



HEEL AND TOE ONLINE

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The Faces of Discrimination

By Paul F. DeMeester



Twenty-two faces. Twenty-two women. Twenty-two 50K race walkers. Twenty-two victims of IAAF gender discrimination. Twenty-two athletes who competed in 50K races that are part of the *List of Qualifying Race Walk Competitions in 2018-2019* (available at <https://www.iaaf.org/competition/standards/2019>) for purposes of qualifying for the IAAF World Athletics Championships 2019 in Doha, Qatar. These 22 posted times that would have landed them on the list of qualifiers for Doha if the target number for the women's Doha race had been 50 instead of 30.

Every Doha World Championships event but one has target numbers that are the same for women and men: 100 for the marathon; 27 for the 10,000m; 40 for the hurdles; 32 for the field events; 24 for the decathlon; 60 for the 20K race walk; 16 relay teams etc. The only exception is the 50K race walk event, for which the target is 50 for men but only 30 for women.

The "target" is the "*ideal number of athletes*" the IAAF desires to participate in each of the World Championships events. The entry standard is a function of the desired number of athletes. The IAAF has prescribed the process: "*In order to set appropriate Entry Standards, it is first necessary to establish the desired number of athletes to participate in each of the events on the programme and use statistical evidence to determine suitable Entry Standards to yield such participation.*" (IAAF Technical Guidelines (Dec. 2013 ed.), Guideline 3.4.2.)

Statistical evidence includes the results of 50K races in 2018. The IAAF maintains an annual performance list for every event. Those lists are continually updated. The men's and women's 2018 lists for the 50K are set forth in the two accompanying pdf files.¹ Please note that both files are current through 28 October 2018. They represent the information that was available to the IAAF Competitions staff before the entry standard was established. Only one additional 50K race took place after 28 October - the Australian 50K Championships - but that race was conducted during the same weekend the IAAF Competitions Commission was convened on the eve of the IAAF Council meeting in Monaco on 3-4 December 2018. In other words, the Fawkner Park results were not available at the time the entry standard was being formulated by IAAF staff.

One observes a close relationship between the respective target numbers, the number of top athletes equal to the respective target numbers and the eventual entry standard. By the end of the day on 28 October 2018 - there was a 50K race in Takahata, Japan on that day, which race is included on the IAAF lists - 53 male athletes (target number of 50) had walked under 3:59:00, the eventual entry standard. On the women's side (target number of 30), 25 women had walked under 4:30:00, the eventual entry standard.

It is noticeable that when women are treated the same as the men, the resulting entry standard changes. Given that 53 men on the 2018 list (as of 28 October 2018) ended up under the later established entry standard of 3:59:00, let us take the top 53 performers among women to establish the demarcation line. Treated equally, with an identical target number to that of the men, namely 50, the women's 50K entry standard would have been 4:50:00.

This lack of equality has a real effect on real people. The 22 faces depicted on the front page are the 22 women 50K walkers who by the end of 2018 had walked a 50K faster than 4:50:00 in a race featured on the *List of Qualifying Race Walk Competitions in 2018-2019*. Because not all 50K races are on the List and due to the start of the qualification period falling on 7 March 2018, the List differs from the IAAF 2018 performance lists.

But for gender discrimination, these 22 would have met the Doha qualification requirements. Table 1 below is the list of 46 men who have already met the Doha entry standard. Table 2 is the corresponding women's list comprising 21 athletes. Table 3 consists of the 22 women 50K walkers who are presently left out in the cold due to the IAAF's "desire" to have a women's "*ideal number of athletes*" that is barely over half the ideal number of male participants in the same event. Had the women's target number equaled that of the men, the number of women on the Doha list thus far, 43, would be comparable to the number of men on their Doha list, 46. Isn't that what equality is supposed to be about?

Besides having a negative effect on these 22 individuals, there are other, more general downsides flowing from this gender discrimination. The women's 50K has been on the upswing at top level. From seven competitors at the start line in London 2017 (Worlds), by last May the number had grown to 32 starters in Taicang (Team Worlds) and 19 - it would have been 20 but for an injury - in Berlin (Euros). Keeping the number down to 30 stunts the growth of this event at a critical time. Second, women race walkers will be discouraged from giving the 50K a go because the entry standard was set too low (a direct result of the low target number), thereby diminishing their opportunity for qualification.

Equality demands and fairness dictates that the Doha target number for the women's 50K be changed to 50, just like for the men. Time is of essence, in more ways than one.

Table 1 - Men Who Have Met 50K RW Doha 2019 Entry Standard

1.	Yohann Diniz	FRA	3:33:25	London	13 August 2017 *
2.	Tomohiro Noda	JPN	3:39:47	Takahata	28 October 2018
3.	Matej Tóth	SVK	3:42:46	Dudince	24 March 2018
4.	Hirooki Arai	JPN	3:44:25	Taicang	5 May 2018
5.	Hayato Katsuki	JPN	3:44:31	Taicang	5 May 2018

1 See <http://www.vrwc.org.au/documents/IAAF%20Senior%20Outdoor%202018%2050%20Kilometres%20Race%20Walk%20Women.pdf> and <http://www.vrwc.org.au/documents/IAAF%20Senior%20Outdoor%202018%2050%20Kilometres%20Race%20Walk%20Men.pdf>.

6.	Veli-Matti Partanen	FIN	3:44:43	Dudince	24 March 2018
7.	Satoshi Maruo	JPN	3:44:52	Taicang	5 May 2018
8.	Maryan Zakalnytskyi	UKR	3:44:59	Taicang	5 May 2018
9.	Qin Wang	CHN	3:45:29	Taicang	5 May 2018
10.	Kai Kobayashi	JPN	3:46:26	Takahata	28 October 2018
11.	Masatora Kawano	JPN	3:47:30	Takahata	28 October 2018
12.	Dzmitry Dziubin	BLR	3:47:59	Berlin	7 August 2018
13.	Rui Wang	CHN	3:48:01	Taicang	5 May 2018
14.	Rafal Augustyn	POL	3:48:22	Taicang	5 May 2018
15.	Håvard Haukenes	NOR	3:48:35	Berlin	7 August 2018
16.	Perseus Karlström	SWE	3:48:54	Taicang	5 May 2018
17.	Quentin Rew	NZL	3:48:58	Taicang	5 May 2018
18.	Ivan Banzeruk	UKR	3:49:17	Taicang	5 May 2018
19.	Rafal Sikora	POL	3:49:54	Taicang	5 May 2018
20.	Evan Dunfee	CAN	3:50:18	Taicang	5 May 2018
21.	Carl Dohmann	GER	3:50:27	Berlin	7 August 2018
22.	Jonathan Hilbert	GER	3:51:22	Aschersleben	14 October 2018
23.	Takayuki Tani	JPN	3:51:54	Takahata	28 October 2018
24.	Shuto Goto	JPN	3:52:17	Takahata	28 October 2018
25.	Jarkko Kinnunen	FIN	3:52:40	Aschersleben	14 October 2018
26.	Michele Antonelli	ITA	3:53:00	Taicang	5 May 2018
27.	Valeriy Litanyuk	UKR	3:53:05	Taicang	5 May 2018
28.	Bernardo Uriel Barrondo	GUA	3:53:10	Taicang	5 May 2018
29.	Brendan Boyce	IRL	3:53:32	Taicang	5 May 2018
30.	Jesús Ángel García	ESP	3:53:48	Taicang	5 May 2018
31.	Nathaniel Seiler	GER	3:54:08	Berlin	7 August 2018
32.	Adrian Blocki	POL	3:54:31	Taicang	5 May 2018
33.	Claudio Villanueva	ECU	3:55:04	Taicang	5 May 2018
34.	Andrea Agrusti	ITA	3:55:09	Taicang	5 May 2018
35.	Caio Bonfim	BRA	3:55:24	Melbourne	2 December 2018
36.	José Ignacio Díaz	ESP	3:55:28	Berlin	7 August 2018
37.	Marco De Luca	ITA	3:55:47	Berlin	7 August 2018
38.	José Montana	COL	3:55:48	Dudince	24 March 2018
39.	Andrés Chocho	ECU	3:55:48	Cochabamba	5 June 2018
40.	Marc Tur	ESP	3:56:28	Taicang	5 May 2018
41.	Benjamin Sánchez	ESP	3:56:37	Taicang	5 May 2018
42.	Aurelien Quinion	FRA	3:57:05	Aschersleben	14 October 2018
43.	Jijiang Han	CHN	3:57:33	Taicang	5 May 2018
44.	Bence Venyerésán	HUN	3:58:25	Berlin	7 August 2018
45.	Artur Mastianica	LTU	3:58:29	Berlin	7 August 2018
46.	Isamu Fujisawa	JPN	3:58:49	Takahata	28 October 2018

* Wild Card Entry as Reigning World Outdoor Champion

Table 2 - Women Who Have Met 50K RW Doha 2019 Entry Standard

1.	Rui Liang	CHN	4:04:36	Taicang	5 May 2018
2.	Inês Henriques	POR	4:05:56	London	13 August 2017 *
3.	Hang Yin	CHN	4:09:09	Taicang	5 May 2018
4.	Claire Tallent	AUS	4:09:33	Taicang	5 May 2018
5.	Alina Tsvilyi	UKR	4:12:44	Berlin	7 August 2018
6.	Paola Viviana Pérez	ECU	4:12:56	Taicang	5 May 2018
7.	Faying Ma	CHN	4:13:28	Taicang	5 May 2018
8.	Mária Czaková	SVK	4:14:25	Dudince	24 March 2018
9.	Johana Ordóñez	ECU	4:14:28	Taicang	5 May 2018
10.	Maocuo Li	CHN	4:14:47	Taicang	5 May 2018
11.	Júlia Takács	ESP	4:15:22	Berlin	7 August 2018
12.	Nastassia Yatsевич	BLR	4:18:00	Taicang	5 May 2018
13.	Nadzeya Darazhuk	BLR	4:18:31	Taicang	5 May 2018
14.	Magaly Bonilla	ECU	4:19:04	Taicang	5 May 2018
15.	Khrystina Yudkina	UKR	4:20:26	Berlin	7 August 2018
16.	Érika Morales Cruz	MEX	4:20:36	Hauppauge	21 October 2018
17.	Vasylyna Vitovshchuk	UKR	4:23:15	Berlin	7 August 2018
18.	Ainhua Pinedo	ESP	4:27:03	Berlin	7 August 2018
19.	Mayra Carolina Herrera	GUA	4:28:30	Taicang	5 May 2018
20.	Mar Juárez	ESP	4:28:58	Berlin	7 August 2018
21.	Serena Sonoda	JPN	4:29:45	Takahata	28 October 2018

* Wild Card Entry as Reigning World Outdoor Champion

Table 3 - Women Discriminated Against Due to Gender Biased Target Number

22. Dusica Topic	SRB	4:30:43	Berlin	7 August 2018
23. Mariavittoria Becchetti	ITA	4:31:41	Berlin	7 August 2018
24. Tiia Kuikka	FIN	4:32:43	Taicang	5 May 2018
25. Agnieszka Ellward	POL	4:32:47	Dudince	24 March 2018
26. Ivana Renic	CRO	4:35:39	Berlin	7 August 2018
27. Maria Larios López	ESP	4:37:43	Taicang	5 May 2018
28. Lyudmyla Shelest	UKR	4:37:43	Taicang	5 May 2018
29. Kseniya Radko	UKR	4:38:23	Taicang	5 May 2018
30. Nair da Rosa	BRA	4:38:48	Sucua	10 March 2018
31. Nami Kumagai	JPN	4:39:01	Wajima	15 April 2018
32. Viviane Santana Lyra	BRA	4:41:39	Bragança Paulista	17 September 2018
33. Nikolitsa Andreopoulou	GRE	4:41:44	Dudince	24 March 2018
34. Yoci Caballero	PER	4:42:37	Sucua	10 March 2018
35. Bianca Maria Dittrich	GER	4:42:58	Aschersleben	14 October 2018
36. Yuki Yoshizumi	JPN	4:43:03	Takahata	28 October 2018
37. Inès Pastorino	FRA	4:43:46	Aschersleben	14 October 2018
38. Joanna Bemowska	POL	4:43:48	Dudince	24 March 2018
39. Natsumi Kurahara	JPN	4:44:45	Wajima	15 April 2018
40. Maeva Casale	FRA	4:46:33	Aschersleben	14 October 2018
41. Natalie Le Roux	RSA	4:48:00	Taicang	5 May 2018
42. Lucie Champalou (Barritault)	FRA	4:48:08	Taicang	5 May 2018
43. Chiaki Yamato	JPN	4:48:46	Wajima	15 April 2018

WHAT'S COMING UP

Competition has already resumed in some Australian States, and we get underway again in Victoria on Saturday 12th January with Round 9 of the Athletics Victoria Shield competition. All 5 venues will be in action as follows and it looks like this, as far as I can tell. Remember that entries close with AV at midday tomorrow (Wednesday)

AV Shield Round 9 Program 1, Werribee, Saturday 12 January (3000m walks)
 AV Shield Round 9 Program 2, Glenhuntly, Saturday 12 January (no walks)
 AV Shield Round 9 Program 1, Ballarat, Saturday 12 January (3000m Walks)
 AV Shield Round 9 Program 1, Geelong, Saturday 12 January (3000m/1500m Walks)
 AV Shield Round 9 Program 1, Bendigo, Saturday 12 January (3000m Walks)

Things pick up quickly from there. Here is a brief outline of what's coming up after that for Victorian walkers.

Jan 19 (Sat), 2019	AV Shield Round 10, around Victoria
Jan 20 (Sun), 2019	VRWC Road Races, Middle Park, Victoria
Jan 26-28, 2019	Victorian Country T&F Championships, Bendigo, Victoria
Feb 2 (Sat), 2019	AV Shield Round 11, around Victoria
Feb 9 (Sat), 2019	AV Shield Round 12, around Victoria
Feb 10 (Sun), 2019	Australian/Oceania 20km Championships, Adelaide, SA
Feb 13 (Wed), 2019	AV Teams 5000m Championships & VRWC races, Dolomore Reserve, Mentone
Feb 17 (Sun), 2019	VMA 5000m Track champs and VRWC races, Dolomore Reserve, Mentone, Victoria
Feb 23 (Sat), 2019	AV Shield Final, Lakeside Stadium, Albert Park, Victoria

SUPERNOVA WALKS STUDY CAMP KICKS OFF

The 2019 **Supernova Walks Study Camp** has kicked off at the AIS in Canberra and will continue for 4 weeks, through to early February. There are 22 walkers there as part of the Supernova Study and what a star studded list it is!

Evan Dunfee (CAN), Mat Bilodeau (CAN)
Yerko Araya (CHI), Edward Araya (CHI)
Eider Aravalo (COL), Jorge Ruiz (COL)
Mauricio Arteaga (ECU)
Toru Yamamoto (JPN), Isamu Fujisawa (JPN)
Marius Ziukas (LTU), Tadas Suskevicius (LTU)
Ever Palma (MEX)
Quentin Rew (NZL)
Rafal Sikora (POL), Artur Brzozowski (POL), Damian Blocki (POL)
Jose Melendez (PUR)
Lebogang Shange (RSA)

Miroslav Uradnik (SVK)
Perseus Karlstrom (SWE)
Jared Tallent (AUS), **Ian Rayson** (AUS)

There are also a number of other walkers in Canberra for January, making the most of the associated training camp environment. The extended list includes internationals **Alana Barber** (NZL), **Brigita Virbalyte-Dimšiene** (LTU) and **Sandra Lorena Arenas** (COL), along with Australian walkers **Jemima Montag**, **Kyle Swan**, **Brendon Reading**, **Philippa Huse** and **Tristan Camilleri** (this list of Australians is not complete – I know more are coming).

Most of the camp walkers then travel to Adelaide for the annual Australian Summer 20km champs (on Sunday 10th Feb this year), so that is going to be one heck of a meet!

And talking of Adelaide, entries are now open for the **Australian 20km Championship meet** in Adelaide on Sunday 10th February. You can enter now at <https://2019racewalk.eventdesq.com/>. Entries will close on the 21st January at 5pm.

SAMA TRACK WALKS, SA ATHLETICS STADIUM, MILE END, ADELAIDE, THURSDAY 3 JANUARY

Australian walking races have kicked off again in various states, post Christmas. Thanks to Colin Hainsworth for latest results from the South Australian Masters in Adelaide. He commented: Warm/hot evening.

1 Mile Walk

1.	George White	10:00	M73	80.60%
2.	Marie Maxted	10:39	W58	68.54%
3.	Gil McIntosh	10:50	M68	69.98%
4.	James Hoare	12:12	M72	65.23%
5.	Liz Downs	12:23	W63	62.07%
6.	Ross Hill-Brown	12:34	M63	57.08%
7.	Margaret McIntosh	13:06	W66	60.71%

3000m Walk

1.	Richard Everson	16:48	M55	74.89%
2.	George White	18:58	M73	80.59%
3.	Mark Worthing	19:29	M56	65.16%
4.	Marie Maxted	20:50	W58	67.54%
5.	Gil McIntosh	21:10	M68	67.90%
6.	James Hoare	23:56	M72	63.05%
7.	Margaret McIntosh	24:35	W66	62.75%
8.	Edna Bates	?		
9.	Linda Whitelaw	26:12	W64	57.44%
10.	Cathie Hore	27:51	W68	56.85%
11.	Colin Hainsworth	28:54	M89	68.11%

ATHLETICS TASMANIA INTERCLUB, DOMAIN ATHLETICS TRACK, HOBART, SATURDAY 5 JANUARY

Thanks to Wayne Fletcher for the latest results from Tasmania, where **Will Robertson** set a new Tasmanian U16 5000m track walk record with 22:55.04. The previous record had been set by Rohan Best way back in 1988. Wayne tells me it was a warm day, with the wind down the straight into your face, so not perfect conditions by any means.

5000m Walk

1.	William Robertson	Old Virgilians	22.55.04	Tasmanian U16 Record
2.	Anna Blackwell	Old Virgilians	28.04.35	
3.	Elizabeth Leitch	Tasmanian Masters	34.37.11	
	Ron Foster	Tasmanian Masters	DQ	

ATHLETICS ACT SUMMER SERIES, AIS ATHLETICS TRACK, CANBERRA, SATURDAY 5 JANUARY

3000m Walk

1.	Toyne, Owen	12	Ginninderra	16:22.8
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1500m Walk

1.	Duncan, Erin	14	NCG	9:04.4
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WARWC ROADWALKS, WILSON, SUNDAY 6 JANUARY

Thanks to Terry Jones for the latest results from the Western Australian Racewalking Club in Perth.

15km Walk

1. Declan Tingay 1:10:16

10km Walk

1. Ben Reid 52:01
2. Wendy Farrow 1:12:25

3km Walk

1. John Ronan 17:57
2. Ashlyn Spence 18:52
3. Karyn Tolardo 19:31

1.5km Walk

1. John Ronan 8:48
2. Kaytee Bogaers 9:22
3. Karyn Tolardo 9:23
4. Jasmine Williams 11:30

DAIKIN NIGHT OF 5'S, AUT MILLENNIUM STADIUM, AUCKLAND, FRIDAY 21 DECEMBER

I start my overseas results compilation with a 5000m track walk in Auckland, New Zealand, a couple of weeks ago, with **Damian Blocki** (POL) and **Alana Barber** (NZL) having a pre-Christmas hitout.

5000m Walk

1. Damian Blocki POL 21:45.36
2. Alana Barber NZL 22:46.72
3. Taylor Bell NZL 32:07.51

LEE VALLEY NEW YEAR OPEN, LEE VALLEY, LONDON, TUESDAY 1 JANUARY

I have a couple of events on which to report from England. First to the Lee Valley indoor track in London where **Luc Legon** won the 3000m walk. See Mark Easton's usual great photo gallery at <https://markeaston.zenfolio.com/f266476577>.

3000m Walk

1.	Luc Legon	M	U23	Bexley/Cambridge H	13:41.5
2.	David Annetts	M	V50	North Herts/Veterans	13:43.9
3.	Jonathan Hobbs	M	SEN	Ashford AC	14:15.4
4.	Matthew Crane	M	U20	Bexley	14:16.9
5.	Francisco Reis	M	V55	Surrey WC/Southern Counties Vets	14:58.8
6.	Penelope Cummings	W	V40	Herne Hill/Aldershot, Farnham & D	16:56.8
7.	Mark Culshaw	M	V50	Ilford	17:01.3
8.	Beatrice Fury	W	U20	Medway & Maidstone	17:09.3
9.	Abigail Smith	W	U15	Blackheath & Bromley	17:29.6
10.	Stuart Bennett	M	V60	Ilford	17:42.6
11.	Hannah Hopper	W	U17	Cambridge H	18:33.5
12.	Sue Davies	W	V50	Aldershot, Farnham & District	19:03.5
13.	Lesley Morris	W	V55	Ilford	20:33.6
14.	Geraldine Legon	W	V60	Bexley/Cambridge H	20:48.5

1000m Walk U17

1. Christian Hopper M U15 Cambridge H 05:09.3
2. Katie Stringer W U15 Medway & Maidstone 05:22.4

ENGLAND ATHLETICS U20 & SENIOR COMBINED EVENTS CHAMPIONSHIPS, SHEFFIELD, 5-6 JANUARY

And now to Sheffield where **Cameron Corbishley** finally won the English Open 5000m Indoors walk championship on his seventh attempt, with a time of 11:54.8. On the women's side, the title went to Belgrave walker **Madeline Shott** with 14:49.6. But who was walker 'An other' who was sixth in the women's walk?

3000m Walk Men

1.	Cameron Corbishley	U23	Medway & Maidstone	11:54.8
2.	Christopher Snook	U20	Aldershot, Farnham & District	12:41.3
3.	Tom Partington	U23	Manx	12:52.2
4.	Luc Legon	U23	Bexley/Cambridge H	13:41.8
5.	Matthew Crane	U20	Bexley	14:50.3
6.	Ollie Hopkins	U20	Lewes	DQ
7.	Timothy Snook	U23	Aldershot, Farnham & District/Leeds	DQ

3000m Walk Women

1.	Madeline Shott	SEN	Belgrave	14:49.6
2.	Pagen Spooner	U20	Hyde Park Harriers	16:16.0
3.	Carolyn Derbyshire	V40	Nuneaton/Midland Masters	16:23.4
4.	Beatrice Fury	U20	Medway & Maidstone	17:50.6
5.	Wendy Kane	V50	Notts/Midland Masters	18:39.6
6.	An Other	SEN	Aldershot Farnham & District	19:54.2
	Ana Garcia	U20	Sheffield & Dearne	DQ

1000m Walk U16

1.	Ellis Simmonds	U15	2 Dash	05:44.1
2.	Ben Healey	U15	2 Dash	06:21.1
	Lucy Walker	U15	Derbyshire & South Yorkshire	DQ



Chris Snook, Cameron Corbishley and Tom Partington share the podium in Sheffield (photo Cameron Corbishley facebook)

CHAMPIONNATS RÉGIONAUX DE MARCHE, NANTES, FRANCE, SATURDAY 5 JANUARY

Emmanuel Tardi has been busy this last weekend with races all over France on which to report. But first some background. On December 9th, Gabriel Bordier walked 19:37.50 for the indoor 5000m. On December 22nd, David Kuster walked 19:34.14. The two walkers then announced they would try to beat the U23 French indoor 5000m record of 19:33.42, set by Anthony Gillet in Lièvin on 31.01.1998. On Saturday, **Gabriel Bordier** did just that, with a huge time of 19:09.44 at Nantes. On Sunday, it was David's turn on the track in Lièvin but the target was now a tougher one. 2019 looks very interesting! Here are the Nantes results.

5000m Walk Men

1.	BORDIER Gabriel	ESM/97	Us St Berthevin	19:09.44	U23 Rec
2.	DELAUNAY Sebastien	VEM/74	Ca Du Pays Saumurois	21:33.45	
3.	ROBICHON Alexis	JUM/00	Ac Roche-sur-yon	21:47.08	
4.	GAUDIN Dominique	VEM/73	Athlé Saint Barthelemy D'Anjou	23:52.81	
5.	ROUSSIASSE Lucas	ESM/97	Entente Angevine Athletisme	23:53.38	
6.	DELAUNAY Richard	VEM/64	Us St Berthevin	27:15.49	
	CHABLAT Valentin	JUM/00	Ac La Chapelle-sur-Erdre	DNF	
	ROCHARD Benoit	VEM/69	Jogging Club Nieula	DQ	
	FREMONDIERE Antoine	SEM/96	Caps - S/I Vihiers	DQ	

3000m Walk Women

1.	CELLARD Loanie	ESF/98	Carquefou Ac	14:02.08
2.	CHAMPALOU Lucie	SEF/90	Athletic Trois Tours	14:15.75
3.	AURRIERE Camille	ESF/98	Us St Berthevin	14:50.49
4.	BRAY Violaine	VEF/71	Entente Athletique Saint Malo	15:07.64
5.	SEVELLEC Sylvie	VEF/64	Ac Cesson	15:13.75
6.	DURAND Chloe	CAF/02	Rcn Loire Divatte	15:19.15
7.	PESLERBE Bertille	ESF/98	Ea Pays De Broceliande	15:32.99
8.	GUYOCHET Judith	SEF/94	Racing Club Nantais	15:52.10
9.	LIJOUR Laura	CAF/03	Ac La Chapelle-sur-Erdre	15:56.05
10.	GASNIER Kathleen	JUF/00	Cote De Jade Athlé	16:02.25



Gabriel Bordier wins in Nantes (photo from Emmanuel Tardi)

CHAMPIONNATS LARGE DE MARCHE, METZ, FRANCE, SUNDAY 6 JANUARY

David Kuster failed in his attempt a day later to beat the freshly minted U23 French record but still produced a strong time of 20:03.38. Kuster and Bordier will meet twice in the next month or so - on 2nd February in Rennes at the U23 Championships and on 17th February in Miramas at the National Championships.

5000m Walk Men

1.	KUSTER David	ESM/99	Efs Reims A	20:03.38
2.	MAYER Florian	SEM/96	Athle Vosges Pays	21:48.41
3.	HADULA Ludovic	SEM/87	Charleville Mezieres Athlé	22:27.24
4.	DURAND-PICHARD David	M45M/72	Athletisme Metz Metropole	23:58.64
5.	RENOLLET Quentin	JUM/00	Charleville Mezieres Athlé	24:57.57
6.	ERARD Christophe	M45M/70	Asm Bar-le-duc	26:18.70
7.	RISSELIN Xavier	M45M/73	Athletic Club Boul	27:25.68
8.	MILLE Olivier	M45M/72	Cas Renwez	28:01.57
9.	SIEGENFUHR Daniel	M65M/50	Es Thaon	28:34.90
10.	MICHELOT Remi	M40M/75	Es Thaon	29:47.05

3000m Walk Women

1.	BOBAN Valerie	F50F/68	Athle Vosges Pays	15:25.32
2.	PICARD Axelle	ESF/99	St Max Essey Club At	15:26.74
3.	BODIN Alexia	JUF/01	Cas Renwez	15:42.19
4.	BODIN Flavie	CAF/03	Cas Renwez	15:42.89
5.	EICHHOLTZER Sandrine	F40F/77	Alsace Nord Athletisme	15:51.16
6.	MILLE Angele	JUF/01	Cas Renwez	16:15.43
7.	BOUDAZIN Clemence	CAF/02	Athle Vosges Pays	16:16.05
8.	BOIRON Eva	CAF/02	Athle Vosges Pays	16:26.70
9.	CHRETIEN Nathalie	F50F/66	Es Thaon	16:27.36
10.	ROPERs Adele	F35F/80	Cca Rouffach	17:05.06
11.	FLORENTIN Catherine	F50F/67	Athle Vosges Pays	17:26.69
12.	ROYER Vanessa	F45F/72	Athletisme Metz Metropole	17:47.70
13.	BRASTEL-JUNG Emilie	F35F/80	Ill Bruche A Lingolsheim	18:45.01

AROUND THE TRACKS IN FRANCE ON WHAT WAS A BIG WEEKEND

Apart from the races in Nantes and Metz, there were other regional championship throughout France. Emmanuel Tardi has summarised the main results for us. Note 13:09 for **Marine Quenehen** and 26:46 for 72 year old **Jean-Paul Masselin**.

Orléans, Sunday 6 January

1.	VINCENT Anais	VEF/78	Ao Nivernaise	15:39.27
2.	GALLAND Emeline	SEF/95	Ec Orleans Cercle Jules Ferry	15:57.08
3.	GUILLARD Caroline	VEF/71	Saran Loiret Athletic Club	16:13.99
1.	BONTEMPS Sebastien	SEM/90	Gien Athle Marathon	23:42.07
2.	BOBAN Luc	ESM/97	Ec Orleans Cercle Jules Ferry	25:00.84
3.	DUCLOS Maxime	CAM/03	Ao Nivernaise	26:35.92

Reims, Sunday 6 January

1.	GRESSIER Christophe	VEM/65	Asg Gauchy Athlé	25:07.47
2.	GUETAT Gerard	VEM/62	Troyes Omnisports	25:48.50
3.	DELEUZE Philippe	JUM/00	Ac Villers Cotterets	26:03.51
1.	DEMON Sonia	VEF/72	Efs Reims A.	14:57.10
2.	BRASTEL Adeline	VEF/78	Efs Reims A.	16:07.49
3.	NICOLAS Zoe	CAF/02	Efs Reims A.	17:04.00

Mondeville, Sunday 6 January

1.	OSMONT Corentin	CAM/02	As Tourlaville	25:58.30
2.	MASSELIN Jean-paul	VEM/46	Granville Ac	26:46.41
3.	PESSIN Alban	VEM/61	Stade Saint-lo	27:56.05
1.	OSMONT Caroline	SEF/96	As Tourlaville	14:37.59
2.	GODEFROY Delphine	SEF/87	Granville Ac	16:10.56
3.	COSTARD Charlotte	SEF/87	As Tourlaville	16:25.73

Val de Reuil, Saturday 5 January

1.	BOUTRAIS Andy	SEM/91	Stade Sottevillais 76	22:53.69
2.	PICARD Nicolas	SEM/80	As Tourlaville	23:39.33
3.	BEAUVAL Florent	JUM/00	Stade Sottevillais 76	25:06.73
1.	HAUCHARD Aline	JUF/00	Ea Du Plateau Est	15:27.57
2.	ROULAND Marion	SEF/90	Stade Dieppois	16:33.10
3.	FROMENTIN Nathalie	VEF/70	Stade Dieppois	16:37.93

Eaubonne, Saturday 5 January

1.	QUENNEHEN Marine	SEF/91	Ca Montreuil 93	13:09.57
2.	LAVILLE Marie	ESF/98	Ac St Gratien-sannois	14:14.44
3.	RINERO CHANFREAU Fabienne	SEF/80	Ca Montreuil 93	14:24.60
4.	DUCLOS Adele	JUF/00	ES Viry Chatillon	15:00.45
5.	ROTTIER Marine	JUF/00	La Postillonne Longjumeau	15:00.71
1.	DURAND Dimitri	CAM/02	Paris Uc	23:01.88
2.	DURAND Esteban	CAM/02	Paris Uc	24:10.54
3.	LEGENTIL Marc	SEM/84	Dynamic Aulnay Club	24:15.37
4.	DENONCIN David	SEM/88	C.a. L:hay Les Roses	24:17.58
5.	DUMAIRE Thomas	SEM/90	Ca Montreuil 93	24:30.19

THE FIRST WALK MEET, HONG KONG TUESDAY 1ST JANUARY

I reported in last week's newsletter on the First Walk Meet held in Hong Kong on New Year's Day, but I could only quote partial results. The full results set has now been posted by marciadalmondo at http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3354 and includes the 50km and 6 Hours walk results. I start with this meet report which was published on the meet website.

With a blare of the horn and a push of the brisk air, racewalking athletes were off in the first race of the year in Hong Kong - The First Walk 2019. The race offered 5 categories for athletes at various levels: 5km, 10km for juniors, as well as a 6-Hour race, 20km and 50km for seniors.

Though the weather was slightly chilly, vibrant cheers of 'Happy New Year' warmed eager hearts in pursuit of new records; and for those participating for the sake of the sport, the encouraging environment didn't hurt either.

In the men's 50km race, **Chin Man-Kit** took and kept the lead to finish with a HK-record breaking 4:54:20, while **Walker Wong** came in second and **Raymond Fung** clinched third.

The women's 20km race was a highly-anticipated one with 2016 Summer Olympics Racewalking Champion **Liu Hong** among participating athletes. She went on to win with another HK-all comers' record breaking time of 1:30:43. Coming in second was HK team member **Ng Sau Man**, and third place was taken by **Catherine Kwan**.

Junior categories of 10km and 5km were dominated by keen Singaporean athletes. Despite the cold, all pulled through to complete a smooth race day.

And now the results, compliments of marciadalmondo.

50km Men

1.	Chin Man Kit	4:54:26
2.	Wong Kai-chung, Walker	5:53:48
3.	Fung For-yau, Raymond	6:04:56
4.	Chan Wai-on, Edmund	6:51:45

50km Women

1.	Choi Kam Har, Wendy	6:43:50
	Fung Siu-mei, Linda	DNF
	Kwok Chik-ha, Billie	DNF

20km Men

1.	Tse Chun Hung	1:37:30
2.	Fu Chi-wing, Jason	2:11:46
3.	Ng Yao Xvan	2:12:05
4.	Cheung Wing-hin, Daniel	2:16:50
5.	Lam Man Bui	2:30:18
6.	Lee Kwong-yiu, Bruce	2:31:06
7.	Liu Wun Tsun	2:40:28

20km Women

1.	Liu Hong	1:30:43
2.	Ng Sau Man	2:02:46
3.	Kwan Siu-yin, Catherine	2:13:34
4.	Lam Shuk-lan, Amy	2:14:34
5.	Tang Wing-lam, Winnie	2:24:25
6.	Lo Po-man, Alex	2:40:04
7.	Lam Yun-king, Alice	2:51:21

U20 10km Men

1.	Jean Yeo Zuosheng	52:03
2.	Jere Miah Ong	55:18
3.	Sia Jun Wei	1:03:54

U20 10km Women

1.	Eleanor Ying	1:04:04
2.	Charlotte Lim	1:07:37
3.	Whang Chia Ning	1:08:03
4.	Allison Ting Kah Yann	1:08:57
5.	Chiou Zi Lin	1:19:54

5km Boys

1.	Ervin Lim	30:42
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5km Girls

1.	Leanne Teo	33:10
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I do like the way they do their 6 Hour walk – dock a lap for each report but do not disqualify. That let's lesser and newbie walkers participate and get a final distance in a non-championship event without the stigma of disqualification.

Men 6 Hour Walk

		Laps	Reports	Km	
1.	Liu Hak-ming, Sam	43	0	43 km	5:53:58
2.	Cho Chung-tat, Raymond	43	0	43 km	5:56:52
3.	Cheung Man Tai	41	0	41 km	5:57:13
4.	Kwok Chun-wai, Thomas	41	3	38 km	5:48:37
5.	Chan Shun King	41	4	37 km	5:56:16
6.	Sze Kwok Tung Alex	36	0	36 km	5:43:56
7.	Bill Purves	37	2	35 km	5:55:26

8.	Deng Yong-yao, Kevin	27	0	27 km	5:53:44
9.	Tsang Cho Fuk	30	5	25 km	5:55:15

Women 6 Hour Walk

Laps Reports Km

1.	Ng Chui-yi, Daisy	46	0	46 km	5:35:44
2.	Cheung Mei-yi, Emily	44	0	44 km	5:51:29
3.	Chung Sim-fong, Angel	39	0	39 km	5:51:33
4.	Lai Hung Lin	41	2	39 km	5:54:08
5.	Mok Sau-yi, Iris	39	0	39 km	5:57:12
6.	Wong Shui-fong, Evan	37	0	37 km	5:51:52
7.	Ma Wai-fun, Wendy	39	2	37 km	6:00:43
8.	Cheung Ngun-mei, Beatrix	35	0	35 km	5:57:32
9.	Chow Suet Mui	36	2	34 km	5:52:42
10.	Wong Ka Wah	35	2	33 km	5:53:32
11.	Leung Siu-fong, Ada	33	1	32 km	5:54:29
12.	Leung Siu-mee, Monita	34	3	31 km	5:56:20
13.	Lau Yuk-king, Bonnie	31	1	30 km	5:51:46
14.	Ng Lai-fong, Angela	30	1	29 km	5:59:33
15.	Wu Liu-fong, Florence	31	3	28 km	5:54:53
16.	Lam Shuk Mei	11	4	7 km	5:10:49

67TH NEW YEAR'S DAY RACEWALKS, TOKYO, JAPAN, TUESDAY 1 JANUARY

I alluded in last week's newsletter to the New Year's Day races in Tokyo, but could not find the results. That can now be rectified, with marciadalmondo coming to the rescue via http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3355.

Marciadalmondo previewed the meet last week (http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3352) and it promised to be huge, with about 300 entries. The 20km men had an entry list limited to 100 athletes (98 Japanese and 2 from Taipei) while the 10km women saw 31 athletes entered. The 10km U20/U18 men saw 105 walkers registered and the 5km U20 women saw 48 walkers registered.

The races took place next to the new National Stadium which will host the 2020 Olympic Games. Numbers were huge as expected, but with quite a few DNS and a few of the top names missing. The men's 20km saw the closest possible finish with **Yuya Suganami** and **Yutaro Murayama** being credited with the same finish time of 1:23:22, ahead of third placed **Motofumi Suwa** (1:23:27) The women's 10km saw the first two break the meet record, with **Kumiko Okada** (44:11) and **Ai Michiguchi** (44:40) finishing ahead of **Kaori Kawazoe** (44:45). The U20 races were won by **Ryouta Kobayashi** (42:38) and **Minani Matsumoto** (23:45).

Full results at http://www.marciadalmondo.com/admin/pdf/risultati/02012019733New_Year_Tokyo_Results.pdf. Main results follow

20km Men (finishers faster than 1:40:00, 69 finishers overall)

1.	SUGANAMI Yuya	JPN	1:23:22
2.	MURAYAMA Yutaro	JPN	1:23:22
3.	SUWA Motofumi	JPN	1:23:27
4.	SUZUKI Takumi	JPN	1:23:55
5.	ISHI Katsuya	JPN	1:24:29
6.	WARITA Hitoshi	JPN	1:24:42
7.	MURAO Yuki	JPN	1:24:45
8.	JUSHO Hiroto	JPN	1:25:03
9.	TAKAHASHI Kazuki	JPN	1:26:04
10.	TAKAHASHI Yuta	JPN	1:26:04
11.	DAIRAKU Kyohei	JPN	1:27:35
12.	MORITA Yasushi	JPN	1:28:24
13.	CHANG Wei Lin	TPE	1:28:35
14.	INOMOTO Taizi	JPN	1:28:36
15.	HAYASI Sinya	JPN	1:29:45
16.	GOTO Junpei	JPN	1:30:07
17.	CHANG Wei Jui	TPE	1:30:17
18.	NISHIGUCHI Katsuhiro	JPN	1:30:53
19.	YAMAMOTO Ryutaro	JPN	1:30:55
20.	TODORI Kazuki	JPN	1:31:02
21.	MATSUMOTO Kaito	JPN	1:31:12
22.	YUKAWA Soushi	JPN	1:31:26
23.	MIYOSHI Tomoya	JPN	1:31:27
24.	SHIOIRI Kosuke	JPN	1:31:55
25.	WARITA Keisuke	JPN	1:31:59

26.	SUZUKI Daisuke	JPN	1:32:06
27.	OOTSUKA Takahiro	JPN	1:32:13
28.	YANAGISAWA Yuto	JPN	1:32:15
29.	KANZAWA Tomoya	JPN	1:32:19
30.	GOTO Shuto	JPN	1:32:53
31.	OIKAWA Tomohiro	JPN	1:32:57
32.	TAKAKI Kenta	JPN	1:32:57
33.	NAGAHARA Hideto	JPN	1:33:14
34.	SASAKI Kazuaki	JPN	1:33:20
35.	YAMAMOTO Yuito	JPN	1:33:22
36.	MATUO Naoya	JPN	1:33:30
37.	YASUDA Aguri	JPN	1:33:34
38.	TAKEUCHI Yuusuke	JPN	1:34:30
39.	YAMAMOTO Toru	JPN	1:34:32
40.	MASUDA Hiroto	JPN	1:34:32
41.	SUGIMURA Daisuke	JPN	1:34:41
42.	MATSUNAGA Yukihiro	JPN	1:34:48
43.	AKASHI Ken	JPN	1:35:05
44.	CHOU Chiachun	TPE	1:35:07
45.	SATO Takane	JPN	1:35:24
46.	YAMADA Takehiro	JPN	1:35:42
47.	SENGIKU Tomoya	JPN	1:36:37
48.	TERADA Kotaro	JPN	1:37:10
49.	LO PoYing	TPE	1:38:11
50.	KUBOTA Tetsuya	JPN	1:38:14
51.	INOUE Yutaro	JPN	1:39:31
52.	CHIANG YiWei	TPE	1:39:45

10km Open Women (first 25)

1.	OKADA Kumiko	JPN	44:11	Meet Rec.
2.	MICHIGUCHI Ai	JPN	44:40	Meet Rec.
3.	KAWAZOE Kaori	JPN	44:45	
4.	ASADA Chiaki	JPN	46:12	
5.	KUMAGAI Nami	JPN	46:16	
6.	HAYASHI Nami	JPN	47:36	
7.	KURIHARA Miyabi	JPN	47:38	
8.	TATSUMI Mao	JPN	47:56	
9.	TAKENAKA Nao	JPN	48:51	
10.	ONAI Natsuki	JPN	49:25	
11.	MATSUMOTO Sayori	JPN	49:27	
12.	YOSHIZUMI Yuki	JPN	51:01	
13.	YOSHIDA Yuu	JPN	51:09	
14.	NEMOTO Yumi	JPN	51:10	
15.	YABUKI Ayane	JPN	53:33	
16.	ASANO Narumi	JPN	53:51	
17.	HAYASHI Yukako	JPN	54:08	
18.	SHIMADA Mayu	JPN	54:12	
19.	USUI Yu	JPN	54:25	
20.	IRIE Mihayu	JPN	55:14	
21.	MORIKAWA Naho	JPN	56:39	
22.	ONUMA Aimi	JPN	56:45	
23.	SHIRAI Hana	JPN	56:48	
24.	SAKURAI Yuka	JPN	57:13	
25.	MATSUI Fuka	JPN	57:29	

10km U20 Men (those under 50:00)

1.	KOBAYASHI Ryouta	JPN	42:38	
2.	KATAOKA Ryuya	JPN	43:11	
3.	SUZUKI Eiji	JPN	43:14	
4.	HIMENO Kio	JPN	43:23	
5.	ODAIRA Ataru	JPN	43:32	
6.	SIMIZU Kaichi	JPN	43:51	
7.	TAKAMATSU Kouta	JPN	43:55	
8.	MIYAHARA Kouya	JPN	44:07	
9.	KASE Yudai	JPN	44:32	
10.	YANAHASHI Kazuki	JPN	44:38	
11.	AKASAKA Yuto	JPN	45:08	
12.	LI PinShiun	TPE	45:23	

13.	KONDO Tomoki	JPN	45:52
14.	GOTO Shunsuke	JPN	46:03
15.	SIOIRI Hiroya	JPN	46:20
16.	FUSE Daiki	JPN	46:45
17.	TAKASHIMA Natsuki	JPN	47:21
18.	MATSUMOTO Yuto	JPN	47:23
19.	HIRAOKA Masatoshi	JPN	47:29
20.	KIMURA Makoto	JPN	47:30
21.	WANG JoHsun	TPE	47:31
22.	HIKIYASHIKI Shun	JPN	47:45
23.	IWAKAWA Yusuke	JPN	48:04
24.	SUGIMOTO Daisuke	JPN	48:04
25.	SORIMACHI Hiroto	JPN	48:08
26.	OOTAKI Ayumu	JPN	48:11
27.	MATSUD Reon	JPN	48:14
28.	KATSUBE Kyouhei	JPN	48:15
29.	MIURA Takehiro	JPN	48:18
30.	YASUDA Shinntarou	JPN	48:32
31.	TAKAYAMA Naoto	JPN	48:34
32.	MIYAMAE Ryohei	JPN	48:46
33.	TANI Kosei	JPN	49:07
34.	MARU Kohei	JPN	49:08
35.	ENOMOTO Ibuki	JPN	49:09
36.	NAGAOKA Seiya	JPN	49:10
37.	ONUMA Ryotaro	JPN	49:18
38.	NAKAMURA Yuta	JPN	49:18
39.	WAKE Kotaro	JPN	49:22
40.	OOI Kouki	JPN	49:23
41.	TANIGUCHI Ryuuma	JPN	49:24
42.	OKITA Ryuunosuke	JPN	49:32
43.	ISHIDO Ryuuta	JPN	49:34
44.	KOTAKE Takuma	JPN	49:37
45.	MUKUNOKI Syunya	JPN	49:40
46.	YAMADA Syunya	JPN	49:40
47.	YOSHIZAWA Issei	JPN	49:47
48.	TANAKA Ryunosuke	JPN	49:47
49.	HASEGAWA Koya	JPN	49:47

5km U20 Women (first 20)

1.	MATSUMOTO Minami	JPN	23:45
2.	KITAKOJI Sae	JPN	24:01
3.	SHIBUYA Nanami	JPN	24:19
4.	YANAI Moegi	JPN	24:48
5.	KURIMOTO Mami	JPN	24:52
6.	OTIAI Hayane	JPN	24:54
7.	OHAMI Mizuki	JPN	25:14
8.	KATAYOSE Ao	JPN	25:18
9.	CHIANG Chiajou	TPE	25:29
10.	HORII Kanane	JPN	25:34
11.	KAMON Haruna	JPN	25:35
12.	INAGAKI Wakana	JPN	25:41
13.	INOUE Haruka	JPN	26:00
14.	HAYASHI Miku	JPN	26:29
15.	YANAGITA Saki	JPN	26:33
16.	KAZUMA Akari	JPN	26:38
17.	HIRASAWA Yuka	JPN	26:52
18.	DEZIMA Akana	JPN	26:57
19.	SANO Kana	JPN	27:35
20.	UCHIDA Yuuhi	JPN	27:42

That was not the only walk meet in Japan on New Year's Day. Aichi, near Nagoya, hosted the 50th edition of their own New Year's Day Walk. It was of a lesser standard than Tokyo so I will leave readers to check it out via maricadalmondo's report at http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3356.

The next big Japanese meet will be the Japanese 20km Championships on Sunday 17th February in Kobe.

OUT AND ABOUT

- Entries are now open for the The Tower Insurance Isle of Man Open 100 Mile Race Walk 2019 (incorporating the RWA National Long Distance Race Walking Championship). See <http://www.isleofman100milewalk.co.uk/index.html>.
- Access to the Moscow Laboratory before December 31 was a compulsory condition set when the WADA Executive Committee controversially lifted the suspension of RUSADA on September 20. That deadline was missed, leading to calls for RUSADA to be suspended again, a move which could lead to the Russian Olympic Committee (ROC) being banned from Tokyo 2020. Of course, IOC President Thomas Bach continues his pro-Russian stance and has signalled that Russia will not be banned from Tokyo 2020 even if a suspension is reimposed on RUSADA. Bach's view is that Russia has now served its sanction, even if no real progress has been made. It's all so pathetic and so predictable. See <https://www.insidethegames.biz/articles/1073777/russia-has-served-its-sanction-ioc-president-claims-as-anger-grows-over-missed-moscow-laboratory-deadline>.
- Here is the official WADA response: <https://www.wada-ama.org/en/media/news/2019-01/wada-update-on-extraction-of-moscow-laboratory-data-and-rusada-compliance-status>.
- 16 National Anti-Doping Organisations call on WADA to suspend Russia immediately. The statement is supported by Australia, Austria, Canada, Denmark, Finland, France, Germany, Ireland, Japan, Netherlands, New Zealand, Norway, Poland, Singapore, Sweden & USA. See <https://www.asada.gov.au/news/asada-supports-strong-stance-russia-compliance-deadline>.
- The IOC Athletes' Commission have joined the fray, calling for the WADA Compliance Review Committee to recommend "immediate measures and actions" following the RUSADA missed deadline. It seems everyone except WADA wants action taken. See <https://www.insidethegames.biz/articles/1073853/ioc-athletes-commission-call-for-wada-compliance-review-committee-to-recommend-immediate-measures-after-missed-rusada-deadline#.XDBdY4PLcS4.twitter>.
- I am reminded of the British Prime Minister Neville Chamberlain's policy of appeasement towards the Nazis in the leadup to WWII. That sort of policy didn't work then and it won't work now. Will WADA President Craig Reedie ever get the message?
- WADA does actually do some good work sometimes, but it is all undone by it's pro-Russian stance of reinstatement at any cost. It has released its 2019 List of Prohibited Substances and Methods, which came into force on 1st January. See https://www.wada-ama.org/en/media/news/2019-01/wada-2019-list-of-prohibited-substances-and-methods-now-in-force?fbclid=IwAR0y29NYeGOTSbHBLUeeMdb2bPpA_TtN1_b5ccKu7eog82p5YZoQCLPMYKs.

MARCIADALMONDO AND OMARCHADOR ROUNDUP

Marciadalmondo has 4 press releases for us this week

- Sun 6 Jan - Esteban Soto (COL) loses 20km silver medal for minor drugs infringement http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3358
- Thu 3 Jan - Rochester (USA): Nick Christie and Miranda Melville win USA indoor Championships http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3357
- Wed 2 Jan - Aichi (JPN): Yuki Yamazaki wins 20km in New year's Day Walk, Aichi, Japan http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3356
- Tue 1 Jan - Victories of Yuya Saganami and Kumiko Okada in 67th edition of New Year Race Walk Meeting in Tokyo http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3355

Omarchador has 7 press releases

- Mon 7 Jan – Gabriel Bordier sets French U23 5000m Indoor walk record <http://omarchador.blogspot.com/2019/01/gabriel-bordier-faz-cair-recorde-sub-23.html>
- Mon 6 Jan - Colombian walker Esteban Soto loses silver from Central American and Carribean Games 20km <http://omarchador.blogspot.com/2019/01/esteban-soto-perde-prata-nos-20-km-de.html>
- Sat 5 Jan - Results of Lee Valley Indoor walks <http://omarchador.blogspot.com/2019/01/lee-valley-new-year-em-pista-coberta.html>
- Fri 4 Jan - Christie and Melville win USA Indoor walk titles <http://omarchador.blogspot.com/2019/01/christie-e-melville-com-titulos-e.html>

- Thu 3 Jan - The return of Hong Liu in the Hong Kong 20km on New Year's Day
<http://omarchador.blogspot.com/2019/01/o-regresso-de-hong-liu-nos-20-km-marcha.html>
- Wed 2 Jan - 4-year suspension for Spanish masters walker Víctor Manuel Castro Mateo
<http://omarchador.blogspot.com/2019/01/4-anos-de-suspensao-doping-para.html>
- Wed 2 Jan - Yuya Saganami and Kumiko Okada win in Japan's New Year Festival
<http://omarchador.blogspot.com/2019/01/yuya-saganami-e-kumiko-okada-em.html>

VALE MARLAINE STANWAY: 1938 - 2019

I am saddened to report the death on Saturday 5th January of VRWC life member Marlene Stanway. In 1977, Marlene found the sport of racewalking as a young mother, aged 39. From then on, she never looked back, competing in both VRWC and Masters competitions until she eventually retired in 2010. Post retirement, she continued to support our club in many ways, always present on race days and remaining as a VRWC committee member until she finally stepped down in 2017. Diagnosed with rapid onset motor neurone disease late last year, her health deteriorated swiftly and she died on Saturday, surrounded by the love of her large family. We pass on our deepest sympathies to her husband Roy and to her children and grand children.

Funeral details are expected to be announced in the next few days.

I have produced my own biography of Marlene at <http://www.vrwc.org.au/tim-archive/articles/wv-marlene-stanway.pdf>. I reproduce it here for completeness.

Marlene Stanway, born 1st July 1938, took up racewalking in 1977 at 39 years of age. She was the busy mother of a family of 6 children (4 daughters and 2 sons) and was looking for an activity to lose weight. One of her daughters was involved in athletics as both a runner and a walker and Marlene chose racewalking as the activity of choice.

She approached Betty Newman at a Veterans meeting at the Box Hill track one evening and asked for advice. Under Betty's guidance, she improved quickly. In 1978, she joined the Victorian Amateur Walker's Club (VAWC) and started building up her weekly mileage.

By 1979 she had advanced sufficiently to contemplate a trip to Hannover in Germany for the World Veterans Championships and took bronze medals in the W40 5000m trackwalk (**26:21**) and the 10 km roadwalk (**53:42**). These are still competitive times forty years down the track and they indicate how quickly Marlene had improved from her zero base position two years earlier. In fact, these remain her PBs to this day.

In 1981, now being coached by Harry Summers (who coached her from then on, throughout her career), she saddled up for the next World Veterans Championships being held in Christchurch, New Zealand, and there she improved to take silvers in both walks and a Gold in the Teams event.



Marlene in action in the 1981 World Masters championships

She also did the occasional run with her husband Roy and, around this time, won the Australian Veterans W40 Cross Country championship. A good track runner in the Veterans level, her best 5000m time was 20:03.

While Marlane was a good track walker over the shorter distances, it was the longer distances that she loved, both for training and for racing, and it was in 1982 that she broke new ground and became the first Victorian woman to finish a 50 km racewalking event. Her time of **5:52:03** in the Victorian Open roadwalking championship that year was good enough to take 6th place and, to this day, she remains one of a very select group of Australian women who have completed a 50 km event. That same year she also competed in the Canberra 20 Mile event, finishing 19th in a time of **3:27:48**.

In preparation for these events, she trained on her own, amassing the miles along the Yarra bike path each evening after work in the city. She regularly clocked up 100 km or more a week and her weight had dropped from an initial 70 kg to a trim 54 kg.

"I used to sit around and knit and do nothing. When I started walking, I just walked around the track and it nearly killed me. I had so many aches and pains I wondered sometimes if it was worth it. But I was determined to win a medal so I kept trying."

She also competed regularly in the Victorian Open Women's championships and, in 1986, took bronze in the Victorian 20 km championship (**2:09:05**) behind Lorraine Jachno and Sharon Schnyder. She also took bronzes in the Victorian Open track walking championships on a number of occasions in the early 1980's. Her 1984 bronze medal in the Victorian 5000m track championship was a special occasion. Sue Cook won in a World Record time of 22:06.2 ahead of Sally Pierson (22:52.9) and Lorraine Young (23:35.6). The next two placed were filled by Eva Gustafsson and Ann Jansson, both of Sweden, and then Marlane, in the Box Hill colours, was next. The Victorian championship result showed Sally first, Lorraine second and Marlane third and she mounted the presentation dias alongside three of Australia's best ever female walkers – elite company indeed!



Marlane shares the podium with Lorraine Young, Sally Pierson and Sue Cook after the 1984 Victorian 5000m walk

It was not until 1987 that she participated in her next World Veterans championships which were held in her native Melbourne. There, at 49 years of age, she took bronze in the W45 5000m track walk in around 27 minutes. She had maintained her form well. Her only other World Veterans outing was in 2001 when the event came to Australia once again, with Brisbane as the host city. There she missed out on an individual medal but she was part of the Australian women's team which took gold in the road walk.

Overall, her World Veterans collection of medals consists of 2 Team Golds, 2 individual Silvers and 3 individual Bronzes.

In 1997, she set herself another long distance goal, to become a centurion by walking 100 miles within 24 hours. Those of us who were watching her progress had little doubt that she would achieve the task even though she was by that stage 59 years old. Alas, a bout of glandular fever put paid to her preparation and she could only watch from the sidelines as others took up the ultimate challenge and as Carmela Carrassi became the first female member of the Australian Centurions.

Marlaine's husband Roy took up athletics at the same time as her in 1977, again to lose weight and to work on general fitness. It's hard to believe, looking at Roy now, that he was 12 stone in weight at that time. He chose running as his sport of choice and, like Marlaine, threw himself into Veterans athletics. Again, like Marlaine, he was successful, winning a number of Australian Age Group championships over distances such as 10,000m. He ran a 2:55 marathon when aged in his fifties, a tough feat by any standard.

She had more than her fair share of setbacks. In May 2005, she tripped and fell heavily in one of our club races and badly damaged her left shoulder. It took 4 operations and more than 2 years for her to regain any significant range of movement in her left arm and, even then, it remained weaker than the right and restricted her in her day to day activities. Yet, in August 2006, she fronted in the Victorian Masters 20 km roadwalking championships and won the W65 division in a new Australian Masters record time of **2:29:35**. This was on little or no training and with a painfully sore shoulder throughout the race.

Like all Masters athletes, Marlaine always looked forward to moving up an age group. I remember well in 2008, when she celebrated her 70th birthday with a twinkle in the eye. Another Masters age group beckoned and with it another chance to try herself out against those of her age. With a much improved shoulder, she would finally be able to resume proper training. On top of that, she would now be one of 'the young ones' in the W70-74 age group and she intended to make the most of it.

Marlaine was a great club contributor in other ways. She joined the VRWC Committee in 2003 and, over the ensuing years, fulfilled roles such as Club Captain, Canteen Coordinator and General Committee Member. In 2008, she was awarded VRWC Life Membership, a just recognition of her many years of contribution to the club.



Left: Marlaine in action in a Shield Competition at Box Hill in March 2007

Right: Marlaine is handed her VRWC Life Membership badge by club president Harry Summers in November 2008

She eventually retired from racewalking in May 2010, aged 72. One of her last races was in the Australian Masters 20km Roadwalk Championship in Melbourne, where she won the W70 gold medal with a time of **2:33:31**.

Her commitment to the club continued well past her retirement from racing, and she remained on the committee until 2017. A behind the scenes worker, she was present on every race day, whether it was helping with setup, helping with lapscoreing or on the refreshment table or helping Barb and Joyce in the canteen, and then vacuuming and cleaning the rooms at the end of the day.

During 2018, Marlaine started to suffer unexplained symptoms such as loss of balance and she was eventually diagnosed with rapid onset motor neurone disease. Her deterioration was swift and relentless and she entered hospice care in early December. To the end, she suffered no impairment to her senses other than the frustrating lack of movement in her limbs, as her body shut down. She remained bright and chatty when visited by her many friends from athletics, but her frustration was evident.

She was surrounded by the love and support of her family through this last period of her life. She died on Saturday 5th January 2019, aged 80.

The Victorian racewalking and masters communities have lost a great supporter and a wonderful friend.

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

Jan 12 (Sat), 2019	AV Shield Round 9, around Victoria
Jan 19 (Sat), 2019	AV Shield Round 10, around Victoria
Jan 20 (Sun), 2019	VRWC Road Races, Middle Park, Victoria
Jan 26-28, 2019	Victorian Country T&F Championships, Bendigo, Victoria
Feb 2 (Sat), 2019	AV Shield Round 11, around Victoria
Feb 9 (Sat), 2019	AV Shield Round 12, around Victoria
Feb 10 (Sun), 2019	Australian/Oceania 20km Championships, Adelaide, SA
Feb 13 (Wed), 2019	AV Teams 5000m Championships & VRWC races, Dolomore Reserve, Mentone
Feb 17 (Sun), 2019	VMA 5000m Track champs and VRWC races, Dolomore Reserve, Mentone, Victoria
Feb 23 (Sat), 2019	AV Shield Final, Lakeside Stadium, Albert Park, Victoria
Mar 1-3, 2019	Victorian T&F Championships, Weekend 1, Albert Park
Mar 8-10, 2019	Victorian T&F Championships, Weekend 2, Albert Park
Mar 16-17, 2019	Victorian Masters T&F Championships, Albert Park
Mar 30 – Apr 7, 2019	Australian Athletics Championships, Sydney (10,000m track walk championships)
Apr 13-14, 2019	Coburg 24 Hour Carnival, Coburg, VIC
Apr 26-29, 2019	Australian Masters T&F Championships, Albert Park - https://melbourne2019.com.au/

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

Apr 6 (Sat), 2019	28 th Grande Prémio Internacional de Rio Maior em Marcha Atlética, Rio Maior, Portugal
Apr 20 (Sat), 2019	IAAF Race Walking Challenge Meet, Lazaro Cardenas, Mexico (20 and 50km M/W)
Jun 8 (Sat), 2019	XXXIII Gran Premio Cantones de La Coruña, La Coruña, Spain
Sep 27 - Oct 6, 2019	IAAF World Athletics Championships, Doha, Qatar

International Dates – 2019 and onwards

Jan 1 (Tue), 2019	The First Walk 2019, Hong Kong (50km, 20km, 6 Hour)
Feb 10 (Sun), 2019	Australian and Oceania Roadwalk Championships, Adelaide, AUS (20km, U20 10km)
Mar 17 (Sun), 2019	Lugano Trophy Walks Meet, Lugano, SWI
Mar 23 (Sat), 2019	Dudince International Walks Meet, Dudince, Slovakia (20km, 50km)
Mar 24-30, 2019	8th World Masters Indoors T&F Championships , Torun, Poland
Apr 6 (Sat), 2019	Podebrady International Meet, Podebrady, CZE (20km)
Apr 6 (Sat), 2019	28 th Grande Prémio Internacional de Rio Maior em Marcha Atlética, Rio Maior, Portugal
Apr 13 (Sat), 2018	International Race Walking Meeting "Zaniemysl 2019", Zaniemysl, Poland (20km)
Apr 13 (Sat), 2019	Naumburg International Meet, Naumburg, Germany
Apr 20 (Sat), 2019	IAAF Race Walking Challenge Meet, Lazaro Cardenas, Mexico (20 and 50km M/W)
Apr 20-21, 2019	Pan American Racewalk Cup, Lazaro Cardenas, Mexico
May 15 (Sun) 2019	European Race Walking Cup, Alytus, Lithuania (20km, 50km, U20 10km)
Jun 8 (Sat), 2019	XXXIII Gran Premio Cantones de La Coruña, La Coruña, Spain
July 3-14, 2019	30th Summer Universiade , Naples Italy
Aug 30-Sep 7, 2019	20th Oceania Masters T&F Championships , Mackay, Queensland, AUS
Sept 28 – Oct 6, 2019	17th IAAF World Championships in Athletics , Doha, Qatar
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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