



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
2018/2019 Number 42
Tuesday 16 July 2019



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WALKERS OF THE WEEK

My Walkers of the Week are our 3 female competitors in the World University Games 20km roadwalks. Competing last Friday in Naples, Italy, **Katie Hayward** (1st, 1:33:30), **Jemima Montag** (2nd, 1:33:57) and **Philippa Huse** (16th, 1:44:09) won the first ever walks related Teams Gold Medal for Australia. They finished over 7 minutes ahead of second placed Ukraine, with China third and Belarus fourth. It certainly looks good to see it in print.

Teams Women

- | | | |
|--------|---------|--|
| 1. AUS | 4:51:36 | HAYWARD Katie 1:33:30, MONTAG Jemima 1:33:57, HUSE Philippa 1:44:09 |
| 2. UKR | 4:58:02 | SOBCHUK Olena 1:38:40, FILIUK Mariia 1:38:48, MYRONCHUK Valentyna 1:40:34 |
| 3. CHN | 4:59:53 | WANG Na 1:37:33, LIU Yu 1:38:17, SU Wenxiu 1:44:03 |
| 4. BLR | 5:11:27 | RAROUSKAYA Anastasiy 1:40:57, RODZKINA Anastasiya 1:42:37, HNIADZKO Katsiaryna 1:47:53 |

Check out the teams presentation ceremony with the girls centre stage: <https://www.facebook.com/watch/?v=380243429295751>



Jemima, Philippa and Katie in Naples

You can read more about the World Uni Games later in the newsletter, especially the wonderful gold and silver medal walks of Katie and Jemima. This is another 'first' for Australia at that sort of international level.

Well done girls!

WHAT'S COMING UP

- Next Saturday is our annual Intervals Race Carnival. Here's how the fixture reads.

Saturday 20th July 2019, Middle Park

SPECIAL VRWC INTERVALS Events: Entries close for all events at 1.45pm sharp.

2.15pm	Intervals Race – 6km, 8km or 10km	Open
2.30pm	4km	Open
2.30pm	2km	Open

Now for some explanation. In the Intervals Race, walkers choose to walk either 6km, 8km or 10km in 2km intervals. To walk in this event, you must be able to complete each leg in less than 17 minutes. If, for example, you walk 11.30min for the 1st leg, you have 5.30min rest before starting the next leg. If a walker fails to finish any leg in the allowable 17 minutes, he/she will not be allowed to continue in the next leg. The start times for the 2km legs are as follows:

Start time	3x2km Race Legs	4x2km Race Legs	5x2km Race Legs
2.15pm	1	1	1
2.32pm	2	2	2
2.49pm	3	3	3
3.06pm		4	4
3.23pm			5

For those who don't want to participate in the intervals races, you can just choose from the 4km and 2km scratch races. Remember that you can pre-enter at <http://vrwc.org.au/wp1/>. Then all you have to do on the day is pay your money and confirm your number.

- The following Sunday is another of our big Victorian State carnivals, namely the Victorian Roadwalk Championships. Remember that you must pre-enter the AV Championship events via the Members Portal on the AV website (<http://athsvic.org.au/>). You must also be a current AV member to compete. VRWC events can be entered on the day.

Sunday 28th July 2019, Middle Park

AV & VRWC CHAMPIONSHIPS & Events: Entries close for all VRWC events 30 minutes before the event.

8.30am	30km	AV Championship	Open *
		3 Hour Non championship event	Open
8.30am	20km	Non championship event	Open
9.00am	10km	VRWC Championship - Mabel Robinson Trophy	Open Women
9.00am	10km	AV Championship	U20 Men
9.00am	10km	AV Championship	U20 Women
9.00am	10km	AV Championship	U18 Men
9.00am	10km	Non championship event	Open
10.00am	3km	AV Championship	U14 Boys/Girls
10.20am	5km	AV Championship	U16 Boys/Girls
11.00am	5km	AV Championship	U18 Women
11.15am	5km	Non championship event	Open
11.15am	2km	Non championship event	Open
11.20am	2km	VRWC Championship	U10 Boys/Girls
11.20am	2km	VRWC Championship	U12 Boys/Girls
11:50am	Medal presentations at the conclusion of the events.		

* The Victorian 30km is an Open event, meaning it is open to both men and women.

VRWC ROADWALKS, MIDDLE PARK, SATURDAY 13 JUNE

The weather cleared just in time for our VRWC roadwalks on Saturday afternoon and then it started to rain just as we were finishing so it was a case of lucky for the 61 walkers at Middle Park. It was still very cold and windy but it could have been worse. It was a big day, with Victorian Masters 10km walk championships, along with our annual Racewalking Australia Postal Challenge.

Rhydian Cowley (42:53), **Quentin Rew** (43:03) and **Kyle Swan** (46:00) led the walkers out, powering through their Open 10km with a great display of speed walking. On the masters 10km front, **Mark Blackwood** (48:20), **Pramesh Prasad** (51:58), **Kevin Cassidy** (52:37), **Kelly Ruddick** (49:00) and **Tracy Feiner** (54:39) were the fastest, but from an age graded perspective, the top walks may actually have come from **Andrew Jamieson** (M70 57:16 93.45%), **Heather Carr** (W65 1:04:20 91.29%) and **Kelly Ruddick** (W45 49:00 91.22%).

VMA Masters Men 10km Championship

1	Mark Blackwood	M40	48:20	81.79%
-	Daniel Walters	M40	DNF	
1	Pramesh Prasad	M45	51:58	77.89%

2	David Smyth	M45	59:06	70.74%
1	Kevin Cassidy	M55	52:37	85.88%
2	Simon Evans	M55	1:00:15	75.71%
3	Albin Hess	M55	1:08:34	66.53%
1	Mark Donahoo	M60	1:01:58	75.07%
2	Terry O'Neill	M60	1:06:56	70.94%
3	Paul Moritz	M60	1:09:02	66.72%
1	Andrew Jamieson	M70	57:16	93.45%
2	Russ Dickenson	M70	1:13:45	72.56%
1	Gunther Ilgoutz	M80	1:13:23	80.89%

VMA Masters Women 10km Championship

1	Tracy Feiner	W40	54:39	78.46%
2	Sarah Brennan	W40	57:13	76.15%
3	Sandra Geisler	W40	58:00	73.93%
4	Marnie Grace	W40	1:09:48	62.94%
1	Kelly Ruddick	W45	49:00	91.22%
2	Kylie Irshad	W45	1:00:47	74.20%
1	Donna-Marie Elms	W55	1:07:48	74.55%
2	Carolyn Rosenbrock	W55	1:09:40	71.71%
1	Karyn O'Neill	W60	1:10:59	76.87%
1	Heather Carr	W65	1:04:20	91.29%
2	Alison Thompson	W65	1:07:23	83.30%
1	Gwen Steed	W75	1:14:40	88.80%
2	Sylvia Machin	W75	1:18:50	87.49%

RWA Open Men 10km Challenge

1.	Rhydian Cowley	42:53
2.	Quentin Rew	43:03
3.	Kyle Swan	46:00
4.	Gerard Feain	1:04:06

RWA Open Women 10km Challenge

1.	Jemima Montag	46:26	(10km split from World Uni Games)
2.	Madeleine Feain	1:01:16	PB 1:52

We had all our younger age groups covered except for the U20 division, so we look well placed from a RWA Postal Challenge perspective. We had quite a few PBs amongst the younger walkers, no mean feat on a day like Saturday.

RWA U18 Boys 8km Challenge

1.	Corey Dickson	38:33	
2.	Heath Beveridge	41:45	PB 3:55

RWA U18 Girls 8km Challenge

1.	Kathleen O'Mahony	52:22	
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RWA U16 Boys 5km Challenge

1.	Fraser Saunder	24:56	PB 0:51
2.	Angus Hay	28:50	

RWA U16 Girls 5km Challenge

1.	Charlotte Hay	27:15	
	Kaylah Heikkila-Dubowik	DNF	

RWA U14 Boys 3km Challenge

1.	Liam Hutchins	16:14	PB 0:02
2.	Sebastian Weickhardt	17:36	PB 0:57

RWA U14 Girls 3km Challenge

1.	Emily Smith	16:52	
2.	Ariana Pashutina	17:13	PB 0:47
3.	Riannah Tatlock	19:17	

RWA U12 Boys 2km Challenge

1.	Hamish Blackwood	11:13	
2.	Ethan Nash	11:54	PB 0:27

RWA U12 Girls 2km Challenge

1.	Darcey Roberts	10:11
2.	Zahlia Heikkila-Dubowik	13:38

RWA U10 Boys 1.5km Challenge

1.	Cody Wapshott	10:59
2.	Heath Tatlock	12:48

RWA U10 Girls 1.5km Challenge

1.	Ela Uzun	08:32
2.	Havana Ali	09:43

Finally we had a couple of VRWC open races for those other competitors who wanted to turn the legs over.

VRWC 5km Open

1.	Holly Cocking	27:54
2.	Paul Kennedy	30:36
3.	Beverly Hugo	42:57

VRWC 2km Open

1.	Maddison Nash	12:02
2.	Jade Chitty	13:16
3.	Merilyn Thompson	13:49
4.	Steven Haverly	18:41
5.	Barrie Wicks	19:06

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

Officials: Bill Carr, Tim Erickson, Mark Donahoo, Ian Laurie, Ralph Bennett, Michael Bodey, Donna Dickson,, Cheryl Beveridge, Debbie Nash, Kylie Hutchins

Judges: Gordon Loughnan (Chief), Shane Dickson, Brenda Felton, Frances Attard, Stuart Cooper, David Cash, Mark O'Mahoney, Peter Vysma (bike), Michael Bodey (board)

Canteen: Kate Suich, Wendy Cooper, Donna Elms, Eija Heikkila

Photos: Tim Erickson



Andrew Jamieson, Madeleine Feain, Kelly Ruddick and Fraser Saunder



Ethan Nash, Ariana Pashutina, Sebastian Weickhardt and Heath Tatlock

SAMA ROADWALKS, FELIXSTOWE, ADELAIDE, SATURDAY 13 JULY

Thanks to Colin Hainsworth for this week's results from the South Australian Masters in Adelaide. Colin commented: Cold, sunny arvo.

8km Yacht Handicap

1.	BRIAN WITTY	0:59:45	M68	66.75%
2.	DAVID ROBERTSON	1:11:03	M85	72.15%
3.	GIL MCINTOSH	0:55:06	M68	72.38%
4.	RICHARD MOYLE	1:01:11	M63	61.64%
5.	MARIE MAXTED	0:55:27	W59	72.70%
6.	VALMAI PADGET	1:07:43	W75	75.27%
7.	MARGARET MCINTOSH	1:08:35	W66	64.35%

4km Yacht Handicap

1.	JEFFREY KENNETT	0:41:51	M69	46.96%
2.	EDNA BATES	0:36:49	W66	57.03%
3.	COLIN HAINSWORTH	0:39:53	M89	66.88%
4.	DAVE FALLON	0:32:31	M66	58.37%
5.	CATHIE HORE	0:38:22	W68	56.22%
6.	LESLEY TAYLOR	0:38:22		

SARWC ROADWALKS, ADELAIDE PARKLANDS, ADELAIDE, SATURDAY 13 JULY

Thanks to **Kim Mottrom** for this week's results from the SA Racewalking Club in Adelaide. Good times for Kim, **Tristan Camilleri** and **Kiera Ross**.

12km Walk

1.	Tristan Camilleri	56:37
2.	Mathew Bruniges	1:02:38
3.	Alix Harlington	1:02:40
4.	Richard Everson	1:03:35
5.	Peter Crump	1:16:42

3km Walk

1.	Kiera Ross	15:00
2.	Danielle Walsh	16:31
3.	Sebastian Richards	17:26
4.	Hannah Wilks	17:32
5.	Jake Vidler	18:45

6km Walk

1.	Kim Mottrom	26:43
2.	Kristie Goznic	31:33
	Toby Wilks	DNF

1.5km Walk

1.	Sam Wilks	7:50
2.	Zayden Kamish	9:34
3.	Cooper Rech	9:46
4.	Tarique Kamish	10:46
5.	Zahra Kamish	10:48
6.	Alexander Richards	11:23
7.	Matilda Rech	11:47
8.	Maliha Kamish	13:23

TWRC ROADWALKS, SEVEN MILE BEACH, HOBART, SATURDAY 13 JULY

Thanks to Dave Moore for this week's results from Tasmania. He reports: Our walkers were confronted by very cold and bleak wintry conditions at Seven Mile Beach today. The best performance of the day came from youngster **Gabby Hay** who managed to hold off and finish in front of our very experienced Masters walkers over the first 1 mile of the course.

2 Miles Walk

1.	William Robertson	15.35
2.	Alice Randall	16.23
3.	Ron Foster	23.37
4.	Wayne Fletcher	24.53
5.	Dave Moore	28.37

1 Mile Walk

1.	Gabby Hay	11.37
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5km Walk

1.	Eugene Gerlach	35.22
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QRWC ROADWALKS, LOGAN RIVER PARKLANDS, BEENLEIGH, QLD, SUNDAY 14 JULY

Thanks to Robyn Wales for this week's results from Queensland. She commented: A circular, flat course. The weather was superb.

There were 34 walkers in attendance and the club managed to produce finishers in just about every RWA Postal Challenge category. Best effort by **Jayda Anderson** (U14 3km 14:40).

Open/Masters 10km

1.	Ignacio Jimenez	M	48.46
2.	Peter Bennett	M	57.30
3.	Nyle Sunderland	F	58.13
4.	Noela McKinven	F	83.44

Invitation 5km

1.	Lachlan McCure	M	16.01
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U20 10km

1.	Nelson McCutcheon	M	50.32
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U12 2km

1.	Lyla Williams	F	10.09
2.	Makenna Clarke	F	12.23
3.	Lily Goulding	F	12.52
4.	Aliesha Heap	F	12.59
5.	Caterina Davey	F	13.38
6.	Zoe Davey	F	14.12
7.	Korbyn Bicknell-Hewitt	M	14.23
8.	Charlotte Brady	F	14.35

U18 8km

1.	Jasmine Rose McRoberts	F	48.35
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U10 1.5km

1.	Siaan Fisher	F	9.59
2.	Isabella Gee	F	10.10
3.	Knox Anderson	M	11.04
4.	Blake Gee	M	12.28

U16 5km

1.	Kai Norton	M	29.56
2.	Summer Millard	F	31.42
3.	Korey Brady	F	31.45
4.	Sophie Porter	F	32.57

QMA Short Walks Championships - Men 30+ 10km

M50-54	1	Ignacio Jimenez	48.46
M60-64	1	Peter Bennett	57.30

U14 3km

1.	Jayda Anderson	F	14.40
2.	Ashanti Heap	F	15.10
3.	Tamika Gee	F	15.20
4.	Anika Clarke	F	16.13
5.	Amber Norton	F	16.14
6.	Sam McCure	M	16.18
7.	Mia Bergh	F	18.15
8.	Torryn Fisher	F	18.22
9.	Phoebe Chadwick	F	22.30

QMA Short Walks Championships - Women 30+ 5km

W40-44	1	Brenda Gannon	29.01
W50-54	1	Nyle Sunderland	28:45
	2	Jennifer Stuckey	38.15
W75-79	1	Noela McKinven	43.44

30TH SUMMER UNIVERSIADE, NAPLES, ITALY, JUL 3-14, 2019

I was busy this week following the fortunes of the Australian athletes competing in the **30th Summer Universiade** in Naples (<https://www.universiade2019napoli.it>). Overall, it was our best team effort ever, with an all time biggest of 10 medals. Leading the way were our female walkers, with Katie Hayward and Jemima Montag taking gold and silver respectively in the women's 20km walk.

First to the women's walk which started at 7AM on Friday 12th July. Conditions were already hot at 7AM (23°C) and it quickly built from then. At the 5km mark (23:20), the lead group had been reduced to 4 - **Katie Hayward** (AUS), **Jemima Montag** (AUS), **Anezka Drahotova** (CZE) and **Wang Na** (CHN). Towards 7km (32:38), Wang and Drahotova started to lose contact and by 10km, the two Australians had a clear lead, Katie at 46:21 and Jemima 5 secs in arrears at 46:26. The two girls extended their lead as the second half progressed, with Katie crossing the finish line with 1:33:20, ahead of Jemima with 1:33:57. The gap to third was nearly 2

minutes, with Drahotova crossing in 1:35:44. The slow times were indicative of a very hot day, one which the Australian girls seemed to handle better than the other walkers. This was due in no small way to the hydration and pre-cooling strategies the girls had explored with **Louise Burke** (AIS) and **Brent Vallance** during the AIS and Cairns camps.

As an added bonus, the gutsy 16th place finish by **Philippa Huse** ensured the Australian girls won the Teams Gold. What an effort!



Jemima Montag, Katie Hayward and Philippa Huse in Naples(photos Andie Montag)

Lots of info and great photos as usual with marciadalmondo (see http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3534).

The following report is taken from the AA press release <https://www.athletics.com.au/news/gold-silver-for-australian-athletics-at-world-university-games/>.

Australia had a great Day 5 of athletics at the World University Games in Naples, Italy. The day kick started with the female Australian racewalkers dominating proceedings, with Katie Hayward (Griffith University) and Commonwealth Games champion Jemima Montag (The University of Melbourne) finishing first and second and combining with **Philippa Huse** (Monash University) to take the team gold in the 20km walk.

Hayward made her move after 40 minutes and was never headed to win in 1:33:30, 27 seconds clear of teammate Montag in second with Anezka Drahotova from Czech Republic third in 1:35:44. Despite the 7am start time the conditions were tough with the temperature soaring to 34 degrees with no shade along the 2km loop. "It was more of a mental challenge really, from 1k, just going around and around, but we worked together," 18-year-old Gold Coaster Hayward said.

Montag, who won the Oceania title ahead of Hayward last month, was happy to see her young teammate take the win. "It was hot out there, but it's such a pleasure to watch your teammate succeed like that," Montag said. "If I had to be silver behind anyone, I am really happy that it was Katie."

The duo have become close helping each other in the lead up and during the event. "We have been on two camps together this year - one in Canberra at the start of the year and then Cairns after Nationals and just working together and even just contacting each other to see how we are, it's such a great bond I think we have," Hayward said. "Even throughout the race, at the 6-7km mark, Jem was like 'let's go, we can jump these girls'."

By the time the girls reached the half way mark, they had broken clear, with Katie 46:21 and Jemima 5 secs back in 46:26. From then on, they increased their lead through to the finish. To add further icing to the cake, Philippa Huse hung in there for 16th (1:44:09) to ensure the Team Gold for Australia.

Women 20 Km Walk

1.	HAYWARD Katie	AUS	23 JUL 2000	1:33:30
2.	MONTAG Jemima	AUS	15 FEB 1998	1:33:57
3.	DRAHOTOVA Anezka	CZE	22 JUL 1995	1:35:44
4.	WANG Na	CHN	29 MAY 1995	1:37:33
5.	LIU Yu	CHN	18 MAR 1998	1:38:17
6.	SOBCHUK Olena	UKR	23 NOV 1995	1:38:40
7.	FILIUk Mariia	UKR	14 OCT 1995	1:38:48

8.	ZDZIEBLO Katarzyna	POL	28 NOV 1996	1:38:56
9.	MYRONCHUK Valentyna	UKR	10 AUG 1994	1:40:34
10.	GONZALEZ MANJARREZ Nadia	MEX	21 MAR 1997	1:40:37
11.	RAROUSKAYA Anastasiya	BLR	19 JUN 1996	1:40:57
12.	VAICIUKEVICIUTE Monika	LTU	03 APR 1996	1:41:28
13.	VITIELLO Sara	ITA	06 AUG 1996	1:42:17
14.	RODZKINA Anastasiya	BLR	29 AUG 1994	1:42:37
15.	SU Wenxiu	CHN	28 JUN 1998	1:44:03
16.	HUSE Philippa	AUS	11 APR 1999	1:44:09
17.	RAVINA	IND	21 MAY 1997	1:46:08
18.	PONTES Joana	POR	22 MAR 2000	1:47:10
19.	HNIADZKO Katsiaryna	BLR	21 JUN 1999	1:47:53
20.	SUKHWAL Sonal	IND	28 JAN 1998	1:50:14
21.	VEALE Kate	IRL	05 JAN 1994	1:54:38
	BECCHETTI Maria Vittoria	ITA	12 DEC 1994	DNF
	KUIKKA Tiia	FIN	30 NOV 1994	DNF
	HORNAKOVA Monika	SVK	06 JUL 1995	DNF

Teams Women

1. AUS 4:51:36 HAYWARD Katie 1:33:30, MONTAG Jemima 1:33:57, HUSE Philippa 1:44:09
2. UKR 4:58:02 SOBCHUK Olena 1:38:40, FILIUK Mariia 1:38:48, MYRONCHUK Valentyna 1:40:34
3. CHN 4:59:53 WANG Na 1:37:33, LIU Yu 1:38:17, SU Wenxiu 1:44:03
4. BLR 5:11:27 RAROUSKAYA Anastasiya 1:40:57, RODZKINA Anastasiya 1:42:37, HNIADZKO Katsiaryna 1:47:53

If there was huge elation as a result of the women's walk, it was a bittersweet experience for Australians with our sole male walker **Declan Tingay** suffering a DQ in the men's 20km. Overall, the men's 20km provided a showcase for the Japanese, with their walkers taking gold, silver and bronze - **Koki Ikeda** (1:22:49), **Masatora Kawano** (1:23:20) and **Yuta Koga** (1:23:35). Again times were slow due to the very hot conditions.



Men's 20km winner Koki Ikeda (photo marciadalmondo)

Men 20 Km Walk

1.	IKEDA Koki	JPN	03 MAY 1998	1:22:49
2.	KAWANO Masatora	JPN	23 OCT 1998	1:23:20
3.	KOGA Yuta	JPN	15 JUL 1999	1:23:35
4.	SENODUNCU S.	TUR	24 APR 1994	1:23:40
5.	FORTUNATO Francesco	ITA	13 DEC 1994	1:23:53
6.	ZHANG Jun	CHN	20 JUL 1998	1:24:00
7.	JUNGHANNSS Karl	GER	06 APR 1996	1:24:54
8.	ANGELINI Gregorio	ITA	24 JUN 1996	1:25:49
9.	CHEN Rui	CHN	11 AUG 1996	1:26:24
10.	URADNIK Miroslav	SVK	24 MAR 1996	1:27:42
11.	JOO Hyunmyeong	KOR	31 MAY 1997	1:29:51
12.	SEGURA ZEPEDA Brandon B.	MEX	30 APR 1996	1:30:08
13.	VENYERCSAN Bence	HUN	08 JAN 1996	1:34:16
14.	HOMELEU Anatoli	BLR	29 MAY 1996	1:34:42
15.	KIM Mingyu	KOR	28 FEB 1999	1:37:02

16.	KIM Nak Hyun	KOR	18 FEB 1995	1:39:28
	CHAURASIYA Neeraj Kumar	IND	06 JUL 2000	DNF
	YIN Jiaxing	CHN	16 MAR 1994	DQ
	ANTONELLI Michele	ITA	23 MAY 1994	DQ
	TINGAY Declan	AUS	06 FEB 1999	DQ

Teams Men

1.	JPN	4:09:44	IKEDA Koki 1:22:49, KAWANO Masatora 1:23:20, KOGA Yuta 1:23:35
2.	KOR	4:46:21	JOO Hyunmyeong 1:29:51, KIM Mingyu 1:37:02, KIM Nak Hyun 1:39:28

EUROPEAN U23 CHAMPIONSHIPS, GÄVLE, SWEDEN, 11-14 JULY

The other huge international walks meet for the week was the European U23 Championships in Sweden. The 20km walks were held on Sunday afternoon, with 21 men and 21 women in action. I am disappointed that Russian athletes continue to be given permission to race while their country remains banned. Can we have confidence that Russian athletes are currently clean. They come from a background of state sponsored drug abuse, and we all know that drug enhanced effects can last for years. Sure you have to pass 3 tests to get back in, but what can be said of such an athlete's previous years of training. I am even more disappointed that these athletes have won gold in the men's walk and bronze in the women's walk.

The walks are wonderfully described by marciadalmondo (see http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3536) so I will allow readers to follow up on the races via that outlet.

20km Race Walk Men, Sunday 14 July

1.	MIZINOV Vasilij	ANA	29 DEC 1997	1:21:29
2.	KORKMAZ Salih	TUR	14 APR 1997	1:21:32
3.	WILKINSON Callum	GBR	14 MAR 1997	1:22:13
4.	ZABUZHENKO Eduard	UKR	18 APR 1998	1:23:54
5.	BERMÚDEZ Manuel	ESP	12 DEC 1997	1:24:17
6.	İMÜK Abdulselam	TUR	10 OCT 1999	1:24:34
7.	LUKYANCHUK Dzmitry	BLR	2 OCT 1997	1:24:41
8.	LÓPEZ Iván	ESP	29 MAR 1997	1:24:59
9.	KENNY David	IRL	10 JAN 1999	1:25:43
10.	SHUMIK Viktor	UKR	21 MAY 1998	1:26:18
11.	HLAVÁČ Vít	CZE	26 FEB 1997	1:26:55
12.	CORBISHLEY Cameron	GBR	31 MAR 1997	1:27:07
13.	SVYSTUN Oleh	UKR	15 SEP 1997	1:27:49
14.	BRANDI Giacomo	ITA	10 SEP 1998	1:28:36
15.	COPPINI Niccolò	ITA	26 SEP 1997	1:29:18
16.	KUSTER David	FRA	25 MAR 1999	1:30:06
17.	PÉREZ José Manuel	ESP	10 SEP 1999	1:30:45
18.	GRILLO Ettore	ITA	10 NOV 1997	1:37:44
19.	CERNÝ Dominik	SVK	1 NOV 1997	1:38:14
	BORDIER Gabriel	FRA	8 OCT 1997	DNF
	TZATZIMÁKIS Yeóryios	GRE	9 AUG 1999	DQ

20km Walk Women

1.	TEKDAL Ayse	TUR	28 OCT 1999	1:34:47
2.	NIEDZIALEK Olga	POL	30 JUN 1997	1:35:54
3.	SMERDOVA Yana	ANA	7 FEB 1998	1:35:58
4.	PEÑA Marina	ESP	19 MAR 1999	1:37:12
5.	CHAMOSA Antia	ESP	7 OCT 1999	1:37:34
6.	BARCELLA Lidia	ITA	21 APR 1997	1:38:05
7.	ALIKANIOTI Sofia	GRE	27 APR 1998	1:39:11
8.	ZUREK Teresa	GER	29 JUL 1998	1:39:41
9.	MONTEJO Irene	ESP	22 FEB 1998	1:40:55
10.	TERREC Eloise	FRA	10 AUG 1998	1:41:19
11.	COSTA Carolina	POR	12 MAR 1998	1:41:41
12.	KULAHINA Oksana	UKR	1 APR 1997	1:41:46
13.	KOURKOUTSÁKI Efstathía	GRE	31 JAN 1998	1:42:18
14.	NURMI Enni	FIN	4 JUL 1998	1:42:29
15.	KIVIMÄKI Anniina	FIN	3 MAR 1999	1:42:52
16.	BALYM Yuliya	UKR	28 OCT 1997	1:47:27
17.	FARYNA Yana	UKR	5 AUG 1999	1:47:54
18.	HACUNDOVÁ Ema	SVK	5 MAR 1999	1:48:32
19.	SOUSA Andreia	POR	1 DEC 1998	1:50:18
	BERETTA Clemence	FRA	22 DEC 1997	DQ
	SANTOS BERNARDO Maria	POR	19 OCT 1999	DQ

A special shout to GBR walker **Callum Wilkinson** for this great bronze medal performance. Bad luck for **Cam Corbishley** who was in 6th place before being sidelined in the pit lane for 2 minutes. This pushed him back to 12th position.



Callum Wilkinson and Cameron Corbishley after their race (photo <https://www.britishathletics.org.uk>)

WELSH T&F CHAMPIONSHIPS, CARDIFF, WALES, 13-14 JULY

There was quite a bit of interest on last weekend's Welsh T&F Championships, with **Heather Lewis** and **Bethan Davies** facing off in the Open Women's 5000m Walk. It turned out to be a clear win for Heather, who took the lead from the start and was never headed. Her winning time of 21:41.34 was a big PB and not all that far from Bethan's 2017 Welsh record of 21:21.52. Bethan was second in an improving 22:13.14 and **Madeline Shott**, in only her second year of walking, was third with 24:20.14. The girls will next meet in the UKA 5000m title.

The two junior competitors walked the race together until the bell. The T20 category is for those with milder Intellectual impairment.

Welsh Athletics Senior Men/Senior Women 5000m Walk

1.	Heather LEWIS	SW	1	Pembrokeshire H	21:41.34
2.	Bethan DAVIES	SW	2	Cardiff Athletics	22:13.14
3.	Madeline SHOTT (Guest)	SW	3	Belgrave	24:20.40
4.	Megan STRATTON-THOMAS	U20W	1	Swansea	29:52.99
5.	Daniel MCKERLICH (T20)	U20M	1	Cardiff Athletics	29:56.28

MEETING DE LA ROCHE SUR YON, LA ROCHE SUR YON, FRANCE, FRIDAY 12 JULY

Emmanuel Tardi was in the French city of La Roche sur Yon, 400km SW of Paris, last Friday evening for their athletics meeting. The 5000m walks were held together, starting at 6:30PM, and saw wins to **Kevin Campion** and **Maele Terrec**. There are plenty of shots from the meet at <https://tinyurl.com/y6ot4e95> and <https://tinyurl.com/y55c45yp>.

5000m Women

1.	TERREC Maele	JUF/01	Ac Roche-sur-yon	23:55.84
2.	CELLARD Loanic	ESF/98	Carquefou Ac	24:50.00
3.	CASALE Maeva	ESF/97	Ca Balma	24:57.98
4.	BRUNET Elisabeth	SEF/86	Tarbes Pyrenees Athletisme	25:18.83
5.	AURRIERE Camille	ESF/98	Us St Berthevin	25:51.53
6.	PESLERBE Bertille	ESF/98	Ea Pays De Broceliande	26:49.39
	ROULAND Marion	SEF/90	Stade Dieppois	DNF

5000m Men

1.	CAMPION Kevin	SEM/88	Afa Feyzin-venissieux	19:37.22
2.	QUINION Aurelien	SEM/93	Ac St Gratien-sannois	20:20.49
3.	GUINAUDEAU Keny	SEM/93	Ac Roche-sur-yon	20:20.71
4.	VALLEE Kyrian	SEM/94	Ca Balma	21:25.14
5.	LECAPLAIN Maxime	SEM/94	U.s.o Mondeville	22:26.97
6.	ROBICHON Alexis	JUM/00	Ac Roche-sur-yon	22:44.69
7.	LANDRAS Adrien	CAM/03	Ca Balma	24:42.49



Maele Terrec, Loanie Cellard, Aurelien Quinion, Keny Guinaudeau and Kevin Campion (photos Emmanuel Tardi)

36TH GRAND PRIX DE TROUSSEY, TROUSSEY, FRANCE, SUNDAY 14 JULY

Emmanuel Tardi was in the small village of Troussey (population 425!), 300km east of Paris, on Sunday for the 36th staging of their French National Day racewalk. The main 10km race started at 10am, with 26 walkers. The ancillary races were also popular, with 126 walkers in action overall. The 10km race consisted of 7 laps (1.428km per each lap) with the start and finish in front of the city hall, and saw weasy victories for **Philippe Bibet** and **Elise Buaud**.

10km Walk Men

1.	BUAUD Elise	A2M Metz	54:42
2.	BOBAN Valérie	AVEC	56:55
3.	PICARD Axelle	Nancy Athlé Métropole	57:05
4.	RODRIGUEZ Lucie	COCAA Chalons	1:01:00
5.	FLORENTIN Catherine	AVEC Mirecourt	1:03:04
6.	ANXIONNAT Claudine	AVEC Bruyères	1:09:09
7.	BARTHELEMY Svetlana	ASM Bar Le Duc	1:10:11
8.	SIEGENFUHR Yvette	E.S. Thaon	1:11:36
9.	COCHIN Dominique	E.S. Thaon	1:11:47

10km Walk Women

1.	BIBET Philippe	US Toul	50:55
2.	BONNOMET Arthur	COCAA Chalons	51:35
3.	REY Julien	COCAA Chalons	56:54
4.	SIEGENFUHR Daniel	E.S. Thaon	58:10
5.	PFISTER William	ASM Bar Le Duc	58:58
6.	TOURNOIS Pascal	ASM Bar Le Duc	59:02
7.	GROS Gildas	Cis Anould	1:00:20
8.	HONOREZ Denis	COCAA Chalons	1:02:22
9.	FLORENTIN Thierry	AVEC Mirecourt	1:03:59
10.	JACQUEMIN Mickael	AVEC Mirecourt	1:06:22
11.	JACQUEMIN Joël	AVEC Mirecourt	1:06:43
12.	TABOURET Guy	Us Toul	1:07:09
13.	VO Dominique	ACHM St Dié des Vosges	1:13:58
14.	GUILLOT Mickael	AC Château Thierry	1:15:19
15.	TARDI Emmanuel	LP Longjumeau	1:17:17
16.	THOMAS Michel	ASM Bar Le Duc	1:24:36
17.	CHAMAGNE Daniel	ASM Bar Le Duc	1:31:01

See Emmanuel's photos at <https://tinyurl.com/yyluyppya>.



Philippe Bibet and Elise Buaud in action in Troussey (photos Emmanuel Tardi)

USATF SAN DIEGO IMPERIAL 20,000M AND 50,000M TRACK WALKS, SAN DIEGO, SATURDAY 13 JULY

I haven't seen the full results yet but I have seen a facebook post from Andreas Gustafsson regarding the track 50,000m walk which was held in San Diego on Saturday. In summary, five entrants were seeking a ticket to Doha on Saturday at the National Invitational Racewalks in San Diego. Only one prevailed.... Congrats to **Katie Burnett** on a new 50,000m World Best of 4:29:45.

That is a fantastic result for Katie and definitely puts her in the mix for Doha selection.



Katie Burnett after her walk in San Diego

OUT AND ABOUT

- Former Commonwealth Games 10,000 metres champion Joyce Chepkirui is one of a further two Kenyan athletes to have been provisionally suspended by the Athletics Integrity Unit. The AIU said in a statement on its website it had suspended Chepkirui for use of a prohibited substance/method in a case concerning her Athlete Biological Passport (ABP). The other suspended athlete is Jacob Kibet Chulyo Kendagor, who in 2017 finished second at the Hamburg and Istanbul Marathons

and was fifth in the Turkish city last year. Kendagor was reprimanded for "evading, refusing or failing to submit to sample collection". See <https://www.insidethegames.biz/articles/1081869/two-kenyans-suspended-for-doping-by-aiu>.

- More than 100 suspected anti-doping rule violations against Russian athletes have been uncovered by RUSADA in the first half of this year, its deputy director general Margarita Pakhnotskaya has revealed. Pakhnotskaya told Russia's official state news agency TASS that RUSADA had registered 102 potential cases from January to June. A total of 53 of these were reported last month alone. See <https://www.insidethegames.biz/articles/1081882/russia>.
- Vladimir Kazarin, who once coached Olympic gold medalist Maria Savinova and the athlete-turned-whistleblower Yulia Stepanova, told Russian state broadcaster Match TV that accusations he continued working with athletes after he was banned in 2017 are true. Kazarin said he grew a beard in a failed bid to avoid detection. See <https://federalnewsnetwork.com/sports-news/2019/07/russian-track-coach-admits-to-breaking-doping-ban/>.
- Now here's a drug story with a difference. China's controversial swimming star Sun Yang used a hammer to destroy his own blood sample and refused a urine sample yet gets off on a technicality. WADA have appealed the findings of the FINA doping panel's report, dated January 3, that decided Sun did not commit a doping violation. Sun has clashed with rivals in the past after secretly serving a three-month ban in 2014 for taking a banned substance he claimed was for a heart condition. Australian Mack Horton labelled him a "drug cheat" before pipping Sun to gold in the 400 metres freestyle at the 2016 Rio Olympics. See <https://www.news.com.au/sport/sports-life/chinese-swimming-star-sun-yang-smashed-blood-sample-reports/news-story/e3048037cb19f90e70e800a48c1bf9a0>.
- This fantastic short documentary film explores the tragic consequences of doping through the eyes of former East German shot putter, Heidi Krieger, and is a testament to the perils of doping. Krieger was unknowingly subjected at a young age to a state-supported systematic doping campaign that valued medal counts over the well-being of athletes. In the film, Krieger describes the often complicated effects of extensive doping on young athletes, and his subsequent long and painful search for gender identity. As a man, Krieger is now known as Andreas. Watch it at <https://www.usada.org/athletes/?fbclid=IwAR2E0FrX7z25nfK7Gb02Fzj6GApXo5eTWrtX1B2Z6UMRA-JDmhlhwDc>.

One can only ask now - what will be the ongoing effects to its victims (the Russian athletes) of the Russian State Sponsored doping of the 21st century.

MARCIADALMONDO ROUNDUP

marciadalmondo has 7 press releases for us this week.

- Sun 14 Jul - Gavle (SWE): Ayse Tekdal (TUR) and Vasiliy Mizinov (ANA) European U23 champions
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3536
- Sat 13 Jul - Chinese test races in Livigno, Italy
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3535
- Fri 12 Jul - Naples (ITA): Koki Ikeda (JPN) and Katie Hayward (AUS) win Universitary Games 20km
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3534
- Thu 11 Jul - Embarrassing mistake by World Uni Games organizers
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3533
- Wed 11 Jul - Entry lists for European U20 Championships in Boras (SWE)
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3532
- Mon 9 Jul - Kamloops (CAN): new Canadian 10,000m track walk record by Evan Dunfee
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3531
- Mon 9 Jul - Results of NACAC U18 and U23 Championships in Queretaro (MEX)
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3530

DOHA UPDATE – 2019 50KM RANKING LISTS

With Katie Burnett's 50,000m track walk on Saturday in San Diego, we have another qualifier to add to our Doha list (assuming that the race meets the IAAF qualification criteria). Thanks to **Paul F. DeMeester** for updating his list so promptly for us.

Doha 2019 Worlds 50K Qualifiers as of 13 July 2019
based on IAAF List of Qualifying Race Walk Competitions in 2018-2019 as at 20 June 2019
(Maximum of 3 entrants per member federation)

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

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

1.	Yohann Diniz	FRA	3:33:25	London 13 August 2017 (Wild Card Entry, reigning WC)
2.	Qin Wang	CHN	3:38:02	Huangshan 9 March 2019
3.	Yusuke Suzuki	JPN	3:39:07	Wajima 14 April 2019
4.	Masatora Kawano	JPN	3:39:24	Wajima 14 April 2019
5.	Tomohiro Noda	JPN	3:39:47	Takahata 28 October 2018
6.	Satoshi Maruo	JPN	3:40:04	Wajima 14 April 2019
7.	Wenbin Niu	CHN	3:41:04	Huangshan 9 March 2019
8.	Yadong Luo	CHN	3:41:15	Huangshan 9 March 2019
9.	Rui Wang	CHN	3:42:08	Huangshan 9 March 2019
10.	Matej Toth	SVK	3:42:46	Dudince 25 March 2018
11.	Havard Haukenes	NOR	3:42:50	Dudince 23 March 2019
12.	Hirooki Arai	JPN	3:43:02	Wajima 14 April 2019
13.	Tongda Bian	CHN	3:43:06	Huangshan 9 March 2019
14.	Kai Kobayashi	JPN	3:43:46	Wajima 14 April 2019
15.	Hayato Katsuki	JPN	3:44:31	Taicang 5 May 2018
16.	Veli-Matti Partanen	FIN	3:44:43	Dudince 25 March 2018
17.	Maryan Zakalnytskyi	UKR	3:44:59	Taicang 5 May 2018
18.	Dongpo Luo	CHN	3:45:38	Huangshan 9 March 2019
19.	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 Smolonski	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.	Valentyyna 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.	Nadzeya 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.	Khryстина 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
41. Katie Burnett	USA	4:29:45	San Diego (track) 13 July 2019

FROM THE VAULT – THE EARLY AUSTRALIAN AND ALEXANDER CUP 50KM CHAMPIONSHIPS

A few weeks ago, I published an article on the early Australian 7 Mile Walking Championships which were contested between 1923 and 1937, and included details of the 1923 and 1925 meets in newsletter 39 (see <http://www.vrwc.org.au/newsletters/heelandtoe-2019-num39.pdf>).

I have been busy since then doing a similar exercise with all the early Australian 50km Championships, from the first one in 1930 up to my research end point in 1970. You can check out the full article at <http://www.vrwc.org.au/RWA-Results/1930-1970%20Australian%20and%20Alexander%20Cup%2050km%20Championships.pdf>.

Here's a bit of an overview, along with details of the first ever Alexander Cup in 1930 – our very first 50km Australian championship.

Overview

Controversies in the 1924 Olympic Games had spelt an end to Olympic track walking and indeed nearly spelt the end of walking, with the sport ruled out of the 1928 Amsterdam Games. Fortunately, there followed a change in walking fashion, with road walking overtaking track walking in popularity, and British officials worked together and bid for a long distance road event to be introduced into the Olympics. It was accepted and the first Olympic road walk, over 50 kilometres, was announced for the Los Angeles Games in 1932.

The first NSW 50km Championship had been contested in 1926, with Victoria following suite in 1929, hosting its own inaugural 50km championship in that year.

In 1930, the NSW and Victorian racewalking clubs decided to institute a biennial *50km Championship of the Race Walking Clubs of Australia*, to be held in conjunction with one or other of the State championships in even years. This championship was named *The W. B. Alexander Cup*.

The Alexander Cup 50km Championship was held on 14 occasions, from 1930 to 1963.

1930 Alexander Cup 50km, Bankstown (in conjunction with NSW 50km), 6th September
 1934 Alexander Cup 50km, Melbourne (in conjunction with VIC 50km), 27th October
 1936 Alexander Cup 50km, Sydney (in conjunction with NSW 50km), 5th September
 1938 Alexander Cup 50km, Melbourne (in conjunction with VIC 50km), 1st October
 1946 Alexander Cup 50km, Melbourne (in conjunction with VIC 50km), 28th September
 1948 Alexander Cup 50km, Sydney (in conjunction with NSW 50km), 18th September
 1950 Alexander Cup 50km, Adelaide (in conjunction with SA 50km), 16th September
 1952 Alexander Cup 50km, Melbourne (in conjunction with VIC 50km), 27th September
 1953 Alexander Cup 50km, Adelaide (in conjunction with SA 50km), 3rd October
 1955 Alexander Cup 50km, Sydney (in conjunction with NSW 50km), 17th September
 1957 Alexander Cup 50km, Melbourne (in conjunction with VIC 50km), 28th September
 1959 Alexander Cup 50km, Brisbane (in conjunction with QLD 50km), 9th May
 1961 Alexander Cup 50km, Sydney (in conjunction with NSW 50km), 16th September
 1963 Alexander Cup 50km, Melbourne (in conjunction with VIC 50km), 28th September

After the 1963 carnival, the Alexander Cup distance was changed to 20km and continued to be contested biennially over this new distance until it was finally decommissioned after the 1989 Federation Carnival.

An official Australian 50km championship was first held in 1952, and was then scheduled every second year, initially during even years (1952-1970) and then in odd years (1971-1983). Since 1983, it has been scheduled annually.

1952 Australian 50km Championship, Melbourne, Saturday 2 February
 1954 Australian 50km Championship, Sydney, Saturday 18 September
 1956 Australian 50km Championship, Melbourne, Saturday 9 September
 1958 Australian 50km Championship, Sydney, Saturday 6 September
 1960 Australian 50km Championship, Melbourne, Saturday 5 June
 1962 Australian 50km Championship, Sydney, Saturday 8 September
 1964 Australian 50km Championship, Adelaide, Saturday 6 June
 1966 Australian 50km Championship, Melbourne, Saturday 24 September
 1968 Australian 50km Championship, Toowoomba, Saturday 25 May
 1970 Australian 50km Championship, Melbourne, Saturday 26 September

The placegetters in these championships were as follows

Alexander Cup 50km

1930	Jack Coffey	VIC	4:59:40	Jack Cummins	VIC	5:11:05	William Clark	NSW	5:14:03
1934	Jack Cummins	VIC	4:55:36	Sydney Sheedy	NSW	5:01:00	Gordon Smith	NSW	5:01:32
1936	Joe O'Farrell	VIC	5:07:34	Gordon Smith	NSW	5:11:52	Mervyn Ray	NSW	5:18:04
1938	Jim Gaylor	VIC	4:56:38	Sydney Sheedy	NSW	4:59:24	Keith McCluskey	VIC	5:14:2
1946	Alan Reid	VIC	5:08:39	Gus Theobald	VIC	5:18:42	Alex Philpotts	VIC	5:21:00
1948	William Behan	NSW	5:03:44	William Metcalf	VIC	5:21:40	Gus Theobald	VIC	5:23:18
1950	Leonard Chadwick	VIC	5:22:00	Gus Theobald	VIC	5:23:46	Robert French	VIC	5:37:50
1952	Len Chadwick	VIC	5:18:58	James Short	VIC	5:20:25	Clive Mackay	VIC	5:34:12
1953	Leonard Chadwick	VIC	5:11:36	Leslie Hellyer	VIC	5:14:02	James Short	VIC	5:21:48
1955	Leslie Hellyer	VIC	4:51:05	Peter Waddell	NSW	4:53:33	James Short	VIC	4:54:52
1957	Ted Allsopp	VIC	4:23:38	Cliff Barling	VIC	5:01:23	Tom Daintry	VIC	5:04:07
1959	Ron Crawford	NSW	5:12:09	James Gleeson	VIC	5:12:57	William Kirby	NSW	5:25:10
1961	Ted Allsopp	VIC	4:28:56	James Gleeson	VIC	4:54:08	Norman Marr	VIC	4:59:33
1963	Jim Gleeson	VIC	4:52:57	Logan Irwin	NSW	4:57:46	Gavan Breen	VIC	5:02:23

Australian 50km Open Men

1952	Len Chadwick	VIC	5:10:58	William Metcalf	NSW	5:44:22	Gordon Doak	VIC	5:50:14
1954	Les Hellyer	VIC	4:59:57	Jim Short	VIC	5:04:31	Ralph Field	VIC	5:05:47
1956	Norm Reid	NZ	4:30:16						
	Ray Smith	VIC	4:40:24	Ron Crawford	NSW	4:45:19	Ken Keogh	NSW	4:45:35
1958	Ted Allsopp	VIC	4:24:26	Noel Freeman	VIC	4:31:15	William Kirby	NSW	4:48:49
1960	Noel Freeman	VIC	4:32:28	Ron Crawford	NSW	4:38:51	Logan Irwin	NSW	4:47:50
1962	Ted Allsopp	VIC	4:35:06	Peter McCullagh	VIC	4:44:31	Logan Irwin	NSW	4:45:14
1964	Bob Gardiner	VIC	4:24:19	Ted Allsopp	VIC	4:30:56	Frank Clark	NSW	4:31:21
1966	Bob Gardiner	VIC	4:18:21	Ted Allsopp	VIC	4:20:00	Frank Clark	NSW	4:28:06
1968	Bob Gardiner	VIC	2:22:33	Ted Allsopp	VIC	4:27:40	Frank Clark	NSW	4:30:34
1970	Ted Allsopp	VIC	4:21:05	Peter Fullager	SA	4:29:05	Bob Gardiner	VIC	4:36:53

The improvement in the 50km in Australia during that period can be traced through the record progression. For so many years, the standard had hovered around the 5 hour mark. With the impetus provided by the home Olympics in 1956, the record quickly tumbled, due mainly to the efforts of Ted Allsopp and Bob Gardiner.

1930	Jack Coffey	VIC	4:59:40	Sydney	
1934	Jack Cummins	VIC	4:55:36	Melbourne	
1955	Leslie Hellyer	VIC	4:51:05	Sydney	
1956	Norm Read	NZL	4:30:16.2	Melbourne	Australian Open Record
	Ray Smith	VIC	4:40:24.6	Melbourne	Australian Residential Record
1956	Ted Allsopp	VIC	4:24:24	Melbourne	
1957	Ted Allsopp	VIC	4:23:38	Melbourne	
1958	Ted Allsopp	VIC	4:22:41.8	Melbourne	Australian Track Record
1959	Ted Allsopp	VIC	4:20:23.8	Melbourne	Australian Track Record
1959	Ted Allsopp	VIC	4:22:37	Melbourne	
1964	Bob Gardiner	VIC	4:17:06.8	Tokyo	
1968	Bob Gardiner	VIC	4:14:17	Melbourne	Australian Track Record

1930 Alexander Cup 50km, Sydney, 6th September 1930

The first ever Alexander Cup was held in conjunction with the 1930 NSW 50km Championship in Bankstown, western Sydney, on 6th September 1930. The inaugural championship was well supported, with 9 Victorians and 10 NSW walkers in attendance.

1929 Victorian 50km champion **Jack Cummins** was soundly beaten by his team mate **Jack Coffey**, with Coffey's time of 4:59:40 marking him as the first Australian to better 5 hours. This was officially recognised as an Australian Record and Cummins was awarded the *T. H. Terrill Cup* by way of recognition.

Little separated the first two NSW walkers, with **William Clark** bettering the great **Gordon Smith**¹ by just under 4 minutes. Sadly, after a stellar career throughout the 1930s, Smith would die as a Japanese prisoner of war in 1945.

Victorian walkers **Alf Robinson**² and **Rupert Blackley**³, who finished 8th and 9th, were to return the following year for the 1931 NSW 50km Championship, which was a prelude to their historic walk back from Sydney to Melbourne. This is a wonderful story.⁴

1 See <http://www.vrwc.org.au/tim-archive/articles/wa-gordon-smith.pdf>

2 See <http://www.vrwc.org.au/vrwc/ifearobinson.shtml>

3 See <http://www.vrwc.org.au/vrwc/liferblackley.shtml>

4 See <http://www.vrwc.org.au/tim-archive/articles/wv-alf-robinson-sydmelb-31.pdf>



*Jack Coffey is shown second from the right in this 1931 VAWC picture at Albert Park
From left to right: Jim Gaylor, Harry Roache, Alf Robinson, ?, Jack Coffey and Joe O'Farrell*

1930 Alexander Cup 50km, Bankstown, Sydney

1.	Jack Coffey	VIC	4:59:40	Australian Record
2.	Jack Cummins	VIC	5:11:05	
3.	William Clark	NSW	5:14:03	
4.	Gordon Smith	NSW	5:17:50	
5.	Raymond Latham	NSW	5:35:56	
6.	Frank Scully	VIC	5:36:25	
7.	W. White	NSW	5:38:41	
8.	Alfred Robinson	VIC	5:40:16	
9.	Rupert Blackley	VIC	5:44:40	
10.	Thomas Nelan	NSW	5:48:05	
11.	H. Hampson	NSW	5:53:30	
12.	Joe O'Farrell	VIC	6:00:29	
13.	Harry Barrett	NSW	6:06:37	
14.	W. Groves	NSW	6:14:15	
15.	Thomas Byrne	QLD	6:22:21	
	John Richmond	NSW	DNF	
	Donald Walker	VIC	DNF	
	George Isbister	VIC	DNF	
	Leslie Wright	VIC	DNF	

Victoria won the Teams Race ahead of NSW, 9 pts to 12 pts.

Teams

1.	VIC	9 pts	(1,2,6)
2.	NSW	12 pts	(3,4,5)

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

Aug 11 (Sun), 2019	AMA 20km National Championships, Adelaide, SA See http://www.australianmastersathletics.org.au/events/event/ama-20k-roadwalk-championships-2019/
Sept 8 (Sun), 2019	Australian Roadwalk Championships, Adelaide, SA
Dec 1 (Sun), 2019	Australian 50km Championship meet, Fawkner Park Melbourne (TBC)
Dec 6-8, 2019	Australian All Schools Championships, WA Athletics Stadium, Perth
Mar 22-29, 2020	Australian Athletics Championships, SOPAC, Sydney

Apr 10-13, 2020 Australian Masters T&F Championships, Brisbane, QLD. See <http://www.brisbane2020nationals.com.au/>

2019 IAAF Race Walking Challenge Series (remaining race meets)

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

Jul 20-21, 2019 China National Race Walking Champions Meet, Changbaishan, CHN (20 and 50km M/W)
Jul 26-Aug 11, 2019 Pan American Games, Lima, PER (50km and 20km)
Aug 30-Sep 7, 2019 **20th Oceania Masters T&F Championships**, Mackay, Queensland, AUS
Sep 6-7, 2019 China National Race Walking Champs, Leshan, CHN (20 and 50km M/W)
Sept 28 – Oct 6, 2019 **17th IAAF World Championships in Athletics**, Doha, Qatar
Oct 20-22, 2019 Around Taihu International Race Walking 2019, Suzhou, China

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

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

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

Aug 2021 (TBC) **19th IAAF World Championships in Athletics**, Budapest, Hungary

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