



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
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TIM'S TOP TEN MEN FOR 2018

It's that time of the year again so off we go with my Top Ten Men for 2018. These are very much my own individual picks based on a combination of absolute quality, consistency across the year and improvement relative to past years. Of course, your picks might differ. Anyway, read on. As always, it was a very tough ask.



1. Dane Bird-Smith (QLD)

26 year old Dane Bird-Smith started the year on a high, with a win in the Australian 20km Summer Championships (first Australian) in Adelaide in February, albeit in a slower than normal 1:22:18, due to illness. He warmed up for the Commonwealth Games with a super fast 10:56.06 in the Queensland Track Classic in late March, then took gold in the Commonwealth Games 20km 2 weeks later with 1:39:34. The low point was his DNF in the World Racewalking Team Championships in May (hamstring) and it was 4 months before he returned to racing, with the Lake Taihu 3 Day Rally in China in September. Although not up to his standard of past years, he still recorded a fifth on day one and 14th overall. Not as dominant a year on the world stage but far and away our top male walker for 2018.



2. Declan Tingay (WA)

19 year old Declan Tingay has dominated the U20 ranks this year. He started the year at the AIS study/camp in Canberra, winning the Australian 10,000m track walk title in a PB 41:07.88. Two weeks later he recorded a PB 5000m track time of 19:38.81 in the AACT T&F Champs. He won the Oceania U20 10km road title in Adelaide in February with 42:37 and won the Australian U20 10,000m track title in Sydney in March with 42:33.15. Unfortunately, he incurred a 1 minute time penalty in the World Teams Championships U20 10km in China in May when sitting with the lead group late in the race - he went on to finish 14th with 42:01. He had no such problems in July in Tampere, Finland, coming 4th in the IAAF World U20 10,000m track walk and breaking the Australian & Oceania records with his time of 40:49.72. He finished his year with a PB 1:28:04 at Fawkner Park in December. Poised to storm into the open ranks.



3. Kyle Swan (VIC)

19 year old Kyle Swan has had to play second fiddle to Declan for most of the year but, like Declan, his improvement has been rapid and consistent. He was 2nd in the Oceania U20 10km in February (42:40) and second in the Australian U20 10,000m track walk in March (43:57.10). He finished 10th in the World Teams Championships U20 10km in May with a PB 41:44 and finished 6th in the IAAF World U20 10,000m track walk in July with a further PB of 41:24.12. He participated in the Lake Taihu 3 Day race in China in September, an experience that is sure to help his development. Just back from a 3 week altitude camp in Bogota, Colombia, in November, he is well placed for his push into the open ranks.



4. Mitchell Baker (ACT)

17 year old Mitchell Baker was one of two dominant U18 walkers this year. He started with a PB time of 45:37 in the Australian Open 10,000m Track walk in Canberra in January, then came 3rd in the Oceania U20 10km in Adelaide in February (45:53), thus securing his World Teams Championships berth. He walked an excellent double in March in Sydney at the Australian T&F Champs, coming 2nd in the U18 5000m (22:26.99) and 4th in the U20 10,000m (45:47.83), then recorded a very fast 5:52 in the LA-ACT Champs a week later. Aged only 16, he finished a good 41st (46:57) in the IAAF World Team Championships in China in May. At the LBG Carnival in Canberra in June, he won the U18 5km (22:38) and the U20 10km (46:25) and he won again in the U18 5km in the Australian Road Championships in Queensland in August (46:36). In summary, he did everything that was asked of him during the year.



5. Rhydian Cowley (VIC)

27 year old Rhydian Cowley started the year with what looked like a win in the Australian 10,000m track championship in Canberra in January, only to be docked one minute and relegated to second place with a final time of 41:59.33. He was the third Australian to finish in the Australian 20km road championship in Adelaide in February (1:24:54), finished 11th in the Commonwealth Games 20km in April (1:26:12) and finished 47th in the IAAF World Team Championships in May (1:28:54). He mixed running and walking in his winter season and obviously benefited from the variety, bouncing back to better form with a win in the Fawkner Park 20km in December (1:24:24). Definitely not a top year from his high achieving perspective but the signs are promising that he has turned the corner and is coming back into better form.



6. Oscar Tebbutt (NSW)

17 year old Oscar Tebbutt was the other dominant U18 walker this year. His first hitout was in January in the Australian Open 10,000m track championship in Canberra where he finished 8th Australian with a PB 46:09.82. In the Australian Junior Championships in Sydney in March, he won the U18 5000m (22:08.63) and was third in the U20 10,000m (45:32.22). Later that month, he showed his speed with a 1500m time of 6:05.99 in the LANSW Champs. He walked a great double in the LBG Carnival in June, finishing 2nd in the Open 15km (1:15:06) and 2nd in the U18 5km (23:01) later in the day. He won the U20 20km at the NSW Long Course Champs in July with an inaugural 1:45:43 and won the U20 10km at Fawkner Park in December in a big PB of 44:59.



7. Toby Wilks (SA)

13 year old Toby Wilks was the best of the U14 walkers this year. He won the Australian T&F Championships U14 3000m (14:01.22) in Sydney in March, medalled twice in the LBG Carnival in Canberra in June (1st in the U14 2km with 9:18 and 3rd in the U16 3km with 13:47) and won the U14 3000m walk at the Australian All Schools Championships in Queensland in December (14:10.08).



8. William Robertson (TAS)

15 year old Will Robertson was our top U16 walker for the year. He was 2nd in the U16 3000m (13:31.89) at the Australian T&F Championships in Sydney in March, won the U16 5km (23:14) at the Australian Roadwalk Champs in Queensland in August and won the U16 3000m (13:36.67) in the Australian All-Schools Championships in Cairns in December. Racing almost exclusively in Tasmania, he appears only occasionally on the mainland but it is usually for a win.



9. Michael Hosking (VIC)

33 year old Michael Hosking produced the goods when it counted, finishing as the second Australian in the 2019 Summer 20km Championships in Adelaide in February. His big PB time of 1:23:10 earned him Commonwealth and World Team Championships berths. In the Commonwealth Games 20km in April, he walked aggressively, being well placed at the half way mark but slowing in the torrid conditions in the second half to finish 10th with 1:25:35, a good performance. Unfortunately, a hamstring issue put paid to his World Teams Championship appearance in May and he was disqualified. Although these 3 races were his only appearances for the year, he produced the goods when it counted and duly competed at the highest levels.



10. Ralph Bennett (VIC)

76 year old Ralph Bennett (he turns 77 tomorrow) enjoyed a year which culminated in M75 Masters World Championships gold in the 10km road walk in Malaga (1:04:28), along with a silver in the M75 5000m track walk in Malaga (31:38) Ralph dominate his age group in Australia and competed against his much younger rivals in the AV Shield most weeks. Unfortunately, he sacrificed weekly racing during the winter season, being occupied with VRWC official duties; this responsibility taking precedence over his own preparation for the coming Masters World Championships in September. However, his athletic abilities held him in good stead as he stood on the podium in September in Spain.

The following walkers were also considered but missed the final cut. It is never easy to get down to the final 10!

Adam Garganis, Tyler Jones, Brendon Reading, Corey Dickson, Gwyllym Young, Tristan Camilleri, Nelson McCutcheon

2018 RANKING LIST – 5000M WALK MEN

Since I have published above my top male walkers for the year, I will also publish one of our Australian male ranking lists for 2018. Not everyone walks 5000m track or 5km road nowadays so the list is not truly inclusive, but it contains the yearly best performance for most of our walkers. Here are the 45 men who have walked faster than 26:00 this year, as per the ranking lists on <http://racewalkaustralia.com>.

1.	Dane Bird-Smith	SM	19:23	QLD	26/08/2018
2.	Declan Tingay	U20M	19:38	WA	27/01/2018
3.	Rhydian Cowley	SM	20:01	VIC	03/03/2018
4.	Kyle Swan	U20M	20:34	VIC	03/03/2018
5.	Tyler Jones	U20M	21:16	NSW	03/02/2018
6.	Adam Garganis	U23M	21:17	VIC	03/03/2018
7.	Jason Kozica	SM	21:41	VIC	03/03/2018
8.	Nelson McCutcheon	U16M	21:45	QLD	22/02/2018
9.	Kim Mottrom	SM	21:54	SA	10/11/2018
10.	Connor Frew	U18M	21:56	ACT	27/01/2018
11.	Tim Fraser	U18M	22:05	ACT	27/01/2018
12.	Oscar Tebbutt	U17M	22:08	NSW	14/03/2018
13.	Gwyllym Young	U17M	22:11	ACT	07/12/2018
14.	Carl Gibbons	U23M	22:12	NSW	03/02/2018
15.	Corey Dickson	U17M	22:13	VIC	07/12/2018

16.	Dylan Richardson	U18M	22:17	NSW	03/02/2018
17.	Mitchell Baker	U18M	22:22	ACT	08/09/2018
18.	Daniel Walters	M35	22:24	VIC	21/01/2018
19.	Jack McGinniskin	U16M	22:53	NSW	27/09/2018
20.	Tristan Camilleri	U18M	23:03	SA	07/12/2018
21.	Mark Blackwood	M40	23:08	VIC	03/03/2018
22.	Joe Cross	U16M	23:11	SA	11/02/2018
23.	William Robertson	U15M	23:14	TAS	26/08/2018
24.	Ignatio Jimenez	M50	23:21	QLD	06/10/2018
25.	Will Thompson	U16M	23:23	VIC	03/03/2018
26.	Ryan Thomson	U18M	23:29	NSW	03/02/2018
27.	Pramesh Prasad	M40	23:50	VIC	09/11/2018
28.	Andrew Duncan	M50	23:52	WA	26/04/2018
29.	Kris Hayward	U14M	23:54	QLD	26/08/2018
30.	Kyle Bedford	U18M	23:54	NSW	10/06/2018
31.	Hayden Blaskett	U17M	24:07	NSW	20/05/2018
32.	Callum Burns	U18M	24:09	ACT	01/02/2018
33.	Cooper Anderton	U16M	24:16	WA	14/03/2018
34.	Ben Reid	U17M	24:28	WA	01/02/2018
35.	Chris Erickson	M35	24:36	VIC	06/10/2018
36.	Heath Beveridge	U16M	25:02	VIC	26/08/2018
37.	Darren Bown	M40	25:08	SA	07/04/2018
38.	Travis Barendregt	U18M	25:18	NSW	10/02/2018
39.	Mathew Bruniges	U18M	25:18	SA	24/11/2018
40.	Jonathan Wearne	U15M	25:22	QLD	05/08/2018
41.	Bayley Campbell	U16M	25:25	TAS	25/02/2018
42.	Shae Wellington	U23M	25:39	VIC	06/10/2018
43.	Steven Washburn	SM	25:43	NSW	25/09/2018
44.	Fraser Saunder	U14M	25:47	VIC	29/07/2018
45.	William Dynes	U17M	25:59	VIC	07/12/2018

50KM PONDERINGS

2018 ends with our yearly 50km international ranking list containing 114 women (6 under 4:20:00 and 38 under 4:40:00) and 270 men (61 under 4:00:00 and 113 under 4:10:00) – see the full list at <http://www.vrwc.org.au/documents/2018%2050km%20Ranking%20Lists.pdf>.

2019 will kick off on 1st January in Hong Kong with the first 50km races for the year, so it will not take long before our 2019 ranking list starts to take shape. In the meanwhile, with one battle won (getting the IAAF to recommend the inclusion of the women's 50km in the 2020 Olympics), the final IOC ratification remains an argument still to be won. With that in mind, here is US Attorney at Law **Paul DeMeester**'s latest letter, to IOC President Thomas Bach, urging just that. As always, it's a reasoned and passionate argument. See <http://vrwc.org.au/documents/Letter%20to%20IOC%20President%20Bach%20December%202010,%202018.pdf>

Thanks to Paul for his ongoing work on behalf of the wider racewalking community.



Paul DeMeester trackside as Ines Henriques powers to a women's 50km world record in London in August 2017

WHAT'S COMING UP

We can now all enjoy a well earned rest from competition as we enter our Christmas break. But don't forget to keep training!

The action kicks off again on Saturday 12th January with Round 9 of the Athletics Victoria Shield competition. Then things pick up quickly from there. Here is a brief outline of what's coming up for Victorian walkers in the new year.

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

And of course, the next **Supernova Walks Study Camp** will kick off at the AIS in Canberra in early January and will continue for 4 weeks (I think it extends from Jan 3rd to Feb 3rd). As well as a selection of our own top Australian senior and junior walkers, lots of top international walkers will be in attendance. As most of the camp walkers then travel to Adelaide for the annual Australian Summer 20km champs (on Sunday 10th Feb this year), that meet is always a very high quality affair.

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.

ACTRWC TRACK WALKS, WODEN ATHLETICS TRACK, WODEN, THURSDAY 20 DECEMBER

Only a couple of final Australian walks results this week. Thanks to Robin Whyte for these results from Canberra.

2000m Turkey Handicap

1.	Tim Fraser	08:46
2.	Hannah Manning	10:14
3.	Robin Whyte	12:54
4.	Ella Baker	14:04
5.	Robert Kennelly	18:05
6.	Lorna England	18:52

ALBERT JOHNSON MEMORIAL 3000M, DOMAIN ATHLETICS TRACK, HOBART, SATURDAY 22 DECEMBER

Thanks to Wayne Fletcher for the results of the final walk for the year in Hobart. The race is named in honour of dual Olympian Albert Johnson (1956 and 1960). In May 1974 he and his wife Mildred decided to move to Australia from Great Britain and start a new life with their young family. Their destination was Tasmania, where he lived until his death in 2011, aged 80. While there, he coached a whole swag of top Tasmanian athletes, including walkers Rick Cooke, Greg Robertson and Daniel Coleman. You can read more about Albert at <http://www.vrwc.org.au/tim-archive/articles/wo-albert-johnson.pdf>.

Albert Johnson Memorial 3000m Walk

1.	William Robertson	Old Virgilians	13.34.32
2.	Anna Blackwell	Old Virgilians	15.57.27
3.	Chloe Ahern	Old Virgilians	17.20.25
4.	Oliver Morgan	Old Virgilians	18.46.24
5.	Stephen Ahern	Old Virgilians	18.47.50
6.	Elizabeth Leitch	Tasmanian Masters	20.20.51
7.	Ron Foster	Tasmanian Masters	22.33.47
8.	David Moore	Tasmanian Masters	23.18.07

FRENCH REGIONAL CHAMPIONSHIPS, LIEVIN, FRANCE, SATURDAY 22 DECEMBER

Thanks to Emmanuel Tardi for one final result from France for the year. On Saturday in Lievin, French junior champion **David Kuster** beat his own French indoor U20 record for 5000m with a time of 19:34.14. He had previously held the record with 19:41.46.

5000m Walk Indoors Men

1.	KUSTER David	ESM/99	Efs Reims A.	19:34.14
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2.	LEAUTE Benjamin	SEM/88	Lille Ma	22:42.18
3.	CHENU Joffrey	SEM/82	Cill Armentieres	23:17.08
4.	DELECOLLE Sebastien	VEM/77	Usa De Lievin	23:17.74
5.	LOLEKO MBOYO Harouna (COD)	SEM/96	Amiens Uc	24:07.56
6.	CHENU Remy	SEM/85	Cill Armentieres	24:40.28
7.	ELOPHE Mathieu	JUM/00	Us Camon	25:15.73
8.	HASSEVELDE Sebastien	VEM/77	Touquet Opale Athletisme	26:33.63
9.	LAJOUANIE Armel	CAM/03	Lille Ma	26:50.44
10.	KOWALCZYK Hugo	CAM/03	As Marck	27:53.92

3000m Walk Indoors Women

1.	LEFRERE Celina	CAF/02	As Marck	15:31.05
2.	LEFRERE Mathilde	CAF/02	As Marck	15:43.00
3.	POUILLY Caroline	SEF/82	Rc De Lens Athletisme	15:46.65
4.	HERMARY Camille	CAF/02	Saint Venant Athletisme	16:06.29
5.	WINTREBERT Pauline	JUF/01	Villeneuve d:Asq fa	16:21.80
6.	RUANT Elise	CAF/03	Etoile Oignies	16:23.76
7.	ADLER Mathilde	JUF/01	Lille Ma	16:31.26
8.	ELOPHE Tiphaine	CAF/02	Us Camon	17:31.06
9.	MAILLE Florence	VEF/69	Esc Tergnier	17:34.06
10.	HERISSON Julie	CAF/03	Amiens Uc	18:51.60
11.	TABARY Florence	VEF/65	N St Amand EC	19:22.18

OUT AND ABOUT

- US Senators introduce *The Rodchenkov Anti-Doping Act*, establishing criminal penalties on individuals involved in doping fraud conspiracies. This could give prosecutors similar powers used to pursue FIFA execs for financial crimes. The IOC has taken a dim view on this (I wonder why!). See <http://www.sportspromedia.com/news/rodchenkov-act-anti-doping-russia>.
- Some of the top professionals in the field discuss the area of sports supplements and whether they are worth the risk. See https://bjsm.bmj.com/content/52/7/439?fbclid=IwAR12Mc-r7nBxNd6-7cQOEx_GLfa4QGLMgyJ_NwUdAu4mFb3FW5VOHYvtXHQ.
- A five-person WADA expert team, led by independent expert Dr. José Antonio (Toni) Pascual, is returning from its mission to Russia to access data from the former Moscow Laboratory. The team, which had arrived in Moscow on 17 December and was tasked with accessing the Laboratory Information Management System (LIMS) and the underlying data from the former Moscow Laboratory, was unable to complete its mission. Yet another example of Russian cooperation! See <https://www.wada-ama.org/en/media/news/2018-12/update-on-wada-mission-to-extract-moscow-laboratory-data>.
- This could well backfire on Russia with WADA rather peeved and on the verge of reimposing its suspension. See <https://www.insidethegames.biz/articles/1073569/russia-on-verge-of-having-suspension-reimposed-by-wada-after-they-deny-access-to-laboratory-data>.

VALE LAWRENCE (“LOL” ALLEN: 1921 - 2018)

A chapter in racewalking history was closed a week ago with the death of British Olympic walker **Lawrence Allen**. Dave Ainsworth has put out the following brief obituary.

Lawrence ‘Lol’ ALLEN (GBR) (b. 25 Apr 1921 Sheffield) died on December 16 in Sheffield at the age of 97. A member of Sheffield United Harriers, he had a great race walk rivalry with Roland Hardy in the early 1950s. Unfortunately he was disqualified in his two 10,000m internationals – at the 1952 Olympic Games and at the 1950 Europeans (after finishing in 2nd place). He was RWA champion at both 10 miles and 20 miles 1949-51 and 1958, while at the AAAs he was 2nd at 7 miles each year 1950-52 and 3rd at 2 and 7 miles in 1949. Walk PBs: 2M 13:43.4 (1950), 5M 35:40.8 (1950), 10000m 44:32.8 (1950), 7M 50:22.6 (1950), 10M 1:11:35 (1954), 20M 2:48:48/2:41:40 short (1954). He also won various Northern and CAU titles between 1949 and 1961.

But there is a lot more to the story than this bare bones account.

Controversy over style, ever a troubling issue, had come to a crisis in the 1950s, a crisis that virtually ended international track walking, with Lawrence Allen and Roland Hardy caught in the middle. Luckily, for us, most of that story was captured by Peter Lovesey in his book *The Official Centenary History of the Amateur Athletic Association*.

The two Sheffield walkers had been selected as part of the British team for the 1950 European Championships in Brussels, after dominant performances on the local front (Hardy had won the AAA 2 and 7 miles in outstanding times and Allen was the RWA 10 and 20 miles champion). Indeed, they went in as strong prospects for medals. This they confirmed by establishing such a lead in the 10,000m European Championships walk that it seemed they would not be caught. However, an old campaigner by the name of Fritz

Schwab (the son of Switzerland's Arthur Schwab, who won the 50km silver medal in 1936), raised what might charitably be termed a dashing finish and reached the line first in a time of 46:01. When it was announced that the result had been referred to the Jury of Appeal, justice seemed about to be done. Yet to general amazement, Schwab's victory was confirmed, and Hardy and Allen disqualified! The British team manager, Jack Crump, described it as '*the most atrociously unfair occurrence which I have ever known in more than twenty years of first-class athletics*'. In the protracted debate that followed, it was argued that the human eye was incapable of telling whether an 8 mph walker was 'lifting'. Films and photographs were studied minutely; even Bobby Bridge from pre-World War I days had his reputation dented by the evidence.

Back home after this debacle, Hardy and Allen had no trouble satisfying the English judges, Hardy reducing the AAA 2 miles best to 13:27.8 and the 7 miles to 50:05.6. They went to the 1952 Olympic Games, once again, as favourites for the 10,000m walk.

Come the 1952 Olympics in Helsinki, two heats were used to decide who of the 23 entrants would make the 10,000m walk final. Bruno Junks of U.S.S.R, who was the fastest qualifier, won the first heat in 45:05, 5 seconds ahead of John Mikaelsson, the defending champion. His Swedish compatriot Verner Hardmo still held the World Record at 42:39.6 but had now retired. Coleman of GBR won the second heat in a slower 46:12. But Hardy and Allen again incurred the displeasure of the judges, with Hardy one of 3 walkers disqualified in the first heat and Allen one of two walkers disqualified in the second heat.

The final saw the 38 year old Mikaelsson win by over 100 yards in a new Olympic record time of 45:02.8 in impeccably fair style. But the final is better remembered for the tussle to decide the minor medals. Schwab, chasing second place, produced another of his fleet-footed finishes, travelling at such speed that the Chief Judge had to run hard beside him to observe his style. Junk manfully met the challenge, and the pair sprinted to a photo-finish which palpably showed both men running. Yet there was no disqualification.

The judges, who had disqualified seven men in the heats and final, were made to look foolish. The Official British Olympic Association Report for the 1952 Olympic Games was scathing

Once again, this race proved by far the most unsatisfactory of all the Olympic athletic events. Including the chief judge, G. Oberweger of Italy, there were nine judges, each from a different country. The standard of judging and the basis on which decisions were made to caution or disqualify competitors were made, was neither consistent nor impartial, and in both the heats and the final even the most knowledgeable of followers of walking found it bewildering to appreciate what was happening.

The controversies that resulted from this incident ridden event led Olympic officials to drop the 10,000m walk and replace it with a 20km walk in 1956. From 1956 onwards, only longer road walks would be contested at major championships.

For Lawrence Allen, this was the last roll of the dice and his last international representation. Hardy, however, showed commendable resilience, continuing on and competing in the 1956 Olympics in Melbourne, here he finished 8th in the 20km with a time of 1:34:40.4.

MARCIADALMONDO AND OMARCHADOR ROUNDUP

Marciadalmondo has 2 press releases for us this week

- Fri 21 Dec - Getafe (ESP): victories of Alvaro Nunez Gomez and Lidia Sanchez-Puebla
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3348
- Sat 22 Dec – Olympic 20km champion Liu Hong to debut over 50km in 2019
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3347

Omarchador has 7 press releases

- Sun 23 Dec - Inês Henriques in doubt for Portuguese 50km/35km champs at Porto de Mós due to injury
<http://omarchador.blogspot.com/2018/12/ines-henriques-em-duvida-para-os.html>
- Sat 22 Dec - Results of Challenge de Leiria in Marcha Atlética (Portugal)
<http://omarchador.blogspot.com/2018/12/leiria-recebeu-challengecampeonatos.html>
- Fri 21 Dec - Álvaro López and Lidia Sánchez-Puebla win Cerro de Buenavista in Spain
<http://omarchador.blogspot.com/2018/12/alvaro-lopez-e-lidia-sanchez-puebla.html>
- Thu 20 Dec - Results of the Spanish Veterans Championship in Getafe
<http://omarchador.blogspot.com/2018/12/campeonato-de-espanha-de-veteranos-em.html>
- Wed 19 Dec - Results of the Portuguese Veterans Championships in Leiria
<http://omarchador.blogspot.com/2018/12/reduzida-participacao-no-campeonato.html>
- Tue 18 Dec - Siu Nga Ching sets 20km record at the Hong Kong Championships
<http://omarchador.blogspot.com/2018/12/siu-nga-ching-com-recorde-nos.html>

- Mon 17 Dec - Eider Arévalo is Athlete of the Year in Colombia
<http://omarchador.blogspot.com/2018/12/eider-arevalo-atleta-do-ano-na-colombia.html>

AUSTRALIAN WALKERS IN NASS PROGRAM FUNDING

The latest round of the National Athlete Support Structure (NASS) program has just been released and it shows that 8 walkers on the Athletics Australia listing. See the full list at <http://athletics.com.au/High-Performance/NASS/Able-Bodied>. The walkers are

Podium: **Dane Bird-Smith, Jared Tallent**
 Podium Potential: **Jemima Montag, Claire Tallent**
 Development: **Tyler Jones, Declan Tingay**
 Emerging: **Katie Haywood, Kyle Swan**

The Emerging Squad is a new concept – see <http://athletics.com.au/High-Performance/Able-Bodied/Junior-High-Performance/Emerging-Squad> for a further explanation.

Of course, it's all pretty slim pickings compared to the days of the AIS Scholarship. In fact, many people argue we have reverted back to the days of the amateur athlete here in Australia. My understanding is that Developmental Squad members get \$6000 per annum while Emerging Squad members get no actual money, just a free membership of their state institute of sport. Not exactly bounteous pickings in their quest to reach international status.

Anyway, well done to those walkers who are recognised with membership of the 2019 NASS.

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 3 – Feb 3, 2018	Supernova Walks Study Camp, AIS, Canberra
Jan 9 (Wed), 2019	AV/VRWC Track Races, Dolomore Reserve, Mentone, Victoria
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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