



## HEEL AND TOE ONLINE

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

My Walker of the Week this time around is 21 year old **Jemima Montag**. Competing for Australia in her first ever IAAF World Athletics Championship in Doha, she powered through to 10<sup>th</sup> place in the women's 20km championship in a time of **1:36:54**. The race was staged in torrid overnight conditions in the tropical heat and humidity of the desert city.

Speaking after the race, the 2018 Commonwealth Games gold medallist said: "Thanks to the expertise around us, we were very well prepared for the conditions, so it did ease the pain a little. It was really different to any race I've done before, it was one about patience and holding back, rather than chasing. This was my first World Champs, so there were a lot of unknown factors, including that it was at midnight and in this heat and humidity. Looking ahead to Tokyo, which is going to be similarly hot and humid, it does instil some confidence that my body can withstand these conditions.

Well done Jemima!



*Jemima in action in Doha and with her coach Brent Vallance*

### WHAT'S COMING UP

- For Victorians, our summer season will kick off on Saturday with the first round of the **Athletics Victoria Shield League (AVSL)**. 1500m and 3000m walks are on offer in all 5 venues (Aberfeldie, Nunawading, Geelong, Bendigo and Ballarat). More info at <http://athsvic.org.au/events/competitions/avcompetitions/avsl/> . Pre-enter via the AV Online Members Portal at <https://members.athsvic.org.au/>.
- I also note that entries are now open for the **Australian 50km meet at Fawkner Park on Sunday 1<sup>st</sup> December** and there are already 3 50km entries in the system. See more at <https://www.athletics.com.au/events/51744/>

## IAAF WORLD CHAMPIONSHIPS STARTING THIS WEEK

The Women's Marathon on the first day of competition set the scene for what would be a meet involving ridiculously tough long distance events. The female runner who won the marathon on Friday morning had the 3<sup>rd</sup> fastest time in history of 2.17. She won in 2.32.42, second was 2.33.45, 3<sup>rd</sup> was 2.34, 4<sup>th</sup> was 2.35. They were each up to 15 minutes slower than their PBs. Further, the event saw only 40 of the 68 runners finish the course, 28 of them falling by the wayside and withdrawing mid race.

Criticism was swift in coming. See for instance <https://au.sports.yahoo.com/iaaf-world-championships-anger-marathon-catastrophe-235223131.html>, where decathlon star Kevin Mayer accused organisers of putting athletes "in jeopardy." The 27-year-old 2016 Olympic silver medalist said staging the championships in the heat and humidity was a "catastrophe". "We can all see it's a disaster, there is no-one in the stands, and the heat has not been adapted at all," he said.

The IAAF must have been conscious of the dangerous situation as they put out press release <https://www.iaaf.org/competitions/iaaf-world-championships/news/50km-race-walk-to-go-ahead-as-planned-doha-20>.

Roll onto day 2, when the two 50km walks were held. The men's race saw only 28 of the 48 walkers completing the course, with Japanese winner Yusuke Suzuki some 25 minutes outside his PB with a super slow (for him) time of 4:04:20. In fact, you had to roll the clock back nearly 50 years to the 1970 Lugano Cup in Eschborn, to find a slower major championship winning time (Christoph Honhe 4:04:35). The women fared better, with 17 of the 23 finishing, but once again, the winning time of Riu Liang was 19 minutes outside her PB. The women definitely handled the conditions better than the men.

Before I start to talk about the 50km walks, I must comment on one of the early highlights of the World Athletics Championships, with the presentation to Australia **Jared Tallent** of two upgraded world championship medals. Following the retrospective doping ban of a number of Russian race walkers, Jared has moved up from bronze to silver in the 50km Race Walks at the 2011 Daegu World Championships and 2013 Moscow World Championships. Check out the Athletics Australia press release at <https://www.athletics.com.au/news/goodbye-bronze-hello-silver/>.



*Jared Tallent finally gets to officially upgrade his bronzes to silvers*

And now onto the 50km walks which were held on a 2km section of highway (known as the Corniche) in inner Doha, with a start time of 11:30PM on Saturday.

### **50km Walk Men, Sat 28 Sept, 11:30PM**

My report is borrowed from that of Jon Mulqueen for the IAAF (see <https://www.iaaf.org/competitions/iaaf-world-championships/iaaf-world-athletics-championships-doha-2019-6033/news/report/men/50-kilometres-race-walk/final>).

History was made in more ways than one in the men's 50km race walk at the IAAF World Athletics Championships Doha 2019 as Saturday merged into Sunday. **Yusuke Suzuki** became the first Japanese race walker to win a world title, making a bold move in the early stages to build a lead that largely went unchallenged. Portugal's **Joao Vieira**, making his 11<sup>th</sup> World Championships appearance at the age of 43, came through to finish second, becoming the oldest medallist ever at the World Championships. And a fast-finishing **Evan Dunfee** took bronze – nearly catching Vieira before the line – to become Canada's first ever medallist in the 50km race walk.

But, as ever with the 50km race walk, it wasn't an uneventful race. Suzuki made an early move, striding into the lead after just a couple of minutes while most of the rest of the field were content to take it easy during the early stages while they got a feel for the conditions. He had his challengers - world record holder **Johann Diniz**, 2016 Olympic champion **Matej Toth** and **Isaac Palma** but none could bridge the gap.

Suzuki passed through the half way point in 2:01:07. It may have suggested a finishing time outside four hours, but he still looked composed, showing no signs of fatigue – unlike several others behind him, who were either starting to drop out or losing form and picking up red cards.

Ecuador's **Claudio Villanueva** made a brief bid to challenge Suzuki and breezed through the field into second place, but he soon paid for his extravagant move and dropped back down the pecking order before eventually withdrawing. In the second half, China's **Luo Yadong** and **Niu Wenbin** worked together to move into second and third place while Suzuki continued to lead, looking every bit the potential champion as his lead peaked at 3:34 at the 35km point.

By this point, Vieira had started to make his move and found himself in fourth place after Toth withdrew and Havard Haukenes had to spend five minutes in the pit lane. The Norwegian was later disqualified after picking up a fourth red card. Having tracked Ireland's **Brendan Boyce** for much of the way, Dunfee moved into sixth place behind European champion **Maryan Zakalnytsky** but was still the best part of two minutes shy of a medal position.

Luo was the first of the Chinese duo to struggle, allowing Vieira to move into third place. Niu, however, was sitting on two red cards and so had to be careful for the remainder of the race. Suzuki showed his first signs of stress just before 44km when he stopped at the fuelling tables, slowing to a regular walk. But he soon got back into his stride and his leading margin was big enough that Niu barely made a dent on it. Further back, Luo continued to struggle and was passed by Dunfee, who by now was beginning to pick up pace and was in fourth place, about a minute behind Vieira.

Suzuki stopped again one lap later and then again for a third time after another circuit of the two-kilometre loop along Doha's Corniche. But with Niu now in trouble, Suzuki remained a comfortable leader.

The most significant moves of the race came on the final lap as Vieira overtook Niu to move into second place, then Dunfee went past the Chinese race walker. Out in front, though, Suzuki was away and clear and crossed the finish line in 4:04:20. The 31-year-old had moved up to the 50km just earlier this year, having had mixed fortunes at 20km over the past decade. He was a distant 39<sup>th</sup> at the 2009 World Championships, just missed out on a medal in 2011, placed 12<sup>th</sup> in 2013 having set a national record earlier in the year, and then failed to finish in 2015, just months after breaking the world record. After a two-year injury spell from 2016-2017, he returned to action last year and reached top form in 2019, culminating in his first senior global title. "Finally, I got the gold I've been dreaming about for so many years," said Suzuki. "I couldn't compete for the past three years, but today was my moment of glory."

Vieira held on to take the silver medal in 4:04:59, finishing just three seconds ahead of bronze medallist Dunfee. "This is the best medal of my athletics career in the hardest race I have ever done across all of my 11 World Championships appearances," said Vieira. "Many people didn't believe I could ever get this far, but I never stopped dreaming."

Niu and Luo finished fourth and fifth in 4:05:36 and 4:06:49 respectively. Ireland's Brendan Boyce moonwalked over the line to place sixth in 4:07:47. Spain's 1993 world champion **Jesus Angel Garcia** – who, at 49, was making a record 13<sup>th</sup> appearance at the World Championships – finished eighth in 4:11:28.

Alas, no Australian competitors, but a special commendation for Melbourne based New Zealander **Quentin Rew** who came in 11<sup>th</sup> with 4:15:54. He steadily improved his placing throughout the race from 24<sup>th</sup> at 5km, to 17<sup>th</sup> at 20km and 18<sup>th</sup> at halfway. Between 30 and 35km, he went from 17<sup>th</sup> to 11<sup>th</sup> which he held over the final 15km. The 35 year old has now built up an impressive record in the event on the world stage. At his previous four world championships he was 24<sup>th</sup> in 2011, 17<sup>th</sup> in 2013, 10<sup>th</sup> in 2015 and 12<sup>th</sup> in 2017 in London in his personal best time over the distance of 3:46:29. On top of this he was 27<sup>th</sup> in the 50km at the 2012 and 12<sup>th</sup> at the 2016 Olympic Games.

Just as in Rio in 2016, the men's 50km proved an exciting race and will perhaps go down as the most engrossing event of the championships. The fluctuating fortunes, the last lap heroics (once again involving Evan Dunfee of Canada) and the high drama are part of what makes the 50km walk a special event. I can only hope that the members of the now defunct IAAF Racewalking Committee (and good riddance to them) watched it and perhaps had second thoughts about their illogical opposition. History will judge them severely for their lack of support and their cowering to certain anti-walking forces within the IAAF.

1.	Yusuke SUZUKI	JPN	4:04:20
2.	João VIEIRA	POR	4:04:59
3.	Evan DUNFEE	CAN	4:05:02
4.	Wenbin NIU	CHN	4:05:36
5.	Yadong LUO	CHN	4:06:49
6.	Brendan BOYCE	IRL	4:07:46
7.	Carl DOHMANN	GER	4:10:22
8.	Jesús Ángel GARCÍA	ESP	4:11:28
9.	Maryan ZAKALNYTSKY	UKR	4:12:28

10. Narcis Stefan MIHAILA	ROU	4:13:56
<b>11. Quentin REW</b>	<b>NZL</b>	<b>4:15:54</b>
12. Ato IBAÑEZ	SWE	4:17:04
13. Rafał AUGUSTYN	POL	4:20:25
14. Mathieu BILODEAU	CAN	4:21:13
15. Artur MASTIANICA	LTU	4:21:54
16. Michele ANTONELLI	ITA	4:22:20
17. Alexandros PAPAMICHAIL	GRE	4:22:39
18. Horació NAVA	MEX	4:24:16
19. Marc TUR	ESP	4:24:38
20. Jarkko KINNUNEN	FIN	4:25:36
21. Arnis RUMBENIEKS	LAT	4:28:18
22. Artur BRZOZOWSKI	POL	4:30:17
23. Jonathan HILBERT	GER	4:30:43
24. Marc MUNDELL	RSA	4:41:39
25. Valeriy L?TANYUK	UKR	4:42:18
26. Bence VENYERCSÁN	HUN	4:45:04
27. Hayato KATSUKI	JPN	4:46:10
28. Rafał SIKORA	POL	4:50:08
Cameron CORBISHLEY	GBR	DQ
Håvard HAUKENES	NOR	DQ
Dominic KING	GBR	DQ
Ruslans SMOLONSKIS	LAT	DQ
Ivan BANZERUK	UKR	DNF
Teodorico CAPORASO	ITA	DNF
Andrés CHOCHO	ECU	DNF
José Ignacio DÍAZ	ESP	DNF
Yohann DINIZ	FRA	DNF
Dzmitry DZIUBIN	BLR	DNF
Máté HELEBRANDT	HUN	DNF
Tomohiro NODA	JPN	DNF
Isaac PALMA	MEX	DNF
Veli-Matti PARTANEN	FIN	DNF
Nathaniel SEILER	GER	DNF
Matej TÓTH	SVK	DNF
Claudio Paulino VILLANUEVA FLORES	ECU	DNF
Qin WANG	CHN	DNF



*Left: 20km world record holder Yusuke Suzuki walks flawlessly to claim his inaugural 50km gold medal  
Centre: 43 year old Joao Vieira hangs in front of fast finishing Evan Dunfee to claim silver  
Evan Dunfee claims bronze, after his heartbreaking fourth place finish in Rio 2016*

#### **50km Walk Women, Sat 28 Sept, 11:30PM**

My report is once again borrowed from that of Jon Mulqueen for the IAAF (see <https://www.iaaf.org/competitions/iaaf-world-championships/iaaf-world-athletics-championships-doha-2019-6033/news/report/women/50-kilometres-race-walk/final>)



The women's 50km race walk went largely to the formbook. China's former world record-holder **Liang Rui**, winner at the IAAF World Race Walking Team Championships Taicang 2018, added another gold medal to her collection by winning the title in 4:23:26. Teammate **Li Maocuo** followed three minutes later to take the silver medal in 4:26:40 while Italy's European record-holder **Eleonora Giorgi** took the bronze medal in 4:29:13.

The eventual medallists were always near the front of the pack, passing through 5km together in 27:46 before reaching 10km in 55:18, joined by defending champion **Ines Henriques**. The lead quartet remained together for another few laps before Giorgi began to lose contact with the others. Shortly before the half-way point, Liang started to make a move and opened a gap on Li. Henriques, meanwhile, was unable to match the pace of the leader and dropped back to fourth place.

Over the remaining 20 km, the positions of the top three didn't change, just the gap between them. By 40 km, Liang had extended her lead to 99 seconds while Li had a comfortable three-minute margin over Giorgi. Henriques, meanwhile, continued to struggle and eventually withdrew, with Ukraine's **Olena Sobchuk** taking up 4<sup>th</sup> place.

Liang, who has a best of 4:04:36, forged on ahead and eventually crossed the line in 4:23:26 to become the first Chinese athlete, man or woman, to win a world title in the 50km race walk. "We all tried our best to finish this race which was very tough," said Liang. "My coach told me to start slowly and use the ice. I think it helped a lot."

1.	Rui Liang	CHN	4:23:26
2.	Maocuo Li	CHN	4:26:40
3.	Eleonora Anna Giorgi	ITA	4:29:13
4.	Olena Sobchuk	UKR	4:33:38
5.	Faying Ma	CHN	4:34:56
6.	Khrystyna Yudkina	UKR	4:36:00
7.	Magaly Bonilla	ECU	4:37:03
8.	Júlia Takács	ESP	4:38:20
9.	Paola Pérez	ECU	4:38:54
10.	Maria Juárez	ESP	4:39:28
11.	Masumi Fuchise	JPN	4:41:02
12.	Nastassia Yatsevich	BLR	4:44:01
13.	Nadzeya Darazhuk	BLR	4:47:26
14.	Angeliki Makri	GRE	4:54:09
15.	Mara Ribeiro	POR	4:58:44
16.	Elianay Pereira	BRA	5:11:26
17.	Katie Burnett	USA	5:23:05
	Mariavittoria Becchetti	ITA	DNF
	Nicole Colombi	ITA	DNF
	Mária Czaková	SVK	DNF
	Inês Henriques	POR	DNF
	Valentyna Myronchuk	UKR	DNF
	Ivana Renic	CRO	DNF



50km medallists Liang Rui, Li Maocuo and Eleonora Giorgi

## 20km Walk Women, Sunday 29 September, 23:59PM

Fast forward 24 Hours. After the carnage seen in the women's marathon and the men's 50km walk, organisers delayed the start time of the women's 20km race walk by 29 minutes, to 11:59PM, to "attain the best possible conditions for athletes." My report is borrowed from that of the IAAF's Jon Mulqueen (see <https://www.iaaf.org/competitions/iaaf-world-championships/iaaf-world-athletics-championships-doha-2019-6033/news/report/women/20-kilometres-race-walk/final>).

Having only just returned this season from a two-year maternity break, 32-year-old **Liu Hong** landed her third world 20km race walk title, looking every bit as dominant as she did when winning her previous major gold medals. It was also the first time one nation has swept the medals in a women's race walking event at the World Championships as her Chinese teammates **Qieyang Shenjie** and **Yang Liuqing** followed her across the finish line.

Unsurprisingly, the pace for the opening laps of the two-kilometre circuit on Doha's Corniche was comfortable for most of the leading contenders and a large lead pack of about 20 women passed through five kilometres in 24:01. Shortly before seven kilometres, Australian **Katie Hayward** was the first race walker to be shown her fourth red paddle and she was duly disqualified.

The lead pack started to thin out after eight kilometres, which was covered in 38:31. The reduced lead group continued to shed walkers until, around the 17km mark, Qieyang and Liu started to pull away slightly from the others. Liu crossed the line victorious in 1:32:54 to win a record third world 20km race walk title. Qieyang (1:33:10) and Yang (1:33:17) completed the historic podium sweep for China. Following the country's 1-2 finish in the 50km event 24 hours prior, it meant China had won five of the six medals on offer in women's race walking events in Doha.

As was the case at the 2017 World Championships in London, **Erica De Sena** (BRA) and **Sandra Arenas** (COL) finished fourth and fifth respectively. Japanese duo **Kumiko Okada** and **Nanako Fujii** worked together throughout the second half of the race to advance through the field, eventually finishing sixth and seventh. European champion **Maria Perez** also finished strongly, taking eighth place.

Despite the 31C heat and 75% humidity, 39 of the 45 athletes completed the race. Three were disqualified and three did not finish.

Australia's **Jemima Montag** came in 10<sup>th</sup> with 1:36:54 (see <https://www.athletics.com.au/news/-jemima-montag-finishes-10th-in-the-world/>). Also New Zealander **Alana Barber** also saw it through to the end with a gutsy walk, finishing 27<sup>th</sup> with 1:40:49.

1.	Hong LIU	CHN	1:32:53
2.	Shenjie QIEYAN	CHN	1:33:10
3.	Liuqing YANG	CHN	1:33:17
4.	Erica ROCHA DE SENA	BRA	1:33:36
5.	Sandra Lorena ARENAS	COL	1:34:16
6.	Kumiko OKADA	JPN	1:34:36
7.	Nanako FUJII	JPN	1:34:50
8.	María PÉREZ	ESP	1:35:43
9.	Ana CABECINHA	POR	1:36:31
10.	<b>Jemima MONTAG</b>	<b>AUS</b>	<b>1:36:54</b>
11.	Saskia FEIGE	GER	1:37:14
12.	Mirna ORTÍZ	GUA	1:37:32
13.	Antonella PALMISANO	ITA	1:37:36
14.	Darya PALUEKTAVA	BLR	1:37:42
15.	Raquel GONZÁLEZ	ESP	1:38:02
16.	Yehualeye BELETEW	ETH	1:38:11
17.	Valentina TRAPLETTI	ITA	1:38:22
18.	Karla JARAMILLO	ECU	1:38:26
19.	Anežka DRAHOTOVÁ	CZE	1:38:29
20.	Nadiya BOROVSKA	UKR	1:38:35
21.	Katarzyna ZDZIEBLO	POL	1:38:44
22.	Antigoni DRISBIOTI	GRE	1:38:56
23.	Živile VAICIUKEVICIUTE	LTU	1:39:26
24.	Meryem BEKMEZ	TUR	1:39:36
25.	Glenda MOREJÓN	ECU	1:39:38
26.	Grace Wanjiru NJUE	KEN	1:39:58
27.	<b>Alana BARBER</b>	<b>NZL</b>	<b>1:40:59</b>
28.	Angela CASTRO	BOL	1:41:15
29.	Inna KASHYNA	UKR	1:41:44
30.	Siu Nga CHING	HKG	1:42:55
31.	Yana SMERDOVA	ANA	1:43:49
32.	Valeria ORTUÑO	MEX	1:43:51
33.	Laura GARCÍA-CARO	ESP	1:44:05

34. Rachel SEAMAN	CAN	1:45:40
35. Maria MICHTA-COFFEY	USA	1:46:02
36. Noelia VARGAS	CRC	1:46:30
37. Ilse GUERRERO	MEX	1:46:32
38. Mayra PÉREZ	GUA	1:46:42
39. Viktória MADARÁSZ	HUN	1:47:38
<b>Katie HAYWARD</b>	<b>AUS</b>	<b>DQ</b>
Ayse TEKDAL	TUR	DQ
Jiayu YANG	CHN	DQ
Leyde GUERRA	PER	DNF
Viviane LYRA	BRA	DNF
Chahinez NASRI	TUN	DNF



*A Chinese trifecta to Liu Hong, Qieyang Shenjie and Yang Liuqing*

The final walk, the men's 20km, is scheduled to be held at 11:30PM on Friday 4<sup>th</sup> October.

#### ANSW ALL SCHOOLS CHAMPIONSHIPS, SOPAC, SYDNEY, THURSDAY 26 SEPTEMBER

It was a quiet week on the local Australian front with only one walk meet on which to report. Thanks to Frank Overton for the results of the NSW All Schools Championships. He commented: A good day's competition, especially in the Girls 12/13/14/15 a combined race and a very well contested event as can be seen by the times of the leaders in each of the 13/14/15 age groups. 8 seconds separating the the first 4 across the finish line. It was also good to see Elizabeth McMillen return to good form, plus another good race by Milly Broughton in the 13 Girls.

##### Girls 3000m Walk 12 years

1. Billington, April	12	Mackellar Gi	16:26.11
2. Torrens, Samantha	12	Catherine McAuley	16:39.03
3. Diaz, Ava	12	Domremy Cath	16:46.66
4. Cassilles, Ciara	12	Westfields S	17:28.43
5. Newberry, Brooke	12	O'Connor Cat	20:30.36

##### Girls 3000m Walk 13 years

1. Boughton, Milly	13	Endeavour Sp	14:55.23
2. Stanley, Jayda	13	Plc Sydney Croydon	15:37.18
3. Stojanovic, Marisa	13	St Johns Park Hi	16:06.29
4. Krklinski, Chloe	13	Muirfield Tech High	16:32.31
5. Olbrich, Chelsea	13	Rouse Hill H	19:27.48
6. Prosenko, Lucy	13	Loreto Normanhurst	21:37.01
McCall, Joy	13	The Illawarr	DQ

**Girls 3000m Walk 14 years**

1.	Laytham, Tara	14	Killarney He	14:55.36
2.	Thomas, Emma	14	Muirfield Tech High	14:56.28
3.	Dunne, Izabella	14	Terrigal High	16:12.32
4.	Hickson, Alannah	14	Turrumurra High	16:32.04
5.	Torrrens, Chelsey	14	Catherine McAuley	17:47.25
6.	Nilon, Isabelle	14	St Patricks	18:11.69
7.	Sawle, Teleah	13	The Hills Sp	20:39.92

**Girls 3000m Walk 15 years**

1.	McMillen, Elizabeth	15	Killarney He	14:48.76
2.	DeCelis, Ellie	15	Aquinas College	15:47.70
3.	McLoughlin, Chloe	15	Central Coas	16:13.93
4.	Thomson, Jada	15	Emmaus Catho	18:26.27
5.	Scott, Bethany	15	Charlton Chr	18:27.22
6.	Smith, Casey	15	Riverina Ang	19:40.00

**Boys 3000m Walk 13 years**

1.	Beacroft, Isaac	12	Oakhill College	16:01.01
2.	Roche, Liam	13	Oakhill College	16:58.96
3.	Horton, Jai	13	Westfields S	17:47.88
4.	Grady, Platt	13	St Pauls Booragul	17:54.21
	Bell, Darcy	13	The Hills Sp	DQ
	Bonham, Ryan	13	Bishop Tyrre	DQ

**Boys 3000m Walk 15 years**

1.	Dickson, Adam	15	Crestwood High	15:31.65
2.	Westcott, Mark	15	Penrith Chri	17:05.89
3.	Strahl, Caleb	15	Endeavour Sp	25:17.26
	McLachlan, Oliver	15	St Ignatius	DQ
	Byrne, Oliver	15	Marist Pagewood	DQ

**Girls 5000m Walk 16 years**

1.	Pitcher, Allanah	16	Terrigal High	25:45.33
2.	Hill, Gabriella	16	Trinity Coll	28:10.28
3.	Callaway, Madison	16	Dapto High	32:39.90
	D'Ombrian, Maddison	16	Ulladulla High	DQ

**Girls 5000m Walk 17 years**

1.	Blanch, Emma	16	Caringbah High	26:24.58
2.	Bolton, Hannah	16	Narara Valley High	27:22.98
3.	Bell, Bridget	17	The Hills Sp	28:05.88
4.	Parker, Hannah	17	Monte Saint Angelo	28:46.39

**Girls 5000m Walk 19 years**

1.	Martin, Brooke	16	St Agnes Hig	37:17.39
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**Boys 5000m Walk 17 years**

1.	McGinniskin, Jack	17	West Wallsend High	24:03.61
2.	Smit, James	17	Pacific Hill	32:48.50

**ERWL ONE HOUR WALK, LEE VALLEY ATHLETICS CENTRE, LONDON, SUNDAY 29 SEPTEMBER**

Thanks to Ron Wallwork for the results of the 2019 Enfield Race Walking League 1 Hour Walk in London.

**ERWL 1 Hour Walk**

1.	George Wilkinson	u20	Enfield H AC	12.667 km
2.	Dave Annetts	M50	North HRR	12.489 km
3.	Jonathan Hobbs	SM	Ashford AC	11.394 km
4.	Francisco Reis	M55	Surrey WC	10.939 km
5.	Jacqueline Benson	u20	Ashford AC	10.106 km
6.	Steve Uttley	M60	Ilford AC	10.027 km



7.	Daniel McKerlich (T20)	u20	Cardiff AC	9.928 km
8.	Malcolm Martin	M60	Surrey WC	9.897 km
9.	Chris Hobbs	M60	Ashford AC	9.827 km
10.	Leslie Hall	W60	Ashford AC	9.826 km
11.	Mille Morris	u17	Ashford AC	9.747 km
12.	Silvana Alves	W45	Barnet D AC	9.738 km
13.	Helen Middleton	w55	Enfield H AC	9.725 km
14.	Melanie Peddle	W50	Loughton AC	9.624 km
15.	Stuart Bennett ©	M60	Ilford AC	9.400 km
16.	Steve Allen	M60	Barnet D AC	9.284 km
17.	Maureen Noel	W55	Belgrave H	9.064 km
18.	Simon Morgan	M50	Ilford AC	8.927 km
19.	David Kates	M70	Ilford AC	8.846 km
20.	Noel Blatchford	W70	Abingdon AC	8.771 km
21.	Dave Hoben	M65	Surrey WC	8.651 km
22.	Sue Barnett	W65	Enfield H AC	8.649 km
23.	Rachel Lawless	W55	Ilford AC	8.619 km
24.	Tom Casserley	M80	Enfield H AC	8.564 km
25.	Amos Seddon	M75	Enfield H AC	8.546 km
26.	Malcom Blackwood	M65	Brent Cross	8.323 km
27.	Michael Harran	M80	Surrey WC	8.137 km
28.	Alison Clements	W60	Abingdon AC	7.952 km
29.	Chris Flint ©	M70	Surrey WC	7.840 km
30.	Sue Clements ©	W65	Cambs/Col	7.617 km
31.	Arthur Thomson	M80	Enfield H AC	7.455 km
32.	Peter Cassidy	M80	Loughton AC	7.218 km
	John Ralph	M60	Enfield H AC	4.000 km
	Peter Hannell	M75	Surrey WC	3.200 km
	Maddy Shott	SW	Belgrave H	2.000 km

#### OUT AND ABOUT

- Well done to Belgian ultra distance walker **Kim Janssens** who clocked up his fourth centurion badge last weekend at the Mairangi Bay athletics track in Auckland. The occasion was the annual New Zealand Centurion qualifying race which saw Kim qualify as NZ Centurion number 27 with a 100 mile time of **22:27:03**. He already has centurion badges from UK (C1111, 2013), Africa (C22,2017) and Australia (C76, 2019). Well done on another great walk, Kim.



*Kim Janssens finishes his hundred last weekend in Auckland, NZL (Photo NZ Centurion secretary Philip Sharp)*

- Here is a great little documentary video to watch: <https://www.bbc.com/worklife/article/20190926-the-former-tech-ceo-obsessed-with-walking>. Thanks to Harold van Beek for pointing this one out. After business troubles burned him out, on a whim **Seowon Lee** walked 38km to a nearby city. He didn't realise it was the first step in a life-altering fascination.

- Well done to Doha 50km medallists **Evan Dunfee** and **Joao Vieira** for their support of the 50km. Post race, they have both criticised the attempts by the sport's governing body to get rid of the event from 2022 onwards. Read more at <https://uk.reuters.com/article/uk-athletics-world-race-walking/race-walking-medallists-upset-at-plans-to-ditch-50-kilometre-event-idUKKBN1WE0IV>. We should know the outcome of the CAS case in the next few weeks.
- And on and on it goes .... A Russian regional commission of inquiry into allegations that Chuvash Republic officials assisted in covering up use of blood transfusions by a sports school is nearing completion. Yuri Ganus, Director General of RUSADA, told L'Equipe that the agency's own investigations had confirmed 33 cases involving use of illegal blood transfusions, with a possible 69 cases in total. See <https://www.sportsintegrityinitiative.com/russian-inquiry-into-illegal-blood-transfusions-nearing-completion/>.
- And we are still uncovering doping violations from previous Olympics. Tajikistan 2016 Olympic hammer throw champion Dilshod Nazarov has been provisionally suspended by the Athletics Integrity Unit (AIU) following the retesting of samples from 2011 World Athletics Championships in Daegu. See <https://www.insidethegames.biz/articles/1085129/nazarov-suspended-over-retest-hammer>.
- Russian Olympic Committee (ROC) President Stanislav Pozdnyakov has admitted the country's participation at Tokyo 2020 is "under threat" after the World Anti-Doping Agency (WADA) uncovered "inconsistencies" in data retrieved from the Moscow Laboratory. And so they should! See <https://www.insidethegames.biz/articles/1085102/russia-fearing-tokyo-2020-ban-wada>.
- And just today, a further article which illustrates just how serious this is for Russia, with Russian Anti-Doping Agency (RUSADA) director general Yury Ganus stating the organisation has been "betrayed" and warned sport in the country was heading for the "abyss" after the World Anti-Doping Agency (WADA) found data from the Moscow Laboratory may have been manipulated. See <https://www.insidethegames.biz/articles/1085388/russian-sport-heading-abyss-rusada>.

#### MARCIADALMONDO AND OMARCHADOR ROUNDUP

Marciadalmondo has 6 press releases for us this week

- Tue 1 Oct - The beautiful walk of Liu Hong and Qieyang Shenjie  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3603](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3603)
- Mon 30 Sep - Doha (QAT) - Liu Hong leads China to a historic 1,2,3 finish in the women's 20km  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3602](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3602)
- Sun 28 Sep - Doha 50km: Yusuke Suzuki (JPN) and Liang Rui (CHN) win the 50km  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3601](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3601)
- Sun 28 Sep - Doha (QAT) - the day of truth has arrived  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3600](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3600)
- Fri 26 Sep - Doha (QAT) - Biographies of the participants  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3599](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3599)
- Wed 24 Sep - Doha (QAT)- The 50km road cancellation rumour is not true  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3598](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3598)

Omarchador also has a couple of different reports which might be of interest

- Fri 27 Sep - List of DOHA racewalking judges  
<https://omarchador.blogspot.com/2019/09/os-juizes-de-marcha-para-os-mundiais-de.html>
- Thu 26 Sep - Results of the Brazilian U16 Championships in Fortaleza  
<https://omarchador.blogspot.com/2019/09/brasil-campeonatos-sub-16-em-fortaleza.html>

#### 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

Oct 5 (Sat), 2019	AV Shield commences with Round 1 (tentative date)
Oct 26-27, 2019	AV All Schools T&F Championships Weekend 1, Doncaster
Nov 2-3, 2019	AV All Schools T&F Championships Weekend 2, Doncaster
Dec 1, 2019	Australian 50km Championships, Fawkner Park, Melbourne (Open 20km, U20 10km and U18 5km also)
Dec 6-8, 2019	Australian All Schools T&F Championships, Perth

Jan 25-27, 2020 Victorian Country T&F Championships, Geelong  
 Feb 9 (Sun), 2020 Australian 20km Roadwalk Championships, Adelaide  
 Feb 28 – Mar 1, 2020 Victorian Junior and Open T&F Championships Weekend 1, Lakeside Stadium, Albert Park  
 Mar 6-8, 2020 Victorian Junior and Open T&F Championships Weekend 2, Lakeside Stadium, Albert Park  
 Mar 21-29, 2020 Australian Open and Junior T&F Championships, Sydney  
 Apr 10-13, 2020 Australian Masters T&F Championships, Brisbane, QLD. See <http://www.brisbane2020nationals.com.au/>  
 Apr 18-19, 2020 Australian Little Athletics T&F Championships, Canberra

**2019 IAAF Race Walking Challenge Series (remaining race meets)**

Oct 20-22, 2019 Around Taihu International Race Walking 2019, Suzhou, China

**International Dates – 2019 and onwards**

Sept 28 – Oct 6, 2019 **17<sup>th</sup> IAAF World Championships in Athletics**, Doha, Qatar  
 Oct 20-22, 2019 Around Taihu International Race Walking 2019, Suzhou, China

May, 2-3, 2020 **29<sup>th</sup> IAAF World Race Walking Team Championships**, Minsk, Belarus  
 July 17-20, 2020 **18<sup>th</sup> IAAF World U20 T&F Championships**, Nairobi, Kenya  
 July 24 – Aug 9, 2020 **32<sup>nd</sup> Olympic Games**, Tokyo  
 July 20 – Aug 1, 2020 **23<sup>rd</sup> World Masters T&F Championships**, Toronto, Canada

Mar 2021 **9<sup>th</sup> World Masters Indoor T&F Championships**, Edmonton, Canada  
 Aug 8-19, 2021 **World University Summer Games**, Chengdu, China  
 Aug 6-15, 2021 (TBC) **18<sup>th</sup> IAAF World Championships in Athletics**, Eugene, USA

July 27 - Aug 7, 2022 **XXII Commonwealth Games**, Birmingham, GBR.  
 Aug 7-17, 2022 **24<sup>th</sup> World Masters T&F Championships**, Gothenburg Sweden

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

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