



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
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TIM'S WALKERS OF THE WEEK

My Walkers of the Week this time around are 16 year old **Gwyllym Young** of Canberra and 16 year old **Corey Dickson** of Melbourne. In horrendous conditions, they fought out the U18 5000m track walk at the Australian Schools Championships in Cairns last Friday evening. For the record, Gwyllym won with **22:11.7** (a PB of 1:34) and Corey was second with **22:13.8** (a PB of 1:21).

The rain intensified as the evening progressed, but saved its worst for the U18 5000m walks, the last events of the evening. Sloshing through the puddles and almost lost in the heavy sheets of rain, the U18 boys showed strength and resilience that belied their age.

The contrast could not be greater. Corey has had 33 races this year and had set PB after PB as the year has progressed, culminating in his 10km best of 46:58 at Fawkner Park last weekend. Gwyllym had recorded only 5 RWA walking races this year and had not competed over any significant distance since 21st July. But they both produced the goods when it counted most.



The U18 5000m presentation on Saturday morning – Corey, Gwyllym and Nelson McCutcheon (photo www.athletics.com.au)

WHAT'S COMING UP

- Athletics Victoria Shield competition round 8 continues next weekend, with venues and dates as shown below. Note the Albert Park competition does not include walks but the other 4 venues (including Doncaster) have walks scheduled.
 - AV Shield Round 8 Program 1, White vs Blue, Lakeside Stadium, **Albert Park**, Friday 14 December (no walks)
 - AV Shield Round 8 Program 2, Red vs Yellow, Tom Kelly Athletics Track, **Doncaster**, Saturday 15 December
 - AV Shield Round 8 Program 2, Ballarat Region, Llanberris Reserve, **Ballarat**, Saturday 15 December
 - AV Shield Round 8 Program 2, Geelong Region, Landy Field, **Geelong**, Saturday 15 December
 - AV Shield Round 8 Program 2, Bendigo Region, La Trobe University Track, **Bendigo**, Saturday 15 December

AUSTRALIAN ALL SCHOOLS T&F CHAMPIONSHIPS, CAIRNS, QLD, 7-9 DECEMBER
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The Australian All Schools T&F Championships in Cairns last weekend were held in unexpected conditions. Instead of the typically hot tropical humid weather, a low pressure front ensured torrential downpours on Friday and Sunday, with only a short interlude of better conditions on Saturday. Who would have thought it!

All the racewalks were scheduled for Friday evening, with the U18 5000m walks closing out the night's competition. And did it bucket down. I was watching via the internet from Melbourne, probably a preferred position to trackside in Cairns.

We expect PBs galore in such a meet but it was obvious that, especially in the U14 age group, the walkers struggled in the conditions, with best times few and far between. Additionally, a number of our top underage walkers did not make the expensive trip to Cairns.

Well done to all our winners and to those who managed PBs in the trying conditions. Best walks by **Will Robertson** (U16 13:36.67), **Kris Hayward** (U16, 13:38.40), **Toby Wilks** (U14 14:10.08), **Jayda Anderson** (U14 14:33.25), **Gwyllym Young** (U18 22:11.7) and **Corey Dickson** (U18 22:13.8). And a special mention to Victorian **Heath Beveridge** who walked a PB to finish third in the U16 3000m (14:19.54).

Boys 3000m Walk U16, 6:20PM

1.	William Robertson	TAS	13:36.67	
2.	Kris Hayward	QLD	13:38.40	PB 0:21
3.	Heath Beveridge	VIC	14:19.54	PB 0:05
4.	Jonathan Wearne	QLD	14:49.10	
5.	Martin Leerberg	NSW	15:34.86	
6.	Owen Costin	VIC	16:09.62	
7.	Archie Tebbutt	NSW	17:18.48	
8.	Mitchell Bostock	WA	18:50.34	

Girls 3000m Walk U16, 6:20PM

1.	Camryn Novinetz	QLD	14:03.52	PB 0:11
2.	Emma Blanch	NSW	14:10.67	
3.	Olivia Sandery	SA	15:09.13	
4.	Hannah Bolton	NSW	15:22.40	
5.	Charlotte Hay	VIC	15:36.03	
6.	Ellie DeCelis	NSW	15:59.79	
7.	Bridget Sullivan	QLD	16:06.72	
8.	Mackenzie Ofield	QLD	16:32.11	
9.	Larissa Vickers	QLD	16:58.03	
10.	Laura Burns	ACT	16:59.46	
11.	Olivia Thomson	NSW	17:43.96	
12.	Mia Wilks	SA	17:54.73	
13.	Grace Beaglehole	WA	18:31.10	

Boys 3000m Walk U14, 6:45PM

1.	Toby Wilks	SA	14:10.08	
2.	Harry Dundon	NSW	15:13.57	PB 0:29
3.	Kai Norton	QLD	15:13.74	PB 0:17
4.	Brendan Pospischil	NSW	17:07.40	
5.	Seth Wasson	QLD	17:08.16	

Girls 3000m Walk U14, 6:45PM

1.	Jayda Anderson	QLD	14:33.25	
2.	Emma Thomas	NSW	15:05.92	
3.	Izabella Dunne	NSW	15:47.20	
4.	Anika Clarke	QLD	16:01.01	
5.	Elli Pusonjic	SA	17:31.51	

Girls 5000m Walk U18, 7:55PM

1.	Caitlin Hannigan	QLD	25:33.5	
2.	Hannah Manning	ACT	27:27.8	
3.	Bridget Bell	NSW	27:39.0	
4.	Holly Cocking	VIC	27:55.0	
5.	Hannah Parker	NSW	28:12.5	
6.	Janaya Lee	NSW	28:17.1	
7.	Milla Rowbotham	QLD	28:26.6	
8.	Charlotte Hamann	QLD	30:07.1	
9.	Kathleen O'Mahony	VIC	30:31.3	
10.	Caitlin Gallagher	WA	32:23.3	

11. Ebony Gough WA 32:30.8

Boys 5000m Walk U18, 7:55PM

1.	Gwyllym Young	ACT	22:11.7	PB 1:34
2.	Corey Dickson	VIC	22:13.8	PB 1:21
3.	Nelson McCutcheon	QLD	22:46.4	
4.	Tristan Camilleri	SA	23:03.4	Penalty 30s
5.	Mathew Bruniges	SA	25:52.4	
6.	William Dynes	VIC	25:59.2	PB 0:46
7.	Ryan Stewart	QLD	30:14.9	



The walkers fight it out in the rain – Kris Hayward, Corey Dickson, Tristan Camilleri, Nelson McCutcheon and Corey Dickson once again (photos Shane Dickson and Athletics Australia)



Heath Beveridge



U16 medallists Kris Hayward, William Robertson and Heath Beveridge

SAMA TRACK WALKS, SA ATHLETICS STADIUM, MILE END, ADELAIDE, WEDNESDAY 5 DECEMBER

Thanks to Colin Hainsworth for this week's results from the South Australian Masters in Adelaide. Hot evening 34C.

1000m Yacht Handicap

1.	Marie Maxted	05:53	W58	75.22%
2.	Gil McIntosh	06:32	M68	69.91%
3.	George White	05:58	M73	81.38%
4.	Rebecca Hunter	06:43	W39	56.30%
5.	Mark Worthing	05:36	M56	72.08%
6.	John Hore	08:32	M70	54.82%

1000m Yacht Handicap

1.	Graham Harrison	07:33	M75	66.02%
2.	Margaret McIntosh	08:07	W66	59.14%
3.	Matthew Lovell	07:43	M52	50.48%
4.	Roger Lowe	08:13	M75	60.67%

3000m Yacht Handicap

1.	Richard Moyle	22:45	M62	59.15%
2.	Margaret McIntosh	24:35	W66	62.75%
3.	Linda Whitelaw	25:29	W64	59.05%
4.	Richard Everson	16:22	M55	76.88%
5.	George White	19:03	M73	80.24%
6.	Marie Maxted	21:17	W58	66.11%
7.	Gil McIntosh	21:51	M68	65.78%
8.	Graham Harrison	23:40	M75	66.33%
9.	Colin Hainsworth	28:20	M88	68.16%
10.	Cathie Hore	28:24	W68	55.75%
11.	Edna Bates	28:26	W66	54.25%
12.	Roger Lowe	25:59	M75	60.41%

ACTRWC TRACK WALKS, WODEN PARK, WODEN, THURSDAY 6 DECEMBER

Thanks to Robin Whyte for this week's results from the ACT Walkers Club in Canberra.

2000m Walk

1.	Owen Toyne	10:23
2.	Michael Smith	11:01
3.	Robin Whyte	12:45
4.	Margaret Taylor	16:48
5.	Robert Kennelly	18:06

1200m Walk

1.	Eloise Smith	07:14
2.	Dale Moore	12:16

ATHLETICS TASMANIA INTERCLUB, DOMAIN ATHLETICS TRACK, HOBART, SATURDAY 8 DECEMBER

Thanks to Wayne Fletcher for this week's results from Hobart. Warm muggy day. Good 1500m time by Alice Randall (6:43.92).

3000m Walk

1.	Joshua Walker	Old Virgilians	8.47.46
2.	Oliver Morgan	Old Virgilians	8.59.01
3.	Wayne Fletcher	Northern Suburbs	10.24.45
4.	David Moore	Tasmanian Masters	11.11.91
1.	Alice Randall	Old Virgilians	6.43.92
2.	Anna Blackwell	Old Virgilians	7.11.54
3.	Elizabeth Leitch	Tasmanian Masters	9.57.85

WA ATHLETICS STRIVE INTERCLUB, WA ATHLETICS STADIUM, MILE END, PERTH, SUNDAY 9 DECEMBER

Finally, to Perth where the Athletics WA competition continued. Win and a PB to **Ben Reid** (14:18.1).

3000 Metre Walk

1.	Benjamin Reid	14:18.1	PB 0:01
2.	Alexandra Griffin	14:37.9	
3.	Richelle Morales	17:21.0	
4.	Hannah Ireland	18:15.0	
5.	Tyla Gough	20:00.1	
6.	Maddison Gray	20:39.9	

35TH COUPE DE NOËL, YVERDON, SWITZERLAND, SUNDAY 9 DECEMBER

Emmanuel Tardi was in Yverdon, Switzerland, on Sunday for the 35th Coupe de Noël. He reports as follows

The weather was rainy and the temperature was fresh (7°C at the start). There was 9 laps in total, each lap being 1.111km. We were 35 on the start line at 10AM, including 8 who competed the race without judging (shown separately in the results). In the men's race, **Come Martin** started fast but he had to stop for one minute in the 3rd lap as he was sick. **J-Marc Starck** then took the lead, but he was caught in the last lap by Come Martin. Starck beat the M45 10km French record which was previously held by Alain Lemercier (44.44 in 2004). In the women's race, **Inta Demeuzoy** won easily, after being challenged in the first two laps by **Tiphaine Schott** and youth **Ines Vincent**.

Check out the large photo gallery at <https://tinyurl.com/y9hbgomo>. And for the record, Emmanuel finished 15th with 1:15:59. Well done mate!

10km Men

1.	Come Martin	FRA	1995	44:26
2.	J-Marc Starck	FRA	1972	44:32
3.	Nathan Bonzon	SUI	2000	49:22
4.	Patrick Bonvarlet	FRA	1960	53:26
5.	Gérard Perez	FRA	1951	56:09
6.	Daniel Siegenfuhr	FRA	1950	56:46
7.	Abdelazziz Seffari	FRA	1958	57:50
8.	Philippe Aurelle	SUI	1976	1:00:41
9.	Gavon Balharry	SUI	1945	1:00:45
10.	Bernard Haffner	FRA	1946	1:02:20
11.	Claude Berner	SUI	1963	1:06:13
12.	Daniel Brot	SUI	1953	1:10:50
13.	Alexis De Coppet	SUI	1938	1:11:25
14.	Claude Greber	SUI	1957	1:13:04
15.	Emmanuel Tardi	FRA	1967	1:15:59
16.	Jacques Fritz	SUI	1944	1:17:54

10km Women

1.	Inta Demeuzoy	FRA	1971	53:52
2.	Ines Vincent	FRA	2002	54:54
3.	Tiphaine Schott	FRA	1987	56:39
4.	Liliane Bonvarlet	FRA	1953	1:02:14
5.	Hélène Milliet	FRA	1956	1:03:19
6.	Dominique Grizou-Vicario	FRA	1971	1:03:45
7.	Sandrine Leuba	SUI	1962	1:04:45
8.	Claudine Anxionnat	FRA	1951	1:06:06
9.	Hélène Baptiste	SUI	1950	1:11:55

10km Non-Judged Walk

1.	Christophe Amy	SUI		1:05:28
2.	Gilles Vicario	FRA	1970	1:07:58
3.	Javier Brandon	SUI	1973	1:08:03
4.	Sergey Varfolomejevs	LAT		1:08:03
5.	Hélène Morand	SUI		1:08:54

5.555km Walking

1.	Christophe Amy	SUI	1954	42:57
2.	Gilles Vicario	SUI	1969	43:00
3.	Javier Brandon	SUI		45:16



The start of the Coupe de Noël



Come Martin (number 1) leads J-Marc Starck (number 2)



Tiphaine Schott (31) and Inta Demeuzoy (39)

IRISH RACE WALKING CHAMPIONSHIPS, ST. ANNE'S PARK RAHENY, SATURDAY 8 DECEMBER

The Irish Life Health National Race Walking Road Championships at St Anne's Park Raheny last Saturday saw men contesting 20/30km titles and women contesting 20km titles. With the old guard of walkers now retired, it was up to the new generation to strut their stuff. **Brendan Boyce** took the male double, winning both 20km and 30km, but he was hard pressed in the 20km by the young **David Kenny**. Third place in the 20km went to Mauritian walker **Jerome Caprice**. Boyce and Caprice went on to collect gold and silver in the 30km but they were both well behind guest walker **Erick Barando** of Guatemala, the 2012 Olympic 20km silver medallist.

In the Women's 20km championship, **Kate Veale** showed she is very much on the way back to the top with a convincing win. The former world youth champion took over 5 minutes off her personal best time with 1:37:54. **Veronica Burke** took silver ahead of **Rachel Glennon**. However, a visiting athlete was the first across the finish line, with **Ivana Renic** of Croatia setting a new national record of 1:37:15. Welsh visitor **Heather Lewis** also walked well, finishing third overall with 1:39:01.

Full results of underage and masters races at http://www.athleticsireland.ie/downloads/other/Race_Walk_2018_Results_update.pdf.

Senior Men 20km Championship

1.	Brendan Boyce	Finn Valley A.C.	1.29.34
2.	David Kenny	Farranfore Maine Valley A.C	1.29.50
3.	Jerome Caprice	Dundrum South Dublin A.C.	1.37.54
4.	Joe Mooney	Adamstown A.C	1.39.00
	Yuki Ishida	JAPAN	1.42.14
	Jonathan Hobbs	UK	1.43.37
5.	Adam McNerney	Celbridge A.C	1.45.55
6.	Ross Alexander	Coolquill A.C.	2.03.52
	Cian McManamon	Westport A.C.	DNF

Senior Men 30km Championship

	Erick Barrondo	GUATEMALA	2.14.02
1.	Brendan Boyce	Finn Valley A.C	2.14.11
2.	Jerome Caprice	Dundrum South Dublin	2.26.49
3.	Brian O'Domhnaill	Finn Valley A.C	2.51.37

Senior Women 20km Championship

	Ivana Renic	CROATIA	1.37.15
1.	Kate Veale	West Waterford A.C.	1.37.54
	Heather Lewis	GBR	1.39.01
2.	Veronica Burke	Ballinasloe & District	1.47.00
3.	Rachel Glennon	Mullingar Harriers	1.56.34
4.	Niamh O'Connor	Celbridge A.C.	1.56.34
5.	Georgina Touhey	Tullamore Harriers A.C.	2.09.03
6.	Aloisia King	Tallaght A.C.	2.09.45
	Diana Obermeyer	GERMANY	DNF

Senior Women 30km Non-Championship

1.	Mirna Sucely Ortiz Flores	GUATEMALA	2.26.46
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Irish Championships - David Kenny, Cian McManamon, Brendan Boyce and Erick Barrondo (photo <http://www.athleticsireland.ie/>)

14TH MEMORIAL ALCALDE, GAUDIX, SPAIN, SATURDAY 8 DECEMBER

Saturday was a big day in the Spanish city of Gaudix, with a walks seminar in the morning, followed in the afternoon by the 8th Spanish Winter Promotion Championship (109 walkers competing in U20, U18 and U16 divisions), followed in the evening by the 23rd edition of the Gaudix Grand Prix of Walking, an event that remembers the late Manuel Alcalde. Comprehensively reported by marciadalmondo in http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3343.

First to the Open 5km races which were held in the evening, with 50 walkers in total and wins to **Luis Alberto Amezcua** (20:06) and **Maria Perez Garcia** (21:38).

5km Open Men (first 20)

1.	AMEZCUA BALBOA, ALBERTO	Juventud Guadix	20:06
2.	OLIVA REQUENA, PABLO	Cueva de Nerja-UMA	20:55
3.	PEREZ RUBIO, JOSE MANUEL	Juventud Guadix	20:55
4.	LOPEZ PEREZ, IVAN	FC Barcelona	21:01
5.	BERNABE RAMA, FABIAN	JUVENTUD ATL GUADIX	21:02
6.	CHAMOSA DACASA, DANIEL	S.G. Pontevedra	21:32
7.	PEREZ OSORIO, LUIS MANUEL	CA Fent Cami Mislata	22:40
8.	RODRIGUEZ MARTIN, PABLO	Super Amara BAT	23:02
9.	PRIETO ESPINO, BRAIS Durango	Kirol Taldea	24:08
10.	GARCIA CABELLO, ANTONIO JESUS	Ohmio Araha	25:28
11.	MINCHALA MACANCELA, FRANKLIN E	A.C. Jumilla7	25:31
12.	RUIZ DOMENECH, LUCIO	J. Virgen de Belen	26:01
13.	IGLESIAS VILELA, NICOLAS	CA Santiago	26:20
14.	CHAPARRO GONCET, ALEJANDRO	C.D. ATLETISMO SAN JUAN	26:58
15.	CAPDEVILA MAREA, UNAI		27:53
16.	LOPEZ MENDEZ, GABRIEL		28:12
17.	CASCO BARBABIEN, LUCIN		28:12
18.	MORILLA GARCIA, DANIEL	Ohmio Arahal	28:23
19.	PEREZ OSORIO, DAVID	Cueva de Nerja-UMA	28:44
20.	RAMOS FARAN, SERGI		29:30

5km Open Women (first 20)

1.	PEREZ GARCIA, MARIA	VALENCIA ESPORT	21:38
2.	CABECINHA, ANNA	PORTUGAL	22:25
3.	TAKACS NYERGES, JULIA	PLAYAS DE CASTELLÓN	22:35
4.	BARROS, EDNA	PORTUGAL	22:47
5.	COSTA, CAROLINA	PORTUGAL	23:54
6.	MONTEJO GARCÉS DE MARCILLA, IRENE	FC Barcelona	24:12
7.	CHAMOSA DACASA, ANTONIA	CA Valladolid-U.Va	24:30
8.	BERNARDO, MARIA	PORTUGAL	24:50
9.	CARRION ANTOLI, ANGELA	A.C. Jumilla	25:01
10.	FONTOURA MORENO, CAROLINA		26:02
11.	MANZANO ARMENTEROS, SANDRA	A.D. Marathon	26:20
12.	SORIANO ZAMORA, MARINA	At. San Sebastian	26:27
13.	PEREZ CAMBIL, MARIA JESUS	ATLETISMO GUADIX	27:56
14.	SANTIDRIAN SOLANA, PAULA	Image FDR	28:32
15.	LEYVA LIÑAN, ADRIANA	BAHIA DE ALGECIRAS	28:40
16.	GARCIA VEGAS, DAINARA	CORNELLA ATLETIC C	29:24
17.	CANO VEGAS, TABATA	CORNELLA ATLETIC	29:25
18.	BUZON LOBATON, ANA		29:50
19.	MESTRE MARTIN, SARAI	Bidezabal Durango A	29:59
20.	MUÑOZ PEREÑA, ESPERANZA	Juventud Guadi	30:12

The lead placings are shown from the U20, U18 and U16 walks which were held earlier in the day.

U20 Men 5km

1.	Pedro Conesa Ceron	Nutriban Atl Alcantarilla	2001	21:23
2.	Eloy Hornero Gallent	Playas de Castellon	2000	21:28
3.	Jose Manuel Naranjo Murillo	At Almendralejo	2001	21:48
4.	Daniel Jimeno Rivera	Simply-Scorpio 71	2000	21:48
5.	Jose Mestre Martin	Grupompleo Pamplona At	2001	21:57
6.	Roberto Vieiro Perez	CA Santiago	2001	22:14
7.	Alejandro Cadenas Pozo	At. Fuenlabrada	2000	22:15
8.	Francisco Sospedra Escat	Atletisme Els Sitges	2001	22:25
9.	Joan Galmès Llull	ISS - L'Hospitalet	2000	23:31
10.	Aythamy Afonso Gonzalez	Atletismo Arona	2001	23:36

U20 Women 5km

1.	Ana Pulgarin Cardeno	At Almendralejo	2001	24:18
2.	Gemma Mora Martinez	ISS - L'Hospitalet	2000	24:26
3.	Maria Teresa Morata Moreno	Unicaja Atletismo	2001	24:33
4.	Sofia Rodriguez Hernandez	Atletismo Guadix	2001	24:47
5.	Alicia Sanchez Guilarte	Cueva de Nerja-UMA	2000	25:31
6.	Ana Guaita Guaita	Valencia Esports	2001	26:27

7.	Nerea Prieto Guimara	Image FDR	2001	27:24
8.	Ainhoa Martinez Luce	UA Terrassa	2001	27:33
9.	Blanca Mico Lambies	Valencia Esports	2001	27:55
10.	Sandra Millan Romeo	Simply-Scorpio 71	2001	28:06

U18 Men 5km

1.	Pablo Pastor Marin	Atletismo Cuenca	2003	21:50
2.	Sergio Martinez Martinavarro	Playas de Castellon	2002	22:25
3.	Jose Luis Hidalgo Rodriguez	Juventud Guadix	2002	22:38
4.	Jorge Lopez De La Cueva	Atletisme Els Sitges	2002	22:44
5.	Daniel De Lucas Chanquet	A.D. Marathon	2002	23:02

U18 Women 5km

1.	Alicia Lumbreras Gonzalez	Atletismo Moralarzal	2002	24:27
2.	Maria Moya Del Campo	CA Calatrava	2002	25:31
3.	Celia Vilchez Ferrari	CAP Alcobendas	2002	25:31
4.	Laura Vidal Lopez	At Almendralejo	2002	26:02
5.	Iria Teijeiro Gamez	CA Canaletes	2002	26:33

U16 Boys 5km

1.	Pablo Rodriguez Rojas	Ohmio Arahall	2004	23:48
2.	Asier Diaz De Diego	Atletismo Cuenca	2005	24:23
3.	Francisco Espin Valera	Cehegin Atletismo	2004	24:38
4.	Ruben Albiol Alhambra	Playas de Castellon	2004	24:50
5.	Pablo Postigo Gabarro	Atletismo Guadix	2005	24:52

U16 Girls 3km

1.	Silvia Villar Nieto	Atletismo Alcorcon	2004	14:50
2.	Isabel Garcia Sanchez	Ohmio Arahall	2005	14:51
3.	Griselda Serret Menendez	Runners El Vendrell	2005	14:51
4.	Veronica Victoria Fernandez Fernandez	AD Gijon Atletismo	2004	14:54
5.	Lydia Ballesteros Garrote	Atletismo Cuenca	2005	15:24

2019 IAAF QUALIFICATION STANDARDS FINALLY PUBLISHED

The IAAF Council last Tuesday announced the qualifying standards for the IAAF World Athletics Championships in Doha. Unlike previous world championships, target numbers have been introduced for the road events and 10,000m races: 100 for marathons, 60 for each of the 20km race walks, 50 for the men's 50km race walk and 30 for the women's 50km race walk, and 27 for each of the 10,000m runs. See the announcement at <https://www.iaaf.org/news/press-release/qualifying-standards-approved-iaaf-world-athl>.

For the walks, the standards read as follows

20km Walks:	Men (60)	1:22:30	Women (60)	1:33:30
50km Walks:	Men (50)	3:59:00	Women (30)	4:30:00

Looking at our current 2018 50km World Ranking lists at <http://www.vrwc.org.au/documents/2018%2050km%20Ranking%20Lists.pdf>, the 4:30 cutoff for women has been bettered this year by 25 women (24 if we restrict it to 3 per country) and the 3:50 cutoff for men has been bettered this year by 54 men (44 if you restrict it to 3 per country). And we know that walkers always rise to the challenge so I expect to see at least 30 women and 50 men at the required 50km standard by Doha.

The Doha qualification timeframe extends from 7 March 2018 to midnight 6 September 2019. That gives everyone 18 months in which to put their time on the board. Make sure you read and fully understand the updated IAAF qualification document at <https://media.aws.iaaf.org/competitioninfo/0de08d89-ad13-41df-bfd8-f9dbf60a5b6e.pdf>.

Check out the *Let's Run* analysis of which of the IAAF standards have changed the most - nearly all are harder, including the walks. See <http://www.letsrun.com/news/2018/12/iaaf-announces-tougher-2019-world-championships-entry-standards-ones-changed/>.

OUT AND ABOUT

- Congratulations to the IAAF which has taken a much tougher stance on Russia than either WADA or the IOC. The IAAF, at its December Council meeting, voted to extend its ban on Russia's participation in international competitions, with no clarity on whether the suspension may be lifted before next year's world championships in Qatar. The IAAF council wasn't prepared to draw the line under the scandal of Russian doping and cover-ups. See <https://www.theguardian.com/sport/2018/dec/04/iaaf-extends-russia-ban-athletics-debt-settled>.

- And we can say thank you to Seb Coe for spearheading this whole campaign. When it was revealed, somewhat surprisingly, on the eve of the IAAF election in 2015 that Russia were backing Sebastian Coe rather than his rival Sergey Bubka to replace Lamine Diack as the world governing body's new President, they could surely never have imagined they would spend most of the Briton's first term banned from the sport. See <https://www.insidethegames.biz/articles/1073127/duncan-mackay-russian-crisis-has-helped-coe-consolidate-his-position-as-master-of-all-he-surveys#.XAz2UrwSKcY.twitter>.
- Australian swimming champion Cate Campbell has delivered a scathing attack on a new funding model that has plunged a number of sports into uncertainty only 18 months out from the Tokyo Olympics. Three Olympic sports without medal prospects – artistic swimming, table tennis and men's football – would lose their high-performance grant altogether, while athletics, gymnastics and sailing face losing the portion of their funding tied to performance. Campbell said the broad landscape of diminishing funding across all Olympic sports was shortsighted and damaging. See <https://www.smh.com.au/sport/swimming/campbell-slams-olympic-funding-cuts-20181203-p50juu.html>.
- Here's how the finding grid works. The Australian High Performance system uses Sport Categorisation as a national framework to identify those sport programs most likely to contribute to Australia's high performance targets. Sport Categorisation includes three levels that are ranked primarily on past performance and future potential criterion at international benchmark events. The higher you are on the list, the more money your sport gets. Here's how they rate: https://www.sportaus.gov.au/_data/assets/pdf_file/0005/689360/Sports_categorisation_-_3_Dec_18_A3.pdf.
- Another article documenting the slow death of the Australian Institute of Sport in Canberra. Swimming this time, with the demise of the AIS based National Training Centre Transition Program which aimed to develop young swimmers in a high-performance environment. See <https://the-riotact.com/a-coach-with-the-ability-to-change-lives-why-we-need-her-in-our-community/276918>.
- Tokyo 2020 Olympic Games organisers have formally proposed moving the start time of the marathon races forward to avoid the worst of the Japanese capital's scorching summer heat. The marathon events were initially scheduled to start at 7am local time but now Games organisers have asked the IAAF, athletics' governing body, to approve moving the start time to either 5.30am or 6am local. See <https://uk.sports.yahoo.com/news/tokyo-2020-formally-propose-earlier-marathon-time-104142920--spt.html>. I'm guessing that the walks might be similarly impacted.
- The inspiring story of Canadian weightlifter Christine Girard who had to wait years for get her rightful Olympic medals from the 2008 and 2012 Olympics. Yet another victim of institutionalised doping. See <https://olympic.ca/2018/12/01/6-year-wait-for-olympic-gold-just-one-more-challenge-for-rightful-champion-girard/>.
- Following the certification procedures held in early November in London, the IAAF has announced its new panel of 23 international judges for the 2019-2022 cycle. Most of the panel are European (14), but all other Area Confederations are represented with Asia 3, Oceania 2, North America, Central America and the Caribbean 2, South America 1 and Africa 1. Congrats to Australians **Zoe Eastwood-Bryson** and **Kirsten Crocker**. Only 5 women on the panel overall so the aim of gender equality still seems a fair way off.

Surname	Name	Gender	Cty	Area
PERA VALLEJOS	Guillermo	M	ARG	SAM
CROCKER	Kirsten	W	AUS	OCE
EASTWOOD-BRYSON	Zoe	W	AUS	OCE
MICHAUD	Daniel	M	CAN	NACAC
ZHONGMIN	Yang	M	CHN	ASI
ROJAS SUAREZ	Dolores	W	ESP	EUR
SALADIE	Luis	M	ESP	EUR
SOLANA ROS	Sergio	M	ESP	EUR
FRÖBERG	Anne	M	FIN	EUR
DAHM	Jean-Pierre	M	FRA	EUR
RICHARDS	Ian	M	GBR	EUR
TAYLOR	Steve	M	GBR	EUR
MÜLLER	Rolf	M	GER	EUR
FUNG	Wang Tak	M	HKG	ASI
YEUNG	Man Chun (Echo)	W	HKG	ASI
GALLAGHER	Shaun	M	IRL	EUR
O'CALLAGHAN	Pierce	M	IRL	EUR
JOLA	Monkess	M	MRI	AFR
VAN DER KNAAP	Hans	M	NED	EUR
BARBOSA DIAS	José Julio	M	POR	EUR
GUEDES	Vasco	M	POR	EUR
BIANCHI	Frederic	M	SUI	EUR
DANIEL	Maryanne	W	USA	NACAC

- **Maria Gonzalez** has tested positive for an anabolic steroid in an out of competition test. The IAAF's Athletics Integrity Unit says the 29 year old Mexican walker tested positive for trenbolone and has been provisionally suspended. She faces a ban of up to four years. Gonzalez took silver in the 20km walk at the 2016 Rio de Janeiro Olympics, losing to Liu Hong of China by two seconds, and also took silver at the 2017 world championships in London. She won golds in the 2016 and 2018 World Race Walking World Team Championships and is regarded as perhaps the best female 20km walker in the

world. If the provisional suspension turns into a full blown ban, it will be a big hit to our sport of racewalking. It has been widely reported. See for instance <https://apnews.com/009f337e92204b16b478c12fb763c880>.

- Marciadalmondo goes into the announcement in greater detail – http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3341. In particular, the article notes that this substance is used to fatten livestock in Mexico, as well as in the United States, so it may well be a case of inadvertent ingestion. Trenbolone and Clenbuterol are amongst a number of steroids used in livestock industries around the world. Time will tell.
- Athletics Kenya president Jackson Tuwei has threatened that any athlete found to have used performance enhancing drugs will never don the country's colors again. "Once an athlete is caught, he or she should consider his/her ambitions of ever representing the country again over even after he or she completes the ban of the punishment meted on dopers." See <https://antidopingworld.wordpress.com/2018/12/08/athletics-kenya-ak-imposes-life-bans-on-dopers/>.
- Latvian Athletics Association President Ineta Radevica has tested positive after a retest of her sample from the London 2012 Olympic Games. The former long jumper finished in fourth place at the Games, having achieved a distance of 6.88 metres. The Athletics Integrity Unit (AIU) have confirmed Radevica's positive retest, with the Latvian testing positive for the anabolic steroid oxandrolone. Should the positive be confirmed, Radevica would become the third finalist from the women's long jump final at London 2012 to be retrospectively disqualified. Russia's Anna Nazarova and Belarus' Nastassia Mironchik-Ivanova were both disqualified following positive retests. The final had featured 11 jumpers rather than 12, with Turkey's Karin Mey Melis withdrawing after qualification when the IAAF were notified that she had tested positive for testosterone at the 2012 European Championships. See <https://www.insidethegames.biz/articles/1072671/latvian-athletics-association-president-tests-positive-in-london-2012-retests>.
- Alpine skier Stefan Luitz of Germany is under investigation for allegedly breaking anti-doping rules by inhaling oxygen between runs during his giant slalom win at the International Ski Federation (FIS) Alpine Ski World Cup in Beaver Creek, U.S., last weekend. See https://news.cgtn.com/news/3d3d414f3159544d31457a6333566d54/share_p.html.

MARCIADALMONDO AND OMARCHADOR ROUNDUP

Marciadalmondo has 5 press releases for us this week

- Mon 10 Dec – Results of Irish 20km and 30km championships in Raheny
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3344
- Sun 9 Dec - Guadix (ESP): Luis Alberto Amezcua and Maria Perez win the 14th Memorial Alcalde in Spain
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3343
- Sat 8 Dec - Sanda Damilano is busy updating the world lists
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3342
- Sat 7 Dec - Maria Guadalupe Gonzalez suspended per doping (trenbolone)
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3341
- Tue 4 Dec - IAAF give go ahead for the women's 50km in Tokyo
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3340

Omarchador has 8 press releases

- Mon 10 Dec - María Pérez and Alberto Amezcua dominate Guadix Grand Prix
<http://omarchador.blogspot.com/2018/12/maria-perez-e-alberto-amezcua-dominam.html>
- Sun 9 Dec - Budapest will host the World Athletics Championships in 2023
<http://omarchador.blogspot.com/2018/12/budapeste-vai-acolher-em-2023-os.html>
- Sat 8 Dec - Maria González caught by doping test
<http://omarchador.blogspot.com/2018/12/lupita-gonzalez-apanhada-nas-malhas-do.html>
- Sat 8 Dec - Christmas Grand Prix in Lisbon this Sunday
<http://omarchador.blogspot.com/2018/12/grande-premio-de-natal-de-lisboa-este.html>
- Fri 7 Dec - Spanish Winter Championship, Grand Prix and Seminar, tomorrow in Guadix
<http://omarchador.blogspot.com/2018/12/campeonato-de-espanha-de-inverno-g.html>
- Fri 7 Dec - IAAF announces new International Panel of Judges
<http://omarchador.blogspot.com/2018/12/iaaf-anuncia-novo-painel-internacional.html>
- Tue 4 Dec - IAAF announces qualification standards for the 2019 World Champs in Doha
<http://omarchador.blogspot.com/2018/12/iaaf-divulga-minimos-para-os-mundiais.html>

- Wed 5 Dec - IAAF recommends the 50 km women's 50km walk be added to the Tokyo Games
<http://omarchador.blogspot.com/2018/12/iaaf-recomenda-ao-coi-introducao-dos-50.html>

MORE ON THE WOMEN'S 50KM

The IAAF press release after Day 2 of the IAAF Council meeting in Monaco confirms that was announced in last week's newsletter – that they will recommend an Olympic women's 50km in 2020. To quote from the press release at <https://www.iaaf.org/news/press-release/council-decisions-rules-events-changes-2019>.

Council tasked the IAAF Competition Department to develop a final proposal for the Tokyo 2020 timetable (including the timing of road events), to submit to the International Olympic Committee and Tokyo 2020 before the end of the year. It also agreed to submit a request to the IOC for the inclusion of the women's 50km race walk in the Tokyo programme, even though the deadline for 2020 Olympic programme changes has passed.

And some final photos of the team which successfully lobbied the IAAF Council last week re the women's 2020 Olympic participation – our default (or should we say 'new') IAAF Race Walking Committee!



*Left: Paul DeMeester with team Ines Henriques, Ainhoa Pinedo Gonzalez, Johana Ordonez Lucero, Erin Taylor-Talcott, Quentin Rew
 Right: Leaving the Quai des Artistes restaurant in Monaco after receipt of the good news*



*Left: Taking a break from their first strategy session on the balcony at the Meridian Beach Plaza hotel overlooking the Mediterranean Sea
 Right: Paul DeMeester downing a litre of Affligem in Le Top Top restaurant after a hard day's work*

And for completeness, here are the 28 women who have bettered 4:30:00 in 2017/2018. The list keeps growing.

1.	1	Rui Liang (WR)	CHN	4:04:36	Taicang 5/5/18
2.	2	Ines Henriques (WR)	POR	4:05:56	London 8/13/17
3.	3	Hang Ying	CHN	4:08:58	London 8/13/17
4.	4	Claire Tallent	AUS	4:09:33	Taicang 5/5/18
5.	5	Alina Tsiviliy	UKR	4:12:44	Berlin 8/7/18
6.	6	Paola Viviana Perez	ECU	4:12:56	Taicang 5/5/18
7.	7	Maocuo Li	CHN	4:13:04	Chinfeng 7/1/18
8.	8	Julia Takacs Nyerges	ESP	4:13:04	Burjassot 2/25/18
9.		Faying Ma	CHN	4:13:28	Taicang 5/5/18
10.	9	Maria Czakova	SVK	4:14:25	Dudince 3/24/18
11.	10	Johana Edelmira Ordonez Lucero	ECU	4:14:28	Taicang 5/5/18
12.	11	Klavdiya AFANASYEVA	RUS	4:14:46	Cheboksary 09/06/18
13.	12	Mayra Perez	GUA	4:15:42	Owego 9/9/17
14.	13	Nastassia Yatsevich	BLR	4:18:00	Taicang 5/5/18
15.	14	Nadzeya Darazhuk	BLR	4:18:31	Taicang 5/5/18
16.	15	Valentyna Myronchuk	BLR	4:18:50	Ivano-Frankivsk 21/10/18
17.	16	Ainhoa Pinedo Gonzalez	ESP	4:18:56	Burjassot 2/25/18
18.	17	Magaly Beatriz Bonilla Solis	ECU	4:19:04	Taicang 5/5/18
19.	18	Erika Jazmine Morales Cruz	MEX	4:20:36	Hauppauge 21/10/18
20.	19	Khrystina Yudkina	UKR	4:20:46	Berlin 8/7/18
21.		Shuqing Yang	CHN	4:20:49	London 8/13/17
22.	20	Katie Burnett	USA	4:21:51	London 8/13/17
23.	21	Aleksandra BUSHKOVA	RUS	4:22:36	Cheboksary 09/06/18
24.	22	Vasylyna Vitovshchuk	UKR	4:23:15	Berlin 8/7/18
25.	23	Olga SHARGINA	RUS	4:27:13	Cheboksary 09/06/18
26.	24	Mar Juarez Gallardo	ESP	4:28:58	Berlin 8/7/18
27.	25	Erin Taylor-Talcott	USA	4:29:33	Santee 1/28/17
28.	26	Serena Sonoda	JPN	4:29:45	Takahata, 28/10/18

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 – 2018

Dec 15 (Sat), 2018 AV Shield competition continues, VIC

Australian/Victorian Key Dates – 2019

Jan 3 – Feb 3, 2018 Supernova Walks Study Camp, AIS, Canberra
 Jan 26-28, 2019 Victorian Country T&F Championships, Bendigo
 Feb 10 (Sun), 2019 Australian/Oceania 20km Championships, Adelaide, SA
 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 28th 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 28th 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

Tim Erickson, terick@melbpc.org.au Home: 03 93235978 Mob: 0412 257 496
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