



## HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club  
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Tuesday 4 June 2019



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### WALKER OF THE WEEK

My Walker of the Week this time around is 13 year old Queensland walker **Jayda Anderson**. Competing in the Gold Coast Racewalking Championships in Mudgeeraba, she powered through the 2km roadwalk in a superb PB time of **9:18**. Jayda, who is coached by Steve Langley (the coach of Katie Hayward), is rarely out of the medals nowadays. She won the U15 3000m Walk at the Australian T&F Championships in Sydney last month, she won the U14 3000m Walk at the Australian All Schools T&F Championships in Cairns last December and she was second in the Australian U14 3km Roadwalk at the Australian Roadwalk Championships in Lake Kawana last August.

Her PBs stand at 6:39 (1500m), 9:18 (2km), 13:49 (3km) and 25:49 (5km) – not too shabby at all for a 13 year old!

Definitely a young walker in a hurry!



*Jayda in action on Sunday (photo by Crystal Goulding)*

### WHAT'S COMING UP

Next **Sunday 9<sup>th</sup> June** (this is the Queen's Birthday long weekend) sees the annual Lake Burley Griffin Carnival in Canberra. We do not schedule VRWC races that weekend as so many of us are interstate. Our aim is to send a large Racewalking Victoria team and I am pleased to see that this year is no exception. With entries now closed, our team reads as follows

- 4. Women Open & Masters 15km (2) **Sandra Howorth (M), Claire Samanna**
- 5. Men Open & Masters 15km (8) **Kevin Cassidy (M), Corey Dickson, Albin Hess (M), Andrew Jamieson (M), Scott Nelson (M), Pramesh Prasad (M), Kyle Swan, Lachlan Wilkinson (M)**
- 7. Fitness 8km (1) **Eden Morgan**
- 8. Men Under 20 10km (2) **Heath Beveridge, Corey Dickson**

11. Women Under 20 10km	(3) <b>Jemma Peart, Charlotte Hay, Kathleen O'Mahony</b>
12. Boys Under 10 1km	(1) <b>Heath Tatlock</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	(4) <b>Maddison Nash, Darcey Roberts, Emily Smith, Riannah Tatlock</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	(7) <b>Charlotte Hay, Kaylah Heikkila-Dubowik, Alanna Peart, Darcey Roberts, Emily Smith, Riannah Tatlock</b>
20. Boys Under 18 5km	(5) <b>Heath Beveridge, Corey Dickson, Luke Epps, Angus Hay, Marcus Wakim</b>
21. Girls Under 18 5km	(7) <b>Charlotte Hay, Kathleen O'Mahony, Jemma Peart, Darcey Roberts, Emily Smith, Kaylah Heikkila-Dubowik, Riannah Tatlock</b>
22. Women 5km	(4) <b>Kaylah Heikkila-Dubowik, Kathleen O'Mahony, Alanna Peart, Charlotte Hay</b>

I will be attending at Team Manager and will be giving final carnival information to everyone this weekend. In the meanwhile, check out the carnival website at <http://www.actwalkers.com.au/lbg-racewalking-carnival/> .

Looking overseas, there are lots of exciting races coming up over the next week.

- Next Saturday 8<sup>th</sup> June sees another of the big European Classics, namely the **XXXIII Gran Premio Cantones de La Coruña**, to be held in La Coruña, Spain. This meet promises the highest quality 20km walks for the year, apart from the World Champs in Doha. As of now, there are 137 entrants in the men's race and 87 in the women's race – huge fields which will get underway in the late evening Saturday. All of the best Chinese/Japanese is coming and the fields boast a veritable who's who of the racewalking world. 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). Check out the start lists there. Aussies on the lists include **Dane Bird-Smith, Rhydian Cowley, Jason Kozica, Claire Woods, Clara Smith** and **Simone McInnes**.
- The longest walking classic on the world calendar, the **Paris-Alsace**, kicks off on Wednesday 5<sup>th</sup> June (tomorrow) and will see men walking over 422km and the women testing themselves with 305km before the classic finishes in Eastern France. For more, see the event website at <http://www.marche-mythique.org/accueil.html>.
- Next weekend also sees the **29<sup>th</sup> OLAT Internationaal Wandelevenement** which doubles as the annual Continental Centurions qualifying race in Weert, Nederland. Starting at midday on Saturday and finishing at midday on Sunday, walkers have 24 hours in which to reach the elusive 100 mile mark. See more at <https://www.olat.nl/iwe>.

#### VRWC ROAD RACES, MIDDLE PARK, SATURDAY 1 JUNE

After a very wet and miserable week, conditions cleared on Saturday, just in time for our weekly VRWC winter season roadwalks at Middle Park. We saw a good turnout of 43 walkers availing themselves of one last race before next weekend's LBG Carnival in Canberra and conditions were perfect for them – cool, overcast, dry and relatively calm.

**Kyle Swan** and **Corey Dickson** led the field around in the longer races, recording 8km times of 35:51 and 37:58, while **Charlotte Hay** also walked well for her 8km time of 42:26. Lots of PBs, especially in the shorter races and an U9 1km Club record of 5:16 to **Ela Uzun**. Special mentions to **Holly Cocking, Arnika Nelson, Angus Hay, Marcus Wakim** and **Ariana Pashutina** who all walked their furthest distances as yet.

##### VRWC 8km Walk

1.	Hay, Charlotte	42:26	First time over this distance
2.	Thompson, Alison	49:49	
1.	Swan, Kyle	35:51	
2.	Dickson, Corey	37:58	
3.	Cassidy, Kevin	41:54	
4.	Jamieson, Andrew	45:57	
5.	Bennett, Ralph	50:30	
6.	Feain, Gerard	52:33	

##### VRWC 6km Walk

1.	Cocking, Holly	34:21	First time racing 6km
2.	Nelson, Arnika	34:24	First time racing 6km
3.	Feain, Madeleine	35:15	PB 1:41
4.	Carr, Heather	37:46	
5.	O'Neill, Karyn	41:26	

1.	Prasad, Pramesh	29:44	
2.	Hay, Angus	34:23	First time racing 6km
3.	Donahoo, Mark	35:53	
4.	Morgan, Eden *	37:03	
5.	Hess, Albin	37:33	PB 1:38

#### VRWC 4km Walk

1.	Geisler, Sandra	21:56	
2.	O'Mahony, Kathleen	23:03	
3.	Briet, Brianna	23:19	PB 1:13
4.	Dingli, Isabella	26:59	PB 0:44
5.	Dingli, Alannah	27:05	PB 0:38
6.	Thompson, Marilyn	27:47	PB 0:33
1.	Blackwood, Mark	18:35	
2.	Beveridge, Heath	21:37	
3.	Epps, Luke	21:48	PB 0:06
4.	Wakim, Marcus	22:06	First time racing 4km
5.	O'Neill, Terry	27:23	
	Haverly, Steve	DQ	

#### VRWC 2km Walk

1.	Roberts, Darcey	10:21	
2.	Smith, Emily	10:58	PB 0:45
3.	Pashutina, Ariana	12:09	First time racing 2km
4.	Steed, Gwen	13:37	
5.	McPherson, Glennis	13:54	
1.	Hutchins, Liam	10:21	PB 0:06
2.	Weickhardt, Sebastian	11:34	
3.	Nash, Ethan	12:21	PB 0:04

#### VRWC 1km Walk

1.	Uzun, Ela	05:16	PB 0:07, U9 Club Record
2.	Morgan, Mietta	05:40	
3.	Ali, Havana	06:14	
4.	Mews, Pam	11:04	
1.	Wapshott, Cody	06:45	PB 0:07

Thanks as always to our many officials, judges and helpers. Apologies if I have missed anyone.

**Officials:** Mark Donahoo, Ralph Bennett, Bill Carr, Tim Erickson, Michael Bodey, Ian Laurie, Donna Dickson, Cheryl Beveridge, Charlene Swan  
**Judges:** Peter Vysma (Chief), Gordon Loughnan, David Cash, Stuart Cooper, Shane Dickson, Mark O'Mahony  
**Canteen:** Wendy Cooper, Kate Suich  
**Photos:** Terry Swan (see <http://www.vrwc.org.au/piwigo/index.php?%2Fcategory%2F534>)

As this was a Points Competition round, check out <http://www.vrwc.org.au/vrwcpointscmps.shtml> for the updated leadership board for the Style Award, Actual Times and Handicaps competitions.

For the record, here is how the judges scored the walkers with regard to the Style Award competition this week.

Charlotte Hay	7	Kyle Swan	8
Holly Cocking	6	Corey Dickson	5
Arnika Nelson	4	Heath Beveridge	5
Marilyn Thompson	2	Liam Hutchins	4
Ela Uzun	2	Ethan Nash	3
Brianna Briet	2	Luke Epps	3
Kathleen O'Mahony	2	Marcus Wakim	2
Alison Thompson	1	Kevin Cassidy	2
Darcey Roberts	1	Sebastian Weickhardt	1
Ariana Pashutina	1		

Finally, Gerard Feain has produced another short **video**, this time of our **VRWC roadwalks on Saturday 18<sup>th</sup> May**. I've uploaded it to youtube. You can check it out at <https://www.youtube.com/watch?v=KdqrDETfG34>. Then check out all our walks videos at <http://www.vrwc.org.au/vrwcvideos.shtml>. Thanks Gerard!



*Ariana Pashutina, Ethan Nash, Ela Uzun, Darcey Roberts and Liam Hutchins (photos Terry Swan)*



*Arnika Nelson, Angus Hay, Holly Cocking and Marcus Wakim (photos Terry Swan)*

**ACTRWC ROADWALKS, LAKE GINNINDERRA, CANBERRA, SATURDAY 1 JUNE**

Thanks to Val Chesterton for this week's results from Canberra. **Mitchell Baker** (32:34) and **Gwyllym Young** (33:08) led out with excellent walks in the 7.1km race.

**7.1km Walk**

- |    |                 |       |
|----|-----------------|-------|
| 1. | Mitchell Baker  | 32:34 |
| 2. | Gwyllym Young   | 33:08 |
| 3. | Tim Fraser      | 37:04 |
| 4. | Michael Smith   | 37:07 |
| 5. | Hannah Manning  | 39:35 |
| 6. | Sidney Shaw     | 46:55 |
| 7. | Miriam McCarthy | 47:20 |
| 8. | Robin Whyte     | 48:13 |
| 9. | Mick Saunders   | 52:41 |

**2km Walk**

- |    |                 |       |
|----|-----------------|-------|
| 1. | Kodi Clarkson   | 11:01 |
| 2. | Georgia Frew    | 12:56 |
| 3. | Ella Baker      | 13:39 |
| 4. | Lilah Norden    | 14:33 |
| 5. | Jack Thackray   | 17:43 |
| 6. | David Mackenzie | 17:45 |

**1km Walk**

- |    |             |       |
|----|-------------|-------|
| 1. | Jaki Fraser | 10:50 |
|----|-------------|-------|



10. Bryan Thomas	54:50
11. Rod Gilchrist	55:24
12. Jennifer Gilchrist	57:32
13. Geoff Barker	57:33
14. Val Chesterton	59:19



*Tim Fraser and Michael Smith in action in the ACTRWC races last Saturday*

#### TRWC ROADWALKS, DOMAIN, HOBART, SATURDAY 1 JUNE

Thanks to Dave Moore for this week's results from Tasmania. He comments: Our Walkers were bathed in winter sunshine for our event on the hilly and demanding course at the Domain today. Good performances were produced by **Sophie Ahern** who really burned up the tarmac in the last kilometre to keep **Gabby Hay** at bay in the 2km. **Oliver Morgan** also produced his season best for the 3km and is setting himself up nicely for future PBs, whilst amongst our evergreen walkers **Eugene Gerlach** kept **Ron Foster** and **David Moore** comfortably behind in the 5km.

##### 2km Walk

1. Sophie Ahern	13.15
2. Gabby Hay	14.29

##### 3km Walk

1. Will Bottle	16.29
2. Oliver Morgan	18.29

##### 4km Walk

1. Chloe Ahern	22.50
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##### 6km Walk

1. Steve Ahern	39.52
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##### 5km Walk

1. Anna Blackwell	26.03
2. Eugene Gerlach	33.58
3. Ron Foster	37.12
4. Dave Moore	42.38

##### 8km Walk

1. Will Robertson	39.53
2. Alice Randall	DNF

#### SAMA ROADWALKS, PEACOCK ROAD, ADELAIDE, SATURDAY 1 JUNE

Thanks to Colin Hainsworth for this week's results from the South Australian Masters in Adelaide. He comments: Sunny, calm, cool arvo. Perfect walking weather. **George White** still walking at 80%.

##### SAMA 10km Winter Roadwalking Championships

1. MARIE MAXTED	1:07:38	W59	75.64%
1. COLIN HAINSWORTH	1:43:32	M89	67.75%
1. GEORGE WHITE	1:06:35	M73	<b>80.38%</b>
1. GIL MCINTOSH	1:08:51	M68	72.95%
1. ROSS HILL-BROWN	1:25:28	M64	56.16%

**10km Club Walk**

1.	MARGARET MCINTOSH	1:24:01	W66	66.81%
1.	RAELENE SCHILD	1:20:47	W54	59.82%
1.	DAVID ROBERTSON	1:29:44	M85	72.19%
1.	RODGER BARBER	1:21:23	M81	74.16%
1.	BRIAN WITTY	1:15:37	M68	66.42%
2.	NEIL HAYFORD	1:24:35	M66	58.02%

**6km Club Walk**

1.	JAN LAYNG	0:48:18	W70	71.10%
2.	EDNA BATES	0:55:18	W66	58.62%
3.	DOUG SMART	1:02:05	M75	52.17%

**SARWC ROADWALKS, ADELAIDE PARKLANDS, SATURAY 1 JUNE**

Thanks to Peter Crump for his weekly report from Adelaide. He comments: Some good work outs prior to LBG next week. State masters age record for **Kim Mottrom** over 15km. Good times from **Toby Wilks** and **Olivia Sandery**. Hope all goes well at LMG on Sunday, I won't be there (10 years on the trot up until now!).

**15km**

1.	Kim Mottrom	1:10:43
2.	Royrie Upton	1:32:36

**10km**

1.	Greg Metha	1:04:28
2.	Bill Starr	1:25:55
3.	Tristan Camilleri	DNF
4.	Mathew Bruniges	DNF

**5km**

1.	Toby Wilks	23:46
2.	Kiera Ross	26:40
3.	Kitarni Upton	29:28
4.	Mia Wilks	31:47
5.	Chloe Upton	DNF

**8km**

1.	Olivia Sandery	42:35
2.	Adrian Upton	1:05:06

**3km**

1.	Hannah Wilks	16:40
2.	Elli Pusonjic	18:02
3.	Seth Upton	19:09
4.	Daisy Braithwaite	19:12
5.	Aleesha Vidler	20:40

**2km**

1.	Sam Wilks	11:07
2.	Katie DeRuvo	11:31
3.	Cooper Rech	13:37
4.	Matilda Rech	15:11
5.	Xavier Upton	15:14
6.	Edward Upton	16:23

**GOLD COAST ROADWALK CHAMPIONSHIPS, MUDGEERABA, QLD, SUNDAY 2 JUNE**

Thanks to Robyn Wales for the latest results from Queensland. Best of the day were **Jayda Anderson** (9:18) and **Ashanti Heap** (9:50), both breaking the previous best time in the U14 2km.

**Open 10km Walk**

1.	Ignacio Jimenez	48.50
2.	Argenis Guevara	56.02
3.	Peter Bennett	58.04
1.	Nyle Sunderland	1:00.36
2.	Noela McKinven	1:22.58

**Invitation 10km Walk**

1.	Caitlin Hannigan	53.54
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**U20 5km Walk**

1.	Charlotte Hamann	32.54
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**U18 5km Walk**

1.	Jasmine-Rose McRoberts	32.46
2.	Isabella Schofield	32.48
3.	Amelia Schofield	36.30

**U16 3km Walk**

1.	Kai Norton	16.47
1.	Summer Millard	15.44

**U14 2km Walk**

1.	Alex Bradley	11.24
1.	Jayda Anderson	9.18
2.	Ashanti Heap	9.50
3.	Tamika Gee	10.15
4.	Amber Norton	10.54
5.	Mia Bergh	12.30
6.	Phoebe Chadwick	14.25

**U12 2km Walk**

1.	Lyla Williams	10.53
2.	Lily Goulding	12.25
3.	Milly Sharpe	13.22
4.	Aliesha Heap	13.36
5.	Charlotte Brady	15.40

**U10 1km Walk**

1.	Korbyn Bricknell-Hewitt	6.38
2.	Blake Gee	8.26
1.	Makenna Clarke	5.34
2.	Siaan Fisher	6.21

2.	Sophie Porter	18.14	3.	Isabella Gee	6.45
3.	Korey Brady	19.06	4.	Lucie Goulding	6.53
4.	Torryn Fisher	19.53			

#### U8 0.5km Walk

1.	Knox Anderson	3.04
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### NSWRWC ROADWALKS, TEMPE, SYDNEY, SATURDAY 25 MAY

Back a week for some NSWRC results from Sydney. A good turnout of 40 walkers.

#### U16 Division 2km

1.	Milly Boughton (INV)	9.51
2.	Jayda Stanley	9.56
3.	Samantha Torrens	10.32
4.	Chloe Lamb	11.00
5.	Jessey Bektas	11.08
6.	Chelsey Torrens	11.19
7.	Isabelle Nilon	11.22
8.	Thomas Muir	11.24
9.	Abbey Bektas	11.40
10.	Kailey Webber	11.48
11.	Zoe Woods	11.49
12.	Alex Muir	12.09
13.	Aidan Pospischil	12.24
14.	Zsofia Varga-Strike	12.33
15.	Amelia Crocker	15.59
16.	Emily Challinor	16.02
17.	Sarah Challinor	16.12

#### U12 Division 2km

1.	Rudi Blackley	11.44
2.	M tild a a W bb e	11 53
3.	Natasha Flahey	12.13
4.	Thomas Varga-Strike	12.16
5.	Christopher Nilon	13.01
6.	Jaxson Horton	13.37
7.	Lucy Andrade	26.55

#### Long Division 10km

1.	Amanda Barendregt	59.11
2.	Travis Barendregt	64.51

#### Medium Division 8km

1.	Olivia Thomson	53.38
	Kyle Bedford	DNF

#### Short Division 4km

1.	Emma Thomas	21.19
2.	Chloe Krklinski	22.35
3.	Brendan Pospischil	22.37
4.	Brittany Robertson	27.08
5.	Nicolle Challinor	31.42

#### U10 Division 1km

1.	Nakya Stanley	8.31
2.	Alannah Webber	8.49
3.	Danny Andrade	9.02
4.	Brayden Thompson (INV)	9.04
5.	Luke Challinor	10.22
6.	Jemima Webber	10.25
7.	Zoe Zantiotis	10.34

### 50<sup>TH</sup> ZÁHORÁCKÁ DVADSIÁTKA, BORSKY MIKULAS, SLOVAKIA, SATURDAY 1 JUNE

Last weekend was a big one for racewalking in Slovakia with the annual Záhoráckej dvadsiatky meet in Borský Mikuláš on Saturday and the annual international roadwalk races in Hlohovec on Sunday!

Firstly to Borský Mikuláš which included the Slovak 10km Championships for men, women and and Slovak 5km Championships for masters. This year had special significance, given it was the 50<sup>th</sup> staging. Conditions were very hot but it did not seem to bother English walker **Callum Wilkinson** who stormed home in the international 10km race with a PB and a new British record of 39:31. His time also equalled the meet record, set by Slovakian walker Ján Záhončík way back in 1992. 9 times winner **Matej Toth** was there, but only as a spectator, not yet ready to race after his recent injury. Wilkinson finished ahead of **Erick Barrondo** and **Cameron Corbishley**, with **Mirolsav Uradnik** finishing fourth to take the Slovakian title. The women's 10km was won by Guatemalan **Flores Ortiz**, with second placed **Katerinka Czakova** taking the Slovakian title.

Full meet report at <https://www.atletika.sk/brit-wilkinson-ozdobil-jubilejnu-zahoracku-dvadsiatku-tratovym-rekordom-na-10-km/> .  
Results at [https://statistika.atletika.sk/upload/ilovepdf\\_merged%20\(11\).pdf](https://statistika.atletika.sk/upload/ilovepdf_merged%20(11).pdf).

#### 10km Men

1.	WILKINSON Callum	1997	GBR	39:31	PB, GBR Record
2.	BARRONDO Erick	1991	GUA	39:52	
3.	CORBISHLEY Cameron	1997	GBR	41:52	
4.	ÚRADNÍK Miroslav	1996	SVK	41:56	
5.	CERNÝ Dominik	1997	SVK	42:37	
6.	RÍZEK Milan	1978	SVK	44:56	
7.	PARTINGTON Tom	1991	GBR	45:46	
8.	GDULA Lukáš	1991	CZE	46:40	
9.	NEDVÍDEK Martin	1975	CZE	48:30	
10.	MEDERA Zdenko	1975	SVK	55:58	

11.	DEVCIC Berislav	1966	CRO	1:07:33
	WRIGHT Alex	1990	IRL	DQ
	MALYSA Alexandr	1997	CZE	DNF

#### 5km Women

1.	ORTÍZ Flores	1987	GUA	46:00
2.	KATERINKA CZAKOVÁ	1988	SVK	46:54
3.	ŠAVICEVIC Tijana	1994	SRB	53:11
4.	ŽARSKA Klaudia	1999	SVK	56:52
5.	DUŠKOVÁ Nadežda	1980	CZE	57:16
6.	HUDACHOK Mariia	1996	UKR	1:00:20
	HACUNDOVÁ Ema	1999	SVK	DNF



From the 10km in Borský Mikuláš - Alex Wright, Mirko Uradnik, Erick Barrondo and Callum Wilkinson (photo Dominik Cerny)

#### INTERNATIONAL ROADWALK RACES, HLOHOVEC, SLOVAKIA, SUNDAY 2 JUNE

The Borský Mikuláš meet on the Saturday was followed 5km walks in the Slovakian city of Hlohovec on Sunday. The Hlohovec races (the 22<sup>nd</sup> scheduling of this carnival) saw wins to Slovak internationals **Miroslav Úradník** (19:43) and **Mária Katerinka Czaková** (22:59) who won the Slovakian 10km titles the day before. Both won the Hlohovec races last year and they had no troubles defending their titles this year. Brief results follow

Men (5 km): 1. Clerk 19:43, 2. D. Cerný (both ŠK Dukla oz B. Bystrica) 19:59, 3. Rízek (AŠK Skalica) 21:42.  
 Women (5 km): 1. Katerinka Czaková (Dukla) 22:59, 2. Savicevicová (Srb.) 25:22, 3. Dailidonyté (Lit.) 25:27.  
 Veterans (3 km): 1. Hlavenka (CZ) 12:48, 2. Zámecník 15:55, 3. Krestianko (both BCF Dukla B. Bystrica) 16:06.  
 Veteránky (3 km): 1. Dušková 16:00, 2. Pastieriková (AK Bojnicky) 16:50, 3. Škaroupková (CZ) 17:17

See <https://www.atletika.sk/czakova-a-uradnik-si-v-hlohovci-zopakovali-prvenstva-uradnik-aj-cerny-isli-5-km-pod-20-minut/>

#### 10<sup>TH</sup> SPRINT TRIATHLON IN RACE WALKING, VEENENDAAL, NEDERLAND, SATURDAY 25 MAY

I had to delay this report last week as the results had not come through. Now we can fix that omission and report on what is a great annual event in the Netherlands. Thanks to meet organiser Frank van Ravensberg for the photos and results and discussion.

This year 17 walkers entered the 10<sup>th</sup> sprint triathlon in race walking in Veenendaal, Netherlands. Overall, Paul Jansen (4<sup>th</sup> place last year) won the men's race for the first time and Anne van Anandel won the women's race for the second time (she won also in 2014). reports:

Usually we have a lot of rain, but during the 10<sup>th</sup> edition the sun appeared and there was no wind. **Boguslaw Seidel** planned to attack the M70 3000m world record (15.07,43) but, because of stomach problems, he had to slow and was already behind the required schedule after only 3 laps. Nevertheless he walked 3 excellent times to finish 5<sup>th</sup> in the men's event. In front of him **Paul Jansen**, **Remco de Bruin**, **Wilfried van Bremen** and **Hub Kaenen** battled for first place, but it was Jansen, who only started race walking in 2018, who was the best by far. He walked 3 PBs and won with a big lead over De Bruin. **Anne van Anandel**, who was the best in the



women's race, was 3<sup>rd</sup> overall and recorded a PB in the 3000m walk, only 20 seconds above the national record. But it was the two very young walkers in the Junior Sprint triathlon, **Marit and Mick van Bremen**, who stole the show.

As you can see below, Paul Jansen and Anne van Andel each won all 3 of their races, the 3000m, the 1000m and the 1 Mile.

#### Sprint Triathlon Men (3 races)

				3000m	1000m	Mile	Final Points
1.	Paul Jansen	NED	M45	13.06,02	4.09,70	7.01,95	774 points
2.	Remco de Bruin	NED	M50	13.45,71	4.20,59	7.17,38	808 points
3.	Wilfried van Bremen	NED	MSen	15.47,44	4.52,02	8.26,70	923 points
4.	Hub Kaenen	NED	M60	15.57,89	4.55,58	8.39,01	937 points
5.	Boguslaw Seidel	POL	M70	15.57,58	5.01,51	8.31,30	938 points
6.	Richard Christian Wiltsch	GER	M55	17.00,97	5.00,02	8.54,20	972 points
7.	Boetje Huliselan	NED	M60	18.19,72	5.36,49	9.40,31	1064 points
8.	Jan Nieuwenhuysen	NED	M55	17.43,70	6.01,46	9.50,49	1083 points
9.	Theo Koenis	NED	M60	18.31,27	6.13,41	10.12,27	1124 points
10.	Bauke te Nijenhuis	NED	M80	22.09,97	7.12,78	11.54,96	1320 points
11.	Han Holtslag	NED	M60	DQ	5.43,45	-	343 points
12.	David Gerrits	NED	M50	-	6.14,40	-	374 points

#### Sprint Triathlon Women (3 races)

				3000m	1000m	Mile	Final Points
1.	Anne van Andel	NED	WSen	14.33,74	4.40,78	8.10,86	877 points
2.	Loes van Bremen	NED	WSen	20.40,14	5.43,31	11.00,53	1167 points
3.	Liesbet De Smet	BEL	WSen	17.17,31	5.22,55	-	668 points

#### Junior Sprint Triathlon (2 races)

				400m	1000m	
1.	Marit van Bremen	NED	VU8	3:08,4	8.43,84	995 points
2.	Mick van Bremen	NED	MU6	4.50,3	-	726 points

Frank told me in his initial report that he expected the 10<sup>th</sup> edition would be the last edition of this sprint triathlon.

*In 2015 we had 35 participants. Since then every year we had less entries. We also had more and more problems to find a good day to organise the event, because there are so many other races in the Netherlands and abroad.*

But that might not be the case. Since the he has been approached by someone inquiring whether it is possible to take over the event. And the club VAV-Veenendaal has promised to organise a new race walking race of some sort in 2010.

We will have to wait and see. Perhaps the concept will continue after all. Fingers crossed!



Heat 1 (left) and heat 2 (right) of the 3000m walk



*Marit and Mick van Bremen, the two very young walkers in the Junior Sprint triathlon who stole the show*



*Men's podium Paul Jansen, Wilfried van Bremen and Remco de Bruin Women's podium Anne van Andel and Loes van Bremen*

**CHAMPIONNATS D'ILE DE FRANCE, VILLEJUIF, SUNDAY 2 JUNE**

Emmanuel Tardi was the chief judge last Sunday at the annual Ile de France Championships in Villejuif, a southern Parisien suburb. Usually it is a road race but for this year it was on the track, with 34 walkers starting at 9am in very hot conditions. By the end of the race, the temperature had risen to over 30°C . In the 10km, **Marine Quennehen** won easily. In the 20k, **Aurélien Quinion**, just recently back from the European Cup in Alytus, led early but stopped around midway, final victory going to former international **Sebastien Biche**. Guy Destré who published a huge photo gallery at <https://tinyurl.com/y48gvwa4>.

**20,000m Men**

1.	BICHE Sebastien	VEM/73	Avia Club Athletisme	1:47:16.7
2.	BEURIER Jocelyn	SEM/85	Us Vesinet	1:58:05.3
3.	BOLLINGER Vincent	SEM/84	Dynamic Aulnay Club	1:59:12.6
4.	LEGENTIL Marc	SEM/84	Dynamic Aulnay Club	2:02:39.3
5.	DUGAST Denis	VEM/49	Ca Montreuil 93	2:08:02.3
6.	STEFANELLY David	VEM/76	As Mantes	2:08:31.2
7.	LACHIVER Alain	VEM/73	As Poissy Athle	2:10:19.0

8.	TURLET Albert	SEM/81	Avia Club Athletisme	2:12:26.8
9.	ARDISSON Damien	SEM/82	Club Athletic Ermontois	2:14:50.5
10.	FLANDIN Guillaume	SEM/93	Ea St Quentin En Yvelines	2:18:16.3
11.	BOURICHON Christophe	VEM/70	Us Champagne-sur-seine	2:19:43.2
	QUINION Aurelien	SEM/93	Ac St Gratien-sannois	DNF
	VERGNOLLE Laurent	VEM/65	Racing Multi Athlon	DNF
	TERRAZ Denis	VEM/58	Ca Montreuil 93	DNF
	GRENET Bruno	VEM/65	Usm Gagny	DNF
	LABROUSSE Stephane	VEM/59	Athletisme Olympic Pontois	DNF
	LEMOGNE Loic	VEM/55	C.c. Taverny Athletisme	DQ
	TINTIN Ronald	VEM/79	Ao Charenton	DQ
	BUISSON Dominique	VEM/57	Saint-brice Athletisme	DQ
<b>20,000m Women</b>				
1.	GIRAULT Marie	SEF/88	Ea Cergy Pontoise Athletisme	1:58:29.9
2.	LANOUE Severine	SEF/85	Avia Club Athletisme	2:09:56.7
3.	FRANCHIN Celia	SEF/87	Paris Uc	2:11:02.4
4.	LAVILLE Francoise	VEF/56	Bussy St Georges Athletisme	2:11:12.9
5.	STEINVILLE Nathalie	VEF/64	Asfi Villejuif	2:15:44.9
6.	LEMOGNE Jocelyne	VEF/54	C.c. Taverny Athletisme	2:25:00.0
7.	DE SOUSA Marie-lise	VEF/66	Ao Charenton	2:25:40.2
8.	BIZARD Lucie	SEF/90	Stade Francais	2:29:22.5
9.	BIZARD Claudie	VEF/59	Thiais Ac	2:30:33.4
	GALMICHE Catherine	VEF/57	Cag Arnouville Gonesse	DNF
	JAEGER Emmanuelle	VEF/67	Ao Charenton	DQ
<b>10,000m Women</b>				
1.	QUENNEHEN Marine	SEF/91	Ca Montreuil 93	51:43.6
2.	LAVILLE Marie	ESF/98	Ac St Gratien-sannois	52:36.9
3.	DUCLOS Adele	JUF/00	ES Viry Chatillon	1:00:39.4
	GUINGAND Lou	JUF/01	Antony Athletisme	DNF
<b>5000m</b>				
1.	GOGNIES Lou	CAF/03	Ca Montreuil 93	24:46.8 (?)
2.	LE LOUARN Thomas	CAM/02	Neuilly Sur Marne Athletisme	26:02.2
3.	CHATREFOU Cassandra	CAF/02	Csme	28:52.3
4.	ROTTIER Lilian	CAM/03	La Postillonne Longjumeau	29:44.6
5.	CASTAGNA Livia	CAF/02	ES Viry Chatillon	30:25.1
6.	GRARE Laetitia	CAF/03	Club Athletique Aubergenville	32:59.2
7.	DUSSERE Thibaud	CAM/02	Plaisir Ac	34:29.9
	NIKATE Sadio	CAM/02	Ca Montreuil 93	DNF
<b>3000m</b>				
1.	VABRE Romain	MIM/04	Csme	16:49.0
2.	AUBRY Eliot	MIM/05	AC Choisy Le Roi	17:54.4
3.	FAURE Ines	MIF/05	Antony Athletisme	18:10.8
4.	CHEVASSUS Melwan	MIM/04	Asfi Villejuif	18:17.4
5.	CALVIER-MOISSON Apolline	MIF/04	Ao Charenton	19:42.1
6.	CARRETTE Nina	MIF/04	Uai Nogent-sur-marne	19:44.7
7.	REGNIER Eline	MIF/04	Us Champagne-sur-seine	20:00.3
8.	AMOUYAL Louna	MIF/05	Athletic Club Pays De L Ourcq	20:05.4
9.	LE RAI Mathilde	MIF/04	Bussy St Georges Athletisme	20:57.0
10.	ARLANDIS Amelia	MIF/05	Moissy-cramayel Athletisme	21:08.3
11.	ATTALI Nina	MIF/05	Ac 92 - S/l Antony Athletisme	21:27.3
<b>2000m</b>				
1.	THERY Maelys	BEM/06	Us Creteil	12:30.8
2.	BUISSON Mailys	BEF/07	Thiais Ac	12:42.0
3.	KAAG Timeo	BEM/06	Us Creteil	13:19.6
4.	CARRETTE Margot	BEF/06	Uai Nogent-sur-marne	13:23.1
5.	RIBEIRO Alice	BEF/07	Athletic Club Pays De L Ourcq	13:27.7
6.	COMMELIN Arthur	BEM/06	Efcvo - S/l Esme Us Deuil	13:37.7
7.	POTIER Juliette	BEF/06	Ac Paris-joinville	14:41.6
8.	BOUNEMEUR-WEISS Rafi	BEM/07	Asa Maisons-alfort	15:55.9

Judges: Tardi Emmanuel – Européen, Thorel Daniel – National, Bouilliat Jacqueline – National, Leclercq Dominique -Fédéral  
 Legentil Patrick – Fédéral, Swidzinski Eric – Fédéral, Lépicié Pascal – Régional, Pedat Patrick - Fédéral - Zone de pénalité





Marie Girault, Sebastien Biche, Marine Quennehen and Marie Laville (photos Guy Destré)

### CHAMPIONNATS INTERRÉGIONAUX DE MARCHE ATHLÉTIQUE, GIEN, SUNDAY 26 MAY

And now back a week for two further French meets. First to Gien, 150km south of Paris, where Emmanuel Tardi was the chief-judge of their regional Championship. The course was the one which will be used for the 2020 French 20km Championship and was a 1km lap on a flat road around the sport complex. A good field of 37 starters were on the start line for the 9:30M start for the mains events (10km and 20km).

In the 10km, **Florian Peter** and **Aymeric Hue** battled the whole way, only 1 second separating them at the end. In the 20km, **Justin Bournier** and **Sebastien Delaunay** reached halfway together with time 46:30, but they both slowed after the 15km point, Bournier winning by just 3 seconds from **Antoine Fremondiere** who came home with a very fast second half.

#### 10km Walk

1.	PETER Florian	CAM/02	Ca Ambilly	44:45
2.	HUE Aymeric	JUM/01	Ec Orleans Cercle Jules Ferry	44:46
3.	CHABLAT Valentin	JUM/00	Nantes Metropole Athletisme	49:56
4.	MANARESI Marion	JUF/00	Ac Romorantin	50:13
5.	GERBAUD-BLIN Pierre	SEM/95	Ec Orleans Cercle Jules Ferry	50:36
6.	BESSONIER Raphael	JUM/00	Aj Blois-onzain	51:04
7.	CLOSSAIS Jerome	V1M/74	Ac Romorantin	52:02
8.	MARTEAU Mael	JUM/01	Athletic Sud Vendee	52:42
9.	DELAUNAY Richard	V2M/64	Us St Berthevin	54:26
10.	GALLAND Emeline	SEF/95	Ec Orleans Cercle Jules Ferry	54:26
11.	FRITSCH Serge	V2M/64	Athletic Sud Vendee	55:55
12.	BODIN Alexia	JUF/01	Grac Athletisme	56:48
13.	BODIN Flavie	CAF/03	Grac Athletisme	57:04
14.	LEBON Hugo	ESM/99	Saran Loiret Athletic Club	57:50
15.	BABOIN Michel	V3M/56	Saran Loiret Athletic Club	58:12
16.	MILLE Angele	JUF/01	Grac Athletisme	59:13
17.	BODIN Kassandra	JUF/00	Aj Blois-onzain	1:02:33
18.	FOUGERON Bruno	V3M/53	Us Berry Athletisme	1:03:43
19.	AUCLER Clement	JUM/01	Ea Issoudun	1:06:18

#### 20km Walk

1.	BOURNIER Justin	ESM/99	Dole Ac	1:37:33
2.	FREMONDIERE Antoine	SEM/96	Ca Du Pays Saumurois	1:37:36
3.	HADULA Ludovic	SEM/87	Charleville Mezieres Athletism	1:37:46
4.	DELAUNAY Sebastien	V1M/74	Ca Du Pays Saumurois	1:38:38
5.	RABOT Laurent	V1M/72	Vineuil Sports	1:45:09
6.	BONTEMPS Sebastien	SEM/90	Gien Athle Marathon	1:46:16
7.	RISSELIN Xavier	V1M/73	Grac Athletisme	1:53:08
8.	MILLE Olivier	V1M/72	Grac Athletisme	1:57:06

9.	BROU Florent	SEM/93	Ac Paris-joinville	1:58:08
10.	GUILLARD Caroline	V1F/71	Saran Loiret Athletic Club	2:00:11
11.	KERLAU Yves-michel	V2M/61	Racing Club Nantais	2:03:41
12.	RUBLON Olivier	V2M/65	Gien Athle Marathon	2:13:53
13.	VAUGON Chrystele	V1F/71	Reveil Sportif De St Cyr/loire	2:14:14
14.	POITRENAUX Jean-marie	V3M/55	Vierzon-vignoux-foecy Athle	2:21:14
15.	BEGUIN Nathalie	V2F/67	Vierzon-vignoux-foecy Athle	2:38:58
	ARNAULT Jacques	V2M/62	Neully Sur Marne Athletisme	DQ



*Antoine Fremondiere, Sebastien Delaunay and Justin Bournier (photos from Emmanuel Tardi)*

#### REGIONAUX DE MARCHE ATHLETIQUE, ARMENTIERES, SUNDAY 26 MAY

Emmanuel has also sent us the results from a further set of regional walk championships, this time in Armentières, 250km north of Paris. A number of other European walkers joined the races, given the closeness of Armentieres to the northern French border. There were 28 starters in the main events, with a 1km flat road look that included a lap of the athletics track. **Symon Bazzo Bortot** and **Anne Van Anandel** won the 10km races while **Florian Masse** and **Diana Obermeyer** took the honours in the 20km races. Special mention to Lebanese walker **Sandy Karam** who beat her national 10km walk with 56:30.

#### 10km Walk

1.	BAZZO BORTOT Symon	SEM/96	As Raismes	47:33
2.	DELEUZE Philippe	JUM/00	Ac Villers Cotterets	52:28
3.	SPRIMONT Jacky	VEM/71	Us Maubeuge Athle	53:27
4.	VAN ANDEL Anne (NED)	SEF/90	DAK	54:13
5.	POUILLY Caroline	SEF/82	Rc De Lens Athletisme	54:30
6.	KARAM Sandy (LIB)	SEF/96		56:30
7.	SARRAZIN Annelies (BEL)	SEF/81	Us Maubeuge Athle	57:15
8.	ADLER Mathilde	JUF/01	Asptt Lille	1:00:02
9.	HASSEVELDE Sebastien	VEM/77	Touquet Opale Athletisme	1:00:53
10.	CASTEL Thierry	VEM/64	Nouveau St Amand EC	1:02:34
11.	DE SMET Liesbet (BEL)	SEF/82	DUFF	1:03:25
12.	HULISELAN Boetje (NED)	VEM/55	OLAT	1:07:33
13.	MASSE Norbert	VEM/67	Osm Lomme Athletisme	1:09:16
14.	HALLENNE Karine	VEF/73	Touquet Opale Athletisme	1:12:39
15.	OGIER Muriel (BEL)	VEF/64	SMAC	1:14:23
16.	HERZOG Muriel	VEF/58	EA Le Creusot	1:19:47
	TABARY Florence	VEF/65	Nouveau St Amand EC	DQ
	WINTREBERT Pauline	JUF/01	Jogging Et Athletis	DNF
	BONNOMET Arthur	JUM/00	Cocaa	DNF

#### 20km Walk

1.	MASSE Florian	SEM/95	Us Tourcoing	1:43:47
2.	LEAUTE Benjamin	SEM/88	Asptt Lille	1:45:55



3.	CHENU Joffrey	SEM/82	Cill Armentieres	1:56:13
4.	VAN HOVE Peter (Bel)	VEM/81	ACHL	1:57:28
5.	OBERMEYER Diana (Ger)	SEF/80		2:23:34
6.	FAUQUEMBERGUE Marie	SEF/81	Touquet Opale Athletisme	2:37:30
	FILLIEUX Christian (Bel)	VEM/55	CAF	DQ
	DELECOLLE Sebastien	VEM/77	Us Athletiques De Lievin	DQ
	DEGRYSE Jean-claude	VEM/74	Ea Douchy	DQ



*Symon Bazzo Bortot, Anne Van Anandel and Florian Masse (photos Emmanuel Tardi)*

**ERWL 2019 RACE 6, MOULTON FIVE, MOULTON, SUFFOLK, SATURDAY 1 JUNE**

Thanks to Ron Wallwork for his report and results from the Moulton Five in England.

In sunny warm conditions, Olympian **Dominic King** won the event for the fourth time, whilst **Emma Dyos** continued her progress at the discipline, finishing in front of all but the first four men. The awards were presented by RWA President Helen Elleker and Suffolk CAA chairman Joe Mower.

Mark Easton has his usual excellent photo gallery at <https://markeaston.zenfolio.com/p540880410>.

**5 Miles Men (© = Centurion)**

1.	Dominic King ©	Colchester H	36.26	M35
2.	George Wilkinson	Enfield HAC	39.49	U20
3.	David Crane	Surrey WC	43.22	M40
4.	Trevor Jones	Steyning AC	47.23	M60
5.	Steve Uttley	Ilford AC	48.51	M60
6.	Martin Fisher ©	Redcar RWC	48.52	M65
7.	Chris Hobbs	Ashford AC	49.50	M60
8.	Stefano Zennaro	Belgrave H	50.10	M45
9.	Colin Vesty ©	Leicester WC	51.10	M50
10.	Simon Morgan	Ilford AC	52.49	M50
11.	George Nibre	Ilford AC	54.15	M60
12.	David Kates ©	Ilford AC	54.45	M70
13.	Dan Maskell	Surrey WC	54.52	M70
14.	Brian Armstrong	Ilford AC	56.13	M70
15.	John Borgars ©	Loughton AC	55.30	M70
16.	ony Wilkinson	unattached	57.59	M55
17.	David Hoben	Surrey WC	58.35	M65
18.	Paul Firmage	Ryston R	58.42	M65
19.	Arthur Thomson	Enfield H AC	59.17	M80
20.	Paul Forshaw	Fetch Everyone	59.47	M80
21.	Malcolm Blackwood	Trent Park	60.27	M65
22.	Michael Harran	Surrey WC	61.37	M80

23.	Phil Nutley	LDWA	71.17	M70
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#### 5 Miles Women

1.	Emma Dyos	Ilford AC	48.44	W40
2.	Melanie Peddle	Loughton AC	48.55	W50
3.	Jaqueline Benson	Ashford AC	49.49	U20
4.	Sue Barnett	EMAC	55.53	W65
5.	Joyce Crawford ©	Enfield H AC	58.16	W50
6.	Diana Braverman	Enfield HAC	61.32	W65
7.	Valerie Nutley	LDWA	61.11	W60
8.	Angela Martin	Surrey WC	62.26	W50
9.	Kate James	Moulton	65.30	W40
10.	Lara Briggs	Moulton	68.29	W45
11.	Rachel Crane	unattached	70.38	W35
12.	Sue Mills	Moulton	72.28	W50

### 2019 USA CENTURION QUALIFIER, MINNEAPOLIS, MINNESOTA, USA, 1-2 JUNE 2019

The annual USA Centurions 24 Hour Qualifier was held last weekend, in conjunction with the FANS 24 Hour Carnival in Minneapolis in Minnesota (see <http://www.fans24hour.org/index.html>).

Unfortunately, due to the unanticipated temporary closure of Fort Snelling State Park, all FANS Ultra Races had to be relocated to Normandale Lake Park in Bloomington, and this proved one hurdle too many for the walkers. USA Centurions secretary Rob Robertson reports

As a result of spring flooding, the United States Centurion qualifier FANS race was moved to Lake Normandale in Minneapolis, Minnesota, about ten miles from the traditional site. Although the new course was paved completely around the lake, there were several hills on the 1.85 mile loop. The kind of hills that look like mountains late in the race. 18 walkers signed up for the 24 hour option, including U.S. Centurions **John Green** C70, **Joe Roche** C74, **Rob Robertson** C78 and **David Holmen** C91. Rob returned as apprentice judge to Chief Judge Bruce Leasure while David ran with the runners. **Gertrude Achterberg** returned to FANS from the Netherlands, looking to complete her collection of six World Centurion Badges. Other experienced long distance walkers included **Paul Terbrack**, **Ray Sharp** and **Karen Kramer**, Canadian long distance runner **Scott Burton** who switched to walking this year, retired FANS race directors **Paul & Pat Sackett**, long time distance walker with a new knee this year **Dave Daubert** and long time race participant **Gene DeFronzo**. **Judy Altman**, **Kate Rinke**, **Kendra Martin**, **Mike Price** and **Robert Schnetzler** rounded out the list.

The race started at 8am sharp. Early on, Ray Sharp put on a race walk clinic, with Gertrude Achterberg not far behind. By the twelve hour mark, only Ray, Gertrude and Paul Terbrack were over 50 miles. Joe Roche and Karen Kramer needing a small negative split for success. The hills and hot afternoon took their toll. At 20 hours, only Gertrude had a chance at the Centurion distance. Sadly it was not meant to be this year. No new United States Centurion.

What bad luck!

### OUT AND ABOUT

- The Japanese have also announced their Doha team, with 4 50km walkers to be in action. See the full team announcement at [http://www.marciadalmondo.com/eng/dettaqli\\_news.aspx?id=3497](http://www.marciadalmondo.com/eng/dettaqli_news.aspx?id=3497).

- 50km Men: **Hayato KATSUKI** (3:44:31), **Tomohiro NODA** (3:39:47) and **Yusuke SUZUKI** (3:39:07)
- 50km Women: **Masumi FUCHISE** (4:19:56)

You have to feel sorry for **Masatora Kawano** and **Isamu Fujisawa** who both missed out on the team. Kawano was 2<sup>nd</sup> in the Asian Race Walking Championships in Nomi in March (1:17:24) and 2<sup>nd</sup> in the Japanese 50km Championship in April (3:39:24). As only the winner from each of these competitions was added to their Doha team, he is left at home. Fujisawa recorded 1:18:53 in the Japanese 20km Championship in Kobe in February and 1:17:52 in the Asian Race Walking Championships in Nomi in March and he is also left at home.

- This could be really big. Russia could be banned from the Olympics next year after fresh doping allegations implicating top athletics officials. It is alleged they oversaw the cover-up of a doping offence by the world indoor high jump champion who was tipped to win gold at Tokyo 2020 but now faces a ban of up to 10 years. The shocking incident has sparked an investigation and it comes after a spate of alleged Russian doping which saw the country's athletes banned from participating in international competitions. See <https://www.dailymail.co.uk/news/article-7095211/Russia-BANNED-2020-Olympics-Japan-claims-officials-helped-cover-doping.html>.

## MARCIADALMONDO ROUNDUP

marciadalmondo has 4 press releases for us this week.

- Sun 2 Jun - Chinese dominate Regional Clubs Championships in Piedmont, Italy  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3498](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3498)
- Thu 30 May - Japanese Team for Doha 2019  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3497](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3497)
- Tue 28 May - The likely male protagonists in La Coruna  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3496](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3496)
- Mon 27 May - A dream of late spring in Coruna  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3495](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3495)

## RIP KEN MATTHEWS: 1934-2019

Trevor McDermott posted the following overnight in facebook

**\*\* RIP - KEN MATTHEWS \*\***

With great regret we hear that our last surviving Olympic race walking Gold medallist (1964 Tokyo - 20 Kilometres Walk) has passed away. This occurred yesterday evening in hospital at Wrexham, where Ken had been admitted from his care home suffering from fluid in his lungs, among other things.

Ken's only immediate family is his son Ian, whose address is available for condolence messages and cards.

Ken, who won the 1964 Olympic 20km Gold Medal in Tokyo, was born in 1934 and died just shy of his 85<sup>th</sup> birthday. It was not long ago that I put together my own tribute to Ken, posted to <http://www.vrwc.org.au/tim-archive/articles/wo-ken-matthews.pdf>. Sadly, I shall have to now update it.

Many others will write with their own memories. Here's one just posted in Italy: <https://atleticanotizie.myblog.it/2019/06/03/muore-lex-marciatore-campione-olimpico-dei-20-km-ken-matthews/>. The English Racewalking Association has also posted its own obituary to its facebook page at <https://www.facebook.com/racewalkingassociation/>.

For me, the following photo is one we all remember.



*Ken wins gold in the 1964 Olympics in Tokyo (photo [www.sporting-heroes.net](http://www.sporting-heroes.net))*

## 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

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 See <a href="http://www.australianmastersathletics.org.au/events/event/ama-20k-roadwalk-championships-2019/">http://www.australianmastersathletics.org.au/events/event/ama-20k-roadwalk-championships-2019/</a>
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)
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

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
Sep 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

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