



HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club
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26 February 2019



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#SAVETHERACEWALKING



Anger continues to build within the racewalking community over the IAAF Race Walking Committee's decision to reinvent our sport of racewalking, scrap the 50km and force our international walkers down to the 10km distance. The feeling is just about unanimous – it is a dreadful idea and a sellout that could lead to the eventual extinction of our sport internationally.

We are so lucky that Stefano La Sorda has rolled up his sleeves and has decided to spearhead the NO campaign on our behalf. His new website https://savetheracewalking.org is now the central place for this process. That, combined with the facebook page https://www.facebook.com/LaMarciaCom/ are now central points for us all to visit.

So what can we all do in the remaining 2 weeks.

1. Complete the Survey

Take part in Stefano's short survey on the future of racewalking at https://www.surveymonkey.com/r/LKG7JX2. Unlike the one done by the IAAF RWC in 2018, this asks the right questions and is short and sweet. I have already completed it.

2. Add your protest photo

More and more photos are being posted of walkers, past and present, elite and club level, giving the agreed symbol to indicate their support for the 50km. See Stefano's explanation at https://savetheracewalking.org/en/protest-save-racewalking-20km-50km/.

It's easy - take a picture and share on your social media platform (facebook in my case) with key words #SAVETHERACEWALKING – WE WANT RACEWALKING 20Km & 50Km

Look – even I've done it! Do your own personal shot or get a group shot from your next race or group training session.

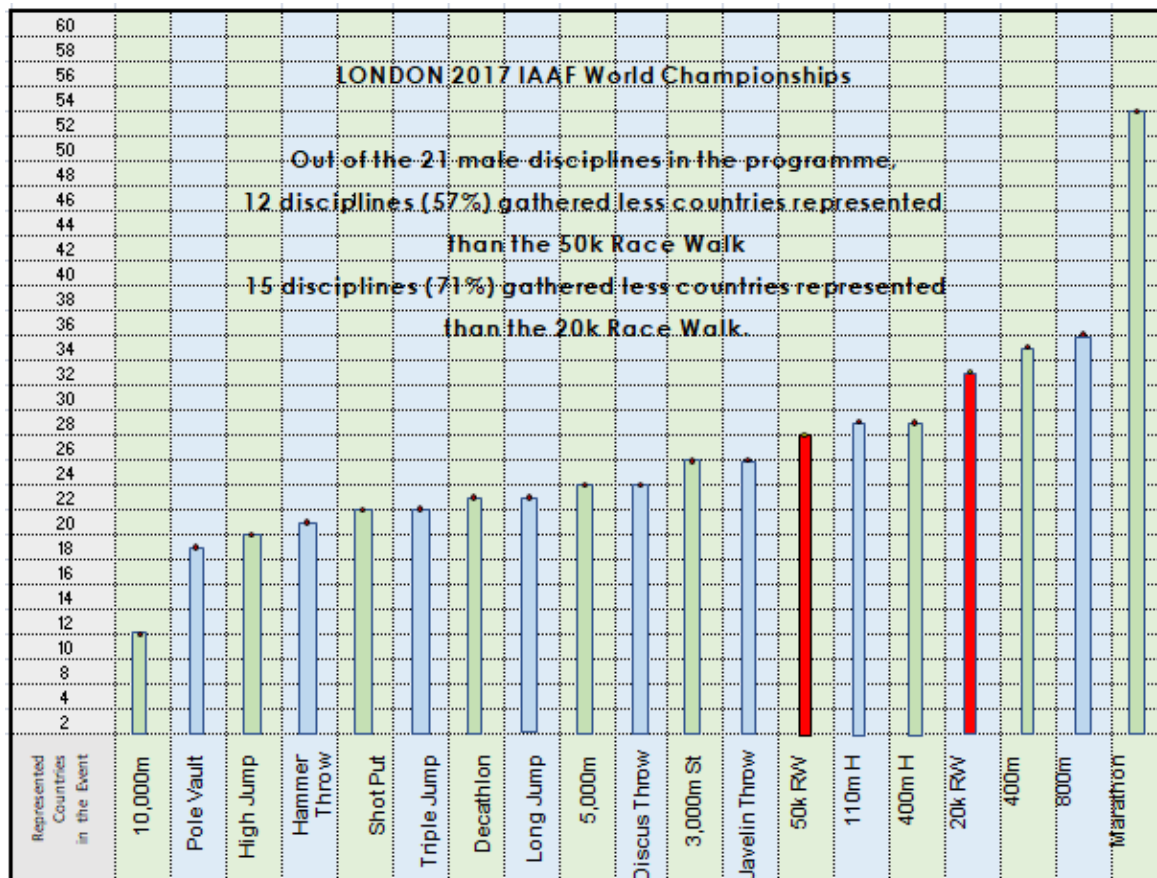


3. Join Project Phoenix

Stefano has created "Phoenix Project" which we hope will grow into a significant initiative for communication and promotion of our sport of racewalking. Again, we can all contribute initially by signing up to join. If you are a club or a racewalkers association, if you are a coach, athlete or a racewalk judge, immediately join this project by writing to info@savetheracewalking.org. Read more about it at <https://savetheracewalking.org/en/phoenix-a-new-project-for-racewalking/>. Sadly, this is the sort of initiative that should have come from the IAAF RW Committee. Alas, vision to grow our sport seems sorely missing from those people.

We have only 2 weeks to go until the IAAF Council meet in Doha to consider this proposal and this final period will decide the issue.

Yesterday, I read an email sent to the IAAF Council, urging them to vote NO to these changes. The email (from a senior IAAF person) included the following spreadsheet analysis which shows that the 2 racewalks (50km with 27 nations and 50km with 32 nations) were in the top half with regard to participating nations in the 2017 London World Championships. Compare those figures with 10,000m (13 nations), PV (18 nations), HJ (19 nations), Hammer (20 nations) and shotput (21 nations) and you just have to ask ask where is all this anti-walking stuff really coming from.



So the battle is not yet lost, but we must all do our bit to raise awareness during the final 2 weeks.

Let's not lose sight of what we want.

- Keep the current 20km / 50km as the international racewalking distances until after the 2024 Olympics.
- Use this extended timeframe to properly test the new shoe insert technology.
- Work to enhance the current 20km / 50km events to make them more attractive to the general viewing public.
- Visit this issue (if it still exists) again in 2024 once the shoe insert technology has been deemed to work (or not!)

WALKER OF THE WEEK

My walker of the week is 17 year old **Rebecca Henderson** who was the fastest female walker at the Athletics Victoria Shield final at Lakeside Stadium in Melbourne last Saturday (2000m PB time of **8:50.7**). What you may not realise is that this was Bec's first walking race since early December. She did a couple of Shield competition races early in the summer to cement her place in the finals, then swapped to triathlon and long distance swimming mode for the main part of her summer.

And what a successful summer it has been so far for her, with highlights plucked as follows

She competed in the Triathlon National Junior Series in Queensland in mid December, a brutal format with a series of 6 shorter races over the one weekend, progressing to a final. She gained enough points to finish 8th and gain a spot in the A Final where she had an amazing race to finish 5th (only 8 seconds behind 2nd in a very close finish) after a brilliant swim and riding solo the whole way on the bike, only getting caught going in to T2.

Two weeks later, on Dec 30th, Bec took wins in both the 3.8km and 1.4km Open categories at the Rip View Swim Classic at Point Lonsdale in Victoria.

On January 12th, she competed in her first Lorne Pier to Pub 1.2km swim, coming 7th in the Open Superfish wave in a very close race (only 11 seconds behind 2nd). The annual race boasts over 5,000 competitors and around 25,000 spectators!

The next day, she raced in the 2XU St Kilda Triathlon, taking 3rd place in a very strong Elite Womens field.

Straight after that, it was off to Canberra with 6 days at the AIS with Triathlon Victoria and Triathlon Australia.

Then a change of mode in late January, at the Australian Open Water Championships, where Bec finished 5th in the 18yo Girls 10km race on the Saturday and 5th in the 18yo Girls 5km swim on the Sunday. I saw this comment on facebook: *Very gutsy swim by Bec in such a brutal event where some girls were exiting the water with black eyes and bruised ribs. Maximum respect especially given she's about half the size of some of them.*

I chatted with Bec after her Shield Final walk and she is definitely planning on more walking. It's just a big job at the moment to find the time to fit everything in!



Rebecca Henderson – swim, bike run modes



.....and walk mode

WHAT'S COMING UP

- The next two weekends see the Victorian T&F Championships at Lakeside Stadium at Albert Park. The walks are provisionally timetabled as shown below but that may well change between now and next weekend. Provisional start lists and all other info at <http://athsvic.org.au/2019/generalnews/2019-victorian-tf-championships/>.

Fri 1 Mar	5.30PM	5000m Walks U17-U20
Fri 8 Mar	5:30PM	5000m Walk Open Women
	6:00PM	5000m Walk Open Men
	6:30PM	3000m Walks U14-U16

- The remaining key dates are as follows

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	LAVIC State T&F Championships, Casey Fields
Mar 23-24, 2019	Victorian Masters T&F Championships, Doncaster
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/

- Entries are now open for the **Australian Masters T&F Championships** in Melbourne from April 26 to 29. See event website at <https://melbourne2019.com.au/>. The walks are scheduled as follows

◦ Friday 26 th April	(AM)	1500m Track Walks, Lakeside Stadium, Albert Park
◦ Saturday 27 th April	(AM)	10km Roadwalks, Middle Park
◦ Monday 29 th April	(PM)	5000m Track Walks, Lakeside Stadium, Albert Park

VRWC WINTER SEASON NOW FINALISED

Our **VRWC Winter Season fixture** has now been finalised and can be viewed at <http://www.vrwc.org.au/vrwcw19.shtml>. The season kicks off on **Saturday 27th April** at Middle Park.

NUM BERS, NUMBERS, NUMBERS

I noticed at our last two VRWC track races (reported below) that our spare bibs are now in short supply. We lend them to people when they turn up without numbers, but not everyone remembers to return them. So an urgent call out. It's time to clean out your cupboards and give us your old numbers. We will put them to good use!

AV SHIELD FINAL, LAKESIDE STADIUM, ALBERT PARK, SATURDAY 23 FEBRUARY

The Athletics Victoria Shield competition finished last Saturday with the Shield Final at the Lakeside Stadium in Albert Park, Melbourne. With the top scoring teams from each division in each region all coming together for one final competition, it was a huge meet which went from early morning to late in the evening. Overall, 83 walkers contested the 4 graded 2000m track walk heats, and there were a lot more of us watching trackside, our sides, having been eliminated along the way. The walks were all held on Saturday morning in sunny and warm conditions.

The first heat saw most of the fastest walkers, with 2018 World Team Championships rep **Rebecca Henderson** leading them out on a fast pace. Triple Olympian **Chris Erickson** soon caught Rebecca, going on to win with a quick 8:30.8. 16 year old **Nicola Mandic** came through strongly behind him to take second with 8:37.3, while Rebecca recorded a big PB of 8:50.0 for third. **Heath Beveridge** was another with a big PB (9:03.5) in a race where just on half the race beat their best times. There were also lots of PBs in the other 3 heats – I have not gone through person by person but have just picked out a few of the obvious PBs. And a special announcement that **Gwen Steed** set a new VRWC, Victorian and Australian W75 2000m Track Walk record of 13:40.2. She had previously held the record with 13:42.7 (set 2017).

2000m Walk Heat 1

1.	Christopher Erickson	M	ESS		8:30.8	
2.	Nikola Mandic	M	CCA		8:37.8	
3.	Rebecca Henderson	F	MEN		8:50.0	PB 0:28
4.	Heath Beveridge	M	WES		9:03.5	PB 0:37
5.	Pramesh Prasad	M	VMA	M40	9:04.8	
6.	William Dynes	M	DIV		9:49.2	
7.	Liam Morgan	M	WES		10:08.5	eq PB
8.	Danny Hawksworth	M	ESS		10:09.3	
9.	Sandra Geisler	F	RWD	F40	10:13.5	
10.	Marcus Wakim	M	COL		10:13.8	PB 0:33
11.	Luke Epps	M	KNA		10:14.2	PB 0:04
12.	Holly Cocking	F	ANW		10:22.5	PB 1:00
13.	Liam McLennan	M	DAC		10:24.0	PB 0:32
14.	Zachary Matters	M	BOH		10:43.3	PB 0:45
15.	Wendy Muldoon	F	ANW	F45	10:44.1	
16.	Simon Evans	M	BOH	M55	10:52.4	
17.	Brianna Briet	F	CCA		11:03.5	PB 0:01
18.	Claire Samanna	F	COL		11:03.8	
19.	Andrew Jamieson	M	OSC	M65	11:15.3	
20.	Bernie Keirl	M	DIV	M55	12:16.5	
21.	Huw Warrillow	M	STK		14:00.1	

2000m Walk Heat 2

1.	Lucas Taylor	M	YRA		10:33.5	
2.	Trenton Hawkins	M	PTN		10:44.1	
3.	Riannah Tatlock	F	GER		11:10.6	PB 0:49
4.	Kaylah Heikkila-Dubowik	F	GER		11:11.9	PB 0:24
5.	Rebekah Powierski	F	ANW		11:26.6	
6.	Kerryn Walshe	F	KSB	F55	11:27.0	
7.	Nikita Djordjevic	M	MEN		11:31.8	
8.	Barbara Bryant	F	BER	F60	11:33.4	
9.	Alannah Upson	F	MPA		11:38.5	PB 0:04
10.	Andrew Egginton	M	BOH	M55	11:48.0	
11.	Heather Carr	F	GHY	F65	11:50.8	
12.	Carolyn Rosenbrock	F	ANW	F55	11:51.4	
13.	Eddie Bridgewater	F	PTN		11:54.5	
14.	Ralph Bennett	M	GHY	M65	11:55.4	
15.	Julian Boland	M	MEN	M55	11:59.6	
16.	Donna-Marie Elms	F	PTN	F55	12:08.6	
17.	Charli Walker	F	GER		12:09.4	
18.	Isabella Dingli	F	SAN		12:11.4	
19.	Duncan Knox	M	ESS	M55	12:32.6	
20.	Ross Reid	M	COL	M60	12:45.5	
	David Sommers	M	ANW	M60	DQ	

2000m Walk Heat 3

1.	Emily Noonan	F	COL		11:17.4	
2.	Cassie Little	F	GHY		12:11.6	
3.	Hamish Beaumont	M	MUU	M40	12:16.2	
4.	Bernadette Holohan	F	SAN	F50	12:23.5	

5.	Rupert Van Dongen	M	MEN	M40	12:27.0	
6.	Tracy Colbert	F	COB	F45	13:11.4	
7.	Anthony Doran	M	GHY	M65	13:17.7	
8.	Sarah Papadopoulos	F	DIV		13:24.9	
9.	Geoff Barrow	M	MEN	M65	13:32.0	
10.	Janice Hodgart	F	WES	F55	13:33.7	
11.	Isabella Delia	F	CCA		13:38.3	
12.	Gwen Steed	F	GHY	F65	13:40.2	W75 Aust Record
13.	Janice Marston	F	AWA	F50	13:41.6	
14.	Adam Mccann	M	ANW	M40	14:11.8	
15.	Annette Curtis	F	BER	F60	14:12.7	
16.	Sharron Meager	F	BOH	F55	14:17.7	
17.	Jamee-Leigh Colley	F	PTN		14:32.7	
18.	Brian Anderson	M	ESS	M60	14:47.8	
19.	Robert Gardiner	M	COL	M65	14:59.0	
20.	Stephen Murphy	M	ESS	M55	16:44.0	
	Steven Stern	M	GHY	M65	DQ	

2000m Walk Heat 4

1.	Owen Costin	M	GER		10:04.5	PB 0:15
2.	Albin Hess	M	VMA	M55	11:28.7	PB 0:30
3.	Brodie Richardson	F	KNA		11:44.6	
4.	Shannon Delaney	M	MPA		12:16.0	
5.	Jessica Lillie	F	KNA		13:05.3	
6.	Ocean Shephard	M	MPA		13:41.6	
7.	Ivan Matijas	M	WYN		14:25.8	
8.	Joanna Margiolis	F	ESS		15:39.8	
9.	Kevin Healy	M	ESS		15:55.6	
10.	Francis Panakkal	M	WYN		15:56.9	
11.	Richard Dawe	M	MPA	M50	16:31.7	
12.	Tess Rickard	F	BWK		16:34.2	
13.	Donna Campbell	F	PTN	F45	17:01.0	
14.	Olive Ireland	F	BWK	F55	17:04.1	
15.	Anna Ross	F	GHY		17:44.2	
16.	Anne-Marie Ebbels	F	YRA	F45	19:13.5	
17.	Glenys Schubert	F	DIV	F55	19:39.4	
	Lauren Healy	F	ESS		DQ	
	Timothy Thomas	M	MUU	M50	DQ	
	Rob Newling	M	MPA	M55	DQ	



Chris Erickson, Heath Beveridge, Nicola Mandic and Rebecca Henderson



Holly Cocking, Sandra Geisler, Luke Epps, Danny Hawksworth, Riannah Tatlock, Kaylah Heikkila-Dubowik and Alanna Upson



The start of the first heat in the AV Shield 2000m Walk



The start of the second heat in the AV Shield 2000m Walk



The start of the third heat in the AV Shield 2000m Walk

SAMA TRACK WALKS, SA ATHLETICS STADIUM, MILE END, ADELAIDE, WEDNESDAY 20 FEBRUARY

Thanks to Colin Hainsworth for his weekly report from the South Australian Masters in Adelaide. He commented: warm evening, breezy at times.

1000m Walk

1.	RICHARD EVERSON	0:04:42	M55	85.09%
2.	GREGORY METHA	0:05:36	M54	70.78%
3.	GEORGE WHITE	0:05:50	M73	83.24%
4.	MARIE MAXTED	0:06:03	W58	73.15%
5.	GIL MCINTOSH	0:06:26	M68	71.00%
6.	REBECCA HUNTER	0:06:42	W39	56.44%
7.	LIZ DOWNS	0:07:11	W63	64.69%
8.	JAMES HOARE	0:07:13	M72	66.44%

1000m Club Walk

1.	JOHN HORE	0:07:14	M70	64.68%
2.	ROSS HILL-BROWN	0:07:27	M64	58.65%
3.	ROGER LOWE	0:07:34	M75	65.88%
4.	GRAHAM HARRISON	0:07:35	M75	65.73%
5.	MARGARET MCINTOSH	0:07:54	W66	60.76%
6.	VALMAI PADGET	0:07:55	W74	67.02%
7.	DAVID ROBERTSON	0:08:22	M85	69.20%
8.	CATHIE HORE	0:08:29	W68	57.91%

3000m Walk

1.	RICHARD EVERSON	0:16:10	M55	77.83%
2.	GEORGE WHITE	0:18:06	M73	84.45%
3.	MARK WORTHING	0:19:30	M56	65.11%
4.	MARIE MAXTED	0:19:44	W58	71.31%
5.	GIL MCINTOSH	0:20:06	M68	71.51%
6.	JAMES HOARE	0:22:17	M72	67.72%
7.	LIZ DOWNS	0:23:17	W63	63.86%
8.	COLIN HAINSWORTH	0:27:33	M89	71.45%

3000m Club Walk

1.	GRAHAM HARRISON	0:23:06	M75	67.95%
2.	DAVE FALLON	0:23:35	M66	59.56%
3.	ROSS HILL-BROWN	0:23:42	M64	57.98%
4.	JAN LAYNG	0:23:43	W70	68.62%
5.	MARGARET MCINTOSH	0:23:55	W66	64.50%
6.	ROGER LOWE	0:25:30	M75	61.56%
7.	DAVID ROBERTSON	0:26:22	M85	69.40%
8.	CATHIE HORE	0:26:56	W68	58.79%
9.	EDNA BATES	0:27:35	W66	55.92%

ACTRWC TRACK WALKS, WODEN PARK, WODEN, THURSDAY 21 FEBRUARY

Thanks to Robin Whyte for this week's results from Canberra.

2000m Walk

1.	Michael Smith	10:12
2.	Owen Toyne	10:19
3.	Ann Staunton-Jugovic	11:05
4.	Robin Whyte	13:00
5.	Bryan Thomas	14:06
6.	Ella Baker	14:28
7.	Ken Hart	14:43
8.	Ruth Bausmann	14:58
9.	Sheryl Greathead	16:20
10.	Lorna England	16:34
11.	Robert Kennelly	16:35
12.	Val Chesterton	17:06
13.	Margaret McSpadden	17:09

1200m Walk

1.	Cody Clarkson	07:38
2.	Georgia Frew	07:58
3.	Jim White	08:39

ATHLETICS SA INTERCLUB, SA ATHLETICS STADIUM, MILE END, ADELAIDE, SATURDAY 23 FEBRUARY

Thanks to Kim Mottrom for this week's results from Adelaide. Kim comments: 30c when we started, but great walks with PB's for Tristan and Mathew.

3000m Walk

1.	Tristan Camilleri	U20	12:36.77
2.	Kim Mottrom	Open	13:49.18
3.	Mathew Bruniges	U20	13:57.65
4.	Toby Wilks	U14	14:00.05
5.	Olivia Sandery	U16	14:33.67
6.	Kiera Ross	U14	16:06.61
7.	Peter Crump	Over 35	18:06.08
8.	Mia Wilks	U16	18:17.56
9.	Hannah Wilks	U14	19:02.85
10.	Elli Pusonjic	U14	20:39.27
11.	James Hoare	Over 35	22:28.98

TASMANIAN INTERCLUB, DOMAIN ATHLETICS TRACK, HOBART, SATURDAY 23 FEBRUARY

Thanks to Wayne Fletcher for this week's results from Hobart.

3000m Walk

1.	Alice Randall	Old Virgilians	14:39.92
2.	Chloe Ahern	Old Virgilians	18:26.67
3.	Oliver Morgan	Old Virgilians	19:06.02
4.	Stephen Ahern	Old Virgilians	19:10.25
5.	Elizabeth Leitch	Tasmanian Masters	20:07.83
6.	Ron Foster	Tasmanian Masters	22:40.35
7.	David Moore	Tasmanian Masters	24:02.85

NSW JUNIOR CHAMPIONSHIPS, SOPAC, SYDNEY, 22-24 FEBRUARY

Great to see 49 young walkers in action in the NSW Junior T&F Championships in Sydney last weekend. Best performance was by **Oscar Tebbutt** (21:55.75).

5000m U20 Men

1.	Tebbutt, Oscar	18	Gosford Little Athletics	21:55.75
2.	Thomson, Ryan	19	Nepean District Athletic Club	24:18.06
3.	Barendregt, Travis	19	Nepean District Athletic Club	24:31.38

5000m U20 Women

1.	O'Neill, Molly	19	Adamstown New Lambton Athletic	24:50.28
2.	Wang, Eaine	19	Adamstown New Lambton Athletic	26:30.22
3.	Mison, Hannah	18	Koorringal -wagga Athletics Clu	27:13.64
4.	Pengilley, Teegan	18	Bankstown Sports Senior Athlet	27:20.83
5.	Walker, Amy	18	Mingara Athletics Club Inc.	28:27.76

5000m U18 Boys

1.	Blaskett, Hayden	17	Sydney Striders Road Runners C	25:57.35
	McGinniskin, Jack	17	Unattached	DQ

5000m U18 Girls

1.	Bolton, Hannah	16	Mingara Athletics Club Inc.	25:34.05
2.	Bell, Bridget	17	Asics Wests Track & Field Club	27:01.66
3.	Parker, Hannah	17	Randwick Botany Harriers Athle	27:56.29
4.	Brennan, Elise	17	U.T.S. Northern Suburbs Athlet	28:54.66
5.	Robertson, Brittany	17	St. George District Athletic C	31:04.22

5000m U17 Boys

1.	Kemp, Joel	16	Mingara Athletics Club Inc.	24:50.23
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5000m U17 Girls

1.	Pitcher, Allanah	16	Mingara Athletics Club Inc.	24:14.29
2.	Blanch, Emma	16	St. George District Athletic C	25:26.55
3.	Thomson, Jada	15	Nepean District Athletic Club	29:57.90
4.	Callaway, Madison	16	Lake Illawarra Little Athletic	30:51.16

3000m U16 Boys

1.	Pyda, Raven	15	Westfields Athletics Club Inc.	15:41.80
2.	Tebbutt, Archie	15	Unattached	16:41.30

3000m U16 Girls

1.	DeCelis, Ellie	15	Illawong Revesby Workers Athle	15:54.84
2.	Thomson, Olivia	15	Athletics Nsw	17:07.79
3.	Scott, Bethany	15	Westlakes Athletic Club Inc.	17:14.65
4.	Smith, Casey	15	Independant Athlete	18:25.69

3000m U15 Boys

1.	Dundon, Harry	14	Balmain Athletics Club	15:05.73
2.	Pospischil, Brendan	14	Unattached	16:23.57
3.	Colefax, Jesse	14	Edgeworth and Districts LA Cen	18:22.43

3000m U15 Girls

1.	Duguid, India	14	Mingara Athletics Club Inc.	14:49.21
2.	Thomas, Emma	14	Parramatta City Track & Field	15:00.43
3.	Dunne, Izabella	14	Mingara Athletics Club Inc.	15:14.91
4.	Laytham, Tara	14	Sydney Pacific Athletic Club I	15:42.64
5.	Hickson, Alannah	14	Asics Wests Track & Field Club	16:37.66
6.	Deagan, Rhianni	14	Nepean District Athletic Club	17:57.62

3000m U14 Boys

1.	Ashby, Myles	12	Gosford Little Athletics	17:01.26
2.	Bell, darcy	13	Asics Wests Track & Field Club	17:11.78
3.	Walker, Mark	13	Koorringal -wagga Athletics Clu	18:18.22
4.	Walter, Matthew	12	Asics Wests Track & Field Club	18:59.87
5.	Cousins, Callum	12	Edgeworth and Districts LA Cen	19:12.01
6.	Douglas, Sean	12	The Scots College	19:57.56

3000m U14 Girls

1.	Boughton, Milly	13	Randwick Botany Harriers Athle	15:53.84
2.	Pitcher, sienna	12	Unattached	16:01.93
3.	Munroe, Ella	13	Hills District Athletic Club I	16:07.73
4.	Lamb, Chloe	12	Athletics Nsw	16:27.27
5.	Burns, Amayah	13	Nepean District Athletic Club	17:23.09
6.	Krklinski, Chloe	13	Parramatta City Track & Field	17:28.39
7.	Olbrich, Chelsea	13	Hills District Athletic Club I	17:44.48
8.	Loncar, Madeleine	13	Trinity Athletics Club	17:48.83

TOYOTA USATF INDOOR CHAMPIONSHIPS, STATEN ISLAND, NY, 22-24 FEBRUARY

The USATF Indoor T&F Championships were held last weekend at the Ocean Breeze Athletic Facility in Staten Island, NY, with the walks won by **Nick Christie** (11:35.34) and **Miranda Melville** (12:57.58).

3000m Walk Men, Saturday 23 February

1.	Nick Christie	Unattached	11:35.34
2.	Emmanuel Corvera	NYAC	11:49.25
3.	John Cody Risch	Q Elite	11:57.26
4.	Anthony Peters	Unattached	12:18.80
5.	Richard Luettchau	Shore AC	13:18.49
	Andreas Gustafsson	Unattached	DQ

3000m Walk Women, Sunday 24 February

1.	Miranda Melville	NYAC	12:57.58
2.	Katie Burnett	Harrier Track Club	13:14.09
3.	Kayla Shapiro	Walk USA	14:11.84
4.	Maria Michta-Coffey	Oiselle/Walk USA	14:18.82
5.	Chelsea Conway	Shore AC	14:26.74
6.	Katherine Miale	Marist	14:34.72
	Lauren Harris	Marist	DQ
	Celina Lepe	Unattached	DQ
	Robyn Stevens	Salming/Wolfpack RC	DQ

LES 24 HEURES DE BOURGES, BOURGES, FRANCE, 23-24 FEBRUARY

Emmanuel Tardi was in Bourges, 250km south of Paris, for the French 24 Hour Racewalking Championships last weekend. He reports:

Laps were 2.5km long in the first 23 hours, with a smaller 629m lap for the final hour. The road was good but with a slope at around the 500m mark. The weather was absolutely perfect: no wind, a beautiful sun, 15°C in the afternoon and 3°C during the night .

The race start saw 65 walkers get underway at 1PM on Saturday. In the men's event, **Christophe Erard** led for 30km before **Emmanuel Lassalle** caught him and went to the front. The lead changed again at the 8 hour mark with **Jean-Marie Rouault** taking over. He reached the 100km mark in 11:42:21, ahead of **Florian Letourneau** (11:46:24), **Christophe Laborie** and **Alexandre Forestieri** (11:56:22) and **Mathieu Olivares** (11:58:53). During the night, Roualt further increased his lead, going on to win easily with an excellent 198.716 km, 8km ahead of Forestieri and Laborie.

In the women's event, **Marie-Lise Abraham** led early before **Véronique Bessot** took over. The legendary **Sandra Brown** started slowly but had taken the lead by the 50km mark. She passed the 100km mark in 13:11:22, going on to win easily with 176.568 km, around 9km ahead of **Marie Cain** and Emilie **Bizard Planchot**. There was a big battle for the French title which went to Marie Cain, with the first 3 French women all within a couple of kms of each other.

For the amazing Sandra Brown, it was her 198th walk of one hundred miles or more and she looks set to reach the 200 milestone in the next few months. Perhaps just as amazing, Sandra is just one month shy of her 70th birthday.

The ancilliary event (2 x 6 hours walk, 1PM to 7PM then 7AM to 1PM) was a hard fought battle, with **Erik Pflieger** (102.482 km) beating **Patrick Langlois** (102.117 km) by just over 350m.

Les 24 heures de Bourges Men

1.	ROUAULT Jean-marie	France	83	198.716 km	24:00:00	8.280 km/h
2.	FORESTIERI Alexandre	France	79	190.588 km	24:00:00	7.941 km/h
3.	LABORIE Christophe	France	79	190.076 km	24:00:00	7.920 km/h
4.	MARECHAL Pascal	France	80	188.848 km	24:00:00	7.869 km/h
5.	LETOURNEAU Florian	France	82	188.561 km	24:00:00	7.857 km/h
6.	OLIVARES Mathieu	France	77	183.644 km	24:00:00	7.652 km/h
7.	LETESSIER Gilles	France	76	182.908 km	24:00:00	7.621 km/h
8.	ERARD Christophe	France	78	182.082 km	24:00:00	7.587 km/h
9.	VARAIN Cedric	France	76	175.053 km	24:00:00	7.294 km/h
10.	LOUGRADA Saadi	France	72	174.605 km	24:00:00	7.275 km/h
11.	MONTANI Alexandre	France	74	172.208 km	24:00:00	7.175 km/h
12.	PINEAU Laurent	France	73	171.501 km	24:00:00	7.146 km/h
13.	MALFONDET Alain	France	73	171.259 km	24:00:00	7.136 km/h
14.	MAJETIC Ivo	USA	74	170.652 km	24:00:00	7.111 km/h
15.	JACQUEMIN Mickael	France	73	167.570 km	24:00:00	6.982 km/h
16.	HIRSINGER Christian	France	72	167.429 km	24:00:00	6.976 km/h

17.	BIEBUYCK Pascal	Belgium	70	165.650 km	24:00:00	6.902 km/h
18.	BALLAND Johann	France	69	163.249 km	24:00:00	6.802 km/h
19.	THOUMELIN Laurent	France	69	161.497 km	24:00:00	6.729 km/h
20.	RIGAL Jean-marc	France	66	157.783 km	24:00:00	6.574 km/h
21.	GRADOS Stephane	France	67	156.504 km	24:00:00	6.521 km/h
22.	FILLIEUX Christian	France	65	153.539 km	24:00:00	6.397 km/h
23.	LACHE Cyrille	France	65	153.493 km	24:00:00	6.396 km/h
24.	BIET Christophe	France	64	153.078 km	24:00:00	6.378 km/h
25.	RINGUEDE Dominique	France	64	151.185 km	24:00:00	6.299 km/h
26.	TINTIN Ronald	France	60	144.758 km	24:00:00	6.032 km/h
27.	VINCENT Dominique	France	59	144.254 km	24:00:00	6.011 km/h
28.	CARREY Franck	France	58	139.530 km	24:00:00	5.814 km/h
29.	LINARD Benoit	France	60	138.888 km	24:00:00	5.787 km/h
30.	BOUILLON Philippe	France	58	134.112 km	24:00:00	5.588 km/h
31.	DEPARDAY Fabien	France	57	133.502 km	24:00:00	5.563 km/h
32.	DALUZ Robert	France	58	132.037 km	24:00:00	5.502 km/h
33.	COULOMBEL Pierre	France	54	129.773 km	24:00:00	5.407 km/h
34.	CECCALDI Georges	France	55	128.272 km	24:00:00	5.345 km/h
35.	DELANGE Dominique	France	52	126.777 km	24:00:00	5.282 km/h
36.	MULLARD Michel	France	52	124.945 km	24:00:00	5.206 km/h
37.	KONDRATEV Viacheslav	Russia	50	121.564 km	24:00:00	5.065 km/h
38.	LAUBRETON Stephane	France	52	120.868 km	24:00:00	5.036 km/h
39.	JOFFROY Jean-nicolas	France	53	119.643 km	24:00:00	4.985 km/h
40.	RASSAIND Andre	France	49	115.610 km	24:00:00	4.817 km/h
41.	DE MARCILLAC Bertrand	France	47	114.285 km	24:00:00	4.762 km/h
42.	CHUI Didier	France	47	114.035 km	24:00:00	4.751 km/h
43.	GILLET Max	France	47	111.987 km	24:00:00	4.666 km/h
44.	PIERRE Patrick	France	46	106.185 km	24:00:00	4.424 km/h
45.	GLASER Jean-bernard	France	45	105.391 km	24:00:00	4.391 km/h
46.	GEORGELIN Serge	France	26	65.000 km	24:00:00	2.708 km/h
47.	SCHWING Martin	France	28	64.910 km	24:00:00	2.705 km/h
	DANDOY Jeremy	France	41	102.500 km	14:09:18	7.241 km/h
	LABARRE Bertrand	France	30	75.000 km	11:02:32	6.792 km/h
	LHERITIER Michel	France	31	72.003 km	24:00:00	3.000 km/h
	LASSALLE Emmanuel	France	28	70.000 km	08:10:21	8.565 km/h

Les 24 heures de Bourges Women

1.	BROWN Sandra (W)	Great Britain	75	176.568 km	24:00:00	7.357 km/h
2.	CAIN Marie (W)	France	70	167.902 km	24:00:00	6.996 km/h
3.	BIZARD PLANCHOT Emilie (W)	France	70	166.145 km	24:00:00	6.923 km/h
4.	BESSOT Veronique (W)	France	68	163.104 km	24:00:00	6.796 km/h
5.	MAISON Sylvie (W)	France	70	166.029 km	24:00:00	6.918 km/h
6.	DAVID Christine (W)	France	64	152.576 km	24:00:00	6.357 km/h
7.	CRILLEY Kathy (W)	Great Britain	64	147.143 km	24:00:00	6.131 km/h
8.	MIROCHNITCHENKO Vera (W)	Russia	61	147.030 km	24:00:00	6.126 km/h
9.	BIZARD Claudie (W)	France	63	144.795 km	24:00:00	6.033 km/h
10.	ARNAULT Françoise (W)	France	59	140.018 km	24:00:00	5.834 km/h
11.	CANTET Nadege (W)	France	55	130.566 km	24:00:00	5.440 km/h
12.	GILLARD Lydia (W)	France	52	121.216 km	24:00:00	5.051 km/h
13.	BOURSAIN Mickaelise (W)	France	40	100.546 km	24:00:00	4.189 km/h
	DE SOUSA Marie-lise (W)	France	25	62.500 km	09:39:06	6.476 km/h

2x 6 Heures Walk

1.	PFLIEGER Erik	102.482 km
2.	LANGLOIS Patrick	102.117 km
3.	TOUTAIN Eric	97.455 km
4.	MALDEME Damien	97.295 km
5.	PELLERIN Alain	95.461 km
6.	SEYNAVE Serge	90.650 km
7.	DIEN Daniel	86.403 km
8.	MOUGENOT Patrick	86.145 km
9.	VERGNIOL LEVAIQUE Corinne	80.234 km
10.	BUTET Marc	76.166 km
11.	GUIOT Axelle	75.868 km
12.	NITYAGOVSKAYA Liudmi (Rus)	75.095 km
13.	CORMIER Mireille	73.631 km
14.	COSTILS Alain	44.485 km

See the huge photo gallery at

https://photos.google.com/share/AF1QipOWV1_aHYkUnyenmY8DKteh7bvwhAR7SskY4KSkgs7uZXlpLbn2ISZnU0Qb5781w?key=R1FJRld5VzILZDZXRWhRME02U0VicEVPu0VpVE9B.



Sandra Brown, Marie Cain, Christophe Laborie and Alexandre Forestieri (photos Emmanuel Tardi)



Erik Pflieger, milie Bizard Planchot Sylvie Maison and Jean-marie Rouault (photos Emmanuel Tardi)

To complete proceedings, shorter distance events (10km and 5km) were held at 9:30AM on the Sunday morning.

10km Walk

1. SEVELLEC Sylvie	VEF/64	Ac Cesson	54:52
2. BOYER Nicolas	VEM/77	Us Champagne-sur-seine	55:59
3. BABOIN Michel	VEM/56	Saran Loiret Athletic Club	57:27
4. FOUGERON Pierre-alexandre	CAM/03	Us Berry Athletisme	59:18
5. JACQUIN Gilles	VEM/61	Ea Issoudun	1:03:08
6. GENESTE Jean-louis	VEM/66	Rc Vichy	1:03:36
7. VAUGON Chrysteie	VEF/71	Reveil Sportif De St Cyr/loire	1:03:36
8. BEGUIN Nathalie	VEF/67	Ca Vierzon	1:13:48
9. TARDI Emmanuel	VEM/67	La Postillonne Longjumeau	1:15:29

5km Walk

1.	AUCLER Clement	JUM/01	Ea Issoudun	32:35
2.	LE CADRE Theo	MIM/05	Ac Aubigny Arge	36:20
3.	BIGONNEAU Luce	VEF/49	Luce Mainvilliers	42:03

MARCIADALMONDO AND OMARCHADOR ROUNDUP

Marciadalmondo has 4 press releases for us this week

- Wed 20 Feb - Torun (POL): Agnieszka Szwarnog and Dawid Tomala new Polish indoor champions
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3407
- Tue 19 Feb - Article by Koji Hoga Miura (JPN)
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3405
- Mon 18 Feb - Miramas (FRA): Gabriel Bordier and Clemence Beretta are French Indoor champions
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3404
- Mon 18 Feb - Chennai (IND): Indian national Championships
http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3403

Omarchador has 20 press releases

- Mon 25 Feb - Rúben Santos and Joana Pontes Portuguese U20 Indoor Walk Championships in Braga
<http://omarchador.blogspot.com/2019/02/ruben-santos-e-joana-pontes-vencem.html>
- Sun 24 Feb - Track walk results from Vienna, Austria
<http://omarchador.blogspot.com/2019/02/austria-internationaler-wiener.html>
- Sun 24 Feb - Judging Seminar in Kobe, Japan
<http://omarchador.blogspot.com/2019/02/meia-centena-de-juizes-em-seminario-em.html>
- Sat 23 Feb - Peter Marlow resigns from the IAAF March Committee
<http://omarchador.blogspot.com/2019/02/peter-marlow-demite-se-do-comite-de.html>
- Sat 23 Feb - Braga hosts the Portuguese Indoor U20 Championships this weekend
<http://omarchador.blogspot.com/2019/02/braga-acolhe-os-campeonatos-nacionais.html>
- Sat 23 Feb - Central American Athletics Championships (CADICA) to be held in Guatemala this Sunday
<http://omarchador.blogspot.com/2019/02/campeonatos-centro-americanos-de-marcha.html>
- Fri 22 Feb - Wright and Veale win Irish Indoor titles in Abbotstown, Ireland
<http://omarchador.blogspot.com/2019/02/wright-e-veale-vencem-na-pista-coberta.html>
- Thu 21 Feb - Kinnunen and Haapaniemi victorious in Kuopio, Finland
<http://omarchador.blogspot.com/2019/02/kinnunen-e-haapaniemi-vitoriosos-em.html>
- Thu 21 Feb - Takayuki Tanii has his final race in Kobe last weekend
<http://omarchador.blogspot.com/2019/02/takayuki-tanii-na-despedida-da-alta.html>
- Thu 21 Feb - Agnieszka Szwarnóg and Dawid Tomala win indoor track champs in Torun, Poland
<http://omarchador.blogspot.com/2019/02/agnieszka-szwarnog-e-dawid-tomala.html>
- Wed 20 Feb - Beretta and Bordier win France Indoor titles
<http://omarchador.blogspot.com/2019/02/beretta-e-bordier-com-titulos-de-franca.html>
- Wed 20 Feb - Jitendra Rathore wins 50km in Chennai, India
<http://omarchador.blogspot.com/2019/02/jitendra-rathore-vence-50-km-em-chennai.html>
- Wed 20 Feb - Irfan KT and Soumya B win Indian 20km titles in Chennai
<http://omarchador.blogspot.com/2019/02/irfan-kt-e-soumya-b-com-titulos.html>
- Tue 19 Feb - U20 results from Kobe, Japan
<http://omarchador.blogspot.com/2019/02/elevado-nivel-de-resultados-dos-sub-20.html>
- Tue 19 Feb - Hong Liu wins women's 20km in Kobe, Kumiko Okada wins Japanese Title
<http://omarchador.blogspot.com/2019/02/hong-liu-vence-20-km-femininos-em-kobe.html>

- Tue 19 Feb - Eiki Takahashi wins Japanese 20km title in Kobe
<http://omarchador.blogspot.com/2019/02/eiki-takahashi-conquista-titulo-japones.html>
- Tue 19 Feb - Viviane Lyra hits South American record and Cláudio Richardson gets 10th national title in Brazilian 50km
<http://omarchador.blogspot.com/2019/02/50-km-da-copa-brasil-viviane-lyra-bate.html>
- Mon 18 Feb - Portuguese Indoor Club results from Braga - Division 2
<http://omarchador.blogspot.com/2019/02/co-pechao-e-acr-senhora-do-desterro-com.html>
- Mon 18 Feb - Mon 18 Feb - Portuguese Indoor Club results from Braga - Division 1
<http://omarchador.blogspot.com/2019/02/marchadores-do-sporting-cp-dominam.html>
- Mon 18 Feb - Palmisano and Fortunato win Italian indoor track championships
<http://omarchador.blogspot.com/2019/02/palmisano-e-fortunato-sagram-se.html>

BRWC FOOTY TIPPING 2019

The Ballarat Race Walking Club has asked me to include this little advertisement for their 2019 AFL Football Tipping Competition. If you are looking for a Footy Comp, then you can't do better than support one of our local clubs and have some fun at the same time.

The 2019 AFL footy season is close to kick off. Ballarat Racewalking Club (BRWC) welcomes you to join our annual footy tipping competition. Many of our tipsters are not necessarily racewalkers, but friends of friends, work colleges and family members all keen on attempting to look into the AFL crystal ball and tip the weekly winners.

For those who have not been involved before, it is very simple. Choose all the tips for the season at once on the AFL tipping sheet, pay \$20 into our BRWC bank account and email your footy tips to Graeme Saunder (janinetwig@hotmail.com) or Wayne Peart (wayne@jassmith.com.au) or post/drop off to Kerrie/Wayne Peart (Jastec Sheetmetal, 122 Whitelaw Ave, Delacombe Vic 3356) by Monday 18th March. To receive a copy of our entry form please email us at either of the above email addresses.

Weekly our footy buff Graeme Saunder sends a ladder update with entertaining comments of the round results. Who knows how the season will end ! Use your own name or a creative title on your entry to add some interest.

Prize money is awarded for 1st, 2nd, 3rd & last place, with the amount depending on the number of entrants. Part of the \$20 is used as fund raising to purchase monthly race trophies and subsidize new BRWC club uniforms.

So come and join in the footy fun and support our local racewalking club.

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

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	LAVIC State T&F Championships, Casey Fields
Mar 23-24, 2019	Victorian Masters T&F Championships, Doncaster
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/
Jun 9 (Sun), 2019	LBG Carnival, Stromlo Forest Park, Canberra, ACT
June 25-28, 2019	2019 Oceania Championships, Townsville (Open and U20 10km, U18 5km)
Aug 11 (Sun), 2019	AMA 20km National Championships, Adelaide, SA

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

Mar 17 (Sun), 2019	Asian 20km Race Walking Championships, Nomi, JPN
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)
Apr 20-21, 2019	Pan American 50km Race Walking Cup, Lazaro Cardenas, Michoacan, Mexico
May 11-12, 2019	2019 IAAF Race Walking Challenge, Taicang, China
May 19 (Sun), 2019	European Race Walking Cup, Alytus, Lithuania (20 and 50km M/W)
Jun 8 (Sat), 2019	XXXIII Gran Premio Cantones de La Coruña, La Coruña, Spain
Jun 26 (Wed), 2019	Oceania Race Walk 10km Championships, Townsville, Australia (10km M/W)
Sep 27 - Oct 6, 2019	IAAF World Athletics Championships, Doha, Qatar

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

International Dates – 2019 and onwards

Mar 9-10, 2019 China National Race Walking Gran Prix 1, Haungshan, CHN (20/50km M/W)
Mar 16 (Sat), 2019 USATF National 20km Race Walking Champs, Tustin, USA (20kmM/W)
Mar 17 (Sun), 2019 Lugano Trophy - Memorial Mario Albisetti, Lugano, SUI (20km M/W)
Mar 17 (Sun), 2019 Spanish 20km National Race Walk Champs, Oropesa del Mar, ESP (20km M/W)
Mar 17 (Sun), 2019 France Race Walking Champs, Epinal, FRA (20km/50km M/W)
Mar 17 (Sun), 2019 Asian 20km Race Walking Championships, Nomi, JPN (20km)
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 M/W)
Apr 13 (Sat), 2019 Naumburg International Meet, Naumburg, Germany
Apr 14 (Sun), 2019 Japanese 50km Championships, Wajima, JPN (50km)
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
Apr 28, 2019 Hungarian National Champs, Békéscsaba, HUN (20km M/W)
May 15 (Sun) 2019 European Race Walking Cup, Alytus, Lithuania (20km, 50km, U20 10km)
May 11-12, 2019 2019 IAAF Race Walking Challenge, Taicang, China
May 16-17, 2019 China National Race Walking Gran Prix – 2, Xingtai, CHN (20 and 50km M/W)
May 19 (Sun), 2019 European Race Walking Cup, Alytus, Lithuania (20 and 50km M/W)
May 25 (Sat), 2019 10th Sprint Triathlon in Race Walking, Veenendaal, NED (3000m, 1000m, 1 Mile)
Jun 8 (Sat), 2019 XXXIII Gran Premio Cantones de La Coruña, La Coruña, Spain
Jun 17-19, 2019 China National Race Walking Gran Prix – 3, Chifeng, CHN (20 and 50km M/W)
Jun 22 (Sat), 2019 Polish 20km Championships, Mielec, POL (20km M/W)
Jul 3-14, 2019 **30th Summer Universiade**, Naples Italy
Jul 20-21, 2019 China National Race Walking Champions Meet, Changbaishan, CHN (20 and 50km M/W)
Aug 30-Sep 7, 2019 **20th Oceania Masters T&F Championships**, Mackay, Queensland, AUS
Sep 6-7, 2019 China National Race Walking Champs, Leshan, CHN (20 and 50km M/W)
Sept 28 – Oct 6, 2019 **17th IAAF World Championships in Athletics**, Doha, Qatar
Oct 20-22, 2019 Around Taihu International Race Walking 2019, Suzhou, China

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

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

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

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

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

Copies of recent newsletters are kept on the VRWC website (<http://www.vrwc.org.au>)