



## HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club  
2018/2019 Number 45  
Tuesday 5 July 2019



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### WALKER OF THE WEEK

My Walker of the Week is 15 year old VRWC walker **Heath Beveridge**. Competing in our latest 5km roadwalk at Middle Park on Saturday, he powered to a 36 second PB of **23:31**. He has done PBs over a range of distances this winter season, including 51:58 for 10km, but I suspect that particular one is going to take a hiding pretty soon.

He came 2<sup>nd</sup> in the U16 3km at the LBG Carnival in June (14:24) and is another young walker on the rise. Well done Heath!



*Heath in action (alongside Corey Dickson) at Middle Park on Saturday*

### WHAT'S COMING UP

- Next Saturday sees us back at Middle Park for our next round of VRWC winter season roadwalks. This is our last points race for the season do don't miss it. You can either enter on the day or, more preferably, enter online via our online portal at <http://vrwc.org.auwp1/>.

<b>Saturday 10<sup>th</sup> August 2019, Middle Park</b>			
<b>VRWC EVENTS: Entries close for all events at 1.45pm sharp.</b>			
2.15pm	8km	Points Race	Open
2.15pm	6km	Points Race	Open
2.15pm	4km	Points Race	Open
2.30pm	2km	Points Race	Open
2.30pm	1km	Points Race	Open

- Next Sunday 11<sup>th</sup> August sees our Masters walkers in Adelaide for the Australian Masters 20km Roadwalk Championships. See more at <http://www.australianmastersathletics.org.au/events/event/ama-20k-roadwalk-championships-2019/>. Good luck everyone!
- Entries are now open for the **2019 Australian Roadwalk Championships in Adelaide on Sunday 8<sup>th</sup> September** (see <https://www.athletics.com.au/events/40660/>). Entries close on Friday 30<sup>th</sup> August so you have just over 4 weeks to complete your entry. Note that age for all AA and all RWA events is AA Age (ie age on 31<sup>st</sup> December 2019).

**Australian Winter Race Walking Championships**

📅 08/09/2019  
📍 War Memorial Drive, Adelaide SA



**Date:** Sunday 8<sup>th</sup> September, 2019  
**Venue:** Adelaide, SA (War Memorial Drive, near Park 10)  
**Distances:** 20km, 10km, 5km, 3km, 2km  
**Individual Championship:** Yes  
**Teams Championship:** Yes  
**Entry Procedure:** Enter via AA website.  
 Entries close 30th August, 2019.

This is a combined carnival, co-hosted by Athletics Australia and Racewalking Australia, so you don't have to be a member of one of the AA member associations to compete. The championships are open to all members of RWA (meaning all Victorians who are members of VRWC, Ballarat, Bendigo or Geelong Walkers Clubs. Events on offer are

- |       |   |
|-------|---|
| MEN   | AA/RWA Open 20km (including Masters 20km RWA Championship event)<br>AA/RWA U20 10km<br>AA/RWA U18 10km<br>AA/RWA U16 5km<br>AA/RWA U14 3km<br>RWA U12 2km             |
| WOMEN | AA Open 20km<br>RWA Open 10km (including Masters 10km RWA Championships event)<br>AA/RWA U20 10k<br>AA/RWA U18 5km<br>AA/RWA U16 5km<br>AA/RWA U14 3km<br>RWA U12 2km |

#### VRWC ROADWALKS, MIDDLE PARK, SATURDAY 3 AUGUST

Conditions were good (cool, overcast and only a slight wind) at Middle Park on Saturday afternoon for the 46 walkers who attended the latest round of the VRWC Winter Roadwalk season. Thanks to Mark Donahoo for letting us know the places in the Handicap Points competition. We have only 1 round to go in our Winter Season Points Competitions.

The 12km 10km and 5km races were first to start, with **Kyle Swan** leading from the front (22:51 for 5km). **Corey Dickson** (23:20) and **Heath Beveridge** (23:31) had a great battle, with Heath recording a 36 sec PB. **Tracy Feiner** was the best of the women with 25:38.

12km Open		H'cap place
1. Madeleine Feain	1:10:09	1
2. Heather Carr	1:18:22	2

1.	Andrew Jamieson	1:08:42	2
2.	Gerard Feain	1:15:24	1

### 10km Open

1.	Alison Thompson	1:02:02	1
2.	Karyn O'Neill	1:10:44	2
1.	Mark Donahoo	1:00:52	1
2.	Terry O'Neill	1:08:23	2

### H'cap place

### 5km Open

1.	Tracy Feiner	25:38	
2.	Holly Cocking	27:50	3
3.	Grace Louey	29:33	1
4.	Dee Holohan	31:51	2
5.	Carolyn Rosenbrock	33:59	5
6.	Gwen Steed	35:37	3
1.	Kyle Swan	22:51	4
2.	Corey Dickson	23:20	3
3.	Heath Beveridge	23:31	1
4.	Angus Hay	28:48	2
	Paul Kennedy	DQ	

### H'cap place

PB 0:14

PB 0:36

We had big fields in our 3km and 1.5km roadwalks, which were held alongside each other later in the afternoon. The highlight was provided by **Ela Uzun** and **Darcey Roberts** who set club records (see below). Quite a few PBs by our young walkers and by a couple of our older walkers in **Kevin Cassidy** and **Glennis McPherson**.

### 3km Open

1.	Charlotte Hay	15:20	5
2.	Kathleen O'Mahony	17:29	4
3.	Ela Uzun	17:53	
4.	Riannah Tatlock	18:08	2
5.	Donna-Marie Elms	18:16	3
6.	Mietta Morgan	18:19	1
7.	Glennis McPherson	21:21	
8.	Havana Ali	21:35	
1.	Mark Blackwood	13:43	3
2.	Pramesh Prasad	14:36	4
3.	Kevin Cassidy	14:52	2
4.	Luke Epps	16:47	5
5.	Albin Hess	17:21	1
6.	Ralph Bennett	20:30	7
7.	Geoff Barrow	21:17	6
8.	Steven Haverly	28:26	8

### H'cap place

Inaugural, U9/U10 Club Records

PB 0:01

PB 0:01

Inaugural

PB 0:16

### 1.5km Open

1.	Darcey Roberts	07:13	2
2.	Maddison Nash	08:04	1
3.	Margaret Beaumont	14:20	3
1.	Liam Hutchins	07:33	4
2.	Hamish Blackwood	07:51	1
3.	Sebastian Weickhardt	08:06	2
4.	Ethan Nash	08:52	3
5.	Riley Coughlan	09:18	5
6.	Cody Wapshott	11:45	6
7.	Heath Tatlock	13:17	7
8.	Ian Beaumont	14:17	9

### H'cap place

PB 0:11, U12/U13 Club Records

PB 0:21

PB 0:14

PB 0:06

Eq PB

Thanks as always for our officials, judges and helpers who keep the show on the road every week. Apologies if I have missed anyone.

**Officials:** Ralph Bennett, Mark Donahoo, Michael Bodey, Tim Erickson, Donna Dickson, Cheryl Beveridge, Simon Baker, Kylie Hutchins

**Judges:** Peter Vysma (Chief), Stuart Cooper, Shane Dickson, Gordon Loughnan, Kathleen Marsh, Michael Bodey

**Canteen:** Kate Suich, Wendy Cooper

**Photos:** Tim Erickson



*Tracey Feiner, Corey Dickson, Heath Beveridge and Kyle Swan*



*Darcey Roberts, Andrew Jamieson, Kevin Cassidy and Ela Uzun*

Finally Gerard Feain has produced two short videos of walkers at the AV Roadwalk Championships on Sunday 28<sup>th</sup> July. Check them out at <http://www.vrwc.org.au/vrwcvideos.shtml>. Thanks Gerard – great work!

With only 1 round remaining in our Winter Season points competitions, you can check out the progressive scores at <http://www.vrwc.org.au/vrwcpointscomps.shtml>. I have refresh the Style Award document and will refresh the Actual Times and Handicaps documents as soon as I get them from Mark Donahoo. This week's Style Award points were awarded by our judges as follows

Men:		Women:	
Kyle Swan	9	Holly Cocking	11
Corey Dickson	6	Tracy Feiner	10
Heath Beveridge	5	Grace Louey	6
Liam Hutchins	5	Alison Thompson	4
Mark Donahoo	4	Darcey Roberts	2
Andrew Jamieson	3	Madeleine Feain	1
Pramesh Prasad	3	Gwen Steed	1
Cody Wapshott	1	Maddison Nash	1



**ACTRWC ROADWALKS, STAGE 88, CANBERRA, SATURDAY 3 AUGUST**

Thanks to Val Chesterton for this week's results from Canberra. Good walks by **Mitchell Baker** and **Kodi Clarkson**.

**12km Walk**

1.	Mitchell Baker	56:52
2.	Ann Staunton-Jugovic	1:13:49
3.	Greg Durr	1:21:00
4.	Robin Whyte	1:25:16
5.	Bob Parker	1:32:51
6.	Bryan Thomas	1:34:26
7.	Val Chesterton	1:47:25

**3km Walk**

1.	Kodi Clarkson	14:53
2.	Georgia Frew	19:40
3.	Lilah Norden	24:02
4.	Reo Norden	26:47
5.	David Mackenzie	31:30

**6km Walk**

1.	Gwyllym Young	27:35
2.	Hannah Manning	33:44
3.	Kate Black	38:52
4.	Rosemary Parker	47:27
5.	Jennifer Gilchrist	47:37
6.	Casey Norden	48:37
7.	Monika Short	49:30
8.	Geoff Barker	54:15
9.	Raine Thompson	1:02:51

**1km Walk**

1.	Owen Toyne	05:22
2.	Harry Baker	05:59
3.	Ella Baker	06:38
4.	Essie Norden	08:28



*Mitchell Baker in action on Saturday in Canberra*

**SARWC CLUB CHAMPIONSHIPS, ADELAIDE PARKLANDS, ADELAIDE, SATURDAY 3 AUGUST**

Thanks to Kim Mottrom for this week's results from Adelaide. Plenty of good performances by their young walkers.

**Open Men 8km**

1.	Alix Harlington	39:26
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**Open Women 8km**

1.	Kristie Goznik	39:58
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**Over 35 Men 8km**

1.	Richard Everson	41:08
2.	Royrie Upton	48:06
3.	Peter Crump	50:23
4.	Greg Metha	50:36
	Bill Starr	DNF

**U16 Boys 4km**

1.	Toby Wilks	19:02
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**U16 Girls 4km**

1.	Kiera Ross	20:23
2.	Kitarni Upton	22:44
3.	Mia Wilks	23:58

**U14 Boys 2km**

1.	Sam Wilks	10:06
2.	Zayden Kamish	10:23
3.	Sebastian Richards	10:24
4.	Cooper Rech	12:30

<b>U20 Men 8km</b>			5. Seth Upton	12:34
1. Tristan Camilleri	39:26		6. Tarique Kamish	14:55
2. Mathew Bruniges	40:19		7. Xavier Upton	17:20
			Edward Upton	DQ
<b>U18 Men 6km</b>			<b>U14 Girls 2km</b>	
1. Adrian Upton	44:05		1. Daisy Braithwaite	10:41
<b>U18 Women 6km</b>			2. Katie DeRuvo	11:18
1. Victoria Upton	38:05		3. Zahra Kamish	14:54
2. Chloe Upton	40:45		1. Matilda Rech	16:00
Olivia Sandery	DNF			
<b>Non-Champ 6km</b>				
1. Liz Downs	46:16			

### SAMA ROADWALKS, BONYTHON PARK, ADELAIDE, SATURDAY 3 AUGUST

Thanks to Colin Hainsworth for his weekly results roundup from the South Australian Masters in Adelaide. He commented: Cold, calm arvo. Hilly course.

#### 10km Yacht handicap

1. GEORGE WHITE	1:01:33	M74	<b>88.14%</b>
2. KEVIN FINN	1:08:21	M67	72.62%
3. RAELENE SCHILD	1:20:03	W54	60.37%
4. BRIAN WITTY	1:15:51	M68	66.22%
5. GIL MCINTOSH	1:11:42	M69	70.89%
6. DAVID ROBERTSON	1:30:20	M86	73.09%
7. NEIL HAYFORD	1:33:18	M67	53.20%
8. COLIN HAINSWORTH	1:45:25	M89	66.54%

#### 5km Yacht handicap

1. RODGER BARBER	0:39:13	M81	74.51%
2. DAVE FALLON	0:39:32	M66	60.44%
3. ROGER LOWE	0:41:14	M76	65.75%
4. HELEN SURIDGE	0:40:45	W68	67.18%
5. CATHIE HORE	0:45:34	W68	60.08%

### TWRC ROADWALKS, WENTWORTH PARK, HOBART, SATURDAY 3 AUGUST

Thanks to Dave Moore for his weekly report from Tasmania.

Our walkers faced a fierce chill wind, providing the worst weather of our winter season for our Walk at Wentworth Park today. Those coping particularly well in the conditions were **Gabby Hay** with a PB in the 2km and **Eugene Gerlach** equalling his season's best for the 5km. Club members were also pleased to see **Alice Randall** back in action after being shaken up and whiplashed in a car accident last week.

#### 2km Walk

1. Gabby Hay	13.43 (PB)
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#### 3km Walk

1. Chloe Ahern	17.23
2. Oliver Morgan	18.31
3. Wayne Fletcher	23.22

#### 4km Walk

1. Will Robertson	19.23
2. Dave Moore	34.56

#### 5km Walk

1. Eugene Gerlach	33.59
2. Ron Foster	37.01

#### 6km Walk

1. Steve Ahern	37.03
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#### 7km Walk

1. Alice Randall	39.12
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**QRWC ROADWALKS, KALINGA PARK, BRISBANE, SUNDAY 4 AUGUST**

Thanks to Robyn Wales for this week's results from Queensland.

**C Grade 3km**

1.	Kai Norton	M	16.10
2.	Lyla Williams	F	16.26
3.	Amber Norton	F	16.53
4.	Charlotte Sentance	F	18.49
5.	Lily Goulding	F	22.26

**D Grade 2km**

1.	Tamika Gee	F	10.13
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**F Grade 1km**

1.	Blake Gee	M	8.08
2.	Isabella Gee	M	6.22

**A Grade 10km**

1.	Ignacio Jimenez	M	58.56
2.	Peter Bennett	M	58.46
3.	Noela McKinven	F	1.24.20

**B Grade 5km**

1.	Brenda Gannon	F	28.54
2.	Sam McCure	M	28.56
3.	Charlotte Hamann	F	29.22
4.	Summer Millard	F	30.11
5.	Jasmine Rose McRoberts	F	33.53
6.	Patrick Sela	M	39.50

**WARWC ROADWALKS, WILSON, PERTH, SUNDAY 4 AUGUST**

Thanks to Terry Jones for this week's results from Western Australia.

**3km Walk**

1.	John Ronan	15.51
2.	Brad Mann	16.27
3.	Xavier Bernard	16.28
4.	Ashlyn Spence	17.02
5.	Kaytee Bogaers	18.41
6.	Lataya Lawrence	18.42
7.	Luke Lawrence	20.31
8.	Glenis Duncan	27.35

**10km Walk**

1.	Ben Reid	51.24
2.	Declan Tingay	54.34
3.	Karyn Tolardo	62.34
4.	Wendy Farrow	68.51

**1.5km Walk**

1.	Linkin Lawrence	11.21
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**2019 QUEENSLAND ROAD WALK CHAMPIONSHIPS, IPSWICH CYCLE PARK, IPSWICH, SATURDAY 27 JULY**

Now back a week for the results of the Queensland Roadwalk Championships.

**Men 20km Walk Open**

1.	Jimenez Solis, Ignacio	54	1:43:35
2.	Bennett, Peter	64	2:07:56

**Masters Women 10km Walk**

1.	Gannon, Brenda	45	1:00:21
1.	McKinven, Noela	77	1:26:19

**U20 10km Walk**

1.	Hamann, Charlotte	18	1:00:40
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**U18 Boys 10km Walk**

1.	McCutcheon, Nelson	17	51:52
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**U18 Girls 5km Walk**

1.	Novinetz, Camryn	16	24:42
2.	McRoberts, Jasmine-Rose	17	31:06
3.	Schofield, Amelia	16	31:58
4.	Schofield, Isabella	17	34:52

**U16 5km Walk**

1.	Norton, Kai	14	30:34
2.	Wasson, Seth	14	30:52
1.	Millard, Summer	14	28:46
2.	Clarke, Anika	14	30:48
3.	Brady, Korey	14	32:12
4.	Bergh, Mia	14	32:30

**U14 3km Walk**

1.	McCure, Sam	13	15:29
2.	Bradley, Alex	13	17:53

1.	Heap, Ashanti	13	15:22
2.	Norton, Amber	13	15:33
3.	Williams, Lyla	12	15:39
4.	Gee, Tamika	12	15:55
5.	Goulding, Lily	12	18:54

**U12 2km Walk**

1.	bricknell-hewitt, korbyn	10	14:00
2.	Gee, Blake	10	18:45

1.	Clarke, Makenna	10	12:21
2.	Sharpe, Milly	11	12:30
3.	Heap, Aliesha	11	DQ

**U10 1km Walk**

1.	Gee, Isabella	8	6:08
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**2019 SYDNEY NORTH SSA ATHLETICS CHAMPIONSHIPS, SAC, SYDNEY, 29-30 JULY**

And back to the previous week also for the results of the NSW Schools Sports Assn Championships, thanks to FrankOverton. **Oscar Tebbutt** was the standout, breaking Ian Rayson's meet record of 12:23.29 with his time of 12:18.44.

**Boys 12-15 1500m Walk**

1.	Tebbutt, Archie	15	Henry Kendall	7:49.97
2.	Teudt, Archie	15	Eppbo	9:10.10
3.	Vesper, Ryan	14	Gosford High	9:27.08
4.	Zhang, Benny	14	Rysc	9:59.26

**Girls 12-14 1500m Walk**

1.	Duguid, India	14	Brisbane Water	6:52.91
2.	Laytham, Tara	14	Killh	7:15.13
3.	Dunne, Izabella	14	Terrg	7:32.77
4.	Billington, April	12	MACKG	8:15.06
5.	Lee, Annika	12	Carlingford	9:29.99
6.	Liedberg, Tennikah	13	Narara Valley	9:35.58
7.	Yuvaraj, Sarveshcika	14	Chelt	10:13.40
8.	Grech, Sienna	12	Wadal	10:13.49
9.	Grebert, Kaiya	14	Hornng	10:26.10

**Boys 16-19 3000m Walk**

1.	Tebbutt, Oscar	17	Henry Kendall	12:18.44
2.	Kemp, Joel	16	Tlte	15:11.37
3.	Yao, Alvin	17	Normb	21:07.97
	Duguid, Brayden	16	Hunth	DNF

**Girls 15-19 3000m Walk**

1.	Pitcher, Allanah	15	Terrg	14:50.74
2.	Bolton, Hannah	16	Narara Valley	15:30.94
3.	McMillen, Elizabeth	15	Killh	15:53.85
4.	Payne, Chelsea	16	Gosford High	18:05.03

**YOUTH NATIONS CUP, MORTON STADIUM, DUBLIN, IRELAND, SATURDAY 3 AUGUST**

The Ireland vs Athletics England Youth Nations Cup last Saturday saw wins to Irish walkers **Emily Machugh** and **Oisín Lane**.

**2000m Walk U18 Women**

1.	Emily MACHUGH	U18	IRL	10:03.5
2.	Ava Ross	U17	Glaslough/Ireland	10:18.0
3.	Grace Whittingham	U17	Ashford AC	10:48.7
4.	Keira Heavey	U17	Northern (Isle of Man)	11:05.1

**3000m Walk U18 Men**

1.	Oisín LANE	U18	IRL	12:43.7
2.	Matthew GLENNON	U18	IRL	12:58.4
3.	Matthew Crane	U20	Bexley	13:39.0
4.	Nicholas Hart	U17	Aldershot, Farnham	14:43.7

**ENGLAND ATHLETICS SENIOR AAA AND UK CAU CHAMPIONSHIPS , MANCHESTER, 27-28 JULY**

Back a week for the results of the English T&F Championship walks at Manchester. Although they were not found in the results, I was able to estimate finish times from the race video at <https://www.runjumpthrow.com/videos/37150/>; Wins to **Dominic King** and **Erika Kelly**.

**3000m Walk Men**

1.	Dominic King	Colchester/Essex	12:32
2.	Tom Partington	Manx Harriers/Lancashire	12:35

**3000m Women**

1.	Erika Kelly	Northern/Lancashire	13:25
2.	Jasmine Nicholls	Leicester WC/Yorkshire	14:54 (30 seconds in the penalty zone)
3.	Pagen Spooner	Hyde Park/Yorkshire	15:25 (30 Seconds in the Penalty Area)
4.	Natalie Myers	2DASH/Yorkshire	15:46



**18<sup>TH</sup> PAN AMERICAN GAMES, LIMA, PERU, 26 JULY - 11 AUGUST**

The 18<sup>th</sup> Pan American Games (see <https://www.lima2019.pe/en>), currently underway in Peru's capital Lima, are a huge affair, with 359 competitions participating in 37 different sports over a 2 week period. From an athletics perspective, 747 athletes from 41 countries will be competing across the full range of T&F events, including racewalking. The Games, played out every four years on a model similar to the Olympics, are being held in Peru for the first time.

The men's and women's 20km walks were held on Sunday 4<sup>th</sup> August and the men's and women's 50km will be held on Sunday 11<sup>th</sup> August. It is great to see the women's 50km scheduled.

Now to the 20km walks, which were held on a rainy and high humidity Sunday morning in front of a huge crowd. The events were well reported by Marciadalmondo, with lots of photos (see [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3551](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3551) and [http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3552](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3552)).

**20km Walk Women, Sunday 4 August, 8AM**

The women's 20km saw the lead taken out by a group of 7 walkers: **Erica Rocha De Sena** (BRA), **Ilse Ariadna Guerrero Rodarte** (MEX), **Sandra Lorena Arenas Campuzano** (COL), **Kimberly Garcia Leon** (PER), **Karla Johanna Jaramillo Navarrete** (ECU), **Noelia Vargas** (CRC) and **Magali Bonilla Solis** (ECU). By the half way mark, the group had been reduced to 3, with De Sena, Arenas and Garcia passing the mark in 44:12. Arenas eventually broke away to win with 1:28:03 (last lap in 8:53), ahead of Garcia Leon (1:29:00) and De Sena (1:30:34).

1.	ARENAS CAMPUZANO S	COL	17 SEP 1993	1:28:03
2.	GARCÍA LEÓN Gabriela Kimber	PER	19 OCT 1993	1:29:00
3.	ROCHA DE SENA Erica	BRA	3 MAY 1985	1:30:34
4.	GUERRERO RODARTE Ilse Ariadna	MEX	24 MAR 1993	1:30:54
5.	CASTRO CHIRIVECHZ A	BOL	21 FEB 1993	1:32:15
6.	VARGAS Noelia	CRC	17 APR 2000	1:33:09
7.	DE ORBETA PEREZ Rachele Marie	PUR	27 MAR 2000	1:33:31
8.	JARAMILLO NAVARRE.	ECU	21 JAN 1997	1:33:54
9.	PONCIO TZUL Maritza Rafaela	GUA	3 DEC 1994	1:36:49
10.	ANDÍA AROTAIPE Mary Luz	PER	9 NOV 2000	1:37:03
11.	GALVIS GOMEZ Sandra Viviana	COL	28 JUN 1986	1:38:43
12.	STEVENS Robyn	USA	24 APR 1983	1:40:29
13.	ENRIQUEZ PIGEON Rebeca Pamela	MEX	10 DEC 1997	1:41:28
	BONILLA SOLIS Magaly Beatriz	ECU	8 FEB 1992	DQ
	MELVILLE Miranda	USA	20 MAR 1989	DQ

**20km Walk Men, Sunday 4 August, 10:30AM**

A group of ten athletes goes straight to the race: **Caio De Sena Bonfim** (BRA), **Andres Eduardo Olivas Nunez** (MEX), **Eider Arevalo** (COL), **Jose Leonardo Montana Arevalo** (COL), **Carlos Sanchez Cantera** (MEX), **Jose Alejandro Barrondo Xuc** (GUA), **Evan Dunfee** (CAN), **Mauricio Arteaga** (ECU) and **Richard Vargas** (VEN). The lead group was still 10 strong at the half way mark, with Mauricio Arteaga (42:13) leading them through. From then on, the pace quickened, with the group soon fracturing. Final victory to **Brian Daniel Pintado Alvares** (ECU) with 1:21:51, ahead of Caio Bonfim (BRA) with 1:21.57 and Jose Alejandro Barrondo Xuc (GUA) with 1:21.57.

1.	PINTADO ALVAREZ Brian Daniel	ECU	29 JUL 1995	1:21:51
2.	OLIVEIRA DE SENA BO Caio	BRA	19 MAR 1991	1:21:57
3.	BARRONDO XUC Jose Alejandro	GUA	16 SEP 1996	1:21:57
4.	ARTEAGA SANCHEZ Mauricio José	ECU	8 AUG 1988	1:22:23
5.	DUNFEE Evan Forsyth	CAN	28 SEP 1990	1:22:27
6.	OLIVAS NUÑEZ Andres Eduardo	MEX	27 MAY 1998	1:22:36
7.	MONTAÑA AREVALO Jose Leonardo	COL	21 MAR 1992	1:23:23
8.	VARGAS Richard	VEN	28 DEC 1994	1:25:08
9.	CABRERA Yassir Ameth	PAN	28 JAN 1988	1:25:39
10.	CANO CERES Juan Manuel	ARG	12 DEC 1987	1:26:42
11.	ARAYA CORTÉS Yerko Ignacio	CHI	14 FEB 1986	1:28:06
12.	ZIMMERMANN Moacir	BRA	30 DEC 1983	1:33:14
	MAMANI FLORES Jose Carlos	PER	20 DEC 1998	DQ
	SANCHEZ CANTERA Carlos	MEX	19 MAY 1985	DQ
	AREVALO TRUQUE Eider Orlando	COL	9 MAR 1993	DNF
	RAYMUNDO COX Jose Maria	GUA	1 SEP 1993	DNF

## OUT AND ABOUT

- The IAAF has published a minimum standard of 4:20:00 for the women's 50,000m track walk record. The fastest so far has been Katie Burnett's time of 4:29:45.6, done in San Diego on 15 July. I don't think it will take long for an inaugural track record to be set, now that the required standard has been announced.
- Australian journalist and columnist Peter FitzSimons on the Sun Yang swimming saga. "Can you cite a single episode where an innocent athlete was proven to have been done by corrupt drug testers?" See <https://www.theage.com.au/sport/australian-testing-positive-doesn-t-dilute-vial-smashing-argument-20190731-p52cik.html>.

## MARCIADALMONDO ROUNDUP

marciadalmondo has 5 press releases for us this week.

- Mon 5 Aug - Lima (PER): Brian Daniel Pintado Alvares (ECU) wins Pan-American Games in 1:21:51  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3552](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3552)
- Sun 4 Aug - Lima (PER): Sandra Lorena Arenas wins Pan-American Games in 1:28:03  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3551](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3551)
- Fri 2 Aug - Lima (PER): the medals in walking events of the previous editions of the Pan-American Games  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3550](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3550)
- Wed 31 Jul - Des Moines (USA): Katie Burnett and Nick Christie USA champions 2019  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3549](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3549)
- Thu 1 Aug - Italian Racewalk Rankings 2019  
[http://www.marciadalmondo.com/eng/dettagli\\_news.aspx?id=3548](http://www.marciadalmondo.com/eng/dettagli_news.aspx?id=3548)

I also point readers to some additional omarchador press releases on other events of interesting

- Mon 5 Aug - Sandra Arenas wins women's 20km Walk at Pan Am Games  
<http://omarchador.blogspot.com/2019/08/arenas-ganha-20-km-femininos-dos-pan.html>
- Fri 2 Aug - Alberto Amezcua and Lidia Sánchez-Puebla win Autonomous Federations Spanish Championship  
<http://omarchador.blogspot.com/2019/08/alberto-amezcua-e-lidia-sanchez-puebla.html>
- Wed 31 Jul - One year to go until the first of the racwalks in the 2020 Olympics  
<http://omarchador.blogspot.com/2019/07/a-um-ano-da-primeira-prova-de-marcha.html>

## FOR THE ARCHIVES

I have been kept busy for the last few weeks going back over the archives to try to capture every championship ever staged by the Australian Federation of Race Walking Clubs (more commonly known as Racewalking Australia). The task is now complete, with every result set, from the first Australasian 7 Miles Walk Championship in 1923 to this year's LBG Carnival in Canberra. Alas, some results sets from the seventies and early eighties are incomplete (they are marked by \*), as I just could not find full results sets anywhere. Earlier results were always captured by the late Bert Gardiner and more recent results are ok, given the coming of age of computers. It is just that middle period that fails the smell test.

You can check out the full results set at <http://www.vrwc.org.au/rwa-results.shtml>. Any help in completing partial results would be appreciated.

## THE LORNA CARRINGTON CUP

As one of the few Australian walking clubs to have its own clubrooms, VRWC has ended up as the repository for a number of historic racewalking trophies. Amongst those in the trophy cabinet in our main clubroom area is one of special significance, namely the Lorna Carrington Cup.

Lorna Carrington, 17, gained Australian wide fame when she won the 1929 national/invitation 880 yards walking title in Australian record time (3:53). At the 1930 Australian championships, she reduced this to 3:49. This was to remain an Australian record until March 1951 when another 17 year old, Leslie Cabrera, clocked 3:43 at the Sydney Sports Ground grass track.

When this brilliant athlete died of cancer at age 27 in 1940, she held every Australian walking record, the 440 yards (1:38,8), 880 yards (3:49), 1 mile (8:55) and 1500m (8:24.2).

The Lorna Carrington Cup was instituted by the Australian Federation of Amateur Walking Clubs in 1958, to be awarded to the winning State team in a new women's 2 Miles walk championship. The first edition of this new event was held in 1960 and it was held every second year from then on. Very soon it became an annual event and has been contested every year since 1966.

Here is the original trophy which was used from 1960 to 2007. When all available engraving space was exhausted in 2007, it was replaced with a new perpetual shield and the original cup was given to us for safe keeping.



*Lorna Carrington Cup  
Womens Interstate Teams Walking Cup  
Donated by L. & J. Woods*

NSW has won this teams race the most number of times (it won it on the first 12 occasions and has won it 30 times overall) and has led the way in women's racewalking in Australia.

1960	NSW	2 Miles	L. Hamilton, B. Jeacle, B. Strathford
1962	NSW	2 Miles	G. Mangels, G Hagarty, B. Jeacle
1964	NSW	2 Miles	G. Mangels, B. Jeacle, J. O'Connor
1966	NSW	2 Miles	B. Jeacle, H. O'Connor, J. O'Connor
1967	NSW	2 Miles	D. Tonks, H. O'Connor, R. Denny
1968	NSW	2 Miles	H. O'Connor, L. Croft, G. Syratt
1969	NSW	2 Miles	G. Syratt, L. Croft, R. Whitehorn
1970	NSW	2 Miles	D. Beham, L Eade, S. Bassett
1971	NSW	3km	D. Beham, B. Wilkins, M. Beham
1972	NSW	5km	D. Beham, B. Wilkins, M Beham
1973	NSW	5km	B. Wilkins, M. Beham, J. Tulley
1974	NSW	5km	B. Wilkins, J. Shepherd, M. Rahill
1975	VAWC	5km	J. Davies, S. Hagan, S. Orr
1976	VAWC	5km	S. Orr, J. Whimpey, C. White
1977	VAWC	5km	S. Orr, K. Neville, S. Pierson
1978	NSW	5km	R. Thompson, F. Burke, K. Russell
1979	NSW	5km	A. Ryan, F. Burke, H. Burke
1980	VAWC	5km	S. Cook, S. Pierson, L. Young
1981	NSW	5km	T. Clark, L. Mathers, R. Thompson
1982	NSW	5km	A. Ryan, K. Arkins, J. Pallier
1983	NSW	5km	A. Ryan, B. Wilkins, K. Arkins
1984	VRWC	5km	S. Pierson, L. Young, S. Miller
1985	NSW	5km	A. Ryan, B. Hayman, R. Francis
1986	NSW	5km	K. Saxby, A. Ryan, P. Marlin
1987	NSW	5km	J. Johnson, J. Jones, R. Francis
1988	NSW	10km	J. Saville, S. Webb, S. Walkley
1989	VRWC	10km	S. Schnyder, C. Vanstan, C. Massi-Bertei
1990	VRWC	10km	L. Jachno, C. Vanstan, S. Schnyder
1991	VRWC	10km	L. Jachno, S. Schnyder, C. Vanstan
1992	NSW	10km	J. Saville, L Paolini, A. Manning
1993	NSW	10km	A. Manning, L. Coffee, C. Webb

1994	QLD	10km	T. Letherby, N. Camplin, K. Linning
1995	VRWC	10km	W. Muldoon, S. Wolowiec, T. Rosengrave
1996	NSW	10km	L. Paolini, C. Webb, H. Sestic
1997	VRWC	10km	W. Muldoon, S. Wolowiec, T. Rosengrave
1998	VRWC	10km	K. Wapshott, K. Coltman, M. Peters
1999	NSW	10km	C. Webb, J. Billington-Jones, M. Keys
2000	QLD	10km	C. Bock, L. Lewis, J. Moller
2001	RWCWA	10km	S. Cattermole, L. McGrath, L. Clarke
2002	VRWC	10km	M. Peters, K. Bonney, N. Sansonetti
2003	SARWC	10km	C. Woods, Y. Becker, T. Holliday
2004	ACTRWC	10km	C. Webb, L. Wilson, C. Worrall
2005	REGAL	10km	N. Saville, V. Ebejer, S. Brown
2006	VRWC	10km	M. Szirom, C. Watson, H. Carr
2007	REGAL	10km	C. Jones, V. Ebejer, C. Ebejer
2008	REGAL	10km	C. Webb, N. Saville, C. Jones
2009	QRWC	10km	W.J. Kim, S.B. Weon, S. Tesch
2010	SARWC	10km	C. Tallent, T. Holliday, G. Holliday
2011	Not awarded		
2012	NSWRWC	10km	L. Bourke, M. Willis, C. Webb
2013	RWV	10km	K. Ruddick, R. Tallent, N. Laurie
2014	RWCWA	10km	V. Brown, A. Hahn, M. Hay
2015	RWV	10km	S. McInnes, P. Tindal, W. Muldoon
2016	NSWRWC	10km	C. Webb, A. Weekes, J. Brown
2017	Not awarded		
2018	Not awarded		

The trophy will be on offer next month as part of the Australian Roadwalk Championships in Adelaide, and will go to the winning team in the RWA Women's 10km roadwalk. I think that will deserve a photo!

#### DATES...DATES...DATES

As usual, I finish with a list of upcoming events on the local, national and international fronts. Let me know of any errors/omissions.

#### Australian/Victorian Key Dates – 2019/2020

Aug 11 (Sun), 2019	AMA 20km National Championships, Adelaide, SA See <a href="http://www.australianmastersathletics.org.au/Events/event/ama-20k-roadwalk-championships-2019/">http://www.australianmastersathletics.org.au/Events/event/ama-20k-roadwalk-championships-2019/</a>
Sept 8 (Sun), 2019	Australian Roadwalk Championships, Adelaide, SA See <a href="https://www.athletics.com.au/events/40660/">https://www.athletics.com.au/events/40660/</a>
Dec 1 (Sun), 2019	Australian 50km Championship meet, Fawkner Park Melbourne (TBC)
Dec 6-8, 2019	Australian All Schools Championships, WA Athletics Stadium, Perth
Mar 22-29, 2020	Australian Athletics Championships, SOPAC, Sydney
Apr 10-13, 2020	Australian Masters T&F Championships, Brisbane, QLD. See <a href="http://www.brisbane2020nationals.com.au">http://www.brisbane2020nationals.com.au</a>

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

Sep 28 - 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

Jul 26-Aug 11, 2019	Pan American Games, Lima, PER (50km and 20km)
Aug 30-Sep 7, 2019	<b>20<sup>th</sup> Oceania Masters T&amp;F Championships</b> , Mackay, Queensland, AUS
Sep 6-7, 2019	China National Race Walking Champs, Leshan, CHN (20 and 50km M/W)
Sept 28 – Oct 6, 2019	<b>17<sup>th</sup> IAAF World Championships in Athletics</b> , Doha, Qatar
Oct 20-22, 2019	Around Taihu International Race Walking 2019, Suzhou, China
May, 2-3, 2020	<b>29<sup>th</sup> IAAF World Race Walking Team Championships</b> , Minsk, Belarus
July 17-20, 2020	<b>18<sup>th</sup> IAAF World U20 T&amp;F Championships</b> , Nairobi, Kenya
July 24 – Aug 9, 2020	<b>32<sup>nd</sup> Olympic Games</b> , Tokyo
July 20 – Aug 1, 2020	<b>23<sup>rd</sup> World Masters T&amp;F Championships</b> , Toronto, Canada
Mar 2021	<b>9<sup>th</sup> World Masters Indoor T&amp;F Championships</b> , Edmonton, Canada
Aug 8-19, 2021	<b>World University Summer Games</b> , Chengdu, China
Aug 6-15, 2021 (TBC)	<b>18<sup>th</sup> IAAF World Championships in Athletics</b> , Eugene, USA
July 27 - Aug 7, 2022	<b>XXII Commonwealth Games</b> , Birmingham, GBR.
Aug 7-17, 2022	<b>24<sup>th</sup> World Masters T&amp;F Championships</b> , Gothenburg Sweden
Aug 2021 (TBC)	<b>19<sup>th</sup> IAAF World Championships in Athletics</b> , Budapest, Hungary

Tim Erickson, [terick@melbpc.org.au](mailto:terick@melbpc.org.au) Home: 03 93235978 Mob: 0412 257 496  
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