia Antonia	AS Athinodoros	22.58
15.	Zoi Eleni	AS Athinodoros	DNF
<b>2KM U14 BOYS</b>			
1.	Nikolopoulos Konstantinos	Olympias Patras	13.21
2.	Anthimos Michail	Anatoli N.Ionias	13.37
3.	Schinas Dimitris	Olympias Patras	13.40
4.	Georgantas Christos	Olympias Patras	14.47
5.	Linardos Vasilis	Olympias Patras	16.19
<b>2KM U14 GIRLS</b>			
1.	Esmerli Chrise	Ikaros N.Ionias	10.45
2.	Mpouchali Maria	Ikaros N, Ionias	10.51
3.	Karapiperi Peny	AO Pefkis	11.49
4.	Papathanasopoulou Despina	Ikaros N. Ionias	12.01
5.	Giannousa Dimitra	Fokianos Karditsas	13.01
6.	Chamante Fotini	Ikaros N.Ionias	13.16
7.	Korkozelou Maria	Fokianos Karditsas	13.26
8.	Agalioti Dimitra	Olympias Patras	13.43
9.	Seremeti Adamantia	Olympias Patras	13.50
10.	Priovolou Ifigenia	AO Athinodoros	14.00
11.	Varthi Evagelia	Ikaros N. Ionias	14.51
12.	Pappa Eva	Olympias Patras	15.02
<b>1KM U12 BOYS</b>			
1.	Schinas Nikolis	Olympias Patras	6.54
2.	Kokmotos Theocharis	Olympias Patras	6.57
3.	Moschos Christos	Olympias Patras	7.00
4.	Mpelias Nickos	Olympias Patras	7.06
5.	Merkos Theofilos	Olympias Patras	7.08

6.	Ntagkounakis Andreas	Olympias Patras	7.13
7.	Tzouras Georgios	Olympias Patras	7.22

**1KM U12 GIRLS**

1.	Krili Niki	Olympias Patras	6.36
2.	Loi Dimitra	Olympias Patras	6.37
3.	Karagianni Eftichia	Olympias Patras	6.40
4.	Anagnostopoulou Arietta	Olympias Patras	6.42
5.	Tsirogianni Evdokia	Olympias Patras	6.50
6.	Stefanopoulou Nikolia	Olympias Patras	6.52
7.	Apostopoloulou Anastasia	Olympias Patras	6.55
8.	Koutroumpanou Mariam	Olympias Patras	7.01
9.	Tzeli Eleni	Olympias Patras	7.04
10.	Arapatzki Maria	Olympias Patras	7.08
11.	Mouzaki Maria	Olympias Patras	7.12
12.	Ntola Anna -Maria	Olympias Patras	7.16
13.	Papaioannou Areti	Olympias Patras	7.21
14.	Seremeti Ioanna	Olympias Patras	7.23
15.	Roumelioti Afroditi	Olympias Patras	7.32
16.	Stathatou Ioanna	Olympias Patras	7.36
17.	Apoki Efcharis	Olympias Patras	7.40
18.	Mpailou Asimina	Olympias Patras	7.45
19.	Fatourou Efi	Olympias Patras	8.01
20.	Christopoulou Filomena	Olympias Patras	8.04



*Shots from the various race starts (photos from Zoe Gkini)*





Judges and podiums (photos Zoe Gkini)

**NO FINISH LINE, PARIS, 15-19 MAY**

The *No Finish Line* was first held in 1999 in Monaco and was launched for the first time in Paris in May 2015. Last weekend saw the 5<sup>th</sup> annual Paris edition and Emmanuel Tardi was there to let us know about it. The concept is a simple one: run or walk on a 1.3km course around the Eiffel Tower environs (on the Champ de Mars and Place Joffre) in central Paris as many times as you can between the start time of 10AM Wednesday and the finish time of 6PM Sunday (that calculates out at 104 hours). For every kilometre traveled, the organization and its partners donate €1 to support projects for underprivileged or sick children.

Check out <https://www.youtube.com/watch?v=3EYebMMX2-0>. See more at the event website <https://www.nofinishlineparis.com/>.

Four walkers competed in the race, including the winner **Dominique Bunel**. Bunel's 556.4km comes out at 128km per 24 hour period. When you take into account sleep time, that is pretty impressive.

Here is how the four walkers fared.

1.	BUNEL Dominique	M	428 laps	556.4km	103:39:46
18.	BETAILLE Roger	M	239 laps	310.7km	103:54:01
20.	LESCURE Frederic	M	221 laps	287.3km	97:16:10
24.	LESCURE THANRON Elisabeth	F	200 laps	260.0km	97:09:49



*Dominique Bunel (middle walker) on his way to victory in the Paris 'No Finish Line' (photo Emmanuel Tardi)*

#### OUT AND ABOUT

- Thanks to omarchador (<https://omarchador.blogspot.com/2019/05/iaaf-recusa-neutralidade-cinco.html>) for posting the news that a further 5 Russian walkers have been refused permission to compete internationally. The list includes Klavdiya Afanasyeva (2015 European U20 and 2017 U23 Champion), Margarita Nikiforova, Vitaly Anchin, Alexander Garin and Aleksey Kudashkin. Good riddance to the lot of them! Is there any such thing as a clean Russian athlete!
- The annual **Gran Premio Cantones de La Coruña** classic in La Coruña, Spain, on Saturday 8<sup>th</sup> June promises the highest quality 20km walks for the year, apart from the World Champs in Doha. As of now, there are 96 entrants in the men's race and 62 in the women's race. All of the best Chinese/Japanese is coming and the fields boast a veritable who's who of the racewalking world. See the entry list at <https://atletismo.gal/wp-content/uploads/2018/08/solicitudesparticipacion.pdf>. With the late Doha date, it will be the last chance for many to qualify and the pace will be on from the start. Event website at [https://atletismo.gal/competicions/xxxiii-gran-premio-internacional-de-marcha-cantones-de-a-coruna-trofeo-sergio-vazquez/?cp\\_date=01/06/2019](https://atletismo.gal/competicions/xxxiii-gran-premio-internacional-de-marcha-cantones-de-a-coruna-trofeo-sergio-vazquez/?cp_date=01/06/2019)
- A number of our VRWC walkers were in action in the Great Ocean Road half marathon on Sunday. It's actually a 23km race (go figure!) and is part of what's a huge running festival on the south coast region of Victoria, SW of Melbourne. The VRWC athletes formed a team for a bit of fun, with **Rhydian Cowley**, **Jemima Montag** and **Quentin Rew** all walking and **Philippa Huse** running. They were joined by Rhydian's fiancée **Amelia Aslanides** who also ran, coming 2<sup>nd</sup> overall in the women's half). Here's how they all placed. Well done everyone on a good day's work!

27	Amelia Aslanides	1:29:38
140	Rhydian Cowley	1:40:35
170	Philippa Huse	1:41:46
420	Jemima Montag	1:51:36
504	Quentin Rew	1:54:23

#### MARCIALMONDO GETS BACK TO BUSINESS

It's great to see marciadalmondo getting back to business after a quiet couple of months. In particular, read [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3484](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3484) to see some super fast times in Japan, spearheaded by **Kumiko Okada** (20:42.25) and **Yusuke Suzuki** (18:41.71).

- 19/05/2019 - European Race Walking Cup 20km victories to Perseus Karlstrom and Zivilé Vaiciukeviciute [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3486](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3486)
- 19/05/2019 - European Race Walking Cup 50km victories to Yohhn Diniz and Eleonora Giorgi [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3485](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3485)
- 18/05/2019 - Kumagaya (JPN): great times for Okada and Suzuki on track [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3484](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3484)



- 17/05/2019 - IAAF deny ANA status to five Russian walkers  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3483](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3483)
- 17/05/2019 - European Race Walking Cup Preview, men's races  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3482](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3482)
- 17/05/2019 - European Race Walking Cup Preview, women's races  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3481](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3481)
- 16/05/2019 - Patra (GRE): Results of 3<sup>rd</sup> Coffebrands Race Walk meeting  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3480](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3480)

### 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 – 2019/2020**

May 26 (Sun), 2019	Victorian and Victorian Country Roadwalk Championships, Middle Park, VIC
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) - <a href="https://athletics-oceania.com/">https://athletics-oceania.com/</a>
Aug 11 (Sun), 2019	AMA 20km National Championships, Adelaide, SA
Sept 8 (Sun), 2019	Australian Roadwalk Championships, Adelaide, SA
Apr 10-13, 2020	Australian Masters T&F Championships, Brisbane, QLD. See <a href="http://www.brisbane2020nationals.com.au/">http://www.brisbane2020nationals.com.au/</a>

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

Jun 8 (Sat), 2019	XXXIII Gran Premio Cantones de La Coruña, La Coruña, Spain
Jun 25 (Tue), 2019	Oceania Race Walk 10km Championships, Townsville, Australia (10km M/W)
Sept 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**

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)
June 30 (Sun), 2019	USATF 40km Champs (includes 50km option), Owego, NY, USA
Jul 3-14, 2019	<b>30<sup>th</sup> Summer Universiade</b> , Naples Italy
Jul 13 (Sat)	USATF San Diego Imperial 20.000m and 50,000m track walks, San Diego, USA
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	<b>20<sup>th</sup> Oceania Masters T&amp;F Championships</b> , Mackay, Queensland, AUS
Sept 6-7, 2019	China National Race Walking Champs, Leshan, CHN (20 and 50km M/W)
Sept 28 – Oct 6, 2019	<b>17<sup>th</sup> IAAF World Championships in Athletics</b> , Doha, Qatar
Oct 20-22, 2019	Around Taihu International Race Walking 2019, Suzhou, China

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

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

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

Aug 2021 (TBC)	<b>19<sup>th</sup> IAAF World Championships in Athletics</b> , Budapest, Hungary
----------------	--

Tim Erickson, [terick@melbpc.org.au](mailto:terick@melbpc.org.au) Home: 03 93235978 Mob: 0412 257 496  
Copies of recent newsletters are kept on the VRWC website (<http://www.vrwc.org.au>)